



INDIAN COOKING COURSE



NYK-FIL MARITIME E-TRAINING, INC.
Knowledge Avenue, Carmeltown, Canlubang, Calamba, Laguna

INDIAN COOKING

I. INTRODUCTION

India is a large country in southern Asia. It covers 3,287,590 square kilometres. Great mountains separate most of northern India from the rest of Asia. The southern half is a triangular peninsula that extends into the Indian Ocean. The Arabian Sea lies to the west, and the Bay of Bengal to the east. The coastline is 6,843 kilometres, of which 1,312 kilometres belong to India's island territories. India has three main land regions: (1) the Himalaya; (2) the Northern Plains; and (3) the Deccan, or Southern Plateau.

Many ways of life in India have stayed the same for hundreds of years. These ancient customs may be seen side by side with the latest developments in science and technology. Cows, which India's millions of Hindus consider sacred, roam freely in many areas. Early European explorers, traders, and adventurers traveled to India for jewels, rugs, silks, spices, and other valuable articles. Christopher Columbus was looking for an easier route to India when he arrived in America.



I.1 India, the nation

India has great varieties and differences in both its land and its people. The land includes a desert, jungles, and one of the world's rainiest areas. India also has broad plains, mighty rivers, the tallest mountain system in the world, and tropical lowlands. The people of India belong to many different ethnic groups and religions. They speak 14 major languages and more than 1,000 minor languages and dialects. Some Indians have great wealth. But many others cannot pay for the bare necessities of life.

I.2 People

About 16 per cent of the entire world's people live in India. Only China, which has a population of more than one billion, has more people than India. India is more densely populated than most other countries.

About 73 per cent of India's people live in rural areas. Most of the country's 557,000 farm villages have less than 1,000 people. About 27 per cent of the people live in urban areas. India has about 4,000 cities and towns. About 300 cities have populations over 100,000. Six cities have more than 3 million people. These cities, in order of population size, are Mumbai (Bombay), Delhi, Calcutta, Bangalore, Chennai (Madras), and Hyderabad. Calcutta, the capital city of West Bengal, has the greatest population density of any city in India, with an average of about 42,000 people per square kilometer.

Since the early 1900's, India's population has grown by several million a year. During the 1980's and 1990's, the population increased by as much as 18 million per year. The main reason for this "population explosion" is that improved sanitation and health care have caused the death rate to fall more rapidly than the birth rate. Population growth has led to serious overcrowding and has increased the problem of raising India's low standard of living. Many villagers leave the heavily populated rural areas to look for work in the cities, where wages are higher.

I.3 Religion

About 83 per cent of the Indian people are Hindus, and about 11 per cent are Muslims. The next largest religious groups, in order of size, are Christians, Sikhs, Buddhists, and Jains. Religion plays a vital role in the Indian way of life. Religious laws of the Hindus and Muslims govern the people's clothing, food, and marriage. They also strongly influence the type of occupation among people who follow the laws strictly.

Ethnic and political differences between Hindus and Muslims led to the division of India into two nations, India and Pakistan. Many

thousands of Indians have died in fighting between Hindus and Muslims. Killings still occur from time to time.

Hinduism is the world's oldest major religion. It has no single founder or head. Hindus believe that the soul never dies. After the body dies, the soul is reborn in another life form. This process is repeated until the soul reaches spiritual perfection, or salvation. Then, the soul enters a higher state of existence from which it never returns.

Hindus follow the principle of ahimsa, non-injury to living creatures. This principle especially applies to cows, which Hindus believe are sacred animals. As a result, hardly any Hindus eat beef, and many do not eat any kind of meat.

Hindus worship many divinities (gods and goddesses). The three most important ones are Brahma, the creator of the universe; Vishnu, its preserver; and Shiva, its destroyer.

Hinduism has a number of sacred writings, such as the Vedas, Upanishads, and Puranas. They outline how its followers should conduct their lives.

I.4 Food

The chief foods of India include rice, wheat, millet, and pulses. Pulses are the seeds of such pod vegetables as beans, chickpeas, pigeon peas, and lentils. A typical meal consists of rice and dahl, a porridge made of pulses. Indians also enjoy durum wheat-flour chapattis, thin flat baked breads that resemble soft pancakes. Some other breads are made from rice or pulse flour.

Samosas, deep-fried pastries stuffed with potatoes, vegetables, or meat, are popular snacks. A special meal might include chicken or lamb roasted in a clay oven called a tandoor. For special events, such as weddings, Indians may wrap elegant foods in a layer of silver so thin that it can be eaten.

During breakfast, cereals, eggs, fresh milk, fruits and toast are often served. Lunch and dinner are composed of meat/chicken/fish dish, vegetable, soup, dahl, dessert and bread. Wines are served during lunch and dinner.

Most Hindus do not eat beef, and some eat no meat at all. Muslims eat no pork. Indians enjoy carefully spiced vegetable dishes. They use many different spices and blend special mixtures for each dish. Indians eat many kinds of curries, which consist of vegetables, seafood, eggs, or meat cooked in a spicy sauce.

One or more kinds of chutneys accompany many meals. Chutneys are relishes of spices and fruit, especially mangoes. As a cool

contrast to spicy foods, Indians sometimes serve raita, a mixture of yoghurt with fruit and vegetables.

Sweet desserts are made from milk, yoghurt, fruit, and nuts. Fresh fruit and fruit drinks are popular. Tea is a favorite beverage in India, but many southern Indians prefer coffee.

