

FREE



PADMA'S INDIAN COOKBOOK

myinnerflame.com

Indian Cooking Made Very Easy. No Prior Experience Needed! Curated recipes to give you full culinary experience.





On a passionate mission to empower everyone to cook delicious Indian cuisine with ease.

Hello there!

I am Harish, Founder of Inner Flame Inc. (aka Inner Flame Kitchen). Thank you for downloading the Indian cookbook. I hope you will enjoy this whole new experience in cooking Indian cuisine.

The Journey

The Seed: I come from a southern Indian heritage and grew up in Mumbai, the food capital of India, and my mom was an excellent cook. I was pampered with the best of South Indian home cooking and the best of street food. I came to the US in the year 2000 for grad school, with some survival cooking crash course from my mom. My occasional, much-anticipated visits to nearby Indian restaurants, on a frugal budget, always turned out to be a disappointment. Here is why...

I was caught by surprise when I was offered a choice: "How spicy I would like my order on a scale of 1 to 5?". In India, you are never offered such a choice. The food in India is very flavorful with the perfect interplay of spices, taste and

texture. Spicy, or heat as it is commonly misinterpreted, is just one of the 6 fundamental tastes. Simply scaling one taste will only overtake every other taste and flavor the dish has to offer. Do you see the problem?, if the very fundamentals of a dish is altered, the resulting dish will be off. I tried different dishes on a scale of 1 to 5 in many restaurants over a period of time. They were not true representations of the food I grew up with and love so much. The desire to do something about it grew stronger. But I was not ready then.

The Cultivation: The idea began to take shape in 2016 when I was volunteering in the kitchen at Ananda Ashram in Upstate NY. I spent my time recreating popular Indian dishes, chasing the tastes imprinted in my memory from India. Through this process, I learned the delicate interplay between seasoning spices (aroma) and fundamental taste spices, understanding how their balance can enhance the flavor of any dish. Guests were asking for recipes, I was on a roll, and I was enjoying every moment of it.

The Bloom: The idea truly blossomed when I embarked on a cross-country living adventure, embracing #vanlife. I was cooking every meal from scratch every day, and juggling all the spices in the precise ratios I had developed at the ashram became very time-consuming. It was during this time that I decided to turn the spice ratios into ready-to-use blends.



The Harvest: I am thrilled to share the harvest of this journey. At Inner Flame, we sell these carefully crafted spice blends and meal kits so that everyone can cook delicious Indian cuisine with ease—better than what you might find in restaurants. Each blend is designed to bring the rich, authentic flavors of Indian cuisine to your kitchen, making cooking a delightful and flavorful experience.

Questions: If you have any questions about the blend or would like a free cooking lesson, you can call me (845) 869-5086 or email me team@myinnerflame.com. If you love the blends and kits, you can follow us on instagram @innerflamekitchen or leave a review on <https://amazon.com/innerflame>

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**Questions on a recipe? Or Need
cooking lessons? Drop us a note
TEAM@MYINNERFLAME.COM**

NEW TO INDIAN CUISINE? TRY OUR STARTER KIT.

Flavors of Indian starter kit



Unlock the tantalizing flavors of India with **Flavors Of India starter kit**. Cook up a delicious Indian cuisine, better than your favorite Indian restaurant. Journey through a full range of flavors. Follow the recipes in this cookbook to become a knowledgeable Indian chef. After mastering the flavors, upgrade to the Family Pack or get full size pack of your favorite blend and wow your friends and family with an Indian feast.

FREE SHIPPING

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LET'S GET COOKING!



SCIENCE OF INDIAN COOKING

Indian cuisine is a complex balance of flavors, taste and texture, achieved through skillfully combining two essential elements: **fundamental tasting spices and complementary spices**. While well-known spice blends like garam masala and curry powders mainly consist of complementary spices and lack fundamental tasting spices, this aspect adds a significant level of difficulty for individuals who aren't seasoned Indian cooks seeking to recreate authentic Indian delicacies at home.

Discover the exceptional culinary experience that awaits you with Inner Flame blends! Our spice blends are meticulously crafted with Fundamental tasting spices and Complementing spices, each in precise ratios. As our harmonious blend embraces your main ingredients, whether they be succulent vegetables, flavorful fish, or tender meat, it adds depth and richness creating unparalleled deliciousness.

Fundamental taste

There are 6 Base Tastes according to Ayurveda: Salty, Sweet, Sour, Astringent, Pungent (Heat) and Bitter. Different areas of the tongue is more sensitive to each of these base taste.

Areas of tongue and taste profile

1. Tip of the tongue -> Salt
2. Between tip and mid the tongue -> Sweet
3. Mid tongue -> Heat
4. Between mid and back of the tongue -> Bitter
5. Back of the tongue -> Sour
6. Sides of the tongue -> Astringent

Example of fundamental tasting spices

- Salty -> Salt
- Sweet -> Sugar, Jaggery
- Heat -> Red Chili
- Bitter -> Fenugreek
- Sour -> Tamarind
- Astringent -> Comes from complimenting spices and main ingredients (Coriander, vegetables, meat etc.)



SCIENCE OF INDIAN COOKING

What are Complimentary spices

Complementary spices contribute aromatic notes to dishes, enhancing their overall fragrance. These spices possess nuanced underlying flavors that amplify the characteristics of their corresponding fundamental spices used in the recipe. Matching complementary spices with their respective fundamental tastes is essential to create harmonious blends. In the case of Inner Flame spice blends, their inherent balance simplifies your cooking experience, allowing you to savor the process without the need for intricate adjustments.

Example balancing of complementing spices and fundamental spice

1. *If you want your dish to have a lingering hot kick without being too spicy hot, you will pair Red Chili powder with Cinnamon, Clove and peppercorn*
2. If you are making a dessert, you want the sweetness to linger without being too sweet, you can pair Sugar with Cardamom and Fennel.
3. Fenugreek (bitter) is a balancer.
 - A. If you want to balance heat and salt, you can add Fenugreek (bitter).
 - B. If you want to remove acidic sweet taste of tomato, you can add Fenugreek while you sauté tomato.

Main ingredient

The name of a dish often derives from its primary ingredient (such as Vegetable Korma, Chicken Tikka, Fish Curry, Lamb Vindaloo, and more). The main ingredient has its very own characteristic taste and texture. When the fundamental tasting spices and complimentary spices are in perfect harmony, they enhance the inherent qualities and enrich the singular essence of the main ingredient, rather than overshadowing it.

