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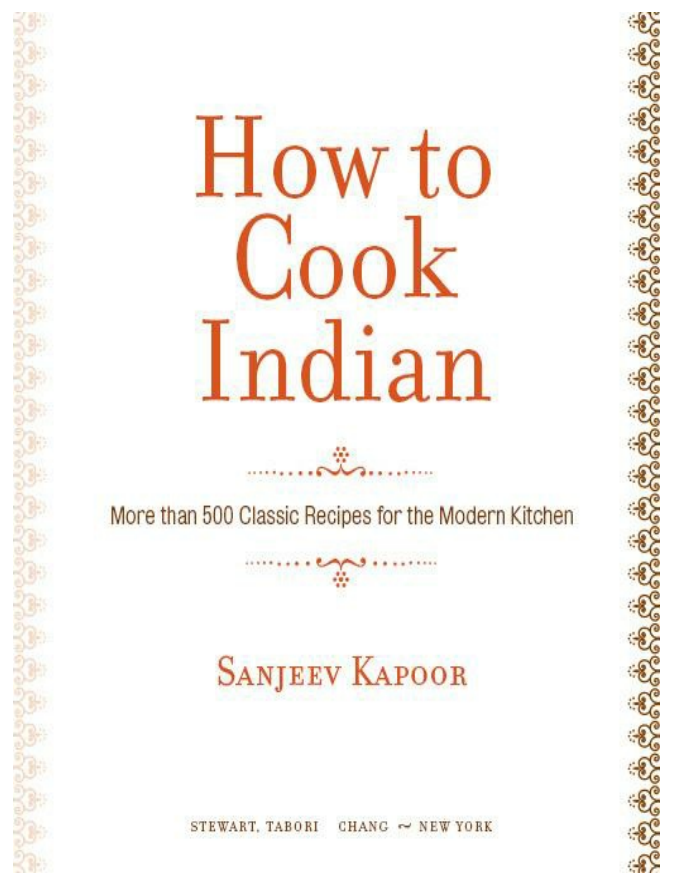
Sanjeev Kapoor

How to Cook Indian



More than 500
Classic Recipes
FOR THE MODERN
KITCHEN





How to Cook Indian

.....
More than 500 Classic Recipes for the Modern Kitchen
.....

SANJEEV KAPOOR

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INTRODUCTION

I WAS BORN IN A SMALL TOWN CALLED AMBALA, which is in the state of Haryana, in North India. I spent most of my childhood in Delhi, but my father's job took him from city to city, so we moved a lot. My mother has family in Meerut, in Uttar Pradesh, and my paternal aunt lives in Kolkata, and I traveled around India visiting them when I was young. Wherever my parents set up house, my mother exchanged food and recipes with neighbors from other states and regions, and those dishes made their way onto our table. Eventually I married Alyona, who is a Kutchi from the

western Indian state of Gujarat. Her sister is a chef and her mother is a very inspirational cook. These accomplished women have greatly influenced my own way of cooking.

As an adult, I traveled to all the major cities in the south and the northeast of India. I have vacationed on the beautiful beaches that line India's extensive coasts and enjoyed the fresh catch from the sea. I have driven the coconut-lined roads of the Konkan coast and feasted on the robust food found there. All my travels, all my experiences, and all my research into the history and origins of Indian cuisine have been instrumental in making me the chef that I am. And so this book is filled

with pieces of my heart: some personal stories, a bit of history, and, of course, hundreds of new and classic recipes, many of them modern and simplified adaptations of dishes that have been enjoyed in India for centuries.

India has long been a favorite destination for travelers, in part because of its astonishingly varied culture, geography, and rich history. It is a country of contrasts and extremes. India has the world's most recently formed (and still rising) mountains—the Himalayas—as well as the world's most ancient rocks. The country also has the world's wettest place—at Chirapunji—and the hottest desert—at Thar. There are stretches of permanent snow in the

Himalayas and Karakoram, and tropical rain forests in Kerala. If geography has any impact on the development of a people's food, India has surely benefitted from this, as it has come up with one of the richest and most diverse cuisines in the world. You could taste a new dish every day, and it would take more than a few lifetimes before you would exhaust the entire repertoire of Indian food.

When traveling south from the northernmost states or from east to west, you will encounter a distinct diversity of tastes and spices. While wheat is a staple in the northern, western, and central states, rice predominates in the south and east. While heady aromas of

saffron and anise welcome you to Kashmir, a whiff of curry leaves being tempered in oil makes you feel at home in Tamil Nadu. If a diverse presentation of pulses interests you in Rajasthan, the magnificent variety of fish in the Bengal will enthrall you.

But while regional cuisines vary tremendously, they share some common threads. Indian food is healthy, featuring grains, pulses, and loads of vegetables at every meal; the dishes highlight hot, tart, sweet, and tangy flavors in exquisite balance; and they are much easier to cook than you might expect. In this book, I try to put to rest the myth that Indian food has to be elaborately prepared. Many of the ingredient lists are long, it's

true, but once you have the basic spices on hand, it's just a matter of tossing them into your pan. And while some of the recipes are composed of many separate steps, each one is simple and straightforward. Use the best-quality ingredients you can find, as good ingredients are essential to good cooking. Measure, chop, and set out the ingredients before you start heating your pan. Taste each dish before serving and adjust the seasoning if necessary.

Indian food is very popular because of its wide variety of vegetarian dishes. The world is turning toward vegetarianism, and I can say emphatically that the best guide to vegetarian cooking is Indian cuisine,

with its vast array of vegetable-based main courses and the lentil stews called *dals*, the many yogurt and vegetable medleys called *raitas*, and the hot and sweet pickles that accompany them. That said, fish (both from the rivers and the sea), chicken, goat, and lamb are abundant, and as you'll see in these pages, there are many dishes that use them to their best advantage.

Whether you've been cooking Indian food for years or you're just beginning, these recipes—some of them titled in Hindi, some in Hindi-English, some in regional languages to honor the spirit of where the dishes originated—will take you on an amazing journey. This book is very important to me, and through it I

hope to share my passion for Indian food and life with you. The only things missing here are the sound of spices crackling in oil and the singular aroma that rises from the pan as they sputter and sizzle. But that is something you can provide.

Happy cooking!

SANJEEV KAPOOR

IN YOUR KITCHEN

COMMONLY USED INGREDIENTS TO HAVE ON HAND

If you keep these staple ingredients in your cupboard and refrigerator, a delicious Indian meal is a simple matter of picking up a couple fresh vegetables or some meat and diving right into any of the recipes in this book.

Dals: If you have one or two types of *dal* (lentils) in your pantry, you're never more than a few steps from a hearty and satisfying meal. Keep them in glass jars or airtight plastic containers to keep them fresh. See the glossary (page 587) for descriptions of the varieties of

dal used in this book.

Garlic and red onions: Keep plenty of alliums handy in a cool, dry pantry or in a basket on the countertop, as they're used in most of the savory dishes in this book. Also, see the instructions for making and freezing garlic paste on page 12 and onion paste on page 11.

Ghee: Keep a jar of ghee in the pantry or in the refrigerator; it should keep for several months either way. Just be sure to use a dry spoon each time you take ghee from the jar.

Ginger: Wrap unpeeled fresh ginger in a paper towel and keep it

in the fridge, where it will stay usable for weeks. Or peel, slice, and submerge in a clean jar of dry sherry for longer refrigerator storage. See page 12 for instructions on making and freezing ginger paste.

Green chiles: Fresh green chiles are used extensively in Indian cooking, either whole, split, minced, or puréed with other ingredients depending on, aside from textural considerations, the amount of heat desired: Whole chiles lend their flavor without imparting too much heat to a curry, for example. The best substitute for the long, slender Indian green

chiles are serranos, which are about the size and thickness of your finger, medium-dark green, and a bit hotter than jalapeños. To store chiles, pull off and discard the stems, rinse them, then pat them dry (or let them sit on a sunny countertop on a clean towel to air-dry for an hour or so), wrap in paper towels, and store in an open plastic bag in the refrigerator; they'll keep for several weeks. Alternatively, store them whole or minced in the freezer for several months, thawing only as many as you need at a time.

Red chiles: In this book, where red chile powder is

indicated, a powder made from a milder variety like Kashmiri red chiles is my preferred chile type, though New Mexico chiles, or even paprika, can be used as a substitute. The quantity can be adjusted to taste. Many different varieties of dried chiles are sold in Indian grocery stores; check the package label or ask the store's proprietor for guidance. In some recipes I indicate that the very mild and deep-red Kashmiri red chile powder is most appropriate, and in some cases *degchi mirch*, which is very similar to Hungarian paprika, is best; in these dishes you could use paprika instead, but don't be

tempted to substitute cayenne, which would be far too hot. Note, too, that U.S. “chili powder” (with an “i”) is a mixture of different spices and herbs for making chili, and should not be used for these recipes. When whole dried red chiles are called for, the thin, finger-length hot cayenne peppers (or a milder type) can be used.

Rice: Fragrant, long-grained basmati rice is generally used in India for special occasions and to make biryanis. There are many other types of rice, including jasmine and short-grain rice and parboiled rice, available at Indian grocers and regular supermarkets.

Indian markets sell basmati rices at different price points depending on the length of the grains, the percentage of broken grains, and overall quality. For more variety, stock brown basmati rice in your pantry as well—it's becoming more available in regular supermarkets.

Spices: Indian cooking relies on spices in a way unlike any other world cuisine, and staring down a typically long ingredient list can be intimidating if you are just starting to learn to cook Indian. However, once you have the basic spices, the recipes become infinitely more manageable. Whole spices, and many preground spices, will keep

for ages in airtight containers in a dark cupboard (claims that they'll lose all potency after a mere twelve months to the contrary). A convenient way to store your most-used spices is in a *masala dhabba*, a round stainless-steel container with seven smaller compartments for different spices. The best models will have two lids, one of them very tight-fitting to keep the spices from mingling. When you begin to cook, simply pull the whole container from the cupboard and spoon out the spices you need. To start, I'd recommend filling a *masala dhabba* with ground cumin, ground coriander, turmeric, whole

mustard seeds, whole cumin seeds, whole green cardamom, and ground *garam masala*.

Tamarind: Tamarind is available in several different forms: as whole ripe pods, which you can shell, soak, and push through a sieve to remove the seeds and fibers; as blocks of stiff tamarind pulp, which also need to be soaked and strained; and as tamarind concentrate, sold in squat plastic jars. If you're using concentrate rather than the reconstituted pulp, reduce the amount in the recipe by half.

Vegetable oil: Any kind of vegetable oil will do for most of

these recipes—peanut and mustard oils are traditional in different regions (see page 589 for more about choosing an edible mustard oil), but canola or safflower or a blend of oils can also be used.

Yogurt: Plain yogurt is a very common ingredient in this book and is useful to have on hand—it keeps for weeks in the refrigerator. Use full-fat varieties, if possible.

EVERYDAY TOOLS AND KITCHENWARES

You don't need a vast arsenal of special kitchen equipment to make the recipes in this book. Here are the basics. (You'll find a list of

specialty equipment on page 591.)

Double boiler: A double boiler is used to melt chocolate gently without burning or seizing, and to cook sauces or thick liquids that might burn if cooked over direct heat. It consists of an upper vessel (containing the food to be cooked) situated above a lower pot of water. When the water is heated, the steam produced transfers heat to the upper vessel. If you don't have a double boiler, use a regular saucepan and set a heatproof metal or glass bowl on top of it; make sure the water in the saucepan does not touch the bottom of the bowl.

Griddle: Making Indian

griddle breads such as *roti* and *paratha* is easiest with a heavy cast-iron or nonstick Indian griddle, or *tawa*, which is either flat or slightly concave (for shallow frying), but a large cast-iron skillet will do in a pinch.

Mini food processor, blender, spice grinder: Many households in India rely on an appliance called a “mixie” or “mixer-blender,” a combination food processor, blender, and wet-and-dry spice grinder for the various puréeing and grinding required in some recipes. A mini food processor, blender, and/or electric spice grinder can handle all of these tasks just as

well—and there’s always the simple mortar and pestle for quickly grinding small batches of whole spices. If you’re short on space, you might consider using a regular countertop blender with a one-cup “food processor” jar attachment for blending batters and puréeing small quantities of wet ingredients (chiles, cilantro, ginger, and so on) for seasoning pastes, and a coffee grinder for spices.

Saucepans and soup pots: Have a variety of saucepans and soup or stock pots ready for simmering small quantities of sauce components and larger batches of soups and *dal*.

Sauté pans: You'll need a heavy nonstick or well-seasoned sauté pan or skillet for most of the curries in this book. A twelve-inch or larger one would be useful.

Steamer: All-purpose Indian steamers are made of stainless steel with stacked trays that can be fit into grooves inside the main vessel; the lid is vented to allow some of the steam to escape. Food to be steamed is put on plates that are then set on top of the trays. A bamboo steamer will work for these recipes if you put the food on a plate before putting it in the steamer tray. For *idlis*, steamed rice cakes, you'll need an *idli* stand

to fit into a steamer pot (see page 591).

Tempering pan: Many of the *dal* and curry recipes in this book feature a uniquely Indian final step: Tempering. A bit of vegetable oil or ghee is heated and various spices are added and cooked until they sputter and release their distinctive aromas. The mixture is then drizzled into the *dal* and the pot is covered and left to stand for a couple minutes while the sizzling oil and spices meld with the lentils and vegetables. An Indian tempering pan is a small cup-shaped pan with a rounded bottom and a long handle; a very small,

heavy sauté pan or skillet is a fine substitute.

Utensils: A **slotted spoon** or **wire skimmer** is used extensively throughout this book to stir and scoop frying foods out of hot oil. **Tongs** are used to turn griddled breads as they cook, lift pot lids, and gently transfer delicate ground-meat kabobs from skillet to serving plates—a **thin metal spatula** is helpful here as well. A **mortar and pestle** can be useful for grinding spices and making chutneys. **Muslin cloth** or **cheesecloth** is used to drain yogurt and fresh *paneer* cheese. A **fine-mesh sieve** and a good **colander** are handy for

draining and straining as well. **Skewers**—either bamboo or metal, thin or wide and flat—are used to make kabobs.

Wok: The *kadai*, or Indian wok, is a deep, flat-bottomed pan with curved sides and, usually, a looped handle on either side. It's used for quick deep-frying and also for *dals* and curries. A nonstick or well-seasoned Chinese-style wok or even a wide, deep sauté pan or saucepan would work fine for most dishes.

Basics

Indian cooking is known for its use of spices and spice combinations (commonly called masalas). Our affinity with spices can be traced back to ancient times and is still a trademark of contemporary Indian cuisine. In my childhood days, there was always a flurry of activity with the advent of summer, when family and friends prepared various masalas and other preserves. Good-quality spices would be cleaned and sun-dried or roasted before being pounded in

various combinations to create the variety of masalas to be used throughout the year.

Most masalas can be bought ready-made these days. But people who like to make their own masalas, or those for whom packaged masalas are not easily available, will find most of the basic recipes that are used widely in Indian cooking in this chapter. Be it *chholay masala* or *garam masala*, *dhansak masala* or *sambhar masala*, fresh garlic paste or fresh ginger paste, these are the go-to recipes for every home cook. I think you'll find that these masalas are worth the preparation, and that

they're sure to please the most discerning palates.

Also in this chapter you'll find recipes for the making of *roti*, *paratha*, *naan*, *appam*, and other favorites, which are key in rounding out these meals.

Almond Paste

Makes 3½ tablespoons.

15 almonds

1. Place a small nonstick saucepan over high heat and add ½ cup (100 ml) water. When the water comes to a boil, add the almonds and remove from the heat.

2. Let the almonds soak in the hot water for 5 minutes. Drain and peel. Transfer to a spice grinder, add 2 tablespoons water, and grind to a smooth paste. Use immediately or store for up to a day, covered in the refrigerator.

Boiled-Onion Paste

Makes $\frac{3}{4}$ cup (190 grams).

3 medium onions, peeled and quartered

1. Place a nonstick saucepan over high heat and add 3 cups (600 ml) water. When the water comes to a boil, lower the heat to medium, add the onions, cover, and cook for 20 minutes.

2. Drain and transfer the onions to a food processor. Process to a smooth paste.

Cashew Paste

Makes $\frac{1}{2}$ cup (150 grams).

½ cup raw cashews

1. Soak the cashews in a bowl with 1 cup (200 ml) water for 30 minutes.

2. Drain and transfer to a spice grinder. Add 1/3 cup (65 ml) water and grind to a smooth paste.

Garlic Paste

**Makes 6 tablespoons
(100 grams).**

25 cloves garlic, peeled

1. Put the garlic in a food processor. Add ½ cup (100 ml) water and process to a smooth paste.

2. Store in an airtight

container in the refrigerator for up to a week.

Ginger Paste

**Makes 6 tablespoons
(90 grams).**

**7-inch (18-cm) piece
fresh ginger, peeled and
roughly chopped**

1. Put the ginger in a food processor. Add 3 tablespoons water and process to a smooth paste.

2. Store in an airtight container in the refrigerator for up to a week.

Ginger-Garlic Paste

**Makes 7 tablespoons
(80 grams).**

**3-inch (7½-cm) piece
fresh ginger, peeled and
roughly chopped**

**10 cloves garlic, peeled
and roughly chopped**

1. Put the ginger and garlic in a food processor. Add ¼ cup (50 ml) water and process to a smooth paste.

2. Store in an airtight container in the refrigerator for up to a week.

Green Chile paste

Makes 3 tablespoons

(40 grams).

**12 green chiles,
stemmed and roughly
chopped**

1. Put the chiles in a food processor. Add 2 tablespoons water and process to a smooth paste.

2. Store in an airtight container in the refrigerator for up to a week.

..... } **Notes** }

To make red chile paste, replace the green chiles with 12 fresh red chiles and follow the recipe above.

Appam

Fermented-rice pancakes

Traditionally, fresh toddy (an alcohol made from the sap of palm trees) is used to ferment the batter for *appams*. A special type of cast-iron wok called an *appam kadai* is used to cook these pancakes from the south, but any small nonstick wok will work as well. Just make sure it has a heavy lid. Serve these with *kaikari ishtew* (page 269), lamb *ishtew* (page 387), or *kozhi ishtew* (page 427).

Makes 8.

- 1 cup (200 grams)**
short-grain rice
- 3 slices white bread**
- ½ cup (75 grams)**

cooked rice

**$\frac{1}{2}$ cup (60 grams)
grated fresh coconut (or
frozen unsweetened
coconut)**

1 teaspoon table salt

**$\frac{1}{2}$ teaspoon vegetable
oil**

1. Put the raw rice in a bowl, wash in plenty of water 2 or 3 times, and drain. Add 3 cups (600 ml) water and soak for 3 to 4 hours. Drain.

2. Soak the bread in 1 cup (200 ml) water for 15 minutes. Take the slices out and squeeze to remove the excess water.

3. Put the raw rice in a spice

grinder, add $\frac{1}{4}$ cup (50 ml) water, and grind to a smooth paste. Transfer to a large bowl.

4. Put the cooked rice, coconut, and bread in a food processor. Add 2 tablespoons water and process to a smooth batter. Add to the rice paste in the bowl and stir well.

5. Cover the bowl with plastic wrap and set aside in a warm place to ferment overnight.

6. Add the salt and 2 tablespoons water and stir well.

7. Place a small cast-iron or nonstick wok over medium heat, add the oil and 1 tablespoon water, and rotate the wok so that the oil-

water mixture coats the entire wok. Pour out the excess oil and water.

8. Pour in 2 ladlefuls of batter and tilt the wok to spread the batter. The edges should be thin and the excess batter should collect at the center. Cover with a heavy lid and cook for 2 to 3 minutes or until the edges of the *appam* start to leave the wok and are crisp and thin and the center is soft and spongy. Repeat with the remaining batter.

9. Serve hot.

Brown Rice

Serve this with *dhansaak* (page 295).

Serves 4.

2 tablespoons ghee
(page 37)

2 (1-inch/2½-cm)
cinnamon sticks

2 star anise

6 to 8 whole cloves

2 large red onions,
sliced

2 teaspoons sugar

1½ cups (300 grams)
basmati rice, soaked

1 teaspoon table salt

1. Place a nonstick saucepan over medium heat and add the ghee. When the ghee melts and small bubbles appear at the bottom of the pan, add the cinnamon, star anise, and cloves, and sauté for 30

seconds. Add the onions and sauté for 7 to 8 minutes or until well browned.

2. Add the sugar and sauté until it dissolves. Add the rice and stir. Add 5 cups (1 liter) water and the salt, and bring to a boil. Lower the heat to medium, cover, and cook for 15 minutes or until done.

3. Serve hot.

Dahi

Perfect yogurt

Makes 2½ cups (600 grams).

2½ cups (500 ml) whole milk

1 teaspoon good-quality plain yogurt

1. Place a nonstick saucepan over high heat and add the milk. Bring to a boil. Remove from the heat and set aside to cool.

2. When the milk has cooled to 114°F/45°C or is lukewarm, add the yogurt and stir gently with a spoon or whisk.

3. Transfer to an earthenware pot and set aside in a warm place overnight until the mixture thickens. Do not jostle the pot. In the winter or at higher altitudes, wrap the pot in a blanket or towel to keep it warm.

4. When the yogurt has

thickened, transfer to the refrigerator. Remember to save 1 teaspoon of the yogurt to make the next batch.

Ganthia

Gram-flour snack

This is a simple snack that looks like a small, stout stick. It is easily prepared using a *ganthia* press (page 591), which can be found at most Indian grocery stores. The prepared dough is pushed through the holes in the mold and the small sticks of the dough that come out are deep-fried.

Makes 3 cups (230

grams).

2 cups (200 grams)

***besan* (chickpea/gram flour)**

1½ teaspoons table salt

**¼ teaspoon ground
turmeric**

**1 teaspoon red chile
powder**

½ teaspoon *ajwain*

**¼ cup (50 ml) plus 1
quart (800 ml) vegetable oil**

1. Put the *besan* in a bowl. Add the salt, turmeric, chile powder, and *ajwain*, and stir.

2. Heat ¼ cup (50 ml) oil in a small saucepan and add it to the *besan* mixture. Add ½ cup (100 ml) water and knead to make a stiff

dough. Set the dough aside to rest for 30 minutes.

3. Place a nonstick wok over high heat and add 1 quart (800 ml) oil. When small bubbles appear at the bottom of the wok, put some of the dough in a *ganthia* mold and press it directly into the hot oil. Cook, stirring occasionally with a slotted spoon, until deep golden brown. Remove with the slotted spoon and drain on paper towels. Repeat with the remaining dough.

4. Let cool and store in an airtight container.

Paneer

Pressed fresh cheese

Makes 7 ounces (200 grams).

5 cups (1 liter) whole milk

1 cup (200 ml) heavy cream

1 tablespoon vinegar

1. Place a deep nonstick saucepan over high heat and add the milk. Stir in the cream and bring to a boil. Lower the heat to medium, add the vinegar, and stir until the mixture curdles. The solids will separate from the whey. Remove from the heat.

2. Place a double layer of cheesecloth over a strainer and pour in the *paneer*. Gather the

edges of the muslin and dip the wrapped *paneer* in a bowl of cold water. Tie up the muslin and hang it over a bowl for 15 to 20 minutes or until most of the whey has drained; reserve the whey for another use.

3. Place the wrapped *paneer* on a plate and put a heavy weight on it for 10 minutes or until firm. Unwrap and cut the *paneer* into slices or cubes.



Chef's Tip

You will get about 3½ cups (650 ml) whey, which contains a lot of nutrients. It can be used instead of water in *roti* dough or even in soup.

Basic Paratha

Indian griddle bread with ghee

Makes 6.

**1 cup plus 2 tablespoons
(165 grams) *atta* (whole-
wheat flour)**

$\frac{1}{2}$ teaspoon table salt

**6 teaspoons ghee (page
37), melted**

1. Combine the *atta* and salt in a bowl. Add $\frac{1}{2}$ cup (100 ml) water and knead to make a medium-soft dough. Cover with a damp cloth and set aside for 15 minutes.

2. Divide the dough into 6 portions and shape into balls. Roll out into 3-inch ($7\frac{1}{2}$ -cm) rounds. Brush the surface of each with $\frac{1}{4}$

teaspoon ghee, then fold in half and then again in half to make a triangle. Roll out these triangles to bigger triangles with each side measuring 5 to 6 inches.

3. Place a nonstick griddle over medium heat and let it heat for 2 minutes. Place a dough triangle on it and cook for 1 minute, turn it over, and drizzle $\frac{1}{4}$ teaspoon ghee all around the edges. Turn again and drizzle $\frac{1}{2}$ teaspoon ghee all around. Cook until both sides are light golden brown. Repeat with the remaining dough triangles.

4. Serve hot.

Basic Roti

Makes 8.

**1 cup plus 2 tablespoons
(165 grams) *atta* (whole-
wheat flour)**

$\frac{3}{4}$ teaspoon table salt

Ghee (page 37)

1. Combine the *atta* and salt in a bowl. Add $\frac{1}{2}$ cup (100 ml) water and knead to make a medium-soft dough. Cover with a damp cloth and set aside for 15 minutes.

2. Divide the dough into 8 portions and shape into balls. Dust with a little flour and roll out into 5-inch rounds.

3. Place a nonstick griddle over medium heat and let it heat for

2 minutes. Place a dough round on it and cook for 30 seconds. Turn over and cook on the other side for 15 seconds, then, if you are using a gas burner, hold it with tongs over the open flame and cook until it puffs. Turn and cook the other side. Repeat with the remaining dough rounds.

4. Serve hot, topped with ghee.

Luchi

Deep-fried bread

Makes 16.

2 cups (240 grams)
maida (refined flour) or

pastry flour

1 teaspoon table salt

1 tablespoon ghee (page 37), softened

1 quart (800 ml)

vegetable oil

1. Sift the *maida* with the salt into a large bowl. Add the ghee and 2/3 cup (135 ml) water and knead to make a soft dough. Cover with a damp cloth and set aside for 30 minutes.

2. Divide the dough into 16 portions and shape into small balls. Roll out into 3-inch (7½-cm) rounds.

3. Place a nonstick wok over high heat and add the oil. When

small bubbles appear at the bottom of the wok, gently slide in one dough round at a time and cook, turning with a slotted spoon, until puffed up and pale cream in color. Remove with the slotted spoon and drain on paper towels.

4. Serve immediately.

Naan

Bread cooked in an oven or a tandoor

Makes 8.

**4 cups (480 grams)
maida (refined flour) or
pastry flour
1 teaspoon baking
powder**

½ teaspoon baking soda
1 teaspoon table salt
2 teaspoons sugar
**1 whole egg (optional;
see Notes)**
1 cup (200 ml) milk
**2 tablespoons plain
yogurt**
**2 tablespoons vegetable
oil**
**2 teaspoons *kalonji*
(nigella; see Notes)**
2 teaspoons butter

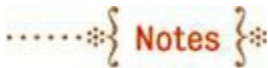
1. Sift the flour, baking powder, baking soda, and salt together into a large bowl. Add the sugar, egg (if using), milk, yogurt, and 3 tablespoons water, and knead

for about 10 minutes to make a medium-soft dough. Apply a little oil to the dough, cover with a damp cloth, and set aside for 1 hour in a warm place.

2. Preheat the oven to 400°F/200°C.

3. Divide the dough into 8 portions and shape into balls. Apply a little oil to each ball and sprinkle the *kalonji* on top. Flatten each ball of dough into a 6-inch round. Stretch the dough on one side to make a triangular shape. Place the *naans* on a lightly greased baking sheet and bake for 15 10 18 minutes or until crisp and brown on both sides.

4. Serve hot, topped with the butter.



You can omit the egg in this recipe. It will not affect the taste or texture of the *naan* at all.

Kalonji (nigella) is available in Indian grocery stores and is sometimes called onion seeds.

Papdis

Crisp flat puris

Small, crisp flat wafers made with dough, often used in Indian street food.

Makes 18.

**1 cup (120 grams)
maida (refined flour) or
pastry flour**

**½ teaspoon cumin seeds
(optional)**

**5 teaspoons ghee (page
37), melted**

1 teaspoon table salt

**1 quart (800 ml)
vegetable oil**

1. Put the *maida* in a bowl. Add the cumin (if using), ghee, and salt, and stir. Gradually add ¼ cup (50 ml) water and knead to make a stiff dough. Cover with a damp cloth and set aside to rest for 10 to 15 minutes.

2. Divide the dough into 18

portions and shape into balls. Roll out into 2½-inch (6½-cm) rounds. Prick with a fork all over the surface.

3. Place a nonstick wok over high heat and add the oil. When small bubbles appear at the bottom of the wok, gently slide in the dough rounds, two at a time, and cook, stirring with a slotted spoon, until golden brown and crisp. Remove with the slotted spoon and drain on paper towels.

4. Let cool to room temperature, then store in an airtight container.

Khajoor Aur Imli Ki

Chutney

Sweet date-and-tamarind chutney

Makes 2 cups (600 grams).

15 to 20 dates, pitted

2 teaspoons cumin seeds

¼ teaspoon fennel seeds

1 cup (200 grams)

grated cane jaggery

1 cup (340 grams)

tamarind pulp

2 teaspoons red chile powder

1 teaspoon ground ginger

1 teaspoon black salt

1 teaspoon table salt

1. Roughly chop the dates.
2. Place a small nonstick sauté pan over medium heat. Add the cumin and fennel, and dry-roast until fragrant. Cool slightly, then transfer to a spice grinder and grind to a powder.
3. In a nonstick saucepan, combine the dates, jaggery, tamarind pulp, cumin and fennel powder, red chile powder, ginger, black salt, table salt, and 1 cup (200 ml) water. Place over medium heat and bring to a boil. Lower the heat and continue to cook for 6 to 8 minutes.
4. Let cool to room

temperature and serve, or store in an airtight container in the refrigerator for up to a month.

Pudina Aur Dhaniya Chutney

Mint-and-cilantro chutney

Makes ½ cup (110 grams).

1 cup roughly chopped fresh cilantro

½ cup roughly chopped fresh mint

2 to 3 green chiles, stemmed and chopped

½ teaspoon black salt

¼ teaspoon sugar

**1 teaspoon freshly
squeezed lemon juice**

1. Put the cilantro, mint, and chiles in a food processor. Add ¼ cup (50 ml) water and process to a smooth paste.

2. Add the black salt and sugar, and process to combine.

3. Transfer to a bowl and stir in the lemon juice.

.....✦ { **Chef's Tip** } ✦

To add sourness, You can use crushed *anardana* (dried pomegranate seeds) or *amchur* (dried mango powder) instead of the lemon juice. In season, a bit of green mango is a good substitute too.

Sichuan Sauce

Spicy Chile Sauce

Makes 1 cup (240 grams).

10 to 12 dried red chiles, stemmed and finely chopped

10 cloves garlic, peeled

2 scallions with green tops

½ cup (100 ml)

vegetable oil

2 green chiles, stemmed

1-inch (2½-cm) piece

fresh ginger, grated

½ cup (100 ml)

vegetable stock (page 36)

**2- to 3-inch (5- to 7½-
cm) rib celery, chopped**

**1 tablespoon tomato
ketchup**

1½ teaspoons table salt

2 teaspoons white

vinegar

1. Boil the red chiles in 1 cup (200 ml) water for 5 to 7 minutes. Drain.

2. Finely chop 2 cloves of the garlic. Finely chop the scallion whites and greens separately.

3. Put the chiles and the remaining 8 cloves garlic in a mini food processor, add 2 tablespoons water, and grind to a fine paste.

4. Place a nonstick sauté pan over medium heat and add the oil. When small bubbles appear at the bottom of the pan, add the chopped garlic, green chiles, scallion whites, and ginger, and sauté for 1 minute.

5. Add the chile-garlic paste and sauté for 5 minutes.

6. Add the stock, celery, ketchup, and salt, and stir to blend well. Add the vinegar and stir well. Simmer for 5 minutes and remove from the heat.

7. Add the scallion greens and stir. Let cool and store in an airtight container in the refrigerator for up to 2 days.

Chaat Masala

Spice mix for *chaat*

A spicy and tangy mix used in *chaats*, salads, and savory dishes like fritters, to enhance their taste.

Makes ½ cup (55 grams).

**¼ cup (20 grams)
coriander seeds**

2 teaspoons cumin seeds

1 teaspoon *ajwain*

**2 or 3 dried red chiles,
stemmed**

3 tablespoons black salt

½ teaspoon citric acid

1 teaspoon *amchur*

(dried mango powder)

1 tablespoon table salt

1 teaspoon ground black pepper

1. Place a small nonstick sauté pan over medium heat. Add the coriander and dry-roast until lightly browned and fragrant. Transfer to a bowl.

2. One spice at a time, dry-roast the cumin and *ajwain*, and add them to the coriander. Stir and set aside to cool completely.

3. Transfer to a spice grinder. Add the chiles, black salt, citric acid, *amchur*, table salt, and pepper. Grind to a fine powder.

4. Store in an airtight

container.

Chai Masala

Spice mix for tea

Makes $\frac{1}{4}$ cup (20 grams).

$\frac{3}{4}$ tablespoon whole black peppercorns

4 (1-inch/ $2\frac{1}{2}$ -cm) cinnamon sticks, broken

16 whole cloves

16 green cardamom pods

4 teaspoons ground ginger

1. Put the peppercorns, cinnamon, cloves, and cardamom in

a spice grinder, and grind to a fine powder.

2. Sift the powder into a bowl. Add the ginger and stir well.

3. Store in an airtight container.

Chholay Masala

Spice mix for making *chole* (*chholay*)

Makes $\frac{3}{4}$ cup (100 grams).

2 tablespoons cumin seeds

3 tablespoons coriander seeds

2 (1-inch/2½-cm) cinnamon sticks

8 to 10 whole cloves
1 black cardamom pod
½ teaspoon *ajwain*
2½ teaspoons whole
black peppercorns
1 teaspoon *kasoori*
***methi* (dried fenugreek**
leaves)
3 to 5 *tirphal* (optional;
see Note)
2 tablespoons *anardana*
(dried pomegranate seeds)
8 to 10 bay leaves
8 to 10 dried red chiles,
stemmed
1 teaspoon *amchur*
(dried mango powder)

**½ teaspoon ground
ginger**

1 teaspoon table salt

2 teaspoons black salt

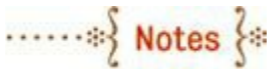
1. Place a small nonstick sauté pan over medium heat. Add the cumin, coriander, cinnamon, cloves, cardamom, *ajwain*, peppercorns, *kasoori methi*, *tirphal* (if using), *anardana*, bay leaves, and chiles, and dry-roast until fragrant.

2. Transfer the mixture to a plate and set aside to cool completely.

3. Transfer to a spice grinder and add the *amchur*, ginger, table salt, and black salt. Grind to a fine

powder.

4. Store in an airtight container.



Tirphal (not to be confused with *triphala*, a combination of herbs used in Ayurvedic medicine) is a spice from a tree that grows deep in the rain forests of western India. The berries are dried, and the seeds are removed and discarded. *Tirphal*, which strongly resembles Sichuan peppercorns in appearance, has a strong woody aroma and a sharp flavor.

Dhansaak Masala

Spice mix for *dhansaak*

Makes $\frac{3}{4}$ cup (70 grams).

**10 dried red chiles,
stemmed**

**2-inch (5-cm) cinnamon
stick, broken**

3 bay leaves

**1 tablespoon cumin
seeds**

**2 tablespoons coriander
seeds**

**4 to 6 black cardamom
pods**

**2 teaspoons whole black
peppercorns**

$\frac{1}{2}$ tablespoon whole

cloves

**1 teaspoon fenugreek
seeds**

**1 tablespoon black
mustard seeds**

2 or 3 blades mace

**½ tablespoon ground
turmeric**

1. Place a small nonstick sauté pan over medium heat. Add all the ingredients except the turmeric, lower the heat, and dry-roast for 5 minutes. Add the turmeric, stir, and remove from the heat. Set aside to cool completely.

2. Transfer to a spice grinder and grind to a fine powder.

3. Store in an airtight

container.

Garam Masala

Spice mix

A flavor-enhancing blend of spices used widely in Indian cuisine.

Makes 1 cup (75 grams).

10 to 12 blades mace

8 to 10 (1-inch/2½-cm)

cinnamon sticks

25 whole cloves

25 green cardamom pods

10 to 12 black cardamom pods

8 to 10 bay leaves

8 teaspoons cumin seeds

4 teaspoons whole black

peppercorns

½ teaspoon grated

nutmeg

1. Place a small nonstick sauté pan over medium heat. Add the mace and dry-roast until fragrant. Transfer to a bowl.

2. One spice at a time, dry-roast the cinnamon, cloves, green cardamom, black cardamom, bay leaves, cumin, and peppercorns, and transfer to the bowl. Set aside to cool completely.

3. Transfer to a spice grinder and grind to a fine powder. Add the

grated nutmeg. Store in an airtight container.

Goda Masala

Spice mix

A highly flavorful blend of spices typically used in Maharashtrian food (native to the western Indian state of Maharashtra).

Makes 1½ cups (135 grams).

Vegetable oil

1 cup (80 grams)

coriander seeds

2 tablespoons cumin seeds

¼ cup (5 grams) *dagad*

phool (lichen stone flower;
optional; see Notes)

6 (2-inch/5-cm)

cinnamon sticks

16 green cardamom
pods

25 whole cloves

$\frac{3}{4}$ teaspoon caraway
seeds

25 whole black
peppercorns

10 to 12 bay leaves

1 teaspoon dried
nagkeshar (cobra saffron;
optional; see Notes)

2 blades mace

3 tablespoons grated

dried coconut

**1 teaspoon white
sesame seeds**

**3 dried red chiles,
stemmed**

1 teaspoon asafetida

1. Place a small nonstick sauté pan over medium heat. Add a couple drops of oil, and, one at a time, roast all the ingredients until fragrant. Transfer to a bowl and let cool completely.

2. Transfer to a spice grinder and grind to a fine powder.

3. Store in an airtight container.

..... } **Notes** }

Dagad phool

(sometimes labeled *patthar ke phool*) is a fungus, a lichen that grows on rocks in the Himalayas and mountainous regions of western and central India. Used in small quantities, it lends a dark color and musky flavor to dishes.

Nagkeshar, or cobra saffron, is an herb with a mild, slightly sweet flavor.

Nihari Masala

Spice mix

This mix is used specifically to make a dish called *nalli nihari* (page 391).

Makes 1 cup (160 grams).

1/4 cup (35 grams) cumin seeds

1/4 cup (35 grams) fennel seeds

12 to 15 dried red chiles, stemmed

20 whole cloves

5 green cardamom pods

3 black cardamom pods

25 to 30 whole black peppercorns

1/4 cup (50 grams) white poppy seeds

2 bay leaves

1 blade mace

**2 tablespoons ground
ginger**

**½ tablespoon freshly
grated nutmeg**

**4 or 5 (1-inch/2½-cm)
cinnamon sticks**

**5 tablespoons ground
dalia (roasted *chana dal*)**

1. Place a nonstick sauté pan over medium heat. Add the cumin, fennel, chiles, cloves, green and black cardamom, peppercorns, poppy seeds, bay leaves, mace, ginger, nutmeg, and cinnamon, and dry-roast for 5 minutes or until fragrant.

2. Add the *dalia* and dry-roast for 2 minutes. Remove from the

heat and set aside to cool. Transfer to a spice grinder and grind to a fine powder.

3. Sift through a fine sieve and store in an airtight container in the refrigerator.

Pav Bhaji Masala

Spice mix for pav bhaji

A special blend of spices added to vegetables to make a dish called *pav bhaji* (page 90).

**Makes 5 tablespoons
(75 grams).**

**1½ tablespoons *amchur*
(dried mango powder)**

½ teaspoon whole black

peppercorns

**12 Kashmiri dried red
chiles, stemmed**

**2 tablespoons cumin
seeds**

**2½ tablespoons
coriander seeds**

**6 (1-inch/2½-cm)
cinnamon sticks**

1 teaspoon table salt

¼ teaspoon black salt

25 whole cloves

1 black cardamom pod

6 to 8 fresh curry leaves

2 bay leaves

**1 tablespoon fennel
seeds**

1. Place a small nonstick sauté pan over medium heat. Add all the ingredients, one by one in the order listed, lower the heat, and dry-roast for 5 minutes.

2. Set aside to cool completely. Transfer to a spice grinder and grind to a fine powder.

3. Store in an airtight container.

Punjabi Garam

Masala

Spice mix

Another variety of *garam masala*, more popular in Punjabi homes.

Makes 1³/₄ cups (200 grams).

1 cup (100 grams) whole black peppercorns

³/₄ cup plus 1 tablespoon (120 grams) cumin seeds

11 black cardamom pods

4 or 5 whole cloves

1-inch (2¹/₂-cm)

cinnamon stick

1. Place a small nonstick sauté pan over medium heat. Add the peppercorns and dry-roast for 4 minutes. Transfer to a plate.

2. One spice at a time, dry-roast the cumin, cardamom, cloves, and cinnamon, and add them to the

peppercorns. Set aside to cool completely.

3. Transfer to a spice grinder and grind to a fine powder. Store in an airtight container.

Rasam Powder

Spice mix

A spice blend used to make *rasam*, a South Indian soup.

Makes 2¼ cups (250 grams).

**1 cup (80 grams)
coriander seeds**

½ cup (100 grams) *toor dal/arhar dal* (split pigeon peas)

¼ cup (35 grams) cumin seeds

¼ cup (25 grams) whole black peppercorns

10 to 12 fresh curry leaves

15 dried red chiles, stemmed

1. Place a medium nonstick sauté pan over medium heat. Add the coriander, *dals*, cumin, peppercorns, curry leaves, and chiles, and dry-roast for 3 to 4 minutes or until fragrant. Let cool completely.

2. Transfer to a spice grinder and grind to a fine powder.

3. Store in an airtight

container in the refrigerator or in a cool, dry place for up to 6 months.

Ground Roasted

Cumin

This is an excellent topping for *raitas* (yogurt sauces; page 65) or *chaats* (page 81).

**Makes 6 tablespoons
(30 grams).**

**4½ tablespoons cumin
seeds**

1. Place a small nonstick sauté pan over medium heat. Add the cumin and dry-roast until lightly colored. Set aside to cool completely.

2. Transfer to a spice grinder and grind to a fine powder.

3. Store in an airtight container.

Sambhar

Basic masala for South Indian lentil dishes

Makes 1 $\frac{3}{4}$ cups (180 grams).

**$\frac{1}{2}$ cup (40 grams)
coriander seeds**

**1 tablespoon cumin
seeds**

**2 tablespoons *chana dal*
(split Bengal gram)**

2 tablespoons *dhuli moong dal* (split skinless

green gram)

2 tablespoons *toor dal/arhar dal* (split pigeon peas)

1 tablespoon brown mustard seeds

1 tablespoon fenugreek seeds

10 to 12 whole black peppercorns

25 to 30 dried red chiles, stemmed

2 to 3 tablespoons ground turmeric

1. Place a medium nonstick sauté pan over medium heat. Add the coriander, cumin, *dals*, mustard seeds, fenugreek, peppercorns, and

chiles, and dry-roast for 3 to 4 minutes or until fragrant. Transfer to a bowl and set aside to cool completely.

2. Transfer to a spice grinder. Add the turmeric and grind to a fine powder.

3. Store in an airtight container in the refrigerator or in a cool, dry place for up to 6 months.

Ver

Kashmiri garam masala

**Makes $\frac{1}{4}$ cup plus 2
tablespoons (45 grams).**

**1½ tablespoons fennel
seeds**

1½ **tablespoons**
caraway seeds
2 **bay leaves**
1 **tablespoon** **black**
cardamom seeds
¼ **teaspoon** **green**
cardamom seeds
2½-inch cinnamon stick
8 to 10 whole cloves
1 **teaspoon** **fenugreek**
seeds
8 to 10 whole black
peppercorns
1 large blade mace
1 star anise
¼ **teaspoon** **freshly**
grated nutmeg

1. Place a small nonstick sauté pan over medium heat. Add the fennel, caraway, bay leaves, black cardamom, green cardamom, cinnamon, cloves, fenugreek, peppercorns, mace, and star anise, and dry-roast until fragrant. Set aside to cool completely.

2. Transfer to a spice grinder. Add the nutmeg and grind to a fine powder.

3. Store in an airtight container in the refrigerator or in a cool, dry place.

Chicken Stock

Makes 3¼ cups (650 ml).

**7 ounces (200 grams)
chicken bones, such as wing
tips, neck, or other bones**

**1 medium red onion,
quartered**

**1 medium carrot,
roughly chopped**

**2 or 3 sprigs fresh
parsley, roughly chopped**

**1 rib celery, roughly
chopped**

**1 leek with top, roughly
chopped (optional)**

**6 or 7 whole black
peppercorns**

5 or 6 whole cloves

1 bay leaf

1. Remove any excess fat from the bones.

2. Place a nonstick saucepan over high heat and add 2 cups (400 ml) water. Add the bones and boil for 5 minutes. Drain off the water.

3. Add the remaining ingredients and 10 cups (2 liters) water. Place over high heat and bring to a boil. Lower the heat to low. Spoon off any scum that rises to the top and replace it with cold water. Simmer for at least 1 hour and up to 1½ hours.

4. Pour through a strainer into a large bowl; discard the solids. Let the stock cool to room temperature, then cover and store in

the refrigerator.

Lamb Stock

Makes 3 cups (600 ml).

7 ounces (200 grams)

lamb bones

**1 medium red onion,
quartered**

**1 medium carrot, cut
into 8 pieces**

**1 rib celery, cut into 1-
inch (2½-cm) pieces**

**2 or 3 sprigs fresh
parsley**

**6 or 7 whole black
peppercorns**

1 bay leaf

1. Remove any excess fat from the bones.

2. Place a nonstick saucepan over high heat and add 2 cups (400 ml) water. Add the bones and boil for 5 minutes. Drain.

3. Add the onion, carrot, celery, parsley, peppercorns, bay leaf, and 12 cups (2.4 liters) water. Place over high heat and bring to a boil. Lower the heat to low. Spoon off any scum that rises to the top and replace it with cold water. Simmer for at least 2 hours and up to 2½ hours.

4. Pour through a strainer into a large bowl; discard the solids. Let the stock cool to room

temperature, then cover and store in the refrigerator.

Vegetable Stock

Makes 2¼ cups (450 ml).

1 medium red onion, sliced

½ medium carrot, sliced

½ rib celery, chopped

2 cloves garlic, crushed

1 bay leaf

5 or 6 whole black peppercorns

2 or 3 whole cloves

1. Place a nonstick saucepan over high heat and add 5 cups (1

liter) water. Add the onion, carrot, celery, garlic, bay leaf, peppercorns, and cloves and bring to a boil. Lower the heat to medium and simmer for 30 minutes.

2. Pour through a strainer into a large bowl; discard the solids. Let the stock cool to room temperature, then cover and store in the refrigerator.

Atta Dough

For sealing a pan and lid while cooking *biryani*

Makes 1½ cups (200 grams).

1 cup (150 grams) *atta* (whole-wheat flour)

1. Combine the *atta* and $\frac{3}{4}$ cup (150 ml) water in a bowl and knead to make a soft dough.

2. Roll the dough into a long rope. Place it around the edge of the pan that needs to be sealed. Place the lid over the dough and press down hard. As the *biryani* cooks, the dough will dry up. When you remove the pan from the heat, peel the dough off to open the lid. (Since it will be totally dried up, it should peel off easily.)

Ghee

Makes 1 $\frac{2}{3}$ cups (325 grams).

2 cups (500 grams)

unsalted butter

1. Place a nonstick saucepan over medium heat and add the butter. When the butter is melted, lower the heat to low and cook, stirring frequently so that it does not scorch, for 30 minutes or until the liquid is light brown and the residue settles to the bottom. There will be some milk solids that rise to the top as foam and these should be skimmed off.

2. Set aside to cool slightly. Strain into a clean jar and let cool completely. Cover with an airtight lid and store in the refrigerator for up to 2 weeks.

Khoya

Unsweetened solid condensed milk

Makes 1 cup (155 grams).

5 cups (1 liter) full-fat buffalo or cow's milk

1. Place a heavy-bottomed saucepan over high heat and add the milk. When it comes to a boil, lower the heat to medium and cook, stirring continuously, for about 30 minutes or until the milk is reduced and forms a thick lump. It is very important to stir continuously and not allow a cream to form on the surface because this will affect the

texture of the *khoya*.

2. Let cool completely, then store in an airtight container in the refrigerator for up to 3 days.

Beverages

For centuries, a potter's wheel was used in India to make earthenware pots called *matkas* that kept drinking water cool. Surprisingly, even with refrigeration and electricity, traditional *matkas* are still used in many Indian homes.

Indians love cool drinks and cooling foods when the weather is hot, and they enjoy warming drinks in the winter. In Delhi, the dry summer wind called *lu* not only dehydrates you but also saps all of your energy, and a glass of chilled watermelon juice hits the spot on those hot days. In Punjab, a tall glass of

chilled *lassi* (page 44) is most welcome in the summer, and spice-laden drinks such as *jal jeera* (page 41) are served as aperitifs. And a cool *kokum sharbat* (page 43) is served to welcome guests and is essential at weddings.

During the winter months, a saffron-enriched milkshake called *zafrani*

sharbat (page 46) is popular in Kashmir, and even though it's a cold drink, the spice is wintry and warming.

The drinks that follow will enhance your appetite, refresh your palate, fill in those little gaps between meals, or cool your parched throat.

Adrak Navratan

Spicy gingerade

This drink is an excellent digestive. It can be kept in the refrigerator for up to a week. Dried dates and raisins impart natural sweetness to the drink, but if you wish to make it sweeter you can add 1 teaspoon sugar to each glass of *adrak navratan*.

Serves 4.

10 to 12 dried dates

**1½ teaspoons julienned
tender fresh ginger**

½ cup (90 grams) raisins

5 or 6 hot green chiles,

stemmed and cut in half

**½ cup (100 ml) freshly
squeezed lemon juice**

1½ teaspoons table salt

1 teaspoon black salt

1. Pit the dates and thinly slice them lengthwise.

2. Combine the dates, ginger, raisins, chiles, lemon juice, salt, black salt, and 1 cup (200 ml) water in a bowl and stir well. Transfer the mixture into a wide-mouthed glass jar. Shake well and set aside for 7 days or until the juice turns pink.

3. To serve, put 1 tablespoon of the juice and 1 tablespoon of the julienned dates and ginger in a

glass. Fill the glass with cold water and serve.

Gulab-E-Aab

Rose drink

This rose drink has a layer of a special type of dessert called *malai burfi* on top. You can find the dessert at any Indian store. As a variation, you can top the drink with a scoop of vanilla ice cream instead.

Serves 4.

7½ cups (1.5 liters)

whole milk

½ cup (125 grams)

sugar

A few saffron threads
½ teaspoon ground
green cardamom
2 tablespoons rose
syrup
4 malai burfi
(condensed-milk mithai,
store-bought)
10 almonds, blanched
(see Note), peeled, and
slivered
20 pistachios, blanched
(see Note), peeled, and
slivered

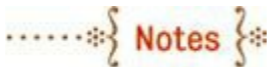
1. Place a deep nonstick saucepan over high heat and add the milk. Lower the heat to medium, add the sugar, and cook, stirring,

until the sugar dissolves. Transfer to a bowl. Add the saffron and stir until it dissolves.

2. Add the cardamom to the milk and stir. Set aside to cool to room temperature.

3. Add the rose syrup and stir. Place the bowl in the refrigerator to chill.

4. Ladle into individual glasses. Crush the *malai burfi* and sprinkle it over the top of the milk in each glass. Garnish with almonds and pistachios and serve cold.



Malai burfi:
This delicious Indian dessert is

prepared by boiling milk and reducing it until most of the moisture evaporates. Once the milk thickens to a solid mass, it is flavored with sugar and other ingredients. It is then shaped into small pieces.

To blanch almonds or pistachios, put them in 1 cup (200 ml) boiling water for 5 minutes. Drain and rub off the skins.

Jal Jeera

Refreshing spicy drink

This drink is very popular in Indian homes. Be sure to use fresh

cumin. Check with your nose: If the cumin is aromatic, then the spice is active and hasn't lost its flavor.

Serves 4.

**2 tablespoons ground
roasted cumin (page 32)**

**2 tablespoons fresh
mint-leaf paste (50 leaves)**

**½ teaspoon fresh
cilantro-leaf paste (¼ cup
leaves)**

**1½ tablespoons *amchur*
(dried mango powder)**

1 tablespoon black salt

**3 tablespoons freshly
squeezed lemon juice**

1 teaspoon sugar

Fresh mint leaves

1. In a large jug, combine the cumin, mint paste, cilantro paste, *amchur*, black salt, lemon juice, and sugar.

2. Add 5 cups (1 liter) cold water and stir until all the ingredients are well blended.

3. Pour into individual glasses, garnish with mint leaves, and serve cold.

Kairi Panna

Tart green mango drink

This tart mango drink is the perfect chiller for summer. You can add mint leaves for garnish if you like.

Serves 4.

1 large green mango

**1 teaspoon ground
roasted cumin (page 32)**

**8 to 10 whole black
peppercorns, crushed**

$\frac{3}{4}$ teaspoon black salt

Small pinch of asafetida

$\frac{1}{2}$ cup (125 grams)

sugar

1. Wash the mango well under running water.

2. Place a nonstick saucepan over high heat and add 4 cups (800 ml) water. When it comes to a boil, add the mango and lower the heat to medium. Cook for 25 minutes or until the mango is soft and the skin

begins to peel off. Let cool to room temperature.

3. Drain off the water and peel and pit the mango; mash and strain the pulp into a deep bowl.

4. Add the cumin, pepper, black salt, asafetida, and sugar. Stir until the sugar is dissolved.

5. Divide the mixture between 4 tall glasses, then fill them with cold water. Stir well and serve immediately.



You can make the pulp in bulk and store it in the refrigerator. It will keep for up to a week.

Kale Angoor Ka

Sharbat

Black grape drink

This delightful tangy and strong-tasting drink is very popular during hot Indian summers. You can also prepare it a few hours before serving. Chill it and then serve over crushed ice.

Serves 4.

$\frac{3}{4}$ teaspoon cumin seeds

$\frac{1}{2}$ teaspoon *ajwain*

1 teaspoon fennel seeds

1 tablespoon black salt

**4 cups (800 ml) black
grape juice**

$1\frac{1}{2}$

tablespoons

tamarind pulp

Crushed ice

1. Place a shallow pan over medium heat, add the cumin, *ajwain*, and fennel, and roast for 2 minutes or until fragrant. Let cool and transfer to a spice grinder. Add the black salt and grind to a fine powder.

2. Pour the black grape juice into a jug; add the ground spices and tamarind pulp and stir well.

3. Add crushed ice and stir. Pour into individual glasses and serve cold.

Kokum Sharbat

Ruby-red cooler

Kokum (*Garcinia indica*), also known as gamboge in English, is a native fruit of India and is grown abundantly in Konkan, Karnataka, and Kerala along the western coast of India due to the availability of adequate rainfall, good sunshine, and fertile soil in these regions. It is found in the United States in Indian grocery stores in dried form. This drink is a healthy substitute for carbonated and caffeinated drinks. *Kokum* also aids digestion and fights acidity. You can replace the conventional *pani* in the *pani puris* (page 88) with this.

Serves 4.

**$\frac{3}{4}$ cup (190 grams)
sugar
4 or 5 fresh *kokum*
petals, or 8 to 10 dried
pieces (see Notes)
 $\frac{1}{4}$ teaspoon table salt
 $\frac{1}{2}$ teaspoon ground
roasted cumin (page 32)**

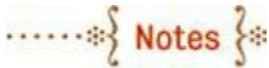
1. Place a nonstick saucepan over high heat and add 1 cup (200 ml) water. Add the sugar, bring to a boil, then lower the heat to medium. Cook, stirring frequently, until you get a syrup of one-string consistency (see Notes).

2. Meanwhile, put the *kokum* in a mini food processor, add $\frac{1}{4}$ cup (50 ml) water, and process to

make a purée. Add the purée to the sugar syrup and boil for 2 to 3 minutes.

3. Remove from the heat and add the salt and cumin. Stir well and set aside to cool to room temperature.

4. To serve, pour $\frac{1}{4}$ cup (50 ml) of the *kokum* syrup into each glass, fill it with cold water, and stir. Serve immediately.



If using dried *kokum*, soak it in $\frac{1}{2}$ cup (100 ml) boiling water for about 20 minutes to soften, then blend it in the same water.

To test if the sugar syrup has reached one-string consistency, place a drop of the slightly cooled syrup between your thumb and forefinger and pull them apart. If the syrup forms a single string, it is ready.

Lassi with Honey

Sweet yogurt drink with honey

This is a perfect drink to help you cool off during a hot summer day.

Serves 4.

1½ cups (375 grams)

plain yogurt

7 tablespoons honey

Pinch of table salt
2 teaspoons freshly
squeezed lemon juice
Ice

1. Put the yogurt, honey, salt, and lemon juice in a blender and blend until smooth. Add $\frac{1}{2}$ cup (100 ml) water and blend again.

2. Fill individual glasses with ice and pour in the *lassi*. Serve immediately.

Majjika

Rosewater and yogurt drink

Rosewater, known as *gulab jal* in India, is commonly used to add heady fragrance to recipes.

Here it is paired with yogurt for a delightful summer drink.

Serves 4.

**½ cup (125 grams) plain
yogurt**

2 to 3 tablespoons sugar

1 teaspoon rosewater

**4 scoops vanilla ice
cream**

**1 teaspoon dried or
fresh untreated rose petals**

1. Put the yogurt, 1½ cups (300 ml) water, the sugar, and rosewater in a blender and blend for 1 to 2 minutes, until frothy.

2. Transfer to a deep bowl and refrigerate until very cold.

3. Pour into 4 individual

glasses, top each with a scoop of ice cream, and sprinkle with the rose petals. Serve immediately.

Masala Soda

Spiced soda

This superb spiced drink makes a great mocktail. I first fell in love with it on the streets of the city of Meerut and would always make a point to try it whenever I saw it.

Serves 4.

6 tablespoons (90 ml)

***kokum sharbat* (page 43)**

½ tablespoon black salt

5 or 6 whole black

peppercorns, crushed

**1 tablespoon freshly
squeezed lemon juice**

Crushed ice

**1 quart (800 ml) cold
seltzer**

**10 to 12 fresh mint
leaves, torn**

1. Combine the *kokum sharbat*, black salt, pepper, lemon juice, and about 2 cups crushed ice in a glass jar and stir well.

2. Pour into 4 individual glasses. Fill with soda and stir well. Garnish with the mint and serve immediately.

Masala Taak

Spiced buttermilk

This simple spiced buttermilk is a perfect cooler on a hot summer day.

Serves 4.

1 teaspoon cumin seeds

1 cup (250 grams) plain yogurt

1 green chile, stemmed and chopped

½-inch (1¾-cm) piece fresh ginger, chopped

1 tablespoon chopped fresh cilantro

1½ teaspoons black salt

1. Place a small nonstick sauté pan over medium heat. Add the

cumin seeds and roast until they turn slightly brown. Let cool and grind to a coarse powder.

2. Whisk the yogurt thoroughly in a large bowl. Gradually add about 5 cups (1 liter) cold water and whisk thoroughly.

3. Add the chile, ginger, cilantro, black salt, and cumin and stir thoroughly. Pour into individual tall glasses and serve cold.

Zafrani Sharbat

Cold saffron-flavored drink

Saffron is known as *zafran* in Urdu. Here we use saffron to prepare a delightful cold drink.

Look for saffron ice cream (*kesar*) at Indian grocery stores; if you can't find it, plain vanilla works well.

Serves 4.

10 to 12 saffron threads
7½ cups (1.5 liters)
milk, plus 2 tablespoons
warmed

¼ cup (60 grams) sugar
Pinch of ground green
cardamom

10 to 12 almonds,
blanched (see Note, page 40)
and slivered

6 to 8 pistachios,
blanched (see Note, page 40)
and slivered

4 scoops saffron ice cream

1. Soak the saffron in the 2 tablespoons warm milk and set aside.

2. Place a nonstick saucepan over high heat, add the remaining milk, and bring to a boil. Lower the heat to medium and simmer, stirring frequently, for 10 minutes.

3. Add the sugar, cardamom, and saffron milk and simmer for another 5 to 6 minutes, until thick and creamy.

4. Remove from the heat, add the almonds and pistachios, and stir well. Let cool to room temperature, then place in the refrigerator to

chill.

5. Pour the milk into 4 glasses, top each with a scoop of ice cream, and serve immediately.

Masala Chai with Lemongrass

Hot lemongrass-flavored tea

This recipe comes from the west coast of India: The Gujaratis love it! Serve it on a rainy day with a plate of *pakor*as (fritters)—it is simply heavenly.

Serves 4.

2 cups (400 ml) milk

4 to 5 small stalks fresh

lemongrass, chopped

**4 teaspoons black tea
leaves**

**½ teaspoon *chai masala*
(spice mix for tea; page 25)**

8 teaspoons sugar

1. Put the milk and 2 cups (400 ml) water in a nonstick saucepan. Place over high heat and bring to a boil.

2. Lower the heat to medium, add the lemongrass, tea leaves, and *chai masala*, and boil for 1 minute. Add the sugar. When it comes to a boil again, lower the heat to low and simmer for 2 to 3 minutes.

3. Strain into individual cups and serve piping hot.

Pannagam

Cane jaggery-flavored drink

In South India, the birth of the Hindu god Lord Rama is celebrated during the festival of Rama Navami, and this drink is served to the devotees. It is served in small portions after the prayers are over. In some places, lemon juice is used instead of tamarind.

Serves 4.

**$\frac{3}{4}$ cup (150 grams)
grated cane jaggery
2-inch (5-cm) piece
dried ginger
6 green cardamom pods**

**18 to 20 whole black
peppercorns**

1½ tablespoons

tamarind pulp

1¼ teaspoons black salt

5 or 6 fresh mint leaves

1. Put the jaggery in a bowl, add 1½ cups (300 ml) water, and soak for 10 to 15 minutes. Stir until the jaggery dissolves. Strain the mixture through a fine sieve into another bowl.

2. Put the dried ginger, cardamom, and peppercorns in a spice grinder and grind to a fine powder. Sift through a fine sieve to remove any large pieces.

3. Put the tamarind pulp in a

small bowl, add the spice powder, and stir well. Add to the jaggery water along with the black salt and stir well.

4. Finely shred the mint and add it to the jaggery mixture. Stir and let stand for 10 to 15 minutes.

5. Strain into small glasses and serve warm.

Ukala

Hot chai masala-flavored milk

Serves 4.

2 cups (400 ml) milk

8 teaspoons sugar

**1 teaspoon *chai masala*
(spice mix for tea; page 25)**

1. Combine the milk, 2½ cups (500 ml) water, and the sugar in a nonstick saucepan, place over high heat, and bring to a boil. Lower the heat to low, add the *chai masala*, and simmer for 5 to 7 minutes, until the flavors are well combined.

2. Strain into individual teacups and serve hot.

Kali Mirch Ka

Drink

Black pepper drink

This drink soothes a sore throat—or will at least clear your sinuses.

Serves 4.

1 teaspoon table salt
20 whole black
peppercorns
¼ teaspoon fenugreek
seeds
¼ teaspoon cumin seeds
1½ teaspoons coriander
seeds
4 cloves garlic
6 dried red chiles,
stemmed
1 tablespoon tamarind
pulp
1 teaspoon coconut oil
½ teaspoon mustard
seeds
8 to 10 fresh curry

leaves

**2 green chiles, stemmed
and slit**

**6 pearl onions, peeled
and blanched**

1. Place a nonstick saucepan over high heat. Add 5 cups (1 liter) water and the salt and bring to a boil.

2. Put the peppercorns, fenugreek, cumin, coriander, garlic, and red chiles in a mortar and crush them with a pestle. Add the crushed spices and garlic to the boiling water in the pan and stir. Add the tamarind pulp, lower the heat to medium, cover, and simmer for 15 to 20 minutes.

3. Remove from the heat. Strain through a fine sieve and set aside.

4. Place a small nonstick sauté pan over high heat and add the coconut oil. When small bubbles appear at the bottom of the pan, add the mustard seeds and let them sputter. Add the curry leaves, green chiles, and onions, and sauté for 4 to 5 minutes. Add this to the prepared drink and cover immediately to trap the flavors.

5. Ladle into individual bowls and serve warm.

Soups and *Shorbas*

The idea of starting a meal with a soup to whet the appetite is not widely popular in traditional Indian homes, where meals are not served in courses. With the exception of the Anglo-Indian standby *mulligatawny* (page 56),

soups—at least the brothy ones served in the West—are still uncommon here, and we have miles to go before we can boast of a huge repertoire.

There is not much historical documentation, but in this chapter I present some of the classic *shorbas* (soups) from the royal kitchens of yore. Take, for example, the

chicken *shorba* (page 61) from northern India, a dish that will rejuvenate just like your own mother's chicken soup did. One of my favorite soups is the *paya shorba* (page 63), made from lamb trotters. It is very soothing and warming in winter. The southern states offer thin, spicy *rasam* (page 59) that clear up the sinuses and a

terrific soup called tomato *saar* (page 60), which is excellent on its own or ladled over rice.

There are plenty of vegetarian options here: The *sabz makai kali mirch ka shorba* (page 58) is like a garden in a bowl.

Anarkali Shorba

Lentil soup

This dish is named after a legendary and beautiful dancer from the court of the Mughal emperor Akbar. It can be prepared up to a day in advance and reheated gently before serving.

Serves 4.

**1½ tablespoons butter,
at room temperature**
**1½-inch (4-cm) piece
fresh ginger, chopped**
2 bay leaves
3 or 4 whole cloves
1-inch (2½-cm)

cinnamon stick

1 green cardamom pod

**1 medium onion,
chopped**

2 tablespoons *toor dal/arhar dal* (split pigeon peas)

$\frac{1}{4}$ cup (50 grams) *masoor dal* (split red lentils)

2 tablespoons raw rice

1 $\frac{1}{2}$ teaspoons table salt

**$\frac{1}{2}$ teaspoon ground
black pepper**

**1 bunch fresh cilantro
with stems, chopped**

**1 bunch spinach leaves,
finely chopped**

**1 cup (200 ml) fresh
pomegranate juice**

**1 tablespoon crushed
black peppercorns**

**Arils from half a
medium pomegranate**

1. Place a nonstick sauté pan over medium heat, add the butter, and let it melt. Add the ginger, bay leaves, cloves, cinnamon, and cardamom, and sauté for 1 to 2 minutes or until fragrant. Add the onion and sauté for 4 to 5 minutes or until the onion is light golden brown.

2. Add the *dals* and rice, and cook, stirring, for 1 to 2 minutes. Add 9 cups (1.8 liters) water and

bring to a boil. Lower the heat to low and simmer for 15 minutes.

3. Add the salt, ground black pepper, cilantro, and spinach. Simmer gently for 10 minutes.

4. Pour into a sieve set over a bowl, transfer the liquid to a deep nonstick saucepan, and place over low heat.

5. Remove and discard the cinnamon stick. Transfer the remaining solids to a blender and blend until smooth. Add the purée to the liquid in the pan and stir well. Add the pomegranate juice and simmer gently for 10 minutes.

6. Ladle into individual soup bowls, garnish with the crushed

peppercorns and pomegranate arils,
and serve hot.

Badam Shorba

Almond soup

This rich soup tastes best when it is freshly made. Blanching the almonds first softens them a little and makes grinding them a lot easier. If your almonds have been sitting around in the pantry for a while, be sure to taste them and make sure that they are not rancid.

Serves 4.

1½ cups (150 grams)

almonds

1¾ cups (350 ml) milk

**2 teaspoons butter, at
room temperature**

**1¼ teaspoons *maida*
(refined flour) or pastry
flour**

½ teaspoon sugar

1 teaspoon table salt

**½ teaspoon ground
white pepper**

**1½ tablespoons heavy
cream**

1. Soak the almonds in hot water for 4 to 5 minutes. Drain and peel them. Slice 10 to 12 almonds and set them aside for garnish. Put the remaining almonds and ¾ cup (150 ml) of the milk in a food processor, and process to a smooth

paste.

2. Place a nonstick saucepan over high heat, add the butter, and let it melt. Add the *maida*, lower the heat to medium, and sauté for 1 minute, stirring continuously to ensure that the color of the flour does not change. Gradually add the remaining 1 cup (200 ml) milk and stir continuously so that lumps do not form.

3. Add the sugar, salt, and white pepper, and cook, stirring continuously, until the mixture comes to a boil. Lower the heat and simmer for 5 minutes, stirring occasionally.

4. Add the almond and milk

paste and 2 cups (400 ml) hot water, and simmer for 10 to 15 minutes, stirring occasionally, until the soup thickens. Ladle into individual soup bowls.

5. Place a small nonstick sauté pan over high heat. When it is hot, lower the heat to medium, add the reserved sliced almonds, and toast until they just begin to change color. Sprinkle the toasted almonds over the soup in each bowl and drizzle with the cream. Serve immediately.

Hare Moong Ka

Shorba

Thin green-gram soup with rice vermicelli

This is one of the best Indian soups I have ever tasted. It is loaded with protein, has a fantastic mouth-feel, and gives you a burst of energy. My wife, Alyona, is an expert at making it, and we worked on this recipe together.

Serves 4.

1 cup (240 grams) *sabut moong* (whole green gram)

1 tablespoon table salt

2 bay leaves

2 green cardamom pods

1 whole clove

**1-inch (2½ -cm)
cinnamon stick**

**3 green chiles, stemmed
and chopped**

2 or 3 scallions with green tops

1 tablespoon vegetable oil

½ teaspoon cumin seeds

4 cloves garlic, minced

1-inch (2½-cm) piece fresh ginger, chopped

1½ tablespoons freshly squeezed lemon juice

2 cups (275 grams) cooked rice vermicelli

1. Put the *sabut moong* in a large bowl, wash in plenty of water 2 or 3 times, and drain. Add 3 cups (600 ml) water and soak overnight. Drain in a colander.

2. Place a nonstick saucepan

over medium heat and add 1 quart (800 ml) water. Add 1 teaspoon of the salt, the bay leaves, cardamom, clove, cinnamon, chiles, and the *sabut moong*. Cook over medium heat for 20 minutes or until the *sabut moong* is soft and all the water has been absorbed or evaporated. Set aside to cool completely.

3. Purée with an immersion blender. Push the mixture through a sieve into a large bowl. Add 5 cups (1 liter) water and stir. Set aside.

4. Chop the scallion bulbs and greens separately.

5. Place a nonstick saucepan over medium heat and add the oil.

Add the cumin and when it begins to change color, add the scallion bulbs, garlic, and ginger, and sauté for 30 seconds.

6. Stir in the *sabut moong* mixture and bring to a boil. Lower the heat, add the lemon juice, and simmer, uncovered, for 5 minutes. Add the scallion tops and the remaining 2 teaspoons salt.

7. Add the vermicelli and simmer for 1 minute. Ladle into individual soup bowls and serve hot.

Laganshaala

Spicy Parsi-style vegetable soup

This is a hearty vegetable soup with a Western influence brought in by the Parsi community of Mumbai. Parsis came to India from Iran and settled in the state of Gujarat.

Serves 4.

2 tablespoons vegetable oil

1 teaspoon cumin seeds

2 or 3 dried red chiles, stemmed and broken in half

2 small onions, sliced

5 cloves garlic, sliced

2 or 3 green chiles, stemmed and slit

2 small potatoes, cut into ½-inch (1-cm) cubes

**1 medium sweet potato,
cut into ½-inch (1-cm) cubes**

**1 medium carrot, cut
into ½-inch (1-cm) cubes**

**½ head cauliflower,
separated into small florets**

**1 medium tomato,
quartered**

½ teaspoon table salt

**1 tablespoon
Worcestershire sauce**

**1 teaspoon white
vinegar**

1 teaspoon sugar

1. Place a nonstick saucepan over medium heat and add the oil. When small bubbles appear at the bottom of the pan, add the cumin

and dried chiles. When they begin to change color, add the onions and sauté for 2 to 3 minutes or until lightly browned. Add the garlic and green chiles, and sauté for 1 minute.

2. Add the potatoes, sweet potato, carrot, cauliflower, tomato, salt, and 2 to 3 cups (400 to 600 ml) water, and stir. Lower the heat to low, cover, and cook for 5 minutes or until all the vegetables are almost cooked.

3. Add the Worcestershire sauce, vinegar, and sugar, stir, and cook for 5 to 10 minutes or until the vegetables are completely soft and the liquid has reduced by about half.

4. Ladle into individual soup bowls and serve hot.

Matar Ka Shorba

Green pea soup

This simple yet luscious dish is the creation of my brother, Rajeev. When he made it for me, I fell in love with it at first sip.

Serves 4.

**3¼ cups (500 grams)
shelled fresh or frozen green
peas**

**2-inch (5-cm) piece
fresh ginger, roughly
chopped**

10 cloves garlic, roughly

chopped

**2 green chiles, stemmed
and roughly chopped**

**3 tablespoons ghee
(page 37) or vegetable oil**

½ teaspoon cumin seeds

2 bay leaves

1 medium onion, minced

**3 cups (600 ml)
vegetable stock (page 36)**

1½ teaspoons table salt

8 fresh mint leaves

1. Place a medium nonstick saucepan over high heat, add 2 cups (400 ml) water, and bring to a boil. Add the peas and cook for 7 minutes or until tender. Let cool, then transfer the peas and liquid to

a blender, and blend to a smooth purée. Transfer to a deep bowl and set aside.

2. Put the ginger, garlic, chiles, and 3 tablespoons water in a spice grinder, and grind to a smooth paste.

3. Place the saucepan over high heat, add the ghee, and heat until small bubbles appear at the bottom of the pan. Lower the heat to medium, add the cumin and bay leaves, and sauté for 30 seconds. Add the onion and sauté until light golden. Add the ginger-garlic-chile paste and sauté for 1 minute.

4. Add the green pea purée, stir, and cook for 5 minutes, stirring

continuously. Add the stock, stir well, and bring to a boil.

5. Add the salt and stir. Remove and discard the bay leaves. Lower the heat to low and cook for 5 minutes.

6. This soup will be thick; if you prefer a thinner soup, add more water until you reach the consistency you want.

7. Ladle into individual soup bowls. Garnish with the mint leaves and serve hot.

Mulligatawny Soup

A flavorful red lentil and vegetable soup

An Anglo-Indian preparation,

this soup is also known as “pepper water” because the Tamil word *mulligu* means “pepper” and *thanni* means “water.” But it doesn’t stop at pepper, for the variations on this soup are many. The recipe here is what is made in my home; I sip this warm concoction when I feel a cold coming on.

Serves 4.

- 1 tablespoon *besan***
(chickpea/gram flour)
- 1 tablespoon vegetable**
oil
- 2 or 3 dried red chiles,**
stemmed
- 2 (1-inch/2½-cm)**

cinnamon sticks

4 whole cloves

4 green cardamom pods

2 bay leaves

**12 to 15 whole black
peppercorns**

**1-inch (2½-cm) piece
fresh ginger, chopped**

4 to 6 cloves garlic

**1 medium onion,
quartered**

**1 medium carrot,
roughly chopped**

**16 to 20 fresh curry
leaves**

**1 tablespoon coriander
seeds**

1 teaspoon cumin seeds
½ small green apple,
cored and sliced
½ small potato, diced
6 tablespoons *masoor*
***dal* (split red lentil)**
1 teaspoon ground
turmeric
1 teaspoon table salt
5 cups (1 liter)
vegetable stock (page 36)
¼ cup (30 grams)
grated fresh coconut (or
frozen unsweetened
coconut)
1 tablespoon cooked
white rice

1. Place a nonstick sauté pan over medium heat. Add the *besan* and roast over low heat, stirring continuously, for 4 to 5 minutes or until lightly browned and fragrant. Set aside.

2. Place a nonstick saucepan over medium heat and add the oil. When small bubbles appear at the bottom of the pan, add the chiles, cinnamon, cloves, cardamom, bay leaves, peppercorns, ginger, and garlic, and sauté for 1 minute. Add the onion, carrot, curry leaves, coriander, cumin, apple, and potato, and sauté for 2 minutes. Add the *dal*, turmeric, salt, and stock, and bring to a boil. Add the *besan* and

coconut, and cook for 15 to 20 minutes or until the *dal* and potato are cooked.

3. Pour into a strainer set over a bowl and ladle the liquid into individual soup bowls. Garnish with the rice and serve hot.

Palak Shorba

Spinach soup

I love spinach so much that friends often joke that I would make a dessert with it. This soup, rich with butter and fragrant with cinnamon and cloves, will have to do for now.

Serves 4.

**2 medium bunches
spinach, washed and
stemmed**

**2 tablespoons butter, at
room temperature**

3 black cardamom pods

2 whole cloves

**1-inch (2½-cm)
cinnamon stick**

**2 tablespoons *maida*
(refined flour) or pastry
flour**

**3-inch (7½-cm) piece
fresh ginger, minced**

2 cloves garlic, minced

**1 medium onion, finely
chopped**

**4 or 5 whole black
peppercorns**

4 bay leaves

1 teaspoon table salt

**1/4 teaspoon ground
white pepper**

**1 teaspoon ground
roasted cumin (page 32)**

1. Place a deep nonstick saucepan over high heat, add 2 cups (400 ml) water, and bring to a boil. Add the spinach and blanch for 2 to 3 minutes. Drain, refresh in cold water, and drain again. Transfer to a food processor and process to a smooth purée. Set aside.

2. Place the same deep nonstick saucepan over medium

heat, add the butter, and let it melt. Add the cardamom, cloves, cinnamon, and *maida*, and sauté for 2 to 3 minutes.

3. Add the ginger, garlic, and onion, and sauté for about 5 minutes.

4. Add the peppercorns, bay leaves, salt, white pepper, cumin, and 5 cups (1 liter) water, and stir. Bring to a boil over high heat. Lower the heat to medium and simmer for 10 minutes, stirring occasionally.

5. Pour into a strainer set over another deep nonstick saucepan; discard the solids. Add the spinach purée to the strained liquid and stir

well.

6. Place over medium heat and cook for 4 to 5 minutes.

7. Ladle into individual soup bowls and serve piping hot.

Sabz Makai Kali

Mirch Ka Shorba

Mixed vegetable soup with corn and peppers

I always say that it is a challenge to get Indians to eat soup—they would rather start right in on the main course. This soup, rich with vegetables and spices, is my way of trying to change that.

Serves 4.

~ For the vegetable
stock:

2 whole cloves

1 bay leaf

7 or 8 black
peppercorns, crushed

1/2 teaspoon table salt

1/2 carrot, roughly
chopped

3 or 4 cauliflower stems

1 medium onion, roughly
chopped

1-inch (2 1/2-cm) piece
fresh ginger, roughly
chopped

~ For the soup:

1 tablespoon vegetable

oil

**5 or 6 cloves garlic,
minced**

**1 cup (150 grams) corn
kernels, crushed**

**½ carrot, diced and
blanched**

**4 or 5 small florets of
broccoli**

**4 or 5 haricots verts or
green beans, diced**

**¼ medium red bell
pepper, seeded and diced**

**¼ medium yellow bell
pepper, seeded and diced**

1 teaspoon table salt

5 or 6 black

peppercorns, crushed

1. Make the vegetable stock: Place a nonstick saucepan over high heat, add 5 cups (1 liter) water, and bring to a boil. Add the cloves, bay leaf, peppercorns, salt, carrot, cauliflower stems, onion, and ginger, and bring to a boil. Lower the heat to medium and simmer for 30 minutes. Pour into a strainer set over a bowl; discard the solids. Set the stock aside.

2. Make the soup: Place a nonstick saucepan over medium heat and add the oil. When small bubbles appear at the bottom of the pan, add the garlic and sauté for 5 seconds. Add the stock and bring to

a boil.

3. Lower the heat to medium, add the corn, and cook, stirring continuously, for 2 to 3 minutes.

4. Add the carrot, broccoli, haricots verts, and red and yellow bell peppers, and stir. Add the salt and half of the peppercorns, and cook for 2 to 3 minutes.

5. Ladle the soup into individual soup bowls, sprinkle with the remaining peppercorns, and serve piping hot.

Tomato Rasam

Tangy tomato soup

Called by various names in

South India—*rasam*, *chaaru*, or *saaru*—this dish will always have the imprint of the cook, since everyone makes it differently. This version relies heavily on tomatoes and tamarind for the essential sour flavor. *Rasam* is traditionally served with rice, but I like to serve it as an appetizer. I strain it, pour it into small glasses, and garnish it with lemon wedges. It makes a lovely warm drink.

Serves 4.

$\frac{1}{4}$ cup (60 grams) *toor dal/arhar dal* (split pigeon peas)

$1\frac{3}{4}$ teaspoons ground turmeric

2½ tablespoons
tamarind pulp
2 medium tomatoes,
chopped
1½ teaspoons table salt
1½ teaspoons *rasam*
powder (spice mix; page 31)
¼ teaspoon asafetida
¼ cup (15 grams)
chopped fresh cilantro
2 tablespoons ghee
(page 37)
½ teaspoon black
mustard seeds
½ teaspoon cumin seeds
5 or 6 fresh curry
leaves

**$\frac{1}{4}$ teaspoon ground
black pepper**

1. Put the *dal* in a bowl, wash in plenty of water 2 or 3 times, and drain. Add 2 cups (400 ml) water and soak for 30 minutes. Drain the *dal* in a colander.

2. Place a nonstick saucepan over high heat, add 4½ cups (900 ml) water and 1 teaspoon of the turmeric, and bring to a boil. Add the *dal*, lower the heat to medium, and cook for 15 minutes or until soft. Pour into a strainer set over a bowl. Discard the solids and use only the liquid.

3. Place another nonstick saucepan over high heat and add the

tamarind pulp, the liquid collected in step 2, the tomatoes, salt, the remaining turmeric, the *rasam* powder, and 1/8 teaspoon of the asafetida. Bring to a boil, then lower the heat to medium and simmer for 10 to 15 minutes or until reduced by half.

4. Add the *dal* cooking water and the cilantro, and simmer for 3 to 5 minutes. Remove from the heat. This is the *rasam*.

5. Place a nonstick tempering pan or small sauté pan over high heat and add the ghee. When small bubbles appear at the bottom of the pan, add the mustard seeds. When they sputter, add the cumin, curry

leaves, the remaining 1/8 teaspoon asafetida, and the black pepper. Add this tempering to the *rasam* and cover immediately to trap the flavors.

6. Serve hot with steamed rice.

Tomato Saar

A thin, flavorful tomato soup

Though this dish is typically eaten with rice, I prefer to sip it as a soup.

Serves 4.

**2 tablespoons vegetable
oil**

5 or 6 cloves garlic,

chopped

2 bay leaves

15 whole black

peppercorns

1-inch (2½-cm) piece

fresh ginger, chopped

**9 medium tomatoes,
roughly chopped**

**1 teaspoon black
mustard seeds**

**8 to 10 fresh curry
leaves**

1 teaspoon cumin seeds

**3 or 4 green chiles,
stemmed and slit**

¼ teaspoon asafetida

1 teaspoon table salt

**1 tablespoon grated
fresh coconut (or frozen
unsweetened coconut)**

**1 tablespoon chopped
fresh cilantro**

1. Place a nonstick saucepan over high heat and add 1 tablespoon of the oil. When small bubbles appear at the bottom of the pan, add the garlic, bay leaves, 10 of the peppercorns, and the ginger, and sauté for 1 minute.

2. Add the tomatoes and cook for 10 minutes. Add 1 quart (800 ml) water and bring to a boil. Pour into a strainer set over a bowl; reserve the liquid and let the solids cool.

3. Transfer the solids to a blender and blend to a smooth purée. Set aside.

4. Crush the remaining 5 peppercorns.

5. Place a nonstick saucepan over medium heat and add the remaining 1 tablespoon oil. When small bubbles appear at the bottom of the pan, add the mustard seeds, curry leaves, crushed peppercorns, cumin, chiles, asafetida, and salt, and sauté for 1 minute.

6. Add the purée and the strained stock, and stir well. Bring to a boil. Add the coconut and cilantro.

7. Ladle into individual soup

bowls and serve hot.

Chicken Shorba

Chicken soup

The aromatic chicken stock that we prepare in this recipe makes a great base for many other dishes. You can use this stock instead of water when making rice or couscous. It will add great depth and flavor to your dishes. The stock keeps well in the refrigerator for up to a week.

Serves 4.

**1 pound (500 grams)
chicken bones**

1 medium onion, roughly

chopped

**1 medium carrot,
roughly chopped**

1 bay leaf

**4 whole black
peppercorns**

2 whole cloves

4 green cardamom pods

1 black cardamom pod

1-inch (2½-cm)

cinnamon stick

**2 tablespoons butter, at
room temperature**

**4 ounces (125 grams)
boneless chicken, cut into ½-
inch (1-cm) cubes**

2 tablespoons *maida*

**(refined flour) or pastry
flour**

**1 tablespoon vegetable
oil**

½ teaspoon cumin seeds

**1 teaspoon crushed
fennel seeds**

**10 cloves garlic,
chopped**

**½ teaspoon ground
white pepper**

¾ teaspoon table salt

1. Place a medium nonstick saucepan over high heat and add 4¼ cups (900 ml) water. Add the chicken bones, onion, carrot, bay leaf, peppercorns, cloves, green and black cardamom, and

cinnamon, and bring to a boil. Boil for 20 minutes or until the liquid is reduced to 2½ cups (500 ml). Pour into a strainer set over a bowl; discard the solids and set the stock aside.

2. Place the same medium saucepan over high heat, add 1 tablespoon of the butter, and let it melt. Add the chicken and sauté until cooked through and tender. Remove from the heat and set aside.

3. Put the remaining 1 tablespoon butter in the same pan over medium heat. Add the *maida* and sauté for 1 to 2 minutes. Set aside.

4. Place a nonstick saucepan over high heat, add the oil, and heat. When small bubbles appear at the bottom, add the cumin, fennel, and garlic. Sauté for 1 minute, lower the heat to medium, and add the *maida* mixture, the reduced chicken stock, white pepper, and salt. Cook over high heat, stirring continuously, until the mixture comes to a boil. Lower the heat to medium, add the chicken, and simmer for 3 to 4 minutes. Ladle into individual soup bowls and serve hot.

Kozhi Karuveppalai

Soup

Chicken and curry-leaf soup

This comes as a refreshing change from regular chicken soup. Curry leaves are used extensively in the food of South India, and in this soup they lend such a dominant flavor that they are the star. I sometimes skip the coconut garnish because the little bits of chicken suffice.

Serves 4.

30 fresh curry leaves

1 pound (500 grams)

chicken bones

**1 medium onion, roughly
chopped**

4 to 6 cloves garlic,

roughly chopped

**2 tablespoons tamarind
pulp**

1 small tomato, diced

**4 ounces (125 grams)
boneless, skinless chicken
thigh**

**1 teaspoon table salt, or
more as needed**

**$\frac{1}{2}$ teaspoon ground
turmeric**

**1 teaspoon red chile
powder**

$\frac{1}{4}$ teaspoon asafetida

**2 tablespoons *besan*
(chickpea/gram flour)**

$\frac{1}{2}$ cup (60 grams)

shaved fresh coconut (or frozen unsweetened coconut slivers, thawed)

1 tablespoon freshly squeezed lemon juice

1. Roughly chop 25 of the curry leaves.

2. Place a nonstick saucepan over high heat, add 7 to 8 cups (1800 ml) water and the chicken bones, and bring to a boil. Lower the heat to medium, skim the scum from the surface, and simmer for 10 minutes.

3. Add the onion, garlic, tamarind pulp, tomato, chicken, salt, turmeric, chile powder, asafetida, and chopped curry

leaves. Simmer over medium heat for 15 minutes. Remove the chicken and let the soup continue to simmer. Cool the chicken to room temperature, then chop into bite-size pieces.

4. Stir the *besan* into $\frac{1}{4}$ cup (50 ml) water and add it into the simmering soup. Add half of the coconut and stir well. Cover and simmer for 10 to 12 minutes.

5. Pour the soup into a strainer set over a bowl, pressing the solids to extract their flavor.

6. Transfer the stock to a clean nonstick saucepan and place over medium heat. Add the chopped chicken and adjust the seasoning.

Bring to a boil, then stir in the lemon juice and the remaining coconut.

7. Ladle into individual soup bowls, garnish with the remaining curry leaves, and serve piping hot.

Paya Shorba

Lamb trotter soup

If you are in Delhi in wintertime, you will be surprised by the carts that sprout up from nowhere to sell this soup. I am not sure which tastes better: the homemade version or the roadside version. Add more red or green chiles if you'd like a spicier soup,

or use fewer if you prefer it mild.

Serves 4.

**8 (3½-ounce/100-gram)
lamb trotters**

**½ teaspoon ground
turmeric**

**1 tablespoon table salt,
or more as needed**

**4 dried red chiles,
stemmed**

**1 tablespoon fennel
seeds**

1 teaspoon cumin seeds

**1 tablespoon coriander
seeds**

**4 or 5 whole black
peppercorns**

**½ cup (100 ml) coconut
milk**

**3 tablespoons sesame
oil**

2 star anise

2 bay leaves

**1-inch (2½-cm)
cinnamon stick**

**1-inch (2½-cm) piece
fresh ginger, roughly
chopped**

**4 to 6 cloves garlic,
roughly chopped**

10 pearl onions, peeled

**2 green chiles, stemmed
and slit**

10 to 12 fresh curry

leaves, finely chopped

¼ teaspoon asafetida

**1 medium tomato,
roughly chopped**

**½ medium bunch fresh
cilantro, finely chopped**

**1 lemon, cut into 4
wedges**

1. Place a nonstick saucepan over high heat, add 1 quart (800 ml) water, and bring to a boil. Add the trotters, ¼ teaspoon of the turmeric, and 1 teaspoon of the salt. Bring to a boil and cook for 5 minutes. Drain and wash the trotters under running water. This will remove any dirt from the trotters.

2. Place a small nonstick pan

over high heat. After 2 minutes, lower the heat to medium and add the dried chiles, fennel, cumin, coriander, and peppercorns. Dry-roast the spices for 2 to 3 minutes or until fragrant. Transfer to a bowl and set aside to cool to room temperature. Transfer to a spice grinder and grind to a coarse powder.

3. Place a nonstick saucepan over high heat and add the oil. When small bubbles appear at the bottom of the pan, add the star anise, bay leaves, and cinnamon, and sauté for 1 to 2 minutes or until fragrant.

4. Add the trotters and sauté

for 3 to 4 minutes, or until lightly browned. Add the ginger, garlic, onions, green chiles, and curry leaves. Keep stirring. Sprinkle the ground spice mixture, the remaining $\frac{1}{4}$ teaspoon turmeric, and the asafetida over the trotters, and cook for 10 minutes, turning frequently.

5. Add the tomato, cilantro, the remaining 2 teaspoons salt, and about 10 cups (2 liters) water. Bring to a boil, then lower the heat and simmer for 3 to 4 hours or until the soup has reduced by half. Remove the trotters carefully and set aside.

6. Pour the soup through a fine sieve set over another nonstick

saucepan, pressing on the solids to extract their flavor. Discard the solids.

7. Place the broth over high heat and bring to a boil. Adjust the seasoning as needed.

8. Place the trotters in individual soup bowls, ladle the broth over them, and serve piping hot with the lemon wedges.

.....❖} **Chef's Tip** }❖

The blanching of the trotters should be done quickly to avoid loss of flavor and gelatin. Add some peeled potatoes to the soup in step 6 if you want a thicker soup.

Salads and *Raitas*

The traditional combination of *dal*, *chawal*, *roti*, and *sabzi* (lentils, rice, Indian bread, and vegetables) arrayed on an Indian *thali*—a serving platter—often includes two more types of dishes that serve as perfect accompaniments: fresh

salads and yogurt relishes called *raitas*.

An Indian salad may be as simple as an onion thinly sliced into rings and sprinkled with salt and lemon juice that accompanies a heavy meat or chicken dish, a beet *raita* (page 67) that brightens up a plate of *burani*, a roasted-eggplant yogurt used as a dip or

spread (page 68), or cubes of spiced mango tossed with fresh coconut (page 66). Or it may be more complex, like the tandoori *murgh* salad (page 80), a lovely dish of shredded chicken and chopped vegetables that is one of my favorite “TV dinners.”

Ambe Sasam

Ripe mangoes and coconut with mustard seeds

The Gawandes, very dear friends of ours, urged me to try this dish, and while I believe that ripe mango is best consumed plain, *ambe sasam* (with the right variety of mango) is an exception.

When mangoes are not in season, you can make the *sasam* with other fruits, such as ripe banana, orange, pineapple, apple, and grapes.

Serves 4.

3 medium mangoes, ripe
 $\frac{3}{4}$ cup (90 grams)

**grated fresh coconut (or
frozen unsweetened
coconut)**

**2 dried red chiles,
preferably *bedgi* (see Note
page 234), seeded and dry-
roasted**

**$\frac{1}{4}$ teaspoon brown
mustard seeds**

**1 teaspoon tamarind
pulp**

**2 tablespoons grated
cane jaggery**

$\frac{1}{2}$ teaspoon table salt

1. Peel and pit the mangoes and cut the flesh into $\frac{1}{2}$ -inch (1-cm) cubes. You should have about $1\frac{1}{2}$ cups (375 grams)mango.

2. Put the coconut, chiles, mustard seeds, tamarind pulp, and $\frac{1}{4}$ cup (50 ml) water in a food processor and process to a coarse paste. Add the jaggery and a few of the mango pieces, and process.

3. Put the mangoes in a medium bowl. Add the ground mixture and salt, and stir well. Cover the bowl with plastic wrap and put in the refrigerator to chill for about 30 minutes.

4. Serve cold.

Beet Raita

Beets with yogurt and spices

You can use yellow or red

beets for this cooling side dish.

Serves 4.

2 medium beets, tops removed

3 cups (750 grams) plain yogurt

1 teaspoon ground roasted cumin (page 32)

1 teaspoon red chile powder

1 teaspoon table salt

1. Wash the beets thoroughly under running water to remove any mud.

2. Place a nonstick saucepan over high heat and add 4 cups (800 ml) water. When the water comes to a boil, add the beets. Bring to a

boil, then lower the heat to medium and cook for 35 to 40 minutes or until the beets are tender. Drain and set aside to cool to room temperature.

3. Peel the beets and dice them. Set aside.

4. Put the yogurt in a large bowl and beat with an immersion blender until very smooth. (You can also strain the yogurt through a double layer of cheesecloth to get a perfectly smooth consistency.)

5. Add the beets to the yogurt. Add the cumin, chile powder, and salt. Stir well. Put in the refrigerator to chill for at least 30 minutes before serving.



Red beets will bleed and change the color of the yogurt to dark pink. Plan the rest of your meal accordingly so that the colors are well coordinated.

Burani

Garlic yogurt

Use Greek yogurt to prepare this tangy, garlicky side dish. It is usually served alongside *biryani* (pages 467-487).

Serves 4.

**2 cups (550 grams) plain
Greek yogurt
25 to 30 cloves garlic,
puréed**

½ teaspoon table salt

1 teaspoon black salt

½ teaspoon red chile powder

¼ cup (50 ml) milk

1. Put the yogurt in a bowl. Add the garlic, table salt, black salt, and chile powder, and whisk until well blended. Add the milk and whisk again.

2. Spread a double layer of cheesecloth over another deep bowl, pour the *raita* over the cloth, gather the edges, and squeeze the mixture through the cloth to get a smooth *raita*. Discard the solids.

3. Put in the refrigerator to chill for at least 30 minutes before

serving.

Buz Vangun

Roasted-eggplant yogurt

Serve this roasted-eggplant-and-yogurt dish as a dip or use it as a spread for crackers or bread.

Serves 4.

1 large eggplant

1 teaspoon vegetable oil

**1 cup (250 grams) plain
yogurt**

**$\frac{1}{4}$ teaspoon red chile
powder**

**$\frac{1}{2}$ teaspoon ground
roasted cumin (page 32)**

2 green chiles, stemmed

and minced

Pinch of asafetida

$\frac{3}{4}$ teaspoon table salt

1. Wash the eggplant and rub it with the oil. Make long slits in it and roast over a medium gas flame or a charcoal grill, turning it with tongs, for 15 minutes or until the inside is soft and the skin is completely charred.

2. Put the eggplant in a bowl of cold water to cool to room temperature. Peel and mash the eggplant in a medium bowl.

3. Whisk the yogurt until smooth.

4. Add the yogurt, chile powder, cumin, chiles, asafetida,

and salt to the eggplant. Stir well.

5. Put in the refrigerator to chill for at least 30 minutes before serving.

Cauliflower

Koshimbir

Cauliflower salad

This savory dish can be served as a side or as a warm salad. If you don't have a steamer, you can cook the grated cauliflower in a microwave oven.

Serves 4.

**1 medium head
cauliflower, grated**

**1 green chile, stemmed
and chopped**

**1 tablespoon chopped
fresh cilantro**

**1 tablespoon grated
fresh coconut (or frozen
unsweetened coconut)**

**2 teaspoons freshly
squeezed lemon juice**

½ teaspoon table salt

½ teaspoon sugar

**2 teaspoons vegetable
oil**

**½ teaspoon black
mustard seeds**

Pinch of asafetida

1. Place a steamer with 2 cups
(400 ml) water over high heat. Put

the grated cauliflower in a stainless-steel bowl and place it in the top of the steamer. Cover and steam for 10 minutes. Remove from the steamer and let cool to room temperature.

2. In a deep bowl, combine the cauliflower, chile, cilantro, coconut, lemon juice, salt, and sugar.

3. Place a small nonstick sauté pan over medium-high heat and add the oil. When small bubbles appear at the bottom of the pan, add the mustard seeds. When they sputter, add the asafetida and immediately pour this tempering over the cauliflower mixture. Cover

immediately to trap the flavors and let stand for 5 minutes.

4. Stir well and serve.

Chile, Pineapple, and Anar Raita

Chile, pineapple, and pomegranate in yogurt

This cooling side dish is perfect with tandoori chicken (page 208).

Serves 4.

**2 cups (500 grams) plain
yogurt**

½ teaspoon sea salt

**4 fresh or canned
pineapple slices, cut into**

chunks

**½ cup (80 grams) fresh
pomegranate arils**

**¼ teaspoon red chile
flakes**

**10 to 12 fresh mint
leaves, chopped, plus 1 sprig
for garnish**

**½ teaspoon ground
roasted cumin (page 32)**

1. Put the yogurt in a bowl and whisk until smooth. Add the sea salt and whisk again.

2. Add the pineapple, pomegranate arils, chile flakes, and chopped mint, and stir.

3. Sprinkle with the cumin and garnish with the mint sprig. Serve

chilled.

Gajarachi Pachadi

Maharashtrian-style carrot salad

This lovely salad from the western Indian state of Maharashtra makes a great side to any grilled dish.

Serves 4.

2 tablespoons *dhuli moong dal* (split skinless green gram)

2 medium carrots, grated

2 or 3 green chiles, stemmed and finely chopped

½ teaspoon red chile

powder

1 teaspoon table salt

**1 teaspoon freshly
squeezed lemon juice**

**2 teaspoons ghee (page
37)**

**½ teaspoon black
mustard seeds**

Pinch of asafetida

**½ teaspoon ground
turmeric**

**2 tablespoons chopped
fresh cilantro**

**1 tablespoon grated
fresh coconut (or frozen
unsweetened coconut)**

1. Put the *dal* in a medium bowl, wash in plenty of water 2 or

3 times, and drain. Add 1 cup (200 ml) water and soak for 1 hour. Drain the *dal* in a colander.

2. Put the *dal*, carrot, chiles, chile powder, and salt in a medium bowl, and stir well. Transfer to a food processor and process coarsely. Add the lemon juice and process. Return the mixture to the bowl.

3. Place a small sauté pan over medium heat and add the ghee. Add the mustard seeds. When they sputter, add the asafetida and turmeric, and stir. Add this tempering to the carrot mixture and stir well.

4. Garnish with the cilantro

and coconut, and serve.

Gulmarg Salad

Fruit and vegetable salad

This delightful salad in a lemony dressing should be prepared just before serving; otherwise the apples will begin to brown.

Serves 4.

2 tablespoons freshly squeezed lemon juice

2 medium apples, cored, quartered, and thinly sliced

8 to 10 fresh button mushrooms, sliced

1 medium orange

- 8 lettuce leaves**
- 1 tablespoon salad oil**
- 2 dried red chiles,
seeded and chopped**
- 2 tablespoons chopped
fresh cilantro**
- 2 tablespoons chopped
fresh mint**
- ½ teaspoon table salt,
or to taste**
- ¾ cup (100 grams) bean
sprouts**
- 1 medium carrot, halved
lengthwise and thinly sliced**
- 2 medium tomatoes,
quartered and sliced**
- 2 medium scallions,**

white and green parts, sliced

1. Sprinkle $\frac{1}{2}$ tablespoon of the lemon juice on the apple and mushroom slices, and stir gently.

2. Peel the orange and discard the seeds and pith. Separate into segments and cut each of the segments in half.

3. Trim the lettuce leaves, wash under running water, and set aside in a bowl of ice water to keep them fresh and crisp.

4. Combine the remaining $1\frac{1}{2}$ tablespoons lemon juice, the oil, chiles, cilantro, and mint in a medium bowl. Add the salt and stir well.

5. Drain the lettuce leaves and

tear them into bite-size pieces. Make a bed of the leaves on a serving dish. Drizzle with one quarter of the dressing.

6. Combine the apples, mushrooms, orange, bean sprouts, carrot, tomatoes, and scallions in a large bowl. Add the remaining dressing, toss to combine, and arrange the mixture on the lettuce. Serve immediately.

Kela Anar Raita

Banana and pomegranate in yogurt

A delicious *raita* of pomegranates and bananas served chilled and garnished with mint

leaves. Serve alongside your favorite spicy curry or grilled foods.

Serves 4.

2 medium ripe bananas

**1 teaspoon freshly
squeezed lemon juice**

**10 to 12 fresh mint
leaves**

**1 cup (120 grams) fresh
pomegranate arils**

**1½ cups (375 grams)
plain yogurt, whisked**

**1 teaspoon ground
roasted cumin (page 32)**

1 teaspoon sugar

1 teaspoon black salt

1. Peel the bananas and cut

into ½-inch (1-cm) cubes. Sprinkle with the lemon juice to prevent discoloration.

2. Reserve 4 or 5 mint leaves for garnish and finely chop the rest.

3. In a large bowl, combine the bananas, pomegranate arils, yogurt, chopped mint, cumin, sugar, and black salt. Stir well and put in the refrigerator to chill for about 30 minutes.

4. Garnish with the reserved mint and serve cold.

Kelyache Koshimbir

Spicy banana salad

This typical southern Indian

salad or side should be prepared just before it is to be eaten. It does not keep long, not even in the refrigerator.

Serves 4.

1½ cups (375 grams)

plain yogurt

1 tablespoon sugar

**2 green chiles, stemmed
and minced**

**2 tablespoons chopped
fresh cilantro**

**4 medium ripe bananas,
peeled and cut into cubes**

1 teaspoon table salt

1. Put the yogurt in a medium bowl and beat until smooth.

2. Add the sugar, chiles, and

cilantro, and stir well with a spoon. Add the banana and salt, and stir well. Serve immediately.

Khamang Kakdi

Cucumber salad

Cucumber salads are very popular in India, and this is one of my favorites. Be sure to make this just before serving, otherwise it will become too watery.

Serves 4.

3 medium cucumbers

**2 green chiles, stemmed
and minced**

**½ cup (75 grams)
roasted peanuts, coarsely**

ground

**1/3 cup (40 grams)
grated fresh coconut (or
frozen unsweetened
coconut)**

**1 tablespoon freshly
squeezed lemon juice**

1 teaspoon sugar

**1 tablespoon ghee (page
37)**

**1/2 teaspoon black
mustard seeds**

1/4 teaspoon cumin seeds

1 teaspoon table salt

**2 tablespoons chopped
fresh cilantro**

1. Peel, wash, and halve the cucumbers lengthwise. Remove the

seeds and finely chop the flesh. Put in a bowl and add the chiles, peanuts, coconut, lemon juice, and sugar, and stir well.

2. Place a small nonstick sauté pan over medium heat and add the ghee. When small bubbles appear at the bottom of the pan, add the mustard seeds. When they sputter, add the cumin seeds and sauté for 30 seconds. Immediately add this tempering to the cucumber mixture and stir well. Add the salt and stir.

3. Garnish with the cilantro and serve immediately.

Kosumali

Vegetable salad

This healthy cold salad is very popular in South India, where it's usually prepared with just carrots. Here I add cucumbers and green mangoes for more variety.

Serves 4.

$\frac{1}{4}$ cup (50 grams) *dhuli moong dal* (split skinless green gram)

$\frac{1}{4}$ cup (25 grams) sprouted *moong* (sprouted green gram)

1 medium carrot, grated

$\frac{1}{2}$ medium cucumber, diced

2 green chiles, stemmed and minced

$\frac{1}{2}$ medium green mango,

peeled and chopped

**1 tablespoon chopped
fresh cilantro**

**1 teaspoon freshly
squeezed lemon juice**

1 teaspoon table salt

1 teaspoon vegetable oil

**½ teaspoon black
mustard seeds**

5 fresh curry leaves

**2 tablespoons grated
fresh coconut (or frozen
unsweetened coconut)**

1. Put the *dhuli dal* in a bowl, wash in plenty of water 2 or 3 times, and drain. Add 1 cup (200 ml) water and soak for 30 minutes. Drain the *dal* in a colander and set

aside in a bowl.

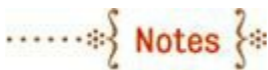
2. Place a nonstick saucepan over high heat, add 1 cup (200 ml) water, and bring to a boil. Lower the heat to medium, add the sprouted *moong*, cover, and cook for 20 minutes. Drain well and set aside to cool to room temperature.

3. Add the sprouted *moong* to the *dal*, along with the carrot, cucumber, chiles, green mango, and cilantro, and stir well. Add the lemon juice and salt, and stir well.

4. Place a small nonstick sauté pan over medium heat and add the oil. When small bubbles appear at the bottom of the pan, add the mustard seeds. When they sputter,

add the curry leaves, then immediately pour this tempering into the *dal* mixture and stir well.

5. Garnish with the coconut. Chill for about 20 minutes and serve cold.



Sprouting beans: Soak the beans in water for a few hours. Then drain and place them on a moist cheese-cloth. Leave at room temperature. Make sure the cloth stays moist. The beans should sprout in a day or two.

Ladyfinger Pachidi

Okra with yogurt

In India, okra is commonly referred to as “ladyfingers,” not to be confused with the Italian cookies of that name. Be sure to crisp up the okra well or it will become mushy after you add it to the yogurt. You can add grated fresh coconut to the yogurt and okra if you’d like. This cooling side dish is very refreshing in the summer.

Serves 4.

15 to 20 okra pods

1 quart (800 ml)

vegetable oil

1½ cups (375 grams)

plain yogurt

½ teaspoon table salt

¼ teaspoon asafetida

1 tablespoon sesame oil
½ teaspoon black
mustard seeds

¼ teaspoon fenugreek
seeds

2 dried red chiles,
stemmed and broken in half

10 to 12 fresh curry
leaves

1. Wash the okra and pat dry with paper towels. Thinly slice the okra and spread out on paper towels for about 10 minutes.

2. Place a nonstick deep wok over high heat and add the oil. When small bubbles appear at the bottom of the wok, slide in the okra and fry until lightly browned and

crisp. Remove with a slotted spoon and drain on paper towels. Let cool to room temperature.

3. Put the yogurt in a bowl and whisk until smooth. Add the salt and asafetida, and whisk. Stir in the okra.

4. Place a small nonstick sauté pan over medium heat and add the sesame oil. When small bubbles appear at the bottom of the pan, add the mustard seeds. When they sputter, add the fenugreek, chiles, and curry leaves. Pour this tempering over the okra and immediately cover the bowl to trap the flavors.

5. Stir and serve.

Lauki Raita

Bottle gourd in yogurt

This simple dish pairs mild-tasting bottle gourd with seasoned yogurt. As a variation, you can garnish the dish with dried mint. This gourd can be substituted with red pumpkin.

Serves 4.

9 ounces (250 grams)

***lauki* (bottle gourd)**

1³/₄ teaspoons table salt

**1 cup (250 grams) plain
yogurt, chilled**

**1/2 teaspoon red chile
powder**

**1 teaspoon ground
roasted cumin (page 32)**

1. Peel and grate the *lauki*.
Drain any liquid.

2. Transfer to a nonstick
saucepan. Add 1 teaspoon of the
salt and cook over medium heat for
5 minutes. Drain off the water
released by the *lauki* and transfer
the cooked gourd to a plate to cool.

3. Put the yogurt in a bowl and
whisk until smooth. Add the
remaining $\frac{3}{4}$ teaspoon salt and the
chile powder, and stir well. Add
the *lauki* and stir well. Put in the
refrigerator to chill for at least 30
minutes.

4. Sprinkle with the cumin and

serve cold.

Moong Moth Ka Anokha Salad

Salad of mixed sprouts

Sprouts are not a common ingredient in North Indian cuisine, but as we become more health conscious, these protein-laden little pulses have made their presence felt. I have adopted sprouts in a big way in my cooking, and one of the finer offerings is this salad.

Serves 4.

**$\frac{1}{2}$ cup (75 grams)
sprouted *moong* (sprouted**

green gram; see Note page 75)

**½ cup (70 grams)
sprouted *moth/matki* (see
Note)**

1 teaspoon table salt

**1 green chile, stemmed
and minced**

½ medium orange

**1 medium red onion, cut
into ½-inch (1-cm) cubes,
layers separated**

**½ medium apple, cored
and cut into ½-inch (1-cm)
cubes**

**1 medium green bell
pepper, seeded and cut into**

½-inch (1-cm) cubes

**1 medium cucumber,
seeded and cut into ½-inch
(1-cm) cubes**

**2 medium tomatoes, cut
into ½-inch (1-cm) cubes**

**½ teaspoon *chaat
masala* (spice mix for *chaat*;
page 24)**

**1 tablespoon freshly
squeezed lemon juice**

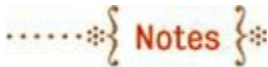
1. Place the sprouts in 2 separate bowls. Add ¼ teaspoon of the salt and ½ cup (100 ml) water to each bowl and cook in a microwave oven on high power for 2 minutes. Drain and transfer the sprouts to a large bowl. Add the

chile.

2. Halve the orange and remove the skin, pith, and seeds. Cut into small cubes.

3. Add the orange, onion, apple, bell pepper, cucumber, tomatoes, and remaining $\frac{1}{2}$ teaspoon salt to the sprouts and stir. Add the *chaat masala* and lemon juice, and stir.

4. Arrange the salad on a platter and serve.



Moth is a brown gram that is a little smaller in size than green gram (*moong*).

Palak Raita

Spinach with yogurt

This is a very popular accompaniment in North India. Puréed spinach is combined with yogurt spiced with mineral-rich black salt. The strong-smelling salt is an acquired taste; you can use regular salt if you wish.

Serves 4.

**2 medium bunches fresh
spinach leaves**

1 teaspoon table salt

1½ cups (375 grams)

plain yogurt

½ teaspoon black salt

2 green chiles, stemmed

2 teaspoons cumin seeds

**6 to 8 whole black
peppercorns**
**2 tablespoons vegetable
oil**

1. Wash the spinach leaves well. Roughly chop one bunch and put in a microwave-safe bowl. Add $\frac{1}{2}$ teaspoon salt and cook in a microwave oven on high power for $1\frac{1}{2}$ minutes. Alternatively, you can boil 2 cups (400 ml) water with $\frac{1}{2}$ teaspoon salt in a saucepan over high heat and blanch the spinach leaves for 1 to 2 minutes. Drain in a colander and shock in cold water. Let the spinach remain in the colander so that all the water drains away.

2. Whisk the yogurt and the remaining $\frac{1}{2}$ teaspoon salt together in a deep bowl. Add the black salt and whisk again.

3. Put the cooked spinach and chiles in a food processor, and process to a smooth paste.

4. Place a small nonstick sauté pan over medium heat. Add the cumin seeds and peppercorns, and dry-roast over medium heat for 1 minute or until fragrant. Let cool slightly, then put the spices in a mortar and pound them to a coarse powder with a pestle.

5. Add the puréed spinach to the whisked yogurt and stir well. Put in the refrigerator to chill for 2

to 3 hours.

6. Shred the remaining spinach leaves.

7. Place a nonstick saucepan over medium heat and add the oil. When small bubbles appear at the bottom of the pan, add the shredded spinach and sauté for 1 to 2 minutes. Drain and set aside.

8. Add some of the pounded cumin seeds and peppercorns to the yogurt mixture, and stir. Sprinkle some on top. Garnish with the sautéed spinach and serve.

.....✿} **Chef's Tip** }✿.....

Here I suggest pounding the roasted cumin seeds and peppercorns in a mortar with a pestle, because the amount

may not be enough to grind in a blender.

Tandoori Murgh Salad

Tandoori chicken salad

This dish (also considered a *chaat*) is a tangy mixture of grilled marinated chicken with colorful peppers. This is a great way to use leftover tandoori chicken, and makes a delightful light lunch.

Serves 4.

**2 (5-ounce/150-gram)
boneless, skinless chicken
breasts**

**1 teaspoon Kashmiri red
chile powder or paprika**

**1 teaspoon fresh ginger
paste (page 12)**

**1 teaspoon fresh garlic
paste (page 12)**

**$\frac{1}{2}$ cup (135 grams)
drained plain yogurt (see
Note)**

1 teaspoon table salt

**1 tablespoon freshly
squeezed lemon juice**

**$\frac{1}{2}$ teaspoon *garam
masala* (spice mix; page 27)**

**$1\frac{1}{2}$ tablespoons
vegetable oil**

1 green bell pepper, cut

into thin strips

**½ red bell pepper, cut
into thin strips**

**½ yellow bell pepper,
cut into thin strips**

1 onion, sliced

**2 green chiles, stemmed
and chopped**

**2 tablespoons chopped
fresh cilantro**

**1 tablespoon freshly
squeezed lemon juice**

**1 teaspoon *chaat
masala* (spice mix for *chaat*;
page 24)**

**½ small green mango,
peeled and chopped**

(optional)

Salt to taste

1. With a sharp knife, make incisions in the chicken breasts and set aside.

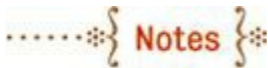
2. Put the chile powder, ginger paste, garlic paste, yogurt, salt, lemon juice, *garam masala*, and 2 teaspoons of the oil in a large bowl, and stir well. Add the chicken and stir well so that all the pieces are well covered with the mixture. Cover the bowl and place it in the refrigerator to marinate for 3 to 4 hours.

3. Preheat the oven to 400°F/200°C. Thread the chicken pieces onto metal skewers, arrange

on a rimmed baking sheet, and bake for 20 to 25 minutes, until almost done. Baste with the remaining oil and cook for 4 minutes more. When cooled, remove the chicken from the skewers and shred it.

4. In a large bowl, combine the shredded chicken, bell peppers, onion, chiles, half of the cilantro, the lemon juice, *chaat masala*, mango (if using), and salt and toss to mix well.

5. Transfer to a serving plate, garnish with the remaining cilantro, and serve.



To get $\frac{1}{2}$ cup (135 grams) drained yogurt, pour $\frac{3}{4}$

cup (200 grams) plain yogurt into a square of muslin or several layers of cheesecloth, gather up the ends, and tie. Hang until all the water is drained, 30 to 40 minutes.

Chaats

A *chaat* is a snack that features the tastes of Indian cuisine—*khatta* (sour), *meetha* (sweet), *teekha* (spicy), and *chatpata* (tangy)—all on one plate. Embedded in Indian culture, *chaat* is a street food that is eaten at any time of the day. There

are food carts, tea stalls, and mobile snack vendors on almost every street corner. The *chaat* vendor will mix up a treat for you—such as a *dahipapdi chaat* (page 86)—and then sprinkle it with chiles for heat, or drizzle on some tamarind chutney for sourness, or dollop it with some yogurt for a cooling effect, or dust it with more

chaat masala (page 24) for flavor—all according to your specifications.

Chaats are complete sensory experiences, so when the *bhel puri* (page 84) is tossed and mixed and served to you on a little plate, do not eat it immediately: Take a deep breath and savor the mouthwatering aromas, take a few seconds to

listen to the light crackling sound as the chutneys make their way into the spongy puffed rice . . . and then start eating!

Aloo Kachalu Chaat

Famous potato *chaat*

When we were kids we used to sing a silly Hindi rhyme that began, “Aloo kachalu” (potatoes and sweet potatoes) and then went on about them being put in the basket with an eggplant that kicked them out. Anyway, I think the potatoes and sweet potatoes are wonderful where they are here: in a *chaat*, with no eggplant within miles of them!

Serves 4.

**1-inch (2½-cm) piece
fresh ginger, cut into thin**

strips

**1½ tablespoons freshly
squeezed lemon juice**

½ teaspoon table salt

1 large ripe banana

**2 medium potatoes,
boiled, peeled, and cut into
1-inch (2½-cm) cubes**

**1 large sweet potato,
boiled, peeled, and cut into
1-inch (2½-cm) cubes**

**1 teaspoon tamarind
pulp**

**2 green chiles, stemmed
and minced**

**1 teaspoon *chaat
masala* (spice mix for *chaat*;**

page 24)

**¼ cup (40 grams) fresh
pomegranate arils**

**2 tablespoons chopped
fresh cilantro**

1. Put the ginger in a small bowl, add ½ teaspoon of the lemon juice and a pinch of the salt, and set aside in the refrigerator.

2. Peel and cut the banana into 1-inch (2½-cm) pieces. Put them in a large bowl and drizzle with 1 teaspoon of the lemon juice.

3. Add the potatoes and sweet potato, the remaining 1 tablespoon lemon juice, the tamarind pulp, chiles, *chaat masala*, the remaining salt, the pomegranate arils, and

cilantro. Toss gently to combine.

4. Serve garnished with the ginger.

Aloo Chaat Dilli

Style

A tangy potato snack

This recipe will transport you to the capital of India. Delhi, known as “Dilli” in the local dialect, has two sections: Old Delhi and New Delhi. Old Delhi is still the stronghold of eateries that boast the old style of Mughal cooking. New Delhi is replete with contemporary restaurants and street food. This snack, sold on the

roadside, is best eaten just after the potatoes are cooked, while they're still crisp.

Serves 4.

**1-inch (2½-cm) piece
fresh ginger, julienned**

**1 tablespoon freshly
squeezed lemon juice**

5/8 teaspoon table salt

**3 medium potatoes, cut
into ½-inch (1-cm) cubes**

**1 quart (800 ml)
vegetable oil**

**1 large red onion,
chopped**

**1/8 teaspoon black salt
(page 586)**

½ teaspoon *chaat*

***masala* (spice mix for *chaat*;
page 24)**

**$\frac{1}{2}$ teaspoon red chile
powder**

**$\frac{1}{4}$ teaspoon ground
roasted cumin (page 32)**

**2 green chiles, stemmed
and diced**

**3 tablespoons chopped
fresh cilantro**

1. Put the ginger in a small bowl, add 1 teaspoon of the lemon juice and $\frac{1}{8}$ teaspoon of the table salt, and stir well. Set aside in the refrigerator.

2. Put the potatoes in a bowl and toss with $\frac{1}{4}$ teaspoon of the table salt.

3. Place a nonstick wok over medium heat and add the oil. When small bubbles appear at the bottom of the wok, add the potatoes, a few pieces at a time. Cook, stirring with a slotted spoon, for 5 to 6 minutes or until crisp and golden brown. Remove with a slotted spoon and drain on paper towels.

4. Transfer the potatoes to a large bowl. Add the onion, the remaining $\frac{1}{4}$ teaspoon table salt, the black salt, *chaat masala*, chile powder, cumin, chiles, cilantro, and the remaining 2 teaspoons lemon juice, and stir well.

5. Transfer to a serving bowl, garnish with the ginger, and serve

immediately.

Bhel Puri

Puffed rice *chaat*

A very popular Mumbai street food that is famous both in India and abroad. Puffed rice, chickpea vermicelli, and crisp *puris* (Indian flour wafers) come together with a zesty mix of chutneys to create the ultimate snack.

As you mix the chutneys with the puffed rice, place your ear next to the bowl and you will be able to hear a light crackle and pop. That is the sound of the *kurmura* absorbing the chutneys. If it makes the sound,

your puffed rice is fresh. If it doesn't, you need a new bag.

The puffed rice, *masala chana dal*, vermicelli, and wafers used here are all readily available at Indian grocery stores.

Serves 4.

4 cups (80 grams)
***kurmura* (puffed rice)**

1 medium red onion,
chopped

$\frac{1}{4}$ cup (50 grams)
roasted *masala chana dal*
(store-bought spiced lentils)

$\frac{1}{4}$ cup (40 grams)
roasted peanuts

2 medium potatoes,
boiled, peeled, and diced

**2 or 3 green chiles,
stemmed and minced**

**½ cup (20 grams) *sev*
(chickpea-flour vermicelli)**

**8 crisp *puris* (flour
wafers; page 21)**

Table salt

**½ cup (120 grams)
pudina aur dhaniya chutney
(mint-and-cilantro chutney;
page 22)**

**6 tablespoons *khajoor
aur imli ki* chutney (sweet
date-and-tamarind chutney;
page 22)**

**1 teaspoon chile garlic
chutney (page 519)**

1 **teaspoon** **freshly**
squeezed lemon juice

2 **tablespoons** **chopped**
fresh cilantro

1. Put the *kurmura*, onion, *masala chana dal*, peanuts, potatoes, chiles, and half of the *sev* in a large bowl and toss to combine.

2. Add 4 crushed *puris* and toss. Add salt to taste.

3. Add the three chutneys and stir well.

4. Add the lemon juice and stir. Garnish with cilantro and the remaining *sev*.

5. Serve immediately with the remaining *puris*.

Dahi Batata Puri

Puffed flour crisps with potatoes and chutneys

This is a typical street food from the northern part of India: Puffed flour crisps are stuffed with potatoes, sprouts, and assorted chutneys. Prepare this just before serving or the crisps will lose their texture and become soggy.

Serves 4.

**1½ cups (375 grams)
plain yogurt, whisked
½ teaspoon table salt
1 tablespoon sugar
2 small potatoes, boiled,
peeled, and chopped**

$\frac{1}{2}$ cup (50 grams)
sprouted *moong* beans,
blanched (see Note)

1 teaspoon red chile
powder

$\frac{1}{2}$ teaspoon *chaat
masala* (spice mix for *chaat*;
page 24)

24 puffed crisp *puris*
(deep-fried flour balloons;
page 21)

$\frac{1}{4}$ cup (50 grams)
pudina aur dhaniya chutney
(mint-and-cilantro chutney;
page 22)

$\frac{1}{4}$ cup (60 grams)
khajoor aur imli ki chutney

**(sweet date-and-tamarind
chutney; page 22)**

**$\frac{1}{4}$ cup (10 grams) *sev*
(chickpea-flour vermicelli)**

**1 teaspoon ground
roasted cumin (page 32)**

**2 tablespoons chopped
fresh cilantro**

**2 tablespoons fresh
pomegranate arils (optional)**

1. Put the yogurt in a bowl, add $\frac{1}{4}$ teaspoon of the salt and the sugar, and whisk until smooth. Set aside in the refrigerator.

2. In a large bowl, combine the potatoes, sprouted *moong* beans, the remaining $\frac{1}{4}$ teaspoon salt, $\frac{1}{2}$ teaspoon of the chile

powder, and the *chaat masala*.

3. Puncture a hole on one side of each *puri*, fill it with the potato mixture, dip in the yogurt, and place on a plate. Alternatively, you can arrange the *puris* on the plate and then pour the yogurt over, reserving some for topping at the end.

4. Drizzle the two chutneys over the *puris*. Sprinkle with the *sev*, the remaining $\frac{1}{4}$ teaspoon chile powder, the cumin, cilantro, and pomegranate arils. Drizzle the remaining yogurt on top. Serve immediately.

.....✦ } Notes } ✦

To blanch sprouted *moong* beans: Place a

nonstick saucepan over high heat, add 2 cups (400 ml) water, and bring to a boil. As the water starts boiling, add the sprouted *moong* beans, lower the heat to medium, and simmer for 2 to 3 minutes. Drain in a colander and refresh in cold water. Drain thoroughly and use.

Dahi Papdi Chaat

Flour crisps topped with sprouts, chutney, yogurt, and *sev*

I grew up in Delhi, where eating *chaat* at the roadside was—and still is—the thing to do. This dish is easy to make and, as with most *chaats*, is great for feeding a

large group.

Serves 4.

- 1½ cups (375 grams)**
plain yogurt, whisked
- ½ teaspoon table salt**
- 1 tablespoon sugar**
- 24 small flat crisp**
***papdis* (flat flour wafers;**
page 21)
- 2 medium potatoes,**
boiled, peeled, and chopped
- ½ cup (50 grams)**
sprouted *moong* beans,
blanched (page 75)
- 1 teaspoon chile garlic**
chutney (page 519)
- 3 tablespoons *pudina***

aur dhaniya chutney (mint-and-cilantro chutney; page 22)

$\frac{1}{4}$ cup (60 grams)

khajoor aur imli ki chutney (sweet date-and-tamarind chutney; page 22)

1 teaspoon ground roasted cumin (page 32)

$\frac{1}{2}$ teaspoon *chaat masala* (spice mix for *chaat*; page 24)

$\frac{1}{2}$ teaspoon red chile powder

2 tablespoons chopped fresh cilantro

$\frac{1}{4}$ cup (10 grams) *sev*

(chickpea-flour vermicelli)

2 tablespoons fresh pomegranate arils (optional)

1. Place the yogurt in a bowl, add $\frac{1}{4}$ teaspoon of the salt and the sugar, and whisk until smooth. Set aside in the refrigerator.

2. Arrange 6 *papdis* on each of 4 serving plates. Place some potatoes on each *papdi*. Top with some sprouted *moong* beans.

3. Drizzle with a little of each chutney.

4. Sprinkle with the cumin, *chaat masala*, a little chile powder, and the remaining $\frac{1}{4}$ teaspoon salt.

5. Spoon the yogurt on top, then drizzle with the rest of the

chutneys and sprinkle with the cilantro, *sev*, and pomegranate arils. Serve immediately.

Jhaal Muri

Puffed rice dish

This street food of puffed rice, also called *kurmura* in India, and fresh vegetables tossed with spices should be prepared just before serving or the puffed rice will become soggy.

Serves 4.

3 cups (60 grams)

***kurmura* (puffed rice)**

**1 medium red onion,
chopped**

**1/4 cup (40 grams)
sprouted *kala chana*
(sprouted black Bengal
gram), blanched (page 75)**

**1 small cucumber,
peeled and cut into 1/2-inch
(1-cm) pieces**

**1 small tomato, seeded
and cut into 1/2-inch (1-cm)
pieces**

**2 green chiles, stemmed
and chopped**

**2 tablespoons roasted
peanuts, skins removed**

**2 tablespoons chopped
fresh cilantro**

2 tablespoons mustard

oil, taken from a jar of store-bought pickle (see Notes)

¼ teaspoon table salt

2 tablespoons *jhaal muri masala* (see Notes)

2 tablespoons sliced fresh coconut

1. In a large bowl, combine the *kurmura*, onion, *kala chana*, cucumber, tomato, chiles, peanuts, and cilantro, and toss to stir well.

2. Add the oil, salt, and *jhaal muri masala*, and toss again to stir well. Garnish with the coconut and serve immediately.

.....✦ } **Notes** } ✦

If you do not

have a jar of store-bought Indian pickle containing mustard oil, heat 2 tablespoons refined mustard oil (see below) to the smoking point. Remove from the heat, add $\frac{1}{2}$ teaspoon mustard seeds, $\frac{1}{4}$ teaspoon fenugreek seeds, $\frac{1}{4}$ teaspoon fennel seeds, $\frac{1}{2}$ teaspoon red chile powder, and a pinch of asafetida. Let it stand for 1 hour, strain to remove the solids, and use. All these ingredients are readily available in Indian grocery stores.

To make *jhaal muri masala*, combine 1 teaspoon black salt, 1 tablespoon roasted ground cumin, 1 teaspoon *chaat masala*, and $\frac{1}{2}$

teaspoon ground white pepper. This masala is used to make the dish tangy.

Mustard oil is available in two varieties, filtered and refined. If you are using filtered mustard oil, you will need to first heat it until it reaches the smoking point, then let it cool completely before using. If you are using the refined variety, you can use it right away. In either case, please use mustard oil that is labeled specifically for cooking. If you cannot find it, regular vegetable oil will work as well.

Pani Puri

A flour crisp stuffed with peas and served with spiced water

This famed street food has many names: *golgappe* in the north, *puchka* in Bengal, and *pani puri* in Maharashtra. It is sold from large earthenware pots covered with damp red cloths and glass cases filled with *puris* (small deep-fried breads that look like crisp, hollow balloons). All one has to do is hold a *patrel*, a flat roll made of dried *colocassia* leaves, and the vendor will take one *puri*, crack it open on the top to make a small hole, and fill it with peas and chutney, and then dip it into the spicy water and place it on your bowl, dripping

with the aromatic water. You have to eat them as fast as the vendor can assemble them—these guys are speedy and can manage three or four customers at a time! When you've eaten as many as you'd like, you hold up your hand and signal him to stop. He knows how much to charge you for what you've eaten even though you will likely have lost count.

Serves 4.

~ **For the *ragda*:**

1¼ cups (250 grams)

***vatana* (dried white peas)**

**¼ teaspoon ground
turmeric**

Pinch of asafetida

1 teaspoon table salt

4 teaspoons *chaat masala* (spice mix for *chaat*; page 24)

3 to 4 tablespoons *khajoor aur imli ki chutney* (sweet date-and-tamarind chutney; page 22)

~ For the spicy water:

1 cup (60 grams) chopped fresh mint

1 cup (60 grams) chopped fresh cilantro

5 green chiles, stemmed and cut in half

½ teaspoon table salt

2 teaspoons black salt

1 **tablespoon** **ground**
roasted cumin (page 32)

2 **tablespoons** **freshly**
squeezed lemon juice

24 **crisp** *puris* **(meant**
for *pani puri*; store-bought)

1. Make the *ragda*: Put the *vatana* in a large bowl, wash in plenty of water 2 or 3 times, and drain. Add 4 cups (800 ml) water and soak overnight. Drain the peas in a colander.

2. Place a nonstick saucepan over high heat and add 4 cups (800 ml) water. Add the turmeric, asafetida, and salt. When the water begins to boil, add the peas. When the water comes to a boil again,

lower the heat to medium, cover, and cook for 30 to 35 minutes or until the peas are soft.

3. Mash the peas slightly. Add the *chaat masala* and chutney, and simmer for 10 minutes. Keep the *ragda* hot.

4. Make the spicy water: Put the mint, cilantro, and chiles in a blender, and blend to a smooth paste. Transfer the paste to a large bowl, add 6 cups (1.2 liters) water, the table salt, black salt, cumin, and lemon juice. Stir well, adjust the seasoning, and place in the refrigerator to chill.

5. To serve, fill each *puri* with a little *ragda*, then pour in some

spicy water. Serve immediately.

Papdi Chaat

Four crisp and potato snack

One of the many popular *chaats* of the north—crisp flat *puris* topped with potato and chutneys. Prepare this just before serving or the *puris* will become soggy.

Serves 4.

**20 small crisp flat *puris*
(flour wafers; page 21)**

**2 medium boiled
potatoes, peeled and thinly
sliced**

1 large onion, finely

chopped

2 tablespoons *khajoor aur imli ki* chutney (sweet date-and-tamarind chutney; page 22)

2 tablespoons *pudina aur dhaniya* chutney (mint-and-cilantro chutney; page 22)

$\frac{1}{2}$ tablespoon freshly squeezed lemon juice

1 teaspoon ground roasted cumin (page 32)

$\frac{1}{2}$ teaspoon black salt

$\frac{1}{4}$ cup (10 grams) *sev* (chickpea-flour vermicelli)

1 tablespoon *boondi*

(see Note)

**2 tablespoons fresh
pomegranate arils**

**2 tablespoons minced
fresh cilantro**

1. Arrange the *puris* on a serving dish. Spread the potatoes over them neatly and top with the onion.

2. Drizzle a little of both chutneys on each *puri*.

3. Sprinkle with the lemon juice, cumin, and black salt.

4. Top with the *sev*, *boondi*, pomegranate arils, and cilantro and serve immediately.

..... } **Notes** }

Boondi are

small, crisp *besan* dumplings available at Indian grocery stores.

Pav Bhaji

Mixed vegetables with bread

Say the words *pav bhaji* to anyone in Mumbai and his or her face will light up. It's a popular fast food that is categorized by nutritionists as junk food because the vegetables are usually overcooked and there is *a lot* of butter involved. Still, if you don't overcook the vegetables and go easy on the butter, this dish is a great way to introduce vegetables to a fussy kid. To keep it fresh,

change the vegetables each time you make it. My daughters love it sprinkled with some lemon juice and chopped onions.

Serves 4.

**3 tablespoons plus 8
teaspoons unsalted butter,
plus ½ teaspoon for the
griddle**

**2 medium red onions,
diced**

**1 teaspoon fresh ginger
paste (page 12)**

**2 teaspoons fresh garlic
paste (page 12)**

**3 tablespoons red chile
paste (see Note page 13)**

1 medium green bell

pepper, seeded and chopped
1/4 cup (40 grams)
shelled green peas, boiled
and mashed lightly
1/4 small head
cauliflower, grated
1 1/2 tablespoons *pav
bhaji masala* (spice mix for
pav bhaji; page 30)
8 medium tomatoes,
diced
1 1/2 teaspoons table salt
3 medium potatoes,
boiled, peeled, and grated
8 *pavs* (breads; store-
bought dinner rolls can be
substituted)

**2 tablespoons minced
fresh cilantro**

**2 lemons, cut into
wedges**

1. Place a nonstick saucepan over medium heat and add 3 tablespoons of the butter. When the butter melts, add three quarters of the onions and sauté for 2 to 3 minutes or until lightly browned.

2. Add the ginger paste and garlic paste, and stir-fry for 30 seconds. Add the chile paste and sauté for 1 minute. Add the bell pepper, peas, and cauliflower, and sauté for 1 minute. Add the *pav bhaji masala* and cook for 1 minute.

3. Add the tomatoes and salt. Cover and cook for 5 minutes or until the tomatoes are pulpy. Mash the mixture with a potato masher. Add the potatoes and stir. Add 1 cup (200 ml) water and stir well. Cook for 5 minutes. Add $\frac{1}{2}$ cup (100 ml) water and cook for 5 minutes. Transfer the *bhaji* to a serving bowl.

4. Place a nonstick griddle over medium heat and add $\frac{1}{2}$ teaspoon butter. Slit one *pav* and cook it in the butter, pressing down on it with a spatula 2 or 3 times, for 30 seconds or until crisp and lightly browned. Cook the remaining *pavs*.

5. Sprinkle the *bhaji* with the

cilantro. Divide into 4 individual servings and drop 1 teaspoon butter on each serving. Serve hot with the *pavs*, the remaining onions, and lemon wedges.

Ragda Pattice

Potato cutlets topped with white peas and chutneys

One of the best-selling foods on the streets of Mumbai is *pattice*, small potato cutlets, dunked in *ragda*, a white pea sauce, and garnished with chutneys and chopped onions. It's delicious and filling, and in many Gujarati homes it is served as a meal by itself.

Serves 4.

~ For the *ragda*:

1 $\frac{1}{4}$ cups (250 grams)

vatana (dried white peas)

$\frac{1}{4}$ teaspoon ground
turmeric

Pinch of asafetida

1 teaspoon table salt

~ For the *pattice*:

4 small potatoes, boiled,
peeled, and mashed

2 tablespoons
cornstarch

3 green chiles, stemmed
and chopped

$\frac{1}{2}$ teaspoon table salt

1 tablespoon vegetable
oil

2 tablespoons *pudina aur dhaniya* chutney (mint-and-cilantro chutney; page 22)

2 tablespoons *khajoor aur imli ki* chutney (sweet date-and-tamarind chutney; page 22)

2 medium red onions, chopped

2 teaspoons *chaat masala* (spice mix for *chaat*; page 24)

2 tablespoons chopped fresh cilantro

1. Make the *ragda*: put the *vatana* in a large bowl, wash in

plenty of water 2 or 3 times, and drain. Add 4 cups (800 ml) water and soak overnight. Drain the peas in a colander.

2. Place a nonstick saucepan over high heat and add 4 cups (800 ml) water. Add the turmeric, asafetida, and salt. When the water begins to boil, add the peas. When the water comes to a boil again, lower the heat to medium, cover, and cook for 30 to 35 minutes or until the peas are soft. Keep hot.

3. Make the *pattice*: In a deep bowl, stir together the potatoes, cornstarch, chiles, and salt.

4. Divide into 8 portions and shape into balls. Flatten each ball

by pressing it gently between your palms to make 1-inch (2½-cm) thick *pattice*.

5. Place a medium nonstick sauté pan over medium heat and add the oil. When the oil begins to smoke slightly, place the *pattice* in the pan, with a little space between each one. Cook, turning once or twice, until both sides are golden brown. Keep the *pattice* warm.

6. For each serving, place 2 *pattice* on a plate and pour some *ragda* over them so that it covers the *pattice*. Drizzle with the chutneys; sprinkle onions, *chaat masala*, and cilantro on top.

7. Serve immediately.

Sev Batata Puri

Crisp flour-wafer-and-potato snack

You just won't be able to stop eating these delicious crisp *puris* topped with potato, chutneys, and *sev*. I certainly can't! Some people in India also refer to these crisp, flat, store-bought *puris* as *papdis*. In Indian stores they are sold under both names and are the same.

Makes 24.

1 small green mango

**2 large potatoes, boiled,
peeled, and diced**

½ teaspoon table salt

¼ teaspoon red chile

powder

**24 small, crisp, flat
puris (flour wafers; page 21)**

**2 medium red onions,
chopped**

**3 tablespoons *pudina
aur dhaniya* chutney (mint-
and-cilantro chutney; page
22)**

**1 teaspoon chile garlic
chutney (page 519)**

**$\frac{1}{4}$ cup (60 grams)
khajoor aur imli ki chutney
(sweet date-and-tamarind
chutney; page 22)**

**1 cup (40 grams) *sev*
(chickpea-flour vermicelli)**

1½ teaspoons *chaat masala* (spice mix for *chaat*; page 24)

2 tablespoons chopped fresh cilantro

1. Wash the mango. Peel and halve it lengthwise. Scoop out the pit and dice the mango flesh.

2. Put the potatoes in a bowl and add the mango, salt, and chile powder. Stir well.

3. Arrange the *puris* in a single layer on a large plate.

4. Put a spoonful of the potato mixture on each *puri*. Sprinkle the onions over the *puris*. Drizzle with a little of each chutney.

5. Sprinkle the *sev* generously

over the chutneys to completely cover them.

6. Sprinkle with the *chaat masala* and then with the cilantro. Serve immediately.

Peanut Chaat

Peanut snack

This unique snack is prepared by boiling peanuts, along with turmeric, and then tossing them with onions and tomatoes. In a pinch, you can also use roasted peanuts.

Serves 4.

