

Chickpea Curry

Ingredients:

Spice Mix:

- 2 tablespoons Curry Powder
- 1 teaspoon All Spice powder
- 1 teaspoon Nutmeg powder
- 1 ½ teaspoons smoked paprika
- 2 teaspoons dried thyme leaves
- ½ teaspoon pepper

Curry:

- 3 tablespoons Vegetable Oil
- 2 large garlic cloves, minced
- 1 large onion, diced
- 3 potatoes, skin on and cubed
- 2 cans Chickpeas, drained and rinsed
- 1 can crushed tomatoes
- 3 cups vegetable stock
- Salt to taste
- Parsley, chopped and used as garnish
- Rice and yoghurt to serve

Equipment:

- Chopping boards
- Knives
- Small bowl for spices
- Measuring spoons
- Garlic press
- Wooden spoon
- Large pot
- Mesh strainer
- Measuring jug- glass



Method

1. Collect all of your equipment and ingredients. Prepare your ingredients as per the ingredients list above.
2. Heat the oil in a large pot over medium to high heat. Add the onion and garlic and cook for 3 minutes or until the onion is translucent.
3. Add in all of the spices and stir for 1 minute. Then add the potatoes and stir to coat them in all the spices. If the spices stick to the bottom of the pot, just add a splash of water.
4. Add the chickpeas, tomatoes and vegetable stock to the pot and then bring to a simmer before turning the heat down medium. Cook on medium heat for 15 minutes or until the potatoes are cooked through and the sauce has thickened.
5. Adjust the salt to taste and stir through the parsley just before serving. Serve with rice, yoghurt and Naan bread.

Naan Bread



Ingredients:

- 2 cups plain flour
- ½ a teaspoon of salt
- 1 teaspoon of sugar
- ½ a teaspoon of baking powder
- ½ cup of plain yoghurt
- 2 tablespoons of olive oil
- ½ cup warm water
- 3 cloves garlic, minced
- 50g butter
- 2 tablespoons fresh parsley, chopped

Equipment:

- Measuring cups and spoons
- Measuring jug
- Garlic press
- Small saucepan
- Pastry brush
- Wooden spoon
- Medium bowl
- Clean tea towel
- Flat frying pan
- Chopping board
- Knife
- Rolling pin
- Tray and Foil

Method

1. Collect all of your equipment and ingredients.
2. In a large bowl combine the flour, salt, sugar and baking powder.
3. Add the olive oil and yoghurt to the flour mix and stir with a wooden spoon until the dough begins to come together.
4. Gradually add the warm water, kneading the dough until it becomes soft and elastic.
5. Place the dough in a medium bowl and cover with a clean damp tea towel and allow it to rest for 30 minutes in a warm place.
6. When the dough has finished resting, divide it into 8 portions and then roll them into balls, placing them on your red tray.
7. Now make your butter sauce by placing the butter, garlic and parsley into a small pot over medium heat. Stir it until the butter has melted and warmed through. Allow to bubble on low heat for 2-3 minutes to cook the garlic and parsley through. Turn the heat off and leave on the bench next to the stove with a pastry brush in it.
8. Now place the flat frying pan on the stove- medium heat. When warmed up, roll out your first Naan dough ball into an oval shape on a floured surface.
9. Place the rolled out Naan onto the hot pan and cook for 2-3 minutes, flipping from side to side as it bubbles and gets brown spots. When cooked, remove from the pan and place on a tray. Brush it with the warm butter mix (both sides) and then cover with tin foil to keep warm. Repeat with the remaining dough balls until they are all done.
10. Serve the Naan bread with the chickpea curry and rice/yoghurt.

Pear or Apple Crumble Muffins

Ingredients:

Muffin Mix:

- 1 ½ cups plain flour
- ½ teaspoon of baking soda
- ½ teaspoon baking powder
- ½ teaspoon salt
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- ½ cup vegetable oil
- ⅔ cup caster sugar
- 2 eggs
- ½ teaspoon vanilla essence
- 3 small pears or apples, peeled and diced into small pieces

Crumble Mix:

- 3 tablespoons caster sugar
- 3 tablespoons brown sugar
- 2 tablespoons Plain flour
- ½ teaspoon ground cinnamon
- 2 tablespoons vegetable oil

Equipment:

- 12 hole muffin tray and paper patties
- Measuring cups and spoons
- Measuring jug
- Peeler
- Knife
- Chopping board
- Medium mixing bowl
- Wooden spoon
- Whisk
- Electric Hand mixer
- Small mixing bowl



Method

1. Preheat the oven to 180°C and collect all of your ingredients and equipment. Place the patty pans into the muffin tray.
2. In a medium mixing bowl, whisk together dry ingredients of flour, baking soda, baking powder, salt, ground cinnamon, and ground nutmeg. Set aside.
3. Using the hand mixer, combine vegetable oil and sugar in a medium bowl and mix together on low speed. Add eggs and vanilla extract, mixing to combine. Now mix in the diced pears or apples.
4. With the mixer on low speed, gradually add the dry ingredients, mixing just until incorporated. Scoop batter into prepared muffin pan.
5. To make the streusel crumb, add sugar, brown sugar, flour, and cinnamon to a small bowl. Whisk together until combined and then add the vegetable oil, using your fingers to mix. Sprinkle the streusel mixture over the tops of the muffins.
6. Bake for 25-30 minutes, or until a toothpick inserted in the centre of a muffin comes out clean.