

ESTEEM recipe ideas

Family Cooking by the Food Academy UK



Food Academy UK supports the ESTEEM project at Queen Mary's University of London by providing recipes, training researchers on how to promote recipes and by supporting hospital work with pregnant women.

ESTEEM project: Effect of simple targeted diet in pregnant women with metabolic risk factors on pre-eclampsia.

This collection of recipes follows the principles of the ESTEEM diet and gives you great ways to incorporate the requirements of the diet into your everyday cooking.



DHAL

serves 4

preparation time: 5 mins

cooking time: 40 mins



FOOD ACADEMY

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INGREDIENTS

400g	Yellow split lentils
2 medium	Onions
1/2 tsp (teaspoon)	Ground coriander
1 tsp	Cumin seeds
4	Curry leaves
1/2 tsp	Ground garam masala
1/2 tsp	Ground turmeric
2 cloves	Garlic
1-2 tsp	Red chilli powder
200g	Tinned chopped tomatoes
Handful	Fresh coriander
2 tbsp (tablespoons)	Olive oil
1 tsp	Salt

HOW TO DO IT!

- » Gather all your ingredients before you start.
- » Wash and rinse the lentils.
- » Finely slice the onions and garlic.
- » Cover the lentils with water in a saucepan, 1 inch above the lentils.
- » Add the turmeric, coriander, garam masala and the curry leaves to the saucepan. Stir and bring to a boil at a high temperature.
- » Reduce the heat to medium and simmer for 30 minutes or until the lentils are tender. If all the water has evaporated, add more water.
- » While your lentils are cooking, heat the olive oil in a frying pan on a medium heat and add the cumin seeds, toasting them until golden.
- » To this pan, add the garlic and onions and fry until golden brown, for about 10 minutes.
- » Add the chilli powder, tomatoes and salt. You have got yourself a “tadka” sauce!
- » Pour your tomato mix, “tadka”, into your lentil saucepan and stir well. If you want your dhal thinner, add more hot water.
- » (Optional) Garnish with fresh coriander!

HOT TIPS



Use a measuring spoon to add your olive oil

Serving tip: Eat with rice OR chapattis, not both!

And add a dollop of yoghurt!

AUBERGINE AND POTATO CURRY

serves 4

preparation time: 10 mins

cooking time: 30 mins



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INGREDIENTS

2 medium	Potatoes
1	Aubergine
1 tsp (teaspoon)	Cumin seeds
1/2 tsp	Turmeric
1	Red chilli
2 cloves	Garlic
Handful	Fresh Coriander
200g	Tinned chopped tomatoes
1/2 cup	Frozen peas (optional)
2 tbsp (tablespoons)	Olive oil
1 tsp	Salt

HOW TO DO IT!

- » Gather all your ingredients before you start.
- » Peel and cut the potato into 1 inch cubes.
- » Cut the aubergine into 1 inch cubes.
- » Finely chop the garlic, chilli and coriander stalks (keep the leaves separate).
- » Heat your olive oil in a saucepan on a medium heat, fry the cumin seeds until golden brown.
- » Add the garlic, coriander, chilli, coriander stalks, turmeric and salt. Mix well.
- » Add the potato and aubergine to this mix. Cook on a low heat until soft.
- » Add the peas and cook for a further 5 mins.
- » Garnish with coriander and serve with chapatti.

HOT TIPS



Try adding extra vegetables to this recipe!

CHICKEN MASALA

serves 4

preparation time: 10 mins

cooking time: 45 mins



FOOD ACADEMY

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INGREDIENTS

4	Skinless chicken breast
2 medium	Onions
2	Red birds eye chilli
2 cloves	Garlic
Thumb sized piece	Ginger
Handful	Fresh coriander
1 tsp (teaspoon)	Cumin powder
1/2 tsp	Turmeric
1 tsp	Garam masala
1 tsp	Coriander powder
200g	Tinned chopped tomatoes
2 tbsp (tablespoons)	Olive oil
Half a cup	Water
Handful	Flaked almonds
1 tsp	Salt

HOW TO DO IT!

- » Gather all your ingredients before you start.
- » Finely dice your onions and chop your coriander stalks, keep the leaves separate.
- » Make a fine paste with your ginger, garlic and chilli in a pestle and mortar or in a food processor.
- » Dice your chicken in to bitesize pieces, then wash your hands!
- » Heat your olive oil in a saucepan on a medium heat and fry your onions until golden brown (15 minutes).
- » Add the coriander powder, cumin, garam masala, your fine paste, coriander stalks and salt to your saucepan. Mix frequently and add water if the paste sticks to the pan.
- » Add the tinned tomatoes and cook for 5 minutes.
- » Add your chicken and half a cup of water and simmer on a low heat until the chicken is thoroughly cooked (25 minutes).
- » Garnish with the coriander leaves and flaked almonds.

