



Celebrating

Asian and Community Cooking

A community project from
Community Wellbeing and Partnerships

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<https://www.eastherts.gov.uk/article/35094/Healthy-Eating>

Foreword

This film is about helping you and your family to make small changes to the ways in which you cook your food. Fusion cooking is all about combining traditional recipes with other flavours and cuisines to bring variety and excitement to the food we eat.

The tips and advice contained in this film are about reducing the amount of salt, fat and sugar we apply to all the different types of food we eat as well as new foods we like to try.

This can help prevent you from developing a range of long term conditions like Coronary Heart Disease, Stroke, Obesity and Diabetes.

Eating more healthily and keeping as active as possible can make an amazing difference to the health and wellbeing of you and your family.

Simon Barfoot
Healthy Lifestyles Programme Officer

Focus on Food Safety

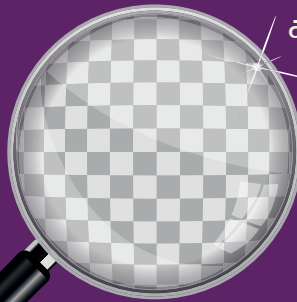
Cooking

Check food is thoroughly cooked at 75°C or above. Make sure it is steaming hot. If cooking meat, check that the juices run clear with no blood.



Cleaning

"Clean as you go"
- use the correct cleaning agent for the task. A food safe anti-bacterial cleaner is good or steaming hot soapy water and a clean cloth.



Cross-contamination

Keep raw and cooked foods apart. Use different chopping boards for raw and cooked/ready-to-eat foods



Chilling

Keep foods chilled at 5°C or below. Use a fridge thermometer to check if it's correct. Store raw meat and eggs on the bottom shelf of the fridge.



A guide to Oven Temperatures

°F	°C	Gas Mark	Description
225	110	1/4	Very slow
250	123/130	1/2	Very slow
275	140	1	Slow
300	150	2	Slow
325	160/170	3	Moderate
350	180	4	Moderate
375	190	5	Moderately hot
400	200	6	Moderately hot
425	220	7	Hot
450	230	8	Hot
475	240	9	Very Hot



Wise About Food

By Sarah Scotland

Do we really know what is in the food we are eating? Food is made up of a variety of ingredients. If we eat too much of some of these ingredients, it can have a poor effect on our health.

By reading this booklet and watching this film, you can learn how to cook with less salt, oil and sugar.

Fats

Think about how you cook your food and the fats that you use. So often too much fat is used – how much should you use?

Only a tablespoon is needed, make sure you use one instead of estimating. Ghee is full of saturated fat - try and cook with rapeseed or sunflower instead.

This works really well and you will really taste the flavours rather than being masked by oil.

Where else can fat be found?

Be aware of cheese, this is full of fat. Paneer is full of fat also. Try and use semi skimmed milk, full fat is not needed. When cooking with meats and chicken cut all the fat off.

Sugar

Think about the sweets you like and the way that you eat them, for example do you put Brondi in yoghurt?

These all taste great but can be high in sugar, ghee and

condensed milk. It is easy to buy packet mixes of popular puddings but these can be the unhealthier ways to make them. Often manufactures add extra salt and sugar to help make the product last longer.

Try making them from scratch - the recipes can be altered easily to be just as tasty and healthy. Why not try making the semolina we have shown you in the video? The recipe can be found here in the booklet.

Salt

We all use too much salt in our cooking. Not only does it mask the flavour but can lead to a number of health issues such as high blood pressure, heart disease and stroke. As Ghee contains lots of salt, remember to swap to sunflower or rapeseed oil.

Ready Meals

High levels of salt are found in supermarket ready meals. By making your own in large quantities you can freeze it for another day.

Ready made packets of spices often have too much salt added, why not try buying individual spices and mix your own flavours. You can freeze these too if needed. Learn to play around more with spices – try herbs, thyme, marjoram, rosemary and mint, these give a lovely taste to any dish.