**2 cups (300 grams) raw
peanuts**

1 tablespoon sea salt

**1 teaspoon ground
turmeric**

½ teaspoon table salt

**¼ teaspoon *chaat
masala* (spice mix for *chaat*;
page 24)**

**½ teaspoon red chile
powder**

**1 teaspoon ground
roasted cumin (page 32)**

**1 medium red onion,
chopped**

**1 medium tomato,
chopped**

**2 green chiles, stemmed
and chopped**

2 tablespoons chopped

fresh cilantro

2 tablespoons freshly squeezed lemon juice

1. Place a nonstick saucepan over high heat and add 5 cups (1 liter) water. When the water comes to a boil, add the peanuts, sea salt, and turmeric, and cook for 20 minutes. Drain.

2. Transfer the peanuts to a deep serving bowl. Add the table salt, *chaat masala*, chile powder, cumin, onion, tomato, chiles, cilantro, and lemon juice, and stir well. Serve hot or at room temperature.

Urad Dal Kachori

Deep-fried lentil dumplings

These dumplings are stuffed with a spicy split-black-gram mixture. They are a very popular snack in India. These taste best when warm.

Serves 4.

**2 cups (240 grams)
maida (refined flour) or
pastry flour**

$\frac{3}{4}$ teaspoon table salt

$\frac{1}{2}$ teaspoon baking soda

**5 tablespoons vegetable
oil**

~ For the filling:

**$\frac{1}{2}$ cup (100 grams) *dhuli
urad dal* (split skinless black**

gram)

**3 tablespoons ghee
(page 37)**

**1-inch (2½-cm) piece
fresh ginger, peeled and
minced**

**1 green chile, stemmed
and chopped**

Pinch of asafetida

**1 teaspoon ground
coriander powder**

**½ teaspoon ground
roasted cumin (page 32)**

**1 teaspoon red chile
powder**

**¼ teaspoon ground
fennel seeds**

**6 to 8 cashews, roughly
chopped**

1 tablespoon raisins

½ teaspoon sugar

½ teaspoon table salt

**1 tablespoon freshly
squeezed lemon juice**

**1 quart (800 ml)
vegetable oil**

***Khajoor aur imli ki
chutney (sweet date-and-
tamarind chutney; page 22)***

1. Sift the flour with the salt and baking soda into a deep bowl. Add the 5 tablespoons oil and combine well. Add ½ cup (100 ml) water and knead to make a soft dough. Cover the bowl with a

dampened cloth and set aside for 1 hour.

2. Make the filling: Wash the *dhuli urad dal* well 2 or 3 times, then drain and soak in 2 cups (400 ml) water for 2 hours. Drain in a colander. Put the soaked *dal* in a mini food processor, add $\frac{1}{4}$ cup (50 ml) water, and process to a coarse paste.

3. Heat a small nonstick wok over high heat, then lower the heat to medium and add the ghee. When small bubbles appear at the bottom of the wok, add the gram paste, ginger, chile, asafetida, coriander, cumin, chile powder, fennel, cashews, and raisins. Sauté for 5 to

6 minutes or until the mixture is completely dry and begins to stick to the bottom of the pan.

4. Add the sugar, salt, and lemon juice. Stir well and remove from the heat. Transfer to a bowl and let cool completely.

5. Divide the dough into 16 portions and shape each into a ball. Place a ball on a flat surface and, using a rolling pin, roll it out into a small round about 2 inches (5 centimeters) in diameter. Roll it so it is thinner around the edges and thicker in the center. Place a portion of the filling in the center of the round and bring the edges together. Pinch them tightly together

to seal. Pick up the dumpling in your palm and gently reshape it into a ball with a light hand. Use the remaining dough and filling to make 15 more *kachoris*.

6. Place a large nonstick wok over high heat and add the 1 quart (800 ml) oil. When small bubbles appear at the bottom of the wok, gently slide in half of the *kachoris* and fry them over low heat for 10 to 15 minutes or until the crusts are golden brown and crisp. Using a slotted spoon, transfer the *kachoris* to paper towels to drain. Repeat with the remaining *kachoris*.

7. Serve immediately with the chutney.

Kebabs, Snacks, and Starters

The Indian counterpart to the Western barbecue grill is the tandoor, a clay oven fired with charcoal. Also known as a *sanjha choolha* (“common cooking place”), the tandoor literally brings

people together. Women gather at the communal village tandoors at sundown, bringing dough with them from home. They chat and socialize while cooking their bread in the tandoor.

Tandoori cooking is one of the oldest ways of cooking food in India and can be traced back to the nomadic tribes of the

northwest frontier who cooked their food in fires of charcoal and cow dung that they built in holes dug in the ground. Today, of course, the tandoor is used not only for the daily bread—*naan* (page 20) or *tandoori roti*—but also more exotic fare like kebabs and *tikkas*. Even *dals* and sauces can be cooked slowly to flavorful

perfection in a tandoor. The most distinctive thing about cooking in a tandoor is the smoky flavor that it imparts to the food, and it is perhaps no accident that tandoori dishes were the first from India to gain international popularity.

Tandoori cooking is not only exceptionally flavorful—the food is usually cooked in its own

juices and thus retains its natural flavors—but it is also healthier than other methods of cooking because it requires minimal additional fat.

Be sure to try the tandoori chicken recipe (page 208) I have included here. It is possibly one of the most popular tandoori dishes in the world, and perhaps the most popular

Indian dish period. You don't have to have a clay oven to make these dishes: The tandoori style is quite adaptable to modern ovens.

Many of the kebab and meat recipes in this chapter are classics, and the *chandi kaliyan* (page 188), covered in edible silver foil, is a wonderful example of old-school

decadence. Try the *chaap fry Amritsari* (page 211), which brings northern seasonings into play with breaded lamb chops, and then do a complete turnaround and make the chettinaad fried chicken (page 190), which takes you to the southern states.

These dishes are perfect served as appetizers or hors

d'oeuvres or as parts of more elaborate Indian meals, but I've also included here a selection of snacks—like Punjabi samosas (page 154) and *peethiwali aloo tikki* (page 151)—that are best enjoyed as fillers between meals. Dahi wada (page 110) captures the essence of Indian raitas and is served as a special side dish at

weddings and auspicious occasions, or as a filling but light meal on its own.

Aloo Nazakat

A spectacular deep-fried potato dish

This dish takes some time and effort to prepare, but the results are outstanding: a deep-fried potato stuffed with cheese and lentil wafers.

Serves 4.

4 medium potatoes

**3 tablespoons *chana dal*
(split Bengal gram)**

**2 tablespoons plus 1
quart (800 ml) vegetable oil**

**2 small *urad dal papads*
(see Note)**

1½ teaspoons fresh

ginger paste (page 12)

1½ teaspoons fresh

garlic paste (page 12)

1½ teaspoons table salt

**1 cup (250 grams) plain
yogurt, whisked**

½ teaspoon black salt

**1 teaspoon *garam
masala* (spice mix; page 27)**

**1 teaspoon red chile
powder**

**3 tablespoons chopped
fresh cilantro**

**2 tablespoons refined
mustard oil (see Note page
87)**

½ cup (70 grams)

grated *paneer* (pressed fresh cheese; page 17)

2 teaspoons *chaat masala* (spice mix for *chaat*; page 24)

2 green chiles, stemmed and chopped

1. Peel the potatoes and cut them in half horizontally. Using a spoon, scoop out the insides of the potato halves, leaving a 1/4-inch-thick (1/4-cm-thick) shell all around. Chop the scooped-out flesh and set aside.

2. Place a nonstick griddle over medium heat. Add the *dal*, lower the heat to low, and dry-roast until fragrant and golden. Transfer

to a plate and set aside to cool to room temperature. Transfer to a spice grinder and grind to a powder. Set aside.

3. Place a nonstick wok over high heat and add 1 quart (800 ml) vegetable oil. When small bubbles appear at the bottom of the wok, lower the heat to medium and gently slide the potato shells into the oil and fry for 2 to 3 minutes or until the outer surface of the potato shells is golden brown. Remove with a slotted spoon and drain on paper towels.

4. In the same oil, fry the *papads* one at a time for 5 seconds. Remove with a slotted spoon and

drain on paper towels.

5. Place a medium nonstick sauté pan over medium heat and add the remaining 2 tablespoons vegetable oil. When small bubbles appear at the bottom of the pan, add $\frac{1}{2}$ teaspoon of the ginger paste and $\frac{1}{2}$ teaspoon of the garlic paste. Sauté for 30 seconds or until fragrant.

6. Add the chopped potatoes and $\frac{1}{2}$ teaspoon of the salt and sauté over medium heat for 5 to 6 minutes.

7. To make the marinade, put the yogurt in a bowl and add $\frac{1}{2}$ teaspoon of the salt, the black salt, *garam masala*, chile powder, 2

tablespoons of the cilantro, the roasted *dal*, the remaining 1 teaspoon ginger paste, and the remaining 1 teaspoon garlic paste. Stir well. Add the mustard oil and stir again. Set aside.

8. To make the filling, put the *paneer* in a bowl. Add the remaining $\frac{1}{2}$ teaspoon salt, the *chaat masala*, the remaining 1 tablespoon cilantro, the chiles, and the sautéed potato mixture.

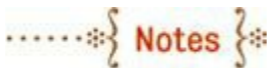
9. Crush the fried *papads* to a coarse powder and add to the stuffing ingredients. Stir well.

10. Take each potato shell and fill it up to the brim with the filling. Put the potatoes in the yogurt

marinade and stir gently to coat them. Cover the bowl and let the potatoes marinate for about 30 minutes.

11. Preheat the oven to 350°F/180°C. Grease a baking sheet.

12. Arrange the potatoes on the baking sheet and bake for 15 to 20 minutes. Serve immediately.



Urad dal papads are *poppadums* made with *urad dal* (black gram) flour. Packages of these are available in Indian stores.

Amla Aur Beetroot

Ki Tikki

Indian gooseberry-and-beet patties

Two very nutritious ingredients make this little patty: *amla*, or Indian gooseberry, which is high in vitamin C, and beets, which are a rich source of easily digestible carbohydrates. If *amlas* are unavailable, substitute an equal weight of raw green mango.

Serves 4.

**5 tablespoons vegetable
oil**

**1 medium red onion,
chopped**

3 medium beets, boiled,

peeled, and grated

1 teaspoon table salt

½ tablespoon red chile powder

¼ teaspoon *chaat masala* (spice mix for *chaat*; page 24)

1 tablespoon freshly squeezed lemon juice

3 medium potatoes, boiled, peeled, and mashed

6 medium *amlas* (Indian gooseberries), grated

5 tablespoons cornstarch

1. Place a nonstick sauté pan over medium heat and add 1

tablespoon of the oil. When small bubbles appear at the bottom of the pan, add the onion and sauté for 3 to 4 minutes or until lightly browned.

2. Add the beets and salt, and sauté for 7 minutes or until all the excess moisture has evaporated. Add the chile powder and *chaat masala*, and stir well. Add the lemon juice and stir well.

3. In a large bowl, combine the beet mixture with the potatoes and stir well. Add the *amlas* and 2 tablespoons of the cornstarch, and stir well. Let cool, then put in the refrigerator to chill for 30 minutes.

4. Grease your hands, then

divide the beet-potato mixture into 8 portions. Shape each portion into a thick 2½-inch (6½-cm) patty.

5. Dredge the patties in the remaining cornstarch and set aside.

6. Place a nonstick griddle over medium heat. Place a patty on the griddle, drizzle ½ tablespoon of the oil all around it, and cook for 2 minutes on each side or until both sides are evenly cooked. Cook the remaining patties using the remaining oil.

7. Transfer to a serving platter and serve hot.

Batata Vada

Batter-fried potato dumplings

I am not sure which sells more in Mumbai—*batata vadas* or McDonald's hamburgers. But given a choice I would go for *batata vadas* laced with dry red garlic chutney.

Serves 4.

6 small potatoes
1-inch (2½-cm) piece
fresh ginger, chopped
6 cloves garlic
4 or 5 green chiles,
stemmed and chopped
1½ cups (150 grams)
***besan* (chickpea/gram flour)**
1 teaspoon red chile
powder
1 tablespoon table salt

Pinch of baking soda
4 teaspoons plus 1 quart
(800 ml) vegetable oil
¼ teaspoon ground
turmeric
2 tablespoons chopped
fresh cilantro
½ teaspoon mustard
seeds
Pinch of asafetida
10 to 12 fresh curry
leaves

1. Wash and scrub the potatoes well. Put 4 cups (800 ml) water in a deep saucepan and place over medium heat. When the water begins to boil, add the potatoes and cook, covered, for 25 minutes or

until the potatoes are tender. Drain in a colander and let cool to room temperature. Once cooled, peel the potatoes, then mash them using a potato masher. Set aside.

2. Put the ginger, garlic, and chiles in a mini food processor with 2 tablespoons water, and process to a smooth paste. Transfer the paste to a small bowl and set aside.

3. Place the *besan* in a deep bowl. Add the chile powder, 1 teaspoon of the salt, and the baking soda. Add $\frac{1}{2}$ cup plus 6 tablespoons (190 ml) water and whisk well to make a smooth, lump-free batter. It should not be

too thick.

4. Place a medium nonstick sauté pan over medium heat and add 3 teaspoons of the oil. When small bubbles appear at the bottom of the pan, add the ginger-garlic-chile paste and sauté for 1 minute. Add the mashed potatoes and the turmeric, and sauté for 5 to 6 minutes. Add the cilantro and the remaining 2 teaspoons salt. Stir well and sauté for 2 to 3 minutes. Transfer the mixture to a bowl.

5. Place a small nonstick sauté pan over medium heat and add 1 teaspoon of the oil. When small bubbles appear at the bottom of the pan, add the mustard seeds. When

they sputter, add the asafetida and curry leaves. Immediately pour the spices over the potato mixture and stir well. Let cool to room temperature.

6. Once cooled, divide the mixture into 16 portions and shape each into a smooth ball.

7. Place a wok over high heat and add the remaining 1 quart (800 ml) oil. When small bubbles appear at the bottom of the wok, dip 4 of the potato balls in the *besan* batter, one at a time, and gently slide them into the hot oil; do not overcrowd the wok. Lower the heat to medium and fry, spooning a little oil over the balls with a slotted spoon, until

they are light golden brown. Remove with the slotted spoon and drain on paper towels. Repeat with the remaining potato balls.

8. Serve immediately with a chutney of your choice.

..... **Chef's Tip** 

If you have leftover *besan* batter, you can dip thin, round slices of potato or green pepper in the batter and deep-fry until golden. These are called *bhajias*.

Bedvin Kachori

A crisp whole-wheat pastry with lentils

Kachoris are typical snacks from the west of India. As one

travels from region to region, the *kachori* changes in size and stuffing. When cooking *kachoris*, have patience and be sure to control the temperature of the oil: If it is too hot, they will brown too fast and the flaky pastry will remain chewy and uncooked; if it is not hot enough, they will harden and absorb too much oil.

Makes 16.

**$\frac{1}{4}$ cup (50 grams)
chilkewali moong dal (split
green gram with skin)**

**$1\frac{1}{2}$ teaspoons ground
coriander**

**1 teaspoon red chile
powder**

**1-inch (2½-cm) piece
fresh ginger, roughly
chopped**

**1 teaspoon ground black
pepper**

**½ teaspoon *garam
masala* (spice mix; page 27)**

½ teaspoon asafetida

**2 cups (300 grams) *atta*
(whole-wheat flour)**

1½ teaspoons table salt

**1 tablespoon plus 1
quart (800 ml) vegetable oil**

1. Put the *dal* in a bowl, wash in plenty of water 2 or 3 times, and drain. Add $\frac{3}{4}$ cup (150 ml) water and soak for 30 minutes. Drain the *dal* in a colander and transfer to a

food processor.

2. Add the coriander, chile powder, ginger, black pepper, *garam masala*, asafetida, and $\frac{1}{4}$ cup (50 ml) water, and process to a fine paste. Set aside.

3. Put the *atta* in a large bowl. Add the *dal* paste, salt, 1 tablespoon of the oil, and $\frac{1}{2}$ cup (100 ml) water, and knead to make a semistiff dough. Cover with a damp cloth and let rest for 20 minutes.

4. Divide the dough into 16 portions and spread out each portion into a small disk with your fingertips.

5. Place a nonstick wok over

high heat and add the remaining 1 quart (800 ml) oil. When small bubbles appear at the bottom of the wok, lower the heat to medium and gently slide in the *kachoris*, one at a time, and press gently with a slotted spoon until they puff up. Turn and cook for a few minutes or until both sides are golden and crisp. Remove with the slotted spoon and drain on paper towels.

6. Serve hot.



Chef's Tip

You can use *chilkewali urad dal* (split black gram with skin) instead of the *chilkewali moong dal*.

Begun Bhaja

Eggplant with white poppy seeds

This fried eggplant dish comes from the eastern part of India, where poppy seeds are used often. Eggplant tends to absorb oil, so you may need a little more to finish frying all the eggplant pieces.

Makes 16 pieces.

**2 medium round
eggplants**

**2 teaspoons ground
turmeric**

**1½ teaspoons red chile
powder**

1 teaspoon table salt

**1 teaspoon freshly
squeezed lemon juice**

**¼ cup (50 grams) white
poppy seeds**

**2 tablespoons vegetable
oil, or more if needed**

1. Remove the stems from the eggplants, wash them, and cut each in half lengthwise. Cut horizontally into ½-inch-thick (1-cm-thick) slices.

2. Combine the turmeric, chile powder, and salt in a small bowl. Sprinkle the mixture on both sides of the eggplant slices. Sprinkle with the lemon juice.

3. Put the poppy seeds in a shallow dish and roll the eggplant slices in them to coat both sides of the slices well. Set aside for 15

minutes.

4. Heat a nonstick sauté pan over medium heat and add the oil. When small bubbles appear at the bottom of the pan, gently slide in the eggplant slices, four at a time, and fry until golden. Turn and fry until the other side is golden. Remove with a slotted spoon and drain on paper towels. Add more oil to the pan for each batch, if needed.

5. Serve immediately.

Bhindi Kurkuri

Crisp and tangy okra

Kurkuri means “crisp and

crunchy”—and okra is one vegetable that truly benefits from being cooked until crisp. This versatile snack can be served anytime.

Serves 4.

1 pound (500 grams)

okra

1½ teaspoons table salt

1 teaspoon red chile

powder

$\frac{3}{4}$ teaspoon *garam masala* (spice mix; page 27)

$\frac{1}{2}$ teaspoon *amchur* (dried mango powder)

$\frac{1}{2}$ teaspoon *chaat masala* (spice mix for *chaat*;

page 24)

**$\frac{1}{4}$ cup (20 grams) *besan*
(chickpea/gram flour)**

**1 quart (800 ml)
vegetable oil**

**$\frac{1}{2}$ tablespoon freshly
squeezed lemon juice**

1. Wash the okra and pat dry with a kitchen towel. Trim off the ends, then thinly slice lengthwise.

2. Spread the okra slices on a flat dish and sprinkle with the salt, chile powder, *garam masala*, *amchur*, and *chaat masala*. Toss well and set aside for 10 minutes.

3. Sprinkle the *besan* over the okra and stir so that the slices are coated evenly.

4. Place a nonstick wok over high heat and add the oil. When small bubbles appear at the bottom of the wok, lower the heat to low, add the okra in small batches, separating the pieces as you drop them into the oil, and cook, stirring with a slotted spoon, for 2 to 3 minutes or until crisp and lightly browned. Remove with a slotted spoon and drain on paper towels.

5. Sprinkle with the lemon juice and serve immediately.

Bread Ke Pakode

A sandwich with fried *paneer* and sweet-and-sour chutney

This is a favorite hot snack at

our house. You can refrigerate any leftover chutney to use for *chaats* or to serve with *samosas* or *dhoklas*.

Makes 16.

~ **For the batter:**

**1½ cups (150 grams)
besan (chickpea/gram flour)**

1 teaspoon *ajwain*

**¼ teaspoon ground
turmeric**

**½ teaspoon red chile
powder**

2 teaspoons table salt

**1 tablespoon chopped
fresh cilantro**

~ **For the chutney:**

10 to 15 pitted dates

2 teaspoons cumin seeds
1 teaspoon fennel seeds
2 tablespoons grated
cane jaggery
5 tablespoons tamarind
pulp
5 tablespoons red chile
powder
1 teaspoon ground
ginger
1 teaspoon black salt
½ teaspoon table salt
~ For the sandwiches:
1 (7-ounce/200-gram)
block *paneer* (pressed fresh
cheese; page 17)
8 slices white bread

1 quart (800 ml)
vegetable oil
Pudina aur dhaniya
chutney (mint-and-cilantro
chutney; page 22)

1. Make the batter: Put the *besan*, *ajwain*, turmeric, chile powder, salt, and cilantro in a deep bowl. Stir well and add $\frac{1}{2}$ cup plus 6 tablespoons (190 ml) water and whisk until smooth and lump-free. Set aside.

2. Make the chutney: Put the dates, cumin, fennel, jaggery, tamarind pulp, chile powder, and ground ginger in a deep nonstick saucepan. Add 1 cup (200 ml) water and place over medium heat.

Cook for 10 minutes, then lower the heat to low and cook for 10 minutes more or until the dates are tender. Remove from the heat and let cool to room temperature. Transfer to a food processor and process until smooth; the chutney should be thick. Transfer to a bowl and add the black salt and table salt, and stir well.

3. Make the sandwiches: Place the block of *paneer* on a cutting board and cut into ½-inch-thick (1-cm-thick) slices.

4. Place 4 slices of bread on a work surface. Arrange the *paneer* slices over them, taking care that they do not overlap. Spread 1

tablespoon of the chutney on the *paneer*. Cover with more *paneer* slices, again taking care that they do not overlap. Cover with the remaining bread slices to make 4 thick *paneer*- and chutney-stuffed sandwiches. Cut each sandwich into 4 pieces.

5. Place a nonstick wok over high heat and add the oil. When small bubbles appear at the bottom of the wok, lower the heat to medium. Working in batches, carefully dip each sandwich piece in the batter and gently slide it into the hot oil. Fry a few pieces at a time until golden brown. Turn with a slotted spoon once or twice.

Drain on paper towels. Serve with the chutney.

Bread Upma

Bread stir-fry

This is a wonderful way to use up stale bread. This dish is served at breakfast or snacktime in India. It tastes best when served immediately. Be sure to stir-fry quickly, or the bread may absorb too much oil.

Serves 4.

**1/4 cup (50 ml) vegetable
oil**

Pinch of asafetida

1/2 teaspoon cumin seeds

**1/4 teaspoon brown
mustard seeds**

**1 medium red onion,
peeled and chopped**

**1 medium potato,
boiled, peeled, and diced**

**1/4 teaspoon ground
turmeric**

**1/2 teaspoon red chile
powder**

**8 slices day-old white
bread, cut into small pieces**

**2 green chiles, stemmed
and chopped**

**2 tablespoons chopped
fresh cilantro**

1 teaspoon freshly

squeezed lemon juice

½ teaspoon table salt

1. Place a nonstick wok over high heat and add the oil. When small bubbles appear at the bottom of the wok, lower the heat to medium and add the asafetida, cumin seeds, and mustard seeds. When the cumin changes color and the mustard seeds begin to sputter, add the onion and sauté for 2 minutes or until translucent.

2. Add the potato and sauté for 1 minute. Add the turmeric and chile powder, and stir well. Sauté for 1 minute. Add the bread, chiles, cilantro, lemon juice, salt, and 3 tablespoons water, and toss well.

Serve immediately.

Broken-Wheat

Upma

A healthy version of the popular breakfast snack

Upma is a wholesome Indian snack traditionally made with semolina, but some regions use broken wheat, which tastes quite different from the finer semolina. Broken wheat is sold as *lapsi* in Indian grocery stores.

You could use diced broccoli instead of the carrot and blanched sweet corn instead of peas—experiment with your favorite combinations of vegetables.

Serves 4.

**1 medium carrot, peeled
and chopped**

$\frac{1}{4}$ cup (40 grams)

frozen green peas

**$\frac{1}{4}$ cup (65 grams) low-
fat plain yogurt**

**$\frac{1}{4}$ teaspoon black
mustard seeds**

**1 teaspoon *dhuli urad*
dal (split skinless black
gram)**

**10 to 12 fresh curry
leaves**

**1 medium red onion,
chopped**

1 cup (200 grams) *lapsi*

(fine broken wheat)

**1-inch (2½-cm) piece
fresh ginger, chopped**

**3 or 4 green chiles,
stemmed and chopped**

**1 teaspoon table salt, or
more if necessary**

**1 teaspoon freshly
squeezed lemon juice**

**2 tablespoons chopped
fresh cilantro**

1. Place a small nonstick saucepan over high heat, add 1 cup (200 ml) water, and bring to a boil. Add the carrot and green peas and cook for 3 to 4 minutes. Drain in a colander. Refresh under running water and drain well. Alternatively,

you can microwave the vegetables until they are tender.

2. Put the yogurt in a deep bowl, add 3½ cups (700 ml) water, and whisk until smooth. Set aside.

3. Place a medium nonstick saucepan over low heat. After 2 minutes, add the mustard seeds and *urad dal*. When the mustard seeds sputter, add the curry leaves and onion, and cook, stirring occasionally, for 4 to 5 minutes or until the onion is lightly browned.

4. Stir in the *lapsi* and cook for 2 minutes. Add the ginger and chiles, and cook for 5 minutes more or until the mixture has a roasted aroma.

5. Add the yogurt mixture and salt. Increase the heat to medium and bring to a boil. Lower the heat to low and cook, stirring continuously, for 7 to 8 minutes or until all the water is absorbed.

6. Add the carrot and peas, along with the lemon juice. Stir gently and taste for salt; add more if necessary. If the *upma* is too dry, add 2 to 3 tablespoons water. Cover and cook over low heat for 8 minutes.

7. Transfer to a serving bowl, garnish with the cilantro, and serve immediately.

Bendekaya Vepudu

Deep-fried okra with spices

One vegetable my two girls love is okra, which we call *bhindi* in Hindi. This is one of the dishes they often demand.

Serves 4.

2¼ pounds (1 kg) okra

1 quart (800 ml)

vegetable oil

**4 or 5 cloves garlic,
thinly sliced**

**2 teaspoons roasted
cumin seeds (page 32)**

**2 teaspoons coriander
seeds**

4 or 5 whole cloves

1-inch (2½-cm)

cinnamon stick

3 green cardamom pods

6 to 8 whole black

peppercorns

4 dried red chiles,

stemmed and broken in half

1 teaspoon table salt

1. Wash and drain the okra. Pat dry with a kitchen towel. Trim off the two ends and cut the okra into ½-inch (1-cm) pieces.

2. Place a nonstick sauté pan over medium heat and add 2 tablespoons of the oil. When small bubbles appear at the bottom of the pan, lower the heat to low, add the garlic, and cook until golden brown. Remove with a slotted

spoon and drain on paper towels.

3. Place a nonstick wok over high heat and add the remaining oil. When small bubbles appear at the bottom of the wok, lower the heat to medium and add the okra, in two or three batches, and cook until the okra is crisp and browned. Remove with a slotted spoon and drain on paper towels.

4. Put the cumin, coriander, cloves, cinnamon, cardamom, peppercorns, chiles, garlic flakes, and salt in a spice grinder, and grind to a powder.

5. Sprinkle the spice mix on the fried okra and toss well. Serve immediately.



Garnish

with some crushed roasted peanuts for extra flavor.

Chukandar Ki Galouti

Beet kebabs

Take care when handling the beet mixture; all the ingredients are delicate and require just the right amount of pressure when you are forming the patties. *Charoli* seeds, called for here, are tiny almond flavored seeds commonly used to garnish desserts and in meat dishes.

Serves 4.

**½ cup (100 grams) ghee
(page 37)**

**2¾ pounds (1.3 kg)
beets, peeled and grated**

¾ teaspoon table salt

**1 tablespoon freshly
squeezed lemon juice**

5 cloves garlic, chopped

**1-inch (2½-cm) piece
fresh ginger, chopped**

**4 green chiles, stemmed
and chopped**

**½ cup (60 grams) finely
ground cashews**

**½ cup (90 grams)
grated *khoya/mawa*
(unsweetened solid**

condensed milk; page 37)

$\frac{1}{4}$ cup (50 grams)
roasted *chana dal* (split

Bengal gram), finely ground

$\frac{1}{2}$ teaspoon caraway
seeds

$\frac{1}{4}$ teaspoon *garam
masala* (spice mix; page 27)

$\frac{1}{4}$ teaspoon ground
green cardamom

$\frac{1}{4}$ teaspoon ground
black pepper

2 tablespoons
charoli/chironji (melon
seeds) optional

2 tablespoons *kewra*
(screw pine) water

Vegetable oil

1. Place a nonstick saucepan over medium heat and add 2 tablespoons of the ghee. When small bubbles appear at the bottom of the pan, lower the heat to low and add the beets and salt, and sauté for 5 to 6 minutes, stirring frequently. Add the lemon juice and stir. Sauté for 15 minutes or until all the moisture dries up and the beets are thoroughly cooked and mashed.

2. Add the garlic and ginger, and stir. Add the chiles and sauté for 3 to 4 minutes.

3. Transfer the mixture to a bowl. Add the cashews, *khoya*,

dal, caraway, *garam masala*, cardamom, black pepper, *charoli*, and *kewra* water, and stir well.

4. Divide the beet mixture into 8 portions. Grease your palms with a little oil, take each portion of the mixture in your hands, and shape into a thick, round 2-inch (5-cm) patty.

5. Place a nonstick sauté pan over medium heat and add the remaining 4 tablespoons ghee. When small bubbles appear at the bottom of the pan, lower the heat to low and gently slide 4 patties into the hot ghee and cook for 30 seconds or until the undersides are done. Turn and cook for 30 seconds

or until the other sides are done. Do not turn the patties too often, as they are very delicate and may break. Remove with a slotted spoon and drain on paper towels. Repeat with the remaining patties. Serve immediately.

Dahi Wada

Deep-fried lentil dumplings served in spicy yogurt

The results when making this Punjabi dish can be hit or miss—the dumplings can become hard if you don't whisk to add air to them as indicated in step 1. The solution is to follow the recipe instructions diligently.

Serves 4.

1 cup (200 grams) *dhuli urad dal* (split skinless black gram)

1 teaspoon cumin seeds

1½ teaspoons table salt

Pinch of asafetida

**1 quart (800 ml)
vegetable oil**

**3 cups (750 grams) plain
yogurt**

**1 teaspoon ground
roasted cumin (page 32)**

**1 teaspoon red chile
powder**

**1 tablespoon chopped
fresh cilantro**

Khajoor aur imli ki
chutney (sweet date-and-
tamarind chutney; page 22)

1. Wash the *dhuli urad dal* and soak it in 3 cups water (600 ml) for 2 hours. Drain and place in a food processor with 1¼ cups (250 ml) water. Process to a smooth and fluffy paste. Transfer to a bowl, add the cumin, 1 teaspoon of the salt, and the asafetida, then whisk to incorporate air into the batter.

2. Place a wok or a heavy saucepan over medium heat and add the oil. When small bubbles appear at the bottom of the wok, shape the batter into small

dumplings and slide them, a few at a time, into the hot oil; do not overcrowd the wok. Cook the *wadas*, turning them over frequently with a slotted spoon, for 12 minutes or until golden brown. Remove with a slotted spoon and transfer them to a bowl of hot water.

3. Put the yogurt in a deep serving bowl and whisk until smooth. Add the remaining $\frac{1}{2}$ teaspoon salt and stir well.

4. Squeeze the *wadas* gently between your palms to remove excess water. Add them to the yogurt and let soak for 15 to 20 minutes.

5. Sprinkle with the cumin,

chile powder, and cilantro. Drizzle with the chutney and serve.

Dal Pakwan

A crisp bread served with flavorful lentils

In Mumbai, long queues form outside shops selling this *dal* and bread on Sunday mornings; it's a popular breakfast dish in the Sindhi community. The best *pakwans* are made fresh at home right before mealtime. Just break off the crisp, golden-brown pieces and spoon up the *dal* with them.

Serves 4.

~ **For the *dal*:**

1 cup (200 grams)

***chana dal* (split Bengal gram)**

**$\frac{1}{2}$ teaspoon table salt,
or more to taste**

**$\frac{1}{4}$ teaspoon ground
turmeric**

**$\frac{1}{2}$ teaspoon red chile
powder**

**$\frac{1}{4}$ teaspoon *garam
masala* (spice mix; page 27)**

**$\frac{3}{4}$ teaspoon *amchur*
(dried mango powder)**

**3 tablespoons vegetable
oil**

**1 teaspoon cumin seeds
4 or 5 green chiles,
stemmed and slit**

8 to 10 fresh curry
leaves

1 medium red onion,
peeled and diced

$\frac{1}{2}$ cup (30 grams)
chopped fresh cilantro

~ For the *pakwan*:

1 quart (800 ml)
vegetable oil

1 cup (120 grams)
maida (refined flour) or
pastry flour

2 tablespoons *atta*
(whole-wheat flour)

1 tablespoon fine
semolina flour

$\frac{1}{4}$ teaspoon cumin seeds

**10 to 12 black
peppercorns, crushed**

½ teaspoon table salt

1. Make the dal: Put the *dal* in a bowl, wash in plenty of water 2 or 3 times, and drain. Add 3 cups (600 ml) water and soak for about 1 hour. Drain the *dal* in a strainer.

2. Place a nonstick saucepan over high heat and add 3 cups (600 ml) water. When it comes to a rapid boil, add the *dal*, salt, and turmeric. When the mixture comes to a boil again, lower the heat to medium, cover, and cook for 25 minutes. Add ½ cup (100 ml) water and cook until soft.

3. Add ¼ teaspoon of the chile

powder, 1/8 teaspoon of the *garam masala*, and half of the *amchur*. Taste for salt and add more if needed. Cook over low heat for 10 minutes.

4. Place a small nonstick pan over medium heat and add the oil. When small bubbles appear at the bottom of the pan, add the cumin seeds. When they begin to change color, add the chiles, curry leaves, the remaining 1/8 teaspoon *garam masala*, and the remaining 1/4 teaspoon chile powder. Stir and pour the mixture over the *dal*, stir well, remove from the heat, cover, and set aside.

5. Place a nonstick wok over

medium heat and add 1 quart (800 ml) oil.

6. While the oil heats, make the *pakwan*: Sift the *maida* and *atta* into a large bowl. Add the semolina, cumin, peppercorns, 2 tablespoons of the hot oil, and the salt. Add $\frac{1}{4}$ cup (50 ml) water and knead to make a medium-soft dough.

7. Divide the dough into 8 portions and roll each portion out into a 4-inch (10-cm) round. Prick lightly with a fork.

8. Check the oil. When small bubbles appear at the bottom of the wok, lower the heat to low and add the dough rounds, one by one, and

cook until golden and crisp on both sides, pressing the *pakwan* down into the oil with a slotted spoon so they become very crisp. Remove with the slotted spoon and drain on paper towels. Let them cool to room temperature.

9. Garnish the *dal* with the onion and cilantro and serve with the *pakwan*.

Dudhi Na Muthia

Bottle gourd dumplings with mustard seeds and curry leaves

Being a Punjabi, I did not have much experience with Gujarati food until I got married. This snack gets its name from the fact that the dough

is placed on the palm and pressed into shape by clenching the fist (*muthi* in Gujarati). I like to eat the *muthia* plain, right after they've been steamed; this saves calories, but in most homes the tempering is considered essential.

Serves 4.

**14 ounces (400 grams)
bottle gourd (substitute: red
pumpkin)**

**1 tablespoon ginger
paste (page 12)**

**1 tablespoons green
chile paste (page 13)**

**$\frac{3}{4}$ cup plus 2
tablespoons (85 grams)
besan (chickpea/gram flour)**

**1¼ cups (190 grams)
atta (whole-wheat flour)
1 teaspoon table salt
½ teaspoon ground
turmeric
1/8 teaspoon asafetida
2 tablespoons chopped
fresh cilantro
1½ tablespoons sesame
seeds
1 teaspoon sugar
1 teaspoon freshly
squeezed lemon juice
1 tablespoon sour plain
yogurt (see page 513)
3 tablespoons vegetable
oil**

**1 teaspoon brown
mustard seeds**

1 teaspoon cumin seeds

20 fresh curry leaves

1. Peel the bottle gourd and grate it. Put it in a large bowl and add the ginger paste, green chile paste, *besan*, *atta*, salt, turmeric, asafetida, cilantro, 1 tablespoon of the sesame seeds, the sugar, lemon juice, and yogurt. Combine well and knead to make a sticky dough.

2. Grease your palms with a little oil. Divide the dough into 4 portions and shape each portion into a ½-inch (1-cm) diameter cylinder.

3. Place a steamer over high

heat and add 2 cups (400 ml) water. When the water comes to a boil, put the rolls on a steaming tray and place the tray in the steamer. Steam for 15 minutes or until a skewer inserted into one of the pieces comes out clean. Remove from the steamer and let cool completely. Cut into 1-inch (2½-cm) pieces.

4. Place a nonstick wok over medium heat and add the oil. When small bubbles appear at the bottom of the wok, add the mustard seeds, cumin, curry leaves, and the remaining ½ tablespoon sesame seeds. When the seeds sputter, add the dumpling pieces and toss well. Lower the heat to low and sauté,

tossing occasionally, for 3 to 4 minutes or until the *muthia* are lightly browned on all sides.

5. Serve hot.

Green Pea Kachori

A crisp bread stuffed with spicy green peas

Getting a flaky but crisp crust here is rather tricky: If the heat is too high, the *kachoris* will brown on the outside but remain raw and chewy inside. If the oil isn't hot enough, the crust will not be flaky and you will have hard *kachoris* on hand. It takes time to cook them at the right temperature, but if you do, the flat, stuffed disks will puff up

and look spectacular. Serve them with *khajoor aur imli ki chutney* (sweet date-and-tamarind chutney; page 22).

Serves 4.

**1 cup (120 grams)
maida (refined flour) or
pastry flour**

$\frac{1}{4}$ teaspoon *ajwain*

$\frac{1}{4}$ teaspoon table salt

**2 tablespoons ghee
(page 37), melted**

**1 tablespoon plus 1
quart (800 ml) vegetable oil**

Pinch of asafetida

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

**1-inch ($2\frac{1}{2}$ -cm) piece
fresh ginger, chopped**

**3 or 4 green chiles,
stemmed and chopped**

**1 cup (150 grams) fresh
or frozen green peas,
crushed**

$\frac{1}{2}$ teaspoon table salt

**$\frac{1}{2}$ teaspoon *garam
masala* (spice mix; page 27)**

**$\frac{1}{4}$ cup (30 grams)
grated fresh coconut (or
frozen unsweetened
coconut)**

**$\frac{1}{4}$ cup (40 grams)
roasted peanuts, crushed**

1. Put the *maida*, *ajwain*, $\frac{1}{4}$ teaspoon of the salt, and the ghee in a bowl, and stir. Add $\frac{1}{3}$ cup (65 ml) cold water and knead to make a

stiff dough. Cover with a double layer of damp cheesecloth and set aside for 30 minutes.

2. Place a medium nonstick sauté pan over medium heat and add 1 tablespoon of the oil. When small bubbles appear at the bottom of the pan, lower the heat to low and add the asafetida and cumin. When the cumin begins to change color, add the ginger, chiles, peas, and the remaining $\frac{1}{2}$ teaspoon salt. Stir and cook for 2 to 3 minutes. Remove from the heat and add the *garam masala*. Stir and set aside to cool completely.

3. When cooled, add the coconut and peanuts, and stir well.

4. Divide the dough into 8 portions. Shape each portion into a ball and then roll out into a thick 4-inch (10-cm) round. Place a portion of the pea filling in the center and gather the edges to enclose the filling; pinch hard to seal. Using your fingers, pat the *kachori* into a flat 3-inch (7½-cm) round.

5. Place a nonstick wok over high heat and add 1 quart (800 ml) oil. When small bubbles appear at the bottom of the wok, lower the heat to medium and gently slide in 2 *kachoris*. Fry, spooning hot oil over them and turning with a slotted spoon frequently, for 8 to 10 minutes or until golden. Remove

with the slotted spoon and drain on paper towels. Repeat with the remaining kachoris. Serve hot.

Handvo

A pan-fried savory rice, *dal*, and vegetable cake

In Ahmedabad, in Gujarat, you are likely to see home kitchens equipped with special steamers to make *dhoklas* and a special cooker that is used solely to make *handvo*. Yes, it's such an important dish that cooks invest in a special gadget to make it. The cooker has a large dome with a perforated lid that covers a container with a tube in the center. The *handvo* batter is

poured into the well-greased container, which is placed in a tray filled with sand. The cooker with the container and tray is put over the heat and the *handvo* batter is cooked slowly and steadily into a ring-shaped cake with a very crisp, dark crust. You can also use a regular nonstick sauté pan, as I describe below. Enjoy a freshly cooked *handvo* for dinner accompanied by loads of mint-and-cilantro chutney (page 22).

Serves 4.

**1 cup (200 grams) raw
rice**

**¼ cup (50 grams) *dhuli
moong dal* (split skinless**

green gram)

$\frac{1}{4}$ cup (50 grams) *chana dal* (split Bengal gram)

$\frac{1}{4}$ cup (50 grams) *dhuli urad dal* (split skinless black gram)

$\frac{1}{2}$ cup (125 grams) sour plain yogurt (see page 513)

2 tablespoons vegetable oil

1 teaspoon ginger paste (page 12)

1 teaspoon green chile paste (page 13)

$\frac{1}{2}$ teaspoon red chile powder

$\frac{1}{8}$ teaspoon ground

turmeric

2 teaspoons table salt

½ small red onion, thinly sliced

2 tablespoons grated bottle gourd (substitute: red pumpkin)

2 tablespoons shredded cabbage

1 tablespoon grated carrot

Small pinch of asafetida

½ teaspoon brown mustard seeds

4 fresh curry leaves

1 dried red chile, stemmed and broken in half

½ teaspoon sesame seeds

¼ teaspoon baking soda

1. Put the rice and *dals* in a bowl, wash in plenty of water 2 or 3 times, and drain. Add 3 cups (600 ml) water and soak for 5 hours. Drain, transfer to a food processor with 5 tablespoons water, and process coarsely.

2. Transfer to a deep bowl. Add the yogurt, 1 tablespoon of the oil, and 2 tablespoons lukewarm water, and whisk to make a thick batter. Cover the bowl and set aside in a warm place to ferment overnight.

3. Add the ginger paste, green

chile paste, chile powder, turmeric, and salt, and stir well. Add the onion, bottle gourd, cabbage, and carrot, and stir well. Set the batter aside.

4. Place a small nonstick sauté pan over medium heat and add $\frac{3}{4}$ tablespoon of the oil. When small bubbles appear at the bottom of the pan, add the asafetida and mustard seeds. When the seeds sputter, add the curry leaves, red chile, and sesame seeds. Add this tempering to the batter and stir well. Add the baking soda and stir well.

5. Place a large nonstick sauté pan over medium heat and add the remaining $\frac{1}{4}$ tablespoon oil. When

small bubbles appear at the bottom of the pan, lower the heat to low, add the batter, and let it spread evenly. Cover and cook for 20 minutes. Flip it over. Cover and cook for 15 minutes or until both sides are evenly browned. Cut into wedges and serve.

Hara Bhara Kabab

Fresh spinach and potato kebabs

This vegetarian appetizer is very popular in restaurants in India. At my Yellow Chilli restaurants, we add a layer of depth and complexity by stuffing the kebabs with yogurt.

Makes 24 kebabs.

**7 ounces (200 grams)
spinach leaves, blanched and
chopped (see Note)**

**$\frac{3}{4}$ cup (110 grams) fresh
or frozen green peas, boiled
and mashed**

**3 medium potatoes,
boiled, peeled, and grated**

**2 green chiles, stemmed
and chopped**

**2 tablespoons chopped
fresh cilantro**

**1-inch ($2\frac{1}{2}$ -cm) piece
fresh ginger, chopped**

**1 teaspoon *chaat*
masala (spice mix for *chaat*;**

page 24)

1 teaspoon table salt

2 tablespoons

cornstarch

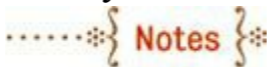
2 tablespoons vegetable

oil

1. Put the spinach, peas, and potatoes in a deep bowl, and stir well. Add the chiles, cilantro, ginger, *chaat masala*, and salt, and stir well. Add the cornstarch and stir to a smooth, soft dough. Divide the spinach mixture into 12 equal portions. Shape each portion into a ball and then press it between your palms to form it into a flat, round shape that looks like a thick disk.

2. Place a nonstick sauté pan

over medium-high heat and add 1 teaspoon of the oil. Put 6 kebabs in the pan, with space between them. Drizzle 1 teaspoon of the oil all around the kebabs and cook for 2 to 3 minutes or until the underside is golden brown. Using a spatula, turn them over, drizzle 1 teaspoon of the oil all around them, and cook for 2 to 3 minutes more or until golden brown. Drain on paper towels. Cook the remaining 6 kebabs with the remaining oil. Serve immediately.



You can also use frozen chopped spinach (just thaw and squeeze out the excess

water). To blanch fresh spinach leaves, boil 2 cups (60 ml) of water, add the leaves, and boil for 2 to 3 minutes. Drain and refresh in cold water. Drain again, squeeze out excess water, and finely chop.

Hare Masale Ka

Bhuna Paneer

Paneer with mint and cilantro

Paneer and vegetables are coated in a spicy green marinade and broiled. Tart, juicy, fresh pomegranate seeds and the distinctive flavor of mustard oil make the dish special.

Serves 4.

**4 ounces (125 grams)
paneer (pressed fresh
cheese; page 17)**

~ **For the first
marinade:**

**1 tablespoon fresh
ginger paste (page 12)**

**1 tablespoon fresh
garlic paste (page 12)**

**2 tablespoons freshly
squeezed lemon juice**

1 teaspoon table salt

~ **For the second
marinade:**

**1 cup (25 grams) fresh
cilantro leaves**

**½ cup (12 grams) fresh
mint leaves**

**2 tablespoons fresh
pomegranate arils**

**¾-inch piece fresh
ginger, chopped**

5 cloves garlic

**6 green chiles, stemmed
and chopped**

**1 cup (270 grams)
drained plain yogurt**

½ teaspoon table salt

**½ teaspoon *garam
masala* (spice mix; page 27)**

**2 teaspoons ground
roasted cumin (page 32)**

¼ cup (25 grams) *besan*

**(chickpea/gram flour),
roasted (see Note)**

**1 tablespoon *kasoori
methi* (dried fenugreek
leaves), ground**

**1 tablespoon filtered
mustard oil (see Note page
87)**

10 fresh curry leaves

**1 large tomato, seeded
and cut into 1-inch (2½-cm)
cubes**

**1 medium green bell
pepper, cut into 1-inch (2½-
cm) cubes**

**1 medium red onion, cut
into 1-inch (2½-cm) cubes**

**5 tablespoons butter,
melted**

**1 tablespoon freshly
squeezed lemon juice**

**2 teaspoons *chaat
masala* (spice mix for *chaat*;
page 24)**

1. Cut the *paneer* into 8 (1-inch/2½-cm) cubes and set aside.

2. Make the first marinade: Put all the ingredients in a large bowl and stir well. Add the *paneer* and stir gently to coat. Set aside for 30 minutes.

3. Make the second marinade: Blanch the cilantro and mint in boiling water for 1 minute, then drain in a colander. Wash under

cold running water for 30 seconds, then let drain for 30 minutes. Put the cilantro and mint, the pomegranate arils, ginger, garlic, chiles, and 2 tablespoons water in a food processor. Process to a paste. Transfer to a large bowl.

4. Add the yogurt, $\frac{1}{2}$ teaspoon salt, the *garam masala*, cumin, *besan*, and *kasoori methi*, and stir well.

5. Put the mustard oil in small saucepan and place over low heat. Tear the curry leaves into small bits. When the oil begins to smoke, add the curry leaves and immediately remove from the heat and pour into the second marinade.

6. Add the *paneer* pieces (along with the first marinade) and the tomato, bell pepper, and onion. Cover the bowl with plastic wrap and put in the refrigerator to marinate for 3 to 4 hours.

7. Preheat the broiler to high.

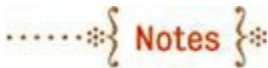
8. String the *paneer* alternately with the tomato, pepper, and onion onto skewers. Put the skewers on a baking sheet and broil for 3 to 4 minutes. Baste with 2 tablespoons of the butter, then broil for 2 to 3 minutes more.

9. Put the remaining 3 tablespoons melted butter in a nonstick sauté pan and place over medium heat. Remove the grilled

paneer and vegetables from the skewers and add them to the hot butter. Stir-fry for 30 seconds over high heat.

10. Transfer to a serving bowl and sprinkle with the lemon juice and *chaat masala*.

11. Serve immediately.



To roast *besan*, place a small nonstick sauté pan over medium heat and add the *besan*. Roast, stirring continuously, until the *besan* is fragrant and lightly browned.

Idiappam

A South Indian rice snack

Four simple ingredients—rice, water, oil, and salt—result in a masterpiece of a dish. Although it is not commonly made in modern households in South India, this airy treat does come into the limelight on special occasions. Whenever I am in Kerala, I make a point of having this for breakfast at least once. Serve the *idiappam* sprinkled with fresh coconut and drizzled with coconut milk or a chutney.

This recipe requires an *idiappam* press. It is made of wood or metal and has a fine mesh through which the dough is pushed to form thin, noodlelike strings. You can find them at many Indian

grocery stores and online.

Serves 4.

2½ cups (300 grams)

short-grain rice

**2 tablespoons vegetable
oil**

1½ teaspoons table salt

1. Wash the rice, drain, and soak in 3 cups (600 ml) water for about 2 hours. Drain well and spread out on a clean, dry, absorbent cloth in an airy place for 30 minutes. Put in a mini food processor and process to a smooth powder. Shake the rice through a fine sieve and discard the large bits in the sieve. Measure the volume of ground rice and pour an equal

volume of water into a saucepan.

2. Place the water over high heat, bring to a rapid boil, and add the oil and salt. Lower the heat to low. Gradually add the rice flour in a continuous stream, stirring constantly to prevent lumps from forming.

3. Add $\frac{1}{4}$ cup (50 ml) water if the mixture seems too thick. Cook for 5 minutes, remove from the heat, and let rest, covered, for about 5 minutes.

4. When cool enough to handle, transfer the dough to a flat plate and knead well with damp hands for 5 minutes.

5. Divide the dough into 12

balls that will fit into an *idiappam* press.

6. Heat 2 cups (400 ml) water in a steamer. Arrange the balls on a perforated plate and place it in the steamer. Steam for about 15 minutes or until cooked. Cover and keep warm.

7. Put the steamed rice-flour balls one by one into the *idiappam* press and press them onto a plate and let cool.

8. Serve at room temperature.

Idlis

South Indian steamed rice dumplings

Soft and spongy *idlis* (rice

dumplings) are always served with *sambhar* (page 32) and coconut cilantro chutney (page 520). It is not difficult to make *idlis* at home. This hot, healthy snack is probably the lightest—but also the most filling—snack in the South Indian repertoire.

You will need an *idli* steamer for this (page 591); they are readily available at Indian grocery stores.

Makes 20.

**1 cup (200 grams)
parboiled rice**

**¼ cup (50 grams) raw
short-grain rice**

**½ cup (100 grams) *dhuli
urad dal* (split skinless black**

gram)

**½ teaspoon fenugreek
seeds**

1 teaspoon table salt

**Vegetable oil for the
idli trays**

1. Put the parboiled rice and raw rice in a large bowl, wash in plenty of water 2 or 3 times, and drain. Add 3 cups (600 ml) water and soak for 2 to 3 hours.

2. Wash and soak the *dal* and fenugreek seeds in 1 cup (200 ml) water for 2 to 3 hours.

3. Drain the *dal* and fenugreek, and put in a food processor with ½ cup (100 ml) water. Process to a smooth and spongy batter. Transfer

to a nonstick saucepan.

4. Drain the rices and put in the same food processor with 1 cup (200 ml) water. Process to a slightly coarse mixture. Transfer to the saucepan with the *dal* mixture.

5. Add the salt and stir thoroughly in brisk whipping motions so as to aerate the batter well. It should have a pancake batter consistency.

6. Cover the pan with a tight lid and set aside in a warm place overnight to ferment.

7. Heat 2 cups (400 ml) water in a steamer and lightly oil the *idli* trays. Gently stir the batter and pour it into the trays, taking care not to

fill the indentations to the brim. Fit the trays onto the stand and put in the steamer. Cover and steam for about 10 minutes or until a toothpick inserted in an *idli* comes out clean.

8. Take the *idli* stand out of the steamer and set aside to cool slightly. Spoon the *idlis* out and keep them covered with a double layer of damp cheesecloth until it is time to serve.

9. Serve warm.

Kachche Kele Ke

Cutlet

Green banana patties with sweet tamarind chutney

Marwaris of the princely Indian state of Rajasthan are followers of a religion called Jainism. Jains do not eat any root vegetables, so in most homes the use of potatoes is taboo, along with onion and garlic. So what do they do to make potato cutlets, which are a very typical snack around the rest of the country? They use green bananas! Unless they are told, guests would never know that potatoes are missing from these cutlets. Marwari food is replete with surprises like this.

Serves 4.

**3 medium unripe
bananas, unpeeled**

**¼ cup (40 grams) green
peas, fresh or frozen**

**2 green chiles, stemmed
and minced**

Pinch of asafetida

**¼ teaspoon red chile
powder**

**¼ teaspoon *amchur*
(dried mango powder)**

**½ teaspoon *garam
masala* (spice mix; page 27)**

**2 tablespoons chopped
fresh cilantro**

1 teaspoon table salt

**About 1 cup (200 ml)
vegetable oil**

½ cup *khajoor aur imli*

***ki* chutney (sweet date-and-tamarind chutney; page 22)**

1. Wash the bananas and pat dry; do not peel them. Cut each one into 3 pieces.

2. Put a steamer with water in the bottom over high heat and place the banana pieces in the top. Cover and steam for 10 minutes. Open the lid. If the peel of the bananas is dark and the flesh is soft, they are done. Remove from the heat and carefully spoon the banana pieces into a large dish. Let cool to room temperature.

3. Pour 2 cups (400 ml) water in a small saucepan and bring to a boil over medium heat. Add the

peas and cook for 2 minutes or until soft and tender. Drain in a colander.

4. Peel the steamed banana pieces and place them in a deep bowl. Add the peas and mash them together using a potato masher or fork. Add the chiles, asafetida, chile powder, *amchur*, *garam masala*, cilantro, and salt. Combine the mixture well, preferably with your hand. Divide the mixture into 16 portions. Apply $\frac{1}{2}$ teaspoon of the oil to your palms and shape each portion into a round cutlet about $\frac{1}{2}$ inch (1 cm) thick.

5. Place a large nonstick sauté pan over high heat and add 2 to 3 tablespoons oil. When small

bubbles appear at the bottom of the pan, reduce the heat to medium. Using a spatula, lift up a cutlet and place it in the hot oil. Cook three or four cutlets at a time for 3 to 4 minutes or until the underside is light golden. Turn over with the spatula and drizzle some more oil around the edges of the cutlets. Cook for 3 to 4 minutes more or until the other side is light golden. Remove with a slotted spoon and drain on paper towels; transfer to a serving dish. Cook the remaining cutlets.

6. Serve the cutlets with the chutney as a dip.

Kalla Dosas

Dosas cooked on an iron griddle

I admit that my wife, Alyona, is more deft than I am at making thin *dosas* that cook just right and are perfectly crisp. Luckily, this *dosa* doesn't need to be paper thin and is a lot easier to make than most. These are usually cooked on a griddle called a *kalla* (hence the name), a flat, heavy cast-iron griddle.

Makes 8.

**1¼ cups (250 grams)
raw *sona masoori* rice (see
Note)**

**½ cup plus 2
tablespoons (125 grams)**

parboiled rice

2 tablespoons *dhuli urad dal* (split skinless black gram)

1 teaspoon *chana dal* (split Bengal gram)

$\frac{1}{4}$ teaspoon fenugreek seeds

1 tablespoon table salt

4 teaspoons vegetable oil

1. Put both the rices in a bowl, wash in plenty of water 2 or 3 times, and drain. Add 1 quart (800 ml) water and soak for 3 to 4 hours.

2. Put the *dals* and fenugreek seeds in another bowl, wash 2 or 3 times, and drain. Add 2 cups (400

ml) water and soak for 3 to 4 hours.

3. Drain the rice and transfer to a food processor with 1 cup (200 ml) water. Process until smooth. Transfer to a large bowl.

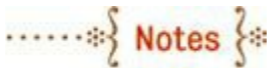
4. Drain the *dals* and fenugreek, and transfer to the food processor with $\frac{1}{2}$ cup (100 ml) water. Process until smooth, then add to the ground rice. Whisk the batter well. Add the salt and $\frac{1}{2}$ cup (100 ml) water, and whisk again.

5. Cover the bowl with plastic wrap and set aside in a warm place overnight to ferment.

6. Add 5 tablespoons (75 ml) water and whisk to make a batter of pouring consistency.

7. Place a nonstick griddle over medium heat. Grease it with $\frac{1}{2}$ teaspoon of the oil. Lower the heat to low. Pour a ladleful of the batter onto the griddle and do not spread it. Cover with a dome-shaped lid and cook for 5 minutes or until the underside is lightly browned and the top side is perforated by bubbles. Repeat with the remaining batter and oil.

8. Serve hot.



Sona masoori is a medium-grain rice. It is lightweight and aromatic and is considered to be healthier than regular rice, as it has less starch.

Kanchipuram Idlis

Spiced steamed rice dumplings

Kanchipuram, where this snack is popular, is a city in South India known for its resplendent silk saris that come in gorgeous colors and feature woven-gold borders. The steamed rice cakes have a color tinted by turmeric, and they have some crunch and texture from the *dal* and peppercorns. Serve the *idlis* with coconut cilantro chutney (page 520) and *sambhar* (page 32).

You'll need an *idli* steamer to make this (page 591).

Serves 4.

**1 cup (200 grams)
short-grain rice**

½ cup (100 grams) *dhuli urad dal* (split skinless black gram)

¾ teaspoon fenugreek seeds

1 teaspoon ground turmeric

30 black peppercorns, coarsely crushed

2 teaspoons *chana dal* (split Bengal gram)

Pinch of asafetida

1 cup (250 grams) plain yogurt

½ cup (100 grams) ghee

(page 37)

1 teaspoon table salt

A few tender banana leaves

1. Put the rice and *urad dal* in a bowl, wash in plenty of water 2 or 3 times, and drain. Add the fenugreek and 3 cups (600 ml) water, and soak for 3 to 4 hours. Drain and transfer to a food processor with $\frac{1}{2}$ cup (100 ml) water. Process to a smooth paste of pouring consistency. Transfer to a large bowl.

2. Add the turmeric, peppercorns, *chana dal*, asafetida, yogurt, ghee, and salt. Stir well, cover, and set aside to ferment

overnight.

3. Whisk the batter to aerate it and add $\frac{1}{4}$ cup (50 ml) water to adjust the consistency. It should be fairly thick.

4. Heat 3 to 4 cups (600 to 800 ml) water in a steamer.

5. Line the indentations in the *idli* trays with the banana leaves and pour the batter into them. Place in the steamer and steam for about 20 minutes or until cooked through.

6. Serve hot.

Kand Ke Pattice

Purple yam and potato patties

Kand, or purple yam, is an

exotic tuber with a lovely smooth texture, which I capitalize on here in stuffed patties that are not only beautiful after you cut into them but also delicious. Serve them with sweetened yogurt or *pudina aur dhaniya* chutney (mint-and-cilantro chutney; page 22).

Serves 4.

**2 medium purple yams,
peeled and boiled**

1¼ teaspoons table salt

**7 tablespoons arrowroot
powder**

**2 medium potatoes,
cooked and peeled**

**½ cup (60 grams)
grated fresh coconut (or**

**frozen unsweetened
coconut)**

**5 or 6 black
peppercorns, crushed**

**7 or 8 cashews, finely
chopped**

**2 green chiles, stemmed
and chopped**

**½-inch (1-cm) piece
fresh ginger, chopped**

1 tablespoon raisins

**1 tablespoon chopped
fresh cilantro**

**½ cup (100 ml)
vegetable oil**

1. Grate the yams into a bowl.
Add ½ teaspoon of the salt and 5
tablespoons (30 ml) of the

arrowroot powder, and knead well. Divide into 8 portions.

2. Grate the potatoes into another bowl. Add $\frac{1}{2}$ teaspoon of the salt and $\frac{1}{2}$ tablespoon of the arrowroot powder, and knead well. Divide into 8 portions. Spread the remaining arrowroot powder on a plate.

3. Make the stuffing: Put the coconut in a third bowl. Add the peppercorns, cashews, chiles, ginger, raisins, and the remaining $\frac{1}{4}$ teaspoon salt, and combine well. Add the cilantro and combine well. Divide into 8 portions.

4. Take one portion of potato, roll lightly in the arrowroot

powder, and spread it on your palm. Place a portion of the stuffing over the potato, gather the edges, and shape into a ball. Take a portion of the yam mixture, roll lightly in the arrowroot powder, and spread it on your palm. Place the stuffed potato ball in the center, gather the edges, and shape into a ball. Place the ball on a flat surface and gently flatten it into a 3-inch patty. Gently roll the sides so that they are even and smooth. Repeat with the remaining stuffing, potato, and yam mixtures. Note that you can make these in advance and refrigerate them until you are ready to cook and serve.

5. Sprinkle the remaining arrowroot powder over the patties.

6. Place a nonstick sauté pan over medium heat and add 1 tablespoon of the oil. When small bubbles appear at the bottom of the pan, add one patty and cook for 1 minute on each side, or until crisp and lightly browned. Remove with a slotted spoon and drain on paper towels. Repeat with the remaining patties and oil. Serve hot.

Kanda Bhajia

Crisp onion fritters

Street food in Mumbai does not stop at *bhelpuri* (page 84). In

fact, one vendor may offer three or four different freshly made snacks. There is always a huge crowd waiting for these cooked fritters that, indeed, sell like hotcakes.

Makes 30.

**4 large red onions,
sliced**

1 teaspoon table salt

**$\frac{3}{4}$ cup (75 grams) *besan*
(chickpea/gram flour)**

3 tablespoons rice flour

**$1\frac{1}{2}$ teaspoons red chile
powder**

**$\frac{1}{2}$ teaspoon ground
roasted cumin (page 32)**

**1 teaspoon ground
coriander**

**1/4 teaspoon ground
turmeric**

1/2 teaspoon *ajwain*

**2 tablespoons chopped
fresh cilantro**

**1 quart (800 ml)
vegetable oil**

1. Put the onions in a bowl and toss with the salt. Set aside for 10 minutes.

2. Add the *besan*, rice flour, chile powder, cumin, coriander, turmeric, *ajwain*, and cilantro, and stir well.

3. Place a nonstick wok over high heat and add the oil. When small bubbles appear at the bottom of the wok, lower the heat to

medium. Drop teaspoonfuls of the onion mixture into the hot oil, taking care not to crowd them. Cook, stirring occasionally with a slotted spoon, until golden brown and crisp. Remove with the slotted spoon and drain on paper towels.

4. Serve hot.

Kanda Poha

Onions and pressed rice

When in Maharashtra, eat as the locals do: *Kanda poha* is an inexpensive, easy-to-prepare dish that is great for breakfast or as an afternoon snack. *Kanda* is the Marathi word for “onions,” and

poha is pressed rice (available at Indian grocery stores). You can add fresh pomegranate arils or corn kernels, you can omit the potato and peas, you can garnish this dish with thin chickpea-flour *sev*, you can serve it drizzled with ketchup . . . this is a very flexible recipe!

Serves 4.

3½ cups (400 grams)

thick *poha* (pressed rice)

1½ teaspoons table salt

½ teaspoon sugar

1 quart (800 ml) plus ¼ cup (50 ml) vegetable oil

¼ cup (40 grams) raw peanuts

1 teaspoon brown

mustard seeds

1 teaspoon cumin seeds

Pinch of asafetida

**6 or 7 fresh curry
leaves**

**4 medium red onions,
chopped**

**6 green chiles, stemmed
and chopped**

**$\frac{1}{2}$ teaspoon ground
turmeric**

**$\frac{1}{4}$ teaspoon red chile
powder**

**1 medium potato, cut
into $\frac{1}{2}$ -inch (1-cm) cubes**

**$\frac{1}{4}$ cup (40 grams)
blanched green peas**

(optional)

**1 teaspoon freshly
squeezed lemon juice**

**2 tablespoons chopped
fresh cilantro**

1. Put the *poha* in a colander and wash it under running water. The *poha* should be moist but not mashed. Drain well. Add the salt and sugar, and toss gently. Set aside.

2. Place a nonstick wok over high heat and add 1 quart (800 ml) of the oil. When small bubbles appear at the bottom of the wok, lower the heat to medium and add the peanuts. Cook for 3 to 4 minutes or until lightly browned and crisp.

Remove with a slotted spoon and drain on paper towels.

3. Place a nonstick sauté pan over medium heat and add the remaining oil. When small bubbles appear at the bottom of the pan, add the mustard seeds. When they begin to sputter, add the cumin, asafetida, and curry leaves, and sauté for 30 seconds.

4. Add the onions and sauté for 8 minutes or until the onions are lightly browned.

5. Add the chiles and sauté for 30 seconds. Add the turmeric and chile powder, and stir well. Add the potato and stir. Cook for 7 minutes or until the potato is tender.

6. Add the peanuts and peas, and stir. Add the *poha* and stir gently. Lower the heat to low, cover, and cook for 7 minutes or until the *poha* is heated through.

7. Add the lemon juice and stir gently.

8. Transfer the *poha* to a serving bowl, garnish with the cilantro, and serve hot.

Kanji Bada

Lentil dumplings soaked in sour water

I have eaten this dish so many times, and yet whenever it is served to me, I wonder if it is a drink or a snack. Whichever way you look at

it, this is a sour preparation that really whets the appetite. The *badas* are made of lentils ground with spices, shaped into small balls, and deep-fried. They are then soaked in *kanji*, a fermented water spiced with ground mustard and red chile powder.

Serves 4.

~ For the *kanji*:

**1½ tablespoons black
mustard seeds, coarsely
ground**

**½ teaspoon red chile
powder**

1½ teaspoons black salt

~ For the *badas*:

½ cup plus 2

tablespoons (125 grams)
***dhuli moong dal* (split
skinless green gram)**

1/8 teaspoon asafetida

**1/2 teaspoon coriander
seeds, coarsely ground**

**1/2 teaspoon fennel
seeds, coarsely ground**

**1/2 teaspoon fresh green
chile paste (page 13)**

**1 1/2 tablespoons chopped
fresh cilantro**

Pinch of baking powder

3/4 teaspoon table salt

**8 black peppercorns,
crushed**

1 quart (800 ml)

vegetable oil

1. Make the *kanji*: Combine the mustard seeds, chile powder, and black salt in a large bowl. Add 2½ cups (500 ml) water and stir well. Cover and set aside for about 2 days to ferment. Taste to see if it has turned sour. When the water is sour, put it in the refrigerator.

2. Make the *badas*: Put the *dal* in a bowl, wash in plenty of water 2 or 3 times, and drain. Add 1½ cups (300 ml) water and soak for 3 hours. Drain the *dal* and put in a spice grinder. Grind to a smooth paste without adding any extra water.

3. Transfer the paste to a large

bowl. Add the asafetida, coriander, fennel, chile paste, cilantro, baking powder, salt, and peppercorns, and stir well. Whisk the batter with your hands for 10 to 15 minutes to make it light.

4. Place a nonstick wok over high heat and add the oil. When small bubbles appear at the bottom of the wok, drop the batter, a tablespoon at a time, into the hot oil. Cook over medium heat until golden brown, turning frequently with a slotted spoon. Remove with the slotted spoon and drain on paper towels. Let the *badas* cool completely.

5. Soak the *badas* in 1½ cups

(300 ml) plain water for 5 minutes. Squeeze gently, then submerge them in the *kanji*. Cover the bowl with the lid and chill in the refrigerator for at least 2 hours. Serve cold.

Kasoori Paneer

Tikka

Paneer marinated in spicy yogurt and grilled

Dried fenugreek leaves, called *kasoori methi*, are believed to have first been used in a province in Pakistan, and perhaps this is where the versatile herb gets its name. In India, it is inexpensive and a must-have for the spice shelf. Roast it and crush it to release the maximum

flavor. It is best added during the last stages of cooking. It marries well with onions, tomatoes, chicken, cream, and *paneer*.

Serves 4.

**9 ounces (250 grams)
paneer (pressed fresh
cheese; page 17)**

**1 medium green bell
pepper, seeded**

1 medium red onion

**1 medium tomato,
seeded**

**1 cup (250 grams) plain
yogurt**

**2 tablespoons *pudina
aur dhaniya* chutney (mint-**

and-cilantro chutney; page 22)

1 teaspoon fresh green chile paste (page 13)

1 teaspoon fresh ginger paste (page 12)

1 teaspoon fresh garlic paste (page 12)

¼ teaspoon ground turmeric

1 teaspoon *garam masala* (spice mix; page 27)

1 teaspoon *chaat masala* (spice mix for *chaat*; page 24)

2 tablespoons *kasoori methi* (dried fenugreek

leaves), roasted and crushed
2 tablespoons roasted
chana dal, finely ground
 $\frac{1}{4}$ cup (50 ml) heavy
cream
1 teaspoon table salt
2 tablespoons filtered
mustard oil (see Note page
87)
2 tablespoons vegetable
oil
2 tablespoons freshly
squeezed lemon juice

1. Cut the *paneer*, bell pepper, onion, and tomato into 1½-inch (4-cm) pieces. Separate the layers of the onion pieces.

2. Stir together the yogurt,

chutney, chile paste, ginger paste, garlic paste, turmeric, *garam masala*, ½ teaspoon of the *chaat masala*, the *kasoori methi*, *dal*, cream, and salt in a large bowl. Add the *paneer* and stir gently. Let marinate for about 15 minutes.

3. Put the mustard oil in a nonstick wok and place over medium heat. When it begins to smoke, remove from the heat and let cool completely. Stir the mustard oil into the *paneer*.

4. Soak a few wooden skewers in water for 15 minutes.

5. Thread the bell pepper, *paneer*, tomato, and onion onto the skewers.

6. Place a nonstick sauté pan over medium heat and add the vegetable oil. When small bubbles appear at the bottom of the pan, place the skewers on it and cook, turning a few times so that the *tikkas* cook evenly on all sides until the *paneer* is golden.

7. Arrange on a plate, sprinkle with the remaining $\frac{1}{2}$ teaspoon *chaat masala* and the lemon juice, and serve immediately.

Khakhra

Crisp flatbreads

In a typical Gujarati home, leftover *rotis* (griddle breads) are roasted until crisp to make *khakhra*. Today these are commercially available in many flavors. I always keep a snack box full of *khakhras* in my office to munch on. They make a great snack instead of potato chips.

Makes 15.

**2 cups (150 grams) *atta*
(whole-wheat flour)**

1 teaspoon table salt

2 teaspoons crushed

***kasoori methi* (dried
fenugreek leaves)**

**About 5 tablespoons
vegetable oil**

1. Put the flour and salt in a deep bowl. Add the *kasoori methi* and 3 tablespoons of the oil. Add 1 cup (200 ml) water and knead to make a stiff dough. Cover with a double layer of damp cheesecloth and let rest for 15 minutes.

2. Divide the dough into 15 equal portions and shape into balls. Roll out into thin 6-inch (15-cm) rounds, using a few drops of oil on the rolling pin to ease the rolling, as the dough tends to be sticky.

3. Place a nonstick griddle

over low heat. After 2 minutes, place 1 dough round on it and cook over low heat, holding it down for 30 seconds at a time using a potato masher. (In India they use a wooden press, but a masher will work well.) Turn the round over and cook using the pressure of the masher. At this stage it helps to drizzle a few drops of oil around the edges of the dough. Cook until crisp, with tiny brown flecks on both sides.

4. Let cool to room temperature, then store in an airtight container for up to 4 weeks.

.....✧ } **Chef's Tip** } ✧

Khakhra
can be made with different flavors

—garlic, *pav bhaji masala*, *chaat masala*, fresh fenugreek leaves, fresh spinach leaves, tomato, and so on.

Khaman Dhokla

Fermented *besan* batter, steamed and tempered

When it comes to choosing my favorite Gujarati snack, I would put this one right after *khandvi* (page 131). When I married Alyona, she introduced me to these savories from her home state.

Serves 4.

**1 cup (100 grams) *besan*
(chickpea/gram flour)**

½ cup (125 grams) plain

yogurt, whisked

1 teaspoon table salt

**1 green chile, stemmed
and chopped**

**$\frac{3}{4}$ -inch (1 $\frac{1}{2}$ -cm) piece
fresh ginger, chopped**

**$\frac{1}{4}$ teaspoon ground
turmeric**

**1 tablespoon vegetable
oil**

$\frac{1}{2}$ teaspoon baking soda

**$\frac{1}{2}$ tablespoon freshly
squeezed lemon juice**

**$\frac{1}{2}$ teaspoon brown
mustard seeds**

**1 tablespoon chopped
fresh cilantro**

2 tablespoons scraped fresh coconut

1. Put the *besan* in a bowl. Add the yogurt and 6 tablespoons warm water and whisk well so that there are no lumps. The mixture should have a slightly thick consistency. Add the salt, stir, and cover the bowl with a lid. Set aside to ferment for 3 to 4 hours.

2. Put the chiles, ginger, and 1 tablespoon water in a spice grinder, and grind to a paste.

3. To the *besan* mixture, add the turmeric and chile-ginger paste, and stir well.

4. Place a steamer over high heat and add 2 cups (400 ml) water.

Grease a *dhokla* plate or a shallow cake pan with 1 teaspoon of the oil.

5. Stir the baking soda, 1 teaspoon of the oil, and the lemon juice together in a small bowl. Add to the *besan* mixture and whisk briskly.

6. Pour the batter into the greased plate or cake pan and place it in the steamer. Cover and steam for 10 to 12 minutes or until a skewer inserted in the center of the cake comes out clean.

7. Remove the plate or cake pan from the steamer and set aside to cool slightly. Cut the cake into 1½-inch (4-cm) squares and place these *dhoklas* in a serving bowl or

plate.

8. Place a small nonstick sauté pan over medium heat and add the remaining 2 teaspoons oil. When small bubbles appear at the bottom of the pan, add the mustard seeds. When the seeds begin to sputter, remove from the heat and pour over the *dhoklas*.

9. Garnish with the cilantro and coconut, and serve warm.

Khandvi

Besan roll-ups

This is a delicious, beautiful, bright yellow savory roll-up dish from Gujarat, in the western part of

India. I learned to make this dish from my wife, who makes it better than anyone I know. Making *khandvi* is an art: It takes some practice to know when the *besan* batter is cooked to the correct consistency. The roll-ups can be refrigerated for 4 to 6 hours before the tempering and garnishes are added, but are best served immediately.

Serves 4.

**1¼ cups (125 grams)
besan (chickpea/gram flour)
1-inch (2½-cm) piece
fresh ginger, chopped
2 green chiles, stemmed
and halved**

**¼ cup (50 ml) vegetable
oil**

**½ cup (125 grams) plain
yogurt**

½ teaspoon table salt

**½ teaspoon ground
turmeric**

**1 tablespoon freshly
squeezed lemon juice**

Pinch of asafetida

**1 teaspoon black
mustard seeds**

**2 tablespoons grated
fresh coconut (or frozen
unsweetened coconut)**

**2 tablespoons chopped
fresh cilantro**

1. Sift the *besan* into a deep bowl and set aside.

2. Put the ginger and the chiles in a spice grinder with 1 teaspoon water, and grind to a smooth paste.

3. Using 1 tablespoon of the oil for each, grease the reverse sides of 2 large stainless-steel *thalis* (plates). Instead, you may grease a marble tabletop.

4. Put the yogurt in a small bowl and add $\frac{1}{2}$ cup (100 ml) water. Whisk until smooth. Set aside.

5. Add the ginger-chile paste to the *besan* along with the salt, turmeric, lemon juice, yogurt mixture, and asafetida. Whisk to

make a smooth batter with no lumps.

6. Pour the *besan* mixture into a large nonstick sauté pan. Place it over medium heat and cook for 5 to 8 minutes, stirring continuously, then lower the heat to low. Cook, stirring continuously, for 8 minutes or until the mixture is thick. To check if the batter is cooked, take about $\frac{1}{2}$ teaspoonful of it and spread it thinly on the oiled surface. Let it cool for 1 minute. Then lift it off the surface by rolling it up. If the batter comes off the surface it means that it is cooked enough.

7. Remove from the heat and, working quickly, spread half of the

batter over the greased reverse side of one *thali* and the remaining half over the other *thali*, as thinly as possible, while the batter is still hot. Let cool completely.

8. Cut into strips 2 inches wide and roll them up tightly. Pick up each roll gently and place in a serving dish.

9. Place a small nonstick sauté pan over medium heat and add the remaining 2 tablespoons oil. When small bubbles begin to appear at the bottom of the pan, add the mustard seeds. When they sputter, pour this tempering over the rolled-up pieces.

10. Sprinkle with the coconut

and cilantro, and serve immediately.

Khubani Ke Shammi

Apricot-stuffed potatoes

These kebabs have a soft heart because of the stuffing in the center. The chiles and pepper balance the sweetness of the apricot.

Makes 12.

**$\frac{1}{4}$ cup (50 grams) dried
apricots**

**$\frac{1}{4}$ cup (50 grams)
khoya/mawa (unsweetened
solid condensed milk; page**

37), crumbled

**¼ cup (50 ml) plus 2
teaspoons vegetable oil**

1 teaspoon cumin seeds

**½-inch (1-cm) piece
fresh ginger, chopped**

**3 green chiles, stemmed
and chopped**

**1 teaspoon *garam
masala* (spice mix; page 27)**

**¼ teaspoon ground
black pepper**

**3 tablespoons chopped
fresh cilantro**

1 teaspoon table salt

**4 medium potatoes,
boiled, peeled, and mashed**

¼ cup cornstarch

1. Soak the apricots in 1 cup (200 ml) water for 1 hour. Drain and finely chop. Transfer to a bowl, add the *khoya*, and stir.

2. Place a shallow nonstick sauté pan over medium heat and add 2 teaspoons of the oil. When small bubbles appear at the bottom of the pan, add the cumin. When it begins to change color, add the ginger, chiles, *garam masala*, and pepper. Stir well and remove from the heat. Set aside to cool.

3. Add the ginger-chile mixture to the apricot-*khoya* mixture. Add the cilantro and ½ teaspoon of the salt, and stir well.

Divide into 12 portions.

4. Put the mashed potatoes in another bowl. Add the remaining $\frac{1}{2}$ teaspoon salt and stir well. Divide into 12 portions.

5. Roll each portion of potato into a ball and flatten into a round disk. Place a portion of apricot-khoya mixture in the center, gather the edges to enclose the filling, and seal well. Gently roll into a ball again and flatten slightly.

6. Put the cornstarch on a plate and roll the kebabs in it. Shake off the excess and set aside on another plate.

7. Place a nonstick sauté pan over medium heat and add the

remaining $\frac{1}{4}$ cup (50 ml) oil. When small bubbles appear at the bottom of the pan, gently slide in the kebabs, a few at a time, and cook, turning continuously, for 4 to 5 minutes or until golden brown on both sides.

8. Serve hot.

Lehsuni Tandoori

Aloo

Crisp stuffed potatoes

This recipe may seem a little elaborate on first reading, but the actual preparation is quite simple. This unusual, beautifully presented vegetarian dish is very popular in

my Yellow Chilli restaurants.

Serves 6.

**~ For the potato shells
and filling:**

8 small potatoes

**1 quart (800 ml) plus 2
tablespoons vegetable oil**

**1 teaspoon caraway
seeds**

**10 to 12 cloves garlic,
chopped**

**1 medium red onion,
chopped**

1 teaspoon table salt

**1-inch (2½-cm) piece
fresh ginger, chopped**

3 green chiles, stemmed

and chopped

**4 ounces (100 grams)
paneer (pressed fresh
cheese; page 17), grated**

**$\frac{1}{2}$ cup (40 grams)
grated mild white cheese**

**2 tablespoons chopped
fresh cilantro**

~ For the marinade:

**1 cup (275 grams) plain
Greek yogurt**

**2 teaspoons fresh
ginger paste (page 12)**

**$2\frac{1}{2}$ teaspoons fresh
garlic paste (page 12)**

**2 tablespoons freshly
squeezed lemon juice**

1 teaspoon table salt
1 tablespoon red chile powder
2 teaspoons *garam masala* (spice mix; page 27)
 $\frac{1}{4}$ cup (35 grams) ground *dalia* (roasted *chana dal*, store-bought)
1 tablespoon filtered mustard oil (see Note page 87)
~ For baking and serving:
2 tablespoons vegetable oil
Melted butter for basting

**2 teaspoons *chaat*
masala (spice mix for *chaat*;
page 24)**

1. Make the potato shells and filling: Peel the potatoes. With a sharp knife or the peeler, scoop out the flesh from the center of one side of each potato to make a hollow. Mince the trimmings.

2. Place a nonstick wok over high heat and add 1 quart (800 ml) of the vegetable oil. When small bubbles appear at the bottom of the wok, lower the heat to medium, add the hollowed potatoes, and cook, stirring occasionally with a slotted spoon, for 3 minutes or until lightly browned. Remove with the slotted

spoon and drain on paper towels.

3. Place a nonstick sauté pan over medium heat and add the remaining 2 tablespoons oil. When small bubbles appear at the bottom of the pan, add the caraway, garlic, and onion, and sauté for 2 to 3 minutes.

4. Add the chopped potato trimmings and sauté for 8 minutes. Add the salt and stir well.

5. Add the ginger and chiles, and cook for 2 minutes. Remove from the heat and transfer the mixture to a bowl.

6. Add the *paneer*, cheese, and cilantro. Stir well and set aside.

7. Make the marinade:

Combine the yogurt, ginger paste, garlic paste, lemon juice, salt, chile powder, *garam masala*, *dalia*, and mustard oil in a large bowl.

8. Bake and serve the potatoes: Preheat the oven to 425°F/220°C. Grease a baking sheet with 1 tablespoon of the oil.

9. Stuff the filling into the hollowed potatoes. Put the stuffed potatoes in the marinade and turn to coat them well on all sides.

10. Place them upright on the baking sheet. Drizzle with the remaining 1 tablespoon oil and bake in the preheated oven for about 15 minutes.

11. Baste with butter and bake

for 5 minutes.

12. Halve each potato and place on a serving platter. Sprinkle with the *chaat masala* and serve hot.

Makai, Badam, Aur Akhrot Ki Tikki

Corn, almond, and walnut patties

Hyderabadi food is the royal cuisine of India—and royalty indulges in rich foods. This probably explains the nuts and cheese in this dish, and also the exotic lotus root and sweet corn. It takes time to prepare and assemble all the ingredients, but the payoff is

worth it! Serve the patties accompanied by *pudina aur dhaniya* chutney (mint-and-cilantro chutney; page 22).

Makes 20.

**7 ounces (200 grams)
canned lotus root (see Note)**

**1½ cups (225 grams)
fresh or canned corn kernels
20 almonds, blanched
and peeled (page 40)**

**About 2 cups (400 ml)
vegetable oil**

**1 teaspoon caraway
seeds**

**1 teaspoon red chile
powder**

1 teaspoon ground black

pepper

1 teaspoon ground

fennel

1 teaspoon *garam*

***masala* (spice mix; page 27)**

1 teaspoon *chaat*

***masala* (spice mix for *chaat*;
page 24)**

3½ ounces (100 grams)

***paneer* (pressed fresh
cheese; page 17), grated**

1 teaspoon table salt

½ cup (40 grams)

**grated mild white cheddar
cheese**

1 tablespoon freshly

squeezed lemon juice

**1-inch (2½-cm) piece
fresh ginger, chopped**

**2 tablespoons chopped
fresh cilantro**

**16 walnut halves,
chopped**

24 raisins, chopped

1. Drain the lotus root, transfer to a food processor, and process to a paste. Set aside in a bowl.

2. Drain the corn if using canned, transfer to the processor, and process to a paste. Set aside in a bowl.

3. Put the almonds in the food processor, process to a paste, and set aside.

4. Place a nonstick wok over

medium heat and add 2 tablespoons of the oil. When small bubbles appear at the bottom of the wok, add the caraway and sauté for 30 seconds or until fragrant. Add the lotus root paste, corn paste, and almond paste, and sauté for 10 minutes or until the mixture is very thick.

5. Add the chile powder, pepper, fennel, *garam masala*, and *chaat masala*, and stir well. Add the *paneer* and salt, and stir well. Cook until the mixture leaves the sides of the wok and looks well combined.

6. Remove from the heat, and add the cheddar cheese, lemon

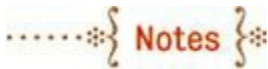
juice, ginger, and cilantro. Let cool.

7. Divide the mixture into 20 portions and shape into smooth balls. Stuff the balls with walnuts and raisins and roll into balls again. Flatten them slightly into patties.

8. Place a large nonstick sauté pan over medium heat and add 2 to 3 tablespoons of the oil. When small bubbles appear at the bottom of the pan, place 4 patties in the pan and cook for 3 to 4 minutes or until the undersides are lightly golden. Turn with a spatula and drizzle some more oil around the edges of the patties. Cook for 3 to 4 minutes or until the other side is lightly

golden. Drain on paper towels. Repeat with the remaining patties.

9. Serve immediately.



If using fresh lotus roots, clean them thoroughly by scrubbing them well under running water. Peel them and then chop roughly. Boil in 2 cups (400 ml) water in a nonstick saucepan over medium heat for 10 minutes or until soft. Drain and let cool.

Masala Dosas

Lentil and rice pancakes stuffed with spicy potatoes

This has got to be one of the most popular snacks in India, and I think that learning to make this dish

is the perfect introduction to South Indian cuisine. Don't be intimidated, because the *dosas* take some practice to get right: The key lies in the proper seasoning of the griddle. Often the first couple of *dosas* don't work out, so keep trying—the rest will likely go more smoothly. Serve with coconut cilantro chutney (page 520) and *sambhar* (page 32).

Makes 8.

~ **For the *dosa* batter:**

- 1 cup plus 5 tablespoons
(275 grams) parboiled rice**
- 2 tablespoons raw
short-grain rice**
- ½ cup (100 grams) *dhuli***

***urad dal* (split skinless black gram)**

½ teaspoon fenugreek seeds (optional)

1¼ teaspoons table salt

4 teaspoons vegetable oil

~ For the potato *bhaji*:

¼ cup (50 ml) vegetable oil

1 teaspoon black mustard seeds

½ teaspoon asafetida

2 teaspoons *chana dal* (split Bengal gram)

4 green chiles, stemmed and chopped

15 fresh curry leaves
2 large red onions,
chopped
6 large potatoes, boiled,
peeled, and cubed
1 teaspoon ground
turmeric
2 teaspoons table salt
¼ cup (15 grams)
chopped fresh cilantro
2 tablespoons freshly
squeezed lemon juice

1. Make the *dosa* batter: Put the parboiled and raw rices in a bowl, wash in plenty of water 2 or 3 times, and drain. Add 3 cups (600 ml) water and soak for at least 4 hours. Wash the *dal* and fenugreek

seeds, and soak in 1½ cups (300 ml) water for 4 hours.

2. Drain the rices and *dal* separately. Put the rices in a food processor with 1½ cups (300 ml) water and process until smooth. Transfer to a large bowl. Put the *dal* and fenugreek in the food processor with ¼ cup (50 ml) water and grind to a smooth paste. Add to the rice paste.

3. Add the salt and stir the batter thoroughly with your hand in a whipping motion to aerate the mixture. Cover the bowl tightly and set aside to ferment for 6 hours or up to overnight.

4. Make the potato *bhaji*:

Place a nonstick wok over medium heat and add the oil. When small bubbles appear at the bottom of the wok, add the mustard seeds. When the seeds begin to sputter, add the asafetida and *dal*, and sauté until lightly browned. Add the chiles, curry leaves, and onions, and sauté until the onions are lightly browned. Add the potatoes, turmeric, and salt. Stir well. Sprinkle with 2 tablespoons water and cook until the potatoes are heated through. Add the cilantro and lemon juice, and stir well.

5. Place a flat nonstick griddle over medium heat and grease with a little oil. Pour in a ladleful of batter

and spread the *dosa* batter as thinly as possible.

6. Pour $\frac{1}{2}$ teaspoon oil around the *dosa* and cook until crisp on the edges and golden brown. Repeat with the remaining batter and oil.

7. Place about 4 tablespoons of the potato *bhaji* in the center of the *dosa*, fold the two ends over the *bhaji*, and serve immediately.

Medu Wadas

Savory doughnuts

We rarely deep-fry at our home, but the desire for these crisp yet spongy lentil fritters makes us get the wok out! In Bangalore

restaurants, *medu wadas* are served for breakfast alongside soft *idlis* (page 120), all dunked in fragrant *sambhar* (page 32) and accompanied with coconut cilantro chutney (page 520). To get the spongiest *wadas* possible, it is important to make the paste without adding water and to whisk it well in order to aerate it before frying.

Serves 4.

½ cup (100 grams) *dhuli urad dal* (split skinless black gram)

1½ teaspoons table salt

¼ teaspoon asafetida

8 to 10 fresh curry leaves, chopped

**3 green chiles, stemmed
and chopped**

**1 tablespoon chopped
fresh cilantro**

**1 quart (800 ml)
vegetable oil**

1. Put the *dal* in a bowl, wash in plenty of water 2 or 3 times, and drain. Add 2 cups (400 ml) water and soak for 3 to 4 hours. Drain well.

2. Put the *dal* in a food processor. Add the salt, asafetida, curry leaves, green chiles, and $\frac{1}{4}$ cup (50 ml) water, and process to a thick, smooth paste.

3. Transfer the paste to a bowl. Add the cilantro and stir

well.

4. Place a nonstick wok over high heat and add the oil. When small bubbles appear at the bottom of the wok, lower the heat to medium.

5. Dampen your palms and take a little of the paste in one palm. Shape into a ball and make a hole in the center with your thumb (like a doughnut). Repeat with the remaining paste.

6. Gently lower these *wadas*, a few at a time, into the hot oil and cook, turning frequently with a slotted spoon, until crisp and golden brown. Remove with the slotted spoon and drain on paper

towels.

7. Serve hot.



The *wadas* should not be fried over high heat or they will brown on the outside but remain uncooked inside. They should be crisp on the outside and cooked and fluffy inside.

Mirchi Bhajiya

Batter-fried stuffed green chiles

Here is the key to this recipe: Remove the seeds and white pith inside the chiles, for that innocuous little white fleshy part is even hotter than the seeds. This simple step will tame the chile and make it

more palate-friendly.

Makes 8.

**$\frac{3}{4}$ cup (75 grams) *besan*
(chickpea/gram flour)**

**$\frac{3}{4}$ teaspoon baking
powder**

$\frac{1}{4}$ teaspoon asafetida

**$\frac{3}{4}$ teaspoon red chile
powder**

$1\frac{1}{2}$ teaspoons table salt

**1 quart (800 ml)
vegetable oil**

**$\frac{1}{2}$ teaspoon brown
mustard seeds**

**4 or 5 cloves garlic,
crushed**

$\frac{1}{4}$ teaspoon ground

turmeric

**2 large potatoes, boiled,
peeled, and mashed**

**8 large green chiles, slit
and seeded**

1. Put the *besan*, baking powder, asafetida, chile powder, $\frac{3}{4}$ teaspoon of the salt, and 1 cup (200 ml) water in a large bowl and whisk well to make a smooth batter. Set the batter aside for about 10 minutes.

2. Place a medium nonstick sauté pan over medium heat and add 1 tablespoon of the oil. When small bubbles appear at the bottom of the pan, add the mustard seeds. When they begin to sputter, add the

garlic and sauté over medium heat until fragrant. Add the turmeric and mashed potatoes and stir well. Add the remaining $\frac{3}{4}$ teaspoon salt and stir. Remove from the heat and set aside to cool.

3. Divide the mixture into 8 portions and stuff each portion into a slit chile.

4. Place a nonstick wok over high heat and add the remaining oil. When small bubbles appear at the bottom of the wok, lower the heat to medium. Dip each chile in the batter and gently slide it into the hot oil. Cook 4 chiles at a time, turning with a slotted spoon a few times, for 4 to 5 minutes or until golden

and crisp. Remove with the slotted spoon and drain on paper towels.

5. Serve immediately.

Mysore Masala

Dosas

Crisp and spicy rice pancakes, Mysore style

In this recipe, a thin pancake of lightly fermented rice batter is stuffed with a garlicky red chutney and potato *bhaji* (spiced mashed potatoes). While there is no dearth of *dosa* variations in the traditional regional cuisines of India, modern twists on the classic *dosa*-chutney-vegetable combination are showing up in urban eateries, where you'll

find concoctions like American chop suey *dosa* and Chinese chow mein *dosa*.

Makes 8.

~ **For the *dosa* batter:**

**1 cup plus 5 tablespoons
(275 grams) parboiled rice**

**2 tablespoons raw
short-grain rice**

$\frac{1}{2}$ cup (100 grams) *dhuli urad dal* (split skinless black gram)

$\frac{1}{2}$ teaspoon fenugreek seeds (optional)

$1\frac{1}{4}$ teaspoons table salt

~ **For the red chutney:**

$\frac{1}{2}$ cup (100 grams)

roasted *chana dal* (split Bengal gram)

8 cloves garlic

5 or 6 dried red chiles, stemmed and broken

1 tablespoon freshly squeezed lemon juice

$\frac{1}{2}$ teaspoon table salt

~ For the potato *bhaji*:

2 tablespoons vegetable oil

$\frac{1}{2}$ teaspoon brown mustard seeds

$\frac{1}{4}$ teaspoon asafetida

1 teaspoon *chana dal* (split Bengal gram)

2 green chiles, stemmed

and chopped

8 fresh curry leaves

**1 large red onion,
chopped**

**3 small potatoes, boiled,
peeled, and cubed**

**$\frac{1}{2}$ teaspoon ground
turmeric**

1 teaspoon table salt

**2 tablespoons chopped
fresh cilantro**

**1 tablespoon freshly
squeezed lemon juice**

**~ For cooking and
serving:**

**1 cup (200 ml)
vegetable oil**

**2 medium red onions,
chopped**

**1 large green bell
pepper, seeded and chopped**

**2 large tomatoes,
chopped**

**1 teaspoon red chile
powder**

**2 teaspoons *chaat
masala* (spice mix for *chaat*;
page 24)**

$\frac{1}{4}$ cup (60 grams) butter

1. Make the *dosa* batter: Put the parboiled and raw rices in a bowl, wash in plenty of water 2 or 3 times, and drain. Add 3 cups (600 ml) water and soak for at least 4 and up to 8 hours. In a separate

bowl, wash the *dal* and fenugreek (if using), drain, and soak in 1½ cups (300 ml) water for 4 hours.

2. Drain the rice and *dal* separately. Put the rice in a food processor with 1½ cups (300 ml) water and process until smooth. Transfer to a large bowl. Transfer the *dal* and fenugreek to the food processor with ¼ cup (50 ml) water, and process to a smooth paste. Add to the rice paste.

3. Add the salt and stir well with your hand in a whisking motion to aerate the batter. Cover the bowl tightly and set aside to ferment for 6 hours or up to overnight.

4. Make the red chutney: Put the *dal*, garlic, red chiles, lemon juice, salt, and cumin in a spice grinder, and grind to a smooth paste. Transfer to a bowl and set aside.

5. Make the potato *bhaji*: Place a nonstick wok over medium heat and add the oil. When small bubbles appear at the bottom of the wok, add the mustard seeds. When the seeds begin to sputter, add the asafetida and *chana dal*, and sauté until lightly browned.

6. Add the chiles, curry leaves, and onions, and sauté until the onions are lightly browned. Add the potatoes, turmeric, and

salt. Stir well. Sprinkle with 2 tablespoons water and cook until the potatoes are heated through. Add the cilantro and lemon juice, and stir well.

7. Place a nonstick griddle over medium heat. Drizzle 2 or 3 drops of oil on the griddle, then wipe it clean with a cloth. Let the griddle heat for 2 to 3 minutes over medium heat.

8. Pour a small ladleful of the batter onto the griddle and spread evenly with the back of the ladle to make an 8-inch *dosa*. Drizzle $\frac{1}{2}$ teaspoon oil around the *dosa* and cook over low heat for 30 seconds.

9. Spread 1 teaspoon of the

chutney over the *dosa*. Put some of the potato *bhaji* in the center of the *dosa* and top with some of the onions, bell peppers, and tomatoes. Sprinkle 1/8 teaspoon of the chile powder and 1/2 teaspoon of the *chaat masala* over the potato mixture and stir gently. Drop 1/2 tablespoon of the butter over the potato mixture and stir and mash lightly with a potato masher, taking care not to damage the *dosa*. Spread the mixture over the *dosa*.

10. Cook the *dosa* over low heat until the underside is golden and crisp.

11. Gently fold over one side of the *dosa* and transfer it to a

serving plate. Repeat with the remaining batter and filling. Cut into pieces and serve immediately.

Namakpara

Baked Indian biscuits

These salty biscuits are served at teatime in India. Traditionally they are deep-fried, but I present a healthier alternative here.

Serves 4.

**$\frac{1}{2}$ cup (75 grams) *atta*
(whole-wheat flour)**

**$\frac{1}{2}$ cup (60 grams) *maida*
(refined flour) or pastry
flour, plus extra for dusting**

$\frac{1}{2}$ teaspoon baking

powder

**3 tablespoons ghee
(page 37), softened**

$\frac{3}{4}$ teaspoon table salt

**$\frac{1}{2}$ teaspoon *ajwain*,
crushed**

**Vegetable oil for
greasing the baking sheet**

1. Put the two flours and baking powder in a bowl, and stir to combine. Add the ghee and rub it in with your fingertips until the mixture resembles bread crumbs.

2. Add the salt and *ajwain*. Add $\frac{1}{4}$ cup plus 2 tablespoons (80 ml) cold water and knead to make a stiff dough. Cover the dough and let it rest for 15 minutes.

3. Sprinkle some flour on a flat surface and roll out the dough into a ¼-inch-thick (½-cm-thick) disk.

4. Preheat the oven to 400°F/200°C. Grease a baking sheet with a little oil and sprinkle some more flour on it.

5. Cut the dough into diamond-shaped pieces. Place them on the baking sheet and bake in the middle of the oven for 15 to 20 minutes.

6. Let cool to room temperature before serving, or store in an airtight container for up to 7 days.



Chef's Tip

To fry the biscuits, heat 1 quart (800 ml) oil

in a nonstick wok. When small bubbles appear at the bottom of the wok, slide in the diamond-shaped dough pieces and cook until golden brown. Remove with a slotted spoon, drain on paper towels until cool, and serve.

Palak Dhoklas

Steamed spinach pancakes

My mother-in-law, who lives in Pune, in the state of Maharashtra, is an innovative cook; this is her recipe. I often visit Pune for work, and I love to stop by my in-laws' house to see them and try all of my mother-in-law's tasty treats.

You will need a special *dhokla* steamer for this (see Note page 164 for details). Serve these *dhoklas* with chutney.

Serves 4.

1 cup (200 grams) *toor dal/arhar dal* (split pigeon peas)

2 cups (500 grams) plain yogurt

1 pound (450 grams) fresh spinach leaves

3 green chiles, stemmed and chopped

1 teaspoon table salt

1 teaspoon sugar

¼ teaspoon asafetida

1 teaspoon fruit salt

(such as Eno brand, or use baking soda)

1 tablespoon freshly squeezed lemon juice

2 teaspoons vegetable oil, plus more for greasing the steamer plates

1. Place the *dal* in a bowl, wash in plenty of water 1 or 2 times, and drain. Add 3 cups (600 ml) water and soak for 4 to 6 hours. Drain and place in a food processor with the yogurt. Process to a smooth paste. Transfer to a large bowl.

2. Thoroughly wash the spinach leaves under running water and drain well.

3. Place a nonstick saucepan over high heat and add 1 quart (800 ml) water. When it comes to a rapid boil, add the spinach and cook for 1 minute. Drain in a colander and refresh under running water. Let drain for 30 minutes. Chop coarsely and put in a food processor. Process to a paste and add to the *dal*.

4. Add the chiles, table salt, sugar, and asafetida, and stir well.

5. Grease the *dhokla* steamer plates with oil. Heat 2 cups (400 ml) water in the steamer pot.

6. Stir the fruit salt and lemon juice together, add the mixture to the batter, and stir. Add 2 teaspoons

oil and stir.

7. Pour the batter into the plates, fit them on the stand, and place the stand in the steamer. Cover and steam for 15 minutes or until the moisture has dried and the mixture has cooked through.

8. Let cool slightly, cut into pieces, and serve.

Palak Ke Pakora

Batter-fried spinach leaves

*Pakor*as are fritters that know no boundaries. If it's a vegetable, you can make a *pakora* out of it. Slice it, dip it in a batter of chickpea flour, and then deep-fry it.

I first tasted these spinach *pakor*s at my sister's house. She would painstakingly pick up one leaf at a time, dip it in the batter, and fry it.

Makes 16.

**16 fresh spinach leaves
with stems**

2 cups (200 grams)

***besan* (chickpea/gram flour)**

½ teaspoon table salt

**1 teaspoon red chile
powder**

**¼ teaspoon ground
turmeric**

**1 teaspoon fresh green
chile paste (page 13)**

½ teaspoon *ajwain*

Pinch of asafetida

1 quart (800 ml)

vegetable oil

1. Pat the spinach dry.
2. Put the *besan* in a bowl and add the salt, chile powder, turmeric, chile paste, *ajwain*, and asafetida. Add 1 cup (200 ml) water and whisk well to make a thin batter without any lumps.
3. Place a nonstick wok over high heat and add the oil. When small bubbles appear at the bottom of the wok, lower the heat to medium. Dip each spinach leaf in the batter and gently slide it into the hot oil, two or three at a time. Cook, turning with a slotted spoon

a few times, for 5 minutes or until golden brown and crisp. Remove with the slotted spoon and drain on paper towels.

4. Serve immediately.

Paneer Chutney

Pakora

Spicy batter-fried *paneer*

The effort in assembling this *pakora* (fritter) is worth it. Make these in large quantities when you have your friends over because they will disappear fast. If you'd like, you can replace the green chutney used here with chile garlic chutney (page 519).

Makes 20.

**9 ounces (250 grams)
paneer (pressed fresh
cheese; page 17)**

**1 medium bunch fresh
cilantro**

**1 medium bunch fresh
mint**

**6 green chiles, stemmed
½-inch (1-cm) piece
fresh ginger, peeled**

2 cloves garlic

**2 tablespoons freshly
squeezed lemon juice**

1½ teaspoons table salt

**1 cup (200 grams) *besan*
(chickpea/gram flour)**

**¼ teaspoon ground
turmeric**

**1 to 2 dried red chiles,
stemmed and crushed**

**1 quart (800 ml)
vegetable oil**

**1 teaspoon red chile
powder**

**2 teaspoons *chaat
masala* (spice mix for *chaat*;
page 24)**

1. Cut the *paneer* into 1-inch (2½-cm) cubes.

2. Roughly chop the cilantro, mint, 4 of the green chiles, half of the ginger, and 1 clove of garlic. Put them in a food processor with 1 tablespoon of the lemon juice and 1

teaspoon of the salt, and process to make a smooth chutney.

3. Separately process the remaining ginger, garlic, and 2 green chiles to a smooth paste.

4. Put the *besan*, turmeric, red chiles, ginger-garlic-green chile paste, and the remaining $\frac{1}{2}$ teaspoon salt in a large bowl. Add the remaining 1 tablespoon lemon juice and 1 tablespoon of the oil, and stir. Add $\frac{1}{2}$ cup (100 ml) water to make a thick batter. Set aside.

5. Spread the chutney on either side of the *paneer* pieces.

6. Place a nonstick wok over high heat and add the remaining oil. When small bubbles appear at the

bottom of the wok, lower the heat to medium. Dip the *paneer* in the batter and gently slide them into the hot oil, one or two at a time. Cook, turning with a slotted spoon a few times, for 2 to 3 minutes or until golden brown and crisp. Remove with the slotted spoon and drain on paper towels.

7. Stir together the chile powder and *chaat masala*, and sprinkle the mixture over the *pakoras*. Serve immediately.

Paneer Di Soti Boti

Batter-fried *paneer* skewers

Paneer di soti boti means

“paneer on a stick.” To keep the skewered foods together, make sure the batter is quite thin so it doesn’t weigh down the loaded wooden skewer when you dip it in the oil. Serve these with *pudina aur dhaniya* chutney (mint-and-cilantro chutney; page 22).

Makes 16.

7 ounces (200 grams)
***paneer* (pressed fresh**
cheese; page 17), cut into ½-
inch (1-cm) cubes

1 large onion, cut into
½-inch (1-cm) squares

1 large tomato, cut into
½-inch (1-cm) squares

1 large green bell

pepper, seeded and cut into
 $\frac{1}{2}$ -inch (1-cm) squares

2 teaspoons red chile
powder

1 tablespoon freshly
squeezed lemon juice

2 teaspoons fresh
ginger paste (page 12)

2 teaspoons fresh garlic
paste (page 12)

$1\frac{1}{2}$ teaspoons table salt

1 cup (100 grams) *besan*
(chickpea/gram flour)

$\frac{1}{2}$ teaspoon ground
turmeric

$\frac{1}{2}$ teaspoon *chaat*
masala (spice mix for *chaat*;

page 24)

**¼ cup (65 grams) plain
yogurt**

**1 quart (800 ml)
vegetable oil**

1. Put the *paneer*, onion, tomato, and bell pepper in a deep bowl. Add 1 teaspoon of the chile powder, the lemon juice, 1 teaspoon of the ginger paste, 1 teaspoon of the garlic paste, and ½ teaspoon of the salt, and stir gently. Set aside to marinate for 15 minutes.

2. Thread the *paneer* and vegetables onto wooden skewers in the following order: onion, *paneer*, tomato, bell pepper, *paneer*, and

bell pepper. Set the skewers aside on a plate.

3. Put the *besan*, the remaining 1 teaspoon salt, remaining 1 teaspoon chile powder, the turmeric, *chaat masala*, remaining 1 teaspoon ginger paste, and remaining 1 teaspoon garlic paste in a bowl. Stir well.

4. Add $\frac{1}{2}$ cup (100 ml) water and stir. Add the yogurt and stir again. Add more water to adjust the consistency of the batter if necessary.

5. Place a nonstick wok over high heat and add the oil. When small bubbles appear at the bottom of the wok, lower the heat to

medium. Dip the skewers into the batter and slide them into the hot oil, one or two at a time. Cook until golden and crisp, turning frequently with a slotted spoon. Remove with the slotted spoon and drain on paper towels.

6. Serve immediately.

Paneer Rolls

Spicy cheese-and-potato rolls

This is a recipe that my wife, Alyona, and I created a while ago. We were having a party at home and were reasonably sure that there were some *paneer* fans on our guest list. Now we have even more

paneer fans among our circle of friends!

Makes 12.

$\frac{3}{4}$ tablespoon raisins

7 ounces (200 grams)

***paneer* (pressed fresh cheese; page 17), grated**

2 medium potatoes, peeled, boiled, and mashed

3 green chiles, stemmed and chopped

2 tablespoons chopped fresh cilantro

$\frac{3}{4}$ teaspoon red chile powder

$\frac{1}{2}$ teaspoon *garam masala* (spice mix; page 27)

$\frac{3}{4}$ teaspoon *chaat masala* (spice mix for *chaat*; page 24)

1 teaspoon table salt

3 tablespoons *maida* (refined flour) or pastry flour

$\frac{3}{4}$ cup (80 grams) bread crumbs

1 large egg

1 quart (800 ml)

vegetable oil

1. Soak the raisins in $\frac{1}{2}$ cup (100 ml) warm water for 15 minutes. Drain.

2. Combine the *paneer*, mashed potatoes, chiles, cilantro, chile powder, *garam masala*,

chaat masala, salt, and raisins in a bowl.

3. Divide into 12 portions and shape each into a cylindrical croquette.

4. Spread out the *maida* and bread crumbs on two separate plates.

5. Put the egg in a bowl and whisk until smooth. Roll the croquettes in the flour, then dip in the egg, then roll in the bread crumbs.

6. Place a nonstick wok over high heat and add the oil. When small bubbles appear at the bottom of the wok, lower the heat to medium. Gently slide the croquettes

into the hot oil, two or three at a time. Cook, turning with a slotted spoon a few times, until golden brown and crisp. Remove with the slotted spoon and drain on paper towels.

7. Serve immediately.

Paneer Tikka Kathi Rolls

Spicy cheese cubes wrapped in whole-wheat griddle bread

In Kolkata, *kathi* rolls (*rotis* filled with a variety of stuffings) are a street food that sells like hotcakes. But I like to make this special *paneer* version at home.

Makes 4.

**¼ cup (65 grams) plain
yogurt, whisked**

**1 teaspoon red chile
powder**

**¼ teaspoon ground
turmeric**

**½ teaspoon fresh ginger
paste (page 12)**

**¼ teaspoon fresh garlic
paste (page 12)**

**1 tablespoon *besan*
(chickpea/gram flour)**

**¾ teaspoon *chaat
masala* (spice mix for *chaat*;
page 24)**

½ teaspoon *kasoori*

methi (dried fenugreek leaves)

$\frac{1}{2}$ teaspoon *garam masala* (spice mix; page 27)

$1\frac{1}{2}$ teaspoons table salt

1 cup (140 grams)

***paneer* cubes** (pressed fresh cheese; page 17)

2 medium tomatoes, seeded and chopped

2 tablespoons vegetable oil

1 medium green bell pepper, seeded and chopped

1 cup (150 grams) *atta* (whole-wheat flour)

$\frac{1}{4}$ cup (50 ml) milk

4 teaspoons *pudina aur dhaniya* chutney (mint-and-cilantro chutney; page 22)

2 small red onions, cut into round slices

1. Put the yogurt, chile powder, turmeric, ginger paste, garlic paste, *besan*, $\frac{1}{2}$ teaspoon of the *chaat masala*, the *kasoori methi*, *garam masala*, and $\frac{1}{2}$ teaspoon of the salt in a large bowl. Stir and add the *paneer* and tomatoes. Toss gently. Set aside to marinate for 10 minutes.

2. Place a nonstick sauté pan over medium heat and add the oil. When small bubbles appear at the bottom of the pan, add the bell

peppers and sauté for 2 minutes. Add the *paneer* with the marinade, and sauté over high heat for 2 minutes, stirring occasionally, or until dry. Divide the mixture into 4 portions and set aside.

3. To make the *rotis*, combine the *atta*, milk, the remaining 1 teaspoon salt, and 2½ tablespoons water, and knead to make a soft dough. Divide the dough into 4 portions. Roll out each portion into a thin round.

4. Place a nonstick griddle over medium heat and cook each *roti* lightly on both sides. Spread 1 teaspoon of the chutney on each *roti* and top with some onion slices.

5. Place a portion of the *paneer* mixture in the center of each *roti* over the onions, sprinkle with a little of the remaining *chaat masala*, and roll up tightly.

6. Heat the griddle and cook the *roti* rolls until warmed through. Cut into 2-inch-long (5-cm-long) pieces and serve immediately.

Papaya Chi Wadi

Steamed papaya dumplings

I discovered this snack when I moved to Mumbai and began exploring the local Maharashtrian food. Up until that time, I had thought of ripe papaya as only a

table fruit.

Makes 12.

1 small ripe papaya

2 or 3 fresh cloves

garlic, chopped

½-inch (1-cm) piece

fresh ginger, chopped

**2 green chiles, stemmed
and chopped**

**½ teaspoon red chile
powder**

**½ teaspoon ground
turmeric**

**½ teaspoon ground
roasted cumin (page 32)**

1 teaspoon table salt

1 teaspoon freshly

squeezed lemon juice

**½ cup (50 grams) *besan*
(chickpea/gram flour)**

**1 cup (60 grams)
chopped fresh cilantro**

Pinch of baking soda

**1 teaspoon plus 1 quart
(800 ml) vegetable oil**

**1 teaspoon *chaat
masala* (spice mix for *chaat*;
page 24)**

1. Wash, peel, and seed the papaya, and grate it into a large bowl.

2. Put the garlic, ginger, and chiles in a spice grinder with 1 tablespoon water and grind to a paste.

3. Add the paste to the papaya, along with the chile powder, turmeric, cumin, salt, lemon juice, *besan*, cilantro, baking soda, and $\frac{1}{4}$ cup (50 ml) water. Stir well.

4. Place a steamer over high heat. Add $2\frac{1}{2}$ cups (500 ml) water and bring to a boil.

5. Grease a ridged plate (that can be placed in the steamer) with 1 teaspoon oil. Put the papaya mixture into it and smooth the surface. Place the plate in the steamer and steam for 12 minutes or until well set.

6. Remove the plate from the steamer and let cool slightly. Cut the steamed patty into $\frac{1}{2}$ -inch (1-

cm) squares.

7. Place a nonstick wok over high heat and add 1 quart (800 ml) oil. When small bubbles appear at the bottom of the wok, gently slide in the steamed pieces, in small batches, and cook until golden brown all over. Remove with a slotted spoon and drain on paper towels.

8. Sprinkle with the *chaat masala* and serve hot.

Peethiwali Aloo

Tikki

Potato-crusted spicy *dal*

I wish I could take you to the

famous *tikki* center in Amritsar, where vendors do a brisk business over huge iron griddles covered with dozens of *tikkis* bubbling in oil. I tasted this *tikki* there many years ago.

Makes 8.

$\frac{1}{4}$ cup (50 grams) *dhuli urad dal* (split skinless black gram)

$\frac{1}{4}$ teaspoon ground turmeric

**3 tablespoons ghee
(page 37)**

Pinch of asafetida

$1\frac{1}{2}$ teaspoons fennel seeds

$\frac{1}{2}$ teaspoon crushed

black peppercorns

½ teaspoon red chile powder

½ teaspoon *garam masala* (spice mix; page 27)

1 teaspoon *amchur* (dried mango powder)

1-inch (2½-cm) cinnamon stick

½ teaspoon table salt

4 small potatoes, boiled, peeled, and grated

1 quart (800 ml) vegetable oil

¼ cup (30 grams) cornstarch

1. Put the *dal* in a bowl, wash

in plenty of water 2 or 3 times, and drain. Add 1 cup (200 ml) water and soak for 2 hours. Drain.

2. Place a nonstick saucepan over high heat and add 1 cup (200 ml) water. Add the turmeric and *dal*, and cook for 18 minutes or until soft. Drain.

3. Place a nonstick sauté pan over medium heat and add the ghee. When the ghee melts and small bubbles appear at the bottom of the pan, add the asafetida, fennel, and peppercorns, and sauté for 30 seconds. Add the *dal* and sauté for 30 seconds. Add the chile powder, *garam masala*, and *amchur*, and stir.

4. Crush the cinnamon coarsely in a mortar with a pestle. Add it along with the salt to the *dal* mixture and stir well. Let cool to room temperature. Divide into 8 portions. Put the potatoes in a large bowl and knead them well. Divide the potatoes into 8 portions.

5. Grease your palms with a little of the oil, take a portion of the potatoes in your hand, and make a dent in the center. Place a portion of the *dal* stuffing in the dent and gather the edges to enclose the *dal*. Shape into a thick round patty, or *tikki*. Repeat with the remaining potatoes and *dal* mixture. Spread the cornstarch on a plate and roll

the *tikkis* in it.

6. Place a nonstick wok over high heat and add the remaining oil. When small bubbles appear at the bottom of the wok, lower the heat to medium and gently slide in 4 *tikkis*. Cook, turning with a slotted spoon a few times, until golden and crisp. Remove with the slotted spoon and drain on paper towels. Repeat with the remaining *tikkis*. Serve hot.

Phal-Sabz Seekh

Fruit-and-vegetable kebabs

This kebab recipe comes from Hyderabad. The banana gives it a

firm foundation, and I have added some contemporary touches like broccoli and prunes.

Makes 6.

**2 large unripe, raw
bananas, halved**

**1½ tablespoons butter,
plus ¼ cup (60 grams)
melted butter**

¾ teaspoon *ajwain*

**7 ounces (200 grams)
white button mushrooms,
chopped**

1 small carrot, grated

**4 broccoli florets,
chopped**

**¾ tablespoon chopped
fresh cilantro**

**$\frac{3}{4}$ -inch (1 $\frac{1}{2}$ -cm) piece
fresh ginger, chopped**

**1 $\frac{1}{2}$ fresh red chiles,
stemmed and chopped**

1 teaspoon table salt

**8 pitted prunes,
chopped**

$\frac{1}{2}$ teaspoon black salt

**$\frac{3}{4}$ teaspoon ground
black pepper**

**$\frac{1}{2}$ teaspoon ground
green cardamom**

**Pinch of ground edible
sandalwood powder
(optional)**

**Pinch of ground dried
untreated rose petals**

**2 medium potatoes,
boiled, peeled, and mashed**
**½ cup (55 grams) bread
crumbs**
**1½ tablespoons
vegetable oil**

1. Place a nonstick saucepan over high heat and add 1 quart (800 ml) water. When the water comes to a boil, add the bananas and cook for 15 minutes or until tender. Drain in a colander and set aside to cool. When cooled, peel the bananas and grate them into a bowl.

2. Place a medium nonstick sauté pan over medium heat and add 1½ tablespoons butter. When the butter melts, add the *ajwain* and

sauté for 10 seconds. Add the mushrooms, carrot, and broccoli, and sauté until the moisture evaporates. Add the cilantro, ginger, chiles, and table salt. Stir and set aside to cool.

3. Preheat the oven to 350°F/180°C.

4. Put the cooled mixture in a food processor. Add the prunes, black salt, pepper, cardamom, edible sandalwood (if using), rose petals, potatoes, bananas, and bread crumbs, and process until smooth.

5. Transfer the mixture to a bowl and divide into 6 portions. Wrap each portion around a

wooden skewer.

6. Arrange the skewers on a greased baking sheet, brush with the melted butter, and bake for 6 to 7 minutes. Gently slide the kebabs from the skewers onto a plate. Cut each into 4 pieces and serve immediately.

Poha Cutlets

Pressed-rice snack

I have always been fascinated by *poha*. I visited the city of Roha (rhymes with *poha*), a two-hour drive from Mumbai, and saw how *poha* is made from paddy rice that is steamed, pressed, rolled, and

dried. When it is soaked in liquids such as water or milk, it tends to absorb the water and swell up. Here I use it to prepare one of my favorite snacks. This simple dish can be made quickly and easily, and makes a delicious appetizer.

Makes 12 pieces.

**1 cup (120 grams) *poha*
(pressed rice)**

**1 quart (800 ml)
vegetable oil**

**$\frac{1}{2}$ teaspoon cumin seeds
 $\frac{1}{2}$ teaspoon black
mustard seeds**

**1 medium red onion,
diced**

2 tablespoons *maida*

**(refined flour) or pastry
flour**

**1 teaspoon red chile
powder**

**2 green chiles, stemmed
and minced**

**$\frac{1}{4}$ teaspoon ground
turmeric**

**3 medium potatoes,
boiled and mashed**

1 $\frac{1}{2}$ teaspoons table salt

**2 tablespoons chopped
fresh cilantro**

10 cashews, chopped

**1 tablespoon freshly
squeezed lemon juice**

1 teaspoon *chaat*

***masala* (spice mix for *chaat*;
page 24)**

***Pudina aur dhaniya*
chutney (mint-and-cilantro
chutney; page 22)**

1. Put the *poha* in a colander and wash it under running water until the water runs clear. Let the *poha* drain for 5 to 6 minutes.

2. Place a small nonstick sauté pan over high heat and add 2 tablespoons of the oil. When small bubbles appear at the bottom of the pan, add the cumin seeds, mustard seeds, onion, and *maida*, and cook for 2 to 3 minutes. Add the chile powder, chiles, and turmeric, stir well, and cook for 1 minute.

Transfer the mixture to a deep bowl and let cool to room temperature.

3. Add the *poha*, mashed potatoes, salt, cilantro, cashews, lemon juice, and *chaat masala*. Combine to make a smooth dough. Divide the mixture into 12 portions and shape each into a round or oblong patty $\frac{1}{2}$ inch (1 cm) thick.

4. Put the remaining oil in a deep-fryer and heat to 375°F/190°C. Gently slide the patties, a few at a time, into the hot oil and cook until golden on all sides, turning with a slotted spoon. Remove with the slotted spoon and drain on paper towels. Serve immediately with the chutney.

Punjabi Samosa

Popular cone-shaped, deep-fried snack with spicy stuffing

If potatoes have to be deep-fried, they should be inside a *samosa*—much better than French fries! Making a good *samosa* is an art, particularly when working with the dough, and takes practice to perfect.

Serves 4.

~ For the dough:

**1 cup (120 grams)
maida (refined flour) or
pastry flour**

½ teaspoon *ajwain*

(optional)

5 teaspoons ghee (page 37), melted

1 teaspoon table salt

~ For the filling:

1 tablespoon coriander seeds

1 teaspoon *anardana* (dried pomegranate seeds)

2 tablespoons vegetable oil
1 teaspoon cumin seeds

1-inch (2½-cm) piece fresh ginger, chopped

3 or 4 green chiles, stemmed and chopped

1 teaspoon red chile powder

1 teaspoon *amchur*
(dried mango powder)

1 teaspoon *garam masala* (spice mix; page 27)

$\frac{3}{4}$ teaspoon table salt

$\frac{1}{2}$ cup (75 grams) green peas, boiled (optional)

4 small potatoes, boiled, peeled, and coarsely mashed

2 tablespoons chopped fresh cilantro

~ To cook and serve:

1 quart (800 ml) vegetable oil

Khajoor aur imli ki chutney (sweet date-and-tamarind chutney; page 22)

1. Make the dough: Put the *maida* in a bowl. Add the *ajwain* (if using), ghee, and salt, and stir. Add $\frac{1}{4}$ cup (50 ml) water, little by little, and knead to make a stiff dough. Cover with a damp cloth and set aside to rest for 10 to 15 minutes.

2. Make the filling: Place a small nonstick pan over medium heat. Let it heat for 2 minutes, then add the coriander and *anardana*, and dry-roast for 1 minute or until fragrant. Set aside to cool to room temperature, then transfer the seed mixture into a mortar. Pound with a pestle to a coarse powder.

3. Place a nonstick sauté pan

over medium heat and add the oil. When small bubbles appear at the bottom of the pan, add the cumin seeds. When the cumin is lightly browned, add the ginger and chiles, and stir well. Add the chile powder, *amchur*, *garam masala*, and salt. Add the spices from step 2. Stir well to mix.

4. Lower the heat to low, add the peas (if using) and potatoes, and cook for 5 minutes. Add the cilantro and stir well. Remove from the heat and set aside to cool to room temperature. Divide the cooled filling into 16 portions.

5. Divide the dough into 8 equal portions and shape them into

balls. Dust each ball with a little flour and roll out into ovals 4 inches (10 cm) wide in the center. Cut each oval in half horizontally and dampen the edges with water. Place one half over the fingers of your left hand with the straight edge resting over your forefinger. Fold over one end of the straight edge and bring it to the middle of the rounded edge. Now fold over the other end and bring it over to the middle of the rounded edge to rest over the first end to make a seam. Press gently to seal the seam. Now you should have a cone. Open the cone and make a small pleat directly opposite the seam and

press gently. Fill the cone with one portion of the stuffing. Bring the seam and the pleat together on the rounded edge and gently press the entire open end of the cone closed. Repeat with the remaining dough and filling.

6. Cook the *samosas*: Place a nonstick wok over high heat and add the oil. When small bubbles appear at the bottom of the wok, lower the heat to medium and gently slide the *samosas*, two at time, into the hot oil. Fry for 7 minutes or until crisp and golden brown. While they are frying, gently spoon hot oil over the *samosas* with a slotted spoon.

7. Remove with the slotted spoon and drain on paper towels.

8. Serve hot with the chutney.

Rajma Galouti

Kabab

Delicately flavored kidney bean kebabs

A vegetarian version of the famous lamb *galouti kabab* can be made with yams, peas, or spinach, but these, which use red kidney beans, come closest to the original delicacy. Kidney beans, like all beans, are a very good source of cholesterol-lowering fiber. In addition, their high fiber content prevents blood sugar levels from

rising too rapidly after a meal, making these beans an especially good choice for individuals with diabetes, insulin resistance, or hypoglycemia.

Makes 8.

½ teaspoon caraway seeds

2 green cardamom pods

1 black cardamom pod

1 whole clove

½-inch (1-cm) cinnamon stick

8 cashews

1 tablespoon *chironji* or *charoli* (melon seeds)

Generous pinch of saffron threads

$\frac{1}{4}$ teaspoon *kewra*
(screw pine) water
4 teaspoons vegetable
oil
 $\frac{1}{2}$ -inch (1-cm) piece
fresh ginger, chopped
3 cloves garlic, chopped
3 green chiles, stemmed
and chopped
2 cups (450 grams)
canned red kidney beans
2 tablespoons grated
khoya/mawa (unsweetened
solid condensed milk; page
37)
 $\frac{1}{2}$ teaspoon ground
white pepper

½ teaspoon table salt
½ tablespoon freshly
squeezed lemon juice
1 sprig fresh mint
1 medium red onion, cut
into thin rings

1. Place a small nonstick sauté pan over medium heat. Add the caraway, green and black cardamom, clove, and cinnamon stick, and dry-roast until fragrant. Let cool, then transfer to a spice grinder and grind to a fine powder.

2. Place a small nonstick sauté pan over medium heat. Add the cashews and melon seeds and dry-roast until lightly colored. Let cool, then transfer to a clean spice

grinder or mini food processor with $\frac{1}{4}$ cup (50 ml) water and grind to a fine paste.

3. Soak the saffron in the *kewra* water in a small bowl.

4. Place a nonstick sauté pan over medium heat and add the oil. When small bubbles appear at the bottom of the pan, add the ginger and garlic, and sauté for 1 minute. Add the chiles and sauté for 1 minute.

5. Add the beans and sauté for 3 to 4 minutes. Add the cashew paste and sauté for 4 to 5 minutes. Add the *khoya*, white pepper, and salt. Sauté for 4 to 5 minutes. Remove from the heat and let cool.

6. Mash the bean mixture to a smooth paste. (If the paste is not firm, cook it further in a nonstick pan to thicken it.) Sprinkle with the roasted and ground spices and soaked saffron. Add the lemon juice and stir well. Divide the mixture into 8 portions. Roll each portion into a ball and then lightly press into patties.

7. Place another nonstick sauté pan over medium heat and grease it lightly. Put the patties in the pan and cook for 2 minutes or until lightly colored on both sides.

8. Garnish with the mint and onion and serve immediately.

Posto Boda

Poppy-seed fritters

White poppy seeds have a mild nutty flavor that is enhanced by crushing; when ground to a paste, they provide creaminess in curries. This typical Bengali preparation is the simplest and easiest way to become familiar with poppy seeds as an ingredient. Serve the fritters with rice and *dal*.

Serves 4.

- ½ cup (100 grams)**
- white poppy seeds**
- 3 or 4 green chiles,**
- stemmed and chopped**
- 5 or 6 cloves garlic**
- 1 teaspoon table salt**

3 tablespoons vegetable oil

1. Soak the poppy seeds in 1 cup (200 ml) water for 1 hour. Drain off the water and put the soaked seeds in a mini food processor. Add the chiles, garlic, salt, and 3 tablespoons water, and process to a smooth paste.

2. Transfer the paste to a bowl. Divide into 8 portions and shape them into flat patties.

3. Place a nonstick sauté pan over medium heat and add the oil. When small bubbles appear at the bottom of the pan, add the patties and cook, turning gently, until both sides are lightly browned. Remove

with a slotted spoon and drain on paper towels.

4. Serve hot.

Raunaq-E-Seekh

Vegetable kebabs

Raunaq-e-seekh is an Urdu word that refers to a glamorous kebab. Kebabs, a gift of the Mughal era, are considered high quality if the meat practically melts in your mouth in a perfectly balanced mix of spices. Vegetable kebabs are a challenge, but this popular version lives up to its name.

Makes 8.

5 tablespoons vegetable

oil

**1 teaspoon caraway
seeds**

**6 green chiles, stemmed
and minced**

**1 tablespoon fresh
ginger paste (page 12)**

**1 tablespoon fresh
garlic paste (page 12)**

**3 medium carrots,
grated**

**12 thin green beans,
strings removed and chopped**

**$\frac{1}{4}$ cup (125 grams)
grated cauliflower**

**1 medium green bell
pepper, seeded and chopped**

**1 cup (150 grams) fresh
or frozen green peas,
blanched and mashed**

**2/3 cup (100 grams)
fresh or frozen corn kernels,
blanched and mashed**

**3 medium potatoes,
boiled, peeled, and mashed**

**1 teaspoon *garam
masala* (spice mix; page 27)**

1 teaspoon table salt

**1 teaspoon ground
white pepper**

**1/4 cup (35 grams)
ground *dalia* (roasted *chana
dal*, store-bought)**

2 teaspoons freshly

squeezed lemon juice

2 teaspoons *chaat masala* (spice mix for *chaat*; page 24)

1. Place a nonstick wok over medium heat and add 3 tablespoons of the oil. When small bubbles appear at the bottom of the pan, add the caraway. Sauté for 10 seconds. Add the chiles, ginger paste, and garlic paste, and sauté for 30 seconds. Add the carrots, beans, cauliflower, and bell pepper, and cook for 8 to 10 minutes or until all the excess moisture has evaporated.

2. Add the peas, corn, and potatoes, and stir well. Add the *garam masala*, salt, and white

pepper, and stir. Add the *dalia* and lemon juice, and stir. Remove from the heat and let cool completely.

3. Divide the vegetable mixture into 8 portions. Take a portion of the vegetable mixture and shape it neatly around a satay stick or wooden skewer, making a long sausage shape. Repeat to make 8 kebabs.

4. Place a nonstick griddle over medium heat. Working in batches, and adding $\frac{1}{2}$ tablespoon of the remaining oil to the pan for each batch, place the kebabs, two at a time, on the pan and cook for 5 to 6 minutes, turning, until light golden brown on all sides.

5. Slide the kebabs off the satay sticks and place them on a serving platter. Cut each in half on the diagonal. Sprinkle with the *chaat masala* and serve hot.

Rawa Dosas

Crisp semolina pancakes

When I was a child, crisp semolina *dosas* (thin pancakes) really fascinated me, especially at eateries where you could see the cooks making them. They would sprinkle the batter onto the hot skillet instead of pouring it, yet somehow it would all come together into a crisp—*really* crisp

—savory pancake! I have long since learned that the secret lies in tempering the skillet before you begin: melting ghee on it and then wiping it clean before making each *dosa*. Serve each *dosa* as soon as it's cooked, ideally with *sambhar* (South Indian lentils; page 32) and *nariel aur dhaniya* chutney (coconut cilantro chutney; page 520).

Serves 4.

**1 cup (200 grams)
rawa/suji (semolina flour)**

**½ cup (75 grams) rice
flour**

**¼ cup (30 grams) *maida*
(refined flour) or pastry**

flour

**1-inch (2½-cm) piece
fresh ginger, minced**

**2 green chiles, stemmed
and minced**

**12 to 15 black
peppercorns, crushed**

**¼ cup (30 grams)
grated fresh coconut**

2 teaspoons table salt

8 cashews, crushed

**2 tablespoons chopped
fresh cilantro**

**4 teaspoons ghee (page
37), melted**

1. Place the *rawa* in a deep bowl. Add the rice flour and *maida*, and stir well. Add 1 quart

(800 ml) water and whisk until smooth. There should not be any lumps in the batter, and it should be quite thin and runny. Cover the bowl with a lid and let rest for 15 minutes.

2. Add the ginger, chiles, peppercorns, coconut, salt, cashews, and cilantro to the batter. Stir well.

3. Place a large nonstick sauté pan over low heat and let it heat for 5 minutes. Brush with ghee. Take a square piece of cheesecloth, dampen it with water, and use it to wipe the ghee from the sauté pan. Now the pan is “tempered” and ready for making the *dosas*.

4. Pour a ladleful of batter into the hot pan, in a circular motion, until it covers almost the entire pan. Cook over low heat, drizzling a few drops of the ghee around the edges of the *dosa*. After 2 minutes, flip the *dosa* using a spatula and cook the underside for 2 to 4 minutes or until it is crisp and golden and the edges of the *dosa* start to separate from the pan.

5. Using the spatula, transfer the *dosa* to a plate and serve immediately. Repeat with the remaining batter and ghee.

.....✦ } **Chef's Tip** } ✦

If you spread the batter thin enough, you need not cook the second side.

Rayalaseema

Pesarettu

Spicy green-gram pancakes

Rayalaseema is in Andhra Pradesh and is the home of many temples. This *dosa* of whole green gram is spicy, but you can adjust the chiles according to your tolerance. Green gram is a good source of protein, and if you make the *dosas* with just a little oil, they can be considered health food. Serve them with your choice of chutney or *sambhar* (page 32).

Makes 12.

1 cup (240 grams) *sabut moong* (whole green gram)

1-inch (2½-cm) piece fresh ginger, chopped

4 green chiles, stemmed and chopped

1 medium red onion, chopped

2 teaspoons table salt

1 tablespoon rice flour

½ teaspoon ground roasted cumin seeds (page 32)

12½ teaspoons (65 ml) vegetable oil

1. Put the *sabut moong* in a bowl, wash in plenty of water 2 or

3 times, and drain. Add 3 cups (600 ml) water and soak overnight. Drain.

2. Put the *sabut moong*, ginger, chiles, and onion in a food processor with 1½ cups (300 ml) water and process to make a smooth batter.

3. Transfer the batter to a large bowl. Add the salt, rice flour, and cumin, and stir well.

4. Place a nonstick griddle over medium heat and grease it lightly with ½ teaspoon oil.

5. Spread a ladleful of the batter with a round spoon, about 6 inches in diameter or as thin as possible.

6. Drizzle $\frac{1}{2}$ teaspoon of the oil around the edges, cover with a dome-shaped lid, and cook for 2 to 3 minutes over medium heat. Turn over, drizzle another $\frac{1}{2}$ teaspoon oil around the edges, and cook the other side for 2 to 3 minutes or until golden and crisp. Repeat with the remaining batter and oil.

7. Serve hot.

Sannas

Steamed rice-and-coconut cakes

Reminiscent of the South Indian snack *idli* (steamed rice cakes; page 120), Goan *sannas* are enriched with coconut milk. Goans

usually use toddy (fermented palm sap) to leaven the dough of this rice cake, but here I use yeast, which is much more available. When the batter becomes light and airy, it is ready to be poured into the molds and steamed. Stainless-steel molds called *vantleo* are traditional, but *idli* molds work just as well. (Page 591 for more about *idli* molds/steamers.) The rice has to soak overnight, so plan accordingly. Serve these with any spicy curry.

Makes 16.

**½ cup (100 grams)
parboiled white rice
½ cup (100 grams) raw**

short-grain rice

¼ cup (50 grams) *dhuli urad dal* (split skinless black gram)

1 teaspoon active dry yeast

¼ teaspoon sugar

¼ cup (50 ml) coconut milk

1 teaspoon table salt

1. Wash the parboiled rice and soak in 1½ cups (300 ml) water overnight. Wash the short-grain rice and soak in 1½ cups (300 ml) water overnight. Wash the *dal* and soak in 1 cup (200 ml) water overnight.

2. The following morning,

drain the parboiled rice and put it in a spice grinder. Grind to a smooth, thick paste and transfer to a large bowl. Drain the short-grain rice and grind to a smooth, thick paste; transfer to the same bowl. Drain the *dal* and grind to a smooth, thick paste; transfer to the same bowl. Whisk until well blended.

3. Put the yeast in a small bowl with the sugar and 1 tablespoon warm water. When it begins to bubble, add it to the rice batter and whisk well. Add the coconut milk and salt, and stir. Cover the bowl and set aside in a warm place to ferment for about 5 hours or until the batter doubles in

volume.

4. Place a steamer with 2 cups (400 ml) water in the bottom over high heat and bring to a boil. Grease the *idli* molds. Pour the batter into each indentation, fit the *idli* molds onto the stand, and place the stand in the steamer. Cover and steam over medium heat for about 15 minutes or until done (the fully cooked steamed cake will not have any moisture and will lift out easily from the steamer).

5. Serve hot.

Sindhi Aloo Tuk

Baby potatoes with dried mango powder

This dish comes from the Sindhi community of India. They also make this *tuk* with *colocassia*, but the potato version appeals more to me. (Also called taro, *colocassia* is a type of tuber. It has large leaves in the shape of an elephant's ear.) Sprinkle the spices over the potatoes while they are still hot so that the seasonings cling to the oily surface; the potatoes can then be served hot or at room temperature.

Serves 4.

13 ounces (375 grams)

baby potatoes, peeled

1 quart (800 ml)

vegetable oil

½ teaspoon red chile powder

½ teaspoon *amchur* (dried mango powder)

½ teaspoon ground coriander

½ teaspoon ground roasted cumin (page 32)

½ teaspoon table salt

1. Place a nonstick saucepan over high heat and add 3 cups (600 ml) water. When the water begins to boil, add the potatoes and cook for 15 minutes or until they are half cooked.

2. Drain the potatoes in a colander. Let cool, then press each between your palms to flatten them

into thick disks.

3. Place a nonstick wok over high heat and add the oil. When small bubbles appear at the bottom of the wok, lower the heat to medium and gently slide in the potatoes in small batches. Cook each batch, turning with a slotted spoon a few times, for 8 minutes or until golden and crisp. Remove with the slotted spoon and drain on paper towels.

4. Sprinkle the chile powder, *amchur*, coriander, cumin, and salt over the hot potatoes, and toss to coat.

5. Serve hot or at room temperature.

Tiranga Paneer

Tikka

Tricolor cheese bites

I made this dish to represent India's tricolored flag, and my family demands that I make it every Indian Independence Day and Indian Republic Day.

Makes 8.

**1 pound (450 grams)
paneer (pressed fresh
cheese; page 17)**

**½ teaspoon red chile
powder**

1½ teaspoons table salt

$\frac{1}{4}$ cup (60 grams)
pudina aur dhaniya chutney
(mint-and-cilantro chutney;
page 22)

1 cup (250 grams) plain
yogurt

2 tablespoons *besan*
(chickpea/gram flour)

$\frac{1}{2}$ tablespoon fresh
ginger paste (page 12)

$\frac{1}{2}$ tablespoon fresh
garlic paste (page 12)

$\frac{1}{4}$ cup (20 grams)
chopped fresh cilantro

4 green chiles, stemmed
and chopped

$1\frac{1}{2}$ tablespoons freshly

squeezed lemon juice

Melted butter for basting

1. Grate about 3½ ounces (100 grams) of the *paneer*. Cut the remaining *paneer* into 1½-inch (4-cm) cubes. Slice each cube twice (into three layers) without cutting all the way through. Set aside.

2. Put the grated *paneer*, chile powder, and ¼ teaspoon salt in a bowl, and stir well.

3. Take a cube of *paneer*. Spread some of the chutney in the first layer, and some of the grated *paneer* mixture in the second layer.

4. Put the yogurt, *besan*, ginger paste, garlic paste, cilantro, chiles,

¼ teaspoon of the salt, and the lemon juice in a large bowl. Stir well.

5. Add the stuffed *paneer* and stir gently so that all the cubes are evenly covered with the marinade. Set aside for about 1 hour.

