

GARAM MASALA

This all-important powder is actually a mix of spices that is added to some dishes along with other spices to enhance their flavor and aroma. While the basic ingredients used are the same, each household has its own proportions so that the end result will often differ from home to home. The better the quality of the ingredients, the tastier the garam masala and the resulting dish in which it is used. Most Indians still prefer to prepare their own garam masala just prior to cooking. Making your own can seem intimidating if you're just starting out with Indian cooking, but the recipe and a good coffee grinder is all it takes! There's nothing to beat the flavor of fresh garam masala!

INGREDIENTS

- 4 tbsps coriander seeds
- 1 tbsp cumin seeds
- 1 tbsp black peppercorns
- 1 ½ tsps black cumin seeds (shahjeera)
- 1 ½ tsps dry ginger
- ¾ tsp black cardamom (3-4 large pods approx)
- ¾ tsp cloves
- ¾ tsp cinnamon (2 X 1" pieces)
- ¾ tsp crushed bay leaves

PREPARATION

- Heat a heavy skillet on a medium flame and gently roast all ingredients (leave cardamom in its pods till later) except the dry ginger, till they turn a few shades darker. Stir occasionally. Do not be tempted to speed up the process by turning up the heat as the spices will burn on the outside and remain raw on the inside.
- When the spices are roasted turn off the heat and allow them to cool.
- Once cooled, remove the cardamom seeds from their skins and mix them back with all the other roasted spices.
- Grind them all together, to a fine powder in a clean, dry coffee grinder.
- Store in an air-tight container in a cool, dark place.

GHEE

*Indian clarified butter, or Ghee, is called for in many Indian recipes.
Here's how to make it at home.*

INGREDIENTS

1 pound butter

METHOD #1: Boiling

PREPARATION

1. **Place** butter in medium saucepan over medium-high heat. Bring butter to boil. This takes approximately 2 to 3 minutes.
2. Once boiling, reduce heat to medium.
3. The butter will form a foam, which will disappear. Ghee is done when a second foam forms on top of butter, and the butter turns golden. Approximately 7 to 8 minutes.
4. Brown milk solids will be in bottom of pan. Gently pour into heatproof container through fine mesh strainer or cheesecloth.
5. Store in airtight container being sure to keep free from moisture. Ghee does not need refrigeration and will keep in airtight container for up to a month.

METHOD #2: Slow Melting

PREPARATION

1. Place the butter in a pot or Dutch oven and slowly melt it at a low temperature. Don't stir during the melting process and don't worry about the milk solids burning since that temperature is quite low.
2. When all the butter is melted, use a spoon or slotted spoon to remove the froth that formed on top.
3. Line a fine mesh strainer with layers of cheese cloth or paper towel over a jar or bowl and pour in the melted butter.
4. Once poured, let stand for a couple of minutes so the water and fat separate and then spoon off the butter in your final glass jar being careful not to put any of the water that is now in the bottom of the bowl.

Indian Chickpea Dip

Dry roasting the spices found in traditional Indian curry adds a depth of flavor not usually found in that ubiquitous of chickpea dips, hummus. Enjoy this flavorful dip with sliced radishes or crackers.

Ingredients

- 1/2 teaspoon cumin seeds
- 1/2 teaspoon coriander seeds
- 1/4 teaspoon yellow mustard seeds
- 1/4 teaspoon red pepper flakes
- 5 white peppercorns
- 1/4 teaspoon ground turmeric
- 1 can (15 oz.) organic chickpeas, drained and rinsed
- 1/2 cup chopped fresh cilantro (optional)
- 1/4 cup naturally-prepared tahini
- 3 tablespoons organic lemon juice
- 1/2 teaspoon natural sea salt
- 2 tablespoons extra virgin olive oil
- 3 cloves organic garlic, minced
- 1 to 4 tablespoons water (optional)

Directions

1. In small skillet dry roast all the spices, except the turmeric, over medium heat until they darken slightly and become fragrant. Remove from heat. Stir in turmeric. Grind the spices with a mortal and pestle, spice grinder, or clean coffee grinder.

2. In food processor bowl combine chickpeas, cilantro (if desired), tahini, lemon juice, garlic, salt and spice mixture. Cover and process until smooth. Scrape down sides of bowl. With food processor running, slowly add olive oil. Add water, one tablespoon at a time, until the texture is smooth and creamy.

3. Taste to adjust seasoning, adding more lemon juice, salt or olive oil (if desired).

Garnish a slice of lemon. Serve with vegetables or crackers.

INDIAN MANGO CHUTNEY RECIPE

Cape Cod Style!

INGREDIENTS:

- 4 mangoes, peeled and coarsely chopped
- 1 cup raisins ½ cup sugar
- ¾ cup apple cider vinegar
- 2 tsps ginger, finely chopped
- 3 slices candied ginger, finely chopped
- 1 clove garlic, finely chopped
- 1 TBSP chia seeds
- 1 tsp salt
- 2 tsps curry powder
- ½ tsp cinnamon
- ½ tsp cardamom

PREPARATION:

1. Mix all ingredients and give the mixture to boiling.
2. Reduce the heat and simmer for about 45 minutes until the mixture thickens.

