

Spice girl

Bright young chef of the award-winning Brilliant Restaurant, Dipna Anand is launching her first cookery book – and it's packed with subtly sophisticated flavours



Achari tikka

Serves 4-5

Preparation time: 15 minutes

Marination time: from 1 hour to overnight

Cooking time: 25 minutes

100ml (3½fl oz) mustard oil

1 tsp mustard seeds

1 tsp onion seeds

1 tsp cumin seeds

1 tsp fennel seeds

1 tsp coriander seeds

½ tsp fenugreek seeds

120g (4¼oz) Greek yoghurt

2 tps dried fenugreek

leaves, crushed

1 tsp turmeric

1½ tps red chilli powder

4 tps white vinegar

2 heaped tbsps fresh ginger and garlic, made into a paste

4-5 fresh green finger chillies, made into a paste

1½ tps salt or to taste

800g (1lb 12oz) boneless

chicken thigh, diced

For the garnish (optional):

½ lemon, cut into wedges

25g (1oz) mixed pepper, cut

into thin shreds (julienne)

Herbs of your choice, to garnish

● Put the mustard oil in a bowl,

together with the dry spices (mustard

seeds, onion seeds, cumin seeds,

fennel seeds, coriander seeds and

fenugreek seeds) then mix thoroughly.

● Put the yoghurt into a separate

bowl and add the oil and dry spices,

mixing thoroughly.

● Add the crushed fenugreek leaves,

turmeric, red chilli powder, white

vinegar, ginger and garlic paste,

green chilli paste and salt to the

marinade then mix thoroughly.

● Add the diced chicken pieces to

the marinade and coat them evenly

with the mixture. Leave to marinate in

the fridge, preferably overnight or for

at least an hour.

● Preheat the oven to 180°C/350°F/

gas 4. Spread the chicken pieces

evenly on a baking tray and cook

in the oven for about 25 minutes,

until cooked.

● Serve hot, garnished with the lemon wedges, julienne peppers and herbs (if using).

Alu phal chaat

Serves 4-5

Preparation time: 15 minutes

Cooking time: 25 minutes

1 large potato, washed, peeled

and cut into 2½cm (1in) cubes

180g (6½oz) canned chickpeas,

drained and rinsed

1 small onion, finely chopped,

or 100g (3½oz) radishes, grated

¾ pomegranate, seeds only

3 green bird's-eye chillis,

finely chopped

6 tbsps fresh coriander, chopped

3 tbsps fresh mint leaves, chopped

2 tps chaat masala

¾ tsp red chilli powder

1 tsp cumin powder

1 tsp garam masala

½ tsp salt or to taste

2 tps lemon juice

3 tpsps mint yoghurt chutney

80g (3oz) sev (gram-flour snacks)

¾ mango, cut into ½cm (¼in) cubes

Mixed herbs, for garnish (optional)

● Boil the potato cubes until cooked

then run them under cold water until

cool and drain.

● In a large bowl, combine the potato

cubes, rinsed chickpeas, chopped

onion, pomegranate seeds, chopped



Serve achari tikka with lemon wedges, peppers and herbs



Alu phal chaat is one of Dipna's signature dishes

chillies, chopped coriander leaves, chopped mint leaves, chaat masala, red chilli powder, cumin powder, garam masala and salt together. Then add the lemon juice and toss again.

● Transfer the mixture into individual bowls or shot glasses (if using shot glasses, you will get more servings).

● Spoon 1 teaspoon of mint yoghurt chutney on the top of each portion (spreading it evenly), followed by sprinkles of a handful of sev and about a tablespoon of diced mango.

● Garnish with the fresh herbs (if using) and serve.