II. VEGETARIAN DISHES

II.1 Boondhi Raita

¼ cup Besan
½ cup Water
Ghee for frying
Salt to taste
Pepper to taste
Chat Masala to taste
1 ½ cup Yogurt
¼ cup Milk

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

II.2 Cauliflower and Potatoes (Gobo Aloo)

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



Cauliflower and Potatoes

- Start boiling the potatoes in a saucepan. Let them boil for at least 15 minutes. After they are done, turn off the heat and let them stand in the water.

- Cut the cauliflower into small bite sized pieces (roughly 1" cubes), throwing away most of the stem pieces. Wash and drain in a colander.
- While the potatoes are being cooked, heat the oil in a wide skillet until it is very hot.
- Add the mustard seeds and wait until they start popping. Add bay leaves, cardamom and cloves. Mix around for a while and then add onions. Wait until the onion starts to turn brown before adding the rest of the spices (except for turmeric).
- Put the cauliflower in the skillet and fry in the oil and spices for 2 minutes. While the cauliflower is frying, cut up the potatoes into bite sized pieces and add to the skillet. Add turmeric and stir. Continue stirring the vegetables under medium heat for another couple of minutes.
- Add 1/2 cup of water and reduce heat to low. Cover skillet and let cook for 5 minutes. Check tenderness of vegetables. If they are still too hard, add another 1/4 cup of water and cover again for 5 minutes. Salt to taste and serve.

II.3 Okra (Bhindi)

1lb Okra
2 small Onions
2 small Tomatoes
1/4 tsp Turmeric
Salt to taste
Red pepper (optional)
Oil for frying



Okra

- Wash the okra and dry it thoroughly.
- Cut off the heads and cut into small circles.
- Chop the onions and tomatoes separately. Deep fry the okra until brown.
- Remove from heat and set aside. Pour out some oil.
- Add turmeric to hot oil. Add the onions and fry until golden brown.
- Add the fried okra, salt, pepper, and tomatoes.
- Cover and bake at 250° F for 15 minutes.

II.4 Eggplant (Bhartha)

2 lb Eggplant
4 Medium Tomatoes
3 tsp Fresh chopped coriander
1/2 cup Ghee
1/2 cup finely chopped onion

- Preheat oven to 450° F. Bake in the middle level of the oven for 1 hour or until very tender. While they are still warm, peel and crush the eggplants.
- Heat oil and fry onions until soft and clear. Do not brown.
- Add the tomatoes and fry for 2 minutes.
- Add the eggplant and stir until almost all liquid disappears and the mixture leaves the side.
- Place into a bowl, sprinkle on coriander and serve at once.

II.5 Spicy Eggplant

200 g Baby eggplants
2 pcs Chopped onions
3 pcs Chopped green chilies
Pepper corns
5 g Tamarind, soaked in hot water
1 tsp Mustard seeds
1 tsp Cumin seeds
2 tsp Cumin-fenugreek powder
1 tsp Turmeric
3 Tbsp Oil
Salt to taste

- Cut the eggplants into four, lengthwise, to three-fourths of their total length and soak in salted water.
- Heat oil in a pan, season with mustard and cumin seeds.
- Add chopped green chilies, onions and pepper corns. Fry for few minutes. Then add eggplants and fry for another 2 minutes.
- Now add tamarind water, salt, cumin-fenugreek powder and cook until the gravy thickens. Serve hot with vegetable pulao.

II.6 Capsicum (Bell Pepper)

500 g Paneer
100 g Capsicum
2 tsp Coriander seeds
5 pcs Red chilies whole
3 pcs Green chilies (minced)
¾ tsp Kasoori methi (dry fenugreek leaves)
2 tsp Green chilies (chopped)
2 tsp Ginger (chopped)
4 pcs Tomatoes (chopped)
2 Tbsp Coriander (chopped)

3 Tbsp Ghee
Salt to taste
For the paste:
6 cloves garlic mixed with a little water

- Slice the paneer and capsicum into thin long strips.
- Pound the coriander seeds and red chilies together.
- Heat the ghee, add the garlic paste and cook on a slow flame for a few seconds.
- Add the capsicum and pounded spices and cook on a slow flame for 30 seconds.
- Add the green chilies and ginger and fry again for a few seconds.
- Add the tomatoes and cook until the ghee comes on top.
- Add the kasoori methi and salt and fry again for a few seconds.
- Finally, add the sliced paneer and cook for a few minutes.
- Sprinkle coriander on the top and serve hot.

II.7 Khatta Chana Dahl (serves 6-8)

250 g Chana dahl (garbanzos)
1 Tbsp Fine chana Masala
1 tsp Red chili powder
1 tsp Roasted black cumin seeds
1 tsp Coriander powder
2 Tbsp Oil
2 medium-sized Chopped onion
4 pcs. Sliced tomato
3-4 pcs Chopped green chilies
1 pc Chopped ginger
½ cup Tamarind pulp or juice
Chopped fresh coriander
Salt to taste



Garbanzos Dahl

- Wash chana dahl and soak overnight. Boil chana for 20 minutes and stand to cool.
- Heat roasted black cumin seeds, coriander powder, chana masala, red chili powder, salt with oil in the pan for 2 minutes
- Add ginger, chopped onion, green chilies, tomato and stir fry. Pour tamarind juice and stir well.
- Boil mixture and add chana dahl and cook for 5-6 minutes.
- Garnish with sliced tomato, onion and fresh coriander.
- Served with parathas, bread or bhaturas.

