

# RECIPE BOOK

# CHAT & CHAAT

**KHUSH DIL (HAPPY HEART)  
RECIPES FROM  
AROUND EDINBURGH**



**community  
food and health**

(scotland)

**NHS**  
Lothian

# Acknowledgements

Our heartfelt thanks go out to the many groups and individuals who have worked with us to demonstrate how simple every day ingredients can be used to change traditional dishes into healthier feasts. Where a group or individual trialled a recipe, their name is also placed alongside the recipe.

**Adeeba – formerly Sisterhood**

**Affinity**

**Apna**

**Apwa**

**Bridgend Inclusion Project**

**Diabetes Group**

**Dosti**

**Edinburgh Community Food Initiative**

**Health All Round**

**Mecopp**

**Mehis (NHS)**

**Milan**

**Nari Kallyan Shangho**

**Oxgangs**

**Pakeeza**

**Sikh Sanjog**

**The Roundabout Centre**

**The Welcoming**

Thanks also to the **Khush Dil Team** who gave their support in many different ways from helping to organize and run events, volunteering, administration and most of all, for being enthusiastic:

Gill Mathews, Dalbir Kaur, Anita Bhatnagar, Madhu Sharma, Batool Ali, Irene Young, Rubina Iqbal, Sheila Wilson.

**Community Food and Health Scotland** has been a vital spark in bringing this book into print. Many staff members have been involved with us to bring ideas into action and their efforts have brought this book into print with a valuable financial contribution.

# Introduction

This recipe book is the product of a number of cookery and nutrition workshops and public events run over 4 years. The groups involved in the cookery sessions are listed on the acknowledgement page and are all based in and around Edinburgh city, although sadly some do not exist any more. Cookery workshops were part of a larger menu of lifestyle activities offered by the **Khush Dil Project** described below.

It seemed a strange idea to record recipes from women who are already good cooks and can rise to the challenge of cooking for either small or large numbers of people with very little fuss. Sharing basic cooking skills was not required with these groups so why write this book?

**Concerns about the high level of risk from coronary heart disease and other conditions such as diabetes and overweight, place families of South Asian origin (Bangladeshis, Indians, Pakistanis & Sri Lankans) at danger from ill health.**

In order to make an impact on the above health risk, we had to find a way of altering cooking methods used in traditional recipes to make them healthier while keeping their unique quality intact. Reducing some of the risk placed on using high levels of saturated fat, sugar and salt became the skill set that was required to build new knowledge.

Following a recipe is not typical of South Asian cooking as women learn from their mothers and this is passed on through the generations. Recording recipes is not an easy task while running a busy workshop and at the same time gathering notes from several different groups all cooking something different. The energy in the room was always full of enthusiasm as women discussed the challenges of cooking with less fat, different types of fat, less sugar and salt or alternatives to sugar and salt. The chatting was often deafening above the chopping, stirring and bubbling pots.

A popular request was for more knowledge on learning new ways of making salads to increase raw vegetable intake, using pasta, fish and fruit. The book reflects interest in these areas and gives suggestions on how to use alternative foods and what to serve them with to create a balanced meal. A nutrition note is added as a reminder about the quality of particular foods and the benefit using an ingredient can bring to improve health.

We discovered one of the best ways of winning people over is to taste and discuss the merits of the dishes cooked. In this way, women had the confidence to go back and try it out with the family. Confidence levels soared as new ways of cooking emerged and Asian versions of Western dishes were born.

This led us to new ways of showcasing our approach with a number of public initiatives. **Community Food and Health Scotland** encouraged and supported us at the Edinburgh Mela with a fruit and smoothie stall in 2005, enabled one local food business Kasbah, who supported a local lunch club, to be awarded with the 'Healthy Living Award' in 2008 - 2010 and 4 retail Asian food stores took part in the 'Healthy Living Neighbourhood Shops Initiative' to promote healthy food items by providing in store promotional materials.

## **About Khush Dil**

**Khush Dil** (Happy Heart), South Asian Heart Health Project began in 2002 and came to an end in 2008. The project was funded by NHS Lothian and was developed as a response to both local and national policy as well as a demand from South Asian communities.

Khush Dil reached out to South Asian people in Edinburgh by raising awareness of heart health and developing a culturally sensitive model of health. This was achieved through a programme of activities:

- heart health screening and information service
- healthy lifestyle activities such as nutrition and cookery workshops, exercise classes (Jogscotland, Paths to Health walking groups, aerobics, circuit training, stress control) and family events organized in partnership with a range of voluntary organizations, restaurants, retail shops, places of worship, leisure clubs and an allotment scheme.

Khush Dil published the results of health screening men and women over a 2-year period in 2007. The results showed improvements in physical activity, blood pressure, cholesterol levels and weight. People reported they were more motivated and liked being supported by a service that ran activities in their own community.

In addition the project trained and employed South Asian community workers and provided many opportunities for people to meet and discuss issues and challenges around their health.

Our thanks go to all the people of Edinburgh who have had a hand in creating this healthy eating manual, which we hope will spread far and wide.

Enjoy.

**Jill Alexander**  
*Dietitian*

**Rozina Mohammed**  
*Community Health Worker*

**Editors**

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# SOUPS





# SPICY PARSNIP & CUMIN SOUP

Adeeba, formerly Sisterhood

## Ingredients

- 1 dsp olive/rapeseed oil
  - 1 onion, finely chopped
  - 1 clove garlic, crushed
  - 1 tsp each of ground cumin, cumin seeds and garam masala
  - ¼-½ tsp chilli powder
  - 2 large parsnips, peeled and diced into small cubes
  - 1 potato peeled and diced
  - 1 litre water
  - 1 dsp stock powder or 1 stock cube
  - ½ teacup semi-skimmed milk
  - Pepper to taste
- Fresh coriander, chopped, for decoration (optional)



## Method

1. Heat oil and gently fry onion until softened.
2. Add garlic and spices cooking for 1 minute, stirring.
3. Add parsnip and potato and mix well with the spices.
4. Add water and stock powder/cube and bring to the boil. Reduce heat to simmer and cook for 20 minutes.
5. Add milk and seasoning.
6. Mash/liquidise until the soup has a smooth texture. Adjust its thickness by adding milk or water, as required.
7. Add coriander (optional).



**Serves 5-6**

### **Tip**

As an alternative to parsnip, sweet potato or pumpkin can be used in this recipe. Parsnips are also great oven-roasted. For this, cut them into quarters, sprinkle with ground black pepper, garam masala and a little olive oil and roast in the oven on a medium heat for about 25 minutes.

### **Serving Suggestion**

Serve with a spoonful of low fat yogurt and a sprinkling of chopped coriander.

### **Nutritional Note**

Parsnips are a good source of fibre.

# TOMATO AND MINT SOUP

Adeeba, formerly Sisterhood



## Ingredients

1 dsp olive oil  
1 large onion, finely chopped  
1 clove garlic, crushed  
4-5 tomatoes, skinned and finely chopped  
1 bunch fresh mint, finely chopped  
1-2 dsp tomato puree  
1litre water  
1 dsp stock powder (level) or 1 stock cube  
Squeeze of ½ lemon juice (optional)  
Pepper to taste

## Method

1. Heat oil and add onions frying gently till softened.
2. Add garlic, tomatoes and mint and simmer for 2 minutes.
3. Add tomato puree water and stock powder/cube.
4. Simmer for 15 minutes.
5. Partially liquidise leaving some whole pieces in the soup (optional).
6. Adjust thickness of soup by adding water or stock, as required.
7. Season and garnish with some fresh mint leaves.

**Serves 5-6**

### **Tip**

Instead of fresh, tinned tomatoes can be used. Less tomato puree may be needed.

### **Serving Suggestion**

Great for lunch or as a light dinner just serve with a chunk of granary bread.

### **Nutritional Note**

Tomatoes are rich in the antioxidants Vitamin C and lycopene which helps prevent cell damage in the body.

# LENTIL SOUP

Nari Kallyan Shangho

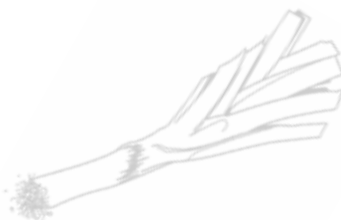
## Ingredients

- 2dsp rapeseed or olive oil
- 1 large onion, chopped
- 1 leek or 2 sticks of celery, sliced
- 2-3 carrots, diced
- ¼ small swede, peeled and diced
- 1 dsp stock powder (level) or 1 stock cubes
- 1 tea cup red lentils
- 1-1 ½ litres water
- 1 green chilli, finely chopped



## Method

1. Wash and chop all vegetables.
2. Heat oil and add vegetables and fry gently for 2 minutes.
3. Add stock and lentils.
4. Add water.
5. Bring to boil and simmer for 20 minutes.
6. Mash or partially liquidise soup depending on whether a smooth or rough texture is preferred.
7. Check for salt, adding a minimum if needed.



**Serves 5-6**

### **Tip**

Other optional vegetables are tomatoes and mushrooms.

### **Serving Suggestion**

Serve with a spoonful of low fat yogurt and a sprinkling of chopped coriander.

### **Nutritional Note**

Lentils are a cheap source of protein, low in fat, rich in soluble fibre and have good levels of iron and zinc.







# SALADS OR MEAL STARTERS



# AVOCADO, APPLE AND CARROT SALAD

Health All Round

## Ingredients

- 1 avocado, sliced thinly
- ¼ cucumber, chopped finely
- 1 tomato, chopped
- ¼ lettuce, shredded
- 1 red apple, chopped and tossed in lemon juice
- 1 carrot, sliced and chopped finely
- ¼ red onion, sliced thinly
- Juice of ½ lemon,
- 1 dsp chopped coriander
- 1 dsp sesame seeds



## Method

1. Wash all vegetables well.
2. Chop and mix together well.
3. Reserve some coriander and sesame seeds to sprinkle on at the end.



**Serves 4-5**

### **Tip**

Toast sesame seeds for extra flavour and nutritional value by dry frying and keep them moving until brown.

### **Serving Suggestion**

Eat with chapatti for lunch or as an accompaniment with evening meal.

### **Nutritional Note**

Avocado contains a healthy fat and vitamin E.

# SPINACH AND TOMATO SALAD

Apna Women's Group

## Ingredients

- 1 small red onion, finely sliced
- 1 tomato, finely, chopped
- 3 spring onions, finely chopped into rings
- ½ pack baby spinach
- ¼ bunch coriander, chopped



## Dressing

- 1 clove garlic, grated
- ½ green chilli, de-seeded and finely chopped
- Squeeze of lime juice
- Coarse ground black pepper

## Method

1. Wash all vegetables well, drain and pat dry.
2. Prepare all vegetables and mix well in a large bowl.
3. Add dressing.



## Serves 2-3

### **Tip**

As an alternative to spinach, cabbage can be used in this recipe. When buying spinach look for bright green leaves with no signs of wilting or yellowing.

### **Serving Suggestion**

Eat with other starters or with chapatti/naan for lunch.

### **Nutritional Note**

Spinach is a great source of anti oxidants and folic acid (B vitamin)

# TOSSED MIXED SALAD

Affinity Scottish Ethnic Women's Group  
Recipe used on International Women's day 2005

## Ingredients

¼ pack baby spinach leaves  
A few mixed salad leaves  
1 carrot grated  
5cm piece cucumber, chopped  
¼ red onion, thinly sliced  
6 cherry tomatoes, halved  
½ small can sweetcorn  
1 tsp mint sauce  
½ lemon zest and juice  
Black pepper  
25g dry roasted pumpkin seeds



## Method

1. Wash all vegetables well, drain and pat dry.
2. Prepare all vegetables and mix well in a large bowl.
3. Make dressing by mixing mint sauce with lemon zest and juice and black pepper.
4. Add to salad close to the time of eating.
5. Sprinkle on dry roasted seeds.

**Serves 3-4**

### **Tip**

Seeds such as sunflower, sesame or watermelon can be used, or nuts such as almonds, cashews or peanuts.

### **Serving Suggestion**

Mint sauce can be omitted and replaced with fresh mint, coriander or other fresh herbs.

### **Nutritional Note**

Raw vegetables are bursting with vitamins A and C together with other antioxidants which have powerful effects on protecting heart health.

They also help with protection against cancers and keep the immune system strong.

Nuts and seeds contain good fats as well as a range of minerals such as calcium, zinc and iron.



# BROCCOLI SALAD

Affinity Scottish Ethnic Women's Group



## Ingredients

3 potatoes boiled, peeled and sliced  
2 dsp pumpkin seeds  
2 dsp sunflower seeds  
1 head broccoli, cut into small florets and blanched in boiling water for 1 minute  
1 courgette, sliced and blanched for 30 seconds in boiling water  
2 spring onions, chopped  
¼ red onion, finely sliced  
1 tomato, finely chopped  
Handful fresh coriander, chopped  
Coarse ground black pepper

## Dressing

1 dsp soy sauce  
1dsp sesame oil  
Pinch of ground coriander, ground cumin powder, chilli powder, garam masala/or Chinese 5 spice powder



## Method

1. Boil potatoes until cooked but firm and leave to cool then peel and slice.
2. Mix dressing and set aside.
3. Roast seeds in a pan over a medium heat and when browned add to dressing. Leave to cool.
4. Mix all ingredients together, season and keep cool until served.

## Serves 4

### Tip

Keep potato skins on for extra nutrition if skins are good.

### **Serving Suggestion**

Serve as a main course for 2 people.

