

## THE RECIPES

DAL	SOAKING TIME	COOKING TIME
Dals are used whole or split, with or without skins.		
<i>Chowla dal</i> (black-eyed peas), split	Overnight	1 hour
<i>Chana dal</i> (black chick-peas), split	6 hours	1 hour
without skins	6 hours	2 hours
<i>Kabli chana dal</i> (garbanzo beans)	Overnight	1½-2 hours
<i>Kala chana dal</i> (black chick-peas), whole	Overnight	1-1½ hours
<i>Rajma dal</i> (red kidney beans)	Overnight	1 hour
<i>Moong dal</i> (dried mung beans), split/no skins	2 hours	45 minutes
<i>Moong dal</i> (dried mung beans), whole	Overnight	1 hour
<i>Moth dal</i> (dried dew beans)	2 hours	45 minutes
<i>Masoor dal</i> (red lentils), whole	2 hours	1 hour
<i>Masoor dal</i> (red lentils), split	2 hours	45 minutes
<i>Matar dal</i> (dried split green peas)	Overnight	1½ hours
<i>Toor dal</i> or <i>arhar dal</i> (yellow lentils)	1-2 hours	1 hour
<i>Urad dal</i> (black gram), whole	Overnight	1½ hours
<i>Urad dal</i> (black gram), split	1 hour	1 hour

should be used carefully. Healthy, active people can use them over dals or *khichari* (rice and dal combinations) for added taste and to balance their dry natures.

### The Spice Mixtures

Since all dals except moong dal produce gases, many recipes include a *tarka*, a spice-flavored ghee, that makes the dals easy to digest and removes the gas-producing quality.

*Masala* means any of a number of spice combinations. Sattvic foods\* are often cooked with black peppercorns, cardamom (black or green), and cumin. While cumin is a common spice that can be used frequently with rajasic or tamasic foods, it should not be used alone with vegetables that (1) contain a lot of water, (2) are mucus-producing, or (3) are cold in nature. In these cases, it should be used in combination with red chili or black pepper.

*Garam masala* literally means a "spicy (hot) mixture." It is often used in addition to other spices and/or in recipes that are heavy and oily. Many recipes in this book call for a small amount of a prepared (pre-roasted and ground) *garam masala* made

\*See discussion of foods and the three gunas, pages 64-68.



in quantity and kept on hand (see recipe below). A ready-made variety is also available from Indian groceries and some health food stores. Other recipes call for a freshly made garam masala that often is a modified version of the prepared garam masala. The fresh spices in this case are generally not roasted and may be added to the recipe whole or ground. Freshly ground spices lend a more intense flavor than whole spices. Since they do not require cooking,\* they are usually added at the end of the cooking process, when the heat is turned off. Some whole spices, such as whole fenugreek seeds or cumin seeds, are added at the beginning of the cooking process. Other whole spices—whole cloves, cardamom, and peppercorns—are often added to soupy dishes that have to cook for a while. These whole spices may also be added near the end of the cooking process to impart a milder flavor and aroma.

Rajasic and tamasic foods can be prepared with garlic, onions, peppers, and fenugreek, or with garam masala. Tamasic foods require more garam masala than do rajasic foods. Ground ginger can be used when vegetables or beans are very gas- or mucus-producing.

All vegetable dishes include a basic masala. One basic masala, made of fenugreek seeds and garlic, sometimes contains cumin seeds and red chili peppers as well. The Basic Soaked Masala, which is called for in many dishes, consists of one part turmeric to two parts ground coriander mixed with water. These two spices are ideal partners, since turmeric is heating and coriander is cooling; in the right proportion (1:2) they balance each other and constitute the basic "curry." In the process of soaking the spices, their water-soluble substances are activated. Sometimes cumin powder, onion, and ginger are added. The soaked masala should have the consistency of thin honey. The container in which the masala was made can be rinsed with  $\frac{1}{4}$  cup of water and that may be added to the dish being prepared. Since the proportions of soaked masala ingredients vary, the correct amounts are listed in each recipe.

## Garam Masala



Yield:  $2\frac{1}{2}$  tablespoons

*In addition to the spices used in this recipe, garam masala can also include onions, ginger, salt, and green cardamom. Ingredients vary in different parts of India. A small amount of the mixture below, which is called for in many recipes in this book, should be added after the dish has been removed from the heat.*

**seeds of 1 black cardamom pod**  
**8 whole black peppercorns**  
**4 whole cloves**  
**1 cinnamon stick (2 inches long), broken into small pieces**  
 **$\frac{1}{4}$  teaspoon ground nutmeg**  
**1 teaspoon ground cumin**  
**1 teaspoon ground coriander**

Clean and prepare the spices and combine them in a bowl.

In a frying pan, dry-roast half of the spice mixture over low heat until the spices are lightly browned and fragrant. Combine the unroasted spices with the roasted spices and grind in a mortar or electric grinder.

Store the Garam Masala airtight in a glass jar and use whenever called for in a recipe. This mixture will keep for 2 to 3 months without losing its flavor and aroma, but it is best to prepare small amounts and consume within one week.

