



ANJULA DEVI

HEALTHY &  
WHOLESOME  
INDIAN  
COOKING

# SPICE *for* LIFE



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INDIAN COOKING



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# INTRODUCTION

## *The Anjula Story*

*"I loved coming home with all these ingredients, intrigued and excited about what I was going to be taught."*

Dummy copy. Growing up Dad would make this breakfast outdoors in the early morning during the summer months. At this time of year he preferred this breakfast to aloo paratha, which was usually made in the winter months. Our neighbour Pat used to say that she could feel it doing her good whilst she ate it. Growing up Dad would make this breakfast outdoors in the early morning during the summer months. At this time of year he preferred this breakfast to aloo paratha, which was usually made in the winter months. Our neighbour Pat used to say that she could feel it doing her good whilst she ate it.

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# Dad's Anti-Ageing Breakfast

*Growing up Dad would make this breakfast outdoors in the early morning during the summer months. At this time of year he preferred this breakfast to aloo paratha, which was usually made in the winter months. Our neighbour Pat used to say that she could feel it doing her good whilst she ate it.*

Preparation time 30 minutes,  
cooking time 40 minutes

**SERVES 2**

**KEY SPICES**

1 tsp cumin seeds  
¼ tsp black peppercorns

¼ tsp turmeric  
1 tsp red chilli flakes

**OTHER SPICES**

2 tsp mango powder  
¼ tsp dry ginger powder

**WET INGREDIENTS**

2 tbs sprouted mung beans  
½ grapefruit, segmented  
1 large orange, segmented  
8 watermelon balls  
8 papaya balls  
2 fresh figs, quartered  
2 dates, chopped  
1 banana, sliced  
10 raspberries  
10 strawberries  
10 seedless grapes, halved  
2 tbs fresh pomegranate seeds

3 tbs low fat yogurt  
2 tbs runny honey  
Juice and zest of one lime

Pinch of sea salt

Place the cumin seeds and black peppercorns in a dry frying pan over a low heat and warm through for 1 minute.

Remove from the heat and grind in a pestle and mortar. Set aside.

Place all the wet ingredients in a large bowl. Sprinkle over the turmeric, red chilli powder, mango powder, dry ginger powder and the contents of the pestle and mortar.

Stir and coat the wet ingredients really well.

Mix the yogurt, honey, lime juice and zest together, add to the bowl, and mix well.

Place the bowl in the fridge for 30 minutes, this dish is best served chilled especially in the summer.

Remove from the fridge, add a pinch of sea salt, stir well and serve cold.





# SPICE CUPBOARD

*Dummy copy for Anjula's story here.  
To explain the photograph Spice Box  
made by her father dummy copy here  
from introduction maybe with an extract  
from introduction maybe with an extract  
introduction maybe.*





# Key Spices

BAY LEAVES



TURMERIC POWDER

Musky undertones and a slightly gingery taste, turmeric brings a great yellow hue to the dish. This is one spice you should never overuse as it is very pungent. Use to help combat arthritis, stomach pain, heartburn and a sore throat amongst other ailments.

CUMIN SEEDS

This is the herb to opt for if you are experiencing digestive problems and bloating or as we move into winter and flu season (which I never suffer from) to boost the immune system.

BROWN MUSTARD SEEDS

Now these seeds really pack a punch! They add a real nutty fire and richness to any Indian dish – and most importantly they slow down ageing and help with the menopause...a must in any kitchen cupboard.

CORIANDER SEEDS

A great citrus tangy taste, most definitely a key player in good Indian food. The great thing is that one spice if over used won't destroy its friendship and harmony with other spices.

Coriander has a high iron content and anti-bacterial properties and is a great antidote to hay fever.

RED CHILLI FLAKES



BLACK PEPPERCORNS



CASSIA BARK

Warm and aromatic with a background of sweetness, a member of the cinnamon family but much more earthy, cassia bark helps to control blood sugar levels and cholesterol.



# Warming Spices

STAR ANISE



GREEN CARDAMOM

Known as the queen of spices, green cardamom delivers a real floral, aromatic taste with a hint of eucalyptus almost perfume like. Beautifully effective in relieving constipation, green cardamom will also help to control blood pressure.

