

RECIPES
IN
REMEMBRANCE

Indian Cooking for the Sangat

भारतीय खाना संगत के लिए

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Edited by Maureen Harwood

Recipes by Veena Walia

This book was originally envisioned to be a joyous sharing of our Sangat's love and enthusiasm over the impending visit of the Master. It would provide a practical keepsake for our guests to take home, and sales could defray some of the Tour costs. With His Grace, the book came together in short order, and was at the printer's when the news reached us from Rajasthan of Sant Ji's leaving the physical plane.

Subsequent to the summer's events, there was a collective interest in continuing with the project. Sant Bani Ashram graciously agreed to arrange the printing and to handle the distribution. A percentage of the proceeds will go towards the Sant Bani School. Other than these changes, the text is being presented essentially as it was at its initial press time:

July 6, 1997

*Dedicated to Sant Ajaib Singh Ji
Our Supreme Father - Mother - All That Is*

*Beloved Gardener of Kirpal Amar Bagh,
we have not seen anyone as great as You;
our heads are at Your Feet,
our lives are in Your Hands,
our hearts are eternally Yours.*

Acknowledgements

The authors wish to extend their gratitude to the following persons:

To Asha Suri, Gulzar Jamal, Prabha Bagga and Mrs. Nagra for their loving recipe contributions;

To Michael Weiner, and Jim and Theresa Crawford for their encouragement and support;

To John Crawford for assistance in formatting and flippancy;

To Gyan Prakash Harwood for his editorial input.

Special thanks to Lance Shaler, whose remarkable patience and eminent computer skills enabled the vision to take form:

May you win much favour in the Court of the Lord.

The Recipes

Most of the 100 recipes in this book are typical of daily, north Indian-style cooking. They can easily be prepared here in the west, although this may entail a trip to an Indian market to stock-up. They are classic recipes in their use of authentic seasonings and traditional ingredients. Feel free, however, to make your own adjustments and substitutions. In fact, the recipes are deliberately basic and adaptable. Traditionally, cooks in India don't follow recipes, they rely on intuition and skill.

Nearly half of the recipes were lovingly donated by Veena Walia, one of the excellent Bagga cooks, who will serve as personal chef to Sant Ji on His visit to Vancouver. The remainder have been culled from other sources. We hope you will enjoy them, and take the remembrance of the Master's Tour back into your homes with you.

Remembrance

Reverence for the *dharma* of hospitality is deeply ingrained in the Indian culture. It is considered both a privilege and a sacred duty to lovingly serve family and guests. In our own spiritual traditions of Sant Mat, the concept of the Guru's langar goes back to the time of Guru Amar Das. We are the privileged recipients of the Master's hospitality on every Tour, and on every trip to India.

In Vancouver, we are doubly blessed in having such a large Indian Sangat. There is always something to celebrate in the Indian community: a *bhandara*, a wedding, a daughter's birthday, the birth of a son. In this way, the rich spiritual tradition of the Indian langar has become, for many of us, an inextricable part of our lives.

It is sometimes a very small step from routine to devotion. For many initiates, Indian cooking is a tangible reminder of our experiences with the Master, a kind of soul food for the Sangat. It is in this spirit that we offer you these simple recipes—not as a culinary diversion, but as a reminder of where our hearts lie.

Maureen Harwood
Vancouver, B.C.
July 1997

Vegetarian India

India is home to perhaps the world's oldest vegetarian cuisine. There are 900 million people living in India today, eighty-three percent of whom are Hindus, and largely vegetarian. Hindu philosophy teaches that all life is sacred. It eschews any form of violence, including dietary violence.

Historically, dietary restrictions have been a function of both the religion, and the complex caste system. In general, the higher the caste, the more satvic the diet. The purity of the Indian diet began to weaken with the various Moghul invasions, although the Muslims also follow a Kosher-type dietary code. Perhaps the single most detrimental influence on the integrity of the Indian diet was the arrival of the Europeans, particularly the British. Nevertheless, even the white sahibs had to reckon with India's varied, yet formidable dietary strictures. Nineteenth-century Hindus and Muslims alike refused to handle any foods in contravention of their religious beliefs. To manage their kitchens, British households were forced to turn to those castes which had converted to Christianity.

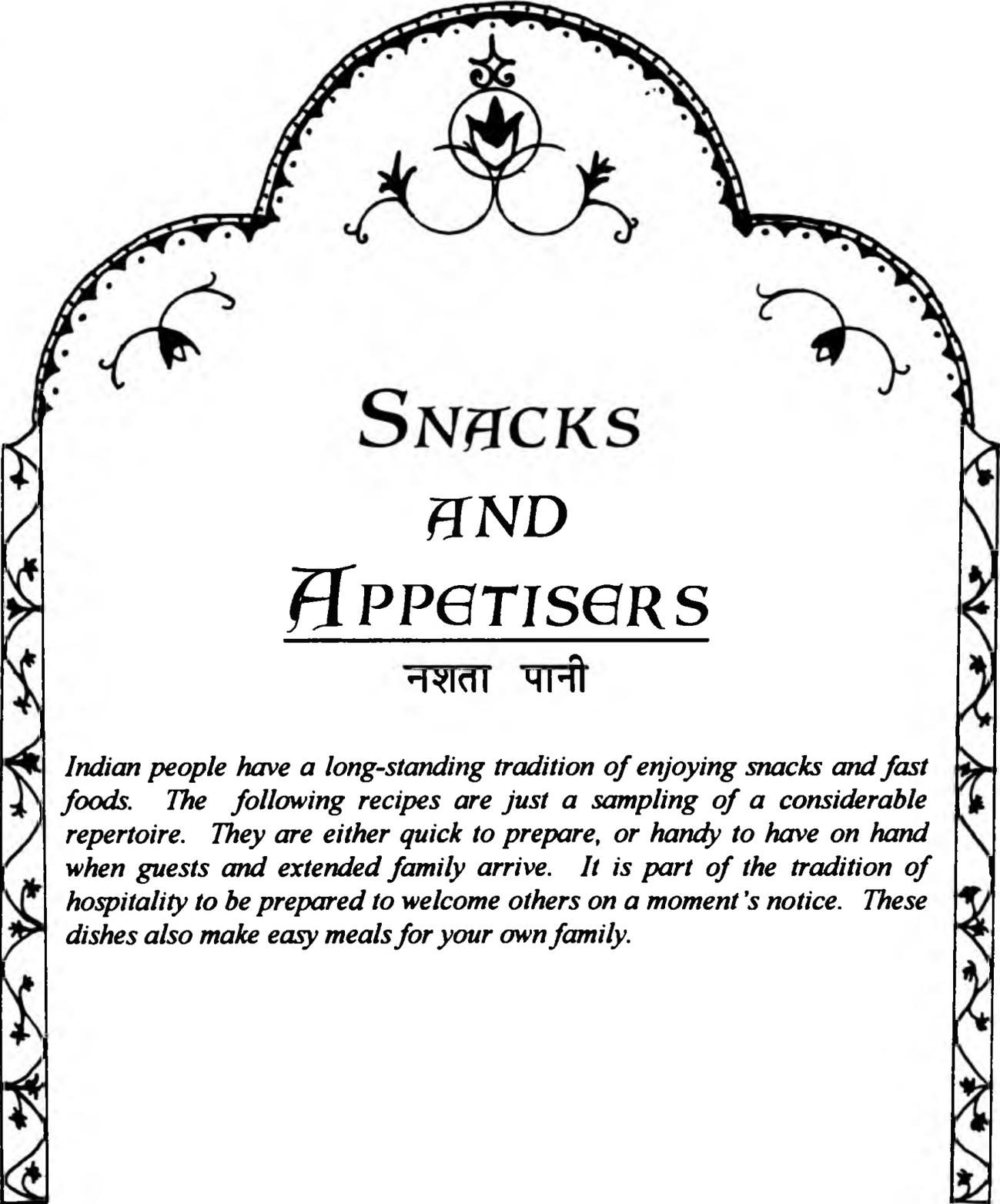
The strongest influence on traditional Indian cooking is the Ayurvedas. These ancient treatises, some more than 3,000 years old, address various aspects of physical and spiritual health. They emphasise a vegetarian diet, as well as the practice of non-violence, compassion, and right livelihood. It is very beautiful to realize the Masters' teachings have such deep roots in the Indian culture.

Ayurveda categorises the therapeutic benefit of foods in a number of ways, including the effect of the six tastes — sweet, sour, salty, pungent, astringent and bitter. This is one reason for the complexity of Indian cooking and seasoning. Every spice mentioned in the Glossary has medicinal qualities. The concept of the *thali* — serving small portions of a variety of foods — ensures that all needs are met daily.

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SNACKS AND APPETISERS

नशता पानी

Indian people have a long-standing tradition of enjoying snacks and fast foods. The following recipes are just a sampling of a considerable repertoire. They are either quick to prepare, or handy to have on hand when guests and extended family arrive. It is part of the tradition of hospitality to be prepared to welcome others on a moment's notice. These dishes also make easy meals for your own family.



Mung Salaad

Bean salads are a popular snack throughout India.

2 cups sprouted mung beans
pinch of turmeric
1 potato, boiled and diced ½-inch
1 tomato, diced ½-inch
4 chopped scallions
handful of chopped cilantro
1 minced green chili
¼ teaspoon salt
½ teaspoon garam masala
juice of 1 lemon

- ◆ Sprout mung beans by soaking whole beans overnight, then draining the soaking water. Cover sprouting jar with mesh screening. Place jar in a bright place, tilting to allow for drainage. Rinse sprouts twice a day for three or four days, until ready.
- ◆ Steam the sprouts until tender, about 5 to 7 minutes, adding turmeric to the water for colour. When sprouts are cooled, combine with the remaining ingredients. Squeeze lemon juice over all, and serve.

Chana Salaad

4 cups cooked chickpeas
1 small onion, thinly sliced
2 tablespoons chopped cilantro
1 minced green chili
2 tablespoons lemon juice
salt, to taste

- ◆ Combine ingredients, and chill for 1 hour before serving.

Serves 4

Chilas

Serve these spicy chickpea flour pancakes for breakfast or snacks.

1 cup **besan** (chana or chickpea flour)

¼ teaspoon **baking soda**

¼ teaspoon **salt**

½ teaspoon ground **cumin**

1 small minced **onion**

1 minced **green chili** (optional)

1¼ cups **water**

1 tablespoon **vegetable oil**

ghee or vegetable oil for frying

- ◆ Sieve dry ingredients together, then add onion and chili. Whisk in water and oil to make a thin batter.
- ◆ Heat a heavy cast-iron or non-stick skillet on high heat, then reduce heat to medium. Brush skillet with oil or ghee, and pour in ¼ cup of batter. Use the back of a large spoon to gently spread the batter, forming a thin pancake. Drizzle a little oil or ghee around the edges. Cover and cook until set. Spoon a little ghee on the top, then carefully flip chila over to cook the other side.
- Serve with chutney or ketchup.

Yield: about 8 chilas



Samosas

These veggie-stuffed pastries are part of the great tradition of Indian bazaar food. They are well-worth taking the time to make at home.

For the pastry:

2 cups unbleached white flour
½ teaspoon salt
5 tablespoons ghee or vegetable oil
¾ cup water, approximately

For the stuffing:

1 teaspoon cumin seed
2 tablespoons ghee
1 small minced onion
½-inch grated fresh ginger
2 minced green chilies
½ cup fresh or frozen peas
½ teaspoon salt
pinch of turmeric
pinch of paprika
1 teaspoon coriander seed, coarsely ground
1 teaspoon amchur (mango powder)
½ teaspoon anardana (pomegranate seed powder)
2 large parboiled potatoes, diced ¼-inch

Vegetable oil for deep-frying

- ◆ Sieve the flour and salt together, then rub in oil or ghee with your fingers, until mixture becomes crumbly. Gradually add water to form a soft dough, which can be gathered into a ball. (Alternately, you can use a food processor for this step.) Knead dough until it becomes soft and pliable. Place dough in a bowl, covered, and let it rest in the fridge for 30 minutes.

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- ◆ Meanwhile, in a heavy skillet over medium heat, dry-roast cumin for 30 seconds. Add ghee, and fry the onion and ginger until golden. Add chilies and peas, sautéing for 2 or 3 minutes. Stir in remaining seasonings, then add potatoes, tossing gently to coat with the spice mixture. Lower heat, cover and let steam for 5 minutes, until the potatoes are tender. Don't allow them to disintegrate. Remove from heat and let cool.
 - ◆ Remove the dough from the fridge and knead again for 1 minute. Form into 1½-inch balls and roll out to 6-inch diameter. Cut this pastry circle in half. Overlap the cut seam to form a cone, using a little water to make sure the edges adhere, and the bottom point is sealed. Suspend this cone between your thumb and forefinger, and fill with potato stuffing. Fold the top edge over twice, and crimp as for a pie crust. Set aside.
 - ◆ When all the samosas are prepared, heat vegetable oil in a wok or deep-fryer to a depth of several inches. The oil should reach 365° — it should not be smoking. Fry the samosas several at a time, until golden brown on both sides. Drain well on paper towels.
 - Serve samosas with ketchup, or a sour chutney like Tamarind Chutney or Sonth. (See section on Chutneys, page 23.)
 - ❖ Samosas can be prepared in quantity and kept frozen until ready to serve. Simply reheat in the oven or microwave. They are excellent for box lunches.

Yield: about 24 samosas



Alu Tikki

The success of many a roadside vendor depends on his skillful preparation of these potato cutlets.

3 medium cooked **potatoes**
½ teaspoon **salt**
2 tablespoons chopped **cilantro**
1 minced **green chili**
1 teaspoon ground **cumin**
2 tablespoons **unbleached white flour**
scant 2 tablespoons **milk**
½ cup fresh or frozen **peas**
1 cup **bread crumbs**

ghee or vegetable oil for frying

- ◆ Mash potatoes and combine with salt, cilantro, chili, cumin, flour and milk. Add peas. Shape potato mixture into patties, and coat with bread crumbs.
- ◆ Melt ghee or oil in a heavy skillet, and fry patties over medium-low heat until golden, about 5 minutes or longer. Turn over carefully, adding a little more oil, and fry the other side. Longer cooking time allows a nice crust to develop.

Yield: about 6 tikkis

- ❖ For quick bread crumbs, process 2 slices of dry bread in a food processor or blender. Corn flake crumbs or toasted wheat germ also work well.

Pakoras

Crispy vegetable fritters are featured on most restaurant menus.

1 medium potato
1 small onion
½ cup cauliflowerets

For the batter:

1 cup besan (chana or chickpea flour)
½ teaspoon ground cumin
¼ teaspoon cayenne
½ teaspoon salt
¼ teaspoon baking soda
pinch of turmeric, for colour
¾ cup water, approximately
1 tablespoon vegetable oil

vegetable oil for deep-frying

- ◆ Slice the potato and onion 1/8 inch thick. The onion can be sliced vertically, from the stem end, so it holds together.
- ◆ Mix the flour and spices together, then add enough water to form a thick batter. Stir in 1 tablespoon oil.
- ◆ Heat the vegetable oil in a wok or deep-fryer to 365° — it should not be smoking. Dip the vegetables in the batter and immerse them in hot oil, using a slotted spoon or tongs. Fry pakoras until golden on both sides, and puffed. The potatoes will take a little longer than the other vegetables to cook. Drain on paper towels placed over cake racks. Do not stack pakoras, or they will become soggy.
- Serve pakoras with ketchup, Sonth, or a mint chutney. (see section on Chutneys, page 23.)

Variations:

- ◇ Substitute sliced eggplant, coarsely chopped spinach, or cubed panir cheese (see page 106). Remember to adjust the cooking time to the different vegetables.



Shakar-Para

In a country where most households are without ovens, sweets are often deep-fried. These biscuits, delicately seasoned with cardamom, are frequently offered to guests.

½ cup sugar

½ cup water

1½ cups unbleached white flour or whole wheat pastry flour

1 teaspoon baking powder

1½ teaspoons cardamom powder or seeds from 20 cardamom pods

¼ cup ghee or 4 tablespoons soft butter

vegetable oil for deep-frying

- ◆ In a small saucepan, bring sugar and water to a boil. Lower heat and simmer to make a syrup. Let cool.
- ◆ Sieve flour, baking powder and cardamom powder. If using cardamom seeds, grind them in a mortar and pestle before adding to the flour. Rub ghee or soft butter into the flour with your fingers. Pour the sugar syrup gradually into the flour, kneading for a few minutes so it holds together. (You can also use a food processor for this step.) Knead dough lightly, and divide into 2 sections.
- ◆ On a lightly floured surface, roll out each dough section into a rectangular shape. Fold in half, then roll out again to between ¼ and ½-inch thickness. Cut the dough diagonally to form diamond-shaped biscuits.
- ◆ Heat vegetable oil in a wok or deep fryer to 365° — it should not be smoking. Carefully slip paras into the hot oil using a spatula or slotted spoon. Fry paras a single layer at a time until golden, about 2 or 3 minutes.
- Drain on paper towels and store in an air-tight container.

Yield: about 25 biscuits



Mathee
Savoury biscuits

2 cups unbleached white flour or whole wheat pastry flour
½ teaspoon ajwain (oregano seeds)
½ teaspoon salt
½ teaspoon coarsely ground black pepper
½ cup ghee or vegetable oil
scant ½ cup warm water

vegetable oil for deep-frying

- ◆ Sieve flour, ajwain, salt and pepper. Rub in ghee or oil thoroughly until the flour becomes crumbly, and adheres when pressed. Gradually add enough water to form a stiff dough. (You can also use a food processor for this step.) Knead dough lightly, form into a ball, and refrigerate for 1 hour.
- ◆ Form dough into small balls and roll out to ¼-inch thickness on a floured surface. Alternately, roll the dough out between two sheets of waxed paper. Use a knife or a simple cookie cutter to cut shapes. Pierce biscuits all over with a fork tine.
- ◆ Heat oil in a skillet or wok to 365 ° — it should not be smoking. Immerse biscuits, using a slotted spoon or spatula. Fry until golden, and drain on paper towels.

Yield: about 30 biscuits



Cream Of Tomato Soup

A favourite since the days of British India, this is an approximation of the soup served at the Surkhab Restaurant in Sirsa, enroute to Rajasthan.

3 large **tomatoes**, diced ½-inch
½ teaspoon ground **cumin**
3 tablespoons **ghee** or butter
½-inch piece grated fresh **ginger**
2 scant teaspoons **unbleached white flour**
1 cup **water**
¼ cup **light cream** (half & half)
½ teaspoon **salt**
2 **bay leaves**
1 teaspoon **lime juice**
few sprigs finely chopped **cilantro**

- ◆ If desired, peel the tomatoes by dipping them in boiling water for 1 minute. Then plunge them in cold water. The skins should slip off easily. Otherwise, use them as is.
- ◆ Heat a heavy saucepan over medium-high heat, and dry-roast the ground cumin for a few seconds. Add the ghee, and when heated, stir in the tomatoes and ginger. Cook over medium-high heat, stirring frequently, until tomatoes are soft.
- ◆ Remove from heat, and mouli or sieve the tomatoes, then return them to the saucepan. Sprinkle flour gradually into tomatoes, whisking continually to prevent lumping. Whisk in water and cream, and return to a boil. Add bay leaves and salt. Lower heat and simmer for 10 minutes.
- Stir in lime juice and cilantro, and let flavours blend before serving. Garnish with croutons, if desired.
- ❖ To make quick croutons, remove crusts from 2 slices of bread, and butter both sides. Cut into cubes and bake in a 350° oven for 15 minutes.

Serves 3

Chevra

This spicy, granola-type snack is ideal for the munchies.

