



The Indian Chef

*Experience the
true taste of India*

by Sanjay Das

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DELICIOUS INDIAN QUISINE

I am going to introduce you to a wonderful world of spice, taste and aroma,

it real easy when you have the know how, and I do, and I am going to share it all with you, so just sit back and follow my simple step by step instructions and enjoy mouth watering Indian dishes.

The dominant religion in India is Hinduism, and the consumption of meat is forbidden altogether, although many Indian people have learned to enjoy meat, none the less consuming beef is strictly forbidden as Cattle are regarded as sacred creatures, for this reason they are allowed to roam freely throughout the Indian cities. Those of you who have visited India, you'll know exactly what I am talking about. It's not uncommon to see them to stop traffic and I mean literally walking in front of cars. They seem to have learned that they have priority and seem to take advantage whenever possible. The reason why I mention beef here is because you'll notice that there are no beef recipes in this book, however, there are mutton and lamb dishes. Feel free to substitute mutton or lamb for beef but be sure you keep the remaining cooking preparations the same.

In any case, this book has everything you need to impress that special person in your life, your friend and family members. I've taken all the guess work out of cooking for you. Just follow the step by step instructions and you won't go wrong. Before long you'll be an expert and will have gained the confidence to start experimenting to create these dishes with your own personal twist. You'll come to learn that you can become very creative with many of the dishes so long as you have a general grasp of the proportions of each ingredient and spice that needs to be used and the method used. Be confident and try new things and if you stumble across something special that you would like to share with everyone I would love to hear from you and I will update this book with your recipe, and don't worry ill be sure to mention your name.

Now the next step is so very easy and yet it is the most difficult step. So many people go out of there way to buy recipe books and then never try to cook any of the recipes, what a shame. I don't want you to do the same with this book. I don't want this book to be left on the shelf. Print it out and keep it in your kitchen so it is at arms length whenever you feel

hungry. I've gone to a great deal of effort to write this book so I really want you to enjoy my recipes.

If the thought of cooking scares you then start small and build up your confidence. I suggest for your first attempt try cooking Alloo Bhaji (Indian Chips) its one of the simplest recipes you'll ever come across all you need is a wok or frying pan, cooking oil or ghee a little turmeric, salt and potatoes and your good to go. Trust me once you've finished you'll be impressed how great they taste and how even a mild spice like turmeric can have such a dramatic difference to taste. You never know, you make never go back to eating chip shop chips ever again.

Now go out there and make something for yourself and your family and friends, prove to yourself that you can. Be confident and go and cook.

Best wishes Sanjay Das

PS I apologise in advance for any spelling or grammatical errors that may be present. Unfortunately English wasn't my strongest subject at school; I'm more of a science buff myself.

CHUTNEY

The word chutney refers to a variety of sweets and condiments. They usually contain a finely chopped fruit or vegetable that is seasoned with spices. Chutney is the Indian equivalent of a relish. Chutney can be both dry and moist depending on the ingredients used. Chutney is usually created by crushing the ingredients together. This is usually achieved through the use of a stone mortar and pestle; Indian device that can be described an ancient blender that is still widely used in rural villages.

TAMARIND CHUTNEY

Serves 3 cups

Ingredients

*1 cup tamarind, cleaned
½ cup dates, deseeded
¼ cup sugar
¾ cup jaggery [unrefined sugar]
½ teaspoon. Chilli powder
1 tablespoon cumin seeds, crushed
1 teaspoon salt or to taste
2 cups water*

Cooking Instructions

- ❖ Place the tamarind, jaggery, sugar and dates in a pan. Add 2 cups of water and soak for 30 minutes.
- ❖ Now boil for approximately 10 minutes. Then allow to cool back to room temperature.

- ❖ Transfer the chutney mixture into a blender and blend until smooth.
- ❖ Strain the chutney mixture and transfer back to the pan.
- ❖ Add the chilli powder, cumin seeds and season with salt according to taste.
- ❖ Boil once more until the sauce thickens.
- ❖ Allow the tamarind chutney to cool before transferring to airtight containers for refrigeration.

MINT CHUTNEY

Serves 3 cups

Ingredients

2 ½ cups curd
1 cup mint leaves
3 green chillies
¼ cup water
Salt according to taste

Cooking instructions

- ❖ Place curd into a non stick bowl, season with salt and beat until smooth.
- ❖ Grind the mint leaves and chilli into a fine paste.
- ❖ Add the chilli and mint paste to the curd and beat again mixing thoroughly.
- ❖ Pour mint chutney into airtight containers and refrigerate.
- ❖ Serve chilled.

SPICY BARBEQUED TOMATO CHUTNEY

Remember that this is a side dish / relish and should be served with a meat curry, which it will compliment very well.

Serves 3 - 4

Ingredients

6 ripe Tomatoes

½ Onions

4 Dried red chillies

¼ teaspoon Chilli powder

¼ teaspoon Salt or according to taste

Vegetable oil/Ghee (clarified butter)

Cooking instructions

- ❖ Wash plumb tomatoes and skewer them on a barbeque skewer, now cook evenly them over an open fire. [It will take approximately 5 minutes to cook each tomato] Don't be alarmed when the skin begins to char and turn black.
- ❖ Once centre of the tomatoes has been cooked thoroughly, place them into a bowl
- ❖ Add diced onions and chopped coriander.
- ❖ Heat up some oil in a frying pan on a low heat.
- ❖ Add 4-5 red dried chilli's and fry gently until they change to a dark brown colour. Make sure you do this with the extractor fan on, or windows and doors should be open allowing smell to escape. The aroma is very powerful and can cause temporary chest and throat irritation.
- ❖ Add the fried chillies to the bowl with the onions etc

- ❖ Add 2 pinches of salt or according to taste and serve.
- ❖ This dish is best serves as a side salad with a meat curry and rice.

INDIAN BREADS

Indian breads consist primarily of unleavened flatbreads which resemble thick tortillas. Some are deep fried, and others are baked in a tandoor – underground clay ovens. Indian bread is often used in place of silverware.

INDIAN FLAT BREAD (NAAN)

Naan is round flat bread. It is traditionally prepared in a tandoor; a clay oven. And dates back to Mughal times where it was regularly eaten at breakfast with kebabs and keema. Naan bread did originate in central Asia, but mainly within the Persian speaking nations of Iran, Tajikistan and Afghanistan where the word naan literally means bread.

In modern times, naan bread is enjoyed all over India, Pakistan, Bangladesh, Afghanistan, Iran, Turkey and surrounding eastern European countries but is also enjoyed in more eastern parts of Asia such as Burma. Naan bread is very similar to pita bread but is usually larger, softer and fluffier.

Naan bread is best served hot, straight from the oven, lightly coated with clarified butter. Some varieties of naan are stuffed with spices, minced meat, nuts, raisins and boiled potatoes to add extra flavour. Each variety has its own individual name. Naan is the perfect accompaniment to a spicy curry as is thus served in this manner in most Indian restaurants in the west.

Serves 4 pieces

Ingredients

2 Cups of white flour
1 Teaspoon of dry yeast

3 Tablespoons plain yogurt
1 Egg (beaten)
1½ Tablespoons clarified butter
½ Cup warm milk
1 Tablespoons poppy seeds
1 Teaspoon of grated garlic (optional)
1 Teaspoon sugar
1 Teaspoon salt

Cooking Instructions

- ❖ Add the yeast and sugar to the milk and whisk until yeast is dissolved.
- ❖ Add small quantities of milk at a time to the flour mixture; knead the mixture into soft dough.
- ❖ Cover the bowl with a damp cloth and allow it to settle for 2-3 hours if time allows.
- ❖ Using your hands divide the dough mixture into 4 equal sized balls.
- ❖ Sprinkle a little flour onto a clean flat surface.
- ❖ Use a rolling pin to flatten each of the balls of dough into a thin oval shape.
- ❖ Prepare a baking tray by covering it with a baking sheet and grease it. Brush the underside of the dough with water before placing on the tray and brush the upper side with a little butter and generously sprinkle some poppy seeds over it.
- ❖ Preheat oven to gas mark 9, between 400-500 degrees.
- ❖ Place the baking tray in oven and cook for up to 10 minutes or until the naan has become puffy and lightly browned.
- ❖ If required brush the naan again with a little butter and serve hot.

CHAPATTI (ROTTI)

Roti is the traditional Indian bread, eaten with a variety of curries or cooked vegetables. It is sometimes spread with ghee (clarified butter) or yoghurt. It is made most often from wheat flour, cooked on a flat or slightly concave iron griddle called a tawa. It is very similar to a Mexican tortilla in appearance. In Indonesia and Malaysia the term roti encompasses all forms of breads including western-style bread loafs as well as the traditional Punjabi breads such as the roti, naan and paratha.

Roti also features prominently in the diet of many West Indian countries, especially Guyana, Grenada, Trinidad and Tobago, Saint Vincent, and the Grenadines. West Indian roti are made primarily from wheat flour, salt, and water and cooked on a tawa.

Ingredients

2 cups of whole wheat flour

Fresh water for kneading the dough

½ cup flour for kneading [if and when required]

Cooking Instructions

- ❖ Pour the flour into a large bowl. Adding small quantities of water at a time mix the flour and water together.
- ❖ Knead the mixture into lovely soft dough; if you find that the dough is too tough add a little water, and if you find the dough too soft and sticky add a little flour.
- ❖ Using your hands mould the dough into equal sized balls.
- ❖ Sprinkle a little flour onto a clean flat surface. Now using a rolling pin flatten the ball of dough into a thin round Chapatti.
- ❖ Preheat a griddle and place the chapatti onto it. Cook the chapatti evenly on both sides; be careful not to burn it.
- ❖ 10 brush the chapatti with a little butter or ghee according to taste and serve whilst hot.

- ❖ Repeat the above with all the chapatti balls.

PARATHA

The paratha was conceived in ancient North India especially in the region of Punjab. In simple terms it is griddle fried flat bread. It is usually made with whole-wheat flour, pan fried in ghee or cooking oil, and often stuffed with boiled vegetables such as boiled potatoes, cauliflower and radish. It can also be stuffed with Indian cheese (Paneer) or spinach.

Paratha are extremely versatile (especially a stuffed one) can be eaten simply with a blob of butter spread on top but it is best served with pickles and yoghurt, or a spicy vegetable or meat curry and even an omelet.

