

# Indian recipes II

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## GUIDE TO INGREDIENTS

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#### **Reciepes**

GARAM MASALA

ONION AND TOMATO RAITA

BOONDHI RAITA

MINT AND CORIANDER CHUTNEY

#### **Breads**

CHAPATI (PHULKA)

PARATHA

STUFFED PARATHAS

#### **Snacks**

BHEL

BONDA WITH INSTANT MASHED POTATO

PAKORAS (SAVORY FRITTERS)

DAHI VADA (SAVORY BALLS IN YOGURT)

UPMA

VEGETABLE PUFF

#### **Vegetables**

GOBI ALOO (CAULIFLOWER AND POTATOES)

CHOLE (CHICK PEAS)

MASALENDAR SEM (SPICY GREEN BEANS)

VEGETABLE KURMA

## GUIDE TO INGREDIENTS

[VEGETABLE CURRY](#)

[GREEN PEPPER CURRY](#)

[DRY POTATOES \(SOOKHA ALOO\)](#)

[OKRA \(BHINDI\)](#)

[PANEER \(CHEESE\)](#)

[MATTAR PANEER \(PEAS AND CHEESE\)](#)

[NAVRATHNA KURMA](#)

[CAULIFLOWER AND POTATOES \(ALOO GOBI\)](#)

[CURRIED EGGPLANT \(BHARTHA\)](#)

[CURRIED MUSHROOMS](#)

### **Lentils**

[SAMBHAR](#)

[MASUR DAL](#)

[KALI DAL \(WHOLE BLACK BEANS\)](#)

[RED KIDNEY BEANS \(RAJMA\)](#)

[CURRIED GARBANZO BEANS](#)

### **RICE**

[CHICKEN PULLAO](#)

[SOUTH INDIAN PULLAV \(RICE\)](#)

[SAFFRON RICE \(KESAR CHAWAL\)](#)

[NAVRATTAN PULLAO \(NINE-JEWELLED RICE\)](#)

### **FISH**

[PRAWN \(SHRIMP\) CURRY](#)

[CORIANDER FISH \(BHARIA MACHLI\)](#)

## GUIDE TO INGREDIENTS

### CHICKEN

[MUGHLAI CHICKEN WITH ALMONDS](#)

[MALAI CHICKEN](#)

[CHICKEN CURRY NORTH INDIAN STYLE](#)

[TANDOORI CHICKEN](#)

## GUIDE TO INGREDIENTS

Most of the ingredients are available at the grocery stores or supermarkets. Some, though, are special and have to be obtained from the Indian stores.

Substitutes may change the character of the dish. It is better to omit an ingredient if not available than to substitute for it. If whole spice is not available, you may use the ground form, but the ground form is less pungent.

Asafoetida (Hing) : Dried gum resin from the root of various Iranian and East Indian plants. Has a strong fetid odor - definitely an acquired taste.

Besan (Besan) : Flour of dried chickpeas.

Cardamom (Elaichi): Dried fruit of a plant. Mostly the seeds are used. Seeds of 4 pods measure approximately 1/4 t.

Coriander (dhania): Aromatic herb of the parsley family. Sold as cilantro or Chinese parsley. Also sold as seed or dry powder.

Cumin (Jeera): Very aromatic and reminiscent. Sold whole or ground.

Dals (Dal): Hindi name for all members of the legume or pulse family. Commonly used are: Arhar, Channa, Masur, Mung, Labia (black-eyed peas), Rajma (red kidney beans).

Fennel Seed (Sauf): Has an agreeable odor and licorice flavor. Available whole or ground.

Fenugreek (Methi): Has a pleasant bitter flavor and sweetish odor.

Garam Masala (Garam Masala): A mixture of spices; details come later.

Chat Masala (Chat Masala): A variation of Garam masala. Available in Indian stores.

Ghee (Ghee): Fat for frying. Pure ghee is clarified butter.

## GUIDE TO INGREDIENTS

Mustard oil (Larson): Pungent oil made from black mustard seeds.

Mint (Pudina): Aromatic herb. Fresh and dried leaves are used in the preparation of chutneys. Dried leaves are much less fragrant than the fresh ones.

Pomegranate (Anar dana): A flavoring agent. Has some scent.

Saffron (Kesar): Made of stigmas of a flower grown in Kashmir and Spain. It is aromatic and yields a yellow color.

Turmeric (Haldi): An aromatic powdered root. Used as a flavoring, and for flavoring curries.

## **Recipes**

### **GARAM MASALA**

(approximately 1 1/2 cups)

Ingredients:

3 - 5" pieces Cinnamon stick

1 cup Green cardamom pods

1/2 cup Cumin seed

1/2 cup Black pepper corns

1/2 cup Cloves

1/2 cup Coriander seeds

Procedure:

Dry the ingredients in an oven. Do not let them turn brown. Remove the seeds from the cardamom pods. Pound cinnamon sticks into smaller pieces. Combine ingredients until they are well mixed and blend at high speed for 2-3 minutes until completely pulverized.

### **ONION AND TOMATO RAITA**

(4-6 Servings)

## GUIDE TO INGREDIENTS

### Ingredients:

8 oz. Yogurt (plain)

1 small Onion

1/2 tsp Salt

1 small Tomato

1/2 tsp Chat Masala (optional)

1/2 tsp Black pepper (ground)

1/4 cup Milk

### Method:

Beat yogurt and milk until smooth. Chop onion and tomatoes and add to yogurt. Add salt and pepper and sprinkle the Chat Masala over, and serve.

