

SPICED PEPPER AND SWEETCORN

Source: The Times Sept 2013

Serves 4



- Fresh green chillies, trimmed but not deseeded - 4-6
- Garlic, soaked and peeled - 4 cloves
- Root ginger, peeled and roughly chopped -3 cm pcs
- Pinch of salt
- Sunflower oil - 100ml
- Cumin seeds – 2 tsp
- Mustard seeds – 1 tsp
- Asafoetida - ¼ tsp
- Red pepper, diced - 1
- Green pepper, diced - 1
- Yellow pepper, diced -1
- Salt - 1¼ tsp
- Turmeric - ¼ tsp
- Ground coriander – 2 tsp
- Ground cumin - ½ tsp
- Fresh coriander, washed and finely chopped - 2 handfuls
- Sweetcorn, with juice - 2 x 300g tins
- Sesame seeds, toasted - 2 tsp

1. Crush the chillies, garlic and ginger together with a pinch of salt using a mortar and pestle (or a blender), to make a fine masala paste

2. Heat the oil in a thick-based pan for 2 min. add the cumin seeds and swirl through the oil. As soon as they start to froth, add the mustard seeds, swirl through the oil

and when they start to pop, stir in the asafoetida

3. Now add the diced peppers and stir them through the oil, letting them cook uncovered for 1m so that the spices infuse them while they soften slightly

4. Mix in the masala paste, salt turmeric, ground coriander, ground cumin and quarter of the fresh coriander. Stir and cook, covered, for 1min. Pour in the sweetcorn straight from the tins, juice and all, and cook covered on a medium heat for 8-9 min,

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stirring halfway through. Take off the heat, cover and leave to rest for 10min.

5. Reheat over a medium heat until piping hot, and then sprinkle with the remaining fresh coriander and sesame seeds.