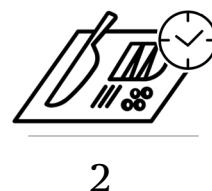
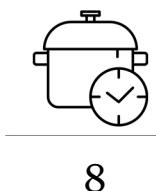
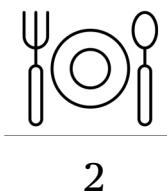
IMPORTANT BASICS OF INDIAN CUISINE

In Indian cooking, there are three main concepts to understand: **Curry Sauce, Cream Sauce, and Tadka.** Learning these is vital, as they lay the groundwork for crafting authentic and delightful Indian curries.

Throughout this guide, many recipes will begin with the Curry Sauce. We'll add the Cream Sauce and Tadka later on. To prevent repeating these steps in recipes, we'll cover them now. In the recipes, we'll refer to them as 'Prepare your Curry Sauce', 'Add Cream Sauce' and 'Add Tadka.'

For our recipes, we'll use 2 servings as a starting point. Adjust quantities as needed based on your serving size.

It is important to note, when preparing curry sauce for Beyond Garam Masala recipes, the blend is added during curry sauce cooking. For Beyond Curry Powder, the blend goes in after the vegetables are 70% cooked.



Dry Curry Sauce



Gravy Curry Sauce

CURRY SAUCE - BEYOND GARAM MASALA

Ingredients



- 2 tablespoons oil (safflower/sunflower/coconut)
- 1/3 cup crushed tomato (do not use tomato paste)
- 1/4 cup water
- 1.5 teaspoon Beyond Garam Masala
- Salt
- 2 garlic clove, finely minced
- 1/3 cup red onion, small dice

Directions

Step 1: In a small saucepan or wok (preferred), heat oil and add garlic, sauté till the garlic turns slightly brown

Step 2: Add onions, pinch of salt (just a pinch), sauté till the onions are caramelized and soft

Step 3: Add tomato, water and stir well. **Add Beyond Garam Masala** and sauté till the tomatoes soften and you see oil leaving the sides.

Step 4: Continue to sauté till it turns to a slightly thick paste

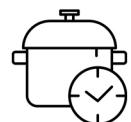
This is the Curry Sauce for most North Indian curries that you eat in restaurants.

The only variation to the base will be the consistency of the curry.

There are 3 variations: Dry (as is), Gravy (more water), Creamy (cashew or coconut cream).



2



8



2



Dry Curry Sauce



Gravy Curry Sauce

CURRY SAUCE - BEYOND CURRY POWDER

Ingredients



- ▶ 2 tablespoons oil (safflower/sunflower/coconut)
- ▶ 1/4 cup fresh/crushed tomato (do not use tomato paste)
- ▶ 1/3 cup red onion, small dice
- ▶ 1/4 cup water
- ▶ 2 garlic clove, finely minced
- ▶ Salt (2 pinches)

Directions

Step 1: In a small saucepan or wok (preferred), heat oil and add garlic, sauté till the garlic turns slightly brown

Step 2: Add onions, **two pinch of salt**, sauté till the onions are caramelized and soft

Step 3: Add tomato, water and stir well. Sauté till the tomatoes soften and you see oil leaving the sides.

Step 4: Continue to sauté till it turns to a slightly thick paste

This is the Curry Sauce for Beyond Curry Powder/South Indian style cooking. The spice blend is added when the main ingredient is cooked 75%.

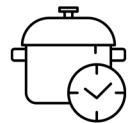
The only variation to the base will be the consistency of the curry.

There are 3 variations: Dry (as is), Gravy (more water), Creamy (coconut cream).

CREAM SAUCE



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Ingredients

- 1/4 cup cashews
- 1/4 teaspoon Beyond Garam Masala
- 1/4 cup water

Directions

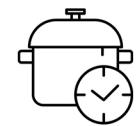
Step 1: Soak cashews in water, add Beyond Garam Masala and let sit for 30 minutes. Or boil cashews for 5 minutes, add Beyond Garam Masala and let sit for 5 minutes.

Step 2: Puree the cashews to a creamy consistency. Add some water if needed if cream is too thick.

This is your Cream Sauce. You will use this instead of heavy cream used in traditional Indian recipes. Cashew cream also gives the dish a much richer flavor and texture over heavy cream. We will use this in curry dishes that require a creamy consistency.



2



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TADKA (TEMPERING)

Ingredients



- ▶ 2 teaspoon coconut oil preferred (safflower/sunflower)
- ▶ 1 tsp black gram(urad dal) - optional
- ▶ 1 tsp brown mustard
- ▶ 1 tsp cumin seeds
- ▶ 1 sprig fresh curry leaf (optional)
- ▶ Red chili stick (optional - spice blends already have crushed red chili)

Directions

Step 1: In a small saucepan heat oil

Step 2: If using urad dal, add first and cook for about a minute until they begin to lightly turn brown.

Step 3: Then add mustard seeds. As mustard seeds begin to pop, add cumin seeds, curry leaves and let heat for about another 30 seconds until they start popping.

Step 4: Immediately pour this mixture into the curry and mix well.

KITCHARI KIT & SPICE MIX



Spice Mix



10 Meal Kit



28 Meal + Cleanse Kit



Ingredients

► North Indian Spice Mix

Cumin*, Coriander*, Turmeric*, Gluten Free Asafoetida*, Ginger*, Rock Salt*, Black Pepper*, Clove*, Dried Curry Leaf*, Cardamom*, , Cinnamon* *ORGANIC INGREDIENTS

► North Indian Spice Mix

Cumin*, Gluten Free Asafoetida*, Ginger*, Rock Salt*, Black Pepper*, Dried Curry Leaf*

*ORGANIC INGREDIENT Himalayan Rock Salt

About

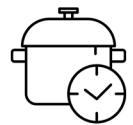
Kitchari is a delicious meal of equal parts basmati rice and yellow lentils cooked with a balance of Ayurvedic spices. Suitable for all three doshas, it's often used to cleanse the digestive system. Enjoy as breakfast, lunch or dinner, or while camping, RVing and backpacking.

Order now

KITCHARI KIT & SPICE Mix



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Coconut Chutney and Sambar

KITCHARI NORTH INDIAN STYLE

Ingredients



1 rice and yellow moong dal pack (or 1/4 cup each of rice and yellow moong dal)

▶ OPTIONAL 1/3 cup easy to digest mixed vegetables (carrot, green beans, onion, tomato, peas, broccoli)

▶ 1 Kitchari Spice Mix pack OR 1.5 tsp of Kitchari Spice Mix

▶ 2 cups of water

▶ 2 teaspoons ghee or oil

Directions

Step 1: Wash rice and yellow moong dal at least twice or until water runs clear. Recommended not required: Soak in filtered water overnight (or minimum of two hours). Drain soaking water.

