



ROTI (CHAPATI)

Makes 12 rotis

- 270g whole wheat flour (atta), plus extra for rolling
- 195ml water, or as needed
- Ghee, for brushing

To make the dough, place the flour in a large mixing bowl. Gradually add the water while mixing with your hands to bring it together into a rough dough. Once combined, knead the dough, applying gentle pressure. Fold and press the dough with your palms repeatedly until it becomes soft and pliable. If the dough feels too hard, add a little more water; if it's too sticky, sprinkle in a bit more flour. The dough is ready when it feels smooth and springs back slightly when pressed. Cover the dough with a damp cloth or paper towel and let it rest for 20–30 minutes.

After resting, give the dough a quick knead, then divide it into 12 equal portions. Roll each one into a smooth ball and keep them covered with a damp cloth to prevent drying out. Take one dough ball at a time, flatten it slightly, and coat it lightly with dry flour. Using a rolling pin, roll it out into a thin, even circle about 12 - 15 cm wide.

Heat a tawa or non-stick pan over medium-high heat until hot. Place the rolled roti onto the pan and cook for 1 - 2 minutes until bubbles start to appear. Flip it over and cook the second side for about 1 - 2 minutes until light brown spots appear. Once done, remove from the heat and brush with ghee if desired. Repeat the process with the remaining dough balls.



SPICED POTATO SAMOSA

Makes about 20 small samosas

Filling

- 500g (or about 3 medium potatoes), peeled and chopped
- 1 tbsp oil
- 1 tsp cumin seeds
- 1 tsp grated ginger
- 1 green chilli, finely chopped
- ½ tsp turmeric powder
- ½ tsp garam masala
- ½ tsp ground coriander
- Salt, to taste
- A handful of frozen peas
- 2 tbsp chopped coriander leaves

To Form and Cook

- 8 x Spring roll pastry sheets
- Plain Flour + water paste, for sealing
- Vegetable oil, for frying

Boil the chopped potatoes in salted water until just tender, then drain and mash lightly, leaving a bit of texture. Heat oil in a pan over medium heat and add the cumin seeds. Once they start to sizzle, add the grated ginger and chopped green chilli, sautéing for about 30 seconds until fragrant. Stir in the turmeric, garam masala, ground coriander, and a pinch of salt. Add the mashed potatoes and peas, mix everything well, and cook for 2 – 3 minutes to allow the flavours to develop. Finish with chopped coriander leaves, then set the filling aside to cool completely.

To assemble, take one spring roll pastry sheet and cut it into thirds lengthwise to create long strips. Place a spoonful of the cooled potato filling at the bottom corner of a strip, then fold over to form a triangle. Continue folding upwards in a triangle shape, like folding a flag, until you reach the end. Seal the edge with a little flour-and-water paste. Repeat with the remaining filling and pastry.

Heat oil in a deep pan over medium heat and fry the samosas in batches for 2–3 minutes, or until golden and crisp. Drain on paper towel and serve hot.



COCONUT FISH CURRY

Curry Paste

- 2 garlic cloves
- 1 thumb piece ginger
- 2 red chillies
- 1 bunch coriander, stalks
- 1 small onion, quartered
- 2 tsp ground turmeric
- 2 tsp ground cumin
- 2 - 3 tbsp water

Curry

- 500g firm fleshed white fish (Snapper or Barramundi), cut into cubes
- 1 tsp mustard seeds
- 2 tbsp ghee
- 1 x 400ml coconut milk
- 1 tbsp light soy sauce
- 1 lime, juiced
- 1/2 tbsp sugar (or jaggery)

Toppings

- Coriander, to serve

To make the curry paste, place all the paste ingredients into a food processor and blitz until smooth.

To make the curry, heat a wok or large pan over medium heat and add the ghee. Once melted, add the mustard seeds and cook until they start to pop. Add the curry paste, increase the heat slightly, and stir-fry for 1 – 2 minutes until fragrant. Pour in the coconut milk, stir well, cover, and simmer for 5 minutes.

Add the fish cubes and poach gently for 3 – 4 minutes, or until just cooked through. Season with soy sauce, lime juice, and sugar, adjusting to taste.

To serve, spoon into a dish and top with fresh coriander.



KACHUMBA SALAD

- 250g cucumbers, peeled, sliced
- 150g tomatoes, chopped
- 50g onion, sliced
- 1 green chilli, deseeded and finely chopped
- ¼ cup chopped fresh coriander leaves
- ¼ tsp salt
- ½ tsp cumin powder
- ¼ tsp crushed black pepper
- Juice of 1 small lemon
- ⅛ tsp red chilli powder

In a mixing bowl, combine the chopped cucumber, tomato, onion, green chilli, and coriander leaves. Just before serving, sprinkle over the salt, cumin, black pepper and squeeze in the lemon juice. Toss everything well to combine. Transfer to serving bowls and top with a pinch of red chilli powder.