### **Nutritional Note**

Broccoli often known a superfood provides several antioxidants and generous amounts of folic acid and iron.

# BEANSPROUT AND FRUIT SALAD

## Ingredients

- 1 pack beansprouts or equivalent, or home made mung bean or lentil sprouts (see glossary for sprouting method)
- 1 small tin pineapple
- 2 small onions, finely chopped
- 3 dsp cashew nuts (toasted)
- 1 red apple, chopped and tossed in lemon juice
- 2 dsp sultanas
- 1 dsp sunflower seeds (toasted)
- 1-dsp walnuts, chopped
- ½ tsp ground coriander
- ½ tsp ground cumin
- 1 green chillies, finely chopped
- 1dsp cider vinegar
- Coarse ground black pepper

## Method

1. Sift through beansprouts removing any discolored sprouts and rinse.
2. Drain pineapple, chop and add to sprouts.
3. Add remaining ingredients and mix well.
4. Keep cool until served.



**Serves 3-4**

### **Tip**

Different nuts can be used e.g. peanuts, walnuts, pecan nuts.

### **Serving Suggestion**

Serve with hummus and wholemeal pitta bread.

### **Nutritional Note**

This mix of fruit, vegetables, nuts and seeds can provide many of the nutrients that are needed on a daily basis.

# MULTI COLOURED FRUIT AND VEG SALAD

Various Groups

## Ingredients

- 1 firm mango, diced
- 1 firm avocado, diced and tossed in lemon juice
- 1 pink grapefruit, peeled, segmented and chopped
- 1 pomegranate, halved and seeded
- 1 guava, diced
- 1 red onion, sliced thinly
- 3 spring onions, chopped
- 3 green chillies, chopped
- ½ cup fresh coriander, chopped
- ¼ lettuce, chopped
- 1 handful baby spinach
- 1 sprig fresh mint, chopped
- Juice of ½ lemon
- 1 dsp pumpkin seeds, dry roasted
- 1 dsp sunflower seeds, dry roasted
- 1 handful cashew nuts, chopped
- 1 handful whole unskinned almonds, sliced
- Pinch salt (optional)

## Method

1. Once dry roast seeds have cooled mix together all ingredients.
2. Keep cool until served.



**Serves 4-6**

### Tip

All the ingredients in this dish can be changed according to what you like and what is in the fridge.

### **Serving Suggestion**

This is such a colourful salad you might just want to eat a big dish of it alone for lunch and enjoy all the flavours.

### **Nutritional Note**

Well it really speaks for itself – abundant with colour, variety and bursting with vitamin power.

# MASALA CHAAT

Affinity Scottish Ethnic Women's Group

## Ingredients

- 4 potatoes boiled, peeled and chopped
- 2 tins chickpeas, drained and rinsed
- 2 small onions, finely chopped
- ½ red onion, finely chopped
- 3 tomatoes, chopped
- 1 dsp soy sauce
- Juice from ½ lemon
- Juice from 1 orange
- 1 dsp fresh mint, chopped
- 2 dsp fresh coriander, chopped
- ¼ tsp chilli powder
- ¼ tsp cumin
- ¼ tsp coriander
- ¼ tsp garam masala or Chinese 5 spice powder
- 1 pomegranate, halved and seeded
- ½ guava, chopped (optional)



## Method

1. Boil potatoes and leave to cool.
2. Place drained chickpeas into a bowl and add all other ingredients as above.
3. Mix well and keep cool until served.

**Serves 8-10**

### Tip

Tamarind can be added in place of soya sauce, lemon, orange. Ready made Chaat Masala can be added instead of cumin, coriander, garam masala and Chinese powder.

### Serving Suggestion

Eat on its own for lunch or a light evening meal or serve as an accompaniment with kebabs or baked samosa and low fat yogurt.

### Nutritional Note

Chickpeas are a good source of fibre and meat alternative.

Pomegranates are a powerful antioxidant.

If guava is used the content of vitamin C increases 4 times that of lemons!

# APPLE CHUTNEY

Diabetes Group



## Ingredients

- 3-4 cooking or eating apples
- 1 bunch coriander
- 2 tomatoes
- 1 handful green chillies

## Method

Put all ingredients in food processor or hand mincer and process until finely chopped.



## Serves 4-6

### Tip

Reduce chillies if not tolerated.

### Serving Suggestion

Serve with kebabs or as an accompaniment to any meal.

### Nutritional Note

Apples provide quercetin, which is an anti oxidant and helpful in reducing inflammation in the body.

Chillies may have a good effect on the digestive system and provides a high vitamin C content.

# HUMMUS

Adeeba – formerly Sisterhood

## Ingredients

2 cups cooked chickpeas  
4 cloves garlic, crushed  
2 dsp olive oil  
Juice of 2 lemons  
1 dsp tahini (sesame seed paste)  
Water



## Method

1. Put the chickpeas through a sieve or food processor.
2. Add garlic, olive oil, lemon juice and tahini.
3. Season to taste and thin down with water or lemon juice if too thick.



**Serves 2-4**

### Tip

Canned chickpeas can be used for convenience. Drain and rinse well before using. When using hummus as a spread on bread or crackers do not use butter or margarine.

### Serving Suggestion

For a quick lunch spread hummus over chapattis, add salad and roll up into a wrap. Serve with carrot batons, sliced cucumber and peppers.

### Nutritional Note

Hummus is a good source of calcium and minerals. In addition fresh garlic can help maintain heart health.

Bought hummus can often be high in fat so choose reduced fat versions if available.



# RAITA

Various Groups

## Ingredients

I tea cup or small pot of plain low fat yogurt  
½ tsp cumin seeds  
Coarse black pepper

## Method

1. Pour yogurt into a bowl.
2. Rub cumin seeds in the palm of the hands to bruise and bring out their flavour then add to yogurt.
3. Add the coarse pepper.



## Serves 2-4

### Tip

Raita is very versatile and different ingredients can be added such as grated or chopped cucumber grated or chopped onion, chopped coriander, fresh chopped chillies, chilli powder or cayenne pepper.

### Serving Suggestion

Serve with savoury dishes e.g. baked samosa, chicken curry or fruit/chaat masala.

### Nutritional Note

Low fat yogurt is a good source of calcium and Vitamin D for bone health. Low fat varieties can be made at home using lower fat milks and adding skimmed milk powder to obtain a thicker yogurt and more calcium.

## Home made yogurt

Heat required amount of low fat milk to body temperature and whisk in 2 dsp of live low fat yogurt and 3 dsp of skimmed milk powder. Pour into a clean dry container, cover and place in a warm area overnight and then refrigerate. Whisk or stir before use. Eat within five days.

# TOFU RAITA

Various Groups

## Ingredients

1 pack plain tofu  
7 dsp soya milk  
1 clove garlic, crushed  
½ tsp ground cumin  
1 green chilli, chopped  
Pinch cayenne  
Half cucumber, chopped or grated  
1 dsp fresh coriander, chopped  
Juice ½ lemon



## Method

1. Place tofu and soya milk in a bowl and whisk or blend in food processor until smooth.
2. Add spices and mix well.
3. Add cucumber, coriander, lemon and seasoning.



**Serves 4**

### Tip

Tofu can be found in Chinese stores or health food shops and some supermarkets.

### Serving Suggestion

Serve with savoury dishes e.g. vegetable samosa.

### Nutritional Note

Tofu is high in calcium and can be helpful as a dairy alternative and to help with cholesterol lowering.





LIGHT MEALS OR SNACKS



# FISH PATE

Adeeba, formerly Sisterhood

## Ingredients

- 1 fillet (cooked) smoked mackerel/trout or (raw) smoked salmon
- 1 small carton low fat yogurt
- Lemon juice from ½ lemon
- Coarse black pepper
- 2 dsp chopped watercress leaves or coriander or parsley
- 1 spring onion chopped

## Method

1. Mash fish well, picking out any bones.
2. Add yogurt and mix well.
3. Add rest of ingredients and stir well.



**Serves 2-3**

### Tip

Watercress, coriander or parsley leaves can be used as salad leaves instead of adding to the pate.

### Serving Suggestion

Serve with oatcakes, hot toast or slices of chapatti or a lunch snack with salad.

### Nutritional Note

This is a tasty way to include Omega 3-rich fish in the diet.



# ALOO KI TIKYA

Nari Kallyan Shangho



## Ingredients

- 500g small potatoes, washed
- 1 dsp lemon juice
- 1 dsp fresh mint, chopped or unsweetened mint sauce
- 1 spring onion, finely chopped
- 2 tsp coriander seeds, crushed
- 1 tsp cumin seeds
- ¼ tsp chilli powder
- 1 tsp salt
- 2 green chillies, finely chopped
- 3 dsp coriander leaves, chopped
- 1 small egg
- 2 tsp olive oil or rapeseed oil.



## Method

1. Boil the potatoes until tender, drain and leave to cool.
2. Roughly mash the potatoes.
3. Mix together all the ingredients except the egg and oil and add to the potatoes, mix well.
4. Make 8 balls with the potato mixture.
5. Dampen hands with a little water to stop the mixture sticking. Make a smooth round patty with each ball.
6. Place patties in fridge for 30 minutes to firm mixture.
7. Whisk egg and remove patties from fridge.
8. Brush pan with oil using a pastry brush and heat.
9. Dip each patty in egg and fry until both side golden brown.

**Serves 3-4**

### Tip

Use a non stick pan to fry patties to prevent sticking and reduce the need for more fat.

### Serving Suggestion

Eat as a starter/light lunch or snack with salad and yogurt.

### Nutritional Note

This dish uses a very small amount of oil. Salt has been replaced with spices and herbs.

# VEGETABLE SAMOSA

Health All Round

## Ingredients

- 1 dsp rapeseed oil
- 1 large onion, thinly sliced
- 1 large carrot, diced
- ¼ tsp chilli powder
- 5 green chillies, finely chopped
- 1 small pack of green beans finely chopped
- 1 small handful cabbage, thinly sliced
- 2 dsp frozen peas
- 5 small potatoes, diced
- ¾ tsp salt
- ¼ packet spring roll/filo pastry
- 1 small egg or flour and water mixed together into a paste.



## Method

1. Heat oil and add onion. Cook until soft adding water if they stick to bottom of pan.
2. Add carrot and cook for 2 minutes.
3. Add chilli powder and fresh chilli, mixing well.
4. Add the other vegetables and salt, stirring well and adding a small amount of water to prevent burning.
5. Cover with lid and gently cook, stirring from time to time.
6. Cool mixture.
7. Separate pastry sheets and cut strips 10cm or 4inch wide across pastry width.
8. Place a small amount of cooled mixture onto each sheet and fold down left hand corner so that a triangle shape is made. Keep folding over the triangle until all the pastry is used and seal the edges with egg flour paste.
9. Place on a lightly oiled baking sheet.
10. Repeat until all pastry is used up.
11. Brush tops of samosa with egg or low fat milk mixed with oil.
12. Bake in a hot oven for 10-15 minutes until nicely browned.

**Serves 4-6**

### Tip

Different types of vegetables can be used. While filling the samosas keep the remaining pastry covered with a clean damp cloth to prevent it from drying out.

### Serving Suggestion

Serve with salad and low fat yogurt for lunch.

### Nutritional Note

Filo sheets have been used here in place of traditional plain flour chapattis making this a lighter food. Filo pastry is easier to oven bake with a little egg or oil rather than the traditional deep-frying.

# MEAT SAMOSA

Various groups

## Ingredients (Filling)

- 500g or 1lb minced meat—leg of mutton
- 1 large onion, finely chopped
- ½ tsp salt
- 1 tsp green chillies, chopped
- 2 cloves garlic, crushed
- ½ teacup water
- 1 tsp garam masala
- 1 tsp ground cumin
- ½ tsp cinnamon powder
- 2 dsp fresh coriander, chopped
- ¼ packet spring roll pastry/filo pastry
- 1 small egg or flour and water mixed together into a paste.



## Method

1. Heat pan add 1 dsp of oil add onions and cumin seeds and fry until onions are lightly browned.
2. Add mince, water, chillies, garlic, cinnamon and cook until water has evaporated Cook on a high heat for a few minutes until the mince releases its own oil. Turn off heat and add garam masala and coriander and mix well, set aside to cool.
3. Separate pastry sheets and cut strips 10cm or 4inch wide across pastry width.
4. Place a small amount of cooled mixture onto each sheet and fold down left hand corner so that a triangle shape is made. Keep folding over the triangle until all the pastry is used and seal the edges with egg or flour paste.
5. Place on a lightly oiled baking sheet.
6. Repeat until all pastry is used up.
7. Brush tops of samosa with egg or low fat milk mixed with oil.
8. Bake in a hot oven for 10-15 minutes until nicely browned.

## Serves 3-4

### Tip

Cumin seeds can be rubbed in between the palms of your hands before adding to onions to release the flavour.

While filling the samosas keep the remaining pastry covered with a clean damp cloth to prevent it from drying out.

### Serving Suggestion

Serve hot or cold with chutney, salad, and low fat yogurt raita. Also good for lunch boxes.

### Nutritional Note

This traditional high fat snack can be made with similar ingredients with a much lower fat content. Using lean minced lamb lowers the saturated fat while olive oil or rapeseed oil contains the healthier monounsaturated fat.

