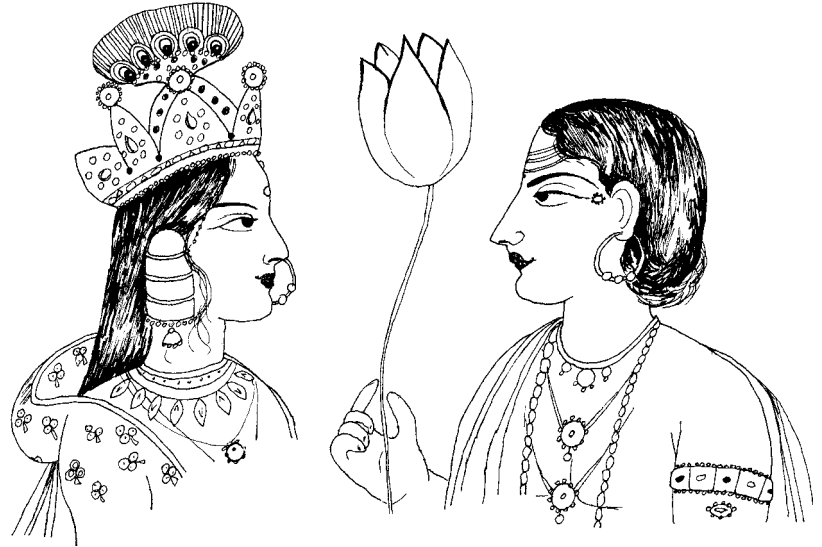


# Indian cooking

This meal consists of a curry, a side dish of dahl (lentils), rice and chapatis. You will also find a variation of dahl that can be made if you have more time.

If you are in a hurry you can leave out the dahl and chapatis – the curry and rice is a balanced meal in itself.



**G r o u n d** spices are available from supermarkets. The essential ones are: ground cumin, ground coriander, ground turmeric, mild paprika and chilli powder.

There are also many authentic Indian spice pastes ('curry pastes') available. They have a distinctive flavour, but they can easily overwhelm the vegetables if you use them too generously. It is better therefore to use traditional spices which can be varied according to the recipe. If you can't find a particular spice just make the meal without it.

## vegetable curry with chick peas



Serves 4

### Ingredients:

1 large onion	450 gm (1 lb) potatoes, chopped into small pieces
1 clove garlic	400 gm (12 oz) can chick peas, washed and drained
30 ml (2 tbsp) oil	175 gm (6 oz) can tomatoes including juice
10 ml (2 tsp) ground coriander	juice ½ lemon
5 ml (1 tsp) ground cumin	5 ml (1 tsp) brown sugar
5 ml (1 tsp) ground turmeric	a little salt and pepper (optional)

### Method:

1. Peel and chop the onion and garlic.
2. In a large, heavy saucepan or flameproof casserole, gently heat the oil and add the onion, the garlic and the spices.
3. Fry gently for a few minutes and add the potatoes and chick peas, stirring until they are all coated with the spice mixture.
4. Add the tomatoes and break them up with a wooden spoon.