



# Curry classroom

with Bob Arora

If a jar of curry sauce is your speedy supper standby - forget it now.



In the first of a series of celebrity spice masterclasses, Bob Arora, owner of Sachins in Newcastle will be showing some well-known faces the tricks of the trade when it comes to making authentic curries.


We start with Steve Furnell and Karen Wight, presenters of the breakfast show on Metroradio.

## ON THE MENU

**Murgh Kashmiri:** Roughly translated as chicken in an onion-based curry sauce.

**What it's got going for it:** Easy to make, only uses a couple of teaspoons of oil, so it's a healthy one.

**The trick:** The sauce is onion-based. Sweat the onions and keep adding water to the mixture to create the sauce which becomes rich and sweet.

 Bob Arora owns Sachins, Forth Bank, Newcastle [www.sachins.co.uk](http://www.sachins.co.uk)

## Murgh Kashmiri

### Ingredients

Serves 4 - or 2 hungry people

- 2 tsp Vegetable oil
- A chunk of ginger - chop it into big pieces to infuse the oil.
- 1 tbsp Shredded ginger - to add later
- 3 Gloves of garlic - whole
- 2 Medium onions - finely chopped
- 3 Black cardamom pods
- 300ml Water
- 1/2 tsp Kashmiri chilli powder
- 1/2 tsp Haldi (turmeric)
- 1 tsp Paprika
- 1 tsp Black pepper
- Salt
- 1 Whole green chilli (optional for colour and more heat)
- 3 Chicken breasts or 6 chicken thighs, chopped
- 2 tsp Double concentrate tomato puree
- Fresh coriander

### Method

Heat the oil in a deep frying pan. Add the chunks of garlic and ginger and let them infuse in the oil for 2-3 minutes.

Add the onions to the oil then the cardamom pods. Soften the onion and keep stirring. Add about 50 ml water and keep stirring the onions - keep

adding water (to around 80ml) to keep the onions moist but not too runny. This is the base of your sauce.

As the onions sweat they release more sweetness and flavour.

Keep stirring and add about 25 ml of water three more times, continuing to stir the mixture. The onions will be slightly caramelised and smell wonderful.

Add the turmeric, chilli powder, and, if you want more heat and colour, the green chilli - just snap it into pieces. Add paprika and black pepper and a pinch of salt.

The mixture will start to look like a paste in texture. This is fine.

Now add about 50ml of water. This added to the paste makes your sauce. Then add the tomato puree.

Add the chicken - you do not need to brown the meat - it will absorb the flavours better if just added to the sauce. Add the shreds of ginger (remove the big chunks used earlier if you like).

Cook the chicken and sauce for about ten minutes.

Sprinkle chopped coriander on top then serve with naan bread and rice.





**As the onions sweat they release more sweetness and flavour.**

## Steve and Karen's food life

### THE LAST THING YOU COOKED

**Steve:** Chicken and mushroom pie from the Hairy Bikers pies book.

**Karen:** Lasagne, long-cooked sauce. Delicious.

### FOOD TRAVELS

**Steve:** Japanese food. I went there and loved the food - no idea what I was ordering or eating much of the time but it was great. I like Japanese restaurants over here but they're not the same. I like a bit of sushi.

**Karen:** I went to Goa and had some wonderful food - we did a cookery course when we were there which was fascinating and inspired me!

### FOOD MEMORIES

**Steve:** Findus crispy pancakes when I was little - didn't have them often but they were great. I might add that my mum would usually cook us 'proper' food. A big treat was 'gong out' for sit-down fish and chips at Gil's chippy in North Shields.

**Karen:** Grandma used to work in a bakery and she would bring back freshly made Eccles cakes.

### A GREAT MEAL

**Steve:** Uncle Jack's Steakhouse in New York. Bigger, better, tastier - amazing. I

had the best burger ever at the Ridley Arms in Stanington.

**Karen:** In Vegas for my brother's 40th birthday at Binyans Steakhouse - amazing place, amazing steaks.

### FOOD TELLY

**Steve:** Masterchef

**Karen:** Saturday Kitchen

### BREAKFAST

**Steve:** I am up at 3.30 am so we fit in an extra meal to everyone else. It is easy to pick at rubbish but we're trying to change our habits and pick at fruit now. Cherry tomatoes a current favourite.

**Karen:** I bring fruit and water in and like to have bowls of grapes or strawberries to pick at. Trying to avoid the McDonalds run is hard.

### WHO WOULD COOK YOUR FANTASY DINNER PARTY

**Steve:** My grandma! She made the best Sunday dinner with vegetables from the garden that tasted like real vegetables.

**Karen:** James Martin

### DINNER LOCAL

**Steve:** Cafe 21 for an 8oz fillet

**Karen:** I love Gusto on the Quayside and Il Torero.

## The hottest ticket in town

Street food is the biggest thing in food at the moment and you can get your fill with StreetSpice@Life.

Bob and Neeta Arora, owners of Sachins, are the brains behind StreetSpice@Life, a vibrant and eclectic three-day spice food festival in February.

The event will be a favourite with foodies - and has already attracted scores of curry and street food experts.

But it has a serious and heartfelt message too, raising much-needed cash for Brain Tumour UK.

Neeta Arora's brother-in-law, Kuly Rai, died from a brain tumour last May aged just 35. The family thought it would be fitting to help out such a worthy cause and will be donating any funds raised from the festival to the charity.

Geeta Rai, 31, of Gosforth, who was married to the music producer Kuly from Urban-Bhangra group RDB, says: "Kuly would have absolutely loved this festival, it would have been right up his street. He was always travelling and trying new things, so I know he would be very excited by this." Kuly, who was father to Priya, three, was originally diagnosed with cancer in 2011, but despite undergoing radiotherapy and travelling to Texas in America, to try alternative treatments, sadly he couldn't be cured.

Geeta Rai said: "That's why we want to raise as much cash as possible for Brain Tumour UK, the restaurant will be donating all proceeds from the festival to the charity, and other stall holders can do so if they wish."

Street Spice will take place in a huge marquee outside Centre For Life in Times Square, Newcastle.

The event will be kicking off on Thursday, February 28, from 4pm to 10pm, continuing on Friday, March 1, between 4pm and 10pm, before culminating on Saturday. Hundreds of spice food experts will gather together to create a fusion of different tastes, cultures and experiences - a must for gastronomes everywhere.

The event will play host to some of the finest chefs from around the country, with everything from Bollywood dancers to authentic food demonstrations.

Already lined up are The Hungry Gecko, Rib Man, the award winning Manjits Kitchen, Sachins, El Kantina and Dosa Hut.

For more information, follow @StreetSpice\_NCL on Twitter, for 'Streetspice' on Facebook, or visit [www.streetspice.co.uk](http://www.streetspice.co.uk)

