

A CELEBRATION OF ALL THINGS CURRY



**WORLD
CURRY
FESTIVAL**

**1-3 OCTOBER 2010
MILLENNIUM SQ. LEEDS**

www.worldcurryfestival.com



in association with

**Welcome
to Yorkshire**
yorkshire.com

The official charity of the World Curry Festival 2010 The James Caan Foundation



The James Caan Foundation (JCF) was set up in 2006 to fundamentally assist with educating some of the 6 million children in Pakistan currently not enrolled in schools. Furthermore, the JCF continues to support charities in the UK working towards a number of different initiatives ranging from cancer care to providing equal opportunities for youth, but it also seeks to promote greater awareness for the developing world.

“ The World Curry Festival promises to be a fantastic event celebrating the Asian dish and the impact it has had on British society. It couldn't come at a better time to raise awareness of the recent floods in Pakistan, and I am humbled by the commitment of Jean Christophe Novelli and the WCF team to helping support the people in Pakistan.

The James Caan Foundation is working on the long term rehabilitation and reconstruction efforts on the ground, and is aiming to rebuild entire villages including homes, schools and hospitals. With people like Jean Christophe Novelli and the WCF choosing to support the JCF, we are able to change the future of those affected by the floods. ”

James Caan
Founder of the JCF and entrepreneur star
of TV hit series *Dragon's Den*.

To make a donation visit
www.thejcf.co.uk



WELCOME to the first ever World Curry Festival – **A Celebration of all things Curry** to mark the 200th anniversary of the first Indian restaurant in Britain.

Our three day event – outlined in the following pages has been created to offer a kaboom of sensory experiences, taking in sight and sound as well as taste. We intend this to be a festival to be remembered and repeated year after year, firmly establishing Britain as the world's curry capital.

Taking place in Leeds' Millennium Square under a stunning structure of interlocking tents, Saturday and Sunday boast an array of attractions, from celebrity chefs and cookery classes to a spice souk and restaurant offering sumptuous dishes. Musicians and dancers will add to the atmosphere of this feast of delights.

And to emphasise the importance of the food industry to our economy, Friday has been designated a ticket-only corporate day to explore the issues facing those involved.

I would like to extend my full thanks to everyone who has helped create this wonderful occasion, from participants to our partners, especially Welcome to Yorkshire, and to our fabulous Festival team.

We want to celebrate curry as a food that brings people together – a food that not only opens up our taste buds, but our minds – taking us to a different place altogether.

Enjoy Curry!

Zulfi A Karim
Festival director



FESTIVAL HIGHLIGHTS

- 🍴 **Extremely Good Curry Show**
demos by celebrity chefs
- 🍴 **Future of Food Conference**
- 🍴 **A Unique Fine Dining Experience with Grand Master Chef, Hemant Oberoi**
- 🍴 **Curry and Comedy with Hardeep Singh Kohli**
- 🍴 **Curry on the Cooking Bus**

A CELEBRATION OF ALL THINGS CURRY

AND HOW MUCH WE LIKE IT!

Over the last 200 years, curry has become a British institution that seems to span all divides. Jane Cameron gives a brief history of the nation's favourite cuisine.

It's hard to believe that before 1810, there wasn't a single curry house in Britain. Yes, it was 200 years ago exactly, when enterprising Sake Dean Mahomed decided there was a market for Indian food in Victorian England and opened the Hindoostane Coffee House in central London. But, way back then, his dishes were targeted purely at the wealthy Indian aristocrats in London and at returning ex-pats of the colonies, whose taste buds were accustomed to a little, or more, spice. How that contrasts with today's

Indian curry industry – worth an estimated £4bn a year. Indian curry houses have proliferated across the land to number more than 10,000 and appeal to all sections of society. Old or young, working class or royal, almost everyone likes a curry. Some may go for the milder Korma, some will brave a Vindaloo and most will go for the all-time national favourite, Chicken Tikka Masala – but there will be few who have never tried a curry. And then there's the increasing popularity of Thai, Malay, South American and Caribbean spicy food.

Festival director Zulfi Karim says, "If there's one thing that brings all cultures together, it's curry. "People may follow different religions or hold conflicting political views, but talk about curry and they'll have something to say to each other."

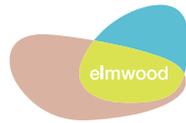


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THE EXTREMELY GOOD CURRY SHOW



A Festival headline event, the Extremely Good Curry Show boasts a line-up of superb chefs hungry to show off their talents live on stage.

From far and wide our collection of celebrated chefs have come to show us their unique approaches to curry, in a series of hour-long demonstrations on Saturday and Sunday in our special 200-seater theatre. "Grand Master Chef" Hemant Oberoi has flown in from Mumbai to show us how he makes some of the signature dishes he's world-famed for, in three sessions over the two days. Chef Oberoi will also create a gourmet dinner for the Unique Fine Dining Experience on Friday night.

