



Fauzia's Fantastic Prawn Saalan

ingredients

- 400g Prawns - deveined
- 1 medium Onion - chopped fine
- 3 Tbs Vegetable Oil
- 1tsp each Ginger & Garlic Paste
- 1 1/2 cups Water
- 1 tsp Red Chilli Powder
- <1 tsp Salt
- 1/4 tsp Turmeric
- 1 tsp Zeera (Cumin)
- 1/2 Tin Chopped Tomatoes
- pinch Kalonji (Black Onion Seeds)
- 6-8 Curry Leaves
- 2-4 Green Chillies (slit)
- Handful of Chopped Coriander

method

Lightly brown onions in oil over medium/high heat and then add the ginger and garlic paste.

Stir until you can smell the ingredients and then add the water and allow to simmer for a few minutes.

Add chillies, salt, turmeric and zeera, bring to the boil and then reduce heat to simmer again.

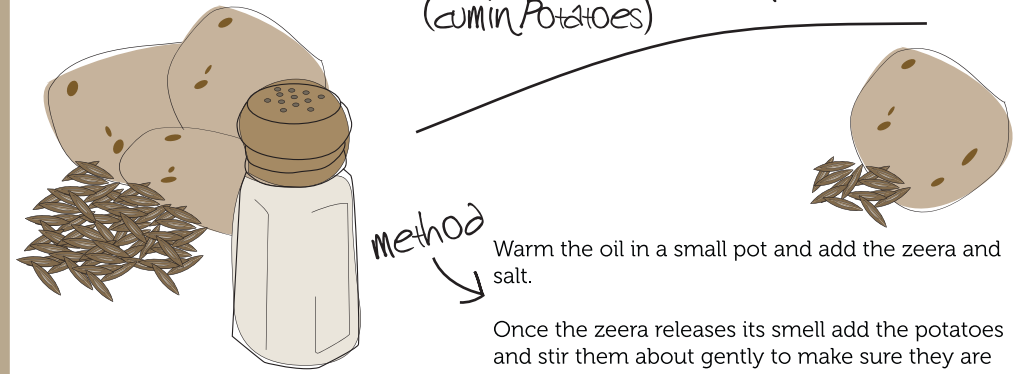
After a few minutes, raise the heat to high and cook, while stirring. Cook on this high heat for at least 5-7 minutes until the oil is released and separates

Add the chopped tomatoes, cook for a minute on high heat, reduce to simmer for 10-15 minutes and then raise heat to high again, stirring constantly for 5-7 minutes until oil is released.

Put the prawns into the pot, again on high heat and toss in the kalonji, curry leaves and the green chillies.

When the water is nearly dried out, reduce flame low and simmer till the oil is released again.

Add a sprinkling of coriander before serving with roti or rice.



Fauzia's Zabardast Zeera wali Alloo (Cumin Potatoes)

ingredients

- 4 Potatoes (skinned and sliced)
- 1 Tbs (approx) Vegetable Oil
- 1 tsp Salt
- 2 tsp Zeera (Cumin)
- 1/2 cup (approx) Water

method

Warm the oil in a small pot and add the zeera and salt.

Once the zeera releases its smell add the potatoes and stir them about gently to make sure they are coated with the oil.

Cook on medium-high heat and mix well.

Then add enough water to just cover the potatoes and simmer until tender (approx 20mins, depending on the kind of potatoes used).

Serve with roti or rice.



Shaz's Super Easy Peasy Chicken Recipe

ingredients

- 1/5kg. Chicken (diced)
- 1 Tbs (approx) Vegetable Oil
- 1/2 tsp Zeera (Cumin)
- 1/2 - 2/3 Tin Chopped Tomatoes
- pinch Red Chillies (Cayenne)
- 1/2 tsp Salt
- 2-3 Green Chillies
- sprig Coriander
- if required 1/2 cup (approx) Water

method

Heat the oil in a small pot and add the zeera.

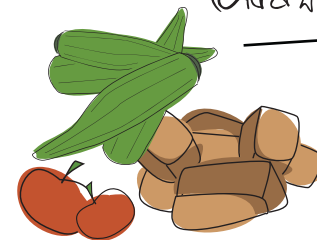
Once the zeera releases its smell add the chicken and cook on low heat until the chicken starts to release its water.

Dry out the water by cooking through and then add the chopped tomatoes, salt, red chillies and coriander.

Then put the lid on and let simmer on very low heat till cooked.

You can add some water to the pot if you'd like there to be more liquid.

Serve with roti or rice.



Bhindi Gosht (Okra with Lamb)

ingredients

- 1 Onion (chopped)
- 1 Small Onion (sliced)
- 1 Tbs (approx) Vegetable Oil
- 1 tsp each Ginger and Garlic Paste
- 250 gms Okra (cut in half)
- 1/2 tsp Salt
- 1/2 tsp Ground Zeera (Cumin)
- 1/4 tsp Turmeric
- 1/2 tsp Red Chilli Powder (Cayenne)
- 350 gms Lamb (diced)
- 2 Tomatoes (chopped)
- 2 Green Chillies (slit open)

method

Heat the oil in a small pot and add the chopped onion, cook until transparent.

Add ginger, garlic, salt, chilli powder, turmeric and ground cumin. Cook for a minute stirring constantly so the spices blend and then add meat.

Cook on high heat, mixing well for a couple of minutes and then add water (enough to cover the meat) and allow to simmer till lamb becomes tender.

Once tender raise heat to high and cook while stirring till oil begins to separate from the rest of the paste/masala.

Fry okra in a separate pan with very little oil, just enough to get rid of the stickiness (do not brown) and then add to meat.

Add the small sliced onion, the chopped tomatoes and the green chillies. Mix well and turn heat low, cover and let simmer till done. Okra should be soft but not mushy.

Serve with roti or rice.