1 cup chevra (pre-cooked rice flakes)

½ cup peanuts or cashews

3 tablespoons sultana raisins

15 curry leaves

¼ teaspoon turmeric

2 minced green chilies

cayenne, to taste

1½ teaspoons salt

1½ teaspoons sugar

vegetable oil for deep-frying

- ◆ Heat oil in a heavy wok or skillet to 365° — it should not be smoking. Using a large sieve, immerse chevra in the hot oil for 1 or 2 minutes, until it puffs up. Make sure the sieve is large enough for the flakes to expand, or else fry them in two batches. Remove chevra and drain on paper towels.
- ◆ Place peanuts in the sieve, and immerse in the hot oil for 2 minutes. Drain on paper towels.
- ◆ Heat a few tablespoons of vegetable oil in a small skillet and briefly sizzle curry leaves, turmeric and chilies.
- ◆ Put chevra and peanuts in a large bowl and toss with all the seasonings. Alternately, use the Shake and Bake method: Place chevra, peanuts and seasonings in a paper bag, shaking to coat. Then spread ingredients on paper-lined cookie trays, and bake in a 350° oven for 5 minutes .
- Store in an air-tight jar when cooled.
- ❖ Note: There are two types of chevra available in Indian markets. For this snack, choose the small, dark variety.

Chaklis

Another deep-fried snack for munching

2 cups **rice flour**
¾ cup **besan** (chana or chickpea flour)
1 teaspoon **ajwain** (oregano seeds)
½ teaspoon **ground cumin**
½ teaspoon **ground coriander**
½ teaspoon **cayenne**
1 teaspoon **salt**
2 teaspoons **sesame seeds**
2 tablespoons **ghee** or vegetable oil
1¼ cups **water**

vegetable oil for deep-frying

- ◆ Sieve dry ingredients together, then cut in ghee or vegetable oil until mixture is crumbly. Add water gradually until dough has the consistency of mashed potatoes. (Alternately, use a food processor for this step.)
- ◆ Heat vegetable oil in a skillet or deep-fryer to 365°—it should not be smoking. Fill a pastry bag or cookie press, and press dough into the hot oil, forming concentric spirals about 2-inches in diameter. Fry until golden brown, about 2 or 3 minutes, then turn carefully, and cook the other side. Remove with a slotted spoon and drain on paper towels.
- Store in an air-tight container.
- ❖ Note: Chaklis are traditionally made using a brass press with interchangeable plates, called a *soria*. These are available inexpensively in Indian markets, and will charmingly grace your windowsill when not in use. For chaklis, use the plate with the large holes.

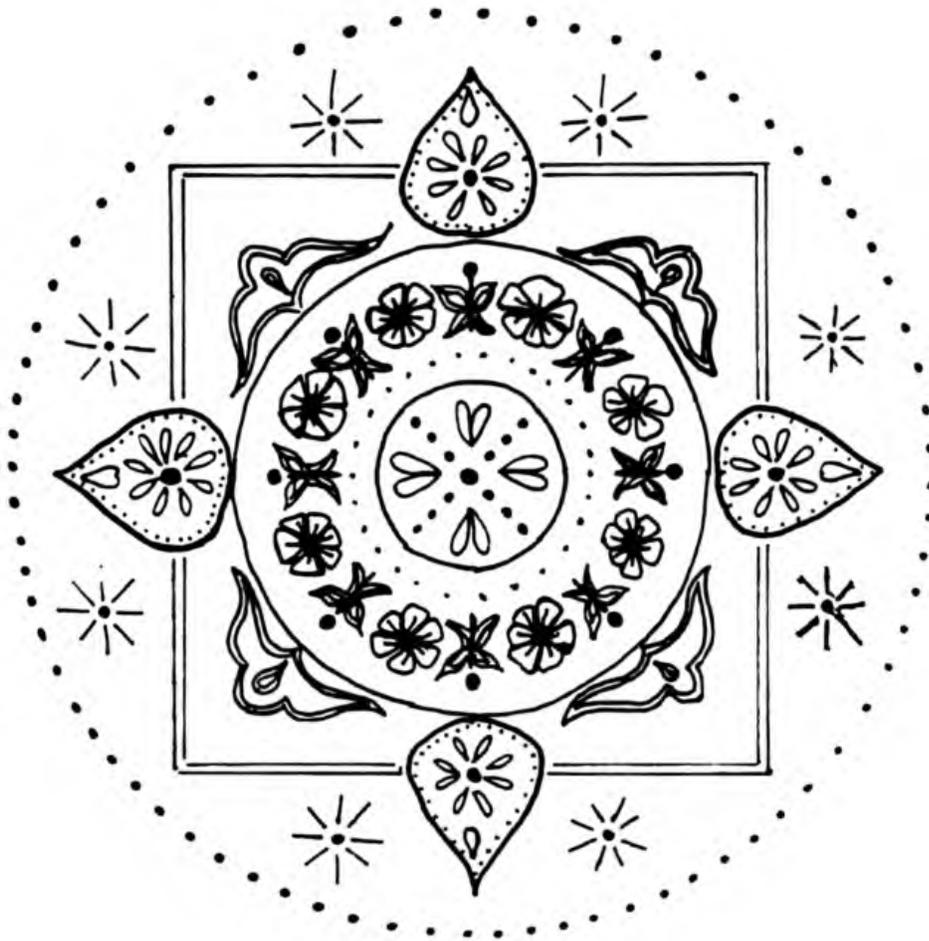
Yield: about 2 dozen chaklis

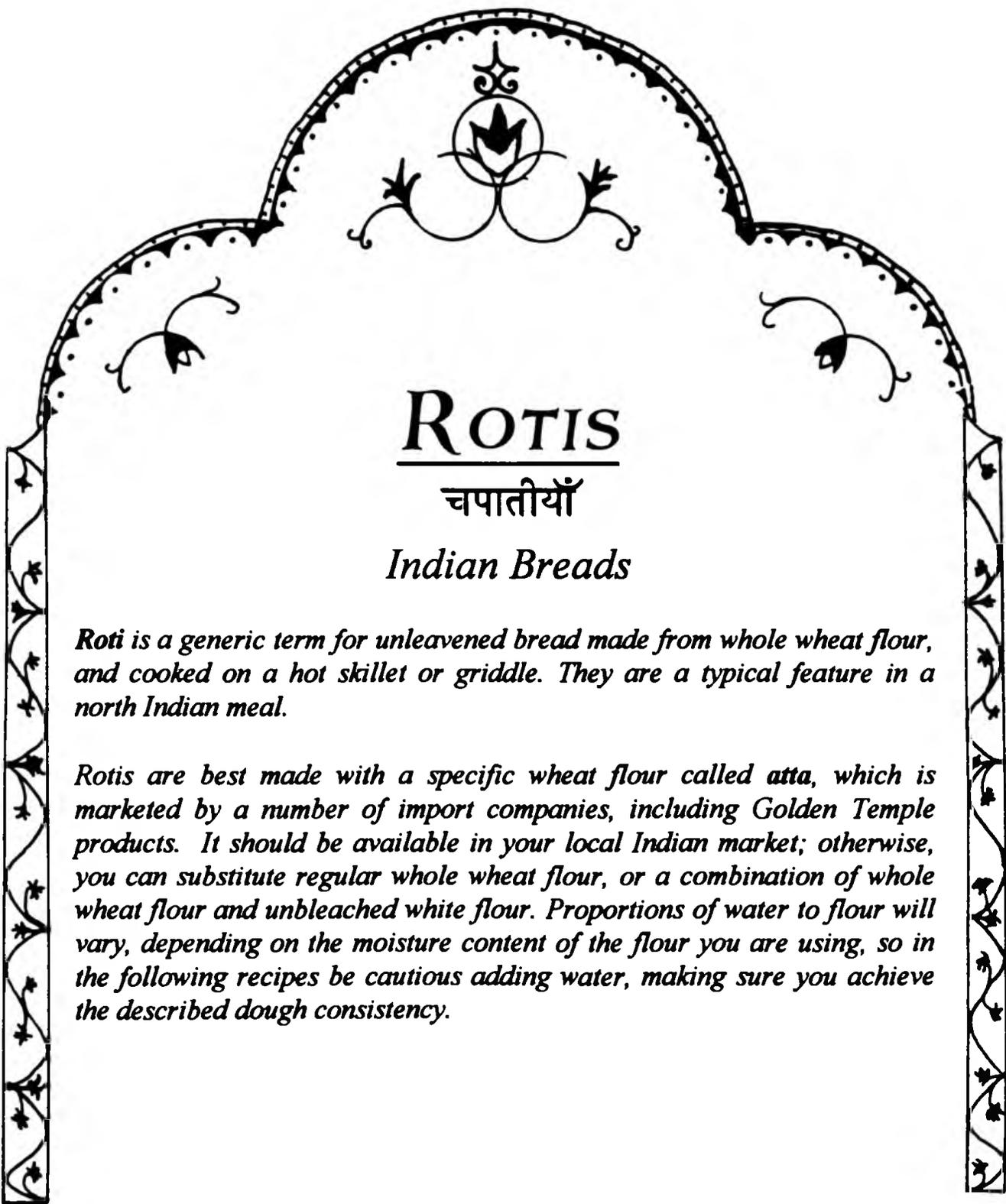
Papadams

These thin wafers are made from ground lentils and a variety of seasonings, from mild to hot. They are the product of a thriving cottage industry, and are available ready-made at specialty food stores, or better quality supermarkets. Serve papadams either with the meal, or as appetisers.

To prepare:

- ◆ Heat 1-inch of vegetable oil in a heavy skillet to 365° — it should not be smoking. Immerse papadams one at a time, using tongs or a slotted spoon. In a few seconds, it will puff up and rise to the surface. Remove with tongs and drain on paper towels.
- ◆ Alternately, use tongs to heat papadam over a gas flame until crispy on both sides.





ROTIS

चपातीयाँ

Indian Breads

Roti is a generic term for unleavened bread made from whole wheat flour, and cooked on a hot skillet or griddle. They are a typical feature in a north Indian meal.

*Rotis are best made with a specific wheat flour called **atta**, which is marketed by a number of import companies, including Golden Temple products. It should be available in your local Indian market; otherwise, you can substitute regular whole wheat flour, or a combination of whole wheat flour and unbleached white flour. Proportions of water to flour will vary, depending on the moisture content of the flour you are using, so in the following recipes be cautious adding water, making sure you achieve the described dough consistency.*



Chapatis

Many of us have discovered that the secret to successful chapati-making is Simran + skill.

2 cups **atta** (roti flour)

¼ teaspoon **salt**

1 cup **water**, approximately

ghee or soft butter

- ◆ Sieve flour and salt together, then add enough water to form a soft dough. (You can also use a food processor for this step.) Knead dough until smooth and pliable, then place it in a bowl to rest for 20 minutes, covered with a damp cloth.
- ◆ Knead dough a few more times, and divide into golf ball-sized portions. Dust with flour and roll into a 6-inch round.
- ◆ Heat a cast-iron skillet over high heat, then lower heat to moderate. Cook chapati on both sides, until brown specks begin to form.
- ◆ Using a tea towel, gently press and rotate chapati in the skillet until it puffs up completely. Remove, brush with ghee or butter if desired, and keep covered until ready to serve.

Yield: 12 chapatis

Puris

The British call these delicious, deep-fried rotis 'balloon bread'.

2 cups **atta** (roti flour)

¼ teaspoon **salt**

½ teaspoon **ajwain** (oregano seeds) (optional)

1 cup **water**, approximately

vegetable oil for deep-frying

- ◆ Sieve flour, salt and ajwain together, then add enough water to form a soft dough. (You can also use a food processor for this step.) Knead until dough is smooth and pliable, then place it in a bowl to rest for 20 minutes, covered with a damp cloth.
- ◆ Knead dough a few more times, and form into 1-inch balls. Dust with flour, and roll out to 3½-inch diameter.
- ◆ Meanwhile, heat 2 inches of vegetable oil in a heavy skillet or wok to 365° — the oil should not be smoking. Carefully immerse the puri, using a slotted spoon to keep it under the oil. When it puffs up, turn it over and fry the other side until golden. Remove with slotted spoon, and drain on paper towels.

Yield: about 18 puris



Bhaturas

This deep-fried leavened bread is often paired with Chole (see page 68).

- 2 cups unbleached white flour**
- 1 cup whole wheat flour**
- 1 tablespoon dry active yeast or cake yeast**
- 2 teaspoons sugar**
- ½ teaspoon salt**
- 1 cup milk**
- ½ cup plain yoghurt**
- 1 tablespoon vegetable oil**

vegetable oil for deep-frying

- ◆ Sieve flour and salt together. Dissolve yeast and sugar in warmed milk, then add oil. Whisk milk and yoghurt together. Work milk mixture into the flour gradually to form a stiff dough. (You can use a food processor for this step.) Turn out onto a lightly oiled surface, and knead until dough is smooth and elastic.
- ◆ Place dough in an oiled bowl, covered with a damp towel. Leave in a warm place to rise until doubled in volume.
- ◆ Heat 2 inches of oil in a wok or heavy skillet to 365° — it should not be smoking. Knead dough again and form into 1-inch balls. Dust each ball with flour and roll out to 4-inch diameter. Immerse bhatura in hot oil, pushing down lightly with a slotted spoon when it rises to the surface. After a few seconds, it should puff up completely. Turn over and cook the other side, until both sides are golden. Drain on paper towels.

Yield: about 24 bhaturas

Paranthas

Layering the dough creates a delicious, flakey roti.

2 cups **atta** (roti flour)

¼ teaspoon **salt**

1 teaspoon **oil**

1 cup **water**, approximately

ghee or soft butter

- ◆ Sieve flour and salt together, rubbing in oil with fingers. Add water gradually, enough to form a soft dough. (You can also use a food processor for this step.) Knead dough until smooth and pliable, then place it in a bowl to rest for 20 minutes, covered with a damp cloth.
- ◆ Divide dough into golf ball-sized portions, dusting each with flour. Roll into a 5-inch circle. Brush dough with butter or ghee, fold in half, brush again with butter or ghee, and fold again. This creates the layers within the dough. Dust with flour, and roll into a triangular or circular shape.
- ◆ To create even more layers, roll up one edge of the dough circle to form a 'snake'. Stand this snake on end, and coil him around, starting from the bottom. Punch his little head down (gently!) to flatten him, and place in the fridge for an hour or so. Then, roll dough out again into a circle, and fry as below.
- ◆ Heat a cast-iron skillet over high heat, then lower heat to moderate. Cook each parantha until brown specks form on both sides. Put aside. Wipe off any excess flour from skillet to avoid burning.
- ◆ Brush butter or ghee on both sides of paranthas and fry again, until golden brown on both sides.

Yield: 12 paranthas



Stuffed Paranthas

In the much-loved story, The Saint, the Greedy Man, and the Three Stuffed Chapatis, it is probably stuffed paranthas that are referred to. They take patience and skill to make successfully, but we can always be reminded of the infinite patience and skill the Saint had with His reluctant disciple, or with each of us.

Ghobi Paranthas

Spicy cauliflower paranthas

For the filling:

- 1 tablespoon **ghee**
- 1 small minced **onion**
- 1 pressed clove **garlic**
- ½-inch piece grated fresh **ginger**
- 1 minced **green chili**
- 2 tablespoons chopped **cilantro**
- ½ teaspoon **salt**
- 1 teaspoon **garam masala**
- 1 teaspoon ground **cumin**
- 1 small **cauliflower**, finely chopped

- ◆ Prepare dough according to basic parantha recipe.
- ◆ Sauté onion and garlic in ghee until golden. Add seasonings, stirring lightly, then add cauliflower. Cover tightly, lower heat, and let steam for a few minutes, until cauliflower is tender. Cook a few more minutes, uncovered, until the liquid is evaporated. Mash cauliflower, and allow to cool.
- ◆ Divide dough into golf ball-sized portions, and roll each into a 4-inch circle. Place a tablespoon of stuffing in the centre, and top with another circle. Dust with flour, and continue rolling parantha carefully, to a 6 or 7-inch diameter. Pat between hands to make sure the edges are sealed.



- ◆ Alternately, roll dough into a 4-inch circle and place a spoonful of stuffing in the centre. Pull up the sides to form a pouch. Carefully flatten this pouch and lightly dust with flour. Continue rolling the dough out to 6-inch diameter, making sure the stuffing does not break through. Shake off any excess flour before cooking.
- ◆ Heat a cast-iron skillet over high heat, then lower heat to moderate. Cook each parantha until light brown specks form on both sides. Put aside. Brush both sides of paranthas with butter or ghee, and cook again until golden brown.

Alu Paranthas

Spicy potato paranthas

For the filling:

- ◆ Prepare as above, substituting 2 medium parboiled potatoes. Dice potatoes ¼-inch and sauté lightly in the seasonings.
- Stuffed paranthas make an excellent week-end brunch, served with yoghurt and chutney.

*Yield: about 6 to 12 stuffed paranthas.
depending on stuffing method*



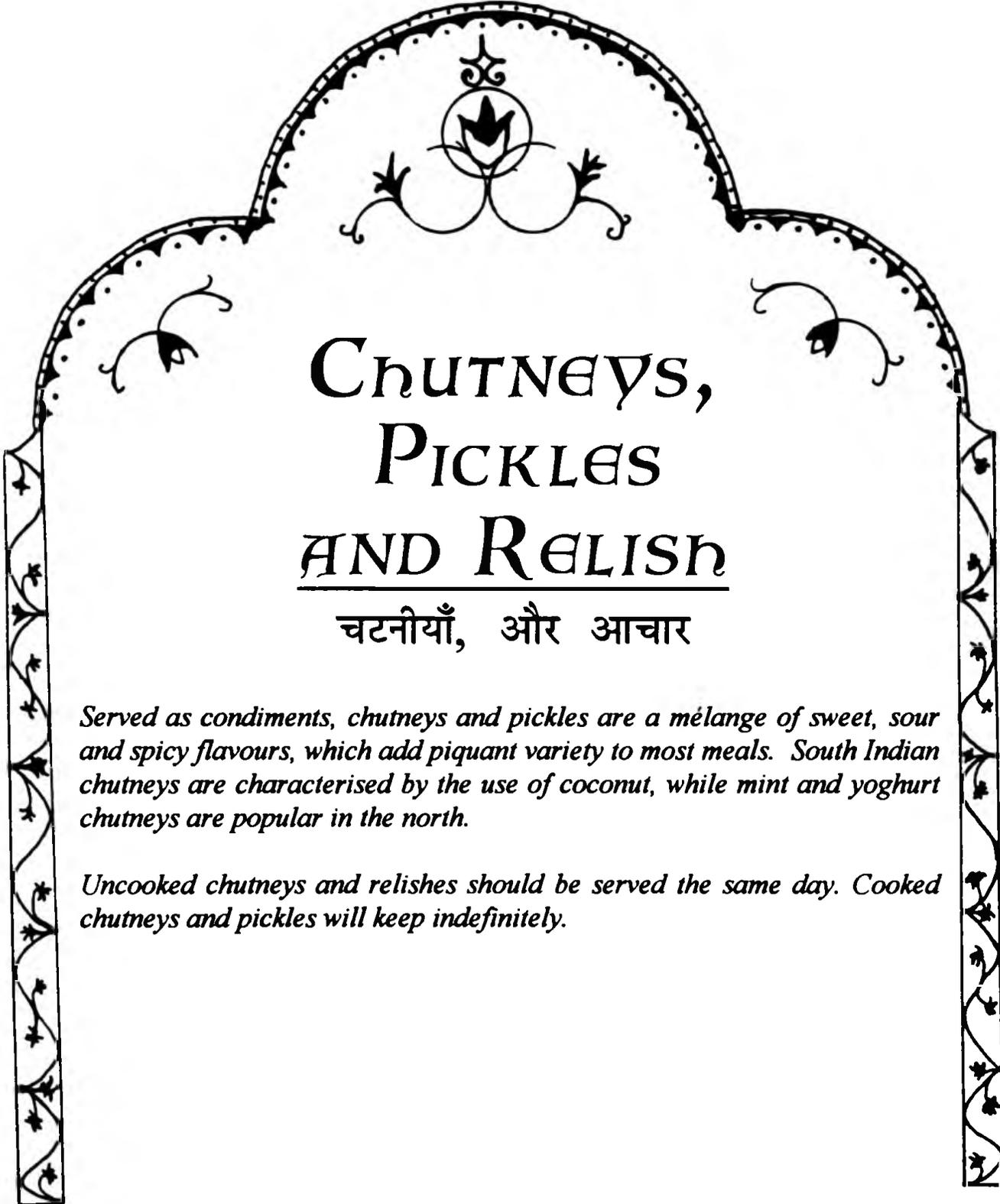
Naan Bread

This leavened bread, similar to Middle Eastern pita bread, was originally prepared in village tandoori ovens.

