

Introduction

We commonly talk of having an 'Indian' or a 'Chinese' meal, conveniently glossing over the fact that these huge countries have produced many different types of cuisine. Although the term 'Indian' food is generally used, it is important to acknowledge that our favourite dishes may well have originated in the countries we now know as Pakistan and Bangladesh. China, with an area of some 4 million square miles, offers an equally diverse selection of culinary delights.

There are many reasons why specific, local cuisines would have been developed. Traditionally, varying climate determined what crops could or could not be grown in a particular region. Methods of preserving meat, such as salting or sun-drying, while possible in a warm area, were not so in a humid one - so spices or smoking were used to achieve the same effect. Only those provinces close to the coast would be able to vary their diet with a regular supply of fish. Religious considerations may also have dictated certain foods which could not be eaten.

Britain's taste for spices goes back a long way. For centuries, wars were fought over the trade routes which led to the spice

markets of the east. The discovery of the Americas brought new flavourings such as chilli. In later days, the arrival of citizens from the former colonies and other parts of the world, widened our appetite for foods a little more exotic than the traditional 'meat and two veg'.

At the same time, overseas travel was becoming available to more and more people with the formation of package holiday companies. Gradually, and possibly reluctantly at first, the great British public became acquainted with 'foreign' food!

Other technological advances have also played their part in widening our appetite for exotic tastes. The growth in international air travel means that fresh ingredients from around the world are more readily available in our shops. For those who prefer the easy solution, a wide range of sauces and ingredients is available in a multitude of cans, bottles and other packages.

The following pages summarise some of the Chinese and Indian cuisines to which the UK became accustomed in the 20th century.

HALAL LAMB RECIPES

The Meat and Livestock Commission has recently produced a recipe booklet in English and Urdu as part of a campaign to promote halal sheep meat to Muslim consumers.

Recipes were chosen from cuisines which appeal to Muslims, but which they may not be as familiar with as their own, e.g. Chinese and Italian. The leaflets also provide nutritional information and advice on achieving a balanced diet by eating fruit, vegetables and starchy foods such as rice, pasta and potatoes, in addition to lamb and mutton.

China

Some basics

If we were asked to think of one symbol which is 'typically' Chinese, we may well come up with the 'yin and yang' symbol of balance and harmony. Achieving these qualities is one of the major aims of Chinese cooking, and the chef will take into account factors such as colour, form, texture and aroma.

Thus, for example, a range of dishes may be served at the same time to offer contrasting visual and aromatic appeal, and fresh vegetables or crackers may be presented to provide a 'crunchy' balance to more tender ingredients.

Chinese cuisine developed along regional lines - from the rice-based central and southern provinces to the wheat and noodle eating north. There are countless subtle differences but, for simplicity's sake, we divide the culinary regions along the cardinal points of North, South, East and West.

North is Beijing style, South is Guangzhou or Cantonese, East is Fujian and West is Sichuan - known for its fiery dishes. With a land area of some 4 million square miles and with a culinary history reaching back 5,000 years, divisions have to be made somewhere!

Nothing goes to waste in Chinese cooking, frugality having been turned to advantage by generations of Chinese cooks. Meat is generally cut up into bite-sized pieces as much for quicker cooking as for striking a

balance of protein and carbohydrates, according to Yin Yang dictates.

The most basic Chinese meal is built around rice or noodles, and dishes of vegetables, seafood, meat and poultry. Four dishes and a soup constitute completeness, a total whole that augurs well for harmony. Even the poorest family with the humblest resources will try to have such a meal structure - possible because of the Chinese adeptness at turning simple ingredients into delicious dishes.

Methods of cooking

Water or stock is the simplest cooking medium for boiling. This is a method that usually precedes a second cooking step, particularly for meat or poultry. Apart from Chinese roast pork and roast or crispy duck, cooking whole joints is not a common practice in Chinese cooking. Braising is usually employed for pork and beef.

Quick steaming is used for pre-marinated and sliced meats in an open dish in a bamboo steamer and served with all the natural juices and garnishes like chopped spring onions and ginger.

