

# The GoWithTed Cookbook 2023

## **1** **SAUCES and CHUTNEYS**

# THE GOWITHTED COOKBOOK 2023

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## Tomato Sauce.

1 tablesp extra virgin olive oil  
1 medium onion, finely chopped  
2-3 cloves garlic, finely sliced  
500g tomatoes, the riper the better, peeled and finely chopped  
1 tablesp tomato puree  
1 teasp white sugar  
Salt and pepper  
1 tablesp chopped fresh basil (or 1 level teasp dried basil)

- heat the oil in a saucepan and gently fry the onions for a few minutes
- add the garlic and cook for about 30 seconds
- add the tomatoes, tomato puree, sugar, salt and pepper, and stir
- bring to the boil, cover partially with a lid, turn down the heat and simmer for at least 30 minutes (I've seen versions where the sauce is simmered for up to 5 hours to get a really intense flavor)
- if it looks too liquid, cook some more, with the lid removed until the tomatoes are well reduced
- add the basil, check the seasoning and sweetness, adjust if necessary and serve
- a few basil leaves or some parsley can be added as a garnish

### Notes and variations:

- for a spicy sauce add a few chilli flakes (*peperoncino*) to taste
- Though the tomatoes are pulped it is still quite a thick sauce, and if a smoother sauce is preferred press the liquid through a strainer which will remove any seeds and remaining skin.
- keeps in a fridge for quite a few days.

## Mojo Sauce

### Red mojo (mojo rojo) – dipping sauce

cloves garlic crushed  
1 red chilli finely chopped  
Half teasp cumin  
1 teasp sweet paprika  
Half teasp dried oregano  
3 tablesp olive oil  
2 tablesp red wine vinegar  
up to 100 ml water  
Salt and black pepper to taste

- Mix the lot well and add the water bit by bit until satisfied

#### variations:

- use spicy smoked paprika
- use Tabasco in place of chilli and cumin

### Green mojo – dipping sauce

As above but substitute:

- Green chilli in place of red
- Coriander and parsley finely chopped in place of paprika

#### Note:

Traditionally used with potatoes but works well with other veg as a dipping sauce. This is a thin, liquid sauce.

## Red mojo (mojo rojo) – thicker sauce

*There are lots of recipes from the Canary Islands for mojo sauce. This version is for a thicker sauce for topping potatoes and other vegetables.*

About 100ml extra virgin olive oil

5 cloves garlic, crushed

½ teasp cumin

1 teasp sweet paprika

A pinch of chilli flakes

1 slice of white bread, crusts removed, chopped

2 medium red peppers, deseeded and finely chopped (200-250g chopped weight)

About 50ml red wine vinegar

Salt to taste

- add most of the oil, the garlic, cumin, paprika, chilli flakes, bread and chopped peppers to a bowl and blend to a purée
- add the vinegar and salt, mix well and taste
- if the sauce is too thick add the remainder of the olive oil
- taste again and add more oil, vinegar and/or salt, to taste
- cover and keep in the fridge to allow the flavours to develop
- bring to room temperature for about half an hour, stir well and serve.

**Note:** You may have to use trial and error to find the exact proportions of ingredients you prefer. For a spicier sauce add more chilli flakes or powder. More garlic can also be added to taste.

*Based on a recipe by Amanda Belmonte*

## Gremolata

2 cloves of garlic, finely chopped

5 tablesp parsley, finely chopped

Grated lemon zest of ½ - 1 lemon (to taste)

3 tablesp Olive oil

2 tablesp capers, drained, rinsed and finely chopped

Salt (to taste)

- mix everything together
- store in the fridge for a few hours before using
- that's it

This is as much a garnish as a sauce and a couple of tablesp can be added to fried or boiled potatoes or spread on chicken breasts or pork steaks.

**Variation:** add 2 tablesp of lightly toasted and coarsely chopped pine nuts.

## **Pesto**

50g bunch of fresh basil leaves

30g pine nuts

2 cloves garlic, crushed

50g tablesp grated parmesan

100ml extra virgin olive oil

Salt (optional)

- blend the basil, pine nuts, garlic and olive oil to a paste and transfer to a serving bowl
- stir in the grated parmesan
- taste and add salt if necessary (the cheese should be salty enough)
- that's it.