3 cups **unbleached white flour**
1 teaspoon **salt**
2 tablespoons **ghee** or melted butter
1 cup **milk**
½ cup **yoghurt**
1 teaspoon **sugar**
1 tablespoon **fast-acting yeast** (such as Fermipan)

- ◆ Sieve flour and salt. Rub in ghee with your fingers until mixture becomes crumbly. Heat milk to lukewarm, then whisk in yoghurt, sugar and yeast. Make a well in the centre of the flour, and pour in the milk mixture. (Alternately, use a food processor for this step.) Gather into a ball, and knead until you have a soft, smooth dough, about 5 minutes. Place dough in an oiled bowl, cover, and let rise in a warm place until doubled in bulk.
- ◆ Preheat oven to 400°. Punch dough down, and divide into 15 equal portions. Roll each out into a 5-inch circle or a triangular shape. Place on baking sheets, and bake for approximately 5 minutes on each side. Naan should be puffed and golden brown, with some darker spots.
- ❖ Naan can also be cooked on a heavy skillet or griddle.

Yield: about 15 naan



CHUTNEYS, PICKLES AND RELISH

चटनीयाँ, और आचार

Served as condiments, chutneys and pickles are a mélange of sweet, sour and spicy flavours, which add piquant variety to most meals. South Indian chutneys are characterised by the use of coconut, while mint and yoghurt chutneys are popular in the north.

Uncooked chutneys and relishes should be served the same day. Cooked chutneys and pickles will keep indefinitely.



Pudina Chutney

Mint chutney

½ cup fresh mint leaves
1 teaspoon tamarind concentrate
½-inch piece grated fresh ginger
2 minced green chilies
¼ teaspoon salt
pinch of sugar
2 tablespoons water

- ◆ Blend ingredients in a blender or food processor, and serve fresh.

Pyaz Chutney

Onion chutney

1 bunch green onions or 1 large onion, chopped
2 minced green chilies
1 bunch chopped cilantro
1 tablespoon lemon juice
1 teaspoon sugar
½ teaspoon salt

- ◆ Blend ingredients in food processor or blender.

Dhania Chutney

Cilantro and mint chutney

- 1 cup cilantro**
- ½ cup fresh mint leaves**
- 1 minced green chili**
- 1 tablespoon lemon juice**
- ½ cup plain yoghurt**
- ¼ teaspoon salt**

- ◆ Blend cilantro, mint, chili and lemon juice in a blender or food processor, adding a small amount of water if necessary. Whisk yoghurt and salt, and fold into blended ingredients.

Amli Chutney

Tamarind chutney

- 1 packet dried imli (tamarind pulp)**
- 2 cups jaggery or brown sugar**
- 1 teaspoon salt**
- ½ teaspoon cayenne**
- 1 teaspoon ground cumin**
- small handful raisins**
- 5 tablespoons arrowroot powder**

- ◆ Soak tamarind in 5 cups of hot water. When it is fully dissolved, strain the seeds and skin, working it through a strainer. Bring the pulp to a boil with the sugar, salt, cayenne, cumin and raisins.
- ◆ Dissolve arrowroot in ½ cup cold water. Turn the heat off the tamarind pulp and add the arrowroot, mixing well.
- ◆ Cool, and pack in a sterilised jar.



Sonth

Dried ginger is widely used in Kashmiri cooking. Here it is combined with mango powder to make a quick-cooking chutney for snacks like pakoras and samosas.

- ½ cup **jaggery** or brown sugar
- ½ cup **water**
- 4 tablespoons **amchur** (mango powder)
- ½ teaspoon dried ground **ginger**
- ½ teaspoon ground **cumin**
- ¼ teaspoon **cayenne**
- ½ teaspoon **salt**

- ◆ Bring sugar and water to the boil, then reduce heat and simmer until syrup is thickened, about 20 minutes. Add remaining ingredients, and cook a further 2 or 3 minutes. Sonth should have a sauce-like consistency.
- ◆ Adjust seasonings to taste, and store in a sterilised jar when cooled.

Yield: about 1 cup

Narinal Chutney

Using fresh coconut gives an authentic taste to this essential South Indian chutney.

2 tablespoons sambar masala (see page 111)

½ fresh grated coconut

2 minced green chilies

¼ cup chopped cilantro

¼ teaspoon salt

½ cup plain yoghurt

2 tablespoons fresh lime juice

- ◆ Choose a coconut full of liquid. Bake it in a 400° oven for 20 minutes, then put it on a metal pie plate to catch the liquid. Give the coconut a couple of good thwacks with a hammer. Use a paring knife to pry the pulp from the shell. Grate the pulp or blend it with a small amount of the liquid.
- ◆ Blend all the ingredients in a blender or food processor. It will keep refrigerated for a few days.

Yield: about 1½ cups



Aam Chutney

Mango Chutney

1 large green mango
1 teaspoon salt
1 cup sugar
 $\frac{3}{4}$ cup water
 $\frac{1}{4}$ teaspoon coarsely ground black pepper
2-inch cinnamon stick or cassia bark
4 cloves
seeds from 6 cardamom pods
1 tablespoon sultana raisins
 $\frac{1}{2}$ -inch piece grated fresh ginger
 $\frac{1}{2}$ cup cider vinegar
2 tablespoons fresh lime juice

- ◆ Peel mango and cut into $\frac{1}{2}$ -inch pieces, discarding seed.
- ◆ Combine mango, salt, sugar and water in a heavy saucepan over moderately high heat. Cook until mixture becomes thickened, stirring. Add spices, sultanas, ginger and vinegar. Lower heat and cook for 20 minutes. Stir frequently to prevent sticking.
- ◆ Remove from heat, stir in lime juice, cover, and let sit until cool. Pack into sterilised jar.

Yield: about $\frac{1}{2}$ cup

Tomatar Chutney

Tomato chutney

2 large ripe tomatoes, chopped
2 tablespoons vegetable oil
2 large cloves pressed garlic
½-inch piece grated fresh ginger
½ teaspoon fennel seeds
½ teaspoon ground cumin
½ teaspoon coarsely grated black pepper
2 cloves
seeds from 2 cardamom pods
1-inch cinnamon stick or cassia bark
1 bay leaf
1 dried red chili, crushed
½ teaspoon turmeric
salt, to taste
1 tablespoon cider vinegar
1 teaspoon sugar

- ◆ Heat oil in a heavy saucepan over medium heat. Sauté garlic and ginger until golden. Add cumin and fennel seeds, and fry for 1 minute. Add remaining spices, stirring after each addition.
- ◆ Add tomatoes and continue cooking over medium heat until tomatoes soften. Lower heat, cover and let simmer for 30 minutes, stirring occasionally.
- ◆ Stir in vinegar and sugar, and cook another 5 minutes. Pack into sterilised jar when cool.

Yield: about ½ cup



Gobhi Gajar Achar

Sun-cured cauliflower and carrot pickle

- 1 lb. **carrots**
- 1 lb. **cauliflower**
- 4 tablespoons **vegetable oil**
- 6 whole cloves **garlic**
- 1½-inch piece **grated fresh ginger**
- 2 tablespoons **black mustard seeds**
- ¾ teaspoon **cayenne** or 3 small dried red chilies
- 1 teaspoon **turmeric**
- 2 teaspoons **salt**
- ½ cup **cider vinegar**

- ◆ Wash vegetables well. Break cauliflower into florets. Peel carrots, and cut into 2-inch lengths, then slice again lengthways into quarters. Bring 4 litres of water to boil in a large saucepan, and blanch the vegetables for 1 minute. Drain, then spread vegetables on a tea towel to dry thoroughly.
- ◆ Heat the oil in a large skillet or saucepan, and sauté the garlic and ginger until golden. Add mustard seeds and other spices, stirring briefly after each addition. Add vinegar and then the vegetables, coating them thoroughly. Let cool.
- ◆ Sterilise a 2-litre jar by immersing it in boiling water. Pack the vegetables in the jar, and place in the sun (if you are blessed with such a climate) or on a bright windowsill, stirring daily. Pickles should be ready in a week.

Variation:

- ◇ For a sweet pickle, heat the vinegar and add ¼ cup jaggery or brown sugar, stirring until dissolved. Mix well with the vegetables and spices, and proceed as above.

Nimbu Achar

Sun-cured lime pickle

8 limes

1 teaspoon cayenne

1 teaspoon kala namak (black salt)

1 teaspoon turmeric

½ teaspoon ajwain (oregano seeds)

½ teaspoon fennel seeds

½ teaspoon coarsely ground black pepper

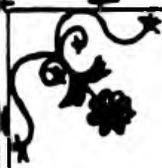
2 teaspoons salt

2 teaspoons sugar

- ◆ Sterilise a 1-litre jar by immersing it in boiling water. Wash limes and dry thoroughly. Cut them into ½-inch pieces. Mix limes well with the remaining ingredients and pack into the jar. Place it on a sunny windowsill for 2 weeks, shaking it well several times a day. The flavour will improve with age.

Variation:

- ◇ This pickle can also be made with oil if you wish to keep it indefinitely. Heat spices in ½ cup vegetable oil and pour over the limes, shaking the jar well to mix.



Adrak Aam Achar

Quick mango-ginger pickle

4 oz. fresh ginger
1 small green mango
1 teaspoon kosher salt
3 tablespoons vegetable oil
½ teaspoon fennel seeds
¼ teaspoon black mustard seeds
¼ teaspoon turmeric
pinch of asafoetida
4 small dried red chilies, crushed

- ◆ Peel and shred the ginger and mango. Place in a ceramic bowl and sprinkle with salt.
- ◆ Heat oil in a small skillet and fry the seasonings. Pour the seasoned oil over the shredded mango and ginger, and toss well. Marinate for 1 hour before serving.
- Store in a sterilised jar.

Yield: about 1 cup

* adapted from Julie Sahni's excellent book
Classic Indian Vegetarian and Grain Cooking

Cachumbar

Cachumbar are raw vegetable relishes which provide a tangy touch to the meal.

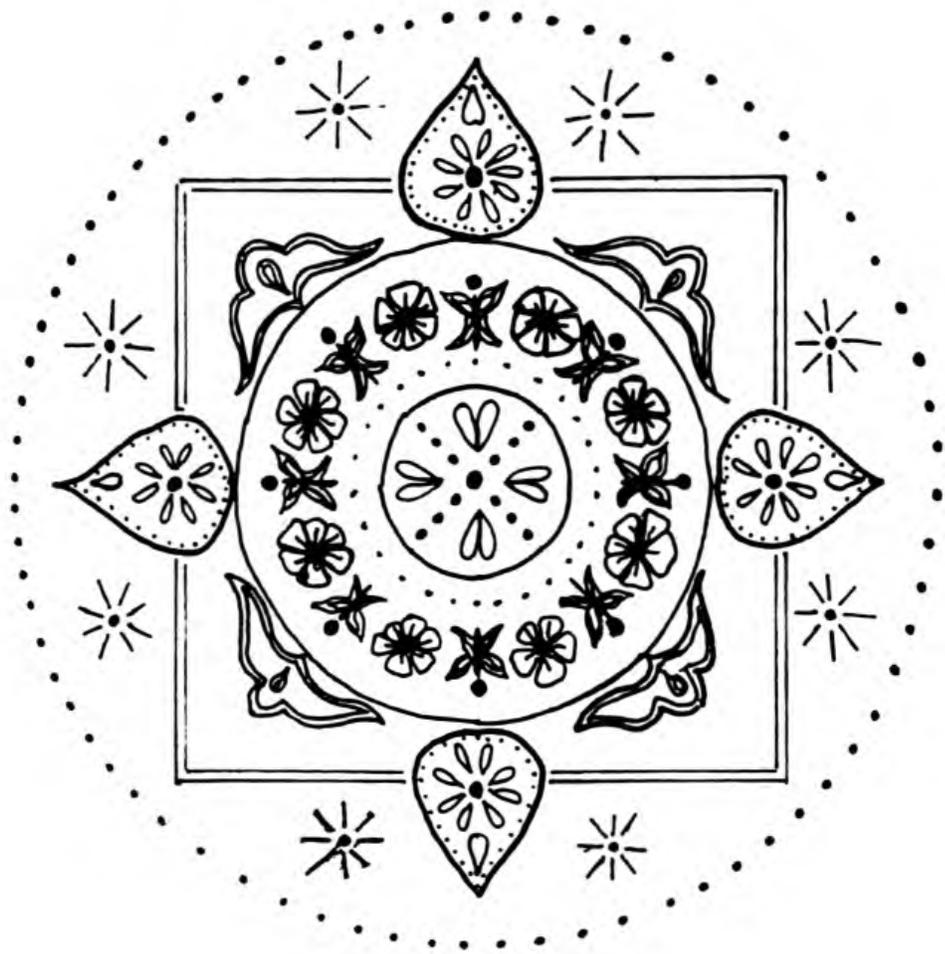
1 **onion**, diced ¼-inch
1 **tomato**, diced ¼-inch
1 or 2 minced **green chilies**
2 tablespoons chopped **cilantro**
1 tablespoon **lime juice**
salt, to taste

- ◆ Gently toss all ingredients, and chill before serving

Variations:

- ◇ Finely sliced onion rings with a slice of vine-ripened tomato, and a wedge of lime.
- ◇ White radish and carrots (the beautiful red carrots of India) thinly sliced on the diagonal, seasoned with a sprinkling of salt and fresh lemon juice, and garnished with a fresh chili.

Serves 4





RAITAS

रायता

These basic yoghurt dishes are a staple of the Indian meal, and provide a cool counterpart to the spicy cooking. Small amounts of milk or buttermilk may be used to thin the raita, and impart a sweet or tart flavour variation.

For best results, use a Balkan-style commercial yoghurt in any recipe calling for yoghurt, or follow the recipe for Dahi on page 108.



Basic Raita

2 cups plain yoghurt

½ teaspoon salt

½ teaspoon ground cumin

minced cilantro, finely sliced chili, or sprinkling of paprika, for garnish

- ◆ Whisk ingredients until creamy. Add any of the following ingredients, and refrigerate before serving.

Variations:

- ◆ Kheera Raita ½ long English cucumber, or 1 field cuke, grated

- ◆ Tamatar Raita 1 finely chopped tomato
 1 small minced onion

- ◆ Alu Raita 1 boiled potato, diced ¼-inch
 1 small minced onion

- ◆ Pudina Raita ½ cup fresh mint leaves, finely chopped
 ½ cup minced cilantro
 2 tablespoons grated coconut

Serves 4

Bhoondi Raita

This raita features tiny nuggets of fried besan batter. Make bhoondi with left-over pakora batter, or prepare a thickened batter from scratch.

1 cup **besan** (chana or chickpea flour)

½ teaspoon ground **cumin**

½ teaspoon **cayenne**

½ teaspoon **salt**

¼ teaspoon **baking soda**

pinch of **turmeric**, for colour

¾ cup **water**, approximately

vegetable oil for deep-frying

4 cups **Basic Raita**

- ◆ Mix the flour and spices together, then add enough water to form a soft dough. Heat 2 inches of oil in a skillet or wok to 365° — it should not be smoking.
- ◆ Force the dough through a colander, using the back of a large spoon. Fry briefly, and drain on paper towels.
- ◆ Cooled bhoondi can be added directly to the raita, or soften the bhoondi first by soaking it in hot water for 10 minutes, then pressing it gently between paper towels to remove the water.
- ❖ Note: Indian markets carry a perforated spoon called a *jalidar karchi*. It is used for retrieving deep-fried foods, but can serve the same function as the colander in this recipe.

Serves 6



Bhalas / Dahi Vada

Delicious deep-fried lentil patties in raita

For the bhalas:

½ cup **washed urad dal** (see Dals section, page 65)

1 small **chopped onion**

1 or 2 **minced green chilies**

2 **tablespoons minced cilantro**

½ **teaspoon salt**

¼ **teaspoon baking soda**

¼ **teaspoon asafoetida** (optional)

vegetable oil for deep-frying

For the raita:

4 **cups plain yoghurt**

½ **teaspoon salt**

1 **teaspoon ground cumin**

thinly sliced green chili or **paprika** for garnish

- ◆ Rinse urad dal, picking out any stones. Soak in hot water for 2 hours, or longer. Drain well, then blend in a food processor or blender on high speed, adding more water if necessary. Scrape down the sides with a rubber spatula, and blend again, until the mixture forms a thick purée. Add remaining ingredients.
- ◆ Heat the oil in a skillet or wok to 365° — it should not be smoking. Carefully place dal mixture into hot oil with a tablespoon, 5 or 6 at a time. Fry until deep golden and puffed, about 2 or 3 minutes on each side. Drain bhalas on paper towels. For a softer texture, soak them in hot water for 10 minutes. Press gently to drain water.
- ◆ Whisk yoghurt and seasonings until creamy, then carefully add bhalas.
- Refrigerate and serve, garnished with sliced chili or a sprinkling of paprika.

