

Easy To Cook Yummy
Recipes
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<http://www.leenaspices.co.nz>

Let us first get this nitty gritty out of the way 😊

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Introduction

Dear reader,

First of all I want to thank you for downloading this recipe book. In this short but effective book you will find many delicious recipes. Every time I find new ways of cooking you will have free access to all my new recipes. So please keep subscribed to my emails.

I started cooking when I was very young. My love and experience for cooking is for the last 40 years. Here are some of the benefits that you may get if you put my book in use.



- You can easily modify the recipes and cook to your own liking
- You will feel more healthy by eating home made fresh food
- Surprise your guests and diners by serving them better than restaurant standard food
- If you don't like something in an ingredient you can control or change it
- Are you or your family sick of having same boring meals? Your family will love you more, when you cook something new for them
- You will save time and money on not dining in expensive restaurants
- And yeah!! Why not cook for others for money or simply make and sell your own home made dishes
- You can share this book with your family and friends. Ask them to download it free from our website.

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ACHARI CHICKEN CURRY



Ingredients

500g Chicken Pieces
1 Medium Onion (thinly sliced)
4 Tbsp Yoghurt
2 Tbsp Oil
1 ½ tsp [Achari Masala](#)
2 Tbsp Tomato Puree
Juice of half Lemon
Salt to taste

Method

- 1) Marinate chicken pieces with yoghurt and keep aside.
- 2) Heat oil in a pan on medium-high heat. Add sliced onions and fry for 8 minutes until golden brown.
- 3) Add marinated chicken pieces and cook until the chicken is brown on both sides. Add Achari Masala and cook for 5 to 6 minutes.
- 4) Add tomato puree and salt. Cook until the gravy is thick and chicken is tender.

5) Add lemon juice and stir for 1 minute.

Serve hot with rice, pita or naan bread.



BALTI CHICKEN CURRY



Ingredients

500g boneless chicken cubed
1 medium onion minced
3 tbsp tomato puree
1 ½ tsp [Balti Spice](#)
1 tbsp yogurt
4 tbsp oil
Salt to taste
1 green pepper chopped
1 red pepper chopped
Juice of ½ lemon

Method

- 1) Heat oil in saucepan on high heat and fry peppers for 1 minute.
- 2) Remove and keep aside.
- 3) Add chicken pieces and cook in batches until light brown. Remove and keep aside.
- 4) Add little oil in saucepan if required. Add onion and fry for 2 to 3 minutes.
- 5) Add Balti Spice. Fry for 1 minute.
- 6) Add tomato puree and yogurt.

7) Cook for a few minutes.

8) Add chicken pieces and salt. Simmer on low heat until tender.

9) Add Pepper and lemon juice. Cook for 1 to 2 minutes.

Serve hot with pita bread, rice and naan. You can add silver beet or spinach.



BEEF MADRAS CURRY



Ingredients

500g beef cubed
1 medium onion chopped
1 Tbsp tomato paste
1 ½ Tbsp lemon juice
1 ½ tsp [Madras Curry Masala](#)
½ cup coconut milk (optional)
2 Tbsp olive oil
Salt to taste

Method

- 1) Mix Madras Curry Masala and lemon juice to make a paste. Keep aside.
- 2) Heat oil in saucepan on high. Add beef pieces and cook for 2-3 minutes or until brown. Remove and keep aside.
- 3) Add onions and fry for a few minutes until light brown.
- 4) Add curry paste. Cook for 1 minute.
- 5) Add beef pieces and stir until the meat is coated with the paste.
- 6) Add tomato paste, salt, coconut milk and half a cup of water. Bring to a boil.

7) Reduce the heat. Cover and cook until the beef is tender.

8) Remove the lid. Cook uncovered until the sauce has thickened.

Serve hot with rice or naan bread of your choice.



BEEF MASSAMAN CURRY



Ingredients

500g boneless beef cubed
½ can of coconut cream
1 can of coconut milk
2 Tbsp cooking oil
2 tsp [Massaman Curry blend](#)
1 cup of beef stock
2 medium potatoes peeled and chopped
1 tsp brown sugar
1 tsp tamarind paste
1 tsp fish sauce
¼ cup of roasted peanuts (optional)
Salt to taste

Method

- 1) Heat oil in a large saucepan over medium heat. Add beef and cook until brown. Remove and keep aside.
- 2) Add 4 tbsp coconut cream into the pan and cook for 1 to 2 minutes.
- 3) Add curry mix. Cook for 1 minute.

4) Add beef, coconut milk, stock, peanuts, potatoes, sugar, tamarind, salt, fish sauce and remaining coconut cream.

5) Stir to combine.

6) Reduce heat and cook until beef is tender.

Serve with steamed rice or noodles.



BEEF RAGOUT



Ingredients

500g beef cubed
1 large onion finely chopped
2 Tbsp olive oil, 2 medium carrots chopped
2 celery stalks chopped
2 Tbsp balsamic vinegar
1 ½ tsp [Ragout Spice mix](#)
1 cup of red wine
1 cup of beef stock, half a cup of water
400g diced tomatoes
Salt to taste

Method

- 1) Heat oil in a saucepan on a medium heat.
- 2) Add beef pieces and cook until brown on both sides. Remove and keep aside.
- 3) Add onions and cook for 2-3 minutes.
- 4) Add celery and carrots. Cook for a few minutes until they become brown.

