

The Vegetarian Curry Bible



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Curry

Ah, the joy of it! I hope you enjoy these recipes, all taken from various books and the internet. I must apologise for anyone who doesn't get credit for their recipes – I tried, but many of recipes' sources are lost in time and space.

How to use this book? I would recommend marking with a pencil all the recipes that you try, grading them out of ten and making notes such as 'too watery', 'too much salt', which will help if making them again.



I haven't tried all these recipes out, as there are so many... so, there could be good as well as bad lurking in there. Apologies for any duds!

Regards, Ralph.

Glossary

Here are just a few curry terms to get you going, if you get stuck. The problem with Asian foods, is that there are literally hundreds of words for similar things – take India for example, where everyone speaks a few languages and there are more than a dozen in the country. So each region has its own dishes, which may be similar to a neighbour's, but have different names.

We can, then, separate curry dishes into three types – first, the regional, speciality dishes that you rarely find in your local restaurant – the Masala Dosas, Pakodi Kadhies and Barwa Baigans of the world; then the mainstream, breakthrough curries that everyone knows and loves – vindaloo, rogan josh, etc.; and finally the dishes that have been created in the west to mimic them – the ubiquitous 'Vegetable Curry', which you'll more than likely be served if your Australian auntie offers to cook you a curry.

Another problem is the fact that Indian languages are all written using phonetic scripts, and there is some disagreement about how to write them in a Roman script – the 'Dal' vs. 'Dhal' debate, if you like. So, go by the sound of things, and if two things sound similar, they are probably the same. This is also why India produces such amusing English menus – they often spell English phonetically too.

Achar : Pickle

Ahta : Flour used for chapattis – use wholemeal.

Aloo / Alu : Potato.

Am : Mango.

Amchoor : Dried mango powder. Use lemon juice if you can't find it.

Asafoetida / Hing : Dried gum resin from a plant root.

Adrak : Ginger.

Badaam : Almond.

Balti : I have heard various explanations for the origin of this, including a mythical 'Baltistan', but was reliably informed when in India that it simply means 'bucket'.

Basmati : Long grained rice.

Besan / Gram Flour : Flour of dried chickpeas.

Bhaji : Deep fried fritter.

Biriyani : A rice-based dish.

Bhuna : When the spice paste is cooked in hot oil.

Burfi : Sweet made with condensed milk.

Cardamom / Elaichi / Laichi : A tiny dried fruit. Mostly the seeds are used.

Chana / Chick Pea : Usually used dried, must be soaked overnight and then boiled.

Chapatti : A thin, flat bread served with everything- 'More chapatis?'

Chat Masala : A spice mix.

Chawal : Rice.

Chole : Dish usually with tamarind and chickpeas.

Coriander / Dhania / Cilantro / Chinese Parsley : Herb of the parsley family. Also sold as seed or dry powder.

Cumin / Jeera : Seed sold whole or ground.

Curcumin : The word for turmeric in many countries.

Curry Leaves : A plant with small, dark green leaves (about 1 inch long).

Dal / Dhal : Hindi name for all members of the legume or pulse family. Commonly used

are: Arhar, Channa, Masur, Mung, Labia, Rajma (red kidney).

Dalchini / Cinnamon : Used powdered or in sticks.

Dhai : Yoghurt

Dhansak : Hot, spicy, sweet and sour dish with lentils.

Dopiaza : 'Two onions' – a very oniony dish.

Fennel Seed / Sauf : Sold whole or ground.

Fenugreek / Methi : Seed with bitter flavor. Sold whole or ground.

Garam Masala : A spice mix.

Ghee : Ghee is clarified butter, used for frying.

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Gobi : Cauliflower.

Halva : A difficult to describe sweet.

Idli : A rice and lentil cake.

Imli : Tamarind – an odd fruit.

Jalebi : Very sweet sugary rings.

Jalfrezi : Stir fried dish with green peppers, chillis and onions.

Kaju / Cashew : A nut.

Karahi : It's like a wok.

Kofte / Kofta : Deep fried balls of vegetables etc. in a curry sauce.

Korma : Rich dish cooked with cream, coconut, yogurt etc. Usually quite mild.

Kulfi : Indian 'ice-cream' made from cream and sugar.

Lassi : Drink made with yogurt and ice.

Madras : Spicy dish with tomato, almond and lemon juice.

Malaya : Dishes cooked with coconut, chilli and ginger.

Moglai : Rich dish with garlic, ginger, yogurt and coconut.

Mustard oil / Larson : Oil made from black mustard seeds.

Mint / Pudina : Herb. Fresh and dried leaves are used.

Mutter / Mattar : Peas, basically.

Nan / Naan : Large flat bread cooked in a tandoor oven.

Pakora : Deep fried, battered, spicy vegetables.

Paneer : Indian cheese made from boiling milk and separating the curds and whey (obviously).

Parantha / Paratha : Pan fried flat bread, often stuffed.

Pathia : Sweet, sour and hot dish.

Phal : Rather hot dish, rumour has it that it's used for sweating out fevers in India.

Pilau / Pillau / Pullao : Basmati rice with spices and colouring.

Pomegranate / Anar dana : Used as a powder.

Puri : Heart-stopping deep fried chapatis, basically.

Raita : Yogurt and vegetable dish – a side dish.

Rasgulla : Balls of semolina and cream cheese cooked in syrup.

Rasmalai : Cold balls of milk and flour cooked in cream.

Rogan Josh / Rhogan Josh : Traditionally lamb based, but always spicy and cooked with tomatoes.

Roti : Like a chapatti.

Saffron / Kesar : Made of stigmas of a flower grown in Kashmir and Spain.

Sag / Saag : Spinach.

Samosa : Deep fried triangles of pastry filled with various spicy things (potato often).

Tandoor : Large clay oven where breads are stuck to the side to cook.

Tej Patia / Bay Leaf : Usually used dried.

Turmeric / Haldi : Yellow powdered root.

Vindaloo : Originally a pork dish, but always very hot and usually with potatoes.



"Vegetable Curry"

Yes, this is it. The curry that anyone can make simply by mixing cumin, coriander and tumeric with some vegetables, or, with a tin of Patak's curry sauce mix. I've grouped all curries that don't mention a particular style or region in here – the 'curried mushrooms', the 'aloo gobi'.

Some are quite traditional, and some more modern - you can normally judge from the ingredients and style of writing.

Aloo Curry

by daawat.com

Ingredients:

- 1/2 kg potatoes, boiled, peeled and cut into small pieces
- 2 onions, chopped
- green chilies, chopped
- 2 tomatoes, chopped
- tbsp oil
- Mustard and cumin seeds for seasoning
- 1 tsp coriander powder
- 1 sprig curry leaves
- Salt to taste
- Coriander leaves for garnishing

Method:

- Heat oil in a pan, season with mustard and cumin seeds, curry leaves and fry for few minutes.
- Add green chilies, onions and fry for another 5 minutes.
- Now add tomatoes and cook until they become soft. Then add potato pieces and stir well.
- Add 1/2cup water and salt to taste and cook until the water evaporates.
- Finally, add coriander powder and remove from heat.
- Sprinkle coriander leaves and serve with any tiffin or rice.

Aloo Gobi by Daawat

Ingredients:

- 1 cauliflower, cut into florets
- potatoes, cubed
- 1/4 cup oil
- 1 tsp cumin seeds
- 1 tsp ginger-garlic paste
- 3/4 tsp turmeric powder
- 1 tsp red chili powder
- 3 tomatoes, chopped
- 1 tsp garam masala
- 2 tsp coriander powder
- Salt to taste

Method:

- Heat oil in a pan, saute cumin seeds, ginger-garlic paste for a minute and add potatoes.
- Also add turmeric, chili powder and salt. Fry for few minutes.
- Add tomatoes and simmer for about 5 minutes.
- Now add cauliflower and cook on high heat for another 5 minutes.
- Lower the heat, cover and simmer for about 15 minutes until the curry gets damp and dry.

Aloo Gobi 2

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:

1. 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.
2. Cut the cauliflower into small bite sized pieces (roughly 1" cubes), throwing away most of the stem pieces. Wash and drain in a colander.
3. 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.
4. 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).
5. 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.
6. 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.

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

Aloo Gobi 3

Ingredients:

- 1 medium Cauliflower
- 2 medium Potatoes
- 1 Onion
- 1 Tomato
- 1 clove Garlic
- 1" piece Ginger
- pinch Turmeric
- to taste Salt
- to taste Pepper
- to taste Garam Masala

Method:

1. 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).
2. Add both to Masala and lower heat to simmer. Cover the pot until the cauliflower and potatoes are coated.

Aloo Gobi 4

by Kris Dhillon

This is a popular dish of cauliflower and potatoes.

Serves four.

Preparation and cooking time: 40-45 minutes.

Ingredients:

- ½ lb (225g) potatoes
- 1 small cauliflower
- 4 tablespoon vegetable oil
- ½ teaspoon ground cummin
- 1 cup curry sauce (see later section)
- 1 level teaspoon salt
- ½ teaspoon ground coriander
- 1 teaspoon turmeric
- 1 green chilli finely chopped
- 2 teaspoon finely chopped green coriander

Method:

1. Boil or microwave the potatoes in their jackets and leave until cool enough to handle.
2. Break up the cauliflower into florets. Rinse and drain.
3. Heat the oil in a heavy based pan. When hot put in the ground cummin. Almost immediately add the cauliflower. Cook, stirring on a medium heat, for 2-3 minutes.
4. Now add the curry sauce, salt, ground coriander, turmeric, and chilli. Mix well and cook partly covered on a low heat for about 20 minutes or until the cauliflower is just tender. Stir frequently during this time.
5. Whilst the cauliflower is cooking, peel the potatoes and cut into 1 inch (2.5cm) dice.
6. Add the potatoes to the cooked cauliflower and stir gently to prevent them breaking. Heat though for three or four minutes.
7. Stir in the green coriander and serve.

Aloo Palak

Ingredients:

- 300g palak (spinach)
- 4 garlic flakes
- 1" ginger piece
- 2 onions, chopped
- 4 green chilies, chopped
- 150g aloo (potatoes)
- 1 tsp turmeric
- 4 tbsp ghee or butter
- 1 tsp cumin seeds
- 1 tsp garam masala
- 1 tsp coriander and cumin powder
- 1 tbsp fresh cream
- Salt to taste

Method:

1. Boil spinach with garlic, ginger, onions, green chilies. Blend them to a fine puree and keep aside.
2. Cut potatoes into cubes and boil with salt and turmeric. When boiled, keep aside.
3. Heat ghee in a pan, fry cumin seeds along with spinach-onion paste and let it boil for few minutes.
4. Now add the boiled potatoes, garam masala, coriander-cumin powder and water if needed. Boil for few minutes till the potatoes absorb the flavor.
5. Season with fresh cream if desired.
6. Serve hot with hot naans or rice.

Aubergine Curry with Spicy Rice

Ingredients

For the spicy rice

- 150g/6oz rice
- 1 vegetable stock cube
- 1 bay leaf
- pinch cinnamon
- 1 tsp cumin seeds
- pinch medium curry powder

For the curry

- 2 tbsp vegetable oil
- $\frac{3}{4}$ aubergine, diced
- 2 garlic cloves, peeled and crushed
- 1 green chilli, de-seeded and chopped
- 1 tsp curry powder
- 1 tsp cumin seeds
- 2 tomatoes, diced
- 1 tbsp fresh coriander

Method

1. Bring a large pan of water to the boil.
2. Add the rice to the pan along with the stock cube, bay leaf, cinnamon, cumin seeds and curry powder. Simmer gently for 10-12 minutes or until the rice is tender.
3. To make the curry, heat the oil in a large sauté pan.
4. Fry the aubergine, garlic, chilli, curry powder and cumin seeds for five minutes to soften.
5. Add the tomato and a splash of boiling water and simmer gently for three minutes.
6. Stir in the coriander and remove from the heat.

7. Drain the rice and transfer to a serving plate. Serve the curry with the spicy rice.

Beetroot Curry

by Sunita

Ingredients

- 2 cans diced beetroot, drained
- 1 sprig curry leaves
- 5 dry red chillies, chopped finely
- 1 tsp mustard seeds
- A pinch of hing
- 2 cups buttermilk
- 1 cup water
- Salt to taste
- 2-3 tsp oil

Method

1. Heat the oil and add mustard, red chillies and the curry leaves.
2. When the mustard starts to crackle, add the beetroot and salt to taste.
3. Cook covered till the beetroot is done.
4. Add the buttermilk, water and the hing and mix well.
5. Heat on a low flame for 2-3 minutes.
6. Eat hot with plain rice.

Butter Cauliflower

by daawat.com

Ingredients:

- 350g cauliflower
- 50g butter
- 2 pinches of pepper
- 1" ginger piece
- Salt to taste
- Coriander leaves for garnishing

Method:

1. Cut the cauliflower into florets and ginger into small pieces.
2. Heat butter and add cauliflower, ginger and salt. Add water if required and cook for 15-20 minutes or until tender, by covering with a lid.
3. Sprinkle pepper on it and mix well.
4. Serve hot by garnishing with coriander leaves.

Beans & Potato Curry

by daawat.com

Ingredients:

- cups beans & potatoes, chopped
- 2 tsp mustard and cumin seeds
- 2 tbsp oil
- 1 tsp black gram
- 1/4 tsp turmeric powder
- 1 tsp chili powder
- Salt to taste

Method:

1. Heat oil in a pan, fry the mustard and cumin seeds until they splutter.
2. Add vegetables, salt, turmeric and cook on high heat for a couple of minutes.
3. Add coriander powder, chili powder, cumin powder and cook on low heat until it is done.
4. If you desire to have potatoes more crispy, add little rice flour and stir well.
5. Serve hot.

Capsicum Curry

by daawat.com

Ingredients:

- 1/2 kg capsicums
- 1/4 kg roasted peanuts
- 1 whole garlic pod
- 2 sprigs curry leaves
- 2" cinnamon stick
- 1 cup grated coconut
- tbsp oil
- 1 tsp cumin seeds
- 2 tsp coriander seeds
- 2 onions, chopped
- 1 tsp ginger paste
- 2 tsp salt
- Cilantro for garnishing

Method:

1. Cut the capsicums into four, lengthwise, to three-fourth's of their total length.
2. Mix the peanuts, grated coconut, few garlic cloves and blend them into a fine powder.
3. Mix coriander and cumin seeds, ginger, cinnamon, salt, onions, remaining garlic cloves and blend them to a fine paste.
4. Heat oil in a wide pan and fry the onion mixture until brown.
5. Sprinkle the above ground powder on the capsicums and add to the onion mixture.
6. Add some water if required and cook on a low flame until the capsicum is tender.
7. Remove from heat, garnish with curry and cilantro leaves.
8. Serve hot.

Caribbean Vegetarian Curry Recipe

Ingredients

- 3 each med bananas, green tip, peel
- 1 each onion, halved, thinly sliced
- 1 each apple, tart, peeled, cored,
- 1 1/2 tsp lemon peel, grated
- 1 tsp coriander
- 1/8 tsp red pepper, ground
- 1 can kidney beans, undrained, (15
- 1 cup yogurt, nonfat
- 3 cup hot cooked rice
- 3 each green onions, thinly sliced
- 1/4 cup peanuts, chopped
- 3 tsp margarine, divided
- 2 each lg garlic, cloves, pressed
- 1 1/2 tsp curry powder
- 1 tsp ginger, ground
- 1/8 tsp tumeric
- 1 can black-eyed peas, drained (1
- 1/3 cup raisins
- 3 each hard-cooked eggs, halved, wa
- 6 each radishes, thinly sliced
- 1/2 cup cilantro, chopped

Method

1. Calories per serving: 406 Fat grams per serving: 8.8 Approx. Cook
2. Time: Cholesterol per serving: 138
3. Cut bananas in half crosswise, then lengthwise to make 12 pieces.
4. Saute in non-stick skillet with 2 tsp margarine until lightly
5. browned. Remove to plate.
6. Add 1 tsp margarine to skillet. Saute onion, garlic, and apple

7. until soft.
8. Combine curry powder, lemon peel, ginger, coriander, tumeric and
9. red pepper. Stir into onion mixture.
10. Add black-eyed peas, undrained kidney beans and raisins. Cover;
11. simmer 5 minutes. Remove from heat, stir in yogurt.
12. Place egg halves on rice. Surround with sauteed bananas. Spoon
13. curry over. Top with radishes, green onion, cilantro and peanuts.
14. Serves 6 UPL

Capetown Fruit and Vegetable Curry

Ingredients:

- 4 cups (or less) chopped onion
- 2 garlic cloves, minced
- 1 teaspoon grated fresh ginger root
- water

Spices:

- 1 1/2 Tablespoons ground cumin
- 1 1/2 Tablespoons ground coriander seeds
- 1 1/2 teaspoons cinnamon
- 1 teaspoon turmeric
- 1/2 teaspoon cayenne or other ground red chili
- 1/2 teaspoon ground fennel seeds
- 1/4 teaspoon ground cardamon
- 1/4 teaspoon ground cloves
- 2 (or more) medium zucchini, quartered lengthwise and chopped into 1 inch pieces
- 1 1/2 cups water
- 1 cup (or more) firm green beans
- 2 tart green apples (or pears), cored and cubed
- 1 red (or green) bell pepper, coarsely chopped
- 1/2 to 1 cup chopped dried apricots
- 1/2 cup currants or raisins (I used currants)
- 1/4 to 1/2 cup apricot conserve (or orange marmelade --- I used 1/4 cup)
- fresh lemon juice (optional)
- cooked brown rice (or white)
- bananas

Method:

1. Heat a heavy pot (non-stick or sprayed with cooking spray) until medium-hot. Add onions, garlic and ginger, stir til slightly brown and sticking, then add a splash of water and stir to unstick the onions. Keep cooking for about 5 minutes, stirring all the while. Let the onions stick a little, but add small amounts of water and scrape the bottom to prevent burning.
2. Add spice mix and continue to cook for 10 more minutes, again letting the mixture stick slightly but adding water as needed to prevent burning. (I set the timer for 10 minutes to make sure I'm patient enough to cook for 10 minutes. If you need to leave it for a little while, just add more water to prevent burning).
3. Add zucchini and 1 1/2 cups water, stir well to clear the bottom of the pan, cover and simmer for 10 minutes.
4. Mix in green beans, apples, bell pepper and dried apricots. Simmer gently for about 20 or 30 minutes, until beans are cooked to your taste. Stir in currants and apricot conserve (orange marmelade). Adjust flavors to your liking by adding more cayenne or Garam Masala for spiciness, lemon juice for tartness, more apricot conserve for sweetness.
5. Serve over rice garnished with sliced banana.

Curried Mushrooms

Ingredients:

- 1/2 lb Mushrooms
- 1 large Onion
- 1/4 tsp Turmeric
- to taste Salt
- to taste Chili
- 2 large Tomatoes
- Oil

Method:

1. 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.
2. Remove cover and dry out all the water.
3. Serve hot.

Curried Garbanzo Beans

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:

1. 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.
2. 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.
3. 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.
4. Before serving, pour 1 oz. (2 T) sizzling ghee over the beans.

Chana Aloo

by Kris Dhillon

Chana or chickpeas are available ready cooked in cans from most supermarkets. Many restaurants buy them this way as they are cooked and convenient. If you buy them uncooked, they will need to be soaked for 24 hours and then simmered for about an hour to an hour and a half until tender.

Serves 3-4.

Preparation and cooking time: 20-25 minutes.

Ingredients:

- ½ lb (225g) potatoes
- 15 oz (425g) can chickpeas in brine
- 5 tablespoon vegetable oil
- ½ pint (275ml or two cups) curry sauce (page 20)
- 2 teaspoon tomato puree
- 1 teaspoon salt
- 1 teaspoon ground cummin
- 1 teaspoon ground coriander
- 1 teaspoon garam masala
- 1 teaspoon chilli powder
- ½ teaspoon ambchoor (or 2 tablespoon lemon juice)
- ½ teaspoon dried fenugreek
- 2 teaspoon finely chopped green coriander

Method:

1. Boil or microwave potatoes in their skins. Cool slightly, peel, and cut into one inch (2.3cm) dice.
2. Drain and rinse the chickpeas in a colander.
3. Heat the oil in a heavy pan, add the curry sauce, and boil for about five minutes until thickened.
4. Stir in all the remaining ingredients except the potatoes and the green coriander, and simmer gently for five minutes, stirring frequently.
5. Add the potatoes, heat through for four or five minutes, and stir in the green coriander.

Eggplant & Spinach Curry

by daawat.com

Ingredients:

- 2 lb spinach, rinsed, dried & finely chopped
- 1 medium eggplant, cut into 1/2" cubes
- 1/4 cup oil
- 1 tsp black mustard seeds
- garlic cloves, minced
- 1" piece ginger, peeled & grated
- 1/4 tsp jalapeno chilies, minced
- 1/4 tsp turmeric powder
- 1/4 tsp paprika
- 1/2 tsp ground coriander
- 1/2 tsp ground cumin
- 2 medium tomatoes, finely chopped
- Salt to taste
- Coriander leaves for garnishing

Method:

1. Heat the oil with half of the mustard seeds in a large saucepan. Add remaining mustard seeds when the cooked seeds begin to pop.
 2. Add the garlic and saute until tender. Add the spinach, a small amount at a time, stirring occasionally to keep the spinach from scorching.
 3. When the spinach wilts, add the eggplant, ginger, jalapeno chilies, turmeric, paprika, coriander, and cumin.
 4. Saute to blend the flavors. Cover, and cook over medium-low heat for 15 minutes.
 5. Add the tomatoes and season to taste with salt.
 6. Cook, uncovered, 5 minutes longer. Garnish with cilantro.
- Serves 8

Eggplant & Spinach Curry 2

Ingredients:

- 2 lb spinach, rinsed, dried & finely chopped
- 1 medium eggplant, cut into 1/2" cubes
- 1/4 cup oil
- 1 tsp black mustard seeds
- 12 garlic cloves, minced
- 1" piece ginger, peeled & grated
- 1/4 tsp jalapeno chilies, minced
- 1/4 tsp turmeric powder
- 1/4 tsp paprika
- 1/2 tsp ground coriander
- 1/2 tsp ground cumin
- 2 medium tomatoes, finely chopped
- Salt to taste
- Coriander leaves for garnishing

Method:

1. Heat the oil with half of the mustard seeds in a large saucepan. Add remaining mustard seeds when the cooked seeds begin to pop.
2. Add the garlic and saute until tender. Add the spinach, a small amount at a time, stirring occasionally to keep the spinach from scorching.
3. When the spinach wilts, add the eggplant, ginger, jalapeno chilies, turmeric, paprika, coriander, and cumin.
4. Saute to blend the flavors. Cover, and cook over medium-low heat for 15 minutes.
5. Add the tomatoes and season to taste with salt.
6. Cook, uncovered, 5 minutes longer. Garnish with cilantro.
1. Serves 8

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:

1. Cut the green peppers, onion and tomatoes lengthwise. Grind chili-powder, turmeric, dhania powder, coconut and poppy seeds.
2. Heat oil and add vadium. When vadium turns brown, add onions and fry for 4 minutes.
3. Add tomatoes and fry for 2 minutes. Add green pepper and Masala. Add coriander leaves.
4. Cook on low heat (should take around 15 minutes).

Mixed Vegetable Curry by Daawat

Ingredients :

- 250g paneer
- onions
- tomatoes
- capsicums
- mushrooms
- Oil for frying
- For the marinade:
- 50 ml oil
- Salt to taste
- 1 tsp pepper powder
- For the Oriental sauce:
- 1 tbsp oil
- 2 onions, sliced
- 2 sprigs curry leaves
- 3 green chilies, chopped
- 1/2 cup grated coconut
- Salt to taste
- A pinch of turmeric powder

Method:

1. Cut paneer, onions, tomatoes and capsicums into 2.5 cm cubes.
2. Mix all the marinade ingredients and apply to the chopped vegetables. Keep aside for 30 minutes.
3. Arrange the vegetables and paneer cubes on the shaslik stick.

To prepare the Oriental sauce :

1. Heat oil in a pan. Add onion and sauté well.

2. Add curry leaves and green chilies. Fry for two minutes and finally add grated coconut, salt and a pinch of turmeric powder.
3. Add a little water and cook well. Remove from heat.
4. When cool, strain the mixture and simmer till it reaches sauce consistency. Check seasoning. Keep the sauce aside. Grill the paneer and vegetable cubes on the shaslik stick until golden brown.
5. Serve hot on a hot sizzler tawa with the oriental sauce poured over, with dishes like saffron rice, Chinese spring roll and sauteed mushrooms.

Preparation time: 30 minutes excluding marination

Vegetarian Curry by The Vegetarian Society

Ingredients

- 4-6 portions cooked rice
- dairy or soya natural yoghurt, to serve
- For the curry sauce:
- 175g/6oz green lentils
- 2 tbsp sunflower oil
- 1 large onion, chopped
- 1-2 cloves garlic, crushed
- 1-3 tbsp curry powder
- 1 red and 1 green pepper, stalk and seeds removed, and chopped
- 2 carrots, peeled and chopped
- 2 x 400g/14oz cans chopped tomatoes
- 1 heaped tbsp tomato purée
- 300ml/½ pint vegetable stock (make with a stock cube or bouillon powder)
- 100g/4oz frozen peas
- 3 tbsp vegetarian pesto
- 175g/6oz mushrooms, wiped and quartered
- 1 courgette, chopped
- salt and freshly ground black pepper

Method

1. Place the green lentils in a large bowl and pour boiling water over them. Leave to soak for 30 minutes. (Alternatively, buy a tin of pre soaked lentils.) Drain.
2. Heat the oil in a large saucepan and fry the onion and garlic together with the curry powder, until the onions are softening.
3. Add the peppers, carrots and drained green lentils and cook for 5 minutes, stirring all the time. Add the tomatoes, purée, stock, peas and pesto, bring to the boil and simmer until the lentils are tender (about 30

minutes). Add the mushrooms and courgettes and simmer for 5 minutes more.

4. Season to taste.
5. Add a swirl of dairy or soya natural yoghurt and serve with cooked rice.

Vegetable Curry With Cashews

by daawat.com

Ingredients:

- 1 tbsp ghee or butter
- 2 garlic cloves, chopped
- 1/4 tsp cayenne pepper
- 2 tsp coriander seeds
- 1 tsp cumin seeds
- 1 tsp turmeric
- 1 3/4" piece of ginger, sliced
- 2 medium eggplants
- 1 small cauliflower, divided into florets
- 2 medium potatoes, diced
- oz green beans, chopped
- 1 fresh green chili, chopped
- 2 oz grated coconut
- oz boiling water
- 1 lb tomatoes, skinned & chopped
- 1/2 tsp salt
- oz roasted cashews

Method:

1. Heat ghee in large skillet, fry the garlic & spices for 3 to 4 minutes, stirring frequently.
2. Blanch eggplants in boiling water for 4 to 5 minutes. Drain & dice them.
3. 3. Add all the vegetables, including the chili, to the pan. Fry gently for 7 minutes, stirring to mix thoroughly.
4. 4. Dissolve grated coconut in the boiling water & mix with vegetables. Add tomatoes, cover & cook for 20 minutes.
5. Just before serving, stir in roasted cashews & serve over rice

Thai Vegetable Curry with Fragrant Rice

by The Flour Advisory Bureau

Ingredients

- 225g/8oz Thai fragrant rice
- ½ lime, rind finely chopped and juice
- 1 tbsp fresh lemon grass, chopped
- 1 clove garlic, peeled and crushed
- ½ bunch Thai basil
- ½ bunch fresh coriander, chopped
- 1-2 small (hot) red chillies, de-seeded and finely chopped
- 4-5tbsp water
- ½ tsp black peppercorns
- 2 tbsp groundnut oil
- 125g/4oz shallots or red onion, peeled, halved and sliced
- 1 clove garlic, peeled and crushed
- 1 small aubergine, cut into 1cm/½in slices
- 125g/4oz mange tout, topped and tailed
- 300ml/½ pint coconut milk
- salt and freshly ground black pepper
- Thai basil and fresh coriander to garnish

Method

1. Cook the rice according to the instructions on the packet. Drain well, stir in the lime zest and keep warm.
2. Meanwhile, blend the lemon grass, garlic, basil, coriander, chillies, water and black peppercorns to a paste.
3. Heat the oil in a saucepan and gently fry the shallots or onion, garlic and aubergine for 5 minutes.
4. Add the aromatic paste and cook over a gentle heat for 2 minutes.
5. Add the mangetout and coconut milk and simmer for 15-20 minutes until cooked.

6. Add the lime juice, salt and pepper.
7. Serve the curry with the Thai fragrant rice, garnished with sprigs of Thai basil and fresh coriander.

Mixed Vegetable Curry by Madhur Jaffrey

Ingredients

- ½ medium-sized (100g/4oz) aubergine (eggplant) cut into 2cm x 1cm/¾in x ½in sticks
- 2 small carrots (100g/4oz), peeled and cut into 2cm x 1cm/¾in x ½in sticks
- 100g/4oz/1 cup peas
- 100g/4oz/1 cup French beans, cut into 2.5cm/1in pieces
- 1 medium-sized potato (100g/4oz), peeled and cut into 2cm x 1cm/¾in x ½in sticks
- 50g/2oz/½ cup freshly grated coconut
- 4 fresh hot green chillies
- 2 tbsp white poppy seeds
- 1¼tsp salt
- 3 medium-sized tomatoes, roughly chopped
- 1 tbsp natural plain yoghurt
- 1 tsp garam masala
- 2 tbsp chopped, fresh green coriander

Method

1. Place the aubergine (eggplant), carrots, peas, French beans and potato in a medium-sized saucepan. Add 250ml/8fl oz/1 cup water. Bring to the boil. Cover, turn the heat to medium and cook for 4 minutes or until the vegetables are just tender.
2. Meanwhile put the coconut, chillies, poppy seeds and salt in the container of an electric blender. Add 150ml/5fl oz water and grind to a fine paste. Set aside.
3. When the vegetables are cooked, add the spice paste and another 150ml/5fl oz water. Stir and simmer gently for 5 minutes. Now add the tomatoes, the yoghurt and the garam masala. Stir gently to mix well. Bring to the boil and simmer gently for 2-3 minutes. Turn into a serving dish and garnish with the fresh coriander.

