



# CHARDONS

## THURSDAY - MAIN COURSE

### Curry Banquet

**Serves: 10 persons**



**Regular**



**Vegetarian**



## Recipe Ingredients

### Chicken Tikka Masala Curry

|        |   |
|--------|---|
| 10     | Chicken breasts, defrosted                  |
| 300g   | Frozen onions                               |
| 1tbsp  | Frozen garlic                               |
| 1      | Red/green chilli, deseeded & finely chopped |
| 1tbsp  | Curry powder                                |
| 1tbsp  | Turmeric                                    |
| 2 jars | Tikka Masala curry paste                    |
| 2 jars | Water                                       |
| 3tbsp  | Apricot jam                                 |
| 2L     | Coconut milk                                |
| 2tbsp  | Vegetable stock                             |
| 2tbsp  | Chicken stock                               |
| 1      | Courgette, cubed                            |
| 300g   | Frozen spinach                              |
|        | Cornflour mix                               |

Not suitable for **GF** (see page 3)

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1 bunch Fresh coriander for decoration

**Vegetable Curry** Replace chicken with the items below

Chickpeas

Courgette

Frozen veg (green beans, peas, mushrooms)

Vegetable stock Not suitable for GF (see page 3)

## Rice

0.5kg Wild rice, washed in cold water

## Carrot, Onion and Almond Salad

5 Carrots

2 Red onions

1tbsp Lemon juice

Salt, pepper and sugar to taste

½ bunch Coriander, roughly chopped

50g Toasted sliced almonds

## Spiced Cauliflower

1kg Frozen cauliflower

1tsp Turmeric

1tsp Curry powder

1tsp Cumin

1tsp Paprika

1tsp Vegetable stock Not suitable for GF (see page 3)

Salt and pepper

2tbsp of vegetable oil

## Naan Bread

10 Pita breads Not suitable for GF (see page 3)

100g Butter Not suitable for VG/ LF (see page 3)

1tsp Frozen garlic  
Salt, pepper and chopped parsley

## Raita

2 pots Natural yoghurt Not suitable for VG/ LF (see page 3)





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|                            |                     |
|----------------------------|---------------------|
| 1                          | Cucumber            |
| ½ bunch                    | Chopped mint leaves |
| 2tbsp                      | Honey               |
| Splash                     | Lemon juice         |
| Salt and pepper for season |                     |

## Morning Preparation

### 9:00am

549. Start preparing the curry sauce. Add onions, garlic and finely chopped chilli into a large saucepan with a splash of vegetable oil and cook on a high heat for 10 minutes, stirring regularly to stop it from burning.
550. In the meantime, place the cauliflower in a colander over a large glass bowl and defrost under hot water from the tap.
551. When defrosted, drain the water and leave the cauliflower on the side for a few minutes.
552. Finely chop one chilli, discard the seeds and add to the onions mix
553. To make the garlic butter, melt the butter in a small saucepan over a medium heat, add crushed garlic, salt, pepper and chopped parsley, mix together and cover with cling film. Leave on the side ready for evening serving.
554. Remove the pitta bread from their packets and lay out on a baking tray. Cover with cling film.
555. When the onions are cooked, add curry, turmeric, and curry paste and continue cooking on a high heat for a further 3 minutes.
556. Add water and jam, mix well and simmer on a medium heat for 15 minutes.
557. In the meantime, transfer the defrosted and drained cauliflower into a large mixing bowl, add all the spices, vegetable stock and vegetable oil, mix well so all the florets are evenly coated. Add more oil if necessary to cover all the florets
558. Place cauliflower on a baking tray, cover with cling film and leave aside, marinating until the evening.
559. Add vegetable stock and coconut milk to the sauce, stir and continue simmering for a further 15 minutes.
560. Prepare the defrosted chicken breasts. On a clean chopping board, trim all the excess fat, cut each breast into equal sized cubes and place in a



colander over a glass bowl to allow it to drain any excess water. Cover with tin foil and set aside.

561. Remove portions of the curry sauce for the **V/VG**.

562. To finish the curry sauce, add chicken stock and mix well.

563. Remove from the heat and leave covered on the side ready for later.

### **Evening Preparation**

#### **5.00pm**

564. Put the curry sauce on a medium heat and bring to a simmer. (Both sauces if you are making a **V/VG** option).

565. Prepare the starter.

#### **5.30pm**

566. Add the chopped chicken cubes into the meat sauce and continue simmering for a further 15 minutes.

567. Peel and grate the carrots into a mixing bowl.

568. Peel and finely slice red onions and add to the carrots, season with salt, pepper, sugar and lemon juice and a small amount of vegetable oil, mix well and set aside for a couple of minutes to marinate.

569. To make the raita, grate a whole cucumber into a separate bowl, discard the excess water, add all other ingredients and mix well. Cover with cling film and place in the fridge ready to serve.

570. To finish the carrot salad, add chopped coriander and raisins, mix again, cover and place in the fridge.

571. Toast the almonds in a frying pan on a high heat for a couple of minutes, stir and be careful not to burn them.

572. When toasted take off the heat, transfer into a small bowl and set aside.

#### **6:00pm**

573. Add chopped courgettes into both chicken and vegetarian curries which are simmering.

574. Into the **V/VG** curry add the chick peas, frozen beans and green peas.

575. Continue simmering for 10 minutes on a medium heat.



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576. Add spinach to both curries and continue simmering for a further 10 minutes.
577. Once the spinach has completely defrosted, thicken up both sauces with a corn flour and water mix. Continue stirring until the sauce is thick enough to coat the back of a spoon.
578. Put the Tandoori vegetable starter in the oven.
579. When ready, take both curries off the heat and cover with lids or tin foil. Warm up on a medium heat just before service.

## **7:00pm**

580. Put the marinated cauliflower on the middle shelf of the oven. Roast for at least 30 minutes.
  581. Thoroughly wash the wild rice twice in cold water then cover with water and put on a very low heat so it is ready to boil.
  582. Put the falafels in the oven then serve.
  583. Prepare the sides. Place the carrot salad and raita in small servers (preferably curry bowls), sprinkle carrot salad with freshly chopped coriander and toasted almonds and raita with freshly chopped mint.
  584. Serve the starters.
  585. Bring the rice to boil and cook it while the starters are being served. It should take about 10-12 minutes.
- (Once the starters have been served)
586. Move the cauliflower onto the top shelf of the oven and place the pitta breads on the middle shelf to warm up for 2-3 minutes.
  587. When the rice is cooked, drain it in a colander.
  588. Cut pittas in half and drizzle garlic butter over them. Serve them in bread baskets.



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## To Serve

(Serve a well presented server of each dish to each table):

- 1 Server of curry sprinkled generously with chopped coriander
- 1 Rice
- 1 Spiced cauliflower
- 1 Bread basket of naan breads
- 1 Carrot, onion and almond salad
- 1 Raita
- 1 Mango chutney
- 1 Shaker of chilli flakes

### **CHEF'S TIPS**

- ✦ Take chicken breasts out of the freezer the night before.
- ✦ We buy the chutneys from the UK and have a limited supply for the season. You must re-use your left-over chutneys to ensure you have a sufficient amount for the whole season.