Tamarind & Ginger Chutney

INGREDIENTS:

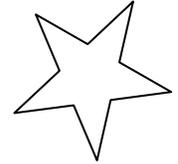
- 5 TBSPs dried tamarind pulp
- 5 dates, stones removed (optional)
- 1 tsp cayenne chili powder
- ¾ tsp ginger powder
- ¼ tsp nigella seeds, toasted and ground
- ¾ tsp fennel seeds, toasted and ground
- 1 tsp cumin seeds, toasted and ground
- ¼ cup palm sugar
- 1 tsp white sugar
- sea salt to taste

PREPARATION:

1. Soak the tamarind pulp with 2 cups of water for a minimum of 4 hours. Put pulp and liquid together with dates into a non-reactive pan and simmer for 30 minutes.
2. Push through a sieve, discarding the seeds and fibrous matter.
3. Return pulp to pan and add the spices and ground seeds.
4. Cook over low heat for 10 minutes, ADD palm sugar, stirring until dissolved. Add white sugar and a pinch or 2 of sea salt to taste. Keeps refrigerated for about 1 week.

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## *Cilantro and Mint Chutney*



## **INGREDIENTS**

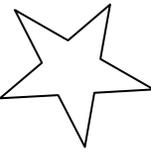
- 1 cup fresh cilantro leaves, cleaned, washed and chopped
- 1 cup fresh mint leaves, cleaned, washed and chopped
- 1 small green chili, washed, stems removed, ends trimmed and chopped
- ¼ tsp cayenne chili powder
- ½ tsp Garam Masala
- ¾s – 1 cup plain yogurt
- black salt, to taste
- 1 tsp sugar
- 1 tsp fresh lemon juice

## **PREPARATION**

1. Put the corriander and mint leaves alongwith the green chillies and a little water in your mixer and process until you have a smooth paste.
2. Remove from mixer into a serving bowl.
3. Add salt and sugar.
4. Stir in lemon juice, then fold in the yogurt.

# Cucumber Raita

*Raitas cool down the heat of a spicy dish and appear in several forms alongside India's legendary curries. Whether it's cucumber, carrot, cucumber & tomato or just herbs, the key is freshness; use the freshest herbs and vegetables you can find.*



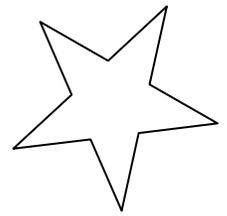
## INGREDIENTS

- 1 medium cucumber, peeled, seeded & chopped
- 1 ½ cups plain, (I use non-fat) yogurt
- 1 tsp cumin seeds
- 1 tsp mustard seeds
- ½ tsp grated fresh ginger
- fine sea salt & finely ground pepper, to taste
- about ½ tsp paprika

## PREPARATION

1. Fry the cumin and mustard seeds in a small, dry frying pan for about a minute.
2. Remove and cool down, then grind in a mortar and pestle or spice grinder until fine.
3. Mix ground seeds into yogurt with cucumbers, ginger, salt & pepper.
4. Sprinkle with paprika and serve.

## ***INDIAN MANGO CHUTNEY RECIPE***



### **INGREDIENTS:**

- |                                        |                                |
|----------------------------------------|--------------------------------|
| 4 mangoes, peeled and coarsely chopped | 2 tsps ginger, finely chopped  |
| 1 cup raisins                          | 1 clove garlic, finely chopped |
| ¾ cup sugar                            | 1 tsp salt                     |
| ¾ cup vinegar                          |                                |

### **PREPARATION:**

1. Mix all ingredients and give the mixture to boiling.
2. Reduce the heat and simmer for about 45 minutes til the mixture thickens.

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TOMATO CHUTNEY RECIPE (Tamatar Ki Chutney)

INGREDIENTS:

- | | |
|---|-----------------------------------|
| • 6 to 8 large cloves garlic finely chopped | • 2 dry red chillies, soaked |
| • 1/4 cup spring onion whites chopped | • 1 cup tomatoes, finely chopped |
| • 1 tbsp finely chopped spring onion greens | • 1 tbsp finely chopped coriander |
| | • 1 tsp oil |
| | • Salt To Taste |

PREPARATION:

1. Drain the soaked chillies and chop them finely.
2. Heat the oil, add the onions and garlic and sauté over a slow flame for 4 to 5 minutes till they are lightly brown.
3. Add the chillies and salt and sauté again.
4. Add the tomatoes and cook for 10 to 12 minutes over a slow flame till the tomatoes are soft and can be mashed lightly.
5. Cool completely and add the coriander and spring onion greens and mix well.
6. Serve tomato chutney chilled or at room temperature

Chapati

Chapatis (Indian flatbread) are the perfect accompaniment to most Indian dishes. Don't be fooled by the number of steps there are in this tutorial because making a single Chapati from start to finish, takes 1 ½ to 2 minutes at the most! Chapatis are not difficult to make but the old saying "Practice makes perfect" was probably written for them. Makes about 12 Chapatis.

INGREDIENTS

2 cups Wheat Flour (Gehun Ka Atta)

Water as per requirement

How to make chapati:

1. Knead soft dough with above ingredients.
2. Leave it for at least 30 minutes.
3. Break off to a table tennis - ball sized (even smaller) bit of dough.
4. Roll with help of dry flour to a thin round.
5. Roll as thin as possible.
6. Heat griddle and place the rolled out dough on it.
7. When dry on one side, turn it.
8. When brown spots appear on second side, turn again.
9. Use a kitchen towel and lightly press the phulka, rotating at same time, it will puff.
10. Make as crisp as desired and serve hot

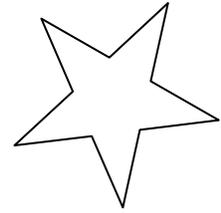
VARIATION: Use a bit of sunflower or canola oil to cook

Khameeri Roti Recipe

Khameeri roti is made by using yeast (khameer) and therefore is very soft to eat. Learn how to make Khameeri Roti.