- 5) Add tomatoes, ragout mix, stock, water, vinegar and salt. Cook for 5 minutes.
- 6) Return the beef to the pan. Bring to a boil. Reduce heat. Cover and cook until the meat is tender.
- 7) Increase heat and cook until the gravy is thick.
Serve with pasta.



BEEF RENDANG



Ingredients

500g boneless beef cubes
1 onion minced
1 ½ [Rendang Spice Mix](#)
2 tsp tamarind puree
2 Tbsp cooking oil
1 can coconut cream
1 tsp brown sugar
Salt to taste

Method

- 1) Mix minced onion, tamarind puree and Rendang Spice to make a paste.
- 2) Heat oil in a work on a medium heat and fry beef cubes in batches until brown on both sides. Remove and keep aside.
- 3) In the remaining oil, add the paste. Cook for 5 minutes.
- 4) Add coconut milk, sugar and salt. Cook for 2-3 minutes.
- 5) Add beef cubes and cook on low heat for 25 to 30 minutes, until tender. If required, add a little water. Stir occasionally.

6) Increase heat and cook until the liquid has evaporated and the gravy is thick.

Serve with steamed rice or noodles.



BEEF VINDALOO

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(Chicken, Lamb or Pork can also be used)



Ingredients

1 Kg Boneless Beef diced
1 Onion thinly sliced
¼ cup Cider Vinegar
3 Tbsp Olive Oil
1 ½ tsp [Vindaloo Masala](#)
½ tsp Brown Sugar or Honey
Salt to taste

Method

- 1) Mix vindaloo masala with vinegar, sugar, and salt. Keep aside.
- 2) Heat oil in a saucepan on medium heat. Add onion and fry for 5 minutes until light brown.
- 3) Reduce heat and add previously prepared masala mixture. Fry for 2 minutes.
- 4) Add meat and stir until well coated with contents of pan. Cook for 5 minutes until brown.
- 5) Add 1 cup water. Cover and simmer on low heat for 40 minutes, or until tender.
- 6) Increase heat, and cook for five minute whilst stirring, until the gravy thickens.

Serve hot with rice.



BUTTER CHICKEN

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Ingredients

500g Boneless Chicken (cut into cubes)
1 Onion (finely chopped)
1 - 2 tsp [Butter Chicken Masala](#)
150g Tomato Paste
1 cup Water
300ml Cream or Evaporated Milk or Coconut Cream
50g ground Almonds and Cashew Nuts (optional)
¼ cup Butter or Margarine
¼ tsp honey
½ tsp Cayenne Pepper (to taste)
Salt to taste

Method

- 1) Melt butter in frying pan on medium-high heat.
- 2) Add chicken pieces and fry for 10-15 minutes until the chicken is brown. Remove and keep aside.
- 3) Add chopped onions to the remaining butter and sauté for 5-7 minutes until light brown.
- 4) Add chicken pieces to onions and stir for 2 minutes.
- 5) Add Butter Chicken Masala, salt, cayenne pepper, tomato paste, ground nuts, and water.
- 6) Cover and cook until the chicken is tender.
- 7) Add cream or evaporated milk or coconut cream and cook for a further 10 minutes, until the gravy is thick.

- 8) Add honey and mix well. Garnish with coriander.
Serve with rice, naan or pita.



CAMBODIAN FISH CURRY



Ingredient

500g fish fillets cut into pieces
2 onions chopped
1 - 2 tsp [Amok Spice](#)
½ tsp fish sauce
1 tsp palm sugar
4 tbsp cooking oil
400ml can of coconut milk
Half cup green beans sliced
Salt to taste

Method

- 1) Grind onions, salt, Amok Spice, fish sauce and palm sugar in a blender to make a paste.
- 2) Heat oil in a wok on a medium heat. Add paste and cook for 2 minutes.
- 3) Add coconut milk, stir and bring to a boil. Reduce heat. Add fish pieces and simmer for 10 minutes until cooked.

Serve with rice.



CAULIFLOWER, PEAS AND POTATO MASALA (ALOO GOBI)

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(Any vegetables of your choice can be used)



Ingredients

- 1 medium cauliflower cut into small florets
- 2 large potatoes cut into small cubes
- half a cup of peas
- 1 medium onion finely chopped
- 2 Tbsp oil
- 1 tsp [Vegetable Masala](#)
- 1 tsp tomato puree
- ½ tsp cumin seeds, salt to taste

Method

- 1) Wash vegetables and keep aside.
- 2) Heat oil in a wok on medium heat. Add cumin seeds and let them sizzle.
- 3) Add chopped onions and sauté for 3-4 minutes, or until light brown.
- 4) Add vegetables and stir for 1-2 minutes.
- 5) Add Vegetable Masala and stir for 1-2 minutes.
- 6) Cover and cook on a low heat, until the vegetables are tender.
- 7) Add peas and cook for 5 minutes.
- 8) Increase the heat, add tomato puree and salt, and cook for 5 minutes.
- 9) Garnish with cilantro. Serve with naan, roti, rice or bread.