6. Thread the *paneer* cubes onto wooden skewers, with space between them.

7. Preheat a charcoal fire to medium and grill the skewers for 5 to 6 minutes, basting with butter. (You can also cook them on the stovetop on a hot griddle.)

8. Serve immediately.

White Dhoklas

Steamed-rice-and-dal cakes

The thickness of these popular Gujarati *dhoklas* (which can be paper-thin or as thick as a slice of bread) varies from cook to cook. These *dhoklas* will be about the size of a slice of bread. Serve with *pudina aur dhaniya* chutney (mint-and-cilantro chutney; page 22).

Serves 4.

1 cup (200 grams) raw, short-grain rice

$\frac{1}{4}$ cup (50 grams) *dhuli urad dal* (split skinless black gram)

$\frac{1}{4}$ cup (65 grams) sour plain yogurt (see page 513),

whisked

**1 teaspoon ginger paste
(page 12)**

**1 teaspoon green chile
paste (page 13)**

½ teaspoon table salt

**7 or 8 black
peppercorns, crushed**

1 teaspoon baking soda

**1 tablespoon plus 2
teaspoons vegetable oil**

**2 teaspoons freshly
squeezed lemon juice**

1. Put the rice and *dal* in a bowl, wash in plenty of water 2 or 3 times, and drain. Add 3 cups (600 ml) water and soak for 4 hours. Drain.

2. Put the rice mixture in a mini food processor with $\frac{1}{2}$ cup (100 ml) water and process until smooth. The mixture should be thick but of pouring consistency.

3. Transfer to a large bowl and whisk in the yogurt. There should not be any lumps in the batter. Cover the bowl with a lid and put in a warm place to ferment overnight.

4. Heat 2 cups (400 ml) water in a steamer.

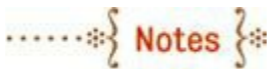
5. To the batter, add the ginger paste, green chile paste, salt, peppercorns, and $\frac{1}{2}$ teaspoon of the baking soda, and stir well.

6. Grease two round *dhokla*

pans (see Note) with 1 tablespoon of the oil. Pour the batter into the pans until they are half full.

7. In a small bowl, combine the remaining 2 teaspoons oil, $\frac{1}{2}$ teaspoon baking soda, and the lemon juice, and add half of this to each *dhokla* pan. Fit the pans onto the stand. Place the stand in the steamer. Cover and steam for 10 to 12 minutes or until a skewer inserted in a *dhokla* comes out clean.

8. Take the stand out of the steamer and remove the pans. Let cool slightly, then cut the *dhoklas* into cubes. Serve warm.



A *dhokla* pan, or an Indian steamer, is a cylindrical stainless-steel container with 2 or 3 grooves and a tight-fitting dome-shaped lid. Water is put in the bottom of the container, a perforated plate is set into the lowest groove, and the container with the food that is to be steamed is placed over the perforated plate.

If you are steaming fish, you can use 2 or 3 perforated plates and place the fish right on them. For steaming *idlis* and *dhoklas*, you use a stand in which you can put 3 or 4 plates. For *idlis*, the plates have indentations; for *dhoklas*, the plates

are flat. The plates are lightly greased and the batter is poured into them. The plates are then fitted into the stand and placed in the steamer. The steamer is covered with the lid and the food is steamed for the time specified in the recipe.

Tootak

Saffron-flavored Indian bread

Tootak is a short-crust dough snack made from semolina and was a popular breakfast treat for the Nizams (royal rulers) of Hyderabad.

Serves 4.

1 cup (200 grams)

***rawa/suji* (semolina flour)**

2 teaspoons table salt

½ cup (100 grams) ghee

(page 37)

½ cup (90 grams)

grated *khoya/mawa*

(unsweetened solid

condensed milk; page 37)

½ cup (100 ml) milk

A few saffron threads

1 tablespoon rosewater

1 tablespoon vegetable

oil

1 teaspoon cumin seeds

1-inch (2½-cm) piece

fresh ginger, chopped

1 teaspoon red chile

powder

**1 teaspoon ground black
pepper**

**2 teaspoons ground
coriander**

**$\frac{1}{4}$ teaspoon *garam
masala* (spice mix; page 27)**

**1 cup (200 grams)
grated *paneer* (pressed fresh
cheese; page 17)**

**1 potato, boiled and
mashed**

20 cashews, chopped

15 raisins

**1 tablespoon chopped
fresh cilantro**

1 tablespoon freshly

squeezed lemon juice

1. Put the semolina, 1 teaspoon of the salt, the ghee, *khoya*, and milk in a bowl and knead to make a soft dough. Cover the dough with a damp cloth and set aside to rest for 2 to 3 hours. Knead the dough once again and let rest for 30 minutes.

2. In a small cup, combine the saffron and rosewater; set aside.

3. Place a medium nonstick sauté pan over high heat and add the oil. When small bubbles appear at the bottom of the pan, lower the heat to medium and add the cumin. When the cumin begins to change color, add the ginger and sauté until

it is lightly browned.

4. Add the chile powder, black pepper, coriander, the remaining 1 teaspoon salt, and the *garam masala*. Cook for 2 to 3 minutes. Add the *paneer*, potatoes, cashews, and raisins. Stir and cook until completely dry.

5. Sprinkle with the cilantro and lemon juice. Stir well. Divide into 16 equal portions and set aside to cool.

6. Preheat the oven to 400°F/200°C. Take one portion of the dough, shape it into a *katori* (small bowl) with your fingers, put one portion of the paneer-potato mixture inside, gather the edges,

and shape into a ball. Seal neatly, flatten slightly, and shape into an oval. Repeat with the remaining dough and filling.

7. Arrange on a baking sheet and let rest for 10 minutes.

8. Brush with the saffron-rosewater mixture and bake for 20 minutes. Serve hot.

Adraki Jhinga

Ginger-marinated sautéed shrimp

Adrak is Hindi for “ginger,” and the name of this dish is apt: The shrimp are marinated in a sharp ginger mixture. Serve these with *pudina aur dhaniya* chutney (mint-

and-cilantro chutney; page 22).

Serves 4.

**20 large shrimp,
cleaned, heads removed**

1 teaspoon table salt

**1 tablespoon freshly
squeezed lemon juice**

**1 tablespoon fresh
ginger paste (page 12)**

**1 tablespoon red chile
paste (see Note page 13)**

**2 tablespoons *maida*
(refined flour) or pastry
flour**

**3 tablespoons vegetable
oil**

1. Peel and devein the shrimp, keeping the tails intact. Wash, pat

dry, and put them in a bowl.

2. Add the salt, lemon juice, ginger paste, chile paste, and *maida*, and toss well. Set aside for 15 minutes.

3. Place a nonstick sauté pan over medium heat and add the oil. When small bubbles appear at the bottom of the pan, add the shrimp along with the marinade and cook for 2 minutes; do not overcook the shrimp, or they will become tough and rubbery. Remove with a slotted spoon and drain on paper towels.

4. Serve hot.

Amritsari Machchi

Fried fish, Amritsar style

While I really like the caramel-hued malt vinegar that is used in this recipe, it is often hard to find. The closest substitute in look, flavor, and acidity (about 5%) is cider vinegar. *Rawas*, the fish used here, is called the Indian salmon. It is very different from American salmon. For this recipe, you can use rockfish or grouper if *rawas* is unavailable.

Serves 4.

1 1/3 pounds (600 grams) boneless *rawas* (Indian salmon) fillets
1/4 cup (50 ml) malt vinegar
1/2 cup (50 grams) *besan*

(chickpea/gram flour)

**2 tablespoons *maida*
(refined flour) or pastry
flour**

**1 tablespoon plain
yogurt**

1 large egg

1 teaspoon *ajwain*

1 teaspoon table salt

**1 tablespoon freshly
squeezed lemon juice**

**1 tablespoon red chile
powder**

**2 tablespoons fresh
ginger paste (page 12)**

**2 tablespoons fresh
garlic paste (page 12)**

1 quart (800 ml)
vegetable oil

1 teaspoon *chaat masala* (spice mix for *chaat*; page 24)

2 lemons, cut in half

1. Cut the fish fillets into 1½-inch (4-cm) cubes and put them in a bowl. Add the vinegar and marinate for 20 minutes. Drain and pat dry with paper towels.

2. Put the *besan*, *maida*, yogurt, egg, *ajwain*, salt, lemon juice, chile powder, ginger paste, and garlic paste in a deep bowl. Add water a little at a time, whisking to make a smooth batter.

3. Put the fish cubes in the

batter and marinate for about 20 minutes.

4. Put the oil in a deep-fryer and heat to 375°F/190°C.

5. Working in batches, spoon fish pieces from the batter and slide into the hot oil one at a time. Take care not to overcrowd the fryer, as this may lower the temperature of the oil and cause the fish to absorb too much oil and become soggy. Lower the heat to medium and fry until the fish is golden brown and crisp. Remove with a slotted spoon and drain on paper towels.

6. Sprinkle with the *chaat masala* and lemon juice. Serve immediately.

Angoori Shrimp

Grapes and shrimp

This easy and surprisingly delicious dish looks absolutely stunning. While on the griddle, the plump grapes share their sweetness generously with the shrimp, which take on a beautiful glaze as they cook. I first came up with this dish in California when I was doing a show about cooking with grapes.

Serves 4.

¼ cup (50 ml) honey

1½ teaspoons table salt

½ cup (100 ml) balsamic

vinegar

1 teaspoon red chile flakes

16 jumbo shrimp, peeled and deveined

24 red grapes

2 tablespoons vegetable oil

1. Place a small nonstick saucepan over medium heat, add the honey, $\frac{1}{2}$ teaspoon of the salt, and the vinegar, and cook for 3 to 4 minutes. Stir in the chile flakes and remove from the heat; cover to keep warm.

2. Thread the shrimp and grapes alternately onto 8 wooden skewers. Sprinkle the remaining 1 teaspoon salt over them.

3. Place a nonstick griddle over medium heat and brush with 1 teaspoon of the oil. Place the skewers on the griddle and cook, basting with the remaining oil and turning frequently, for 4 minutes, until the shrimp are cooked evenly on all sides.

4. Arrange the shrimp and grapes on a platter, pour the honey sauce over them, and serve hot.

Chingri Pakora

Crisp shrimp dumplings

The state of Bengal can be easily divided into east and west by the style of cuisine. This is how the

East Bengalis make these dumplings. In a Bengali home in the western part of the state, you would find egg and a little sugar in the batter, and the *pakor*s would also be less spicy. Whichever the case, these crisp dumplings are best enjoyed right out of the fryer as a snack or side dish.

Serves 4.

**1 pound (500 grams)
small shrimp**

**½ cup (50 grams) *besan*
(chickpea/gram flour)**

1 tablespoon rice flour

**1 teaspoon chopped
garlic**

2 medium red onions,

diced

½ teaspoon red chile powder

2 green chiles, stemmed and chopped

2 tablespoons chopped fresh cilantro

1¼ teaspoons salt

2 teaspoons freshly squeezed lemon juice

1 quart (800 ml) vegetable oil

1. Peel and devein the shrimp. Wash them thoroughly under running water. Drain in a colander and then pat them dry with a kitchen towel.

2. Put the shrimp in a bowl.

Add the *besan*, rice flour, garlic, onions, chile powder, chiles, cilantro, salt, lemon juice, and 3 tablespoons of the oil. Stir well. Shape into $\frac{3}{4}$ -inch (1½-cm) balls.

3. Place a nonstick wok over high heat and add the remaining oil. When small bubbles appear at the bottom of the wok, lower the heat to medium and gently slide in a few shrimp balls. Cook over medium heat, turning frequently with a slotted spoon, for 6 to 7 minutes or until golden brown. Remove with the slotted spoon and drain on paper towels.

4. Serve immediately.

Rawas Fish Fingers

Marinated boneless fish rolled in coarse rice flour and deep-fried

The crunchiness of the fish fingers is thanks to the coarse rice flour. You can use bread crumbs or semolina for dredging, but the effect will be different.

Serves 4.

**11 ounces (300 grams)
boneless *rawas* (Indian
salmon) fillets (see page
167; you can use rockfish or
grouper)**

**1 tablespoon fresh
ginger paste (page 12)**

**1 tablespoon fresh
garlic paste (page 12)**

1 teaspoon table salt
2 tablespoons freshly
squeezed lemon juice
 $\frac{3}{4}$ cup (115 grams)
coarse rice flour (see Note)
2 teaspoons red chile
powder
1 quart (800 ml)
vegetable oil

Chile garlic chutney
(page 519)

1. Wash the fillets thoroughly under running water. Drain them in a colander and pat dry with paper towels. Cut the fillets into 20 to 22 finger-size pieces.

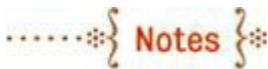
2. Put the ginger paste, garlic paste, salt, and lemon juice in a

deep bowl. Stir well and add the fish fingers. Marinate for 30 minutes.

3. Put the rice flour in a large shallow dish. Roll the fish fingers in the rice flour.

4. Place a nonstick wok over high heat and add the oil. When small bubbles appear at the bottom of the wok, lower the heat to medium, and gently slide in the fish fingers, a few at a time. Cook, turning frequently with a slotted spoon, until golden and crisp. Remove with the slotted spoon and drain on paper towels.

5. Serve immediately with chutney.



To make coarse rice flour, soak raw short-grain rice in water for 20 minutes. Drain and spread the rice on a clean absorbent towel to dry. Transfer to a food processor and process to a coarse powder. Store in an airtight container for up to 3 months.

Karwari Shrimp

Crisp shrimp

These batter-fried, lemony shrimp make an excellent appetizer or first course. Serve with your choice of dipping sauce.

Serves 4.

**20 medium shrimp,
shelled and deveined**

**3 tablespoons freshly
squeezed lemon juice**

**1½ teaspoons ground
turmeric**

**1 quart (800 ml)
vegetable oil**

1 teaspoon cumin seeds

**10 dried red chiles,
stemmed and broken in half**

**1½ teaspoons coriander
seeds**

**½ teaspoon black
mustard seeds**

½ teaspoon fenugreek

seeds

2 teaspoons table salt

1 onion, sliced

½ cup (100 grams)

***rawa/suji* (semolina flour)**

1. Place the shrimp, lemon juice, and turmeric in a deep glass bowl and stir well. Marinate for 30 minutes.

2. Place a deep, heavy-bottomed sauté pan over high heat and add 2 tablespoons of the oil. When small bubbles appear at the bottom of the pan, add the cumin, chiles, coriander, mustard seeds, fenugreek, and 1 teaspoon of the salt, and sauté for 1 minute or until the seeds are lightly browned.

3. Add the onion and sauté for 3 to 4 minutes or until the onion is golden brown. Transfer to a bowl and set aside to cool to room temperature. Transfer to a mini food processor with 3 tablespoons water and process to a smooth paste.

4. Transfer the paste to the bowl with the marinated shrimp and stir well. Put in the refrigerator to marinate for 15 minutes.

5. Put the semolina in a bowl and add the remaining 1 teaspoon salt. Sprinkle this mixture on the marinated shrimp and stir gently until well combined, making sure that the shrimp remain whole.

6. Put the remaining oil in a deep-fryer and heat to 375°F/190°C. Gently lower five or six shrimp, one at time, into the hot oil. Lower the heat to medium and fry until they are golden and crisp. Remove with a slotted spoon and drain on paper towels. Serve immediately.

Macher Chop

Flaked fish coated in mashed potatoes and deep-fried

The Bengalis' passion for fish is legendary—they enjoy many different types (relishing all parts of them—even the head), and they have a huge repertoire of fish

dishes. This great appetizer is very traditional. Shortcut cooks simply stir the potatoes and flakey fish together, but give me this version any day!

Makes 12.

**1 pound (500 grams)
whole whitefish, cleaned and
cut into 4 or 5 pieces**

**2 tablespoons plus 1
quart (800 ml) vegetable oil**

**2 medium red onions,
chopped**

**4 teaspoons fresh
ginger-garlic paste (page 13)**

**3 green chiles, stemmed
and chopped**

1½ teaspoons table salt

**2 tablespoons chopped
fresh cilantro**

**4 large potatoes, boiled,
peeled, and mashed**

2 large eggs

**1 cup (110 grams) bread
crumbs**

1. Pat the fish dry with an absorbent towel.

2. Place a nonstick saucepan over high heat and add 2 cups (400 ml) water. When the water comes to a boil, add the fish pieces and cook for 3 to 4 minutes or until the fish is cooked through. Drain and put the fish on a plate. Remove the bones and skin, and flake the flesh. Set aside in a bowl.

3. Place a nonstick sauté pan over medium heat and add 2 tablespoons of the oil. When small bubbles appear at the bottom of the pan, add the onions, ginger-garlic paste, chiles, 1 teaspoon of the salt, and the cilantro. Sauté for 3 minutes or until the onions are lightly browned. Add to the flaked fish, stir well, and set aside to cool. Divide into 12 portions.

4. Put the mashed potatoes in a bowl, add the remaining $\frac{1}{2}$ teaspoon salt, and stir well. Divide into 12 portions.

5. Roll one portion of the potato mixture into a ball and flatten it slightly. Make a dent in the

center and place one portion of the fish mixture in the center. Gather in the edges to enclose the filling and roll into a ball again. Flatten it slightly to make a patty. Repeat with the remaining potato mixture and fish mixture.

6. Put the eggs in a bowl and whisk well. Put the bread crumbs on a plate. Dip the patties into the egg, then roll in the bread crumbs, making sure they are well coated.

7. Place a nonstick wok over high heat and add 1 quart (800 ml) oil. When small bubbles appear at the bottom of the wok, gently slide in 3 patties. Cook, turning a few times with a slotted spoon, for 2 to

3 minutes or until golden brown on all sides. Remove with the slotted spoon and drain on paper towels.

8. Serve immediately.

Malvani Shrimp Fry

Crisp shrimp with ginger and garlic

This specialty of the west-coast regions of India should be prepared just before it is served or the shrimp will lose their crispness.

Serves 4.

**32 medium shrimp,
shelled and deveined**

1 teaspoon table salt

**1½ tablespoons freshly
squeezed lemon juice**

$\frac{3}{4}$ teaspoon ground turmeric

2 teaspoons red chile powder

1 teaspoon fresh ginger paste (page 12)

1 teaspoon fresh garlic paste (page 12)

2 tablespoons rice flour

2 tablespoons *rawa/suji* (semolina flour)

$\frac{1}{4}$ cup (50 ml) vegetable oil

1. Wash the shrimp thoroughly under running water. Drain well and pat dry with paper towels. Put in a bowl and add $\frac{1}{2}$ teaspoon of the salt and the lemon juice. Stir

well, then marinate for 15 minutes.

2. Put the turmeric, chile powder, the remaining $\frac{1}{2}$ teaspoon salt, the ginger paste, and garlic paste in a bowl, and stir well. Add to the marinated shrimp and stir well. Cover the bowl and put in the refrigerator to marinate for 30 minutes.

3. Put the rice flour and semolina in a flat dish and stir well. Dredge the shrimp in the mixture.

4. Place a medium nonstick sauté pan over medium heat. Add the oil. When small bubbles appear at the bottom of the pan, lower the heat to low. Slide one shrimp at a

time into the hot oil and fry, turning often with a slotted spoon, until golden and crisp. Remove with the slotted spoon and drain on paper towels. Serve immediately.

Masala Fried Squid

Fried marinated squid

Squid is so tender that it cooks fast. Serve these crisp rings as a side dish with *dal* and rice.

Serves 4.

6 medium squid bodies

2 teaspoons red chile powder

½ teaspoon ground turmeric

$\frac{3}{4}$ teaspoon table salt
**1 tablespoon ginger
paste (page 12)**
**1 tablespoon garlic
paste (page 12)**
**1 tablespoon chopped
fresh cilantro**
**1 tablespoon freshly
squeezed lemon juice**
 $\frac{1}{2}$ large egg, whisked
**1 quart (800 ml)
vegetable oil**
 $\frac{1}{2}$ cup rice flour

1. Clean, wash, and drain the squid in a colander. Cut into $\frac{1}{4}$ -inch-thick ($\frac{1}{2}$ -cm-thick) rings.

2. Combine the chile powder, turmeric, salt, ginger paste, garlic

paste, cilantro, lemon juice, and egg in a bowl. Add the squid rings and stir to coat. Cover the bowl with plastic wrap and set aside to marinate for 30 minutes.

3. Place a nonstick wok over high heat and add the oil. Spread the rice flour on a plate. When small bubbles appear at the bottom of the wok, lower the heat to medium, roll the squid in the rice flour, and slide the rings into the hot oil. Cook, stirring with a slotted spoon, until golden and crisp. Remove with the slotted spoon and drain on paper towels.

4. Serve hot.

Meen Pathiris

Fried fish rolls

This traditional recipe from Kerala is, sadly, not so commonplace these days. In some homes, the snack is steamed rather than fried, but I find the crispness of the fried version more appealing.

Serves 4.

- 3½ ounces (100 grams)**
white fish fillets
- 1 teaspoon red chile**
powder
- 1 teaspoon ground**
coriander
- ½ teaspoon ground**
turmeric
- 1¼ teaspoons table salt**

**5 tablespoons plus 1
quart (800 ml) vegetable oil**

5 to 6 fresh curry leaves

5 shallots, sliced

**½-inch (1-cm) piece
fresh ginger, chopped**

**10 cloves garlic,
chopped**

**1 green chile, stemmed
and chopped**

**¼ teaspoon *garam
masala* (spice mix; page 27)**

**¼ teaspoon ground
fennel seeds**

**1 teaspoon freshly
squeezed lemon juice**

1 2/3 cups (200 grams)

***maida* (refined flour) or
pastry flour**

**2 large eggs, well
beaten**

1. Pat the fish dry with an absorbent towel. Put in a bowl and sprinkle with the chile powder, coriander, turmeric, and $\frac{1}{2}$ teaspoon of the salt. Toss once or twice. Cover the bowl and put in the refrigerator to marinate for 30 minutes.

2. Place a nonstick sauté pan over medium heat and add 2 tablespoons of the oil. When small bubbles appear at the bottom of the pan, add the curry leaves, shallots, ginger, garlic, and chile, and sauté

until the shallots are golden brown.

3. Add the fish and stir. Lower the heat to low and cook for 6 to 7 minutes. Transfer the mixture to a plate and flake the fish into small pieces.

4. Sprinkle with the *garam masala*, fennel, and lemon juice. Set aside.

5. Sift the *maida* and the remaining $\frac{3}{4}$ teaspoon salt into a bowl. Rub in 3 tablespoons of the oil. Add $\frac{1}{3}$ cup (70 ml) water and knead to make a stiff dough. Cover the dough with a damp cloth and let rest for 20 minutes. Divide into 4 portions.

6. Roll out each portion into a

thick 6-inch (15-cm) round. Place a portion of the fish mixture in the center of each, gather the edges to enclose the filling, and seal the *pathiris*.

7. Place a nonstick wok over high heat and add 1 quart (800 ml) oil. When small bubbles appear at the bottom of the wok, slide in the *pathiris*, two at a time, and cook, gently stirring with a slotted spoon, until golden on all sides. Remove with the slotted spoon and drain on paper towels. Leave the wok on the heat.

8. Dip the *pathiris* in the eggs and return them to the hot oil. Remove when the egg is cooked.

Drain on paper towels and serve immediately.

Patrani Machchi

Fish fillets spread with green chutney, wrapped in banana leaves, and steamed

Traditionally this dish is steamed, but you can also cook it in a sauté pan over medium heat, turning it frequently so that the banana leaf doesn't burn.

Serves 4.

**8 (7-ounce/200-gram)
boneless pomfret fillets (you
can use pompano or
butterfish)**

1½ teaspoons table salt

**2 tablespoons freshly
squeezed lemon juice**

**1 cup (120 grams)
grated fresh coconut (or
frozen unsweetened
coconut)**

**2 cups (120 grams)
chopped fresh cilantro**

5 green chiles, stemmed

4 teaspoons cumin seeds

12 cloves garlic

3 or 4 banana leaves

1. Cut each fish fillet into pieces 2 inches by 1½ inches (5 cm by 4 cm). Sprinkle with ½ teaspoon of the salt and 1 tablespoon of the lemon juice and put in the refrigerator to marinate for 30

minutes.

2. Put the coconut, cilantro, chiles, cumin, and garlic in a food processor with 2 to 3 tablespoons water and process until smooth. Add the remaining 1 teaspoon salt and the remaining 1 tablespoon lemon juice and blend. Spread the chutney on both sides of all the fish pieces and marinate for about 15 minutes.

3. Cut each banana leaf into 4 pieces. Holding them with tongs, singe the leaves one at a time over an open flame to make them malleable.

4. Place a few marinated fish pieces in the center of each piece of

banana leaf and smear some of the chutney on them. Fold in the ends of the leaf to cover the fish pieces completely and shape into a parcel.

5. Put water in the bottom of a steamer over high heat. Place the fish parcels in the top of the steamer, lower the heat to medium, cover, and steam for 15 minutes.

6. Serve the fish in the leaf so that each guest can open the parcel and enjoy the fish hot.

Paturi Maach

Marinated fish fillets wrapped in banana leaves and steamed

This is a fantastic dish both in taste and in presentation. Serve the

fish still wrapped in the leaf. As your guests open the parcels, the heady aroma of the fish and mustard will fill the air, getting the meal off to a spectacular start. In India, I would use *betki* fish, but you can use red snapper fillets.

Serves 4.

**4 (6-inch-square) pieces
tender banana leaf**

**4 (4-ounce/125-gram)
betki or red snapper fillets**

**¼ cup (50 ml) filtered
mustard oil (see Note page
87)**

**6 teaspoons *kalonji*
(nigella; see Note page 231)**

1 teaspoon ground

turmeric

1 teaspoon red chile powder

1 teaspoon table salt

6 teaspoons black mustard seed paste (see Note)

¼ teaspoon sugar

1. Singe each banana-leaf piece over an open gas flame to make it malleable.

2. Wash the fish thoroughly under running water and drain well. Pat dry with paper towels and cut the fillets into 4-inch squares.

3. Put 2 tablespoons of the mustard oil in a large bowl. Add the *kalonji*, turmeric, chile powder,

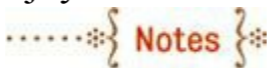
and salt. Stir well. Add the fish pieces and toss so that all of them are coated with the mixture. Cover the bowl with plastic wrap and put in the refrigerator to marinate for 1 hour.

4. Add the mustard paste, sugar, and remaining 2 tablespoons mustard oil, and stir. Cover the bowl again with plastic wrap and return to the refrigerator for 30 minutes more.

5. Wrap the individual fish pieces in the banana-leaf pieces. Secure the open edges of the banana packets with toothpicks so that they do not open during the steaming process.

6. Place a steamer over high heat, and add 1½ cups (300 ml) water, and bring it to a boil. Fit a perforated plate in the steamer and place the fish parcels on it. Lower the heat to medium, cover, and steam for 15 minutes.

7. Serve the fish in the leaf so that each guest can open the parcel and enjoy the fish hot.



To make the paste, combine 1 teaspoon ground mustard seeds with 2 teaspoons water.

Pomfret Reichado

Fish with red chiles

This dish is a classic Goan fish recipe. It uses *reichado masala*, which includes Kashmiri red chiles and vinegar. This dish is best prepared just before serving; otherwise the fish will lose its crispness.

Serves 4.

**4 (7½-ounce/220-gram)
whole pomfret fish (you can
use pompano or butterfish)**

**30 to 35 Kashmiri red
chiles, stemmed and broken
in half**

**1 tablespoon cumin
seeds**

4 to 6 cloves garlic

2-inch (5-cm) piece

fresh ginger, chopped

**10 to 12 whole black
peppercorns**

**2 tablespoons tamarind
pulp**

**¼ cup (50 ml) malt
vinegar or cider vinegar**

1 teaspoon table salt

2 cups (400 ml)

vegetable oil

1. Clean and wash the fish thoroughly. Pat dry with paper towels. With a sharp knife, make 2 or 3 slits on either side of the center bone on both sides of the fish. Also make a slit in the side of each fish.

2. Soak the chiles, cumin,

garlic, ginger, peppercorns, and tamarind pulp in the vinegar for 10 to 15 minutes. Transfer to a mini food processor with 2 tablespoons water and process to a smooth paste. Add the salt.

3. Using your fingertips, apply the ground spice paste all over the fish, coating it liberally and stuffing the paste inside the slits. The fish should be covered completely with the paste. Put the fish on a plate and put in the refrigerator for 30 minutes to marinate.

4. Place a wide nonstick sauté pan over high heat and add the oil. When small bubbles appear at the bottom of the pan, gently place one

fish in the oil. Lower the heat to medium and fry, turning once, for 10 to 15 minutes or until both sides are golden brown. Fry the remaining fish and serve hot.

Poricha Konju

Crisp shrimp with curry leaves

Shrimp fry well, but only if the tender meat is protected from the hot oil. I personally enjoy the soothing flavor of curry leaves in the crisp coating here. Serve the shrimp with a sauce or chutney of your choice.

Serves 4.

14 ounces (400 grams)

medium shrimp, peeled and deveined

1 tablespoon freshly squeezed lemon juice

2 teaspoons table salt

25 fresh curry leaves

4 green chiles, stemmed and chopped

3 cloves garlic, chopped

½ teaspoon *ajwain*

2 teaspoons red chile powder

¼ cup plus 2 tablespoons (60 grams) rice flour

¼ cup (50 ml) vegetable oil

1. Wash and drain the shrimp. Pat them dry with an absorbent towel. Put them in a bowl, add the lemon juice and salt, and toss. Set aside to marinate for 15 minutes.

2. Put the curry leaves, chiles, and garlic in a spice grinder with 2 tablespoons water and grind to a smooth paste. Crush the *ajwain* lightly in a mortar and stir it into the paste along with the chile powder.

3. Add the paste to the marinated shrimp and stir well so that the shrimp are well coated. Set aside to marinate for 15 to 20 minutes. Sprinkle with the rice flour and stir well.

4. Place a medium nonstick sauté pan over medium heat and add the oil. When small bubbles appear at the bottom of the pan, add the shrimp and cook, stirring continuously, until golden brown and crisp. Remove with a slotted spoon and drain on paper towels.

5. Serve hot.



The paste here should be thick enough to adhere to the shrimp. You can substitute fish, crabmeat, squid, or even mussels for the shrimp.

Shrimp Idlis

Steamed rice cakes with shrimp

New snack ideas are always welcome. Luckily, you can add just about any chopped vegetable, nut, or spice to *idli* batter. Here, we add shrimp. Serve these *idlis* with coconut cilantro chutney (page 520). See page 591 for details about *idli* steamers.

Makes 12.

- ½ cup (100 grams)
parboiled rice**
- ¼ cup (50 grams) *dhuli urad dal* (split skinless black gram)**
- 4 ounces (110 grams)
small shrimp, peeled and deveined**
- 1½ teaspoons table salt**

**¼ teaspoon crushed
dried red chile**

**1 tablespoon chopped
fresh cilantro**

**1 tablespoon vegetable
oil**

1. Put the rice in a bowl, wash in plenty of water 2 or 3 times, and drain. Add 1½ cups (300 ml) water and soak overnight. Wash the *dal* and soak in 1 cup (200 ml) water overnight.

2. Drain the rice and put in a spice grinder. Grind to a smooth, thick paste. Transfer to a large bowl. Drain the *dal* and grind to a smooth, thick paste. Add it to the rice and whisk well.

3. Add 1¼ cups (250 ml) water to the batter and whisk to get a smooth consistency (a little thicker than pancake batter).

4. Cover the bowl with plastic wrap and set in a warm place to ferment for 4 to 5 hours or overnight.

5. Wash the shrimp well under running water and drain in a colander. Chop them and put in a bowl.

6. Place a steamer over high heat and add 2 cups (400 ml) water. Bring to a boil.

7. Reserving a few shrimp, add the rest of the shrimp to the batter along with the salt, chile, and

cilantro, and stir well.

8. Lightly grease an *idli* mold with oil. Pour a spoonful of batter into each indentation and place one of the remaining shrimp over the batter in each.

9. Fit the *idli* molds onto the stand, place the stand in the steamer, and steam for 12 to 15 minutes. Remove from the heat and let cool for 3 to 4 minutes.

10. Spoon out the *idlis* and serve immediately.

Shrimp Karanji

Half moon–shaped pies stuffed with spicy shrimp

Karanji is a very popular

snack in Maharashtra. It is stuffed with a sweet coconut filling and is often made during festivals and for special occasions. I do something different here by using a savory shrimp filling. These are best consumed fresh, on the spot!

Makes 12.

**1 cup (120 grams)
maida (refined flour) or
pastry flour**

**1½ tablespoons coarse
rawa/suji (semolina flour)**

¼ cup (50 grams) ghee

¼ cup (50 ml) milk

**10 ounces (300 grams)
shrimp, peeled and deveined**

1 teaspoon fresh ginger

paste (page 12)

**1 teaspoon fresh garlic
paste (page 12)**

**2 teaspoons fresh green
chile paste (page 13)**

½ teaspoon table salt

**1 tablespoon plus 1
quart (800 ml) vegetable oil**

**2 medium red onions,
chopped**

**¼ cup (25 grams)
grated fresh coconut (or
frozen unsweetened
coconut)**

**¼ cup (13 grams)
chopped fresh cilantro**

1. Make the dough: Sift the *maida* into a bowl. Add the

semolina and rub in the ghee with your fingertips until the mixture resembles bread crumbs. Add the milk and knead in enough water to make a semisoft dough. Cover the dough with a damp cloth and set aside for 30 minutes.

2. Wash the shrimp well under running water and drain in a colander. Chop them and put in a bowl. Add the ginger paste, garlic paste, chile paste, and salt, and stir well.

3. Place a nonstick sauté pan over medium heat and add 1 tablespoon of the oil. When small bubbles appear at the bottom of the pan, add the onions and sauté until

light golden.

4. Add the shrimp mixture and cook until all the moisture evaporates. Add the coconut and cilantro, and stir well. Set aside to cool.

5. Divide the dough into 12 portions and roll them out into 3-inch (7½-cm) rounds. Place each round on a work surface, place 1 portion of shrimp mixture on one half of each round, and fold over to make a half-moon shape. Press the edges to seal the *karanjis* well.

6. Place a nonstick wok over high heat and add the oil. When small bubbles appear at the bottom of the wok, slide in the *karanjis*,

two at a time, and cook, stirring with a slotted spoon, until they puff up slightly. Turn and continue cooking until both sides are light golden. Remove with the slotted spoon and drain on paper towels.

7. Serve hot.

Shrimp Vadai

Shrimp fritters

South Indian cuisine features many different fritters, and I like to serve this particular one to liven up a simple meal of lentils and rice.

Serves 4.

**9 ounces (250 grams)
small shrimp, peeled and**

deveined

**1 medium red onion,
minced**

**2 tablespoons grated
fresh coconut (or frozen
unsweetened coconut)**

**$\frac{1}{2}$ teaspoon ground
turmeric**

**$1\frac{1}{2}$ teaspoons red chile
powder**

**$\frac{1}{2}$ teaspoon *garam
masala* (spice mix; page 27)**

20 fresh curry leaves

$1\frac{1}{2}$ teaspoons table salt

**$\frac{3}{4}$ cup (75 grams) *besan*
(chickpea/gram flour)**

$\frac{1}{4}$ cup (15 grams)

chopped fresh cilantro

1 quart (800 ml)

vegetable oil

1. Wash the shrimp well under running water. Pat them dry and put them in a food processor. Add the onion, coconut, turmeric, chile powder, *garam masala*, curry leaves, and salt, and pulse to make a coarse mixture.

2. Transfer to a bowl, add the *besan* and cilantro, and stir well.

3. Divide the mixture into 16 portions and roll them into balls.

4. Place a nonstick wok over high heat and add the oil. When small bubbles appear at the bottom of the wok, gently slide in the balls,

eight at a time, and cook, stirring gently with a slotted spoon, for 3 to 4 minutes or until golden brown. Remove with the slotted spoon and drain on paper towels.

5. Serve hot.

Talela Rawas

Pan-fried marinated fish

Rawas is Indian salmon, different from American salmon and quite big, with dark flesh. In the United States, you can substitute rockfish or grouper. This is a delicious but very simple dish, perfect for new cooks who don't have much experience with fish.

Serve it with *dal* and rice.

Serves 4.

**1 pound (500 grams)
rawas (Indian salmon) or
rockfish or grouper fillets**

**2 tablespoons freshly
squeezed lemon juice**

1 teaspoon table salt

**1½ teaspoons red chile
powder**

**½ teaspoon ground
turmeric**

**½ tablespoon tamarind
pulp**

**¾ cup (110 grams)
coarsely ground raw rice**

½ cup (100 ml)

vegetable oil

1 tablespoon chopped fresh cilantro

1. Cut the fish into 1-inch-thick (2½-cm-thick) slices. Wash well under running water and drain in a colander. Press the slices between paper towels to remove any excess moisture.

2. Sprinkle with 1 tablespoon of the lemon juice and ½ teaspoon of the salt, and set aside.

3. Put the chile powder, turmeric, tamarind pulp, the remaining ½ teaspoon salt, and 2 tablespoons water in a bowl, and stir well. Add the fish and stir to coat. Set aside to marinate for 15 to

20 minutes.

4. Add the ground rice and toss to coat.

5. Place a nonstick sauté pan over medium heat and add the oil. When small bubbles appear at the bottom of the pan, add the fish pieces, a few at a time, and cook, turning once or twice, for a few minutes or until they are cooked through and both sides are light golden brown.

6. Transfer to a serving platter and garnish with the cilantro. Sprinkle with the remaining 1 tablespoon lemon juice and serve immediately.

Tandoori Pomfret

Pomfret cooked tandoor style

Pomfret cooked in a tandoor oven is the most popular fish dish in any good seafood restaurant in Mumbai. But for ease of preparation, I've given instructions for cooking it in a conventional oven. The best way to enjoy this fish is with lots of lemon juice and lemon wedges.

Serves 4.

**4 (7½-ounce/220-gram)
whole pomfret fish, (you can
use pompano or butterfish)
1¾ teaspoons table salt
2 tablespoons freshly
squeezed lemon juice**

**1 teaspoon fresh ginger
paste (page 12)**

**1 teaspoon fresh garlic
paste (page 12)**

**1½ cups (375 grams)
plain yogurt**

**2½ teaspoons red chile
powder**

**2 teaspoons *garam
masala* (spice mix; page 27)**

**2 tablespoons vegetable
oil**

½ teaspoon *ajwain*

**¼ cup (25 grams) *besan*
(chickpea/gram flour)**

**¾ teaspoon ground
turmeric**

**¼ cup (60 ml) melted
butter**

1. Clean and wash the fish thoroughly. Pat dry with paper towels. Make incisions on both sides of each fish. Combine 1 teaspoon of the salt, the lemon juice, ginger paste, and garlic paste, and rub it all over the fish. Put the fish on a platter, and set aside for 20 minutes.

2. Combine the yogurt, the remaining $\frac{3}{4}$ teaspoon salt, the chile powder, and the *garam masala* in a bowl and set aside.

3. Place a nonstick sauté pan over medium heat and add the oil. When small bubbles appear at the

bottom of the pan, add the *ajwain* and *besan*, and sauté for 4 to 5 minutes or until fragrant. Remove from the heat and stir in the turmeric. Add to the yogurt mixture and whisk well. Rub this mixture all over the fish and into the incisions. Cover the platter with plastic wrap and put in the refrigerator to marinate for 1 hour.

4. Preheat the oven to 350°F/180°C.

5. Put the fish on a greased baking sheet and bake on the middle rack of the oven for 8 to 10 minutes, watching carefully that they do not overcook.

6. Baste with the butter and

cook for another 5 minutes or until the fish have a crisp and golden crust, again watching carefully that they do not overcook.

7. Serve hot.

Sungatache Bhaje

Crisp shrimp patties

My wife, Alyona, loves *pulao* with shrimp, and the kids adore fried shrimp, so there is always something interesting happening with shrimp in our kitchen. And here is an example of just that: wonderfully spiced and crisp shrimp patties.

Makes 8.

**7 ounces (200 grams)
shrimp, peeled and deveined**
3 cloves garlic, chopped
**½-inch (1-cm) piece
fresh ginger, chopped**
**½ teaspoon ground
turmeric**
1 teaspoon table salt
**1 teaspoon red chile
powder**
**3 tablespoons *maida*
(refined flour) or pastry
flour**
**2 tablespoons fine
rawa/suji (semolina flour)**
**¼ cup (50 ml) vegetable
oil**

1. Wash the shrimp well under running water and pat dry with an absorbent cloth so that all the excess moisture is removed.

2. Put the shrimp in a bowl. Add the garlic, ginger, turmeric, salt, chile powder, *maida*, and semolina, and combine well.

3. Place a nonstick sauté pan over medium heat and add the oil. When small bubbles appear at the bottom of the pan, pour in a spoonful of the shrimp mixture and flatten it slightly. Cook, flipping sides a couple of times, for 2 minutes on each side or until the shrimp are cooked through and crisp on the outside. Remove with a

slotted spoon and drain on paper towels.

4. Serve hot.

Yera Varuval

Crisp sautéed hot-and-sour shrimp

This dish from the northern part of Tamil Nadu is also called *eral varuval*— shrimp fry. The ginger and garlic balance out the flavor of the shrimp beautifully. I do not mind eating these on their own as a snack, but ideally they are accompanied with rice and *sambhar* (page 32).

Serves 4.

14 ounces (400 grams)

medium shrimp, peeled and deveined

1 tablespoon fresh ginger paste (page 12)

1 tablespoon fresh garlic paste (page 12)

2½ teaspoons ground roasted cumin (page 32)

1 tablespoon tamarind pulp, or the juice of 1 lemon

1 tablespoon red chile powder

25 fresh curry leaves (5 chopped, 20 whole)

1 teaspoon ground turmeric

3½ tablespoons rice

flour

2 teaspoons table salt

6 tablespoons (90 ml)

vegetable oil

**2 medium red onions,
cut into rings**

**2 lemons, cut into
wedges**

1. Wash the shrimp and drain well. Pat dry with a kitchen towel.

2. Combine the ginger paste, garlic paste, cumin, tamarind pulp, chile powder, the 5 chopped curry leaves, turmeric, rice flour, salt, and 2 tablespoons of the oil in a bowl. Add the shrimp and toss well. Put in the refrigerator to marinate for 30 minutes.

3. Place a shallow nonstick sauté pan over medium heat and add the remaining 4 tablespoons oil. Add the 20 whole curry leaves and cook until dark green and crisp. Add the shrimp and cook until cooked through and golden brown and crisp. Remove with a slotted spoon and drain on paper towels.

4. Garnish with the onions and lemons, and serve immediately.

Andhra Chile

Chicken

Andhra-style spicy chicken

Chiles are an integral part of the cooking of Andhra Pradesh, a

state located in the southern part of India. You can vary the heat of this dish by reducing or increasing the number of chiles used. You can also try different varieties of red chiles for different flavors and heat levels.

Serves 4.

**1³/₄ pounds (800 grams)
skinless, boneless chicken
pieces (white and dark meat)
4 tablespoons plus 1
teaspoon (65 ml) vegetable
oil
1 teaspoon cumin seeds
1-inch (2¹/₂-cm)
cinnamon stick
4 green cardamom pods**

4 whole cloves

18 to 20 dried red chiles

1 medium onion, sliced

**15 to 20 fresh curry
leaves**

**4 green chiles, stemmed
and slit**

1 teaspoon table salt

**1 tablespoon ground
coriander**

1. Cut the chicken into small pieces and put them in a bowl.

2. Place a small nonstick sauté pan over medium heat and add 1 teaspoon of the oil. When small bubbles begin to appear at the bottom of the pan, add the cumin seeds, cinnamon, cardamom, and

cloves, and sauté for 1 minute. Set aside to cool.

3. Soak the red chiles in $\frac{1}{4}$ cup (50 ml) water for 30 minutes. Put the sautéed spices and the soaked chiles in a mini food processor with a little of the soaking water and process to a smooth paste.

4. Add the paste to the chicken pieces and toss to combine, cover the bowl, and put it in the refrigerator to marinate for 2 to 3 hours.

5. Place a medium nonstick sauté pan over high heat and add 2 tablespoons of the oil. When small bubbles begin to appear at the bottom of the pan, add the onion,

curry leaves, green chiles, salt, and coriander, and sauté for 1 minute.

6. Add the chicken pieces and stir well. Add the remaining 2 tablespoons oil and cook, stirring frequently, for 10 minutes or until the chicken is cooked through. Serve hot.

Chandi Kaliyan

Chicken with silver foil

The title of the dish means “buds of silver,” and in this dish the chicken is cooked in a mild marinade until it is very tender, similar to the softness of a flower bud. Served on a bed of rice with a

blanket of edible silver foil, this is a grand presentation that always impresses. It sells like hotcakes at our Yellow Chilli restaurants.

Most Indian grocers sell silver foil. You can also find it online.

Serves 4.

**1³/₄ pounds (800 grams)
boneless chicken, cut into 16
(1-inch/2¹/₂-cm) cubes**

~ **For the first
marinade:**

**2 teaspoons fresh
ginger paste (page 12)**

**2 teaspoons fresh garlic
paste (page 12)**

1 teaspoon table salt

1 teaspoon ground

white pepper

**1 tablespoon freshly
squeezed lemon juice**

**~ For the second
marinade:**

**$\frac{3}{4}$ cup (60 grams) cream
cheese**

**$\frac{1}{4}$ cup (65 grams) plain
yogurt**

1 teaspoon cornstarch

**$\frac{1}{2}$ teaspoon ground
white pepper**

**$\frac{1}{2}$ teaspoon ground
green cardamom**

**2 green chiles, stemmed
and chopped**

$\frac{1}{2}$ tablespoon chopped

fresh cilantro

**¼ cup (50 ml) heavy
cream**

**¼ teaspoon freshly
grated nutmeg**

½ teaspoon table salt

**~ For cooking and
serving:**

Melted butter

Steamed rice

**1 teaspoon freshly
squeezed lemon juice**

**1 teaspoon *chaat
masala* (spice mix for *chaat*;
page 24)**

**3 sheets *chandi ka varq*
(edible silver foil; available**

at Indian grocery stores)

1. Place the chicken cubes in a large bowl.

2. Make the first marinade: Stir the ginger paste, garlic paste, salt, white pepper, and lemon juice together, and rub it all over the chicken. Cover the bowl with plastic wrap and put in the refrigerator for 30 minutes.

3. Make the second marinade: Put the cheese and yogurt on a plate and stir well with your palm until smooth and creamy. Add the cornstarch, white pepper, cardamom, chiles, cilantro, cream, nutmeg, and salt.

4. Add the second marinade to

the chicken and stir well. Cover and put in the refrigerator to marinate for 4 hours.

5. Preheat the oven to 450°F/230°C.

6. String the chicken cubes, with the marinade, onto long, thin skewers. Place on a baking sheet and bake for 7 minutes, turning frequently and basting the chicken with the melted butter.

7. Baste with butter again and bake for 1 minute more.

8. Slide the chicken cubes off the skewers onto a bed of rice. Sprinkle with the lemon juice and *chaat masala* and cover with the *chandi ka varq*. Serve immediately.

Chettinaad Fried Chicken

Spicy chicken with curry leaves

Chettinaad cuisine originates in the deep southern region of Tamil Nadu. It has a strong character: Freshly ground spices like pepper and chiles mingle with garlic and ginger and liberal amounts of oil. Deeply flavored with curry leaves, this fried chicken needs some marinating time, so plan ahead. And I do recommend that you adjust the spice levels to your taste.

Serves 4.

**1 (2-pound/1-kg) whole
bone-in chicken**

**2 medium red onions,
roughly chopped**

**1-inch (2½-cm) piece
fresh ginger, roughly
chopped**

**5 cloves garlic, roughly
chopped**

**4 green chiles, stemmed
and roughly chopped**

**6 dried red chiles,
stemmed and broken in half**

**½ teaspoon ground
turmeric**

**1 tablespoon freshly
squeezed lemon juice**

2 tablespoons rice flour
1½ teaspoons table salt
15 fresh curry leaves,
finely shredded
1 cup (200 ml)
vegetable oil

1. Split the chicken through the backbone and separate the breast into two equal halves. Make three or four ½-inch-deep (1-cm-deep) cuts on the breast and leg pieces.

2. Put the onions, ginger, garlic, green chiles, and red chiles in a food processor with 3 tablespoons water, and process to a smooth paste. Transfer to a deep bowl and stir in the turmeric, lemon juice, rice flour, and salt.

3. Add the chicken pieces and toss to coat them liberally with the paste. Add the curry leaves and stir. Cover the bowl with plastic wrap and put in the refrigerator for 2 to 3 hours to marinate. Remove from the refrigerator and remove the chicken pieces from the marinade. Reserve the marinade.

4. Place a deep nonstick wok over medium heat and add the oil. When small bubbles appear at the bottom of the wok, add the chicken and increase the heat to high. Sauté for 2 minutes on both sides. This helps to seal in the juices. Lower the heat to medium, cover, and cook for 15 to 20 minutes, turning over

and basting frequently with the reserved marinade. Sprinkle with 2 to 3 tablespoons water if the chicken starts drying out and the marinade is all used up.

5. Cook over high heat for 6 to 7 minutes, so that the surface of the chicken is crisp and golden brown.

6. Cut into smaller pieces and serve immediately.

Chicken 65

A crisp and spicy chicken appetizer

There are many anecdotes about the origin of this dish's name, but nobody really knows for sure how it came to be coined. In any

case, the name stuck, and the dish is one of the most popular chicken appetizers in Andhra Pradesh. Most places serve bone-in chicken, but I feel boneless chicken makes it more enjoyable.

Serves 4.

**14 ounces (400 grams)
boneless, skinless chicken,
cut into 1½-inch (4-cm)
pieces**

**1 tablespoon fresh
ginger paste (page 12)**

**1 tablespoon fresh
garlic paste (page 12)**

**1 teaspoon ground black
pepper**

1 teaspoon table salt

- 1 large egg, whisked**
- 1 quart (800 ml) plus 2 tablespoons vegetable oil**
- ½ cup (125 grams) plain yogurt**
- 2 tablespoons red chile paste (see Note page 13)**
- 1 teaspoon *maida* (refined flour) or pastry flour**
- ½ teaspoon brown mustard seeds**
- 4 dried red chiles, stemmed and broken in half**
- 20 to 15 fresh curry leaves**
- ¼ cup (30 grams)**

**grated fresh coconut (or
frozen unsweetened
coconut)**

1. Put the chicken in a bowl. Add the ginger paste, garlic paste, pepper, salt, and egg, and combine well. Add $\frac{1}{2}$ tablespoon water and combine well.

2. Place a nonstick wok over high heat and add the 1 quart (800 ml) oil. When small bubbles appear at the bottom of the wok, lower the heat to medium and add the chicken pieces, a few at a time, and cook, stirring with a slotted spoon, for 3 to 4 minutes or until cooked through. Remove with the slotted spoon and drain on paper towels.

3. Place the yogurt, chile paste, and flour in a bowl and whisk well.

4. Place a nonstick sauté pan over medium heat and add the remaining 2 tablespoons oil. When small bubbles appear at the bottom of the pan, add the mustard seeds, chiles, and curry leaves. When the seeds sputter, add the yogurt mixture and stir well. Sauté for 1 to 2 minutes.

5. Add the chicken and cook for 5 to 7 minutes or until all the excess moisture evaporates.

6. Add the coconut and toss well. Serve hot.

Chicken Cafreal

Chicken marinated in a green masala and cooked until dry

In my opinion, if there is a dish that can take tandoori chicken head-on, it is chicken *cafreal*, a dry dish from Goa.

Serves 4.

1 (2-pound/1-kg) whole bone-in chicken

3 tablespoons plus 2 cups (400 ml) vegetable oil

2 medium red onions, sliced

1 tablespoon coriander seeds

1 teaspoon cumin seeds

4 whole cloves

3 green cardamom pods
8 whole black
peppercorns
1-inch (2½-cm)
cinnamon stick
1 tablespoon white
poppy seeds
1-inch (2½-cm) piece
fresh ginger, roughly
chopped
4 cloves garlic, roughly
chopped
4 green chiles, stemmed
and roughly chopped
2/3 cup (40 grams)
chopped fresh cilantro
½ teaspoon ground

turmeric

**1 tablespoon tamarind
pulp**

1½ teaspoons table salt

**3 tablespoons white
vinegar**

1. Remove the skin from the chicken, trim off excess fat, and cut the chicken into 8 pieces. Make deep incisions in the flesh using a sharp knife. Put the pieces in a bowl.

2. Place a nonstick wok over high heat and add the 2 cups oil. When small bubbles appear at the bottom of the wok, add the onions and cook until golden brown. Remove with a slotted spoon and

drain on paper towels; set aside.

3. Place a small nonstick pan over medium heat. Let it heat for 2 minutes, then add the coriander, cumin, cloves, cardamom, peppercorns, cinnamon, and poppy seeds, and dry-roast for 1½ minutes or until fragrant. Set aside to cool to room temperature.

4. Transfer the cooled spices to a food processor. Add the ginger, garlic, chiles, cilantro, turmeric, tamarind pulp, and 6 tablespoons (90 ml) water, and process to a paste.

5. Transfer the paste to the bowl with the chicken pieces. Add the salt and stir well so that all the

pieces are coated. Cover the bowl with plastic wrap and put it in the refrigerator for 2 to 3 hours to marinate.

6. Place a large nonstick sauté pan over medium heat and add the 3 tablespoons oil. When small bubbles appear at the bottom of the pan, add the marinated chicken pieces and stir. Cover and cook, stirring occasionally, for 8 to 10 minutes or until the chicken is cooked through.

7. Uncover and sauté for 2 to 3 minutes so that all the moisture evaporates and the *masala* coats the chicken pieces well.

8. Garnish with the onions and

serve hot.

Chicken Kathi Roll

Spiced boneless chicken pieces rolled in *roomali rotis*

Kolkata has the famous street food called *kathi* rolls, which are basically kebabs served rolled up in a flatbread spread with chutneys and a special *masala*. This is my home version, and it makes an ideal starter at a party when you serve it cut into bite-size pieces: Spear each piece with a toothpick to hold the roll together.

Roomali rotis, named for their resemblance to a handkerchief

(*roomal*), are available at most Indian grocery stores. If you cannot find them, you can use soft flour tortillas or regular Indian *rotis* as a substitute.

Makes 4 rolls.

**7 ounces (200 grams)
boneless chicken, cut into
thin strips**

**1½ teaspoons freshly
squeezed lemon juice**

**1 teaspoon red chile
powder**

**1 teaspoon fresh garlic
paste (page 12)**

**1 teaspoon fresh ginger
paste (page 12)**

1 teaspoon *garam*

***masala* (spice mix; page 27)**

**4 green chiles, stemmed
and crushed**

½ teaspoon table salt

**2 tablespoons vegetable
oil**

**1 teaspoon ground
roasted cumin (page 32)**

**2 medium red onions,
sliced**

**1 medium carrot, peeled
and cut into thin strips**

4 frozen *roomali rotis*

¼ cup (60 grams)

***pudina aur dhaniya* chutney
(mint-and-cilantro chutney;
page 22)**

**2 tablespoons chopped
fresh cilantro**

1. Put the chicken in a bowl. Add the lemon juice, chile powder, garlic paste, ginger paste, *garam masala*, green chiles, and salt, and stir well. Cover the bowl with plastic wrap and put in the refrigerator for 1 hour to marinate.

2. Place a nonstick sauté pan over medium heat and add the oil. When small bubbles appear at the bottom of the pan, add the marinated chicken and sauté for 10 to 12 minutes, stirring frequently. Add the cumin and stir well. Divide into 4 portions.

3. In a separate bowl, combine

the onions and carrot. Divide into 4 portions and set aside.

4. Put the frozen *roomali rotis* in a microwave oven and cook on high for 1 minute. Lay them out on a work surface. Spread 1 tablespoon of the chutney over each, arrange 1 portion of the cooked chicken in the center lengthwise, and sprinkle with $\frac{1}{2}$ tablespoon cilantro. Next sprinkle with a portion of the onion-carrot mixture.

5. Fold one side of the *roti* over the filling, then fold the other side over it. Beginning from one end, roll up tightly. Repeat with the remaining *roti* and filling, and serve immediately.

Chicken Tikka

Bite-size spicy chicken kebabs

Chicken *tikka* is probably the first introduction to Indian food for most non-Indians. Boneless tandoori chicken is called a *tikka*—a small bite-size kebab. We make them all the time. And if you have leftovers, I would suggest you make a chicken *tikka chaat*: Toss warm *tikkas* with colored bell peppers and top with whisked plain yogurt and cilantro or mint chutney. It makes a great easy lunch.

Serves 4

1¾ pounds (800 grams)

**boneless, skinless chicken,
cut into 1½-inch (4-cm)
cubes**

**1 teaspoon Kashmiri
chile powder or paprika
powder**

**1 tablespoon freshly
squeezed lemon juice**

½ teaspoon table salt

~ For the marinade:

**½ cup (125 grams) plain
yogurt, drained until thick
(see Note page 80)**

**1 teaspoon Kashmiri
chile powder or paprika
powder**

1 teaspoon table salt

**2 tablespoons fresh
ginger paste (page 12)**

**2 tablespoons fresh
garlic paste (page 12)**

**2 tablespoons freshly
squeezed lemon juice**

**$\frac{1}{2}$ teaspoon *garam
masala* (spice mix; page 27)**

**2 tablespoons refined
mustard oil (see Note page
87)**

**2 tablespoons melted
butter**

**$\frac{1}{2}$ teaspoon *chaat
masala* (spice mix for *chaat*;
page 24)**

2 onions, cut into rings

**1 medium lemon, cut
into wedges**

1. Put the chicken in a deep bowl.

2. Place the chile powder, lemon juice, and salt in a small bowl, and stir well. Rub this paste onto the chicken cubes so that they are evenly coated. Cover the bowl with plastic wrap and put in the refrigerator for 30 minutes to marinate.

3. Make the marinade: Put the yogurt in a bowl. Stir in the chile powder, salt, ginger paste, garlic paste, lemon juice, *garam masala*, and mustard oil. Whisk until smooth.

4. Rub the yogurt mixture into the chicken so that all the cubes are well coated. Cover the bowl and put it in the refrigerator for 3 to 4 hours to marinate.

5. Meanwhile, soak some wooden skewers in water. Preheat the oven to 400°F/200°C.

6. Thread the chicken cubes onto skewers. Arrange in a single layer on a rimmed baking sheet and bake for 10 to 12 minutes or until the chicken is cooked through. You can also cook them in a moderately hot tandoor for 10 to 12 minutes. Baste with the butter and cook for 2 minutes more.

7. Sprinkle with *chaat masala*

and serve with onion rings and lemon wedges.

Egg Patties

Spicy scrambled eggs encased in potato and deep-fried

If you like to serve surprises, then this is a recipe you should try. The soft egg center is a special touch.

Serves 4.

1 tablespoon ghee (page 37)

¼ teaspoon cumin seeds

1 teaspoon fresh garlic paste (page 12)

1-inch (2½-cm) piece

fresh ginger, chopped

**3 green chiles, stemmed
and minced 1 small red
onion, chopped**

**1 medium tomato, finely
chopped**

**$\frac{1}{2}$ teaspoon red chile
powder**

**$\frac{1}{4}$ teaspoon ground
turmeric**

**$\frac{1}{4}$ teaspoon *garam
masala* (spice mix; page 27)**

1 teaspoon table salt

**2 tablespoons chopped
fresh cilantro**

6 large eggs

4 medium potatoes,

boiled, peeled, and mashed

2 cups (400 ml)

vegetable oil

1½ cups (165 grams)

bread crumbs

Tomato ketchup

1. Place a large nonstick sauté pan over medium heat and add the ghee. When small bubbles appear at the bottom of the pan, add the cumin seeds. When they begin to change color, add the garlic paste and ginger, and sauté for 30 seconds.

2. Add the green chiles and onion, and sauté until the onion is golden brown. Add the tomato and cook for 3 to 4 minutes. Add the

chile powder, turmeric, and *garam masala*, and stir. Add $\frac{1}{2}$ teaspoon of the salt and the cilantro, and stir well. Crack in 5 of the eggs one by one and cook, stirring continuously, for 5 to 6 minutes or until the mixture thickens and sets. Let cool to room temperature.

3. Crack the remaining egg in a bowl, whisk lightly, and set aside. Knead the mashed potatoes. Add the remaining $\frac{1}{2}$ teaspoon salt and stir well. Divide into 8 portions. Take a portion in your palm and flatten it into a 3-inch disk. Place a heaping spoonful of the egg mixture in the center and fold in the sides to seal the stuffing. Seal by pressing

the patty lightly.

4. Place a nonstick wok over high heat and add the oil. When small bubbles appear at the bottom of the wok, lower the heat to medium.

5. Put the bread crumbs on a plate. Dip each patty in the beaten egg, roll in the bread crumbs, and gently slide into the hot oil. Cook the patties over medium heat, two at a time, turning frequently with a slotted spoon, for 5 minutes or until they are golden brown all over. Remove with a slotted spoon and drain on paper towels. Serve hot with tomato ketchup.

Khaas Seekh

Double-layered kebabs

These are special skewered kebabs that require a little finesse to assemble, but the cooking is done in a jiffy. My wife, Alyona, prefers these kebabs when we are entertaining because she can prepare them in the early afternoon, keep them under plastic wrap in the refrigerator, and then cook them quickly just before serving the meal.

Makes 8.

**$\frac{1}{2}$ cup (70 grams)
grated *paneer* (pressed fresh
cheese; page 17)
 $1\frac{1}{2}$ teaspoons ground**

green cardamom

1 tablespoon *garam masala* (spice mix; page 27)

1 tablespoon chopped fresh mint

1 1/3 pounds (620 grams) ground chicken

1 large egg

1½ teaspoons table salt

1 teaspoon ground white pepper

2 green chiles, stemmed and chopped

2 tablespoons vegetable oil

1. Soak 8 wooden skewers in water for 30 minutes. Drain and let

dry.

2. Put the *paneer*, $\frac{3}{4}$ teaspoon of the cardamom, $\frac{1}{2}$ tablespoon of the *garam masala*, and the mint in a large bowl. Stir, mashing well with your hands. Take a portion of this mixture and press it around a skewer in a thin layer. Press the ends firmly. Repeat with the remaining *paneer* mixture and skewers.

3. Put the chicken in another bowl. Add the egg, salt, the remaining $\frac{3}{4}$ teaspoon cardamom, the white pepper, the remaining $\frac{1}{2}$ tablespoon *garam masala*, and the chiles, and stir well.

4. Take a portion of the

chicken mixture and spread it over the *paneer* mixture on the skewers. Repeat with the remaining skewers. You can keep the *seekhs* in the refrigerator for at least an hour before cooking.

5. Place a shallow nonstick sauté pan over medium heat and add the oil. When small bubbles appear at the bottom of the pan, place the *seekhs* in the pan and cook, turning continuously, until they are golden brown all over and cooked through.

6. Drain on paper towels. When they are slightly cooled, gently slide the *seekhs* from the skewers, place them on a serving

plate, and serve immediately.

Kozhi Milagu

Varuval

Chicken pepper fry

This dry preparation can be served as a snack or an appetizer. The pepperiness is heady, so make plenty: Your guests will demand seconds.

Serves 4.

**1¾ pounds (800 grams)
boneless chicken, cut into
small pieces**

**1 teaspoon red chile
powder**

**1 teaspoon ground
turmeric**

**1 teaspoon ground
coriander**

1½ teaspoons table salt

**20 black peppercorns,
crushed**

**2 tablespoons vegetable
oil**

**1-inch (2½-cm) piece
fresh ginger, chopped**

**10 cloves garlic,
chopped**

**2 medium red onions,
chopped**

10 fresh curry leaves

1 large tomato, chopped

1. Put the chicken in a large bowl, add the chile powder, turmeric, coriander, 1 teaspoon of the salt, and the peppercorns, and stir well. Set aside to marinate for 30 minutes.

2. Place a nonstick saucepan over medium heat and add the oil. When small bubbles appear at the bottom of the pan, add the ginger, garlic, and onions, and sauté for 3 to 4 minutes or until the onions are golden.

3. Add the curry leaves and chicken, and sauté for 10 minutes or until well browned.

4. Add the tomato and the remaining $\frac{1}{2}$ teaspoon salt, and

sauté for 3 minutes or until the tomatoes are soft.

5. Cover and simmer for 10 minutes or until the chicken is cooked through. Uncover and cook until the mixture is almost dry.

6. Serve immediately.

Kuzhi Paniyaram

Steamed-rice snack

This is the smartest way to use up leftover *idli* batter. These are usually made in a *paniyaram tawa*, a special pan with little golf ball-sized indentations in it. If you don't have one, you can use a plain flat griddle and make five or six

paniyarams at a time, dropping a tablespoon of batter for each and keeping a little space between them. *Paniyaram* is a popular tiffin (snack) item in the South Indian city of Chettinad and can be made either savory or sweet. Serve these with coconut cilantro chutney (page 520).

Makes 24.

½ cup (100 grams) raw short-grain rice

1 cup (200 grams) parboiled rice

¼ cup (50 grams) *dhuli urad dal* (split skinless black gram)

1/8 teaspoon fenugreek

seeds

1 teaspoon table salt

5 teaspoons vegetable

oil

1/8 teaspoon brown

mustard seeds

1/8 teaspoon cumin

seeds

**5 or 6 fresh curry
leaves, chopped**

**1 small red onion, finely
chopped**

**1 green chile, stemmed
and finely chopped**

1. Put the raw rice, parboiled rice, and *dal* in a bowl, wash in plenty of water 2 or 3 times, and drain. Add the fenugreek seeds and

3 cups (600 ml) water, and soak for at least 5 hours.

2. Drain and place in a food processor with 1½ cups (300 ml) water. Process to a batter that has a grainy texture. Transfer to a large bowl. Add the salt and stir well. Cover the bowl with a lid and set aside in a warm place to ferment overnight.

3. Place a small nonstick sauté pan over medium heat and add 1 teaspoon of the oil. When small bubbles appear at the bottom of the pan, add the mustard seeds, cumin, curry leaves, onion, and chile. Sauté for 2 to 3 minutes. Add this tempering to the batter and stir

well.

4. Place the *paniyaram tawa* (or a flat griddle) over medium heat and grease each indentation with a little oil. Pour a ladleful of batter in each, add a few drops of oil around the edges, and cook for 4 to 5 minutes or until the undersides are lightly browned.

5. Turn them over using a spoon, drizzle with a little more oil, and cook for 3 to 4 minutes or until the second side is lightly browned.

6. Serve immediately.

Lahsooni Dhania

Murgh

Garlic-and-cilantro chicken

The combined flavors of fresh cilantro and garlic in these succulent chicken kebabs make them one of my favorites.

Serves 4.

~ **For the first
marinade:**

**2 tablespoons fresh
ginger-garlic paste (page 13)**

½ teaspoon table salt

**3 tablespoons freshly
squeezed lemon juice**

**4 (4-ounce/125 gram)
boneless, skinless chicken
thighs**

~ **For the second**

marinade:

**3 tablespoons *besan*
(chickpea/gram flour)**

**1 teaspoon ground
turmeric**

**3 tablespoons chopped
garlic**

**1 cup (250 grams) plain
yogurt, whisked**

**3 green chiles, stemmed
and chopped**

**1 tablespoon fresh
ginger-garlic paste (page 13)**

**5 tablespoons (35
grams) fresh cilantro-leaf
paste (page 23)**

2 tablespoons freshly

squeezed lemon juice

1 teaspoon *garam masala* (spice mix; page 27)

1½ tablespoons vegetable oil

~ To cook and serve:

Melted butter

***Chaat masala* (spice mix for *chaat*; page 24)**

1. Make the first marinade: Put the ginger-garlic paste, salt, and lemon juice in a large, deep bowl. Stir well and add the chicken. Stir again so that all the chicken pieces are coated. Cover and put in the refrigerator to marinate for 30 minutes.

2. Make the second marinade:

Place a nonstick griddle over low heat. Add the *besan* and toast, stirring continuously, for 1 to 2 minutes or until it is fragrant and lightly browned. Add the turmeric. Toast over low heat for 2 minutes. Transfer to a dry bowl.

3. Return the griddle to low heat. Add the garlic and toast for 3 to 4 minutes or until lightly browned. Set aside.

4. Put the yogurt, chiles, ginger-garlic paste, roasted *besan* and turmeric, cilantro-leaf paste, browned garlic, lemon juice, *garam masala*, and oil in a bowl, and stir well.

5. Add to the chicken and stir

well. Cover and put in the refrigerator to marinate for 3 hours.

6. Preheat the oven to 425°F/225°C.

7. Put the chicken pieces on metal skewers and arrange in a single layer on a rimmed baking sheet. Cook for 20 minutes, basting with butter every 5 minutes, until the chicken is cooked through.

8. Gently remove the chicken from the skewers. Sprinkle with the *chaat masala* and serve immediately.

Lal Murgh

Red chicken

This is an Indian version of fried chicken—and it has a kick. The presentation is spectacular, with the chicken hidden under a mound of shiny dried red chiles.

Serves 4.

**1³/₄ pounds (800 grams)
bone-in chicken, cut into 1-
inch (2¹/₂-cm) pieces**

1¹/₂ teaspoons table salt

**1 tablespoon garlic
paste (page 12)**

**1 tablespoon ginger
paste (page 12)**

**1 tablespoon red chile
paste (see Note page 13)**

**1 teaspoon *garam
masala* (spice mix; page 27)**

1 **tablespoon** *chaat masala* (spice mix for *chaat*; page 24)

1 large egg, beaten

3 **tablespoons** *maida* (refined flour) or pastry flour

$\frac{1}{4}$ **cup** (20 grams) cornflakes

2 **tablespoons** freshly squeezed lemon juice

1 **quart** (800 ml) vegetable oil

1½ **cups** (75 grams) small, round red chiles or dried red chiles of your choice

1. Put the chicken in a bowl, add the salt, garlic paste, ginger paste, chile paste, *garam masala*, $\frac{1}{2}$ tablespoon of the *chaat masala*, the egg, and *maida*, and stir.

2. Crush the cornflakes and add them to the chicken. Add the lemon juice and stir.

3. Put 3 tablespoons of the oil in a small wok. Add the chiles and sauté for 1 minute. Remove with a slotted spoon and set aside in a bowl.

4. Put the remaining oil in a large wok and place over medium heat. When small bubbles appear at the bottom of the wok, add the chicken pieces, a few at a time, and

cook until crisp, turning frequently with a slotted spoon. Drain on paper towels.

5. Put the cooked chicken in a bowl. Sprinkle with the remaining $\frac{1}{2}$ tablespoon *chaat masala* and toss. Transfer to a serving plate, cover with the sautéed chiles, and serve immediately.

Marghi Na Farcha

Indian-style fried chicken

We love making this at home—it's a favorite with kids and adults alike.

Serves 4.

1 (1 $\frac{3}{4}$ -pound/800-gram)

whole chicken

1 teaspoon table salt

**1½ tablespoons red
chile powder**

**$\frac{3}{4}$ teaspoon ground
turmeric**

**1 tablespoon fresh
ginger paste (page 12)**

**1 tablespoon fresh
garlic paste (page 12)**

**2 tablespoons chopped
fresh cilantro**

**2 tablespoons freshly
squeezed lemon juice**

2 large eggs

**1 quart (800 ml)
vegetable oil**

**1 cup (110 grams) bread
crumbs**

**½ teaspoon *garam
masala* (spice mix; page 27)**

1. Put the chicken on a clean work surface and remove the skin. With a sharp knife, cut in half through the backbone and breastbone. Cut each breast half into 2 pieces. Separate the drumstick from the thigh. You now have 8 pieces of chicken.

2. Put the salt, chile powder, turmeric, ginger paste, garlic paste, cilantro, and lemon juice in a deep bowl and stir well.

3. Add the chicken and stir well. Cover the bowl and put in the

refrigerator for at least 2 hours to marinate.

4. Crack the eggs into a small bowl and whisk. Put the bread crumbs in a large shallow dish.

5. Place a medium nonstick sauté pan over medium heat and add 1 tablespoon of the oil. Add the chicken and sauté for 2 to 3 minutes. Remove the chicken pieces from the pan and roll them in the bread crumbs, making sure they are well coated.

6. Put the remaining vegetable oil in a deep-fryer and heat to 375°F/190°C. Pick up 1 piece of crumb-coated chicken, dip it in the beaten eggs, and gently slide it into

the hot oil. Deep-fry for 3 to 5 minutes or until golden and cooked through. Remove with a slotted spoon and drain on paper towels. Repeat with the remaining chicken.

7. Sprinkle with the *garam masala* and serve immediately.

Murgh Gilafi Tikka

Spiced grilled chicken in a yogurt sauce

Boneless chicken on skewers is always a hit—be it chicken *tikka*, *yakitori*, chicken satay, chicken shaslik, or chicken brochettes. But in my opinion *murgh gilafi tikka* beats those hands down because of the depth of

flavors from the spices used. Once the *tikka* is cooked, it is simmered in a sauce before serving (unlike many other typical *tikka* preparations).

Serves 4.

**4 (3½-ounce/100-gram)
boneless chicken breasts, cut
into 2-inch (5-cm) cubes**

5 small red onions

**1-inch (2½-cm) piece
fresh ginger, peeled**

5 cloves garlic

**3 or 4 green chiles,
stemmed and roughly
chopped**

**2 tablespoons chopped
fresh cilantro**

- $\frac{3}{4}$ cup (200 grams)**
- Greek yogurt**
- 1 teaspoon red chile powder**
- 1 teaspoon ground turmeric**
- 1 teaspoon table salt**
- 1 teaspoon *besan* (chickpea/gram flour)**
- 3 medium tomatoes, seeded and cut into 2-inch (5-cm) pieces**
- 2 medium green bell peppers, seeded and cut into 2-inch (5-cm) pieces**
- $\frac{1}{4}$ cup plus 2 teaspoons (70 ml) vegetable oil, plus 2**

tablespoons

6 to 8 whole cloves

**2-inch (5-cm) cinnamon
stick 2 bay leaves**

**5 or 6 green cardamom
pods**

**2 tablespoons heavy
cream**

1. Pat the chicken dry with paper towels. Soak 10 (6-inch/15-cm) wooden skewers in water.

2. Chop 3 of the onions and set aside for the sauce. Cut the remaining 2 into 2-inch (5-cm) cubes and separate the layers.

3. Put the ginger, garlic, chiles, and cilantro in a mini food processor with 2 tablespoons

water, and process to a fine paste.

4. Put the chicken in a large bowl. Add the yogurt, the ground paste, chile powder, turmeric, and salt, and stir so that all the chicken pieces are well coated with the marinade. Cover the bowl with plastic wrap and put in the refrigerator to marinate for 1 hour.

5. Remove the chicken from the marinade and reserve the marinade. Add the *besan* to the reserved marinade and stir well. Set aside.

6. On each skewer, string an onion piece, chicken piece, tomato piece, and bell pepper piece.

7. Place a nonstick sauté pan

over high heat and add $\frac{1}{4}$ cup plus 2 teaspoons (70 ml) oil. When small bubbles appear at the bottom of the pan, place the skewers in and cook for 1 minute. Lower the heat to medium and cook, turning, for 5 to 6 minutes or until the chicken pieces are cooked through. Remove the chicken and vegetables from the skewers, and set aside.

8. Place a nonstick sauté pan over medium heat and add the remaining 2 tablespoons oil. Add the cloves, cinnamon, bay leaves, and cardamom, and sauté for 1 minute or until fragrant. Add the chopped onions and sauté for 3 to 4 minutes or until golden brown. Add

the reserved marinade and cook, stirring, until the sauce thickens. Add the chicken and vegetables, and cook for 1 to 2 minutes.

9. Add the cream and stir gently. Serve hot.

Murgh Hazarvi

Rich and delicately flavored chicken kebabs

Chicken and cheese always taste good together. In India, yogurt is traditionally used for marinades, but here I have used cream, cheese, and egg. This appetizer is very popular in my restaurants.

Serves 4.

14 ounces (400 grams)

**boneless chicken breasts, cut
into 2-inch (5-cm) cubes**

**2 tablespoons fresh
ginger paste (page 12)**

**2 tablespoons fresh
garlic paste (page 12)**

**1 teaspoon ground
white pepper**

$\frac{3}{4}$ teaspoon table salt

**$\frac{1}{2}$ cup (40 grams) cream
cheese**

**4 green chiles, stemmed
and chopped**

**$\frac{1}{4}$ teaspoon ground
mace**

**$\frac{1}{4}$ teaspoon freshly
grated nutmeg**

**2 tablespoons chopped
fresh cilantro**

1 large egg

**$\frac{3}{4}$ cup (150 ml) heavy
cream**

Melted butter

1. Put the chicken in a large bowl. Add the ginger paste, garlic paste, white pepper, and $\frac{1}{2}$ teaspoon of the salt, and stir well so that all the chicken pieces are well coated.

2. Put the cream cheese in a large bowl. Add the chiles, mace, nutmeg, cilantro, and the remaining $\frac{1}{4}$ teaspoon salt, and stir well to make sure there are no lumps and all the ingredients are combined.

3. Add the egg and stir well. Add the chicken to the cream cheese mixture. Add the cream and stir gently.

4. Cover the bowl with plastic wrap and put in the refrigerator to marinate for 2 to 3 hours. While the chicken is marinating, soak the skewers in water.

5. Preheat the oven to 400°F/200°C.

6. String the chicken onto the wooden skewers and place on a baking sheet. Bake for 8 minutes or until almost cooked through and lightly browned.

7. Brush with butter and cook for another 2 minutes or until the

chicken is cooked through. Remove from the skewers and serve hot.

Murgh Neza Kabab

Baked chicken marinated in cream and spices

In this recipe from Hyderabad, a city in South India, the mixture of spices and herbs not only coats the drumsticks but also permeates deep into the meat so there's lots of flavor in every bite.

Serves 4.

**1½ pounds (700 grams)
chicken leg quarters**
**2 tablespoons fresh
ginger paste (page 12)**
2 tablespoons fresh

garlic paste (page 12)

2 teaspoons table salt

**½ teaspoon ground
white pepper**

**½ teaspoon *garam
masala* (spice mix; page 27)**

**¼ teaspoon crushed
kasoori methi (dried
fenugreek leaves)**

**1 tablespoon distilled
white vinegar**

**2 tablespoons chopped
fresh cilantro**

**½ teaspoon ground
green cardamom**

**3 tablespoons vegetable
oil**

**1 cup (100 grams) *besan*
(chickpea/gram flour)**

1 large egg

**¼ cup (50 ml) heavy
cream**

**2 tablespoons butter,
melted**

**1 lemon, cut into
wedges**

**1 large red onion, cut
into rings**

1 large tomato, sliced

1. Loosen the thighbone of each chicken leg quarter, but do not remove it fully.

2. Put the ginger paste, garlic paste, salt, white pepper, *garam masala*, *kasoori methi*, vinegar,

cilantro, and cardamom in a large bowl, and stir well to combine. Add the chicken and turn to coat well. Set aside to marinate for 20 minutes.

3. Place a medium nonstick sauté pan over medium heat and add the oil. When small bubbles appear at the bottom of the pan, lower the heat to low, add the *besan*, and sauté until fragrant and lightly colored. Transfer to a bowl and let cool.

4. Add the egg to the *besan* and whisk to make a smooth paste. Add the cream and whisk again.

5. Coat the chicken with this paste and set aside for 20 minutes.

6. Preheat the oven to 400°F/200°C.

7. With a wooden skewer, skewer each chicken leg once along the drumstick bone and once through the thigh flesh. Place on a baking sheet and bake for 7 to 8 minutes. Baste each leg quarter with ½ tablespoon of the butter. Bake for 10 to 15 minutes more or until lightly colored and cooked through.

8. Remove the chicken from the skewers and place on a serving dish. Garnish with the lemon, onion, and tomato, and serve hot.

Naadan Kozhi Roast

Country-style chicken

Naadan means “village,” and *kozhi* means “chicken”—and this is a typical rural dish from Kerala, a verdant state in the south of India laced with palm-lined backwaters and hills carpeted with spice farms. The air is fragrant and the food replete with rustic charm. This chicken dish is simple to make, and it’s a perfect example of everyday Keralan food.

Serves 4.

**14 ounces (400 grams)
boneless chicken, cut into 2-
inch (5-cm) cubes**

**2 tablespoons thick
yogurt**

**2 teaspoons fresh garlic
paste (page 12)**

**$\frac{1}{2}$ teaspoon red chile
powder**

**$1\frac{1}{2}$ tablespoons rice
flour**

**$\frac{1}{4}$ teaspoon ground
turmeric**

**2 teaspoons ground
coriander**

1 teaspoon table salt

**1 quart (800 ml) plus $1\frac{1}{2}$
tablespoons vegetable oil**

**10 to 15 fresh curry
leaves**

**10 shallots, peeled and
halved**

**1-inch (2½-cm) piece
fresh ginger, julienned**

**2 green chiles, stemmed
and slit**

**6 to 8 black
peppercorns, crushed**

1. Clean the chicken cubes thoroughly under running water and drain well in a colander.

2. Put the yogurt in a large bowl. Add the garlic paste, chile powder, rice flour, turmeric, coriander, and salt, and whisk well.

3. Add the chicken and stir well to coat. Cover the bowl with plastic wrap and put in the refrigerator to marinate for 1 hour.

4. Place a nonstick wok over

high heat and add 1 quart (800 ml) oil. When small bubbles appear at the bottom of the wok, lower the heat to medium, slide in the chicken cubes, a few at a time, and fry, turning frequently with a slotted spoon, for 5 to 7 minutes or until well browned and just cooked through. Remove with the slotted spoon and drain on paper towels.

5. Place another nonstick wok over medium heat and add 1½ tablespoons oil. When small bubbles appear at the bottom of the wok, add the curry leaves, shallots, ginger, chiles, and peppercorns. Sauté for 2 to 3 minutes.

6. Add the chicken and toss.

Cook for 2 minutes, stirring continuously.

7. Serve immediately.

Nawabi Kalmi

Kabab

Chicken marinated in yogurt mixed with egg and spices

This dish originates from the northwest frontier of India and was popular with the Mughals during their rule.

Serves 4.

**14 ounces (400 grams)
boneless chicken, cut into 2-
inch (5-cm) cubes
1-inch (2½-cm)**

cinnamon stick

**½ teaspoon caraway
seeds**

2 whole cloves

8 to 10 saffron threads

**1 teaspoon fresh ginger
paste (page 12)**

**1 teaspoon fresh garlic
paste (page 12)**

**½ cup (140 grams) plain
Greek yogurt**

**2 tablespoons freshly
squeezed lemon juice**

1 large egg, whisked

**¼ cup (30 grams) *maida*
(refined flour) or pastry
flour**

$\frac{3}{4}$ teaspoon table salt

Butter for basting

**1 large red onion, cut
into rings**

**A few sprigs fresh mint,
chopped**

**1 lemon, cut into
wedges**

1. Prick each chicken piece with a fork in two or three places.

2. Place a small nonstick sauté pan over medium heat, add the cinnamon, caraway, cloves, and saffron, and dry-roast lightly. Let cool, then transfer to a spice grinder and grind to a fine powder.

3. Combine the ginger paste, garlic paste, yogurt, roasted spice

powder, lemon juice, egg, *maida*, and salt in a large bowl. Add the chicken and toss to coat. Cover the bowl with plastic wrap and put it in the refrigerator to marinate for 2 to 3 hours.

4. Preheat the oven to 425°/220°C.

5. Arrange the chicken pieces on a baking sheet and bake for 8 minutes. Baste with butter and bake for 2 minutes more.

6. Garnish with the onion, mint, and lemon wedges, and serve hot.

Tandoori Chicken

Chicken marinated in spicy yogurt and baked

This darling of the Indian palate, traditionally cooked in a clay oven called a tandoor, is one of my personal favorites. Leaving the bone in ensures that the final dish will be succulent and juicy.

Serves 4.

**1 (1³/₄-pound/800-gram)
whole bone-in chicken**

**1 teaspoon Kashmiri red
chile powder or paprika
powder**

**1 tablespoon freshly
squeezed lemon juice**

1 teaspoon table salt

~ For the marinade:

**1 cup (250 grams) plain
yogurt, drained until thick**

(see Note page 80)

2 tablespoons fresh
ginger paste (page 12)

2 tablespoons fresh
garlic paste (page 12)

1 teaspoon Kashmiri
chile powder or paprika
powder

$\frac{1}{2}$ teaspoon table salt

2 tablespoons freshly
squeezed lemon juice

$\frac{1}{2}$ teaspoon *garam
masala* (spice mix; page 27)

2 tablespoons filtered
mustard oil (see Note page
87)

~ To cook and serve:

2 medium red onions

Melted butter

½ teaspoon *chaat*

***masala* (spice mix for *chaat*;
page 24)**

**2 lemons, cut into
wedges**

1. Cut the chicken into 4 pieces: 2 leg quarters and 2 breast halves. Make incisions in the flesh with a sharp knife. Put the chicken in a deep bowl.

2. In a small bowl, stir together the chile powder, lemon juice, and salt, and rub it onto the chicken pieces. Cover the bowl with plastic wrap and put in the refrigerator for 30 minutes to

marinate.

3. Make the marinade: Put the yogurt in a bowl, add the ginger paste, garlic paste, chile powder, salt, lemon juice, *garam masala*, and mustard oil, and stir.

4. Add the marinade to the chicken pieces and toss so that all the pieces are well covered with it. Cover the bowl again and put it in the refrigerator for 3 to 4 hours to marinate.

5. Cut the onions into round slices and then separate the rings. Put in a bowl of iced water and soak for 30 minutes. Drain well and set aside in the refrigerator until needed. This will keep the onions

crisp.

6. Preheat the oven to 400°F/200°C. Put the chicken pieces onto metal or presoaked wooden skewers, arrange in a single layer on a rimmed baking sheet, and cook for 10 to 12 minutes or until almost cooked through. Baste with butter and cook for 8 minutes more.

7. Sprinkle with *chaat masala* and serve hot with the onion rings and lemon wedges.

.....✧ } **Chef's Tip** } ✧

To make chicken *tikka*, use boneless chicken pieces cut into 1½-inch (4-cm) cubes and proceed as for tandoori chicken.

Tangdi Kabab

Chicken drumsticks

A favorite with my kids, who call it “chicken with a handle.”

Serves 4.

**1 pound (500 grams)
chicken drumsticks**

**½ tablespoon freshly
squeezed lemon juice**

**1 cup (250 grams) plain
yogurt, drained until thick
(see Note page 80)**

**2 tablespoons *besan*
(chickpea/gram flour)**

**2 teaspoons fresh
ginger paste (page 12)**

**2 teaspoons fresh garlic
paste (page 12)**

**1 teaspoon ground
turmeric**

**1 teaspoon *garam
masala* (spice mix; page 27)**

**1 teaspoon red chile
powder**

½ teaspoon table salt

**4 green chiles, stemmed
and chopped**

**Vegetable oil for
greasing**

**2 tablespoons melted
butter**

**1 teaspoon *chaat
masala* (spice mix for *chaat*;**

page 24)

1 lemon, cut into wedges

1. Trim off excess fat and skin from the drumsticks. Make 3 or 4 long, deep incisions on each drumstick. Rub with the lemon juice and put in the refrigerator for 30 minutes to marinate.

2. Put the yogurt in a bowl and set aside.

3. Place a medium nonstick sauté pan over low heat. Add the *besan* and roast over low heat, stirring continuously, for 4 to 5 minutes or until lightly browned and fragrant.

4. Let cool to room

temperature and transfer to a deep bowl. Add the yogurt, ginger paste, garlic paste, turmeric, *garam masala*, chile powder, salt, and chiles.

5. Add the chicken drumsticks to this mixture and stir well so that the drumsticks are evenly coated. Cover the bowl and put in the refrigerator for 1 to 2 hours to marinate.

6. Preheat the oven to 425°F/220°C. Line a rimmed baking sheet with aluminum foil and oil the foil.

7. Arrange the drumsticks on the baking sheet and bake for 5 minutes. Lower the oven

temperature to 390°F/200°C and bake for 15 to 20 minutes, basting every 5 minutes with the butter and turning the drumsticks to ensure even cooking and color.

8. Sprinkle with the *chaat masala* and garnish with lemon wedges. Serve immediately.

Chaap Fry

Amritsari

Fried lamb chops from Amritsar

Chaap means “chop.” When you make these chops at home, try to be generous with the breadcrumb coating: A thick and even layer ensures that the meat inside

remains tender.

Serves 4.

**1 pound (500 grams)
lamb chops**
**2 tablespoons malt
vinegar**
**2 tablespoons raw
papaya paste (page 535)**
1½ teaspoons table salt
**1½ tablespoons red
chile powder**
**¾ tablespoon *garam
masala* (spice mix; page 27)**
**1 tablespoon fresh
ginger paste (page 12)**
**1 tablespoon fresh
garlic paste (page 12)**

**9 ounces (250 grams)
ground lamb
1-inch (2½-cm) piece
fresh ginger, peeled
2 green chiles, stemmed
15 to 20 fresh mint
leaves
1 large egg
1 cup (110 grams) dried
bread crumbs
¼ cup (50 ml) vegetable
oil**

1. Pat the chops dry with an absorbent towel. Use a meat mallet to flatten them.

2. Stir together the vinegar, papaya paste, 1 teaspoon of the salt, the chile powder, ½

tablespoon of the *garam masala*, the ginger paste, and garlic paste in a large bowl. Add the chops and stir so that all the chops are evenly covered with the mixture. Cover the bowl with plastic wrap and put in the refrigerator to marinate for 2 hours.

3. Put the ground lamb, remaining $\frac{1}{4}$ tablespoon *garam masala*, the ginger, chiles, mint, and the remaining $\frac{1}{2}$ teaspoon salt in a food processor, and process until all the ingredients are well incorporated.

4. Coat the chops on one side with the ground lamb mixture and flatten them again with the meat

mallet so they are evenly coated with the mixture.

5. Break the egg into a bowl and whisk it well. Spread the bread crumbs in a plate. Dip the chops in the egg and then roll in the bread crumbs until they are well covered on all sides.

6. Place a nonstick sauté pan over medium heat and add the oil. When small bubbles appear at the bottom of the pan, put the chops in the pan and cook for 10 to 12 minutes, turning once or twice so they are evenly cooked on all sides.

7. Serve hot.

Chops Kari Varuval

Lamb chops marinated in yogurt and cooked with southern spices

Indian cooking is about amalgamating spices and then cooking them correctly. This recipe is a fine example of this. I suggest making this dish when you have plenty of time, as the cooking requires some care.

Serves 4.

- 1 pound (500 grams)
lamb chops**
- 1 teaspoon ground
turmeric**
- 3 tablespoons plain
yogurt**
- 2 tablespoons vegetable
oil**

**3 medium red onions,
sliced**

**1-inch (2½-cm) piece
fresh ginger, chopped**

**10 cloves garlic,
chopped**

**5 or 6 green chiles,
stemmed and chopped**

**3 tablespoons chopped
fresh cilantro**

**2½ teaspoons coriander
seeds**

**30 whole black
peppercorns**

½ teaspoon fennel seeds
**1-inch (2½-cm)
cinnamon stick, broken in**

half

6 whole cloves

4 green cardamom pods

2 bay leaves

1½ teaspoons table salt

1½ tablespoons ghee

(page 37)

**1 tablespoon freshly
squeezed lemon juice**

1. Pat the chops dry with a kitchen towel and then flatten slightly by beating with the blunt side of a knife or with a meat mallet. Place them in a bowl. Stir the turmeric into the yogurt, rub the mixture on the chops, cover the bowl with plastic wrap, and put in the refrigerator to marinate for 1

hour.

2. Place a nonstick saucepan over medium heat and add 2 teaspoons of the oil. When small bubbles appear at the bottom of the pan, add one third of the onions, the ginger, garlic, chiles, cilantro, coriander, peppercorns, fennel, half the cinnamon, 4 of the cloves, and 2 of the cardamom pods, and sauté for 2 to 3 minutes or until fragrant. Cool and place in a food processor with 2 tablespoons water. Process to a fine paste.

3. Place another nonstick saucepan over medium heat and add the remaining oil. When small bubbles appear at the bottom of the

pan, add the bay leaves, remaining cinnamon, remaining cloves, remaining cardamom pods, and remaining onions. Sauté for 4 to 5 minutes or until the onions are lightly browned.

4. Add the ground spice mixture and sauté for 2 to 3 minutes. Add the chops and continue to sauté for 8 minutes or until the chops are well covered with the spices and the oil comes to the top.

5. Add 1 cup (200 ml) water and the salt, and stir well.

6. Add the ghee and reduce the heat to low. Cover and cook for 15 to 20 minutes, stirring frequently.

Add another ½ cup (100 ml) water if the lamb is not yet cooked through. Continue to cook for 1 hour or until the lamb is tender.

7. Uncover and simmer until the sauce is thick. Sprinkle with the lemon juice and serve immediately.

Dum Ke Kabab

Oven-baked lamb kebabs

These oven-baked kebabs are silky smooth in taste and get their great depth of flavor from all the spices that are dry-roasted and ground before being added to the meat.

Makes 24.

1 quart (800 ml)
vegetable oil

2 onions, sliced
1-inch (2½-cm)
cinnamon stick 4 green
cardamom pods

3 whole cloves

½ teaspoon allspice
berries

1 teaspoon *magaz*
(melon seeds)

½ teaspoon white poppy
seeds

3 dried red chiles,
stemmed and broken in half

½ teaspoon caraway
seeds

**3 green chiles, stemmed
and halved**

**2 tablespoons chopped
fresh cilantro**

4 cloves garlic

**½-inch (1-cm) piece
fresh ginger, chopped**

**1½ teaspoons *besan*
(chickpea/gram flour)**

**1 pound (500 grams)
ground lamb**

**1 tablespoon freshly
squeezed lemon juice**

1 teaspoon table salt

**½ cup (125 grams) plain
yogurt, whisked**

½ teaspoon red chile

powder

¼ teaspoon *garam masala* (spice mix; page 27)

1½ tablespoons ghee (page 37)

~ For the garnish:

1 medium onion, peeled and cut into rings

A few sprigs fresh mint

1 lemon, cut into wedges

1. Put the oil in a deep-fryer and heat to 375°F/190°C. Add the sliced onions and fry until golden. Remove with a slotted spoon and drain on paper towels. Set aside.

2. Place a medium nonstick pan over medium heat. Add the

cinnamon, cardamom, and cloves, and dry-roast, stirring occasionally, for 2 to 3 minutes or until fragrant. Transfer to a dry bowl and let cool to room temperature.

3. Dry-roast the allspice in the same pan for 1 to 2 minutes or until fragrant. Transfer to the bowl with the other roasted spices and let cool to room temperature. Transfer to a spice grinder and grind to a fine powder. Set aside.

4. Place the same pan over medium heat. Add the *magaz* and roast over low heat for 1 to 2 minutes or until fragrant. Transfer to a dry bowl. Add the poppy seeds to the same pan and dry-roast for 1

to 2 minutes and add to the *magaz* in the bowl. Add the red chiles to same pan and dry-roast for 2 minutes or until little brown specks form on them. Transfer to the bowl with the other spices. Last, dry-roast the caraway over low heat for 1 to 2 minutes or until fragrant. Add to the collected spices and let cool to room temperature.

5. Put the spice mixture (from steps 2, 3, and 4), green chiles, cilantro, garlic, and ginger in a spice grinder with 2 tablespoons water and grind to a smooth paste. Transfer to a small bowl.

6. Place the same nonstick pan over low heat. Add the *besan* and

roast, stirring continuously, for 4 to 5 minutes or until lightly browned and fragrant.

7. Put the lamb, fried onions, roasted *besan*, and ground spice paste in a food processor, and process until smooth. Transfer to a deep bowl.

8. Add the lemon juice and salt. Stir well. Cover and put in the refrigerator for 30 minutes.

9. Preheat the oven to 425°F/225°C. Whisk the yogurt, chile powder, and *garam masala* until well blended.

10. Divide the chilled lamb mixture into 24 equal portions and shape into balls. Grease your palms

with a little oil and form each ball into a sausage shape 1½ inches (4 cm) long. Arrange them on a greased baking sheet and spoon a little of the yogurt mixture onto each. Bake in the center of the oven for 20 minutes, basting every 5 minutes with the ghee.

11. Garnish with the onion rings, mint sprigs, and lemon wedges, and serve immediately.

Kabargah

Lamb ribs dipped in a spicy yogurt batter and deep-fried

While working with teams who served prime ministers like Mrs. Indira Gandhi and Mr. Rajiv

Gandhi, I found that Kashmiri food was always favored at state banquets. It was during this time that I picked up little nuances of the region's cuisine and learned how to perfect this dish.

Serves 4.

**1 pound (500 grams)
lamb ribs, cut into pieces
with 2 or 3 ribs in each**

2 cups (400 ml) milk

3 green cardamom pods

1-inch (2½-cm)

cinnamon stick

4 whole cloves

**Generous pinch of
saffron threads**

2 teaspoons ground

fennel seeds

1 teaspoon ground

ginger

Pinch of asafetida

3 bay leaves

1½ teaspoons table salt

6 tablespoons plain

yogurt

2 teaspoons red chile

powder

1 quart (800 ml)

vegetable oil

1. Place a deep nonstick saucepan over high heat and add the ribs, milk, 1 cup (200 ml) water, the cardamom, cinnamon, cloves, saffron, fennel, ground ginger, asafetida, bay leaves, and 1

teaspoon of the salt. When the mixture comes to a boil, lower the heat to medium, cover, and cook for 50 minutes or until the lamb is tender and most of the liquid has evaporated.

2. Put the yogurt in a bowl, and add the chile powder and the remaining $\frac{1}{2}$ teaspoon salt. Add 2 teaspoons water and whisk to make a smooth batter.

3. Place a nonstick wok over high heat and add the oil. When small bubbles appear at the bottom of the wok, lower the heat to medium. Working in batches, dip the lamb ribs in the yogurt batter and slide into the hot oil. Cook for

2 to 3 minutes or until golden brown. Remove with a slotted spoon and drain on paper towels. Serve immediately.

Kakori Kabab

Ground-lamb kebabs

There are several stories that surround the creation of these succulent kebabs. Centuries ago, the Nawab of Kakori (in the province of Awadh, which is modern-day Uttar Pradesh) had a mishap in which he lost his teeth (another story has it that the Nawab was simply getting on in age). He loved lamb and still wanted to eat

it, so his cooks created this special soft version for him.

Makes 8.

**1 quart (800 ml) plus 8
teaspoons vegetable oil**

1 large red onion, sliced

**1 teaspoon white poppy
seeds**

**$\frac{1}{2}$ cup (75 grams)
cashews**

5 or 6 whole cloves

2 green cardamom pods

$\frac{1}{4}$ blade mace

**$\frac{1}{2}$ tablespoon untreated
dried rose petals**

**Pinch of freshly grated
nutmeg**

7 ounce (200 grams)

ground lamb

**2 tablespoons ground
lamb fat**

**$\frac{1}{4}$ tablespoon grated
khoya/mawa (unsweetened
solid condensed milk; page
37)**

**1 teaspoon ground
white pepper**

**$\frac{1}{2}$ tablespoon yellow
chile powder (optional)**

8 or 9 saffron threads

**$\frac{1}{2}$ tablespoon fresh
ginger paste (page 12)**

**$\frac{1}{2}$ tablespoon fresh
garlic paste (page 12)**

1 teaspoon table salt

1. Place a nonstick wok over high heat and add the oil. When small bubbles appear at the bottom of the wok, add the onion and cook, stirring with a slotted spoon, until well browned. Remove with the slotted spoon and drain on paper towels.

2. Soak the poppy seeds in 2 tablespoons hot water in a small bowl for 30 minutes. Transfer the poppy seeds and water to a spice grinder and grind to a paste.

3. Place a small nonstick sauté pan over medium heat, add the cashews, and dry-roast until lightly browned. Let cool, then transfer to a spice grinder and grind to a

powder.

4. Return the pan to medium heat and add the cloves, cardamom, mace, rose petals, and nutmeg, and dry-roast for 1 minute. Transfer to a spice grinder and grind to a powder.

5. Add the lamb, lamb fat, fried onion, poppy seed paste, cashew powder, spice powder, *khoya*, white pepper, yellow chile powder (if using), saffron, ginger paste, and garlic paste. Add 2 or 3 ice cubes and process until the mixture is smooth.

6. Transfer to a bowl, add the salt, and stir. Cover the bowl with plastic wrap and put in the

refrigerator for 2 to 3 hours.

7. Divide into 8 portions. Heat a nonstick sauté pan over medium heat. Cook for a couple of minutes on each side until the lamb is completely cooked through, 3 to 4 minutes. Use about 1 teaspoon of oil per kebab to aid in the cooking process.

8. Serve immediately.

..... ❖ } **Notes** } ❖

Yellow chiles are plump and sweet and have a waxy appearance. They can grow to an unusually large size and they have a mild peppery flavor. As with other chiles, the thinner and smaller the chile, the hotter it will

be. Yellow chiles are often used for *chaats* and other exotic North Indian dishes.

Kheema Potli

Spicy ground lamb in a pastry shaped like a money bag

Stuffed savories like samosas are popular and much appreciated for their unique style. We go one step further here and package ground lamb in a pastry that looks as if you are serving little money bags—a fun presentation of a crisp pastry with a delicious filling. I have seen people use little bits of onion greens to tie up the *potlis*. Serve with *pudina aur dhaniya*

chutney (mint-and-cilantro chutney; page 22).

Makes 20 pieces.

~ **For the pastry:**

1 cup (120 grams)
***maida* (refined flour) or**
pastry flour

2 tablespoons fine
***rawa/suji* (semolina flour)**

5 teaspoons ghee (page
37), melted

1 teaspoon table salt

1 quart (800 ml)
vegetable oil

~ **For the filling:**

2 tablespoons vegetable
oil

1 teaspoon cumin seeds
10 ounces (300 grams)
ground lamb
2-inch (5-cm) piece
fresh ginger, peeled and
chopped
3 green chiles, stemmed
and chopped
1 teaspoon red chile
powder
1 tablespoon ground
coriander
1 teaspoon ground
cumin
½ teaspoon table salt
¾ cup (185 grams) plain
yogurt

1 **teaspoon** ***garam masala*** (spice mix; page 27)

2 **tablespoons** **chopped**
fresh cilantro

1. To make the dough: Place the *maida* in a bowl. Add the semolina, ghee, and salt, and mix. Add $\frac{1}{4}$ cup (50 ml) water, little by little, and knead into a stiff dough. Cover with a damp cloth and set aside to rest for 10 to 15 minutes.

2. To make the filling: Place a medium nonstick sauté pan over medium heat and add the 2 tablespoons oil. When small bubbles appear at the bottom of the pan, add the cumin seeds. When they begin to change color, add the

ground lamb and sauté for 5 minutes or until the lamb is half done.

3. Add the ginger, green chiles, red chile powder, ground coriander, ground cumin, and salt, and mix well. Reduce the heat to low, cover with a lid, and sauté for 5 minutes. Add the yogurt and stir. Increase the heat to high and sauté for 10 minutes, stirring continuously. Reduce the heat to medium and cook for 10 minutes or until the lamb is fully cooked and completely dry.

4. Add the *garam masala* and the cilantro, and mix well. Take the pan off the heat and allow the

mixture to cool completely.

5. Divide the dough into 20 portions and shape into balls. Roll out a ball into a 3-inch-diameter (7½-cm-diameter) disk. Place a portion of the ground lamb mixture in the center. Sprinkle a little water between the edge of the disk and the filling. Gather the edges together in neat pleats and pinch the dough just above the filling to seal. Let the edges of the *potli* remain loose to imitate the shape of a money bag. Repeat with the remaining dough and filling.

6. Place a nonstick wok over high heat and add the 1 quart oil. When small bubbles appear at the

bottom of the wok, reduce the heat to medium and gently slide in the *potlis*, a few at a time. Stir gently with a slotted spoon so that the *potlis* cook evenly. When they are golden brown, remove with the slotted spoon and drain on paper towels. Repeat with the remaining *potlis*.

Lamb Pepper Fry

Boneless lamb with peppercorns

This is a traditional dish of the Syrian Christians of Kerala. They make it with beef, but this recipe uses lamb.

Serves 4.

**3 tablespoons plus 1
teaspoon oil**

**2 medium onions, peeled
and sliced**

**4 to 6 cloves garlic,
peeled and chopped**

**1-inch (2½-cm) piece
fresh ginger, peeled and
chopped**

**20 whole black
peppercorns**

**1 tablespoon coriander
seeds**

**6 dried red chiles,
stemmed and broken in half**

1 teaspoon fennel seeds

1 star anise

1 teaspoon cumin seeds
 $\frac{1}{2}$ cup (60 grams)
grated fresh coconut (or
frozen unsweetened
coconut)

16 to 18 fresh curry
leaves

1 pound (500 grams)
boneless lamb, cut into 1-
inch ($2\frac{1}{2}$ -cm) pieces

1 teaspoon *garam
masala* (spice mix; page 27)

$1\frac{1}{2}$ teaspoons ground
coriander

1 teaspoon red chile
powder

$\frac{1}{2}$ teaspoon ground

turmeric

1 teaspoon table salt

**1 tablespoon slivered
coconut (see Note)**

**1 teaspoon black
mustard seeds**

**2 green chiles, stemmed
and slit**

1. Place a medium nonstick sauté pan over medium heat and add 1 tablespoon oil. Add half the onions, the garlic, ginger, peppercorns, coriander seeds, 3 of the dried chiles, the fennel, star anise, cumin, and grated fresh coconut, and sauté for 2 to 3 minutes or until the onions are light golden brown. Set aside to cool to

room temperature.

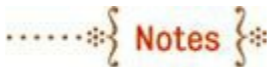
2. Transfer to a food processor with 6 tablespoons (90 ml) water and process to a smooth paste.

3. Place another medium nonstick sauté pan over medium heat and add 2 tablespoons of the oil. Add 10 to 12 of the curry leaves, the remaining 3 red chiles, and the remaining onions, and sauté for 1 minute or until the onions are translucent. Add the lamb and cook for 5 minutes.

4. Add the ground paste, *garam masala*, ground coriander, chile powder, turmeric, and salt, and cook for 2 to 3 minutes.

5. Add 1 quart (800 ml) water and cook over low heat for 30 to 35 minutes or until the lamb is tender and most of the water has evaporated.

6. Place a small nonstick pan over medium heat and add the remaining 1 teaspoon oil. Add the slivered coconut, mustard seeds, green chiles, and the remaining curry leaves, and sauté for 1 minute. Pour this mixture over the lamb and cover immediately to trap the flavors. Serve hot.



Slivered coconut is available in the freezer section at Indian grocery stores.

Lukhmi

Savory pastry with ground lamb stuffing

This flaky breakfast snack was an everyday must for the Nizams (royal rulers) of Hyderabad, and is available in the mornings from all the coffee houses in the region.

Serves 4.

**8 ounces (250 grams)
freshly ground lamb**

1½ teaspoons table salt

**Pinch of ground
turmeric**

**½ teaspoon red chile
powder**

½ teaspoon fresh ginger

paste (page 12)

**½ teaspoon fresh garlic
paste (page 12)**

**1 quart (800 ml)
vegetable oil**

**2 tablespoons chopped
fresh cilantro**

**2 or 3 green chiles,
stemmed and chopped**

**½ tablespoon freshly
squeezed lemon juice**

**1 cup (120 grams)
maida (refined flour) or
pastry flour, plus extra for
dusting**

**2 tablespoons ghee
(page 37), melted**

**1 tablespoon plain
yogurt**

1. Place the lamb, 1 teaspoon salt, turmeric, chile powder, ginger paste, and garlic paste in a nonstick saucepan. Add $\frac{1}{2}$ cup (100 ml) water and place over medium heat. Bring to a boil, stirring occasionally. Cook, uncovered, for 15 to 20 minutes, until the lamb is tender.

2. Place a medium nonstick sauté pan over medium heat and add $1\frac{1}{2}$ tablespoons of the oil. Add the cilantro and chiles and sauté for 1 minute. Add the lamb mixture and sauté for 1 to 2 minutes or until all the water has evaporated and the

mixture is dry. Stir in the lemon juice. Set aside to cool to room temperature.

3. Put the *maida* in a deep bowl. Add the remaining $\frac{1}{2}$ teaspoon salt, the ghee, yogurt, and 1 tablespoon water, and knead to make a soft dough. You might need to sprinkle with some more drops of water. Cover the dough with plastic wrap and refrigerate for 30 minutes.

4. Divide the chilled dough into 16 equal portions. Shape each portion into a ball, dust with *maida*, and roll out into a rectangle 5 inches (12.5 centimeters) long and $\frac{1}{8}$ inch (3 mm) thick. Place 1

tablespoon of the lamb mixture in the center, moisten the edges with water, and fold the dough from the top down to cover the filling and seal the edges on all three sides. Fold one third of the stuffed rectangle to the center and bring the other third over to make a book fold. Repeat with the remaining dough and filling.

5. Put the remaining oil in a deep-fryer and heat to 375°F/190°C. Slide one *lukhmi* at a time into the hot oil and fry until golden brown. Remove with a slotted spoon and drain on paper towels. Serve immediately.

Parsi Lamb Cutlets

Crisp ground lamb or goat patties

These patties can be prepared a day in advance if you are planning a party. You can even shape the patties and freeze them with waxed paper between the layers. To serve, thaw them, dip them in the egg, and cook.

Makes 8.

3 slices white bread

8 ounces (250 grams)

ground lamb or goat

1½ teaspoons table salt

**1 teaspoon fresh ginger
paste (page 12)**

**1 teaspoon fresh garlic
paste (page 12)**

**4 green chiles, stemmed
and diced**

**$\frac{3}{4}$ teaspoon red chile
powder**

**$\frac{1}{2}$ teaspoon ground
coriander**

**$\frac{1}{2}$ teaspoon ground
roasted cumin (page 32)**

**$\frac{1}{8}$ teaspoon ground
turmeric**

**1 tablespoon chopped
fresh mint**

**1 tablespoon chopped
fresh cilantro**

**$\frac{3}{4}$ cup (80 grams) bread
crumbs**

3 large eggs

**½ cup (100 ml)
vegetable oil**

**2 lemons, both cut into 4
wedges**

**1 medium red onion,
thinly sliced and separated
into rings**

1. Soak the bread in 1 cup (200 ml) water for 30 seconds and squeeze to remove the excess water.

2. Put the meat, bread, 1 teaspoon of the salt, the ginger paste, garlic paste, chiles, chile powder, coriander, cumin, turmeric, mint, and cilantro in a large bowl. Combine well, cover the bowl with plastic wrap, and put in the

refrigerator to marinate for 3 to 4 hours.

3. Divide the mixture into 8 portions, shape into balls, and roll in the bread crumbs. Place each ball on a flat surface and flatten with your fingers into a 4-inch (10-cm) patty, dusting with bread crumbs to prevent sticking. Put the patties on a plate and put in the refrigerator for 30 minutes.

4. Put the eggs in a bowl and beat them lightly with a fork. Add the remaining $\frac{1}{2}$ teaspoon salt and 2 tablespoons of water and beat again.

5. Place a nonstick sauté pan over medium heat and add 1

tablespoon of the oil. When small bubbles appear at the bottom of the pan, dip a patty in the egg and place it in the pan. Cook, turning with a slotted spoon, for 2 to 3 minutes or until lightly browned on both sides. Remove with the slotted spoon and drain on paper towels. Repeat with the remaining patties and oil.

6. Serve hot with lemon wedges and onion rings.

Patthar Ka Gosht

Kebabs cooked on hot stones

Stone cooking is an art—but a dying one, unfortunately. You can use a granite stone here or cook the

kebabs in a nonstick griddle. The beauty of this kebab is the tenderness of the meat. Serve it with hot *naan* (page 20).

Makes 16.

**1³/₄ pounds (800 grams)
boneless lamb, cut into 1¹/₂-
inch (4-cm) pieces**

~ For the marinade:

**2-inch (5-cm) piece
fresh ginger, peeled**

10 cloves garlic

5 green chiles, stemmed

3-inch (7¹/₂-cm) piece

green papaya (optional)

1 cup (200 ml)

vegetable oil

2 medium red onions,

sliced

**2 tablespoons plain
yogurt**

**1 teaspoon ground black
pepper**

**1 teaspoon ground
green cardamom**

**1 teaspoon *garam
masala* (spice mix; page 27)**

**1 teaspoon ground
patthar ke phool (lichen
stone flower; optional)**

**1 tablespoon malt
vinegar**

2 teaspoons table salt

**Vegetable oil and salt
for seasoning the stone**

1. Pound the lamb with a meat mallet or the flat side of a knife to a ¼-inch (½-cm) thickness. Put the pieces in a bowl.

2. Put the ginger, garlic, chiles, and papaya in a spice grinder with 3 tablespoons water, and grind to a fine paste.

3. Place a nonstick wok over medium heat and add the oil. When small bubbles appear at the bottom of the wok, add the onions and cook for 4 to 5 minutes or until browned. Remove with a slotted spoon and drain on paper towels; let cool. Transfer to a spice grinder, add the yogurt and 2 tablespoons water, and grind to a fine paste.

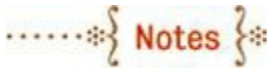
4. Combine the ginger-garlic-green chile paste, onion-yogurt paste, pepper, cardamom, *garam masala*, *patthar ke phool* (if using), vinegar, and $\frac{1}{4}$ cup of the oil from the wok in a small bowl. Spread this mixture over the lamb pieces. Cover the bowl with plastic wrap and put in the refrigerator overnight to marinate.

5. Take a flat piece of rough granite or a *kadappa* stone that is about $1\frac{1}{2}$ feet (46 cm) long, 1 foot (30 cm) wide, and 2 inches (5 cm) thick. Wash the stone and prop either end on bricks over an outdoor fire pit, taking care that it is safely balanced. Light a charcoal

fire underneath the stone and heat the stone well. Season the stone by applying oil when the stone is very hot, then sprinkle with a little salt and wipe the stone with a clean cloth. It's now ready to use.

6. Sprinkle a little oil on the stone and place the lamb pieces on it. Cook, turning the pieces a few times and basting occasionally with oil, until cooked through.

7. Serve immediately.



Kadappa stone is a black limestone. It is very hard and can withstand extreme temperatures. The stone is quarried at Betamcherla, Andhra Pradesh.

Granite can be used as a substitute.

Khubani Ke

Shammi

Apricot-stuffed potatoes

These kebabs have a soft heart because of the stuffing in the center. The chiles and pepper balance the sweetness of the apricot.

Makes 12.

**$\frac{1}{4}$ cup (50 grams) dried
apricots**

**$\frac{1}{4}$ cup (50 grams)
khoya/mawa (unsweetened
solid condensed milk; page
37), crumbled**

**¼ cup (50 ml) plus 2
teaspoons vegetable oil**

1 teaspoon cumin seeds

**½-inch (1-cm) piece
fresh ginger, chopped**

**3 green chiles, stemmed
and chopped**

**1 teaspoon *garam
masala* (spice mix; page 27)**

**¼ teaspoon ground
black pepper**

**3 tablespoons chopped
fresh cilantro**

1 teaspoon table salt

**4 medium potatoes,
boiled, peeled, and mashed**

¼ cup cornstarch

1. Soak the apricots in 1 cup (200 ml) water for 1 hour. Drain and finely chop. Transfer to a bowl, add the *khoya*, and stir.

2. Place a shallow nonstick sauté pan over medium heat and add 2 teaspoons of the oil. When small bubbles appear at the bottom of the pan, add the cumin. When it begins to change color, add the ginger, chiles, *garam masala*, and pepper. Stir well and remove from the heat. Set aside to cool.

3. Add the ginger-chile mixture to the apricot-*khoya* mixture. Add the cilantro and ½ teaspoon of the salt, and stir well. Divide into 12 portions.

4. Put the mashed potatoes in another bowl. Add the remaining $\frac{1}{2}$ teaspoon salt and stir well. Divide into 12 portions.

5. Roll each portion of potato into a ball and flatten into a round disk. Place a portion of apricot-khoya mixture in the center, gather the edges to enclose the filling, and seal well. Gently roll into a ball again and flatten slightly.

6. Put the cornstarch on a plate and roll the kebabs in it. Shake off the excess and set aside on another plate.

7. Place a nonstick sauté pan over medium heat and add the remaining oil. When small bubbles

appear at the bottom of the pan, gently slide in the kebabs, a few at a time, and cook, turning continuously, for 4 to 5 minutes or until golden brown on both sides.

8. Serve hot.

Shikhampuri Kabab

Ground lamb patties stuffed with thick spiced yogurt

The name of these novel kebabs translates to “full belly,” and I don’t know if that refers to the fact that the kebabs are stuffed or that they are very filling. Either way, they are true to their name. Serve these with sliced onions separated into rings and *pudina aur*

dhaniya chutney (mint-and-cilantro chutney; page 22).

Makes 8.

**1 quart (800 ml) plus 8
teaspoons vegetable oil**

**1½ medium red onions,
peeled and sliced**

**2 tablespoons ghee
(page 37)**

**½ teaspoon caraway
seeds**

**2 dried red chiles,
stemmed and broken**

**½-inch (1-cm) piece
fresh ginger, roughly
chopped**

**5 cloves garlic, roughly
chopped**

**9 ounces (250 grams)
ground lamb**

**1 tablespoon *chana dal*
(split Bengal gram), soaked
for 30 minutes**

**$\frac{1}{4}$ cup plus 1 tablespoon
chopped fresh mint**

**$\frac{1}{4}$ cup plus 1 tablespoon
chopped fresh cilantro**

**$\frac{1}{2}$ tablespoon freshly
squeezed lemon juice**

1 teaspoon table salt

1 large egg

~ For the filling:

**1 cup (250 grams) plain
yogurt**

1 green chile, stemmed

and chopped

**1 large red onion,
peeled and chopped**

**2 tablespoons chopped
fresh mint**

½ teaspoon table salt

**½ teaspoon roasted
cumin seeds**

1. Place a nonstick wok over high heat and add 1 quart (800 ml) of the oil. When small bubbles appear at the bottom of the wok, add the onions and cook, stirring with a slotted spoon, until the onions are well browned. Remove with the slotted spoon and drain on paper towels.

2. Place a nonstick sauté pan

over medium heat and add the ghee. When small bubbles appear at the bottom of the pan, add the caraway, chiles, ginger, and garlic, and sauté for 1 minute.

3. Add the lamb and sauté for 5 minutes, stirring occasionally.

4. Drain the *dal* and add it to the pan. Stir and sauté for 1 minute.

5. Add the mint and cilantro, and stir well. Cook for 5 minutes. Remove from the heat and set aside to cool completely.

6. Transfer the mixture to a food processor. Add the onions, lemon juice, and salt, and process to a coarse paste. Transfer to a bowl.

7. Divide the lamb mixture into 8 portions.

8. Make the filling: Hang the yogurt in a double layer of cheesecloth for 1 hour or until most of the excess water has drained away. Transfer to a bowl, add the chile, onion, mint, salt, and cumin, and stir well. Divide into 8 portions.

9. Flatten one portion of the lamb mixture in the palm of your hand and place a portion of yogurt stuffing in the center. Gather the edges, shape into a ball, and flatten slightly. Repeat to make the remaining kebabs.

10. Beat the egg in a bowl.

11. Place a nonstick sauté pan over medium heat and add 2 teaspoons of the oil. Dip 2 kebabs in the egg, put them in the sauté pan, and cook, turning once, for 3 to 4 minutes or until both the sides are cooked and lightly browned. Drain on paper towels. Repeat with the remaining kebabs.

12. Serve hot.

Main Courses: Vegetarian

At least 70 percent of the population of India does not eat meat or chicken, and many will not eat eggs. Included in this group are the Jains, who are not only vegetarians but also do not eat tubers,

onions, or garlic; a Jain might not eat an *aloo tikki* (page 151), a patty made with potatoes, but will enjoy a *tikki* made with green banana (page 121). Indians have a deep respect for vegetables, and the repertoire of vegetarian recipes is huge.

It's only recently that a great variety of fruits and vegetables have become

readily available (and still only in large metropolitan areas), but buying fresh produce daily has long been a passion of the Indian homemaker.

The recipes that follow are proof of how advanced vegetarian cooking is in India. The humble potato, for example, becomes the all-time favorite *aloo matar* (page 230) or the

glowing red Kashmiri *dum aloo* (page 236). Okra, eggplant, gourds, peas, spinach, fenugreek greens, and mustard greens will find their way into your kitchen with much more regularity when you discover that you have so much to make with them! Included in this chapter is a wealth of *paneer* recipes—some everyday dishes

and some more unusual ones. *Paneer* is a prime source of essential protein vendors in India.

Aloo Chokha

Spicy potato dish

My initial working years in the kitchen were in Varanasi in the Indian state of Uttar Pradesh, and my cooks in the hotel kitchen used to make this often for their lunch. It is prepared in a similar way in the neighboring state of Bihar.

Serves 4 to 6.

**2 tablespoons filtered
mustard oil (see Note page
87)**

**1 teaspoon coriander
seeds**

2 dried red chiles,

stemmed

**3 medium red onions,
chopped**

**3 or 4 cloves garlic,
crushed**

**3 or 4 green chiles,
stemmed and chopped**

**1 teaspoon ground
coriander**

**1 teaspoon ground
roasted cumin (page 32)**

**6 small potatoes, boiled,
peeled, and mashed**

**1 teaspoon *amchur*
(dried mango powder)**

1 teaspoon table salt

1. Place a medium nonstick

sauté pan over medium heat and add the mustard oil. When the oil starts smoking, remove from the heat and cool slightly.

2. Crush the coriander seeds in a mortar with a pestle. Cut the dried chiles into small pieces.

3. Return the pan with the oil to medium heat. When small bubbles appear at the bottom of the pan, add the dried chiles and onions, and sauté for 3 to 4 minutes or until the onions are golden brown.

4. Add the garlic and continue to sauté for 1 minute. Add the green chiles, crushed coriander seeds, ground coriander, and cumin

powder, and stir. Add the potatoes and stir. Add the *amchur* and salt and stir well.

5. Transfer to a serving dish and serve hot.

Aloo Matar

Potatoes and green peas in an onion-tomato gravy

Typically, Indians like at least two dishes with each meal, one wet curry like lentils and one dried *sabzi* (stir-fried vegetables). This dish comes in really handy when you do not wish to prepare two things: Make *aloo matar*, and things are simple. Serve with *parathas* (page 18).

Serves 4.

**2 tablespoons vegetable
oil**

1 bay leaf

1 teaspoon cumin seeds

**2 medium red onions,
chopped**

**1½ teaspoons fresh
ginger paste (page 12)**

**1½ teaspoons fresh
garlic paste (page 12)**

**¼ teaspoon ground
turmeric**

**1½ teaspoons ground
coriander**

**1 teaspoon red chile
powder**

**4 small potatoes, peeled
and cut into ½-inch (1-cm)
cubes**

**1 cup (235 grams) fresh
tomato purée**

**1¼ cups (190 grams)
green peas**

**1 teaspoon *garam
masala* (spice mix; page 27)**

1 teaspoon table salt

**2 tablespoons chopped
fresh cilantro**

1. Place a medium nonstick saucepan over medium heat and add the oil. When small bubbles appear at the bottom of the pan, add the bay leaf and cumin. When the seeds begin to change color, add

the onions and sauté for 3 to 4 minutes or until golden. Add the ginger paste and garlic paste, and sauté for 30 seconds.

2. Add the turmeric, coriander, and chile powder, and sauté for 30 seconds. Stir in the potatoes and 3 cups (600 ml) water. Cover and cook for 5 minutes or until the potatoes are half cooked.

3. Stir in the tomato purée, cover, and cook for 8 minutes or until the potatoes are tender.

4. Add the peas, *garam masala*, and salt, and stir. Cover and cook for about 15 minutes.

5. Garnish with the cilantro and serve hot.

Aloo Posto

Potatoes with poppy seeds

Posto is the Bengali word for “poppy seeds,” and while these seeds are very popular in Bengali cooking, this wasn’t always the case. In fact, there is some evidence that poppy seeds were originally grown in this East Indian state only for making opium.

Serves 4.

**¼ cup (50 grams) white
poppy seeds**
**2 tablespoons refined
mustard oil (see Note page
87)**

**½ teaspoon *kalonji*
(nigella; see Note)**

**2 small green chiles,
stemmed and slit**

**5 small potatoes, peeled
and cut into 1-inch (2½-cm)
cubes**

2 teaspoons table salt

½ teaspoon sugar

**1 teaspoon ghee (page
37), melted (optional)**

1. Soak the poppy seeds in 1 cup (200 ml) warm water for 15 to 20 minutes. Drain off excess water and put the poppy seeds in a spice grinder. Grind to a smooth paste. Set aside.

2. Place a medium nonstick

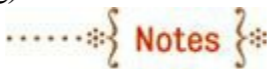
sauté pan over high heat, add the mustard oil, and heat almost to the smoking point. Remove from the heat and let cool completely.

3. Place the pan with the mustard oil over medium heat again. When small bubbles appear at the bottom of the pan, add the *kalonji* and chiles, and sauté for 10 to 12 seconds. Add the potatoes and salt and stir again. Sauté over medium heat for 5 minutes, stirring frequently.

4. Add the poppy seed paste, stir, and add $\frac{1}{2}$ cup (100 ml) water. Lower the heat to low, cover, and cook for 10 to 12 minutes or until the potatoes are almost done.

Remove from the heat, add the sugar, and stir.

5. Return the pan to low heat and cook for 1 minute or until the potatoes are soft. Stir in the ghee (if using) and serve immediately.



Kalonji (nigella) is available in Indian grocery stores and is sometimes called onion seeds.

Ambat Batata

Sour-and-spicy potatoes

Potatoes are an essential ingredient in the Indian kitchen, and I love learning new ways of serving them. *Ambat batata* is a sour potato

curry from Malwan, which lies along the Konkan coast of Maharashtra. *Ambat* in Marathi means “sour,” and here the flavor comes from yogurt and *kokum*. I love this dish with hot *rotis* (page 18).

Serves 4.

**5 small potatoes, boiled
and peeled**

**3 tablespoons vegetable
oil**

**½ teaspoon brown
mustard seeds**

1 teaspoon cumin seeds

**6 or 7 fresh curry
leaves**

3 green chiles, stemmed

and chopped

**3 medium red onions,
chopped**

**$\frac{1}{2}$ teaspoon ground
turmeric**

**$\frac{1}{2}$ cup (125 grams) plain
yogurt**

**4 or 5 fresh *kokum*
petals, or 2 or 3 dried (see
Note page 44)**

**$\frac{1}{4}$ cup (15 grams)
chopped fresh cilantro**

**$\frac{1}{4}$ cup (30 grams)
grated fresh coconut (or
frozen unsweetened
coconut)**

1 teaspoon table salt

**2 teaspoons freshly
squeezed lemon juice**

1. Halve each potato and cut each half into 4 equal pieces.

2. Place a medium nonstick sauté pan over medium heat and add the oil. When small bubbles appear at the bottom of the pan, add the mustard seeds. When they begin to sputter, add the cumin, curry leaves, and chiles, and sauté for 1 minute.

3. Add the onions and sauté for 3 to 4 minutes or until golden brown. Add the turmeric and potatoes, and sauté for 1 to 2 minutes. Stir in the yogurt, *kokum*, half of the cilantro, half of the

coconut, the salt, and lemon juice. Lower the heat and simmer for 1 to 2 minutes.

4. Transfer to a serving dish and garnish with the remaining cilantro and remaining coconut. Serve hot.

Bataka Nu

Rassawala Shaak

Sweet-and-sour potatoes

I call this a quick-fix dish. In Gujarati homes this dish would be made to stretch a meal if there were more guests than anticipated—and it can be cooked at the last minute while the guests are being served

the other food. Some people cook the potatoes in the sauce, but I think it's easier to precook them. Serve with any Indian bread.

Serves 4.

**5 tablespoons vegetable
oil**

**2 teaspoons brown
mustard seeds**

¼ teaspoon asafetida

10 fresh curry leaves

**4 dried red chiles,
stemmed and broken**

**1 teaspoon red chile
powder**

**1 teaspoon ground
turmeric**

2 teaspoons ground

coriander

**1 teaspoon ground
roasted cumin (page 32)**

1¼ teaspoons table salt

**3 tablespoons grated
cane jaggery**

**5 tablespoons tamarind
pulp**

**5 small potatoes, boiled
and diced**

**3 tablespoons chopped
fresh cilantro**

1. Place a nonstick wok over medium heat and add the oil. When small bubbles appear at the bottom of the wok, add the mustard seeds. When they begin to sputter, add the asafetida, curry leaves, and chiles,

and sauté for 15 seconds. Add the chile powder, turmeric, coriander, and cumin, and stir. Sprinkle with 3 tablespoons water to prevent scorching.

2. Add the salt, jaggery, and tamarind pulp along with 2 cups (400 ml) water, and bring to a boil.

3. Add the potatoes and simmer for 5 to 10 minutes.

4. Garnish with the cilantro and serve hot.

Batata Song

Onions and potatoes

My colleague Neena
Murdeswar makes this dish

extremely well, and if she cooks it at home, she's expected to bring a handsome portion of it for all of us in the office. Serve this dish with *puris* (page 21) or *chapatis* (page 438).

Serves 4.

**8 to 10 dried red chiles,
preferably *bedgi* (see
Notes), stemmed, seeds
removed**

**2 teaspoons tamarind
paste**

**3 tablespoons coconut
oil (see Notes)**

**2 large red onions,
chopped**

4 medium potatoes,

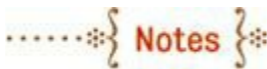
**boiled, peeled, and cut into
½-inch (1-cm) cubes**

1 teaspoon table salt

1. Place a small nonstick sauté pan over medium heat. Let it heat for 2 minutes, then lower the heat to low and add the chiles; dry-roast for 30 seconds. Transfer to a mini food processor and add the tamarind along with ½ cup (100 ml) water and process to a fine paste.

2. Place a medium nonstick sauté pan over medium heat and add the oil. When small bubbles appear at the bottom of the pan, add the onions and cook for 4 to 5 minutes or until golden brown.

3. Add the ground paste and sauté for 2 to 3 minutes. Add the potatoes and stir well. Add 1½ cups (300 ml) water and the salt, and stir. Bring to a boil, then lower the heat to low and simmer for 5 to 7 minutes or until the sauce is thick. Serve hot.



Bedgi is a variety of dried red chile. They are not very spicy but give a beautiful red color to the dish. The seeds are removed to further reduce the heat.

If you do not like the flavor of coconut oil, you can use any vegetable oil.

Bataty Cha

Kachrya

Sautéed potatoes with curry leaves

Enter a home in Maharashtra or an urban Mumbai household, and this is the comfort food you probably will be served: a simple dry preparation of potatoes.

Serves 4.

5 small potatoes

**2 tablespoons vegetable
oil**

**$\frac{1}{4}$ teaspoon brown
mustard seeds**

$\frac{1}{8}$ teaspoon asafetida

**$\frac{1}{4}$ teaspoon ground
turmeric**

**8 to 10 fresh curry
leaves**

**2 green chiles, stemmed
and broken in half**

½ teaspoon table salt

**1 teaspoon red chile
powder**

¼ teaspoon sugar

**2 tablespoons chopped
fresh cilantro**

1. Peel the potatoes, halve them lengthwise, and cut into thin semicircular slices. Soak them in 3 cups (600 ml) water in a large bowl.

2. Place a nonstick sauté pan over medium heat and add the oil. When small bubbles appear at the

bottom of the pan, add the mustard seeds, asafetida, turmeric, curry leaves, and chiles, and sauté for 1 minute.

3. Drain and add the potatoes, and sauté for 2 minutes. Add the salt and stir. Cover and cook for 7 to 8 minutes.

4. Add the chile powder and sugar, and stir. Cover and cook for 2 to 3 minutes or until the potatoes are tender.

5. Garnish with the cilantro and serve hot as a side dish.

Kashmiri Dum Aloo

Potato curry

The typical *dum aloo* served in most restaurants, even in India, is very different from the Kashmiri recipe here. However, I prefer this version. I make it a point to find good-quality baby potatoes, as they will make or break the dish.

Serves 4.

**20 small baby potatoes,
peeled**

2¼ teaspoons table salt

1 quart (800 ml)

vegetable oil

**5 or 6 Kashmiri red
chiles, ground**

**2 cups (500 grams) plain
yogurt**

½ teaspoon ground

green cardamom

1 teaspoon ground

ginger

2 tablespoons ground

fennel

**¼ cup (50 ml) filtered
mustard oil (see Note page
87)**

**Generous pinch of
ground cloves**

Pinch of asafetida

**½ teaspoon ground
roasted cumin (page 32)**

**½ teaspoon *garam
masala* (spice mix; page 27)**

1. Prick the potatoes all over
with a fork.

2. Add 1 teaspoon of the salt to 2 cups (400 ml) water in a deep bowl and soak the potatoes for 15 minutes. Drain and pat dry.

3. Place a nonstick wok over high heat and add the oil. When small bubbles appear at the bottom of the wok, lower the heat to medium, add the potatoes, and cook for 10 minutes or until golden brown. Remove with a slotted spoon and drain on paper towels; set aside.

4. Soak the chiles in $\frac{1}{2}$ cup (100 ml) water for 15 minutes. Drain and place them in a spice grinder with 2 tablespoons water and grind to a fine paste.

5. Put the yogurt in a bowl, add the chile paste, cardamom, ginger, and fennel, and whisk until well blended.

6. Place a nonstick saucepan over medium heat and add the mustard oil. Add the cloves and asafetida. Add $\frac{1}{2}$ cup (100 ml) water and the remaining $1\frac{1}{4}$ teaspoons salt, and bring to a boil.

7. Stir in the yogurt mixture and bring to a boil again. Add the potatoes and cook for 12 minutes or until the potatoes absorb the sauce and the oil comes to the top.

8. Sprinkle with the cumin and *garam masala*, and serve hot.

Methi Aloo

Fresh fenugreek with potatoes and spices

This vegetable dish has a long history in our family—we call it our running “Dad joke.” My father was a good cook and a good critic. Once my mother put this on the table and he said, “Ah, today it is real *methi aloo!*” She was a little puzzled, so he clarified: “You have more fenugreek and less potato; sometimes you make *aloo methi.*” Punjabis, like me, love *methi aloo*, and Gujaratis, like my wife, Alyona, prefer *aloo methi*. Either way, the dish is great with fresh *roti* (page 18).

Serves 4.

**2 medium bunches
methi (fresh fenugreek
leaves), stemmed**

**2 tablespoons vegetable
oil**

1 teaspoon cumin seeds

5 cloves garlic, chopped

½-inch (1-cm) piece

fresh ginger, chopped

**2 or 3 dried red chiles,
stemmed and broken in half**

**2 large red onions,
sliced**

**1 teaspoon red chile
powder**

**½ teaspoon ground
turmeric**

**3 small unpeeled
potatoes, parboiled and
cubed**

1 teaspoon table salt

**1 teaspoon freshly
squeezed lemon juice**

1. Wash the *methi* under running water. Drain well and chop coarsely. Set aside.

2. Place a nonstick sauté pan over medium heat and add the oil. When small bubbles appear at the bottom of the pan, add the cumin. When it begins to change color, add the garlic and ginger, and sauté for 30 seconds.

3. Add the chiles and sauté for 1 minute. Add the onions and sauté

until translucent. Add the chile powder and turmeric, and sauté for 30 seconds. Add the potatoes and sauté for 2 to 3 minutes.

4. Add the *methi* and stir well. Cover and cook for 3 to 4 minutes or until the potatoes are tender.

5. Add the salt and lemon juice. Stir gently and cook for 1 minute.

6. Serve hot.

Urulai Chettinadu

Spicy baby potatoes

Baby potatoes are cooked with a spicy *masala* in this South Indian specialty. Serve with hot

rotis (page 18).

Serves 4.

18 ounces (500 grams)

baby potatoes

**4 dried red chiles,
stemmed and broken in half**

**2 tablespoons *dhuli*
urad dal (split skinless black
gram)**

**10 to 12 whole black
peppercorns**

**5 tablespoons vegetable
oil**

**1 teaspoon black
mustard seeds**

20 fresh curry leaves

20 pearl onions, peeled

1 teaspoon table salt

1. Wash and scrub the potatoes. Do not peel them. Cut each in half.

2. Place a nonstick sauté pan over low heat. Add the chiles, *dal*, and peppercorns, and dry-roast, stirring continuously, for 4 to 5 minutes or until the *dal* is golden and fragrant. Remove from the heat and let cool completely.

3. Transfer to a mortar and pound with a pestle to a coarse powder. Set aside.

4. Place a nonstick wok over medium heat and add the oil. When small bubbles appear at the bottom of the wok, lower the heat to low

and add the mustard seeds, curry leaves, and onions. Sauté, stirring occasionally, until the onions are lightly browned.

5. Add the potatoes and salt. Stir well. Cover and cook over low heat for 10 to 15 minutes, stirring occasionally, until the potatoes are almost done. You can test with a skewer or a fork for doneness.

6. Add the ground spice mixture and stir well so that all the potatoes are coated. Cover and cook over low heat for 3 to 4 minutes. Serve immediately.

Baghare Baingan

Eggplant with peanuts and sesame seeds

This famous Hyderabadi dish features a delicate interplay of different nuts and seeds. I like to serve it at parties because even though it takes some effort to prepare, it is always well appreciated. The sweet and sour notes added at the end tickle the palate. Serve with any Indian bread.

Serves 4.

**9 ounces (250 grams)
small purple eggplants
¼ cup (50 ml) plus 1
quart (800 ml) vegetable oil
2 medium red onions,
sliced
1½ tablespoons sesame**

seeds

2 tablespoons peanuts

$\frac{3}{4}$ teaspoon white poppy

seeds

**1 tablespoon dried
grated coconut**

**$\frac{1}{2}$ teaspoon black
mustard seeds**

$\frac{1}{4}$ teaspoon cumin seeds

$\frac{1}{4}$ teaspoon fennel seeds

**$\frac{1}{4}$ teaspoon *kalonji*
(nigella; see Note page 231)**

**Pinch of fenugreek
seeds**

**10 to 12 fresh curry
leaves**

1 tablespoon fresh

ginger paste (page 12)

1 tablespoon fresh

garlic paste (page 12)

1 tablespoon fresh

green chile paste (page 13)

**1/2 teaspoon ground
turmeric**

**1 1/2 teaspoons ground
coriander**

**1/2 teaspoon ground
roasted cumin (page 32)**

**1/2 teaspoon red chile
powder**

3/4 teaspoon table salt

**2 tablespoons tamarind
pulp**

1/2 teaspoon grated cane

jaggery

1. Wash the eggplants and make deep slits (all the way through) along the length, taking care that the stem ends remain intact.

2. Place a nonstick wok over high heat and add 1 quart (800 ml) oil. When small bubbles appear at the bottom of the wok, slide in the eggplants and cook for 3 to 4 minutes. Remove with a slotted spoon and drain on paper towels. Set aside.

3. Add the onions to the hot oil and cook until golden. Drain on paper towels and set aside.

4. Place a medium nonstick

sauté pan over medium heat. Let it heat for 2 minutes. Add the sesame seeds and dry-roast until lightly browned. Transfer to a plate and set aside to cool. Dry-roast the peanuts, poppy seeds, and coconut separately and set aside to cool.