Serves 6

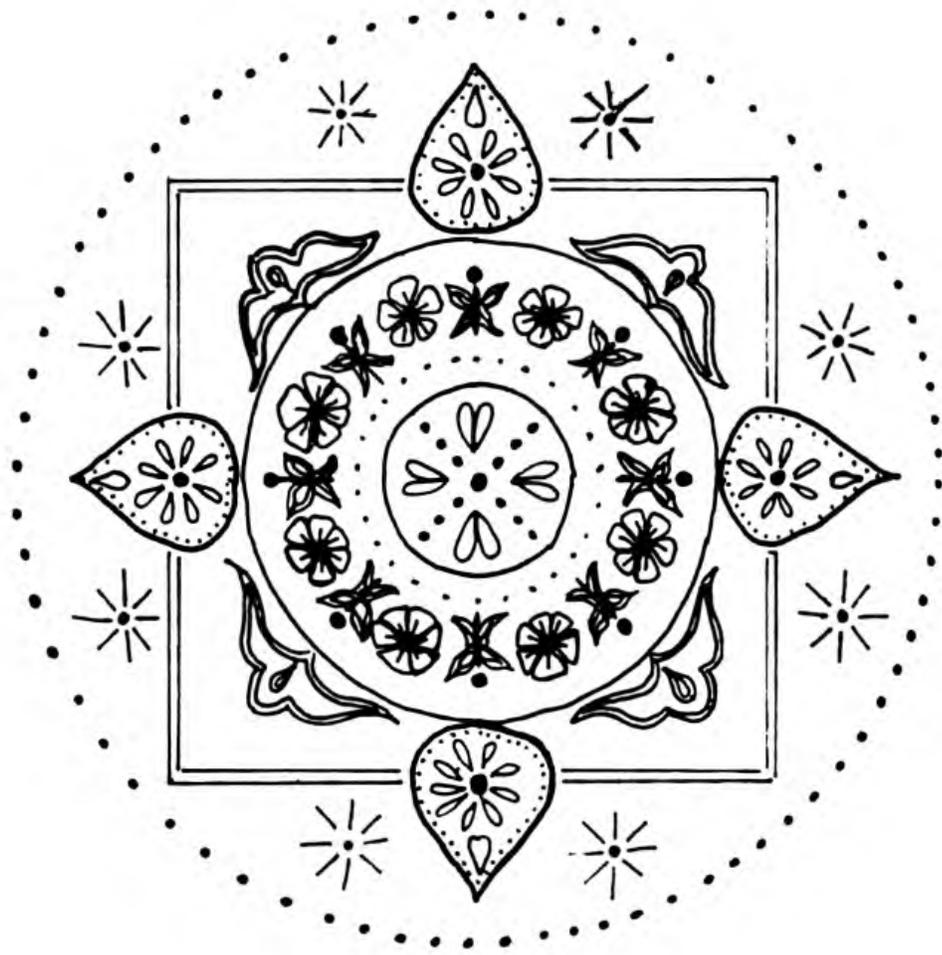
Baingan Raita

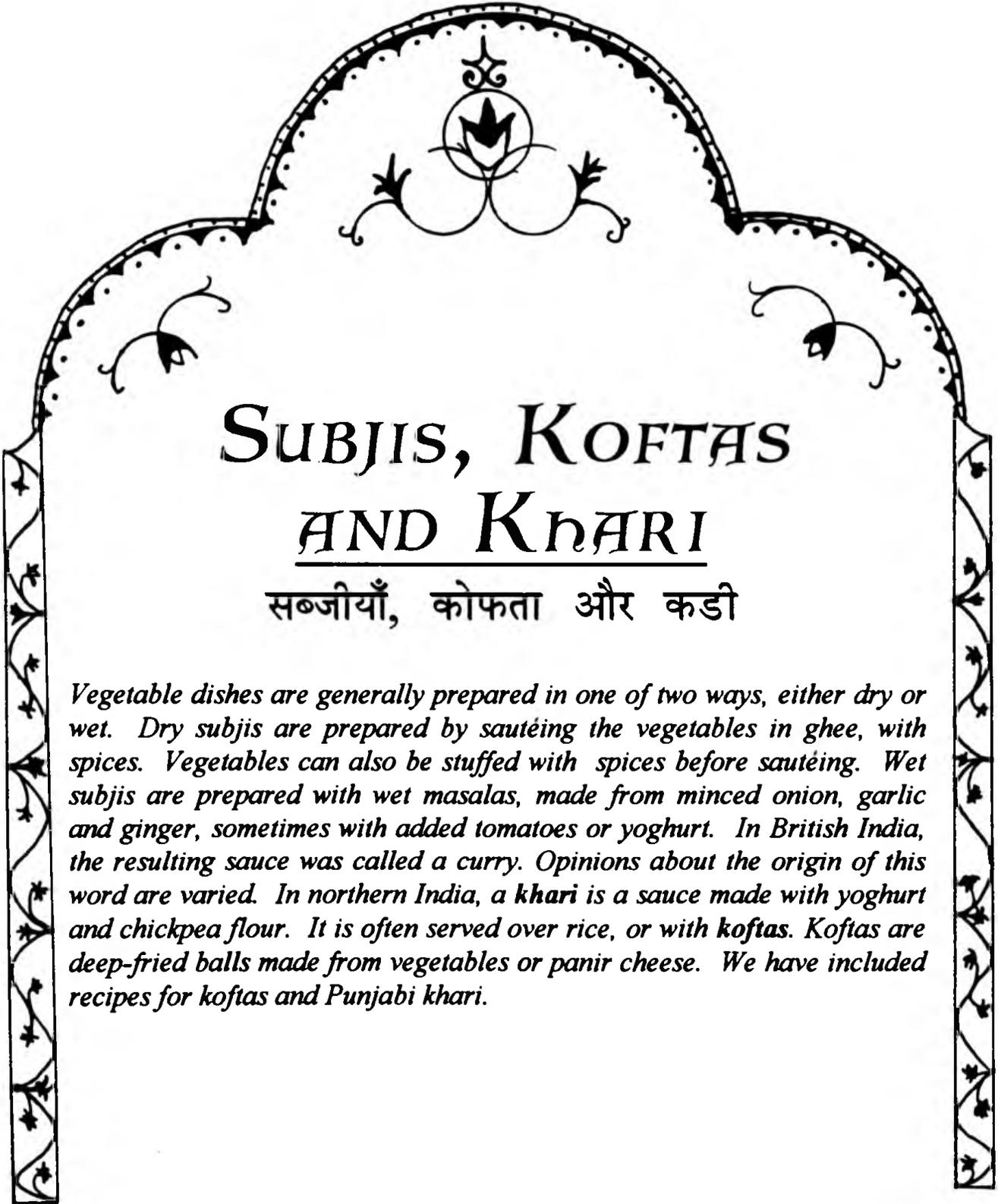
Smokey eggplant raita

1 small eggplant
2 cups yoghurt
1 clove pressed garlic
1 teaspoon ground cumin
½ teaspoon salt

- ◆ Make several gashes in the eggplant, and place it in a baking dish. Put it under the broiler, turning a few times to ensure even broiling. In about 20 minutes, the skin should be charred, and the pulp soft. Remove and let cool, then peel the eggplant and mash the pulp.
- ◆ Whisk yoghurt, garlic and seasonings together. Stir in eggplant pulp.
- Refrigerate and serve.

Serves 6





SUBJIS, KOFTAS AND KHARI

सब्जीयाँ, कोफता और कडी

Vegetable dishes are generally prepared in one of two ways, either dry or wet. Dry subjis are prepared by sautéing the vegetables in ghee, with spices. Vegetables can also be stuffed with spices before sautéing. Wet subjis are prepared with wet masalas, made from minced onion, garlic and ginger, sometimes with added tomatoes or yoghurt. In British India, the resulting sauce was called a curry. Opinions about the origin of this word are varied. In northern India, a khari is a sauce made with yoghurt and chickpea flour. It is often served over rice, or with koftas. Koftas are deep-fried balls made from vegetables or panir cheese. We have included recipes for koftas and Punjabi khari.



Saag

Endless fields of green mustard plants, fragrant with yellow blossoms, fill the spring landscape of Haryana and Punjab. This purée is a favourite Punjabi dish.

1 lb. **mustard greens**, rapini or yu choy
1 bunch fresh **spinach**
2 tablespoons **ghee** or butter
1 chopped **onion**
1-inch piece grated fresh **ginger**
½ teaspoon **salt**
½ teaspoon **turmeric**
½ teaspoon ground **cumin**
½ teaspoon ground **coriander**
pinch of **cayenne**
1 chopped **tomato** (optional)
scant handful **cornmeal**
pinch of **nutmeg**

- ◆ Wash the greens well, rinsing several times with cold water. Chop finely and steam lightly. When tender, blend briefly in a food processor, using some of the cooking water if necessary. Greens should still be somewhat coarse.
- ◆ Meanwhile, heat the ghee in a large skillet over medium heat, and sauté the onion until golden. Add ginger and spices, stirring well. Add the tomato, if desired. Sauté for 1 minute, then add the blended greens carefully. If mixture is too watery, sprinkle a small handful of cornmeal, stirring so it doesn't lump. Cover and simmer over low heat for 5 minutes.
- Check the seasonings and serve immediately with a sprinkling of nutmeg.

Serves 5 or 6

Alu Faleean Subji

Green bean and potato subji

½ lb. fresh green beans
2 small potatoes
2 tablespoons ghee
1 small chopped onion
½-inch piece grated fresh ginger
½ teaspoon cumin seeds
½ teaspoon turmeric
½ teaspoon amchur (mango powder)
½ teaspoon garam masala
½ teaspoon salt
pinch of asafoetida
paprika for garnish

- ◆ Wash and slice green beans on the diagonal. Peel and dice potatoes ½-inch.
- ◆ Heat a large saucepan over medium heat and briefly dry-roast cumin seeds. Add ghee, onion and ginger, sautéing until onion is golden. Add remaining spices, stirring well.
- ◆ Stir in green beans and cook for 2 minutes. Add potatoes and lower heat. Cover and let steam until potatoes are tender. Add a small amount of water if needed to steam the potatoes.
- Sprinkle with paprika and serve.

Serves 4



Bhindi Subji

Okra subji

1½ lbs. fresh okra
2 chopped onions
3 tablespoons ghee or vegetable oil
1 teaspoon salt
1 teaspoon turmeric
½ teaspoon paprika
½ teaspoon garam masala
pinch of cayenne

- ◆ Wash okra and pat dry thoroughly, as it will otherwise become sticky. Cut off stems, then slice okra into ¼-inch slices.
- ◆ Heat the oil or ghee in a skillet, and sauté the onion until golden. Stir in the salt and turmeric, then add the okra. Simmer, covered, until okra is tender, about 5 minutes. Add the remaining spices, and sauté for a few minutes longer.

Serves 6

Bhindi Masala

Stuffed okra

- 1 lb. fresh okra
- 2 teaspoons ground coriander
- 1 teaspoon ground cumin
- ¼ teaspoon turmeric
- 1 teaspoon amchur (mango powder)
- 2 tablespoons ghee or vegetable oil

- ◆ Wash okra and pat dry thoroughly. Cut off stem ends and make a lengthwise slit in each okra. Mix the spices together, then sprinkle a little in each okra, rubbing it in with your fingers.
- ◆ Heat the ghee or oil in a large skillet, and fry the okra, uncovered, over moderate heat until lightly browned. Stir occasionally to prevent burning. Okra will be dry when done.

Serves 4



Baingan Bharta

Eggplant subji

1 large **eggplant**
½ teaspoon ground **cumin**
½-inch **cinnamon stick**
2 tablespoons **ghee**
1 chopped **onion**
1-inch piece **grated fresh ginger**
2 cloves pressed **garlic**
2 chopped **tomatoes**
¼ teaspoon **salt**
1 teaspoon **garam masala**

- ◆ Set the oven to broil. Make several gashes in the eggplant, and place it in a baking dish. Put it under the broiler, turning a few times to ensure even broiling. In about 20 minutes, the skin should be charred and the pulp soft. Remove. When cooled, scrape the pulp away from the skin.
- ◆ In a medium skillet, dry-roast cumin and cinnamon for 10 seconds, then add ghee. Sauté the onion, ginger and garlic in ghee until the onion is golden. Add tomatoes and cook until softened. Stir in salt, and then eggplant pulp, including any juices that dripped into the pan during broiling. Cover and cook on low heat for 10 minutes. Add garam masala during the last 5 minutes of cooking.

Variations:

- ◇ Sauté ¼ cup sliced mushrooms, or ¼ cup fresh or frozen peas with the onions before adding eggplant.

Serves 4

Masala Baingan

Spicy stuffed eggplant

1 lb. **baby eggplants**, or long Japanese eggplants
1 tablespoon ground **coriander**
1 teaspoon ground **cumin**
½ teaspoon **turmeric**
¼ teaspoon **paprika**
½ teaspoon **amchur** (mango powder)
¼ teaspoon **salt**
¼ teaspoon **sugar**
2 tablespoons **ghee** or vegetable oil

- ◆ Make diagonal gashes in the eggplants to half-depth. Brush with oil and place under the broiler for 3 or 4 minutes, turning to ensure even broiling. This gives the eggplant a nice, smokey flavour. Remove from broiler.
- ◆ Combine the seasonings, and rub the spice mixture into the eggplants.
- ◆ Heat ghee in a large skillet over medium heat, and add the eggplants. Lower heat, cover and cook for about 15 minutes, turning occasionally, until eggplants are tender.

Serves 4



Ghobi Musallam

Muslim-style whole cauliflower curry

1 head **cauliflower**
2 tablespoons **ghee** or vegetable oil
1 minced **onion**
1 clove pressed **garlic**
½-inch piece grated fresh **ginger**
2 teaspoons ground **coriander**
1 teaspoons ground **cumin**
½ teaspoon **paprika**
½ teaspoon **turmeric**
½ teaspoon **salt**
2 **bay leaves**
½ teaspoon **garam masala**
1 medium **tomato**, puréed
1 cup plain **yoghurt**
½ cup **water**

- ◆ Steam whole cauliflower lightly until just tender, about 5 minutes.
- ◆ Process the onion, garlic and ginger in a food processor or blender. Heat ghee in a heavy skillet over medium heat. Sauté the onion mixture until the onion is deep golden, about 5 minutes. Add the spices individually, stirring after each addition.
- ◆ Add the tomato, reduce heat slightly and cook for 5 minutes. Whisk the yoghurt and water together, and add gradually to the sauce. Stir continually, so the yoghurt doesn't separate. Reduce heat, cover and simmer for 5 minutes.
- ◆ Put cauliflower in a Dutch oven, or other covered casserole pan. Pour the sauce over the cauliflower, making sure some gets underneath. Bake in a pre-heated 350° oven for 15 minutes, pouring the sauce over the cauliflower from time to time.

Serves 4 or 5

Kashmiri Ghobi

Kashmiri flavours of fennel and ginger season this simple cauliflower dish.

2 tablespoons **ghee** or vegetable oil
1 minced **onion**
1 clove pressed **garlic**
1-inch piece grated fresh **ginger**
1 teaspoon **fennel seeds**
½ teaspoon ground **cumin**
1 teaspoon ground **coriander**
seeds from 5 green **cardamom pods**
salt, to taste
1 minced **green chili**
2 medium chopped **tomatoes**
1 head **cauliflower**, broken into florets

- ◆ In a large heavy skillet, heat ghee over medium heat, and sauté onion until golden. Add garlic and ginger, then add spices and chili, stirring briefly after each addition.
- ◆ Add chopped tomatoes. Lower heat, cover and let simmer for 2 or 3 minutes, until tomatoes are softened. Finally, add cauliflower, cover and simmer until tender, about 5 more minutes.

Serves 4



Matar Panir

Peas and home-made cheese

$\frac{3}{4}$ cup cubed **panir cheese** (see page 106)
4 tablespoons **ghee** or vegetable oil
2 chopped **onions**
1-inch piece grated fresh **ginger**
3 medium diced **tomatoes**
1 teaspoon ground **cumin**
1 teaspoon **turmeric**
1 teaspoon **garam masala**
pinch of **cayenne**
2 cups fresh shelled or frozen **peas**
3 cups **whey** (from making panir) or water
handful of chopped **cilantro**

- ◆ Cut panir into $\frac{1}{2}$ -inch cubes and let dry on a paper towel for 20 minutes, so they hold their shape better during frying. You can also dust them lightly with flour. Heat 1 tablespoon ghee in a cast-iron or non-stick skillet, and fry cubes until golden on all sides. Set aside.
- ◆ In a large skillet, heat remaining 3 tablespoons of ghee and sauté onion until golden. Stir in ginger and remaining spices, then add the tomatoes, stirring frequently until the tomatoes become soft. Add the peas and water or whey. Cover and let simmer about 10 minutes. Add panir and chopped cilantro, and let it simmer another 5 minutes before serving.

Serves 6

Palak Panir

Reliable sources inform us that this well-loved Punjabi dish of creamed spinach with panir cubes is one of Sant Ji's favourites.

1 cup cubed **panir** (see page 106)
3 tablespoons **ghee** or vegetable oil
2 bunches fresh **spinach** (about 1½ lbs.)
1 small minced **onion**
1-inch piece **grated fresh ginger**
½ minced **green chili** (optional)
¼ teaspoon **turmeric**
1 small chopped **tomato**
salt, to taste
1 cup **milk**
pinch of **nutmeg** (optional)

- ◆ Cut panir into ½-inch cubes and let dry on a paper towel for 20 minutes, so they hold their shape better during frying. You can also dust them lightly with flour. Heat 1 tablespoon ghee in a cast-iron or non-stick skillet, and fry cubes until golden on all sides. Set aside.
- ◆ Wash spinach well, and remove tough stalks. Chop very finely, or process in a food processor.
- ◆ Heat remaining 2 tablespoons of ghee in a large, heavy skillet or saucepan. Sauté the onion and ginger until golden, about 5 minutes. Add minced chili and turmeric, then the tomato, frying briefly. Add spinach and salt. Lower heat, cover and let steam for several minutes, until spinach is cooked. Whisk in milk until all the ingredients are well-blended and creamy. Cook a further 5 minutes.
- ◆ Add panir cubes carefully, and simmer 3 or 4 minutes longer to heat panir and blend the flavours.
- Serve with a sprinkling of nutmeg.

Serves 4



Bhara Karela

Bitter melon is an acquired taste, popular throughout Asia. The bitterness is due to its high quinine content, and is considered highly medicinal.

In the vegetable kingdom, humble karela holds the unique distinction of having served as a stand-in for Guru Nanak. Although the waters of the 68 places of pilgrimage failed to remove its bitter taste (to the chagrin of certain would-be sadhus), you will find that a little pre-salting helps.

1 lb. karela (about 4 bitter melons)

1½ tablespoons kosher salt

½ teaspoon turmeric

1 tablespoon lemon juice

1 tablespoon fennel seeds

½ teaspoon fenugreek seeds

1 teaspoon cumin seeds

1 teaspoon coriander seeds

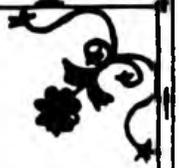
1 teaspoon amchur (mango powder)

pinch of cayenne (optional)

4 tablespoons ghee or vegetable oil

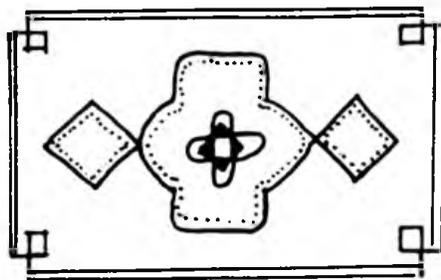
1 small minced onion

- ◆ Lightly peel the outer skin of karelas, and make a lengthwise slit, removing any large seeds. Combine salt, turmeric and lemon juice, and rub the karelas inside and out. Leave them to soak for several hours, then wash them off under running water, squeezing lightly. Pat dry.



- ◆ In a small skillet, lightly roast the fennel, fenugreek, cumin and coriander seeds until fragrant, about 2 or 3 minutes. Grind spices to a powder in a spice grinder, and combine with the amchur and cayenne. Heat 1 tablespoon ghee in the skillet, and sauté the onion until golden. Add the spices and let cool. Stuff the spice mixture evenly into the karelas, and tie them up with thread or kitchen twine to keep everything intact.
- ◆ In a large, heavy skillet, heat remaining ghee and sauté the karelas until browned on all sides. Lower the heat, and cover karelas to let them steam during the last few minutes of cooking. Don't forget to remove the thread before serving.

Serves 4





Alu Ghobi Subji

This basic potato-cauliflower subji is served in the langars of Sikh gurdwaras worldwide.

½ teaspoon cumin seeds
2 tablespoons ghee or vegetable oil
1 small minced onion
1-inch piece fresh grated ginger
1 minced green chili
pinch of turmeric
1 small head cauliflower, broken into florets
2 small potatoes, peeled and diced 1-inch
salt, to taste
1 teaspoon garam masala
2 tablespoons minced cilantro

- ◆ Heat a large, heavy skillet and dry-roast cumin seeds until fragrant, about 2 or 3 minutes. Add ghee and sauté the onion and ginger until golden, about 5 minutes. Stir in chili and turmeric.
- ◆ Add cauliflower and potato, stirring well to coat. Lower heat, cover, and let steam for 10 minutes, until vegetables are tender. Sprinkle with salt, garam masala and cilantro, and leave sit for several minutes until flavours blend.

Serves 4

Panir Koftas

Deep-fried panir balls

1¼ cups crumbled **panir cheese** (see page 106)

1 medium boiled **potato**

½ teaspoon **salt**

1 tablespoon minced **cilantro**

2 tablespoons **unbleached white flour**

vegetable oil for deep-frying

- ◆ Purée panir in a blender or food processor until smooth. Mash potato, and combine with panir, salt, cilantro and flour to make a soft dough.
 - ◆ Scoop up dough with a teaspoon to form small balls, about ¾-inch in diameter.
 - ◆ Heat 1½ inches of vegetable oil in a heavy skillet over medium heat, and fry koftas until golden on all sides. Koftas can be served immediately, or frozen for later use.
- ❖ You can substitute ricotta cheese or dry cottage cheese for the panir.

