



# A graduate student's recipe collections

(also known as a bachelor's recipe collections)

:: completely **indian** cuisine ::

by

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## PROLOGUE

(1<sup>st</sup> edition)

For more than two decades since my `holy birth` on this lovely planet, I ever imagined that the cooking would become inevitable and intimidating part of my life in a daily-basis. During those days, much of my feeling on cooking was rather just limited with the anticipation that food is usually granted through my mom, and if not, of course through restaurants.

Well, as in case with many goddamn bachelors, the reality later blown me off & (unfortunately) let me seriously think of an adventurous journey into the world of cooking.

*( sigh! why the hell, human beings eventually adopted to processed & unnatural foods by so called 'cooking' ? ).* Well, if you are kinda a research student fighting with bacteria/cells and professors at lab and also juggling numerous tasks, you will find an burning-hell also at your kitchen side. Cooking is supposed to be a divine art. In some occasions, I myself committed to forgot what I'd actually planned to make, what has finally came out and where my aetiology of taste gone out; I almost

crushed the grammar of cooking at every instance – Its my own art of cooking. How do our mom (or most probably Dad – who is an unoffical and 'only' responsible cook at home ) managed this ?.....who has to whip up delectable fares day in and out and at the same time cater to every whim of each family member! It simply jitters.



To be honest. for every food I cooked, I'd to strongly pretend myself that the food was prepared as it was originally planned. Sometimes it comes out like this: I started planning 3-4 different variety cusines and..... finally ends up with just making a soup. For this reason, I ever had a *soul-stirring* surprise even if I happened to see a totally *wacko-strange* stuff on the dining table. During my novice days, with an innate anticipation, I was bit concerned about so-called "taste". Well, need to say what my position now is?: ofcourse, I'm proud of adoptive sense of my tongue – which, became

a metal palate years of training. Why worrying buddies, taste is not a reality, and is not in the food, it's just a misconception that you feel in your brain. In this way, I simply prepared myself for a mission that is not what it once was and cannot be what it now is called: 'cooking a TASTY food' — my mission, however, never accomplished!

For long time, my initial conception on curry held a pretty simple interpretation: any curry can just be made up of

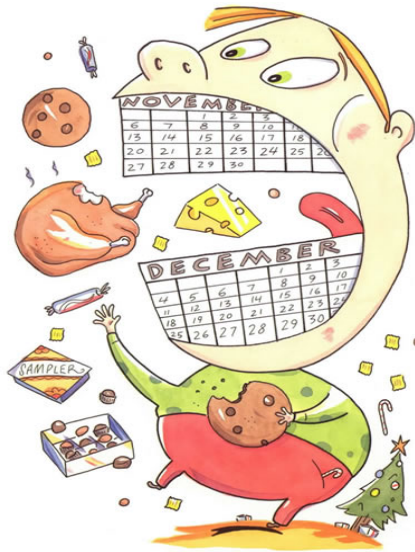
tomato and masala™ powder. I'd followed this 'wonderful' rule for few hundred times until I realized humankind already invented many curry varieties centuries ago. Indeed, I cooked this *sweet-and-savory* stuff that makes a lot of people gag, or at least look at me in a combination of sick and utter disgust. To the worst, sometime I can't avoid feeling so depressed beyond my cool. It happens like



this, during my college semester holidays in Calcutta, I decided to get appreciation from my mom by letting her surprisingly know I'd learned cooking. After getting her over phone, I said, "mom, do you know I started cooking foods". After a pause, my mom responds plainly, "dont spoil your health ! "

But, I never stop learning. I grasped a ™ secret from my bengali friend that same food can be eaten for subsequent times. Needless to point out, I'd almost worship this trick that ultimately led me to acquire a greatest etiquette I ever can have: reprocessing and eating the same curry for many consecutive dinners/breakfasts/lunchs for the span of many days. Hmm....lets talk about those dear buddies who simply hate & won't follow the *\*same-food-many-days™\** policy. Hey c'mon guys! after all it's a food, same stuff what you made; so, nothing wrong with it. Infact, lots of leftovers taste better than instant food: soups, spicy sauces, tikka, dhal curries and quality pizza.....hmm!!! Yummy yummy!! These sparkling flavors meld, imbibe and the juices thicken.....wow!, how delicious! I bet you guys lose that yummy world. Lets join in & Njoy the *\*same-food-many-days™\** policy. Indeed, recent survey reveals an interesting fact that more

women than men are addicted to follow a *\*same-food-many-days<sup>TM</sup>\** policy & serve it to their dear-most hubbies, cool guys!! . What about unmarried women? They hardly go to kitchen side (as Mark Twain quotes: *men has more responsibility now than ever :-)* ). Ok, what you can do if you ( & perhaps, your neighbours) start feeling stinky /noxious smell after smell few days (weeks) later? just invite your friends, serve the *\*same-food-many-days<sup>TM</sup>* food to them, I bet its a good revenge.



The game is not over yet with cooking....., one of the top most tedious things in this world is post-war-cleaning; I mean washing the utensils *aftermath* of cooking. For the very same reason, I often avow not to cleanse the stuffs and let it as such in the basin for several hours to days *\*eat-more-clean-less\** :-). Despite dealing with aforementioned problems, none of them could never get rid of my connoisseur habits. I love tasty foods.

Ok, Lets go forth from witty introduction and talk about recipes. I've collected the recipes mostly from variety of www's, books and other resources. As the recipes are hundreds in number and piled as a mega collection, I could hardly make well-compatible & universal format; I apologize for the format/ typo's (redundancy if any) and for missing some references in this edn. The inherent beauty of Indian diversity is reflected by means of many varieties of regio-specific foods with its unique taste; for the same reason, you might come across many regional culinary jargons.

Well, I'd also come across few cookbooks, among them, Somesh Rao's book is notable one and is written for the US grad community [ [somesh@wpi.edu](mailto:somesh@wpi.edu); written during 1985; publicly available from the anonymous ftp site of Worcester Polytechnic Institute ]. Well, I've tried to make this book somewhat unique, comprehensive and informative; yeah..throughout the sections, you would notice some interesting quotes and funny jokes pertinent to the cooking. *Just Zhav a fun* !. Additionally, the culinary tips and notes are provided at the end of the book.

Its really nice to make a 2<sup>nd</sup> edition of this book...nothing so great additions were made in this edition. However, several useful diet notes, recipe tips, colorful figures and many add-on are done in this edition. Moreover, I keep my promise that this is completely free of charge..

Finally one important note:: if you feel you really done a good recipe with the help of this book, please don't hesitate to invite me to taste it (*or else, send it thru Deutsche Post*), I, of course certainnnnly `honour` your invitation (no *\*same-food-many-days<sup>TM</sup>\**, trick please )

Formost, I highly appreciate and would like to hear your comments/ suggestions.

Guten Appetit ! Bon Appetit !!

s e n t h i l

Heidelberg Mar16, 2006

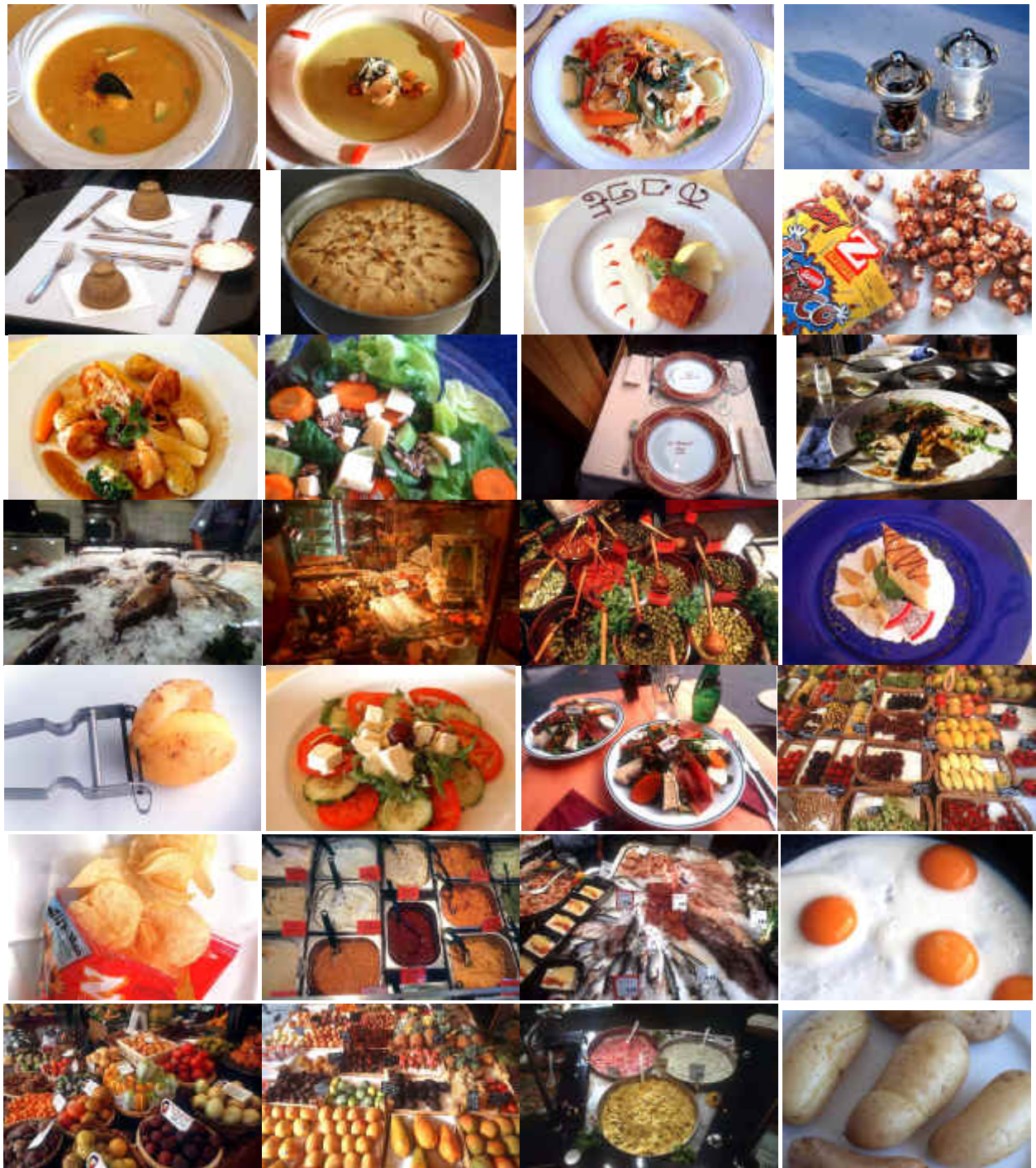
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When diet is wrong, medicine is of no use. When diet is correct, medicine is of no need.

**Ayurvedia**

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## APPETIZERS

Thukada

Ingredients

All purpose flour (Maida) 2 cups

Chilli powder ½ t.spoon

Hing a small pinch

Salt 1 t.spoon

Butter 2 t.spoon

Cooking oil for frying

Method

Mix maida, chilli powder, hing, salt, and butter with little water, and make a nice dough similar to Chappati dough. Make small balls, and roll them similar to chappati/puri's and cut them into small squares/dimonds. Deep fry these small squares in oil.

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buttermilk soup

Ingredients

thick butter milk

sakt rice flour-two teaspoon

ginger-a bit

cumin seeds-quarter teaspoon

curry leaves-little

Method



take half a litre of not too sour thick butter mild. add one and a half teaspoons of salt and two teaspoons of rice flour and mix. grind into a paste, a small bit of ginger and quarter teaspoon of cumin seeds and add and mix this paste also. keep ready, the cooked vegetable that is to be used with the soup. boil the soup and the cooked vegetable and curry leaves and boil for some time and remove from fire and burst half a teaspoon of mustard in two teaspoons of oil. if liked, one teaspoon of pepper powder can also be included, while boiling. as the pepper smell in buttermilk soup might not be palatable for certain persons it is enough if ginger, cumin seeds and salt are used. it is a very good appetizer.

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## SOUPS

French onion corn soup

Ingredients

Onion, butter, chicken stock, baby corns cut into small pieces, salt

Method

Fry the onions (cut into small pieces) in butter for 4–5 minutes then put the baby corns and then pour the chicken stock water. Let the mixture boil for about 10 mins, Add a pinch of salt. Add some pepper when serving

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Worries go down better with soup. ~Jewish Proverb

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## GINGER BROCCOLI SOUP

1 tbsp ghee

1 onion, sliced

3  $\frac{3}{4}$  cup vegetable stock

2  $\frac{1}{2}$  cup water

1 inch piece of ginger, grated

½ tsp cayenne pepper

juice of 1 lemon

3/4lb fresh broccoli, cut into bite sized pieces

#### Method

Melt ghee or butter over low/medium heat & add onion. Cook until beginning to brown,

stirring occasionally. Heat stock, water, ginger in pot for 5 minutes, do not boil. Add onion, cayenne, lemon juice & broccoli. Cook over medium heat for 7 minutes, stir occasionally. Do not let soup boil. Serve immediately.

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#### Potato Soup

Boil 1 potato, 2 carrots, 1 big onion in a pot adding little salt. When cooked well, cool and peel the potato. Puree this vegetable in the same water in which it was boiled. For Broth: Heat lightly 2 tablespoons of oil in a pan, add 2 flakes of garlic without peeling. Cool the garlic, peel the skin and crush Add to the vegetable broth. In the same oil, warm a few basil leaves and add to the soup. Makes a very good soup for two.

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#### Vegetable Soup

##### Ingredients

Beans – 7, Carrot– 1, Cabbage & onions– little, Tomatoes– 8, cauliflower– 5 florets, peas – 25

##### Method

Garam masala powder 1 spoon, Milk 2 teaspoons, Corn flour or Maida half a teaspoon, Cream, Butter, Pepper powder. Purie the tomatoes in a blender. Cut all vegetables to small pieces. In hot water, boil all vegetables. when they are half-cooked add the tomato purie. Add salt, garam masala powder one spoon. When this mixture is fully cooked, dissolve maida or corn flour in the milk and

add to the mixture. simmer for 2 minutes and add the cream, butter & pepper powder.

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A boy is running along a road and meets a woman. He says, "Aunt, would you like a candy?"

She takes the candy and chews it. "Thank you, its a very good candy."

"That was I thought too, but why both my dog and my cat spat it out?"

## Black eye bean soup

### Ingredients

Black eye bean – 250gms tomato – 2 nos Onion – 1 no Ginger a small slice  
Green chilli–1no. Salt/Pepper, Tamarind paste–2tsp Turmeric powder – ¼  
tsp, oil to fry–1tsp–mustard/jeera–1tsp

### Method

First soak beans(u can use any beans)overnight and boil it in cooker with salt and turmeric powder –add plenty of water to the dal, boil till tender. In a pan put mustard and jeera, let it splutter. add onion fry it golden brown and add tomato, till the raw smell goes. Fry chilli and ginger together. Then add tamarind paste and add the boiled dal with water. Let it boil for sometime and serve hot with ghee or butter over it and corainder leaves./some pepper. The beans is very high in protein and low fat. U can give to the kids also for the breakfast. Yum Yum soup.

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## chicken soup

### Ingredients

chicken –1/2kg[cut into small pieces],,onions 2 medium,ginger1inch piecepounded,garlic3 big podspounded roughly,corianderpowder,chilli

powderequal quantities[for those who don't grind the chilli powder with coriander seeds]2tsp each.roasted &powdered[sombu&pepper]turmeric,salt

#### Method

Add 3tsp sunflower oil,temper mustard seeds&jeere.now fry chopped onions,pounded ginger &garlic.fry chicken pieceswell with turmeric.then add chilli poder &coriander powder.&fry well. add about 1 litre of water.&allow to boil.then simmer n low flame.till done.now add sombu &pepper powder.&salt.when done add chopped cilantro&curry leaves. serve with hot idlies.make sure to have enough for the whole family.

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No, I don't take soup. You cant build a meal on a lake.

~Elsie de Wolfe (Lady Mendl)

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## SALADS

### FRENCH SALAD

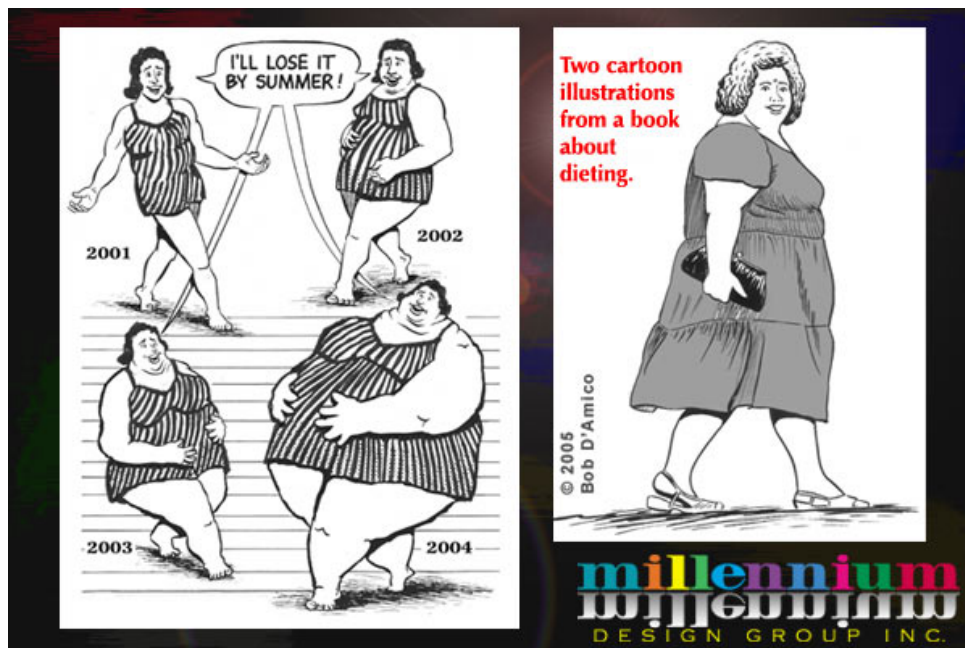
#### Ingredients

BEANS-100gms, CARROT-100gms, BEETROOT-100gms, POTATO-100gms, EGG -2, SALT, PEPPER, A SPOONFUL VINEGAR-2, SPOONFUL SALAD OIL-2 SPOONFUL

#### Method

- 1.FIRST, BOIL ALL THE VEGETABLES AND THE EGGS FOR5min IN A COOKER.
- 2.AFTER BOILING REMOVE THEM AND PEEL THE VEGETABLES. 3.CUT THEM INTO SMALL PIECES. 4.EVEN THE BOILED EGG SHOULD BE CUT AFTER REMOVING THE SHELL. 4.ADD SALT,PEPPER,VINEGAR,AND OIL. 5.MIX THEM WELL AND SERVE.
- 6.YOU CAN ARRANGE THE SALAD IN A BOWL WITH SOME SALAD LEAVES.

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## Baked Cauliflower with Matured Cheese

### Ingredients

2 Cauliflowers in florettes ; A medium sized red salad onion finely chopped ; ½ kg potatoes boiled and mashed ; 1 kg fresh tomatoes finely chopped ; 3 tablespoons of freshly cracked black pepper ; bread crumbs as required ; 3 fresh eggs as beaten ; 500 gms matured Cheddar cheese as shredded ; 100gms to 200 gms Parmisan cheese (optional)

### Method

Half cook the cauliflower florettes in salted boiling water and set aside. Lubricate surfaces of the pre heated baking tray with pure butter. Lay a layer of mashed potatoes and sprinkle pepper and salt as required, then lay the onions over ; lay chopped tomatoes and sprinkle plenty of shredded cheddar cheese and pepper ; then lay the half cooked cauliflower and sprinkle lots of cheese with pepper over ; finally lay the bread crumbs and the beaten eggs over. Add further salt and pepper as required. (add parmesan cheese on top if available) Place the baking tray in a pre heated oven and bake at 180 degrees Celsius for 30 minutes. NOTE : Please DO NOT mix all the ingredients together at any time. They have to be separately layered one by one!!

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Some say the glass is half empty, some say the glass is half full, I say, are you going to drink that?

--Lisa Claymen

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## Summer Salad

### Ingredients

1 medium sized green lettuce; 2 medium sized red onions thinly sliced to rings; 2 medium sized salad tomatoes; 150 gms cucumber seeded and thinly sliced; 3 sprigs of young celery; ½ of medium sized fresh fennel bulb; 100 gms kalamata olives; 200 gms Feta cheese or Paneer cut in small cubes. Salad dressing : 3 tablespoons of extra virgin olive oil; 5 table spoons of balsamic vinegar; 2 cloves of crushed garlic; one tablespoon of cracked black pepper; 1 juice of freshly squeezed lemon. Mix and shake the salad dressing in a small bottle and set aside.

### Method

Cut the above ingredients into small sizes and mix all together. Contain the salad mix in either a ceramic or a wooden bowl. Pour the salad dressing and toss around. Add salt to taste as required; Garnish with toasted almonds & maccadamia nuts.( optional – dried figs, currants or sultanas as desired )  
Side accompaniments : Crusty bread rolls & either Pink or Red Salmon.

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## SNACKS & CHUTNEY

### Besan Chutney

#### Ingredients

Besan 1 cup

Water 3 cups

Green chillies 10 slit length wise

Hing a small pinch

Mustard ¼ t.spoon

Salt 1 t.spoon

Lemon Juice (1 lemon)

#### Method

Make a batter with besan, salt and 2 cups of water, and keep it aside. Fry mustard, hing, and green chillies in oil for a few minutes and then add 1 cup of water. Let it cook for a few minutes. Now add the besan batter and keep stirring until the besan gets cooked.

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Never trust a dog to watch your food.

--Patrick age- 10 Advice from Kids

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#### MINT AND CORIANDER CHUTNEY

##### Ingredients:

1 bunch Coriander leaves

1 bunch Mint leaves

1 Green chili

1 oz Seedless tamarind

1 tsp Salt

4 T Water

1 medium Onion

##### Method:

Wash and soak tamarind in water for ½ hour. Clean, pick and wash the coriander and mint. Separate pulp from the tamarind and squeeze out the pulp. Grind coriander, mint, green chili and onion into a fine paste. Add the

tamarind pulp and salt. Blend well. In an airtight jar this can be refrigerated for up to one week.

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### Coconut Chutney

#### Ingredients

Coconut ½ cup grated

Pottu Kadalai 3 t.spoons

Green chillies 2

Salt ½ t.spoon

#### Method

Grind all the above ingredients.

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### Coconut Thokayal

#### Ingredients

Coconut ½ cup

Channa dhal 4 t.spoon

Urad dhal 2 t.spoon

Mustard ¼ t.spoon

Red chillies 2

Green chillies 2

Hing ¼ t.spoon

Curry leaves

Tamarind paste ¼ t.spoon

Salt ½ t.spoon

Oil 2 t.spoons



method

Fry channa dhall, urad dhall, mustard, red chillies, green chillies, hing, and curry leaves in little oil.

Add coconut to the above and wet grind this with salt.

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Corrainder Thokayal

Ingredients

Urad dhall 4 t.spoon



Channa dhall 2 t.spoon

Red chillies 2

Green chillies 2

Corriander 1 bunch

Hing ¼ t.spoon

Tamarind paste ¼ t.spoon

Salt ½ t.spoon

Oil 2 t.spoons

Method

Fry urad dhall, channa dhall, red chillies, green chillies, and hing in oil. Wet grind the above with chopped corriander, salt, and tamarind paste.

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Ginger Thokayal

Ingredients

Urad dhall 4 t.spoon

Red chillies 2

Pepper ½ t.spoon

Ginger small piece chopped

Curry leaves

Hing ¼ t.spoon

Tamarind paste ¼ t.spoon

Coconut 2 t.spoon

Jaggery less than ¼ t.spoon

Salt ¼ t.spoon

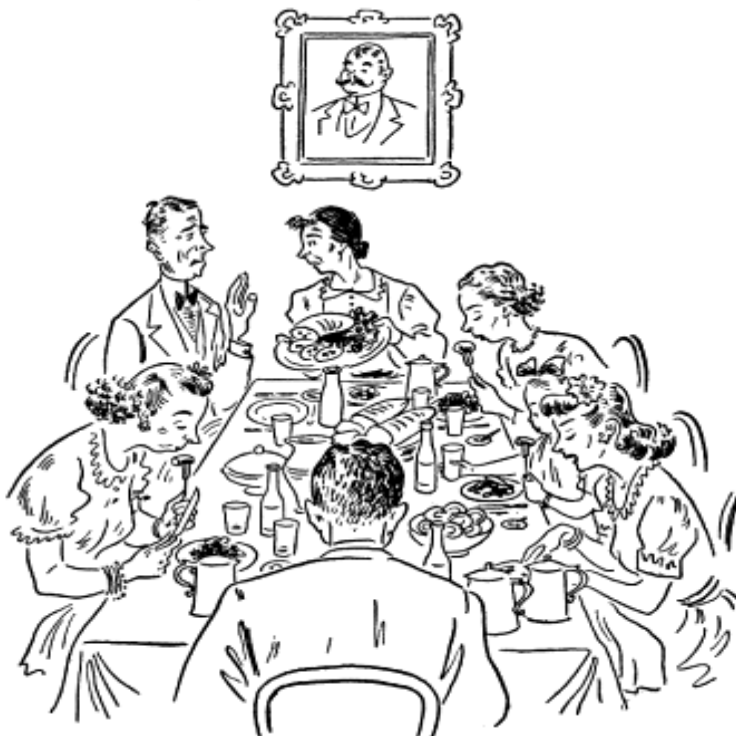
Oil 2 t.spoons

### Method

Fry urad dhal, red chillies, pepper, ginger, hing, and curry leaves in oil.

Wet grind the above with coconut, jaggery, tamarind and salt.

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### Onion Chutney

#### Ingredients

Onions 2 small or 1 big

Urad dhal 4 t.spoons

Channa dhal 1 t.spoon

Red chillies 4

Salt ½ t.spoon

Mustard a small pinch

Tamarind paste less than ¼ t.spoon

Oil 1 t.spoon

## Method

Fry mustard, urad dhal, channa dhal, and red chilli in oil till the dhal's turn brown, now add chopped onions, and keep frying till onions become brown. Wet grind above with tamarind paste and salt.

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## Parupu Thokayal

### Ingredients

Thuvar dhal ½ cup

Channa dhal 2 t.spoons

Pepper ½ t.spoon

Red Chilli 1

Hing ¼ t.spoon

Salt ½ t.spoon

Oil 2 t.spoons

### Method

Fry thuvar dhal, channa dhal, pepper, red chilli, and hing in oil. Wet grind the above with salt.

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There is one thing more exasperating than a wife who can cook and wont, and thats a wife who cant cook and will.

~Robert Frost

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## Tomato Chutney

### Ingredients

Tomato about 2-3 washed and chopped

Green chillies 3-5 washed and chopped

Onions 1 small washed, skin peeled and chopped

Cilantro a small bunch washed

Tamarind paste ¼ t.spoon

Garlic 2 flakes (optional)

Salt ½ t.spoon

Method

Blend everything together. (ha ha ha!!!)

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## **SNACKS**

**BHEL**

Ingredients:

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

1 packet Bhel mix or Sev

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

½ cup Chopped fresh coriander leaves (a.k.a Chinese parsley)

3 Tbsp Freshly roasted and ground cumin

to taste Green chilies

1–2 Tbsp Freshly ground black pepper

to taste Tamarind

to taste Jaggery (or Brown Sugar)

1 cup Chopped onions.

Method:

First boil the potatoes, mash them, salt them, and add pepper to taste. Add some coriander leaves too. Roast the cumin and grind it. Dissolve about 4 Tbsp of tamarind concentrate in 1 cup of hot water, and let it simmer and thicken gradually. Dissolve the jaggery (or sugar) until the sauce becomes tart and slightly sweet. (You may add some salt and ground red paprika, if you want to.) The sauce should be of a consistency slightly thinner than maple syrup. Pour into a serving container (like a creamer). Mix the puffed rice and sev/bhel

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

Mix the ingredients on the plate and eat.

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## BONDA WITH INSTANT MASHED POTATO

*This recipe was taken from Saranya Mandava's book on Indian cuisine.*

### Ingredients:

1 medium Onion , 2 cups Potato buds, 1 ½ cup Peas and carrots–2big ones, Green chilies, 1 teaspoon Lemon juice , 1 cup Gram flour , ½ tsp Mustard seed , pinch Turmeric , ½ tsp Baking powder , ¼” piece Ginger , 1 small bunch Coriander leaves , 2 tsp Salt , Oil

### Method:

The filling is prepared as follows:



Mix potato buds and ½ teaspoon of salt with 1 cup of hot water. Finely chop ginger, chilies, coriander leaves, and onion. Heat oil (about 5 Tbsp) and add mustard seeds. Add chopped ingredients and fry until onions are brown. Add carrots, peas, turmeric and 1 tsp of salt and cook on low heat for about 10 minutes. Add potato

(now mashed) and fry for 5 minutes. Remove from heat, add lemon juice and let cool.

The batter is prepared as follows:

Combine gram flour, 3 Tbsp of oil, ¾ cup water, ½ tsp salt, the baking powder and mix thoroughly After the batter is prepared, make small balls out of the

filling and roll them in the batter. Next fry it in hot oil. You will get about 20-30 small bondas.

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A man walks into a doctors office. He has a cucumber up his nose, a carrot in his left ear and a banana in his right ear.

"Whats the matter with me?" he asks the doctor.

The doctor replies, "You°re not eating properly."

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### PAKORAS (SAVORY FRITTERS)

#### Ingredients:

#### Batter:

½ c Besan

5 oz Warm water

¼ t Red pepper

¾ t Salt

½ t Garam Masala

paprika (optional)

#### Vegetables:

1 Small onion

1 Potato

A few spinach leaves

Oil for deep frying

#### Method:

In a bowl put the besan and half the water, and stir until it becomes a thick batter. Beat hard for 5 minutes. gradually add the rest of the water, and leave to swell for 30 minutes. Add salt, pepper and Garam Masala and beat again. Wash peel and slice the onion and potatoes. Wash and pat dry the spinach leaves. Heat oil until smoking hot, dip the vegetables in the batter and deep fry until golden brown. Serve hot.

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## DAHI VADA (SAVORY BALLS IN YOGURT)

### Ingredients:

½ c Urad dal

½ Moong dal

1 c Yogurt

Spice to taste (cumin and paprika)

Oil for frying

¼ c Milk

### Method:

Clean dal, wash and soak in water for 4 hours. Blend in blender at medium speed using the minimum amount of water required to keep paste moving freely. Add salt and start heating oil. Drop spoonfuls of batter in the hot oil using a large tablespoon. Fry until golden brown. Drop in water. Let it soak till ready to serve.

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

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## UPPUMA

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

### Ingredients:

1 cup Cream of wheat

1 Onion cut lengthwise

1 tsp Salt

¼ tsp Mustard seeds

1/8 tsp Urad dal

1 Cashew-nut

¼ Lemon

½ cup Peas

1 clove Garlic

1/10" piece Ginger

1 Green chili cut into small pieces.



Method:

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

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

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

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This recipe is certainly silly. It says to separate two eggs, but it doesnt say how far to separate them.

--Gracie Allen

Brinjal Gotsu (Egg plant Gotsu)

Ingredients

1 large Brinjal or eggplant ½ chopped onion ½ spoon of Sambar powder ¼ spoon Mustard ½ spoon Urid Dal ¼ spoon Toor Dal 4 Dry Chillies little bit of Hing Required amount of salt ½ cup of Tamarind Extract 1 tbsp of oil 4–5 curry leaves

Method 1. Heat 1 tbsp of oil in kadai and garnish mustard, urid dal, toor dal, dry chillies and Hing. 2. Add Onion to this and fry well. 3. Pour tamarind extract in the kadai and add to it curry leaves, salt, sambar powder and allow it to boil for some time. 4. In the mean time, heat the brinjal or egg plant (can heat it in the cooker for ½ hour) and peel the outer skin and take the flesh inside and mash it well. 5. Add this to the boiling tamarind and mix



it well. Allow it to boil for five minutes and put off the gas. 6. This can be mixed with rice and eaten. This can also be a side dish for tiffin varieties like Pongal, Idli's etc 7. Try it out and it will be very tasty. This quantity can be eaten with rice by 3 adults.

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## Vegetable Stew

### Ingredients

VEGETABLE STEW. BY PEARL - YEMEN. - HOMEMADE RECIPE. Vegetables Required: Carrots, Beans, Cabbage, Cauliflower, Peas, Potatoes - ¼ Kg each or as desired - the vegetables should be cleaned, washed & cut into 1" (Carrots, Beans, Potatoes) pieces lengthwise, & boiled with ¼ tspn Turmeric Powder, Salt to Taste, ½ tspn Pepper Corns, 4-6 Green Chillies slit in two or as desired; 8-10 Mint Leaves, 1 1/2 - 2 Tbspn. Chopped Corriander leaves; Whole Spices (Cloves 4, Cinnamon 1 big Pc. Cook till vegetables are boiled. Remove from Flame & keep aside. Additional Ingredients Need'ed for the Gravy: 4-5 Tbspns Oil, Curry Leaves few; 2 Big Onions Slice 1 Onion finely for frying (& slice the other Onion & keep separately, fry this sliced Onion separately till nice & brown & add it to the Coconut Scraping & grind), Ginger Paste ½ tspn; Garlic Paste ¾ tabspn; Tomatoes 2 Big cut into pieces. 1 tspn Vinegar; Coconut ¼ - ½ -Cup ground to a paste.

### Method

In a Vessed add the Oil & fry the sliced Onion, Curry Leaves till Onions are brown, now add the Ginger & Garlic Paste & continue to fry on low flame till a nice smell comes, add the chopped tomatoes & fry for a few mins till tomatoes are soft, now add the ground Coconut & Onion paste stir nicely, add the cooked vegetables mixture, stir well, check for salt & let it bubble nicely, when required thickness is achieved remove from store & add the Vinegar, mix well & serve with Rice or Chappatti's or Puri's. If you do not want to use Vinegar you could use the Juice of a Lime instead. This Stew goes well with Sweet Mint Chutney & Plain Rice.

