

The image features two large kitchen knives with black handles and silver blades, positioned diagonally to form a 'V' shape. The blades are crossed at the tips. The handles have three silver rivets each. Scattered around the knives are various spices and herbs: red chili peppers, purple shallots, ginger, green cardamom pods, black and red peppercorns, green bay leaves, purple basil, yellow turmeric, green fennel seeds, and brown cinnamon sticks. The background is a dark, textured wooden surface with horizontal planks. A bright yellow glow emanates from behind the knives, highlighting the central text.

# CHEAP & EASY COOKING

Dishes from 9p per serving

# Contents

## **Massala Base 03**

Massala base is the key to Indian curry  
If you can master this you have mastered curry!

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## **Chicken Korma 05**

Once the Massala base is done, you will easily be able to make  
this curry. 45p per serving including the Massala.

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## **Keema Aloo 07**

Mince & Potato Curry; 41p per serving including the Massala.

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## **Chickpeas Aloo 09**

Chickpeas & Potato curry; 17p per serving including the Massala.

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## **No Chop, No Prep Daal 11**

Daal (Lentils) is one of the tastiest and cheapest meals ever cooked!  
9p per serving; 18p per serving if rice included.

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## **Kebab Burger 13**

Fusing Asian and American cooking; 42p per serving.

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# About the Campaign

We are living in difficult times. Amongst the many problems affecting people, food poverty is sharply on the rise and according to the UN millions of people in the UK struggle to afford to eat.

In an effort to try and play our part to help address this dire problem, the Ahmadiyya Muslim Community UK has launched a campaign called 'Cheap & Easy Cooking'.

**Booklet:** As part of this campaign we have produced this small booklet to help you cook 5 Indian curries cheaply, easily and healthily, with meals costing from 9p per serving! This booklet shows that you can source all the ingredients needed from local stores and supermarkets, and not have to travel to specialist shops.

**Videos:** We have prepared videos that demonstrate how to make these curries. **Watch the videos at:** <https://www.LoveForAllHatredForNone.org/cheap-easy-cooking/>

We've also outlined below a few top tips to help you:

## Tip 1

No need to buy brand name food items;  
No Brand + Asian Cooking = Excellent Food + Cheaper Food

## Tip 2

Most Indian curries need only 3 spices: cumin seeds, turmeric and chilli powder, which are all available from your local supermarket at low prices.

## Tip 3

Find the Asian aisle in your store; you may find it much cheaper. For example chilli powder in the Asian aisle may be 65p per 100g, but £4.34 in the spice rack.

## Tip 4

For almost any Indian Curry, to increase the number of servings per meal, you can simply add an extra glass of water and a 1/4 teaspoon of salt

## Tip 5

To make cooking easier, in the beginning you can take some shortcuts, for instance use garlic/ginger paste instead of raw garlic or ginger

*Ahmadiyya Muslim Community UK*

# MASSALA BASE



6 PEOPLE



30 MINUTES



9p PER SERVING

**M**assala base is the source of flavour for almost all Indian/Pakistani cooking. The massala embalms the food with a nutty ummami taste, making it moreish and heart warming. The trick is to slice your onions as thinly as possible so that when you cook them on a low heat with the lid on, the edges get a chance to caramelise. Once the massala base is made, you can then add other ingredients to complete the dish. We will show you 3 foods you can make from the same Massala base: korma, keema and chickpeas.

## INGREDIENTS

- 8 tbsp Oil (use vegetable or sunflower)
- 4 Small Onions
- 1 tsp Ginger & Garlic Paste
- 1 tsp Cumin Whole
- 1 tsp Tumeric powder
- ¼ tsp Chilli Powder
- 1½ cups Tomato Passata

## PROCESS

1. Pour the oil in a pot
2. Chop onions as finely as possible
3. Add the chopped onions, ginger & garlic paste and cumin to the pot and mix
4. Cover and cook on low heat for 20-25 mins until onions turn a caramel colour. Check and stir every 5 minutes, so that the onions do not stick to the base. If you are worried the onions will burn you can add a tablespoon of water to create more steam
5. Towards the end blitz or break up with a spoon as much as possible or can even use a hand blender
6. Add 1 tsp tumeric powder
7. Add ¼ tsp chilli powder
8. Stir on medium heat for 2 min
9. Add 1½ cups of passata & stir
10. Cover on low to medium heat 5 mins



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# CHICKEN KORMA

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**6 PEOPLE**



**50 MINUTES**  
INCLUDING MASSALA BASE



**45p PER SERVING**  
INCLUDING MASSALA BASE

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**C**hicken Korma is an expensive dish in takeaways and restaurants. However, it is so simple and easy to make at home, being a first choice and crowd pleaser for non-vegetarian guests.

It's a 2 part process. First make the Massala base and second add the chopped chicken breast cooking for 15-20 minutes. Simple, easy, fast.

Cook for home dinners, fetes and fundraisers. It's like Pizza for the Asian household, pleasing even the fussiest of eaters. Serve with pitta bread, naan or rice.