The paratha can either be rolled out into a circle, square or triangular shape. With a stuffed paratha, the stuffing is simply mixed with the kneaded flour. It is prepared much the same way as a roti however with one important variation. When preparing a stuffed paratha the stuffing is kept in the dough and the flatbread is now closed around the stuffing like an envelope. A stuffed paratha is thicker than a plain paratha due to the stuffing contained within.

The paratha has a social connotation too. Due to the significantly higher effort and expenditure that is required in its preparation, the paratha is usually prepared as a special item during family gathering special occasions and for important guests.

Though the humble paratha has its origins in the Punjab of India; It has become very popular all over the Indian subcontinent and is now available everywhere in South Asia. However many variations have been created, for example in the South Indian states they have their own version of the paratha called a "Kerala paratha," with is made with kerala which is the Indian name for lady fingers.

Indian immigrants have taken this dish to many parts of the world such as to Malaysia, Mauritius, Singapore, Burma and even as far as Trinidad and Tobago. In each region the paratha has a different name although the name given is sometimes very similar to the word paratha i.e. in Burma it is called a palata. None the less the humble paratha essentially remains the same, a griddle fried flat bread.

Ingredients

4 cups wheat flour

3 tablespoons melted butter

Additional meted butter for basting

1 teaspoon salt

Water to knead the dough

All purpose flour for rolling the dough

Cooking Instructions

- ❖ In a bowl mix the flour, melted butter and salt together.
- ❖ Add small quantities of water at a time to the flour and knead into soft dough, if you find that the dough is too tough add a little water and if you find the dough too soft and sticky add a little more flour.
- ❖ Once the dough has been kneaded to a lovely soft consistency, cover with a damp cloth and leave for an hour if time allows.
- ❖ Use your hands to divide the dough into small golf ball size portions.
- ❖ Sprinkle a little flour onto a clean flat surface.
- ❖ Use a rolling to flatten each ball into a small circle.
- ❖ Brush a little butter over the dough and fold into a semi-circle and dust off with all purpose flour.
- ❖ Brush a little more butter over the semi-circle dough and fold over again to create a quarter of a circle or a triangular shape.
- ❖ Sprinkle some flour over the dough and roll it out into a rough triangle.
- ❖ Preheat a flat griddle and place the dough onto it. Cook for 30 seconds, the dough should begin to bubble, brush some butter over it and turn over. The dough will begin to rise.
- ❖ Fry both sides evenly until golden brown and serve immediately.
- ❖ If you intend to eat the paratha later then you should cover them with

a fresh paper towel and leave in a warm place until ready to serve.

BOILED RICE

Serves 2

Ingredients

2 cup of rice for each person.

3 cups of clean water

Cooking instructions

- ❖ Now cooking doesn't get much easier than cooking rice. None the less, for the newcomer who's never really ventured into the kitchen I'll mention it.
- ❖ For the average person 1 cup of rice is more than enough for a good size meal. So two cups of rice is enough for two people.
- ❖ Wash the rice with cold water. This is always a good idea, even when the packaging stated it is ready for use. You should drain the water and repeat the process at least twice.
- ❖ Place rice in a pan and add water. Just remember that the ratio of water is 1 ½ times the quantity of rice. So long as you stick to this rule, you will never add too much water. Even if you do, don't worry, its not the end of the world, don't worry about. In a worst case scenario, you can always use a colander to drain the rice of excess water.
- ❖ Cook the rice at a high heat until it comes to a boil. The pot should remain uncovered up to this point.
- ❖ Once the rice has come to boil, switch to a lower heat, cover the pan

and simmer for a further 15 to 20 minutes.

- ❖ You will now see that the rice has almost doubled in size. To make sure that the rice is cooked through properly. I find it useful to just take a few of grains of rice out of the pan with a spoon, wait a few second for it to cool and then taste it to check for texture and softness.
- ❖ If you find it is almost ready, but the centre of the grain is still not completely cooked through, then you can either cook for a few extra minutes or take off the stove leave with lid on for about 5 minutes. The rice will continue to cook as it is pot is hot. This should do the job.
- ❖ Some people like there rice to be cooked to the point where it all sticks together. If you prefer your rice this way, then simply add a little extra water at the beginning and cook for a little longer and this will do the trick.
- ❖ Once the rice is ready, you can fluff the rice with a fork or chop sticks and serve hot with a curry of your choice.
- ❖ Now I know it doesn't seem like hard work, well that's because it really isn't. there isn't much too it, so for the newcomer, don't be afraid, just have a go. Stick to my guidelines and you'll have no problems at all.

PILAU RICE

Pilau is described as one of the oldest preparations of rice. It can be prepared with peas, potatoes, mutton, beef or chicken. One of the earliest references to Pilau can be found in the histories of Alexander the Great. It was served to Alexander the Great upon his capture of the Sogdian capital of Marakanda which is modern day Samarqand (Second largest city in Uzbekistan) who later took the recipe back to Macedonia [his birthplace] where it slowly spread to eastern Europe.

Once introduced into the Middle East, it became a staple part of their diet and over time numerous variations of the dish were created.

Ingredients

Serves 2

3 Tablespoons of raisins
2 Mugs basmati rice
1 Handful unprepared peanuts [with skins remaining]
5 Indian Bay leafs
1 Teaspoon ginger, grated
15-20 cardamom pods
6 Cinnamon sticks
1 Teaspoon turmeric
5 Tablespoons of melted butter [salted butter is best]
1 Tablespoon sugar
1 ½ Tablespoons salt

Cooking Instructions

- ❖ Soak the peanuts in hot water for ½ hour and then remove the skins.

- ❖ Pour the rice into a large saucepan and add plenty of water, the water level should be twice the depth of the rice. Add the turmeric to the water and boil at gas mark 5 for approximately 20 minutes.
- ❖ Remove the rice from the stove and drain using a colander. At this point the rice should just begin to soften, but not cooked through.
- ❖ In a separate saucepan melt the butter and add peanuts and fry on a medium to low heat until they turn a little brown.
- ❖ Add the Sultanas and fry for another 1 minute and then add the bay leaves, grated ginger, cinnamon sticks and cardamom pods.
- ❖ Once the ginger has browned, take the saucepan off the heat and add the rice.
- ❖ Using a wooden spoon, gently stir mixing everything together and the salt and sugar.
- ❖ Place a lid over the sauce pan cook the rice on a low heat for another 20 minutes or until rice is ready, remember to stir regularly to prevent the bottom from burning.
- ❖ Pilau rice is best served with a curry dish.

PILAU RICE

SANJAYS SPECIAL FRIED RICE

This is my own recipe. I created it on one of those days where there were very few ingredients at home, a reminder that I needed to go shopping and I was really hungry. So I had no choice but to get a little creative. It's a fairly simple dish to create in comparison to some other dishes and doesn't take very long either. The end result was pretty impressive. My brothers and sister tried a little of the left-over when they popped over later in the day and after having one bite demanded that I make some for just for them. Fortunately by that time I had already been shopping. I hope you enjoy it as much as I do.

Serves 3 - 4

Ingredients

2 cups of boiled white rice
2 large onions chopped
5 sprigs coriander chopped
½ teaspoon Turmeric
½ salt teaspoon or according to taste
Handful of green Peas
2 large eggs – beaten
Vegetable Oil

Cooking instructions

- ❖ Cook through out at gas mark 3
- ❖ Pour 2 table spoons of vegetable oil into a large pan and heat.
- ❖ Add Onions and fry onions until onions have lightly browned. This should only take 5 – 7 minutes depending cooking temperature.
- ❖ Add peas, Turmeric, Fresh Green Chilli's Salt. Continue frying for another 3 minutes.
- ❖ Add beaten egg and gently stir into the pan mixture whilst frying for a further 1 minute.
- ❖ Add the precooked boiled rice and stir fry gently for 3 minutes.
- ❖ Add coriander leaves and cook for a further 1 minute and serve with a curry of your choice.

BHAJI

Bhaji is a spicy Indian snack that can be described as a fritter. They have become very popular in the west and are often served as a starter along with poppodoms, chutneys and other Indian snacks. The term bhaji means simple stir fry with vegetables with spices, so, technically you can create a bhaji with any vegetable.

INDIAN CHIPS (ALLOO BHAJI)

Now cooking a tasty dish couldn't get any easier than this. I would have to say with the exception of boiling rice, this is the easiest dish in the world, but don't be fooled by its simplicity. This dish is loved by people and eaten on a regular basis because of its simplicity and wonderful taste.

In Indian homes we rarely prepare chips. However we do have something very similar and just as tasty. As far as I am concerned this dish is Indian chips.

Serves 4

Ingredients

6 Large potatoes peeled and cut into dice size cubed
1 Teaspoon Turmeric
2 Tablespoons Vegetable or sunflower oil
Freshly chopped coriander for garnishing
Tomato ketchup for dip
Salt according to taste

Think of this dish as Indian chips

Cooking instructions

- ❖ Peel and cut potatoes into small dice size cubes.

- ❖ Heat oil in a non stick frying pan. Unlike chips, this dish only requires shallow frying.
- ❖ Add potatoes, turmeric, salt and stir regularly on a medium heat.
- ❖ Once the outer coating has taken a beautiful golden brown colour, the centre should be nice and soft.
- ❖ Remove from frying pan using a skimmer [a large spoon with holes inside to allow the oil to drain].
- ❖ Garnish with freshly chopped coriander and serve with tomato ketchup.

MUSTARD ALLO BHAJI WITH ONIONS

Serves 4

Ingredients

6 Large potatoes peeled and cut into dice size cubed
4 tablespoons vegetable or sunflower oil
1 tablespoon mustard seeds
3 tablespoons curry leaves, chopped
2 green chillies finely chopped
1 large red onion finely chopped
½ Teaspoon turmeric powder
Salt according to taste

Cooking instructions

- ❖ On a medium Heat oil in pan and add mustard seeds, chillies, curry leaves and fry for 1 minute.
- ❖ Add onions and continue frying until onions have almost caramelised.
- ❖ Add potatoes, turmeric, salt and stir gently but regularly to avoid burning.
- ❖ Once the potatoes have become golden brown, they should be done, remove one piece and taste to make sure the potatoes are cooked though, be careful though, as they are very hot. If the potatoes are golden brown, but the centre is not cooked through then the temperature is too hot. Reduce heat to avoid burning and continue cooking.
- ❖ Once the potatoes are cooked through, remove from frying pan using a skimmer [large spoon with small holes in it to allow oil to drain through].
- ❖ Garnish with freshly chopped coriander and serve with tomato ketchup.