Favourite French chef, Jean Christophe Novelli, will exude enthusiasm for Indian cuisine and demonstrate how it's become part of his repertoire.

Visitors will be able to give both

chefs a good grilling at Q&A sessions after their shows.

And executive chef of the ever popular, Yorkshire-based Aagrah restaurant chain, Mohammed Aslam, will reveal why his customers return again and again.

Barrington Douglas, of the Discovery Bay in Huddersfield,

will tempt us with his charismatic Caribbean cookery.

Spreading the range of the Festival's curry cuisines still wider, Chef Buppha Tong Tae (Ding) of hit restaurant, Chino Thai, in Bradford is to give a dazzling demo. **Enjoy!**

YORKSHIRE CHALLENGE

And to add to the fun, the World Curry Festival has laid down a challenge to one of our chefs, Yorkshire rising star Stephanie Moon, to create the very first unique Yorkshire Curry.

Stephanie, of Harrogate's Ridding Park Hotel and recently crowned British Culinary Federation's Chef of the Year – will ask for the public's help in devising a Yorkshire Tyke-A-Masala. All puns intended.



PRINCES, PRESIDENTS AND PRIME MINISTERS

Internationally acclaimed Indian chef, Hemant Oberoi, is expected to wow diners and audiences alike with his daring approach to Indian cookery.

It's a wonder Grand Master Chef Hemant Oberoi has found the time to fly from India to Leeds to delight festival-goers with his revolutionary and world-renowned cooking.

Not only is he the chef in charge at Mumbai's legendary Taj Mahal Palace Hotel, which serves 5,000 meals a day, but he is executive chef of the Taj Group's chain of Indian and International hotels and restaurants. These include the elite Bombay Brasserie and Bar in London's South Kensington.

Chef Oberoi's claims to fame know no end – with celebrity diners sampling his pioneering dishes ranging from royalty and heads of state to popstars and footballers. The credit roll includes Prince Charles, George Bush, Bill and Hillary Clinton, Jean Chirac, Margaret Thatcher and The Rolling Stones.

Known for his inventive approach



“ The credit roll includes Prince Charles, George Bush, Bill and Hillary Clinton, Jean Chirac, Margaret Thatcher and The Rolling Stones. ”

to cookery, Chef Oberoi is already widely credited with *Khud* cuisine – a concept of food cooked in earthenware vessels and served in the same pots, as well as *Cal-Indian* cuisine, a fusion of Indian and Californian food.

One of his signature dishes is *Paperwali Machchi* – fish fillets drizzled with freshly ground peppercorns enveloped in parchment paper, chargrilled in an open pit and served wrapped in a Bombay Brasserie newspaper!

Guests at the ticket-only Unique Fine Dining Experience on Friday night will have the honour of tasting some of Chef Oberoi's creations. Other visitors will be able to watch the culinary maverick at work at any of his three demonstrations and Q&A sessions held on Saturday and Sunday as part of our Extremely Good Curry Show.

See Grand Master Chef
Hemant Oberoi live at the
Extremely Good Curry Show
Saturday 12.00 & 3.00
and Sunday 2.00





BRITISH CURRY, C'EST DÉLICIEUX!

Award-winning Jean Christophe Novelli – headlining our Extremely Good Curry Show – has paid tribute to the role curry plays in putting British cuisine on the world menu.

One of the Festival's star chefs, Michelin and 5AA rosette award-winning Jean Christophe Novelli, is in no doubt as to the importance of the Great British Curry.

Chef Jean, who will be giving two special cookery demonstrations and Q&As on Sunday as part of the Extremely Good Curry Show,

says: "There has been a great movement with the evolution of British cookery.

"Part of this is due to the amazing curry chefs – with their use of spices, incredible presentation skills and charismatic personalities, they are leaders in the movement to make British food one of the best culinary

scenes in the world.

"For that I salute and pay utmost respect to them, and am first in line to enjoy their delicious food!"

“Asian cuisine, especially the curry, has been a massive foundation and inspiration for my own cooking...”

Chef Jean runs a world-renowned, award-winning cookery academy in Hertfordshire and has won a string of prestigious accolades, including AA Chef of the Year and the Egon Ronay Dessert of the Year. He was also a European Chef of the Year finalist, representing Great Britain.

He says: "Asian cuisine, especially the curry, has been a massive foundation and inspiration for my own cooking – it really changed my life and made my cooking so much better!"