II.8 Dahl Maharani

100 g Rajma Dahl (red kidney beans)
50 g Black garam



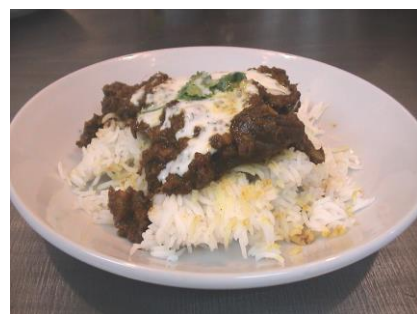
50 g Bengal garam
50 g Chopped onions
½ tsp Ginger-garlic paste
½ tsp Coriander powder
½ tsp Chili powder
¼ tsp Turmeric
100 g Chopped tomato
5 g Garam masala
50 g Butter
50 g Oil

- Mix Rajma dahl and black garam and soak in water for 5-6 hours. Add Bengal garam and pressure cook for 30 minutes.
- Heat oil in pan and fry the onions and ginger-garlic paste. Add coriander powder, chili powder, turmeric and fry for 2-4 minutes.
- Add tomatoes and cook well.
- When gravy thickens, add boiled dahl and cook with salt. Add water if required.
- Add garam masala and stir well. Remove and serve with chapatti or rice.

III. RICE DISHES

III.1 Mutton Biryani

1 ½ kg Basmati rice
1 ½ kg Mutton
200 g Ground ginger
150 g Ground garlic
3 tsp Garam Masala
500 ml Oil
500 g Chopped onions
250 ml Thick yogurt
2 pcs Lemon
2 Sprigs of coriander
1 ½ tsp Turmeric powder
2 tsp salt



Mutton Biryani

- Cook mutton with salt, turmeric, ginger and garlic paste for 15-20 minutes in a cooker or a thick bottomed pot.
- Heat oil in a wok and fry finely chopped onions until golden brown. Add fried mutton and cook for 15 minutes.
- Mix beaten yogurt, chopped coriander and the lemon juice.
- Soak rice for 30 minutes.
- Measure 1 ½ cup water for every cup of rice. Bring the water to a boil and add washed and pre-soaked rice and cook until done.
- Add mutton and cook for 10 minutes. Serve hot with raita.

III.2 Methi Rice

2 cups Basmati rice
4-5 bunches Fenugreek leaves
1 tsp Mustard seeds
1 tsp Cumin seeds
2 tsp Bengal garam
2 tsp Black garam
3 Tbsp Oil or butter
Pinch of Asafoetida
4-5 pcs Chopped green chilies
1 pc Chopped onion
2 sprig Curry leaves
1 cup Peas



Methi Rice

- Cook rice with enough water until done and cool. Wash fenugreek leaves and chop finely.
- Heat the oil in a pan and season with mustard seeds, Bengal garam, Black garam, asafoetida, curry leaves, onion and green chilies.
- Add the fenugreek leaves, peas, salt for 5 minutes until leaves are tender.
- Cover pan with a lid and cook for 10-15 minutes on medium heat.
- When cooked remove from heat, add rice to the fenugreek mixture and mix well.

III.3 Kashmiri Pullao

2 cups Basmati rice
4 cups water
2 bunch Mint leaves
2 Bay leaves
5 pcs Cardamom
1pc Small nutmeg
60 g Ghee



Kashmiri Pullao

4 pcs green chilies
¼ g Saffron
½ cup Milk
10 g Garam masala
25 g Cashew nuts
20 g Raisins
25 g Cherries
25 g Tutti fruit
Salt

- Wash the rice and soak for 20 minutes.
- Boil water; add mint leaves nutmeg, bay leaves for 20 minutes.
- Heat ghee in pan, fry chopped green chilies and rice for a few minutes.
- Add the boiled water to the rice and cook until rice is done.
- Heat the remaining ghee and fry cashew nuts, raisins, and add to rice.

IV. POULTRY AND MEAT DISHES

IV.1 Chicken Curry

500 g Chicken
1 tin Coconut milk
1 pc Chopped onion
2 pcs Green chillies chopped
1 pc Chopped ginger
3 tsp Dhania powder
1 tsp Chili powder
1 tsp Garam masala
½ tsp Turmeric powder
3 tsp Oil
Cilantro leaves for garnishing
Salt to taste



Chicken Curry

- Clean chicken and cut into pieces
- Heat oil in pan and fry onion, green chilies and ginger.
- Add Dhania powder, chili powder, garam masala, turmeric and the chicken. Cook for 5 minutes. Pour ½ coconut milk and simmer chicken until tender.
- Add remaining coconut milk and simmer to thicken sauce.
- Garnishing with cilantro and serve hot with plain rice or parathas.

IV.2 Tandoori Chicken

2 lbs Chicken legs, thighs & drumsticks
1 Tbsp Lemon juice
1 tsp Yellow and red food coloring
1 Tbsp Chili powder
2 tsp Coriander (finely chopped)
1 tbsp Cumin seeds powder
1 ¼ cup Plain yogurt
1 Tbsp Fresh ginger grated
1 tsp Garlic paste
¼ cup Ghee or vegetable oil
Salt to taste



Chicken Tandoori

- Remove the skin from chicken pieces and cut them lengthwise
- Mix lemon juice, food coloring, salt, chili powder, cumin powder, and coriander in a bowl and brush the chicken pieces evenly to coat
- Mix yogurt, ginger and garlic in a separate bowl and apply to the chicken pieces.
- Marinate the pieces in refrigerator turning pieces occasionally for 4-6 hours and let them at room temperature one hour before cooking
- Preheat the oven to 500 degrees F and place the chicken in single layer in a greased shallow baking pan.
- Brush chicken with 2 tbsp of ghee and bake them for 12 minutes. Turn pieces over, brush with remaining 2 tbsp of ghee and continue baking until chicken is cooked through and tender about 15 minutes. Serve hot with fresh coriander on it

