

Everyday Indian

HOW TO:

REAL INDIAN COOKING

AUTHENTIC HOME COOKING RECIPES

Chef Vishal Singh



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Introduction

T

o me and most Westerners enjoying an Indian meal is an occasional break from our stable diet

consisting of American and European dishes. It is something that is very different in terms of

consistency, flavor and spiciness. For good and bad Indian cuisine is also shrouded in some sort

of mystique, as many people seem to be confused about what's really authentic and not.

Fortunately Indian food is much more than the 4 or 5 reoccurring non-vegetarian dishes and Naan

bread that we're being offered at home.

Unlike many other cookbooks on the subject, this one does not pretend to portray an elaborate

overview of Indian cuisine. The aim is to enable the readers to prepare two or three of these

authentic meals, to serve for guests on special occasions. I have selected a range of distinct and

mostly north Indian dishes which I consider essential and *truly* authentic, *i.e.* everyday food.

Similarly the selection reflects a personal story of my visits to the homes of many hospitable Indian

families and an equal number of restaurants, during travels to India and at home. Being a Westerner

this also puts me in a unique position to write recipes, as I have learned how to cook Indian food

from scratch, not having any prior knowledge to the techniques and many of the ingredients. How

does that help you exactly? Well, I have made all the mistakes so that you don't have to!

To help the readers along the recipes contain technical tips and tricks, serving recommendations, as

well as some bonus information on the background of some of the dishes. Also, I have chosen to

measure the ingredients mostly in weight rather than volume (except tsp and tbsp) to make it easier

for the reader to adjust the recipes to the desired number of portions using a kitchen scale.



Cooking equipment...a short note on pressure cookers

C

ooking

Indian

food

does

not

require

any

special

equipment, although cooking dal becomes much faster with

a

pressure cooker

as it

dramatically reduces the

cooking time and takes away the need to soak the dal

beforehand. Considering that dal is a staple food in Indian cooking I heavily recommend purchasing a pressure cooker, especially if you hold any ambition of making Indian food on a weekly basis.

For those of the readers who have never used a pressure cooker before, there's an important tip that you should know to avoid burning your dal. If you're using your pressure cooker on a gas stove it is important to use the lowest possible flame, as the food will easily

burn

otherwise.

This tends not

to

happen

on

a

conventional stove using a regular heat setting. It might take you one or two attempts to get this just right on your own stove.



If you're using your pressure cooker on a gas stove it is important to use the lowest possible flame, as the food will easily burn otherwise.

RECIPES*basics*



Garam Masala

Ingredients

- 2 tbsp cumin seeds
- 1 tbsp pepper corns
- 1 tbsp ground cinnamon
- 1 tbsp coriander
- 8 cardamom pods
- 5–10 cloves
- 2–3 bay leaves

Cooking Instructions

Toast on medium heat and turn off the heat when the spices have darkened. Remove the cardamom seeds from the pods and discard these. Add the seeds back into the spice mix and grind to a fine powder. Store the garam masala powder in an airtight container.

Indian Tea (Chai)

(4 portions)

Ingredients

- 2 cups water
- 2 cups full fat milk
- 2 tsp ginger – grated
- 4 cardamom pods – crushed
- 1 cinnamon stick, 2–3 cloves
- 1 black cardamom pod
- Black tea leaves (Assam, Ceylon

or English Breakfast)

- Two bags of sugar – to taste



Cooking

Instructions

Combine water, ginger, cardamom, cinnamon and cloves in a pot and slowly bring to a boil. Add milk and bring to a boil once more and turn off heat. Add tea bags and let steep for 5 min. Strain and serve.



In most specialist shops dealing in tea or spices it is possible to purchase 'tea masala' – a readymade blend of the spices mentioned above.

