

Daily Mail

29 FEBRUARY 2020

Weekend

Afternoon, it's own avia

2018



CHATEAU
CHANGYU MOSER XV
CABERNET SAUVIGNON
BLANC DE NOIR
BELAN MOUNTAIN RANGE

For bonnets!
ones on Julian
es... for your
t of the year

INSIDE

OUR WILL RESULTS

张裕摩塞尔十五世酒庄
CHATEAU CHANGYU MOSER XV

SENSUS LED

SEE
PAGE
14-15



Mulakittathu, the proper name of this spicy fish curry, is one of my favourites. The kokum (a small, dried, Indian fruit) can be substituted with tamarind paste, but do try to find it. For me, the flavour of the stewed kokum makes this dish. In Kerala, the curry is usually made with kingfish, which is

FISH CURRY

- extra (optional)
- 2 red onions, finely chopped
- 7 garlic cloves, thinly sliced
- 2.5cm piece of ginger, peeled and minced
- 3 green bird's eye chillies, sliced lengthways
- 1tbsp Kashmiri chilli powder (from larger

visibly hot. Add the fenugreek seeds and curry leaves and let these infuse into the oil for about 30 seconds. Add the chopped red onions and fry for about 5 minutes until lightly browned. Stir in the garlic, ginger and bird's eye chillies and fry for a further minute, then add the Kashmiri chilli powder, paprika, ground coriander and ground

DAN SAYS

You can use broccoli (right) too: grate a large head, stir in 1tbsp oil and microwave in a clingfilm covered bowl for 2 mins. Stir, microwave for 1-2 mins more, and season

BAL
Who d
onion
go out
frying
easier
there
up. I
using
hous
the
only
mo
the
ing
res
an

M
5
p
3



Half the calories in chicken wings is in the skin. In Indian cooking, chicken skin is usually removed. It just isn't needed for flavour when the chicken is served with a delicious and spicy sauce. You could either skin the wings yourself or ask your butcher to do it for you.

GF

Serves 4 • Per serving: 161kcal, 7.9g carbs • Prep time 10 mins • Cooking time 10 mins
 • 1tbsp rapeseed oil
 • 1tbsp garlic and ginger paste
 • 1/2tbsp curry powder
 • 1/2tbsp garam masala
 • 1tsp Carolina chilli powder (to taste, from Asian stores or online)

• 1tbsp tomato purée
 • 1tbsp sugar or honey
 • 100ml (3 1/2 oz) base curry sauce (see recipe, far right)
 • 12 chicken wings, skin removed
 • Juice of 1 lime
 • A pinch of dried fenugreek leaves
 • Salt
 • 1tbsp finely chopped coriander
 • Raita (yoghurt with chopped cucumber and mint leaves) and lime wedges, to serve

Heat the oil in a frying pan over a medium-high heat until really hot. Add the garlic and ginger paste and fry for 30 seconds. Stir in the curry powder, garam masala, chilli

SPICY HOT CHICKEN WINGS

powder, tomato purée and sugar or honey. Give it all a good stir, then stir the base sauce in and bring to the boil. Reduce the heat a little, add the chicken wings and allow to cook in the simmering sauce for 7 minutes, or until cooked through. If you need to add a little more base sauce or water to cook the chicken through, do it.

To finish, squeeze the lime juice over the top and sprinkle with the dried fenugreek leaves. Check the seasoning and adjust if needed. Sprinkle with the chopped coriander, and serve with raita and lime wedges.

KERALAN PRAWN CURRY

This has to be one of the easiest curries I've ever made! In Kerala, kokum is often used as a souring agent with seafood curries instead of tamarind, which is also popular.

GF

Serves 4 • Per serving: 162kcal, 3.6g carbs • Prep time 5 mins • Cooking time 25 mins
 • 1tsp Kashmiri chilli powder (from larger supermarkets)
 • 1/2tbsp ground turmeric
 • 1tbsp ground coriander
 • 1/2tbsp freshly ground black pepper
 • 2.5cm piece of ginger, peeled and finely minced
 • 5 green chillies, sliced down the middle
 • 3 kokums (from Asian stores or online) or 2tsp tamarind paste
 • 500g (1lb 2oz) medium raw prawns, shelled and cleaned
 • 3 garlic cloves, minced

• 1-1 1/2tbsp rapeseed or coconut oil
 • 1tsp black mustard seeds
 • 1tsp cumin seeds
 • 20 fresh or frozen curry leaves
 • Salt

Pour 500ml of water in a saucepan and bring to the boil. Stir in the Kashmiri chilli powder, turmeric, coriander, black pepper, ginger, green chillies and kokums or tamarind paste, and simmer for 15 minutes. Add the prawns, cover with a lid and simmer for 5 minutes. Uncover the pan and stir the garlic in well to combine.