IV.3 Saag Meat

500 g Mutton, cut into pieces
1 bunch Spinach leaves
3 Tbsp Oil
3 pcs Onions, ground to paste
3 tsp Ginger-garlic paste
2 Tbsp Tomato puree
1 tsp Cumin powder
1 tsp Coriander powder
½ tsp Chili powder
1 tsp Poppy seeds
Garam masala to sprinkle
Salt to taste

- Boil the spinach leaves and grind to a fine paste. Keep aside.

- Heat the oil in a pan and fry the onion paste until golden brown. Also add ginger, garlic paste and fry for 2 more minutes. Add the mutton pieces, chili powder, poppy seeds and salt. Fry over medium heat until meat is browned.
- Then add cumin powder, coriander powder, tomato puree and the ground spinach. Simmer and cover, stirring occasionally until mutton is tender.
- Sprinkle with garam masala and serve hot with boiled rice.

IV.4 Lamb Curry with Yogurt

2 lb Boneless lamb, cubed
4 pcs Green peppers, chopped
1 Tbsp Fresh ginger, minced
2 pcs Garlic cloves, minced
1 pc Large onion, minced
2 Tbsp Coriander seeds powder
2 tsp Turmeric
1 tsp Cumin seeds powder
1 tsp Cinnamon powder
1 tsp Mustard seeds powder
4 cups Yogurt
2 Tbsp Butter
Salt to taste



Lamb Curry

- Mix chilies, ginger, garlic, minced onion, spices and yogurt in a blender or food processor and process until well mixed.
- Add this paste to the lamb pieces, mix well, cover and refrigerate for 3 hours.
- Heat butter in a skillet and fry the chopped onion for few minutes.
- Add the lamb and the yogurt marinade mix all together, cover and simmer until meat is tender for 1 hour or so on a medium flame.
- Add salt to taste and remove from heat when done.

IV.5. Madras Beef Curry

1 lb Beef, cut into 1" cubes
2 Tbsp Lemon juice
2 tsp Salt
1 pc Large onion, finely chopped
2 pcs Garlic cloves, finely chopped
2 pcs Chilies, finely chopped
2 Tbsp Coriander, ground
1 tsp Cumin, ground



Madras Beef Curry

1 Tbsp Turmeric
1 tsp Powdered ginger
2 tsp Black pepper
4 oz Tomato paste
1 ¼ cup Beef stock
¼ cup Ghee (or butter)
2 Tbsp Garam masala

- Marinate the meat in lemon juice and salt. Mix the onion, garlic and chili together well.
- Heat the ghee in a heavy saucepan over medium heat and fry the onion mixture for 2 minutes.
- Add the coriander, cumin, turmeric, ginger and pepper, stir well and cook for another 2-3 minutes.
- Add the beef and lemon juice, stir well to coat the meat with the spices. Cook for 5-10 minutes.
- Stir in the tomato paste and beef stock, bring to a boil then cover and simmer gently for 30-40 minutes until the meat begins to get tender.
- Sprinkle in the garam masala and cook for further 10 minutes.
- The gravy should by this stage be very thick, if it is not remove the lid from the pan and increase the heat to boil off excess moisture until the gravy thickens.

V. FISH DISHES

V.1 Chutney Fish

500 g fish pieces of any type
150 g oil
8 g ajwain seeds
45 ml cream
10 g cumin seeds powder
10 g garam masala
20 g garlic paste
20 g besan flour
30 ml lemon juice
5 Tbsp mint or coriander chutney
½ tsp white pepper powder
1 onion, chopped in circles.
60 g yogurt
Salt to taste

- Mix cream garlic paste, ajwain seeds, white pepper powder, cumin seeds powder, garam masala, lemon juice, salt, mint or coriander chutney, besan flour in yogurt.

- Add fish pieces to the above mixture and soak them for about 3 hours.
- Heat oil in a pan, fry fish pieces on both sides.
- Serve with onions, which are chopped in circles.

V.2 Fish Kofta Curry

300 g fish pieces boneless
2-3 onions, chopped
4 green chilies, chopped
1 egg, beaten
½ cup bread crumbs
1 lemon
1 tsp coriander powder
1 tsp cumin powder
¼ tsp turmeric powder
1 tsp chili powder
½ tsp ginger-garlic paste
3-4 tomatoes
Few coriander leaves, chopped
Oil for frying

- Grind the fish pieces in a blender until smooth. Keep aside.
- Heat 2 tsp of oil in a pan and fry few chopped onions, chopped green chilies, chopped coriander leaves for a while. Add these to the blended fish, salt, beaten egg, and lemon juice and mix well.
- Make balls from this mixture, roll in the bread crumbs, and fry in hot oil until golden. Keep them aside.
- Heat oil in another pan; fry the remaining chopped onions until brown. Also add ginger-garlic paste, coriander powder, cumin powder, chili powder, turmeric and fry for few more minutes.
- Blend the tomatoes to a fine puree and add to the above mixture. Boil until it simmers, add salt and koftas. Simmer for 10 more minutes or until the koftas are tender. Serve hot with plain rice or naan.