Ingredients:

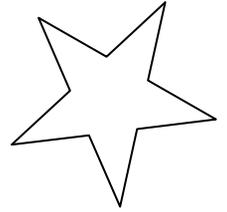
- 2 cups (400gms) Whole wheat flour
- Butter or ghee for greasing the baking tray
- 1 ½ tsp fresh yeast (khameer)
- Salt to taste
- Flour to Dust
- ½ cup warm water



How to make khameeri roti:

1. Dissolve the yeast in half cup warm water and keep aside.
2. Add salt in the flour and sieve it in a platter.
3. Make a hole in between the flour and add about a cup of water. Mix the flour and knead to make stiff dough. Keep aside for 15 minutes.
4. Now slowly sprinkle the yeast over the dough and keep kneading it till it becomes smooth and not sticky.
5. Cover with a damp cloth and keep aside for half an hour.
6. Now divide it into 8-10 equal round portions. Dust the ball with flour and roll it into 8 inches wide rotis.
7. Either stick these rotis in a clay tandoor and cook for 2 minutes or place them on the greased baking tray and bake them in the oven for 4-5 minutes at 180 degree celsius.
8. Serve hot with a choice of curry

Samosas



Ingredients

PASTRY

- 1 cup all-purpose flour
- 2 TBSPs vegetable oil

FILLING

- 2 large potatoes (boiled)
- 1 onion, chopped
- 2 green chillies, very finely chopped
- 3 TBSPs oil
- 1/2 tsp ginger, grated

- 1/2 tsp garlic, crushed
- coriander seed
- 1 TBSP cilantro, finely chopped
- 1/2 lemon, juice of
- 1/2 tsp turmeric
- 1/2 tsp garam masala
- 1/2 tsp red chili powder
- salt

Directions

1. Mix together the flour, oil and salt, THEN add a little water, **until mixture becomes crumbly**. Keep adding water, kneading the mixture till it becomes a soft pliable dough. Cover with a moist cloth and set aside for 20 minutes.
2. Beat dough on a work surface and knead again, THEN cover and set aside.

FILLING.

3. Heat 3 tbsp oil in wok or deep sauté pan, then add ginger, garlic, green chillies and few coriander seeds. STIR FRY for 1 minute, add onions and saute till light brown.
4. Add cilantro (fresh coriander), lemon juice, turmeric, red chili, salt and garam masala and stir fry for 2 minutes.
5. Add potatoes and stir fry for 2 minutes, THEN set aside and allow to cool.
6. Divide dough into 10 equal portions, AND, using a rolling pin, roll a piece of dough into a 5" oval. Cut into 2 halves.
7. Run a moist finger along the diameter, roll around finger to make a cone, THEN place a TBSP of the filling into the cone. Seal the third side using a moist finger.
8. Deep fry the samosas on low to medium heat until light brown. **(or bake on oiled sheet pan at 450° until browned – about 5-6 minutes each side)**
9. Serve with tomato sauce or cilantro-mint chutney.

Spicy Potato Samosas

*Recipe courtesy of Michelle Greenwald and
Chef Shoba Narayan,*

INGREDIENTS

Dough:

- 3/4 teaspoon salt
- 2 1/4 cups self-rising flour
- 6 tablespoons (3/4 stick) butter, cut in small pieces
- 9 tablespoons water

Filling:

- 1 1/2 pounds potatoes, peeled and cut into chunks
- 1 cup fresh or frozen mixed peas, corn, and carrots
- 2 tablespoons vegetable oil
- 1 medium onion, chopped
- 1 teaspoon finely chopped garlic

- 1 1/2 teaspoons finely chopped fresh ginger
- 1/2 habenero chile, minced
- 1/2 teaspoon garam masala spice blend
- 1/2 teaspoon turmeric
- 1 teaspoon red chile powder
- 1 1/2 teaspoons salt
- 1/2 lemon, juiced
- 2 tablespoons chopped fresh coriander leaves
- Vegetable oil, for frying
- Chutney, for serving

PREPARATION

1. **To make the dough:** Mix the salt and flour in a medium bowl or a food processor. With a pastry blender, incorporate the butter until crumbs have formed. Add the water a few tablespoons at a time, until you can form a ball. Knead the dough for about 5 minutes. Let it rest for about 15 minutes more. You can prepare the dough in advance and refrigerate it.
2. **To make the filling:** Boil the potatoes until tender. Drain and set aside.
3. If using fresh carrots, chop and simmer in water, to cover, in a small pot. Heat the oil in a pan and fry the onion until golden. Add the garlic, ginger, and chile and cook for 2 minutes. Add the garam masala, turmeric, chile powder, and salt and cook 2 minutes more.
4. In a bowl combine the mashed potatoes, the onion and spice mixture, carrots, peas, corn, lemon juice, and chopped coriander. Mix well.
5. **To assemble the samosas:** Divide the dough into 9 equal size balls. On a floured surface, roll each ball into a 5-inch circle. Cut each circle in half. Brush the straightedge side with a little water, fold it in half, and align the two straight sides so they overlap to form a cone shape. Squeeze the edges together to make a tight seal. Place approximately 1 generous tablespoon of filling inside each cone, leaving the top edge clean. Moisten the inside top rim of the cone and press the edges together to make another tight seal. Place the samosas on a tray until ready to fry. Repeat with the remaining dough and filling.
6. Heat approximately 3 inches of vegetable oil in a deep saucepan. Fry several samosas at a time, being careful not to crowd them. When 1 side turns golden brown, flip it over to brown on the other side. Drain on paper towels. Serve with chutney.