# QUORN KEBABS

Adeeba, formerly Sisterhood

## Ingredients

- 8 wooden or metal skewers
- 1 large carrot
- 1 large parsnip or ½ mouli
- 1 large red onion
- 1 red / yellow pepper
- 8 cherry tomatoes
- 8 button mushrooms
- 1 packet quorn fillets (250g)
- 2 dsp olive oil
- 1 dsp lemon juice
- 1 dsp poppy seeds (optional)
- Small handful coriander leaves finely chopped
- Black pepper

## Method

1. Soak kebab sticks in water for 30 minutes.
2. Slice carrot and parsnip/mouli into thin strips with potato peeler or food processor and blanch in small amount of boiling water for 1 minute.
3. Chop the onion and peppers into large chunks but leave tomatoes and mushrooms whole.
4. Chop Quorn into large chunks.
5. Make a dressing with oil, lemon juice, poppy seeds, coriander and black pepper.
6. Thread vegetables and Quorn alternately on to sticks right up to the end to prevent their tips from burning in grill.
7. Baste with dressing and grill over medium hot grill, basting 1-2 more times and turning until vegetables are lightly browned and soft.

**Serves 4**

### Tip

Vegetables maybe cut into chunks instead but may need blanching for longer.

Other vegetables such as aubergine, sweet potato, pumpkin or squash can be used.

Home-made low fat paneer can replace Quorn.

### **Serving Suggestion**

Serve with rice/couscous and salad/chutney.

### **Nutritional Note**

Quorn is a low calorie and low fat alternative to meat/chicken and is high in vitamin B1, which is good for releasing energy in the body.

Having grilled vegetables adds to the nutritional value of the meal.

# LAMB MINCE KEBABS

Adeeba, formerly Sisterhood

## Ingredients

- 500g or 1lb lean mince
- 1 small piece of fresh ginger, peeled and finely chopped
- ¼ tsp haldi (optional)
- 2-4 green chillies, finely chopped
- 1 small onion, finely chopped
- 1 clove garlic, crushed



## Method

1. Combine all the ingredients and mix well.
2. Dampen hands with a little water to stop the mixture sticking.
3. Make 8 balls with the mixture and shape each into a round patty.
4. Grill for a few minutes on both sides.



**Serves 4**

### **Serving Suggestion**

Serve with salad and raita or wholemeal pitta bread or tortilla/chapatti wrap.

### **Nutritional Note**

Using lean mince will help the kebabs to bind better. You may be surprised how much fat drains out of the kebabs even when they are made with lean mince.

# CHICKEN KEBABS

Diabetes Group

## Ingredients

- 500g chicken mince
- ½ tsp chilli powder
- ½ tsp garlic salt or 2 cloves garlic, crushed
- 1 tsp ground coriander
- 1 tsp ground cumin
- 1 green chilli, chopped
- 2-3 spring onions, finely chopped



## Method

1. Mix chicken with the rest of the ingredients.
2. Shape into flat rounds.
3. Place on baking tray or grill lined with tin foil.
4. Cook in a medium hot oven or grill until lightly browned on both sides.
5. Check the patties with the point of a knife to make sure that the juices run clear before serving.



**Serves 4**

### Tip

Using a food processor will help to bind the ingredients.

### **Serving Suggestion**

Serve with salad, apple chutney and wholemeal pitta bread/chapatti/ brown rice. Use kebab sticks for a change.

### **Nutritional Note**

Ask the butcher to remove the skin and any visible fat before mincing the chicken to make this meat as lean as possible.

No oil has been used throughout this recipe.

# VEGETABLE KEBABS

Affinity Scottish Ethnic Women's Group  
Used on International Women's Day event, 2005

## Ingredients

### Kebabs

- 4 kebab sticks
- 2 small onions cut into large chunks or 8 shallots,
- 8 button mushrooms
- 1 small aubergine, cut into large chunks
- 8 cherry tomatoes
- 1 colored pepper, cut into large chunks
- 1 pack plain/marinated/smoked tofu, cut into large chunks

### Marinade

- 1 clove garlic, crushed
- 1 small piece ginger, grated
- ¼ tsp garam masala
- ½ tsp ground coriander
- ¼ tsp cayenne pepper
- 2 dsp lemon juice
- 1 dsp olive oil



## Method

1. If wooden kebab sticks are used, soak in water for 30 minutes.
2. Make up marinade by mixing the garlic, ginger, spices, lemon juice and oil.
3. Place all vegetables and tofu in marinade and leave for as long as possible, turning over in the liquid from time to time so that they are covered evenly.
4. Thread vegetables alternately onto skewer and brush with any marinade that is left.
5. Grill on a medium heat.
6. Turn skewers over after one side browned so that all sides are cooked.

### Serves 4

#### Tip

Tofu can be replaced with Quorn pieces for a vegetarian alternative.

#### Serving Suggestion

Serve as a starter with plain or spiced yogurt and/or chutney.

As a main course they can be served with rice and a spicy sauce or stuffed into a pitta pocket.

#### Nutritional Note

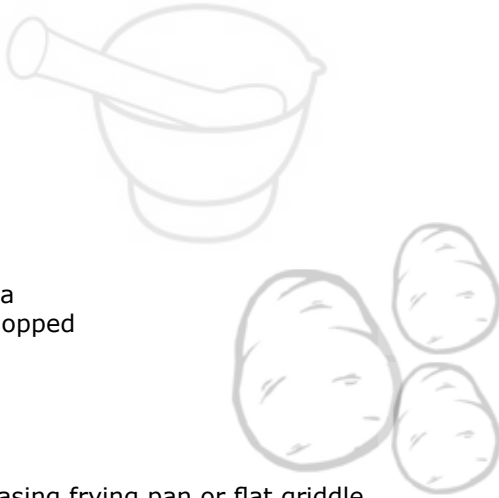
Kebabs are a fun and easy way of making vegetables more interesting. As they are cooked for a short time, the nutritional content is preserved. One kebab provides one recommended vegetable portion. The use of colourful vegetables will increase antioxidant intake.

# POTATO PAKORA - WITHOUT FRYING

Nari Kallyan Shangho

## Ingredients

3 small potatoes, grated  
1 onion, thinly sliced  
10 dsp gram flour  
1 tsp salt  
1 tsp cumin powder  
1 tsp cumin seed  
1 tsp coriander powder  
1 tsp garam masala  
½ tsp chilli powder  
¼-½ tsp bicarbonate of soda  
¼ bunch fresh coriander, chopped  
1-2 green chillies, chopped  
1 dsp plain low fat yogurt  
2 tsp lemon juice  
1 dsp rapeseed/olive oil  
water to bind  
olive or rapeseed oil for greasing frying pan or flat griddle



## Method

1. Place the potatoes and onions into bowl with flour, salt, spices, bicarbonate of soda, coriander and chillies.
2. Mix to a thick paste with yogurt, lemon juice, oil and water (enough so the mixture does not drop easily from a spoon).
3. Leave to rest for at least 30 minutes.
4. Heat griddle or frying pan and brush with a small amount of oil.
5. Drop spoonfuls of the mixture into the pan and cook gently for about 10 minutes on each side until lightly browned.

**Serves 4**

### Tip

Use different vegetables such as sweet potato, carrots, peas.

### **Serving Suggestion**

Serve with plain yogurt.

### **Nutritional Note**

Using a griddle or frying pan with only a little oil is a far healthier method of cooking pakoras than traditional deep frying although the shape will be more like a patty.





# CURRIES





# MATTER PANEER

Nari Kallyan Shangho

## Ingredients

- 1 dsp olive or rapeseed oil
- 1 onion, chopped
- ½ tsp mustard seed
- ½ tsp cumin seed
- 2 green chillies, chopped
- 1 tomato, halved
- 2 cloves garlic, crushed
- ½ small packet frozen peas
- 1 packet tofu, cut into large cubes/home-made low fat paneer
- ¼ bunch fresh coriander, chopped
- ½ tsp garam masala



## Method

1. Heat the oil and fry the onion gently until lightly browned.
2. Add mustard and cumin seeds and fry, stirring for 1–2 minutes.
3. Add chillies, tomato and garlic.
4. Add small amount water and cook covered, for about ½ hour until onion very soft (onion can be hand blended if time is short).
5. Cook mixture with lid off until all water driven off.
6. Stir in peas.
7. Add tofu and one cup water. Cook gently for 5 minutes.
8. Sprinkle over fresh coriander and garam masala.



**Serves 2-3**

### Tip

Use a lower fat milk and stir in 3 dsp skimmed milk powder for a firmer texture.

### Serving Suggestion

Serve with wholemeal chapatti and salad.

### Nutritional Note

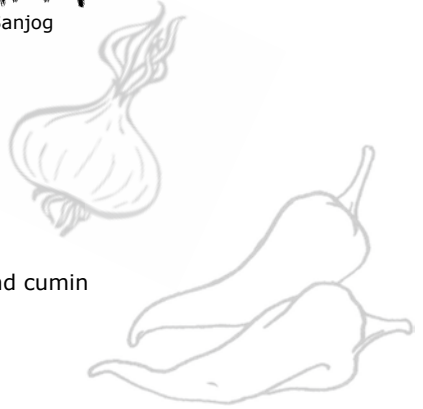
Replacing full fat paneer, which is high in saturated fat, with tofu/low fat paneer makes this a healthier version of the traditional South Asian dish.

# KARELA CURRY

Jagdish Kaur, Sikh Sanjog

## Ingredients

- 4 medium-sized karelas
- 1½ tsp salt
- 5 dsp olive oil
- ½ tsp chilli powder
- 2 small onions, sliced
- 4 green chillies, chopped finely
- ½ tsp each of ground turmeric
- 1 tsp each of garam masala, coriander powder and cumin seeds
- 5 small potatoes, sliced (optional)
- 1 dsp fresh coriander, chopped (optional)
- 1-2 tinned plum tomatoes



## Method

1. Wash and dry the karelas. Scrape the surfaces of them to remove most of the rough skin, squeezing out the juice from this. Keep these pieces of rough skin aside.
2. Slit the main parts of the karelas through lengthwise in order to remove the hard seeds inside (the seeds can be discarded). Chop into short sections, about one inch long (2.5cm). Put into a colander with 1tsp salt and mix thoroughly, setting aside for one to two hours in order to allow the salt to soak in and to remove the bitterness from the karelas.
3. Heat three dessertspoons of the oil in a frying pan and shallow fry the karela sections, stirring, until browned.
4. Take the karelas out of the frying pan and put on paper towels to absorb any surplus oil. Add the chilli powder and half a tsp of salt to these and mix well into karelas.
5. Using the oil remaining in the pan fry the rough skin until brown, remove and drain on kitchen paper.
6. Heat the remaining oil that is left, add the onions and brown. Add the plum tomatoes, chopped chillies, turmeric, garam masala, coriander powder and cumin seeds.
7. If using potatoes fry separately, in two dessertspoons of oil until golden brown.
8. Add everything back into the pan and cook on a low heat for around fifteen minutes, stirring constantly.
9. Serve with crispy skin and coriander as a garnish.

## Serves 2-3

### Tip

The cumin seeds can be rubbed in the palm of the hand to release flavour.

### Serving Suggestion

Serve with plain chapatti and salad.

### Nutritional Note

Karela is used by some people to help reduce blood sugar. There is not enough evidence to support this belief and it should not be used in place of treatment. Karela has very high levels of Vitamin C so care should be taken not to overcook. It does require more oil than other vegetables to reduce the bitterness and so care should be taken to keep this to a minimum. The karela skin is often fried and added to the top of the curry and again care should be taken to avoid using too much fat.

It may be better to eat this dish occasionally.

# CHICK PEA CURRY

Men's Health Fair, 2004

## Ingredients

- 2 cans chickpeas, drained
- 1 dsp olive oil
- 1 large onion, finely chopped
- 3 cloves garlic or 1 tsp garlic puree
- 1 piece ginger, grated
- 1 tsp cumin seeds or powder
- ½ tsp turmeric
- ½ tsp salt
- 2 green chillies
- ½ tin tomatoes
- ½ dsp tomato puree
- 1 tsp garam masala
- 1 dsp fresh coriander, chopped



## Method

1. Drain chickpeas and rinse in a sieve under cold running water.
2. Heat oil and fry onion gently until golden brown.
3. Add garlic and ginger, cook on gentle heat for 1 minute.
4. Add cumin seeds, turmeric, salt and chillies. Cook for another minute, stirring.
5. Add tomatoes and tomato puree, simmer for 5 minutes.
6. Add chickpeas, enough water to cover and bring to boil.
7. Simmer for 20–30 minutes.
8. Add garam masala and sprinkle with chopped fresh coriander.

**Serves 4**

### Tip

If you want a quick meal, use curry powder with garlic and ginger puree.

### **Serving Suggestion**

Serve with a low fat plain yogurt or yogurt with finely chopped cucumber, a pinch of chilli powder and chopped fresh coriander.

### **Nutritional Note**

Chickpeas are high in soluble fibre and may have a positive effect on blood sugar and blood fats.

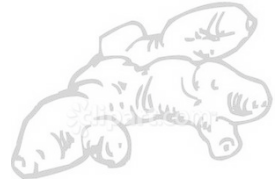
The combination of chickpeas, chapattis and salad provide a low fat meal packed with nutrition.

# MIXED VEGETABLE CURRY

Apna Women's Group

## Ingredients

- 1 dsp oil
- 1 large onion, sliced
- ½ tsp salt
- 2 cloves garlic, crushed
- 1 small piece of fresh ginger, finely chopped
- 1 tsp turmeric
- 1 tsp chilli powder
- 1 dsp powder coriander and cumin powder
- 1 can chopped tomatoes
- 2 small courgettes, diced
- 2 small carrots, diced
- 2 small potatoes, scrubbed and diced
- ½ small cauliflower, cut into small florets
- 1 can chick peas, drained
- ½ teacup water



## Method

1. Heat oil in a large frying pan.
2. Add onion and fry until golden brown.
3. Add salt, garlic and ginger, cook for 2-4 minutes, stirring occasionally.
4. Add the turmeric, chilli powder, coriander and cumin powder and cook for 2-3 minutes.
5. Add tomatoes and cook for a further 3-4 minutes.
6. Stir in the remaining ingredients, bring to boil and simmer, cover for 15-20 minutes, until vegetables are still firm but not too soft.