Yield: about 15 koftas



Malai Kofta

Panir koftas in creamed cashew curry

12 fresh or frozen **panir koftas**
3 tablespoons **ghee** or vegetable oil
¼ cup **cashew pieces**
1 minced **onion**
1 clove pressed **garlic**
½-inch piece grated fresh **ginger**
½ teaspoon ground **cumin**
½ teaspoon ground **coriander**
½ teaspoon **turmeric**
½ teaspoon **garam masala**
2 medium **tomatoes**, puréed

pinch of **nutmeg**

- ◆ In a heavy skillet, sauté koftas in 2 tablespoons ghee or vegetable oil until golden on all sides. Set aside.
- ◆ Process cashews in a food processor or blender until they form coarse, powdery crumbs. Heat remaining ghee in a skillet, and brown cashews. Remove cashews, and add onion, garlic and ginger, frying until golden brown. Add seasonings, one at a time, stirring after each addition. Finally, add tomato purée and cashews. Cook over low heat for 10 minutes. Sprinkle with nutmeg.
- Arrange koftas in a large serving bowl, cover with curry and serve.
- ❖ If you are using frozen koftas, the procedure differs. First allow koftas to defrost. Place koftas and prepared curry in a shallow pan, and bake in a pre-heated 350° oven for 20 minutes.

Serves 4

Punjabi Khari

Basic curry sauce

5 tablespoons **besan** (chana or chickpea flour)

2½ cups plain **yoghurt**

4 cups **water**

2 tablespoons **ghee** or vegetable oil

1 small minced **onion**

½-inch piece grated fresh **ginger**

1 clove pressed **garlic**

1 tablespoon ground **cumin**

1 tablespoon ground **coriander**

½ teaspoon **turmeric**

2 whole **green chilies**, punctured

½ teaspoon **salt**

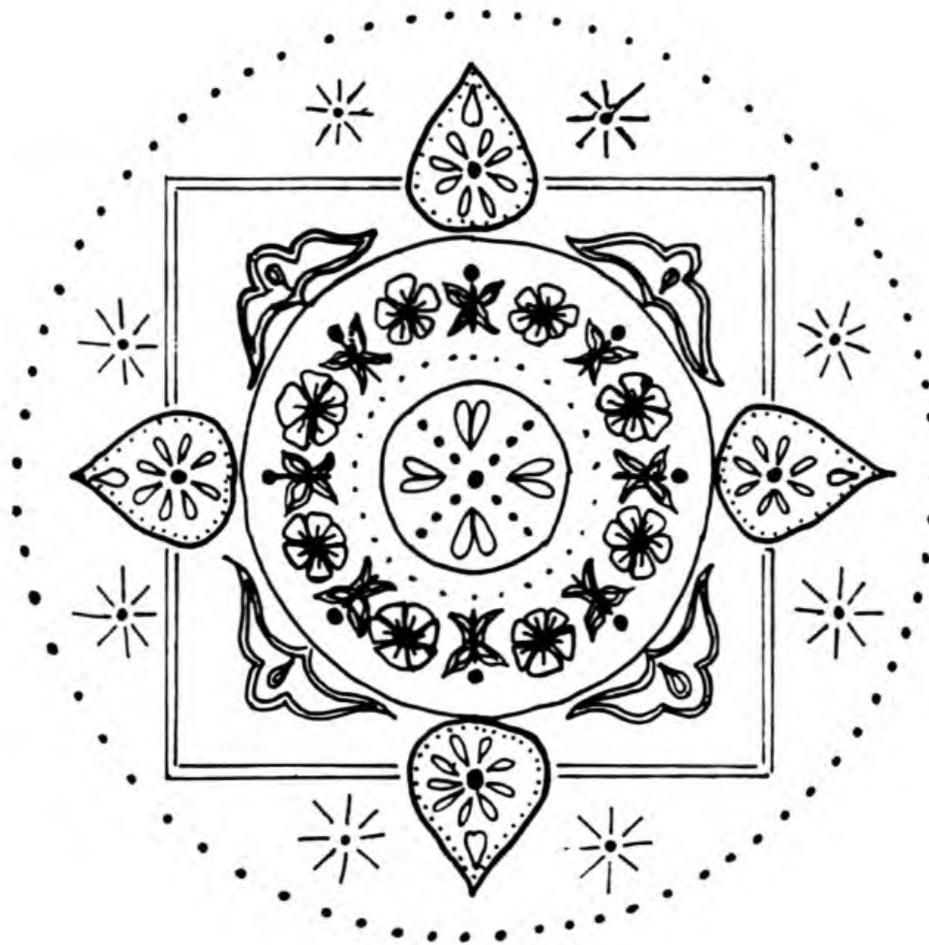
½ teaspoon **sugar**

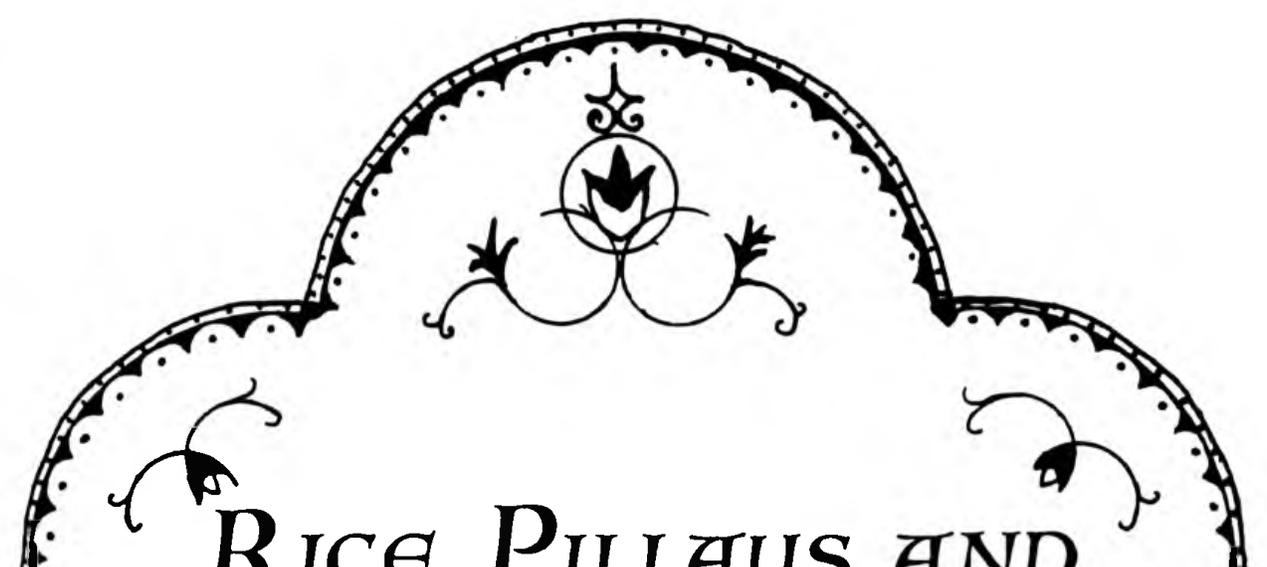
2 tablespoons minced **cilantro**

paprika for garnish

- ◆ Whisk besan, yoghurt and water together until well-blended.
- ◆ Heat the ghee in a large pan and sauté the onion, ginger and garlic until golden. Add the cumin, coriander and turmeric, stirring each for half a minute. Then fry the green chilies, briefly.
- ◆ Slowly add the yoghurt mixture to the pan, stirring until it comes to a boil. Add salt and sugar. Reduce heat and simmer uncovered for 20 minutes, until ghee starts to separate. Stir occasionally to prevent sticking.
- ◆ Add cilantro, and garnish with a sprinkling of paprika.
- Serve khari over rice or as a gravy for koftas. If serving with koftas, simmer them in the khari for 10 minutes before serving.

Yield: about 6 cups of sauce





RICE, PILLAUS AND BHIRYANI

चावल, पुलाव और बिरयानी

Rice dishes are a staple feature in South Indian cooking. In the north, pillaus and bhiryani were developed during the Moghul Empire to serve at festivities. The rice most often used in these dishes is long-grain basmati rice, literally meaning 'queen of fragrance.' In North America, you can substitute Texmati rice. If buying Indian rice, an aged basmati rice is preferred. Storing and ageing the rice allows it to develop a drier texture and more intense aroma. Basmati rice should ideally be pre-soaked, as this allows the grains to remain firm and separate when cooked.

To accompany spicy South Indian dishes, or for porridge-type dishes like khir and khitchiri, use long-grain white rice.



Spiced Pillau

Pillaus were developed by Moghul court chefs to serve at public feasts. They were ideal for these purposes since they are simple to prepare in large quantities, and add a festive touch at a relatively modest cost.

1½ cups **basmati rice**
2¾ cups **water**
2 tablespoons **ghee** or vegetable oil
¼ cup **shelled pistachios**
¼ cup **raw cashew pieces**
¼ cup **sultana raisins**
1 small **sliced onion**
1 clove **pressed garlic**
1-inch piece **grated fresh ginger**
seeds from 4 green cardamom pods
2-inch **cinnamon stick** or cassia bark
½ teaspoon **salt**

- ◆ Wash rice in several changes of water, then let it soak in hot water for 30 minutes. Drain well.
- ◆ Heat ghee or oil in a large skillet, and sauté the nuts and sultanas for 2 or 3 minutes. The cashews should be golden, and sultanas slightly puffed. Set aside. Sauté onion, garlic and ginger until the onion is golden, then stir in the spices, frying for several minutes.
- ◆ Slowly add the rice, stirring with a spatula or flat-edge wooden spoon to prevent sticking. Cook over moderate heat until rice becomes dry and slightly golden. Carefully add the water, lower heat, cover and simmer until rice is cooked, about 20 minutes.
- ◆ Remove from heat and let sit a few minutes. Stir in nuts and raisins, and serve.

Serves 5

Vegetable Pillau

1 cup **basmati rice**
1 $\frac{3}{4}$ cup **water**
1 tablespoon **ghee** or vegetable oil
1 small chopped **onion**
3 **cloves**
2 **bay leaves**
1-inch **cinnamon stick** or cassia bark
1 teaspoon **cumin seeds**
seeds from 2 green cardamom pods
 $\frac{1}{4}$ cup fresh shelled or frozen **peas**
 $\frac{1}{4}$ teaspoon **salt**

- ◆ Wash rice in several changes of water, discarding any debris, then soak it in hot water for 30 minutes. Drain well.
- ◆ In a large skillet, heat ghee or oil on medium heat, and sauté the onion until golden. Stir in the spices, then add the peas and cook for several minutes. Slowly add rice, stirring with a spatula or flat-edged wooden spoon to prevent sticking. Cook over medium heat until rice becomes dry and golden.
- ◆ Add water and salt, cover and simmer for 20 minutes, until rice is tender.

Serves 4



Biryani

These elaborate dishes of layered rice and vegetables were designed to serve at royal functions. Costly spices, and the use of gold or silver leaf, are testimony to the opulence of the Moghul courts.

For the rice:

- 1 cup **basmati rice**
- 1 tablespoon **ghee** or vegetable oil
- 2 tablespoons **sultanas**
- ¼ cup chopped **pistachios**, slivered almonds, or cashew pieces
- 3-inch **cinnamon stick** or cassia bark
- 4 whole **cloves**
- seeds from 8 **cardamom pods**, ground, or ½ teaspoon cardamom powder
- ½ teaspoon **salt**
- 1¾ cups **water**

For the vegetables:

- 1 tablespoon **ghee** or unsalted butter
- 1 finely chopped **onion**
- 2 cloves pressed **garlic**
- 1-inch piece fresh **grated ginger**
- 1 teaspoon ground **cumin**
- 3 cups mixed chopped **vegetables** (any colourful vegetables of your choice, such as green beans, carrots, peas, cauliflower, bell peppers)
- ½ teaspoon **salt**
- ½ teaspoon **garam masala**
- ½ teaspoon **saffron threads**, dissolved in 2 tablespoons hot milk

For the garnish:

- several sprigs of **fresh mint**
- gold or silver leaf** (optional)



- ◆ Wash rice in several changes of water, then let it soak in hot water for 30 minutes. Drain well.
- ◆ Heat ghee or oil in a large skillet, and fry the sultanas until they plump. Set them aside. Fry the nuts until fragrant, about 3 or 4 minutes. Set aside. Briefly fry the cinnamon, cloves and cardamom. Carefully stir in the rice. Add salt and water. Cover and let steam for 20 minutes, until the rice is tender.
- ◆ Meanwhile, heat the ghee or butter in another skillet or saucepan, and sauté the onion, garlic and ginger until golden, about 5 minutes. Add the cumin and fry briefly. Add the vegetables, salt and garam masala. Lower heat, cover and steam until the vegetables are tender.
- ◆ Preheat the oven to 350°. Butter a Dutch oven or heavy casserole dish, and layer the cooked rice and vegetables alternately, beginning with the rice. Spoon the saffron milk over top. Cover and bake for 20 minutes.
- ◆ Transfer bhiryani to a serving platter, and sprinkle with nuts and sultanas.
- Garnish with mint sprigs, and silver or gold leaf, if desired.

Serves 6



Khitchiri

This soothing food is a favourite of many individuals. It is often a first solid food for babies. It is routinely served to elderly and convalescent people. Bridal couples ceremonially serve each other kitchiri to symbolise their mutual devotion and service. Even the Satguru is fond of kitchiri.

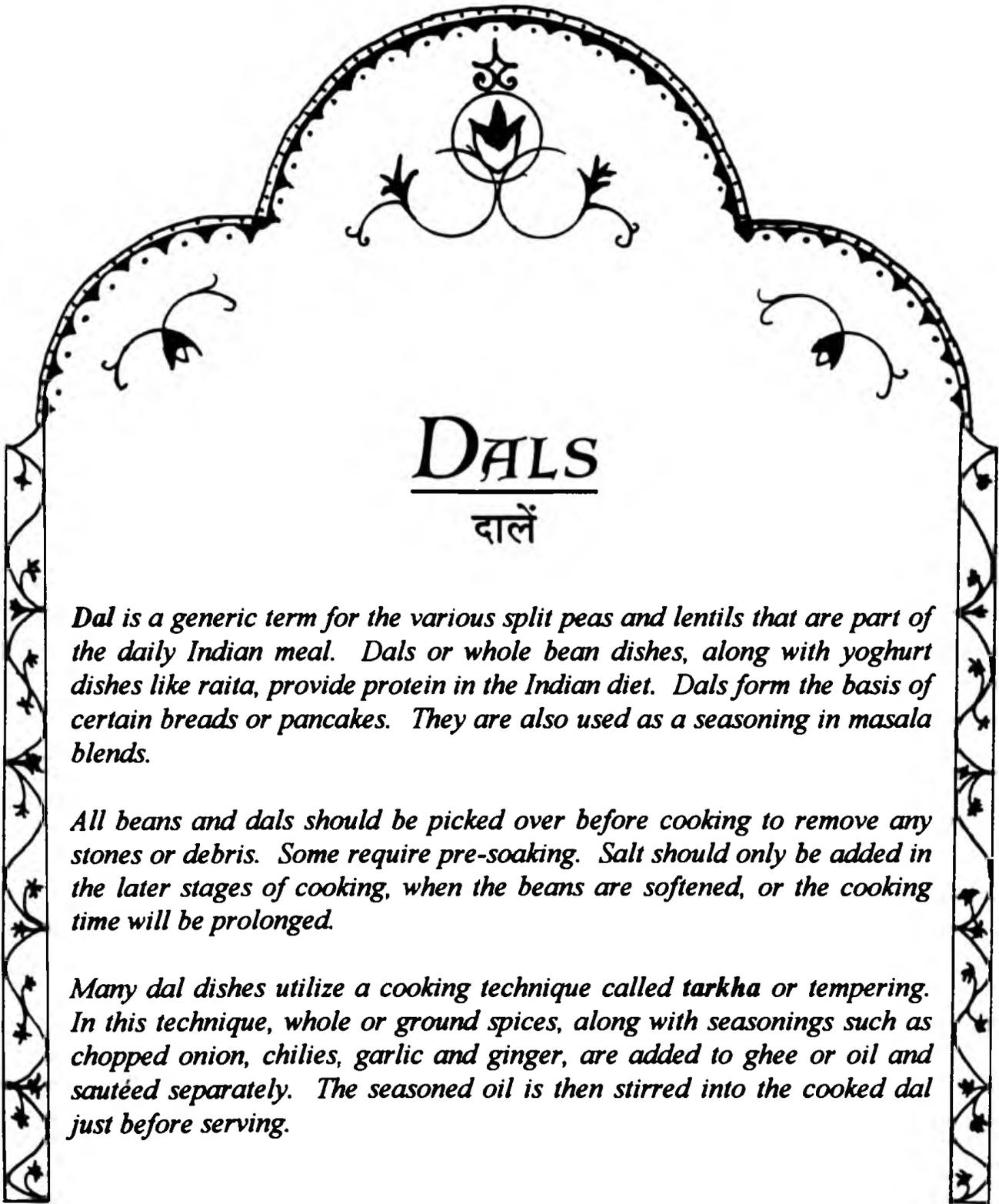
1 cup long grain rice
½ cup mung dal
½-inch piece grated fresh ginger
8 cups water
salt, to taste
freshly ground black pepper
2 tablespoons ghee or vegetable oil
1 teaspoon cumin seeds

- ◆ Rinse rice and dal, picking out any stones or debris. Place rice, dal, ginger and water in a large saucepan. Bring to a boil, then reduce heat and simmer for at least 1 hour. Khitchiri should have a creamy consistency, like porridge. Stir occasionally to prevent any sticking. Add salt and pepper to taste.
- ◆ Heat ghee in a small skillet and fry the cumin seeds for a few seconds. Pour seasoned oil over the khitchiri and serve.

Variations:

- ◇ Substitute chana or masur dal for the mung dal.

Serves 6



DALS

दालें

Dal is a generic term for the various split peas and lentils that are part of the daily Indian meal. Dals or whole bean dishes, along with yoghurt dishes like raita, provide protein in the Indian diet. Dals form the basis of certain breads or pancakes. They are also used as a seasoning in masala blends.

All beans and dals should be picked over before cooking to remove any stones or debris. Some require pre-soaking. Salt should only be added in the later stages of cooking, when the beans are softened, or the cooking time will be prolonged.

Many dal dishes utilize a cooking technique called tarkha or tempering. In this technique, whole or ground spices, along with seasonings such as chopped onion, chilies, garlic and ginger, are added to ghee or oil and sautéed separately. The seasoned oil is then stirred into the cooked dal just before serving.



Basic Indian Dals

Chickpeas, or garbanzo beans, are available in two types: the familiar pale yellow types called *kabuli chana*, and the small dark brown types called *kale chana*, available primarily in Indian markets. Chickpeas should be soaked overnight with a pinch of baking soda, then well-rinsed and cooked in fresh water. (All this to prevent wind.) A pressure cooker facilitates cooking. Canned chickpeas can be substituted in most recipes.

Chana dal is the term for hulled and split chickpeas. Raw chana dal is used for cooking, while roasted chana dal is eaten as a snack, or ground as a component of a masala blend.

Masur dal is sold in supermarkets as red, or Egyptian, lentils. It is whole, unhulled, and will cook in about 30 minutes. It has a delicate flavour, and is very digestible.

Sabut Mung, whole mung beans, are small green cylindrical beans, readily available in supermarkets. They cook without pre-soaking in about 1 hour. Mung beans can also be sprouted.

Mung dal is the pale yellow, hulled and split version of mung beans.

Sabut urad is a small, black gram bean, sold whole and unhulled. It becomes somewhat viscous when cooked.

Dhuli urad dal or *washed urad dal* is the split and hulled version of urad. This delicate white dal is used for making specialties like bhalas and idlis. If a recipe specifies washed urad dal, make sure you use this type.

