



**3RD - 7TH
OCT**

NATIONAL CURRY WEEK!

THE 24TH NATIONAL CURRY WEEK IS TAKING PLACE DURING OCTOBER AND WHETHER YOU'RE HEADING OUT TO YOUR LOCAL CURRY HOUSE, ENJOYING SOME OF OUR HOME MADE TASTY TREATS, OR COOKING UP A STORM AT HOME, WE WANT YOU TO BE REJOICING IN ALL THINGS CURRY!

SINCE THE 1970'S, CURRY HOUSES HAVE BECOME A STAPLE OF HIGHSTREETS UP AND DOWN THE COUNTRY AND MILLIONS OF CURRIES ARE CONSUMED EVERY SINGLE WEEK.

THE UK'S THREE MOST POPULAR CURRIES ARE SAID TO BE CHICKEN TIKKA MASALA, KORMA AND JALFREZI WITH PILAU THE NUMBER ONE RICE AND GARLIC, THE MOST POPULAR NAAN.

INDIAN FOOD WAS FIRST INTRODUCED TO ENGLAND IN 1809 DURING THE VICTORIAN ERA AND THE PERIOD OF BRITISH RULE IN THE INDIAN SUBCONTINENT.

IT IS SAID THAT THE FIRST CURRY SHOP WAS OPENED IN LONDON OVER 200 YEARS AGO, AND INDIAN FOOD IS NOW AMONG THE MOST POPULAR CUISINES IN THE UK.

THE LOVE AFFAIR SHOWS NO SIGNS OF SLOWING AND THAT'S WHAT WE'RE CELEBRATING WITH NATIONAL CURRY WEEK! TAKE A LOOK THROUGH THESE RECIPES TO MAKE SURE YOUR NATIONAL CURRY WEEK CELEBRATIONS ARE SECOND TO NAAN AND WE LOOK FORWARD TO SHARING LOADS OF YOUR FAB PHOTOS AND SUCCESS STORIES.

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CURRY WEEK!

THEMED FOOD DAY RECIPES

3RD-7TH
OCT

Mulligatawny soup

SERVES



Ten

ALLERGENS



Mustard, Milk, Celery

INGREDIENTS

- 1tbsp. vegetable oil
- 2 onion, finely diced
- 2 garlic, cloves
- 2 carrots, peeled and diced
- 2 celery sticks, thinly sliced
- 1 sweet potato diced
- 1 apple, diced
- 1tbsp. madras curry powder
- 20g vegetable bouillon
- 1.2ltr. boiling water
- 2tbsp. tomato puree
- 2tbsp. mango chutney
- 100g basmati rice
- 100g yoghurt
- 10g coriander, chopped
- Flat leaf parsley, small handful, chopped
- Lo salt, pinch
- Ground black pepper, pinch

METHOD

1. Heat the oil in a large saucepan and stir in the onion, garlic, carrots, celery and sweet potato. 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.
2. 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.
3. 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.
4. 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.
5. 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.

CURRY WEEK!

THEMED FOOD DAY RECIPES

3RD-7TH
OCT

Savoury semolina cake (Handvo)

SERVES



Ten

ALLERGENS



Mustard, Milk

INGREDIENTS

- 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

METHOD

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.

CURRY WEEK!

THEMED FOOD DAY RECIPES

3RD-7TH
OCT

Toasted spiced chickpeas

SERVES



Ten

ALLERGENS



None

INGREDIENTS

- 120ml vegetable oil
- 4tsp. cumin seeds
- 2tsp. turmeric
- 1tsp. chilli powder
- 2tsp. garam masala
- 1.5kg chick peas, tinned and drained
- Lo salt, pinch
- Coriander, handful chopped

METHOD

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.
6. These can be cooled and bagged up to serve as a great grab and go accompaniment to your theme day menu.

CURRY WEEK!

THEMED FOOD DAY RECIPES

3RD - 7TH
OCT

Chilli cheese on toast

SERVES



Ten

ALLERGENS

Wheat, Soya, Milk, Gluten

INGREDIENTS

- 400g cheddar, grated
- 50g onion, finely chopped
- 2 tomato
- 1 red chilli, finely sliced
- 40g coriander, chopped
- 10 Hovis, thick, slices

METHOD

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.
4. Sprinkle with chopped coriander and serve.

CURRY WEEK!

THEMED FOOD DAY RECIPES

3RD-7TH
OCT

Oven fried chilli chicken

SERVES



Ten

ALLERGENS



Wheat, Sulphur Dioxide, Soya, Eggs, Gluten

INGREDIENTS

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

METHOD

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.

CURRY WEEK!

