



Punjabi recipes



Asian Chicken

Ingredients

asian chicken chicken with garlic and hot peppers

another winner from

the garlic lover's cookbook.

don't let the amount of garlic scare you.

serves 6

3(12 lb frying chicken, 1.5 kg

cut into serving pieces

3 tbsp peanut oil 50 ml

1 head garlic,

peeled and coarsely chopped - and yes that says head. the whole thing.

2 hot red peppers,

small and dried. these are optional.

3 tbsp honey 50 ml

Method

Heat the oil in a large, heavy skillet and brown chicken on all sides (5-10

minutes). Use medium-high heat. Add garlic and peppers about 1 minute before the end of the browning process.

Add the remaining ingredients, and cook over medium heat until chicken is done and sauce has reduced somewhat.

This takes about 10 minutes. If you are cooking white and dark meat together, remove the white meat first or it will dry out.

Watch that sauce does not burn or boil away. When you look in the skillet to see how everything is going and to get a whiff of the lovely aroma, do not FR take a big whiff. The vinegar will knock you out!

Tandoori Masala

Ingredients

1 tbsp cumin seeds
1 tbsp coriander seeds
1 tbsp red (cayenne) pepper
few drops of red food -coloring

Method

Grind cumin and coriander seeds to a fine powder in a coffee grinder or with a pestle and mortar.

Stir in cayenne and food coloring and mix well.

Store in a small airtight jar up to 2 months.



Besani Murgh

Ingredients

920 grams chicken
250 ml milk
345 ml water
3 nos. cloves
3/4 inch ginger
1/2 teaspoon cumin powder
1 inch cinnamon
1 pinch nutmeg
1/4 teaspoon red chilli powder
3-4 tablespoons curds
3-4 tablespoons gram flour (besan)
2 teaspoons salt
oil (for frying)

Method

Clean and cut the chicken into pieces and grate the ginger.

Combine milk, chicken pieces, ginger, cloves and cumin powder.

Boil until the chicken is tender and the liquid absorbed.

Sprinkle with red chilli powder and 1 1/2 teaspoon salt.

Make a batter with curd and gram flour; beat well, adding one or two tablespoons of water and remaining salt.

Set aside for an hour. Coat cooked chicken with batter and fry until golden brown.

Lift out and drain on paper.

Chicken A La King

Ingredients

- 3 cups cooked chicken or turkey, chopped
- 1/2 cup green pepper, chopped
- 1/4 cup onion, chopped
- 1/2 cup celery, chopped
- 1 jar (2 oz.) pimento (or chopped red bell pepper)
- 1 can (4 oz.) mushrooms pieces, drained
- 2 cans (5 oz. cans) cream of chicken soup
- 1 package (10 oz.) frozen peas

Method

- Combine all ingredients except peas in crockpot.
- Stir well.
- Cover and cook on low 6 to 7 hours.
- One hour before serving, turn to high and add peas.

Chicken Dilruba

Ingredients

2 medium onions

1 cup milk

2 tbs. chopped fresh ginger root

2 tb punjabi garam masala

6 tbs. butter or vegetable oil

1 tsp. ground turmeric

3-4 lb. chicken, skin removed, cut

2-3 fresh green cayenne peppers, minced
into small pieces or serranos/jalapeno as substitute

1 cup fresh plain yogurt

salt and ground cayenne to taste

1/4 cup almonds, ground a few strands whole saffron
soaked in 2 tbs. warm milk

1/4 cup walnuts, ground

minced fresh cilantro and whole 1/4 cup melon

pumpkin or squash seeds almonds/cashews for garnish (optional), ground

Method

Put the onions and ginger in a blender or food processor and process into a smooth paste (consistency of apple sauce). Heat the butter or oil in a heavy, deep skillet and gently brown the onion-ginger mixture, stirring often. Add the chicken and yogurt.

Combine well and cook over medium heat until the mixture becomes rather dry and the chicken begins to brown. Grind the almonds, walnuts and melon seeds until quite fine. Stir them into the milk, then add the mixture to the chicken along with the garam masala, turmeric, chili peppers, salt and ground cayenne.

Cook over medium heat, stirring often, until the chicken is very tender and the sauce is very thick (about 10-15 minutes). Stir in the saffron/milk mixture and cook 1-2 minutes longer.

Chaamp Masala

Ingredients

in piece of fresh ginger peeled and coarsely chopped
3 tbsp peeled and coarsely chopped garlic
6-8 lamb chops from the ribs, remove all extra fat
8 fl oz grated or finely chopped tomatoes
2 medium sized onions very finely chopped
1 tbsp cayenne
12 fl oz greek yoghurt beaten
1 1/2 tsps salt
1 tsp ground roasted cumin seeds
1-2 tsps punjabi garam masala
3 tbsp lemon juice
2-3 tbsp chopped fresh green coriander

Method

Put the ginger and garlic into the container of an electric blender with 2-3 tablespoons of water and blend to a paste.

Put the chops, tomatoes, onions, cayenne pepper, yoghurt, salt and ginger-garlic paste into a large wok or heavy-bottomed saucepan.

Stir and bring to the boil. Turn the heat to low, cover and simmer for 50 minutes or until the chops are almost cooked.

Add the cumin seeds and simmer for 10 to 15 minutes or until the meat is tender and the sauce thick.

Add the garam masala and lemon juice and stir. Sprinkle fresh coriander over the top and serve.

Chicken Curry with Tomatoes

Ingredients

4 medium onions, chopped
2 tablespoons curry powder
1/2 cup butter or cooking oil
1 cup or 1 can (8 ounces) tomato sauce
2 teaspoons salt
1 frying chicken (2 to 3 pounds)
3/4 cup hot water

Method

Use a casserole or large skillet with lid.

Cook onions and curry powder in butter for 10 to 15 minutes.

Add tomato sauce and salt. Disjoint and skin chicken, and place in sauce.

Cook, uncovered, over medium heat, turning frequently until sauce becomes quite dry and chicken tests done with fork, about 15 minutes.

Add hot water, cover pot, and cook over low heat for 5 minutes.



Chicken Jalfarezi

Ingredients

4 3 lb. chicken breast-boneless
8 oz green pepper
8 oz tomato
8 oz onion (red-large)
1 t cumin seed
10 garlic cloves
bunch.. cilantro

2 oz ginger root
2 oz green chili pepper
2 t salt
1 t. red chili powder
t turmeric powder
8 oz butter solids

Method

Gather all ingredients .Cut chicken in to 2 x 2 inch pieces. Dice 6 oz tomatoes, 6 oz onions & all green peppers into 1" pieces.

Melt butter in a wok (or hotel pan - or other thin utensil) .Finely cut 2 oz onions. - Finely dice garlic cloves and make a paste

Add chicken pieces, finely cut onions, cumin seeds, salt & garlic to butter and mix well .Cover and let the chicken steam at medium heat. Stir occasionally.

Finely chop remaining 2oz tomatoes. Cut ginger into julienne. Wash cilantro and separate leaves from stem.

Remove cover. Add red chilies, turmeric powder, green chilies & finely chopped tomatoes.

Mix well and let the chicken cook in this mixture at medium heat until almost all water has evaporated.

Add julienne garlic when half the water has evaporated. Add diced green peppers, onions & tomatoes and mix.

Turn off heat and add cilantro. Cover. Keep the cover in place for at least 5 minutes.

