



Chapatti & Chat

Food made with love

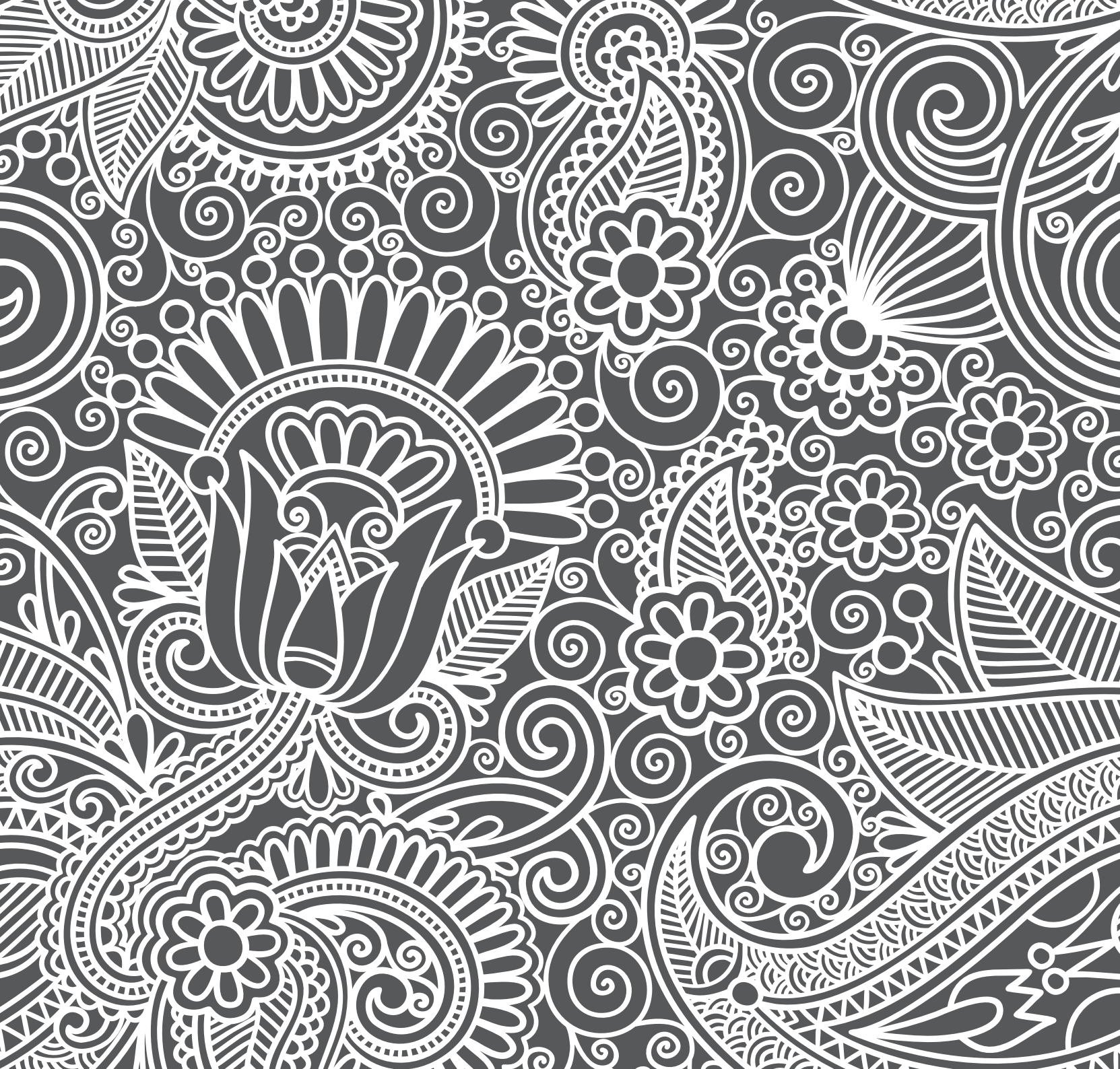
Created by the CHAI ladies



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Foreword

When I was asked to deliver an inspirational session for the Chapatti & Chat project I was overwhelmed.

