

# South Indian Cookery with Chef Kanthi Thamma

Tuesday 4th May, 7pm - 8:30pm

Weblink: [Boundless Online Events - South Indian Cookery with Chef Kanthi Thamma](#)

Thank you for registering to our online cookery event. Here is some useful information to get you all set for the session.

## Before the event starts

We advise having all ingredients weighed out for each dish ready before the event start time so you can easily keep the same pace as the class. You will see below the measurements for each dish. Also make sure your equipment is easily to hand, so you do not miss anything along the way.

Just before the event please cut your baby potatoes in half and leave to sit in a bowl of cold water. As well as dicing both medium onions for your Potato and Chickpea Varuval and Mirchi Ka Salan into separate bowls. Finally, if you have brought fresh ginger and garlic please chop and blitz these into a paste so they are ready to be added to your dish, if you have brought pre-made paste this step can be ignored.

Here you will find a complete list of all the ingredients and equipment you will need to cook along in the event.

### Dish 1. Coconut and Curry Leaf Rice

100 gm Basmati Rice  
50 gm Desiccated coconut (coarse)  
1 tsp mustard seeds  
1 Dry Red Chilli  
10 Curry Leaves  
1 tbsp Coconut Oil  
10 Cashew Nuts  
500 ml Water  
100 ml Coconut Milk  
Salt

### Dish 2. Potato and Chickpea Varuval

200 gm Baby New Potatoes - cut in half and leave them in a saucepan with cold water  
100 gm Boiled or tinned chickpeas  
1/2 Medium Onion chopped  
1 tbsp Ginger and Garlic Paste  
100 gm Chopped tomatoes  
1 tsp Coriander Powder  
2 tsp Cumin seeds  
1 tsp Mustard seeds  
3 tbsp Vegetable Oil  
1 spring Coriander leaves  
Salt

### Dish 3. Mirchi Ka Salan

100 gm Dutch or Turkish Chillies  
1 Medium Onion chopped  
100 gm Chopped tomatoes in can  
100 ml Coconut Milk  
2 tbsp Tahini  
2 tbsp Smooth Peanut Butter  
1 tbsp Ginger and Garlic Paste  
1 tsp Red / Kashmiri Chilli Powder  
1 tsp Tamarind pulp  
1 tsp Cumin seeds  
2 tbsp Vegetable Oil  
10 Curry Leaves  
Salt

These dishes have been chosen as most ingredients should be available in any large supermarket.

## And here is the equipment you will need:

Teaspoon

Tablespoon

Medium saucepan

Knife

Chopping board

Measuring jug

Can opener

Peeler

Wooden spoon / something for stirring

Frying pan

Chopping board

Roasting dish / tray

Pestle and mortar or any kind of blender

## Help during the event

The cookery event will take place live on the night so make sure you have everything measured out and ready to go as this will make everything easier for you.

We will have a few short breaks throughout the event if you wish to ask a question. You will also be able to ask questions in the chat box for the team to answer.

If you missed any of the session, you can re-watch it at any time once the event has finished. Just revisit the website page and press play.

We hope you enjoy the event and enjoy your South Indian Cookery. Make sure you send any photos of your tasty creation to [memberevents@boundless.co.uk](mailto:memberevents@boundless.co.uk).

For more cooking and baking recipes, be sure to join our new online member only Facebook Group by searching Boundless Cooking & Baking Group on Facebook.

We look forward to seeing you on the night.