Chicken Biryani

Ingredients

rice (basmati) 300 gms.
chicken pieces 600 gms.
whole garam masala 2 tbsp.
sliced onions 1 cup
chopped garlic 2 tbsp.
chopped ginger 2 tbsp.
red chili powder 3 tsp.
coriander powder 1 tbsp.
turmeric powder 2 tsp.
bay leaf 2 no.
chopped tomato $\frac{3}{4}$ cup
chopped green coriander 1 tbsp.

chopped green coriander 1 tbsp.
curd (yogurt) 1 cup
saffron $\frac{1}{2}$ gm.
garam masala powder 3 tsp.
milk $\frac{1}{2}$ cup
butter 50 gms.
golden fried sliced onions $\frac{3}{4}$ cup
ginger julienne's 1 tbsp.
oil 3 tbsp.
mint leaves 2 tbsp.
salt as per taste

Method

Pick, wash and soak rice in water for about 30 minutes. Boil water, add $\frac{1}{2}$ of the whole Garam masala, bayleaf and salt and boil rice till $\frac{3}{4}$ th done. Drain rice and keep aside. Mix salt, $\frac{1}{2}$ of the red chili powder, $\frac{1}{2}$ of the chopped ginger, $\frac{1}{2}$ of the chopped garlic, 1 tsp. Garam masala $\frac{1}{2}$ of the turmeric powder and curd/yogurt.

Mix well and put chicken pieces in this for an hour. Heat oil in a Patila or a thick bottomed pan. Add remaining Whole Garam masala. Let it crackle. Add Sliced onions and saute until light golden brown. Then add remaining chopped ginger, chopped garlic, coriander powder, turmeric powder, red chili powder, 1 tsp. Garam Masala powder and chopped tomatoes. Cook for about 5 minutes.

Add marinated chicken and cook till chicken is tender. Dissolve saffron in warm milk and keep aside. Arrange alternate layers of chicken and rice. Sprinkle saffron dissolved in milk, remaining Garam Masala powder, ginger julienne's, mint leaves, golden fried sliced onions and butter in between the layers and on top.

Make sure that you end with the rice layer topped with saffron and spices. Cover and seal with aluminum foil or Roti dough. Cook in a preheated oven, for 10-12 minutes. Alternatively cook on an indirect slow flame for 10 to 12 minutes



Chicken Sag Recipe

Ingredients

One 3 lb. chicken cut into pieces	4 cloves garlic chopped finely
1 lb fresh spinach	1 teaspoon chilli powder
2 medium onions sliced thinly	1 teaspoon cumin powder
5 tablespoons cooking oil, or 200 g (7 oz) butter	2 teaspoons coriander powder
2 large bay leaves	1½ teaspoons turmeric
4 seeds cardamom (black or green) 4 cloves	2 teaspoons sweet paprika
1 teaspoon cinnamon powder	salt to taste
½ cup water	

Method

Heat the oil or butter in a saucepan and fry the onions, bay leaves, cardamom, cinnamon and cloves for 2/3mins.

Until golden brown. Now add the garlic, ginger and fry one minute more before adding the water, and stirring in the chilli, cumin, coriander, paprika and turmeric.

Then add the chicken pieces and fry for a further 2/3 minutes.

Add the spinach and cook on a low heat for a further 15/20 minutes stirring occasionally, add salt to taste.

Chicken With Okra

Ingredients

2 lbs. chicken thighs skinless and boneless	2 tbs. ground cumin
2 medium onions, cut in half, thinly sliced	3 tsp. fresh hot chillies finely chopped
1/2 lb okra, tops trimmed washed, patted dry	2 cups fresh tomatoes coarsely chopped
4 garlic cloves, finely chopped	4 tbs. vegetable oil
1 inch fresh ginger finely chopped	salt
1 1/2 tsp. coriander seeds	freshly ground black pepper
	3 tbs. fresh chopped coriander

Method

Heat 4 tbs. of vegetable oil in a large skillet over medium-high heat. Season the chicken with salt and freshly ground black pepper.

In two batches, add the chicken thighs to the skillet and brown evenly on both sides. Transfer the chicken with a slotted spoon into a casserole dish. In the same pan over medium heat add the onion and okra and saute for one to two minutes.

Now add the ginger, garlic, cumin, coriander and chillies and cook for two minutes. Adding more vegetable oil if needed to prevent burning, add the tomatoes and cook until tomatoes are soft.

Pour the mixture over the chicken. Cover and bake for 20 minutes or until chicken is cooked through.

Now with a slotted spoon, place the chicken on a serving plate. Pour liquid that is in casserole dish in a small pan.

Over medium heat, reduce the juices until thick enough to coat the back of a spoon. Stir in the fresh coriander.

Pour the liquid over the chicken. Serve immediately

Curried Lamb Stew

Ingredients

1/4 cup. vegetable or corn oil	(soaked in water for 4 to 6 hrs.)
2 cups sliced onions	2 lbs. (900 gms.)
3 Tbsp. Spice 'N Flavor Khorma Masala	cubed lamb or mutton
1 Tbsp. finely chopped ginger or 1 tsp. ginger powder	1/2 cup milk cream or plain yogurt or sour cream.
1 Tbsp. minced garlic or 1 tsp. garlic powder	2 Tbsp. raisins
1/4 cup whole or halved cashews or almonds	2 Tbsp. chopped coriander (cilantro) leaves (optional)

Method

In a large pan or pot (non-stick is ideal) heat oil over moderate heat and fry 2 Tbsp. of cashew nuts or blanched almonds and set aside for garnishing.

In the same hot oil saute onions, stirring, until golden brown, about 6 to 8 mins.

With a slotted spoon squeeze out the oil from the onions and set aside; save the pan with the remaining oil.

In a blender or food processor combine 3/4 of the fried onions with Spice 'N Flavor Khorma Masala, ginger, garlic, 1 tsp. of salt (or to taste), remaining cashew nuts or almonds and 1/2 cup of water and blend to a smooth paste.

Heat the pan with the oil, add the blended spice paste and saute, stirring, until liquid has evaporated, about 6 to 8 mins.

Add lamb or mutton, saute, stirring for 5 mins.

Add 1 cup water, bring to a boil, simmer, covered, 30 to 35 mins. or until the meat is tender.

Add milk cream or yogurt (beaten well with a fork) or sour cream and simmer for 5 more minutes. Taste for salt.

Transfer to a dish and garnish with coriander leaves, raisins, remaining fried onions and cashew nuts or almonds.



Spinach Rajma

Ingredients

Grind for the spinach paste:

1 bunch spinach
chopped
2 onions
cut into large cubes
1 tomato
4 green chillies
1 tsp cummin seeds

250 g rajma
soaked overnight and boiled
3 tsp oil
salt to taste
2.5 cm ginger
6 flakes garlic
5 cm cinnamon

Method

Heat the oil, add the spinach paste and fry for three minutes.

Add salt and the boiled rajma. Stir well.

Simmer for five minutes till the gravy thickens.

Serve the spinach-rajma with plain rice or bread.



Egg Bhaji

Ingredients

Hard boiled eggs - 4 nos.

Cloves - 5 nos

Peppercorns - 8 nos.

Garlic - 1 pod

Ginger - 1 piece

Onions - 4 nos.

Tomatoes - 2 nos.

Chili powder - 1 tsp.

Salt To taste

Method

Cut the 4 hard boiled eggs into pieces and keep aside.

Grind the cloves, garlic, ginger and peppercorns to a fine paste.

Slice and brown the onions in a little oil and stir in the chopped tomatoes, ground masala, chili powder and salt.

After 5-6 minutes add the egg pieces and garnish with tomatoes, lime and coriander leaves.

