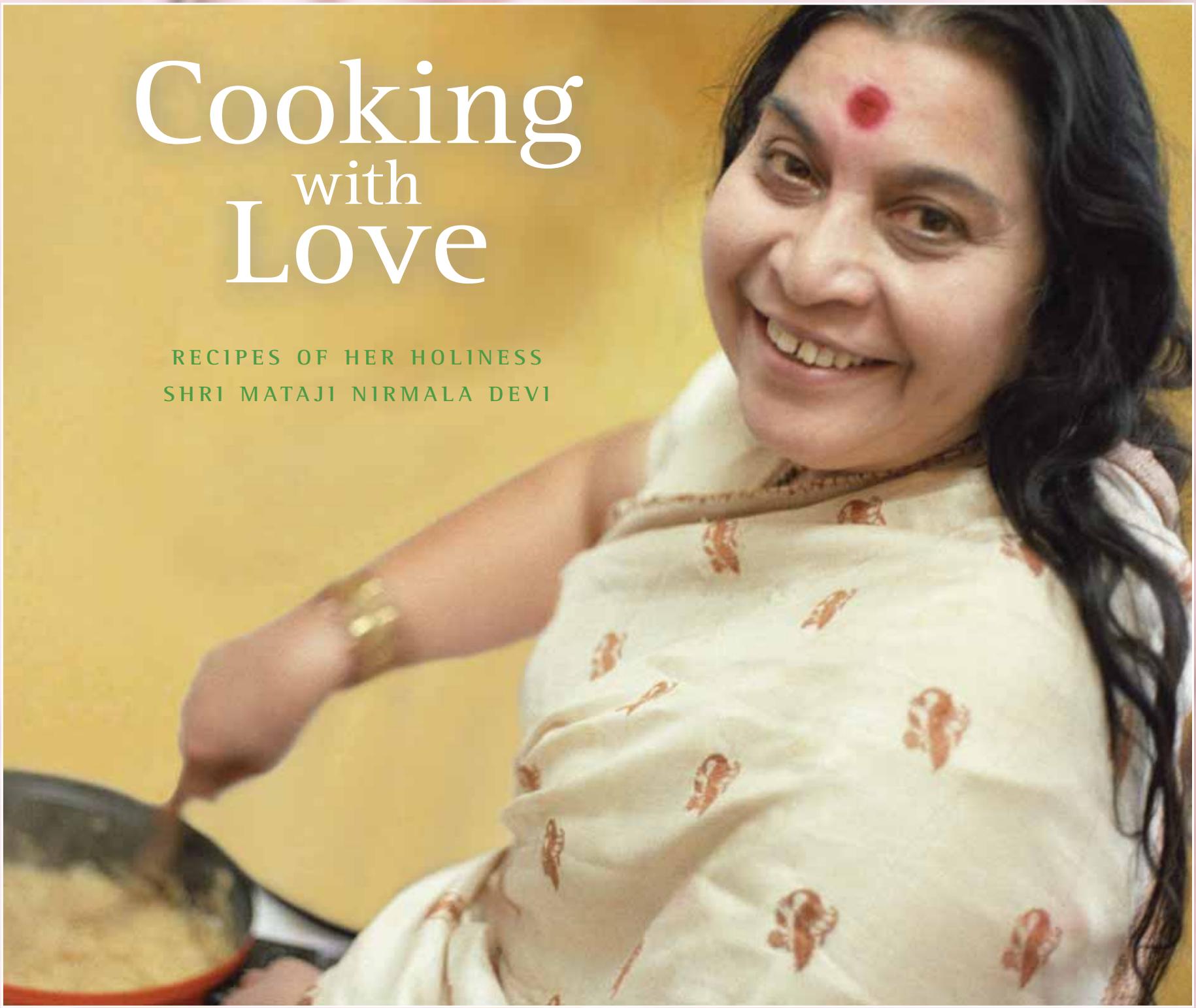


Cooking with Love

RECIPES OF HER HOLINESS
SHRI MATAJI NIRMALA DEVI



Cooking with Love

DIVINE RECIPES



RECIPES OF HER HOLINESS SHRI MATAJI NIRMALA DEVI



Foreword

From time immemorial, food has been one of the first seekings of human beings and throughout evolution it has been a source of deep satisfaction and enjoyment.

