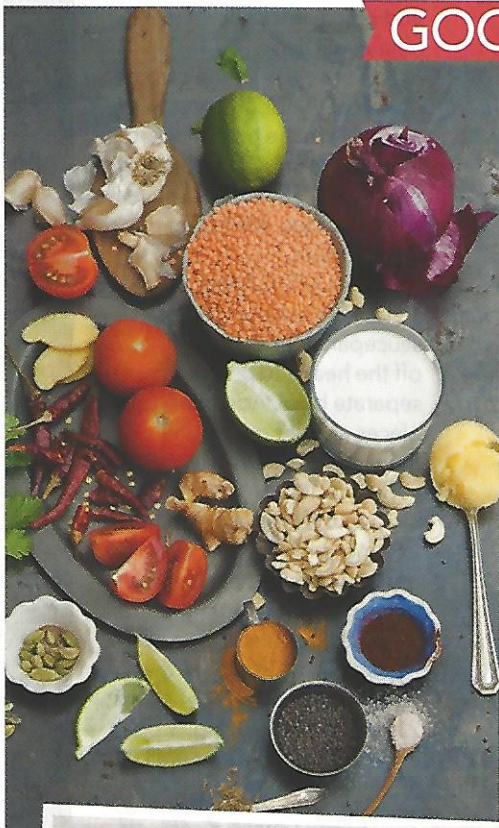


Kitchen CALENDAR

Handy hints and gourmet goodies

GOOD TO KNOW



Red lentils are a staple in Indian curries. They're fast cooking and have a good protein kick. Serve this quick dhal alongside one of Nici Wickes' curries (featured this week on page 38-41) if you wish to stretch your Indian feast to a few more guests!

- 1 cup red lentils
- 3 cups water
- 1 tsp salt
- 3 tbsp fresh root ginger, grated
- ¼ tsp cayenne pepper
- ¼ tsp ground turmeric
- ¼ tsp paprika
- ½ tsp cumin
- 2½ tbsps butter
- 2 tbsps fresh coriander, chopped

Cook the lentils in the salted water for 30 minutes, then add the ginger, cayenne and turmeric. Simmer until the lentils are tender. In a small pan, sauté the paprika and cumin in the butter, then stir into the dahl with the coriander. Adjust the seasoning to taste and serve with a squeeze of lemon juice, if desired.

Curry, hurry!

With every good curry, naan bread or roti are great accompaniments. However, not many of us have time to rustle up some flatbread, so a great option when serving up that spicy feed are Farrah's tortillas. There are three varieties in the range: Burrito, Taco and Chilli. Simply pop in a microwave or preheated oven for a couple

of minutes with butter spread between each one, or rub with a cut clove of garlic before adding the butter for a burst of flavour. Available from supermarkets nationwide. RRP \$5.49 per packet.



THE IRISH IMBIBER

Fans of the Irish talk-show host Graham Norton might know he makes great Kiwi wine, but for those who don't, in 2014 he teamed up with the winemakers at InVivo to create Graham Norton's Own Wines. The range has a shiraz, sauvignon blanc (Graham's favourite!), a rosé and, coming soon, a prosecco! A rosé would be lovely with curry, but you may need to try all three varieties in the 2017 vintage to make up your own mind. Available from supermarkets and liquor stores. RRP \$18.99 each.



Natty love

This latest decadent creation from the clever team at Lewis Road Creamery would be perfect after spicy food. The company has nailed another awesome flavour combination with its new Peanut Butter & Chocolate Flake concoction. Creamy, rich ice cream and Pic's Peanut Butter spiked with flakes of chocolate really tick the taste box. Available at supermarkets nationwide, RRP \$8.99 for a 470ml tub.