Stir-frying has become a universal practice even among western cooks, as a healthy way to cook with minimum fat. Because the cuisine evolved from scarcity, stir-frying became the main method where a small heat source can be concentrated at the base of the wok for quick and economical cooking. It also explains why meat is always cut up into small pieces.

DID YOU KNOW?

Chinese bird's nest soup really is made from birds' nests. The swiftlet lives in dark caves, using a method of echolocation similar to the bat to get around. Instead of twigs and straw, the swiftlet makes its nest from strands of gummy saliva, which harden when exposed to air.

China

Meat in Chinese cooking

Pork is especially popular and features in seven out of ten Chinese meat dishes. It can be minced, shredded, sliced, cubed or, in rare cases, left as a whole joint. Belly pork is used often in many braised and stir-fried dishes and also as a basis for rich stocks. Pork leg is used most often for Chinese roast pork. Tenderloin and chops are excellent for Chinese pork steaks when crumbed and floured before being fried.

There is a fine point in the preparation of meat with regard to the universal balance of Yin and Yang. This simply means that any meat used should have a correct balance of lean and fat - as much for flavour as for succulence, the underlying principles of all dishes.

Because meat has traditionally been an expensive item in Chinese culinary history, the cuisine developed along the lines where it is often bulked up with vegetables or served in tandem with rice or noodles.

Nonetheless, there are many classic beef dishes like Stir-Fried Beef with Broccoli or Leeks, Crispy Beef with Carrots or Chinese Beefsteak with rich bean sauces like Hoi Sin or Black Bean.

Pork is the universally loved meat and

there are countless ways to prepare this meat. To most Chinese, pork symbolises prosperity and will always be a main feature during festive seasons. It is used roasted, stir-fried, steamed or best known of all as a filler for spring rolls and dozens of varieties of dumplings within the Dim Sum range. (This latter is a cooking school all on its own with innumerable types of steamed, fried or braised dumplings.)

Pork has virtually no distinctive smell. Its texture is smooth rather than fibrous, it responds to any kind of treatment and marries well with any vegetable or flavouring agent. It features in a wide range of dishes, each with specific uses for the different cuts.

Meaty spare ribs about 8 inches in length are now widely available fresh or pre-marinated for Chinese spare ribs. Spare rib chops are also excellent for sweet and sour dishes.

For some stir-fried dishes, meat is always sliced at a 45-degree angle to expose maximum surface area and to facilitate cooking. When a dish calls for a sauce, cubed meats are usually egg-washed and coated with rice flour, glutinous rice flour, cornflour, biscuit crumbs or coarse-textured breadcrumbs.

DID YOU KNOW?

Chinese philosopher Confucius once said: 'Eating is the utmost part of life'.

DID YOU KNOW?

In China in the sixth century BC, vegetarian Buddhists needed a meatless seasoning. One such seasoning consisted of a salty paste of fermented grains including soya beans, the first known product to resemble modern soy sauce.

DID YOU KNOW?

Chopsticks were invented as an extension to the fingers. The words actually mean 'helpful' and 'fast'.

China - Some regional styles

Canton

Canton is on the coast of southern China. The mild climate allows all-year-round farming, while the sea provides an abundance of fish. The region is famed for its sweet and sour dishes and for Dim Sum - small steamed dumplings with a variety of fillings. Sauces such as soy, oyster and black bean are also frequently used. The Cantonese taste is for food which has been cooked as quickly as possible to preserve flavour and (as we now know) vitamins. Brief boiling or steaming in water or broth, or quick stir-frying are the preferred methods. However, despite these apparent limitations, it has been said that the Cantonese have 250 ways of cooking pork alone!

Beijing (Peking)

The climate here in the north is harsh with extremely hot summers and cold winters. Unlike the rice-producing south of China, the staple crop here is wheat, and this is used to make a variety of noodles and dumplings. History has obviously played its part in the development of Peking

cuisine. Mongol invaders brought with them their taste for lamb and mutton - meats not generally favoured in other regions of China. The Imperial Court was also based here and no doubt responsible for the development of such delicacies as Peking Duck. Five spice powder - a mixture of anise, cinnamon, cloves, fennel and star anise - is a frequently-found flavouring.