## **BOONDHI RAITA**

### Ingredients:

1/4 cup Besan

1/2 cup Water

Ghee for frying

to taste Salt

to taste Pepper

to taste Chat Masala

1 1/2 cup Yogurt

1/4 cup Milk

### Method:

Make a pouring paste of the besan and water. Heat ghee and drop paste into it through a slotted spoon to get little drops that fall one at a time (these are boondhi). Remove the drops when golden brown and dry on a paper towel to remove extra oil. Soak the drops in warm water. Add milk, salt, pepper, and add Chat Masala to yogurt. Squeeze water

## GUIDE TO INGREDIENTS

out of boondhi and add to yogurt.

### **MINT AND CORIANDER CHUTNEY**

Ingredients:

1 bunch Coriander leaves

1 bunch Mint leaves

1 Green chili

1 oz Seedless tamarind

1 tsp Salt

4 Tblsp Water

1 medium Onion

Method:

Wash and soak tamarind in water for 1/2 hour. Clean, pick and wash the coriander and mint. Separate pulp from the tamarind and squeeze out the pulp. Grind coriander, mint, green chili and onion into a fine paste. Add the tamarind pulp and salt. Blend well. In an airtight jar this can be refrigerated for up to one week.

## **Breads**

### **CHAPATI (PHULKA)**

(for 4, serving 1 or 2)

Ingredients:

1 cup Whole wheat flour (or 1/3 white + 2/3 whole wheat)

1/2 cup Water

Method:

Put flour in a large bowl with half the water. Blend the two together until it holds. Beat and knead well until it forms a compact ball. Knead dough until it is smooth and elastic. Set aside for 30 minutes.

## GUIDE TO INGREDIENTS

Knead and divide dough into 4 to 6 parts. Roll each ball into a tortilla like flat, about "1/8" thick. Heat an ungreased skillet.

Put phulka on it, and let it cook for about 1 minute (The top should just start to look dry and small bubbles should just start to form).

Turn and cook the second side for 2/3 minutes until small bubbles form.

Turn again and cook the first side pressed lightly with a towel. It should puff. Serve warm (maybe slightly buttered).

Note:

Since the rolled out chappati's will dry out if they are left to stand while cooking the others, it is advantageous to roll them out individually before cooking them.

### **PARATHA**

Ingredients:

1 cup Whole wheat flour

Ghee

Water

Method:

Make chappati dough. Divide into 6 parts and make balls. Flatten and roll each.

Spread ghee over them and fold. Roll again.

Heat the paratha on a griddle like you would a chappati, but spread some ghee over the top side. Turn and spread ghee on the other side. Fry until the bottom is crisp and golden, then turn and fry the remaining side.

Repeat with all six.

Serve at once, since they lose crispness if stored.

### **STUFFED PARATHAS**

Make dough for regular chappati's.

## GUIDE TO INGREDIENTS

Fillings :

Potato - Boil potatoes, mash, add salt and chili to taste. Add Garam

Masala and mango powder.

Radish - Grate one large Diakon Radish, add salt and leave for 1/2 hour.

Squeeze out all the water, add grated ginger, chili, and pomegranate seeds.

Cauliflower - Grate cauliflower, add salt, pepper, garlic, and Garam

Masala.

Method:

Roll out 2 small chappati's. Place filling on one, cover with the second, seal edges and cook as for parathas.

## **Snacks**

### **BHEL**

This recipe is directed at those who know what Bhelpuri tastes like, quantities mentioned are approximate, proportions are left to the reader's taste. Purists will have to go to an Indian grocery shop. Deviationists may use substitutes. The most important thing is to keep the puffed rice-sev mixture crisp by not adding the other ingredients to it until it is served. This should be done on the plate.

Ingredients:

Puffed Rice (1 carton of Rice Krispies may be used)

1 packet Bhel mix or Sev

2 cups Mashed boiled potatoes (mashed coarsely and then salted)

1/2 cup Chopped fresh coriander leaves (a.k.a Chinese parsley)

3 Tbsp Freshly roasted and ground cumin

## GUIDE TO INGREDIENTS

to taste Green chilies

1-2 Tbsp Freshly ground black pepper

to taste Tamarind

to taste Jaggery (or Brown Sugar)

1 cup Chopped onions.

Method:

First boil the potatoes, mash them, salt them, and add pepper to taste. Add some coriander leaves too.

Roast the cumin and grind it.

Dissolve about 4 Tbsp of tamarind concentrate in 1 cup of hot water, and let it simmer and thicken gradually. Dissolve the jaggery (or sugar) until the sauce becomes tart and slightly sweet. (You may add some salt and ground red paprika, if you want to.) The sauce should be of a consistency slightly thinner than maple syrup. Pour into a serving container (like a creamer). Mix the puffed rice and sev/bhel mix in a large bowl.

On a plate, serve the rice-bhel mixture, add the potatoes, then the onions, chilies, and then dust the cumin powder over it. Next pour on the sauce and top with the coriander garnish. (Add salt/pepper to taste).

Mix the ingredients on the plate and eat.

### **BONDA WITH INSTANT MASHED POTATO**

Ingredients:

1 medium Onion

2 cups Potato buds

1 1/2 cup Peas and carrots

## GUIDE TO INGREDIENTS

2 big ones Green chilies

1 teaspoon Lemon juice

1 cup Gram flour

1/2 tsp Mustard seed

pinch Turmeric

1/2 tsp Baking powder

1/4" piece Ginger

1 small bunch Coriander leaves

2 tsp Salt

Oil

Method:

The filling is prepared as follows:

Mix potato buds and 1/2 teaspoon of salt with 1 cup of hot water. Finely chop ginger, chilies, coriander leaves, and onion. Heat oil (about 5 Tbsp) and add mustard seeds. Add chopped ingredients and fry until onions are brown. Add carrots, peas, turmeric and 1 tsp of salt and cook on low heat for about 10 minutes. Add potato (now mashed) and fry for 5 minutes. Remove from heat, add lemon juice and let cool.

The batter is prepared as follows:

Combine gram flour, 3 Tbsp of oil, 3/4 cup water, 1/2 tsp salt, the baking powder and mix thoroughly.