SPICY FRIED ONIONS (PEAJI)

Serves 2

Ingredients

6 large Onions, chopped
½ teaspoon Turmeric
4 tablespoons Vegetable/sunflower oil
½ teaspoon Salt or according to taste
Coriander – freshly chopped (only a handful)
4 Green Chilli's (split through the middle)

Cooking instructions

- ❖ Preheat a frying pan on a slow to medium heat and add 4 tablespoons of oil.
- ❖ Once the oil is hot add the onions to the frying pan and stir gently. After 2 minutes add the turmeric, salt and green chillies.
- ❖ Continue to stir gently until the onions have almost caramelised. They will have taken a lovely deep golden colour. [This should take 10-15 minutes]
- ❖ Sprinkle the freshly chopped coriander over the onions and Serve with Pilau rice.
- ❖ Try not to cook the onions too much as they will loose their texture and turn into paste, and all you will taste is onion mash so to be on the safe side do test the texture and softness once onion have taken a lovely golden colour.

SHREDDED CABBAGE BHAJI (GOBI BHAJI)

Serves 4

Ingredients

½ white cabbage thinly shredded
Cooking oil for shallow frying
Cabbage [shredded into thin strips]
½ cup of gram flour
1 teaspoon Turmeric
2 table spoons white Poppy Seeds.
1 sprig Coriander [freshly chopped]
½ teaspoon Chilli powder [only a pinch is required]
1 teaspoon Salt or according to taste

Cooking instructions

- ❖ Shred half a large cabbage and place in a non stick bowl.
- ❖ Add the flour, turmeric, white poppy seeds and coriander and chilli powder.
- ❖ Using your hands mix thoroughly adding a little water until you have a thick sticky consistency and season with salt. Make sure you wash your hands thoroughly before you start handling the food.
- ❖ Heat oil in non stick frying pan for shallow frying.
- ❖ Using your hands mould the mixture into small portions and place on

the frying pan. The diameter of each bhaji is up to you, but they should be no more than 2cm thick, otherwise the centre will not cook by the time the outer area is golden brown

- ❖ Fry evenly on both sides until golden brown or until cooked through.

AUBERGINE / EGGPLANT FRITTERS (BAINGAN BHAJI)

Serves 2

Ingredients

Vegetable / Sunflower oil for shallow frying

1 Large aubergine

1 Teaspoon Turmeric powder

Chilli powder [only a pinch or two]

½ teaspoon Salt or according to taste

Cooking instructions

- ❖ Cut aubergines into slices, approximately 1.5 to 2cm thick.
- ❖ Gently cut into each of the slices from one side of the edge to the other, only a few millimetres deep, this will allow them to cook easier.
- ❖ In separate bowl mix turmeric, salt, chilli powder and water into a light paste.
- ❖ Now marinate the aubergines well in the paste and leave for 15 minutes.
- ❖ Heat oil in frying pan
- ❖ Shallow fry the aubergines on a low to medium heat evenly on both sides until they are soft and cooked through. [This should not any more than 10 minutes] try not to over cook them as they will loose their texture.
- ❖ This dish is best served with Pilau rice.

BATTERED AUBERGINE / EGGPLANT FRITTER (BAINGAN BHAJI)

Serves 2

Ingredients

Vegetable oil for shallow frying
1 large aubergine / Eggplant
¾ teaspoon Turmeric powder
Chilli powder [Just a pinch or two]
1 cup Gram flour
1 tablespoon white poppy seeds
Salt according to taste

Cooking instructions

- ❖ In a bowl mix flour, turmeric, water, salt and white poppy seeds.
- ❖ Mix thoroughly to create a nice thick paste.
- ❖ Cut aubergines into slices, approximately 1.5 to 2cm thickness
- ❖ Gently cut a few slits 2-3 mm deep across from one edge to another, this will allow them to cook easier.
- ❖ Coat the aubergine/eggplant with the batter
- ❖ Heat oil in frying pan on a slow to medium gas mark until oil is hot.
- ❖ Gently place the battered aubergine/eggplant into the preheated

pan of oil. Fry the aubergines evenly on both sides to get a lovely golden brown crispy batter.

- ❖ Once they are golden brown. Remove from the frying pan and allow cooling for 2 minutes. And serve with
- ❖ ***** The batter used in this dish can be used to lightly fry an array of vegetables such as cauliflower, green peppers, cabbage leave, courgettes/zucchini and Okra. Let your imagination be your guide. These are just a few of the vegetables I have used with this batter. If you choose to use a hard vegetable such as potato or carrot you may need to steam or boil the vegetable first before coating them in batter and frying. Simply because the time it takes to batter is not enough to cook the harder vegetables throughout. Otherwise you will end up with a lovely crispy batter, but when you bite into it, the vegetable inside will still be raw. *****

CAULIFLOWER FRITTERS (GOBI BHAJI)

Ingredients

1 medium size Cauliflower cut into small slices [you can include the cauliflower leaves]

5 tablespoons vegetable oil

3 onions, finely chopped.

5 Green chilli, sliced down the middle

2 teaspoons Turmeric

1 teaspoon Salt or according to taste

Cooking instructions

- ❖ Heat oil in a large wok.
- ❖ Add the onions, salt turmeric, green chillies and fry until the onions have softened, but now browned.
- ❖ Add the cauliflower and mix thoroughly.
- ❖ Cook on a medium heat, stirring regularly until the cauliflower has cooked through.
- ❖ Serve hot with pilau rice.

PAKORA

Pakora come in many different varieties. Many different ingredients can be used to make pakora, such as potato, onions, eggplant, cauliflower, chilli, lentils, tomatoes, Indian cheese (paneer) and even spinach. Pakora originate from South Asia and are usually served as a snack, often at tea time. In the west however they are often served as a starter in Indian restaurants. Regardless of which type of pakora you are preparing one thing that never changes is the type of flour that you use to make the batter. Gram flour is exclusively used to prepare pakora.

VEGETABLE PAKORA

Among the most well known Diwali (Hindu Festival) snacks are Vegetable Pakora and they are very easy to prepare at home.

Serves 2

Ingredients

*2 Onions thinly chopped
Vegetable / Sunflower Oil for deep frying
3 Green / Red Chills chopped
1 large Potato diced
1 large Carrot diced
4 - 5 Curry leaves
1½ cup Gram flour
½ teaspoon Cumin seeds
½ teaspoon Salt or according to taste
½ teaspoon Red chilly powder
¼ teaspoon Turmeric powder
½ teaspoon Garam Masala
½ teaspoon baking soda*

Cooking Instructions

- ❖ Sift the gram flour into a large non stick bowl. Sifting the flour will help prevent the mixture from become lumpy.
- ❖ Add chili powder, garam masala, turmeric and salt and cumin seeds, (crushed) baking soda and mix thoroughly.
- ❖ Now add the grated vegetables and mix thoroughly until all the vegetables are coated with the gram flour and spice mixture. Don't be concerned by the fact that the mixture is a little dry.
- ❖ Now sparingly add some water and mix thoroughly. You will notice that the vegetables are beginning to stick together and the batter begins to form. This is what you want.
- ❖ The batter should be thick enough to keep the vegetables together without drowning them. If you find that the batter has become a little to thin, then simply add a little gram four to make up for it. This part is a little trial and error, once you feel that the consistency of the batter is good enough to keep the vegetables together without drowning them. You should stop and just mix together thoroughly.
- ❖ I like to leave my batter mixture to settle for a little while. If time allows leave covered for an hour or so.
- ❖ Over medium high heat in a large saucepan, heat the oil to 375 degrees F (190 degrees C). You can test to see whether the oil has reached the ideal temperature, by simply pouring a tiny drop of batter or an onion into the oil. It should sizzle and rise to the surface. Make sure the oil is not smoking. If it is, then it is too hot. You should turn the heat down and allow it to cool before you start frying the pakora.
- ❖ Using a spoon pour golf ball size balls of pakora mixture into the oil. You don't want the pakora to be too large. Remember the larger the pakora, the longer it will take to cook it thoroughly.
- ❖ Be careful not to allow the pakora to stick together. Try to keep them separated. This tends to happen within the first minute or so of being placed into the hot oil.

- ❖ Make sure you turn them over from time to time to ensure you cook evenly on both sides. Once the batter has turned golden brown the pakora should be ready.
- ❖ Drain the pakora on a kitchen towel and allow cooling for a minute or so before serving with Tamarind Chutney, Mint Chutney or even good old tomato ketchup.

COTTAGE CHEESE PAKORA (PANEER PAKORA)

Ingredients

250 grams paneer cut into large cubes
1 cup gram Flour
2 teaspoons melted ghee
½ teaspoon chilli powder
2 green Chillies Chopped
½ teaspoon Turmeric
1 ½ teaspoon Salt or according to taste
½ cup Water

Cooking instructions

- ❖ Pour the flour, ghee, turmeric, green chillies, chilli powder, ghee into a bowl.
- ❖ Add small quantities of water at a time and mix until you create a thick batter and add salt according to taste.
- ❖ Pour the batter into a blender and blend for a 2 minutes, this will mix air into the batter and make it fluffier.
- ❖ Pour the batter back into the bowl and add the paneer cubes.
- ❖ Preheat pan to 375° degrees for deep frying.

- ❖ Deep fry the pakora until batter it crispy.
- ❖ Drain the pakora on a kitchen towel and serve with tamarind or mint chutney.