The French wondercook has also pledged to donate time and money to the Festival's official charity, the James Caan Foundation: "The invitation to appear at the Festival also took my mind to the terrible flooding disaster which has happened in Pakistan, one of the world curry centres, so I have offered to do everything I can."

www.jeanchristophenovelli.com

GRANDMA LOUISE'S TOMATO SAUCE

- 6 beef tomatoes halved or 4 x 400g cans of chopped tomatoes
- 4 star anise
- ½ vanilla pod
- sea salt and cracked black pepper to season
- runny honey to taste
- 2 sprigs fresh thyme
- 1-2 bay leaves
- cumin seeds
- fennel seeds

INFUSION

- fresh garlic
- 1 bunch fresh basil
- extra virgin olive oil

COOK'S NOTE

Grandma Louise's Tomato Sauce makes a lovely base for a curry sauce. Simply add the spice of your choice, such as madras curry powder, green cardamom or smoked paprika, and stir in coconut cream for a delicious curry sauce. Add chicken, vegetables, or whatever you like, cook through and serve.

- Place a heavy cast pan to heat up add the anise, cumin, fennel and vanilla. Add the halved tomatoes or tinned and allow them to start to cook, season with salt, pepper and honey if required.
- Press them gently with a masher to help them to release

their juice. As they cook down the skins can now be easily removed with a fork or left in.

Reduce the heat down to just simmering and continue for about 1½ -2 hours until a thickened paste. This slow evaporation of the moisture from the tomatoes will produce a deep colour concentrated flavour without any bitterness.

When all the moisture is removed add the cracked garlic and basil.

Combine with the warm paste and finish with a good amount of olive oil to finish the infusion. Allow to cool before storing ready for use.

To make a tomato sauce add a touch of water, this may seem strange because you have taken so much care to remove all the water only to add it back in! Only now are you in control of the sauce because you have reduced the consistency and the flavour.

See Jean Christophe Novelli live at the Extremely Good Curry Show Sunday 12.00 and 3.00

CURRY FACTS

The term "curry" comes from the Tamil word "kari" meaning spiced sauce.

One of the earliest known recipes for meat in a spicy sauce appeared on 1700 BC tablets found near Babylon in Mesopotamia.

In London alone there are more Indian restaurants than in Bombay and Delhi.

Indian restaurants in Britain serve about 2.5 million customers every week.

The word "balti" means bucket.





THE FUTURE OF FOOD CONFERENCE

FRIDAY 1 OCTOBER
MILLENNIUM SQ.
LEEDS

The ground-breaking Future of Food conference takes place for business delegates on Friday.



In recognition of the importance of the multi-billion pound food industry to the UK economy, we have organised - in partnership with **Business Link** - a ticket-only event to serve as a platform for information-sharing and debate on the business of food.

The conference will be opened at 8.30am by the Lord Mayor of Leeds, Cllr James McKenna and the Lady Mayoress, Cllr Andrea McKenna.

The day features speakers from all links in the food chain - including Asda director, Paul Kelly, and Amjad Pervez, founder

partner of Seafresh.

There will be opportunities to network throughout and to hot things up a bit, 12 willing victims have been chosen to rise to a special Curry Challenge, in which their curry-making skills will be put to the test in the Change4Life **Focus on Food** Cooking Bus!

To finish the day off in sumptuous style, the Festival is hosting a Unique Fine Dining Experience in our Pop Up Restaurant - featuring creations by the one and only Grand Master Chef Hemant Oberoi, who is flying from his Taj Mahal Palace Hotel base in Mumbai, India, for the occasion.

KEYNOTE SPEAKERS

PAUL KELLY

External Affairs and
Social Responsibility
Director, ASDA



Paul Kelly will draw on his extensive experience of major food plcs to give conference delegates invaluable insight into the principles of "good value, good faith and good health".

At supermarket giant Asda, Paul is in charge of corporate responsibility, government relations, sustainability and regulatory policy, including health and agriculture. He is also head of the Asda Foundation charitable trust and part of a steering group which focusses on alcohol and obesity problems.

AMJAD PERVEZ

Founder partner of
Bradford-based food
services company Seafresh

Yorkshire entrepreneur Amjad Pervez is to give a hands-on account of how to build a food company up from scratch, having done it himself more than once.

Amjad started his first companies, Caribbean food retail outlets, Fresh Fare and Rainbow Provisions, back in 1983. Then, 15 years ago, he co-founded Seafresh to supply frozen food to the catering industry. It now offers home deliveries, too, and boasts a £50m turnover.

JODY HARRIS

Senior Sustainability
Consultant, Arup



Speaker Jody Harris will tackle one of the biggest challenges facing the food industry: how to shape our operations to safeguard the future of the environment.

In her role as senior sustainability consultant at engineering giant Arup, Jody advises clients on how to reduce their carbon footprint in projects and operations. She previously oversaw the environmental impact assessment for major flood risk management schemes for the Environment Agency.