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Watermelon --its a good fruit. You eat, you drink, you wash your face.

## VEGETABLE PUFF

(12 puffs)

This is a local Karnataka speciality.

Ingredients:

1 Ready to use pastry roll (Pepperidge farms)

Mixed Vegetables. ( potatoes, peas may be added)

to taste Masala

Green Chilies

to taste Salt

Method:

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

Thaw the roll for about 10 minutes before unfolding.

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

Cut the sheet into 6 pieces.

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

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

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Samosas (1) (From: arielle@taronga.com ; Stephanie da Silva)

For the pastry:

2 cups flour

½ tsp salt

4 Tbsp oil

4 Tbsp water

For the stuffing:

4–5 medium potatoes, boiled in their jackets and allowed to cool

4 Tbsp oil

1 medium onion, peeled and finely chopped

1 cup (175 g) shelled peas

1 Tbsp finely grated peeled fresh ginger

1 fresh hot green chilli, finely chopped

3 Tbsp very finely chopped fresh green coriander (cilantro)

3 Tbsp water

1 ½ tsp salt

1 tsp ground coriander seeds

1 tsp garam masala

1 tsp ground roasted cumin seeds

¼ tsp cayenne pepper

2 Tbsp lemon juice

oil for deep frying



Sift the flour and salt into a bowl. Add the 4 tablespoons on oil and rub it in with your fingers until the mixture resembles coarse breadcrumbs. Slowly add about 4 tablespoons water—or a tiny bit more—and gather the dough into a stiff ball. Empty the ball out on to clean work surface. Knead the dough for about 10 minutes or until it is smooth. Make a ball. Rub

the ball with about  $\frac{1}{4}$  teaspoon oil and slip it into a plastic bag. Set aside for 30 minutes or longer.

Make the stuffing. Peel the potatoes and cut them into  $\frac{1}{4}$  inch dice. Heat 4 tablespoons oil in a large frying pan over a medium flame. When hot, put in the onion. Stir and fry until brown at the edges. Add the peas, ginger, green chilli, fresh coriander (cilantro), and 3 tablespoons water. Cover, lower heat and simmer until peas are cooked. Stir every now and then and add a little more water if the frying pan seems to dry out.

Add the diced potatoes, salt, coriander seeds, garam masala, roasted cumin, cayenne, and lemon juice. Stir to mix. Cook on low heat for 3–4 minutes, stirring gently as you do so. Check balance of salt and lemon juice. You may want more of both. Turn off the heat and allow the mixture to cool.

Knead the pastry dough again and divide it into eight balls. Keep 7 covered while you work with the eight. Roll this ball out into a 7 inch (18 cm) round. Cut it into half with a sharp, pointed knife. Pick up one half and form a cone, making a  $\frac{1}{4}$  inch wide (5 mm), overlapping seam. Glue this seam together with a little water. Fill the cone with about 2  $\frac{1}{2}$  tablespoons of the potato mixture. Close the top of the cone by sticking the open edges together with a little water. Again, your seam should be about  $\frac{1}{4}$  inch (5 mm) wide. Press the top seam down with the prongs of a fork or flute it with your fingers. Make 7 more samosas.

Heat about 1  $\frac{1}{2}$  to 2 inches (4–5 cm) of oil for deep frying over a medium–low flame. You may use a small, deep, frying pan for this or an Indian karhai. When the oil is medium hot, put in as many samosas as the pan will hold in a single layer. Fry slowly, turning the samosas frequently until they are golden brown and crisp. Drain on paper towel and serve hot, warm, or at room temperature.

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Samosas (2)

2+ $\frac{1}{2}$  cups flour

$\frac{1}{2}$  tsp. salt

1 Cup buttermilk or yogurt

extra flour, as needed

- 1) Place the flour in a medium-sized bowl. Mix in the salt.
- 2) Mix in the milk or yogurt to make a smooth dough.
- 3) Add extra flour, as needed, to keep the dough from being sticky.

The dough will be quite soft. Knead in bowl for about 5 minutes.

Cover tightly and refrigerate till you are ready to assemble the pastries.

2 large potatoes (the size of a large person's fist)

1 Tbs. butter

1 Cup finely minced onion

2 medium cloves garlic, minced

1 Tbs. freshly grated ginger

1 tsp. mustard seeds

1 tsp. dried coriander (if available)

$\frac{3}{4}$  tsp. salt

1+1/2 Cups uncooked green peas (frozen+thawed=fine)

2 Tbs. lemon juice

Cayenne, to taste.

1) Mash the potatoes (i.e. peel, cut into 1-inch squares, boil, drain & mash.) Set aside. 2) Melt the butter and saute onions, garlic, ginger, mustard seeds, coriander and salt over medium heat for about 8 minutes, till onions are soft. Add this to the mashed potatoes. Cool for at least 15 minutes before filling the pastries.

$\frac{1}{2}$  Cup cider vinegar

$\frac{1}{2}$  Cup water

3 Tbs. brown sugar

1 small clove garlic, minced

1 tsp. salt

- 1) Place all ingredients in a small saucepan. Stir till the sugar dissolves. 2) Heat to boiling, then let simmer uncovered for about 10 minutes. It reduce slightly.
- 3) Serve warm or at room temp.

#### ASSEMBLY:

- 1) Preheat the oven to 425F. Generously oil a baking sheet. 2) Keep a small container of flour, a fork, a small bowl of water, and a pastry brush close at hand. Flour a clean surface, and, using a rolling pin, rook 1-inch balls of dough into 5-inch circles.
- 3) Place app. 1+1/2 Tbs. filling in the center and fold over, like a turnover. Brush the inside edges of each circle with a little water, and fold the edges together to make a small hem. Crimp the edges firmly with fork. 4) To bake: Place the samosas on the oiled baking sheet. Brush the tops with oil. Bake 15 minutes at 425F, then reduce heat to 375F and bake 10 min. more. For maximum crispiness, turn the samosas over when you turn the oven down.
- 5) Serve within 15 min. with dipping sauce.

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One tequila, two tequila, three tequila, floor.

--an alcoholphilic

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#### Samosas (3)

##### Pastry:

1 ½ cups flour

¾ tsp salt

1 tbsp ghee (a vegetable shortening with a buttery taste)

½ cup warm water

##### Filling:

1 ¼ tbsp ghee

garlic, crushed (1 – 5 cloves, to taste)

2 tsp curry powder

½ tsp salt

1 tbsp lemon juice OR vinegar

8 oz. ground lamb (or beef)

1 tsp mint leaves

1 tsp coriander (optional)

1 onion (finely chopped)

1 tbsp garam-masala

1 tbsp ginger, grated (fresh)

½ cup hot water

oil for cooking

#### PASTRY

Sift flour and salt into bowl, add ghee and water, mix thoroughly, knead for a couple minutes. Cover with plastic, make filling.

#### FILLING

Heat ghee in pan, fry onions, ginger, add garlic. fry until onions are soft. Add curry, salt and vinegar, mix well. Add meat and fry over high heat, stirring constantly, until meat changes color. Turn down heat, add water and cover. Cook until liquid is absorbed (~ 10 – 15 min). Towards the end, stir meat to keep it from sticking. Add garam-masala, mint, and coriander, mix, remove from heat, cool, and add the rest of the onion. Mix.

Take small pieces of dough, shape into balls, and on a lightly floured board, roll each ball to a very thin circle, about the size of a saucer. Cut circle in half. Put ~ 1 tsp of filling in the middle of each half circle, brush edges with water, fold dough over and press edges together.

When they are all made, heat oil in a wok, deep fry a few at a time until golden brown on both sides. Drain on paper towels. Eat until too full.

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Avial

## Ingredients

Vegetables Carrots, Potatoes, Beans, White Pumpkin, Peas, Eggplant .

Coconut 1 cup, Green chillies 8, Red chillies 2, Cumin seeds 1 t.spoon, Tamarind paste ¼ t.spoon, Salt 1 t.spoon (or to taste), Coconut oil 2 t.spoon, Yogurt ½ cup, few curry leaves a few

## Method

Chop all the vegetables evenly, and cook it with little water.

Add turmeric and salt to this.

Grind coconut, green chillies, red chillies, cumin seeds, and tamarind paste finely in yogurt.

Add the ground masala to the cooked vegetables, and let it cook until the flavour comes out.

Garnish with curry leaves and coconut oil.

::

## Pulipu Kootu

### Ingredients

Corriander seeds (dhania) 3 t.spoon

Red chillies 3

Methi ¼ t.spoon

Channa dhall ¼ t.spoon

Urad dhall ¼ t.spoon

Coconut ¼ cup

Thuvar dhall cooked 1 cups

Channa dhall ½ cup

Tamrind Paste/Tamarind water

Hing a small pinch

Turmeric ¼ t.spoon



Salt 1 t.spoon (or to taste)

Vegetable – White Pumpkin chopped 1–2 inches length wise, or

Egg plant

Method

Cook

Thuvar

dhall,

channa

dhall,

turmeric

with extra

water and separate the two, and keep them aside.

Fry corriander seeds, red chillies, methi, channa dhall, urad dhall, and hing in little oil. Add the coconut and wet grind this mixture.

Cook the vegetable in thuvar dhall water. Add some tamarind paste or tamarind water, turmeric and salt to this. After this is cooked add the ground paste and boil until the flavour comes out.

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Pitla

Ingredients

Thuar dhall 1 cup

Urad dhall 2 t.spoon

Corriander seeds (dhania) 2 t.spoons

Pepper ¼ t.spoon

Coconut ¼ cut

Mustard ¼ t.spoon

Turmeric ¼ t.spoon



Jaggery 1. t.spoon

Tamarind paste 2 t.spoon

Hing a small pinch

Salt 1 t.spoon (or to taste)

Vegetable – Bittergourd 4 chopped

Garbanzo beans (channa) ½ cup

Curry leaves a few

#### Method

Soak garbanzo beans over night and keep them aside. Cook Thuvar dhall and turmeric with extra water and separate the two, and keep them aside.

Fry urad dhall, corriander seeds, red chillies, and pepper. Wet grind this mixture with coconut. Fry bittergourd, green chillies, curry leaves, turmeric, and salt in little oil. Add garbanzo beans, jaggery, tamarind paste, and thuvar dhall water to this and let it cook. Now add the ground mixture, thuvar dhall and cook until the flavour comes out.

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#### Spinach Kootu

##### Ingredients

Spinach 1 bunch washed and finely chopped

Thuvar dhall 1 t.spoon

Cumin seeds ½ t.spoon

Red Chillies 3

Coconut 3 t.spoons

Curry leaves a few

Mustard seeds ½ t.spoon

Urad dhall 1 t.spoon

Hing a small pinch

Salt 1 t.spoon (or to taste)

## Method

Boil spinach and salt in 1 cup water. Soak thuvar dhal, cumin seeds, and, 2 red chillies for 30 minutes. Grind this with coconut. Add this paste to spinach and cook until the flavour comes out. Heat some coconut oil in a pan, splutter mustard, then add urad dhal, 1 red chille, curry leaves, little hing, and add this to the kootu.

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## Eriseri

### Ingredients

Pepper 1 t.spoon

Red chillies 4

Coconut grated 2 t.spoon

Mustard ¼ t.spoon

Curry leaves

Urad dhal 1 t.spoon

Hing a small pinch

Salt 1 t.spoon (or to taste)

Coconut oil 1 t.spoon

Vegetables – Plantain, Chenai Kazanku washed, peeled and diced

### Method

Boil the vegetables, add a little salt to this. Fry red chillies and pepper and wet grind this mixture with coconut and a few curry leaves., Mix the masala with the boiling vegetables and Cook until the flavour comes out. Heat some coconut oil in a pan, splutter mustard, then add urad dhal, 1 red chille, curry leaves, little hing, and add this to the above.

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Beans and Potato  
Kootu

### Ingredients

Thuvar dhall 1 cup

Poppy seeds ½  
t.spoon

Mustard 1 t.spoon

Coconut grated 2  
t.spoons

Red chillies 4

Curry leaves a few

Turmeric ½ .spoon

Salt 1 t.spoon (or to taste)

Vegetables: Beans, and Potatoes washed and chopped evenly

### Method

Cook thuvar dhall and keep it aside. Boil beans and potatoes, add a little salt and turmeric to this. Wet grind coconut, poppy seeds, mustard, and red chillies. Add this masala to the boiling vegetables, and cook until the flavour comes out. Add the cooked thuvar dhall and let it boil for a few minutes. Heat some oil in a pan, splutter little mustard, then add curry leaves, little hing, and add this to the above.

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I eat merely to put food out of my mind. ~N.F. Simpson

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Vegetable Kootu

### Ingredients

Coconut 2-3 t.spoons

Cumin seeds 1 t.spoon



Red chillies 5

Turmeric ½ t.spoon

Urad dhal 1 t.spoon

Coconut oil 1 t.spoon

Salt 1 t.spoon (or to taste)

Curry leaves a few

Mixed Vegetables: carrot, cabbage, peas, potatoes, etc., washed  
and diced

#### Method

Chop the vegetables evenly and cook them with a little salt and turmeric.

Wet grind coconut, cumin seeds, and red chillies and add this masala to the boiling vegetables. Cook until the flavour comes out.

Heat some coconut oil in a pan, splutter mustard, then add urad dhal, 1 red chille, and, curry leaves, and add this to the above.

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Podalangai (Snakegaurd) Paal Kootu

#### Ingredients

Podalangai washed and chopped

Thuval dhal ½ cup

Turmeric powder a small pinch

Cumin seeds 1 t.spoon

Red chillies 2

Green chillies 2

Milk ½ cup

Grated Coconut ¼ cup

Mustard ¼ t.spoon

Urad dhal ¼ t.spoon

Salt 1 t.spoon

Ghee 1 t.spoons

#### Method

Cook thuval dhall with 2 cups of water and keep it aside. Cook vegetable and add the cooked dhall, turmeric powder, and salt and let it boil for a few minutes. Wet grind coconut, red chillies, green chiliies and cumin seeds with milk. Add this to the boiling vegetable and let it cook for 10 more minutes.

Heat some ghee in a pan, splutter mustard, then add urad dhall, and hing, and add it to the above.

::

#### Eggplant Gotsu

##### Ingredients

Eggplant 1 large, Tamarind ½ t.spoon

Red chillies 3, Green chillies 2

Hing a small pinch, Mustard ½ t.spoon

Urad dhall 1 t.spoon, Curry leaves a few, Cilantro a small bunch washed and finely chopped, Cooking Oil 2 t.spoon, Salt

##### Method

Coat eggplant with little oil, and either bake it in an oven, or grill it on the stove. Peel the skin, mash the eggplant and keep it aside.

Heat some oil in a pan, splutter mustard, then add hing, urad dhall, red chillies, green chillies, and curry leaves and keep it aside. Bring 1 cup of water to a boil, and add tamarind paste and salt to this. Mix mashed eggplant, fried ingredients to the tamarind water. Garnish with finely chopped cilantro.

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A gourmet who thinks of calories is like a tart who looks at her watch. ~James Beard

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## Eggplant Podi Curry

### Ingredients

Eggplant 250 grams, washed & cut 1" length wise

Urad dhal 1 t.spoon

Channa dhal 1 t.spoon

Corriander seeds 1.5 t.spoon

Red chilli 4-5

Mustard  $\frac{1}{4}$  t.spoon

Cooking oil 4 t.spoons

Hing a small pinch

Turmeric  $\frac{1}{4}$  t.spoon

Tamarind paste  $\frac{1}{4}$  t.spoon

Salt  $\frac{3}{4}$  t.spoon

### Method

Dry roast urad dhal, channa dhal, corriander seeds, red chillies and hing. Dry grind the above with  $\frac{1}{4}$  t.spoon salt. Heat some oil in a pan, splutter mustard, then add turmeric, hing and the chopped eggplant to this. Sprinkle little water, and cover it slightly until the eggplant gets cooked. Now add the remaining salt, tamamrind paste, and the ground masala powder. Mix it well and add a few t.spoons of cooking oil.

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**“On the Computer Diet, you can snack as much as you want.  
You burn off the calories by yelling at the tech support  
people and banging your head in frustration.”**

#

Plantain Puli Curry

Ingredients

Plantain 2-3 washed, peeled, and diced

Urad dhal ½ t.spoon

Mustard ¼ t.spoon

Hing a small pinch

Turmeric ¼ t.spoon

Tamarind paste/extract ¼ t.spoon

Red chilli 2

Curry powder 1 t.spoon

Curry leaves a few

Oil 3-4 t.spoons

salt 1 t.spoon

Method



Heat 1 t.spoon of oil in a pan/wok, splutter mustard, then add hing, urad dhal, curry leaves, turmeric, red chilli and diced plantain. Sprinkle water and let it cook for 10 minutes. Now add salt, curry powder and mix it well. Add little water to tamarind paste, and sprinkle this on the plantain curry, and let it cook for a few more minutes.

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In all the controversies over what the causes of diversities might be, no one seem to have paid much attention to the factor in the environment that has the most obvious effect on any organism: food.

Michael Crawford & David Marsh

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### Plantain Podimas

#### Ingredients

Plantain 2-3 , Turmeric ¼ t.spoon

Hing a small pinch, Green Chillies 6

Ginger a small piece minced/gratted, Urad dhal ½ t.spoon

Channa dhal 1 t.spoon, Mustard ¼ t.spoon

Curry leaves, Cilantro a small bunch washed and finely chopped

Lemon 1, Cooking Oil 2 t.spoon, Salt 1 t.spoon (or to taste)

#### Method

Boil plantains with turmeric and salt.

Peel skin and grate them and keep it aside.

Heat 2 t.spoons oil in a pan/wok, splutter mustard, then add urad dhal, channa dhal, hing, turmeric, curry leaves, red chillies, finely chopped ginger, lemon juice and salt and then add the grated plantains. Let this cook for a few minutes and then garnish with cilantro.

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### Plantain Curry

## Ingredients

Plantain 2–3 washed, peeled and diced

Cumin seeds ½ t.spoon

Grated Coconut ¼ cup

Red chillies 2–3

Urad dhal ½ t.spoon

Mustard ¼ t.spoon

Hing a small pinch

Turmeric ¼ t.spoon

Curry leaves a few

Cooking oil 3 t.spoon

Salt ½ t.spoon

## Method

Boil plantains with turmeric and salt.

Wet grind cumin seeds, coconut and red chillies and keep it aside. Heat 3 t.spoons of oil in a pan/wok, splutter mustard, then add hing, urad dhal, curry leaves, turmeric, and the diced plantain. Sprinkle water and let it cook for 5 minutes, and now add the ground masala, and let it cook for another 5–10 minutes.

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## Vazai Thandu Curry

### Ingredients

Vazai Thndu Washed and finely chopped

Moong dhal 2 t.spoon

Urad dhal ¼ t.spoon

Red chilli 2

Mustard ¼ t.spoon

Hing a small pinch

Ginger a small pinch

Green chilli 1

Grated coconut 2 t.spoons

Butter milk ¼ cup

Cooking oil 2 t.spoon

Salt ½ t.spoon

#### Method

Soak vazai thandu, moong dhal, butter milk and salt together for 15 minutes.

Heat some oil in a pan/wok, splutter mustard, then add urad dhal, red chilli, hing, green chilli, and ginger. Squeeze the butter milk out the soaked vazai thandu, and add the vazai thandu to the above pan. Let it cook for 10 minutes, and then add the grated coconut to the above.

::

#### Okra (Vendakai) Curry

##### Ingredients

Okra (Vendakai) 250 grams, washed, diced and dried

Urad dhal ½ t.spoon

Mustard ¼ t.spoon

Hing a small pinch

Turmeric a small pinch

Chill powder ½ t.spoon

Yogurt 1 t.spoon

Cooking oil 3 t.spoon

Salt ½ t.spoon

#### Method

Heat some oil, splutter mustard, then add urad dhal, hing, turmeric, and add the diced okra. Add salt and mix it well, and let it cook for 10–15 minutes. Now add chilli powder, and 1 t.spoon yogurt and keep frying for 5–10 minutes.

::

Eat what you like and let the food fight it out inside.

Mark Twain

Potato Roast

Ingredients

Potatoes 1 pound

Turmeric ¼ t.spoon

Hing a small pinch

Chilli powder 1 t.spoon

Urad dhal ½ t.spoon

Mustard ¼ t.spoon

Curry leaves a few

Cooking Oil 5 t.spoon

Salt 1 t.spoon (or to taste)

Method

Boil potatoes with turmeric and salt.

Peel skin and dice them and keep it aside.

Heat 5 t.spoons of oil in a pan/wok, splutter mustard, then add urad dhal, hing, chilli powder, turmeric, salt and the diced potatoes. Simmer the stove and let it cook until the potatoes turn light brown.

::

There is no sight on earth more appealing than the sight of a woman making dinner for someone she loves. ~Thomas Wolfe

Potato Podimas

Ingredients

Potatoes 1 pound

Turmeric ¼ t.spoon

Hing a small pinch

Green Chillies 6

Ginger a small piece minced/grated

Urad dhal ½ t.spoon

Channa dhal 1 t.spoon

Mustard ¼ t.spoon

Curry leaves

Cilantro a small bunch washed and finely chopped

Lemon 1

Cooking Oil 2 t.spoon

Salt 1 t.spoon (or to taste)

Method

Boil potatoes with turmeric and salt.

Peel skin and mash them and keep it aside.

Heat some oil in a pan/wok, splutter mustard, then add urad dhal, channa dhal, hing, turmeric, curry leaves, red chillies, finely chopped ginger, lemon juice, salt and the mashed potatoes. Let this cook for a few minutes and then garnish with cilantro.

::

## Potato Curry

### Ingredients

Potatoes 1 pound

Turmeric  $\frac{1}{4}$  t.spoon

Hing a small pinch

Chilli powder 1 t.spoon

Urad dhal  $\frac{1}{2}$  t.spoon, Mustard  $\frac{1}{4}$  t.spoon, Cooking Oil 3 t.spoon, Salt 1 t.spoon  
(or to taste)

### Method

Dice potatoes with skin. Heat 5 t.spoons of oil in a pan/wok, splutter mustard, then add urad dhal, hing, turmeric and the diced potatoes. Simmer the stove and add salt, let it cook until the potatoes turn light brown.

::

## Cabbage Curry

### Ingredients

Cabbage finely chopped

Green chillies 4 cut length wise

Urad dhal  $\frac{1}{2}$  t.spoon

Channa dhal 1 t.spoon

Mustard  $\frac{1}{4}$  t.spoon

Hing a small pinch

Curry leaves a few

Cooking Oil 2 t.spoons

Salt 1 t.spoon (or to taste)

### Method

Heat some oil in a pan/wok, splutter mustard, channa dhal, urad dhal, hing, and curry leaves. Add chopped cabbage and green chillies, sprinkle some water and let it cook until the cabbage becomes soft.

::

## Bittergourd Curry

### Ingredients

Bittergourd washed and chopped in cubes/lenthwise

Red chillies 2

Hing a small pinch

Turmeric powder a small pinch

Mustard  $\frac{1}{4}$  t.spoon

Urad dhall  $\frac{1}{2}$  t.spoon

Curry leaves a few

Tamarind powder  $\frac{1}{4}$  t.spoon or Tamarind paste less than  $\frac{1}{4}$  t.spoon

Cooking oil 2-3 t.spoons

Salt 1.tspoon

### Method

Heat oil in a pan, splutter mustard, then add red chillies, urad dhall, hing, turmeric, curry leaves, and the chopped bittergourd. Sprinkle some water, and let it cook for 15-20 minutes. Now sprinkle taramrind powder or tamarind water, and salt. Simmer the stove and let it fry for a few more minutes until the oil seperates.

::

## Parupu Usili

### Ingredients

Thuvar dhall  $\frac{1}{4}$  cup

Channa dhall  $\frac{1}{4}$  cup

Red chillies 4

Hing a small pinch

Urad dhal 1 t.spoon

Mustard ¼ t.spoon

Curry leaves a few

Salt 1 t.spoon (or to taste)

Cooking Oil 5 t.spoons

Vegetables – Beans, cabbage, etc., washed and chopped

### Method

Dry grind thuvar dhal, channa dhal, and red chillies , coarsley.

Chop vegetable finely and boil this with little salt., Bring ½ cup of water to a boil, add salt, and mix the dhal mixture with this water. Cook this either in a pressure cooker or a microwave oven. Heat some oil in a pan/wok, splutter mustard, then add urad dhal, hing, and curry leaves in oil, and add the dhal mixture to this. Keep stirring until the dhal becomes slightly dry. Now add the cooked vegetable, and keep stiring until everything mixes well.

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rawplantain- channa usili

### Ingredients

raw plantain 1 onion 1 scrapped coconut – 3 tsp channa dhal (kabuli channa) – ½ cup, curry leaves – few mustard seeds – ½ tsp urad dhal – ½ tsp chilli powder – ½ tsp, turmeric – ½ tsp salt – 1 tsp oil – 4 tsp

### Method

soak  
channa  
dhal  
overnight  
and  
pressure

48





cook it. Drain and allow it to cool completely. cut onion into small pieces finely. cut raw plantain in small round slices and again cut it into four pieces each round slices. Heat a pan, pour oil and season it with mustard and urad dhal. Put the onion and fry it till transperent. Put red chilli powder, turmeric and salt. Then add the raw plantain and fry it till tender. Grind the cooled channa in a chopper . It will be a dry crumbled powder. Add it to the curry. Mix it well to blend.

Now put the scrapped coconut and and curry leaves. Continue to fry for 2 more min. Mix well and serve hot with rice and sambar. It is healthy and simple.

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read Uppuma

#### Ingredients

Bread slices-8 or 9, Onion- 1, 2 or 3 red chillies, 1 tsp mustard seeds, 1 tsp urad dhal, 1 tsp bengal gram dhal, 1 tsp chilli powder, 1 tsp garam masala powder, 1 tsp turmeric powder, salt to taste, 1 tbs oil, Cut onion into small pieces. Make bread into small pieces. Take oil in kadai, heat, put mustard, wait till it cracks, then add bengal gram dhal, urad dhal, red chillies and fry.

Then add onion pieces and fry till light brown. Add bread pieces, salt, chilli powder, turmeric powder, garam masala powder, mix well. Sprinkle little water and cook for few minutes. Garnish with coriander leaves. Serve Hot. From : Meenakshi

::

dli uppuma (from Idlis)

Break idlis into small pieces (somewhat powdery nature). Heat a little oil and add mustard seeds, when it pops, add 1 tsp urud dal, ½ tsp gram dal and ½ cup chopped onions, 3 green chillies(chopped), 2-3 pieces of chopped ginger, few curry leaves. When the onions turn colourless, add the powdered idlis. If required add salt. Cook for 5 min until they mix up well.

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### Aval uppuma

Soak 200 g of aval in water for ½ hour. Heat 4 tsp of oil in a pan, add ½ tsp mustard seeds. When it pops, add 1 tsp urud dal, ½ tsp whole black peppers, ½ tsp cumin seeds and ¼ tsp salt. Drain the water from the aval and add it to the pan and fry. You can mix curd with soaked aval if you like.

::

### Potato upma

potato- ½ kg, red chillies - 1, green chillies- 4, ginger - small piece, Mustard seeds-1Tsp., Cumin seeds- 1 Tsp. Boil potatoes with some salt added to it. Then peel them off and mash the potatoes to a paste. Heat the oil in a pan and add mustard seeds, cumin seeds, red chillies and when they start to pop up, add green chillies and finely chopped ginger pieces. Then add the mashed potatoes to it and cook until it gets brown. When it cools a bit, add 2 tsp. of lemon juice to it. Note: Add saffron to the oil first, so that the potatoes don't stick to the pan.

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### Rawa Kichadi

Vegetables - 6 Beans, 1 small carrot, 1 onion (optional), shelled green peas - ¼ cup green chillies - 1 Cut the vegetables into fine pieces. Take 1 cup of rawa and lightly roast without oil to make it crisp. Pour 3 teaspoons of oil in a fry pan and add ½ tsp mustard seeds. When it splatters, add 1 tsp urud dal, 1 teaspoon gram dal, 2 sprigs curry leaves and chopped green chilli and roast lightly. If onions are not used you may add a pinch of asafoetida. Add the onions and fry until they turn colorless. Now add the vegetables, salt and fry them until they turn soft. Add the red chillie powder. Now add 3 cups of water and when it begins to boil add rawa and keep stirring till all the water is absorbed and it becomes thick (fully cooked).

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I told my doctor I get very tired when I go on a diet, so he gave me pep pills. Know what happened? I ate faster.

--Joe E. Lewis

#### Tomato Omlet

Tomatoes- 6, onions- 2, green chillies- 4, rice flour- 1 kg, cumin seeds - 1 spoon, salt to taste Rinse the Rice flour in water for about 2-3 hours. Cut Tomatoes, green chillies into very fine pieces. Mix Rice flour, cumin seeds, finely cut pieces of tomatoes & chillies, salt with some water in a bowl until they get finely mixed up and appear like a dosa flour. Heat the pan and spread a drop of oil on it. When the pan is fully heated, take some flour and spread it on the pan into a round shape. Turn it over so that both sides are cooked well and move it to a plate. Note: You can add vegetable slices to the tomato slices and make any vegetable omlet.

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#### Vermicelli upma

vermicelli - 1 cup, mustard seeds - ½ tsp, urud dal - ½ tsp, gram dal - ½ tsp, asafoetida - a pinch, red chillies - 2, oil - 5 tsp, curry leaves - a bunch, onion - 1 (optional) Roast vermicelli in ghee/oil for 2 min until it becomes slightly white in color. Heat oil, add mustard seeds. When it pops, add red chillies, urud dal, gram dal and asafoetida. Add curry leaves and finely chopped onions. Add the roasted vermicelli. Now add 2 cups water and leave it covered in low heat. Stir occasionally and cook until it becomes soft. Roast cashews in little ghee and add it to the upma. Serve hot If onions are not added you may have to add 2 ¼ cups of water instead of 2 cups.

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Tamarind      Aval  
Upma

Ingredients:

Aval(Rice Flake)- 1  
cup,      Tamarind  
(lemon      size),  
Redchillies-      6,  
Mustard      Seeds-  
1/2tsp, Urad dal-  
1/2tsp, turmeric  
powder- 1/4tsp



Method: Add two cups of water to tamarind and take extract. Add salt to it and keep aside. In a frying pan heat 5 tsp of oil and add red chillies, mustard seeds, urad dal, a pinch of asafoetida and when it pops add the tamarind extract, turmeric powder and heat it. When it comes to boil add aval, stir it and cook for 3 mins:

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Pori uppuma

Puffed rice - 1 cup, onions chopped- ¼ cup, mustard seeds - 1 tsp, urud dal - 1 tsp, gram dal - 1 tsp, grated coconut - 1 tsp, oil - 2 tsp Heat oil in a frying pan and add mustard seeds. When it pops, add the urud dal, gram dal, red chillies, curry leaves. and coconut. Wait until they get roasted. Now, put the puffed rice in a bowl of water and take out immediately. Add it to the pan and heat for 2 minutes

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Rice Uppuma

Rice rawa - 1 cup, water - 3 cups ,

In a pan, heat 6 tsp of oil and add ½ tsp mustard seeds, 1 tsp urud dal, 1 tsp gram dal, 3 red chillies, a pinch of asafoetida. Then add 6 tsp grated coconut and fry lightly. Now add 3 cups water and when it comes to boil, add 1 cup of rice rawa and stir well until it becomes somewhat powdery and soft. Add a bunch of curry leaves. Add 2 tsp of ghee while serving.

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### Instant Sevai

par boiled rice – ½ kg, salt – , water– 2 litres.

Soak par boiled rice for 3 hours. Add salt and grind into a very very nice flour. Heat 1 tsp of oil in a fry pan and add the ground flour. Stir slowly in low heat for 10 minutes or until it becomes thick. Make this flour into large balls. Heat 2 litres of water in a large surface vessel. Add the large balls and allow to boil. It will then float on top. Place these balls in a omappodi achu (very small holes) and squeeze out on a large plate or large sheet of plastic paper. Leave it in hot sun to dry and become crisp.

When sevai is required, Boil water and add this prepared dry sevai to it. Then remove and drain the water. Now instant sevai is ready.

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### banana bonda

#### Ingredients

Banana–2, Egg–1, Sugar–2 tbspoon, Ghee–for frying bread–6 pcs.

#### Method

It is very easy way to prepare banana bonda. 1. Make 1 banana into 4 pieces. 2. Remove 4 sides of wall from the bread pieces and make it powder and add sugar into it. 3. put egg into a bowl. 4. Now take banana pcs, wipe it off in egg

and then in bread powder. 5. take a pan, after getting ghee heating fry the pieces both the sides till they get brown colour. 6. Now its ready to serve.

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### Broccoli Manchurian

#### Ingredients

Broccoli – 2 small Corn flour – 3 tablespoon Bread Crumbs – 4 tablespoon salt to taste oil for frying soy sauce – 3 tsp tomato sauce – 3tsp

#### Method

1)Make the Broccoli into small florets 2)Boil the Broccoli florets with enough water and salt 3)Add enough water to the corn flour and make it a watery paste 4)Dip the florets in the corn flour 5)Roll them in the breadcrumbs 6)Fry until golden brown 7)Add the soy sauce and tomato sauce 8)Serve Hot

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### MASALENDAR SEM (SPICY GREEN BEANS)

(Serves 6)

This recipe is mostly Madhur Jaffrey's, although I don't follow it to the letter when I cook anymore. I like to serve the beans a little crunchier than you would find in an Indian home, so I don't cook it as much in the end. It definitely warrants experimentation. This recipe is guaranteed to spice up an ordinary meal. It also goes well with plain rice and meat or chicken that has been prepared simply.