Tur dal (also called *toovar* or *arhar dal*) resembles yellow chana dal, but differs somewhat in taste. It is part of the flavour of South Indian cooking, and is used in dishes like Sambar. It is also roasted for use in sambar masala. There are two types of tur dal available in Indian markets — plain and oily. Oily tur dal has been washed in castor oil to prevent infestation. It needs to be well-rinsed before cooking. There are recipes that specify oily tur dal.

Rajma

Red kidney bean dal is a popular Punjabi dish, usually served with rice.

1 cup red kidney beans
water for soaking and cooking

For the tempering:

1 small chopped onion
3 cloves pressed garlic
1½-inch piece grated fresh ginger
2 tablespoons ghee or vegetable oil
½ teaspoon paprika
½ teaspoon turmeric
½ teaspoon garam masala
½ teaspoon salt
1 whole green chili, punctured
1 chopped tomato
1 small handful minced cilantro

- ◆ Rinse kidney beans, picking out any stones. Soak overnight in enough water to cover by 2 inches. In a large, heavy saucepan, bring kidney beans to a boil with 3 cups of water, and simmer until beans are tender, about 1 hour. Mash some of the beans to thicken the cooking liquid.
- ◆ Process onion, garlic and ginger in a blender or food processor. Heat ghee in a heavy skillet. Add onion, cooking until onion turns golden brown. Add spices and chili, stirring after each addition. Add tomato, and cook until soft, and ghee starts to separate.
- ◆ Stir tempering and cilantro into kidney beans, and let simmer for several minutes, until flavours blend.

Serves 4



Chole

Spicy chickpeas, Punjabi-style, are often paired with Bhaturas (see page 18).

1 cup dry chickpeas
pinch of baking soda
water for soaking and cooking

2 tablespoons ghee or vegetable oil
1 chopped onion
1-inch piece grated fresh ginger
pinch of asafoetida
1 teaspoon ground cumin
1 teaspoon paprika
1 teaspoon chana masala (see page 110)
2 teaspoons amchur (mango powder)
½ teaspoon salt
1 chopped tomato
2 thinly sliced green chilies, or 2 tablespoons minced cilantro

- ◆ Soak chickpeas overnight in enough water to cover by 3 inches, adding a pinch of baking soda. Drain and rinse, then cover with twice their volume of cold water. Bring to a boil, then reduce heat and simmer until cooked, 1 hour or longer. (Alternately, use a pressure cooker for this step.) Drain chickpeas, reserving some of the cooking water.
- ◆ Heat the ghee in a large saucepan, and sauté the onion and ginger until golden. Stir in spices individually. Add tomato and cook until softened. Add chickpeas, with some of the cooking liquid, if needed. Cover and simmer for 10 minutes.
- Garnish with sliced chilies or chopped cilantro.

Serves 6

Mung Dal

This basic recipe can also be followed for split mung beans or chana dal.

1 cup **whole mung beans**
4 cups **water**
 $\frac{1}{2}$ teaspoon **salt**

For the tempering:

2 tablespoons **ghee** or vegetable oil
1 teaspoon ground **cumin**
1 teaspoon ground **coriander**
 $\frac{1}{2}$ teaspoon **turmeric**
 $\frac{1}{2}$ teaspoon **paprika**
pinch of **asafoetida**
1 small chopped **onion**
1 chopped **tomato**

- ◆ Pick over mung beans, discarding any stones or debris, and rinse well. Bring mung beans and water to boil, then reduce heat and simmer for 45 minutes, or until beans are soft. Stir occasionally to prevent any beans sticking to the pan. If necessary, add more water. When beans are cooked, stir in salt.
- ◆ Heat ghee in a small skillet, and sauté onion until golden brown. Add spices, stirring after each addition. Finally, add tomato and cook until softened.
- ◆ Add tempering to cooked dal, and let it simmer several more minutes to blend flavours.

Serves 4



Masur Dal

A light and easy dal to prepare and serve.

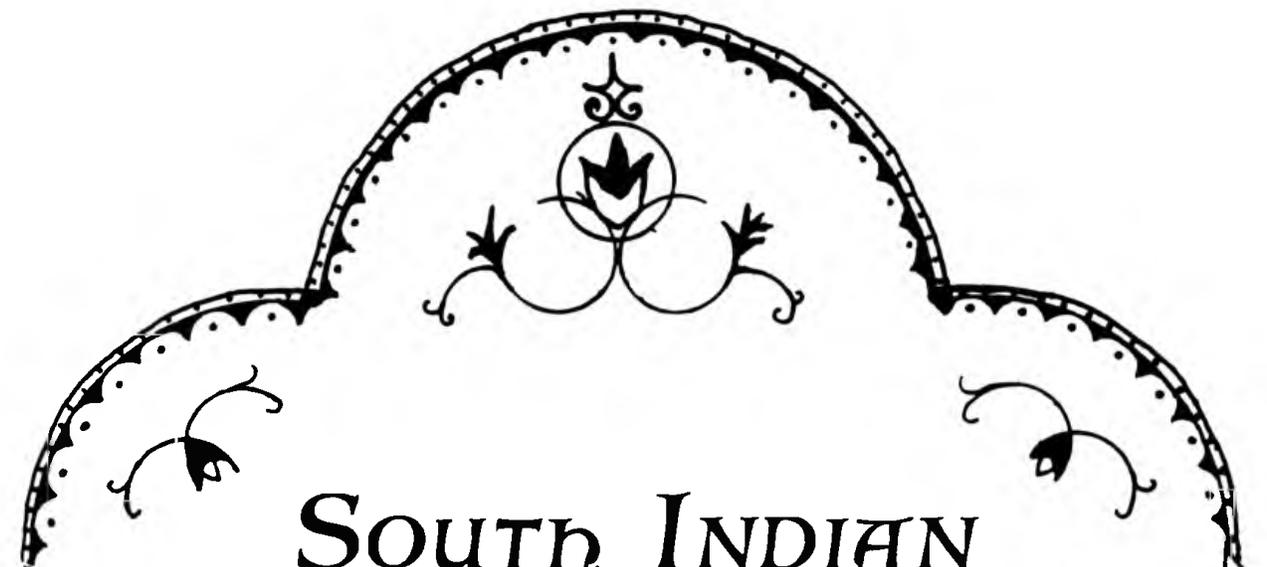
1 cup **masur dal** (red lentils)
4 cups **water**
½ teaspoon **salt**

For the tempering:

2 tablespoons **ghee**
1 small sliced **onion**
½ teaspoon **turmeric**
1 teaspoon ground **cumin**
2 minced **green chilies**
1 small chopped **tomato**
1 tablespoon minced **cilantro**

- ◆ Rinse the lentils, then place them in a heavy saucepan with the water. Bring to a boil, then lower heat. Skim off any residue that may form on the surface. Simmer dal until soft, about 25 minutes. Add salt.
- ◆ Meanwhile, heat the ghee in a skillet over medium heat. Sauté the onion until golden brown, then add the seasonings and chilies. Add the tomato and cilantro, cooking until the tomato is softened. Stir the seasoned ghee in to the dal, and let simmer 5 minutes, until flavours blend.

Serves 4



SOUTH INDIAN SPECIALTIES

दक्षिण भारतीय खाना

The cooking of northern India is characterised by the heavier seasonings of ginger and garlic, and the heating spices of garam masalas. The sweet flavours of cinnamon, cardamom and clove are reminders of the Moghul influence. In contrast, South Indian cooking is done with a lighter hand: curry leaves, black mustard seeds, turmeric, coconut, tamarind and lime juice all evoke memories of a sunnier, easier climate. Even today, southern India remains a stronghold of the ancient Hindu vegetarian tradition.

Many of us are fortunate to have spent time in southern India, attending programs in Bombay (Mumbai) or Bangalore, and enjoying the warm hospitality of the Baba Somanath initiates. In recognition of those golden moments, we offer a few well-loved recipes that typify the cooking of that region.



Dosas

Dosas are thin crêpes made with a batter of fermented rice and dal. As with chilas, success in preparing these dal-based crêpes lies in mastering the technique.

For the batter:

½ cup washed urad dal
1½ cups long grain white rice
½ cup yoghurt
½ teaspoon salt

vegetable oil for frying

- ◆ Rinse dal well, picking out any stones or debris. Soak in 1 cup of hot water for 4 to 5 hours.
- ◆ Wash the rice well, and soak in 3 cups of hot water for 4 to 5 hours.
- ◆ Drain the dal, reserving some of the soaking water. Blend in a food processor or blender on high speed, adding some of the soaking water if necessary. Scrape down the sides with a rubber spatula, and blend again, until the mixture forms a fluffy purée. Put aside in a large bowl.
- ◆ Drain the rice, reserving some of the soaking water. Blend as above, until rice forms a thick purée. Combine the two batters with the yoghurt. Cover and leave to ferment in a warm place for another 4 to 5 hours.

To prepare dosas:

- ◆ When batter is fermented and frothy, add salt. Heat 2 teaspoons of oil in a cast-iron or non-stick skillet over high heat, then lower heat to medium-low. Ladle ½ cup dosa batter into the centre of the skillet, and spread it evenly with the back of a large spoon to form a thin pancake 8-inches in diameter. Holes are alright. Cover and cook for 1 minute.
- ◆ Remove lid and drizzle ½ teaspoon of oil around the edges of the dosa. Pour another ½ teaspoon oil over the top, spreading evenly with a spatula. Carefully flip dosa over, cooking another minute on the second side.

Yield: about 12 dosas

Masala Dosa

Same as regular dosas, but with a vegetable stuffing

For the stuffing:

- 2 tablespoons **ghee** or vegetable oil
- 1 teaspoon **black mustard seeds**
- 1 chopped **onion**
- 1 teaspoon **cumin seeds**
- 4 **curry leaves**
- ½ teaspoon **turmeric**
- ½ teaspoon **salt**
- 3 minced **green chilies**
- 4 parboiled **potatoes**, diced ½-inch

- ◆ Heat ghee or vegetable oil in a heavy skillet over medium heat. Add the mustard seeds. When they start to pop, add the onion and sauté until golden brown. Stir in remaining seasonings, and then add the potatoes. Fry for 5 minutes, stirring gently. Put aside, keeping warm.
- ◆ Prepare dosas according to previous recipe. Place 3 or 4 tablespoons of potato stuffing in the centre of each dosa, and fold dosa in half. Serve with coconut chutney and Sambar dal.

Yield: about 12 dosas

Idli

These are small round cakes made from a fermented batter of rice and dal. They are popular for snacks and breakfasts. Idlis are steamed in a special idli mold that is inexpensive and readily available in Indian markets. Otherwise, you can improvise using a kathori (the small metal bowl that holds the soupier dishes on the thali) resting on a steaming trivet.

½ cup washed urad dal
1 cup long grain white rice
½ teaspoon salt
3 teaspoons vegetable oil
1 minced green chili
½ teaspoon black mustard seeds

- ◆ Rinse dal well, picking out any stones or debris. Soak in 1 cup of hot water for 4 to 5 hours. Wash the rice well, and soak in 2 cups of hot water for 4 to 5 hours.
- ◆ Drain the dal, reserving some of the soaking water. Blend in a food processor or blender on high speed, adding some of the soaking water if necessary. Scrape down the sides with a rubber spatula, and blend again, until the mixture forms a fluffy purée. Put aside in a large bowl.
- ◆ Drain the rice, reserving some of the soaking water. Blend as above, until rice forms a thick purée. Combine the two batters, cover, and leave to ferment in a warm place for another 4 to 5 hours.
- ◆ Heat 1 teaspoon of oil in a small skillet, and sauté the chili and mustard seeds until seeds begin to pop. Pour into fermented idli batter, mixing well.
- ◆ Using a large stockpot, bring 2 inches of water to a rolling boil. Oil the individual idli molds with the remaining oil, and fill with batter. Place idlis in the stockpot, cover and steam for 10 minutes, until a toothpick inserted comes out clean. Let steamer cool slightly before removing. Repeat the procedure for the rest of the batter.

Yield: about 18 idlis

Udipi Lassi

Udipi, in southern India, has long been associated with Lord Krishna. Perhaps the Beloved of the Gopis also enjoyed this spicy buttermilk sauce as an accompaniment to his rice.

½ cup yoghurt
1 cup buttermilk
2 teaspoons vegetable oil
½ teaspoon black mustard seeds
½ teaspoon cumin seeds
sliver of grated fresh ginger
½ green chili, thinly sliced
salt, to taste
freshly ground black pepper

- ◆ Whisk yoghurt and buttermilk until creamy.
- ◆ Heat the oil in a small, heavy saucepan over medium heat, and roast the mustard and cumin seeds for a few seconds, until they pop. Add remaining seasonings, and turn off the heat. When the oil cools, stir into the buttermilk.

Variations:

- ◇ Other seasonings include fenugreek seeds, washed urad dal, dried red chilies, curry leaves and grated coconut. Follow the same procedure, frying the seeds or dal first, then adding remaining ingredients.

Serves 6



Sambar

Spicy dal with vegetables

1 cup **tur dal**
5 cups **water**
1 teaspoon **turmeric**
½ teaspoon **salt**
1 teaspoon **tamarind concentrate**, dissolved in 1 tablespoon hot water
2 teaspoons **sambar masala** (see page 111)
1 teaspoon **ground coriander**

For the tempering:

2 tablespoons **ghee** or vegetable oil
1 teaspoon **mustard seeds**
1 small **onion**, thinly sliced
1-inch piece **grated fresh ginger**
10 **curry leaves**
2 **dried red chilies** or 3 fresh green chilies
¼ teaspoon **asafoetida**
1 tablespoon **freshly grated or dried coconut** (optional)

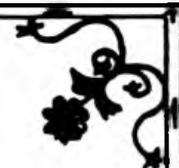
For the vegetables:

1 **chopped tomato**
2 cups **mixed diced vegetables**, such as green beans, squash, eggplant or okra

For the garnish:

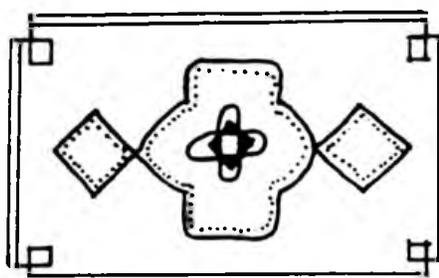
freshly ground black pepper
finely minced cilantro

- ◆ Rinse dal, picking out any stones. In a large saucepan, bring dal and water to a boil. Add turmeric and salt. Lower heat and simmer for 1 hour. Add dissolved tamarind concentrate to the dal with the sambar masala and coriander. Let simmer while preparing remaining ingredients.



- ◆ Using a large heavy skillet, heat ghee or oil over medium heat. Add mustard seeds. When they start to pop, add the onion and ginger, sautéing until the onion is golden brown, about 5 minutes. Stir in chilies, curry leaves and asafoetida. If desired, add coconut, stirring until golden brown.
- ◆ Add tomato and sauté until soft. Add vegetables and sauté, stirring constantly over medium heat until the vegetables are soft. This should take 5 or 10 minutes, depending on the vegetables used.
- ◆ Add vegetables to the dal, and simmer for 10 minutes, allowing flavours to blend.
- Serve with freshly ground black pepper and minced cilantro.

Serves 6





Rasam

This spicy soup is traditionally made from skimming off the thin broth that rises to the surface when making Sambar. Here, it is cooked on its own.

¼ cup tur dal
3 cups water
½-inch piece grated fresh ginger
¼ teaspoon turmeric
2 chopped tomatoes
3 cloves pressed garlic
2 dried red chilies
pinch of asafoetida
salt, to taste
½ teaspoon ground cumin
½ teaspoon ground coriander
½ teaspoon tamarind concentrate
10 dried curry leaves

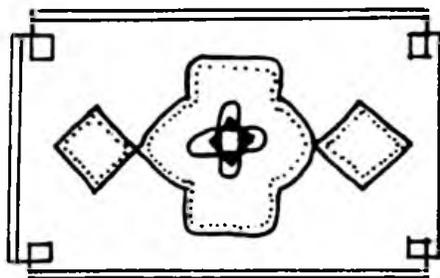
For the tempering:

1 tablespoon ghee
1 dried red chili
¼ teaspoon cumin seeds
½ teaspoon black mustard seeds
minced cilantro or freshly ground black pepper for garnish

- ◆ Wash the dal, picking it over to remove any stones. In a heavy saucepan bring 1½ cups of water to a boil with the dal, turmeric and ginger. Lower heat and simmer for 1½ hours.
- ◆ In a separate pan, combine tomatoes, garlic, chilies, asafoetida, salt, cumin, coriander, tamarind concentrate and 5 curry leaves with 1½ cups of water, and simmer for 1½ hours.

- ◆ Strain both broths through a sieve into a large saucepan, squeezing the pulp to extract as much broth as possible. Whisk the broth vigorously, then leave to simmer for 5 minutes.
- ◆ Heat ghee in a small skillet, and fry the remaining curry leaves with the chili, cumin and black mustard seeds. When the mustard seeds start to pop, stir the seasoned oil into the soup.
- Garnish with cilantro or black pepper, and serve.

Serves 4 or 5





Uttapam

*These griddle cakes are traditionally made with left-over idli or dosa batter.
Make this quick version when you're in a hurry to get to Satsang.*

½ cup besan (chana or chickpea flour)
½ cup cream of rice (ground rice)
2 tablespoons semolina
¾ teaspoon fast-acting yeast
1½ cups plain yoghurt
½ cup warm water
½ teaspoon salt
2 finely chopped onions
¼ teaspoon asafoetida
1½-inch piece grated fresh ginger
2 green chilies, finely sliced
ghee or vegetable oil for frying

For the tempering:

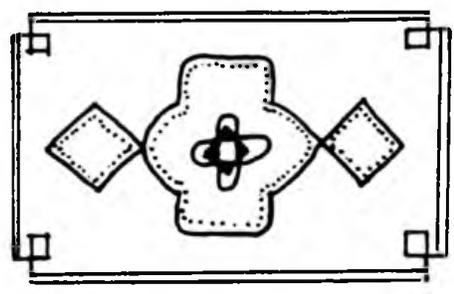
1 tablespoon ghee or vegetable oil
1 teaspoon black mustard seeds
3 tablespoons sesame seeds
few dried curry leaves, crushed or small handful cilantro, finely chopped

- ◆ Sieve together besan, rice, semolina and yeast. Whisk yoghurt with water and stir into flour, mixing well. Let batter rest 1 hour, covered, in a warm place.
- ◆ Stir salt, onions, asafoetida, ginger and chilies into batter and let rise again in a warm place for 30 minutes.

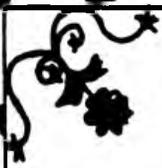


- ◆ Heat a cast-iron or non-stick skillet over medium-high heat. Brush with 1 teaspoon oil. When oil sizzles, pour in 1 cup of batter and cook until griddle cake is set on top. Carefully lift with a spatula, add another teaspoon of oil to the skillet, and flip over to cook the other side. Fry for 2 minutes, then remove and keep warm until remaining griddle cakes are cooked.
- ◆ Fry mustard seeds in 1 tablespoon of ghee or oil until they start to pop. Add remaining seasonings and brown lightly.
- Pour tempering over griddle cakes and serve.

Yield: 4 or 5 uttapams



❖ Thanks to everyone's favourite uttapam, Leslie Forbes, and her book Recipes From The Indian Spice Trail.



Uppama

A favourite breakfast or lunch made from suji (Cream of Wheat)

6 tablespoons **ghee** or vegetable oil
2 teaspoons **black mustard seeds**
10 **curry leaves**
2 teaspoons **washed urad dal**
1 small **minced onion**
1-inch piece **grated fresh ginger**
2 **minced green chilies**
small handful **minced cilantro**
1 cup **whole or broken cashews**
2 cups **suji (Cream of Wheat)**
1 cup **plain yoghurt**
4 cups **cold water**
 $\frac{1}{2}$ teaspoon **salt**

- ◆ In a large saucepan over medium heat, heat the ghee and add the mustard seeds. When seeds start to pop, add curry leaves and dal. Reduce heat and stir occasionally until the dal turns golden, about 5 minutes.
- ◆ Add onion, and stir until onion starts to brown. Add ginger, chilies and cilantro, frying for 1 minute. Then add cashews and stir until lightly toasted. Finally, add the suji, stirring until it turns golden and fragrant, about 5 minutes.
- ◆ Whisk the yoghurt, water, and salt together. Pour slowly into the suji, stirring to prevent lumping. Lower heat, cover and simmer until liquid is absorbed.