JONATHAN KNIGHT

Chief Executive of Regional Food Group
Deliciouslyyorkshire

deliciouslyyorkshire®

Jonathan Knight will underline the importance of partnerships in driving forward the Yorkshire and Humber food sector.

Jonathan is CEO of the Government-backed Regional Food Group, which gives business support to the sector under the deliciouslyyorkshire banner. He has an outstanding track record in catering, having overseen hospitality at the Sydney Olympics as head of contractor, Sodexo, and was also head of catering at UK Ford Motors.

in partnership with



FOOD FESTIVAL MEANS BUSINESS

Friday's Future of Food Conference is sponsored by Business Link Yorkshire. Iain Brown, Director of Partnerships and Marketing, digests the agenda.

On behalf of Business Link Yorkshire and our partners for this event, I will be delighted to welcome delegates to the inaugural World Curry Festival Business Conference.

This conference is partly to celebrate the ever-growing importance of the curry industry on a global, national and local level. It is also to recognise the vital role that the region's food sector plays in the economy.

What makes a good curry and how do you market it to consumers? How will the industry change in the next five years? What can business do to support healthy eating in the workplace? We have an exciting panel of guest speakers to cover a range of different perspectives such as these and to share their experiences across the sector. I am sure that they will provide

some thought-provoking insights into the food business and they will also join our industry panel to take your questions.

This will provide us all with a rare opportunity to discuss the future of food with major industry strategists and influencers, and I look forward to joining the debate.

WORLD
CURRY
FESTIVAL

THE
FUTURE
OF
FOOD
CONFERENCE



If you are staying for the Unique Fine Dining Experience, you will be able to share the culinary delights of Hemant Oberoi, probably the best curry chef in the world.

In the afternoon, we are running one of our most popular workshops in which an industry expert will share his tried and tested techniques for maximising online marketing and social networking.

Finally, this is also a rare opportunity to network with people who can contribute and add value to your business, whether you are a large corporate

“ This conference is partly to celebrate the ever-growing importance of the curry industry on a global, national and local level. ”

business or someone who has recently started a new enterprise.

I do hope you enjoy the day and that we will be able to support you in your business venture going forward.

The Future of Food Business Conference Friday 1 October

Time	Programme
10.00 – 10.20	Registration
10.20 – 10.30	Welcome: Iain Brown, Business Link Zulfi Karim, World Curry Festival
10.30 – 11.30	Keynote Speakers: Jody Harris, Arup Amjad Pervez, Seafresh Paul Kelly, Asda Jonathan Knight, DeliciouslyYorkshire
11.30 – 12.00	Panel discussion with: Jody Harris, Arup Amjad Pervez, Seafresh Paul Kelly, Asda Jonathan Knight, DeliciouslyYorkshire Grand Master Chef Hemant Oberoi, Taj Hotels Group, Mumbai Jane Riley, Department of Health Peter Bainbridge, Government Office for Yorkshire and the Humber
12.00 – 1.00	World Curry Festival Thali buffet lunch
1.00 – 4.00	Workshop: On Line Social Networks Industry expert will share his tried and tested techniques for maximising online marketing and social networking.

FRIDAY 1 OCTOBER

Civic British Raj Breakfast 8.30 – 9.30

The official opening of the World Curry Festival by the Lord Mayor of Leeds, Councillor James McKenna and the Lady Mayoress, Councillor Andrea McKenna, with a select audience of invited guests to include Grand Master Chef Hemant Oberoi.

By invitation only

Curry on the Cooking Bus *in partnership with Change4Life*

Time	Programme
8.45	Open
9.30 – 11.00	Session One: Cockburn College of Arts
12.00 – 1.00	Session Two: Business Conference Delegates.
2.30 – 4.00	Session Three: Community Group
6.00 – 7.00	Session Four: VIP Guests

An evening with Grand Master Chef Hemant Oberoi A Unique Fine Dining Experience in our pop-up restaurant

Time	Programme
6.00 – 7.00	Pre-dinner drinks reception
7.00 – 9.30	Dinner <i>Ticket only</i>

SATURDAY 2 OCTOBER

Time	Main Stage	Chef's Curry Table	Cooking Bus
11.00	Paresh Tejura Curry Cuisine		Open
			Session One
12.00	Grand Master Chef Hemant Oberoi followed by Q&A session		
		Demo One	
13.00	Thai Cooking with Chef Buppha Tong Tae (Ding) of Chino Thai		
		Demo Two	Session Two
14.00	Stephanie Moon Chef Consultant Rudding Park		
		Demo Three	
15.00	Grand Master Chef Hemant Oberoi followed by Q&A session		Session Three
		Demo Four	
16.00	Hansa Dabhi Hansa's Indian Vegetarian Restaurant		Session Four
19.00 – 22.00	An evening of Curry & Comedy with Hardeep Singh Kohli The Nearly Naked Chef Tour		<i>Ticketed event £20</i>