#### Ingredients:

1 ½ lb. Green beans (Trim the ends and then cut the beans in half crosswise.) 1 ½" long and Fresh ginger (Peel and chop coarsely.) 1" thick piece 10 cloves Garlic peeled, 1 cup Water, 4 tblsp Vegetable oil, 3 tsp Whole cumin seeds, 2 tsp Ground coriander seeds, medium Tomatoes, peeled (put tomatoes in very hot water for a few seconds, peel off the skin and finely chop.) to taste Salt, Freshly ground pepper, 3 tblsp Lemon juice (or to taste)

#### Method:

Put ginger and garlic into a food processor and add ½ cup water. Blend until fairly smooth. Heat the oil in a wide, heavy saucepan over a medium flame. When hot, put in the cumin seeds. Stir for half a minute. Pour in the ginger-garlic paste. Stir and cook for about two minutes. Put in the coriander and stir a few times. Put in the chopped tomatoes. Stir and cook for 2 minutes while mashing the tomato pieces with the back of a slotted spoon. Put in the beans and salt and one cup of water and simmer them. Cover, turn heat to low and cook for 8–10 minutes or until the beans are tender. Remove the cover. Add the lemon juice and a generous amount of freshly ground pepper. Turn up the heat and boil away the remaining liquid, stirring the beans gently as you do so.

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#### Kaara.adai

Roast 200 g of raw rice and powder it into a nice rava. Dry roast 2 tsp of cowgram. In a thick vessel, heat water to boil, and add the roasted cowgram, coconut pieces (cut into very small pieces) and ½ tsp salt. When they are cooked, add the rawa



and stir into a paste. Flatten this flour into round shape (the size of urud vadai), place in idli plates and cook.

::

We are living in a world today where lemonade is made from artificial flavors and furniture polish is made from real lemons. ~Alfred E. Newman

## Morkkali

rice flour – 1 cup, water – 2 cups, sour curd or buttermilk – 1 cup

Mix the above well. Heat 2 tsp of oil add mustard seeds, when it splutters, add 2 curd chillies(alternatively, use red whole peppers), ¼ tsp asafoetida, . Now add the liquid to this and stir well until it becomes thick and non-sticky.

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## Rava Pongal

Rava – 1 cup , Moong dal – ½ cup , whole black pepper – 1tsp, cumin seeds – 1 tsp , green chilli –1 , asafoetida – a pinch , turmeric powder – a pinch, ginger pieces – 10 , curry leaves – a twig, salt – ½ tsp , oil – 6 tsp , ghee – 2tsp Add 1 cup of water to ½ cup Moong dal and boil it in the pressure cooker until it becomes very soft. Roast Rava in 4 tsps of oil. Add two cups of boiling water and stir until the rava is fully cooked. Mash the cooked Moong dal and add it to the rava. Add salt and mix well.

In 2 tsp of oil roast pepper . Add turmeric powder and asafoetida. After this add cumin seeds, cashews and Roast. cashews should not become too red. Add the finely chopped chillis and ginger pieces to the mix. Add the mix to the pongal and mix well. Add 2 tsp of melted ghee to the pongal.

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We think fast food is equivalent to pornography, nutritionally speaking. ~Steve Elbert

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## Bread channa bajji

Ingredients: Bread slices, Channa masala, Vegetables(carrot,beans,peas), Tomato, Onion,Garlic, Coriander leaves., Chilly powder, salt., Gram flour

Method:Toast the bread slices and cut each into 4 parts. Boil and mash all the vegetables. To this add channa masala and ground paste of garlic,onion and tomato.Keep stirring till the raw smell goes off.Now adda channa masala,salt



and chilly powder.Keep stirring till its just thick enough and not liquidy. Now take two bread pieces .Place a little channa masala u have made now between this like u do for sandwich.Make a semi-liquid paste with gram flour ,salt and chilly powder.Dip this bread sandwich and fry till golden brown.Allow oil to drain and serve hot.

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cheese roll

Ingredients: rotis- 4, cooked any veg curry- 1 cup, cheese spread- 2tbsp, onion rings- 1 cup

Method: Take roti and put curry in the centre then add onion rings and cheese spread and fold the roti like a roll. Recipe from uma roy.

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Chappathi dal

Vegetables:cauliflower, cabbage, potato - combined - 200g, onion - medium,tomato - small -1, green chillie - 3, moong dal - 100g, salt - ¼ tsp, mustard - ¼ tsp, urud dal - ½ tsp, curry leaves - 1 twig.

Cut any of the vegetables,add chopped onions, chopped tomato,green chillies(cut into half lengthwise), and moong dal.Add water until the mixture is just immersed and steam in a pressure cooker.Add splattered mustard seeds, urud dal and curry leaves after removing.

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Aloo Mattar

Ingredients:garlic, onion, ginger, potatoes, peas, garam masala/channa masala, salt

#### Preparation:

Cut onion, garlic, ginger(a very little one) into very small pieces and grind this as a paste. Now, heat oil in a pan and keep saute this paste to get rid of the raw smell and make it into a gravy. Boil potatoes and peas separately. Peel off the potatoes and cut into very small cubes. Now add this potatoes and peas to the above gravy. To this add garam masala/channa masala and salt to taste. Garnish with coriander and onion pieces. (U can add a drop of dilute tamarind paste if necessary).

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#### Sweet Side Dish—Coconut Flower

1. Using a scrapper, scrap the coconut.
2. Grate the jaggery.
3. Add this to the freshly shred coconut scrappings.
4. Add just a pinch of salt.
5. Mix well. Enjoy this with the Rice dosai.

This is usually made for special occasions in my family. But I love it a lot so I make it all the time. Recipe from Sangeetha Kedlaya.

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#### Bitternut pitlai

For the paste: coriander seeds – 1 tsp, gram dal – 2 tsp, 2 red dried chillies, whole black peppers – ½ tsp, asafoetida – a pinch.

Fry the above in 2 tsp ghee, add 5 tsp grated coconut and grind. Soak 3 tsp of chana dal previous night and let them be soaked for at least 7–8 hours. Cut bitter nut into slices, add the chana dal and steam them. Steam toor dal (3/4 cup) separately. Heat 1 cup of water and add tamarind juice to it. Add 1 tsp sambar powder, and 1 tsp salt. When it comes to boil, and the raw smell of tamarind disappears, add the bitternut, chana dal and cook for 3 min. Then add

the ground paste and steamed toor dal. Cook for about 3 min . In little oil splutter some mustard seeds and add it to the pitla. Add a bunch of curry leaves.

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### Steamed Toor dal

In a vessel, take 1 cup of toor dal and add 3 cups water and a pinch of turmeric powder. Place this vessel inside a pressure cooker with little water under the vessel and cover it with a lid. Cover the cooker and allow for 3 whistles. If pressure cooker is not available, you may just boil in a vessel for a long time until the dal becomes soft like a paste. This is used for the preparation of sambar, rasam etc.

To this you may add ½ tsp salt. Splutter mustard seeds in ghee and add to the dal. Serve With rice. This is used for various festivals.

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### Pineapple Gojju

Ingredients: 1)Pineapple–1 medium sized. 2)4–6 spoons of Urad daal. 3)1–1 ¼ spoons of Methi seeds(Menthya). 4)8–10 Red chillies(Depends on the taste if you want more hot add more). 5)Little grated coconut or dessicated coconut. 6)3/4<sup>th</sup> spoon of INGU(Asafotedia). 7)3/4<sup>th</sup> spoon of Turmeric powder . 8)Salt to taste and 9)Little Jaggery/Sugar(Depends if the pineapple is sweet add very little jaggery or else add little more jaggery/sugar. Method: First of all cut the pineapple to pieces. Add all the ingredients(2–9) and grind it. In between do add the pineapple pieces too and make a fine paste of the entire items(You can also have the items grinded to a coarse paste–this depends on how you wish to eat). Once this is over heat a little oil in a pan. Add little mustard seeds. Once they splutter add the contents of the blender(gojju) to the pan and allow it to Boil for

a little while. Depending on the taste you can add extra jaggery/salt. You can store this in the refrigerator for about 4–5 days. It tastes good with Chapathis or Rotis. Even with Plain Rice it tastes Great.

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## Mysore Rasam

Fry the following lightly until golden brown in a spoon of ghee and grind the following in a mini blender jar to make a paste:

coriander seeds(Dhaniya)-2 spoon, black whole peppers(Milagu)-1 spoon, gram dal-1 spoon, red chillies-2-3, asafoetida(Perungayam), grated coconut - 2 spoons(Add last). Steam ½ cup of toor dal in a pressure cooker.Cut 1 large tomato and add 2 cups of water to it. Add salt, Sambar powder, asafoetida, tamarind juice and heat the mixture until the raw smell of tamarind is gone.Add steamed toor dal and the ground mixture.Keep it in low heat for sometime and then add ½ spoon rasam powder.Add splattered mustard.Add green coriander leaves and curry leaves(karuveppilai)-::

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## Veg Cutlet

### Ingredients

2 small potatoes, boiled , peeled and mashed

3 cups vegetables, chopped finely, boiled and drained well (You can use beets, carrots, peas, cabbage,etc)

1 tsp red chilli powder

1 tsp dhania(coriander) powder

1 tsp cumin powder

½ tsp saunf(fennel) powder

½ tsp amchoor(mango powder)

½ tsp garam masala powder

2 green chillies , finely chopped

1 tsp ginger-garlic paste

1 tsp chopped coriander leaves

1 tsp chopped cashewnuts

1 egg white

1 egg well beaten

1 cup breadcrumbs

Salt to taste

1 tbsp ghee(clarified butter)

Oil for shallow frying the cutlets

### Method

Heat the ghee and add the ginger-garlic paste and green chillies. Fry for about a minute. Now add the cashewnuts and all the powdered spices. Add the coriander leaves. Fry for ½ a minute. Now add all the drained vegetables and mix well. If there is any water, fry till all moisture is totally lost. Mix in the mashed potatoes and salt to taste. Heat through and take off the stovetop.

Mix in 1 egg white. This will help bind together the vegetables. Make flat rounds of the above. Dip each round in the well beaten egg and roll in the breadcrumbs. Shallow fry on both sides till golden brown. Eat when hot with chutney.

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A friend and I were standing in line at a fast-food restaurant, waiting to place our order.

There was a big sign posted. "No bills larger than \$20 will be accepted."

The woman in front of us, pointing to the sign, remarked, "Believe me, if I HAD a bill larger than \$20, I wouldnt be eating here."

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### Biscuit Roti

#### Ingredients

4 cups Maida ( all purpose flour)

1 cup Bombay rava (semi-coarse semolina)

4 tbsp grated fresh coconut

3-4 green chillies, minced

1 tsp red chilli powder

1 tsp mustard seeds

1 sprig curry leaves

A pinch of hing (asoefetida)

Salt to taste

Oil for deep frying

#### Method

Sieve the flour and add salt to taste (about  $\frac{3}{4}$  tsp). Add hot water and hot cooking oil (about 2 tbsp) to prepare a smooth dough. Make rounds that fit in your palm. Set aside. In a pan, heat about 1 tbsp of cooking oil. Add mustard seeds and when they splutter, add the green chillies, hing and curry leaves. Fry for about 20 secs and then add the chilli powder and rava. When the rava starts turning color (about 2 mins, sprinkle some water (about  $\frac{1}{4}$  cup) and add the salt and coconut. Cook for about 5–6 minutes on a low flame. Remove and let cool. Make small round balls of this rava stuffing. Take each maida round, keep the rava stuffing in the center and fold the rounds till the stuffing is completely sealed inside. Roll out into small circles using a rolling pin. Bring the cooking oil to smoking point and deep fry these till golden brown and crisp. Eat when hot with tomato ketchup.

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#### Bharwa Bhendi

##### Ingredients

1 lb Bhendi, washed

1 large onion, sliced finely

$\frac{1}{2}$  tsp cumin seeds

3 tbsp cooking oil

1 tsp lemon juice

For stuffing:

1 ½ tsp red chili pwd

1 tsp amchoor

1 tsp cumin seeds

½ tsp saunf(fennel)

2 tsp dhania pwd

1 tsp garam masala

¼ tsp turmeric

Salt to taste

### Method

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

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## Breads

(From: greg@colossus.central.sun.com (Greg Richter))

### NAAN

#### Ingredients:

4 cups all purpose flour

1 tsp baking powder

½ tsp baking powder

salt to taste

1 egg, beaten

6 Tbsp plain yogurt

3 Tbsp butter or ghee, melted

About 1 Cup milk

1 Tbsp poppy seeds

#### Instructions:

Sift flour, baking powder, baking soda and salt together in a bowl. Stir in egg, yogurt and 2 tablespoons of the butter. Gradually stir in enough milk to make



a soft dough. Cover with a damp cloth and place in a warm place for 2 hours. Preheat oven to 400 degrees F (205 C) (Note: I use even higher temp 500F and place a pizza stone in my oven) Knead dough on a floured surface for 2 or 3 minutes until smooth. Divide into 8 pieces Roll each piece into a ball then into ovals about 6 inches long. If you must use a baking sheet, grease it and brush the underside of the bread with water. Brush the other side with butter and sprinkle with poppy seeds Bake 6 to 10 minutes until puffy and golden brown. (This is where the stone makes a difference)

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Let food be thy medicine, medicine shall be thy food.

Hippocrates

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NAAN (SUSHEEL)From: [mjkelly+@cs.cmu.edu](mailto:mjkelly+@cs.cmu.edu) (Mary Jane Kelly)

Ingredients:

2-1/2 C. white flour (can use 1/2 whole wheat flour)

1/2 tsp baking soda

1/2 tsp baking powder

1/2 C. milk

1/2 C. yogurt

1 tbs oil

1 egg, beaten

1/2 tsp sugar, optional

1/2 tsp cumin seeds

Instructions:

Mix dry ingredients. Heat oil in pan. Heat beaten egg, milk and yogurt until barely warm. Add to flour mixture. Mix the dough, kneading just enough to hold together. Add water if necessary. Add cumin seeds. Let dough rest, covered, 35-40 minutes in warm spot. Divide into 20 small balls. Roll each ball to 1/8" thick. Broil, turning once.

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## CHAPATI (PHULKA)

(for 4, serving 1 or 2)

### Ingredients:

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

½ c Water

### Method:

Put flour in a large bowl with half the water. Blend the two together until it holds. Beat and knead well until it forms a compact ball. Knead dough until it is smooth and elastic. Set aside for 30 minutes. Knead and divide dough into 4 to 6 parts. Roll each ball into a tortilla like flat, about  $\frac{1}{8}$ " thick. Heat an ungreased skillet. Put phulka on it, and let it cook for about 1 minute (The top should just start to look dry and small bubbles should just start to form). Turn and cook the second side for 2/3 minutes until small bubbles form. Turn again and cook the first side pressed lightly with a towel. It should puff. Serve warm (maybe slightly buttered).

### Note:

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

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I burned sixty calories. That should take care of a peanut I had in 1962. – Rita Rudner

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## PARATHA

### Ingredients:

1 c Whole wheat flour

Ghee

Water

Method:

Make chappati dough. Divide into 6 parts and make balls. Flatten and roll each. Spread ghee over them and fold. Roll again. Heat the paratha on a griddle like you would a chappati, but spread some ghee over the top side. Turn and spread ghee on the other side. Fry until the bottom is crisp and golden, then turn and fry the remaining side.

Repeat with all six. Serve at once, since they lose crispness if stored.

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### STUFFED PARATHAS

Make dough for regular chappati's.

Fillings:

Potato – Boil potatoes, mash, add salt and chili to taste. Add Garam Masala and mango powder.

Radish – Grate one large Diakon Radish, add salt and leave for ½ hour. Squeeze out all the water, add grated ginger, chili, and pomegranate seeds.

Cauliflower – Grate cauliflower, add salt, pepper, garlic, and Garam Masala.

Method:

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

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### PESARA DOSA

List of ingredients: Calculate grocery list for multiple recipes

No.	Ingredient	Qty	Measure	Wt.(gms)
1	Moong dal (Pesar pappu, Split green gram)	½	cup	100.00
2	Rice	1 1/2	teaspoon	6.00

3	Onions	¼	small		
4	Green Chilis	½	medium		
5	Ginger Piece (1 inch in length)	¼	piece	.55	
6	Cumin Seeds (Cumin, Jeera)	0.63	teaspoon	1.31	
7	Salt	¼	to taste	.25	
8	Vegetable Oil	1 1/2	tablespoon	24.75	

#### Cooking procedure:

Step 1: Wash and soak the dal and rice in enough water for about 2.5 to 3 hours.

Step 2: At the end of that time, drain water from dal and rice mixture completely. In a processor, make into soft batter the following: dal, rice, green chilis, ginger, roughly chopped onion, salt. While grinding the above you may have to add water periodically, a tablespoon or two at a time. Do not add too much water in one go because the onion when crushed releases liquid. Overall, you may have to add about slightly less than half a cup of water. Remove the batter from processor and add cumin seeds. Mix well. Step 3: Proceed with making dosas: Heat the dosa penam and when hot, pour a ladleful of batter at the centre. immediately, start spreading the batter (with the back of a round shaped ladle) in a circular shape, of half a centimeter thickness. Basically, you should start at the centre and come to the edge as you are spreading the batter.

Drizzle about 1.5 teaspoons of oil and let cook until the edges slowly turn up (about 30 seconds after drizzling oil on the dosa). Now turn over and drizzle about a teaspoon of oil and let cook for half a minute or so. Now roll it up, with your fingers or fold it in half and remove from the penam. Serve hot, with Upma and Kobbari Pacchadi.

#### additional information:

This dosa tastes excellent when cooked with clarified butter/ghee, instead of oil. However, for most of us who are calorie conscious, it is not a viable option.

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## RICE varieties

### SOUTH INDIAN PULLAV (RICE)

#### Ingredients:

1 c Rice (Preferably Basmathi rice)

1/3 c Tomato puree, 1 large Onion

1 c Vegetables (preferably peas and carrots)

¼-1/2 tsp Coriander powder

(also called dhania powder)

1/8-1/4 tsp Garlic powder or 1 ½ cloves garlic , 1/8-1/4 tsp Ginger powder

¼" piece Ginger , 1/8-1/4 tsp Chili powder

1 Green chili cut into small pieces

1-2 pieces Cardamom

1 piece Cloves

¼” stick or 1/8 tsp powder Cinnamon

1 Bay leaf

1 tsp Salt

1 tsp Coriander leaves (if needed)

**Method:**

Clean the rice with water and set aside. Cut the onions length wise. Fry the onions and cardamom in butter for about 4 minutes. If you are using green chili, then add the chili. Add bay leaf, cloves, cinnamon and fry until the onions turn golden brown (This will probably take another 4–5 minutes). Add the garlic and ginger paste (preferably prepared from fresh ginger and garlic). Add dhania powder and chili powder (if green chili was not added before). Add the tomato paste and one cup of water (you have to experiment with the quantity of water needed. I found 1– ½ cups to be optimal) and bring the mixture to boil. Add the vegetables, rice and salt. If you like coconut, add ¼ cup of coconut flakes.

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

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Cooking is at once child's play and adult joy. And, cooking done with care is an act of love

--Craig Clairborne

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**SPICY GINGER RICE**

Number of servings: 4

Suitable occasions: Deepavali

List of ingredients: Calculate grocery list for multiple recipes

No.	Ingredient	Qty	Measure	Wt.(gms)
1	Basmati Rice	½	cup	100.00

2	Clarified Butter(Ghee)	0.03	cup	6.50
3	Onions	¼	medium	
4	Cashew Nuts	2 1/2		
5	Saffron	1/8	teaspoon	.09
6	Salt	¼	to taste	.25
7	Ginger Piece (1 inch in length)	1	piece	2.20
8	Cardamom	1		
9	Sugar	½	tablespoon	6.00
10	Lemon juice	½	tablespoon	7.60

#### Cooking procedure:

Wash rice and soak in sufficient amount of water. Chop onion. Mix saffron in about two tablespoons of milk and keep aside. Roughly crush the ginger pieces along with cardamom. Take a pot and add six cups of water. Add the crushed ginger, salt and cardamom. Cook until the water quantity reduces to three and a half cups. Strain the stock and keep aside.

Thoroughly drain water from the rice. Heat clarified butter/ghee in a deep non-stick skillet and fry cashew nuts until nuts are light brown. Now, add chopped onion and fry until they turn light brown. Add rice, stir once gently and add the stock, saffron and two tablespoons of milk and bring to a boil. Reduce the heat to low, cover tightly and cook for another 25 to 30 minutes. Remove from heat and keep aside for 10 minutes. Drizzle lemon juice over the rice and then serve. Serve with Kodi pulusu/Chicken gravy curry.

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#### Thair Sadam (Bagala Bath)

##### Ingredients

Rice 2 cups

Milk 1.5 cups

Yogurt 3-4 cups

Mustard ½ t.spoon

Urad dhal ½ t.spoon

Ginger a small piece washed and finely chopped

Green chilles 2-4 finely chopped

Cilantro finely chopped

Hing a small pinch

Butter 2 t.spoons

White grapes ½ cup

Salt

Method

Wash and cook rice in 3 cups of water and 1.5 cups of milk and keep it aside.

Fry mustard, urad dhal, and hing in little oil and add it to the above. Add the chopped ginger, green chilles, cilantro, butter, grapes, and yogurt and mix it well.

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## CHICKEN PULLAO

Ingredients:

2 large Onions cut lengthwise

2 large Chilies cut lengthwise

2 c Basmathi rice (about ½ kg. (1 kilogram = 2.2lbs))

1 large Tomato (cut into small pieces)

10-15 Coriander leaves

5 Mint leaves 1 clove Garlic 1" piece Ginger

½ cup Coconut powder

3 tsp Salt

3-4 Cloves

2 Cardamom



1 Bay leaf  
1" Cinnamon stick  
1 c Yogurt  
2 tblsp Butter  
1 lb. Boneless chicken

**Method:**

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

Cook rice in a separate vessel. Put rice into chicken and mix (It is advisable to cook rice about  $\frac{3}{4}$  ths and then let it cook with the chicken). Remove and serve (Will serve about 4 hungry grad. students.)

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Never eat more than you can lift. – Miss Piggy

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**VEGETABLE PULLAV (2)**

This recipe is slightly spicier than the previous one.

**Ingredients:**

1 c Rice  
1  $\frac{1}{2}$  c Water  
1 c Vegetables  
 $\frac{1}{2}$ " Cinnamon stick  
2 Cloves  
2 Cardamom  
1  $\frac{1}{4}$  tsp Salt  
 $\frac{1}{8}$  tsp Turmeric powder

1 tsp Dhania powder  
2 Chilies or ¼ tsp powder  
½ can or 1 lb. (16 oz) Tomatoes  
½ cup Coconut  
1 bunch Coriander leaves  
4 cloves Garlic  
½” piece Ginger (made into a paste)  
2 tblsp Butter  
1 Onion cut lengthwise

**Method:**

Wash the rice and drain the water. Extract one cup of water from tomatoes. Pour the butter into a vessel and heat. Add cinnamon, cardamom and cloves. Add onions and chilies and fry until onions turn golden brown. Add ginger + garlic paste and turmeric powder paste and fry until you get a nice smell. Now pour in the tomato water + 1 cup water. Add coconut, coriander powder (Dhania powder), salt and let boil Add rice + coriander leaves + vegetables. Reduce to low heat and let the rice cook.

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Enjoy life. Think of all the women who passed up dessert on the Titanic.

--Unknown (surely an antifeminist)

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**SAFFRON RICE (KESAR CHAWAL)**

**Ingredients:**

2 c Rice  
4 c Water  
6 T Ghee  
1 t Saffron threads (or less)  
2 T Hot water  
1 c Sliced onion, 1 small Cinnamon stick , splintered  
4 Bay leaves, 4 large Black cardamoms, 1 T Cumin seed, 4 Cloves, 2 t Salt

**Method:**

Soak saffron in hot water. Wash and soak rice in 3 c water (optional). Heat ghee and fry onions and then remove and keep aside. Add cinnamon, cumin seeds, cardamoms, cloves and salt. Wait 1 minute and then add the bay leaves and ½ the onions. Drain the rice and reserve the water. Add the rice grains and stir for 4–5 minutes until all the water evaporates and the grains of rice are coated with oil. Add the water and bring to a boil. Add saffron and its water and pressure cook at 15 psi. Remove from the heat and allow the pressure to drop by itself.

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Every time I get the urge to exercise, I lie down till the feeling passes.

--senthil

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

##### Ingredients:

- 1 c Basmathi rice
- 1 ¾ c Water
- ¼ c Oil
- 1 small Finely sliced onion
- 6 Cloves
- 1" Cinnamon stick
- 1 t Salt
- ½ t Cumin seed,

##### For Mixing with rice before serving:

- A) ¼ c frozen peas (boiled), salt, 6 drops green food coloring mixed with 1 t water.
- B) ¼ c diced tomatoes, ¼ t red pepper, salt, Garam Masala, 6 drops red food coloring mixed in 2 t water.

Ingredients:

- 1 Thinly sliced onion
- 2 ¼ c Ghee
- 1 oz Almonds
- 1 oz Cashew nuts
- 1 ½ oz Golden raisins
- 1 oz Pistachio nuts
- 1" piece Ginger thinly sliced
- 1 Green chili (optional)
- 1 Hard boiled egg

Method:

Clean, wash, and soak rice in 1 ¾ c water for pressure cooking, or in 2 cups of water for pan cooking. Heat oil and fry the onions. Add whole spices. Fry 1 minute. Add rice and fry for 2/3 minutes to coat the rice grains with oil. Add the water which the rice was soaking in. Pressure cook, building up the pressure to 15 psi and let drop, OR cook in a pan bringing to full boil then down to a simmer followed by 20 minutes of cooking until the rice is done.

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

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

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

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There is no love sincerer than the love of food. – George Bernard Shaw

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Bisibela Bath

Ingredients

Rice 1 cup

Thuvar dhall 1 cup

Turmeric powder ¼ t.spoon

Tamarind paste/extract 1.5 t.spoons

Red chilli 5

Peppercons 1 t.spoon

Corriander seeds 3 t.spoons

Cloves 2-3

Cinnamon stick a small piece

Cardamom 1

Ghee ½ cup

Oil ½ cup

Salt 74

Curry leave a few

Vegetables: Onions, carrots, peas, potatoes, green beans, white  
pumpkin, etc washed and diced

#### Method

Cook rice and thuvar dhall with turmeric with extra water and mash it well, and keep it aside.

Fry red chillies, peppercons, corriander seeds, cloves, cinnamon stick, and cardamom in ghee and wet grind this mixture. Chop onions and fry this in 2 t.spoons of oil. When the onions turn light brown, add the other chopped vegetables, and let it cook for sometime, till vegetables become tender. Now add salt, turmeric, and the ground masala, and let it cook for 10-15 minutes. Add tamarind paste, 2 cups of water, to the above, and mix everything well, and let it cook for 10-15 minutes. Now add the mashed rice/thuvar dhall mixture, and keep stiring till everything mixes well. Add 4 t.spoons of ghee, and 4 t.spoons of oil and serve it hot.

::

## Puliyodarai (Tamarind Rice)

### Ingredients

Rice 2 cups

Tamarind paste 1.5 t.spoon

Red chillies 10

Sesame oil ½ cup

Ghee 1 t.spoon

Mustard ½ t.spoon

Channa dhal 2 t.spoon

Hing ¼ t.spoon

Methi ½ t.spoon

Corriander seeds 1 t.spoon

Turmeric ¼ t.spoon

Curry leaves

Salt 1.5 t.spoon

Cashews

Peanuts

### Method

Cook rice with less water as you would cook for pulauv. Spread rice on a plate and sprinkle turmeric, little salt and 2 t.spoons of sesame oil.

Fry mustard, red chillies, channa dhal, hing, turmeric, and curry leaves in sesame oil.

Mix tamarind paste with little water, and add this to the above mixture, and let it cook until the flavour comes out. Now add peanuts to this and let it cook until the oil comes out.

Dry fry methi, and grind this into a powder.

Dry fry corriander seeds, and grind this into a powder.

Fry cashews in little ghee.



Mix everything together, and garnish with curry leaves.

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We never repent of having eaten too little. – Thomas Jefferson

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Venn Pongal

Ingredients

Rice 2 cups

Moong dhal ½ cup

Hing a small pinch

Curry leaves

Cashews

Pepper ½ t.spoon

Cumin seeds ½ t.spoon

Ginger a small piece finely chopped

Ghee ½ t.spoon

Salt 1 t.spoon

Method

Cook rice, moong dhal and turmeric powder with extra water and keep it aside.

Fry pepper, cumin seeds, hing, curry leaves, and ginger in 2 t.spoons ghee, and add this to the above pongal. Fry cashews in 1 t.spoon ghee and add to the above.

Add salt and remaining ghee and mix everything well.

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The most remarkable thing about my mother is that for thirty years she served the family nothing but leftovers. The original meal has never been found.  
~Calvin Trillin

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Cabbage Rice

Ingredients

Cabbage finely chopped 2 cups

Rice cooked 1 cup

Coconut  $\frac{1}{4}$  cup

Pottu kadalai  $\frac{1}{4}$  cup

Urad dhal 1 t.spoon

Channa dhal 1 t.spoon

Green Chillies 4

Ginger small piece

Mustard

Curry leaves

Salt

Oil

Method

Cook rice with less water as you would cook for pulav. Wet grind coconut, pottu kadalai, green chillies, ginger and salt. Fry mustard, channa dhal, urad dhal, curry leaves and cabbage, and let it cook for a few minutes. Add the ground masala to the above and keep cooking until the flavour comes out. Mix this with rice.

::

Lemon Rice

Ingredients

Vegetables: Peas  $\frac{1}{4}$  cup, Carrot  $\frac{1}{4}$  cup chopped

Rice 2 cups

Lemon Juice 2 t.spoon

Turmeric  $\frac{1}{4}$  t.spoon



Mustard ¼ t.spoon

Urad dhal 1 t.spoon

Channa dhal 2 t.spoons

Green chilles 2 chopped

Red chilles 2

Hing a small pinch

Ginger a small piece chopped

Roasted Methi powder ¼ t.spoon

Cilantro a small bunch washed and chopped

Cooking oil 3 t.spoons

Salt ¾ t.spoon

Method

Cook rice with less water as you would cook for pulav. Fry mustard, urad dhal, channa dhal, hing, red chilles, turmeric, green chillies, and ginger in oil. Add lemon juice and salt to the above and mix it well. Add cooked rice and mix it gently. Boil the vegetables with less water, and a pinch of salt. Mix the vegetables, rice, and methi powder well. Garnish with chopped cilantro.

::

Coconut Rice

Ingredients

Rice 2 cups

Coconut grated ¾ cup

Mustard ¼ t.spoon

Channa dhal 1 t.spoon

Urad dhal 1 t.spoon

Red chillies 2

Green Chillies 1

Hing a small pinch

Curry leaves a few

Peanuts

Cashewnuts

Coconut oil 3 t.spoon

Ghee 1 t.spoon

Salt  $\frac{3}{4}$  t.spoon

Method

Cook rice with less water as you would cook for pulav. Dry roast grated coconut with 2 t.spoons of coconut oil until it turns brown. Mix the roasted coconut, salt and cooked rice, and keep it aside. Fry mustard, urad dhal, channa dhal, hing, red chillies, green chillies, and curry leaves in oil. Add this to the rice and mix it well. Fry cashews and peanuts with ghee and add it to the above.

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We should look for someone to eat and drink with before looking for something to eat and drink... ~Epicurus

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Vangi Bath

Ingredients

Vegetables: Onions, potatoes, eggplant, cauliflower, and peas

Rice 2 cups

Corriander seeds 3 t.spoons

Red chillies 10

Cinnamon stick a piece

Cloves 2

Cardamon 2

Roja Mokku 4

Coconut  $\frac{3}{4}$  cup

Ginger a small pie, Cilantro washed , Curry leaves a few washed

Tamarind paste 1.5,, spoons

Mustard ½ t.spoon, Turmeric ¼ t.spoon

Cooking oil , Ghee 4 t.spoons

Salt 1.5 t.spoons

Method

Fry corriander seeds, red chillies, cinnamon stick, cloves, cardamon and roja mokku in oil.

Wet grind the above fried masala, 1 chopped onion, ginger, corriander leaves, and coconut to a fine paste, and keep it aside. Peel and chop potatoes into dices, and chop eggplant, and cauliflour and keep it aside.

Fry mustard, curry leaves, and the vegetables in a pan, and let it cook for 10–15 minutes. Now add tamarind paste and 2–4 cups of water, and let it cook for sometime. Now add the ground masala, turmeric, and salt and let it cook for 10–15 minutes, until the flavour comes out. Wash rice and add it to above, and add 4 t.spoons of cooking oil, 4 t.spoons of ghee, and 2–3 cups of water, and simmer the stove and stir it a couple of times until the rice gets cooked.

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Shipping vegetables is a terrible thing to do. They probably get jet-lagged, just like people. ~Elizabeth Berry

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Peas Masala Bath

Ingredients

Rice 2 cups

Peas 1–2 cups

Coconut ¼ cup

Green Chillies 4–5

Ginger a small piece

Clove 4

Cardomam 2

Cinnamon Stick a small piece

Mustard ¼ t.spoon

Salt

Cooking oil 2–3 t.spoons

#### Method

Cook rice with less water as you would cook for pulauv. Wet grind coconut, green chillies, ginger, clove, cardomon, and cinnoman stick and keep it aside.

Splutter mustrad in oil, and add the ground masala, salt and keep stiring for a few minutes until the flavour comes out. Now add the cooked rice, peas, and mix it gently.

::

#### Green Pepper Bath

##### Ingredients

Rice 2 cups

Tomatoes 2

Cumin seeds ½ t.spoon

Red Chillies 6

Cinnoman Stick a small piece

Green Pepper (Bell Pepper/Koda Mulakai) about 2 washed and cut

Salt 1.5 t.spoons

Cooking Oil 1–2 t.spoons

#### Method

Cook rice with less water as you would cook for pulauv. Wet gring tomatoes, cumin seeds, red chillies, cinnoman stick, and salt and keep it aside.