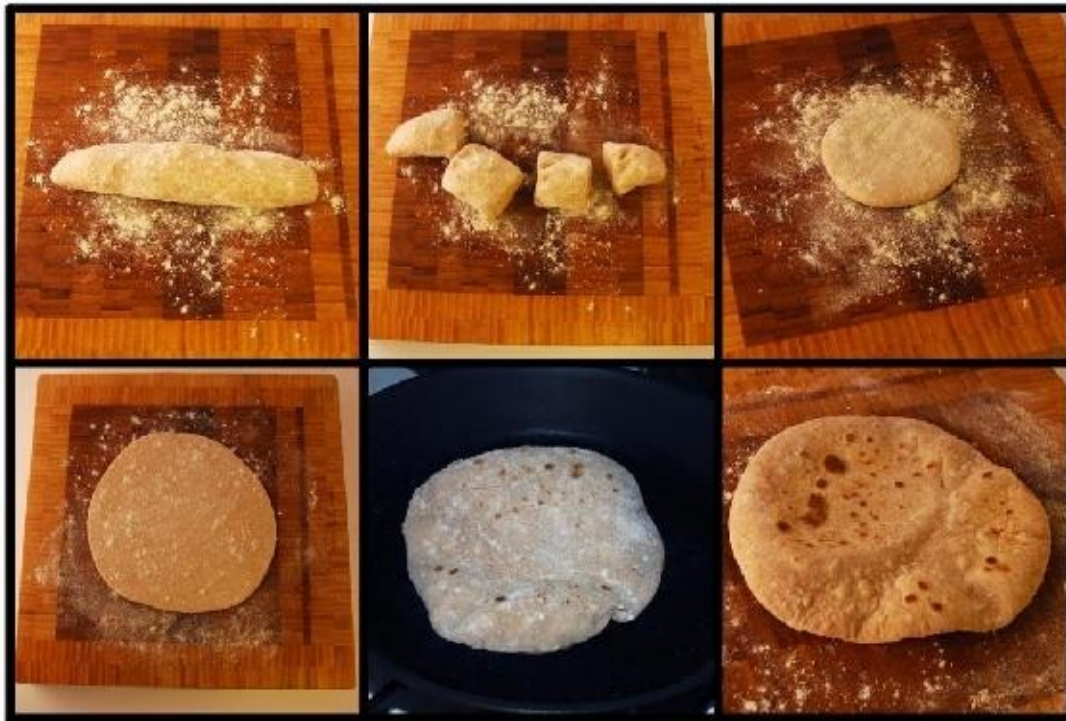
Commonly the mix of spices varies according to the summer and winter seasons. The list above contains the ingredients for the winter recipe. For the summer recipe exclude the cinnamon, cloves, black cardamom and ginger. Personally I prefer the winter version.

Flat Bread (Roti)

(1 portion – 3 breads)

Ingredients

- 3,5 oz Atta flour
- 1 tsp salt (optional)
- 1 tsp oil (optional)
- ¼ cup lukewarm water
- Ghee or butter (optional)



Cooking

Instructions Mix flour, salt and oil. Add water and knead until the mixture forms a slightly sticky, but firm, dough.

Divide dough into three portions and roll thinly into perfect circles on a floured surface. Bake the breads each at a time on a pan on high heat. Flip the breads once when the edges start to brown and bake for an additional 10 to 20 seconds allowing the breads to balloon. Smear a small amount of ghee or butter on breads immediately after baking.



If the dough has to be stored before cooking then cover the mixture before setting aside.

The dough should be rolled so that it's thicker than a French crepes but thinner than an American pancake. If the rolled pieces of dough are stacked make sure to flour each piece before stacking. To get the breads to balloon when baked, it is important to knead the dough thoroughly and roll them into perfect circles of even thickness, as any irregularities might prevent this. Furthermore there are two methods to make the breads balloon. First this can be done by pressing on the bread, once it has been flipped, with a rolled up paper towel. Secondly, it can be done by exposing the bread directly to the heat source for a moment, holding it with a grate of appropriate size (I have seen some people use one half of a square BBQ vegetable basket). If the dough has a perfect composition and consistency the breads will often balloon all on their own.



Getting the right flour for the mixture is of the utmost importance when making authentic rotis. The atta flour contains two of the three parts of the wheat seed, i.e. the sperm and endosperm but not the outer husk. This groups atta flour between white flour and whole grain flour.

Yoghurt Drink (Lassi)

(1 portion)

Ingredients

- 1 cup yoghurt
- 4 ice cubes (crushed)
- ½ cups ice water
- 1–2 tsp sugar
- Pinch of salt

Cooking Instructions Mix ingredients and stir.



By blending the ingredients instead of stirring the Lassi becomes more light and frothy.

There are several variations of the basic Lassi recipe. Most common are the Mango and Salt Lassi. To make Mango Lassi mix 1 cup of mango pulp into the basic mixture and blend. To make Salt Lassi exclude the sugar and add ½ tsp salt into the basic mixture.

Lemonade (Nimbu Pani)

(1 portion)

Ingredients

- 1 lemon
- 2 tbsp sugar
- ¼ tsp black salt
- Water or soda
- Mint leaves (optional)

Cooking Instructions

Squeeze lemon juice into a glass. Mix with sugar and black salt. Top off with soda.



Black salt, or Kala Namak, has a characteristic smell resembling that of eggs due to its sulfur content. It is most often used for chaats, which are small savoury snacks, and fresh fruits.

RECIPES*dishes*



Chick Pea Pancakes

(Besan Cheela)

(2 portions – 6 pancakes)

Ingredients

- 6 oz Chick pea flour or buck wheat flour
- Spinach
- 1 onion – diced
- 1 green chili
- Fresh coriander
- 1 clove garlic
- 1 tbsp ginger – grated
- 1 tsp coriander powder



- 1 tsp paprika

- 1 tsp turmeric
- 1 tbsp oi
- 2 tsp salt
- Water

Cooking Instructions

Mix all ingredients in a bowl and add water until the batter is pourable and without lumps. Ladle

one portion of batter on to an oiled pan on medium heat and spread the mixture. Cook the pancake

until darkened and crispy then flip the pancake and repeat.