Serves 6

Dhokla

This savoury steamed cake is made in a special dhokla steamer available in Indian markets. You can also improvise by using a cake tin.

1 cup **suji** (Cream of Wheat)
½ cup **besan** (chana or chickpea flour)
1 tablespoon **rice flour**
1 cup **yoghurt**
½ cup **water**
¼ cup **vegetable oil**
1 clove pressed **garlic**
2 minced **green chilies**
1½ teaspoons ground **cumin**
½ teaspoon ground **coriander**
¼ teaspoon **turmeric**
½ teaspoon **salt**
1 tablespoon **Eno**
sprinkling of **cayenne** or red pepper flakes
2 tablespoons minced **cilantro**, for garnish

- ◆ Mix suji, besan and rice flour together. Whisk water, yoghurt and oil, and stir into suji mixture. Add garlic, chilies and seasonings, and leave to rest for a few hours, or overnight.
- ◆ Use a covered saucepan large enough to hold a round cake tin resting on a steaming trivet. Bring 2 inches of water to the boil, and oil the cake tin.
- ◆ Mix Eno into the batter, and pour into the greased cake tin. Cover, and let steam for 15 to 20 minutes. During the last 5 minutes, sprinkle with cayenne or pepper flakes.
- ◆ Garnish with cilantro and let cool.
- Cut into squares and serve.
- ❖ Note: Eno is an antacid powder sold over-the-counter in pharmacies. It has a similar action to baking soda. However, you cannot successfully substitute baking soda in this recipe. ☞ You must use Eno. ⊗



Breakfast Chevra

Breakfast in Bombay, made from quick-cooking rice flakes

2 cups **chevra** (pre-cooked rice flakes)
1 tablespoon **ghee**
1 chopped **onion**
 $\frac{1}{2}$ -inch **grated fresh ginger**
2 cloves **pressed garlic**
1 minced **green chili**
 $\frac{1}{2}$ teaspoon **salt**
 $\frac{1}{2}$ teaspoon **turmeric**
1 chopped **tomato**
2 tablespoons **minced cilantro**

- ◆ Clean chevra well by placing it in a colander and immersing in cold water, then draining it. Do this three times. It is important for chevra to absorb the right amount of water. If it absorbs too much, the dish will be soggy. If too little, it will be underdone.
- ◆ Heat ghee in a large, heavy skillet, and sauté onion, ginger and garlic until the onion turns golden brown. Stir in chili, coriander, salt and turmeric. Add tomato, and cook until soft.
- ◆ Add chevra, cover and cook until it becomes soft, about 5 minutes.
- Add minced cilantro and serve.
- ❖ **Note:** There are two types of chevra available in Indian markets. For this breakfast dish, use the larger, lighter variety of flakes.

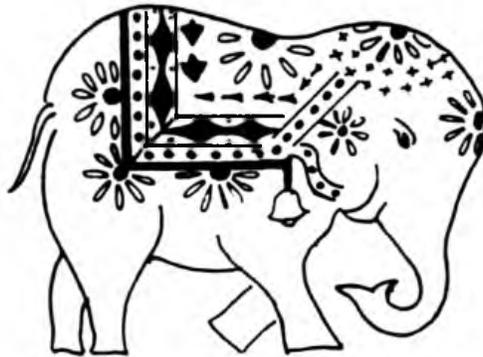
Serves 6

MITHAI

मिठाईयाँ

Sweets

Why are Indian desserts so sweet? Perhaps it is a reflection of the spirituality of the culture. True spirituality is very sweet. Perhaps mithai are a reminder of the inner world. Traditionally, mithai have long been offered as parshad in Hindu temples. Sometimes, they have been used as bribes to encourage rambunctious children, like the young Sheikh Farid Sahib, to meditate. Even today, mithai are not routinely served after a meal, but are instead reserved for special occasions, and celebrations both secular and spiritual.





Halvah

Sant Ji has remarked that halvah is considered to be a very pure dish, made with pure ingredients. This special mithai has a centuries-old tradition of being served as parshad.

1 cup **ghee** or unsalted butter
1 cup **suji** (Cream of Wheat)
1 cup **sugar**
4 cups **water**
 $\frac{1}{4}$ cup slivered **almonds**
 $\frac{1}{4}$ cup **sultana raisins**
seeds from 4 **cardamom pods**, ground, or $\frac{1}{4}$ teaspoon cardamom powder
few drops **rose essence**

- ◆ In a heavy skillet, heat the ghee or butter over medium heat and add suji. Lower heat and pan-fry until suji turns golden and fragrant. Stir frequently. Add almonds and sultanas, and fry for several more minutes.
- ◆ Grind cardamom seeds in a mortar and pestle. In a separate saucepan, combine sugar, water and cardamom seeds, bring to a boil and let simmer for 3 or 4 minutes. Slowly pour syrup into the suji, stirring to avoid lumping. When all the water is absorbed, remove from heat, stir in rose essence, and serve.

Serves 6

Khbir

Rich and creamy rice pudding

1 cup long grain white rice
2 litres whole milk
1 cup heavy cream (whipping cream)
¾ cup sugar
2 tablespoons shredded coconut
2 tablespoons slivered almonds
2 tablespoons sultana raisins
seeds from 8 green cardamom pods, ground, or ½ teaspoon cardamom powder
4 drops rose essence

- ◆ Wash rice in several changes of cold water, then soak it in hot water for 1 hour. Sieve to drain.
- ◆ Using a large, preferably non-stick saucepan, bring rice and half the milk to a boil. Reduce heat and simmer for 20 minutes, until rice is cooked.
- ◆ Stir in sugar, coconut, almonds and sultanas. Add remaining milk and cream, a cupful at a time, allowing it to cook down. This should take about 40 minutes. Stir pudding frequently, scraping down the sides of the pan to avoid any burning.
- ◆ Grind cardamom seeds in a mortar and pestle, and add during last few minutes of cooking. Khbir will have a rich, creamy consistency when ready.
- Remove from heat and stir in rose essence. Serve warm or cold.

Serves 8



Shrikhand

This delicate dessert, made with saffron-flavoured yoghurt cheese, is often served at wedding festivities.

4 cups plain yoghurt

2 teaspoons milk

¼ teaspoon saffron threads

3 tablespoons sugar

seeds from 4 cardamom pods, ground, or ¼ teaspoon cardamom powder

slivered almonds for garnish

- ◆ Line a large sieve with several layers of cheesecloth, and pour the yoghurt into it. Tie up the ends of the cheesecloth, and let the whey drain for 3 hours.
- ◆ Soak the saffron threads in milk until it becomes golden. Grind cardamom seeds in a mortar and pestle. When the yoghurt is ready, combine all the ingredients and beat to a smooth consistency, using a whisk, hand mixer or blender. Shrikhand should have the consistency of whipped cream.

Serves 4

Gulab Jaman



One of the world's all-time sweetest desserts — deep-fried dumplings in sugar syrup

For the dumplings:

- 2 cups **instant milk powder** (preferably Carnation brand)
- ½ cup **unbleached white flour**
- 1 teaspoon **baking powder**
- 1 tablespoon **sugar**
- 4 tablespoons **unsalted butter** or vegetable oil
- ½ cup **milk** or buttermilk
- 20 **pistachio nuts** (optional)

For the syrup:

- 2 cups **sugar**
- 2 cups **water**
- seeds from 4 **cardamom pods**, ground, or ¼ teaspoon cardamom powder
- few drops **rose essence**
- vegetable oil** for deep-frying

- ◆ Sieve milk powder, flour, baking powder and sugar together. Cut in vegetable oil, then gradually add milk to form a stiff dough. Add more milk powder if dough is too sticky to be workable. (You can also use a food processor for this step.) Divide dough into 20 smooth balls. If desired, place a pistachio in the centre of each.
- ◆ In a large saucepan, bring sugar and water to a boil over high heat. Grind the cardamom seeds in a mortar and pestle, and add to syrup. Lower heat to simmer.
- ◆ Heat vegetable oil in a wok or deep-fryer to 325° — a somewhat lower temperature than usual to allow for longer cooking. Immerse dumplings in the hot oil, a single layer at a time. Fry until dark brown on all sides, turning them over with a slotted spoon. They should take at least 5 minutes to cook. Remove and drain on paper towels.
- ◆ Immerse dumplings in syrup, and simmer for 5 minutes. Transfer to a serving dish, and allow dumplings to soak 1 or 2 hours before serving.

Yield: 20 gulab jaman



Mrs. Nagra's Legendary Burfi

Burfi is usually described as milk fudge. The basic ingredient in most types of burfi is khoa, milk which has been thickened through long cooking to about a quarter of its volume. This is a time-consuming process that some people may not want to bother with. Actually, most people in India don't make burfi at home. They buy it at their local sweet shop. If you don't have a nearby mithaiwala, here is a quick-cooking version from one of our sangat's venerable cooks.

4 litres whole milk

2 litres buttermilk

1 lb. unsalted butter

2 cups sugar

4 cups instant milk powder (preferably Carnation brand)

seeds from 16 cardamom pods, ground, or 1 teaspoon cardamom powder

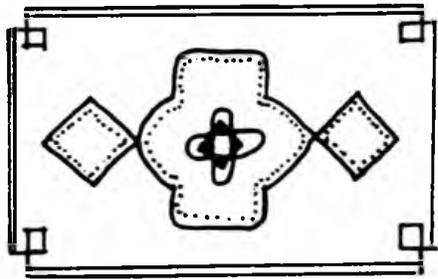
- ◆ Follow the basic directions for making chenna (see recipe on page 107). Hang the chenna to drain for 1 hour.
- ◆ Using a large, heavy cast-iron or non-stick skillet, melt butter over medium-low heat. Add sugar and stir until dissolved.
- ◆ Combine chenna and milk powder, and add to skillet, using a whisk to blend ingredients. Cook for 20 minutes, scraping the sides and bottom of the pan to prevent any sticking.
- ◆ If using cardamom seeds, crush them in a mortar and pestle. Add cardamom to thickened milk mixture and pat into a 9 x 13 glass pan. Let cool, then cut into serving-sized diamonds or squares. Keep refrigerated.

Variations:

Pista Burfi.

- ◇ Add ¼ cup crushed, powdery pistachios and a few drops of rose essence to mixture before it cools.

- For a festive occasion, decorate burfi with edible silver leaves: Place leaf silver-side down, and tap lightly, then carefully lift off paper backing.





Khulfi

Indian ice cream is a frozen milk dish created by Moghul court chefs at a time when ice was a luxury. Since it is not churned, khulfi has a somewhat grainy, sherbet-like consistency. This is a traditional recipe using khoa (thickened milk).

1½ litres whole milk

6 tablespoons sugar

seeds from 8 cardamom pods, ground, or ½ teaspoon cardamom powder

1 tablespoon chopped pistachios (optional)

- ◆ Using a heavy (preferably non-stick) saucepan, bring milk to a boil. Cook over medium heat for 10 minutes, stirring frequently so a skin does not form. Lower heat and cook until the milk is reduced to about 2½ cups. Continue to stir frequently to prevent sticking. Add sugar, cardamom and optional pistachios, and let cool.
- ◆ Pour mixture into khulfi moulds (available inexpensively in Indian markets) or ice cream moulds. Freeze until set. To unmould, dip briefly in hot water.

Variations:

Aam Khulfi

Mango Khulfi

1½ litres whole **milk**
6 tablespoons **sugar**
purée from 2 large ripe **mangoes**
pinch of **nutmeg**

- ◆ Follow basic directions for making khoa. Whisk in mango pulp and nutmeg before pouring khulfi into moulds.

Kesari Khulfi

Saffron Khulfi

1½ litres **milk**
6 tablespoons **sugar**
seeds from 4 **cardamom** pods, ground, or ¼ teaspoon cardamom powder
½ teaspoon crushed **saffron** threads
½ cup heavy **cream** (whipping cream)

- ◆ Follow basic directions for making khoa, adding whipping cream before pouring into moulds.



Laddhu

Chickpea flour balls

2 cups **besan** (chana or chickpea flour)

2 cups **unsalted butter**

3 cups **sugar**

1 cup **almond crumbs**

seeds from 8 **green cardamom pods**, ground, or ½ teaspoon cardamom powder

- ◆ Melt butter or ghee in a large, heavy skillet. Sauté the besan over medium-low heat until golden and fragrant, about 10 minutes. Use a wooden spoon or spatula to stir.
- ◆ Meanwhile, process almonds in a blender or food processor to the consistency of powdery crumbs. Crush cardamom seeds in a mortar and pestle. Add the sugar, almonds and cardamom to the besan, mixing well. Let cook several more minutes, until sugar is dissolved. Remove from heat.
- ◆ When cool enough to handle, form into golf ball-sized balls, pressing very firmly with the palms of your hands so mixture adheres. Cool thoroughly before serving.

Yield: about 40 laddhus, enough for a large sangat

- ❖ Note: The familiar *Bhoondi Laddhus* are made by soaking chickpea batter nuggets in sugar syrup, then compressing them. It is fairly labour intensive, so we are providing a quicker version.

Three Melon Dessert

Slices of fresh fruit more often take the place of customary after-dinner desserts in India. Fruit is generally served tossed with lime or lemon juice, and savoury seasonings, such as salt and cumin, kala namak or a chat masala. Here is a prepared fruit dessert that combines salty, sour, pungent and sweet flavours in one colourful dish.

1½ cups sugar

½ cup water

4 tablespoons lime juice

1 teaspoon fresh ginger juice

1 teaspoon ground cumin

salt and coarsely ground black pepper, to taste

6 cups melon balls from honeydew, canteloupe and watermelon

- ◆ Bring sugar and water to a boil in a small saucepan. Simmer for 2 minutes, then cool. Press fresh ginger through a ginger press, or simply grate 1-inch peeled ginger. Stir seasonings into syrup, and toss with melon balls. Refrigerate 30 minutes and serve.

- Garnish with a few sprigs of fresh mint.

Serves 6

Courtesy of Gourmet Magazine August 1996



Rasmalai

Its delicate flavour and texture make rasmalai the queen of Indian desserts.

double recipe **chenna**, Version 2 (see page 107)
4 scant tablespoons **unbleached white flour**
1 teaspoon **baking powder**
8 cups **water**
3 cups plus 2 tablespoons **sugar**
1 litre **heavy cream** (whipping cream)
1 litre **light cream** (half & half)
seeds from 16 **cardamom pods**, ground, or 1 teaspoon cardamom powder
few drops **keora** or rose essence or 1 tablespoon rose water
2 tablespoons shelled, unsalted **pistachios** (optional)

- ◆ Prepare chenna according to recipe, with this difference: do not hang the chenna, but allow it to strain through a cheesecloth-lined colander or sieve. Tie up the sides loosely, and gently squeeze to remove more of the whey. Place on a plate with a heavy weight resting on it for 15 minutes only. Remove weight and chill.
- ◆ Sieve flour and baking powder and add gradually to chenna, mixing well with a whisk or heavy spoon. Turn out onto a smooth countertop and knead with the heel of your hand for 15 to 20 minutes. Wrap in plastic wrap and leave chenna to rest for 8 hours at room temperature.
- ◆ Knead chenna again for a few minutes, then form into 1½-inch balls, using very light hand pressure. Press gently to slightly flatten balls.



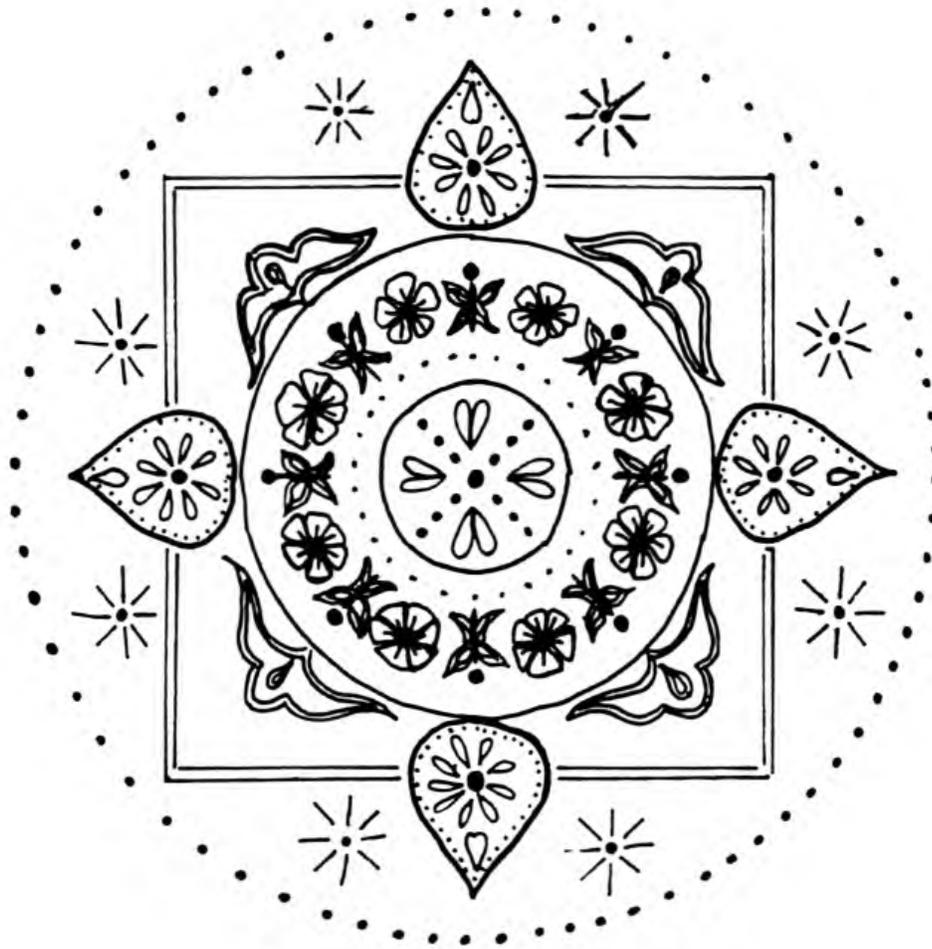
- ◆ In a large saucepan, bring water and 3 cups of sugar to a rolling boil, then lower heat to medium. Carefully add chenna cakes, cover and cook for 15 minutes. Gently shake the pan from time to time to cook cakes on all sides. Uncover, and sprinkle cakes with 8 tablespoons water, making sure the syrup does not boil over. Cover and cook another 15 minutes. Turn off heat and allow cakes to cool.

- ◆ In another saucepan, bring whipping cream and half & half to a boil, stirring continually to make sure it doesn't burn. Lower heat to medium-low, and cook for 30 minutes, stirring every 5 minutes. Add cardamom and 2 tablespoons of sugar, and cook a further 15 minutes, until the cream is reduced. Stir keora, rose essence or rose water into cream.

- ◆ Using a slotted spoon, carefully place chenna cakes in a deep serving dish, and pour cream over them. Refrigerate for 2 hours before serving.

- Garnish with chopped pistachios, if desired.

Serves 8





BEVERAGES

ठँडे और गरम पेंय पदार्थ

A wide variety of beverages are served in India. In northern regions like Kashmir, spicy chais are often laced with whole or ground almonds. South India is one of the world's major coffee-growing areas. Lattée-like drinks, both hot and cold, are a specialty of the region. Fruit shakes, yoghurt-based lassis and generic pop are popular everywhere. Bottled water accompanies most meals.



