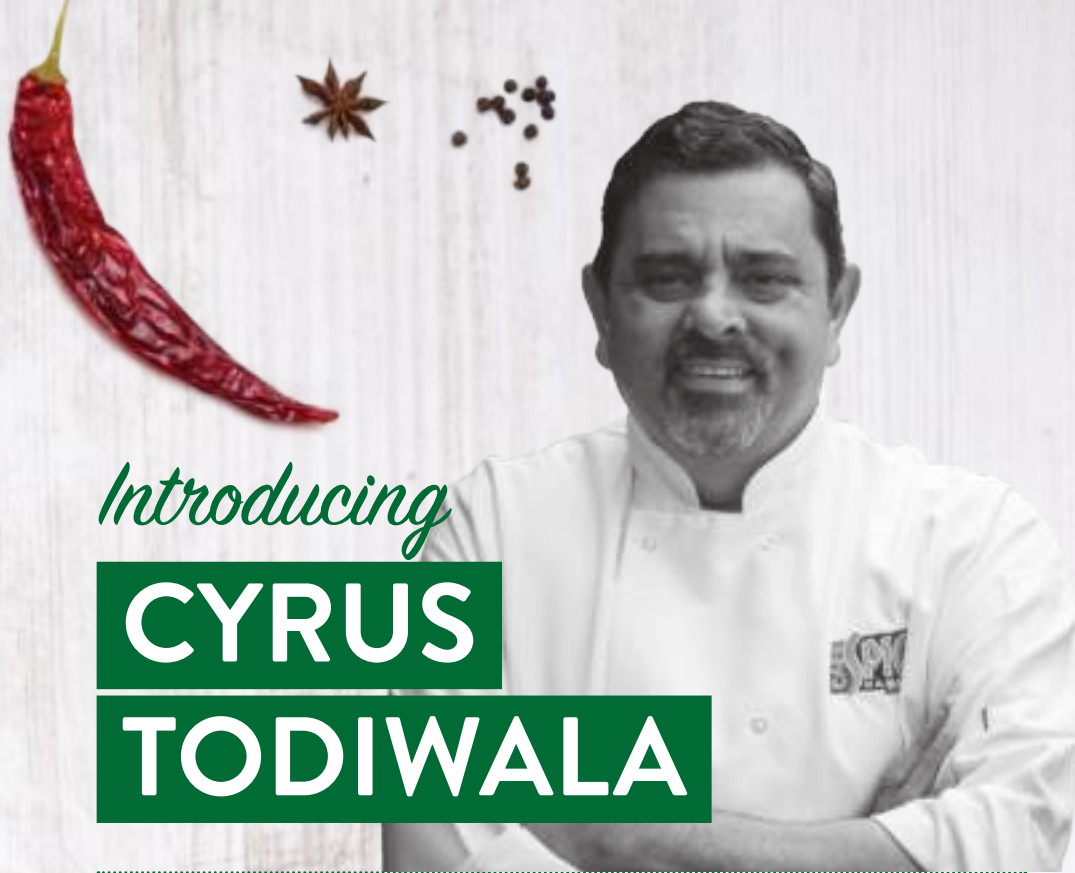


ESTD 1989
KERRYMAID



Indian Inspiration

A recipe booklet featuring exclusive menu ideas from Cyrus Todiwala OBE DL



Introducing

CYRUS

TODIWALA

In 1991, my family and I moved from Bombay to the UK. Despite the move there was one thing that was absolutely imperative to us as family – and that was to not lose our heritage or the authentic flavours and spices of our home country.

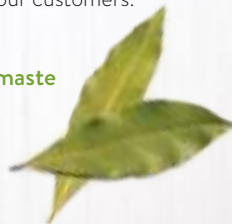
When we launched Café Spice Namaste four years later it was crucial that our culinary heritage shone through in the flavours and authenticity of the dishes we served our customers.

Now, more than 25 years and four restaurants later, including one in Goa, India, our mission

has not changed and while we consistently innovate and bring a fresh approach to one of the UK’s favourite cuisines, traditional flavours and taste remain at the heart of our menu.

With taste our number one priority, I have worked closely with Kerrymaid, using its versatile dairy based ingredients to create a range of authentic Parsee and Bombay inspired dishes that you can replicate in your own kitchens and which will delight your customers.

Cyrus Todiwala OBE DL
Chef Patron, Café Spice Namaste



TASTE & SPICE AND ALL THINGS NICE!