V.3 Masala Fried Fish

500 g fish pieces (Chanduva or Vanjaram)
8 red chilies
3 Tbsp coriander seeds
1 tbsp cumin seeds
Salt to taste
½ Tbsp turmeric
Oil for frying

- Clean the fish pieces in salt water, apply turmeric and lemon juice to these pieces.

- Fry red chilies, coriander seeds, cumin seeds in a pan without oil and make a paste in a blender using little water.
- Apply this paste to the fish pieces.
- In a wide skillet, heat some oil and fry the fish pieces on both sides until brown.
- Garnish with salad.

VI. BREAD AND SWEETS

VI.1 Chappati

225 g / 1 ½ cup Whole wheat flour
 200ml / ¾ cup Water
 ½ tsp salt



Arrange ingredients.



Pour water gradually.



Use a spoon to stir



Flour the surface.



Knead mixture.



Let it rest for 30 minutes.



Roll the dough flat like a tortilla.



Heat the skillet and lay the phulka for 2-3 minutes on each side.

Note: Since the rolled out chappati's will dry out if they are left to stand while cooking the others, it is advantageous to roll them out individually before cooking them. Serve warm (maybe slightly buttered).

VI.2 Parotta

1 cup Whole wheat flour
 Ghee
 Water

Method:

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

Note: Serve at once, since they lose crispness if stored.

VI.3 Stuffed Parathas

Make dough for regular chappati's.

Fillings:

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

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

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

Method:

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

VI.4 Aften Ki Pinui

250 g Wheat flour
150 g Ghee
250 g Powder sugar
½ cup milk
4-6 cardamoms powdered
20 g Cashew and almonds



Heat ghee in pan and add wheat flour.



When it turns brown and aromatic, remove from heat and transfer in a bowl to cool.



Add cardamom.



Add sugar.



Pour milk.



Stir until well dissolved.



Pour in bowl to cool.



Add nuts and dried fruits.

VI.5 Rice Kheer

½ cup Rice
 ½ cup Water
 4 cups Milk
 ¼ cup Raisins
 ¾ to 1 cup sugar
 1 tsp Cardamon
 ¼ c Shredded blanched almonds
 6-8 drops of rose water



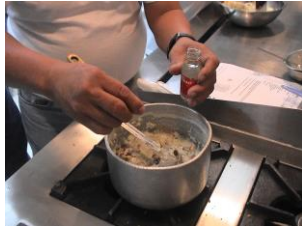
Wash and drain rice. Soak for 30 minutes. Boil in the same water until water dries up. Add milk and simmer for 1½ half hours.



Scrape the sides and the bottom frequently to prevent sticking and mashing rice while stirring. When mixture is creamy, add sugar and stir well.



Remove from heat and add cardamom and almonds.



Add rose water



Transfer in a bowl and top with nuts and raisins.
Serve warm or cold

VI.6 Gulab Jamun

- 1 cup Biscuit
- 2 cups Carnation powder
- 2 cups Water
- 1 ½ sugar
- 4 pods Cardamon
- Few drops of rose water
- ½ stick butter
- 1/8 cup Yogurt
- Milk
- Oil for frying



Complete ingredients.



Melt butter in bowl and add biscuit.



Add sugar.



Pour yogurt.



Pour rose water.



Knead well and add milk if necessary.



Fry balls in oil until dark brown.



Soak balls in syrup.
Serve hot or cold.

- To make syrup, boil water with sugar, add cardamom seeds. Simmer to half.

VII. EGG DISHES

VII.1 Egg Malai Masala

6 Eggs
½ cup Milk
2 Onions
1 inch Ginger
4 pcs Green chillies
Curry leaves
½ tsp Garam Masala
2 Tbsp Ghee
Salt to taste



Egg Malai Masala

- Boil eggs and cut into two pieces.
- Mix onions, green chillies, ginger and blend it into paste.
- In a wide pan, heat ghee and fry the paste until golden brown. Add egg and cook for a few minutes.
- Add milk, salt and cook until bubble form. Add chopped curry leaves and simmer until gravy thickens.
- Sprinkle with garam masala and serve with parathas or pullao.

VII.2 Curried Egg Balls

Ingredients:
4 Boiled eggs
1 Beaten egg
1 tsp Powder pepper
¼ cup Corn flakes
4 oz Butter
2 pcs Onion
1 Bell pepper
½ cup Flour
2 Tbsp Chili powder
1 Tbsp Ginger paste
3 Chicken stock
Oil for frying
Salt to taste

- Cut boil eggs into small pieces and add to beaten egg. Add powder pepper, cornflakes, salt, flour and mix to smooth dough. Make equal balls and fry in oil.
- In a separate pan, heat butter and fry onions and bell pepper. Add chili powder, ginger salt and stock. Cook in low heat.
- When gravy thickens, add balls to the sauce and cook for 5 minutes. Serve with plain rice.