Step 2: In a small saucepan, heat oil, add Kitchari spice mix and sauté for 30 seconds. Add rice and moong dal and 2 cups of water, vegetables. Stir well and bring to a boil.

Step 3: Reduce heat, simmer and cook for about 20 to 25 minutes, stirring occasionally, until tender and preferred consistency. Add more water if needed during cooking.

Step 4: OPTIONAL - If adding some of your favorite vegetables, add about halfway during cooking (10 minutes).

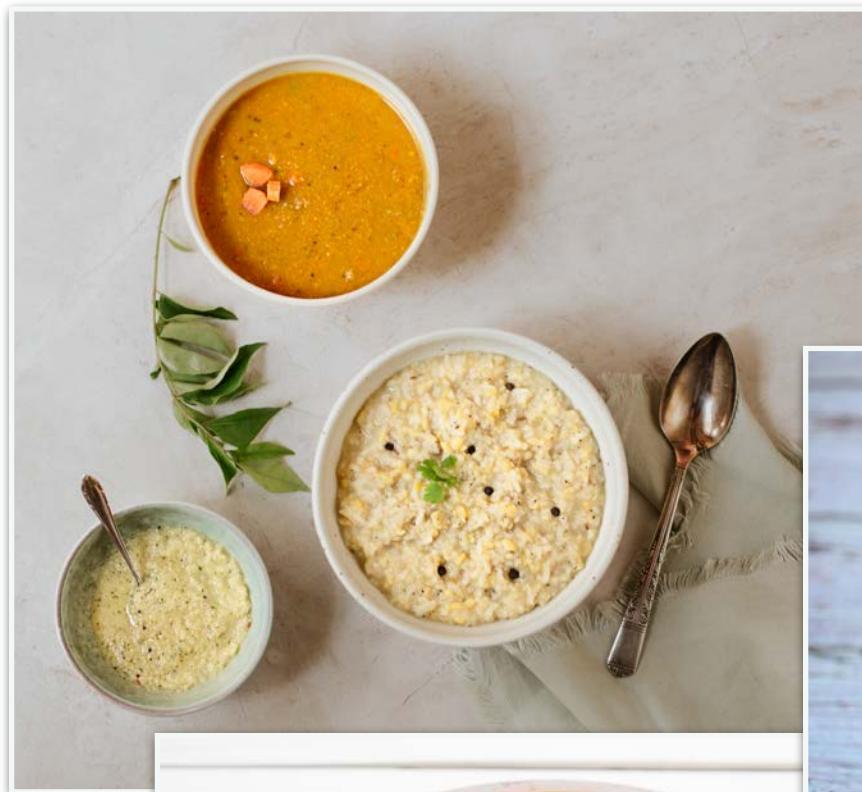
Step 5: When Kitchari is just about done cooking, add ghee or coconut oil. Mix well.

Step 6: Let Kitchari cool for a few minutes. Garnish with cilantro if desired.

Step 7: Enjoy the Kitchari with Coconut Chutney and Sambar

KITCHARI KIT & SPICE MIX

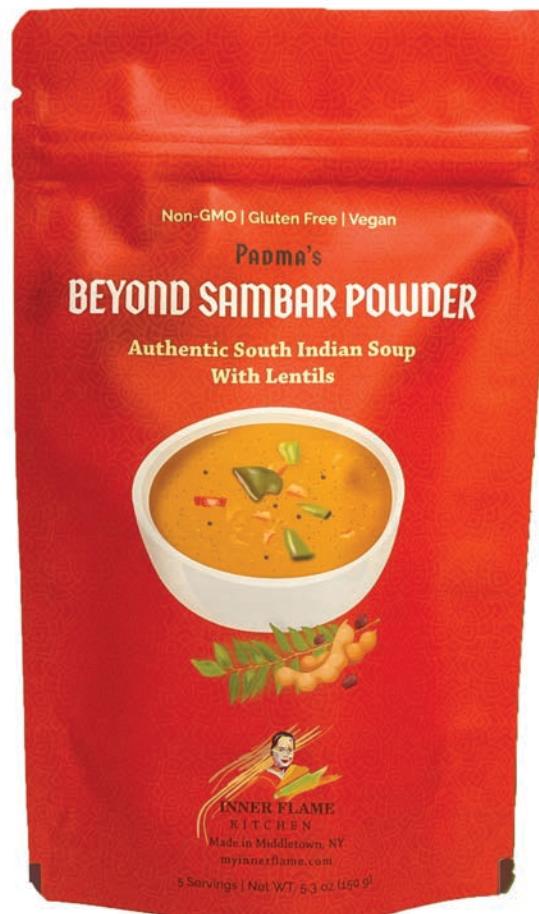
KITCHARI PAIRING



Coconut Chutney and Sambar



Beyond Sambar Powder



Order now

BEYOND SAMBAR POWDER



Ingredients

- Split Red Lentil*
- Bengal Gram*
- Black Gram*
- Dried Coconut*
- Himalayan Rock Salt
- Coriander*
- Brown Mustard Seed*
- Turmeric*
- Jaggery*
- Tamarind
- Cumin*
- Dried Curry Leaf
- Dried Red Chili*
- Fenugreek*
- Black Peppercorn*
- Asafoetida (GF)

*ORGANIC
INGREDIENTS

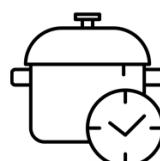
About

Sambar is an iconic lentil soup heavily featured in South Indian cuisine. As a unique dish, it requires all six Ayurvedic tastes (Sweet, Salt, Sour, Pungent, Astringent and Bitter) to be perfectly balanced. Known as a complement to idli, vada, dosa and rice, Sambar can be paired with various meals.

What is special about this Sambar powder:

Most store-bought Sambar powders require multiple spices (Lentil, Tamarind, Jaggery, Mustard, Coconut, Curry Leaf) to be added in order to achieve the traditional flavor. We have gone to great lengths to create an authentic Sambar mix with all the ingredients. Enjoy perfectly flavored Sambar with minimal effort.

NOTE



To be added after vegetables/proteins are 70% cooked

Coarsely ground legumes in Beyond Curry Powder absorb much of the water. If not stirred frequently during cooking, it can stick to the bottom of the pan.

