

**DISCOVER
EVERY INDIAN CHEF'S SECRET!**



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TARKA - EVERY INDIAN CHEF'S SECRET!



Ever wondered how the great Indian chefs cook amazing mouth-watering curry time and again? The secret is not only in choosing high quality ingredients, but also in the way the spices are fried until they sizzle and pop to release those amazing flavours, creating a truly authentic Tarka. Aagrah have been creating some of the tastiest Tarka bases for over 40 years in our restaurants, and now we've bottled them! Take a look

through some of our recipe ideas for using the range of Tarka bases. We've even added two bonus cook-from-scratch recipes which we think you will love - restaurant style pilau rice and lemon rice! Don't let your mouth water too much and welcome to the Aagrah family!

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LEAN MINCE LAMB

With Potatoes and Garden Peas

Achari is a wonderfully zesty Tarka and goes perfectly with lamb or fish as meat soaks up the irresistible flavours from those pickled spices. Achari is medium in strength but can easily be fired up with a few added chillies!



COOKING TIME: 30 MINS

STRENGTH: MED/HOT

INGREDIENTS

- 1 jar Achari Tarka Base
- 300g lean mince lamb
- 1 tbsp cooking oil (rapeseed, sunflower, olive)
- 2 medium sized potatoes
- 1/2 cup garden peas
- 2 fresh green chillies (optional)

METHOD

1. Fry the meat for 3 minutes
2. Add a jar of Achari Tarka Base, swirl out the jar with 150ml of water and add to the pan. Simmer for 5 minutes
3. Peel and chop the potatoes into small cubes and add to the meat. Cook for a further 5 minutes
4. Add the garden peas and sliced chillies (if you like it hot!) and simmer for a further 5-10 minutes
5. Serve with wholemeal chappati or brown rice for a healthy, delicious, home cooked Keema Aloo Mattar Achar!

TANDOORI CHICKEN TIKKA MASALA

Restaurant Style!

COOKING TIME: 30 MINS

STRENGTH: MED/MILD

INGREDIENTS

- 1 jar Tikka Masala Tarka Base
- 400g diced chicken
- 50ml single/double cream

METHOD

1. In a bowl, add the diced chicken and add 2 dessert spoons of the Tikka Masala Base, mix thoroughly and leave to marinate in the fridge for at least an hour.
2. Grill the meat under a medium heat (or barbecue) for around 15 minutes until thoroughly cooked.
3. In a pan, empty the remaining contents of the jar, swirl out the jar with 125ml water and add to the pan.
4. Stir in 50ml of cream (add more for a creamier/milder dish) and bring to the boil.
5. Slice the grilled chicken into smaller chunks, add to the pan and simmer for a further 5-10 minutes or until the sauce reaches the desired consistency.
6. Serve with naan bread or pilau rice - *EXQUISITE!*

HAVING A BARBECUE?



METHOD

1. To make niblets or wings for a summer party, simply marinate 1-2kg of chicken with the contents of the Tikka Masala jar mixed with 2 tbsp of greek yoghurt and refrigerate for a couple of hours
2. Barbecue the chicken; when half-cooked, drizzle with honey and allow to cook fully - Honey Drizzled Chicken Tikka mmm!



BALTI WRAPS

Sweet Potato and Cauliflower

COOKING TIME: 20 MINS

STRENGTH: MED

INGREDIENTS

- 1 jar Aagrah Balti Tarka Base
- 300g cauliflower
- 2 tbsp oil
- 300g sweet potato
- Handful of fresh coriander
- 6 tortilla wraps (chappatis work great too!)

METHOD

1. Chop the vegetables and add to the Balti Tarka Base in a pan.
2. Bring to the boil and simmer for 5-10 minutes with the lid on (low heat) and add the chopped coriander 2 minutes before the end.
3. If the dish is saucy, remove the lid and allow the moisture to simmer out.
4. Fill a wrap with the cooked sweet potato and cauliflower Balti, add a handful of fresh salad and roll the wrap
5. For an added sweet and spicy taste, add mango chutney or mint sauce to the wrap
6. *ENJOY!*

MINT CHUTNEY

1. 1/2 tspn garden mint sauce, 150ml greek yoghurt, a pinch each of ground coriander seed, ground cumin seed and salt