CHICKEN PAKORA

Serves 3 - 4

Ingredients for batter

*1 Cup Chickpea Flour (Gram flour)
2 Teaspoons melted ghee
½ Teaspoon chilli powder
2 Green Chillies, Chopped
½ Teaspoon Turmeric
1 ½ Teaspoon Salt or according to taste
½ Cup Water*

Ingredients to marinade chicken

*500ml vegetable / sunflower oil
500grams Chicken breast [cut to small pieces]
1 cup curd
2 teaspoons chilli powder
2 teaspoons vinegar
2 teaspoons soy sauce
2 teaspoons onion paste
1 teaspoon ginger grated
1 teaspoon garlic grated
Salt according to as taste*

Cooking instructions

- ❖ 1. Mix all the marinating ingredients together into a bowl and the chicken, mix well and refrigerate for 1 hour.
- ❖ 2. Preheat oil in a frying pan and deep fry the chicken until it is cooked through but do not allow it to brown.
- ❖ 3. Remove and drain the chicken and set aside.
- ❖ In a separate bowl pour the flour, ghee, turmeric, green chillies, chilli powder into a large bowl.
- ❖ Add small quantities of water at a time and mix until you create a thick batter and add salt according to taste.
- ❖ Mix the chicken into the batter.
- ❖ Fry the chicken once more until the batter has become golden brown.
- ❖ Drain and serve with tamarind chutney.

TIKKA

In Indian the word tikka simply refers to a piece of meat or cutlet. In the west however it has come to be associated with a specific dish, chicken tikka that is a very popular starter in Indian restaurants. The preparation of this dish involves marinating each cutlet with tikka masala (spicy sauce) and then cooking them in an oven.

CHICKEN TIKKA

Ingredients

1 lb chicken breast, cut into cubes
2 teaspoon chilli powder
½ teaspoon tandoori powder
1 teaspoon powdered coriander seeds
¾ cup yoghurt
3 teaspoons grated garlic paste
3 teaspoons grated ginger paste
1 tsp powdered cumin seeds
½ tablespoon mint leaves, finely chopped
½ tablespoon coriander, finely chopped
Salt to taste
Clarified butter for basting the chicken
3 long skewers

Cooking instructions

- ❖ In a non stick bowl add all the ingredients except clarified butter and chicken and mix into a paste.
- ❖ Now add the chicken to the bowl to marinate and mix thoroughly.
- ❖ Cover the chicken and refrigerate overnight.
- ❖ Remove the chicken from the refrigerator and allow it to return to room temperature.

- ❖ Skewer the chicken and brush over with clarified butter
- ❖ Preheat oven to 375 degrees and bake for 30 minutes or until cooked through.

Serve with salad and chutney.

PANEER TIKKA

Ingredients

*1 Large onion [diced]
200grams bite size paneer slices
1 teaspoon cumin seeds
½ teaspoon turmeric
200 grams finely chopped mushrooms
1 Teaspoon tandoori masala
1 Teaspoon ground black pepper
1 Handful freshly chopped coriander*

Cooking instructions

- ❖ Heat ghee in a large frying pan and add turmeric, cumin, and mushroom, onions and cook for 3-4 minutes. Stir fry gently.
- ❖ Add paneer, salt and black pepper and continue to stir fry for another 2-3 minutes.
- ❖ Add tandoori masala, coriander, lemon juice and cook on a low heat for 8-10 minutes. Stir occasionally.
- ❖ Serve with freshly shredded lettuce and sliced cucumber.

SHAMI KEBAB

Shami kebabs were introduced into the Indian subcontinent during the Mughal period; however their exact origins are still unknown. Shami kebabs have become an extremely popular Indian snack and are often garnished with lemon juice and eaten with salad and chutney. Shami kebabs are essentially small spiced Pattie made from mutton beef or chicken lentils and ground chickpeas.

Ingredients

450grams (1lb) of minced lamb / mutton

50g (2oz) channa dhal

1 teaspoon of cumin seeds

2 medium onions, diced

1 red pepper diced

3 cloves of garlic, grated

½ inch ginger, grated

1 sprig of fresh coriander, finely chopped

2 green cardamoms, ground

1 large black cardamom, ground

½ teaspoon chilli powder

½ teaspoon of turmeric

1 teaspoon of garam masala

1 egg, beaten

½ teaspoon of salt

Cooking instructions

- ❖ Place the mince in a saucepan and add the channa dhal, cumin seeds and gently boil for 30 minutes or until the dhal is cooked. Then drain and place in a heat proof bowl and allow cooling.
- ❖ Place the meat, channa dhal, onions, coriander, red pepper, garlic and ginger, chilli powder, turmeric, garam masala, green and black cardamom and salt into a food processor and blend until all the ingredients are thoroughly mixed together. Turn out into a large bowl.
- ❖ Beat the egg and mix into the kebab mixture. Take 2 tablespoons of

mixture at a time and form small burgers about 1½cm thick and lay them onto a flat tray and place in the freezer for 2 hours.

- ❖ Before frying the kebabs, coat them with beaten egg white and shallow fry evenly on both sides until cooked through.
- ❖ Serve on a bed of lettuce and garnish with onion rings, tomatoes, cucumbers and coriander.

SHISH KEBAB

The origins of shish kebab go back to the Middle East, Persia and Turkey. Shish kebab refers to a kebab made using shish [skewer] Shish kebabs are a signature dish in turkey. In the Turkish language shish kebab literally meaning "skewer" and "roast meat," The meat can be boiled first to help cook easier. The meat is first tenderised and marinated with spices. Eggs are added to bind the meat kebab together and diced or chopped fruits and vegetables such as tomatoes, onions, peppers, aubergine/eggplant and mushrooms are mixed in. Shish kebabs can be made using mutton, beef, chicken or pork. In modern times Shish kebabs are usually grilled, however originally they may have been fried. The word kebab in the Middle Eastern languages literally means fried meat.

Ingredients

*2 lbs ground mutton / lamb
2 teaspoons garlic, grated
2 teaspoons ginger, grated#
1 large red onion, finely chopped
3 tablespoons coriander / cilantro, finely chopped
1 teaspoon garam masala powder
1 teaspoon paprika powder
2 green chilli, finely chopped
2 teaspoons salt or according to taste*

Cooking instructions

- ❖ Pour all the ingredients into a non-stick bowl and mix thoroughly.
- ❖ If time allows cover and refrigerate overnight.
- ❖ Shape the minced meat around the skewers into a hot dog shape.
- ❖ Cook the shish kebabs on a medium heat evenly under a grill until cooked through and serve with onion and cucumber salad.

FISH KEBAB

You can use any meaty fish such as monkfish Catfish or Eel.

Ingredients

*1 kg Fish fillet
200ml natural yogurt
4 tablespoons lemon juice
3 grated garlic cloves
2 teaspoons grated ginger
1 teaspoon turmeric
¾ teaspoon chilli powder
½ teaspoon paprika powder
1 teaspoon ground cumin
1 teaspoon ground coriander
2 finely chopped red chillies
Salt and pepper to season*

Cooking instructions

- ❖ Slice fish into 3 - 4cm cube slices and place onto a non stick bowl.
- ❖ In a separate bowl mix all the remaining ingredients and mix thoroughly, add salt and pepper according to taste.
- ❖ Pour the marinade over the fish.
- ❖ Cover the fish and leave in fridge overnight if time allows.
- ❖ Thread the fish into some skewers and place on a grill rack.
- ❖ Preheat grill and place grill rack inside the grill
- ❖ Cook evenly for 10 minutes or until fish is cooked through.
- ❖ Garnish with fresh chopped coriander and serve with salad.

CHICKEN / LAMB PATTIE

Serves 3 - 4

Ingredients

*500 grams mince chicken / lamb
3 teaspoons hot curry paste
4 tablespoons breadcrumbs
1 ½ finely diced onion
2 tablespoons soft brown sugar
2 tablespoons lime juice
2 grated cloves of garlic
1 finely chopped red chilli
3 tablespoons freshly chopped coriander
Salt and pepper for seasoning*

Cooking instructions

- ❖ In a large bowl mix the minced meat, curry paste, breadcrumbs, coriander, lime juice, chilli, sugar and season with salt and pepper according to taste. Mix thoroughly.
- ❖ Cover the meat mixture and place in refrigerator for 1 hour if time allows.
- ❖ Divide the mixture into 12 equal portions.
- ❖ Using your hands mould the meat mixture into flat circular burger shapes.
- ❖ Heat oil on a non stick frying pan. Fry each Pattie evenly on both sides for 3-4 minutes and remove from frying pan and place on a non stick oven tray.
- ❖ Preheat oven to 240oc gas mark 9.
- ❖ Cook the patties in oven for 15 minutes turning regularly or until cooked

through.

- ❖ Serve with fresh salad and tamarind chutney.
- ❖ [first a small balls of meat, wrap in cling film, then use hands to need the meat into a flat burger like shape, remove the cling film, and its ready for shallow frying.

TANDOORI CHICKEN

Tandoori Chicken is a dish associated with the Punjab region of Indian. However its actual origin goes back to the Mughal period. It was considered a delicacy serves as a main course at enormous feasts. The chicken is marinated in yogurt, and seasoned with tandoori masala. In most Western countries Cayenne pepper or red chili powder, or other spices and even red dye is added to give it the red color.

Tandoori chicken is traditionally cooked at high temperatures in a bell shaped clay oven called a tandoor, hence the name tandoori chicken. The ovens are traditionally molded into the ground and fired with wood and charcoal. The oven can reach temperatures of up to 900 degrees. However the dish can easily be cooked on a traditional grill at home. This dish is very popular among Hindi, Urdu and Bengali speaking Indian.

Serves 3 - 4

Ingredients

*4 Large chicken quarters
2 teaspoons grated ginger paste
4 teaspoons grated garlic paste
1 ½ teaspoons garam masala
2 teaspoons ground coriander
1 ½ teaspoon cumin powder
½ teaspoon turmeric
1 ½ tablespoons tandoori masala
4 tablespoons lime juice
1 tablespoon ghee
1 teaspoon paprika
salt according to taste*

Cooking instructions

- ❖ Make 3-4 deep cuts into the chicken that will the marinate to penetrate the meat
- ❖ Place into a non metallic dish
- ❖ In a separate bowl thoroughly mix yogurt, garlic, ginger, turmeric, coriander, cumin, tandoori masala, ghee and paprika. Season with salt and mix into a thick paste.
- ❖ Gently pour the tikka paste over chicken and marinade.
- ❖ Now cover the marinated chicken and place into the refrigerator over night if time allows.
- ❖ Preheat oven to 240oc gas mark 9.
- ❖ Place chicken on a non stick baking tray and place into the oven and cook for 20 minutes or until the chicken is cooked through

SPICY FRIED FISH FILLETS (MACHI BHAJI)

Serves 2 people

Ingredients

4 Fish fillets, scaled and cut into 1½ - 2cm fillets
2 tablespoons vegetable / sunflower oil
1 teaspoon Turmeric
1 ½ teaspoon Chilli powder
¼ teaspoon Salt or according to taste

Cooking instructions

- ❖ First mix the turmeric, salt and chilli powder and 2 tablespoon of oil into a small bowl. Mix together to create a paste.
- ❖ Add the fish fillets to the paste and mix thoroughly then cover and leave in fridge for 1 hour.
- ❖ Heat oil in non stick frying pan. Shallow fry the fish fillets on medium heat evenly on both sides until cooked through. They should be crisp and golden brown. This should take approximately 12-15 minutes.
- ❖ Serve with boiled rice and Peaji.