SAMBAR - LENTIL SOUP



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Ingredients

- 2 teaspoons oil (coconut oil preferred)
- 1/4 cup red onion, small dice
- 1/4 cup tomato, small dice
- 3/4 cup favorite vegetables, chop small (i.e. carrots, green bean, okra, peppers, etc.). Sambar is really great with a variety of vegetables that are seasonally available.
- 3 tablespoons of Sambar Mix
- 2 cups boiling water (more if needed during cooking)
- Cilantro for garnish

Directions

Step 1: Heat oil in a small saucepan. When oil is hot, add onions, pinch of salt (just a pinch), sauté till the onions are caramelized and soft.

Step 2: Add tomatoes, 1/4 cup boiling water, stir well and cook for 2 minutes

Step 3: Add vegetables, 1/2 cup boiling water and cook till the vegetables are soft (about 5 minutes)

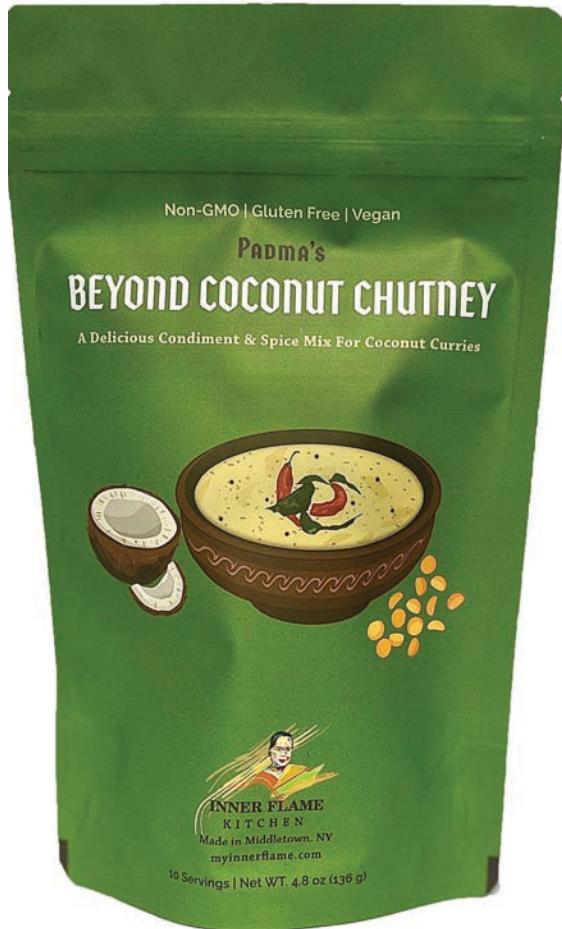
Step 4: Add Sambar Mix and quickly mix to coat all of the vegetables. Then add remaining boiling water slowly while constantly stirring and avoiding any clumping. Reduce heat to low. Simmer for about 10 minutes, stirring frequently. If soup is getting too thick during cooking, add more water if needed.



Step 5 (Important): The sambar's texture is balanced, neither overly thin nor overly thick. Utilize a handheld blender to swiftly blend the soup three times, allowing the flavor to thoroughly infuse.

Step 5: Garnish with cilantro and serve hot.

Beyond Coconut Chutney



Order now

BEYOND COCONUT CHUTNEY



Ingredients

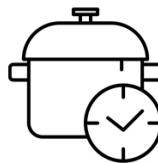
- Dried Coconut*
- Himalayan Pink Salt
- Dried Red Chili*
- Dalia Dal (roasted chickpeas)
- Dried Curry Leaf*
- Rice Flour*
- Black Gram*
- Brown Mustard Seed*
- Turmeric
- Gluten Free Asafoetida

*ORGANIC

About

COCONUT CHUTNEY is the most popular condiment from Southern India. It is served with dosas (savory crepe), idlis (steamed rice cakes), dips and many more... You can also use the Coconut Chutney Mix as a spice blend to make many of the popular south Indian coconut based curries like poriyal and aviyal.

NOTE

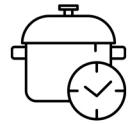


To be added after vegetables are 90% cooked

The coconut absorbs moisture and hydrates quickly.



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COCONUT CHUTNEY AS CONDIMENT

Ingredients



- 1.5 tablespoon Coconut Chutney Mix
- 1 tsp Yogurt (optional)
- 1.5 tablespoon water

Directions

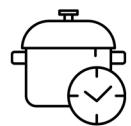
Step 1: Mix Coconut Chutney Mix and water, let sit for 1 minutes to hydrate. Add two teaspoons of water or yogurt if needed to bring to a creamy consistency.



VEGETABLE COCONUT CURRY (PORIYAL)



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3



Ingredients



- 1.5 cup spinach / beets diced/beans cut/cabbage shredded or a mix of veggies (cabbage, carrots and peas)
- 1/2 inch ginger minced
- 1/4 cup water
- 2 tablespoon oil (safflower/sunflower/coconut)
- 1.5 tablespoon Coconut Chutney Mix
- Salt to taste (optional)
- Cilantro for garnish

Directions

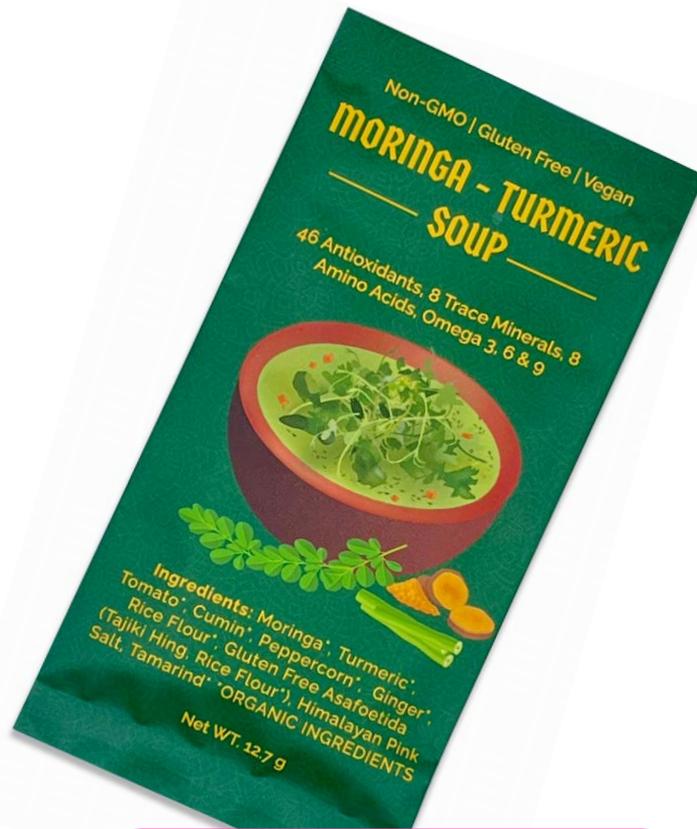
Step 1: Heat 2 tbsp of oil in a shallow pan. Lower the flame.