### **Variation:**

Toast the pine kernels under a grill for a couple of minutes before blending

*Based on a recipe by Rachel Roddy*

## Olive sauce **amended in 2022**

100g pitted green olives, drained and halved

Half a small onion (about 20g)

2 cloves garlic, peeled and roughly chopped

10 cherry tomatoes, halved

50ml white wine or sherry

1 tablesp lemon juice

Salt and black pepper, to taste

3 tablesp olive oil

50 ml water

- Blend everything together in a blender until fairly smooth then:

### **EITHER**

- **Serve cold** as a cold sauce or dip

### **OR**

- To **serve hot** transfer the sauce to a pan, bring to the boil, turn the heat down low, simmer for a few minutes and serve.
- If the sauce is too thin, in a small bowl mix a teasp of plain flour with a little water, add to the pan for the final 2 minutes of cooking, stirring.

## **Salsa verde**

10 basil leaves, roughly chopped  
2 tablesp lemon juice  
4 anchovy fillets, chopped  
6g tarragon leaves  
10g parsley, chopped  
60g pickled cucumbers, chopped (2-4 depending on size)  
2 teasp capers  
2 teasp smooth Dijon mustard  
1 clove garlic, peeled and roughly chopped  
80ml extra virgin olive oil  
1 tablesp water (optional)

- blend everything together (except the water) to a smooth thick dressing
- if it is too thick, add the water
- serve, spooned over boiled potatoes, either whole small potatoes or larger sliced potatoes. Also works with other vegetables.

### **Variations:**

- a pinch of dried dill can replace the tarragon leaves
- the quantities can be varied to taste. Feel free to play about.

*Closely based on a recipe by Nigel Slater*

## **Salsa de Cabrales (Blue Cheese sauce) *added in 2022***

*The quantities will vary according to numbers of people and the purpose of the sauce*

Cabrales cheese

Cider

- Blend the cheese and cider together in a blender, adding a little cider at a time until you achieve the desired consistency
- For a thicker sauce (for use as a spread or a dip) add about 25ml of cider to 100g of cheese
- For a thinner, pouring sauce (e.g for a salad dressing or a sauce for steak) add about 50ml of cider to 100g of sauce.

### **Note:**

This will also work for other strong, crumbly, blue cheeses

*The idea for this is from Cooking in Spain by Janet Mendel Searle*

## **Bravas Sauce**

This is a quick sauce for *patatas bravas*, but can be used for other vegetables or cooked meat.

1 tablesp extra virgin olive oil  
2-3 garlic cloves, crushed  
2-3 tablesp good quality mayonnaise  
1 tablesp white wine vinegar  
2 heaped teasp smoked hot paprika (*pimentón picante ahumado*)  
Salt to taste

- mix everything together
- spoon the sauce here and there over the cooked potatoes
- er.....that's it.

### **Variations:**

- this makes a spicy deep red sauce. To make a less spicy, pink sauce decrease the amount of paprika and/or increase the amount of mayonnaise, to reach the desired strength or colour.
- can be served with baby boiled potatoes, small roast potatoes, fried leftover potatoes, or chips...or anything else.

*Based on a Delia Smith recipe*

## Romesco (hot red sauce)

12 almonds

12 hazelnuts, shelled

A small handful of pine nuts

2 medium tomatoes, skinned and roughly chopped

2 dried red chillies, seeded (or ½ teasp chilli powder)

3 cloves garlic, peeled and roughly chopped

300ml olive oil

4 tablesp sherry vinegar

Salt to taste

- blanch the almonds in boiling water for a minute or two, drain, pat dry, allow to cool and peel
- toast the hazelnuts, walnuts and pine nuts in a dry frying pan (they may need to be toasted separately as they take different times to toast)
- add the tomatoes, chillies, garlic and toasted nuts to a blender and blend until fairly smooth
- add the olive oil and vinegar gradually, continuing to blend for several minutes until the sauce thickens to the consistency of light mayonnaise
- taste and add salt as necessary
- serve

### Notes:

- This sauce works well with fish or vegetables and can also be used as a dip
- This is a fairly mild version. For a hotter sauce add more chillies or chilli powder

