

# verve

An uplifting  
monthly election  
of life, style and  
happenings.

SEPTEMBER 2021

Escape from lockdown (metaphorically, at least), as we explore India, learn about building with bamboo, and get to know some of Auckland's real estate industry's finest.

## A Little Bit Of This – A Little Bit Of That



A mother-daughter duo brings authentic Indian cuisine to *Verve*.

*A Little Bit of This, A Little Bit of That*, is one of the finest Indian cookbooks currently available in New Zealand. Making authentic Indian cuisine accessible for everyone, Verve feels privileged to share a selection of Jayshri and Laxmi Ganda's authentic Indian recipes.

*If you love this selection of some of the most delicious recipes visit [gujaraticookbook.com](http://gujaraticookbook.com) - to purchase this living piece of family history.*

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## BBQ Masala Kebabs

Marinated and skewered pieces of meat that are cooked over a hot BBQ. The smoky flavour from the BBQ and spices from the marinade give this multicultural Middle Eastern - Indian dish the tick of approval.

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**Serves:** 5 - 6

**Preparation Time:** 40 Minutes

**Cook Time:** 10 minutes

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### Ingredients

1kg lamb leg/steak, 3cm sized cubes \*  
3 tablespoons fresh coriander, chopped  
2 tablespoons Greek yoghurt, unsweetened  
1 tablespoon olive oil  
1 tablespoon fresh green chilli, minced  
2 teaspoons fresh garlic, minced  
2 teaspoons fresh ginger, minced  
2 teaspoons garam masala  
2 teaspoons salt  
1 teaspoon turmeric powder  
1/4 teaspoon chilli powder  
1 pinch red orange Indian colour powder  
\* Substitute: chicken breast  
Chicken cook time: 5 minutes each side or until cooked through.

### Method

In a large bowl, combine coriander, yoghurt, oil, chilli, garlic, ginger, garam masala, salt, turmeric, chilli and colour powder. Add lamb, stir to combine with masala. Rest for 30 minutes at room temperature for 1 hour before cooking or if desired marinate overnight in refrigerator, but no longer than 24 hours. Soak wooden kebab sticks in water if metal ones are not available. Heat charcoal or gas BBQ till red hot. Skewer lamb pieces onto kebab sticks and cook for 6 minutes each side or until desired internal temperature. Place into foil lined dish, shiny side facing kebab pieces. Rest for 5 minutes before serving hot with your choice of bread and/or condiments.

Extracted from *A Little Bit Of This - A Little Bit Of That*  
A Gujar Ati Indian Cookbook For Aotearoa  
Recipes by Laxmi Ganda.  
Compiled and designed by Jayshri Ganda.



## Coriander Chutney

A versatile dip that is so tasty for lovers of coriander. It is mildly spicy and tangy. Great with many of the recipes from the starters and appetisers section of this book.

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**Makes:** 1 cup  
**Preparation Time:** 10 Minutes

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### Ingredients

1 cup fresh coriander  
1 small green apple, chopped  
1 medium sized green chilli  
1 clove garlic, peeled  
1 tablespoon peanuts, chopped  
1/2 teaspoon lemon juice  
1/2 teaspoon salt

### Method

In a blender, add coriander, apple, chilli, garlic, peanuts, lemon juice and salt. Blend ingredients together for 1-2 minutes or until a paste like consistency. Serve as a condiment with mains or appetisers. Keep refrigerated for 1-2 weeks.

Extracted from *A Little Bit Of This - A Little Bit Of That*  
A Gujarati Indian Cookbook For Aotearoa  
Recipes by Laxmi Ganda.  
Compiled and designed by Jayshri Ganda.



## Fenugreek Roti

Often eaten on its own with a cup of chai. This roti is spiced and mixed with fresh fenugreek, which gives a unique flavour. A must try.

