

CHARDONS

DAY 5 - MAIN COURSE

Chicken Curry banquet, carrot, onion, almond salad, wild rice, spiced cauliflower, flat breads, minted yoghurt and mango chutney

(S), (LF), (GF), (NF)

Vegetable Chickpea curry, carrot, onion and almond, wild rice with spiced carrot salad, basmati rice, spiced cauliflower, flat breads, and mango chutney

(V), (VG)

Serves: 10 persons



Regular



CHARDONS
Vegetarian



Recipe Ingredients

Chicken Tikka Masala Curry

– 10

Chicken breasts, defrosted



- 300g Frozen onions
- 1tbsp Frozen garlic
- 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 Not suitable for (GF)
- 2tbsp Chicken stock Not suitable for (GF)
- Courgette, cubed
- 300g Frozen spinach
- Cornflour mix
- 1 bunch Fresh coriander for decoration

Vegetarian Curry

Replace chicken with the items below:

- Chickpeas
- Courgette
- Frozen peas & mushrooms
- Vegetable stock Not suitable for (GF)

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 Cauliflower
- 1tsp Turmeric
- 1tsp Curry powder
- 1tsp Cumin
- 1tsp Paprika
- 1tsp Vegetable stock Not suitable for (GF)
- Salt and pepper
- 2tbsp of vegetable oil

Minted Yoghurt

- 2 pots Natural yoghurt Not suitable for (VG), (LF)
- Cucumber
- ½ bunch Chopped mint leaves
- 2tbsp Honey
- Splash Lemon juice
- Salt and pepper for season

Morning Preparation

9:00am

1. 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.
2. In the meantime, place the cauliflower in a colander over a large glass bowl and defrost under hot water from the tap.
3. When defrosted, drain the water and leave the cauliflower on the side for a few minutes.
4. Finely chop one chilli, discard the seeds and add to the onions mix
5. 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.



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6. When the onions are cooked, add curry, turmeric, and curry paste and continue cooking on a high heat for a further 3 minutes.
7. Add water and jam, mix well and simmer on a medium heat for 15 minutes.
8. In the meantime, cut the cauliflower into florets and put 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. Note if (GF) guests separate out a portion and do not add the stock.
9. Place cauliflower on a baking tray, cover with cling film and leave aside, marinating until the evening.
10. Add vegetable stock and coconut milk to the sauce, stir and continue simmering for a further 15 minutes. Note if (GF) guests separate out a portion and do not add the stock.
11. 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.
12. Remove portions of the curry sauce for the (V), (VG) versions
13. To finish the curry sauce, add chicken stock and mix well.
14. Remove from the heat and leave covered on the side ready for later.

Evening Preparation

5.00pm

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

5.30pm

16. Add the chopped chicken cubes into the meat sauce and continue simmering for a further 15 minutes.
17. Peel and grate the carrots into a mixing bowl.



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18. 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.
19. To make the mint yoghurt, 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.
20. To finish the carrot salad, add chopped coriander and raisins, mix again, cover and place in the fridge.
21. Toast the almonds in a frying pan on a high heat for a couple of minutes, stir and be careful not to burn them.
22. When toasted take off the heat, transfer into a small bowl and set aside.

6:00pm

23. Add chopped courgettes into both chicken and vegetarian curries which are simmering.
24. Into the (V), (VG) curry add the chickpeas, mushrooms and green peas.
25. Continue simmering for 10 minutes on a medium heat.
26. Add spinach to both curries and continue simmering for a further 10 minutes.
27. 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.
28. Put the Tandoori vegetable starter in the oven.
29. 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

30. Put the marinated cauliflower on the middle shelf of the oven. Roast for at least 30 minutes.
31. 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.
32. Prepare the sides. Place the carrot salad and minted yoghurt in small servers (preferably curry bowls), sprinkle carrot salad with freshly chopped coriander and toasted almonds (leave off if you have (NF) guests) and raita with freshly chopped mint.
33. Serve the starters.



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34. 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)
35. Move the cauliflower onto the top shelf of the oven.
36. When the rice is cooked, drain it in a colander.

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 flat breads
- 1 Carrot, onion and almond salad
- 1 Minted Yoghurt
- 1 Mango chutney served in your copy curry bowls
- 1 Shaker of chilli flakes

CHEF'S TIPS

1. Take chicken breasts out of the freezer the night before.
2. 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.

Dietaries

(NF) – Remove a portion of carrot salad before adding the almond for nut free guests.

(GF) – Remove a portion of curry before adding stock for gluten free guests. Season this curry with salt & pepper

(LF) - Leave off the garlic butter on the flat breads drizzle a little olive oil instead.