

Curry classroom

Steve's Food Life

A childhood food memory: Mum's spag bol or nana's Sunday dinners.

The last meal you ate: Salmon and veg last night.

A meal that inspired you: Blackened cod at Zuma Japanese restaurant in London.

A wine that inspires you: I don't really drink wine or beer - my drink is a vodka with lime and lemonade.

A restaurant you return time and again: I like the Barrasford Arms near Hexham - always really good the platter of tempura prawns - great. I also like Fratelli's in Ponteland.

Best food TV: Come Dine With Me. I like the banter and fun of it.

Your own Come Dine With Me: Tim Krul, Johan Cabaye, Debuchy. We'd have Victoria's Secrets models cooking and serving us and we'd eat sizzling garlic king prawns, a fillet of Gaucho Argentine steak and apple crumble and custard or chocolate brownie.

An inspirational chef: I am liking what I see with Bob.

Favourite ingredient: Chilli.

Your last meal? Steak and then some Arrighi's ice-cream from the parlour in Seaton Delaval - my mum is from Seaton Delaval and so it's in the blood!

NUFC's Steve Taylor spices it up with curry captain Bob Arora



Steve Taylor is about to reveal his secret gourmet passion. It involves feta cheese and caramel Snack A Jacks, we kid

you not.

Would it pass the invention test on MasterChef? Probably not, but it's his go-to dish when the midnight munchies attack. The recipe, if you can call it that, goes something like this. Layer up a caramel Snack A Jack rice cake with feta cheese chunks, baby tomatoes and then a drizzle of balsamic glaze. Great, really great, he implores with a grin.

Still, the addition of that balsamic glaze in the store cupboard suggests at least a semblance of new-man grocery shopping. But he admits it's off to his best mate's house for a Sunday lunch, "I'm a single lad, I rely on my mate and his wife."

Snack A Jacks aside, Steve is keen on the fine foods in life. He loves eating out and he

does have some signature dishes he cooks at home - fajitas and whatever he can whack on his George Forman grill, that most manly of domestic appliances.

"I love spicy food - a king prawn or chicken jalfrezi is my favourite," anything with a kick to it would seem appropriate for the defender.

Last meal - Arrighi's ice-cream from the parlour in Seaton Delaval - it's in the blood!

On the menu: 'Monkfish 'Tayls' with spicy potatoes and Bengali masala



What it's got going for it: The fish is coated in a pistachio crust for an unusual and distinctive flavour.

The trick: Coat the monkfish in the spices and cook straight away, patting the crust down.

Ingredients

The masala

Serves four

Stage 1

- 2 tsp vegetable oil for cooking
- 1 tsp black mustard seeds
- 1 tsp cumin
- 1 tsp fenugreek seeds
- 1 tsp mustard
- 1/2 tsp chilli flakes (alter to suit preference)
- 2 red chillies snapped in half

Stage 2

- 3 onions, chopped
- 4 tomatoes, chopped
- 1/2 tbs pureed garlic and ginger blitzed with a little oil - you can make larger quantities and freeze in an ice-cube tray.
- 150 ml water

Stage 3

- 1 tsp turmeric
- 1/2 tsp red chilli powder
- 1/2 tsp garam masala
- 2 tbsps tomato puree
- Pinch dried fenugreek
- Good handful fresh coriander

Method

Add the oil to a heavy based pan then cook the onions until soft but uncoloured. Add the spices for stage 1, stirring the mixture until it becomes paste-like. If it gets too dry just add a little water. This takes about five minutes. Then add the stage 2 ingredients adding the water gradually as needed to keep the texture sauce-like and not too runny. With the temperature low, add the stage 3 ingredients and leave the sauce to simmer gently. The coriander is added at the last minute for a fresh garnish.

*If the sauce is too hot you can add some natural yoghurt to calm it down - do this after the sauce is taken from the heat or it will separate.

Spiced potatoes

Ingredients

- 1 tsp vegetable oil
- 1tsp black mustard seeds
- Handful of sliced onion
- 6 potatoes, boiled and cut into cubes
- 1 tsp turmeric
- Pinch chilli powder (to taste)
- 35 ml water
- Pinch salt
- Fresh coriander

Method

Put the oil in a pan and add the onion and spices. Cook until the onion is softened. Add a little water to make a runny paste and keeping stirring the mixture. Add a pinch of salt and put the potatoes into the mixture. Stir and leave for around five minutes. Sprinkle with coriander to serve.