VIII. GLOSSARY (ENGLISH-INDIAN/INDIAN-ENGLISH)

A

Aadu
Aam
Aamchur
Achar
Adrak
Adrak
Ajmud
Ajwain
Akhrot
Akrothandi
Allspice (but chini is different)
Almond
Aloo
Alsi
Amrud
Amsool, kokam
 coast:
Ananas
Anar
Anardana
Anasphal, Dagad phool
Anda
Angoor
Aniseed (see also saunf)
Apple
Arbi
Arhar
Arwa chawal
Asafoetida
Asafoetida
Atta
Atta
Aubergine, Egg Plant
Aubergine, eggplant
Ayamodak

B

Badam
Baigan, baingan, Brinjal
Bajra, Bajri
Banana
Bandh gobhi
Barley
Barley

Peach
Mango
Dried mango powder
Pickles
Ginger
Ginger
Celery seed
Oregano (also Bishop's weed)
Walnut
Walnut
Kabab chini
Badam
Potato
Linseed
Guava
Fruit indigenous to the west

Pineapple
Pomegranate
Pomegranate seeds
Star anise
Egg
Grapes
Vilayati saunf
Sev
Colocasia plant, elephant ear
Pigeon-peas (so arhar dal,
Rice (Raw)
Hing
Perungayam
Wheat flour
Whole corn flour
Brinjal, baigan, baingan
Baigan, baingan, Brinjal
Oregano

Almond
Aubergine, eggplant
Millet
Kela
Cabbage
Jau
Yavam

Barley
Bay leaf
Bengal gram
Bengal gram (Flour)
Bengal gram (Flour)
Bengal gram (Split)
Bengal gram (Split)
Bengal gram (Split)
Bengal gram (Whole)
Besan
Bhajee
Bhatmas
Bheja
Bhindi
black gram (so urad dal)
Black gram (Split)
Black gram (Split)
Black-eyed beans
Black-eyed beans
blend of cumin, pepper,
Brain
Bread (generic)
Brinjal, baigan, baingan
Buckwheat
Butter
Buttermilk

C

Cabbage
Cauliflower
Capsicum, bell peppers
Caraway (see also jeera)
Cardamom
Cardamom
Carrot
Cashewnut
Cashewnut
Cassia (see also Dalchini)
Cauliflower
Celery seed
Chana
Chana
Chana dal
Chana dal
Chatni, chutney
Chawal
Cheruchana vithu
Cherupayar

Jowar
Tej Patta
Kadala
Besan
Kadala mavu
Chana dal
Kadala parippu
Chana
Bengal gram (Flour)
Vegetable
Soyabean
Brain
Okra (Lady's fingers)
Urad
Urad dal
Uzhunnu parippu
Chowli, lobia
Lobia, chowli
Garam Masala
Bheja
Roti
Aubergine, Eggplant
Kootu
Makhan, Makkhan
Chhaas, Chhaach

Bandh gobhi
Gobhi, gobi
Simla mirch
Siya jeera
Elaychi, Elathari
Elaichi, ilaichi
Gajar
Kaju
Parangi yandi
Jungli dalchini
Phool Gobhi
Ajmud
Bengal gram (Whole)
Chick peas, gram
Bengal gram (Split)
Split chick peas
Sweet sauces
Rice (generic)
Linseed
Green gram (Whole)

Cherupayar parippu
Chhaas, Chhaach
Chhilka
Chick peas, gram
Chicken
Chickoo, chikoo
Chilis (so lal mirch is red chilis)
Chilli
Chilli
Chini, shakkar
Cholam
Cholam
Chowli, lobia
Cinnamon
Clarified butter
Cloves
Cloves
Cloves
Cobra saffron (CAUTION)
Coconut
Coconut
Cold milk drink
Colocasia plant
Coriander
Coriander
Coriander leaves
Corn
Cottage cheese
Cracked wheat
Cracked wheat
Cream
Cucumber
Cucumber
Cumin
Cumin
Cumin
Custard apple

D

Dagad, phool, Anasphal
Dahi
Dal, dhal
Dalchini/Darchini
Dalia, lapsi
Dates
Dhania
Dill Suwa

Green gram (Split)
Buttermilk
Rind (generic)
Chana
Murg, murgi
Sapodilla
Mirch, Mirchi
Mirch
Molaku
Sugar
Maize
Milo
Black-eyed beans
Dalchini/Darchini
Ghee
Krambu
Lavang
Lavang, laung
Nagkesar, Nagkeshar
Thenga
Khopra/Nariyal
Thandai
Arbi
Dhania
Kothamalli
Hara dhania
Makai
Paneer
Dalia, lapsi
Lapsi, dalia
Malai
Kakari
Kheera
Jeerakam
Zira
Jeera
Sharifa, sitafal

Star anise
Yoghurt
Pulses
Cinnamon
Cracked wheat
Khajur
Coriander

Doodh
Dried fruits
Dried ginger
Dried mango powder
Drink made of syrup

Milk
Mewa
Sonth
Aamchur
Sharbat

E

Egg
Elaichi, ilaichi
Elathari
Elaychi
Ellu

Anda
Cardamom
Cardamom
Cardamom
Gingelly

F

Fennel
Fennel
Fenugreek
Fenugreek
Fenugreek
Fish (generic)
Flour

Perum Jeerakam
Saunf
Methi
Uluva
Methi
Machhli, machchhi
Maida

G

Garlic
Garlic
Gehun
Gehun
Generic term for essence
Ghee
Gingelly
Gingelly
Ginger
Ginger
Gobhi, gobi
Gosht
Gothambu
Gothambu mavu
Grapes
Green gram (Split)
Green gram (Split)
Green gram (Whole)
Green gram (Whole)
Greens
Griddle
Ground nuts
Groundnut
Groundnut

Lessan
Velluli
Wheat
Wheat (so gehun ka atta)
Ruh, attar, ittar
Clarified butter
Ellu
Til
Inji
Adrak
Cabbage or cauliflower
Meat
Wheat
Wheat flour
Angoor
Cherupayar parippu
Moong dal
Cherupayar
Moong
Sag
Tawa
Moongphali
Moong phalli
Nilakadala

