



FORSTER

ST PETER'S HOUSE

THE SOCIETY  
Cafe

# kalasangam

fuddle cookbook





## **fuddle(Noun)**

A party or picnic where attendees bring food and drink; a kind of potluck

Every month at Kala Sangam we have a team meeting - you know, one of those meetings that can go on and on if you're not careful? To help us get through the boring, but essential stuff, we decided to treat ourselves after each meeting to a spread of delicious homemade food!

To say **thank you** for your support at this crucial time, we're delighted to share some of our favourite recipes with you! Whilst we're only home cooks, each of these recipes has gone down a storm at at least one of our fuddles, so we hope you'll enjoy them too. Do let us know!

**The Kala Sangam team**





# Magda's

(& Steve's)

## Italian Flat Bread

### Ingredients

2 tsp dried yeast  
60ml tap water  
500g strong white flour  
2 tsp salt  
1 tbsp olive oil  
250ml sparkling water

### Directions

Carefully pour the tap water into a bowl and sprinkle in the yeast. Leave for 5 minutes and then stir to dissolve. Mix the flour and salt together in a large bowl, make a well in the centre and then pour in the yeasted water, olive oil and 150ml of the sparkling water.

Mix in the flour and then stir in the rest of the sparkling water, if needed, to form a firm, moist dough.

Lightly flour your work surface and turn the dough out onto it. Knead until smooth and elastic – about 10 mins.

Put the dough in a fresh bowl, cover with a tea towel, and leave to rise until doubled in size – about an hour and a half. Knock back, and then leave to rest for a further 10 mins.

Divide the dough into eight equal-sized pieces. Roll out each piece to 15cm circles, 1cm thick.

Heat a frying pan over a medium-low heat until very hot.

Place the flat breads one at a time into the hot pan and prick all over with a fork to prevent air bubbles/ Cook until golden brown on both sides, flipping over frequently. This should take about 5 mins.

Stack the flat breads on top of each other and cover with a tea towel to keep them soft and warm!

# Corwin's Tomato and Chilli Jam

Perfect with cheese or cold meats (it is essential for Christmas snacking in my family), this is also a great way to add a bit of spice to dishes like burgers and kebabs or really anything where you want a good chilli kick. **Warning – this stuff is addictive!**



## Ingredients:

1kg ripe tomatoes (I usually use those big punnets of mixed tomatoes most supermarkets do, but it doesn't matter too much what kind of tomatoes you go for)

500g of red onions

8-12 chillies (Depending on how hot you like things you can always add more. I tend to use a mix of different types – jalapenos, bird's eye and maybe even a scotch bonnet if I am feeling really brave!)

4 large garlic cloves

A thumb sized piece of ginger

250g brown sugar

150ml red wine vinegar

5 cardamom pods

½ table spoon of paprika (used smoked if you like)



## Directions

Roughly chop the tomatoes, onions, chillies, garlic and ginger

Put all the ingredients into a large, heavy bottom pan and bring to a simmer

Leave to simmer for about an hour, stirring occasionally

Take off the heat and use a stick blender to blitz everything. You can make it as smooth or chunky as you like

Return the pan to the heat and bring to the boil for a little while, until the mixture becomes dark, glossy and a bit sticky

Once you are happy with the texture, taste and spice level, leave to cool for a few minutes before spooning in to ready sterilised jars\* and sealing

Keep in the cupboard until you are ready to eat. Will keep opened in the fridge for a couple of months but you'll have eaten it all way before then!

\*I prefer using classic 'kilner' style jars although any jar will work, as long as it's got a vinegar proof lid. Wash the jars in hot, soapy water, rinse out and then place in a hot oven for 5-10 minutes, until any left over water has evaporated.





Alex's

# BIG RED SALAD

This super simple, but tasty salad has made the table at several of our fuddles!

Firstly get all your ingredients below in the bowl. Then combine the ingredients to the right into your vinaigrette and drizzle over.

You can add salad leaves too to bulk it up but I leave these until the last minute so they don't turn into a soggy mess...