SUNDAY 3 OCTOBER

Time	Main Stage	Chef's Curry Table	Cooking Bus
11.00	Demos TBC		Open
			Session One
12.00	Michelin & 5AA Rosette award-winning chef Jean Christophe Novelli followed by Q&A session		
		Demo One	
13.00	Caribbean Cooking with Barrington Douglas of Discovery Bay		
		Demo Two	Session Two
14.00	Grand Master Chef Hemant Oberoi followed by Q&A session		
		Demo Three	
15.00	Michelin & 5AA Rosette award-winning chef Jean Christophe Novelli followed by Q&A session		Session Three
		Demo Four	
16.00	Mohammed Aslam Executive Chef Aagrah Group of Restaurants		Session Four



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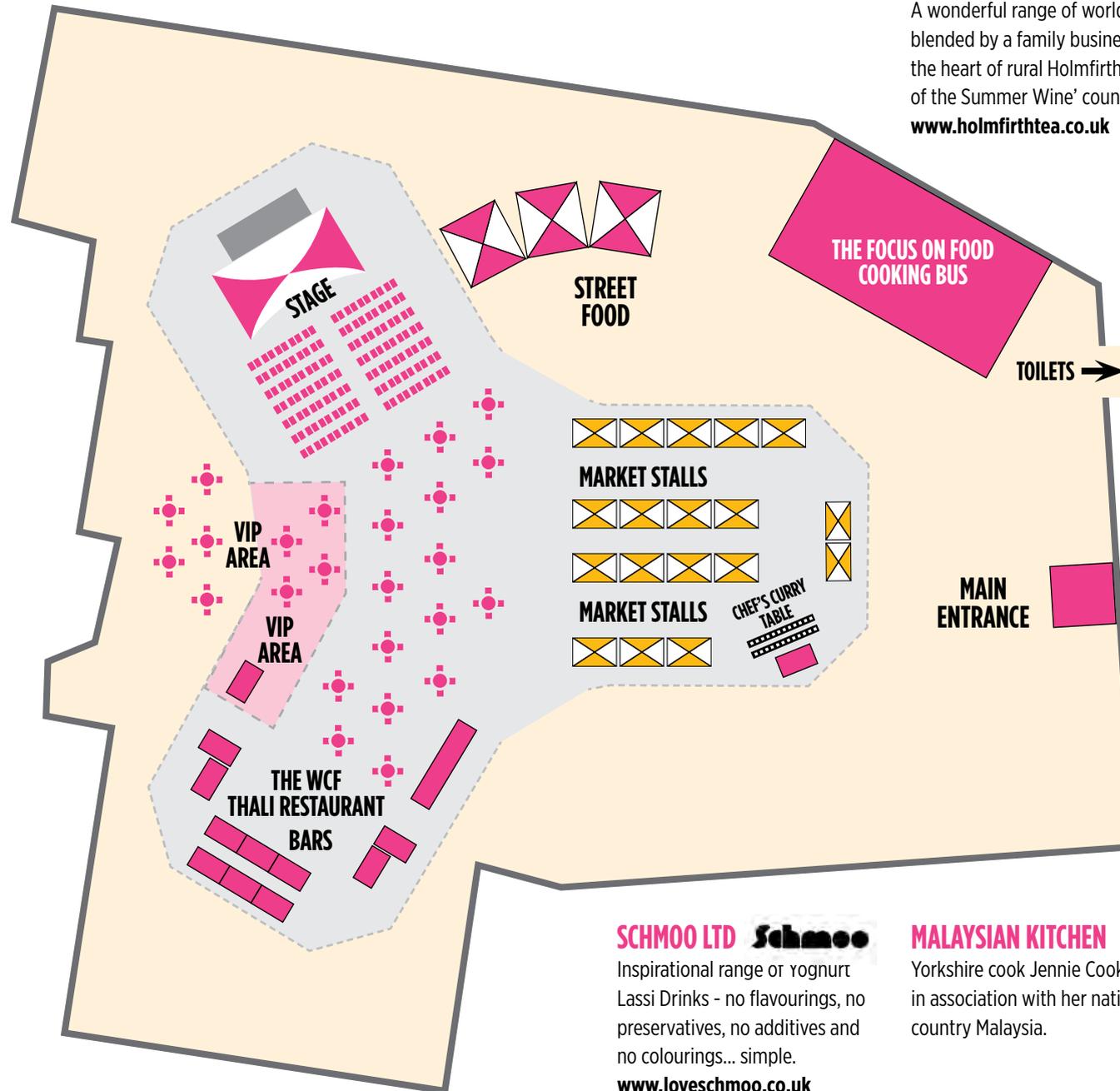
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HARDEEP SINGH KOHLI THE NEARLY NAKED CHEF FOOD THEATRE SATURDAY 7.00PM

www.hardeeplive.com



The World Curry Festival is delighted to announce the Saturday evening performance of Hardeep Singh Kohli – celebrated broadcaster, raconteur – and talented cook!