**Serves 4-6**

### Tip

Frozen veg could replace fresh veg for a quick meal.

### Serving Suggestion

Serve with rice or chapatti.

### Nutritional Note

As this dish contains a lot of fresh vegetables, care should be taken not to overcook them.

# POTATO AND AUBERGINE CURRY

Dalbir Kaur, Khush Dil

## Ingredients

- 2 dsp vegetable oil
- 1 onion, chopped
- ½ tsp of cumin seeds
- 3 cloves garlic, crushed
- 1 small piece of fresh ginger, finely chopped or grated
- 3-5 chillies, chopped
- 3 tomatoes or 3 plum tomatoes (tinned)
- 1 tsp salt
- 1 tsp each of mixed ground masala and ground turmeric
- 2 aubergine, chopped into small pieces
- 4 potatoes, chopped into small pieces
- 1 cup water (If required)
- 1 dsp fresh coriander, chopped



## Method

1. Heat oil and fry the onion with ½ tsp of cumin seeds and cook for 2-3 minutes.
2. Add garlic, ginger and chillies and cook until golden brown.
3. Add the tomatoes, salt, masala and turmeric and cook until the sauce has thickened to a paste consistency.
4. Add the aubergine and potatoes, mixing well, add the water if required.
5. Cook over a low heat for 20 minutes.
6. Just before serving add the fresh coriander.

**Serves 4**

### Tip

Choose aubergines that feel heavy and have smooth, firm and unblemished skin.

### Serving Suggestion

Spread on wholemeal bread for a quick sandwich for lunch or with chapatti, salad and low fat yogurt for an evening meal.

### Nutritional Note

Aubergines with their deeply coloured skins contain valuable antioxidants.



# LADY FINGER (OKRA) CURRY

Dalbir Kaur, Khush Dil

## Ingredients

- 3 dsp vegetable oil
- 500g lady fingers (okra) wash and dry slice length ways.
- 1 medium-sized onion, sliced
- 1 tsp cumin seeds
- 1 small piece of fresh ginger
- 3-5 chillies
- 1 tsp tomato puree
- 1 tsp each of salt and mixed ground masala

## Method

1. Heat oil and fry the lady fingers till crispy, then remove from pan and put on a kitchen towel, set aside.
2. In the same oil, cook the onion with the cumin seeds for five minutes.
3. Add the ginger and chillies and cook for a further 5 minutes.
4. When the onions are soft and golden brown add the tomato puree, then the salt and masala and cook for 5/6 minutes until the mixture thickens.
5. Add lady fingers and cook for a further 10 minutes.



**Serves 2-4**

### Tip

It is best to wash lady fingers whole as cutting them releases a slimy substance.

### Serving Suggestion

Spread on crackers or oatcakes for lunch or serve with wholemeal pitta bread and salad for an evening meal.

### Nutritional Note

Lady fingers are a good source of calcium and magnesium which are needed for bone, muscle and nerve health.

# KADOO AND CHANA DHAL

Dalbir Kaur, Khush Dil

## Ingredients

- 1 cup chana dhal, washed
- 3 dsp vegetable oil
- 1 onion, diced
- 2 tsp cumin seeds
- 3 cloves of garlic, crushed
- 1 small piece of fresh ginger, finely chopped
- 4 green chillies
- 3 tomatoes or 3 plum tomatoes (tinned)
- 1 tsp salt
- 1 tsp each of ground mixed masala and ground turmeric
- 1 kadoo (medium) chopped
- 1 dsp fresh coriander, chopped



## Method

1. Put the dhal in a pan with enough water to just cover and bring to the boil.
2. In a separate pan heat oil and fry the onion with the cumin seeds for 2-3 minutes.
3. Add the garlic and ginger. When the mixture is golden brown, add the chillies, tomatoes, salt, masala and turmeric.
4. Cook until the mixture has become a thick paste.
5. Add to the dhal and cook covered on a low heat for 10 minutes, adding more water if needed.
6. Add kadoo and cook for 10 minutes.
7. Just before serving add coriander.

**Serves 2-3**

### Tip

Kadoo can be found in most Asian stores but could be replaced with turnip or carrots.

### Serving Suggestion

Serve with rice or wholemeal pitta bread and salad.

### Nutritional Note

A combination of dhal and kadoo increases the mineral and fibre content of the meal.

## Ingredients

- 2 aubergines
- 2 dsp vegetable oil
- 1½ medium-sized onions
- 1 inch piece of ginger, grated
- 5 chillies, chopped
- 4 tomatoes, chopped
- 1 tsp each of salt and mixed ground masala
- ¼ cup water
- 1 dsp fresh coriander, chopped



## Method

1. Light a gas ring to a medium flame. Using a skewer/fork to hold the aubergine, place above the flame and keep turning until the aubergine has blackened. Dip in water and take off all the peel. Mash, or blend in a mixer.
2. Heat oil and fry onions until lightly browned.
3. Add ginger and chillies, tomatoes, salt and masala.
5. Cook until the mixture thickens to a paste.
6. Add the aubergine, mixing well and cook on a low heat for 20 minutes.
7. Just before serving add the fresh coriander.



**Serves 4-5**

### Tip

A quicker method of making this dish is to simply put the onions, ginger, chillies, tomatoes, salt and masala in at the same time with the oil and once it all becomes a thick paste, add the aubergine and cook for 20 minutes on a low heat.

### Serving Suggestion

Use as a topping on granary bread or toast and serve with salad for lunch or with chapatti and low fat yogurt for an evening meal.

### Nutritional Note

Take care to measure the oil as aubergine can soak up a lot of fat.

# DHAL

Sikh Sanjog

## Ingredients

- 1 – 1 ½ cup red lentils
- 3 cloves garlic, crushed
- 1 small piece of fresh ginger, chopped
- ½ small onion, chopped
- 2 green chillies, finely chopped
- 1 tsp chilli powder
- ¼ tsp turmeric
- 1 tsp garam masala
- 1 tsp salt
- 1 plum tomato (tinned)

## Tarka (optional)

- 2 dsp oil
- ¼ tsp cumin seed
- 3 cloves garlic, crushed
- 1 dsp fresh coriander, chopped



## Method

1. Wash lentils under cold running water, removing any grit.
2. Place lentils in a medium-sized pan and half fill with water. Bring to boil.
3. Add the garlic, ginger, onion, chillies, spices, salt and tomato.
4. Simmer for 20–30 minutes until the dhal mixture has thickened and water has reduced.
5. If using tarka, heat oil, add cumin and garlic and fry until the garlic has browned. Add to dhal and mix well.
6. Add coriander just before serving.

**Serves 4-6**

### Tip

Dhals can be eaten without the tarka to help keep the fat content low.

### Serving Suggestion

Serve with brown rice, salad and low fat yogurt.

### Nutritional Note

There are many different types of dhal, all low in fat, high in fibre, protein and minerals such as iron and magnesium. They are a good replacement for meat and excellent for promoting heart health and helping to achieve good diabetes control.

# TARKA DHAL

Affinity Scottish Ethnic Women's Group  
Used on International Women's day, 2005

## Ingredients

### Serves

- 1 ½ - 2 cups channa dhal
- ½ tsp salt
- ¼ tsp turmeric
- ½ leek chopped finely
- 2 green chillies, finely chopped

### Tarka

- 3 dsp olive or rapeseed oil
- 2 spring onions, finely chopped
- 2 cloves garlic, crushed
- 1 tomato, finely chopped
- 1 tsp cumin seeds
- 1 tsp garam masala
- ¼ tsp hing (optional)
- 1 dsp fresh coriander, chopped



## Method

1. Rinse dhal with cold water and leave to soak in water for 30 minutes. Drain.
2. Put dhal in pan with enough cold water to cover, adding another 5cm of water above the level of the dhal.
3. Add salt, turmeric, leek and chillies and bring all to boil. Simmer for 30 minutes.
4. Separately, heat the oil and add onion and garlic frying until golden brown.
5. Add hing, tomato and cumin seeds, stir and cook at medium heat for 5 minutes.
6. Add the tarka to the cooked lentil and heat for a few minutes.
7. Stir in garam masala.
8. Add coriander just before serving.

**Serves 4-6**

### Tip

Using less oil and salt when cooking dhals can make an important contribution to heart health.

### Serving Suggestion

Serve with brown rice or chapattis, and lightly cooked vegetables or salad.

### Nutritional Note

This dish is rich in protein, fibre, iron and calcium.

Serving with a vitamin C source such as salad or fruit will increase absorption of the iron.

Dhals are excellent low fat alternatives to meat and should be eaten two to three times a week.

Hing is a digestive spice which is occasionally used in Asian cooking.

# CHICKEN CURRY

Hand in Hand Women's Group

## Ingredients

- 1 dsp olive oil
- 1 onion, chopped
- 2 garlic cloves, chopped or crushed
- 1 small piece of fresh ginger, peeled and chopped finely
- 1 green chilli, chopped finely
- ½ tsp chilli powder
- ¼ tsp turmeric
- ½ tsp garam masala
- 1 piece cinnamon
- 2 cloves
- ½ tsp cumin seed
- ½ tsp salt
- 2 plum tomatoes (tinned)
- 1 dsp low fat yogurt
- 4 skinned chicken pieces, washed well



## Method

1. Heat oil and fry onion gently until browned.
2. Add chopped garlic, ginger, green chilli, spices and salt and when well mixed add tomatoes.
3. Cook gently for around 20 minutes.
4. Add yogurt and mix well.
5. Add chicken pieces and cook for at least 20 minutes until all the flesh is brown.
6. Add enough water to cover the chicken and mix well.
7. Bring to boiling and then simmer until chicken well cooked.

**Serves 4**

### Tip

Yogurt can be omitted in this recipe.

### **Serving Suggestion**

Eat with rice, couscous or naan bread, low fat yogurt and salad.

### **Nutritional Note**

Using skinned chicken pieces will reduce the fat content.

Traditionally more oil would have been used in this dish and we have managed to reduce it to one dessert spoon only but care should be taken not to use too much heat otherwise the spices will burn.

# RAJMA - RED KIDNEY BEANS

Dalbir Kaur, Khush Dil

## Ingredients

- 500g rajma (soaked overnight)
- 2 medium-sized onions, chopped
- 2 dsp olive oil
- 1 tsp cumin seeds
- 4 garlic cloves, finely chopped
- 3 medium-sized tomatoes, chopped
- 1½ tsp salt
- 1½ tsp turmeric
- 1 tsp garam masala
- 6 green chillies, chopped
- 1 thumb size piece of fresh ginger, peeled and finely chopped.
- 1 dsp fresh coriander to garnish



## Method

1. Wash rajma, and set aside.
2. Boil in plenty of water and then leave to simmer until cooked through (40 minutes / 1 hour). Retain any water that is left in the pan.
3. Make the sauce by frying the onions in oil with the cumin seeds for five minutes on a medium heat, then add the garlic.
4. Once the garlic starts to brown (make sure not to burn) add the tomatoes, then the salt, spices, chillies and ginger and let them all cook.
5. Add the rajma and its' water to the pan and continue to cook the whole mixture until the sauce thickens. Take some of the rajma out and mash them, adding them back to the pan in order to make the sauce thicker.
6. Remove from heat and add the coriander just before serving.

## Serves 4-6

### Tip

To save time on soaking and boiling, use tinned rajma. On emptying the tin into a pan, add the other ingredients and let it all cook for about half an hour.

### Serving Suggestion

Serve with boiled rice or chappati, and salad.

### Nutritional Note

Kidney beans along with other beans can provide an alternative protein source to meat in the diet as well as dietary fibre, vitamins and minerals.

# MARINADED CHICKEN WITH SALSA

Hand and Hand Women's Group

## Ingredients

4 chicken breasts, skinned or 4 chicken drumsticks

## Marinade

2 dsp clear honey

1 small piece of fresh ginger, peeled and grated

2 garlic cloves, crushed

½ lime/lemon, juice and grated rind

Pinch of salt

Pinch of ground pepper



## Salsa

1 dsp sultanas soaked overnight or for 2–3 hours in grated rind and juice of 1 lemon/lime

1 green chilli, finely chopped

1 mango, peeled and diced

1 tomato, finely chopped

½ red pepper, finely diced

1 small red onion, finely chopped

1 dsp tomato puree

1 tsp cumin powder

Small handful fresh coriander leaves, finely chopped



## Method

1. Make 2–3 deep cuts in the chicken breasts or drumsticks and place in a deep dish.
2. Mix all the marinade ingredients and pour over chicken rubbing well into the cuts. Cover and leave for 2-3 hours or overnight.
3. Line a grill pan with foil and grill chicken under a medium heat until flesh well cooked. Check with the point of a knife in the fleshy part of the chicken to ensure there is no pink flesh.
4. Mix together the salsa ingredients.
5. Serve the chicken with the salsa as an accompaniment.

**Serves 4**

### Tip

Instead of chicken, fresh tuna, swordfish, salmon or trout steaks can be used. Adjust the cooking time for fish, which cooks more quickly.

### Serving Suggestion

Eat chicken with the salsa, tortillas and crisp green salad.