SINCE EXPLODING ONTO THE RESTAURANT SCENE IN THE 1960s THE INDIAN CHANNEL HAS GROWN TO BECOME ONE OF THE MOST LOVED CUISINES IN THE UK. HOWEVER, AS TASTES EVOLVE AND OUR PALATES BECOME MORE SOPHISTICATED, MENUS NEED TO ADAPT TO DELIVER THESE TRADITIONAL AND WELL-LOVED FLAVOURS IN NEW AND INNOVATIVE FORMATS.

Indian cuisine can be seen as a little complicated to make at home, due to the subtle blends of taste and flavours, which are not always easy to replicate in a domestic kitchen. As such when we visit Indian restaurants we are looking for and expect to taste the authentic flavours and tastes from a range of different Indian regions that we wouldn't find at home or in a pre-prepared meal.

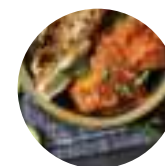
KERRYMAID'S TOP TIPS ON CREATING BRILLIANT DISHES EVERY TIME:



Temper whole spices such as mustard seeds, cumin seeds, red dry chillies, grated ginger or garlic in hot oil until they sizzle to release their full flavour



Experiment with garnishes such as flaked coconut, poppy seeds, tamarind juice and fresh chilli



Use Kerrymaid Single to make curries exceptionally creamy – without the worry as it will never split



Source authentic ingredients to ensure taste and flavour is accurate



Cook with infused oil to increase flavours; whole spices, curry leaves and ginger flavourings work well

INDIAN CUISINE IS ABOUT MORE THAN JUST CURRIES; IT IS ABOUT EXPLORING DIFFERENT FORMATS OF DISHES AND THE DIVERSE FLAVOURS ON OFFER.

Kerrymaid has teamed up with chef Cyrus Todiwala to create a range of fantastic tasting authentic Indian dishes for you to share with your customers – there is something here for every occasion – from a delicious evening meal to an inspired brunch idea.





BUTTER CHICKEN MAKHANI

PREP TIME: 30 mins

COOKING TIME: 1 hour

THE CLASSIC BUTTER CHICKEN - OR CHICKEN
MAKHANI - IS A STAPLE NORTHERN INDIAN DISH.

INGREDIENTS

- 3 tbsp **Kerrymaid Buttery**
- 2 tsp red chilli powder
- 1 tsp sugar
- ½ tsp salt
- ½ lime juice
- 200g tomato paste canned
- 1 heaped tsp cumin
- 2-3 inch piece fresh ginger (grated or finely chopped)
- 2-3 green chilli (chopped)
- 200ml **Kerrymaid Double**
- 1 heaped tbsp coriander (chopped)

TOP TIP: The recipe overleaf for **Mala Murg Chicken Tikka** will accompany this dish perfectly

METHOD

- 1 Heat **Kerrymaid Buttery** in a karahi or wok until it foams
- 2 Remove from the heat and add the red chilli powder, sugar and salt, stir well and put back onto the hob stirring for one minute
- 3 Add the tomato paste and lime juice and cook for 2 minutes on a low heat blending well
- 4 Add the grated ginger, half the ground cumin and green chillies and cook on a low heat
- 5 Add the **Kerrymaid Double** and simmer for 6-8 minutes
- 6 Add the cooked chicken tikkas. Check the seasoning and garnish with chopped coriander and the remaining cumin powder

SERVES 6

MALA MURG TIKKA

PREP TIME: 10 mins

COOKING TIME: 6-10 mins

A MILD CHICKEN TIKKA WITH PERSIAN ORIGINS CONSISTING OF CREAM, YOGURT AND CHEESE. THE WORD 'TIKKA' IS ACTUALLY PERSIAN AND SIMPLY MEANS 'A PIECE', NORMALLY REFERRING TO MEAT BUT CAN ALSO REPRESENT VEGETABLES – SO THIS CAN BE EASILY ADAPTED TO SUIT VEGETARIAN DIETS.

INGREDIENTS

4 large chicken breasts cut into four to five equal pieces each. You can cut them into smaller pieces if you like.