HARDEEP SINGH KOHLI THE PERFECT INGREDIENT



“ I’m really looking forward to bringing my show to Leeds, especially as part of this wonderful Festival. ”

Popular all-round entertainer Hardeep comes to Leeds fresh from his sell-out Edinburgh Fringe Festival show, *The Nearly Naked Chef*, to offer us a unique evening which promises to blend cooking with hilarious anecdotes.

Hardeep will be no stranger to any of us – having appeared on our TV screens in a staggering variety of roles in a career spanning almost 20 years. He was runner-up on the first series of *Celebrity Masterchef* and was a regular face on the popular BBC1

programme “*The One Show*”. He made a welcome appearance on the Sports Relief celebrity version of “*The Apprentice*”.

Hardeep says: “I’m really looking forward to bringing my show to Leeds, especially as part of this wonderful Festival. The whole aim of *The Nearly Naked Chef* is to encourage as many people as possible to see how simple and enjoyable it can be to prepare a really good curry... and to have some fun along the way.”

Zulfi Karim, Festival Director, adds: “Hardeep’s show is perfect for us in terms of the cultural, cooking and comic elements – it is almost like he has produced it especially for the World Curry Festival.”

Those lucky enough to see Hardeep will also be treated to a sumptuous curry buffet prepared by the World Curry Festival Restaurant in the luxury marquee.

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TAKE PART IN CURRY ON THE COOKING BUS

in partnership with Change4Life



Throughout the Festival, the *Focus on Food* Cooking Bus will offer free classes in curry-making.

Put restaurants and take-aways to the back of your mind for a moment and seize this opportunity to roll up your sleeves and try your hand at cooking a healthy curry dish with experts from The Cooking School at Dean Clough, Halifax.

Sponsored by Change4Life the event, part of the *Focus on Food* Campaign, is all about teaching people how simple it is to cook curry at home which is healthy, easy on the wallet – and most importantly, delicious.

Four 45-minute sessions will take place on Saturday

and Sunday, when renowned Yorkshire chefs Anita Cormac OBE and Matthew Benson-Smith will walk you through the steps to spiced food heaven.

Participants will go away with a Starter Pack, containing spices and recipes for Tikka Masala and Spicy Kebab Pockets.

Cooking classes are limited to 12 people per session – so don't waste time and sign up for Curry on the Cooking Bus!

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first stop for health

Change4Life is sponsoring the Focus on Food Cooking Bus at the Festival to encourage healthy eating.

These days, modern life can mean that we're a lot less active. With so many opportunities to watch TV or play computer games, and with so much convenience and fast food available, we don't move about as much, or eat as well as we used to.

Well done! Visiting this World Curry Festival could be your first step in making a Change4Life. The way we live nowadays means a lot of us, including our kids, have fallen into unhelpful habits. This means all of us need to make small changes to eat well, move more, and live longer.

Change4Life for your kids

Nine out of 10 of our kids today could grow up with dangerous amounts of fat in their bodies. This can cause life-threatening diseases like cancer, type 2 diabetes and heart disease.



Change4Life for you

By the time we reach middle age, the majority of us could do with losing at least a bit of weight. Being overweight isn't just about the way we look. It can lead to more aches and pains, problems sleeping and people report a loss of energy and confidence. It also increases our chances of getting heart disease, type 2 diabetes and some cancers.

but it doesn't have to be this way



Change4Life and The World Curry Festival

Curry plays an important role in UK culture, and has done so for 200 years. Yorkshire has a particularly strong link with curry so Change4Life has teamed up with the World Curry Festival to show you that cooking a healthy curry doesn't have to be difficult - it can be easy and fun!

Before you get stuck in to the curry, here are three simple tips to get you and your family on your way to a happier, healthier lifestyle!

1. Mealtime

Rushing, making do and eating on the go all lead to unhealthier eating habits like snacking, eating fast food, TV meals and fussy eating. Skipping meals is also not good for kids as they may miss out on essential nutrients.

That's why making time for regular meals is important.

2. Cut back on fat

We all know too much fat is bad for us. But we don't always know where it's lurking.

Fortunately, there are plenty of ways to go easy on the fat; simple things like comparing food labels, swapping certain foods for others and changes to the way we prepare and cook food.

For example, grilled food has much less fat than fried food.

3. Me-size meals

Kids seem to grow up so quickly these days. They often like to be treated like grown ups, before they've really grown up.

This can also be true when it comes to mealtimes, when kids often end up with the same amount of food on their plates as grown ups.