Sichuan (Szechuan)

The climate of Sichuan, China's largest province, makes it an ideal rice-producing region. Wet summers and mild winters also had another influence on the region's food. The humidity made it impossible to preserve meats by salting or sun-drying. Consequently, the population turned to the use of spices such as chillis, peppers, ginger and garlic. In this cuisine you will find the fullest range of strong flavours - hot, sweet, sour, salty - in a multitude of combinations. Fiery pork and beef dishes are a regional speciality. As with nearby Yuan, meats are also preserved by curing and smoking.

Useful Tips

Terry Tan (seen on the video) offers these tips for stir-frying:

1. The wok must be large enough and the ladle of a corresponding shape.
2. Heat must be intense - medium is not important - only oil temperature.
3. Foods must be cut up to bite-sizes and preferably along the diagonal to expose maximum cut surface.
4. Oils are perfumed with things like garlic, onion or sesame oil for fragrance.
5. Stir-frying is a rapid 'to-and-fro' action that has a specific flow which allows food to be moved around in such a way that you utilise the intense heat at the base of the wok and gradually decreasing heat on the sides, so nothing is overcooked.
6. The ovate shape of the wok is to ensure this circulatory action - compare this with a flat frying pan where food cannot all be scooped up at one time, and there is no gradual slope to assist the frying/tumbling action.
7. Minimal water is used - just enough for moistness (unless the dish calls to be braised).
8. In essence, stir-frying incorporates heat intensity, steam action, rapid movement and minimum food item size. Most dishes take an average of 5 minutes if ingredients are of compatible size.

India

Some basics

Most people seem to think that currying was used as a means of preserving food or disguising the taste of meat that might have gone off in the heat. However, that doesn't really explain why vegetables are also traditionally cooked with spices and herbs. A more likely reason would seem to be that, as these spices and herbs were growing all around, people started cooking with them. Also, the perception of India as a hot, steamy country is not always true – the continent stretches from the cold, snowy mountains of the Himalayas in the North to the searingly hot plains of South India.

Many of the herbs and spices used in currying also have medicinal properties and this may well have been another factor in their early use.

Another misconception is that people in Britain seem to think that the name of a curry denotes the level of heat – for

example the hottest is thought to be Vindaloo, followed by Madras, and Korma as the mildest. In truth, by adding fewer chillies to a vindaloo, you could make it milder than a korma. Alternatively, a korma, which traditionally contains ground almonds and yogurt, could be made hotter by adding a large amount of red and green chillies! These names have been used by restaurants to make it easier to order a dish of the required heat – though a lot of the subtle tastes are lost in the desire to show that one can eat a 'hot' curry.

Note that, while many of the styles of curry to which we have become accustomed in the UK may be based on traditional methods and recipes, these are likely to have been adapted and developed by restaurants over the years in accordance with customer demand. You may also encounter different spellings of dishes in the attempt to render a phonetic spelling in the English alphabet of a non-English word.

DID YOU KNOW?

Britain's first Indian restaurant, the Salut-e-Hind, opened in Holborn in 1911.

DID YOU KNOW?

There are an estimated 7,600 Indian restaurants in the UK - more than in all the other European countries put together.

DID YOU KNOW?

Total UK spend on Indian food (shops and restaurants) is predicted to grow to around £3.5 billion by 2002.

India

Some history

Two of the greatest influences on Indian cuisine are probably invasion and religion. The Moghuls brought with them their love of mutton and lamb, just as their ancestors the Mongols had done to China. As Muslims, they also forbade the eating of pork. Hindus, with their respect for all living things, have developed many styles of purely vegetarian cooking. Being a peninsula, India is surrounded by water all along two coasts and also has many large rivers providing an abundance of both sea food and river fish.

There are also many Christians in India, notably the Goans who were converted when Goa belonged to Portugal, and those in South India where St Thomas landed and converted the people to Christianity. There are also many Anglo-Indians, the descendants of children born from liaisons between men in the East India Company and the British Army and native women. The Anglo-Indian and Goan dishes often use pork, for example spicy sausages and the famous Vindaloo, a dish of pork cooked in vinegar and garlic (from 'vin' for vinegar and 'aioli' – garlic).