\*Turmeric is a spice that should not be eaten uncooked.



The following four masala recipes are for making large quantities to store. Preparing masala in advance can make "fast food" cooking very simple. Small quantities of these masalas can also be taken on trips and to restaurants. It's an easy way to make any meal tastier, more digestible, and healthier. Often these masalas can be found ready made in Indian groceries. They are not fresh, however, as they are shipped from India.



## Chat Masala

Yield: 3 1/4 cups

*This masala is to be used in dishes that require a sour taste, such as chutneys or potato fillings for samosas.*

- 1 cup cumin seeds
- 2 tablespoons seeds from black cardamom pods
- 4 teaspoons ground cinnamon
- 2 teaspoons ground cloves
- 1/2 cup ground coriander
- 1/2 cup whole black peppercorns
- 1/2 cup mango powder
- 1/3 cup dried pomegranate seeds
- 1 1/2 teaspoons asafoetida powder

Clean and prepare all of the spices; set the mango powder, pomegranate seeds, and asafoetida aside and combine the remaining spices.

In a frying pan, dry-roast half of the combined spice mixture over low heat until the spices are lightly browned and fragrant. Combine the unroasted spices with the roasted spices and grind in a mortar or electric grinder.

Store the Chat Masala airtight in a glass jar and use whenever called for in a recipe. This mixture will keep for 2 to 3 months.

## Dal Masala

Yield: 4 1/2 cups

*Dal masala is used only with bean or dal dishes. It is an excellent preventative for Wind. Since dals are a main source of protein and form a part of most vegetarian Indian meals, dal masala is a popular, but not required, accompaniment to dal dishes.*

- 1 cup ground coriander
- 2 cups cumin seeds
- 1/4 cup white salt
- 1/2 cup whole black peppercorns
- 1/2 cup black cumin seeds
- 3 tablespoons seeds from black cardamom pods
- 1/4 cup black salt
- 2 teaspoons ground cinnamon
- 4 teaspoons ground cloves
- 1 tablespoon asafoetida powder

Clean and prepare all of the spices. Set the asafoetida aside and combine all of the remaining spices.

In a frying pan, dry-roast half of the mixed spices over low heat until the spices are lightly browned and fragrant. Combine the roasted and unroasted spices, and add the asafoetida. Grind the mixture in a mortar or electric grinder to a very fine texture.

Remove the coarse residue with a sieve or strainer and store the Dal Masala airtight in a glass jar. This mixture will keep for 2 to 3 months.

## Special Garam Masala #1



Yield: 2 cups

with Black Salt and Asafoetida

*This masala aids digestion, balances gases, and works as an appetizer. It can be enjoyed by all.*

- 1/2 cup cumin seeds**
- 1/2 cup ground coriander**
- 1/2 cup whole black peppercorns**
- 5 teaspoons seeds of black cardamom pods**
- 4 teaspoons ground cinnamon**
- 2 teaspoons ground cloves**
- 2 teaspoons ground nutmeg**
- 2 teaspoons black salt**
- 1 1/2 teaspoons asafoetida powder**

Clean and prepare all of the spices. Set the asafoetida aside and combine all of the remaining spices.

In a frying pan, dry-roast half of the mixed spices over low heat until the spices are lightly browned and fragrant. Combine the roasted and unroasted spices, and add the asafoetida. Grind the mixture in a mortar or electric grinder to a very fine texture.

Remove the coarse residue with a sieve or strainer and store airtight in a glass jar. This mixture will keep for 2 to 3 months.





## Special Garam Masala #2

with Ajwain and Saffron

Yield: 2 1/2 cups

*This masala is an appetizer. It helps digestion and balances gases, mucus, and heat in the body. To stimulate the appetite, heat 1 teaspoon of this spice mixture in 2 teaspoons of ghee and eat with a piece of bread before a meal. To prevent indigestion, mix 1/2 teaspoon of this mixture in a glass of warm water and drink it 30 minutes before a meal.*

- 1/2 cup white cumin seeds
- 1/2 cup black cumin seeds
- 1/2 cup ground coriander
- 2 1/2 tablespoons white salt
- 1/2 cup ground ginger
- 5 teaspoons seeds of black cardamom pods
- 2 teaspoons black salt
- 1/2 cup whole black peppercorns
- 4 teaspoons ground cloves
- 2 1/2 tablespoons crumbled bay leaves
- 4 teaspoons ground cinnamon
- 4 teaspoons fenugreek seeds
- 4 teaspoons ajwain seeds
- 2 teaspoons ground nutmeg
- 2 grams saffron threads, crumbled → e'mielé
- 2 teaspoons asafoetida powder

Clean and prepare all of the spices. Set the asafoetida aside, and combine all of the remaining spices.

In a frying pan, dry-roast half of the spice mixture over low heat until the spices are lightly browned and fragrant. Combine the roasted and unroasted spices, and add the asafoetida. Grind the mixture in a mortar or electric grinder.

Remove the coarse residue with a sieve or strainer and store airtight in a glass jar. This mixture will keep for 2 to 3 months.