Fry in little oil the chopped green peppers for a few minutes. Now add the ground masala and keep frying until the flavour comes out. Add cooked rice to the above and mix it gently.

::

## VEG curries & stuffs

Where did the word Curry come from?

The word "Curry" is derived from **Tamil** word Kari meaning spicy sauce. North Indians claim it originated from the word "Karahi" (Indian Wok). Huh, British have dug up an Old English word "Cury" derived from the French word "Cuire" meaning "to cook". Do you actually curried or worried ?

GOBI ALOO (CAULIFLOWER  
AND POTATOES)

Ingredients:



- 1 Large cauliflower
- 3 Medium sized potatoes
- ½ large Onion sliced thinly in long slices
- 1 tsp Mustard seeds
- 2 or 3 pods Cardamom
- 1 tsp Coriander
- 1 tsp Cumin seeds
- ½ tsp Turmeric
- 1 Bayleaf
- 3 Cloves
- 3 tblsp Vegetable Oil

Method:

Start boiling the potatoes in a saucepan. Let them boil for at least 15 minutes. After they are done, turn off the heat and let them stand in the water. Cut the cauliflower into small bite sized pieces (roughly 1" cubes), throwing away most of the stem pieces. Wash and drain in a collander. While the potatoes are cooking, heat the oil in a wide skillet until it is very hot. Add the mustard seeds and wait until they start popping. Add bay leaves, cardamom and cloves. Mix around for a while and then add onions. Wait until the onion starts to turn before adding the rest of the spices (except for turmeric). Put the cauliflower in the skillet and fry in the oil and spices for 2 minutes. While the cauliflower is frying, cut up the potatoes into bite sized pieces and add to the skillet. Add turmeric and stir. Continue stirring the vegetables under medium heat for another couple of minutes. Add ½ cup of water and reduce heat to low. Cover skillet and let cook for 5 minutes. Check tenderness of vegetables. If they are still too hard, add another ¼ cup of water and cover again for 5 minutes. Salt to taste and serve.

::

### CHOLE "BILL AND JIM" (CHICK PEAS)

Ingredients:

1 can Chick peas (also called garbanzo beans)

(Progresso is a good brand.)

1 large Onion chopped finely

2 medium sized Potatoes (optional)

1 tsp Mustard seeds

2 or 3 pods Cardamom

1 tsp Coriander

1 tsp Cumin seeds

1 tblsp Garam Masala

Vegetable Oil

Method:

If you are using the potatoes, start boiling them in a saucepan. Let them boil for at least 15 minutes. After they are done, turn off the heat and let them stand in the water. While the potatoes are cooking, heat the oil in a wide skillet until it is very hot. Add the mustard seeds and wait until they start popping. Add bay leaves, cardamom and cloves. Mix around for a while and then add onions. Wait until the onion starts to turn golden before adding the rest of the spices (except for the Garam Masala). Add chick-peas with all the liquid. Cut up the potatoes into bite sized pieces and add to the skillet. Add Garam Masala. Continue stirring the chick-peas under medium heat for 5-7 minutes without covering. Check the tenderness of the potatoes. If they are still too hard, add another  $\frac{1}{4}$  cup of water and cook for another couple of minutes. Salt to taste and serve.

::

TOMATO CURRY WITH CREAM

Send this recipe to someone special...

Preparation time ([days] hrs:min): 00:05

Cooking time ([days] hrs:min): 00:20

Number of servings: 4

List of ingredients: Calculate grocery list for multiple recipes

No.	Ingredient	Qty	Measure	Wt.(gms)
1	Tomatoes	¼	pound	114.75
2	Onions	½	medium	
3	Green Chilis	¼	large	
4	Vegetable Oil	1	tablespoon	16.50
5	Milk	0.38 cup		75.00
6	Garlic Paste	¼	teaspoon	1.75
7	Turmeric (Haldi powder)	0.06	teaspoon	.25
8	Salt	to taste		.25
9	Coriander Leaves (dhaniya)			fistful

Cooking procedure:

Use Ripe Tomatoes.

In a skillet heat oil and add chopped onions. Fry until light brown. Then add garlic, salt, turmeric, chopped green chilies and fry for a minute or two. Next add sliced tomatoes over medium heat, cook for 15 minutes or until all the liquid is absorbed. Now add milk and simmer until sauce thickens (10 minutes).

Any additional information:

Goes well with sour dough bread and/or white rice. Also instead of milk one may add cream.::

::

Preparation time ([days] hrs:min): 00:20

Cooking time ([days] hrs:min): 00:25

Number of servings: 4

First plate: Onion Salad. Second plate: Cauliflower Korma and Perugu Paccadi (Onion Salad with Yoghurt). For once, instead of Alu Gobi, try cooking



cauliflower in a different way. A sure winner, this curry goes with almost all types of breads and rices. Suitable occasions: Pot-Luck Dish

List of ingredients: Calculate grocery list for multiple recipes

No.	Ingredient	Qty	Measure	Wt.(gms)
1	Chili Powder (Red Chili Powder)	¼	teaspoon	1.25
2	Coriander seeds	¼	teaspoon	.45
3	Cumin Seeds (Cumin, Jeera)	1/8	teaspoon	.26
4	Vegetable Oil	0.06	cup	17.19
5	Yogurt	1/8	cup	25.00
6	Cardamom	¼		
7	Cloves (Whole)	¾		
8	Garlic Paste	0.38	teaspoon	2.63
9	Ginger Paste	0.38	teaspoon	2.63
10	Turmeric (Haldi powder)	0.06	teaspoon	.25
11	Cauliflower	½	pound	229.50
12	Salt	to taste		.25
13	Curry Leaves	2 1/2		
14	Onions	¼	large	
15	Tomatoes	¾	medium	, 16 Coriander Leaves (dhaniya)
		¼	fistful	
17	Gasagasaalu (Poppy Seed, Khas Khas seeds)	¾	teaspoon	3.00

Cooking procedure:

Step 1: Powder cloves, coriander seeds, cumin seeds, cardamom, poppy seeds and keep aside.

Cut cauliflower into florets.

Step 2: Make into a paste onion and tomato.

Step 3: In a large dish add the paste from step 2, powder from step 1, ginger paste, garlic paste, red chili powder, turmeric, salt, yoghurt and cauliflower florets. Mix well and keep aside. Step 4: In a deep non-stick skillet, heat oil,

add curry leaves and coriander leaves. Immediately add the above mixture from step 3 and fry for five minutes on high heat. Now reduce the heat to just below medium and add one cup of water, stir and cover. Cook until the sauce thickens. Serve hot..

::

### Cauliflower Pepper Fry

#### Ingredients

Cauliflower-1, Onion-1, Green chilli-2, pepper-2 tsp, Salt-to taste, Oil- 3 tsp, kadugu, urud dhal-1 tsp, red chilli-2 nos, some curry leaves,

#### Method

Cut cauliflower in to medium sizes. in a pan add some water, salt and make it boil, after boiling add cauliflower(it should boil for 10 mins). in a pan add oil, kadugu, urud dhal, red chilli, curry leaves, onion, green chilli---> fry till the onion smell flies off, then add cauliflower. Cook for few minutes...it will cook soon bcos already the cauliflower is boiled in water, isit? after cauliflower is cooked, finally add pepper pwr, cook for few seconds, then remove from heat.... Serve it hot...its an good side dish for rice, taste & N'joy it.

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WHAT'S THE DIFFERENCE BETWEEN A BOYFRIEND AND A HUSBAND? --ABOUT 30 POUNDS.

~Madonna

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### VEGETABLE CURRY

by: NICK NAIRN, from Ready Steady Cook

1 tbsp sunflower or vegetable oil

¼ red onion, chopped

2 cloves garlic, peeled and chopped

½ sweet potato, peeled and chopped

1 tsp cardamom

1 tsp ground cumin

1 tsp coriander

1 tsp paprika

1 tsp turmeric

1 lime, juice only

400ml/14fl oz coconut milk

55g/2oz fresh coriander, chopped

#### Method

1. Preheat the oil in a large saucepan.
2. Add the onion and garlic and saute' until soft.
3. Add the sweet potato and the spices and stir well.
4. Allow the curry to simmer for 8–10 minutes (or until the potato is soft) before adding the lime juice and coconut milk.
5. Toss in the coriander and serve in a large deep bowl.

::

#### VEGETABLE BALTI

Sent in by: STEVE LEWIS, Cowbridge, South Glamorgan.

Select your vegetables, prepare and cook, and then combine them with the following Balti

Spice Base. You will need 6oz (175 g) raw vegetables for each person.

2 tsp. Ghee

1 Garlic clove, thinly sliced

2 oz (50 g) Onion, chunky slices

1 tbsp. Balti Paste

#### Method

Heat the oil in the Karahi, and then stir-fry the garlic for about 15 seconds.

Add the onion and stir-fry for around 1 minute. Add the paste and stir-fry for a further 2 minutes adding water as needed. Remove from the heat and add 1 portion of the vegetable of your choice and stir-fry to heat through. The Vegetables need to be either steamed, boiled or microwaved to tender before stir-frying.

::

My wife started walking five miles a day when she was 40.

She's 59 now and we have no idea where she is.

~ anonymous

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## VEGETABLE KORMA



1 small cauliflower (250gms)

$\frac{3}{4}$  cup peas

2 potatoes

1 carrot

1 tomato

2 onions

$\frac{2}{3}$  garlic flakes

1 small ginger piece  
1 tsp. chilli powder  
1 tbsp. garam masala powder  
½ tsp. turmeric powder  
1tsp. Cumin seeds  
4 tbsp. oil/ghee/any cooking medium  
¾ cup coriander leaves, chopped (optional)

#### Method

Cut the cauliflower into small pieces, peel the potatoes and carrot and cut them into small cubes, wash all vegetables. Chop the tomatoes, grate the onions.

Make a smooth paste out of the ginger and garlic. Heat oil in a vessel. Add the cumin seeds. Add onion and saut. Add ginger-garlic and fry for one minute.

Add all powder masalas and vegetables. Add salt and sugar. Stir fry till crisp. Add 2 cups hot water and cook till done. Add coriander leaves before serving (optional).

::

#### OKRA MASALA BALTI

Sent in by: NICK BARTLETT, Becquet Vincent, Jersey.

500g Okra, 4 tbsp. Oil, 250g Onion, cut into thin slices

1tbsp. Grated fresh root ginger , 125g finely chopped fresh tomatoes

1tsp. Salt, 1/2tspn. Ground turmeric, 1tspn. Ground fresh green chilli's (reduce for mild taste), 2tbsp. Whole coriander leaves

#### Method

Wash the okra in cold water and wipe off excess water with kitchen paper.

Cut off tops and tails of okra and either leave okra whole or cut into 5cm (2-inch) pieces. Put the oil into a karahi or deep frying pan, add the onions and fry until they are transparent. Add the ginger, tomatoes, salt, turmeric and chillis. Simmer mixture on low heat for 7-10 minutes or until the liquid is reduced.

Add the okra and stir once. Simmer for 10 minutes on low heat or until okra is cooked but still firm to touch. Do not stir too often as okra is a very delicate vegetable and may break up. Sprinkle with coriander leaves.

::

When baking, follow directions. When cooking, go by your own taste.

~Laiko Bahrs

## SaMbAR

*[ I'm particularly, for long time, fond of sambhar ( life syrup ?!! ).*

### BACHELORS' SAMBAR

#### Ingredients

vegetables—any—cut into medium pieces.  
tamarind paste--1 tsp salt to taste sambar  
powder onion, small tomatoes-1 dhal (thuvan  
Or green dhal--1/2 cup oil and mustard to  
season turmeric powder-1/2 tsp asafoetida-  
pinch



#### Method

take a small pressure cooker.season with oil,the  
mustard,turmeric,asafoetida,followed by onions,tomatoes,cut  
vegetables,dhal,sambar powder,salt,tamarind and add enough water. cook  
for 5-6 whistles. open after ½ hour. garam smelling sambar ready.takes only  
20 minutes maximum

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We are all dietetic sinners; only a small percent of what we eat nourishes us; the balance goes to waste and loss of energy. ~William Osler

::

## Carrot Sambhar

### Ingredients

1. Toor Daal – 1 cup
2. Carrot – 2 long
3. Onion – 1 big
4. Tomato – 2 small
5. Green Chillies – 2 cut lengthwise
6. Tamarind paste – 1 teaspoon
7. Curry leaves
8. Coriander to Garnish

### Method

1. Pressure cook the daal
2. Add oil to a kadai and splutter mustard and fenugreek seeds.
3. Add chillies, curry leaves and garlic(optional)
4. Add onions and fry till golden brown
5. Then add the cut carrots and saute them
6. Add the tomatoes and cook till the carrot becomes soft.
7. Then add the cooked daal and tamarind paste
8. Cook till it comes to a boil and then garnish with curry leaves

::

## NUTRELA SAMBHAR

### Ingredients

For Sambhar Powder 1 tbsp. Coriander seeds 1 tbsp. Bengal Gram Dal ½ tea spoon black peppercorn 1 tsp. Garam Masala 1 tbsp. Oil 2-3 red chillies 1 tbsp. Black Gram Dal 1 tbsp. Grated Coconut. 1 tsp. Fenugreek Seeds For Sambhar soup ½ cup Nutrela 1 small Brinjal ¼ cup shelled peas ½ cup Tamarind Pulp ½ tsp. Turmeric powder 1 tsp. Chopped ginger 2 cup Red gram Dal 1 small piece Pumpkin 1 potato Salt – to taste 2 Chopped green chillies A small piece chopped ginger For seasoning 2 tsp. Oil ¼ tsp. Cumin Powder A pinch asafetida A few curry leaves ¼ tsp. Fenugreek ¼ tsp. Mustard seeds 1 Chopped onion

### Method

1. Heat oil Fry all the ingredients (listed above for Sambhar powder) until light brown and grind.
2. Cook dal with enough water till tender and pulpy.
3. Boil diced vegetable and Nutrela in tamarind juice.
4. Add well cooked dal, salt turmeric powder and sambhar powder. Boil for 5 minutes
5. Fry mustard

seed, cumin seed, fenugreek seed, asafoetida, curry leaves and onion, in hot oil. Season cooked sambhar with it. Add coriander leaves.

Serve hot with rice or idli.

::

### CHANNA SAMBHAR

#### Ingredients:

- 1 cup Toor Dal
- 1 tsp Tamarind
- 3 tsp Salt
- a pinch Turmeric
- 2 tsp Channa Dal
- 3 tsp Dhania seeds
- 1 pinch Hing
  
- 3 Red chilies
- ¼ cup Grated coconut
- 1 tsp Mustard
- 10 Coriander leaves
- 1 Green peppers cut into pieces
  - 1 Onion chopped
  - 1 Tomato cut into pieces

#### Method:

Boil the toor dal with 3 cups of water.

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

Fry the green pepper in oil for a few minutes. Boil the tamarind paste, water, salt, turmeric, tomato and vegetables. cook for about 5 minutes. Add boiled dal and bring to a boil In the meantime fry the mustard seeds and onion.



Add the above ingredients & coriander leaves to the mixture.

::

## Arachuvitta sambhar

### Ingredients

vegetables: onions-1 big okra-250 gms. bringal-1 small pumpkin-1 small piece  
grind: coriander seeds-1 tbsp. methi seeds-1 tsp. channa dal-1 tbsp.  
coconut- 1 handful red chillies-5 nos. hing- a pinch tamarind-i lemon sized  
haldi powder-1 tsp. curry leaves and coriander leaves- to garnish mustard  
seeds-1 tsp thur dal-1 cup oil-1 tsp salt-to taste

### Method

cut all the vegetables. place a vessel in the stove and extract tamarind water and put all the cut vegetables.put halid powder in it.don't put salt now.allow it to boil.once vegetables are cooked fully put some salt in it. in another kadai put some oil put all the ingredients for grinding.and grind with coconut. cook thur dal and keep aside.

finally put the ground mixture,tur dal in the sambhar which contains the vegetables.let it boil and becomes a gravy. atleast season with mustard seeds and garnish with coriander and curry leaves.

::

## Greens and Dhal

### Ingredients

Fresh greens - 2 bunches [any kind preferably not sour in taste]

tur dhal - ½ cup;

moong dhal- lesser than ¼ cup{dhals to be pressure cooked}

Garlic- 6 nos. pods [optional]

Green chillies -

2 nos Tomatoes - 2 big ones

Turmeric powder - ½ tspn

### Method

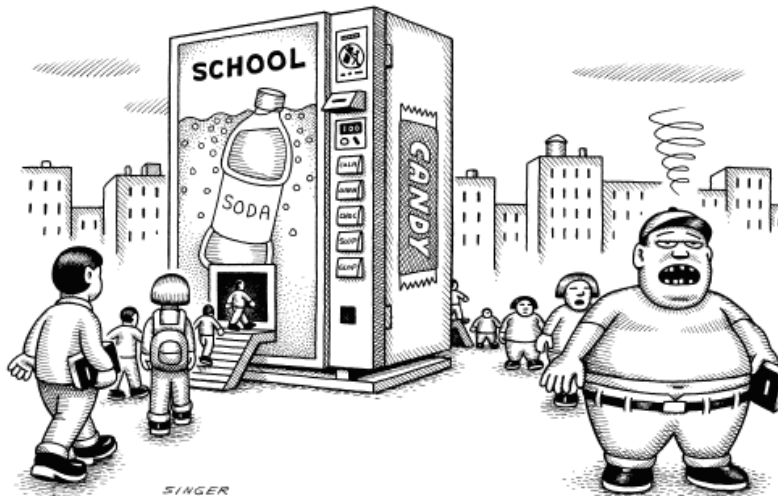
For seasoning 2 med Onions finely sliced 2-3 Green chillies seeded & cut lengthwise red chillies – 2 de seeded & broken up Fresh ginger shredded ,” pc mustard – ½ tspn Cumin-1tspn hing – a little curry leaves – little Oil 3 tbsps. Salt to taste For Garnish: 1- 1 ½ tbspn Lime Juice

#### Method

Pluck greens, wash, cut finely and keep aside. Wash & pressure-cook (both tur dhal and moong dhal) Dhals with saffron powder, green chillies, tomatoes & garlic pods (for 2 whistles remove keep aside to cool) once the cooker has cooled down open & mash the dhal & keep. In a vessel add when hot add onions & fry till golden brown now add the emaining seasoning ingredients & fry. Once the mustard seeds crackle add the greens (Keerai) & fry till the colour changes, now add the cooked dhal & mix well, add water if too thick bring to a boil – remove & garnish with chopped Corriander leaves & a lime Juice, serve with Rice,Chappattis, Puris etc.

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#### Vatral



#### Kuzhambu

#### Ingredients

Sundakkai, Manathakkali or any vegetable Vatral or you could use fresh Brinjals cut into cubes

#### methods

Lady's fingers could be fried nicely & add'd to the Kuzhambu, Tomatoes could be used. Tamarind a golf size ball soaked in water & the pulp extracted & kept aside; Sambar Powder 1 1/2 – 2 tbspn. For Seasoning: Mustard Seeds ½ tspn; Methi Seeds–1/2 tsp.; Dry Red Chillies–4 de seeded & broken & kept; Channa Dhal 1 tspn.; Asafoetida Powder – a big pinch; Curry Leaves – few Oil 4–6 tbspns. Salt to taste

### Method

Preparation Soak the tamarind in water & extract the pulp (juice). Add salt to taste – & keep aside. Now put a vessel on the gas add oil when hot add the channa dahal, curry leaves red chillies, mustard & methi seeds & fry till dhal is brown & the mustard seeds crackle now lower the heat add the Sambar powder & fry for 2–3 mins. do not allow to burn

- a nice smell will arise now add the Tamarind water mix well & allow to bubble nicely till the required thickness has been reached – remove from fire & serve with ghee,

roasted pappads & plain white rice. Tips You could roast/broil 2 tspns of rice & powder the same mix in a little water & add to the Vatal Kuzhambu to thicken faster. Vatal Kuzhambu method 2 For Masala Urud Dhal 2 tspns; Pepper corns 1 tspn; Red Chillies 4 nos;

asafoetida a bit; Fry the above ingredients in a little oil until golden brown & grind to a smooth paste. To the the Tamarind juice add the paste & prepare the Vatal Kuzhambu.

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### Green Chilly Curry

#### Ingredients

¼ Kg Green Chillies – long thick variety. ¼ cup oil; 3 med. size onions finely minced; 1 tspn ginger paste; 1 tspn Garlic paste; ½ tspn turmeric powder; A lime size ball of tamarind soaked in 1 – 2 cups of warm water.Salt to Taste. For Grinding to a paste: 1 onion (sliced & fried); 1 tbspn each coconut/peanuts/white Yellu/Roasted Corriander seeds powdered; 1 tspn roasted Jeera Seeds powdered; ¼ tsp. Turmeric powder; 1 tspn Chillie Powder.

## Method

Slit chillies lengthwise, soak them in salt water for ½ an hour, drain & keep aside. Heat Oil& fry chillies till the chillies change its colour – keep aside. In the same oil fry the minced onions to a golden brown add ginger garlic paste & fry on slow heat for 2–3 mins.now add the onion paste ingredients & continue to fry on low heat till oil comes to the surface, at this stage add the tamarind pulp & salt to taste mix well & leave to simmer, & the gravy thicken – now drop in the fried Chillies, mix well & leave to simmer for a further 3–5 mins. Remove from heat & garnish with chopped corriander leaves & serve with Roti/Pulao or boiled rice. P N If more tamarind is required – as per yr. taste you could include accoring to your taste. The Gravy should resemble a sauce consistency Pearls recipe

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Vegetables are interesting but lack a sense of purpose when unaccompanied by a good cut of meat. ~Fran Lebowitz

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## Tomato–Pulik Kulambu

### Ingredients

Tomato 10, coconut 1cup, onion 3, tamarin water ½ cup, olive oil 3t.spoon.Green chilli

3, salt to taste,curry leaves , mustard seed ¼ tspoon,curry powder 4t.spoon coriander leaves.

### Method

Wash and cut the tomato into 2 inch pieces.Heat the olive oil and pour onions,green chilli,curry leaves mustard seeds until become brown and add tomato tamarin water boil for few minutes.Mixed well the curry powder,coconut and salt.Let it to boil till the curry paste become thick.Garnish with coriander leaves.It is excellent for roti canai(Malaysian food) rice dosai idly and other’s try it.

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## Garlic rasam

### Ingredients

garlic-3-4    pepper-1tsp    jeera-1tsp    redchilly-3    tomato(optional)  
toordhal(1/2cup)

#### Method

first extract tamarind juice into 3-4 cups with that juice addasafoetida, cilantro&curryleaveslet it boil tillthe tamarind smell goes. grind garlic pepper jeera&redchilly addthe paste into the tamarind juice. andthen add dhal water .for seasoning add mustard&garnish with cilantro.

::

#### Brinjal Chagoo

#### Ingredients

1. Brinjal – 300 gms
2. Tomato – 200 gms
3. Onion – 150 gms
4. Green chilly – 3 nos
5. Chilly powder – 3 teaspoons
6. Tamarind – small lemon size
7. Jeera – ½ teaspoon
8. Dhani – 1 teaspoon
9. Sesame – 1 teaspoon
10. Grated Coconut – 3 tablespoons
11. Phudina & Coriander leaves

#### Method

Fry Dhaniya, Jeera, Sesame, Grated Coconut and make fine paste. Put mustard in heated oil, then add green chilly, onion, tomatoes fry well then add brinjal and heat it sim for 5 minutes. Finally, add tamarind water, salt, chilly powder, and turmeric powder in the paste and cook for 5 minutes.

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If you want to make an apple pie from scratch, you must first create the universe.    ~Carl Sagan

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#### Capsicum Gravy

#### Ingredients

1. Capsicum – ¼ Kg.
2. Grated Coconut – 2 tablespoons
3. Cashew – 8 nos
4. Green Chilli
  - 2 nos
5. Kasa Kasa – 2 teaspoons

### Method

1. Make fine paste of Coconut, cashew, Chilli, and Kasa Kasa. 2. Cut the Capsicum into

small square pieces and fry them in 2 tablespoons of oil 3. Finally, add the paste, a cup

of water in the frying pan and heat it for five minutes in sim.

::

### Tomato Rasam

#### Ingredients

Small can tomato sauce, rasam masala, frying ingredients, 2 tsp. vegetable oil, 3 cups water, 1 1/2tsp. salt, chopped corriander for garnish. Masala: grind the following using mortar and pestle: 10 pepper corns, 2-3 pinches of cumin, 2 cloves of garlic, and 2 dry red chillies Frying ingredients: 1/8 tsp. of mustard seeds, 1 pinch of urad dhal, 4-5 curry leaves

### Method

In a two quart saucepan add frying ingredients to heated oil. When the mustard seeds pop, add the rasam masala. After 30 seconds when you smell the masala, add the tomato sauce and 3 cups of water and salt. Keep it on medium heat until it starts to boil. (do not let it boil). Add chopped corriander leaves and serve it hot with rice.

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### Onion Rasam

#### Ingredients

Things Required: 1-yellow or white onion,1 clove of garlic,ginger(if required a small piece),1/2 lemon size of tamarind,1/2 spoon of turmeric powder,3/4 spoon of chilli powder,1/2 spoon of jeera,currileaves,3/4 spoon of salt,1 table spoon of oil or ghee(if desired)

### Method

Make the tamarind juice and cut the onion in to pieces and squeeze it in the tamarind juice and keep it a side. In a pan add the oil, asefotida powder, garlic, curri leaves, jeera and fry. Then add the garlic, ginger, turmeric, chilli powder and kept the stove off. Then add the tamarind juice (with onion pieces on it) and add salt. No need of heating this rasam. The rasam will get hot with pan heat itself and that heat is enough for this rasam. This is a good for all and especially those who will get stomach upset.

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instant & fast buttermilk kolambhu

### Ingredients

Besan powder, chilli powder, tumeric powder, salt, curd

### Method

Mix 3-4 tsp of besan powder, ½ tsp of chilli powder, little tumeric and desired salt to 1 ½ cup of water and mix it well without lumps. Then in a vessel season using mustard, urad dhal and curry leaves. then add this mixed water to it. well it becomes thick add 1 cup of curd. when it boils well switch off the stove and its ready.

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brinjal pulli kuzhambu

### Ingredients

Brinjal (small size), coconut, red chillies, coriander seeds, onions (small), pepper corns, jeera, ginger, garlic, cloves, cinnamon, mustard, tomato, curry leaves, gingelly oil, asofoetida, fenugreek, salt.

### Method

Step 1: Pour little oil in the kadai. Add onions, grated coconut, red chillies, coriander seeds, pepper corns, jeera, ginger, garlic, cloves, cinnamon and fry for a while. Step 2: Make a fine paste of the ingredients of step 1 Step 3: Pour little oil in the kadai, add mustard seeds, fenugreek (little),

asfoetida,tomatoes, fry for a while . Add full brinjals slotted into four , and fry for sometime. Add the paste and little water and salt as per needed. Cook for 10 min.

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We should look for someone to eat and drink with before looking for something to eat and drink... ~Epicurus

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## 2 Mins Rasam

### Ingredients

Tamarind – lemon size Turmeric powder – 1 pinch Tomato – 1 no. red chillies – 2 nos.

Garlic flakes – 3 nos. Small onion – 1 no. Pepper and jeera(cumin)powder. curry leaves, salt as required. (servings for 2 )

### Method

Smash the tomatoes in the tamarind paste. Add turmeric,onion,salt and pepper and jeera powder. keep it aside. Take kadai with little oil and heat it. Add red chillies, smashed garlic flakes,curry leaves and saute it for a while till the garlic is cooked. Add this seasoning to the liquid and boil it for a 10 mins. Your rasam is ready to eat.

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## Vendhaya Kuzhambu

### Ingredients

Vendhayam 1 cup, Coconut – 1 cup, gingelly oil 4 tbsp, dhaniya 2tbsp, Red chillies 6,Onion (Big) – 1 (small pieces), Garlic – 2 tamarind, small lemon size, Tomato – 1, curry leaves, coriander.

### Method

Soak Vendhayam overnight. Heat oil. Fry Onion, garlic, Curry leaves. Grind Dhaniya and red chillies. Add to onion. Fry for 5 mts. Add Vendhayam. Fry for 5



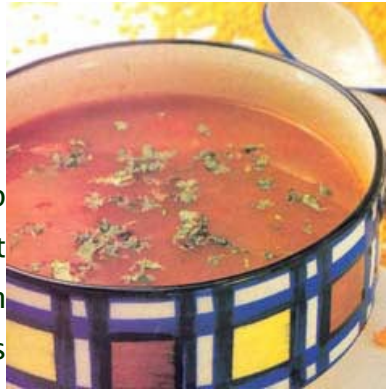
mts. Add Tamarind water, tomato, salt, turmeric powder. Let boil for 10 mts. Extract coconut milk thrice and keep separately. first add 3<sup>rd</sup> extract then second and then 1<sup>st</sup>. After 1<sup>st</sup> extract switch off gas after 2 mts. Garnish with coriander leaves. This tastes excellent when taken with rice or chapathi.

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## Dhal Rasam

### Ingredients

Tur Dhal - ½ Cup  
(Pressure Cook till soft  
& keep aside- Open  
Cooker when it has  
cooled down & strain



away the Dhal Water & keep for the Rasam - You could use the Dhal for Sambar or for any other Preparation of your's). Tamarind as big as a lime size ball -(soak in 2 cups warm water & extract the pulp & keep aside); Salt to Taste; Tomatoes 2 no's (medium size) - chopped & kept;

Asafotedia Powder - ¼ tspn; Rasam Powder 1 Tbspn. Seasoning Ingredients required: 2tspns. Oil; 2 Red Chillies; Mustard Seeds ½ tspn; Curry Leaves few; Jeera Seeds ¼ tspn. For Garnishing: Chopped Corriander leaves - 1 tspn.

### Method

In a vessel add the Tamarind Water (extract), Chopped Tomatoes, Asafotedia Pwd., Salt, Rasam Pwd. & 1 - 2 Glasses of water, mix well & place on fire, let it bubble nicely till the raw tamarind smell goes - now add the Dhal Water & if necessary another 2 glasses of water & bring to a boil, it will froth up - remove from fire & keep aside. Fry your seasoning ingredients & pour over the Rasam. Garnish with chopped Corriander leaves. Serve Hot with Plain Rice, Pappads, Kootu, & Poriyal. PN: When using Tomatoes too for the Rasam check on the quantity of tamarind you are using.

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No man is lonely eating spaghetti; it requires so much attention.

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~ Christopher Morley

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### Coconutmilk Rasam

#### Ingredients

Coconut milk ½ cup Jeeragam 1 and 1/2 tsp Asfoetida 1 pinch Tomato 2 lemon size Garlic 1 clove Red chillies 2 Green chilli 1 Pepper 1 tsp Turdhal ½ tsp Tamarind cherry size Mustard 1 pinch Urad dhal 1 pinch Coriander leaves little curry leaves little

#### Method

Grind jeeragam, greenchilli, turdhal, pepper, garlic and keep it aside. Soak tamarind in water for 5 to 10 min and extract the juice from it. Mash tomatoes in the tamarind juice and then add the ground masala in it. Heat one spoon of oil in a pan add mustard seeds, urad dhal, fenugreek and redchillies. Then add the mixture in it. Let it boil for 5 min then add coconut milk in it, let it boil for 2 min. Garnish it with coriander and curry leaves

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### Takkhali vattha kulampu

#### Ingredients

Takkali 3 or 4, ulutham paruppu, kadalai paruppu, kaduku, venthayam, turmarind, karapodi (mirchi masala), manchal thool, salt

#### Method

cut the tomatoes in smaller pieces. fry one teaspoon of kaduku, ulutham, kadalai paruppu in oil. put the cut pieces of tomatoes in the frying pan, fry well for ten minutes. Make thick solution of pooli in water. pour it in the frying pan, once tomatoes fried nicely. put salt, karapodi, and manchal

thool bol it for half an hour. i hope you should try and see . easy bachelor cook. goes well with any side dishes like pototo wafers or any kariamudhu.

::

## Kandathippili Rasam

### Ingredients

Toor Dhall: 1 tsp Dhania seeds:1 tsp Pepper: 1 ½ tsp Red chillies : 3 or 4 Hing:  
1 small piece Jeeragam : 1tsp Kandathipili or modi sticks : 5 or 6 Tamarind  
extract: from a big lemon sized ball Ghee and mustard :1 tsp each Curry  
leaves Salt to taste

### Method

1. Roast hing, chillies, pepper, dhania seeds and toor dhall along with the kandathippili ticks. 2. Strain the tamarind and make 2 ½ cups of extract 3. Add salt and some hing and allow it to boil. 4. When the smell of raw tamarind has vanished, make a paste of all the items that have been roasted and pour this on to the boiling tamarind and allow it to boil 5. After about five minutes, grind the jeera alone in water and add it to the tamarind mixture. Then add sufficient water and set the flame to simmer. 6. Remove it from the flame when the rasam starts to boiling 7. Heat ghee, add mustard seeds and allow them to crackle and then add the curry leaves and pour it over the rasam Serve hot with plain rice or can be consumed as such as an appetiser

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## poritha kuzambu

### Ingredients

1tsp urad dal,1tsp jeera,1tsp pepper,2 to 3 red chillies,1tbsp grated  
coconut,salt as per the taste,diced vegetables 3/4cup,moong dal

1/2cup,curry leaves.Suggested vegetables are chow-chow,snake gourd,drumstick and ridge gourd.

#### Method

Fry each of the first five ingredients separately and grind together into a paste.Cook the dal in an open pan.Pressure cooking the dal is not recommended.Once the dal is half cooked add the cut vegetables and cook it along with the dal.Once the vegetable is cooked add the ground paste and salt.Add water if necessary.Boil till the gravy thickens and then add the curry leaves.Season with mustard.Serve hot with plain rice.