Methods of cooking

Some of the methods of cooking with which you may be familiar are:

Frying meats and spices in oil, then simmering in water - as in Korma or Rogan Josh

Bhuna - sautéing and pot roasting, e.g. a dry dish like Massala

Tandoori - cooking in the traditional clay oven

Doh Peeazah - adding onions twice during the cooking of the dish

Gosht means meat, which in India is eaten very fresh – without ageing or maturing. The double handled pot (rather like a Chinese wok) used for deep-frying and cooking meat and vegetables is called a karahi.

The word 'balti' actually means 'bucket' and this style of cooking is widely believed to have been developed in and around Birmingham, rather than having any direct connection with the remote Himalayan province of Baltistan!

DID YOU KNOW?

The UK Indian restaurant sector employs over 60,000 people - more than the total number of civil servants in the Treasury, Customs and Excise, and Education Departments combined.

DID YOU KNOW?

The world's largest ever curry, created at The Raj restaurant at Maldon, Essex, in May 1998, weighed in at over 2,653 kg and served up 13,500 individual portions.

India - Some regional styles

What British people know of Indian cooking is usually based on their experience of eating in Indian restaurants. This is not the same as the way families in India eat, where generally food is aromatic rather than 'blow-your-head-off' spicy, with the heat coming from the side dishes such as pickles and fresh chillies.

India is a very large country and its food reflects many regional differences, but as a general rule a variety of dishes are eaten at each meal, brought to the table as they are freshly cooked.

As a rough rule of thumb, it is generally the southern and coastal provinces which are rice-producers, while northerners rely on wheat and other grains to produce breads such as chappatis. Northerners tend to use their spices ground while Southerners start out with them whole and grind them to a paste with cooked onions and other ingredients. Cooks of the tropical South make heavy use of coconut milk, an ingredient rarely seen in the North.

Kashmir

Kashmir, high in the Himalayas, is mainly Muslim, and is the exception to the rule above, its lush climate allowing many crops to be grown, including rice. The cuisine is mainly meat based - lamb, goat, chicken - and the flavourings are subtle and delicate. An abundance of dry fruit like walnuts, dried dates and apricots find their way into Kashmiri dishes, and a form of cottage cheese is also a popular accompaniment to many meats and vegetables.

Punjab

Punjab is a wheat-producing state on the plains of Northern India. Its tandoori cooking has become famous throughout the world, accompanied by breads such as naan and parathas made of local flour. Generally, Punjabi foods are only moderately spiced, and onion, garlic, ginger and tomato form the basis of many dishes.

Goa

The most likely place to find pork dishes in India is among the Christians of Goa - famed for their fiery pork vindaloo. The flavour comes from abundant use of local red chillies and garlic, plus the Goan fondness for using vinegar or wine as a cooking liquor. No doubt in this, and many other respects, Goan cuisine has been influenced by the centuries the area spent under Portuguese rule.

Rajasthan

The ancient state of Rajasthan gave rise to a royal cuisine. The Rajas who went on hunting expeditions ate the meat or the fowl that they brought back. Rajasthani food is generally roasted or grilled. Tikkas are said to have originated here. Rajasthani curries are often a brilliant red but they are not as spicy as they look. Most Rajasthani cuisine uses pure ghee (clarified butter) as the medium of cooking. There is also a strong tradition of vegetarian cooking here.

Bengal

Bengal is a Hindu region that includes Calcutta, where dishes are served in a particular order. A bitter dish like karela will follow rice, then come lentils or dal, together with roasted or fried vegetables. Then lightly spiced vegetables, followed by those more heavily spiced and those served with fish. Shellfish follows and finally chicken or mutton with chutney and poppadom. Dessert is usually sweet yogurt or a rice pudding.

Madhur Jaffrey comes from Delhi in Uttar Pradesh, and she describes a childhood family meal of monsoon mushrooms cooked with coriander and turmeric, freshly caught fish and cubed lamb in a yogurt sauce.