Mushrooms and Peas

by Kris Dhillon

This delicious dish is not often found in restaurants, but one that is definitely worth trying. Halve, quarter, or thickly slice the mushrooms according to their size.

Serves 3-4.

Preparation and cooking time: 30 minutes.

Ingredients:

- 12 oz (350g) button mushrooms
- 8 oz (225g) pack frozen peas
- 4 tablespoon vegetable oil
- 1½ cups curry sauce (page 20)
- 1 level teaspoon salt
- ½ teaspoon turmeric
- ½ teaspoon ground cummin
- ½ teaspoon chilli powder
- ½ teaspoon dried fenugreek
- ½ teaspoon garam masala
- 2 teaspoon finely chopped green coriander

Method:

1. Rinse and thickly slice the mushrooms. Rinse the frozen peas well in hot water and drain.
2. Heat the oil in a deep frying pan. When hot, put in the mushrooms and cook on a gentle heat for 3-4 minutes. Add the peas and cook for a further five minutes.
3. Now add the curry sauce and bring to a simmer. Stir in the salt, turmeric, ground cummin, and chilli powder.
4. Simmer, stirring occasionally, for about 15 minutes.
5. Add the dried fenugreek and the garam masala and simmer for a further five minutes.
6. Allow the oil to settle and skim of the excess. Stir in the green coriander and serve.

Mixed Vegetables

by Kris Dhillon

Use any combination of carrots, peas, potatoes, cauliflower, and green beans. Left over cooked vegetables are suitable for this dish.

Serves 4-6.

Preparation and cooking time: 25-30 minutes.

Ingredients:

- 1 lb (450g) diced vegetables
- 3 tablespoon vegetable oil
- 1½ cups curry sauce (page 20)
- 1 teaspoon salt
- ½ teaspoon turmeric
- ½ teaspoon ground coriander
- ½ teaspoon garam masala
- ½ teaspoon chilli powder
- 2 teaspoon finely chopped green coriander

Method:

1. Cook the vegetables in boiling salted water for 10-15 minutes until just tender. Drain.
2. Heat the oil in a large frying pan, pour in the curry sauce and bring it to the boil.
3. Cook for about five minutes until the sauce thickens, and turn down the heat.
4. Stir in the salt and all the spices and add the cooked vegetables. Stir well and cook for five minutes.
5. Sprinkle with the green coriander just before serving.

Mustard & Spinach Curry

by daawat.com

Ingredients:

- 1 kg sarson (mustard greens), chopped finely
- 1/4 kg spinach, chopped finely
- 2 cms piece ginger, minced
- cloves garlic, minced
- 2 green chilies, minced
- 2 red chilies
- 2 tbsp gram flour, sieved
- 1 tbsp butter
- tbsp ghee or butter
- Salt to taste

Method:

1. Boil both the mustard greens and spinach leaves till soft. Remove excess water and mash the leafy vegetables well and reserve.
2. Heat 4 tbsp ghee and add ginger, garlic, green chilies and broken red chilies.
3. When the masala has been browned, add the mashed leafs and salt.
4. Mix the gram flour in a little water and add to the above mixture. Simmer for at least 30 minutes.
5. Serve, topped with a spoon of butter, with makki (maize flour) ki roti.

Serves: 6

Preparation time: 1 hour 30 minutes

Okra (Bhindi)

(Serves 6)

Ingredients:

- 1 lb okra
- 2 small Onions
- 2 small Tomatoes
- 1/4 tsp Turmeric
- to taste Salt
- Red pepper (optional)
- Oil for frying

Method:

1. 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.
2. Add turmeric to hot oil. Add the onions and fry until golden brown. Add the fried okra, salt, pepper, and tomatoes.
3. Cover and bake at 250 deg F for 15 minutes.

Palak Gobi

by Sunita

This dish is a delectable combination of spinach and cauliflower, cooked with tomatoes, ginger and garlic and lightly seasoned with onions, cumin and other spices.

Ingredients

- 1 bunch palak (or spinach)
- 1 cup cauliflower florets
- 2 medium sized tomatoes
- 1 small onion chopped
- 4 green chillies, chopped
- 1 small piece ginger
- 5 garlic flakes
- 1/2 tsp turmeric powder
- 1 tsp cumin powder
- 1 tsp chilli powder
- 2 tsp dhania (coriander) powder
- Salt to taste
- 1 1/2 tablespoon ghee (clarified butter)

Method

1. Chop the palak and boil it with the tomatoes, ginger garlic and green chillies.
2. When the palak is boiled, blend it coarsely.
3. Set aside the paste.
4. Heat 1 tablespoon of ghee and add the cauliflower florets.
5. Fry them on high heat till they are slightly brown in color.
6. Drain and keep aside.
7. Save any remaning ghee after draining the vegetable.
8. Add this ghee and the remanining 1/2 tablespoon ghee to a saucepan.
9. Heat the ghee and then add the chopped onion and fry till the onions till they turn translucent.

10. Add the turmeric, chilli, dhania and cumin powders and fry for about a minute.
11. Add the cauliflower and palak and mix well.
12. Add salt to taste and bring to a boil.
13. Remove from heat and serve hot with chapatis.

Potato Curry

by daawat.com

Ingredients:

- potatoes, boiled
- green chilies, chopped
- 1/2 tsp dry ginger powder
- 1 tsp dry mango powder (amchur)
- 1 tsp chili powder
- 1 tsp turmeric powder
- 2 tsp sugar
- 1 tsp cumin seeds
- 1/4 tsp asafoetida
- 1 cup coriander leaves, chopped
- tbsp oil
- Salt to taste

Method:

1. Peel and cube the potatoes. Mash them slightly and keep aside.
2. Heat 4 tbsp oil. Add asafoetida and cumin seeds. When they pop, add the mashed potatoes, turmeric, ginger, dry mango powder, sugar and salt.
3. When they are fried well, add water to make into a thin gravy. When done, remove from heat.
4. Heat 1 tbsp oil. When it is hot, pour it over the potatoes and immediately sprinkle with chili powder and coriander leaves.
5. Serve with puris.

Serves: 6

Preparation time: 45minutes

Ralph's Basic Curry

Prep time: 20 mins.

Cooking: 1 hour or more.

Ingredients:

Paste:

- 3 tbsp curry powder.
- 1 tsp cumin (powder or seed)
- 1/2 tsp turmeric
- 1 tsp cinnamon
- 1/4 tsp cayenne pepper
- 1/2 tsp mustard seeds
- 1/4 tsp fenugreek seeds
- 1/2 tsp salt
- 1/2 tsp sugar
- 2 tbsp oil (ghee or any other kind)
- 1 tsp ground black pepper
- 1 inch ginger
- 2 garlic cloves
- small capfull vinegar
- a few cloves
- 1 hot chilli pepper

Other:

- fresh coriander
- some vegetable stock (cube or liquid)
- 2 medium sized onions

Method:

1. Preheat a sturdy frying pan and get a bigger pan with a lid ready.
2. Add oil to the pan and allow to pre-heat on medium heat.
3. Peel and chop the onions as finely as you can

The Vegetarian Curry Bible

4. Add to the hot oil and sprinkle a little salt on the top. Ensure that the pan is not too hot, you don't want the onions going brown.
5. Whilst the onions cook slowly, make the curry paste.
6. Add all the powders and seeds together in a stain-proof bowl, peel and chop the ginger as finely as you can, along with the garlic and chilli (which can be cut into slices or finely) and add it
1. all to the powder. Add the oil and vinegar and mix well. If it is too stiff, add more oil (you need a lot of oil to make a good curry, use olive oil if you're worried about your health.)
7. Remember to stir your onions upon occasion. When they are well cooked and clear, turn down the heat to low and allow to cool slightly.
8. Push the onion to the edges of the pan and make a space in the middle. Add the curry paste to
2. fill the centre and allow to cook for a minute or two. This should make a very nice smell.
9. Mix the onions with the paste and cook for another minute or less. This onion mix is the base
3. for any curry.
10. In the large pan, boil a cup of water or two, and add the stock. Add the onion mix to this and
4. any other ingredients too and cook on a low heat, covered, for an hour or so.
11. You may need to salt the curry more than I have, I like to add quite a lot, but not everyone
5. has the same taste, remember that salt is a flavour enhancer and really brings out the tastes. But
6. don't be like me when cooking a curry from the Hare Krishna cookbook which called for a 'tablespoon of salt', which made the curry absolutely inedible. Upon reflection, it was probably
7. supposed to be a teaspoon.
12. Add the chopped, fresh coriander about ten minutes before serving.

Example: **Potato, spinach and lentil.**

(Use the Basic Recipe as base)

Lentils add a real flavour kick to curries and help the texture.

1. 2 Handfulls dry lentils. (Canned lentils will do, if you must, but they aren't as good, but can be added without cooking).
2. Boil some water, half of a medium pan full, adding a generous amount of salt.
3. Add the lentils and boil for ten minutes.
4. Turn down the heat and cook for at least 30 minutes covered, on low (an hour if you have the time).
5. If the lentils get too thick add some more water. If too thin after cooking, take cover off and
6. cook until the liquid is reduced a little. Liquidity isn't a problem if you're adding to a curry, add this liquid can replace the plain water in the big pan, or combine it with the potato juice. Do not drain the lentils!
7. Add the lentil mix with all the other ingredients in the big pot and cook as usual for an hour, covered, on low.

Spinach & Vegetable Delight

by daawat.com

Ingredients:

- cups chopped spinach
- 100g mixed vegetables (carrots, potatoes, eggplants, cabbage and French beans)
- 50g tomatoes
- 1 medium-sized onion, sliced
- 1" ginger, minced
- 3 green chilies, Minced
- 1/2 tsp turmeric powder
- 1 tsp coriander powder
- Salt to taste

Method:

1. Mix together all the above ingredients and put in a pan with 1 cup of water. Cook till the vegetables turn soft.
2. Remove from fire and mash coarsely.
3. Reheat and cook till slightly thick.
4. Serve with plain boiled rice.

Spinach Tofu Peas

by daawat.com

Ingredients:

- 1 bunch chopped spinach
- 1 cake firm tofu cut in cubes
- 1 cup peas
- 1 chopped onion
- 1 chopped tomato
- 1/2 tsp grated ginger
- 1/2 tsp garlic
- 1/2 tsp turmeric
- 1/2 tsp garam masala
- 1/2 tsp jeera (cumin seeds)
- 2 tbsp oil
- 1/2 tsp red pepper
- Little fresh dhanian (coriander leaves)

Method:

1. Heat oil and add cumin seeds. Put chopped onion, garlic, ginger. Saute all till light brown.
2. Add turmeric red chili, garam masala, fresh cut coriander leaves. Add tomato.
3. Cook it for 2 minutes. Add peas, cubed tofu. Cook it for 2 minutes.
4. Now add chopped spinach. Cook it for 2 minutes. Add salt. Cook it for 5 minutes.
5. Serve with naan, tandoori roti, plain paratha

Serves: 4

Preparation time: 20 minutes

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
- 1/4-1/2 cup Tomatoes-crushed

Method:

1. Mix the garlic, coriander and the chili powder along with salt and place it aside.
2. Pour about 2 tablespoons of oil in a pan and heat. Add mustard seeds and urad dal.
3. The mustard seeds will split and the oil may spill. Be careful when you are doing this.
4. 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.
5. 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.)



Tomatoes

Dishes with tomatoes as the main ingredient.

Tomato Barta

by daawat.com

Ingredients:

- 4-5 tomatoes
- 1 cup yogurt
- A pinch of turmeric
- 2 tsp salt
- 2 tsp chili powder
- 1 tsp ginger garlic paste
- 1 tsp garam masala powder
- 1/2 cup peanuts
- tbsps khus khus seeds
- 2 onions, chopped
- Coriander leaves (cilantro) for garnishing

Method:

1. Add salt, turmeric, chili powder, ginger garlic paste, garam masala powder to the yogurt and mix well.
2. Mix the peanuts, khus khus seeds and blend them to a fine paste using water.
3. Make a few spots on tomatoes with a knife and allow them to stay in yogurt for 30-40 minutes.
4. Heat oil in a pan and fry the onions until golden brown.
5. Remove the tomatoes from yogurt and add to the onions. Cook the tomatoes until they are tender.
6. Now add the yogurt mixture to the tomatoes and cook until the gravy becomes thick.
7. Finally add the peanuts paste to the curry and mix well. (You can also use sesame seeds instead of peanuts if you want).
8. Garnish with cilantro and serve hot.

Tomatoes With Chick Peas

by daawat.com

Ingredients:

- medium stuffing tomatoes (2lbs)
- 3/4 tsp ground coriander seeds
- 1/2 tsp ground cumin seeds
- 1/4 tsp ground roasted cumin seeds
- 1/2 tsp garam masala
- Salt to taste
- 1/4 tsp cayenne pepper
- 2 cups cooked chickpeas, drained
- 2 tbsps oil

Method:

1. Cut off a small portion of the top of each tomato, scoop out the pulp and reserve it. Save the caps for further use.
2. Lightly salt inside of each tomato shell and arrange them upside down on a plate to drain.
3. Mix half of the tomato pulp with the spices and chickpeas and mash coarsely.
4. Stuff the tomatoes with the above mixture and replace them with caps.
5. Preheat the oven to 350 degrees F. Lightly oil the surface of each tomato and place it in a greased baking dish.
6. Bake them uncovered for 25 minutes and serve hot.



Kormas & Coconut Curries

A Korma doesn't have to be coconut based, only rich and creamy. So a dish made with cream, or yogurt can be a korma as much as any other. I've grouped all kormas and dishes that use a lot of coconut together.

Aubergine and Tofu Satay

by The Vegetarian Society

Ingredients

For the green curry paste:

- 1 shallot, finely chopped
- 1 stalk lemon grass, chopped
- 2 small red chillies, chopped
- 2 cloves garlic, crushed
- 2.5cm/1 inch piece fresh root ginger, peeled and grated
- 1 lime zest only
- 1 tbsp fresh coriander leaves and stalks, chopped

For the skewers:

- 1 packet firm, regular tofu, drained and pressed
- 1 aubergine
- 2 tbsp groundnut oil
- 12 short wooden skewers

For the satay sauce:

- 2 tbsp groundnut oil
- 1 shallot, finely chopped
- 2 cloves garlic, finely chopped
- 2 large red chillies, deseeded and chopped
- 1 tsp ground cumin
- 1 tsp ground coriander
- 75g/3oz crunchy peanut butter
- 200g/7 fl oz coconut milk
- 1 lime, juice only
- salt to taste

Method

1. To make the green curry paste, grind all the ingredients together in a pestle and mortar until you have a paste. Store in the refrigerator in a screw top jar for up to 2 weeks.
2. For the skewers, mix 3 tbsp green curry paste together with 1 tbsp groundnut oil. Cut the tofu and aubergine into 1.25cm/1/2 inch cubes and thread onto twelve short wooden skewers. Lay flat on a plate and pour over the paste mixture to
1. coat well, rubbing the aubergine and tofu all over. Leave for 30 minutes minimum (or overnight), covered in the fridge to marinade.
2. Brush the vegetables with a the remaining oil and grill under a medium heat until golden.
3. To make the satay sauce, heat the oil in a small saucepan and fry the shallot, garlic, chillies and spices for about 5 minutes until tender. Mix the peanut butter with a little warm water to make a thinner paste and add to the pan, together with the coconut milk. Bring to the boil, then simmer until the sauce thickens. Season with lime juice and salt to taste. Divide between 4 small bowls.
4. Serve the skewers on individual plates with a small bowl of satay sauce.

Cabbage-Coconut Curry

by daawat.com

Ingredients:

- 1 cabbage, chopped
- 100 gms coconut, grated
- 1 green chili, chopped
- 2 spring onions, chopped
- 1/4 tsp mustard seeds
- red chillies
- 1-2 sprigs of curry leaves
- 1 tbsp oil

Method:

1. Heat oil in a pan, add mustard seeds, red chili, curry leaves and fry for 2 minutes.
2. Grind the coconut, green chili and spring onions to a paste and add to the above. Fry for 2 more minutes.
3. Add the cabbage and cook for 10 minutes or until the cabbage is cooked.
4. Garnished with chopped coriander and serve with plain rice or chapathi.

Serves: 4-6

Preparation time: 20 minutes

Coconut Curry

by daawat.com

Ingredients:

For the Curry:

- 1/2 cup tomatoes, chopped
- 1 cup onions, sliced
- 2 cups coconut milk
- tbsp ghee (or butter)
- Few curry leaves
- 1/2 tsp turmeric
- Salt to taste

For Masala Paste:

- 1/2 cup grated coconut
- garlic flakes
- red chillies
- green chillies
- 1 tsp poppy seeds
- 20-25 kiss miss (raisins)
- 2 tbsp coriander powder
- 1 tsp cumin seeds
- 1" ginger piece

Method:

1. Mix all the ingredients for the masala paste and blend into a fine paste.
2. Heat ghee, add masala paste, curry leaves and fry till the oil separates from them.
3. Add tomatoes, onions, turmeric, salt and coconut milk. Mix well and simmer till onions are cooked.
4. Serve with vegetable pulao.

Mango Curry

by Madhur Jaffrey

Ingredients

- 3 medium ripe mangoes, peeled pit removed and flesh cut into 1cm/1/2in pieces
- 1 tsp ground turmeric
- 1 tsp cayenne pepper
- 1-1 1/2 tsp salt
- 55g/2oz jaggery or brown sugar, if needed
- 310g/11oz coconut, freshly grated
- 3-4 fresh hot green chillies, coarsely chopped
- 1/2 tbsp cumin seeds
- 290ml/1/2 pint natural yoghurt, lightly beaten
- 2 tbsp coconut oil or any other vegetable oil
- 1/2 tsp brown mustard seeds
- 3-4 dried hot red chillies, broken into halves
- 1/2 tsp fenugreek seeds
- 10-12 fresh curry leaves, if available

Method

1. Put the mangoes in a medium-sized pan. Add 250ml/9fl oz water. Cover and stew for 8-10 minutes over a medium-low heat. Stir occasionally. Add the turmeric, cayenne pepper and salt. Stir well. (If the mangoes are not sweet enough, add the jaggery or brown sugar to make the dish sweeter.)
2. Meanwhile, put the coconut, green chillies and cumin seeds in to a blender. Add 250ml/9fl oz water and blend to a fine paste.
3. When the mangoes are cooked, mash them to a pulp. Add the coconut paste. Mix. Cover and simmer over a medium heat, stirring occasionally, until the mixture becomes thick. This should take about 10-15 minutes. Add the yoghurt and heat, stirring, until just warmed

through. Do not let the mixture come to the boil. Remove from the heat and put to one side. Check for seasoning.

4. Heat the oil in a small pan over a medium-high heat. When hot, add the mustard seeds. When the mustard seeds begin to pop (a matter of a few seconds) add the chillies, fenugreek seeds and the curry leaves. Stir and fry for a few seconds until the chillies darken. Quickly add the contents of the small pan to the mangoes. Stir to mix.

My Favourite Curry Sauce by Jamie Oliver

Ingredients

- 5 tbsp vegetable oil
- 2 tsp mustard seeds
- 1 tsp fenugreek seeds
- 3 fresh green chillies, deseeded and thinly sliced
- 1 handful curry leaves
- 2 thumb-sized pieces of fresh ginger, peeled and coarsely grated
- 3 onions, peeled and chopped
- 1 tsp chilli powder
- 1 tsp turmeric
- 6 tomatoes, chopped
- 1x400ml/14fl oz tin coconut milk
- salt
- 800g/1¾lb mixed vegetables, chopped (potatoes, courgettes, peppers, onions, sweet potatoes, spinach, chard, cauliflower, lentils, beans - use your imagination)

Method

1. Heat the oil in a pan, and when hot add the mustard seeds. Wait for them to pop, then add the fenugreek seeds, fresh green chillies, curry leaves and ginger. Stir and fry for a few minutes.
2. Using a food processor, chop the onions and add to the same pan. Continue to cook for 5 minutes until the onion is light brown and soft, then add the chilli powder and turmeric.
3. Using the same food processor, pulse the tomatoes and add these to the pan. Cook for a couple of minutes then add one or two wineglasses of water and the coconut milk. Simmer for about 5 minutes until it has the consistency of double cream, then season carefully with salt.
4. Take this sauce as a base.
5. Add all your veg to the sauce at the beginning when you add your onions. Continue to cook as normal and simmer until tender.

Navaratan Korma

by Sunita

Made with vegetables and fruits, this tangy hot and sweet dish is a very popular item in North Indian cuisine.

Ingredients

- 1/2 cup long cut french beans, parboiled
- 1/2 cup long cut carrots, parboiled
- 1 cup potatoes, parboiled and cubed
- 1/2 cup green peas, parboiled
- 2 tbsp raisins
- 2 tbsp cashewnuts, chopped
- 2 tbsp pineapple, chopped
- 1 large tomato, chopped
- 2 tsp tomato sauce or puree
- 1 large onion, sliced
- 2-3 tbsp ghee (clarified butter)
- Salt to taste
- 1-2 tsp chopped coriander leaves for garnish

Roast and powder using a coffee grinder:

- 1 tsp cumin seeds
- 1 tsp coriander seeds
- 1 tsp saunf (fennel) seeds
- 1 tsp peppercorns
- 1 stick cinammon
- 1-2 cardammom
- 2-3 cloves

Blend the following to a smooth paste:

- 8-10 green chillies
- 1 " piece ginger
- 6-7 garlic flakes

- 1 tsp curd

Method

1. Heat the ghee and add the sliced onion.
2. When the onion starts browning, add the blended paste and fry, stirring continuously for about 3-4 minutes.
3. Now add the tomato sauce and the powders.
4. Fry for one minute.
5. Add all the vegetables(inc, tomatoes), cashewnuts, rasins and pineapple.
6. Mix in salt to taste.
7. Add about 1/2 - 1 cup of water and let it simmer for about 3-4 minutes.
8. Increase the heat and let it come to a boil.
9. Remove from heat and garnish with chopped coriander leaves.
10. Serve hot with chapatis or plain rice.

Navratan Korma 2

(Serves 6)

Ingredients:

- 1/2lb Paneer (or cottage cheese)
- 2 cups Mixed boiled vegetables (carrots, french beans, green peas, potatoes)
- 3 Tomatoes
- 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:

1. 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.
2. 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.
3. Add the boiled vegetables, milk, cream and fried paneer pieces. Cook for a few minutes.
4. Serve Hot

Potato and Spinach Curry

by Ann Shaw

Ingredients

- 900g/2lb sweet potatoes, peeled and chopped in to 1cm cubes
- 450g/1lb spinach, washed and roughly chopped
- 225g/8oz carrots, peeled and sliced
- 225g/8oz courgettes, sliced
- 1 tsp cooking oil
- 1 tin coconut milk
- 1 tsp Thai red curry paste
- 1 tsp fresh ginger, peeled and grated
- juice of half a lime
- salt and pepper
- bunch of coriander, roughly chopped

Method

1. Cook the potatoes for 20 minutes, steam the spinach for a couple of minutes and cook the carrots and courgettes for 12 minutes in salted water. Drain thoroughly
2. Heat 1 tbsp of cooking oil in a large wok. Add the coconut milk, the red curry paste and the ginger and stir in well, heating through. Add the lime juice, salt and pepper to taste.
3. Add all the drained vegetables and warm thoroughly
4. Serve on a bed of rice and garnish with coriander.

Tomato Coconut Curry

by daawat.com

Ingredients:

- tomatoes (medium)
- 1 cup fresh grated coconut
- green chilies
- 1 onion
- 1/2 tsp cumin seeds
- 2 red chilies
- 2 tsp coriander powder
- 3 pinches turmeric powder
- - 5 curry leaves

Method:

1. Grind the coconut, sliced onion, red chili powder, 1 pinch turmeric powder & cumin seeds together well.
2. Slice the tomatoes into small pieces & the green chilies (long pieces).
3. Add the paste to the cut tomatoes, add 2 cups of water to it, the coriander powder, curry leaves & 2 pinches of turmeric powder.
4. Cook till the tomatoes are totally cooked & smashed. (If you like spicy food add more chillies).
5. Serve with steaming plain rice

Serves: 4

Preparation time: 20 minutes

Tomato Curry With Coconut Milk

by daawat.com

Ingredients:

- 1 kg tomatoes
- 1 tsp cumin powder
- 1 tsp red chili powder
- 1/4 tsp turmeric powder
- 1/2 tsp mustard seeds
- 1/2 tsp cumin seeds
- 2 red chilies
- 1 cup coconut milk
- 2 eggs, boiled
- 1 tsp gram flour
- Salt to taste

Method:

1. Pressure cook the tomatoes with 1 cup of water and drain juice into a vessel.
2. Boil the juice and add cumin, red chili and turmeric powders. Bring to a boil.
3. Add coconut milk and boil the mixture until it thickens.
4. Now add the gram flour mixed in little water and cook for little more time. Remove from heat.
5. Heat oil in a pan, fry the cumin and mustard seeds, red chilies and add to the prepared tomato curry.
6. Cut the both eggs into 2 pieces each and fry them for few minutes.
7. Garnish the curry with fried eggs and serve with rice or phulkas.

Vegetable Korma

Ingredients

- 1 small cauliflower (250gms)
- 3/4 cup peas
- 2 potatoes
- 1 carrot
- 1 tomato
- 2 onions
- 2/3 garlic flakes
- 1 small ginger piece
- 1 tsp. chilli powder
- 1 tbsp. garam masala powder
- 1/2 tsp. turmeric powder
- 1tsp. Cumin seeds
- 4 tbsp. oil/ghee/any cooking medium
- 3/4 cup coriander leaves, chopped (optional)

Method

1. Cut the cauliflower into small pieces, peel the potatoes and carrot and cut them into small cubes, wash all vegetables.
2. Chop the tomatoes, grate the onions.
3. Make a smooth paste out of the ginger and garlic.
4. Heat oil in a vessel.
5. Add the cumin seeds.
6. Add onion and sauté.
7. Add ginger-garlic and fry for one minute.
8. Add all powder masalas and vegetables.
9. Add salt and sugar.
10. Stir fry till crisp.
11. Add 2 cups hot water and cook till done.
12. Add coriander leaves before serving (optional).

Vegetable Korma 2

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
- 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:

1. 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.
2. If you are using canned or frozen vegetables skip the above step.
3. Add coconut paste, khus-khus, salt and wait until cooked. (Note: Cook on low heat.)

Vegetable Korma 3

by Sunita

This is the South Indian variation of "vegetables in rich gravy".
My mom adds soaked soya bean curd balls (called Mealmaker in India) to enhance the flavor and nutrition of the dish.

Ingredients

- 3/4 cup each of chopped cabbage, beans, carrots,
- potatoes and cauliflower
- 1 small onion, sliced
- 2-3 tbsp ghee (clarified butter)
- Salt to taste
- Coriander leaves for garnish

For the gravy , blend the following into a very smooth paste:

- 1/2 a coconut, shredded
- 1 small onion
- 5-6 flakes garlic
- 1" piece ginger
- 2 tbsp curd (plain yoghurt)
- 1/2 tsp poppy seeds
- 1 tsp cumin seeds
- 1 tsp coriander seeds
- green chillies
- 2 dry red chillies
- 2-3 peppercorns
- 1/2 tsp saunf (fennel)
- 1 small stick cinammon
- 1 cardammom
- 2-3 cloves
- 1 tbsp cashewnuts
- 1 small tomato
- 2 tsp thick tamarind juice or 2 tsp lemon juice

Method

1. Steam the vegetables till they are about half done.
2. Remove and set aside.
3. Heat the ghee and fry the sliced onion till it starts changing color.
4. Now add the blended masala and bhunna(fry) till the oil starts leaving the sides of the masala.
5. This will take a minimum of 15 minutes.
6. Even if the masala sticks to the bottom of the pan, don't worry.
7. The more the masala fries, the better the dish will taste.
8. If the masala starts sticking to the pan, lower the heat and sprinkle a little water and continue frying, stirring continuously.
9. When the masala is fried well and turns aromatic, add the half cooked vegetables and salt to taste.
10. Add some water to get a gravy.
11. Mix well.
12. Put it back on the stove and bring it to a boil on low heat.
13. The vegetables should be done by now.
14. Remove from heat.
15. Garnish with coriander leaves.
16. Serve hot with chapatis or plain rice.



Jalfrezi

These dishes are supposed to share the common ingredients of green peppers, green chillis and onions.

Corn & Paneer Jaalfrazie

Ingredients:

- 12 baby corns, cut into 4 lengthwise
- 1 1/4 cups paneer, cut into 25 mm. (1") strips
- 1/4 tsp. cumin seeds
- 1/8 tsp. asafoetida
- 1 tsp. ginger-green chili paste
- 3 spring onions, sliced
- 1/2 green capsicum, sliced
- 1/2 red capsicum, sliced
- 1/4 tsp. turmeric powder
- 1/2 tsp. chili powder
- 1 large tomato, pureed
- 1 tbsp. tomato puree (optional)
- 2 tbsps chopped coriander
- 1 tbsp. oil
- Salt to taste

Method:

1. Heat the oil in a pan and add the cumin seeds and asafoetida. When they crackle, add the ginger-green chili paste, chopped spring onions, capsicums and saute for 2 minutes.
 2. Add the baby corn, turmeric powder, chili powder, tomato, tomato puree and salt and sauté on a slow flame for 4 to 5 minutes till the baby corn is cooked. Add the paneer and toss lightly.
 3. Garnish with the chopped coriander and serve hot.
1. Serves: 4
 2. Preparation time: 25 minutes

Paneer Jaalfrazie

Ingredients:

- 200gms paneer, cut into long pieces
- 150gms carrots, cut into long pieces
- 2 capsicums, cut into long pieces
- 2-3 onions, chopped
- 4 red chilies
- 1 tsp. chili powder
- 1/4 tsp. cumin seeds
- 1 tsp. ginger-garlic paste
- 2 tsps vinegar
- 6 tsps tomato sauce
- Salt to taste
- 5-6 tbsp refined oil

Method:

1. Heat the oil in a pan and add cumin seeds. When they splutter, add red chilies, onions and fry for a while.
2. When the onions turn golden brown in color, add chili powder, vinegar, ginger-garlic paste and fry for 2 more minutes.
3. Now add paneer pieces, chopped carrots, capsicum to the above onion mixture along with little water and cook for few minutes.
4. When the pieces are tender, add tomato sauce, salt and stir well.
Remove from heat and serve hot with chapathi or any pulao.