150ml **Kerrymaid Single**

3 tbsp thick yoghurt

½ tsp **Kerrymaid Grated White**

2 inch piece finely crushed ginger

3 cloves finely crushed garlic

5 cardamom pods powdered or one level tsp ready made powder

½ tsp grated nutmeg

½ tsp mace powdered

1 heaped tbsp ground almonds

1 long finger type green chilli very finely minced

Salt to your taste

1 tsp lime juice

1 tsp rapeseed oil

Kerrymaid Buttery for basting

METHOD

- 1 Cut the chicken breasts into 4 equal pieces, sprinkle with salt and lime juice and set aside
- 2 Blend all the other ingredients together in blender until the **Kerrymaid Grated White** is combined – do not over blend
- 3 Pour the mixture over the chicken and mix well
- 4 Marinate for at least 1 hour, but preferably overnight
- 5 Add the **Kerrymaid Single** and simmer for 6-8 minute
- 6 For best results chargrill the chicken tikka, rotating occasionally. Place chicken on the grill spaced out and baste with **Kerrymaid Buttery**. Cook equally on each side for 4-5 minutes

SERVES 4





SERVES 4-6

DAAL MAKHANI

PREP TIME: 2 hours

plus minimum of 8 hours to soak lentils

COOKING TIME: 1 to 1 ½ hours

DAAL MAKHANI IS A POPULAR DISH ORIGINATING FROM THE PUNJAB REGION OF INDIA AND PAKISTAN. THE COMBINATION OF LENTILS AND KERRYMAID BUTTERY CREATE A SMOOTH SILKY TEXTURE.

INGREDIENTS

200-250gms whole black urad daal

2-3 tbsp red kidney beans

2 medium sized red onions

4 inch piece fresh peeled ginger finely shredded

2-3 long green chillies cut lengthways

4-5 garlic cloves finely chopped

2 medium tomatoes chopped coarsely

1 tsp red chilli powder

1 tsp cumin seeds

3-4 tbs **Kerrymaid Buttery**

1 tbs oil

3-4 tbs **Kerrymaid Single**

METHOD

- 1 Wash the black urad all in tepid water and soak approximately two inches above the beans. Leave to stand in a warm place, ideally overnight
- 2 Soak the red kidney beans in a bowl and follow the above instructions
- 3 When the daal is well soaked and well expanded, gently rub it between the palm of your hands and remove the husk. This will float to the surface when washed so lift off and discard and wash the lentils well
- 4 Combine the black urad daal and the red kidney beans, place in a deep casserole dish and add water, 1 to 2 inches above the beans and bring gently to the boil
- 5 Remove the foam that comes to the surface and reduce to a simmer. Add salt as desired. When both the beans are thoroughly cooked and you can mash the red kidney bean between your fingers you are ready to finish the dish
- 6 Heat the **Kerrymaid Buttery** and oil in a saucepan or casserole dish. As soon as it is melted add the cumin seeds and stir until they change colour
- 7 Add the ginger, garlic and green chilli and sauté until garlic turns a pale brown
- 8 Add the chopped onions and the chilli powder and sauté until the onions turn pale
- 9 Add the tomatoes and cook until soft, then add the boiled beans to the pot
- 10 Stir well, bring to a soft boil and, season to taste. Add the **Kerrymaid Single** to serve

TOP TIP: Serve as a side dish or with some warmed bread.



SERVES 6

AKOORI

PREP TIME: 1 to 1 ½ hours

COOKING TIME: 4-5mins

INDIAN-STYLE SCRAMBLED EGGS ARE A POPULAR PARSEE DISH, PROVIDING A SPICY, FLAVOUR-PACKED BREAKFAST OR BRUNCH – PERFECT WITH TOASTED CHAPATIS, SERVED OVER SLICES OF BUTTERED TOAST OR A TOASTED BAGUETTE. IDEAL TO EXTEND YOUR MENU INTO DIFFERENT DAY PARTS. THIS WILL DELIGHT AND SURPRISE YOUR CUSTOMERS.

INGREDIENTS

- 6 large eggs
- 2 medium onions (evenly & finely sliced)
- 4 garlic cloves
- ¼ of an inch (approx) fresh ginger
- 1 tomato seeded & diced
- 2 tbsp fresh coriander chopped
- 1 medium green chilli finely minced
- 1 tsp malt vinegar
- 1 tsp white sugar
- ½ tsp lemon juice
- ¾ level tsp cumin powder
- 1 tsp coriander powder
- A large pinch turmeric powder
- ½ tsp red chilli powder
- 6 tbsp oil (sunflower)
- 1 tbsp **Kerrymaid Buttery**
- 35ml **Kerrymaid Single**
- 1 tbsp golden sultanas (optional)