LEENA SPICES

CHICKEN BRIYANI



Ingredients

1 kg chicken pieces
500 g Basmati rice, washed and soaked for 30 minutes
1 onion chopped
4 tsp chopped ginger
4 tsp chopped garlic
2 cups of yogurt
4 medium tomatoes, chopped
5 tbsp oil
2 tsp [Briyani Masala](#)
1 tsp red chili powder (optional)
25 g butter
3 Tbsp oil
Salt to taste

Method

- 1) In a bowl, add chicken pieces, chili powder, ginger, garlic, briyani masala, yogurt and salt. Mix well and leave to marinade for an hour.
- 2) In a saucepan, boil water. Add rice and cook until half done. Drain and keep aside.
- 3) Heat oil in a pan on a medium high heat and fry onion until golden brown. Add chopped tomatoes and cook for 5 minutes.
- 4) Add marinated chicken and cook until chicken is tender.
- 5) In a saucepan, arrange rice and chicken in alternative layers, whilst adding butter between the layers.

5) Cover the saucepan, tightly. Cook on a low heat for 10 to 15 minutes, or until rice is soft and fluffy.

Serve hot with salad and yogurt.



CHICKEN CURRY

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Ingredients

500g Chicken Pieces
2 Medium Onions (finely chopped)
2 Tbsp Yoghurt
4 Tbsp Tomato Puree
4 Tbsp Olive Oil
1 ½ tsp [Chicken Curry Masala](#)
½ cup water
Salt to taste

Method

- 1) Marinate chicken pieces with yoghurt. Keep aside.
- 2) Heat oil in a wok on medium heat. Fry onions for 5-6 minutes, until golden brown. Add marinated chicken pieces and stir for 7-8 minutes, until chicken has browned.
- 3) Add Chicken Curry Masala and cook for 5 minutes.
- 4) Add tomato puree and salt. Cook until the oil separates from the chicken.
- 5) Add water and cook until the chicken is tender. Increase heat on high and cook until the gravy thickens.

Serve hot with rice or naan.

*Optional: Vegetables can also be added.



CHICKEN KORMA

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Ingredients

500g Boneless Chicken Cubes
2 Medium Onions diced
2-4 Tbsp Olive Oil
Juice of 1 Lemon
1 Tbsp Cream or Coconut Cream
100g Unsweetened Yoghurt
1 tsp Ground Cashews (optional)
1 tsp Ground Almond (optional)
1 ½ tsp [Korma Masala](#)
Salt to taste

Method

- 1) Mix the chicken pieces with Korma Masala. Leave aside to marinate for 30 minutes.
- 2) Heat oil on medium heat. Fry onions for 5 minutes. Once done, remove and grind with the yoghurt. Keep aside.
- 3) Add the marinated chicken cubes (still cooking on medium heat). Add the onion and yoghurt mixture. Cook for 15 minutes, until oil separates.
- 4) Add almond and cashew powder. Cook for a further 1-2 minutes. Add lemon juice and cream. Stir well.

Serve with rice or naan bread.



CHICKEN SATAY

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Ingredients

500g boneless chicken pieces
1 ½ tsp Satay Spice Blend
1 tsp brown sugar
½ tsp salt,
1 ½ tsp peanut oil
1 onion, chopped
Skewers soaked in water for 10 minutes

Method

- 1) Blend onion, [Satay Spice Blend](https://leenaspices.co.nz), sugar, salt and oil in a food processor to make a paste.
- 2) Marinate chicken pieces with paste.
- 3) Thread chicken into the skewers.
- 4) Cook on grill or barbecue until the meat is brown and tender on both sides.

Serve with satay sauce and salad.



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CHICKEN TIKKA



Ingredients

- 500g boneless chicken (cubed)
- 1 tbsp lemon/lime juice
- 2 ½ tsp [Tikka Masala](#)
- 2 tbsp unsweetened yoghurt
- 2 tsp olive oil
- Salt to taste
- 4-5 skewers (soaked in water)

Method

- 1) In a large bowl, combine yoghurt, lemon/lime juice, tikka masala, salt and olive oil.
- 2) Add chicken pieces. Mix well.
- 3) Cover and refrigerate for 1-2 hours (optional for intense flavour).
- 4) Heat grill on high.
- 5) Thread chicken pieces onto skewers and discard the marinade.
- 6) Grill for about 10 minutes on both sides, or until cooked to your liking.

Garnish with lemon wedges and serve with mint yoghurt and naan.

Alternatively, you can use chicken with bones, paneer or any meat/vegetable desired. Can also be cooked in the oven (roast or grill setting), or barbecue.



