

Goan Cookery with Chef Kanthi Thamma

Tuesday 12 April, 7pm - 8:30pm

Weblink: [Boundless Online Events - Goan 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.

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

Chicken Cafreal Masala

4 Chicken thighs - preferably on bone but boneless is fine too
1/2 bunch Coriander leaves
2 Green Chillies - Thai or Indian
1 tsp Cumin seeds
1 tsp Fennel Seeds
4 Cloves
1 inch Cinnamon stick
1 tsp Peppercorns
1/4 tsp Turmeric Powder
1 inch Ginger
8 Garlic cloves peeled
1 tbsp Sugar
3 tbsp White wine vinegar
Salt
Veg oil
Water

Coconut Rice

100gm Desiccated coconut
100gm Basmati Rice
500ml Water
2 tbs Oil
Salt
10 Cashew Nuts
4 tbs Coconut Milk
1 inch Cinnamon
3 Cloves

Veggie option instead of chicken - peppers, Cauliflower, butternut, courgettes.... basically, any veggies that can take a bit of cooking.

Cabbage Salad

50gm Red cabbage - shredded
50gm White Cabbage - shredded
1 Green chilli - chopped
1 Tomatoes - chopped
5 Baby Radish
1 Carrot - peeled and cut into 1 inch strips.
25ml White wine vinegar
1 tsp Sugar
Salt
2 sprigs Coriander chopped

These dishes have been chosen as most ingredients should be available in larger supermarkets.

If you have any difficulty finding these items, they are available from Taj at: www.taj.co.uk

And here is the equipment you will need:

Teaspoon
Tablespoon
Medium saucepan x 2
Knife

Chopping board
Measuring jug
Can opener
Peeler

Wooden spoon / something for stirring
Frying pan
Chopping board
Pestle and mortar or any kind of blender
Couple of bowls

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 rewatch 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 Thai cookery. Make sure you send any photos of your tasty creation to memberevents@boundless.co.uk.

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

We look forward to seeing you on the night.