But when they eat more than their bodies need, it converts to stored fat in their bodies. So many families are making a conscious effort to serve kids kid-sized portions. It's common sense really.





VIVEK SINGH
THE CINNAMON CLUB
The Old Westminster Library
30-32 Great Smith Street
London SW1P 3BU
www.cinnamonclub.com

- 400g (14oz) raw beetroot
- 750g (1lb 10oz) boned leg of lamb, cut into 4cm (1 1/2-inch) cubes
- 5 tablespoons ghee
- 1 teaspoon cloves
- 4 black cardamom pods
- 3 onions, thinly sliced
- 2 teaspoons red chilli flakes
- 500ml (2 cups) water
- 1 teaspoon garam masala
- 1 red onion, sliced into rounds
- 4 sprigs of fresh coriander
- juice of 1/2 lemon

- FOR THE MARINADE**
- 150g (2/3 cup) plain yoghurt
 - 1 tablespoon salt
 - 1 1/2 tablespoons red chilli powder
 - 1 tablespoon ground coriander
 - 2 tablespoons ginger-garlic paste

COOK'S NOTE

Adding 2 tablespoons of vinegar when boiling the beetroot gives a nice kick to the dish.

LAMB AND BEETROOT CURRY *Do Peeaza Chukandar – serves 4*

- Put the beetroot in a large pan, cover with plenty of water and bring to the boil. Reduce the heat, cover and simmer for about an hour, until the beetroot is tender and most of the water has evaporated. Whiz half the beetroot to a smooth paste in a food processor and cut the rest into 2.5cm (1-inch) cubes. Set aside.
- Mix together all the ingredients for the marinade, add the meat and set aside for 20 minutes.
- Heat 4 tablespoons of the ghee in a heavy-based pan, add the cloves and black cardamom pods and stir for 30 seconds. Add the sliced onions and fry until golden brown. Then add the marinated meat and cook over a high heat for 10 minutes, stirring constantly.

Add the chilli flakes and cook for 2 minutes. Pour in the water, reduce the heat and simmer for 30–35 minutes. When the meat is almost cooked and little liquid remains, add the puréed and diced beetroot and cook for another 5 minutes or until the meat is tender. Stir in the garam masala and simmer over a low heat for a further 5 minutes.

- Meanwhile, heat the remaining ghee in a frying pan, add the onion rings and sauté briefly for a minute or so. Remove from the heat and serve garnished with the coriander sprigs and onion rings and finished with a squeeze of lemon.



This is a very unusual curry, found mostly in Muslim homes in eastern and central India. The use of beetroot imparts a lovely colour and rich, earthy flavour. It's particularly good for a winter's evening, with Naan Bread or Layered Parathas.



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12 Wood Street , Huddersfield
West Yorkshire HD1 1DG
www.discoverybayuk.com

"I remember the wonderful Caribbean meals my mum would create from scratch using the skills and recipes which her mum had passed down to her. Every day mum would cook and every day I would watch her."

CURRIED GOAT

- 3 pounds / 1.5 kg goat, cut into 1 inch / 2.5 cm cubes
- 1 lime
- 6 cloves garlic, finely chopped (about 3 tablespoons)
- 2 teaspoons salt
- 1 teaspoon black pepper
- 1 tablespoon of fish & meat seasoning
- 1 teaspoon thyme leaves
- 1/4 teaspoon finely chopped Scotch bonnet pepper
- 2 tablespoons vegetable oil
- 2 onions, chopped (about 1 cup / 250ml)
- 3 stems of scallions
- 2 teaspoons curry powder
- 2 potatoes, peeled and cut into 1/2-inch / 1cm cubes

- Squeeze the lime juice over the goat; let it sit for a couple of minutes and then rinse with cold water. Drain off excess water. Place the goat in a sealable container and add the onion, garlic, salt, black pepper, thyme, and Scotch bonnet pepper. Wearing rubber gloves, rub the spices into the goat with your hands. Marinate, covered and refrigerated, for 1 to 2 hours.
- In a large pot over medium heat, heat the oil and curry powder and fish & meat seasoning, add the goat with marinade, onions and stir

thoroughly. Cover the pot, reduce the heat to low, and simmer the goat slowly in its own juices, stirring occasionally, until the goat is nearly tender, about 60 minutes. If the meat is tough, pour 1/4 cup / 60 ml of water at a time down the sides of the pot, not directly onto the goat (or you will toughen the meat).

- Add the potatoes and 1/4 cup / 60 ml water; stir thoroughly. Cover and simmer for 15 minutes or until the potatoes are cooked but not too soft. Crush some of the potatoes to thicken the sauce, if desired. If there is not enough sauce, add 1/4 cup / 60 ml water and simmer for another 5 to 10 minutes.
- Serve with rice or roti and a salad.

