

Autumn 2018

CULINARY SPOTLIGHT

CURRY CURRY CURRY!

The British, for a long while, have had a love affair with curry. The first British cookery book containing an Indian recipe is believed to be “The Art of Cookery Made Plain & Easy” by Hannah Glasse. This was published in 1747 and contained just three recipes. As the cuisine grew, later editions contained more recipes including Rabbit curry and Indian pickle! For those who saw the film “Victoria & Abdul” in 2017, you will know that Queen Victoria had a fascination for India and a love of Indian food notably chicken curry and pilau. Today it is now cited that curry adds £5bn to the UK economy!

There are an estimated 35,000 ethnic restaurants in the UK and around 90% of curry houses in the UK are owned

by British Bangladeshis (Asian Catering Federation). Our chef’s have been investigating the diversity Indian food has to offer, with a recent trip to the “Balti Triangle” in Birmingham (visitbirmingham.com/The_Balti_Triangle_Guide.pdf).

They visited a few different restaurants, but in true professional style they have more regional pockets of Indian cuisine to explore. Next stop, Leicester, and the “Golden Mile” a melting pot of Indian cuisine, originally so called due to the extensive jewellery shops. They will continue their

journey south to London. So watch this space for more adventures from Chef Chris and Chef Adam!



Restaurant Spotlights

The Indian Sreatery

An absolute little gem, hidden down the back streets of Birmingham's city centre on Bennetts hill, “The Indian Sreatery” was our first port of call on the culinary deep dive into Curry. We stumbled upon this street cart style restaurant and chose four of the “bowl food” options.

A clear favourite was the chicken Chaat and the puffed rice and chickpea flour noodles (Sev) that were sprinkled over the green chutney and the yoghurt. Truly a culinary and textural delight.

A great venue to try some authentic cooking from a truly foodie family.

Shabab

Here we tasted a range of Balti dishes including Black Eye Beans, Mushrooms & Spinach, Chicken and Spinach, and Lamb and Spinach Balti. The latter was not on the menu and is the Hairy Bikers dish, which was specially prepared for us. As we watched the Balti cooking, you could see the mastery of heat that gives the distinct “Baltiness.” Cooking in the Balti is a fierce heat, yet skilfully controlled so nothing ever burns, but things cook extremely quickly.

The fact the pans were never thoroughly de-carbonised also helped with the authenticity and smokiness of this dish. The flavour profile, while not overwhelming, was what we considered to be the backbone of the dish; a warm charred note and smoky aroma filled the air around the pans. Complementing the spice and herb profiles perfectly.



MY FAVOURITE CURRY RECIPE

BEEF SHIN RENDANG

Indonesian food is vibrant, colourful and full of intense flavours. The most popular dishes are rendang, nasi goreng and satay. The growth of street food has helped promote Indonesian food as it is widely served via street food vendors across Asia.



My favourite curry at the moment is beef shin rendang. I say at the moment because I tend to change my favourite curry with the seasons!

Autumn is well and truly upon us. As such, the nights are rapidly drawing in and the temperature dropping. With this, I desire warming, rich and aromatic foods.

A beef shin rendang is a perfect complement to the cold autumnal nights, the shin is slow cooked with rich aromatic spices that give a deep warming heat, and the sauce is rich and umami packed.

Rendang originated in Indonesia but quickly became a global treat for celebrating with friends or at a social family gathering.

Traditionally, rendang was served at ceremonial occasions to honour guests. Enjoy!



Chef Adam

RECIPE

Ingredients

- 2kg beef shin cut into bite size chunks
- 2 tablespoons rapeseed oil
- 4 whole star anise
- 2 cinnamon sticks crushed lightly (back of a knife)
- 1 tin of coconut milk (400ml)

Rendang paste

- 8 large dried red chillies
- 8 shallots peeled and finely diced
- 200g fresh ginger peeled and roughly chopped
- 12 cloves of garlic peeled and left whole
- 10 stalks of lemon grass finely chopped

Method - rendang paste

Soak the chillies in a cup of boiling water for 20 minutes.

Discard water and remove seeds and roughly chop the chillies.

Add to a blender with all other paste ingredients.

Blend until smooth add a splash of water if required.

Method - the curry

Season the beef shin with salt and pepper.

Heat half the rapeseed oil in a heavy set frying pan and cook the beef shin on a high heat until sealed, this can be done in smaller batches transfer to a bowl when complete.

