



CHILLI CHEESE ON TOAST

recipe: Roopa Gulati

‘India The World Vegetarian’
photography: David Loftus

Roopa says... cheese on toast is one of Britain and India’s great culinary collaborations. A clubhouse favourite, it continues to be served in old-fashioned coffee houses, bars and cafes today. With no set recipe you can turn the chilli heat up or down. The tomato topping is modern is a modern touch. Serve it with a cumin-dusted poached egg if you’re feeling extra peckish.



We say... Oh my! You’ll never go back to simple cheese on toast again – this is a must try!

Serves 6 - 8

ingredients... cheese on toast

8 slices of white bread
50g unsalted butter
175g mature cheddar grated
1 small red onion, diced
1-2 green chillies, deseeded & chopped
1 teaspoon roasted cumin seeds
½ teaspoon coarsely ground black pepper
¾ teaspoon Kashmiri chilli powder or paprika
Handful chopped coriander

ingredients... for the tomato topping

2 tablespoons sunflower oil
½ teaspoon black mustard seeds
200g cherry tomatoes halved
Pinch sugar
Juice ½ lime

and now, start cooking...

1. Pre-heat the grill and toast the bread on one side.
2. Remove from the grill and butter the untoasted side of each slice.
3. Mix the cheese, onion, green chillies and chopped coriander and season with cumin, black pepper and chilli powder.
4. Spread the mixture thickly over the buttered side of the bread and cook the slices until the cheese has melted and bubbling.
5. While the bread is under the grill prepare the topping – heat the oil in a small frying pan/Karahi/wok and add the mustard seeds. Cook for 30 seconds and stir in the tomatoes and sugar and cook over a high heat for 30 seconds more. Add the lime juice.
6. Spoon the tomato mixture over the bubbling cheese on toast and serve immediately