Serves: 6

Preparation time: 30 minutes

Vegetable Jalfrezi

Ingredients

- 3 cups mixed boiled Vegetable
- 2 onions
- 3 Spring Onions
- 2 tomatoes
- 4 green chilies
- 1 tsp. Ginger
- 1 tbsp. coriander
- 1/2 tea cup tomato ketchup
- 1 tsp. chili powder
- 1 tbsp. sugar
- 3 tbsp. oil (butter)
- Salt according to taste

Method

1. Chop the onions & spring onions (with leaves), tomatoes, green chilies, ginger & coriander
2. Separately heat Ghee (clarified butter) in a vessel & fry onions till golden brown
3. Add tomatoes, chilies, ginger and coriander fry for 2-3 min
4. Add tomato ketchup, boil vegetables, spring onions, chili powder, sugar, salt & little water.
5. Cook for 5-10 minutes. Serve HOT

Vegetable Jalfrezi 2

Ingredients:

- 2 Carrots
- 8 - 9 Cauliflower florets
- 11 - 12 Green beans
- 2 Green peppers, small
- 1/2 cup Green peas
- 1 Tomato, small
- 2 Onions, medium
- 7-8 Almonds
- 7-8 Cashews
- 2 inches Ginger
- 2 - 3 flakes Garlic
- 1 tsp. Cumin seeds
- 1 tbsp. Red chilli powder
- 1 tbsp. Coriander powder
- 1 tbsp. Lemon juice
- Coriander leaves, chopped for garnishing
- Salt to taste
- 1 cup Water

Method:

1. Cut vegetables into 1 inch pieces.
2. Grate one onions and keep aside. Make thin slices of the second onion. Keep aside.
3. Make paste of almonds and cashews. Keep aside.
4. Make paste of ginger and garlic. Keep aside.
5. Heat oil in a pan. Add cumin seeds. Wait till they sputter.
6. Add grated onions and stir till lightly cooked.
7. Reduce flame. Add ginger-garlic paste, lemon juice, chilli powder and coriander powder. Stir.
8. After a minute, add almond-cashew paste. Stir the mixture till it is barely dry and starts separating from sides of the pan.
9. Add carrots, cauliflower and green beans. Mix well. Now add water. Stir, cover and let boil for 4-5 minutes.
10. Add green peppers, tomato, green peas and sliced onions while continuously stirring.
11. Cook till vegetables are tender. Now add salt.
12. Leave on heat for a minute more.
13. Garnish with coriander leaves. Serve hot.



Eggs

These curries all have eggs in common, nothing else.

Amma's Egg Special

by Sunita

Ingredients

- 4 eggs,hardboiled and shelled
- 2 onions, sliced finely
- Mix together with a little water: 1 1/2 tsp chilli pwd
 - 2 tsp coriander pwd
 - A pinch of turmeric
 - 1 tsp cumin pwd
 - 1 tsp garam masala
 - Salt to taste
- 1 tomato, chopped
- 1 tbsp Cilantro(coriander leaves), chopped
- 2 tbsp besan(bengal gram flour)
- 2 tbsp cooking oil/ghee(clarified butter)

Method

- 1 Make 2-3 slits on each egg with a thin bladed knife and set aside.
- 2 Heat the oil and fry the onions till well browned.
- 3 Now add the gramflour and fry till the gramflour is completely fried.
- 4 Add the powder paste and fry for 45 seconds.
- 5 Add the tomatoes and Cilantro.
- 6 Add 1 cup of water and the eggs.
- 7 Bring it to a boil.
- 8 Simmer for 5 minutes and eat hot with plain rice or chapathi.

Egg Akoori

by Sunita

Ingredients

- 1 onion, sliced finely
- 2 chopped green chillies
- 1-2 flakes garlic, chopped finely
- 1/4 " ginger , chopped finely
- Salt and pepper to taste
- A little garam masala powder
- 4 eggs
- 2 tbsp cooking oil/ghee(clarified butter)

Method

1. Heat the oil and fry the onions, ginger, garlic and green chillies till the onions turn brown in color.
2. Take the pan off the heat, add the eggs, salt and pepper and the garam masala pwd and stir well.
3. Put back on the fire and fry, stirring continuously till the mixture turns solid and is well browned.
4. Can be eaten as a breakfast dish, on toast or with plain rice and dal.

Bengali Duck Egg Curry

by Aparupa Dey

Ingredients

- 6 duck eggs
- 4 medium sized potatoes
- 1½ tbsp cooking oil
- 1 tbsp minced onion
- ½ tbsp minced garlic
- ½ tbsp minced ginger
- ¾ tsp turmeric
- ½ tsp sugar
- 1 tbsp beaten natural yoghurt
- 2 green chillies
- ½ tsp hot chilli powder
- 2 bay leaves
- 1 tsp coriander powder
- 2 tsp cumin powder
- ½ tsp ground black pepper
- ½ tsp tomato purée
- 1 cup hot water
- salt
- 2 tbsp chopped fresh coriander

Method

1. Boil the eggs and potatoes in a saucepan. When the potatoes are cooked (do not overcook), put the saucepan under a cold water tap for a minute and peel the eggs and potatoes.
2. Prick the hard boiled eggs with a fork or knife, here and there, and gently rub a pinch of salt and tumeric powder and keep aside.
3. Slice the boiled potatoes horizontally.

4. Heat the cooking oil in a saucepan or an Indian wok/karahi and fry the eggs by stirring frequently till golden and drain on absorbent kitchen paper. Then lightly fry the potatoes and drain on a kitchen paper.
5. Put the minced onion, garlic and ginger in the remaining hot oil and stir fry for 2 minutes then add all the remaining ingredients except the water, eggs and potatoes and stir fry until the oil separates from the spices. Now add the water, eggs and potatoes.
6. Stir to blend all ingredients. Bring to the boil and cook for 5-6 minutes, stir occasionally to ensure that the thickened sauce does not stick to the bottom of the pan. Remove the pan from the heat and pour the curry into a serving dish.
7. Stir in the fresh coriander and serve.

Broken Egg Curry

Ingredients

- 2 inch ginger
- 2 garlic cloves
- 2 onions, chopped
- 4 Tbs. ghii
- 1 lb. tomatoes, skinned, chopped
- 1 bunch coriander leaves, chopped
- 4 chiles, green, fresh, chopped
- salt to taste
- 3 C. coconut milk
- 6 eggs

Method

1. Grind ginger and garlic together to make a paste.
2. Fry onions in ghii until golden.
3. Add ginger/garlic paste and tomatoes and let simmer until tomatoes are pulpy.
4. Add coriander, chiles, salt, and coconut milk.
5. Increase the heat. Let the curry come to boil. Then break the eggs into the curry and do not stir.
6. When the eggs set the curry is ready. Serve with rice.

Egg Moglai masala

by Sunita

Ingredients

- eggs
- 1 tsp red chili pwd
- 1/2 tsp turmeric
- 1 tsp dhania(coriander) pwd
- 1 tsp cumin powder
- 1 medium onion sliced
- 1/4 cup finely chopped coriander leaves
- 1 tablespoon curd (yoghurt)
- 1 tsp kasoori methi
- 1/2 tsp garam masala
- Salt to taste
- 2 tbsp cooking oil/ghee(clarified butter)

Blend to a smooth paste:

- 1 small onion
- A medium piece ginger
- 4-5 cloves garlic
- 1 tablespoon curd
- 1 small stick cinnamon
- 1 cloves
- 2 cardamoms

Blend to a smooth paste:

- 2 small tomatoes
- 1 tablespoon cashewnuts

Method

1. Hard boil the eggs, shell them and make slits on each egg with a thin knife. Set aside.
2. Heat the oil and fry the sliced onion.

3. When it starts turning brown, add the ground onion masala and fry till the oil starts leaving the sides of the mixture.
4. This will take around 10 minutes.
5. Add the red chilli, turmeric, dhania and cumin powders and fry for half a minute.
6. Take it off the fire and add the eggs. Mix thoroughly till each egg is well coated with the masala.
7. Add the tomato paste, enough water for a gravy, curd, salt to taste and the coriander leaves.
8. Put it back on the fire and cook covered for about 3-4 minutes.
9. Now add the garam masala and the kasoori methi and heat through.
10. Serve hot with phulkas or plain rice.



Rice & Rice Dishes

These dishes are either all rice, or mainly rice based.

Indonesian Fried Rice

Ingredients

- 2 tbsp groundnut (peanut) oil
- 2 tbsp coarsely chopped garlic
- 1 small onion, finely chopped
- 2 tsp finely chopped fresh ginger
- 400ml/14fl oz long-grain white rice
- 1 tsp sugar
- 2 tbsp vegetarian oyster sauce
- 1 tbsp chilli bean sauce
- 1 tbsp dark soy sauce
- freshly ground black pepper
- 2 eggs
- 2 tsp sesame oil
- 1 tsp salt
- To garnish
- 1 tbsp groundnut (peanut) oil
- 2 eggs
- 3 tbsp finely chopped spring onions
- handful fresh coriander sprigs

Method

1. At least two hours in advance, or even the night before, steam-cook the rice. Allow it to cool by spreading it on a baking sheet. When it is cool, cover and refrigerate.
2. Combine the eggs with the sesame oil, half the salt and some freshly ground black pepper, then set aside.
3. Heat a wok or large frying-pan over a high heat. Add the oil and, when it is very hot and slightly smoking, add the garlic, onion, ginger, the remaining salt and some black pepper. Stir-fry for two minutes.

4. Add the rice and stir-fry for three minutes. Next, add the sugar, vegetarian oyster sauce, chilli bean sauce and soy sauce and stir-fry for two minutes.
5. Add the egg mixture and stir-fry for another minute. Turn on to a platter. Finally, make the garnish. Wipe the wok clean with kitchen paper and reheat it. When hot, add the oil.
6. When it is hot and slightly smoking, fry the eggs.
7. Using a slotted spoon, place the cooked eggs on top of the rice and sprinkle with the spring onions and coriander.
8. Serve at once.

Vegetable Biryani

by Sunita

Ingredients

- 2 cups of assorted vegetable, cut into longish pieces
- (You can use green beans, peas, carrots, cauliflower, etc)
- cups rice
- 1 cup curd(yoghurt)
- Salt to taste
- 6 green chillies, minced
- 1 tsp fresh garlic paste
- 1 tsp fresh ginger paste
- 2 tsp chopped mint leaves
- 2 tsp chopped coriander leaves
- 2 tomatoes, chopped
- 1 tsp fresh dhania (coriander) powder
- 1 tsp fresh cumin powder
- 1 tsp red chilli powder
- 1 tsp clove powder
- 1 tsp cinammon powder
- 1 tsp chopped cashewnuts
- 1 stick cinammon, broken into bits
- 2 cloves
- 2 cardamoms
- 2 medium sized onions, sliced finely
- 2 tbsp ghee(clarified butter)
- A pinch of saffron(orange coloring)
- 1-2 tsp milk
- 1 cup deep fried onion slices for garnish
- 1/2 cup chopped mint and coriander leaves for garnish(Optional)

Method

1. Combine together ingredients 3 to 15 and mix well.
2. Add the vegetables to it and let it marinate for about 1/2 hr.

3. Heat the ghee in a pan and add the cashewnuts, cinnamon, cardamom and cloves. Fry for 15 seconds and add the sliced onion.
4. When the onions turn transparent, add the marinated vegetables and without adding any water, cook the vegetables on medium heat till the masala is well cooked and turns aromatic. The vegetables should be completely done.
5. The masala will reduce and lose all moisture.
6. Set aside.
7. Wash the rice and steam cook it such that individual grains can be separated.
8. Dissolve the saffron in the milk.
9. Take about one cup of cooked rice and add the saffron to it.
10. Now mix this colored rice with the rest of the cooked rice, so that you get streaks of orange in the rice.
11. In a deep oven-safe bowl, pour this rice and spread to cover the entire bottom of the vessel.
12. Pour the vegetables on top and spread evenly.
13. Cover the dish with foil and bake for about 20 minutes at 300 deg f.
14. Remove foil and serve hot, garnished with chopped herbs and fried onions.

Vegetable Pulao

by Sunita

Ingredients

- 3 cups of rice, boiled
- A bunch of coriander leaves.
- 3-4 green chillies.
- 2 tsp of coconut, shredded
- medium onions, sliced fine.
- 1/2 an onion, chopped.
- A few sticks of cinnamon, a few
- cardamom seeds, a few cloves.
- 1 1/2 tsp red chilli powder.
- salt to taste.
- 2 flakes garlic.
- 1 inch piece ginger.
- Ghee or melted butter for frying.
- 1 cup of cauliflower flowerets.
- Some mixed frozen vegetables like beans,
- carrots and green peas.
- 3 tsbp ghee (clarified butter)

Method

1. Grind together the 1/2 onion, coconut, garlic, ginger and coriander in the blender, to make a smooth paste. Keep aside.
2. Fry the onions in a the ghee or melted butter.
3. Also add the cloves, cinnamon and cardamom.
4. When onions are browned properly, add the red chilli powder and fry for 30-45 seconds.
5. Now add all the vegetables, including the cauliflower and sprinkle some water on it.
6. Keep covered and cook on a low flame till the vegetables are cooked. This might take approximately 15-20 minutes.

7. Keep sprinkling water periodically to speeden up the process, but do not add excess water as it will ruin the pulao.
8. When the vegetables are done, transfer the vegetables to a big mixing dish, add all the boiled rice, salt to taste and the blended masala.
9. Mix thoroughly and then heat it either in a microwave or on low heat on the cooking range. It is heated again to let the salt spread across the dish.
10. Serve with Raita.

Vegetable Pullao 2

by Madhur Jaffrey

This rice dish is traditionally from Northern India.

Ingredients

- basmati rice, measured to the 450ml/ ¾ pint level in a measuring jug
- 3 tbsp olive or groundnut oil
- ½ tsp brown mustard seeds
- 1 hot green chilli, finely chopped
- 100g/4oz potato, peeled and cut into 5mm/¼in dice
- ½ carrot, peeled and cut into 5mm/¼in dice
- 40g/1½oz green beans, cut into 5mm/¼in segments
- 3g/½ tsp ground turmeric
- 1 tsp garam masala
- 1 tsp very finely grated fresh root ginger
- 6g/1¼ tsp salt
- 570ml/1 pint water

Method

1. Wash the rice in several changes of water then drain. Put it in a bowl, cover with water and leave to soak for 30 minutes, then drain again. Put the oil in a heavy-based pan (with a tight-fitting lid) and set it over a medium high heat. When it is hot, put in the mustard seeds. As soon as they begin to pop - a matter of seconds - put in the chilli, potato, carrot, green beans, turmeric, garam masala and ginger. sauté, stirring for 1 minute.
2. Reduce the heat to medium-low and add the drained rice and the salt. Cook the rice gently, stirring for 2 minutes.
3. Add the water and bring to the boil. Cover the pan tightly with a close-fitting lid or with foil and a lid, then turn the heat to very low and cook for 25 minutes.

South Indian Pilau 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 dhanian 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:

1. 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.
2. 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 dhanian powder and chili powder (if green chili was not added before). Add the tomato paste and one cup of water and bring the mixture to boil.
3. Add the vegetables, rice and salt. If you like coconut, add 1/4 cup of coconut flakes.
4. 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.

Kesar Chawal (Saffron Rice)

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:

1. 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.
2. Wait 1 minute and then add the bay leaves and 1/2 the onions.
3. 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.
4. 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.

Navratan Pilau (Nine Jeweled Rice)

Ingredients:

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

Method:

1. 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.
2. 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.
3. 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.

4. (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.
5. 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.

Pillau Rice

by Kris Dhillon

This colourful rice dish with its wonderful aroma is probably the most popular way of serving rice in Indian restaurants. It is a modification of the lavish pillaus made with lashings of ghee, opulently flavoured with saffron and generously garnished with almonds, sultanas, and silver 'vark' that are served in parts of northern India on festive occasions.

The dish familiar nowadays uses less ghee and relies on food colourings rather than the expensive saffron for its array of colours.

Serves 4.

Preparation and cooking time: 30 minutes approx.

Ingredients:

- ¼ teaspoon yellow food colouring
- ¼ teaspoon red food colouring
- 2 cups basmati rice
- 1 tablespoon vegetable ghee
- 2 teaspoon finely chopped onion
- 6 green cardamoms
- 1 by 2 inch (5cm) stick cinnamon
- 4 cloves
- 2 bay leaves
- 3 cups cold water
- ½ teaspoon salt

Method:

1. Mix each food colouring with about a tablespoon of water, keeping the two colours separate, and set aside.
2. Pick over the rice carefully for any stones and wash thoroughly in several changes of water. Leave to drain in a colander or large sieve.
3. Meanwhile heat the ghee in a heavy pot, and fry the onion until just translucent. Add the cardamoms, cinnamon, cloves, and bay leaves and cook for one minute.
4. Add the rice to the pot and mix well to coat all the grains with the ghee.
5. Pour in the water, add the salt, stir and bring to the boil. Once boiling turn the heat to very low and cover the pot with a tight fitting lid.
6. Switch on the oven to preheat to gas mark 3 (350F or 170C).
7. After five minutes stir rice gently with a fork or a wooden spoon. Cover again for a further three minutes.
8. After this time stir the rice again, but very carefully to avoid breaking the grains which will by now have become softer. The best way to do this is to slide the spoon down the side of the pot and gently lift the rice at the bottom to the top. Cover again, and repeat this procedure after a further two minutes. This method ensures that all the rice cooks evenly and you don't get a soggy mass at the bottom for the pot whilst the top layer remains under-cooked.
9. Now take one of the food colourings and make two lines of colour across the rice. Repeat with the other food colouring and make two lines down.
10. Replace the lid and place the pot in the oven for 15-20 minutes to finish cooking the rice and set the colours.
11. Remove the rice from the oven and transfer to a suitable container layer by layer to avoid breaking the rice. Fluff up gently with a fork to distribute the coloured grains equally.
12. Serve immediately or cool and refrigerate for up to three days.
13. When re-heating, the ideal way is to use the microwave oven. If using a conventional oven, remember to cover the rice to prevent it drying up.

11. NB. Peas pillau made in this way is delicious eaten cold with spiced yoghurt.

Peas Pillau

by Kris Dhillon

The restaurant method of making peas pillau is to warm up ready made pillau rice (recipe page 102) with some frozen peas that have been thawed out in a little hot oil. You may wish to do just this if you have some left over pillau rice. If not, follow the recipe below, which I feel is the better way to make this rice dish.

Serves four.

Preparation and cooking time: 30 minutes approx.

Ingredients:

- 2 cups basmati rice
- 1 tablespoon vegetable ghee
- 1 small onion finely chopped
- ½ lb (225g) frozen peas
- 4 green cardamoms
- 2 bay leaves
- 1 by 2 inch (5cm) stick cinnamon
- 1 teaspoon whole cummin seeds
- 3 cups cold water
- 1 teaspoon salt

Method:

1. Pick over the rice and wash in several changes of water. Leave to drain in a colander or sieve.
2. Heat the ghee in a heavy pot and fry the onion until transparent.
3. Add all the remaining ingredients except rice, water, and salt, and cook on a gentle heat for 6-7 minutes, stirring now and again.
4. Add the drained rice and mix well. Stir in the water and salt and bring to the boil.
5. Cover the pot with a tight fitting lid and turn down the heat to very low.
6. Preheat oven to gas mark 3 (350F or 170C).
7. After five minutes stir in the rice. Replace lid for a further three minutes. Stir very carefully after this time by sliding the spoon down the side of the pot and gently pushing the rice at the bottom, towards the top.
8. Place the covered pot in the hot oven for about 15 minutes to dry off the rice.
9. Transfer to another container layer by layer and fluff up with a fork.
10. If not using immediately, cool, and keep covered in the refrigerator for up to two days.

Fried Rice

by Kris Dhillon

This is a tasty variation of a simple rice dish. Use half of the boiled rice from page 101 to create two different rice dishes in moments.

Serves two.

Preparation and cooking time: 5-10 minutes.

Ingredients:

- 2 tablespoon vegetable ghee
- ½ small onion finely chopped
- 1 cup basmati rice

Method:

1. Heat the ghee in a pan and fry the onion until just beginning to brown.
2. Warm the rice and add to the pan. Toss around in the pan for a minute or two.
3. Serve immediately.



Manchurian

I'm not sure what Manchurian dishes have in common...

Gobi Manchurian

by daawat.com

Ingredients:

- cups cauliflower florets
- 1 cup all purpose flour
- 1 tsp ginger garlic paste
- 1 tsp green chilli paste
- 1/2 cup chopped spring onions
- 1/4 cup chopped capsicum
- 2 tsp chopped garlic
- 2 tsp soya sauce
- 2 tsp tomato ketchup
- 1 tsp chilli sauce
- Salt to taste
- Oil for deep frying

Method:

1. Cook cauliflower florets in salted water for 5 minutes. Remove the water and keep aside.
2. Add ginger garlic paste, green chilli paste, salt and water to all-purpose flour to make a batter of medium consistency.
3. Dip the florets in the batter and deep fry in hot oil until golden brown. Remove and drain.
4. Heat 2 tsp of oil in a skillet and sauté spring onions, garlic and capsicum for 5 minutes. Add soya sauce, chilli sauce, tomato ketchup and cook for 2 minutes.
5. Add the florets, mix well and cook for 5 minutes.
6. If gravy is required, add 1 tsp of corn flour mixed in water (1 cup) with out any lumps before adding the florets. Cook for 5 minutes and then add the florets.

Serves: 4

Preparation time: 30-40 minutes

Cauliflower Manchurian

by Sunita

Ingredients

- 1 small Cauliflower, cut into flowerets
- 2 tbsp garlic paste
- 2 tbsp ginger paste
- 2 tsp red chilli powder
- 1/2 tsp turmeric powder
- 2 tbsp green chilli paste
- 1/2 bunch coriander leaves, chopped finely
- A pinch of saffron (or red coloring), dissolved in milk
- 2-3 green onions (scallions), chopped finely (If you cannot find green onions, you can substitute with white, ordinary onions)
- 1 1/2 teaspoon of garlic, chopped
- 2 tsp soya sauce
- 1 1/2 tablespoon of cornflour , dissolved in water
- 1 tablespoon chapati atta(wheat flour)
- 1/2 cup rice flour
- 1/2 tsp baking powder
- 1/2 cup of cornflour
- Juice of 1/2 lemon
- Salt to taste
- Oil for deep frying the cauliflower
- 2 tablespoon oil for sauce

Method

1. In a large bowl,combine the chapati atta , rice flour, 1/2 cup cornflour,baking powder, salt, soy sauce, 1 tablespoon garlic/ginger paste, 1 tsp chilli powder, turmeric powder and 1 tablespoon green chilli paste.
2. Mix well with water, till you get the consistency of thin batter.

3. Dip the cauliflower flowerets in this batter and deep fry in oil, drain and set aside.
4. In a open pan, add some oil and when it smokes add the remaining garlic and ginger paste.
5. The minute it starts turning brown, add the chopped onions and fry only till they start becoming translucent.
6. Now add the chopped garlic and green chilli paste and fry for a minute.
7. Add the soy souce and stir for a minute.
8. Bring down the heat and then add the cornflour-water paste and the red coloring.
9. The mixture will start to thicken.....keep on stirring on low heat and when the mixture turns thick enough, add the chopped corainder leaves and stir for 20 seconds.
10. The leaves should not lose thier color.
11. Take this mixture from the heat and pour it onto the fried caulilower.
12. If you desire, you can add the cauliflower when the mixture is in the pan itself in the last stage. But this will turn the cauliflower soggy.. It all depends on how you like to eat the Cauliflower manchurian....soft or crispy...



Kofta

Balls of various things deep fried and then served with a curry sauce.

Cabbage Kofta Curry

by Sunita

Ingredients

For kofta:

- 1 small cabbage, shredded finely
- 2 small onions , minced finely
- Salt to taste
- 1 tsp Garam Masala powder
- 1 tsp Chilli powder
- 1 cup Besan

Blend to a smooth paste, the following:

- 2 cloves
 - 1 cinamon stick
 - 1-2 cardammom pods
 - 1 medium onion
 - 5 garlic clovettes
 - 1 small piece ginger
 - 1 tsp jeera
 - 1 tsp dhanias seeds
 - 1 tsp poppy seeds
 - 1 tsp cashewnuts
 - 4-5 green chillies
 - 1 medium tomato
 - 1/2 cup chopped coriander leaves
-
- 1 large onion, sliced finely
 - 1/2 tablespoon curd

Method:

1. Mix all the kofta ingredients together and make a batter, Pour small round lumps of the batter in hot oil, deep fry and set aside.

2. Heat oil in a pan and fry the sliced onion till it turns translucent. Now add the masala paste.
3. Fry till the oil starts leaving the sides of the masala.
4. Now add 1 tablespoon of curd and mix well.
5. Add salt and enough water to make a think gravy and bring the mixture to a boil.
6. Now add the deep fried koftas and heat through.
7. Serve hot with chapatis or rice.

Chickpea Kofta

Serving Size 10, Preparation Time 1 hour

Ingredients:

- 2 cups cooked garbanzo beans
- 1 medium baking potatoes, cooked and mashed
- 1/2 teaspoon coriander
- 1 teaspoon paprika
- 1 teaspoon ground cumin
- 1/8 teaspoon cayenne pepper
- 1/4 teaspoon salt
- 1/2 teaspoon baking powder
- 2 Tablespoons yogurt
- 1/4 cup chopped cilantro or minced parsley

Method:

1. Process chickpeas in food processor until texture resembles coarse bread crumbs. Transfer 2/3 of mixture to a mixing bowl along with mashed potato. Set aside. Add to the remaining chickpeas the following and process until smooth: all of the dried herbs, baking powder.
2. Add this paste to the mixing bowl along with the yogurt and cilantro. Mix well.
3. Drop spoonfuls of mixture on sheet like cookies. Makes 15-20.
4. Bake at 350F for 35-45 minutes. Flip them about half way through, flattening with the spatula before flipping. Let them cool a bit and remove carefully.

Malai Kofta

by Sunita

Ingredients

- For the Kofta:
- 1 1/2 lb. potatoes
- 2 heaped tablespoons each of crumbled paneer,
- khoya and thick malai(You can substitute this with
- baked ricotta cheese and heavy cream)
- 4-5 cashewnuts chopped
- 1 tablespoon raisins
- 2-3 finely chopped green chillies
- 1/4 tsp sugar
- 1 tsp coriander powder
- 1 tsp cumin powder
- 1 tsp red-chilli powder
- 1/2 tsp cardamom powder
- Salt to Taste
- tbsp cooking oil/ghee(clarified butter)
- Oil for frying the koftas

For the gravy:

- 2 medium onions,chopped
- flakes garlic,crushed
- 1 inch ginger,crushed
- 3 large tomatoes,pureed
- 1 tsp red-chilli powder
- 1/2 tsp garam masala powder
- 1/2 tsp dhania(corander) powder
- 1/2 tsp cumin powder
- 2 tsp powdered poppy seeds
- 1/2 tsp sugar
- 1 tbsp ground peanuts/cashewnuts

Method

1. Boil the potatoes till tender.
2. Peel, mash and add salt to taste.
3. Keep aside.
4. Mix all the other ingredients for the kofta into a paste.
5. Make rounds of the potato dough and place a little of the prepared mixture in the center of each round.
6. Seal the edges and shape into stuffed rounds.
7. Deep fry each kofta till golden brown.
8. Drain and keep aside.
9. Blend together the onions, ginger, garlic and the poppy seeds and fry in 3 tbsp of oil till brown and the oil begins to separate.
10. Add the pureed tomatoes and the masala powders.
11. Add the sugar and the ground peanuts.
12. The gravy will begin to thicken.
13. You can also add some malai to thicken it some more.
14. Mix in some water if necessary.
15. When the gravy comes to a boil, add the koftas.
16. Heat through and serve.
17. The koftas should be put in just before eating the dish or else they will turn soggy.

Malai Kofta 2

Ingredients:

- 600 ml. Milk
- 2-3 tbsp. Lemon juice
- 4 tbsp. Gram flour (besan)
- Oil for frying
- Salt to taste

For Gravy:

- 3 tsp. Oil
- 400ml Milk
- 1 (large) Onion
- 2 (medium) Tomatoes
- 1 tsp. Turmeric Powder
- 2 Green chillis
- Salt to taste

Method:

1. Heat milk in pan & bring it to boil. Remove from heat.
2. Add lemon juice. Stir slowly & gently until white curd forms on the surface & separates from whey.
3. Strain the milk. This will give you "chenna". Squeeze "chenna" to make sure that most water is extracted.
4. Knead "chenna" to make a smooth dough.
5. Make small balls of equal size and wrap each ball in gram flour.
6. Fry these "chenna" balls in oil until golden brown and keep aside.
7. Making gravy: Take a pan/kadai with specified oil and fry chopped onion until it turns pink.
8. Add turmeric powder & green chillies.
9. Add chopped tomatoes and fry well till the mixture starts separating from oil.
10. Now add milk in it & let it boil. Keep stirring in between.

11. After boiling for approx. 5-7 min, add the fried "chenna" balls & let it boil for another two min.

Serve hot with roti.

Soya Kofta Curry

by daawat.com

Ingredients:

- 100 gms soya granules
- 1 potato, boiled, peeled & mashed
- 2 green chilies
- A pinch of nutmeg powder
- Salt to taste
- 2 tbsp gram flour (besan)
- Soya refined oil for deep frying
- 2 tbsp. soya refined oil
- 1 bay leaf
- 1/2 cup boiled onion paste
- 2 tsp ginger-garlic paste
- 3-4 tbsp tomato paste
- 1 tsp red chili powder
- 1 tsp coriander powder
- 1/2 tsp turmeric powder
- 1/2 tsp garam masala powder
- Chopped coriander leaves for garnishing

Method:

1. Soak soya granules in lukewarm water for about 15 minutes. Squeeze to remove excess water.
2. Mix soya granules, mashed potato, green chilies, nutmeg powder and salt. Add besan to this mixture mix well and then make small koftas. Deep fry these koftas in moderate hot oil until crisp. Remove and keep aside.
3. Heat oil, add bay leaf and boiled onion paste, cook till oil starts separating. Add ginger-garlic paste, tomato paste, cook for a moment

then add red chili powder, coriander powder, turmeric powder and cook nicely.