Guava
Gulab
Gulab jal
Gur
Gurda

Amrud
Rose
Rose water
Jaggery (raw cane sugar)
Kidney

H

Haldi
Halwa
Hara dhania
Henbane
Hing
Honey

Turmeric
puddingy sweets
Coriander leaves
Khurasani ajvayayn
Asafoetida
Madhu

I

Ice cream
Ilaichi, elaichi
Imli
Imli
Inji Ginger
Ittar, attar, ruh

Kulfi
Cardamom
Tamarind
Tamarind

generic term for essence

J

Jackfruit
Jae
Jaggery (raw cane sugar)
Jaiphal
Jaiphal, zaiphal
Jathikka
Jathipatri
Jau
Javithri
Javitri
Jeera
Jeerakam
Jowar
Juar
Jungli dalchini

Kathal
Oats
Gur
Nutmeg
Nutmeg
Nutmeg
Mace
Barley
Mace
Mace
Cumin (see also siya jeera)
Cumin
Barley
Milo
Cassia (see also Dalchini)

K

Kabab
Kabab chini
Kabuli chana
Kadala
Kadala mavu
Kadala parippu
Kaddu

Any of a variety of meatballs
Allspice (but chini is different)
White gram (see also chana)
Bengal gram
Bengal gram (Flour)
Bengal gram (Split)
Pumpkin (see also lauki, ghia)

Kadugu	Mustard
Kaju	Cashewnut
Kaju	Cashew nuts
Kakari	Cucumber
Kala namak	rock salt
Kaleja	Liver
Kali mirch	Pepper
Kali mirch	Pepper
Kalonji seed)	Nigella (also called onion
Kambo	Millet
Kamrakh	Starfruit, carambola
Kardi	Safflower
Karhai, Karai	frying pan
Kathal	Jackfruit
Katori	small metal bowls
Keema, kheema	Minced meat (usually mutton)
Kela	Banana
Keora, kewra	Screwpine
Kesar, kesari, zafran	Saffron (stigma of the crocus
Khajur	Dates
Khas khas, khus khus	Poppy seeds
Khatta	Sour
Kheema/keema	Minced meat (usually mutton)
Kheer	A milk pudding
Kheera	Cucumber
Khopra/Nariyal	Coconut
Khurasani ajvayayn	Henbane
Kidney	Gurda
Kismis	Raisins (see also munakka)
Kofta shaped	Meatballs or vegetables
Kokam/amsool	Fruit from Garcinia Indica
Kootu	Buckwheat
Kothamalli	Coriander
Krambu	Cloves
Kulfi	Icecream
Kumbhi	Mushroom
Kurumulagu	Pepper
L	
Laddoo	generic dry sweet balls
Lal mirch	Red chilis (see also Mirch)
Lapsi, dalia	Cracked wheat
Lauki, ghia	A variety of north Indian gourd
Lavang	Cloves
Lavang, laung	Cloves

Lemon
Lentil
Lentil
Lessan
Linseed
Liver
Lobia, chowli

Nimbu
Masur dal
Masur parippu
Garlic
Alsi/Cheruchana vithu
Kaleja
Black-eyed beans

M

Mace
Mace
Mace
Machhli, machchhi
Madhu
Maida
Maida
Maidamavu
Maize
Maize
Makai
Makhan, Makkhan
Makkai
Malai
Mango
Manjal
Masala
Masoor (dal)
Masur dal
Masur parippu
Matar
Meat
Meatballs or vegetables shaped
Methi
Mewa
Milk
Millet
Milo
Milo
Minced meat (usually mutton)
Mint
Mirch
Mirch, Mirchi
Molaku
Mooli
Moong
Moong
Moong dal

Jathipatri
Javithri
Javitri
Fish (generic)
Honey
Wheat flour (Refined)
Flour
Wheat flour (Refined)
cholam
Makkai
Corn
Butter
Maize
Cream
Aam
Turmeric
Spices (generic)
Red lentils
Lentil
Lentil
Peas
Gosht
Kofta
Fenugreek
Dried fruits
Doodh
Kamboo/Bajra, Bajri
Cholam
Juar
Keema, kheema
Pudina
Chilli
Chilis (so lal mirch is red chilis)
Chilli
Radish
Green gram (Whole)
Mung beans
Green gram (Split)

Moong phalli
Munakka
Mundal
Mung beans
Murg, murgi
Mushroom
Mustard
Mustard seeds
Muthari

N

Nagkesar, Nagkeshar
Namak, nimak
Nariyal
Nariyal, khopra
Nigella (also called onion seed)
Nilakadala
Nimbu
Nutmeg

O

Oats
Oil Tel
Okra (Lady's fingers)
Onion (Small)
Onions
Oregano
Oregano
Oregano

P

Pachari
Palak
Paneer
 blanc
Papadom
Papar
Papaya
Papita
Parangi yandi
Pauwa, poha
Peach
Peas
Pepper
Pepper
Pepper
Perum Jeerakam

Groundnut
Sultanas or large raisins
Ragi
Moong
Chicken
Kumbhi
Kadugu/Rai/Sarson/
Raai
Ragi

Cobra saffron (CAUTION)
Salt (see also Kala namak)
Coconut
Coconut
Kalonji
Groundnut
Lemon
Jaiphal/Jathikka/zaiphal

Jaee

Bhindi
Pyaz
Piaz, pyaz
Ajwain
Ayamodak
Ajwain

Rice (Raw)
Spinach (also sag)
Cottage cheese, fromage

Papar
Papadom
Papita
Papaya
Cashewnut
Rice flakes
Aadu
Matar
Kali mirch
Kurumulagu
Kali mirch
Fennel

