



# INDIAN EPICURE

NOVEMBER 2023  
INDIAN EDITION

Quick  
WEEKNIGHT  
DINNERS



SWEET  
DELIGHT  
HOMEMADE  
RECIPES FOR  
SWEET DELIGHT

COOK  
HEALTHY  
HEALTHY COOKING TIPS AND RECIPE  
SUGGESTIONS



THE  
DELICIOUS  
DISCOVERIES  
THE MOST DELICIOUS STREET  
FOODS FROM AROUND THE  
WORLD

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# DELICIOUS DISCOVERIES

## BIRIYANI

One of the most royal delicacies that you can enjoy on any occasion or festival, Chicken Biryani is the epitome of a one-pot meal.



### Ingredients of Chicken Biryani

1 cup boiled basmati rice	600 gm chicken
1/2 teaspoon mint leaves	1 tablespoon garam masala powder
salt as required	1 teaspoon saffron
2 teaspoon virgin olive oil	1 tablespoon bay leaf
3 green cardamom	1 black cardamom
2 clove	1 teaspoon cumin seeds
2 onion	4 green chillies
1 teaspoon turmeric	1 tablespoon ginger paste
1 tablespoon garlic paste	1 teaspoon red chilli powder
1 cup hung curd	1/2 tablespoon ginger
2 tablespoon coriander leaves	2 drops kewra
water as required	1 tablespoon rose water
1 tablespoon ghee	

### Procedure to make Chicken Biryani

#### Step1 - Prepare saffron-kewra water and chop veggies:

To make a delightful chicken biryani dish, firstly soak saffron in water to prepare saffron water (one tsp saffron can be soaked in 1/4 cup water). Next, mix kewra drops in water and mix well to make kewra water. Set them aside for later usage. Now, chop the onion and coriander leaves and keep them aside.

#### Step 2 Sauté the onions:

Meanwhile, heat olive oil in a deep bottomed pan. Once the oil is hot enough, add cumin seeds, bay leaf, green cardamom, black cardamom, cloves in it, and saute for about a minute. Then, add chopped onion to it and saute until pink. Now, add chicken into it with slit green chillies, turmeric, salt to taste, ginger-garlic paste, red chilli powder and green chilli paste. Mix well all the spices and cook for 2-3 minutes. Then, add hung curd into it and give a mix. (Make sure the chicken is washed properly and patted dry before adding it to the dish)

#### Step 3 Cook biryani on low heat for 5-6 minutes:

Turn the flame to medium again and add garam masala in it along with ginger julienned, coriander and mint leaves. Add kewra water, rose water and 1 tsp saffron water in it. Cook till the chicken is tender. Then add 1 cup cooked rice and spread evenly. Then add the remaining saffron water and pour ghee over it. You can now cook the dish without the lid or cover it with a lid to give a dum-effect due to the steam formation.

#### Step 4 Serve hot chicken biryani with your favourite chutney or raita:

Cook for 15-20 minutes with a closed lid and garnish with 1 tbsp fried onions and coriander leaves. Serve hot chicken biryani with raita of your choice. Enjoy!

### Tips:

- The first and foremost important thing to take care of while preparing chicken biryani recipe is, always use a heavy-bottomed pan as you would not want the chicken getting cooked.
- The restaurant-style chicken biryani recipe uses the whole chicken in preparation and the chicken can dry when cooking at home. Always use chicken thigh or drumsticks.



- If you want your chicken to be juicier in your biryani, do not remove the bone.
- If your cooked rice has turned sticky, spread it on a plate and leave it for 5 minutes. The rice will be separate and fluffy again.
- Freshly pound spices bring out the best taste in Chicken Biryani Recipe, so make sure that you dry roast all the whole spices for a good 2-3 minutes and then pound or grind them.

ENJOY THE DISH!

# VEGETARIAN DELIGHTS



## DINNER

### IDLY

### DOSA

### PAROTTA

### NAAN



Idly, Dosa, Parotta, and Naan are commonly enjoyed by vegetarians, and they often serve as the base for vegetarian and vegan dishes. Each of these foods is versatile and can be enjoyed with a variety of accompaniments. Each item carries the unique flavors and culinary traditions of the region it hails from, contributing to the rich tapestry of Indian cuisine.







# SWEET DELIGHT

A Symphony of Sweetness Across Cultures

SWEET'S



## Sweet Symphonies: Nourishing the Soul with the Essence of Indian Sweets:

Embark on a Sweet Odyssey: Indian Sweets, A Melodious Medley of Tradition and Taste Indian sweets, known as "mithai," are an integral part of the country's culinary heritage and cultural celebrations. These delectable treats are crafted with a rich variety of ingredients such as milk, ghee, sugar, flour, and a spectrum of aromatic spices. From the iconic Gulab Jamun and Jalebi to the intricate layers of Barfi and the flaky delights of Soan Papdi, each sweet tells a story of tradition and craftsmanship.

Indian sweets are not only enjoyed during festivals and special occasions but also hold deep symbolic significance in customs, rituals, and hospitality. They come in an array of colors, shapes, and flavors, reflecting the diversity of India's regions and communities.

Whether it's the syrup-soaked Rasgulla from the East, the fragrant and nutty Mysore Pak from the South, or the cashew-laden Kaju Katli from the West, Indian sweets offer a sensory journey that captivates the palate and honors the cultural tapestry of the subcontinent. Each bite is a celebration of sweetness, a testament to the artistry that has been passed down through generations, making Indian sweets a cherished part of the country's culinary legacy.

**TAST A SWEETS!!!**



# FASTLANE FLAVORS

Quick, Convenient and affordable

BURGER AND PIZZA



Fast food is a diverse category that includes a wide range of quick, convenient, and often affordable meals. Here are details about some popular types of fast food.

### **Burgers:**

- Iconic fast food item, typically consisting of a ground meat patty (commonly beef) placed inside a sliced bun.
- Toppings may include lettuce, tomatoes, cheese, pickles, onions, ketchup, and mustard.
- Variations include cheeseburgers, bacon burgers, and specialty burgers with unique ingredients.

### **Pizza:**

- A round, flatbread topped with tomato sauce, cheese, and various toppings like pepperoni, mushrooms, olives, and more.
- Available in various styles, such as New York, Chicago deep-dish, and thin crust.

### **Fried Chicken:**

- Chicken pieces coated in a seasoned batter and deep-fried until crispy.
- Often served with sides like fries, coleslaw, and biscuits.
- Popular fast-food chains often have their unique recipes and secret blends of spices.

### **Sandwiches:**

- Various types of sandwiches, including classics like BLT (Bacon, Lettuce, Tomato), club sandwiches, and more.
- Fast food chains often have signature sandwich offerings with a variety of ingredients.

### **Fries:**

- Sliced and deep-fried potatoes, often served as a side dish.
- Can be seasoned or served with toppings like cheese, chili, or gravy!!!



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## To improve your cooking skills, follow these general tips:

1. Read the recipe first, prepare ingredients in advance, invest in quality ingredients.
2. Keep your workspace organized, learn basic knife skills, season food in layers, taste as you go, control heat, use fresh herbs, experiment with spices, cook proteins to the recommended.
3. Internal temperatures, master basic techniques, balance flavors, avoid overcrowding the pan, be patient with baking, clean as you go, rescue over-salted dishes, and personalize recipes.
4. Remember that cooking is a skill that improves with practice, so don't be discouraged by mistakes and enjoy the process and savor the results.
5. Remember that cooking is an art, and your creativity can lead to delicious results.

ENJOY THE DISH!