Social Trends

The size of the UK's minority ethnic population is estimated at 4.0 million in mid-2000 (or 7.1 per cent of the total private household population of Great Britain).

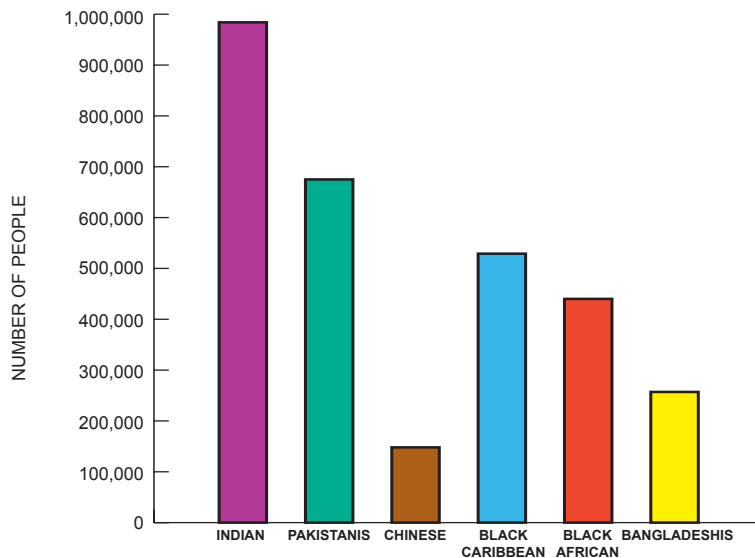
The Indian population is the most numerous (984,000), followed by Pakistanis (675,000), Black-Caribbeans (529,000), Black-Africans (440,000) and Bangladeshis (257,000). The Chinese community is relatively small in comparison (148,000).

The minority ethnic populations are concentrated in the large urban centres. 49 per cent of the total live in London, where they comprise 28 per cent of all residents.

78 per cent of Black-Africans and 57 per cent of Bangladeshis live in London. Other minority ethnic communities are more dispersed. For example, only 23 per cent of Pakistanis live in London, 21 per cent live in West Yorkshire, 20 per cent in the West Midlands and 14 per cent in the North West and Humberside. The proportions of the Chinese population living in Scotland, Wales and the East of England are higher than the proportions of any other minority ethnic groups in the same areas.

(Source: 'The sizes and characteristics of the minority ethnic populations of Great Britain - latest estimates'; Office for National Statistics.)

Ethnic Population in the U.K.

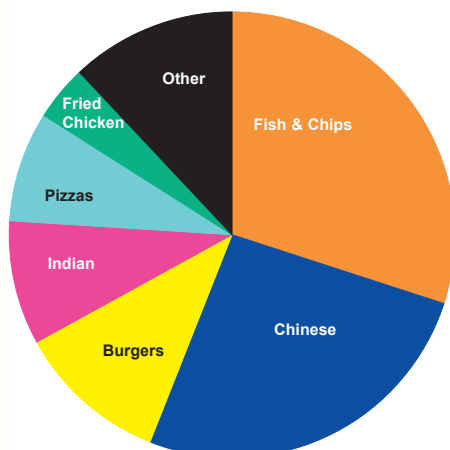


Has fish had its chips?

Figures show that the traditional fish and chip meal is still the leader in the takeaway sector. Ethnic foods win out in the delivery sector.

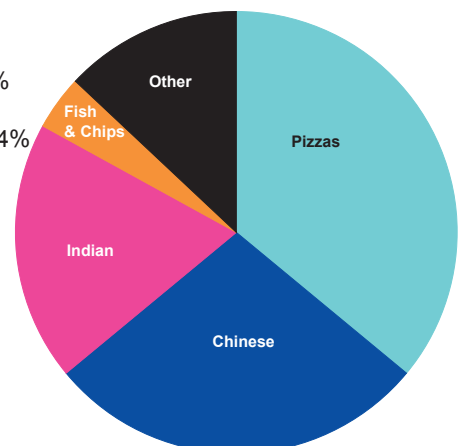
Takeaways:

- Fish & Chips - 30%
- Chinese - 26%
- Burgers - 11%
- Indian - 9%
- Pizzas - 8%
- Fried Chicken - 4%
- Other - 12%



Deliveries:

- Pizza - 36%
- Chinese - 28%
- Indian - 19%
- Fish & Chips 4%
- Other - 13%



(Source: Taylor Nelson Sofres)

STUDENT ACTIVITIES

Consumption Patterns

Keep a diary of takeaways and home-deliveries you have eaten in the last week and then produce a report using ICT, which includes the findings of your whole group. Compare the group's findings with national figures, and comment on differences and similarities between your results and the national figures.