SAAG

Saag refers to a curry made using any variety of spinach or mustard leaf curry, The dish is usually eaten with chapatti, paratha or naan. A popular saag curry in India is Paneer saag. This is where Paneer, a type of cheese is mixed into the saag.

SPINACH WITH INDIAN CHEESE (PANEER SAAG)

Ingredients – remember to change the colours back

Cooking oil

2 packets of frozen spinach

Turmeric

Salt

Paneer

Green chilli's

Jeera powder

Cooking instructions

- ❖ 2 packets of frozen spinach – check out how many grams each packet contains
- ❖ Heat oil in saucepan and add chopped spinach to oil and stir for 3-4 minutes or until the spinach begins to soften.
- ❖ Add salt, turmeric, chilli powder and cook for a further 10 minutes.
- ❖ Whilst spinach is cooking chop paneer into small bite size pieces.
- ❖ Heat oil and fry paneer, turmeric and salt and cook for 3-4 minutes.
- ❖ Now add the paneer green chilli' and jeera powder and cook for a further 5 minutes or until paneer has mixed thoroughly with spinach.

- ❖ Serve with paratha.

CURRY

Curry is the broadest term used to describe an Indian dish. The term curry is the English description given to a variety of spicy dishes. In India we tend to refer to a curry as a dish that has a source or stew. The term curry in Tamil actually means mixed vegetable stew. Curries are made with an array of vegetables, fish and meat. Each dish has a specific name that indicates the ingredients used to as well as the method used as well as the particular spices used. Each curry has its own unique origin. However sometimes the dishes have become so infused into Indian society and culture that it is almost impossible to tell which part of India they originated from.

LAMB BHUNNA WITH MIXED VEGETABLES

Serves 4 - 5

Ingredients

*3lb Mutton
Ghee/clarified butter
1 teaspoon Indian five spice
4 cardamom pods
3 Bay leaves
3 Cloves
1 Cinnamon stick
4 cloves Garlic (grated)
2 teaspoons grated ginger
3 chopped Onions
3 Green chillies
2 ½ teaspoons Cumin powder
1 ½ teaspoons Turmeric powder
3 teaspoons Coriander
1 ½ teaspoons Garam masala
2 teaspoons Curry powder*

1 teaspoon Black pepper
2 teaspoons Salt or according to taste
1 Turnip chopped
3 fresh Tomatoes
1 Potato chopped
Salt according to taste

Cooking instructions

- ❖ In a large pot, add 1 tablespoon ghee and heat on a medium temperature. Once the ghee has melted add Indian five spice, cardamom, bay leaves, cloves and cinnamon sticks.
- ❖ Stir for 30 seconds and then reduced heat.
- ❖ Add crushed garlic and ginger, and gently stir until they become golden brown. Be careful not to wait too long as they will burn. This will only take a minute.
- ❖ You will begin to smell a beautiful aroma
- ❖ Add the diced onion, green chillies and salt,
- ❖ Increase heat to maximum, stir regularly and add small quantities [couple of table spoons] of water whenever necessary to prevent the onions from burning. As you cook the onions will dissolve into a thick sauce.
- ❖ Add the lamb. Continue to cook at full heat for 20 minutes, remember to stir regularly and add water sparingly just enough to prevent the onions and meat from burning. After 20 minutes the meat should have started to take a brown colour and the onions will have dissolved into a paste.
- ❖ Add the spices together and continue to stir and cook for another 20 minutes, add a little water whenever needed. The Mutton has now been cooking for 40 minutes and should be almost done.
- ❖ Add the Tomatoes, turnip and potatoes. Stir gently as vigorous stirring will break the vegetables and dissolve them into the curry.
- ❖ After 15 minutes add the coriander and cook for another 3 minutes and serve.

- ❖ Taste the curry before serving, the meat should be soft and tender, the exact time it takes to cook the mutton may vary as older mutton can take longer to cook and add any additional salt according to your own taste.
- ❖ This dish is best served with boiled rice and barbequed Tomato salad mentioned later in the book.

SPICY LAMB SPINACH CURRY

Serves 3

Ingredients

*3lb mutton
Vegetable / Sunflower oil
1 teaspoon Indian five spice
4 cardamom pods
3 Bay leaves
3 Cloves
1 Cinnamon stick
4 cloves Garlic
2 teaspoons grated Ginger
3 Onions chopped
4 Green chillies
2 ½ teaspoons Cumin powder
1 ½ teaspoons Turmeric powder
3 teaspoons Coriander
1 ½ teaspoons Garam masala
2 teaspoons Curry powder
1 teaspoon Black pepper
2 teaspoons Salt or according to taste
3 handfuls of fresh Spinach*

Cooking instructions

- ❖ Heat oil gas mark
- ❖ Add Indian five spice, cardamom pods, bay leaves, cloves, cinnamon sticks,
- ❖ Stir for 30 seconds and then reduced heat

- ❖ Add crushed garlic and ginger, and gently stir until they become golden brown. Be careful not to wait too long as they will burn. This will only take a minute.
- ❖ You will begin to smell a beautiful aroma
- ❖ Add the diced onion, green chilli's and salt,
- ❖ Increase heat to maximum, stir regularly and add small quantities [a couple of table spoons] of water whenever necessary to prevent the onions from burning. As you cook the onions will dissolve into a thick sauce.
- ❖ Add the lamb. Continue to cook at full heat for 20 minutes, remember to stir regularly and add water sparingly just enough to prevent the onions and meat from burning. After 20 minutes the meat should have started to take a brown colour and the onions will have almost melted into a paste.
- ❖ Add the spices together and continue to stir and cook for another 20 minutes, add water whenever needed. The Mutton has now been cooking for 40 minutes and will be ready very soon.
- ❖ Add the spinach and mix thoroughly
- ❖ After 15 minutes add the coriander and cook for another 3 minutes and serve.
- ❖ Taste the curry before serving, the meat should be soft and tender, the exact time it takes to cook the mutton may vary as older mutton can take longer to cook and add any additional salt according to your own taste.
- ❖ This dish is best served with boiled rice and Tomato salad mentioned later in the book.

LAMB JALFREZI

Ingredients to precook lamb

*2lbs lamb, cut into bite size pieces
10 tablespoons ghee / clarified butter
6 tablespoons of curry sauce
½ teaspoon turmeric
1 teaspoon salt*

Remaining ingredients

*4 tablespoons Ghee/clarified butter
3 onions, diced
2 teaspoons garlic, grated
2 teaspoons ginger, grated
4 green chillies cut down the middle
3 tomatoes, chopped
3 teaspoons Chilli powder
2 teaspoons garam masala powder
4 tablespoons tomato puree
1 teaspoon fenugreek seeds
1 sprig coriander/cilantro
1 cup curry sauce
Salt according to taste*

Cooking instructions

- ❖ Preheat ghee/clarified butter in a large saucepan and add curry sauce, turmeric, and sauté for 5 minutes.
- ❖ Add the lamb, salt and 1 cup of water. Cover and cook for a further 30 minutes or until the lamb is tender. Once the lamb is cooked through remove from heat and set aside.
- ❖ In a separate saucepan preheat 3 tablespoons Ghee/clarified butter and add garlic, ginger, chilli powder, garam masala, cumin powder, fenugreek seeds, coriander powder, green chillies and cook for 3 minutes.
- ❖ Add the onions and cook until they become soft and translucent.
- ❖ Add the chopped tomatoes, tomato puree, green peppers and cook for a further 3 minutes.
- ❖ Now add the cooked lamb, 1 tablespoon ghee/clarified butter, season with salt according to taste and simmer for 10 minutes to allow the lamb to absorb the flavour.
- ❖ Sprinkle the lamb jalfrezi with chopped coriander/cilantro and serve with pilau rice.

BUTTER CHICKEN (MURGH MAKHANI)

Serves 4

Ingredients to marinade the chicken

1 whole chicken skinned boneless and cubed
1 tablespoon tandoori masala
1 tablespoon garam masala
1 tablespoon cinnamon powder
1 teaspoon cloves powder
1 teaspoon cumin powder
3 tablespoons yoghurt
1 tablespoon salt or according to taste

Remaining ingredients

2 medium tomatoes, blended into a smooth paste
2 medium onions chopped,
1 tbsp ginger-garlic paste,
3 tablespoon cashew nuts, powdered
2 tsp red chilli powder,
1 tablespoon curd (yoghurt)
1 stick butter for frying
1 tablespoons Cool Whip
Salt according to taste

Cooking instructions

- ❖ In a large non stick bowl mix all the marinate ingredients to create a thick paste.
- ❖ Add the chicken, mix thoroughly to marinate and set aside for 1 hour.
- ❖ In a large pan heat the butter and add the marinated chicken. Stir fry gently until the chicken is well done be careful not to burn the chicken. It is best to cook on a medium heat to avoid burning. Once the chicken is cooked, remove from the pan and set aside.

- ❖ In the remaining butter gently fry the garlic and ginger paste until brown.
- ❖ Now add the onions to the garlic and ginger and continue to gently stir fry until onions are caramelised. If you find that onions appear to be burning then add a little water and reduce the heat to prevent burning.
- ❖ Add the cashew paste, chilli powder, tomato paste, salt and cook for a further 10 minutes.
- ❖ Add the curd, whipped cream and the fried chicken. Mix thoroughly and continue cooking until the chicken is cooked through.
- ❖ Garnish with finely chopped coriander/cilantro and serve with pilau rice.