DISCOVERY BAY RUM PUNCH

- 1 cup of Wray & Nephew over proof Rum
- 2 1/2 cups pineapple juice
- 2 1/2 cups orange juice
- 1/4 cup lime juice
- 1/2 cup of strawberry syrup

- Mix all ingredients together in blender or punch bowl
- Pour creation over ice cubes in any type of glass

MUMBAI MACHLI



MOHAMMED ASLAM AAGRAH GROUP OF RESTAURANTS

4 Saltaire Road, Shipley
West Yorkshire BD18 3HN
www.aagrah.com



- 1kg Monkfish, cut into cubes
- Vegetable oil for frying
- 6 dessertspoon olive oil
- 1 medium onion, chopped
- 6 cloves of garlic, crushed or grated
- 1 dessertspoon ginger puree
- 3 medium tomatoes, chopped
- 1 dessertspoon coriander seeds, ground
- ½ dessertspoon cumin seeds, ground
- ½ dessertspoon garam masala
- ½ dessertspoon red chilli powder
- ¼ dessertspoon turmeric powder
- 4 fresh red chillies, whole
- 6 bay leaves
- 1 handful of fresh chopped coriander
- 6 fresh curry leaves
- ½ fresh lime, sliced
- 2 dessertspoon natural yoghurt
- ½ dessertspoon salt

MARINADE

- ½ dessertspoon garlic puree
- ¼ dessertspoon ajwain (carom) seeds, ground
- 1 dessertspoon natural yoghurt
- ¼ dessertspoon salt

- Marinate fish with the ingredients in the marinade and deep fry until half cooked.
- Heat olive oil in pan and fry onion until light brown.
- Add garlic, ginger and tomatoes and fry together with onion (for extra gravy add more onion).
- Add yoghurt and fry for a few minutes.
- Add red chilli powder, turmeric powder and salt.
- Add ground coriander, ground cumin and bay leaves.
- Add fish, garam masala, red chillies, fresh coriander and fresh curry leaves and cook gently.
- Add lime and cook for a few minutes, then serve.

YORKSHIRE STYLE CHICKEN SAAG *serves 4*



STEPHANIE MOON RUDDING PARK

Follifoot, Harrogate
North Yorkshire HG3 1JH
www.ruddingpark.co.uk



- 450g chicken pieces
we are using Loose Birds of Harome
- 120g spinach leaves
from Metcalf organics at Boroughbridge
- 2 white onions (peeled and diced)
we are using York Onions today
- 4 cloves of crushed Yorkshire Garlic
- 1 Inch of ginger
- 10 chopped fresh Yorkshire tomatoes
- ½ teaspoon turmeric
- 1 ½ teaspoon garam masala
- 2 cardamon pods
- 2 cloves
- 1 bay leaf
from my garden in Harrogate
- 1 pot natural yoghurt
Sue Gaudies Stamford Farm
- 2 deseeded & chopped green chillies
we are using a Yorkshire grown chilli
- 1 bunch fresh coriander
from Herbs Unlimited at Sand Hutton

- 1 stick of finely chopped outdoor grown rhubarb
from Oldroyd's Rothwell near Leeds
- salt and pepper
- Wharfe Valley rapeseed oil to fry steamed long grain rice to serve with some chopped fresh coriander
from Herbs Unlimited at Sand Hutton

- Fry the onions and garlic in a hot pan with a splash of the rapeseed oil.
- Once softened add the ginger and green chillies then cook for two minutes with the ground coriander and turmeric.
- Add the chicken pieces and cook until golden splash in more Wharfe Valley rapeseed oil if required. Add the chopped tomatoes, cover and simmer for 10 minutes then stir in the rhubarb and reduce until a thick consistency.

- Turn down the heat and cool slightly by removing the lid before adding the yoghurt (It will split if the heat is too fierce).
- Add the chopped washed spinach, garam masala, chopped coriander and season. Serve with steamed long grain rice and garnish with chopped coriander and wood sorrel and serve.

COOK'S NOTE

Wood Sorrel to garnish – If you know what you are foraging for this Bramley apple flavoured wild food makes a great free garnish for a dish (Always take a text book to identify foraged food if you are not sure) www.thewildcooks.co.uk

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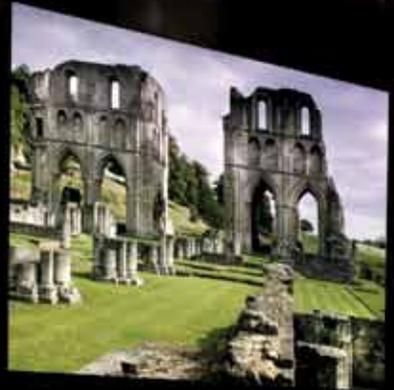


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