4. Add water, garam masala, adjust salt and then add koftas and coriander leaves. Cook till done. Serve hot.

Serves: 6

Preparation time: 45 minutes



Subzi

Subzi Makhani

5. Garnish with coriander leaves and serve hot with pulao or naans.

Serves: 4-6

Preparation time: 20-25 minutes

Ingredients:

- 2 cups mixed vegetables
- 3 tbsp butter
- 1/4 cup green peas
- 1 small capsicum
- 1/4 cup water
- 1/4 tsp garam masala
- 2 tbsp chopped coriander leaves
- 1 medium onion
- 1 tbsp chopped ginger
- 1 tbsp chopped garlic
- 1 tbsp chopped green chillies
- 1 tsp chili powder
- 2 cloves
- 1/2 inch cinnamon
- 2 cardamoms (green)
- 2 tbsp cashewnuts
- 1 tsp poppy seeds
- 2 tbsp oil

Method:

1. Boil the mixed vegetables and peas. Remove seeds and cut the capsicum. Chop the onion, coriander leaves and the cashews.
2. First make a masala paste by browning the onion, ginger, garlic, chillies, chilli powder, cloves, cinnamon, cardamom, cashews and poppy seeds in oil and grinding to a fine paste.
3. Melt the butter in a separate pan. Add the mixed boiled vegetables, green peas and capsicum. Fry on a medium flame for 2 minutes.
4. Add the masala paste and fry for 3 minutes, stirring. Add the water, salt and garam masala. Cook uncovered on a high flame for 2 minutes.

Potato Mint Subzi

by daawat.com

Ingredients:

- potatoes, boiled and peeled
- 1/4 cup fresh mint leaves, finely chopped
- 1/4 cup fresh cilantro leaves, finely chopped
- 1/2 tsp cumin powder
- 1/2 tsp coriander powder
- 1/4 tsp chili powder
- Salt and pepper to taste
- 2 tbsp oil

Method:

1. Cut the potatoes into half and mix with mint leaves, powders, salt, pepper and keep aside for 1 hour.
2. Heat oil in a pan, and fry the above mixture on low fire until it gets golden color.
3. Garnish with cilantro and serve as a side dish with rice.

Soya Mutter Ki Subzi

by daawat.com

Ingredients:

- 1/2 cup Soya nuggets
- 1/2 cup green peas
- 1/2 tsp. cumin seeds (jeera)
- A pinch of asafoetida (hing)
- 1 tsp. ginger-green chili paste
- 1/2 tsp. garlic paste
- 2 medium onions, chopped
- 2 tomatoes, finely chopped
- 1/4 tsp. turmeric powder (haldi)
- 1/2 tsp. chili powder
- 1/2 tan coriander powder
- 1/4 cup fresh curd
- 2 tsp. Bengal gram flour (besan)
- 2 tbsp. milk
- 1/2 tsp. sugar
- 2 tbsp. oil
- Salt to taste

Method:

1. Cook the Soya nuggets in hot salted water for about 20 minutes. Keep aside.
2. Heat the oil and add the cumin seeds. When they crackle, add the asafoetida, ginger-green chili paste, garlic paste, onions and sauté till the onions are translucent.
3. Add the tomatoes, turmeric powder, chili powder, coriander powder and cook on a slow flame for about 5 to 10 minutes.
4. Mix the curds, gram flour, milk, 3/4 cup of water and add to the onion-tomato gravy.

5. Add the Soya nuggets, green peas, sugar, salt and simmer for 2 more minutes.
 6. Serve hot.
- Serves: 2
Preparation time: 40 minutes

Saim (Broad Beans) Ki Subzi

(Optional: With Baingan)

Ingredients

- Saim - 1/2 kg.
- Vegetable oil - 4 tbsp
- Panchforan seeds- 1/2 tsp
- Tejpatta - 2
- Dried red chilly - 1 (broken into half)
- Haldi (turmeric) powder - 1/4 tsp
- Red chilly Powder - 1/2 tsp
- Mustard: 2 tbsp (made into a paste adding water)
- Dhania patta- a bunch (finely chopped)
- Salt - 3/4 tsp

Method:

1. Cut the end of saim, 2 mm from one end, pull up the end towards the length thereby pulling out the thick skin at the joints of the 2 flaps of the saim. Then cut the other end as well. Wash the vegetable well. Next cut the saim into half inch pieces.
2. Heat oil in a karaahi, add panchforan seeds, tejpatta and dried red chilly to it.
3. Just when panchforan starts to splutter, add the saim to it.
4. Saute the vegetable for 2 minutes over medium heat, and then add red chilly powder, mustard paste and turmeric to it. Cover the lid of karaahi and cook on slow flame for 5 minutes.
5. Open the lid, add salt and tomato, saute for sometime and cover the lid again. Keep it covered till the saim gets completely tender and starts to leave oil on the sides of karaahi, usually 10 minutes.
6. Put off the flame. Garnish with chopped dhania patta.
7. Serve the subzi, lukewarm or at room temperature, with garma garam chapaatis or rice-daal-melted desi ghee.

The Vegetarian Curry Bible

Variation: One brinjal cut along its length into 2-inch size can also be added to the subzi along with saim.



Balti

I have heard various explanations for the origin of this, including a mythical 'Baltistan', but was reliably informed when in India that it simply means 'bucket'.

Balti Chick-Peas (Chana Balti)

Ingredients

- 125 ml Oil
- 125 g Grated onion
- 1/2 t Ground fresh root ginger
- 1/2 t Ground fresh garlic
- 125 g Finely chopped fresh tomatoes
- 350 g cooked or canned chick peas, drained
- 1/2 t Salt
- 1/2 t Red chilli powder
- 1 pinch Ground turmeric
- 600 ml Water
- 1 Whole fresh green chilli
- 2 tbsp. Chopped fresh coriander
- 1 t Garam masala

Method

1. Put the oil into a karahi or deep frying pan, add the onions and fry for 5 minutes or until golden brown.
2. Add the ginger, garlic, and tomatoes, and simmer, covered for 10-15 minutes on low heat until the oil separates and the mixture forms a pulp.
3. Add a tablespoon of water at a time if required.
4. Add the cooked or canned chickpeas, salt, red chilli powder, and turmeric, and stir well.
5. Add 6 tablespoons of boiling water and simmer on low heat for 5-7 minutes or until excess water evaporates and there is thick gravy.

Balti Vegetarian

Ingredients:

- 250 g Fresh coriander
- 2 tbsp Oil
- 125 g Grated or finely chopped onion
- 1 tsp Fresh garlic, ground
- 250 g Peeled potato, cut into 2.5cm cubes
- 1 tsp Salt
- ½ tsp Red chili powder (omit for milder taste)
- ½ tsp Turmeric
- 1 tsp Ground fresh green chilies (optional)
- 1 tbsp Ghee or
- 2 tbsp Oil
- 1 tsp Grated fresh root ginger

Method:

1. To prepare the coriander, take the leaves off the stalks, add to a large bowl with plenty of water and soak for 20 seconds, so the silt can settle to the bottom. Gently remove the leaves and chop finely or blend in a food processor.
2. Put the oil in a karahi or deep frying pan, add the onions and fry until transparent. Add the garlic and fry for 1 minute, then add the potatoes, salt, red chili powder and turmeric. Cook on lowest heat setting for 5 minutes, or until potatoes are par-cooked.
3. Add the coriander and fresh chilies (if used) and mix once. Simmer on low heat, for 10 minutes or until potatoes are fully cooked. Stir from time to time to prevent mixture from sticking to the bottom. If the potatoes are cooked but liquid remains, cook uncovered until it evaporates.
4. In a small frying pan add the ghee and grated ginger and cook on low heat for 1 minute or until brown. Pour on top of the vegetables in the karahi -- this is called "tarka". Take to the table to serve, without mixing. Serve with warm nan bread or chapattis brushed with some oil

or butter, and a bowl of natural yogurt and thin slices of mooli (white radish).



Dals

Anything mainly consisting of a pulse, bean or pea and little else, if considered a dal here. Best served with rice, chapatis and other dishes. You can't escape dal when eating in India (and who would want to?).

Chana Dal Khichiri

Ingredients

- 1 cup rice
- 1/3 cup lentils
- 1/2 cup sliced onion
- 1-tsp. cumin seeds
- 1/2 inch cinnamon stick
- 2 cloves
- 1 brown cardamom pods, split or bruised
- 10-12 peppercorns

Method

1. Rinse rice and lentils separately, then soak them in 2 1/2 cups of water for 20-25 minutes.
2. Drain them well and put off to side.
3. Slowly dry-fry onions, in heavy saucepan.
4. When they begin to caramelize and brown, and exude moisture, add cumin, cinnamon, clove, cardamom, and peppercorns. If they stick, add a little water.
5. Stir until onions are golden brown.
6. Add 2 1/4 cups off water and put in lentils first.
7. Let it come to a boil, reduce heat to a minimum, cover and cook 10 minutes, add drained rice, stirring gently to mix lentils and rice together.
8. Cover and continue cooking for 20-25 minutes, let stand 3 or 4 minutes before serving.

Dal Makhani

by Sunita

An innovative way to eat lentils, this dish combines the tangy taste of spices like hing and cumin with the delicious aroma of melted butter and you'd be surprised how effortless it is to make something that tastes so yummy!

Ingredients

- 1 1/2 cups toor dal, washed and drained
- 2 tomatoes, medium sized, cut into large pieces
- A pinch of turmeric powder
- 2 tsp coriander leaves, chopped

For seasoning:

- 1 small onion, chopped
- A pinch of hing
- 1 tsp red chilli powder
- 1/2 tsp turmeric powder
- 1 tsp dhania powder
- 4-5 green chillies, chopped
- 1 sprig curry leaves
- 1 tsp cumin seeds
- 1 tsp mustard seeds
- 1/2 stick butter
- Salt to taste

Method

1. Boil the dal and tomatoes with a pinch of turmeric powder and 1 cup water till the dal is soft.
2. Add salt to taste.
3. Set aside.
4. In a saucepan, prepare the seasoning by heating the butter.
5. Add the cumin and mustard.

6. When the cumin is slightly fried, add all the other seasoning ingredients except the red chilli, turmeric and dhania.
7. Fry till the onion starts turning color.
8. Now add the powders and fry for a minute.
9. Remove from heat and add the boiled dal/tomato to this.
10. Add the chopped coriander leaves.
11. Mix well.
12. Adjust the salt if necessary.
13. Add 1 cup of water.
14. Bring it to a boil and remove.
15. Serve hot with rotis or plain rice.

Dali Thoi

by Sunita

Ingredients

- 1 cup of toor dal
- 2-3 green chillies, minced finely
- 2-3 red chillies
- A pinch of Asoefetida(Hing)
- Salt to taste
- 1 tsp mustard seeds
- A bunch of coriander leaves, chopped
- 1 tsp lime juice
- Cooking oil

Method

1. Pressure cook the dal till it is soft.
2. After it is done, transfer the cooked dhal into a dish, add the green chillies, salt and the chopped cilantro and bring it to a boil.
3. Season with mustard seeds, hing and red chillies.
4. Add the lime juice and stir.
5. Eat hot with plain rice and vegetable curry.

Kali Dal

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:

1. 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.
2. 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.
3. 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.

Masur Dal

(Serves 4)

Ingredients:

- 1 cup dal (Moong - yellow, or masur - pink)
- 3 1/2 cup Water
- to taste Salt
- 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:

1. 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.
2. 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).

Rajasthani Dal

Ingredients:

- 1/2 cup Green Gram Split (Moong Dal)
- 5 tablespoons Bengal Gram Split (Chana Dal)
- 1 tablespoon Ginger (chopped)
- 1 teaspoon turmeric powder
- Salt to taste
- 2 tablespoons Oil (I just use peanut or vegetable in this case)
- 1 teaspoon Cumin Seeds
- 1/2 teaspoon Asafoetida (known as "hing" in Indo-Pak groceries)
- 2 red chilies, whole and dried
- 1/2 cup onions (chopped)
- 1 tablespoon red chili powder (cayenne)
- 1 teaspoon dry mango powder (amchur)

Method:

1. Pick, wash and soak moong dal and chana dal in about 3 cups of water for an hour. Boil soaked moong and chana dal with 4 cups of water, salt, turmeric powder and chopped ginger till chana dal is cooked.
2. Heat oil in a pan. Add cumin seeds, asafoetida and whole dry red chilies and cook till cumin seeds begin to crackle.
3. Add chopped onions; cook till onions are light brown. Add red chili powder and cooked dal to this. Simmer for 10 minutes and add amchur or 2 teaspoons of lemon juice.

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
- 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:

1. Boil the toor dal with 3 cups of water.
2. Fry channa dal, dhania seeds, hing, and red chilies for a few minutes, and then fry them with the grated coconut. Grind the above mixture with water.
3. Fry the green pepper in oil for a few minutes. Boil the tamarind paste, water, salt, turmeric, tomato and vegetables.
4. Add turmeric and the sale, cook for about 5 minutes. Add boiled dal and bring it to a boil.
5. In the meantime fry the mustard seeds and onion.
6. Add the above ingredients & coriander leaves to the mixture.
7. Serve hot

Spicy Dal Fry

by Sunita

Ingredients

- 3/4 cup toor dal.
- Two medium tomatoes
- A bunch of coriander leaves.
- 2 tsp coriander powder.
- Some red chillies(around 10) or 2-3 teaspoons of chilli powder.
- 2-3 flakes garlic.
- A small piece of ginger.
- 1/4 stick butter.
- Three small onions.
- 1 teaspoon cumin seeds or powder.
- 1 each cardamom, cinammon, cloves.
- salt to taste.

Method

1. Boil the toor dhal in the cooker for only two whistles.It should be just boiled and not too soft.
2. In the blender, grind together two onions, garlic, ginger, coriander leaves, tomatoes,cumin seeds,coriander powder and the red chillies(or powder).
3. Slice the other onion finely.
4. Melt the butter in a pan and fry the sliced onion with the cardomom,cinammon and cloves.When the onions are turning a little brown, add the ground masala and fry for around 15-20 minutes(all the water should have evaporated, and the paste should be dry).
5. Now add the boiled dhal to it and add a little water to make a gravy.
6. Add salt to taste.
7. Boil for a while till you get the required consistency.
8. Eat it hot with rice and papad.

Sne's Dal

This is a famous recipe (for us) that we learnt in India from the lovely Sne, so this, at least, is authentic. Dal is eaten daily in India.

Preparation: 10 mins

Cooking: 1 - 4 hours.

Ingredients:

- 1 glass lentils or bean mix
- 6 glasses of water
- Generous amount of salt (to personal taste)
- 1/2 tsp turmeric
- Splash of oil
- Big pinch coriander seeds (or small handful)
- Big pinch cumin seeds (or about a teaspoon)
- Dry chilli
- Ghee or other oil (be generous)

Method:

1. Boil the lentils in the water with the turmeric and splash of oil, on a high heat for ten minutes, then cook, covered on low heat for at least 1 hour, preferably three or four.
2. When liquid is reduced you can taste the dal. It should taste good, if it is bland then you may need more salt, or more cooking.
3. If the liquid boils down and it gets too thick too early, lower the heat and add some more water.
4. The mix, in the end should be gloopy.
5. In a small frying pan, heat the ghee or oil until very hot, take off the heat and add the coriander seeds, return to heat until very hot again (not long), add the cumin seeds and the dried, chopped chilli. Without dithering immediately pour this mix into the pan of dal and put the lid on straight away.

6. You may get a lot of noise from the pan, this is fine.
7. Add a little water to the frying pan and heat until boiling, add this to the dal too.
8. Take the dal off the heat and allow to stand for ten minutes, mix and serve.

[Note that if using a bean mix, rather than dal, you'll either have to pre-soak and pre-cook the beans, or simmer them for up to 8 hours, rather than 1 to 4]

Tarka Dal

by Kris Dhillon

This nutritious dal is made with red split lentils which turn a pale yellow when cooked.

Serves 4-6.

Preparation and cooking time: 1 hour

Ingredients:

- ½ cup red split lentils
- 3 cups water
- 1 level teaspoon salt
- 1 small onion chopped
- 3 cloves garlic finely chopped
- 4 tablespoon melted vegetable ghee
- Pinch turmeric
- ½ teaspoon garam masala
- 1 small tomato
- 2 teaspoon finely chopped green coriander

Method:

1. Pick over the lentils for any stones and wash them in several changes of water. Put into a saucepan with the three cups of water, add the salt, and bring to the boil.
2. Turn down the heat and simmer uncovered, skimming off the froth that collects at the top for the first 20 minutes or so during cooking. After this stage, the pan should be partly covered.
3. Cook, stirring occasionally, for a total of one hour, at the end of which time you should have a pale yellow, soup-like consistency.
4. While the dal is cooking, fry the onion and garlic in the ghee until the onions are pale brown.
5. Add the turmeric and garam masala to the onions and cook for two or three seconds.
6. Stir the onion mixture into the cooked lentils. Serve hot, sprinkled with chopped tomato and green coriander.



Paneer

All these recipes call for paneer, and you'll probably have to make some before starting any of them.

Home-made Paneer

by Sunita

Ingredients

- 5 cups of whole milk
- 2 tsps vinegar

Method

1. Boil the milk in a open pan.
2. When it's boiling, add the vinegar and wait for the milk to curdle completely.
3. Take it off the fire and let it sit for 10 minutes.
4. Pour it onto a cotton/muslin cloth and tie it with a tight knot.
5. When all the water is drained from the paneer, shape it into a large rectangular block, transfer it into another piece of paper/cloth, wrap it properly and refrigerate it overnight.
6. Cut into cubes and deep fry in hot oil.
7. Drain and store in the freezer.

Paneer 2

Ingredients:

- 1 1/2 pints Milk
- 1/2 tsp White vinegar AND
- 1/2 tsp Lemon juice OR
- 1 cup Yogurt

Method:

1. Heat milk and stir constantly to prevent a layer of cream from forming on the top.
2. 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).
3. 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.
4. Cut it into whatever shape you like.

Kadhai Paneer

by daawat.com

Ingredients:

- 800 gms paneer, cut into cubes
- 2-3 onions, chopped
- 1 tbsp ginger-garlic paste
- 1 tsp coriander seeds, roasted & pounded
- 1 tsp black pepper
- 1 tsp red chili powder
- 1/2 tsp turmeric powder
- 1 1/2 cups tomato puree
- 1 cup green, yellow & red capsicums, chopped
- 3/4 tsp cumin powder
- 1/2 tsp green cardamom powder
- A pinch of each mace powder, clove powder, black cumin powder & fenugreek seeds
- 1 tbsp fresh coriander leaves, chopped
- 1/2 cup ghee or butter

Method:

1. Heat ghee in a pan, add chopped onions and saute until brown. Add ginger-garlic paste and stir-fry till the moisture evaporates.
 2. Also add red chili powder, coriander seeds, black pepper powder, turmeric and stir-fry until they change color.
 3. Then add tomato puree, salt, paneer cubes, capsicum and fry until the paneer is light brown.
 4. Sprinkle the cumin, cardamom, mace, clove, black cumin powders, fenugreek seeds and cook until the paneer is cooked. Remove and adjust the seasoning.
 5. Garnish with coriander leaves and serve with parathas or any pulao.
- Serves: 4

Preparation time: 45-50 minutes

Katta Meeta Paneer

by daawat.com

Ingredients:

- 200g cottage cheese (paneer), diced
- 1/4 tsp white pepper
- 2 tsp salt
- 1/2 tsp maida
- 1 cup water
- tsp tomato sauce
- 3/4 cup sugar
- 3/4 cup vinegar
- tsp cornflour
- Orange color used in cooking
- 2 carrots boiled
- 125g boiled green peas
- 100g French beans boiled
- 2 onions, chopped
- 125g palak leaves
- 100g fenugreek leaves.

Method :

1. Marinate paneer with white pepper, 1/2 tsp salt, maida and fry the paneer pieces.
2. Cook sugar, cornflour (mixed with water), tomato sauce, salt, and vinegar in a pan on fire.
3. When the mixture thickens a bit, put in salt n' pepper to taste and all of cottage cheese and other vegetables.
4. Put in two onions and cook for sometime.
5. Serve with boiled rice.

Mattar Paneer

by Sunita

Ingredients

- 1 block of paneer, cut into cubes and deep fried
- 1 cup of frozen thawed green peas or 1 cup of de-hydrated
- green peas, soaked in water overnight and then boiled
- 1 small onion chopped finely
- 2 tsp ginger-garlic paste
- 1 1/2 tsp red chilli powder
- 1/2 tsp turmeric powder
- 2 tsp dhania (coriander) powder
- 1/2 tsp cumin powder
- 1 cinammon stick
- 1-2 cloves
- 1 cardammom
- 1 tablespoon cashewnuts, powdered
- 2 tomatoes, pureed
- 1/2 tablespoon whipped cream or malai
- 2 tsp finely chopped coriander leaves
- 1 tablespoon ghee
- Salt to taste

Method

1. Heat the ghee and add the cinammon, cardamom and cloves.
2. After 10-20 secs, add the onions and ginger/garlic paste.
3. When the onions turn light brown, add all the powdered spices and cashewnut powder.
4. Fry for about 1/2 a minute.
5. Add the tomato puree and salt to taste.
6. Fry on high heat till the mixture thickens.
7. Now add the peas and enough water and bring to a boil.
8. Add the malai and paneer cubes.
9. Mix well.

10. Stir in the chopped coriander leaves.

11. Serve hot with paratha or nan.

Mutter Paneer 2

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:

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

Mattar Panir 3

by Kris Dhillon

This is a dish that is popular with vegetarians as it contains plenty of protein in the form of curd cheese cubes.

Serves 2-3.

Preparation and cooking time: 40—45 minutes

Ingredients:

- 2 pints (1.15 litres) whole milk
- 4 tablespoon lemon juice
- Oil for deep frying
- 6 oz (175g) frozen peas
- 4 tablespoon vegetable oil
- ½ pint (275ml or two cups) curry sauce (page 20)
- 1 level teaspoon salt
- ½ teaspoon turmeric
- ½ teaspoon ground coriander
- ½ teaspoon chilli powder
- ½ teaspoon garam masala
- 1 tablespoon single cream (optional)
- 2 teaspoon finely chopped green coriander

Method:

1. Bring the milk to the boil in a saucepan. Immediately add the lemon juice and stir until the milk appears to curdle. The solids should be visibly separated from the whey.
2. Strain through muslin or a clean tea towel. Place the curds, still in muslin, in a tray. Put something flat on it, such as a chopping board, and weigh it down with something heavy. A large saucepan full of water is ideal. Leave for about 15 minutes. This squeezes all the liquid out of the curds.
3. When this is done, cut the fat slab of curds into approximately ½ inch (1cm) cubes, and deep fry in hot oil until golden on the outside. Drain.
4. Rinse the frozen peas in hot water and drain. Heat the oil in a deep frying pan and fry the peas in it for about three minutes.
5. Add the curry sauce and bring to a simmer. Stir in the salt, cummin, ground coriander, and chilli powder and simmer for ten minutes.

6. Now add the cheese cubes and the garam masala. Simmer for a further ten minutes.
7. Stir in the cream if used, and the green coriander.

Palak Paneer

by Sunita

Ingredients

- 2 bunches palak(spinach), washed and chopped
- 1/2 bunch methi leaves
- large tomatoes
- 5-6 green chillies
- 5-6 clovettes of garlic
- A large piece ginger

For seasoning:

- 1 onion, chopped finely
- 1 tsp chilli powder
- 1 tsp cumin powder
- 1 tsp dhania powder

- Salt to taste
- Oil for frying
- 1 1/2 cups of fried cubed paneer

Method

1. Chop the palak, methi, tomato, ginger, garlic and green chillies.
2. Put it in a large pan with 2 cups of water.
3. Boil till well done.
4. This should take about 10 minutes.
5. Blend the boiled mixture to get a coarse paste.
6. Heat some oil and fry the onion till well browned.
7. Now add the spices, stir for a minute and add the palak paste and salt to taste.
8. Add fried paneer pieces and heat through.
9. Serve hot with chapati/nan/plain rice.

9. Garnish with lemon wedges and serve hot.

Paneer Tikka on a Vegetable platter

by Sunita

Ingredients

- 1 large block of Paneer, cut into
- thin horizontal slices, about 1/2 inch thick.

For marinade:

- 1/2 cup curd (yoghurt)
- 1 tsp red chilli powder
- 1 tsp cumin powder
- 2 tsp tandoori powder
- 1/2 tsp sugar
- 2 tsps ginger garlic paste
- 1 tbpsn minced coriander leaves
- 1/2 tbps minced mint leaves

- cups of vegetables (bell peppers, red onions, tomatoes, mushrooms, carrots)
- 2-3 tsp chat masala

Method

1. Mix together all the ingredients for the marinade with some salt and set aside.
2. Cut the veggies into juliennes and add the chat masala and remaining marinade(if any)to them.
3. Brush the marinade on the paneer slices and refrigerate for 2-3 hrs.
4. Heat some butter/oil and fry the paneer on both sides till well done.
5. Alternatively, you can brush each paneer piece with some oil and bake in a 350 deg f oven till done.
6. Heat some oil and stir fry the veggies till they are crisp.
7. Just like the paneer, you can alternatively bake these in an oven till they are done.
8. In a platter, arrange the paneer slices in the middle and place the veggies around it.

Paneer With Green Chilies

by daawat.com

Ingredients:

- 200 gm paneer, cut into small cubes
- 10-12 green chilies
- big tomatoes, chopped
- 2 onions, chopped
- 1 tbsp ginger-garlic paste
- 3 dried red chilies
- 1 tsp cumin seeds
- 2 tbsp oil
- 1 tsp long strips of ginger
- 1 tsp salt
- 1/2 tsp garam masala
- Few chopped green coriander leaves

Method:

1. Soak the red chilies in water for few minutes and make a fine paste of them. Keep aside
2. Heat oil in a pan, fry the cumin seeds and onions till slightly brown.
3. Add garlic-ginger paste, chopped ginger, red chili paste, chopped tomatoes and whole green chilies. Fry till masala leaves the sides of the pan.
4. Add salt and garam masala. To this, add paneer cubes and cook for 2-3 minutes or until the paneer is done and serve.

Serves: 3-4

Preparation time: 30 minutes.

Paneer Bhurji

by Sunita

Ingredients

- 2 blocks Paneer, crumbled coarsely
- 2 finely chopped medium onions
- 1 tsp ginger paste
- 1 tsp garlic paste
- 1 tsp chopped green chillies
- 1 chopped tomato
- 4-5 cashewnuts, cut into small bits
- 1 green bell pepper cut into thin strips
- 1/2 tsp garam masala powder
- 1/2 tsp freshly ground pepper powder
- 1/2 tsp turmeric powder
- 1/2 tsp sugar
- 2 tsp red chilli powder
- Salt to taste
- 1 tsp lemon juice
- 2 tbsp ghee(clarified butter) for frying

Method

1. Heat ghee in a heavy saucepan.
2. Add the ginger-garlic paste and fry for one minute.
3. Add the cashewnuts, onions , green chillies and bell pepper and stir fry till the onions turn color.
4. Add the tomatoes and keep frying till the tomatoes turn mushy.
5. Add all the dry powders and fry for one minute.
6. Add the crumbled paneer, salt and the lemon juice.
7. Mix well, heat through and eat hot with naan or chapathi.

Palak Paneer 2

Ingredients:

- 500g spinach
- 3 onions, chopped
- 2-3 garlic flakes
- 6 tbsp oil
- 150g paneer
- 1 tsp garam masala
- 1 tsp cumin powder
- 1 tsp chili powder
- Salt to taste

Method:

1. Boil the spinach in water, drain the water and then make puree of the spinach leaves.
2. Grind 1 onion and the garlic flakes to a fine paste.
3. Heat oil in a pan, saute the onions till transparent. Then add the above onion paste, spinach puree, spice powders and water if necessary. Cook for 3-4 minutes.
4. Cut the paneer to cubes of desired size. Fry them in separate pan with oil until golden brown.
5. Add the paneer pieces to the spinach gravy. Cook until it is done.
6. Serve hot with rice or rotis.

Shahi Paneer

by Sunita

Ingredients

- 1 block of paneer, grated
- Blend to a paste, the following
- 2 medium onions
- 1" ginger piece
- 4 flakes garlic
- 2 green chillies

Powder together, the following

- 2" cinnamon stick
- 2-3 cardamoms
- 2-3 cloves
- 1 tbsp poppy seeds
- 2 tbsp cashewnuts(or almonds)
- 2 tomatoes pureed
- 2 tsp red-chilli pwd
- A pinch of turmeric
- 2 tsp coriander pwd
- 1 tsp cumin pwd
- 1 cup of CoolWhip
- Salt to taste
- 2 tbsp cooking oil

Method

1. Heat a little oil and fry the onion paste till it begins to brown.
2. Mix in the poppy-cashew powder and the other dry powders.
3. Fry for a minute and then add the pureed tomatoes.
4. Add some water and bring to a boil.
5. Add salt to taste.
6. Add the Coopwhip and nix well.

7. Add the grated paneer, heat through and eat it hot with chapathi/naan.

Sag Panir

by Kris Dhillon

Here curd cheese cubes are combined with spicy spinach.

Serves 3-4.

Preparation and cooking time: 40-45 minutes.

Ingredients:

- 2 pints (1.15 litres) whole milk
- 4 tablespoon lemon juice
- Oil for deep frying
- 4 tablespoon vegetable oil
- 1 cup curry sauce (page 20)
- 16 oz (450g) can pureed spinach
- ½ teaspoon salt
- 1 teaspoon ground cummin
- ½ teaspoon chilli powder
- 1 teaspoon garam masala

Method:

1. Make the milk into curd cheese cubes as shown on page 96 for Mattar Panir.
2. Heat the four tablespoons of oil in a deep frying pan. When hot add the curry sauce and cook rapidly for about five minutes until quite thick.
3. Add the spinach and stir in the salt, ground cummin, and chilli powder. Simmer, stirring, for ten minutes.
4. Now add the cheese cubes and garam masala and continue to cook over a gentle heat for a further five minutes. Serve.