Plantain Chips

from "Indian Made Simple", Parragon Books

Ingredients

- 4 ripe plantains
- 1 tsp curry powder
- ½ tsp cardamom
- ¼ tsp freshly grated nutmeg
- canola oil for cooking

Directions

1. Mix spices together thoroughly
2. Peel plantains, then cut – **on an angle** -- slices that are in between 1/8 and ¼ inch thick.
3. Put slices in a bowl, sprinkle spices over them, mix gently with your hands until plantain slices are well coated.
4. Heat enough oil in a wok for deep frying (about 3 inches deep) to 350° or until a cube of bread browns in 30 seconds.
5. Add as many plantain slices as will fit without overcrowding and cook for 2 minutes until golden.
6. Remove with slotted spoon or spider and drain on paper towels. Serve w/mango chutney.

ALTERNATE COOKING METHOD: Brush sheet pan with canola oil, place plantain chips in a single layer on the pan, then brush tops with canola oil and bake in oven pre-heated to 450°

Curried Shrimp in Coconut Milk

INGREDIENTS

- 2&1/2 cups coconut milk
- 2 TBSPs yellow curry paste
- 1/2 tsp salt
- 1 tsp Palm sugar
- 1 pound large/jumbo shrimp-peeled, cleaned, de-veined and cut in half
- 1 pint of cherry or grape tomatoes
- Juice of 1 small lime
- About 1 TBSP chopped fresh cilantro to stir in just before serving
- 1 tiny Thai chili pepper - to simmer in broth
- 1 stem curry leaves - to simmer in broth
- 1 stem Vietnamese (Asian) mint leaves - to simmer in broth

Optional - jasmine or basmati rice cooked according to package directions for 4 servings

PREPARATION

1. Put half of the coconut milk into a pan or wok and bring to a slow boil
2. Stir the curry paste into the coconut milk until it is well dispersed,
3. Add the curry leaves, mint leaves and chili pepper, then simmer for 10 minutes.
4. Add the salt, sugar and remaining coconut milk and simmer for 5 more minutes.
5. Add the tomatoes and simmer for 5 minutes.
6. Add shrimp and simmer gently five more minutes, just until shrimp are pink.
7. Remove from heat, remove the leaves and the chili pepper, then stir in the lime juice and cilantro. Serve immediately (with jasmine or basmati rice, if you'd like)

Mughlai-Style Chicken

INGREDIENTS

- 1 large onion, finely chopped
- 2 eggs
- 4 boneless, skinless chicken thighs, fat trimmed
- ¼ cup chicken broth
- About 1 TBSP garam masala ... Maybe a bit more
- 6 TBSPs ghee or vegetable oil
- 2 inch piece fresh ginger root, finely crushed
- 4 garlic cloves, finely crushed
- 1 cup plain non- fat yogurt, whisked thoroughly with 1 tsp cornstarch or arrowroot and 15
- 20 saffron threads

WHOLE SPICES:

- 4 cloves, 4 green cardamom pods, 2 inch cinnamon stick, 2 bay leaves
- 1/3 cup heavy cream or almond milk
- 1/2 cup ground almonds 1/4 tsp salt & 1/4 tsp pepper

PREPARATION

1. Break the eggs into a bowl, whisk together and season with salt and pepper.
2. Rub the chicken with the garam masala then brush with the beaten eggs. In a Karahi, wok or large pan, heat the vegetable oil and fry the chicken until cooked through and browned on both sides. Remove from pan and keep warm.
3. In the same pan, fry up the onion, garlic and ginger along with the whole spices. When the onion gets a bit golden, remove from heat and cool a little. Add the saffron and yogurt mixture and stir well immediately, to prevent yogurt from curdling.
4. Return the chicken and any juices, along with the broth, to the pan and gently cook until the chicken is tender. Taste and adjust seasoning if necessary. Be sure that curry is hot before serving!



Madras Curry

When most people think of Indian food, curry is one of the first things that comes to mind. In Indian and Pakistani cooking, it's all about the spices! Lots of them; blends ground fresh for each dish. In the south, spicy-hot vegetarian dishes vibrant with color dominate. In Pakistan and the north of India, the cooking is meat-based: curries, tikkas and koftas mopped up with fresh breads.

INGREDIENTS

- 2lbs. skirt or chuck steak (OR chicken thighs), trimmed
- 1 TBSP ground coriander
- 1 ½ TBSPs ground cumin
- 1 tsp (brown) mustard seeds, **finely ground**
- ½ tsp cracked black peppercorns, ground
- 1 tsp sea salt, fine
- 1 tsp chili powder
- 1 tsp ground tumeric
- 2 tsps crushed garlic
- 2 tsps grated fresh ginger
- 2-3 TBSPs white vinegar
- 1 TBSP (vegetable) oil or ghee
- 1 onion, chopped
- ¼ cup tomato paste
- 1 cup beef (OR chicken) stock
- 1 cup (uncooked) basmati or jasmine rice

PREPARATION

1. Cook rice – follow package directions, but cook al dente – 3-5 minutes less time than called for
2. Trim excess fat and sinew from the meat and cut into 1” cubes
3. Combine all of the spices with the garlic, ginger and 1 tsp salt in a small bowl, then add the vinegar and mix to a smooth paste.
4. Heat the oil in a large frying pan. Add the onion and cook over medium heat until just soft. Add the spice paste and stir for 1 minute.
5. Add the meat and cook, stirring until it is coated with the spice paste. Stir in the tomato paste and stock. Simmer (covered) for about an hour and 30 minutes, or until meat is tender.
6. Serve with brown Basmati or jasmine rice.



Shrimp and Pineapple Tikka

"Tikka is an Indian word for pieces, so these are actually kebabs with Indian spices. These instructions will be for the broiler, but they can be easily grilled over direct heat. From "Indian, 100 Everyday Recipes" by Love Food (whatever that is)."