Heat the oil in a small frying pan over a medium-high heat until visibly hot, then add the mustard seeds. When they start to crackle (after about 30 seconds), add the cumin seeds and curry leaves. Allow to infuse into the oil for about 30 seconds, then pour over the cooked prawns. Season the curry with salt and serve hot.



DAN SAYS

The kokums in this dish and the Fish Curry are not meant to be eaten – they are edible but they taste very sour so it's best not to consume them

TARKA DHAL WITH VEGETABLES

This recipe is a great side dish.

V GF

Serves 8 • Per serving: 153kcal, 19.8g carbs • Prep time 10 mins • Cooking time 25 mins
 • 250g (9oz) masoor dhal (red lentils), rinsed and soaked in water for 30 minutes
 • 50g (1 1/2oz) each of roughly chopped carrot, potato cut into small cubes, broccoli florets, green beans cut small, aubergine cut small
 • 2tbsp ghee or rapeseed oil
 • 1/2tbsp black mustard seeds
 • 1tsp cumin seeds
 • 1/2 a cinnamon stick
 • 10 fresh or frozen curry leaves
 • 1tbsp garlic and ginger paste
 • 1tbsp garam masala
 • 1tsp Kashmiri chilli powder (optional, from larger supermarkets)
 • 1/2tsp ground turmeric
 • Salt and freshly ground black pepper

Simmer over a medium heat for 10 minutes and skim off any foam that rises to the top. Add the carrot and potato, and continue cooking for 5 minutes. Stir the rest of the vegetables in, adding more water only if the lentils are looking dry, and cook until the vegetables are cooked through and the lentils are fall-apart soft. Keep warm.

Meanwhile, heat the ghee or oil in a small frying pan over a medium-high heat. When it bubbles, add the black mustard seeds and when they begin to crackle (after about 30 seconds), reduce the heat to medium and stir in the cumin seeds, cinnamon stick and curry leaves. Fry for about 30 seconds, then add the garlic and ginger paste, garam masala, Kashmiri chilli powder (if using) and turmeric. Fry for another 30 seconds, then pour it over the cooked lentil and vegetables mixture. Season with salt and black pepper, to taste, and serve.

Tip the lentils into a saucepan and pour in 400ml of water.

HOW TO MAKE LOW-CALORIE BASE CURRY SAUCE

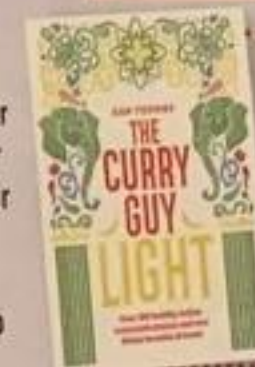
The base sauce is the magical ingredient behind all good curry-house curries. It is bland because it's used in everything from the mildest korma to the spiciest phal.

V VE GF

Makes about 3ltr • Serves 14-16 • Per serving: 68kcal, 8.1g carbs • Prep time 20 mins • Cooking time 1 1/2 hours
 • 1kg (2lb 4oz) onions, finely sliced
 • 1/2tbsp salt
 • 1ltr (1 1/4pt) water
 • 100g (3 1/2oz) carrots, peeled and chopped
 • 60g (2oz) cabbage, chopped
 • 1/2 a red pepper, diced
 • 1/2 a green pepper, diced
 • 8 garlic cloves
 • 5cm piece of ginger, peeled and chopped
 • 200g (7oz) tinned chopped tomatoes
 • 1/2tbsp each of garam masala, ground cumin, ground coriander, paprika
 • 1tbsp ground fenugreek
 • 1/2tbsp ground turmeric

Heat the oil in a large stockpot and fry the onions for 5 minutes, until soft and fragrant. Add all the ingredients up to and including the tomatoes. Cover the pot and simmer over a medium heat for 1 hour. The vegetables will become soft and the stock should reduce by half, but this can vary. How much it reduces down is not important at this stage. Add the ground spices and simmer for a further 5 minutes. Blend until very smooth with no chunks. (If you are thinking about freezing some of the sauce, now is the perfect time to do so.)