The batter changes consistency when resting, so it might be necessary to add more

water to the mixing bowl during preparation.

Best served with: *Mint chutney and tamarind sauce.*

Butter Chicken (Murgh Maghani)

(4 portions)

Ingredients

- 2 lbs chicken drumsticks
- 1 onion – diced
- 2–3 tbsp ginger – grated
- Red or green chili – to taste,
- 1 can of tomatos
- 2 cloves garlic – chopped
- 1 tsp cumin seeds
- 1 bunch fresh coriander – chopped
- 1 1/3 cups yoghurt



- 3–4 oz butter
- Garam masala
- 2 tsp salt

Cooking Instructions

De

–skin the chicken drumsticks and place in fridge to dry off. Dice the onion, ginger, chili and garlic.

Add some butter or ghee to a pot and roast the cumin seeds for 1 min. Add the onion, ginger, chili and garlic and roast until the onion turns golden. Add the remaining ingredients except the coriander, cover and simmer for 1–1½ hours or until the chicken becomes tender. Finally take the pot off the heat and add the coriander.



Before de

–skinning the chicken place the thighs in lukewarm water for a few minutes –

this makes the skin come off a lot more easily. To ensure a thick consistency of the sauce it might be necessary remove the lid during cooking to reduce. Equally it might be necessary to add some water during cooking to prevent the sauce from getting burnt.

Best served with: Rotis and/or basmati rice.

Chili Chicken (Tandoori Chicken)

(4 portions)

Ingredients

- 2 lbs chicken drumsticks
- ½ onion – finely chopped
- Garlic – 4 cloves
- 1 tbsp ginger
- 3 tsp coriander powder
- 1 tbsp cumin
- ½ tsp paprika
- Red chili powder – to taste
- 1 1/3 cups yoghurt
- Red food coloring (optional)

Cooking Instructions

Mix

all

ingredients except

chicken

Combine

chicken

and

marinade

container

(Tupperware or

plastic

bag).

Marinade

for at least 2 hours, preferably overnight.

in

a bowl.

in

a

tight



Best served with: Fresh green salad. Often served with sliced

and salted onion in lime
juice.

The British chef

Heston

Blumenthal

has

went

great

lengths to find

the perfect

*marinating time for chicken. Using a MRI scan the optimum time was discovered
to*

be 10 hours. Needless to say most readers won't have that

time available. The

2

hours

must

be

considered

a

minimum,

while

5

hours

should

be

prescribed

adequate.

Moong Bean Soup (Moong Dal)

(2 portions)

Ingredients

- 4 oz moong beans
- 1 medium sized carrot – finely chopped
- 1/3 zucchini – finely chopped
- 1 onion– finely chopped
- 1 large tomato
- 1 tbsp ginger
- 1 tsp cumin seeds
- 1 tsp turmeric
- 1 tsp paprika
- 1 tsp coriander powder
- Dash of asafetida



- 2 tsp salt
- 1 tbsp chopped coriander leaves

- 2 cups water
- 1 tbsp oil

Cooking Instructions

Carefully rinse the moong beans. Add oil and cumin seeds to a pot and roast on medium/high heat

until golden. Add the onion, carrot and ginger and sauté until the onion becomes translucent. Add

the spices, except the coriander leaves, and roast for a few moments. Add the zucchini, moong

beans and water and simmer for 40 min. on low heat. When done, add coriander leaves and serve.



If the dal is prepared using a pressure cooker on a gas stove it is important to use the

lowest possible flame, as the food will burn otherwise. Also, to make the dal smoother,

try whisking it after cooking to break up the lentils/beans.

All dal variations can be served as dry dal. The water to lentil ratio is usually 5:1 for

ordinary dal, while it is 2,5:1 for the dry dal variations. If a pressure cooker is not used,

it is usually necessary to add a little extra water to compensate for the

evaporation.

Dal Makhani

(2 portions)

Ingredients

- 4 oz urad dal
- 2 tbsp red kidney beans
- 2 tbsp ginger – finely chopped
- 1 onion – chopped
- 6 cloves garlic – finely chopped
- 2 green chillies – finely chopped
- 2 tomatoes – chopped
- 1 tsp red chili powder
- 3 tbsp butter
- 1 tbsp oil
- 1 tsp cumin seeds
- ½ tsp turmeric powder
- 1 tsp garam masala powder
- 1 tbsp oil
- 2 cups water
- 2–3 tbsp cream (optional)
- Salt – to taste

Cooking Instructions

Wash the dal. Add oil and cumin seeds to a pot and roast on medium/high heat until golden. Next,

add the onion, ginger, garlic and chilis and sauté until the onion becomes translucent. Add the

spices and roast for a minute, then add the dal, tomatoes and water. Cover and simmer 40–60

minutes. Add the butter and (optional) cream and serve.



