

Arun Kapil's Recipes to Spice Up Your Food

Chops, Chana & Chilli

Lamb shoulder, spicy chickpeas, zingy chilli relish.

Serves 4

Lamb ingredients

8 thick cut Irish lamb shoulder chops

2 tsp rosemary fronds

3 fat cloves garlic

2 tsp sea salt

2 tsp whole coriander seeds

2 tblsp light olive oil

Method

Place the chops in a shallow oven tray, then smash all the other ingredients together in a pestle and mortar or an electric blender

Coat the chops in paste and set aside for 30 mins

Set your oven to 180C, Gas 4

Pop the tray of marinated chops into the oven and cook for 15 to 20mins, until they're cooked as you like.

Remove from the oven, set aside keeping warm.

Chana Masala ingredients

40g butter

400g onion, chopped up into a rough dice

50g ginger, grated or whizzed

20g garlic, finely chopped or whizzed

Spices: 2tsp ground coriander, 1 tsp ground cumin, 1 tsp ground black pepper, ½ tsp turmeric, ½ tsp cayenne pepper

1 tsp sea salt

1 tin chopped tomatoes

1 tin chickpeas, drained 100ml water

35g tomato puree

A couple tsp of GREEN SAFFRON Garam Masala (optional)

Method

Put the butter into a heavy bottomed saucepan or casserole dish and heat on a medium flame.

Add the onion, ginger, garlic and sweat gently on a low heat until the onions have softened and the garlic gives off its gorgeous fragrance.

Add your spice mix, salt and stir for a couple of minutes.

Pour the chickpeas, chopped tomatoes, water and tomato puree into the pan, turn up the heat and gently stir.

Heat the mixture until it just starts to bubble, then turn the heat down and simmer for a few minutes, 5 or 10 minutes will do, but 40 mins gentle cooking will make it all that bit better.

Remove from the heat, set aside keeping warm.

Chilli, Coriander, Lime Relish

Makes 250ml, a small jar Ingredients:

15g fresh, green Bird's Eye chillies

25g, fresh coriander, leaves and thin stalks 8g mint leaves

2 tsp freshly ground cumin 10 cloves of garlic

1 juicy lemon, freshly squeezed, juice only 3 limes, freshly squeezed, juice only

1 tsp salt

1 tsp sugar

Method:

Pop everything into a food processor and blitz to a paste.

(Can be stored in a sterilised Kilner jar for up ten days.)

Assembly

Place a generous serving spoon of the chana masala onto warmed dinner plates, place a couple of chops on top per plate, drizzle with the cooking juices and the chilli relish. Enjoy!

SNACKS

Bombay Potatoes

Peanut & sesame sauce, coriander, chilli, lemon

Serves 4-6 people

Potatoes Ingredients

700g- 850g potatoes, Home-Guards, Maris Pipers or Roosters are my favourite for this recipe. Scrub, don't peel, then cut into good sized chunks, wedges and use a melon baller too, to create three different shapes. I just think it's more interesting that way.

1 brown onion, peeled, cut in half, then into thin wedges through the poles 1 head of garlic, skin-on, whole cloves

70g rapeseed oil 30g Irish butter

1 packet, GREEN SAFFRON Bombay Potato Spice Mix

Peanut Tahini Dressing Ingredients

70g peanut butter, smooth

40g tahini paste 75g lemon juice

½ tsp sea salt 50g water

Garnish

Small handful peanuts, roasted, roughly chopped Coriander leaves, picked

1 fat red finger chilli, finely diced

1 or 2 wedges of lemon

Method

Turn your oven on to medium, about 180°C, Gas Mark 4 is fine.

In a sturdy roasting dish, mix the 'Potatoes' ingredients. Pop the dish onto the middle shelf of your oven, shut the door and roast for about 30 to 40 minutes or until the potatoes cook to just a delicious golden colour. Once or twice during cooking, give them a gentle, but thorough stir. Then turn off the oven and set aside. Keep warm. Meanwhile, take a mixing bowl, add all the 'Dressing' ingredients, and whisk really well to combine and whip-up. Set aside.

Assembly

Tip the roasted potatoes into a warmed, newspaper and greaseproof paper lined bowl, sprinkle over the nuts, generously drizzle over the dressing (pop any that's left into a small bowl and serve on the side), then scatter the coriander and chilli, pop a couple of wedges to the side and take to table immediately. Yum!

Bombay Potato 'Shorba' Soup Bread & Masala Butter

Serve it with a Garam Masala Soda bun, but you can save all the fuss and simply make some Garam Masala butter and spread generously on your favourite bread...enjoy!

Serves 3 to 4

Ingredients

2 to 3 medium-sized, 500g of potatoes peeled and chopped into smallish chunks

100g butter

1 medium sized white onion,

300g chopped into chunks 1 leek, the white part only, chopped chunky

*1 sachet Green Saffron 'Bombay Aloo' spice mix.

1250ml, full fat milk (OR 1150ml milk and 100ml of cream for extra deliciousness) and a little more in reserve, just in case! 2 good handfuls fresh Shamrock (wood sorrel or sour dock are the same thing), finely sliced

Small clutch of chives, very finely sliced

*You can grind the spices in a pestle and mortar or coffee grinder if you'd like a smooth soup, no 'bits'!

Masala butter Ingredients

200g good Irish butter, salted and at room temperature

1½ tsp Green Saffron 'Garam Masala' spice mix

½ tsp lemon zest, finely grated 1tsp parsley, finely chopped

Method

Take a small bowl, mix all the ingredients together and pop in the fridge for later. You'll be using this to butter your bread!

Make the Masala butter, as above (if you haven't already done so) and pop it in the fridge

Now, take a large pot, add the plain butter, allow to melt then add the onion, leek, the milled Green Saffron 'Bombay Aloo' spice mix and sweat for 15 minutes, lid on, stirring occasionally

Then, add all the potatoes and sweat gently with the lid on for another 25 to 30 minutes, stirring frequently. Add the 1250ml milk, give the mixture a good stir, bring to a gentle simmer and allow to bubble gently for 5 minutes. Then, take the pot off the heat, add the cream, if using, then pour into a food processor or a blender, or use a hand-held stick blender and blitz 'til smooth and creamy. Add a little more milk if you'd like the soup a little thinner add a small handful of the sliced Shamrock then set aside, keeping it warm.

Assembly

Spread some crusty bread with your Masala butter, sprinkle the soup with generous amounts of the Shamrock, the chives and serve immediately to your eagerly awaiting guests!

Or serve with my Garam Soda Bun for a little extra spice.