5. Transfer the roasted ingredients to a mini food processor with $\frac{1}{2}$ cup (100 ml) water and process to a fine paste.

6. Place a nonstick sauté pan over medium heat and add $\frac{1}{4}$ cup (50 ml) oil. When small bubbles appear at the bottom of the pan, add the mustard seeds, cumin seeds, fennel, *kalonji*, and fenugreek, and sauté until lightly browned. Add the

curry leaves, ginger paste, garlic paste, and green chile paste. Cook until the oil comes to the top. Add the fried onions, turmeric, coriander, ground cumin, chile powder, and salt, and cook for 3 to 4 minutes.

7. Add the tamarind and jaggery, and cook for 2 to 3 minutes. Add the coconut paste and cook until the oil comes to the top. Lower the heat to low, add 1 cup (200 ml) water, and bring to a boil. Add the fried eggplants and cook for 4 to 5 minutes.

8. Serve hot.

Baingan Ka Bharta

Roasted eggplant

This North Indian dish is as much about the sweetness of onions and the tanginess of tomatoes as it is about the smoky taste of roasted eggplant.

Serves 4.

1 large eggplant

**3 tablespoons vegetable
oil**

**5 large red onions,
chopped**

**3 medium tomatoes,
chopped**

1½ teaspoons table salt

**1 teaspoon red chile
powder**

2 tablespoons chopped fresh cilantro

1. Roast the eggplant over a medium gas flame or a charcoal grill, turning it frequently with tongs, until the inside is soft and the skin is completely charred on all sides. Let cool, then peel and mash. Put the eggplant in a bowl.

2. Place a medium nonstick sauté pan over medium heat and add the oil. When small bubbles appear at the bottom of the pan, add the onions and sauté for 3 to 4 minutes or until light golden.

3. Add the tomatoes, salt, and chile powder, and sauté until the oil comes to the top.

4. Add the eggplant and cilantro, and stir well. Serve hot.



It is easier to remove the charred skin of a roasted eggplant if it is dipped in water just after roasting.

Baingan Saaswe

Roasted eggplant with mustard seeds

This is an interesting combination of coconut, mustard seeds, and roasted eggplant. I fondly think of it as the South Indian version of the North Indian *baingan ka bharta* (page 240).

Serves 4.

1 large eggplant

**5 dried red chiles,
stemmed**

**1 teaspoon black
mustard seeds**

**½ cup (60 grams)
grated fresh coconut (or
frozen unsweetened
coconut)**

3 or 4 cloves garlic

1½ teaspoons table salt

**1 cup (200 ml)
buttermilk**

**2 teaspoons vegetable
oil**

1. Roast the eggplant over a medium gas flame or a charcoal grill, turning it frequently with tongs, until the inside is soft and the

skin is completely charred on all sides. Let cool, then peel and mash. Put the eggplant in a deep bowl.

2. Put 3 of the chiles, $\frac{1}{2}$ teaspoon of the mustard seeds, the coconut, garlic, $\frac{1}{2}$ teaspoon of the salt, and $\frac{1}{2}$ cup (100 ml) water in a mini food processor and process to a fine paste.

3. Add the buttermilk and the remaining 1 teaspoon salt to the eggplant, and stir. Add the ground paste and stir.

4. Place a small nonstick sauté pan over medium heat and add the oil. When small bubbles appear at the bottom of the pan, add the remaining $\frac{1}{2}$ teaspoon mustard

seeds. When they sputter, break the remaining 2 chiles into small pieces and add them to the pan; sauté for 30 seconds. Add this tempering to the eggplant mixture and cover immediately to trap the flavors.

5. Stir well and serve as a side dish.

Bharli Vangi

Stuffed baby eggplants

This popular Maharashtrian dish of baby eggplants stuffed with an elaborate coconut and spice mixture is made on special occasions.

Serves 4.

8 to 10 baby eggplants

$\frac{3}{4}$ cup (90 grams)

**grated fresh coconut (or
frozen unsweetened
coconut)**

**$\frac{1}{4}$ cup (15 grams) finely
chopped fresh cilantro**

**$\frac{1}{4}$ cup (50 ml) vegetable
oil**

**2 medium red onions,
thinly sliced**

**$\frac{1}{4}$ cup (20 grams)
grated dried coconut**

**2 tablespoons sesame
seeds**

$\frac{1}{4}$ cup (30 grams)

**roasted peanuts, skins
removed**

½ teaspoon cumin seeds

**1 teaspoon coriander
seeds**

**2 teaspoons *goda
masala* (spice mix; page 28)**

1½ teaspoons table salt

**¼ teaspoon ground
turmeric**

**1½ teaspoons red chile
powder**

**1 teaspoon grated cane
jaggery**

**½ teaspoon tamarind
pulp**

½ teaspoon brown

mustard seeds

6 to 8 fresh curry leaves

1. Slit the eggplants from the bottom into 4 sections, keeping the stem end intact. Put in a bowl of water while you prepare the filling.

2. Reserve 1 tablespoon each of the fresh coconut and cilantro for garnish.

3. Place a medium nonstick sauté pan over medium heat and add 1 teaspoon of the oil. When small bubbles appear at the bottom of the pan, add the onions and sauté for 2 to 3 minutes or until lightly colored. Add the dried coconut, sesame seeds, peanuts, cumin, and coriander, and sauté, stirring

continuously, for 2 minutes or until the coconut is light golden. Let cool, then transfer to a food processor with 1 cup (200 ml) water and process to a paste.

4. Transfer to a small bowl, add the *goda masala*, salt, turmeric, chile powder, the remaining fresh coconut, the remaining cilantro, the jaggery, and tamarind pulp, and stir well. Stuff this mixture into the eggplants.

5. Place a medium nonstick sauté pan over medium heat and add the remaining oil. When small bubbles appear at the bottom of the pan, add the mustard seeds. When they begin to sputter, add the curry

leaves and, gently, the stuffed eggplants. Cook for 2 to 3 minutes, gently turning the eggplants once or twice to ensure even cooking. Add 1 cup (200 ml) water and bring to a boil. Lower the heat to low, cover, and cook for 8 to 10 minutes or until the eggplants are cooked and soft. (Most of the stuffing will fall out of the eggplant and form the sauce for the dish.)

6. Garnish with the reserved coconut and cilantro, and serve hot.

Methi Baingan

Fresh fenugreek leaves with small eggplants

Serve this delicious dish with

any Indian bread.

Serves 4.

**¼ cup (50 ml) vegetable
oil**

10 to 12 small eggplants

1 teaspoon cumin seeds

**2 medium red onions,
chopped**

**1 teaspoon fresh ginger
paste (page 12)**

**1 teaspoon fresh garlic
paste (page 12)**

**2 medium tomatoes,
puréed**

1½ teaspoons table salt

**1 teaspoon *degchi mirch*
(red chile) powder (see**

Note)

$\frac{1}{2}$ teaspoon ground
turmeric

$1\frac{1}{2}$ teaspoons ground
coriander

$\frac{1}{2}$ cup (125 grams) plain
yogurt, whisked

$1\frac{1}{2}$ pounds (700 grams)
methi (fresh fenugreek
leaves), trimmed, chopped,
and blanched

$\frac{1}{4}$ teaspoon ground
kasoori methi (dried
fenugreek leaves)

$\frac{1}{2}$ teaspoon *garam
masala* (spice mix; page 27)

1. Take each eggplant and trim

off portions of the crown, leaving the stems attached. Make two crisscross slits at the bottom of each.

2. Place a nonstick sauté pan over medium heat and add 2 tablespoons of the oil. When small bubbles appear at the bottom of the pan, add the eggplants and sauté until well-browned. Remove with a slotted spoon and drain on paper towels.

3. Add the remaining 2 tablespoons oil to the same heated pan. When small bubbles appear at the bottom of the pan, add the cumin and sauté for 20 seconds. Add the onions and sauté for 5 minutes or

until browned.

4. Add the ginger paste and garlic paste, and cook for 2 minutes. Add the tomatoes and cook for 5 minutes or until the oil comes to the top.

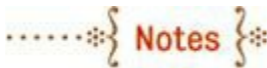
5. Add the salt, chile powder, turmeric, and coriander, and stir well. Cook for 1 minute or until the raw flavors disappear.

6. Add the yogurt and cook for 2 minutes or until all the ingredients are well blended. Add the *methi*, eggplants, and $\frac{1}{2}$ cup (100 ml) water, and cook until the sauce thickens. As soon as the sauce thickens, the curry is ready.

7. Add the *kasoori methi* and

garam masala, and stir well.

8. Serve hot.



Deghi mirch is a mild, ground, *dried* Indian chile pepper powder that provides a gentle taste. Hungarian paprika powder can be used as a substitute.

Besanwali Bhindi

Whole okra cooked with chickpea flour and spices

Baby okra is tender and cooks rather quickly. In this recipe, I love the sweetness of the shallots and the crispness that the *besan* imparts to the dish. I recommend serving this with *dal* and *roti* for a perfect everyday Indian meal.

Serves 4.

14 ounces (400 grams)

small okra

1 teaspoon table salt

**½ teaspoon ground
turmeric**

**1 teaspoon *garam
masala* (spice mix; page 27)**

**1½ teaspoons ground
roasted cumin (page 32)**

**1 teaspoon *amchur*
(dried mango powder)**

**1½ teaspoons fennel
seeds, crushed**

**1 teaspoon red chile
powder**

1 tablespoon ground

coriander

**6 tablespoons vegetable
oil**

**½ teaspoon *kalonji*
(nigella; see Note page 231)**

20 small shallots, sliced

**¼ cup (25 grams) *besan*
(chickpea/gram flour)**

1. Trim off the ends of the okra and make a slit in one side of each okra pod without cutting through. Set aside in a bowl.

2. In a small bowl, combine the salt, turmeric, *garam masala*, cumin, *amchur*, fennel, chile powder, and coriander. Stuff the spice mixture into the slits in the okra. Sprinkle the remaining

mixture (if any) over the okra and drizzle with 2 tablespoons of the oil. Stir and set aside.

3. Place a nonstick sauté pan over medium heat and add the remaining 4 tablespoons (50 ml) oil. When small bubbles appear at the bottom of the pan, add the *kalonji* and sauté for 30 seconds or until fragrant.

4. Add the shallots and sauté for 1 minute. Add the stuffed okra and sauté for 2 to 3 minutes. Add the besan and sauté for 1 to 2 minutes.

5. Lower the heat to low, cover, and cook, stirring occasionally, for 6 to 8 minutes or

until the okra is tender.

6. Transfer to a serving bowl and serve hot as a side dish.

Vendakkai Mor

Thalippu

Okra with yogurt and coconut

Okra and yogurt have a natural affinity that is perfectly demonstrated in this thick yogurt curry from South India, and in the okra *raita* (page 76) and okra *kadhi* from North India and western India.

Serves 4.

2 cups (500 grams) plain

yogurt

**1/2 teaspoon ground
turmeric**

**2 tablespoons raw rice
1/4 cup (30 grams)
grated fresh coconut (or
frozen unsweetened
coconut)**

**2 tablespoons vegetable
oil**

**1/2 teaspoon brown
mustard seeds**

**1/4 teaspoon fenugreek
seeds**

**2 dried red chiles,
stemmed and broken in half**

10 to 12 fresh curry

leaves

**2 medium red onions,
sliced**

**4 green chiles, stemmed
and slit**

**8 ounces (225 grams)
okra, cut into ½-inch-thick
(1-cm-thick) rounds**

1 teaspoon table salt

**2 tablespoons coconut
oil, melted**

1. In a large bowl, whisk the yogurt together with the turmeric and set aside.

2. Soak the rice in 6 tablespoons (90 ml) water for 15 minutes. Transfer to a spice grinder, add the coconut, and grind to a

smooth paste. Add to the yogurt and whisk well.

3. Place a nonstick sauté pan over medium heat and add the vegetable oil. When small bubbles appear at the bottom of the pan, add the mustard seeds, fenugreek, red chiles, and curry leaves. When the mustard seeds start to sputter, add the onion and green chiles, and sauté for 3 to 4 minutes or until the onion is translucent.

4. Increase the heat to high, add the okra, and sauté for 6 minutes or until half done. Lower the heat to low, add the yogurt-coconut mixture and salt, and cook for 3 minutes or until the curry is

thick.

5. Drizzle with the coconut oil and serve hot.

Vendakkai Pachadi

Crisp okra in yogurt sauce

Crisply cooked okra takes to yogurt rather well, which is why it's often served with *raita* in North India.

Serves 4.

**3 tablespoons vegetable
oil**

**9 ounces (250 grams)
okra, trimmed and thinly
sliced**

1 teaspoon table salt

**½ cup (60 grams)
grated fresh coconut (or
frozen unsweetened
coconut)**

**1½ cups (375 grams)
plain yogurt**

**5 green chiles, stemmed
and chopped**

**½-inch (1-cm) piece
fresh ginger, chopped**

1 tablespoon coconut oil

**½ teaspoon brown
mustard seeds**

**1 dried red chile,
stemmed and broken**

**10 to 12 fresh curry
leaves**

1. Place a nonstick sauté pan over medium heat and add the vegetable oil. When small bubbles appear at the bottom of the pan, add the okra and sauté for 5 to 6 minutes.

2. Transfer the okra to a large bowl and toss with the salt.

3. Put the coconut in a mini food processor with $\frac{1}{4}$ cup (50 ml) water and process to a fine paste.

4. Whisk the yogurt in a large bowl until smooth. Stir in the okra, coconut paste, green chiles, and ginger.

5. Place a small nonstick sauté pan over medium heat and add the coconut oil. When small bubbles

appear at the bottom of the pan, add the mustard seeds, red chile, and curry leaves. When the mustard seeds sputter, add the mixture to the okra-yogurt mixture and stir well.

6. Put in the refrigerator to chill. Serve cold.

Ganthia Saag

Chickpea-flour crisps cooked in a simple sauce

The western region of India, particularly the states of Gujarat and Maharashtra, is rich in snacks made with gram (or chickpea) flour. This is an example of how the love of these snacks carries over into curries. Serve this with *thepla*

(page 465) or *roti* (page 18).

Serves 4.

1½ teaspoons red chile powder

½ teaspoon *garam masala* (spice mix; page 27)

½ teaspoon *amchur* (dried mango powder)

2 teaspoons ground coriander

2 tablespoons vegetable oil

1 teaspoon cumin seeds

¼ teaspoon asafetida

1 teaspoon sugar

2 cups (150 grams) *ganthia* (see Note)

1¼ teaspoons table salt

**1 tablespoon chopped
fresh cilantro**

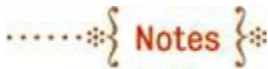
1. Put the chile powder, *garam masala*, *amchur*, and coriander in a bowl, and add 2 cups (400 ml) water. Stir well.

2. Place a nonstick sauté pan over medium heat and add the oil. When small bubbles appear at the bottom of the pan, add the cumin and *asafetida*. When the seeds begin to change color, add the spice and water mixture, and simmer for 3 to 4 minutes.

3. Add the sugar and stir to dissolve. Lower the heat to low, add the *ganthia* and salt, and stir.

Cook for 1 to 2 minutes.

4. Garnish with the cilantro and serve hot.



Ganthia are savory sticks made from *besan* (chickpea/gram flour) cooked in oil until crisp. They are available in Indian grocery stores.

Garlic Spinach

Massiyal

Spicy spinach and garlic

If you love your greens, this spinach stir-fry will win your heart.

Serves 4.

4 medium bunches

**spinach, stemmed and
roughly chopped**

2 teaspoons salt

**½ lemon-size tamarind
ball (taken from a tamarind
brick) or 1 tablespoon
tamarind pulp**

**¼ cup (50 ml) sesame
oil**

**¼ teaspoon black
mustard seeds**

**1 tablespoon *dhuli urad
dal* (split skinless black
gram)**

**3 or 4 dried red chiles,
stemmed and broken in half**

10 to 12 fresh curry

leaves

**12 to 15 cloves garlic,
sliced**

**4 green chiles, stemmed
and slit**

$\frac{1}{4}$ teaspoon asafetida

**1 tablespoon rice flour,
mixed with $\frac{1}{4}$ cup (50 ml)
water**

1. Pour 2 cups (400 ml) water in a deep pan, add 1 teaspoon of the salt, and soak the spinach leaves to remove the bitterness. Drain well in a colander.

2. Put the tamarind in a bowl, add $\frac{1}{2}$ cup (100 ml) warm water, and soak for 15 minutes. Press and remove the pulp, push through a

strainer, and set aside.

3. Place a nonstick sauté pan over medium heat and add the sesame oil. When small bubbles appear at the bottom of the pan, add the mustard seeds. When the seeds sputter, add the *dal*, red chiles, and curry leaves. Stir well, add the garlic and green chiles, and sauté for 1 minute.

4. Add the spinach and tamarind pulp, and cook over medium heat for 3 to 4 minutes, stirring frequently.

5. Sprinkle with the asafetida and stir in the rice-flour mixture. Add the remaining 1 teaspoon salt, cook for 2 minutes, and serve hot.

Hak

Stir-fried spinach

Traditional Kashmiri cuisine veers heavily toward nonvegetarian dishes, so this light stir-fry of spinach comes as a surprise. *Ver* (page 33) is a special spice mix that is sold in a solid disk form. It can be used to make authentic Kashmiri food as well as to spice up regular *dal* or pulse dishes a little differently.

Serves 4.

**4 medium bunches
spinach, stemmed
3 tablespoons vegetable**

oil

1 teaspoon cumin seeds

½ teaspoon asafetida

2 teaspoons red chile powder

½ teaspoon ground turmeric

2 teaspoons table salt

2 teaspoons *ver* (page 33)

1. Wash the spinach thoroughly under running water. Drain well in a colander. Finely chop and set aside.

2. Place a nonstick sauté pan over medium heat and add the oil. When small bubbles appear at the bottom of the pan, add the cumin.

When the cumin begins to change color, add the asafetida, chile powder, turmeric, spinach, salt, and 2 tablespoons water, and stir well.

3. Cook, uncovered, until all the water has evaporated and the oil comes to the top.

4. Sprinkle with the *ver* and serve hot.

Keerai Kozhambu

A spinach and *dal* curry

This dish, popular in the north as well as in the south, has many variations. The greens and lentils used change from cook to cook. What a delight it is to know that this

healthy dish, when eaten with *roti* (page 18) or rice, makes a fairly balanced meal.

Serves 4.

**1 medium bunch spinach
or green amaranth leaves,
stemmed**

**$\frac{1}{2}$ cup (100 grams)
masoor dal (split red lentils)**

**$\frac{1}{2}$ teaspoon ground
turmeric**

3 cloves garlic, crushed

$\frac{1}{8}$ teaspoon asafetida

**2 tablespoons vegetable
oil**

$1\frac{3}{4}$ teaspoons table salt

1 large red onion, diced

4 or 5 green chiles,

stemmed and chopped

1 large tomato, chopped

3 tablespoons tamarind

pulp

1 tablespoon coconut oil

¼ teaspoon brown

mustard seeds

¼ teaspoon cumin seeds

¼ teaspoon fenugreek

seeds

¼ teaspoon *dhuli urad*

***dal* (split skinless black gram)**

1 dried red chile, stemmed and broken in half

8 to 10 fresh curry leaves

1. Put the spinach in a colander and wash it 2 or 3 times under running water. Drain well, and chop it finely. Set aside in a bowl. Wash the *masoor dal* in running water and drain.

2. Place a nonstick saucepan over medium heat and add 2 cups (400 ml) water. When the water comes to a boil, add the *masoor dal*, turmeric, garlic, asafetida, $\frac{1}{2}$ tablespoon of the vegetable oil, and $\frac{1}{4}$ teaspoon of the salt, and cook for 10 minutes or until the lentils are tender.

3. Place another nonstick saucepan over medium heat and add the remaining $1\frac{1}{2}$ tablespoons

of vegetable oil. When small bubbles appear at the bottom of the pan, add the onion and sauté for 2 minutes. Add the green chiles, tomato, and spinach, and sauté for 2 to 3 minutes. Add the tamarind pulp, the remaining 1½ teaspoons salt, and the cooked *dal*, and stir well. Add 1½ cups (300 ml) water, stir, and bring to a boil. Simmer for 8 to 10 minutes. In a small nonstick sauté pan, add the coconut oil. When small bubbles appear at the bottom of the pan, add the mustard seeds and cumin. When they sputter, add the fenugreek, *dhuli urad dal*, red chile, and curry leaves, and sauté for 30 seconds. Add this

tempering to the *masoor dal* and stir well.

4. Transfer to a serving bowl and serve hot.

Makai Palak

A spectacular dish of spinach and fresh corn

My wife, Alyona, is a big fan of this spinach-and-corn dish, served with *rotis* (page 18) or *parathas* (page 18). In fact, she enjoys the leftovers on toast for breakfast!

Serves 4.

2 large bunches fresh spinach, chopped

1 tablespoon vegetable

oil

**2 medium red onions,
chopped**

**1 tablespoon fresh
garlic paste (page 12)**

**2 green chiles, stemmed
and chopped**

**1-inch (2½-cm) piece
ginger, julienned**

**½ teaspoon red chile
powder**

**Pinch of ground
turmeric**

**¾ teaspoon *amchur*
(dried mango powder)**

**½ cup (75 grams)
cooked corn kernels**

1½ teaspoons table salt
½ cup (125 grams) plain yogurt, whisked

1 teaspoon *garam masala* (spice mix; page 27)

¼ teaspoon ground roasted *kasoori methi* (dried fenugreek leaves)

1. Place a nonstick saucepan over high heat and add 8 cups (1.6 liters) water. When it comes to a boil, add the spinach and blanch for 1 minute. Drain and refresh in cold water. Drain well in a colander. Transfer to a food processor and process to a purée. Transfer to a bowl.

2. Place a nonstick sauté pan

over medium heat and add the oil. When small bubbles appear at the bottom of the pan, add the onions and sauté for 2 to 3 minutes or until lightly browned. Add the garlic paste and stir. Add the chiles and ginger, and sauté until browned.

3. Add the chile powder, turmeric, and *amchur*, and stir. Add the spinach purée and stir well.

4. Add the corn and salt, and stir. Add the yogurt, *garam masala*, and *kasoori methi*. Stir and remove from the heat.

5. Serve hot.

Mooli Saag

White radish cooked with its leaves

When I was a child in Delhi, vegetable vendors would pile their carts high with glistening white radishes during the winter. My mother huddled in a warm shawl while picking up enough radishes to last the week. She made radish *parathas* and used the leaves to make a quick stir-fry similar to this one. Serve this with *parathas* (page 18).

Serves 4.

**4 medium white daikon
radishes with leaves**

2 teaspoons table salt

**2 tablespoons vegetable
oil**

$\frac{1}{2}$ teaspoon brown

mustard seeds

½ teaspoon cumin seeds

Pinch of asafetida

**½ teaspoon ground
turmeric**

**1 teaspoon red chile
powder**

1½ teaspoons sugar

**1 teaspoon *amchur*
(dried mango powder)**

1. Wash the radishes and tops well under running water. Drain well in a colander.

2. Peel and dice the radishes. Shred the leaves. Sprinkle the salt on the radishes and set aside for 20 minutes. Drain off the liquid.

3. Place a medium nonstick

sauté pan over medium heat and add the oil. When small bubbles appear at the bottom of the pan, add the mustard seeds. When they begin to sputter, add the cumin and asafetida, and sauté for 30 seconds. Add the turmeric and chile powder, and sauté for 10 seconds.

4. Add the radishes and leaves. Sauté for 1 minute. Add $\frac{1}{4}$ cup (50 ml) water, cover, and cook over medium heat for 10 minutes or until the radishes are tender.

5. Taste and add more salt if needed. Sprinkle with the sugar and *amchur*, and stir.

6. Serve hot.

Sai Bhaji

Sindhi greens and vegetables cooked with mild spices

Sai bhaji is a popular vegetarian dish in Sindhi cuisine. The Sindhis originated from the province of Sindh, now in Pakistan, but they migrated to various states in India during Partition. A common Sindhi meal is *phulkas* (wheat-flour breads like *chapatis*) with *dal* and vegetables, either dry or with sauce. Serve this with steamed rice.

Serves 4.

**$\frac{1}{2}$ cup (100 grams)
chana dal (split Bengal
gram)**

$\frac{1}{4}$ cup (50 ml) vegetable

oil

2 teaspoons cumin seeds

1-inch (2½-cm) piece

fresh ginger, chopped

5 cloves garlic, chopped

**3 green chiles, stemmed
and chopped**

**1 large red onion,
roughly chopped**

**3 medium tomatoes,
roughly chopped**

**3 small eggplants, cut
into 8 pieces each**

**2 medium potatoes, cut
into 1-inch (2½-cm) cubes**

**1½ teaspoons red chile
powder**

1 teaspoon ground turmeric

2 tablespoons ground coriander

2 teaspoons table salt

3 medium bunches fresh spinach, chopped

½ cup (50 grams) chopped fresh dill

1 cup (50 grams) chopped fresh sorrel

1 cup (50 grams) chopped *methi* (fresh fenugreek leaves)

1. Put the *dal* in a bowl, wash in plenty of water 2 or 3 times, and drain. Add 1 cup (200 ml) water and soak for 1 hour. Drain.

2. Place a nonstick saucepan over medium heat and add the oil. When small bubbles appear at the bottom of the pan, add the cumin and sauté for 30 seconds. Add the ginger and garlic, and sauté for 30 seconds. Add the chiles and sauté for 30 seconds.

3. Add the onion and sauté for 3 minutes. Add the tomatoes and sauté for 5 minutes. Add the *dal*, eggplant, and potatoes, and stir. Add the chile powder, turmeric, coriander, and salt, and sauté for 5 minutes.

4. Add the spinach, dill, sorrel, *khatta bhani*, and *methi*, and sauté for 2 minutes. Add 2½

cups (500 ml) water and simmer for 40 minutes or until the *dal* is soft.

5. Blend with an immersion blender for 1 to 2 minutes.

6. Transfer to a serving bowl and serve hot.

Sarson Ka Saag

Mustard greens and spinach

Sarson ka saag is a fantastic winter meal from North India. Punjabis love this served with *makki di roti* (cornmeal bread; page 459)—each is incomplete without the other.

Serves 4.

**2¼ pounds (1 kg)
mustard greens, tough stems
removed**

**1 bunch spinach, tough
stems removed**

**1 bunch *bathua* (lamb's
quarters), tough stems
removed (see Note)**

**2 tablespoons cornmeal
¼ cup (50 grams) ghee
(page 37)**

**2 medium red onions,
diced**

**2 (1-inch/2½-cm) pieces
fresh ginger, minced**

**6 to 8 cloves garlic,
chopped**

**4 green chiles, stemmed
and minced**

1½ teaspoons table salt

Butter

1. Wash and drain the mustard greens, spinach, and *bathua*. Chop and set aside.

2. Place a nonstick saucepan over medium heat, add ¼ cup (50 ml) water, and bring to a boil. Add the greens and boil for 15 minutes or until very tender and yellowish. If there is any water left, drain and reserve. Let the greens cool, then transfer to a food processor and process to a smooth paste. Add the cornmeal and stir.

3. Place a nonstick sauté pan

over medium heat and add the ghee. When small bubbles appear at the bottom of the pan, add the onions, ginger, garlic, and chiles, and sauté for 7 to 8 minutes or until lightly browned.

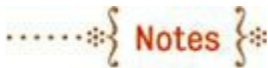
4. Add the greens and sauté for 5 to 6 minutes. Add the reserved water to adjust the consistency if necessary. Add the salt and cook, stirring, for 4 to 5 minutes or until well blended.

5. Serve hot with butter.

.....✦ } **Chef's Tip** } ✦

Traditionally *sarson ka saag* is pounded to a paste with a wooden churner called a *mathni* or *ravai* while it is being cooked. The

process is quite cumbersome and time consuming, but the result is delicious.



Bathua is an edible weed that is used in India especially during the winter months.

Beans Poriyal

Haricots verts with coconut

This beautiful Kerala-style preparation brings out the best in green beans and coconut.

Serves 4.

**2 tablespoons vegetable
oil**

**½ teaspoon black
mustard seeds**

**1 teaspoon *dhuli urad
dal* (split skinless black
gram)**

Pinch of asafetida

**2 dried red chiles,
stemmed and broken**

**9 ounces (250 grams)
haricots verts, cut into ¼-
inch (½-cm) pieces**

**8 to 10 fresh curry
leaves**

½ teaspoon table salt

**¼ cup (30 grams)
grated fresh coconut (or
frozen unsweetened**

coconut)

1. Place a medium nonstick sauté pan over medium heat and add the oil. Add the mustard seeds and *dal*, and sauté until the mustard sputters and the *dal* is lightly browned.

2. Add the asafetida and chiles, and sauté for 30 seconds. Add the haricots verts, curry leaves, and salt. Add half of the coconut and stir well.

3. Add 2 tablespoons water and cook for 10 to 15 minutes or until the haricots verts are tender.

4. Garnish with the remaining coconut and serve hot as a side dish.

Guar Ki Sabzi

Cluster beans with dried mango

Cluster beans have a slightly bitter aftertaste; hence the use of yogurt as a souring agent in this Rajasthani recipe.

Serves 4.

4 dried mango pieces

**2 tablespoons vegetable
oil**

1 teaspoon cumin seeds

**2 dried red chiles,
stemmed and broken**

**Large pinch of
asafetida**

1 teaspoon dry mustard

powder

7 ounces (200 grams)
***guar* (cluster beans; see**
Note), stringed and broken
into small pieces

1 teaspoon table salt

6 tablespoons plain
yogurt, whisked

2 teaspoon red chile
powder

1 teaspoon ground
turmeric

2 tablespoons *garam*
***masala* (spice mix; page 27)**

2 teaspoons ground
coriander

1. Soak the dried mango in $\frac{1}{4}$

cup (50 ml) water for 30 minutes.

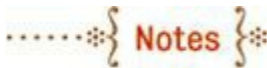
2. Place a nonstick sauté pan over medium heat and add the oil. When small bubbles appear at the bottom of the pan, add the cumin, chiles, asafetida, and mustard powder, and sauté for 1 minute.

3. Add the beans and salt. Stir well and add the yogurt.

4. In a small bowl, stir together the chile powder, turmeric, *garam masala*, and coriander powder, add $\frac{1}{4}$ cup (50 ml) water, and stir to combine. Add this mixture to the pan and stir. Add the mango along with the water in which it was soaked and stir. Cook for 10 minutes or until most of the

liquid has evaporated.

5. Serve hot.



Guar is a legume grown in India and the source of guar gum. Though it grows well in a wet climate, it can tolerate arid conditions pretty well. It is grown mostly in India. Also now you can find it in the United States in the freezer section of many Indian grocery stores.

Aviyal

Mixed vegetables in coconut-and-yogurt gravy

Years ago when I cooked this popular South Indian dish for the first time on my show, I received

more than fifty letters with recipes for *aviyal*—*each* different from the other, and each claiming to be the most authentic version. This is my version. If you can't find Indian broad beans, you can use green beans.

Serves 4.

1 medium carrot

**8 haricots verts or thin
green beans, strings
removed**

**8 Indian broad beans
(hyacinth beans), strings
removed**

**7 ounces (200 grams)
white pumpkin, peeled**

1 medium green banana,

peeled

**1 drumstick vegetable
(page 588), canned or frozen**

1 small yam, peeled

1½ teaspoons table salt

½ cup (60 grams)

**grated fresh coconut (or
frozen unsweetened
coconut)**

4 green chiles, stemmed

1½ teaspoons cumin

seeds

1 tablespoon raw rice

1½ cups (375 grams)

plain yogurt

10 to 12 fresh curry

leaves

**2 tablespoons coconut
oil, melted**

1. Cut the carrot, haricots verts, broad beans, pumpkin, banana, drumstick, and yam into thick, 2-inch-long (5-cm-long) fingers.

2. Place a nonstick saucepan over high heat and add 2 cups (400 ml) water. When it comes to a boil, add $\frac{1}{2}$ teaspoon of the salt and the yam, and boil for 8 minutes or until almost cooked. Drain in a colander and set aside.

3. Put the coconut, green chiles, cumin, rice, and $\frac{1}{3}$ cup (70 ml) water in a mini food processor and process to a fine paste.

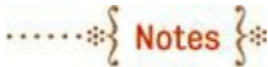
Transfer the paste to a bowl. Add the yogurt and whisk until well blended. Set aside.

4. Place the nonstick saucepan over high heat and add 1½ cups (300 ml) water. When it comes to a boil, add the carrot, haricots verts, broad beans, pumpkin, banana, drumstick, the remaining 1 teaspoon salt, and the curry leaves. Lower the heat to medium and cook for 10 minutes or until the vegetables are almost cooked.

5. Add the yogurt mixture and yam, and stir well. Bring to a simmer, then remove from the heat.

6. Transfer to a serving dish and drizzle with the coconut oil.

Serve hot as a side dish.



If you do not like the smell of raw coconut oil, heat up the oil, add the curry leaves, and temper the *aviyal*. But do avoid reheating the *aviyal*.

Cabbage Chana Dal

Cabbage with split Bengal gram

In India, cabbage is very popular with vegetarians, who appreciate its lovely flavor and great versatility. Many regions have their own distinctive versions of this dish, and I have chosen the lightest preparation.

Serves 4.

¼ cup (50 grams) *chana dal* (split Bengal gram)

1 tablespoon vegetable oil

½ teaspoon brown mustard seeds

10 to 12 fresh curry leaves

4 dried red chiles, stemmed and broken

1-inch (2½-cm) piece fresh ginger, chopped

1 medium head cabbage, shredded

¼ teaspoon ground turmeric

$\frac{3}{4}$ teaspoon table salt

1 teaspoon *garam masala* (spice mix; page 27)

2 tablespoons grated fresh coconut (or frozen unsweetened coconut)

1. Put the *dal* in a bowl, wash in plenty of water 2 or 3 times, and drain. Add 1 cup (200 ml) water and soak for 30 minutes. Drain in a colander.

2. Place a nonstick saucepan over medium heat and add 1 cup (200 ml) water. Bring to a boil and add the *dal*. Cook for 20 minutes or until the *dal* is very soft. Drain in a colander.

3. Place a nonstick sauté pan

over medium heat and add the oil. When small bubbles appear at the bottom of the pan, add the mustard seeds. When they begin to sputter, add the curry leaves and chiles, and sauté for 15 seconds. Add the ginger and sauté for 15 seconds. Add the cabbage and toss well to coat it with the oil and spices. Add the turmeric and salt, and stir. Add the *dal* and stir well. Cook for 7 to 8 minutes.

4. Add the *garam masala* and stir well.

5. Garnish with the coconut and serve hot.

Chorchori

Vegetables with five spices

This dish originated in Bengal and is prepared with whatever uncooked vegetables are left over at the end of a week. Serve it with *dal* and steamed rice.

Serves 4.

**2 tablespoons vegetable
oil**

**1½ teaspoons *panch
phoron* (page 589)**

**1 *turai* (ridge gourd),
cut into 1½-inch (4-cm)
fingers**

**2 eggplants, cut into
1½-inch (4-cm) fingers**

4 ounces (100 grams)

red or pie pumpkin, peeled,
seeded, and cut into 1½-inch
(4-cm) fingers

2 medium potatoes,
peeled and cut into 1½-inch
(4-cm) fingers

5 medium *parwars*
(striped pear gourds; see
Note), cut into 1½-inch (4-
cm) fingers

1 drumstick vegetable
(page 588), cut into 1½-inch
(4-cm) pieces

¼ teaspoon ground
turmeric

½ teaspoon ground
roasted cumin (page 32)

**2 or 3 green chiles,
stemmed and slit**

Pinch of sugar

2 teaspoons table salt

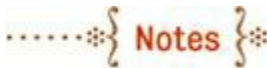
1. Place a medium nonstick sauté pan over medium heat and add the oil. When small bubbles appear at the bottom of the pan, add the *panch phoron*, and sauté for 30 seconds.

2. Add all the vegetables and toss well. Add the turmeric, cumin, chiles, sugar, and salt. Toss again.

3. Add $\frac{1}{2}$ cup (100 ml) water and stir. Cook, uncovered, for 15 to 20 minutes or until the vegetables are tender and all the moisture has evaporated. Take care that the

vegetables do not overcook.

4. Serve hot.



Parwar is a striped pear gourd. It has heart-shaped leaves and is grown on a trellis. It thrives in a hot to moderately warm and humid climate.

Dhokar Dalna

Bengali steamed *dal* dumplings in a spicy sauce

This dish plays an important part in the Bengali *niramish* (vegetarian) repertoire. *Dhokar* literally means “to cheat,” and as the texture of the lightly spiced

lentil cakes resembles that of fish, the name is appropriate. If you see the mixture coming off the sides of the pan while you are steaming the lentil paste, it is a sign that it is cooked. If you oversteam it, the lentil cake will lose moisture and become hard.

Serve these with *luchi* (page 19).

Serves 4.

**1 cup (200 grams)
chana dal (split Bengal
gram)**

2 teaspoons cumin seeds

4 green chiles, stemmed

**$\frac{3}{4}$ teaspoon ground
turmeric**

2 teaspoons table salt

2½ tablespoons

vegetable oil

**2 medium potatoes,
peeled and cut into 1-inch
(2½-cm) cubes**

**3 medium red onions,
grated**

**2 teaspoons fresh
ginger paste (page 12)**

**2 teaspoons fresh garlic
paste (page 12)**

**1 teaspoon red chile
powder**

**1½ teaspoons ground
roasted cumin (page 32)**

4 medium tomatoes,

grated

1. Put the *dal* in a large bowl, wash in plenty of water 2 or 3 times, and drain. Add 3 cups (600 ml) water and soak for 6 to 8 hours. Drain in a colander and transfer to a food processor. Add the cumin, chiles, $\frac{1}{4}$ teaspoon of the turmeric, and $\frac{1}{4}$ cup (50 ml) water, and process to a smooth paste. Add 1 teaspoon of the salt and process to combine the batter well.

2. Grease a 7-inch-diameter (18-cm-diameter), $\frac{1}{2}$ -inch-deep (1-cm-deep) plate. Pour the batter into it and level the surface.

3. Place a steamer over high heat and add 2 cups (400 ml) water.

When the water comes to a boil, fit the plate into one of the grooves. Lower the heat to medium, cover, and steam for 12 minutes or until a skewer inserted in the center of the cake comes out clean.

4. Remove the plate from the steamer and let the cake cool slightly. Cut into 1-inch (2½-cm) diamond-shaped pieces.

5. Place a nonstick sauté pan over medium heat and add the oil. When small bubbles appear at the bottom of the pan, add the potatoes and sauté until the potatoes are light golden. Remove with a slotted spoon and place in a bowl.

6. To the hot oil in the pan,

add the onions and sauté until golden brown. Add the ginger paste and garlic paste, and sauté for 2 minutes. Add the chile powder, the remaining $\frac{1}{2}$ teaspoon turmeric, and the cumin, and sauté for 1 minute. Add the tomatoes and the remaining 1 teaspoon salt and sauté for 6 to 7 minutes.

7. Add the steamed lentil diamonds, potatoes, and 2 cups (400 ml) water. Lower the heat to low and cook for 20 minutes.

8. Serve hot.

Diwani Handi

Vegetables with fenugreek

Hyderabadi cooks are experts at mixing and matching vegetables of contrasting textures and tastes, and this recipe uses strongly flavored fenugreek leaves with fleshy eggplant and a variety of beans. Very creative, very presentable, and very delicious, the dish has an honored spot on the menus of my Yellow Chilli restaurants. If you can't find Indian broad beans, you can use green beans. Serve it with any Indian bread.

Serves 4.

**1 quart (800 ml) plus 3
tablespoons vegetable oil
4 medium red onions,**

sliced

**2 or 3 green chiles,
stemmed, seeded, and
chopped**

**1 tablespoon fresh
ginger paste (page 12)**

**1 tablespoon fresh
garlic paste (page 12)**

**1 teaspoon red chile
powder**

**1/2 teaspoon ground
turmeric**

1 teaspoon table salt

**1 cup (250 grams) plain
yogurt, whisked**

**3 medium potatoes,
peeled and cut into 1/2-inch**

(1-cm) cubes

3 medium carrots, cut into ½-inch (1-cm) cubes

10 haricots verts, sliced on the bias

10 Indian broad beans (hyacinth beans), sliced on the bias (page 588)

6 small eggplants, slit in half with the stem ends intact

½ cup (75 grams) fresh or frozen green peas

½ medium bunch *methi* (fresh fenugreek leaves), chopped

2 tablespoons chopped

fresh cilantro

$\frac{1}{2}$ teaspoon *garam masala* (spice mix; page 27)

1. Place a nonstick wok over high heat and add 1 quart (800 ml) oil. When small bubbles appear at the bottom of the wok, add the onions and cook, stirring with a slotted spoon, until the onions are well browned. Remove with the slotted spoon and drain on paper towels.

2. Place a nonstick saucepan over medium heat and add 3 tablespoons oil. Add the chiles, ginger paste, and garlic paste, and sauté for 1 minute. Add the chile powder, turmeric, and salt, and stir.

Add the yogurt and sauté for 1 to 2 minutes.

3. Add the potatoes, carrots, haricots verts, broad beans, eggplants, peas, and browned onions, and stir well. Lower the heat to low, add $\frac{3}{4}$ cup (150 ml) water, cover, and cook for 10 minutes or until the vegetables are tender.

4. Add the *methi*, cilantro, and *garam masala*, and stir well. Cook for 3 to 4 minutes. Serve hot.

Dum Ki Arbi

Colocassia roots in a yogurt-based sauce

Colocassia roots might be

sticky to handle, but frying them in oil helps them hold their shape and reduces the stickiness, which makes it easier for the *colocassia* to be coated with rich, spicy *masalas*. This preparation has all the touches of the regal Hyderabadi cuisine.

Serves 4.

1 quart (800 ml) plus $\frac{1}{4}$ cup (50 ml) vegetable oil

1 pound (500 grams) *colocassia* (taro) roots, peeled and cut into 1-inch ($2\frac{1}{2}$ -cm) pieces

3 medium red onions, peeled and quartered

3 tablespoons white poppy seeds

**2 cups (500 grams) plain
yogurt**

**½ teaspoon red chile
powder**

**1 teaspoon ground
roasted cumin (page 32)**

**½ teaspoon ground
turmeric**

**4 to 6 green cardamom
pods**

**1 tablespoon fresh
ginger paste (page 12)**

**1 tablespoon fresh
garlic paste (page 12)**

**1 teaspoon ground
coriander**

¼ teaspoon freshly

grated nutmeg

$\frac{1}{2}$ teaspoon *garam masala* (spice mix; page 27)

1 teaspoon table salt

$\frac{1}{4}$ cup (50 ml) heavy cream

1 tablespoon chopped fresh cilantro

1. Place a nonstick wok over high heat and add 1 quart (800 ml) oil. When small bubbles appear at the bottom of the wok, slide in the *colocassia* and cook until golden brown and crisp. Remove with a slotted spoon and drain on paper towels; set aside.

2. Place a nonstick saucepan over high heat and add 2 cups (400

ml) water. When it comes to a boil, add the onion quarters and cook until soft. Drain, let cool, and place in a food processor. Process to a smooth paste and set aside in a small bowl.

3. Place a small nonstick sauté pan over medium heat and add the poppy seeds. Dry-roast for 3 to 4 minutes. Transfer to a bowl with $\frac{1}{4}$ cup (50 ml) water and soak for 30 minutes. Transfer the poppy seeds along with the water to the spice grinder and grind to a smooth paste.

4. Put the yogurt in a bowl, add the chile powder, cumin, and turmeric, and whisk until well blended.

5. Place a nonstick saucepan over medium heat and add the remaining oil. Add the cardamom, and when it starts to change color, add the onion paste and sauté until light golden brown. Add the ginger paste, garlic paste, and coriander. Stir well. Stir in the poppy seed paste and cook for 1 minute.

6. Add the yogurt mixture and bring to a boil. Add the *colocassia*, nutmeg, *garam masala*, salt, and 1 cup (200 ml) water. Cover with a tight-fitting lid and simmer for 30 minutes. (Alternatively, cover the pan with aluminum foil or seal the lid with *atta* dough (see page 36), so that the aroma is contained in the

pan and does not escape.)

7. Stir in the cream and garnish with the cilantro. Serve hot.

Eriseri

Keralite yams and green bananas

Eriseri is a popular dish in Kerala and is made with various combinations of vegetables and pulses. It forms an important part of the “Sadya” meal that is served on special occasions such as weddings, birthdays, and the arrival of a new baby.

You can use any vegetables here and adjust the quantity of peppercorns to suit your taste. You

can also use some red chiles in addition to the peppercorns.

Serves 4.

**1 pound (500 grams)
yams, peeled and cut into 1/2-
inch (1-cm) cubes**

**1 medium unripe
banana, peeled and cut into
1/2-inch (1-cm) cubes**

**3/4 cup (90 grams)
grated fresh coconut (or
frozen unsweetened
coconut)**

**15 whole black
peppercorns**

1 teaspoon cumin seeds

**1/4 teaspoon ground
turmeric**

2 teaspoons table salt
¼ cup (50 ml) coconut
oil
1 teaspoon mustard
seeds
10 to 12 fresh curry
leaves

1. Wash the yams thoroughly under running water. Drain in a colander. Wash the banana and put in a bowl of water until ready to use.

2. Place a nonstick sauté pan over medium heat. Add ½ cup of the coconut and dry-roast until golden brown. Set aside to cool.

3. Put the roasted coconut, peppercorns, and cumin in a spice

grinder with $\frac{1}{4}$ cup (50 ml) water and grind to a smooth paste.

4. Place a nonstick saucepan over high heat and add 2 cups (400 ml) water. Add the turmeric and salt. When the water comes to a boil, lower the heat to medium, add the yams, cover, and cook for 5 minutes. Add the banana and cook for 5 minutes.

5. Add the coconut paste and stir. Lower the heat to low and simmer for 5 minutes or until the sauce thickens.

6. Meanwhile, place a small nonstick sauté pan over medium heat and add the coconut oil. When small bubbles appear at the bottom

of the pan, add the mustard seeds. When the seeds sputter, add the curry leaves and the remaining $\frac{1}{4}$ cup coconut, and sauté for 2 minutes. Add this tempering to the curry and cover immediately to trap the flavors.

7. Serve hot.

Feijoada

Goan-style kidney beans

Feijoada, considered Brazil's national dish, is a thick stew with heavy meats and beans. In Goa, where the cuisine is very much influenced by the Portuguese, the Indian version contains beans and

Goan sausage. Personally, though, I find this vegetarian version to be just as tasty. Serve it with steamed rice.

Serves 4.

**8 dried red chiles,
broken**

**7 or 8 whole black
peppercorns**

10 whole cloves

**1 tablespoon coriander
seeds**

1 teaspoon cumin seeds

**1 cup (120 grams)
grated fresh coconut (or
frozen unsweetened
coconut)**

2 tablespoons vegetable

oil

**2 large red onions,
chopped**

**2½ cups (560 grams)
canned cooked red kidney
beans**

1 teaspoon table salt

**1 tablespoon tamarind
pulp**

1. Place a small nonstick sauté pan over medium heat. Add the chiles, peppercorns, cloves, coriander, and cumin, and dry-roast for 2 to 3 minutes or until fragrant. Add the coconut and roast for 2 to 3 minutes. Cool slightly and transfer to a mini food processor. Add ¼ cup (50 ml) water and process to a

smooth paste.

2. Place a nonstick saucepan over medium heat and add the oil. When small bubbles appear at the bottom of the pan, add the onions and sauté for 3 to 4 minutes or until lightly browned. Add the coconut paste and stir.

3. Add the beans and stir. Add the salt and tamarind pulp, and stir well. Add 1 cup (200 ml) water and bring to a boil. Lower the heat to low and simmer for 10 to 15 minutes.

4. Serve hot.

.....✿ } **Chef's Tip** } ✿

If using dried kidney *beans*, soak 1½ cups (360 grams) beans in 1 quart (800

ml) water overnight. Drain and cook in 6 cups (1200 ml) water for 1 hour or until the beans are soft. Proceed with the recipe.

Gatta Curry

Steamed *besan* dumplings in a yogurt-based spicy curry

We had a neighbor in Delhi who was from Rajasthan. She and my mom used to swap recipes and food. This curry entered our home, and the recipe has stayed, courtesy of one of those exchanges. I think my mother still makes the best *gatta curry*; sometimes she fries the dumplings and puts them in a typical Punjabi-style thick onion-tomato *masala* instead of the traditional Rajasthani yogurt curry that we have here. Serve this curry with steamed rice.

Serves 4.

~ For the *gatta*:

**1½ cups (150 grams)
besan (chickpea/gram flour)**

Pinch of asafetida

**¼ teaspoon ground
turmeric**

**1 teaspoon red chile
powder**

**½ teaspoon table salt
Pinch of baking soda**

**½ teaspoon fresh ginger
paste (page 12)**

**2 tablespoons plain
yogurt**

**7 or 8 fresh mint leaves,
chopped**

1 quart (800 ml)
vegetable oil
~ For the sauce:
1½ cups (375 grams)
plain yogurt
1 teaspoon red chile
powder
2 teaspoons ground
coriander 1 teaspoon ground
turmeric
1 tablespoon *besan*
(chickpea/gram flour)
1 teaspoon table salt
2 tablespoons ghee
(page 37)
1 teaspoon cumin seeds
4 whole cloves

Pinch of asafetida

2 medium red onions,
grated

$\frac{1}{2}$ teaspoon *garam
masala* (spice mix; page 27)

1. Make the *gatta*: Stir together the *besan*, asafetida, turmeric, chile powder, salt, baking soda, ginger paste, yogurt, and mint in a bowl. Add $\frac{1}{4}$ cup (50 ml) water and stir to make a stiff dough.

2. Divide the dough into 4 portions. Apply $\frac{1}{2}$ teaspoon oil to your palms and roll each portion into a 6-inch-long (15-cm-long) cylinder.

3. Place a nonstick saucepan over high heat, add 2 cups (400 ml)

water, and bring to a boil. Lower the dough cylinders into the water, lower the heat to medium, and cook for 10 to 15 minutes. Drain in a large colander set over a large bowl; reserve the water. Let the dumplings cool slightly, then cut into ½-inch-long (1-cm-long) pieces (the *gatta*).

4. Place a nonstick wok over high heat and add 1 quart (800 ml) oil. When small bubbles appear at the bottom of the wok, lower the heat to medium and gently slide in the *gatta*. Fry until golden. Remove with a slotted spoon and drain on paper towels. Set aside.

5. Make the sauce: Whisk the

yogurt, chile powder, coriander, turmeric, *besan*, and salt together.

6. Place a nonstick saucepan over medium heat and add the ghee. When small bubbles appear at the bottom of the pan, add the cumin, cloves, and asafetida. Cook until the cumin starts to change color. Add the onions and cook over high heat for 3 to 4 minutes or until the onions are light golden.

7. Lower the heat to low, add the yogurt mixture, and cook for 5 minutes.

8. Add the *gatta* and the reserved cooking water. Cook over low heat for 7 minutes or until the sauce is thick. Add the *garam*

masala and adjust the seasoning if necessary.

9. Serve hot.

Jhinge Posto

Ridged gourd cooked in a poppy-seed *masala*

Bengalis use poppy seeds extensively. The seeds are usually soaked and then ground into a milky paste that helps thicken curries. Traditionally, the seeds are ground in a stone mortar with a pestle, but in the modern kitchen electric grinders are the norm.

Serves 4.

**2 tablespoons white
poppy seeds**

**3 green chiles, stemmed
and chopped**

$\frac{3}{4}$ teaspoon table salt

**2 tablespoons vegetable
oil**

2 whole cloves

**2 medium red onions,
diced**

**14 ounces (400 grams)
ridged gourd (see Note), cut
into 1-inch ($2\frac{1}{2}$ -cm) cubes**

**$\frac{1}{2}$ teaspoon ground
turmeric**

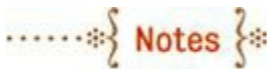
1. Soak the poppy seeds in $\frac{1}{2}$ cup (100 ml) water for 30 minutes. Drain and place in a spice grinder with the chiles and $\frac{1}{4}$ teaspoon of the salt, and grind to a smooth paste

without adding any water. Transfer to a small bowl and set aside.

2. Place a nonstick sauté pan over medium heat and add the oil. When small bubbles appear at the bottom of the pan, add the cloves and onions, and sauté for 4 to 5 minutes or until the onions are golden brown.

3. Add the ridged gourd and sauté for 3 to 4 minutes. Add the turmeric and stir. Add the poppy seed paste and remaining $\frac{1}{2}$ teaspoon salt, and stir. Cover and cook for 10 to 15 minutes or until the ridged gourd is tender.

4. Serve hot as a side dish.



Ridged gourd is also known as *loofah*, *luffa*, *tori*, *turiy*, and *turai*. It is believed to have originated in the Arabic deserts. It is dark green and ridged and has a white pulp with white seeds. There is no substitute for ridged gourd in this dish.

Kaalan

Yams, green bananas, and ash gourd

This is a vegetarian favorite from Kerala, whose cuisine is known for its yogurt curries and use of tubers. If you want, you can substitute vegetable oil for the coconut oil.

Serves 4.

**11 ounces (300 grams)
yams, peeled and cut into ½-
inch (1-cm) fingers**

**2 medium green
bananas, peeled and cut into
½-inch (1-cm) fingers**

**9 ounces (250 grams)
white pumpkin (see Note),
peeled and cut into ½-inch
(1-cm) fingers**

**1 cup (120 grams)
grated fresh coconut (or
frozen unsweetened
coconut)**

2 teaspoons cumin seeds

8 to 10 whole black

peppercorns

4 green chiles, stemmed

2 teaspoons table salt

**½ teaspoon ground
turmeric (optional)**

**1 cup (250 grams) plain
yogurt, whisked**

**2 tablespoons coconut
oil**

**1 teaspoon brown
mustard seeds**

**¼ teaspoon fenugreek
seeds**

**2 dried red chiles,
stemmed and broken**

**10 to 12 fresh curry
leaves**

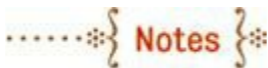
1. Wash the yams, bananas, and ash gourd well under running water and drain in a colander.

2. Put the coconut, 1 teaspoon of the cumin, the peppercorns, and green chiles in a mini food processor with $\frac{1}{4}$ cup (50 ml) water, and process to a smooth paste.

3. Place a nonstick saucepan over medium heat and add 2 cups (400 ml) water. Add the salt and turmeric, and bring to a boil. Add the vegetables and cook for 3 minutes or until half cooked. Add the yogurt and stir well. Bring to a boil, lower the heat to medium, and simmer for 5 minutes. Add the

coconut paste, stir well, and cook for 2 minutes. Remove from the heat.

4. Place a small nonstick sauté pan over medium heat and add the coconut oil. When small bubbles appear at the bottom of the pan, add the mustard seeds, fenugreek, and the remaining 1 teaspoon cumin. When the seeds sputter, add the red chiles and curry leaves and add this tempering to the vegetables. Cover immediately to trap the aroma. Serve hot.



White pumpkin is also known as ash gourd or winter melon. It is grown

for its very large fruit. The mature melon has a thick, sweet flesh. In North India it is used to make a dessert called *petha*.

Kaikari Ishtew

Mixed vegetables stewed in coconut milk with star anise

A traditional delight from the South Indian state of Kerala, this vegetable dish is traditionally served with a soft bread called *appam* (page 14). This is a real treat for coconut lovers. Be sure to use the star anise because without it, *ishtew* is simply not *ishtew*.

Serves 4.

1 medium carrot, cubed
1 medium potato, cubed
7 or 8 cauliflower
florets
6 to 8 haricots verts, cut
into 1-inch (2½-cm) pieces
2 tablespoons coconut
oil
2 bay leaves
2 (1-inch/2½-cm)
cinnamon sticks
4 whole cloves
2 star anise
10 to 12 fresh curry
leaves
4 green chiles, stemmed
and slit

**2 medium red onions,
chopped**

**1 teaspoon fresh ginger
paste (page 12)**

**1 teaspoon fresh garlic
paste (page 12)**

**2 cups (400 ml) coconut
milk**

1 teaspoon table salt

**Pinch of *garam masala*
(spice mix; page 27)**

1. Place a nonstick saucepan over high heat and add 2½ cups (500 ml) water. When the water comes to a boil, add the carrot and cook for 3 to 4 minutes. Remove with a slotted spoon and set aside. Repeat with the potato, cauliflower,

and haricots verts separately.

2. Place a nonstick saucepan over medium heat and add the coconut oil. When small bubbles appear at the bottom of the pan, add the bay leaves, cinnamon, cloves, star anise, curry leaves, chiles, and onions. Sauté for 2 minutes or until the onions are translucent.

3. Add the ginger paste and garlic paste, and stir. Cook for 1 minute.

4. Add the carrot, potato, cauliflower, and coconut milk. Cook for 2 to 3 minutes. Add the salt and haricots verts, and stir. Lower the heat to low and cook for 4 to 5 minutes or until the haricots

verts are tender.

5. Stir in the *garam masala*. Immediately remove from the heat and serve hot.

Karela Andhra Style

Sweet, sour, and spicy bitter gourd

Generally, if you see the word *andhra* in the name of a dish, you can expect it to be sweet and sour with the flavor of an oil seed—in this case, sesame. Bitter gourd is widely used in Indian kitchens, and recipes for it vary from state to state. In fact, the bitterness is enjoyed to the hilt in the northern part of the country, where bitter

gourds are cooked without the addition of sugar or jaggery.

Serves 4.

5 medium bitter gourds

1 teaspoon table salt

**1-inch (2½-cm) piece
fresh ginger, peeled**

5 cloves garlic

**4 dried red chiles,
stemmed**

**1 tablespoon coriander
seeds**

1 teaspoon cumin seeds

**1 teaspoon white
sesame seeds**

**3½ tablespoons
vegetable oil**

2 medium red onions,

chopped

**¼ cup (70 grams) fresh
tomato purée**

**2 tablespoons grated
cane jaggery**

**2 tablespoons tamarind
pulp**

1. Wash and peel, the bitter gourds and cut them in half lengthwise. Remove the seeds and thinly slice. Sprinkle with ½ teaspoon of the salt and set aside for 10 to 15 minutes. Wash with plenty of water, drain, and squeeze out the excess water.

2. Put the ginger and garlic in a spice grinder with 1 tablespoon water and grind to a fine paste.

3. Place a small nonstick sauté pan over medium heat. Let it heat for 2 minutes, then add the chiles, coriander, cumin, and sesame seeds, and dry-roast, stirring continuously, for 2 minutes or until lightly browned. Let cool, then transfer to a spice grinder and grind to a fine powder.

4. Place a medium nonstick sauté pan over medium heat and add 1½ tablespoons of the oil. When small bubbles appear at the bottom of the pan, add the bitter gourds and sauté for 4 to 5 minutes or until lightly browned. Transfer to a bowl and set aside.

5. Add the remaining 2

tablespoons oil to the heated pan. When small bubbles appear at the bottom of the pan, add the onions and sauté for 3 to 4 minutes.

6. Add the ginger-garlic paste and sauté for 1 minute. Add the tomato purée and cook for 3 minutes.

7. Add the ground spices, jaggery, tamarind pulp, and remaining $\frac{1}{2}$ teaspoon salt. Stir well, add $\frac{1}{2}$ cup (100 ml) water, and bring to a boil. Add the bitter gourds and stir well. Lower the heat to low, cover, and simmer for 3 minutes. Serve hot.

Khadkhade

Lentil-and-vegetable medley

This is another wonderful Goan vegetarian specialty. The taste of the radish is an excellent palate cleanser. I suggest that steamed rice accompany this mix of vegetables and *dal*.

Serves 4.

$\frac{1}{2}$ cup (100 grams) *toor dal/arhar dal* (split pigeon peas)

$1\frac{1}{4}$ teaspoons table salt

3 tablespoons vegetable oil

$\frac{1}{2}$ teaspoon black mustard seeds

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

**3 green chiles, stemmed
and chopped**

**1/2-inch (1-cm) piece
fresh ginger, chopped**

**3/4 cup (100 grams) pie
pumpkin, peeled and cut into
1-inch (2 1/2-cm) cubes**

**1 medium potato,
peeled and cut into 1-inch
(2 1/2-cm) cubes**

**15 thin green beans,
strings removed, finely
chopped**

**1 1/4 medium white
daikon radishes, peeled and
finely chopped**

1/2 teaspoon ground

turmeric

1½ teaspoons red chile powder

½ cup (60 grams) grated fresh coconut (or frozen unsweetened coconut)

½ teaspoon *garam masala* (spice mix; page 27)

1 tablespoon chopped fresh cilantro

8 to 10 fresh radish leaves, shredded

8 to 10 fresh spinach leaves, shredded

1. Put the *dal* in a large bowl, wash in plenty of water 2 or 3

times, and drain. Add 2 cups (400 ml) water and soak for 30 minutes. Drain in a colander.

2. Place a nonstick saucepan over high heat and add 1 quart (800 ml) water. When the water comes to a boil, add the *dal*. Lower the heat to medium, add $\frac{1}{2}$ teaspoon of the salt, and cook, covered, for 10 to 12 minutes or until tender but still firm. Drain the *dal* in a colander set over a large bowl; set the *dal* and the cooking liquid aside.

3. Place a nonstick saucepan over medium heat and add the oil. When small bubbles appear at the bottom of the pan, add the mustard

seeds and cumin. When the seeds sputter, add the chiles and ginger. Sauté for 15 seconds. Add the *dal*, pumpkin, potato, green beans, and radishes, and stir briskly.

4. Add the reserved cooking liquid, the remaining $\frac{3}{4}$ teaspoon salt, the turmeric, and chile powder, and stir. Add the coconut, stir, and simmer for 10 to 12 minutes or until the vegetables are tender.

5. Add the *garam masala* and stir. Add the cilantro, radish leaves, and spinach leaves. Cook for 1 minute, then remove from the heat.

6. Serve hot.

Khatta Meetha

Kaddu

Sour and sweet pumpkin

When my mother included this in her weekly menu, I used to complain and make a big fuss. So she began talking to me about the goodness of pumpkin. Back then there was no talk about beta-carotene in orange-colored vegetables; all she said was, “It’s good for you, so eat it up.” Well, I am getting a dose of my own medicine now, because my daughters also screw up their noses at pumpkin. But when I started calling this dish *khatta meetha*

(“sour and sweet”), they suddenly were more interested in eating it.

Serves 4.

**3 tablespoons vegetable
oil**

**½ teaspoon fenugreek
seeds**

Pinch of asafetida

**2 green chiles, stemmed
and chopped**

**1 pound (500 grams) pie
pumpkin, peeled and cut into
1-inch (2½-cm) cubes**

½ teaspoon table salt

**½ teaspoon ground
turmeric**

**1 tablespoon ground
coriander**

**1-inch (2½-cm) piece
fresh ginger, julienned**

**1½ teaspoons red chile
powder**

2 tablespoons sugar

**1½ tablespoons freshly
squeezed lemon juice**

**2 tablespoons chopped
fresh cilantro**

1. Place a medium nonstick sauté pan over medium heat and add the oil. When small bubbles appear at the bottom of the pan, add the fenugreek, asafetida, chiles, and pumpkin, and stir well.

2. Add the salt, turmeric, coriander, ginger, and chile powder, and stir again. Add 1 cup

(200 ml) water, cover, and cook for 10 to 15 minutes.

3. Add the sugar, lemon juice, and cilantro. Cover and cook over medium heat for 10 minutes or until the pumpkin is very soft and mashed.

4. Serve hot.

Kumro Chechki

Pumpkin with spices

Bengalis enjoy a lot of vegetables that cook quickly, such as pumpkin. They prepare it like this, with a few spices, or they combine it with potatoes or mash it and temper it with mustard oil.

Serves 4.

**¼ cup (50 ml) vegetable
oil**

**2 large red onions,
sliced**

**½ teaspoon *kalonji*
(nigella; see Note page 231)**

**2 pounds (1 kg) pie
pumpkin, peeled, seeded,
and cut into 1½-inch (4-cm)
sticks**

**6 green chiles, stemmed
and slit**

2 teaspoons table salt

**1 teaspoon ground
turmeric**

2 teaspoons ground

cumin

½ teaspoon sugar

1. Place a medium nonstick sauté pan over medium heat and add the oil. When small bubbles appear at the bottom of the pan, add the onions and sauté for 4 to 5 minutes or until lightly browned.

2. Add the *kalonji* and sauté for 15 seconds.

3. Add the pumpkin and sauté for 3 to 4 minutes.

4. Add the chiles, salt, turmeric, and cumin and sauté for 1 minute. Add ¼ cup (50 ml) water and stir. Cover and cook for 5 to 6 minutes or until the pumpkin is soft. Add the sugar and stir.

5. Serve hot.

Lauki Kofta

Bottle gourd and tamarind dumplings in a spicy sauce

I grew up in a very Punjabi atmosphere where *koftas* were cooked at least once a week. This is one of my favorite dishes from childhood. I remember being excited by the surprising tamarind filling inside.

Serves 4.

~ **For the *kofta*:**

1½ small lauki (bottle gourd; see Note)

3½ tablespoons *besan*

(chickpea/gram flour)

$\frac{1}{4}$ teaspoon red chile powder

$\frac{1}{2}$ teaspoon table salt

8 pieces tamarind with seeds (see Note)

1 quart (800 ml) vegetable oil

~ For the sauce:

3 tablespoons vegetable oil

2 medium red onions, chopped

5 medium tomatoes, puréed

$\frac{3}{4}$ teaspoon ground turmeric

$\frac{3}{4}$ teaspoon red chile powder

$1\frac{1}{2}$ tablespoons ground coriander

$\frac{3}{4}$ teaspoon table salt

$\frac{1}{2}$ teaspoon *garam masala* (spice mix; page 27)

2 tablespoons chopped fresh cilantro

1. Make the *koftas*: Peel the bottle gourd and then grate coarsely. Squeeze to remove the excess water. Put in a large bowl, add the *besan*, chile powder, and salt, and combine well. It will be sticky but manageable. Divide into 8 portions.

2. Stuff one piece of tamarind

into each portion and shape into balls.

3. Place a nonstick wok over high heat and add the oil. When small bubbles appear at the bottom of the wok, add the *koftas*, a few at a time, and cook, stirring gently with a slotted spoon, until golden brown and crisp on the outside. Remove with the slotted spoon and drain on paper towels.

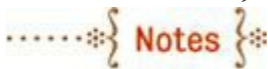
4. Make the sauce: Place a large nonstick sauté pan over medium heat and add the oil. When small bubbles appear at the bottom of the pan, add the onions and sauté for 2 to 3 minutes or until light golden brown. Add the tomatoes

and cook for 12 minutes or until the oil comes to the top.

5. Add the turmeric, chile powder, and coriander. Cook for 1 minute, stirring continuously. Add 2 tablespoons water and cook for 3 minutes or until the oil comes to the top again.

6. Add 3 cups (600 ml) water and bring to a boil. Add the salt, lower the heat to low, and simmer for 10 minutes. Keep the sauce hot.

7. Arrange the *koftas* on a serving plate and pour the sauce over them. Sprinkle with the *garam masala* and cilantro, and serve hot.



Smooth-

skinned *lauki*, or bottle gourd, has a pale green flesh with a firm texture. Choose young bottle gourds (less than 1 foot, or 30 cm, long); young gourds have a thin, tender peel and smaller seeds that don't need to be removed.

Instead of tamarind pieces, you can stuff the *koftas* with dried plums.

Malai Kofta Curry

Stuffed *paneer* and *khoya* dumplings in a rich white sauce

Everyone should occasionally indulge in this creamy curry. My mother stuffed small portions of frozen *malai* (the cream skimmed

from the top of whole milk) into the center of each *kofta*. If you want to stuff them, do as my mother did and add a little mashed potato to the mixture.

Serves 4.

~ **For the *koftas*:**

**1½ cups (100 grams)
grated *paneer* (pressed fresh
cheese; page 17)**

**1/3 cup (50 grams)
grated *khoya/mawa* (solid
unsweetened condensed
milk; page 37)**

**1 green chile, stemmed,
seeded, and finely chopped**

1 tablespoon cornstarch

½ teaspoon table salt

2 tablespoons raisins
1 quart (800 ml)
vegetable oil

~ For the sauce:

$\frac{1}{2}$ cup (70 grams)
cashews, soaked in water for
30 minutes

$\frac{1}{4}$ cup (35 grams) *kakdi*
***magaz* (dried cucumber**
seeds), soaked in water for
30 minutes

2 tablespoons vegetable
oil

4 green cardamom pods
2 green chiles, stemmed
and slit

$\frac{3}{4}$ cup boiled onion

paste (page 13)

$\frac{1}{2}$ tablespoon fresh

ginger paste (page 12)

$\frac{1}{2}$ tablespoon fresh

garlic paste (page 12)

**$\frac{1}{2}$ cup (125 grams) plain
yogurt**

2 tablespoons butter

**$\frac{3}{4}$ teaspoon ground
green cardamom**

1 teaspoon table salt

**$\frac{1}{2}$ teaspoon ground
white pepper**

**$\frac{1}{4}$ cup (50 ml) heavy
cream**

1. Make the *koftas*: Combine the *paneer*, *khoya*, chile, cornstarch, and salt in a bowl.

Divide into 8 portions. Stuff raisins into each portion and shape into balls.

2. Place a nonstick wok over high heat and add 1 quart (800 ml) oil. When small bubbles appear at the bottom of the wok, lower the heat to low and gently slide in the *koftas*. Cook for 4 to 5 minutes or until lightly colored. Remove with a slotted spoon and drain on paper towels. Keep warm.

3. Make the sauce: Drain the cashews and *kakdi magaz*, and transfer to a food processor. Add $\frac{1}{4}$ cup (50 ml) water and process to a smooth paste.

4. Place a nonstick sauté pan

over medium heat and add the 2 tablespoons oil. When small bubbles appear at the bottom of the pan, add the cardamom pods and sauté for 30 seconds. Add the chiles and sauté for 30 seconds.

5. Add the onion paste and sauté for 1 minute. Add the ginger paste, garlic paste, and cashew–*kakdi magaz* paste, and sauté for 2 to 3 minutes. Add the yogurt and stir well. Add 2 cups (400 ml) water and stir well. When the mixture comes to a boil, add the butter and stir well. Add the ground cardamom, salt, and white pepper, and cook for 1 minute.

6. Pour the sauce through a

strainer into a clean saucepan. Place over medium heat and bring to a boil. Add the cream, stir, and remove from the heat.

7. Place the *koftas* in a serving dish, pour the hot sauce on top, and serve immediately.

.....✦ { **Chef's Tip** } ✦

Cook one *kofta*. If it breaks, add a little more cornstarch to the mixture. Also, make sure the oil is hot when you add the *koftas*.

.....✦ { **Notes** } ✦

Kakdi *magaz*, or dried cucumber seeds, are thinner and longer than most other melon seeds. They're used mostly to garnish select Indian

desserts, sweet chutneys, and some savory snacks. They can be replaced with other melon seeds such as honeydew or cantaloupe.

Masaledar Karele

Bitter gourds stuffed with spicy masala

Look for small, tender gourds, as they are easier to handle. I use the gourds' rough peel here because that's where most of the nutrients lie. Some people tie up the stuffed gourds with kitchen string before cooking them, which helps to keep the filling in and maintain the shape of the gourd. (Removing the string at the table is nothing short of

entertainment.)

Serves 4.

8 medium bitter gourds

2³/₄ teaspoons table salt

**4 large red onions,
peeled**

**3¹/₂ tablespoons fennel
seeds**

**2 teaspoons ground
coriander**

**2 teaspoons ground
roasted cumin (page 32)**

**³/₄ teaspoon ground
turmeric**

**1¹/₂ tablespoons *amchur*
(dried mango powder)**

³/₄ tablespoon red chile

powder

$\frac{1}{2}$ tablespoon *garam masala* (spice mix; page 27)

**$\frac{3}{4}$ cup (150 ml)
vegetable oil**

1 tablespoon sugar

**1 green chile, stemmed
and slit**

1. Peel the bitter gourds and reserve the peelings in a small bowl. Slit the gourds lengthwise, leaving the stem ends intact, and spoon out the seeds. Rub 1 teaspoon of the salt on both the outside and inside of the gourds. Set aside for 30 minutes. Squeeze gently and rinse under running water. (This removes much of the

bitterness.) Pat dry.

2. Add $\frac{1}{4}$ teaspoon salt to the gourd scrapings and set side for 30 minutes. Squeeze well.

3. Finely chop 2 of the onions and slice the remaining 2.

4. Place a small nonstick sauté pan over low heat, add the fennel, and dry-roast for 30 seconds. Let cool, transfer to a spice grinder, and grind to a fine powder. Transfer to a small bowl and add the coriander, cumin, turmeric, *amchur*, chile powder, and *garam masala*, and stir well.

5. Place a medium nonstick sauté pan over medium heat and add 3 tablespoons of the oil. When

small bubbles appear at the bottom of the pan, add the chopped onions and sauté for 6 to 8 minutes or until golden. Remove from the heat and add the spice mixture, the remaining 1½ teaspoons salt, and the sugar. Divide into 8 portions.

6. Stuff 1 portion into each of the slit gourds and set aside.

7. Place a nonstick sauté pan over medium heat and add the remaining oil. When small bubbles appear at the bottom of the pan, add the sliced onions, chile, and bitter gourd peelings, and sauté for 3 to 4 minutes.

8. Neatly arrange the stuffed gourds over this mixture. Lower the

heat to low, cover, and cook, turning a few times, for 15 to 20 minutes or until the gourds are tender and evenly browned on all sides.

9. Serve hot.

Mirchi Ka Salan

Sautéed chiles with peanuts and curry leaves

In India, chiles are the essence of the cuisine in all of the regions. Some like it hot and some like it mild, but in Hyderabad, where the spicy Andhra cuisine rules the roost, this hot chile preparation is a must with the area's famous Hyderabadi *biryani* (page 481); a

raita or chutney might be served alongside the *biryani*. My version is mildly spiced.

Serves 4.

18 to 20 plump green chiles (2 inches/5 cm long)

1 quart (800 ml) plus 2 tablespoons vegetable oil

$\frac{1}{4}$ cup (35 grams) sesame seeds

1 tablespoon coriander seeds

**1 teaspoon cumin seeds
 $\frac{1}{2}$ cup (75 grams)**

roasted peanuts

2 dried red chiles, stemmed and broken

1-inch ($2\frac{1}{2}$ -cm) piece

fresh ginger, chopped

**6 to 8 cloves garlic,
peeled**

**½ teaspoon brown
mustard seeds**

**8 to 10 fresh curry
leaves**

**1 medium red onion,
grated**

**1 teaspoon ground
turmeric**

**½ tablespoon tamarind
pulp**

¾ teaspoon table salt

1. Wash the green chiles under running water and drain well in a colander. Pat dry with a kitchen towel. Slit them in half lengthwise,

keeping the stem ends intact, and remove the seeds.

2. Place a nonstick wok over medium heat and add 1 quart (800 ml) of the oil. When small bubbles appear at the bottom of the wok, add the chiles and cook for 2 minutes. Remove with a slotted spoon and drain on paper towels.

3. Place a nonstick sauté pan over medium heat. Add the sesame seeds, coriander, and cumin, and dryroast for 5 minutes. Set aside to cool completely. Transfer to a mini food processor, add the peanuts, red chiles, ginger, garlic, and $\frac{1}{2}$ cup (100 ml) water, and process to a smooth paste.

4. Place a nonstick sauté pan over medium heat and add the remaining 2 tablespoons oil. When small bubbles appear at the bottom of the pan, add the mustard seeds. When they sputter, add the curry leaves and sauté for 30 seconds. Add the onion and sauté for 4 to 5 minutes or until light golden brown.

5. Add the turmeric and stir well. Add the ground peanut paste and cook for 3 minutes, stirring continuously.

6. Stir in 1 cup (200 ml) water and bring to a boil. Lower the heat and cook for 10 minutes.

7. In a bowl, dissolve the tamarind pulp in $\frac{1}{2}$ cup (100 ml)

water, then add it to the pan. Add the fried green chiles and salt, and cook over low heat for 8 to 10 minutes.

8. Transfer to a serving bowl and serve hot.

Moolyachi Bhajee

Fresh and crunchy radish greens

The greens of the radish are used effectively in most regional cuisines of India, especially in the west. Maharashtrians favor a lot of leafy greens in their cuisine—some of which are alien to most North Indians. Since settling down in Mumbai, I have learned a lot of

creative uses for greens, and this dish is an example.

Serves 4.

**14 ounces (400 grams)
white daikon radish with
leaves**

**$\frac{1}{4}$ cup (25 grams) *besan*
(chickpea/gram flour)**

**1 tablespoon vegetable
oil**

**$\frac{1}{4}$ teaspoon brown
mustard seeds**

$\frac{1}{4}$ teaspoon asafetida

**$1\frac{1}{2}$ teaspoons *dhuli*
urad dal (split skinless black
gram)**

4 green chiles, stemmed

and chopped

**$\frac{1}{4}$ teaspoon ground
turmeric**

1 teaspoon table salt

**$\frac{1}{2}$ teaspoon grated cane
jaggery**

**2 tablespoons chopped
fresh cilantro**

1. Peel and chop the radish. Put in a large bowl. Finely chop the radish leaves and set aside.

2. Place a nonstick sauté pan over low heat, add the *besan*, and dry-roast, stirring continuously, for 3 to 4 minutes or until fragrant. Set aside.

3. Place a nonstick sauté pan over medium heat and add the oil.

When small bubbles appear at the bottom of the pan, add the mustard seeds. When they begin to sputter, add the asafetida and *dal*, and sauté for 30 seconds.

4. Add the chiles, turmeric, radish, radish leaves, salt, and jaggery. Stir. Cover and cook, stirring occasionally, for 6 to 7 minutes or until the radish is tender and the excess moisture has evaporated.

5. Sprinkle in the *besan* and stir. Cook over medium heat for 2 minutes, stirring occasionally. Add ½ cup (100 ml) water and stir well. Cook for 5 minutes or until the water has evaporated.

6. Garnish with the cilantro and serve hot.

Mushroom Shagoti

A vegetarian version of Chicken Xacuti

This dish comes from my Goan repertoire and goes best with the Goan bread called *pav*, but it also goes very well with steamed rice or *sannas* (page 161). The spongy mushrooms absorb the marinade quickly. The spices are preroasted to shorten the cooking time so that the mushrooms don't overcook.

Serves 4.

8 whole cloves

**10 whole black
peppercorns**
¼ teaspoon *ajwain*
½ teaspoon fennel seeds
½ teaspoon cumin seeds
**1½ tablespoons
coriander seeds**
**1-inch (2½-cm)
cinnamon stick, broken**
2 star anise
**4 dried red chiles,
stemmed and broken**
**¼ teaspoon freshly
grated nutmeg**
1 blade mace
**1 tablespoon white
poppy seeds**

**1 cup (120 grams)
grated fresh coconut (or
frozen unsweetened
coconut)**

**4 to 6 cloves garlic,
chopped**

**3 tablespoons vegetable
oil**

**3 large red onions,
finely chopped**

**35 to 40 white
mushrooms, quartered**

1½ teaspoons table salt

**1 tablespoon tamarind
pulp**

1. Place a nonstick wok over medium heat and add the cloves, peppercorns, *ajwain*, fennel, cumin,

coriander, cinnamon, star anise, chiles, nutmeg, mace, and poppy seeds. Cook until fragrant. Add the coconut and dry-roast for 2 to 3 minutes or until the coconut is lightly browned. Let cool completely. Transfer to a mini food processor with the garlic and 1 cup (200 ml) water and process to a smooth paste. Transfer to a small bowl.

2. Place a medium nonstick sauté pan over medium heat and add the oil. When small bubbles appear at the bottom of the pan, add the onions and sauté until well browned. Add the mushrooms and salt, and stir. Add the ground paste

and stir well. Add ½ cup (100 ml) water and the tamarind pulp, and simmer for 3 to 4 minutes.

3. Serve hot.

Nadru Yakhni

Lotus root

Lotus root is an exotic vegetable in most parts of India and not readily available outside the state of Kashmir, which has huge bodies of fresh water that contain lotus plants in massive quantities. Kashmiri food, especially the Kashmiri Pandit cuisine, also uses yogurt as a base for many curries. Yogurt not only adds sourness but

also gives the curries body.

Serves 4.

1¼ pounds (500 grams)

lotus root

2 teaspoons table salt

1 quart (800 ml)

vegetable oil

**2 medium red onions,
sliced**

**2 cups (500 grams) plain
yogurt**

**1 teaspoon ground
fennel seeds**

**1 teaspoon ground
ginger**

**2 tablespoons ghee
(page 37)**

**½ teaspoon caraway
seeds**
**4 to 6 green cardamom
pods**
2 black cardamom pods
4 to 6 whole cloves
**2 (1-inch/2½-cm)
cinnamon sticks**
**Generous pinch of
kasoori methi (dried
fenugreek leaves), crushed**

1. Peel the lotus root, wash it thoroughly under running water, and cut it on the diagonal into $\frac{3}{4}$ -inch (2-cm) rounds.

2. Place a nonstick saucepan over high heat and add 6 cups (1.2 liters) water. When the water

comes to a boil, add the lotus root and $\frac{1}{2}$ teaspoon of the salt, and lower the heat to medium. Cover and cook for 50 minutes or until tender.

3. Place a nonstick wok over medium heat and add the oil. When small bubbles appear at the bottom of the pan, add the onions and cook, stirring with a slotted spoon, until brown and crisp. Remove with the slotted spoon and drain on paper towels. Set aside to cool completely.

4. Transfer the onions to a food processor, add 3 tablespoons water, and grind to a smooth paste.

5. Put the yogurt in a small

bowl and add $\frac{1}{2}$ cup (100 ml) water. Whisk thoroughly.

6. Place a nonstick sauté pan over medium heat and add the yogurt mixture. Cook, stirring continuously, for 2 to 3 minutes or until the mixture changes color. Remove from the heat.

7. Put the fennel and ginger in a bowl, and stir in 1 cup (200 ml) water. Add the onion paste and whisk until well blended.

8. Place a nonstick saucepan over medium heat and add the ghee. When the ghee melts and small bubbles appear at the bottom of the pan, add the caraway, green and black cardamom, cloves, and

cinnamon, and sauté until fragrant.

9. Stir in the onion mixture, then the yogurt mixture and the lotus root. Add the remaining 1½ teaspoons salt and stir. Cook for 5 to 7 minutes or until the sauce thickens.

10. Stir in the *kasoori methi* and serve hot.

Navratan Korma

Spicy mixed vegetables with nuts and *paneer*

Navratan means “nine jewels.” In this *korma* there are a few vegetables, a few mushrooms, *paneer*, and the rarely used *makhana* (puffed lotus seeds), nine

ingredients in all. Artists in the royal courts of the Mughal emperors were called *navratan* and the emperors' gorgeous jewelry was made of nine different gleaming gems.

Serves 4.

$\frac{1}{4}$ cup (40 grams)

cashews

1 medium carrot, cut into $\frac{1}{2}$ -inch (1-cm) cubes

4 cauliflower florets

3 thin long beans, strings removed, cut into $\frac{1}{2}$ -inch (1-cm) pieces

1 medium potato, cut into $\frac{1}{2}$ -inch (1-cm) cubes

$\frac{1}{4}$ cup (40 grams)

shelled green peas

$\frac{3}{4}$ teaspoon table salt

2 tablespoons vegetable

oil

2 whole cloves

2 whole black

peppercorns

1-inch (2 $\frac{1}{2}$ -cm)

cinnamon stick

2 green cardamom pods

$\frac{1}{2}$ cup (125 grams)

boiled-onion paste (page 13)

$\frac{1}{2}$ tablespoon fresh

ginger paste (page 12)

$\frac{1}{2}$ tablespoon fresh

garlic paste (page 12)

2 tablespoons plain

yogurt

**2 green chiles, stemmed
and chopped**

**5 white button
mushrooms, halved**

**15 grams *makhana*
(puffed lotus seeds; optional;
see Note), fried in 1 cup
vegetable oil until golden**

**$\frac{1}{4}$ cup (40 grams)
paneer cut into $\frac{1}{2}$ -inch (1-
cm) cubes**

**$\frac{1}{4}$ cup (50 ml) heavy
cream**

$\frac{1}{2}$ tablespoon raisins

1. Soak half of the cashews in
 $\frac{1}{4}$ cup (50 ml) warm water for 10

minutes. Drain, put in a spice grinder, and grind to a smooth paste. Transfer to a bowl. Chop the remaining cashews.

2. Place a nonstick saucepan over medium heat and add 1½ cups (300 ml) water. Bring to a boil and add the carrot, cauliflower, beans, potato, and peas. Add ¼ teaspoon of the salt. Cook over medium heat for 10 minutes or until the vegetables are tender, and drain in a colander. Refresh in cold water and drain again.

3. Place a nonstick sauté pan over medium heat and add the oil. When small bubbles appear at the bottom of the pan, add the cloves,

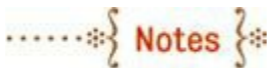
peppercorns, cinnamon, and cardamom, and sauté for 30 seconds or until fragrant. Add the onion paste and sauté for 5 to 8 minutes or until the raw flavors disappear.

4. Add the ginger paste, garlic paste, and yogurt, and stir well. Lower the heat to low, add the chiles and cashew paste, and cook, stirring, for 5 minutes.

5. Add the mushrooms and blanched vegetables. Cook for 2 to 3 minutes and add the remaining $\frac{1}{2}$ teaspoon salt and $\frac{3}{4}$ cup (150 ml) water. Stir well and add the *makhana* (if using) and *paneer*. Stir and cook for 30 seconds.

6. Bring to a boil, add the cream, and remove from the heat.

7. Transfer to a serving dish and garnish with the chopped cashews and raisins. Serve hot.



Makhana, a plant belonging to the water lily family that's cultivated for its white seeds, is available at Indian grocery stores.

Papad Ka Shaak

Papads with yogurt, boondi, and spices

When it comes to vegetarian food, Rajasthani cuisine is very ingenious. Rajasthani cooks use

chickpea flour with great élan—and pulses and sun-dried vegetables too. The first time I had this *papad* preparation, at a Marwari friend's place, I was a bit taken aback by the film of oil and hot red chiles floating on top. Being a good guest, I ate it up and, believe me, I enjoyed it. In this adaptation, the oil and chile powder have been reduced somewhat.

Serves 4.

2 large *papads* (thin crackers made with lentil flour)

1 cup (250 grams) sour plain yogurt (see page 513)

1 tablespoon *besan*

(chickpea/gram flour)

**½ cup (40 grams) plain
savory *boondi* (page 587)**

**3 tablespoons vegetable
oil**

½ teaspoon cumin seeds

**Generous pinch of
asafetida**

**3 dried red chiles,
stemmed and broken in half**

**¼ teaspoon ground
turmeric**

**½ teaspoon red chile
powder**

**1 teaspoon ground
coriander**

1 teaspoon *garam*

***masala* (spice mix; page 27)**

$\frac{3}{4}$ teaspoon table salt

**2 tablespoons chopped
fresh cilantro**

1. Hold one *papad* at a time with tongs and roast it over an open gas flame until crisp. Break into medium-size pieces. You can also microwave on high for 1 minute or until the *papad* is cooked.

2. Put the yogurt and *besan* in a large bowl. Add 1 cup (200 ml) water and whisk well. Set aside.

3. Put 2 cups (400 ml) warm water in a large bowl and add the *papad* pieces and *boondi*; soak for 1 to 2 minutes. Drain in a colander and set aside.

4. Place a medium nonstick sauté pan over medium heat and add the oil. When small bubbles appear at the bottom of the pan, add the cumin. When it begins to change color, add the asafetida and chiles, and sauté for 15 seconds.

5. Add the yogurt mixture, turmeric, and chile powder, and stir briskly. Reduce the heat to low, add the coriander and *garam masala*, and cook, stirring continuously. When the mixture comes to a boil, add the *papads* and *boondi*. Boil for 2 minutes, add the salt, and stir gently.

6. Remove from the heat and sprinkle with the cilantro. Serve

hot.

Papri Nu Shaak

Broad beans with sweet potatoes and garlic

This is one of the winter vegetable dishes that are famous in Gujarat. My wife, Alyona, who is from Gujarat, introduced this recipe to our table and sometimes uses eggplant instead of sweet potato. If you can't find Indian broad beans, you can use green beans. Traditionally, green garlic would be used in this preparation instead of garlic paste, but it is only available in winter. Serve this dish with *roti* (page 18).

Serves 4.

**3 tablespoons vegetable
oil**

½ teaspoon *ajwain*

**2 medium red onions,
diced**

**1 teaspoon fresh garlic
paste (page 12)**

**1 pound (500 grams)
Indian broad beans (hyacinth
beans), strings removed, cut
in half crosswise**

**2 medium sweet
potatoes, peeled and diced**

1 large tomato, diced

¾ teaspoon table salt

3 green chiles, stemmed

and chopped

**$\frac{1}{4}$ teaspoon ground
turmeric**

1. Place a nonstick wok over medium heat and add the oil. When small bubbles appear at the bottom of the wok, add the *ajwain*. When it begins to change color, add the onions and garlic paste, and sauté over medium heat for 2 minutes.

2. Add the beans and 1 cup (200 ml) water, and bring to a boil. Lower the heat to low, cover, and cook for 2 to 3 minutes.

3. Add the sweet potatoes, tomato, and salt. Cover and cook for 15 minutes or until the sweet potatoes and beans are almost

tender and the liquid has reduced.

4. Add the chiles and turmeric, and cook, uncovered, for 5 to 6 minutes or until the excess liquid has evaporated and the oil comes to the top.

5. Serve hot.

Pittla

Seasoned and tempered *besan*

Pittla is a classic Marathi dish. This is to be eaten with *roti* (page 18). The coconut gives this dish a nice texture and flavor. It's best served right off the stove; once it cools down, the consistency changes.

Serves 4.

**1 1/3 cups (135 grams)
besan (chickpea/gram flour)**

**1/4 cup (30 grams)
grated fresh coconut (or
frozen unsweetened
coconut; optional)**

**1 tablespoon ghee (page
37)**

**1 teaspoon brown
mustard seeds**

**3 green chiles, stemmed
and minced**

Pinch of asafetida

**1/2 teaspoon ground
coriander**

1/4 teaspoon ground

turmeric

**½ teaspoon ground
roasted cumin (page 32)**

**½ teaspoon red chile
powder**

1¼ teaspoons table salt

**2 tablespoons minced
fresh cilantro**

1. Sift the *besan* into a large bowl. Add 2 cups (400 ml) water and stir to make a smooth batter. Set aside.

2. If using the coconut, place a small nonstick sauté pan over medium heat and add the coconut. Dry-roast, stirring continuously, until light brown and fragrant. Set aside in a small bowl.

3. Place a nonstick saucepan over medium heat and add the ghee. When the ghee melts and small bubbles appear at the bottom of the pan, add the mustard seeds. When they sputter, add the chiles and asafetida, and cook for 1 minute.

4. Add the *besan* batter, coriander, turmeric, cumin, chile powder, salt, and 1 cup (200 ml) water, and stir well.

5. Cook, stirring continuously so that the mixture does not stick or burn, for 7 minutes or until the *besan* is cooked and the mixture is thick enough to coat the back of the spoon. Remove from the heat.

6. Taste and add salt if

needed. Garnish with the coconut and cilantro, and serve hot.

Olan

Pumpkin curry

It is a misconception that all Indian curries are hot. This flavorful but mild *olan* from Kerala is a perfect example of how gentle a curry can be.

Serves 4.

1 1/3 teaspoons table salt

1 1/3 cup (240 grams) pie pumpkin, peeled and cubed

1 1/3 cup (240 grams)

white pumpkin, peeled and cubed

2 tablespoons coconut oil

½ teaspoon brown mustard seeds

3 green chiles, stemmed and slit

10 to 12 fresh curry leaves

1 tablespoon grated cane jaggery

¼ cup grated fresh coconut

1. Place a nonstick saucepan over medium heat and add 1 cup (200 ml) water, the salt, the pie pumpkin, and the white pumpkin.

Bring to a boil and cook, stirring frequently, for 10 to 12 minutes or until the pumpkin is soft.

2. Remove from the heat and mash lightly with the back of a ladle.

3. Place a nonstick sauté pan over medium heat and add the coconut oil. When small bubbles appear at the bottom of the pan, add the mustard seeds. When they sputter, add the chiles and curry leaves.

4. Add the mashed pumpkin and stir. Add the jaggery and cook, stirring, until it is dissolved.

5. Sprinkle with the coconut and serve hot.

Puzhanikkai More Kozhambu

Ash gourd in a spicy yogurt-and-coconut sauce

Here, ash gourd (also called winter melon) is cooked in sour yogurt, yielding a curry that greatly resembles North Indian *kadhi*. Incidentally, the “z” in *kozhambu* is pronounced like “l.” In Tamil homes, where the dish is often made for the festival of Pongal, okra is sometimes added to the curry.

Serves 4.

14 ounces (400 grams)

**ash gourd (page 586),
peeled, seeded, and cut into
2-inch (5-cm) sticks**

3½ teaspoons table salt

**1 teaspoon *toor
dal/arhar dal* (split pigeon
peas)**

**2 teaspoons *chana dal*
(split Bengal gram)**

2 teaspoons raw rice

**6 green chiles, stemmed
and chopped**

½ teaspoon cumin seeds

1 teaspoon coriander seeds

**1½ cups (180 grams)
grated fresh coconut (or
frozen unsweetened**

coconut)

30 fresh curry leaves

**3 cups (750 grams) sour
plain yogurt (see page 513)**

$\frac{1}{4}$ cup (15 grams)

chopped fresh cilantro

**$\frac{1}{4}$ cup (50 ml) vegetable
oil**

**1 teaspoon brown
mustard seeds**

**4 dried red chiles,
stemmed and broken in half**

**$\frac{1}{2}$ teaspoon fenugreek
seeds**

$\frac{1}{2}$ teaspoon *ajwain*

1. Place a nonstick saucepan over medium heat and add 1 quart (800 ml) water. When the water

comes to a boil, add the ash gourd and 1 teaspoon of the salt, and boil for 5 minutes. Drain in a colander and set aside.

2. Put the *dals* and rice in a bowl, wash in plenty of water 2 or 3 times, and drain. Add 1 cup (200 ml) water and soak for 15 minutes. Drain and put in a food processor with the green chiles, cumin, coriander, coconut, and 15 of the curry leaves. Add $\frac{1}{4}$ cup (50 ml) water and process to a smooth paste.

3. Put the yogurt in a large bowl and add 1 cup (200 ml) water. Whisk well. Add the remaining $2\frac{1}{2}$ teaspoons salt and

the ground paste, and whisk thoroughly.

4. Place a nonstick saucepan over medium heat, add the yogurt mixture, and cook, stirring continuously, until it comes to a boil. Lower the heat to low, add the cilantro and the remaining 15 curry leaves, and simmer for 4 to 5 minutes or until the mixture thickens.

5. Add the ash gourd and stir.

6. Place a small nonstick sauté pan over medium heat and add the oil. When small bubbles appear in the bottom of the pan, add the mustard seeds. When they begin to sputter, add the red chiles,

fenugreek, and *ajwain*. When the seeds change color, pour the oil over the yogurt curry and cover immediately with a lid to trap the flavors.

7. Let rest off the heat for 3 to 4 minutes, then stir well and serve.

.....✿ { **Chef's Tip** } ✿

Use slightly sour yogurt (see page 513) for an especially tasty and tangy curry.

Pyaaaz Ki Tarkari

Onions with tamarind

Not only does it not take much time to prepare, the taste and texture of this typical Hyderabadi

onion dish is so lovely that I had to share it with you. No tears here: These onions will make you smile.

Serves 4.

- 3½ tablespoons**
- vegetable oil**
- 8 medium red onions,**
sliced
- 1 teaspoon fresh ginger**
paste (page 12)
- 1 teaspoon fresh garlic**
paste (page 12)
- ½ teaspoon table salt**
- ½ teaspoon ground**
turmeric
- 1 teaspoon red chile**
powder
- 2 tablespoons tamarind**

pulp

1. Place a nonstick sauté pan over medium heat and add the oil. When small bubbles appear at the bottom of the pan, add the onions and cook until light golden.

2. Add the ginger paste and garlic paste, and sauté for 1 minute or until the raw flavors disappear.

3. Add the salt, turmeric, and chile powder, and sauté for 2 minutes. Sprinkle in $\frac{1}{4}$ cup (50 ml) water. Lower the heat, cover, and simmer for 4 to 5 minutes.

4. Add the tamarind pulp and cook for 2 to 3 minutes or until the oil comes to the top.

5. Serve hot.

Senai Roast

Roasted marinated yams

I get many inquiries from vegetarians about meat substitutes, and I often suggest yams, which are dense and especially meaty when roasted like this.

Serves 4.

**½ teaspoon ground
turmeric**

1½ teaspoons table salt

**1¾ pounds (800 grams)
yams, peeled and cut into 3-
inch (7½-cm) fingers**

**8 dried red chiles,
stemmed and broken in half**

1 teaspoon cumin seeds
1 tablespoon fennel seeds
5 or 6 whole black peppercorns
10 to 12 fresh curry leaves
1 tablespoon *chana dal* (split Bengal gram)
1 tablespoon raw rice
Small ball seedless tamarind (or ½ teaspoon tamarind pulp)
1 cup (200 grams) *rawa/suji* (semolina flour)
½ cup (100 ml) vegetable oil

2 tablespoons freshly squeezed lemon juice

1. Place a nonstick saucepan over high heat and add 2 cups (400 ml) water, the turmeric, and 1 teaspoon of the salt, and bring to a boil. Lower the heat to medium, add the yams, and cook for 3 to 4 minutes or until half cooked. Drain in a colander and then pat dry with an absorbent kitchen towel.

2. Place a nonstick sauté pan over medium heat. Add the chiles, cumin, fennel, peppercorns, curry leaves, *dal*, rice, and tamarind ball (if using), and dry-roast for 3 to 4 minutes or until fragrant. Set aside to cool.

3. Transfer to a food processor with $\frac{3}{4}$ cup (150 ml) water (and the tamarind paste, if using instead of the tamarind ball), and process to a smooth paste. Transfer to a large bowl, add the remaining $\frac{1}{2}$ teaspoon salt, and stir well. Add the yams and stir to coat them with the masala paste. Cover the bowl with plastic wrap and put in the refrigerator for about 30 minutes.

4. Spread the semolina on a plate and roll the masala-coated yam pieces in it. Shake off the excess semolina and put the yams on a plate.

5. Place a nonstick sauté pan

over medium heat and add the oil. When small bubbles appear at the bottom of the pan, lower the heat to low, gently slide in the yam fingers, in small batches, and cook for 8 to 10 minutes or until crisp and golden brown. Remove with a slotted spoon and drain on paper towels. Sprinkle with the lemon juice and serve hot.



Try this with potatoes or sweet potatoes. Breadfruit prepared this way is also delicious.

Shukto

Mixed vegetables with bitter gourd

Bengalis enjoy a variety of mixed-vegetable preparations like *shukto* and *chorchori* (page 259) that make good use of small bits of vegetables that might otherwise go to waste. *Shukto* is a treat for those who love bitter gourd and strong mustard. Serve it with steamed rice and *cholar dal* (page 490).

Serves 4.

**1¼ teaspoons black
mustards seeds**

**2 tablespoons vegetable
oil**

**1 medium bitter gourd,
peeled and cut into ½-inch
(1-cm)-thick rounds**

1 medium radish, cut

into 1-inch (2½-cm) sticks

2 drumstick vegetables (see page 588), peeled and cut into 1½-inch (4-cm) pieces (optional)

1 medium long eggplant, cut into 1-inch (2½-cm) sticks

2 medium potatoes, peeled and cut into 1-inch (2½-cm) sticks

2 medium green unripe bananas, peeled and cut into 1-inch (2½-cm) sticks

½ teaspoon ground turmeric

1 teaspoon fresh ginger

paste (page 12)

1 teaspoon table salt

¼ teaspoon sugar

1. Put 1 teaspoon of the mustard seeds in a spice grinder, add 2 teaspoons water, and grind to a smooth paste.

2. Place a medium nonstick sauté pan over medium heat and add the oil. Add the bitter gourd and sauté for 5 to 6 minutes or until golden brown. Remove with a slotted spoon and set aside on a plate.

3. Add the remaining ¼ teaspoon mustard seeds to the hot oil remaining in the pan. When the seeds sputter, add the radish,

drumsticks, eggplant, potatoes, and bananas, and sauté for 7 to 8 minutes or until light golden brown.

4. Add the turmeric, ginger paste, and salt, and sauté for 2 minutes. Add the bitter gourd and stir. Add the mustard-seed paste and sauté for 2 minutes.

5. Add 1 cup (200 ml) water and stir well. Add the sugar and stir. Cover and cook for 8 to 10 minutes or until the drumsticks are soft.

6. Serve hot.

Undhiyu

Mixed vegetables with dumplings

One of the most exotic vegetable medleys that Gujarati cuisine has to offer, this dish is made especially in winter when all the various beans are in season. It gets its name from the word *oondhu*, which means “upside down” in Gujarati. Traditionally, the vegetables were cooked in an earthenware pot placed upside down in a fire of fresh herbs and leaves. Feel free to substitute any other similar vegetables for the beans and yams. Serve with fresh *puris* (page 21).

Serves 4.

**9 ounces (250 grams)
small *surti papdi* (see Note)**

**½ cup (75 grams) green
peas**

2 pinches of baking soda

1½ teaspoons table salt

5 small eggplants

**4 medium potatoes,
halved**

**1 small purple yam, cut
into ¾-inch (2-cm) cubes**

**1 small orange yam, cut
into ¾-inch (2-cm) cubes**

**1 medium green banana,
cut into ¾-inch (2-cm) cubes**

**1 cup (120 grams)
grated fresh coconut (or
frozen unsweetened
coconut)**

**1 cup (30 grams) green
garlic, with tops, chopped**

**2 cups (120 grams)
chopped fresh cilantro**

**1 teaspoon ground
coriander**

**$\frac{3}{4}$ teaspoon ginger paste
(page 12)**

**$\frac{3}{4}$ teaspoon green chile
paste (page 13)**

**$\frac{1}{2}$ cup (75 grams)
shelled green peas**

**3 tablespoons vegetable
oil**

1 teaspoon *ajwain*

~ For the *muthiyas*:

1 cup (40 grams)

**chopped *methi* (fresh
fenugreek leaves)**

Pinch of baking soda

½ teaspoon table salt

**¼ cup (25 grams) *besan*
(chickpea/gram flour)**

**½ cup (75 grams) *atta*
(whole-wheat flour)**

**½ teaspoon ginger paste
(page 12)**

**½ teaspoon green chile
paste (page 13)**

**2 teaspoons ground
coriander**

**¼ teaspoon ground
turmeric**

1 teaspoon red chile

powder

**2 teaspoons plus 1 quart
(800 ml) vegetable oil**

**$\frac{1}{4}$ cup (65 grams) plain
yogurt**

1. String the *surti papdi* and slit them open. Put in a bowl and add the green peas. Sprinkle with a pinch of baking soda and $\frac{1}{4}$ teaspoon of the salt, and set aside.

2. Slit the eggplants into quarters from the bottom, leaving the stem ends intact, and put them in a bowl. Add the potatoes, yams, banana, 1 teaspoon of the salt, and a pinch of baking soda, and set aside.

3. Make the *muthiyas*: Put the

methi in a bowl, add the baking soda and $\frac{1}{4}$ teaspoon of the salt, and rub it in. Set aside for 5 minutes.

4. Add the *besan*, *atta*, ginger paste, green chile paste, coriander, turmeric, chile powder, the remaining $\frac{1}{4}$ teaspoon salt, and 2 teaspoons of the oil, and combine well. Add the yogurt, and knead to make a stiff dough. Divide into 12 to 16 portions, and shape each into 1-inch-long ($2\frac{1}{2}$ -cm-long), $\frac{1}{2}$ -inch-thick (1-cm-thick) rolls.

5. Place a nonstick wok over high heat and add 1 quart (800 ml) oil. When small bubbles appear at the bottom of the wok, lower the

heat to medium, slide in the dough rolls, and cook, stirring with a slotted spoon, until golden and crisp. Remove with the slotted spoon and drain on paper towels. Set the *muthiyas* aside.

6. Combine the coconut, green garlic, cilantro, coriander, ginger paste, green chile paste, and the remaining $\frac{1}{4}$ teaspoon salt. Transfer half of this mixture to a food processor. Add the green peas and process coarsely. Transfer to a bowl, add the remaining coconut mixture, and combine well.

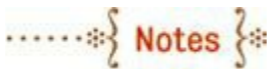
7. Add half of the coconut mixture to the beans and stir. Add the remaining coconut mixture to

the other vegetables and stir.

8. Place a nonstick saucepan over medium heat and add 3 tablespoons oil. When small bubbles appear at the bottom of the pan, add the *ajwain* and sauté for 15 seconds.

9. Add 2 cups (400 ml) water and bring to a boil. Arrange alternating layers of the bean mixture and the other vegetable mixture in the pan. Lower the heat to low, cover, and cook for 35 to 40 minutes or until the vegetables are almost tender. Occasionally stir the vegetables gently.

10. Add the *muthiyas* and cook for 5 minutes. Serve hot.



Surti papdi are a special type of Indian green beans available frozen at Indian grocery stores. You can use regular green beans as a substitute, though they will alter the taste.

Vegetable Dhansaak

Parsi vegetable stew

The *dals* give this stew body and increase the nutritional content, and the vegetables provide little pockets of interesting flavors. This hearty dish is perfect with brown rice (page 15) for a quiet family dinner.

Serves 4.

$\frac{1}{4}$ cup (50 grams) *toor dal/arhar dal* (split pigeon peas)

2 tablespoons *masoor dal* (split red lentils)

2 tablespoons *dhuli moong dal* (split skinless green gram)

2 tablespoons *chana dal* (split Bengal gram)

4 ounces (125 grams) pie pumpkin, peeled and cut into $\frac{1}{2}$ -inch (1-cm) cubes

2 medium eggplants, cut into $\frac{1}{2}$ -inch (1-cm) cubes

1 large potato, peeled

and cut into 1/2-inch (1-cm) cubes

1/4 medium bunch *methi* (fresh fenugreek leaves), trimmed and chopped

10 to 15 fresh mint leaves, chopped, plus 1 sprig

1/2 teaspoon ground turmeric

2 1/8 teaspoons table salt

1-inch (2 1/2-cm) piece fresh ginger, chopped

5 or 6 cloves garlic, chopped

4 or 5 green chiles, stemmed and chopped

1 teaspoon cumin seeds

2 tablespoons ghee

(page 37)

**2 tablespoons vegetable
oil**

**2 medium red onions,
chopped**

**1 teaspoon red chile
powder**

**2 tablespoons *dhansaak
masala* (spice mix; page 26)**

**2 medium tomatoes,
chopped**

**2 tablespoons freshly
squeezed lemon juice**

**2 tablespoons chopped
fresh cilantro**

1. Put the *dals* in a bowl, wash in plenty of water 2 or 3 times, and drain. Add 2 cups (400 ml) water and soak for 1 to 2 hours. Drain in a colander.

2. Place a nonstick saucepan over high heat and add 1 quart (800 ml) water. When it comes to a boil, add the *dals*, pumpkin, eggplant, potato, *methi*, chopped mint, turmeric, and 1 teaspoon of the salt. Lower the heat to low, cover, and cook, stirring occasionally, for 45 minutes or until the *dals* and vegetables are soft. Mash well with an immersion blender. The mixture should be homogenous. Add 2 cups (400 ml) water and stir well.

3. Put the ginger, garlic, chiles, cumin, and 1/8 teaspoon salt in a spice grinder with 2 tablespoons water and grind to a fine paste. Transfer to a small bowl.

4. Place a nonstick saucepan over medium heat and add the ghee and oil. When small bubbles appear at the bottom of the pan, add the onions and sauté over low heat for about 7 minutes or until golden.

5. Add the ground paste, chile powder, and *dhansaak masala* and stir. Add the tomatoes and sauté until they are soft. Add the *dal* mixture and stir well. Add the remaining 1 teaspoon salt and

simmer for 5 minutes.

6. Add the lemon juice and cilantro, and stir.

7. Garnish with the mint sprig and serve hot.

Zunka Bhakar

Chickpea flour porridge

Served with *bhakri* (also known as *bhakar*), an Indian griddle bread (page 453) made from sorghum flour (*jawari*), this combination is a low-glucose meal that provides sustained energy for hardworking Maharashtra farmers.

Serves 4.

**1 cup (100 grams) *besan*
(chickpea/gram flour)**

1/8 teaspoon asafetida

**1/4 teaspoon ground
turmeric**

**1 teaspoon red chile
powder**

**1/2 teaspoon ground
roasted cumin (page 32)**

**1 teaspoon ground
coriander**

1/2 teaspoon sugar

1 teaspoon table salt

**3 tablespoons vegetable
oil**

**1/2 teaspoon brown
mustard seeds**

½ teaspoon cumin seeds
8 fresh curry leaves
1 green chile, stemmed
and slit
2 medium red onions,
chopped
2 tablespoons chopped
fresh cilantro

1. In a large bowl, combine the *besan*, half of the asafetida, the turmeric, chile powder, ground cumin, coriander, sugar, salt, and 1 cup (200 ml) water.

2. Place a nonstick saucepan over medium heat and add 2 tablespoons of the oil. When small bubbles appear at the bottom of the pan, add the mustard seeds. When

the seeds sputter, add the cumin seeds, the remaining asafetida, the curry leaves, and chile, and sauté for 30 seconds. Add the onions and sauté for 5 minutes or until golden brown.

3. Add the *besan* mixture and stir well. Drizzle 1 tablespoon of the oil around the sides of the pan. Cover and cook for 8 minutes, stirring occasionally.

4. Sprinkle with the cilantro and serve hot.

..... { Chef's Tip }

Shredded cabbage or chopped green bell peppers can also be added to the *zunka*.

Vatana Nu Leelu

Shaak

Freshly shelled green peas

In the Gujarati language the name of this dish means “peas in green curry,” and it is one of the simplest and smartest ways to capture the sweetness of fresh green peas in a side dish. It’s especially good with *roti* (page 18) and *raita*.

Serves 4.

**1-inch (2½-cm) piece
fresh ginger, roughly
chopped**

**2 green chiles, stemmed
and roughly chopped**

**2 tablespoons vegetable
oil**

$\frac{1}{4}$ teaspoon asafetida

**$\frac{1}{2}$ teaspoon brown
mustard seeds**

**$1\frac{1}{2}$ cups (225 grams)
shelled fresh green peas**

**2 teaspoons ground
coriander**

**1 teaspoon ground
roasted cumin (page 32)**

**$\frac{1}{2}$ teaspoon red chile
powder**

1 teaspoon table salt

$\frac{1}{2}$ teaspoon *garam*

***masala* (spice mix; page 27)**

1. Put the ginger and chiles in a spice grinder with 1 tablespoon water, and grind to a fine paste.

2. Place a nonstick sauté pan over medium heat and add the oil. When small bubbles appear at the bottom of the pan, add the asafetida and mustard seeds, and sauté until the seeds begin to sputter. Add the ginger-chile paste and peas, and sauté for 2 minutes, stirring continuously.

3. Add the coriander, cumin, and chile powder, and cook over medium heat for 1 minute, stirring continuously.

4. Stir in 1 cup (200 ml) water

and bring to a boil. Lower the heat to low and simmer, stirring occasionally, for 10 minutes or until the peas are tender.

5. Add the salt and *garam masala*, and stir.

6. Transfer to a serving bowl and serve hot as a side dish.

Kadai Paneer

Paneer cooked in a wok

This is the quintessential *paneer* dish found on most Indian restaurant menus. The flavor of coriander is dominant, so make sure that the coriander seeds you use are fragrant and of good quality.

Check to ensure that they are not too brown and woody: A little green hue on the seeds means they are young and will have a stronger aroma.

Serves 4.

**2 dried red chiles,
stemmed**

**1 tablespoon coriander
seeds**

1 teaspoon cumin seeds

**¼ cup (50 ml) vegetable
oil**

**1 teaspoon fresh garlic
paste (page 12)**

**2 medium red onions,
sliced**

2 green chiles, stemmed

and chopped

**1-inch (2½-cm) piece
fresh ginger, chopped, plus
¼-inch (½-cm) piece fresh
ginger, julienned**

**6 medium tomatoes,
chopped**

2 teaspoons table salt

**1 pound (500 grams)
paneer (pressed fresh
cheese; page 17), cut into 1-
inch (2½-cm) triangles**

**2 small green bell
peppers, seeded and
julienned**

**1 teaspoon *garam
masala* (spice mix; page 27)**

1 **tablespoon** *kasoori methi* (dried fenugreek leaves), **crushed**

2 **tablespoons** **chopped** **fresh cilantro**

1. Place a small nonstick sauté pan over medium heat. Let it heat for 2 minutes, then add the red chiles, coriander, and cumin, and dry-roast for 1 to 2 minutes or until fragrant. Set aside to cool. Transfer to a mortar and pound with a pestle to a coarse powder.

2. Place a medium nonstick sauté pan over medium heat and add the oil. Add the garlic paste and sauté for 10 seconds. Add the onions, green chiles, and chopped

ginger, and sauté for 3 to 4 minutes.

3. Add the tomatoes and sauté for 5 minutes or until the oil comes to the top. Add the roasted and pounded spices and the salt, and sauté for 2 to 3 minutes. Add 1½ cups (300 ml) water and stir. When the water comes to a boil, cover and cook for 8 to 20 minutes.

4. Increase the heat to high, add the *paneer* and bell peppers, and sauté for 2 to 3 minutes or until the *paneer* pieces are fully coated with the mixture.

5. Add the *garam masala*, *kasoori methi*, and cilantro, and stir.

6. Transfer to a serving bowl,

garnish with the julienned ginger, and serve hot.

Palak Paneer

Pressed fresh cheese with spinach

Palak paneer is one of the most common everyday Punjabi dishes. Spinach is a winter green in India, but thanks to advanced technology, fresh spinach is available almost all year round. However, you can also use frozen spinach in this recipe. I'm of the opinion that *palak paneer* tastes best without too many spices and herbs, hence the simplicity of this version. Serve this dish with

parathas (page 18).

Serves 4.

**3 large bunches fresh
spinach, stemmed**

1³/₄ teaspoons table salt

**4 green chiles, stemmed
and chopped**

**¼ cup (50 ml) vegetable
oil**

¾ teaspoon cumin seeds

**12 to 14 cloves garlic,
chopped**

**10 ounces (300 grams)
paneer (pressed fresh
cheese; page 17), cut into 1-
inch (2½-cm) cubes**

1½ tablespoons freshly

squeezed lemon juice

**1/3 cup (60 ml) heavy
cream**

1. Wash the spinach thoroughly under running water. Drain well in a colander.

2. Place a nonstick saucepan over medium heat, add 10 cups (2 liters) water and 1 teaspoon of the salt, and bring to a boil. Add the spinach and blanch in the salted boiling water for 2 minutes. Refresh under running water. Drain well in a colander.

3. Transfer to a food processor, add the chiles, and process to a fine paste.

4. Place a nonstick sauté pan

over medium heat and add the oil. When small bubbles appear at the bottom of the pan, add the cumin. When it begins to change color, add the garlic and sauté for 30 seconds. Add the spinach purée and stir. Add $\frac{1}{2}$ cup (100 ml) water.

5. Bring to a boil, then add the *paneer* and stir gently. Add the remaining salt and the lemon juice, and stir gently. Add the cream and remove from the heat. Taste and add more salt if needed.

6. Serve hot.

.....✿ } **Chef's Tip** } ✿

To retain the bright green color of the spinach—not to mention its flavor—do not overcook it.

Paneer Makhni

Paneer in a silky tomato sauce

Makhni can mean two things when it comes to food: that the sauce is as smooth as butter, or that there is a lot of butter in the sauce. In this case, it means both. Here, in one of the best-selling dishes in restaurants in India, *paneer* gets the royal treatment: The curry is as smooth as butter, and there is plenty of it in the sauce as well. The sourness of the tomatoes is cleverly tempered by the honey, and the dried fenugreek leaves add a heady aroma. Serve the dish with *naan*

(page 20) or *parathas* (page 18).

Serves 4.

**2 tablespoons vegetable
oil**

**12 green cardamom
pods**

½ blade mace

**3 cloves garlic,
unpeeled, roughly chopped**

**2½ teaspoons *degchi
mirch* (red chile) powder
(page 587)**

**18 large tomatoes,
roughly chopped**

1¾ teaspoons table salt

**1 cup (240 grams)
butter**

**2 teaspoons ground
roasted *kasoori methi* (dried
fenugreek leaves)**

1 tablespoon honey

**½ cup (100 ml) heavy
cream**

**12 ounces (350 grams)
paneer (pressed fresh
cheese; page 17), cut into 1-
inch (2½-cm) triangles**

1. Place a nonstick saucepan over medium heat and add the oil. When small bubbles appear at the bottom of the pan, add the cardamom and mace. Sauté for 1 minute or until fragrant. Add the garlic and sauté for 1 minute.

2. Stir the chile powder into 3

tablespoons water to make a paste. Add this paste to the pan and sauté for 30 seconds.

3. Add the tomatoes and salt, and cook for 15 minutes or until the tomatoes are pulpy. Pour through a strainer into a nonstick saucepan. Transfer the solids to a blender and blend to a smooth paste. Push the solids through the strainer into the strained liquid. Add $\frac{3}{4}$ cup (150 ml) water and stir well.

4. Place a nonstick griddle over medium heat and place the pan with the sauce over it. Add the butter and simmer, stirring occasionally, for 10 minutes or until the raw flavors of tomato

disappear.

5. Add the *kasoori methi* and honey. Stir and cook for 5 minutes. Add the cream and cook for 2 minutes.

6. Add the *paneer* and stir gently.

7. Serve hot.

Paneer Piste Ka

Salan

Paneer and pistachio curry

Get ready for a pleasant journey: When you try this dish, your taste buds will travel from the nuttiness of the pistachios to the cleansing effect of the green

chutney. When I was researching this recipe, I added *paneer* instead of the typical chicken or meat. I did that because I wanted to increase the choices for vegetarians when it comes to royal cuisine, and I believe that this rich and silky curry is a great addition.

Serves 4.

- 2 cups (400 ml)
vegetable oil**
- 2 large red onions,
sliced**
- 1¼ cup (150 grams)
shelled pistachios, blanched
and peeled (see Note page
40)**
- ½ cup (125 grams) plain**

yogurt

1 pound (500 grams)

***paneer* (pressed fresh
cheese; page 17)**

$\frac{1}{4}$ cup (50 grams)

***pudina aur dhaniya* chutney
(mint-and-cilantro chutney;
page 22)**

**1 tablespoon fresh
garlic paste (page 12)**

**$\frac{1}{2}$ tablespoon fresh
ginger paste (page 12)**

**$\frac{1}{4}$ cup (50 grams) ghee
(page 37)**

5 green cardamom pods

5 whole cloves

1-inch (2 $\frac{1}{2}$ -cm)

cinnamon stick

2 blades mace

**7 or 8 saffron threads,
crushed**

**½ teaspoon *garam
masala* (spice mix; page 27)**

2 teaspoons table salt

**2 or 3 drops *kewra*
(screw pine) water (page
588)**

1. Place a nonstick wok over medium heat and add the oil. When small bubbles appear at the bottom of the wok, add half of the onions and cook, stirring with a slotted spoon, until browned. Remove with the slotted spoon and drain on paper towels.

2. Reserve 1 tablespoon of the pistachios for garnish. Put the remaining pistachios in a food processor. Add the remaining sliced onions, 2 tablespoons of the browned onions, and the yogurt, and process to a smooth paste.

3. Cut the *paneer* into 1-inch (2½-cm) triangles. Put in a bowl, add the chutney, and stir gently. Cover the bowl with plastic wrap and set aside to marinate for 15 minutes.

4. Put the garlic paste and ginger paste in a small bowl, add 2 tablespoons water, and stir well.

5. Place a nonstick sauté pan over medium heat and add 2

tablespoons of the ghee. When the ghee melts and small bubbles appear at the bottom of the pan, add the cardamom, cloves, cinnamon, and mace, and sauté for 30 seconds or until fragrant. Add the garlic and ginger paste mixture, and sauté for 15 seconds. Add the pistachio paste, stir, and cover. Simmer for 2 to 3 minutes. Add the saffron, *garam masala*, salt, and 1 cup (200 ml) water, and simmer for 4 to 5 minutes.

6. Place another nonstick sauté pan over medium heat and add the *paneer*. Sauté over high heat for 2 minutes, stirring gently so that the *paneer* pieces do not break.

Transfer to a serving dish.

7. Add the *kewra* water to the simmering pistachio sauce and stir. Immediately pour the sauce over the *paneer* pieces.

8. Garnish with the reserved pistachios and the remaining browned onions, and serve hot.

Paneer Tamatar Ka

Khut

Paneer cooked with tomatoes

Hyderabadi royal cuisine has been strongly influenced by the Andhra style of South India, hence the use of typically Andhran ingredients like tamarind, coconut,

and sesame oil here. The roasted *chana dal* acts as a thickening agent. Serve with *parathas* (page 18).

Serves 4.

**½ lemon-size ball
tamarind**
**15 medium tomatoes,
chopped**
**2-inch (5-cm) piece
fresh ginger, chopped**
**10 to 12 cloves garlic,
crushed**
**6 to 8 dried red chiles,
stemmed and broken in half**
1 tablespoon sesame oil
**1 teaspoon brown
mustard seeds**

1 teaspoon cumin seeds
20 fresh curry leaves
3 (1-inch/2½-cm)
cinnamon sticks
1 teaspoon ground
turmeric
2 teaspoons ground
coriander
1 teaspoon ground
roasted cumin (page 32)
1½ teaspoons table salt
2 tablespoons ground
roasted *chana dal*
½ cup (100 ml) coconut
milk
9 ounces (250 grams)
***paneer* (pressed fresh**

cheese; page 17), cut into 1-inch (2½-cm) fingers

1. Put the tamarind in a bowl, add 1 cup (200 ml) warm water, and soak for 30 minutes. Squeeze out the pulp, push through a strainer, and set aside.

2. Place a nonstick saucepan over medium heat and add ½ cup (100 ml) water, the tomatoes, ginger, garlic, and chiles, and bring to a boil. Lower the heat to low, cover, and simmer for 20 to 25 minutes or until the tomatoes are pulpy. Set aside to cool.

3. Push the cooled mixture through a strainer and set aside in a bowl. Transfer the solids to a food

processor and process to a smooth paste. Push the paste through a strainer into the same bowl.

4. Place a nonstick saucepan over medium heat and add the sesame oil. When small bubbles appear at the bottom of the pan, add the mustard seeds and cumin seeds, and sauté until the mustard seeds begin to sputter. Add the curry leaves, cinnamon, turmeric, coriander, and ground cumin, and sauté for 1 minute.

5. Add the tomato mixture and bring to a boil. Stir in the tamarind pulp and salt.

6. Add the ground *dal* and stir thoroughly. Lower the heat to low

and stir in the coconut milk and *paneer*. Simmer for 2 to 3 minutes.

7. Serve hot.

Shaam Savera

Koftas made of *paneer* coated with spinach in a creamy tomato sauce

Shaam savera is my best-known signature dish and one of my first creations on national TV. I had not planned to make this on the day of the shoot, but creativity took over and this is what I came up with!

Serves 4.

~ **For the *koftas*:**

5 medium bunches fresh

spinach, trimmed

**2 tablespoons plus 1
quart (800 ml) vegetable oil**

1 teaspoon cumin seeds

**10 to 12 cloves garlic,
finely chopped**

**6 or 7 green chiles,
stemmed and minced**

**1 1/8 teaspoons table
salt**

**1/4 teaspoon ground
turmeric**

**1/4 cup (25 grams) *besan*
(chickpea/gram flour)**

**1/2 cup (70 grams)
grated *paneer* (pressed fresh
cheese; page 17)**

**1/8 teaspoon ground
green cardamom**

**1/4 cup (30 grams)
cornstarch**

**~ For the *makhni*
sauce:**

**2 tablespoons vegetable
oil**

**12 green cardamom
pods**

1/2 blade mace

**20 cloves garlic, roughly
chopped**

**2 1/2 teaspoons *degchi*
mirch (red chile) powder
(page 587)**

18 large tomatoes,

roughly chopped

1³/₄ teaspoons table salt

1 cup (240 grams)

butter

**2 teaspoons ground
roasted *kasoori methi* (dried
fenugreek leaves)**

1 tablespoon honey

½ cup (100 ml) heavy

cream

1. Make the *koftas*: Wash the spinach leaves under running water.

2. Place a nonstick saucepan over medium heat, add 8 cups (1.6 liters) water, and bring to a boil. Add the spinach and blanch for 2 to 3 minutes. Drain in a colander and refresh under cold water. Squeeze

out the excess water, let cool, and finely chop. Transfer to a large bowl.

3. Place a nonstick sauté pan over medium heat and add 2 tablespoons of the oil. When small bubbles appear at the bottom of the pan, add the cumin, garlic, and chiles, and sauté for 1 minute. Add 1 teaspoon of the salt and the turmeric, and stir. Add the *besan* and sauté for 1 to 2 minutes. Add the spinach and sauté, stirring continuously, until the mixture is dry and begins to leave the sides of the pan. Set aside to cool. Divide into 8 portions.

4. In a bowl, mash the *paneer*

together with the remaining 1/8 teaspoon salt and the cardamom. Divide into 8 portions and shape into balls.

5. Take a spinach portion, flatten it on your palm, and place a *paneer* ball in the center. Gather the edges and shape into a ball. Repeat with the remaining spinach and paneer portions.

6. Spread the cornstarch on a plate and roll the stuffed spinach balls in it. Shake off the excess.

7. Place a nonstick wok over high heat and add 1 quart (800 ml) oil. When small bubbles appear at the bottom of the wok, lower the heat to low and gently slide in the

stuffed spinach balls. Cook for 2 to 3 minutes or until golden brown. Remove with a slotted spoon and drain on paper towels. Set aside.

8. Make the *makhni* sauce: Place a nonstick saucepan over medium heat and add the oil. When small bubbles appear at the bottom of the pan, add the cardamom and mace. Sauté for 1 minute or until fragrant. Add the garlic and sauté for 1 minute.

9. Stir the chile powder into 3 tablespoons water to make a paste. Add this paste to the pan and sauté for 30 seconds.

10. Add the tomatoes and salt, and cook for 15 minutes or until the

tomatoes are pulpy. Pour through a strainer into a nonstick saucepan. Transfer the solids to a food processor and process to a smooth paste. Push the paste through the strainer into the strained liquid. Add $\frac{3}{4}$ cup (150 ml) water and stir well.

11. Place a nonstick griddle over medium heat and place the pan with the sauce over it. Add the butter and simmer, stirring occasionally, for 10 minutes or until the raw flavors of tomato disappear.

12. Add the *kasoori methi* and honey. Stir and cook for 5 minutes. Add the cream and cook for 2

minutes.

13. Pour the sauce into a serving bowl, halve the *koftas*, place them in the sauce, and serve immediately.



Before cooking the *koftas*, cook one and check to see if it holds its shape. If it breaks, add some more sautéed *besan* to the spinach mixture to bind it.

Shahi Paneer

A rich paneer curry

The food of the Mughals, who ruled ancient India for centuries, gets its flavors from the use of

whole spices, well-cooked onion and tomato pastes, aromatic spices such as saffron, *garam masala*, and a heavy dose of luscious cream. The end product? An aromatic, smooth curry. This is my favorite *paneer* dish.

Serves 4.

**6 medium tomatoes,
roughly chopped**

**14 ounces (400 grams)
paneer (pressed fresh
cheese; page 17)**

**2 large red onions,
quartered**

**2 tablespoons vegetable
oil**

3 whole cloves

2 (1-inch/2½-cm)
cinnamon sticks
1 bay leaf
2 green chiles, stemmed
and slit
1 teaspoon fresh ginger
paste (page 12)
1 teaspoon fresh garlic
paste (page 12)
1 teaspoon red chile
powder
2 teaspoons ground
coriander
½ teaspoon ground
turmeric
½ teaspoon ground
black pepper

**¼ cup cashew paste
(page 12)**

**1 cup (100 ml) heavy
cream**

Pinch of saffron threads

**½ teaspoon *garam
masala* (spice mix; page 27)**

1 teaspoon table salt

**¼ teaspoon ground
green cardamom**

1. Put the tomatoes in a blender and blend to a smooth purée. You should have about 2 cups of purée.

2. Cut the *paneer* into ½-inch-by-1-inch (1-cm-by-2½-cm) pieces.

3. Place a small nonstick

saucepan over medium heat and add $\frac{1}{2}$ cup (100 ml) water. Add the onions and boil for 5 to 7 minutes. Drain and let cool. Transfer to a food processor and grind to a fine paste. Set aside.

4. Place a nonstick sauté pan over medium heat and add the oil. When small bubbles appear at the bottom of the pan, add the cloves, cinnamon, and bay leaf, and sauté for 30 seconds or until fragrant.

5. Add the chiles and onion paste, and lower the heat to low. Sauté for 3 to 4 minutes but do not let the mixture brown. Add the ginger paste and garlic paste, and sauté for 30 seconds.

6. Add the tomato purée and sauté for 5 to 7 minutes or until the oil comes to the top. Add the chile powder, coriander, turmeric, and black pepper, and sauté for 1 minute.

7. Add the cashew paste and sauté for 2 minutes. Stir in the cream, saffron, *garam masala*, salt, and 1 cup (200 ml) water. Stir well and bring to a boil. Simmer for 3 minutes.

8. Add the *paneer* and stir gently until heated through.

9. Sprinkle with the cardamom and serve hot.

Vegetable and

Paneer Jhalfrazie

Spicy vegetables and *paneer*

Quite popular in restaurants, this is one dish that will brighten up any party. The word *jhalfrazie* is a combination of *jhal*, meaning “spicy” or “pungent,” and *frazie*, meaning “fried.” This is an improvement on the Anglo-Indian *jhalfrazie* that was served in colonial times by servants who julienned the leftover roast from the previous night’s dinner and stir-fried the meat with slices of bell peppers and chiles.

Serves 4.

**1 large carrot, cut into
1-inch (2½-cm) sticks**

**10 thin long beans,
strings removed, cut into 2-
inch (5-cm) pieces**

**2 medium red onions,
cut into thick slices**

**3 tablespoons vegetable
oil**

1 teaspoon cumin seeds

**2 dried red chiles,
stemmed and broken in half**

**1 medium red bell
pepper, seeded and cut into
2-inch (5-cm) strips**

**1 medium yellow bell
pepper, seeded and cut into**

2-inch (5-cm) strips

1 medium green bell pepper, seeded and cut into 2-inch (5-cm) strips

$\frac{1}{2}$ teaspoon ground turmeric

$1\frac{1}{2}$ teaspoons red chile powder

1 teaspoon *garam masala* (spice mix; page 27)

1 teaspoon table salt

2 medium tomatoes, chopped

14 ounces (400 grams) *paneer* (pressed fresh cheese; page 17), cut into 2-inch (5-cm) sticks

**2-inch piece fresh
ginger, julienned**

**2 tablespoons chopped
fresh cilantro**

**1½ tablespoons white
vinegar**

1 teaspoon sugar

1. Place a medium nonstick pan over medium heat and add 2 cups (400 ml) water. Bring to a boil and add the carrot and beans. Cook for 5 minutes, then drain in a colander. Refresh under running water and drain well.

2. Separate the onion slices into rings. Set aside.

3. Place a medium nonstick wok over medium heat and add the

oil. When small bubbles appear at the bottom of the wok, add the cumin. When it begins to change color, add the chiles and onions, and sauté for 30 seconds.

4. Add the carrot, beans, and bell peppers, and sauté for 1 minute. Add the turmeric, chile powder, *garam masala*, and salt, and stir. Add the tomatoes and cook for 7 minutes or until they are pulpy.

5. Add the *paneer* and stir gently. Add the ginger and cilantro, and stir. Add the vinegar and sugar, and stir. Serve hot.

Main Courses: Fish, Shellfish, Lamb, and Chicken

The waters of the Arabian Sea, the Indian Ocean, and the Bay of Bengal lap at the coastline of India. The country also has a large network of waterways that teem with fish and shellfish that are quick and easy to cook.

My favorite seafood dishes here are *karimeen pollichattu* (page 324) and the famous Goan shrimp *balchao* (page 342).

Indian cooks have perfected the art of tenderizing meat with marinades and slow cooking. Lamb and goat have been essential ingredients in the cooking of most regions in the

country since the early days of Mughal rule. While royalty in Hyderabad feasted on *burrah masaledaar* (page 356), the average family slowly cooked *dal gosht* (page 358) and then stretched it with lentils. You can make the elaborate *lagan ka kheema* (page 381) as it would be served at a Parsi wedding

or the simple *tariwala* meat (page 401) as it is made in the roadside eateries along the highways of Punjab.

Chicken is an incredibly versatile ingredient, and some of the most deliciously spiced Indian dishes use it. Chicken curries have become the mainstays of menus at Indian

restaurants all over the world—from the robust *murgh zafrani do pyaza* of the Mughals to the spicy *kozhi thengai kozhambu* from the south. There are recipes for every taste, occasion, season, and budget in this chapter.

Bangda Udad Methi

Mackerel curry

Fried and ground rice adds a thickness and texture to this aromatic and fiery mackerel curry. If you cannot find fresh grated coconut, look in your Indian grocer's freezer aisle. Frozen grated coconut can be used instead; be sure to purchase the unsweetened variety. Serve with steamed rice.

Serves 4.

**4 (3 ½-ounce/100-gram)
mackerels, scaled and
cleaned**

2 teaspoons table salt
3 tablespoons oil
2 tablespoons raw rice
2 tablespoons *dhuli*
***urad dal* (split skinless black**
gram)
½ teaspoon fenugreek
seeds
5 whole black
peppercorns
4 onions, sliced
1 cup (120 grams)
grated fresh coconut
4 teaspoons tamarind
pulp
8 dried whole red chiles,
stemmed

**2 teaspoons ground
turmeric**

1. Cut each fish horizontally into 4 pieces. Sprinkle the pieces with 1 teaspoon of the salt and put in the refrigerator for 15 minutes. Wash under running water and put in a colander to drain.

2. Place a medium nonstick sauté pan over medium heat and add 1 teaspoon of the oil. When small bubbles begin to appear at the bottom of the pan, add the rice and sauté until dark brown. Remove with a strainer and set aside on a paper towel to cool. To the oil remaining in the pan, add the *dal* and sauté until lightly browned.

Drain and set aside with the rice to cool to room temperature.

3. Add the fenugreek and peppercorns to the oil remaining in the pan and sauté until fragrant. Drain and set aside.

4. Transfer the sautéed rice and *dal* to a spice grinder and grind to a coarse powder; set aside.

5. In a spice grinder, grind the sautéed fenugreek and peppercorns with 1 tablespoon water to a fine paste; set aside.

6. Return the pan to medium heat and add 2 teaspoons of the oil. When small bubbles begin to appear at the bottom of the pan, add $\frac{1}{2}$ cup (100 grams) of the sliced

onions and sauté until golden brown. Add the coconut and sauté until browned. Set aside to cool.

7. In a spice grinder, grind the cooled sautéed coconut and onions along with the tamarind, chiles, and turmeric to a coarse paste and set aside.

8. Place a medium nonstick saucepan over high heat and add the remaining 2 tablespoons oil. Add the remaining sliced onions, lower the heat to medium, and sauté until the onions are soft. Add the ground coconut paste, 5 cups (1 liter) lukewarm water, and the remaining 1 teaspoon salt, and stir. Add the fenugreek-peppercorn paste, stir,

and bring to a boil.

9. Add the mackerels and the ground rice powder to the curry. Stir and lower the heat to low. Cook for 3 minutes or until the fish is cooked through (it should be flaky). Serve hot.

Bhapa Ilish

Steamed fish

Hilsa fish steamed with a tangy paste of mustard and green chiles is a Bengali specialty. Since *hilsa* is hard to find in the United States, you can use shad instead. Serve with steamed rice.

Serves 4.

**2¼ pounds (1 kg) *hilsa*
or shad, scaled and cleaned**

1 teaspoon table salt

**1 teaspoon ground
turmeric**

**1 teaspoon yellow
mustard seeds**

**1 teaspoon black
mustard seeds**

**2 or 3 green chiles,
stemmed**

**1-inch (2½-cm) piece
fresh ginger**

**1 tablespoon refined
mustard oil (see Note page
87)**

1. Wash the fish well under

running water. Cut horizontally into 1-inch-thick (2½-cm-thick) slices. Put in a bowl and sprinkle with ½ teaspoon of the salt and ½ teaspoon of the turmeric. Set aside for 5 minutes.

2. Combine the remaining ½ teaspoon turmeric, the yellow mustard seeds, black mustard seeds, chiles, ginger, and 2 tablespoons water in a spice grinder. Grind to a smooth paste. Add the remaining ½ teaspoon salt and grind again. Transfer to a bowl. Add the paste to the fish pieces, turning them to coat evenly, and put in the refrigerator for 30 minutes to marinate.

3. Put water in the bottom of a steamer over high heat. Place the fish in the top of the steamer, drizzle with the mustard oil, and cover. Steam for 8 to 10 minutes. Remove the steamer from the heat and let the fish stand, covered, for 3 minutes. Uncover, arrange the fish on a serving platter, and serve hot.

Chapa Pulusu

Andhra-style tamarind-and-fish curry

Fish curries in the South of India usually feature coconut or coconut milk, but this recipe uses the souring agents tomato and tamarind. While only tamarind is

typically used with seafood in Andhra Pradesh, I added the tomato to give this dish a little bit of sweetness to take the edge off the sourness. Ideally, this fish should be cooked in an earthenware pot.

Serves 4.

**14 ounces (400 grams)
pomfret, cut into 8 fillets**
**1 teaspoon ground
turmeric**
**3½ teaspoons fresh
ginger paste (page 12)**
**3½ teaspoons fresh
garlic paste (page 12)**
**1 tablespoon freshly
squeezed lemon juice**
1½ teaspoons table salt

**2 tablespoons vegetable
oil**

½ teaspoon cumin seeds

**½ teaspoon brown
mustard seeds**

**¼ teaspoon fenugreek
seeds**

10 fresh curry leaves

**2 dried red chiles,
stemmed and broken in half**

**1 large red onion,
chopped**

**2 medium tomatoes,
chopped**

**1½ teaspoons red chile
powder**

¼ teaspoon ground

roasted cumin (page 32)

**$\frac{1}{2}$ teaspoon ground
coriander**

**$\frac{1}{4}$ cup (70 grams)
tomato purée**

**1 tablespoon tamarind
pulp**

1. Wash the fish slices under running water and drain them well in a colander.

2. In a large bowl, combine 2 cups (400 ml) water, the turmeric, 2 teaspoons of the ginger paste, 2 teaspoons of the garlic paste, the lemon juice, and $\frac{1}{2}$ teaspoon of the salt. Add the fish and set aside for 20 minutes.

3. Place a nonstick sauté pan

over medium heat and add the oil. When small bubbles appear at the bottom of the pan, add the cumin seeds, mustard seeds, fenugreek, curry leaves, and chiles, and sauté for 30 seconds or until fragrant.

4. Add the onion and sauté for 4 minutes or until the onion is translucent. Add the remaining 1½ teaspoons ginger paste and garlic paste, and sauté for 1 minute.