METHOD

- 1 Heat the oil and brown the sliced onions until golden. Remember to not overheat the oil and to stir the onions continuously
- 2 Take off the heat and pat the onions dry to remove the excess oil
- 3 Return the pan to the heat, add the ginger, garlic and green chillies and sauté until the garlic turns gold in colour
- 4 Reduced the heat and add the spices (masalas) and continue to cook gently for 90 seconds
- 5 Add the tomatoes, stir for 1 minute and stir the onions back in
- 6 Add the sultanas (optional)
- 7 Add the vinegar, lemon juice, salt and sugar. Cook for 90 seconds until the liquid evaporates
- 8 Remove from the heat and drain the oil
- 9 Add the **Kerrymaid Buttery**, **Kerrymaid Single** and eggs and beat them in the mixture. If adding when it's still hot, beat the eggs in a separate bowl, add the **Kerrymaid Single** and then pour into the pan, stirring continuously
- 10 Cook on a very low heat stirring continuously to achieve a creamy texture
- 11 When desired consistency is achieved, add the fresh coriander and season as required

TOP TIP:

If you store the Akoori mixture in an airtight container it will keep in the fridge for up to three weeks – allowing you to spoon it by service.



PEASEMEAL & CHOCOLATE FUDGE

PREP TIME: 20 mins

COOKING TIME: 45 mins

A RICH AND INDULGENT VERSION OF ONE OF THE NATION'S FAVOURITE SWEET TREATS, THIS FUDGE - WITH A FRAGRANT TWIST - IS FEATURED REGULARLY ON INDIAN MENUS. CUSTOMERS WILL LOVE IT WHEN YOU PROVIDE THEM WITH SOMETHING A LITTLE DIFFERENT.

METHOD

- 1 Melt 120gms of **Kerrymaid Buttery** until it bubbles, add the peasemeal and cook on a medium heat (this could take up to half an hour). Stir regularly and do not allow the peasemeal to discolour
- 2 With the remaining **Kerrymaid Buttery** line a small pie dish, cake tin or glass dish roughly 10" x 5"
- 3 When the peasemeal shows butter being released or gets a bit of a gloss add the sugar and cook until the sugar is heated through
- 4 Combine the condensed milk and the **Kerrymaid Single**
- 5 Move the pan from the heat and allow to rest for 3 minutes. Pour in the liquid mixture and whisk well
- 6 Break up any lumps and work the mixture well
- 7 Return to the heat and gradually add the chocolate pieces a little at a time, mixing well
- 8 Once all the chocolate is beaten in and the mixture starts to come off the sides, add the cardamom powder, mix in well and pour into the buttered dish and level it out
- 9 Cool and chill slightly and cut into pieces

INGREDIENTS

350g peasemeal
1ltr **Kerrymaid Single**
1 tin sweetened condensed milk
120g **Kerrymaid Buttery**
+ 40g for greasing dish
200g 70% dark chocolate (chopped)
50-100g moscovado sugar
½ tsp ground green cardamom

TOP TIP: Delicious served with coffee to finish off the meal perfectly.

SERVES 18



BOMBAY BREAD PUDDING

PREP TIME: 45 mins

COOKING TIME: 1 hour

A BRILLIANT TWIST ON A TRADITIONAL BRITISH MENU FAVOURITE. THIS DISH IS A GREAT WAY TO USE UP LEFT OVER BREAD FROM AN EARLIER SERVICE. IT TASTES GREAT AND MINIMISES WASTE.

INGREDIENTS

2 loaves white bread

500g **Kerrymaid Buttery**
(+ 100g to line the tin)

100ml oil

2 ltr **Kerrymaid Single**

3 x 400ml tins evaporated milk

2 x 300ml tins sweetened
condensed milk

1 heaped tsp ground
green cardamom

1 heaped tsp grated nutmeg

16 whole and 8 yolks eggs

Vanilla extract to taste

METHOD

- 1 Cut the bread into approx ½ inch cubes
- 2 Heat the oil and **Kerrymaid Buttery** together and add the bread. Sauté until the bread is a light golden colour. Toss well so that the **Kerrymaid Buttery** and oil is well distributed throughout
- 3 Beat the eggs and egg yolk in a deep bowl until well blended but not over beaten - the less froth the better
- 4 Heat the evaporated milk, the **Kerrymaid Single** and the condensed milk together until near boiling. While stirring the eggs add the milk mixture and mix well
- 5 Strain the mixture and season with the nutmeg, cardamom and vanilla
- 6 Line the tray with **Kerrymaid Buttery**, add the cubed bread and pour in the mixture
- 7 Bake in a combi oven at 150°C on 70 per cent dry heat and 30 per cent humidity with the fan on very low speed OR preheat a regular oven to 160 °C and leave a tray with an inch of water at the bottom and place the pudding on the shelf above. Bake for 15 minutes then reduce the heat to 150°C
- 8 Bake until golden brown then allow to cool before serving

SERVES 24



ROSE AND CARDOMOM CREME BRÛLÉE

PREP TIME: 30 mins

COOKING TIME: 1 hour

THIS RECIPE TAKES A TRADITIONAL CRÈME BRÛLÉE AND PUTS A FRAGRANT TWIST ON IT. THIS IS A REALLY GREAT WAY TO STAY TRUE TO REGIONAL CUISINE WHILST OFFERING CUSTOMERS SOMETHING THEY KNOW REALLY WELL AS THE SAVOURY CARDAMOM NOTES TRULY ELEVATE THIS SWEET DISH.