After the batter is prepared, make small balls out of the filling and roll them in the batter. Next fry it in hot oil. You will get about 20-30 small bondas.

### **PAKORAS (SAVORY FRITTERS)**

Ingredients:

Batter:

1/2 cup Besan

5 oz Warm water

## GUIDE TO INGREDIENTS

1/4 tsp Red pepper

3/4 tsp Salt

1/2 tsp Garam Masala

paprika (optional)

Vegetables:

1 Small onion

1 Potato

A few spinach leaves

Oil for deep frying

Method:

In a bowl put the besan and half the water, and stir until it becomes a thick batter. Beat hard for 5 minutes. gradually add the rest of the water, and leave to swell for 30 minutes. Add salt, pepper and Garam Masala and beat again.

Wash peel and slice the onion and potatoes. Wash and pat dry the spinach leaves.

Heat oil until smoking hot, dip the vegetables in the batter and deep fry until golden brown.

Serve hot.

### **DAHI VADA (SAVORY BALLS IN YOGURT)**

Ingredients:

1/2 cup Urad dal

1/2 cup Moong dal

1 cup Yogurt

Spice to taste (cumin and paprika)

Oil for frying

1/4 cup Milk

## GUIDE TO INGREDIENTS

### Method:

Clean dal, wash and soak in water for 4 hours. Blend in blender at medium speed using the minimum amount of water required to keep paste moving freely. Add salt and start heating oil.

Drop spoonfuls of batter in the hot oil using a large tablespoon. Fry until golden brown. Drop in water. Let it soak till ready to serve.

Beat yogurt with milk. Add spice according to taste. Squeeze out water from the vada and add yogurt. Serve.

### **UPMA**

This is a breakfast dish in the southern part of India.

### Ingredients:

1 cup Cream of wheat

1 Onion cut lengthwise

1 tsp Salt

1/4 tsp Mustard seeds

1/8 tsp Urad dal

1 cup Cashew-nut

¼ Lemon

1/2 cup Peas

1 clove Garlic

1/10" piece Ginger

1 Green chili cut into small pieces.

### Method:

Fry cream of wheat on a dry pan for 5 minutes and set aside.

## GUIDE TO INGREDIENTS

Put two tablespoons of oil in a pan and heat. Add mustard seeds, Urad dal, cashewnut, and garlic clove. Wait till mustard seeds stop splitting. Add the onion, chili, and ginger and fry till the onion turns brown. Add cream of wheat and fry for 3-5 minutes. Add salt and peas. Add two cups of boiling water and stir for 2 minutes. (Switch off the stove as soon as the water is poured.)

Cover the vessel for 4 minutes. Add lime if needed.

### **VEGETABLE PUFF**

(12 puffs)

This is a local Karnataka specialty.

Ingredients:

1 Ready to use pastry roll (Pepperidge farms)

Mixed Vegetables. ( potatoes, peas may be added)

to taste Garam Masala

Green Chillies

to taste Salt

Method:

Cook a vegetable mix with potatoes, peas, green chillies and lots of Masala. Check for salt, before you stuff it in the pastry roll; no way to rectify it later.

Thaw the roll for about 10 minutes before unfolding.

After the pastry roll has thawed, open it out on a flat sheet and roll it with a pin to make it a little thinner. The pastry sheet would now be about 12" x 12".

Cut the sheet into 6 pieces.

Place about 2-3 Tbsp of the cooked vegetable onto the sheet and fold it around it. Seal all the corners, by pressing the sheets together and applying a little water.

Stick it into a pre-heated oven (350 degrees) for about 20-30 minutes or until it browns. Make sure that you flip it around every 5-10 minutes.

## **Vegetables**

### **GOBI ALOO (CAULIFLOWER AND POTATOES)**

This recipe livens up ordinary cauliflower and potatoes into something quite different. The recipe shown here has spices that are not necessary (like cloves and cardamom) or at least that's not how mom made it at home, however it adds a nice touch.

Ingredients:

1 Large cauliflower

3 Medium sized potatoes

1/2 large Onion sliced thinly in long slices

1 tsp Mustard seeds

2 or 3 pods Cardamom

1 tsp Coriander

1 tsp Cumin seeds

1/2 tsp Turmeric

1 Bayleaf

3 Cloves

3 tblsp Vegetable Oil

Method:

Start boiling the potatoes in a saucepan. Let them boil for at least 15 minutes. After they are done, turn off the heat and let them stand in the water.

Cut the cauliflower into small bite sized pieces (roughly 1" cubes), throwing away most of the stem pieces. Wash and drain in a colander.

While the potatoes are cooking, heat the oil in a wide skillet until it is very hot. Add the mustard seeds and wait until they start popping. Add bay leaves, cardamom and cloves.

Mix around for a while and then add onions. Wait until the onion starts to turn before adding the rest of the spices (except for turmeric).

## GUIDE TO INGREDIENTS

Put the cauliflower in the skillet and fry in the oil and spices for 2 minutes. While the cauliflower is frying, cut up the potatoes into bite sized pieces and add to the skillet. Add turmeric and stir.

Continue stirring the vegetables under medium heat for another couple of minutes. Add 1/2 cup of water and reduce heat to low. Cover skillet and let cook for 5 minutes.

Check tenderness of vegetables. If they are still too hard, add another 1/4 cup of water and cover again for 5 minutes.

Salt to taste and serve.

### **CHOLE (CHICK PEAS)**

Ingredients:

1 can Chick peas (also called garbanzo beans) (Progresso is a good brand.)

1 large Onion chopped finely

2 medium sized Potatoes (optional)

1 tsp Mustard seeds

2 or 3 pods Cardamom

1 tsp Coriander

1 tsp Cumin seeds

1 tblsp Garam Masala

Vegetable Oil

Method:

If you are using the potatoes, start boiling them in a saucepan. Let them boil for at least 15 minutes. After they are done, turn off the heat and let them stand in the water.