THEMED FOOD DAY RECIPES

3RD-7TH
OCT

Mild beef rogan josh

SERVES



Ten

ALLERGENS



Celery

INGREDIENTS

- 50ml vegetable oil
- 1kg diced chuck
- 4 onions, roughly chopped
- 8 tomatoes, quartered
- 800g chopped tomatoes
- 4 garlic cloves, peeled and grated
- 2" piece of ginger peeled and grated
- 2tbsp. garam masala
- 2tsp. chilli powder
- 2tsp. turmeric
- 2tsp. paprika
- 2tsp. cumin powder
- 1tsp. ground cinnamon
- 20g beef bouillon
- 200ml tap water
- Coriander, large handful, chopped
- Lo salt, pinch

METHOD

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

CURRY WEEK!

THEMED FOOD DAY RECIPES

3RD-7TH
OCT

Aromatic spinach & egg curry

SERVES



Ten

ALLERGENS



Mustard, Eggs

INGREDIENTS

- 15ml vegetable oil
- 300g red onions
- 10g garlic
- 30g ginger
- 20g madras curry powder
- 2 red chillies
- 500ml coconut milk
- 1 lemongrass
- 1 cinnamon stick
- 25g vegetable bouillon
- 700g new potatoes
- 8 eggs
- Spinach, leaves, large handful
- 2 spring onions
- coriander, large handful, chopped
- 2 red chillies
- ground black pepper, pinch
- 500g basmati rice

METHOD

1. Put the oil, onion, garlic, ginger, curry powder, chillies and 100ml coconut milk in a mini-chopper or blender, then whizz to a smooth paste.
2. Set a large pan (one with a lid) over a high heat. Add the curry paste and fry, stirring, for about 3 minutes until fragrant and the oil begins to separate from the rest of the paste.
3. Add the lemongrass, cinnamon stick and a generous pinch of salt and pepper, then continue cooking for 2 minutes. Reduce the heat, then pour over the remaining coconut milk and the vegetable stock. Stir to combine and bring to a simmer. Cover with the lid and simmer gently for 30 minutes, stirring occasionally. Stir in the lime juice season to taste.
4. Place the potatoes in a large pan filled with water, bring to the boil and simmer for 5 minutes. Add the eggs (in their shells) and simmer for 5 minutes (for a fudgy yolk) or cook to your preference.
5. Drain the potatoes and eggs. Add the potatoes straight to the curry sauce along with the spinach. Stir, then keep warm. Run cold water over the eggs until cool enough to handle, then shell, cut in half and add to the curry.
6. Sprinkle over the sliced spring onion, chopped coriander, sliced chilli and plenty of ground black pepper. Serve with the basmati rice.

CURRY WEEK!

THEMED FOOD DAY RECIPES

3RD-7TH
OCT

Sweet potato curry

SERVES



Ten

ALLERGENS



Mustard, Milk

INGREDIENTS

- 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
- Ground black pepper, pinch
- Coriander, small handful, chopped
- 150g yoghurt, to garnish

METHOD

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.

CURRY WEEK!

THEMED FOOD DAY RECIPES

3RD-7TH
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Potato, pea & cauliflower Indian roti

SERVES



Ten

ALLERGENS



Wheat, Rye, Mustard, Gluten

INGREDIENTS

- 1 cauliflower
- 100g potatoes
- 250g peas
- 50g madras curry powder
- 500g onions
- Coriander, large handful, chopped
- 100g poppadum's
- 10 salt, pinch
- ground black pepper, pinch
- 35g ginger
- 100g mango chutney

METHOD

1. Cut the potatoes into chunks and boil until tender, drain & set aside
2. Cut cauliflower into chunks season and roast until lightly charred
3. Peel & chop onions, fry with the chopped garlic & ginger until lightly browned, stir in curry powder then chopped tomatoes & simmer gently for 20 minutes
4. Wash & chop the coriander & add half to the curry sauce
5. Add spinach to the sauce then the cooked potato & cauliflower, simmer gently for another 10 minutes
6. Cook Paratha breads as packet instructions & serve alongside the curry sprinkled with coriander, poppadum's and mango Chutney

CURRY WEEK!