Step 2: Add the veggie, water and stir well.

Step 3: Cover the pan with a lid. On a low flame simmer the veggie till its cooked. Check after every 5 to 6 minutes and give a stir so that the veggie does not get burnt.

Step 4: Once the veggies are cooked and there is no water left, add Coconut Chutney Mix and stir well. You can add a pinch of salt to your tasting if needed. Let sit for 2 mins.

MORINGA TURMERIC SOUP



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MORINGA TURMERIC SOUP



Ingredients

- ▶ Moringa Leaf Ground*
- ▶ Peppercorn*
- ▶ Himalayan Pink Salt*
- ▶ Turmeric*
- ▶ Ginger*
- ▶ Tamarind
- ▶ Tomato Powder*
- ▶ Gluten Free Asafoetida
- ▶ Cumin*
- ▶ *ORGANIC

About

Moringa-Turmeric soup is an inspiration from South Indian clear soup Rasam. The soup is commonly paired with rice. The flavor and balance of spices in rasam is very warming. Moringa pods are commonly added to rasam. However moringa leaves have lot more nutritional properties than the pods.

The soup is very versatile You can add your favorite veggies/noodles/protein or a combination. You can add different broths to give your own create twist.

Moringa's nutritional profile:

46 Anti oxidants, 8 trace minerals, all 8 amino acids, Omega 3, 6 & 9.

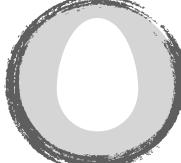
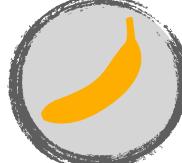
3 X potassium
50 x vitamin B

14 X Iron

7 X vitamin C
4 x vitamin A

36 X Magnesium

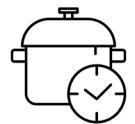
4 X Calcium



MORINGA TURMERIC SOUP



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3



MORINGA TURMERIC SOUP

Ingredients



- 2 tsp oil (safflower/sunflower/coconut)
- 2 clove garlic minced
- 1 cup favorite vegetables, chop small (i.e. onion, carrots, peas, spinach, etc.) **OR**
- Protein (chicken/fish/meat) **OR**
- Optional (noodles) **OR**
- 1.5 cup combination of vegetable, protein and noodles.
- 1.5 cups water or broth of your choice.
- Salt to taste (optional)
- Cilantro for garnish

Directions

Step 1: Prepare Ingredients

- Boil or steam vegetables if using, and set aside.
- Boil noodles if using, and set aside.
- Cook protein (chicken, shrimp, fish, meat) if adding, and set aside.

Step 2: Heat oil in a small saucepan. Add garlic and sauté for 30 seconds.

Step 3: Add vegetables, protein, noodles and one Moringa Turmeric soup pack. Stir well to coat the Moringa turmeric soup mix.

Step 4: Add water and Reduce heat to low and simmer for around 2 minutes, stirring often. If the soup becomes too thick, add more water as needed.

BEYOND GARAM MASALA



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BEYOND GARAM MASALA

Ingredients

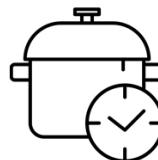


- Gluten Free Asafoetida*
- Cumin* Turmeric*
- Fennel* Peppercorn*
- Cardamom* Fenugreek*
- Red Chili* Ginger*
- Cinnamon* Himalayan Pink Salt
- Clove* Tamarind*
- Coriander* *Organic Ingredients

Beyond Garam Masala is the first complete Indian spice blend that balances the six Ayurvedic tastes - sweet, salty, pungent, bitter, astringent and sour. It has 16 spices in perfect harmony making it both unique and versatile.

With Beyond Garam Masala, you can cook most **North Indian** curry dishes on an Indian restaurant menu.

NOTE



To be added when preparing curry base

This opens the strong flavor of spices and breaks the acidity in tomatoes.



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Rice / Roti / Naan / Flour Tortilla

CHICKEN TIKKA MASALA



Ingredients

- Cream Sauce (pg. 10)
- Marinade:
- **1 teaspoon Beyond Garam Masala**
- Curry Sauce (pg. 8)
- 1/4 cup yogurt
- 1 tablespoon butter
- 1/2 lime
- 2 pieces of boneless skinless chicken thighs
- 1 tablespoon oil (safflower/sunflower)
- Cilantro for garnish

Directions

Step 1: In a small bowl, add yogurt, oil and Beyond Garam Masala , squeeze lime and mix well. Add chicken and mix well. Let this marinade in the fridge for 1 hour. Remove from fridge and set aside before proceeding to the next step.

Step 2: Prepare Cream Sauce

Step 3: Prepare Curry Sauce, add Cream Sauce and cook for another minute, set aside

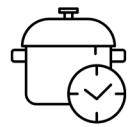
Step 4: In another pan, heat butter and cook the marinaded chicken on medium flame. Turn the chicken frequently to avoid burning. The chicken will take approximately 20 minutes to cook.

Step 5: Once the chicken is cooked, add the Curry Sauce and cook for another 10 minutes. Stir frequently to avoid burning.

Step 6: Garnish with cilantro and serve hot



2



25



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Rice / Roti / Naan / Flour Tortilla

CHICKEN COCONUT CURRY



Ingredients

Curry Sauce (in coconut oil)
(pg. 8)

- 1 tablespoon coconut oil
- 2 teaspoons black tea
- 1/2 cup of coconut milk
- 2 pieces of boneless skinless chicken thighs

- Cilantro for garnish

Marinade:

- 1 teaspoon Beyond Garam Masala
- 1/4 cup yogurt
- 1/2 lime
- 1 tablespoon oil (safflower/

Directions

Step 1: In a small bowl, add yogurt, oil and Beyond Garam Masala , squeeze lime and mix well. Add chicken and mix well. Let this marinade in the fridge for 1 hour. Remove from fridge and set aside before proceeding to the next step.

Step 2: Boil black tea in 1 cup of water, strain water in cup and set aside

Step 3: Prepare Curry Sauce, add coconut milk and black tea water, cook for another minute and set aside

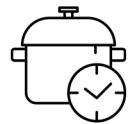
Step 4: In another pan, heat coconut oil and cook the marinaded chicken on medium flame. Turn the chicken frequently to avoid burning. The chicken will take approximately 20 minutes to cook.

Step 5: Once the chicken is cooked, add the Curry Sauce and cook for another 10 minutes. Stir frequently to avoid burning.