### Nutritional Note

The salsa provides a good range of colored fruit and vegetables providing plenty of antioxidants. Marinating tenderizes the food and keeps it moist which will stop it from drying out when grilled.





# PASTA DISHES





# PASTA IN FRESH TOMATO SAUCE

Various groups

## Ingredients

300g-400g pasta/spaghetti/macaroni

## Sauce

1kg sweet tomatoes peeled, deseeded and roughly chopped

3 garlic cloves, crushed

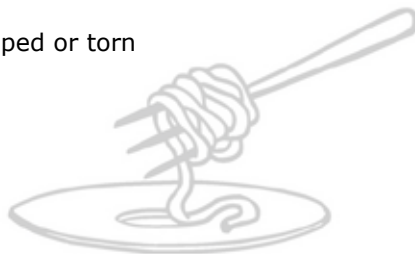
1 large bunch basil leaves, coarsely chopped or torn

3dsp olive oil

Pinch of salt

Ground black pepper

Grated parmesan (optional)



## Method

1. Put the chopped tomatoes in a bowl with the garlic, basil, olive oil, salt and ground pepper. Stand for one hour to allow the flavours to merge together.
2. Cook pasta in boiling water until just soft (al dente).
3. Mix with the freshly cooked pasta and warm through in the pan if it is preferred hot.

**Serves 4-6**

### Tip

This easy dish can have all kinds of additions such as tinned tuna, mackerel, sardines or anchovies, to increase omega 3 essential fat. Grilled or roasted coloured peppers/aubergine/courgettes/onions could also be mixed through at the end or served separately to increase fruit and vegetable intake.

Grilled salmon also would be a good accompaniment for a more substantial meal.

### **Serving Suggestion**

Serve with salad.

### **Nutritional Note**

As the vegetables are not cooked in this dish the vitamin content will be preserved. Using wholemeal pasta will further increase the fibre.

# PASTA WITH BASIL SAUCE

MECOPP

## Ingredients

300g-400g pasta/spaghetti

## Pesto

Large bunch basil leaves

3 dsp pine nuts

3 cloves garlic

2 dsp olive oil

3dsp grated parmesan (optional)



## Method

1. Cook pasta in boiling water until just soft (al dente).
2. For pesto put all ingredients in food processor (except cheese) or use pestle and mortar and blend together.
3. Stir in the parmesan if being used. Add a little water to the pesto if too dry.
4. Mix the pesto with the pasta and serve.



**Serves 4**

### Tip

Parsley or coriander can be used if basil is unavailable. Cashew nuts or pecan are a cheaper alternative to pine nuts.

### Serving Suggestion

Serve with salad or lightly steamed/stir fried vegetables.

### Nutritional Note

Pasta is a good source of carbohydrate and all forms are healthy, both white and wholemeal.

Pine nuts are a good source of protein, iron and zinc.

The fresh leaves provide a good source of vitamins and can be a good way of getting children to eat vegetables, chopping them finely and adding to the sauce.

There is a dairy-free parmesan in a shaker which is an alternative to adding saturated fat to the meal.

# PASTA WITH CREME FRAICHE AND SMOKED SALMON

MECOPP

## Ingredients

- 300g-400g pasta
- 1 small packet smoked salmon
- 1 tsp olive oil
- 1 packet spinach leaves, washed
- 1 small carton low fat crème fraiche



## Method

1. Cook pasta till just soft.
2. Cut smoked salmon finely into strips.
3. Brush pan with olive oil then add salmon, stirring for a few minutes until the salmon becomes opaque.
4. Remove salmon from pan.
5. Put spinach leaves into the saucepan, stirring until they just wilt.
6. Add crème fraiche and heat through.
7. Add salmon and pasta to the pan again and mix well.

**Serves 4**

### Tip

Smoked salmon can be exchanged for another fish such as smoked mackerel/trout or can be made into a vegetable dish by substituting the fish for stir fried vegetables such as baby corn, courgettes, fennel and aubergine.

### Serving Suggestion

This recipe is complete but can also benefit from having extra vegetable or salad to accompany the dish.

### Nutritional Note

This is an easy and quick way to add an omega 3 rich fish to your diet.





# FISH DISHES







# SALMON CURRY

Affinity Ethnic Women's Group  
Recipe provided by Dalbir Kaur, Khush Dil

## Ingredients

- 350g-400g salmon fillet, with or without skin removed
- 1 dsp medium chapatti flour or brown flour
- Juice of ½ lemon
- ½ level tsp salt
- 1 tsp turmeric
- ½ tsp garam masala
- ¼ tsp chilli powder
- ½ green chilli, finely chopped
- 3 dsp olive or rapeseed oil
- 1 dsp ajwain (lovage seeds) - rolled in the palm of the hand to release the flavour
- 1 small bulb garlic, chopped roughly
- ½ tin tomatoes
- 1 small piece of fresh ginger, peeled and grated
- 1 dsp fresh coriander, chopped



## Method

1. Rinse salmon under cold running water and put onto a plate with chapatti flour. Rub flour onto fish then rinse under cold water to remove flour.
2. Add lemon juice to fish, mix and rinse.
3. Mix salt, turmeric, garam masala, chilli powder and fresh chilli in a bowl and add the fish pieces. Cover fish with the spice mixture and leave to marinade for 20 minutes.
4. Heat oil, add lovage seeds and garlic and fry for a few minutes, stirring.
5. Add fish and fry to seal both sides.
6. Add tomatoes and ginger, simmer until sauce has thickened and reduced.
7. Sprinkle with coriander before serving.

**Serves 4**

### Tip

Any firm white or oily fish can be used such as tuna, cod, swordfish or haddock steaks on the bone.

### Serving Suggestion

Serve with rice/chapatti, green salad and a low fat raita.

### Nutritional Note

Salmon is an oily fish which contains protective fats helpful in lowering blood pressure and blood fats such as cholesterol.

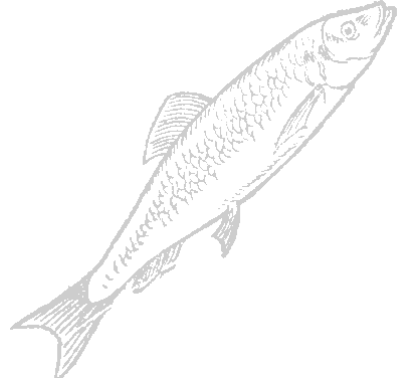
It can also be helpful in reducing inflammation in conditions such as osteoarthritis. Ajwain (lovage seed) is used in many fish dishes and acts as a digestive aid. Ginger and garlic have a role in improving circulation.

# STUFFED HERRINGS

Various Groups

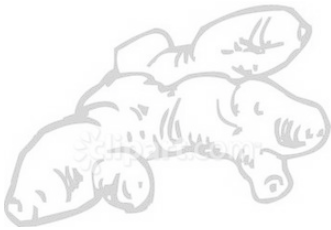
## Ingredients

- 1 dsp olive/rapeseed oil
- 1 tsp cumin seeds
- 1 small piece of fresh ginger, peeled and grated
- Pinch salt
- 2 green chillies, finely chopped
- 1 dsp coriander leaves, chopped
- 1 dsp lemon juice
- 450g potatoes, boiled, mashed and cooled
- 1 onion, finely chopped
- 4 herrings, cleaned



## Method

1. Heat oil in saucepan add cumin seeds, ginger, salt, chillies and coriander cook for 1-2 minutes stirring.
2. Add lemon juice, potato and onion to the pan and mix well.
3. Clean herrings and make a lengthwise slit through each to allow them to be stuffed.
4. Divide the potato mixture into four and stuff each herring with one portion of the mixture.
5. Lay stuffed herrings out on baking tray and cover with foil.
6. Bake on medium heat, Gas 5 or 180°C, for 30-40 minutes.



**Serves 4**

### Tip

As herrings are seasonal, use other types of fish, even filleted fish that can be sandwiched with the filling and wrapped in foil to keep fish together.

### Serving Suggestion

Serve with vegetables or salad.

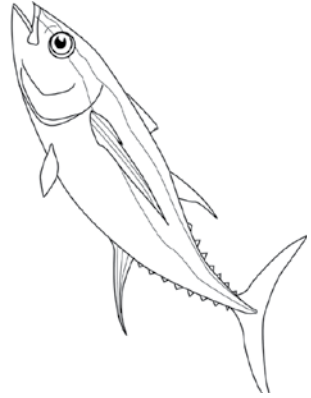
### Nutritional Note

Herrings are oily fish and one portion contributes towards your essential intake of omega 3 fats.

Stuffing with potato is a good low fat filling and together with the fish makes this a good filling meal.

# TUNA LASAGNE

MECOPP



## Ingredients

- 1 dsp olive oil
- 1 small onion, chopped finely
- 2 cloves garlic, crushed
- 1 tin tomatoes
- 1 tsp mixed herbs (optional)
- 1 tin tuna, drained
- 600ml semi-skimmed or skimmed milk
- 2 dsp plain flour
- 100g low fat mature cheddar cheese, grated
- ½ bunch fresh coriander, chopped
- ¾ tsp mustard powder
- 50g grated parmesan cheese or breadcrumbs (for a milder taste)
- 6–8 lasagne sheets

## Method

1. Heat oil and add onion, frying gently for 5 minutes.
2. Add garlic, tomatoes, herbs (if being used) and tuna and gently simmer for 10 minutes.
3. Separately, heat milk and flour together whisking all the time to prevent lumps forming. Bring to boil and simmer gently for 2-3 minutes to ensure flour is cooked.
4. Add cheddar cheese, mustard powder to the milk and flour mixture, and adjust seasoning.
5. Add coriander to tomato sauce and pour a thin layer of it into a baking dish.
6. Put one sheet of lasagne on top.
7. Pour thin layer of cheese sauce on top of lasagna.
8. Repeat these layers once more.
9. Top with parmesan or breadcrumbs.
10. Place in medium hot oven for 45 minutes.

**Serves 4**

### Tip

Instead of tuna use other fish, minced chicken or dhal

### Serving Suggestion

As a main course this can be served with fresh salad.

### Nutritional Note

As tuna is a meaty fish it makes it a good alternative to the mince that is normally used in lasagne while reducing the saturated animal fat.

Fresh tuna is more expensive but provides much more omega 3 fat than the tinned tuna which loses the healthy fat through processing

# MICROWAVED STUFFED TROUT

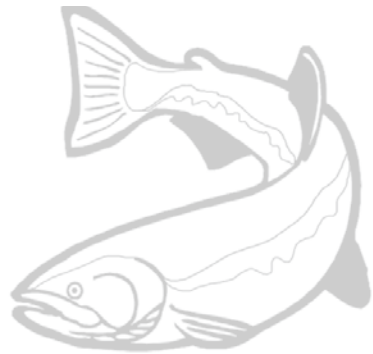
MECOPP

## Ingredients

- 1 fresh trout, gutted or 2 fillets
- 1 tsp oil
- ½ small onion, finely chopped
- 1 green chilli, chopped
- 1 dsp fresh coriander, chopped
- ¼ tsp black pepper, coarsely ground
- 1 –2 cm piece fresh ginger
- Pinch ground cumin
- 1tsp lemon juice
- 1 boiled potato or sweet potato, mashed

## Method

1. Wash fish inside and out and pat dry with kitchen paper.
2. Heat oil and fry onion till soft.
3. Stir in other ingredients except potato and cook for 1 minute.
3. Add potatoes and mix thoroughly.
4. Stuff fish with the mixture using a cocktail stick to keep filling from falling out or wrap in greaseproof paper.
5. Place in microwave and cook for 2 minutes. Turn fish over and cook again for 2 minutes. Check flesh to see if cooked. Depending on the size of fish the time may need to be adjusted.



## Serves 2

### Tip

Use any fish whole or filleted for a change and to reduce cost. Fish cooks very quickly and the microwave can be a very efficient method of cooking.

### Serving Suggestion

Serve with salad or lightly steamed vegetables.

### Nutritional Note

Trout is another oily fish that provides essential omega 3 fat.

# GRILLED TROUT/TUNA/SALMON FILLET

Apna women's group

## Ingredients

- 4 fillets fish (one per person)
- 2-3 tsp olive oil
- Black pepper, coarsely ground
- 2 red chillies, finely chopped
- 4 dsp parsley, finely chopped
- 1 small onion, finely chopped

## Method

1. Wash fish and pat dry with kitchen paper.
2. Place on a grill pan lined with foil and lightly oiled.
3. Brush on olive oil.
4. Sprinkle other ingredients evenly over fillet.
5. Grill on a low heat until flesh is cooked. Test with the point of a knife in centre of the fish.



**Serves 4**

### Tip

This is a versatile recipe that can use other herbs and/or spices including Chinese five spice, coriander, garam masala, etc to suit different tastes.

### Serving Suggestion

Serve with wholemeal pitta bread/chapatti/brown rice, and salad.

### Nutritional Note

Fish is a superfood. Packed with vitamins and minerals, and a major source of omega-3 fatty acids, fish can help to protect against a range of diseases, from cancer to heart disease, depression to arthritis.

# NON-SPICY BAKED SALMON

Nari Kallyan Shangho

## Ingredients

- 4 salmon fillets or steaks (one per person)
- 2 lemons
- 2-3 tsp olive oil
- Black pepper, coarsely ground
- ½ tsp salt

## Method

1. Wash fish and pat dry with kitchen paper.
2. Place fish on baking sheet lined with foil.
3. Spread all the other ingredients over the fish and wrap foil around fish.
4. Bake in a medium hot oven for 10–15 minutes. Check fish thoroughly cooked by gently putting point of a knife through the flesh in the centre of the fish.