In my experience it varies considerably whether cream is used, although it is often listed

as an original part of the recipe. I have only had this dish served with cream on rare

occasions in India, and so I don't consider it an essential ingredient to make the dish

authentic.

Pakorras

(4 servings)

Ingredients

- 10 oz chick pea flour
- 2 potatoes
- 1 onion
- 2 oz spinach
- ½ medium sized cauliflower
- 1 green chili
- 2 tsp coriander powder
- 2 tsp paprika
- 2 tsp turmeric
- 2 tsp salt
- 1 cup water

Cooking Instructions

Sift the chick pea flour into a mixing bowl (no need to use an electric mixer). Add the coriander powder, paprika, turmeric and salt. Add water and stir until the mixture becomes pourable and without lumps. Add the vegetables and mix. In a skillet add about 1 inch of neutral flavoured oil (for example canola or sun flower oil). Turn heat to medium high and pour small portions of the pakora mixture into the oil with a ladle. Fry the pakoras until they turn golden brown.



If the mixture is too thin add more flour until reaching the desired consistency, equally more water should be added if too thick (the vegetables should be coated

just enough so that they stick together when fried).

Best served with: *Tamarind sauce or simply tomato ketchup.*

Potato Breads (Aloo Parathas)

(2 portions – 6 breads)

Ingredients

- 10 oz atta flour
- 2/3 cups water
- 2 potatoes
- 1 green chili – chopped
- 1 tsp salt, 1 tsp cumin seeds
- 1 tbsp coriander – chopped
- 1 tsp garam masala

Cooking Instructions

Sift the flour into a mixing bowl and add the water and a pinch of salt. Knead the dough for a few minutes until it becomes soft. Let the dough rest for 10–30 min. Peel and boil the potatoes until tender and mash together with the remaining ingredients.

Roll the dough and the potato mash into 6 evenly sized balls. Roll out the dough balls into flat discs and place the potato balls on top. Fold the edges of the dough over the potato balls and flatten. Once more roll the dough into circles the same thickness as a roti.

Bake the breads each at a time on a pan on medium high heat. Flip the breads once when the edges start to brown and bake for an additional 10 to 20 seconds allowing the breads to balloon. Smear a small amount of ghee or butter on breads immediately after baking.



Best served with: Pickle and yoghurt (tomato chutney, plain yoghurt,

matter Paneer or Green chili pickle).

South Indian Pancakes (Dosas)

(2 portions)

Ingredients

- 2 oz basmati rice
- 6 oz black gram lentil (urad dal)
- Pinch of bicarbonate soda – optional
- 1 tsp fenugreek seeds powder
- 1 tsp salt
- Oil

Cooking Instructions

Soak the rice, dal and fenugreek seeds overnight



for approximately 6 hours (the water should be about 2 inches above the rice). Grind the soaked ingredients in a blender for 15–20 min with the soaking water and add the salt. The batter should be quite thin and completely smooth.

From this point two methods can be followed – either bicarbonate soda should be added or the batter should be left for 8 hours to ferment at room temperature in an open container of double the size(fermentation allows for the best result). Using a ladle pour the batter onto a pan on high heat and swirl around. Cook until the bottom side turns lightly brown.



Best served with: Tomato chutney and/or coconut chutney.

Potatoes & Cauliflower Stew

(Aloo Gobi)

(4 portions)

Ingredients

- 2 potatoes
- ½ cauliflower
- 3 oz green peas
- 1 tomato – finely chopped
- 1 onion – finely chopped
- 1 green chili – finely chopped
- 1 tsp ginger – finely chopped
- 2 cloves garlic – finely chopped
- 1 tsp turmeric
- 1 tsp paprika
- 1 tsp coriander powder
- 1 tsp cumin seeds



- 2 tsp garam masala
- 2 tsp salt

Cooking Instructions

Peel and cut the potatoes into bite size pieces (1 by 1 inch) and the cauliflower into florets. Add 1

tblsp oil to a pot on medium high heat. Add the cumin seeds and roast until golden. Add the onion, garlic, green chili, ginger, turmeric, paprika, coriander powder and roast for 2 minutes. Add the tomato, potatoes and salt, cover and cook for 10 min. stirring occasionally. Add the cauliflower and green peas and cook until all the vegetables are done. Add the garam masala and coriander leaves, mix well and serve.



When done the Aloo Gobi should be completely dry. To ensure that

this is achieved, it is usually necessary to remove the lid for 2–3 min. at the final stage of cooking.