## INGREDIENTS

Massala Base

400g Chicken Breast

1 tsp Salt

1 tsp Cumin Whole

## PROCESS

1. Start off with the Massala Base, as prepared in the previous recipe
2. Add 1tsp salt & cumin whole
3. Add small chopped/cubed skinless chicken pieces

Tip - chicken breast or boneless thighs is easier to cook and deal with if a beginner. Also you can buy already chopped chicken breast from the store, to make it even easier

4. With the lid on, cook on medium heat for 15-20 mins
5. You know it's ready when the chicken is tender



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# KEEMA ALOO CURRY

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**6 PEOPLE**



**50 MINUTES**  
INCLUDING MASSALA BASE



**41p PER SERVING**  
INCLUDING MASSALA BASE

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**K**eema Aloo (mince and potato) is a staple food. It is cheap, hearty and a crowd pleaser. You can make this dish from any mince you want. Instead of the Aloo (potatoes) use a cup of any vegetable the kids prefer, to make the dish more balanced.

Keema Aloo curry also has a range of serving options, which include eating as a topping for jacket potatoes, with rice, pitta/nan, or spread in tortilla wrap with some salad. Again easy to make by adding the mince and chopped potatoes to the Massala Base.





## INGREDIENTS

Massala Base

About 375g Beef Mince (5% fat)

6 Small Potatoes

1 tsp Salt

1 tsp Cumin Whole

## PROCESS

1. Start off with the Massala Base (see pages 3-4)

2. Add the mince and break it up

3. Add chopped small potatoes

Tip - No need for any special variety of potatoes here. Can add the cheapest ones you can find in the store - it will taste the same.

4. Add 1 tsp salt & cumin

5. Cook on low heat for 15-20 mins.

6. You know it's ready when the potatoes are soft on cutting...

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# CHICKPEAS & ALOO CURRY

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**6 PEOPLE**



**50 MINUTES**  
INCLUDING MASSALA BASE



**17p PER SERVING**  
INCLUDING MASSALA BASE

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## INGREDIENTS

Massala Base

1 tin Chickpeas

6 Small Potatoes

1 tsp Salt

## PROCESS

1. Start off with the Massala Base (see pages 3-4)
2. Add the peeled and chopped potatoes  
Tip - potatoes only need to be roughly peeled. No need for any special variety of potato, cheapest will do
3. Add the chickpeas straight from the tin
4. Add 1 tsp Salt
5. Stir and put the lid on and cook on low heat 15-20 mins
6. You know it's ready when the potatoes are soft on cutting

**C**hickpeas and Aloo (potato) is an all round favourite of vegetarians. It's versatile, nutritious and satisfying.

You could use a kidney beans tin instead of chickpeas and almost any other tinned beans. So if you can cook this dish, then you can cook many more delicious vegetarian dishes.

Remember vegetables are always cheaper than meat, so a good way to save.



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# NO CHOP, NO PREP LENTILS

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8 PEOPLE



25 MINUTES



9p PER SERVING  
EXCLUDING RICE

**L**entils or Daal is an incredibly good source of protein. It is tasty, very healthy and extremely cost effective to make and enjoy. Lentils are one of the most popular foods in the Indo/Pak subcontinent and a treat to eat at good restaurants.





## INGREDIENTS

### LENTILS

- 2 cups Yellow or Red Lentils
- 4 cups Tap Water
- 1 tsp Ginger & Garlic paste
- ½ tsp Chilli Powder
- 1 tsp Tumeric powder
- 1 tsp Salt

### TARQA

- 6 tbsp Oil
- 1½ tsp Cumin Whole
- ½ tsp Chilli Powder
- 1 tsp Ginger & Garlic paste

## PROCESS

### Stage 1 - Lentils

1. Add 2 cups lentils in a pot
2. Add 4 cups of water
3. Add 1 tsp ginger & garlic paste
4. Add ½ tsp chilli powder
5. Add 1 tsp tumeric powder
6. Cover and cook on medium heat 20mins.
7. Stir in 1 tsp salt

### Stage 2 - Tarka

- In a separate pan.
1. Add oil & medium heat 2-3 mins, then turn off
  2. Add 1½ tsp cumin
  3. Add ½ tsp chilli
  4. Add 1 tsp ginger & garlic paste.
  5. Stir for 15 sec and add the mixture into the lentils

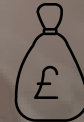
# KEBAB BURGER



6 PEOPLE



20 MINUTES



42p PER SERVING

**M**aking fresh burgers at home is a quick and easy fast food. You can freeze these in advance and use when needed. Nothing beats the home made burger. The amount of saving makes it even tastier. Enjoy this fusion between Asian and American cooking.

## INGREDIENTS

- 375g Beef Mince (5% fat)
- 1 Small Onion
- 3 Small Potatoes
- 1½ tsp Cumin Whole
- ¼ tsp Chilli Powder
- 1 tsp Salt
- 1 tsp Ginger & Garlic Paste
- 6 Baps
- 1 cup Shredded Lettuce

## PROCESS

1. Grate the 3 small potatoes
2. Grate the 1 small onion
3. Add the grated potatoes, grated onion, ginger & garlic paste, cumin, chilli powder, salt to the mince
4. Mix well
5. Divide into 6 balls and squash into equal sized patties
6. Add 1 tbsp of oil to the pan
7. Add 3 patties in a frying pan and cook on low heat with lid covered 3-4 mins 1 side and turnover and cook for 1 min on the other side
8. Repeat steps 6 & 7 for the remaining patties
9. Add the patties and lettuce to the bap.
10. Add sauces as per requirement



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