Produce a questionnaire to find out about your local community's preferences for takeaways and home-deliveries and compare these results with your earlier findings.

Preference Testing

Working in groups plan and carry out a preference rating test on 5 Chinese or 5 Indian foods (e.g. ready meals or cook-in sauces).

Example questions:

Do you like the appearance of the product?

1 2 3 4

Do you like the smell of the product?

1 2 3 4

Do you like the taste of the product?

1 2 3 4

1 - dislike very much

2 - dislike slightly

3 - like slightly

4 - like very much

Based on these results, rank the products in order of preference. What does this tell you?

Sensory Testing

Set up a sensory rating test to compare and rate attributes such as saltiness, spiciness, chewiness, acidity, onion flavour etc. of the products used in your preference rating test. Plot your results on a star/spider diagram.

Product Development

Either choose one of the less popular dishes from your preference test and adapt the recipe to make it more popular, or develop a product to match as closely as you can your favourite product.

Survey Indian and Chinese sauces available in a local supermarket and produce a database of your findings. Are there any obvious gaps in the market? Perhaps a 'luxury' product which you would serve to an important guest, or a 'done in 5 minutes product' which you could use if friends dropped in unexpectedly. Develop a new Indian or Chinese sauce which will fill the gap.

Working in groups research the different filling ingredients and pastries that could be used to make Samosas. You could test ready-made pastries or make pastries with varying types or amounts of ingredients. Using your results, design and make a Samosa suitable for a packed lunch or school meal. Write-up the information that would need to appear on the label. Write a report of your findings and conclusions

Regional Styles

Research the different styles of traditional regional cooking in India or China. This should include reference to geographical, historical and cultural factors, and be presented as a display using ICT.

Healthy Eating

Chinese cooking is said to be healthy. Explain this statement, and say whether you agree. Making use of ICT produce a leaflet that promotes Chinese food. Design and make a healthy stir-fry and use a nutritional analysis program to evaluate its nutrient content.

Recipes

Stir-Fried Pork with Mange Tout

Serves: 2

Cooking time: Approximately 4-5 minutes plus 10 mins marinating

Ingredients

225g (8oz) lean pork loin or leg steaks

For the marinade:

15ml (1tbsp) oyster sauce

15ml (1tbsp) light soy sauce

15ml (1tbsp) sesame oil

5ml (1tsp) cornflour

Black pepper

30ml (2tbsp) oil

1 clove garlic, crushed or chopped

24 Mange tout (approx. 65g)

Method

- Slice the pork into thin julienne strips (approximately 2-3mm). Combine all the marinade ingredients and add the pork, mixing thoroughly. Cover, refrigerate and leave to marinate for at least 30 minutes.
- Heat the oil in a wok and fry the garlic for about 30 seconds until light brown.
- Drain the pork from the marinade (reserving the marinade) and add to the wok. Fry for 2-3 minutes. Be careful as the wok may spit when the pork is added.
- Add the remaining marinade, mange tout and enough water to make a sauce as preferred. Stir-fry for a further 1-2 minutes.

Serve with plain boiled rice and extra stir-fried vegetables.