Best served with: *Roti, dal and a pickle.*

RECIPES*desserts*



Rice Dessert (Kheer)

(4 portions)

Ingredients

- 2 oz basmati rice
- 4 cups full fat milk
- 3–4 oz sugar
- 4 cardamom pods
- Saffron – 3–5 threads
- Handful of raisins (optional)
- Handful of split pistachios or

almonds (optional)



Cooking

Instructions

Rinse rice. Combine all ingredients, except raisins and pistachios, in a pot and bring to a low simmer. Cover and cook for 1 hour or until the rice begin to break apart – the consistency should not be like a firm rice pudding, but more like a soup. Add raisins. Cool in refrigerator, garnish with pistachios and serve.



For someone who hasn't made kheer before the amount of rice will seem too little, but rest assured, the rice soak up a lot of milk. To prevent or minimize the milk from burning use the lowest possible flame.

Plain Halwa

Ingredients

- 10 oz atta flour
- 10 oz sugar
- 2,5 oz ghee or neutral flavoured oil
- 3 cups cold water
- 2 oz raisins (optional)

Cooking Instructions

Heat the ghee in a pot on medium heat.
Add the atta flour and roast while stirring



until it turns a light golden brown.

Immediately add the sugar and water slowly while stirring. Stir until the mixture is smooth and without lumps. Serve.



The western readers might recognize the roasting of the flour as similar to that of roasting a roux in French sauce making.

Special attention should be given to this step of the cooking process as even the slightest prolonging of the roasting will result in a markedly different color and thickening effect of the flour.

The color of the atta flour should resemble that of a velouté roux. Similarly to French sauce making, the water should be cold and added slowly to prevent lumps.

Carrot Halwa (Gajar ka Halwa)

Ingredients

- 2 lbs carrots
- 6 cups full fat milk
- 3–4 oz sugar
- 4 cardamom pods – seeds crushed
- 2 oz raisins (optional)

Cooking Instructions

Peel and grate the carrots. Add the grated carrots, milk and sugar to deep bottomed



pot and bring to a simmer on medium to low heat while stirring once in a while. When most of the milk has evaporated, stir continuously and add the cardamom and raisins. Continue stirring until the milk has evaporated completely. Cool and serve.



If made with milk with a lower fat content, then 1 tbsp of ghee or butter should be added.

RECIPES*condiments*



Plain Raita with Garam Masala

Ingredients

- 2 cups yoghurt
- Garam masala – to taste

Cooking Instructions

Combine yoghurt and garam masala. Be careful not to add too much garam masala.

Cucumber & Tomato Raita

Ingredients

- 2 cups yoghurt
- 1 tomato
- 1 cucumber – grated
- 1 clove garlic – grated
- 1 tsp cumin
- 1 tsp caraway

Cooking Instructions

Finely

dice

the

tomato

and

place

it

in

a

sieve

to

remove

excess

juice.

Next,

coarsely grate the cucumber and place in the sieve along with the tomato. Mix all ingredients in a

bowl and serve.



The cumin should be added a pinch at a time as overseasoning easily ruins the raita.

Mint Chutney

Ingredients

- 2 oz mint leaves – finely chopped
- 1 green chili – finely chopped
- Lemon juice from 1 lemon
- 1 clove garlic – finely chopped
- 1 tsp salt
- Pinch of sugar

Cooking Instructions

Combine all ingredients and garnish with sliced lemon wedges.

Tamarind Sauce

Ingredients

- 4 oz tamarind paste
- 8 oz sugar
- 1 cup boiling water
- 1 tsp chili powder
- 1 tsp cumin seed powder
- 2 tsp oil
- Black salt – to taste
- Salt – to taste

Cooking Instructions

Dissolve the tamarind paste in the boiling hot water and set aside. Heat the oil in a pot and roast

the cumin seeds. Add the tamarind mixture, sugar and remaining spices and boil for 5–10 min until

the desired consistency is reached. Pour into a sterilized bottle and store in the refrigerator.

Eggplant Pickle (Brinjal Pickle)

Ingredients

- 1 lbs eggplant – diced into 1 inch pieces
- 1 cup drained tamarind sauce (see recipe below)
- ½ tsp turmeric powder
- 1 tsp red chili powder
- 1 tsp fenugreek powder
- 1 tbsp salt, 2 oz oil

Tempering Ingredients

- ½ tsp fenugreek powder
- 1 tsp mustard seeds
- Pinch of asafetida
- 2 dried red chilies
- 1 tsp oil from 1 lemon
- 1 clove garlic – finely chopped
- 1 tsp salt
- Pinch of sugar

Cooking Instructions

Sprinkle the diced eggplant with the salt and set to drain for 1 hour. Rinse the remaining salt off the

eggplant and pat dry. Heat 2/3 of the oil in a pan and sauté the eggplants with the spices until they

turn soft and start to brown. Set aside, heat the remaining oil and add the tempering ingredients

roasting slowly on medium heat for 5–10 min. Now, add the brinjals and mix well, stirring for a

couple of minutes. Store the brinjal pickle in sterilized jars for 1 month, preferably sealed with a

layer of oil on top.

