

# MOVERS AND SHAKERS

**Tandoori** catches up with food writer, **Anjum Anand** as she teaches the nation how to cook up an Indian

**Why do you enjoy cooking?**

It's a natural thing to me. I love feeding people, I love food and I enjoy the peace in my kitchen so perhaps it's a combination of all of these.

**Who would you most like to cook for?**

Oprah Winfrey. She loves spicy and healthy foods. We would have great conversation about self-empowerment, humanity and, of course, good food. I'd cook healthy, simple, home-style Indian food. I'm not sure what her favourites are but I would love to cook her my Black Pepper Chicken dish with some rice, my quick stir-fried spinach and last but not least, my 5-Seed Potatoes.

**What are your favourite ingredients?**

Jaggery, coconut, yoghurt, saffron, green cardamom pods, chillies and garlic.

**Where do you go out to eat?**

It depends on my mood. Sometimes, it's cheap and cheerful other times it's the best. I love Sumosan for it's delicious Japanese food. I go to Scalini in Knightsbridge for Italian. Indian is generally home food but Gaylord in Mortimer Street has always been present in my life. For more casual food, I love going to my local Giraffe and find that I often go to café Caldesi in Marylebone.

**What's the 'healthiest' restaurant you've been to?**

A fantastic, healthy restaurant in LA called A Votre Sante.

**Which chef do you most admire?**

Delia Smith. For a home cook, she is meticulous about her recipes and her food is for the people and not about her. And also Heston Blumenthal for his deconstructive and innovative approach to popular food.

**Whose life would you most like to spice up?**

Prince Charles. He needs a little spice in his life and he's open to experiencing new things.

**What's the weirdest thing you've ever eaten?**

Horse meat; not to my taste.

**You have lost weight in the past how have you successfully kept it off?**

The reality to weight loss is really very simple, eat healthy fresh produce, reduce the fat content in your food, don't overeat and do regular exercise. People are drawn to what they think will be quick fix solutions and try all sorts of fad diets but this approach will keep you healthy in the long term.

**Are you excited about your new BBC series?**

It's great that my series is going to show viewers how easy it is to cook authentic Indian food at home, my mission is to make people see how accessible, diverse and fun Indian food can be to cook so excited is not the word. Actually, I've not had much time to be excited. It's

been such hard work from the beginning and I haven't really had time to fully digest it all. Maybe when the crazy schedule comes to an end and I have time to enjoy it.

**The first episode focuses on a man cooking for his mates – honestly, how hard was that?**

Really easy. Sometimes men are easier to please than women. I just made spicy lamb burgers, oven-fried chilli chicken, paneer and vegetable skewers and fried spicy potatoes. They loved it and their plates were clean. It's always nice to cook for people who eat with gusto rather than those who just pick at the food.

*Anjum Anand's new series, Indian Food Made Easy, is coming to BBC2 in July. Her new book, Indian Food Made Easy, published by Quadrille, will be available from August 3rd for £14.99 and will be available in all good bookshops.*