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#### Mysore Rasam

Fry the following lightly until golden brown in a spoon of ghee and grind the following in a mini blender jar to make a paste: coriander seeds(Dhaniya)-2 spoon, black whole peppers(Milagu)-1 spoon, gram dal-1 spoon, red chillies-2-3, asafoetida(Perungayam), grated coconut - 2 spoons(Add last). Steam ½ cup of toor dal in a pressure cooker.Cut 1 large tomato and add 2 cups of water to it.Add salt, Sambar powder, asafoetida, tamarind juice and heat the mixture until the raw smell of tamarind is gone.Add steamed toor dal and the ground mixture.Keep it in low heat for sometime and then add ½ spoon rasam powder.Add splattered mustard.Add green coriander leaves and curry leaves.

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#### GARAM MASALA

(approximately 1 ½ cups)

#### Ingredients:

3 - 5" pieces Cinnamon stick

1 c (???) Green cardamom pods

½ c Cumin seed

½ c Black pepper corns

½ c Cloves

½ c Coriander seeds

Procedure:

Dry the ingredients in an oven. Do not let them turn brown. Remove the seeds from the cardamom pods. Pound cinnamon sticks into smaller pieces. Combine ingredients until they are well mixed and blend at high speed for 2–3 minutes until completely pulverized. (LINE MISSING, The recipe seems to be complete, but as the original had this I am letting it remain.)

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A nickel will get you on the subway, but garlic will get you a seat. ~Old New York Proverb

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Indian Chickpeas From: demers@ere.umontreal.ca (Demers Serge)

250 gr of chickpeas (1 cup)

2 Tbsp vegetable oil

1 onion chopped

2 cm cinnamon stick

4 cloves

2 garlic cloves, squashed

2 cm fresh ginger, chopped

1 green chili pepper, finely chopped

2 tsp ground coriander

¾ cup of chopped tomatoes (from a can)

1 tsp garam massala

1 Tbsp cilantro, chopped

Soak chickpeas overnight, rinse, cook in water until tender. Drain, KEEP THE COOKING LIQUID!

In a frying pan heat the oil, fry onion until golden. Add cinnamon and cloves, cook a few seconds. Add garlic, ginger, chili pepper, ground coriander and cook 5 minutes, stirring.

Add tomatoes, with the juice and cook until all liquid has evaporated.

Add the chickpeas to the pan, mix well, cook 5 minutes. Pour the cooking liquid of the chickpeas and simmer for 25 minutes, until all the liquid is gone.

Sprinkle with the garam massala and cilantro.

Can be served hot or cold.

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(coconut curry)

#### Ingredients

1. 1 small coconut grated
2. 1 teaspoon urid dal
3. ½ teaspoon tur dal
4. ½ teaspoon rice
5. 1 teaspoon dhania
6. 5 red chillies
7. Tamarid one small lemon size
8. salt appropriate
9. Turmeric powder
10. Oil 1 teaspoon

#### Method

In a pan, put the oil and fry all the ingredients(2 to 6 mentioned above) till brown.

Grind them well with the grated coconut. Make tamarind paste and boil it for 5 minutes. add turmeric and salt. If you want to add vegetables, then ladies finger and/or brinjal are the good ones for this. Fry the vegetables a bit before adding them to the tamarind paste. Once the vegetables are cooked properly, add the coconut paste into it and wait for 5 more minutes. Add curry leaves for garnishing. You can also garnish this with the fried mustard seeds in oil. This is a special kolambu made majorly of coconut and tastes very good. It is a nice change for people who are bored of sambar and rasam every day.

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#### ONION AND TOMATO RAITA (4-6 Servings)

#### Ingredients:

8 oz. Yogurt (plain)

1 small Onion

½ t Salt

1 small Tomato

½ t Chat Masala (optional)

½ t Black pepper (ground)

¼ c Milk

**Method:**

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

::

### BOONDHI RAITA

**Ingredients:**

¼ c Besan

½ c Water

Ghee for frying

to taste Salt

to taste Pepper

to taste Chat Masala

1 ½ c Yogurt

¼ c Milk

**Method:**

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

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## VEGETABLE KURMA

Recipe from Sriram

Ingredients:

2 cups Vegetables

2 Onions cut length-wise

2 Green chilies cut length-wise

1 tsp Coriander powder

1 ¼ tsp Salt

one pinch Turmeric powder

½" Cinnamon stick

2 Cloves

2 Cardamom

2 tblsp Coconut powder

1 tsp Khus-Khus (poppy seeds)

¼ tsp (3 cloves) Garlic

¼ tsp powder (or ½" fresh) Ginger

Method:

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

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

Add coconut paste, khus-khus, salt and wait until cooked.

(Note: Cook on low heat.)

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## tomato curry

### Ingredients:

- 1 cup      Vegetables
- ¼-1/2 tsp Coriander powder
- 1/8-1/4 tsp Chili powder
- 1/8-1/4 tsp Garlic powder
- 1 tsp      Salt
- 1 large Onion
- ¼-1/2 tsp Mustard seeds
- 1/8 tsp    Urad Dal
- ¼-1/2 cup Tomatoes-crushed

### Method:

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

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

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

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## GREEN PEPPER CURRY

### Ingredients:

- 2 large ones Green Pepper
- ¼ tsp    Chili powder
- 1/8 tsp    Turmeric powder

½ tsp Dhania powder

1 tblsp Coconut flakes

1 tsp Khus Khus (poppy seeds)

1 small bunch Fresh Coriander leaves

2 small Tomatoes

2 Onions

2 tblsp Oil

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

1 ¼ tsp Salt

Method:

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

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

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

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#### DRY POTATOES (SOOKHA ALOO)

(4-6 Servings)

Ingredients:

4 medium size Potatoes

2 t Cumin seeds

1 t Salt

2 t Mango powder

¼ t Hot pepper

2 t Garam Masala

Oil (to fill pan to 2")

Method:

Boil potatoes until cooked but not overdone. Peel and cut into ½” cubes.

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

Serve hot.

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

::

## OKRA (BHINDI)

(Serves 6)

### Ingredients:

1 lb okra

2 small Onions

2 small Tomatoes

¼ t Turmeric

to taste Salt

Red pepper (optional)

Oil for frying

### Method:

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

Add turmeric to hot oil. Add the onions and fry until golden brown.

Add the fried okra, salt, pepper, and tomatoes.

Cover and bake at 250 deg F for 15 minutes.

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## PANEER (CHEESE)

### Ingredients:

- 1 ½ pints Milk
- ½ t White vinegar AND
- ½ t Lemon juice OR
- 1 c Yogurt

### Method:

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

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

Cut it into whatever shape you like.

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## MATTAR PANEER (PEAS AND CHEESE)

### Ingredients:

- 2 Onions
- 2 Tomatoes 4 cloves Garlic ½ packet frozen Peas
- 1" cube Ginger
- ¼ t Turmeric
- to taste Salt
- to taste Pepper
- ½ t Garam Masala
- 2 c Water

Method:

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

::

## NAVRATHNA KURMA

(Serves 6)

Ingredients:

100 g Paneer (or cottage  
cheese)

2 teacups Mixed boiled  
vegetables

(carrots, french beans, green  
peas, potatoes)

3 Tomatoes

2 Onions

1 t Ginger and garlic paste

1 ½ t Chili powder

½ t Turmeric powder

2 t Coriander powder

1 t Garam Masala

1 teacup Milk

3 t Fresh cream

3 t Ghee

to taste Salt

Ghee for deep frying

Method:

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



Heat oil in a vessel and fry the onions for a few minutes. Add the ginger and garlic paste, and fry for ½ minute. Add the chopped tomatoes, turmeric powder, coriander powder and chili powder, Garam Masala and salt. Fry for at least 3–4 minutes. Add the boiled vegetables, milk, cream and fried paneer pieces. Cook for a few minutes.

Serve hot decorated with silver foil.

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## CAULIFLOWER AND POTATOES (ALOO GOBI)

### Ingredients:

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

### Method:

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

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## CURRIED EGGPLANT (BHARTHA)

(Serves 4 to 6)

### Ingredients:

2 lb Eggplant

4 medium Tomatoes

3 t Fresh chopped coriander

½ c Ghee

½ c Finely chopped onion

### Method:

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

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

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## CURRIED MUSHROOMS



### Ingredients:

½ lb Mushrooms

1 large Onion

¼ t Turmeric

to taste Salt

to taste Chili

2 large Tomatoes

Oil

**Method:**

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

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**LENTILS**

**MASUR DAL (LENTILS)**

(Serves 4)

**Ingredients:**

1 c Dal (Moong – yellow, or masur – pink)

3 ½ c Water

to taste Salt

to taste Pepper

¼ tsp Turmeric

2 cloves Garlic

1" piece Ginger

1 small Onion 2–3 Tblsp Ghee (Can be replaced by butter) 1 t Cumin seed

**Method:**

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

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

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## MAH KI DAL (WHOLE BLACK BEANS)

### Ingredients:

1 c Urad or Mah dal

1" piece Ginger

12 cloves Garlic

Water

to taste Salt

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

to taste Green chili (optional)

to taste Garam Masala

¼ t Turmeric

### Method:

Clean, wash and add the dal to boiling water. Add turmeric, salt, half of the finely chopped ginger, garlic and cook on medium heat for 2-3 hours or pressure cook at 15psi for ½ hour. Uncover, cook further in same pan on low heat for ½ hour, stir and mash every now and then until a creamy consistency is achieved.

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

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## RED KIDNEY BEANS (RAJMA)

(Serves 6 - 8)

### Ingredients:

2 c Red kidney beans

3 qt Water

1 t Turmeric  
1 T Salt  
¼ c Oil  
1 c Onion, Chopped

1" piece Ginger, chopped

1 t Garam Masala

3 Chopped tomatoes

Coriander leaves for garnish

Method

Wash beans and boil for 2–3 hours or ½ hour in a pressure cooker. In the meantime make Masala of onions, garlic, ginger and tomato as in chicken curry. Add to the beans and cook again until most of the liquid dries up and the beans are soft and thoroughly cooked. Garnish with coriander leaves and serve.

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### Chana Masala

#### Ingredients

2 T vegetable oil

1 medium onion, chopped

1 large clove of garlic, minced

1 T curry

1 T tomato paste (I used ketchup, how embarrassing :)

15 oz can of chick peas drained, reserving 3 T liquid

½ T lemon juice

½ t salt

fresh black pepper

crushed red pepper, optional to taste

1 T butter

Heat oil on medium high heat. Fry onions until slightly browned. Reduce heat to medium. Add garlic, curry, and paste. Stir and simmer about 2 minutes. Add chick peas, liquid, lemon juice, salt, and black pepper. Simmer 5–6 minutes, stirring occasionally. Add red pepper to taste. Add butter, stirring through to melt it. Stir and simmer for 5 minutes more or until peas are softened and dish is hot. Serve over rice.

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### Bengali Red Dal Curry

From: jkandell@Violet.CCIT.Arizona.EDU (Jonathan Kandell)

Key spice: Panch Phanon Mix, also known as Five Spice (do not substitute Chinese Five Spice!)

Equal proportions of whole cumin, fenugreek, anise, mustard, “Indian black onion” seeds (kalunji). You will need to go to an Indian Store to get the last ingredient. It is not related to the onion.

1 ½ C red lentils

3 ½ C water

6 serrano chilies (or 3 jalepeno?), either whole or sliced in quarters

¼ t turmeric, or more to taste

1 ½ t salt

4 T ghee, butter or vegetable oil

1 C minced onions

1 C chopped tomatoes

1 T grated fresh ginger

2 T ghee or vegetable oil

1 T panch phanon mix

4 dried small red chilies

1-3 cloves garlic

There are three basic steps to this recipe: cooking the lentils in water, making a tomato/onion/ginger mush, and making a spiced oil.

1. Rinse lentils well, add water, serrano chilies, turmeric and salt.

Bring carefully to boil and cook over low to medium heat, partially covered, for 25 minutes. Cover and cook another 10 minutes. Adjust salt.

2. While lentils are cooking, cook onions in a frying pan in the oil until they are golden brown (approximately 10 minutes), stirring constantly. Add tomatoes and ginger and continue cooking until the tomatoes decompose into a delicious and fragrant mush (approximately 8 minutes.) Stir constantly so that tomato mixture doesn't stick. Turn heat to low if necessary.

3. Scrape out this mush into the lentils and stir it in. Let lentils sit while you make the spiced oil.

4. Do a quick rinse of the frying pan, without soap, and dry thoroughly.

Add the remaining 2T oil and heat over medium high heat. When oil is hot add panch phanon mix and heat until the seeds begin to pop, about 15 seconds. Add red chilies and fry for another 15 seconds, until they turn a little darker. Turn off heat and add the crushed garlic and let sizzle for about 30 seconds. Stir this mixture into the lentil/tomato mixture and serve with rice. Adjust salt.

Using ghee changes the taste compared with oil. I prefer it for step 4. It tastes good either way though.

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Dal Kofta Curry (Steamed Toor Balls in Buttermilk)

From: jkandell@Violet.CCIT.Arizona.EDU (Jonathan Kandell)

Recipe by Aroona Reejhsinghaini, modified by me

For kofka balls:

1 cup Toor dal\* \*toor dal is also known as toovar dal

½" piece ginger

4 green chilies

2 cloves garlic

1 small onion

1 handful cillantro leaves (optional)

For Curry:

4 cup buttermilk or yoghurt

4 green chilies, finely chopped

1 " piece ginger, grated or finely chopped

1 teasp. each ground coriander, cumin, channa dal [roasted if desired]

¼ teaspoon fenugreek

½ teaspoon turmeric

¼ cup, approx. desiccated unsweetened coconut, ground if desired

For flavored oil:

2 tablespoon oil

½ teaspoon black mustard seeds

a few curry leaves

1. Wash and soak toor dal for a few hours. Drain and grind to a coarse paste along with onion, ginger, garlic, and chilies. (I do this by chopping the large ingredients and blending with the dal in batches. Add enough water so the

blender pastes, but not so much that it turns to watery mush.) Mix in salt and (optionally) cillantro leaves. Form into balls and steam 20 minutes. Remove from heat and cool balls. They will obtain a somewhat rubbery texture as they cool.

2. Gently heat buttermilk/yogurt in a pan. Add spices (ground coriander, cumin, channa dal, fenugreek, turmeric) and enough dried coconut to give a nice flavor and slightly thicken the sauce. (I add all these ingredients to a coffee grinder and grind to a powder.) Add ginger and chilies. Add salt to taste. Adjust spices. It will taste like it's missing something until you add the flavored oil.
3. Carefully place kofta balls into sauce.
4. Heat a little oil in a separate frying pan over medium heat, add mustard seeds and curry leaves. When mustard seeds stop bursting, add oil into the curry. You may want to partially cover pan to prevent seeds from popping grease all over your kitchen.

If you use non-fat yogurt, there is only 2 T oil in the whole dish!

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## CURRIED GARBANZO BEANS

### Ingredients:

8 oz Garbanzo beans

to taste Green chili (optional)

12 cloves Garlic

2" piece Ginger

to taste Pepper

1 large Cardamom

6 Cloves

1" Cinnamon stick

to taste Salt

Paprika

4 oz Oil

Mango powder

3 Onions

Dried pomegranate seeds

4 Tomatoes

Method:

Clean, wash and soak the beans overnight. Boil them in the same water with salt, 1 small finely chopped onion, 4 cloves garlic, 4 large cardamom, a 1" piece of ginger and 6 cloves. Simmer in pan about an hour or until tender, or pressure cook for 7 minutes at 15 psi. Heat oil. Fry thinly sliced remaining onions and cloves of garlic. Cook until mixture browns and dries up. Add finely chopped tomatoes and cook 4-5 minutes more. Add the beans and cook for 10 minutes more. Add the mango powder and pomegranate seeds, grated ginger and simmer over low heat for 15-20 minutes. Before serving, pour 1 oz. (2 T) sizzling ghee over the beans.

## Non-Veg Curries

### CURRY SAUCE – BASIC

Can Be Used With Any Fried Cooked Meat.

2 onions, peeled

½ inch piece of ginger, peeled 2–3 cloves of garlic (optional), peeled

2 medium tomatoes, chopped finely or 200gm tinned tomatoes

2–3 tbs. cooking oil

1 tsp. cumin seeds

½ tsp. turmeric powder

¼ tsp. chilli powder

1 tsp. of coriander powder

Salt to taste

½ tsp. Garam Masala

### Method

Wash onions, ginger and garlic and grind together in a food processor or chop finely or grate by hand. Heat oil in a pan, add cumin seeds and a pinch of asafetida powder and let the seeds splutter. Add onion, ginger and garlic paste and fry until golden to dark brown (do not burn). Add all powdered spices, except garam masala and stir for 10 seconds, to release flavours. Add tomatoes and stir fry until oil separates. Stir in garam masala. This can be added to the finished dish, at the end of cooking. Salt and chillies should be



adjusted to your own taste. Remember that the curry sauce has to be added to the main curry ingredient, so it has to be stronger at this stage than the finished curry. Cool, bottle or place in airtight container to chill or freeze. It must be defrosted and heated before adding the meat or vegetables. After stir frying the main ingredient for 5–10 minutes (longer in case of meat, to seal it properly), add a little water and cook until the main ingredient is ready. Water can be added during cooking, to get the desired consistency of the curry sauce.

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Hunger is the best sauce in the world. ~Cervantes



#### DHANSAK – LAMB (Serves 4)

Sweet and Sour with  
Lentils, 1 lb (500 g)  
lamb, diced, 1 tsp  
cumin seeds

1 tsp coriander seeds,,  
1 tsp fennel seeds, 4  
cardomom pods, 2  
inch (5 cm)  
cinnamon stick, 1  
tbsp black  
peppercorns, 3 bay

leaves, ½ tsp black mustard seeds, 1 dried chilli, 3 oz (75 g) green lentils, 3 oz (75 g) red lentils, 1 tsp turmeric, ¼ tsp ground fenugreek, 2 Pineapple Rings chopped , ½ tbsp brown sugar, 1 pint (550 ml) Basic Curry Sauce (as above) , 1 pint (550 ml) water, 2 tbsp fresh coriander, finely chopped, 2 tsp garam masala, 2 tbsp veg. oil, for frying,

TO COOK:

Grind the whole spices and chilli together. Thoroughly coat the meat with the spices and leave to marinade for at least a couple of hours (preferably

overnight in the fridge). Heat half the ghee in a large saucepan and add the ground spice and lentils. Fry for 2 minutes. Add the Basic Curry Sauce & water and season with salt. Bring to the boil, cover and gently simmer for 30 minutes, stirring occasionally to make sure it doesn't stick. Meanwhile, heat the remaining oil or ghee in a large pan – it must be very hot. Add your lamb in batches (it will spit everywhere so take care) and turn in the fat to brown it. Remove from the heat once the lamb is well browned. When the lentils are ready (they should be quite soft) add the meat, and sugar. Cover and simmer for a further 30 minutes. Add a little more water to loosen as required. Mix in the garam masala, and remove from the heat. Just before serving, stir in the chopped fresh coriander.

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#### DHANSAK – PRAWN (Serves 2)

1Lb Prawns  
1 cup red lentils  
1 Cup of Basic Curry Sauce  
¼ Onion finely chopped  
2 tspn Curry Powder  
1 tspn Chilli Powder  
3 Tablespoons Mango Chutney  
2 Finely Chopped Red Chillies  
1 Clove Garlic  
¼ Cup Pineapple Juice  
5 Tablespoons Vegetable Oil  
4 Tablespoons chopped coriander leaves  
1 Tablespoon whole coriander leaves  
1 tspn Garam Massalla  
Juice of 1 lemon  
2 Pineapple Rings diced

#### Method

Bring a pot of water to the boil and add the lentils and simmer gently for 30–40 minutes until the lentils are soft and mushy. Drain the lentils. Make a paste of the curry powder and chilli powder with the lemon juice. Fry the onion and 1 cayenne chilli in the vegetable oil on a medium heat until golden. Add the curry and chilli powder paste and stir in and fry for a further 30 secs. Add the prawns and stir fry for 2 minutes. Add half the Massalla Gravy and simmer for 5 minutes, stirring regularly. Now add the lentils, Mango chutney and Pineapple Juice and simmer for a further 5 minutes, stirring regularly. If needed add more

massalla gravy to prevent the curry becoming too thick. Now crush in the garlic clove, add the finely chopped coriander leaves and 1 cayenne chilli cook for a further minute and then add half the lemon juice and diced pineapple rings, stir in and taste, add the rest of the lemon juice if needed. Serve with the whole coriander leaves sprinkled over the top.

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The way you cut your meat reflects the way you live. ~Confucius

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#### JALFREZI – CHICKEN OR ANY MEAT (Serves 4)

1 ½ lb (675 g) skinless breast of Chicken or Lean Meat, cubed

3 tbsp. Ghee

2 tsp. Cumin Seeds

2–3 Garlic Cloves, chopped

1 in. (2.5 cm) Cubed Ginger, chopped

2 tsp. Turmeric

4 tbsp. Tikka Paste

2–6 Fresh Green Chillies, sliced

1 Green and Red Pepper sliced and sliced

6 Cherry Tomatoes, halved

2 oz (50g) creamed Coconut, grated

2 tsp. Garam Masala

A few leaves of fresh coriander

Salt to taste

#### TO COOK

Heat the ghee in the karahi, wok or large frying pan. Stir in the cumin seeds for a few seconds. Add the garlic and continue stir frying for 30 seconds. Add the ginger and continue for a further minute. Add the turmeric and a splash of

water and, when sizzling again add the curry paste. Now, add the meat/chicken pieces and stir until evenly coloured and are lightly sizzling (if meat used, stir-fry until cooked). Add the chillies, pepper and tomato and stir-fry for 10 minutes. Add the Garam Masala, fresh coriander, creamed coconut and salt to taste then stir-fry for a final 5-10 minutes. Check that the meat is cooked through then serve at once with Indian bread or fluffy plain rice and Hot Mango Chutney.

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#### MADRAS – CHICKEN, LAMB OR BEEF (Serves 4)

6-8 tbsns Vegetable Oil

3 Garlic Cloves, chopped

1 tspn cayenne

2 tspns Ground cumin seed

1 inch Fresh Ginger, crushed

Small Tin Plum Tomatoes

½ tspn Whole Cardomon Seeds

2 tbspn Lemon juice

¼ ts Salt, or to taste

1 large Onion, finely chopped

2 tspn Garam masala

2 tspns Ground Coriander Seed

½ tspn Turmeric

1 1/2 lb Meat, – trimmed, cubed



#### TO COOK

In a large, heavy skillet with a cover, heat the oil until it is fragrant. Add the onion and saute' over high heat, stirring frequently, until it starts to brown a little, about 4 minutes. Lower the heat and continue cooking, stirring often,

until the onion turns golden brown, about 10 minutes more. Add the garlic, garam masala and cayenne, lower the heat to medium-high, and saute' for another 2 minutes. Stir in the ground spices and saute' another 2 minutes, stirring. Add the meat, stir well, and brown it in the spices for about 5 minutes. Add the tomatoes and cardamom seeds and stir well. Lower heat, cover pan tightly, and simmer about 30 minutes, stirring occasionally and adding more water by tsp if sauce starts to stick to the pan. Uncover the pan and stir in the lemon juice and salt. Simmer uncovered about 10 minutes longer, stirring frequently, until the meat is tender and the sauce is very thick.

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PASANDA – CHICKEN, PRAWN or MEAT (Serves 2)

3 Chicken Breasts cubed 1-inch square

1 Tin evaporated milk

5oz ground almonds

1 tablespoons flaked almonds

4oz Thick Greek Yogurt

4oz Double Cream

3 tablespoons tomato puree

4 tablespoons Mango chutney

1 Onion finely chopped.

2 Teaspoons Curry Powder

Half Teaspoon Chilli Powder

3 Finely Chopped Cayenne Chillies

3 Cloves Crushed Garlic

3 inches Root Ginger grated

5 tablespoons Vegetable Oil

4 tablespoons roughly chopped coriander leaves

2 tablespoon whole coriander leaves

2 teaspoon Turmeric

2 teaspoon Garam Massalla

#### TO COOK

Make a paste of the curry powder, Turmeric and chilli powder with a little water. Fry the onion until translucent in the veg oil then add the garlic, ginger and chillies and stir fry on medium for a further 5 minutes. Add the curry and chilli powder paste and stir in and fry for a further 30 secs. Add the chicken pieces and seal well on all sides. Stir in the cream, tomato puree, ground almonds, mango chutney and milk and simmer for 20 minutes or until the chicken is cooked, stirring constantly. If needed add a little water to prevent the curry becoming too thick or dry. Now stir in the garam massalla and finely chopped coriander leaves and cook for a further minute. Serve with the whole

leaves sprinkled over the top.

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#### PRAWN – CREAMY CURRY (Serves 4)

500 grams prawns shelled, deveined and cleaned

1 teaspoon turmeric powder

1 cup onion paste

1 teaspoon ginger paste

1 teaspoon red chilli paste or powder

2 bay leaves

1" piece cinnamon

4 cloves

4 green cardamon pods split

2 cups coconut milk

2 tablespoons ghee(clarified butter) / butter

salt to taste

## TO COOK

Rub the prawns with some salt and wash well. Apply some turmeric powder and keep aside for 5 minutes. Heat half the ghee (clarified butter) in a heavy-bottomed pan and saute the prawns briefly. Strain the prawns from the pan and keep aside. Now, add the bay leaves, cloves, cinnamon and green cardamoms. Saute briefly. Add the onion paste and stir fry on medium heat for about 2 minutes or till the paste is browned. Add the red chilli paste / powder and ginger paste. Fry briefly on low heat till the oil separates. Add the prawns and coconut milk. Add salt as required. Mix gently. Simmer on low heat for about 2 minutes. Mix in the remaining ghee (clarified butter) and cover tight for a little while.

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## ROGAN JOSH – CHICKEN OR LAMB (Serves 6)

2 x 1" cubes of ginger chopped

6 Cloves of garlic

10 tbsns Vegetable oil

2 lb Lamb or Chicken

10 Whole black cardamoms

2 Bay leaves

6 Whole cloves

10 Whole peppercorns

1 x 1" stick cinnamon

3 Medium onions

1 tblspn Ground coriander

2 tblspn Ground black cumin

4 tspns Red paprika

1/2tblspn Cayenne pepper

1 ¼ tspn Salt

6 tspns Plain yogurt

¼ tspns Garam masala

Black pepper

#### TO COOK

Put the ginger, garlic, and 4 tablespoons water in blender. Blend well until you have a smooth paste. Heat the oil in a wok to medium high heat. Brown the meat cubes in several batches and set to one side. Put the cardamom, bay leaves, cloves, peppercorns, and cinnamon into the same hot oil. Stir once and wait until the cloves swell and the bay leaves begin to take on color. Now put in the onions. Stir and fry for about 5 minutes or until the onions turn a medium brown color. Put in the ginger garlic paste and stir for 30 seconds. Add the fried meat cubes and juices. Stir for 30 seconds. Now put in 1/6 of the yoghurt. Stir and fry for 30 seconds or until the yoghurt is well blended. Add the remaining yoghurt, a tablespoon at a time, in the same way. Stir and fry for another 3–4 minutes. Now add the rest of the broth (a little more for beef than lamb). Bring the contents of the pot to a boil, scraping in all browned spices on the sides and bottom of the pot. Cover, turn heat to low and simmer for about an hour. Every 10 minutes or so, give the meat a good stir. When the meat is tender, take off the lid, turn the heat up to medium and boil away some of the liquid. You should end up with a tender meat in a thick, reddish brown sauce. All the fat that collects in the pot may be spooned off the top. Sprinkle the garam masala and black pepper over the meat before you serve and mix them in.

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When women are depressed, they either eat or go shopping. Men invade another country. Its a whole different way of thinking.

--Elaine Boosler

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#### TANDOORI CHICKEN (Serves 2)

4 Chicken Breasts cut into 5 large pieces

3 garlic cloves, crushed



10 ozs plain yogurt  
2 tsps garam masala  
2 tsp paprika  
1 tsp dry mustard powder  
2 tsp turmeric

#### TO COOK

Mix garlic, yogurt and spices together in a bowl and cover with mix. Cover tightly and refrigerate overnight. Place on a wire roasting rack and bake at 400F for 40 minutes until brown. Serve with Biryani Rice or add to a Masalla Sauce.

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VINDALOO – ANY MEAT (serves 4-6)



4lb Fresh Meat Cubed

1 tsp. cardamom seeds  
1tbsp. chilli powder  
4 cinnamon sticks  
10 whole cloves  
1 tbsp coriander seeds  
2 tsp. cumin seeds  
2 tsp. fenugreek seeds  
2 tsp. ground fresh ginger  
1 tsp. whole black peppercorns  
2 tsp. salt  
2 tsp. crushed fresh garlic  
2 tsp. mustard powder  
2 tsp. turmeric powder  
¼ pint vinegar (malt or wine)  
4–6 tbsp mustard oil  
2 medium onions, diced  
4–6 bay leaves

TO COOK:

Gently dry roast the spices from cardamom through to peppercorns for about 5 minutes on top of the stove. Put in blender together with salt, garlic mustard and turmeric and add the vinegar to form a liquid. Add water if necessary. Place the meat in non-metallic bowl and the vinegar mixture. Mix well and leave to marinate for 24 hours, turning occasionally. Heat ghee or mustard oil and fry onion, cumin, garlic and onions until soft. Remove and set aside. Now fry the meat for a few minutes, adding more oil if necessary. Add the remnants of the vinegar mixture and onions and simmer until the meat is tender. Taste and add salt or more chilli if necessary. Keep the curry another day, then reheat and serve with rice, side dishes, dhal, chapatis, etc.

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### CHICKEN PASSANDA (Serves 2)

3 Chicken Breasts cubed

1 Tin evaporated milk

4oz ground almonds

2 tablespoons flaked almonds

4oz Thick Greek Yogurt

4oz double cream

2 Tablespoons tomato puree

3 Tablespoons Mango chutney

Quarter of an onion finely chopped.

2 Teaspoons Curry Powder

Half Teaspoon Chilli Powder

3 Finely Chopped Cayenne Chillies

4 Cloves Crushed Garlic

2 inches Root Ginger grated

5 Tablespoons Vegetable Oil

4 Tablespoons roughly chopped coriander leaves

1 Tablespoon whole coriander leaves

1 Teaspoon Turmeric

1 teaspoon Garam Massalla

### METHOD

Make a paste of the curry powder, Turmeric and chilli powder with a little water. Fry the onion until translucent in the veg oil then add the garlic, ginger and chillies and stir fry on medium for a further 5 minutes. Add the curry and chilli powder paste and stir in and fry for a further 30 secs. Add the chicken pieces and seal well on all sides. Stir in the cream, tomato puree, ground almonds, mango chutney and milk and simmer for 20 minutes or until the chicken is cooked, stirring constantly. If needed add a little water to prevent the curry becoming too thick or dry. Now stir in the garam massalla and finely

chopped coriander leaves and cook for a further minute. Serve with the whole coriander leaves sprinkled over the top.

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#### KING PRAWN DHANSAK (Serves 2)

1 cup red lentils

1 Cup of Curry Massalla Gravy (see recipe below)

Quarter of an onion finely chopped.

2 Teaspoon Curry Powder

1 Teaspoon Chilli Powder

3 Tablespoons Mango Chutney

2 Finely Chopped Cayenne Chillies

1 Clove Garlic

Quarter Cup Pineapple Juice

5 Tablespoons Vegetable Oil

4 Tablespoons roughly chopped coriander leaves

1 Tablespoon whole coriander leaves

1 teaspoon Garam Massalla

Juice of 1 lemon

#### Method

Bring a pot of water to the boil and add the lentils and simmer gently for 30–40 minutes until the lentils are soft and mushy. Drain the lentils. Devein the prawns. Make a paste of the curry powder and chilli powder with the lemon juice. Fry the onion and 1 cayenne chilli in the vegetable oil on a medium heat until golden. Add the curry and chilli powder paste and stir in and fry for a further 30 secs. Add the king prawns and stir fry until they turn pink. Add half the Massalla Gravy and simmer for 5 minutes, stirring regularly. Now add the lentils, Mango chutney and Pineapple Juice and simmer for a further 5 minutes, stirring regularly. If needed add more massalla gravy to prevent the curry

becoming too thick. Now crush in the garlic clove, add the finely chopped coriander leaves and 1 cayenne chilli cook for a further minute and then add half the lemon juice, stir in and taste, add the rest of the lemon juice if needed. Serve with the whole coriander leaves sprinkled over the top.

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watery water

### Ingredients

water- half litre

more water- if you desire

### Method

pour the half litre water to pan, stir occasionally (add some more water if you need), boil it for 5 mins and cool it for a while. Drink it.

(tip: you can also take it without heating as such)

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## CHICKEN DUPIAZA

by: LYN DOEL, Cheltenham. Serves 3-4

### INGREDIENTS

4tblsp corn oil

1.5lb (675g) cooked chicken

1 pint (20floz) curry sauce mixture

2 medium size onions (coarsely chopped)

2tsp tomato puree

1/2tsp salt

1tsp garlic

1/2tsp chilli powder

1/2tsp ground coriander

1tblsp soy sauce

2tsp mixed spice powder

## METHOD

Heat oil in a deep frying pan or wok and fry onions until they turn transparent. Add tomato puree, garlic, salt, chilli powder, coriander and mixed spice powder. Stirring continuously add the chicken and curry sauce mixture and bring to the boil. Stir in the soy sauce and reduce heat to a medium setting, cover and simmer for five minutes. When cooked transfer to a tureen or similar serving dish.

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## CHICKEN TIKKA MASSALA

Sent in by: TIM CROSS, Isle of Wight.