CHICKEN AND VEGETABLES IN THAI GREEN CURRY



Ingredients

500g boneless chicken pieces

1 ½ tsp [Thai Green Curry Spice](#)

2 tsp fish sauce or soy sauce

400g can of coconut milk

1 tsp brown sugar

2 tsp lime juice

1 green pepper chopped

1 courgette chopped

2 Tbsp cooking oil

salt to taste

Method

- 1) Mix Green Thai Curry with fish sauce or soy sauce to make a paste.
- 2) Heat oil in a wok on a medium heat. Add green curry paste. 3) Stir and add ¾ cup of coconut milk and bring to a boil.
- 4) Add chicken pieces and simmer on low heat until cooked. Stir occasionally.
- 5) Add green pepper and courgette. Cook for 5 to 10 minutes until the vegetables are tender.
- 6) Add salt, sugar and rest of the coconut milk. Cook for 5 to 10 minutes.
- 7) Add lime juice and mix.
- 8) Serve with steamed rice or noodles.



CHICKEN AND VEGETABLES IN THAI RED CURRY

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Ingredients

500g boneless chicken cubed or meat of your choice
1 carrot chopped diagonally
4 baby corns sliced diagonally
6 beans cut into half inches
half red capsicum chopped
1 ½ tsp [Thai Red Curry Spice](#)
1 tsp fish sauce or soy sauce
½ tsp palm sugar
1x 400g coconut milk
2 Tbsp cooking oil
½ lemon juice
salt to taste

Method

- 1) Mix Thai Red Curry Spice with fish sauce and water. Keep aside.
- 2) Heat oil in a wok on a medium heat. Add Red Thai Curry paste and cook for 2 minutes.
- 3) Add chicken or meat pieces and cook until tender.
- 4) Add chopped vegetables and cook until tender. 5) Add coconut milk and sugar and cook for 5 minutes. Add lemon juice and stir.
- 6) Serve hot with steamed rice

Any meat, fish, vegetables or tofu of your choice can be used.


LEENA SPICES
CHICKPEA MASALA



Ingredients

2 x 400g cans of Chickpeas
2 Medium Onions chopped
2 Tbsp Olive Oil, 2 cups Water
2 tsp [Chickpea Masala](#)
2 Tbsp Tomato Puree
Juice of ½ Lemon
Salt to taste

Method

- 1) Drain chickpeas. Wash and keep aside.
- 2) Heat oil in a saucepan on medium heat. Add chopped onion and cook for 5 minutes, until light brown.
- 3) Add chickpea masala. Cook for 1 minute.
- 4) Add tomato puree. Cook for 2-3 minutes.
- 5) Add chickpeas and stir for 1 minute.
- 6) Add water and salt.
- 7) Cover and cook on low heat for 10-15 minutes.
- 8) Remove cover and cook on high heat until gravy thickens.
- 9) Add lemon juice.

Serve hot with rice, naan or bread of your choice.





Ingredients

500g duck cut into medium pieces, 4Tbsp Oil

1½ Tsp [Duck Masala](#),

Juice of 1 Lemon

Salt to taste

1 Tsp Sweet Ground Paprika

1 Large Onion Minced,

1 Tsp Ginger Garlic Paste

100ml Coconut Milk.

Method

1) Marinate duck pieces in a bowl with salt, paprika and lemon juice and keep aside for 15 to 20 minutes.

2) Heat oil in a wok on medium heat.

3) Add grated onions and ginger garlic paste.

4) Stir for 5 to 6 minutes until light brown.

5) Add Duck Masala and fry for further 1 minute.

6) Add duck pieces and fry for a few minutes until well mixed.

7) Add coconut milk and cover and cook until tender. Add little water if required.

8) Add 1 Tsp lemon juice or 1 Tsp tamarind pulp. Serve with rice or any bread of your choice.

*Option: Any Meat, Seafood or Vegetable can be used.



FISH CURRY



Ingredients

700g Fish Fillet
1 ½ teaspoon [Fish Masala](#)
¼ cup Olive Oil
2 Onions (grated or finely chopped)
4 Tbsp Tomato Puree
2/3 cups water, salt to taste

Method

- 1) Cut fish into medium sized pieces. Heat oil on high in a frying pan, and fry fish pieces for five minutes, or until golden brown. Remove fish and keep aside.
- 2) Reduce heat of the pan to medium and add onions. Fry until golden.
- 3) Add Fish Masala spice along with the salt.
- 4) Cook for a few minutes then add the tomato puree. Fry until the oil starts to separate.
- 5) Add water and bring the mixture to boil. Add the fried fish pieces and cook for a further five minutes.
- 6) Serve hot with rice or naan.



FISH IN THAI YELLOW CURRY



Ingredients

500g boneless fish cut into cubes
2 Tbsp cooking oil
1 can coconut milk
1 green pepper chopped
5 baby corns
5 snow peas
1 ½ tsp [Thai Yellow Curry Spice](https://leenaspices.co.nz)
1 tsp lime juice
1 tsp fish sauce or soy sauce
salt to taste

Method

- 1) Mix fish sauce or soy sauce with Thai Yellow Curry Spice to make a paste, and keep aside.
- 2) Heat oil in a wok on medium heat. Add curry paste and fry for 2 minutes.
- 3) Add coconut milk and simmer for 10 minutes.
- 4) Add green pepper, baby corn and snow peas. Cook for 5 minutes.
- 5) Add fish pieces and cook for a further 5 minutes.
- 6) Add salt and lime juice. Mix well.
- 7) Serve with steamed rice or noodles.



