

# Cooking School

*with the London Chef*

## **Chana Masala (Spiced Chickpeas), Aloo Matar (Potatoes & Peas), Steamed Cardamom Rice & Fresh Naan**

For a true chef mis-en-place experience we suggest having the ingredients out, washed and measured, and the equipment ready to go before you begin cooking. Pour yourself a large glass of whatever you like to enjoy while cooking, and remember to have fun in the kitchen. This recipe can be easily doubled, but if you increase food quantity please make sure to use appropriate sized pots/pans for for the best outcome. Please note that this set up list is for a live cooking class and set up may differ slightly any pre-recorded videos that we have available in our Video Library.

### **Chana Malasa**

1 can chickpeas, drained and rinsed  
1 bunch cilantro  
1 red onion  
1 fresh green chili  
Ground cumin  
Ground coriander  
3 garlic cloves, peeled  
2 tbsp unsalted butter, optional

### **Naan**

1 cup all purpose flour  
1 tsp dry active yeast  
Small jug warm water

### **Rice**

1 cup Basmati rice  
1 tsp whole cardamom seeds or pods  
2 cups water

*\*Vegan friendly, omit butter*

### **Aloo Matar**

8 small Yukon Gold potatoes, parboiled and cooled  
1 medium red onion  
3 cloves garlic  
1 inch fresh ginger root  
1 bunch cilantro  
1 large sprig of mint  
1 cup frozen peas  
1 tbsp garam masala  
2 tbsp unsalted butter, optional

### **Cooking Equipment**

Large frying pan x 2  
Small pot with lid  
Medium pot  
Cutting board  
Wooden spoon  
Knife  
Canola oil  
Salt  
Offset spatula  
Large bowl  
Box Grater