4 skinless, boneless chicken breasts

4 tbsp readymade tandoori paste

2 tbsp natural yoghurt

3 tbsp vegetable oil or ghee (clarified butter)

1 cinnamon stick

8 cardamom pods

1 large onion, finely chopped

3cm/1 1/4in piece of fresh ginger, peeled and grated

2 garlic cloves, crushed

1 tsp ground cumin

1 tsp ground coriander

1/2 tsp turmeric

1/2-1 tsp cayenne pepper (depending on how hot you like it)

1x200g can chopped tomatoes

150ml/5fl oz chicken stock or water

1 1/2 tsp garam masala

1/2 lemon, juice only

½ tsp salt

### Method

1. Cut the chicken into bite-size pieces and mix with the tandoori paste and yoghurt. Leave to marinate in a non-metallic dish for at least a couple of hours (or overnight), stirring occasionally.
2. Heat the oil or ghee in a deep frying pan, and when it's very hot add the cinnamon, cardamom pods and onion. Fry for about 5–6 minutes until beginning to brown, then add the ginger, garlic, cumin, coriander, turmeric and cayenne pepper.
3. After the spices have cooked for about a minute, add the chicken with the marinade. Fry for 3–4 minutes, then add the tinned tomatoes, chicken stock or water, garam masala, lemon juice and salt. Bring the curry to a simmer and cook on a low heat for about 10 minutes. Serve straight away with rice or naan bread.

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### LAMB DO PIAZA

by: SHARRON CONNOR, Lyme Regis, Dorset. (Serves 4)

500gms (1LB) lamb

2 large onions finely sliced in half rings

½ cup oil

4 cardamoms bruised

2" cinnamon stick

4 cloves

1" piece ginger

6 cloves of garlic

1tsp. Chilli powder

1tsp. Ground cumin

1tsp. Ground coriander

1 tsp. ground black cumin

½ tsp. turmeric powder

½ cup yoghurt

1 tablespoon salt

2 cups water

1tsp. Garam masala

2 tablespoons fresh coriander for garnish

### Method

Cut meat into 2 “pieces.

In a pan, heat the oil and fry half the onions till golden brown. Remove with a slotted spoon and set aside. In the same pan add the meat and brown evenly on both sides. Take out with a slotted spoon and keep aside. In a food processor, blend the ginger, garlic, chilli powder, cumin, coriander and turmeric till it forms a smooth paste.

In the same oil, fry the bruised cardamoms, cinnamon and cloves for a minute and add the remaining chopped onions till they turn brown. Add the ground paste and stir well till the oil separates. Put in the meat. Add salt and fry well. Then put in beaten yoghurt and fried onions for a further few minutes. Add the water, cover and cook on a low heat until the meat is tender. Put in the garam masala and garnish with fresh coriander leaves. Serve with boiled rice or nan.

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One of the very nicest things about life is the way we must regularly stop whatever it is we are doing and devote our attention to eating.

~Luciano Pavarotti and William Wright, Pavarotti, My Own Story

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### CHICKEN MOGLAI BALTI

Sent in by: ANTHONY ANDERSON, Littleborough, West Yorkshire..

1 Large chicken, skinned, meat removed and cut into chunks

13 oz clarified butter, ghee, or unsalted butter

2 Onions, grated



2 tsp. Salt

1 ½ Inch piece ginger, peeled and grated

8 Garlic cloves, crushed

6 Green cardamoms, broken slightly open

2 1 ½-inch cinnamon sticks

4 Eggs, lightly beaten

4 tbsp. Sugar

6 tbsp. Ground almonds

27 fl Cream

Flaked almonds to garnish

#### Method

Heat the ghee or butter in a large wok over moderate heat and fry the onions with the salt until translucent. Add the ginger, garlic, cardamoms, and cinnamon sticks. Stir-fry until the onions are golden brown. Add the chunks of chicken and cook, stirring occasionally, for about 15 minutes. In a small bowl, mix together the eggs, sugar, ground almonds and cream. Lower the heat to “very low” and pour the egg and cream mixture into the wok. Simmer gently for 5–7 minutes, until the chicken is cooked and tender. Be careful not to overcook the sauce, or the eggs and cream will curdle. Serve garnished with flaked almonds.

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KING PRAWN PASSANDA (Serves 2)

by: FRANK BACHELOR, Trowbridge, Wiltshire.

18 King prawns

1 Tin evaporated milk

4oz ground almonds

2 tablespoons flaked almonds

4oz Thick Greek Yogurt

4oz double cream

2 Tablespoons tomato puree  
3 Tablespoons Mango chutney  
Quarter of an onion finely chopped.  
3 Teaspoons Curry Powder  
Half Teaspoon Chilli Powder  
3 Finely Chopped Cayenne Chillies  
4 Cloves Crushed Garlic  
2 inches Root Ginger grated  
5 Tablespoons Vegetable Oil  
4 Tablespoons roughly chopped coriander leaves  
1 Tablespoon whole coriander leaves  
1 Teaspoon Turmeric  
1 teaspoon Garam Massalla

#### Method

Peel and de-vein the king prawns. Make a paste of the curry powder, Turmeric and chilli powder with a little water. Fry the onion until translucent in the veg oil then add the garlic, ginger and chillies and stir fry on medium for a further 5 minutes. Add the curry and chilli powder paste and stir in and fry for a further 30 secs. Add the king prawns and stir fry until pink all over. Stir in the cream, tomato puree, ground almonds, mango chutney and milk and simmer for 5 minutes, stirring occasionally. If needed add a little water to prevent the curry becoming too thick or dry. Now stir in the garam massalla and finely chopped coriander leaves and cook for a further minute. Serve with the whole coriander leaves sprinkled over the top.

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The discovery of a new dish does more for human happiness than the discovery of a new star.

Jean Anthelme Brillat

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Pepper Chicken

Ingredients

Chicken – 200 grams Onion – 100 grams Tomato – 50 grams Garlic – 25 grams  
Ginger – 25

grams Garam masala Powder – 10grams Red Chilli powder – 10grams Turmeric  
Powder – 1

teaspoon Dhania powder – 15 grams Black Pepper powder– 20 grams coriander  
leaf– ½ bunch Milk/ Water – 50ml Oil – 50ml Salt– to taste

#### Method

1.Cut chicken into small pieces without bones & soak with pepper powder and  
keep it aside 2.Chop Onions & tomatoes finely. 3.Grind ginger & Garlic to soft  
paste. 4.Cut Coriander leafs into small pieces. 4.Heat oil in kadai and fry  
chopped onion,1 tsp garam masala ,Coriander leafs . 5.Then add garlic &  
ginger paste 6.Mix red chilli powder & turmeric powder & dhania powder with  
water and add in the kadai 7.then add chopped tomatoes 8.then add chicken  
with this & add water or milk and cook till it becomes thick gravy.

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#### BEANS & EGG PORIYAL (SCRAMBLE)

##### Ingredients

Beans–1/2 kg; Onions–2no's finely minced, Curry leaves –a sprig; Green chillies  
– 2no' s finely minced; Salt to taste; Turmeric powder–1/2 tspn; Chillie  
powder–3/4 of a tspn; Jeera Powder–1/4 tspn; Corriander powder–1/2 tspn, !  
/2 tspn grated Ginger; 2 pods of finely minced Garlic; Eggs–4 nos or as  
desired; Oil–4 tbsps;

##### Method

Cut beans into small pieces like for Poriyal – steam & keep aside. Finely mince  
Onions/Green Chillies & fry till Onions are brown, lower flame & add curry  
leaves, salt, turmeric powder, chillie powder, jeera powder, coriander powder, a  
littles shredd ed Ginger; 2 pods of finely minced Garlic & fry for 3–4 mins. Now  
add the beans & fry for a further 3–5 mins. Add eggs & scramble fry till done –

remove from fire & serve with Rice, Sambar, Rasam etc., This dish could be served as a side dish.

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### Mutton Pepper Fry – Dry style

#### Ingredients

Mutton Pepper Fry Dry style 1 kg Mutton; Chillie pwd 1 tbspn; Corriander pwd 2 tbspns; Turmeric pwd 1 tspn, Salt to taste, 2 sprigs of curry leaves; Ginger Paste 1 tspn. Garlic paste 1 tspn. For Seasoning: 1 tspn Mustard seeds; a sprig of curry leaves; 2 large Onions finely sliced; 4 green chillies – deseeded & cut lengthwise; 2” pc of ginger cut into matchstick size thin pcs. Oil 4–6 tbspns Make a Powder of: 2 tbspns Pepper corns; 1 tbspn. Sombu – (broil the Sombu leave to cool add to the pepper corns & powder & keep)

For Garnish: Chopped Corriander leaves.

#### Method

Wash Mutton pcs put in pressure cooker add ginger/garlic paste, Chillie pwd/Corriander pwd/Turmeric pwd/Curry Leaves & Salt to taste – cook for ½ an hour on low flame ( i.e. once the steam starts escaping nicely from the cooker, put the stopper, lower flame to min. & cook for ½ an hour) Remove from heat & leave to depressurize on its own. (If Mutton is tender then cook for 20 mins). Take a Kadai (wok) add Oil when oil is hot add Mustard Seeds and Curry leaves once the mustard seeds crackle add the finely sliced Onions & fry till onions are brown add green chillies & ginger pcs & fry on low flame for 2 mins now add the cooked Mutton & the Soup – mix well & leave to cook till all the soup is absorbed & the fry is dry. Sprinkle with the Pepper/Sombu Powder – mix well & remove from heat – garnish with chopped coriander leaves – Serve hot.

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### Prawn Vindaloo

#### Ingredients

½ kg Prawns – shelled/deveined/washed & drained. Grind to a smooth paste: 1” pc Ginger; 6–8 pods of garlic; ¼ tspn. Jeera; Vinegar 2 –3 tbsps; Keep aside. Grind to a smooth paste separately the prawns heads after washing well. Wash the mixie jar & keep the water for cooking. Other ingredients required: Onions– 1 Big finely sliced; 2 big tomatoes finely sliced; A sprig of Curry leaves; Salt to taste; Chillie powder – ½ Tbspn.; Turmeric Pwd – ¼ tspn; Kashmiri Chillie pwd – ½ tbspn; Oil 4–6 tbsps. For Garnishing: Chopped Corriander leaves– 1tbspn.

### Method

Method: Put a vessel on fire – add oil, when oil is hot add the onions & curry leaves &

fry till onions are brown, lower heat add the Ginger/Garlic/Jeera paste – mix well & fry for 2–3 mins till oil comes on top – now add the Chillie pwd/Kashmiri Chillie pwd/ Turmeric pwd/Salt & continue to fry for a further 2–3 mins. using a little of the masala water which you washed the jar – this is to avoid burning – add the chopped tomatoes & continue to fry till soft – add the ground prawn heads, prawns & the remaining of the masala water – mix well ,cover & cook for 5–7 mins – open lid, mix well – allow the gravy to thicken if necessary – remove from heat & garnish with chopped coriander leaves. \*\* You could follow the same recipe for ‘Fish Vindaloo’

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Chicken Chukka Varuval



### Ingredients

Boneless Chicken -2lb,Potato -1, Medium Onions- 3(finely chopped), Oil(as necessary),Ginger&GarlicPaste-1tsp, Cinnamom Stick-1, Sombu Powder-1tsp, Turmeric Powder,Chilly Powder, Chicken Curry Powder or Garam Masala Powder, Pepper& salt as necessary, CurryLeaves & Corrianderleaves for decoration.

### Method

1. heat Oil in a pan, 2. then add cinamom stick, sombu, and ginger garlic paste
3. add finely chopped onions,fry it until it turns to golden brown
4. then add chicken pieces & Potato to fry it till the chicken turns to white
5. add chilly powder,turmeric powder,chicken masala curry powder & salt as necessary,
6. fry it till the chicken is finely cooked. DONOT add water for this chukka varuval,
7. finally when chicken is well cooked add pepper, then decorate the chicken with curryleaves and corriander leaves That's it, super Chukka Chicken Varuval is ready to serve. Note: Chicken Chukka needs little more oil to cook.

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## Fish Cutlet

### Ingredients

Tuna Fish(canned) or any other flesh of the fish : 200gms ( if u are using normal fish

then boil it by add little salt till they are cooked) Onion chopped : 3nos. Green chillies chopped: 4nos Garlic chopped finely : 5 nos. (bigger size) Ginger chopped finely : 1 medium size Potatoes boiled & smashed : 3nos Pepper powder : 1 teaspoon Coriander leaves : as per your taste of flavouring. Garam masala: 2 teaspoon. Oil : 4 table spoon. Bread crumbs: ½ cup Egg: 3nos Oil for deep frying : 2 cups

### Method

Pour oil in a pan, as soon as the oil becomes hot put onion, ginger, garlic & green chillies till their fresh smell goes or till they are little cooked. You have to stir it continuously. Now add fish to it & mix well. Remember not to add water to it. We have to make this mixture dry. As the fish is cooked so we just have to cook it till all the water is absorbed. Now add smashed potatoes & mix well then add pepper powder & garam masalas. Mix well so that masalas reaches in all part of the gravy. Turn of the gas & add coriander leaves. Just check the taste & if u need salt u can add as per the taste. We have already added salt while we have cooked the fish & canned tuna fish is already having salt in it so we don't need to add salt again. Let it be cool for some time then make small flat round shape balls . Take a bowl beat the eggs and in another plate take bread crumbs. Dip this balls in the egg mixture & then put bread crumbs on both sides of the cutlet. Now deep fry the cutlets in oil.. Serve hot with tomato ketchup. It is really very tasty.

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## Oven Chicken

### Ingredients

Chicken Drumsticks, salt, pepper, curd ( Yogurt ), lemon juice,chilli powder, chicken curry powder , red food color if needed , garlic and ginger paste.

### Method

Wash the chicken drumsticks nicely. Using a knife, put small holes in the chicken drumsticks in order for the spices to get in nicely. Add all the above ingredients to the chicken drumsticks, mix them nicely and leave on for at least 2 hours. Take care to see that the marinated chicken is not watery. After that take them, place them on a baking

plate 2 inches apart and place them in oven. set the oven to 450 degrees and let it on for 1 hour to 90 minutes until chicken boils well. check and leave it for some more time if needed.

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### Ding Ding Meat (Dry style)

#### Ingredients

Good Beef (No Fat) – cut into big thin slices. – (each piece should be as big as yr palm or even a little bigger no problem – because when it dries it will frizzle up) Wash the meat pieces nicely, drain off all the water & keep aside. Grind to a smooth paste: Ginger; garlic; Jeera Seeds– roasted & powdered; Chillie pwd; Turmeric Powder; Black Pepper Powder; Garam Masala; Salt to taste; Vinegar.

#### Method

Take the meat pieces coat each piece of meat with the masala & leave to marinate in the fridge overnight. Next day use a good thick twine, pierce a hole into each piece of meat passing the twine through – treadle all the pieces onto the twine like a clothes line – dry in the sun for 3 days at least – removing every evening when the sun goes down & hang it out in the sun the next day – Now the Ding Ding Meat is ready – you could fry these pieces whenever you require the same.

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Fish, to taste right, must swim three times – in water, in butter, and in wine.  
~Polish Proverb

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### Salt Fish Pulivar Curry

#### Ingredients

Any good fleshy salt fish–1/2 kg, (even the heads of Kodava, Seer, Pomfret or Kola could be used – if the heads are being used – remove the gills etc.). Soak & wash the salt fish well, apply turmeric pwd & salt, half fry & keep aside. For Frying: Onions–2 nos. finely sliced; 4–6 Green chillies – cut lengthwise; a Sprig or two of Curry leaves; For grinding: Grind – 1” pc Ginger & 8–10 pods of garlic



to a smooth paste & keep. Grind:- ¼ -1/2 cup scraped coconut, 2-green chillies & ¼ bundle Green Coriander leaves – grind to a smooth paste & keep. Other Masala's required: Chillie Pwd. 1 heaped tspn; Salt to taste; Oil -4-6 thspns.-(you could use the remaining oil from which you fried the Salt fish.). Tamarind as big as a golf ball soaked in hot water & the juice extracted & kept. Vegetables required: Cut up some brinjals, potatoes & keep.

#### Method

Fry the finely sliced Onions, Green chillies cut lengthwise, a few Curry leaves, till onions are half brown now add the ginger/garlic paste & fry on low heat for 2-3 mins. Add Chillie pwd. & fry till oil comes to the surface, now add the the ground green masala & continue for fry for a further 2-3 mins. Add the vegetables-(brinjals/potatoe pieces) & fry for 2-3 more mins, add salt, tamarind juice mix well & allow to bubble, when the brinjals & potatoes are cooked add the fried salt fish pces, mix well & leave the curry to thicken. When the gravy is thick enough – remove & serve with plain white rice. \*You could add hard-boiled duck or chicken eggs to the Curry. Or you could make egg omelets & serve with the Curry & Rice.

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Let us eat and drink, for tomorrow we diet. – Wendy Morgan

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#### Madras Chicken

##### Ingredients

Chicken ½ kg Onions 1(Chopped Finely) Tomatoes 2(Chopped Finely) Garlic 5 pods Ginger little Cloves 5 Cardamom 2 Cinnamon 2" Stick Red Chillies 10 Cashewnuts 10 Mustard 2 tsp Salt Oil ¼ cup Turmeric Corriander leaves

##### Method

Marinate chicken with salt,turmeric red chilli powder for 1 hour. Grind garlic,ginger,cinnamon,dry chillies,cardamom,mustard,cloves and cashews. After 1 hour fry the chicken pieces in oil (Shallow fry). In the remaining oil fry onion till it becomes slightly brown. Fry tomatoes and add the ground paste.fry it for 5 minutes. Add the chicken pieces and mix it well and fry for 5 minutes.

Add salt and 2 cups of water. Keep the heat in medium and cook it till the chicken becomes tender. Finally add corriander leaves.

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## Kashmiri Chicken

### Ingredients

1.5 kg chicken, 125gm Butter, 3 large onions finely sliced, 10 peppercorns, 10 cardamom, 5cm piece cinnamon stick, 5cm piece ginger chopped, 2 cloves chopped, 1 tsp chilli powder, 2 tsp paprika powder, salt to taste, 250 gm natural yogurt

### Method

Melt the butter in a deep lidded pan. Add the onions, peppercorns, cardamom and cinnamon and fry until the onions are golden. Add the ginger, garlic, chilli powder, paprika and Salt to taste and fry for 2 minutes stirring occasionally. Add the chicken pieces and fry until browned. Gradually add the yogurt, stirring constantly. Cover and cook gently for about 30 minutes. ::

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chicken thouram...with coconut.

### Ingredients

1 lbs chicken cut to small pieces 1 medium onion 2 tbsp chilly powder 6 tbsp of grated coconut ½ tbsp of jeera seeds 15 cloves of garlic 4tbsp vegetable oil 1 tsp mustard seeds curry leaves

### Method

keep a pan in flame, add chicken and keep the flame medium such that after a couple of minutes, water comes out of chicken and chicken begins to get cooked, add the chilly powder and onions, over it..stir it. keep the pan half covered. now blend the coconut, jeera, garlic with less water. and add the contents of the mixie into the pan. cook for 10 minutes so that the chicken is half cooked. place another pan in flame, pour some oil, add mustard seeds, some curry leaves and then add the contents of the first pan into it...cook for 5 minutes.. serve hot..

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## grilled chicken rolls

### Ingredients

400gm shredded chicken,4 roomali rotis or thinly rolled chappatis,salt and pepper to taste,2gm thyme.oil.5 pod garlic finely chopped,60gm onion,75gm capsicum julienned,a dash of vinegar,tobasco to taste,300ml tomato puree.

### method

marinate the chicken with salt,pepper,thyme and sear in a very hot pan.keep aside.heat oil in another pan and saute garlic till light brown.chop half of the onion and add to the pan,fry til the onions are translucent. then add the chicken and cook till done.slice the remaining onion and add to the pan alongwith capsicum. saute for 2 mins so that the onion and capsicum remain crunchy. add a dash of balsmico vinegar, tobasco, tomato pureeand season with salt and pepper. divide the mixture into 4 portions and roll each in roomali roti or chapati. serve with mint chutney or dip the roll in an egg batter.( egg chopped coriander leaves and seasoning beaten together.) and grill cut the roll at an angle and serve hot with chilli sause. garnish with sliced lime, tomato and spring onions.

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## Masala crab curry.

### Ingredients

3 medium crabs 2 inches ginger 6 clove garlic 25gram fennel 1 onion for fry mustrad,cumin, dill, curry leaves,dry red chillies 1tea spoon roasted urid flour.

### Method

First fry onion untill brown after add for fry things and keep aside.Grind ginger,garlic and fennel as a smooth paste.After finish fried add this paste and add water onion,salt and curry chillie powder.If it boils you can add crabs.After add coconut milk and urid flour.

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## Crab Coconut Fry

### Ingredients

Ingredients need: Wash & clean Crabs well. Slice Onions, slit Green Chillies, Cut Tomatoes, Curry Leaves few, Turmeric Powder, Salt to Taste, Oil for frying.  
Grind :

Ginger, Garlic & Coriander leaves. Grind Coconut separately & keep. For Garnishing: 2-3

Tablespoons of Chopped Corriander Leaves. Juice of 1 lime (opt)

### Method

Method Pour Oil in a Vessel fry the sliced Onions, Curry Leaves & Green Chillies when the Onions are getting brown add the ground Masala, Salt, Turmeric Powder & fry nicely till the oil comes to the surface, now add the chopped Tomatoes & continue to fry the Masala till the Tomatoes are soft, now add the ground Coconut paste, mix well, add the Crabs, water & cook till Crabs are done, the grave has reached its thickness & flavour escapes. Remove from Fire & Garnish with the Chopped Corriander leaves.

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## capsicum chikku

### Ingredients

capsicum --1 cup chicken fillets----small pieces masala-----1-2tsp salt  
oil water cornflour

### Method

to fried capsicum,add chicken pieces and masala and salt.add water with corn flour dissolved at last,when chicken is well cooked. served with rice or chappathis

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One cannot think well, love well, sleep well, if one has not dined well.

Virginia Woolf

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## Prawn Peri-Peri

### Ingredients

2 cups Prawn (optional to devein and shell) 1 tin tomatoe puree 1-5 green chillies (ground) ginger and garlic (ground) coriander (fresh - ground) mint (fresh - (ground) oreganum mixed herbs peri-peri ground spice cayenne pepper ground spice 1 tsp chilli powder Oil/margarine

### Method

Grind chillies, coriander and mint until a paste is formed. In a bowl mix together tomatoe puree, chillie mixture, ginger and garlic and all the remaining spices and oil. Lastly add the prawns to this mixture and refridgerate for at least half a day. Thereafter remove from refridgerator and place in the oven tray. Please a few pieces of margarine on the top and allow to bake for at 60-90 minutes. Serve hot with Savoury Rice or Bread Rolls and a Toss Salad, Mint and Sour Milk Salad and Sambals.

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## Chicken Badami

### Ingredients

Chicken 1 (about 700 gms) Fresh Youhurt 300 gms Almonds 100 gms Onion 3 medium Garlic Paste 1 tsp Ginger Paste 2 tsp Red Chilly Powder 2 tsp Ghee 2 tbsps Jeera 1 tsp Salt as per your taste Corriander Leaves 30 gms (for garnishing) Garam Masala 1 tbsps

### Method

Remove the skin and cut the chicken into 8 pieces. Marinate the chicken with ginger paste, garlic paste and chilly powder for half an hour. Make paste of half almonds and cut the remaining almonds into two halves. Boil the onion and make a thick of paste of it. Heat the ghee in wok or kadai and fry the almond halves till they are brown and put aside. Fry the Jeera for a while and put onion paste in the ghee and fry till is brown then put garam masala till it separates

the ghee. Fry the chicken in ghee along with marinade (ginger paste, garlic paste and chilly powder, put yoghurt and salt. Once the chicken is half cooked the pour it with almond paste and cover the kadai. Once chicken is cooked garnish with fried almond halves and chopped corriander leaves. Tip: The same dish can be prepared using Fenugreek leaves instead of almonds and is called Chicken Methi.

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### Shami-kabab

#### Ingredients

1/2kg keema,1/2cup chanadal boiled,3 green chillies,cinnamon 1 stick,cardamom 2,cloves 3,garlic 4-5,salt to taste,1/4 tsp red chilli powder, onion ¼ cup, 1 egg, little fresh coriander.

#### Method

Take the cleaned keema and put it in a vessel along with boiled channa dal, green chillies, onions, salt, coriander, garlic, garam masala, red chilli powder, except the egg.Now allow it to boil and let the water be evaporated fully . Now remove it from fire and allow it to cool.Then grind it in a mixie.Then add 1 egg to it and make balls and fry it. It will taste good with mint chutney.

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## **FISH'eZ**

### PRAWN (SHRIMP) CURRY

#### Ingredients:

½ kg = 1.1 lb. Prawns

2 Onions diced into small pieces

¼" Cinnamon stick

¼ tsp Chili powder

½ tsp Dhania powder

¼ tsp Garlic powder  
½ tsp ginger powder  
1 bunch Fresh coriander  
1 tsp Salt  
¼ tsp Turmeric powder  
1 tblsp Oil

**Method:**

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

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A smiling face is half the meal.

Latvian Proverb

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**CORIANDER FISH (BHARIA MACHLI)**

**Ingredients:**

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

8 cloves Garlic

3 Hot chilies (optional) (or cayenne)

1" piece Ginger

1 medium bunch Coriander

1 T Coriander seeds

1 t Brown sugar

1 t Turmeric

½ t Black mustard

½ t Fenugreek seeds  
1 T Salt, ½ c Lemon juice  
½ c Vegetable oil, 2 c Chopped onion  
1 c Chopped tomato, ½ t Garam Masala

**Method:**

Preheat oven to 400 deg F. Wash and pat fish dry. Sprinkle 1 t salt inside and set aside. Blend garlic, chili, ginger, ½ the coriander, coriander seeds, brown sugar, turmeric, mustard seeds, fenugreek seeds, salt and lemon juice until it all becomes a smooth paste (Add some water if needed).

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

Coat one side of fish, stuff 1 ½ cups inside. Close opening, spread the rest of the Masala over it. Cover tightly and bake for about 25 minutes. Grill for 1–2 minutes in the broiler, and sprinkle on the remaining coriander. Serve.

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**MUGHLAI CHICKEN WITH ALMONDS**

This recipe is taken from Madhur Jaffrey's book

**Ingredients:**

1" piece Ginger  
8–9 cloves Garlic  
6 tblsp Blanched Almonds  
7 tblsp Vegetable oil  
1" Cinnamon stick  
2 Bay leaves  
5 Cloves  
10 pods Cardamom  
2 medium Onions (cut into small pieces)



2 tsp Ground cumin seeds  
1/8-1/2 tsp Red pepper  
7 tblsp Yogurt  
1 small carton Whipped Cream  
1/4 tsp Garam Masala  
2-2 1/2 lbs Chicken boneless (2 trays of holy farms)  
2 1/2 tsp Salt  
one bunch Coriander leaves

**Method:**

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

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

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Give me books, French wine, fruit, fine weather and a little music played out of doors by somebody I do not know.

John Keats

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**MALAI CHICKEN**

**Ingredients:**

1 Tray chicken, 1 Chopped onion, 1 small can Tomato paste  
1 Red Chili, 2 Cloves, 2 Cardamom, 1/2" Cinnamon stick  
1 Bay leaf, 1 carton Light whipping cream, 1 tsp Dhania powder  
1/2 tsp Cumin powder, 1 tsp Garam Masala, 1-1 1/4 tsp Chili powder

½” piece Ginger made into a paste, 6 cloves Garlic (made into paste)

Fresh coriander To taste Salt, Turmeric

**Method:**

Heat oil. Add red chili, cloves, cardamom, cinnamon stick, and bay leaf, and cook until the bay leaf turns golden brown. Add the onion and fry for two minutes. Add the ginger garlic paste and fry for 4 – 6 minute. Add the chicken and fry for 5 minutes. Sprinkle in chili, dhania powder, cumin powder and turmeric. Cover chicken + salt (add water if needed) and cook for around 15 minutes until ¾ cooked. Add can of tomato paste and cook on low heat. Just before removing, add the whipping cream and cook for a few minutes.

Add Garam Masala and coriander leaves Remove after a couple of minutes.

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**CHICKEN CURRY NORTH INDIAN STYLE**

**Ingredients:**

1 lb Chicken–drumsticks, thighs, breast pieces

1 small carton Plain yogurt

2 medium Onions very finely chopped

4 tbl Vegetable oil

2 Cloves

½ tsp Mustard powder

2 pods Cardamom

½ tsp Cumin powder

1 tsp Garam Masala

1 tsp Chili Powder

½” piece Ginger

4 cloves Garlic

1/3 tsp Coriander Seeds

to taste Salt

½ tsp Freshly ground pepper

**Method:**

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

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

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

**Important note:**

When chicken is cooked with a cover on the pot, it releases water that becomes a part of the sauce. If after 10 minutes, there isn't enough sauce in the pot, add ¼ cup water. Conversely, if there is too much liquid in the pot, cook uncovered until the liquid evaporates.

**Variations:**

There are several variations to the above recipe:

- 1.) Leave out the yogurt. Add ¼ cup of water just before turning the heat to low and covering the pot.
- 2.) Boil two potatoes for 10 minutes before slicing them thinly. Add sliced potatoes to the pot when you start cooking the chicken.
- 3.) This variation is usually called “Malai Chicken” or literally “creamy” chicken. Leave out the yogurt. When the chicken is ¾ done, add one small can of tomato paste. Just before removing add a small carton of whipping cream, and cook for a few minutes.

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Life is uncertain. Eat dessert first. ~Ernestine Ulmer



## DESSERTS N GOODIES

KHEER (VERMICELLI PUDDING) Recipe from Dalbir Chadda:

Ingredients:

1 stick Butter

2 handfuls Very fine vermicelli

4 cups Milk

1 pint Whipping cream

1 handful Raisins

3 tblsp Sugar

4 Almonds (optional) peeled and thinly sliced

Method:

Melt butter in a 4 qt pot. Break vermicelli into 3" pieces. Over low heat stir vermicelli into butter until it turns light brown. Pour in the milk and stir over medium heat until it boils. Put in the raisins, almonds and sugar.

Continue to cook under low heat for 10 minutes. Add whipping cream and continue to cook for a couple of minutes. Remove from heat and, when cool, chill in the refrigerator before serving

RICE FLOUR PUDDING

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(6 servings)

Ingredients:

4 ½ c Milk

¾ c Sugar

2 oz Rice flour

6-8 drops Rose water

1 oz Almonds

½ oz Pistachio nuts

Method:

Blanch (optional) and shred nuts. Mix rice flour into the milk and mix until smooth. Cook over medium heat until a creamy consistency is achieved (20-30 minutes?). Simmer and add sugar and stir for 2-3 minutes more.

Cool (in refrigerator for 30 minute) add the rose water, almonds and pistachios (maybe before it cools). Pour into individual dishes and serve.

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## BESAN BURFI

### Ingredients:

1 c Besan

1 c Shortening

1 c Sugar

4 seeds Cardamom

Nuts (optional)

### Method:

Melt shortening in a pan. Turn down heat and add cardamom and Besan. Fry, stirring constantly to prevent burning until it has changed to a brown color and smells done. (Test: a few drops of water sprinkled on it sputters instantly).

Turn off the heat and stir in the sugar. Spread ½" thick onto a platter. Cut into diamond shapes after it has cooled down.

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## KHEER

### Ingredients:

½ c Rice

4 c Milk

¼ c Raisins

¾-1 c Sugar

1 t Cardamom seeds

¼ c Shredded blanched almonds

6-8 drops Rose water

½ c Water

### Method:

Wash and drain the rice. Soak in ½ c water for ½ hour. Boil the rice in the same water until it is coated and the water dries up. Add the milk and simmer on low heat for 1 ½ hours.

Scrape the sides and bottom frequently to prevent sticking and mash rice while stirring. When it is creamy, add sugar and stir in well. Remove from heat and add crushed cardamom seeds, rose water and shredded almonds.

Serve hot or cold decorated with silver leaves (optional). [Silver leaves are VERY FINE, tasteless sheets of silver.]

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### GULAB JAMUNS (EASY METHOD)



#### Ingredients:

- 1 c Bisquick
- 2 c Carnation powder
- 2 c Water
- 1 ½ c Sugar

4 pods Cardamom

few drops Rose water

½ stick Butter (4 T)

1/8 c Yogurt, Milk, Oil for frying

**Method:**

Heat butter and pour in a bowl. Add Bisquick, carnation powder and yogurt and blend together. Knead well adding milk if necessary. Make a smooth ball, cover and let rest (30 minutes?). Make 12–14 small balls.

Heat the water, add sugar, bring to boil, add cardamom seeds and simmer. Boil, then simmer to reduce the water by half. Heat the oil until hot and fry the balls to a golden brown or until they are dark brown---almost black.

Soak in sugar syrup until they double in size (1 hour or overnight).

Serve hot or cold.

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**SUJI HALVA (SEMOLINA HALVA)**

(4–6 servings)

**Ingredients:**

½ c Suji (semolina)

½ c Sugar

½ c Ghee, 1 ½ c Water

1 oz Sliced almonds

1 oz Raisins

8 Green cardamoms

**Method:**

Boil sugar and water together for 5 minutes. Heat ghee add suji and stir on low heat until mixture becomes light creamy in color and ghee leaves the side of



the pan. Add the syrup and stir briskly until it is absorbed in the semolina. Mix in crushed cardamom seeds, almonds, and raisins. Serve hot.

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### SEWIAN (VERMICELLI)

#### Ingredients:

2 c Sewian (vermicelli)

3 ½ c Milk

¾ c Sugar

¼ t Rose water (or 6–8 small cardamom seeds)

Ghee

#### Method:

Fry the sewian in hot oil until golden brown. Heat the milk to boiling and add the sewian. Cook until the milk is reduced by half. Add sugar and cook on low heat until creamy (about 25 minutes). Remove from the heat. Add in rose water. Decorate with blanched finely shredded almonds and pistachio nuts and silver leaves if desired.