While the potatoes are cooking, heat the oil in a wide skillet until it is very hot. Add the mustard seeds and wait until they start popping. Add bay leaves, cardamom and cloves.

Mix around for a while and then add onions. Wait until the onion starts to turn golden

## GUIDE TO INGREDIENTS

before adding the rest of the spices (except for the Garam Masala).

Add chick-peas with all the liquid. Cut up the potatoes into bite sized pieces and add to the skillet. Add Garam Masala.

Continue stirring the chick-peas under medium heat for 5-7 minutes without covering.

Check the tenderness of the potatoes. If they are still too hard, add another 1/4 cup of water and cook for another couple of minutes.

Salt to taste and serve.

### **MASALE DAR SEM (SPICY GREEN BEANS)**

(Serves 6)

Ingredients:

1 1/2 lb. Green beans (Trim the ends and then cut the beans in half crosswise.)

1 1/2" long and Fresh ginger (Peel and chop coarsely.) 1" thick piece

10 cloves Garlic peeled

1 cup Water

4 tblsp Vegetable oil

3 tsp Whole cumin seeds

2 tsp Ground coriander seeds

2 medium Tomatoes, peeled (put tomatoes in very hot water for a few seconds, peel off the skin and finely chop.)

to taste Salt

Freshly ground pepper

3 tblsp Lemon juice (or to taste)

## GUIDE TO INGREDIENTS

Method:

Put ginger and garlic into a food processor and add 1/2 cup water. Blend until fairly smooth.

Heat the oil in a wide, heavy saucepan over a medium flame. When hot, put in the cumin seeds. Stir for half a minute. Pour in the ginger-garlic paste. Stir and cook for about two minutes. Put in the coriander and stir a few times.

Put in the chopped tomatoes. Stir and cook for 2 minutes while mashing the tomato pieces with the back of a slotted spoon. Put in the beans and salt and one cup of water and simmer them. Cover, turn heat to low and cook for 8-10 minutes or until the beans are tender.

Remove the cover. Add the lemon juice and a generous amount of freshly ground pepper.

Turn up the heat and boil away the remaining liquid, stirring the beans gently as you do so.

### **VEGETABLE KURMA**

Ingredients:

2 cups Vegetables

2 Onions cut length-wise

2 Green chilies cut length-wise

1 tsp Coriander powder

1 1/4 tsp Salt

one pinch Turmeric powder

1/2" Cinnamon stick

2 Cloves

## GUIDE TO INGREDIENTS

2 Cardamom

2 tblsp Coconut powder

1 tsp Khus-Khus (poppy seeds)

1/4 tsp (3 cloves) Garlic

1/4 tsp powder (or 1/2" fresh) Ginger

Method:

Put a reasonable sized vessel on the range and heat oil. Add cinnamon, cloves and cardamom and fry for 2-3 minutes. Add onions and green chilies and fry till onions turn brown. Add garlic + ginger paste and fry for a minute or so. Add vegetables and fry for about 3 minutes. Add Water (about a cup or two). Let the vegetables + turmeric powder cook.

If you are using canned or frozen vegetables skip the above step.

Add coconut paste, khus-khus, salt and wait until cooked. (Note: Cook on low heat.)

### **VEGETABLE CURRY**

Ingredients:

1 cup Vegetables

1/4-1/2 tsp Coriander powder

1/8-1/4 tsp Chili powder

1/8-1/4 tsp Garlic powder

1 tsp Salt

1 large Onion

1/4-1/2 tsp Mustard seeds

1/8 tsp Urad Dal

## GUIDE TO INGREDIENTS

1/4-1/2 cup Tomatoes-crushed

Method:

Mix the garlic, coriander and the chili powder along with salt and place it aside.

Pour about 2 tablespoons of oil in a pan and heat. Add mustard seeds and urad dal. The mustard seeds will split and the oil may spill. Be careful when you are doing this. Wait until the mustard seeds stop making any noise. Add onions and fry until the onions turn brown. Add the vegetables, the mixture of step 1 and the crushed tomatoes.

Fry for about 5 minutes, if you are using canned vegetables. Otherwise cover the pan and let the vegetables cook. (This might take about 10-15 min.)

### **GREEN PEPPER CURRY**

Ingredients:

2 large ones Green Pepper

1/4 tsp Chili powder

1/8 tsp Turmeric powder

1/2 tsp Dhania powder

1 tblsp Coconut flakes

1 tsp Khus Khus (poppy seeds)

1 small bunch Fresh Coriander leaves

2 small Tomatoes

2 Onions

2 tblsp Oil

1 small piece Vadium (Vadium is a combination of various spices)

1 1/4 tsp Salt

Method:

Cut the green peppers, onion and tomatoes lengthwise. Grind chili-powder, turmeric, dhania powder, coconut and poppy seeds.

## GUIDE TO INGREDIENTS

Heat oil and add vadium. When vadium turns brown, add onions and fry for 4 minutes. Add tomatoes and fry for 2 minutes. Add green pepper and Masala. Add coriander leaves.

Cook on low heat (should take around 15 minutes).

### **DRY POTATOES (SOOKHA ALOO)**

(4-6 Servings)

Ingredients:

4 medium size Potatoes

2 tsp Cumin seeds

1 tsp Salt

2 tsp Mango powder

1/4 tsp Hot pepper

2 tsp Garam Masala

Oil (to fill pan to 2")

Method:

Boil potatoes until cooked but not overdone. Peel and cut into 1/2" cubes.

Heat oil very hot, add and brown cumin seeds. Add potatoes and fry until they are golden brown. Add the remaining ingredients, and fry for 2-3 minutes or more. Remove from oil with a slotted spoon.