Chai

For many initiates, a cup of chai at the ashram was our first experience of Indian hospitality.

1½ cups water
seeds from 5 green cardamom pods
½ teaspoon fennel seeds
½-inch cinnamon stick
½-inch piece grated fresh ginger
1 level teaspoon loose Indian tea or 2 black tea bags
1 cup milk
2 teaspoons sugar

- ◆ Bring water and spices to a boil, simmering for 5 minutes. Add tea, and simmer for another 2 minutes.
- ◆ Add sugar and milk. Return to the boil, then remove from heat.
- Strain and serve with the blessings of the Supreme Lord.

Yield: about 3 small cups

South Indian Coffee

*Madras coffee is available in Indian markets,
or choose an Indonesian blend.*

8 tablespoons Madras or Indonesian coffee

4 cups water

4 cups whole milk

sugar, to taste

- ◆ Brew coffee in a French press, or use a drip method.
- ◆ While coffee is brewing, bring milk and sugar to the boil. Combine with prepared coffee, and froth the Indian way: pour individual servings from glass to glass with great enthusiasm and finesse, until coffee is light and creamy.

Yield: 4 servings



Lassi

*This sweet or spicy yoghurt drink is popular in warm weather.
You can substitute thinned buttermilk for the yoghurt and water.*

For sweetened lassi:

1 cup plain **yoghurt**
1 cup cold **water**
few drops **rose essence** or 1 teaspoon **rose water**
3 tablespoons **sugar**
few fresh **mint leaves** (optional)

- ◆ Blend ingredients in a blender until frothy. Serve over ice.

For spicy lassi:

1 cup plain **yoghurt**
1 cup cold **water**
salt, to taste
 $\frac{1}{2}$ teaspoon ground **cumin**
 $\frac{1}{4}$ teaspoon **kala namak** (black salt)
1 tablespoon minced **cilantro**
 $\frac{1}{2}$ minced **green chili** or a sprinkling of **cayenne** (optional)

- ◆ Blend ingredients until frothy. Serve over ice.

Serves 2

Lassis are often used as the basis for fruit shakes.

Aam Lassi

Mango lassi

1½ cups plain yoghurt
½ cup water
4 tablespoons sugar
½ cup fresh mango purée
squeeze of lemon
few ice cubes

- ◆ Blend ingredients until frothy.

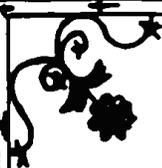
Papeeta Lassi

Papaya lassi

1 cup buttermilk
2 tablespoons sugar
½ cup fresh papaya purée
pinch of salt
pinch of nutmeg (optional)
few ice cubes

- ◆ Blend ingredients until frothy.

Serves 2



Jal Jeera

Cumin-flavoured appetiser

1½ litres water
1 teaspoon tamarind concentrate, dissolved in ½ cup hot water
1 tablespoon brown sugar
1 tablespoon ground cumin
½ teaspoon kala namak (black salt)
½-inch piece fresh grated ginger
10 fresh mint leaves, minced
several sprigs of mint for garnish

- ◆ Combine all ingredients and let sit for several hours to blend flavours. Strain through cheesecloth or a fine sieve, and serve over ice, garnished with sprigs of mint.

Yield: 6 cups

Shikanji Adrakwali

Ginger Limeade

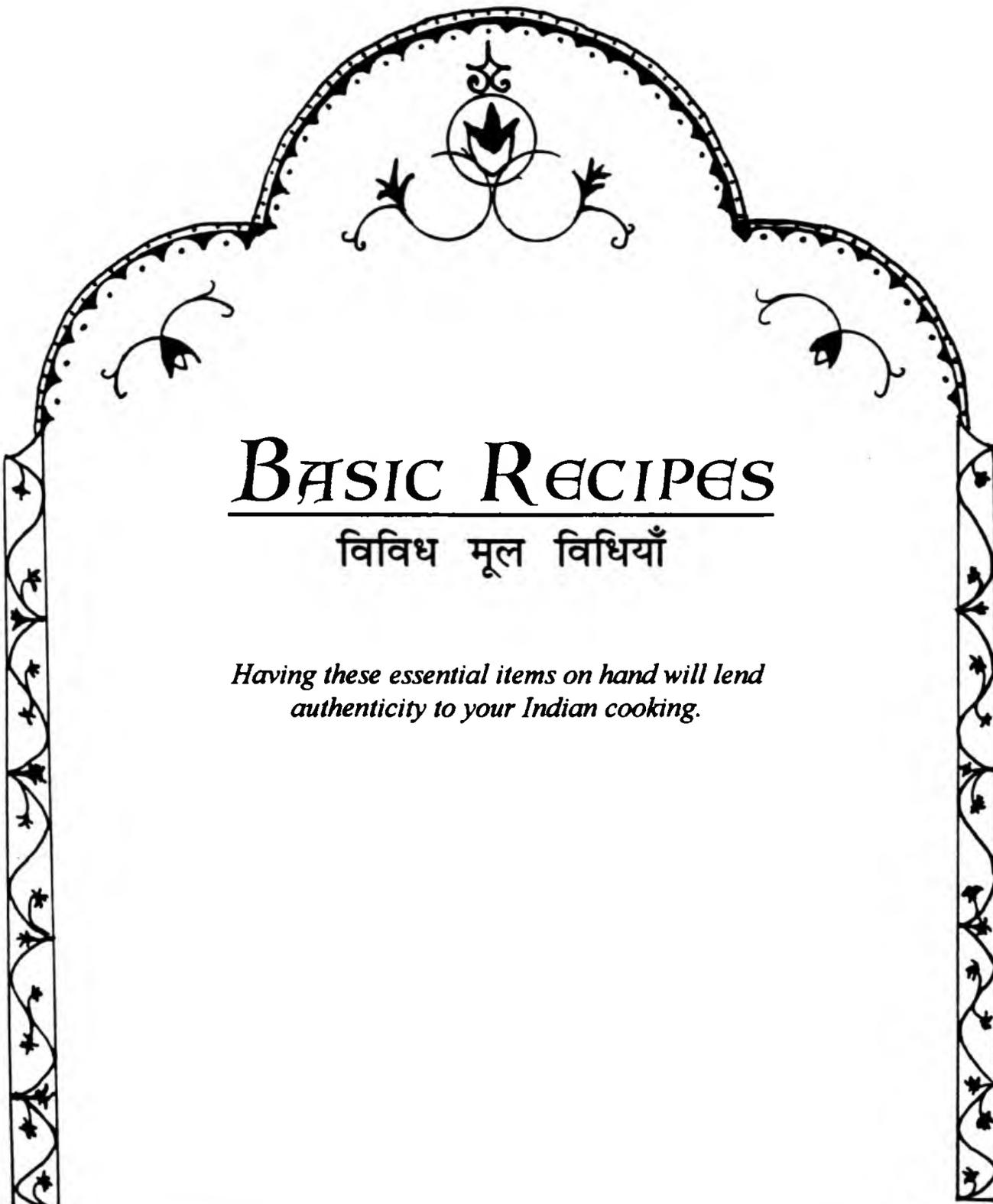
juice from 4 limes
4 cups water
1 teaspoon fresh ginger juice
¼ cup sugar
½ teaspoon kala namak (black salt) (optional)

- ◆ Use a ginger press to extract ginger juice, or grate ½-inch piece of fresh ginger. Combine ingredients, refrigerate and serve.

Variation:

- ◆ Substitute fresh lemon juice, and serve garnished with fresh mint leaves and thin slices of lemon.

Yield: 4 cups



BASIC RECIPES

विविध मूल विधियाँ

*Having these essential items on hand will lend
authenticity to your Indian cooking.*



Panir or Chenna

This soft, cottage-type cheese is indispensable in Indian cooking. It is made simply by separating the whey from the milk solids. Chenna is widely used in making sweets, while panir, the pressed version of chenna, is used in savoury dishes. The western product most similar to chenna is ricotta cheese. However, home-made chenna or panir is fresher and more fragrant, and only requires some pre-planning to have on hand. Here are two recipes for it.

Version 1:

2 litres whole milk

¼ cup fresh lemon juice (approximately)

- ◆ Use a heavy saucepan, preferably non-stick. Rinse the pan, then bring the milk to the boiling point, stirring frequently to prevent sticking. As soon as it begins to bubble, stir in the lemon juice and remove from the heat. When the curds and whey have separated, pour into a colander lined with a triple layer of cheesecloth. You can save the whey for use in other recipes. Pull up the sides of the cheesecloth and strain as much of the remaining whey as you easily can. Tie up the bundle and let it drip for several hours. This is chenna.
- ◆ Place the cheese bundle between two plates, weighted with something heavy, like a saucepan. Place it in the fridge and allow it to compress several hours, until it is ½ or ¾-inch thick. Cut slab into cubes for frying. Panir can be kept frozen until needed.

Yield: about 1¼ cups panir or ¾ lb



Version 2:

- 2 litres whole milk**
- ½ litre heavy cream**
- ½ litre buttermilk**

- ◆ Use a heavy saucepan, preferably non-stick. Rinse the pan, then bring the milk and cream to the boiling point, stirring frequently to prevent sticking. As soon as it begins to bubble, stir in the buttermilk and remove from the heat. When the curds and whey have separated, pour into a colander lined with a triple layer of cheesecloth. You can save the whey for use in other recipes. Pull up the sides of the cheesecloth and strain as much of the remaining whey as you easily can. Tie up the bundle and let it drip for several hours.
- ◆ Place the cheese bundle between two plates, weighted with something heavy, and place in the fridge for several hours to compress.

Yield: about 1½ cups or 1 lb

Dahi

Indian cooking uses a Balkan-style yoghurt, simple to prepare at home.

- 1 litre whole milk**
- 2 tablespoons yoghurt, as a starter**

- ◆ Scald milk, then cool to lukewarm. Stir in yoghurt and place in a covered glass or ceramic bowl.
- ◆ Keep in a warm place for 8 to 12 hours, until set. A 150° oven works well. If you find the yoghurt too sour, add some sweet milk before serving.



Ghee

Ghee is the butter oil that is traditionally used in all Indian cooking, with Ayurvedic blessings. Ghee differs from clarified butter in that it is cooked over low heat for an extended time, 30 minutes or more, allowing a nutty flavour to develop. Because the milk solids are strained away, ghee is much lower in cholesterol than butter. It has a considerable shelf life, and does not require refrigeration.

In India, the butter used for making ghee is churned from yoghurt, or clotted cream soured with yoghurt. The high lactic acid content gives it a characteristically piquant flavour. To duplicate the authentic taste, try to find a fresh, high-quality cultured butter.

To make ghee:

- ◆ Using a heavy saucepan, melt a high-quality unsalted butter, such as a European cultured variety, over low heat. Bring the heat up to allow the butter to foam, then reduce heat, and simmer for about 45 minutes. The milk solids will turn golden and settle on the bottom. Actual cooking time varies, depending on the water content of the butter. Strain ghee through several layers of cheesecloth, and store in a covered jar.

Garam Masala

Garam masala is the characteristic seasoning of northern Indian cooking. It is a mixture (masala) of heating (garam) spices, such as cinnamon or cassia, cloves, black pepper and black cardamom, mellowed by the addition of milder spices like cumin or coriander. It should be added near the end of cooking.

Garam masala is the closest authentic item to curry powder. The curry powder sold in the west is a creation of the British, nostalgic for Indian cuisine after returning to England.

Although garam masala can be purchased ready-made, it loses its aromatic oils from prolonged shelf life. Also, manufacturers tend to skimp on the more expensive spices, like cardamom and cloves. It is simple to make at home, requiring only a spice grinder, or a mortar and pestle, for purists. Here is Veena's recipe.

2 tablespoons cumin seeds
2 tablespoons coriander seeds
2 teaspoons black peppercorns
2 teaspoon seeds from black cardamom pods, about 12 pods
(you can substitute green cardamom pods)
1 teaspoon whole cloves
½ teaspoon fenugreek seeds
6-inch cinnamon stick or equivalent amount of cassia bark
3 or 4 bay leaves

- ◆ Mix all the spices except bay leaves. Dry-roast spices in a pre-heated 350° oven for about 25 minutes, or until brown and aromatic. Stir frequently to prevent burning. Add bay leaves during the last five minutes of cooking.
- ◆ Alternately, you can use a heavy skillet, dry-roasting over medium heat for about 5 minutes, adding bay leaves at the end.
- ◆ Grind to a powder when cooled, and store in an air-tight jar.
- Fennel seeds and freshly grated nutmeg are also popular additions.



*There are many other masalas that are widely used in
Indian cooking.*

Chana Masala

A sour spice blend for dals

- 1 tablespoon **amchur** (mango powder)
- 1 teaspoon **cumin seeds**
- ½ teaspoon **coriander seeds**
- ½ teaspoon **black peppercorns**
- ½ teaspoon **ajwain** (oregano seeds)
- ½ teaspoon **cloves**
- ¼ teaspoon **fenugreek seeds**
- 1-inch **cinnamon stick** or cassia bark
- pinch of **asafoetida**
- 2 small **dried red chilies** or ¼ teaspoon cayenne

- ◆ Dry roast spices over medium-high heat, stirring to prevent burning. Grind to a powder when cooled.

Chai Masala

Simplify chai-making by keeping a supply of prepared spices on hand.

- ½ cup **fennel seeds**
- ¼ cup **cardamom pods**
- 3 or 4-inch **cinnamon stick** or cassia bark
- a few **cloves** (optional)

- ◆ Coarsely grind cardamom pods and cinnamon. Don't worry about the husks, as these will be strained away.
- ◆ Combine spices, and store in an air-tight jar. Allow 1 teaspoon per cup.



Sambar Masala

A hot and spicy masala for South Indian dishes

2 teaspoons chana dal
2 teaspoons washed urad dal
4 tablespoons coriander seeds
2 tablespoons cumin seeds
1 tablespoon fenugreek seeds
1 teaspoon black peppercorns
2 tablespoons dried curry leaves
2 small dried red chilies
½ teaspoon turmeric
½ teaspoon black mustard seeds

- ◆ Dry-roast lentils in a heavy skillet over medium-high heat, until they change colour. Add remaining spices, except mustard seeds, and continue roasting until fenugreek darkens.
- ◆ Put spices in a bowl to cool. Dry-roast black mustard seeds separately, covering them when they start to pop. Grind all ingredients to a fine powder and store in an air-tight jar.

GLOSSARY OF SPICES AND SEASONINGS

Aiwain

Also called carom or oregano seeds, these add a characteristic pungent yet mellow flavour to breads and vegetable dishes, similar to thyme.

Amchur

Dried mango powder is used as a souring agent in cooking and spice blends.

Anardana

Dried pomegranate seeds are used as a souring agent.

Asafoetida *hing*

Made from the resin of a fennel-type plant, asafoetida has a strong, pungent aroma and adds an onion-like flavor to foods. It is usually available in powdered form. Use sparingly.

Bay leaves *tej patta*

Indian bay cassia leaves are milder than their European counterpart, the bay laurel, but both can be used interchangeably in Indian cooking.

Black **peppercorns** *kali mirch*

The dried berry of the pepper plant is one of the world's oldest spices.

Black salt *kala namak*

Available in both lump and ground form, black salt has a smokey flavour distinct from table salt. Do not substitute table salt.

Cardamom *elaichi*

One of the world's most valuable spices, cardamom pods come in two types. Large, black cardamom pods are used primarily in masalas, as the seeds have a strong, smokey taste. The more subtle flavour of small, green cardamoms gives Indian desserts and teas their characteristic exotic flavour. Green cardamom can be substituted for black cardamom in masala blends. Cardamom powder is convenient, but it is less aromatic than the whole seeds of the pods.

Chilies

sabut mirch

Chilies are a new world import, introduced by the Portuguese in the 16th-century. Indian cooking uses two types - fresh green chilies and dried red chilies. There are many regional varieties in India, but our recipes use only what is easily available in North America. We use jalapeño or serrano chilies when a recipe specifies fresh chilies. Removing the seeds and membrane makes them less hot. Using chilies whole also makes a dish milder, but be sure to slit them first so they won't burst. Dried red chilies are hotter than green ones, and in India are often fried in oil. You can use paprika to mimic the bright red colour of Kashmiri chilies. Be sure to wash hands after handling.

Cinnamon

dalchini

Indian cinnamon is made from the dried inner bark of the cassia tree, and is used more often in savoury dishes than desserts. It has a stronger, sweeter taste than true cinnamon, but is less aromatic. True cinnamon, in stick or powdered form, is more readily available in the west. Flavourful cinnamon sticks or cassia bark can be used whole in vegetable or rice dishes, or ground as a component of garam masala. Frying cinnamon in oil draws out the flavour.

Clove

laung

Clove is an important component of garam masala, and the flavours of northern Indian cooking. Cloves can be used whole, but only 2 or 3 to a dish, since the taste is strong. Frying cloves in oil draws out the flavour.

Coriander or

Cilantro

dhania

The dried seeds of the coriander plant provide a characteristic, mellow flavour to masala blends. The fresh green leaves, called **cilantro**, are used as a garnish, and in chutneys. A popular ingredient in Mexican, Mediterranean and Asian cooking, cilantro is readily available in western supermarkets. It is often called Chinese parsley.

Cumin

jeera

Resembling caraway seeds in appearance, cumin seeds are actually the dried fruit of the cumin plant. This savoury spice is widely used in all regions of India. Dry-roasting releases its flavour.

Curry leaves

kari pata

Aromatic curry leaves, along with tamarind, black mustard seeds and coconut, provide the characteristic taste of South Indian cooking. In the west, they are sometimes available only in dried form, with some flavour loss.

Fennel

saunf

Licorice-flavoured fennel seeds are used whole or ground in vegetable dishes and masala blends, including tea masalas. Lightly roasted fennel seeds are also used as an after-dinner breath freshener.

Fenugreek

methi

These yellowish round seeds, actually a legume, are bitter when raw, but mellow upon cooking. They are available whole or ground, and are used in vegetable dishes, chutneys and masala blends.

Ginger

adrak (fresh)

or

sonth (dried)

The knotty rhizome of a tropical plant, ginger has remarkable healing properties and is widely used in northern Indian cooking. Fresh ginger is readily available in supermarkets and Chinese grocers in the west. For cooking purposes, simply peel and grate.

Keora

This essence, or *attar*, is extracted from the yellow flowers of the *pandana* shrub that grows in Kerala, and along the Bay of Bengal. Use it to season desserts.

Mustard seeds

sarson or *rai*

The brownish-black mustard seeds used in Indian cooking are milder than their yellow counterparts. They can be fried in oil, or dry-roasted for a few seconds, but be sure to use a lid, as the seeds pop when heated.

Nutmeg
jaiphal

Nutmeg is used sparingly to season milk-based dishes. It is also popular in garam masala blends. Grate whole nutmeg for more flavour.

Rose essence
gulab attar

A steam or water extraction of specially cultivated damask roses is used to flavour desserts. Use only a few drops if using rose essence, or more if using the diluted rose water. Both are available in Indian and Pakistani markets.

Saffron
kesar

The world's most expensive spice, Indian saffron comes from crocus fields in Kashmir. Its cost per ounce is higher than gold, but only minute quantities are needed to flavour pillaus or desserts. Soak saffron threads in milk or water before adding to food. Over-cooking dissipates its aroma.

Silver leaf
varak

Sheets of silver or gold, pounded to paper thinness, are a reminder of the opulence of the Moghul courts. Varak is both edible and medicinal, and is used to decorate festive sweets and bhiryani. It is available in Indian and specialty gourmet food markets.

Tamarind
imli

Tamarind pulp, available in dried pulp or paste form, is used as a souring agent, and in chutneys.

Turmeric
haldi

A rhizome of the ginger family, turmeric is readily available in powdered form. It adds a mild flavour and golden colour to vegetable, dals or rice dishes, but must be cooked lightly before serving to remove the raw taste.

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Only those days that we spent at Your Feet were great