Being brought up in a somewhat traditional Indian family, food has always found itself at the heart of my upbringing. My earliest memories conjure women gossiping over large pots of home-brewed masala chai and the fizzing of curry leaves and mustard seeds from my mother's kitchen.

Recipes have been shared and passed on from generation to generation, grandmother to mother to daughter and it's within this that I found something very special. Food was what empowered the women around me.

It is often perceived that South Asian culture confines women to the kitchen, preparing and serving food for their families. As a child, this is not what I chose to see when observing the women that raised me. I saw brilliance, creativity and passion – women who should be revered, respected and admired.

Raising women's self-esteem is one of the main aims of the Women's CHAI Project. It has gathered women from hard to reach pockets of the Oldham community, raising their consciousness and encouraging them to share their stories and gain confidence from each other.

I felt honoured to join these women, to cook with them, to laugh together, to compare recipes and to share our meal at the table.

Tanya Gohil

Tanya Gohil is the founder of DEVI's Street Food Social Enterprise, selling distinct Indian inspired street food whilst reinvesting profits to build free schools for girls in rural India.

www.devislondon.com



Introduction

The Chapatti & Chat project has been developed by Oldham Council's Arts Development and Public Health teams to raise awareness and creatively educate in the prevention of diabetes in adults from South Asian communities.

Oldham Council has made a firm commitment to tackle diabetes as a local health priority across the Borough. We want to help people to make healthy lifestyle changes that can prevent the condition developing in the first place.

Diabetes is a long-term condition that causes high blood sugar levels. It can severely damage your health and increases the chance of developing heart and renal failure, angina and blindness.

Women of Pakistani ethnicity are five times more likely to be diagnosed with type 2 diabetes. While those of Bangladeshi ethnicity are three times more likely to have the condition. Pakistani men are also three times and Bangladeshi men four times more likely to be diagnosed with type 2 diabetes.

So together with the inspiring ladies from the Women's CHAI Project we have created this healthy family cookbook.

Working alongside a nutritionist the inspirational CHAI ladies have used alternative ingredients and new cooking methods to tweak traditional recipes.

The result is a wonderful collection of delicious and diabetes-friendly dishes for you to try at home.

Enjoy.

Alan Higgins
Director of Public Health
Oldham Council

Rachel Wood
Arts Development Officer
Oldham Council



Women's CHAI Project



Women's CHAI Project
Care, Help & Inspire

The Women's CHAI Project was founded by Najma Khalid back in 2011. Like all good ideas this one came to Najma over a cup of chai with a friend.

CHAI stands for Care, Help And Inspire and that is what we aspire to do. The group cares about its members and the community, helping and inspiring them to make a difference.

Our aim is to empower women to function at maximum levels as mothers and females. We also raise awareness of women's wellbeing and ensure mothers are better equipped to make a difference to their children, themselves and the community.

So we were delighted when we were asked to be part of a creative project about diabetes prevention.

Over the last nine months we researched the causes and symptoms of this condition. We looked at treatments and, more importantly, how to help prevent diabetes.

Through this process we gained knowledge about the importance of a healthy diet and body mass index (BMI). This research inspired us to create a family cookbook filled with our favourite recipes.

Some of the recipes include pre-prepared ingredients and sauces to make it easier when cooking for busy families. Feel free to add your own homemade ingredients where you can!

We hope you have fun making our recipes and sharing them with families and friends.

With love from the CHAI ladies x

Food made with love, created by the CHAI ladies

Photography by Alan Hamer





“The smell of freshly cooked chapattis always reminds me of my mum’s cooking.”

Najma Khalid

CHAI Ladies Chapattis

Chapattis are one of the staple foods of South Asian cuisine, light and fluffy and heart warming.

Makes 8 chapattis

10 mins preparation, 15 mins cooking

Ingredients

- 450g wholemeal plain flour or chapatti flour
- 250ml cold water

Method

1. Place 450g of flour in a bowl. Fill a cup or jug with 250ml cold water and add this to the bowl of flour slowly, kneading as you go, until you have a soft dough. The longer you knead the dough the softer the chapattis will be. Leave to set for 15 minutes.
2. Sprinkle a small amount of flour onto a flat surface or board. Divide all the remaining dough into eight equal pieces and shape each one into a ball. Flatten slightly with your hand and roll out into a flat circle with a rolling pin, flouring the board when necessary so they don't stick.
3. (Note: This step is missing from the provided text)
4. Lift the chapatti gently and shake off excess flour. Lay on a griddle, tawa or shallow frying pan and cook for 20–30 seconds (gas mark 5, moderate/medium heat) or until the surface is bubbling.
5. Turn the chapatti over and cook the other side for 10–15 seconds. When brown spots appear on the underside, the chapatti is done.
6. Serve with a healthy side order of chat with family and friends!





