FOOD
THEME DAYS

HAPPY Diwali

Recipe Booklet

We're celebrating Diwali in the kitchen!

Accent

HAPPY Diwali

DIWALI TAKES PLACE ANNUALLY AND LASTS FOR FIVE DAYS, MARKING THE START OF THE HINDU NEW YEAR. THE EXACT DATES CHANGE EACH YEAR AND ARE DETERMINED BY THE POSITION OF THE MOON – BUT IT USUALLY FALLS ON A MOONLESS NIGHT BETWEEN OCTOBER AND NOVEMBER. THIS YEAR IT IS BEING CELEBRATED ON SUNDAY 12TH NOVEMBER.

IN INDIA, IT'S A FIVE-DAY FESTIVAL FEATURING DIFFERENT CEREMONIES EACH DAY, WITH THE THIRD DAY BEING THE MAIN EVENT. TWO DAYS BEFORE THE MAIN FESTIVAL DAY, IT'S CONSIDERED GOOD LUCK TO BUY A METALLIC KITCHEN IMPLEMENT, SUCH AS A STEEL LADLE, OR, IF BUDGET ALLOWS, A MORE EXTRAVAGANT KITCHEN APPLIANCE.

THE DAY BEFORE DIWALI IS KNOWN AS 'CHOTTI DIWALI' (OR 'LITTLE DIWALI'). TRADITIONALLY, IT WAS A DAY FOR GETTING ON WITH PREPARATIONS FOR THE BIG DAY, BUT NOW IT'S ALSO AN OPPORTUNITY FOR LAST-MINUTE ERRANDS AND GIFT EXCHANGES. IT'S ALSO A TIME WHEN INTRICATE FLORAL AND GEOMETRICAL DESIGNS, KNOWN AS 'RANGOLI', ARE CREATED ON FLOORS USING COLOURED POWDERS, RICE FLOUR AND FLOWER PETALS.

THE THIRD DAY IS THE MAIN DIWALI CELEBRATION. AS THE SUN SETS, PRAYERS ARE SAID THEN DOZENS OF CLAY LAMPS ARE ARRANGED AROUND THE HOUSE. FIREWORK DISPLAYS FOLLOW, BUT IN RECENT YEARS THESE HAVE BEEN SCALED BACK DUE TO NOISE AND AIR POLLUTION CONCERNS. THIS DOESN'T DAMPEN THE PARTY SPIRIT, THOUGH – ESPECIALLY AS THERE'S A LAVISH DINNER TO ENJOY. ACTIVITIES ON THE DAY AFTER DIWALI WILL VARY ACROSS DIFFERENT REGIONS. IN NORTH INDIA, FOR EXAMPLE, THE MORNING IS DEDICATED TO WORSHIPPING THE TOOLS OF WORK. CHEFS WILL PAY HOMAGE TO THEIR KITCHEN IMPLEMENTS, BUSINESSMEN WILL VENERATE THEIR LEDGERS, AND ARTISTS WILL OFFER GRATITUDE FOR THEIR PAINTS AND PALETTES.

HOWEVER, YOU ARE CELEBRATING DIWALI, WE HAVE PUT TOGETHER THIS FABULOUS RECIPE PACK FULL OF COLOURFUL, FLAVOURSOME AND TANTALISING DISHES TO ENJOY WITH YOUR CUSTOMERS.

ENJOY THE CELEBRATIONS AND DON'T FORGET TO SEND US IN ALL YOUR TERRIFIC PICTURES AT SOCIAL@ACCENTCATERING.CO.UK

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HAPPY Diwali

MULLIGATAWNY SOUP

SERVES Ten

ALLERGENS Milk, Celery

INGREDIENTS

- 1tbsp vegetable oil
- 1 onion, finely diced
- 2 garlic, cloves
- 2 carrots, peeled & diced
- 2 celery sticks, thinly sliced
- 1 sweet potato diced
- 1 apple, diced
- 2tbsp curry powder
- 20g vegetable bouillon
- 1.2 ltr boiling water
- 2tbsp tomato puree
- 2tbsp mango chutney
- 100g basmati rice
- 100g yoghurt
- Coriander, small handful, chopped
- Flat 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.
2. 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.
3. 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.
4. 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.
5. Cook for 10 minutes, or until the rice is tender. Drain the rice in a sieve and set to one side.
6. 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.
7. 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.

