

annabel langbein
The Free Range Cook
through the seasons.

**menu planner for
A TOUCH OF SPICE**

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Baked Eggplant wit Kasundi, *Page 212*

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Lentils and Rice, *Page 215*

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PREP PLAN

well ahead

- Kasundi keeps for months in the fridge or can be preserved in sterilised jars.
- The Slow-Roasted Spiced Lamb and sauce can be prepared 48 hours ahead to allow the fabulous flavours to develop.
- The Lentils and Rice dish can be made in advance and kept in the fridge for two or three days.
- The Caramel and Pistachio Ice Cream can be made well in advance – it will keep in the freezer for several weeks if tightly covered and not eaten by anyone!

on the day

- Bake the Eggplant with Kasundi. It can be served at room temperature if desired.
- Make the dough and cook the Paratha Bread one at a time in a frypan. Wrap in tin foil until needed.
- Take the Lentils and Rice out of the fridge if serving at room temperature.
- Three or four hours before serving, mix the Walnut Salad.

final preparations

- Pop the Slow-Roasted Spiced Lamb in the oven to reheat, brushing with the reduced juices after about 10 minutes.
- Top the Baked Eggplant with Kasundi with yoghurt, if using, before serving.
- Reheat the Paratha Bread in the oven, brush with butter and serve hot.
- If serving the Lentils and Rice hot, reheat gently in a covered roasting dish in the oven with the lamb. Alternatively, serve it at room temperature.
- Allow Caramel and Pistachio Ice Cream to soften for 10 minutes before serving with a drizzle of maple syrup, if desired.