**Serves 4**

### Tip

This basic method of baking fish can be built on by adding other flavours through the use of herbs and spices. Vegetables such as tomatoes, large chunks of onions, peppers, etc can also be baked alongside the fish to complement it and add to the vitamin and mineral content of the meal.

### Serving Suggestion

Serve with vegetable risotto/crusty bread and salad, or chapatti and stir fried vegetables.

### Nutritional Note

It is recommended to eat two portions of fish a week - fresh, frozen or tinned seafood.

Eating oily fish such as salmon can help reduce the risk of heart disease.

# SPICY BAKED SALMON

Sikh Sanjog

## Ingredients

- 4 salmon fillets or steaks (one per person)
- 1 tsp olive oil
- ½ tsp garam masala
- ¼ tsp chilli powder
- 1 clove garlic, crushed
- Black pepper, coarsely ground
- ½ tsp salt

## Method

1. Wash fish and pat dry.
2. Place fish on baking sheet lined with foil.
3. Brush fish with oil.
4. Add other seasonings.
5. Wrap foil around fish and bake in a medium hot oven for 10–15 minutes.



**Serves 4**

### Tip

This is a spiced version of the previous dish but the garam masala and chillies can be substituted by other herbs or spices to suit taste. Alternatively, other vegetables such as onions or tomatoes can be added to increase nutrient intakes as well as change the flavour slightly

### Serving Suggestion

Serve with chapatti and Spinach & Tomato salad.

### Nutritional Note

Fish steaks are a grand alternative to red meat – reducing saturated fat and contributing towards the recommended 2 portions of fish / week.



# BAKED FISH IN BREADCRUMBS

Health All Round

## Ingredients

4 white fish fillets (one per person)

Handful chapatti flour / brown flour

Skimmed/semi-skimmed milk or lemon juice – for dipping

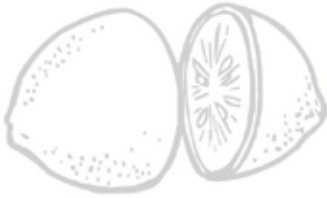
2-3 tsp olive oil

Seasonings eg dried parsley, mixed herbs, black pepper or paprika

Wholemeal breadcrumbs, either fresh or baked in the oven to crisp

## Method

1. Wash fillets well and dry with paper towel.
2. Mix seasoning with breadcrumbs.
3. Dip fillets in chapatti flour.
4. Dip in milk or lemon juice mixed with oil.
5. Coat with breadcrumb mixture.
6. Bake in a preheated oven for 10-20 minutes depending on thickness of fish.



**Serves 4**

### Tip

The usual breadcrumb topping is turned into an imaginative dish by using all the different herbs and spice combinations or even fresh herbs from the garden.

### Serving Suggestion

This would go well with an apple chutney (earlier recipe) and some wedge potatoes and / or roasted vegetables to utilise the oven at the same time.

### Nutritional Note

This is a healthier version of the traditional deep-fried fish which also comes with a crispy finish

# STIR FRY FISH & VEGETABLES

Adeeba, formerly Sisterhood

## Ingredients

- 2 -3 fillets / steaks of any firm fish
- Olive or rapeseed oil, for brushing onto fish
- 1 dsp olive or rapeseed oil
- 1 clove garlic, crushed
- 1 small piece ginger, grated
- 500g selection vegetables, chopped coarsely
- 1 teacup beansprouts or home sprouted beans eg mung
- 2 dsp sesame or sunflower seeds (optional)
- 2 dsp soy sauce
- 1-2 dsp peanut butter (optional)
- Water or vegetable stock if more sauce liked

## Method

1. Chop fish into large chunks. Brush with oil and garlic and put under grill for 5 minutes or bake for 8-10 minutes.
2. In a frying pan heat oil and add garlic and ginger.
3. Stir in vegetables adding root vegetables first as they take longer to cook.
4. Add in other vegetables eg beansprouts, spinach and peppers which have a shorter cooking time.
5. Cook quickly on a high heat for 2-3 minutes, stirring continuously.
6. Stir in the soy sauce and peanut butter, if being used.
7. Add cooked fish and stir gently.



**Serves 4**

### Tip

Use fish that keeps firm after cooking and even place on top of dish at the need to prevent breaking up. Use microwave to cook fish instead of the oven.

### Serving Suggestion

Serve with boiled rice or rice noodles.

### Nutritional Note

Bags of nutrition in a simply cooked way with sunflower seeds and peanut butter or other nut butters raising the protein and healthier fat profile.





# RICE, CHAPATTIS & POTATOES



# BOILED BROWN RICE

Various Groups

## Ingredients

250g brown rice, rinsed well

## Method

1. Soak rice for 30 minutes
2. Rinse and put rice in fresh water to just cover the rice by ½ cm water.
3. Bring to boil and then reduce heat to the minimum and put on a tight fitting lid resisting the temptation to lift the lid during cooking
4. After 20 minutes turn off the heat. Do not remove the lid for another 10 minutes.
5. Fork through and serve.



**Serves 4-6**

### **Tip**

Leftover rice can be mixed with dried fruit, spices and a little olive oil for a spicy salad.

### **Serving Suggestion**

Rice is an everyday food and can be served with almost anything.

### **Nutritional Note**

Brown rice has a higher nutritional and fibre content than white rice and contains greater amounts of vitamins and minerals.

Basmati Rice can also help to keep blood sugar levels lower than other varieties of rice because of the type of fibre it contains.

The nutritional value can be enhanced by adding chopped parsley or coriander, spring onions or stir fried vegetables.

# PILAU RICE

Hand in Hand Women's Group



## Ingredients

250g brown rice, rinsed well  
2 dsp olive oil  
½ small onion, chopped  
water (enough to cover rice)  
2 pieces cinnamon stick  
2 carrots, peeled and chopped  
1 courgette (or any other vegetable can be used), chopped  
½ tsp cumin seeds  
½ tsp salt

## Method

1. Soak rice for 30 minutes in water.
2. Heat oil in a large saucepan and add onion frying gently until browned.
3. Add rice to saucepan and water to just above the level of the rice.
4. Add cinnamon and chopped carrot.
5. Put on a tight fitting lid, bring to boil and put the heat on the lowest setting for 15 minutes.
6. Add the courgette and cumin seeds, stir well and place the lid back on for 5 minutes.
7. Turn off the heat and leave to steam for 5 minutes.
8. Add the salt and mix well.



**Serves 4**

### Tip

Alter the veg to suit your taste, try kadoo or spinach leaves added towards the end of cooking.

### **Serving Suggestion**

Eat with curries, raita and salad.

### **Nutritional Note**

Use brown rice if possible as this increases the nutrient value, especially the B group vitamins.

# CHAPATTI

Tynecastle Men's Event  
Khush Dil

## Ingredients

300g chapatti flour or whole-wheat flour  
Around 250 - 300mls water

## Method

1. Sift the flour and salt into a large bowl.
2. Add water gradually and knead to a firm but pliable dough.
3. Leave aside for 10-15 minutes and cover with a damp cloth.
4. Divide into 12 balls and roll out into thin rounds.
5. Heat a nonstick/heavy bottomed frying pan or griddle until very hot.
6. Cook one chapatti at a time, for half a minute on each side.
7. To keep warm after cooking wrap in foil or clean damp dishcloth and put in warm oven.



**Makes 6-8 chapattis**

### Tip

Make sure the dough is rolled out thinly as this will cook better. If you have a gas hob, placing the chapatti on a low gas flame and quickly turning it over a few times will puff up the chapatti and make it lighter to eat (take care with fingers!!).

### Serving Suggestion

Serve with meat, fish, dhal, vegetables or salad.  
Use also as a wrap similar to a tortilla filling with curry and salad.

### Nutritional Note

Wholemeal or medium brown chapatti flour is much healthier than white flour and has a more nutty texture.



# STUFFED PARATHA (CHOKA)

Jagdish Kaur, Sikh Sanjog



## Ingredients

500g chapatti flour  
Around 450mls water

## Filling

4 large potatoes, peeled and chopped into large pieces  
1 medium onion, finely chopped  
1 x 3cm piece ginger, grated  
3 green chillies, finely chopped  
¼ bunch coriander, finely chopped  
1¼ tsp garam masala  
½ tsp chilli powder  
1½ tsp salt  
1tsp olive oil for oiling the frying pan

## Method

1. Knead chapatti dough then put in 'fridge for 10-15 minutes.
2. Boil potatoes in unsalted water.
3. Into a bowl put the onion, ginger, chillies, coriander, spices and salt.
4. Mash potatoes and mix in well with the rest of the filling ingredients.
5. Roll out dough into small thin circles.
6. Spread a small amount of filling onto middle of one chapatti and place another chapatti on top.
7. Roll out taking care not to squeeze the mixture out until the circle is twice the original size.
8. Heat a little oil in a nonstick frying pan and cook the choka on both sides finishing off under the grill to add crispness.

**Makes 8 -10**

### Tip

Add only enough water to make a dough by adding water gradually into the flour.

### Serving Suggestion

Eat with low fat yogurt and side salad for breakfast, lunch or light evening meal. Substitute with dhal instead of potato for a missi roti.

### Nutritional Note

This is an excellent low fat light meal to be eaten at any time of day. The fibre content is high in this dish and could be made higher using 100% wholemeal chapatti flour.

Potatoes and coriander add vitamin C and the side dish of yogurt provides a portion of calcium.

# MISSI ROTI

Nari Kallyan Shangho

## Ingredients

750g chapatti flour

250g gram flour

1 tsp salt

1 bunch fresh methi (mustard) - leaves only, chopped

1 green chilli, finely chopped

Water to mix

Gram flour for rolling out dough

Few tsps olive or rapeseed oil



## Method

1. Mix together and knead all above ingredients to make a firm but pliable dough.
2. Leave in 'fridge between a half to several hours or even overnight.
3. Roll out small balls of dough using a little dry gram flour and cook on pre-heated nonstick/heavy bottomed frying pan or griddle. A little oil may be used to prevent sticking, if required.
4. Cook on one side and place under grill to finish off second side.
5. After cooking, brush with a little olive/rapeseed oil or olive oil spread.

**Makes 12 – 15**

### Tip

All or some of the ingredients below can be added for variety:

Spring onions, finely chopped

Fresh coriander, finely chopped

Spinach leaves, finely chopped

Fresh mint, finely chopped

Cumin seeds or ground cumin

Pomegranate seeds

Cooked Red lentils – 1 mug to the above quantities.

### Serving Suggestion

This dish makes a wonderful filling breakfast meal and is great served with plain yogurt or raita (see earlier recipe).

### Nutritional Note

This is a more nutritious version of the basic chapatti as the gram flour contains protein from chick peas and more B vitamin folic acid than whole wheat flour alone.

# SPICY POTATO WEDGES

Apna Women's Group

## Ingredients

- 4 medium sized potatoes, scrubbed and cut into wedges
- 1 dsp olive oil
- ½ tsp red chilli powder
- Salt and pepper

## Method

1. Par boil potatoes for 5 minutes in minimum amount of water.
2. Drain and place on lightly oiled baking sheet.
3. Brush potatoes evenly with oil using a pastry brush.
4. Add chilli, pinch salt and pepper to surface of potatoes.
5. Bake in a hot oven for 30-40 minutes until potatoes are browned.



**Serves 3-4**

### Tip

Potatoes can be pre cooked in the microwave, Place on a non metallic plate sprinkle with water and cover with cling film, cook for 2 minutes.

### Serving Suggestion

Serve with grilled or baked fish or any of the salads in the book or as a snack with a raita or chutney.

### Nutritional Note

This is a good low fat alternative to chips.

# MICRO WAVE CHIPS

Various groups

## Ingredients

3 medium sized potatoes  
½ lemon  
Pinch coarse pepper

## Method

1. Wash potatoes leaving skin on if it is good, otherwise peel.
2. Cut into chips.
3. Place in dish and squeeze over lemon juice and sprinkle pepper evenly over all the chips/wedges.
4. Cover dish and microwave for 6 minutes turning after 3 minutes. Cooking time may need to be adjusted depending on power of microwave.



**Serves 2**

### **Tip**

Use other root vegetables such as sweet potato/ parsnip or a combination for variety.

### **Serving Suggestion**

Serve with grilled, microwave or baked fish or as a snack on it's own.

### **Nutritional Note**

This is another good low fat alternative to chips.



# DESSERTS





# BANANA AND MANGO FOOL

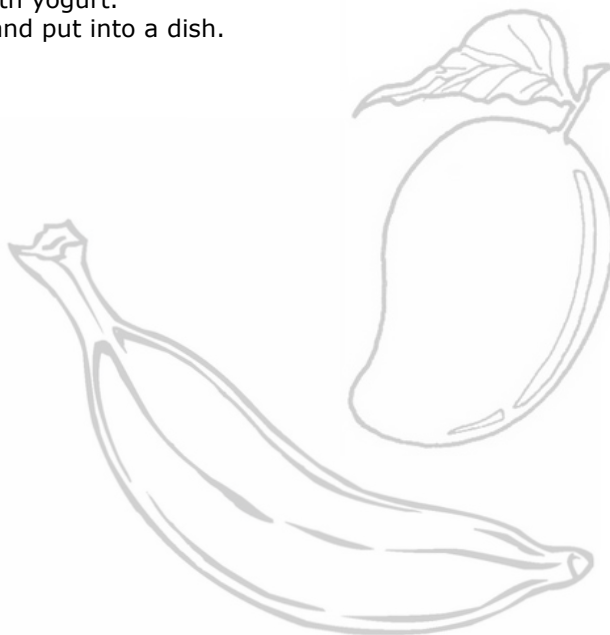
Various Groups

## Ingredients

- 1 large mango
- 1 large banana
- 1 packet tofu (available from most supermarkets especially Chinese supermarkets)
- 1 small low fat plain or vanilla yogurt

## Method

1. Mash mango and banana then pass through sieve.
2. Cream tofu with yogurt.
3. Mix together and put into a dish.



**Serves 4**

### **Tip**

Use fruit in season or frozen berries.