Serve hot.

Tips: Use enough oil so that the potatoes will not need to be stirred often. This avoids breaking them up.

### **OKRA (BHINDI)**

(Serves 6)

## GUIDE TO INGREDIENTS

### Ingredients:

1 lb okra

2 small Onions

2 small Tomatoes

1/4 tsp Turmeric

to taste Salt

Red pepper (optional)

Oil for frying

### Method:

Wash the okra and dry it thoroughly. Cut off the heads and cut into small circles. Chop the onions and tomatoes separately. Deep fry the okra until very brown. Remove from heat and set aside. Pour out some oil.

Add turmeric to hot oil. Add the onions and fry until golden brown. Add the fried okra, salt, pepper, and tomatoes.

Cover and bake at 250 deg F for 15 minutes.

## **PANEER (CHEESE)**

### Ingredients:

1 1/2 pints Milk

1/2 tsp White vinegar AND

1/2 tsp Lemon juice OR

1 cup Yogurt

### Method:

Heat milk and stir constantly to prevent a layer of cream from forming on the top. Remove from heat when it boils and slowly add white vinegar and lemon juice or yogurt. This sours the milk. Strain through a muslin cloth or a double layer of cheese cloth and squeeze out the whey (liquid).

## GUIDE TO INGREDIENTS

Hang to drip dry for 2-3 hours (or overnight). Then lay out the cheese in a rectangle in a tray and place a weight (the more the better, but at least 10 lbs) on it for 3/4 hour.

Cut it into whatever shape you like.

### **MATTAR PANEER (PEAS AND CHEESE)**

Ingredients:

2 Onions

2 Tomatoes

4 cloves Garlic

1/2 packet frozen Peas

1" cube Ginger

1/4 tsp Turmeric

to taste Salt

to taste Pepper

1/2 tsp Garam Masala

2 cups Water

Method:

Cut paneer in 1" cubes and deep fry. Make Masala with onion, garlic, ginger, and tomatoes. Season and add turmeric. Add peas and paneer.

### **NAVRATHNA KURMA**

(Serves 6)

Ingredients:

1/2/lb Paneer (or cottage cheese)

2 cups Mixed boiled vegetables (carrots, french beans, green peas, potatoes)

3 Tomatoes

## GUIDE TO INGREDIENTS

2 Onions

1 tsp Ginger and garlic paste

1 1/2 tsp Chili powder

1/2 tsp Turmeric powder

2 tsp Coriander powder

1 tsp Garam Masala

1 cup Milk

3 tsp Heavy Whipping Cream

3 tsp Ghee

to taste Salt

Ghee for deep frying

Method:

Grate the onions. Put the tomatoes in hot water. After 10 minutes take off the skin and chop. Cut the paneer into small pieces and deep fry in ghee.

Heat oil in a vessel and fry the onions for a few minutes. Add the ginger and garlic paste, and fry for 1/2 minute. Add the chopped tomatoes, turmeric powder, coriander powder and chili powder, Garam Masala and salt. Fry for at least 3-4 minutes. Add the boiled vegetables, milk, cream and fried paneer pieces. Cook for a few minutes.

Serve Hot

### **CAULIFLOWER AND POTATOES (ALOO GOBI)**

Ingredients:

1 medium Cauliflower

2 medium Potatoes

1 Onion

1 Tomato

## GUIDE TO INGREDIENTS

1 clove Garlic

1" piece Ginger

pinch Turmeric

to taste Salt

to taste Pepper

to taste Garam Masala

Method:

Make Masala with onion, garlic, ginger, and tomatoes. Add turmeric and spices. Break the cauliflower in flowerets and cut the potatoes into cubes (8 pieces each). Add both to Masala and lower heat to simmer. Cover the pot until the cauliflower and potatoes are coated.

### **CURRIED EGGPLANT (BHARTHA)**

(Serves 4 to 6)

Ingredients:

2 lb Eggplant

4 medium Tomatoes

3 tsp Fresh chopped coriander

1/2 cup Ghee

1/2 cup Finely chopped onion

Method:

Preheat oven to 450 deg F. Bake in the middle level of the oven for 1 hour or until very tender. While they are still warm, peel and crush the eggplants.

Heat oil and fry onions until soft and clear. Do not brown. Add the tomatoes and fry for 2 minutes. Add the eggplant and stir until almost all liquid disappears and the mixture leaves the side. Place into a bowl, sprinkle on coriander and serve at once.

### **CURRIED MUSHROOMS**

## GUIDE TO INGREDIENTS

### Ingredients:

1/2 lb Mushrooms

1 large Onion

1/4 tsp Turmeric

to taste Salt

to taste Chili

2 large Tomatoes

Oil

### Method:

Wash and finely slice mushrooms. Slice onion fine. Heat oil and add turmeric and onions. Fry until soft. Add the sliced tomatoes and cook for 3 minutes, stirring all the time. Add the mushrooms, cover and simmer for 15-20 minutes. Remove cover and dry out all the water.

Serve hot.

## **Lentils**

### **SAMBHAR**

### Ingredients:

1 cup Toor Dal

1 tsp Tamarind

3 tsp Salt

a pinch Turmeric

2 tsp Channa Dal

3 tsp Dhania seeds

1 pinch Hing

## GUIDE TO INGREDIENTS

3 Red chilies

1/4 cup Grated coconut

1 tsp Mustard

10 Coriander leaves

1 Green peppers cut into pieces

1 Onion chopped

1 Tomato cut into pieces

Method:

Boil the toor dal with 3 cups of water.

Fry channa dal, dhanias seeds, hing, and red chilies for a few minutes, and then fry them with the grated coconut. Grind the above mixture with water.

Fry the green pepper in oil for a few minutes. Boil the tamarind paste, water, salt, turmeric, tomato and vegetables.