In countries such as India, where the deepest philosophical thoughts could prosper in an atmosphere of refined culture, the world of food and cooking has developed into an unsurpassed science and art.

As a science it has entered the medical field in the famous Ayurvedic scriptures, which are part of a branch of Vedic literature known as Atharva Veda. The subtlety in preparation, the knowledge of the various spices, of their balancing effects over climate and bodily constitution is of Divine origin.

As an art Indian cooking has inspired the creativity of so many cooks and has enriched all the senses with variety, colour, smell and composition. But beyond this

lies the hidden magic of bringing people together, opening their hearts and giving joy and affection, while they enjoy a meal.

While speaking of an open heart and joy, it is the right point to pay regards to the source of these recipes, who is not only The Spiritual Teacher of our time, but worldwide, known as the Holy Mother, Shri Mataji Nirmala Devi. She combines the simple love and compassion of a Mother with the deepest knowledge of spirituality, art and science. She has given self-knowledge to millions of people. In this book She gives us recipes out of Her own treasure trove. Having tasted them words fail and thoughts dissolve, because the eater (and also the cook) is raised to a state of thoughtless enjoyment.

We often say that "This meal was divine". With this book these words gain some gravity and truth.



Introduction

Why is it that people all over the world feel "Mother's cooking is the best"? Is it because the tastes and likes that we have acquired in our childhood are still with us for the rest of our lives? Maybe. Is it because the dishes we enjoyed eating as a child provide us with the same feeling of comfort and security when we are older? Possibly. Or is it because Mother not only buys the best possible ingredients she is able to find and afford, but she adds this other very special substance which is called LOVE. This is why Mother's cooking is the only food that will ever come close to Amrut and Ambrosia, the elixir of the Gods.

COOKING WITH LOVE is an attempt to compile recipes shared by Shri Mataji Nirmala Devi with people from many different countries over the last 32 years. Cooking with Shri Mataji was a tremendous experience. Under Her strict but ever loving motherly guidance,

we felt like children receiving all the attention, care and love from a mother who wanted us to become perfect. She gave importance to every detail so that we would understand every aspect of cooking. These were unforgettable moments. Full of joy and nourishing for our stomachs, but mostly for our soul.

COOKING WITH LOVE means that the first and basic ingredient of all these recipes is love. Love is expressed in each and every recipe, in each and every detail of the cooking itself. It is the love from those who cook for those for whom the cooking is done. Without love no food can be satisfying, nor can there be real satisfaction for the one who cooks. All discussions about nutrition and food have neglected one vital point: It is love, which makes food truly wholesome, nutritious and healthy for our body, mind and spirit.

COOKING WITH LOVE is a truly mysterious and magical process, by which all the elements are put together and transformed. Since times immemorial the fire of the earth has been considered sacred, not only because the cooking of food is essential for our survival, but because the process of cooking itself can be a spiritual process. Cooking and eating are sacred because we not only need to feed our bodies, but we need to feed and worship the temples of our souls. Cooking and eating are sacred because they bind families, generations, groups, societies with an invisible bond called love.

Have you ever tasted Pure Love? It tastes wonderfully sweet, like glory and joy and the infinite together. Many of us have been given the chance to taste this Love from its original source and to delight in it.

We hope that through this book you may come around and experience it. Let us try to explain: We all know

how the cooking is done. First you need the ingredients, then you need a pot and then you need the fire for cooking. Once the cooking is done all you need to do is enjoy the meal.

That's how it is with our beings: The pot is our physical body, the ingredients all exist within us as does the sacred fire, the "cooling fire" of Kundalini Energy which lies hidden in our Sacrum Bone. We just need to cook our master recipe to discover the taste of real Pure Love within ourselves. The recipe is simple, try it, just put your hands towards Shri Mataji's photograph and desire in your heart to taste a sip of this Nectar.