Tomato Chutney

(2 portions)

Ingredients

- 3 medium sized tomatoes – chopped
- 4 red dried chilies – crushed
- 1 onion – chopped
- 1 tbsp ginger – finely chopped
- 2 tbsp coconut
- ½ tsp sambar powder
- 1 ½ tbsp split bengal gram (chana dal),
- Pinch of asafetida
- Pinch of turmeric
- Sprig of curry leaves
- ½ tsp mustard seeds
- Salt
- Oil

Cooking Instructions

Wash the dal. Heat 1 tsp of oil in a pan, add the dal and fry until golden brown. Add half of the

chilies, onion, ginger, sambar powder, turmeric, asafetida, curry leaves, salt and sauté for a few min.

Add the tomatoes and cook for 5 min. Pour the mixture into a blender and grind into a coarse paste

and set aside. Heat 1 tbsp of oil and add the mustard seeds and the remaining chilies. Fry until the

seeds crack and pour over the chutney.

Coconut Chutney

Ingredients

Chutney

- 3,5 oz coconut
- 1 oz (4 tbsp) roasted chana dal
- 1 green chili, 1 tbsp ginger
- ½ cup water
- 1 tsp salt

Seasoning

- 1 tsp oil
- Dash of asafetida
- ½ tsp mustard seeds
- 2 red dried chilis, 6 curry leaves

Cooking Instructions

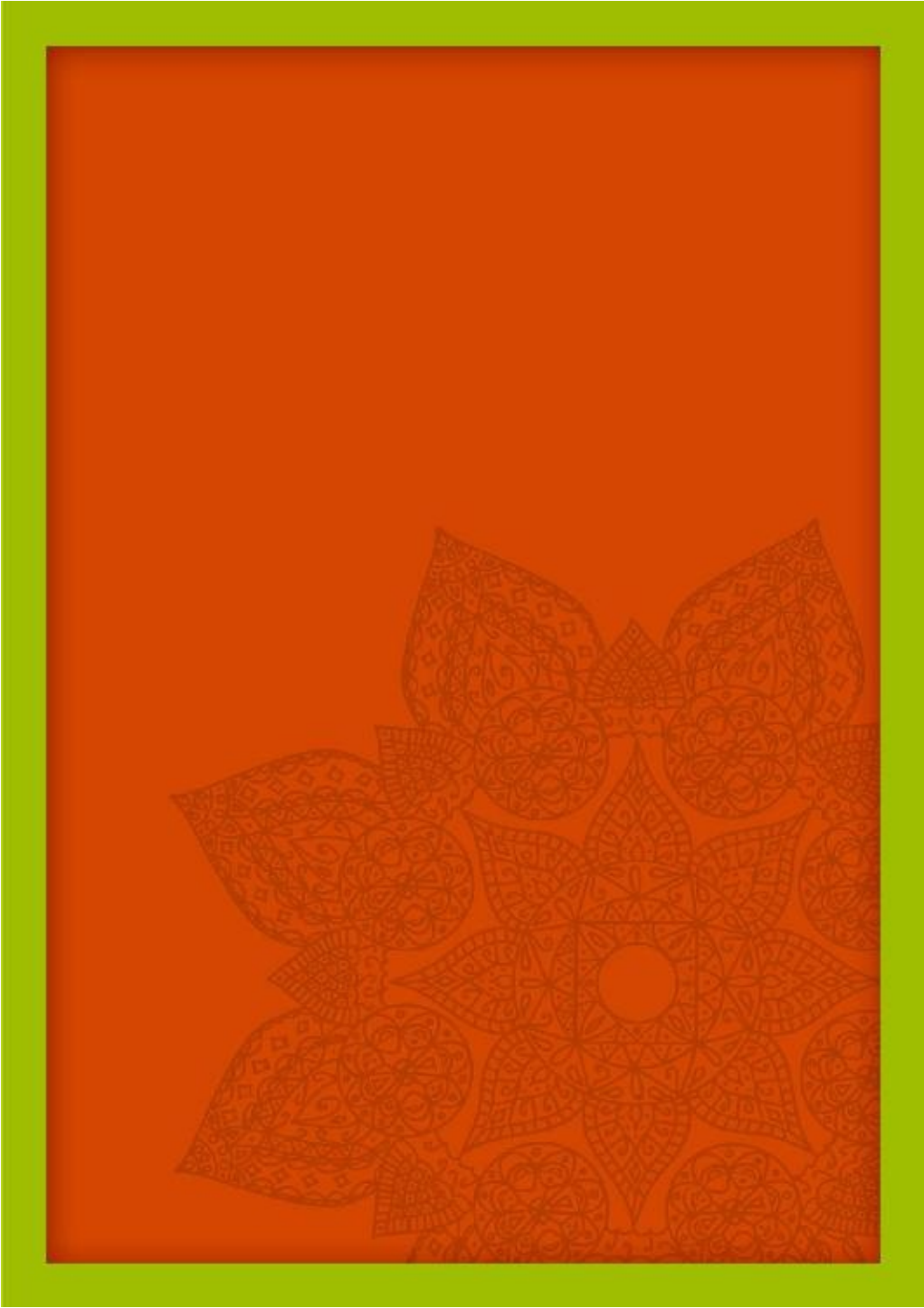
Blend all the ingredients for the chutney until smooth.