Adult

Energy: 8,400kJ/2,000kcal	Total fat: 70g	Saturates: 20g
Carbohydrate: 260g	Total sugars: 90g	Protein: 50g
Salt: 6g		

<http://www.nhs.uk/Livewell/Goodfood/Pages/reference-intakes-RI-guideline-dailyamounts-GDA.aspx>

Small Changes

1. Try and not deep fry very often. If you deep fry again, think how this food is covered in oil and is not good for health.
2. To be even healthier make sure that you change your oil frequently.
3. Poppadum's that also might be deep-fried are equally tasty grilled or microwaved.
4. Think about the foods that you deep-fry such as samosas. Try making your own from filo pastry and baking in the oven. A recipe for this can be found here in the booklet.

Top Tips

- Eat more fruit and vegetable
- Try wholemeal flour for Chapatis and Naans
- Try brown rice instead of white
- Cook with less oil, use rapeseed or sunflower instead of ghee
- Eat smaller portions
- Try not to snack between meals or if you do try healthy ones
- Eat fish, especially oily fish like trout, salmon, mackerel or kippers for the important omega 3 fat.
- Try and get more Vitamin D by going outside more
- Eat less puddings or least change the ways you make them.
- Being more active along with eating healthy will improve your overall health.

By making these changes slowly and being more active, you can improve your general health and eat healthy, lovely tasting food.

Table of alternatives

↑ High in	Swap for	Low in
Ghee (salt and fat)	—————→	Sunflower/Rapeseed Oil
Paneer (Fat)	—————→	Semi Skimmed milk
Bombay Mix (Fat)	—————→	Roasted Chick Peas
White Sugar (Sugar)	—————→	Brown Sugar
Packet Semolina	—————→	Homemade
Ready meals (Salt and fat)	—————→	Homemade

Nutrition labels can help you cut down on saturated fat. Look out for "saturates" or "sat fat" on the label.

High: More than 5g saturates per 100g. May be colour-coded red.

Low: 1.5g saturates or less per 100g. May be colour-coded green.

Medium: If the amount of saturated fat per 100g is in between these figures, that is a medium level, and may be colour-coded amber.

The label below is an example provided by a leading supermarket, which shows clearly that the food is high in saturated fat, because the saturates section is colour-coded red.

Per 100g	Half a pack as sold provides				
Energy 1852kj 422kcal	Energy 1852kj 422kcal	Fat 20.4g	Saturates 11.6g	Sugars 6.7g	Salt 1.39g
RI	22%	29%	60%	7%	32%

<http://www.nhs.uk/Livewell/Goodfood/Pages/Eat-less-saturated-fat.aspx>

Quick Naan Bread

Ingredients

- 250g self-raising flour
- 1/2 tsp salt
- 2 tbsps vegetable oil

Method

1. Put the flour in a mixing bowl add the salt, oil and milk. Mix it together*
2. Leave to rest for 5-10 minutes.
 - * If the mixture is too wet, add more flour. If it's too dry add more milk.
3. Form into large flat tear-drops.
4. Cook on a dry frying pan turning over when golden brown on each side.
5. Alternatively, place on a baking sheet in the oven and cook for 5-10 minutes at Gas mark 4/180C/350F.

Handy Tip

You can make the Naans more interesting by adding flavourings. Try adding finely chopped or crushed garlic. Chopped fresh coriander also goes well. Alternatively add desiccated coconut, raisins and ground almonds to make a Peshwari Naan. Sprinkle on the flavourings just before folding the naans into their final shape so the flavouring are trapped inside.

Handy Tip

Bread making is a great way to introduce children to cooking. Since Naan bread doesn't need any yeast or proving this is easy too!



Veggie Samosas

Ingredients

- 3 tbsp vegetable oil
- 1/2 tsp mustard seeds
- chopped onion
- 1 tsp finely chopped ginger
- 60g/2 1/2oz frozen peas
- 1 tbsp ground coriander
- 1 tsp ground cumin
- 1/4 tsp red chilli powder
- 1/2-3/4 tsp garam masala
- potatoes, peeled, boiled until soft and crushed into large lumps
- 1 packet of ready-made filo pastry
- 5 tbsp melted butter, for brushing

Handy Tip

Try making your own pastry

Method

1. Preheat the oven to 200C/400F/Gas 6.
2. Add the onion and ginger and cook for 2-3 minutes over a high heat.
3. Add the peas, stir well and add the spices and a splash of water.
*If using lemon juice, add this instead of the water.
4. Cook for 1-2 minutes, then add the potatoes and cook for 2-3 minutes. Taste and adjust the seasoning.



