

## Lesson 8 Recipes

### Butter Chicken

8 organic free range chicken thighs, bone in or out, skinned  
1 tsp salt  
1 juicy lemon  
½ tsp paprika and turmeric mixed  
¾ pt organic yoghurt  
½ med onion, peeled and quartered  
1 large garlic clove  
1 inch peeled, chopped ginger  
½ tsp hot green chili  
2 tsp Garam masala  
Lemon wedges to garnish and/or cilantro and toasted flaked almonds

Rinse and pat dry the chicken pieces. Rub in salt and lemon juice. Leave for 20 min.  
Drain off excess juice and rub in paprika and turmeric mix.  
Whizz up the yoghurt through Garam masala ingredients and pour over the chicken.  
Cover and leave to marinade over night, if possible.  
Place chicken in terra cotta pot if you have one or on a baking tray.  
Cook in a hot oven until brown and cooked through. (the seitan, if you are using it, won't require cooking as such, just browning)  
Make the butter sauce while the "chicken" is cooking and pour over the top when ready to eat.  
Add garnish.

### Butter sauce:

4 tbs tomato purée  
1 inch fresh ginger, peeled and chopped  
½ pt pouring cream  
1 tsp garam masala  
¾ tsp salt  
¼ tsp sugar  
1 fresh green chili  
¼ tsp cayenne pepper  
1 tbs chopped fresh cilantro  
4 tsp lemon juice  
1 tsp dry roasted cumin seeds, crushed (gently roast in a pan until fragrant )  
4 oz unsalted butter

Melt the butter gently in a saucepan.  
Put the paste into a jug and mix in the water and then other ingredients.  
Add to the butter and gently whisk until warmed through.

## **Seitan Chicken Substitute**

*This is made from wheat gluten and is a good source of protein that is low in fat. It satiates the hungry palate that likes to feel like they are chewing on a bit of meat, quite nicely. Fooled my boys! This takes patience and lots of water but is worth it, as buying it works out to be expensive if you are cooking for more than 2 people. The texture is softer than the bought variety and I prefer it but for convenience and small quantity recipes. You can always make a bigger batch and use it to replace meat in other recipes too.*

8 oz whole wheat flour (enough for 4 people)  
9 cups of water

In large bowl, add water to the flour and mix to form a bread dough consistency.  
Knead for about 5 min. and cover with water and allow to sit for 1 hour.  
Knead it in the water for a few min. Pour off the milky water and reserve.

Washing process:

Knead the dough sitting it in a strainer over a bowl. Then discard the milky water.  
Keep repeating this process using hot then cold water until the bran and starch are worked out of the dough.

The last rinse should be in cold water as these contract the gluten.

Cut the gluten into 4" pieces and place in 2 cups of boiling water and boil for about 40 min.

It is then ready to use as a meat substitute.

You can use the milky rinse water for stock in soups, etc., or in the bath for nice soft skin.

## **Kid Friendly Kale**

*If you have a dehydrator this is nice side dish and even snack on its own. I cannot make enough of it.*

1 large bunch of organic kale  
¼ cup Nama shoyu-about  
¼ cup extra virgin olive oil  
1 tbs raw cider vinegar

Wash and shred the kale, discarding the stalks. (or, give it to a friendly rabbit)

Mix it with the other ingredients and then spread over dehydrator trays for about 1 hour until a little warm but not shriveled and dry.

*Could leave on a tray in an oven without turning it on! Or stir fry dry, or with a little oil or water, or ghee.*