Egg Curry

Ingredients

- 3 Tbsp. Spice 'N Flavor Egg Masala
- 2 Tbsp. vegetable or corn oil
- 2 cups sliced onions
- 1 Tbsp. finely chopped ginger
- 1 cup chopped tomatoes or 2 Tbsp. tomato paste
- 1/2 cup light cream, unsweetened coconut milk or sour cream (optional)
- 8 hard-boiled eggs, peeled and halved
- 1 Tbsp. chopped coriander (cilantro) leaves (optional)

Method

In a small bowl mix together Spice 'N Flavor Egg Masala, 1 tsp. salt and 2 Tbsp. water to make a paste and set aside.

In a medium pan or pot (non-stick is ideal) heat oil over moderate heat and saute onions, stirring, until soft and lightly browned, about 4 mins. Add ginger and spice paste and saute, stirring, until liquid has evaporated, about 3 mins.

Add tomatoes or tomato paste and 1/4 cup water and cook until tomatoes are soft and melted into sauce, about 5 mins. Add 1 cup water, cover mixture and simmer 5 to 7 mins.

Stir in cream, coconut milk or sour cream and simmer 3 mins. Add salt to taste.

Pour sauce into a large serving dish. Arrange egg halves in sauce, yolks facing up, and garnish with coriander leaves.

Tandoori Chicken

Ingredients

1.3 kg/3 lb ready to roast chicken
250ml/8 fl oz natural yogurt, beaten
60ml/4 tbsp. tandoori masala paste
75g/3oz ghee,
salt

Method

Using a sharp knife or scissors, remove the skin from the chicken and trim off any excess fat. Using a fork, beat the flesh at random.

Cut the chicken in half down the center and through the breast. Cut each piece in half again. Make a few deep gashes diagonally into the flesh.

Mix the yogurt with the masala paste and salt. Spread the chicken evenly with the yogurt mixture, spreading some in to the gashes.

Leave for at least 2 hours but preferable overnight. Preheat the oven to its hottest setting. Place the marinated chicken quarters in a wire rack in a deep baking tray.

Spread the chicken pieces with any excess marinade, reserving a little for basting halfway through the cooking time.

Melt the ghee and pour over the chicken quarters to seal the surface. This helps to keep the center of the chicken moist during the roasting time.

Cook in the oven for 10 minutes at the maximum heat, then remove, leaving the oven switched on.

Baste the chicken pieces with the remaining marinade. Return to the oven and switch off the heat.

Leave the chicken in the oven for about 15-20 minutes without opening the door. Serve on a bed of lettuce and garnish with the lemon and onion rings.



Tandoori Chicken

Ingredients

eggs 6 nos	cloves 6 nos
onions 6 nos	cinnamon 1 stick.
milk ¼ cup	cardamom pods 2 nos
cashewnuts 2 tbsp	ginger 1 piece
green chilies 8 nos	turmeric powder ½ tsp
grated coconut 1 tbsp	ghee 3 tbsp
coriander powder 3 tbsp	salt to taste

Method

Grind together the green chilies, grated coconut, coriander powder, cardamom, cinnamon, cloves, ginger and turmeric powder.

Chop the onions coarsely. Separate the yolk from the eggs and beat the egg whites till stiff. Add the egg yolks, milk to the egg white mixture and salt to taste.

Beat the mixture again for 10 minutes and place the egg mixture vessel into a large vessel containing a little water and boil till the egg is set. Turn out the egg and cut into cubes.

To make the korma, heat the ghee in a saucepan and fry the chopped cashewnuts till golden brown.

Put sliced onions, ground masala paste and salt and cook on a low flame, till the onions turn light brown. Stir occasionally till the ghee floats to the top.

Add half a cup of water and bring to a boil.

Add the egg cubes and cook gently till the korma thickens.

Garnish with freshly cut coriander leaves and serve hot with rice or parathas and chutney.



Egg Samosa

Ingredients

250g wheat flour
1 egg
1 cup of water
1 tsp salt
1 tsp ghee or butter
250g oil
1 small onion
1 green chili
a few coriander leaves

Method

Add water to the flour and knead into dough. Keep aside for a while.

Beat the egg well and add chopped onion, green chili, coriander leaves and salt to it.

Now take two small balls of the dough and spread ghee in between them. Roll out together into a chapathi.

Heat the tawa, and place the chapathi on it.

Take it out when fried on both sides, and shake a little till the both chapathis separates. Now cut it long into stripes.

Take each stripe, put some egg mixture on it, roll up and deep fry until golden brown

Serve hot with ketchup.

Fried Chicken Tikkas

Ingredients

1 large Chicken
2 cups Curds
1 teaspoon Chilli powder
1 teaspoon Garam masala
2 tablespoons Lemon juice
2-3 drops Red colouring
1 cup Mint Chutney
4 medium Onions
4-5 nos. Garlic cloves
1/2 inch Ginger
2 inches Raw papaya
Few Onion rings
As per requirement Ghee
As per taste Salt

Method

Wash the chicken properly and remove the bones. Cut into 2 cm pieces. Grind the onions, garlic, ginger, and papaya into a smooth paste.

Mix in the curd, chilli powder and garam masala. Blend well to make the marinade. Add a few drops of red colour to the marinade with salt and lemon juice.

Smear the chicken pieces with the mixture and let them marinate for 8-10 hours.

Heat ghee in a pan and add the marinated chicken pieces, fry for 5-6 minutes, then pour the remaining marinade on it.

Cover the pan and cook on a low fire until chicken pieces are tender and dry.

Serve hot with onion rings and mint chutney.

Fried Chicken Curry

Ingredients

- 3 tbsp. spice 'n flavor chicken masala
- 2 lbs. skinless bone-in chicken pieces
- 1/2 cup plus 2 tbsp. vegetable or corn oil
- 2 cups sliced onions
- 1/4 cup whole or halved cashew nuts, walnuts
pecans, or blanched almonds (optional)
- 1/4 cup raisins (optional)
- 1 or 2 chopped fresh green cayenne or serrano chilies (optional)
- 1/2 cup chopped tomatoes
- 1/2 cup light cream (optional)
- 1 tbsp. chopped coriander (cilantro) leaves (optional)

Method

In a small bowl mix together 1 Tbsp. Spice 'N Flavor Chicken Masala and 1 tsp. salt and rub over chicken. and refrigerate covered, 1 hour. In a medium pan or pot (non-stick is ideal) heat 1/2 cup oil over moderate heat and fry onions, stirring, until golden brown, about 5 mins. With a slotted spoon transfer onions to paper towels to drain. In remaining oil fry nuts and raisins, stirring, until lightly browned, 3 to 4 mins., and with slotted spoon transfer to paper towels to drain. In remaining oil fry marinated chicken pieces until lightly browned, 5 to 7 mins. (watch out for sputtering oil). With slotted spoon transfer chicken to paper towels to drain. Discard oil. In a small bowl mix together remaining 2 Tbsp. Spice 'N Flavor Chicken Masala, half of fried onions and 1/4 cup water. In a medium pan or pot (non-stick is ideal), heat remaining 2 Tbsp. oil over moderate heat and saute onion mixture, stirring, until liquid has evaporated, about 2 to 3 mins. Add ginger, garlic, and green chilies and saute 2 mins., stirring. Add tomatoes and 1/4 cup water and saute, stirring, until tomatoes are soft and melt into the sauce, about 5 mins. Add chicken and 1/2 cup water and stir well. Cover curry and simmer 15 mins., or until chicken is cooked through. Stir in cream and simmer 3 mins. Add salt to taste. Transfer curry to a dish and garnish with remaining fried onions, nuts and raisins, and coriander leaves. Serve hot with rice (steamed or pilaf), with any Indian bread, pita bread or any other bread, or with boiled or steamed vegetables, including yucca (cassava).