To use this in curries, stir in enough water until the sauce is the same consistency as single cream – so very runny!



The Curry Guy Light by Dan Toombs is published by Quadrille, £15. © Dan Toombs 2020. To order a copy for £12 until 31 March, go to mailshop.co.uk or call 01603 648155. Free delivery.



James Martin's Foodie files

TV chef James Martin shares his culinary secrets with Weekend

LAMB-TASTIC British lamb is superb now. Try it Moroccan-style: cut a shoulder of lamb into large pieces and add 1-2tbsp honey, some dried apricots, a handful of almonds and pistachios, 1tsp cinnamon, 1tsp cumin and 1tsp coriander, as well as a little ras el hanout, 2tbsp harissa paste, 3 preserved lemons and 2 tins of chopped tomatoes. Cook at 170°C/fan 150°C/gas 3 for 3 hours.



BEST BAKES The quality of the flour you use for bread and cakes is crucial, and you should use the best you can afford. If you're making bread look out for Canadian wheat, and for cakes and eclairs use a really good-quality plain flour. '00' as the Italians call it. I use Moul-Bie flours – you can buy them online, but be careful because you have to buy a 25kg bag!

ROOT MASTERS Look out for the really attractive and tasty heritage carrots that are around now. But try to get them as fresh as you can – a carrot straight out of the ground just with the dirt brushed off is a different thing altogether compared to one that's spent days after it's dug up being washed, bagged and placed on a shelf.



GO NUTS Spicy nuts are a delicious snack. To make your own, lightly whip up 1 egg white for about 30 seconds, then throw in 300g of nuts, such as almonds or pecans, along with 1tsp cayenne pepper and a little sea salt. Fold the mixture together, then spread it out on a baking tray lined with baking parchment. Bake at 160°C/fan 140°C/gas 3 for 10-15 minutes, stirring halfway through, and that's it. The egg white makes the cayenne and salt stick to the nuts.

Follow James on Twitter at @jamesmartinchef



MATTHEW JUKES' WINE LIST

Curries cry out for full-flavoured wines – and these fit the bill perfectly



1 2018 Botham, 76 Series Chardonnay, Margaret River, Western Australia £10.99, Waitrose; £11, Tesco
 Cricket legend turned winemaker Sir Ian Botham has a particular penchant for chardonnay, and with its citrus depth, this creation, rather than being 'Beefy', is excellent with chicken or fish!



2 2018 Thistledown, Summer Road Old Vine Grenache, Riverland, Australia £8.49, Waitrose
 Despite the competitive price, this is a very carefully produced wine. The nose is loaded with rhubarb and red cherry notes, and the palate is extremely succulent, making it a great match for the Katta Lamb Curry.



3 2016 Léonides, Domaine du Météore, Faugères, France £13.35, reduced to £11.85 each by the case, hhandc.co.uk
 Made from organic syrah, grenache and cinsault grapes grown in a meteorite crater – hence the name – this has spicy liquorice and wild herb notes underpinning a luxurious black-fruit core.



4 2017 Lyme Block, Exquisite Collection Brut Reserve, Devon, England £16.99, aldi.co.uk
 A complex cocktail of pinot blanc, seyval blanc, solaris, chardonnay and reichensteiner grapes, this is a crisp, clean, elderflower and nettle-kissed sparkler. It's very affordable too!



5 2018 Grüner Veltliner, Hochtemassen, Salomon Undhof, Austria £13.95, reduced to £12.50 each by the case, leaandsandeman.co.uk
 Fresh and vivacious, with an apple and pear-tinted nose and a tangy finish, this also has a super-smooth, juicy mid-palate. It's a winner with the Kerala Prawn Curry.



6 2018 Chateau Changyu Moser XV Cabernet Sauvignon, Blanc de Noir, Helan Mountain Range, China. £17.99, ocado.com
 Although labelled 'blanc de noir', or white wine made from red grapes, this is actually rosé coloured, with a gorgeous red-rose nose and plummy palate. Drink it with the Fish Curry.



