



# IndiaDirect

Every penny directly changing lives

## Tiffin Time Planning Pack

Our pack will help you host a fun fundraising feast for your friends and family, which will help us to change a child's life...



## What is India Direct?

India Direct is a small charity based in Macclesfield. We run two children's homes in South East India, providing a safe, secure home for over 160 of the poorest children in India, regardless of race, religion or colour. At India Direct, we have a simple philosophy: from every penny that we raise or receive in donations we spend 100% on those that matter. We don't spend money on staff, marketing or plane fares. We audit our accounts and ensure accountability by making regular trips to India paid for by individual trustees, not from the charity.

## What is Tiffin Time?

In the UK today "tiffin" usually refers to those dangerously delicious chocolatey treats. But, in India, a tiffin is a snack or a light meal - often referring to the special tin used to transport the food to workplaces for the worker's lunch.

Tiffin Time is a fundraising event to raise money for the projects run by India Direct in South East India. Invite your friends along to enjoy a delicious combination of Indian savouries and English cakes (with a little twist), and ask them to make a contribution to raise some money towards our life changing projects.

## What's in the pack?

Online at [indiadirect.org.uk/tiffintime](http://indiadirect.org.uk/tiffintime) you can find all the information and suggestions you need to run your own successful 'Tiffin Time' including:

- ✓ This book of recipes for your Tiffin Time party
- ✓ An information leaflet about India Direct to print for your guests
- ✓ Invitations for you to print



## Our Top Tips

- Decide whether to charge a fixed amount (we suggest £5 or £10) or just ask for a contribution.
- Your guests can easily make their donation via the “**MyDonate**” button on our website ([indiadirect.org.uk](http://indiadirect.org.uk)). If they donate cash, you can donate it using this system too! Don't forget, using MyDonate you can easily add 'Gift Aid' to your donation (if you're a taxpayer), making it even more valuable to us.
- Although some of the ingredients may sound exotic, they are readily available in all supermarkets.
- Choose your venue, time and date. Maybe you could host Tiffin Time at work, university or simply have a get together with friends.
- We've provided a PDF invitation so you can print just what you need.
- There is also an easy-to-print, A5 leaflet to help you explain the work of India Direct to your guests.
- Your evening should be fun, not stressful. Feel free to use our recipes or some of your own, or just dishes from a supermarket!

## The Origin of Our Recipes

Helen and Prethi hosted the very first Tiffin Time and it was a resounding success, raising £150 for India Direct - all that, just from a bit of cake!

The delicious Indian recipes were kindly donated to us by Helen's neighbour, Prethi. She is originally from Kerala, South West India. They're a great way to try out some Indian cooking for the first time.

The rest of the recipes are straight from Helen's kitchen! Helen is a trustee of India Direct and has worked (and baked) for the charity for a number of years. She's a keen fundraiser and runs the Poynton High School India Project, which has run regular cake sales to raise significant sums of money for India Direct.

India Direct would like to thank both Helen and Prethi for their help with creating Tiffin Time.



# Bread Pakoras

Pakoras are popular across India, and are best served hot with a yoghurt based dip. These are amazingly simple to make and really tasty - the ultimate Indian finger food!

## Ingredients - makes 12 pieces

4 slices firm white bread	1 teaspoon salt	2 heaped tbsp chopped coriander
1 cup gram flour	1 teaspoon cumin seeds	150ml water
1 flat tbsp rice flour (for crispness)	2 finely chopped green chilies	Oil to fry

## Method

1. Remove all the crusts from the bread and slice it lengthwise into 3 equal parts.
2. Mix all the dry ingredients together: Gram flour, rice flour, cumin seeds and salt.
3. Add the water slowly to make a smooth batter the consistency of pancake batter. Add the green chilies and coriander. Mix well.
4. Heat the oil in a frying pan on medium high heat. It should be at least 3 cm deep. To check if the oil is ready, put one drop of batter in the oil. The batter should rise to the top, but not change colour straight away.
5. Dip the bread slices in the batter one at a time and lower into the frying pan. Fry in small batches until both sides are golden-brown (about 4 to 5 minutes). Pat dry on kitchen paper and serve.