Perungayam
Phool Gobhi
Piaz, pyaz
Pickles
Pigeon-peas
Pineapple
Pista
Pistachio
Poha, pauwa
Pomegranate
Pomegranate seeds
Poppy seeds
Potato
Pudina
Puli
Pulses
Pumpkin
Puzhangalari
Pyaz

R

Raai
Rabri
Radish
Ragi
Ragi
RaiMustard
Raisins (see also munakka)
Raita
Rajma
Rawa
Rawa, sooji
Red chilis (see also Mirch)
Red Kidney beans
Red lentils
Rice (generic)
Rice (Parboiled)
Rice (Parboiled)
Rice (Raw)
Rice (Raw)
Rice flakes
Rice flakes
Rind (generic)
rock salt
Rose
Rose water
Roti

Asafoetida
Cauliflower
Onions
Achar
Arhar/Toor/tuvar
Ananas
Pistachio
Pista
Rice flakes
Anar
Anardana
Khas khas, khus khus
Aloo
Mint
Tamarind
Dal, dhal
Kaddu
Rice (Parboiled)
Onion (Small)

Mustard seeds
Sweetened clotted milk
Mooli
Mundal
Muthari

Kismis
Yoghurt mix
Red Kidney beans
Semolina
Semolina
Lal mirch
Rajma
Masoor (dal)
Chawal
Puzhangalari
Usna chawal
Arwa chawal
Pachari
Pauwa, poha
Poha, pauwa
Chhilka
Kala namak
Gulab
Gulab jal
Bread (generic)

Ruh, attar, ittar

generic term for essence

S

Sabudana

Sago

Sabzi, Sabji

Vegetable (generic)

Safflower

Kardi

Saffron-stigma of the crocus

Kesar, kesari, zafran

Sag

Greens

Sago

Sabudana

Salt (see also Kala namak)

Namak, nimak

Sapodilla

Chickoo, chikoo

Sarson

Mustard

Saunf

Fennel

Saunf

Fennel

Savoury or sweet sauces

Chatni, chutney

Screwpine

Keora, kewra

Seekh

Skewer (so seekh kabab)

Semiya, seviyan

Vermicelli

Semolina

Rawa

Semolina

Sooji

Semolina

Rawa, sooji

Semolina

Sooji, rawa

Sesame

Til

Sev

Apple

Shakahari

Vegetarian

Shakarkand

Sweet potatoes

Shakkar/chini

Sugar

Shalgam

Turnip

Sharbat

Drink made of syrup and water

Sharifa, sitafal

Custard apple

Shorba

Soup, gravy

Simla mirch

Capsicum, bell peppers

Singhara

Water chestnuts

Sirka

Vinegar

Sitafal, sharifa

Custard apple

Siya jeera

Caraway (see also jeera)

Skewer (so seekh kabab)

Seekh

small metal bowls

Katori

Sonth

Dried ginger

Sooji

Semolina

Sooji, rawa

Semolina

Soup, gravy

Shorba

Sour

Khatta

Soyabean

Bhatmas

Spices (generic)

Masala

Spinach (also sag)

Palak

Split chick peas

Chana dal

Split gram
Split gram
Star anise
Starfruit, carambola
Sugar
Sugar
Sultanas or large raisins
Sunflower
Sunflower
Suriamukhi
Suwa
Sweet potatoes
Sweetened clotted milk

T

Tamarind
Tamarind
Tamarind
Tamatar
Tandoor
Tawa
 is
Tej Patta
Tel Oil (generic, so sarson ka tel,
Thandai
Thenga
Thuvara parippu
Til Gingelly
Til Sesame
Tomato
Toor/tuvar
Turmeric
Turmeric
Turmeric
Turnip
Tuwar dal
Uluva

U

Urad
Urad dal
Usna chawal
Uzhunnu parippu

V

Vegetable
Vegetable (generic)

Thuvara parippu
Tuwar dal
Anasphal, Dagad phool
Kamrakh
Shakkar/chini
Chini, shakkar
Munakka
Suriamukhi
Suryakanthi
Sunflower
Dill
Shakarkand
Rabri

Imli
Puli
Imli
Tomato
oven of baked mud
Griddletechnique where meat
cooked in Korma/khorma
Bay leaf

Cold milk drink
Coconut
Split gram

Tamatar
Pigeon-peas
Haldi
Manjal
Haldi
Shalgam
Split gram
Fenugreek

black gram (so urad dal)
Black gram (Split)
Rice (Parboiled)
Black gram (Split)

Bhajee
Sabzi, Sabji

Vegetarian
Velluli
Vermicelli
Vilayati saunf
Vinegar

Shakahari
Garlic
Semiya, seviyan
Aniseed (see also saunf)
Sirka

W

Walnut
Walnut
Walnuts
Water chestnuts
Wheat
Wheat
Wheat (so gehun ka atta)
Wheat flour
Wheat flour
Wheat flour (Refined)
Wheat flour (Refined)
White gram
Whole corn flour

Akhrot
Akrothandi
Akhrot
Singhara
Gehun
Gothambu
Gehun
Atta
Gothambu mavu
Maida
Maidamavu
Kabuli chana
Atta

Y

Yavam
Yoghurt
Yoghurt mix

Barley
Dahi
Raita

Z

Zafran, kesar, kesari
Zaiphall, jaiphall
Zira

Saffron (stigma of the crocus)
Nutmeg
Cumin