“To me food means a lot. I love to cook because it makes me happy and seeing my children happy means everything to me. It is the best reward I can have.”

Ambreen Raja

Ambreen's Mouthwatering Chicken Pilau

This tasty recipe is a hit with my family and always tickles their taste buds.

Serves 10–12 people

10 mins preparation, 45 mins cooking

Ingredients

- 700g basmati rice
- 1 onion, finely chopped
- 1kg diced boneless chicken
- 2 tsp salt
- 1.1 litre cold water
- 1 tsp garam masala (Asian spice)
- 1 tbsp rapeseed oil
- 3 tomatoes, chopped

Method

1. Wash the rice in a pot and allow to soak for 10 minutes.
2. Add 700ml of cold water to cover the rice and simmer for 15 minutes (gas mark 3, low). Set aside when cooked.
3. Place the chicken in a separate pot and add 250ml of cold water. Cover and steam the chicken until cooked through (gas mark 5, moderate/medium).
4. In another pot put one tablespoon of rapeseed oil and the finely chopped onion. Cook for 5 minutes (gas mark 4, medium) until brown.
5. Add 150ml of water, chopped tomatoes, garam masala and salt.
6. Add the steamed chicken to the mixture and allow to simmer for a further 15 minutes (gas mark 3, low).
7. Mix the chicken and rice together and serve.





“Food is the art of
a mother’s love
and brings people
together.”

Farmida Bibi

Fam's Spicy Kebabs

This recipe is a winner with my children. The kebabs look colourful on naan with finely chopped salad and sauces.

Serves 15 people

10 mins preparation, 15 mins cooking

Ingredients

- 1kg minced chicken or lamb
- Handful of fresh dhaniya (fresh coriander), finely chopped
- 1 tbsp jeera seeds (cumin)
- 3 tbsp madras masala
- 4 green chillies, finely chopped
- Salt to taste

Method

1. Place the mince in a mixing dish and add the chopped coriander, finely chopped green chillies, madras masala and jeera seeds. Add some salt to taste and mix all the ingredients well.
2. Shape the meat into kebabs and place on an oven tray. Cook in the oven for 15 minutes (gas mark 6/moderately hot).
3. Serve with naan and accompanying salad and sauces.





“I love to eat but not to cook all the time... but when I do cook I cook for all my family. You don’t need a silver fork to eat good food.”

Farzana Kauser

Faz's Chicken Palak

This is a dish that brings the whole family together.

Serves 6–8 people

10 mins preparation, 50 mins cooking

Ingredients

- 500g diced boneless chicken
- 2 tbsp rapeseed oil
- 2 onions, finely chopped
- 2 tbsp ginger and garlic mix
- 2 tomatoes, chopped
- 1 tbsp salt
- 2 tsp basaar masala (chilli/curry powder)
- 1 tsp dhaniya powder (coriander powder)
- 1 tsp jeera powder (cumin powder)
- 1 tsp paprika
- 1 large tin of spinach
- 50ml cold water

Method

1. Place a large pan on the stove (gas mark 4/medium). Add the rapeseed oil and the chopped onions and allow to brown.
2. Add the ginger and garlic mix, chopped tomatoes, salt and basaar. Stir and add the dhaniya powder, paprika and jeera powder. Cook for 10 minutes (gas mark 5, moderate/medium heat) stirring regularly until it turns into a sauce.
3. Add the cold water and chicken. Reduce the heat (gas mark 3, low) and simmer for 30 minutes.
4. Add the spinach and cook on a slightly lower heat (gas mark 2, low) for 15 minutes.
5. When cooked serve with chapatti or rice.





“You are what you eat
so eating healthy is
really good for you.”

Manir Akhtar

Manir's Dhaal Dhamal

Dhaal is one of the quickest and tastiest curries. My children love it with either rice or chapatti.