Soya-stuffed mushrooms

Makes 6

Preparation time: 40 minutes

Cooking time: 25 minutes

6 large flat or portobello mushrooms

100g (3½oz) mangetout, chopped into small pieces

3 medium potatoes

20g (¾oz) margarine

6 spring onions, chopped

75ml (3fl oz) extra-virgin olive oil

2 tpsps fresh ginger and garlic,

made into a paste

4 green finger chillies, finely chopped

150g (5oz) tomatoes, chopped

1 tsp turmeric

1 tsp red chilli powder

2½ tpsps cumin powder

½ tsp coarse black pepper

1½ tpsps salt or to taste

380g (13½oz) soya or Quorn mince

(can also be replaced with chicken

or lamb mince, if desired)

2¾ tsp garam masala

6 tpsps fresh coriander, chopped

150g (5oz) Cheddar cheese, grated

Herbs of your choice, to garnish

(optional)

For the mushroom coating:

½ lemon, freshly squeezed

50ml (2fl oz) extra-virgin olive oil

¼ tsp red chilli powder

½ tsp garlic powder

¾ tsp turmeric powder

½ tsp garam masala

1 tsp garlic salt

● Rinse and pat dry the mushrooms.

● Mix all the coating ingredients

together. Coat the bottom and inside

of each of the mushrooms, rubbing

the mixture on using your fingers to

evenly spread it all over. Leave the

mushrooms to one side until needed.

● Blanch the chopped mangetout

for 2 minutes (it should still retain

something of a crunch) and leave

to cool on one side.

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- Boil the potatoes (skin on) and once they are cooked, remove them from the heat and run under cold water before peeling the skin. When the potatoes are peeled and dry, grate them, mix in the margarine and leave to one side.
- To make the filling, fry the chopped spring onions in the extra-virgin olive oil for about 3 minutes, until slightly golden.
- Add the ginger and garlic paste then the chopped green chillies and cook for about a minute.
- Add the chopped tomatoes and cook for 5 minutes before adding the turmeric, red chilli powder, cumin powder, black pepper and salt then mix well.
- Add in the soya or mince, breaking it up well (so it does not clump together), and cook for 5-6 minutes (add a little water if required to prevent the mixture from sticking). Add the mangetout and cook for another minute or so.
- Add the garam masala and chopped coriander to the dish, cook for 30 seconds then remove the filling from the heat.
- Add the grated potato to the mince mixture and combine thoroughly, adding a little more seasoning if needed at this stage.
- While you leave the mixture to completely cool, preheat the oven to 180°C/350°F/ gas 4. Once the mixture is cool, fill each of the marinated mushrooms using a tablespoon to press it right into each one.
- When all the mushrooms have been filled, sprinkle each with the grated cheese, again pressing it down on to the mince mixture.

Even meat-eaters will love soya-stuffed mushrooms



Savour the spicy flavours of methi chicken masala



- Bake the mushrooms in the oven for 20-25 minutes, until they have cooked and the cheese on the top has browned.
- Drain off the juices in the oven tray and serve the mushrooms garnished with herbs (if using).

Methi chicken masala

Serves 4-5

Preparation time: 15 minutes

Cooking time: 45 minutes

100ml (3½fl oz) vegetable oil

1 tsp cumin seeds

1½ medium-sized onions, finely chopped)

1½ tbsps fresh ginger and garlic, made into a paste

3 green finger chillies, made into a paste or finely chopped

420g (14¾oz) peeled plum tomatoes

1¼ tpsps turmeric

¾ tsp red chilli powder

¼ tsp black pepper (optional)

35g (1¼oz) butter

1 tsp salt or to taste

700g (1lb 8oz) chicken breast,

skinned and cut into cubes

1¼ tpsps garam masala

4 tbsps dried fenugreek

(kasuri methi), crushed

4 tbsps fresh coriander

Herbs of your choice,

to garnish (optional)

● Heat the oil in a saucepan, add the cumin seeds and sizzle in the oil for about a minute.

● Add the chopped onions to the saucepan and cook until they are

golden brown – this should take about 10-12 minutes on a high heat (continuously mixing).

● When the onions have turned golden brown, lower the heat before adding the ginger and garlic paste and green finger chillies then cook for a minute or so.

● Add the peeled plum tomatoes to the saucepan and cook for about another minute.

● Remove the sauce from the heat and blend using a hand blender until it has reached a smooth, rusty, orange colour.

● Put the sauce back on to a medium heat then add the turmeric, red chilli powder, black pepper (if using), butter and salt. Cook the masala for a good 12 minutes



Mango chutney

Made with chunks of mango and a blend of spices, mango chutney is a

classic accompaniment to curry, and most of these supermarket offerings are surprisingly good.