INGREDIENTS

- 1 tsp cumin seed
- 1 tsp coriander seed
- 1/2 tsp fennel seed
- 1/2 tsp yellow mustard seeds
- 1/4 tsp fenugreek seeds
- 1/4 tsp nigella seeds
- 1 pinch chili powder
- 2 TBSPs fresh lemon juice or 2 TBSPs pineapple juice
- 12 jumbo shrimp, peeled deveined tails intact
- 12 pineapple chunks, bite-sized (can use well-drained canned)
- kosher salt
- fresh cilantro, chopped for garnish

DIRECTIONS

1. If you are going to use wooden skewers, soak them in water for at least 20 minutes.
2. In a hot, dry skillet, toast cumin, coriander, fennel seed, fenugreek, and nigella seeds just until fragrant; remove from pan immediately so as not to burn.
3. Grind spices, with chili powder and salt, either in a mortar and pestle or a spice grinder, to a fine powder; transfer to a **non-metallic** bowl and stir in the lemon juice.
4. Add shrimp to the bowl and toss to coat; marinate 10 minutes.
5. Meanwhile, preheat broiler.
6. Thread skewers with 3 shrimps alternating with 3 pieces of pineapple.
7. Broil 4 inches from heat source until shrimp is opaque and cooked through, about 2 minutes per side; rush with marinade.
8. Serve with plenty of cilantro sprinkled over top.

Chicken Tikka Masala

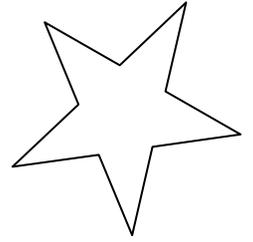
Recipe by: Keri

This chicken tikka masala is an easy but flavoursome version of everyone's favourite mild-medium curry!



INGREDIENTS

- 4 chicken breast fillets, cut into 2.5cm cubes
- 2 garlic cloves, roughly chopped
- 2.5cm piece root ginger, roughly chopped
- 1 15 ounce can chopped tomatoes
- 4 TBSPs natural yoghurt
- 1 onion, chopped
- 2 TBSPs vegetable oil
- 2 TBSPs masala curry paste
- salt and pepper to season
- 1 TBSP plain flour
- 50ml water
- 3 TBSPs fresh coriander, chopped
- coriander leaves to garnish ds



PREPARATION

1. Put the tomatoes, garlic, ginger and yoghurt into a blender or food processor and process until the mixture is smooth and set aside.
2. Heat the oil in a large frying pan, add the onion and fry over a medium heat for 3 to 4 minutes, stirring constantly.
3. Stir in the masala curry paste and fry for a further 1 minute over a medium heat, stirring once or twice.
4. Add the tomato mixture and chicken to the pan and mix together. Season with salt and pepper. Mix the flour and water together and stir into the pan off the heat. Return to the heat and bring to the boil stirring constantly. Cover and cook over a gentle heat for 15 minutes.
5. Sprinkle in the chopped coriander and serve immediately garnished with coriander leaves.

Cauliflower Curry

INGREDIENTS

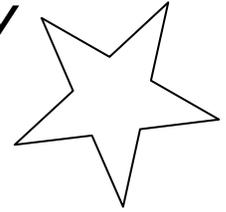
- 1 cup chopped onions (you can increase by another ¼ cup)
- ½ cup chopped tomatoes
- 1.5 cups cauliflower florets
- A sprig curry leaves
- 1 tsp ginger garlic paste or ginger grated
- ¼ tsp. cumin
- Oil as needed (sunflower or canola)
- 1 tsp Turmeric
- ½ tsp. red chili powder
- 1 tsp. garam masala

PREPARATION

1. Heat water in a large bowl, add cauliflower florets to the slightly hot water and leave it for some time. Rinse them under running water and drain them.
2. Heat a pan with oil, add cumin and allow to splutter.
3. Add curry leaves and ginger, when the raw smell of the ginger goes off, add onions and fry till golden
4. Add tomatoes, sprinkle salt and turmeric powder. Fry till the tomatoes turn mushy and almost dry. If the tomatoes are not juicy, sprinkle a tbsp. of water and fry.
5. Add garam masala and red chili powder. Sauté for one to two minutes.
6. Add cauliflower and mix well. Fry for about 3 to 4 minutes.
7. Add water just enough to partially cover the cauliflower florets. If the cauliflower is not tender, you can just sprinkle a few tbsps. water, it will release the moisture.
8. Cover and cook till they turn tender. To bring it to a consistency you desire, add more water or evaporate the water by cooking further. Garnish with coriander leaves

Cauliflower & Sweet Potato Curry

from "Indian Made Simple", Parragon Books



INGREDIENTS

- 4 TBSPs ghee or vegetable oil
- 2 onions, finely chopped
- 1 tsp Bengali 5-spice mix
- 1 head cauliflower, broken into florets
- 2 sweet potatoes, peeled & diced (**OR 2 ½ CUPS DICED BUTTERNUT SQUASH**)
- ½ - 1 fresh chili pepper, seeded & **finely chopped**
- 1 tsp ginger paste
- 2 tsps paprika
- 1½ tsps ground cumin
- 1 tsp ground turmeric
- ½ tsp chili powder
- 1 tsp garam masala
- 3 tomatoes, quartered
- 2 cups fresh OR frozen peas
- 3 TBSPs plain yogurt
- 1 cup vegetable stock OR water
- sea salt
- fresh cilantro sprigs, to garnish

TOGETHER FOR STEP 2

TOGETHER FOR STEP 4

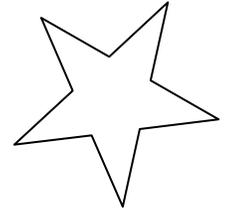
TOGETHER FOR STEP 5

PREPARATION

1. Heat ghee or oil in large, heavy bottomed skillet
2. Add the onions and the 5-spice mixture and cook over **LOW** heat, stirring frequently for 5 minutes **or** until the onions are golden.
3. Add the cauliflower, sweet potatoes and chilies and cook, stirring frequently, for 3 minutes.
4. Stir in the ginger paste, paprika, cumin, turmeric, chili powder and garam masala and cook, stirring constantly, for 3 minutes.
5. Add the tomatoes, Season with a pinch or 2 of salt, cover and simmer (mark 3-4) for 15-20 minutes, until veggies are tender. **THEN** stir in the yogurt and stock and peas.
6. Garnish with cilantro and serve.

