



# Coconut stew

A light-hearted gluten-free, dairy-free and vegan stew curry from Southern India, enjoyed all over India.

Recipe by Ravleen Singh



Serves 4-6



30 minutes

## INGREDIENTS

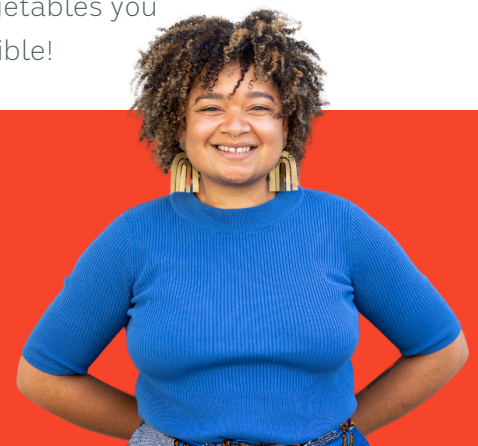
- 300g bite size cut vegetables of your choice (eg. carrot, beans, broccoli, cauliflower, potatoes)
- 1 sliced onion
- 1 tsp ginger and garlic paste (optional)
- Curry leaves - 2 Tb. Sp.
- 1 cinnamon stick
- 3 star anise
- 3 bay leaves
- 3 cardamom pods
- 2 dry red chillies (optional)
- 2 tbsp oil
- ½ tsp cumin seeds
- ½ tsp mustard seeds
- 1 tsp garam masala (optional)
- 15x 1.5 inch pieces of moringa (optional)
- 600ml coconut milk (you can also use coconut cream, thinned to regular milk's consistency)
- Salt and pepper to taste

## DIRECTIONS

1. Heat oil in a saucepan over medium heat.
2. Add all the whole dry spices and wait until you hear the cumin and mustard seeds crackle.
3. Add curry leaves and sliced onion and sauté on low heat until translucent.
4. Add ginger and garlic paste to it and cook for 2 minutes.
5. Add vegetables and cook for another 5 minutes.
6. Add coconut milk and cook until vegetables are cooked.
7. Adjust the seasoning with salt and pepper.
8. It's ready to be served! Enjoy it with rice.

## NOTES

Add whichever meat or vegetables you like - this recipe is very flexible!



# Sundays

with Lucie Cutting

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# Kheer (Rice Pudding)

Creamy rice pudding, also known as Payasam

Recipe by Ravleen Singh



Serves 4-6



30 minutes prep

35 minutes cooking

## INGREDIENTS

- 150g rice
- 1L full fat milk
- 150g sugar
- ½ tsp cardamom powder (or pound 5 cardamom pods)
- 1 pinch saffron (optional)
- 10 each blanched and slivered almonds and pistachios (or any nuts of your choice)
- 24 raisins (optional)

## NOTES

To make dairy-free kheer, substitute milk for coconut milk, and thin it down with water to bring to milk's viscosity.

For sugar: demerara or jaggery work best, but other alternatives or sugar replacements will also work.

## DIRECTIONS

1. Wash the rice 4 times in cold running water, then soak it in water for 30 minutes.
2. Boil the milk and add the soaked rice, saffron and half the dried fruits (save the other half for garnish) and cook it on low heat until it becomes thicker than cheese sauce.
3. Add sweetener and cardamom powder. (The recipe uses a little more sweetener than usual, as if you serve it cold then any dish tends to feel less sweet).
4. Kheer is ready to be served, Garnish it with chopped nuts. Bon Appetit!



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