



ACCENT'S  
SPECIAL DAY  
GUIDE TO

Diwali  
DAY

accent  
catering



### **Paul Merry** *Food Development Director*

The tingling of the taste buds, the watering of the eyes – it's almost like being in love. And Britain's passionate affair with the curry has hit a 200-year landmark. In 1810 a surgeon from the army of the British East India Company opened the Hindoostane Coffee House in George Street, central London.

The venture was not a success but, its founder, Sake Dean Mahomed, unwittingly became the Cupid who started Britain's 200-year love affair with sub-continental cuisine. By the start of the Second World War in 1939, there were six curry houses in Britain.

Six years later, Indians arriving to help rebuild London started in earnest the growth of the nation's favourite restaurants. The migrant workers established cafes and canteens to feed them and their families. But curious natives soon discovered the spicy food which was a revelation compared with

bland, rationed British food.

Many of the dishes we know and love would be unrecognisable in India. Chicken tikka masala was created in Britain when a chef added tomato and onion paste to grilled chicken. The dish was unknown in India until the 90s when British companies began exporting it. Many other dishes considered traditional Indian staples are also not authentic. "Ninety-five per cent of Indians don't know what a vindaloo, jalfrezi or a madras curry is," says cookery writer Camellia Panjabi.

Even the word curry can't be traced back to India or its neighbours. Indians tend to label dishes by specific names like korma and dopiaza. One theory suggests the word comes "kari", Tamil for sauce. However, an English cookbook, *The Forme of Cury*, was published in the 1390s. "All hot food of the time was referred to as cury. It came from the French word 'cuire' which means to cook."

The word was coined by the British in India and has no direct translation into any of the sub-continent's 15 or so languages.

What's more, one of the earliest known recipes for meat in a spicy sauce, dating from 1700BC, appeared on tablets found near Babylon in Mesopotamia – what is now Iraq.

So ever since then it has become a deep-rooted part of Britain and its culture and we are taking the opportunity this month to celebrate this adored cuisine sharing some of Richard Nicholson, Development Chef, recipes and ideas to make a truly memorable spicy food experience.

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“Inside we’ve  
prepared a selection  
of mouthwatering  
recipes to inspire  
your ‘Diwali’ theme  
day this October”

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## Mulligatawny soup

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**SERVES 6**

**1tbsp vegetable oil**  
**1 onion, finely diced**  
**2 garlic, cloves**  
**2 carrots, peeled & diced**  
**2 celery sticks, thinly sliced**  
**1 sweet potato diced**  
**1 apple, diced**  
**1tbsp curry powder**  
**2g vegetable bouillon**  
**1ltr boiling water**  
**1tbsp tomato puree**  
**1tbsp mango chutney**  
**100g basmati rice**  
**100g yoghurt**  
**10g coriander, chopped**  
**10g flat leaf parsley, chopped**  
**Lo salt, pinch**  
**Ground black pepper, pinch**

**ALLERGENS: (Su,Mu,Mk,Ce)**

1. Heat the oil in a large saucepan and stir in the onion, garlic, carrots, celery and sweet potato.

2. Cook for 10 minutes, until the vegetables are beginning to soften and brown lightly. Stir in the apple and sprinkle over the curry powder. Cook for a further 2 minutes more.
3. Pour the vegetable stock into the pan, and stir in the tomato purée and mango chutney. Bring to the boil, then reduce the heat slightly and leave to simmer for 30 minutes, stirring occasionally.
4. While the soup is simmering, half-fill a medium pan with water and bring to the boil. Add the rice and return to the boil. Cook for 10 minutes, or until the rice is tender. Drain the rice in a sieve and set to one side.
5. When the soup is ready, allow to cool slightly and blend with a stick blender or in a food processor until smooth before stirring in the cooked rice. If you want a more rustic texture to the soup, do not blend.
6. Add enough water to give a good consistency, check the seasoning, add salt and freshly ground black pepper to taste. Serve with the yoghurt, coriander and flat leaf parsley.