THEMED FOOD DAY RECIPES

3RD-7TH
OCT

Southern Indian vegetable curry

SERVES



Ten

ALLERGENS



Sulphur Dioxide, Milk

INGREDIENTS

- 40ml vegetable oil
- 1tsp. cumin seeds
- 125g onions
- 2 green chillies
- $\frac{3}{4}$ tsp. ground turmeric
- $\frac{3}{4}$ tsp salt
- 150g carrots
- 100g potatoes
- $\frac{1}{2}$ cucumber
- 100g French green beans
- 2 spring onions
- 10g ginger
- 60g desiccated coconut
- 100g peas
- 2 curry leaves
- 90ml yoghurt
- 500g easy cook long grain rice
- 10ml vegetable oil

METHOD

1. Heat the oil in a large non-stick pan. Add the cumin, onion and chillies and cook until the onions are soft and beginning to colour.
2. When the onions are cooked, stir in the turmeric, salt, carrots and potatoes. Cover the pan and cook over a low heat, stirring often. If necessary, add a splash of water to prevent the vegetables from burning.
3. After about 15 minutes, add the cucumber and beans. Cover the pan again and cook for a further 5-10 minutes until all the vegetables are tender.
4. Meanwhile, place the spring onions, ginger and coconut (complete with its soaking liquid) into a blender. Blend to a fine paste before adding to the pan, along with the peas. Cook for a further five minutes, stirring thoroughly. Tear the curry leaves into the pan and stir in the yoghurt.
5. Place the rice into a gastro tray with a little oil, top up with water and steam the rice for approx. 20 minutes, until cooked.
6. To serve, take the pan off the heat and spoon the mixture on to serving plates and serve with the steamed rice.

CURRY WEEK!

THEMED FOOD DAY RECIPES

3RD-7TH
OCT

Pilau rice

SERVES



Ten

ALLERGENS



None

INGREDIENTS

- 450g Basmati rice
- 1 onion
- 30ml vegetable oil
- 8 cardamom pods
- 8 cloves
- 1tsp. ground cinnamon
- 1tsp ground turmeric
- 2 bay leaves
- 600ml boiling water
- 5g vegetable bouillon
- Lo salt, pinch
- Ground black pepper, pinch

METHOD

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 oil until softened. Add the spices, turmeric and bay leaves and cook for a couple more minutes. Add the rice and stir until the grains are coated in the butter before stirring in the stock and salt.
3. Bring to the boil and then cover with a tight-fitting lid or foil if you don't have one.
4. Turn the heat down low and leave to cook for 10 minutes before turning off the heat. 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.
5. The rice should have absorbed all the water and will just need fluffing up with a fork.

CURRY WEEK!

THEMED FOOD DAY RECIPES

3RD-7TH
OCT

Naan bread

SERVES



Ten

ALLERGENS



Wheat, Gluten

INGREDIENTS

- 500g Strong White Flour
- 10g Lo Salt
- 15g Yeast
- 30ml Olive Oil
- Water, to mix
- 1tsp. Cumin Seeds
- 1tsp. Caraway Seeds

METHOD

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. Shallow fry each dough disc until browned on both sides, then set aside to cool slightly before serving.
7. These can also be fried lightly for a minute or two on either side. Trayed up and set to one side and finish off in the oven for a few minutes before service.

CURRY WEEK!

THEMED FOOD DAY RECIPES

3RD - 7TH
OCT

Indian style mint sauce

SERVES



Ten

ALLERGENS



Barley, Milk, Gluten

INGREDIENTS

- 250g Greek yoghurt
- $\frac{3}{4}$ tsp. ground turmeric
- 2 lemons
- Mint, small handful, chopped
- 20ml malt vinegar
- 30g caster sugar
- Coriander, small handful, chopped
- Lo salt, pinch
- Ground black pepper, pinch

METHOD

1. Combine all ingredients and mix well. Chill before serving to allow the flavours to mingle.

CURRY WEEK!

THEMED FOOD DAY RECIPES

3RD - 7TH
OCT

Lime posset

SERVES



Ten

ALLERGENS



Milk

INGREDIENTS

- 1ltr Double Cream
- 6 Limes, zest & juice
- 500g Caster Sugar
- 2 Lemons, zest & juice

METHOD

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.

CURRY WEEK!

THEMED FOOD DAY RECIPES

3RD-7TH
OCT

Cardamom butter biscuits

SERVES



Ten

ALLERGENS



Wheat, Milk, Eggs, Gluten

INGREDIENTS

- 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

METHOD

1. Rub the flour and butter together in a large bowl until the mixture resembles breadcrumbs. 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.)
2. Wrap the biscuit dough in cling film and transfer to the fridge to chill for an hour.
3. Preheat the oven to 180°C.
4. Roll the dough out on a floured surface until it is approximately 5mm/¼in thick.
5. Using a 6cm round cutter, cut into rounds and place on baking trays lined with greaseproof paper.
6. Bake in the preheated oven for approx. 10 minutes, or until lightly golden-brown.
7. Transfer to a wire rack to cool. Sprinkle with caster sugar or dust with icing sugar to serve.

