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2 teaspoon garam masala
1 teaspoon roasted cumin
1 teaspoon grated ginger
1 teaspoon chilli powder
1 tablespoon sugar
1 tablespoon lemon juice
Chopped onion
Saffron
Oil for deep frying
Chopped coriander leaves

Method

Cut the cauliflower into florets. Heat the oil and deep fry the cauliflower until golden brown. Drain and set aside. Heat a little oil in a pan and fry the mustard seeds, when its starts crackling add the cumin seeds and fry till lightly brown, then add the garam masala, coriander powder, roasted cumin, onion, ginger, chilli powder, saffron and salt. Stir in the cauliflower. Reduce the heat and cook for 10 minutes. Add lemon juice and sugar. Lastly add the coriander leaves.

Fried Cauliflower

Ingredients

1 large cauliflower
1 teaspoon mustard seeds
1 teaspoon cumin seeds
2 teaspoon ground coriander

Blackberry Sponge

Ingredients

2 eggs
100g self raising flour
100g caster sugar
100g margarine
4 tablespoon blackberry jam

Method

Grease ¾ litre(1 ½ pt) bowl and put jam at the bottom. Beat sugar, eggs and margarine then add the flour. Spoon the mixture on top of the jam and microwave for 3 ½ minutes, remove from the microwave and turn the pudding upside down on a plate. Serve with hot custard.
Substitute lemon curd, marmalade or raspberry jam for black berry jam.