5. Add the chopped tomatoes and sauté for 2 minutes. Add the remaining 1 teaspoon salt and stir. Add the chile powder, ground cumin, and coriander, and stir well. Add 3 cups (600 ml) water and cook for 3 minutes or until the

tomatoes are pulpy. Add the tomato purée and bring to a boil. Simmer for 10 minutes.

6. Add the tamarind pulp and stir well. When it comes to a boil, cook, stirring occasionally, for 7 minutes or until the oil comes to the top.

7. Drain the fish and gently slide the slices into the sauce. Lower the heat to low, cover, and cook for 10 minutes or until the fish is cooked through.

8. Serve hot.

Chimborya Cha

Kalwan

Spicy crab with coconut masala

The cuisine of Maharashtra is as diverse as the people and their culture. The dishes in this state range from purely vegetarian to an amazing array of highly spiced meat and seafood curries. This dish epitomizes the diversity of that cuisine. Serve the crabs with steamed rice.

Serves 4.

4 (9-ounce/250 gram)

blue crabs

4 large red onions

**8 tablespoons vegetable
oil**

5 cloves garlic, roughly

chopped

2 (1/2-inch/1-cm)

cinnamon sticks

4 whole cloves

2 green cardamom pods

12 whole black

peppercorns

3 tablespoons coriander

seeds

2 teaspoons fennel

seeds

1 teaspoon white poppy

seeds

1 1/3 cups (110 grams)

grated dried coconut

2 tablespoons table salt

1 tablespoon ground

turmeric

2½ tablespoons red

chile powder

1 star anise

4 fresh *kokum* petals

(see Note page 588)

1. Separate the claws and cut each crab into 4 pieces. Wash and remove the gills and stomach sac from the underside. Crack the claws lightly, wash thoroughly under running water, and drain well in a colander.

2. Slice 3 of the onions and chop the remaining onion.

3. Place a nonstick sauté pan over medium heat and add 1 tablespoon of the oil. When small

bubbles appear at the bottom of the pan, add the sliced onions and garlic, and sauté for 12 minutes or until well browned. Remove with a slotted spoon and set aside in a bowl.

4. To the same heated pan, add another 1 tablespoon of the oil. When small bubbles appear at the bottom of the pan, add 1 cinnamon stick, 3 cloves, the cardamom, and 8 peppercorns, and sauté for 30 seconds. Remove with a slotted spoon and add to the bowl with the onion mixture.

5. To the oil in the heated pan, add the coriander and fennel, and sauté for 1 minute. Remove with a

slotted spoon and add to the bowl.

6. To the oil in the heated pan, add the poppy seeds and sauté for 30 seconds. Remove with a spoon and add to the bowl.

7. Finally, to the oil in the heated pan, add the coconut and sauté for 6 minutes or until well browned and fragrant. Add to the bowl. Let the mixture cool completely.

8. Transfer the sautéed ingredients to a food processor, add $\frac{1}{2}$ cup (100 ml) water, and process to a fine paste.

9. Place the crabs in a large bowl. Add the salt, turmeric, and chile powder, and toss to coat. Set

aside for 5 minutes.

10. Heat the remaining 6 tablespoons oil in a nonstick saucepan. When small bubbles appear at the bottom of the pan, add the remaining cloves, remaining peppercorns, remaining cinnamon, and the star anise, and sauté for 30 seconds. Add the chopped onion and sauté for 5 minutes or until well browned.

11. Add the crabs and sauté for 8 minutes or until the shells turn orange. Add 5 cups (1 liter) water. Increase the heat to high and bring to a boil. Add the coconut mixture and *kokum* petals and stir well. Lower the heat to medium and cook

for 45 minutes.

12. Serve hot.

Chingri Macher Kofta Curry

Delicious deep-fried shrimp *koftas* cooked in a coconut-onion gravy

Shrimp is my favorite seafood. These succulent dumplings dunked in coconut sauce are a dream come true. Just try it once and you will understand why I think this dish is so tasty! Serve with steamed rice.

Serves 4.

30 to 40 small shrimp

3 large red onions

1 teaspoon table salt

**4 green chiles, stemmed
and chopped**

**2 tablespoons chopped
fresh cilantro**

1 egg, beaten

**¼ cup (30 grams)
breadcrumbs**

**1 quart (800 ml) plus 2
teaspoons vegetable oil**

5 cloves

**1-inch (2½-cm)
cinnamon stick**

6 green cardamom pods

**1½ teaspoons ground
turmeric**

**2-inch (5-cm) piece
ginger**

2 bay leaves

**1 cup (200 ml) coconut
milk**

1. For the *koftas*: Peel, devein, and wash the shrimp thoroughly under running water. Finely chop 1 onion.

2. Place a nonstick heavy-bottomed saucepan over high heat, add 1½ cups (300 ml) water, and bring to a boil. Add the shrimp and cook for 2 minutes.

3. When the shrimp are fully cooked, drain in a colander and allow them to cool. Mince the boiled shrimp in a food processor, transfer the shrimp to a bowl, and add ½ teaspoon of the salt, the

chopped onion, green chiles, and cilantro, and stir well. Divide this mixture into 12 portions and shape into balls.

4. Dip the balls in the beaten egg and roll in the breadcrumbs.

5. Place a medium nonstick wok over medium heat and add 1 quart (800 ml) of the oil. When small bubbles appear at the bottom of the wok, gently slide the *koftas* in and deep-fry for 2 to 3 minutes or until they are light golden. Remove with a slotted spoon, drain on paper towels, and set aside.

6. For the sauce: Roughly chop the remaining 2 onions and place them in a food processor.

Add the cloves, cinnamon, cardamom pods, turmeric, and ginger, and process into a fine paste.

7. Place a nonstick saucepan over medium heat and add the 2 teaspoons oil. When small bubbles appear at the bottom of the pan, add the bay leaves and the spice mixture, and sauté for 4 to 5 minutes, stirring continuously. Add 1 cup (200 ml) water to prevent scorching.

8. Gradually add the coconut milk, stirring continuously. Add the remaining $\frac{1}{2}$ teaspoon salt.

9. Add the *koftas* and lower the heat to low. Simmer for 10

minutes or until the sauce thickens a little.

10. Transfer to a serving bowl and serve hot.

Chingri Malai Curry

Shrimp in a rich coconut-milk gravy

India has an extensive coastline. There's a variety of fish available, but the best shrimp, in my opinion, are from the Bay of Bengal. This dish is typically prepared with shrimp with their heads on (the heads are considered a delicacy). You can, of course, remove the heads if you like. Serve

with steamed rice.

Serves 4.

15 medium shrimp

**1 teaspoon ground
turmeric**

1 teaspoon table salt

**¼ cup (50 ml) filtered
mustard oil (see Note page
87)**

1 teaspoon sugar

1 teaspoon cumin seeds

**1 teaspoon mustard
seeds**

**2 tablespoons fresh
ginger paste (page 12)**

**½ teaspoon red chile
powder**

**1 tablespoon cumin
paste (see Note)**

**5 or 6 green chiles,
stemmed and slit**

**1 cup (200 ml) coconut
milk**

**1 teaspoon *garam
masala* (spice mix; page 27)**

1. Peel and devein the shrimp and wash them thoroughly under running water. Drain well in a colander. Transfer to a bowl, add $\frac{1}{2}$ teaspoon of the turmeric and $\frac{1}{2}$ teaspoon of the salt, and stir well. Set aside to marinate for 15 minutes.

2. Place a medium nonstick sauté pan over high heat and add 2

tablespoons of the mustard oil. When small bubbles appear at the bottom of the pan, add the shrimp and sauté for 2 to 3 minutes. Transfer to a plate and set aside.

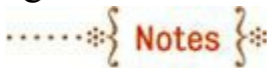
3. Put the remaining 2 tablespoons mustard oil in the same heated pan and place over medium heat. When small bubbles appear at the bottom of the pan, lower the heat to low, and add the sugar, cumin seeds, and mustard seeds. When the seeds begin to sputter, add the ginger paste, chile powder, cumin paste, and the remaining $\frac{1}{2}$ teaspoon turmeric. Cook, stirring, for 5 to 6 minutes.

4. Add the shrimp and green

chiles and cook, stirring, for 1 minute. Add the coconut milk and the remaining $\frac{1}{2}$ teaspoon salt and simmer over low heat for 6 to 8 minutes. Do not let it boil.

5. Sprinkle with the *garam masala* and stir.

6. Transfer the curry to a serving bowl and serve hot.



To make cumin paste, soak 1 tablespoon cumin seeds in 2 tablespoons water overnight. Grind in a spice grinder to a smooth paste.

Doi Mach

Fish in a yogurt curry

In this specialty from Bengal, *rohu* fish (a type of carp) is simmered in a spiced-yogurt curry. If you want to give it an even greater Bengali flavor, you can cook the dish in mustard oil instead of ghee. In order to do that, first heat the mustard oil to the smoking point. Remove from the heat and let cool. Then heat it again and proceed with step 2. Serve with steamed rice.

Serves 4.

1 (1 1/3-pound/600-gram) *rohu* fish (or any freshwater fish), scaled and cleaned

1 cup (250 grams) plain

yogurt

2 teaspoons table salt

2 tablespoons ghee

(page 37)

2 bay leaves

4 to 6 whole cloves

3 or 4 green cardamom

pods

2 onions, grated

3 green chiles, stemmed

and slit

½ teaspoon red chile

powder

¼ teaspoon ground

turmeric

1. Cut the fish into 1-inch-thick (2½-cm-thick) slices. Whisk the yogurt and salt until smooth,

then add to the fish, toss to coat, and put in the refrigerator for 20 minutes to marinate.

2. Place a medium nonstick saucepan over medium heat and add the ghee. When small bubbles appear at the bottom of the pan, add the bay leaves, cloves, and cardamom. Sauté for 15 seconds. Add the onions, chiles, chile powder, and turmeric, and sauté for 5 to 7 minutes.

3. Add the fish along with the yogurt and stir well. Bring to a boil, then lower the heat to low. Cover and cook for 7 to 8 minutes, until the fish is cooked through.

4. Transfer to a shallow

serving dish and serve.

Fish in Coconut Gravy

Fish in a rich and creamy coconut-milk sauce

This simple fish curry is prepared with ingredients that are almost always found in Indian kitchens and is excellent served with steamed rice. I like the no-fuss method of preparation.

Serves 4.

1 teaspoon table salt

**½ teaspoon fresh ginger
paste (page 12)**

½ teaspoon fresh garlic

paste (page 12)

1 tablespoon tamarind pulp

$\frac{1}{2}$ teaspoon ground turmeric

1 pound (500 grams) pomfret, cleaned and cut crosswise into $\frac{1}{2}$ -inch-thick (1-cm-thick) pieces (see Note)

2 tablespoons vegetable oil

2 green chiles, stemmed and slit

1 medium red onion, diced

1 small tomato, diced

1½ teaspoons red chile powder

2 cups (400 ml) thick coconut milk

¼ teaspoon ground roasted cumin (page 32)

2 tablespoons chopped fresh cilantro

1. In a large bowl, stir together the salt, ginger paste, garlic paste, tamarind pulp, and turmeric. Add the fish and toss to coat. Set aside to marinate for 20 minutes.

2. Place a nonstick sauté pan over medium heat and add the oil. When small bubbles appear at the bottom of the pan, add the chiles

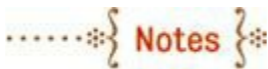
and onion, and sauté for 7 to 8 minutes or until the onion is translucent.

3. Add the tomato and chile powder, and cook for 2 minutes or until the tomato is soft. Add 1 cup (200 ml) water and stir. Bring to a boil.

4. Add the fish and cook for 5 minutes or until the fish is cooked through.

5. Add the coconut milk and cumin, and bring to a boil. Remove from the heat and transfer to a serving bowl.

6. Garnish with the cilantro and serve hot.



You can substitute pompano or butterfish for the pomfret.

Fish Moilee

A coconut-based fish curry

This flavorful coconut-based curry is from Kerala, a magnificent state in South India with a rich culinary repertoire. The dish is very simple to prepare and can be served with steamed white rice. If you can't find pomfret or *rohu*, you can also use Florida pompano or any freshwater fish—or even prawns. Serve with steamed rice.

Serves 4.

**2 (14-ounce/400-gram)
whole pomfret or *rohu* fish
(see Note)**

1 teaspoon table salt

**2 teaspoons freshly
squeezed lemon juice**

**1 tablespoon vegetable
oil**

**1 teaspoon brown
mustard seeds**

**8 to 10 fresh curry
leaves**

2 onions, chopped

**2 teaspoons fresh
ginger paste (page 12)**

2 teaspoons fresh garlic

paste (page 12)

**3 green chiles, stemmed
and slit**

**1 teaspoon ground
turmeric**

**1½ cups (300 ml)
coconut milk**

1. Trim the fins of the pomfret and clean the fish well. Cut each fish crosswise into 4 pieces. Wash under running water and drain in a colander. Sprinkle with ½ teaspoon of the salt and the lemon juice and set aside for 15 minutes.

2. Place a medium nonstick sauté pan over medium heat and add the oil. When small bubbles appear at the bottom of the pan, add

the mustard seeds. When they sputter, add the curry leaves and sauté for 2 seconds. Add the onions, and cook until soft and translucent.

3. Add the ginger paste, garlic paste, chiles, turmeric, and fish. Stir well and cook over high heat for 30 seconds.

4. Add the coconut milk and the remaining $\frac{1}{2}$ teaspoon salt. Lower the heat to low, cover, and cook for about 10 minutes or until the fish is just cooked through.

5. Transfer the curry to a shallow serving dish and serve hot.

.....✦ } **Notes** } ✦

If using *rohu*,

cut into 1-inch-thick (2½-cm-thick) slices.

Goan Shrimp Curry

A simple shrimp curry

This deliciously tangy shrimp curry, with fresh coconut and lots of ginger and garlic, is cooked in a style that is typical of Goan cuisine. Serve with steamed rice.

Serves 4.

20 shrimp

1½ teaspoons table salt

2 teaspoons cumin seeds

2 tablespoons coriander seeds

6 dried red chiles,

stemmed

**1 cup (120 grams)
grated fresh coconut (or
frozen unsweetened
coconut)**

**2-inch (5-cm) piece
fresh ginger, chopped**

**15 cloves garlic,
chopped**

**2 tablespoons tamarind
pulp**

**2 tablespoons vegetable
oil**

1 small onion, chopped

**2 green chiles, stemmed
and slit**

1 tablespoon malt

vinegar or cider vinegar

1. Peel and devein the shrimp. Wash thoroughly under running water. Drain in a colander for 15 minutes. Sprinkle with 1 teaspoon of the salt and set aside for 10 minutes.

2. Place a medium nonstick sauté pan over medium heat. Add the cumin, coriander, and dried chiles, and dry-roast for 5 to 8 minutes. Transfer to a bowl and set aside to cool.

3. Put the roasted spices, the coconut, ginger, garlic, tamarind pulp, and 1 cup (200 ml) water in a mini food processor, and process to a fine paste.

4. Place a medium nonstick sauté pan over high heat and add the oil. When small bubbles appear at the bottom of the pan, lower the heat to medium, add the onion, and sauté until golden brown. Add the green chiles and the remaining $\frac{1}{2}$ teaspoon salt and sauté over medium heat for 3 minutes more, stirring continuously.

5. Add the ground paste and $1\frac{1}{2}$ cups (300 ml) water. Bring to a boil, then lower the heat to low and add the shrimp. Cook for about 5 minutes or until the shrimp are cooked through.

6. Stir in the vinegar. Transfer to a serving bowl and serve hot.

Hara Masalewali

Machchli

A whole fish cooked in green chutney

Fresh cilantro plays a key role in most regional cuisines of India. It is used not only as a garnish, but also as a main ingredient in chutney-type sauces like this one, in which it is treated almost as a green vegetable.

Serves 4.

**4 (7½-ounce/220 gram)
whole pomfrets, cleaned (see
Note)**

1 teaspoon table salt

**½ teaspoon ground
turmeric**

**6 tablespoons vegetable
oil**

1 teaspoon cumin seeds

**2 teaspoons coriander
seeds**

**10 cloves garlic, roughly
chopped**

**1½-inch (4-cm) piece
fresh ginger, roughly
chopped**

**3 green chiles, stemmed
and roughly chopped**

**½ cup (60 grams)
grated fresh coconut (or
frozen unsweetened**

coconut)

½ cup (30 grams)

chopped fresh cilantro

2 tablespoons freshly

squeezed lemon juice

½ cup (75 grams) rice

flour

2 tablespoons *rawa/suji*

(fine semolina flour)

1. Make 2 or 3 slits on both sides of the middle bone on each fish. Put them on a large plate. Rub the salt and turmeric all over them, and set aside to marinate for 15 minutes.

2. Place a nonstick sauté pan over medium heat and add 2 tablespoons of the oil. When small

bubbles appear at the bottom of the pan, add the cumin, coriander, garlic, ginger, and chiles, and sauté for 1 to 2 minutes. Add the coconut and sauté for 2 minutes. Set aside to cool.

3. Transfer to a mini food processor, add the cilantro, lemon juice, and $\frac{1}{4}$ cup (50 ml) water, and process to a fine paste.

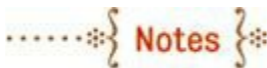
4. Using your fingertips, rub the paste all over the fish, including inside the slits.

5. Combine the rice flour and *rawa* on a plate.

6. Place a nonstick sauté pan over medium heat and add the remaining $\frac{1}{4}$ cup (50 ml) oil. While

the oil is heating, coat the fish with the rice-rawa mixture. When small bubbles appear at the bottom of the pan, gently add the fish, one at a time, and cook for 3 to 4 minutes on each side or until the fish is cooked through and both sides are evenly done.

7. Serve hot.



You can substitute pompano or small butterfish for the pomfret.

Iggaru Royya

Spicy shrimp with cumin and peppercorns

This dish has a very thick sauce, but if you want to serve it

with rice, add a little water to make the curry a little thinner.

Serves 4.

24 to 30 small shrimp

**5 tablespoons vegetable
oil**

**1 cup (120 grams)
grated fresh coconut (or
frozen unsweetened
coconut)**

**4 dried red chiles,
stemmed**

**1 teaspoon cumin seeds
½ teaspoon fenugreek
seeds**

**10 to 12 whole black
peppercorns**

2 red onions, chopped

**1 tablespoon fresh
ginger paste (page 12)**

**1 tablespoon fresh
garlic paste (page 12)**

2 tomatoes, chopped

1 teaspoon table salt

**10 to 12 fresh curry
leaves**

**2 tablespoons chopped
fresh cilantro**

1. Peel and devein the shrimp. Wash thoroughly under running water. Drain in a colander for 15 minutes, then pat dry with a kitchen towel.

2. Place a medium nonstick sauté pan over medium heat and add 2 tablespoons of the oil. When

small bubbles appear at the bottom of the pan, add the coconut, chiles, cumin, fenugreek, and peppercorns, and sauté for 2 to 3 minutes. Transfer to a bowl and set aside to cool to room temperature.

3. Transfer the mixture to a food processor with $\frac{3}{4}$ cup (150 ml) water and process to a coarse paste.

4. Place a medium nonstick saucepan over high heat and add the remaining 3 tablespoons oil. When small bubbles appear at the bottom of the pan, add the onions and sauté until golden brown. Add the ginger paste and garlic paste and sauté until all the moisture evaporates.

Add the coconut-chile paste and sauté over medium heat for 3 minutes, stirring continuously.

5. Add the tomatoes, salt, and curry leaves, and sauté over low heat for 3 to 4 minutes.

6. Add the shrimp and toss well. Increase the heat to high and cook for about 5 minutes or until the shrimp are cooked through.

7. Transfer to a serving dish. Garnish with cilantro and serve hot.

Ilish Macher Sorse

Jhol

Mustard fish

This famous dish has its roots

in eastern India. It is a pungent dish with a predominant mustard flavor. *Hilsa* fish (an oily fish that's the most popular fish of West Bengal), is hard to find in the United States, but you can substitute shad. Serve with steamed rice.

Serves 4.

1 (1 1/3-pound/630-gram) whole *hilsa* fish, scaled and cleaned

1 teaspoon table salt

1 teaspoon ground turmeric

3/4 teaspoon red chile powder

2 tablespoons mustard seeds

5 green chiles, stemmed
¼ cup (50 ml) refined
mustard oil (see Note page
87)

2 medium red onions,
chopped

1. Cut the fish horizontally into 1-inch-thick (2½-cm-thick) slices and wash well under running water. Drain in a colander and transfer to a bowl.

2. Sprinkle with ½ teaspoon of the salt, ½ teaspoon of the turmeric, and ¼ teaspoon of the chile powder. Set aside to marinate for 15 minutes.

3. Soak the mustard seeds in ¼ cup (50 ml) water for 15 minutes.

Transfer to a spice grinder with 2 of the chiles and $\frac{1}{4}$ teaspoon of the salt, and grind to a fine paste.

4. Place a nonstick wok over medium heat and add the mustard oil. When the oil is hot, add the fish and fry, turning, until both sides are lightly browned. Drain on paper towels and set aside.

5. Combine the remaining $\frac{1}{2}$ teaspoon turmeric, the remaining $\frac{1}{2}$ teaspoon chile powder, the mustard paste, and 2 cups (400 ml) water.

6. Return the wok, with the oil remaining in it, to medium heat. Add the onions and stir. Slit the remaining green chiles, add to the wok, and sauté for 3 to 4 minutes or

until the onions are browned. Add the turmeric–chile powder–mustard mixture and bring to a boil.

7. Add the fish and the remaining $\frac{1}{4}$ teaspoon salt, and simmer for 5 to 7 minutes or until the fish is cooked through.

8. Transfer to a serving dish and serve hot.

Jhinga Kalimirch

Shrimp in peppercorn sauce

This is one of India's hottest dishes. But I always say that the cook is in control, and you can decrease the quantity of peppercorns if you like. The best

peppercorns in India come from the verdant state of Kerala, where the air is full of heady aromas. The yellow chile powder used here is an ingredient from Benares and is a common spice used in the *chaats* sold by street vendors there.

Serves 4.

**20 medium shrimp,
peeled and deveined**

1½ teaspoons table salt

**2 tablespoons freshly
squeezed lemon juice**

4 medium red onions

**5 medium tomatoes,
roughly chopped**

**1 quart (800 ml) plus 3
tablespoons vegetable oil**

**½ cup (125 grams) plain
yogurt**

**1-inch (2½-cm)
cinnamon stick**

3 green cardamom pods

**2 teaspoons fresh garlic
paste (page 12)**

**2 teaspoons fresh
ginger paste (page 12)**

**¼ cup (75 grams)
cashew paste (page 12)**

**1 teaspoon ground
turmeric**

**½ teaspoon yellow chile
powder (or cayenne)**

**25 black peppercorns,
crushed, plus more for**

garnish if desired

1. Put the shrimp in a bowl, add the salt and lemon juice, and toss to coat. Cover the bowl with plastic wrap and set aside to marinate for 20 minutes.

2. Thinly slice 3 of the onions and chop the remaining onion.

3. Put the tomatoes in a blender and blend to a smooth purée. Transfer to a bowl and set aside.

4. Place a nonstick wok over high heat and add 1 quart (800 ml) oil. When small bubbles appear at the bottom of the wok, lower the heat to medium and add the sliced onions. Cook, stirring occasionally

with a slotted spoon, until the onions are well browned. Remove with the slotted spoon and drain on paper towels. Let cool completely.

5. Transfer the onions to the blender, add the yogurt, and blend to a fine paste.

6. Place a nonstick sauté pan over medium heat and add 2 tablespoons of the oil. When small bubbles appear at the bottom of the pan, add the cinnamon and cardamom, and sauté for 30 seconds or until fragrant. Add the garlic paste and ginger paste, and sauté for 30 seconds. Add the cashew paste and sauté for 2 minutes. Add the tomato purée and

cook, stirring, for 15 minutes. Add the turmeric and chile powder, and cook, stirring, for 1 minute.

7. Add the onion paste and stir well. Bring to a boil, then remove from the heat and let cool slightly. Pour through a strainer into a bowl; discard the solids.

8. Place a nonstick sauté pan over medium heat and add the remaining 1 tablespoon oil. When small bubbles appear at the bottom of the pan, add the peppercorns and chopped onion, and sauté for 4 to 5 minutes or until the onion is browned.

9. Add the shrimp and stir. Add the tomato mixture and 1 cup

(200 ml) water. Stir and cook until the mixture comes to a boil and the shrimp are cooked through.

10. Garnish with a few more crushed peppercorns, if you wish. Serve hot.

Karimeen

Pollichattu

Fish steamed in banana leaf

The pearl spot fish is similar to pomfret, which you may be more familiar with. The first time I tasted this fish was in Bangalore in a restaurant at Taj Gateway. Some people get passionate about Norwegian salmon or sea bass

from Chile; I feel the same way about pearl spot fish, which comes from the state of Kerala. Once you have tasted it, you will not mind flying it in or traveling to Kerala to try it. If you can't find pearl spot, use mackerel, silver pomfret, or tilapia.

Serves 4.

**4 (5-ounce/150 grams)
whole *karimeen* (pearl spot)
1 banana leaf (see
Notes)
1 cup (140 grams)
sambhar onions (similar to
red pearl onions), peeled
9 tablespoons coconut
or vegetable oil**

**½ teaspoon fenugreek
seeds**

**½ teaspoon black
mustard seeds**

**½ teaspoon fennel seeds
15 or 16 whole black
peppercorns**

**16 dried red chiles,
stemmed**

**¼ cup (12 grams)
coriander seeds**

**2-inch (5-cm) piece
fresh ginger, peeled**

16 cloves garlic

6 green chiles, stemmed

**25 to 30 fresh curry
leaves, chopped**

2 teaspoons tamarind pulp (see Notes)

1 tablespoon table salt

1. Scale the fish and clean the insides well. Wash under running water. Make deep slits on either side of each fish with a sharp knife and leave the fish in a colander to drain.

2. Wash the banana leaf and wipe it dry. Remove the center core and cut the leaf into 4 pieces. Holding them with tongs, singe the pieces over an open flame to make them malleable.

3. Peel all the onions and chop half of them. Leave the remaining onions whole.

4. Place a medium nonstick pan over medium heat and add 2 tablespoons of the oil. When small bubbles appear at the bottom of the pan, add the whole onions, fenugreek, mustard seeds, fennel, peppercorns, red chiles, coriander seeds, ginger, garlic, green chiles, half of the curry leaves, the tamarind pulp, and salt, and sauté for 2 to 3 minutes or until the onions are translucent.

5. Spread the mixture on a plate and set aside to cool to room temperature. Transfer to a food processor with $\frac{1}{4}$ cup (50 ml) water and process to a fine paste.

6. Spread half of the the paste

liberally all over the fish, stuffing it into the slits. Set aside for 30 minutes to marinate.

7. Place a shallow nonstick sauté pan over medium heat and add 4 tablespoons of the oil. When small bubbles appear at the bottom of the pan, place the fish in a single layer and cook for 2 minutes on each side or until the fish are half cooked.

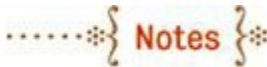
8. Place another nonstick sauté pan over medium heat and add 1 tablespoon oil. When small bubbles appear at the bottom of the pan, add the chopped onions, the remaining curry leaves, and the remaining ground paste, and cook, stirring

continuously, for 2 minutes.

9. Spread half of the onion mixture over the banana leaf pieces and place one fish on each piece. Spread the remaining mixture over the fish and fold in the sides of the banana leaf pieces to wrap the fish completely.

10. Place the nonstick sauté pan from step 7 over medium heat and add the remaining 2 tablespoons oil. When small bubbles appear at the bottom of the pan, add the fish parcels and cook for 3 to 4 minutes on each side or until the fish are cooked through, making sure that the leaves do not burn during cooking.

11. Serve hot in the parcels.



While banana leaf is preferable, you can wrap the fish in aluminum foil or parchment paper instead.

For sourness, *kodumpuli*, also called “fish tamarind,” is traditionally used here. Since it is not readily available, I call for regular tamarind pulp in the recipe; you can also use *amchur* (dried mango powder).

Kesari Bharwan

Jhinga

Stuffed shrimp in a saffron curry

This impressive dish of shrimp stuffed with chicken will have your guests exclaiming in delight.

Serves 4.

~ **For the shrimp:**

8 tiger shrimp

**1 teaspoon fresh ginger
paste (page 12)**

**1 teaspoon fresh garlic
paste (page 12)**

½ teaspoon table salt

**1 tablespoon freshly
squeezed lemon juice**

**2 ounces (60 grams)
ground chicken**

~ **For the sauce:**

¼ tablespoon cashew

paste (page 12)

½ tablespoon boiled-onion paste (page 11)

Generous pinch of saffron threads

¾ teaspoon ground green cardamom

4 teaspoons vegetable oil

3 green cardamom pods

3 whole cloves

1-inch (2½-cm) cinnamon stick

8 whole black peppercorns, plus ¾ teaspoon crushed black peppercorns

$\frac{3}{4}$ teaspoon *ajwain*

**$\frac{3}{4}$ teaspoon fresh garlic
paste (page 12)**

**$\frac{3}{4}$ teaspoon fresh ginger
paste (page 12)**

**2 green chiles, stemmed
and slit**

$\frac{1}{2}$ teaspoon table salt

1. Make the shrimp: Peel the shrimp but leave the shells on the tails. Devein, wash thoroughly under running water, and drain well in a colander. Carefully slit each shrimp lengthwise without cutting all the way through. Flatten each shrimp just enough to make it look like a butterfly. Pat dry and put in a bowl.

2. Add the ginger paste, garlic paste, salt, and lemon juice and rub them in well. Cover the bowl with plastic wrap and put in the refrigerator to marinate for 30 minutes.

3. Preheat the oven to 300°F/150°C.

4. Divide the chicken into 8 portions. Take a shrimp, point the head side toward you, place 1 portion of the chicken on the wide end of the shrimp, and roll the shrimp up until you reach the tail. Fasten the loose end with a toothpick. Wrap up each shrimp in a small piece of aluminum foil and put them all on a baking sheet. Bake

on the middle rack of the oven for 5 to 6 minutes. Remove from the oven.

5. Make the sauce: Whisk the cashew paste and boiled-onion paste together in a bowl. Crush the saffron, dissolve it in 1 tablespoon lukewarm water, add it to the paste mixture along with the ground cardamom, and set aside.

6. Place a nonstick saucepan over medium heat and add the oil. When small bubbles appear at the bottom of the pan, add the cardamom pods, cloves, cinnamon, and whole peppercorns, and sauté for 15 seconds. Add the *ajwain* and sauté for 30 seconds.

7. Add the ginger paste and garlic paste, and sauté for 2 minutes. Add the onion-paste mixture and sauté until the oil comes to the top. Add 1½ cups (300 ml) water and bring to a boil. Lower the heat to low and simmer, stirring occasionally, for 2 minutes. Remove from the heat, pass the sauce through a strainer into another nonstick saucepan, and discard the solids.

8. Place the pan with the sauce over medium heat, and as it begins to boil, lower the heat to low and add the chiles, crushed peppercorns, and salt.

9. Unwrap the shrimp and add

them to the sauce. Transfer to a serving bowl and serve hot.

Kolambi Bharleli

Vangi

Eggplant stuffed with shrimp

There are many versions of this recipe in India. In this particular version, eggplants are stuffed with spicy shrimp and cooked in an onion-tomato mixture.

Serves 4.

7 ounces (200 grams)

medium shrimp

1½ teaspoons table salt

$\frac{3}{4}$ teaspoon ground

turmeric

**¼ cup (50 ml) vegetable
oil**

**4 medium red onions,
chopped**

**2 medium tomatoes,
chopped**

**4 green chiles, stemmed
and chopped**

**1 teaspoon ground
coriander**

**1 teaspoon ground
roasted cumin (page 32)**

**1 teaspoon freshly
squeezed lemon juice**

**¼ cup (15 grams)
chopped fresh cilantro**

9 baby eggplants
1 tablespoon fresh
ginger paste (page 12)
1 tablespoon fresh
garlic paste (page 12)
½ teaspoon red chile
powder
2 teaspoons tamarind
pulp

1. Peel and devein the shrimp and wash thoroughly under running water. Sprinkle with ½ teaspoon of the salt and ½ teaspoon of the turmeric. Set aside for 10 to 15 minutes to marinate.

2. Place a medium nonstick saucepan over medium heat and add 2 tablespoons of the oil. When

small bubbles appear at the bottom of the pan, lower the heat to low and add half of the onions. Sauté for 3 to 4 minutes or until translucent.

3. Add half of the tomatoes and cook, stirring continuously, for 4 minutes or until the oil comes to the top.

4. Add the chiles, coriander, cumin, lemon juice, half of the cilantro, $\frac{1}{2}$ teaspoon of the salt, and the shrimp. Sauté for 3 to 4 minutes. Transfer to a bowl and let cool to room temperature.

5. Slit the eggplants into quarters from the bottom, keeping the stem end intact. Stuff the shrimp

mixture into the eggplants.

6. Place a medium nonstick sauté pan over high heat and add the remaining 2 tablespoons oil. When small bubbles appear at the bottom of the pan, lower the heat to medium and add the remaining onions. Sauté for 3 to 4 minutes or until light golden brown.

7. Add the ginger paste and garlic paste, and sauté for 1 minute. Add the remaining tomatoes and sauté for 3 to 4 minutes or until the oil comes to the top. Add 1 cup (200 ml) water, the remaining $\frac{1}{4}$ teaspoon turmeric, the chile powder, tamarind pulp, and the remaining $\frac{1}{2}$ teaspoon salt. Stir

well.

8. Place the stuffed eggplants in the pan, lower the heat to low, cover, and cook for 25 minutes, turning the eggplants occasionally.

9. Transfer to a serving bowl, garnish with the remaining cilantro, and serve hot.

Kolambi Kaju

Curry

A rich and delicious shrimp-and-cashew curry

There is a special dish cooked in Maharashtra that is made using cashews and the flesh of tender coconut. But tender coconut is not readily available in all parts of the

world, so I replaced the coconut with an ingredient that is also flavorful and tender: shrimp.

Serves 4.

**20 medium shrimp,
peeled and deveined**

15 cloves garlic, peeled

**2-inch (5-cm) piece
fresh ginger, peeled**

**8 whole black
peppercorns**

4 whole cloves

**2-inch (5-cm) cinnamon
stick, broken**

**$\frac{1}{4}$ cup (15 grams)
chopped fresh cilantro**

2 green chiles, stemmed

$\frac{1}{4}$ cup (50 ml) vegetable

oil

**2 large red onions,
chopped**

**2 teaspoons red chile
powder**

**½ teaspoon ground
turmeric**

**4 teaspoons tamarind
pulp**

2 teaspoons table salt

20 cashews

1. Wash the shrimp thoroughly under running water and drain well in a colander.

2. Put 8 cloves garlic, the ginger, peppercorns, cloves, cinnamon, half the cilantro, and the chiles in a food processor. Add ¼

cup (50 ml) water and process to a fine paste.

3. Crush the remaining 7 cloves garlic.

4. Place a nonstick sauté pan over medium heat and add the oil. When small bubbles appear at the bottom of the pan, add the crushed garlic and sauté for 3 minutes. Add the onion and sauté for 5 minutes.

5. Add the ground garlic–spice mixture and sauté for 5 minutes. Add the chile powder and turmeric, and sauté for 30 seconds. Add the tamarind pulp, salt, and 1½ cups (300 ml) water. Stir well and bring to a boil.

6. Add the shrimp and

cashews, and simmer for 8 minutes.

7. Garnish with the remaining cilantro and serve hot.

Kolmi No Patio

Parsi-style shrimp curry

In this popular Parsi dish, shrimp (*kolmi*, as the Parsi call them) are cooked in a strong, tangy, garlic-flavored sauce. This dish is usually accompanied by steamed rice and a plain lentil dish on the side.

Serves 4.

**14 ounces (400 grams)
medium shrimp, peeled and
deveined**

**2 teaspoons fresh
ginger paste (page 12)**

**2 teaspoons fresh garlic
paste (page 12)**

1½ teaspoons table salt

**¼ teaspoon ground
turmeric**

**1 teaspoon red chile
powder**

**2 tablespoons vegetable
oil**

5 green cardamom pods

1-inch (2½-cm)

cinnamon stick

**3 medium red onions,
sliced**

2 medium tomatoes,

chopped

**1 tablespoon white
vinegar**

1 tablespoon sugar

1. Wash the shrimp thoroughly under running water and drain well in a colander.

2. Put the shrimp in a bowl and add the ginger paste, garlic paste, 1 teaspoon of the salt, the turmeric, and chile powder. Stir well, cover the bowl with plastic wrap, and put in the refrigerator to marinate for 1 hour.

3. Place a nonstick saucepan over medium heat and add the oil. When small bubbles appear at the bottom of the pan, add the

cardamom and cinnamon, and sauté until fragrant.

4. Add the onions and sauté for 5 minutes or until lightly browned. Add the tomatoes and sauté for 5 to 7 minutes or until soft.

5. Add the marinated shrimp and stir. Cover and cook for 15 minutes.

6. Add the vinegar and sugar, and stir until the sugar dissolves.

7. Transfer to a serving dish and serve hot.

Machchli Tak-A-Tak

A fish curry cooked on a griddle

The *tawa* (griddle) in Indian homes is usually reserved for making *rotis* and *parathas*. Other foods cooked on a *tawa* are often made in restaurants and at wedding banquets where food is prepared to order. This dish's name, *tak-a-tak*, is explained in the recipe. *Rawas*, the fish used here, is called the Indian salmon. It is very different from American salmon. For this recipe, you can use rockfish or grouper if *rawas* is unavailable. Crabmeat is a good addition to this dish; substitute it for some of the shrimp and fish if you'd like.

Serves 4.

5 to 6 ounces (150

grams) shrimp, shelled and deveined

5 to 6 ounces (150 grams) *rawas* (Indian salmon), cut into 1-inch (2½-cm) cubes

2 teaspoons table salt

1 tablespoon coriander seeds

4 dried red chiles, stemmed and broken

5 tablespoons vegetable oil

1 tablespoon fresh garlic paste (page 12)

4 green chiles, stemmed and chopped

**2-inch (5-cm) piece
fresh ginger, chopped**

1 large tomato, chopped

**½ teaspoon roasted and
crushed *kasoori methi* (dried
fenugreek leaves)**

**1 teaspoon *garam
masala* (spice mix; page 27)**

**1 medium red onion,
chopped**

4 cloves garlic, chopped

**1 large potato, boiled,
peeled, and chopped**

**1 tablespoon freshly
squeezed lemon juice**

**2 tablespoons chopped
fresh cilantro**

1. Wash the shrimp and fish under running water and drain well in a colander. Transfer to a bowl, add 1 teaspoon of the salt, and toss.

2. Place a small nonstick sauté pan over medium heat. Add the coriander and red chiles, and dry-roast for 1 to 2 minutes. Transfer to a plate and set aside to cool completely. Transfer to a spice grinder and grind to a coarse powder.

3. Place a small sauté pan over medium heat and add 2 tablespoons of the oil. When small bubbles appear at the bottom of the pan, add the garlic paste and sauté for 1 minute. Add half of the

coriander-chile powder and sauté for 30 seconds. Add half of the green chiles and half of the ginger, and sauté for 30 seconds.

4. Add the tomato and sauté for 7 minutes or until the oil comes to the top. Add $\frac{1}{2}$ cup (100 ml) water and $\frac{1}{2}$ teaspoon of the salt, and stir. Add the *kasoori methi* and $\frac{1}{2}$ teaspoon of the *garam masala*. Stir well and remove from the heat. Set the sauce aside.

5. Place a large iron *tawa* (griddle) over medium heat and add the remaining 3 tablespoons oil. When small bubbles appear, add the shrimp and fish, and sauté for 2 minutes, stirring with a stainless-

steel spatula. Shift the seafood from the center of the griddle toward the periphery.

6. Add the onion to the oil in the center of the griddle along with the remaining chiles, the remaining ginger, and the chopped garlic. Lower the heat to low and sauté for 2 to 3 minutes. Add the remaining coriander-chile powder and shift the seafood from the periphery to the center of the griddle.

7. Add the potato and sauté for 30 seconds. Using two stainless-steel spatulas held upright, begin to chop the seafood and potato. (This makes a “tak-a-tak” noise—hence the name of the dish.)

8. After every few strokes, stir the mixture. Cook in this manner for 4 to 5 minutes, then add the sauce and stir well. Sauté for 2 to 3 minutes or until the excess moisture has completely evaporated.

9. Add the remaining $\frac{1}{2}$ teaspoon salt. Add the lemon juice and the remaining $\frac{1}{2}$ teaspoon *garam masala*.

10. Transfer to a serving bowl and garnish with the cilantro. Serve hot.

Macher Jhol

A typical Bengali fish curry cooked in mustard oil

A Bengali meal is highlighted

by the fish preparation, and this is one of the most popular curries in the region. It is a thin curry, but the flavor of the mustard oil is striking. If you replace the mustard oil with vegetable oil, remember that the dish will lose its traditional flavor. Serve this with steamed rice.

Serves 4.

1 1/3 pounds (600 grams) *rohu* (or any other freshwater fish; page 316), cut into 8 pieces

1 teaspoon table salt

1/2 teaspoon ground turmeric

1/4 cup (50 ml) filtered

mustard oil (see Note page 87)

**2 medium potatoes,
each cut into 6 pieces**

1 bay leaf

**1 medium red onion,
finely chopped**

**2 tablespoons ginger-
garlic paste (page 13)**

**1 teaspoon ground
cumin**

**1 teaspoon red chile
powder**

**2 medium tomatoes,
puréed**

1. Wash the fish pieces thoroughly under running water and drain in a colander. Place them in a

bowl, add $\frac{1}{2}$ teaspoon of the salt and $\frac{1}{4}$ teaspoon of the turmeric, and stir well. Put in the refrigerator to marinate for 15 minutes.

2. Place a nonstick sauté pan over high heat and add the mustard oil. When the oil starts to smoke, reduce the heat to medium, add the potato pieces, and sauté until browned. Drain and set aside.

3. To the same oil, add the fish pieces, two at a time, and sauté until lightly browned. Drain and set aside.

4. To the oil remaining in the pan, add the bay leaf and onion, and sauté until well browned. Add the ginger-garlic paste and sauté for 1

minute.

5. Add the cumin, chile powder, and the remaining $\frac{1}{4}$ teaspoon turmeric, and sauté for 30 seconds. Add the tomato purée and simmer until the oil comes to the top.

6. Add 1 cup (200 ml) water and the remaining $\frac{1}{2}$ teaspoon salt, and stir. When it comes to a boil, add the fish and potatoes, and simmer for 3 to 4 minutes.

7. Transfer to a bowl and serve hot.

Malabar Chemeen

Kari

Shrimp and drumstick vegetable curry

In this South Indian curry, which is traditionally cooked in a clay pot, drumsticks provide the main flavor. They are long, slender vegetable pods that grow on the *moringa* tree. Drumsticks are very popular in the southern parts of India and are commonly used to make stews, *dals*, and curries. You can find them canned and frozen in most Indian grocery stores. If you can't find them, you can use green beans, but please note that the taste will be different.

This curry is excellent with steamed rice; keep the sauce a little thin in consistency if you plan to

serve it that way. You can use any kind of fish or any other seafood here instead of the shrimp.

Serves 4.

**1 pound (500 grams)
small shrimp**

**1 teaspoon ground
turmeric**

1½ teaspoons table salt

**2 medium green
mangoes**

**1½ cups (180 grams)
grated fresh coconut (or
frozen unsweetened
coconut)**

**5 tablespoons vegetable
oil**

10 to 12 small shallots,

halved

1 tablespoon red chile powder

1 tablespoon ground coriander

2 green chiles, stemmed and slit

4 curd chiles, stemmed and slit (see Note)

10 to 12 fresh curry leaves

1 tablespoon tamarind pulp

1 tablespoon coconut oil

1 teaspoon fenugreek seeds, lightly crushed

4 dried red chiles ,

stemmed

**2 drumstick vegetables,
stemmed**

1. Peel, devein, and wash the shrimp thoroughly under running water. Drain in a colander for 10 minutes, then pat dry with paper towels and transfer to a bowl. Add the turmeric and 1 teaspoon of the salt, and stir. Cover the bowl with plastic wrap and put in the refrigerator for 30 minutes to marinate.

2. Peel and pit the mangoes and cut them into wedges.

3. Soak the coconut in 1 cup (200 ml) warm water for 15 minutes. Transfer to a food

processor and process into a fine paste.

4. Place a nonstick saucepan over medium heat and add 3 tablespoons of the vegetable oil. When small bubbles appear at the bottom of the pan, add the shallots and sauté for 2 minutes or until translucent. Add the chile powder and coriander, and cook, stirring continuously, for a few seconds.

5. Add the green chiles, curd chiles, curry leaves, and tamarind pulp. Sauté for 1 minute. Add the coconut paste and 3 cups (600 ml) water. Bring to a boil and cook until reduced by half.

6. Pour the sauce through a

strainer into a deep bowl, pressing well to extract all the flavors. Set aside.

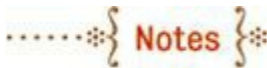
7. Place another medium nonstick saucepan over medium heat and add the remaining 2 tablespoons vegetable oil and the coconut oil. When small bubbles appear at the bottom of the pan, add the fenugreek and dried chiles, and stir well over medium heat.

8. Add the shrimp, drumsticks, and mangoes. Cook over medium heat, stirring continuously, until the shrimp are almost cooked through.

9. Add the sauce and simmer for 2 to 3 minutes or until the shrimp are cooked through and the

sauce is well combined.

10. Transfer to a serving bowl and serve hot.



Curd chiles are chiles that have been soaked in yogurt and dried. They are available at Indian grocery stores. If you cannot find them, leave them out.

Malvani Fish Curry

A rich and spicy fish curry

Malvan is a part of the Konkan coast—and coastal food highlights seafood. What distinguishes Malvani fish curries is not just the variety of gravies but also the

variety of recipes for the same kind of fish using a dazzling number of combinations of spices and ingredients, as well as dry and wet cooking styles. The most amazing and fiery fish curry I have ever eaten, like the one here, was at the table of Mrs. Samant, a family friend. Malvani food has loads of punch to it, which is just one of the reasons you will go back for a second helping. Serve with steamed rice. *Surmai* is a popular fish in India, but is hard to find in the United States. You can use pomfret or mackerel instead.

Serves 4.

1 pound (500 grams)

whole *surmai* (kingfish),
pomfret, or mackerel

1 tablespoon freshly
squeezed lemon juice

1 teaspoon ground
turmeric

1 teaspoon table salt

1 teaspoon cumin seeds

2 teaspoons coriander
seeds

4 or 5 dried red chiles,
stemmed

$\frac{3}{4}$ cup (90 grams)
grated fresh coconut (or
frozen unsweetened
coconut)

2 medium onions,

chopped

**6 to 8 whole black
peppercorns**

**1 tablespoon tamarind
pulp**

**2 tablespoons vegetable
oil**

**1 medium tomato,
chopped**

**2 green chiles, stemmed
and slit**

1. Cut off the head of the fish and clean the insides. Wash thoroughly under running water. Cut the fish horizontally into 1-inch-thick (2½-cm-thick) slices and put in a bowl. Add the lemon juice, ½ teaspoon of the turmeric, and the

salt, and stir well. Cover the bowl and put it in the refrigerator for 15 to 20 minutes to marinate.

2. Place a small nonstick sauté pan over medium heat. Add the cumin and coriander, and dry-roast for 2 minutes or until fragrant. Let cool, then transfer to a food processor with the dried chiles, the remaining $\frac{1}{2}$ teaspoon turmeric, the coconut, half of the onions, the peppercorns, tamarind pulp, and 1 cup (200 ml) water, and process to a smooth paste.

3. Place a medium nonstick saucepan over medium heat and add the oil. When small bubbles appear at the bottom of the pan, add

the remaining onion and sauté for 3 to 4 minutes or until lightly browned. Add the tomato and green chiles and sauté for 2 to 3 minutes or until the oil comes to the top. Add the coconut paste and cook over high heat for 1 minute. Add 1½ cups (300 ml) water and bring to a boil. Lower the heat to medium, add the marinated fish, and cook for 5 to 6 minutes or until the fish is cooked through. Transfer to a serving bowl and serve hot.

Mamallapuram Kal

Erra

Tamil-style *masala* shrimp in banana leaves

Chennai, formerly known as Madras, is one of the major metropolitan cities of India. Some miles away on a well-built state highway is Mamallapuram, which is also known as Mahabalipuram. This place is famous for its ancient carved stone temples. I once drove down there on a day trip after doing a show in Chennai to relish a bit of India's rich heritage. This shrimp preparation is a souvenir of that short visit years ago.

Serves 4.

16 large shrimp

8 teaspoons brown

mustard seeds

2-inch (5-cm) piece

fresh ginger, sliced

**4 green chiles, stemmed
and chopped**

**1 teaspoon tamarind
pulp**

**½ teaspoon ground
turmeric**

**1 teaspoon red chile
powder**

1¼ teaspoons table salt

2 teaspoons anise seeds

**½ teaspoon fenugreek
seeds**

2 teaspoons cumin seeds

**2 tablespoons vegetable
oil**

2 banana leaves

1. Preheat the oven to 350°F/175°C.

2. Peel the shrimp, but keep the tails intact. Devein and wash thoroughly under running water. Drain well in a colander.

3. Put 6 teaspoons of the mustard seeds, the ginger, chiles, and tamarind pulp in a spice grinder. Add 2 tablespoons water and grind to a smooth paste. Transfer to a bowl, add the turmeric, chile powder, and salt, and stir.

4. Put the anise, fenugreek, cumin, and the remaining 2 teaspoons mustard seeds in a spice grinder and grind to a powder.

Transfer to another small bowl.

5. Place a nonstick sauté pan over medium heat and add the oil. When small bubbles appear at the bottom of the pan, add the spice powder. Sauté for 15 seconds, then quickly pour it over the ground paste and stir well.

6. Rub this paste liberally on the shrimp. Wrap them up neatly in the banana leaves, half in each leaf, and fold the leaves into tight parcels.

7. Place the parcels on a baking sheet and bake for 20 to 30 minutes.

8. Unwrap and serve immediately.

Meen Nirappiyathu

Mackerel stuffed with coconut masala and shallow-fried

We have used mackerel here because it is a nice oily fish. But you can use any oily fish, preferably one with a single center bone. And instead of pan-frying, you can broil them. Traditionally, the fish is roasted directly over a charcoal fire.

Serves 4.

**8 (3-ounce/85-gram)
mackerels, heads removed,
cleaned**

$\frac{1}{4}$ cup (30 grams)

**grated fresh coconut (or
frozen unsweetened
coconut)**

**1-inch (2½-cm) piece
fresh ginger, chopped**

**4 green chiles, stemmed
and chopped**

**4 dried red chiles,
stemmed**

**2 tablespoons chopped
fresh cilantro**

**2 tablespoons chopped
fresh mint**

**15 fresh curry leaves,
chopped**

**1 tablespoon tamarind
pulp**

1 teaspoon table salt

**2 tablespoons vegetable
oil**

**2 lemons, cut into
wedges**

1. Trim off the fish fins with scissors, wash well, and drain. Slit each fish from the side and remove the center bone without damaging the fish, if possible. Make $\frac{1}{4}$ -inch-deep ($\frac{1}{2}$ -cm-deep) cuts on both sides of each fish.

2. Put the coconut, ginger, green chiles, dried chiles, cilantro, mint, curry leaves, tamarind pulp, salt, and 3 tablespoons water in a mini food processor, and process to a fine paste.

3. Stuff most of the paste into the fish and rub the rest on the outside. Arrange the fish on a plate, cover with plastic wrap, and put in the refrigerator for at least 1 hour to marinate.

4. Place a medium nonstick sauté pan over medium heat and add the oil. When small bubbles appear at the bottom of the pan, gently place the fish, two at a time, in the pan and cook each side for 3 to 4 minutes or until both sides are evenly golden brown. Drain on paper towels.

5. Arrange the fish on a platter, garnish with the lemon wedges, and serve hot.

Meen Vattichattu

A Kerala-style fish curry

Kerala is famous for its exotic *payasam* (rice dessert) as well as for its banana wafers and a vast variety of fish preparations such as this mildly tangy and spicy curry. Serve it with steamed rice.

Serves 4.

**1 pound (500 grams)
surmai (kingfish), cut into 2-
inch-thick (5-cm-thick)
fillets**

**Lemon-size ball of
tamarind**

1 tablespoon ground

coriander

1/4 teaspoon ground

turmeric

1/4 teaspoon ground

fenugreek

**5 tablespoons red chile
paste (see Note page 13)**

2 teaspoons table salt

2 teaspoons coconut oil

**1/2 teaspoon brown
mustard seeds**

**1/2 teaspoon *dhuli urad
dal* (split skinless black
gram)**

**10 to 12 fresh curry
leaves**

2 dried red chiles,

stemmed and broken in half

1. Wash the fish under running water and drain well in a colander.

2. Soak the tamarind in 1 cup (200 ml) warm water for 15 minutes. Squeeze to remove the pulp, then strain it into a nonstick saucepan and discard the seeds and stringy solids. Add 2 cups (400 ml) water and stir well.

3. Place over medium heat and bring to a boil.

4. Meanwhile, combine the coriander, turmeric, and fenugreek in $\frac{1}{4}$ cup (50 ml) water and stir to make a smooth paste. Add this paste to the boiling tamarind water along with the chile paste and stir

until all the ingredients are thoroughly combined. Simmer for 6 minutes or until the liquid is reduced by half.

5. Add the fish and cook for 7 minutes or until the fish is cooked through.

6. Place a small nonstick sauté pan over medium heat and add the coconut oil. When small bubbles appear at the bottom of the pan, add the mustard seeds. When they sputter, add the *dal*, curry leaves, and chiles. Sauté for 15 seconds, then add to the fish. Cover immediately to trap the flavors.

7. Serve hot.

Podichapa

Fish cooked in the Andhra style

Crisp pieces of fish briefly marinated in garlic and ginger are perfect for a quick snack. In Andhra Pradesh, this is enjoyed as a side with *dal* and rice.

Serves 4.

**1 pound (500 grams)
rawas (Indian salmon; see
Note page 167) or regular
salmon fillets, cut into 2½-
inch (6-cm) pieces**

1½ teaspoons table salt

**5/8 teaspoon ground
turmeric**

2 teaspoons red chile

powder

**4 teaspoons fresh garlic
paste (page 12)**

**1 tablespoon fresh
ginger paste (page 12)**

**2 teaspoons ground
coriander**

**1½ teaspoons ground
black pepper**

**1 tablespoon freshly
squeezed lemon juice**

**1 quart (800 ml)
vegetable oil**

1. Put 5 cups (1 liter) water in a deep bowl, add ½ teaspoon of the salt and 1/8 teaspoon of the turmeric, and stir. Wash the fish pieces in the seasoned water and

drain well in a colander.

2. Pat the fish pieces with an absorbent towel and put them in a bowl. Add the remaining 1 teaspoon salt, remaining $\frac{1}{2}$ teaspoon turmeric, the chile powder, garlic paste, ginger paste, coriander, pepper, and lemon juice, and stir well. Let stand for 10 minutes.

3. Place a nonstick wok over high heat and add the oil. When small bubbles appear at the bottom of the wok, slide in the fish pieces, a few at a time. Cook, stirring with a slotted spoon, for 4 minutes. Remove with the slotted spoon and drain on paper towels.

4. Serve hot.

Rawas Ambotik

Hot-and-sour salmon curry

Ambotik is a combination of two words: *ambot*, meaning “sour,” and *tik*, meaning “spicy.” *Ambotik* preparations are Portuguese in origin, and the strong influence of that cuisine in India is evident in Goan cooking. Serve this dish with steamed rice.

Serves 4.

1³/₄ pounds (800 grams)
***rawas* (Indian salmon; see**
Note page 167), or regular
salmon fillets, cut into 1/2-

inch-thick (1-cm-thick) slices
1½ teaspoons table salt
1 teaspoon ground
turmeric
1 tablespoon coriander
seeds
1 teaspoon cumin seeds
1 cup (120 grams)
grated fresh coconut (or
unsweetened frozen
coconut)
2 large red onions,
chopped
8 to 10 dried red chiles,
stemmed and broken
1-inch (2½-cm) piece
fresh ginger, chopped 8 to 10

cloves garlic, chopped

5 whole cloves

**2-inch (5-cm) cinnamon
stick**

**1½ tablespoons white
vinegar**

**3 tablespoons vegetable
oil**

**4 or 5 green chiles,
stemmed and slit**

**1½ tablespoons
tamarind pulp**

1. Put the fish in a large bowl, add 1 teaspoon of the salt and the turmeric, toss to coat, and set aside to marinate for 20 minutes.

2. Place a nonstick sauté pan over medium heat, add the

coriander and cumin, and dry-roast for 2 minutes. Transfer to a plate and set aside to cool completely.

3. Put the coconut, half of the chopped onions, the red chiles, the roasted coriander and cumin, ginger, garlic, cloves, cinnamon, and vinegar in a food processor with 1 cup plus 2 tablespoons (230 ml) water, and process to a fine paste. Set aside.

4. Place a nonstick sauté pan over medium heat and add the oil. When small bubbles appear at the bottom of the pan, add the remaining onions and sauté for 4 to 5 minutes or until golden brown.

5. Add the ground paste and

cook over high heat for 3 to 4 minutes, stirring continuously.

6. Add 2½ cups (500 ml) water and bring to a boil. Add the green chiles and stir. Add the fish and simmer for 5 minutes.

7. Add the tamarind pulp and the remaining ½ teaspoon salt. Stir gently and cook over low heat for 5 minutes. Serve hot.

Shrimp Balchao

Shrimp in a sweet-and-sour gravy

This dish from coastal Goa is essentially a pickled shrimp dish, but its sweet-and-sour taste makes it unique. I also make a vegetarian

version using *paneer*. Serve with steamed rice.

Serves 4.

**40 medium shrimp,
shelled and deveined**

1 teaspoon table salt

**2-inch (5-cm) piece
fresh ginger, chopped**

10 cloves garlic

1 teaspoon cumin seeds

**15 dried red chiles,
stemmed and broken in half**

10 to 12 whole cloves

**2-inch (5-cm) cinnamon
stick, broken**

**1 teaspoon black
mustard seeds**

1 cup (200 ml) malt

vinegar or cider vinegar

$\frac{3}{4}$ cup (150 ml)

vegetable oil

**2 large onions, finely
chopped**

**2 large tomatoes,
chopped**

2 tablespoons sugar

1. Put the shrimp in a bowl and sprinkle with the salt. Toss once and set aside for 10 minutes.

2. Put the ginger, garlic, cumin, chiles, cloves, cinnamon, mustard seeds, and vinegar in a food processor, and process to a paste.

3. Place a medium nonstick sauté pan over medium heat and

add the oil. Add the shrimp and fry until they turn pink. Remove with a slotted spoon and set aside.

4. Add the onions to the oil remaining in the pan and sauté over medium heat for 4 to 5 minutes or until lightly browned.

5. Add the tomatoes and sauté for 3 to 4 minutes or until the tomatoes turn pulpy.

6. Add the ground paste and sauté for 3 to 4 minutes or until the oil begins to come to the top and the vinegar evaporates. The final mixture should be wet but not runny.

7. Add the shrimp and stir well. Add the sugar and cook over

low heat for 5 minutes.

8. Transfer to a serving dish and serve hot.

Shrimp Ghassi

Shrimp curry

Frying the spices and then grinding them is the traditional way to prepare this dish, which originates from Karnataka. Serve with steamed rice.

Serves 4.

24 medium shrimp

1¼ teaspoons table salt

**2 tablespoons vegetable
oil**

2 teaspoons coriander

seeds

1 teaspoon cumin seeds

8 to 10 whole black

peppercorns

1/4 teaspoon fenugreek

seeds

4 dried red chiles,

stemmed

1 cup (120 grams)

grated fresh coconut (or

frozen unsweetened

coconut)

1 medium onion,

chopped

5 cloves garlic

1/2 teaspoon ground

turmeric

1½

tablespoons

tamarind pulp

1. Peel and devein the shrimp. Wash them thoroughly under running water and drain in a colander. Transfer to a bowl and sprinkle with 1 teaspoon of the salt; toss well and put in the refrigerator for 15 minutes.

2. Place a medium nonstick sauté pan over high heat and add 1 teaspoon of the oil. Lower the heat to low, add the coriander, cumin, peppercorns, fenugreek, and chiles, and sauté for 5 minutes. Transfer to a bowl and let cool to room temperature. Transfer the mixture to a food processor with the coconut,

half of the onion, the garlic, turmeric, tamarind pulp, and 1 cup (200 ml) water, and process to a fine paste.

3. Place a deep nonstick saucepan over high heat and add the remaining 1 tablespoon plus 2 teaspoons oil. When small bubbles appear at the bottom of the pan, lower the heat to low, add the remaining onion, and sauté for 3 to 4 minutes or until translucent. Add the ground paste and sauté for 5 to 6 minutes over medium heat.

4. Add the shrimp and stir well. Add $\frac{1}{2}$ cup (100 ml) water and the remaining $\frac{1}{4}$ teaspoon salt. Increase the heat to medium and

bring to a boil. Cover and cook until the shrimp are cooked through.

5. Transfer to a serving bowl and serve hot.

Shrimp Peri Peri

A Portuguese-style spicy shrimp curry

Peri peri is what the Portuguese call small red bird's-eye chiles. The Portuguese influence is strong in the food of Goa, the most popular beach getaway in India. I have replaced the fresh chiles in this recipe with lots of dried ones and have mellowed the edge by adding red bell pepper instead of more of the

fiery-hot chiles.

Serves 4.

**24 medium shrimp,
peeled and deveined**

½ teaspoon table salt

**1 teaspoon crushed
black peppercorns**

**6 tablespoons vegetable
oil**

6 cloves garlic, chopped

**1-inch (2½-cm) piece
fresh ginger, chopped**

**1 medium red onion,
chopped**

**1 medium red bell
pepper, seeded and cut into
1-inch (2½-cm) cubes**

**10 dried red chiles,
stemmed and seeded**

**1 medium tomato,
chopped**

**¼ cup (50 ml) white
vinegar**

1. Wash the shrimp thoroughly under running water and drain well in a colander. Put in a bowl. Add the salt and peppercorns, and toss well. Cover the bowl with plastic wrap and put in the refrigerator to marinate for 30 minutes.

2. Place a nonstick sauté pan over medium heat and add 4 tablespoons of the oil. When small bubbles appear at the bottom of the pan, add the garlic and ginger, and

sauté for 1 to 2 minutes or until browned.

3. Add the onion and sauté for 2 to 3 minutes or until translucent. Add the bell pepper, chiles, and tomato, and cook until the tomato is pulpy. Add the vinegar and stir. Remove from the heat and set aside to cool.

4. Transfer to a food processor and process to a fine paste. Add the paste to the shrimp and rub it in well.

5. Place the same nonstick sauté pan over medium heat and add the remaining 2 tablespoons oil. When small bubbles appear at the bottom of the pan, add the

shrimp and cook for 5 to 6 minutes or until cooked through. Remove the shrimp from the sauce and set aside on a plate. Place the pan over medium heat and cook for 5 to 6 minutes or until the sauce is almost dry.

6. Return the shrimp to the pan and cook for 1 minute. Serve hot.

Sungta Ani Torache

Hooman

Shrimp and green-mango curry

This simple green-mango and shrimp preparation comes from the state of Goa. Serve it with steamed rice.

Serves 4.

**11 ounces (330 grams)
shrimp, peeled and deveined**

**$\frac{1}{4}$ teaspoon ground
turmeric**

**1 teaspoon fresh ginger
paste (page 12)**

**1 teaspoon fresh garlic
paste (page 12)**

1 teaspoon table salt

1 medium green mango

**1 cup (120 grams)
grated fresh coconut (or
frozen unsweetened
coconut)**

**1 tablespoon coriander
seeds**

**5 dried red chiles,
stemmed and broken**

**15 whole black
peppercorns**

**¼ cup (50 ml) vegetable
oil**

**2 green chiles, stemmed
and slit**

**1 large red onion,
chopped**

**1 cup (200 ml) coconut
milk**

1. Put the shrimp in a large bowl. Add the turmeric, ginger paste, garlic paste, and ½ teaspoon of the salt, and stir well. Set aside to marinate for 15 minutes.

2. Peel the mango and cut it in

half. Discard the pit, then cut the mango into 8 equal pieces.

3. Put the coconut, coriander, red chiles, and peppercorns in a food processor with 1 cup (200 ml) water, and process to a smooth paste.

4. Place a nonstick saucepan over medium heat and add the oil. When small bubbles appear at the bottom of the pan, add the green chiles and sauté for 1 minute. Add the onion and sauté for 3 to 4 minutes or until lightly browned.

5. Add the shrimp and sauté for 1 minute. Add the coconut paste, mango, remaining $\frac{1}{2}$ teaspoon salt, and $\frac{1}{2}$ cup (100 ml)

water, and cook for 2 minutes or until the shrimp are cooked through.

6. Stir in the coconut milk and simmer for 2 minutes.

7. Serve hot.

Tandoori Pomfret

Pomfret cooked tandoor style

Pomfret cooked in a tandoor oven is the most popular fish dish in any good seafood restaurant in Mumbai. But for ease of preparation, I've given instructions for cooking it in a conventional oven. The best way to enjoy this fish is with lots of lemon juice.

Serves 4.

**4 (7½-ounce/220-gram)
small whole pomfrets,
cleaned and washed (you can
also use butterfish or
pompano)**

1¾ teaspoons table salt

**2 tablespoons freshly
squeezed lemon juice**

**1 teaspoon fresh ginger
paste (page 12)**

**1 teaspoon fresh garlic
paste (page 12)**

**1½ cups (375 grams)
plain yogurt**

**2½ teaspoons red chile
powder**

2 teaspoons *garam*

masala (spice mix; page 27)

**2 tablespoons vegetable
oil**

$\frac{1}{2}$ teaspoon *ajwain*

**$\frac{1}{4}$ cup (20 grams) *besan*
(chickpea/gram flour)**

**$\frac{3}{4}$ teaspoon ground
turmeric**

**$\frac{1}{4}$ cup (50 ml) butter,
melted**

**1 lemon, cut into
wedges**

1. Pat the fish dry with an absorbent towel. Make incisions on both sides of each fish. Combine 1 teaspoon of the salt, the lemon juice, ginger paste, and garlic paste, and rub it all over the fish.

Put the fish on a platter, and set aside for 20 minutes.

2. Combine the yogurt, the remaining $\frac{3}{4}$ teaspoon salt, the chile powder, and *garam masala* in a bowl, and set aside.

3. Place a nonstick sauté pan over medium heat and add the oil. When small bubbles appear at the bottom of the pan, add the *ajwain* and *besan*, and sauté for 4 to 5 minutes or until fragrant. Remove from the heat and stir in the turmeric. Add to the yogurt mixture and whisk well. Rub this mixture all over the fish and into the incisions. Cover the platter with plastic wrap and put in the

refrigerator to marinate for 1 hour.

4. Preheat the oven to 350°F/175°C.

5. Put the fish on a greased baking sheet and bake on the middle rack of the oven for 8 to 10 minutes, watching carefully that the fish do not overcook.

6. Baste with the butter and cook for another 5 minutes or until the fish have a golden and crisp crust, again watching carefully that the fish do not overcook.

7. Serve hot with the lemon wedges.

Tisryache Kalvan

Clam curry

The Malvanis of western India like to cook clams in this flavorful fashion. Be sure to clean the clams well before using and discard any clams that do not open after steaming in step 2. Serve with steamed rice.

Serves 4.

2³/₄ pounds (1.3 kg)

clams

1 teaspoon table salt

**½ tablespoon freshly
squeezed lemon juice**

2 red onions

**3 tablespoons vegetable
oil**

5 whole cloves

5 or 6 whole black

peppercorns

**2-inch (5-cm) cinnamon
stick**

**½ teaspoon caraway
seeds**

**1 teaspoon coriander
seeds**

**5 or 6 dried red chiles,
stemmed**

**½ cup (40 grams) dried
grated coconut**

**2 tablespoons tamarind
pulp**

**1 tablespoon fresh
ginger paste (page 12)**

**1 tablespoon fresh
garlic paste (page 12)**

**$\frac{1}{4}$ teaspoon ground
turmeric**

**$\frac{1}{2}$ cup (100 ml) coconut
milk**

**1 tablespoon chopped
fresh cilantro**

1. Soak the clams in 5 cups (1 liter) water for 15 minutes, scrub lightly, and rinse thoroughly under running water.

2. Place a deep nonstick saucepan over high heat and add 2 cups (400 ml) water. Cover and bring to a boil. Add the clams and cover again. Open the lid after 1 minute and check to see if the clams have opened slightly. If they have, drain the clams in a colander set

over a large bowl; reserve the water. Refresh the clams under running water and drain in the colander.

3. Remove one shell of each clam, keeping the meat on the other shell. Sprinkle the clams with salt and the lemon juice. Refrigerate for 15 minutes.

4. Slice 1 onion and chop the other.

5. Place a medium nonstick sauté pan over high heat and add 1 tablespoon of the oil. When small bubbles appear at the bottom of the pan, lower the heat to medium and add the sliced onion. Sauté for 3 to 4 minutes or until golden brown.

Transfer to a food processor and set aside.

6. Place the sauté pan from step 5 over medium heat and dry-roast the cloves, peppercorns, cinnamon, caraway, coriander, chiles, and coconut for 10 minutes or until fragrant. Add to the food processor with the browned onions and add the tamarind pulp and 1 cup (100 ml) water. Process to a fine, smooth paste.

7. Place a deep nonstick saucepan over high heat and add the remaining 2 tablespoons oil. When small bubbles appear at the bottom of the pan, lower the heat to medium, add the chopped onion,

and sauté for 3 to 4 minutes or until light golden brown.

8. Add the ginger paste and garlic paste and sauté for 30 seconds. Lower the heat to low, add the ground spice mixture, and sauté for 5 minutes. Add $\frac{1}{2}$ cup (100 ml) water and bring to a boil.

9. Add the clams, turmeric, and coconut milk. Check the seasoning and cook for 5 minutes. Remove from the heat and transfer to a serving bowl.

10. Garnish with the cilantro and serve hot.

Yera Poondu Masala

Garlic shrimp curry

Another gem from the South Indian state of Kerala, this shrimp curry's predominant flavor is that of garlic. Of course, you can reduce (or increase) the garlic to suit your palate. Be sure to use fresh garlic here, as that will provide the best taste.

Serves 4.

20 to 24 medium shrimp

**1 tablespoon freshly
squeezed lemon juice**

1½ teaspoons table salt

**6 dried red chiles,
stemmed**

**1 tablespoon coriander
seeds**

1 tablespoon cumin

seeds

**10 to 12 whole black
peppercorns**

**20 cloves garlic,
crushed**

**6 tablespoons sesame
oil**

**½ teaspoon black
mustard seeds**

**1 teaspoon *dhuli urad
dal* (split skinless black
gram)**

**10 to 12 fresh curry
leaves**

**1 medium onion,
chopped**

2 green chiles, stemmed

and slit

**1 medium tomato,
chopped**

1. Peel and devein the shrimp and wash them thoroughly under running water. Drain in a colander for 10 minutes. Transfer to a bowl, add the lemon juice and salt, and stir well. Cover the bowl with plastic wrap and put in the refrigerator for 20 minutes to marinate.

2. Heat a medium nonstick sauté pan over medium heat and dry-roast 4 dried chiles, the coriander, cumin, peppercorns, and 15 cloves garlic. Transfer the mixture to a bowl and let cool to

room temperature. Transfer to a food processor with $\frac{1}{4}$ cup (50 ml) water and process to a smooth paste.

3. Place a wide nonstick saucepan over high heat and add the oil. When small bubbles appear at the bottom of the pan, lower the heat to medium and add the mustard seeds, *dal*, the remaining dried chiles, and the curry leaves.

4. Add the remaining garlic, the onion, green chiles, and the ground paste. Sauté over high heat for 2 to 3 minutes or until the oil comes to the top.

5. Add the tomato and cook until the mixture becomes thick and

dry.

6. Add the shrimp, toss well, and cover with a tight-fitting lid. Cook over low heat, stirring frequently, for about 10 minutes. Uncover and cook over high heat to thicken the sauce. Serve hot as a side dish.

Aab Gosht

Lamb with *chana dal*, green chiles, and coconut milk

The secret of a smooth flavor in this gravy is the timing—especially the addition of the coconut milk, which can curdle and make the dish look unappetizing. Follow the recipe instructions

carefully and don't let the mixture boil after you add the coconut milk. Serve with *rotis* (page 18).

Serves 4.

1/4 cup (50 grams) *chana dal* (split Bengal gram)

1 2/3 pounds (750 grams) boneless lamb, cut into 1-inch (2½-cm) cubes

**8 green chiles, stemmed
1-inch (2½-cm) piece
fresh ginger**

5 cloves garlic

**1/4 cup (50 ml) vegetable
oil**

**4 medium red onions,
chopped**

**3 medium tomatoes,
chopped**

**$\frac{1}{4}$ teaspoon ground
turmeric**

$1\frac{1}{2}$ teaspoons table salt

**$\frac{1}{2}$ teaspoon *garam
masala* (spice mix; page 27)**

**$\frac{1}{2}$ teaspoon ground
black pepper**

**2 teaspoons ground
coriander**

**2 teaspoons ground
roasted cumin (page 32)**

**1 cup (200 ml) coconut
milk**

1. Put the *chana dal* in a bowl,
wash it in plenty of water 2 or 3

times, and drain. Add 1 cup (200 ml) water and soak for 20 minutes. Drain the *dal* in a colander.

2. Trim off the excess fat from the lamb. Set aside.

3. Slit 4 of the chiles and reserve for garnish. Put the remaining chiles, the ginger, garlic, and 2 tablespoons water in a spice grinder, and grind to a fine paste.

4. Place a medium nonstick saucepan over high heat and add the oil. When small bubbles appear at the bottom of the pan, lower the heat to medium, add the onions, and sauté for 2 to 3 minutes or until they are translucent. Add the tomatoes, ginger-garlic-chile paste, turmeric,

and salt, and stir. Sauté for 2 minutes. Add the cubes of lamb and stir so that it is well coated. Sauté for about 15 minutes or until the lamb is well browned.

5. Add the *chana dal* and 2½ cups (500 ml) water and stir. Bring to a boil over high heat, then lower the heat to medium, cover, and cook for 35 minutes or until the lamb is almost done.

6. Add the *garam masala*, pepper, coriander, and cumin. Lower the heat to low, cover, and cook for 20 minutes or until the lamb is tender.

7. Add the coconut milk and cook to just heat through; do not let

the curry come to a boil.

8. Transfer the curry to a serving bowl, garnish with the slit green chiles, and serve hot.

Aattu Kari Podimas

Peppery-hot ground lamb with coconut and onions

I have eaten ground lamb and goat cooked in a variety of ways, but the robust flavor of this dish is unforgettable: It lingers in the mind for days. Serve with *parathas* (page 18).

Serves 4.

**20 to 25 whole black
peppercorns**

2 teaspoons cumin seeds

1 teaspoon fennel seeds
1-inch (2½-cm) piece
fresh ginger
12 cloves garlic
1 pound (500 grams)
freshly ground lamb
1 teaspoon red chile
powder
2 teaspoons ground
coriander
2 medium red onions,
chopped
3 tablespoons vegetable
oil
½ cup grated fresh
coconut (or frozen
unsweetened coconut)

1 large tomato, chopped
½ cup (30 grams)
chopped fresh cilantro
10 to 12 fresh curry
leaves
1½ teaspoons table salt

1. Place a small nonstick sauté pan over medium heat. Add the peppercorns, cumin, and fennel, and dry-roast for 3 to 4 minutes or until the seeds are fragrant. Let cool to room temperature, then transfer to a spice grinder and grind to a fine powder.

2. In the same spice grinder, add the ginger and garlic, and grind to a smooth paste. Transfer to a small bowl and set aside.

3. Put the lamb in a large bowl and add the ginger-garlic paste, freshly ground spices, chile powder, coriander, and onions, and stir well. Cover the bowl with plastic wrap and put it in the refrigerator for about 30 minutes to marinate.

4. Place a medium nonstick sauté pan over medium heat and add the oil. When small bubbles appear at the bottom of the pan, add the lamb mixture, increase the heat to high, and cook, stirring continuously, until the excess liquid evaporates. When the lamb is nearly cooked and reduced in quantity, lower the heat to low and

add the coconut, tomato, cilantro, and curry leaves. Add the salt and stir well.

5. Cover and cook for 5 minutes more or until the lamb is fully cooked. Transfer to a serving dish and Achari Gosht

Achari Gosht

Lamb cooked with pickling spices

This dish tastes best when it is allowed to sit for a while after cooking. This allows all the souring agents to release their true flavors. So cook it, let it cool to room temperature, cover, and refrigerate for at least a few hours, preferably

overnight. When you are ready, reheat and serve with your favorite Indian bread.

Serves 4.

**1³/₄ pounds (800 grams)
bone-in lamb, cut into 1¹/₂-
inch (4-cm) cubes**

**2 tablespoons fresh
ginger-garlic paste (page 13)**

**1 tablespoon malt
vinegar**

2 teaspoons table salt

**¹/₄ teaspoon yellow
mustard seeds**

**¹/₄ teaspoon fenugreek
seeds**

**1¹/₂ teaspoons cumin
seeds**

**½ cup (100 ml) filtered
mustard oil (see Note page
87)**

½ teaspoon asafetida

2 bay leaves

**½ teaspoon *kalonji*
(nigella; see Note page 231)**

**4 medium red onions,
sliced**

**6 to 8 green chiles,
stemmed and slit**

**1 teaspoon red chile
powder**

**1 tablespoon ground
coriander**

**½ teaspoon ground
turmeric**

**¼ teaspoon ground
fennel seeds**

¼ teaspoon black salt

**1 cup (250 grams) plain
yogurt**

**1 teaspoon garam
masala (spice mix; page 27)**

1. Put the lamb in a large bowl. Add the ginger-garlic paste, vinegar, and 1 teaspoon of the salt, and rub them in. Cover the bowl with plastic wrap and put in the refrigerator for 1 hour to marinate.

2. Place a small nonstick sauté pan over medium heat. Add the mustard seeds, fenugreek, and 1 teaspoon of the cumin seeds, and dry-roast for 30 seconds. Set aside

to cool completely. Transfer to a spice grinder and grind to a fine powder. Set aside in a small bowl.

3. Place a nonstick saucepan over medium heat and add the mustard oil. When small bubbles appear at the bottom of the pan, add the asafetida, bay leaves, the remaining $\frac{1}{2}$ teaspoon cumin, and the *kalonji*, and sauté for 30 seconds.

4. Add the onions and cook for 3 to 4 minutes or until the onions are translucent.

5. Add the lamb and chiles, and stir. Cover and cook for 30 minutes or until the lamb is half done.

6. Add the chile powder, coriander, turmeric, fennel, and the roasted spice powder, and stir well. Add the black salt, cover, and cook for 10 minutes or until the lamb is almost done.

7. Add the yogurt and cook for 10 minutes or until the lamb is very tender. Add the *garam masala* and stir. Cool to room temperature and refrigerate.

8. Serve hot the next day.

Aloobukhara Kofta

Ground-lamb meatballs stuffed with dried plums in a flavorful sauce

In the early nineteenth century, the Sikh empire had a stronghold in

Punjab, the Land of Five Rivers. The king captured Lahore (Pakistan) and annexed Kashmir (in northern India). So you can imagine the goings-on in the royal kitchen, where cooks from these three regions competed to put the best before the king! This plum-filled dumpling is a perfect example of the blending of these cuisines.

Serves 4.

8 prunes, pitted (dried plums; see Note)

8 almonds, blanched and peeled (see Note page 40)

14 ounces (400 grams) finely ground lamb

½-inch (1-cm) piece

fresh ginger, chopped

**3 green chiles, stemmed
and minced**

**$\frac{1}{4}$ teaspoon *anardana*
(dried pomegranate seeds),
roasted and ground**

$1\frac{1}{4}$ teaspoons table salt

**$\frac{1}{2}$ teaspoon *garam
masala* (spice mix; page 27)**

**$2\frac{1}{2}$ tablespoons
vegetable oil**

2 or 3 whole cloves

2 green cardamom pods

**$\frac{1}{2}$ -inch (1-cm) cinnamon
stick**

**2 medium red onions,
diced**

**2 teaspoons fresh garlic
paste (page 12)**

**1½ teaspoons fresh
ginger paste (page 12)**

**2 teaspoons ground
coriander**

**1 teaspoon red chile
powder**

**½ teaspoon ground
turmeric**

**1 cup (240 grams) fresh
tomato purée**

**½ teaspoon ground
green cardamom**

**½ teaspoon ground
mace**

2 tablespoons chopped

fresh cilantro

1. Stuff the prunes with the almonds and set aside.

2. Put the meat in a large bowl, add the chopped ginger, chiles, *anardana*, $\frac{1}{2}$ teaspoon of the salt, and the *garam masala*, and combine well. Divide into 8 portions and shape into balls.

3. Flatten each ball between your palms and place a stuffed prune in the center. Gather the edges to enclose the prune and shape back into a ball. Place the balls on a plate, cover with plastic wrap, and put in the refrigerator for 15 minutes.

4. Place a nonstick saucepan

over medium heat and add the oil. When small bubbles appear at the bottom of the pan, add the cloves, cardamom, and cinnamon, and sauté for 1 minute.

5. Add the onions and sauté for 4 to 5 minutes. Add the garlic paste and ginger paste, and sauté for 1 minute.

6. Combine the coriander and chile powder in 1 tablespoon water and add it to the pan, along with the turmeric and the remaining $\frac{3}{4}$ teaspoon salt, and sauté for 1 minute.

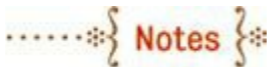
7. Add the tomato purée and cook for 3 to 4 minutes or until the oil comes to the top.

8. Add 1¼ cups (250 ml) water, bring to a boil, and cook for 10 minutes or until the sauce thickens.

9. Remove from the heat and pour the sauce through a fine sieve into a clean saucepan. Discard the solids. Place the pan over medium heat. Add the cardamom and mace, stir well, and cook for 1 minute.

10. Add the stuffed meatballs and cook for 8 to 10 minutes or until cooked through.

11. Garnish with the cilantro and serve hot.



You can use dried apricots instead of dried

plums.

Bhindi Ka Shorva

Lamb curry with okra

Okra lovers will adore this rich dish. Meat adds body to the dish, but the flavor of okra dominates it.

Serves 4.

**1 pound (500 grams)
bone-in lamb, cut into 1½-
inch (4-cm) pieces**

**8 ounces (250 grams)
okra, trimmed**

**1 tablespoon *amchur*
(dried mango powder)**

1¾ teaspoons table salt

1½ teaspoons red chile powder

1 teaspoon *garam masala* (spice mix; page 27)

3 tablespoons vegetable oil

6 cloves garlic, chopped

3 medium red onions, sliced

½ teaspoon fresh ginger paste (page 12)

½ teaspoon fresh garlic paste (page 12)

½ teaspoon ground turmeric

2 tablespoons plain yogurt, whisked

**1 tablespoon tamarind
pulp**

$\frac{1}{4}$ cup (15 grams)

chopped fresh cilantro

1. Trim the excess fat from the lamb and put the pieces in a large bowl.

2. Slit the okra in half from the bottom, leaving the stem ends intact.

3. Combine the *amchur*, $\frac{1}{4}$ teaspoon of the salt, $\frac{1}{2}$ teaspoon of the chile powder, and $\frac{1}{4}$ teaspoon of the *garam masala*, and stuff the okra with this mixture. Set aside.

4. Place a medium nonstick saucepan over medium heat and add 1 tablespoon of the oil. When

small bubbles appear at the bottom of the pan, add the okra and garlic, and sauté gently for 2 to 3 minutes. Transfer to a bowl and set aside.

5. Add the remaining 2 tablespoons oil to the pan. When small bubbles appear at the bottom of the pan, add the onions and sauté for 2 to 3 minutes or until golden brown. Add the ginger paste and garlic paste, and sauté for 2 minutes. Add the remaining 1½ teaspoons salt, the turmeric, the remaining 1 teaspoon chile powder, and the yogurt, and stir. Cook, stirring the masala, for 3 minutes more.

6. Add the lamb and sauté for

5 minutes or until the masala is dry. Add 2½ cups (500 ml) water and bring to a boil. Cover and cook for 10 to 15 minutes or until the lamb is tender.

7. Add the tamarind pulp, okra, and 1 cup (200 ml) water, and bring to a boil. Lower the heat to low, cover, and cook for 5 minutes or until the okra is tender.

8. Remove from the heat and sprinkle with the remaining ¾ teaspoon *garam masala* and the cilantro. Transfer to a serving bowl and serve hot.

Burrah Masaledaar

Spicy lamb chops

This recipe uses browned-onion paste, which gives a rich sweetness and an appetizing reddish brown color to the curry. This paste is best made fresh before you use it. Since the onions also add sweetness, we balance that by adding a souring agent, in this case yogurt.

Serves 4.

**1½ pounds (700 grams)
lamb chops**
**2 teaspoons fresh
ginger paste (page 12)**
**2 teaspoons fresh garlic
paste (page 12)**
**2 tablespoons malt
vinegar**

2 teaspoons table salt
1 quart (800 ml) plus 6
tablespoons vegetable oil
4 medium red onions,
sliced
4 to 6 whole cloves
2 black cardamom pods
1 blade mace
5 or 6 whole black
peppercorns
1-inch (2½-cm)
cinnamon stick
½ cup (125 grams) plain
yogurt
½ teaspoon caraway
seeds
1 quart (800 ml) lamb

stock (page 35)

**4 medium tomatoes,
chopped**

**1 tablespoon red chile
powder**

**1 teaspoon ground
cumin**

**1 tablespoon ground
coriander**

**2 tablespoons chopped
fresh cilantro**

1. Put the chops in a bowl. Add the ginger paste, garlic paste, vinegar, and 1 teaspoon of the salt, and toss. Cover the bowl with plastic wrap and put in the refrigerator to marinate for 30 minutes.

2. Place a nonstick wok over high heat and add 1 quart (800 ml) of the oil. When small bubbles appear at the bottom of the wok, lower the heat to medium, add the onions, and cook for 7 to 8 minutes or until well browned and crisp. Remove with a slotted spoon and drain on paper towels until cooled. Transfer to a food processor and process to a paste.

3. Place a small nonstick sauté pan over medium heat. Add the cloves, cardamom, mace, peppercorns, and cinnamon, and dry-roast for 30 seconds or until fragrant. Let cool completely, then transfer to a spice grinder and grind

to a fine powder.

4. Put the yogurt in a small bowl, add the onion paste, and whisk until well blended.

5. Place a nonstick sauté pan over medium heat and add the remaining oil. When small bubbles appear at the bottom of the pan, add the caraway and sauté for 15 seconds. Add the chops and sauté for 7 to 8 minutes or until lightly browned. Add the yogurt mixture and sauté for 7 to 8 minutes or until the oil comes to the top.

6. Add the stock and bring to a boil. Lower the heat to low and simmer for 15 minutes or until the chops are half done.

7. Add the tomatoes, chile powder, cumin, and coriander, and cook for 20 minutes or until the tomatoes are completely mashed and the sauce is smooth.

8. Add the roasted spice powder and the remaining 1 teaspoon salt, and cook for 12 minutes or until the chops are cooked through.

9. Garnish with the cilantro and serve hot.

Dahi Kheema

Ground lamb cooked with spices in a yogurt sauce

I love how the yogurt in this dish not only softens the meat

(yogurt is a great tenderizer) but also envelops the meat in a tangy flavor.

Serves 4.

**2 tablespoons vegetable
oil**

5 whole cloves

**1-inch (2½-cm)
cinnamon stick**

3 green cardamom pods

1 black cardamom pod

1 blade mace

2 bay leaves

**2 medium red onions,
finely chopped**

**6 or 7 green chiles,
stemmed and chopped**

2 teaspoons fresh garlic

paste (page 12)

**2 teaspoons fresh
ginger paste (page 12)**

14 ounces (400 grams)

ground lamb

1 teaspoon table salt

**2 teaspoons red chile
powder**

**1 tablespoon ground
coriander**

**1/2 teaspoon ground
turmeric**

**1 1/3 cups (335 grams)
plain yogurt, whisked**

**1/4 cup (15 grams)
chopped fresh cilantro**

1. Place a nonstick saucepan over medium heat and add the oil.

When small bubbles appear at the bottom of the pan, add the cloves, cinnamon, green and black cardamom, mace, bay leaves, and onions, and sauté for 2 minutes or until fragrant.

2. Add the chiles and sauté for 1 minute. Add the garlic paste, ginger paste, and $\frac{1}{2}$ cup (100 ml) water, and stir well.

3. Add the lamb and stir. Add the salt and sauté for 5 minutes or until the water evaporates.

4. Add the chile powder, coriander, and turmeric, and stir. Cook until the lamb is almost cooked and dry.

5. Add the yogurt and stir.

Lower the heat to low, cover, and cook for 10 to 15 minutes or until the lamb is well done.

6. Transfer to a serving dish, garnish with the cilantro, and serve hot.

Dal Gosht

Lamb cooked with lentils and spices

Hyderabadi cuisine is known for a lot of dishes that combine vegetarian foods with meat. This dish of pulses with meat is a fine example. In some homes, only one type of *dal* is used, but I like this richer version. Enjoy it with steamed rice.

Serves 4.

$\frac{1}{4}$ cup (50 grams) *chana dal* (split Bengal gram)

2 tablespoons *arhar dal/toor dal* (split pigeon peas)

2 tablespoons *masoor dal* (split red lentils)

2 tablespoons vegetable oil

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

$\frac{1}{4}$ tablespoon fresh ginger paste (page 12)

$\frac{1}{2}$ tablespoon fresh garlic paste (page 12)

2 green chiles, stemmed and slit

**1 large red onion,
chopped**

**1 medium tomato,
chopped**

1 teaspoon table salt

**1 teaspoon red chile
powder**

**1 teaspoon ground
coriander**

**1 teaspoon ground
roasted cumin (page 32)**

**$\frac{1}{4}$ teaspoon ground
turmeric**

**$\frac{1}{4}$ teaspoon *garam
masala* (spice mix; page 27)**

**10 ounces (300 grams)
boneless lamb, trimmed and**

**cut into 1-inch (2½-cm)
cubes**

**½ tablespoon freshly
squeezed lemon juice**

**2 tablespoons chopped
fresh cilantro**

1. Put the *dals* in a large bowl, wash in plenty of water 2 or 3 times, and drain. Add 2 cups (400 ml) water and soak for 30 minutes. Drain the *dals* in a colander.

2. Place a medium nonstick saucepan over medium heat and add the oil. When small bubbles appear at the bottom of the pan, add the cumin seeds. When they change color, add the ginger paste, garlic paste, and chiles, and sauté for 1

minute.

3. Add the onion and sauté for 3 to 4 minutes or until golden brown. Add the tomato and salt, and sauté for 2 minutes.

4. Add the chile powder, coriander, ground cumin, and turmeric, and sauté for 1 minute.

5. Add the *garam masala*, lamb, and *dals*, and sauté for 2 minutes.

6. Add 1 quart (800 ml) water and bring to a boil. Lower the heat to low, cover, and cook for 50 minutes or until the lamb is tender. Add the lemon juice and stir well.

7. Transfer the curry to a serving bowl, garnish with the

cilantro, and serve hot.

Egg Nargisi Kofta

Hard-boiled eggs wrapped in ground lamb in a spicy tomato sauce

The word *nargisi* is a derivative of the word *nargis*, which means “daffodil.” Daffodils are beautiful, with sunshine-yellow centers and spikey white petals—a color combination that is revealed when the eggs are cut in half! This is an Awadi dish from Lucknow, in the state of Uttar Pradesh. Awadh has been greatly influenced by Mughal cooking.

Serves 4.

6 large eggs
8 ounces (250 grams)
ground lamb or chicken
4 slices bread
1 teaspoon fresh ginger
paste (page 12)
1 teaspoon fresh garlic
paste (page 12)
6 green chiles, stemmed
and chopped
2 teaspoons table salt
1 tablespoon red chile
powder
2 teaspoons ground
coriander
½ teaspoon ground
roasted cumin (page 32)

**3 tablespoons chopped
fresh cilantro**

**2 tablespoons chopped
fresh mint**

**½ cup (55 grams) bread
crumbs**

**1 quart (800 ml) plus 2
tablespoons vegetable oil**

**4 medium red onions,
chopped**

**4 medium tomatoes,
chopped**

**1 teaspoon *garam
masala* (spice mix; page 27)**

**½ teaspoon ground
black pepper**

1. Place a nonstick sauté pan

over high heat and add 5 cups (1 liter) water. When the water comes to a boil, add 4 of the eggs and cook for 8 to 10 minutes. Remove from the heat and let the eggs cool in the water. Peel them and set aside.

2. Beat the remaining 2 eggs in a small bowl and set aside.

3. Put the lamb, bread, ginger paste, garlic paste, 3 of the chiles, and 1 teaspoon of the salt in a food processor and process to a smooth paste. Transfer to a bowl and stir in 1½ teaspoons of the chile powder, the coriander, cumin, half of the cilantro, and the mint. Combine well and divide the mixture into 4

portions.

4. Completely cover each egg with 1 portion of the lamb mixture. Smooth the surface with moistened hands. Spread the bread crumbs on a plate.

5. Place a nonstick wok over high heat and add 1 quart of the oil. When small bubbles appear at the bottom of the wok, lower the heat to medium. Dip each covered egg in the beaten eggs, roll it in the bread crumbs, and slide it into the hot oil. Cook for 8 minutes or until golden and crisp on the outside. Remove with a slotted spoon and drain on paper towels. Cut each egg ball in half vertically. Place in a

shallow serving dish.

6. Make the tomato sauce: Place a nonstick sauté pan over medium heat and add the remaining 2 tablespoons oil. When small bubbles appear at the bottom of the pan, add the onions and cook for 5 minutes or until lightly browned.

7. Add the tomatoes, the remaining chiles, the remaining cilantro, the *garam masala*, the remaining 1½ teaspoons chile powder, the remaining 1 teaspoon salt, and the pepper. Add 6 cups (1.2 liters) water and simmer for 15 minutes.

8. Pour the sauce over the stuffed eggs and serve hot.

Erachi Olathiyathu

Super-spicy lamb with fennel and peppercorns

A good Kerala curry, like this one, should be infused with red-hot chile—but you are the boss in your kitchen and can vary the heat to your taste. I would not compromise on the amount of black pepper or curry leaves, however.

Serves 4.

**1³/₄ pounds (800 grams)
bone-in lamb, cut into 1¹/₂-
inch (4-cm) pieces**
**2 (2-inch/5-cm)
cinnamon sticks**
6 whole cloves

2 black cardamom pods
1 star anise
1 teaspoon fennel seeds
1 tablespoon red chile powder
2 tablespoons ground coriander
1 teaspoon ground turmeric
½ teaspoon ground black pepper
2 teaspoons table salt
2-inch (5-cm) piece fresh ginger
6 to 8 cloves garlic
20 fresh curry leaves
5 tablespoons vegetable

oil

¼ cup (30 grams) thinly sliced fresh coconut (or frozen unsweetened coconut)

5 or 6 dried red chiles, stemmed

1 large red onion, peeled and thinly sliced

1. Put the lamb in a large bowl.

2. Place a small nonstick sauté pan over medium heat. Add the cinnamon, cloves, black cardamom, star anise, and fennel, and dry-roast for 2 minutes or until fragrant. Transfer to a plate and let cool. Transfer into a mortar and pound to

a fine powder with a pestle.

3. Add the roasted spice powder to the lamb in the bowl. Add the chile powder, coriander, turmeric, pepper, and salt, and stir well. Set aside for 30 minutes to marinate.

4. Put the ginger, garlic, and 6 of the curry leaves in a mortar and crush with a pestle to a coarse paste.

5. Place a nonstick saucepan over medium heat and add 4 tablespoons (60 ml) of the oil. When small bubbles appear at the bottom of the pan, add the crushed ginger mixture along with the lamb and stir. Lower the heat to low and

cook, adding 2½ cups (500 ml) water at regular intervals, for 50 to 55 minutes or until the lamb is cooked.

6. Place a small nonstick sauté pan over medium heat and add ½ tablespoon oil. When small bubbles appear at the bottom of the pan, add the coconut and sauté until lightly browned. Set aside.

7. Place another nonstick saucepan over medium heat and add the remaining ½ tablespoon oil. When small bubbles appear at the bottom of the pan, add the remaining 14 curry leaves, the red chiles, and onion, and sauté for 2 to 3 minutes or until the onion is

translucent.

8. Add the lamb and lower the heat to low. Cook for 2 minutes or until the mixture is semidry. Add the browned coconut slices. Stir and cook for 30 seconds.

9. Serve hot.

Goan Lamb Curry

Coconut-flavored curry

You can use beef, goat, or pork in this dish instead of the lamb. This curry, redolent with cinnamon and coriander, will taste better if it is allowed to sit in the refrigerator overnight. This allows the flavors to meld and the spices

to do their magic. Serve with steamed rice.

Serves 4.

1 2/3 pounds (750 grams) boneless lamb

1 teaspoon ground turmeric

1½ teaspoons table salt, or more if needed

1 tablespoon fresh ginger paste (page 12)

1 tablespoon fresh garlic paste (page 12)

1 tablespoon freshly squeezed lemon juice

1 tablespoon vegetable oil

6 whole cloves

2 green cardamom pods
10 to 12 whole black
peppercorns
4 dried red chiles,
stemmed
1-inch (2½-cm)
cinnamon stick
1 tablespoon coriander
seeds
1 bay leaf
2 onions, peeled and
sliced
1½-inch (4-cm) piece
fresh ginger, crushed
6 cloves garlic, crushed
1 cup (120 grams)
grated fresh coconut (or

frozen unsweetened
coconut)
1 tablespoon white
vinegar

1. Trim off the excess fat from the lamb. Cut into 1-inch (2½-cm) pieces.

2. Put the lamb in a deep bowl, add the turmeric, salt, ginger paste, garlic paste, and lemon juice, and stir well. Cover the bowl and put it in the refrigerator for 2 hours to marinate.

3. Place a medium nonstick sauté pan over high heat and add the oil. When small bubbles appear at the bottom of the pan, lower the heat to medium and add the cloves,

cardamom, peppercorns, chiles, cinnamon, coriander, and bay leaf and sauté for 2 to 3 minutes or until fragrant.

4. Add the onions, ginger, and garlic, and sauté until the onions are browned. Add the coconut and sauté until the coconut is browned. Transfer to a plate and let cool to room temperature.

5. Transfer the cooled sautéed mixture to a food processor with 1 cup (200 ml) water and process to a fine paste; set aside.

6. Put the lamb in a nonstick saucepan, add 4 cups (800 ml) water, and place the pan over high heat. When the mixture comes to a

boil, lower the heat to medium and cook, uncovered, for 1 hour or until the lamb is three quarters done.

7. Add the onion-coconut paste and stir well. Adjust the salt, if necessary, and cook over medium heat for 30 minutes or until the lamb is tender.

8. Add the vinegar and stir. Cover and let the curry stand for 15 minutes. Serve hot.

Gosht Korma

Lamb stewed in a rich coconut-and-cream sauce

This is a rich dish with saffron, cream, coconut, and poppy seeds. It is an ideal main course for

special occasions. Serve with fluffy steamed basmati rice on the side.

Serves 4.

- 14 ounces (400 grams) boneless lamb, cut into 1-inch (2½-cm) cubes**
- 2 tablespoons plain Greek yogurt**
- 1½ teaspoons table salt**
- 1 tablespoon poppy seeds**
- 5 or 6 saffron threads**
- 2 medium red onions, peeled**
- 2 tablespoons grated fresh coconut (or frozen unsweetened coconut)**
- 3 green chiles, stemmed**

and roughly chopped

4 cloves garlic, crushed

1-inch (2½-cm) piece

fresh ginger, grated

20 to 24 cashews

¼ cup (50 ml) vegetable

oil

2½ tablespoons ground

coriander

1 tablespoon ground

roasted cumin (page 32)

½ teaspoon ground

green cardamom

1/8 teaspoon ground

cinnamon

1 tablespoon crushed

black peppercorns

½ cup (100 ml) heavy cream

1. Put the lamb in a large bowl and stir in the yogurt and 1 teaspoon of the salt. Cover the bowl with plastic wrap and put in the refrigerator to marinate for 2 hours.

2. Soak the poppy seeds in 1/3 cup (65 ml) water for 30 minutes.

3. Soak the saffron in 2 tablespoons warm water.

4. Roughly chop 1 of the onions and thinly slice the other.

5. Place the roughly chopped onion in a food processor with the poppy seeds and the water they were soaked in. Add the coconut,

chiles, garlic, ginger, and cashews, and process to a paste.

6. Place a nonstick saucepan over medium heat and add the oil. When small bubbles appear at the bottom of the pan, add the sliced onion, and sauté for 3 to 4 minutes or until golden brown.

7. Add the ground paste and sauté for 5 minutes or until the oil comes to the top.

8. Add the lamb, coriander, cumin, cardamom, cinnamon, and peppercorns, and sauté over high heat for 8 to 10 minutes or until the lamb is well browned on all sides.

9. Add 2½ cups (300 ml) water and the remaining ½

teaspoon salt, and simmer for 50 minutes or until the lamb is tender.

10. Stir in the saffron water and cream. Transfer to a serving dish and serve hot.

Gosht Pasanda

Yogurt-marinated lamb in a flavorful gravy

Good-quality meat is the key ingredient here. Choose a leg or shoulder cut and then cut it into pieces yourself.

Serves 4.

1 1/3 pounds (630 grams) boneless lamb, trimmed and cut into 1½-inch (4-cm) cubes

**1 cup (250 grams) plain
yogurt, whisked**

2 teaspoons table salt

**2 teaspoons fresh
ginger paste (page 12)**

**2 teaspoons fresh garlic
paste (page 12)**

**1 teaspoon red chile
powder**

**1 teaspoon ground
green cardamom**

**¼ cup (50 ml) vegetable
oil**

2 green cardamom pods

3 whole cloves

**½-inch (1-cm) cinnamon
stick**

**5 whole black
peppercorns**

1 bay leaf

**4 medium red onions,
sliced**

**2 green chiles, stemmed
and chopped**

**1 tablespoon ground
coriander**

**½ cup (140 grams)
tomato purée**

1. Flatten the lamb cubes with the flat side of a knife or a meat mallet.

2. Put the lamb in a large bowl, add the yogurt, salt, ginger paste, garlic paste, chile powder, and ground cardamom, and stir

well. Cover the bowl with plastic wrap and put it in the refrigerator for about 2 hours to marinate.

3. Place a medium nonstick saucepan over medium heat and add the oil. When small bubbles appear at the bottom of the pan, add the cardamom pods, cloves, cinnamon, peppercorns, and bay leaf, and sauté for 1 minute or until fragrant. Add the onions and sauté for 3 to 4 minutes or until golden brown.

4. Add the chiles, coriander, and lamb, and cook, stirring, for 1 minute. Add 1 cup (200 ml) water and stir. Bring to a boil, then lower the heat to low, cover, and cook

over low heat for 45 minutes or until the lamb is almost done.

5. Add the tomato purée and stir. Cook, covered, over low heat for 5 minutes or until the lamb is tender.

6. Transfer to a serving dish and serve hot.

Kaleji Ka Salan

Liver curry

In my early years of chef training, I was taught about “tandoor garnish,” which is basically a fresh salad that contains some mint sprigs. The salad varies from restaurant to restaurant, but it

usually has slices of tomato, onion, and cucumber or a mixture of shredded cabbage, carrot, and other vegetables. But the mint sprig is in all of them, and there's a reason why. Mint cleans the palate while you enjoy your meaty kebabs or tandoori chicken. It readies the taste buds for the next bite, and it is also a digestive aid. I have used the same principle in garnishing this dish, as liver tends to linger on the palate and the mint will be a welcome refreshment between bites. Serve with *roti* (page 18) or *parathas* (page 18).

Serves 4.

14 ounces (400 grams)

lamb or chicken livers

**1 teaspoon ground
turmeric**

2 teaspoons table salt

**1 teaspoon fresh ginger
paste (page 12)**

**1 teaspoon fresh garlic
paste (page 12)**

**1 teaspoon red chile
powder**

**$\frac{3}{4}$ cup (190 grams) plain
yogurt**

**$\frac{1}{2}$ cup (100 ml)
vegetable oil**

**2 medium red onions,
thinly sliced**

$1\frac{1}{2}$ teaspoons ground

coriander

A few sprigs fresh mint

1. Cut the liver into $\frac{1}{2}$ -to 1-inch (1-to 2 $\frac{1}{2}$ -cm) pieces.

2. Place a nonstick saucepan over high heat and add 3 cups (600 ml) water. When the water comes to a boil, add the liver, $\frac{1}{2}$ teaspoon of the turmeric, and 1 teaspoon of the salt. Cook over high heat for 10 minutes, skimming the foam from the surface with a slotted spoon occasionally. Drain in a colander and let cool.

3. Combine the ginger paste, garlic paste, chile powder, the remaining $\frac{1}{2}$ teaspoon turmeric, the remaining 1 teaspoon salt, the

yogurt, and liver in a large bowl and set aside to marinate for 15 minutes.

4. Place a nonstick sauté pan over medium heat and add the oil. When small bubbles appear at the bottom of the pan, add the onions and cook for 6 to 8 minutes or until well browned.

5. Add the liver with the marinade and sauté for 8 to 10 minutes or until the excess water has evaporated. Add the coriander and sauté for 2 to 3 minutes.

6. Add 2 cups (400 ml) water. Bring to a boil, then lower the heat to low and simmer for 15 to 20 minutes or until the liver is cooked

through.

7. Garnish with sprigs of mint and serve hot.

Kashmiri Gushtaba

Meatballs in yogurt curry

Most Indian regional cuisines have at least one dish of *koftas*—meatballs or vegetarian versions. This particular recipe is from the state of Kashmir and forms the concluding part of an exclusive ceremony called the Wazwan, a feast that can have up to thirty-six courses. This dish is served piping hot, and no one ever refuses it. It is often the last savory bite of the

meal, followed by dessert and Kashmiri tea.

Serves 4.

**1 quart (800 ml)
vegetable oil**

**3 small red onions,
sliced**

**1½ cups (375 grams)
plain yogurt**

**1 teaspoon fresh garlic
paste (page 12)**

**10 ounces (300 grams)
boneless lamb from leg, fat
reserved, cut into small
pieces**

**1 teaspoon ground
green cardamom**

1 teaspoon table salt

3 tablespoons ghee
(page 37)

3 cups (600 ml) lamb
stock (page 35)

4 or 5 green cardamom
 pods

2 black cardamom pods

6 whole cloves

3½ teaspoons ground
fennel seeds

1 tablespoon ground
ginger

¼ teaspoon dried mint

1. Place a wok over high heat and add the oil. When small bubbles appear at the bottom of the wok, add the onions and cook until browned. Remove with a slotted

spoon and drain on paper towels. Let cool, then transfer to a food processor with 3 tablespoons water and process to a fine paste.

2. Put the yogurt in a bowl and whisk until smooth. Add $\frac{1}{2}$ cup (100 ml) water and whisk again.

3. Place a nonstick saucepan over medium heat and add the yogurt mixture. Lower the heat to low and cook, stirring continuously, for 5 minutes.

4. Put the garlic paste in a small bowl, add $\frac{1}{4}$ cup (50 ml) water, and stir. Let stand for 10 minutes.

5. Put the lamb, 3 ounces of the reserved fat, the ground

cardamom, and $\frac{1}{4}$ teaspoon of the salt on a cutting board, and pat with a meat mallet until the mixture becomes very soft and smooth.

6. Dip your hands in chilled water and divide the lamb mixture into 12 equal portions. Shape them into round balls.

7. Place a nonstick saucepan over high heat. Add the yogurt mixture, the meatballs, ghee, and stock, and bring to a rapid boil. Lower the heat to medium, add the green and black cardamom pods, cloves, fennel, and ground ginger. Cover and boil for 10 to 12 minutes.

8. Add the garlic water and

remaining $\frac{3}{4}$ teaspoon salt, and boil for 8 minutes. The mixture should have a souplike consistency.

9. Add the browned onion paste and cook until the meatballs are tender to the touch and the sauce has thickened.

10. Sprinkle with the mint and serve hot.

Khade Masale Ka

Gosht

Lamb curry with whole spices

This is a basic lamb recipe that would be a good introduction for someone who is unfamiliar with Indian cooking. It uses most of the

important spices (*khade masale* means “whole spices”), and the base is the onion-tomato sauce that is so essential to master when learning to cook Indian food.

Serves 4.

**14 ounces (400 grams)
boneless lamb, cut into 1-
inch (2½-cm) cubes**

2 teaspoons table salt

**¼ teaspoon ground
turmeric**

**2 teaspoons coriander
seeds**

**3 dried red chiles,
stemmed and broken**

**10 whole black
peppercorns**

**3 tablespoons vegetable
oil**
½ teaspoon cumin seeds
2 green cardamom pods
1 black cardamom pod
2 whole cloves
1-inch (2½-cm)
cinnamon stick
1 bay leaf
1 medium red onion,
chopped
1½-inch (4-cm) piece
fresh ginger, chopped
7 or 8 cloves garlic,
chopped
3 green chiles, stemmed
and chopped **Small pinch of**

ground mace

**½ cup (125 grams) plain
yogurt**

**1 medium tomato,
chopped**

**2 tablespoons chopped
fresh cilantro**

1. Place a nonstick saucepan over high heat and add 2½ cups (500 ml) water. Add the lamb, 1 teaspoon of the salt, and the turmeric. When the water comes to a boil, lower the heat to medium, cover, and cook for 45 minutes or until the lamb is cooked through.

2. Put the coriander, red chiles, and peppercorns in a spice grinder and grind to a coarse

powder.

3. Place a nonstick saucepan over medium heat and add the oil. When small bubbles appear at the bottom of the pan, add the cumin, green and black cardamom, cloves, cinnamon, and bay leaf. Sauté for 1 minute or until fragrant.

4. Add the onion and sauté for 3 to 4 minutes or until golden brown.

5. Add the ginger, garlic, and green chiles, and sauté for 2 minutes. Add the lamb, the remaining 1 teaspoon salt, the ground spices, and the mace.

6. Lower the heat to low and sauté, stirring continuously, for 6 to

8 minutes or until the lamb is browned. Remove from the heat, add the yogurt, and stir well. Return the pan to low heat and sauté for 6 to 8 minutes.

7. Add the tomato and sauté for 5 to 6 minutes or until the oil comes to the top.

8. Add 1 cup (200 ml) water, stir, and bring to a boil. Lower the heat, cover, and simmer, stirring occasionally, for 10 to 12 minutes or until the lamb is tender and the sauce becomes semidry.

9. Garnish with the cilantro and serve hot.

Kheema Hara

Dhania

Ground lamb cooked with cilantro and served with hard-boiled eggs

I remember my dad making this when I was as young as seven years old. He would sauté the ground lamb very patiently until it was aromatic and then he would tap the spatula on the side of the pan, giving us a signal that dinner was just about ready. Mom would proceed into the kitchen and quickly make a batch of hot *rotis* (page 18). Fresh, wonderful food made lovingly—these are my fondest memories.

Serves 4.

**2-inch (5-cm) piece
fresh ginger, chopped**

4 cloves garlic, chopped

3 tablespoons ghee

(page 37)

1 teaspoon cumin seeds

**3 or 4 green cardamom
pods**

**1-inch (2½-cm)
cinnamon stick**

4 to 6 whole cloves

**3 medium red onions,
chopped**

**5 green chiles, stemmed
and chopped**

**14 ounces (400 grams)
ground lamb**

**1 tablespoon ground
coriander**

1½ teaspoons table salt

**¼ teaspoon ground
turmeric**

**7 or 8 black
peppercorns, crushed**

**1 teaspoon *garam
masala* (spice mix; page 27)**

**1 cup (60 grams)
chopped fresh cilantro**

**4 eggs, hard-boiled,
peeled, and quartered**

1. Put the ginger and garlic in a spice grinder with 1 tablespoon water and grind to a paste.

2. Place a nonstick saucepan over medium heat and add the ghee.

When small bubbles appear at the bottom of the pan, add the cumin seeds, cardamom, cinnamon, and cloves, and sauté for 30 seconds or until fragrant. Add the ginger-garlic paste and sauté for 30 seconds.

3. Add the onions and chiles, and sauté for 4 to 5 minutes or until the onions are golden brown.

4. Add the lamb and increase the heat to high. Cook, stirring continuously, for 10 minutes.

5. Add the coriander, salt, and turmeric, and stir well. Stir in 1½ cups (300 ml) cups water and bring to a boil. Lower the heat to medium, cover, and simmer, stirring occasionally, for 40 minutes or

until the lamb is cooked through.

6. Add the peppercorns and *garam masala*, and stir. Add the cilantro and stir well. Cook until the excess liquid has evaporated.

7. Transfer to a serving bowl. Garnish with the eggs and serve hot.

Kheema Kaleji

Ground lamb and liver cooked with spices

Kaleji is Urdu for “liver.” Liver is a rich source of iron and combines well with ground lamb. I like to prepare this as a dry dish with hardly any curry.

Serves 4.

**7 ounces (200 grams)
lamb liver or chicken liver**

**2 teaspoons ground
turmeric**

**3 tablespoons melted
butter or vegetable oil**

1 teaspoon cumin seeds

**2 medium red onions,
chopped**

**1 tablespoon fresh
ginger paste (page 12)**

**1 tablespoon fresh
garlic paste (page 12)**

**3 or 4 green chiles,
stemmed and chopped**

**14 ounces (400 grams)
ground lamb**

**2 teaspoons ground
coriander**

**1 teaspoon red chile
powder**

**4 medium tomatoes,
chopped**

½ teaspoon black salt

1 teaspoon table salt

**2 tablespoons chopped
fresh cilantro**

1. Clean, wash, and boil the liver in 3 cups (600 ml) water with 1 teaspoon of the turmeric for 5 minutes. Drain and let cool. Chop the liver into ½-inch (1-cm) pieces.

2. Place a heavy-bottomed sauté pan over medium heat and add the butter. When small bubbles

appear at the bottom of the pan, add the cumin. When the seeds begin to change color, add the onions and cook, stirring continuously, for 5 to 6 minutes or until the onions are golden brown. Add the ginger paste, garlic paste, and chiles. Cook for 30 seconds.

3. Add the ground lamb and increase the heat to high. Cook, stirring frequently, until the lamb is nicely browned. Lower the heat to medium, add the coriander, the remaining 1 teaspoon turmeric, and the chile powder, and cook for 1 minute or until the spices are roasted well. Add the tomatoes and cook until the fat separates and

becomes visible along the edges of the lamb.

4. Add the liver and 1 cup (200 ml) water. Bring to a boil, lower the heat to low, and simmer for 15 to 20 minutes or until the lamb and liver are cooked through.

5. Add the black salt, table salt, and half of the cilantro. Cook for 3 to 4 minutes, stirring frequently.

6. Garnish with the remaining cilantro and serve hot.

Kheema Matar

Ground lamb and green peas cooked with spices

I like to serve this with warm

bread—a flatbread like *roti* (page 18) or *naan* (page 20)—and a side of onions doused in lemon and salt. A perfect meal for a lazy Sunday.

Serves 4.

**½ cup (75 grams) green
peas**

**2 tablespoons vegetable
oil**

**2 medium red onions,
chopped**

**1 teaspoon fresh garlic
paste (page 12)**

**1 teaspoon fresh ginger
paste (page 12)**

**1 pound (500 grams)
ground lamb**

2 green chiles, stemmed

and minced

**1 teaspoon ground
coriander**

**1 teaspoon ground
roasted cumin (page 32)**

**$\frac{3}{4}$ teaspoon red chile
powder**

**3 medium tomatoes,
puréed**

**3 tablespoons chopped
fresh cilantro**

$1\frac{1}{2}$ teaspoons table salt

**1 teaspoon *garam
masala* (spice mix; page 27)**

**$1\frac{1}{2}$ tablespoons freshly
squeezed lemon juice**

1. Place a medium nonstick

saucepan over medium heat. Add 2 cups (400 ml) water and bring to a boil. Add the peas and blanch them for 2 to 3 minutes. Drain in a colander. Refresh the peas with cold water and set aside in a small bowl.

2. Place a medium nonstick saucepan over medium heat and add the oil. Add the onions and sauté until they are lightly browned. Add the garlic paste and ginger paste, and sauté for 1 minute.

3. Add the lamb, chiles, coriander, cumin, and chile powder, and stir-fry for 5 minutes, breaking up any lumps. Add the tomatoes and sauté for 3 minutes.

4. Add $\frac{3}{4}$ cup (150 ml) water and bring to a boil. Cover, reduce the heat to low, and simmer for 30 minutes.

5. Add the blanched peas, cilantro, salt, *garam masala*, and lemon juice, and stir for 2 minutes. Add $\frac{1}{2}$ cup (100 ml) water and stir well. Cover and simmer for about 10 minutes or until the peas are cooked well.

6. Transfer to a serving dish. Serve hot.

Kheema Par Eeda

Eggs cooked on a bed of spicy ground lamb

Give yourself time to savor

this dish: The slightly runny yolk along with a bit of spicy meat spooned onto a warmed *roti* (page 18) is just heavenly. You could also serve the *kheema* with steamed rice.

Serves 4.

**2 medium tomatoes,
chopped**

**4 green chiles, stemmed
and seeded**

**2½ tablespoons ghee
(page 37)**

**1-inch (2½-cm) piece
fresh ginger, chopped**

6 cloves garlic, chopped

**2 medium red onions,
chopped**

**1 teaspoon ground
turmeric**

**1 tablespoon ground
roasted cumin (page 32)**

**1½ teaspoons red chile
powder**

**1½ teaspoons plus 1/8
teaspoon table salt**

**1 pound (500 grams)
ground lamb**

1½ teaspoons sugar

**2 tablespoons distilled
white vinegar**

4 small eggs

**1/8 teaspoon ground
black pepper**

2 tablespoons chopped

fresh cilantro

1. Put the tomatoes and chiles in a blender and blend to a smooth paste. Transfer to a bowl and set aside.

2. Place a nonstick saucepan over medium heat and add the ghee. When small bubbles appear at the bottom of the pan, add the ginger and garlic, and sauté for 1 minute. Add the onions and sauté for 2 minutes or until the onions are lightly colored. Add the turmeric, cumin, and chile powder, and stir. Add the tomato-chile paste and 1½ teaspoons of the salt, and sauté until the ghee comes to the top.

3. Add the lamb and sauté for

2 to 3 minutes. Add 1 cup (200 ml) water and stir. When the water comes to a boil, cover and cook for 15 minutes.

4. Add the sugar and vinegar, stir well, and cook for 5 more minutes or until the lamb is cooked through.

5. Break 1 egg at a time over the lamb mixture, spacing them evenly and keeping the yolks intact.

6. Sprinkle the remaining 1/8 teaspoon salt and the black pepper over the eggs, cover, lower the heat, and cook for 4 to 5 minutes or until the egg whites are set.

7. Sprinkle with the cilantro and serve hot.

Khichra

Rice, lentils, and lamb

Khichdi is a simple dish of rice, *dals*, and sometimes vegetables that inspired the Anglo-Indian dish kedgerie. This dish from Hyderabad is the father of all *khichdis*, and features rice, *dals*, lamb or goat, and broken wheat with an array of spices. Nutritious to the core, this one-dish meal warrants a good postfeast nap!

Serves 4.

2 tablespoons *masoor dal* (split red lentils)

2 tablespoons *toor*

***dal/arhar dal* (split pigeon peas)**

2 tablespoons *chana dal* (split Bengal gram)

2 tablespoons *dhuli moong dal* (split skinless green gram)

$\frac{1}{2}$ cup (100 grams) *lapsi* (fine broken wheat)

$\frac{1}{4}$ cup (50 grams) basmati rice

6 tablespoons vegetable oil

4 medium red onions, peeled and sliced

4 whole cloves

6 green cardamom pods

**2-inch (5-cm) cinnamon
stick**

**2 teaspoons fresh
ginger paste (page 12)**

**2 teaspoons fresh garlic
paste (page 12)**

**14 ounces (400 grams)
boneless lamb, cut into 1/2-
inch (1-cm) pieces**

2½ teaspoons table salt

**2 teaspoons red chile
powder**

**½ teaspoon ground
turmeric**

**2 tablespoons chopped
fresh mint**

2 tablespoons chopped

fresh cilantro

**2 tablespoons freshly
squeezed lemon juice**

~ For the tempering:

**2 teaspoons ghee (page
37)**

**1 teaspoon red chile
powder**

**1 teaspoon *garam
masala* (spice mix; page 27)**

~ For garnish:

**A few sprigs fresh mint
4 green chiles, stemmed
and slit**

**3 lemons, cut into
wedges**

1. Put the *dals* in a large bowl,

wash in plenty of water 2 or 3 times, and drain. Add 3 cups (600 ml) water and soak for 2 hours. Drain and set aside.

2. Soak the *lapsi* in a separate bowl in 1½ cups (300 ml) water for 1 hour.

3. Wash and soak the rice in another bowl in 1 cup (200 ml) water for 30 minutes. Drain and set aside.

4. Place a medium nonstick sauté pan over medium heat and add 2 tablespoons of the oil. When small bubbles appear at the bottom of the pan, add the onions and sauté for 5 to 6 minutes or until golden brown. Set aside.

5. Place a nonstick saucepan over medium heat and add the remaining 4 tablespoons oil. Add the cloves, cardamom, and cinnamon, and sauté until fragrant. Add the ginger paste and garlic paste, and sauté until the raw flavors disappear.

6. Add the lamb and sauté until browned. Add half of the sautéed onions and stir to combine. Add the salt, chile powder, and the drained *dals*. Sauté for 2 to 3 minutes.

7. Add the *lapsi* and turmeric, and stir.

8. Add 5 cups (1 liter) water. Increase the heat to high, cover, and

bring to a boil. Lower the heat to medium and simmer for about 1 hour or until all the *dals*, the *lapsi*, and the lamb are completely cooked.

9. Add the rice and cook for 30 minutes. Continue stirring and adding up to 2 cups (400 ml) water as the mixture becomes dry.

10. When the rice is cooked, mash the mixture with the back of a ladle to make a porridgelike consistency.

11. Add the mint, cilantro, and lemon juice, and stir. Set the *khichra* aside.

12. Make the tempering: Place a small nonstick sauté pan over

medium heat and add the ghee. When the ghee melts and small bubbles appear at the bottom of the pan, remove from the heat and add the chile powder and *garam masala*. Add this immediately to the *khichra* and cover the pan to trap the flavors. Let stand for about 5 minutes.

13. Stir and transfer to a serving dish. Garnish with the mint sprigs, the remaining sautéed onions, the chiles, and lemon wedges. Serve hot.

Kolhapuri Pandhra

Rassa

Lamb-flavored curry

Kolhapur, an ancient city in southwest Maharashtra, boasts a bold and aromatic cuisine. Some of the most famous Kolhapuri dishes are meat preparations, including *sukka* lamb (page 378), *tambda rassa* (red lamb curry), and the recipe here.

Serves 4.

1 tablespoon sesame seeds

2 tablespoons white poppy seeds

$\frac{3}{4}$ cup (90 grams) grated fresh coconut (or frozen unsweetened

coconut)

**2 medium red onions,
quartered**

**1-inch (2½-cm) piece
fresh ginger**

6 to 8 cloves garlic

**¼ cup (50 ml) vegetable
oil**

**Pinch of freshly grated
nutmeg**

**1-inch (2½-cm)
cinnamon stick**

**4 or 5 green cardamom
pods**

1 black cardamom pod

5 or 6 whole cloves

1 blade mace

2 bay leaves
**2 green chiles, stemmed
and slit**
**5 cups (1 liter) lamb
stock (page 35)**
1 teaspoon table salt
**1 tablespoon ground
white pepper**
**A few sprigs fresh
cilantro, finely chopped**

1. Place a small nonstick sauté pan over medium heat. Add the sesame seeds and dry-roast for 2 to 3 minutes. Transfer to a small bowl and set aside to cool.

2. Put the poppy seeds in a small bowl, add $\frac{1}{4}$ cup (50 ml) warm water, and soak for 15 to 20

minutes. Drain in a fine sieve.

3. Place a small nonstick saucepan over medium heat and add $\frac{1}{2}$ cup (100 ml) water. Add the roasted sesame seeds and the soaked poppy seeds. Boil for 2 to 3 minutes. Drain in a fine sieve and set aside to cool. Transfer to a food processor. Add the coconut and 5 tablespoons (75 ml) water, and process to a fine paste. Transfer the paste to a small bowl and set aside.

4. Place a deep nonstick saucepan over medium heat, add 1 cup (200 ml) water, and bring to a boil. Add the onions and boil for 3 to 4 minutes. Drain in a colander, transfer to a spice grinder, and

grind to a fine paste. Transfer the paste to a small bowl and set aside.

5. Put the ginger and garlic and 1 tablespoon water in a spice grinder, and grind to a fine paste. Transfer to a small bowl and set aside.

6. Place a nonstick saucepan over medium heat and add the oil. When small bubbles appear at the bottom of the pan, add the nutmeg, cinnamon, green cardamom, black cardamom, cloves, mace, and bay leaves. Sauté for 1 minute.

7. When the spices change color and are fragrant, add the onion paste and sauté over medium heat, stirring continuously, for 5 to

6 minutes or until most of the moisture has evaporated but the onions are not browned.

8. Add the ginger-garlic paste and green chiles, and cook for 30 seconds. Add the sesame poppy seed–coconut paste and cook for 3 to 4 minutes, stirring continuously.

9. Add the stock and increase the heat to high. When the mixture comes to a boil, lower the heat to medium and simmer for 3 to 4 minutes. Stir the white pepper into 1 tablespoon water and add it to the pan. Add the salt and stir well. Simmer for 10 to 15 minutes.

10. Garnish with the cilantro and serve hot.

Kolhapuri Sukka

Lamb

Spicy coconut lamb

Most lamb dishes from the city of Kolhapur, in the Indian state of Maharashtra, lean heavily toward the fiery end of the heat spectrum. They mostly use *sankeshwari* chiles or *lavangi* chiles, which have quite a bite. However, if you cannot lay your hands on either of those varieties, use any red chile powder. Here we have used *bedgi* chile powder, which is slightly less spicy than cayenne but lends a beautiful red color to the dish.

Serves 4.

**1³/₄ pounds (800 grams)
bone-in lamb, cut into 12
pieces**

2 teaspoons table salt

**1/2 teaspoon ground
turmeric**

**1¹/₄ cups (100 grams)
grated dried unsweetened
coconut**

5 medium red onions

**1/4 cup (50 ml) plus 1
quart (800 ml) vegetable oil**

**1 tablespoon fresh
ginger paste (page 12)**

**1 tablespoon fresh
garlic paste (page 12)**

**4 medium tomatoes,
chopped**

**1 tablespoon red chile
powder, preferably *bedgi*
(see Note page 234)**

**½ teaspoon ground
green cardamom**

**1 teaspoon *garam
masala* (spice mix; page 27)**

1. Put the lamb in a large bowl, add 1 teaspoon of the salt and the turmeric, and stir well. Set aside for 20 minutes.

2. Place a nonstick saucepan over high heat and add 3 cups (600 ml) water. Add the lamb. When the water comes to a boil, lower the heat to low, cover, and cook for 45

minutes or until the lamb is cooked through.

3. Uncover, increase the heat to high, and cook until the water is reduced to about 1 cup (200 ml). Drain in a colander set over a large bowl (reserve the stock), then transfer to a large bowl and set aside.

4. Place a medium nonstick sauté pan over medium heat. Add the coconut and dry-roast until light golden brown, stirring continuously to ensure that it does not burn. Transfer to a small bowl and set aside to cool.

5. Slice half of the onions and chop the rest.

6. Place a nonstick wok over high heat and add 1 quart (800 ml) oil. When small bubbles appear at the bottom of the wok, add the sliced onions and cook, stirring with a slotted spoon from time to time, until crisp and golden brown. Remove with the slotted spoon and drain on paper towels. Set aside to cool.

7. Transfer the coconut and browned onions to a food processor and add $\frac{1}{2}$ cup (100 ml) warm water. Process to a fine paste.

8. Place a nonstick saucepan over medium heat and add the remaining $\frac{1}{4}$ cup (50 ml) oil. When

small bubbles appear at the bottom of the pan, add the chopped onions and sauté until golden brown. Add the ginger paste and garlic paste, and sauté for 1 minute. Add the tomatoes and sauté for 5 minutes.

9. Add the chile powder and the coconut-onion paste and cook over high heat for 8 minutes or until the oil comes to the top.

10. Add the lamb and the remaining 1 teaspoon salt. Cook, stirring, for 2 minutes. Add the reserved stock and cook, stirring continuously, for 10 minutes or until the sauce is thick and the lamb is well coated.

11. Sprinkle with the

cardamom and *garam masala*.
Serve hot.

Laal Maas

A fiery-hot lamb curry

Laal means “red” and *maas* means “meat.” But do not be tempted to make it too red by using more chiles—it has plenty already (though some of my chile-loving friends would probably use more).
Serve with steamed rice.

Serves 4.

1 teaspoon cumin seeds

**2 tablespoons coriander
seeds**

15 to 20 dried red

chiles, stemmed and seeded
1 cup (250 grams) plain
yogurt
¼ teaspoon ground
turmeric
1 teaspoon table salt, or
more if needed
1¾ pounds (800 grams)
lamb leg, cut into 1-inch (2½-
cm) pieces
¼ cup (50 grams) ghee
(page 37)
1 bay leaf
2 black cardamom pods
4 green cardamom pods
2 (1-inch/2½-cm)
cinnamon sticks

10 cloves garlic, sliced
4 medium onions, sliced
2 tablespoons chopped
fresh cilantro

1. Place a medium nonstick sauté pan over medium heat. After 2 minutes, add the cumin and coriander, and dry-roast for 2 minutes or until fragrant. Transfer to a plate and set aside to cool.

2. Transfer to a spice grinder with the dried chiles and grind to a powder.

3. Put the yogurt in a medium bowl and add the ground cumin-coriander-chile mixture, the turmeric, and 1 teaspoon salt. Add the lamb and stir well. Cover the

bowl with plastic wrap and put in the refrigerator for 30 minutes to marinate.

4. Place a medium nonstick saucepan over medium heat and add the ghee. When small bubbles appear at the bottom of the pan, add the bay leaf, black and green cardamom, and cinnamon, and sauté for 30 seconds or until fragrant. Add the garlic and sauté for 1 minute or until light golden. Add the onions and sauté for 8 minutes or until the onions are golden.

5. Add the lamb along with the marinade and sauté for 15 minutes.

6. Add 2 cups (400 ml) water and bring to a boil. Lower the heat

to low, cover tightly, and simmer, stirring occasionally, for 1 hour or until the lamb is tender. Adjust the seasoning.

7. Transfer to a serving dish, garnish with the cilantro, and serve immediately.

Lagan Ka Kheema

A ground lamb or goat dish served during weddings

The Parsi community is small in India, but their cuisine has some big stories to tell. The multicourse formal dinners at weddings feature *saas ni machchi* (pomfret in sweet-and-sour sauce) or the famous banana leaf-wrapped fish called

patrani machchi, along with this festive ground-lamb dish smoked with charcoal, a kebab-studded goat *pulao*, and a thick *dal*. The meal would end with *kulfi* or *laganu* custard (a close cousin of crême caramel).

Serves 4.

**1 quart (800 ml)
vegetable oil**
**4 medium red onions,
sliced**
**2 tablespoons white
poppy seeds**
**2 tablespoons
chironji/charoli (melon
seeds)**
1/4 cup grated dried

coconut

15 whole cloves

2 (1-inch/2½-cm)

cinnamon sticks

8 green cardamom pods

4 black cardamom pods

8 to 10 saffron threads

2 tablespoons warm

milk

**¼ cup (50 grams) ghee
(page 37)**

**1½ teaspoons caraway
seeds**

**2 tablespoons fresh
ginger paste (page 12)**

**2 tablespoons fresh
garlic paste (page 12)**

**4 teaspoons ground
coriander**

**1½ teaspoons ground
roasted cumin (page 32)**

**1 tablespoon red chile
powder**

**1 pound (500 grams)
ground lamb or goat**

1¼ teaspoons table salt

**1 cup (250 grams) plain
yogurt, whisked**

**¼ cup (15 grams)
chopped fresh cilantro**

**¼ cup (15 grams)
chopped fresh mint, plus 2
sprigs for garnish**

2 tablespoons freshly

squeezed lemon juice

1 onion skin

1 lemon, cut into wedges

1. Place a nonstick wok over medium heat and add the oil. When small bubbles appear at the bottom of the wok, add the onions and cook, stirring with a slotted spoon, for 7 to 8 minutes or until they are golden and crisp. Remove with the slotted spoon, drain on paper towels, and set aside to cool completely.

2. Transfer to a food processor and process into a smooth paste. Transfer to a small bowl and set aside.

3. Place a small nonstick sauté pan over medium heat and add the poppy seeds, melon seeds, and coconut, and dry-roast until lightly browned. Transfer to a plate and set aside to cool completely. Transfer to a spice grinder, add $\frac{1}{4}$ cup (50 ml) water, and grind to a smooth paste.

4. Return the pan to medium heat, add 5 of the cloves, the cinnamon, green cardamom, and black cardamom, and dry-roast until lightly colored. Transfer to a plate and set aside to cool completely. Transfer to a spice grinder and grind to a fine powder.

5. Combine the saffron with

the warm milk in a small bowl.

6. Place a heavy-bottomed nonstick sauté pan over medium heat and add 3 tablespoons of the ghee. When small bubbles appear at the bottom of the pan, add the caraway seeds, ginger paste, and garlic paste, and sauté for 2 to 3 minutes or until the raw flavors disappear. Add the browned onion paste and sauté for 1 minute.

7. Add the coriander, cumin, and chile powder, and sauté for 2 to 3 minutes.

8. Add the meat and sauté over low heat, stirring continuously. Add the poppy seed paste. Cook for 4 to 5 minutes. Add the salt and stir.

9. Add the yogurt and simmer for 4 to 5 minutes. Add the cilantro and chopped mint, stir, and cook for 2 minutes. Add 1 cup (200 ml) water and cook for 30 minutes.

10. Add the roasted spice powder and stir well. Add the lemon juice and stir. Check for seasoning and remove from the heat.

11. Push the meat to the sides of the pan and make a hollow in the center. Place an onion skin in the center like a bowl. Hold a piece of natural charcoal with tongs and heat it over an open flame until red hot. Place the hot charcoal in the onion skin. Pour the remaining 1

tablespoon ghee over the charcoal and place the remaining 10 cloves over it. Cover immediately and set aside for 5 minutes so that the flavors are well absorbed. Uncover, remove the onion skin and charcoal, and transfer the meat to a serving dish.

12. Garnish with mint sprigs and lemon, and serve hot.

Maamsam Koora

Lamb with peppercorns

This Andhra-style curry has to be one of the greatest lamb curries ever. It has the perfect blend of spices, and despite the quantity of

black pepper used, it is not too spicy.

Serves 4.

**14 ounces (400 grams)
boneless lamb, cubed**
2 teaspoons table salt
**¼ teaspoon ground
turmeric**
1 teaspoon poppy seeds
½ teaspoon fennel seeds
**4 whole black
peppercorns**
**1 teaspoon coriander
seeds**
1 teaspoon cumin seeds
**1-inch (2½-cm)
cinnamon stick**
2 whole cloves

2 green cardamom pods
¼ cup (50 ml) vegetable
oil

10 fresh curry leaves
3 medium red onions,
chopped

1 teaspoon fresh ginger-
garlic paste (page 13)

½ teaspoon red chile
powder

2 teaspoons ground
black pepper

1 large tomato, chopped
2 tablespoons chopped
fresh cilantro

1. Place a nonstick saucepan over high heat. Add the lamb and 3 cups (600 ml) water, 1 teaspoon of

the salt, and the turmeric. Bring to a boil, then lower the heat to low, cover, and cook for about 45 minutes. Drain in a colander set over a large bowl; reserve the stock.

2. Place a small nonstick sauté pan over medium heat. Add the poppy seeds, fennel, peppercorns, coriander, cumin, cinnamon, cloves, and cardamom and dry-roast for 2 to 3 minutes or until fragrant. Set aside to cool. Transfer to a spice grinder and grind to a fine powder. Set aside.

3. Place a nonstick saucepan over medium heat and add the oil. When small bubbles appear at the

bottom of the pan, add the curry leaves and onions. Sauté until the onions are browned. Add the ginger-garlic paste, chile powder, and 1 teaspoon of the ground black pepper, and sauté for 1 minute.

4. Add the tomato and the lamb, increase the heat to high, and cook for 5 minutes or until the tomato is soft.

5. Lower the heat to medium, add the remaining 1 teaspoon salt and the ground spices, and simmer for 5 minutes. Add the reserved stock and 1½ cups (300 ml) water and bring to a boil. Cover and simmer for 10 to 15 minutes or until the lamb is well coated with thick

sauce.

6. Add the remaining 1 teaspoon ground black pepper and stir well.

7. Transfer to a serving dish, garnish with the cilantro, and serve hot.

Malvani Lamb

Lamb or goat dish with roasted spices

Malvani food uses the roasting of spices to good effect. Roasting not only releases the aromatic oils in the spices but also gives a well-rounded finish to the sauce. This dish is full flavored and goes well with steamed rice.

Serves 4.

**1³/₄ pounds (800 grams)
bone-in lamb or goat, cut
into 1-inch (2¹/₂-cm) cubes**

1¹/₂ teaspoons table salt

**1¹/₂ tablespoons fresh
ginger paste (page 12)**

**1¹/₂ tablespoons fresh
garlic paste (page 12)**

**12 dried red chiles,
stemmed and broken in half**

**1 tablespoon coriander
seeds**

6 to 8 whole cloves

**7 or 8 whole black
peppercorns**

³/₄ teaspoon cumin seeds

**$\frac{3}{4}$ teaspoon caraway
seeds**

6 green cardamom pods

4 black cardamom pods

**$\frac{3}{4}$ cup (60 grams)
grated dried coconut**

**$1\frac{1}{2}$ teaspoons white
poppy seeds**

**5 tablespoons vegetable
oil**

**4 medium red onions,
thinly sliced**

**$\frac{3}{4}$ teaspoon ground
turmeric**

**2 tablespoons chopped
fresh cilantro**

1. Put the meat in a bowl, add the salt, ginger paste, and garlic

paste, and combine well. Cover the bowl with plastic wrap and put in the refrigerator to marinate for 30 minutes.

2. Place a nonstick sauté pan over medium heat and roast, one at a time, the chiles, coriander seeds, cloves, peppercorns, cumin, caraway, green and black cardamom, coconut, and poppy seeds. Transfer to a plate and set aside to cool completely. Transfer to a spice grinder and grind to a fine powder.

3. Place a heavy-bottomed nonstick sauté pan over medium heat and add the oil. When small bubbles appear at the bottom of the

pan, add the onions and sauté for 5 minutes or until light golden brown.

4. Add the meat and turmeric, and sauté for 15 minutes. Add 5 cups (1 liter) water and stir. Cover and cook over low heat for 50 minutes or until the meat is tender.