### **Serving Suggestion**

Serve alone or with other chopped fruit/ nuts.

### **Nutritional Note**

Soya, which tofu is made from, is high in protein and complex starches making it a very nutritional food. It has a creamy texture when blended which is a great low fat alternative to cream. Fruit helps to bring flavour to an otherwise neutral food.



# FRUIT CHAAT

Affinity Scottish Ethnic Women's Group  
Recipe used on International Women's day, 2005

## Ingredients

1 large orange  
¼ melon  
½ banana  
½ kiwi  
½ pear  
½ red apple  
10 red grapes – halved  
4 strawberries  
150ml low fat plain yogurt  
50g whole almonds roasted  
pinch fruit chaat - available in  
specialist South Asian shops



## Method

1. Peel and chop fruit, putting to prevent browning. Place banana, pear and apple in lemon juice in a bowl to prevent browning.
2. Add yogurt to fruit and chaat (optional).
3. Sprinkle dry fried almonds on top and serve.

**Serves 4**

### Tip

Use any seasonal fruit, pomegranate, guavas, mangoes and other tropical fruits are excellent choices depending on price and availability.

### Serving Suggestion

Yogurt can be served separately or replaced with a low fat Greek yogurt or low fat fromage frais.

### Nutritional Note

All fresh fruit provides fibre, vitamin C, antioxidants – the body's natural cleansing system plus other vitamins and minerals. A portion of fruit salad can make a valuable contribution towards the recommended 5 daily fruit and veg portions.

# SEMOLINA HALVA

Various Groups

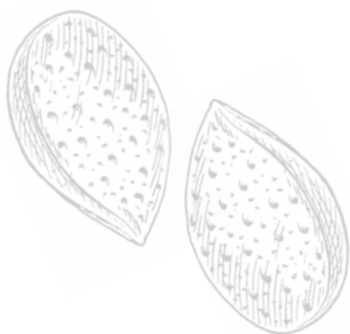
## Ingredients

- 600ml water
- 100g coarse semolina
- 50g polyunsaturated margarine
- 2dsp sultanas
- 10 almonds, chopped
- 4-6 cardamom seeds with the outer skin removed
- 1dsp sugar
- Pistachios, chopped



## Method

1. Boil water in a kettle.
2. Melt marg in a nonstick saucepan or heavy bottomed pan.
3. Add semolina to fat, mix well and cook for 10 minutes stirring continuously.
4. Add boiling water and mix well. Bring all to the boil again and simmer gently stirring all the time.
5. Add the cardamom, sultanas and nuts.
6. Add sugar.
7. Cook for around 20 minutes or until the margarine comes out onto the surface of the semolina.
8. Pistachios can be added on to top before serving.



**Serves 4**

### Tip

Try different margarines out especially lower fat types.

### Serving Suggestion

To vary the recipe, use walnuts, coconut or dried cherries instead of, or in addition to pistachios.

### Nutritional Note

This is a healthier version (unsaturated fat and reduced sugar) of the traditional sweet dish.

# BREAD AND BUTTER PUDDING

Various Groups



## Ingredients

4 slices wholemeal or granary bread  
500mls semi-skimmed milk  
Few strands saffron threads  
4 dsp sultanas  
2 dsp dried apricots  
3 cardamom pods pressed open  
2 eggs beaten  
Sliced almonds and/or pistachios to decorate

## Method

1. Remove crusts from bread and place in oven proof dish in layers with sultanas and apricots.
2. Heat rest of milk, saffron and cardamom slowly, boiling for 1 minute, remove from the heat and cool for 2 minutes.
3. Add milk to beaten egg and stir well.
4. Pour milk over bread and dried fruit.
5. Decorate with sliced almonds or pistachios.
6. Bake in a medium hot oven for around 30 minutes until the custard is set in the middle.



**Serves 4**

### Tip

Adjust the milk to the dish if the bread soaks up all the liquid. Use left over bread or even breadcrumbs. Use crusts to make into breadcrumbs and freeze.

### Serving Suggestion

Can be eaten hot, warm or cold.

### Nutritional Note

This variation on a traditional pudding avoids the use of butter and sugar, but keeps the sweetness with dried fruit. The flavour is enhanced with the use of cardamon and saffron so the butter is not missed!.

# OATCAKE PUDDING

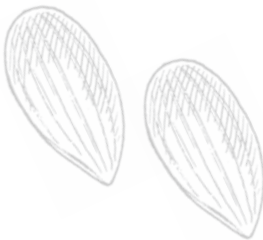
Various Groups

## Ingredients

- Fruit salad base (any selection of fruits)
- 1 dsp chopped almonds
- 1 dsp sultanas
- 1 dsp ground almonds (optional)
- 250ml low fat yogurt
- ½ packet oatcakes
- ¼ - ½ tsp cinnamon / nutmeg / allspice

## Method

1. Use any fruit for the fruit salad base and chop into small pieces.
2. Mix in the other ingredients except oatcakes, ground almonds and spice and transfer to a serving dish.
3. Mash the oatcakes in a bag using a rolling pin until crumbled well.
4. Add the ground almonds if using and the spice
5. Scatter on top of fruit mixture evenly and sprinkle with more spice if you want a more spicy flavour.



**Serves 4**

### Tip

For a creamy alternative, layer up fruit with plain yogurt and oatcake mixture. This dish would also be tasty if soaked dried fruit is used as a base.

### Serving Suggestion

Use small glass dishes with stems to layer up either with or without the yogurt for a posh low fat / low sugar dessert.

### Nutritional Note

Oatcakes are a great way to replace crumble topping which uses a lot of fat and sugar. Oats are full of B vitamins and with fruit and yogurt added, this dessert has all the food groups.

# FRUIT KEBABS

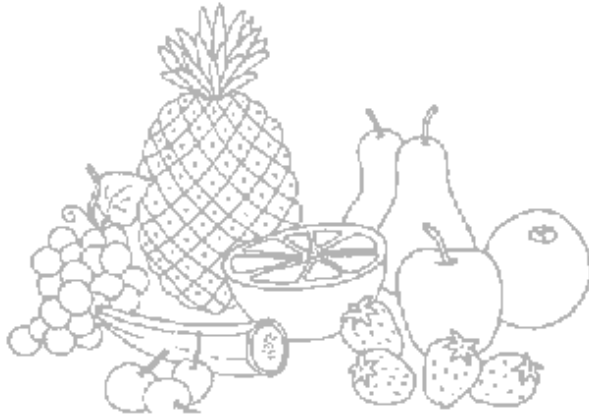
Various Groups

## Ingredients

- Wooden or metal skewers
- ½ mango, chopped into large pieces
- 1 banana, cut into thick slices
- 1 small pear, chopped into large pieces
- 1 peach, chopped into large pieces
- ½ tin pineapple, chopped into large pieces
- 1 dsp maple syrup

## Method

1. If using wooden skewers, soak in water for 20 minutes to avoid burning in grill.
2. Thread one piece of each fruit on each skewer.
3. Brush fruit with maple syrup.
4. Grill on high heat turning frequently for a few minutes.



**Serves 2-3**

### Tip

Use fruit in season or on special offer.

### Serving Suggestion

Serve with banana raita.

### Nutritional Note

Maple syrup although high in natural sugar is used to add flavour and stop the fruit from burning while keeping the fruit moist.

# BANANA RAITA

Various Groups

## Ingredients

- 1 ripe banana
- Squeeze lemon juice
- 1 small pot low fat yogurt
- Pinch sugar
- Pinch salt
- ¼ tsp black pepper, coarsely ground



## Method

1. Mash banana and add lemon juice to prevent browning.
2. Add yogurt and other seasoning.
3. Chill.



**Serves 2-3**

### Tip

For larger quantities, make your own yogurt (see earlier recipe).

### Serving Suggestion

Serve with fruit kebabs or any sweet dish instead of cream.

### Nutritional Note

This versatile sweetened yogurt has much-reduced sugar content than shop-bought fruit yogurt.

# SEVIYAN KI KHEER

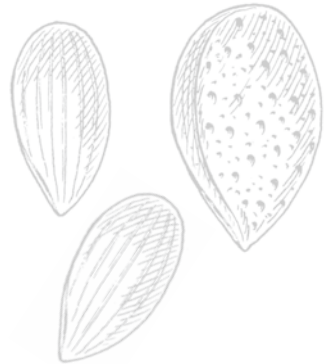
Sikh Sanjog

## Ingredients

- 1 dsp olive or rapeseed oil
- 75g vermicelli
- 1.5 litres semi-skimmed milk
- 4 cardamom pods - opened
- 2dsp sultanas
- 30g chopped almonds
- 1 dsp sugar or 2 tsps sugar substitute
- 30g pistachios, chopped

## Method

1. Heat oil and add vermicelli, frying until browned.
2. Pour in milk, boil and then simmer for 5 minutes.
3. Add bruised cardamom, sultanas and almonds and cook for 40 minutes.
4. Add sugar and cook for further 5 minutes.
5. Garnish with chopped pistachios.



**Serves 4-6**

### Tip

Skimmed milk can be used in this dish as well as a sugar substitute.

### Serving Suggestion

Other nuts or dried fruit can be used instead of pistachio nuts.

### Nutritional Note

This is normally a very high calorie dessert with more fat used, full cream milk and plenty of sugar. This slimmed down version is very palatable.

# KELA SANTARRA KHEER

Various Groups

## Ingredients

- 2 bananas
- 1 large carton yogurt
- 2 dsp slivered almonds
- ¼ tsp ground black pepper
- ¼ tsp salt
- 2 satsumas
- 1 green chilli, finely chopped
- ½ tsp saffron threads (optional)



## Method

1. Mash one banana and add to yogurt. Blend together.
2. Add almonds, black pepper, and salt.
3. Chop remaining fruit and stir into banana mixture.
4. Steep saffron threads in a very small amount of water and sprinkle on just before serving.



**Serves 2-3**

### Tip

Use other fruits to vary the flavour such as frozen fruits of the forest, soaked dried apricots or prunes.

### Serving Suggestion

Serve for breakfast for a refreshing start to the day.

### Nutritional Note

A home-made version of fruit yogurt, this recipe can be modified for children by leaving out the chilli, nuts and saffron.



# FRUIT & NUT SALAD

Various Groups

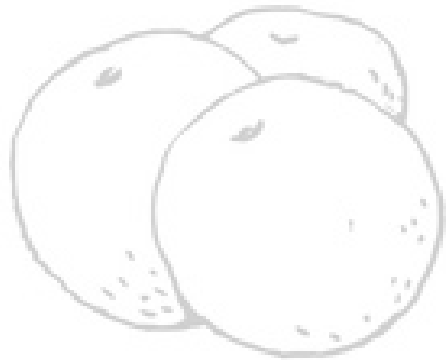
## Ingredients

- 3-4 oranges
- 6 fresh figs
- 2 bananas
- 50g walnuts, finely chopped



## Method

1. Remove rind from oranges with a knife and cut into each segment in order to remove the flesh only. Squeeze the remaining juice into a bowl.
2. Slice the figs into thin strips and place with the oranges.
3. Cut banana into slanted slices.
4. Add walnuts and mix together well.



**Serves 3-4**

### Tip

Fresh figs are a luxury and are not always available so use dried figs or dates instead.

### Serving Suggestion

Can be used as a starter or at breakfast or supper.

### Nutritional Note

Walnuts have one of highest omega 3 contents of all nuts and the mix of fruit and nuts offer a high calcium and rich vitamin snack.





# DRINKS





# CARROT & ORANGE CHAAT

Khush Dil

*A juicing machine is needed for this recipe*

## Ingredients

- 2 medium carrots
- 1 large orange
- ¼ - ½ tsp chaat masala
- 1 dsp ice

## Method

1. Peel carrots and push through the juicer.
2. Cut orange in two and squeeze juice.
3. Mix carrot and orange juices together with fruit chaat to taste.
4. Add some cooling ice and drink.



**Serves 1-2**

### Tip

Chaat masala can be bought easily from an Asian store and adds a very unusual flavour that can be used in fruit salads, salads and other South Asian dishes.

### Serving Suggestion

Great for a family party or try making with the kids.

### Nutritional Note

A great way of increasing those essential vitamins in a concentrated form. Good to get kids to drink if they are not so good with eating cooked vegetables.

# SPICY CARROT, APPLE AND GINGER CHAAT DRINK

Khush Dil

*A juicing machine is needed for this recipe*

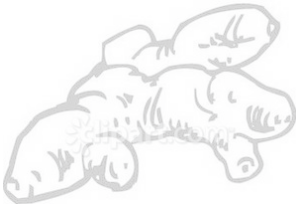
## Ingredients

- 2 carrots
- 1 apple
- 3cm piece (1 inch) ginger, peeled
- Pinch of chaat masala
- 1 dsp ice



## Method

1. Peel carrots and apple. Put through juicer with ginger.
2. Mix in fruit chaat to taste.
3. Add ice.



**Serves 1-2**

### Tip

Drink straight away to prevent the apple turning the drink brown.