INGREDIENTS

750ml **Kerrymaid Double**

8 eggs

100g caster sugar

6 green cardamom pods
(finely crushed, but
not powder)

1 tsp extract of rose

2 heaped tbsp toasted

chopped almonds

1 heaped tbsp toasted
chopped pistachios

Kerrymaid Single to serve

METHOD

- 1 Pour the **Kerrymaid Double** into a heavy bottomed saucepan along with the cardamom pods and bring gently to the boil
- 2 Reduce the heat and simmer gently scraping the sides clean with the spatula regularly for 3-5 minutes
- 3 Separate the egg yolks and egg whites. Only the yolks are used in this recipe
- 4 Pour the caster sugar into the bowl with the egg yolks and combine
- 5 When the cream mixture is simmering, pour it into the bowl with the egg yolk mixture
- 6 Stir thoroughly for 2 minutes to dissolve the sugar
- 7 Strain the mixture to remove any lumps and chill
- 8 Add the essence of rose (if using rose water it is advisable to reduce it on heat first otherwise the mixture may be too runny)
- 9 Preheat the oven to 150°C
- 10 Ladle the brûlée mixture into the serving dish (or dishes)
- 11 Sprinkle chopped nuts equally into each dish (the nuts might sink, but don't worry!)
- 12 Place the crème brûlée dishes into a deep baking tray and pour hot water into the tray, until the water reaches halfway up the sides of the dishes
- 13 Place the bain-marie into the preheated oven and cook the crème brûlée for about 8 minutes. Then reduce heat to 130°C and cook for another 10 to 12 minutes or until set firm but still with a slight wobble
- 14 For the topping, sprinkle with caster sugar. Heat the surface with a mini-blowtorch until it forms a thin layer of caramel. Alternatively, do it traditionally by spreading the sugar evenly on the top and colouring the brûlée under the grill. Turning from time to time to get an even bake
- 15 Sprinkle again with caster sugar in a final layer and caramelize with the mini-blowtorch once again, to form a thick crunchy layer
- 16 Serve with an individual jug of **Kerrymaid Single**

SERVES 4





Kerrymaid Buttery has 78% less saturated fat than butter



KERRYMAID BUTTERY

“We have put our dairy expertise to good use with these rich and creamy tasting spreads”

- EASY SPREAD
- GLUTEN FREE
- COOKING BAKING & FRYING
- VEGETARIAN



Kerrymaid Double has 26% less saturated fat than double cream

KERRYMAID CREAM ALTERNATIVES

- ALL THE TASTE OF FRESH CREAM
- DOES NOT SPLIT WITH ACIDIC INGREDIENTS*
- GLUTEN FREE
- PRESERVATIVE FREE
- FOR SWEET & SAVOURY DISHES
- NO HYDROGENATED FATS



Kerrymaid's cream alternatives are the only cream alternatives on the market that are free from hydrogenated vegetable oils and trans fats.



KERRYMAID GRATED WHITE

- GLUTEN FREE
- EVEN MELT
- VEGETARIAN
- COST EFFECTIVE 2KG PACK



BOASTING A RICH DAIRY HERITAGE, KERRYMAID HAS UNRIVALLED KNOWLEDGE, WHICH COMES FROM DECADES OF PASSION, DEDICATED TO CREATING THE BEST TASTING, VERSATILE DAIRY SOLUTIONS.

Kerrymaid is crafted to deliver all the taste of fresh dairy with none of the inconsistencies. Based on generations of knowledge and working closely with its customers, Kerrymaid understands that dairy is a fundamental ingredient in many authentic Indian dishes and therefore needs to be both reliable as well as great tasting.

Created by chefs, for chefs, Kerrymaid helps deliver consistent dishes time and time again.

Kerrymaid's portfolio offers versatility and functionality, and by using the range, chefs can ensure they are bringing the 'Taste of the Good Life' to their customers.

Brought to you by Kerry, a world leader in the global food industry, Kerrymaid also has access to a range of in-house expertise, from nutritionists to development chefs, at its state of the art development centre in the heart of Kerrymaid's home – Ireland.

Visit www.kerrymaid.com to find out more.

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