## Instant curry paste

*This does not pretend to be authentic but it is the 'come in from the pub, starving, and fancy something spicy' version.*

½ teasp chilli powder  
1 teasp ground coriander  
½ teasp ground cumin  
½ teasp ground ginger  
½ teasp turmeric  
1 garlic clove, crushed  
2-3 tablesp tomato puree  
Salt and pepper (or paprika for a redder colour)

- mix everything together in a mug
- add a little water and mix to a smooth paste
- add to the vegetables/ beans/cooked meat as they are cooking
- heat through and serve
- more water may need to be added depending on the vegetables or whether there is already a sauce or gravy.

### Variations:

- If you have it, add a heaped teasp. of tamarind date paste to the mug – it really helps the flavour. A teasp. of other pickles such as hot mango pickle or garlic pickle would also give an extra buzz.
- Instead of tomato puree use a 210g packet or tin of *tomate frito* or *passata*. You won't need any additional water.

*This gourmet sauce can be used with virtually anything: It can be used with leftover or fresh cooked or frozen vegetables, tinned beans, tinned meatballs or stew, leftover chicken, leftover bolognese and so on. A tin of butter beans (drained) together with a tin of tuna steak in olive oil (not drained) works well. Together with some microwaveable rice you can have a meal in about 3 minutes flat. See page 374 for the meatballs version.*

## **Curry sauce**

This curry sauce can be made in larger batches and used as necessary. This quantity is sufficient for about 500g meat or vegetables.

50-60 ml sunflower oil  
1 large onion, very finely chopped  
2 cloves garlic crushed  
1 teasp cumin seeds  
1 teasp coriander seeds  
1 teasp mustard seeds  
1 teasp chilli powder  
2 teasp ground coriander  
1 teasp ground cumin  
1 teasp ground turmeric  
1 teasp ground ginger  
1 teasp black pepper  
Juice of 1 lemon  
100ml tomato puree  
0.5 litres vegetable stock  
1-2 teasp garam masala  
2 tablesp fresh coriander, chopped

- heat the oil in a saucepan
- add the onions and cook until they are becoming soft
- add the garlic and cook for 1 minute, stirring
- meanwhile crush the cumin, coriander and mustard seeds briefly in a mortar and pestle
- add the cumin, coriander, and mustard seeds and sizzle for 1 minute, stirring
- add the chilli powder, ground coriander, cumin, turmeric and ginger, black pepper and lemon juice, and cook for 1 minute, stirring,
- if the mixture looks as though it will stick to the pan, add a little water
- add the tomato puree and stock and stir
- bring to the boil, then reduce the heat, and simmer gently for about 20 minutes – the sauce should have reduced and thickened slightly
- if not being used immediately the sauce can be stored in a fridge or frozen
- reheat the sauce if necessary then add the garam masala and stir for a minute or two
- use the fresh coriander as a garnish

**Notes and Variations on next page**

## Curry sauce, continued

### Notes:

Most Indian recipes in this cookbook start from scratch with the sauce and mix of spices suited to the specific dish. This sauce, once you have the heat of the spices to your taste is a good standby for making a standard meat, chicken or vegetable curry.

### Variations:

#### Simpler Variations:

Some or all of these ingredients can be left out if unavailable or disliked, but it will make for a less complex flavour:

- the cumin seeds, coriander seeds and mustard seeds
- the garam masala. If not using sprinkle a few drops of lemon or lime juice just before serving
- the fresh coriander. Alternatives are fresh parsley or a few finely chopped chives or the green stalks of 1 or 2 spring onions, finely chopped.
- even onion is not essential, but the garlic is

#### Other variations:

- use fresh finely chopped green or red chillies, in place of chilli powder, and add with the garlic
- additional seeds that can be used are fenugreek seeds and fennel seeds
- tamarind paste can be used instead of lemon juice

**The Curry Guy Recipes.** The following three recipes are from ‘The Curry Guy’ by Dan Toombs (quadrille, 2017). The aim of the book is to reproduce at home the curries made in the better British Indian restaurants and takeaways. The method used is to cook basic recipes in large batches which can then be used as the base for a range of dishes. These are the three recipes which I’ve found most useful as the base for a range of dishes from the very mild to the very hot. They are a mild base curry sauce, garlic and ginger pastes for flavour, and Kashmiri paste for spiciness. For curries based on these recipes see pages 326-328, and the other curry recipes can be amended to use these recipes as the base.

