



INGREDIENTS

Serves 4

Bhaji

- 500 g (1 lb 2 oz) closed-cap button mushrooms
- ½ red onion, very finely chopped
- 1 fresh plum tomato, finely chopped
- small handful of baby spinach
- coriander to serve, roughly chopped
- sour cream and Naan bread to serve

Curry paste

- 1 level dsp mustard seed
- 2 level dsp coriander seeds
- 1 level dsp cumin seeds
- ¼ dsp fenugreek seeds
- ½ dsp gram flour (chickpea flour)
- ½ dsp garlic powder
- ½ dsp paprika
- ⅓ dsp turmeric
- 1 dsp curry leaves
- ½ dsp ginger powder
- ½ dsp chilli powder
- 1 tbsp vegetable oil
- ½ tbsp white wine vinegar
- 4 tbsp water
- vegetable oil to fry

METHOD

Curry paste

- 1 Fry the mustard, coriander, cumin and fenugreek seeds for 2-3 minutes in a dry pan.
- 2 Transfer the fried spices to a pestle and mortar and grind with the curry leaves. When ground, add the other spices.
- 3 Add the oil and vinegar to the spices and mix up into a paste.

Bhaji

- 1 Lightly fry the mushrooms in a little oil until just brown.
- 2 Add 1 heaped tbsp of the spice paste and the water. (Cover the remaining spice paste and leave in the fridge to use another day.)
- 3 Place a lid over the pan and leave to heat for 2-3 minutes.
- 4 Add the red onion and plum tomato and allow to cook for 1-2 minutes.
- 5 Add the spinach and stir into the hot bhaji.
- 6 Season to taste with salt and pepper and serve sprinkled with coriander and drizzled with sour cream with Naan bread on the side.



ABOUT MUSHROOMS



To find out the best way to store mushrooms, buy about 6 small mushrooms and store them in paper bags and plastic bags (or wrap some in cling film). Try storing them in different temperatures, too; in the kitchen, in the bottom of the fridge, in the freezer. Examine them carefully after a few days. Which conditions work best?

- Eighty or ninety per cent of mushrooms are water.
- Mushrooms are a good source of minerals, particularly potassium, and a good source of vitamins, in particular B vitamins.
- Mushrooms live on organic material that thrives on compost, fallen leaves, damp wood and any other dead plant or animal matter. Their role in causing decay is important in maintaining ecological cycles.
- Mushrooms have a naturally high metabolism and deteriorate faster than other fruits and vegetables such as apples, pears and carrots.
- Mushrooms should be stored in a fridge which will help them to slow their metabolism. They should also be wrapped in moisture-absorbing packaging, such as paper, rather than plastic.