



# KARMA KORMA

Serving curry...  
for safe water



Welcome to

# KARMA KORMA

Karma Korma is Frank Water's fun, foodie fundraiser.

By hosting or attending a Karma Korma event, you help provide safe, clean drinking water for some of the 2 billion people in the world that don't have access.



If you'd like to join the Karma Korma club, it's easy. Simply set a date to suit you, gather a group, ask each person to bring along their favourite Indian dish and enjoy!

In exchange for a feast, ask every guest to make a donation to Frank Water.

So dust off your spice rack, put on your apron and serve up curry for safe water!

Get in touch with us at [hello@frankwater.com](mailto:hello@frankwater.com) if you need more Karma Korma ideas, suggestions and favourite recipes.

Don't forget to keep in touch. Send us your pictures and stories. We'd love to hear from you.

*Happy Cooking!*

# MEET RATNA



Ratna shares a small home with her husband, their two young daughters, and her in-laws. It's her responsibility to make sure there's enough water for drinking, cooking, washing clothes, cleaning, and bathing her children.

Now, water is close to home, and daily life is much easier.

**"Before, I had to walk far to canals and wells,"** Ratna says with a smile. **"Now I can do everything at home. It's more convenient, I have more privacy, and more time."**

**"My daughter will have new and different opportunities because of it... and they will have good health."**

Water at the doorstep saves the women and girls in Ratna's village from hours of drudgery, collecting water each day. People can bathe regularly and incidence of diarrhoea is reduced. Children are free to attend school and women have more time to make an income.

Ratna is just one of over 500,000 people that we've worked with over the last 20 years. Help us change more lives with safe water and sanitation.

Sign up to take part in Karma Korma today!



# STEP BY STEP GUIDE

## PLAN YOUR EVENT



- Set a date and time.
- Contact us if you'd like a poster to pin up in the canteen, staff room, toilets and communal areas with the date and details for your Karma Korma.
- Invite your colleagues, friends, classmates, fellow club members.
- Elect a cooking committee or...ask everyone to bring a dish - it's worth allocating mains, side dishes and deserts so you don't get stuck with 25 chicken tikka masalas. Check out our recipes for inspiration.

## IN THE RUN UP....

- Post on social media and talk about the event to make sure you get as many guests as possible! Send out reminders a week before the event and again the day before.

## FUNDRAISING

You can either sell tickets for the night using a platform like TicketTailor, set up a JustGiving page or collect cash donations on the night. Contact us at [hello@frankwater.com](mailto:hello@frankwater.com) if you'd like any help (or we're happy to create pages for you).

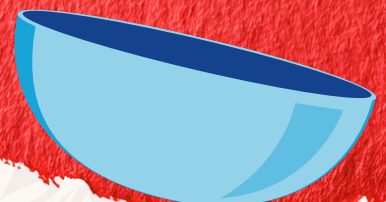
## ON THE DAY

- Have napkins, plates, cutlery and glasses at the ready. Decorate your venue. Make sure people know how to make a donation. Have a team of washers-up on standby for afterwards!

## CAPTURE THE EVENT

- Take photos and video if you can, and share them with us at [hello@frankwater.com](mailto:hello@frankwater.com) so we can help you to celebrate your incredible achievement.

## ENJOY!





# RECIPES

## Spinach & Chickpea Curry

- 3 tbsp vegetable oil
- 1 large onion, chopped
- 1 large carrot, peeled & diced
- 2 tsp chilli paste
- 2 tsp garlic paste
- 2 400g cans chickpeas, drained & rinsed
- ½ tsp turmeric
- 1 tsp ground ginger
- 75g peanuts
- 50g ground almonds
- 220g spinach, washed
- salt
- juice of ½ -1 lime
- 75g creamed coconut dissolved in 130ml water
- 3 tsp Coriander Paste



1. Heat the oil in a large heavy based pan.
2. Add the onion and carrot and fry gently for 7-8 minutes.
3. Add the chilli, garlic, chickpeas, turmeric and ginger. Stir-fry for 1 minute then add the peanuts and ground almonds.
4. Add just enough water to barely cover. Bring to a simmer then cook gently for 20 minutes until thickened.
5. Add the spinach and cook for 5 minutes. Season with salt and lime juice.
6. Stir in the dissolved creamed coconut and the coriander.
7. Serve with rice.







## Royal Kashmiri Pilau

1. Add the saffron strands to the hot stock and set aside.
2. Heat the butter in a large saucepan and cook the onion gently for 10 minutes, until soft.
3. Stir in the pilau spice blend and cook for 2 minutes. Stir in the garlic.
4. Add the rice and cook, stirring, for 2 minutes more. Pour in the stock and add the sultanas. Bring to the boil, stir, then lower the heat, cover and cook gently for 15 minutes or until the rice is tender and all the liquid has been absorbed.
5. Meanwhile, heat the oil in a frying pan and fry the cashew nuts until browned.
6. Drain on kitchen paper. Scatter over the rice and serve

- Pinch of saffron strands
- 600 ml hot chicken or vegetable stock
- 50g butter
- 1 onion, finely chopped
- 3 tsp pilau spice blend
- 1 tsp garlic
- 250g basmati rice, rinsed and drained
- 50g sultanas
- 1 tbsp oil
- 50g cashew nuts





## Simple Chapati

- 280g flour (we recommend a mix of plain and wholemeal), plus extra for dusting
- 1 tsp salt
- 2 tbsp oil, plus extra for greasing
- approx 180ml hot water



1. Stir together the flour and salt before adding the oil and enough water to make a elastic, non-sticky dough.
2. Knead for 5-10 mins until smooth.
3. Divide into 10 pieces, or less if you want bigger breads.
4. Heat a lightly greased frying pan over medium heat.
5. Roll out the balls of dough until thin (the width of a tortilla wrap).
6. Cook each chapati in the hot pan until brown spots start appearing (about 30 seconds on each side).
7. Keep warm while you cook the rest of the chapatis.



# MAKING THE MOST OF YOUR KARMA KORMA

## AT HOME

Host your own Karma Korma event. Whether it's a Bollywood buffet or a Karma Korma Come Dine with Me, use it to return hospitality, catch up with friends, reunite family or even match-make! Ask every guest to donate the price of a takeaway!

**"We organised our first Karma Korma event in 2013 at our home in the French Alps, where the English community miss being able to get good curry regularly. We invited friends and they spread the word! It ended up being an all day affair, with curry served from midday until about 9pm, and around 70 people being fed!"** Nat & Shep

## AT WORK

Ask everyone to bring in their favourite Indian dish on a particular day. When 1 o'clock strikes, stop work, serve up your Karma Korma feast and enjoy! Don't forget to make a donation.

**"We asked people to choose what they would like to bring. We only have a microwave so everyone brought in cooked food to heat up. We had it over lunch and agreed to donate the amount we might normally spend on lunch anyway - £5. We raised a total of £80 which was matched by the company. 16 people came along which was the whole office and a few visitors.**

**It's a simple, fun thing to do for a good cause that gets everyone eating lunch together."** – Jon

## SAFETY FIRST

It's worth taking extra care when you're cooking for a crowd so that nobody goes home with a nasty bout of Delhi belly. Check out [www.food.gov.uk](http://www.food.gov.uk) for simple food safety guidelines. It's your responsibility to make sure your event is legal and safe. Frank Water cannot accept any liability for any loss, injury or damage.