FENNEL SEEDS



BLACK CARDAMOM



CLOVES



FENUGREEK LEAVES



MANGO POWDER



KASHMIRI CHILLIES



Bring just the right amount of warmth to your dish without an over powering taste of heat, these chillies will leave your palate suitably

warm. These are the best chillies to use when you first start to experiment with Indian dishes. Kashmiri chillies are high in Vitamin C and quality antioxidants so amazing for glowing skin.'



# BREAKFAST STARTERS & SIDE DISHES

*Copy here from introduction maybe with  
an extract from introduction maybe with  
an extract introduction maybe.*





# Masala Potatoes

SERVES 4

KEY SPICES

- 1 tsp mustard seeds
- 1 tsp coriander seeds
- 1 tsp cumin seeds
- 1 tsp red chilli flakes
- 1 1 inch piece of cassia bark

WARMING SPICES

- 1 tsp fennel seeds
- 1 tsp fenugreek leaves, soaked in 2 tbs hot water
- 6 fresh curry leaves

OTHER INGREDIENTS

- 2 tsp asafoetida
- 1 tsp Himalayan pink rock salt
- 1/4 tsp nigella seeds
- 1 tbs mango powder
- 5 tbs water

WET INGREDIENTS

- 3 tbs vegetable oil
- 4 medium size potatoes, cubed
- 2 medium size fresh tomatoes, chopped finely
- 1 tsp pulped garlic
- 1 tsp pulped ginger
- Small bunch of chopped coriander, coarsely chopped

Peel and wash the potatoes in cold water to get rid of any extra starch. Then cut into small cubes and place in a large pot. Cover with cold water, add 1 tsp asafoetida and the rock salt.

Bring to the boil and cook for about 5 minutes. Drain in a colander, cover with kitchen paper and leave to steam dry.

Add the vegetable oil to a large sauté pan and heat on a medium heat. Add 1 tsp of asafoetida and the key spices.

Reduce the heat to low, and stir well, until aromatic. This should take about one minute.

Add the warming spices, nigella seeds, mango powder, garlic and ginger, and cook for a further 2 minutes.

Add the fresh tomatoes and cook for a further 10 minutes on a low simmer with the lid on, stirring occasionally.

Add the potatoes, stir really well, and then add 5 tbs of water.

Reduce to a low simmer, place the lid on the pan and cook for 10 minutes.

Remove from the heat, and add the chopped coriander.

# Potatoes Cooked in Mint & Tamarind

Preparation time 20 minutes,  
cooking time 25 minutes

SERVES 4

750 g potatoes, peeled and cut into 1 inch cubes (I love using Maris Piper potatoes for this dish)

KEY SPICES

- 1/2 tsp turmeric
- 1/2 tsp mustard seeds
- 1 tsp cumin seeds
- 1 tsp red chilli flakes
- 1 bay leaf

WARMING SPICES

- 1 tsp fennel seeds
- 1/4 tsp nigella seeds
- 1 tsp fenugreek leaves, soaked in 2 tbs of hot water

OTHER SPICES

- 1/2 tsp asafoetida
- 1/2 tsp ajwain seeds
- 1 tsp mango powder
- 1 tsp dry mint leaves

WET INGREDIENTS

- 3 tbs groundnut oil or vegetable oil
- 1 heaped tsp tomato paste
- 1 tsp pulped garlic
- 1 tsp pulped ginger
- 2 tbs pulped tamarind

Rock salt or salt flakes to taste  
2 tbs natural yogurt  
Small bunch of fresh coriander, roughly chopped

Parboil the potatoes in a large pan with a pinch of salt and the turmeric, this usually takes about 5 minutes.

Drain in a colander and place a kitchen towel over the top of the colander, so that the potatoes steam dry. Set aside.

Place a large sauté pan on a low heat and add the oil. Once the oil is warm, add the mustard seeds, fennel seeds, nigella seeds, asafoetida and ajwain. Stir well into the oil, then stir in all of the remaining key spices, and fry until fragrant.

Add the tomato paste, garlic and ginger. Stir and fry for 1 minute.