We wish you all the best in your cooking adventures, and may you all enjoy these recipes.

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Breads & Rice



Uble Chawal

PLAIN BASMATI RICE - SERVES 4-6

INGREDIENTS

400 g basmati rice
3 litres boiling water
Salt to taste
2 Tbsp. butter (optional)

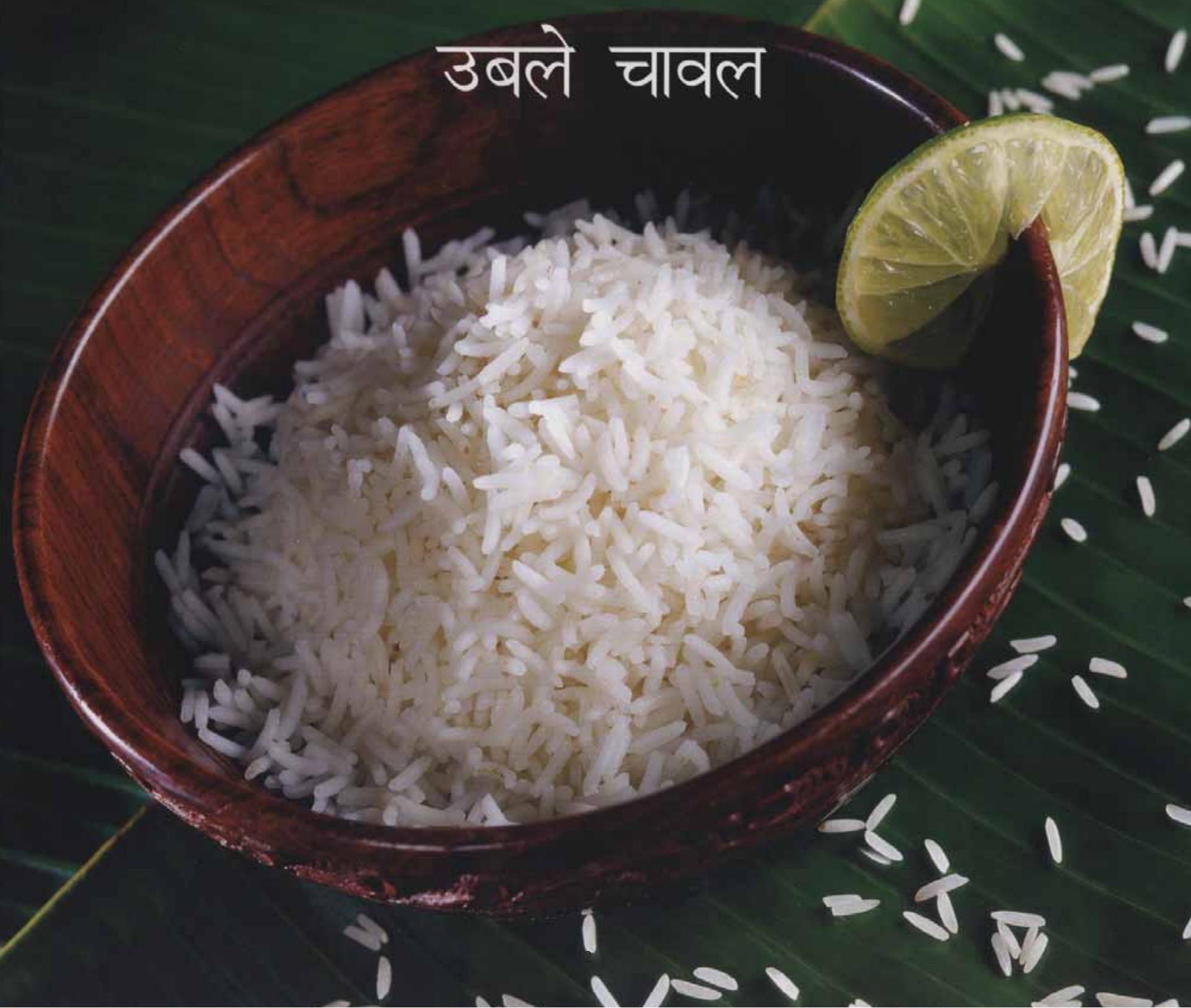
PREPARATION

Rice is an important part of Indian cuisine. It complements daals and curry dishes, rendering the traditional technique of eating with the fingertips easy. For all our dishes we have used the best quality of basmati rice. This need not be the most costly. You will find that good quality does make a difference.