100ml olive oil

20ml red wine vinegar

20ml lemon juice

1 tablespoon of honey

1 garlic clove  
finely chopped

pumpkin seeds  
2 handfuls

2 handfuls of pistachios  
roughly chopped

1/4 small red cabbage  
finely shredded



1 red onion  
sliced

2 small plums  
stoned and cut into small pieces



250g watermelon  
cut into bite sized pieces



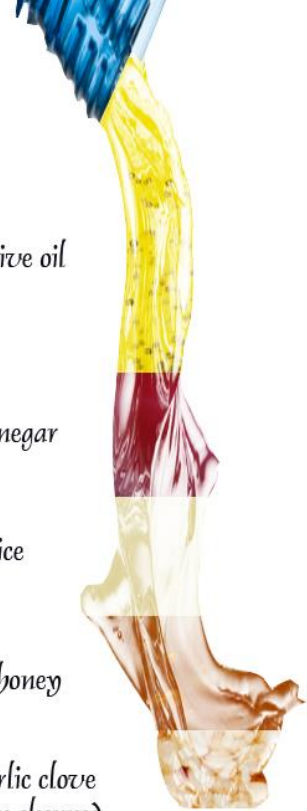
150g of feta cheese  
crumbled



10 strawberries  
halved



200g cherry tomatoes  
halved or quartered



# *Ifty's Sister's Chicken Masala*

## *Ingredients*

*1kg mixed chicken leg and thigh diced in to small pieces  
2 large onions chopped  
2 tomatoes chopped  
4 or 5 fresh green chillies depending on spice preference  
3 tablespoons vegetable oil  
1 ½ tablespoons salt  
2 tablespoon paprika powder  
1 tablespoon ground coriander  
1 tablespoon garam masala  
1 tablespoon red chilli powder  
½ teaspoon turmeric powder  
1 tablespoon of minced garlic and ginger  
A handful of fresh coriander chopped*

## *Method*

- 1. Heat the oil in a large pan with a lid and add the onions and the minced garlic and ginger, let them cook on a medium heat and keep stirring them until onions are slightly golden and the ginger and garlic turn a darker colour.*
- 2. Reduce the heat and add the tomatoes and green chillies. Stir them in and then add the chicken too. Add the salt and spices and give it a good mix so the chicken is coated. Place the lid on top of the pan and let the chicken cook on a low gas for 10-15mins.*
- 3. Check the chicken for any liquid in the pan, if there is only a little bit at the bottom then add half a cup of water to the chicken and leave for another 5-10mins.*
- 4. Lift the lid on the chicken and turn up the heat to high, fry the chicken off on a high heat until the water and the oil start to separate, keep stirring until you feel the chicken start to slightly stick to the bottom of the pan and the oil is visible, then reduce the heat to low.*
- 5. Add half a cup of water to the chicken, stir and leave for 5mins. Add the coriander on top and take off the heat.*



# Fay's Victoria Sandwich

Preheat oven 180°C / gas 4

Line + grease + 2  
18cm sandwich tins

125g  
Butter

125g  
Caster  
Sugar

3 eggs



cream  
together  
until  
light + fluffy

Beating

one at a time

Add 1tbsp flour  
with second egg



1tbsp  
hot water

Fold in  
+ rest of  
flour

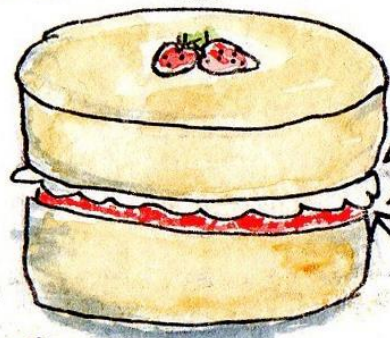
125g  
SR  
flour

Pour into  
tins.

Whipped cream

Bake for  
20-25 mins.

until springy to  
touch. Turn onto  
wire rack til cool.



Jam

Thin layer  
Cream



# JEZ'S

## CHOCOLATE BROWNIES

**Ingredients:** 150g plain chocolate | 100g butter | 200g sugar | 100g plain white flour + 1 tsp baking powder OR 100g self-raising flour  
3 eggs | a little butter, for the tray

**Method:** Pre-heat the oven (180°C, Fan 160°C, 350°F, Gas 4) | Rub some butter around the inside of a 15x20cm/6x8" baking tray, or insert a baking liner. | In a small bowl, gently melt together the chocolate and butter; this is best done slowly over a pan of hot water. | In a larger bowl, mix the sugar, flour and baking powder (or self-raising flour). | Break the eggs into another bowl, beat to combine, add to the flour mix and beat in. | Stir in the melted chocolate and butter. | Pour into the prepared tray. | Bake in the oven for 22-30 minutes. | Cut into squares or slices before serving warm or cold.