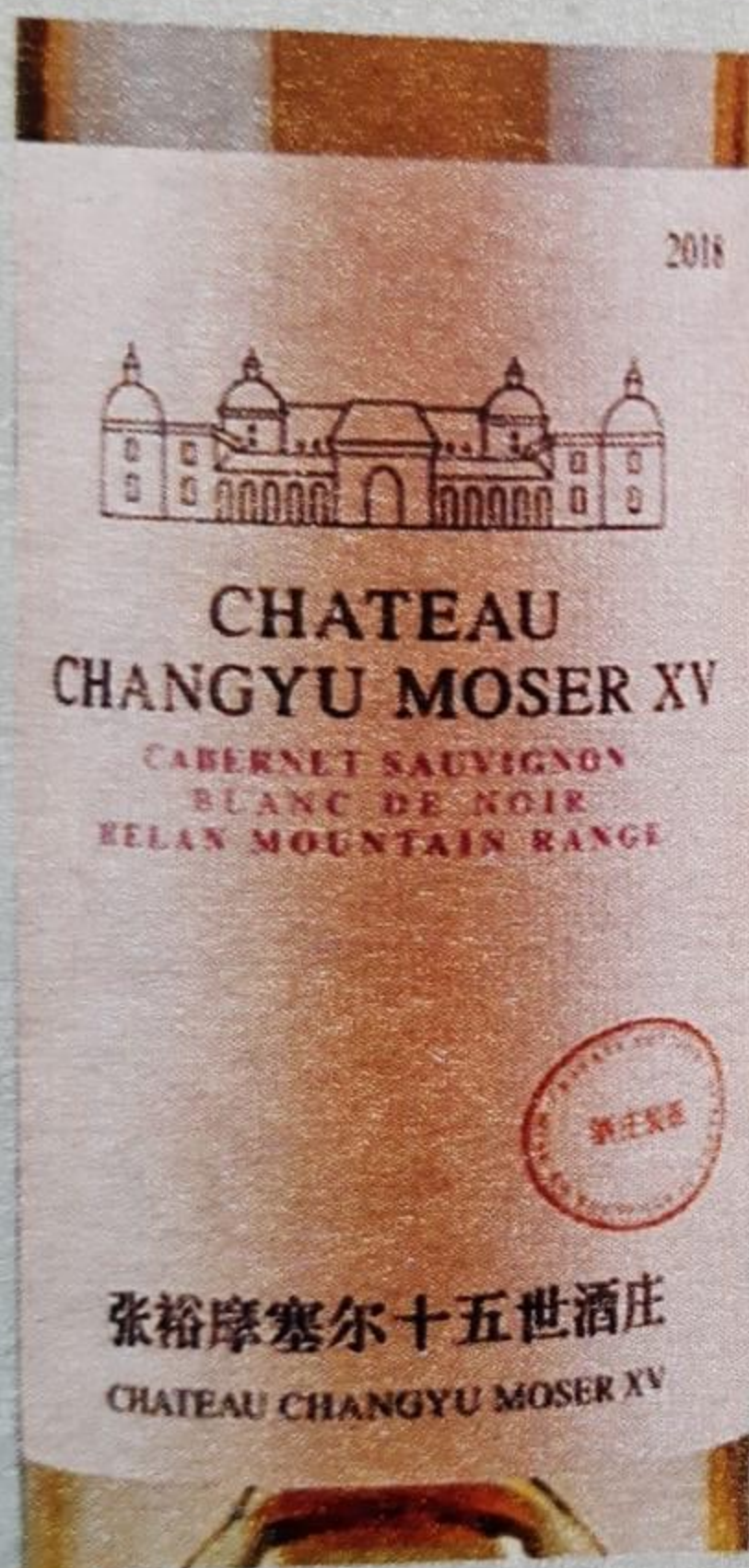
7 2018 Chateau Changyu Moser XV Cabernet Sauvignon, Blanc de Noir, Helan Mountain Range, China. £17.99, ocado.com
 Although labelled 'blanc de noir', or white wine made from red grapes, this is actually rosé coloured, with a gorgeous red-rose nose and plummy palate. Drink it with the Fish Curry.

LION

Over 100 healthy Indian
restaurant classics and new
dishes to make at home

mailshop.co.uk or call 01603
648155. Free delivery.

BEHIND THE LABEL...



**2018 Chateau Changyu
Moser XV, Cabernet
Sauvignon, Blanc de
Noir, Helan Mountain
Range, China. £17.99,
ocado.com**

Although labelled 'blanc de noir', or white wine made from red grapes, this is actually rosé coloured, with a gorgeous red-rose nose and plummy palate. Drink it with the Fish Curry.

I also use coconut oil, mustard oil or