Tandoori Paneer

by daawat.com

Ingredients:

- 150 grams paneer (cut into 1-inch cubes)
- 1 1/2 inch ginger piece
- 1 to 3 green chilies
- 1 tsp cumin seeds (jeera)
- flakes garlic
- 3/4 tsp salt
- 1/4 tsp red chili powder
- 1 capsicum, cut into fine rings
- Few drops of orange color
- 2 tbsp oil
- 1 tbsp lemon juice

Method:

1. Grind garlic, ginger, jeera and green chilies in to a fine paste.
2. Add salt, chili powder and lemon juice to the paste and add orange colour.
3. Apply 3/4 of this paste nicely on all the sides of the paneer pieces. Keep the left over paste aside.
4. At the time of serving keep this paneer in a greased dish and grill for 10 minutes till it is dry and crisp. Or you can leave the panner for 1 hour till dry.
5. Heat 2 tbsp oil in a pan. Fry onion and capsicum rings for few minutes.
6. Add the left over paste and few drops of lemon juice. Add salt. Add the paneer pieces. Sprinkle tandoori masala. Mix it well. Serve it immediately.

Serves: 6

Preparation time: 25-30 minutes



Miscellaneous

This is everything that I couldn't place – chai, noodles, puffs, raitas, pickles etc.

Aromatic Cabbage

by daawat.com

Ingredients:

- 1 small cabbage
- 2 medium onions
- tbsp vegetable oil
- 1/2 tsp cumin seeds, whole
- 1/2 tsp fennel seeds, whole
- tsp sesame seeds
- Salt to taste

Method:

1. Remove coarse outer leaves from cabbage, quarter and core. Cut into fine shred, either by hand or with food processor. Set aside.
2. Peel onions and cut into half lengthwise. Again cut crosswise into thin half rings and set aside.
3. In large wok or large wide pan over medium heat, heat oil. When very hot, add the cumin and fennel seeds.
4. As soon as the seeds turn a shade darker (just a few minutes) toss in the sesame seeds.
5. Now add onions and stir fry for 2-3 minutes or until browned on the edges.
6. To this, add shredded cabbage, cover tightly and turn heat to low. Cook for another 2-3 minutes or until cabbage wilts.
7. Uncover and cook over high heat, stir fry for 5 minutes or until cabbage gets tender.

Serves 6

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:

1. 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).
2. Remove the drops when golden brown and dry on a paper towel to remove extra oil.
3. Soak the drops in warm water. Add milk, salt, pepper, and add Chat Masala to yogurt.
4. Squeeze water out of boondhi and add to yogurt.

Bonda with Instant Mashed Potato

Ingredients:

- 1 medium Onion
- 2 cups Potato buds
- 1 1/2 cup Peas and carrots
- 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:

1. The filling is prepared as follows:
2. 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.
3. 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.
4. 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.
5. After the batter is prepared, make small balls out of the filling and roll them in the batter.
6. Next fry it in hot oil. You will get about 20-30 small bondas.

Chai

by Sunita

This makes 4 cups of chai (tea).

Ingredients

- 3 cups water
- 4 tsp dried tea leaves(or tea powder)
- 2 cups whole milk
- 3 tsp sugar

Method

1. Heat the milk in the microwave for a minute.
2. Bring the water to a boil along with the sugar.
3. Add the tea leaves.
4. When the concoction starts boiling, take it from the stovetop.
5. Pour out the milk equally into the 4 cups.
6. Place a strainer on one cup and pour about 1/3 cup of the tea concoction into the strainer.
7. Remove strainer and mix the tea well.
8. Repeat for the rest of the cups.

Chai Masala

by Sunita

This makes 4 cups of chai (tea).

Ingredients

- 3 cups water
- 4 tsp dried tea leaves(or tea powder)
- 2 cups whole milk
- 1 tsp masala chai powder(See "Pickles and Spice Mixes" section)
- 3 tsp sugar

Method

1. Heat the milk in the microwave for a minute.
2. Bring the water to a boil along with the sugar.
3. Add the tea leaves and masala powder.
4. When the concoction starts boiling, take it from the stovetop.
5. Pour out the milk equally into the 4 cups.
6. Place a strainer on one cup and pour about 1/3 cup of the tea concoction into the strainer.
7. Remove strainer and mix the tea well.
8. Repeat for the rest of the cups.

Cucumber Raita

by Kris Dhillon

This is a delicious, cooling yoghurt dish excellent served with spicy curries together with rice and/or Indian breads.

Serves four.

Preparation time: 5 minutes.

Ingredients:

- 1 pt (570ml) plain yoghurt
- 1 teaspoon salt
- 4 inch (10cm) piece of cucumber
- ½ teaspoon garam masala
- Freshly ground black pepper

Method:

1. Put the yoghurt and salt into a bowl and beat with a fork until smooth.
2. Thinly slice the cucumber, place slices on top of each other and cut into strips. Now cut the strips into dice. Scatter over yoghurt.
3. Cover and refrigerate until required. Sprinkle on the garam masala and black pepper just before serving.
4. NB. Allow the yoghurt to reach room temperature before serving.

Green Beans in Garlic Butter

by daawat.com

Ingredients:

- 450g fresh green beans, sliced
- 25g unsalted butter
- garlic flakes, crushed or finely chopped
- 2g cumin seeds
- 1/2 tsp chili powder
- Salt to taste

Method:

1. Melt the butter over low heat and season with cumin seeds. Add the garlic and fry for 1 minute.
2. Add green beans, salt and chili powder. Cover the pan and simmer the green beans in their own juice until they are tender for 10-12 minutes, stirring occasionally.
3. Remove from heat and serve with vegetable korma or fried rice.

Hot and Sour Tomato Pickle

by Sunita

This delicious pickle is very easy to make and will serve as an excellent accompaniment to plain rice, dosas and breads. For the not-so-brave at heart, you can mix this pickle with some curd and savor it with dosas, rice or bread.

Ingredients

- 1 lb. green tomatoes (Red ones can be used too)
- 15-20 red chillies
- 1 cup chopped ginger
- 1 cup chopped garlic
- 2 cups vinegar
- 1 tsp turmeric
- 1 tbsp mustard seeds
- 1 tsp fenugreek
- 1 1/2 cups oil
- Salt to taste

Method

1. Slice the tomatoes, smear turmeric and salt on them and soak them in 1 cup vinegar. Leave for about 2 hours.
2. Blend together the garlic, ginger, red chillies and 3/4 of the mustard, with a little vinegar.
3. Heat the oil and add the remaining mustard.
4. When the mustard crackles, add the fenugreek.
5. Fry for 2 minutes and then add the blended mixture and fry well for over 20 minutes.
6. Add the tomatoes and the remaining vinegar.
7. Stir continuously as the mixture comes to a boil.
8. When the pickle is almost done, the oil begins to float at the top.
9. Take it off the heat and let it cool.
10. Store in a clean bottle.
11. Will keep for a year.

Kebabs With Dry Fruit Filling

by daawat.com

Ingredients:

- 400 gm lotus stem
- tbsp chana dahl
- tbsp chickpeas
- gm cinnamon stick
- gm cloves
- 1 tbsp peppercorns
- 2 bay leaves
- 1 tbsp sesame seeds
- Oil for frying
- Onion slices & cucumber slices for garnishing
- For the filling:
 - 25 raisins
 - 25 gm roasted cashew nuts
 - 40 gm mawa, sautéed till brown

Method:

1. Clean the lotus stem and remove the outer skin. Slice finely, boil with chana dahl, chick peas, cinnamon stick, cloves, peppercorns, bay leaves and sesame seeds till done.
2. When they are tender, blend them without any water to a fine paste. Divide into small portions.

To prepare the fillings:

1. Mix raisins, cashew nuts and browned mawa.
2. Divide into marble sized portions and place in the centre of each lotus stem-chana dal and chickpeas mixture ball. Roll to cover the filling completely.

3. Flatten between palms and shape evenly. Fry in hot oil till golden brown.
4. Serve hot with sliced onions and cucumber slices.

Onion and Tomato Raita

(4-6 Servings)

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:

1. 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.

Oriental Mixed Vegetable Parcels

by Ainsley Harriott

Ingredients

- 450g/1lb mixed mushrooms such as shitake, chestnut, oyster and small field mushrooms
- 8 spring onions, trimmed
- 100g/4oz fresh beansprouts
- 4tbsp light soy sauce
- 2 tbsp dry sherry
- 2 tbsp sunflower oil
- 1 tsp clear honey
- 5cm/2in fresh root ginger, peeled and finely chopped
- 2 garlic cloves, finely chopped
- 4 green cardamom pods, cracked

Method

1. Wipe the mushrooms and thickly slice. Cut each spring onion into 2.5cm/1in lengths.
2. Pile the mushrooms, spring onions and beansprouts into the centre of four 30cm/12in squares of extra-thick foil and then bring the sides of the foil up around the sides of the vegetables.
3. Mix the soy sauce with the rest of the ingredients. Divide the mixture equally between the parcels and then pleat the edges of the foil together to seal.
4. Cook the parcels to the side of the barbecue over medium-hot coals for 8 minutes until the vegetables are tender. These would go wonderfully with Chinese Lattice Pork.

Raita with Radish

by Kris Dhillon

This raita has more bite than cucumber raita and is delicious eaten on its own as well as with rice and curries. The radish used in this recipe is known as mooli. This is white in colour and shaped rather like a large carrot. It is sweeter in taste than the well known smaller red radishes and is excellent in salads. Moolis are now readily available in supermarkets as well as Asian greengrocers. If you cannot get them, use whatever radish you can find.

Serves four.

Preparation time: 5 minutes.

Ingredients:

- 1 pint (570ml) plain yoghurt
- 1 teaspoon salt
- 5 inch (13 cm) piece mooli
- ½ teaspoon garam masala
- 1 green chilli finely chopped

Method:

1. Put the yoghurt and salt into a bowl and beat with a fork until smooth.
2. Peel, wash, and grate the mooli. Add to the yoghurt together with the garam masala and the chilli.
3. Mix and refrigerate until required.

Raja Masala

by Sunita

Ingredients

- 2 cups of plain peanuts, shelled and skinned
- 1 tsp lime juice
- 5-6 green chillies, chopped very finely
- A small bunch of coriander leaves, minced
- Salt to taste
- 1 small onion, chopped finely

Method

1. Mix all the above ingredients together except lime juice.
2. Add the lime juice at the very end and mix.
3. Serve it as a snack at teatime or at a party.

Roasted Roots with Indian Spices

by Good Food Magazine

Ingredients

- 2 tsp cumin seeds
- 2 tsp coriander seeds
- 2 tsp mixed peppercorns
- 1 tsp dry crushed chillies
- 3 tbsps olive oil
- 25g/1oz butter, melted
- 700g/1lb 9oz floury potatoes, such as Maris Piper or Cara
- 450g/1lb carrots
- 450g/1lb parsnips
- sea salt flakes

Method

1. Preheat the oven to 200C/400F/Gas 6.
2. Put the cumin, coriander, peppercorns and chillies in a pestle and mortar and grind until they are coarsely ground. If you do not have a pestle and mortar, put the spices in a cup or bowl and grind with the end of a rolling pin. Mix the ground spices with the oil and butter.
3. Peel the potatoes, carrots and parsnips and cut into chunks, or halve lengthways. Put in a roasting tin large enough to take them in a single layer.
4. Pour the spice mixture over the vegetables and toss everything together so the vegetables are well coated.
5. Roast for about 1 hour until golden and crisp, turning the vegetables a couple of times during cooking so they brown evenly. Sprinkle with sea salt and serve.

Spiced Yoghurt

by Kris Dhillon

This is a simple yoghurt dish that can be served with any meal.

Serves four.

Preparation time: 2-3 minutes.

Ingredients:

- 1 pint (570ml) plain yoghurt
- 4 tablespoon milk
- 1 teaspoon salt
- ½ teaspoon garam masala
- ½ teaspoon chilli powder

Method:

1. Put all the ingredients into a bowl and mix thoroughly. Cover and refrigerate until ready to serve.

Stir Fry Vegetarian Phad Thai

Ingredients

- 225g/8oz flat dried rice noodles
- 50g/2oz shallots
- 100g/4oz onions
- 4 spring onions
- 3 fresh red chillies (or green ones if you want a hotter dish)
- 2 tbsp groundnut (peanut) oil
- 3 tbsp coarsely chopped garlic
- 3 tbsp light soy sauce
- 1 tbsp Shaoxing rice wine or dry sherry
- 1 tbsp lime juice
- 1 tbsp light soy sauce
- salt
- freshly ground black pepper, to taste
- 1 tbsp sugar
- 2 tbsp vegetarian oyster sauce
- 225g/8oz fresh bean sprouts
- handful fresh coriander sprigs
- 3 tbsp coarsely chopped roasted peanuts for garnish

Method

1. Soak the rice noodles in a bowl of hot water for 25 minutes.
2. While the noodles are soaking, prepare the vegetables. Peel and thinly slice the shallots and onion. Slice the spring onions at a slight angle into 2.5cm/1in lengths. Seed and finely chop the chillies.
3. When the noodles have soaked for 25 minutes, drain well in a colander or sieve. Discard the water.
4. Heat a wok over high heat. When it is hot, add the oil. When it is very hot and slightly smoking, add the shallots, onion, spring onions, chillies and garlic, and stir-fry for one minute.

5. Add the rice noodles, soy sauce, rice wine or sherry, lime juice, soy sauce, pepper, sugar and vegetarian oyster sauce, and continue to stir-fry for two minutes, mixing well.
6. Add the bean sprouts and continue to stir-fry for four minutes.
7. Finally, add the coriander and stir-fry briskly for 30 seconds.
8. Turn onto a warm platter, sprinkle with the peanuts and serve at once.

Thai Noodles

by Mike Robinson

Ingredients

- 250g packet medium egg noodles
- 1 tsp sesame oil
- 2 tsp soy sauce
- 1 tsp peeled and finely grated galangal
- 2 bird's-eye red chillies, chopped
- 2 tsp chopped fresh holy basil
- 1 tsp chopped fresh coriander
- 1 lime, juice only
- 1 tsp clear honey
- 1 tsp sesame seeds

Method

1. Cook the noodle according to the packet instructions.
2. In a large bowl mix together the remaining ingredients.
3. Drain and toss the noodles in the Thai mixture.
4. Serve.

Vegetable Chow Mein

by James Martin

Noodles stir-fried with vegetables and classic Chinese flavourings such as garlic, ginger and sesame oil, make up this popular dish. Serve as a vegetarian main course.

Ingredients

- 200g/7oz egg noodles
- 1 tbsp sesame oil
- 4 tbsp groundnut oil
- 2 slices root ginger, shredded
- 1 garlic clove, crushed
- 3 shiitake mushrooms, sliced and stem removed
- 55g/2oz mangetout, trimmed
- 4 tsp light soy sauce
- 2 tsp dry sherry
- pinch of sugar
- small bunch salad onions, sliced
- 85g/3oz pak choi
- 85g/3oz beansprouts
- sesame oil, to drizzle
- salt and freshly ground black pepper

Method

1. Cook the noodles as per instructions on the pack and drain. Rinse in cold water, drain thoroughly and toss in sesame oil to keep the noodles separate.
2. Heat a little groundnut oil in a hot wok. Add the ginger and garlic and stir fry briefly. Add the mushrooms and mangetout. Stir fry for 2-3 minutes over a high heat.

3. Add the noodles, the soy sauce, sherry, seasoning and sugar and stir fry briefly before adding the salad onions, pak choi and beansprouts.
4. Drizzle with sesame oil just before serving.

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 Chilies
- to taste Salt

Method:

1. Cook a vegetable mix with potatoes, peas, green chilies and lots of Masala. Check for salt, before you stuff it in the pastry roll; no way to rectify it later.
2. Thaw the roll for about 10 minutes before unfolding.
3. 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".
4. Cut the sheet into 6 pieces.
5. 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.
6. Stick it into a pre-heated oven (350 degrees) for about 20-30 minutes or until it browns.
7. Make sure that you flip it around every 5-10 minutes.

Yoghurt Flavoured with Garlic and Cummin

by Kris Dhillon

The combination of garlic and cummin flavours is quite unusual in a yoghurt dish, but the wonderful taste of this preparation only serves to illustrate the wide variety of ingredients that can be successfully added to yoghurt.

Serves four.

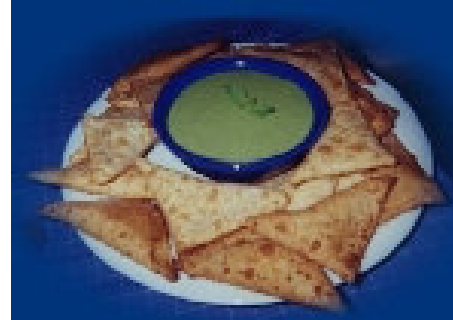
Preparation time: 4-5 minutes.

Ingredients:

- 1 pint (570ml) plain yoghurt
- 1 teaspoon salt
- 1 small clove garlic
- ½-1 green chilli finely chopped
- 1 teaspoon whole cummin
- 2 teaspoons finely chopped onion
- Pinch turmeric

Method:

1. Put the yoghurt and salt into a bowl and beat with a fork until smooth and creamy.
2. Crush the garlic using a garlic press or chop very finely.
3. Add yoghurt together with the remaining ingredients and mix.
4. Serve immediately or keep in the refrigerator until required.



Samosa, Cutlets, Pakoras etc

Generally deep fried, greasy and wonderful spicy things. Use them as starters or snacks.

Egg Pakora

by Sunita

Ingredients

- hardboiled eggs
- 1 cup besan(bengal gram flour)
- 1/4 cup water
- 2 tsp red chilli powder
- 1 tsp cumin seeds
- A pinch of hing(asoefetida)
- Salt to taste
- Oil for deep frying

Method

- 1 Make a small slit on each egg. This is to prevent the oil from splurting when the egg is deep fried.
- 2 Made a thick batter with the water, flour, red chilli powder, cumin, hing and salt.
- 3 Coat each egg with this batter and deep fry.
- 4 Keep the pan covered when the egg is getting fried.
- 5 Serve with tomato ketchup.

Onion Bhajee

by Kris Dhillon

A popular starter, onion bhajees can also be served as a teatime snack.

Preparation and cooking time: 15 minutes.

Serves four.

Ingredients:

- 4 medium-sized onions
- 8 oz (225g) gram flour
- 4 level teaspoon of salt
- 2 tablespoon mint sauce
- 1 teaspoon garam masala
- 1 teaspoon finely chopped green coriander
- Oil for deep frying

Method:

1. Peel, wash, and thinly slice the onions.
2. Sift the gram flour and salt into a bowl and add enough water to make a stiff batter.
3. Add the onions and all the remaining ingredients to the batter and mix well.
4. Drop tablespoonfuls of the measure into hot oil and fry for about three minutes.
5. Remove the bhajees and press into circular flat patti shapes.
6. Return to the oil and cook for a further 2-3 minutes until the outside is dark brown.
7. Serve with green salad and yoghurt sauce.

Pakora

by Sunita

Ingredients

- 2 cups of vegetables, cut into large pieces
- (You can use green bell pepper, cauliflower, onions, etc)
- 1 cup besan(bengal gram flour)
- 1/4 cup water
- 2 tsp red chilli powder
- 1 tsp cumin seeds
- A pinch of hing(asoefetida)
- Salt to taste
- Oil for deep frying

Method

1. Made a thick batter with the water, flour, red chilli powder, cumin, hing and salt.
2. Coat each vegetable piece with this batter and deep fry.
3. Serve with tomato ketchup.

Pakorras 2

Ingredients:

Batter:

- 1/2 cup Besan
- 5 oz Warm water
- 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:

1. 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.
2. Add salt, pepper and Garam Masala and beat again.
3. Wash peel and slice the onion and potatoes. Wash and pat dry the spinach leaves.
4. Heat oil until smoking hot, dip the vegetables in the batter and deep fry until golden brown.
5. Serve hot.

Samosa by Sunita

A favorite tea time snack in India, samosa is also a very popular item on the menu in many a Indian restaurant worldwide. Served with mint chutney on the side, this snack is sure to warm all hearts.

Ingredients

- 4 large white potatoes, boiled, peeled and mashed
- 1/2 cup boiled and drained green peas
- 1 1/2 tsp cumin seeds
- 1 tsp amchoor(mango powder)
- 1 tsp red chilli powder
- 1/2 tsp saunf(fennel)powder
- 1/2 tsp garam masala powder
- 1 tablespoon chopped cashewnuts
- Salt to taste
- 3 cups maida(all purpose flour)
- 1/2 cup maida, for rolling out
- 1 tablespoon heated ghee or oil
- Oil for deep frying the samosas
- 1 tablespoon ghee(clarified butter) for the stuffing
- 1 small bowl of cold water

Method

1. Heat the ghee for the stuffing and add the cumin seeds and cashewnuts.
2. When the seeds splutter add the dry powders and fry for 10 seconds.
3. Add the mashed potatoes and green peas and mix well.
4. Mix in salt to taste.
5. Fry on a low flame for about 10 minutes. Set aside.
6. Prepare the cover for the samosa by combining the maida, hot ghee or oil and salt to taste.
7. Add enough water and knead the dough.
8. Set aside for about 10 minutes.
9. Divide the dough into round portions. Take each portion and coat it with some maida so that it does not stick to your hands.
10. Roll it into a not too thin perfect round.
11. With a pizza cutter, make 2 semi circles with the round.
12. Take one half circle. Dip your index finger into the cold water and apply it to the straight edge of the semi circle.
13. Now hold the semicircle in your hand. Fold the straight edge , bringing together the watered edges.
14. Seal the watered edges.
15. You should now have a small triangular maida pocket.
16. Stuff it with the potato mixture and now water-seal the upper edges.
17. Repeat for the rest of the dough.
18. Deep fry in oil till golden brown and serve with mint chutney.
19. Do not overheat the oil, since this will cook only the outer maida covering and the inner layer will remain ncooked even if the samosa has turned dark brown on the outside.

Vegetable Cutlet

by Sunita

Ingredients

2 small potatoes, boiled , peeled and mashed
3 cups vegetables, chopped finely, boiled and drained well
(You can use beets, carrots, peas, cabbage,etc)
1 tsp red chilli powder
1 tsp dhania(coriander) powder
1 tsp cumin powder
1/2 tsp saunf(fennel) powder
1/2 tsp amchoor(mango powder)
1/2 tsp garam masala powder
2 green chillies , finely chopped
1 tsp ginger-garlic paste
1 tsp chopped coriander leaves
1 tsp chopped cashewnuts
1 egg white
1 egg well beaten
1 cup breadcrumbs
Salt to taste
1 tbsp ghee(clarified butter)
Oil for shallow frying the cutlets

Method

1. Heat the ghee and add the ginger-garlic paste and green chillies.
2. Fry for about a minute.
3. Now add the cashewnuts and all the powdered spices.
4. Add the coriander leaves.
5. Fry for 1/2 a minute.
6. Now add all the drained vegetables and mix well.
7. If there is any water, fry till all moisture is totally lost.
8. Mix in the mashed potatoes and salt to taste.
9. Heat through and take off the stovetop.
10. Mix in 1 egg white.This will help bind together the vegetables.

11. Make flat rounds of the above.
12. Dip each round in the well beaten egg and roll in the breadcrumbs.
13. Shallow fry on both sides till golden brown.
14. Eat when hot with chutney.



Speciality & Regional

Let's be honest, you won't have heard of many of these dishes unless you're Indian.

Aloo Dum

by Sunita

Ingredients

- 10 small potatoes
- medium sized onions
- 2-3 tbsp shredded coconut
- A small piece of ginger
- 4-5 green chillies
- 2-3 cardamom pods
- 1/2 cup yoghurt
- 1 tsp garam masala powder
- 1 tbsp poppy seeds
- 2 1/2 tsp dhania(coriander) powder
- 1/2 tsp cumin powder
- 1 tsp red chilli powder
- 1 tablespoon chopped coriander leaves
- Salt to taste
- Oil for deep frying the potatoes
- 2 tbsp cooking oil/ghee(clarified butter)

Method

1. Boil the potatoes. Peel them and prick the potatoes with a fork.
2. Fry the potatoes in hot oil till they turn slightly brown.
3. Drain and set aside.
4. Heat oil in a shallow pan and fry the onions to light brown.
5. Grind the coconut, poppy seeds, cardamon, ginger and green chillies to a paste.
6. Add the paste to the onions. Fry till the oil separates.
7. Add chilli powder, cumin powder and dhania powder and
8. stir for 5 mins.
9. Add the yoghurt, salt and the fried potatoes.
10. Add enough water to cover the potatoes and simmer till the gravy is thick for about 10 minutes.

11. Now add the garam masala powder and mix well.
12. Garnish with the chopped coriander leaves.
13. Eat with chapathi/nan.

Aloo Dum 2

by daawat.com

Ingredients:

- 1/2 kg small potatoes
- 150 gm onions
- 2 tsp ginger garlic paste
- 2 tsp chili powder
- 1/2 tsp turmeric powder
- 1 tsp garam masala
- 1 cup yogurt
- 2 tbsp khoya
- 1/2 tsp saffron ground in a tbsp of water
- 1 bunch coriander (chopped)
- 1/2 bunch mint leaves (chopped)
- green chilies (chopped)
- 1 tsp chironje, dry roasted & ground to a paste
- 2 tsp khuskhus seeds, dry roasted & ground to a paste
- 1 tsp cashew nuts, dry roasted & ground to a paste
- 100 gm oil
- Salt to taste

Method:

1. Immerse the potatoes in hot water and bring to a boil. Cover and boil for 10-15 minutes. Remove the peel and if they are big, cut into 1-inch pieces.
2. Slice the onion and fry in oil till brown. When cool grind it to paste.
3. Mix all the ingredients to the potatoes along with onion paste and spread out in a baking dish.
4. Bake in an oven at 180° C for 30-40 minutes till light brown.
5. Serve with rice as a side dish or chapaties.

Aloo Tamatar Bhaji

by Sunita

Ingredients

- medium sized potatoes, boiled and cubed.
- 2 medium tomatoes, cut into medium sized cubes
- 1 tsp jeera
- 1/2 tsp cumin powder
- 1" piece ginger, finely minced
- 1/2 tsp turmeric
- 3-4 green chillies, split
- 1 tsp chilli powder
- 2 onions sliced
- 2 tsps of coriander leaves, chopped
- 2 tbsp oil/ghee(clarified butter)

Method

1. Heat the oil and add the jeera and onions.
2. Fry till the onions turn translucent.
3. Now add the green chillies and keep frying till the chillies turn color.
4. Now add the remaining spices and fry for a minute.
5. Add the tomatoes and fry for 3 minutes.
6. Add the potatoes and salt.
7. Add one cup of water and cook on a low flame, covered for 10 minutes.
8. Just before taking the dish off the fire add the chopped coriander leaves.
9. Goes very well with puris.

Avial

by Sunita

Ingredients

- 2 cups of cubed and boiled vegetables like:
- beans
- carrots
- potatoes
- drumsticks
- raw bananas
- cauliflower

Roast in a little oil one by one and blend to a smooth paste:

- 2 tsp cumin seeds
- 2 tablespoons of coconut, shredded
- 4-5 green chillies
- 3/4 packet buttermilk
- A pinch of turmeric
- Salt to taste
- tsp cooking oil for seasoning
- 1 tablespoon fresh coriander leaves, chopped finely

Method

1. Add the salt, turmeric and the coconut paste to the buttermilk. Add the boiled vegetables.
2. Heat on a low flame till the buttermilk mixture reaches a thick texture. Keep stirring continuously.
3. Now add the chopped coriander leaves.
4. Season with mustard, curry leaves, hing, cumin and red chillies in hot oil.
5. Heat hot with plain rice.

Chole

- Ingredients
- 1 can chick peas
- 1 large tomato, sliced
- 1 medium tomato, chopped
- 2 tbsp tomato paste
- 2 large onions
- 4-5 green chillies
- 1 tsp. cumin seeds
- 1 1/2 tbsp. chopped coriander
- 1 large piece of ginger
- 3-4 large flakes garlic
- 2-3 tbsp ghee or oil for frying
- 2 bay leaves
- 1-2 cinammon sticks
- 2-3 cloves
- 1 1/2 tsp. red chilli powder
- 1/2 tsp turmeric powder
- 2 tsp coriander powder
- 1 tsp sugar
- 1/2 tsp garam masala
- 1/2 tsp punjabi chole masala
- salt to taste

Method

1. Blend together the large tomato, one onion, cumin seeds, ginger, garlic, green chillies, cinammon and cloves to a smooth paste using very little water.
2. Slice the other onion.
3. Heat the ghee and add the bay leaves.
4. After 10 seconds, add the sliced onion and fry till the onion turns light brown.
5. Now add the tomato paste and fry till the ghee leaves the sides of the masala.
6. Add the dry powders i.e chili powder, turmeric, sugar and coriander powder.
7. Fry for 1 minute.
8. Now add the chopped tomato and coriander leaves. Fry for about 5 minutes.
9. Now add the chick peas with the water, tomato paste and salt to taste.
10. Add some water to get a gravy.
11. Add the garam masala and punjabi chole masala and mix well.
12. Let it come to a boil on low heat.
13. Simmer for about 5 minutes after it comes to a boil.
14. Serve hot with batura.

Chole 2

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:

1. 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.
2. 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.
3. Mix around for a while and then add onions. Wait until the onion starts to turn golden before adding the rest of the spices (except for the Garam Masala).
4. Add chick-peas with all the liquid. Cut up the potatoes into bite sized pieces and add to the skillet. Add Garam Masala.
5. Continue stirring the chick-peas under medium heat for 5-7 minutes without covering.
6. 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.
7. Salt to taste and serve.