Step 6: Garnish with cilantro and serve hot



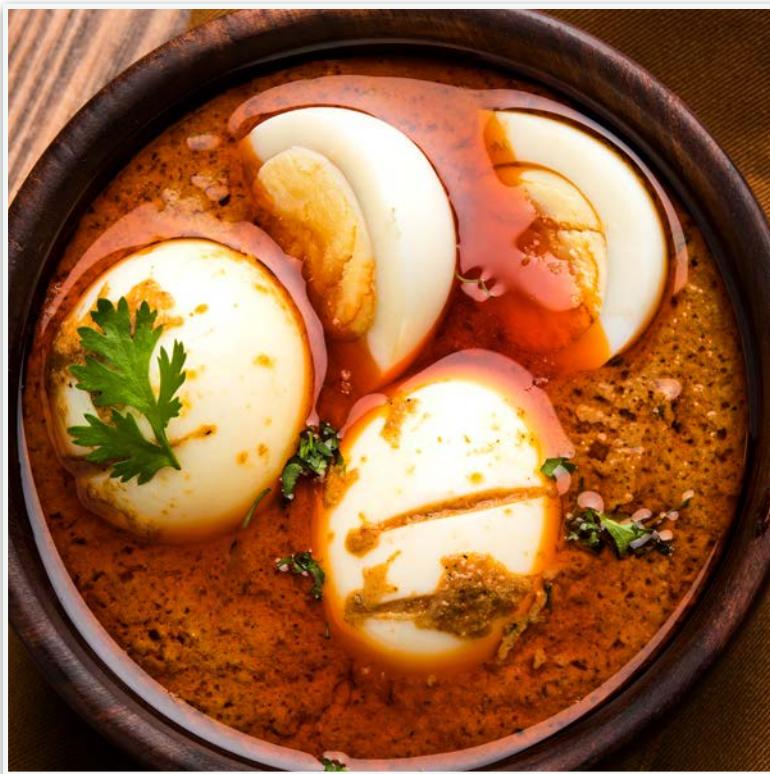
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EGG CURRY



Ingredients

- Curry Sauce (pg. 8)
- 1 tablespoon oil (safflower/sunflower)
- 2 eggs, hardboiled
- 1/2 teaspoon Beyond Garam Masala
- Cilantro for garnish

Directions

Step 1: Make a cut along the center of boiled egg and crack it slightly open

Step 2: In a small saucepan or wok (preferred), heat oil, add 1/2 teaspoon Beyond Garam Masala and sauté the eggs for 2 minutes until slightly brown, set aside

Step 3: Prepare Curry Sauce

Step 4: Add the eggs and sauté for another 3 minutes

Step 5 (optional): Add Cream Sauce and stir well. Cook for another 2 minutes till a thicker consistency.

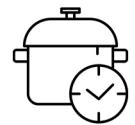
Step 6: Garnish with cilantro and serve hot



Rice / Roti / Naan / Flour Tortilla



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Rice / Roti / Naan / Flour Tortilla

FISH TIKKA MASALA

Ingredients



- Cream Sauce (pg. 10)
- Curry Sauce (pg. 8)
- 1 tablespoon butter
- Half pound fish
- Cilantro for garnish
- **Marinade:**
- 1 teaspoon Beyond Garam Masala
- 1/4 cup yogurt
- 1/2 lime
- 1 tablespoon oil (safflower/sunflower)

Directions

Step 1: In a small bowl, add yogurt, oil and Beyond Garam Masala , squeeze lime and mix well. Add fish and mix well. Let this marinade in the fridge for 30 minutes. Remove from fridge and set aside before proceeding to the next step.

Step 2: Prepare Cream Sauce

Step 3: Prepare Curry Sauce, add Cream Sauce and cook for another minute and set aside

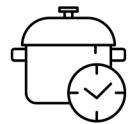
Step 4: In another pan, heat butter and cook the marinated fish on medium flame for about 5 minutes on each side or until cooked

Step 5: Once the fish is cooked, add the Curry Sauce and cook for another 5 minutes. Stir frequently to avoid burning.

Step 6: Garnish with cilantro and serve hot



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Rice / Roti / Naan / Flour Tortilla

FISH COCONUT CURRY



Ingredients

- Curry Sauce (pg. 8) (in coconut oil)
- 1 tablespoon coconut oil
- 2 teaspoons black tea
- 1/2 cup of coconut milk
- Half pound fish
- Cilantro for garnish

Marinade:

- 1 teaspoon Beyond Garam Masala
- 1/4 cup yogurt
- 1/2 lime
- 1 tablespoon oil (safflower/sunflower)

Directions

Step 1: In a small bowl, add yogurt, oil and Beyond Garam Masala , squeeze lime and mix well. Add fish and mix well. Let this marinade in the fridge for 30 minutes. Remove from fridge and set aside before proceeding to the next step.

Step 2: Boil black tea in 1/2 cup of water, strain water in cup and set aside

Step 3: Prepare Curry Sauce, add coconut cream, black tea water and cook for another minute and set aside

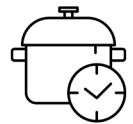
Step 4: In another pan, heat butter and cook the marinaded fish on medium flame for about 5 minutes on each side or until cooked

Step 5: Once the fish is cooked, add the Curry Sauce and cook for another 5 minutes. Stir frequently to avoid burning.

Step 6: Garnish with cilantro and serve hot.



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CHANA MASALA / CHICKPEAS CURRY



Ingredients

- Curry Sauce (pg. 8)
- 1 can chickpeas, strained
- 3 teaspoons black tea
- 1/4 cup water
- 1 medium sized potato, small dice (+1/4 teaspoon salt for boiling)
- Cilantro for garnish

Directions

Step 1: Boil black tea in 1 cup of water, strain water in cup and set aside

Step 2: Boil potatoes with salt, strain and set aside

Step 3: Prepare Curry Sauce

Step 4: Add boiled potatoes, half of the black tea water and chickpeas and cook for 5 minutes or until beans are soft. Add remaining black tea water if needed.

Step 5: Finish with few pulses of hand blender or gentle mash of some of the chickpeas for a thicker consistency

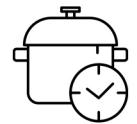
Step 6: Garnish with cilantro and serve hot



Rice / Roti / Naan / Flour Tortilla



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CURRIED BLACK BEAN SOUP



Ingredients

- Curry Sauce (pg. 8)
- 1/2 avocado for garnish
- 1 can black bean
- Cilantro for garnish

Directions

Step 1: Prepare Curry Sauce

Step 2: Add black beans and cook for 5 minutes or until beans are soft. Add more water if needed.