**(i) Base Curry Sauce** *Amended in 2022*

750g onions, roughly chopped  
½ teasp salt (or to taste)  
75g carrots, chopped  
40g cabbage, chopped  
35g red pepper, de-seeded and chopped  
35g green pepper, de-seeded and chopped  
½ tin (200g) chopped tomatoes  
3 tablesp garlic and ginger paste (see next page)  
250ml sunflower oil  
1 litre water  
1 tablesp aromatic garam masala  
1 tablesp ground cumin  
1 tablesp ground coriander  
1 tablesp paprika  
1 tablesp ground fenugreek  
1 teasp ground turmeric

**Recipe on next page**

## Base curry sauce, continued

- place the onions in a large soup pot and add the salt, carrots, cabbage, red and green pepper, tomatoes and garlic and ginger paste
- pour in the oil and 350ml of the water and stir to coat
- heat over a medium-high heat until it begins to boil
- turn down the heat to low and simmer gently, covered, for about 45 minutes
- add the remaining 650ml water and stir in the garam masala, cumin, coriander, paprika, fenugreek and turmeric
- continue simmering for another 30 minutes, until the vegetables are soft
- allow to cool slightly
- using a hand-held blender, blend the sauce for a few minutes, until it is completely smooth.
- use immediately or store in batches in the fridge for a few days or in the freezer.

Makes about 1.5 to 2 litres. When dividing into batches for freezing allow 150-200ml per person.

### Notes:

- the sauce may be fairly thin or quite thick, depending on how much it has reduced during cooking. You can amend the cooking time to create the thickness you prefer. Alternatively, if the sauce is thick it can be diluted with water before use in curries.
- This is a mild sauce, which allows it to be used as a base for curries of any strength. If you are certain of the minimum strength of curries that the batch will be used for, chilli powder to taste can be added with the other spices. Alternatively, an amount of Kashmiri Paste (see recipe on page 33), to taste, can be added to the base before blending.
- This may seem low in salt. This is because additional ingredients when making curries with this base may increase the seasoning, and it can be adjusted prior to serving.

## **(ii) Garlic and Ginger Paste** *Amended in 2022*

150g (peeled weight) garlic, peeled and roughly chopped

150g (peeled weight) ginger, peeled and roughly chopped

Water

- Place the chopped garlic and ginger in a blender and add water gradually and blend to make a smooth paste. That's it.

Makes about 16 tablespoons

### **Notes:**

Garlic paste and ginger paste can also be made separately in the same manner. This gives more flexibility in achieving the balance of garlic and ginger flavours in any specific dish. 150g of garlic or ginger makes about 8 tablespoons of paste

The paste(s) will keep in the fridge for a few days. They can also be frozen by placing in ice cube trays (1 tablespoon per cube). Once frozen they should be transferred to small airtight freezer bags and used as necessary. They will keep in the freezer for months. They should be defrosted a little before adding to curries.

### **(iii) Kashmiri Paste** *Amended in 2022*

4 tablesp coriander seeds  
2 tablesp fennel seeds  
4 tablesp cumin seeds  
1 tablesp black peppercorns  
2 tablesp fenugreek seeds  
3cm piece of cinnamon stick  
10 Kashmiri dried red chillies, or to taste  
3 bay leaves  
½ teasp ground turmeric  
water  
125ml sunflower oil  
100ml white wine vinegar

- heat a dry frying pan over a medium-high heat
- add the spices, dried chillies and bay leaves and roast for a few minutes, stirring, until warm to the touch and fragrant. (Remove from the heat if they begin to smoke)
- tip onto a plate to cool, then grind to a fine powder in a spice grinder
- return to the pan, add the turmeric and stir
- add water gradually, stirring constantly until it makes a thick paste
- add the oil to the pan, mix well and place the pan over a medium-high heat
- stir continuously until the spices begin to sizzle a bit and the oil rises to the top – about 1 minute
- take off the heat, add the vinegar and stir well
- allow to cool slightly then pour or spoon the paste into a sterilized 500ml jar with an airtight lid. (For details of how to sterilize a jar see page 39).

