

Dear Alice,

Hi pal, thank you so much for agreeing to participate in this! I hope you're having a lovely week and getting a chance to go out and enjoy the sun.

In this box, I have included the ingredients to make an exciting chickpea and potato curry! I started making this meal a lot when my boyfriend went veggie (for six months lol) bc beans are a great protein lol. I've since made this meal quite often, for myself, my friends and my parents. Big fan. Apart from that one time I was heating leftovers up, burnt myself on the steam and dropped it all over the kitchen floor lol. That was sad :(

Heads up – this requires a bit of planning to make as I have included dried chickpeas!

So...here's how I make my chickpea and potato curry...

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12 hours+ until dinner...

I give the chickpeas a long, refreshing soak in some cold water for at least 12 hours/overnight. This allows them to swell up and get nice and plump and cute!

50 mins until dinner...

The chickpeas take the longest to cook (they need about 45-50 minutes of boiling!) so I give them a good head start. I boil the kettle, pour the hot water into a pan, add the chickpeas and bring them to a rapid boil while I do the next few steps.

Now I peel and chop my potato into bite-size pieces, peel and grate or finely chop my ginger and garlic, and peel and chop my red onion into small pieces. I like to do it in that order so that the onions aren't sitting out for ages making me cry! I put the potatoes in a bowl with water so they don't start to brown. I also open my tin of tomatoes so I don't stress later. This takes me about ten minutes.

Now I put a nice glug of oil (I like olive or vegetable oil) into another pot. When this looks warm, I put in the red onions. I like to cook them over a gentle heat for at least five minutes, seasoning with some salt and stirring often, until they start to look soft and glossy and smell oniony.

Next, I add the ginger and garlic to the saucepan, stirring often, letting them warm up and release their lovely aromas! When that has been going for a few minutes, I sprinkle curry powder all over everything and give it a good mix around. Then, when things are smelling great but you're worried it might burn, I tip in my tin of tomatoes and give it a strong stir.

At this point, the chickpeas have been boiling for about twenty minutes. I drain the water away and transfer the chickpeas to the nice tomatoey mixture. I'll add a touch more water to make sure my chickpeas are covered before bringing it all up to a happy simmer and popping the lid on for ten mins.

After said ten mins, I add in the potatoes to the bubbling curry pot. I also rinse the rice, put it into a pot of cold water, bring it up to a boil, lower the heat and put a lid on that pot.

Things should be simmering away with the lids on until the potatoes can be pierced easily with a fork (about twenty minutes) and the rice is done (about 14 mins from boiling point!). I always have a little taste to check the seasoning is good around this point.

Once this is done, I will serve in bowls and head to the dinner table! If I have a bit of fresh coriander around that can be nice on top.

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I hope my chickpea and potato curry pleases you and you enjoy trying it!

It would be great if after you could think of a meal that you would like to make for someone you care about, tell me a bit about it and share how to make it. I welcome any other thoughts that come to mind.

Once you've finished, it would be great if you could send your thoughts to me in the envelope I have included, and I will make this meal!

Finally, as you are aware, this is part of a practice as research project that I am conducting for MA Performance Practice as Research at The Royal Central School of Speech and Drama. I was hoping to include your responses in the piece of work that will be shared for Brink Festival (June 22nd-26th 2020) and write about it in my dissertation. If you consent for me to use your responses in that way, it would be nice if you could sign below and send this page back to me.

Thank you again! I appreciate you so much and hope to hear from you soon!

Love Roz!!!
