

HEARTY MEALS

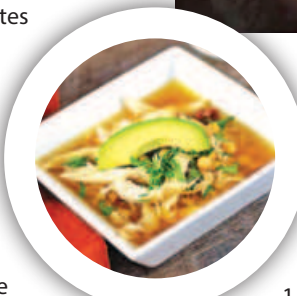
CHICKEN AND MUSHROOM SOUP WITH PUFF PASTRY

Ingredients

2 skinless chicken legs
1L chicken stock
150ml dry cider
1 onion, finely chopped
1 bay leaf
250g chestnut mushrooms, thickly sliced
4tbsp corn flour, blended with 4tbsp water
4tbsp cream
Flour for sprinkling
500g readymade puff pastry
Salt and pepper

Method

Place the chicken legs in a large saucepan with the stock, cider, onion and bay leaf. Cover and simmer for 25 minutes until the chicken is cooked. Add mushrooms and simmer for a further 10 minutes. Remove the chicken and set aside. Remove and discard the bay leaf. Stir the corn flour into the stock. Heat, stirring continuously until boiling and thickened. Remove from the heat and leave to cool. Remove the meat from the chicken legs and tear into pieces. Preheat the oven to 200°C/Gas Mark 6. Stir the chicken and cream into the soup. Season to taste with salt and pepper then ladle into over proof bowls. They should be about three quarters full. Lightly flour the surface and then roll out the pastry. Cut out rounds or squares large enough to cover the top of the bowls with one centimeter or half inch overlap. Brush the rim of each bowl with water, lay the pastry on top, press around the rim and pierce the centers. Bake in the preheated oven for 20-25 minutes until the pastry is golden. Serve immediately.



CHICKEN, AVOCADO AND CHIPOTLE SOUP

Ingredients

1.5L chicken stock
2-3 cloves garlic, finely chopped
1-2 dry chipotle chillies, thinly sliced
1 avocado
½ lime juice

3-5 spring onions, thinly sliced
400g skinless, boneless cooked chicken breast, torn into bite-sized pieces
2 tbsp chopped fresh coriander
1 lime, cut into wedges, to serve

Method

Place the stock in a large saucepan with the garlic and chillies and bring to boil. Cut the avocado in half around the stone. Twist apart, and then remove the stone with a knife. Remove and discard the skin, dice the flesh and toss in the lime juice to prevent discoloration. Arrange the spring onions, chicken, avocado and coriander in warmed bowls. Ladle hot stock over and serve

immediately with lime wedges.

DUM PANEER KALIMIRCH

Ingredients

400g cottage cheese
2 medium sized onions
1-inch ginger
4-5 cloves garlic
2-3 green chillies
½ medium sized bunch of fresh coriander leaves
¼ medium sized bunch of fresh mint leaves
1 cup yoghurt
Oil, as required
2 tbsp pure ghee
2 bay leaves
1-inch stick cinnamon
3-4 green cardamoms
3-4 cloves
2 tbsp coriander powder
1 tsp cumin powder
Salt to taste
½ cup fresh cream
1 tbsp peppercorn, crushed
1 tsp garam masala powder

Method

Cut paneer into one-inch sized cubes. Finely slice onion. Grind ginger, garlic and green chillies to a fine paste. Finely chop fresh coriander and mint leaves. Whisk yoghurt to a smooth consistency. Heat oil in a wok and deep fry onions till golden brown. Drain on the absorbent paper and cool. Grind the fried onions with 2 tablespoons of water to a smooth paste. Preheat oven to 200°C. Heat ghee in a narrow mouthed pot, add bay leaves, cinnamon, cardamoms and cloves. Stir fry briefly. Add ginger, garlic and green chillies paste and sauté on high heat for half a minute. Add the brown onion paste, whisked yoghurt, coriander powder, cumin powder and salt to taste. Stir well, add 1 cup of water and cook on high heat, stirring frequently, till the gravy starts boiling.

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