

Cooking School

with the London Chef

Indian Chicken Curry with Garam Masala, Red Lentil Tarka Dhal, Basmati Rice & Fresh Flatbread

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 enjoy, 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.

Curry

4-6 chicken thighs, boneless and skinless
2 tbsp garam Masala
1 white onion
2 medium tomatoes
1 inch ginger
3 cloves garlic, peeled
1 bunch cilantro
2 tbsp butter
1 cup whipping cream
1 cup basmati rice

Dough

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

**Vegan friendly sub cooked cauliflower
and/or potatoes, coconut cream and vegan
butter*

**GF friendly sub gf flour*

Tarka Dhal

1 cup split red lentils
½ cup crushed tomato
3 cloves garlic, peeled
1 tbsp garam masala
1 tsp turmeric
1 tsp mustard seed
1 tsp chili flakes

Cooking Equipment

Medium pot with lid
Small pot with lid
Large frying pan x 2
Rolling pin
Cutting board
Knife
Wooden spoon
Tongs
Mixing bowl
Oven preheated to 450C
Canola or vegetable oil
Salt