Add the rest of the rapeseed oil to the same pan add the rendang paste and cook on a low heat for 10 minutes or until fragrant.

Add star anise and cinnamon and coconut milk, bring to a light simmer

Add the beef shin, add water until all the meat is covered

Place lid onto pan and cook on a low heat for 3 to 4 hours or until meat is cooked and very tender.

Serve

Serve with fragrant jasmine rice, sliced spring onions, fresh chilli and riata.

HALLOWEEN

Halloween can be traced back 2000 years to the Celts in Ireland. On October 31st the Celts celebrated Samhain (pronounced Sow-in). This was the end of Summer and the onset of wintry, cold dark nights. It was believed that at the end of the year the boundary between the living and the dead became thinner and that the ghosts of the dead could return to earth.

To celebrate, they built sacred bonfires and burnt crops and animals as a sacrifice to the Celtic deities. The Celts also wore costumes and masks to hide their souls from ghosts a tradition that is still strong today.

In the late 1800s religious leaders encouraged communities to focus on friendly family focused parties in an attempt to remove the religious superstition. Families could prevent tricks being played on them with small treats. Today Brits will spend over £320 million and the U.S. a staggering \$9billion according to Mintel and Forbes on Halloween parties and trick or treating.

So whether it's the latest trend of Scary festivals or trick or treating there is something for you. Food plays a large part in the event and its not just about sweets. Chef Adam has created some perfect Halloween spootacular treats to celebrate!

SPIDER PIZZA

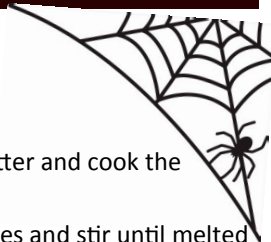


INGREDIENTS

Tomato puree 4 tablespoons
Chopped tomatoes 1tin
Basil leaves cut into thin strips
2 Shallots
40 Black olives
200g Mozzarella cheese
200g Cheddar cheese
200g Gruyere cheese
100ml Double cream
100ml Water
20g Butter
4 Pizza bases

METHOD

In a heavy base pan melt the butter and cook the shallots until soft.
Add the water, and all the cheeses and stir until melted
Add the double cream and cook for 5 minutes on a low heat, set aside to cool.
In a bowl mix the tomato puree and chopped tomatoes. Spread the tomato mixture evenly over the four bases.
Put the cheese mixture into a piping bag and pipe onto the pizzas in a shape of a spider's web.
Cut the olives in half for the spiders bodies and some into strips for spider legs.
Place spiders over the spider's web.
Cook in a pre-heated oven at 180°C fan for 15 minutes. Stand for 2 minutes add the basil leaves and serve.



SPOOKY MUMMY CHIPOLATA DIPPERS

INGREDIENTS

Puff pastry (pre made roll)
1 egg beaten
8 chipolata sausages
1 tablespoon of honey
1 tablespoon of ketchup
American mustard

METHOD

Mix 1 tablespoon of ketchup with 1 tablespoon honey and brush the chipolatas with the honey tomato mixture.

Cut the pastry into long strips about 5mm wide. Wind the pastry around the sausages to form bandages leave a small gap at one end of the sausages for the mustard eyes!

Brush with beaten egg and bake at 180°C fan for 25 minutes. Cool on a rack for 5 minutes.

Carefully squeeze two dots of mustard in the gap of the pastry, to create the spooky eyes.

Serve with "blood" ketchup. Enjoy!



PUMPKIN HUMMUS AND SPOOKY TORTILLA CHIPS

INGREDIENTS

1 pack of sandwich wraps (soft tortillas)
1 small pumpkin
1 tin of chickpeas
½ juice of a lemon
1 tablespoon olive oil
2 garlic cloves peeled
Salt & pepper to season

METHOD

Cut the top off the pumpkin and remove the seeds. Scrape out the flesh and cut into 2cm pieces.

Place pumpkin and garlic cloves on a baking tray add oil and roast in a oven at 180°C fan for 40minutes.

Tip into a food processor with all the cooking juices.

Add the lemon juice and chick peas and blitz until smooth add more oil if it appears too thick.

Season to taste.

Place pumpkin hummus back into the scraped out pumpkin shell to serve.

Cut the soft tortillas into spooky shapes, ghosts, bats, vampire teeth etc!

Place on a baking tray and sprinkle lightly with oil.

Cook at 180°C fan for 10 minutes until crisp.

Serve with pumpkin hummus for a perfect party dipping dish.