Makes 1 jar. This will keep in the fridge for at least 2 months.

*The three recipes above are by Dan Toombs.*

## Pibil sauce

*A hot Mexican sauce*

1 teasp cumin seeds

½ tablesp black peppercorns

6 whole cloves

2 tablesp paprika

½ teasp allspice

1-2 habanero or Scotch bonnet chillies, seeded and chopped

40ml orange juice

40ml white wine vinegar

4 cloves garlic, crushed

1 tablesp salt

Juice of 2 lemons

- in a spice grinder grind the cumin seeds, peppercorns and cloves to a fine powder
- in a blender mix together the spice powder, paprika, allspice, chillies, orange juice, wine vinegar, garlic and salt and blend until smooth
- mix in the lemon juice and salt

### Notes:

- This makes enough for a meal for at least 4 people. It can be used as a marinade for chicken or meat or can be added to stews or chilli con carne
- By reducing the orange juice and wine vinegar it can be made into a wet paste as a rub for chicken or meats before barbecuing
- The heat can be varied by changing the amount of chilli

*Based on a recipe by AbsolutGillian at [www.allrecipes.co.uk](http://www.allrecipes.co.uk)*

## Garlic and roast garlic

Garlic and roast garlic for storing in the fridge and adding to sauces as required:

4 heads (or more) of garlic

Olive oil

### **(a) garlic**

- break the heads of garlic into cloves, peel and crush in a garlic press
- place the garlic in a small plastic container, just cover with oil, close the container so it is airtight, and store in the fridge and use as required.

### **(b) roast garlic (for a different flavour)**

- preheat the oven to 150°C
- arrange the heads of garlic on a baking tray. Keep the heads of garlic together, but chop off the end of each clove, and drizzle olive oil over the exposed garlic flesh
- Roast for about an hour. However, the time taken will vary greatly depending on the garlic used and the efficiency of the oven. It is best to check regularly after about 30 minutes, and drizzle more oil over the garlic if it is drying out or looks as though it may burn.
- the garlic flesh should now be soft. Allow to cool slightly and when cool enough to handle, squeeze the flesh out of the cloves, head by head into a small plastic container
- cover with oil, place a lid on the container so that is airtight, and store in the fridge and use as required

### **Notes:**

As well as in sauces the roast garlic can be mixed in with mashed potatoes or used straight away spread on toast with a little salt as a snack.

I haven't been able to try this option but roasting or smoking the garlic on a barbecue / chiminea would also work.

## Garam Masala

Normally added towards the end of cooking a curry, just before serving, to give a punch to the dish. There are two versions below – one spicy, to add to a curry which can benefit from it, the other aromatic to add to a dish which is already spicy enough. Both can be used to produce two versions of the same dish, if it necessary to cater for different tastes. It is simple to make both at the same time. This quantity will make enough to last for quite a few months – it may be best to begin by making a smaller quantity.

### (a) Spicy Garam Masala

100g coriander seeds  
5 bay leaves  
100g cumin seeds  
25g green cardamoms  
25g cloves  
1 5cm stick of cinnamon  
35g chilli powder  
25g freshly ground black pepper  
teasp nutmeg (freshly grated if possible)

- preheat the oven to 200°C/gas mark 6.
- put the coriander seeds, bay leaves, cumin seeds, cardamoms and cloves, and the cinnamon stick into a flat baking tray, and roast in the hot oven for twenty minutes or so. Check during the cooking and, if the spices are not roasting evenly, rearrange them on the tray. You may wish to roast the cumin seeds in a separate tray as they can be buried underneath the other spices.
- allow to cool, put the roasted spices into a grinder and grind very finely
- mix thoroughly with the chilli powder, black pepper and nutmeg
- store in an airtight jar, in a cool place, away from sunlight

To increase or decrease the heat of the garam masala amend the quantities of chilli powder to taste.