Bhendi Huli

by Sunita

Ingredients

- 1 lb bhendi, washed , cut into small rounds and smeared with salt
- 2-3 tablespoons of coconut , roasted
- 2 tsp of sambhar powder
- 1 medium tomatoes
- 1/2 tsp methi, roasted
- 1 tsp jeera, roasted
- 1 medium onion, sliced and roasted
- 1 small ball of tamarind
- 2-3 garlic clovettes, crushed
- 1 tsp mustard seeds
- 1 small onion, chopped finely
- 1/2 tsp turmeric
- 1-2 tsp chilli powder
- A pinch of hing
- 2-3 tsp cooking oil/ghee(clarified butter)

Method

1. Blend ingredients 2 to 8 to a smooth paste and set aside.
2. Heat the oil in a pan and add the mustard seeds and the crushed garlic.
3. When the garlic turns brown, add the chopped onion and fry till it turns translucent.
4. Now add the bhendi pieces.
5. Fry till the bhendi is almost done.
6. Add the spices(red chilli and turmeric) and fry for a minute.
7. Now add the ground masala, salt to taste and bring to a boil.
8. Cook covered on a low flame for about 10 minutes.
9. Stir in the hing and take it from the heat.
10. Can be eaten hot with rice.

Barwa Bhendi

by Sunita

Ingredients

- 1 lb Bhendi, washed
- 1 large onion , sliced finely
- 1/2 tsp cumin seeds
- tbsp cooking oil
- 1 tsp lemon juice

For stuffing:

- 1 1/2 tsp red chili pwd
- 1 tsp amchoor
- 1 tsp cumin seeds
- 1/2 tsp saunf(fennel)
- 2 tsp dhania pwd
- 1 tsp garam masala
- 1/4 tsp turmeric
- Salt to taste

Method

1. Make one slit on each bhendi and set side.
2. Heat 1 tbsp of the oil and fry the stuffing masala till well browned. Not more than a minute.
3. Stuff each bhendi with this masala and keep the remaining aside.
4. Heat the remaining oil, add the cumin seeds and when they splutter add the sliced onions.
5. When the onions start browning, add the remaining masala and the bhendi pieces.
6. Sprinkle some water and salt and cook covered on a low flame for 30 minutes.
7. Keep turning occasionally.
8. When the bhendi is done, take off the stovetop and sprinkle the lemon juice.Mix well.
9. Serve hot with chapati/rice and dal.

Barwa Baigan

by Sunita

Ingredients

- 8-10 small rounded firm brinjals(Eggplant)
- medium onions , chopped and roasted
- 3 tbsp. roasted groundnuts powdered coarsely
- 3 tbsp. grated fresh coconut, roasted
- 1 tsp cloves, roasted
- 2 tsp red chilli powder, roasted
- 2 tsp dhania-jeera(coriander-cumin seed mixture), roasted and powdered
- 1 small bunch coriander leaves, chopped and roasted
- salt to taste
- 2-3 tbsp. oil
- 1/2 tsp each mustard and cumin seeds
- 1/2 cup curds(plain unflavored yoghurt)

Method

1. Wash and the clean brinjals. Make 2 slits to form a cross.
2. Rub them with some curd and salt and set aside.
3. Mix all the roasted masala in the blender with some curd to make a smooth filling. Stuff some of this mixture into each slit of the brinjals.
4. Heat oil in a heavy or non-stick pan, add the mustard, cumin seeds wait to splutter, slide in the brinjals slowly.
5. Any mixture which is remaining can be now added to cover the vegetable.
6. Add some water.
7. Simmer till the vegetable is tender and done.

Beans Upkari

by Sunita

Ingredients

- 2 lb. green beans
- 2 tbsp coconut
- 1 tsp mustard seeds
- 2-3 red chillies
- 2-3 tsp cooking oil
- Salt to taste

Method

1. Cut the beans into small pieces and set aside.
2. Heat some oil and add the mustard seeds.
3. When they start crackling, add the red chillies and fry for 20 seconds.
4. Add the beans and salt.
5. Sprinkle water and cook on a low flame, covered.
6. The beans will take about 10-12 minutes to cook.
7. After the beans are done, add the coconut and fry for a while.
8. Eat hot with rice and dhal.

Beans Menthekai

by Sunita

Ingredients

- 2 lb. green beans
- 1 cup fresh coconut, shredded
- 8 green chillies
- 1 tsp mustard seeds
- 1 sprig curry leaves
- 1/2 tsp methi(fenugreek) seeds
- 2 tbsps of cooking oil
- Salt to taste

Method

1. Cut the beans into longish pieces.
2. Cook the beans with the green chillies and enough water till tender.
3. Remove the green chillies and set aside.
4. Add salt to the beans.
5. Blend together the cooked green chillies, coconut and the methi seeds.
6. Add to the beans.
7. Season with mustard and curry leaves.
8. Eat when hot with plain cooked rice.

Bengan Bhajee

by Kris Dhillon

Aubergines are best cooked in plenty of hot oil and this dish demands that you do not skimp on the oil during cooking although you may strain it off afterwards.

Buy plump aubergines with an even shiny purple colour.

Serves 4-6.

Preparation and cooking time.

Ingredients:

- 1 lb (450g) aubergines
- 1 small green capsicum
- 1 cooking onion
- 1 teaspoon salt
- ½ teaspoon chilli powder
- 1 teaspoon garam masala
- 1 cup vegetable oil

Method:

1. Wash and cut the aubergines lengthwise into quarters, and the cut into about 1 inch (2.5cm) thick wedges.
2. Cut the capsicum in a similar way, and peel and chop the onion coarsely, separating the slices.
3. Place all the vegetables into a bowl and sprinkle on the salt and the spices and mix well.
4. Heat the oil in a karahi or deep pan. When hot put in the vegetables and cook, stirring frequently on a medium heat for ten minutes.
5. Turn down the heat slightly and cook for a further 10-15 minutes until the aubergine wedges are soft but still hold their shape.
6. Allow the oil to settle for a few minutes and drain off if desired.
7. Serve hot.

Bhindi Bhajee

by Kris Dhillon

This is probably the most popular of the vegetable dishes served by Indian restaurants. Buy fresh okra and look for young tender pods.

Serves four.

Preparation and cooking time: 20-25 minutes.

Ingredients:

- 12 oz (350g) okra
- Oil for deep frying
- 3 tablespoon vegetable oil
- 1 cup curry sauce (page 20)
- 1 level teaspoon salt
- ½ to 1 teaspoon chilli powder
- 1 teaspoon ground cummin
- 1 teaspoon ground coriander
- ½ teaspoon garam masala
- 3 teaspoon lemon juice

Method:

1. Wash the okra and pat dry. Top and tail the pods and cut into ¾ inch (2cm) lengths.
2. Heat the oil for deep frying and fry the okra for 7-8 minutes. Drain.
3. Heat the three tablespoons of oil in a deep frying pan and pour in the curry sauce. Bring it to the boil and cook on a high heat until it becomes quite thick.
4. Turn down the heat and stir in the salt and spices. Add the okra to the pan and mix well.
5. Cook uncovered for about three minutes and sprinkle on the lemon juice.
6. Serve hot.

13. Serve when hot with plain rice/paratha.

Baigan Bhartha

by Sunita

Ingredients

- 1 large eggplant
- 1 medium onion, finely chopped
- 1/2 cup chopped coriander leaves
- 2 tomatoes, chopped finely
- 4 green chillies, chopped finely
- 1 cup cooked green peas
- 1 1/2 tsp dhania-jeera (cumin-coriander) powder
- 1 1/2 tsp red chilli powder
- 1/2 tsp turmeric powder
- 1/2 tsp amchoor(mango powder)
- Salt to taste
- 1 tsp sugar
- 1/2 cup cooking oil

Method

1. Rub 1/2 cup oil on the eggplant and bake in an oven till the skin shrinks and liquid starts oozing out of the vegetable.
2. This will take around 30-45 minutes at 400 deg F.
3. Take it out of the oven and peel it.
4. Mash the baigan and add the salt to it.
5. Heat the remaining oil and add the chopped onion.
6. Fry till the onions turn translucent.
7. Add the green chillies and the tomatoes and fry till the mixture becomes homogeneous.
8. Now add all the spices and the sugar and fry for a minute.
9. Add the baigan and mix well.
10. Now add the peas and fry for a couple of minutes.
11. Add the chopped coriander leaves and some water to get a thick consistency. Mix well.
12. Heat through.

Baigare Baigan

by Sunita

Ingredients

- 3/4 lb. small eggplant
- 2 small onions
- 2 tbsp coconut
- 4-5 flakes garlic
- 1" ginger
- 1/2 tsp turmeric
- 1 sprig curry leaves
- 1 cup tamarind juice
- 3-4 split green chillies
- 1/2 tsp sugar
- Salt to taste
- Coriander leaves, chopped for garnish
- 4-5 tbsp ghee (clarified butter) or cooking oil

Roast and powder using a coffee grinder:

- 1 tbsp coriander seeds
- 1 tsp cumin seeds
- 1 tbsp poppy seeds
- 2 red chillies
- 1 tsp sesame seeds

Method

1. Cut the eggplant into quarters and fry them in oil till well browned.
2. Drain and set aside.
3. Blend into a smooth paste the onions, garlic, ginger and coconut.
4. Heat the oil and fry the mixture till browned.
5. Now add the turmeric, mustard, curry leaves and salt to taste.
6. Fry for 2 minutes.
7. Add the tamarind juice, the fried eggplant, the green chillies, sugar, some water and salt to taste.

8. Simmer till gravy thickens.
9. Garnish with chopped coriander leaves.

Beerakaaya Curry

by daawat.com

Ingredients:

- 500g beerakaayalu
- 1 tbsp Bengal gram
- 1 tbsp Black gram
- 10g peanuts
- 10g sesame seeds
- 1 tsp mustard seeds
- 1 tsp cumin seeds
- 1 tbsp coriander seeds
- 1 tbsp chili powder
- 1/2 cup grated coconut
- Salt to taste
- A pinch of turmeric
- sprigs curry leaves
- 50g oil

Method:

1. Remove the skin of beerakaayalu and cut into 3" pieces. Cut the 3" pieces into four, lengthwise to three fourth's of their total length and keep aside.
2. Mix Bengal gram, Black gram, peanuts, cumin seeds, coriander seeds, chili powder and fry them in little oil until they are golden brown. Add grated coconut and blend to a fine powder.
3. Stuff the beerakaayalu with the ground powder and set aside.
4. Heat oil in a pan and season with mustard and cumin seeds. Add stuffed beerakaayalu, curry leaves, ground powder, if remained and cook them for 15-20 minutes.
5. Serve hot with plain rice.

Bengali Zucchini Curry

by daawat.com

Ingredients:

- 2 zucchini, cubed
- 2 potatoes, cubed
- 2 tomatoes, chopped
- 1/2 tsp turmeric powder
- 1 tsp ginger paste
- 1 tsp cumin powder
- Salt to taste
- 1 tsp chili powder
- A pinch of sugar
- 1 1/2 cup water
- Oil for frying
- Cilantro leaves for garnishing

Method:

1. Marinate the potato and zucchini cubes in salt and turmeric for 5 minutes.
2. Heat oil in a pan, and fry the marinated cubes for 5-6 minutes or until golden. Remove from heat and keep aside.
3. In the remaining oil, fry the ginger paste, cumin and chili powders for 2 minutes.
4. Now add tomatoes, fried potatoes and zucchini and fry for another 5-6 minutes.
5. Later add sugar, water and cook until it is done.
6. Serve hot with rice or chapathis.

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
- 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:

1. First boil the potatoes, mash them, salt them, and add pepper to taste. Add some coriander leaves too.
2. Roast the cumin and grind it.
3. 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.
4. Pour into a serving container (like a creamer). Mix the puffed rice and sev/bhel mix in a large bowl.
5. On a plate, serve the rice-bhel mixture, add the potatoes, then the onions, chilies, and then dust the cumin powder over it.
6. Next pour on the sauce and top with the coriander garnish. (Add salt/pepper to taste).
7. Mix the ingredients on the plate and eat.

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:

1. 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.
2. Heat oil and fry onions until soft and clear. Do not brown. Add the tomatoes and fry for 2 minutes.
3. Add the eggplant and stir until almost all liquid disappears and the mixture leaves the side.
4. Place into a bowl, sprinkle on coriander and serve at once.

Barwa Simli Mirch

by Sunita

Ingredients

- 6 medium sized capsicums(bell peppers)
- 2 large onions, sliced
- large potatoes
- 1 1/2 tsp red chilli powder
- 2 tsp coriander powder
- 1 tsp cumin powder
- 1/2 tsp turmeric powder
- 1 tsp garam masala
- 1/2 tsp amchoor
- 1 tsp dried mint(optional)
- 1 small tomato, chopped
- A small bunch of coriander leaves chopped finely
- A small bunch of methi leaves, chopped finely
- 1 tsp cumin seeds
- 1/2 tsp saunf
- 1 medium onion chopped
- Chopped coriander leaves for garnish
- tbsp cooking oil/ghee(clarified butter)

Method

1. Boil the potatoes and mash them up nicely.
2. Heat 2 tbsp oil and fry the chopped onion till it turns brown. Add the turmeric, red chilli, cumin pwd, saunf, amchoor, dhania, mint and garam masala and fry for a minute.
3. Add the tomatoes and the coriander /methi leaves and fry for another minute.
4. Now add the mashed potatoes and fry for 5-6 minutes on high fire till the masala is well blended with the potato.
5. Add salt to taste.
6. Take the mixture from the heat, set aside and let it cool.

7. Cut the top of each capsicum and clean the inside, letting the vegetable remain whole.
8. Stuff each capsicum with some potato masala and put back the top.
9. Smear some salt on the capsicum and set aside.
10. Repeat for the remaining 5.
11. Save any remaining potato masala for gravy.
12. Heat remaining oil, drop the cumin in it and when it browns add the sliced onions.
13. Fry till the onions are well browned.
14. Now add the remaining potato gravy and place the capsicums in this bed of potato masala and onions.
15. Sprinkle water and cook covered on a low heat for 30 minutes.
16. Turn the capsicums occasionally or they will not be done evenly on all sides.
17. When the capsicums are done, sprinkle some chopped coriander leaves on top, mix and heat for a minute.
18. Adjust salt if needed.
19. Can be eaten with hot rice and dal.

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

Method:

1. 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.
2. Drop spoonfuls of batter in the hot oil using a large tablespoon. Fry until golden brown.
3. Drop in water. Let it soak till ready to serve.
4. Beat yogurt with milk. Add spice according to taste. Squeeze out water from the vada and add yogurt. Serve.

Dahi Potato Curry

by daawat.com

Ingredients:

- 250gms potatoes
- 1/2 cup curd (yogurt), beaten
- 1/2-inch piece ginger
- 2 green chilies
- 4-5 garlic cloves
- 1/2 tsp. turmeric powder
- 1/2 tsp. chili powder
- 2 tbsps ghee
- Salt to taste

Method:

1. Boil the potatoes, peel the skin and cut into halves.
2. Mix ginger, garlic, green chilies and grind to a fine paste.
3. Mix the potato pieces with the green chili paste, curd, chili powder, turmeric powder and salt. Keep this mixture aside for 1/2 an hour or more.
4. Heat ghee in a pan and fry the potatoes till golden brown in colour.
5. Serve hot with puris.

Serves: 4

Preparation time: 45 minutes

Dondakaaya Gutthi Masala

by daawat.com

Ingredients:

- 500g dondakaayalu
- 150g onions, chopped
- 20g red chilies
- 10g cumin seeds
- 20g black gram
- Salt to taste
- A pinch of turmeric
- 100g oil

Method:

1. Mix red chilies, cumin seeds, black gram and fry them in a thick bottomed pan until they are light brown.
2. Blend the fried ingredients along with salt and onions to a fine paste.
3. Cut dondakaayalu into four, lengthwise, to three-fourth's of their total length. Stuff a little of the above paste and keep aside.
4. Heat oil in the same pan and fry the above stuffed pieces for 20 minutes by stirring occasionally.
5. Now cook them for another 10 minutes by covering with a lid or until they are done.

Dumplings in Lentil Curry

by daawat.com

Ingredients:

- 1 cup tuwar dal
- 2 tbsp peanuts, soaked in water for 30 minutes
- 1 tsp cumin seeds
- cloves garlic, chopped
- cocums
- 1/2 tsp turmeric powder
- 1/2 tsp chili powder
- 2 tsp sugar
- 1 cup coriander leaves, chopped
- curry leaves
- 1/4 tsp asafoetida
- Required ghee or butter
- Salt to taste
- For the dumplings:
- 1 cup wheat flour
- 1/2 tsp turmeric
- 1/2 tsp chili powder
- 1/2 tsp asafoetida
- Sufficient oil
- Salt to taste

Method:

1. Boil the dahl and the peanuts in a pressure cooker till soft and keep aside.
2. Heat 1 tbsp ghee in a pan and add cumin seeds, garlic, asafoetida and finally, the boiled dahl.
3. Add cocum, turmeric powder, chili powder, sugar and curry leaves. Boil and add salt to taste.

4. To make the dumplings, mix the flour with salt, turmeric, chili powder, asafoetida, little oil and make a stiff dough with water. Knead well and roll out into 10 cms discs.
5. Cut the discs into diamonds or squares with a knife and drop them into the boiling dahl mixture.
6. After all the dumplings are immersed, boil the dahl for a further 15 minutes on a low heat.
7. Garnish with coriander leaves and serve hot.

Serves: 6

Preparation time: 30 minutes

Eggplant & Bengal Gram Curry

by daawat.com

Ingredients:

- 250g eggplants, cut into 1" long pieces
- green chilies
- 100g Bengal gram
- 50g onions, chopped
- sprigs curry leaves
- 1 tsp cumin seeds
- 1 tsp mustard seeds
- 1 tsp coriander seeds
- A small piece of ginger
- A pinch of turmeric
- Salt to taste
- 50g oil
- 15g black gram
- red chilies

Method:

1. Wash the Bengal gram and soak in water for few hours. Add coriander seeds, green chilies, ginger, cumin seeds, onions, salt to the Bengal gram and blend to a fine paste.
2. Heat oil in a wide pan and fry mustard seeds, red chilies, Black gram, curry leaves for a while. Also add eggplant pieces and cook by covering with a lid.
3. When the eggplants are half cooked, add the Bengal gram paste and mix well. Cook for another 10 minutes.
4. When the eggplants are cooked well and the Bengal gram paste gets separated, remove from heat and serve with hot rice.

Gulla Sagle

by Sunita

Ingredients

- 10 brinjals (eggplants), small round variety
- 1 cup coconut gratings, fresh
- 10 roasted dry red chillies
- 1 small ball of tamarind, de-seeded
- 1/2 tsp fenugreek seeds
- 2 tsp coriander seeds
- 2 tbsp cooking oil
- 1 small piece jaggery or 1 tsp sugar
- 1/2 tsp mustard seeds
- 1 sprig curry leaves
- Salt to taste

Method

1. Remove the stalks of the vegetable, wash and make small slits on them.
2. Blend together the coconut, tamarind and red chillies without adding much water.
3. When it's almost done, add the fenugreek, methi and jaggery and blend till smooth. Set aside.
4. Heat the oil and add the mustard seeds and curry leaves.
5. When the mustard starts crackling, add the ground masala and the brinjal and fry on a slow fire till the masala is fried well and the brinjal is soft.
6. You can sprinkle some water and cook covered on a very low flame to speed up the process.
7. Keep turning the vegetable, however, or it might burn or stick to the bottom of the pan.
8. Add salt to taste and mix well.
9. Eat when hot with rice and dali thoi.

Guchi Mattar

by Sunita

Ingredients

- 1 lb. white mushrooms
- 1 cup frozen baby green peas, thawed
- 1 cup paneer, cut into very small cubes and fried
- 1 onion finely chopped
- 2 tsps finely chopped coriander
- 2 tsp red chilli pwd
- 1/2 tsp turmeric
- 1 tsp cumin pwd
- 1 tsp dhania pwd
- 1 tsp tandoori pwd
- 2 tomatoes, blanched and pureed
- 1 tablespoon cashewnuts, powdered finely
- 1/2 tsp kasoori methi
- 1/2 tsp garam masala
- 1/2 tsp sugar
- 2 tbsp cooking oil/ghee(clarified butter)

Blend to a smooth paste:

- 1 " piece ginger
- 4-5 garlic flakes
- 1 onion minced
- 1/4 cup curd

Method

1. Heat the ghee and fry the mushrooms till they are tender.
2. Drain and set aside.
3. Heat some ghee and fry the chopped onions till they turn color.
4. Add the blended masala and fry till the ghee starts leaving the sides of the masala.

5. Now add all the dry powders except the kasoori methi and garam masala.
6. Fry till the masalas are well blended and fried.
7. Add the tomato puree and cashewnut powder.
8. Mix well and fry for about 4-5 minutes.
9. Take it from the fire and add the paneer, peas and mushrooms.
10. Bring it to a boil on low heat and then add the kasoori methi, garam masala, sugar and salt to taste.
11. Heat through and serve hot with plain rice/chapati.

Hariyali Brinjal

by daawat.com

Ingredients:

- 300g thin and long brinjal
- 2 bunches coriander leaves
- green chilies
- 100g oil
- Salt to taste
- Half lemon

Method:

1. Cut each brinjal into four pieces, lengthwise and immerse in salt water.
2. Mix green chilies, coriander leaves, salt and blend them to a fine paste.
3. Heat oil in a heavy bottomed pan and fry the brinjal pieces for 10-15 minutes or until they are tender.
4. When they are half cooked, add chili paste and cook for another 10 minutes.
5. Add salt if required and remove from heat.
6. Sprinkle the lemon juice on top of the curry and serve with rice or chapathis.

Idli

Ingredients

- 1 cup black gram (urad) dal
- 1 teaspoon methi seeds
- 1/2 teaspoon salt
- 2 cups cream of rice
- spray oil or ghee for greasing cups

Method

1. Lightly wash urad, and cover with chlorine-free water. Grind methi and mix with urad, along with salt, and allow to soak uncovered for 3 hours. Soften the cream of rice by soaking for the final 15 minutes. Without washing, grind urad in food processor to a fine paste. Add cream of rice to paste, and grind again until mixed well. Place in ceramic bowl, cover with plastic wrap, and place in a warm place until double in bulk. The amount of time this will take depends on the temperature. The batter will double in 8 hours if the temperature is over 85 degrees, and at lower temperatures it can take as long as 30 hours. If the batter doesn't rise, don't despair, just find a warmer place. A small microwave oven, with the door open just enough to turn on the light, works well, as does a cold oven with the light on.
2. Many silly people substitute rava (sooji, cream of wheat) for rice, especially in colder climates like the Frisco Bay Area, because their batter doesn't rise. This is an unnecessary compromise, and people so inclined may just as well go to Pasand and eat their idli bricks. The fermentation process depends on the presence of wild yeast, which appears to stick well to the urad and to the methi. Soaking the dal uncovered allows you to "catch" additional yeast from the air. Don't use baking soda, baking powder, yeast, or yogurt to "help" fermentation. I've conducted controlled experiments on these agents, and methi outperforms them. Yeast starts fast, but it poops out and leaves your idli tasting like elephant cacaos. Baking soda, baking powder, and yogurt retard fermentation.
3. After your batter has gone nuts, you are ready to make idlis. Stir (don't beat) the batter slightly, just enough to evenly distribute the bubbles and not enough to make it subside. Grease idli cups (you can use egg poachers if you want) with spray-on oil or butter, and fill them (almost full) with the idli batter and steam in an idli vessel (basically, a big steamer) for about 15 - 20 minutes.
4. The same idli batter can be used to make Sannan. Pour the batter in the container of a pressure cooker (previously greased with oil) about 3/4 full and steam for 15 - 20 minutes as above. Take out and cut into pieces with a spatula.

Masaledar Sem (Spicy Freen 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)

Method:

1. Put ginger and garlic into a food processor and add 1/2 cup water. Blend until fairly smooth.
2. 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.
3. 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.
4. Remove the cover. Add the lemon juice and a generous amount of freshly ground pepper.
5. Turn up the heat and boil away the remaining liquid, stirring the beans gently as you do so.

Masala Dosa

Ingredients

- 3 cups rice (not basmati!), soaked overnight, room temp. water.
- 1 cup urad dal (a specific type of lentils avail. at Indian grocery stores--
- no substitution;
other dals will not work like this)

Method

Soaked separately overnight. Traditionally, stone grinders (huge mortars) and rolling pestles are used to grind the rice and the urad dal and motorized versions of those are now available at Indian electronic stores in D.C. A mixie or a blender cuts the grains into fine pieces, but does not "mash" them like the stone grinders do. So there is a good deal of difference taste when you use a blender. But still, it is not bad at all if you make sure that you grind the rice really fine. Cover the rice with water just 1/2 "above the rice line in the blender. Grind till Sssssmooth. Grind the dal separately, with water that barely covers it. Grind a long time (be patient!), stirring once in a while and grinding again. When the dal is ground very well, and small air bubbles appear once you stop running the blender, it is enough. Add more water if necessary. But this should be very thick. Mix the rice and the urad dal pastes, with 1/2 tsp salt.

Add one tablespoon beaten yogurt, and mix well. Keep covered to let it ferment for at least 5 to 8 hrs or more. (Keep it close to a heater or in any warm place). Once it has risen, stir briefly, and keep it in the fridge. You have the batter now. Grease a griddle with plain sesame oil or peanut oil if you care about max. flavor; if not use veg. oil. The heat should be medium or slightly higher. When hot (a few drops of water will sizzle gently and disappear), using a metal ladle, pour one ladleful over the griddle; with quick and even and gentle strokes, spread the batter out with the ladle as if you are drawing concentric circles on the batter. Do it either clockwise OR anticlockwise else you get lumps. It takes a few tries believe me, and some of us who are trained well in this mess up occasionally.

drizzle oil around edges, and on top. Once the bottom is cooked, turn it over, and cook the top. Be careful when using your spatula (metal preferred) to take it out to flip it. This can be served with chilli-dal-spice powder and oil or ghee, coconut chutney, cilantro or mint chutney, onion chutney, or red garlic chutney, and/or saambar. (If you want their recipes, email me) This is standard breakfast or supper fare for us, growing up in the south.

Else, as in your restaurant, make a filling as follows:

1. Take 2 large boiled potatoes, peel and mash coarsely.
2. Thinly slice one large red onion, 2 cloves of garlic (optional) and 3 or 4 green chillies.
3. Grate a 1" piece of ginger.
4. Cut up a tomato if you want.
5. Take a sprig of curry leaves and chop them coarsely.
6. Heat some veg. oil, add some fennel seeds, and cummin seeds (1/2 tsp. each)
7. Add 1/2 tsp of black mustard seeds.
8. When they crackle, add the green chillies, ginger, garlic (if used), and onions and fry them with a little salt for a while till onions are transparent. Add curry leaves.
9. Next add 1/2 pkt of frozen peas, tomatoes (if you choose), and fry for 5 minutes.
10. Add the potatoes, and more salt if desired. stir well till blended
11. Add some chopped cilantro if you want.

When making the dosai, spread the batter out as mentioned earlier, drizzle oil, and keep the skillet or griddle covered (any cover will do as long as the dosai area is covered; just be sure the cover does not touch the dosai). In less than a minute, the dosai will be cooked with oil on the bottom, and its top will be cooked by the steam that is generated when you cover it. The color is now not the white of the batter but kinda dull; you'll know) Turn the heat down, place the cooled filling across the center along the diagonal, and fold both sides overlappingly over it to form a cylindrical shape. Increase the heat slightly, drizzle more oil, and cook both sides till golden. Else, place the filling in the center, and fold from three sides, forming a triangle, overlapping and covering the filling.

Masala Dosa 2

Ingredients

Dosa shell:

- 1½ cups rice
- ½ cup urad dal
- salt to taste
- oil

Masala Filling:

- 2 large potatoes
- 1 medium onion (chopped)
- ½ teaspoon yellow split peas
- ½ teaspoon mustard seed
- ½ teaspoon turmeric
- 1-2 green chili
- 1 tablespoon oil
- salt to taste

Method

Dosa shell

1. 1 Separately soak rice and urad dal at least 6 hour or overnight in water.
2. 2 Grind to paste.
3. 3 Mix together, add salt with water to make batter.
4. 4 Leave in room temperature overnight.
5. 5 Mix onion and chilies to the thin batter.
6. 6 Heat pan or griddle with little ghee or oil.
7. 7 Spread the mix on pan in circular motion to make thin Dosa. * SEE TIP BELOW
8. 8 Cook on both the sides, if desired.

Masala Filling (Spicy Filling):

1. 9 Heat oil. Add mustard seed, peas, onions and spice.

2. 10 Fry for about 5 minutes on medium heat or/until onions are turned into golden brown
3. 11 Add potatoes and mix and cook some more

Serve

1. 12 Add filling inside Dosa and roll. Serve hot with Chutney.

Masala Dosa 3

Ingredients

2. 1 cup Black gram dal
3. 1 cup Roasted rice powder
4. 1 dsp Flour
5. 1 tsp Soda-bi-carbonate
6. Salt to taste
7. Ghee

Method

1. Soak 1 cup of black gram dal and grind to a smooth frothy paste. Sift the roasted rice flour through a fine sieve, add one cup of it and knead well and keep aside over night. In the morning add one dsp. Of flour and enough water to make a batter of pouring consistency. When it is time to cook the dosa, add soda-bi-carb and salt to taste.
2. Heat a greased griddle stone and when it is hot, sprinkle a little water on it, and pour a ladle of batter and spread it paper-thin. Pour teaspoons of ghee on all sides to fry the dosa properly.
3. The outside must be golden brown and crisp. Place potato masala filling and a little coconut chutney in side, and fold. Serve hot and crisp.

Mixed Vegetable Usli

by Sunita

Ingredients

- 4 cups of frozen vegetables
- (like corn, carrots, beans, potatoes,
- cauliflower, green peas)
- 1 tsp mustard seeds
- 1 tsp urad dal
- 1 tsp channa dal
- 1/2 tsp white sesame seeds
- 1 sprig curry leaves
- 2 tablespoon methi leaves, chopped finely
- 1 tablespoon coriander leaves , chopped finely
- 1 dry red chilli
- 4 green chillies, chopped
- 2 tablespoon coconut shredded
- A pinch of hing
- 1 tsp lemon juice
- Salt to taste
- 2 1/2 tbsp cooking oil

Method

1. Heat the oil and add the mustard, sesame, urad dal, channa dal, curry leaves, green chillies, red chilli and fry till the seasoning is done.
2. Add the methi leaves and fry for about 2-3 minutes.
3. Add all the vegetables and the coriander leaves.
4. Mix well, sprinkle some water and cook on a high fire till the vegetables are done.
5. Add the shredded coconut and mix well.
6. For about 2-3 minutes, keep the dish covered on low heat.
7. Add the hing and mix well.
8. Sprinkle lemon juice.
9. Eat with chapathi.

