



sambals (curry sides)

Chilli Chutney



Servings: 250ml jar
Total Time: 1 hr 15 mins
Cooking Time: 50 mins

INGREDIENTS

- 200g finely chopped chillies (refer to the Chilli Hotness Guide*)
- 1 onion, peeled, halved & sliced
- 2 tsp finely chopped garlic
- 1 tsp salt
- ½ tsp cayenne pepper
- 2 tsp minced ginger
- 2 Tbsp extra virgin olive oil
- 175ml white spirit vinegar
- ½ tsp freshly ground black pepper



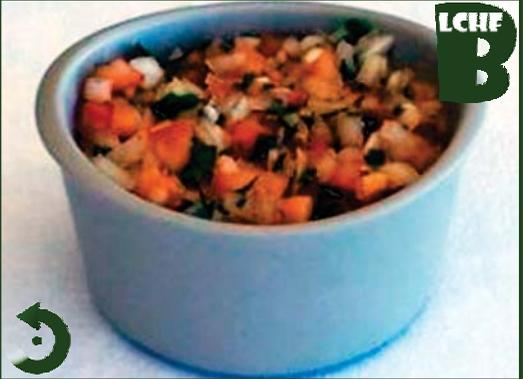
METHOD

Add all ingredients to a saucepan. Bring the mixture to a boil, turn down to a low heat & then simmer gently for about 40 mins until thickened & shiny. Gently mash to desired consistency. Bottle into a hot jar (pre-heated in hot water) and seal immediately.

TIPS

- * Once cooled, the chutney can be kept in the fridge for up to 3 months.
- * It is best to mature the chutney for 24 hrs before use.

Tomato & Onion



Servings: 4
Total Time: 15 mins

INGREDIENTS

- 2 Italian plum tomatoes
- 1 small onion
- 1 Tbsp freshly chopped coriander leaves
- 1 tsp extra virgin olive oil



METHOD

Top, tail & finely dice the tomatoes. Place in a bowl.

Peel & finely dice the onion and add to the tomatoes.

Add the chopped coriander & olive oil to the tomatoes & onions and mix well.

Transfer to a serving dish & refrigerate until serving.



SERVING SUGGESTION

Also serve sprinkled over poppadums as a starter or appetiser.





Sambals (Curry Sides)

...continued...

Cucumber Raita



Banana Raita



Servings: 4
Total Time: 1 hr
Cooking Time: 5 mins
Resting Time: 30 mins (to drain)



INGREDIENTS

- 1 English cucumber
- ½ tsp salt
- 180ml Greek or natural yoghurt
- 2 Tbsp freshly chopped mint
- ½ tsp cumin seeds, toasted & crushed
- 1 tsp lemon juice
- freshly ground black pepper, to taste
- 1 Tbsp extra virgin olive oil



METHOD

Peel & grate the cucumber into a sieve. Sprinkle with salt & mix. Drain for 30 mins. Lightly toast the cumin seeds in a fairly hot frying pan for 1-2 mins. In a bowl, mix the yoghurt, cucumber, half the mint, and the cumin seeds, lemon juice & plenty of ground black pepper. Transfer to a serving dish & pour the olive oil evenly over the raita. Garnish with the remaining mint & refrigerate until serving.

Servings: 4
Total Time: 15 mins



INGREDIENTS

- 3 bananas
- 1 tsp lemon juice
- 125ml Greek or natural yoghurt
- 2 Tbsp milk



METHOD

Peel & cut the bananas lengthwise into 4 and then slice. Place in a bowl and coat the banana with the lemon juice. Fold in the yoghurt and milk. Transfer to a serving dish and refrigerate until serving.

SERVING SUGGESTIONS

Other Sambals that can be served (in separate bowls) include peach chutney, desiccated coconut, *Chopped Chillies** as well as poppadums.

HOW TO MAKE CHOPPED CHILLIES

Top, tail, de-seed and finely chop fresh chillies. Put them in a jar covered with light olive oil - they keep in the fridge for weeks!