### CARROT HALVA

#### Ingredients:

4 lbs Carrots

½ gal Milk

2 c Sugar

2 c Carnation milk powder

1c Oil, to taste Nuts

#### Method:



Clean and grate the carrots. Heat milk to boiling and add the carrots. Cook until liquid is almost gone, stirring to prevent sticking and burning (3 to 4 hours). Add oil and cook more, stirring often, to roast the carrots well (about ½ hour). Add the powdered milk and sugar and cook until all the liquid is gone and the mass does not stick to the sides. Add the nuts and raisins and turn off the heat. Pour in a serving dish and serve warm or cold. Will keep in the refrigerator for up to 1 week.

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The rich would have to eat money if the poor did not provide food

--Russian proverb

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## RASGOOLA

### Ingredients:

1 ltr Homogenized Milk

2 tsp White Vinegar

1 ½ C Sugar

3 C Water

### Method:

Bring the milk to a boil and add vinegar to the boiling milk to separate the whey. Throw away the liquid part by sifting the stuff onto a muslin cloth. Pour some cold water over the curd to cool and wash it. Discard the water and hang the cloth for 15–20 minutes to let the excess water drip off.

Put the curd in a food processor or blender and blend at high speed to get a smooth consistency. You may add just a little (1 tsp or so) water while blending, if the curd is too dry and will not blend. Be very careful so as not to add any extra water. Remove the paste and make small balls (1–2" in diameter).

Boil water in a wide vessel. Make sure that there is at least 2–3” of water in the vessel. If not, add more water and increase the quantity of sugar proportionately. Add sugar to the boiling water to make a light syrup.

Continue boiling the syrup and gently drop the curd balls in the boiling syrup. Cook the balls in the boiling syrup for 30–40 minutes. Remove from the heat and let the stuff cool down. Put the balls and the syrup in a storage container and refrigerate (don’t freeze). Serve cold.

::

## MANGO ICE CREAM

This is a great desert which can be made with very little effort. You can replace the Mango pulp with any other pureed fruit.

Ingredients:

- 1 can Condensed Milk
- 12 oz. Whipped cream(Cool whip)
- 1 can Mango pulp (Alphonso)

It is very confusing to describe quantities as 1 can. Well, I do not remember the exact numbers so let me describe the sizes. The Mango pulp can is about 6” high and 3” in diameter. I think it is the only size available in an Indian store. The condensed milk can is about 3” high and about 2.5” in diameter and should be available in your neighbourhood grocery store.

Method:

Mix all of the pulp, condensed milk and whipped cream in a bowl. Put in the freezer for about 8 hours.

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AppaLaams (also called Paapad) are available at all Indian grocers.

AppaLaam is Sun dried rice/lentil wafer – a very tedious recipe. Roast a few appaLaams directly over a gas grill or electric stove coil. To make an even roast, keep alternating the side of the appaLaam to the flame. The appaLaam should be fully roasted and at the same time not be burnt (black).

To overcome this intricate roasting, some grocers sell microwave appaLaam now. If roasting doesn't work, try deep frying the appaLaam – again, heat the oil well first and don't let the appaLaam become dark. If all else fails, get a bag of good corn / potato chips.

Boil and cool 1 cup of plain rice. Add a teaspoon of edible oil or melted butter. Add vaththalkuzhambu and mix. Add more oil or butter as needed for taste. Enjoy this with appaLaam as side dish.

If you prefer it NOT hot :

Mix boiled and cooled rice with plain yogurt to an edible consistency.

Add a pinch of salt. Eat this with 'vaththalkuzhambu' as side dish.

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#### KHEER (VERMICELLI PUDDING)

Recipe from Dalbir Chadda

Ingredients:

- 1 stick Butter
- 2 handfuls Very fine vermicelli
- 4 cups Milk
- 1 pint Whipping cream
- 1 handful Raisins
- 3 tblsp Sugar
  
- 4 Almonds (optional) peeled and thinly sliced

Method:

Melt butter in a 4 qt pot. Break vermicelli into 3" pieces. Over low heat stir vermicelli into butter until it turns light brown. Pour in the milk and stir over medium heat until it boils. Put in the raisins, almonds and sugar.

Continue to cook under low heat for 10 minutes. Add whipping cream and continue to cook for a couple of minutes. Remove from heat and, when

cool, chill in the refrigerator before serving

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## RICE FLOUR PUDDING

(6 servings)

### Ingredients:

4 ½ c Milk

¾ c Sugar

2 oz Rice flour

6–8 drops Rose water

1 oz Almonds

½ oz Pistachio nuts

### Method:

Blanch (optional) and shred nuts. Mix rice flour into the milk and mix until smooth. Cook over medium heat until a creamy consistency is achieved (20–30 minutes?). Simmer and add sugar and stir for 2–3 minutes more.

Cool (in refrigerator for 30 minute) add the rose water, almonds and pistachios (maybe before it cools). Pour into individual dishes and serve.

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A dessert without cheese is like a beautiful woman with only one eye.  
~Anthelme Brillat-Savarin

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## BESAN BURFI

### Ingredients:

1 c Besan

1 c Shortening

1 c Sugar

4 seeds Cardamom

Nuts (optional)

Method:

Melt shortening in a pan. Turn down heat and add cardamom and Besan. Fry, stirring constantly to prevent burning until it has changed to a brown color and smells done. (Test: a few drops of water sprinkled on it sputters instantly).

Turn off the heat and stir in the sugar. Spread ½" thick onto a platter. Cut into diamond shapes after it has cooled down.

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## KHEER

Ingredients:

½ c Rice

4 c Milk

¼ c Raisins

¾-1 c Sugar

1 t Cardamom seeds

¼ c Shredded blanched almonds

6-8 drops Rose water

½ c Water

Method:

Wash and drain the rice. Soak in ½ c water for ½ hour. Boil the rice in the same water until it is coated and the water dries up. Add the milk and simmer on low heat for 1 ½ hours.

Scrape the sides and bottom frequently to prevent sticking and mash rice while stirring. When it is creamy, add sugar and stir in well. Remove from heat and add crushed cardamom seeds, rose water and shredded almonds.

Serve hot or cold decorated with silver leaves (optional). [Silver leaves are VERY FINE, tasteless sheets of silver.]

### GULAB JAMUNS (EASY METHOD)

#### Ingredients:

1 c Bisquick  
2 c Carnation powder  
2 c Water  
1 ½ c Sugar  
4 pods Cardamom  
few drops Rose water  
½ stick Butter (4 T)  
1/8 c Yogurt  
Milk  
Oil for frying

#### Method:

Heat butter and pour in a bowl. Add Bisquick, carnation powder and yogurt and blend together. Knead well adding milk if necessary. Make a smooth ball, cover and let rest (30 minutes?). Make 12–14 small balls.

Heat the water, add sugar, bring to boil, add cardamom seeds and simmer. Boil, then simmer to reduce the water by half. Heat the oil until hot and fry the balls to a golden brown or until they are dark brown---almost black.

Soak in sugar syrup until they double in size (1 hour or overnight).

Serve hot or cold.

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(4–6 servings)

### Ingredients:

½ c Suji (semolina)

½ c Sugar

½ c Ghee

1 ½ c Water

1 oz Sliced almonds

1 oz Raisins

8 Green cardamoms

### Method:

Boil sugar and water together for 5 minutes. Heat ghee add suji and stir on low heat until mixture becomes light creamy in color and ghee leaves the side of the pan. Add the syrup and stir briskly until it is absorbed in the semolina. Mix in crushed cardamom seeds, almonds, and raisins. Serve hot.

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3 ½ c Milk

¾ c Sugar

¼ t Rose water (or 6–8 small cardamom seeds)

Ghee

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Fry the sewian in hot oil until golden brown. Heat the milk to boiling and add the sewian. Cook until the milk is reduced by half. Add sugar and cook on low heat until creamy (about 25 minutes). Remove from the heat. Add in rose



water. Decorate with blanched finely shredded almonds and pistachio nuts and silver leaves if desired.

## CARROT HALVA

### Ingredients:

4 lbs Carrots

½ gal Milk

2 c Sugar

2 c Carnation milk powder

1 c Oil

to taste Nuts

### Method:

Clean and grate the carrots. Heat milk to boiling and add the carrots. Cook until liquid is almost gone, stirring to prevent sticking and burning (3 to 4 hours). Add oil and cook more, stirring often, to roast the carrots well (about ½ hour). Add the powdered milk and sugar and cook until all the liquid is gone and the mass does not stick to the sides. Add the nuts and raisins and turn off the heat. Pour in a serving dish and serve warm or cold. Will keep in the refrigerator for up to 1 week.

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## RASGOOLA

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2 tsp White Vinegar

1 ½ C Sugar

3 C Water

#### Method:

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Put the curd in a food processor or blender and blend at high speed to get a smooth consistency. You may add just a little (1 tsp or so) water while blending, if the curd is too dry and will not blend. Be very careful so as not to add any extra water. Remove the paste and make small balls (1–2" in diameter).

Boil water in a wide vessel. Make sure that there is at least 2–3" of water in the vessel. If not, add more water and increase the quantity of sugar proportionately. Add sugar to the boiling water to make a light syrup.

Continue boiling the syrup and gently drop the curd balls in the boiling syrup. Cook the balls in the boiling syrup for 30–40 minutes. Remove from the heat and let the stuff cool down. Put the balls and the syrup in a storage container and refrigerate (don't freeze). Serve cold.

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I doubt whether the world holds for anyone a more soul-stirring surprise than the first adventure with ice cream. ~Heywood Broun

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#### MANGO ICE CREAM

This is a great desert which can be made with very little effort. You can replace the Mango pulp with any other pureed fruit.

#### Ingredients:

1 can Condensed Milk

12 oz. Whipped cream(Cool whip)

1 can Mango pulp (Alphonso)

It is very confusing to describe quantities as 1 can. Well, I do not remember the exact numbers so let me describe the sizes. The Mango pulp can is about 6"

high and 3" in diameter. I think it is the only size available in an Indian store. The condensed milk can is about 3" high and about 2.5" in diameter and should be available in your neighbourhood grocery store.

Method:

Mix all of the pulp, condensed milk and whipped cream in a bowl. Put in the freezer for about 8 hours.

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Appam

Ingredients

Cream of Wheat (Rava) 1 cup

All purpose flour (Maida) ½ cup

Wheat flour ¾ cup

Jaggery 1 1/2 cup

Milk ¼ cup

Oil for frying

Cardamom 2

Edible camphor (Pacha kalpooram) optional

Method

Soak rava in little water and milk for 30 minutes.

Mix maida, wheat flour and soaked rava together.

Melt jaggery in boiling water and mix this with the flour mixture. Pound cardamom and add it to this mixture. Add edible camphor.

Make small balls and deep fry in oil.

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Badam Kheer

## Ingredients

Almonds (Badam) 1 cup

Milk 4-6 cups

Sugar same amount as almond paste (about 1 cup)

Saffron ½ t.spoon

Kesari powder (color) a small pinch (optional)

## Method

Soak saffron in little cold milk, and keep it aside.

Soak almonds in hot water for 1 hour. Peel skin and grind the almond into a fine paste with 1 cup of milk instead of water. Measure the amount of almond paste, and keep the same amount of sugar aside.

Cook the almond paste for 5-10 while stirring it constantly, till the flavour comes out. Now add sugar and keep stirring. Add the remaining milk, and boil for 10-15 minutes. Add the soaked saffron and serve it cold.

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## Carrot Payasam

### Ingredients

Carrot 4 washed, peeled and grated

Milk 2 cups

Sugar same amount as carrot paste

Almonds ¼ cup

Condensed milk 1 can

Evaporated milk 1 can

Saffron 1 t.spoon

Cashews ¼ cup

Golden raisins 2-3 t.spoons

Cardamom 2

Edible camphor (Pacha kalpooram) optional

#### Method

Soak saffron in little cold milk, and keep it aside. Soak almonds in hot water for 1 hour. Peel skin and grind it with grated carrot and milk. Measure the amount of carrot/almond paste, and keep the same amount of sugar aside. Cook the carrot/almond mixture in a pan for 5–10 minutes till the flavour comes out. Add the measured sugar, and let it cook for a few minutes. Add one can of evaporated milk, and condensed milk (or) regular milk and bring it a boil. Fry cashews, raisins and cloves in little ghee and add this to the above. Pound cardamoms, and edible camphor, and add this to the payasam.

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#### Chakara Pongal

##### Ingredients

Rice 1 cup

Moong dhal ¼ cup

Jaggery ½ cup

Milk 2 cups

Ghee 1 cup

Cloves 4

Nutmeg powder 1 t.spoon

Cashews ¼ cup

Golden raisins ¼ cup

Cardamom 2

Edible camphor (Pacha kalpooram) optional

#### Method

Roast moong dhal in a pan for 5–10 minutes.

Cook rice, moong dhal, milk and 3 cups of water till the rice gets cooked.

Melt jaggery, by boiling it little water, and mix this with the cooked rice. Add ghee and keep stirring until everything blends well.

Fry cashews, raisins and cloves in little ghee and add this to the above. Pound cardamoms, and edible camphor, nutmeg, and add this to the payasam.

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## Coconut Burfi

### Ingredients

Coconut 1 cup grated

Milk 1 cup

Cashews ½ cup

Sugar same amount as coconut

Ghee ¼ cup

Cashews less than ¼ cup

Cardamoms 2 peeled and pounded

Butter for spreading

### Method

Soak cashews in hot water for ½ an hour. Grind grated coconut and soaked cashews coarsley with milk, and measure the same amount of sugar and keep it aside. Cook the ground mixture in a pan, and keep stiring it. Add sugar, and ghee and keep stiring until it becomes a fine paste. Fry cashews in ghee and add it to the above. Pound cardamoms and mix it with the above.

Now pour it on a buttered plate and spread it evenly. Let it cool for sometime, and cut it into small burfi's.

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## Kesari

## Ingredients

Cream of Rice (Rava) 1 cup

Sugar 1 cup

Ghee (Melted butter) ½ cup

Cashews less than ¼ cup

Golden Raisins less than ¼ cup

Cardamom 2

Edible camphor (Pacha kalpooram) optional

## Method

Roast rava with ¼ cup of ghee in a pan for 5 minutes. Add 1.5 cups of water to the above, and keep stirring until the rava is cooked. Now add sugar, and mix everything well. Finally add the remaining ghee and simmer the stove and keep stirring until everything mixes well.

Fry cashews, raisins and cloves in little ghee and add this to above. Pound cardamoms, and edible camphor, and add this to above.

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## Rice Payasam

### Ingredients

Sweetened condensed milk 1 can

Evaporated milk 1 can

Rice cooked ½ cup

Cashews ¼ cup

Golden raisins 2–3 t.spoons

Cardamom 2

Edible camphor (Pacha kalpooram) optional

### Method

Mash the cooked rice. Mix condensed milk, and evaporated milk, and boil this with the mashed rice.

Fry cashews and raisins in little ghee and add this to the boiling payasam. Pound cardamoms, and edible camphor, and add this to the payasam.

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### Rice and Coconut Payasam

#### Ingredients

Rice 1 cup

Grated Coconut 1 cup

Jaggery ½ cup

Sugar ¼ cup

Milk 2 cups

Cashews ¼ cup

Golden raisins 2–3 t.spoons

Cardamom 2

Edible camphor (Pacha kalpooram) a small pinch optional

#### Method

Soak rice for 15 minutes in little water. Grind this with grated coconut and boil this till rice gets cooked. Add jaggery, sugar, and milk to this and cook till jaggery melts. Fry cashews and raisins in little ghee and add this to the boiling payasam. Pound cardamoms, and edible camphor, and add this to the payasam.

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### Moong Dhall Payasam

#### Ingredients

Moong Dhall 1 cup

Jaggery ½ cup

Sugar 2 t.spoons

Milk 3 cup

Water 2 cups

Cardamon 2



Edible Camphor (Paccha Kalpooram) a small Pinch

Cashews 2-3 t.spoons

Ghee 2 t.spoon

#### Method

Roast moong dhal with ghee. Boil this with water, till the moong dhal gets cooked.

Add jaggery and sugar to the above and let it cook for till the jaggery melts.

Now add milk and let it cook until everything mixes well.

Fry cashews in little ghee and add this to the boiling payasam.

Pound cardamoms, and edible camphor, and add this to the payasam.

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#### Rava Laddu

##### Ingredients

Fine Cream of Wheat (Rava) 1 cup

Powdered Sugar 1 cup

Ghee  $\frac{1}{4}$  cup

Cashews less than  $\frac{1}{4}$  cup

Raisins less than  $\frac{1}{4}$  cup

Cardamom 1-2

#### Method

Dry roast rava for a few minutes till the flavour comes out. Mix this rava with powdered sugar. Fry cashews in ghee and mix it with the above. Peel cardamom skin, and pound it well and add it to the above mixture and make small balls.

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Rice is born in water and must die in wine. ~Italian Proverb

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GRAPE WINE

## Ingredients

Ingredients Needed: 4 Kgs Dark Black Grapes; 4 Bottles or 4 litres Water (Boiled & Cooled); 4 Kgs Sugar; 2 Eggs – Whites only; 2 Ounces of liquid Yeast or 2 tbsps. of Dry Yeast granuals; A handful of whole wheat; Sugar for colouring –  $\frac{1}{2}$  –  $\frac{3}{4}$  cup.

## Method

Method: Clean & wash grapes well removing stalks, crush nicely with hand until you get a good purple colour. Place the crushed grapes in a ceramic jar with half the quantity of sugar (i.e. 2 kgs Sugar), add water, egg whites, yeast & wheat – mix well & keep airtight for 21 days – stirring well every alternative day. After 21 days strain away the grape pulp mixture, add the balance sugar to the wine – mix well & keep airtight for another 21 days to ferment. Now filter the wine (you could use a muslin cloth & strain the wine), keep aside. Take a wok add the sugar kept for colouring ( $\frac{1}{2}$  –  $\frac{3}{4}$  Cup) – place on fire & go on stirring till the sugar melts & becomes dark brown/black in colour – but do not allow it to burn – now add about 5–7 tbsps. Of hot water to this syrup little @ a time & mix well, add this syrup to the wine & mix well – store the wine in a clean jar & use.

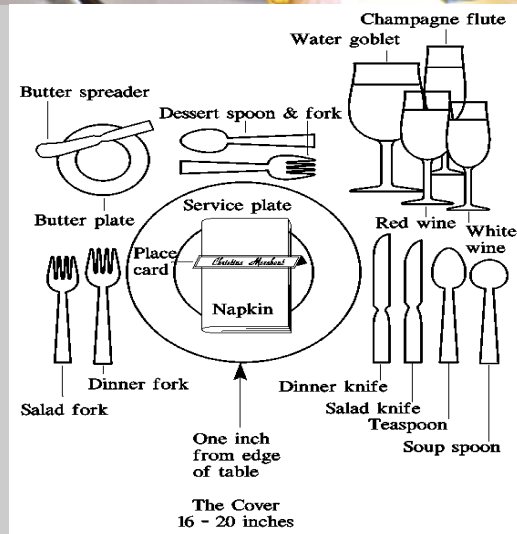


## To the Manners Born

*The word Manners is defined in dictionary as social conduct as per the rules prevalent in the society that one lives in. And if one aspires to attain any degree of social standing it is absolutely necessary to conform to these rules. There are Manners set for every aspect of social existence among which Table Manners play an important part in making a favourable impression. They are visible signals of our behaviour and upbringing and therefore essential to professional as well as personal success.*

### How to Behave at the Dining Table

*( more western though- nice to learn )*



1.

Posture: Sit up straight at the table, never lean backward, nor forward and also never let the elbows touch the table. This makes a good impression. When you are not eating, keep your hands on your lap or rest on the table.

2.

"Please" and "Thank you" are basic manners at the table: Say "Please" when asking people to pass you something and "Thank you" when you receive something.

3.

The best way to use a napkin: The napkin should be placed on the lap to catch crumbs or drips while eating food and should be kept back on the table neatly, after the meal is finished.

4.

Food is passed at a family meal by the head of the family or the host/hostess: It is often passed in a counterclockwise movement around the table.

5.

Wait for others to start eating. In many homes they say a prayer first.

6.

It is best to order foods that can be eaten with a knife and a fork. Finger foods can be messy and are best left for informal dining.

7.

The only way to eat is slowly and quietly. Chew small bites of food and swallow with the mouth closed.

8.

Smoking should not be done while dining out.

9.

One should avoid touching nose, teeth and combing hair while dining.

10.

The table and tablecloth should be kept clean. Do not put bones or any other morsels on the table.

11.

Avoid spitting anything out. If there is something in the mouth, which can't be swallowed, quietly put it in a paper napkin and then continue. (e.g. bones, seeds, etc.)

12.

End the meal properly. When a person has finished eating, the fork and the knife are placed diagonally crossed across the plate, this is the best way to inform the server that you have finished eating.

13.

When you have finished eating, express appreciation for the meal. You can perhaps say "What a delicious meal! Thank you so much." And then wait for all to be finished before leaving the table.

## Some Important Table Manners

To handle some of the unfortunate and embarrassing moments while eating food, following are some tips:

1.

If some beverage or food is spilled on some guest while eating: The best way is to handle the situation with a calm and quiet frame of mind. Apologise first and then using the cloth napkin and water wipe it gently or else gently guide the guest to the wash room.

2.

When a bug appears: If a bug or anything of that sort appears in your salad etc. quietly send it back but do not point it out because it might ruin the entire dinner for the rest of the people.

3.

To remove a distasteful food item from the mouth: The food should be removed in the napkin discreetly and the food morsel should be kept out of view from others.

4.

If a piece of silverware falls onto the floor: It should be picked up if one can reach it and the server should be told to replenish it with a clean one.

5.

Some food items can be eaten with fingers: Some food tastes better when eaten with fingers. So you can eat with your fingers provided you use just the first two segments of the thumb, the index and middle fingers to pop the food into the mouth. Avoid licking fingers after finishing the food. Food should be always eaten with right hand.

## Etiquette

### USING YOUR NAPKIN

Formal occasions call for greater attention to table manners and etiquette. The correct use of napkins in such affairs cannot be over emphasized. Using a napkin is an art where one can use it to dab the lips but ensure that it does not get dirty in the process! A napkin at the table is used to clear the smear from the lips from being transferred onto the rim of the glass.

\*

The napkin is placed on one's lap as soon as one is seated. Formal dinners require the napkin to be picked up only after the hostess unfolds hers and places it on her lap. One should desist from the funny habit of tucking the napkin in the shirt or one's belt.

\*

If the napkin falls on the floor during a very formal event, do not bend down to retrieve it. You should be able to signal a member of the serving staff that you need a fresh one.

\*

After the meal is over, the napkin has to be refolded and placed on the left side on the bread plate. It must not be left on the chair. There is a superstition that originated in Europe regarding napkins, which says that a diner who leaves the napkin on his chair will never sit at that table again! But besides such beliefs, it would help to squash the idea that one is trying to hide a dirty napkin or worse still – run away with the table linen!

\*

Once the host or the hostess places the napkin on the table, it means the meal is over and the guests who are also through with the meal can follow suit.

#### Table Setting : Buffet Set Up and Services

A buffet meal is the most convenient way to serve a group of people at informal gatherings. It is usually set up on a large dining table on which food is laid out in a particular order to make it more navigable and attractive. It should be bright, inviting and in sufficient quantities with the marvelous aromas wafting across. All buffets whether they are cozy, noisy or sophisticated should contain an element of joy and merriment.

In this type of setups, the plates should be stacked at the end of the table from where the service is going to begin. The entire cutlery, along with other crockery, should be placed next to the plates. The food placed on the buffet table should follow the order of the courses of the menu (salads, soup, main courses, breads, accompaniments, etc). Desserts can either be kept on the same buffet table or on a separate dessert section, where a variety of desserts can be displayed.

The term 'Buffet' service means self-service so the guests normally serve themselves, but if the host wants to give a personalized service to his guests, he can serve them. At the buffet table if the service of any dish is difficult for the guests to manage while holding the plate, an appropriate server should be arranged to serve that particular dish.

#### Plated Service and Set Up

In this type of service, the dishes should be pre-plated in the kitchen and placed at individual covers as soon as the guests are seated. The food should be served in order of the courses of the menu – soup being the first and dessert being the last. If desired, additional food may be placed in the center of the table or on an extra table adjacent to the dining table.

Whatever the type of food service, the most important accompaniment should be gracious hospitality.

#### Table Setting : Service Procedure for a Formal Dinner

\*

Receiving the guests, greeting and seating them is the first fundamental of a perfect service for a formal dinner.

\*

Once the guests are seated, the water glasses should be filled and if wine is to be served, wine poured into the glasses and served at the correct temperature. Or alternatively a welcome drink could be served, followed by starters, if any.

\*

The food should be served in order of the courses on the menu and as soon as the first course is finished the plate should be cleared and replaced by another for the next course. The food should always be served at the right temperature.

\*

Ladies should always be served first followed by the gentlemen and lastly the host.

\*

After a course of finger foods, a finger bowl (a small bowl with lukewarm water and a lemon wedge) should be placed before each guest. The bowl should always have an underliner (a quarter plate). If the napkin becomes too wet or dirty, it should be replaced.

\*

A guest should not be irritated with frequent questions about the food for he is bound to reply in positive note. If he likes the food he is bound to praise it anyway. Going overboard to tell the recipe of any dish that is singled out for praise, unless and until asked for specifically, should be avoided.

\*

The dining table is no place for serious discussions for it will spoil the basic purpose of having somebody over for dinner/lunch. The talk should be light like jokes etc. with no direct comments, not even on a person who is not present. If any guest starts speaking on an unpleasant topic, you should try and divert the topic to something more acceptable.

\*

Coffee, liqueurs, brandy etc. after the meal need not be served at the dining table, they can be taken elsewhere too.

#### Table Setting : Buffet Set Up and Services

A buffet meal is the most convenient way to serve a group of people at informal gatherings. It is usually set up on a large dining table on which food is laid out in a particular order to make it more navigable and attractive. It should be bright, inviting and in sufficient quantities with the marvelous aromas wafting across. All buffets whether they are cozy, noisy or sophisticated should contain an element of joy and merriment.

In this type of setups, the plates should be stacked at the end of the table from where the service is going to begin. The entire cutlery, along with other crockery, should be placed next to the plates. The food placed on the buffet table should follow the order of the courses of the menu (salads, soup, main courses, breads, accompaniments, etc). Desserts can either be kept on the same buffet table or on a separate dessert section, where a variety of desserts can be displayed.

The term 'Buffet' service means self-service so the guests normally serve themselves, but if the host wants to give a personalized service to his guests, he can serve them. At the buffet table if the service of any dish is difficult for the guests to manage while holding the plate, an appropriate server should be arranged to serve that particular dish.

#### Plated Service and Set Up

In this type of service, the dishes should be pre-plated in the kitchen and placed at individual covers as soon as the guests are seated. The food should be served in order of the courses of the menu – soup being the first and dessert being the last. If desired, additional food may be placed in the center of the table or on an extra table adjacent to the dining table.

Whatever the type of food service, the most important accompaniment should be gracious hospitality.



And after meals, don't sprain your wrist in the effort to get out a toothpick before anybody else can get one. Don't get one out at all regardless of whether you see anybody else doing it or not. In the privacy of your own quarters, if you prefer a toothpick to dental floss, that's strictly your own business. But remember that you wouldn't sit around or walk around in public cutting your fingernails—so leave your teeth alone, too.



## **Jacob!, Jacob !!** *A Child's Guide To Avoiding Abysmal Table Manners*

By Mary C. Egan

Jacob, Jacob, full of plans,  
Come inside and wash your hands.

Jacob, Jacob, shy and sweet,  
Please sit down; it's time to eat.

Jacob, Jacob, good old chap,  
Place your napkin in your lap.

Jacob, Jacob, do not eat,  
'Till your hostess takes her seat.

Jacob, Jacob, strong and able,  
Keep your elbows off the table.

Jacob, Jacob, full of grace,  
Kindly do not stuff your face.

Jacob, Jacob, fast and deft,



Pass the food from right to left.

Jacob, Jacob, sitting still,  
Let's try not to have a spill.

Jacob, Jacob, looking great,  
Don't forget to clear your plate.

Jacob, Jacob, quite bemused,  
Yes, my dear, you are excused.

## FOOD: not just a food

Food being one of the basic needs of man, most of his activities are centered on procuring it. It amazes one to know how food can influence a person's relationships and his interaction with those around him. Food becomes a point of focus whether one is celebrating a festival or mourning the death of a dear one or observing a fast. It receives considerable attention when treating a sick person.

From here food moves on from being something that can put off hunger to being a healer. The adage given by our ancestors, "Use a thorn to draw a thorn" holds immense meaning. Food eaten may be the root cause of the disease while the cure would also lie in the sphere of food itself. Hence, good nutrition and a balanced diet are the best medicines in our hands. Somewhere along the line we have started placing undue importance on taste over good health causing the tongue to lead us to our tomb!

From eating roots and herbs from the forests we have progressed to trendily packed ready to eat mixes all with the help of modern technology in food manufacturing. Regardless of it, the world of food and nutrition still evokes many questions for a seeker. "How is food linked to obesity? How much of proteins do I need? How safe are today's fast foods?" are some of the aspects we are puzzled about.

Since good nutrition is responsible for laying the foundation of good mental, physical and emotional well being, our site tries to bring forth facts and information on various aspects of food and nutrition.

- To reduce fat in the chicken by about 10 grams per serving, remove the skin before marinating it.

- If you have forgotten to soak pulses like chana overnight, just put the chana in a flask full of boiling water for an hour. They are ready for cooking.

- To make a soft fluffy omelet heat a non-stick pan and add a little more butter than usual. Now beat the egg and stir briskly (even while frying) with a fork. This way more air goes in your omelet, making it light and fluffy. Cook till done and serve hot.

- Coconut milk when kept overnight in the fridge forms a white layer on top. This layer can be used as fat instead of oil for frying mutton or chicken.

- Add a little oil and turmeric powder to the dal before placing it in the cooker. It will get done in ten minutes flat.

- Adding a cupful of grated carrot or beetroot to the coconut while making coconut burfi will give you natural colouring and nutritional benefits.

- To refresh stale bread, sprinkle it with water, wrap it in a foil and heat it in the oven on 200 °C for about five to ten minutes.

- Adding a spoonful of curd to ladyfingers while cooking will ensure that they do not stick to the vessel or turn black.

- Sprinkle a bit of salt in the frying pan before adding chicken. It will cut down on the amount of grease splattering.

- Peel and cut potatoes and boil them in water to which a little vinegar is added. They will be done in no time and will retain the texture as well.

- While grinding the batter for idlis replace 1/5 quantity of rice with pressed rice (poha). This will make the idlis fluffier.

- Place rolled puris in the fridge for ten minutes before frying them, they will consume less oil and will be crisper.

- To make dosas more crisp, add a little fenugreek seeds to the lentil and rice mixture while soaking.

- Rather than using food colors, use a mixture of limewater and turmeric to get (almost) tandoori color.

- Always add salt to the water while boiling vegetables. This enhances their natural flavour and diminishes the need to add salt at the table.

## Kitchen Tips

- Never beat idli batter too much because the air which has already incorporated during fermentation is lost

- Cooking sour food (tamarind/lemon based) in non-stick ware reduces its durability and the coating is likely to peel off sooner

- Deodorize cutting board by rubbing it with a paste of baking soda and water.

- Spread a little hot oil in your new utensils and rub with a half cut onion thoroughly. The utensils will not burn easily.

- Try grating a raw potato after the cheese. The potato clears the gummy cheese out of the holes.

- Fish smell tends to linger on the pots and pans long after the cooking. Brew some tea (for ten to fifteen minutes) in the pot/pan in which fish has been cooked. Discard tealeaves and water. Fish smell will disappear.

- Used milk glasses should be rinsed with cold water instead of hot water before washing, as hot water cooks the milk and makes them harder to clean.

- Keep a square of sandpaper in your kitchen, it will give you a better grip on those hard to open jars.

- When making green banana wafers use a potato peeler to produce the thinnest slices

- Soak walnuts in salted water overnight before cracking them in order to get the whole kernels.

- If only a drop of lemon juice is required, pierce the lemon with a knitting needle and squeeze. The lemon can be kept indefinitely as the hole closes again.

- To clean copper pots, sprinkle a little salt, rub with the cut side of a halved lemon and rinse with water.

- Vinegar brought to a boil in a new frying pan will prevent foods from sticking.

- If the vegetables are not fresh, soak them in cold water to which a little lemon juice has been added. They will become fresh again.

- To prevent the burning sensation after grinding chillies dip the hands in cold milk.

- While cutting hard-boiled eggs, the egg yolk often tends to break. To avoid this dip the knife in cold water for a few seconds and then cut smoothly.

- Use kitchen scissors to chop fresh mint, chillies and coriander finely and without any mess.

- For cleaning vessels add a handful of common salt to the washing powder for better results.

- The microwave oven should not be used without any food in it as this could cause damage.

- If mushrooms are very large, the stalks are likely to be tough; therefore they should be discarded. Always tear rather than cut oyster mushrooms.

- Soak burnt pans in a solution of ammonia and water, for an hour. Clean with used lemon and then with soap and water. They will sparkle again.

- In order that there is a free circulation of air in the freezer ensure that it is not packed tightly.

- Muffins will slide right out of tin pans if the hot pan is first placed on a wet towel.

### Storing Tips

- After bananas have ripened, store in the refrigerator to help slow down ripening. The skin will turn dark brown, but this does not damage the fruit inside.

- Put two to three cloves in the container or jar of sugar to keep the ants at bay.

- Set lemon juice with sugar and a little salt in ice trays to make cubes which can be used to make instant lemonade.

- Dry fifty grams of mint leaves, powder them and add to ten kilograms of rice. Not only will the mint leaves keep insects at bay, they will also impart a delicious flavour to the rice when cooked.

- Put chips and biscuits in a polythene bag and store them in a refrigerator to keep them fresh for a long time.

