

CAULIFLOWER BIRYANI

INGREDIENTS:

- 2 tablespoons peanut or sunflower oil
- 3 or 4 curry leaves or 1 bay leaf
- 1 small fresh green chilli split
- **Whole spices**
(all are optional and use only a small quantity)
green cardamon /cinnamon / cloves/
black cardamon / fennel seed /
cumin seeds / coriander seeds / star anis
- 1 medium onion thinly sliced
- 1 tsp grated garlic and ginger
- 1 tsp garam masala
- ½ tsp ground turmeric
- ¼ tsp chilli powder
(you can use ½ tsp paprika if you'd like a less spicey biryani)
- 2 peeled and finely chopped plum tomatoes
- 1 tablespoon coarsely chopped mint or coriander or both
- 1 cup basmati rice
- ¼ head of cauliflower cut into bite size florets
- 1 cup veg stock
- 1 lemon
- salt to taste

CAULIFLOWER BIRYANI

PREPARATION:

- Heat the oil in pan with a tight-fitting lid.
- Add onions and fry until brown but not burnt.
- Add the whole spices followed by the ginger and garlic paste and continue cooking until aromatic.
- Stir in the garam masala, chilli powder and turmeric and fry for 1 minute then add the chopped tomato.
- Fry for a few more minutes then add the cauliflower and rice and coat everything well with the spice mix.
- Add the chopped herbs followed by the vegetable stock and ½ tsp salt.
- Bring to the boil and cover immediately. Lower the heat and cook for 12 min.
- Keep covered for 10 minutes more.
- Squeeze over lemon juice to taste.

POMELO SALAD

INGREDIENTS:

- **1 tbsp dried shrimp**
(optional for veggies)
 - **2 grapefruit (pink or white or both)**
 - **1 tbsp chickpea flour**
(you can grind chickpeas to a powder in a coffee grinder)
 - **1 tbsp crispy onion or chopped cashew nuts**
 - **1/4 white cabbage thinly sliced**
 - **6 ripe cherry tomatoes**
- **1 tsp grated ginger**
 - **1 tsp roasted pumpkin seeds**
(you can also use pumpkin seeds or pine nuts)
 - **Juice of 1/2 lime**
 - **1 tbsp peanut oil**
 - **1/2 tsp fish sauce**
(or soy sauce for veggies)
 - **1 tbsp chopped fresh coriander**

POMELO SALAD

PREPARATION:

- If using, soak the dried shrimp for 10 minutes in a little cold water then pat dry on kitchen paper and pound in a pestle and mortar.
- Place the chickpea flour in a dry frying pan and warm over a medium flame. Stir constantly with a spoon until it browns.
- Put the ginger in a tea strainer or small sieve and press with the back of a spoon. Catch the juice that flows out in a small bowl.
- Cut off the top and base of the grapefruit to give you a stable cutting surface then stand it on a chopping board. With a sharp paring knife cut the skin from the grapefruit working from top to bottom following the curve of the fruit and making sure you remove not just the skin but also the white pith. Once thoroughly peeled, and working over a bowl to catch the juices, slip the

POMELO SALAD

PREPARATION:

knife between one of the segments and the connective membrane. Cut until you reach the centre of the fruit, trying not to cut through the membranes. Repeat until you have freed wedges of perfectly peeled grapefruit. Save any juice for the dressing.

- In a small bowl, mix the grapefruit juice, ginger juice, lime juice, peanut oil and fish or soy sauce to taste.
- Put the cabbage, pomelo segments, cherry tomatoes, and raw shallots in a mixing bowl and combine with the dressing. Stir in half the crispy shallots or cashew nuts, pumpkin/sunflower seeds or pine nuts and shrimp powder.
- Arrange the salad on a wide serving dish and sprinkle with the toasted chickpea flour the rest of the crispy onion and chopped coriander.