Serves 6–8 people

10 mins preparation, 25 mins cooking

Ingredients

- 400g masoor dhal (red split lentils)
- 2 garlic cloves, finely chopped
- 1 tsp salt
- 3 green chillies, chopped
- 1 onion, finely chopped
- 1 tsp whole jeera (cumin seeds)
- 1 tsp haldi (turmeric)
- 1 tbsp basaar masala (chilli/curry powder)
- 2 tsp garam masala (Asian spice)
- 2 tomatoes, chopped
- 2 tbsp rapeseed oil
- 1 tbsp low fat margarine
- 450ml cold water
- Handful of fresh dhaniya (coriander), chopped

Method

1. Place the masoor dhal into a medium pan and add all of the water.
2. Chop one clove of garlic and add this to the pan, followed by haldi, basaar, garam masala and tomatoes. Bring to the boil and then simmer for 15 minutes (gas mark 3, medium) until soft.
3. In a separate frying pan heat the margarine and rapeseed oil (gas mark 4, moderate heat). Add the chopped onion, whole jeera, chopped garlic clove and green chillies. Fry until slightly brown.
4. Add the contents of the frying pan to the medium pan and bring to the boil.
5. Add finely chopped dhaniya and salt to taste and simmer for two minutes.
6. Serve with chapatti or rice.





“Mothers show their love through cooking food... families return their love by returning empty plates.”

Najma Khalid

Naj's Desi Pasta

This is my children's favourite recipe, Italian with a South Asian twist.

Serves 6–8 people

10 mins preparation, 20 mins cooking

Ingredients

- 450g diced boned chicken
- 500g penne/shell pasta
- 1 onion, finely chopped
- 150g low fat mature cheese
- 1 tbsp rapeseed oil
- 1 tomato, finally chopped
- 1 tsp salt
- 1 tsp haldi (tumeric powder)
- ½ tsp red chilli powder
- 300ml water

Method

1. Take a medium pan and add the rapeseed oil and chopped onion. Cook until medium brown (gas mark 5, moderate/medium).
2. Add the salt, haldi, chilli powder, chopped tomato and water and simmer for 10–12 minutes (gas mark 3, low).
3. Add the diced chicken. Allow to cook for 10 minutes (gas mark 5, moderate/medium).
4. In a separate pan boil 300ml of water. Once boiled add the pasta and continue to boil for 10 minutes (gas mark 6, moderately high) or until ready.
5. Drain the pasta and mix with the chicken. Stir in all the ingredients and sprinkle some low fat mature cheese.
6. Cook for a further two minutes (gas mark 2, low) and serve.





“We bond over sharing and eating food, it creates special memories.”

Nazia Akhtar

Naz's Chicken Keema Curry

This is my all time favourite and the stuff comfort food is made of.

Serves 5 people

15 mins preparation, 35 mins cooking

Ingredients

- 500g minced chicken
- 1 tbsp rapeseed oil
- 1 large onion, large finely chopped
- 1 tin chopped tomatoes
- 1 tbsp ginger garlic mix
- 1 tsp salt
- 1 tbsp basaar masala (chilli/curry powder)
- 3 tbsp mild Madras curry powder
- 1 tsp garam masala (Asian spice)
- 1 tsp ground jeera (ground cumin)
- 1 tsp dhaniya powder (coriander powder)
- 200ml boiling water
- Handful of fresh dhaniya (fresh coriander), finely chopped

Method

1. Take a medium sized pot and add oil and the chopped onion. Cook for two minutes (gas mark 3, low) and allow to soften.
2. Add the ginger garlic mix, garam masala, jeera and dhaniya powder and cook for a further two minutes.
3. Add the chopped tomatoes and simmer for two more minutes.
4. Add the chicken, Madras masala, basaar masala and a pinch of salt to taste and mix together well. Pour over half of the boiling water (100ml), cover the pot and cook for 25 minutes (gas mark 4, moderate heat) mixing every five minutes.
5. When cooked add the fresh dhaniya and serve with chapatti or rice.





“Homemade food is a must for our family. Not only is it much healthier but it’s a fun way of spending time with your loved ones and making wonderful memories.”

Safina Yousaf

Safina's Laziz

Lamb Pilau

My recipe is a classic dish served on special occasions.