- 1 - In a pot wash the rice very gently, turning it over in the water with your hands.
Drain the water and repeat this process 4-5 times until the water comes clear.
This removes the starch and keeps the rice from sticking together.
Be careful not to break the grains!
The last time, drain the rice until no water is left. Let stand.
- 2 - Boil the water. Add salt and rice. (The water should be slightly salty)
Let it cook until the rice is almost done (for about 10 minutes).
Test the rice by pressing a few grains. They should be firm.
- 3 - In a sieve, drain the extra water from the rice and put the rice back in the pot.
Sprinkle the melted butter on the rice and mix it gently with a fork.
- 4 - Let it steam for a further five minutes on very low heat. Remove from the heat.
Serve hot.

TIP: Rice can be served with any type of vegetable, daal or meat curry.

उबले चावल



Khichadi

A LIGHT MIXTURE OF RICE AND DAAL - SERVES 4-6

INGREDIENTS

300 g basmati rice

75 g moong daal

2 Tbsp. ghee or oil

2 cinnamon sticks (about 4 cm)

2 black cardamom

2 bay leaves

5 cloves

½ tsp. black peppercorns

1 tsp. cumin seeds (jeera)

1 medium onion, finely chopped

½ tsp. turmeric powder (haldi)

2 cm ginger, finely chopped

2 garlic cloves, finely chopped

1½ tsp. coriander powder (dhania)

1½ tsp. garam masala

1 tsp. cumin powder (jeera)

PREPARATION

1 - Measure the rice in cups.

Measure double the amount plus 1/4 cup of boiling water to the rice. Keep the water hot.

2 - Wash the rice and the daal separately. Drain them and keep aside.

3 - In a big pot heat the ghee (oil) and add the whole spices A.

Fry for a few seconds, until the flavours are released.

4 - Add the onion and fry until transparent.

Add the turmeric powder and fry for one minute longer.

Add ginger and garlic, fry for one minute.

Add the rice and fry for a few minutes until the grains separate from each other.

5 - Add the ground spices B, moong daal, water and salt. Let it cook until rice is done.

Serve hot accompanied by Khadhi or Raita.

TIP: This is a very light meal

रिवचडी



Aloo Matar Pulao

PULAO WITH GREEN PEAS AND POTATOES - SERVES 4-6

INGREDIENTS

150 g potatoes (a firm variety)

400 g basmati rice

3 Tbsp. ghee

3 bay leaves

3 black cardamom

A ½ tsp. black peppercorns

3 cinnamon sticks (about 4 cm long)

5 cloves

1 onion, finely chopped

4 cloves garlic, finely chopped

3 cm ginger, finely chopped

½ cup green peas

B ½ tsp. turmeric powder (haldi)

1 tsp. coriander powder (dhania)

½ tsp. cumin powder (jeera)

1½ tsp. garam masala

1 Tbsp. finely chopped coriander leaves

4 cups boiling water

PREPARATION

1 - Peel and cube the potatoes.

Carefully wash the rice in a pot until the water comes clear. Drain it and keep aside.

2 - Heat the ghee in a pot. Add the whole spices **A** and fry for a few seconds.

3 - Add the onion and fry until transparent.

4 - Add the ginger and garlic. Fry for one minute.

Add the potatoes and peas. Fry for 5 minutes.

Add the rice, reduce the heat and fry 5 minutes longer.

Mix gently without breaking the grains.

5 - Add the ground spices **B**. Fry for one minute.

Now add the boiling water and salt to taste. The water should be slightly salty.

Let it cook until rice is ready. The rice should be firm.

