Celebrating Asian and Community Cooking Film

**Transcript of subtitles**

**Voiceover:** This film is about helping you and your family to make small changes to the ways in which you cook your food. Fusion cooking is all about combining traditional recipes with other flavours and cuisines to bring variety and excitement to the food we eat. The tips and advice contained in this film are about reducing the amount of salt, fat and sugar we apply to all the different types of food we eat as well as new foods we like to try. This can help prevent you from developing a range of long term conditions like Coronary Heart Disease, Stroke, Obesity and Diabetes. Eating more healthily and keeping as active as possible can make an amazing difference to the health and wellbeing of you and your family.

**Person 1:** Hi my name's Sarah, I'm a nutritionist. Today we're trying to help people make healthy choices.

So what we're suggesting is to use less fat in the diet, try to use less salt and also

to use less sugar.

Cooking from scratch is so easy and people often find they haven't got the time to do this, however, one way to get round that is to cook in bulk, and cook in really big quantities and then freeze those and then you've then got dinner for however

many nights. You can take it out in the morning, you've got it all ready which is much better because you know exactly what's gone in it. It's got lovely food that you've cooked, it's got less salt, less sugar, less fat - much better.

**Person 2:** Here are the ingredients for this Mushroom Chettinad.

500 grams of mushroom. And we got some peas 500 gram. And then I've kept some coconut. And we've got ginger...ginger...shredded ginger and garlic I have grinded into paste.

We've got some pepper and some tomatoes and we've got onion chopped.

We got Coriander and then mint. Chilli powder, coriander powder health need for turmeric for antiseptic.

Garam Masala. lemon juice, coconut milk water.

Add a little sunflower oil to a pre-heated pan.

When the oil is hot add the bayleaf.

If the oil is hot enough the bayleaf should sizzle.

**Person 1:** When people cook they think that the oil is really really important for the taste so therefore they will add a lot of oil. What we're encouraging is just one table spoon of oil because really the taste that comes from it is the taste from the spices and the taste of the food and the oil unfortunately is something added which is detrimental to people's health.

**Person 2:** I know initially people who are using more oil it's difficult for them but they can control like for example, if you using like five table spoons of oil they can make it three, then one day two and one day one.

**Person 1:** And try not to use Ghee which is the hard fat so anything hard at room temperature and coconut oil as well.

Try and use vegetable oil, sunflower oil or rapeseed oil and just use a table spoon and measure it out and you'll find that you'll really start enjoying your food more because it's got less fat in it.

**Person 2:** Add the chopped onion.

Add a pinch of salt and stir well.

**Person 1:** There are really good implications to adding salt to cooking however you only really need a small bit and remember you only need 6 grams of salt a day which is a teaspoon so it's a tiny tiny amount. Adding too much salt to food, in my opinion, ruins the flavour why not add more flavour why not add more herbs and more spices.

**Person 2:** In older generations they don't have the awareness of using the salt and sugar and what will effect in your life now we know the consequences like the more you use the sugar we know what will happen...like it will affect your heart you will get diabetes and things like that.

So prevention is better than cure.

When the onions are brown add the ginger and garlic paste and stir well.

Now we are going to add tomatoes all the tomatoes we have chopped already

After adding the tomatoes add two tea spoons of turmeric, chilli powder, coriander, cumin and fennel seed. Stir well.

**Person 1:** When you're making your own food though remember that when you look at the packet of some things you might use of herbs and spices and stuff like that they might contain a high lot of salt so just be careful you look and just buy the actual cumin, coriander or turmeric whatever like that and if you buy it in a packet already made that you check the ingredients and check what's actually in those.

**Person 2:** Once the tomatoes are soft add the chopped peppers.

Now we are going to add the sliced mushroom which is our main ingredient.

If you don't like mushroom you can replace it with other vegetables like cauliflower or beans or okra.

**Person 1:** Vegetables are really important for the diet because they add a whole range of not only vitamins but also fibre as well and fibre in your diet is great because

it helps reduce diseases such as bowel cancer.

So by having extra vitamins in your diet and fruit and vegetables you're

getting the fibre, vitamins, minerals everything which is really, really good for you

**Person 2:** Add the ground cashew nuts.

We use cashew nuts because they are good for the brain and give nice texture to the food. Add a little water and simmer for 2 or 3 minutes.

Now the mushrooms are cooked add the peas.

Replace the lid and simmer for a further 2 or 3 minutes.

Now we are going to add the coconut water and pulp.

Make sure you stir well so that there are no lumps

Leave it for 2 to 3 minute, when it's cooked we can garnish with coriander leaf.

Add the lemon juice and coriander leaf.

We close the lid for 2 minutes and everything is done.

We have finished our cooking.