Heat the oil in a pan and add the mustard seeds. Once they have popped, add the remaining ingredients and turn of the heat. Mix the chutney and seasoning.

M E T R I C R E C I P E S

n l y

I n g r e d i e n t s O



basics

Garam Masala

Ingredients

- 2 tbsp cumin seeds
- 1 tbsp pepper corns
- 1 tbsp ground cinnamon
- 1 tbsp coriander
- 8 cardamom pods
- 5–10 cloves
- 2–3 bay leaves

Indian Tea (Chai)

Ingredients (4 portions)

- 500 ml water
- 500 ml full fat milk
- 2 tsp ginger – grated
- 4 cardamom pods – crushed
- 1 cinnamon stick, 2–3 cloves
- 1 black cardamom pod, black tea leaves

(Assam, Ceylon or English Breakfast) – two
bags

- Sugar – to taste

Flat Bread (Roti)

(1 portion

– 3 breads)

Ingredients

- 100 g Atta flour
- 1 tsp salt – optional
- 1 tsp oil – optional
- 65 ml lukewarm water
- Ghee or butter – optional

Drinking Yoghurt

(Lassi)

Ingredients

- 300 ml yoghurt
- 5 ice cubes – crushed
- 200 ml ice water
- 1–2 tsp sugar
- Pinch of salt

Lemonade

(Nimbu Pani)

(1 portion) Ingredients

- 1 lemon
- 2 tbsp sugar
- ¼ tsp black salt
- Water or soda
- Mint leaves – optional

Dishes

Chick Pea Pancakes

(Besan Cheela)

(2 portions

– 6 pancakes)

Ingredients

- 200g Chick pea flour or buck wheat flour
- Spinach
- 1 onion – diced
- 1 green chili, fresh coriander
- 1 clove garlic
- 1 tbsp ginger – grated
- 1 tsp coriander powder
- 1 tsp paprika
- 1 tsp turmeric
- 1 tbsp oil
- 2 tsp salt
- Water

Butter Chicken

(Murgh Maghani)

(4 portions)

Ingredients

- 1 kg chicken drumsticks
- 1 onion – diced

- 3 tbsp ginger – grated
- Red or green chili – to taste
- 1 can of tomatos
- 2 cloves garlic – chopped
- 1 tsp cumin seeds
- 1 bunch fresh coriander – chopped
- 300 ml yoghurt
- 100 g butter
- Garam masala
- 2 tsp salt

Chili Chicken

(Tandoori Chicken)

(4 portions)

Ingredients

- 1 kg chicken drumsticks
- ½ onion – finely chopped
- Garlic – 4 cloves
- 1 tbsp ginger
- 3 tsp coriander powder
- 1 tbsp cumin, ½ tsp paprika
- Red chili powder – to taste
- 400 ml yoghurt
- red food coloring (optional)

Moong Bean Soup

(Moong Dal)

(2 portions)

Ingredients

- 100 g moong beans

- 1 medium sized carrot – finely chopped
- 1/3 zucchini – finely chopped
- 1 onion– finely chopped
- 1 large tomato
- 1 tbsp ginger
- 1 tsp cumin seeds
- 1 tsp turmeric
- 1 tsp paprika
- 1 tsp coriander powder
- Dash of asafetida
- 2 tsp salt
- 1 tbsp chopped coriander leaves
- 500 ml water
- 1 tbsp oil

Dal Makhani

(2 portions) **Ingredients**

- 100 g urad dal
- 2 tbsp red kidney beans
- 2 tbsp ginger – finely chopped
- 1 onion – chopped
- 6 cloves garlic – finely chopped
- 2 green chillies – finely chopped
- 2 tomatoes – chopped
- 1 tsp red chili powder
- 3 tbsp butter
- 1 tbsp oil
- 1 tsp cumin seeds
- ½ tsp turmeric powder
- 1 tsp garam masala powder
- 1 tbsp oil, 500 ml water
- 2–3 tbsp cream – optional
- Salt – to taste