GOAN FISH CURRY



Ingredients

500g fish (cleaned and cut into pieces) or any other kind of seafood
1 ½ lump of Tamarind (soaked in hot water for 10 minutes and pulp extracted)
1 tsp [Goan Fish Masala](#)
1 large onion (grated)
1 Tbsp tomato puree
1 ½ cup of coconut cream
3 Tbsp cooking oil
2 cups of water
salt to taste

Method

- 1) In a bowl, mix tomato puree, coconut cream and Goan Fish Masala.
- 2) Heat oil in a saucepan on medium heat. Add onions and fry for 5 to 10 minutes until golden brown.
- 3) Add mixed masala paste and cook for 5 to 10 minutes.
- 4) Add 1 cup of water and bring to a boil, until the gravy thickens.
- 5) Reduce heat and cook for 10 minutes. Add salt.
- 6) Gently add fish pieces or seafood of your choice to the gravy and cook for 10 minutes.
- 7) Serve hot with rice.



LAKSA CURRY



Ingredients

500g seafood
chicken or tofu
1 Tbsp cooking oil
1 ½ tsp [Laksa Curry Mix](#)
1 onion chopped
½ tsp fish sauce or soy sauce 400mL coconut cream
100g any vegetable of your choice
200g noodles cooked and drained
100mL stock, salt to taste

Method

- 1) Mix Laksa Curry Mix with a little water to make a paste.
- 2) Heat oil in a wok on medium heat. Add laksa paste and onions. Fry for 2 to 3 minutes.
- 3) Add coconut cream, stock, and chicken, seafood or tofu. Simmer for 10 minutes or until cooked.
- 4) Add vegetables and noodles. Cook for 5 minutes and serve.



LAMB CURRY WITH SPINACH



Ingredients

500g lamb pieces
1 bunch spinach finely chopped
1 onion diced, 4 Tbsp olive oil
2 Tbsp tomato Puree
1 tsp [Lamb Curry Masala](#)
2 Tbsp yogurt, ½ cup water
Salt to taste.

Method

- 1) Heat oil on medium heat
 - 2) Add onion and fry for 5 – 6 minutes until brown.
 - 3) Add lamb pieces and stir for 7 – 8 minutes, until light brown.
 - 4) Add 1tsp lamb curry masala and salt. Fry until the masala is well coated.
 - 5) Add tomato puree and keep cooking on medium heat until the oil separates.
 - 6) Add spinach and cook until well wilted.
 - 7) Add water and cook on low heat for 25 – 30 minutes or until the lamb is tender
 - 8) Add yogurt. Increase heat and cook until the gravy thickens.
- You can also use courgette or eggplant


LEENA SPICES
LAMB JALFREZI



Ingredients

500g Lamb Cubed
1 Red Pepper Cubed
1 Green Pepper Cubed
1 Medium Onion Chopped
4 Tbsp Tomato Puree
4 Tbsp Oil
1 tsp [Jalfrezi Spice Blend](#)
Juice of 1 Lemon
1 Extra Medium Onion Cubed
Salt to taste

Method

- 1) Heat oil in a saucepan on high heat. Add lamb pieces and fry until brown on both sides. Remove and keep aside.
 - 2) In the remaining oil, fry chopped onion until golden brown. Add previously fried lamb and cook for 2 minutes.
 - 3) Add tomato puree, Jalfrezi Masala and salt. Cook for 5 minutes.
 - 4) Add enough water to cover the lamb and simmer on low heat until tender.
 - 5) Increase heat, and cook until the gravy is thick. Add peppers, lemon juice and onion. Cook for 5 minutes.
 - 6) Serve hot with rice.
- *Optional Add any vegetables of your choice.



LAMB ROGAN JOSH



Ingredients

1 Kg Boneless Lamb cubed
2 Onions chopped
½ cup Yoghurt
3 Tbsp Tomato Puree
2 tsp Rogan Josh Masala
4 Tbsp Olive Oil
1 cup Water
salt to taste

Method

- 1) In a bowl, combine lamb and yoghurt. Keep aside for 10 minutes.
- 2) Heat oil on medium heat, and add chopped onions. Fry for 5-8 minutes until golden.
- 3) Add [Rogan Josh Masala](#) and fry for 2 minutes.
- 4) Add meat and yoghurt mixture to the pan, and fry well (5-10 minutes), until oil separates. Add tomato Puree and mix well.
- 5) Add water and cook on low heat, until the lamb is tender.
- 6) Increase heat, and cook until the gravy is thick.
- 7) Serve with rice, naan, or pita.

Can be garnished with cream or nuts of your choice.
Beef or venison can be used instead of lamb.


LEENA SPICES
LAMB TAGINE



Ingredients

500g Lamb Pieces
2 Tbsp Olive Oil
1 ½ tsp [Tagine Spice](#)
1 Large Onion (grated)
100g can Chopped Tomatoes
¼ cup Tomato Juice
5 dried Apricots (chopped)
5 Dates (cut into half)
10 Raisins or Sultanas
20g Almonds (flaked)
1 tsp Honey
100ml Lamb Stock
salt to taste.