- Tie the shelled green peas in a cloth and dip in boiling water for three minutes. Then dip in chilled water for three minutes. Dry under the fan till the extra moisture is removed and then pack into airtight jars or sealed packets. Freeze and use when peas are out of season.
- Coriander leaves will stay fresh if placed in a polythene bag and stored in the fridge.
- If you have peeled extra potatoes, keep them dipped in water and store in the refrigerator. They will remain for a couple of days.
- Storing flour in an airtight container and refrigerating it doubles their storage time.
- Put two to three cloves in the sugar to keep ants at bay.
- To prevent ice-trays from sticking to the freezer surface sprinkle a little salt on the surface of the freezer before placing the ice-trays.
- While storing green chillies, remove the stems. This will help the chillies to stay fresh for a longer time.
- Potatoes rot quickly if stored near onions therefore store them separately.

## XTRA TIPS

## COOKING

\*Cooked Curry? A Curry is cooked when you can see Oils separating and settling on the surface.

Chillie Tips:

\*spice intensity

dried pods = ~10 red fresh chilli fruit

dried pods = ~ 20 green chilli fruit

\*The seeds and white pith of a chilli are the hottest part, so remove them if you dont want your dish to be too fiery.

\*Chillies contain a pungent oil that can cause an unpleasant burning sensation to eyes and skin. Try to avoid handling them too much, wear gloves if possible, and be sure not to touch your face or eyes during preparation.

\*As a general guide the smaller the chilli the hotter it will be.

\*Soaking a chilli in vinegar has the effect of distributing the hot chilli flavour through the dish. Discarding the vinegar and soaking again has the effect of reducing the heat.

\*When you use commercial curry powder, combine two or more brands -- each has a different mix of spices.

\*Salty Curry? Not any more – peel a potatoe, cut it into two and add to the curry – it will absorb the salt! Just remove before serving.

\*Sticky Rice – no more – add a few drops of pure lemon juice and a sprinkle of sugar to the rice before boiling!

\*Tandoori Chicken Marinade: For almost perfect Tandoori Chicken dont use colouring – try Lime Juice, Paprika Powder and Turmeric mixed – rub generously into the meat. Perfect!

\* Curry pastes: Add a teaspoon of hot oil to homemade pastes of garlic, ginger or chili, along with salt to make it last longer and taste fresher. Also freeze the excess in 1 tablespoon amounts in an ice cube tray. When you need it, just pop out and put in pan.

\*Yoghurt, paw paw and pineapple are natural tenderisers. Hence they can be used to marinate tough cuts of meat. Caution: Paw paw and pineapple can break the fibre very quickly if used in large quantities.

\*Sprinkle a bit of salt in the frying pan before adding chicken. It will cut down on the amount of grease splattering.

\* Remove the stems of green chillies while storing them .This will help them to stay fresh for longer.

\*Hurry to cook dal?

Add a little oil and turmeric powder to the dal before placing it in the cooker. It will get done in 10 minutes flat.

\* To preserve ginger-garlic paste : Fry them in oil before grinding and store in the same oil.

\* Soak some fenugreek seeds in water for sometime, grind it to a smooth paste and add it to the dosa batter to get crisp dosas.

\*If, for any reason you wish relief from chillie burn, whilst you have been eating –dont grab a drink of lager or glass of water! – just request a glass of milk, or a lassie (a yoghurt drink) – this is the ultimate cure!

\* Before cutting vegetables or any meat, dip the knife in hot water and you will be amazed to see the ease while cutting.

\* If you are cooking cabbage add a small piece of ginger for a different and enhanced taste.

\* If poppy seeds are used in grinding, soak it in hot water for 10 to 15 minutes before grinding in a mixie.

\* Masala tea: Lightly roast dried ginger, cardamom peels, cloves and grind them. Store them in a bottle. Add to the boiling water with the tea leaves.

\* If you have added too much salt: According to the dish you are preparing, you could add a few pieces of cooked potato, breadcrumbs, cooked tomato, maida, rice flour or chilli powder to solve the problem of too much salt.

\* To make fluffy chapathis: Use warm water when kneading the dough for chapathis. Flip the chapathi over three times before you pour ghee/oil on it so that the chapathi is soft and fluffy.

- \* Always soak cauliflower in warm salted water for some time to get rid of tiny insects which may be hidden deep inside the florets.
- \* Making dosa – When you make dosa, grease the pan with an onion. It helps to get it crispy and remove from pan easily.
- \* Prevent Noodles from getting sticky – When boiling noodles, add some oil to it. It helps to protect stickiness.
- \* To get rid of bad smell from utensils – Wash with a few drops of vinegar.
- \* Want finely mashed potatoes? – Always mash potatoes when quite hot so that you get finely mashed potatoes.
- \* Want to chop finely mint/green coriander? – Use kitchen scissors instead of a knife to chop finely, green coriander, green chillies, mint or tulsi.
- \* Storing green chillies fresh – Wash and trim stem from each chilli and store in freezer bags. Will keep fresh for a number of days.
- \* Retain food values in vegetables: Wash well before chopping, slicing or dicing. Do not wash after they are cut.
- \* To prevent okras from sticking to pan: Add a spoon full of yogurt while cooking.
- \* To prevent potatoes from discoloring after cutting: Keep the chopped potatoes in water. Squeezing juice from fresh lemon: Dip lemon in hot water for a few seconds and then cut it. You will get more juice that way.
- \* If you have high blood pressure: Cook with low sodium salt and do not add raw salt at meal times.
- \* Add a handful of rice flour to bajji batter for crisper and less oily bajjis.
- \* Use tissue papers for reheating fried snacks. For example, samosa, vada, kachori, bajji, etc. The paper will absorb the excess oil and moisture and keep the snack crisp. Reheat on high for 1-1 1/2 minute.
- \* Always use a clean pair of kitchen scissors to trim edges of bread. Much neater and less messy edges as compared to those trimmed with a knife.
- \* To make samosas crisper add some corn flour to the maida for dough.
- \* If you are making potato or cauliflower curry and you do not want any change in the colour, then do not fail to add a few drops of vinegar for the natural colours to be retained even after cooking.
- \* If you are cooking cabbage, add a small piece of ginger for a different and enhanced taste.
- \* To make fluffy chapathis: Use warm water when kneading the dough for chapathis. Flip the chapathi over three times before you pour ghee/oil on it so that the chapathi is soft and fluffy.
- \* To make fluffy pooris: Use a little ghee while kneading the dough.

- \* For coconut to break exactly into two, sprinkle some water on it before breaking.
- \* While preparing sambar or rasam, always soak tamarind in hot water to extract the essence easily without any wastage.
- \* To ensure that the griddle (tawa) is hot enough before spreading dosa, sprinkle a little water over it. If it sizzles immediately, then the griddle is hot enough. Wipe with a clean rag, proceed.
- \* Add a tiny piece of crushed ginger to tea, while boiling, for the extra zing especially during winter.
- \* To determine whether an egg is fresh, immerse it in a pan of cool, salted water. If it sinks, it is fresh, but if it rises to the surface, throw it away.
- \* Don't store potatoes near onions! The Potatoes will rot quickly.
- \* Yam fry: Peel the yam and slice it into thick squares. Wash it thoroughly. Mix together salt, turmeric, chilli and coriander powder with water and make a fine paste. Apply this paste on the yam slices. Transfer it to a microwave-proof vessel and microwave it for four minutes. Remove. Heat oil in a kadai. Fry cooked yam pieces till done.
- \* Operating the mixies: Run the mixie at the slowest speed for a little while and then run it at the maximum speed.
- \* Pressure Cooker: The weight of the cooker should be placed only after the steam rises out.
- \* As soon as you open the cooker lid wash the gasket (rubber) in cold water and keep it in freezer. By doing this you can use the rubber for more than a year.
- \* To remove the odor from the refrigerator, place half a lemon in the fridge.
- \* To easily slice boiled eggs, dip the knife in water first. The slice will be smooth and no yolk will stick to the blade.
- \* To stop crying while cutting onions, after peeling the skin, keep the onions in the fridge for half to one hour. Then cut.
- \* Before beating eggs, rinse the container with water. The mixture will not stick to the sides of the vessel.
- \* While cooking dal, add two to three drops of oil and a pinch turmeric powder with water to cook it faster.
- \* When you use cardamom for anything do not throw away the skin instead put them in the teabox and your tea will start having the flavour of cardamom.
- \* Putting a lemon in hot water before squeezing will give you more juice than usual.
- \* After cooking in the pressure cooker open the lid and rinse the lid and rubber in cold water and keep the rubber in freezer till you use it for the next time, this will increase the life span of the rubber.
- \* If you have vegetable stains on your hands rub a tsp of sesame seed oil on them, and the stains will go.
- \* You can use neem leaves to avoid the bugs and insects in cupboards and shelves.



\* Raw shrimp turns pink and firm when fully cooked. Depending on the size, it should take from 3 to 5 minutes to boil or steam 1 pound of medium size shrimp in the shell.

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## Building an Indian Menu for Beginners

For beginners, eating an Indian meal might be somewhat of a problem let alone cooking a balanced Indian meal. Indian food is designed to be eaten with the group. Unlike western food, Indian food cannot be eaten or served without a combination. Thus, even though you like that curried vegetable or chutney, try not to eat it by itself. Combine it with rice or Indian bread or with other dishes. This will help you enjoy the meal more and will not give any digestion problems later.

There is a basic rule about how to combine dishes to make a complete Indian meal. Each Indian meal should consist of starchy (for example: rice and/or Indian bread), one or more main dishes (for example: meat dish or a lentil and vegetable combination) and some kind of chutney. Usually two vegetables and/or lentil dish will be served with meal; one wet with lots of soup and one dry. For a simple meal there will be only a few varieties of dishes while for an elaborate party or festival, more variety of them are prepared.

### Going Vegetarian with Indian food

Dining in a typical European home or restaurant would make it seem nearly impossible to be a vegetarian. Many consider vegetarian food as something raw without any seasoning look you awesome. Either they opt for too greenish or completely nonveggie. Indian vegetarian food proves all of this wrong. Indian food has a very wide variety of vegetarian (even vegan) foods. After all, homo sapiens are, by nature, vegetarians, however adopted to NV.

For starters, go to your local Indian restaurant to find a wide range of cooked, spiced and diverse variety of vegetarian food. Many of the Indian restaurants would prepare a less spicy version (they of course always ask you ur pref.). I would also recommend you to go through some of Indian veg stuff and do not shy away from experimenting to fit your palate.

## D I E T SECTION

Balanced Diet

### FOOD GUIDE PYRAMID

What's this?

A food guide pyramid is a simple way of knowing what are the kinds of food one needs to consume and in what amounts to ensure good health.

It is obvious that there is interplay of nutrients in the body. When we talk about nutrients it is important to know the quantity i.e. how much to take. This can be well understood by the concept of FOOD GUIDE PYRAMID. This can form a foundation for a good diet selection, providing the essential nutrients.

Definition of RDA

RDA or Recommended Daily Allowances are levels of intake of essential nutri-

ents which are on the basis of scientific knowledge and are adequate to meet the known nutrient needs of all healthy persons.

#### FOOD GUIDE PYRAMID (FOR VEGETARIANS)

##### FOOD GROUPS

**Cereals:** Cereals form the staple diet in India e.g. rice, wheat, maize. Cereals generally lack lysine, however rice is richer in lysine compared to other cereals. Ragi, a millet, is a rich source of calcium and known as poor man's milk. Cereals do not contain Vitamin A and Vitamin C except yellow maize, which contains carotene.

1 Cereal serving = 1 katori of cooked rice or 2 phulkas or 2 slices of bread.  
1 Cereal serving will supply about 100 calories and 2–3 gms. of protein.

**Legumes (Pulses and Dals):** Pulses are rich sources of protein (upto 22–25%). Vegetarians can meet their protein requirement by including different pulses in their diet. But they lack Vitamin A and Vitamin C. However, germination of pulses increases the Vitamin C levels. Soaking and cooking of legumes destroy their anti-nutritional factors like tannin and trypsin inhibitors and make it easier to digest. Cereal-pulse combination in a proportion of 4:1 or 3:1 is enough for its supplementary effect.

1 serving = 1 katori of cooked dal or pulse  
1 serving of legumes = 100 calories and 6–7 gms. proteins.

**Vegetables :** Green leafy vegetables are very rich sources of Vitamin B, carotene, iron, calcium, Vitamin B complex and Vitamin C. At least fifty grams should be consumed daily by each person. Yellow-orange vegetables are good sources of Vitamin B, carotene, and lycopenes.

Roots and tubers are rich in carbohydrates and contain some vitamins and minerals. Three to five servings of vegetables per day is a must and one of them should be a green leafy vegetable.

**Fruits :** They are rich source of vitamins, minerals and fibres. Green, yellow and orange fruits like mango, papaya contains beta-carotene. Amla, citrus fruits and guava are a rich source of vitamin C. Dried fruits like dates supply iron. Banana and jackfruit are good sources of energy.

Two to three servings of fruits per day are recommended.

**Milk and milk products :** Milk is a good source of protein, calcium and vitamins. It is deficient in iron and Vitamin C. Whole milk has high percentage of fat (8–12%) whereas low fat or toned milk has about three percent fat. Skimmed milk has very little or no fat. Recommended servings per day is two to three servings where one serving = 1 cup (225 – 240 ml).

#### FOOD GUIDE PYRAMID (FOR NON-VEGETARIANS)

##### FOOD GROUPS

**Meat / fish / Poultry :** Egg, fish, meat etc. are included in this group. Eggs supply good quality protein, vitamins and fat. Fish, meat and chicken are good sources of protein and vitamins. Meat has more fat compared to poultry and fish. Omega 3 – PUFA in fish protects against cardiovascular diseases.

Two to three servings/day are recommended.

One serving has about 30 gms of cooked meat.  
 One serving provides 100 calories and 7 gms of protein.

Fat / Oils : Calories from fat should not exceed 10–15% of the total calorie intake. Fat is made use of not only during cooking (visible source) but it is also present within the food we eat such as seeds, nuts, pulses etc. Fifteen to twenty grams of visible fat (oil/ghee) is recommended per person per day.

One gm. of oil or ghee gives 9 calories.  
 One tsp of ghee, butter, oil = 45 calories.

Sugars : This group includes sugar, honey, jaggery, etc., which are concentrated sources of energy. Jaggery provides little iron. This group has to be used sparingly. Excessive intake of sugars is not desirable due to wide fluctuations in blood sugar and leads to obesity.  
 1 tsp. sugar = 20–25 calories.

## WHAT IS YOUR WEIGHT?

### MEN

Height (centimeters)	Small frame (weight in kgs)	Medium frame (weight in kgs)	Large frame (weight in kgs)
157.5	58.1-60.8	59.4-64.0	62.6-68.0
160.0	59.0-61.7	60.3-64.9	63.5-69.4
162.6	59.9-62.6	61.2-65.8	64.4-70.7
165.1	60.8-63.5	62.1-67.1	65.3-72.6
167.6	61.7-64.4	63.0-68.5	66.2-74.4
170.2	62.6-65.8	64.4-69.8	67.6-76.2
172.7	63.5-67.1	65.8-71.2	68.9-78.0
175.3	64.4-68.5	67.1-72.6	70.3-79.8
177.8	65.3-69.8	68.5-73.9	71.7-81.6
180.3	66.2-71.2	69.8-75.3	73.0-83.5
182.9	67.6-72.6	71.2-77.1	74.4-85.3
185.4	68.9-74.4	72.6-78.9	76.2-87.1
188.0	70.3-76.2	74.4-80.7	78.0-89.4
190.5	71.7-78.0	75.7-82.6	79.8-91.6
193.0	73.5-79.8	77.6-84.8	82.1-93.9

### WOMEN

Height (centimeters)	Small frame (weight in kgs)	Medium frame (weight in kgs)	Large frame (weight in kgs)
147.3	45.9-49.9	49.0-54.0	53.1-58.9
149.9	46.3-50.8	49.9-55.3	54.0-60.3
152.4	46.8-51.7	50.8-56.7	54.9-61.6
154.9	47.7-53.1	51.7-58.0	56.2-63.0
157.5	48.6-54.4	53.1-59.4	57.6-64.3
160.0	49.9-55.8	54.4-60.7	58.9-66.1
162.6	51.3-57.1	55.8-62.1	66.3-67.9

165.1	52.6-58.5	57.1-63.4	61.6-69.7
167.6	54.0-59.8	58.5-64.8	63.0-71.5
170.2	55.3-61.2	59.3-66.1	64.3-73.3
172.7	56.7-62.5	61.2-67.5	65.7-75.4
175.3	58.5-63.9	62.5-68.8	67.5-76.5
177.8	59.4-65.2	63.9-70.2	68.4-77.8
180.3	60.7-66.6	65.2-71.5	69.7-79.2
182.9	62.1-67.9	66.6-72.9	71.1-80.5

**Source : Metropolitan Life Insurance**

**A quick way to find out your ideal weight**

The **simplest** way to find out one’s ideal body weight for height is by this method

$$\text{Ideal body weight} = \text{Height (in cms.)} - 100$$

**Waist To Hip Ratio**

The distribution of fat around the body differs for both men and women. It must be noted that the fat distribution in men is more in the upper part of the body and is called android obesity or “apple shaped” while in women it is concentrated around the lower regions i.e the hips. This type of fat distribution is known as gynoid type or “pear shaped”.

Waist to hip ratio (WHR) is used as an indicator of obesity and the risk associated with it.

To measure this, measure your waist at the point of the navel while the measurement of the hips is done at the broadest part.

$$\text{To determine WHR} = \frac{\text{Measurement of waist}}{\text{Measurement of hips}}$$

Values greater than or equal to 0.9 for men and greater than or equal to 0.85 for women indicate obesity and risk of disorders like diabetes and heart diseases.

**BMI**

Body Mass Index or BMI is used to determine the degree of body fat and the relative risk to the health of a person.

$$\text{BMI} = \frac{\text{Weight (kg)}}{\text{Height (Mtrs)}^2}$$

Category	BMI kg/m2
Under weight	Below 20
Normal	20 - 22

High normal	22 -25
Obesity	25 - 30
Extremely obese	Over 30

A BMI that is between '20 to 25' is considered to be normal.

### Activity Chart

#### YOUR ACTIVITY CHART

What happens to all the food that we eat? No, residing in your waistline is not one of its favourite places. The energy derived from each meal you have eaten goes into the numerous activities that are packed in your entire day.

Even while you are lying on the couch, the body uses energy to make the internal organs work. Want to know how much of energy or calories are being burnt in each activity?

Shown here is a list of activities and the calories used per 30 minutes of performing it.

Activity	Calories (30 Minutes)
Sleeping	32
Sitting at the desk	45
Cooking	50
Driving a car	50
Writing	50
Volley ball	105
Bowling	108
Golf	108
Fishing	114
Mopping floors	150
Aerobics	178
Badminton	180
Dancing	210
Walking downstairs	210
Hockey	249
Swimming	250
Skiing	252
Horse riding	255
Basketball	258
Tennis	261
Mountain climbing	270
Ice skating	315
Roller skating	315
Running	325
Climbing stairs	360
Judo	363
Rowing	378
Squash	440
Walking 5.5km / hour	168
Walking 8 km / hour	300
Walking 12 km/ hour	450
Walking 16 km / hour	600
Jogging 5 mile / hour	300
Jogging 7.5 mile / hour	450










**Food Nutrients****KNOW THE NUTRIENTS IN YOUR FOOD**

Ever wondered about the components of your food that would provide you with good health? Well, here is some information that will not only help you know your nutrients but also tell you where to get its daily dose. **Vitamins And Minerals**

They are required in small quantities but play a big role in determining the health of an individual. Hidden within the foods you eat, they go on with their task of keeping one free from disease. Revealed here are the secrets present in food for a healthy life.

**Nutrition chart**

	SERVING	CALOR.	FAT	FIBER	PROT.	CARB.	SOD.	IRON
ASPARAGUS	3 med. spears	11	0	1g	1g	2g	1mg	0.5mg
BEANS, KIDNEY	1 cup	612	1.5	45g	43g	110g	44mg	15mg
BEANS, LIMA	1 cup	601	1g	33g	38g	113g	32mg	13mg
BEANS, SNAP	1 cup	34	0	3.5g	2g	8g	6.5mg	1mg
BEANS, SOY	1 cup	376	17g	11g	33g	28g	38mg	9mg
BROCCOLI	1 bunch	170	2g	18g	18g	32g	164mg	5mg
BRUSSELS SPROUTS	1 sprout	8	0	0.5g	0.5g	1.5g	4.5mg	0
CABBAGE	1 med. head	227	2.5g	21g	13g	49g	163mg	5mg
CARROT	1 med.	26	0	2g	0.5g	6g	21mg	0
CAULIFLOWER	1 med. head	144	1g	14g	11g	30g	172.5mg	2.5mg
CELERY	1 med. stalk	6	0	0.5g	0	1.5g	35mg	0
CORN	1 med. ear	77	1	2.5g	3g	17g	13.5mg	0.5mg
CUCUMBER	1 med.	39	0	2g	2g	8g	6mg	1mg
GARLIC	1 clove	4.5	0	0	0	1g	0.5mg	0
MUSHROOMS	1 cup sliced	17	0	1g	1.5g	3.2g	2.8mg	1.0mg
ONION	1 med.	41	0	2g	1g	0.5g	3mg	0
PEAS	1 cup	117	0.5	7g	8g	21g	7mg	2mg
PEAS, CHICK	1 cup	728	12g	35g	38.5g	121g	48mg	12.1g

HOT PEPPER	1/2 cup diced	30	0	1g	1.5g	7g	5mg	1mg	
PEPPER, SWEET	1 med.	32	0	2g	1g	7.5g	2.4mg	0.5mg	
POTATO	1 med.	96	0	2g	2.5g	22g	7mg	1mg	
POTATO, SWEET	1 med.	136	0.5g	4g	2g	31.5g	17mg	1mg	
RADISH	1 med.	1	0	0	0	0	1mg	0	
SPINACH	1 bunch	75	1	9g	9.5g	12g	268.5mg	9mg	
SQUASH, SUMMER	1 cup, sliced	22	0	2	1.5g	5g	2.5mg	0.5mg	
SQUASH, WINTER	1 cup, cubed	43	0	1.5g	1.5g	10g	4.5mg	0.5mg	
SQUASH, ZUCCHINI	1 cup, sliced	15	0	1.5g	1.5g	3.5g	3.5mg	0.5mg	
TOMATO	1 med.	26	0.5g	1.5g	1g	5.5g	11mg	0.5mg	

## Meal Planning:

If donning the chef's cap is making you feel uneasy, here are some tips on meal planning to prevent you from landing in a soup.

### Opinion of family members

You spent the whole evening baking and grilling a wide platter of food for your folks only to find them turning up their noses and heading to rummage the refrigerator. Though likes and dislikes can be cultivated, every member in the family may not appreciate all types of food.

- First of all, ask members of your household to suggest some dishes, which they would love to eat, as it is their opinion that matters the most.
- Keep in mind their likes and dislikes and allergies to certain types of food.
- If you have already prepared a menu, ask them for some suggestions on the menu and make the relevant changes.
- In case they do not agree with certain dishes on the menu, welcome all suggestions on the possible varieties that could be adopted.
- Well, do keep in mind the likes and dislikes of children, as they are the one's who are fussy about food!
- Ask the kids what they would love to have for the whole week and always keep a substitute dish so that you are prepared in advance in case they throw a fit about a certain dish.
- If there are certain restrictions to be followed due to religious or health considerations, choose food items that can be easily substituted instead of having to cook separately for each member.

### **Keep in mind health related issues**

The first pre-requisite of a good meal plan is its ability to meet the nutritional needs of the entire family. You may have succeeded in appeasing every taste bud but the health issues too need a thought.

- Since no single food will meet the entire nutrient requirement, decide on the type of meals to be had for the entire week. Make a plan about the inclusion of vegetarian and non-vegetarian foods. A vegetarian meal can also be balanced, affordable and at the same time provide good variety.
- In the variety of meals that you have planned see to it that foods from each food group are included in some form.
- If fussy eaters pose a problem, changing the method of preparation, a lovely presentation of the dish with interesting accompaniments can bring them back for second helpings.
- If you are having more than one dish which has a high fat content then try and compensate with a low fat dish. This way you can be sure that your family will have healthy food.
- Poultry or fish which is protein rich can be had thrice a week, meats can be had twice a week as it has a high level of fat and vegetables, especially leafy, can be had throughout the week as they are rich in vitamins and minerals.

### **Planning the meal**

- Plan a perfect and simple menu with alternatives for the week, which is less time consuming.
- Make use of convenience gadgets (labour saving devices) since valuable time can be saved.
- Make the best use of all the ingredients so that you do not land up wasting food. For example, if you need just chicken flesh for a particular recipe, then you can use as much flesh you want and then use the bones to prepare chicken stock which can be used for soups. Some dry chicken dishes can be made with the remaining chicken pieces.
- To add variety to the menu use different methods of cooking such as broiling, grilling, baking. A chicken stew would be lapped up as easily as roasted chicken.
- Keep a note on the ingredients that are made use of. This will help in writing the grocery list as well as budget.
- Try and use ingredients, which can be used on a regular basis and cooked in a different style for e.g. dals go well with rice or chapattis and can be prepared very often but if prepared in a different way, your menu will look appetizing with each passing day.
- Keep in mind that you do not waste even a single item from your grocery list, as it is a budgeted one, for e.g. If you have had bread for breakfast on Monday and there is some remaining the next day, you can use it by either making a bread upma or bread toast topped with butter, which tastes wonderful!
- Make use of leftovers from previous day's meals and turn them into a dish by itself for the next day. Ingenious presentation can help make even a simple dish look great and be a sure winner at the dining table.



## A matter of money

If a trip to the market place sees you buying more than you intended, or the food on display was too good to resist, then a budget planning is what you essentially require. A good meal plan would be incomplete without a thought to cost cutting methods.



- It is good to have a price list made to be able to compare the cost of similar foods. This way you can ensure the best buy within your budget.
- Keep a particular amount fixed every week for your shopping so that you do not cross your budget while you are at the

market.

- A grocery list will help you buy the essential food items. This way one would not land up buying excess foodstuff.
- Stay away from places that promise fancy gifts and offers on purchase of large amounts of food items, which you are sure is in excess of your requirements.
- Do not cook in very large quantities to minimize wastage. Also, you would be spared of getting bored eating the same thing frequently.
- Go for seasonal fruits and vegetables since they are cheaper and fresh.

## CULTURE n FOOD

### Indian food abroad

Britain has a particularly strong tradition of Indian cuisine that originates from the British Raj. At this time there were a few Indian restaurants in the richer parts of London that catered for British officers returning from their duties in India.

In the 20th century there was a second phase in the development of Anglo-Indian cuisine, as families from countries such as Bangladesh migrated to London to look for work. Some of the earliest such restaurants were opened in Brick Lane in the East End of London, a place that is still famous for this type of cuisine.

In the 1960s, a number of inauthentic "Indian" foods were developed, including the widely popular "chicken tikka masala". This tendency has now been reversed, with subcontinental restaurants being more willing to serve authentic Indian, Bangladeshi and Pakistani food, and to show their

regional variations. In the late 20th century Birmingham was the centre of growth of Balti houses, serving a newly developed style of cooking in a large, wok-like, pan, with a name sometimes attributed to the territory of Baltistan, but more often derived from the Portuguese Balde, meaning 'bucket'.

Indian food is now a staple of the British diet: indeed it has been argued that Indian food can be regarded as part of the core of the British national cuisine.

In the United States of America, Indian cuisine has become far more popular and prevalent since the 1970s, especially in New York City but also in other large metropolitan areas nationwide, as a result of the huge increase in South Asian immigration. In many Indian restaurants in the U.S., all-you-can-eat buffets with several standard dishes have become the norm.

Indian restaurants are common in the larger cities of Canada, particularly in Toronto and Vancouver where large numbers of Indian nationals have settled since 1970. A number of the more adventurous restaurants have transformed their offerings into so-called Indian "fusion" menus, combining fresh local ingredients with traditional Indian cooking techniques.

Due to a large population of Indians in South Africa, the cuisine of South Africa includes a number of Indian dishes, some unique to South Africa.

## Spices glossary

English Name	Hindi Name
Anise Seed	Choti Saunf
Asafetida	Heeng
Basil Sweet	Tulsi
Bay Leaf	Tej Patta
Cardamom	Bari Elaichi
Casia	Jangli Dalchini
Cayenne Pepper	Lal mirch
Cilantro	Dhania Patta
Cinnamon	Dalchini
Cloves	Laung
Coriander seeds	Dhania
Cumin seeds	Jeera
Curry Leaf	Meetha Neem Patta
Fennel	Moti Saunf
Fenugreek Leaves	Kasoori Methi
Fenugreek seeds	Methi
Garlic	Lassun
Ginger Fresh	Adrak
Ginger Dried	Saunth
Illaichi	Chhoti elaichi
Jaggery Sugar Gur	
Lovage	Ajwain
Mace	Javitri
Mango powder	Amchoor
Mustard Seeds	Sarson/ Raie
Nutmeg	Jaifal
Onion	Piyaz
Onion Seeds	Kalaunji

Paprika	Degi Mirch
Pepper Corn	Kali Mirch
Pomegranate seeds	Anar-daana
Poppy Seeds	Khuskhus
Sage	Kamarkas
Saffron	Kesar
Salt	Namak
Sugar	Chini
Tamarind	Imli
Turmeric	Haldi
Thyme	Ajwain ke phool

#### Dried Fruits & Nuts

Apricot dried	Khumani
Almonds	Badaam
Cantaloupe seed	Kharbooza ke beej
Cashews	Kajoo
Dates	Khajoor
Coconut	Naarial
Fig	Anjeer
Gooseberry	Amla
Peanuts	Mungphali
Pine Nuts	Chilgoza
Pistachio Nuts	Pista
Pistachio Soft	Chironghi
Prunes	Manukka
Raisins	Kishmish
Sesame Seed	Til
Watermelon seed	Tarbooj ke beej
Walnuts	Akhroat/ Akhrot
Screwpine	Kewra
Rose Essence	Gulab-Jal

Apple	Saeb
Apricot	Jardaloo
Avocado	Makhanphal
Banana	Kela
Cantaloupe	Kharbooja
Cranberry	Karonda, In realty, it is a "Natal Plum"
Grapes	Angoor
Guavas	Amrood
Jackfruit	Kathal
Java Plum	Jamoon
Lime	Nimboo
Mango	Aam
Mulberry	Shehtoot
Olives	Zetoon
Orange	Santra
OrangeNavel	Mosambi
Papaya	Papeeta
Peach	Aadoo
Pear	Naashpaati
Pineapple	Anna-naas
Plum	Aloo-bukhaara
Pomegranate	Anar
Watermelon	Tarbooj

Barley	Jaun
Chickpeas	Chana
Cracked Wheat	Dalia
Cream of Wheat	Sooji
Buckwheat	Kuttu
Farina	Sooji
Flour – Bread Atta.	Durum wheat wholemeal coarse flour
Flour – Chickpea	Besan
Flour – Pastry Maida.	Super refined soft wheat flour
Garbanzo Beans	Kabuli Chana
Legume – Lentil	Masoor
Legume – Green	Moong
Legume – Black	Urad
Legume – Yellow	Arhar
Maize	Makki
Millet – Pearl	Bajara
Rice	Chawal
Sorghum	Jowar
Tapioca	Saboo-daana
Wheat	Gehoon
Beef	Gai ka Gosht
Chicken	Murghi
Squab	Chooza
Duck	Battakh
Egg	Anda
Fish generic	Machli
Goat	Bakra ka Gosht
Goose	Bada-Battakh
Guinea fowl	Bada-Teetar
Meat generic	Gosht
Mussels	Teesari
Partridge	Teeter
Prawn	Jhinga
Rabbit	Khargosh
Venison	Hiran ka Gosht
Quail	Battar
Organs: Bone	Haddi
Organs: Kidney	Gurda
Organs: Liver	Kaleja
Organs: Marrow	Guda
Organs: Tongue	Jeeb
Aloe	Gawar Patha
Bell Pepper	Simla Mirch
Cayenne Pepper	Mirchi
Celery	Ajmoda
Cabbage	Bandh-Gobi
Carrot	Gaajar
Cauliflower	Phool-Gobi
Cilantro	Dhania
Cluster beans	Guar-phali
Corn Kernel	Makki
Corn on the cob	Bhutta
Cowpea	Lobhia
Cucumber	Kheera, Kakri
Eggplant	Baingen

Gourd, Ash	Petha
Gourd, Bitter	Karela
Gourd, Bottle	Ghiya. Lauki
Lotus stem	Bhein
Mushrooms	Khumbi
Okra	Bhindi
Onion	Piyaz
Peas	Mattar
Peppermint Leaves	Podina
Potato	Aaloo
Pumpkin	Kaddoo
Radish	Mooli
Spinach	Palak
Sweet Potato	Shakar-kund
Tomato	Tamatar
Turnip	Shalgam
Water Chestnuts	Singhaara
Aroma	Khush-boo, Sugandh
Bad	Kharaab
Kanji	Fermented Carrot beverage
Shikanjami	Limeade
Thandai	Sweet Beverage made from poppy seed, various melon seeds
Burfee	Diamond shaped cake from reduced milk or Garbanzo flour.
Firni	Rice flour pudding
Halva-Carrot	Carrot cake
Halva-Sooji	Cream of wheat cake
Kheer	Rice Pudding
Rasgulla	Cheese balls in syrup
Achaar	Pickle
Bhartha	Mashed
Dosa	South Indian Rice crepe
Idli	South Indian Rice/Bean dumpling
Kofta	Meatball shaped Vegetable or Meat Dish
Khameer	Yeast
Khichree	Rice & Beans
Paani	Water
Pakora	Deep fried Chickpea battered item
Phitkari	Alum
Samosa	Conical shaped deep fried stuffed pastry
Vindaloo	A spicy hot Portuguese style curry

WITH LOVE

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