5. Unroll the pastry and cover with cling film and a damp tea towel. Peel off one piece and keep the rest covered so that it doesn't dry out.
6. Lay the pastry sheet flat on a clean surface and brush with melted butter.
7. Bake in the centre of the oven until golden and crisp, turning halfway through the cooking time.
8. Serve.

Mushroom Chettinad

Ingredients

- 1 tbsp of oil
- Small handful of Bay leaf
- 2 chopped onions
- 6 large Tomatoes
- 2 tsp of Turmeric
- 2 tsp of Chilli Powder
- 2 tsp of Cumin
- 2 tsp of Fennel seed
- 500g Mushrooms chopped and peeled
- Ground Cashew nuts
- Coconut Milk 500g tin
- Lemon Juice
- Coriander Leaf
- 500g Peas
- Pinch of Salt
- Chopped Peppers-Red, Yellow and Green

Method

1. After chopping all the vegetables, add a little oil into a pre-heated pan. When the oil is hot, add the bayleaf
2. Add the chopped onions and a pinch of salt. Stir well. Once the onions are brown, add the ginger and garlic paste.
3. Add the tomatoes.

4. Then stir in 2 tsp of Turmeric, Chilli, Coriander, Cumin and Fennel seed.
5. Once the tomatoes are soft add the chopped peppers.
6. Leave to simmer for 2 minutes.
7. Add the sliced mushroom and the ground cashew nuts.
8. Add a little water and simmer for 2-3 minutes
9. Add the peas and replace the lid for a further 2-3 minutes. Add the coconut water and pulp and stir well so there are no lumps. Leave for 2-3 minutes.
10. Add the lemon juice and coriander leaf.
11. Serve.

What to serve with
Pasta, Rice, Mashed Potato...

Don't like Mushrooms?

Why not try adding Cauliflower or Potato instead?



Lentil Biryani

Ingredients

- 3 Onions
- Oil
- Chopped Tomatoes
- 1-2 tbs of Masala Powder
- 4 tsp Yogurt
- Lentils
- Rice
- Coriander
- Mint
- Chillies
- Kewra Water

Handy Tip

Try adding different types of vegetables with the lentils.

Method

1. After chopping the vegetables, pour 2 tbl spoons of oil into a pan. Place onions in the pan and leave to fry evenly for a few minutes.
2. Remove half of the onions and save for later. Add the chopped tomatoes and stir in 1-2 tbsp of masala.
3. Add a splash of water to stop the masala from sticking.
4. When the tomatoes are soft pour in the lentils.
5. Add a little water to stop the lentils from sticking.
6. Place the lid on the pan and keep at a low heat for 5 minutes.



7. Add 4 tbsp of yogurt. Stir well and place the lentils in a bowl.
8. Grease the pan with 1 tbsp spoon of oil.
9. Place a layer of rice at the bottom then add all the lentils.
10. Add a layer of coriander and mint. Place the chillies in whole.
11. Pour in the remaining rice and sprinkle the onions on top.
12. Place back on a low heat for 10 mins then serve.

What to serve with

Rice, vegetables.

Chicken Karahi

Ingredients

- 1 kg Chicken
- 1 Large Onion
- 500g Tomatoes
- 1 tbsp of Crushed Garlic
- 2 tbsp of thin Crushed Ginger
- 1 tbsp of crushed Red Pepper
- 1 tbsp of crushed Cumin
- 1 tbsp of Coriander powder
- Pinch of salt
- 1/2 tbsp of Fenugreek Seeds
- Red Chillies 4 - 6 (as per taste)
- 1 tsp of Dried Fenugreek
- 1 whole Lemon
- Oil as required

Handy Tip

It's full of flavour and easy to cook too. Serve with naan, kachumbar salad (cut up onions, tomatoes, cucumber, green chillies, coriander with lemon juice) and mint Raita (yogurt dip).

Method

1. Add two tablespoons oil in a saucepan; as oil heats up, add chopped tomatoes into the pan.
2. Mix and cook well and when tomatoes get tender, grind them in a grinder and store the paste in a bowl.
3. Heat the oil in another pan. When oil is heated, add fenugreek seeds. When fenugreek seeds start crackling, add thin chopped onions and fry. When onions start appearing brown, add ground garlic, mix it and fry.