Serves 8 people

30 mins preparation, 1 hr 10 mins cooking

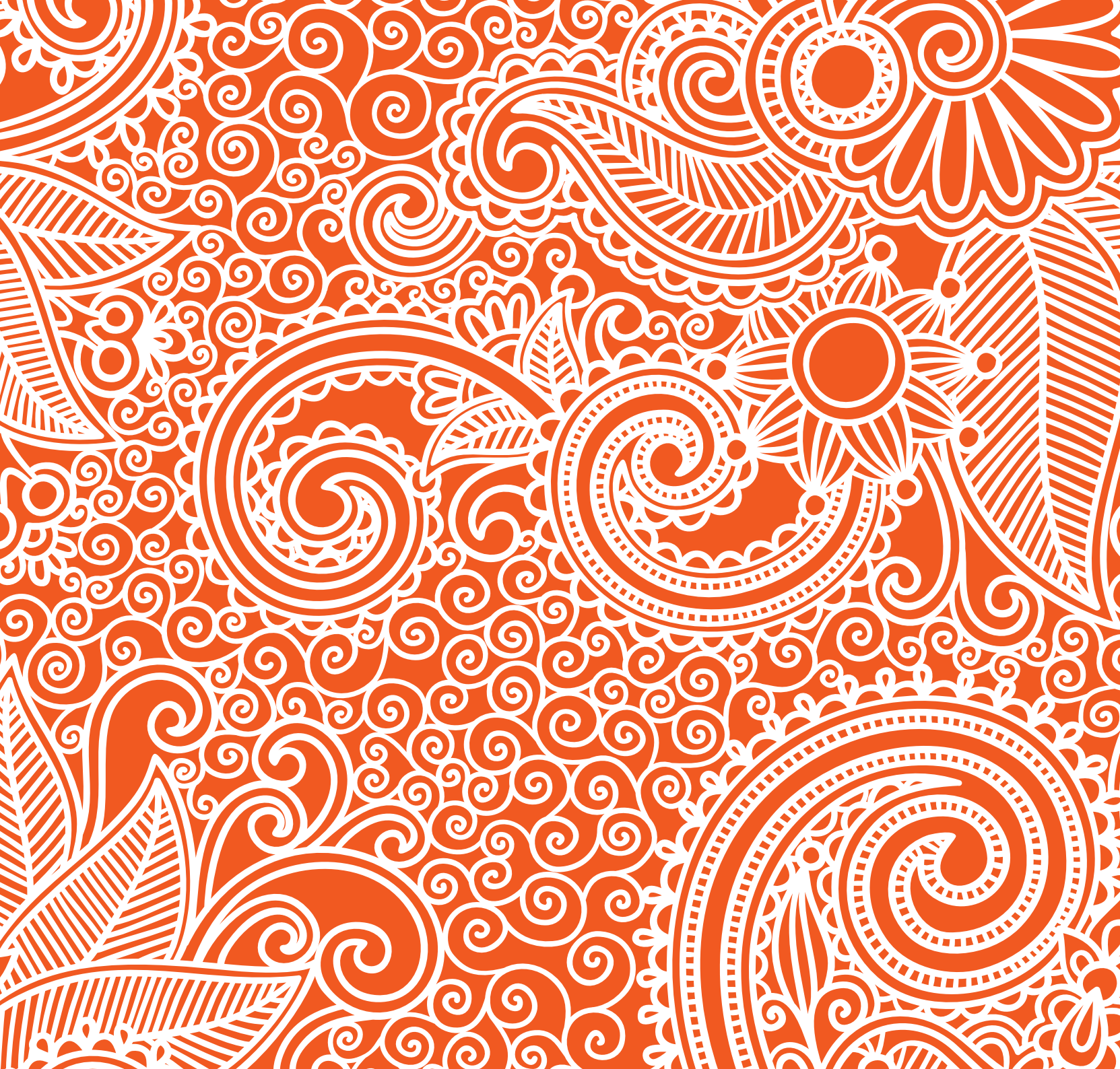
Ingredients

- 2lb diced leg of lamb
- 1 medium onion, chopped
- 5 garlic cloves, finally chopped
- 500g rice, washed
- 1 medium ginger, chopped
- 3 tsp jeera seeds (cumin seeds)
- 3 tsp basaar masala (chilli/curry powder)
- 3 tsp dhaniya powder (cumin powder)
- 3 tsp salt
- 2 tbsp rapeseed oil
- ¾ tin chopped tomatoes
- 2 bay leaves
- 2 cinnamon sticks
- 2 green chillies
- 200ml boiling water
- 1 tbsp ginger/garlic mix
- 350ml cold water