Step 3: Finish with few pulses of hand blender or gentle mash of some of the beans for a thicker consistency

Step 4: Garnish with cilantro and serve hot



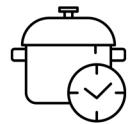
Curry Nachos: Topped with salad greens, curried black bean , cheese, black olives, jalapeños, onions, tomatoes, cilantro and chaat masala.



Rice / Roti / Naan / Flour Tortilla



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MATTAR (PEAS) PANEER/TOFU



Ingredients

- Curry Sauce (pg. 8)
- Cream Sauce (pg. 10)
- 1 tsp oil/butter/ghee
- 1/2 tsp Beyond Garam Masala
- 1/4 cup green peas
- 1/2 cup paneer (Indian cottage cheese) OR tofu, cubed
- Cilantro for garnish

Directions

Step 1: Prepare Cream Sauce and set aside

Step 2: In a small saucepan or wok (preferred), heat oil/butter/ghee, add 1/2 teaspoon Beyond Garam Masala and sauté paneer/tofu for 2 minutes until slightly brown, set aside

Step 3: Prepare Curry Sauce, add Cream Sauce and cook together for 3 minutes

Step 4: Add peas and paneer or tofu, stir well and sauté for another 5 minutes

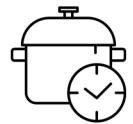
Step 5: Garnish with cilantro and serve hot



Rice / Roti / Naan / Flour Tortilla



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Rice / Roti / Naan / Flour Tortilla

BHINDI MASALA



Ingredients

- 1.5 tsp of Beyond Garam Masala or one sample sachet
- 1 + 1/2 cup of okra, 1" pieces
- Cilantro for garnish
- 2 table spoon oil
- Curry Sauce (pg. 8)

Directions Stove Top

Step 1: Preheat oven to 350 F

Step 2: Apply oil to okra and oven roast for 20 minutes. Check frequently to make sure the okra is not burning. When the okra is cooked, take it out of oven and set aside. This method will cook the okra well without making the curry slimy.

Step 3: Prepare Curry Sauce (pg. 8)

Step 4: Add okra, 1/4 cup water and stir well. Sauté for another 5 minutes or till okra is fully cooked.

Step 5: Garnish with cilantro and serve hot

Directions Instapot

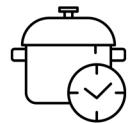
Step 1: Add oil, garlic, onion, tomato, okra, 1.5 tsp Beyond Garam Masala and stir well. Close the lid and set to sauté.

Step 2: When cooked, garnish with cilantro and serve hot.

VEGETABLE KOLHAPURI



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Ingredients

- Curry Sauce (pg. 8)
- 1/4 cup carrots, 1/2" pieces
- 2 tablespoons desiccated coconut
- 1/4 cup green beans, 1/2" pieces
- 1/4 cup green peppers, small dice
- 1/4 cup cauliflower florets
- 1/4 cup green peas
- Cilantro for garnish

Directions

Step 1: Boil/Steam the vegetables in an electric cooker, steamer or pressure cooker and set aside

Step 2: Heat pan and dry roast coconut for 1 minute and set aside

Step 3: Prepare Curry Sauce, add desiccated coconut and cook for 1 minute

Step 4: Add steamed vegetables and cook for another 3 minutes. Add salt to taste.

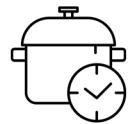
Step 5: Garnish with cilantro and serve hot



Rice / Roti / Naan / Flour Tortilla



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ALOO GOBI (POTATO CAULIFLOWER)



Ingredients

- Curry Sauce (pg. 8)
- 1 tsp turmeric powder
- 1 cup cauliflower florets
- 1 cup potatoes, large cubed
(+1/2 teaspoon salt for
boiling)
- Cilantro for garnish
- 1/2 teaspoon salt
- 1 tsp cumin seeds

Directions

Step 1: Boil or steam the vegetables in an electric cooker, steamer or pressure cooker and set aside

Step 2: Prepare Curry Sauce with Beyond Garam Masala, cumin seeds and turmeric

Step 3: Add the vegetables, stir well and sauté for another 3 minutes

Step 4: Garnish with cilantro and serve hot



Rice / Roti / Naan / Flour Tortilla



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Rice / Roti / Naan / Flour Tortilla

BAINGAN BARTHA (EGGPLANT CURRY)



Ingredients

- Curry Sauce (without garlic) (pg. 8)
- 2 teaspoons oil (safflower/sunflower)
- 4 garlic clove
- 1 medium eggplant
- Cilantro for garnish

Directions

Step 1: Wash and pat dry the eggplant. Apply thin coat of oil all over. Make 4 deep slits and insert garlic cloves into each slit.



Step 2:

Option 1 - Open flame: Keep turning the eggplant after 2 to 3 minutes on the flame, so that it's evenly cooked. This will give the curry a nice smoke flavor.

Option 2 - Oven: Pre-heat the oven to 400F. Place the prepped eggplant on baking tray. Rotate the eggplant every 15 mins so that it is evenly cooked.

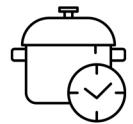
Step 3: Chop the cooked eggplant and set aside

Step 4: Prepare Curry Sauce (without garlic), add the chopped eggplant, 1/4 cup water and stir well, sauté for another 3 minutes

Step 5: Garnish with cilantro and serve hot



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VEGETABLE/NAVRATAN KORMA



Ingredients

- Cream Sauce (pg. 10)
- Curry Sauce (pg. 8)
- 2 teaspoons oil/ghee/butter
- 1 1/4 cup mixed vegetable (green beans, cauliflower, carrots, potatoes, peas) chopped
- 1/4 cup paneer/tofu cubed (optional)
- 1 tbsp pomegranates, sliced almond, raisins (optional). Add to make it Navratan korma.
- Cilantro for garnish