Morkozumbhu

by Sunita

Ingredients

- 5 cups of buttermilk
- 4-5 green chillies, slit
- 1 1/2 tsp cumin seeds
- 2 tsp coriander seeds
- 1 tsp turmeric powder
- 2-3 tablespoons coconut, shredded
- Salt to taste
- 1 tsp mustard seeds
- 1 sprig of curry leaves
- Oil for seasoning
- Water for diluting the buttermilk if needed

Method

- 1 Add 1/2 tsp of turmeric to the buttermilk and mix well.
- 2 Add water if the buttermilk is too thick.
- 3 Add salt and heat on a low flame till the buttermilk reaches room temperature.
- 4 Take it from the fire and set aside.
- 5 Roast in a little oil, one by one, the coconut, the remaining turmeric, jeera, coriander and green chillies.
- 6 Blend to a smooth paste.
- 7 Add this coconut paste to the warm buttermilk, put it back on the stove and heat for approximately 4-5 minutes.
- 8 Season it with mustard seeds and curry leaves.
- 9 Delicious when eaten with hot plain rice.
- 10 Cannot be re-heated on direct fire.

Majjige Huli

by Sunita

Ingredients

- 5 cups buttermilk
- 1/2 lb. green beans
- 7-8 green chillies
- 1 cup fresh coconut, shredded
- 1 tsp mustard seeds
- 1/2 tsp cumin seeds
- 1 sprig curry leaves
- 2 tsp oil for seasoning

Method

1. Cut the beans into longish pieces.
2. Boil in a little water till done.
3. Drain and set aside.
4. Blend together the coconut and green chillies.
5. Add this paste to the buttermilk and mix well.
6. Add the beans and salt to taste.
7. Dilute with some water if needed.
8. Bring to a boil on a low flame.
9. Season with mustard, cumin and curry leaves.

Other vegetables like eggplant, cucumber, cayote etc can also be used for this preparation.

Pakodi Kadhi

by Sunita

Ingredients

- 6 cups of buttermilk or diluted curd(yoghurt)
- Water to dilute if needed
- 1 tsp turmeric powder
- Salt to taste
- 1 tablespoon besan(bengal gram flour)

For the pokodis:

- 1 cup besan
- 3-4 green chillies chopped
- 1 onion chopped
- 2 tsp chilli powder
- 1 tsp jeera
- A pinch of hing
- 1/2 bunch methi leaves, chopped finely
- 1/2 bunch coriander leaves, chopped finely

For seasoning:

- garlic flakes, chopped finely
- 1 green chilli, chopped
- 1 tsp mustard seeds
- 1/2 tsp saunf, powdered
- 1 tsp cumin seeds
- 1 tsp red chilli powder
- 1/4 tsp turmeric powder
- 2 tsp dhania(coriander) powder
- A pinch of hing(asoefetida)

Method

- 1 Mix the turmeric, salt and the besan in the buttermilk, add 2-3 cups of water and bring to a boil on low heat, stirring continuously. Set aside.

- 2 Mix all the pakodi ingredients with a little water in a bowl, to get the consistency of thick batter.
- 3 Make small round balls with the batter and deep fry in oil till golden brown.
- 4 Drain oil and add to the buttermilk.
- 5 Prepare the seasoning and add to the buttermilk.
- 6 Serve hot with plain rice.

Paper Dosa

Ingredients

- 150 g raw (boiled) rice
- 50 g urad dal
- 15 g cooked rice
- 10 g poha (pressed rice)
- 5 to 7 methi seeds
- salt to taste
- Oil

Preparation

1. Wash the urad dal, raw rice and methi seeds. Soak them in a little water along with poha and cooked rice for at least an hour. Grind to a smooth paste with a little water. Cover and keep aside for at least five hours. Add salt to taste and mix well. This batter can be used as basic batter for preparing paper masala dosa. The batter is enough to make about four to six dosas. Use a stainless steel cup to pour the dosa batter onto the tawa.
2. Pour about 300 ml dosa batter (on as wide a surface as possible), on a pre-heated, greased dosa plate in an oval shape. Allow it to cook on low heat for one-and-a-half minutes. Scrape the upper layer to get a thin and crisp dosa. Roll it up. Similarly prepare three more dosas. Serve immediately with coconut chutney and sambhar.

Pepper Rasam

by Sunita

Ingredients

- 1 small tomato, chopped into small cubes
- 1 1/2 tsp peppercorns
- 1 tsp cumin seeds
- 1 tsp mustard seeds
- 1 sprig curry leaves
- 2 tsp thick tamarind juice
- 1/2 tsp sugar or jaggery water
- 1 tsp chopped coriander leaves
- A pinch of hing(asoefetida)
- Salt to taste
- 2 tsp ghee(clarified butter)
- 6 cups of water

Method

- Powder the peppercorns in a peppermill or coffee grinder to get a very coarse powder.
- Mix together the water, tomato, pepper,salt sugar(jaggery) and tamarind juice.
- Bring it to a boil on a low flame.
- Season with mustard, hing, curry leaves and cumin in ghee.
- Garnish with chopped coriander.
- Eat when hot with plain rice.

Pulikoddel

by Sunita

Ingredients

- 1/2 lb. of gourd or squash
 - A pinch of turmeric powder
 - 1 tsp of mustard seeds
 - 2-3 red chillies
 - Fry in a little oil: A pinch of Asoefetida(Hing)
 - 1 1/2 tbsp coriander seeds
 - 8-10 peppercorns
 - 1 1/2 tsp cumin seeds
 - 3/4 tsp fenugreek(Methi)
 - 1 tbsp rice, washed
 - 1 tbsp sesame seeds
 - 2-3 tbsp coconut
 - Salt to taste
 - 2 tsp cooking oil for seasoning
1. Blend all the fried ingredients to a smooth paste and set aside.
 2. Cook the gourd/squash with a pinch of salt and turmeric and when it is done, add the ground masala to it.
 3. Bring it to a boil.
 4. Season with the mustard and red chillies in oil.
 5. Eat hot with rice.

Plaintain Usli

by Sunita

Ingredients

- 2 plaintains
- 3-4 green chillies, chopped
- 1/2 tsp hing
- 1 dry red chilli
- 1 tsp mustard seeds
- 1 sprig curry leaves
- 2 tablespoon coconut, shredded
- Salt to taste
- 1 1/2 tbsp cooking oil

Method

1. Peel the plaintains and cut them into tiny cubes.
2. Heat the oil and add the mustard, curry leaves, red chillies and green chillies.
3. When the seasoning is ready, add the plaintain and salt to taste.
4. Sprinkle some water and cook covered on a low flame till the vegetable is done.
5. Add the coconut and mix well.
6. Heat through.
7. Add the hing and serve with plain rice and dali thoi.

Pitla

by Sunita

Ingredients

- tablespoons besan (bengal gram flour)
- 1/2 tsp hing(asoefetida)
- 1 medium tomato chopped finely
- 1 tablespoon chopped coriander leaves
- 1 sprig curry leaves
- 1/2 tsp mustard seeds
- 1 small onion, chopped finely
- 1 tsp roasted cumin-coriander powder
- 1 tablespoon lemon juice/tamarind juice
- 1 tsp red chilli powder
- 1/2 tsp turmeric powder
- Salt to taste

Method

1. Fry the besan in a little oil till it turns light brown.
2. Set aside.
3. Heat some oil and add the mustard and curry leaves.
4. When they crackle, add the onions and fry till they turn brown.
5. Add the cumin-dhania, red chili and turmeric and fry for a minute.
6. Now add the besan and keep frying for 2 minutes.
7. Add the tomatoes and the coriander and some water to get a liquid consistency.
8. Add salt to taste.
9. Now add the lime/tamarind juice and heat through till it boils.
10. Add hing and serve hot with chapatis or white rice.

Potato Tikis

by Sunita

Ingredients

- 1 lb. potatoes
- 4 slices of bread
- 2 tsp finely chopped green chillies
- 3 tbsp coriander leaves, chopped
- Salt to taste

For the stuffing:

- 1 medium onion, chopped
- 1" piece ginger, chopped
- 2 tsp chopped green chillies
- 1/2 tsp red chilli powder
- 1 tsp dhania (coriander) powder
- 1 tsp cumin seeds
- 1/2 tsp garam masala
- 1/2 tsp amchoor (mango powder)
- Salt to taste
- 1 1/4 cups of boiled, shelled peas
- 2 tbsp oil for frying

Method

1. Boil, peel and mash the potatoes.
2. Soak the bread in water, squeeze the water and crumble finely over the potatoes.
3. Add salt to taste, the green chillies and chopped coriander.
4. Mix well and make a smooth dough.
5. Set aside.
6. Now prepare the stuffing.
7. Fry the onions in the oil till light brown.
8. Mix in the ginger, green chillies, powders and salt to taste.
9. Fry for 1/2 a minute and add the boiled green peas.
10. Mix well and remove.
11. Shape the potato dough into rounds, put the stuffing into the center of each round and cover with more dough.
12. Smoothen into rounds and shallow fry till brown and crisp.
13. Serve hot with tomato ketchup.

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:

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

Sookha Aloo (Dry Potatoes)

(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:

1. Boil potatoes until cooked but not overdone. Peel and cut into 1/2" cubes.
2. 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.
3. Serve hot.
4. Tips: Use enough oil so that the potatoes will not need to be stirred often. This avoids breaking them up.

Thendle Buthi

by Sunita

Ingredients

- 1 1/2 lb thondekai(gherkins), sliced into small rounds
- tablespoon coconut, shredded
- 10 red chillies
- 1/2 tsp methi
- 2 tsps coriander seeds
- A small piece of tamarind
- 1 small onion, chopped finely
- 1 tsp mustard seeds
- 1 sprig curry leaves
- tbspc cooking oil

Method

1. Heat 2 1/2 tablespoon oil, fry the thondekai till they turn crisp and brown, drain and set aside.
2. Fry ingrdients 2 to 5 in oil and blend to a smooth paste along with the tamarind.
3. Heat remaining oil, add the mustard and curry leaves and when the mustard starts crackling, add the chopped onion.
4. Fry till the onions turn translucent.
5. Now add the thondekai and the coconut paste and keep frying.
6. DO NOT ADD WATER.
7. Fry for around 20 minutes till the whole mixture turns dark brown and loses all moisture.
8. Take it off the fire.
9. Can be eaten with rice and dal.

Traditional Sambhar

by Sunita

Ingredients

- 1 large onion, chopped finely(I sometimes also use 1 cup small whole round boiling onions)
- 1 cup toor dal
- 1 medium tomato, chopped
- 2 tsp sambhar powder(see "Pickles and Spice Mixes " section)
- 1 tsp fresh coriander leaves, chopped
- 1/4 cup thick juice of tamarind
- 1/2 tsp sugar or jaggery water
- 1/2 cup green beans, cut into long pieces
- 1 tsp mustard seeds
- 1 sprig curry leaves
- 1 tablespoon ghee(clarified butter)
- A pinch of hing(asoefetida)
- Salt to taste

Method

1. Pressure cook the dal, onions, green beans and tomato till done.The dal should be soft and mushy.
2. Set aside.
3. Add the sambhar powder, sugar(jaggery), coriander leaves, tamarind juice and salt to taste.
4. Bring to a boil on a low flame.
5. Season with mustard, curry leaves and hing using ghee.
6. Eat hot with dosa or plain white rice.

10. Eat when hot with rice.

Tomato Rasam

by Sunita

Ingredients

- 1/2 tsp black peppercorns
- tsp cumin seeds
- 1 tsp coriander seeds
- 1 tsp dry curry leaves
- 4-5 red chillies
- Cooking oil for roasting(about 1-2 tsp)
- 3/4 cup toor dal
- medium tomatoes , chopped finely
- tsp jaggery water(or 1 tsp sugar)
- garlic clovettes crushed coarsely
- 1 tsp mustard seeds
- 1 tsp cumin seeds
- 1 sprig fresh curry leaves
- A pinch of hing(asoefetida)
- Salt to taste
- 2 tsp ghee for seasoning

Method

1. Roast the first 5 ingredients in a little oil and grind in a coffee grinder to a smooth powder.
2. Set aside.(This is the rasam powder)
3. Boil the dal in a pressure cooker till soft and set aside.
4. Add the chopped tomatoes, rasam powder, jaggery water and salt to taste to the boiled dal.
5. Heat the ghee in a saucepan and prepare the seasoning with the garlic, cumin, mustard, hing and curry leaves.
6. When the mustard starts crackling, add the tomatoes and dal.
7. Add enough water to get the required rasam consistency.
8. Boil till the tomatoes are well cooked on a low flame.
9. Take it off the fire.

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:

1. Fry cream of wheat on a dry pan for 5 minutes and set aside.
2. 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.
3. 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.)
4. Cover the vessel for 4 minutes. Add lime if needed.

Uttapam

A lentil-rice flour preparation from South India, this breakfast dish is eaten with coconut chutney.

Ingredients:

- 1 cup urad dal (black gram lentils)
- 2 cups raw rice or rice flour
- 2 tbsp coriander leaves, chopped finely
- 2-3 green chillies chopped finely
- A small piece ginger, minced finely
- 3 small onions, chopped finely
- Salt to taste
- Cooking oil for making the uttapams

Method:

1. Wash the rice and lentils separately and separately soak in some water such that they are totally covered for about 3 hours.
2. Blend into a smooth paste, using some water, the lentils and the rice (separately).
3. The batter consistency should not be too watery, but it should be of pouring consistency.
4. Mix the 2 together and add the salt.
5. Transfer to a big bowl (the dough will rise the next day!) and let it keep overnight (keep it covered).
6. The next morning, mix the batter well..it should be sufficiently thick.
7. Mix together the green chillies, onions, coriander and the onions in a small bowl.
8. Keep aside.
9. Rub some oil on a flat griddle (tava) and heat it.
10. When the tava is hot, pour some batter onto it.
11. Using circular motions with the ladle, spread the batter to make a thick circle.
12. Let it cook on the under side.
13. Keep it covered with a plate or something so that it roasts well.

14. Use low heat or else the batter will burn.
15. Now sprinkle some of the onion mixture on the top side and overturn the uttapam.
16. Cook on the other side similarly.
17. When both sides are sufficiently roasted, lift it off the tava.
18. Repeat for the rest of the batter.

Vardike Mantva Saar

by Sunita

Ingredients

- 2 tablespoons of coconut, shredded
- A pinch of hing(asoefetida)
- 1 tablespoon of coriander seeds
- 1 tsp cumin
- 1/2 tsp black peppercorns
- 1/2 tsp methi(fenugreek) seeds
- 1 tsp dry red chillies

- 2 tomatoes chopped finely
- 4-5 garlic clovettes, crushed
- 1 small piece tamarind, de-seeded

- 1 tsp mustard seeds
- 1 sprig curry leaves
- 2 tsp ghee(clarified butter)

Method

- 1 Roast the first 7 ingredients one by one and blend to get a smooth paste, using a little water.
- 2 Blend the tomato with the tamarind to a smooth paste.
- 3 Add the crushed garlic to the tomato.
- 4 In a vessel, add the tomato paste, ground powder and enough water to get a rasam consistency.
- 5 Add salt to taste.
- 6 Bring it to a boil on a low flame.
- 7 Take it off the heat and season with mustard and curry leaves.
- 8 Delicious with plain rice.

Vali Ambat

by Sunita

Ingredients

- 1 cup toor dhal
- 1 1/2 cups chopped spinach
- 7-8 red chillies
- 1 lemon sized ball of tamarind
- tbsp coconut
- 1 tsp jaggery
- Salt to taste
- 1 tsp mustard seeds
- 1 sprig curry leaves
- 1 small onion, chopped finely
- 2 tbsp cooking oil for seasoning

Method

1. Pressure cook the dhal with the spinach and salt till done.
2. Blend to a smooth paste the red chillies, tamarind and coconut.
3. Add the blended mixture to the dhal-spinach.
4. Mix well.
5. Add the required amount of water, jaggery and bring to a boil.
6. Season with the chopped onion, mustard and curry leaves in oil.

Vegetarian Bobotie

by Lee Cox

Ingredients

- oil and butter
- 2 medium onions, chopped
- 100g/3½oz macadamia nuts (unsalted peanuts can also be used)
- 50g/2oz blanched almonds
- 2 cloves garlic, finely chopped
- 2 cayenne chillies (the small green ones), de-seeded and finely chopped
- 2.5cm/1in fresh ginger, peeled and chopped, or grated finely
- 2 large carrots, chopped
- 2 tsp spice mix (see tip) or curry powder
- 2 slices of white bread soaked in 100ml/4fl oz milk
- 100g/3½oz ready-to-eat dried apricots, quartered
- juice of half a lemon (zest it before you cut it in half)
- 4 lemon leaves, (bay leaves work just as well) or the zest of 1 lemon
- salt and pepper to season
- For the custard topping:
- 150ml/5fl oz milk, plain yoghurt, or sour cream
- 2 small eggs
- salt and pepper

Method

1. Preheat the oven to 190C/375F/Gas 5.
2. Fry the onions over a low to medium heat in a little oil and butter until they are transparent but not brown. It should take 5-10 minutes.
3. Put the macadamia nuts and the almonds in the oven on a baking tray.
4. Add the garlic, chillies, ginger, carrots and curry powder, and cook, stirring all the time for another 2 minutes. Take the nuts out of the oven and roughly chop them.

5. Add the soaked bread and milk to the mixture making sure you chop up the bread with your spoon or spatula so that it gets evenly distributed. Stir in the nuts and the apricots, then add the lemon juice. Season the mixture.
6. Put the mixture into a baking dish, smooth it out and stand the leaves in it so that they can be removed later. If you're using lemon zest then just scatter it over the mixture. Bake for 5-10 minutes while you make the topping.
7. For the topping: beat the milk, yoghurt or cream with the eggs and season with salt and pepper. Pour over the bobotie and bake for another 30 minutes.

Tip: Roast and grind your own spice mix with the following ingredients:

- half a cinnamon stick
- 2 tsp cumin seeds
- 1 tsp coriander seeds
- 2 cardamom pods
- ½ tsp fenugreek seeds
- 1 tsp mild paprika
- 2 cloves
- 1 tsp allspice or 6 berries.
- 2 tsp chilli powder is an option but can be left out if using fresh ones in the bobotie.

Put all the spices in a dry frying pan over a low heat until the cumin seeds start to spit then grind them together in a coffee grinder (easy option) or a pestle and mortar (hard work). Grind them as finely as you can. The kitchen will smell fantastic.

Vegetable Coot

by daawat.com

Ingredients:

- 100g cabbage
- 100g carrots
- 50g beans
- 1/2 cauliflower, cut into flowerets
- 100g green peas
- Salt to taste
- 25g Bengal gram
- 25g black gram
- green chilies
- 20g garlic cloves
- 1/2 cup grated coconut
- 20g cumin seeds
- 10g mustard seeds
- 3-4 sprigs curry leaves
- 50g oil

Method:

1. Cut all the vegetables into small pieces and keep aside.
2. Take 3-4 glasses of water in a pan and bring to a boil by adding salt to it.
3. Add all the vegetables to this water and boil until vegetables are tender. Drain all the water and keep them aside.
4. Heat oil in a pan and fry mustard seeds, cumin seeds, black gram, Bengal gram, curry leaves until they are brown.
5. Mix sliced green chilies, chopped garlic, grated coconut, cumin seeds and blend them to a fine paste.
6. Add the paste to the pan and fry for few minutes. Also add boiled vegetables, salt to this and cook for 3-5 minutes.

7. Sprinkle grated coconut over top and serve.



Breads

Bhatoora

by Kris Dhillon

These deliciously soft breads are not normally served in restaurants, but I have decided to include them because they are ideal cooked in advance and reheated and also because they are probably the easiest of all the Indian breads to make. You may make these with white flour or ata.

Makes 8-10.

Preparation and cooking time: 30 minutes.

Ingredients:

- 8 oz (225g) flour
- ½ teaspoon baking powder
- ½ teaspoon salt
- 8 fl. oz (220ml) plain yoghurt approx.
- Oil for deep frying

Method:

1. Sift the flour, baking powder, and salt into a bowl. Slowly add the yoghurt and gather the flour together with your fingertips until you have a soft dough.
2. Knead lightly and set aside to rest for at least 15 minutes.
3. Put the oil on to heat on a medium heat. Meanwhile divide the dough into eight portions without rolling into balls.
4. Dust your hands with flour and take one of these portions of dough and form into a ball.
5. Flatten the ball, dust well, and roll out into a 7-8 inch (17-20cm) round.
6. Now turn up the heat under the oil for a minute or two to get it really hot.
7. Slide the bhatoora carefully into the hot oil. It will sink at first but, if the oil is hot enough, it will rise to the surface in seconds.
8. Using the slotted spoon, push it back into the oil briefly and then turn it over for a few seconds.
9. Remove the bhatoora from the oil with a slotted spoon and put it on a plate lined with kitchen paper.
10. Repeat with the remaining dough. Drain the bhatoooras well on kitchen paper and either serve immediately or wrap in foil for reheating later.
11. Tip. If you are making just a few bhatoooras, you may like to roll them all out before frying them.

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:

1. Put flour in a large bowl with half the water. Blend the two together until it holds.
2. Beat and knead well until it forms a compact ball. Knead dough until it is smooth and elastic.
3. Set aside for 30 minutes.
4. 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.
5. 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).
6. Turn and cook the second side for 2/3 minutes until small bubbles form.
7. Turn again and cook the first side pressed lightly with a towel. It should puff. Serve warm (maybe slightly buttered).
8. Note: Since the rolled out chapatti'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.

Chappatis

by Kris Dhillon

These flat round breads are made with ata (sometimes called chappati flour). Three parts wholemeal flour with one part plain white flour may be used instead. Mix with water to a soft, slightly sticky dough and leave to rest at least 15 minutes before using.

Chappatis are cooked on a tava, that is a circular cast-iron plate with a long handle. A heavy cast-iron frying pan would make a suitable substitute. Practice makes perfect when it comes to chappati making, so do not be put off if your first efforts are not as good as you would like. They will taste fine even if they do not look immaculate.

Makes 8-10

Preparation and cooking time: 30 minutes approx.

Ingredients:

- 8 oz chappati flour with extra for dusting
- 4 fl. oz (110ml) water (very approximately)

Method:

1. Put the flour into a bowl. Add the water a little at a time and bring the flour together with the fingertips.
2. As the dough becomes stickier, draw it together with your hands, adding more water until all the flour is incorporated and you have a soft pliable dough.
3. Knead the dough with wet hands for a minute or two. Fold into a neat shape, dampen the surface, cover and leave to rest for 15 minutes.
4. Put the tava on the hob to pre-heat on a medium heat.
5. Roughly divide the dough into 8-10 parts without forming into balls.
6. Now dust your hands lightly with the extra flour and take a portion of the dough. Roll it between your hands into a ball. If it feels sticky use a little extra flour on your hands.
7. Put the ball of dough into the flour and press flat, dusting on both sides.
8. Roll out into a round about six inches (15cm) in diameter, dusting when required.
9. Pick up the chappati, pat between your hands for a few seconds to shake off excess flour, and slap it onto the hot tava.
10. Let it cook for about 30 seconds and turn it over. (If the chappati sticks to the tava, it is not hot enough. If the markings on the chappati are too dark, it is too hot. Adjust as necessary.)
11. Cook for about 30 seconds on the second side, lifting the chappati off the tava and replacing it immediately if half way through.
12. Turn over again, now lift the chappati off the tava and place it directly over a medium flame, moving it about all the time. It will puff up in seconds.
13. Place the chappati in a clean napkin, folding over the top to keep warm.
14. Repeat with the remaining dough. Stack the chappatis in the napkin as you make them.
15. Ideally, chappatis should be eaten immediately, but if you wish to keep them for later, wrap them in aluminium foil and keep them in a refrigerator. Place, still in foil, in a hot oven for about 20 minutes to reheat. Alternatively reheat in a microwave oven.
16. Freezing. Chappatis freeze well. Stack and wrap in foil and freeze for up to a month. They may be thawed and reheated without removing the foil.

Naan Bread with Curried Vegetables

by The Flour Advisory Bureau

Ingredients

- 1 red onion, peeled and sliced
- 2 courgettes, sliced
- 2 carrots, peeled and sliced
- 1 small cauliflower, separated into small florets
- 1 green chilli, seeded and finely chopped
- 2 tbsp oil
- 1ml¹/₄tsp turmeric
- 1ml¹/₄tsp ground coriander
- 1ml¹/₄tsp cumin
- 10-20ml/2-4tsp curry paste
- 400g/14oz tinned chickpeas, drained
- 4 tbsp low fat crème fraîche
- 4 tbsp vegetable stock
- 4 naan bread
- fresh coriander, chopped

Method

1. Stir-fry the onion, courgette, carrot, cauliflower and chilli in oil with the ground turmeric, coriander, cumin and curry paste, until soft.
2. Add the chickpeas, crème fraîche, vegetable stock and season well. Cover and heat gently.
3. Warm the naan bread, pile the vegetable mixture on top and sprinkle with fresh coriander.

Paratha

Ingredients:

- 1 cup Whole wheat flour
- Ghee
- Water

Method:

1. Make chappati dough. Divide into 6 parts and make balls. Flatten and roll each.
2. Spread ghee over them and fold. Roll again.
3. 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.
4. Repeat with all six.
5. Serve at once, since they lose crispness if stored.

Stuffed Parathas

Make dough for regular chappati's.

Fillings :

- Potato - Boil potatoes, mash, add salt and chili to taste. Add Garam Masala and mango powder.
- Radish - Grate one large Daikon 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.

Parathas 2

by Kris Dhillon

These are made with the same flour as chappatis, but they are layered with ghee before being cooked on the tava with more ghee brushed onto them. Vegetable oil is sometimes used instead of ghee and this is perfectly acceptable although I feel the ghee produces the best flavour. Alternatively you may use butter. This, because of the water content in butter, results in a softer, less crisp paratha which I love. It really is a matter of personal preference and convenience which you use, and you may like to try all three before making up your mind.

Makes 6-8.

Preparation and cooking time: 30 minutes approx.

Ingredients:

- 8 oz (225g) chappati flour plus extra for dusting (see page 37)
- 4 fl. oz (110ml) water (approximately)
- 6 tablespoon melted ghee

Method:

- make the dough as for chappatis and leave to rest for 15-30 minutes.
- Put the tava or cast-iron frying pan onto a medium heat. Meanwhile divide the dough into 6-8 equal portions.
- Take one portion with floured hands and roll into a ball.
- Place the ball of dough into the flour and press flat, dusting on both sides.
- Roll out into a six inch (15cm) round, and brush the surface with melted ghee.
- Now fold by taking opposite sides and folding until they meet in the middle. You should have a long rectangular shape.
- Brush the top surface again with melted ghee and fold, this time bringing in the ends of the rectangle to meet in the middle.
- Brush the dry surface for the final time with melted ghee and fold into half. You should have a square.
- Place this in the flour, press flat, and roll out into a eight inch (20cm) square.
- Pat between your hands and slap onto the hot tava. Cook for about 30 seconds whilst brushing the top surface with ghee. Turn over.
- Again brush the surface uppermost with the ghee and turn over, having given the second side 30 seconds.

- Continue to cook the first side for a further 30 seconds whilst brushing more melted ghee on the top surface.
- Turn over for the final time and cook for a further few seconds.
- Both sides should have reddish brown spots. The frequent turning over ensures even cooking.
- Put the paratha on a plate lined with a large piece of aluminium foil. Fold over the foil to keep the paratha warm while you make all the parathas in this way.
- Like chappatis, parathas are best eaten immediately but are quite good reheated.

Quick Recipe Nan

by Kris Dhillon

Although I refer to this as a quick recipe it is by no means a short cut, but a recipe without yeast which, of course, eliminates the time required for proving. Even so, this recipe produces wonderfully light, fluffy nan breads which are best eaten immediately. The yeast recipe given later also produces a delicious nan. It requires a little more time but the breads are more suitable for reheating.

For six nans.

Preparation and cooking time: 30 minutes approx.

Ingredients:

- 1 lb (450g) SR flour plus extra for dusting
- ½ teaspoon salt
- ½ teaspoon Baking powder
- 2 tablespoon vegetable oil
- 4 tablespoon plain yoghurt beaten
- 2 Eggs (beaten)
- ¼ pt (150ml) water approx.
- A little melted vegetable ghee

Method:

1. Sift the flour, salt, and baking powder into a bowl. Add the oil, yoghurt, and eggs and mix in with a fork.
2. Now add the water little by little, and using your hands, bring the flour together to make a soft dough.
3. Knead the dough with damp hands for a minute or two until it is smooth; cover it and leave to rest for at least 15 minutes.
4. Meanwhile, pre-heat the oven to the highest temperature. Put a heavy baking tray to heat in the oven, and pre-heat your grill.
5. Divide the dough into six equal portions. Dust your hands and taking one portion, roll it into a ball in the palms of your hands.
6. Roll the ball out into a tear shape, or a round if you prefer.
7. Carefully take the hot baking tray out of the oven, slap the nan onto it and immediately return to the oven for about three minutes.
8. Remove the baking tray and the nans from the oven and place them under a hot grill for 30 seconds to brown lightly and crisp the top.

9. Brush the top with the melted ghee and wrap in a clean napkin or tea towel and keep warm.
10. Repeat the process with all of the remaining dough. Make nans two at a time if the size of your baking tray and grill will permit.
11. Serve immediately.

Yeast Recipe Nans

by Kris Dhillon

Preparation and cooking time: 30 minutes, plus an hour to prove the dough.

Ingredients:

- ¼ pt (150ml) milk (hand hot)
- 2 tablespoon castor sugar
- 2 tablespoon dried active yeast
- 1 lb (450g) plain flour plus extra for dusting
- ½ teaspoon salt
- 1 teaspoon baking powder
- 2 tablespoon vegetable oil
- ¼ pt plain yoghurt, beaten
- 1 large egg, beaten
- A little melted vegetable ghee

Method:

1. Pour the milk into a bowl and stir in the sugar and the yeast. Set aside for 15 minutes until the mixture is frothy.
2. Sift the flour, salt, and baking powder into another bowl. Add to it the yeast mixture and all the remaining ingredients (except the ghee), and mix into a dough.
3. Place the dough onto a clean surface and kneed it for ten minutes or so, until it is smooth.
4. Put the dough in a greased bowl, cover with greased cling film, and set aside in a warm place for about an hour. The dough will double in size.
5. Knead the dough again lightly before proceeding to make the nans as described in the previous recipe.