Method

1. Place the diced lamb pieces in a medium sized pan and add the boiling water.
2. Chop the ginger, garlic cloves and onion and add these to the pan together with the cinnamon sticks, salt and bay leaves. Cook for 45 minutes (gas mark 6, moderately hot). Once cooked drain the liquid from the lamb.
3. In a blender add the chillies, basaar masala, jeera, dhaniya powder, tinned tomatoes and ginger/garlic mix. Blend to a smooth paste.
4. In a separate pot add the oil, lamb and paste and simmer for 15 minutes (gas mark 4, moderate/medium).
5. Add the washed rice to the lamb mix and pour in the cold water. Bring to a boil and allow the water to evaporate.
6. Place the pot in a pre-heated oven for a further 15 minutes (gas mark 5, moderate/medium) until cooked.





“I love food and believe healthy food is not only good for our body but great for our soul. I love the social aspect of food bringing people and families together.”

Salma Khalid

Salma's Salmon Soother

This dish is very soothing especially on a cold day.

Serves 3–4 people

10 mins preparation, 20 mins cooking

Ingredients

- 2 salmon fillets
- 12 mushrooms, sliced
- 6 new potatoes, sliced
- 1 red pepper, sliced
- 1 green pepper, sliced
- 6 broccoli florets, sliced
- 1 lemon
- 4/5 sprigs fresh dhaniya (fresh coriander)
- 1 tbsp olive oil
- 3 sprigs fresh parsley
- 2 garlic cloves
- Sprinkle of paprika
- Pinch of cracked pepper
- 1 tbsp margarine

Method

1. Place the salmon fillets in foil and drizzle with olive oil.
2. Juice the lemon over the fillets along with some cracked pepper, sprigs of parsley, paprika and garlic.
3. Slice the mushrooms, peppers, new potatoes and broccoli. Add these and the fresh dhaniya over the fillets.
4. Add the margarine and make into a parcel, ensuring this is sealed properly.
5. Place in pre-heated oven and cook for 15/20 minutes (gas mark 6, moderately hot).





“I love cooking for extended family and trying different dishes. To me food means making others happy, effort and reward.”

Shahida Parveen

Shahida's Healthy Grilled Pakoras

We love pakoras, especially when it rains, with a cup of chai.

Serves 8–10 people

20 mins preparation, 30 mins cooking

Ingredients

- 1 potato, finely sliced
- 1 onion, chopped
- 1 tsp salt
- 1 tsp chilli flakes
- 1 tsp ground dhaniya (ground coriander)
- ½ tsp ground jeera (ground cumin)
- Handful of fresh dhaniya (fresh coriander), finely chopped
- 5 tbsp beysan (gram flour)
- 50ml cold water

Method

1. Slice the onion and potato and place in a mixing bowl. Then add the salt, chilli flakes, ground dhaniya and ground jeera.
2. Chop the fresh dhaniya and add this and the gram flour to the mixture.
3. Slowly stir in the water a bit at a time and mix well with your hands or a mixing spoon until you have a thick consistency.
4. Spoon the mixture on to a baking tray and bake in the oven for 30 minutes (gas mark 5, moderate/medium) until ready.





“I like to try different foods from around the world as I love watching food programmes to broaden my knowledge.”

Shagufta Parveen

Shagufta's Loveable Lamb Lasagna

As a busy mum this recipe is fuss-free and great comfort food for my family.