Add the potatoes, coat and stir really well. Ensure that the potatoes are cooked through, and a little crispy on the outside.

Add the fenugreek leaves, mango powder, mint leaves, and tamarind pulp.

Cook for a further minute, remove from the heat, place a lid on the pan and leave for 10 minutes.

Add fresh coriander, and serve with chapattis and a little natural yogurt





# Spinach and Onion Pakoras

Preparation time 20 minutes,  
cooking time 20 minutes.  
Overnight refrigeration required.

**SERVES 4**

3 sliced large potatoes (King Edwards are  
my favourites for making pakoras)  
2 large onions, finely sliced  
220 g of baby spinach  
Small bunch of fresh coriander, chopped  
150-200 g chickpea flour

## KEY SPICES

½ tsp turmeric  
1 tsp red chilli flakes

1 tsp cumin seeds  
¼ tsp crushed black peppercorns  
½ tsp crushed coriander seeds

## Warming Spices

2 tsp fenugreek leaves, soaked in 4 tbs of  
hot water for 10 minutes

## Other Spices

1 tsp ajwain  
1 tsp pomegranate powder  
1 tsp mango powder

## Wet Ingredients

1 tbs fresh lemon juice  
Vegetable oil, for deep frying

Rock salt or salt flakes

Slice the potatoes and onions thinly into a large mixing bowl. Add the baby spinach, coriander, turmeric, red chilli flakes, soaked fenugreek leaves and lemon juice. Sprinkle salt over, and leave in the fridge overnight.

*NB: I place a small side plate on top of the ingredients in the mixing bowl with a heavy object on top of the plate to help draw the water from the fresh ingredients. My heavy object is my pestle and mortar.*

Remove from the fridge and you will find that the salt (and your weighted object) has drawn all the water out of the spinach and other ingredients.

In a dry pan, roast the key spices, warming spices and other spices, except for the turmeric and red chilli flakes, until fragrant.

Add all of the roasted spices from the dry pan, as well as the turmeric and red chilli flakes to the mixing bowl and stir in.

Gradually add gram flour to the mixing bowl, until the mixture is the consistency of pancake batter but not quite as runny.

Over a medium-high heat in a large, heavy saucepan, heat the oil to 375° C or 190 F.

Carefully place spoonfuls of the pakora mixture into the oil.

Once the potato slices are golden in colour, carefully take the pakoras out of the oil, and put them on some kitchen paper to absorb any excess oil.

Serve hot, mint and coriander chutney and masala chai.

*If you find that the wet ingredients have not released enough natural water, add a little extra water, sufficient to make the batter. Only add this if you have to, and be careful not to add too much.*





## Bombay Potato with Rhubarb

*This was one of my childhood favourite dishes. My Dad used to love making this, with rhubarb picked fresh from our back garden.*

Preparation time 30 minutes,  
cooking time 55 minutes

**SERVES FOUR**

850 g large potatoes, peeled and cut into large chunks  
3 pink rhubarb stalks, cut into 1 inch chunks.  
Rhubarb leaves should be removed.  
1 tbs brown sugar

### KEY SPICES

1 tsp cumin seeds  
1 tsp crushed coriander seeds  
1 tsp mustard seeds  
½ tsp black peppercorns

1 1 inch piece of cassia bark  
1 bay leaf

1 and ½ tsp turmeric powder  
1 tsp red chilli flakes

### WARMING SPICES

½ tsp fennel seeds  
1 tsp fenugreek leaves, soaked in 2tbs of hot water  
½ tsp nigella seeds  
2 cloves

### WET INGREDIENTS

4 tbs groundnut oil or vegetable oil  
1 large onion, finely chopped  
2 large tomatoes, roughly chopped  
2 tsp pulped garlic  
1 tsp pulped ginger  
2 green chillies, pierced  
1 small bunch of coriander including stalks, roughly chopped

1 tsp rock salt or salt flakes  
1 tsp grated jaggery

Pre heat the oven to gas mark 4, 350°F (180°C).

Place the rhubarb stalks on a non-stick baking tray and sprinkle the brown sugar over the top. Bake in a pre-heated oven for 10 minutes. Remove and set aside.