Add turmeric and the salt, cook for about 5 minutes. Add boiled dal and bring

it to a boil

In the meantime fry the mustard seeds and onion.

Add the above ingredients & coriander leaves to the mixture.

Serve hot

### **MASUR DAL**

(Serves 4)

Ingredients:

1 cup dal (Moong - yellow, or masur - pink)

3 1/2 cup Water

to taste Salt

## GUIDE TO INGREDIENTS

to taste Pepper

1/4 tsp Turmeric

2 cloves Garlic

1" piece Ginger

1 small Onion

2-3 Tblsp Ghee (Can be replaced by butter)

1 tsp Cumin seed

Method:

Wash the dal and drain it. Boil water and add the dal, salt, pepper, turmeric, finely chopped ginger, and garlic. Cover the pot and simmer for 20 minutes.

When done, heat the ghee, add the cumin and fry until golden brown. Add thinly sliced onions. Fry until crisp and brown. You may add paprika and finely chopped tomatoes to the above for color (Pour over the dal and serve).

### **KALI DAL (WHOLE BLACK BEANS)**

Ingredients:

1 cup Urad or Mah dal

1" piece Ginger

12 cloves Garlic

Water

to taste Salt

2-3 Tblsp Ghee (Can be replaced by butter)

to taste Green chili (optional)

to taste Garam Masala

1/4 tsp Turmeric

Method:

## GUIDE TO INGREDIENTS

Clean, wash and add the dal to boiling water. Add turmeric, salt, half of the finely chopped ginger, garlic and cook on medium heat for 2-3 hours or pressure cook at 15psi for 1/2 hour. Uncover, cook further in same pan on low heat for 1/2 hour, stir and mash every now and then until a creamy consistency is achieved.

Heat the ghee, add remaining ginger, stir, add sliced onions, chili, and fry until golden brown. Add cumin or coriander (optional). Pour over dal just before serving.

### **RED KIDNEY BEANS (RAJMA)**

(Serves 6 - 8)

Ingredients:

2 cups Red kidney beans

3 qt Water

1 tsp Turmeric

1 Tblsp Salt

1/4 cup Oil

1 cup Onion, Chopped

1" piece Ginger, chopped

1 tsp Garam Masala

3 Chopped tomatoes

Coriander leaves for garnish

Method:

Wash beans and boil for 2-3 hours or 1/2 hour in a pressure cooker. In the meantime make Masala of onions, garlic, ginger and tomato as in chicken curry. Add to the beans and cook again until most of the liquid dries up and the beans are soft and thoroughly cooked. Garnish with coriander leaves and serve.

### **CURRIED GARBANZO BEANS**

Ingredients:

## GUIDE TO INGREDIENTS

8 oz Garbanzo beans

to taste Green chili (optional)

12 cloves Garlic

2" piece Ginger

to taste Pepper

1 large Cardamom

6 Cloves

1" Cinnamon stick

to taste Salt

Paprika

4 oz Oil

Mango powder

3 Onions

Dried pomegranate seeds

4 Tomatoes

Method:

Clean, wash and soak the beans overnight. Boil them in the same water with salt, 1 small finely chopped onion, 4 cloves garlic, 4 large cardamom, a 1" piece of ginger and 6 cloves. Simmer in pan about an hour or until tender, or pressure cook for 7 minutes at 15 psi.

Heat oil. Fry thinly sliced remaining onions and cloves of garlic. Cook until mixture browns and dries up. Add finely chopped tomatoes and cook 4-5 minutes more.

Add the beans and cook for 10 minutes more. Add the mango powder and pomegranate seeds, grated ginger and simmer over low heat for 15-20 minutes.

Before serving, pour 1 oz. (2 T) sizzling ghee over the beans.

## **RICE**

## GUIDE TO INGREDIENTS

### **CHICKEN PULLAO**

Ingredients:

2 large Onions cut lengthwise

2 large Chilies cut lengthwise

2 cup Basmathi rice (about 1/2 kg. (1 kilogram = 2.2lbs))

1 large Tomato (cut into small pieces)

10-15 Coriander leaves

5 Mint leaves

1 clove Garlic

1" piece Ginger

1/2 cup Coconut powder

3 tsp Salt

3-4 Cloves

2 Cardamom

1 Bay leaf

1" Cinnamon stick

1 cup Yogurt

2 tblsp Butter

1 lb. Boneless chicken

Method:

Heat vessel with butter. Fry bay leaves, cloves, cardamom and cinnamon. Put onions and chilies in vessel and fry on low heat until onions turn brown. Add ginger + garlic paste and fry until oil separates. Add tomato and fry for 1 minute. Add chicken + salt + yogurt and fry for one minute. Add mint + coriander leaves. Cover and cook until the gravy becomes semi-solid.

## GUIDE TO INGREDIENTS

Cook rice in a separate vessel. Put rice into chicken and mix (It is advisable to semi-cook rice and then let it cook with the chicken). Remove and serve

### **SOUTH INDIAN PULLAV (RICE)**

Ingredients:

1 cup Rice (Preferably Basmathi rice)

1/3 cup Tomato puree

1 large Onion

1 cup Vegetables (preferably peas and carrots)

1/4-1/2 tsp Coriander powder (also called dhania powder)

1/8-1/4 tsp Garlic powder or

1 1/2 cloves garlic

1/8-1/4 tsp Ginger powder or

1/4" piece Ginger

1/8-1/4 tsp Chili powder

1 Green chili cut into small pieces

1-2 pieces Cardamom

1 piece Cloves

1/4" stick or 1/8 tsp powder Cinnamon

1 Bay leaf

1 tsp Salt

1 tsp Coriander leaves (if needed)

Method:

Clean the rice with water and set aside. Cut the onions length wise. Fry the onions and cardamom in butter for about 4 minutes. If you are using green chili, then add the chili. Add bay leaf, cloves, cinnamon and fry until the onions turn golden brown (This will probably take another 4-5 minutes). Add the garlic and ginger paste (preferably prepared from fresh ginger and garlic). Add dhania powder and chili powder (if green chili was not added before). Add the tomato paste and one cup of water and bring the

## GUIDE TO INGREDIENTS

mixture to boil. Add the vegetables, rice and salt. If you like coconut, add ¼ cup of coconut flakes.