### (b) Aromatic Garam Masala

Exactly the same as above, but omit the chilli powder and black pepper

*Closely based on a recipe by Khalid Aziz*

## Brown Sauce

125g finely chopped onion  
2 tablesp olive oil or sunflower oil  
2 coarsely chopped tomatoes (about 180g)  
1-2 tablesp wholemeal flour  
300ml vegetable stock  
Pinch of dried thyme (or oregano as a substitute)  
1 bayleaf  
50ml red wine  
1 teasp yeast extract  
Salt and pepper to taste

- fry the onions in the oil until golden
- add tomatoes, continue cooking, stirring, until liquid has evaporated
- sprinkle over the flour and stir
- pour on the stock
- bring to the boil, stirring, until the sauce thickens
- Add thyme, bayleaf, red wine and yeast extract, and simmer for 20 minutes, stirring occasionally
- strain into a clean pan, season, reheat and serve

### Variations:

#### (i) Mushroom sauce

- Cook 125g mushrooms in 2 tablesp butter until soft
- add to the brown sauce prior to straining

#### (ii) Paprika Sauce

- add 2tablesp paprika with the flour
- add also a little wine vinegar or lemon juice (optional)

#### (iii)Piquant sauce

- Heat 3 tablesp wine vinegar with 3 crushed peppercorns, bayleaf, and rosemary sprig in a saucepan
- reduce to 1 tablespoonful then strain into the finished brown sauce
- add 1 tablesp very finely chopped pickled cucumber or gherkins.

## Garlic tomatoes

300g cherry tomatoes

1 sprig rosemary

4 cloves garlic, peeled and left whole

3 tablesp extra virgin olive oil

Salt and pepper to taste

- heat the oven to 200°C (gas mark 7)
- arrange the tomatoes in a baking dish and pierce each one with a knife
- add the rosemary and garlic, pour over the olive oil and season with salt and pepper
- mix it with your hands so that the oil coats the tomatoes
- roast in the bottom of the oven, for 45-50 minutes, checking from time to time and pushing the tomatoes into the oil
- remove from the oven and allow to cool for a few minutes
- remove the rosemary sprig
- mash the garlic into the tomato juices and mash the tomatoes with a fork and stir
- serve

*Not a smooth sauce but can be used in place of one. Particularly good spread on fish such as salmon or tuna steaks or chicken breasts.*

*Based closely on a recipe by Thomasina Miers.*

## Chilli infused oil

450ml olive oil  
10 dried red chillies  
1 tablesp dried red chilli flakes

Makes 1 X 500ml bottle/jar, or 2 X 250ml bottles/jars of oil.

- preheat the oven to 120°C/gas mark 1
- sterilize the bottles by washing them in hot soapy water, rinse well, place on a baking tray and dry them in the oven (about 15 mins)
- gently warm the oil in a saucepan, add the chillies and chilli flakes and heat for about 5 minutes. The oil should be warm not hot
- using a funnel decant the oil, chillies and flakes into the sterilized bottles. Take care – you may have to wait until bottles and oil have cooled slightly
- seal and shake the bottles, and store in a dark cupboard for 1 or 2 months before using. From time to time give the bottles a shake.
- use sparingly (check for spiciness) as a dressing for salads, pizzas, pastas and Chinese dishes.
- the oil will keep for about 8-10 months.

### **Note:**

If the bottles/jars have rubber seals the seals should be sterilized in boiling water, not in the oven with the glass.

## Chilli jam

1½ tablesp sunflower oil  
3 cloves of garlic, crushed  
2-3 red chillies, finely chopped  
1 teasp cumin seeds  
1 teasp black mustard seeds  
400g tin of chopped tomatoes  
½ teasp salt  
40g palm sugar  
½ teasp turmeric  
2½ tablesp red wine vinegar  
15g chopped fresh coriander (optional)

- heat the oil in a medium pan and fry the chillies, garlic, cumin and mustard seeds for 2 minutes, taking care not to burn them
- add the tomatoes, salt, palm sugar, turmeric and red wine vinegar and bring to the boil
- reduce the heat and simmer gently until thick (at least 35 minutes)
- remove from the heat, stir in the coriander and leave to cool

### **Note:**

keeps in the fridge for a few weeks

### **Variations:**

The number of chillies can be varied according to taste and the strength and variety of the chillies.

