

CURRY magazine
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Kitchen Confidential: *Vivek Singh*

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Which three ingredients are always in your fridge at home?

Eggs, green chillies and butter – this is what I use to rustle up my favourite green chilli omelette.

What's your favourite type of curry and why?

It changes with the season but at this time of the year it has to be a Rajasthani lamb and corn curry, which you can also find on our menu at Cinnamon Bazaar.

What do you tend to cook at home?

It all depends on who I'm cooking for; if it's for me it might be a chicken and cheese toastie in the middle of the night, or if it's for my children it might be a Thai coconut chicken lemon soup.

What do you like to eat for breakfast?

I usually skip breakfast but if I have the time, me and my wife will have poha, a spiced breakfast dish made with rice flakes. It's a great way to start the day.

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the **WI**
INSPIRING WOMEN

Ask the W.I.

Each month we pose your pressing foodie questions to the W.I. Here they answer your new year queries...

Q: I'm looking to tighten my purse strings after a busy Christmas. What can I cook for my family that's healthy and filling but also relatively cheap? Stacey Oliver, via email
A: One-pot casseroles and curries are a good idea at this time of year as they're satisfying and warming but also offer a pleasant break from the rich food eaten over Christmas. It's also a versatile method of cooking as you can use any combination of meat, vegetables and pulses and vary herbs and spices to suit your tastes. If you're looking to cut down on meat, lentils are an excellent source of protein as well as being very cheap and filling.

Q: I've never cooked with Jerusalem artichokes before but I've seen lots of them in



the shops. What can I use them in? Gary Jones, via email

A: Jerusalem artichokes have a similar texture to potatoes and other root vegetables, but they have a slightly nuttier taste. They can be used in many dishes as an alternative to potatoes and parsnips and like other root vegetables they roast particularly well. Why not start by simply roasting them in rapeseed oil, garlic and thyme, or even scatter them around roast chicken to cook in the juices? Once you get used to the flavour and texture you could start being a bit more adventurous.

Q: I've never made a curry from scratch as I've always relied on ready-made pastes. What's the easiest curry to make for beginners? Alison Ryland, via email

A: It's a myth that making curry from scratch is a difficult and lengthy process. As long as you have all the ingredients to hand it's actually very easy and tastes so much better than anything from a jar. A chicken korma can take less than half an hour to cook and is delicious with rice and fresh coriander, all you need is chicken breasts, garlic, turmeric, cream and a couple of spices.

Find out more about the W.I. at thewi.org.uk

Get involved!

Do you have a cooking query you'd like to have answered by the W.I? Email us at kayleigh.rattle@scvill.co.uk or contact us via the Great British Food social media channels



Easy Peasy

We're already counting down the days to spring and screen-printing lifestyle brand Thornback & Peel have certainly made it easy for us with their new, vibrant range. The Pea Pod collection includes napkins, coasters and aprons, as well as deck chairs and tote bags, all made from 100% cotton and featuring a verdant herringbone pea pattern: we love! thornbackandpeel.co.uk



BOOK CORNER

If you read one cookbook this month...

Anna Jones knows exactly how to elevate seasonal produce into show-stopping veggie centrepieces, as demonstrated in her previous cookbooks. Her latest, *The Modern Cook's Year*, contains over 250 delicious vegetarian recipes including these beetroot and mustard fritters (pictured). Delicious!

The Modern Cook's Year by Anna Jones (£26, Fourth Estate)



YOUR SHOPPING ESSENTIALS

Prigly Chorus, Feta & Roasted Pepper Frittata, £4, focac.com



John Rose Jr. Smoked Meat, £6.49 for 200g, waitrose.com



Essential Ten Recipe, Foodie Review, £24.99, safflavour.com



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TRIED & TESTED



Each issue we trial the latest kitchen gadgets and cookware. This month Deputy Editor Kayleigh Rattle tests the De'Longhi ECP espresso coffee maker (£119.99, johnlewis.com)

Admittedly, it can take me a while to wake up in the morning, so I couldn't wait to try out this espresso and cappuccino maker in the hope that it would add more bounce to my step. It was pretty straightforward to set up, but I'd recommend thoroughly reading the sizeable manual if you're really looking to fine-tune your barista skills. The machine itself is space economical and handily uses both pods and ground coffee. What's more, unlike other

models I've tested, it's easy to take apart and its stainless steel exterior is easy to clean. There's also a gauge on the front to detect water levels but as this isn't obvious I would suggest regularly checking and refilling the water tank if you're planning on making more than a couple of drinks at a time. As for the end result, the coffee tastes fantastic, but I do still need to brush up on my milk frothing skills to make my cappuccinos a little more artisan.

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MORE READS...



Tonic: Delicious & Natural Remedies to Boost Your Health by Tanita de Ruijter (£12.99, Hardie Grant Books)

Transform store cupboard herbs and spices into tasty health-boosting tonics with this helpful read.



The Hairy Bikers' Mediterranean Adventure by Si King & Dave Myers (£25, Seven Dials)

The much-loved duo are back with another batch of straightforward, seasonal and tasty recipes. Turn to p.22 for an exclusive interview.