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**Makes:** 8

**Preparation Time:** 10 Minutes

**Cook Time:** 30 minutes

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### Ingredients

1/4 cup fresh fenugreek, chopped  
1 cup white flour  
1/2 cup wholemeal flour  
2 tablespoons oil  
1 teaspoon fresh green chilli, minced  
1 teaspoon salt  
1/2 teaspoon turmeric powder  
1/2 teaspoon ground cumin  
1/2 cup boiling water  
1/4 cup clarified butter \*  
\*Substitute: oil

### Method

In a medium bowl, place fenugreek, both flours and combine. Make a well in the middle and pour in oil, chilli, salt, turmeric, and cumin. Pour boiling water into well and knead into a dough. Portion mixture into 1 and 1/2 tablespoon sized balls. Using a patli or wooden board, flour the ball and press lightly with palm of hand to make into a flat circle. Use a rolling pin to roll roti into 12-15cm sized circles. Heat a tarvi, flat plate or a non-stick frypan on a medium-high heat. Rotating each side, cook for 4 minutes. Finish roti by drizzling a teaspoon of hot clarified butter on top. Serve hot or cold.

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# Lamb Curry

A warming winter one pot wonder. This recipe is special because it's a dish that brings the family together. Known to be a good flavoured curry all over the world. It's a classic.

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**Serves:** 4

**Preparation Time:** 20 Minutes

**Cook Time:** 70 minutes

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## Ingredients

1kg lamb shoulder chops  
3 tablespoons oil  
3 whole green cardamom pods  
5 whole cloves  
1 whole star anise, broken  
1/4 cinnamon stick, broken  
1 medium onion, chopped  
1 tablespoon fresh green chilli, minced  
1 tablespoon fresh ginger, minced  
2 teaspoons fresh garlic, minced  
2 teaspoons salt  
1 teaspoon turmeric powder  
1 teaspoon garam masala  
1 medium potato, 3cm sized chunks  
1 cup tomatoes, blended, tinned or fresh 1 cup water  
2 tablespoons fresh coriander, chopped

## Method

Cut lamb into pieces, trimming off any excess fat and wash. In a large frypan, heat oil on medium heat. Add cardamom, cloves, star anise and cinnamon for 1 minute or until darkened. Add onions and cook for 5 minutes or until browned. Add chilli, ginger, garlic, salt, turmeric and garam masala. Stir paste to infuse masala. Add lamb. Seal meat by browning. Cover and simmer on low heat for 40 minutes. Add potatoes and cook for 5 minutes. Add tomatoes and water, simmer for a further 15 minutes. Garnish with freshly chopped coriander and serve hot with roti. Alternatively, cook this entire dish for 15 minutes on medium heat in a pressure cooker. Combine tomatoes and potatoes after meat has browned. Do not add water.

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Recipes by Laxmi Ganda.  
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## Spicy Yoghurt Gravy

A very popular Gujarati dish made from yoghurt and spices. This spicy yoghurt gravy is an essential part of Gujarati cuisine that is often had with rice, but can also be had on it's own accompanying a meal.

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**Makes:** 3-4 cups  
**Preparation Time:** 10 Minutes  
**Cook Time:** 15 minutes

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### Ingredients

2 cups water  
1 cup Greek yoghurt, unsweetened  
2 tablespoons cooking cream \*  
2 tablespoons fresh coriander, divided  
12 fresh curry leaves, divided  
1 tablespoon fresh pigeon peas  
1 teaspoon fresh green chilli  
1 teaspoon salt  
1/2 teaspoon sugar  
1/2 teaspoon white turmeric root  
1 clove garlic  
1/2 teaspoon cumin seeds  
1 tablespoon oil  
1 tablespoon clarified butter  
6 whole cloves  
1 whole star anise, broken  
\* Substitute: fresh cream

### Method

In a blender, place water, yoghurt, cream, 1 tablespoon of coriander and 6 curry leaves. Add pigeon peas, chilli, salt, sugar, turmeric root and garlic or add 1 tablespoon of khadhi masala, see page 20. Empty mixture into a large saucepan.  
In a small pot, heat cumin seeds on low heat until cumin seeds darkened. Add oil, clarified butter, cloves and star anise. Allow to cool. Add clarified butter mix to saucepan of fresh ground ingredients. Bring to the boil on a high heat for 5-7 minutes and stir continuously so dairy and water do not separate. Garnish with remaining curry leaves and coriander. Serve hot with rice.

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