6 - Garnish with the chopped coriander.

Serve hot.

TIP: If you are using frozen peas, add them in step 5 after frying the spices.

आलू मटर पुलाव



Aakhani Pulao

A RICH MEAT RICE - SERVES 6-8

INGREDIENTS

500 g boneless lamb, cut into pieces

3 onions, cut in small cubes

4 cm ginger, finely chopped

5 garlic cloves, finely chopped

1 tsp. fennel seeds

A 3 Tbsp. finely chopped coriander leaves

1½ Tbsp. finely chopped mint leaves

1 Tbsp. coriander seeds (dhania)

500 g basmati rice

3 Tbsp. ghee

1 tsp. black cumin (kala jeera)

3 bay leaves

¼ tsp. red chilli powder

B 1 tsp. black peppercorns

4 sticks cinnamon (about 3 cm long)

5 cloves

3 black cardamoms (seeds only)

3 Tbsp. lemon juice

Salt to taste

PREPARATION

- 1 - Take a soft, clean and long muslin cloth. Put all the spices A into it and tie the cloth tightly so that nothing comes out while cooking.
Coarsely grind the spices B together, keep aside.
- 2 - Take big pot; add the lamb and half the onions.
Add 1½ litres of boiling salt water and the bag with the spices A.
Cover and let it cook on a low flame until the meat is tender.
Once meat is cooked, drain the juices. Keep the juices aside, you will need them for the rice.
Take the bag of spices and squeeze it to get all the extract of the spices.
Add it to the meat juices.
- 3 - Measure the rice with a cup. Wash it carefully in a pot until the water is clear. Drain it.
Measure the meat juices. These juices should be double the quantity of rice, less one cup.
(If you need more liquid, you can add boiling water.) Keep it hot.
- 4 - Heat the ghee in a pan.
Add the black cumin and immediately after the bay leaves. Fry for a few seconds.
Add the rest of the onions. Fry them until slightly golden.
Add the spices B and chilli powder. Fry for some seconds.
Add the rice. Fry until the grains separate from each other. Add the lamb.
- 5 - Now add the measured liquid and salt to taste. Let boil for 5 minutes,
reduce the heat and then cover tightly. Let it simmer gently until rice is cooked.
When the rice is nearly cooked sprinkle lemon juice over it. Cover until ready to serve.

TIP: Serve hot with Raita, pages 98 or 100.

आखनि पुलाव



Mutton Biryani

A RICH MUTTON AND RICE DISH FOR SPECIAL OCCASIONS - SERVES 6-8

INGREDIENTS

1/4 tsp. saffron
25 g each, peeled almonds + cashew nuts
125 ml milk
4 Tbsp. lemon juice
1 large onion, cut in half, then fine, long strips
Ghee for frying nuts and onions

6 level Tbsp. solid ghee
2 large onions, chopped into small cubes
7 cm ginger, finely chopped
10 garlic cloves, finely chopped
1 kg boneless mutton, cut in 4 cm cubes
250 ml plain yoghurt
1 Tbsp. finely chopped mint leaves
4 Tbsp. finely chopped coriander leaves
1 tsp. coarsely ground fennel seeds (optional)

1½ tsp. black cumin (kala jeera)
3 bay leaves
1 tsp. cumin powder (jeera)

A [6 black cardamom (seeds only)
1 Tbsp. black peppercorns
15 cloves
6 sticks cinnamon (about 3 cm long)
1 Tbsp. coriander seeds (dhania)

1 medium tomato, cut in cubes (optional)