SAFFRON LEMON RICE

COOK TIME: 30 MINS

STRENGTH: MILD

INGREDIENTS

- 450g basmati rice (soak rice in 2.5L warm water for 20 mins, then drain water out)
- 3 tsp vegetable oil/ghee
- 2 tsp whole cumin
- 2 tsp mustard seeds
- 2 cinnamon sticks
- 2 tsp almond flakes
- 1 tsp salt
- 1 fresh lemon cut into pieces
- pinch of saffron
- 3 tsp rose water

METHOD

1. Heat oil/ghee in a pan, add cumin, mustard seeds, cinnamon and fry for one minute.
2. Add 500ml water and add the almonds, salt, lemon and saffron. Boil for 5 minutes with the lid on.
3. Separately, boil 2.5 litres of water, add the rice and boil for 3 minutes. Drain the water out.
4. Add the mixture to the rice and steam cook on a low heat with the lid on for a further 20 minutes.
5. A perfect accompaniment to any curry!

ALOO GOBHI KARAHI

COOK TIME: 15 MINS

STRENGTH: MILD

INGREDIENTS

- 1 jar Karahi Tarka Base
- 300g chopped cauliflower
- 2 medium potatoes cut into chunks
- Handful of chopped coriander
- Green chillies for extra heat (optional)



METHOD

1. Empty the jar of base into a pan. Swirl the jar out with 150ml water and add to the pan.
2. Add the cauliflower and potatoes and bring to the boil. Simmer for 7-8 minutes with the lid on, while stirring occasionally.
3. Remove the lid and allow to simmer until the curry is relatively dry (the curry should not be watery).
4. Sprinkle with fresh coriander and serve with chappatis or naan
5. *DELICIOUS VEGETARIAN, HEALTHY CURRY IN MINUTES!*

CHICKEN HYDRABADI

COOK TIME: 15 MINS

STRENGTH: MED

INGREDIENTS

- 1 jar Hydrabadi Tarka Base
- 400g diced chicken
- 100ml single/double cream (creme fraiche, yoghurt or dairy free alternative will also work)
- Handful chopped coriander



METHOD

1. Fry the chicken in 2 tbsp of oil for a few minute until sealed.
2. Add the jar of Hydrabadi base, swirl out the jar with 125ml water and add to the pan. Bring to the boil and simmer for 7-8 minutes.
3. Add 100ml cream and bring back to the boil. Simmer for a few minutes or until the sauce is to the desired consistency.
4. Garnish with coriander and serve with freshly made saffron lemon rice or pilau rice (recipe available later in this ebook).
5. **DELICIOUS!**

LAMB HANDI

COOK TIME: 35 MINS

STRENGTH: MED

INGREDIENTS

- 1 jar Handi Tarka Base
- 400g diced lamb
- 1 tbsp oil
- Half capsicum (any colour)
- Handful chopped coriander



METHOD

1. Fry the lamb in oil for 5-10 minutes until sealed
2. Add the jar of Handi Tarka Base, a full jar of water and bring to the boil. Simmer on a low heat for 18-20 minutes with the lid on
3. Add the sliced, deseeded capsicum and chopped coriander. Simmer for a further 2-3 minutes
4. Separately fry/grill some onion rings and sliced tomatoes for 3-5 minutes
5. Garnish the dish with the onions/capsicum and serve with a fluffy garlic nan. *BON APPETITE!*

PILAU RICE

COOK TIME: 40 MINS

STRENGTH: MILD

INGREDIENTS

- 450g basmati rice
- 1 medium sized onion (diced)
- 2 cloves garlic (crushed)
- 1/2 tsp ginger (paste/puree)
- 1/4 tsp red chilli powder
- 1 tsp ground black pepper
- 3 tsp whole cumin seeds
- 1 tsp ground coriander
- 4 black cardamom (crushed)
- 1 cinnamon stick
- 8-10 bay leaves
- 4 tsp vegetable oil/ghee
- 1 tsp salt

METHOD

1. Soak the basmati rice for at least 20 minutes in warm water.
2. Boil cardamom, cinnamon and bay leaves for 10 minutes in 1.25 litres of water. Sieve out the spices and leave the juice to one side.
3. Fry the onion in oil/ghee until they become dark brown.
4. Add the cumin seeds, garlic and ginger, and fry for a few 2-3 minutes.
5. Add the red chilli powder, black pepper and coriander and fry for a further 1 minute.
6. Add the juice from step 1, salt, and then bring back to the boil.
7. Drain the soaked rice and add it to the pan. Boil on a medium heat until all the water has absorbed. Cover and allow the rice to steam cook on a very low heat for a further 20 minutes.
8. Separate the fluffy rice and garnish with fried onions. Serve with a tasty Aagrah Tarka Curry!