Chutney

Coconut Chutney

by Sunita

This is a very common South Indian dish which serves as an accompaniment to an assortment of dishes from idlis and dosas to chitranna and vangi bath. The taste of fresh coconut, curry leaves and hing, leaves behind an intoxicating feeling on your tongue!

Ingredients

- 2 cups of fresh coconut, shredded
- 10 dry red chillies
- 1 sprig curry leaves
- A large pinch of hing (asoefetida)
- 1/2 tsp methi(fenugreek) seeds
- 2 tsp udad dhal
- 2 tsp channa dhal
- 1 small tomato
- Salt to taste

Method

1. Heat some oil and add the dhals, curry leaves, hing, methi and red chillies.
2. Fry till done.
3. Add this to the coconut and tomato and blend into a smooth paste.
4. Add salt to taste.
5. Goes well with dosas, idli and plain rice.

Coriander Chutney

by Sunita

Ingredients

- 1 bunch coriander leaves
- 2-3 tbsp coconut
- 2 green chillies
- 2-3 dry red chillies, roasted
- A small piece ginger
- 2-3 garlic flakes
- 1 small onion
- Juice of 1/2 a lemon
- Salt to taste

Method

1. Blend all the above to a smooth paste adding a little water.
2. Can be refrigerated for about 1-2 days.

Mint Chutney

by Sunita

"Pudina Chutney" as it is called in India, is a green chutney that is very cooling in the summer and usually eaten with samosas and other fried snacks. There are lots of different ways to whip up this dish and the one below is typically "Bangalore"-ian.

Ingredients

- 1 bunch mint leaves, washed and chopped
- 1 small onion, chopped
- 3-4 cloves garlic, crushed
- 1 small piece ginger, sliced
- 4-5 green chillies, chopped
- 1 tsp coconut(optional), shredded
- 2-3 tsp lemon juice
- 1 tsp cumin seeds or powder
- 1 tsp urad dhal
- 1 tsp channa dal
- Salt to taste

Method

1. Fry all these in a little oil, one by one.
2. Blend to a smooth paste using a little water.

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:

1. Wash and soak tamarind in water for 1/2 hour. Clean, pick and wash the coriander and mint.
2. 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.
3. Blend well.
4. In an airtight jar this can be refrigerated for up to one week.

Moolangi Chutney

by Sunita

Ingredients

- 1 1/2 cups of grated white radish
- 5-6 tbsp scraped fresh coconut
- 3 green chillies
- 1 tsp dalia (Hurugadle)
- 5-6 garlic flakes, crushed
- 3-4 peppercorns
- 1 small piece ginger
- 1 tsp tamarind juice
- Salt to taste
- 1 tbsp cooking oil
- 1/2 tsp mustard seeds
- 1 sprig curry leaves

Method

1. Blend together the coconut, tamarind, peppercorns, dalia, green chillies and the ginger.
2. When it's almost smooth in texture, add the garlic, salt to taste and the grated radish.
3. Run the blender for about 3-4 secs.
4. The radish and garlic should be about a quarter mashed up.
5. Remove from the blender and season with mustard seeds and curry leaves.

Sweet Mango Chutney

by Sunita

Ingredients

- 3 large mangoes, peeled and cut into chunks
- (Use slightly ripened ones)
- 2 tsp sugar or jaggery
- 1 tsp lime juice
- 5 large dates, pitted
- 1 tsp cumin seeds, roasted
- 1/2 tsp coriander seeds, roasted
- Salt to taste
- 2 tsp cooking oil

Method

1. Peel the mango and cut it into small chunks.
2. Heat about 2 tsp oil in a pan and fry the chunks till they turn mushy.
3. Drain, mash well and set aside to cool.
4. Blend together the rest of the ingredients with the mango without adding any water, to a smooth paste.
5. Adjust salt if needed.
6. Remove from blender and store in an airtight container.
7. This chutney keeps well for over a week when properly stored in the fridge.



Pastes, Sauces and Powders

A mix of powders, sauces, pastes and so on. Useful to make some in advance and keep them stored away.

A Fancy Curry Powder Recipe

Ingredients

- 2 1/2 tsp fenugreek
- 1 tsp (about 20 pods) cardamom
- 1 seeds (cracked with a
- 1 cleaver to release seeds)
- 3 tbsp coriander seeds
- 1 tbsp cumin seeds
- 1 tbsp mustard seeds
- 6 cloves, whole
- 1 3 in cinnamon stick, thin
- 1 and broken into pieces
- 1/4 tsp ground mace
- 1/4 tsp nutmeg, grated
- 1 big pinch cayenne
- 2 tbsp turmeric, ground
- 1 hot pepper, toasted and
- 1 dried (to taste)

Method

1. Preheat oven to 225 degree F.
2. In a small pan, combine fenugreek, cardamom, coriander, cumin and mustard seeds, cloves, and broken cinnamon stick. Bake for 15 minutes, shaking the pan a few times. Let cool.
3. In bowl, combine the toasted spices with the mace, nutmeg, cayenne, tumeric and peppers. Place in a spice mill and grind to a powder. Store in an airtight container. Makes a 1/2 cup of curry powder.

All-Round Curry Powder

Ingredients

- 2 tbsp Black Pepper
- 1 tsp Ground Bay Leaves
- 1 tsp Cayenne Pepper
- 2 tsp Hot Chilli Powder
- 1 tsp Dried Crushed Chillies
- 4 tsp Coriander
- 2 tbsp Cumin
- 2 tsp Fenugreek
- 4 tsp Garlic Powder
- 4 tsp Mixed Herbs
- 1 tsp Jamaican Pepper / Ground Allspice
- 2 tsp Paprika
- 2 tbsp Salt
- 4 tsp Turmeric

Method

1. Firstly you'll need to find a container which can hold around 300ml (about a 2/3rd of the size of a large Baked Beans can), which can be fitted with an air-tight top - An old jam jar or bolognese sauce jar will do, however an opaque container is preferable to protect the curry powder from sunlight if you are leaving it on a shelf.
2. Add all the ingredients specified into the container. Fasten the lid, and shake vigorously to mix the ingredients together.
3. That's it. Store the curry powder somewhere, ready for when you need it.
4. Useful Tips
5. If you want to make a hotter curry powder; use the curry powder mixture as described above, but add more chilli powder when cooking.

Basic Curry Sauce

Ingredients

- 3 tablespoons vegetable oil or ghee (clarified butter)
- 1 medium onion - finely chopped
- 4 cloves garlic - peeled and sliced
- 1.5 inch piece root ginger - peeled and thinly sliced (it should look about the same volume as the garlic)
- (optional) 2 mild fleshy green chillies - de-seeded and veined then chopped
- half teaspoon turmeric powder
- half teaspoon ground cumin seed
- half teaspoon ground coriander seed
- 5 tablespoons plain passata (smooth, thick, sieved tomatoes, US = purée) or 1 tablespoon concentrated tomato purée (US = paste) mixed with 4 tablespoons water

Method

1. Heat the oil in a heavy pan then add the chopped onion and stir for a few minutes with the heat on high.
2. Add the ginger, garlic and green chilli (if using). Stir for 30 seconds then put the heat down to very low.
3. Cook for 15 minutes stirring from time to time making sure nothing browns or burns.
4. Add the turmeric, cumin and coriander and cook, still very gently, for a further 5 minutes. Don't burn the spices or the sauce will taste horrid - sprinkle on a few drops of water if you're worried.
5. Take off the heat and cool a little. Put 4 fl oz cold water in a blender, add the contents of the pan and whizz until very smooth. Add the passata and stir.
6. Put the puréed mixture back into the pan and cook for 20 - 30 minutes (the longer the better) over very low heat stirring occasionally. You can add a little hot water if it starts to catch on the pan but the idea is to gently "fry" the sauce which will darken in colour to an orangy brown.

The final texture should be something like good tomato ketchup.
Warning - it WILL gloop occasionally and splatter over your cooker,
it's the price you have to pay!

Bise Bhele Huli Anna powder

by Sunita

Ingredients

- red chillies
- 1 tsp cumin seeds
- 1/2 tsp methi(fenugreek) seeds
- 1/2 tsp turmeric powder
- tsp coriander seeds
- cloves
- 2 pieces cinammon
- 2 tsp urad dal
- 1 tsp channa dal
- 1/2 tsp peppercorns
- 1/2 cup coconut gratings
- Oil/ghee(clarified butter) for roasting

Method

- 1 Roast all the above ingredients one by one in a little oil or ghee and powder to a coarse powder in a coffee grinder.
- 2 Store in a airtight container.
- 3 Use as required for Bisi Bele Huli Anna

Chat Masala (Powder)

by Sunita

Ingredients

- 1/2 cup coriander seeds
- 2 tbsp cumin seeds
- 1 tsp ajwain (thymol) seeds
- 2-3 whole dry red chillies
- 1/2 cup black salt crystals
- 1/2 tsp citric acid
- 1/2 cup dry mango powder (amchoor)
- 1/2 cup salt
- 2 tsp garam masala
- 1 tsp white/black pepper (optional)

Method

1. Roast the first 3 ingredients separately and powder them with the chillies, black salt and citric acid.
2. Mix in the remaining ingredients.
3. Store in an airtight container.
4. Will keep well for years.

Curry Sauce 2

by Kris Dhillon

For approximately eight main course dishes.

Preparation and cooking time: 1 hr 30 minutes approx.

Ingredients:

- 2 lb (900g) cooking onions
- 2 oz (50g) green ginger
- 2 oz (50g) garlic
- 2 3/4 pint (1 litre 570ml) water
- 1 teaspoon salt
- 1 tin (8oz/225g) tomatoes
- 8 tablespoon vegetable oil
- 1 teaspoon tomato puree
- 1 teaspoon turmeric
- 1 teaspoon paprika

Method:

Stage One

1. Peel and rinse the onions, ginger, and garlic. Slice the onions and roughly chop the ginger and garlic.
2. Put the ginger and garlic into a blender with about 1/2 pint of the water and blend until smooth.
3. Take a large saucepan and put into it the onions, the blended garlic and ginger, and the remainder of the water.
4. Add the salt and bring to the boil. Turn down the heat to very low and simmer, with the lid on, for 40-45 minutes.
5. Leave to cool.

Stage Two

1. Once cooled, pour half the boiled onion mixture into a blender and blend until perfectly smooth. Absolute smoothness is essential. To be certain, blend for at least two minutes. Pour the blended onion mixture into a clean pan or bowl and repeat with the other half of the boiled onion mixture.
2. Wash and dry the saucepan. Reserve about four tablespoons of the sauce at this stage to use in cooking the vegetables.
3. Freezing. Freezing is best done at this stage.

Stage Three

1. Open the can of tomatoes, put into the rinsed blender jug, and blend. Again, it is important that they are blended perfectly smooth, so blend for two minutes.
2. Into the clean saucepan, pour the oil, tomato puree, turmeric, and paprika.
3. Add the blended tomatoes and bring to the boil. Turn down the heat and cook, stirring occasionally, for ten minutes.
4. Now add the onion mixture to the saucepan and bring to the boil again. Turn down the heat enough to keep the sauce at a simmer.
5. You will notice at this stage that a froth rises to the surface of the sauce. This needs to be skimmed off.
6. Keep simmering for 20-25 minutes. Stirring now and again to prevent the sauce sticking to the bottom of the saucepan.
7. Use immediately or cool and refrigerate for up to four days.

Garam Masala Powder

by Sunita

Ingredients

- 4 cloves
- 4-5 cinnamon sticks
- 1 tsp cumin seeds
- 1 tsp coriander seeds
- peppercorns
- 1 bayleaf
- Ghee(clarified butter)

Method

- 1 Roast each of the above till they turn aromatic.
- 2 Powder to a fine powder using a coffee grinder and use as required.
- 3 This will keep well for months in a airtight container.
- 4 You can make a larger quantity of this by using the above ingredients in the same ratio.

Garam Masala 2

(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

Method:

1. 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.

Garam Masala 3

by Kris Dhillon

This makes about three tablespoons.

Ingredients:

- 1 tablespoon coriander seeds
- 1 tablespoon cummin
- 1 teaspoon green cardamoms
- 1 teaspoon cloves
- 1 teaspoon black peppercorns
- 2 sticks of cinnamon, approx two inches in length
- 2 bay leaves
- ½ small nutmeg
- 4 black cardamoms

Method:

1. Place all ingredients into an electric coffee grinder and grind for one minute. Carefully remove lid and test by rubbing a little of the mixture between forefinger and thumb. Finely ground spices should not feel gritty. If necessary, switch on the machine for another few seconds.
2. Put the garam masala into a small airtight container, preferably made of glass or plastic, and label.

Green Curry Paste

Ingredients

- 4-6 medium green chillies, de-seeded and roughly chopped
- 2 shallots, roughly chopped
- 5cm/2in piece of fresh ginger, peeled and grated
- 2 garlic cloves, crushed
- small bunch of fresh coriander, stalks and roots attached if possible
- 2 lemongrass stalks, chopped (if unavailable, use 2 tbsp dried)
- 1 lime, grated zest and juice
- 8 kaffir lime leaves, torn into pieces (if unavailable, use the grated zest of
- 1 extra lime)
- 2.5cm/1in piece galangal, peeled and chopped (if available)
- 1 tbsp coriander seeds, crushed
- 1 tsp ground cumin
- 1 tsp black peppercorns, crushed
- 2 tsp Light soy sauce
- 3 tbsp olive oil

Method

1. Place all of the ingredients in a food processor and blitz to a paste. Use straight away or store in a jar in the fridge for up to 3 weeks. This quantity is enough for a curry for 8 people.

Vindaloo Curry Paste

Ingredients

- 40g/1½oz dried red chillies
- 1 small onion
- 1 tsp black peppercorns
- 1½ tsp whole cloves
- 7.5cm/3in piece of cinnamon stick
- 1 tsp cumin seeds
- 2.5cm/1in fresh root ginger
- 4tbsp garlic, roughly chopped
- a walnut-sized piece of tamarind pulp, without seeds
- 1 tsp light soft brown sugar
- 2 tbsp coconut vinegar or white wine vinegar

Method

1. Cover the chillies with plenty of hot water and leave them to soak overnight.
2. The next day, preheat the oven to 230C/450F/Gas 8.
3. Place the unpeeled onion on the middle rack of the oven and roast for 1 hour, until the centre is soft and nicely caramelized.
4. Remove and leave to cool, then peel off the skin.
5. Drain the chillies, squeeze out the excess water and then roughly chop them.
6. Put the peppercorns, cloves, cinnamon and cumin seeds into a mortar or spice grinder and grind to a fine powder.
7. Tip the powder into a food processor and add the roasted onion, chillies, ginger, garlic, tamarind pulp, sugar and vinegar. Blend to a smooth paste.

Manju's Curry Powder

From Brit Spice by Manju Malhi.

Prep time: Couple of minutes

Cooking: Couple of minutes

Ingredients:

- 6 Dried red chillis (or 1 tsp chilli powder - add with the turmeric if using)
- 1/4 tsp Black peppercorns
- 5 Cloves
- 2 Small bits of cinnamon (or cassia bark)
- 2 or 3 Green Cardamoms
- 1/4 tsp Cumin seeds
- 1/4 tsp Coriander seeds
- 1/4 tsp Turmeric

Method:

1. Pre-heat a heavy frying pan, and dry cook all the spices except turmeric for a couple of minutes, shaking the pan so they don't burn. Let cool to one side.
2. Grind cooled spices with turmeric in pestle and mortar or coffee grinder (don't use a grinder you use for coffee!).
3. She says to use about 1 teaspoon for a dish for 4 people, but I say use more.

Mild Curry Powder

Ingredients

- 2 tb Cumin
- 1/2 ts Crushed red pepper
- 1/2 ts Mustard seeds
- 1/2 ts Ground ginger

- 2 tb Ground coriander
- 2 ts Turmeric

Method

1. Pulverize to a fine powder. Store airtight.

Makes 1/4 cup.

Mild Curry Powder 2

A fragrant yellow curry powder to use in soups, sauces, rice, and anything else you can think of!

Ingredients

- 2 tablespoons ground cumin
- 2 tablespoons ground coriander
- 2 teaspoons ground turmeric
- 1/2 teaspoon crushed red pepper flakes
- 1/2 teaspoon mustard seed
- 1/2 teaspoon ground ginger

Method

1. In a blender or food processor, combine cumin, coriander, turmeric, red pepper flakes, mustard seed, and ginger. Process to a fine powder. Store in an airtight container.

Mirchi Ka Salan (Sauce)

by Sunita

Ingredients

- 1/2 lb. green chillies, large and long
- 1 lb. onions, sliced
- 1 tsp cumin seeds
- 2 tsp ginger garlic paste
- 1/4 tsp turmeric powder
- 1 tsp powdered bayleaf
- 1/2 cup thick tamarind juice
- Salt to taste

Roast and powder the following:

- 4 tsp sesame seeds
- 4 tsp khus-khus (poppy seeds)
- 2 tsp coriander seeds
- 2 tbsps peanuts
- 1/4 coconut scraped
- 1 tsp salt

Method

1. To remove tartness from the chillies, immerse once or twice in boiling water, remove and strain.
2. Pat dry.
3. Heat oil and fry the chillies till they turn white.
4. Drain and set aside.
5. In the same hot oil, fry the cumin seeds.
6. When they turn color, add the onion slices and fry till they become soft.
7. Now add the ginger-garlic paste and fry for a minute.
8. Add the turmeric and powdered spices and fry well stirring continuously.
9. Add the tamarind juice and simmer.
10. Add the chillies, powdered bayleaf and salt to taste.

11. Mix well and cook over a slow fire till the oil starts floating on top.
12. When cool, store in airtight containers in the refrigerator.
13. This preparation goes well with biriyani/pulao.

Puliyogare Mix (Sauce)

by Sunita

Ingredients

- 1 cup fresh shredded coconut
- tsp coriander seeds
- 2 tsp peppercorns
- A pinch of hing(asoefetida)
- 4 tsps peanuts, shelled and skinned
- 2 tsp mustard seeds
- red chillies
- 4 tsps white sesame seeds
- 2 sprigs curry leaves
- 2 tsp urad dal(black gram dal)
- 1 tsp channa dal(bengal gram dal)
- tsp oil or ghee
- 1 1/2 cups thick tamarind juice
- 1 small piece jaggery or 1 tsp sugar
- 2 tsp cumin seeds

Method

- 1 Roast the coconut and set aside.
- 2 Roast the coriander, cumin, 6 red chillies, 1 sprig curry leaves, pepper, asoefetida, 1 tsp mustard, 2 tsp sesame seeds, 1/2 tsp channa dal, 1 tsp urad dal and 2 tsp peanuts one by one till they turn aromatic.
- 3 Powder to a fine powder using a coffee grinder and set aside.
- 4 Mix in the coconut gratings and powder once again.
- 5 Set aside.
- 6 Heat some oil and add the remaining musatard seeds, red chillies, urad dal, channa dal, peanuts, sesame seeds and curry leaves.
- 7 When the seeds start crackling, add the tamarind juice and salt/jaggery. Mix well.
- 8 Add salt to taste.
- 9 The liquid will start boiling.

- 10 Now add the powdered masala and simmer till you get a sticky masala.
- 11 Heat through and cool.
- 12 This will keep well for a month in a airtight container if refrigerated.
- 13 Mix this with plain cooked rice to get puliyogare or tamarind rice.

Rasam Powder

by Sunita

Ingredients

- 1 tbsp toor dal
- 5-6 dry red chillies
- 1/2 tbsp cumin seeds
- 1 tbsp coriander seeds
- 1 tsp peppercorns
- 1 tsp dry curry leaves
- Ghee(clarified butter) for roasting

Method

1. Roast each of the above till they turn aromatic.
2. Powder to a fine powder using a coffee grinder and use as required.
3. This will keep well for months in a airtight container.
4. You can make a larger quantity of this by
5. using the above ingredients in the same ratio.

Sambhar powder

by Sunita

Ingredients

- 1 tbsp bengal gram dal(urad dal)
- 2 tsp coriander seeds
- 1 tsp cumin seeds
- 1/2 tsp methi(fenugreek) seeds
- 1 tsp turmeric powder
- 1/2 tsp hing(asoefetida)
- 1 tsp mustard seeds
- red chillies
- 1 sprig dry curry leaves
- 2 tbsp coconut grated
- peppercorns
- Ghee for roasting

Method

1. Roast each of the above till they turn aromatic.
2. Powder to a fine powder using a coffee grinder and use as required.
3. This will keep well for months in a airtight container.
4. You can make a larger quantity of this by using the above ingredients in the same ratio.

Some Curry Powder

Ingredients

- ¼ tsp ground cinnamon
- ¼ tsp ground cardamom
- ¼ tsp ground cloves
- ¼ tsp ground coriander seed
- ¼ tsp ground cumin seed
- ¼ tsp ground ginger
- ½ tsp ground chili pepper
- ½ tsp garlic powder
- ½ tsp ground pepper
- pinch turmeric (optional)

Method

1. Mix well (use your spice grinder) and store in the dark in an airtight spice jar.

Spicy Hyderabad-Style Curry Powder

Ingredients

- Green cardamon pods
- Cinnamon sticks - broken into pieces
- Bay leaves
- 1/2 ts Cloves
- 1/4 ts Grated nutmeg
- 2 tb Aniseed
- 1 ts Black peppercorns
- Dried red chilies
- Dried curry leaves
- tb Coriander seeds
- tb Cumin seeds
- tb Turmeric
- 1 tb Fenugreek seeds
- 2 tb Black mustard seeds

Method

1. Roast spices in small, heavy saucepan over medium heat for 4-5 minutes, stirring constantly until they become a shade darker than their original color. Remove spices from pan and grind to a fine powder in a spice or coffee grinder. Store in an airtight container for up to 6 months.

Tandoori Masala powder

by Sunita

Ingredients

- tsp ground coriander
- tsp ground cummin
- tsp garlic powder
- tsp paprika
- 3 tsp ground ginger
- 2 tsp mango powder
- 1 tsp dried mint
- 3 tsp deep red coloring
- 1 tsp chilli powder
- 1 tsp yellow colouring

Method

1. Mix all together and store.
2. The coriander and cumin powders must be freshly ground.
3. Use as required.
4. This will keep for months if stored in an airtight container.



Dessert

Mmmm, these are surely the sweetest desserts on earth.

Gulab Jamons

by Kris Dhillon

These are very light, soft, sponge-like sweets soaked in a light, flavoured syrup. They are easy to make and a delicious conclusion to a spicy meal. Serve warm or cold.

Allow three to four per person and sprinkle with a little brandy for a really special sweet.

Makes 16.

Preparation and cooking time: 30 minutes approx.

Ingredients:

For syrup:

- 8 oz (225g) granulated sugar
- 6 green cardamoms
- 4 cups water

For Jamons:

- 6 tablespoons full fat milk powder
- 2 tablespoons self-raising flour
- 1 tablespoon melted butter
- A little cold milk to bind
- Oil for deep frying

Method:

1. Put the sugar, cardamoms, and water into a pot and bring to the boil. Turn down the heat and simmer the syrup for about 15 minutes.
2. Meanwhile sift the milk powder and flour into a bowl. Add the melted butter and rub into mixture with fingertips until it resembles fine breadcrumbs.
3. Add the milk a little at a time, drawing in the mixture to form a soft dough.
4. Put the oil on to heat and divide the dough into 16 parts. Roll each one out in the palms of your hands into a little ball.
5. The syrup should be ready by now. Take it off the heat so that it may cool slightly before having the jamons out into it.
6. Test the oil by putting in one ball of dough. The oil must only just be hot enough to make the dough rise to the surface after a few seconds and to fry it very gently. Adjust as necessary.

7. When the oil is at the right heat, put in as many balls of dough as your pan or karahi will easily take.
8. Move the pan about carefully to keep the jamons moving until they rise to the surface of the oil.
9. When they are at the surface keep moving them about with a slotted spoon to ensure that they cook evenly.
10. The jamons will almost double in size as they are cooking and will turn a deep, golden brown colour. This should take about 4-5 minutes.
11. Drain on kitchen paper, allowing to cool for five minutes and drop them into the syrup.
12. The jamons will be very soft and easily broken until they have cooled, when the texture will become firmer.

Serve with a few tablespoons of the syrup for each person.

Kaju Burfi (Dessert)

by Sunita

Ingredients

- 2 cups of cashewnuts soaked in water for 2 hours
- 1 cup powdered sugar
- 1 tbsp. ghee
- 1/2 tsp. cardamom powder
- silver foil (optional)

Method

1. Drain and blend the cashews to a fine paste.
2. Use as little water as possible when blending.
3. In a heavy saucepan put sugar and paste.
4. Cook on slow to medium heat.
5. Cook stirring continuously till a soft lump is formed.
6. Add ghee and cardamom powder and mix well.
7. Spread on a clean greased worksurface.
8. Roll lightly with a rolling pin, to 1/8" thickness.
9. Apply the silver foil.
10. Cool, cut into diamond shaped burfis.

Kulfi

by Kris Dhillon

Kulfi is sometimes known as Indian ice cream. I have tried many varieties of kulfi throughout the country; this recipe produces by far the best I have ever eaten. It serves eight.

Preparation and cooking time: 1hr 30 minutes approx.

Ingredients:

- 4 pints (2¼ litres) whole milk
- 12 green cardamoms
- 10 tablespoons granulated sugar
- 3 tablespoons flaked almonds
- ½ pint (275ml) single cream
- 2 tablespoons finely chopped unsalted pistachios

Method:

1. Bring the milk to the boil in a heavy pot. Turn down the heat so as to allow the milk to simmer vigorously without boiling over.
2. The milk must reduce considerably, to about one third of its original amount. Stir frequently as the milk simmers, incorporating the skin which forms on the top, and scrape and stir the milk that dries and sticks to the sides of the pot.
3. While the milk is simmering, take the seeds out of the cardamom pods and grind finely. Stir them into the milk.
4. When the milk has reduced sufficiently, stir in the sugar and the almonds. Simmer for 2-3 minutes until the sugar dissolves completely.
5. Take the milk off the heat and allow it to cool slightly. Stir in the cream and half the pistachios.
6. Put it into a square or rectangular vessel that will allow the mixture to sit 2-3 inches (5-7.5cm) deep. Cool completely. Cover and place in the fridge for about 30 minutes. Sprinkle over the remaining pistachios and return to the freezer until set. Remove the kulfi from the freezer 15 minutes before serving and cut into ½ inch (1cm) cubes.

Rasmalai (Dessert)

by Sunita

Ingredients

- 32 oz ricotta cheese(or an equivalent amt of
- freshly made Paneer)
- oz powdered Confectioner's sugar
- 2 small packets Half and Half
- 1 tsp powdered cardamom
- 1/2 tsp rose water
- 2 tsp slivered almonds
- 2 tsp chopped pistachios
- cups water
- cups sugar

Method

- 1 If you are using the Ricotta cheese, mix together the confectioner's sugar and cheese.
- 2 Spread on a baking dish and bake in a moderate oven for about 1 1/2 hrs till the cheese turns light brown and loses all moisture.
- 3 Take it out and let it cool.
- 4 When cool, shape into small flat balls.
- 5 If you are using paneer, mix the paneer and sugar and shape it into flat balls.
- 6 Bring the water and sugar to a boil to yield sugar syrup.The syrup should not be too thick.
- 7 Insert the balls one by one in the syrup and warm them up. They should become spongy.
- 8 In the meantime, boil the half and half with the rose water.
- 9 Set aside.
- 10 Add the cardamom and nuts to the half and half.
- 11 Mix well.
- 12 Add the cooked balls to the half and half.
- 13 Let it stay immersed for about 1 hr.
- 14 You can either chill it or serve it at room temperature.

Rice Kheer (Dessert)

by Sunita

Ingredients

- 1 cup Basmati rice
- 1 cup condensed milk
- 1 tablespoon custard powder, dissolved in some warm milk
- 1/2 cup sugar
- 3-4 cups of whole milk, diluted with 1-2 cups of water.
- 1 tablespoon raisins
- 1 tablespoons, halved cashewnuts, dry roasted.
- (You can substitute this with roasted, slivered almonds)
- 1 tsp crushed cardamom

Method

- 1 Take a open pan and add the rice and milk to it.
- 2 Boil the rice in the milk on a medium fire until the rice is completely done.
- 3 This should take about 20-30 minutes.
- 4 Now add the custard powder and keep stirring.
- 5 Add the condensed milk , sugar, raisins and the nuts and stir till the sugar is dissolved and the mixture thickens.
- 6 Add the cardamom and serve hot.
- 7 It can also be stored in the fridge and served chilled.
- 8 It is delicious both ways!

Vermicilli Kheer (Dessert)

by Sunita

Ingredients

- 1 cup vermicilli noodles
- 1 tablespoon ghee(clarified butter)
- 1 cup condensed milk
- 1 tablespoon custard powder, dissolved in some warm milk
- 1/2 cup sugar
- 3-4 cups of whole milk, diluted with 1-2 cups of water.
- 1 tablespoon raisins
- 1 tablespoons, halved cashewnuts, dry roasted.
- (You can substitute this with roasted, slivered almonds or pistachios)
- 1 tsp crushed cardamom

Method

- 1 Heat the ghee in a pan and add the vermicilli to it.
- 2 Fry the vermicilli till it turns brown in color.
- 3 The color should be between dark and light brown.
- 4 Take a open pan and add the milk to it.
- 5 Add the vermicilli to the milk and boil on a medium fire until the vermicilli is completely done.
- 6 This should take about 20-30 minutes.
- 7 Now add the custard powder and keep stirring.
- 8 Add the condensed milk , sugar, raisins and the nuts and stir till the sugar is dissolved and the mixture thickens.
- 9 Add the cardamom and serve hot.
- 10 It can also be stored in the fridge and served chilled.
- 11 It is delicious both ways!



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