## Savoury semolina cake (Handvo)

**SERVES 8**

3tbsp vegetable oil  
165g semolina/ polenta  
125ml plain yoghurt  
125ml water  
40g frozen peas  
30g onion, finely chopped  
1 small carrot peeled & grated  
15g frozen green beans,  
thin slices across the width  
8g fresh ginger, crushed  
½tsp chilli powder  
½tsp turmeric  
1tsp mustard seeds  
½tsp cumin seeds  
½tsp bicarbonate of soda  
Lo-salt, pinch

**ALLERGENS:** (Mu,Mk)

1. Preheat the oven to 200°C and oil a large loaf tin.
2. Mix together the semolina, yoghurt, water, vegetables, ginger, spices and salt to make a batter of a medium-thick consistency. If it is too thick you can add splash of water.
3. Heat the oil in a saucepan. Add the mustard and cumin seeds and cook for about 20 seconds until the mustard seeds have popped and the cumin is aromatic. Once this is done add to the batter and stir in.
4. Stir in the bicarbonate of soda and immediately pour the mixture into the prepared tin. Bake in the preheated oven for 35-40 minutes.
5. The cake is ready when a toothpick can be inserted and comes out clean and the edges are crisp. Leave the cake to cool in the tin.



## Toasted spiced chickpeas

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**SERVES 6**

4tbsp vegetable oil  
2tsp cumin seeds  
1tsp turmeric  
½tsp red chilli powder  
1tsp garam masala  
800g chick peas, tinned & drained  
Lo salt, pinch  
Coriander, handful chopped

**ALLERGENS: (NONE)**

1. Heat the oil in a non-stick pan.

2. Add the cumin seeds and fry for about 30 seconds or until they give off a nice aroma and start to darken.
3. Add the remaining spices and salt and cook for another 10 seconds.
4. Add the chickpeas and stir to coat well in the spices.
5. Cook for 2 minutes, then add the water and coriander leaves. Cook for a further minute and serve.



## Chilli cheese on toast

SERVES 8

400g cheddar, grated  
50g onion, finely chopped  
2 tomato  
1 red chilli, finely sliced  
40g coriander, chopped  
8 slices of bread

ALLERGENS: (So,Se,Mk,G)

1. Preheat the oven to 200°C.

2. Mix together all the ingredients except the bread.
3. Pile the mixture evenly on top of the bread and bake for a couple of minutes until crisp and the topping has melted and turned golden. Sprinkle with chopped coriander and serve.



## Oven fried chilli chicken

**SERVES 10**

### **Marinade:**

**15g fresh ginger, chopped**

**30g garlic, peeled**

**3 green chillies**

**1tsp salt**

**1tsp garam masala**

**1tbsp lemon juice**

**2tbsp vegetable oil**

### **Chicken:**

**10 chicken thighs, skinless & boneless**

**3tbsp vegetable oil**

**½tsp lo salt**

**½tsp ground black pepper**

**½tsp cumin powder**

**6 slices of white bread, crumbed**

**1 egg, beaten**

**1 lemon cut into wedges**

**ALLERGENS: (Su,So,Se,E,G)**

1. Blend all the marinade ingredients into a paste and place in a bowl (Sancho pollo blender is perfect for this).

2. Add the chicken and coat well in the paste. Leave in the fridge to marinade for a couple of hours or ideally overnight.
3. Preheat the oven to 225°C. Pour the oil into a roasting pan large enough to accommodate the chicken in one open layer. Place the pan into the oven and heat for 6-7 minutes.
4. Mix the salt, black pepper and cumin powder into the breadcrumbs. Take the chicken out of the marinade, letting the excess drip off and pat the thighs into the spicy crumbs, ensuring an even coating on all sides. Dip into the egg and then pat again into the breadcrumbs giving a second coating of crumbs.
5. Turn the oven down to 200°C, then place the chicken carefully into the heated oiled roasting tray, return to the oven and cook for about 10 minutes, turn the chicken over and cook for another 10 minutes.
6. Once probed to ensure they are cooked, drain on kitchen towel and serve with lemon wedges.