*Optional: You can add chickpeas and vegetables.

Method

- 1) Mix lamb pieces with ½ tsp tagine spice in a bowl. Cover and leave aside to marinate for half an hour.
- 2) Heat 1 Tbsp of Olive Oil in a frying pan and add marinated lamb pieces. Cook until brown on both sides. Remove and keep aside.
- 3) Into the remaining oil, add the grated onions and fry until light brown. Add the remaining tagine spice mix.
- 4) Preheat oven at 150°C. In a casserole dish add onions, browned meat, and the remaining ingredients. Cover and place in the oven. Cook for 2 ½ hours or until meat is tender.



LENTIL (DAL) CURRY



Ingredients

- ½ cup of yellow lentils
- ½ cup of orange lentils
- 1 medium onion chopped
- 1 tomato chopped or 1 tsp tomato puree
- ¼ tsp cumin seeds
- 3 Tbsp oil
- 1 tsp [Lentil \(Dal\) Masala](#)
- 3 cups of water
- 1 tsp lemon juice (optional)

Method

- 1) Wash the lentils. Add 2 cups of water, lentils and salt in a saucepan.
- 2) Boil for 10-15 minutes, or until soft.
- 3) Heat oil in a frying pan on medium heat. Add cumin seeds and cook until brown.
- 4) Add chopped onions and fry until brown. Add 1 tsp Lentil Masala and tomatoes, and cook until the oil leaves the sides. Add this gravy to the cooked dal.
- 5) Simmer for 10 minutes. If the dal is thick, add a little water.
- 6) Add lemon juice.
- 7) Serve with rice or bread.



MALAI KOFTA



Ingredients

2 potatoes (boiled and mashed)
½ cup of mixed vegetables (carrots, beans, peas) boiled
½ cup of cottage cheese (paneer)
1 onion (finely chopped)
4 Tbsp olive oil
1 tsp [Malai Kofta Masala](#)
4 Tbsp tomato puree
1 tsp corn flour
1 Tbsp finely chopped cashew nuts (optional)
2 Tbsp thick cream or coconut milk
salt to taste

Method

- 1) In a bowl, mix together mashed paneer, potatoes, vegetables, nuts, salt and corn flour. Mix well.
- 2) Make small balls. Roll the balls in corn flour.
- 3) Heat oil in a frying pan on medium heat. Fry koftas in batches, until golden brown. Remove and keep aside.
- 4) In the remaining oil, add chopped onions. Fry for 5 minutes until golden brown. Add 4 Tbsp tomato puree. Cook for 2-3 minutes. Add 1 tsp Malai Kofta Masala and salt. Cook for one minute. Add cream or coconut milk. Add half cup of water.
- 5) Simmer until the gravy becomes thick. Then add koftas in the gravy.
- 6) Serve with rice, naan or pita.



MEATBALL CURRY



Ingredients

For meatball:

500g mince of your choice
½ tsp crushed garlic
½ tsp crushed ginger
½ tsp salt
¼ tsp black pepper

For gravy:

4 Tbsp oil
2 medium onions grated
1 tsp [Meatball Curry Masala](#)
1 tsp yogurt
1 ½ tsp tomato puree
salt to taste

Method

- 1) In a bowl, mix together mince, ginger, garlic, salt and black pepper. Shape the mixture into small balls. Keep aside.
- 2) Heat oil in a frying pan on medium heat. Fry mince balls in batches for 5 minutes or until golden brown on both sides. Remove and keep aside.
- 3) In the remaining oil, add grated onions. Sauté until light brown for 5 minutes. Add tomato puree, Meatball Curry Masala and salt. Cook for another 5 minutes.
- 4) Add yogurt and cook for 2 minutes. Add a little water. Cover and simmer on low heat for 6 minutes. Increase heat to medium, add meatballs and cook for a

few minutes until the gravy thickens.

5) Garnish with coriander. Serve with rice, pita or naan.



NAVRATTAN KORMA

<https://leenaspices.co.nz>



Ingredients

2 cups of diced mixed vegetables of your choice
tofu or paneer
1 potato chopped into small cubes
1 medium onion minced
2 large tomatoes (chopped) or 2 Tbsp tomato puree
2 Tbsp olive oil
1 ½ tsp Navrattan Korma Masala
¼ cup ground cashew nuts
few raisins soaked in water
4-5 almonds ground
¼ cup cream (or coconut cream)
salt to taste

Method

- 1) Boil vegetables and potatoes for 5-10 minutes. Drain and keep aside.
- 2) In a saucepan, heat oil on medium. Add onions and cook until light brown.
- 3) Add [Navrattan Korma Masala](https://leenaspices.co.nz/recipe/Navrattan-Korma-Masala) and cook for 1-2 minutes. Add tomatoes (or puree) and cook for a further 2 minutes.
- 4) Add vegetables, and cook for 5 minutes.
- 5) Add salt, cashews, almonds, raisins, tofu or paneer, and cream.
- 6) Cook for a few minutes. Serve hot with rice.