### Serving Suggestion

Leave out the apple and replace with 1 more carrot for a more concentrated carrot and ginger flavour.

### Nutritional Note

Ginger is very warming and good for those aches and pains.

# STRAWBERRY HEAVEN

Khush Dil

## Ingredients

- 8 fresh strawberries
- ½ banana
- 4 cups of semi-skimmed milk
- 1dsp ice



## Method

1. Remove green tops from strawberries and wash.
2. Put all fruit into a liquidiser with milk and blend until smooth.
3. Add ice (or put in at the above stage if you have a smoothie maker that will blend ice).



**Serves 3-4**

### Tip

Add more strawberries for a more intense flavour or a mix of frozen berries where there is no need to add extra ice.

### Serving Suggestion

Serve in tall glasses with a sprig of mint and a straw for a fancy cocktail.

### Nutritional Note

A favourite with children this smoothie is very nutritious in summer when strawberries are in season and at their best. In winter it can still be just as good with those frozen berries as a start to the day or healthy snack after school.



# MANGO LASSI

Khush Dil

## Ingredients

- 2 cups of low fat yogurt
- 3 cups mango puree
- 1 cup of semi-skimmed milk
- 2 dsp ice

## Method

1. Put all ingredients into liquidiser and blend.
2. Adjust thickness with milk and/or ice.



**Serves 3-4**

### Tip

Mango puree can easily be bought from Asian stores and remaining puree frozen for later use.

### Serving Suggestion

Use other pureed fruit if you cannot source mango puree such as pureed berries or pureed cooked dried fruit.

### Nutritional Note

A favourite South Asian drink similar to the fruit smoothie but without the added sugar and using low fat yogurt and milk.

# COOL WATERMELON SLUSH

Khush Dil

## Ingredients

- ¼ watermelon (including seeds)
- 1 dsp ice
- 2 sprigs fresh mint

## Method

1. Spoon watermelon flesh into liquidiser/food processor.
2. Add mint and ice and blend.



**Serves 3-4**

### Tip

Use all the water melon and make up a jug and share with friends and family or freeze in ice cube trays for an after school snack for the kids.

### Serving Suggestion

Make into lollies using moulds and freeze for up to 3 months.

### Nutritional Note

A great way to boost your water intake with added vitamins for heart health and glowing skin.



# GLOSSARY

This index of ingredients used throughout the recipe book contains typical Asian and non Asian ingredients. Many of the ingredients can be found in Asian or Chinese specialist stores or in supermarkets. Often specialist stores can be cheaper for spices and fresh ethnic fruit and vegetables and possibly fresher too.

**Aubergine** – known as eggplant too, this large purple vegetable can be grilled, dry fried in a non stick pan or baked either on its own, with seasoning or cooked with other vegetables.

**Bean sprouts** – a favourite Far Eastern ingredient these crunchy white curly roots are often stir-fried, or otherwise lightly cooked. They are most easily found in Chinese supermarkets. You can also make fresh sprouts from any whole seed / small bean such as adzuki or mung or dhal such as whole brown or chickpeas:

**To make your own:**

- Rinse a small handful of the whole bean in cold water and soak for 1 hour.
- Drain the water off and place in a jam jar or sprouting jar which is best laid on its side in a light, warm place.
- Put cling film over neck of jar and make a few small holes with a knife or use a piece of muslin tied with a rubber band.
- Rinse the jar twice a day with cold water and drain all excess water off.
- Within 2-3 days and even in winter you will see the sprouts growing.
- When the sprouts are 2-3cm long they are ready to eat.

**Cardamom Seeds** - come from a plant belonging to the ginger family. They're contained in small pods and may be removed from the husks and crushed to a powder or left whole. Cardamom pods used in most dishes are the small green variety but there is a larger, dark brown cardamom too.

**Cayenne** – this is a type of red chilli and can be used in place of chilli powder for a milder hit. In small amounts it can stimulate the digestive process but should not be used too often or in large amounts as it can irritate the digestive system.

**Channa Dhal** - these are dried halved yellow peas, which can only usually be found in Asian stores. This is a common dal used in everyday Asian curries and is not to be confused with channa or chickpeas

**Chapatti Flour** – this is wheat flour milled specifically for making chapattis and can be bought as wholemeal, medium (brown) or white flour from Asian stores.

**Chaat Masala** – is a spice mix, consisting of dried mango powder, cumin, black salt, coriander, dried ginger, black pepper, asafoetida and red pepper. It has a pungent smell, tastes sweet & sour and is used in many South Asian dishes.

**Chickpeas** – this nutty favoured pulse, which is the size of a large pea is the basis for a number of Asian and non Asian dishes. It can be used in soups, salads, casseroles, curries or salads and the popular spread hummus. Tinned chick peas make cooking much easier, otherwise this bean needs soaking for up to 8 hours or overnight.

**Chilli Powder** – finely ground red chillies and very fiery, use with care.

**Chinese Five-Spice Powder** – spice mixture made from anise pepper, star anise, cinnamon, cloves and fennel. Wide use in oriental cookery and popular in beef and pork dishes.

**Cinnamon** – found either as pieces of reddish-brown bark, or more commonly, as a powder. Used in baking, savoury or sweet rice and in meat and fish dishes.

**Coriander Leaves and Coriander Powder** – can be found fresh as bunches of bright green leaves or small light brown round seeds. The fresh leaves are essential to everyday Asian cooking added chopped, at the end of cooking to most dishes and as a garnish. The dried seeds are used at the beginning of cooking as essential curry flavouring. Ground coriander seeds are one of the ingredients of garam masala.

**Crème fraîche** - is a manufactured cream product with between 18 percent and 36 percent fat. It has a smooth thick texture, similar to cream cheese but it has a slightly tangy flavour more akin to sour cream. Buy the lower fat versions for a healthier dish.

**Cumin Seeds** – these light brown fragrant seeds are a basic curry spice and an ingredient of garam masala. Whenever possible buy whole cumin seeds instead of cumin powder which loses its flavour more quickly. The seeds can easily be ground up using a pestle and mortar and can be dry roasted in a frying pan until lightly browned.

**Fenugreek leaves/seeds** – the fresh leaves are known as methi and can be bought fresh from Asian stores. These pungent leaves are often used as a basis for vegetable or meat curries. Dried leaves can also be used. Fenugreek seeds form the pods of a flowering tree. They are very pungent and are used in certain curries but are not an every day spice.

**Filo pastry** – Paper-thin sheets of pastry used in Greek, Eastern European and Middle Eastern cooking. Sold ready-made in layers, it can be used to make samosas and other snacks to wrap around sweet and savoury fillings.

**Garam Masala** – the name means 'hot mixture' and is a collection of roasted spices – coriander, chilli, black pepper. Many Asians make up their own mixture and the ingredients and amounts vary widely. Usually this spice is added towards the end of cooking.

**Ginger** – Fresh ginger has a great flavour compared to dried and can be peeled, grated and frozen for later use. It is a basic ingredient of most Asian curries.

**Gram Flour** – is made from 100% chickpeas. It is mostly used as a base for pakora batter and may also be used in Asian breads.

**Guava** – an Asian fruit with a strong flowery scent even without being cut. It looks like a small soft yellow pear and is excellent in fruit salads.

**Hing** – or asafoetida, this is a resin from a plant and is sold as a powder. It has a very powerful smell and must only be used in tiny amounts. It can be used as a salt substitute and is common in fish dishes.

**Kadoo** – this pale green apple sized vegetable is native to Asia. It is used as a main ingredient in curries, peeled and chopped and cooked like potatoes.

**Karela** – otherwise known as bitter gourd this vegetable comes in two varieties, one from the near east which is around six inches in length and has a dark green knobbled skin and the other from the far east which is around twelve inches long and has a lighter green and slightly smoother skin.

Due to its bitter taste it is often cut and covered in salt for at least an hour prior to cooking to remove some of the strong taste.

**Lady Fingers** (Okra) - also known as bindi, these green, ridged, long 'finger' vegetables are used in curries. Care should be taken not to overcook, as they will become pulp.

**Lovage Seeds** (Ajwain) - has a strong taste of thyme and is used in many fish dishes and acts as a digestive aid.

**Mint Leaves** - used most commonly as an ingredient of raita - the yogurt dip or accompaniment to curry. Mint can also be bought as a mint sauce and added to yogurt

**Mouli** - this long white root vegetable is a member of the radish family and is commonly eaten raw in salads or as a stuffing ingredient in parathas, the Asian bread.

**Mung Beans** - also known as moong dhal or green gram are available whole, split or skinned and can be sprouted - see above on method of sprouting.

**Mustard Seeds** - these come as black or white seeds, the black being hotter than the white. Mustard powder is a mixture of both. The seeds are used in pickles and some curries.

**Nutmeg** - its hard dark brown appearance makes it look like a nut but it is actually a spice. It has a warm nutty taste and smell and is often used in or sprinkled over western dishes. It can be bought as a ground spice but a whole nutmeg will last a long time if grated when needed and stored in dry container.

**Paneer** - is an Indian cottage cheese rich in protein. It is often home made and can be made from lower fat milks although the yield will be less.

**Pine Nuts** - cream coloured tear-shaped nuts used as a basic ingredient of pesto, the Italian sauce. They can be added raw or roasted to salads in small amounts, as they tend to be expensive.

**Pistachios** - a pale green nut encased in a creamy coloured shell, pistachios have a sweet flavour and are eaten as a snack or as an ingredient in Asian sweetmeats.

**Pomegranate** - this exotic fruit is the size and shape of an orange but with a leathery red and cream skin. Inside, there are individual bags of bright pink juice with a hard seed. These whole bags can be used in fruit and savoury salads (chaat) or decorated over a dessert. The juice can be squeezed out and used in dishes to give colour and sweetness. To easily get the seeds out, cut in half and, holding the flesh over a bowl, bash the flesh until the seeds begin to fall out.

**Poppy seeds** - tiny hard grains, good for use in salads and baking.

**Pulses** - this is a name that covers the huge range of peas, beans and lentils. Some can be eaten fresh such as broad beans and peas while most are dried and have to be soaked before a long cooking process. A pressure cooker is a quick way of cooking pulses more quickly and care should be taken not to overcook the smaller varieties, which take much less cooking time. Many pulses can be bought in tins and some are available frozen i.e. soya beans.

**Pumpkin Seeds** - these green seeds can be bought easily from many shops and are good both raw and dry roasted and added to breakfast cereals, salads, as a snack alone or in a mix with dried fruit and sprinkled on to many dishes to increase the food value.

**Quorn** – made from a myco-protein (a type of mushroom/fungus) this comes pre-packed in supermarkets as mince, chopped, fillets, burgers, etc. It serves as a source of vegetable protein and is suitable for vegetarians as a meat-alternative.

**Rapeseed oil** – commonly sold as vegetable oil this is good versatile cooking oil high in Omega 3 fat.

**Saffron** – these look like threads and are deep red / yellow in colour and on contact with water release a bright yellow colour. It is used as a natural yellow food colouring in rice, bread, cakes and soups. A cheaper way of achieving a yellow colour in Asian cooking is to use turmeric.

**Semolina** – is a gritty, coarse type of flour, usually made from wheat and used in desserts.

**Sesame Oil** – a nutty well flavoured but expensive oil that is only used in small amounts for dressing salads and stir-frying.

**Sesame Seeds** – these tiny white seeds with a nutty taste and are often used sprinkled over salads or savoury dishes to give crunch and extra food value.

**Soya (Soy) Sauce** – a salty brown liquid condiment made by fermenting soybeans and roasted wheat or barley.

**Spring Roll Pastry** – this pastry is a quick alternative to making samosa dough. It is mostly available from Chinese or Asian stores and is made from rice flour. Using this pastry and baking the dough instead of frying will give a healthier option with a crispy finish.

**Sweet Potato** – this is similar in appearance and texture to a normal potato, but usually a bit bigger, with tapered ends and pink-red skin. The flesh can be white or bright orange. They can be used in sweet or savoury dishes and the food value is superior to potatoes.

**Tahini** – this is made from sesame seeds, which have been ground into a paste and is an ingredient of hummus. It can also be used as a sandwich spread, a dip or added to sauces and vegetables.

**Tamarind** – a flavouring agent made from the fruit of the tamarind tree. The fruit is shaped like a long bean, inside which is a sour pulp. Tamarind tastes a bit like a date but is less sweet (and more sour), and is sometimes known as the Indian date.

**Tofu** – this comes ready prepared and is made from fermented soya beans. There are several variations from plain tofu to marinated or smoked. Plain tofu can be marinated or used in stronger tasting dishes where it will easily take up the flavours of the other ingredients. It is a low fat meat alternative and can be used as an alternative to cream as a dessert topping (see dessert recipe).

**Turmeric** – this bright yellow powder is used in curries. Like so many spices it has healing properties especially known as an anti-inflammatory agent.

**Vermicelli** – fine, straight lengths of pasta which are like strands of hair. Bought mainly from Asian stores and used mostly for a milk based dessert (see dessert recipe), used also sweetmeats but can be added to soups.

Designed by Steven Findlay  
***Minuteman Press*** Elm Row, Leith Walk, Edinburgh





For information contact  
[jill.alexander@nhslothian.scot.nhs.uk](mailto:jill.alexander@nhslothian.scot.nhs.uk)  
[rozina.mohammed@nhslothian.scot.nhs.uk](mailto:rozina.mohammed@nhslothian.scot.nhs.uk)



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