Fried Garlic Pepper Chicken

Ingredients

makes 6 - 8 servings

2 pounds (900 gms) chicken (boneless cubes)

2 tablespoons oil (veg., olive or corn)

2 teaspoons garlic chopped/paste

1 cup onions diced

2 teaspoons lemon/lime juice

2 teaspoons spice 'n flavor garam masala

1 tbsp. coriander (cilantro) leaves chopped, salt to taste

Method

Marinate the chicken with lemon juice, salt and SPICE 'N FLAVOR Garam Masala and set aside for 30 mins.

Heat the oil in a large non-stick frying pan, add the chicken, garlic and stir-fry on medium fire for 10 mins.

Add the onions, bell pepper, 3 tablespoons of water and stir-fry for 5 mins.

or until the chicken become brownish and dry.

Turn of the heat and garnish with the coriander (cilantro) leaves.



Hara Bara Kebabs

Ingredients

1 cup grated cheese
4 cups chopped spinach
2 cups water
2 slices bread
1 teaspoon green chilli paste
1/2 teaspoon garlic paste
1 teaspoon ginger paste
oil
salt

Method

Wash the spinach leaves. Drain. Add 2 cups water and cook uncovered in a pan for about 5 minutes.

Add the spinach in a bowl of ice cold water, keep for 5 minutes and remove squeezing out all the water. Soak the bread slices in water for 4-5 minutes, squeeze out the water and mash.

Combine the spinach, cottage cheese, mashed bread, green chilli, ginger-garlic paste and salt. Make a smooth mixture without adding any water. Cover and refrigerate for 30-40 minutes.

Divide the mixture into 12 equal portions. Shape them into kebabs with oily palms.

Heat oil in a frying pan. When the oil smokes, add 2-3 kababs and deep fry till golden brown.

Karhai Ghost

Ingredients

1 kilo mutton or chicken
2 tsp ginger paste
2 tsp garlic paste
salt according to taste
1 tsp freshly crushed black pepper
1/2 tsp red chili powder
5-6 tomatoes (medium size)
3-4 whole green chilies
4 tbs oil

Method

This dish is best cooked in a Wok (Karahi) but you can use a regular pot if you don't have a Wok.

Add the meat in a pot with garlic & ginger and leave on medium heat for the water to dry.

When that is done add 3 glasses of water, cover and leave to tenderize.

If you're using chicken you don't have to add water and can move on the the next step.

When the meat has softened add everything, including the oil, except green chilies & tomatoes.

Increase the heat to dry water if any then add green chilies & tomatoes.

Lower the heat and cook covered for 5-10 minutes. Then when the tomatoes have softened, increase the heat and

evaporate all the water. The end result should be with very little gravy.

Serve with Naan, ended, increase the heat and evaporate all the water. The end result should be with very little gravy.

Serve with Naan.

Yogurt Chicken

Ingredients

4 lb chicken pieces skinned - 3t
3 ea garlic cloves minced - 1 1/2 t soy sauce
1/2 t fine herbs - 1 1/2 t turmeric
1/4 t freshly ground pepper - 3/4 t ground ginger
3 c plain yogurt - 1/2 t cinnamon
2 ea onions finely chopped - 2 t ground cloves

Method

Rub chicken with garlic, fine herbs and pepper. Combine remaining ingredients in large bowl.

Add chicken, turning to coat well. Cover and marinate in refrigerator 24 hours turning occasionally.

Preheat oven to 350. Remove chicken from marinade and place in single layer in large roasting pan.

Tent with foil and bake 30 minutes. Remove foil, turn pieces and bake about 30 minutes longer or until

lightly browned, basting occasionally with marinade. Serve immediately.

Serve with Naan.



Jeera Murgh

Ingredients

2 kg Chicken thigh

Cutlets or breasts,

Whole or in fine

Strips (4.5 lb)

Juice of 2 lemons

1 ts Salt

2 ts Cayenne

3 oz Flour

6 oz Butter

2 Onions, finely sliced

2 cl Garlic, crushed

2 1/2 Inch piece root ginger,

Finely chopped

2 ts Cumin seeds

500 ml Yoghurt* (1 pint)

150 ml Fresh cream* (or equal

Quantity of sour light

Cream) (1/2 cup)

1 cn Coconut cream (if mixture

Seems too dry through

Prolonged cooking)

Thinly pared rind of

Method

Place chicken on a large plate and rub over with lemon juice. Set aside for at least 20 minutes, then pat dry with kitchen paper.

Mix salt, cayenne and flour on a plate and dredge chicken pieces, shaking off excess.

Melt butter in pan, add the chicken and fry until browned.

Add onions, garlic, ginger and cumin seeds and fry until golden brown.

Stir in yoghurt, cream and lemon rind.

Return chicken to mixture and mix until all chicken is well coated.

Bring to the boil, reduce the heat to low, and simmer for 1 hour or until chicken is cooked.

Uncover the pan for the last 20 minutes, to allow sauce to reduce.

Discard lemon rind (if you can find it) before serving.

Fried Okra With Cumin

Ingredients

3 tbs. ghee	1 large tomato
1 large onion	coarsely chopped
cut in half, thinly sliced	1 tsp. Cayenne pepper
1 pound okra	2 tbs. Ground cumin
tops trimmed	3 garlic cloves
washed and patted dry	finely chopped
	salt

Method

In a medium heavy skillet, heat the ghee over medium high heat.

Add the onion and cook until golden brown, Regulate heat accordingly to prevent burning.

Add the okra, tomato, cayenne, cumin and garlic.

Continue frying while gently turning the vegetables.

Cook until the okra is tender and most of the liquid has been reduced.

Season well with salt and freshly ground black pepper. Serve immediately.

Gobi Parathas

Ingredients

Filling:

1 cup finely grated cauliflower
2 teaspoons finely grated fresh ginger
1 teaspoon salt
1 teaspoon curry powder
and chili powder to taste, optional

2 cups plain white flour
1/2 teaspoon salt
2 cup warm water
2 to 3 tablespoons margarine for cooking

Method

Mix flour and salt together in a large bowl. add the water all at once and knead hard for 10 minutes. Dough should be firm but pliable. Cover and leave for at least 30 minutes. Divide dough into 8 equal portions and roll each into a ball.

Flatten out to a circle about 10 cm (4 inches) in diameter, put a spoonful of filling in the middle of each and draw ends together, pinching them firmly to join. Flatten between the hands to a round shape. On a lightly floured board roll out very lightly and carefully to a circle the size of a breakfast plate. Do not press too hard on the rolling pin or the filling will break through the dough.

If this does happen take a small piece of dough, press flat and place it over the break. Roll gently to join. When all the parathas are filled and ready to cook, heat a heavy griddle or thick, heavy frying pan until very hot. Melt the margarine in a small saucepan and have it within easy reach.

Put a teaspoon of melted margarine on the griddle, spread it with a frying slice and put a paratha on it. Spread another small teaspoon of melted margarine on top of the paratha.

Turn the paratha over and cook other side, pressing gently with frying slice. Paratha should be cooked until nicely golden on both sides. Serve at once. Filling: Prepare filling only when ready to use it.