PANEER MASALA



Ingredients

500g Paneer (Cottage Cheese) or Tofu cut into cubes
1 medium Onion minced
1 ½ tsp [Paneer Masala](#)
150g Tomato Paste or Puree
1 cup Water
300ml fresh Cream or Coconut Cream (optional)
4 Tbsp olive oil
Coriander to garnish
salt to taste

Method

- 1) Heat oil in a pan on medium heat.
- 2) Add onion and sauté until golden brown.
- 3) Add Paneer Masala, tomato paste and salt. Cook for 1 minute.
- 4) Add 1 cup water and cook until the gravy becomes thick.
- 5) Add fresh cream or coconut cream. Mix well and cook further for 5 minutes.
- 6) Add Paneer or Tofu cubes. Cook for 2 to 3 minutes.
- 7) Garnish with green coriander. You can also add spinach or silverbeet while cooking.
- 8) Serve with rice, Naan or Pita.



PENANG CHICKEN CURRY



Ingredients

500g boneless chicken breast (cubed)
1 ½ tsp [Penang Curry Blend](#)
3 Tbsp cooking oil
4 mL can coconut milk
1 tsp palm sugar (optional)
4 Tbsp fish sauce or soy sauce
salt to taste

Method

- 1) Mix fish sauce or soy sauce with Penang Curry Blend to make a paste.
- 2) Heat oil in a wok on a medium heat.
- 3) Add curry paste and cook until fragrant for 5 to 10 minutes.
- 4) Add coconut milk and bring to a boil.
- 5) Add chicken and cook until tender.
- 6) Add palm sugar and salt. Simmer for 5 minutes.
- 7) Garnish with red peppers and basil. Serve with rice.


PORK MASALA



Ingredients

500g pork pieces
1 big onion minced
4 Tbsp olive oil
2 Tbsp tomato puree or freshly chopped tomatoes
1 tsp [Pork Masala](#)
1Tbsp yogurt or coconut cream(optional)
salt to taste.

Method

- 1) Heat oil on medium heat
- 2) Add onion and fry for 5 – 6 minutes until brown.
- 3) Add pork pieces and stir for 5 minutes, until light brown.
- 4) Add 1tsp Pork Masala and salt. Fry until the masala is well coated.
- 5) Add tomato puree and cook for 2 – 3 minutes.
- 6) Add yogurt or coconut cream(optional).
- 7) Cook until oil separates.
- 8) Add half cup water. Cover and cook on low heat until the pork is tender
- 9) Increase heat and cook until the gravy thickens.
- 10) Garnish with green coriander and serve hot.



PORTUGUESE STYLE CHICKEN



Ingredients

1 Whole Chicken
1/3 cup Lemon Juice
2 Tbsp Olive Oil
3 cloves Garlic – crushed
2 tsp [Portuguese Spice](#)
salt to taste

Method

- 1) Split chicken and open flat. Remove any backbones by cutting either side of them.
- 2) Place chicken in a roasting tray.
- 3) Whisk lemon juice, olive oil, garlic, Portuguese Spice, and salt in a bowl. Pour over chicken.
- 4) Cover and keep aside for one hour. For better result refrigerate overnight.
- 5) Roast the chicken at 180°C on grill for 50 minutes, or until golden and well cooked.
- 6) Keep basting with marinade in between cooking.


LEENA SPICES
PRAWN CURRY



Ingredients

500g Prawn
1 Medium Onion (finely chopped),
½ tsp grated garlic
½ tsp grated ginger
3 Tbsp Tomato Puree or yogurt or coconut cream
4 Tbsp Olive Oil
1 tsp [Prawn Curry Masala](#)
½ tsp lemon juice (optional)
salt to taste.

Method

- 1) Heat oil in a wok on medium heat. Fry onions for 5-6 minutes, until golden brown.
- 2) Add grated ginger and garlic and cook for 5 minutes.
- 3) Add tomato puree or yogurt or coconut cream and cook for 5 minutes.
- 4) Add Prawn Curry Masala and Salt
- 5) Cook for few minutes until oil separates.
- 6) Add prawns and cook for 5 minutes. Add some water if required.
- 7) Cover and cook on medium heat until tender.
- 8) Add lemon juice (optional).
- 9) Garnish with green coriander and serve hot.



RED KIDNEY BEANS (RAJMA) CURRY

<https://leenaspices.co.nz>



Ingredients

2 cups of kidney beans soaked and boiled or 2x 400g cans of kidney beans
2 medium onions chopped
4 Tbsp cooking oil
4 Tbsp tomato puree
1 ½ tsp [Red Kidney Beans \(Rajma\) Masala](#)
salt to taste

Method

- 1) Heat oil in a saucepan on a medium heat. Add onions and fry until golden.
- 2) Add Rajma Masala, salt and tomato puree. Cook for 5 minutes. Add kidney beans. Stir for 1-2 minutes. Add 1 cup of water and cook for 10-15 minutes until the beans are tender.
- 3) Serve with rice or bread of your choice.