## Spicy curry sauce

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**SERVES 8**

**2 bunches spring onions**  
**6 garlic, cloves**  
**4tbsp vegetable oil**  
**400g chopped tomatoes**  
**4tbsp curry powder**  
**2tsp ground ginger**  
**200ml Greek yoghurt**  
**2g Lo salt**  
**2g Ground black pepper**  
**50g Coriander leaf, chopped**

**ALLERGENS: (Mu,Mk)**

1. Thinly slice the spring onions, reserving a handful of the sliced green parts for garnish.
2. Peel and chop the garlic. Heat the oil in a large saucepan over a medium heat and cook the spring onions and garlic for a few minutes.
3. Add the tomatoes, curry powder and ground ginger and cook for 3-4 minutes.
4. If the pan gets dry add a splash of water and make sure the spices don't burn.
5. Add 250ml/9fl oz water and bring to the boil. Reduce to a medium to low heat and cook for 10-15 minutes.
6. Take the curry off the heat, stir in the yoghurt then season with salt and pepper.
7. Add the chopped coriander, season and stir in the yoghurt and serve with the oven fried chilli chicken.



## Mild beef rogan josh

SERVES 10

- 1kg diced chuck
- 4 onions, roughly chopped
- 8 tomatoes, quartered
- Large tin of chopped tomatoes
- 4 garlic cloves, peeled & grated
- 2 inch piece of ginger peeled & grated
- 2 tbsp garam masala
- 2 tsp chilli powder
- 2 tsp turmeric
- 2 tsp paprika
- 2 tsp cumin powder
- 1tsp ground cinnamon or 1 stick
- 2g beef bouillon
- 50g coriander, chopped

ALLERGENS: (Ce)

1. Add the garam masala, chilli powder, turmeric, paprika, cumin, cinnamon / stick and pepper to a large dry heavy based saucepan and heat over a high heat until very aromatic.

2. Add the butter and oil and heat until smoking, followed by the onions and stir fry for about 5 minutes until soft.
3. Add the garlic and ginger, frying for a further minute before adding the beef.
4. Brown off the beef then add the tomato quarters and lime juice and cook for a further five minutes.
5. Next add the tinned tomatoes and the beef stock, bring to the boil, reduce the heat and simmer, uncovered, for about an hour and 20 minutes, until the beef is really tender and the sauce is lovely and thick.
6. Add the coriander 10 minutes before the cooking is finished, allow to stand for at least 10 minutes then serve.



## Sweet potato curry

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**SERVES 8**

150ml vegetable oil  
4 garlic cloves, finely chopped  
3 Onions, finely chopped  
1 red chilli, finely chopped  
3tsp cumin seeds  
3tsp curry powder  
2tsp turmeric powder  
5tbsp tomato puree  
600ml vegetable stock  
750g sweet potato, peeled and diced  
250g broccoli, stalk, chopped  
Lo salt, pinch  
Black pepper, pinch  
75g coriander, chopped  
150g yoghurt, to garnish

**ALLERGENS:** (Su,Mu,Mk,Ce)

1. Heat the oil in a frying pan over a medium heat. Add the garlic and onion and fry until softened.
2. Add the chilli, cumin seeds, curry powder and turmeric powder and fry for a further minute to release the aromas.
3. Add the tomato purée and vegetable stock, stir well and bring to a simmer.
4. Add the sweet potato and broccoli and simmer for 10 minutes, or until the sweet potato is cooked through. Season, to taste, with salt and freshly ground black pepper.
5. To serve, pour into a warm bowl, sprinkle with the fresh coriander and spoon the yoghurt into the middle.