Combine all the ingredients in a bowl and mix well. Use only the tender flower heads of the cauliflower and make sure there are no large pieces, for these will make the parathas difficult to roll out

Hot Lime Pickle

Ingredients

12 limes
4 cups boiling-hot water
3 tbsp. spice 'n flavor pickle masala
1/2 cup distilled or cider vinegar
3 tbsp. vegetable or corn oil
3 tbsp. julienne ginger
3 tbsp. julienne garlic
2 fresh green cayenne or serrano chilies, quartered (optional)
2 tsp. salt

Method

Immerse limes in hot water 5 mins. to soften skins and reduce bitterness. Drain limes, wipe dry and cut into quarters saving the juice.

In a small bowl mix together Spice 'N Flavor Pickle Masala and vinegar and set aside.

In a medium pan (non-stick, stainless steel is ideal), heat oil over moderate heat and saute ginger, garlic, chilies and salt, stirring 2 mins. Add spice paste and saute stirring, 1 min.

Remove pan from heat and add lime quarters (with the juice), mixing well. Add salt to taste and cool pickle to room temperature.

When cool, transfer pickle to sterilized jars and seal. Let pickle stand 2 to 3 weeks, sealed and at room temperature, to allow flavors to develop.

Mix pickle well and serve with a clean dry utensil (moisture will cause pickle to spoil). Refrigerate after opening. (Pickle keeps, refrigerated, 6 months.)

Handi Biryani

Ingredients

1 1/2 cups long grain rice	4-5 whole black peppers
2 potatoes quartered boiled	1 tsp. red chilli powder
2 capsicums cut into strips	1 tsp. garam masala
2 onions chopped into strips	salt to taste
2 onions quartered	1/4 tsp. turmeric powder
2 tomatoes chopped	2-3 pinches asafoetida
1 cup slices mixed vegetables (french beans, carrots, cauliflower, etc.)	1 tbsp. lemon juice
1 tsp. ginger grated	1 tbsp. coriander chopped
1 tsp. garlic grated	10-15 cashews
1 cup curd	10-12 almonds sliced to flakes (optional)
2 bay leaves	4-5 tbsp. ghee
2 cloves	1" cinnamon stick
2 cardamomst	

Method

Wash and soak rice in salted water for 30 minutes. Heat ghee in a heavy saucepan. Fry onion strips till crisp, brown, drain, keep aside.

Fry cashews till light brown, drain, keep aside. Fry capsicums till tender, drain, keep aside. Meanwhile, heat 6 cups water in a large vessel. Add bay leaves, peppers, cloves, cinnamon, cardamoms, salt.

When it comes to boil, drain and add rice. Bring to boil, cook for 8-9 minutes, till rice is just but not fully done. Drain in a large colander, spread in a big plate, cool. Grind quartered onions, ginger, garlic to a paste.

In hot ghee, add paste stir fry for 2-3 minutes. Add all powdered masalas, tomatoes, mixed vegetables, stir, cook till fat separates.

Beat curd, add, stir till the boil resumes, cook 2-3 minutes. Add potatoes, stir, keep aside.

Jeera Rice

Ingredients

Long grain Indian Basmati rice 1 cup

Water 2 cups

Cumin seeds 2 tsp.

Bay leaf 1 no.

Cinnamon stick 2" 2 nos.

Black cardamom 1 no.

Ghee 1½ tbsp.

Salt To taste

Method

Wash rice thoroughly and soak in water for half an hour. Drain thoroughly.

In a pan, heat Ghee(oil). Add the cumin seeds, bay leaf, cardamom and cinnamon.

When cumin seeds sizzle, add the rice. Add salt to taste.

Stir till ghee coats every grain of rice and it looks glossy.

Add water. Bring to a boil. Stir once. Reduce heat to minimum and cover the pan with a lid.

Leave a little gap, otherwise water will boil over.

Rice will be done when holes appear on the surface and water has been completely absorbed.

Fork the rice out onto a serving dish. This will separate each grain out.

Serve hot with any curry.

Jeera Fried Rice

Ingredients

1 cup long grain rice
1 tbsp. cumin seeds (shajira & ordinary mixed)
1 tbsp. halved cashews
4-5 whole pepper corns
1 bay leaf
2 1/2 cups water (approx.)
1 tsp. sugar
1/4 tsp. clove-cinnamon powder
2 onions cut into rings
2 tbsp. ghee
salt to taste

Method

Wash rice well and soak in salt water for 30 minutes. Heat ghee in a heavy or nonstick pan. Add onions and fry till dark brown & crisp.

Drain, and add cashews to same ghee. Fry to a light brown, drain, keep side. Add jeers, peppercorns, bayleaf to same ghee.

Stir fry for a few seconds, drain, and add rice. Keep aside the drained water. Add sugar, stir gently, frying rice till light brown.

Add spice powder, stir. Add salt water, bring to a boil. Simmer covered, till rice is cooked and water evaporates.

Each grain should be separate. Serve hot with dal fry or a spicy gravy vegetable.



Khoya Bhaji

Ingredients

curd - 150 gms
khoya - 100 gms
makhana -25 gms
cooking oil -4 tbsp
cloves garlic -6
ginger - 1 piece (grind together)
tomatoes -2, onion - 1 large
shelled peas - boiled - 1/2 cup
salt to taste, garam masala - 1/2 tsp.,
turmeric powder - 1tsp
red chilli powder - 1/2 tsp.
chopped coriander leaves to garnish.

Method

Heat 1 tbsp. of cooking oil, add khoya, fry it on slow fire till it is light brown in colour.

Put 1 tbsp. of cooking oil in a separate pan - add curd and fry for sometime.

Fry masala with grated onion, add ginger garlic paste. Add cooked peas.

Fry makhanas lightly and add. Add little water to simmer for a few minutes and let the water dry.

Serve it garnished with chopped coriander leaves.

It is a rich vegetarian dish, looks and tastes close to mince meat (Keema) dish.

Khumb Do-piazza

Ingredients

500 grams mushrooms
150 grams onions
100 grams tomatoes
80 grams capsicum
100 grams shallots
1 teaspoon ginger-garlic paste
1 1/2 teaspoon red chilli powder
1 teaspoon coriander powder
1 teaspoon turmeric powder
1 teaspoon lemon juice
1/4 teaspoon cumin seeds
1 tablespoon coriander leaves
2-3 tablespoons oil
salt

Method

Wash the mushrooms with a little flour and vinegar. Quarter and keep aside. Quarter the shallots and slice the onions. Heat oil in a deep pan and add cumin seeds.

When the seeds start crackling add the ginger-garlic paste, shallots and onion slices. Once the onions are soft add the red chilli powder, coriander powder, turmeric powder and salt.

Stir fry for a few minutes and add the capsicum and the mushrooms. Mix well. When the mushrooms are cooked add tomato juliennes, coriander leaves and the lime juice.

Mix gently and simmer for 3-4 minutes.

Lassi Patiala

Ingredients

2 cups fresh curds chilled
1 tbsp. sugar
1/2 tsp. cardamom
8-10 strands saffron
2 drops vanilla essence
1/2 cup crushed ice
1 tsp. hot milk

Method

Soak saffron in 1 tsp. and rub till dissolved.
Mix sugar in curds till well dissolved.
Just before serving combine all ingredients.
Whip well with a hand or electric beater.
The lassi is ready when it is light and frothy.
Serve well chilled.

Baingan Bhartha (Mashed Brinjals)

Ingredients

1 large brinjal
2 tablespoons oil
1 pinch asafoetida
1/2 teaspoon cumin seeds
1 large onion
1 tablespoon chopped ginger
1 teaspoon chopped garlic
1 teaspoon green chillies
1 large chopped tomatoes
1 teaspoon chilli powder
1/2 teaspoon turmeric powder
1/2 teaspoon garam masala
salt

Method

Wash and wipe the brinjal. Roast it over direct flame for a few minutes, turning it often so that it cooks evenly. Roast till the brinjal shrinks, blackens and starts peeling off.