Serves 12 people

15 mins preparation, 1 hr 35 mins cooking

Ingredients

- 1kg minced lamb
- 1 medium onion, finely chopped
- 2 jars of passata sauce
- 1 jar of white sauce
- 2 packs lasagne sheets
- 20g low fat cheese
- 1 tsp dried parsley
- 1 tsp dried oregano
- 2 garlic cloves, finally chopped
- Salt and pepper to taste

Method

1. Take a medium sized pan and add the mince, onion, garlic, parsley, oregano, salt, pepper and passata sauce.
2. Mix and simmer for 15–20 minutes (gas mark 3/low).
3. Layer an oven dish with the pasta sheets. When ready spoon over the meat mixture. Repeat this process and add the white sauce evenly.
4. Sprinkle over the low fat cheese and place in the oven for 1 hour and 15 minutes (gas mark 5, moderate/medium).





“Food means comfort,
enjoyment, health
and tradition.”

Shabana Parven

Shabana's Creamy Curry

This is easy food and something that all my family enjoy.
The dish is best served with chapatti or pakoras.

Serves 6–8 people

10 mins preparation, 30 mins cooking

Ingredients

- 300ml plain yogurt
- 700ml skimmed milk
- 1 tsp salt
- 1 tbsp basaar masala (chilli/curry powder)
- 2 green chillies, whole
- 6 garlic cloves, crushed
- 1 tbsp rapeseed oil
- 1 tomato, chopped
- Handful fresh dhaniya (fresh coriander), finely chopped
- 3 tbsp cold water

Method

1. Take a medium saucepan and add the oil. Add the crushed garlic and heat (gas mark 3/low) until the crushed garlic is lightly brown.
2. Add salt, basaar masala and water and simmer for five minutes.
3. Add the tomatoes and chillies and simmer for a further five minutes. Add the water if needed.
4. Meanwhile mix the yoghurt and milk in a small bowl. Then add this to the saucepan and leave on a low heat to simmer for a further 15 minutes.
5. Near the end of cooking add the fresh dhaniya and serve.





“I feel that we can make our cooking times as adventurous or as simple as we want.”

Shazia Hussain

Shazia's Fish Curry

My kids are fussy eaters and this is great for their protein and omega-3 intake.

Serves 5–7 people

15 mins preparation, 35 mins cooking

Ingredients

- 1kg boneless fish (any fresh or frozen fish)
- 1 tbsp rapeseed oil
- 1 onion, finely sliced
- 2 garlic cloves, halved
- 8 green chillies
- 3 tins chopped tomatoes
- 1 tsp salt
- 1 tsp garam masala (Asian spice)
- 1 tsp dhaniya powder (coriander powder)
- 1 tsp jeera (cumin seeds)
- 2½ tsp basaar masala (chilli/curry powder)
- 1 bunch fresh dhaniya chopped (fresh coriander)

Method

1. Place the fish in a medium bowl and mix with the salt, garam masala, dhaniya powder, jeera and basaar. Leave to marinade for 30 minutes.
2. Heat the oil in a medium pan (gas mark 4/medium) and cook the chopped onion until lightly brown. Add the garlic, green chillies and tinned chopped tomatoes and cook for 15 minutes.
3. Place the fish into to the sauce and allow to simmer for another eight minutes.
4. Add the chopped coriander and turn off the heat.





“Food is comforting,
creative and a big
part of life.”

Shazia Iqbal

Shazia's Chicken Rollers

This recipe has been passed on from my mum. It's easy to make and healthy, with a mix of meat and vegetables.