MINCED LAMB WITH MIXED VEGETABLES (KEEMA)

Serves 3

Ingredients

3lb Minced Mutton / lamb
3 onions
4 cloves of garlic grated
2 teaspoons grated Ginger
2 teaspoons Salt or according to taste
4 Cardamom pods
4 Bay leaves
1 large Potato [peeled and chopped into small bite size cubes]
1 cup Peas
4 Green chillies
3 tablespoons Ghee / clarified butter
2 ½ teaspoons Cumin powder
1½ teaspoons Turmeric
3 teaspoons Coriander
1 ½ teaspoons Garam masala
2 teaspoons Curry powder
1 teaspoon Black pepper
1 teaspoon Paprika powder

1 handful coriander/cilantro, freshly chopped

Cooking instructions

- ❖ Heat oil in large sauce pan and add garlic and ginger and cook until brown, this should only take 30 seconds or so.
- ❖ Add onions and mix thoroughly, cook for 5 minutes, add salt spices, cardamom pods, bay leaves.

- ❖ Once spices have cooked, add ghee and cook for a further 20 minutes.
- ❖ Add minced lamb and cook for another 10 minutes, the meat should have started to take a brown colour by this point. Add peas and diced potatoes.
- ❖ Cook for a further 15 -20 minutes and then add green chillies, 1 tablespoon ghee and cumin powder. Cook until meat is tender.
- ❖ Garnish with freshly chopped coriander and serve with pilau rice.

PUMPKIN CURRY

Ingredients

Vegetable / Sunflower oil

Ghee / Butter

½ Pumpkin / butternut squash, cut into bite size pieces 4 cup fulls

1 cup Raw Kidney beans

½ teaspoon Turmeric

1 teaspoon Chilli powder

1/3 teaspoon Cumin powder

½ teaspoon Indian five spice

2 Bay leaves

2 Dried red Chillies

1 teaspoon Salt or according to taste

Cooking instructions

- ❖ Place kidney beans in a frying pan and roast gently for 3-4 minutes.
- ❖ Add a little water to pan and shallow boil for 15 minutes.
- ❖ Drain kidney beans and place on a bowl.
- ❖ Heat oil 2-3 teaspoons in a saucepan and add pumpkin turmeric, chilli power and season with salt.
- ❖ Stir gently for 5 minutes.
- ❖ When the pumpkin begins to soften, add water 300ml.
- ❖ Cover and cook for another 10 minutes.
- ❖ Add kidney beans, Cumin powder and cook for another 5 minutes.
- ❖ In a separate frying pan heat 2 table spoon oil / ghee and add Indian five, bay leaves, and dry red chilli's and fry for 30 seconds and then add this to the pumpkin curry immediately.
- ❖ Cook pumpkin curry for another 1 minutes and serve with boiled rice.

CHICKPEA CURRY CHANA MASALA

Chana masala is a North Indian vegetable dish in which the main ingredient is chickpeas. It is either eaten with a rice dish such as pilau or Chapatti / Paratha as a main meal. It is also often served as a side dish with a non-vegetable dish such as chicken or lamb. This dish is most popular in Gujrath and Punjab.

Serves 2 - 3

Ingredients

*2 400g tinned chick peas
4 onions, chopped
5-6 Green chilli's [split in the middle]
2 tablespoons Ghee / clarified butter
½ teaspoon Salt or according to taste
1 tinned tomato
1 handful fresh coriander [freshly chopped]
1¼ teaspoon Cumin powder*

Cooking instructions

- ❖ Heat saucepan with ghee.
- ❖ Add onions, turmeric, chilli powder, salt and cook for 20 -25 minutes, until onions have dissolved into a thick sauce.
- ❖ Add 1 tinned tomato and cook for another 10 minutes.
- ❖ Add coriander leaves, green chillies add cumin powder and cook for 15 minutes.
- ❖ Finally drain the chick peas and add to the pan and cook for a further

10 minutes. This dish is best served with either plain boiled rice or pilau rice.

SPINACH WITH BABY POTATOES (ALLOO SAAG)

Serves 3 - 4

Ingredients

*3 diced large onions
8 large cloves garlic crushed into paste
½ teaspoon Turmeric
¼ teaspoon chilli powder
½ teaspoon Cumin Powder
4 tablespoons vegetable oil
1 large Tinned spinach puree, drained.
5 baby potatoes, chopped in half
Green chillies 4 split down the middle
1 ½ teaspoons Salt or according to taste*

Cooking Instructions

- ❖ In a separate frying pan add oil, ½ tablespoon oil.
- ❖ Add potatoes and gently fry for 4 minutes or until light browned
- ❖ Preheat oil in a saucepan. Add garlic and fry for 3 minutes or until golden brown
- ❖ Add onions - turmeric, chilli powder, green chillies and gently stir and cook for 10 minutes on gas mark 2.5 cover with lid. Cook until the onions become soft and caramelised.
- ❖ Add potatoes and cook for a further 4 minutes on gas mark 2
- ❖ Add drained spinach and cumin, Mix thoroughly and continue cooking at gas mark 2 until potatoes are cooked through.

- ❖ Serve with paratha and dhal.

EGG AND POTATO BHAJI

Serves 4 - 6

Ingredients

*6 medium sized potatoes [peeled and thinly sliced]
9 Eggs [boiled, shelled and thinly sliced]
10 tablespoons oil
1 teaspoon turmeric
3 tablespoons oil
5 small green chillies [sliced into 2-3 pieces]
1 large onion [finely chopped]
1/2 teaspoon chilli powder
2 teaspoons salt or according to taste
1 handful coriander / cilantro [finely chopped]*

Cooking instructions

- ❖ Heat 4 tablespoons oil in a wok and add the potatoes and ½ teaspoon turmeric. Gently fry until the potatoes have softened. This should only take 10 minutes. Once they have softened, remove the potatoes from the wok and set a side.
- ❖ Heat 3 tablespoons oil in the wok and add the sliced egg. Fry for 10 minutes, then remove from the wok and set aside.
- ❖ Heat 3 tablespoons oil in wok and add the onions, gently fry until browned.
- ❖ Add 1/2 teaspoon turmeric, chilli powder and salt. Mix thoroughly and cook for a further 1 minute.
- ❖ Add the eggs. Potatoes and cook for a further 5 minutes, stirring regularly.

- ❖ Add coriander/cilantro and cook for a further 5 minutes and serve with pilau rice or couscous.

SPICY MASHED AUBERGINE/EGGPLANT (BAINGAN BARTHA)

Serves 2

Ingredients

*2 large egg plants / Aubergine
3 cubes of salted Butter
¼ teaspoon Chilli powder 1.4
¼ teaspoon Paprika powder
½ teaspoon Mustard paste
2 Green / red chillies finely chopped*

Cooking instructions

- ❖ Wash the egg plant cleaning the skin, then very lightly coat it with either vegetable or sunflower oil.
- ❖ Skewer the aubergines and place over an open fire to barbeque.
- ❖ Barbeque until the inside has been cooked. Don't be alarmed when the outer skin begins to char [this should take approximately 10 minutes] handle with care as they will be very hot.
- ❖ Place the barbequed aubergines into a bowl.
- ❖ Add 1 teaspoon mustard paste.

- ❖ Add butter.
- ❖ A pinch of Chilli powder.
- ❖ A pinch of paprika powder.
- ❖ Add Green chillies.
- ❖ Add salt according to taste.
- ❖ Mash all the ingredients thoroughly and serve.
- ❖ Best served with Pilau rice.

POTATO MASH

Serves 2

Ingredients

*3 large Potatoes
4 large florets Cauliflower
2 tablespoon Clarified Butter/Ghee
Chilli powder [only a pinch]
2 green chillies [finely chopped]
1 tablespoon coriander [freshly chopped]
½ teaspoon mustard paste
½ teaspoon salt or according to taste*

Cooking instructions

- ❖ Either steam or boil potato and cauliflower and place into a non stick bowl.
- ❖ Add butter, mustard paste, green chilli's, chilli powder coriander and season with salt.
- ❖ Using a fork mash the ingredients together into a thick chunky mixture.
- ❖ Serve with pilau rice.

SWEET BUTTERNUT QUASH MASH

Ingredients

3 cups of Pumpkin / butternut squash – chopped into bite size cubes

3 cubes of salted Butter

Chilli powder [only a pinch]

½ teaspoon Mustard paste

2 green /red chillies [finely chopped]

1 tablespoon coriander [freshly chopped]

½ teaspoon Salt or according to taste

Cooking instructions

- ❖ ½ teaspoon mustard paste.
- ❖ Either steam or boil the pumpkin and place into a non stick bowl.
- ❖ Add butter, mustard paste, green chilli's, chilli powder coriander and season with salt.
- ❖ Using a fork mash the ingredients together into a thick chunky mixture.
- ❖ Serve with boiled rice.

MASHED EGGS WITH POTATO

Serves 3 - 4

Ingredients

2 large Potatoes
3 boiled eggs
3 cubes of salted Butter
Chilli powder [only a pinch]
2 green chillies [finely chopped]
1 tablespoon coriander [freshly chopped]
½ teaspoon Salt or according to taste
½ teaspoon mustard paste
2 green / red chillies finely chopped

Cooking instructions

- ❖ Either steam or boil potato and cauliflower and place into a non stick bowl
- ❖ Add butter, mustard paste, green chilli's, chilli powder coriander and season with salt.
- ❖ Using a fork mash the ingredients together into a thick chunky mixture.
- ❖ Serve with pilau rice.

GOBI SAAG

Ingredients

*½ Cabbage [shredded]
1 large Potatoes cut into dice size cubes
Vegetable / Sunflower oil,
½ teaspoon Turmeric
1 teaspoon Chilli powder
2 teaspoons Coriander powder,
1 teaspoon Cumin powder
2 small Cinnamon sticks
½ teaspoon Indian five spice
2 Bay leaves
2 Dried red chillies
1 teaspoon Salt or according to taste*

Cooking instructions

- ❖ add cabbage to oil 3 table spoons
- ❖ Add turmeric chilli coriander power and salt
- ❖ Cover and cook for 30 minutes, or until the cabbage has softened, stir every few minutes
- ❖ Make alloo bhaji on the side
- ❖ Add cumin powder and cinnamon sticks, cook for another 4 minutes
- ❖ Add alloo bhaji
- ❖ In a separate pan heat 2 tablespoon of ghee add Indian five spice, bay leaves, dried red chilli's.
- ❖ Cook for 30 seconds and add cabbage and mix thoroughly
- ❖ Cook for another 3 minutes and serve with chapatti

VEGETABLE CURRY (POTATO & PEAS)

Serves 2

Ingredients

1 large Potato chopped into small bite size pieces
100 grams salted Butter
1 teaspoon Indian five spice
½ Cinnamon stick broken into 3 pieces
2 large onions Chopped
A handful of frozen peas
1 teaspoon Salt or according to taste
1½ teaspoon Cumin powder
1 teaspoon chilli powder
½ teaspoon turmeric

Spices

Cooking instructions

- ❖ Steam or boil the potatoes and peas and transfer into a bowl.
- ❖ Melt butter in a pot
- ❖ Add Indian five spice, cinnamon and bay leaves and stir gently for 2 minutes.
- ❖ Add chopped onions and increase heat to full and stir regularly.
- ❖ Add 3 table spoons of water and salt and continue to cook until onions are soft and begin to dissolve into a thick creamy sauce.
- ❖ After 5 minutes add the spices [at this point the onions are beginning to go soft]
- ❖ Add potatoes and peas and continue to cook for another 3 minutes.
- ❖ This dish is best served with Paratha and side salad.