## Pilau rice

**SERVES 6**

**450g Basmati rice**  
**1 onion**  
**20g butter**  
**8 cardamom pods**  
**8 cloves**  
**1 cinnamon stick**  
**Turmeric, pinch**  
**2 bay leaves**  
**600ml boiling water**  
**1g vegetable bouillon**  
**Lo salt**  
**Ground black pepper**

**ALLERGENS:** (Su,Mk,Ce)

1. Wash the basmati rice in a sieve under the cold tap for a minute or so. This will wash away a lot of the starch for a fluffier pilau.
2. Cook the onion in the butter until softened. Add the spices, turmeric and bay leaves and cook for a couple more minutes.
3. Add the rice and stir until the grains are coated in the butter before stirring in the stock and salt.
4. Bring to the boil and then cover with a tight-fitting lid or foil if you don't have one.
5. Turn the heat down low and leave to cook for 10 minutes before turning off the heat.
6. Don't remove the lid; just leave the rice to continue cooking in the pan for about 5 minutes until you're ready to serve.
7. The rice should have absorbed all the water and will just need fluffing up with a fork. Add a knob of butter before serving.



## ***Naan bread***

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**SERVES 10**

**500g strong white flour**

**10g io salt**

**15g yeast**

**30ml olive oil**

**Water, to mix**

**1tsp cumin seeds (optional)**

**1tsp caraway seeds (optional)**

**ALLERGENS: (N,G)**

1. Mix all the ingredients except the cumin and caraway seeds in a large bowl taking care not to put the yeast on the top of the salt.
2. Knead well with your hands and knuckles until the dough is elastic, smooth and shiny. Cover with a piece of cling film and leave to rise for 1 hour.
3. Push the cumin and caraway seeds into the dough and knead the dough until the seeds are incorporated.

4. Divide the dough into 10 even sized pieces.
5. Use a rolling pin to flatten the pieces of dough into rounds, 25cm /10in diameter and rest for a further 5 minutes.
6. Heat a frying pan to a medium heat and add a tiny splash of olive oil.
7. Shallow fry each dough disc until browned on both sides, then set aside to cool slightly before serving.
8. These can also be fried lightly for a minute or two on either side.
9. Trayed up and set to one side and finish off in the oven for a few minutes before service.



## Lime posset

SERVES 10

1ltr double cream  
6 limes, zest & juice  
500g caster sugar  
2 lemons, zest & juice

ALLERGENS: (Mk)

1. Bring the cream to the boil with the lime and lemon zest and sugar.
2. Add the lemon and lime juice and bring back to the boil and gently boil for another 2 minutes.
3. Strain and pour into serving cups and allow to chill in the fridge for at least two to three hours.



## Cardamom butter biscuits

**SERVES 6**

**200g self-raising flour**

**100g unsalted butter**

**75g caster sugar**

**1½tsp ground cardamom**

**¼tsp ground ginger**

**1tsp lemon zest**

**Pinch of salt**

**1 egg yolk**

**Icing sugar to dust**

**ALLERGENS: (Mu,E,Mk)**

1. Rub the flour and butter together in a large bowl until the mixture resembles breadcrumbs.
2. Stir in the caster sugar, ground cardamom, ginger, lemon or orange zest, salt and egg yolk and work together using your hands until it becomes a soft,

smooth dough. (Add a splash of water if necessary to combine.)

3. Wrap the biscuit dough in cling film and transfer to the fridge to chill for an hour.
4. Preheat the oven to 180°C/350F/Gas 4.
5. Roll the dough out on a floured surface until it is approximately 5mm/¼in thick.
6. Using a 6cm/2½in round cutter, cut into rounds and place on baking trays lined with greaseproof paper.
7. Bake in the preheated oven for 10-12 minutes, or until lightly golden-brown.
8. Transfer to a wire rack to cool. Sprinkle with caster sugar or dust with icing sugar to serve.





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