## **Black cherry and onion chutney**

1 medium red onion, finely chopped

1 tablesp olive oil

1 X 440g tin stoneless black cherries

50ml balsamic vinegar

20ml sherry vinegar

3 tablesp dark brown sugar

- in a medium frying pan cook the onion in olive oil over a medium heat for about 10 minutes until slightly caramelized
- drain the cherries but keep the juice
- chop the cherries
- add the chopped cherries, the juice, balsamic vinegar, sherry vinegar, and sugar and cook over a medium heat for about 15 minutes, until the juices are reduced and thickened
- leave to cool
- store in a glass jar in the fridge. The chutney will keep in the fridge for a week.

Serve with cheese on bread, toast or oatcakes

*I wouldn't normally buy tinned fruit, but I found this recipe in a newspaper cutting and it works.*

## Coriander chutney

100g fresh coriander, main stalks removed

1 or 2 cloves garlic, to taste

1 or 2 green chillies, seeded, to taste

Salt to taste

1 teasp lime juice

120g natural yoghurt

- **either** chop all the solid ingredients very finely in a mini-chopper, transfer to a bowl, add the lime juice and yoghurt and mix very well
- **or** blend everything until smooth in an electric blender
- serve as a chutney, a dip or spread on crackers/oatcakes

## Coconut chutney

100g desiccated coconut

2 green chillies, finely chopped

Pinch of salt

Water

1 tablesp sunflower oil

1 teasp black mustard seeds

1 dried red chilli

A pinch of fenugreek leaves

A small handful of fresh coriander, finely chopped

Black pepper (and additional salt), to taste

- soak the desiccated coconut in boiling water for 30 minutes, transfer to a sieve and allow to drain and cool
- place the coconut, green chillies and salt in a blender then gradually add just enough water to blend into a porridge-like consistency
- heat the oil in a small frying pan, add the mustard seeds, red chilli and fenugreek leaves and fry gently until the mustard seeds pop
- add the coconut mix and the fried ingredients to a serving bowl, add the chopped coriander and mix well
- add pepper (and additional salt if required) to taste, allow to cool and serve.

*Based on a recipe by Rachel Demuth*

## Toasted coconut chutney

**added in 2022**

40g desiccated coconut

2 tablesp coconut oil

1 tablesp tomato puree

20-30g red chillies, roughly chopped (more or less, to taste)

1 teasp lime juice

Salt to taste

- toast the coconut in a dry frying pan until well browned, then set aside
- melt the coconut oil in a small frying pan
- add the tomato puree and stir fry for about three minutes, until lightly caramelized
- stir in the toasted coconut
- transfer to a blender and add the chillies, lime juice and salt
- blend until almost smooth. If necessary add a few drops of water
- transfer to a bowl, add more salt and lime juice if necessary, allow to cool and serve.

*From a recipe by Yotam Ottolenghi*

## Onion chutney (special onion)

1 large onion, cut into slices about ½cm thick  
1 clove garlic, chopped finely  
1 4cm piece of fresh ginger, peeled and cut into thin strips  
Juice of ½ lemon  
Salt to taste  
1 teaspoon chilli powder  
½ teaspoon black pepper

- in a bowl mix the onion, garlic and ginger
- add the lemon juice, salt, chilli powder and black pepper, and mix thoroughly
- chill for 1 hour, and serve as an accompaniment to curries

## Mango pickle

200g unripe mango  
3 tablesp sesame oil  
1 tablesp mustard seeds  
½ teasp fenugreek (methi) seeds  
3 tablesp chilli powder  
1 teasp salt  
4 garlic cloves, crushed

- wash and dry the mango, then chop into small cubes
- heat the oil in a pan and allow to cool completely
- dry roast the mustard and fenugreek seeds for a few minutes then allow to cool
- grind the mustard and fenugreek seeds to a fine powder
- in a bowl mix the mango, mustard and fenugreek powder, chilli powder, salt and garlic
- pour the oil over and mix well
- set aside for 48 hours for the flavours to mix
- stir and adjust the seasoning if necessary
- store in a glass jar

Keeps for a month if stored in the fridge

*Based on a recipe by swasthi at [www.indianhealthyrecipes.com](http://www.indianhealthyrecipes.com)*