4. After frying for 2 to 3 minutes, add the chicken. Fry it on high flame for 4 to 5 minutes and add salt and crushed red pepper. Mix the salt and pepper well and fry for 2 minutes and then add the tomato paste in the pan. Mix the paste well and leave for cooking.
5. When chicken is tender and gravy is formed, add cumin power, lemon juice and coriander powder.
6. Mix it well and then add thin chopped ginger and dried fenugreek. Now add green chilli. Mix well and then leave for 5 minutes on slow heat.
7. Now ignite a piece of coal and place a piece of onion on the karahi surface and place the ignited coal upon it. Put a few drops of oil on the coal and cover the pan for 5 to 7 minutes. When karahi is coal-smoked entirely, discard the coal and onion. Chicken Karahi (coal smoked Chicken Karahi) is ready to serve.
8. Garnish it with coriander leaves.

Carrot Halva

Ingredients

- 1 kg carrots, chopped into small pieces
- 1/2 tin evaporated milk + 113ml of milk
- 56ml cup milk with a few strands of saffron dissolved in it for boiling the carrots
- 170g of sugar
- 1/2 tsp cardamom powder
- 3 tbsp of butter
- 1 tbsp oil
- flaked or crushed almonds/pistachios for garnishing

Handy Tip

Try adding courgette strips, variety of green leaves salad, sweet potato or other vegetables of your choice.

Method

1. Boil the carrot pieces in the quarter cup of milk and saffron for 10 minutes, then grind in a food processor.
2. Heat your pan and add the butter/ghee plus the oil, then add the crushed carrots and fry on medium heat for about 5 minutes.
3. Lower the heat and fry the mixture until it starts getting dry and begins to stick to the bottom of the pan. You have to keep on stirring.
4. When it's quite dry and has started releasing some of the oil, add the sugar and cardamom.



5. Keep on stirring and cooking on low heat until the sugar dissolves.
6. Then add the evaporated milk and the half cup of milk and cook for about 5 more minutes or until all the excess moisture dries out.
7. Switch off and serve, garnished with nuts.

Semolina

Ingredients

- 152ml cup of oil
- 226g of Semolina
- 450ml of semi-skimmed milk
- 170g of brown sugar
- 1 tsp of Cardamom
- Roasted nuts and raisins

Method

1. Pour a little oil into a preheated pan.
2. Add 1 cup of semolina and stir well on a low heat.
3. Slowly add the milk whilst stirring continuously.
4. Add the sugar. Stir well and add 1tsp of cardamom powder.
5. Add the roasted nuts and dried fruit.
6. Serve.



Handy Tip

Why not try using cardamom powder instead of cardamom pods.



Date Cake

Ingredients

- 170g of whole dates
- 226g cake flour
- 1 tsp baking powder
- 3/4 tsp cinnamon
- 1/2 tsp salt
- Pinch of nutmeg
- 170ml of vegetable oil
- 113g of brown sugar
- 56ml of honey
- 2 eggs
- 1 tsp vanilla
- 113g of chopped walnuts
- Non-stick cooking spray
- 8- or 9-inch loaf pan

Method

1. Preheat oven to 325 degrees F. Place dates into a bowl and cover them with very hot water. Let the dates soak while you prepare the cake batter.
2. In a large mixing bowl, sift together cake flour, baking powder, cinnamon, salt, and nutmeg.
3. In a medium mixing bowl, whisk together vegetable oil, brown sugar, honey, eggs, and vanilla.



Handy Tip

Swap the Walnuts for a nut of your choice.

4. Pour the wet ingredients into the dry ingredients and stir till a thick batter forms.
5. Drain water from the dates. Pit the dates, then chop the fruit into small chunks.
6. Fold the walnuts and date chunks into the batter.
7. Generously grease your loaf pan with cooking spray. Pour batter into loaf pan.
8. Place loaf pan in preheated oven. Bake cake for about 1 hour, or until a toothpick inserted in the center comes out clean. Remove from oven and set on a wire rack to cool. Then serve.



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