Place a large saucepan of water on the boil, with 1 tsp of turmeric and 1 tsp of salt. Parboil the potatoes for 7 minutes.

Drain the potatoes in a colander, and place a kitchen towel over the top (this will steam dry the potatoes). Set aside.

Take a small dry frying pan, set on a low heat, and warm through the cumin seeds, coriander seeds, mustard seeds and black peppercorns until fragrant. This should take 1 minute, as you are just trying to tease the oil out of the spices. Remove from the heat, add to the pestle and mortar and grind coarsely.

Take a large sauté pan, add the oil and warm on a low heat. Then add the onions, cassia bark, bay leaf and salt to taste. Sauté for 5 minutes.

Add the ½ tsp of turmeric and red chilli flakes, stir and sauté for 2 minutes.

Add the chopped tomatoes and jaggery, and continue to sauté for a further 10 minutes, stirring occasionally.

By cooking these ingredients for a little longer, your curry will definitely taste better.

Now add the garlic, ginger and green chillies, and sauté for 2 minutes.

Add the contents of the pestle and mortar, stir well, and sauté for about 10 minutes, until you see that the mixture resembles a paste.

If the paste becomes a little dry and sticks to the pan, then just add a little water whenever you need, to help you achieve the required consistency.

Add the parboiled potatoes and baked rhubarb, and stir really well on a high heat for 1 minute.

Reduce the heat to simmer, place the lid on the pan, and cook for 10 minutes or until the potatoes are cooked through.

Remove from the heat, add the chopped coriander including the stalks. Serve with a mint and coriander raita and warm chapattis











# Easy Beetroot & Pomegranate Crisps

## SERVES 4

6 large uncooked beetroots

## KEY SPICES

1 tsp cumin seeds

## WARMING SPICES

1 tsp fennel seeds

## OTHER SPICES

1 tbs pomegranate powder

## WET INGREDIENTS

2 tbs coconut oil

1 tsp pulped ginger

Sea salt to taste

Preheat the oven to 375 F / 190 C / gas mark 5.

Place the cumin and fennel in a small frying pan and dry roast on a low heat until fragrant. Place in a pestle and mortar, grind to a fine powder. Set aside.

Peel the beetroot. Using a mandolin, slice thinly to 1.5 mm.

Once sliced, place in a bowl and drizzle with the oil, pomegranate powder, sea salt, as well as the fennel and cumin from the pestle and mortar. Stir well with your hands

Line a baking tray with grease-proof paper, and place the sliced beetroot in the tray.

Bake for 10-15 minutes. Remove from the oven, turn the crisps over, and bake for a further 5 minutes.

You can wear gloves if you don't like the idea of staining your hands. However, a little tip my Dad taught me was if you have an old pear lying around, just make a quick paste using the pear and a little lemon juice, and use this to remove any colouring on your hands.







## Stir-Fried Asparagus with a hint of Ginger, Lime and Cumin

Preparation time 20 minutes,  
cooking time 10-12 minutes

**SERVES 4**

450 g asparagus, washed, trimmed and  
dried with some kitchen paper.

The best tip for trimming is by bending  
the asparagus spear, it snaps at exactly  
the spot where the tough stalk meets the  
tender spear.

**KEY SPICES**

½ tsp cumin seeds  
¼ tsp black peppercorns  
Pinch of red chilli flakes

**WET INGREDIENTS**

1 tbs groundnut oil  
4 spring onions, chopped finely  
1 tsp pulped ginger  
2 tbs lime juice  
Zest of one lime

½ tsp grated jaggery  
Sea salt to taste  
Handful of fresh coriander, chopped finely

Take a small dry frying pan set on a low heat, add the key spices and gently warm through for 1 minute - remember you just want to tease the spices to release a little of their oils, and rest of their flavours need to be retained to be infused into the asparagus.

Remove from the heat, place in a pestle and mortar, and grind to a fine powder. Set aside.

Heat a wok on a medium to high heat. One of the keys to successful stir-frying is pre-heating the wok before adding the oil, which should only take 1 minute. The wok should be just starting to smoke slightly. Add the oil which will heat up really quickly, then add the spring onions and ginger. Stir vigorously with a wooden spoon.