DHAL

Dahl is a thick spicy stew prepared with beans and pulses. It is very similar to European soups. Dahl can be prepared to many different consistencies. Some are very dry whereas others are very liquid. Sometimes vegetables and even meat and fish are added to the stew. There are many different variations of dahl. They are very simple to prepare and very tasty and nutritious. Dahl is consumed throughout all parts of the Indian. Dahl is usually eaten with roti or paratha as an accompaniment to a main dish.

SHUKNA MASURI DHAL

Serves 2 - 3

Ingredients

*1 cup Red split Lentils
Vegetable oil / Ghee
½ teaspoon Indian five spice
½ teaspoon Turmeric
1 teaspoon Chilli powder
1 teaspoon cumin powder
Fresh Coriander Cilantro leaves [chopped]
1 teaspoon Salt or according to taste*

Cooking instructions

- ❖ Soak lentils overnight.
- ❖ Heat oil in frying pan.
- ❖ Add Indian five spice.
- ❖ Add drained Lentils to oil.
- ❖ Then add turmeric, chilli powder and salt.

- ❖ Add some water and cover to allow the lentils to cook.
- ❖ When lentils are nearly ready add cumin powder and stir mix thoroughly.
- ❖ Garnish with fresh coriander and serve.

RED SPLIT LENTILS WITH GARLIC (ROSHUN DAHL)

Serves 2 – 3

Ingredients

1 cup of red split lentils
½ teaspoon Turmeric
1 teaspoon Salt
1½ teaspoon cumin powder
4 Green chillies (split down the middle)
1 large onion, finely chopped
6 cloves of Garlic, grated

Cooking instructions

- ❖ Wash lentils and place into a saucepan.
- ❖ Boil dhal for 30 minutes.
- ❖ Add turmeric and season with salt.
- ❖ Cook for a further 10 minutes.
- ❖ Add cumin and green chilli.
- ❖ Cook for another 10 minutes.
- ❖ Heat 3 tablespoons vegetable oil in a frying pan and add onions and a pinch of salt.
- ❖ Fry until browned and add to the dhal.
- ❖ Heat a further 1 tablespoon vegetable oil in the frying pan.
- ❖ Add garlic and fry for 1 minute or until browned.
- ❖ Add garlic immediately to dhal. Be very careful when doing this as the oil has a tendency to spit.

- ❖ Cook for another 5 minutes or until the dhal has thickened and serve hot.

CHANA THORKA DHALL

Serves 3 - 4

Ingredients

*½ teaspoon Indian five spice
1 large cup lentils
½ teaspoon Turmeric
1 teaspoon Salt
½ tablespoon Vegetable oil
½ teaspoon Cumin powder
2 dried bay leaves Bay leaves
4 Green Chills - split
4 Fried Dried Red Chillies*

Cooking Instructions

- ❖ Soak lentils overnight
- ❖ Drain lentils
- ❖ Boil 5 cups of water, use the same cup measurement for the quantity of water as you did for the measurement of lentils.
- ❖ Add lentils, turmeric and cook for 30 minutes or until have softened. You will notice a froth slowly appear while boiling, please remove regularly.
- ❖ Add Cumin, salt and green chillies and mix thoroughly and continue cooking for a 5 minutes.
- ❖ ½ tablespoon oil, heat at gas mark 5 for 30 seconds
- ❖ Add Indian five spice and dried red chill's and cook for 30 maximum and carefully pour [including the oil] into the lentil soup
- ❖ Serve with Saag and paratha

COUSCOUS WITH ONIONS AND PEAS

Couscous is spherical granules of moistened semolina wheat which is later coated with wheat flour. It is pasta from the Maghreb of Berber region. I know couscous is not an Indian dish, but it has been cooked in our family for years. I have eaten it since I was very young and so to me it does feel like an Indian dish and acts as a great accompaniment to many other Indian dishes.

Serves 4 - 6

Ingredients

650grams Couscous
5 tablespoons Oil
1/2 tablespoon Ghee / clarified butter
4 Onions, finely chopped
400 grams peas [defrosted]
8 fried dried red chillies
1 teaspoon Turmeric
1 tablespoon salt or according to taste

Cooking instructions

- ❖ Soak the couscous in water for 5 minutes, drain and set aside for 15 minutes. You will see the couscous become large and fluffy.
- ❖ Heat oil in a large wok and lightly fry the dried red chilli's until they become almost black and then remove from the wok and set aside.. This will only take a minute or so. [a word of warning, the smell can be very irritating to your lungs so make sure you open all the windows to ensure a good flow of fresh air] and then set aside
- ❖ Add the chopped onions, turmeric and salt to the wok and cook until onions have browned.
- ❖ Add couscous, peas, ghee and cook for a further 15 minutes over a low heat. stirring regularly.

- ❖ in a small frying pan heat a couple
- ❖ Garnish with fried chillies and serve.
- ❖ This dish is best serves with egg and potato bhaji or onion bhaji.

EGG BHUJUNA

Ingredients

8 eggs boiled and sliced down the middle to create 2 equal pieces
2 tablespoons Oil
2 teaspoons Chilli powder
2 cardamom pods
2 stick of cinnamon
1 teaspoon Turmeric powder
2 teaspoons Salt or according to taste
2 onions, chopped
6 cloves of garlic, grated
2 teaspoons Ginger, grated
2 tablespoons Vegetable / Sunflower oil
2 teaspoons Coriander powder
1 teaspoon garam masala
2 teaspoons chilli powder
1 teaspoon turmeric

Cooking instructions

Preparing the egg

- ❖ Heat oil in non stick frying pan and add boiled egg, a pinch of chilli and turmeric powder, salt and gently [medium heat] fry evenly on both sides until eggs have become golden brown and then remove and place on plate.

Preparing the sauce

- ❖ Heat oil and add garlic and ginger and fry for 30 seconds or until they begin to brown. Add onions, cardamom pods, cinnamon, salt and cook for another 20 minutes or until onions have softened.
- ❖ Add turmeric, chilli powder, coriander powder, garam masala, a little water and cook for another 10-15 minutes allowing the spices to release their flavour. Add water whenever necessary to prevent the sauce from burning.
- ❖ Add tomato puree, freshly chopped coriander and cook for further 10

minutes.

- ❖ Add eggs to the curry and cook for another 5 minutes and serve with pilau rice.

SPICY PRAWN WITH PEPPERS

Ingredients

*½ teaspoon Indian five spice
20 ml Ghee / clarified butter
1 large Onion finely chopped
1 teaspoon Turmeric
2 teaspoon Chilli powder
350g Prawns, shelled
1 large Green pepper, chopped into small slices
3 Green chillies
1 teaspoon cumin powder
1 teaspoon Salt or according to taste*

Cooking instructions

- ❖ Preheat oil in a frying pan and add the prawns, turmeric, salt and stir fry for 5 minutes and then set aside.
- ❖ Preheat oil in a saucepan, and add Indian five spice and fry for 30 seconds.
- ❖ Add the onions and mix thoroughly.
- ❖ Add turmeric, chilli powder, coriander / cilantro powder, salt and cook until the onions has dissolved into a thick sauce.
- ❖ Add peppers to the onion sauce and continue cooking or 4 minutes.
- ❖ Add a little water and cook for another 3 minutes
- ❖ Add prawns, green chillies, cumin powder and cook for another 5 minutes or until the prawns are cooked through.
- ❖ This dish is best served with boiled rice.

SARDINE CHUTNEY

Serves 4 - 5

Although sardines are not native to India, this is a great example of blending foreign fish with Indian dishes.

Ingredients

*5 tins sardines – drained and scaled
350grams or 2 medium sized potatoes [thinly sliced]
4 large Onions, chopped
4 Green chillies split down the middle
2 teaspoons Turmeric
3 teaspoons Chilli powder
2 teaspoons Salt or according to taste
2 teaspoons cumin powder
1 hand full coriander/cilantro, finely chopped*

Cooking instructions

- ❖ Poor sardines into 1 tablespoon of oil and mash on a medium heat and allow the tomato sauce to evaporate leaving a drier mashed fish, and then set aside. This should take approximately 12 - 15 minutes.
- ❖ Fry potatoes in 1 tablespoon oil and 1/4 teaspoon turmeric and lightly stir fry for 10 minutes and then set aside.
- ❖ In a separate pan add 6 teaspoons oil, and fry the onions.

FISH CURRY WITH LIGHT MUSTARD SAUCE (MACHI CHORCHORA)

Serves 2

Ingredients

4 fish fillets 2 cm thick
½ teaspoon Turmeric
1 teaspoon Chilli powder
2 tablespoons Ghee / Clarified butter
½ teaspoon Indian five spice
½ Onions chopped
2 teaspoons Mustard paste
1 teaspoon cumin powder
4 Green chillies (split down the middle)
1 handful freshly chopped coriander / cilantro

Cooking instructions

- ❖ Place the fish into a non stick bowl add turmeric, a pinch of chilli powder and salt and marinade the fish thoroughly.
- ❖ Cover and leave in fridge for 30 minutes
- ❖ Preheat oil in frying pan and add the fish fillets.
- ❖ Fry fish evenly on both sides for 10 minutes.
- ❖ Melt ghee in a koray, or a large frying pan.
- ❖ Add Indian five spice and fry for 20 - 30 seconds

- ❖ Add onions, turmeric, chillies, coriander powder and salt.
- ❖ Cook and stir regularly until the onions have dissolved into a thick sauce. This should take approximately 30 minutes.
- ❖ Add pint of water and cook for further 5 minutes.
- ❖ In a cup dissolve mustard paste and cumin powder into a sauce. Add the sauce to the curry and gently cook for another 10 minutes.
- ❖ Add the fish and green chilli and cook for another 10 minutes or until fish is cooked through.
- ❖ Garnish with freshly chopped coriander and serve with pilau rice.