Cauliflower, Sweet Potato & Chicken Curry

based on a recipe from "Indian Made Simple", Parragon Books



INGREDIENTS

- 4 TBSPs ghee or vegetable oil
- 2 onions, finely chopped
- 1 tsp Bengali 5-spice mix
- 1lb boneless, skinless chicken thighs, cut into bite sized pieces
- 1 head cauliflower, broken into florets
- 1 LARGE sweet potatoe, peeled & diced (**OR 1 & ½ CUPS DICED BUTTERNUT SQUASH**)
- ½ - 1 fresh chili pepper, seeded & **finely chopped**
- 1 tsp ginger paste
- 2 tsps paprika
- 1½ tsps ground cumin
- 1 tsp ground turmeric
- ½ tsp chili powder
- 1 tsp garam masala
- 3 tomatoes, quartered
- 2 cups fresh OR frozen peas
- 3 TBSPs plain yogurt
- 1 cup vegetable stock OR water
- sea salt
- fresh cilantro sprigs, to garnish

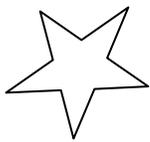
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PREPARATION

1. Heat ghee or oil in large, heavy bottomed skillet
2. Add the onions and the 5-spice mixture and cook over **LOW** heat, stirring frequently for 5 minutes **or** until the onions are golden. **ADD** the chicken and sauté until **almost** cooked through.
3. Add the cauliflower, sweet potatoes and chilies and cook, stirring frequently, for 3 minutes.
4. Stir in the ginger paste, paprika, cumin, turmeric, chili powder and garam masala and cook, stirring constantly, for 3 minutes.
5. Add the tomatoes, Season with a pinch or 2 of salt, cover and simmer for 15-20 minutes, until veggies are tender. **THEN** stir in the yogurt and stock and peas.
6. Garnish with cilantro and serve.



MULLIGATAWNY SOUP

It's believed this soup was created by Indian cooks for British officers who enjoyed traditional, peppery Tamil stews but would only eat them in soup course form. Recipes for mulligatawny vary widely: curry powder, apples and chicken broth are often added, but Australians sometimes add tomatoes and bacon to the mixture as well. Below you'll find a recipe for a simple vegetarian mulligatawny, featuring apples for sweetness and lentils for flavor and body. If you prefer meat, use chicken broth instead of vegetable and stir two cups of cooked chicken thigh meat into the pureed final product.

INGREDIENTS

2 TBSPs butter	2 apples, chopped
1 TBSP salt	1 15-ounce can crushed tomatoes
1 TBSP ground cumin	1 1/2 cup lentils
1 tsp ground coriander	8 cups vegetable stock
1 tsp fresh ground black pepper	1 TBSP turmeric
3 TBSPs chopped fresh ginger	1 cinnamon stick
3 TBSPs curry powder	1 bay leaf
3 cloves chopped garlic	1 lime, juice and zest
2 yellow onions, chopped	2 cups cooked shredded chicken meat (optional)
2 stalks of celery, chopped	Chopped cilantro, mint or green onions (optional garnish)
2 carrots, chopped	

PREPARATION

1. In a large, heavy-bottomed Dutch oven or soup pot, melt butter on medium heat. Add salt, cumin, coriander, pepper, ginger and garlic, and cook until garlic is aromatic but not browned, about 1 minute.
2. Add curry powder, onions, celery, carrots and apples and sauté until vegetables are soft, about 5 minutes.
3. Next add crushed tomatoes, lentils, 6 cups of the vegetable stock, turmeric, cinnamon and bay leaf, stirring continuously.
4. Bring to a boil, lower heat to a simmer and cook for approximately 40 minutes or until lentils are soft.
5. If liquid level seems low, add up to 2 cups more vegetable stock. When the lentils and vegetables are tender, puree the soup with an immersion blender (or in a regular blender, in small batches) until smooth.
6. Add lime juice and zest, chicken if desired, and season with salt to taste. Garnish with optional cilantro, mint or green onions.

30 MINUTE COCONUT CURRY

A vegan, gluten free 30-minute curry that's loaded with veggies and swimming in a perfectly-spiced coconut milk broth. Coconut quinoa sends this over the top.