5. Add the ground spices and stir well. Add $\frac{1}{2}$ cup (100 ml) water and simmer for 5 minutes.

6. Garnish with the cilantro and serve hot.

Mangshor Curry

Bengali lamb curry

While Bengalis are known for their amazing fish curries, their

lamb curries are excellent too. This recipe uses only the basic ingredients, but the result is wholesome and steeped in flavor. Serve with *luchi* (page 19) or steamed rice.

Serves 4.

**14 ounces (400 grams)
bone-in lamb, cut into 1-inch
(2½-cm) pieces**

**2 teaspoons fresh
ginger paste (page 12)**

**1½ teaspoons fresh
garlic paste (page 12)**

**1½ teaspoons red chile
powder**

**1 teaspoon ground
roasted cumin (page 32)**

**½ teaspoon ground
turmeric**

1 teaspoon table salt

**6 tablespoons vegetable
oil**

**5 medium potatoes, cut
into 1-inch (2½-cm) cubes**

2 bay leaves

**4 medium red onions,
sliced**

1. Put the lamb in a large bowl.

2. Add the ginger paste, garlic paste, chile powder, cumin, turmeric, and salt, and stir well. Cover the bowl with plastic wrap and set aside for 20 minutes.

3. Place a nonstick saucepan

over medium heat and add the oil. When small bubbles appear at the bottom of the pan, add the potatoes and sauté for 5 minutes or until lightly browned. Remove with a slotted spoon and place in a bowl.

4. To the oil remaining in the pan, add the bay leaves and onions, and sauté for 3 to 4 minutes or until the onions are golden brown. Increase the heat to high, add the lamb, and sauté for 5 minutes. Add 2 cups (400 ml) water and the sautéed potatoes, and stir. When the water comes to a boil, lower the heat to low, cover, and cook for 45 minutes or until the lamb is cooked through and tender.

5. Serve hot.

Lamb Do Pyaza

Lamb cooked with plenty of onions

In this dish, lamb is cooked with loads of onions prepared in different styles. Some of the onions are cooked with ginger and garlic and the rest are browned to perfection.

Serves 8.

**4 dried red chiles,
stemmed and broken**

8 medium red onions

6 green chiles, stemmed

1 cup (200 grams) ghee

(page 37)

**1 tablespoon cumin
seeds**

**2 tablespoons freshly
squeezed lemon juice**

2½ teaspoons table salt

2 green cardamom pods

2 whole cloves

**1-inch (2½-cm)
cinnamon stick**

**1 tablespoon fresh
garlic paste (page 12)**

**1 tablespoon fresh
ginger paste (page 12)**

**1¾ pounds (800 grams)
lamb chops**

**2 tablespoons ground
coriander**

1½ teaspoons red chile powder

1 teaspoon ground turmeric

1 cup (250 grams) plain yogurt

1 teaspoon *garam masala* (spice mix; page 27)

2 tablespoons chopped fresh cilantro

1. Put the red chiles in a bowl and soak in ½ cup (100 ml) hot water for 20 minutes. Drain well.

2. Slice 5 of the onions and dice the remaining 3.

3. Chop 2 of the green chiles and slit the remaining 4.

4. Place a small nonstick sauté

pan over medium heat and add 1 tablespoon of the ghee. When it melts, add the slit green chiles and sauté for 1 minute. Drain and set aside.

5. Put the cumin and soaked red chiles with 1 tablespoon of the lemon juice in a spice grinder or a mini food processor and grind to a paste. Transfer to a bowl and stir in 1 teaspoon of the salt. Rub the paste all over the lamb chops, cover with plastic wrap, and put in the refrigerator to marinate for 1 hour.

6. Place a nonstick sauté pan over medium heat and add the remaining ghee. When small bubbles appear at the bottom of the

pan, add the diced onions and sauté for 3 to 4 minutes or until lightly browned. Remove with a slotted spoon, transfer to a bowl, and set aside to cool.

7. Pour the ghee through a strainer and return the ghee to the pan over medium heat. When small bubbles appear at the bottom of the pan, add the cardamom, cloves, and cinnamon and sauté for 30 seconds. Add the sliced onions and sauté for 6 to 8 minutes or until well browned.

8. Add the chopped green chiles, ginger paste, and garlic paste, and sauté for 2 minutes. Add the lamb chops and sauté, stirring

continuously, for 5 to 6 minutes or until all the excess moisture evaporates.

9. Add the coriander, chile powder, turmeric, and the remaining 1½ teaspoons salt, and sauté for 2 minutes.

10. Add the yogurt and stir. Cover and cook for 30 to 40 minutes or until the meat is completely cooked and tender.

11. Add the sautéed diced onions and simmer for 10 minutes. Add the *garam masala* and cilantro, and stir.

12. Transfer to a serving bowl and serve hot.

Lamb Ishtew

A Kerala-style lamb stew

For a long time the list of foods people associated with South India didn't extend beyond the typical *dosas* and *idlis* (served in most South Indian restaurants worldwide), but today the rich tapestry of the south is gaining wider recognition as more people become aware of the differences between the various regional cuisines of South India. This mildly spiced curry, replete with coconut, is a fine example of Kerala's diverse cuisine. Serve it with *appams* (page 14).

Serves 4.

**5 or 6 whole black
peppercorns**

1/4 teaspoon cumin seeds

**2 teaspoons *chana dal*
(split Bengal gram)**

**1/2 teaspoon coriander
seeds**

**1³/₄ pounds (800 grams)
bone-in lamb, preferably
from the leg, cut into 1¹/₂-
inch (4-cm) pieces**

**1/4 cup (50 ml) vegetable
oil**

2 star anise

1-inch (2¹/₂-cm)

cinnamon stick

4 green cardamom pods

**2 medium potatoes,
each cut into 6 to 8 pieces**

**10 to 12 fresh curry
leaves**

**4 or 5 green chiles,
stemmed and slit**

**2 cups (400 ml) coconut
milk**

1 teaspoon table salt

1. Place a nonstick griddle over medium heat, add the peppercorns, cumin, *dal*, and coriander, and dry-roast over medium heat for 3 to 4 minutes. Transfer to a plate and let cool completely. Transfer to a spice grinder and grind to a powder.

2. Place a nonstick saucepan

over high heat and add 1 quart (800 ml) water. When it comes to a boil, add the lamb and lower the heat to medium. Cover and cook for 45 minutes, or until the lamb is cooked through. Drain in a colander set over a large bowl and set aside. Reserve the cooking water–lamb broth–for another use.

3. Place a heavy-bottomed nonstick sauté pan over medium heat and add the oil. When small bubbles appear at the bottom of the pan, add the star anise, cinnamon, and cardamom, and sauté for 15 seconds. Add the lamb, potatoes, curry leaves, and chiles. Sprinkle with the ground spices, stir, and

cook, stirring continuously.

4. Pour $\frac{1}{2}$ cup (100 ml) of the coconut milk in a cup and dilute it with $\frac{3}{4}$ cup (150 ml) water. Add to the lamb and bring to a boil. Lower the heat, cover, and cook over medium heat for 10 to 12 minutes or until the potatoes are almost cooked. Pour another $\frac{1}{2}$ cup (100 ml) of the coconut milk in a cup and dilute with $\frac{1}{2}$ cup (100 ml) water. Add to the lamb, cover, and cook for 7 minutes or until both the lamb and potatoes are tender.

5. Remove from the heat and stir in the remaining 1 cup (200 ml) coconut milk and the salt. Return to the heat and simmer for 2 to 3

minutes.

6. Serve hot.

Lamb Razala

Lamb, shallots, prunes, and nuts in a simple curry

This is the sort of lamb curry that you will find if you travel the byways of Hyderabad.

Serves 4.

**14 ounces (400 grams)
boneless lamb, cut into 1½-
inch (4-cm) cubes**

**1 tablespoon fresh
ginger paste (page 12)**

**1 tablespoon fresh
garlic paste (page 12)**

1 cup (250 grams) plain

yogurt

1½ teaspoons table salt

¼ cup (50 ml) vegetable

oil

10 shallots, peeled

**2 medium red onions,
chopped**

**6 dried red chiles,
stemmed**

**2 teaspoons ground
coriander**

**1 teaspoon red chile
powder**

4 pitted prunes

5 pistachios, chopped

5 almonds, chopped

5 cashews, chopped

1. Put the lamb in a large bowl. Add the ginger paste, garlic paste, yogurt, and 1 teaspoon of the salt, and stir well. Cover the bowl with plastic wrap and put in the refrigerator to marinate for 1 hour.

2. Place a small nonstick sauté pan over medium heat and add 1 tablespoon of the oil. Add the shallots and sauté for 3 to 4 minutes. Set aside.

3. Place a nonstick saucepan over medium heat and add the remaining 3 tablespoons oil. When small bubbles appear at the bottom of the pan, add the onions and sauté for 5 to 6 minutes. Add the chiles and sauté for 30 seconds.

4. Add the coriander, chile powder, and the remaining ½ teaspoon salt, and stir. Add the lamb and sauté for 5 to 6 minutes or until the oil comes to the top.

5. Add the prunes, pistachios, almonds, and cashews, and stir. Add 3 cups (600 ml) water and bring to a boil. Cover and cook for 40 minutes or until the lamb is almost tender. Add the shallots and cook for 10 minutes or until the lamb is tender.

6. Serve hot.

Lamb Rogan Josh

Brilliant red lamb curry

Rogan josh is a classic rich red curry from Kashmir. Here I present a modern version that is a top seller in our restaurants. Fragrant spices like fennel and ginger dominate and give the curry a touch of the exotic. Make sure you use good-quality meat with plenty of fat for this dish. The final look of the curry is eye-catching, with a thin film of oil on top. Serve it with steamed rice and *naan* (page 20) or *parathas* (page 18).

Serves 4.

~ **For the garnish:**

- 1 quart (800 ml)
vegetable oil**
- 1 large red onion, sliced**

~ For the curry:

1¼ cups (250 ml)

vegetable oil

20 green cardamom
pods

8 whole cloves

6 black cardamom pods

1 teaspoon anise seeds

2 bay leaves

15 to 20 whole black
peppercorns

11 large red onions,
sliced

2 tablespoons ginger-
garlic paste (page 13)

1¾ pounds (800 grams)
bone-in lamb (preferably

**with shanks), cut into 1-inch
(2½-cm) pieces**

1 tablespoon table salt

**2 tablespoons ground
fennel seeds**

**1 teaspoon ground
green cardamom**

**5 tablespoons red chile
paste (see Note page 13)**

**1 cup (250 grams) plain
yogurt**

**12 cups (2.5 liters) lamb
stock (page 35)**

**2 teaspoons *garam
masala* (spice mix; page 27)**

**4 teaspoons ground
coriander**

**2 teaspoons ground
roasted cumin (page 32)**

***Atta* dough (whole-
wheat flour dough; page 36)**

1. Make the garnish: Place a nonstick wok over high heat and add the oil. When small bubbles appear at the bottom of the wok, lower the heat to medium, add the onion, and cook, stirring occasionally with a slotted spoon, until well browned. Remove with the slotted spoon and drain on paper towels. Set aside.

2. Make the curry: Place a nonstick saucepan with a tight-fitting lid over medium heat and add the oil. When small bubbles

appear at the bottom of the pan, add the green cardamom pods, cloves, black cardamom, anise, bay leaves, and peppercorns, and sauté for 30 seconds or until fragrant.

3. Add the onions and sauté for 15 minutes or until tari. Add the ginger-garlic paste and sauté for 1 minute. Add the lamb and stir well.

4. Add the salt, fennel, ground cardamom, and chile paste, and stir. Sauté for 2 to 3 minutes, stirring so that all the lamb pieces are well coated.

5. Add the yogurt and stir. Cover and cook for 15 minutes.

6. Add the stock, *garam masala*, coriander, and cumin, and

stir. Cover and seal the edges with *atta* dough or aluminum foil. Lower the heat to low and cook for 1 hour or until the lamb is tender.

7. Remove the lamb from the sauce and strain the liquid into another nonstick saucepan. Pick out and discard the cardamom pods, cloves, bay leaves, and peppercorns from the strainer, then transfer the remaining solids to a food processor. Process until smooth, and add to the pan with the liquid.

8. Return the lamb to the sauce and place the pan over medium heat. Simmer for 4 to 5 minutes.

9. Garnish with the browned

onions and serve hot.

Nalli Nihari

Lamb shanks

Nihari means “fasting.” This dish can be prepared at night so that it’s ready to eat at the crack of dawn. This is especially handy during the month of Ramadan when Muslims eat this for their *sehri* before starting their day-long fast. The history of this dish reveals that it was a favorite breakfast of the Mughal royalty in Agra and that it was served with *roti*. It remains a favorite dish in the land of the Taj Mahal.

Serves 4.

- 1 quart (800 ml)
vegetable oil**
- 2 medium red onions,
sliced**
- 2 tablespoons ghee
(page 37)**
- 1³/₄ pounds (800 grams)
lamb shanks**
- 2¹/₂ tablespoons *nihari
masala* (spice mix for *nihari*;
page 29)**
- 1¹/₂ teaspoons table salt**
- ¹/₂-inch (1-cm) piece
fresh ginger, julienned**
- 2 tablespoons *atta*
(whole-wheat flour)**

**1 teaspoon freshly
squeezed lemon juice**

**2 tablespoons chopped
fresh cilantro**

1. Place a nonstick wok over high heat and add the oil. When small bubbles appear at the bottom of the wok, lower the heat to medium, add the onions, and cook, stirring constantly with a slotted spoon, until browned and crisp. Remove with the slotted spoon and drain on paper towels.

2. Place a nonstick saucepan over medium heat. Add the ghee and when small bubbles appear at the bottom of the pan, add the lamb and *nihari masala* and sauté for 8

minutes.

3. Add 6 cups (1.25 liters) water and 1 teaspoon of the salt. Cover and cook for 45 minutes or until the lamb is tender.

4. Add half of the browned onions and half of the ginger, and simmer for 2 minutes.

5. Combine the *atta* and 6 tablespoons (90 ml) water in a small bowl, ensuring that there are no lumps. Add to the lamb and simmer for 10 minutes or until the gravy thickens.

6. Add the remaining $\frac{1}{2}$ teaspoon salt and the lemon juice, and stir.

7. Transfer to a serving dish,

garnish with the remaining fried onions, the remaining ginger, and the cilantro, and serve hot.

Nawabi Korma

Lamb with dried fruit and nuts

Cooking meat or poultry with nuts and dried fruit is a fine example of the royal cuisine of India. Though it would probably be difficult to find food like this served on a regular basis at home, it is common at Indian weddings and parties. Serve it as part of a special meal for any big celebration.

Serves 4.

10 dried apricots, pitted
1½ cups (410 grams)
plain Greek yogurt
½ teaspoon ground
roasted cumin (page 32)
½ teaspoon ground
turmeric
½ teaspoon ground
black pepper
1½ teaspoons table salt
1-inch (2½-cm) piece
fresh ginger, chopped
½ cup (60 grams)
shaved fresh coconut
10 almonds, blanched
and peeled (see Note page
40)

**10 pistachios, blanched
and peeled (see Note page
40)**

**14 ounces (400 grams)
boneless leg of lamb, cut into
1½-inch (4-cm) cubes**

**Generous pinch of
saffron threads**

**2 tablespoons lukewarm
milk**

5 whole cloves

**3 or 4 green cardamom
pods**

**1-inch (2½-cm)
cinnamon stick**

**4 dried red chiles,
stemmed and broken**

1 blade mace
¼ teaspoon freshly
grated nutmeg
2 teaspoons white
poppy seeds
3 tablespoons ghee
(page 37)

2 large red onions, diced

1. Soak the apricots in $\frac{1}{2}$ cup (100 ml) water for 15 minutes. Drain and reserve the water. Chop the apricots roughly.

2. Put the yogurt in a large bowl. Add the cumin, turmeric, black pepper, and $1\frac{1}{2}$ teaspoons of the salt, and whisk well.

3. Put the ginger, the apricots and their soaking water, the

coconut, almonds, and pistachios in a food processor, and process to a smooth paste. Add to the yogurt mixture and stir well.

4. Add the lamb to the yogurt mixture and stir. Cover the bowl with plastic wrap and put in the refrigerator to marinate for 2 hours.

5. Combine the saffron and the lukewarm milk in a small bowl.

6. Place a nonstick sauté pan over medium heat and add the cloves, cardamom, cinnamon, chiles, mace, nutmeg, and poppy seeds, and dry-roast for 2 minutes or until fragrant. Set aside to cool completely. Transfer to a spice grinder and grind to a fine powder.

7. Place a nonstick sauté pan over medium heat and add the ghee. When the ghee melts and small bubbles appear at the bottom of the pan, add the onions and sauté for 8 minutes or until golden brown.

8. Add the lamb along with the marinade and cook over high heat until the mixture comes to a boil. Add the ground spices and stir well. Add 1 cup (200 ml) water and bring to a boil, lower the heat to low, cover, and simmer for 50 minutes or until the lamb is tender and the sauce is thick.

9. Add the saffron milk and simmer for 2 minutes.

10. Transfer to a serving bowl

and serve hot.

Saag Wala Gosht

Lamb with spinach and spices

This is a popular dish in many restaurants. Frozen spinach can be substituted for fresh spinach, or you can use mustard greens.

Serves 4.

**1³/₄ pounds (800 grams)
bone-in lamb, cut into 1¹/₂-
inch (4-cm) pieces**

**1-inch (2¹/₂-cm)
cinnamon stick**

6 green cardamom pods

2 black cardamom pods

4 whole cloves

**1/4 teaspoon ground
turmeric**

1 1/2 teaspoons table salt

**2 medium bunches
spinach, stemmed**

5 green chiles, stemmed

**1/4 cup (50 ml) vegetable
oil**

1 teaspoon cumin seeds

**1 tablespoon fresh
ginger paste (page 12)**

**1 tablespoon fresh
garlic paste (page 12)**

**3 medium red onions,
sliced**

**1-inch (2 1/2-cm) piece
fresh ginger, julienned**

1. Put the lamb in a large bowl.

2. Place a nonstick saucepan over high heat and add 3 cups (600 ml) water. Add the cinnamon, green cardamom, black cardamom, cloves, turmeric, and 1 teaspoon of the salt, and bring to a boil. Add the lamb. Lower the heat to low, cover, and cook for 1 hour. Drain in a colander set over a large bowl; reserve the stock.

3. Place a medium nonstick saucepan over medium heat. Add 5 cups (1 liter) water. When the water comes to a boil, add the spinach and blanch for 1 to 2 minutes. Drain in a colander.

Transfer to a food processor. Add the chiles and process to a smooth purée. Set aside.

4. Place a nonstick saucepan over medium heat and add the oil. When small bubbles appear at the bottom of the pan, lower the heat to low, add the cumin, ginger paste, and garlic paste, and sauté for 1 minute. Add the onions and sauté for 6 minutes or until the onions are well browned.

5. Add the lamb and half of the reserved stock. Stir well, cover, and cook for 15 minutes. Add the remaining stock and $\frac{1}{2}$ teaspoon salt, and cook for 3 minutes.

6. Add the spinach purée, stir

well, and bring to a boil.

7. Transfer to a serving dish, garnish with the julienned ginger, and serve hot.

Salli Ne Jardaloo

Ma Gos

A rich lamb curry with apricots, garnished with fried potato shreds

The flavor of the apricot intensifies as it dries—it's sweet and tart. I suggest that you use small brown dried apricots for this recipe rather than pitted golden apricots.

Serves 4.

$\frac{3}{4}$ cup (75 grams) dried apricots, with pits

**2 tablespoons distilled
white vinegar**

2 tablespoons sugar

**1³/₄ pounds (800 grams)
boneless lamb, cut into 1¹/₂-
inch (4-cm) cubes**

**2 teaspoons fresh
ginger paste (page 12)**

**2 teaspoons fresh garlic
paste (page 12)**

1¹/₂ teaspoons table salt

**¹/₄ teaspoon ground
turmeric**

**1 teaspoon red chile
powder**

**2 tablespoons vegetable
oil**

5 green cardamom pods
1-inch (2½-cm) cinnamon
stick

3 medium red onions,
sliced

2 medium tomatoes,
chopped

Potato *salli* (fried
potato shreds; see Note)

1. Soak the apricots in $\frac{3}{4}$ cup (150 ml) water, the vinegar, and sugar until soft. Drain, reserving the liquid, and remove the pits.

2. Put the lamb in a large bowl, add the ginger paste, garlic paste, 1 teaspoon of the salt, the turmeric, and chile powder, and stir to coat. Cover the bowl with

plastic wrap and put in the refrigerator to marinate for 1 hour.

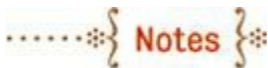
3. Place a nonstick saucepan over medium heat and add the oil. When small bubbles appear at the bottom of the pan, add the cardamom and cinnamon, and sauté until fragrant.

4. Add the onions and sauté for 5 minutes or until lightly browned.

5. Add the lamb and sauté for 5 minutes. Add the tomatoes and sauté for 5 to 7 minutes or until they soften. Add the apricot-soaking liquid and 1 cup (200 ml) water, and stir. Cover and cook for 30 minutes.

6. Add the apricots and stir. Cover and cook for 30 minutes.

7. Transfer to a serving dish, garnish with the potato *salli*, and serve hot.



To make potato *salli*, slice 2 small potatoes into thin rounds, then julienne the strips. Soak in salted water for 15 minutes. Drain and pat dry with an absorbent towel. Deep-fry in hot oil, stirring continuously, until golden and crisp. Remove with a slotted spoon and drain on paper towels.

Saoji Lamb

A spicy lamb curry

In the heart of the state of Maharashtra lies the affluent city of Nagpur. It is often called the “Orange City,” because it is a major trade center for oranges. Nagpur has many restaurants that serve the tribal Saoji cuisine, which leans toward thick curries. This lamb dish has a gravy that is best sopped up with little square freshly baked white breads called *pav*, or warm dinner rolls. Serve with steamed rice.

Serves 4.

**6 tablespoons vegetable
oil**

6 medium onions, sliced

**2 tablespoons coriander
seeds**

**1 teaspoon caraway
seeds**

4 to 6 whole cloves

**20 whole black
peppercorns**

**3 or 4 green cardamom
pods**

**4 or 5 black cardamom
pods**

**2 (1-inch/2½-cm)
cinnamon sticks**

4 or 5 bay leaves

**8 to 10 dried red chiles,
stemmed**

1 tablespoon poppy

seeds

**½ cup (40 grams) dried
grated coconut**

**1 tablespoon *dagad
phool* (lichen stone flower;
optional; see Note)**

**1 tablespoon fresh
ginger paste (page 12)**

**1 tablespoon fresh
garlic paste (page 12)**

**1¾ pounds (800 grams)
bone-in lamb, cut into 1½-
inch (4-cm) pieces**

1½ teaspoons table salt

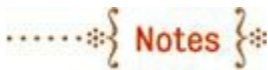
1. Place a medium nonstick sauté pan over medium heat and add 4 tablespoons of the oil. When small bubbles appear at the bottom

of the pan, add the onions, coriander, caraway, cloves, peppercorns, green cardamom, black cardamom, cinnamon, bay leaves, chiles, poppy seeds, coconut, and *dagad phool* (if using). Lower the heat to low and sauté for 10 minutes or until fragrant. Set aside to cool.

2. Transfer the cooled spices to a food processor with 1¾ cups (350 ml) water and process to a paste. Set aside.

3. Place a nonstick saucepan over medium heat and add the remaining 2 tablespoons oil. When small bubbles appear at the bottom of the pan, add the ginger paste and

garlic paste, and sauté for 2 minutes. Add the onion-spice paste and sauté for 1 minute. Add the lamb and stir well. Sauté, stirring continuously, for 4 to 5 minutes. Add 3 cups (600 ml) water and the salt, and bring to a boil. Cover and cook, stirring from time to time, for 45 minutes or until the lamb is tender. Transfer to a serving bowl and serve hot.



Dagad phool is a fungus that lends a dark color and musky flavor to dishes.

Shaan E Raan

Whole leg of lamb, marinated and baked in a spicy sauce

This dish is very popular in restaurants in India. Choose a leg from a young lamb because the meat is tender and will cook faster.

Serves 6 to 8.

**1 (3-pound/1.5-kg)
whole leg of lamb, skinned,
fat trimmed**

**2 tablespoons fresh
garlic paste (page 12)**

**2 tablespoons fresh
ginger paste (page 12)**

1 tablespoon table salt

**$\frac{1}{4}$ teaspoon ground
cinnamon**

**1 teaspoon ground
green cardamom**

**1/4 teaspoon ground
cloves**

1 teaspoon ground anise

**1 tablespoon fresh
green chile paste (page 13)**

**2 tablespoons fresh red
chile paste (see Note page
13)**

**1/2 teaspoon ground
turmeric**

**1/4 teaspoon freshly
grated nutmeg**

**1/2 cup (100 ml)
vegetable oil**

**6 large red onions,
chopped, plus 1 large red
onion sliced into rings**

**4 large tomatoes,
chopped**

**2 tablespoons ground
coriander**

**1 tablespoon ground
roasted cumin (page 32)**

**3 to 4 teaspoons red
chile powder**

**½ tablespoon *garam
masala* (spice mix; page 27)**

**1 cup (250 grams) plain
yogurt, whisked**

**2 tablespoons chopped
fresh cilantro**

Sprig fresh mint

1. Trim the excess fat from the lamb and make small incisions all

over the meat with a sharp knife.

2. Combine the garlic paste, ginger paste, 2 teaspoons of the salt, the cinnamon, cardamom, cloves, anise, green chile paste, red chile paste, turmeric, and nutmeg in a small bowl. Rub this mixture all over the lamb. Put the lamb on a rimmed baking sheet, cover with plastic wrap, and put in the refrigerator to marinate for at least 2 hours and up to overnight.

3. Preheat the oven to 350°F/175°C.

4. Place a medium nonstick saucepan over medium heat and add the oil. When small bubbles appear at the bottom of the pan, add

the chopped onions and sauté for 9 to 10 minutes or until light golden.

5. Add the tomatoes and sauté for 10 minutes or until the oil comes to the top. Add the coriander, cumin, and chile powder, and sauté for 2 minutes. Add the *garam masala* and stir well. Stir in the yogurt, cilantro, and the remaining 1 teaspoon salt. Sauté for 1 minute, then remove from the heat and set aside.

6. Grease another rimmed baking sheet with nonstick cooking spray and place the marinated leg of lamb on it.

7. Pour the masala over the lamb. Cover with aluminum foil

and roast for 1 hour. Lower the oven temperature to 325°F/160°C and continue to roast for 40 to 45 minutes or until tender.

8. Transfer the lamb to a serving platter. Cut into slices, garnish with the onion rings and mint, and serve hot.

Taar Korma

Lamb in an almond-and-yogurt sauce

This is an interesting mix: saffron and almonds that are reminiscent of Mughal cooking, and curry leaves with coconut milk, which are typical of South Indian cuisine.

Serves 4.

**1 quart (800 ml) plus 6
tablespoons vegetable oil**

**3 large red onions,
sliced**

10 to 12 saffron threads

1 tablespoon warm milk

4 green cardamom pods

4 whole cloves

**2-inch (5-cm) cinnamon
stick**

2 bay leaves

**1 2/3 pounds (750
grams) lamb shoulder, cut
into 1½-inch (4-cm) cubes**

**1½ teaspoons fresh
garlic paste (page 12)**

**1 teaspoon fresh ginger
paste (page 12)**

1½ teaspoons table salt

**½ cup (125 grams) plain
yogurt, whisked**

**20 almonds, blanched
and peeled (see Note page
40) and ground to a paste**

**¼ cup red chile paste
(see Note page 13)**

**1 teaspoon red chile
powder**

**6 cups (1.2 liters) lamb
stock (page 35)**

**10 black peppercorns,
roasted and crushed**

¼ teaspoon ground

green cardamom

**¼ teaspoon ground
cloves**

Pinch of ground mace

**Pinch of freshly grated
nutmeg**

**1 cup (200 ml) coconut
milk**

**10 to 12 fresh curry
leaves**

**2 green chiles, stemmed
and slit**

1. Place a nonstick wok over high heat and add 1 quart of the oil. When small bubbles appear at the bottom of the wok, lower the heat to medium and add the onions. Cook, stirring continuously with a

slotted spoon, until browned and crisp. Remove with the slotted spoon, drain on paper towels, and set aside to cool. Transfer to a food processor, add 4 teaspoons water, and process to a paste.

2. Put the saffron in a small bowl and soak in the warm milk for 10 minutes. Transfer to a small mortar and crush the saffron threads with a pestle.

3. Place a nonstick sauté pan over medium heat and add 5 tablespoons of the oil. When small bubbles appear at the bottom of the pan, add the cardamom pods, whole cloves, cinnamon, and bay leaves, and sauté until they are

lightly colored.

4. Add the lamb, increase the heat to high, and sauté for 2 minutes to sear it.

5. Lower the heat to medium, add the garlic paste, ginger paste, and salt, and sauté for 1 minute. Add 2/3 cup (135 ml) water, cover, and cook for 10 minutes.

6. Uncover and cook until the excess moisture has completely evaporated. Remove from the heat and stir in the yogurt. Return to the heat and sauté, stirring continuously, until the oil comes to the top.

7. Add the browned-onion paste, almond paste, and red chile

paste, and sauté for 2 minutes. Add the chile powder and the stock. Stir and bring it to a boil. Cover and cook for 50 minutes or until the lamb is tender.

8. Add the crushed peppercorns, ground cardamom, ground cloves, mace, and nutmeg, and stir. Remove from the heat. Add the coconut milk and stir well.

9. Place a small nonstick sauté pan over medium heat and add the remaining 1 tablespoon oil. When small bubbles appear at the bottom of the pan, add the curry leaves and chiles, and sauté for 1 minute. Add to the lamb and stir well.

10. Serve hot.

Tariwala Meat

Lamb or goat in a thin sauce

This dish has been a favorite in my family ever since I can remember. The color is an appetizing deep red, and it is fun to mop up the spicy gravy with hot *rotis* (page 18). If we ran out of *rotis*, we would raid the bread box and continue eating the meat with regular bread.

Serves 4.

**6 tablespoons vegetable
oil**

**1-inch (2½-cm)
cinnamon stick**

2 green cardamom pods
2 black cardamom pods
6 whole black
peppercorns
1 star anise
4 large red onions,
sliced
2 bay leaves
1 tablespoon fresh
ginger paste (page 12)
1 tablespoon fresh
garlic paste (page 12)
2 large tomatoes,
chopped
2 tablespoons red chile
powder
2 teaspoons *garam*

***masala* (spice mix; page 27)**

**1 tablespoon ground
coriander**

**1³/₄ pounds (800 grams)
bone-in lamb or goat, cut
into 1-inch (2¹/₂-cm) pieces**

**2 cups (400 ml) lamb
stock (page 35)**

1 tablespoon table salt

**2 large potatoes, cut
into 1-inch (2¹/₂-cm) cubes**

1. Place a nonstick sauté pan over medium heat and add the oil. When small bubbles appear at the bottom of the pan, add the cinnamon, green and black cardamom, peppercorns, and star anise, and sauté for 1 minute.

2. Add the onions and sauté for 4 minutes or until lightly browned. Add the bay leaves and sauté for 30 seconds.

3. Add the ginger paste and garlic paste, and stir. Add the tomatoes and sauté for 2 to 3 minutes.

4. Add the chile powder, *garam masala*, and coriander. Sauté for 3 to 4 minutes or until the oil comes to the top.

5. Add the meat and sauté for 7 to 8 minutes or until lightly browned.

6. Add the stock and salt, and stir. Cover and cook for 40 minutes.

7. Add the potatoes and

simmer for 11 to 12 minutes or until the potatoes are tender and the sauce has thickened slightly. Serve hot.

Akhrot Murg

Walnut chicken

Indian cuisine uses lots of nuts and oily seeds. Typically, cashew paste is used to thicken and flavor curries, and almonds are used to garnish many sweet and savory dishes. This dish, an example of the royal cuisine of India, is a little different because it uses walnuts, which impart an especially strong nuttiness to the chicken.

Serves 4.

**14 ounces (400 grams)
boneless, skinless chicken,
cut into ½-inch (1-cm) pieces**

**1 tablespoon fresh
ginger paste (page 12)**

**1 tablespoon fresh
garlic paste (page 12)**

1½ teaspoons table salt

**1 teaspoon ground
roasted cumin (page 32)**

**¼ cup (60 grams) plain
yogurt**

**½ cup (60 grams)
walnuts**

**1 tablespoon vegetable
oil**

**1 medium red onion,
grated**

1 large tomato, puréed

**4 green chiles, stemmed
and chopped**

**1 teaspoon ground
coriander**

**2 tablespoons heavy
cream**

**$\frac{1}{4}$ teaspoon *garam
masala* (spice mix; page 27)**

1. Put the chicken in a large bowl. Add the ginger paste, garlic paste, salt, $\frac{1}{2}$ teaspoon of the cumin, and the yogurt, and stir well. Cover the bowl with plastic wrap and set aside to marinate for 30 minutes.

2. Place a nonstick saucepan over medium heat and add 1½ cups (300 ml) water. Add the walnuts and boil for 3 minutes. Drain and peel them. Transfer to a spice grinder, add 2 tablespoons water, and grind to a coarse paste.

3. Place a nonstick sauté pan over medium heat and add the oil. When small bubbles appear at the bottom of the pan, add the onion and sauté for 2 to 3 minutes or until lightly browned.

4. Add the tomato, stir well, and sauté for 2 minutes or until the oil comes to the top.

5. Add the chiles and cook for 2 minutes. Add the coriander and

the remaining $\frac{1}{2}$ teaspoon cumin, and stir well. Cook for 1 minute.

6. Add the chicken and $\frac{1}{4}$ cup (50 ml) water, and stir well. Cover and cook for 5 to 6 minutes or until the chicken is cooked through.

7. Add the walnut paste and simmer for 2 to 3 minutes. Add the cream and *garam masala*, and stir well. Simmer for 2 minutes.

8. Transfer to a serving bowl and serve hot.

Anjeer Murgh

Chicken with figs

Dried figs, plums, and apricots were essential ingredients

in the meat and poultry dishes made in the royal kitchens of India. While chicken takes especially well to figs, lamb is lovely with prunes and apricots.

Serves 4.

10 dried figs

**1½-inch (4-cm) piece
fresh ginger, chopped**

6 cloves garlic, peeled

**2 green chiles, stemmed
and minced**

**1 cup (250 grams) plain
yogurt**

**¼ cup finely ground
cashews**

**1 teaspoon red chile
powder**

**2 teaspoons ground
coriander**

**1 teaspoon *garam
masala* (spice mix; page 27)**

**2 tablespoons ground
dalia (roasted *chana dal*,
storebought)**

2 teaspoons table salt

**¼ cup (50 ml) vegetable
oil**

**1 pound (500 grams)
boneless, skinless chicken,
cut into 1-inch (2½-cm)
cubes**

**1 teaspoon caraway
seeds**

3 dried red chiles,

stemmed and broken in half

1-inch (2½-cm)

cinnamon stick

2 large red onions, diced

6 or 7 saffron threads

2 tablespoons heavy

cream

***Chandi ka varq* (edible silver foil; see page 188)**

1. Put the figs in a bowl and soak in 1 cup (200 ml) water for 30 minutes. Drain in a colander.

2. Put the ginger and garlic in a mini food processor with 2 tablespoons water, and process to a fine paste.

3. In a large bowl, combine the ginger-garlic paste, green

chiles, yogurt, cashews, chile powder, coriander, *garam masala*, ground *dal*, salt, and 2 tablespoons of the oil, and stir well. Add the chicken and figs, and stir to coat. Cover the bowl with plastic wrap and put in the refrigerator to marinate for 1 hour.

4. Place a nonstick sauté pan over medium heat and add the remaining 2 tablespoons oil. When small bubbles appear at the bottom of the pan, add the caraway, red chiles, and cinnamon, and sauté until fragrant. Add the onions and sauté for 4 minutes or until golden brown.

5. Add the chicken and figs.

Stir gently, increase heat to high, and cook for 3 minutes.

6. Add 2 cups (400 ml) water and the saffron. Stir well and cook for 5 minutes or until the liquid has thickened and the chicken is tender and cooked through. Stir in the cream.

7. Remove from the heat and transfer to a serving bowl. Garnish with the *chandi ka varq* and serve hot.

Bharwan Pistewala

Murgh

Pistachio-stuffed chicken rolls with green sauce

Cook this when you are in the

mood to have something exotic made with chicken. It is especially worth the effort when you want to present your guests with an elaborate dish at a party.

Serves 4.

½ small bunch fresh cilantro

2 medium red onions, roughly chopped

2-inch (5-cm) piece fresh ginger, roughly chopped

7 or 8 cloves garlic

2 or 3 green chiles, stemmed

½ cup (65 grams) pistachios, blanched and

peeled (see Note page 40)

**2 boneless, skinless
chicken breasts**

1½ teaspoons table salt

4 ounces (120 grams)

ground chicken

**1 teaspoon fresh green
chile paste (page 13)**

**½ teaspoon ground
green cardamom**

**3 tablespoons vegetable
oil**

**1-inch (2½-cm)
cinnamon stick**

4 green cardamom pods

6 whole cloves

¼ cup (65 grams) plain

yogurt, whisked

$\frac{1}{2}$ teaspoon *garam masala* (spice mix; page 27)

$\frac{1}{4}$ cup (50 ml) heavy cream

1 fresh red chile, stemmed, thinly sliced on the diagonal

1. Put the cilantro, onions, ginger, garlic, green chiles, and 1 tablespoon of the pistachios in a food processor, and process to a fine paste. Transfer to a small bowl and set aside.

2. Trim off the excess fat from the chicken breasts. Using a sharp knife, split the chicken breasts horizontally from one side without

cutting all the way through. Sprinkle with $\frac{1}{2}$ teaspoon of the salt and rub it evenly over both sides of the breasts. Set aside for 15 minutes.

3. Put the ground chicken, the remaining pistachios, $\frac{1}{2}$ teaspoon of the salt, the chile paste, and ground cardamom in a bowl, and stir well.

4. Open the split chicken breasts on a clean work surface. Using the back of the knife or a mallet, gently flatten the chicken breasts. Divide the stuffing evenly among the breasts, placing it in the center. Roll the chicken breasts into cylinders and wrap in aluminum

foil.

5. Place a deep nonstick pan over high heat and add 2 cups (400 ml) water. When the water comes to a boil, lower the chicken cylinders into the water and poach for 2 to 3 minutes. Drain and set aside until cool enough to handle. Unwrap the rolls.

6. Place a medium nonstick sauté pan over medium heat. Add 2 tablespoons of the oil. When small bubbles appear at the bottom of the pan, add the chicken rolls. Increase the heat to high and cook for 2 minutes. Set aside.

7. Place a medium nonstick saucepan over medium heat. Add

the remaining 1 tablespoon oil. When small bubbles appear at the bottom of the pan, add the cinnamon, cardamom pods, and cloves, and sauté until fragrant. Lower the heat to low, add the cilantro mixture, and sauté for 2 to 3 minutes. Add 1 cup (200 ml) water and bring to a boil.

8. Add the yogurt and stir. Add the remaining $\frac{1}{2}$ teaspoon salt and the *garam masala*, and cook for 3 to 4 minutes. Add the cream and stir. Remove from the heat and pour the sauce through a strainer into a bowl, discarding the solids.

9. Slice the chicken rolls on the diagonal. Pour the sauce onto a

serving platter and arrange the chicken-roll slices over it. Garnish with red chile slices and serve hot.

Butter Chicken

Chicken in a rich tomato-and-cream gravy

Butter chicken is a popular Punjabi dish, and one that characterizes the essence of the region's cooking. The greatness of the dish, also called chicken *makhni*, comes from the immersion of roasted chicken in a curry that is as smooth as butter. This velvety texture, and the mingling of the sour and the sweet and the spices, is what gives the dish its name. Serve

the chicken with fresh *naan* (page 20).

Serves 4.

**14 ounces (400 grams)
boneless chicken, cut into
1½-inch (4-cm) pieces**

**1 teaspoon red chile
powder**

**1 tablespoon freshly
squeezed lemon juice**

½ teaspoon table salt

~ For the marinade:

**½ cup (140 grams)
Greek yogurt**

**2 teaspoons fresh
ginger paste (page 12)**

**2 teaspoons fresh garlic
paste (page 12)**

½ teaspoon red chile powder

½ teaspoon *garam masala* (spice mix; page 27)

1 teaspoon table salt

2 teaspoons refined mustard oil (see Note page 87)

~ For roasting:

2 tablespoons butter, melted

~ For the sauce:

1 teaspoon *kasoori methi* (dried fenugreek leaves)

2 tablespoons butter

4 green cardamom pods

**½ teaspoon ground
mace**

**1 teaspoon red chile
powder**

**5 cloves garlic, roughly
chopped**

**½-inch (1-cm) piece
fresh ginger, chopped**

**12 medium tomatoes,
roughly chopped**

1 teaspoon table salt

1 tablespoon honey

**3 tablespoons plus 1
teaspoon heavy cream**

1. Prick the chicken pieces all over with a fork. Put them in a large bowl and add the chile powder, lemon juice, and salt, and stir well.

Cover the bowl with plastic wrap and put in the refrigerator for 30 minutes.

2. Make the marinade: Put the yogurt in a large bowl. Add the ginger paste, garlic paste, chile powder, *garam masala*, salt, and mustard oil, and stir well with a wooden spoon.

3. Add the chicken to this yogurt mixture and stir well to coat. Cover the bowl with plastic wrap and put in the refrigerator to marinate for 3 to 4 hours.

4. Roast the chicken: Preheat the oven to 400°F/200°C. Soak wooden skewers in water.

5. Thread the chicken pieces

onto the wooden skewers, arrange them on a baking sheet, and bake for 10 to 12 minutes or until almost cooked through. Baste the chicken pieces with the butter and cook for 2 minutes more. Remove the chicken from the skewers onto a plate and set aside.

6. Make the sauce: Place a small nonstick sauté pan over medium heat. Add the *kasoori methi* and toss for 2 minutes to make it crisp. Transfer to a bowl and let cool, then crush it with your hand to a powder. Set aside.

7. Place a nonstick saucepan over low heat and add 1 tablespoon of the butter. When it melts, add the

cardamom and mace, and cook until fragrant.

8. Stir the chile powder and 1 tablespoon water together to make a smooth paste. Add it to the pan and stir. Add the garlic, ginger, and tomatoes, and stir well. Cook for 20 minutes or until the tomatoes become pulpy.

9. Pour the mixture through a strainer into a bowl. Transfer the solids to a food processor and process until smooth. Strain into the bowl and discard any remaining solids in the strainer.

10. Place another nonstick saucepan over low heat and add the remaining 1 tablespoon butter.

When it melts, add the strained mixture and cook, stirring occasionally, for 15 minutes.

11. Add the *kasoori methi* and cook for 5 minutes. Add the salt, honey, and cream, and stir well. Cook for 2 minutes.

12. Add the chicken pieces and cook for 3 minutes.

13. Serve hot.

Chandi Korma

Chicken cooked in a silvery gravy

Chandi means “silver,” a reference to the rich and silky gravy that coats this chicken dish. The effect is enhanced by a layer of

silver *varq*, or edible silver foil. It is a regal sight, indeed, one that pretties up many a party table in my home. Serve this with hot *parathas* (page 18).

Serves 4.

30 almonds, blanched and peeled (see Note page 40)

3 tablespoons *kharbooja* seeds (melon seeds)

1 tablespoon fresh ginger paste (page 12)

1 tablespoon fresh garlic paste (page 12)

1 (1¾-pound/800-gram) chicken, cut into 12 pieces

1 cup (250 grams) plain

yogurt

1¼ teaspoons table salt

**1 teaspoon ground
white pepper**

**¾ teaspoon ground
green cardamom**

**1½ teaspoons crushed
dried untreated rose petals**

**¼ cup (50 grams) ghee
(page 37)**

**3 medium red onions,
chopped**

**2 or 3 green chiles,
stemmed and crushed**

**½ cup (90 grams)
grated *khoya/mawa* (solid
unsweetened condensed**

milk; page 37)

**20 pistachios, blanched
and slivered (see Note page
40)**

**¼ cup (50 ml) heavy
cream**

Dash of rosewater

**2 sheets of *chandi ka
varq* (edible silver foil; see
page 188)**

1. Cut 15 of the almonds into slivers and set aside. Put the remaining 15 almonds in a spice grinder, grind to a smooth paste, and set aside in a small bowl.

2. Soak the melon seeds in ½ cup warm water for 15 minutes. Drain, put them in a spice grinder,

and grind to a fine paste. Set aside.

3. In a large bowl, stir together the ginger paste, garlic paste, chicken, yogurt, 1 teaspoon of the salt, the white pepper, cardamom, and $\frac{1}{2}$ teaspoon of the rose petals. Cover the bowl with plastic wrap and put in the refrigerator to marinate for 2 hours.

4. Place a nonstick saucepan over high heat and add the ghee. When small bubbles appear at the bottom of the pan, lower the heat to medium and add the onions. Sauté the onions for 3 to 4 minutes or until translucent.

5. Add the chiles and *khoya*, and sauté for 10 minutes.

6. Add the melon-seed paste and the almond paste, and sauté for 5 to 7 minutes, stirring continuously, over medium heat.

7. Add the chicken and sauté for 3 minutes over high heat. Add $\frac{3}{4}$ cup (150 ml) water and bring to a boil. Lower the heat to low and simmer for 10 minutes.

8. Add half of the slivered almonds and pistachios and $\frac{1}{2}$ teaspoon of the rose petals, and stir. Cover and cook for 5 to 6 minutes or until the chicken is tender.

9. Add the cream and rosewater, and stir well.

10. Place the chicken pieces on a serving plate and spoon the

sauce over them. Cover with the silver *varq* and garnish with the remaining rose petals and almond and pistachio slivers. Serve immediately.

Chettinadu Kozhi

Sambhar

Spicy chicken with dal

This is one of the curries that we enjoy at home with a bowl of brown rice, especially on a lazy Sunday. The kids get their chicken and my wife, Alyona, is satisfied that she has given them healthy lentils.

Serves 4.

**1 (2-pound/1 kg)
chicken, skinned and cut into
12 pieces**

**$\frac{1}{2}$ teaspoon ground
turmeric**

$\frac{1}{2}$ teaspoon table salt

**$\frac{1}{4}$ cup *toor dal/arhar dal*
(split pigeon peas)**

**6 tablespoons (90 ml)
sesame oil**

**1 tablespoon coriander
seeds**

**$\frac{1}{2}$ teaspoon whole black
peppercorns**

**1 tablespoon *chana dal*
(split Bengal gram)**

**1-inch (2½-cm) piece
fresh ginger**

8 cloves garlic

**8 dried red chiles,
stemmed**

4 green chiles, stemmed

2 star anise

4 whole cloves

**2-inch (5-cm) cinnamon
stick**

**10 to 12 fresh curry
leaves**

**2 medium red onions,
finely chopped**

**1 tablespoon tamarind
pulp**

2 tablespoons chopped

fresh cilantro

1. Trim the excess fat from the chicken and put the pieces in a large bowl.

2. Add the turmeric and salt, and stir well. Cover the bowl with plastic wrap and put in the refrigerator to marinate for 3 hours.

3. Put the *toor dal* in a bowl, wash in plenty of water 2 or 3 times, and drain. Add 1 cup (200 ml) water and soak for 30 minutes. Drain the *dal* in a colander.

4. Place a medium nonstick saucepan over medium heat. Add 2 cups (400 ml) water and the soaked dal. When the water begins to boil, lower the heat to low, cover, and

cook for 15 to 20 minutes or until the *dal* is soft and fully cooked. Transfer the *dal* and cooking water to a bowl, and set aside.

5. Place a medium nonstick sauté pan over medium heat. Add 2 tablespoons of the sesame oil. When small bubbles appear at the bottom of the pan, add the coriander, peppercorns, *chana dal*, ginger, garlic, 6 of the red chiles, and the green chiles, and sauté for 2 minutes or until lightly browned. Remove from the heat and let cool.

6. Transfer to a mini food processor with $\frac{1}{4}$ cup (50 ml) water, and process to a paste. Set aside.

7. Place a medium nonstick saucepan over medium heat and add the remaining 4 tablespoons sesame oil. When small bubbles appear at the bottom of the pan, add the star anise, cloves, cinnamon, remaining 2 red chiles, and the curry leaves, and cook, stirring, for 1 minute.

8. When the spices begin to change color and are fragrant, add the onions and fry until lightly browned. Add the marinated chicken pieces and stir again. Add the ground paste and sauté for 2 minutes, stirring to coat the chicken.

9. Add the tamarind pulp and stir. Cover and cook over low heat

for 15 to 20 minutes or until the chicken is cooked through and tender.

10. Add the cooked *dal* and cooking water, and cook until the chicken and *dal* combine well and the mixture thickens to a curry consistency.

11. Transfer the curry to a serving dish. Garnish with the cilantro and serve hot.

Chicken Curry

Chicken cooked in a simple onion-tomato masala

You will find this curry at practically all the *dhabas* (roadside eateries) in North India.

Economical and tasty, this dish gives you a taste of simple Punjabi home cooking. Serve it with steamed rice, *parathas* (page 18), or *naan* (page 20).

Serves 4.

**1 (1³/₄-pound/800-gram)
chicken, skinned and cut into
12 pieces**

**¹/₄ cup (50 ml) vegetable
oil**

**1-inch (2¹/₂-cm)
cinnamon stick**

4 or 5 cloves

**4 or 5 green cardamom
pods**

**4 medium red onions,
grated**

**1 tablespoon fresh
ginger paste (page 12)**

**1 tablespoon fresh
garlic paste (page 12)**

**½ teaspoon ground
turmeric**

**1½ tablespoons ground
coriander**

**1½ teaspoons ground
roasted cumin (page 32)**

**1 teaspoon red chile
powder**

**4 medium tomatoes,
puréed**

1½ teaspoons table salt

**1 teaspoon *garam
masala* (spice mix; page 27)**

**1 tablespoon chopped
fresh cilantro**

1. Trim the excess fat from the chicken and put the pieces in a large bowl.

2. Place a medium nonstick saucepan over medium heat and add the oil. When small bubbles appear at the bottom of the pan, add the cinnamon, cloves, and cardamom, and sauté for 1 minute. When the spices change color and are fragrant, add the onions and sauté for 3 to 4 minutes or until golden brown. Add the ginger paste and garlic paste, and sauté for 2 to 3 minutes, stirring continuously.

3. Add the turmeric, coriander,

cumin, and chile powder. Stir well.

4. Add the tomatoes and sauté for 3 to 4 minutes, stirring continuously. Cook for 7 to 8 minutes or until the oil comes to the top.

5. Add the chicken and salt, and stir. Increase the heat to high and sauté for 5 minutes or until the chicken pieces are well coated with the sauce. Add 1½ cups (300 ml) water and bring to a boil. Lower the heat to low, cover, and cook for 10 minutes or until the chicken is cooked through.

6. Transfer to a serving bowl. Sprinkle with the *garam masala* and garnish with the cilantro. Serve

hot.

Chicken Kandhari

Kofta

Ground-chicken balls in a pomegranate gravy

I have made this recipe for as long as I can remember and it is always a hit. An authentic Mughlai preparation, it sells like hotcakes in most good restaurants in New Delhi. The pomegranate syrup is the life and soul of the gravy. Serve with *naan* (page 20) or *parathas* (page 18).

Serves 4.

8 ounces (250 grams)

ground chicken

**$\frac{1}{2}$ teaspoon ground
cinnamon**

**$1\frac{1}{2}$ teaspoons table salt
3 tablespoons vegetable
oil**

**$\frac{3}{4}$ cup (190 grams)
boiled-onion paste (page 11)**

**$\frac{1}{2}$ tablespoon fresh
ginger paste (page 12)**

**$\frac{1}{2}$ tablespoon fresh
garlic paste (page 12)**

**1 teaspoon red chile
powder**

**1 tablespoon ground
coriander**

$\frac{2}{3}$ cup (150 grams)

cashew paste (page 12)

$\frac{1}{2}$ cup (120 grams)

tomato purée

$\frac{1}{2}$ teaspoon *garam*

***masala* (spice mix; page 27)**

2 tablespoons

pomegranate molasses

$\frac{1}{2}$ cup (100 ml) heavy

cream

1. Put the chicken in a medium bowl, add the cinnamon and 1 teaspoon of the salt, and stir thoroughly. Divide into 8 equal portions and shape the mixture into balls. Place them on a platter, cover with plastic wrap, and put it in the refrigerator for 30 minutes.

2. Place a medium nonstick

saucepan over high heat and add the oil. When small bubbles appear at the bottom of the pan, add the onion paste and sauté for 15 minutes or until light golden. Add the ginger paste and garlic paste and sauté for 1 minute. Add the chile powder and coriander, and sauté for 3 minutes.

3. Dilute the cashew paste in $\frac{1}{4}$ cup (50 ml) water and add it to the pan along with the tomato purée. Sauté over high heat, stirring constantly, for 5 minutes. Lower the heat to medium, add $\frac{1}{2}$ cup water and the remaining $\frac{1}{2}$ teaspoon salt, and bring to a boil. Add the chicken balls and cook for 10 minutes. Give it a gentle stir, cover, and cook for

5 minutes.

4. Add the *garam masala* and pomegranate molasses. Stir gently and check for seasoning. Simmer for 5 minutes. Stir in the cream and remove from the heat.

5. Transfer the curry to a serving dish and serve hot.

Chicken Xacuti

Chicken in a thick, spicy gravy

Rui Madre, a chef from Goa, taught me to make this extremely popular dish while I was in Varanasi. Rui now manages a hotel in Goa, and every time I visit, no matter where I am staying, I insist that he cook it for me. Serve with steamed rice.

Serves 4.

**1 (1³/₄-pound/800-gram)
chicken, skin removed, cut
into 12 pieces on the bone
 $\frac{1}{2}$ teaspoon ground
turmeric**

2 teaspoons table salt
1 tablespoon freshly
squeezed lemon juice
1/3 cup (65 ml) plus 2
tablespoons oil
2 (1-inch/2½-cm)
cinnamon sticks
6 whole cloves
4 dried red chiles,
stemmed
2 tablespoons white
poppy seeds
1 teaspoon *ajwain*
1 teaspoon cumin seeds
10 to 12 whole black
peppercorns
1 teaspoon fennel seeds

4 star anise

1½ tablespoons

coriander seeds

1 bay leaf

¼ teaspoon freshly

grated nutmeg

4 to 6 cloves garlic

¾-inch (2-cm) piece

fresh ginger, crushed

**2 medium red onions,
chopped**

1½ cups (180 grams)

**grated fresh coconut (or
frozen unsweetened
coconut)**

1 tablespoon malt

vinegar or cider vinegar

**1 tablespoon chopped
fresh cilantro**

1. Put the chicken in a bowl. Add the turmeric, 1½ teaspoons of the salt, and the lemon juice, and stir well. Cover the bowl with plastic wrap and put in the refrigerator for 30 minutes to marinate.

2. Place a medium nonstick saucepan over high heat and add the 1/3 cup (65 ml) oil. When small bubbles appear at the bottom of the pan, lower the heat to low. Add the cinnamon, cloves, chiles, poppy seeds, *ajwain*, cumin, peppercorns, fennel, star anise, coriander, bay leaf, nutmeg, garlic, ginger, and

onions, and sauté for 5 to 7 minutes or until the onions are browned.

3. Add the coconut and sauté for 5 to 7 minutes more or until the coconut is browned.

4. Transfer to a plate and set aside to cool to room temperature.

5. Transfer to a food processor with 1 cup (200 ml) water, and process to a fine paste.

6. Place a medium nonstick saucepan over medium heat and add the remaining 2 tablespoons oil. When small bubbles appear at the bottom of the pan, lower the heat to medium, add the chicken, and sauté for 3 to 4 minutes.

7. Add the spices and coconut

mixture and stir well. Add 1 cup (200 ml) water and stir. When the mixture comes to a boil, lower the heat to medium and cook for 25 minutes or until the chicken is cooked through.

8. Add the vinegar, the remaining $\frac{1}{2}$ teaspoon salt, and the cilantro, and stir.

9. Transfer to a serving bowl and serve hot.

Dum Murgh

Chicken cooked in its own steam with flavorful spices

This dish uses a slow-cooking method that was introduced to India by the Mughals in the early

sixteenth century. Traditionally, a special pot called a *handi* is used. It is covered with a tight-fitting lid and sealed using a whole-wheat dough to ensure that not a wisp of steam escapes from the pot and the food cooks in its own juices with all the flavors intact.

Serves 4.

**2-inch (5-cm) piece
fresh ginger**

6 to 8 cloves garlic

**3 or 4 green chiles,
stemmed**

**1 (1³/₄-pound/800-gram)
chicken, skinned and cut into
12 pieces**

1¹/₂ cups (375 grams)

plain yogurt

1 teaspoon table salt 20

almonds

3 cups (600 ml)

vegetable oil

**2 medium red onions,
sliced**

**4 teaspoons ghee (page
37)**

2 bay leaves

**1 tablespoon ground
coriander**

**1 teaspoon ground
roasted cumin (page 32)**

**1/4 teaspoon ground
mace**

1/4 teaspoon ground

green cardamom

$\frac{1}{2}$ teaspoon ground

black cardamom

$\frac{1}{4}$ teaspoon ground

cinnamon

$\frac{1}{2}$ cup (100 ml) heavy

cream

1. Put the ginger, garlic, and chiles in a spice grinder with 1 tablespoon water, and grind to a fine paste. Set aside.

2. Trim the excess fat from the chicken, put the pieces in a large bowl, and add the yogurt, ginger-garlic-chile paste, and salt. Stir well, cover the bowl with plastic wrap, and put in the refrigerator to marinate for 2 hours.

3. Soak the almonds in 1 cup (200 ml) warm water for 15 to 20 minutes. Peel the soaked almonds and transfer to a food processor. Process to a fine paste. Set aside.

4. Place a medium nonstick wok over high heat and add the oil. When small bubbles appear at the bottom of the wok, add the onions and cook until golden brown. Remove with a slotted spoon and drain on paper towels; set aside to cool.

5. Transfer the onions to a food processor and process to a fine paste. Set aside.

6. Place a medium nonstick saucepan over medium heat and

add the ghee. When the ghee melts and small bubbles appear at the bottom of the pan, add the bay leaves and sauté for 30 seconds. Add the chicken and cook for 8 to 10 minutes or until the gravy starts boiling and reducing. Add the coriander, cumin, onion paste, and almond paste dissolved in $\frac{1}{2}$ cup (100 ml) water. Stir well.

7. Cover with a tight-fitting lid or aluminum foil so that the steam does not escape. (Alternatively you can cover the pan and seal the edges using *atta* dough; see page 36.) Cook over low heat for 15 to 20 minutes.

8. Uncover and add the mace,

green cardamom, black cardamom, and cinnamon. Stir in the cream.

9. Transfer to a serving dish. Serve hot.

Hara Masala Murgh

Chicken cooked in a green curry

This is one of my favorite dishes, a green curry that is different from most traditional Indian curries such as tomato-onion or coconut.

Serves 4.

35 almonds

**1 (1³/₄-pound/800-gram)
chicken, skinned and cut into
12 pieces**

**1 cup (60 grams)
chopped fresh cilantro**

**½ cup (30 grams)
chopped fresh mint**

4 green chiles, stemmed

**½ cup (60 grams)
grated fresh coconut (or
frozen unsweetened
coconut)**

5 whole cloves

**1-inch (2½-cm) piece
fresh ginger**

6 to 8 cloves garlic

1½ teaspoons table salt

**3 tablespoons vegetable
oil**

4 green cardamom pods

**2 medium red onions,
peeled and chopped**

1½ cups (375 grams)

plain yogurt, whisked

**1 tablespoon ground
coriander**

**1 tablespoon ground
roasted cumin (page 32)**

**¼ cup (50 ml) heavy
cream**

1. Soak the almonds in 1 cup (200 ml) warm water for 15 to 20 minutes. Peel the soaked almonds and transfer to a spice grinder. Grind to a fine paste. Set aside.

2. Put the cilantro, mint, chiles, coconut, cloves, ginger, and garlic in a food processor with 1

teaspoon of the salt and 1 cup (200 ml) water, and process to make a smooth chutney. Transfer the chutney to a large bowl.

3. Add the chicken to the chutney and stir well to coat. Cover the bowl with plastic wrap and put in the refrigerator to marinate for 30 minutes.

4. Place a medium nonstick saucepan over medium heat and add the oil. When small bubbles appear at the bottom of the pan, pound the cardamom and add it to the oil. Add the onions and sauté for 5 minutes or until golden brown.

5. Add the chicken and sauté

for 2 to 3 minutes or until the extra moisture dries up and the sauce coats the chicken well.

6. Add the almond paste and yogurt, and cook, stirring, for 2 minutes.

7. Add the coriander, cumin, and the remaining $\frac{1}{2}$ teaspoon salt, and stir well. Increase the heat to high, cover, and cook for 2 minutes. Lower the heat to medium and cook for 15 to 20 minutes or until the chicken is cooked through and tender.

8. Add the cream and stir.

9. Transfer to a serving dish.

Serve hot.

Kachchi Mirchi Ka

Murgh

Stuffed chiles with chicken marinated in spiced yogurt

Stuffing chiles with the spice mix may be laborious, but the results are spectacular. Do try this recipe.

Serves 4.

**1 (1³/₄-pound/800-gram)
whole chicken, skinned and
cut into 12 pieces**

2 green chiles, stemmed

**2 teaspoons yellow
mustard seeds**

**10 to 12 small
bhavnagri mirchi (large**

green chiles; see Note)

**2 teaspoons ground
fennel seeds**

**½ teaspoon ground
fenugreek**

**2 teaspoons ground
roasted cumin (page 32)**

**½ teaspoon *kalonji*
(nigella; see Note page 231)**

**1½ teaspoons table salt
1 cup (250 grams) plain
yogurt, whisked**

**2 tablespoons vegetable
oil**

**2 medium red onions,
sliced**

1 tablespoon fresh

ginger paste (page 12)

1 tablespoon fresh

garlic paste (page 12)

1 tablespoon ground

coriander

½ teaspoon ground

turmeric

½ teaspoon red chile

powder

1. Trim off the excess fat from the chicken.

2. Put the green chiles in a mortar and crush, using a pestle. Transfer to a small bowl and set aside. Crush the mustard seeds in the mortar, transfer them to another bowl, and set aside.

3. Slit the *bhavnagri* chiles on

one side and remove and discard the seeds. Set aside.

4. In a small bowl, combine the fennel, fenugreek, cumin, crushed mustard seeds, *kalonji*, and $\frac{1}{2}$ teaspoon of the salt. Stuff this mixture into the slit *bhavnagri* chiles and set aside.

5. Put the chicken in a large bowl. Add the remaining 1 teaspoon salt, the yogurt, and crushed chiles, and stir. Let the chicken marinate for about 15 minutes.

6. Place a medium nonstick saucepan over medium heat and add the oil. When small bubbles appear at the bottom of the pan, add

the onions and sauté for 2 to 3 minutes or until soft. Add the stuffed chiles and stir.

7. Add the ginger paste, garlic paste, coriander, turmeric, and chile powder, and sauté for 2 to 3 minutes. Lower the heat to low, cover, and cook for 10 minutes or until the chiles are soft.

8. Add the marinated chicken and cook, stirring, for 7 minutes. Increase the heat to medium, cover, and cook for 5 to 7 minutes. Stir once, then lower the heat to low, cover, and cook for 10 minutes or until the chicken is cooked through.

9. Transfer to a serving dish and serve hot.

mirchi chiles are large, plump chiles, 4 to 4½ inches long, that are not very spicy. They are ideal for stuffing. You can use Anaheim chiles as a substitute.

Kadai Chicken

Spicy chicken cooked in a wok

Kadai is Hindi for “wok,” and I remember that my mother had quite a collection of them in various metals—iron and brass especially. This chicken is ideally cooked in an iron wok, which lends its color to the dish, but these are rare in modern kitchens, and a

nonstick wok works just fine here.

Serves 4.

2 teaspoons cumin seeds

**2 teaspoons coriander
seeds**

**8 whole black
peppercorns**

**5 dried red chiles,
stemmed**

**3 tablespoons vegetable
oil**

**2 large red onions,
chopped**

**1 tablespoon fresh
ginger paste (page 12)**

**1 tablespoon fresh
garlic paste (page 12)**

**5 green chiles, stemmed
and chopped**

**2 large tomatoes,
chopped**

2 teaspoons table salt

**1 (1³/₄-pound/800-gram)
chicken, cut into 12 pieces**

**¹/₄ cup cashew paste
(page 12)**

**¹/₄ teaspoon *garam
masala* (spice mix; page 27)**

**2 tablespoons chopped
fresh cilantro**

1. Place a small nonstick sauté pan over medium heat. After 2 minutes, add the cumin, coriander, peppercorns, and red chiles, and dry-roast for 3 minutes. Let cool,

then transfer to a mortar and pound to a coarse powder with a pestle.

2. Place a nonstick wok over medium heat and add the oil. When small bubbles appear at the bottom of the wok, add the onions and sauté for 4 to 5 minutes or until browned. Add the ginger paste, garlic paste, and green chiles, and sauté for 2 minutes.

3. Add the tomatoes and salt, cover, and cook for 2 minutes. Add the roasted spice powder and sauté for 1 minute.

4. Add the chicken and stir. Cover and cook for 15 minutes. Add the cashew paste and $\frac{1}{2}$ cup (100 ml) water. Cook for 3 minutes.

5. Add the *garam masala* and stir. Garnish with the cilantro and serve hot.

Kairi Murgh

Tart green mango and chicken

I have tried making this with boneless chicken, but the look of the dish and its flavor are much more appealing with bone-in chicken.

This dish uses a unique method to impart the taste of outdoor charcoal grilling to the chicken: a red-hot piece of charcoal doused with ghee and cloves is placed in a bowl along

with the chicken.

Serves 4.

**1 (1³/₄-pound/800-gram)
chicken, cut into 12 pieces**

**2 medium green
mangoes**

**1¹/₂ teaspoons fresh
ginger paste (page 12)**

**1¹/₂ teaspoons fresh
garlic paste (page 12)**

**1¹/₂ teaspoons green
chile paste (page 13)**

1 teaspoon table salt

**2 teaspoons *garam
masala* (spice mix; page 27)**

4 or 5 whole cloves

1 teaspoon ghee (page

37), melted

**2 tablespoons vegetable
oil**

**2 medium red onions,
sliced**

**$\frac{1}{4}$ teaspoon ground
turmeric**

**$1\frac{1}{2}$ teaspoons red chile
powder**

**2 teaspoons ground
coriander**

**2 tablespoons chopped
fresh cilantro**

1. Trim the excess fat from the chicken and put the pieces in a large bowl.

2. Peel and cut the mangoes into small pieces. Place half of

them in a food processor and process to a purée. Transfer to a small bowl and set aside. Set the remaining mango pieces aside.

3. To the chicken, add $\frac{3}{4}$ teaspoon of the ginger paste, $\frac{3}{4}$ teaspoon of the garlic paste, $\frac{3}{4}$ teaspoon of the chile paste, $\frac{1}{2}$ teaspoon of the salt, 1 teaspoon of the *garam masala*, and the mango purée, and stir to coat. Cover the bowl with plastic wrap and put in the refrigerator to marinate for 1 hour.

4. Hold a natural charcoal piece with kitchen tongs directly over a gas flame. When it is red hot, put it in a small stainless-steel

bowl and place the bowl in the center of the marinated chicken pieces. Put the cloves on the coal, pour the ghee on it, and immediately cover the bowl with a lid. Let stand for 10 minutes so that the flavor of the coal and cloves are absorbed by the chicken.

5. Place a medium nonstick saucepan over medium heat and add the oil. When small bubbles appear at the bottom of the pan, add the onions and sauté until translucent. Add the remaining $\frac{3}{4}$ teaspoon ginger paste, $\frac{3}{4}$ teaspoon garlic paste, and $\frac{3}{4}$ teaspoon chile paste, and sauté for 2 minutes.

6. Add the chicken, turmeric,

chile powder, coriander, remaining 1 teaspoon *garam masala*, and ½ teaspoon salt, and the reserved mango pieces. Stir well to coat.

7. Increase the heat to high and cook for 5 to 6 minutes. Add the cilantro and ¾ cup (150 ml) water. Cover and cook for 10 to 12 minutes or until the chicken is cooked through.

8. Transfer to a serving dish. Serve hot.

Kheema Bhari Hari

Mirch

Green chiles stuffed with spiced ground chicken

The traditional version of the

recipe, from the South Indian city of Hyderabad, uses ground goat, but here I use chicken, which is healthier.

Serves 4.

**6 tablespoons vegetable
oil**

½ teaspoon cumin seeds

**2 large red onions,
chopped**

**1 teaspoon fresh ginger
paste (page 12)**

**1 teaspoon fresh garlic
paste (page 12)**

**2 green chiles, stemmed
and slit**

**2 tablespoons red chile
paste (see Note page 13)**

**3 medium tomatoes,
puréed**

**¼ teaspoon ground
turmeric**

**1 tablespoon ground
coriander**

**14 ounces (400 grams)
ground chicken**

1½ teaspoons table salt

**½ teaspoon *garam
masala* (spice mix; page 27)**

**2 teaspoons freshly
squeezed lemon juice**

**¼ cup chopped fresh
cilantro**

**12 *bhavnagri mirchi*
(large green chiles; see page**

418)

1. Place a nonstick wok over medium heat and add 3 tablespoons of the oil. When small bubbles appear at the bottom of the wok, add the cumin seeds and sauté until they change color. Add the onions and sauté for 5 minutes.

2. Add the ginger paste, garlic paste, green chiles, and red chile paste, and sauté for 2 minutes. Add the tomatoes and cook for 5 minutes. Add the turmeric and coriander, and sauté for 1 minute.

3. Add the chicken and 2 tablespoons water, and cook for 8 minutes. Add the salt and *garam masala*, and stir well. Add the

lemon juice and cilantro, and stir well. Remove from the heat and set aside to cool slightly.

4. Slit the *bhavnagri* chiles on one side and remove the seeds and the white pith, keeping the stem intact.

5. Stuff the chicken mixture into the chiles.

6. Place a nonstick saucepan over medium heat and add the remaining 3 tablespoons oil. When small bubbles appear at the bottom of the pan, add the stuffed chiles and any leftover ground chicken mixture. Cover and cook for 8 minutes.

7. Serve hot.

Kori Ajadina

Chicken with fresh coconut

Centuries ago, a group of Roman Catholics fled Portugal and settled in Mangalore along the western coast of India. They adopted the local cuisine and created a fusion of Portuguese and traditional Mangalorian styles. Mangalore Catholic cuisine has chicken and pork specialties as well as an array of chutneys, including dried-prawn chutney and *brinjal* chutney. Their chicken curry *kori gassi* (page 424) is famous, and so is this dry preparation.

Serves 4.

**1 (1³/₄-pound/800-gram)
chicken, cut into 12 pieces**

**2 tablespoons freshly
squeezed lemon juice**

1¹/₂ teaspoons table salt

**1 teaspoon ground
turmeric**

**3 tablespoons vegetable
oil**

**1-inch (2¹/₂-cm)
cinnamon stick**

4 or 5 whole cloves

1 bay leaf

10 fresh curry leaves

**2 medium red onions,
chopped**

**1-inch (2½-cm) piece
fresh ginger, chopped**

**5 or 6 cloves garlic,
chopped**

**3 medium tomatoes,
chopped**

**1 cup (120 grams)
grated fresh coconut (or
frozen unsweetened
coconut)**

**2 tablespoons chopped
fresh cilantro**

**~ For the masala
powder:**

**1-inch (2½-cm) stick
cinnamon**

3 whole cloves

3 green cardamom pods
**5 or 6 whole black
peppercorns**

1 teaspoon cumin seeds
**1 tablespoon coriander
seeds**

**½ teaspoon fenugreek
seeds**

**1 teaspoon white poppy
seeds**

**6 dried red chiles,
stemmed**

1. Put the chicken in a large bowl.

2. Add the lemon juice, 1 teaspoon of the salt, and ½ teaspoon of the turmeric, and stir. Set aside for 20 minutes.

3. Make the masala powder: Place a medium nonstick sauté pan over medium heat. Add the cinnamon, cloves, cardamom, peppercorns, cumin, coriander, fenugreek, poppy seeds, and chiles, and dry-roast for 3 to 4 minutes or until fragrant. Transfer to a plate and set aside to cool. When cooled, transfer to a spice grinder and grind to a fine powder. Set aside.

4. Place a nonstick saucepan over medium heat and add the oil. When small bubbles appear at the bottom of the pan, add the cinnamon, cloves, and bay leaf. Sauté for 1 minute or until fragrant. Add the curry leaves and onions,

and sauté for 2 to 3 minutes.

5. Add the ginger and garlic, and sauté for 5 minutes. Add the tomatoes and the remaining $\frac{1}{2}$ teaspoon salt. Stir well. Add the remaining $\frac{1}{2}$ teaspoon turmeric and the freshly ground masala powder, and stir for 2 to 3 minutes or until the oil comes to the top.

6. Add the coconut and stir for 2 to 3 minutes. Add the cilantro and stir. Add the chicken and stir. Sauté until the chicken pieces are well coated with the mixture.

7. Add $1\frac{1}{2}$ cups (300 ml) water and bring to a boil. Lower the heat to low, cover, and cook for 10 to 15 minutes or until the

chicken is cooked through.

8. Transfer to a serving dish and serve hot.

Kori Gassi

Chicken curry from Karnataka

The food of the Bunt community in Karnataka offers dishes that use a delicate combination of red chiles, coconut milk, and curry leaves. This *kori gassi* is their signature dish. Serve it with rice *wade* (page 463).

Serves 4.

1 (1¾-pound/800-gram) chicken, cut into 1½-inch (4-cm) pieces

**1 tablespoon fresh
ginger paste (page 12)**

**1 tablespoon fresh
garlic paste (page 12)**

**1 teaspoon table salt 3
medium red onions**

**3 tablespoons vegetable
oil**

**2 tablespoons coriander
seeds 2 whole cloves**

**1-inch (2½-cm)
cinnamon stick**

**1½ teaspoons fennel
seeds**

**1/8-inch (3- to 4-mm)
piece nutmeg**

1 blade mace

8 dried red chiles
(preferably *bedgi* chiles, see
page 234), stemmed

2 or 3 cloves garlic

**½ teaspoon ground
turmeric**

**1 tablespoon tamarind
pulp**

**¾ cup (150 ml) coconut
milk**

**2 tablespoons chopped
fresh cilantro**

1. Put the chicken in a large bowl, add the ginger paste, garlic paste, and salt, and stir well. Cover the bowl with plastic wrap and put in the refrigerator to marinate for 1 hour.

2. Thinly slice 2 of the onions. Place the remaining onion over an open gas flame and roast until the outer skin is charred. Set aside to cool, then remove the charred skin.

3. Place a small sauté pan over medium heat and add 1 tablespoon of the oil. When small bubbles appear at the bottom of the pan, add the coriander and sauté until lightly browned. Remove with a slotted spoon and put in a bowl. To the oil in the heated pan, add the cloves, cinnamon, fennel, nutmeg, mace, and red chiles, and sauté until fragrant. Add to the coriander seeds and set aside to cool completely.

4. Transfer to a food processor, add the garlic, roasted onion, and 7 tablespoons water, and process to a paste.

5. Place a deep nonstick sauté pan over medium heat and add the remaining 2 tablespoons vegetable oil. When small bubbles appear at the bottom of the pan, add the sliced onions and sauté for 4 to 5 minutes or until well browned.

6. Add the chicken, turmeric, and 1 cup (200 ml) water, and stir. Cover and cook for 10 minutes or until the chicken is almost cooked through.

7. Add the ground paste and stir well. Add the tamarind pulp

diluted in ½ cup (100 ml) water, stir, and simmer for 3 to 4 minutes.

8. Add the coconut milk and simmer for 2 to 3 minutes.

9. Transfer to a serving dish, garnish with the cilantro, and serve hot.

Koyla Chicken

Chicken smoked with charcoal

The Indian name of this dish sounds poetic to me, but the literal translation, “charcoal chicken,” does not sound very appetizing. This recipe uses a special technique for smoking indoors: A bowl containing a glowing piece of

charcoal is nestled in a plate of chicken, some ghee is poured over the coal, and everything is immediately covered with a large bowl to smoke. The dish is really superb, especially served with fresh *naan* (page 20), and will always impress your family and friends.

Serves 4.

- 1 (1³/₄-pound/800-gram) chicken, cut into 12 pieces**
- 2 teaspoons fresh ginger-garlic paste (page 13)**
- 1 teaspoon *garam masala* (spice mix; page 27)**
- 1½ teaspoons red chile powder**

2 teaspoons table salt
6 medium tomatoes
10 to 15 cashews
3 tablespoons butter
4 or 5 green chiles,
stemmed and slit
1 tablespoon freshly
squeezed lemon juice
1 tablespoon chopped
fresh cilantro
½ cup (100 ml) heavy
cream
1 tablespoon ghee (page
37), melted

1. Remove the skin from the chicken and put the pieces in a large bowl. Add the ginger-garlic paste, *garam masala*, chile

powder, and 1 teaspoon of the salt, and stir to coat. Cover the bowl with plastic wrap and put in the refrigerator to marinate for 1 hour.

2. Place a medium nonstick saucepan over high heat, add 5 cups (1 liter) water, and bring to a boil. Add the tomatoes and blanch for 2 to 3 minutes. Drain in a colander and let cool. Peel the tomatoes and purée them in a blender. Transfer the tomato purée to a bowl and set aside.

3. Place a small nonstick sauté pan over medium heat. Add the cashews and dry-roast for 2 to 3 minutes. Let cool, then transfer to a mortar and coarsely grind with a

pestle. Set aside.

4. Place a medium nonstick saucepan over medium heat and add the butter. When the butter melts, add the chicken and sauté for 2 minutes. Add the chiles and sauté for 1 minute.

5. Add the tomatoes and sauté for 2 to 3 minutes. Add 1 cup (200 ml) water and the remaining 1 teaspoon salt, and stir. Lower the heat to low, cover, and cook for 15 minutes or until the chicken is almost done.

6. Add the cashews, cover, and simmer for 3 to 4 minutes or until the chicken is cooked through and tender.

7. Add the lemon juice and cilantro, and cook for 1 minute or until the oil comes to the top. Gently stir in the cream. Remove from the heat.

8. Hold a piece of natural charcoal with tongs over an open gas flame and heat until red hot. Place it in a small stainless-steel bowl. Place the bowl on the cooked chicken. Pour the ghee over the coal. Immediately cover the pan with a lid so that the flavor of the smoke will be absorbed by the cooked chicken. Open the lid after 2 minutes and remove the steel bowl with the coal.

9. Transfer the chicken to a

serving dish and serve hot.

Kozhi Ishtew

Chicken and potato cooked in coconut milk

This lovely stew comes from Kerala, in South India. Coconut milk, if heated beyond a certain temperature, curdles and becomes unpalatable, but if it's added in stages and diluted, the mixture will turn out smooth and velvety. Serve the stew with *appams* (page 14) or *parathas* (page 18).

Serves 4.

**10 to 12 whole black
peppercorns**

¼ teaspoon cumin seeds

**2 teaspoons *chana dal*
(split Bengal gram)**

**½ teaspoon coriander
seeds**

**¼ cup (50 ml) vegetable
oil**

2 star anise

**1-inch (2½-cm)
cinnamon stick**

4 green cardamom pods

**1 (1¾-pound/800-gram)
chicken, cut into 12 pieces**

**1 large potato, peeled
and cut into 8 pieces**

**10 to 12 fresh curry
leaves**

4 green chiles, stemmed

and slit

**2 cups (400 ml) thick
canned coconut milk**

1 teaspoon table salt

1. Place a small nonstick sauté pan over medium heat and add the peppercorns, cumin, *dal*, and coriander. Dry-roast for 2 minutes or until the *dal* is lightly browned. Set aside to cool completely. Transfer to a spice grinder and grind to a powder.

2. Place a medium nonstick sauté pan over medium heat and add the oil. When small bubbles appear at the bottom of the pan, add the star anise, cinnamon, and cardamom, and sauté for 1 minute.

Add the chicken, potato, curry leaves, and chiles. Sprinkle with the ground spices and sauté for 1 minute.

3. Put 1 cup (200 ml) of the coconut milk in a bowl and set aside. Put $\frac{1}{2}$ cup (100 ml) of the remaining coconut milk in a second bowl and dilute with $\frac{1}{2}$ cup (100 ml) water. Put the remaining $\frac{1}{2}$ cup (100 ml) coconut milk in a third bowl and dilute with $\frac{3}{4}$ cup (150 ml) water.

4. Add the contents of the third bowl to the curry and simmer for 5 minutes. Add the contents of the second bowl and cook for 10 minutes or until both the chicken

and potatoes are cooked through.

5. Remove from the heat and add the contents of the first bowl and the salt. Return to low heat and simmer for 5 minutes but do not boil.

6. Serve immediately.

Kozhi Thengai

Kozhambu

Chicken in a coconut curry

Three Cs—chicken, coconut, and curry leaves—make this dish. This classic dish from Tamil Nadu, in South India, uses shallots instead of red onions.

Serves 4.

**1 (1³/₄-pound/800-gram)
chicken, cut into 20 to 24
pieces**

**$\frac{1}{2}$ teaspoon ground
turmeric**

1³/₄ teaspoons table salt

**$\frac{1}{4}$ cup (50 ml) vegetable
oil**

**1 cup (120 grams)
grated fresh coconut (or
frozen unsweetened
coconut)**

10 shallots, peeled

**1-inch (2¹/₂-cm) piece
fresh ginger, chopped**

6 cloves garlic, chopped

10 green chiles,

stemmed and chopped

**2 dried red chiles,
stemmed and broken in half**

**2 tablespoons coriander
seeds**

2 star anise

2 bay leaves

**10 to 12 fresh curry
leaves**

1. Make the chicken: Put the chicken in a bowl and rub in the turmeric and $\frac{3}{4}$ teaspoon of the salt. Cover the bowl with plastic wrap and put in the refrigerator to marinate for 30 minutes.

2. Make the masala: Place a nonstick sauté pan over medium heat and add 2 tablespoons of the

oil. When small bubbles appear at the bottom of the pan, lower the heat to low and add the coconut, shallots, ginger, garlic, green chiles, red chiles, and coriander seeds. Sauté until fragrant and lightly browned. Set aside to cool completely. Transfer to a food processor with 1¼ cup (250 ml) water and process to a smooth paste.

3. Place a nonstick sauté pan over medium heat and add the remaining 2 tablespoons oil. When small bubbles appear at the bottom of the pan, add the star anise and bay leaves, and sauté for 30 seconds.

4. Add the curry leaves and chicken. Increase the heat to high and sauté until the chicken is lightly browned.

5. Lower the heat to medium, add the masala paste, and combine well. Add 1½ cups (300 ml) water and the remaining 1 teaspoon salt and simmer for 11 to 12 minutes or until the chicken is cooked through and the sauce has thickened.

6. Serve hot.



Chef's Tip

Instead of the grated coconut, try making the dish with coconut milk—it will give it a smoother and richer finish.

Kozhi Urundai

Kozhambu

Chicken meatballs in a sour-and-spicy sauce

Here, delicate chicken meatballs are cooked in a smooth tomato sauce with Indian spices. This dish does not reheat well, so serve it right away. It's delicious with steamed rice.

Serves 4.

~ **For the meatballs:**

**7 ounces (200 grams)
ground chicken**

**1 tablespoon vegetable
oil**

4 or 5 cashews

1 tablespoon *chana dal*

(split Bengal gram)

**½ tablespoon white
poppy seeds, soaked for 15
minutes and drained**

¼ teaspoon fennel seeds

1 or 2 whole cloves

**3 or 4 green chiles,
stemmed and broken**

**1 or 2 dried red chiles,
stemmed and chopped**

**1 medium red onion,
roughly chopped**

**4 cloves garlic, roughly
chopped**

**¼ cup (60 grams)
grated fresh coconut (or
frozen unsweetened**

coconut)

½ large egg, whisked

½ teaspoon table salt

~ For the sauce:

**¼ cup (50 ml) vegetable
oil**

**8 to 10 dried red chiles,
stemmed and broken**

**3 tablespoons coriander
seeds**

**½ teaspoon ground
turmeric**

1 teaspoon fennel seeds

1 teaspoon cumin seeds

**2 tablespoons white
poppy seeds, soaked for 15
minutes and drained**

**10 whole black
peppercorns**

4 whole cloves

**3 medium red onions,
roughly chopped**

6 cloves garlic

**2 medium tomatoes,
chopped**

1 teaspoon table salt

**¼ cup (60 grams)
tamarind pulp**

1. Make the meatballs: Put the chicken in a bowl.

2. Place a nonstick sauté pan over medium heat and add the oil. When small bubbles appear at the bottom of the pan, add the cashews, *dal*, poppy seeds, fennel, cloves,

green chiles, red chiles, onion, garlic, and coconut, and sauté for 2 minutes or until fragrant. Set aside to cool. Transfer to a food processor with $\frac{1}{4}$ cup (50 ml) water and process to a fine paste.

3. Add the paste to the chicken. Add the egg and combine. Add the salt and combine well. Cover the bowl with plastic wrap and put in the refrigerator to marinate for 30 minutes.

4. Divide the chicken mixture into 12 portions, and shape into balls using dampened palms and fingers. Put the chicken balls on a plate, cover them with plastic wrap, and set aside in the

refrigerator until needed.

5. Make the sauce: Place a nonstick sauté pan over medium heat and add 1 tablespoon of the oil. When small bubbles appear at the bottom of the pan, add the chiles, coriander, turmeric, fennel, cumin, poppy seeds, peppercorns, cloves, onions, and garlic, and sauté for 3 minutes or until fragrant. Set aside to cool. Transfer to a food processor with $\frac{1}{2}$ cup (100 ml) water and process to a fine paste.

6. Place a nonstick saucepan over medium heat and add the remaining 3 tablespoons oil. When small bubbles appear at the bottom of the pan, add the tomatoes and $\frac{1}{2}$

teaspoon of the salt and sauté for 7 minutes or until the tomatoes are pulpy.

7. Add the ground paste and sauté for 2 minutes or until the oil comes to the top. Add the tamarind pulp, 1 quart (800 ml) water, and the remaining $\frac{1}{2}$ teaspoon salt, and combine well. Bring to a boil, then lower the heat to low, and add the meatballs. Simmer, without stirring, and shake the pan occasionally to prevent sticking for 12 minutes or until the meatballs are cooked through and the sauce has thickened.

8. Serve hot.

Kozhi Vartha Kari

Tamil fried chicken

Here the chicken is evenly coated with a glaze that is sour, peppery, and infused with the aroma of curry leaves. Serve it with rice and *sambhar* (page 32) and maybe a small salad on the side.

Serves 4.

**2 dried red chiles,
stemmed**

**2-inch (5-cm) piece
fresh ginger**

6 to 8 cloves garlic

**1 teaspoon red chile
powder**

1 tablespoon freshly

squeezed lemon juice

**1 teaspoon ground
turmeric**

2 teaspoons table salt

**1 (1³/₄-pound/800-gram)
chicken, cut into 12 pieces**

**5 tablespoons vegetable
oil**

**12 to 15 fresh curry
leaves**

**2 medium red onions,
chopped**

**2 medium tomatoes,
finely chopped**

**2 teaspoons ground
coriander**

1 tablespoon tamarind

pulp

1 teaspoon *garam masala* (spice mix; page 27)

**30 black peppercorns,
crushed**

**2 tablespoons chopped
fresh cilantro**

1. Put the chiles, ginger, and garlic in a spice grinder and grind to a smooth paste. Transfer to a large bowl. Add the chile powder, lemon juice, turmeric, and 1 teaspoon of the salt, and stir. Add the chicken and stir to coat. Cover the bowl with plastic wrap and put in the refrigerator to marinate for 1 hour.

2. Place a medium nonstick

saucepan over medium heat and add 2 tablespoons of the oil. When small bubbles appear at the bottom of the pan, add the chicken and sauté over high heat until dry and lightly browned. Drain the chicken on paper towels and set aside.

3. Place the same pan back over medium heat. Add the remaining 3 tablespoons oil. When small bubbles appear at the bottom of the pan, add the curry leaves and stir well. Add the onions and sauté until browned. Add the tomatoes, the remaining 1 teaspoon salt, and the coriander, and cook until the oil comes to the top.

4. Add the chicken and stir.

Add 1 cup (200 ml) water. Cover and cook for 15 minutes or until the chicken is cooked through and the sauce coats the pieces.

5. Dissolve the tamarind pulp in 1 cup (200 ml) water, add it to the pan, and simmer for 10 minutes, stirring occasionally. Add the *garam masala* and stir gently. Add the peppercorns and stir.

6. Garnish with the cilantro and serve hot.

Kozhi Vartha

Kozhambu

Chicken curry from Kerala

If you visit Kerala, the most

verdant of the southern states of India, be sure to take a boat excursion and feast on beautiful, simple curries like this fragrant one featuring coconut milk. Serve it with steamed rice.

Serves 4.

**2 tablespoons vegetable
oil**

1-inch (2½-cm)

cinnamon stick

1 teaspoon fennel seeds

**10 to 12 fresh curry
leaves**

**3 medium red onions,
thinly sliced**

**½ tablespoon fresh
ginger paste (page 12)**

**½ tablespoon fresh
garlic paste (page 12)**

**2 teaspoons ground
coriander**

**½ teaspoon ground
turmeric**

**1 tablespoon red chile
powder**

1½ teaspoons table salt

**3 medium tomatoes,
chopped**

**1 (1¾-pound/800-gram)
chicken, cut into 12 pieces**

**1½ cups (300 ml)
coconut milk**

**1 tablespoon tamarind
pulp**

1. Place a heavy-bottomed nonstick sauté pan over medium heat and add the oil. When small bubbles appear at the bottom of the pan, add the cinnamon and fennel, and sauté for 30 seconds or until fragrant. Add the curry leaves and onions, and sauté for 3 to 4 minutes or until the onions are golden brown.

2. Add the ginger paste and garlic paste, and sauté for 1 minute. Add the coriander, turmeric, chile powder, and salt, and sauté for 2 minutes.

3. Add the tomatoes and sauté for 5 to 6 minutes or until the tomatoes are pulpy.

4. Add the chicken and sauté for 3 to 4 minutes or until the oil comes to the top.

5. Add half of the coconut milk, lower the heat to low, and cook, covered, for 4 to 5 minutes or until the chicken is cooked through and tender.

6. Add the tamarind pulp, stir, and simmer for 1 minute. Add the remaining coconut milk and cook, covered, for 5 minutes.

7. Transfer to a serving bowl and serve hot.

.....✿ } **Chef's Tip** } ✿

You can use mixed vegetables instead of chicken to make the dish vegetarian.

Laziz Tikka Masala

Boneless tandoori-style chicken in a spicy sauce

Laziz is the Urdu word for “luscious.” This is an elaborate recipe, but it will win a lot of hearts!

Serves 4.

~ **For the chicken *tikka*:**

**14 ounces (400 grams)
boneless chicken, cut into
1½-inch (4-cm) pieces**

**2 teaspoons red chile
powder**

**2 tablespoons freshly
squeezed lemon juice**

1 teaspoon table salt

**1 cup (275 grams) plain
Greek yogurt**

**1 tablespoon fresh
ginger paste (page 12)**

**1 tablespoon fresh
garlic paste (page 12)**

**1 teaspoon *garam
masala* (spice mix; page 27)**

**2 tablespoons refined
mustard oil (see Note page
87)**

~ For the sauce:

**3 tablespoons vegetable
oil**

2 tablespoons butter

½ teaspoon cumin seeds

3 medium red onions,

chopped

**2 teaspoons fresh
ginger paste (page 12)**

**2 teaspoons fresh garlic
paste (page 12)**

**½ teaspoon ground
roasted cumin (page 32)**

**1½ teaspoons ground
coriander**

**4 medium tomatoes,
chopped**

½ teaspoon table salt

**¼ cup (60 grams)
tomato purée**

**1 teaspoon red chile
powder**

½ teaspoon *garam*

***masala* (spice mix; page 27)**

**2 tablespoons chopped
fresh cilantro**

**1 teaspoon roasted and
crushed *kasoori methi* (dried
fenugreek leaves)**

**$\frac{1}{4}$ cup (50 ml) heavy
cream**

1. Make the chicken *tikka*: Put the chicken in a bowl, add 1 teaspoon of the chile powder, 1 tablespoon of the lemon juice, and the salt, and toss to coat. Cover the bowl with plastic wrap and place in the refrigerator to marinate for about 30 minutes.

2. Combine the yogurt, the remaining 1 tablespoon lemon

juice, the ginger paste, the garlic paste, the remaining 1 teaspoon chile powder, and the *garam masala* in a large bowl. Add the chicken and mustard oil, and stir well. Cover the bowl with plastic wrap and put in the refrigerator to marinate for about 2 hours.

3. Preheat the oven to 400°F/200°C.

4. Thread the chicken onto skewers. Put the skewers on a baking sheet and bake on the middle rack of the oven for 15 to 20 minutes. Remove from the oven. Slide the chicken off the skewers onto a plate and set aside.

5. Make the sauce: Place a

nonstick sauté pan over medium heat and add the oil and butter. When small bubbles appear at the bottom of the pan, add the cumin seeds. When they change color, add the onions and sauté for 5 minutes or until well browned.

6. Add the ginger paste and garlic paste and sauté for 2 to 3 minutes. Add the ground cumin and coriander and stir well.

7. Add the tomatoes and stir. Lower the heat to low and sauté for 15 minutes or until the tomatoes are completely cooked and the oil comes to the top. Add the salt and stir.

8. Add the tomato purée and

sauté for 2 minutes. Stir in $\frac{1}{2}$ cup (100 ml) water and cook for 2 to 3 minutes. Add the chicken *tikka* and simmer for 5 minutes. Add the chile powder, *garam masala*, and 1 tablespoon of the cilantro. Stir well and cook for 2 minutes.

9. Stir in the *kasoori methi* and cream. Remove from the heat and transfer to a serving bowl.

10. Garnish with the remaining 1 tablespoon cilantro and serve hot.

Makai Murgh

Boneless chicken with corn in a spicy tomato sauce

This recipe started out as a vegetarian dish with corn,

tomatoes, and bell peppers, but my two girls expect a new chicken dish from me every week so I added the chicken in a creative moment. They are happy with it, and so am I, because some healthy vegetables are included in their diet this way. Serve this with hot *rotis* (page 18).

Serves 4.

**1 cup (150 grams) fresh
or drained canned corn
kernels**

1 teaspoon cumin seeds

**5 or 6 whole black
peppercorns**

**1 teaspoon coriander
seeds**

3 whole cloves

**4 medium boneless,
skinless chicken breasts**

**½ cup (125 grams) plain
yogurt, whisked**

1 teaspoon table salt

**1 teaspoon red chile
powder**

**½ teaspoon ground
turmeric**

**1½ tablespoons
vegetable oil**

3 cloves garlic, chopped

**1-inch (2½-cm) piece
ginger, chopped**

**3 medium tomatoes,
puréed**

2 medium green bell

peppers, seeded and chopped
2 tablespoons chopped
fresh cilantro

1. Put $\frac{1}{2}$ cup (75 grams) of the corn in a mini food processor and process to a paste.

2. Place a medium nonstick sauté pan over medium heat. Let it heat for 2 minutes, then add the cumin, peppercorns, coriander, and cloves, and dry-roast for 3 minutes or until fragrant. Transfer to a plate and set aside to cool. Lightly crush in a mortar with a pestle.

3. Cut the chicken into $\frac{1}{2}$ -inch (1-cm) pieces and put them in a bowl. Add the yogurt, salt, chile powder, and turmeric, and stir

well. Set aside to marinate for 15 minutes.

4. Place a medium nonstick saucepan over medium heat and add the oil. When small bubbles appear at the bottom of the pan, add the garlic and ginger, and sauté for 1 minute. Add the corn kernels and the corn paste, and stir. Add $\frac{1}{2}$ cup (100 ml) water and bring to a boil. Add the crushed spices and stir. Add the tomatoes and simmer for 3 to 4 minutes.

5. Add the chicken and stir. Simmer for 10 minutes or until the chicken is almost done.

6. Add the bell peppers, salt, and cilantro. Stir and cook for 1

minute.

7. Serve hot.

Malvani Chicken

Hirwa Masala

Chicken in a green masala

Malvani cuisine is a delightful mix of Maharashtrian and Goan cuisines. The Malvan region boasts an extensive coastline, so coconut milk is prevalent in most of its dishes. The creaminess of the coconut is offset by red-hot chiles, and souring agents like tamarind and *kokum* fruit. Naturally, there is an abundance of seafood, but chicken is not uncommon.

Serves 4.

**1 (1³/₄-pound/800-gram)
chicken**

1 teaspoon table salt

**1¹/₄ cups (75 grams)
chopped fresh cilantro**

**¹/₂ cup (60 grams)
grated fresh coconut (or
frozen unsweetened
coconut)**

**¹/₂-inch (1-cm) piece
fresh ginger, chopped**

4 cloves garlic, peeled

**6 green chiles, stemmed
and chopped**

**2 tablespoons vegetable
oil**

**1-inch (2½-cm)
cinnamon stick**
2 black cardamom pods
2 green cardamom pods
1 bay leaf
2 or 3 whole cloves
½ teaspoon cumin seeds
**3 medium red onions,
chopped**
**½ cup (100 ml) thick
coconut milk**
**¼ teaspoon *garam
masala* (spice mix; page 27)**

1. Clean the chicken, remove the skin, and cut into 16 pieces. Transfer to a bowl and rub the salt all over the chicken. Cover the bowl with plastic wrap and set

aside.

2. Reserve 2 tablespoons of the cilantro for garnish. Place the remaining cilantro in a food processor with the coconut, ginger, garlic, chiles, and $\frac{1}{4}$ cup (50 ml) water, and process to a paste. Add this paste to the chicken and stir well to coat.

3. Place a nonstick sauté pan over medium heat and add the oil. When small bubbles appear at the bottom of the pan, add the cinnamon, black and green cardamom, bay leaf, cloves, and cumin, and sauté until fragrant. Add the onions and cook for 3 minutes or until soft and translucent.

4. Add the chicken and sauté over low heat for 5 to 6 minutes. Add 2 cups (400 ml) water and cook for 4 to 5 minutes or until the chicken is cooked through.

5. Add the coconut milk and *garam masala*. Stir well.

6. Garnish with the reserved cilantro and serve hot.

Murgh Zafrani Do

Pyaza

A saffron-flavored chicken curry loaded with onions

Saffron adds a depth to certain curries that cannot be identified at first bite. If you really want to understand how saffron affects this

dish, try making it once without the saffron. Serve the curry with *parathas* (page 18).

Serves 4.

25 almonds, roasted

1 tablespoon

***chironji/charoli* (melon
seeds; page 587), roasted**

1 tablespoon white

poppy seeds, roasted

½ cup (100 ml)

vegetable oil

**2 medium red onions,
sliced**

**1 tablespoon fresh
ginger paste (page 12)**

**1 teaspoon fresh garlic
paste (page 12)**

1 tablespoon red chile powder

1 teaspoon ground turmeric

1 2/3 pounds (850 grams) bone-in chicken, cut into 1-inch (2½-cm) pieces

1¼ teaspoons table salt

½ cup (125 grams) plain yogurt

3 cups (600 ml) chicken stock, (page 34)

½ teaspoon *garam masala* (spice mix; page 27)

Generous pinch of saffron threads

1. Put the almonds, melon

seeds, and poppy seeds in a spice grinder, and grind to a fine powder.

2. Place a nonstick sauté pan over medium heat and add the oil. When small bubbles appear at the bottom of the pan, add the onions and sauté for 2 to 3 minutes or until lightly browned.

3. Add the ginger paste and garlic paste, and sauté for 2 minutes. Add the chile powder and turmeric, and stir well.

4. Add the chicken and sauté for 5 minutes. Add the salt and stir.

5. Add the yogurt and cook for 1 to 2 minutes. Add the ground almond mixture and cook for 5 minutes, stirring continuously.

6. Add the stock and bring to a boil. Lower the heat to low, cover, and simmer for 20 minutes or until the chicken is cooked through.

7. Add the *garam masala* and saffron, stir, and remove from the heat.

8. Transfer to a serving bowl and serve hot.

Murtabak

Layered Indian griddle bread and spicy ground chicken

This is a masterful construction of thin *chapatis* (Indian griddle breads) and a saffron-flavored egg, cheese, and chicken mixture, a great example of

the royal Nizami cuisine of Hyderabad. Treat it like a one-dish meal, as it is quite filling.

Serves 4.

~ **For the *chapatis*:**

Scant 1 cup (120 grams) *maida* (refined flour) or pastry flour, plus extra for dusting

1 tablespoon vegetable oil

½ teaspoon table salt

~ **For the filling:**

6 large eggs

A few saffron threads

2 tablespoons warm milk, plus ½ cup (100 ml)

milk

**2 tablespoons vegetable
oil**

**2 medium red onions,
chopped**

**1 teaspoon fresh ginger
paste (page 12)**

**1 teaspoon fresh garlic
paste (page 12)**

**1 teaspoon red chile
powder**

**½ teaspoon ground
turmeric**

**9 ounces (270 grams)
ground chicken**

1 teaspoon table salt

1 teaspoon *garam*

***masala* (spice mix; page 27)**

**2 teaspoons freshly
squeezed lemon juice**

**About ½ cup (120
grams) ghee (page 37), for
brushing the pans**

**1½ cups (150 grams)
grated mild white cheese**

**¼ cup (15 grams)
chopped fresh cilantro**

**¼ cup (15 grams)
chopped fresh mint**

**10 green chiles,
stemmed and chopped**

1. Make the *chapatis*: Put the *maida* in a large bowl. Add the oil and salt. Rub with your fingers until the mixture resembles bread

crumbs.

2. Add $\frac{1}{4}$ cup (50 ml) water and knead to make a soft dough. Cover with a damp cloth and set aside for 30 minutes.

3. Divide the dough into 9 portions. Dust a work surface with a little flour and roll out each portion into a thin 8-inch round.

4. Place a nonstick griddle over medium heat and add a dough round. Cook, turning, until lightly browned on each side. Set aside. Repeat with the remaining dough rounds.

5. Make the filling: Place a nonstick saucepan over medium heat, add $2\frac{1}{2}$ cups (500 ml) water,

and bring to a boil. Add 5 of the eggs and boil for 12 minutes. Remove from the heat, drain, and plunge the eggs into a bowl of cold water. Peel and chop the eggs and set aside in a bowl.

6. Beat the remaining egg in a bowl and set aside.

7. In a small bowl, soak the saffron in the 2 tablespoons warm milk.

8. Place a nonstick sauté pan over medium heat and add the oil. When small bubbles appear at the bottom of the pan, add the onions and sauté for 4 minutes or until lightly browned.

9. Add the ginger paste and

garlic paste, and sauté for 2 minutes or until the raw flavors disappear. Add the chile powder and turmeric, and sauté for 3 to 4 minutes.

10. Add the chicken and salt, and cook for 8 minutes, stirring continuously. When the excess moisture has evaporated, add the *garam masala* and lemon juice. Transfer to a plate and let cool. Transfer to a food processor and process to a coarse paste.

11. Preheat the oven to 350°F/175°C.

12. Brush a round cake pan with a little ghee and line the bottom with 1 *chapati*. Sprinkle with a little milk and top it with 2

tablespoons of the chicken mixture, a little chopped egg, grated cheese, cilantro, mint, and chiles. Brush with a little beaten egg. Cover with another *chapati* and repeat the layering again until you have used all of the dough rounds.

13. Gently brush the top with the saffron mixture and bake for 35 minutes or until golden brown and set.

14. Unmold onto a plate and cut into wedges.

15. Serve hot.

Naattu Kozhi Curry

Countryside chicken curry from Kerala

Kozhi means “chicken,” and this is a slightly modified and updated version of a rural dish from Kerala in all its spicy, thick, saucy glory. It’s nice to mop up the sauce with *roti* (page 18). Use two Cornish game hens if you can’t find a young spring chicken.

Serves 4.

**1 (1³/₄-pound/800-gram)
spring chicken**
**½ cup (100 ml)
vegetable oil**
**½ cup (60 grams)
grated fresh coconut (or
frozen unsweetened
coconut)**
6 dried red chiles,

stemmed and broken in half
3 tablespoons *chana dal*
(split Bengal gram)
 $\frac{1}{4}$ cup (25 grams)
coriander seeds
1 tablespoon whole
black peppercorns
2 teaspoons cumin seeds
2-inch (5-cm) cinnamon
stick, broken
2 whole cloves
4 green cardamom pods
2 tablespoons white
poppy seeds
2 bay leaves
10 to 12 fresh curry
leaves

2 star anise

**2 medium red onions,
peeled and chopped**

**1 tablespoon fresh
ginger paste (page 12)**

**2 tablespoons fresh
garlic paste (page 12)**

**½ teaspoon ground
turmeric**

**2 medium tomatoes,
puréed**

2 teaspoons table salt

1. Cut the chicken into 12 to 16 pieces and set aside.

2. Place a small nonstick sauté pan over medium heat and add 2 tablespoons of the oil. When small bubbles appear at the bottom of the

pan, add the coconut, chiles, *dal*, coriander, peppercorns, cumin, cinnamon, cloves, and cardamom. Sauté for 5 minutes or until fragrant. Transfer to a bowl and set aside to cool.

3. To the same hot pan, add the poppy seeds and place over low heat. Roast for 3 to 4 minutes, then add to the other sautéed spices and stir. When the mixture cools completely, transfer it to a mini food processor and process to a coarse powder.

4. Place a medium nonstick sauté pan over medium heat and add the remaining 6 tablespoons (90 ml) oil. When small bubbles

appear at the bottom of the pan, add the bay leaves, curry leaves, and star anise, and stir. Add the onions and sauté for 3 to 4 minutes or until lightly browned.

5. Add the ginger paste and garlic paste, and sauté for 1 minute. Add the chicken and turmeric, and toss for 2 to 3 minutes.

6. Add the tomatoes and the spice powder, and stir well. Add 2½ cups (500 ml) water and the salt, and stir again. Cover and cook for 15 minutes or until the chicken is cooked through and the oil comes to the top.

7. Check the seasoning and serve hot.

Palak Chicken

Chicken with spinach

Cooking meat and poultry with spinach is very popular in North India. My girls love this simple dish with hot *rotis* (page 18) on a cool day.

Serves 4.

**2 cups (335 grams)
frozen blanched and chopped
spinach**

**6 tablespoons vegetable
oil**

**8 whole black
peppercorns**

2 bay leaves

8 whole cloves

5 green cardamom pods

**2 medium red onions,
chopped**

**1-inch (2½-cm) piece
fresh ginger, chopped, plus 1-
inch (2½-cm) piece fresh
ginger, julienned**

4 cloves garlic, chopped

**1 (1¾-pound/800-gram)
chicken, cut into 12 pieces**

**2 teaspoons ground
roasted cumin (page 32)**

**1 teaspoon ground
coriander**

**½ teaspoon ground
turmeric**

2 teaspoons table salt
**2 green chiles, stemmed
and slit**
**5 tablespoons (75
grams) plain yogurt**
**¼ teaspoon *garam
masala* (spice mix; page 27)**

1. Thaw the spinach, put in a food processor, and process to a fine purée. Set aside.

2. Place a nonstick saucepan over medium heat and add the oil. When small bubbles appear at the bottom of the pan, add the peppercorns, bay leaves, cloves, and cardamom, and sauté for 1 minute. Add the onions, chopped ginger, and garlic, and sauté,

stirring continuously, for 4 minutes or until the onions are lightly browned.

3. Add the chicken, cumin, coriander, turmeric, 1 teaspoon of the salt, and the chiles, and sauté for 6 minutes. Add 1 tablespoon of the yogurt and stir. Sauté for 1 minute, then add 1 more tablespoon yogurt. Repeat until all of the yogurt has been added. Cook for 10 minutes more, stirring continuously. Add $\frac{1}{2}$ cup (100 ml) water and stir.

4. Add the spinach and julienned ginger, and cook for 2 minutes. Add the remaining 1 teaspoon salt and the *garam masala* and stir.

5. Serve hot.

Paneer Anda

Paneer and eggs

When I was growing up in Delhi, fresh *paneer* used to be sold at vegetable stalls along with the fresh produce. Today, it is sold in the freezer section of stores, but I always prefer it fresh. I made up this recipe when my kids, as they are wont to do, demanded something new.

Serves 4.

2 medium tomatoes

4 large eggs

2 tablespoons ghee

(page 37)

**1 medium red onion,
minced**

4 cloves garlic, minced

**½ teaspoon ground
turmeric**

**½ teaspoon red chile
powder**

**½ teaspoon ground
black pepper**

1 teaspoon table salt

**7 ounces (200 grams)
paneer (pressed fresh
cheese; page 17), cut into 1-
inch (2½-cm) cubes**

**¾ teaspoon *garam
masala* (spice mix; page 27)**

**1 tablespoon chopped
fresh cilantro**

1. Put the tomatoes in a saucepan with 3 cups (600 ml) hot water for 5 minutes. Drain, let cool, and peel. Dice the tomatoes and set aside.

2. Place a nonstick saucepan with 2 cups (400 ml) water over high heat, add the eggs, and bring to a boil. Boil for 10 minutes. Drain and set the eggs aside on a plate to cool. When cooled, peel them and cut into quarters.

3. Place a small nonstick sauté pan over medium heat and add the ghee. When the ghee melts and small bubbles appear at the bottom

of the pan, add the onion and garlic, and sauté for 3 minutes or until golden brown.

4. Add the turmeric, chile powder, black pepper, and salt, and sauté for 30 seconds. Add the tomatoes and cook for 7 minutes or until the oil comes to the top.

5. Add 1 cup (200 ml) water and cook until the excess liquid has evaporated. Mash to a smooth paste with a wooden spoon.

6. Add 1 cup (200 ml) water and stir. Bring to a boil, lower the heat, and add the *paneer* and boiled eggs. Simmer gently for about 7 minutes.

7. Sprinkle with the *garam*

masala and cilantro, and serve hot.

Quick Jeera Chicken

Chicken flavored with cumin

This is an ideal dish to make when in a hurry, because chicken is not only good to eat but also fast to cook. I take advantage of that fact and dish this up as an Indian stir-fry. The mint and cilantro create magic with the cumin and pepper... I can actually smell the aroma even as I write this!

Serves 4.

1 (1³/₄-pound/800-gram)

chicken, cut into 12 pieces

**1 tablespoon freshly
squeezed lemon juice**

2 teaspoons table salt

**2 tablespoons vegetable
oil**

2 teaspoons cumin seeds

**8 to 10 green chiles,
stemmed and cut in half**

**$\frac{1}{2}$ teaspoon ground
turmeric**

**$\frac{1}{2}$ cup (125 grams) plain
yogurt, whisked**

**$\frac{1}{4}$ cup (15 grams)
chopped fresh cilantro**

**7 or 8 black
peppercorns, crushed**

2 tablespoons chopped fresh mint

1. Put the chicken in a large bowl. Add the lemon juice and 1 teaspoon of the salt, and stir well. Cover the bowl with plastic wrap and put in the refrigerator to marinate for 30 minutes.

2. Place a medium nonstick saucepan over medium and add the oil. When small bubbles appear at the bottom of the pan, add the cumin. When the cumin begins to change color, add the chiles and turmeric, and sauté for 10 seconds.

3. Add the chicken and sauté for 8 to 9 minutes or until well browned. Add the yogurt, cilantro,

peppercorns, and the remaining 1 teaspoon salt. Stir well and add ½ cup (100 ml) water. Cover, lower the heat to low, and cook for 20 minutes or until the chicken is cooked through.

4. Transfer to a serving dish, sprinkle with the mint, and serve hot.

Thengenkai Kori

Chicken breasts in a coconut-and-yogurt sauce

I first tasted this in Mangalore, a beautiful coastal town in the South Indian state of Karnataka. I found this mildly spiced chicken curry absolutely delicious, and it's

a simple preparation that works well at home.

Serves 4.

**4 medium bone-in
chicken breasts**

**2 teaspoons fresh garlic
paste (page 12)**

**1 teaspoon fresh ginger
paste (page 12)**

**1½ teaspoons table salt
¾ cup (190 grams) plain
yogurt**

**1 teaspoon red chile
powder**

**½ teaspoon ground
turmeric**

**3 tablespoons vegetable
oil**

3 whole cloves
1-inch (2½-cm)
cinnamon stick
2 medium red onions,
chopped
1½ cups (300 ml)
chicken stock (page 34)
1 cup (200 ml) thick
coconut milk
¼ teaspoon ground
green cardamom

1. Put the chicken in a bowl, add 1 teaspoon of the garlic paste, ½ teaspoon of the ginger paste, and 1 teaspoon of the salt, and rub in well. Cover the bowl with plastic wrap and set aside to marinate for 15 minutes.

2. Put the yogurt in a small bowl. Add the chile powder and turmeric, and whisk well.

3. Place a nonstick sauté pan over medium heat and add the oil. When small bubbles appear at the bottom of the pan, add the cloves and cinnamon, and sauté for 30 seconds. Add the onions and sauté for 4 to 5 minutes or until lightly browned. Add the remaining 1 teaspoon garlic paste and the remaining $\frac{1}{2}$ teaspoon ginger paste, and sauté for 30 seconds.

4. Remove from the heat and stir in the yogurt mixture. Return the pan to low heat and cook, stirring continuously, for 5 to 6 minutes or

until the oil comes to the top.

5. Add the stock and bring to a boil. Add the chicken and the remaining $\frac{1}{2}$ teaspoon salt, and stir. Cover and cook for 15 to 20 minutes or until the chicken is cooked through.

6. Remove from the heat. Remove the chicken with a slotted spoon and put in a bowl. Push the gravy through a strainer into another nonstick sauté pan and place over low heat. Add the chicken and coconut milk, and cook for 2 minutes.

7. Transfer to a serving bowl, sprinkle with the cardamom, and serve hot.

Wafer Per Eda

Eggs with potato chips

This unusual method of cooking eggs is native to the Parsi community in India. Parsis came to India from Persia and settled in the Indian state of Gujarat. Their cooking skills are legendary, and even in this simple dish, you will notice their innovative and delightful approach.

Serves 4.

**1 tablespoon vegetable
oil**

½ teaspoon cumin seeds

1 medium red onion,

sliced

**2 green chiles, stemmed
and chopped**

**1 medium tomato,
chopped**

**1 cup (200 grams)
potato chips**

1 teaspoon table salt

4 medium eggs

**1 tablespoon chopped
fresh cilantro**

1. Place a medium nonstick saucepan over medium heat and add the oil. When small bubbles appear at the bottom of the pan, add the cumin and onion, and sauté for 2 to 3 minutes or until light golden. Add the chiles and tomato, and

cook for 3 minutes or until the tomatoes are soft.

2. Add the potato chips, salt, and 2 tablespoons water. Cover and cook for 1 minute. Uncover and spread the mixture evenly in the pan.

3. Crack the eggs, one at a time, on top of the potato chip mixture to cover completely.

4. Lower the heat to low, cover, and cook for about 5 minutes or until the eggs are set.

5. Garnish with the cilantro and serve immediately.

Zafrani Dum Murgh

Chicken with yogurt and saffron

Chicken that is cooked in a coal-fired clay oven called a *tandoor* is probably the most common Indian dish available outside India. Here, I've added a hint of saffron and then roasted the chicken in a conventional oven.

Serves 4.

**1 (1³/₄-pound/800-gram)
chicken**

**1 cup (250 grams) plain
yogurt**

1¹/₂ teaspoons table salt

**1 teaspoon red chile
powder**

**³/₄ teaspoon fresh ginger
paste (page 12)**

³/₄ teaspoon fresh garlic

paste (page 12)

1 quart (800 ml)

vegetable oil

**3 medium red onions,
sliced**

½ cup (30 grams)

chopped fresh cilantro

½ cup (30 grams)

chopped fresh mint

**5 green chiles, stemmed
and chopped**

**2 tablespoons freshly
squeezed lemon juice**

5 whole cloves

2 green cardamom pods

**2-inch (5-cm) cinnamon
stick**

3 or 4 saffron threads

**2 tablespoons grated
fresh coconut (or frozen
unsweetened coconut)**

**10 almonds, blanched
and peeled (see Note page
40), ground**

**¼ cup (60 grams)
butter, melted**

1. Pat the chicken dry. Prick it all over with a fork.

2. Put the yogurt in a bowl and stir in 1 teaspoon of the salt, the chile powder, ginger paste, and garlic paste. Rub the mixture generously on the chicken, inside and out. Put the chicken in a large bowl, cover with plastic wrap, and

put in the refrigerator to marinate for 5 to 6 hours.

3. Place a nonstick wok over high heat and add the oil. When small bubbles appear at the bottom of the pan, lower the heat to medium, add the onions, and cook, stirring constantly with a slotted spoon, until they are browned and crisp. Remove with the slotted spoon and drain on paper towels. Set aside to cool completely. Crumble lightly with your fingers.

4. Preheat the oven to 325°F/160°C.

5. Put the cilantro, mint, chiles, lemon juice, remaining ½ teaspoon salt, the cloves,

cardamom, and cinnamon in a mini food processor, add 1 tablespoon water, and process to a smooth paste. Transfer to a bowl and stir in the browned onions, saffron, coconut, and almonds. Rub the mixture all over the chicken and prick it all over with a fork again.

6. Grease a baking sheet with a little melted butter. Brush the chicken with some melted butter and place it on the baking sheet. Bake on the middle rack of the oven for 15 minutes.

7. Baste with the remaining melted butter and bake for 20 minutes more or until cooked through.

8. Remove from the oven and let rest for 5 minutes. Carve the chicken and serve hot.

Breads

India is the country of golden wheat. We use other grains, such as rice, corn, and millet, but wheat, semolina, and whole-wheat flour rule. People around the world are switching from highly refined grains to those that are closer to their natural

state—white bread to whole wheat, white rice to brown—but India has been eating what is essentially wholewheat bread for centuries: the simple, humble, everyday *roti* (page 18) and *chapati* (page 438), an unleavened griddle bread.

A puffed-up *roti* called a *phulka* always fascinates travelers from abroad, and

I demystify the process here. Knead the dough with water, and as the *roti* is exposed to high heat, the water begins to evaporate rapidly. This creates steam, which is what causes the bread to balloon. *Rotis* are best rolled out with a light hand that evenly distributes the pressure over the expanding surface (a long,

thin Indian-style rolling pin is best for this). Dusting with flour once or twice can help you to prevent folds in the rolled-out *roti* and thus ensure perfect puffing.

But the world of Indian breads does not stop at the *roti*, *naan* (page 20), and *paratha* (page 18) that you might order in your local Indian restaurant to sop up

saucy curries. In this chapter you'll find intriguing breads like the Rajasthani *bati* (page 462), a whole-wheat bread enriched with plenty of ghee, and breads that can be served as substantial dishes in and of themselves. The chicken *kheema kulcha* (page 454), for example, can be cut up and served as a hot

starter, and the many layers of *pudina paratha* (page 461) can be separated and served with chicken, meat, or *dal*.

Aloo Anardana

Kulcha

A Punjabi stuffed bread with potato and dried pomegranate seeds

Dried pomegranate seeds, or *anardana*, are the star attraction here. They share their tartness only when crushed or ground and are rarely used whole. They are readily available at Indian grocery stores.

This *kulcha* pairs very well with *chole*. With *khajoor aur imli ki* chutney (sweet date-and-tamarind chutney; page 22), sliced onions, and green chiles, it's simply irresistible.

Makes 8.

**2 cups (240 grams)
maida (refined flour) or
pastry flour**

$\frac{3}{4}$ teaspoon table salt

$\frac{1}{4}$ teaspoon baking soda

**2 tablespoons plain
yogurt**

2 tablespoons milk

**3 tablespoons vegetable
oil**

**1 teaspoon *anardana*
(dried pomegranate seeds)**

**2 medium potatoes,
boiled, peeled, and grated**

$\frac{1}{2}$ medium onion, diced

$\frac{1}{4}$ medium bunch fresh

**cilantro leaves, finely
chopped**

**8 to 10 fresh mint
leaves, finely chopped**

**2 green chiles, stemmed
and minced**

**½ tablespoon red chile
powder**

**½ tablespoon ground
roasted cumin (page 32)**

**¾ teaspoon *kalonji*
(nigella; see Note page 231)**

2 tablespoons butter

1. Sift the *maida*, ½ teaspoon of the salt, and the baking soda into a large bowl. Gradually add the yogurt and milk, and stir well. Add ½ cup (100 ml) water and knead to

make a soft and smooth dough. Cover with a wet cloth and let rest for 10 minutes.

2. Add 2 tablespoons of the oil and knead the dough well. Cover and set aside for at least 1 and up to 3 hours.

3. Divide the dough into 8 equal portions and shape them into smooth balls.

4. Heat a nonstick sauté pan over medium heat. Add the *anardana* and dry-roast them for 2 minutes. Cool and grind to a coarse powder in a spice grinder.

5. In a large bowl, combine the potatoes, onion, cilantro, mint, green chiles, *anardana*, chile

powder, cumin, and the remaining $\frac{1}{4}$ teaspoon salt. Divide the potato mixture into 8 equal portions and set aside.

6. Flatten a portion of dough, place a portion of the potato mixture in the center, and fold the dough over to form a ball. Place the stuffed dough on a lightly floured work surface and roll gently into a 4- to 5-inch (10- to 12½-cm) round. Brush lightly with oil, sprinkle *kalonji* on the surface, and press with your palm.

7. Place a nonstick *tawa* (griddle) over medium heat. Let it heat for 2 minutes, then place a dough round on it and cook until the

underside has light golden specks. Flip over and cook until the second side has light golden specks.

8. Brush the hot *kulchas* with butter and serve immediately.

Aloo Paratha

An Indian bread stuffed with potato

This is comfort food for Punjabis, especially the children, and is served for breakfast, lunch, teatime, and dinner. Glistening with ghee (page 37) and served piping hot with yogurt and Indian-spiced pickle, it is a signature bread of rural as well as urban Punjab.

Makes 8.

**2 cups (300 grams) *atta*
(whole-wheat flour)**

$\frac{3}{4}$ teaspoon table salt

**1 teaspoon *anardana*
(dried pomegranate seeds)**

**2 medium potatoes,
boiled, peeled, and grated**

**1 teaspoon red chile
powder**

**1 green chile, stemmed
and chopped**

**$\frac{1}{2}$ cup (120 grams)
butter, melted**

1. Sift the *atta* and $\frac{1}{2}$ teaspoon of the salt into a large bowl. Gradually add $\frac{3}{4}$ (150 ml) cup water and knead to make a smooth dough. Cover with a damp cloth

and let rest for 15 minutes.

2. Heat a nonstick sauté pan over medium heat. Add the *anardana* and dry-roast for 2 minutes. Cool and grind to a coarse powder in a spice grinder.

3. Combine the potatoes, *anardana*, chile powder, green chile, and the remaining $\frac{1}{4}$ teaspoon salt in a large bowl. Stir well.

4. Divide the dough into 8 equal portions and shape into smooth balls. Cover with a wet cloth and set aside for 5 minutes.

5. Take a dough ball and flatten it by pressing it between your palms. Place a portion of the potato mixture in the center, bring

in the edges to enclose it, and shape into a ball again. Seal the edges completely so that the potato stuffing does not come out. Repeat with the remaining dough and filling.

6. Flatten the balls, sprinkle with a little flour, and roll them with a rolling pin into 6-inch (15-cm) rounds.

7. Place a nonstick *tawa* (griddle) over medium heat. Let it heat for 2 minutes, then place a *paratha* on it and cook for 3 minutes. Turn the *paratha*, drizzle $\frac{1}{2}$ tablespoon of the butter on it, spreading it to cover the entire surface. Reduce the heat to low and

cook until golden brown. Turn again and drizzle the other side with ½ tablespoon butter. Cook over low heat until golden brown. Repeat with the remaining *parathas*.

8. Serve hot.

Bakharkhani

A rich bread fit for a king

Legend has it that this bread is the creation of Nawab Bakhar Khan, after whom it is named. A sweet bread with nuts, seeds, and essences, this is wonderful with kebabs.

Makes 8.

**2 cups (240 grams)
maida (refined flour) or
pastry flour**

**½ teaspoon baking
powder**

1 teaspoon table salt

¾ cup (150 ml) milk

2½ teaspoons sugar

**12 to 14 raisins
(optional)**

**1 tablespoon
chironji/charoli (melon
seeds; see page 587)**

**½ tablespoon active dry
yeast**

**1 teaspoon *kewra*
(screw pine) water**

5 tablespoons (75 grams) ghee (page 37), melted

10 almonds, blanched (page 40) and sliced

1. Sift the *maida*, baking powder, and salt together into a deep bowl.

2. Place a nonstick saucepan over medium heat. Add the milk and heat. Add the sugar and stir until it dissolves. Remove from the heat and let cool to room temperature.

3. Soak the raisins, if using, and the *chironji* in $\frac{1}{2}$ cup (100 ml) warm water for 5 minutes, drain, and set aside.

4. Put the dry yeast in a small bowl, add $\frac{1}{4}$ cup (50 ml) lukewarm (not hot) water, and set aside for 3 minutes to dissolve.

5. Make a well in the center of the *maida* mixture, add the milk mixture, *kewra* water, and dissolved yeast, and gradually stir to make soft dough. Cover with a damp cloth and set aside for 10 minutes.

6. Gradually add 3 tablespoons of the ghee to the dough and knead until it is incorporated. Add the almonds, raisins, and *chironji*. Knead the dough, cover, and set aside in a warm place for 30 minutes to rise.

7. Preheat the oven to 475°F/250°C.

8. Divide the dough into 8 equal portions, make balls, cover, and set aside for 10 minutes.

9. Flatten the balls and roll them out into 5-inch (12½-cm) rounds. Prick the entire surface of each round with a fork.

10. Arrange the rounds on an ungreased baking sheet and bake for 10 to 12 minutes, until the bread is fully cooked.

11. Remove from the oven, brush with the remaining ghee, and serve hot.

Besan Ki Masala

Roti

Aspicy gram-flour bread

This spicy bread is a traditional breakfast in parts of India. The two different flours used, gram flour and whole-wheat flour, are good sources of energy and protein.

Makes 8.

**1 cup (100 grams) *besan*
(chickpea/gram flour)**

**$\frac{1}{2}$ cup (75 grams) *atta*
(whole-wheat flour)**

**$\frac{1}{2}$ teaspoon *amchur*
(dried mango powder)**

$1\frac{1}{2}$ teaspoons ground

roasted cumin (page 32)

**½ teaspoon ground
coriander**

**½ teaspoon red chile
powder**

**¼ teaspoon ground
turmeric**

**2 green chiles, stemmed
and chopped**

**2 tablespoons chopped
fresh cilantro**

**2 tablespoons plus 4
teaspoons ghee (page 37),
melted**

1 teaspoon table salt

1. Put the *besan* in a bowl. Add the *atta*, *amchur*, cumin, coriander, chile powder, turmeric,

green chiles, cilantro, 2 tablespoons of the ghee, the salt, and $\frac{1}{4}$ cup (50 ml) water, and knead to make a soft dough. Cover with a damp cloth and let rest for 10 to 15 minutes.

2. Divide the dough into 8 equal portions and roll into balls. Roll each ball into an 8-inch (20-cm) round.

3. Place a nonstick *tawa* (griddle) over high heat. Let it heat for 2 minutes, then lower the heat to medium. Place the dough rounds, one at a time, on the *tawa* and cook, drizzling $\frac{1}{2}$ teaspoon ghee on each *roti*. Turn over a few times to ensure even cooking on both sides.

Cook each *roti* for 4 minutes or until crisp on both sides. Serve hot.

Bhakri

A nutritious and wholesome millet bread

This rustic bread is thought of as a high-energy food by farmers of Maharashtra. They eat it with salt, green chiles, and sometimes a red onion—not chopped or sliced, but simply smashed with the fist and peeled.

Makes 8.

**1¼ cups (300 grams)
jawar (sorghum) or millet
flour**

2 teaspoons table salt

**2 teaspoons sesame
seeds**

**3 tablespoons ghee
(page 37)**

1. Place the *jawar* flour and salt in a large bowl. Knead, gradually adding enough water to make a stiff dough. Divide the dough into 8 equal portions.

2. Place a small piece of plastic wrap on a flat work surface. Take one portion of the dough, roll it into a ball, and place it on the plastic. Wet your fingers with water and pat the ball into a thick 6-inch (15-cm) round.

3. Place a nonstick *tawa* (griddle) over medium heat. Let it

heat for 2 minutes, then place a dough round on it and sprinkle a few sesame seeds on top. Brush some water on the entire surface of the *bhakri* so that the sides do not crack. Cook over medium heat for 1 minute on each side, then place the *bhakri* over an open gas flame until it puffs up, about 30 seconds. Turn and cook until it puffs up again. Repeat with the remaining dough rounds.

4. Remove from the heat, spread with ghee, and serve hot.

Chicken Kheema

Kulcha

A bread stuffed with spicy chicken

Kulchas are soft breads that are baked in clay ovens.

Makes 8.

**4 cups (480 grams)
maida (refined flour) or
pastry flour**

3 teaspoons table salt

½ teaspoon baking soda

¼ cup (50 ml) milk

**¼ cup (60 grams) plain
yogurt**

**2 tablespoons vegetable
oil**

**1-inch (2½-cm) piece
fresh ginger, chopped**

3 or 4 garlic cloves,

crushed

**1½ medium red onions,
chopped**

**1 pound (500 grams)
ground chicken**

**½ teaspoon ground
turmeric**

**1½ teaspoons red chile
powder**

**1 teaspoon *garam
masala* (spice mix; page 27)**

**¼ cup (15 grams)
chopped fresh cilantro,
chopped**

**3 tablespoons butter,
melted**

1. Sift the flour, 2 teaspoons of

the salt, and the baking soda into a large bowl. Add the milk and yogurt, and stir. Add $\frac{1}{2}$ cup (100 ml) water and knead into a soft dough. Cover with a damp cloth and set aside for 15 minutes.

2. Divide the dough into 8 equal portions.

3. Place a nonstick sauté pan over medium heat and add the oil. When small bubbles appear at the bottom of the pan, add the ginger, garlic, and onions, and sauté until lightly browned. Add the chicken and cook, stirring, until all the moisture evaporates and the chicken is cooked through.

4. Add the remaining 1

teaspoon salt, the turmeric, chile powder, *garam masala*, and cilantro, and stir well. Divide this mixture into 8 equal portions and set aside to cool.

5. Roll out each portion of dough into a 3-inch (7½-cm) round. Place a portion of the chicken mixture in the center of each, gather the edges to enclose the filling, and shape into a ball. Using a rolling pin, roll out into as thin a disk as possible.

6. Place a nonstick *tawa* (griddle) over medium heat and let it heat for 2 minutes. Place a dough round on it and cook, turning once or twice, until both sides are lightly

browned. Repeat with the remaining dough rounds. (Alternatively, cook the *kulchas* in the oven: Preheat the oven to 400°F/200°C. Place the *kulchas* on a greased baking sheet and bake for 10 to 15 minutes.)

7. Brush with the butter and serve hot.

Garlic Naan

A North Indian baked flatbread infused with garlic

I have had many versions of garlic *naan*, some mild and some highly flavored. This version is right in the middle, and it is great on its own or with any thick lentil

curry or chicken curry. *Naan* takes quite a lot of practice to master but is well worth the effort.

Makes 8.

**2 cups (240 grams)
maida (refined flour) or
pastry flour**

**$\frac{1}{2}$ teaspoon baking
powder**

$\frac{1}{4}$ teaspoon baking soda

$\frac{1}{2}$ teaspoon table salt

30 cloves garlic

**1 teaspoon
confectioners' sugar**

$\frac{3}{4}$ cup (150 ml) milk

**1 tablespoon plain
yogurt**

1 tablespoon chopped

fresh cilantro

**1 tablespoon vegetable
oil**

**3 tablespoons butter,
melted**

1. Set a couple of tablespoons of the *maida* aside for dusting and sift the remaining *maida*, the baking powder, baking soda, and salt into a large bowl.

2. Put 20 of the garlic cloves in a food processor with 1 tablespoon water, and process to a fine paste. Mince the remaining 10 cloves and set aside.

3. To the sifted *maida* mixture, add the confectioners' sugar, milk, garlic paste, half of the minced

garlic, the yogurt, and cilantro, and knead to make a medium-soft dough. Rub the oil over the surface, cover with a damp cloth, and set aside for at least 1 hour.

4. Punch the dough with your hands to make it soft and pliable, then divide it into 8 equal portions. Cover the dough with a damp cloth and let it rest for 1 hour more.

5. Flatten each dough ball between your palms, coat with a little melted butter, and dust with the reserved *maida*. Roll into a ball again, cover, and set aside for 15 minutes.

6. Preheat the oven to 475°F/250°C.

7. Roll each dough ball on a floured work surface into a 5- to 6-inch (12½- to 15-cm) round. Pull it from one end to shape it into an elongated oval. Sprinkle with the remaining minced garlic.

8. Bake (on baking sheets) for 7 minutes or until brown spots appear on the surface of the *naan*. (Alternatively, cook in a tandoor oven. Or cook on a preheated *tawa* or griddle, moistening the *naan* on either side with a little water as they cook.)

9. Drizzle with melted butter and serve hot.

Khaari Puri

A crisp bread prepared with a spicy chickpea-flour mixture

Khaari puri means “bread with salt,” but there’s much more going on here. These breads are wonderful for a Sunday brunch with a pot of freshly made plain yogurt and a glass of hot masala tea (page 48).

Makes 16.

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

$\frac{1}{2}$ teaspoon coriander seeds

$\frac{3}{4}$ cups (110 grams) *atta* (whole-wheat flour)

2 tablespoons *besan* (chickpea/gram flour)

2 tablespoons ground

coriander

1 tablespoon red chile powder

$\frac{1}{4}$ teaspoon ground turmeric

$\frac{1}{2}$ teaspoon *garam masala* (spice mix; page 27)

$1\frac{1}{2}$ teaspoons table salt

1 tablespoon chopped fresh cilantro

2 tablespoons ghee (page 37) melted

2 green chiles, stemmed and chopped

1 quart (800 ml) plus 4 teaspoons vegetable oil, plus more for the dough

1. Place a small nonstick sauté pan over medium heat. Let it heat for 2 minutes, then add the cumin and coriander seeds, and dry-roast until light golden and fragrant. Set aside to cool, then transfer to a mortar and crush with a pestle (you can use a spice grinder here if your grinder can accomodate such a small quantity).

2. Place the *atta* in a large bowl. Add the *besan*, ground coriander, chile powder, turmeric, *garam masala*, salt, cilantro, crushed cumin and coriander seeds, ghee, and $\frac{1}{4}$ cup (50 ml) water, and knead to make a stiff dough. Cover with a damp cloth and let rest for

10 minutes.

3. Divide the dough into 16 portions and roll into balls. Lightly coat each ball with a little oil and roll out into 3-inch (7½-cm) rounds.

4. Place a nonstick wok over high heat and add the 1 quart (800 ml) oil. When small bubbles appear at the bottom of the wok, lower the heat to medium. Gently slide in the dough rounds, one or two at a time, and cook, turning with a slotted spoon, for 4 to 5 minutes or until golden brown on both sides.

5. Remove with the slotted spoon and drain on paper towels. Serve hot.

Khasta Roti

A crisp bread with sugar and *ajwain*

Khasta means “crisp,” and these *rotis* are just that. Is it this crispiness that endears them to me, or is it the pinch of sugary sweetness? Either way: They’re delicious! If you’d like, serve these as they do in India: Let the *rotis* cool to room temperature, then tell your guests to crush each one delicately in the palms of their hands.

Makes 8.

1 teaspoon sugar

½ teaspoon table salt

1 cup (120 grams)
***maida* (refined flour) or**
pastry flour

2 tablespoons coarse
***rawa/suji* (semolina flour)**

¼ cup (50 grams) ghee
(page 37), melted

½ teaspoon *ajwain*

1. Put the sugar and salt in a small bowl, add ¼ cup (50 ml) water, and stir until dissolved.

2. Put the *maida*, semolina flour, ghee, *ajwain*, and the salt and sugar water in a bowl, and knead to make a stiff dough. Cover with a damp cloth and set aside for 15 minutes.

3. Divide the dough into 8

portions and shape into balls. Flatten each ball and roll out into a 6-inch (15-cm) round.

4. Place a nonstick sauté pan or *tawa* (griddle) over medium heat. Let it heat for 2 minutes, then place a *roti* in the pan and cook, turning, until both sides are crisp. Repeat with the remaining dough rounds.

5. Serve hot.

Koki

A crisp Sindhi bread

This is a rich flatbread enjoyed at breakfast. The cream gives it its melt-in-your-mouth

quality. A typical Sindhi *koki* is rather alarmingly large, but you can make them in any size. My mom flecks them with light knife marks in diamond shapes so that breaking the cooled bread into clean pieces is easy.

Makes 8.

- 2½ cups (375 grams)**
***atta* (whole-wheat flour)**
- 2 small red onions,**
peeled and diced
- 2 teaspoons table salt**
- 2 green chiles, stemmed**
and minced
- 1 teaspoon *ajwain***
- 1 teaspoon *anardana***
(dried pomegranate seeds),

crushed

**2 tablespoons chopped
fresh cilantro**

**$\frac{1}{4}$ cup (50 grams) ghee
(page 37), melted**

**$\frac{1}{4}$ cup (50 ml) heavy
cream**

1. Put the *atta* in a large bowl. Add the onions, salt, green chiles, *ajwain*, *anardana*, cilantro, 1 tablespoon of the ghee, and the cream, and stir well. Add $\frac{3}{4}$ cup (150 ml) water and knead to make a stiff dough. Cover and let rest for about 15 minutes.

2. Divide the dough into 8 equal portions. Lightly dust with a little flour and roll out into a thick

5-inch (12½-cm) round.

3. Place a nonstick *tawa* (griddle) over medium heat. Let it heat for 2 minutes, then place a dough round on the *tawa* and cook for 2 to 3 minutes on each side or until evenly cooked on both the sides. Brush with a little of the remaining ghee and cook, pressing with a flat spoon, until both sides are light golden. Repeat with the remaining dough rounds.

4. Serve hot.

Makki Di Roti

A buttery cornmeal bread

Breads, in all their glorious

variety, form the staple of an Indian meal. This bread uses cornmeal, which makes it the quintessential Punjabi bread. I would be remiss if I didn't mention this bread's soul mate, *sarson ka saag* (mustard greens; page 254), which it always seems to accompany. Served hot with a dollop of white butter and cane jaggery on cold wintry evenings, it is absolute manna.

When I first learned to make this *roti*, my mother gave me this little tip for shaping the dough: “Just put your ball of dough between two plastic sheets and then pat it into shape.”

Makes 8.

1½ cups (200 grams)
***makai ka atta* (cornmeal)**
½ teaspoon table salt
¼ teaspoon *ajwain*
1 cup (200 ml)
lukewarm water
8 teaspoons vegetable
oil

Butter

1. Put the cornmeal in a large bowl. Add the salt, *ajwain*, and lukewarm water, and knead to make a medium-soft dough. Divide the dough into 8 equal portions and shape into balls. Pat each ball between moistened palms to make a 5-inch (12½-cm) round of medium thickness. (Alternatively, roll out

each ball between two sheets of oiled plastic wrap.)