Reduce the flame and cover the vessel. After about 4 minutes, stir the mixture. cover the lid again and wait until cooked (might take about 10-15 minutes). sprinkle on the coriander leaves in the end.

### **SAFFRON RICE (KESAR CHAWAL)**

Ingredients:

2 cup Rice

4 cup Water

6 Tbsp Ghee

1 tsp Saffron threads (or less)

2 Tbsp Hot water

1 cup Sliced onion

1 small Cinnamon stick - splintered

4 Bay leaves

4 large Black cardamoms

1 Tbsp Cumin seed

4 Cloves

2 tsp Salt

Method:

Soak saffron in hot water. Wash and soak rice in 3 c water (optional). Heat ghee and fry onions and then remove and keep aside. Add cinnamon, cumin seeds, cardamoms, cloves and salt. Wait 1 minute and then add the bay leaves and 1/2 the onions. Drain the rice and reserve the water. Add the rice grains and stir for 4-5 minutes until all the water evaporates and the grains of rice are coated with oil. Add the water and bring to a boil. Add saffron and its water and pressure cook at 15 psi. Remove from the heat and allow the pressure to drop by itself.

**NAVRATTAN PULLAO (NINE-JEWELLED RICE)**

Ingredients:

1 cup Basmathi rice

1 3/4 cup Water

1/4 cup Oil

1 small Finely sliced onion

6 Cloves

1" Cinnamon stick

1 tsp Salt

1/2 tsp Cumin seed

For Mixing with rice before serving:

A) 1/4 c frozen peas (boiled), salt, 6 drops green food coloring mixed with 1 t water.

B) 1/4 c diced tomatoes, 1/4 t red pepper, salt, Garam Masala, 6 drops red food coloring mixed in 2 t water.

Ingredients:

1 Thinly sliced onion

2 1/4 c Ghee

1 oz Almonds

1 oz Cashew nuts

1 1/2 oz Golden raisins

1 oz Pistachio nuts

1" piece Ginger thinly sliced

1 Green chili (optional)

1 Hard boiled egg

## GUIDE TO INGREDIENTS

### Method:

Clean, wash, and soak rice in 1 3/4 c water for pressure cooking, or in 2 cups of water for pan cooking. Heat oil and fry the onions. Add whole spices. Fry 1 minute. Add rice and fry for 2/3 minutes to coat the rice grains with oil. Add the water which the rice was soaking in. Pressure cook, building up the pressure to 15 psi and let drop, OR cook in a pan bringing to full boil then down to a simmer followed by 20 minutes of cooking until the rice is done.

Divide rice into three parts. Thoroughly mix A with one part and B with another. Leave the last part plain. Keep rice separate and warm in the oven.

(C) Meanwhile fry the onion until it is crisp. Remove and fry almonds, cashew nuts, pistachios, raisins, ginger and chili. Chop egg and sprinkle with salt. Keep warm until required.

To serve, place onions, nuts, chopped egg and all of (C) in a dish and spread the three batches of rice in clumps above it aesthetically.

## **FISH**

### **PRAWN (SHRIMP) CURRY**

1/2 kg = 1.1 lb. Prawns

2 Onions diced into small pieces

1/4" Cinnamon stick

1/4 tsp Chili powder

1/2 tsp Dhania powder

1/4 tsp Garlic powder

1/2 tsp ginger powder

1 bunch Fresh coriander

1 tsp Salt

1/4 tsp Turmeric powder

1 tblsp Oil

## GUIDE TO INGREDIENTS

### Method:

Clean the prawns and squeeze out the water. Add chili, dhania, garlic, ginger, turmeric powder, salt and mix well. Boil prawns on low heat. Add 1 teaspoon of oil to the boiling prawns. When water evaporates and the prawns are dry remove from the stove. Heat the oil and put in the cinnamon. Add prawns and fry for 2 minutes. Add onions and fry until they turn brown. Sprinkle on coriander leaves, remove from the heat and serve.

### **CORIANDER FISH (BHARIA MACHLI)**

4 lb Sole, flounder, rock cod, or any other white whole fish

8 cloves Garlic

3 Hot chillies (optional) (or cayenne)

1" piece Ginger

1 medium bunch Coriander

1 Tbsp Coriander seeds

1 tsp Brown sugar

1 tsp Turmeric

1/2 tsp Black mustard

1/2 tsp Fenugreek seeds

1 Tbsp Salt

1/2 cup Lemon juice

1/2 cup Vegetable oil

2 cup Chopped onion

1 cup Chopped tomato

1/2 tsp Garam Masala

### Method:

Preheat oven to 400 deg F. Wash and pat fish dry. Sprinkle 1 t salt inside and set aside. Blend garlic, chili, ginger, 1/2 the coriander, coriander seeds, brown sugar, turmeric, mustard seeds, fenugreek seeds, salt and lemon juice until it all becomes a smooth

## GUIDE TO INGREDIENTS

paste (Add some water if needed).

Fry onions until they are soft and golden brown. Add the blended Masala and cook until most of the liquid is gone, and it starts to leave the sides of the pan. Add the tomatoes and Garam Masala. Fry for 2 minutes more and remove.

Coat one side of fish, stuff 1 1/2 cups inside. Close opening, spread the rest of the Masala over it. Cover tightly and bake for about 25 minutes. Grill for 1-2 minutes in the broiler, and sprinkle on the remaining coriander. Serve.

