



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.



BUTTER CHICKEN RECIPE

Serves 2

Chicken Marinade

- 450g chicken thighs, cubed
- 60g plain full-fat yogurt (Greek yogurt)
- Juice of $\frac{1}{4}$ lemon
- 1 tbsp ginger garlic paste
- $\frac{1}{2}$ green chilli, finely chopped
- $\frac{1}{2}$ tsp salt
- $1\frac{1}{2}$ tsp Kashmiri chilli powder (or paprika for milder)
- $\frac{1}{4}$ tsp ground turmeric
- $\frac{1}{4}$ tsp ground cumin
- $\frac{1}{4}$ tsp garam masala

Butter Chicken Sauce

- Oil, to cook
- 30g butter
- $\frac{1}{2}$ cinnamon stick
- 2 green cardamom pods, lightly crushed
- $\frac{1}{2}$ black cardamom pod (optional)
- $\frac{1}{2}$ star anise (optional)
- $\frac{1}{2}$ tsp cumin seeds
- $\frac{1}{2}$ small onion, chopped
- 2 tsp ginger garlic paste
- $\frac{1}{2}$ tsp ground coriander
- $\frac{1}{4}$ tsp garam masala
- $1\frac{1}{2}$ tsp Kashmiri chilli powder
- 2 tsp tomato paste
- 200g canned crushed tomatoes
- $\frac{1}{2}$ tsp sugar
- Salt, to taste
- 15g cashews, soaked in hot water (optional)
- 30ml heavy cream, plus extra to serve
- $\frac{1}{2}$ tsp kasuri methi (dried fenugreek leaves), crushed
- Fresh coriander leaves, to garnish



1. **Marinate the chicken** - In a large bowl, combine the yogurt, lemon juice, ginger garlic paste, green chilli, salt, Kashmiri chilli powder, turmeric, cumin, and garam masala. Add the chicken pieces and coat well. Cover and marinate for at least 30 minutes (or up to 24 hours in the fridge if preparing ahead).
2. **Start the sauce** - Heat 20g of butter with a little oil in a heavy-based pot over medium heat. Add the cinnamon stick, cardamom pods, star anise, and cumin seeds. Let them sizzle for a minute until fragrant. Add the onion and ginger garlic paste, and sauté until golden brown.
3. **Build flavour** - Stir in the ground coriander, garam masala, and Kashmiri chilli powder. Cook for 30 seconds, then add the tomato paste, crushed tomatoes, sugar, and salt. Add the cashews if using. Simmer for 10 minutes, until the sauce thickens and the fat begins to separate.
4. **Cook the chicken** - While the sauce simmers, heat a pan with a little oil or butter. Sear the marinated chicken in batches until browned on the outside. They don't need to be fully cooked yet. Traditionally this is done in a tandoor for smokiness — if available, can we finish with a quick blowtorch for a similar effect?
5. **Blend the sauce** - Remove the whole spices (cinnamon, cardamoms, star anise) from the pot. Blend the sauce until smooth using an immersion blender or carefully in a stand blender. Add a splash of hot water if it's too thick.
6. **Finish the curry** - Return the sauce to the pot and stir in the browned chicken with its juices. Simmer gently for 5 - 10 minutes until the chicken is cooked through. Stir in the cream, crushed kasuri methi, and the remaining 10g butter.
7. **Serve** - Garnish with coriander leaves and a drizzle of cream. Serve hot with rice or naan.



PALAK PANEER RECIPE

Serves 2

Spinach Puree

- 2 tbsp oil
- 2 green chillies, chopped
- 10 cashews (that have been soaked)
- 120g spinach leaves

Curry

- 1 tbsp butter
- 2 tbsp oil
- 1/4 tsp cumin seeds
- 2 green cardamom pods
- 1/3 stick cinnamon
- 2 cloves
- 1 small onion, chopped
- 1/2 tsp ginger, minced
- 1/2 tsp garlic, minced
- 1/2 cup tinned tomatoes, chopped
- Salt, to taste
- 1/2 tsp garam masala
- 1/2 tsp dried fenugreek leaves, crushed
- 250g paneer, cubed
- Cream, to finish

1. **Make the spinach purée** - Heat the oil in a pan and sauté the green chillies, cashews, and spinach for 3–4 minutes, until the spinach wilts. Allow to cool slightly, then blend with 60 ml (1/4 cup) water to a smooth purée.
2. **Start the curry** - Heat the butter and oil in a pan. Add the cumin seeds, cardamom pods, cinnamon, and cloves. Fry until fragrant.
3. **Cook the aromatics** - Add the onion, ginger, and garlic. Sauté for 1–2 minutes until softened and aromatic.
4. **Add tomatoes and spices** - Stir in the chopped tomatoes and a pinch of salt. Cook until the tomatoes break down and turn saucy. Add the garam masala and cook for another 2 minutes, adding a splash of water if needed.
5. **Finish the sauce** - Reduce the heat and stir through the spinach purée and crushed fenugreek leaves. Simmer gently for 2–3 minutes, just until bubbling. Avoid overcooking to keep the vibrant green colour.
6. **Add the paneer** - Gently fold in the paneer cubes and turn off the heat.
7. **Serve** - Drizzle with cream and serve hot with rice or naan.



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.