

OUR CHANGING TASTES - 1

SOYA BEAN CURRY

source: www.desifoodbuzz.com

1 cup (200g) dried soya beans
2 tablespoons oil
1 teaspoon cumin
1 teaspoon turmeric
1 teaspoon coriander
½ teaspoon crushed red chilli pepper
1 teaspoon ground fenugreek
2 small onions, sliced
2 cloves garlic, minced
1 cooking apple, chopped
2 tablespoons plain flour
3 tablespoons lemon juice
½ cup (90g) sultanas
Salt & pepper



Soak the soya beans in enough water to cover overnight. Simmer in salted water for 3-4 hours adding more water when necessary.

Strain and reserve the liquid.

Add water to the liquid to make up to 2 cups (500ml).

Mix together the cumin, turmeric, coriander, chilli pepper and fenugreek and fry in the oil for 2 minutes, stirring constantly.

Add the onions, garlic and apple and cook until the onions are soft.

Stir in the flour and the liquid from the beans. Bring to the boil.

Add the lemon juice, stir well and simmer for 5 minutes.

Mix in the soya beans and the sultanas, cover and cook over a low heat for ½ hour.

Season to taste with salt and pepper.

Serves 4.

OUR CHANGING TASTES - 2

CHICKEN CHOP SUEY

www.indobase.com

30 minutes cooking time

Ingredients for 5-6 servings

- 1 ½ pounds chicken (approx. 750g)
- 4 tablespoons soy sauce
- Salt
- 2 cloves garlic, crushed
- ¾ cup stock
- 2 onions, chopped
- ½ cup celery
- 2 tablespoons sherry
- 2 tablespoons cornflour
- ¾ cup cabbage



Marinate sliced meat in mixture of soy sauce, salt and sherry.

Slice vegetables and parboil.

Heat pan and add oil for frying garlic.

Sauté vegetables in oil-garlic mixture.

Add more oil when vegetables are removed and sauté sliced meat.

Return vegetables and mix well together.

Add marinade and add blended cornflour and stock.

Cook for 5 minutes and serve with white fluffy rice.