## **CHICKEN**

### **MUGHLAI CHICKEN WITH ALMONDS**

Ingredients:

1" piece Ginger

8-9 cloves Garlic

6 tblsp Blanched Almonds

7 tblsp Vegetable oil

1" Cinnamon stick

2 Bay leaves

5 Cloves

10 pods Cardamom

2 medium Onions (cut into small pieces)

2 tsp Ground cumin seeds

1/8-1/2 tsp Red pepper

7 tblsp Yogurt

1 small carton Whipped Cream

1/4 tsp Garam Masala

2-2 1/2 lbs Chicken boneless (2 trays of holy farms)

2 1/2 tsp Salt

## GUIDE TO INGREDIENTS

one bunch Coriander leaves

### Method:

Grind the ginger, garlic, and almonds with water. Heat oil in a non-stick pan, and fry the chicken until it turns golden brown. Keep it aside and drain the oil. Heat some oil and add the cardamom, bay leaves and cloves and fry until the bay leaves turn brown. Add the onions and fry for a few minutes.

Pour the paste from the blender and fry for a couple of minutes until the oil separates. Add 1 tablespoon of yogurt and fry for 30 seconds. Keep adding tablespoons of yogurt and fry until you get a consistent mixture. Add the chicken, whipped cream and salt and cook gently (low heat) for 20 minutes. Add Garam Masala and coriander leaves and cook for another 10 minutes.

### **MALAI CHICKEN**

#### Ingredients:

2lb Boneless chicken (chopped into small cubes)

1 Chopped onion

1 small can Tomato paste

1 Red Chili

2 Cloves

2 Cardamom

1/2" Cinnamon stick

1 Bay leaf

1 carton Light whipping cream

1 tsp Dhania powder

1/2 tsp Cumin powder

1 tsp Garam Masala

1-1 1/4 tsp Chili powder

1/2" piece Ginger made into a paste

## GUIDE TO INGREDIENTS

6 cloves Garlic (made into paste)

Fresh coriander

to taste Salt

Turmeric

Method:

Heat oil. Add red chili, cloves, cardamom, cinnamon stick, and bay leaf, and cook until the bay leaf turns golden brown. Add the onion and fry for two minutes. Add the ginger garlic paste and fry for 4 – 6 minute. Add the chicken and fry for 5 minutes. Sprinkle in chili, dhania powder, cumin powder and turmeric.

Cover chicken + salt (add water if needed) and cook for around 15 minutes until 1/4 cooked. Add can of tomato paste and cook on low heat. Just before removing add the whipping cream and cook for a few minutes. Add Garam Masala and coriander leaves Remove after a couple of minutes.

### **CHICKEN CURRY NORTH INDIAN STYLE**

Ingredients:

1 lb Chicken-drumsticks, thighs, breast pieces

1 small carton Plain yogurt

2 medium Onions very finely chopped

4 tblsp Vegetable oil

2 Cloves

1/2 tsp Mustard powder

2 pods Cardamom

1/2 tsp Cumin powder

1 tsp Garam Masala

1 tsp Chili Powder

## GUIDE TO INGREDIENTS

1/2" piece Ginger

4 cloves Garlic

1/3 tsp Coriander Seeds

to taste Salt

1/2 tsp Freshly ground pepper

Method:

Remove fat from the chicken and then salt and pepper it. Sprinkle with chili powder. Add yogurt and mix well until the chicken is covered liberally with yogurt. Use your hands. Set aside for 1 hour before cooking. If kept in the refrigerator, set aside for at least 4 hours.

Heat oil in a large heavy pan. When oil is hot, add mustard seeds, if you are using them. Add cloves, cardamom, and coriander seeds and fry for 30 seconds. Add the onion and fry for two minutes until the onion begins to turn brown. Lower heat to medium. Add the ginger and garlic paste and fry for 4-6 minutes. Add mustard powder, if using it, add Garam Masala, and add cumin powder.

Brush excess yogurt off the chicken and put it in a large pot. Add ingredients from the frying pan. Cook uncovered over high heat for 4 minutes. Reduce heat to low and cover. Cook for 25 minutes or until the chicken is tender, stirring every 5 minutes.

Important note:

When chicken is cooked with a cover on the pot, it releases water that becomes a part of the sauce. If after 10 minutes, there isn't enough sauce in the pot, add 1/4 cup water. Conversely, if there is too much liquid in the pot, cook uncovered until the liquid evaporates.

### **TANDOORI CHICKEN**

(2-3 Servings)

Ingredients:

6 pieces Thawed chicken, skinned (whatever portions you like)

2 tsp Ground Coriander

2 tsp Masala (Tandoori paste is available)

to taste Red pepper powder

## GUIDE TO INGREDIENTS

Dash Garlic powder

to taste Salt

1 tsp Ground jeera

Soy sauce (or yogurt)

(needed only if tandoori masala is used)

Method:

If you are using the ready made tandoori paste then life is a lot easier. Replace all occurrences of masala and soy sauce (or yogurt) with the tandoori paste.

Take the chicken and make *\*deep\** cuts in it (so that the Masalas seeps in quickly). If you are using soy sauce as the base, put some on the chicken pieces and let it seep in the cuts.

Rub in the Masalas as a mixture or one at a time. The idea is to let the Masalas seep in the cuts with the soy sauce. You can leave it for little while to seep in.

If you are using yogurt, you'll get a more authentic taste since the original TC is after all marinated in it. In this case, mix the Masalas in the yogurt first and then rub the stuff into the chicken cuts as before. The yogurt tends to leave a considerable amount of water behind. **DON'T THROW THIS AWAY**. Let it evaporate in the oven with the chicken. This will keep the pieces from getting dry if over-cooked.

Cook the chicken until it starts turning brown. and the cuts you made start "expanding."