HOT TIPS



Make the paste in advance and freeze in ice cube trays.

CHICKEN BIRYANI

serves 4-6

preparation time: 10 mins

cooking time: 1hr 35 mins



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INGREDIENTS

600g	Chicken thighs	1	Cinnamon stick
1.5 cups	White rice	1 tsp	Cumin seeds
2 medium	Onions	2	Cloves
2	Green chillies	1/2 tsp	Turmeric
1	Red chilli	1	Star anise
Thumb sized piece	Ginger	4	Peppercorns
Handful	Fresh coriander	200g	Tinned chopped tomatoes
1.5 tsp (teaspoon)	Coriander powder	10	Almonds
1	Black cardamom	Handful	Flaked almonds
1.5 tsp	Garam masala	Half a cup	Water
2	Bay leaves	2 tbsp (tablespoons)	Olive oil
		1 tsp	Salt
		1 pinch	Pepper

HOW TO DO IT!

- » Gather all your ingredients before you start.
- » Dice the chicken into 1 inch cubes.
- » Grate the ginger finely.
- » Chop the onions, chillies and coriander stalks (keep leaves). Roughly chop the almonds.
- » Put your chicken, ginger, water and tiny pinch of salt and pepper into a pressure cooker and cook for 20 minutes.
- » While your chicken is cooking, in another saucepan, heat your olive oil and fry your onions until golden on a medium heat.
- » Add the green chillies, cumin seeds, cardamoms, star anise, cloves, peppercorns, bay leaves and cinnamon sticks. Keep stirring and cook for about 10 minutes, adding extra water if the paste sticks to the pan.
- » To this mixture, add the contents of your pressure cooker and also the chopped tomatoes, salt, turmeric, ground coriander, garam masala and almonds.
- » Simmer at a medium heat for a further 30 minutes.
- » Taste to check the seasoning, adding more chilli or salt if needed.
- » Preparing Rice:
 - » Wash and rinse your rice. Put your rice in a saucepan with 3 cups of boiling water. Cover with a lid and simmer for only 8 minutes (or half its recommended cooking time). Leave the rice to cool.
 - » Use your olive oil to grease your deep oven-proof dish and layer first with rice, then with your lamb mixture and then again with rice on top.
 - » Add a cup of boiling water to your dish and cook in the oven (at 180°C) for a further 45 minutes.
 - » Garnish with red chilli, flaked almonds and coriander leaves.

HOT TIPS



Serve your delicious biryani with a cachumber salad!

SALMON TIKKA

serves 4

preparation time: 15 mins

cooking time: 5 mins



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INGREDIENTS

4 (or about 400g)	Salmon fillets
3 cloves	Garlic
1 inch (3 cm)	Ginger
Small bunch	Fresh coriander
2	Spicy red chillies
2 tbsp (tablespoons)	Tomato puree
2 tsp (teaspoons)	Garam masala
1 tsp	Chilli powder
8	Almonds
2 - 2.5 tbsp	Olive oil for paste
1 tiny pinch	Salt

HOW TO DO IT!

- » Gather all your ingredients before you start.
- » Fry your almonds without oil for 4 minutes.
- » Chop the garlic, ginger, coriander, your toasted almonds and chilli.
- » Paste all ingredients in a pestle and mortar or a food processor.
- » With care cut each salmon fillet lengthways into 3 strips and spread each with a layer of your paste, rubbing it all over.
- » Heat your frying pan at a medium heat and add your salmon strips. Cook for 2-3 minutes each side, depending on how you like your salmon.

HOT TIPS



Make lots of paste and freeze it in an ice cube tray to use with any other meat or vegetables! Serve with chapattis and the Cachumber salad!

OUR PERFECT CURRY PASTE

serves 4

preparation time: 10 mins

cooking time: 20 mins



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INGREDIENTS

2 medium	Onions
1 tsp (teaspoon)	Garlic
1 tsp	Ginger
1	Spicy green chilli
Small bunch	Coriander
200g	Tinned chopped tomatoes
1 tsp	Cumin seeds
1/2 tsp	Turmeric
2 tbsp (tablespoons)	Olive oil
1 tiny pinch	Salt

HOW TO DO IT!

- » Gather all your ingredients before you start.
- » Finely chop your onions, garlic, ginger, chilli and coriander stalks - keep the leaves for later.
- » Place your saucepan on a medium heat and add the olive oil. When the oil is hot, fry the cumin seeds for 2 minutes and then add the onions and cook until golden.
- » Add your garlic, ginger, chilli and coriander stalks and cook for a further 5 minutes.
- » Add the tomatoes, turmeric and a tiny pinch of salt.
- » Your paste is now done! Use it with your favourite meat/vegetables!