N.B This recipe contains nut products

Cantonese Braised Beef with Ginger

Serves: 2

Cooking time: Approximately 4 minutes plus marinating time

Ingredients

225g (8oz) lean beef sirloin, rump or frying steaks

For the marinade:

15ml (1tbsp) black bean sauce

30ml (2tbsp) sesame oil

15ml (1tbsp) dark soy sauce

15ml (1tbsp) ginger purée

15ml (1tbsp) garlic purée (approx. 4 large cloves)

5ml (1tsp) cornflour

15ml (1tbsp) oil

Method

- Slice beef into thin pieces. Combine all the marinade ingredients together and add the beef, mixing thoroughly. Cover, refrigerate and leave to marinate for at least 30 minutes.
- Heat the oil in a wok and fry the beef (reserving the marinade) for 1-2 minutes or until browned. Be careful as the wok may spit when the beef is added.
- Add the reserved marinade and enough water to make a sauce as preferred. Cook for a further 2 minutes.

Serve with boiled egg noodles and extra stir-fried vegetables

N.B This recipe contains nut products

China



■ Main areas of China

Recipes

Rogan Josh

(Note: this recipe does not feature in the video.)

Serves: 8

Cooking time: Approximately 2 hours

Ingredients

1kg (2¹/₄lb) lean diced beef or lamb*

For the marinade

150g (5oz) natural yogurt
30ml (2tbsp) Tandoori massala powder
30ml (2tbsp) oil
15ml (1tbsp) lemon juice
30ml (2tbsp) oil
5ml (1tsp) garlic, crushed
5ml (1tsp) fresh ginger, peeled and finely chopped
4 large onions, chopped
5ml (1tsp) paprika
15ml (1tbsp) curry powder
15ml (1tbsp) garam massala powder
400g can chopped tomatoes
15ml (1tbsp) tomato purée
1/2 red pepper, deseeded and finely chopped
30ml (2tbsp) fresh coriander, chopped

Method

- Mix together the ingredients for the marinade, add the meat and mix thoroughly. Cover, refrigerate and leave to marinate for 4-12 hours.
- Heat the oil in a large pan and cook the garlic, ginger and onions, covered with a lid, slowly until softened (approximately 25 minutes).
- Increase the heat and fry the spices for 2 minutes to release the flavours. Add the chopped tomatoes, tomato purée and meat and fry for a further 5 minutes.
- Cover the pan and simmer for 1 - 1¹/₂ hours until the meat is tender.
- Add the red pepper and chopped coriander, stir through and serve.

Serve with rice, naan bread or poppadoms and a selection of relishes.

* *Suitable cuts:*

Beef - Braising cubes; chuck & blade, stewing cubes; shin, leg

Lamb - Braising cubes; shoulder, leg

Samosas

Serves: Makes approximately 15-16 samosas

Cooking time: Approximately 10-12 minutes

Ingredients

225g (8oz) lean minced beef, minced lamb or pork
15ml (1tbsp) oil
1 clove garlic, crushed or chopped
1 onion, finely chopped
5ml (1tsp) garam massala powder
15ml (1tbsp) frozen peas

For the dough:

350g (12oz) plain flour
2.5ml (1/2tsp) salt
2.5ml (1/2tsp) oil
Approximately 300ml (1/2pt) water - add as necessary

Method

- Heat the oil and fry the garlic and onion, then add the garam massala and cook for 1 minute. Add the mince and brown, then add the frozen peas and cook for 5-10 minutes.
- To make the dough: mix together the flour with the salt and oil. Add enough water to make a stiff dough.
- Take a piece of dough the size of a ping-pong ball (about 35-40g) and shape into a ball. Roll out to form a circle approximately 15cm (6') across. Try cutting around an upturned saucer to make a circle.
- Heat a frying pan or griddle until hot and place one side of the dough circle onto the hot pan and remove quickly. This will lightly seal the dough and make it easier to shape into the samosa.
- Cut the circle in half, then take each semi circle (sealed side down) and fold one corner into the middle, then the other to overlap the first to make a cone. Press along the join to seal. Use a small amount of water to help seal if required.
- Open up the cone and fill with about 15ml (1tbsp) of the mince mixture - be careful not to over fill. Seal the top of the samosa carefully, ensuring there are no gaps.
- Pre-heat an electric deep fat fryer according to the manufacturer's instructions. Deep-fry the samosas for 4-5 minutes until golden brown. Serve hot with relishes and a tomato, spring onion and cucumber salad.