2. Place a nonstick *tawa* (griddle) over high heat and let it heat for 2 minutes. Reduce the heat to medium, place one dough round on the *tawa*, and cook until one side is half done. Turn over and drizzle $\frac{1}{2}$ teaspoon of the oil over the top. Turn over again and drizzle 1 teaspoon oil over the second side. Cook until both sides are golden brown.

3. Repeat with the remaining dough rounds.

4. Serve hot with a dollop of butter on each *roti*.

Missi Roti

A spiced Indian bread

Missi roti is like a savory short-crust pastry; it's easy to break and melts in your mouth. I love to serve this with *dal* (pages 488–515).

Makes 8.

**2 cups (300 grams) *atta*
(whole-wheat flour)**

**$\frac{1}{2}$ cup (50 grams) *besan*
(chickpea/gram flour)**

$1\frac{1}{2}$ teaspoons salt

**1 teaspoon red chile
powder**

**$\frac{1}{2}$ teaspoon ground
turmeric**

**2 teaspoons ground
coriander**

**1 teaspoon *garam
masala* (spice mix; page 27)**

**2 medium red onions,
chopped**

**4 green chiles, stemmed
and chopped**

**2 tablespoons chopped
fresh cilantro leaves**

**1 tablespoon plus 8
teaspoons vegetable oil**

1. Place the *atta*, *besan*, salt, chile powder, turmeric, coriander, *garam masala*, onions, green chiles, cilantro, and 1 tablespoon of the oil in a large bowl. Add $\frac{1}{2}$ cup water and knead to make a soft

dough. Divide the dough into 8 equal portions and roll into balls. Roll out each ball into a 6-inch (15-cm) round.

2. Place a nonstick *tawa* (griddle) over medium heat and let it heat for 2 minutes. Place one dough round on the *tawa* and cook for 30 seconds. Turn over and drizzle $\frac{1}{2}$ teaspoon oil around it. Turn again and drizzle another $\frac{1}{2}$ teaspoon oil around the *roti*. Cook until both sides are cooked and light brown specks appear on the surface. Repeat with the remaining dough rounds.

3. Serve immediately.

Pudina Paratha

Mint *paratha*

Breads like *pudina paratha* taste very different depending on whether they are cooked on a griddle or in the more traditional tandoor oven. This bread is delicious either way, but more adventurous cooks can rig up a makeshift tandoor at home. On the stovetop, heat a deep, heavy pan with a handle over medium-high heat while you roll out the dough (this works with *roti* as well). Lightly dampen one side of a dough round. Carefully stick the wet side onto the inside wall of the pan, then quickly turn the pan upside down

over the heat source—a gas flame works best. The heat will cook the bread until little black flecks appear on the top surface, just as it does in a tandoor. The bread will become unstuck as the water dries up, and you can easily pull it out of the pan and serve it. Our favorite dish to serve with *pudina paratha* is *dal makhni* (page 491).

Makes 8.

1 cup fresh mint leaves

**2 cups (300 grams) *atta*
(whole-wheat flour)**

1½ teaspoons table salt

**1 tablespoon plus 8
teaspoons vegetable oil**

3 tablespoons butter,

melted

2 teaspoons *chaat masala* (spice mix for *chaat*; page 24)

1. Wash and pat the mint leaves dry. Heat a nonstick griddle over medium heat and lightly roast half of the mint leaves on it. Cool and crush to a powder in a spice grinder. Chop the remaining mint leaves and set aside.

2. Put the *atta* and salt in a bowl. Add the chopped mint, 1 tablespoon of the oil, and $\frac{3}{4}$ cup (150 ml) plus 1 tablespoon water, and knead to make a stiff dough. Cover and let rest for 20 to 25 minutes.

3. Divide the dough into 8 equal portions and shape into balls. Roll out each ball into a 6-inch (15-cm) round, brush with butter, and sprinkle with some flour. Roll the dough back into a ball. Let rest for 5 minutes, then roll out each ball again into a 5- to 7-inch (12½- to 17-cm) round.

4. Place the nonstick *tawa* (griddle) over medium heat again and let it heat for 2 minutes. Place a dough round on the *tawa* and cook, turning and drizzling ½ teaspoon oil on each side, until both sides are light golden brown. Repeat with the remaining dough rounds.

5. Spread butter on each

paratha while still hot.

6. Stir the roasted mint powder and *chaat masala* together, and sprinkle over the hot *parathas*. Before serving, crush the *parathas* lightly between your palms to open up the layers.

Rajasthani Bati

A traditional Rajasthani baked bread

Many years ago, I attended a wedding in Rajasthan where the guests were treated to a lavish lunch; it was there that I tasted this bread (which is traditionally baked over a cow-dung fire) for the first time. The hosts were very

hospitable and coaxed me to enjoy more of this *bati* soaked in ghee and served with a thick lentil *dal*. I still remember the extended nap afterward! Serve these with *Rajasthani panchmel dal* (page 506) and more ghee (page 37).

Makes 8.

2 cups (300 grams) *atta*
(whole-wheat flour)

$\frac{1}{4}$ teaspoon baking
powder

2 teaspoons table salt

1 cup (200 grams) ghee
(page 37), softened

$\frac{1}{2}$ teaspoon *ajwain*

1. Preheat the oven to 425°F/220°C.

2. Sift the *atta*, baking powder, and salt into a large bowl. Rub $\frac{2}{3}$ cup (160 grams) of the ghee into the flour mixture until it resembles bread crumbs. Add the *ajwain* and $\frac{3}{4}$ cup (150 ml) water and knead to make a dough. Divide the dough into 8 portions and shape them into balls.

3. Transfer the balls to a baking sheet and bake for about 10 minutes or until they just begin to change color. Lower the oven temperature to 400°F/200°C and bake for 35 minutes more.

4. Put the remaining $\frac{1}{3}$ cup (80 grams) ghee in a large microwave-safe bowl and melt it in

a microwave oven for 1 minute on high.

5. Remove the *batis* from the oven, press them lightly, and soak them in the melted ghee for at least 1 and up to 2 hours.

6. Remove from the bowl and serve.

Rice Wade

Deep-fried rice-flour bread

The rice flour here is cooked first so that it can be kneaded into a malleable dough; otherwise rice-flour dough is too sticky to handle. This bread closely resembles the North Indian *puri* and is excellent

with any lamb or chicken curry.

Makes 16.

**1 tablespoon fenugreek
seeds**

**2 tablespoons fennel
seeds**

1 teaspoon table salt

**2 cups (300 grams) rice
flour**

**1 small red onion,
grated**

**1 quart (800 ml)
vegetable oil**

1. Place a deep nonstick saucepan over high heat and add 2¼ cups (450 ml) water. Add the fenugreek and fennel seeds. When the mixture comes to a boil, lower

the heat to medium and simmer for about 5 minutes; the flavor of the seeds will infuse the water.

2. Pour through a fine strainer into another saucepan and reheat the water. Add the salt and stir. Add the rice flour in a steady stream and cook, stirring, for 5 minutes or until a dough forms and leaves the edges of the pan.

3. Transfer to a bowl, cool, and knead in the onion.

4. Apply a little oil to your hands and divide the dough into 16 portions. Roll each portion into a ball between your palms. Keeping the dough on one palm, spread it with the fingers of your other hand

into a 3-inch (7½-cm) round.

5. Place a nonstick wok over high heat and add the oil. When small bubbles appear at the bottom of the wok, add the dough rounds, one by one, and cook, pressing lightly with a slotted spoon, until they puff up. Turn over and continue cooking until both sides are light golden brown. Remove with the slotted spoon and drain on paper towels.

6. Serve hot.

Sheermal

A rich bread with saffron and screw pine water

This is a soft and sweet bread

that looks like a close cousin of *naan* and has the richness of saffron. Because of its sweetness, it is usually served with chicken *korma*.

Makes 16.

**2 cups (240 grams)
maida (refined flour) or
pastry flour**

1 teaspoon table salt

2 teaspoons sugar

**$\frac{3}{4}$ cup plus 3
tablespoons (195 ml) warm
milk**

A few saffron threads

**2 or 3 drops *kewra*
(screw pine) water**

$\frac{1}{4}$ cup (50 grams) ghee

(page 37), melted

**2 tablespoons butter,
plus more for the baking
sheets**

1. Sift the *maida* and salt into a large bowl.

2. Put the sugar and $\frac{3}{4}$ cup (150 ml) of the warm milk in a medium bowl and stir until the sugar dissolves. Put the saffron and the remaining 3 tablespoons warm milk in a small bowl and stir until it dissolves; set aside.

3. Add the sugar and milk mixture and the screw pine water to the *maida* mixture. Stir well, then add 2 tablespoons water, and knead to make a soft dough. Cover with a

damp cloth and set aside for 10 minutes.

4. Add the ghee to the dough and knead it in well. Knead again to a soft dough. Cover and set aside for 10 minutes.

5. Divide the dough into 16 portions and form into balls. Cover and set aside for 10 minutes.

6. Preheat the oven to 525°F/275°C. Flatten the balls on a lightly floured surface and roll out each ball into a 6-inch (15-cm) round. Prick the entire surface with a fork.

7. Grease baking sheets with butter, arrange the dough rounds on them, and bake for 8 minutes.

8. Remove, brush the *sheermals* with the saffron milk, and bake again for 3 to 4 minutes, until fully cooked.

9. Brush with butter and serve immediately.

Thepla

A Gujarati spiced bread

This is one Indian flatbread that has a fairly long shelf life. And because of its longevity, Gujaratis carry a pack of them when they travel and enjoy them as snacks with a sweet mango pickle called *chhunda*. My wife, Alyona, makes a variety of *theplas* that uses less

oil. This is her recipe.

Makes 12.

1 cup (150 grams) *atta*
(whole-wheat flour)

$\frac{1}{4}$ cup (25 grams) *besan*
(chickpea/gram flour)

$\frac{1}{2}$ cup (20 grams)
chopped *methi* (fresh
fenugreek leaves)

$\frac{1}{4}$ teaspoon ground
turmeric

$\frac{1}{2}$ teaspoon red chile
powder

$\frac{1}{4}$ teaspoon fresh ginger
paste (page 12)

$\frac{1}{4}$ teaspoon green chile
paste (page 13)

1 teaspoon table salt
5 tablespoons (75 ml)
vegetable oil
½ cup (125 grams) plain
yogurt

1. Put the *atta*, *besan*, *methi*, turmeric, chile powder, chile-ginger paste, salt, and 1 tablespoon of the oil in a large bowl, and stir well. Add the yogurt and knead to make a semisoft dough. Cover with a damp cloth and set aside for 15 minutes.

2. Divide into 12 portions and shape into balls. Roll out each ball into a thin 6-inch (15-cm) round.

3. Place a nonstick *tawa* (griddle) over medium heat and let

it heat for 2 minutes. Place a dough round on it and cook, turning and brushing $\frac{1}{2}$ teaspoon oil on each side, until both sides are golden. Repeat with the remaining dough rounds.

4. Serve hot or let cool and store in airtight containers for up to 1 week and serve at room temperature.

Tikadia

A crisp whole-wheat bread stuffed with spicy onion and tomato

A simple, spice-filled bread that pairs well with vegetable sides.

Makes 4.

**1½ cups (225 grams)
atta (whole-wheat flour)**

**1½ teaspoons table salt
6 tablespoons ghee
(page 37), melted, plus more
for serving**

**1 teaspoon roasted
cumin seeds (page 32)**

**½ teaspoon red chile
powder**

**1 medium red onion,
diced**

**½ medium tomato, diced
2 teaspoons chopped
fresh cilantro**

1. Place the *atta*, 1 teaspoon of the salt, and ¼ cup (50 grams) of the ghee in a large bowl. Add 1 cup

plus 2 teaspoons (210 ml) water and knead to make a soft dough.

2. In a separate bowl, combine the cumin, chile powder, onion, tomato, and cilantro.

3. Divide the dough into 4 portions and shape into balls. Roll out each ball to a thick 3-inch (7½-cm) round and brush with 1½ teaspoons of the ghee. Place a portion of the onion-tomato mixture in the center. Sprinkle with a little salt. Gather the edges to enclose the filling and seal. Press and roll out into a thick 3-inch (7½-cm) round.

4. Place a nonstick *tawa* (griddle) over high heat and let it heat for 2 minutes. Lower the heat

to medium and place one dough round on the *tawa*. Cook, turning, for 2 to 3 minutes or until golden brown on both sides. Repeat with the remaining dough rounds.

5. Serve hot, topped with a dollop of ghee.

Pulaos, Biryanis, and Other Rice Dishes

The aroma of basmati rice as it cooks epitomizes the Indian *pulaos* and *biryanis*. Basmati rice originated in India, and rice is a staple in the diets of 50 percent of the Indian population. Many Indian festivals, such as Lohri in

the north, Pongal in the south, and Bihu in Assam, are based around the rice harvest.

Pulaos and *biryanis* are appetizing and especially charming when cooked with spices, vegetables, pulses, or meats. *Biryanis*, of course, are some of the most popular and satisfying Indian dishes, and here is your chance to learn to make the famous Hyderabad *kachche gosht ki biryani* (page 481), *murgh biryani* (page 486), and the Gujarati *ek handi nu dal bhaat* (page 470)—a delicious one-pot meal, as are

many of these dishes.

Aloo Gobhi Ki

Tahiri

Fragrant rice with chunky potatoes and cauliflower

This is a nutritious *pulao* that can be prepared quickly. It's perfect as a light Sunday dinner.

Serves 4.

**1 cup (200 grams) raw
rice**

**2 tablespoons ghee
(page 37)**

1 teaspoon cumin seeds

2 bay leaves

**1-inch (2½-cm)
cinnamon stick**

1 black cardamom pod
3 or 4 whole black peppercorns
4 or 5 whole cloves
1 medium red onion, thinly sliced
1 medium potato, peeled and cut into 1/2-inch (1-cm) cubes
1/2 medium head cauliflower, separated into small florets
1 teaspoon ground turmeric
1 1/2 teaspoons red chile powder
1 teaspoon *garam*

***masala* (spice mix; page 27)**

1 teaspoon table salt

1. Put the rice in a large bowl, wash in plenty of water 2 or 3 times, and drain. Add 3 cups (600 ml) water and soak for 20 minutes. Drain the rice in a strainer.

2. Place a medium nonstick saucepan over medium heat. Add the ghee, and when small bubbles appear at the bottom of the pan, add the cumin, bay leaves, cinnamon, cardamom, peppercorns, and cloves, and sauté for 1 to 2 minutes or until fragrant. Add the onion and sauté for 3 to 4 minutes or until lightly browned.

3. Add the potato and

cauliflower, and sauté over medium heat for 2 minutes.

4. Add the soaked rice, turmeric, chile powder, *garam masala*, and salt, and stir. Add 2 cups (400 ml) hot water and stir again. Bring to a boil, then lower the heat to low, cover, and cook for 15 to 20 minutes or until the rice is tender.

5. Transfer to a serving dish. Serve hot.

Cauliflower and Lemon Rice

An ideal way to use up leftover steamed rice

Mahabaleshwar is a favorite

weekend getaway for people living in Mumbai. It is famous for its strawberries, but little did I know that the strawberries thrive in the shade of large green leaves that lovingly hold huge milky-white heads of cauliflower! So on one of my trips I picked up a cauliflower that was so massive I had to figure out what to do with it all. I needed to be innovative, and this rice dish is the result.

Serves 4.

**11 ounces (330 grams)
small cauliflower florets
2 tablespoons freshly
squeezed lemon juice
1½ teaspoons table salt**

Pinch of sugar

**4 green chiles, stemmed
and roughly chopped**

**3 dried red chiles,
stemmed and broken in half**

**2 tablespoons coriander
seeds**

**5 or 6 cashews, roughly
chopped**

**$\frac{1}{4}$ teaspoon ground
turmeric**

1 teaspoon vegetable oil

**$\frac{1}{4}$ teaspoon brown
mustard seeds**

**$\frac{1}{2}$ teaspoon *dhuli urad
dal* (split skinless black
gram)**

1/8; teaspoon
fenugreek seeds
Pinch of asafetida
7 or 8 curry leaves
2 cups (300 grams)
cooked basmati rice

1. Place a nonstick saucepan over medium heat, add 1 quart (800 ml) water, and bring to a boil. Add the cauliflower and cook for 5 to 6 minutes. Drain in a colander and set aside.

2. Put the lemon juice in a small bowl. Add the salt and sugar, and stir until dissolved. Set aside.

3. Put the green chiles, red chiles, coriander, cashews, and turmeric in a spice grinder with $\frac{1}{4}$

cup (50 ml) water, and grind to a fine paste.

4. Place a nonstick wok over medium heat and add the oil. When small bubbles appear at the bottom of the wok, add the mustard seeds, *dal*, and fenugreek, and sauté until the *dal* is lightly browned. Add the asafetida and curry leaves, and sauté for 30 seconds.

5. Add the ground paste and cauliflower, and stir well. Add the rice and lemon juice mixture and stir gently. Lower the heat to low, cover, and cook for 5 minutes.

6. Serve hot.

Ek Handi Nu Dal

Bhaat

Rice and lentils with tomatoes

In this one-pot dish, lentils and rice are cooked together along with spices and puréed tomatoes.

Serves 4.

$\frac{1}{2}$ cup (100 grams) *toor dal/arhar dal* (split pigeon peas)

$\frac{3}{4}$ cup (150 grams) raw rice

**3 tablespoons ghee
(page 37)**

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

2 or 3 whole cloves

4 or 5 whole black

peppercorns

1 bay leaf

**1 medium red onion,
sliced**

**$\frac{3}{4}$ teaspoon fresh ginger
paste (page 12)**

**$\frac{3}{4}$ teaspoon fresh garlic
paste (page 12)**

**1 large potato, peeled
and cut into 1-inch ($2\frac{1}{2}$ -cm)
pieces**

**$\frac{1}{4}$ teaspoon ground
turmeric**

**$\frac{3}{4}$ teaspoon red chile
powder**

**$\frac{1}{4}$ teaspoon *garam
masala* (spice mix; page 27)**

**2 green chiles, stemmed
and chopped**

2 teaspoons table salt

1 large tomato, puréed

¼ cup (15 grams)

chopped fresh cilantro

1. Put the *dal* and rice in a large bowl, wash in plenty of water 2 or 3 times, and drain. Add 4 cups (800 ml) water and soak for 20 minutes. Drain the *dal* and rice in a strainer.

2. Place a medium nonstick saucepan over medium heat and add the ghee. When small bubbles appear at the bottom of the pan, add the cumin, cloves, peppercorns, and bay leaf, and sauté for 1 to 2

minutes or until fragrant. Add the onion, ginger paste, and garlic paste, and sauté for 2 minutes or until the onion is lightly browned.

3. Add the potato and stir well. Add the drained *dal* and rice, and stir. Add the turmeric, chile powder, *garam masala*, and chiles, and stir well. Add 1 quart (800 ml) water and the salt. Bring to a boil, then lower the heat to low, cover, and cook for 7 minutes or until the *dal* and rice are almost tender.

4. Stir in the tomato purée and cilantro. Mash the mixture slightly with the back of a ladle. Cover and cook over low heat for 4 to 5 minutes.

5. Transfer to a serving dish.
Serve hot.

Fodnicha Bhaat

Tempered rice

This very simple dish is a delicious way of using up leftover white rice. Make sure the rice is at room temperature before adding it to the spices.

Serves 4.

**3 tablespoons vegetable
oil**

**$\frac{1}{2}$ teaspoon black
mustard seeds**

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

10 to 12 fresh curry

leaves

**4 green chiles, stemmed
and chopped**

**$\frac{1}{2}$ teaspoon ground
turmeric**

3 tablespoons peanuts

3 cups (450 grams)

cooked rice

$\frac{1}{2}$ teaspoon table salt

**2 tablespoons chopped
fresh cilantro**

1. Place a medium nonstick sauté pan over medium heat. Add the oil and when small bubbles appear at the bottom of the pan, add the mustard seeds. When the seeds begin to sputter, add the cumin and curry leaves.

2. Add the chiles, turmeric, and peanuts, and sauté for 1 minute.

3. Add the rice and salt and stir well.

4. Transfer to a serving dish. Garnish with the cilantro and serve hot.

Gatte Ka Pulao

Besan dumplings with

This beautiful dish has many layers of flavors as the *besan* (chickpea flour) dumplings, or *gatte*, and the spiced rice come together. Making the dumplings requires practice and patience, but it's well worth it.

Serves 4.

~ For the dumplings:

1½ cups (150 grams)

***besan* (chickpea/gram flour)**

Pinch of asafetida

**¼ teaspoon ground
turmeric**

**1 teaspoon red chile
powder**

½ teaspoon table salt

Pinch of baking soda

**½ teaspoon fresh ginger
paste (page 12)**

**2 tablespoons plain
yogurt**

**7 or 8 fresh mint leaves,
chopped**

**1 quart (800 ml)
vegetable oil**

~ For the rice:

**1½ cups (300 grams)
raw basmati rice**

**¼ cup (50 grams) ghee
(page 37)**

**1 teaspoon sesame
seeds**

2 bay leaves

5 or 6 whole cloves

3 green cardamom pods

2 black cardamom pods

**2 (1-inch/2½-cm)
cinnamon sticks**

**1 tablespoon fresh
ginger paste (page 12)**

**½ cup (75 grams) fresh
or frozen green peas, boiled**
1 teaspoon table salt
**1 teaspoon ground
roasted cumin (page 32)**
**2 teaspoons *garam
masala* (spice mix; page 27)**
**2 tablespoons chopped
fresh cilantro**

1. Make the dumplings: In a large bowl, combine the *besan*, asafetida, turmeric, chile powder, salt, baking soda, ginger paste, yogurt, and mint. Add ¼ cup (50 ml) water and stir to make a stiff dough. Divide the dough into 4 equal portions. Apply ½ teaspoon of the oil to your palms and roll

each portion into a 6-inch (15-cm) long cylinder.

2. Place a medium nonstick saucepan over high heat, add 2 cups (400 ml) water, and bring to a boil. Lower the dough cylinders into the water, lower the heat to medium, and cook for 10 to 15 minutes. Drain in a large colander. Let cool slightly, then cut each cylinder into ½-inch (1-cm) lengths.

3. Heat the remaining oil in a deep-fryer to 375°F/190°C. Gently lower the dumplings in the oil and fry until golden. This should take 3 to 4 minutes. Remove the dumplings with a slotted spoon and drain on paper towels. Set aside.

4. Make the rice: Put the rice in a bowl and wash in plenty of water 2 or 3 times. Add 3 cups (600 ml) water and soak for 30 minutes. Drain the rice in a strainer.

5. Place a deep nonstick saucepan over high heat, add 6 cups (1.2 liters) water, and bring to a boil. Add the rice and stir once. Lower the heat to medium and cook, stirring occasionally, for 7 to 8 minutes. Take care that the rice grains do not become too soft. Drain in a strainer.

6. Place a nonstick saucepan over medium heat and add the ghee. When small bubbles begin to appear at the bottom of the pan, add

the sesame seeds, bay leaves, cloves, green and black cardamom pods, and cinnamon, and sauté for 1 minute.

7. Add the ginger paste and sauté for 30 seconds. Add the peas, salt, and dumplings, and sauté for 1 minute. Add the rice, cumin, *garam masala*, and cilantro. Toss to mix well.

8. Lower the heat to low, cover, and cook for 2 minutes. Serve immediately.

Hare Aam Ke

Chawal

Green-mango rice

This delightfully tangy rice gets its sourness from green mangoes, which are balanced by the natural sweetness of the fresh coconut. I suggest using basmati rice for this.

Serves 4.

2 medium green mangoes, peeled and grated

1½ tablespoons roasted peanuts

¼ cup (30 grams) grated fresh coconut (or frozen unsweetened coconut)

Generous pinch of ground turmeric

1 tablespoon vegetable

oil

**¼ teaspoon black
mustard seeds**

¼ teaspoon cumin seeds

**Generous pinch of
asafetida**

20 fresh curry leaves

**2 dried red chiles,
stemmed**

**3 cups (450 grams)
cooked basmati rice**

1 teaspoon table salt

**1½ tablespoons ghee
(page 37), melted**

1. Put one quarter of the mangoes, half of the peanuts, 3 tablespoons of the coconut, and the turmeric in a food processor, and

process to a coarse paste.

2. Place a medium nonstick sauté pan over medium heat and add the oil. When small bubbles appear at the bottom of the pan, add the mustard seeds. When the seeds begin to sputter, add the cumin, asafetida, curry leaves, and chiles, and sauté for 1 minute or until fragrant.

3. Add the paste and the remaining peanuts, and sauté for 1 minute. Add the rice and stir well. Add the remaining mango and the salt, and cook, stirring well, for 2 to 3 minutes.

4. Transfer to a serving dish. Drizzle with the ghee and garnish

with the remaining coconut. Serve hot.

Imli Til Ke Chawal

Tamarind-and-sesame rice

This dish, from the South Indian state of Andhra Pradesh, is a great way to use leftover white basmati rice. The rice is combined with tamarind and sesame seeds in a quick stir-fry and topped with fried onions. This is a hearty and quick dish for a weeknight.

Serves 4.

**½ cup (100 ml) plus 3
tablespoons vegetable oil
1 medium onion, sliced**

**1 teaspoon fresh ginger
paste (page 12)**

**1 teaspoon fresh garlic
paste (page 12)**

**$\frac{1}{4}$ teaspoon ground
turmeric**

**1 teaspoon red chile
powder**

**2 tablespoons tamarind
pulp**

**3 cups (450 grams)
cooked basmati rice**

$\frac{1}{2}$ teaspoon table salt

**3 tablespoons roasted
sesame seeds**

**2 tablespoons chopped
fresh cilantro**

1. Place a medium nonstick wok over medium heat and add $\frac{1}{2}$ cup (100 ml) of the oil. When small bubbles appear at the bottom of the wok, add the onion and fry for 5 to 6 minutes or until golden brown. Remove with a slotted spoon and drain on paper towels; set aside.

2. Place a medium nonstick saucepan over medium heat and add the remaining 3 tablespoons oil. When small bubbles appear at the bottom of the pan, add the ginger paste and garlic paste, and sauté for 1 minute.

3. Add the turmeric and chile powder, and sauté for 1 minute more. Add the tamarind pulp. Cook

for 2 to 3 minutes. Add the salt and stir. Add the rice and stir thoroughly. Add the sesame seeds and cook for 2 minutes. Sprinkle the cilantro and the fried onions onto the rice and stir.

4. Transfer to a serving bowl. Serve immediately.

Kathal Ki Biryani

Jackfruit biryani

A *biryani* is a delightful rice dish laden with spices and nuts, typically with chicken or lamb as its star ingredient. But this *biryani* is different. Here, the starring role goes to a lemon-yellow fruit called

jackfruit. Believe it or not, when I have guests at home, this is the *biryani* that they are most likely to demand. Serve with *raita*.

Serves 4.

**1½ cups (300 grams)
raw basmati rice**
2½ teaspoons table salt
4 green cardamom pods
3 black cardamom pods
3 whole cloves
**2 (1-inch/2½-cm)
cinnamon sticks**
5 or 6 saffron threads
**2 tablespoons warm
milk**
**1 quart (800 ml)
vegetable oil**

**2 pounds (1 kg) raw
jackfruit**

**4 medium red onions,
thinly sliced**

**$\frac{1}{4}$ cup (50 grams) ghee
(page 37)**

**$\frac{1}{2}$ teaspoon caraway
seeds**

**1 tablespoon fresh
ginger paste (page 12)**

**1 tablespoon fresh
garlic paste (page 12)**

**1 teaspoon ground
turmeric**

**1 teaspoon ground
roasted cumin (page 32)**

2 teaspoons ground

coriander

1 tablespoon red chile powder

3 medium tomatoes, chopped

1½ cups (375 grams) plain yogurt, whisked

1 small bunch fresh cilantro, chopped

1 teaspoon *garam masala* (spice mix; page 27)

1 small bunch fresh mint, torn

1 tablespoon *kewra* (screw pine) water

1. Put the rice in a large bowl, wash in plenty of water 2 or 3

times, and drain. Add 3 cups (600 ml) water and soak for 20 minutes. Drain the rice in a strainer.

2. Place a medium nonstick saucepan over high heat and add 10 cups (2 liters) water, 1 teaspoon of the salt, 2 of the green cardamom pods, 1 of the black cardamom pods, the cloves, and 1 of the cinnamon sticks. When the water begins to boil, add the rice and cook over high heat until it is half done, about 12 minutes. Drain in a strainer and refresh in cold water. Drain well and spread out on a plate to cool to room temperature.

3. Soak the saffron in the milk and set aside.

4. Grease the blade of a sharp knife with oil. Use the knife to peel the jackfruit, remove the center core, and cut into 1½-inch (4-cm) cubes.

5. Place a large nonstick wok over high heat and add the oil. When small bubbles begin to appear at the bottom of the wok, add the jackfruit and sauté for 5 to 6 minutes or until browned. Remove with a slotted spoon and drain on paper towels.

6. In the same wok, sauté half of the onions for 4 to 5 minutes or until golden brown and crisp. Remove with the slotted spoon and drain on paper towels.

7. Place a medium nonstick sauté pan over high heat and add 3 tablespoons of the ghee. When small bubbles appear at the bottom of the pan, lower the heat to low and add the caraway and the remaining green and black cardamom pods. Crush the remaining cinnamon stick and add it to the pan. When the spices change color and are fragrant, add the remaining onions and sauté for 5 minutes or until lightly browned.

8. Add the ginger paste and garlic paste, and sauté for 2 minutes. Add the turmeric, cumin, coriander, chile powder, and tomatoes, and continue to sauté for

5 minutes more or until the tomatoes soften.

9. Add the jackfruit and stir. Add the yogurt, the remaining 1½ teaspoons salt, and the cilantro, and cook for 2 minutes or until the jackfruit is well coated with the sauce. Remove from the heat.

10. In a nonstick saucepan, arrange the *biryani* layers: First, spread half of the jackfruit mixture in the pan. Spread half of the rice over the jackfruit mixture. Sprinkle with the saffron milk, *garam masala*, half of the mint leaves, and a few drops of *kewra* water. Spread the rest of the jackfruit mixture evenly over the rice and

cover it with the remaining rice, spreading evenly. Top with the fried onions, the remaining mint leaves, the remaining *kewra* water, and the remaining 1 tablespoon ghee. Cover the pan with aluminum foil. Place the pan over low heat and cook for 20 to 25 minutes.

11. Remove from the heat, remove the foil, and serve hot.

Naranghi Pulao

Orange rice

As modern as this dish looks and sounds, it actually has roots in the Mughal empire! This highly aromatic dish is great served with a

side of creamy lentils.

Serves 4.

1½ cups (300 grams)

raw basmati rice

8 medium oranges

6 to 8 saffron threads

1 tablespoon warm milk

¼ cup (50 grams) ghee

(page 37)

2 (1-inch/2½-cm)

cinnamon sticks

2 whole cloves

2 green cardamom pods

1 teaspoon sea salt

¼ cup (50 grams) sugar

7 or 8 black

peppercorns, coarsely

crushed

1. Put the rice in a large bowl, wash in plenty of water 2 or 3 times, and drain. Add 3 cups (600 ml) water and soak for 20 minutes. Drain the rice in a strainer.

2. Cut each orange in half horizontally. Using a juicer, extract the juice from the oranges and set it aside. Reserve 8 of the juiced orange halves for serving. Cut the rind of 2 of the oranges into thin strips (be sure to scrape out the membranes left over after juicing).

3. Place a medium nonstick saucepan over medium heat, add $\frac{1}{2}$ cup (100 ml) water and the sliced orange rind, and bring to a boil.

Boil for 1 minute, then drain and set aside.

4. Soak the saffron in the milk and set aside.

5. Place the saucepan over medium heat and add the ghee. When small bubbles appear at the bottom of the pan, add the cinnamon, cloves, and cardamom, and sauté for 1 minute or until fragrant.

6. Add the rice and sauté for 2 minutes. Add 2 cups (400 ml) of the orange juice and 1 cup (200 ml) water. Add the sea salt, sugar, crushed peppercorns, and orange rind, and stir once.

7. Add the saffron milk and

stir. Cover and cook over medium heat for about 20 minutes or until the rice is tender.

8. Spoon the rice into the reserved orange halves and serve immediately.

Paneer and Peas

Pulao

Paneer and green-pea pilaf

This dish of rice, spices, and peas cooked together has an interesting twist: a bit of sugar. Just as salt brings out certain flavors in sweet baked goods, sugar can add another layer of flavor to a savory dish like this modified version of

the Bengali *chanar pulao*.

Serves 4.

- 1½ cups (300 grams)**
basmati rice
- 3 tablespoons ghee**
(page 37)
- 2 teaspoons sugar**
- 14 ounces (400 grams)**
***paneer* (pressed fresh**
cheese; page 17), cut into 1-
inch (2½-cm) cubes
- 1 large red onion, thinly**
sliced
- 1 bay leaf**
- 1-inch (2½-cm)**
cinnamon stick
- 2 whole cloves**

2 green cardamom pods

2½ teaspoons table salt

½ cup (75 grams)

shelled green peas, blanched

1. Wash and drain the rice and spread it out to dry on an absorbent towel. When completely dry, transfer to a large bowl and stir in 1 tablespoon of the ghee and the sugar.

2. Place a small nonstick sauté pan over medium heat and add 1 tablespoon of the ghee. When the ghee melts, add the *paneer* and toss so that the cubes are evenly browned on all sides. Remove with a slotted spoon and set aside.

3. To the same hot pan, add the

remaining 1 tablespoon ghee and the onion, and place over medium heat. Sauté for 2 to 3 minutes or until the onion is crisp and browned. Remove with a slotted spoon and set aside.

4. Return the pan with the ghee to medium heat and add the bay leaf, cinnamon, cloves, and cardamom, and sauté for 30 seconds or until fragrant. Add the rice mixture and salt, and sauté for 2 to 3 minutes.

5. Add 3 cups (600 ml) hot water and bring to a boil. Lower the heat to low, cover, and cook for 8 to 10 minutes or until the rice is tender and all the water has been

absorbed.

6. Add the *paneer* and peas, and stir gently.

7. Sprinkle with the browned onions and serve immediately.

Scallion Pulao

Scallions and rice

There are hundreds of ways of taking steamed rice to an exotic level. It is not possible to list them all, because even while you are working on one innovation, ideas for new ones are jostling for attention. I love this *pulao* because it is simple and crunchy and delicious.

Serves 4.

1½ cups (300 grams)

basmati rice

**3 tablespoons vegetable
oil**

1 teaspoon cumin seeds

**6 scallions, bulbs thinly
sliced, green tops chopped**

**8 to 10 cloves garlic,
sliced**

2 teaspoons table salt

**1 teaspoon *garam
masala* (spice mix; page 27)**

**1 tablespoon freshly
squeezed lemon juice**

1. Put the rice in a large bowl,
wash in plenty of water 2 or 3

times, and drain. Add 3 cups (600 ml) water and soak for 30 minutes. Drain in a fine strainer.

2. Place a nonstick saucepan over medium heat and add the oil. When small bubbles appear at the bottom of the pan, add the cumin. When it begins to change color, add the scallion bulbs and garlic, and sauté for 2 to 3 minutes or until browned.

3. Gently stir in the rice. Add 3 cups (600 ml) water, the salt, and *garam masala*, and stir. Lower the heat to low, cover, and simmer for 8 to 10 minutes or until the rice is tender and all the water is absorbed.

4. Remove from the heat and sprinkle with the lemon juice. Fluff the rice up with two forks, garnish with the scallion tops, and serve immediately.

Erachi Choru

Lamb pulao

This South Indian dish is an easy, one-pot dinner that contains both lamb and rice. The spice trio of cinnamon, cardamom, and cloves gives it a wonderful flavor.

Serves 4.

**1/4 cup (50 ml) vegetable
oil**
3 (1-inch/2½-cm)

cinnamon sticks

6 green cardamom pods

6 whole cloves

**4 large red onions,
thinly sliced**

**6 green chiles, stemmed
and slit**

**1½-inch (4-cm) piece
fresh ginger, julienned**

**1 tablespoon fresh
garlic paste (page 12)**

**14 ounces (400 grams)
boneless lamb, cut into 1½-
inch (4-cm) pieces**

**3 tablespoons chopped
fresh cilantro**

3 teaspoons table salt

**1 tablespoon freshly
squeezed lemon juice
1½ cups (300 grams)
basmati rice, soaked**

1. Place a nonstick saucepan over medium heat and add the oil. When small bubbles appear at the bottom of the pan, add the cinnamon, cardamom, cloves, and onions, and sauté until the onions are browned. Add the chiles, ginger, and garlic paste, and sauté until fragrant.

2. Add the lamb and sauté for 2 minutes. Add half of the cilantro and sauté for 2 minutes.

3. Stir in 1½ cups (300 ml) water, 2 teaspoons of the salt, and

the lemon juice. Lower the heat to low, cover, and cook for 45 minutes or until the lamb is tender.

4. Drain and add the rice to the lamb, along with the remaining 1 teaspoon salt and 1 cup (200 ml) water. Cover and cook 15 to 20 minutes, or until the rice is done.

5. Garnish with the remaining cilantro and serve hot.

Kachche Gosht Ki Biryani

Lamb biryani

Many people find it difficult to believe that uncooked lamb can be combined and cooked with half-

cooked rice and still come out perfectly tender. This dish proves that it can be done. Serve with *raita*.

Kewra (screw pine) water adds a lovely fragrance to this dish and is available in Indian grocery stores. If you can't find it, you can leave it out. Also, when using rose petals for this dish, be sure to use ones that haven't been chemically treated.

Serves 4.

**1 2/3 pounds (750
grams) bone-in lamb**
**1 quart (800 ml)
vegetable oil**
4 large red onions,

sliced

1½ cups (375 grams)

plain yogurt

½ cup (30 grams)

chopped fresh mint

½ cup (30 grams)

chopped fresh cilantro

1½ tablespoons fresh

ginger paste (page 12)

1 tablespoon fresh

garlic paste (page 12)

**1 green chile, stemmed
and chopped**

**1½ teaspoons red chile
powder**

**½ teaspoon ground
turmeric**

3 teaspoons table salt
2 tablespoons fresh
untreated rose petals
1 teaspoon *garam*
***masala* (spice mix; page 27)**
1½ cups (300 grams)
raw basmati rice
½ teaspoon *kewra*
(screw pine) water
½ teaspoon rosewater
3 tablespoons ghee
(page 37)
3 whole cloves
1-inch (2½-cm)
cinnamon stick
3 green cardamom pods
1 black cardamom pod

**7 or 8 whole black
peppercorns**

**½ teaspoon caraway
seeds**

A few saffron threads

**2 tablespoons warm
milk**

**1-inch (2½-cm) piece
fresh ginger, cut into thin
strips**

***Atta* (whole-wheat
flour) dough to seal (see
Note)**

1. Trim the excess fat from the lamb. Cut into 2-inch pieces.

2. Place a nonstick wok over high heat and add the oil. When small bubbles appear at the bottom

of the wok, lower the heat to medium, add the onions, and fry until well browned. Remove with a slotted spoon and drain on paper towels.

3. Put the lamb in a bowl. Add the yogurt, half of the fried onions, half of the mint leaves, half of the cilantro, the ginger paste, garlic paste, green chile, chile powder, turmeric, 2 teaspoons of the salt, 1 tablespoon of the rose petals, and $\frac{1}{2}$ teaspoon of the *garam masala*, and stir well to coat all the lamb pieces. Cover the bowl with plastic wrap and put in the refrigerator for at least 30 minutes to marinate.

4. Put the rice in a medium

bowl, wash in plenty of water 2 or 3 times, and drain. Add 4 cups (800 ml) water and soak for 20 minutes. Drain the rice in a strainer.

5. Place a nonstick saucepan over high heat and add 5 cups (1 liter) water. When it comes to a boil, add the rice and cook until the rice is half cooked, about 12 minutes. Drain in a strainer and transfer the rice to a bowl.

6. Sprinkle the rice with the *kewra* water, rosewater, 2 tablespoons of the ghee, the remaining $\frac{1}{2}$ teaspoon *garam masala*, the cloves, cinnamon, green and black cardamom pods, peppercorns, caraway, and the

remaining 1 teaspoon salt, and stir well.

7. Soak the saffron in the milk and set aside.

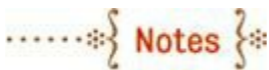
8. Spread the remaining 1 tablespoon ghee in the bottom of a nonstick saucepan. Spread the lamb in the pan and top it with the rice. Sprinkle with the remaining fried onions, the remaining mint and cilantro, the saffron milk, and the ginger.

9. Cover with a lid and seal the sides with a rope of the *atta* dough. Place the pan over low heat and cook for 15 minutes.

10. Place a griddle or heat diffuser under the pan and cook

over low heat for 45 to 60 minutes or until both the lamb and rice are completely cooked.

11. Let stand for 5 to 10 minutes before opening the seal. Serve hot.



To make the *atta* dough, add just enough water to $\frac{1}{2}$ cup (60 grams) *atta* to make a stiff dough. Roll the dough into a thin cylinder and arrange it on the rim of the pan. Place a lid on top and press so that it fits tightly into the dough. The dough helps to seal the pan and thus prevent steam from escaping. Alternatively, use a tight-fitting lid or a piece of aluminum

foil.

Kesari Seafood

Pulao

Saffron-flavored mixed-seafood pilaf

I call this dish my Indian paella.

Serves to 4 to 6.

**1½ cups (300 grams)
raw basmati rice
16 clams
2½ teaspoons table salt
15 to 20 medium shrimp
¾ cup (190 grams) plain
yogurt, whisked
2 teaspoons fresh**

ginger paste (page 12)

**2 teaspoons fresh garlic
paste (page 12)**

**1 teaspoon green chile
paste (page 13)**

**2 large pomfret fillets,
cut into 1-inch (2½-cm)
pieces**

**1 quart (800 ml)
vegetable oil**

**4 medium red onions,
sliced**

**2½ tablespoons ghee
(page 37)**

1 bay leaf

**6 to 8 whole black
peppercorns**

3 or 4 green cardamom pods

2 black cardamom pods

1 star anise

2-inch (5-cm) cinnamon stick

$\frac{1}{2}$ teaspoon ground turmeric

$1\frac{1}{4}$ teaspoons red chile powder

1 teaspoon *garam masala* (spice mix; page 27)

1 tablespoon ground coriander

7 or 8 saffron threads

1 tablespoon freshly squeezed lemon juice

**2 tablespoons chopped
fresh cilantro**

**10 to 12 fresh mint
leaves, torn**

1. Put the rice in a large bowl, wash in plenty of water 2 or 3 times, and drain. Add 3 cups (600 ml) water and soak for 20 minutes. Drain the rice in a strainer.

2. Soak the clams in 5 cups (1 liter) water for 15 minutes, scrub lightly, then drain. Wash the clams thoroughly under running water and drain.

3. Place a deep nonstick saucepan over high heat and add 2½ cups (500 ml) water and 1 teaspoon of the salt. Cover and

bring to a boil. Add the clams and cover. Open the lid after 1 minute and check to see if the clams have opened slightly. If they have, drain the clams in a colander set over a bowl; reserve the water. Refresh the clams under running water and set aside in the colander to drain.

4. Remove one shell of each clam, keeping the meat on the other shell.

5. Peel and devein the shrimp. Wash them thoroughly under running water and drain in a colander.

6. Put the yogurt in a large bowl. Add half of the ginger paste, half of the garlic paste, half of the

green chile paste, and the remaining 1½ teaspoons salt. Whisk well with a wire whisk. Add the clams, shrimp, and fish. Cover the bowl with plastic wrap, and put in the refrigerator for 20 minutes to marinate.

7. Place a medium nonstick wok over high heat and add the oil. When small bubbles appear at the bottom of the wok, add half of the onions and fry until browned and crisp. Remove with a slotted spoon and drain on paper towels.

8. Place a medium nonstick saucepan over medium heat and add the ghee. When small bubbles appear at the bottom of the pan, add

the bay leaf, peppercorns, green and black cardamom, star anise, cinnamon, and the remaining onions. Sauté for 3 to 4 minutes or until the onions are golden brown.

9. Add the remaining ginger paste, garlic paste, and green chile paste, and stir well for 2 minutes. Add the rice and stir again. Sauté for 2 minutes, then add the reserved clam water.

10. Add the turmeric, chile powder, *garam masala*, coriander, and saffron, and stir well. Add the shrimp, fish, and clams, and stir again. Add the lemon juice, cilantro, and mint, and stir. Add the fried onions and stir again.

11. Lower the heat to low, cover, and cook for 10 minutes or until the rice is completely cooked.

12. Remove from the heat and let rest, covered, for 5 to 10 minutes. Serve directly from the cooking pan at the dining table in order to retain maximum flavor.

Kheema Pulao

Ground-lamb pilaf

This is a version made popular by my colleague Chef Harpal Singh Sokhi, who is a name to be reckoned with in regional South Indian cooking.

Serves 4.

**1 cup (200 grams) raw
basmati rice**

**1½ tablespoons
vegetable oil**

**2 medium red onions,
sliced**

**8 ounces (250 grams)
ground lamb**

1½ teaspoons table salt

**1 teaspoon red chile
powder**

**¼ teaspoon ground
turmeric**

**¼ cup (60 grams) plain
yogurt, whisked**

**1 teaspoon *garam
masala* (spice mix; page 27)**

**1½ tablespoons ghee
(page 37)**

**½ teaspoon cumin seeds
5 or 6 cloves garlic,
chopped**

**1-inch (2½-cm) piece
fresh ginger, chopped**

2 green cardamom pods

2 whole cloves

**1-inch (2½-cm)
cinnamon stick**

**5 whole black
peppercorns**

**4 green chiles, stemmed
and slit**

**2 tablespoons chopped
fresh mint**

2 tablespoons chopped fresh cilantro

1. Put the rice in a large bowl, wash in plenty of water 2 or 3 times, and drain. Add 4 cups (800 ml) water and soak for 20 minutes. Drain the rice in a strainer.

2. Place a medium nonstick saucepan over high heat and add 4 cups (800 ml) water. When the water comes to a boil, add the rice. Lower the heat to medium and cook the rice for 12 to 15 minutes or until done. Drain in a strainer and set aside.

3. Place the saucepan over medium heat and add the oil. When small bubbles appear at the bottom

of the pan, add the onions and sauté for 2 to 3 minutes or until pale golden. Add the lamb and sauté for 3 to 4 minutes.

4. Add the salt, chile powder, and turmeric, and stir. Cover and cook for 2 minutes.

5. Add the yogurt and stir. Add $\frac{1}{2}$ cup (100 ml) water and cook until the lamb is cooked through. Stir in the *garam masala*.

6. Place another medium nonstick saucepan over medium heat and add the ghee. When small bubbles appear at the bottom of the pan, add the cumin. When the seeds begin to change color, add the garlic, ginger, cardamom, cloves,

cinnamon, peppercorns, and chiles, and sauté for 1 minute.

7. Add the lamb mixture, stir, and cook for 2 minutes. Add the rice and stir well. Add the mint and cilantro, and toss to mix well.

8. Transfer to a serving dish and serve hot.



You can make this with ground chicken, which will take less time to cook than the lamb.

Murgh Biryani

Spiced chicken layered with rice

In a perfectly cooked *biryani*, each rice grain is separate yet

bound by flavor, succulent meat is infused with tantalizing flavors, and the entire dish exudes heady aromas. Overall it is a pot full of flavors and marvelous textures. Serve this with *burani* (page 68).

Serves to 4 to 6.

**4-inch piece fresh
ginger, peeled**

**1 cup (250 grams) plain
yogurt**

2½ teaspoons table salt

6 cloves garlic, chopped

**3 teaspoons red chile
powder**

**1 1/3; pounds (600
grams) bone-in chicken, cut
into 1½-inch (4-cm) pieces**

6 green cardamom pods
8 whole cloves
2 (1-inch/2½-cm)
cinnamon sticks
2 bay leaves
1½ cups (300 grams)
basmati rice, soaked
1 quart (800 ml) plus 3
tablespoons vegetable oil
4 large red onions,
sliced
1 tablespoon ground
coriander
1 teaspoon ground
turmeric
2 teaspoons *garam*
***masala* (spice mix; page 27)**

**4 medium tomatoes,
chopped**

**1 tablespoon chopped
fresh cilantro**

**Generous pinch of
saffron threads**

**½ cup (100 ml) warm
milk**

**2 tablespoons chopped
fresh mint**

3 tablespoons butter

***Atta* (whole-wheat
flour) dough to seal (see
Note page 482)**

1. Chop 2 inches of the ginger
and julienne the remainder.

2. Put the yogurt in a bowl.
Add 1 teaspoon of the salt, half of

the garlic, half of the chile powder, and half of the chopped ginger, and stir well. Add the chicken and stir to coat. Cover the bowl with plastic wrap and put in the refrigerator to marinate for about 1 hour.

3. Place a nonstick saucepan over high heat and add 5 cups (1 liter) water. Add 3 of the cardamom pods, 4 of the cloves, 1 cinnamon stick, the bay leaves, and 1 teaspoon of the salt. When the water comes to a boil, drain the rice and add it to the pan. Cook until the rice is three quarters done. Drain and set aside.

4. Place a nonstick wok over

high heat and add 1 quart (800 ml) oil. When small bubbles appear at the bottom of the wok, add 1 cup of the onions and cook, stirring occasionally with a slotted spoon, for

10 minutes or until the onions are golden. Remove with the slotted spoon and drain on paper towels. These browned onions will be used during the layering in step 9.

5. Place a nonstick saucepan over medium heat and add 3 tablespoons oil. Add the remaining cardamom, cloves, and cinnamon, and sauté for 1 minute or until fragrant. Add the remaining onions

and sauté for 4 to 5 minutes or until light golden.

6. Add the remaining chopped ginger, the remaining garlic, the coriander, turmeric, the remaining chile powder, 1 teaspoon of the *garam masala*, the tomatoes, and the remaining $\frac{1}{2}$ teaspoon salt. Sauté for about 5 minutes. Cover and cook for 2 minutes.

7. Add the chicken and cook over high heat for 5 minutes. Add $\frac{1}{2}$ cup (100 ml) water and stir. Lower the heat and simmer for 10 to 15 minutes or until the chicken is cooked through and tender. Add the cilantro and stir well.

8. Dissolve the saffron in the

warm milk.

9. Spread the rice evenly over the chicken. Sprinkle with the saffron milk, the remaining 1 teaspoon *garam masala*, the julienned ginger, mint, and browned onions, and dot with butter.

10. Cover with a lid and seal the sides with a rope of *atta* dough.

11. Place a nonstick griddle over medium heat and let it heat well. Put the pan with the chicken and rice on the griddle and lower the heat to low. Cook for 15 minutes.

12. Serve hot.

Dals, Kadhis, and Sambhars

The dishes in this chapter are Indian comfort food: lentil and bean dals or stews, yogurt-based *kadhis*, and lentil sambhars. They are also good sources of fiber and protein (along with calcium, phosphorus,

vitamin B, and iron). Here you'll find authentic Punjabi *dals* like *dhaabay di dal* (page 492) and *maa chole di dal* (page 500).

Kadhis are blends of yogurt and herbs that are helpful digestive aids. Every region adds its own signature spices and herbs to its *kadhis*, and so a variety of dishes are enjoyed across the Indian

subcontinent. A Punjabi *kadhi* will be thick, whereas a tangy-sweet Gujarati *kadhi* is as thin as soup. Accompany them with *roti*, rice, or both.

Lentil *sambhars* can also be made in many ways, and these recipes are great jumping-off points for concocting your own distinctive versions.

Amti

Sweet-and-sour lentils

This sweet-and-sour lentil preparation originates from the Indian state of Maharashtra, and its secret lies in the *goda masala*, a spice mix that is very typical of that region. Serve with *chapatis* (page 438) or steamed rice.

Serves 4.

$\frac{3}{4}$ cup (150 grams) *toor dal/arhar dal* (split pigeon peas)

$\frac{1}{4}$ teaspoon ground turmeric

$1\frac{1}{2}$ tablespoons

vegetable oil

**1 teaspoon black
mustard seeds**

**5 or 6 fresh curry
leaves**

**½ teaspoon red chile
powder**

1 teaspoon table salt

**2 tablespoons tamarind
pulp**

**1 tablespoon grated
cane jaggery**

**1 teaspoon *goda masala*
(spice mix; page 28)**

1. Put the *dal* in a deep bowl, wash it in plenty of water 2 or 3 times, and drain. Add 2 cups (400 ml) water and soak for 30 minutes.

Drain the *dal* in a colander.

2. Put the *dal* in a nonstick saucepan. Add 3 cups (600 ml) water and the turmeric. Place over high heat and bring to a boil. Lower the heat to medium and cook for 20 minutes or until the *dal* is completely cooked and soft. Once it has cooled down a little, mix with a wire whisk or an immersion blender until smooth.

3. Place a medium nonstick wok over medium heat and add the oil. When small bubbles begin to appear at the bottom of the pan, add the mustard seeds, curry leaves, and chile powder. Lower the heat and when the seeds begin to sputter,

add the dal. Stir briskly with a ladle to mix well.

4. As the *dal* begins to boil, add the salt, tamarind pulp, and jaggery, and stir. Add the *goda masala* and 1½ cups (300 ml) hot water and stir again. Simmer for 6 to 8 minutes. Remove from the heat and pour into a serving bowl. Serve immediately.

Cholar Dal

Coconut-flavored split Bengal gram

Some summer breaks during my school years were spent at my aunt's home in Kolkata (Calcutta). She always served me delicious

Bengali food that she had learned to make while living there, and this dish was among my favorites. This *dal* was served with thin refined-flour breads called *luchis* (see Note page 19), and I remember we used to marvel at the elasticity of the *luchi* dough. I think this *dal* with *luchis* is an excellent brunch option, filling and simple to prepare. But steamed rice goes well with it too.

Serves 4.

**1¼ cups (250 grams)
chana dal (split Bengal
gram)
¾ teaspoon ground
turmeric**

1 teaspoon table salt
2½ teaspoons sugar
3 tablespoons ghee
(page 37), melted
¼ cup (65 grams) fresh
coconut, diced
4 whole cloves
1-inch (2½-cm)
cinnamon stick
1 black cardamom pod
½ teaspoon cumin seeds
2 bay leaves
2 dried red chiles,
stemmed
2 green chiles, stemmed
and slit
1 teaspoon fresh ginger

paste (page 12)

1 teaspoon raisins

1. Put the *dal* in a deep bowl, wash it in plenty of water 2 or 3 times, and drain. Add 4 cups (800 ml) water and soak for 1 hour. Drain in a colander and set aside.

2. Place a medium nonstick saucepan over high heat. Pour 3 cups (600 ml) water in the pan and bring it to a boil. Add the drained *dal*. Bring to a boil, then lower the heat to medium, cover, and cook for 10 to 15 minutes or until the *dal* is just soft. Take care that the *dal* grains do not get mashed.

3. Add the turmeric, salt, and sugar, and simmer over low heat

until most of the water is absorbed and the *dal* is thick.

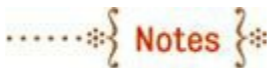
4. Place a medium nonstick sauté pan over medium heat and add 2 tablespoons of the ghee. When small bubbles appear at the bottom of the pan, lower the heat to low, add the coconut, and sauté until golden brown. Drain on a paper towel and set aside.

5. Add the remaining 1 tablespoon ghee to the same pan and place over medium heat. When small bubbles appear at the bottom of the pan, lower the heat to low and add the cloves, cinnamon, black cardamom, cumin, bay leaves, red chiles, and green chiles,

and sauté for 2 minutes or until fragrant. Remove from the heat and pour the spices over the *dal* in the saucepan. Stir well with a ladle.

6. Add the ginger paste, coconut, and raisins, and simmer for 5 minutes over low heat.

7. Pour the *dal* into a serving bowl and serve immediately.



Luchis, deep-fried breads, are similar to *puris*, but while *puris* are made with *atta* (whole-wheat flour), *luchis* are made with *maida* (refined flour).

Dal Makhni

***Dal* with butter and cream**

It's a common misconception that the more butter and cream you use in this *dal*, the tastier it will be. The trick is actually in getting the right proportions of butter, cream, and ginger into the pot and cooking them with care. Serve with garlic *naan* (page 455) or *pudina parathas* (page 461).

Serves 4.

**½ cup (125 grams)
sabut urad (whole black
gram)**

**1½ teaspoons table salt
1 teaspoon grated fresh
ginger, plus ½-inch (1-cm)**

piece ginger, cut into thin strips

**½ cup (15 grams)
cooked red kidney beans
(canned is fine)**

**1 tablespoon vegetable
oil**

3 tablespoons butter

1 teaspoon cumin seeds

**1 large red onion,
chopped**

4 cloves garlic, minced

**4 medium tomatoes,
chopped**

**1 teaspoon *garam
masala* (spice mix; page 27)**

½ cup (100 ml) heavy

cream

1 teaspoon red chile powder

1 tablespoon chopped fresh cilantro

1. Put the *sabut urad* in a large bowl, wash it in plenty of water 2 or 3 times, and drain. Add 3 cups (600 ml) water and soak for 10 to 12 hours. Drain the *dal* in a colander.

2. Place a medium nonstick saucepan over high heat and add 5 cups (1 liter) water. Bring to a boil, then add the dal, salt, and half the grated ginger, and bring to a boil again. Lower the heat to medium, cover, and cook for 1 hour and 15

minutes.

3. Add the kidney beans and stir well. Cook for 10 minutes or until well blended.

4. Place a medium nonstick saucepan over medium heat and add the oil and butter. When the butter melts and small bubbles appear at the bottom of the pan, add the cumin. When they begin to change color, add the onion and sauté for 3 to 4 minutes or until the onion is golden brown.

5. Add the remaining grated ginger, the garlic, and tomatoes. Sauté until the tomatoes are well mashed and the oil starts to come to the top. Add the *dal* and stir. Add 2

cups (400 ml) water, increase the heat to high, and bring to a boil.

6. Add the *garam masala* and stir. Lower the heat to low and simmer for 15 minutes.

7. Reserve 2 tablespoons of the cream for garnish and add the remaining cream along with the chile powder to the *dal* and stir. Simmer for 5 minutes over low heat.

8. Remove from the heat and pour into a serving bowl. Garnish with the sliced ginger, cilantro, and reserved cream, and serve immediately.

Dhaabay Di Dal

Creamy, spicy lentils

Dhaabas are the roadside eateries that dot most of the highways in India, and this *dal* is a favorite on their menus. Serve with steamed rice.

Serves 4.

**$\frac{1}{2}$ cup (100 grams)
chilkewali urad dal (split
black gram with skin)**

**$\frac{1}{4}$ cup (50 grams) *chana
dal* (split Bengal gram)**

**$\frac{1}{2}$ cup (115 grams)
cooked red kidney beans
(canned is fine)**

**$\frac{1}{4}$ cup (50 ml) vegetable
oil**

**1-inch (2½-cm) piece
fresh ginger, chopped**

**8 to 10 cloves garlic,
chopped**

**1 medium red onion,
chopped**

**2 green chiles, stemmed
and chopped**

**½ tablespoon ground
roasted cumin (page 32)**

**1 tablespoon red chile
powder**

**2 medium tomatoes,
chopped**

3 tablespoons butter

1½ teaspoons table salt

2 tablespoons chopped

fresh cilantro

1 **tablespoon** *kasoori methi* (dried fenugreek leaves)

1. Place the *dals* in a large bowl, wash them in plenty of water 2 or 3 times, and drain. Add 2 cups (400 ml) water and soak for at least 6 hours. Drain the *dals* in a colander.

2. Place a medium nonstick saucepan over high heat and add 6 cups (1.5 liters) water. When the water begins to boil, add the *dals* and bring to a boil again. Lower the heat to medium, cover, and cook for 1 hour.

3. Add the kidney beans, stir

well, and cook for 10 minutes.

4. Place a medium nonstick saucepan over medium heat and add the oil. When small bubbles appear at the bottom of the pan, add the ginger and garlic, and sauté for 1 minute or until golden brown. Add the onion and chiles, and sauté for 4 to 5 minutes or until the onion is golden brown.

5. Add the cumin and chile powder, and sauté for 1 minute. Add the tomatoes and cook over high heat for 3 to 4 minutes, stirring continuously. Add the *dal* mixture and butter, and stir well.

6. Add the salt and cilantro, and stir. Lower the heat to low and

cook for 10 minutes, stirring occasionally.

7. Crush the *kasoori methi* between your palms and sprinkle it over the dal.

8. Remove from the heat and pour the *dal* into a serving bowl. Serve immediately.

Ghugni

Spiced yellow peas

Chole (*chholay masala*; page 25) from the north of India could easily be a cousin to this *ghugni* from eastern India. In the states of West Bengal, Bihar, Orissa, and Assam, *ghugni* is a popular street

food. In some places it is served topped with crisp shreds of fried potato.

Serves 4.

**1 cup (220 grams)
yellow *vatana* (whole dried
peas)**

1 teaspoon table salt

**3 tablespoons vegetable
oil**

**2 tablespoons thinly
sliced fresh coconut**

½ teaspoon cumin seeds

2 bay leaves

1 large red onion, sliced

**1 teaspoon fresh ginger
paste (page 12)**

1 teaspoon fresh garlic

paste (page 12)

**4 or 5 green chiles,
stemmed and chopped**

**2 medium tomatoes,
puréed**

**1 tablespoon ground
coriander**

**½ teaspoon ground
roasted cumin (page 32)**

**½ teaspoon red chile
powder**

**¾ teaspoon ground
turmeric**

**½ teaspoon *garam
masala* (spice mix; page 27)**

**1 medium red onion,
diced**

4 teaspoons tamarind pulp

2 tablespoons chopped fresh cilantro

1. Put the *vatana* in a large bowl, wash in plenty of water 2 or 3 times, and drain. Add 3 cups (600 ml) water and soak overnight. Drain in a colander.

2. Place a nonstick saucepan over high heat and add 6 cups (1.2 liters) water. When it comes to a boil, add the *vatana* and salt. When the mixture comes to a boil again, lower the heat to medium, cover, and cook for 1½ hours or until very soft.

3. Place a medium nonstick

sauté pan over medium heat and add 1 tablespoon of the oil. When small bubbles appear at the bottom of the pan, add the coconut and sauté until golden brown. Remove with a slotted spoon and set aside.

4. Add the remaining 2 tablespoons oil to the same heated pan. When small bubbles appear at the bottom of the pan, add the cumin seeds, bay leaves, onion, ginger paste, garlic paste, and chiles, and sauté for 3 to 4 minutes or until the onions are lightly browned.

5. Add the tomatoes and sauté for 3 to 4 minutes or until the oil comes to the top.

6. Add the coriander, ground

cumin, chile powder, and turmeric, and stir well. Add the cooked peas along with the cooking liquid and simmer for 4 to 5 minutes or until the liquid thickens.

7. Add the *garam masala* and stir well.

8. Ladle into individual serving bowls and top with the onion, tamarind pulp, coconut, and cilantro. Serve immediately.

Gongura pappu

Sorrel leaves with lentils

This tasty *dal* from Andhra Pradesh is a complete meal when served with rice. In some homes,

the spice level of this dish is upped by many notches.

Serves 4.

$\frac{1}{2}$ cup (100 grams) *toor dal/arhar dal* (split pigeon peas)

2 green chiles, stemmed and chopped

$\frac{1}{4}$ teaspoon fenugreek seeds

$\frac{1}{2}$ teaspoon ground turmeric

1 teaspoon red chile powder

$\frac{1}{4}$ teaspoon grated cane jaggery

$\frac{3}{4}$ teaspoon table salt

2 tablespoons ghee
(page 37)

**1 teaspoon brown
mustard seeds**

**2 dried red chiles,
stemmed and broken in half**

**1 teaspoon *dhuli urad*
dal (split skinless black
gram)**

6 cloves garlic, crushed

**8 to 10 fresh curry
leaves**

Pinch of asafetida

**1 medium red onion,
diced**

**1 cup chopped fresh
sorrel leaves (see Note)**

**¼ cup (30 grams)
grated fresh coconut (or
frozen unsweetened
coconut)**

1. Put the *toor dal* in a large bowl, wash in plenty of water 2 or 3 times, and drain. Add 1½ cups (300 ml) water and soak for 2 hours. Drain in a colander.

2. Place a nonstick saucepan over high heat and add 3½ cups (700 ml) water. When it comes to a boil, add the *toor dal*, green chiles, fenugreek, and turmeric. Lower the heat to medium, cover, and cook for 35 minutes or until the *dal* is soft.

3. Purée the *dal* with an immersion blender or use a potato

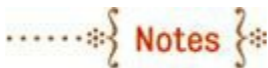
masher to mash it well. Add the chile powder and jaggery, and cook for 3 to 4 minutes. Add the salt and stir well.

4. Place a nonstick sauté pan over medium heat and add the ghee. When small bubbles appear at the bottom of the pan, add the mustard seeds. When they begin to sputter, add the dried chiles, *dhuli urad dal*, and garlic. Sauté for 30 seconds. Add the curry leaves and asafetida, and sauté for 15 seconds. Add the onion and sauté for 2 to 3 minutes or until lightly browned. Add the sorrel and sauté until it wilts.

5. Add the sautéed mixture to

the *dal* and stir well. Add 1 cup (200 ml) water and stir. Bring to a boil.

6. Add the coconut and serve hot.



Sorrel turns a dark greenish black after cooking.

Jain Osaman

A thin green-gram soup

This lovely soup is simple to make and tastes terrific. Traditionally *osaman* is made with *toor dal* (split pigeon peas), but in my house it is made with *sabut moong*, which is equally good.

Serves 4.

1 cup (240 grams) *sabut moong* (whole green gram)

1 teaspoon table salt

**½-inch (1-cm) piece
fresh ginger, peeled**

2 green chiles, stemmed

**2 tablespoons ghee
(page 37)**

**Generous pinch of
asafetida**

**1 teaspoon black
mustard seeds**

1 teaspoon cumin seeds

3 or 4 whole cloves

**1-inch (2½-cm)
cinnamon stick**

- 5 or 6 curry leaves**
- 1 tablespoon ground coriander**
- ½ teaspoon ground turmeric**
- 1 teaspoon plain yogurt**
- 1 teaspoon grated cane jaggery**
- 2 teaspoons freshly squeezed lemon juice**
- 1 tablespoon minced fresh cilantro**

1. Put the *sabut moong* in a bowl, wash in plenty of water 2 or 3 times, and drain. Add 2 cups (400 ml) water and soak for about 30 minutes. Drain in a colander.

2. Put the *moong* in a nonstick

saucepan, add 5 cups (1 liter) water and $\frac{1}{2}$ teaspoon of the salt, and place over high heat. Bring to a boil, lower the heat to medium, and cook for 20 to 25 minutes or until the *moong* is soft.

3. Put the ginger, chiles, and $\frac{1}{2}$ teaspoon water in a blender, and grind to a fine paste. Transfer to a small bowl, add 1 tablespoon water, and stir.

4. Drain the *moong* in a colander set over a bowl. Reserve the *moong* for use in another dish; set the liquid aside to use in this soup.

5. Place a nonstick saucepan over medium heat and add the ghee.

When small bubbles appear at the bottom of the pan, add the asafetida, mustard seeds, cumin, cloves, cinnamon, curry leaves, diluted ginger–green chile paste, coriander, and the remaining $\frac{1}{2}$ teaspoon salt. When the seeds sputter, add the *moong* cooking liquid and stir. Add the turmeric and stir again. When the mixture begins to boil, add the yogurt and stir.

6. Add the jaggery and stir. Let the mixture simmer for 2 to 3 minutes.

7. Just before serving, add the lemon juice and cilantro. Serve hot.

Khattu Mag

Green gram cooked with sour yogurt and spices

I tasted this for the first time at my in-laws' home after I got married to Alyona. My mother-in-law had made it herself, and I was impressed: The combined flavors are both delightful and healthy.

Serves 4.

**½ cup (100 grams)
sabut moong (whole green
gram)**

**1½ teaspoons table salt
1½ cups (375 grams)
low-fat plain sour yogurt
(see page 513), whisked**

2 tablespoons *besan*

(chickpea/gram flour)

**1/4 teaspoon ground
turmeric**

**1 teaspoon fresh ginger
paste (page 12)**

**1 teaspoon green chile
paste (page 12)**

1 teaspoon sugar

**1 tablespoon vegetable
oil**

Pinch of asafetida

**1/2 teaspoon black
mustard seeds**

1/2 teaspoon cumin seeds

3 or 4 whole cloves

**1-inch (2 1/2-cm)
cinnamon stick**

**¼ teaspoon fenugreek
seeds**

**8 to 10 fresh curry
leaves**

1. Put the *sabut moong* in a large bowl, wash it in plenty of water 2 or 3 times, and drain. Add 2 cups (400 ml) water and soak for 1 hour. Drain the *moong* in a colander.

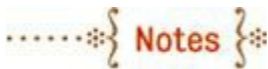
2. Place a medium nonstick saucepan over high heat and add 2 cups (400 ml) water. Add the *moong* and 1 teaspoon of the salt and bring to a boil. Lower the heat to medium, cover, and cook for 15 to 20 minutes or until the *moong* is soft.

3. Put the yogurt in a large bowl and add the remaining $\frac{1}{2}$ teaspoon salt, the *besan*, turmeric, ginger paste, and chile paste. Whisk until thoroughly combined. Add the sugar and 1 cup (200 ml) water and whisk again.

4. Place a second medium nonstick saucepan over medium heat and add the oil. When small bubbles appear at the bottom of the pan, add the asafetida, mustard seeds, cumin, cloves, cinnamon, fenugreek, and curry leaves and sauté for 2 minutes. Once the seeds sputter, add the yogurt mixture and cook for 5 minutes or until the *besan* is cooked and the yogurt

mixture thickens.

5. Add the cooked *moong* and cook for 3 to 4 minutes over medium heat. Remove from the heat and pour the curry into a serving bowl. Serve immediately.



You can also make this with the cooked *moong* left over after making *jain osaman* (page 496).

Lauki Chana Dal

Bottle gourd-and-lentil curry

Bottle gourd is a very mild-tasting vegetable, and here it is paired with hearty *chana dal*. Serve this dish with steamed rice

or hot *naan*.

Serves 4.

**½ cup (100 grams)
chana dal (split Bengal
gram)**

**1 small bottle gourd,
peeled and cut into 1-inch
(2½-cm) pieces**

1 teaspoon table salt

**½ teaspoon ground
turmeric**

**½ teaspoon red chile
powder**

**2 teaspoons ground
coriander**

**2 green chiles, stemmed
and chopped**

**½-inch (1-cm) piece
ginger, chopped**

**2 tablespoons ghee
(page 37)**

**½ teaspoon cumin seeds
Generous pinch of
asafetida**

**1 teaspoon sugar
2 teaspoons freshly
squeezed lemon juice
2 tablespoons chopped
fresh cilantro**

1. Put the *chana dal* in a bowl, wash it in plenty of water 2 or 3 times, and drain. Add 2 cups (400 ml) water and soak for 1 hour. Drain the *dal* in a colander.

2. Place a medium nonstick

saucepan over high heat. Add the *chana dal*, bottle gourd, salt, turmeric, chile powder, coriander, chiles, ginger, and 2 cups (400 ml) water and bring to a boil. Lower the heat to low, cover, and cook for 20 minutes or until the *dal* is soft and the bottle gourd is cooked. Mash slightly using the back of a spoon and stir well. Transfer the *dal* mixture to a bowl and set aside.

3. Place a medium nonstick sauté pan over medium heat. Add the ghee. When small bubbles appear at the bottom of the pan, add the cumin and asafetida, and cook for 1 to 2 minutes or until the seeds begin to change color.

4. Add the *dal* mixture and stir. Add the sugar and stir well again. Simmer for 2 minutes, stirring occasionally.

5. Add the lemon juice and stir. Remove from the heat and transfer the curry to a serving bowl. Garnish with the cilantro and serve immediately.

Maa Chole Di Dal

North Indian lentils

This classic lentil preparation uses two types of lentils and is a favorite among North Indians. While the lentils provide a unique taste, the real secret of this dish is

the tempered mixture of the spices, onions, and tomatoes.

Serves 4.

**$\frac{1}{2}$ cup (100 grams)
chilkewali urad dal (split
black gram with skin)**

**$\frac{1}{2}$ cup (100 grams)
chana dal (split Bengal
gram)**

$1\frac{1}{2}$ teaspoons table salt

**$\frac{1}{4}$ teaspoon ground
turmeric**

**1-inch ($2\frac{1}{2}$ -cm) piece
fresh ginger, chopped**

**3 green chiles, stemmed
and chopped**

2 or 3 tablespoons ghee

(page 37)

1 tablespoon butter

1 teaspoon cumin seeds

1 onion, chopped

2 tomatoes, chopped

½ teaspoon red chile powder

2 tablespoons chopped fresh cilantro

1. Put the *dals* in a large bowl, wash in plenty of water 2 or 3 times, and drain. Add 4 cups (800 ml) water and soak for 1 hour. Drain the *dals* in a colander.

2. Place a medium nonstick saucepan over medium heat, add 4 cups (800 ml) water, and bring to a boil. Add the *dals*, salt, turmeric,

half of the ginger, and half of the chiles. When the mixture comes to a boil again, lower the heat to medium, cover, and cook for 35 minutes or until the *dals* are soft. Stir well with a ladle to make a homogenous mixture but without mashing the *dals*.

3. Place a small nonstick sauté pan over medium heat and add the ghee and butter. When the butter melts, add the cumin and the remaining ginger and chiles. When the seeds begin to change color, add the onion and sauté for 2 minutes or until the onion is lightly browned.

4. Add the tomatoes and sauté

for 2 to 3 minutes or until the tomatoes are soft. Add the chile powder and sauté for 1 minute or until the ghee and butter come to the top.

5. Add the tomato mixture to the *dals* and stir well. Place the saucepan over medium heat and simmer for 5 minutes or until the tomato mixture blends well with the *dals*.

6. Transfer the *dal* to a serving bowl, garnish with the cilantro, and serve immediately.

Masaledar Chholay

A famous Punjabi preparation of chickpeas in a spicy tomato gravy

Two eternal favorites of Punjabi home cooking are *masaledaar chholay* and *rajma* (spiced red kidney beans). When I was a child, we had them in our house at least once a week. This dish is always a good choice for Sunday lunch. Serve with steamed rice, *raita*, garlic *naan* (page 455), and salad.

Serves 4.

- 2 (1-inch/2½-cm) pieces fresh ginger**
- 8 to 10 cloves garlic**
- 2 green chiles, stemmed**
- 2 tablespoons cumin seeds**
- 6 tablespoons vegetable**

oil

**3 large red onions,
peeled and chopped**

**1 tablespoon ground
coriander**

**1 teaspoon red chile
powder**

**1 tablespoon coarsely
ground *anardana* (dried
pomegranate seeds)**

**4 medium tomatoes,
chopped**

**1½ teaspoons table salt
2½ cups (560 grams)
cooked chickpeas (canned is
fine)**

2 tablespoons chopped

fresh cilantro

1. Put the ginger, garlic, and chiles in a spice grinder, and grind to a paste.

2. Place a small nonstick sauté pan over medium heat. Add the cumin and dry-roast for 2 minutes or until fragrant. Cool and grind to a powder in a spice grinder.

3. Place a nonstick saucepan over medium heat and add the oil. When small bubbles appear at the bottom of the pan, add the onions and sauté for 4 to 5 minutes or until browned. Add the ginger–garlic–green chile paste and sauté for 2 minutes. Add the coriander, cumin, chile powder, and *anardana*, and

sauté for 1 to 2 minutes or until the oil comes to the top.

4. Add the tomatoes and salt. Cook for about 8 minutes or until the oil comes to the top.

5. Add the chickpeas and sauté for 2 minutes. Add 1 quart (800 ml) water and simmer for 10 minutes.

6. Garnish with the cilantro and serve hot.



If you feel like it, you can add boiled and diced potatoes. You can also make this dish with dried chickpeas: Soak 1½ cups (300 grams) dried chickpeas in 1 quart (800 ml) water overnight. Drain and put in a saucepan with 1½ quarts (1.2

liters) water, 2 teaspoons tea leaves tied in a double layer of cheesecloth, and 1 teaspoon salt; cook for 60 minutes or until soft. Discard the tea-leaf bag and use the cooked beans as described in the recipe above.

Palakwali Dal

Lentils with spinach

I can recall the appetizing aroma of this *dal* from when my mother used to make it for us on cold winter days in Delhi. She would bring it to the table piping hot, pour a generous portion on a pile of fluffy rice, and then drizzle

some fragrant ghee over it.

Serves 4.

**1 teaspoon ground
turmeric**

1¹/₄ teaspoons table salt

**³/₄ cup (150 grams) *dhuli
moong dal* (split skinless
green gram), well rinsed**

**2 tablespoons vegetable
oil**

1 teaspoon cumin seeds

Pinch of asafetida

**2 medium red onions,
diced**

**2 green chiles, seeded
and diced**

2 dried red chiles,

stemmed and broken

1-inch (2½-cm) piece

fresh ginger, chopped

4 cloves garlic, chopped

**15 to 20 fresh spinach
leaves, roughly shredded**

**1 teaspoon freshly
squeezed lemon juice**

1. Place a nonstick saucepan over medium heat and add 6 cups (1.2 liters) water, the turmeric, and salt, and bring to a boil. Add the *dal* and cook for 30 minutes or until it is tender.

2. Place another nonstick saucepan over medium heat and add the oil. When small bubbles appear at the bottom of the pan, add

the cumin and asafetida. When the cumin begins to change color, add the onions and green and red chiles. Sauté for 3 minutes or until the onions are soft and translucent.

3. Add the ginger and garlic, and sauté for 30 seconds.

4. Add the dal, bring to a boil, and add the spinach and lemon juice. Simmer for 3 to 4 minutes.

5. Transfer to a serving bowl and serve hot.

Paruppu

A simple dal

Dal with rice is a favorite combination in most Indian homes.

It could be any *dal*, but pigeon peas are popular in the southern states and in Gujarat. As my wife comes from Gujarat, this is her idea of an everyday dal.

Serves 4.

1 cup (200 grams) *toor dal/arhar dal* (split pigeon peas)

Pinch of asafetida

1½ tablespoons

vegetable oil

½ teaspoon ground

turmeric

1 teaspoon brown

mustard seeds

1 teaspoon *dhuli urad*

***dal* (split skinless black gram)**

1 teaspoon cumin seeds

12 fresh curry leaves

**1 large red onion,
chopped**

**4 green chiles, stemmed
and slit**

3 cloves garlic, chopped

**2 medium tomatoes,
chopped**

2 teaspoons table salt

**2 tablespoons chopped
fresh cilantro**

1. Put the *toor dal* in a large bowl, wash in plenty of water 2 or 3 times, and drain. Add 3 cups (600 ml) water and soak for 2 hours.

Drain in a colander.

2. Place a nonstick saucepan over high heat and add 6 cups (1.2 liters) water. Bring to a boil and add the *toor dal*, asafetida, 1 teaspoon of the oil, and the turmeric. Cook, uncovered, for 40 minutes or until the *dal* is soft. Let cool for a few minutes and mash it lightly. Return to medium heat and simmer for 5 to 6 minutes.

3. Place a nonstick sauté pan over medium heat and add the remaining oil. When small bubbles appear at the bottom of the pan, add the mustard seeds. When they begin to sputter, add the *dhuli urad dal*, cumin, and curry leaves, and sauté

for 15 seconds. Add the onion and sauté until translucent. Add the chiles, garlic, and tomatoes, and sauté for 6 minutes or until the tomatoes are pulpy.

4. Add the sautéed mixture to the *dal* and bring to a boil. Add the salt and cook for 3 to 4 minutes.

5. Garnish with the cilantro and serve hot.

Puliseri

Ground rice with coconut and buttermilk

You can use rice powder as a substitute for the raw rice (this is used as a thickener). You can add different fruits such as papaya or

pineapple for extra flavor. If you don't have fresh coconut, you can use frozen coconut, but be sure it is unsweetened.

Serves 4.

1 tablespoon raw rice

**1 cup (120 grams)
grated fresh coconut (or
frozen unsweetened
coconut)**

**1 quart (800 ml)
buttermilk**

1 teaspoon table salt

2 tablespoons peanut oil

**1 teaspoon black
mustard seeds**

**½ teaspoon fenugreek
seeds**

3 dried red chiles

1 teaspoon red chile powder

10 to 12 fresh curry leaves

1. Wash the rice, then soak it in $\frac{1}{4}$ cup (50 ml) water in a small bowl for 15 minutes.

2. Drain the rice in a small strainer. Transfer to a mini food processor and add the coconut and $\frac{3}{4}$ cup (150 ml) warm water, and process to a smooth, thick paste.

3. Put the buttermilk in a deep bowl. Add the rice-and-coconut paste and the salt, and whisk until well blended. Set aside.

4. Place a medium nonstick

saucepan over medium heat and add the oil. When small bubbles appear at the bottom of the pan, add the mustard seeds, fenugreek, and chiles. When the seeds begin to sputter, add the chile powder and curry leaves. Stir well.

5. Add the buttermilk mixture and bring to a boil. Lower the heat to low and simmer for 10 minutes or until slightly thickened. Transfer to a serving bowl. Serve immediately.

Punjabi Rajma

A rich kidney-bean curry

This traditional hearty bean

dish is very popular in North India and is typically served with steamed rice.

Serves 4.

**3 tablespoons vegetable
oil**

2 bay leaves

2 red onions, chopped

**1-inch (2½-cm) piece
fresh ginger, chopped**

**2 or 3 cloves garlic,
chopped**

**2 teaspoons red chile
powder**

**1 tablespoon ground
coriander**

**½ teaspoon ground
turmeric**

1 **teaspoon** **ground**
roasted cumin (page 32)

3 **tomatoes, chopped** **1**
teaspoon table salt

2½ **cups (560 grams)**
cooked red kidney beans
(canned is fine)

1 **teaspoon** ***garam***
masala (spice mix; page 27)

1 **tablespoon** **chopped**
fresh cilantro

1. Place a medium nonstick saucepan over high heat and add the oil. When small bubbles appear at the bottom of the pan, lower the heat to medium, add the bay leaves, and sauté for 1 minute. Add the onions and sauté for 3 to 4 minutes

or until the onions are golden brown.

2. Add the ginger and garlic and sauté for 1 minute. Add the chile powder, coriander, turmeric, and cumin, and stir. Add the tomatoes and salt, and cook until the tomatoes become pulpy and the oil leaves the sides and comes to the top of the mixture.

3. Add the beans and 1½ cups (300 ml) water and stir. Lower the heat to low and cook for 15 minutes, stirring occasionally. If the mixture is too thick, add another ½ cup (100 ml) water.

4. Add the *garam masala* and cook for 5 minutes. Remove from

the heat and transfer to a serving bowl. Garnish with the cilantro and serve immediately.

Rajasthani

Panchmel Dal

A five-lentil *dal* from Rajasthan

Rajasthani food, or food of the desert, is robust and filling. One example is this combination of five pulses (*panchmel*) that blend together beautifully. By far the most popular accompaniment to this *dal* is the crisp wheat-flour cake called *bati* (page 462), which seems to soak up the *dal* like a sponge.

Serves 4.

$\frac{1}{4}$ cup (50 grams) *chana dal* (split Bengal gram)

$\frac{1}{4}$ cup (60 grams) *sabut moong* (whole green gram)

$\frac{1}{4}$ cup (50 grams) *dhuli urad dal* (split skinless black gram)

$\frac{1}{4}$ cup (50 grams) *toor dal/arhar dal* (split pigeon peas)

$\frac{1}{4}$ cup (55 grams) *sabut masoor* (whole red lentils)

$1\frac{1}{2}$ teaspoons table salt

$\frac{1}{2}$ teaspoon ground turmeric

3 tablespoons vegetable

oil

¼ teaspoon asafetida

½ teaspoon cumin seeds

4 or 5 whole cloves

**2 dried red chiles,
stemmed and broken in half**

**½ teaspoon fresh green
chile paste (page 13)**

**½ teaspoon fresh ginger
paste (page 12)**

**1 teaspoon ground
roasted cumin (page 32)**

**1 teaspoon ground
coriander**

**1 teaspoon red chile
powder**

3 medium tomatoes,

chopped

$\frac{1}{2}$ teaspoon *garam masala* (spice mix; page 27)

2 tablespoons chopped fresh cilantro

1. Combine the *dals* in a bowl, wash in plenty of water 2 or 3 times, and drain. Add 3 cups (600 ml) water and soak for 2 hours. Drain.

2. Place a nonstick saucepan over high heat and add 1 quart (800 ml) water. Add 1 teaspoon of the salt and the turmeric, and bring to a boil. Lower the heat to medium, add the *dals*, and cook, uncovered, for 25 minutes or until the *dals* are tender.

3. Place another nonstick saucepan over medium heat and add the oil. When small bubbles appear at the bottom of the pan, add the asafetida, cumin seeds, cloves, and red chiles. When the cumin changes color, add the chile paste and ginger paste, and sauté for 1 minute. Add the ground cumin, coriander, and chile powder, and stir well. Add the tomatoes and cook for 8 to 10 minutes or until the oil comes to the top. Add the cooked *dals* with the cooking liquid, the remaining $\frac{1}{2}$ teaspoon salt, and $1\frac{1}{2}$ cups (300 ml) water. Cook for 10 minutes, stirring well.

4. Add the *garam masala* and

stir. Transfer to a serving bowl, garnish with the cilantro, and serve hot.

Sambhar

A flavorful and spicy *dal*

I love this spicy lentil preparation that is native to South India and is usually served with *dosas* (page 122), *idlis* (page 120), or steamed rice. My father-in-law makes a point of correcting the pronunciation of the dish whenever and wherever he eats it: It's "sambhaar," not "sambar."

Serves 4.

½ cup (100 grams) *toor*

dal/arhar dal (split pigeon peas)

$\frac{3}{4}$ teaspoon ground turmeric

2 drumstick vegetables, cut into $2\frac{1}{2}$ -inch (6-cm) pieces

2 tablespoons tamarind pulp

2 tablespoons *sambhar* powder (spice mix for *sambhar*; page 32)

$\frac{1}{2}$ teaspoon asafetida

$1\frac{1}{2}$ teaspoons table salt

2 tablespoons vegetable oil

$\frac{1}{2}$ teaspoon black

mustard seeds

¼ teaspoon fenugreek seeds

10 fresh curry leaves

2 dried red chiles, stemmed and broken in half

¼ cup (15 grams) chopped fresh cilantro

1. Place the *dal* in a large bowl, wash it in plenty of water 2 or 3 times, and drain. Add 1½ cups (300 ml) water and soak for 15 to 20 minutes. Drain the *dal* in a colander.

2. Place a large nonstick saucepan over high heat and add 4 cups (800 ml) water. When the water comes to a boil, lower the

heat to medium. Add the *dal* and $\frac{1}{2}$ teaspoon of the turmeric, and cook, covered, for 20 minutes or until the *dal* is soft. Mash the cooked *dal* slightly with a wooden spoon.

3. Place another nonstick saucepan over high heat, add 1 cup (200 ml) water, and bring to a boil. Lower the heat to medium and add the drumstick. Cover and cook for 5 minutes. Stir in the tamarind pulp, 2 cups (400 ml) water, the *sambhar* powder, $\frac{1}{4}$ teaspoon of the asafetida, the remaining $\frac{1}{4}$ teaspoon turmeric, and the salt, and cook over medium heat for 15 minutes or until the mixture is reduced by half. Add the mashed dal, along with the

water it was cooked in, to the tamarind mixture. Lower the heat to low and cook for 10 minutes.

4. Meanwhile, place a small sauté pan over medium heat and add the oil. When small bubbles appear at the bottom of the pan, add the mustard seeds. When they begin to sputter, add the fenugreek, curry leaves, the remaining $\frac{1}{4}$ teaspoon asafetida, and the chiles, and sauté for 10 seconds. Add the tempering to the *dal* and cover to trap the flavors.

5. Remove from the heat. Garnish with the cilantro. Serve hot.

.....} Notes }

Drumstick vegetables are long and green, with ridges running lengthwise along them. They are available frozen and canned in Indian grocery stores.

.....} Chef's Tip }

You can add different vegetables—white radish, okra, pumpkin, *brinjal* (small round eggplants), or *sambhar* onions (like red pearl onions or mini shallots)—either individually or in combination. In South India, every family has its own style of making *sambhar*.

Sookhi Dal

Amritsari

Lentils with ginger

The city of Amrtisar lies in the state of Punjab. Punjabi cooking traditionally uses a lot of ginger and onion, and this lentil dish illustrates this. Ginger adds flavor, of course, but since the lentils used here can be a little hard to digest, it also acts as a digestive aid. In most of Punjab, this is a typical wintertime dish.

Serves 4.

1 cup (200 grams) *dhuli urad dal* (split skinless black gram)

1 teaspoon table salt

½ teaspoon ground

turmeric

**3 (1-inch/2½-cm) pieces
fresh ginger, cut into thin
strips**

**¼ cup (50 ml) vegetable
oil**

Pinch of asafetida

**1½ teaspoons cumin
seeds**

**2 small red onions,
chopped**

**2 to 3 green chiles,
stemmed and chopped**

**2 small tomatoes,
chopped**

**1 teaspoon red chile
powder**

$\frac{3}{4}$ teaspoon *garam masala* (spice mix; page 27)

2 tablespoons chopped fresh cilantro

4 teaspoons freshly squeezed lemon juice

1. Place the *dal* in a bowl, wash it in plenty of water 2 or 3 times, and drain. Add 2 cups (400 ml) water and soak for 1 hour. Drain the *dal* in a colander.

2. Place a medium nonstick saucepan over high heat. Add the *dal*, 2 cups (200 ml) water, $\frac{1}{2}$ teaspoon of the salt, the turmeric, and half of the ginger. Bring to a boil over high heat, then lower the heat to low, cover, and cook for 10

minutes or until the *dal* is soft but the grains are separate. Drain the *dal* in a fine sieve and set aside.

3. Place a small nonstick sauté pan over medium heat and add the oil. When small bubbles appear at the bottom of the pan, lower the heat to medium and add the asafetida and cumin seeds. When the seeds begin to change color, add the onions and sauté for 3 to 4 minutes or until they are lightly browned. Add the remaining ginger, the chiles, and tomatoes, and sauté for 2 minutes. Add the chile powder and sauté until the oil comes to the top.

4. Add the drained *dal* to the

tomato mixture and stir. Add the remaining $\frac{1}{2}$ teaspoon salt, the *garam masala*, cilantro, and lemon juice, and stir again. Cook for 2 minutes.

5. Transfer the *dal* to a serving bowl and serve immediately.

Varan

A dish made of split pigeon peas

The pure taste of comfort! This simple lentil curry is a staple in Maharashtrian homes in western India. To serve, press steamed rice into small round molds and turn the molds over onto serving plates. Remove the molds, and pour the hot

dal over the rice with a generous drizzle of ghee.

Serves 4.

½ cup (100 grams) *toor dal/arhar dal* (split pigeon peas)

½ teaspoon table salt

¼ teaspoon ground turmeric

2 teaspoons ghee (page 37)

Pinch of asafetida

½ teaspoon cumin seeds

1. Place the *dal* in a bowl, wash it in plenty of water 2 or 3 times, and drain. Add 1 cup (200 ml) water and soak for 30 minutes. Drain the *dal* in a colander.

2. Place a medium nonstick saucepan over high heat. Add 2 cups (400 ml) water, the dal, salt, and turmeric, and bring to a boil. Lower the heat to medium, cover, and cook for 10 to 15 minutes or until the *dal* is completely cooked and soft. Purée thoroughly using an immersion blender.

3. Place a small nonstick sauté pan over medium heat. Add the ghee. When small bubbles appear at the bottom of the pan, add the asafetida and cumin. When the cumin seeds change color, add to the *dal* and cover to trap the flavors.

4. Serve hot.

Dal Dhokli

Strips of spicy dough cooked in flavorful lentils

My wife, Alyona, made this for me when we first got married. She grew up eating it and served it to me with much fanfare. While it was not love at first bite, over the years the dish has grown on me, and I have developed a great love for it.

Serves 4.

$\frac{3}{4}$ cup (150 grams) *toor dal* (split pigeon peas)

$\frac{3}{4}$ cup (100 grams) *atta* (whole-wheat flour)

2 tablespoons *besan*

(chickpea/gram flour)

1 teaspoon table salt

**$\frac{3}{4}$ teaspoon ground
turmeric**

2 pinches of asafetida

**$\frac{1}{2}$ tablespoon vegetable
oil**

$1\frac{1}{2}$ tablespoons peanuts

**1 tablespoon ghee (page
37)**

**$\frac{1}{4}$ teaspoon black
mustard seeds**

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

**4 cloves garlic, finely
chopped**

4 fresh curry leaves

3 fresh *kokum* petals, or

2 dried (see page 588)

**1½ teaspoons grated
cane jaggery**

**2 tablespoons chopped
fresh cilantro**

1. Put the *toor dal* in a bowl, wash in plenty of water 2 or 3 times, and drain. Add 2 cups (400 ml) water and soak for 30 minutes. Drain the *dal* in a colander.

2. Put the *atta* and *besan* in another bowl. Add ½ teaspoon of the salt, ¼ teaspoon of the turmeric, a pinch of asafetida, the oil, and ¼ cup (50 ml) water, and knead to make a stiff dough.

3. Place a medium nonstick saucepan over medium heat. Add

1½ cups (300 ml) water and when it comes to a boil, add the *dal* and lower the heat to medium. Cover and cook for 10 minutes. Add the peanuts and the remaining ½ teaspoon turmeric, and stir. Cover and cook for 10 minutes or until the *dal* is tender and completely cooked.

4. Divide the dough into 4 portions and roll into balls. Using a rolling pin, roll out each ball into a thin *chapatti*. Using a sharp knife, cut 1½-inch (4-cm) diamond-shaped pieces. Set aside.

5. Place a medium nonstick sauté pan over medium heat and add the ghee. When small bubbles

appear at the bottom of the pan, add the mustard seeds, cumin seeds, the remaining pinch of asafetida, the garlic, and curry leaves. When the seeds begin to sputter, remove from the heat and add the mixture to the *dal*.

6. Add **3** cups (600 ml) water, the remaining $\frac{1}{2}$ teaspoon salt, and the *kokum* to the *dal* and bring to a boil. Add the jaggery and stir. Cook until the jaggery is completely dissolved and the *dal* is slightly thickened, then add the dough pieces and cook, stirring the *dal* occasionally and gently so that the dough pieces do not stick to the bottom of the pan.

7. When the dough pieces are cooked and the *dal* has thickened further, transfer to a serving bowl. Garnish with the cilantro and serve immediately.

Aamras Ki Kadhi

Buttermilk-and-mango curry

This lovely sweet-and-sour buttermilk curry is rich with the flavors of green and ripe mangoes. It is better to make the mango pulp yourself than to buy it, since most ready-made pulp is heavily sweetened.

Serves 4.

$\frac{3}{4}$ cup (210 grams)

green mango pulp

$\frac{3}{4}$ cup (210 grams) ripe

mango pulp

2 tablespoons *besan*

(chickpea/gram flour)

$\frac{3}{4}$ teaspoon table salt

$\frac{3}{4}$ cup (150 ml)

buttermilk

1 tablespoon vegetable

oil

Pinch of asafetida

$\frac{1}{2}$ teaspoon black

mustard seeds

$\frac{1}{4}$ teaspoon fenugreek

seeds

6 to 8 fresh curry leaves

2 green chiles, stemmed

and slit

½ cup (50 grams)

***boondi* (see Note)**

Steamed rice

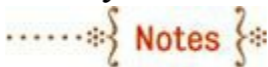
1. Place the green and ripe mango pulp, the *besan*, and salt in a large bowl, and whisk until smooth. Add the buttermilk and whisk again. Set aside.

2. Place a medium nonstick saucepan over medium heat and add the oil. When small bubbles appear at the bottom of the pan, add the asafetida, mustard seeds, and fenugreek seeds and sauté for 1 minute or until the seeds begin to sputter. Add the curry leaves and chiles and sauté for 2 minutes more;

the curry leaves and chiles will turn slightly dark.

3. Add the mango mixture and stir slowly. Add 1½ cups (300 ml) water and stir until it blends well with the rest of the ingredients. Bring to a boil, then lower the heat to low and simmer for 10 to 15 minutes more, stirring occasionally.

4. Add the *boondi* and simmer for 5 minutes or until the *boondi* are soft and immersed in the curry. Remove from the heat and pour the curry into a serving bowl. Serve immediately with rice.



Boondi are small deep-fried dumplings made

from *besan* (chickpea/gram flour). They are available in Indian grocery stores.

Gujarati Kadhi

A simple yogurt curry

This yogurt-based curry can be served atop rice or on its own as a soup.

Serves 4.

- 1/4 cup (25 grams) *besan* (chickpea/gram flour)**
- 2 cups (500 grams) plain yogurt**
- 3 tablespoons grated cane jaggery**
- 2 green chiles, stemmed**

and chopped

1¼ teaspoons table salt

2 tablespoons vegetable

oil

½ teaspoon black

mustard seeds

½ teaspoon cumin seeds

8 to 10 fresh curry

leaves

2 dried red chiles,

stemmed and broken in half

3 or 4 whole cloves

1-inch (2½-cm)

cinnamon stick

1/8; teaspoon asafetida

1. Put the *besan* in a large bowl, add the yogurt, and whisk until smooth. Add 1 quart (800 ml)

water and stir well.

2. Add the jaggery and green chiles to the yogurt mixture, and stir well.

3. Place a nonstick saucepan over medium heat. Pour the yogurt mixture into the pan and cook, stirring continuously, for 10 to 15 minutes or until the *kadhi* is medium thick. Add the salt and stir well.

4. Place a small nonstick sauté pan over medium heat and add the oil. When small bubbles appear at the bottom of the pan, add the mustard seeds, cumin, curry leaves, red chiles, cloves, cinnamon, and asafetida. When the seeds begin to

sputter, add the mixture to the *kadhi* and stir well.

5. Remove from the heat and pour the *kadhi* into a serving bowl. Serve hot.

Punjabi Kadhi

Chickpea-flour dumplings in a yogurt-based gravy

Forty years ago, many homes in India did not have refrigerators. So people used innovative recipes for ingredients that spoiled easily. One of those ingredients was yogurt. Without refrigeration, yogurt would often turn sour, and sour yogurt was the perfect excuse to make a comforting *kadhi*. If you

have the patience, you can wait for your yogurt to sour, but you don't have to.

Be sure to mix the yogurt well with the *besan* before adding it to the pot or the yogurt will curdle. If you are in a hurry, you can omit the dumplings (*pakor*s) and just prepare this as a plain curry. Serve this with steamed rice.

Serves 4.

~ **For the *pakor*s:**

**$\frac{3}{4}$ cup (75 grams) *besan*
(chickpea/gram flour)**

1 red onion, chopped

**$\frac{1}{2}$ cup (20 grams)
chopped *methi* (fresh
fenugreek leaves)**

1-inch (2½-cm) piece
fresh ginger, grated
1 teaspoon *ajwain*
1 teaspoon red chile
powder
¼ teaspoon baking
powder
½ teaspoon table salt
3 cups (600 ml)
vegetable oil

~ For the *kadhi*:

1 cup (250 grams) plain
whole-milk yogurt
¼ cup (25 grams) *besan*
(chickpea/gram flour)
1 teaspoon ground
turmeric

1½ teaspoons table salt
2 tablespoons vegetable oil
½ teaspoon fenugreek seeds
½ teaspoon cumin seeds
6 whole black peppercorns
2 dried red chiles, stemmed and broken into 2 or 3 pieces each
1 red onion, chopped
½-inch (1-cm) piece fresh ginger, chopped
1 teaspoon red chile powder
2 tablespoons chopped

fresh cilantro

1. Make the *pakor*as: Place all the ingredients except the oil in a medium bowl and stir. Add $\frac{1}{4}$ cup (50 ml) water and stir to make a soft dough.

2. Place a medium nonstick wok over high heat and add the oil. When small bubbles appear at the bottom of the pan, drop in small portions (about 2 tablespoons) of the *besan* mixture and deep-fry for 7 to 8 minutes, stirring occasionally, until golden brown. Drain the *pakor*as on paper towels. Set aside.

3. Make the *kadhi*: Put the yogurt in a large bowl, add the

besan, and whisk until smooth with no lumps. Add the turmeric, salt, and 3 cups (600 ml) water. Set aside.

4. Place a medium nonstick saucepan over medium heat and add the oil. When small bubbles appear at the bottom of the pan, add the fenugreek seeds, cumin, peppercorns, and red chiles. Sauté for 30 seconds. When the seeds begin to sputter, add the onion and ginger, and sauté for 1 minute. Pour the yogurt mixture into the pan. Bring to a boil, then lower the heat to low and simmer for about 15 minutes, stirring occasionally.

5. Add the chile powder and

the *pakor*as and simmer for 4 to 5 minutes or until the *pakor*as are completely immersed in the *kadhi*.

6. Remove from the heat and transfer to a serving bowl. Garnish with the cilantro and serve hot.

Sindhi Kadhi

Vegetables cooked in a chickpea-flour sauce

The recipes for *kadh*is and *dals* vary widely from home to home, and the older generation of cooks gets the proportions and measurements right by approximating. What follows is a dish I consider to be the perfect *sindhi kadhi*, which I first tasted at

my mother's friend's home. I asked her for the recipe, and the darling woman told me just to add a pinch of this and handful of that! I have, of course, translated it all into standard measures for you. This curry served with steamed rice makes an ideal Sunday lunch.

Serves 4.

**3 medium potatoes,
peeled**

**$\frac{1}{4}$ cup (50 ml) plus 1
tablespoon vegetable oil**

1 teaspoon cumin seeds

**1 teaspoon fenugreek
seeds**

**$\frac{3}{4}$ cup (75 grams) *besan*
(chickpea/gram flour)**

**10 to 12 fresh curry
leaves**

**2 green chiles, stemmed
and chopped**

**1-inch (2½-cm) piece
fresh ginger, grated**

2½ teaspoons table salt

**½ teaspoon ground
turmeric**

**¼ cup (35 grams)
shelled green peas**

**2 medium drumstick
vegetables (see page 588),
cut into 2-inch (5-cm) pieces**

**½ cup (75 grams) whole
cluster beans, trimmed**

1 cup (100 grams) whole

okra, trimmed

2 large tomatoes, diced

2½ tablespoons

tamarind pulp

1½ teaspoons red chile

powder

3 tablespoons chopped

fresh cilantro

1. Cut each potato in half vertically and then in half horizontally.

2. Place a nonstick saucepan over medium heat and add ¼ cup (50 ml) of the oil. When small bubbles appear at the bottom of the pan, add the cumin and fenugreek, and sauté for 15 seconds.

3. Lower the heat to low, add

the *besan*, and sauté for 8 to 10 minutes or until the flour is browned and fragrant. Add 2 quarts (1.6 liters) water and bring to a boil. Add the curry leaves, chiles, and ginger, and stir. Add the salt and turmeric, and stir. Add the peas, drumsticks, and beans. Cover and simmer for 10 minutes. Add the potatoes and cook for 20 minutes.

4. Meanwhile, place a small nonstick sauté pan over medium heat and add the remaining 1 tablespoon oil. When small bubbles appear at the bottom of the pan, add the okra and sauté for 3 to 4 minutes.

5. To the pan with the other

vegetables, add the tomatoes, tamarind pulp, and chile powder, and stir. Add the okra and stir. Cover and cook for 10 to 12 minutes. Garnish with the cilantro and serve hot.

Pickles, Chutneys, and *Morabbas*

No matter where you are in India, you will always see bottled pickles sitting on the dining table. Indian cooks take great pleasure in sharing their pickle recipes, and many of these recipes have been passed down for

generations. Pickles are usually served with *rotis*, *parathas*, and *theplas*, and are often packed in lunchboxes for long journeys on the train.

In addition to pickle recipes, in this chapter you'll find the best recipes for *morabbas*, sweet pickles typically prepared with fruits and vegetables such as mangoes, carrots,

or gooseberries; and homemade chutneys. Once, every Indian kitchen had a huge grinding stone with a heavy pestle, which was used to make chutney. These days, a mini food processor or blender most often replaces this traditional tool, but I think you'll find that the flavor is just as authentic.

Aloo Bukhare Ki Chutney

Sweet-and-sour plum chutney

Because plums are available for only a couple of months in India, plum season is a busy time for my wife, Alyona, as she bottles this chutney to use throughout the year. Serve this chutney with roast chicken or as a dip with any spicy starter.

Makes $\frac{3}{4}$ cup (225 grams).

8 to 10 medium ripe plums, pitted and puréed

(see Note)

½ teaspoon table salt

½ cup grated cane

jaggery

½ teaspoon black salt

1 teaspoon red chile

powder

1 teaspoon ground

roasted cumin (page 32)

6 to 8 dates, pitted and

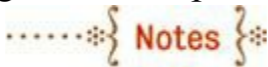
chopped

1. Heat a heavy-bottomed nonstick saucepan over medium heat and add the plum purée. When it comes to a boil, add the table salt, jaggery, black salt, and chile powder, and stir well. Simmer over medium heat for 10 minutes or until

the mixture thickens.

2. Add the cumin. Stir and simmer for 2 to 3 minutes.

3. Stir in the dates and cook for 2 minutes, stirring continuously. Let cool completely and store in a sterilized, airtight container in the refrigerator for up to 15 days.



To purée the plums, place them in a food processor and process until smooth.

Amer Chatni

Green-mango chutney

This sweet-and-sour mango relish is a great topping for plain grilled chicken or fish.

Makes 2½ cups (900 grams).

4 medium green mangoes

2 teaspoons vegetable oil

2 teaspoons *panch phoron* (see Note)

2 dried red chiles, stemmed

1 cup (250 grams) sugar

1 teaspoon table salt

1. Wash the green mangoes well and cut them, with the skin, into ¼-inch-thick slices; reserve the pits.

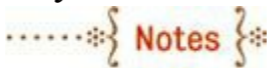
2. Place a medium nonstick saucepan over medium heat and

add the oil. When small bubbles appear at the bottom of the pan, add 1 teaspoon of the *panch phoron* and the chiles. When the seeds sputter, add the mangoes and sauté for 1 minute. Add 2 cups (400 ml) warm water, the reserved mango pits, and sugar, and cook over medium heat, stirring continuously, for 10 to 15 minutes or until the mangoes are tender and the chutney is thick.

3. Add the salt and stir. Remove from the heat and set aside to cool.

4. Place a small sauté pan over medium heat and dry-roast the remaining 1 teaspoon *panch phoron* for 2 to 3 minutes or until

fragrant. Remove from the heat, let cool, then transfer to a mortar and pound to a powder with a pestle. When the chutney has cooled, sprinkle the powder on top and serve as an accompaniment. Or, store in a sterilized, airtight container in the refrigerator for up to 15 days.



Panch phoron is a mixture of equal parts mustard seeds, fenugreek seeds, *kalonji* (nigella seeds), cumin seeds, and fennel seeds.

Angoor Aur Khajur

Ki Chutney

Grape-and-date chutney

Creativity is an essential ingredient for good cooks, and this recipe is courtesy of my wife's mother, who loves making up new relishes. The chutney is chunky with plump raisins; it goes wonderfully with spicy *samosas* (page 154).

Makes 2 cups (600 grams).

25 to 30 seedless red grapes

1 cup (250 grams) dates, pitted and chopped

1 teaspoon red chile powder

**1 teaspoon ground
roasted cumin (page 32)**

1½ tablespoons raisins

½ teaspoon table salt

¼ cup (50 grams)

grated cane jaggery

1. Place a nonstick saucepan over medium heat. Add the grapes, dates, and ½ cup (100 ml) water, and cook for 12 minutes or until the grapes are completely broken down.

2. Add the chile powder, cumin, and raisins, and cook for 5 minutes.

3. Add the salt and jaggery, stir well, and cook for 1 minute or until the jaggery is completely

dissolved and well blended.

4. Transfer to a serving bowl and let cool.

5. Serve at room temperature, or store in a sterilized, airtight container in the refrigerator for up to 15 days.

Chile Garlic

Chutney

Fiery and flavorful garlic chutney

If you think spice is nice, this red-hot chutney is for you. I love it with anything fried.

Makes 1 cup (300 grams).

**10 dried red chiles,
stemmed and seeded**

12 large cloves garlic

**2 teaspoons freshly
squeezed lemon juice**

**1 teaspoon tamarind
pulp 1 teaspoon sea salt**

**1 teaspoon ground
roasted cumin (page 32)**

1. Soak the chiles in 1½ cups (300 ml) water for 30 minutes. Drain in a colander.

2. Put the chiles and garlic in a food processor with the lemon juice, tamarind pulp, and ¼ cup (50 ml) water, and process to a fine paste.

3. Add the salt and cumin, and

process again. Transfer to a sterilized, airtight container and store in the refrigerator for up to 2 weeks.

Nariel Aur Dhaniya Ki Chatni

Coconut cilantro chutney

This delicious chutney, a staple from South India, is ready in minutes. It keeps well in the fridge for up to a week. Serve it with *dosas* (page 122), *idlis* (page 120), or even *rotis* (page 18).

Makes 1 ½ cups (450 grams).

**1 cup (120 grams)
grated fresh coconut (or
frozen unsweetened
coconut)**

**3 green chiles, stemmed
and chopped**

**$\frac{1}{4}$ cup (75 grams) dry-
roasted *chana dal* (split
Bengal gram)**

**$\frac{1}{2}$ small bunch fresh
cilantro, roughly chopped**

**$\frac{1}{2}$ -inch (1-cm) piece
fresh ginger, chopped**

**$\frac{1}{2}$ tablespoon freshly
squeezed lemon juice**

$\frac{1}{2}$ teaspoon sugar

$\frac{3}{4}$ teaspoon table salt

1 teaspoon vegetable oil
¼ teaspoon brown
mustard seeds

½ teaspoon *dhuli urad*
***dal* (split skinless black**
gram)

Pinch of asafetida

5 fresh curry leaves

1. Put the coconut, chiles, *chana dal*, cilantro, ginger, and ½ cup (100 ml) water in a food processor, and process to a paste. Add the lemon juice, sugar, and salt, and process again. Transfer to a serving bowl.

2. Place a small sauté pan over medium heat and add the oil. When small bubbles appear at the

bottom of the pan, add the mustard seeds. When they begin to sputter, add the *dhuli urad dal* and sauté for 30 seconds or until lightly browned. Add the asafetida and curry leaves, and immediately pour the tempering over the chutney. Stir well and serve, or let cool completely and store in a sterilized, airtight container in the refrigerator for up to 2 days.

Hirvi Mirchi Cha

Thecha

Spicy green-chile chutney

This rustic accompaniment from the state of Maharashtra is

neither a chutney nor a pickle. It is best made fresh and in a stone mortar, but in our modern kitchens, a food processor does just fine. As the chiles are sautéed in oil, their heat is tamed somewhat. For variety, use different types of chiles. Serve with *bhakris* (page 453).

Makes $\frac{3}{4}$ cup (225 grams).

1 tablespoon vegetable oil

1 teaspoon cumin seeds

8 cloves garlic, crushed

8 or 9 green chiles, stemmed and chopped

2 tablespoons sesame

seeds

1 teaspoon sea salt

**2 tablespoons grated
fresh coconut (or frozen
unsweetened coconut)**

**1/4 medium bunch fresh
cilantro, chopped**

1. Place a medium nonstick sauté pan over medium heat and add the oil. When small bubbles appear at the bottom of the pan, add the cumin, garlic, and chiles, and sauté for 2 to 3 minutes.

2. Add the sesame seeds and sauté for 2 minutes. Add the sea salt, coconut, and cilantro, and cook for 3 to 4 minutes. Transfer the mixture to a plate and set aside

to cool.

3. Transfer to a mortar and pound to a coarse paste with a pestle, or process in a food processor. Store in a sterilized, airtight container in the refrigerator. It will last for up to 1 week.

Keerai Chutney

Spinach chutney

Use fresh spinach to make this chutney. It has a certain palate-cleansing quality that remains true to the spinach's character. Serve the chutney with steamed rice.

Makes 1 cup (300 grams).

1 teaspoon vegetable oil
1 tablespoon *dhuli urad dal* (split skinless black gram)

1 tablespoon *chana dal* (split Bengal gram)

4 dried red chiles, stemmed

¼ teaspoon asafetida

1 medium red onion, finely chopped

1 large tomato, finely chopped

2 green chiles, stemmed and chopped

1 medium bunch spinach, roughly chopped

**¼ cup (20 grams)
grated fresh coconut (or
frozen unsweetened
coconut)**

**2 teaspoons tamarind
pulp**

1 teaspoon table salt

1. Place a nonstick wok over medium heat and add the oil. Add the *dals* and cook for 1 to 2 minutes or until golden brown.

2. Add the red chiles, asafetida, onion, tomato, and green chiles. Cook for 5 minutes.

3. Add the spinach, coconut, tamarind pulp, and salt. Stir well and cook for 2 to 3 minutes. Set aside to cool.

4. Transfer to a food processor and process to a fine paste.

5. Transfer to a serving bowl and serve, or store in a sterilized, airtight container in the refrigerator for up to 2 days.

Kele Ki Chutney

Ripe-banana relish

Here the humble banana is transported to new heights with tamarind and jaggery, and the ground ginger adds still more interesting notes.

Makes 1½ cups (450 grams).

4 to 5 tablespoons (80 to 100 grams) tamarind pulp

½ cup (100 grams) grated cane jaggery

1 dried red chile, stemmed and broken in half

½ teaspoon ground ginger

½ teaspoon red chile powder

½ teaspoon ground roasted cumin (page 32)

1 teaspoon fennel seeds

½ teaspoon table salt

1 large ripe banana, peeled and cut into rounds

1. Place a nonstick saucepan over high heat. Add the tamarind

pulp, jaggery, and 2 cups (400 ml) water, and bring to a boil, stirring continuously.

2. Lower the heat to low, add the chile, ginger, chile powder, cumin, fennel, and salt, and cook for 15 to 20 minutes.

3. Add the banana. Cook for 4 to 5 minutes. Adjust the seasoning if necessary.

4. Let cool, then chill in the refrigerator and serve cold. Or, store in a sterilized, airtight container in the refrigerator for up to 2 days.

Khajur Ki Chutney

Date chutney

A Punjabi favorite, this chutney can be made in bulk and stored in the refrigerator, as the jaggery acts as a preservative. I like to serve this chutney (which I like to call India's ketchup) because it contains nutritious dates.

Makes 2½ cups (750 grams).

**9 ounces (250 grams)
dates, pitted and roughly
chopped**

**¼ cup (50 grams)
grated cane jaggery**

**½ teaspoon fennel seeds
½ teaspoon red chile
powder**

½ teaspoon black salt

2 bay leaves

4 whole cloves

2 black cardamom pods

**1 teaspoon ground
ginger**

**1 teaspoon ground
roasted cumin (page 32)**

**1 tablespoon ghee (page
37)**

½ teaspoon cumin seeds

1. Place a nonstick saucepan over medium heat and add the dates, jaggery, fennel, chile powder, black salt, bay leaves, cloves, cardamom, ginger, and ground cumin. Add 5 cups (1 liter) water and bring to a boil. Reduce the heat to low and cook for 20

minutes or until the mixture is thick.

2. Let cool to room temperature, then transfer to a food processor and process to a purée. Push through a fine strainer into a bowl and set aside.

3. Place a small nonstick sauté pan over medium heat and add the ghee. When small bubbles appear at the bottom of the pan, add the cumin seeds. When the seeds begin to change color, add this tempering to the chutney and stir.

4. Let cool and serve at room temperature, or store in a sterilized, airtight container in the refrigerator for up to 15 days.

Kharda

Green-chile relish

Traditionally, the chiles are ground in a mortar with a pestle. This relish is commonly made in the villages of Maharashtra, where it is eaten with *bhakri*, a type of thick Indian bread (page 453), and this makes a simple and unpretentious meal.

Makes 1 cup (300 grams).

1 tablespoon vegetable oil

1 teaspoon cumin seeds

20 green chiles, stemmed and roughly chopped

12 cloves garlic

**1 small bunch fresh
cilantro, roughly chopped**

1 teaspoon table salt

1. Place a nonstick sauté pan over medium heat and add the oil. Add the cumin seeds and when they begin to change color, add the chiles and garlic. Sauté for 1 minute, then add the cilantro and stir. Lower the heat to low, add the salt, cover, and cook for 2 to 3 minutes.

2. Soften the chiles by pressing them with the back of a wooden spoon. Let cool.

3. Transfer to a food processor and process to a coarse

paste. You should be able to see chile pieces. Store in a sterilized, airtight container in the refrigerator for up to 2 weeks.

Kolhapuri Dry Chutney

Spicy, hot, and flavorful chutney

Here, proper roasting of the individual spices is the most essential step. The roasting releases the aromatic oils and the blending gives this special chutney its authentic flavor. If you have leftover chutney, you can use it to make *kolhapuri sukka* lamb (page 378).

Makes 1 cup (300 grams).

2 tablespoons coriander seeds

1 tablespoon cumin seeds

1 tablespoon sesame seeds

½ tablespoon whole black peppercorns

½-inch (1-cm) cinnamon stick

5 whole cloves

1 teaspoon fennel seeds

20 cloves garlic, half left whole and half chopped

1 cup (60 grams) grated

dried coconut

**2 tablespoons vegetable
oil**

**1 medium red onion,
roughly chopped**

**1 cup (60 grams) finely
chopped fresh cilantro**

**¼ cup (35 grams) red
chile powder**

1 teaspoon table salt

1. Place a medium nonstick sauté pan over medium heat. One by one, add the coriander, cumin, sesame seeds, peppercorns, cinnamon, cloves, fennel, and whole garlic cloves, and dry-roast each for 1 minute or until fragrant. Transfer to a bowl and set aside to

cool.

2. In the same pan, dry-roast the coconut for 1 minute or until it turns reddish. Set it aside to cool.

3. Place a nonstick saucepan over medium heat and add the oil. When small bubbles appear at the bottom of the pan, lower the heat to low and add the onion, chopped garlic, and cilantro. Cook for 2 to 3 minutes or until well browned and crisp. Set aside to cool.

4. Combine all the ingredients from steps 1, 2, and 3, and process to a fine powder in a food processor. Stir in the chile powder and salt.

5. Transfer to a bowl and let

cool to room temperature. Serve, or store in a sterilized, airtight container in the refrigerator for up to 1 month.

Papaya Chutney

A ripe-papaya relish

When you have a lot of papaya in the house, bottle it up! I made this chutney one Sunday afternoon when the smell of ripening papaya hung heavily in our home. My daughters complained about the smell so I started cooking. Now they praise this chutney, and it has become a regular preserve on our table. This goes well spread on

bread.

Makes 3 ½ cups (1 kg).

1 pound (500 grams)

sugar

**1 large ripe papaya,
peeled, seeded, and thinly
sliced**

1 teaspoon table salt

**10 black peppercorns,
crushed**

**1 teaspoon roasted *kale
til* (black sesame seeds)**

**2 tablespoons *kakdi
magaz* (dried cucumber
seeds; page 588)**

**¼ cup (50 ml) malt
vinegar**

**1 tablespoon vegetable
oil**

1 teaspoon cumin seeds

**1-inch (2½-cm) piece
fresh ginger, chopped**

**1 large red onion,
peeled and cubed**

1. Place a nonstick saucepan over medium heat. Add the sugar and 1 cup (200 ml) water, and bring to boil. Cook for 5 to 7 minutes or until you get a thin syrup.

2. Add the papaya and salt, and cook for 5 to 6 minutes or until the syrup thickens.

3. Add the black peppercorns, *kale til*, and *kakdi magaz*, and cook, stirring continuously, for 1 to

2 minutes.

4. Remove the pan from the heat, add the malt vinegar, and stir. Set aside to cool.

5. Place a nonstick sauté pan over medium heat and add the oil. When small bubbles appear at the bottom of the pan, add the cumin seeds. When they begin to change color, add the ginger and onion, and sauté until the onions are translucent.

6. Add to the cooked papaya and stir.

7. Let cool and serve. Or, store in a sterilized, airtight container in the refrigerator for up to 15 days.

Tamatar aur Adrak Ki Chutney

Ginger-and-tomato chutney

Chutneys are fun to serve as a dip, and this one pairs particularly well with Indian lentil wafers or *papads*, which you can purchase at any Indian grocery store. I suggest buying *papads* that can be microwaved (as opposed to the ones that need to be deep-fried). Microwave one *papad* at a time, place on a platter, and serve with the chutney.

Makes 1½ cups (450

grams).

**1 tablespoon vegetable
oil**

**4 large ripe red
tomatoes, roughly chopped**

**3-inch (7½-cm) piece
fresh ginger, peeled**

**1 medium onion, finely
chopped**

**1 tablespoon sesame
seeds, roasted and ground**

**1 tablespoon peanuts,
roasted and ground**

**1 teaspoon cumin seeds,
ground**

**2 teaspoons red chile
powder**

**1 tablespoon grated
cane jaggery**

½ teaspoon table salt

**½ teaspoon black
mustard seeds**

**10 to 12 fresh curry
leaves**

1. Place a nonstick saucepan over medium heat and add 2 teaspoons of the oil. When small bubbles appear at the bottom of the pan, add the tomatoes, ginger, and onion. Stir and cook for 20 minutes or until the mixture is brown and homogenous. Remove from the heat and set aside to cool.

2. Add the sesame seeds, peanuts, cumin, chile powder,

jaggery, and salt, and stir. Transfer to a food processor and process to a smooth paste. Transfer to a bowl.

3. Place a small nonstick sauté pan over medium heat and add the remaining 1 teaspoon oil. When small bubbles appear at the bottom of the pan, add the mustard seeds and curry leaves. When the seeds begin to sputter, add this tempering to the chutney and stir.

4. Let cool completely and store in a sterilized, airtight container in the refrigerator for up to 2 weeks.

Cilantro Thokku

Fresh-cilantro relish

My colleagues who hail from Tamil Nadu claim this chutney is perfect with steamed rice and yogurt. And some insist that rice and *thokku* with ghee is also fantastic. This chutney can also be enjoyed with *roti* (page 18) or even with Western-style bread.

Makes 1 cup (300 grams).

**1 1/8; cup (250 grams)
roughly chopped fresh
cilantro**

1/2 cup (100 grams) *dhuli urad dal* (split skinless black gram)

**18 to 20 dried red
chiles, stemmed and broken**

4 teaspoons table salt
1/8; teaspoon asafetida
2 tablespoons tamarind
pulp

1. Wash the cilantro and drain. Spread out on an absorbent kitchen towel until the water has completely evaporated.

2. Place a nonstick sauté pan over medium heat. Add the *dal* and dry-roast for 5 minutes or until fragrant. Transfer to a plate.

3. Add the chiles to the same heated pan and dry-roast for 2 minutes. Return the *dal* to the pan, add the salt, asafetida, and cilantro, and sauté for 1 to 2 minutes or until fragrant.

4. Add the tamarind pulp and stir. Set aside to cool completely.

5. Transfer to a mini food processor and process until smooth.

6. Serve, or store in a sterilized, airtight container in the refrigerator for up to 1 week.

Gajar Gobhi

Shalgam Ka Achar

Punjabi-style winter-vegetable pickle

This pickle becomes more delicious as it ages and the flavors gain more depth. In Punjab, people in the city live in bungalows with kitchen gardens, and this pickle is a tribute to their gardens' winter

produce.

Makes 60 ounces (1.7 kg).

12 tablespoons filtered mustard oil (see Note page 87)

6 tablespoons coarsely ground ginger

$\frac{1}{4}$ cup coarsely ground garlic

$1\frac{1}{2}$ tablespoons mustard seeds, ground

$1\frac{1}{2}$ tablespoons red chile powder

$1\frac{1}{2}$ tablespoons *garam masala* (spice mix; page 27)

1 cup (200 grams)

grated cane jaggery

1½ to 2 tablespoons

table salt

1 pound (500 grams)

carrots, cut into 1½-inch (4-cm) pieces

1 pound (500 grams)

cauliflower, separated into medium florets

1 pound (500 grams)

turnips, peeled and cut into 1½-inch (4-cm) pieces

3 tablespoons malt

vinegar

1. Place a nonstick wok over medium heat and add the mustard oil. When small bubbles appear at the bottom of the wok, add the

ginger and garlic and sauté until light golden.

2. Add the mustard seeds, chile powder, and *garam masala* and sauté for 15 seconds. Add the jaggery and salt, and stir well.

3. Add the carrots, cauliflower, and turnips, stir, and cook for 3 to 4 minutes. Remove from the heat and set aside to cool completely.

4. Stir in the vinegar.

5. Store in sterilized, airtight containers. This pickle will keep for up to 1 year at room temperature.

Garlic Pickle

Sweet-and-sour garlic pickle

This pickle is made differently throughout India. Some cooks pickle the garlic whole. I find that it is rather overwhelming to ingest a whole clove of spiced garlic, so I use crushed garlic in my recipe. This pickle has a very strong character, but perking up the palate is the job of a good pickle.

Serves 4.

**3 cups (500 grams)
garlic cloves**
**2-inch (5-cm) piece
fresh ginger, peeled**
**1½ teaspoons black
mustard seeds**

**1 teaspoon fenugreek
seeds**

1 teaspoon cumin seeds

1½ cups (300 ml)

vegetable oil

1 teaspoon table salt

½ cup (120 grams)

tamarind pulp

1½ teaspoons red chile

powder

½ cup (100 grams)

grated cane jaggery

1. Peel, wash, and pat dry the garlic. Process half of the garlic with the ginger in a mini food processor and crush the remaining cloves.

2. Place a medium nonstick

sauté pan over medium heat and let it heat for 2 minutes. Add 1 teaspoon of the mustard seeds, the fenugreek, and cumin, and dry-roast for 2 minutes or until fragrant. Let cool, then grind to a coarse powder in a spice grinder.

3. Place a nonstick saucepan over medium heat and add 1 cup (200 ml) of the oil. When small bubbles appear at the bottom of the pan, add the remaining $\frac{1}{2}$ teaspoon mustard seeds and the crushed garlic. Lower the heat to low and cook for 3 to 4 minutes.

4. Increase the heat to high, add the salt, the roasted and ground spices, and the tamarind pulp, and

cook for 5 to 6 minutes.

5. Add the chile powder, garlic-ginger paste, and jaggery, and cook over medium heat for 1 minute or until the jaggery is dissolved.

6. Add the remaining $\frac{1}{2}$ cup (100 ml) oil and cook until the pickle thickens a bit.

7. Let cool, then transfer to a dry, sterilized, airtight container and store in a cool, dry place for up to 3 months.

Ginger Pesarel

Ginger pickle

This is a terrific treat for

ginger lovers. Use young rhizomes for this pickle, as woody ginger will not taste the same.

Makes ½ cup (150 grams).

12-inch (30-cm) piece fresh ginger

¼ cup (50 ml) vegetable oil

1 tablespoon (40 grams) black mustard seeds

½ teaspoon asafetida

1 teaspoon table salt

6 green chiles, stemmed and slit

2 tablespoons freshly squeezed lemon juice

1. Wash and peel the ginger.

Pat dry with an absorbent cloth and finely julienne.

2. Place a nonstick sauté pan over medium heat and add the oil. When small bubbles appear at the bottom of the pan, add the mustard seeds. When they begin to sputter, add the asafetida and salt.

3. Stir in the ginger and chiles, toss well, and cook for 2 to 3 minutes.

4. Remove from the heat and drizzle with the lemon juice; stir well. Set aside for 1 hour before serving. The pickle can be stored in a sterilized, airtight container in the refrigerator for up to 6 days.

Sour and Spicy

Eggplant Pickle

Eggplant spread

I use this pickle more like a sandwich spread than a relish. I prefer to use eggplants that are lightweight for their size and have small round marks at the bottom, because the ones that are heavy and have oval marks are likely to have more seeds.

Makes 1½ cups (450 grams).

2-inch (5-cm) piece fresh ginger, peeled

4 cloves garlic

1½ cups plus 1

tablespoon (300 ml)

vegetable oil

**1/4 cup (50 grams) dried
red chiles, stemmed**

2 teaspoons cumin seeds

**2 teaspoons brown
mustard seeds**

**2 teaspoons fenugreek
seeds**

**4 small eggplants, each
cut into 8 pieces**

**1/4 cup (60 grams) table
salt**

**1 tablespoon tamarind
pulp**

**1 teaspoon ground
turmeric**

**1 cup (200 ml) distilled
white vinegar**

1. Put the ginger and garlic in a mini food processor, and process to a paste. Set aside in a small bowl.

2. Place a small nonstick sauté pan over medium heat and add 1 tablespoon of the oil. When small bubbles appear at the bottom of the pan, add the chiles and sauté for 2 minutes. Remove with a slotted spoon and drain on paper towels; set aside to cool.

3. Place the same pan with the remaining oil over medium heat. When small bubbles appear at the bottom of the pan, add the cumin,

mustard seeds, and fenugreek, and sauté for 2 minutes or until fragrant. Drain the oil using a small sieve and save the spices. Set aside to cool.

4. Add the ginger-garlic paste to the remaining hot oil in the pan and sauté for 1 minute.

5. Transfer the chiles and the sautéed spices to a spice grinder and grind to a powder. Set aside in a small bowl.

6. Place a nonstick wok over high heat and add 1¼ cups (250 ml) of the remaining oil. When small bubbles appear at the bottom of the wok, slide in the eggplant and cook for 6 to 7 minutes or until golden.

Remove with a slotted spoon and place in a bowl. Add the salt, tamarind pulp, turmeric, ground sautéed spices, sautéed ginger-garlic paste, and vinegar, and stir.

7. Place a nonstick sauté pan over high heat and add the remaining $\frac{1}{4}$ cup (50 ml) oil. Heat until warmed through. Add to the bowl with the eggplant mixture. Stir well.

8. Let the pickle cool to room temperature before serving, or transfer to a sterilized, airtight container and store in a cool, dry place for up to 2 months.

Kachche Papite Ka

Morabba

A sweet relish of green papaya

Morabbas are sweet preserves that are made using either fruits or vegetables. Carrot *morabba* and *amla* (Indian gooseberry) *morabba* are readily available in Indian grocery stores, but until some enterprising individual mass-produces this special green-papaya *morabba*, it will have to be made at home.

Makes 1 cup (300 grams).

**9 ounces (250 grams)
green papaya, cut into 1-inch**

(2½-cm) cubes

1¼ cups (250 grams)

sugar

Pinch of citric acid

**1 teaspoon roasted
magaz (melon seeds;
optional)**

1. Wash the papaya and drain well in a colander. Prick the cubes all over with a fork and set aside.

2. Place a nonstick saucepan over high heat and add 5 cups (1 liter) water. When the water comes to a boil, add the papaya and cook for 18 minutes or until soft. Drain and set aside.

3. Place a nonstick saucepan over medium heat and add 1 cup

(200 ml) water and the sugar. Cook, stirring, until the sugar dissolves. Add the citric acid, stir, and cook for 5 minutes.

4. Add the papaya and stir. Cook for 2 to 3 minutes or until thick and syrupy.

5. Add the melon seeds and remove from the heat. Let cool completely, then store in a sterilized, airtight container in the refrigerator for up to 3 weeks.

Papaya Ki Launj

Green papaya chutney

This intriguing combination of seeds transforms something as

simple as raw papaya into an interesting chutney. This chutney pairs well with Indian breads like *paratha* (page 18) and *thepla* (page 465).

Makes 2½ cups (750 grams).

11 ounces (300 grams) green papaya, peeled and seeded

1 tablespoon ghee (page 37)

Pinch of asafetida

¼ teaspoon *kalonji* (nigella; see Note page 231)

½ teaspoon black mustard seeds

½ teaspoon cumin seeds

5 or 6 whole cloves
1 teaspoon red chile powder
½ teaspoon ground turmeric
½ cup (100 grams) sugar
½ teaspoon table salt
1 teaspoon anise seeds, coarsely ground

1. Thinly slice the papaya.
2. Place a medium nonstick saucepan over high heat and add 1½ cups (300 ml) water. As the water starts to boil, lower the heat to medium, add the papaya, and cook for 4 to 5 minutes. Drain and set aside.

3. Place a nonstick saucepan over medium heat and add the ghee. When small bubbles appear at the bottom of the pan, lower the heat to low, add the asafetida, *kalonji*, mustard seeds, cumin, cloves, chile powder, and turmeric, and cook until the seeds sputter.

4. Add 2 cups (400 ml) water and stir. Add the sugar and stir until it dissolves. Continue to cook until syrupy. Add the salt and cook for 4 to 5 minutes.

5. Add the papaya and cook for 10 minutes or until the papaya is tender.

6. Add the anise and stir.

7. Let cool completely, then

store in a sterilized, airtight container the refrigerator for up to 15 days.

Food for Fasts and Festivals

Indian culture is a tapestry woven out of many diverse communities and faiths. People pray to many gods, and every religion has its own set of rules and rituals that govern prayers and eating habits.

This is a special section of recipes for fasting days, when the use of certain cereals, pulses, and greens is not allowed. It is heartening to know that a day of fasting becomes a day of feasting on unusual delights such as these. A *sabudana thalipeeth* (page 540) is a filling meal, especially when followed by a lovely

dessert of *dudhi halwa*
(page 544) or *kaju katli*
(page 546).

Kele Wafers

Banana wafers

During my trips to Cochin, in South India, I make a point of visiting the street carts where the locals fry banana wafers in coconut oil. It's a wonderful experience watching these being made and seeing the pale banana slices change to bright yellow as they're fried—but eating them absolutely fresh is even better!

Nendra bananas are big yellow-skinned bananas, a speciality of coastal Kerala. They're hard to find in the United

States, but you can substitute green plantains.

Makes about 2 cups (400 grams). 1 tablespoon vegetable oil

4 medium raw *nendra* bananas or green plantains

1 quart (800 ml) coconut oil (see Note)

4 teaspoons table salt

1. Grease your palms with a little vegetable oil. This makes it easy to handle and peel the raw bananas (since the skin of these bananas oozes a resin). Peel all the bananas with a vegetable peeler and set aside.

2. Place a nonstick wok over

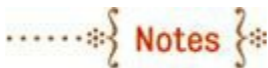
high heat and add the coconut oil. When small bubbles appear at the bottom of the wok, lower the heat to medium. Holding a good-quality, heat-resistant vegetable slicer over the hot oil, thinly slice 1 banana directly into the fryer. Fry until the wafers become light yellow.

3. Put 1 tablespoon water in a small bowl, add 1 teaspoon salt, and stir to dissolve the salt. Sprinkle over the oil and wait until the water evaporates.

4. Remove the wafers with a slotted spoon and drain on paper towels.

5. Repeat steps 3 and 4 for the remaining 3 bananas.

6. Transfer the wafers onto another plate and serve hot. Or let cool to room temperature and store in an airtight container. These will keep for 1 week.



If you do not like the flavor of coconut oil, you can use any other oil instead; the flavor will be different but still good.

Rajgire Ka Thepla

Bread made of *rajgira* cereal, especially for fasts

As wheat is verboten during fasting in India, breads such as *rotis* and *parathas* are off limits.

But *rajgira* flour solves the problem. The flour is gluten free and so the dough is rather delicate, but the addition of mashed potatoes helps tremendously. Make the breads 1/8 inch (3 to 4 mm) thick, and serve them with a bowl of plain yogurt.

Makes 12.

3 cups (400 grams)
***rajgira atta* (see Note)**
1½ teaspoons black salt
1-inch (2½-cm) piece
fresh ginger, grated
1 teaspoon white
sesame seeds
2 green chiles, stemmed
and chopped

**2 medium potatoes,
boiled, peeled, and mashed**

**2 tablespoons plain
yogurt**

**7 tablespoons ghee
(page 37)**

**2 tablespoons chopped
fresh cilantro**

1. Put $2\frac{1}{2}$ cups of the *rajgira* *atta* in a bowl. Add the black salt, ginger, sesame seeds, and chiles, and stir. Add the potatoes, yogurt, 3 tablespoons of the ghee, and the cilantro, and stir. Add $\frac{1}{2}$ cup (100 ml) water and knead to make a semisoft dough. Cover and set aside for 30 minutes.

2. Divide the dough into 12

portions and shape into balls. Dust each ball with some of the remaining *rajgira atta* and pat into a 5-inch (12½-cm) round.

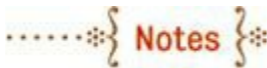
3. Place a nonstick griddle over medium heat. Let it heat for 2 to 3 minutes, then place a dough round on it. Cook for 1 minute, then flip with a spatula and cook the other side for 1 minute.

4. Drizzle ½ teaspoon of the remaining ghee all around and cook until it is light golden and crisp around the edges. Flip again and drizzle ½ teaspoon ghee around it. Cook until the second side is light golden and crisp around the edges.

5. Transfer to a serving plate

and repeat with the remaining dough rounds.

6. Serve hot.



Rajgira atta is flour made from the seeds of the amaranth plant. It is gluten free and rich in lysine, an essential amino acid that is hard to find in vegetarian protein sources.

Sabudana Khichdi

Spicy sago dish

There are many versions of this snack, but the most interesting one is sold at roadside carts in Indore, a bustling business center in the heart of Madhya Pradesh. You

buy the plain cooked sago by weight and then top it with lemon juice and crunchy fried peanuts.

Serves 4.

1½ cups (300 grams)

sago

**3 tablespoons ghee
(page 37)**

1 teaspoon cumin seeds

**4 or 5 green chiles,
stemmed and broken into 4
pieces**

**1 medium potato,
boiled, peeled, and cut into
½-inch (1-cm) cubes**

**3 tablespoons grated
fresh coconut (or frozen
unsweetened coconut)**

**$\frac{3}{4}$ cup (110 grams)
roasted peanuts, coarsely
chopped**

1 teaspoon table salt

1 teaspoon sugar

**2 tablespoons chopped
fresh cilantro**

1. Put the sago in a large bowl, wash it in plenty of water 2 or 3 times, and drain. Add $1\frac{1}{2}$ cups (300 ml) water and soak for 3 to 4 hours; after 2 hours, stir once. The sago grains should be separate and moist.

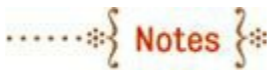
2. Place a medium nonstick sauté pan over medium heat and add the ghee. When the ghee melts and small bubbles appear at the

bottom of the pan, add the cumin and chiles. When the cumin seeds begin to change color, add the potato and cook for 1 minute.

3. Add the sago, coconut, and peanuts, and cook for 4 to 5 minutes, stirring well.

4. Add the salt and sugar, and stir gently. Remove from the heat.

5. Sprinkle with the cilantro and serve hot.



Sago, or tapioca pearls, are made from the starch extracted from sago palm trees. In India, it is a very popular ingredient.

Sabudana

Thalipeeth

Maharashtrian-style sago snack

The Navratri fasts (which precede the festival of Dassera in India) allow for the consumption of sago, potatoes, peanuts, and coconut, and this rich bread, served with any chutney, is filling—a good choice for those who are eating only one meal a day.

Serves 4.

½ cup (100 grams) sago

¼ cup (40 grams)

roasted peanuts

**1 medium potato,
boiled, peeled, and mashed;**

**1 medium raw potato,
peeled and grated**

**3 green chiles, stemmed
and chopped**

**¼ teaspoon red chile
powder**

**2 tablespoons chopped
fresh cilantro**

**¼ cup (45 grams) sago
flour**

1 teaspoon table salt

1 teaspoon vegetable oil

1 teaspoon ghee (page

37)

1. Put the sago in a large bowl, add 1 cup (200 ml) water (almost enough to cover it), and soak for about 2 hours. Drain in a

colander.