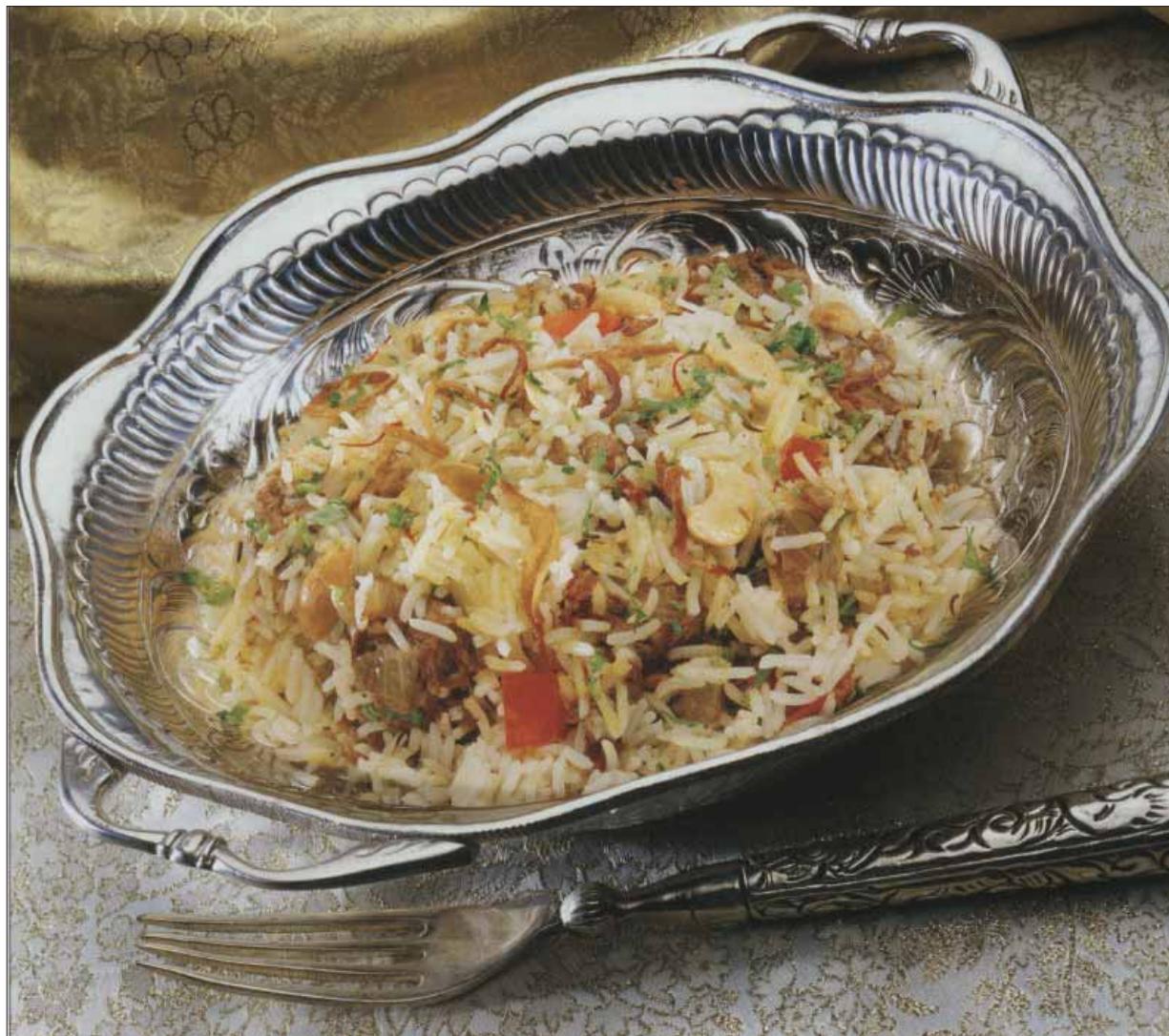
PREPARE IN ADVANCE : (read entire recipe before beginning)

- 1 - In a small pot warm up the milk with saffron. Keep aside.
Split the almonds and cashew nuts in half. Heat 4 Tbsp. ghee in a pan on a low flame and roast them until slightly golden. Remove from the pan and keep aside.
- 2 - Dry pat the fine onion strips with kitchen paper.
Reuse the ghee from the nuts and fry the onions until golden. Keep aside.
- 3 - Grind the spices A into a fine powder. (This is the garam masala.) Keep aside.