Cool, peel and mash the brinjal. Heat the oil in a pan.

Add the asafoetida and cumin seeds and saute till the seeds are light brown in colour.

Add 1/2 the chopped onion, ginger, garlic and green chillies.

Saute on a low flame for about 5 minutes, stirring continuously.

Add the chopped tomato, mashed brinjal, chilli powder, turmeric powder and salt.

Cook covered on a low flame for about 5 minutes. Mash the brinjal thoroughly with the back of a ladle and add the remaining onion. Cook uncovered on a high flame for 2 minutes, stirring continuously.

Add the garam masala and mix well. Garnish with chopped coriander leaves and green chillies.



Methi Matar Malai

Ingredients

Powder together:

1 cardamom
2-3 cloves
1/2" stick cinnamon

Grind to a paste:

1 onion
1 tbsp. khuskhus (poppy seeds)
1-1/2 tbsp. cashewnuts
1 tbsp. curds
1 tsp. sugar
2-3 green chillies
1/2" ginger

1 cup boiled green peas
1/2 cup cream or malai
1 bunch methi leaves chopped
3 tbsp. ghee or butter
salt to taste
1/2 tsp. cumin seeds

Method

Immerse methi in salted hot water for 5 minutes. Drain and wash well in colander under running water.

Press out well to remove as much water as possible. Keep aside. Beat malai till smooth. Keep aside.

Heat ghee, add cumin seeds and asafoetida. Add paste and stirfry for 2-3 minutes. Add powdered spices.

Stir, and add peas, methi leaves and malai. Add all other ingredients. Boil for 2-3 minutes or till gravy thickens.

If gravy feels too watery sprinkle a dash of flour and stir. If too thick, add a few tbsp. of milk.

Serve piping hot with parathas, rotis, etc.



Bhatura

Ingredients

500 grams refined flour
2 tablespoons curds
1 teaspoon baking powder
7-8 tablespoons oil
salt

Method

Sieve together the flour, salt and baking powder.

Knead into a hard dough with curds and a little water. Keep aside for 6 hours.

Roll into small discs and fry in hot oil till they swell up. Serve hot with chole or potato vegetable.



Bread Rolls

Ingredients

large slice white sandwich bread -1
mashed potatoes - 500 gm
fresh green peas - 100 gm
chopped onion – 50 gm
green chili –1
fresh cheese – 100 gm
tomato paste – 10 gm
salt – 10 gm
cumin seeds – 5 gm
red paprika – 5 gm
black pepper – 2 gm
fresh coriander leaves
vegetable oil for deep frying

Method

Take the bread slice and chop all the four edges with a sharp knife.

In a bowl mix all the ingredients. Just wet the one bread slice with water and put a spoonful of filling into the center of bread slice, fold the bread in the shape of a roll.

Deep-fry these rolls until they get golden and crisp.

Serve warm with a spicy chutney or tomato sauce.

Broad Bean Vegetable

Ingredients

1 cup fresh shelled broad beans	1 tsp. red chilli powder
1 stalk curry leaves	1/2 tsp. dhania powder
1 tsp. coriander leaves chopped	1/4 tsp. turmeric powder
1/2 tsp. ginger	1/4 tsp. garam masala
1/2 tomato chopped	2-3 pinches asafoetida
1/2 tsp. each mustard & cumin seeds	salt to taste
1/2 cup fresh curds	1 tsp. sugar
1 tbsp. oil	lemon juice to taste

Method

Boil beans in water to which a pinch of soda bicarb is added, till cooked. Drain, hold under running water in colander, keep aside.

Heat oil in a pan, add seeds, asafoetida, allow to splutter. Add chillies, ginger, curry leaves, tomato, stir fry 2 minutes.

Mix all dry masalas (including salt) in 1/2 cup water to a paste. Add to pan, stir till oil separates.

Add beaten curds, stir continuously, till gravy gets thick and oil separates. Add beans, sugar, stir. Simmer for 5-7 minutes, till gravy becomes thick again. Add coriander, stir. Serve hot.

Note:

You may use the dehydrated lobia available in stores. Soak overnight, pressure cook, proceed as above. Also, instead of boiling, you may microwave for 3-4 minutes, stirring once. Cook covered, after sprinkling some salt and water. Wash under running cold water and drain, before adding to masala.

Cauliflower Bhaji

Ingredients

- 1 cup water
- 2 teaspoons cummin
- 2 teaspoons coriander
- 2 teaspoons paprika
- 1 teaspoon black mustard seeds
- 1/2 teaspoon turmeric
- 3 cloves garlic, crushed
- 1/2 inch fresh ginger, crushed
- 1 large onion, chopped
- 1 red chilli, chopped
- 1 teaspoon black pepper
- 1/2 teaspoon salt (optional)
- 1 teaspoon vegetable stock (i use vecon)
- 1 large cauliflower
- 1 can tomatoes
- 2 tablespoons tomato puree/paste
- 1/2 cup sweetcorn/corn

Method

Bring water to the boil in a fry pan on the highest setting.

Add the cummin, coriander, paprika, black mustard seeds and turmeric.

Boil ferociously for a good five minutes, adding boiling water if the mixture begins to dry out too much.

Add the garlic, ginger, chillies and onions with a little more water and continue on a high heat.

Add the base of the cauliflower and any green stalks and simmer covered till soft.

Add the cauliflower florets and baste in the spices (a little more water may be needed).

Add the tomatoes, stock, salt and pepper and leave simmering covered for about 15 minutes.

Add the sweetcorn (optional, un-authentic, but what the hell) and then the tomato puree to thicken.

Serve with brown basmati rice or home made chappaties

Cheese Corn Capsicum

Ingredients

8-10 medium well rounded firm capsicums
3/4 cup corn kernels boiled
1/2 cup grated cheese
1" piece ginger ground to paste
5-6 green chillies ground to paste
2-3 flakes garlic ground to paste
1 tsp sugar
salt to taste
1 tbsp. oil

Method

Heat oil in a vessel, add all the grounded paste and fry for one minute.

Add the corn, cheese sugar and salt. Stir well, let all the wateriness evaporate. Keep aside.

Boil water in a large pan.

Slit the capsicum horizontally just below the stalk. Should resemble a jar with a lid.

Scoop out the seeds. Place them in boiling water and simmer for 2-3 minutes.

Drain and put on kitchen towel to remove excess water.

Stuff the filling and cover with the caps. Secure with string.

Place in casserole, dab with very little butter and bake in hot oven till tender.

Remove strings and serve hot with garlic rolls or plain bread.



Chatpatey Channa

Ingredients

chana black - 1 cup
ginger - 1/2 "
cumin - 1 tbs
kala namak - 1 tsp
pudina - 1/4 cup
coriander
chopped - 1/2 cup
amchoor - 1tbsp
chat masala - 1 tbsp
green chilies - 2
chili powder - 1/2 tsp
oil - 1tbsp
turmeric powder - 1/2 tsp
mustard seeds - 1/2 tbsp

Method

Soak chana over night and next day boil it with little salt in it. See to it that they are quite soft to eat.

Grind together, coriander leaves, cumin seeds, pudina, ginger, green chilies, kala namak.

In pan heat oil and temper it with mustard seeds , hing and haldi. to that add ground paste and fry for min or so. then add the remaining seasoning to it and boiled chana.

Add salt to taste fry for couple of min.

Do not add water, and garnish it with freshly grated coconut , chopped coriander, onion rings and lemon wedges.