Tesco Finest Authentic Indian Mango Chutney, 210g, £1.49

The sweet mangos in this are overwhelmed by the punchy spices. Poor balance of flavours makes it bottom of the class. **6/10**

The Co-operative Mango Chutney, 370g, £1.49

This sweet and sticky chutney contains large mango pieces and a nice blend of mixed spices, but it has a sharp aftertaste. **7/10**

Marks & Spencer Sweet Mango Chutney, 325g, £1.59

The mango chunks here are big but the blend of the dry, roasted spices is a bit too powerful – unless you can't resist a spicy kick. **7/10**

Asda Extra Special Mango, Apple and Ginger Chutney, 290g, £1.78

This is a very versatile mango chutney that has been slow cooked in traditional open pans. It would even work well with cheese. **8/10**

Garner's Mango Chutney, 330g, £2.85, Ocado

With a smooth and runny consistency, this exotic, fruity chutney is a delicious combination of mangoes, ginger and coriander. **8/10**

Sainsbury's Taste the Difference Mango Chutney, 340g, £2

With just enough heat, this fruity chutney has the perfect ratio of fruit and spices, and a good, thick consistency. Easily the best. **9/10**



Tandoori salmon is fragrant but not too spicy



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(add a little water to the saucepan if it starts to stick to the bottom of the pan).

● Once the masala is thick and fluffy, and has become a darker orange colour, add the chicken pieces to the sauce and cook for about 10-12 minutes.

Stir occasionally to ensure the chicken does not break up and mix the chicken and sauce from the edges of the saucepan (again if the sauce begins to dry out, keep adding a little water when needed).

● When the chicken is cooked, add the garam masala, dried fenugreek and fresh coriander then cook for a final 30 seconds.

● Garnish with the herbs (if using) and serve immediately.

Tandoori salmon

Serves 4-5

Preparation time: 10 minutes

Marination time: 1 hour

Cooking time: 15 minutes

10g (½oz) gram flour

750g (1lb 10½oz) skinless salmon fillets

1 heaped tbsp fresh ginger and garlic, made into a paste

1½ limes, freshly squeezed

1¼ tps salt or to taste

80ml (3fl oz) olive oil

1 tsp turmeric

1 tsp red chilli powder

1 tsp red chilli flakes

1 tsp garam masala

2 tpsps chopped dill

¾ tsp carom seeds

100g (3½oz) natural yoghurt

For the garnish (optional):

2 tpsps chopped coriander

½ lime (cut into wedges)

Fresh herbs of your choice, to garnish

● Preheat the oven to 180°C/350°F/gas 4 then roast the gram flour in the oven for 4 minutes.

● Clean the salmon fillets, pat them dry and cut them into chunks.

● Mix together the ginger and garlic paste, freshly squeezed limes and salt then add the dried salmon chunks and leave to marinate on one side.

● In a separate bowl, whisk together the oil and turmeric. Add the red chilli powder, chilli flakes, garam masala, chopped dill, carom seeds, roasted

S READER OFFER

This beautifully designed terracotta dish is ideal for both cooking and serving Indian cuisine. Stylish enough to go straight from the oven to the table, it is 13cm (5in) in diameter. Order now for just £9.99, plus £2.95 UK mainland postage and packaging. Call 0871 988 8427, quoting code EXT1106 Calls cost 10p per minute from a BT landline.



gram flour and yoghurt. Whisk together until thoroughly combined.

● Pour this yoghurt marinade over the coated salmon chunks and toss the fish chunks using your hand to ensure they are coated evenly.

● Cover with clingfilm and leave the fish to marinate in the refrigerator for at least 1 hour (or preferably overnight for best results).

● Once the fish has marinated well, preheat the oven to 180°C/350°F/gas 4. Place the fish pieces on to a baking tray and roast in the oven for 15 minutes.

● Remove from the oven and place the salmon carefully on to serving

plates. Garnish with the fresh coriander, lime wedges and fresh herbs (if using) and serve with the cooked rice of your choice. ●

All recipes were devised by Dipna. Her book *Beyond Brilliant: Inspirational Indian Cooking* (RMC Books, £19.95), is out on April 28. Brilliant Restaurant is in Southall, Middlesex. Call 020 8574 1928 or visit www.brilliantrestaurant.com.