# Savoury Egg Puffs

These are simple, delicious and a little bit spicy...

## Ingredients - makes around 15

4 hard boiled eggs (each cut in half)	1 tsp mustard seeds	Beaten egg or milk for glazing
1 pack Ready-Roll puff pastry	1 tbsp malt vinegar	1 level tablespoon Paprika powder
3 medium onions	Salt to taste	2 tbsp Oil

## Method

1. Chop onions into medium sized pieces.
2. Heat the oil and add the mustard seeds until they crackle. Add the chopped onions, and fry the onions until transparent.
3. Add the paprika, mix and fry gently for a couple of minutes. Add vinegar and salt then cool.
4. Use a pizza cutter to cut the puff pastry sheet into 8 equal squares.
5. Place a small amount of the mixture and half a boiled egg in the middle of each square.
6. Fold each corner of the puff pastry over towards the centre and seal the edges to form a parcel.
7. Brush with beaten egg and bake as per the instructions provided for the puff pastry.



# Vegetable Samosas

The tricky bit here is folding the samosas...

## Ingredients - makes around 15

100g/4oz each of potatoes and carrots (each peeled and cut into 1cm cubes), and peas.

2 tbsp olive oil

¼ tsp cumin seeds

1 onion, chopped

2 green chillies, finely chopped

¼ tsp salt

¼ tsp ground coriander

Big pinch garam masala

Handful of coriander leaves, chopped

1 pack filo pastry, each sheet cut into 2 roughly equal squares

Melted butter to brush on to pastry

## Method

1. For the filling, boil the potatoes for about 10-15 minutes or until tender. Drain and roughly mash.
2. In a separate pan, cook the carrots for about 15 minutes, add the peas, cook for two minutes and drain.
3. Heat the oil in a pan, add the cumin seeds and after they start to splutter, add the onion and chillies. Fry until softened.
4. Mix in the salt, coriander and garam masala and fry for a minute. Add the carrots and peas, and fry for a couple more minutes. Stir in the potato and coriander leaves. Allow to cool. Meanwhile, preheat the oven to 180°C/Gas Mark 4.
5. To wrap the samosas, brush about 2/3 of a square of pastry with melted butter. Fold



the unbuttered third over half the buttered side, then fold the opposite edge over the top. You can always google 'Samosa folding' to get a detailed diagram!

6. Put a heaped teaspoon of the filling at one end of the strip. Fold the top (short) edge down over the filling at an angle until it meets the long edge. Fold the top point down across the strip until the first fold reaches the long edge. You should start to see a triangle forming. Continue folding the triangle until you get to the end of the strip, then brush with melted butter. Bake for about 15 minutes.

## Chocolate (and optional chilli) Cupcakes

These have just a bit of a kick. You can make them without the chilli depending upon how adventurous you think your friends are - you could even keep the chilli as a surprise!

Ingredients for 4-6 large cupcakes, 10-12 medium size or about 18 petit four size.

**Bake at 180°C** (13-15 minutes for large, 11-12 for medium size or 7-8 minutes for petit four size).

50g softened butter or margarine

25g cocoa powder

25g self-raising flour

50g caster sugar

¼ tsp smoked paprika (optional)

¼ tsp baking powder

1 egg

50g dark chocolate (or chilli chocolate)

50ml sour cream

### Method

1. Setting aside the the sour cream and dark chocolate, beat together the remaining cake ingredients to form a smooth batter.
2. Divide between your prettiest cupcake cases, and bake at 180°C. The cakes should be springy to the touch.

3. Allow the cakes to cool thoroughly before icing.
4. To make the icing, gently heat together the chocolate and sour cream until melted, being careful not to overheat! Stir until smooth and glossy then spread evenly over the cakes.

## Sweet Lime Cupcakes

A perfect sweet treat - great to cool your mouth, after the Indian savouries!