I'd like to share my recipe this is called mushroom chettinad

**Person 1:** When we did some cooking there were some other ladies who came in to taste the food and they were genuinely surprised and really taken aback at how great the food tasted because obviously they admitted that they cook with a lot of oil and a lot of salt and they were really tasting the amount of flavours that were coming through because we had cooked with so much less salt and less oil and I really think that they were a bit blown away by it and went away thinking definitely going to start cooking like this and that was absolutely great because that's exactly the message we're trying to get across to people.

**Group person 1:** Nice. Coconut. yeah you can really taste it

**Group person 2:** And do you use any salt?

**Person 2:** We used little spices...

I know to break some bad habits like eating sugar or salt is hard but you should make

a resolution in your life I have to take my sugar less it's good for me it's good for

me you need to think before you eat sugar or salt you need to make it up in your mind no I am going to eat this is good for me and good for my family

**Group person 3:** You can actually taste the coconut in there which is really nice because at certain times you can't taste the coconut.

**Group person 1:** Usually I don't like coconut in savoury food but this is quite subtle it's nice.

**All of Group together:** Yes it is nice. Thank you. Lovely. Come again.

**Person 3:** Biryani you can cook with any sort of meat and usually it's a meat biryani but today we are switching the ingredients and are using lentils instead of meat.

Today I have used brown lentils just because they are good in colour and taste really nice with all the biryani masalas that we put in.

The ingredients you need tomatoes, you can use 3 or 4 tomatoes

any tomatoes. 2 onions, fresh coriander, fresh mint because the smell... aroma of the coriander and mint together gives the biryani its unique taste and you've got any biryani masala you don't need to put it all in it depends on how spicy or how much masala you want in your biryani and you've got kewra water it's for the aroma

of biryani it's just essence that we use normally in our traditional food and you've got some yogurt and salt.

That's it. it's pretty easy

**Person 2:** Pour two table spoons of sunflower oil into the pan. Leave the onions to fry for a few minutes. After a few minutes stir well until the onions are soft.

Remove half of the onions and save for later. Add the chopped tomatoes and stir well.

Stir in 1 or 2 table spoons of masala and a little water to stop the masala from sticking.

When the tomatoes are soft add in the lentils. Add a little water to stop the lentils from sticking.

Place the lid on the pan and keep at a low heat for 5 minutes.

Add 4 teaspoon of yogurt. This will stop the dish from being dry.

Stir well so there are no lumps.

**Person 3:** I need to grease the pan first just to make sure the rice doesn't stick at the bottom.

**Person 2:** Place a layer of rice on the bottom of the pan.

Add all of the lentils and place a layer of coriander and mint on the top.

**Person 3:** And the chillies I haven't cut them because they will get more spicy if I cut them I'm just putting them in whole because it will give a good aroma.

Add the remaining rice to the pan now in here you can put in the onions that

we've fried already….and lastly we can add the kewra water essence.

If you've got saffron at home you can add that.

Put it on a low heat for for around 10 to 15 minutes so all the rice and lentils are

mixed up

**Person 4:** taste good?

**Person 2:** Yeah good

**Person 1:** Adding vegetables to a dahl makes it absolutely scrummy so add some spinach add some sweet potato add some broccoli add something to the dahl so you're actually adding extra things to it add extra things to your curries as well or maybe have an opportunity to like we've shown you today to actually make some vegetarian food which again is really nice but you're actually adding those extra vegetables.

**Group member 2:** No seriously it's not because the camera is on

that is really nice that is awesome.

**Person 2:** Add two thirds of a cup of oil to a preheated pan

add one cup of semolina and stir well.

on a low heat, slowly add 2 cups of milk whilst stirring. Add three quarters of a cup of brown sugar.

stir well and add a teaspoon of cardamon powder.

we are going to roast some nuts you can add nuts, almond, pistachio, cashew nuts and we added some raisins.

Person 3: Initially what we used to do was to roast the nuts in the oil but it doesn't make any

difference to the flavour so it's better if you roast it alone in a pan.

**Group person 2:** The semolina doesn't feel as if the ghee is missing it's absolutely delicious. Usually that's what gives it the flavour. Usually the ghee and it's literally floating in ghee but this is awesome what did you use?

**Person 2:** Just oil normal oil and brown sugar that's

why the taste is different. It takes the ghee taste.

**Group person 3:** That is nice.

**Person 2:** It helps the children to understand because when you start cooking for the younger generation they will understand. They will learn from you. For example as a family you use more oil the children also learn from you they also think

"oh oil is ok it's ok because mum cooks like that so we can also cook like that"

So they learn from the generation that follows.

**Person 1:** In a nut shell what I'd like to say to you is to eat what you're eating because it's fabulous food and really yummy but just try and eat in a healthier fashion so try and use less oil if possible. Use your table spoon to measure it out rather than using your eye.

Use less salt. Really really taste those flavours. Add more fibre to your diet so you're adding more vegetables, adding more lentils, maybe adding some nuts.

Enjoy your food but just eat smaller portions and just cook it more healthily.