Masaledar Karela

Ingredients

3 karela (bitter gourd)
2 green chillies
1/2 tsp. ginger grated
1/2 tomato chopped
4-5 tamarind pieces inch long
1 stalk curry leaves
2-3 sprigs coriander chopped
1/2 tsp. each mustard & cumin seeds
1 tbsp. molasses or sugar
1 1/2 tsp. red chilli powder
1 tsp. dhania powder
1/4 tsp. turmeric powder
1/4 tsp. garam masala
2-3 pinches asafoetida
salt to taste
1 tbsp. oil
sour buttermilk to soak karela

Method

Slice bitter gourd into thin discs. Soak in sour buttermilk for 4-5 hours. Drain, wash, sprinkle liberally with salt.

Keep aside for 1 hour. Rub slices well with hand, wash and drain. Boil in water till soft to touch, drain, wash again, drain, keep aside.

Heat oil in a heavy pan, add seeds, asafoetida, allow to splutter. Add curry leaves, ginger, tomato, chillies, tamarinds pieces. Stir.

Mix all dry masalas in 1/2 cup water to form a paste, add to pan. Cook till oil separates, add karela slices. Stir, add molasses.

Stir and simmer for 3-4 minutes. Garnish with chopped coriander. Serve hot or cold with chappaties.

Cucumber & Onion Raita

Ingredients

1 cup cucumber, diced in small cubes
1 cup onion, thinly sliced
1 1/2 cup natural yoghurt
3 tbs. Patak's Garlic Pickle
1 1/2 tbs. fresh mint, finely chopped
1 green chili, finely chopped
salt

Method

In a bowl mix the yoghurt and garlic pickle until well combined.

Add the cucumber, onion, mint, chillies and mix well.

Season with salt and freshly ground black pepper.

Transfer to a serving dish and sprinkle a pinch of garam masala over raita.

Daal Ladoo

Ingredients

dhoti moong daal - 100 gms

water to soak daal

salt - 1/2 tsp., cuminseed - 1/2 tsp

oil for frying, soda- bi-carb - 1/8 tsp

curd - 1/2 kg

Method

Wash daal. Soak in enough water to cover the daal. Soak for two hours.

Drain the water and grind it to fine paste. Add salt, cumin seeds and soda.

Mix it well. Keep it aside for ten minutes. Heat oil in a frying pan or karahi.

Put the paste in forms of small balls into hot ghee and fry them light golden.

Soak them in cold water and cover. Press water out of each ball. (1/2 kg).

Put balls in the dish and pour beaten curd over it.

Garnish with coriander leaves and chat masala.

Imli chutney goes well with it. The thought of it makes your mouth water !

Dahi Bhalle

Ingredients

maa ki dal washed -250 gm

water to soak dal

onion - 1 chopped finely

ginger - small pieces – chopped

green coriander – chopped

green chillies - 2 chopped

cumin seed - 1/2 tsp

salt - 1/2 tsp

soda-bi-carb - 1/4 tsp

oil for frying

curd - 750 gm

raisins - 15-20.

Method

Wash and soak daal in enough water to cover the dal.

Soak it for three hours. Drain water and grind, add chopped onion, ginger, coriander-chillies-salt, cumin seed and soda. Heat oil.

With moistened hands, make Bhalla with daal batter into 2" discs. Deep fry - each Bhalla - light brown. Drain oil, keep aside. Soak in hot water for ten minutes. Press out water lightly.

Beat curds-add- salt - 1/2 tsp. cumin seeds. soak-raisins in water for ten minutes. Add to the curd. Lay Bhallas in a flat dish-pour curds on it, garnish with red chilli powder-chopped coriander, powdered cumin seeds.

Serve with imli chutney and extra beaten curd.



Dahi-karela

Ingredients

karela - 1/2 kg
curds - 6 tbsp
onion (ground) - 1 large
garlic (ground) - 1/2 pod
tomato big-chopped and ground –1
powdered coriander - 1 tbsp
red chilli powder - 1/2 tsp
salt to taste
oil for frying - 4 tbsp.

Method

Scrape the karelas, slit across, remove the seeds and make four pieces from each one.

Sprinkle enough salt and put aside for 1 hour.

Squeeze out the salted water from the Karelas, and wash.

Soak in beaten curd for 20 minutes, (Keep 1 tbsp curd aside).

Fry karelas on slow fire. Fry separately onion and garlic, add 1 tbsp curd, tomato pulp, salt and chillies and coriander powder.

Add karelas to it and cook on slow fire.

Dal Makhani

Ingredients

black urad dal whole 100 gms.
rajma 25 gms.
cumin seeds 1 tsp.
chopped garlic 1 tbsp.
chopped ginger 1 tbsp.
garam masala powder 1 tsp.
fresh cream ½ cup
red chili powder 1 tbsp.
butter 50 gms.
chopped tomato ½ cup
chopped onion 1 cup
oil 1 tbsp.
salt as per taste

Method

Pick, wash and soak black urad whole and rajma overnight in 5 cups of water.

Cook the soaked dal and rajma in 5 cups of water with salt, red chili powder and chopped ginger till dal and rajma are cooked/soft.

Heat oil and butter in a thick bottomed pan. Add cumin seeds, let it crackle. Add chopped onions and cook till golden brown in color.

Add chopped ginger, garlic and chopped tomatoes. Saute till tomatoes are well mashed and fat starts to leave the masala. Add boiled dal and rajma to this. Correct seasoning.

Add Garam Masala Powder and simmer at very slow flame for 15 minutes

Add fresh cream and let it simmer for 5 minutes.

Serve hot with Naan or Paratha.

Five-jewel Creamed Lentils

Ingredients

175 grams yellow split peas (channa dal) (6 ounces) 90 grams white gram beans (urad dal) (3 ounces) 45 grams yellow mung beans (moong dal) (1 1/2 ounces) 45 grams red lentils (masar dal) (1 1/2 ounces) 1/2 teaspoon turmeric 2 teaspoons salt (or to taste) 4 tablespoons fresh coriander, chopped 2 green chilies, minced	6 tablespoons vegetable oil 2 medium onions, peeled, sliced in thin rings 2 teaspoons garlic, minced 2 teaspoons ginger grated or crushed 3 medium tomatoes, sliced in 2cm thick wedges 2 tablespoons vegetable oil 1 1/2 teaspoons cumin seed 1/2 teaspoon cayenne pepper 1 teaspoon paprika
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Method

Pick, wash and soak black urad whole and rajma overnight in 5 cups of water. Pick clean and wash all the beans thoroughly in several changes of water. Put them in a deep pot with 1/2 teaspoon turmeric and 1 1/2 litres (1 1/2 quarts) of water. Bring the water to the boil and stir often to prevent the beans from sticking to the bottom of the pan or lumping together. Cook over medium heat, partially covered, for about 30 minutes. Stir in the salt to taste. Keep the lentils on a low simmer while you make the fried seasonings. Heat 4-6 tablespoons of the oil in a large frying pan over medium high heat. Add the onions and cook, stirring constantly, until they turn light brown (15-18 minutes). Add the garlic, ginger and chilies and continue cooking for 2 more minutes. Increase the heat to high, add the tomatoes, and fry, turning them carefully and shaking the pan, until they look slightly browned and cooked (about 5 minutes).

Pour the entire contents of the pan over the dal and gently stir to mix. Continue simmering while you make the spiced butter. Wipe the frying pan clean and place it on medium-high heat. Add the remaining 2 tablespoons of the oil. When it is hot, add the cumin, cayenne and paprika. Immediately pour the entire contents of the pan over the dal, scraping the mixture out with a rubber spatula. Stir a few times, just to streak the dal with the spiced butter. Serve garnished with coriander and more paprika.

