

Founder's Day cook-along: ingredients and preparation

The recipe is for 4 to 6 people.

Ingredients:

1 can of jackfruit. (This is now widely available in many large supermarkets)
1 medium onion
40g garlic (about 5 fat cloves)
40g ginger

4 hot green chillies
1 large tomato

300g basmati rice
12 aloo bukhara dried plums (or use dried cranberries instead)
30g fresh coriander
salt

Spices:

2 bay leaves
4 cloves
1 x 2-inch (5cm) cinnamon stick
2 brown cardamoms
6 green cardamoms
1 dozen (12) black peppercorns
1 tablespoon cumin seeds

Simple raita:

300 ml natural yoghurt (or vegan alternative)
150 ml soured cream
1 tsp garlic/ginger paste (use from above instructions)
1-2 hot green chillies (optional)

40g pomegranate seeds
salt

Preparation: (Turn on music of choice!)

Drain the jackfruit and cut the pieces in half. Reserve the liquid.
Slice the onion into 1cm rings.
Peel the garlic, wash the ginger (no need to peel skin). Either blitz it all in a blender to a fine paste or chop into fine pieces and crush to a paste in a mortar and pestle.
Slice chillies in half lengthways and chop tomato into small pieces.

Rinse and soak the rice in an excess of water for 30 minutes.

Whisk the yoghurt and cream together until smooth.

Whisk in 1 teaspoon of garlic and ginger paste.

Finely dice the hot green chillies (as small as possible – if using).

Fold in the pomegranate seeds.

Season with salt, sprinkle a pinch of cumin powder over and garnish with a little finely chopped coriander.