Ingredients for 4-6 large cupcakes, 10-12 medium size or about 18 petit four size.

**Bake at 180°C** (13-15 minutes for large, 11-12 for medium size, or 7-8 minutes for petit four size).

### For the cupcakes:

50g softened butter or margarine

50g caster sugar

1 egg

Juice and zest of half a lime

50g softened butter

50g self-raising flour

### For the icing:

50g softened butter

Juice and zest of half a lime

100g icing sugar

2-3 teaspoons lime curd (optional)

### Method

1. Beat together all the cake ingredients to a smooth batter.

2. Divide between your prettiest cupcake cases and bake at 180°C. The cakes should be springy to the touch. Allow them to cool before icing.
3. If desired, cut a small cone from the top of each one, spoon in a little lime curd and then replace the cone like a butterfly cake.
4. For the icing, beat together the butter and icing sugar until smooth, then beat in the lime juice.
5. Pipe or spread over the cakes, sprinkling with a little lime zest.



## Orange and Cardamom Loaf

Orange with a hint of spice, perfect as the showpiece of your Tiffin Time!

### Ingredients for one cake loaf

#### For the cake:

- |                                   |                          |
|-----------------------------------|--------------------------|
| 1 whole orange                    | 100g caster sugar        |
| Ground seeds from 4 cardamom pods | 2 eggs                   |
| 100g butter or soft margarine     | 100g self raising flour  |
|                                   | ½ teaspoon baking powder |

#### For the topping:

- 50g softened butter
- 50g cream cheese
- 200g icing sugar

## Method

1. Pierce the orange a couple of times with a fork. Put it in a small saucepan, just covered with water,. Bring to the boil then simmer for 30 minutes. Allow it to cool and then pulp the whole orange in a blender until smooth, discarding any pips.
2. Beat the butter, sugar, eggs and margarine together until well combined
3. Fold in the orange pulp and the cardamom seeds
4. Spoon into a lined 1lb loaf tin, and bake at 160°C/gas mark 3 for about 40 minutes (or until a skewer comes out clean).
5. Allow the cake to cool before icing.
6. Beat together the butter and cream cheese until soft, then beat in the icing sugar until smooth. Spread over the cake, sprinkling with a little cinnamon, crushed cardamom seeds or orange zest, to taste.



## Fruit Scones

A British classic best served with clotted cream and jam.

### Ingredients - Makes 8 decent sized scones

225g self-raising flour

1 tbsp caster sugar

1 egg

1 tsp baking powder

50g sultanas

Beaten egg or milk to glaze

25-50g butter

75ml milk

## Method

1. Preheat the oven to 220°C and put the baking tray in to heat.
2. Sift the flour and baking powder into a bowl, and rub in the butter. Stir in the sultanas and sugar.
3. Beat the egg with the milk and stir into the dry ingredients to make a soft dough. Knead as lightly as possible into a ball, then turn out onto a floured surface
4. Roll the dough lightly or just pat it out with your hand until it is about 2cm thick. Cut into rounds or whatever shape you like.
5. Press together the trimmings, then roll out and cut more scones!
6. Put the scones onto the hot baking sheet. Brush with egg or milk to glaze.
7. Bake for 8 to 10 minutes until they are golden brown and sound hollow when tapped on the bottom.



# Terrific Tiffin!

How could it be called Tiffin Time without a classic Tiffin recipe!

## Ingredients

50g butter

50g brown sugar

2 tbsp golden syrup

50g plain chocolate

200g roughly crushed digestive biscuits

Sultanas, glacé cherries, chopped nuts, marshmallows, Maltesers or whatever you fancy putting in!

More plain chocolate for the top, according to the shape of your tin. But about 200g, or more, should do it!

## Method

1. In a saucepan, melt together the chocolate, butter, sugar and syrup. Stir well.
2. Mix in the other ingredients
3. Pour into a Swiss Roll or similar rectangular tin and put in the fridge to set.
4. Melt the chocolate for the topping and pour over the base. Chill again.
5. Cut into small pieces!