HAPPY Diwali

SAVOURY SEMOLINA CAKE

SERVES Ten

ALLERGENS Gluten, Soya, Mustard, Milk

INGREDIENTS

- 3tbsp vegetable oil
- 165g semolina
- 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.

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TOASTED SPICED CHICKPEAS

SERVES Ten

ALLERGENS None

INGREDIENTS

- 4tbsp vegetable oil
- 2tsp cumin seeds
- 1tsp turmeric
- ½tsp red chilli powder
- 1tsp garam masala
- 1kg chick peas, tinned &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.

HAPPY Diwali

CHILLI CHEESE ON TOAST

SERVES Ten

ALLERGENS Soya, Milk, Gluten

INGREDIENTS

- 400g cheddar, grated
- 50g onion, finely chopped
- 2 tomato
- 1 red chilli, finely sliced
- Coriander, large handful, chopped
- 10 slices of thick white, sliced

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. Sprinkle with chopped coriander and serve.

HAPPY Diwali

OVEN FRIED CHILLI CHICKEN

SERVES Ten

ALLERGENS 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.

HAPPY Diwali

SPICY CURRY SAUCE

SERVES Ten

ALLERGENS Milk

INGREDIENTS

- 2 bunches spring onions
- 6 garlic, cloves
- 4tbsp vegetable oil
- 400g chopped tomatoes
- 4tbsp curry powder
- 2tsp ground ginger
- 200ml Greek yoghurt
- 2g Lo salt
- 2g Ground black pepper
- 50g Coriander leaf, chopped

METHOD

1. Thinly slice the spring onions, reserving a handful of the sliced green parts for garnish.
2. Peel and chop the garlic. Heat the oil in a large saucepan over a medium heat and cook the spring onions and garlic for a few minutes.
3. Add the tomatoes, curry powder and ground ginger and cook for 3-4 minutes.
4. If the pan gets dry add a splash of water and make sure the spices don't burn.
5. Add 250ml/9fl oz water and bring to the boil. Reduce to a medium to low heat and cook for 10-15 minutes.
6. Take the curry off the heat, stir in the yoghurt then season with salt and pepper.
7. Add the chopped coriander, season and stir in the yoghurt and serve with the oven fried chilli chicken.

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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 & grated
- 2 inch piece of ginger peeled & grated
- 2 tbsp garam masala
- 2 tsp chilli powder
- 2 tsp turmeric
- 2 tsp paprika
- 2 tsp cumin powder
- 1tsp. ground cinnamon
- 20g beef bouillon
- 50g coriander, chopped

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 butter and 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 tomato quarters and lime juice 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 serve.

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SWEET POTATO CURRY

SERVES Ten

ALLERGENS Sulphur Dioxide, Mustard, Milk, Celery

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
- Black pepper, pinch
- Coriander, large 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.

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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
- 10g vegetable bouillon
- Lo salt, pinch
- Ground black pepper

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.
3. Add the rice and stir until the grains are coated in the butter before stirring in the stock and salt.
4. Bring to the boil and then cover with a tight-fitting lid or foil if you don't have one.
5. Turn the heat down low and leave to cook for 10 minutes before turning off the heat.
6. 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.
7. The rice should have absorbed all the water and will just need fluffing up with a fork. Add a knob of butter before serving.

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NAAN BREAD

SERVES Ten

ALLERGENS Gluten

INGREDIENTS

- 500g strong white flour
- 10g lo salt
- 15g yeast
- 30ml olive oil
- Water, to mix
- 1tsp cumin seeds (optional)
- 1tsp caraway seeds (optional)

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

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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.

HAPPY Diwali

CARDAMOM BUTTER BISCUITS

SERVES Ten

ALLERGENS Gluten, Eggs, Milk

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
2. 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.)
3. Wrap the biscuit dough in cling film and transfer to the fridge to chill for an hour.
4. Preheat the oven to 180°C/350F/Gas 4.
5. Roll the dough out on a floured surface until it is approximately 5mm/¼in thick.
6. Using a 6cm/2½in round cutter, cut into rounds and place on baking trays lined with greaseproof paper.
7. Bake in the preheated oven for 10-12 minutes, or until lightly golden-brown.
8. Transfer to a wire rack to cool. Sprinkle with caster sugar or dust with icing sugar to serve.

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