Monkfish 'Tayls'

Ingredients

Serves 2

- Oil
- 2 monkfish fillets
- 150g pistachio nuts
- Pinch chilli powder (to taste)
- Salt
- Black pepper

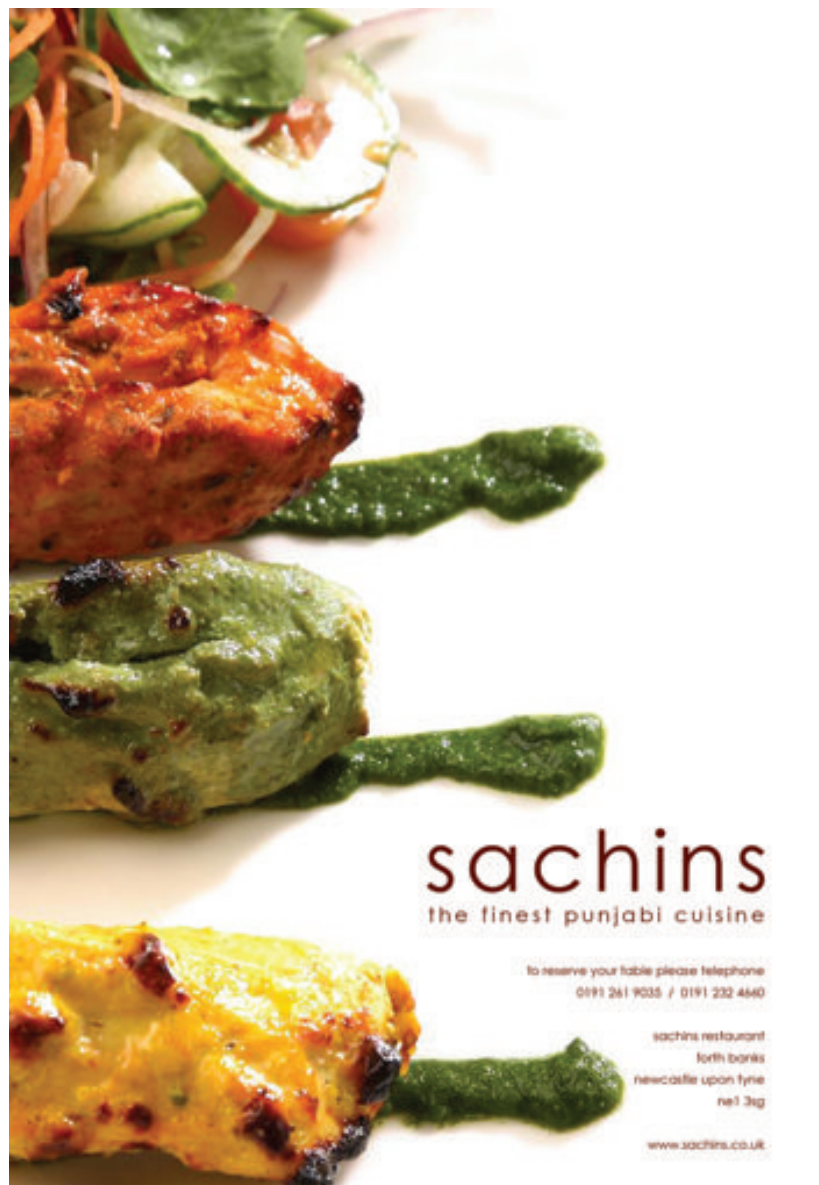
Method

Crush the dry ingredients - or blitz in a blender - with a little oil to form a paste that is quite firm in texture. Press it on to the monkfish fillets. Heat some oil in a pan and fry the fillets for about ten minutes, basting with oil until golden brown.

Serve with the spiced potatoes, masala sauce, rice and naan bread.




A pistachio crust on the monkfish makes the dish a stand-out one



He's comfortable then in our pop-up kitchen in Sachins restaurant where owner Bob Arora is at the helm of another curry masterclass.

This time on the menu is a fish dish - which today we're calling 'Monkfish Tayls' - geddit? The monkfish will be cooked in rich spices then we're making a side dish of chilli potatoes and a Bengali-style sauce. Steve's happy at the stove, he was brought

up in a house where mum's specials were lasagne, spag bol and salads, garlic bread - not ready meals. As a kid in Whitley Bay there was always the lure of fish and chips on the seafront - something Mr Pardew wouldn't approve of on today's training regime.

 Bob Arora owns Sachins, Forth Banks, Newcastle. www.sachins.co.uk