2. Put the peanuts in a spice grinder and grind coarsely. Transfer to a large bowl and add the drained sago, peanuts, mashed and raw potatoes, chiles, chile powder, cilantro, sago flour, and salt, and stir thoroughly.

3. Divide into 4 portions and shape into balls.

4. Grease a thick plastic or polyethylene sheet with $\frac{1}{4}$ teaspoon oil and place one sago ball on it. Flatten the ball into a thick 6-inch (15-cm) round with moistened or greased fingers.

5. Place a nonstick griddle over medium heat and add $\frac{1}{4}$

teaspoon of the ghee.

6. Gently transfer the sago round onto the griddle and peel the plastic off. Cook, turning, until evenly golden brown on both sides. Repeat with the remaining sago balls and ghee.

7. Serve immediately.

Sabudana Vadas

Sago snacks

Here sago is combined with mashed potatoes and fried in oil. The outside is golden and crisp while the inside is soft and moist. Typically, it is served with coconut chutney. If you want to serve this as

an appetizer, make smaller balls and serve them with toothpicks. Have a tomato sauce or dip ready.

Makes 16.

1 cup (200 grams) sago

½ cup (75 grams)

roasted peanuts

1-inch (2½-cm) piece

fresh ginger

**3 green chiles, stemmed
and chopped**

**3 medium potatoes,
boiled, peeled, and mashed**

**2 tablespoons chopped
fresh cilantro**

**1 tablespoon freshly
squeezed lemon juice**

2 teaspoons table salt

1 quart (800 ml)

vegetable oil

1. Put the sago in a large bowl, add 2 cups (400 ml) water (almost enough to cover it), and soak for about 2 hours. Drain in a colander.

2. Put the peanuts in a spice grinder and grind coarsely. Transfer to a large bowl and set aside.

3. Place the ginger and chiles in a spice grinder, add 2 tablespoons water, and grind to a paste. Add to the peanuts, along with the drained sago, potatoes, cilantro, lemon juice, and salt, and stir well. Divide into 16 portions and shape into balls. Flatten

slightly between your palms to make *vadas*.

4. Place a nonstick wok over high heat and add the oil. When small bubbles appear at the bottom of the wok, lower the heat to medium and gently slide in 4 *vadas* at a time. Cook, turning a few times with a slotted spoon, until golden brown and crisp all over. Remove with the slotted spoon and drain on paper towels.

5. Serve immediately.

Vrat Ki Kadhi

Water chestnut-flour curry

This unusual dish, prepared

with water chestnut flour, is served during periods of fasting in India. You can find the flour at your local Indian grocery store.

Serves 4.

2 tablespoons *singhare ka atta* (water chestnut flour)

$\frac{1}{4}$ teaspoon black salt

1 teaspoon red chile powder

$\frac{1}{4}$ teaspoon ground cinnamon

$1\frac{3}{4}$ cups (440 grams) plain yogurt, whisked

**2 tablespoons ghee
(page 37)**

1 teaspoon cumin seeds

**3 dried red chiles,
stemmed and broken in half
10 to 12 fresh curry
leaves
½ teaspoon sugar
1 teaspoon table salt
1 tablespoon chopped
fresh cilantro**

1. Put the *singhare ka atta* in a large bowl. Add the black salt, chile powder, cinnamon, and yogurt, and whisk until well blended. Add 1 quart (800 ml) water and whisk again. Set aside.

2. Place a medium nonstick saucepan over medium heat and add the ghee. When small bubbles appear at the bottom of the pan, add

the cumin seeds, chiles, and curry leaves. Sauté until the cumin seeds begin to change color. Add the yogurt mixture and cook until the mixture is slightly thick.

3. Add the sugar and table salt, and stir. Lower the heat to low and simmer for 2 minutes.

4. Remove from the heat and transfer to a serving bowl. Garnish with the cilantro and serve immediately.

Badam Doodh

Almond milk

This rich milk gets its character from the almonds and

spices used to flavor it. Be sure to use the best-quality almonds that you can find for this warm drink.

Makes 4 cups.

40 almonds

5 cups (1 liter) milk

Generous pinch of saffron threads

$\frac{1}{2}$ teaspoon ground green cardamom (see Note page 559)

Pinch of freshly grated nutmeg

$\frac{1}{2}$ cup (100 grams) sugar

1. Soak the almonds in 2 cups (400 ml) boiling water for 5 to 10 minutes. Drain, then rub off the

skins. Slice 15 of them and set aside. Put the remaining almonds in a food processor, and process to a paste.

2. Place a nonstick saucepan over high heat and add the milk. When it comes to a boil, lower heat to medium, add the almond paste, and simmer over low heat for 15 to 20 minutes.

3. Add the saffron, cardamom, and nutmeg, and stir. Add the sugar and stir until it dissolves.

4. Remove from the heat and pour into individual heatproof glasses. Garnish with the sliced almonds and serve hot.

Badam Halwa

Rich almond pudding with saffron

It's delicious, I'll admit, especially on a cold winter evening, but this pudding is absolutely laden with fat! Do try it, but eat only a very small portion if you are watching your calories.

Serves 4.

**1½ cups (150 grams)
almonds**

10 cups (2 liters) milk

**¾ cup (175 ml) ghee
(page 37)**

1 cup (200 grams) sugar

8 to 10 saffron threads

1. Place a nonstick saucepan over high heat. Add 3 cups (600

ml) water and bring to a boil. Add $\frac{3}{4}$ cup (75 grams) of the almonds and bring to a rolling boil. Remove from the heat and set aside for 5 minutes. Drain well, then rub off the skins.

2. Transfer the blanched and unblanched almonds to a food processor, and process coarsely.

3. Place the saucepan over high heat. Add the milk and bring to a boil, stirring continuously. Lower the heat to medium and cook, stirring continuously, until the milk is reduced by three quarters. Set aside.

4. Place another nonstick saucepan over medium heat and

add the ghee. When small bubbles appear at the bottom of the pan, add the ground almonds and lower the heat to low. Sauté for 5 minutes or until lightly browned.

5. Add the sugar, reduced milk, and saffron, and cook for 20 minutes or until all the liquid is absorbed and the mixture thickens. Serve warm.

Dudhi Halwa

Bottle gourd sweet

Dudhi halwa always seems to be overshadowed in India by the popularity of *gajar halwa* (page 563), a dessert prepared with

carrots. But not anymore! This *halwa* does not require as much cooking time as *gajar halwa* and is also an allowed food on fasting days in India. I like the way my mother-in-law sets it in a flat dish until it solidifies and then cuts it into neat squares and serves it with style.

Serves 4.

1 medium bottle gourd

3 cups (600 ml) milk

3 tablespoon ghee (page 37)

$\frac{1}{2}$ cup (100 grams)

sugar

1 teaspoon ground

**green cardamom (see Note
page 559)**

10 raisins

10 almonds, chopped

5 cashews, chopped

5 pistachios, chopped

1. Peel and halve the bottle gourd and scrape out the seeds. Grate it finely and transfer to a bowl.

2. Place a nonstick saucepan over medium heat, add the milk, and cook for 8 to 10 minutes or until it is reduced to about 2 cups (400 ml).

3. Place another nonstick saucepan over medium heat and add the ghee. When the ghee melts and small bubbles appear at the bottom of the pan, add the grated

gourd and sauté for 12 to 15 minutes.

4. Add the reduced milk and cook, stirring continuously, for 10 minutes or until all the excess liquid has evaporated.

5. Add the sugar and cardamom. Stir well and remove from the heat.

6. Garnish with the raisins, almonds, cashews, and pistachios, and serve hot or at room temperature.

Kaju Katli

A nutty and flavorful sweet with cashews

Katli means “a thin layer.”

The best *kaju katli* will be the one that is $\frac{1}{4}$ inch (4 to 5 mm) in thickness, and expert *halwais* (cooks skilled in making Indian sweetmeats) think nothing about rolling it out that thin. Homemade *kaju katli* is strongly cashew flavored, but since cashews are expensive, commercial makers sometimes use cashew essence and solidified milk products to fortify it.

Makes 20.

1 $\frac{1}{3}$; cups (275 grams)

sugar

2 tablespoons liquid

glucose

1 $\frac{1}{2}$ tablespoons ghee

(page 37)

**4¼ cups (900 grams)
finely ground cashews**

***Chandi ka varq* (edible
silver foil; see page 188)**

1. Place a nonstick saucepan over medium heat. Add 1 1/3; cups (265 ml) water and the sugar, and cook for 12 minutes or until the syrup reaches 245°F/118°C, or until it has a multi-string consistency (see Note page 570).

2. Stir in the liquid glucose and ghee.

3. Remove from the heat and add the cashews, stirring continuously. Knead lightly to make a soft dough.

4. Grease an aluminum pan and spread the dough on it. Smooth the surface by pressing with your hands onto a sheet of waxed paper. Gently spread the silver *varq* over the top and cut the *kaju katli* into diamonds. Serve at room temperature.

5. Store in an airtight container for up to 2 days.

Indo-Chinese

China is a neighbor to most of the northeastern states of India, and much of its food culture has trickled down into the subcontinent. In fact, Chinese food is the most popular choice when Indians dine out. Indian cooks have begun to

experiment and create exotic foreign dishes. The strong Indian palate, however, means that many dishes are tweaked to suit our tastes. This has created a special category of fusion foods that have become so ubiquitous that it would not be unusual for *chile paneer* (page 549) and crunchy Chinese *bhel* (page 550) to make an

appearance at a traditional
Indian wedding feast.

Chicken Chow Mein

A chicken-and-noodle dish

A decade or so ago, it was fashionable in India to serve Indo-Chinese dishes at parties and wedding banquets. Things are changing now as the Indian palate moves on to Indo-Mexican, Indo-Italian, and so on. But chicken chow mein remains a favorite dish on many restaurant menus and at many parties.

Serves 4.

1 teaspoon table salt

¼ cup (50 ml) vegetable

oil

**7 ounces (200 grams)
egg noodles (spaghetti
shaped)**

**8 baby corn cobs,
halved lengthwise**

1 large egg, beaten

**2 or 3 cloves garlic,
sliced**

**1-inch (2½-cm) piece
fresh ginger, chopped**

**1 medium red onion,
sliced**

**6 fresh button
mushrooms, halved**

**1 medium red bell
pepper, seeded and julienned**

1 (4-ounce/125 gram)

**boneless, skinless chicken
breast, cooked and shredded**
**2 teaspoons light soy
sauce 1 teaspoon sesame oil**
**1 tablespoon toasted
sesame seeds**

1. Place a nonstick saucepan over medium heat, add 6 cups (1.2 liters) water, $\frac{1}{2}$ teaspoon of the salt, and 1 tablespoon of the vegetable oil, and bring to a boil. Add the noodles and cook for 8 minutes or until almost done. Drain in a colander. Refresh in cold water, drain again, and spread on a large plate to cool.

2. Place a nonstick saucepan over medium heat, add 1 cup (200

ml) water, and bring to a boil. Add the baby corn and blanch for 2 minutes. Drain in a colander, refresh in cold water, drain again, and set aside.

3. Place a nonstick sauté pan over medium heat and add 1 teaspoon of the oil. Add the egg and stir to scramble it. When it is set, transfer to a small bowl and set aside.

4. Place a nonstick wok over medium heat and add the remaining vegetable oil. When small bubbles appear at the bottom of the wok, add the garlic, ginger, and onion, and sauté for 2 to 3 minutes.

5. Add the baby corn,

mushrooms, and bell pepper, and sauté for 2 to 3 minutes. Add the chicken and sauté for 1 minute. Add the soy sauce and remaining $\frac{1}{2}$ teaspoon salt, and stir well.

6. Add the noodles and sesame oil, and toss. Add the scrambled egg and toss again. Lower the heat to low and cook for 2 to 3 minutes or until the noodles are heated through.

7. Transfer to a serving bowl. Garnish with the sesame seeds and serve hot.

Chile Chana

Chickpeas cooked in a Chinese sauce

I created this on a Sunday when the kids wanted something different—something that happens a lot, let me tell you! Thinking quickly, I turned some chickpeas into a special Indo-Chinese dish and served it with steamed rice. The kids were happy, and so was I.

Serves 4.

**2 tablespoons vegetable
oil**

**2-inch (5-cm) piece
fresh ginger, chopped**

**3 or 4 cloves garlic,
crushed**

**1 medium red onion,
sliced**

3 or 4 green chiles,

stemmed and sliced

2 medium green bell peppers, seeded and julienned

½ teaspoon red chile powder

1 teaspoon red chile paste

1 tablespoon soy sauce

½ teaspoon table salt

2 cups (300 grams)

cooked chickpeas

1. Place a nonstick wok over medium heat and add the oil. When small bubbles appear at the bottom of the wok, add the ginger and garlic, and sauté for 1 to 2 minutes or until lightly browned.

2. Add the onion, chiles, and bell peppers, and sauté for 3 to 4 minutes. Add the chile powder and chile paste, and sauté for 30 seconds. Add 2 tablespoons water and the soy sauce. Stir well and add the salt.

3. Add the chickpeas and stir. Sauté for 4 to 5 minutes.

4. Serve hot.

Chile Paneer

Paneer cooked the Chinese way

Steamed rice is the best partner for this dish, a lovely mix of Indian and Chinese styles of cooking. You can replace the

paneer with tofu, but if you do, skip steps 1 and 2. If you want to serve this as a starter, decrease the amount of stock so that there is no extra sauce.

Serves 4.

11 ounces (300 grams)
paneer (pressed fresh
cheese; page 17), cut into 1-
inch (2½-cm) fingers

3 **tablespoons**
cornstarch

1 quart (800 ml) plus 2
tablespoons vegetable oil

3 or 4 cloves garlic,
crushed

1 medium red onion,
halved and thickly sliced

2 medium green bell peppers, seeded and cut into thick strips

6 to 8 green chiles, stemmed and sliced

1 cup (200 ml) vegetable stock

$\frac{3}{4}$ teaspoon table salt

2 tablespoons soy sauce

1. Put the *paneer* in a bowl and sprinkle with 1 tablespoon of the cornstarch. Toss gently to coat.

2. Place a medium nonstick wok over high heat and add 1 quart (800 ml) oil. When small bubbles appear at the bottom of the wok, lower the heat to medium, add the *paneer*, and cook for 1 minute or

until the edges start to turn brown. Remove with a slotted spoon and drain on paper towels.

3. Place the remaining 2 tablespoons cornstarch in a small bowl and add $\frac{1}{2}$ cup (100 ml) water. Whisk well and set aside.

4. Place a nonstick wok over medium heat and add 2 tablespoons oil. When small bubbles appear at the bottom of the wok, add the garlic and sauté for 30 seconds.

5. Add the onion, bell peppers, and chiles, and sauté for 2 to 3 minutes.

6. Add the *paneer* and stir in the stock. Add the salt and soy sauce, and stir.

7. Add the cornstarch mixture and cook over high heat, stirring, until the sauce is thick enough to coat the *paneer* and vegetables.

8. Serve immediately.

Chinese Bhel

A popular street food with an Indo-Chinese treatment

I call this the “scrunch, munch, and it’s gone” *bhel*. No matter how large a serving I make for friends, it’s gone in no time. It is rather difficult to trace the origin of any Indo-Chinese dish, but kudos to the unknown inventor of this tasty dish. I use noodles without eggs because they fry better than egg noodles.

Serves 4.

**7 ounces (200 grams)
eggless noodles**

**1 quart (800 ml) plus 1
tablespoon vegetable oil**

1¼ teaspoons table salt

**3 scallions, bulbs and
greens sliced separately**

**½ cup (70 grams) bean
sprouts**

**¼ cup (40 grams)
roasted peanuts, crushed**

**2 tablespoons Sichuan
sauce (page 23)**

2 tablespoons ketchup

1. Place a nonstick wok over medium heat and add 6 to 8 cups (1.2 to 1.6 liters) water, 1

tablespoon oil, and 1 teaspoon of the salt. Bring to a boil, add the noodles, and cook for 7 to 8 minutes or until almost done. Drain, refresh in cold water, drain again, and spread on a large plate to cool.

2. Place a nonstick wok over medium heat and add 1 quart (800 ml) oil. When small bubbles appear at the bottom of the wok, gently slide in the noodles in small batches and cook for 5 to 6 minutes or until crisp and golden brown. Remove with a slotted spoon and drain on paper towels. Set aside to cool.

3. Crush the noodles lightly and put them in a bowl. Add the

scallion bulbs, bean sprouts, and peanuts, and toss well.

4. Add the Sichuan sauce and ketchup, and toss again. Taste and add the remaining $\frac{1}{4}$ teaspoon salt if needed.

5. Transfer to individual serving plates and garnish with the scallion tops. Serve immediately.

Spring Dosas

Lentil-and-rice pancakes with Sichuan sauce

Fusion food like this—a South Indian *dosa* filled with a Sichuan-style sauce—has taken the Indian street-food scene by storm.

Serves 4.

**2 tablespoons plus 2
teaspoons vegetable oil**

**1 medium red onion,
thinly sliced**

**2 medium carrots,
grated**

**1 medium green bell
pepper, seeded and julienned**

**1 cup (90 grams) finely
shredded cabbage**

**½ tablespoon light soy
sauce**

**½ teaspoon ground
white pepper**

**5 tablespoons Sichuan
sauce (page 23)**

1 teaspoon table salt

½ cup (70 grams) bean sprouts

½ cup (50 grams) finely chopped scallion greens

2 cups *dosa* batter (page 122)

2 teaspoons butter, softened

1. Place a nonstick wok over medium heat and add 2 tablespoons oil. When small bubbles appear at the bottom of the wok, add the onion, carrots, and bell pepper, and stir-fry for 30 seconds. Add the cabbage and stir-fry for 1 minute. Add the soy sauce, white pepper, 1 tablespoon of the Sichuan sauce, and the salt. Add the bean sprouts

and scallions, and stir-fry for about 30 seconds. Set the mixture aside to cool completely. Divide into 4 portions.

2. Place a nonstick griddle or flat sauté pan over medium heat. Wipe it clean with a lightly oiled cloth. Let it heat for 1 to 2 minutes. Pour $\frac{1}{4}$ cup of the *dosa* batter on the pan and spread it evenly with the back of the ladle to make a 9-inch (23-cm) disk. Drizzle $\frac{1}{2}$ teaspoon of the oil around the *dosa* and cook over low heat for 1 minute.

3. Spread 1 tablespoon of the Sichuan sauce over the *dosa*. Then spread $\frac{1}{2}$ teaspoon butter over it.

Place one portion of the filling on one side of the *dosa* and gently roll the *dosa* along with the filling. Cook until the roll is golden on all sides. Cut into pieces on the bias, repeat with the remaining batter and filling, and serve immediately.

Chicken Lollipops

Fried marinated chicken wings

In some restaurants red food coloring is added to this marinade to make the “lollipops” more attractive, but I choose not to use any additive. Serve them with Sichuan sauce (page 23) right after cooking, when the crust is still

crisp.

Serves 4.

24 whole chicken wings

**2 tablespoons fresh
garlic paste (page 12)**

**2 tablespoons fresh
ginger paste (page 12)**

**2 tablespoons red chile
paste (see Note page 13)**

**1 teaspoon light soy
sauce**

**1½ teaspoons distilled
white vinegar**

**½ teaspoon ground
white pepper**

1½ teaspoons table salt

¼ cup (30 grams) *maida*

**(refined flour) or pastry
flour**

$\frac{3}{4}$ cup (90 grams)

cornstarch

2 large eggs

**6 tablespoons plus 1
quart (800 ml) vegetable oil**

1. Cut off the wing tips (discard them or save them for stock). Cut the wings in half at the joint. Remove the thin bone from each flat section, and pull the flesh to one end of the thick bone to make a “lollipop.”

2. Put the chicken in a large bowl. Add the garlic paste, ginger paste, 1 teaspoon of the chile paste, the soy sauce, vinegar, white

pepper, and salt. Stir so that all the wings are well coated. Cover the bowl with plastic wrap and put it in the refrigerator to marinate for 2 hours.

3. Combine the *maida*, cornstarch, eggs, 6 tablespoons (90 ml) oil, and the remaining chile paste in a bowl, and whisk thoroughly with a wire whisk. Add 1 tablespoon water and whisk again to make a thick batter of pouring consistency. Let the batter rest for 15 to 20 minutes.

4. Place a nonstick wok over high heat and add 1 quart (800 ml) oil. When small bubbles appear at the bottom of the wok, lower the

heat to medium, dip the marinated wings in the batter, and gently slide them into the hot oil, a few at a time. Cook, turning frequently with a slotted spoon, for 3 to 4 minutes or until crisp and golden brown. Remove with the slotted spoon and drain on paper towels.

5. Serve hot.

Chicken

Manchurian

Chicken dumplings in a spicy Chinese-style sauce

This is one of the most popular dishes in the Indo-Chinese repertoire. Kids love it as much as adults do. It is typically served

with hot garlic fried rice (page 554).

Serves 4.

**8 ounces ground
chicken**

**½-inch (1-cm) piece
fresh ginger, minced**

5 cloves garlic, minced

**1 green chile, stemmed
and minced**

½ teaspoon table salt

1 large egg, whisked

**Pinch of ground white
pepper**

**1/3 cup (40 grams)
cornstarch**

**1 quart (800 ml)
vegetable oil**

~ For the Manchurian
sauce:

3 tablespoons
cornstarch

3 medium scallions with
green tops

1 tablespoon vegetable
oil

1-inch (2½-cm) piece
fresh ginger, minced

4 to 6 cloves garlic,
minced

1 green chile, stemmed
and minced

2-inch (5-cm) rib celery,
minced

2½ cups (500 ml)

chicken stock (page 34)

**1½ tablespoon dark soy
sauce**

1 teaspoon table salt

½ teaspoon sugar

**¼ teaspoon ground
white pepper**

**½ tablespoon white
vinegar**

1. Put the chicken in a bowl. Add the ginger, garlic, chile, salt, egg, white pepper, and cornstarch, and stir well. Divide into 12 portions and shape into balls.

2. Place a nonstick wok over high heat and add the oil. When small bubbles appear at the bottom of the wok, lower the heat to

medium and gently slide in the chicken balls. Cook, stirring gently with a slotted spoon, for 6 minutes or until lightly browned. Remove with the slotted spoon and drain on paper towels.

3. Make the Manchurian sauce: Put the cornstarch in a bowl. Add 1 cup (200 ml) water and whisk until well mixed. Set aside.

4. Finely chop the scallion bulbs and greens separately.

5. Place a nonstick saucepan over medium heat and add the oil. When small bubbles appear at the bottom of the pan, add the ginger, garlic, chile, and celery, and sauté for 30 seconds. Add the scallion

bulbs and sauté for 30 seconds. Add the stock, soy sauce, salt, and sugar. Stir well, add the white pepper, and stir again. When the mixture comes to a boil, add the cornstarch mixture and stir. Simmer for 3 to 4 minutes or until the sauce thickens. Add the vinegar and stir again.

6. Add the chicken balls and scallion greens, and simmer for 1 minute.

7. Serve hot.

Hot Garlic Fried

Rice

Spicy rice with garlic

This is a fine example of Indo-Chinese food, which is big business for restaurants in India—roadside eateries in particular. While a far cry from authentic Chinese, Indo-Chinese fusion has its own charms.

Serves 4.

- 1½ tablespoons**
- vegetable oil**
- 10 cloves garlic, finely**
- chopped**
- 6 scallions, bulbs sliced,**
- green tops minced**
- 1 medium carrot, diced**
- 1 medium green bell**
- pepper, seeded and diced**
- 2 teaspoons red chile**
- paste (see Note page 13)**

**2 dried red chiles,
stemmed and broken into 4
pieces**

1½ teaspoons table salt

1½ cups (300 grams)

raw rice, cooked and chilled

¼ teaspoon soy sauce

1 teaspoon white

vinegar

1. Place a medium nonstick sauté pan over medium heat and add the oil. When small bubbles appear at the bottom of the pan, add the garlic and stir-fry for 30 seconds. Add the scallion bulbs, carrot, bell pepper, chile paste, red chiles, and salt. Stir-fry over high heat for 3 minutes.

2. Add the rice, scallion tops, soy sauce, and vinegar, and stir-fry over high heat for 3 minutes.

3. Serve hot.

Sweets and *Mithais*

In India, sweets and *mithais* (milk-based desserts) are used as religious offerings and as a way to show hospitality. They are made and served to celebrate auspicious occasions, such as the birth of a baby, receiving an excellent grade at

school, or getting a new job. If you meet someone in India who is celebrating something, it is likely you will be told “muh *meetha kijiye*” (have a sweet).

Anaarase

Rice-and-cane jaggery sweets with poppy seeds

This is an exotic cookie that is quite labor intensive to make. *Anaarase* is a traditional sweet made by Maharashtrians for Laxmi Puja (a special prayer to Laxmi, the goddess of wealth) during the Diwali festival. It is also prepared in Karnataka with ready-made rice flour. Some tips: Do not make the *anaarase* too thin or they will be hard. And be sure you cook them with the poppy-seed side up so the seeds don't fall off.

Makes 16.

**1½ cups (250 grams)
short-grain rice**

**About 6 ounces (165
grams) grated cane jaggery**

**¼ cup (50 grams) white
poppy seeds**

**4½ cups (900 grams)
ghee (page 37)**

1. Wash and soak the rice in 1 quart (800 ml) water for 3 days, taking care to change the water daily. On the fourth day, drain the rice, spread on an absorbent towel, and let dry for 1 hour. Grind to a fine powder and weigh it; there should be about 6 ounces (175 grams).

2. Add an equal weight of

jaggery and stir. Let rest, covered, for 2 days, then knead it into a dough. Divide the dough into 16 portions and shape into balls.

3. Spread the poppy seeds on a plate. Roll out each ball to a 3-inch (7½-cm) round and press one side into the poppy seeds to coat.

4. Place a nonstick wok over medium heat and add the ghee. When the ghee melts and small bubbles appear at the bottom of the wok, lower the heat to low and gently slide in one round at a time, keeping the poppy seed-coated side up. Cook for 2 to 3 minutes without turning.

5. Remove with a slotted

spoon and drain on paper towels. Set aside to cool completely, then store in an airtight container for up to 1 week.

Balushahi

Deep-fried North Indian sweets

These round doughnutlike desserts are coated with a thick sugar syrup. I prefer to make them bite-size, but in *mithai* (sweet) shops you can expect to see large ones.

Makes 12.

**1½ cups (180 grams)
maida (refined flour) or
pastry flour**

¼ teaspoon baking soda
6 tablespoons plus 3
cups (675 grams) ghee (page
37), softened

6 tablespoons (115
grams) plain yogurt, whisked
until smooth

2½ cups (500 grams)
sugar

2 tablespoons milk

4 or 5 pistachios, finely
chopped

1. Sift the flour and baking soda into a large bowl. Add 6 tablespoons (75 grams) of the ghee and rub it into the flour mixture until it resembles bread crumbs. Add the yogurt and knead to make a

soft dough. Cover with a damp cloth and let rest for 45 minutes.

2. Divide the dough into 12 portions and shape into smooth balls. Take care not to overwork the dough. Make a slight dent in the center of each ball with your thumb. Keep the balls covered.

3. Place a nonstick wok over medium heat and add the 3 cups (600 grams) ghee. When the ghee melts and small bubbles appear at the bottom of the wok, lower the heat to low and gently slide in the dough balls, two or three at a time, and cook. If necessary, carefully place a griddle underneath the wok so that the ghee does not get too hot.

The *balushahis* will gradually start floating to the top. Turn them gently with a slotted spoon and cook on the other side until golden. The entire process will take 30 to 45 minutes. Remove with the slotted spoon and drain on paper towels. Set aside to cool to room temperature, about 45 minutes.

4. Place a nonstick saucepan over high heat and add 1 cup (200 ml) water. Add the sugar and cook, stirring occasionally, until the sugar dissolves. Add the milk; the scum will rise to the surface. Carefully scoop out the scum and discard. Continue to cook until the syrup reaches a two-string consistency

(see Note page 570).

5. Remove from the heat and add the cooled *balushahis*; soak them in the syrup for 2 hours.

6. Gently remove the *balushahis* from the syrup with a slotted spoon and place them on a serving plate. Sprinkle with the pistachios and set aside for 2 to 3 hours or until the syrup hardens into a thin white layer. Serve.

Badam Pista Kuli

Frozen dessert with almonds and pistachios

My earliest memories of *kulfi* (similar to ice cream) have always been about the traditional version

served with its faithful partner, *falooda* (thick vermicelli made of cornstarch, available at Indian groceries). For some strange reason, my elder brother, Rajeev, who isn't a chef but a strategy consultant, perfected the art of making *falooda* long before I did. You can serve this recipe with or without *falooda*, which you can purchase at the Indian grocery store.

Serves 4.

7½ cups (1.5 liters) milk

Pinch of saffron threads

1 can (400 grams)

sweetened condensed milk

¼ cup (35 grams)

almonds, coarsely ground

¼ cup (35 grams)

pistachios, coarsely ground

1 cup (150 grams)

grated *khoya/mawa*

(unsweetened solid

condensed milk; page 37)

(see Notes)

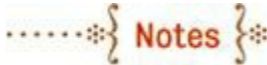
1. Place a nonstick saucepan over medium heat, add the milk, and bring to a boil. Add the saffron, lower the heat to low, and simmer for 30 minutes or until the milk is reduced by half.

2. Add the sweetened condensed milk, almonds, and pistachios, and stir well. Remove from the heat and set aside to cool

to room temperature.

3. Add the *khoya* and stir well. Pour into individual *kulfi* molds (see Notes) and place them in the freezer to set.

4. When firm, unmold and serve immediately.



You can use $\frac{3}{4}$ cup (100 grams) dry milk powder instead of the *khoya*. Some Indian stores now sell *khoya* in the refrigerated section.

Kulfi molds are available in Indian grocery stores. Or you can use ice-pop molds and sticks.

Besan Ke Laddoo

A very popular *besan* sweet

Diwali is a festival of lights and is celebrated with loads of sweets and savories that are all made at home. My wife, Alyona, makes these *laddoos* every year for this holiday.

Makes 24.

12 to 15 cashews

12 to 15 almonds

1¼ cups (225 grams)

ghee (page 37)

4 cups (400 grams) *jada besan* (coarse chickpea/gram flour)

1 teaspoon ground green cardamom (see Note)

**2½ cups (250 grams)
confectioners' sugar**

1. Put the cashews and almonds in a spice grinder, and coarsely grind them. Transfer to a large bowl and set aside.

2. Place a nonstick wok over medium heat and add the ghee. When the ghee melts, lower the heat to low and add the *besan*. Cook, stirring continuously, for 15 to 20 minutes or until the *besan* is fragrant and light brown.

3. Add the cardamom and ground nuts. Stir well, then remove from the heat. Let cool for about 15 minutes.

4. Add the confectioners'

sugar and stir well. You may use your hands to do this.

5. Shape into walnut-size round *laddoos* and arrange on a serving plate. Serve. Store leftover cooled *laddoos* in an airtight container in the refrigerator.

.....✿ { **Chef's Tip** } ✿

Laddoos that have been kept for a few days in the refrigerator should be warmed for 15 to 20 seconds in a microwave oven to soften and refresh them.

.....✿ { **Notes** } ✿

To grind cardamom for sweet dishes: Grind a few green cardamoms (whole pods) with a little sugar. You can

store the ground mixture in an airtight jar for use in sweet dishes and desserts.

Bhapa Doi

Bengali steamed yogurt

This is one of my favorite desserts—a traditional festive sweet, but one of the easiest to make when you're in a hurry. *Bhapa* in Bengali means “steamed.” And *doi* means “yogurt.”

Serves 4.

**1 can (400 grams)
sweetened condensed milk
1 cup (250 grams) thick**

plain yogurt, whisked

1 cup (200 ml) milk

15 raisins

**10 almonds, blanched
(see Note page 40) and
slivered**

**15 pistachios, blanched
(see Note page 40) and
slivered**

1. Put the sweetened condensed milk in a bowl. Add the yogurt and whisk. Add the milk and whisk again until well blended.

2. Add the raisins, almonds, and pistachios, and stir well.

3. Transfer to the top part of a steamer. Cover with aluminum foil and place the top on the steamer.

Place the steamer over high heat and add 2 cups (400 ml) water. When the water comes to a boil, place the container with the milk mixture in the steamer, cover, and steam for 20 to 25 minutes.

4. Remove from the steamer, remove the foil, and set aside to cool to room temperature. Place the *bhapa doi* in the refrigerator to chill. Slice and serve chilled.

Chhenar Payesh

Chhena-and-nut dessert

I adore this delicious, very easy dessert from the eastern Indian state of Bengal. You can find

chhena, a fresh cheese, at Indian grocery stores, or you can make it yourself as described in the Notes.

Serves 4.

5 cups (1 liter) milk

¼ cup (65 grams) sugar

**½ cup (50 grams) cow's
milk *chhena* (fresh cheese;
see Notes)**

**5 or 6 almonds,
blanched (see Note page 40)
and chopped**

**7 or 8 pistachios,
blanched (see Note page 40)
and chopped**

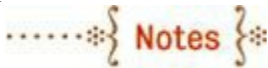
1. Place a nonstick saucepan over high heat and add the milk. When it comes to a boil, lower the

heat to medium and simmer, stirring frequently, for 20 minutes or until the milk is reduced by half.

2. Add the sugar and cook until it dissolves.

3. Mash the *chhena* in a bowl, then add it to the milk mixture. Simmer for 2 minutes. Transfer to a serving bowl and set aside to cool.

4. Sprinkle with the almonds and pistachios, and serve.



If cow's milk *chhena* is not available, *chhena* made from buffalo's milk is fine. I recommend *chhena* made from cow's milk because it is lower in fat.

To make *chhena*, put 2½ cups (500 ml) milk in a deep saucepan and bring it just to a boil. Squeeze the juice of 1 lemon into the milk and stir until it curdles. Drain away the whey and transfer the solids to a double layer of cheesecloth. Weight it down with a plate and something heavy so that all the excess liquid is drained away. This will yield ½ cup *chhena*.

Chocolate Walnut

Buri

Chocolate-and-walnut dessert

In India, it is customary to

give your friends desserts during festivals. In my opinion, homemade *mithais* (sweet, milk-based desserts) are much better than store-bought for gifts, and I would be flattered if someone made this *burfi*—*which* is not found in sweet shops—and gave some to me on Diwali, the Indian festival of lights.

Makes 16.

**3½ cups (500 grams)
grated *khoya/mawa*
(unsweetened solid
condensed milk; page 37)**

**½ cup (60 grams)
roughly chopped walnuts**

**2/3 cup (125 grams)
sugar 3 tablespoons whole**

milk

11 ounces (300 grams)

dark chocolate, chopped

Vegetable oil for greasing

1. Place a nonstick sauté pan over medium heat. Add the *khoya* and sauté for 4 to 5 minutes.

2. Reserve a few chopped walnuts and add the rest to the pan, along with the sugar and milk. Stir well and cook for 15 minutes or until the mixture thickens.

3. Melt the chocolate in the top of a double boiler over simmering water. Pour the chocolate through a fine sieve if there are any lumps, then let it cool

to room temperature.

4. Divide the *khoya* mixture into 2 equal parts. To one part, add the melted chocolate and stir well.

5. Grease a 9-by-13-inch (23-by-33-cm) baking pan with oil.

6. Pour the plain *khoya* mixture into the baking pan and shake it so that the mixture spreads evenly (this should give you a $\frac{1}{2}$ inch (1-cm) thickness). Spread the chocolate *khoya* mixture over the first layer. Sprinkle with the reserved walnuts. Set aside to cool for 45 minutes to 1 hour. When completely cooled, cut into squares or diamonds and serve. This sweet does not have a long shelf life and

therefore should be consumed within a day.

Double Ka Meetha

A rich bread pudding

I do not know exactly why, but in North India, bread is known as “double roti.” One explanation is that the yeast-leavened bread dough doubles in size. *Double ka meetha* is an Indian version of bread-and-butter pudding. Serve this after a fairly light meal.

Serves 4.

**1 loaf white bread, cut
into thick slices**

2½ cups (450 grams)

ghee (page 37)

**1 tablespoon *kakdi*
magaz (dried cucumber
seeds)**

**1 tablespoon
chironji/charoli (melon
seeds)**

**1 tablespoon chopped
cashews**

**1 tablespoon slivered
almonds**

**1 tablespoon slivered
pistachios**

**1¹/₄ cups (250 grams)
sugar**

1 cup (200 ml) milk

Generous pinch of

saffron threads

**¼ teaspoon ground
green cardamom (see Note
page 559)**

Heavy cream

1. Trim the edges of the bread slices.

2. Place a small nonstick sauté pan over medium heat and add 2 tablespoons of the ghee. When the ghee melts, add the *kakdi magaz*, *chironji*, cashews, almonds, and pistachios and cook until golden brown. Set aside.

3. Place a nonstick wok over high heat and add the remaining ghee. When the ghee melts, lower the heat to medium, slide in the

bread slices, and cook until golden brown. Remove with a slotted spoon and drain on paper towels.

4. Place a nonstick saucepan over medium heat. Add the sugar and 1 cup (200 ml) water and cook, stirring until the sugar dissolves. Add $\frac{1}{4}$ cup (50 ml) of the milk and cook. When the scum rises to the top, scoop it off carefully with a spoon and discard.

5. Add the cardamom and saffron to the syrup and stir. Add the fried bread and stir. Add the remaining $\frac{3}{4}$ cup (150 ml) milk and cook until all the syrup is absorbed and the bread is very soft.

6. Add the nut mixture and stir

to combine.

7. Serve hot, drizzled with cream.

Gajar Halwa

Warm carrot pudding

Gajar halwa, or *gajrela*, as it is sometimes fondly called, is a famous sweet made in all Punjabi homes during winter. Some like it hot, some like it cold, some even like it nine days old! It refrigerates well, and some families always have a large tin of *gajar halwa* on hand.

Serves 4.

1½ tablespoons ghee

(page 37)

**4 medium carrots,
grated**

**½ cup (100 grams)
sugar**

**Pinch of ground green
cardamom (see Note page
559)**

**½ cup (75 grams)
grated *khoya/mawa*
(unsweetened solid
condensed milk; page 37)**

1 cup (200 ml) milk

2 or 3 cashews, chopped

**2 or 3 almonds,
blanched (see Note page 40)
and sliced**

6 to 8 raisins

**1 sheet *chandi ka varq*
(edible silver foil; see page
188)**

1. Place a nonstick heavy-bottomed pan over medium heat and add the ghee. When small bubbles appear at the bottom of the pan, add the carrots and sauté for 10 minutes or until the carrots are soft.

2. Add the sugar and cook for 1 minute more. Add the cardamom and stir well. Add the *khoya* and cook for 1 minute or until it melts and mixes with the rest of the ingredients in the pan.

3. Add the milk and stir.

Lower the heat to low and cook for 12 minutes or until the mixture is thick.

4. Add the cashews, almonds, and raisins, and stir. Remove from the heat and transfer the *halwa* to a serving bowl.

5. Decorate with the silver foil and serve hot or at room temperature.

Gil-E-Firdaus

Bottle gourd cooked in milk

This is one of the best-selling desserts at our Yellow Chilli restaurants, where we make it with a sugar substitute.

Serves 4.

5 tablespoons (75 grams) raw rice

1¼ cups (250 grams) grated bottle gourd

2 tablespoons ghee (page 37)

5 cups (1 liter) milk

2/3 cup (100 grams) grated *khoya/mawa* (unsweetened solid condensed milk, page 37)

2/3 cup (125 grams) sugar

A few drops of rosewater

10 almonds, sliced

A few untreated rose petals

1. Put the rice in a bowl, wash it in plenty of water 2 or 3 times, and drain. Add 1 cup (200 ml) water and soak for about 1 hour. Drain the rice in a colander and spread out to dry for 1 hour.

2. Put the rice in a spice grinder, and coarsely grind to a semolina consistency.

3. Place a nonstick saucepan over high heat and add 1 cup (200 ml) water. When the water begins to boil, add the bottle gourd and cook for 3 minutes or until soft. Drain well and set aside.

4. Place a nonstick saucepan

over medium heat and add the ghee. When the ghee melts and small bubbles appear at the bottom of the pan, add the rice and sauté for 10 seconds.

5. Add the milk and bring to a boil. Lower the heat to low and cook, stirring continuously, for 25 minutes or until the rice is soft.

6. Add the bottle gourd and simmer for 5 minutes. Add the *khoya* and sugar, and cook until the mixture is thick enough to coat the back of a spoon. Stir in the rosewater.

7. Pour into individual serving bowls and set aside to cooled to room temperature. Place the bowls

in the refrigerator to chill.

8. Sprinkle with the almonds and rose petals, and serve chilled.

Gulab Jamun

Deep-fried sweet dumplings dipped in sugar syrup

A *gulab* is a rose and *jamun* is a fruit. However, this dessert contains neither! I am not quite sure how it got its name, but this is one of the most beloved (and sweetest) of all Indian desserts. In my restaurant I serve a very special version called *gulab-e-gulkand*, which is stuffed with candied roses.

Serves 4.

**1 cup (130 grams) dry
milk powder**

**2 tablespoons *maida*
(refined flour) or pastry
flour**

$\frac{1}{4}$ teaspoon baking soda

**$\frac{1}{4}$ cup (60 grams) plain
yogurt, whisked**

**$1\frac{1}{4}$ cups (250 grams)
sugar**

1 teaspoon milk

**$\frac{1}{4}$ teaspoon ground
green cardamom (see Note
page 559)**

**Pinch of saffron,
threads**

$2\frac{1}{4}$ cups (450 grams)

ghee (page 37)

1. Put the milk powder in a bowl. Add the *maida* and baking soda, and stir well. Add the yogurt and stir to make a soft dough. Divide into 16 equal portions and shape them into round, smooth balls. Set aside.

2. To make the sugar syrup, place a nonstick saucepan over high heat and add 1 cup (200 ml) water. Add the sugar and cook, stirring continuously, until the sugar is dissolved. Add the milk and stir. The scum containing the impurities in the sugar will rise to the top. Gently gather it with a spoon and discard. You will get a clear syrup.

Add the cardamom and saffron, and stir. Cook until the syrup reaches 130°F/54°C. Remove from the heat and cover to keep the syrup warm.

3. Place a nonstick wok over medium heat and add the ghee. Heat until the ghee reaches a temperature of 160°F/71°C or until it is fragrant.

4. Gently slide in four dough balls at a time and cook, gently spooning hot ghee over the balls with a slotted spoon, until the balls are deep golden, about 2 minutes.

5. Drain the balls in the slotted spoon and transfer them to the sugar syrup. Repeat with the remaining balls. Soak the dumplings in the

syrup for at least 15 minutes before serving warm or at room temperature.

.....✿ } **Chef's Tip** } ✿.....

The temperature of the ghee should be low or the *jamuns* will cook only on the outside and will remain raw on the inside. You may stuff *gulab jamuns* with saffron and pistachio nuts, sugar crystals, or *gulkand* (candied rose petals, available at Indian grocery stores).

Jalebi

Deep-fried dough spirals soaked in sugar syrup

These syrupy spirals are the most popular fresh *mithai* (dessert)

in most of northern and western India. I have seen them being made at sweet shops, and now they are even cooked in front of guests at weddings. *Jalebis* might be common and innocuous, but they tug at the strings of many hearts.

Makes 30.

**1½ cups (195 grams)
plus 2 tablespoons *maida*
(refined flour) or pastry
flour**

**¼ teaspoon yellow or
orange food coloring**

**2½ cups (500 grams)
sugar**

**½ teaspoon ground
green cardamom (see Note**

page 559)

2¼ cups (450 grams)

ghee (page 37)

1. Put 1½ cups (195 grams) of the *maida* in a bowl, add 1½ cups (300 ml) water, and knead the batter, with your hands, until completely smooth. This will take some elbow grease. The batter should not have any lumps at all. Cover the bowl and set aside in a warm place to ferment for 20 hours.

2. Knead the batter again for 15 minutes. Add the food coloring and the remaining 2 tablespoons *maida*, and knead again for 10 minutes.

3. Place a nonstick saucepan

over high heat and add 2 cups (400 ml) water. Add the sugar and cook, stirring continuously, until the sugar is dissolved. Add the cardamom and cook, stirring, until the syrup reaches a one-string consistency (see Note page 570). Let the syrup cool to lukewarm.

4. Place a wide nonstick sauté pan over medium heat and add the ghee. Pour some of the batter into a squeeze bottle. When the ghee melts and small bubbles appear at the bottom of the pan, lower the heat to medium. Hold the bottle over the hot ghee and gently squeeze the batter in round 4-inch (10-cm) spirals, starting from the outside

and working to the inside.

5. Cook, gently turning with a slotted spoon, for 8 minutes on each side or until the spirals are evenly golden and crisp. Remove with the slotted spoon to the sugar syrup and soak for 2 to 3 minutes.

6. Drain and serve hot.

.....✦ } **Chef's Tip** } ✦

Traditionally the *jalebis* are fried in a special pan called a *jalebi tawi*, which is wide and not too deep, and the batter is squeezed through a *jalebi* cloth, which is a piece of thick cloth with a 1/8 inch (3-mm) hole in the center. *Jalebi* making takes some practice and patience. To start, make one at a

time, and when you have perfected that, try making several at a time. To make crisp *jalebis*, add a little rice flour to the *maida*.

Kalakand

An exquisite milk-based sweet

Milk is God's gift to mankind and a cook's dream ingredient. For Indians, it is the basis for many sweets, *kalakand* being just one of them. A good-quality *kalakand* will be a little grainy on the palate and not cloyingly sweet. One tip: *Kalakand* does not have a long shelf life, so it's best to make only as much as you can consume in a

day.

Makes 16.

**10 cups (2 liters) buffalo
milk (or cow's milk)**

**$\frac{1}{4}$ teaspoon alum,
crushed (see Note)**

$\frac{1}{4}$ cup (50 grams) sugar

**$\frac{1}{2}$ tablespoon ghee
(page 37)**

**20 pistachios, thinly
sliced**

**1 sheet *chandi ka varq*
(edible silver foil; see page
188)**

1. Place a deep, heavy-bottomed nonstick saucepan over medium heat, add the milk, and bring to a boil. Boil, stirring

continuously, for 8 minutes or until the milk thickens slightly.

2. Add the alum and cook over medium heat, stirring continuously, for 20 minutes or until the milk becomes grainy.

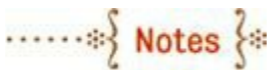
3. Cook for 20 minutes more or until most of the moisture evaporates and a solid mass remains.

4. Add the sugar and stir well. Cook for 5 to 10 minutes or until the mixture thickens again.

5. Grease a 9-by-13-inch (23-by-33-cm) baking pan with the ghee. Pour the milk mixture into the pan and smooth the surface. Sprinkle the pistachios on top. Set

aside in a cool, dry place for 1 hour or until firm.

6. When completely set, decorate with the silver foil, cut into squares or diamonds, and serve.



Alum is often used in processing pickles, and as a flocking agent.

Kheer Kadam

Cheese balls covered in condensed milk, Bengali style

This is as exotic as it can get: one dessert combined with another! Bengalis, from the eastern part of India, are indeed masters at making

milk-based sweets. These will not keep well for more than a day—nor will they need to.

Makes 16.

16 mini *rasgullas*
(Indian pressed fresh cheese dessert; store-bought)

**2 cups (300 grams) plus
3 tablespoons finely grated
khoya/mawa (unsweetened
solid condensed milk; page
37)**

**$\frac{1}{4}$ cup (25 grams)
confectioners' sugar**

**$\frac{1}{2}$ teaspoon rose
essence or rosewater**

1. Remove any excess sugar syrup from the *rasgullas* by

draining them.

2. Put 2 cups (300 grams) of the *khoya* in a bowl and stir in the confectioners' sugar. Knead to make a smooth dough.

3. Place a nonstick sauté pan over high heat, add the *khoya*-sugar mixture, and cook for 4 to 5 minutes. Transfer to a bowl and set aside to cool.

4. Add the rose essence or rosewater and knead well. Divide into 16 portions and shape into balls. Lightly flatten the balls by pressing in the center with your thumb and thinning the edges. Place a *ras-gulla* in each. Gather the edges of the dough to enclose the

rasgulla. Roll into a ball.

5. Put the remaining 3 tablespoons *khoya* in a mini food processor and grind to a powder. Roll the balls in the powder.

6. Chill in the refrigerator and serve cold.

Khubani Ka Meetha

A rich and delicate dish with dried apricots

Peaches and cream, strawberries and cream, apricots and cream ... fresh fruit and cream seem to create magic. The doyennes of Hyderabadi cuisine did it a bit differently, using dried apricots (*khubani*) to create a masterpiece

that wowed the royal Nizami household. These days it is traditionally served at weddings.

Serves 4.

**1 pound (500 grams)
dried, pitted whole apricots**

1 cup (200 grams) sugar

**¼ cup (50 ml) *malai*
(see Note) or heavy cream**

**10 to 12 almonds,
blanched (see Note page 40),
peeled, and sliced**

1. Put the apricots in a large bowl, add 3 cups (600 ml) water, and soak overnight. Drain the apricots and reserve the water.

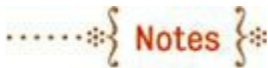
2. Place a large nonstick saucepan over high heat and add the

reserved apricot water. When the water comes to a boil, add the apricots and cook for 9 minutes. Add the sugar and boil until the sugar is dissolved. Remove from the heat and set aside to cool slightly. Reserve some of the apricots and transfer the rest into a food processor, and process to a purée.

3. Transfer the apricot purée to a medium nonstick saucepan. Add the reserved whole apricots and place the pan over medium heat. Simmer for 2 to 3 minutes.

4. Transfer to a serving dish, drizzle with the cream and garnish with the almonds, and serve hot or

let cool to room temperature and then serve.



Malai is the cream that forms on the top of boiled milk. To prepare it, boil whole milk, let it cool, then skim off the cream.

Malpua

Milk-based, shallow-fried sweet pancakes

This gooey, rich, sweet pancake is a real treat on a Sunday morning! Don't skimp on the ghee here, as it really adds to the richness of the dish.

Serves 4.

**5 cups (1 liter) milk, or
more if necessary**

**1½ cups (300 grams)
sugar**

6 to 8 saffron threads

**¼ cup plus 1 teaspoon
(30 grams) *maida* (refined
flour) or pastry flour**

**1 tablespoon *rawa/suji*
(semolina flour)**

**2¼ cups (450 grams)
ghee (page 37)**

1. Place a nonstick saucepan over high heat. Add the milk and bring to a boil. Lower the heat to medium and simmer, stirring frequently, until the milk reduces and is thick enough to coat the back

of a wooden spoon. Set aside to cool to room temperature.

2. Reserve 2 tablespoons of the sugar. Put the remaining sugar in a saucepan, add $\frac{1}{2}$ cup (100 ml) water and cook over medium heat, stirring occasionally. Add 2 teaspoons of the milk and stir. The scum containing the impurities in the sugar will rise to the top. Gently gather it with a spoon and discard. You will get a clear syrup. Cook until the sugar syrup reaches one-string consistency (see Note). Remove from the heat and cover to keep warm.

3. Dissolve the saffron in 1 teaspoon of warm milk. Add it to

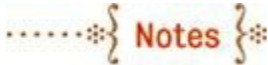
the sugar syrup.

4. To the cooled reduced milk, add the *maida* and *rawa* and the reserved 2 tablespoons sugar. Stir well to make a batter of pouring consistency, adding a little more milk if needed. Set aside at room temperature for 3 hours; do not keep the batter in the refrigerator.

5. Place a wide nonstick sauté pan over high heat and add the ghee. When small bubbles appear at the bottom of the pan, lower the heat to medium and pour in a ladleful of batter to form a pancake. Gently spoon hot ghee over the pancake for 1 minute, then turn the pancake over. Cook, turning, until

both sides are golden brown. Drain with a slotted spoon and immerse in the warm sugar syrup for 15 minutes. Repeat with the remaining batter.

6. Remove with a slotted spoon and serve warm.



To check if the sugar syrup has reached a one-string consistency, place a drop of slightly cooled syrup between your thumb and forefinger, and slowly pull them apart. If the syrup forms a single string, the syrup is ready.

Meethe Chawal

Sweet rice

This delicately flavored dish is typically served on special occasions. It gets its oomph from the cardamom and saffron combination. You can adjust the level of sweetness by reducing the sugar.

Serves 4.

**2 cups (400 grams) raw
basmati rice**

**3 tablespoons ghee
(page 37)**

20 almonds

12 cashews

3 whole cloves

**1-inch (2½-cm)
cinnamon stick**

5 or 6 whole black

peppercorns

1 black cardamom pod

3 green cardamom pods

1³/₄ cups (375 grams)

sugar

25 saffron threads

1. Put the rice in a large bowl, wash it in plenty of water 2 or 3 times, and drain. Add 4 cups (800 ml) water and soak for 20 minutes. Drain the rice in a fine colander.

2. Place a medium nonstick saucepan over medium heat and add the ghee. When small bubbles appear at the bottom of the pan, add the almonds and cashews, and fry for 2 to 3 minutes. Remove with a slotted spoon and drain on paper

towels. Let cool, then thinly slice the almonds and split the cashews in half and put them in a small bowl.

3. Return the pan with the ghee to medium heat and add the cloves, cinnamon, peppercorns, black cardamom, and green cardamom, and sauté for 1 minute or until fragrant.

4. Add the rice and sauté gently for 2 to 3 minutes. Add 3½ cups (700 ml) warm water and bring to a boil. Lower the heat to low, cover, and cook until all the water is absorbed.

5. Put the sugar in a medium bowl, add 1 cup (200 ml) warm

water, and stir until the sugar dissolves. Add the saffron and stir. Add this syrup to the rice, stirring gently to mix well. Cover and continue to cook the rice over low heat until it is cooked and almost all the liquid is absorbed.

6. Remove from the heat and let stand for 5 minutes. Transfer the rice to a serving platter, garnish with the almonds and cashews, and serve.

Naralachi Karanjis

Crescent-shaped pastries filled with sweetened coconut

Karanjis are sweet-filled pastries that celebrate auspicious

moments in any Maharashtrian household. They are made with many different fillings, but this is the one I have tasted most often since I made Mumbai my home. The festivals of Ganpati and Diwali are incomplete without *karanjis*.

Makes 8.

~ **For the dough:**

**$\frac{1}{2}$ cup (60 grams) *maida*
(refined flour) or pastry
flour**

**$\frac{3}{4}$ tablespoon fine
rawa/suji (semolina flour)**

**$1\frac{1}{2}$ tablespoons ghee
(page 37)**

$\frac{1}{4}$ cup (50 ml) milk

**1 quart (800 ml)
vegetable oil**

~ For the filling:

**½ cup (60 grams)
grated fresh coconut (or
frozen unsweetened
coconut)**

**15 to 20 raisins,
chopped**

**1¼ cups (125 grams)
confectioners' sugar**

**½ teaspoon ground
green cardamom (see Note
page 559)**

¼ cup (50 ml) milk

1. Make the dough: Sift the *maida* into a bowl. Add the semolina and ghee, and stir with

your fingertips until the mixture resembles bread crumbs. Add the milk and knead to make a semisoft dough. Cover with a damp cloth and set aside for 30 minutes.

2. Make the filling: Place a nonstick sauté pan over medium heat. Add the coconut and dry-roast until lightly browned.

3. Add the raisins, confectioners' sugar, cardamom, and milk, and stir well. Remove from the heat and let cool completely.

4. Knead the dough once again and divide into 8 portions. Roll out each portion into a 4-inch (10-cm) round. Place one round on a work

surface. Place one portion of the filling on one half of the round. Brush a little water on the edges of the dough, fold the empty half over, and press the edges to seal. Trim with a pastry wheel. Repeat with the remaining dough and filling.

5. Place a nonstick wok over high heat and add the oil. When small bubbles appear at the bottom of the wok, lower the heat to medium and slide in two *karanjis* at a time. Cook, gently turning with a slotted spoon, until crisp and golden brown all over. Remove with the slotted spoon and drain on paper towels.

6. Let cool completely, then

store in an airtight container for up to 3 days. Serve at room temperature.

Phirni

Chilled rice pudding with nuts

Kheer (made with whole rice) is probably a better-known rice pudding than *phirni* (made with ground rice), but in my opinion *phirni* tastes equally good—and it can be made with one third the effort of *kheer*.

Serves 4.

6 tablespoons (90 grams) raw rice
5 cups (1 liter) milk

Generous pinch of saffron threads

**1 cup (200 grams) sugar
½ teaspoon ground green cardamom (see Note page 559)**

15 pistachios, blanched (see Note page 40) and sliced

1. Put the rice in a small bowl, wash it in plenty of water 2 or 3 times, and drain. Add 1 cup (200 ml) water and soak for 30 minutes. Drain the rice in a colander and transfer to a spice grinder. Grind to a coarse paste. Stir in a little water or some of the milk.

2. Place a nonstick saucepan

over medium heat, add the milk, and bring to a boil. Add the rice paste and stir well. Lower the heat to low and simmer, stirring continuously, for 5 minutes or until the rice is completely cooked. Add the saffron and stir well. Add the sugar and cardamom, and cook until the sugar is dissolved.

3. Spoon into earthenware or china serving bowls and garnish with the pistachios. Put in the refrigerator to chill for 1 hour before serving.

Rabdi

Thickened milk with pieces of cream

Cooks called *halwais* labor in local sweet shops all over India, reducing milk in gargantuan woks by stirring the hot liquid continuously. The result of their hard work is either this thick, sweet dessert with large bits of cream in it or the dry, crumbly cake called *khoya* or *mawa*, which is the basis of countless other sweets.

Serves 4.

8 to 10 almonds

8 to 10 pistachios

**1 quart (800 ml) whole
milk**

2 tablespoons sugar

1 teaspoon rosewater

¼ teaspoon ground

green cardamom (see Note page 559)

1. Place a nonstick saucepan over medium heat, add $\frac{1}{2}$ cup (100 ml) water, and bring to a boil. Add the almonds and pistachios, and remove from the heat. Let the almonds and pistachios blanch in the hot water for 2 to 3 minutes. Drain and set aside to cool. Peel and thinly slice them.

2. Place a nonstick saucepan over medium heat, add the milk, and bring to a boil. Lower the heat to low and cook, stirring frequently, for 40 minutes. As the cream forms, it will stick to the sides of the pan.

3. Add the sugar and stir until

it is dissolved. Simmer for 5 minutes or until the milk is reduced to one quarter of its original volume.

4. Scrape off the cream from the sides of the pan and return it to the thickened milk. Remove from the heat and stir in the rosewater.

5. Transfer to a serving bowl and decorate with the almonds, pistachios, and cardamom. Serve warm or chilled.

Raghavdas Laddoo

Sweet semolina balls with roasted coconut

There's a special, much-loved type of Indian sweet called

laddoos. The more common ones are the chickpea flour-based *laddoos* of the north and the semolina-based ones of Maharashtra. During the festival of Ganapati, these coconut-and-semolina *laddoos* are prepared as *naivedyam* (offerings to the Almighty).

Makes 25.

**½ cup (60 grams)
grated fresh coconut (or
frozen unsweetened
coconut)**

**6 tablespoons ghee
(page 37)**

**1½ cups (300 grams)
coarse *rawa/suji* (semolina**

flour)

**½ teaspoon ground
green cardamom (see Note
page 559)**

2 tablespoons raisins

1¾ cups (375 grams)

sugar

1. Place a nonstick wok over medium heat. Let it heat for 2 minutes, then lower the heat to low, add the coconut, and cook for 6 minutes or until reddish brown. Transfer to a bowl and set aside.

2. Put the ghee in the same hot wok over low heat. Add the semolina and cook for 15 minutes or until lightly browned. Remove from the heat, add the browned

coconut, and stir well.

3. Add the cardamom and stir well. Reserve a few raisins for garnish and stir the rest into the semolina mixture.

4. Place a nonstick saucepan over medium heat. Add the sugar and $\frac{3}{4}$ cup (150 ml) water, and cook until a syrup of one-string consistency is formed (see Note page 570).

5. Add the semolina mixture and stir well. Cover and remove from the heat; set aside for 15 minutes or until the mixture cools a little.

6. Grease your palms with a little ghee, take a little of the

semolina mixture into your palms and shape into a round ball. Decorate each ball with a raisin. Repeat with the remaining semolina mixture and raisins.

7. When the *laddoos* are completely cooled, store in an airtight container for up to 2 days.

Rasmalai

Soft cheese patties soaked in sweetened milk

Juicy and creamy: two words that do not go together except when used to describe this traditional Indian dessert. It is available in *mithai* (sweet) shops across the country, but making it from scratch

at home is an exhilarating experience. The results are superb, and you are bound to get some pats on the back.

In this recipe, the first syrup is used for cooking the cheese patties. Since this syrup has a bit of flour, it cannot be used for soaking the patties once they are cooked. So we prepare another syrup, this time without the flour.

Makes 12.

~ **For the *chenna*:**

**5 cups (1 liter) whole
milk**

**1½ tablespoons distilled
white vinegar**

~ **For the first syrup:**

**1¼ cups (250 grams)
sugar**
**2 tablespoons whole
milk**
**1 teaspoon *maida*
(refined flour) or pastry
flour**

**~ For the second syrup:
2½ cups (500 grams)
sugar**
**2 tablespoons whole
milk**

**~ For the *rabdi*:
5 cups (1 liter) whole
milk**
3 tablespoons sugar
Pinch of saffron threads

1. Make the *chenna*: Place a heavy-bottomed pot over high heat and add the milk. When it comes to a boil, lower the heat to low, add the vinegar, and stir until the liquid whey separates from the solid curds.

2. Line a strainer with a double layer of cheesecloth and pour in the whey and curds; drain, then gather the curds up in the cloth and dip the *chenna*, in the cloth, in a bowl of cold water until it is completely chilled. Squeeze out any excess water and press with your palms until all the water drains away. The *chenna* should form a ball.

3. Transfer the *chenna* to a plate and divide into 12 portions. Take each portion between your palms and press and roll to form a flat patty. Set aside.

4. Make the first syrup: Place a nonstick saucepan over high heat. Add the sugar and 3 cups (600 ml) water and cook, stirring until the sugar is dissolved. When the syrup comes to a boil, add the milk. The scum will rise to the top. Gently spoon off the scum and discard.

5. Bring the syrup to a rolling boil. Lower the *chenna* patties into the syrup. In a small cup, stir the *maida* into $\frac{1}{4}$ cup (50 ml) water to make a slurry. Add this to the syrup

and stir. Cover and cook for 20 minutes, adding $\frac{1}{2}$ cup (100 ml) water every 5 minutes so that the syrup does not thicken. Remove from the heat and set aside.

6. Make the second syrup: Place a nonstick saucepan over high heat. Add the sugar and 2 cups (400 ml) water, and cook, stirring continuously, until the sugar is dissolved. When the syrup comes to a boil, add the milk. The scum will rise to the top. Gently spoon off the scum and discard. Let the syrup cool slightly; it should be warm, not hot.

7. With a slotted spoon, remove the *chenna* patties from the

first syrup and put them in the second syrup to soak.

8. Make the *rabdi*: Place a nonstick saucepan over high heat and add the milk. When it comes to a boil, lower the heat to medium and cook, stirring continuously, until the milk is reduced by one quarter. Scrape off the cream that collects on the sides of the pan and drop it back into the milk.

9. Add the sugar and saffron, and cook for 5 minutes more. Transfer to a large bowl.

10. Remove each *chenna* patty from the second syrup, gently press to remove excess syrup, and add into the *rabdi* to soak.

11. Chill in the refrigerator for at least 2 hours so the *chenna* patties absorb the *rabdi*. Serve cold.

Rosogulla

Bengali-style *chenna* balls steeped in sugar syrup

This masterpiece of sweets is the basis for many other Bengali desserts. People are often hesitant to make these at home, thinking that there is some secret to making them well. The secret is practice!

Makes 16.

~ **For the *chenna*:**

**5 cups (1 liter) whole
milk**

**1½ tablespoons distilled
white vinegar**

~ For the first syrup:

**1¼ cups (250 grams)
sugar**

**2 tablespoons whole
milk**

**1 tablespoon *maida*
(refined flour) or pastry
flour**

~ For the second syrup:

**1¼ cups (250 grams)
sugar**

**2 tablespoons whole
milk**

1. Make the *chenna*: Place a nonstick saucepan over high heat and add the milk. When it comes to

a boil, lower the heat to low, add the vinegar, and stir until the liquid whey separates from the solid curds.

2. Line a strainer with a double layer of cheesecloth and pour in the whey and curds; drain, then gather the curds up in the cloth and dip the *chenna*, in the cloth, in a bowl of cold water until it is completely chilled. Squeeze out any excess water and press with your palms until all the water drains away. The *chenna* should form a ball. Transfer the *chenna* to a plate and divide into 16 portions. Take each portion between your palms and press and roll into a ball. Set

aside.

3. Make the first syrup: Place a nonstick saucepan over high heat. Add the sugar and 2 cups (400 ml) water and cook, stirring continuously, until the sugar is dissolved. When the syrup starts boiling, add the milk. The scum will rise to the top. Gently spoon off the scum and discard.

4. Bring the syrup to a rolling boil. Lower the *chenna* balls into the syrup. In a small bowl, stir the *maida* into 1 cup (200 ml) water to make a slurry. Add half of this to the syrup and stir. Cover and cook for 25 minutes. Add $\frac{1}{2}$ cup (100 ml) water every 5 minutes so that

the syrup does not thicken. Add the remaining slurry after 10 or 15 minutes. Remove from the heat and set aside.

5. Make the second syrup: Place a nonstick saucepan over high heat. Add the sugar and 2 cups (400 ml) water, and cook, stirring continuously, until the sugar is dissolved. When the syrup comes to a boil, add the milk. When the scum rises to the top, gently spoon it off and discard. Let the syrup cool slightly; it should be warm, not hot.

6. With a slotted spoon, remove the *chenna* balls from the first syrup and put them in the second syrup to soak. Chill in the

refrigerator for at least 2 hours so the *chenna* balls absorb the syrup. Serve cold.

Sakkarai Pongal

Rice-and-lentil dessert

The festival of Pongal in Tamil Nadu celebrates the harvest and marks a period of prosperity and plenty. *Ponga* literally means “overflowing,” and it is customary to cook this sweet in small pots and allow it to boil over as a mark of thanksgiving.

Serves 4.

3 green cardamom pods

1 tablespoon sugar

¼ cup (50 grams) *dhuli moong dal* (split skinless green gram)

¾ cup (150 grams) short grain rice, soaked for 30 minutes

3 cups (600 ml) milk

1 cup (200 grams) grated cane jaggery

**¼ cup (50 grams) plus
1 tablespoon ghee (page
37)**

1 tablespoon chopped fresh coconut

2 tablespoons raisins

7 or 8 cashews

1. Break the cardamom pods

and put the seeds in a spice grinder. Add the sugar and grind to a fine powder.

2. Place a nonstick saucepan over medium heat. Add the *dal* and dry-roast for 2 to 3 minutes or until fragrant. Transfer to a bowl and set aside.

3. Drain and add the rice to the same heated pan and dry-roast for 1 minute. Transfer to another bowl and set aside.

4. Return the *dal* to the same heated pan. Add 2½ cups (500 ml) of the milk and 1½ (300 ml) cups water and bring to a boil. Cover and cook for 10 minutes or until the *dal* is three quarters done.

5. Add the rice, the remaining $\frac{1}{2}$ cup (100 ml) milk, and 1 cup (200 ml) water. Cover and cook for 20 minutes or until both the *dal* and rice are cooked.

6. Add the jaggery and stir continuously until the jaggery is dissolved. Add $\frac{1}{4}$ cup (50 ml) of the ghee and stir.

7. Meanwhile, place a small nonstick sauté pan over medium heat and add the remaining 1 tablespoon ghee. When the ghee melts, add the coconut, raisins, and cashews, and sauté until lightly browned. Add to the *dal*-rice mixture.

8. Add the ground cardamom

mixture and stir. Cook for 2 to 3 minutes.

9. Remove from the heat and serve hot.

Semiya Payasam

Vermicelli pudding

Simple ingredients are used to create this remarkable dessert that is made on all auspicious occasions in South India. The trick to a perfect *payasam* is to use less *semiyan* and more milk than you might think you'd need. This pudding has a tendency to thicken as it cools, so you can add more milk to thin it.

Serves 4.

**¼ cup (50 grams) ghee
(page 37)**

**1 cup (130 grams)
semian (wheat-flour
vermicelli; see Note)**

10 cashews

4½ cups (900 ml) milk

1 cup (200 grams) sugar

**Generous pinch of
saffron threads**

**½ teaspoon ground
green cardamom (see Note
page 559)**

1. Place a medium nonstick sauté pan over medium heat and add the ghee. When the ghee melts, add the *semian* and sauté for 2 to

3 minutes or until light golden brown. Add the cashews, stir well, and set aside.

2. Place a heavy-bottomed nonstick saucepan over high heat and add the milk. Bring to a boil, then add the *semiyān* and cashews. Stir gently, lower the heat to medium, and simmer for 5 minutes, stirring frequently.

3. Add the sugar and continue to simmer, stirring frequently. Cook for 3 to 4 minutes.

4. Stir in the saffron and cardamom. Stir well and serve hot, chilled, or at room temperature.

..... } **Notes** }

If using

ready-roasted *semiyan*, you don't need to roast it further; just add it to the milk in step 2.

Sheer Kurma

Sweet vermicelli pudding

If there is a *biryani* feast during the Muslim festival of Id, *sheer kurma* will not be far behind. The quantity and types of nuts used vary from home to home.

Serves 4.

A few saffron threads

**2 tablespoons warm
milk, plus 7½ cups (1.5 liters)
milk**

2 tablespoons ghee

(page 37)

2/3 cup plus 2
tablespoons (100 grams)
semiyan (wheat-flour
vermicelli; see Note)

1/4 teaspoon ground
green cardamom (see Note
page 559)

Pinch of freshly grated
nutmeg

2 tablespoons
chironji/charoli (melon
seeds, page 587)

8 to 10 almonds,
blanched (see Note page 40),
peeled, and slivered

8 to 10 pistachios,

**blanched (see Note page 40),
peeled, and slivered**

2/3 cup (125 grams)

sugar

1. Soak the saffron in the 2 tablespoons warm milk.

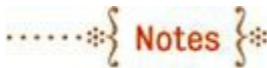
2. Place a heavy-bottomed nonstick saucepan over medium heat and add the ghee. When it melts, add the vermicelli and sauté for 3 to 4 minutes or until light golden.

3. Add the milk, increase the heat to high, and bring to a boil. Lower the heat to medium and simmer for 20 minutes or until the milk thickens and turns light pink.

4. Add the cardamom, nutmeg,

saffron mixture, melon seeds, almonds, pistachios, and sugar, and simmer for 10 minutes.

5. Serve hot.



If using ready-roasted *semiyan*, you don't need to roast it further; just add it with the milk in step 3.

Shrikhand

Drained and sweetened yogurt

Many North Indians might not be aware of this dessert until they visit Gujarat or Maharashtra. When I first tasted it, I did not like it and coaxed my wife, Alyona, to finish off my bowl so that my mother-in-

law would not be offended. Anyway, time is a great leveler; I like *shrikhand* now, and as a chef, I have created many desserts using it as a base.

Serves 4.

3 cups (750 grams) plain yogurt

2 cups (250 gms) confectioners' sugar

Generous pinch of saffron threads

1 tablespoon warm milk

2 teaspoons *chironji/charoli* (melon seed, page 587)

$\frac{1}{4}$ teaspoon ground green cardamom (see Note

page 559)

**8 to 10 pistachios,
blanched (see Note page 40),
peeled, and sliced**

1. Pour the yogurt into a double layer of cheesecloth and hang it for 4 to 5 hours in the refrigerator to drain out the whey.

2. Transfer the drained yogurt to a large bowl. Add the confectioners' sugar and stir until the sugar is completely dissolved.

3. Put the warm milk in a small bowl, add the saffron, and stir until well blended. Add the saffron milk to the yogurt mixture and stir well.

4. Add the melon seeds and

cardamom, and stir well.

5. Chill in the refrigerator. Garnish with the pistachios and serve cold.



Add 1 cup mango purée to this *shrikhand* to make *amrakhand*, a delightful summer dessert.

Sooji Ka Halwa

A semolina dessert subtly flavored with saffron

This is practically an instant dessert and one of the most popular in North Indian homes. Every cook makes *sooji ka halwa* a bit differently, but however it's made, it is a true comfort food.

Serves 4.

A few saffron threads

1 tablespoon milk

1¼ cups (250 grams)

ghee (page 37)

5 or 6 almonds, slivered

5 or 6 cashews, chopped

5 or 6 raisins

1 cup (200 grams)

**coarse *rawa/suji* (semolina
flour)**

1¼ cups (250 grams)

sugar

½ teaspoon ground

**green cardamom (see Note
page 559)**

1. Soak the saffron in the milk.

2. Place a nonstick wok over medium heat and add the ghee. When small bubbles appear at the bottom of the wok, add the almonds, cashews, and raisins, and cook for 2 to 3 minutes or until lightly browned. Remove with a slotted spoon and drain on paper towels.

3. Add the semolina to the same ghee and sauté until golden brown. Set aside.

4. Place a nonstick saucepan over high heat and add 1 quart (800 ml) water. When the water comes to a boil, add the semolina.

5. Lower the heat to medium and cook, stirring continuously, for

a few minutes or until the semolina is cooked and most of the water is absorbed.

6. Add the saffron mixture, sugar, and cardamom. Stir well and cook until all the liquid has been absorbed.

7. Garnish with the almonds, cashews, and raisins. Serve hot.

Sweet-Potato Kheer

Mashed-sweet-potato-and-milk dessert

The fasting days of Navratri that precede the festival of Dassera call for a variety of dishes that can be prepared without wheat, rice, pulses, and certain spices. One can

use tubers, ginger, chiles, and herbs such as curry leaves and cilantro, but no green vegetables. So potatoes, yams, *colocassia*, and sweet potatoes are used often. Sweet potato is lovely in this sweet milk-based dessert.

Serves 4.

**3 tablespoons ghee
(page 37)**

**2 medium sweet
potatoes, boiled, peeled, and
mashed**

**$\frac{1}{2}$ cup (100 grams)
sugar**

**$3\frac{1}{2}$ cups (700 ml) whole
milk**

$\frac{1}{4}$ teaspoon ground

**green cardamom (see Note
page 559)**

**10 to 12 cashews,
broken into pieces**

**10 to 12 almonds, thinly
sliced**

**10 to 12 pistachios,
thinly sliced**

1. Place a nonstick saucepan over medium heat and add the ghee. When the ghee melts and small bubbles appear at the bottom of the pan, add the sweet potatoes and cook, stirring frequently, for 6 minutes.

2. Add the sugar and stir. Stir in the milk and cook for 4 to 5 minutes.

3. Add the cardamom and cook for 8 minutes or until the mixture thickens.

4. Add the cashews, almonds, and pistachios, and stir well.

5. Transfer to a serving bowl and serve hot or chilled.

Vrindavan Peda

A sweet, ball-shaped dessert

Lord Krishna's love for milk and dairy products is legendary. This *peda* is made specifically as a *naivedya* (offering) to him at Mathura Vrindavan, his birthplace.

Makes 12.

2 cups (300 grams)

grated *khoya/mawa*
(unsweetened solid
condensed milk; page 37)

$\frac{1}{4}$ cup (50 grams)

granulated sugar

$\frac{1}{4}$ teaspoon liquid

glucose (see Note)

$\frac{1}{4}$ cup (30 grams)

superfine sugar

1. Place a nonstick sauté pan over medium heat and add the *khoya*. Sauté, stirring continuously, for 8 to 10 minutes. Remove from the heat and set aside to cool.

2. Place another nonstick sauté pan over medium heat. Add the granulated sugar and $\frac{1}{4}$ cup (50 ml) water and cook, stirring

continuously, until it forms a syrup of one-string consistency (see Note page 570). Add the liquid glucose and stir well. Remove from the heat.

3. Add the *khoya* mixture to the sugar syrup and stir well. Transfer the mixture to a bowl and allow to cool at room temperature.

4. Divide the mixture into 12 portions and shape into balls. Press the balls to flatten them slightly.

5. Spread the superfine sugar on a plate and the roll the *pedas* lightly in it.

6. Arrange the *pedas* on a serving dish and serve.

..... } Notes }

Liquid glucose is added so that the *pedas* remain soft and the sugar does not crystallize. If you can't find it, light corn syrup can be substituted.

..... } ACKNOWLEDGMENTS }

I WOULD LIKE TO THANK all of my teammates who have helped me create this book. I wish to acknowledge the content team led by Rajeev Matta and Chef Anupa Das, who have been thoroughly involved in coordinating everything. Throughout the process, I received expert input from Chef Harpal, who helped to finalize the recipes. I also want to mention the eager beavers in our test kitchen: our team of young chefs who have helped with the research, testing, tasting, measuring, and plating up of all this food. They have done the trials and retrials with a smile and

exhibited super efficiency in spite of all the pressure put on them. Thanks to Neena Murdeshwar and Tripta not only for the editorial support and meeting all the deadlines, but also for chipping in with the trials. And my special thanks to my wife, Alyona. She has been overseeing things all along and even cooked some of the dishes that she knows better than I do!

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that working with them has given me.

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COMMON INGREDIENTS

Ajwain: Also known as carom seeds, *ajwain* smells almost exactly like thyme because it contains thymol. However, it is more aromatic and less subtle in taste as it is slightly bitter and pungent. Even a small amount can dominate the flavor of a dish, so use it sparingly. *Ajwain* is also valued for its antifatulence properties.

Amchur: Dried unripe green mango, *amchur* is usually ground into a fine powder, but it is sometimes available in large pieces. *Amchur* features the acidic, tart, and slightly spicy flavor of unripe mangoes, and it is added to

curries, vegetable dishes, *dals*, and *paratha* fillings, and sprinkled over *chaats*. A little goes a long way, and cooks should remember to use *amchur* in moderation.

Anardana: Made of dried pomegranate seeds or arils, this spice is used in Indian and Pakistani cuisines to add tartness to dishes, and sometimes it replaces pomegranate syrup or molasses in Middle Eastern and Persian dishes. The dried seeds are usually lightly dry-roasted and ground just before being used in curries such as *chole* (chickpea curry). Be sure to grind the seeds well before adding them to a dish; otherwise they can add a

gritty texture to the food.

Anise seeds: These crescent-shaped seeds of a flowering plant in the parsley family are used in sweet and savory dishes. The flavor resembles that of licorice, fennel, and tarragon. Anise seeds are used as a digestive and in after-dinner candied-spice mixtures much like the more commonly used fennel.

Asafetida: This gummy resin, usually sold as a fine powder, has a strong, heady aroma. A pinch is enough to make its presence known in a dish. Essential in many *dals*, asafetida also adds its garlicky zing to meat dishes and pickles.

Ash gourd: A mottled pale green squash with a chalky white fuzz coating the outside, ash gourd is the fruit of *Benincasa hispida*, a vine. It is also called winter melon.

Atta (whole-wheat flour): Indian *atta* flour is finely milled whole-wheat flour—that is, it contains not only the endosperm but the germ and bran of the flour, and is therefore somewhat more healthful than white or all-purpose flour. It is also finer than U.S.-style wholewheat flour. If you can't find *atta* (which is available from any Indian grocer), either substitute half fine wholewheat flour (preferably not “stone-ground,” as those flours

tend to be quite coarse) and half all-purpose flour, or sift your whole-wheat flour through a fine-mesh sieve before measuring it, to remove some of the larger pieces of bran.

Banana leaves: The large, wide leaves of the banana tree are commonly used in India and Southeast Asia both as a natural serving plate and as a wrapper for steamed or grilled foods. Frozen, folded leaves are widely available in Indian and Asian markets and in many general supermarkets as well.

Bay leaves: The leaves of the laurel tree are usually sold dried, and they add a gentle, sweet flavor

to dishes.

Besan (chickpea/gram flour): Made from finely ground chickpeas, *besan* is gluten free and high in protein. It is available from Indian grocers and can sometimes be found in the bulk section of health food stores.

Bitter gourd: Also called bitter melon, this lumpy, warty green gourd with pointed ends (*Momordica charantia*) can be found in Indian and Asian markets. To tame the bitterness a bit, the gourd can be sliced, salted, and rinsed before using, much like eggplant.

Black cardamom: These seed

Pods have a smoky character, a strong camphorlike flavor, and a pleasant aroma. The seeds inside the pods are used for flavoring vegetable and meat dishes, and the whole pod is often added to stewed dishes and removed before serving.

Black pepper: This popular spice is made from dried ripe berries and is used ground or as whole peppercorns. Most Indian cooks use black peppercorns in *pulaos* along with cardamom, cloves, and bay leaves. In South India, black peppercorns are the basis of the hot curries and are ground into masala pastes.

Black salt: A pinkish or

purplish salt whose particular mineral impurities give it its distinctive color, flavor, and sulfurous aroma. It is sometimes labeled or referred to as “rock salt,” but do not substitute regular rock salt—the salt sprinkled on sidewalks and roads to melt ice—or “ice cream salt,” as these are inedible and not the same as Indian black salt, *kala namak*.

Black sesame seeds: These small, flat seeds are dark in color and used in cooking for their medicinal properties. They are high in calcium, iron, copper, magnesium, and phosphorus, which help to maintain healthy bones,

muscles, and blood.

Boondi: These fried chickpea-flour puffs are about the size of green peas. Look for packages of them in the snacks and *chaat*-ingredient sections of Indian grocery stores.

Caraway seeds: Caraway is smaller, darker, and more expensive than its close relative, cumin. It is grown in Kashmir and is used in *pulaos* and meat dishes.

Chironji/charoli: Not melon seeds (but regularly translated as such), *chironji* are round, light brown seeds from a small tree fruit (*Buchanania lanzan*). They are soft and nutlike, and their flavor is

reminiscent of almonds (blanched almonds can be substituted for chironji). They should be refrigerated for long-term storage because of their high oil content.

Cilantro: This herb has wide, delicate, lacy green leaves and a pungent flavor. The seeds are known as coriander and are also used as a spice. Although fresh cilantro and coriander seeds come from the same plant, their flavors are very different and they cannot be used interchangeably. Fresh cilantro is used extensively in Indian cuisine as a garnish.

Cinnamon: The bark, wood, leaves, buds, flowers, fruits, and

roots of the cinnamon tree are used for different purposes, but the bark is the most commonly used, either in pieces or ground to a fine powder. It adds a delicious woody flavor to desserts and is widely used in savory dishes. Kerala, a state in South India, is the country's major producer of the cinnamon used in Indian kitchens.

Cloves: These unopened dried flower buds look like snails. Cloves have a sweet and strongly minty flavor, and can be purchased whole or finely ground. India is one of the largest consumers of cloves in the world. Full-grown flower buds are picked green and dried in

the sun until they become dark brown. With a fine aromatic flavor and warming qualities, cloves integrate well with other spices in sweet and savory dishes.

Coriander: The seeds of the cilantro plant are sold whole or ground. Coriander is mild, with an aroma similar to lemon, sage, and caraway. It is used in curry powder spice mixes, pickling, and soups. When young, the cilantro plant is used fresh for chutneys and sauces, and for flavoring curries and soups.

Cumin: These long, dark brown seeds are very aromatic and are sold whole or finely ground. Cumin is widely used in spice

mixes, curry powders, and in vegetable dishes, pickles, soups, meat dishes, and even in cheeses, sausages, breads, cakes, and biscuits.

Curry leaves: This spice, which has a distinct lemon flavor, is used extensively in Southeast Asian cooking to add a very distinct flavor and aroma to dishes. Curry leaves are not related to curry powder at all. They are the leaves of the curry plant or tree, *Murraya koenigii*. They are used in a variety of soups, stews, chutneys, and sauces. Although they vaguely resemble bay leaves, curry leaves can be eaten and need not be

removed from the dish before serving.

Dagad phool: Also known as lichen stone flower, this fungus lends its dark color and musky flavor to many dishes, although it is rarely used outside the Himalayan and mountain regions of western and central India. An excessive amount can make curries very bitter.

Dal: Dried beans, lentils, and peas all fall under the category of *dal*, and are used in myriad ways: as the main ingredients in soups and stews; soaked and fermented and ground for various pancakes; as a crunchy textural element in

tempering with spices; and as a binding agent in meat and vegetable mixtures for ground-meat patties and kabobs. Following are commonly used *dals* that appear throughout this book:

chana dal (split Bengal gram): Dried small chickpeas split in half, tan colored and larger than other *dals*.

dalia (roasted *chana dal*): *Dalia* is often ground and used to thicken sauces, in marinades, and to add texture to chutneys.

dhuli moong dal (split skinless green gram): Mung beans that have been husked to remove the skins, and split in half. They are

yellow.

dhuli urad dal (split skinless black gram): Small lentil-like beans that have been husked to remove the black skins, and split in half. They are creamy white in color.

masoordal (split red lentils): These skinned and halved red lentils, are salmon-colored and cook very quick.

sabut masoor (whole red lentils): Red lentils with their brown skins left on. They are light brown, flat, and round.

sabut moong (whole green gram): Whole mung beans with their skins. They are green.

toordal/arhardal (split pigeon peas): Skinned and split yellow lentils.

Deghi mirch chile powder: Similar to paprika, this mild red chile powder is more sweet than hot. It is used in Indian food primarily for its color.

Dried red chiles: These hot red peppers are sun-dried before use. Different regions of India grow and use their own type of red chiles—Kashmiri chiles in Kashmir, *begdi* in Karnataka, *guntur* in Andhra Pradesh, etc. We have used Kashmiri dried red chiles in most of our recipes because they are not too spicy and they impart an

appetizing color to dishes.

Dried rose petals: These are used to flavor and scent many *biryanis* and sweet dishes. If you dry your own, be sure to use roses that have not been treated with chemicals.

Drumstick vegetable: The young, mild-tasting fruit of the *Moringa oleifera* plant, drumstick is used extensively in Indian cooking, almost as commonly as green beans or asparagus in the United States, but is fairly scarce here. Drumstick vegetables are long and green, with ridges running the length of the vegetable.

Edible sandalwood powder:

The dried wood of the sandalwood tree in powder form.

Fennel: These oval, greenish brown seeds are from the fennel plant. They are aromatic, with a slight licorice flavor. They are similar to anise seeds, but are larger. Fennel seeds are available whole or ground. Fennel is an effective digestive aid, and raw fennel seeds are often chewed after rich meals in India.

Fenugreek: These hard, yellowish brown, angular seeds are available whole, crushed, or roasted and ground. Fenugreek has a strong, aromatic, and bittersweet flavor. The leaves are used as an

herb (*kasoori methi*). Fenugreek is cultivated worldwide in semi-arid areas. Fenugreek seeds are often paired with mustard seeds in tempering oil and are much in demand during pickling season.

Ganthia: Crunchy fried chickpea-flour sticks about the width and length of your little finger. They are sold in the snack and *chaat*-ingredient section of Indian grocery stores. See page 16 for a recipe.

Ghee: Ghee is butter that has been slowly cooked, skimmed, and clarified.

Ginger: The rhizome of the ginger plant is available fresh or

dried; the latter is usually finely ground.

Green cardamom: This queen of Indian spices is the second-most important spice in India after cumin seeds. Green cardamom is an ancient and extremely flavorful spice that is native to India. Either the pods are used whole or the small black seeds are ground to a powder. Cardamom is widely used throughout the world, and nearly every food culture has its own distinctive way of using it in sweet and savory dishes.

Green chiles: Fresh hot capsicums. Indian green chiles that

are most commonly used in the dishes in this book are very similar to serrano chiles in flavor and heat level, and finger-size serranos are a good substitute.

Indian broad beans (hyacinth beans): These are wide, long, flat green pods with beans inside. Their flavor is more pronounced than that of regular green beans, and is often likened to the flavor of lima beans. To use, remove the strings from the outside of the pods, then cut the pods crosswise into small pieces. Hyacinth beans, called *sem kiphalli* in India, are also available already chopped in the frozen-foods section of Indian grocery stores.

Jaggery: This is an unrefined dark brown cane (sometimes palm) sugar, sold in hard, solid cones or blocks that can be chopped with a heavy knife or grated on the coarse holes of a box grater. Jaggery is similar to Mexican *piloncillo*, or *panela*, and either of those may be used in place of jaggery. In a pinch, you could also use turbinado or natural cane sugar.

***Kakdi magaz* (dried cucumber seeds):** Kakdi magaz are dried cucumber seeds. They are thinner and longer and also have a sweeter taste than most melon seeds. Used mostly to garnish select Indian desserts, sweet

chutneys, and some savory snacks, they can be substituted with other melon seeds, such as cantaloupe and honeydew.

Kalonji (nigella): Small black seeds of the *Nigella sativa* plant, *kalonji* are also sometimes labeled “black sesame,” “onion seeds,” or “black cumin,” though the seed is related to none of these. They lend their distinctive, slightly bitter flavor to *naan* and other breads.

Kashmiri red chile powder: Kashmiri red chiles are grown in Himachal Pradesh, Jammu, and Kashmir, and also in subtropical regions of North India, and are harvested from November to

February. The chiles are long and fleshy, with a very deep red color and mild flavor that makes the ground dried chiles much prized, especially in North Indian dishes. Paprika is a good substitute for these chiles.

Kasoori methi: These dried fenugreek leaves taste like a combination of celery and fennel, and have a slightly bitter bite. The leaves are usually crumbled and sprinkled over meat and vegetable curries just before serving.

Kewra (screw pine) water: This aromatic water made from distilled screw pine flowers, also known as *pandanus* or *kewra* in

Hindi, is used to flavor *biryanis* and sweets.

Kokum: *Kokum* (*Garcinia indica*), also known as gamboge, is a native fruit of India and is grown abundantly in Konkan, Karnataka, and Kerala along the western coast of India. It is found in the United States in Indian grocery stores in dried form.

***Kurmura* (puffed rice):** Also often labeled “murmura,” this is basmati rice that has been steamed at high pressure so that it puffs, much like puffed wheat. It is used in *chaats* and sweets.

***Lapsi* (fine broken wheat):** Like bulgur or cracked wheat, but

finer, *lapsi* is used in snacks and *dal* dishes, and can be cooked with ghee and sugar and garnished with nuts as a sweet treat for the festival of Diwali.

***Lauki* (bottle gourd):** The smooth-skinned bottle gourd (*Lagenaria siceraria*) has pale green flesh with a firm texture. Choose young bottle gourds (less than a foot long) rather than older, larger ones; young gourds have a thin, tender peel and undeveloped seeds that do not need to be removed. *Lauki* is also known as *doodhi*.

Lemongrass: The lower pale yellow and white part of this long,

thick grass is sliced or pounded, and is used to add a lovely, vibrant citrus flavor to dishes.

Mace: This spice is derived from the fleshy red aril surrounding the nutmeg seed. Its flavor is similar to that of nutmeg, but with a hint of pepper. It should be used sparingly.

***Maida* (refined flour):** Indian *maida* flour is a highly refined white flour. It is finer and softer than the all-purpose flour found in the United States. If you can't find *maida*, which, like the other flours used in this book, is available at any Indian grocer, substitute a white (not whole-wheat) pastry flour.

***Malai burfi* (condensed-milk *mithai*):** Cubes of condensed-milk sweets readily available at Indian grocery stores.

***Mangodi* (dried *dal* dumplings):** These large, grape-size dried dumplings made from puréed cooked *dhuli moong dal* (sometimes other *dals*) are available readymade at Indian grocery stores.

Mint: An excellent remedy for digestive problems, mint is well known for its fragrance and cool, refreshing flavor. It is usually used fresh, but retains much of its flavor when dried.

Mustard oil: Mustard oil is

available in two varieties: filtered and refined. If you are using filtered mustard oil, you will need to first heat it until it reaches its smoking point, then let it cool completely before using. If you are using the refined variety, you can use it straight away. In either case, please use mustard oil that is labeled specifically for cooking. If you cannot find it, regular vegetable oil will work just as well.

Mustard seeds: These small, round seeds varying in color from black to brown to yellow are ubiquitous in southern Indian cooking, where the tempering of the oil in countless recipes begins with

the addition of them. They pack a punch that is intensified in hot oil.

Nagkesar: Also known as cobra's saffron, this astringent herb is used to treat respiratory problems and as a digestive aid. The leaves are dried and used for their mild and slightly sweet flavor.

Nutmeg: A hard, oval, dried seed of an East Indian tree, nutmeg is widely cultivated in the tropics and is used as a spice in sweet and savory dishes either in grated or ground form.

Panch phoron: This mixture of five whole spices is made of cumin seeds, fenugreek seeds, *kalonji* (nigella), mustard seeds,

and caraway seeds.

Paneer: Paneer is a fresh cheese that is pressed until solid enough to slice or cut into cubes. See page 17 for a recipe.

Poppy seeds: The ivory-colored variety is widely used in Indian cooking to add a hint of nutty flavor to dishes. The seeds are also soaked and ground to a paste, and used to thicken sauces.

Rawa/suji (semolina flour): Coarsely ground (sand-textured) wheat flour, *rawa/suji* contains the wheat's endosperm and germ, but not the bran, and is available in fine, medium, and coarse grinds. You can substitute farina (Cream of

Wheat cereal), which is made from soft wheat; or semolina flour, which is made from harder durum wheat.

Red button chiles: These small dried red chiles that look like little balls are fried in oil to lend a mild smoky flavor to food. They should be removed before serving.

Ridged gourd: A vegetable in the cucumber family (*Luffa acutangula*), ridged gourd is long and dark green, with raised ridges running the length of the vegetable. Try to select younger ones; very mature ridged gourds can be tough and fibrous. Look for them in Indian markets and Asian grocery stores.

Rosewater and rose syrup:

Indian stores sell rosewater and rose syrup. Rosewater is a clear, thin liquid distilled from rose petals, and is sprinkled on sparsely to provide a lovely aroma to savory and sweet dishes. Rose syrup is a thick, red, sugar-sweetened liquid with rose flavorings. It is used to add sweetness, color, and aroma to a dish.

Saffron: Thousands of individual threadlike strands of the stigma from the crocus flower are hand-plucked and dried to make a single ounce of this very expensive spice. Saffron is used to flavor *biryanis* and sweet dishes, and also

in some soups and curries and baked goods. It adds both its bright yellow color and a subtle flavor to dishes.

Sesame seeds: These tiny oily seeds impart a nutty flavor and texture to chutneys, desserts, and vegetable dishes. Their color ranges from ivory to light brown to black; white sesame seeds are used in most of the recipes in this book.

***Sev* (chickpea-flour vermicelli):** Very thin deep-fried chickpea-flour strands that look like broken-up vermicelli or angel-hair pasta, *sev* can be found in the snack and *chaat*-ingredients section of Indian grocery stores.

Star anise: Known as *phool chakri* or *badiyan* in India, this star-shaped spice has a flavor that resembles that of anise seeds. Star anise is usually used whole, valued for its beautiful form as well as its flavor.

Tamarind: The fruit of the tamarind tree, *Tamarindus indica*, these pods are about five inches long and contain seeds and a pulp that becomes extremely sour when dried. Tamarind is widely used in Indian, Middle Eastern, Mexican, and Southeast Asian cooking. See page 9 for more information about buying and using tamarind pulp and concentrate.

Tirphala: The sun-dried fruit of the *tirphala* tree (which grows wild in the rain forests of Maharashtra and Karnataka in western India) looks like a Sichuan peppercorn except that the former is blackish brown and the latter is red in color. The husk of the dried berries is the actual spice, and it has a strong, woody, pungent aroma and a sharp and biting flavor. The husks are dry-roasted before being used in fish dishes or with pulses or in dishes of peas and beans. Because it is exclusive to this part of India, there is no English word for *tirphala*.

Turmeric: This spice is made

from the intense yellow-orange rhizome of a tropical plant related to ginger. Dried and ground turmeric is used to flavor and color food. It is used in curry powder blends and plays an important role in imparting an appetizing golden color to *dals* and vegetable dishes.

White pepper: This comes from the same plant as black pepper, but the berries are picked when fully ripe rather than green. White pepper is not as hot as black.

Appam chetti: A concave iron griddle with a heavy lid used to make *appams* (special breads from South India). A heavy cast-iron or nonstick wok can be used instead, as long as it has a tight-fitting lid.

Chakli or ganthia press: This metal press comes with different dies (much like a cookie press) through which you can push various doughs into different shapes for frying. With it you can make *chakli*, *ganthia*, *murukku*, *sev*, and *idiappam*.

Coconut scraper: This ingenious tool consists of a set of crank-operated rounded serrated

blades that can be mounted on a tabletop (or secured via suction). With it you can finely grate a halved coconut by holding the coconut half over the blades while you turn them with the crank; there is no need to shell and peel the coconut flesh. If you don't have a scraper like this, carefully remove the shell and brown peel from the white flesh with a paring knife and grate the coconut in a food processor.

Dosa griddle: This flat metal plate, usually made of iron or heavy-gauge aluminum, has an anodized surface. The surface is scratch resistant and does not crack

or peel, allowing the use of metal spoons, spatulas, etc. You can use a nonstick griddle instead, but don't use metal utensils on it.

Double boiler: This stove-top pan is used to melt chocolate without burning or seizing, or to cook any other thick liquid, sauce, or porridge that would normally burn if cooked over direct heat. It consists of an upper vessel (containing the food) situated above a lower pot of water. When the water is brought to a boil, the steam produced in the lower pot transfers the heat to the upper pot.

Food processor: An electric kitchen appliance with a closed

container and interchangeable blades that can chop, blend, shred, purée, or otherwise process food at high speed. I use a mini food processor to grind up small quantities of wet mixtures.

Idli steamer: This deep vessel with a lid has a vent that allows steam to escape and special plates with dents into which the *idli* batter is poured and then steamed. They are readily available at Indian grocery stores.

Kadai: A thick, deep, circular cooking pot that resembles a wok.

Kulfi molds: Aluminum or plastic individual-size molds in which the milk-and-nut mixture is

frozen to make *kulfi* desserts. Ramekins, custard cups, or even ice-pop molds make good *kulfi* molds.

Paniyaram tawa: Mainly used in South India, this is an iron griddle with golf ball–size dents into which batter is poured to make *paniyaram*.

Pickle jars: Glass or porcelain pickle jars are sterilized (by submerging in boiling water for at least ten minutes) and allowed to dry thoroughly before being used to store homemade pickles; Indian pickle jars are available at Indian markets, or you can use American- or European-style canning jars.

Tawa: This is a large, flat, or slightly concave disk-shaped griddle made from cast iron, steel, or aluminum, used to cook *rotis* and *parathas*. Nonstick *tawas* are also now available. Any large, flat griddle or even a cast-iron skillet can be used instead.

SOURCES

INDIAN GROCERY STORES

Indian Grocery Store

Locator

Type in your zip code to find Indian grocery stores near you

www.diggsamachar.com/grocery/gr

Indian Supermarket Guide

Indian grocery stores and restaurants listed by state

www.videsh.com

UTENSILS

Amazon

Idli steamers, food steamers, spice grinders, and more

www.amazon.com

I Shop Indian

A good selection of Indian utensils
www.ishopindian.com

INGREDIENTS

Amazon

Amazon carries a very good selection of Indian spices and herbs
www.amazon.com

India Foods Company

Great prices on herbs and spices
www.indianfoodsco.com

India Plaza

An online store offering herbs, spices, ready-to-eat meals, and much more
www.indiaplaza.com

My Spice Sage

An excellent collection of global spices

www.myspicesage.com

Penzeys

Very good quality spices

www.penzeys.com

Rani Foods (formerly
Kundan Foods)

Spices and other ingredients

www.qualityspices.com

www.kundanfoods.com

Spices Galore

A good collection of spices and
marinades from around the world

www.spicesgalorel.com

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Mysore Masala Dosas
Palak Dhoklas
Palakwali Dal
Paruppu
Peethiwali Aloo Tikki
Rajasthani Panchmel Dal
Sai Bhaji
Sakkarai Pongal
Sambhar
Sookhi Dal Amritsari
Urad Dal Kachori
Varan
White Dhoklas
dates:

Adrak Navratan
Angoor Aur Khajur Ki
Chutney

Bread Ke Pakode

Khajoor Aur Imli Ki Chutney

Khajur Ki Chutney

deggi mirch chile powder

Dhaabay Di Dal

Dhansaak Masala

Dhokar Dalna

Dhoklas, White,

Diwani Handi

Doi Mach

dosa batter

Double Ka Meetha

doughnuts: Medu Wadas

drumstick vegetable

Malabar Chemeen Kari

Dudhi Halwa

Dudhi Na Muthia

Dum Aloo, Kashmiri

Dum Ke Kabab

Dum Ki Arbi

Dum Murgh

E

eggplant:

Baghare Baingan

Baingan Ka Bharta

Baingan Saaswe

Begun Bhaja

Bharli Vangi

Buz Vangun

Kolambi Bharleli Vangi

Methi Baingan

removing charred skin

Sai Bhaji

Sour and Spicy Eggplant Pickle

eggs:

Egg *Nargisi Kofta*

Egg Patties

Kheema Hara Dhania

Kheema Par Eeda

Murtabak

Paneer Anda

Wafer Per Eda

Ek Handi Nu Dal Bhaat

Erachi Choru

Erachi Olathiyathu

Eriseri

F

fasts and festivals,

Badam Doodh

Badam Halwa

Dudhi Halwa

Eriseri

Kaju Katli

Kele Wafers

Lagan Ka Kheema

Nalli Nihari

Rajgire Ka Thepla

Sabudana Khichdi

Sabudana Thalipeeth

Sabudana Vadas

Sweet-potato Kheer

Vrat Ki Kadhi

see also sweets

Feijoada

fennel

fenugreek leaves

Diwani Handi

Kasoori Paneer Tikka

Khakhra

Methi Aloo

Methi Baingan

Sai Bhaji

fenugreek seeds

figs: *Anjeer Murgh*

fish:

Amritsari Machchi

Bangda Udad Methi

Bhapa Ilish

Chapa Pulusu

Doi Mach

Fish in Coconut Gravy

Fish *Moilee*

Hara Masalewali Machchli

Ilish Macher Sorse Jhol

Karimeen Pollichattu

Kesari Seafood Pulao

Machchli Tak-A-Tak

Macher Chop

Macher Jhol

Malvani Fish Curry

Meen Nirappiyathu

Meen Pathiris

Meen Vattichattu

Patrani Machchi

Paturi Maach

Podichapa

Pomfret Reichado

Rawas Ambotik

Rawas Fish Fingers

Talela Rawas

Tandoori Pomfret

Fodnicha Bhaat

fruits:

Gulmarg Salad

Phal-Sabz Seekh

see also specific fruits

G

Gajarachi Pachadi

*Gajar Gobhi Shalgam Ka
Achar*

Gajar Halwa

Ganthia

Ganthia Saag

Garam Masala

Kashmiri (Ver)

Punjabi,

garlic:

Burani

Chile Garlic Chutney,

Garlic Naan

Garlic Paste

Garlic Pickle

Garlic Spinach *Massiyal*
Ginger-Garlic Paste
Hot Garlic Fried Rice
Lahsooni Dhania Murgh
Malvani Shrimp Fry
Papri Nu Shaak
Yera Poondu Masala
Gatta Curry,
Gatte Ka Pulao
Ghee
Ghugni
Gil-E-Firdaus
ginger
Adraki Jhinga
Adrak Navratan
Ginger-Garlic Paste
Ginger Paste
Ginger *Pesarel*

Malvani Shrimp Fry

Pannagam

Sookhi Dal Amritsari

Tamatar Aur Adrak Ki

Chutney

Goan Lamb Curry,

Goan Shrimp Curry

goat:

Goat *Do Pyaza*

Lagan Ka Kheema

Malvani Goat,

Parsi Cutlets,

Tariwala Meat

Goda Masala

Gongura Pappu

gooseberries: *Amla Aur*

Beetroot Ki Tikki

Gosht Korma

Gosht Pasanda

grape drink: *Kale Angoor Ka
Sharbat*

grapes:

*Angoor Aur Khajur Ki
Chutney*

Angoori Shrimp

Green Chile Paste

Green Masala

Green Pea Kachori

Guar Ki Sabzi

Gujarati Kadhi

Gulab-E-Aab

Gulab Jamun

Gulmarg Salad

H

Hak

Handvo

Hara Bhara Kabab

Hara Masala Murgh

Hara Masalewali Machchli

Hare Aam Ke Chawal

Hare Masale Ka Bhuna

Paneer

Hare Moong Ka Shorba

Hirvi Mirchi Cha Thecha

honey:

Angoori Shrimp

Lassi with Honey

I

ice cream:

Majjika

Zafrani Sharbat

Idiappam

Idlis

Kanchipuram Idlis

Shrimp *Idlis*
Iggaru Royya
Ilish Macher Sorse Jhol
Imli Til Ke Chawal
Indo-Chinese,
Chicken Chow Mein
Chicken Lollipops
Chicken Manchurian,
Chile *Chana*
Chile *Paneer*
Chinese *Bhel*
Hot Garlic Fried Rice
Sichuan Sauce
Spring *Dosas*

J

jackfruit: *Kathal Ki Biryani*
jaggery, *see* cane jaggery
Jain Osaman

Jalebi

Jal Jeera

jawar: Bhakri

Jhaal Muri

Jhinga Kalimirch

Jhinge Posto

K

Kaalan

Kabargah

Kachche Gosht Ki Biryani

Kachche Kele Ke Cutlet

Kachche Papite Ka Murabba

Kachchi Mirchi Ka Murgh

Kadai Chicken,

Kadai Paneer

kadhis

Aamras Ki Kadhi

Gujarati Kadhi

Punjabi Kadhi
Sindhi Kadhi
Vrat Ki Kadhi
Kaikari Ishtew
Kairi Murgh
Kairi Panna
Kaju Katli
kakdi magaz
Kakori Kabab
Kalakand
Kale Angoor Ka Sharbat
Kaleji Ka Salan
Kali Mirch Ka Drink
Kalla Dosas
kalonji (nigella)
Kanchipuram Idlis
Kanda Bhajia
Kanda Poha

Kand Ke Pattice

Kanji Bada

Karela Andhra Style

Karimeen Pollichattu

Karwari Shrimp

Kashmiri Dum Aloo

Kashmiri Gushtaba

kasoori methi

Kasoori Paneer Tikka

Kathal Ki Biryani

kebabs:

Chicken Tikka

Chukandar Ki Galouti

Dum Ke Kabab

Hara Bhara Kabab

Kakori Kabab

Khaas Seekh

Khubani Ke Shammi

Lahsooni Dhania Murgh
Laziz Tikka Masala
Murgh Gilafi Tikka
Murgh Hazarvi
Murgh Neza Kabab
Nawabi Kalmi Kabab
Paneer Di Soti Boti
Patthar Ka Gosht
Phal-Sabz Seekh
Rajma Galouti Kabab
Raunaq-E-Seekh
Shikhampuri Kabab
Tangdi Kabab
Keerai Chutney
Keerai Kozhambu
Kela Anar Raita
Kele Ki Chutney
Kele Wafers

Kelyache Koshimbir
Kesari Bharwan Jhinga
Kesari Seafood Pulao
kewra water
Khaari Puri
Khaas Seekh
Khade Masale Ka Gosht
Khadkhade
Khajoor Aur Imlı Ki Chutney
Khajur Ki Chutney
Khakhra
Khaman Dhokla
Khamang Kakdi
Khandvi
Kharda
Khasta Roti
Khatta Meetha Kaddu
Khattu Mag

Kheema Bhari Hari Mirch

Kheema Hara Dhania

Kheema Kaleji

Kheema Matar

Kheema Par Eeda

Kheema Potli

Kheema Pulao

Kheer Kadam

Khichra

Khoya

Khubani Ka Meetha

Khubani Ke Shammi

koftas:

Lauki Kofta

Malai Kofta Curry

Shaam Savera

Koki

kokum

Kokum Sharbat

Masala Soda

Kolambi Bharleli Vangi

Kolambi Kaju Curry

Kolhapuri Dry Chutney

Kolhapuri Pandhra Rassa

Kolhapuri Sukka Lamb,

Kolmi No Patio

Kori Ajadina

Kori Gassi

Kosumali

Koyla Chicken,

Kozhi Ishtew

Kozhi Karuveppalai Soup

Kozhi Milagu Varuval

Kozhi Thengai Kozhambu

Kozhi Urundai Kozhambu

Kozhi Vartha Kari

Kozhi Vartha Kozhambu
Kumro Chechki
kurmura (puffed rice)
Kuzhi Paniyaram

L

Laal Maas
Ladyfinger Pachidi
Lagan Ka Kheema
Laganshaala
Lahsooni Dhania Murgh
Lal Murgh
lamb:
Aab Gosht
Aattu Kari Podimas
Achari Gosht
Aloobukhara Kofta
Bhindi Ka Shorva
Burrah Masalear

Chaap Fry Amritsari

Chops Kari Varuval

Dahi Kheema

Dal Gosht

Dum Ke Kabab

Egg Nargisi Kofta

Erachi Choru

Erachi Olathiyathu

Goan Lamb Curry,

Gosht Korma

Gosht Pasanda

Kabargah

Kachche Gosht Ki Biryani

Kakori Kabab

Kashmiri Gushtaba

Khade Masale Ka Gosht

Kheema Hara Dhania

Kheema Kaleji

Kheema Matar

Kheema Par Eeda

Kheema Potli

Kheema Pulao

Khichra

Kolhapuri Pandhra Rassa

Kolhapuri Sukka Lamb,

Laal Maas

Lagan Ka Kheema

Lamb Do Pyaza

Lamb Ishtew

Lamb Pepper Fry,

Lamb Razala

Lamb Rogan Josh

Lukhmi

Maamsam Koora

Malvani Lamb,

Mangshor Curry

Nalli Nihari

Nawabi Korma

Parsi Lamb Cutlets,

Patthar Ka Gosht

Paya Shorba

Saag Wala Gosht

Salli Ne Jardaloo Ma Gos

Saoji Lamb

Shaan E Raan

Shikhampuri Kabab

Stock

Taar Korma

Tariwala Meat

lamb livers:

Kaleji Ka Salan

Kheema Kaleji

lapsi

Lassi with Honey

Lauki Chana Dal

Lauki Kofta

Lauki Raita

Laziz Tikka Masala

Lehsuni Tandoori Aloo

lemon: Cauliflower and

Lemon Rice

lemongrass

Masala Chai with

Lemongrass

lentils:

Anarkali Shorba

Keerai Kozhambu

Mulligatawny Soup

see also dal

lotus root

Makai, Badam, Aur Akhrot Ki

Tikki

Nadru Yakhni

Luchi

Lukhmi

M

Maa Chole Di Dal

Maamsam Koora

mace

Machchli Tak-A-Tak

Macher Chop

Macher Jhol

maida

Aloo Anardana Kulcha

Bakharkhani

Balushahi

Chapatis

Chicken Kheema Kulcha

Dal Pakwan

Garlic Naan

Green Pea Kachori
Jalebi
Khasta Roti
Kheema Potli
Luchi
Lukhmi
Meen Pathiris
Naan
Namakpara
Papdis
Punjabi Samosa
Sheermal
Shrimp Karanji
Urad Dal Kachori
Majjika
Makai, Badam, Aur Akhrot Ki
Tikki, i36–37
Makai Murgh

Makai Palak

makhana

makhni sauce: Shaam Savera

Makki Di Roti

Malabar Chemeen Kari

malai burfi

Malai Kofta Curry,

Malpua

Malvani Chicken Hirwa

Masala

Malvani Fish Curry

Malvani Lamb,

Malvani Shrimp Fry

Mamallapuram Kal Erra

mangodi

mangoes:

Aamras Ki Kadhi

Ambe Sasam

Amer Chatni

Guar Ki Sabzi

Hare Aam Ke Chawal

Kairi Murgh

Kairi Panna

Kosumali

Sev Batata Puri

Sungta Ani Torache Hooman

Mangshor Curry

Marghi Na Farcha

Masala Chai with

Lemongrass

Masala Dosas

Mysore,

Masala Fried Squid

masalas: Chaat Masala

Chai Masala

Chholay Masala

Chicken Cafreal
Dhansaak Masala
Garam Masala
Goda Masala
Green Masala
Jhaal Muri Masala
Kori Ajadina
Nihari Masala
Pav Bhaji Masala
Punjabi Garam Masala
Sambhar
Ver
Masala Soda
Masala Taak
Masaledar Chholay
Masaledar Karele
Matar Ka Shorba
Medu Wadas

Meen Nirappiyathu

Meen Pathiris

Meen Vattichattu

Meethe Chawal

Methi Aloo

Methi Baingan

milk:

Badam Doodh

Badam Halwa

Badam Pista Kulfi

Bhapa Doi

Chhenar Payesh

Gil-E-Firdaus

Gulab-E-Aab

Kalakand

Kheer Kadam

Khoya

Malpua

Masala Taak

Rabdi

Rasmalai

Rosogulla

Sweet-potato Kheer

Zafrani Sharbat

mint

Chaap Fry Amritsari

Chile, Pineapple, and Anar

Raita

Hara Masala Murgh

Hare Masale Ka Bhuna

Paneer

Kela Anar Raita

Lagan Ka Kheema

Murtabak

Paneer Chutney Pakora

Pani Puri

Pudina Aur Dhaniya Chutney,

Pudina Paratha

Zafrani Dum Murgh

Mirchi Bhajiya

Mirchi Ka Salan

Missi Roti

mithais, see sweets

Mooli Saag

Moolyachi Bhajee

Moong Moth Ka Anokha

Salad

morabbas;

Kachche Papite Ka Morabba

see also pickles Mulligatawny

Soup

Murgh Biryani

Murgh Gilafi Tikka

Murgh Hazarvi

Murgh Neza Kabab

Murgh Zafrani Do Pyaza

Murtabak

Mushroom Shagoti

mustard greens: *Sarson Ka*

Saag

mustard oil

Achari Gosht

Aloo Chokha

Aloo Posto

Ilish Macher Sorse Jhol

Kashmiri Dum Aloo

Macher Jhol

Paturi Maach

mustard seed paste

mustard seeds

Baingan Saaswe

Dudhi Na Muthia

Kanji Bada

Mysore Masala Dosas

N

Naadan Kozhi Roast,

Naan

Garlic Naan

Naattu Kozhi Curry,

Nadru Yakhni

nagkesar

Nalli Nihari

Namakpara

Naralachi Karanjis

Narangi Pulao

Nariel Aur Dhaniya Ki

Chatni

Navratan Korma

Nawabi Kalmi Kabab

Nawabi Korma

nigella

Nihari Masala

nutmeg

O

okra:

Bendekaya Vepudu

Besanwali Bhindi

Bhindi Ka Shorva

Bhindi Kurkuri

Ladyfinger Pachidi

Vendakkai Mor Thalippu

Vendakkai Pachadi

Olan

onions:

Aab Gosht

Aattu Kari Podimas

Achari Gosht

Aloo Chokha

Aloo Matar

Ambat Batata

Baghare Baingan

Baingan Ka Bharta

Batata Song

Boiled-Onion Paste

Chettinaad Fried Chicken

Chicken Cafreal

Chicken Curry

Chingri Macher Kofta Curry,

Chingri Pakora

Dhokar Dalna

Dum Ke Kabab

Egg Nargisi Kofta

Gosht Pasanda

Jhinga Kalimirch

Kali Mirch Ka Drink

Kanda Bhajia

Kanda Poha

Karimeen Pollichattu

Kheema Bhari Hari Mirch

Kheema Hara Dhania

Khichra

Kolambi Bharleli Vangi

Kolhapuri Sukka Lamb,

Kolmi No Patio

Kori Gassi

Kozhi Milagu Varuval

Laal Maas

Lamb Do Pyaza

Lamb Pepper Fry,

Lamb Rogan Josh

Macher Chop

Makai Palak

Malvani Chicken Hirwa

Masala

Malvani Lamb,
Mangshor Curry
Masala Dosas
Methi Aloo
Methi Baingan
Murgh Gilafi Tikka
Murgh Zafrani Do Pyaza
Mysore Masala Dosas
Paneer Di Soti Boti
Paya Shorba
Pyaaaz Ki Tarkari
Ragda Pattice
Saoji Lamb
Sarson Ka Saag
Sev Batata Puri
Shaan E Raan
Shrimp Karanji
Tariwala Meat

Tikadia

Urulai Chettinadu

Yera Varuval

Zafrani Dum Murgh

oranges:

Gulmarg Salad

Narangi Pulao

P

pakoras: Punjabi Kadhi

Pakwan, Dal

Palak Chicken,

Palak Dhoklas

Palak Ke Pakora

Palak Paneer

Palak Raita

Palak Shorba

Palakwali Dal

panch phoron

Paneer

Bread Ke Pakode

Chile Paneer

Hare Masale Ka Bhuna

Paneer

Kadai Paneer

Kasoori Paneer Tikka

Khaas Seekh

Lehsuni Tandoori Aloo

Malai Kofta Curry,

Navratan Korma

Palak Paneer

Paneer Anda

Paneer and Peas Pulao

Paneer Chutney Pakora

Paneer Di Soti Boti

Paneer Makhni

Paneer Piste Ka Salan

Paneer Rolls

Paneer Tamatar Ka Khut

Paneer Tikka Kathi Rolls

Shaam Savera

Shahi Paneer

Tiranga Paneer Tikka

Tootak

Vegetable and Paneer

Jhalfrazie

Pani Puri

Pannagam

Papad Ka Shaak

papaya:

Kachche Papite Ka Murabba

Papaya Chi Wadi

Papaya Chutney

Papaya Ki Launj

Patthar Ka Gosht

Papdi Chaat

Papdis

Papri Nu Shaak

Paratha, Basic

Parsi Lamb Cutlets,

Paruppu

pastes:

Almond Paste

Boiled-Onion Paste

Cashew Paste

Garlic Paste

Ginger-Garlic Paste

Ginger Paste

Green Chile Paste

Patrani Machchi

Patthar Ka Gosht

Paturi Maach

Pav Bhaji

Pav Bhaji Masala

Paya Shorba

peanuts:

Baghare Baingan

Bharli Vangi

Kanda Poha

Khamang Kakdi

Mirchi Ka Salan

Peanut Chaat

peas:

Aloo Matar

Broken-Wheat Upma

Ghugni

Green Pea Kachori

Hara Bhara Kabab

Kachche Kele Ke Cutlet

Kanda Poha

Kheema Matar

Matar Ka Shorba
Paneer and Peas Pulao
Pani Puri
Punjabi Samosa
Ragda Pattice
Vatana Nu Leelu Shaak
see also dal
Peethiwali Aloo Tikki
pepper
Aattu Kari Podimas
Chops Kari Varuval
Erachi Olathiyathu
Iggaru Royya
Jhinga Kalimirch
Kali Mirch Ka Drink
Kanchipuram Idlis
Kozhi Milagu Varuval
Kozhi Vartha Kari

Lamb Pepper Fry,

Lamb *Rogan Josh*

Maamsam Koora

Nihari Masala

Pannagam

Punjabi *Garam Masala*

Saoji Lamb

peppers:

Kadai Paneer

Makai Murgh

Murgh Gilafi Tikka

Mysore *Masala Dosas*

Paneer Di Soti Boti

Sabz Makai Kali Mirch Ka

Shorba

Tandoori *Murgh Salad*

Phal-Sabz Seekh

Phirni

pickles:

Gajar Gobhi Shalgam Ka Achar

Garlic Pickle

Ginger *Pesarel*

Kachche Papite Ka Murabba

Mustard Oil

Sour and Spicy Eggplant Pickle

pineapple: Chile, Pineapple, and *Anar Raita*

pistachios:

Badam Pista Kulfi

Bharwan Pistewala Murgh

to blanch

Chandi Korma

Kalakand

Paneer Piste Ka Salan

Phirni

Pittla

plums: *Aloo Bukhare Ki*

Chutney

Podichapa

Poha Cutlets

pomegranate:

Aloo Kachalu Chaat

Chicken *Kandhari Kofta*

Chile, Pineapple, and *Anar*

Raita

Kela Anar Raita

pomegranate seeds: *Aloo*

Anardana Kulcha

pomfret:

Pomfret *Reichado*

Tandoori Pomfret

see also fish

poppy seeds

Aloo Posto

Anaarase

Begun Bhaja

Dum Ki Arbi

Jhinge Posto

Posto Boda

Poricha Konju

Posto Boda

potatoes:

Aloo Anardana Kulcha

Aloo Chaat Dilli Style

Aloo Chokha

Aloo Gobhi Ki Tahiri

Aloo Kachalu Chaat

Aloo Matar

Aloo Nazakat

Aloo Paratha

Aloo Posto

Ambat Batata

Amla Aur Beetroot Ki Tikki

Bataka Nu Rassawala Shaak

Batata Song

Batata Vada

Batatyia Cha Kachyira

Dahi Batata Puri

Egg Patties

Hara Bhara Kabab

Kand Ke Pattice

Kashmiri Dum Aloo

Khubani Ke Shammi

Kozhi Ishtew

Lehsuni Tandoori Aloo

Macher Chop

Mangshor Curry

Masala Dosas

Methi Aloo

Mirchi Bhajiya

Mysore Masala Dosas

Paneer Rolls

Papdi Chaat

Peethiwali Aloo Tikki

Poha Cutlets

Punjabi Samosa

Ragda Pattice

Sabudana Vadas

Salli Ne Jardaloo Ma Gos

Sev Batata Puri

Sindhi Aloo Tuk

Urulai Chettinadu

prunes:

Aloobukhara Kofta

Lamb Razala

Phal-Sabz Seekh

Pudina Aur Dhaniya Chutney,

Pudina Paratha

pulaos:

Erachi Choru

Gatte Ka Pulao

Kesari Seafood Pulao

Kheema Pulao

Narangi Pulao

Paneer and Peas Pulao

Scallion Pulao

Puliseri

pumpkin:

Khatta Meetha Kaddu

Kumro Chechki

Olan

white (ash gourd; winter
melon)

Punjabi Garam Masala

Punjabi Kadhi

Punjabi Rajma

Punjabi Samosa

Puzhanikkai More Kozhambu

Pyaz Ki Tarkari

Q

Quick Jeera Chicken

R

Rabdi

Rasmalai

radish:

Mooli Saag

Moolyachi Bhajee

ragda:

Pani Puri

Ragda Pattice

Raghavdas Laddoo

raitas :

Beet Raita

*Chile, Pineapple, and Anar
Raita*

Kela Anar Raita

Lauki Raita

Palak Raita

Rajasthani Bati

Rajasthani Panchmel Dal

Rajgire Ka Thepla

Rajma Galouti Kabab

Rasam Powder

Rasmalai

Raunaq-E-Seekh

Rawas Ambotik

Rawas Fish Fingers

rawa/suji

Karwari Shrimp

Raghavdas Laddoo

Rawa Dosas

Senai Roast

Sooji Ka Halwa

Tootak

Rayalaseema Pesarettu

relishes, *see* chutneys

rice,

Aloo Gobhi Ki Tahiri

Anaarase

Appam

Brown Rice

Cauliflower and Lemon Rice

Ek Handi Nu Dal Bhaat

Erachi Choru

Fodnicha Bhaat

Gatte Ka Pulao

Handvo

Hare Aam Ke Chawal

Hot Garlic Fried Rice

Idiappam

Idlis

Imli Til Ke Chawal

Kachche Gosht Ki Biryani

Kalla Dosas

Kanchipuram Idlis

Kanda Poha

Kathal Ki Biryani

Kesari Seafood Pulao

Kheema Pulao

Khichra

Kuzhi Paniyaram

Masala Dosas

Meethe Chawal

Murgh Biryani

Mysore Masala Dosas

Narangi Pulao

Paneer and Peas Pulao

Phirni

Poha Cutlets

puffed, *see* rice, puffed

Puliseri

Sakkarai Pongal

Sannas

Scallion Pulao

Shrimp Idlis

Talela Rawas

White Dhoklas

rice, puffed (*kurmura*)

Bhel Puri

Jhaal Muri

rice flour:

Poricha Konju

Rawas Fish Fingers

Rice Wade

rice vermicelli, *Hare Moong*
Ka Shorba

ridge gourd

Chorchori

Jhinge Posto

roomali rotis

rose petals

rose syrup

Gulab-E-Aab

rosewater

Majjika

Rosogulla

Roti, Basic,

S

Saag Wala Gosht

Sabudana Khichdi

Sabudana Thalipeeth

Sabudana Vadas

sabut moong:

Hare Moong Ka Shorba

Rayalaseema Pesarettu

Sabz Makai Kali Mirch Ka

Shorba

saffron,

Badam Halwa

Gosht Korma

Kakori Kabab

Kesari Bharwan Jhinga

Kesari Seafood Pulao

Malpua

Meethe Chawal

Nawabi Kalmi Kabab

Taar Korma

Tootak

Zafrani Dum Murgh

Zafrani Sharbat

sago:

Sabudana Khichdi

Sabudana Thalipeeth

Sabudana Vadas

Sai Bhaji

Sakkarai Pongal

salads and *raitas*

Ambe Sasam

Beet Raita

Burani

Buz Vangun

Cauliflower *Koshimbir*

Chile, Pineapple, and *Anar*

Raita

Gajarachi Pachadi

Gulmarg Salad

Kela Anar Raita

Kelyache Koshimbir

Khamang Kakdi

Kosumali

Ladyfinger Pachidi

Lauki Raita

Moong Moth Ka Anokha

Salad

Palak Raita

Tandoori Murgh Salad

Salli Ne Jardaloo Ma Gos

salt

Sambhar: Chettinadu Kozhi

Sambhar,

Sambhar (Dal)

Sambhar (Masala)

Samosa, Punjabi,

sandalwood

Sannas

Saoji Lamb

Sarson Ka Saag

sauces:

Butter Chicken,

Makhni Sauce,

Manchurian Sauce

Sichuan Sauce

Sour-and-Spicy Sauce,

Spicy Sauce,

Yogurt Sauce

Scallion *Pulao*

screw pine water

Semiya Payasam

Senai Roast

sesame seeds

Baghare Baingan

Imli Til Ke Chawal

sev

Sev Batata Puri

Shaam Savera

Shaan E Raan

Shahi Paneer

Sheer Kurma

Sheermal

Shikhampuri Kabab

shorbas, see soups

Shrikhand

shrimp:

Adraki Jhinga

Angoori Shrimp

Chingri Macher Kofta Curry,

Chingri Malai Curry,

Chingri Pakora

Goan Shrimp Curry

Iggaru Royya

Jhinga Kalimirch

Karwari Shrimp

Kesari Bharwan Jhinga
Kolambi Bharleli Vangi
Kolambi Kaju Curry
Kolmi No Patio
Malabar Chemeen Kari
Malvani Shrimp Fry
Mamallapuram Kal Erra
Poricha Konju
Shrimp Balchao
Shrimp Ghassi
Shrimp Idlis
Shrimp Karanji
Shrimp Peri Peri
Shrimp Vadai
Sungatache Bhaje
Sungta Ani Torache Hooman
Yera Poondu Masala
Yera Varuval

Shukto

Sichuan Sauce

silver foil:

Anjeer Murgh

Chandi Kaliyan

Chandi Korma

Kalakand

Sindhi Aloo Tuk

Sindhi Kadhi

snacks and starters,

Adraki Jhinga

Aloo Nazakat

Amla Aur Beetroot Ki Tikki

Amritsari Machchi

Andhra Chile Chicken

Angoori Shrimp

Batata Vada

Bedvin Kachori

Begun Bhaja
Bendekaya Vepudu
Bhindi Kurkuri
Bread Ke Pakode
Bread Upma
Broken-Wheat Upma
Chaap Fry Amritsari
chaats, see chaats
Chandi Kaliyan
Chettinaad Fried Chicken
Chicken 65
Chicken Cafreal
Chicken Kathi Roll,
Chicken Tikka
Chingri Pakora
Chops Kari Varuval
Chukandar Ki Galouti
Dahi Wada

Dal Pakwan

Dudhi Na Muthia

Dum Ke Kabab

Egg Patties

Ganthia

Green Pea Kachori

Handvo

Hara Bhara Kabab

Hare Masale Ka Bhuna

Paneer

Idiappam

Idlis

Kabargah

Kachche Kele Ke Cutlet

Kakori Kabab

Kalla Dosas

Kanchipuram Idlis

Kanda Bhajia

Kanda Poha

Kand Ke Pattice

Kanji Bada

Karwari Shrimp

Kasoori Paneer Tikka

Khaas Seekh

Khakhra

Khaman Dhokla

Khandvi

Kheema Potli

Khubani Ke Shammi

Kozhi Milagu Varuval

Kuzhi Paniyaram

Lahsooni Dhania Murgh

Lal Murgh

Lamb Pepper Fry,

Lehsuni Tandoori Aloo

Lukhmi

Macher Chop
Makai, Badam, Aur Akhrot Ki
Tikki

Malvani Shrimp Fry

Marghi Na Farcha

Masala Dosas

Masala Fried Squid

Medu Wadas

Meen Pathiris

Mirchi Bhajiya

Murgh Gilafi Tikka

Murgh Hazarvi

Murgh Neza Kabab

Mysore Masala Dosas

Naadan Kozhi Roast,

Namakpara

Nawabi Kalmi Kabab

Palak Dhoklas

Palak Ke Pakora
Paneer Chutney Pakora
Paneer Di Soti Boti
Paneer Rolls
Paneer Tikka Kathi Rolls
Papaya Chi Wadi
Parsi Lamb Cutlets,
Patrani Machchi
Patthar Ka Gosht
Paturi Maach
Peethiwali Aloo Tikki
Phal-Sabz Seekh
Poha Cutlets
Pomfret Reichado
Poricha Konju
Posto Boda
Punjabi Samosa
Rajma Galouti Kabab

Raunaq-E-Seekh

Rawa Dosas

Rawas Fish Fingers

Rayalaseema Pesarettu

Sannas

Shikhampuri Kabab

Shrimp Idlis

Shrimp Karanji

Shrimp Vadai

Sindhi Aloo Tuk

Sungatache Bhaje

Talela Rawas

Tandoori Chicken,

Tandoori Pomfret

Tangdi Kabab

Tiranga Paneer Tikka

Tootak

White Dhoklas

Yera Varuval

Sooji Ka Halwa

Sookhi Dal Amritsari

sorrel:

Gongura Pappu

Sai Bhaji

soups,

Anarkali Shorba

Badam Shorba

Chicken Shorba

Hare Moong Ka Shorba

Jain Osaman

Kozhi Karuveppalai Soup

Laganshaala

Matar Ka Shorba

Mulligatawny Soup

Palak Shorba

Paya Shorba

*Sabz Makai Kali Mirch Ka
Shorba*

Tomato Rasam

Tomato Saar

*Sour and Spicy Eggplant
Pickle*

spinach:

Anarkali Shorba

Garlic Spinach Massiyal

Hak

Hara Bhara Kabab

Keerai Chutney

Keerai Kozhambu

Makai Palak

Palak Chicken,

Palak Dhoklas

Palak Ke Pakora

Palak Paneer

Palak Raita

Palak Shorba

Palakwali Dal

Saag Wala Gosht

Sai Bhaji

Sarson Ka Saag

Shaam Savera

Spring Dosas

sprouts

blanching

Dahi Papdi Chaat

Gulmarg Salad

Jhaal Muri

Moong Moth Ka Anokha

Salad

squid: *Masala* Fried Squid

star anise

Brown Rice

Chettinadu Kozhi Sambhar

Chicken Xacuti

Kaikari Ishtew

Kozhi Ishtew

Kozhi Thengai Kozhambu

Lamb Ishtew

Mushroom Shagoti

stocks:

Chicken

Lamb

Vegetable

Sungatache Bhaje

Sungta Ani Torache Hooman

sweet potatoes:

Papri Nu Shaak

Sweet-potato *Kheer*

sweets,

Anaarase

Badam Halwa
Badam Pista Kulfi
Balushahi
Besan Ke Laddoo
Bhapa Doi
Chhenar Payesh
Chocolate Walnut Burfi
Double Ka Meetha
Dudhi Halwa
Gajar Halwa
Gil-E-Firdaus
Gulab Jamun
Jalebi
Kaju Katli
Kalakand
Kheer Kadam
Khubani Ka Meetha
Malpua

Meethe Chawal
Naralachi Karanjis
Phirni
Rabdi
Raghavdas Laddoo
Rasmalai
Rosogulla
Sakkarai Pongal
Semiya Payasam
Sheer Kurma
Shrikhand
Sooji Ka Halwa
Sweet-potato Kheer
Vrindavan Peda
T
Taar Korma
Talela Rawas
tamarind

Bangda Udad Methi

Bataka Nu Rassawala Shaak

Chapa Pulusu

Garlic Spinach Massiyal

Imli Til Ke Chawal

Khajoor Aur Imli Ki Chutney

Kozhi Urundai Kozhambu

Lauki Kofta

Meen Vattichattu

Paneer Tamatar Ka Khut

Pyaz Ki Tarkari

Tamatar Aur Adrak Ki

Chutney

Tandoori Chicken,

tandoori cooking

Tandoori *Murgh* Salad

Tandoori Pomfret

Tangdi Kabab

Tariwala Meat

tea:

Chai Masala

Masala Chai with

Lemongrass

Thengenkai Kori

Thepla

Tikadia

Tiranga Paneer Tikka

tirphal/tirphala

Tisryache Kalvan

tomatoes:

Aab Gosht

Aloo Matar

Baingan Ka Bharta

Burrah Masaledaar

Butter Chicken,

Chicken Curry

Dal Makhni

Dhokar Dalna

Egg Nargisi Kofta

Ek Handi Nu Dal Bhaat

Kadai Paneer

Kheema Bhari Hari Mirch

Kheema Kaleji

Kheema Matar

Kolambi Bharleli Vangi

Kolhapuri Sukka Lamb,

Kolmi No Patio

Koyla Chicken,

Kozhi Vartha Kozhambu

Lauki Kofta

Laziz Tikka Masala

Makai Murgh

Masaledar Chholay

Methi Baingan

Murgh Gilafi Tikka

Mysore Masala Dosas

Paneer Di Soti Boti

Paneer Makhni

Paneer Tamatar Ka Khut

Paneer Tikka Kathi Rolls

Sai Bhaji

Shaam Savera

Shaan E Raan

Shahi Paneer

Tamatar Aur Adrak Ki

Chutney

Tomato Rasam

Tomato Saar

Tootak

turmeric

U

Ukala

Undhiyu

Urad Dal Kachori

urad dal papads

Urulai Chettinadu

V

Varan

Vatana Nu Leelu Shaak

vegetables:

Gajar Gobhi Shalgam Ka

Achar

Gulmarg Salad

Handvo

Hare Masale Ka Bhuna

Paneer

Kosumali

Laganshaala

Mulligatawny Soup

Pav Bhaji

Phal-Sabz Seekh
Raunaq-E-Seekh
Sabz Makai Kali Mirch Ka
Shorba

Sindhi Kadhi
Stock
Vegetable and Paneer
Jhalfrazie

Vegetable Dhansaak
see also specific vegetables;
vegetarian entrees

vegetarian entrees,

Aloo Chokha

Aloo Matar

Aloo Posto

Ambat Batata

Aviyal

Baghare Baingan

Baingan Ka Bharta
Baingan Saaswe
Bataka Nu Rassawala Shaak
Batata Song
Batatya Cha Kachyra
Beans Poriyal
Besanwali Bhindi
Bharli Vangi
Cabbage Chana Dal
Chorchori
Dhokar Dalna
Diwani Handi
Dum Ki Arbi
Eriseri
Feijoada
Ganthia Saag
Garlic Spinach Massiyal
Gatta Curry,

Guar Ki Sabzi

Hak

Jhinge Posto

Kaalan

Kadai Paneer

Kaikari Ishtew

Karela Andhra Style

Kashmiri Dum Aloo

Keerai Kozhambu

Khadkhade

Khatta Meetha Kaddu

Kumro Chechki

Lauki Kofta

Makai Palak

Malai Kofta Curry,

Masaledar Karele

Methi Aloo

Methi Baingan

Mirchi Ka Salan

Mooli Saag

Moolyachi Bhajee

Mushroom Shagoti

Nadru Yakhni

Navratan Korma

Olan

Palak Paneer

Paneer Makhni

Paneer Piste Ka Salan

Paneer Tamatar Ka Khut

Papad Ka Shaak

Papri Nu Shaak

Pittla

Puzhanikkai More Kozhambu

Pyaz Ki Tarkari

Sai Bhaji

Sarson Ka Saag

Senai Roast

Shaam Savera

Shahi Paneer

Shukto

Undhiyu

Urulai Chettinadu

Vatana Nu Leelu Shaak

Vegetable and Paneer

Jhalfrazie

Vegetable Dhansaak

Vendakkai Mor Thalippu

Vendakkai Pachadi

Zunka Bhakar

Vendakkai Mor Thalippu

Vendakkai Pachadi

Ver

vermicelli:

Bhel Puri

Dahi Batata Puri

Hare Moong Ka Shorba

Papdi Chaat

Semiya Payasam

Sev Batata Puri

Sheer Kurma

Vrat Ki Kadhi

Vrindavan Peda

W

Wafer Per Eda

walnuts:

Akhrot Murgh

Chocolate Walnut Burfi

Makai, Badam, Aur Akhrot Ki

Tikki

whey

White Dhoklas

winter melon (ash gourd;

white pumpkin)

Y

yams:

Eriseri

Kaalan

Kand Ke Pattice

Senai Roast

Yera Poondu Masala

Yera Varuval

yogurt:

Achari Gosht

Aviyal

Beet Raita

Bhapa Doi

Burani

Buz Vangun

Chile, Pineapple, and *Anar*

Raita

Chops Kari Varuval

Dahi

Dahi Batata Puri

Dahi Kheema

Dahi Papdi Chaat

Dahi Wada

Doi Mach

Dum Ki Arbi

Dum Murgh

Gatta Curry,

Gosht Pasanda

Gujarati Kadhi

Hara Masala Murgh

Hare Masale Ka Bhuna

Paneer

Kabargah

Kachchi Mirchi Ka Murgh

Kanchipuram Idlis

Kashmiri Dum Aloo
Kashmiri Gushtaba
Kasoori Paneer Tikka
Kela Anar Raita
Kelyache Koshimbir
Khattu Mag
Kheema Potli
Laal Maas
Ladyfinger Pachidi
Lamb Do Pyaza
Lamb Razala
Lamb Rogan Josh
Lassi with Honey
Lauki Raita
Laziz Tikka Masala
Lehsuni Tandoori Aloo
Majjika
Masala Taak

Murgh Gilafi Tikka

Nadru Yakhni

Nawabi Kalmi Kabab

Nawabi Korma

Palak Dhoklas

Palak Raita

Papad Ka Shaak

Puzhanikkai More Kozhambu

Shikhampuri Kabab

Shrikhand

Taar Korma

Tandoori Chicken,

Tandoori Murgh Salad

Tandoori Pomfret

Tangdi Kabab

Thengenkai Kori

Tiranga Paneer Tikka

Vendakkai Mor Thalippu

Vendakkai Pachadi

Z

Zafrani Dum Murgh

Zafrani Sharbat

Zunka Bhakar



SANJEEV KAPOOR is one of the biggest culinary stars in the world. He has published over three dozen books. *How to Cook Indian* is his first major book for American audiences. Kapoor lives in Mumbai, India.

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