Ingredients

300g spinach finely chopped
300g mustard greens or silver beet finely chopped
1 ½ tsp [Saag Masala](#)
2 Tbsp tomato puree or 1 fresh tomato minced
2 Tbsp olive oil
½ tsp finely chopped garlic (optional)
1 medium onion finely chopped
salt to taste
2 Tbsp butter or fresh cream or coconut milk

Method:

- 1) Boil spinach and mustard greens or silver beet on low heat until tender and soft. Mash or grind with blender until smooth.
- 2) Cook on high heat until thick.
- 3) Heat oil in a pan on high. Add chopped garlic (optional) and onions. Sauté until translucent.
- 4) Add Saag Masala and stir for 1 minute.
- 5) Add tomato puree and salt. Stir for 2 to 3 minutes until oil leaves the sides.
- 6) Add boiled greens and mix until well wilted and cook for few minutes.
- 7) Add cream or butter or coconut cream.
- 8) Mix well and cook for 1 minute.
- 9) Serve hot with naan or pita.

As an added option you can add paneer/ corn/ mushroom/ broccoli/ chicken or meat of your choice/ potatoes/ any greens of your choice.



SAMBAR (TANGY LENTIL CURRY)



Ingredients

½ cup Tur Dal or Split Pigeon Pea
1 cup Tamarind Juice
1 Onion (chopped)
1 cup Mixed Vegetables
2 tsp [Sambar Masala](#)
Pinch of Sugar
Salt to taste

For Tempering

1 tsp Mustard Seeds
½ tsp Fenugreek Seeds
½ tsp Cumin Seeds
1 Red Chili
1 Tbsp Coconut Oil (or any oil)
A few curry leaves

Method

- 1) Blanch the vegetables and keep aside.
- 2) Soak dal for 20 minutes.
- 3) Boil the dal and onion together until soft.
- 4) Add vegetable to the cooked dal. Add Sambar Masala, salt, sugar, and tamarind juice. If sambar is too thick, add more water.
- 5) For tempering, heat oil in a small pan. Add mustard seeds and cook till they pop. Add the rest of the tempering ingredients and fry for 1 minute or until brown.

6) Pour tempered mixture into sambar prepared earlier. Mix well and cook for 10 minutes on high heat.



TANDOORI CHICKEN

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Ingredients

1 whole chicken (can be cut into pieces)
1/3 cup unsweetened yoghurt
1 tsp olive oil
1 tsp lemon juice
1-2 tsp [Tandoori Masala](#)
salt and pepper to taste

Method

- 1) Preheat oven to 180°C on grill.
- 2) Mix Tandoori Masala, olive oil, lemon juice, salt, pepper, and yoghurt together.
- 3) In a bowl, mix the prepared marinade with the chicken. Leave aside to marinate for 30 minutes.
- 4) Place the chicken in a roasting tray and cook in the oven for 40-50 minutes, until tender.
- 5) Garnish with lemon and serve with naan, pita, rice or salad.

Alternatively, the chicken can also be cooked in a BBQ, charcoal or tandoor.
This recipe can also be used for other meats, fish, vegetables or paneer.



OLD-FASHIONED SPICE MUFFINS

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Ingredients

2 ½ cups sifted self raising flour
½ spoon baking soda
1 ¼ cups soft brown sugar
½ cup butter softened
3 eggs, 1 cup buttermilk
1 tsp vanilla essence
½ teaspoon salt
2 tsp [Baking Spice Blend](#)

Method

- 1) Preheat oven to 180 C. Lightly grease and flour a 12 cup cupcake pan.
- 2) Sift together flour, baking powder, baking soda, salt and spices into a bowl; set aside.
- 3) Place shortening and brown sugar in a large mixer bowl. Blend until light and fluffy. Add eggs, one at a time, beating well after each addition.
- 4) Stir in flour, alternating with the buttermilk. Stir in vanilla.
- 5) Evenly divide batter amongst muffin pan. Bake for 20-25 minutes.
- 6) Serve frosted with caramel, orange or cinnamon frosting, or simply dust with icing sugar.



VENISON CURRY



Ingredients

500g venison boneless cubed
1tsp ginger minced
1 tsp garlic minced
2 Tbsp yoghurt or coconut cream or vinegar
4 Tbsp oil
1 ½ tsp [Venison Masala](#)
1 medium onion finely chopped
2 Tbsp tomato puree or 1 fresh tomato minced
½ tsp lime juice
salt to taste

Method

- 1) Marinate venison pieces with ginger, garlic and yoghurt or coconut cream or vinegar. Keep aside for 1 hour (optional).
- 2) Heat oil on medium heat. Add chopped onion and cook for 2 to 3 minutes until translucent.
- 3) Add marinated venison and cook until the oil leaves the sides.
- 4) Add Venison Masala. Stir for 2 to 3 minutes.
- 5) Add tomato puree and cook for further 5 minutes.
- 6) Add water and cook on low heat until tender.
- 7) Increase heat and cook until the gravy thickens.
- 8) Add lime juice and stir. Garnish with cilantro.
- 9) Serve with rice, naan or pita. As an added option you can add capsicum, spinach and silver beat