Serves 6–8 people

20 mins preparation, 20 mins cooking in oven or 10 mins shallow fry

Ingredients

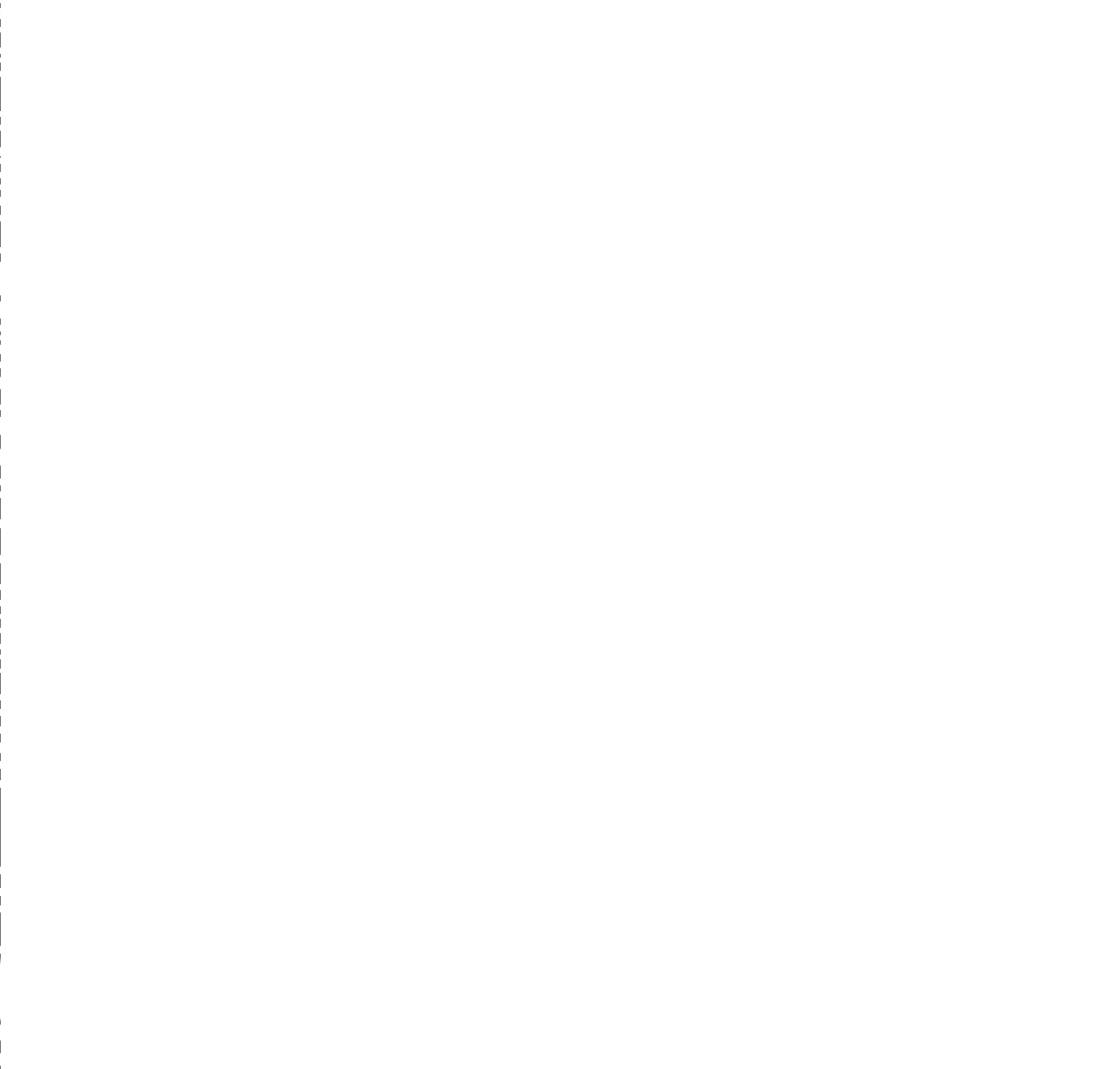
- 500g boneless chicken breast, finely sliced into small strips
- 1 large onion, chopped
- 2 green peppers, chopped
- 1 tin sweetcorn
- 1 tbsp red chilli powder
- Pinch of salt
- 1 tbsp vegetable oil
- 1 packet samosa pastry, cut in half
- 1 jar passata sauce
- 4 tbsp plain flour
- 5ml cold water

Method

1. Put the oil in a medium sized pan and heat for 5 minutes (gas mark 4/medium).
2. Finely slice the chicken and cook in the pan for 5–8 minutes (gas mark 6/moderately hot).
3. Add the onion, peppers, sweetcorn, salt and chilli and cook for a further 10–12 minutes (gas mark 4 moderate/medium).
4. Turn off the heat, add the passata sauce and mix well.
5. For the paste put the flour in a small cereal bowl and add 5ml of water to get a thick consistency.
6. Cut the pastry in half and fill with mixture, create a roll, fold and seal with paste. Then slice the roll into portions as required.
7. Shallow fry for 10 minutes (or until brown). Or alternatively egg wash and place in the oven for 20 mins (gas mark 4/medium) until golden brown.







Be inspired by the
CHAI ladies and use
creativity in the kitchen
to cook up healthy
dishes for all the family.