FISH CURRY WITH VEGETABLES (MACHI THORKARI)

Serves 2

Ingredients

4 fish fillets 2cm thick
½ teaspoon turmeric
1 teaspoon Chilli powder
2 tablespoons ghee / clarified butter
½ teaspoon Indian five spice
½ Onions chopped
1 teaspoon coriander powder
1 teaspoon cumin powder
4 Green chillies [split down the middle]
1 handful freshly chopped coriander / cilantro
2 cups of vegetables i.e. baby Potatoes, Turnip, Tomatoes, Radish, aubergine and Green peppers

Cooking instructions

- ❖ Place the fish into a non stick bowl add turmeric, a pinch of chilli powder and salt and marinade the fish thoroughly.
- ❖ Cover and leave in fridge for 30 minutes
- ❖ Preheat oil in frying pan and add the fish fillets.
- ❖ Fry fish evenly on both sides for 10 minutes.
- ❖ Melt ghee in a koray, or a large frying pan.
- ❖ Add Indian five spice and fry for 20-30 seconds
- ❖ Add onions, turmeric, chilli, coriander powder and salt.
- ❖ Cook and stir regularly until the onions have dissolved into a thick sauce. This should take approximately 30 minutes.

- ❖ Add the vegetables and cook for a further 5 minutes.
- ❖ Add pint of water and cook for further 5 minutes.
- ❖ Add the fish, vegetables and cook until both fish and vegetables are cooked through.
- ❖ Garnish with freshly chopped coriander and serve with pilau rice.

GULAB JAMUN

The exact origin of this desert is uncertain. The dish is very popular throughout India, Pakistan, Bangladesh and Nepal, however there is a very similar dish Arabic dessert called Lu'mat al-adi which means judges bread in Arabic. Gulab Jamun is made primarily of dough consisting mainly of milk solids, (often including double cream and a little flour) in sugar syrup flavored with cardamom seeds and saffron and rosewater.

Ingredients

*1 cup Whole dried milk [mawa]
2 tablespoons refined flour
1 – 1 ½ cup Sugar
¼ teaspoon Baking powder
¼ teaspoon Cardamom powder
3 cups Water
Ghee (clarified butter) as required*

Cooking instructions

1. Mix sugar, water and cardamom powder and cook until the syrup becomes thick.
2. | In a non stick bowl mix the mawa, refined flour, baking powder and water and make soft smooth dough. Add small quantities of water at a time whilst kneading to get best results.
3. Using the palm of your hand mould the dough into small balls of equal size. Be sure that the balls are completely smooth with no visible cracks and set aside.
4. Heat ghee in a kadhai / deep frying pan.
5. Deep fry the balls over medium heat until golden brown.
6. Place the Gulab jamun into the hot syrup and keep aside for 10 minutes and then serve.

RICE PUDDING

Although rice pudding originates in Asia it is enjoyed by many different cultures all over the world. Rice pudding comes in many different forms, but the main ingredients are always rice and milk. It is often sweetened using sugars and fruits and garnished with nuts and spices such as grated cinnamon.

This is really easy to prepare and is a favourite amongst kids and a great way to put calcium into their diet

Ingredients

¼ cup Rice
1 litre Milk
4 tablespoons Sugar
½ teaspoon cardamom powder
¼ cup sliced almonds and cashew nuts
2 tablespoons raisins

Cooking instructions

- ❖ Boil milk in a heavy base saucepan.
- ❖ Add rice, cardamom powder, raisins and half quantity of sliced almonds and cashew nuts. Bring one boil and then reduce the heat to medium heat. Cook until the mixture becomes thick and creamy. Stir occasionally.
- ❖ Add sugar and cook for 5 minutes.
- ❖ Put kheer in a serving bowl and decorate with the remaining dry fruits.

Refrigerate and serve.

SOOJKA HALWA

Halwa can be made from a variety of ingredients such as Tahini (Sesame Paste) Semolina, Sunflower seeds, beans, lentils, and even vegetables such as quash, carrots and even yams. In India, Pakistan, Afghanistan, Iran and Turkey, semolina based halwa is most popular. The word halwa derives from the Arabic word sweet and is used to describe many different sweets and deserts across the Middle East, Asia and Eastern Europe.

Ingredients

*½ cup Semolina [sooji]
¼ cup Sugar or according to taste
¼ cup Ghee
1 cup Water
¼ teaspoon Cardamom powder
1 tablespoon raisins
2 tablespoons sliced almonds*

Cooking instructions

- ❖ Mix sugar and water in a pan and heat over low flame. Bring it to boil and set aside.
- ❖ Heat ghee in a kadhai. Add sooji, raisins and cardamom powder and fry until it is very lightly golden brown in colour. Constantly stir it to ensure even browning.
- ❖ Add sugar water (syrup) and mix rapidly to prevent lump formation.
- ❖ Cook over medium heat until the water gets completely absorbed.

- ❖ Decorate with sliced almonds and serve hot.

RAS MALAI CHEESE DUMPLINGS

Ingredients:

For Cheese Dumplings:

*½ litre Milk
1 teaspoon Refined flour (Maida)
¼ teaspoon citric acid dissolved in ½ cup of water.*

For sugar syrup

*1 cup Sugar
1 cup water
2-3 drops or ¼ teaspoon Rose essence or cardamom powder*

For Cream Sauce:

*¾ litres milk
5 tablespoons sugar
1 tsp Cashew paste
1 pinch of saffron
2 cardamom pods
Crushed/sliced almonds and pistachios for decorations*

Cooking instructions

- ❖ Pour milk into a large pan and heat the milk until it begins to boil.
- ❖ Add the citric acid and gently stir. You will notice that the milk begins to separate and a white curd begins to form on the surface leaving only the whey water. If you still see white liquid then it simply means that a little more citric acid is required. This may depend on the type of milk you use.
- ❖ Once the milk has completely separated, remove from heat and strain through a clean cloth or a strainer. This will remove all the unwanted whey water leaving only a white curd. This curd is called chenna. Gently wash the chenna under cold water and using the cloth gently squeeze to extract any remaining water. It is best to leave the curd aside for a few hours, overnight is possible. This will ensure that all the whey water becomes drained from the chenna.
- ❖ Place the Chenna on a clean surface and knead into smooth dough. Add the flour and sugar to the chenna and continue to knead.
- ❖ Once the dough is smooth. Make small balls of chenna of equal size and flatten slightly and set aside. The flattened chenna balls should be smaller than the size of a golf ball. If you find that there are cracks in the chenna, this means that the dough is not soft enough and requires further kneading. However if the chenna begins to stick to your hands instead then you will need to add a little more flour, but be careful as too much flour will lead to the chenna balls cracking.
- ❖ Now were going to move onto making the sugar syrup. In a pan add the water and sugar and bring to boil. Add the chenna balls into the sugar syrup. Cover the saucepan using the lid and pressure cook the chenna on a medium to high temperature for 7-10 minutes. The chenna balls will expand to almost double in size. Remove the pan from the heat and extract the chenna balls from the sugar syrup. Press the chenna balls gently to reduce the sugar syrup inside and set aside.
- ❖ Now were going to move onto preparing the milk sauce. In a pan boil milk with sugar. Add the cashew paste, a pinch of saffron, and cardamom pods into the milk mixture. Stir gently to mix and bring to a boil on a medium to high temperature.
- ❖ Continue to boil the milk sauce and stir for 25 – 30 minutes.
- ❖ By this point the milk will have reduced and thickened. Add the flattened chenna balls to the milk sauce and simmer in medium heat for 5 minutes. This will allow the flattened chenna balls to absorb the milk sauce.
- ❖ Set aside to cool and garnish with almonds and pistachios.

- ❖ Once ras malai has cooled, refrigerate, as this dish is best served chilled.

RASGULLA

Ingredients:

For Rasgulla balls

½ litre Milk

2 teaspoons Refined flour (Maida)

¼ teaspoon Citric acid dissolved in ½cup water

1 tsp sugar

For sugar syrup

1 cup sugar

1 cup water

2-3 drops or 1/4 tsp Rose essence or cardamom powder

Cooking instructions

- ❖ Pour milk into a large pan and heat the milk until it begins to boil.
- ❖ Add the citric acid and gently stir. You will notice that the milk begins to separate and a white curd begins to form on the surface leaving only the whey water. If you still see white liquid then it simply means that a little more citric acid is required. This may depend on the type of milk you use.
- ❖ Once the milk has completely separated, remove from heat and strain through a clean cloth or a strainer. This will remove all the unwanted

wey water leaving only a white curd. This curd is called cheena. Gently wash the chenna under cold water and using the cloth gently squeeze to extract any remaining water. It is best to leave the curd aside for a few hours, overnight is possible. This will ensure that all the wey water becomes drained from the cheena.

- ❖ Place the Cheena on a clean surface and knead into smooth dough. Add the flour and sugar to the cheena and continue to knead.
- ❖ Once the dough is smooth. Make small balls of cheena of equal size and set aside. The balls should be smaller than the size of a golf ball. If you find that there are cracks in the cheena balls then this means that the dough is not soft enough and requires further kneading. However if the cheena begins to stick to your hands instead then you will need to add a little more flour, but be careful as too much flour will lead to the cheena balls cracking.
- ❖ In the mean time in a separate pan we will begin to prepare the sugar syrup for the rasgulla. Add the water and sugar and bring to boil. Add the cheena to the sugar water, cover the pan and gently simmer for 25 minutes. Remember to turn the rasgulla balls over every 5 minutes or so, so that they cook evenly.
- ❖ Add cardamom powder and rose water and continue to simmer for a further 5 minutes and then remove from heat and set aside allowing it to cool down.
- ❖ Once the rasgulla have cooled down, transfer the rasgulla and syrup to a clean plastic container. Cover and leave in refrigerator as this dish is best serve chilled.

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