Fresh Corn Salad

Ingredients

4 cups barley, cooked
1 cup frozen corn, thawed
1 cup green onion, sliced
1/2 cup red bell pepper, chopped
1/2 cup green bell pepper, chopped
1/2 lime peel, grated
2 Tbsp. lime juice
1/2 cup balsamic vinegar
3 Tbsp. vegetable oil
1 1/2 tsp. dill weed
1/2 tsp. salt

Method

Prepare barley according to package directions. Let cool.

Combine barley, corn, onion and peppers together in a large bowl.

To prepare dressing, combine lime peel, juice, vinegar, oil, salt and dill in a small bowl. Whisk to blend.

Pour dressing over corn mixture. Toss well.

Atte Ka Seera

Ingredients

2 tbsp. wheat flour

2 1/2 tbsp. ghee

3/4 to 1 cup sugar or molasses (jaggery)

elaichi powder

chopped pista and almonds

Method

Add flour and roast on slow fire, stirring continuously

Side by side add to sugar 2 1/2 cups water and keep to boil

When the atta becomes a golden brown, add the boiling sweet water

Stir gently and continuously till excess water evaporates and the ghee separates.

Decorate with chopped nuts

Badam Ka Seera

Ingredients

3 cups hot milk

250 gm ghee

1/2 to 1/3 cup sugar

Method

Peel the almonds, wash and grind to fine paste.

Heat ghee in a heavy pan.

Add paste and cook on first high then slow flame, stirring continuously.

After a while it should turn a light brown and aromatic.

Carefully pour hot milk and stir.

Use a long-handled spatula as the mixture tends to splatter.

When thickens, add the sugar and cook, stirring continuously and gently till ghee begins to separate.

Decorate with chopped nuts and serve hot.

Carrot Halwa

Ingredients

2 cups fresh carrot peeled and grated

200ml milk

sweet solution to taste

1 tsp. ghee

Method

Mix carrots and milk in a heavy or nonstick pan.

Cook, stirring constantly, till carrot is soft and moisture evaporates.

Add ghee and sweet, stir and cook on low for 2-3 minutes.

Serve hot. Or reheat as required.

Dal Ka Seera

Ingredients

500 gm moong dal (green)
500 gm sugar
500 gm ghee
saffron soaked in a little milk
elaichi powder
water about 250 ml.

Method

Soak the dal for 5-6 hours. Wash and remove the skins well. Grind dal fine either in a stone grinder or electric grinder or mixie.

Use as little water as possible. Put sugar and water in a pan and put to boil. Once sugar dissolve add a few tbsp. of milk.

As the syrup boils the scum will rise. Remove with a strain. Further boil till the syrup become sticky between the fingers.

(One thread should fall when poured from a tilted spoon) keep aside. Heat the ghee in a heavy kadai (vessel) and add dal.

Keep stirring rigorously to avoid burning. Once the dal stops sticking to the vessel, stir gradually till golden brown, and ghee begins to separate.

Pour the hot syrup, add elaichi and dissolved saffron. Stir very carefully, not allowing hand to be scalded. Cook slowly till all water is absorbed.

Decorate with chopped dry fruit. Serve hot especially on a cold day.

Imarti

Ingredients

2 cups urad dal

3 cups sugar

300 ml. water

saffron colour

1/2 tsp. cardamom ground

500 gms. ghee to fry

Method

Soak urad dal overnight in plenty of water. Wash and drain. Grind to fine thick batter. Put water little by little.

Add colour and mix very well. If using a mixie, beat the dal well by hand till fluffy after grinding.

Keep aside for 3 hours. More is weather is cold. Make 1 tar sugar syrup as shown in introduction.

Add cardamom powder to syrup. Using either an imarti bottle (with nozzle) or cloth as shown in note, form imartis in the hot ghee. Lower flame and allow to crisp turning once.

Remove from ghee, drain and dip in hot syrup. Soak for 3-4 minutes, drain and serve.

Repeat for remaining batter. Make 4-5 imartis at a time, depending on size of frying pan.

Note:

Use a flat bottomed frying pan. The imarti bottle can be substituted with a soft plastic sauce bottle with a nozzle.

If not available, take a 12"x 12" thick cloth, make a buttonhole type hole in centre. Place over a tumbler and pour in some batter.

Hold like a pouch and press out imartis like icing. Shape the imartis as follows, make a ring first, then form small ringlets all along the ring.

Till you come to the start.



Jalebi

Ingredients

200 gms. plain flour (maida)
20 gms. gram flour (besan)
200 gms. sugar
few drops yellow colour
2 tbsp. milk
ghee to deep fry
a plastic easy squeeze bottle

Method

Soak urad dal overnight in plenty of water. Wash and drain. Grind to fine thick batter. Put Sieve 100 gms. maida and besan together. Make a batter using warm water. Keep aside for 24 hours.

Add remaining maida and food colour and more warm water if required. The batter should fall easily when poured - Not too thick not too thin.

Keep aside. Make syrup of the sugar by adding water and boiling. Add the milk and all the scum to form while boiling.

Make one string syrup. Strain. Fill bottle with batter. The nozzle should have a hole the thickness of a knitting needle.

Heat ghee well in a shallow frying pan and form jalebis in the form of concentric circles about 2 inches on the outside.

Fry till crisp, drop into hot syrup. Drain with a perforated spoon, serve hot.



Kaju Barfi

Ingredients

150 gm cashewnuts

400 gm sugar

elaichi powdered

silver foil (optional)

500 gm khoya

Method

Dry grind the cashew

Mix khoya (grated) and sugar

Heat in a heavy pan, stirring continuously.

Once the sugar dissolves, add the cashew (powdered) and elaichi

Cooking, constantly stir till soft lump is formed and does not stick to sides

Roll on a flat surface to desired thickness and apply silver foil.



Kaju Katli

Ingredients

1 cup cashews
1/2 cup sugar
1/4 cup milk
a pinch saffron & cardamom

Method

Take sugar in a thick bowl & put enough milk to cover sugar & bring it to a boil.
Add powdered nuts & stir till a ball is formed.
Then add saffron & cardamom & mix well.
Remove on a greased plate & flatten it & cut in to diamond shapes.



Kalakand

Ingredients

1 cup cashews

1/2 cup sugar

1/4 cup milk

a pinch saffron & cardamom

Method

Take sugar in a thick bowl & put enough milk to cover sugar & bring it to a boil.

Add powdered nuts & stir till a ball is formed.

Then add saffron & cardamom & mix well.

Remove on a greased plate & flatten it & cut in to diamond shapes.



Mava Burfi

Ingredients

500 gms khoya
300 gms. powdered sugar
1 tsp. cardamom powder
2 sheets silver foil (edible)

Method

Mash khoya . Mix in the sugar. Put into a heavy saucepan.

Cook on slow flame, stirring continuously.

Cook till the mixture is a very soft lump.*

Place on a working board and roll with a rolling pin to 1/2 inch thickness.

Cool a little. Spread on the working board silver foil carefully and evenly.

Make incisions with knife to cut in the desired size and shape.

Note: Burfi is usually cut into 1 1/2 inch squares.

Variation:

To make chocolate mava burfi: Follow till * as above. Divide the mixture in two parts 1/3 and 2/3

In the smaller part mix 1 tablespoon cocoa powder and 1/2 tsp. chocolate colour.

Roll both parts separately. Place the chocolate on the mava layer. Roll lightly.

Continue as for mavaburfee.