HOT TIPS



Garnish your dish with chopped nuts!

CHAPATTIS

for 10 chapattis

preparation time: 25 mins

cooking time: 15 mins



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INGREDIENTS

125g	Plain flour
125g	Wholemeal flour
175ml	Warm water
1 tablespoon	Olive oil

HOW TO DO IT!

- » Gather all your ingredients before you start.
- » Mix the plain flour and wholemeal flour in a bowl.
- » Add the olive oil and stir. Add the water gradually and stir well until the mix is soft and elastic.
- » Work the dough with your hands, on a lightly floured surface and knead it until it is smooth.
- » Make 10 balls from the dough and let it rest for 5 minutes.
- » Roll out the balls of dough with a floured rolling pin on a lightly floured surface, until the dough is very thin and round and about the size of a small plate.
- » Heat a frying pan over medium heat until hot. Put the chapatti in the pan and cook until air bubbles appear, for about 30 seconds.
- » Flip it over and cook the other side for about one and a half minutes until brown spots appear.

HOT TIPS



Eat our delicious chapattis with our Chicken Masala! Or brush with olive oil or a mango pickle for a great snack!

OUR SPICED RICE

serves 4

preparation time: 5 mins

cooking time: 30 mins



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INGREDIENTS

2 cups	Brown rice
1/2 medium	Onion
1/2 tsp (teaspoon)	Cumin seeds
1 stick	Cinnamon stick
3	Cardamom pods
4	Cloves
2	Dried bay leaves
1	Star anise
4	Black peppercorns
1 tbsp (tablespoon)	Olive oil
5	Almonds
1 tiny pinch	Salt

HOW TO DO IT!

- » Gather all your ingredients before you start.
- » Chop the onion finely.
- » Heat your olive oil in saucepan on a medium heat and fry the onions until golden.
- » Add all the spices and a tiny pinch of salt.
- » Wash and rinse the rice and add to the saucepan with 4 cups of water. Put a lid on the pan and cook on a medium heat for about 25 minutes.
- » Fry your almonds without oil for 4 minutes.
- » Sprinkle the almonds over your rice.

HOT TIPS



Serve with our delicious Dhal recipe!

CACHUMBER

serves 4

preparation time: 10 mins

cooking time: 0



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INGREDIENTS

4 large	Tomatoes
1/2 medium	Red onions
Small bunch	Coriander
1/2	Lemon
1/2	Red chilli
5	Walnuts
1 tiny pinch	Salt

HOW TO DO IT!

- » Gather all your ingredients before you start.
- » Finely chop the tomatoes, onions, coriander and chilli.
- » Mix them all together.
- » Add the lemon juice and a tiny pinch of salt.
- » Roughly chop the walnuts and add to your salad mixture.

HOT TIPS



If you want more flavour in your salad, add lemon juice or chilli, not salt!

CRUNCH SALAD

serves 4

preparation time: 10 mins

cooking time: 0



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INGREDIENTS

4	Carrots
1/2 small	Red cabbage
Small handful	Walnuts
1/2	Lemon
1.5 tablespoons	Olive oil

HOW TO DO IT!

- » Gather all your ingredients before you start.
- » Slice the red cabbage and grate the carrots. Chop the walnuts.
- » Mix in a large bowl.
- » Add the olive oil and the lemon juice and mix.

HOT TIPS



This salad has great colours!
Add finely sliced red and
green chillies for extra
flavour!

SPICY ROASTED NUTS

serves 4

preparation time: 2 mins

cooking time: 10 mins



FOOD ACADEMY

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INGREDIENTS

- 16 Walnuts
- 16 Almonds
- 16 Hazelnuts
- 1 teaspoon Garam masala

HOW TO DO IT!

- » Gather all your ingredients before you start.
- » Place a pan on a medium heat, without any oil.
- » Add the walnuts, almond and hazelnuts and sprinkle with the garam masala. Dry fry for 10 minutes, stirring frequently and taking extra care not to burn the nuts.
- » Allow them to cool.

HOT TIPS



Great snack! Have it with the crunch salad.

FIZZY LEMON

Makes about 1 litre

preparation time: 5 mins



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INGREDIENTS

3	Lemon
1 large	Orange
Small handful	Mint
1 litre	Sparkling water
Handful	Ice

HOW TO DO IT!

- » Gather all your ingredients before you start.
- » Squeeze the juice from the lemons and oranges - holding back the pips - into a large jug.
- » Add the sparkling or still water.
- » Add mint and the ice.
- » Add more lemon or orange juice to taste.
- » Stir well.

HOT TIPS



No need for any fizzy drinks!