Add the contents of the pestle and mortar along with jaggery and sea salt to taste, stirring all the time. Add the asparagus and ensure it is coated well with the other ingredients.

You should then only need 1-2 minutes to stir-fry the asparagus.

Remove from the heat, add the lime juice, lime zest and fresh coriander.

Serve immediately.



# Spicy Courgette Tempura Fries with Chickpea Flour

*When I was young, we grew courgettes in our back garden. We used to sit outdoors with neighbours and friends while Dad and our neighbour, Mr Mayo, fried the courgettes and served them in brown paper bags which Dad used to save from our trips to the greengrocer.*

Preparation time 20 minutes,  
cooking time 20 minutes

SERVES 4

6 large courgettes (zucchini), washed, dried  
and cut into thick matchsticks  
150 g chickpea flour

KEY SPICES

1 tsp cumin seeds  
½ tsp turmeric  
1 tsp red chilli flakes

WARMING SPICES

1 tsp fenugreek leaves, soaked in 2 tbs of  
hot water

OTHER SPICES

¼ tsp ajwain  
2 tsp mango powder

Sea salt to taste

WET INGREDIENTS

1 large egg, whisked  
100 ml sparkling water  
1 tsp pulped garlic  
2 tsp pulped ginger  
2 green chillies, minced  
1 tsp rice wine vinegar  
1 tsp baking powder

Vegetable oil for deep frying

Small bunch of fresh coriander, chopped  
roughly

Place the cumin seeds and ajwain in a small dry frying pan on a low heat, and warm through for 1 minute. Remove from the heat, place in a pestle and mortar and grind coarsely. Set aside.

Sieve the chickpea flour into a large bowl, then add the turmeric, red chilli flakes, fenugreek leaves, whisked egg, sparkling water, garlic, ginger, green chillies, rice wine vinegar, sea salt to taste and the contents of the pestle and mortar.

Whisk to make a smooth batter, add the mango powder and baking powder, and whisk really well.

Add the coriander and the courgettes, and cover with the batter.

Heat the oil in a large deep frying pan and carefully place large spoonfuls of the batter mixture into the hot.

Fry in batches for 2-3 minutes, turn and fry for a further 2 minutes, or until they are golden-brown.

Carefully remove from the oil and drain on kitchen paper.

Serve immediately. I like to eat this dish with beetroot and tomato chutney (see page...)

# Spicy Tomatoes with Eggs

*A quick and easy breakfast, which is ideal if you have guests staying.*

Preparation time 15 minutes,  
cooking time 20 minutes

SERVES 4

4 large beef tomatoes, tops cut and seeds  
removed to create a hallow space  
4 small free range eggs

KEY SPICES

1 tsp cumin seeds  
½ tsp black peppercorns  
1 tsp red chilli flakes

WARMING SPICES

1 tsp fenugreek leaves

WET INGREDIENTS

1 tbs softened unsalted butter  
½ tsp pulped garlic  
½ tsp pulped ginger  
1 tbs fresh coriander stalks, chopped

GARNISH

Small bunch of fresh coriander, finely  
chopped  
Fresh mild red chilli, finely minced

Sea salt to taste

Preheat the oven to 200 C, 390 F or gas mark 6.

Place the tomatoes on a baking sheet, slice a little off the bottom of each tomato so that they sit flat on the baking sheet.

Place a small dry frying pan on a low heat, add the key and warming spices, and warm for 1 minute.

Remove from the heat, transfer to a pestle and mortar and grind to a fine powder.

Transfer the contents of the pestle and mortar to a bowl. Add the softened butter, garlic, ginger, coriander stalks and salt to taste. Mix really well.

Take each tomato, and using a pastry brush, coat the inside really well with the mixture from the bowl.

Crack one egg into each tomato. Season with a little sea salt.

Place in the oven for 8 - 10 minutes, or if you like the eggs runny for 6 - 7 minutes.

Remove from the oven and garnish with fresh chopped coriander and red chilli.

Serve with your favourite toast.