Simple, healthy, fast and so delicious. Author: Minimalist Baker Serves: 4

INGREDIENTS

- **For the Curry:**
- 1 Tbsp coconut or olive oil
- 1 small onion, diced
- 4 cloves garlic, minced
- 1 Tbsp fresh grated ginger (or 1 tsp ground)
- 1/2 cup broccoli florets (or green bell pepper), diced
- 1/2 cup diced carrots
- 1/4 cup diced tomato
- 1/3 cup snow peas (loosely cut)
- 1 Tbsp curry powder
- pinch cayenne or 1 dried red chili, diced (optional for heat)
- 2 cans light coconut milk (sub full fat for richer texture)
- 1 cup veggie stock
- Sea salt and black pepper
- **For Serving:**
- Fresh lemon juice, cilantro, mint and/or basil, red pepper flake

INSTRUCTIONS

1. If serving with coconut quinoa, begin by washing thoroughly in a fine mesh strainer. Add to a medium saucepan over medium heat and toast for 3 minutes. Add 1 can light coconut milk and 1/2 cup water. Bring to a boil, then reduce heat to simmer, cover and cook for 15 minutes or until the quinoa is light, fluffy and the liquid is absorbed. Set aside until serving.
2. In the meantime, heat a large saucepan or pot to medium heat and add 1 Tbsp coconut oil. Add the onion, garlic, ginger, carrot, broccoli and a pinch each salt and pepper and stir. Cook, stirring frequently, until softened - about 5 minutes.
3. Add curry powder, cayenne (or chili pepper), veggie stock, coconut milk, another healthy pinch of salt and stir. Bring to a simmer then reduce heat slightly and continue cooking for 10-15 minutes.
4. Add the snow peas and tomatoes in the last 5 minutes so they don't overcook.
5. Taste and adjust seasonings as needed. I added another pinch or two of salt.
6. Serve over coconut quinoa (see other options below in Notes) and garnish with fresh lemon juice and herbs.

Kori Rotti (Coconut Chicken Curry with Crispy Rice Wafers)

Author : Michelle Peters - Jones at The Tiffin Box

INGREDIENTS

- 1½ kilos chicken (I use thighs)
- 1 tsp turmeric
- 1 tsp (or to taste) sea salt
- **Spice Mix:**
- 1½ TBSPs whole coriander seeds
- ¾ TBSP whole cumin seeds
- 1 inch piece of cassia bark or cinnamon
- 5 whole cloves
- 5 green cardamom pods
- 1 star anise
- 2 whole mild red chillies (ideally Kashmiri)
- ¼ tsp whole peppercorns
- 1 tsp mild chilli powder (if hot, reduce to ¼ tsp)
- **The Onion Mixture:**
- 1 tsp unscented oil
- 1 large onion, chopped roughly
- 1 inch piece of ginger, chopped roughly
- 5 fat cloves of garlic, chopped roughly
- **The Rest of The Dish:**
- 2 TBSPs unscented oil or ghee
- 1 medium onion, diced fine
- 1 tsp tamarind paste
- 800 ml coconut milk (2 cans)
- 1 cup (250 ml) hot chicken stock
- Hot water, if required
- Salt to taste
- Fresh cilantro, chopped

PREPARATION

Trim the chicken thighs of any fat, then toss the pieces with the turmeric and salt. Refrigerate for at least 2 - 3 hours.

Make the spice mix. Toss each of the spices (except the chilli powder) separately in a hot pan for between 30 seconds - 1 minute, then transfer to a bowl. Let cool completely. Grind to a fine powder in a spice grinder. Stir in the chilli powder. Keep aside.

For the onion mixture, heat the oil in a small pan and add the chopped onion. Fry, stirring for about 5 minutes, until the raw smell disappears and the onion begins to soften. Add the chopped ginger and garlic and fry for an additional minute. Let cool. Transfer to a blender and blend to a fine paste. Keep aside.

When ready to make the curry, heat the 2 TBSPs oil or ghee in a pot. Add the diced onion and fry for 5 - 7 minutes, until the onion is just beginning to colour.

Add the turmeric marinated chicken pieces, and fry on a high heat, stirring, until the chicken is sealed, about 5 minutes.

Add the spice mix and the onion paste to this mixture, stirring to make sure the chicken is coated.

Cook for about 5 - 7 minutes, then add the tamarind paste, coconut milk and stock. Cover and simmer on a medium-low heat until the chicken is cooked through, usually between 15 - 30 minutes, depending on the size of your chicken pieces. Taste and adjust the seasoning, adding a little salt/ extra tamarind paste if the curry needs it.

Keep an eye on the curry and top up with a splash of hot water if the mixture is getting too thick, as you want a thinner sauce for this dish.

When the chicken is cooked, take off the heat. Taste and reseason, if required.

Garnish with chopped, fresh cilantro leaves. Along with the traditional rice wafers, this curry goes well with any other accompaniment, like sannas, rice, pulav, roti and naan.

Indian Rice Pudding

*Like so many other cultures, Indians have a version of rice pudding.
This version is lightened up a bit, but still very tasty!*

INGREDIENTS

- 2 ½ TBSPs ghee – OR unsalted butter
- generous ½ cup ground rice
- ¼ cup slivered almonds
- ¼ golden raisins
- 2 ½ cups 1% milk **OR** unsweetened almond milk
- 2 cups **evaporated** skim milk
- ¼ cup superfine sugar
- 12 plumped dried apricots, sliced
- a good pinch of saffron threads, pounded and soaked in 2 TBSPs hot milk
- 1 tsp freshly ground cardamom
- ½ tsp freshly ground nutmeg
- 1 TBSP rose water
- **TO DECORATE:**
- ¼ cup walnut pieces
- 2 TBSPs shelled, unsalted pistachios

PREPARATION

1. Melt the ghee in a heavy bottomed sauce pan over low heat. Add the ground rice, almonds and raisins and cook, stirring, for 2 minutes.
2. Add the 1% milk, increase the heat to medium, and cook, stirring, until it begins to bubble **gently**. Reduce heat to low and cook, stirring frequently, for 10-12 minutes, to prevent mixture from sticking to the bottom of the pan.
3. Add the evaporated milk, sugar and apricots, setting a few slices aside for garnish. Cook, stirring until the mixture thickens to the consistency of a pouring custard.
4. Add the saffron and milk mixture, cardamom, nutmeg and rose water, stir to distribute well and remove from the heat. Let cool, then refrigerate, covered, for at least 2 hours.
5. Toast the walnuts and pistachios until aromatic and lightly browned and lightly crush after they cool. Decorate the dessert with these toasted nuts and a few slivers of the apricot that you have set aside and serve.