Pakor

Ingredients

(4 portions)

- 250 g chick pea flour
- 2 potatoes
- 1 onion
- 40 g spinach
- ½ medium sized cauliflower
- 1 green chili
- 2 tsp coriander powder
- 2 tsp paprika
- 2 tsp turmeric
- 2 tsp salt
- 250 ml water

Potato Breads

(Aloo Parathas)

Ingredients

(2 portions – 6 breads)

- 250 g atta flour
- 160 ml water
- 2 potatoes
- 1 green chili – chopped
- 1 tsp salt
- 1 tsp cumin seeds
- 1 tbsp coriander – chopped
- 1 tsp garam masala

South Indian

Pancakes (Dosas)

Ingredients

- 50 g basmati rice
- 175 g black gram lentil (urad dal)
- Pinch of bicarbonate soda (optional)
- 1 tsp fenugreek seeds powder
- 1 tsp salt, oil

Potato & Cauliflower

Stew

(Aloo Gobi)

Ingredients

(4 portions)

- 2 potatoes
- ½ cauliflower
- 100 g green peas
- 1 tomato – finely chopped
- 1 onion – finely chopped
- 1 green chili – finely chopped
- 1 tsp ginger – finely chopped
- 2 cloves garlic – finely chopped
- 1 tsp turmeric, 1 tsp paprika
- 1 tsp coriander powder
- 1 tsp cumin seeds
- 2 tsp garam masala
- 2 tsp salt

desserts

Rice Dessert (Kheer)

(4 portions)

Ingredients

- 60 g basmati rice
- 1 l full fat milk
- 100 g sugar
- 4 cardamom pods
- Saffron – 3–5 threads
- Handful of raisins – optional
- Handful of split pistachios or almonds (optional)

Plain Halwa

Ingredients

- 400 g atta flour
- 400 g sugar
- 100 g ghee or neutral flavoured oil
- 1 l cold water
- 50 g raisins (optional)
- 50 g raisins (optional)

Carrot Halwa

(Gajar ka Halwa)

Ingredients

- 1 kg carrots
- 1 ½ liter full fat milk
- 400–500 g sugar
- 4 cardamom pods – seeds crushed

condiments

Plain Raita with

Garam Masala

Ingredients

- 500 g yoghurt
- Garam masala – to taste

Cucumber & Tomato

Raita

Ingredients

- 500 g yoghurt
- 1 tomato
- ½ cucumber
- 1 tsp cumin
- 1 tsp caraway

Mint Chutney

Ingredients

- 50 g mint leaves – finely chopped
- 1 green chili –finely chopped
- Lemon juice from 1 lemon
- 1 clove garlic – finely chopped

- 1 tsp salt
- Pinch of sugar

Eggplant Pickle

(Brinjal Pickle)

Ingredients

- 500 g eggplant – diced into

1 inch pieces

- 100 ml drained tamarind sauce

(see recipe below)

- ½ tsp turmeric powder
- 1 tsp red chili powder
- 1 tsp fenugreek powder
- 1 tbsp salt, 50 ml oil

Tempering Ingredients

- ½ tsp fenugreek powder
- 1 tsp mustard seeds
- Pinch of asafetida
- 2 dried red chillies
- 1 tsp oil from 1 lemon
- 1 clove garlic – finely chopped
- 1 tsp salt, pinch of sugar

Tamarind Sauce

Ingredients

- 100 g tamarind paste
- 200 g sugar
- 200 ml boiling water
- 1 tsp chili powder
- 1 tsp cumin seed powder
- 2 tsp oil
- Black salt – to taste
- Salt – to taste

Tomato Chutney

(2 portions)

Ingredients

- 3 tomatoes – chopped
- 4 red dried chilies – crushed
- 1 onion – chopped
- 1 tbsp ginger – finely chopped
- 2 tbsp coconut
- ½ tsp sambar powder
- 1 ½ tbsp split bengal gram (chana dal)
- Pinch of asafetida
- Pinch of turmeric
- Sprig of curry leaves
- ½ tsp mustard seeds
- Salt
- Oil

Coconut Chutney

Ingredients

Chutney

- 100 g coconut (1 cup)
- 30 g (4 tbsp) roasted chana dal
- 1 green chili
- 1 tbsp ginger

- 125 ml water
- 1 tsp salt

Seasoning

- 1 tsp oil, dash of asafetida
- ½ tsp mustard seeds
- 2 red dried chilis
- 6 curry leaves

Pantry List (non–ordinary ingredients only)

- Cumin seeds (jeera)
- Cardamom pods (elaichi chota)
- Black cardamom (elaichi burra)
- Asafetida, gram flour (besan)
- Bengal gram (chana dal)
- Black gram lentils (urad dal)
- Moong beans (moong dal)
- Black chickpeas without shell (chana dal)
- Atta flour