Directions

Step 1: Prepare Cream Sauce and set aside

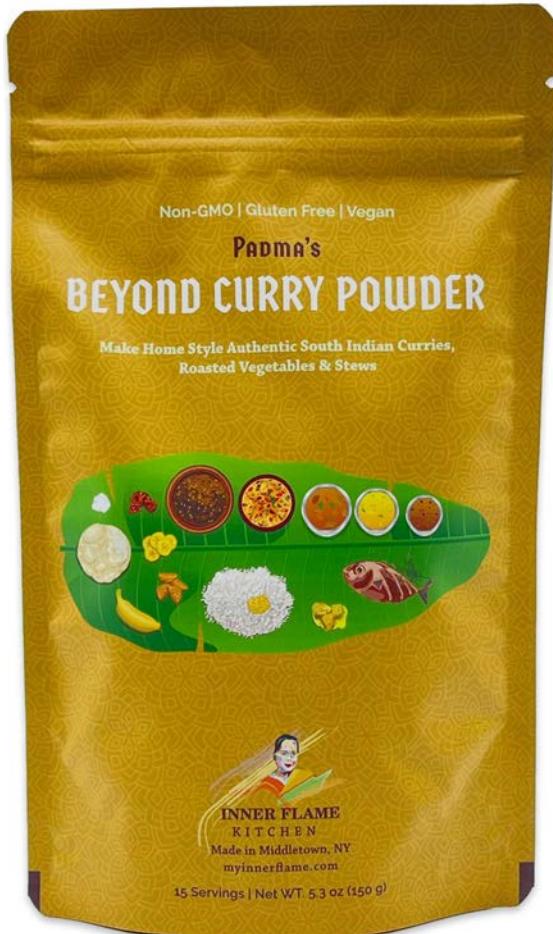
Step 2: In a small saucepan or wok (preferred), heat oil/butter/ghee, add 1/2 teaspoon Beyond Garam Masala and sauté paneer/tofu for 2 minutes until slightly brown, set aside

Step 3: Prepare Curry Sauce, add Cream Sauce and cook together for 3 minutes

Step 4: Add steamed vegetables and cook for another 3 minutes. Add salt to taste.

Step 5: Garnish with cilantro and serve hot

BEYOND GARAM MASALA



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BEYOND CURRY POWDER



Ingredients

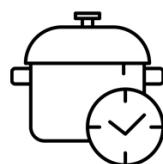
- Bengal Gram*
- Red Chili*
- Black Gram
- Fenugreek*
- Rice Flour*
- Dried Curry Leaf*,
- Sesame Seed*
- Asafoetida (GF)
- Coriander*
- Turmeric*
- Dried Coconut*
- * ORGANIC
- Himalayan Rock Salt

About

Beyond Curry Powder encapsulates the soul of South Indian curries and dal, bringing the savory taste of home cooking to any dish! This unique blend of spices perfects the flavor of soups, stews, curries, roasted vegetables/fish/chicken and more.

Furthermore, the coarse grind makes for an ideal rub, adding flavor, crunch, and a delightful coating to any roasted vegetable/fish/chicken.

Making curries

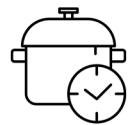


To be added when veggies are 70% cooked

Coarsely ground legumes in Beyond Curry Powder absorb much of the water. If not stirred frequently during cooking, it can stick to the bottom of the pan.



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SQUASH CURRY (HOME STYLE)



Ingredients

- Curry Sauce (pg. 9)
- 1 cup water.
- 2 teaspoons oil/ghee/butter
- 2 tablespoons Beyond Curry Powder or 1 sample sachet
- 2 cups squash cubed (1 medium sized squash)
- Cilantro for garnish

Directions

Step 1: Prepare Curry Sauce

Step 2: Add squash and let cook till squash is 70% cooked (about 5 minutes).

Step 3: Add 2 tablespoon of Beyond Curry Powder, 1/2 cup water and mix well. Stir frequently and let cook in low to medium heat for 2 minutes. Add more water if Beyond Curry Powder is sticking to the bottom of the pan.

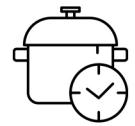
Step 4: Garnish with cilantro and serve hot



Rice / Roti / Naan / Flour Tortilla



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BUTTERNUT SQUASH STEW (KOOTU)



Ingredients

- 1 cup butternut squash, peeled and cubed
 - 1/2 teaspoon salt
 - 1 cup water
 - 1/2 cup cooked chickpeas
 - 1 tablespoon Beyond Curry Powder
- **Tadka at the end (optional)**

Directions

Step 1: In a small saucepan, add butternut squash, salt and water, bring to a boil. The water level should be to just submerge the squash.

Step 2: Once it reaches a boil, add the chickpeas. Stir well, reduce heat and simmer for about 20 minutes until the squash is tender.

Step 3: Add Golden Mix and stir well. Add 1/4 cup water and let cook for 3 minutes. Finish with few pulses of hand blender or gentle mash for a thicker consistency.

Step 4: When the squash is cooked, add Tadka.

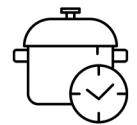


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RUB FOR ROASTING/GRILLING



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Ingredients

- 1 cup assorted vegetables small dice **OR** half pound protein (fish/chicken/meat)
- 1 tablespoon oil
- 1 tablespoon Beyond Curry Powder
- Salt to taste (optional)



Directions

Step 1: Preheat oven to 400 degrees F

Step 2: Toss the vegetables/protein in a bowl with a drizzle of olive oil to lightly coat.

Step 3: Sprinkle the Beyond Curry Powder over the vegetables/protein and toss to ensure even coating.

Step 4: Place the vegetables/protein on the grill grates or a roasting pan, and cook according to your desired doneness, turning occasionally.

The rub will create a flavorful crust on the outside of the food as it cooks.

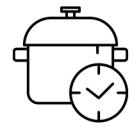
Cooking times will vary based on the type and size of vegetables/protein.



The only measure to follow is 'for every cup of vegetable or half pound of protein, use 1 tablespoon of Beyond Curry Powder.'



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VEGETABLE MEDLEY



Ingredients

- 2 tablespoons oil (safflower/sunflower/coconut)
- Curry Sauce (pg. 9)
- 1/4 cup water
- 1.5 tablespoon Beyond Curry Powder or 1 Sampler Sachet
- 1.5 cups of medium sized zucchini, cubed/diced
- 1/4 cup carrots boiled, small diced (Can be replaced by any other vegetable)
- Tadka (pg. 11) (optional)
- Cilantro for garnish

Directions

In Instapot

Step 1: In the Instapot add garlic, onion, tomato, zucchini, carrots, oil and Beyond Curry Powder, mix well and close the lid. Set it in sauté setting (25 minutes).

Step 2: When cooked, stir well, Garnish with cilantro and serve hot. YUM!

Stove top

Step 1: Prepare Curry Sauce (pg.9)

Step 2: Add squash, carrots and let cook till vegetables are 70% cooked (about 5 minutes).

Step 3: Add 1.5 tablespoon of Beyond Curry Powder, 1/2 cup water and mix well. Stir frequently and let cook in low to medium heat for 2 minutes. Add more water if Beyond Curry Powder is sticking to the bottom of the pan.

Step 4: Add tadka (pg. 11) and mix well

Step 4: Garnish with cilantro and serve hot