Carrot Halva

Halva can be very fatty and creamy, but we've lightened this version up significantly. Still, a little goes a long way, especially if you go for the ice cream or frozen yogurt.

INGREDIENTS

- 3 TBSPs ghee - OR unsalted butter
- 1 inch cinnamon stick, halved
- ¼ cup slivered almonds
- ¼ cup cashews
- ¼ raisins
- 8 carrots, grated
- 1 ½ cups 1% milk
- 1 cup skim milk (OR unsweetened plain almond milk)
- 1 ¾ cups superfine sugar
- ½ tsp freshly ground cardamom
- ½ tsp freshly ground nutmeg
- ¼ cup light cream
- 2 TBSP rose water
- vanilla frozen yogurt or ice cream, to serve with (optional)

PREPARATION

1. Melt the ghee in a heavy-bottom saucepan over low heat. Add the cinnamon stick and let sizzle gently for 25-30 seconds. Add the almonds and cashews and cook, stirring, until lightly browned. Remove about a dessert spoonful of the nuts and set aside.
2. Add the raisins, carrots, milk and sugar to the saucepan, increase the heat to medium and bring the milk to a boiling point. Continue to cook over low-medium heat for 15 to 20 minutes, until the milk evaporates completely, stirring frequently and scraping and blending in any thickened milk that sticks to the side of the sauce pan. Don't allow any milk that is stuck to the side to brown or burn, because this will give the dessert an unpleasant flavor.
3. Stir in the cardamom, nutmeg, cream and rose water. Remove from heat and let cool slightly, then serve topped with a scoop of vanilla ice cream or frozen yogurt if using and topped with sprinkled nuts.

Semiya Payasam

is a dessert made for festive occasions in South India. It is a pudding made with milk, vermicelli noodles, sugar, ghee, raisins, cashews, and cardamom powder.

INGREDIENTS

- 3 tsp. ghee (clarified butter) **OR** regular butter **OR** coconut oil
- 1 cup vermicelli noodles, broken into 1" pieces
- 3 TBSPs cashews
- 3 TBSPs raisins
- 5 cups milk **OR** unsweetened almond milk
- 1 cup sugar
- 1 tsp. cardamom powder

PREPARATION

1. Add 1½ tsps of ghee to a skillet. Add vermicelli noodles and, while stirring continuously, cook until golden brown. Pour noodles into a bowl and set aside.
2. Add the rest of the ghee to another skillet. Add cashews and raisins and pinch of saffron and cook until slightly brown. Remove from skillet and set aside.
3. Add milk to a deep saucepan. Stir in cooked vermicelli noodles, sugar, and a pinch of cardamom powder. Bring to a low boil and simmer for 2-3 minutes, until vermicelli softens. Stir in raisin/cashew mixture.
4. Ladle into a bowl and serve warm.

Serves: 4 to 6

Siva Kumar is the Chef at [Dosa Temple](#), a South Indian restaurant in Somerville's Union Square. He shared this recipe with us when he was featured as our guest on [Neighborhood Kitchens](#).

Mango Lassi

INGREDIENTS

- 2 cups plain NF yogurt
- 2 cups (boxed) coconut , almond or cashew milk
- about 3 cups pulp from 3 fresh (or frozen) sliced or chopped
- 3 tsps raw sugar – OR honey - to taste
- ¼ tsp ground cardamon
- OPTIONAL: pinch or 2 of Himalayan pink salt
- GARNISH: Fresh strawberry, sliced on stem or sprig of fresh mint

PREPARATION

1. Put all of the ingredients into a blender and blend for 2 minutes.
2. Pour over ice, garnish if desired and serve.

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## *Ginger-Mango Lassi*

### **INGREDIENTS**

- 2 mangos
- 1-inch piece of ginger
- 2 (8-ounce) containers vanilla non fat yogurt
- 1 handful of ice cubes
- 2 TBSPs honey

### **DIRECTIONS**

1. To remove the flesh of the mango, cut the flesh away from the pit in 2 large pieces. Use a paring knife to cut through the flesh (but not through the peel) in a crisscross grid pattern. Use your thumbs to press against the skin side and pop the mango cubes up. Cut across the bottom, along the peel and add the cubes to the blender.
2. Peel ginger. Grate ginger finely into bowl. Use fingers to squeeze juice out of gratings. Discard juiced gratings.
3. Put ginger and remaining ingredients in the blender and blend until thick and smooth.

# *Strawberry Lassi*

## INGREDIENTS

- 9 large, ripe strawberries, rinsed
- 2 TBSPs white sugar
- ¼ cup 1% OR unsweetened almond milk
- 1 cup non-fat yogurt
- 3 ice cubes

## PREPARATION

1. Put all the ingredients into a **blender** and blend for 2 minutes, then serve.

**VARIATION:** Try with any berries (about 2 cups) or a mixed berry combo

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Coconut Lassi

INGREDIENTS

- 2 cups non-fat plain, Greek style yogurt
- 2 TBSPs sugar (preferably natural, unrefined like Sugar-In-The-Raw or Florida Naturals – organic is best if you can swing it)
- 1 cup **light** coconut milk --- OR --- coconut water
- 2 TBSPs shredded (UNSWEETENED) coconut
- ½ tsp pure vanilla extract
- 4 ice cubes
- about 1 tsp freshly grated nutmeg to sprinkle on top -- **OPTIONAL**

PREPARATION

1. Put all the ingredients a **blender** and blend until smooth, then serve