COOKING THE MEAT :

- 1 - Heat 2 Tbsp. ghee in a pan and fry $\frac{1}{3}$ of the onion cubes until transparent. Add half the ginger and half the garlic, fry for three minutes. Add the mutton. Fry for three minutes. Then add the yoghurt, mint, 1 Tbsp. coriander leaves and salt.
If desired, add the coarsely ground fennel. Cook until meat is soft.
Drain the juices and boil until the liquid reduces to half. Keep aside.
- 2 - In the meanwhile heat 4 Tbsp. ghee in a pot.
Add the black cumin and immediately after, the bay leaves. Fry for a few seconds.
Add the remaining $\frac{2}{3}$ of the chopped onion cubes, frying until transparent.
Add the remaining garlic and ginger. Fry for three minutes.
- 3 - Add the freshly ground spices A and cumin powder. Fry for one minute.
Add tomato cubes (optional). Fry for one minute longer. Add the cooked mutton cubes and 1 Tbsp. chopped coriander. Mix well and let everything cook for five minutes. Check the salt. Keep aside. (continued next page)

मटन बिरयानी



...Biryani continued

INGREDIENTS

600 g basmati rice
3 level Tbsp. ghee
1 tsp. black cumin (kala jeera)
3 bay leaves
salt to taste

RICE :

- 1 - Measure the rice in cups. Measure double the amount of boiling water.
In a pot, wash the rice carefully until the water is clear. (See page 16) Drain it.
- 2 - In a pot (a thick bottom, wide pot is the best) heat 3 Tbsp. ghee, add 1 tsp. black cumin. Immediately after add the 3 bay leaves. Fry for a few seconds. Add the rice and carefully stir fry until the grains separate from each other. Add the measured boiling water and salt to taste (the water should be slightly salty). Let this boil for 5 minutes. Reduce the heat, cover and let it simmer until rice is cooked and firm to touch.

MAKING THE BIRYANI :

- A - Divide the rice in three portions. Divide the meat in two portions.
 1. In a pot, place a layer of rice.
 2. Sprinkle some of the lemon juice, saffron milk and meat juice over the layer of rice.
 3. Now sprinkle some of the roasted nuts and fried onions.
 4. Spread one portion of mutton, then some of the chopped coriander leaves.
- B - Repeat steps 1 through 4. Then repeat steps 1 through 3.
Garnish with chopped coriander.
Close the pot and let the flavours blend for at least 15 minutes.
Serve hot.

TIP: Accompany with Raita, pages 98 and 100.

मटन बिरयानी



spices



mutton



steps 1 through 3



step 4



finished!

Chicken Biryani

FOR SPECIAL OCCASIONS - SERVES 6

INGREDIENTS

1 Tbsp. coriander seeds (dhania)
1 tsp. fennel seeds (saunf)
125 ml milk
 $\frac{1}{4}$ tsp. saffron
25 g each, peeled almonds and cashew nuts,
split in half
Some extra ghee for frying the nuts

6 chicken legs (the leg and thigh, about 1 kg)
125 ml plain yoghurt
5 garlic cloves, finely chopped
4 cm ginger, finely chopped
3 Tbsp. finely chopped coriander leaves
 $\frac{1}{2}$ Tbsp. mint leaves, finely chopped

7 level Tbsp. solid ghee
 $\frac{1}{2}$ tsp. black cumin (kala jeera)
4 bay leaves
3 large onions,
cut in half and sliced into fine long strips
1 tsp. paprika powder or $\frac{1}{4}$ tsp. chilli powder

500 g basmati rice
Salt to taste

PREPARATION

- 1 - Coarsely grind the fennel and coriander seeds. Keep aside.
Warm up the milk with saffron. Keep aside.
Heat 3 Tbsp. ghee in a pan and fry the almonds and cashew nuts. Remove nuts from pan.
In the same ghee, fry $\frac{1}{3}$ of the onion until golden brown. Keep aside.
- 2 - Wash the chicken, remove the skin and cut the legs into about 4 cm chunks.
Marinate it with yoghurt, ginger, garlic, 1 Tbsp. chopped fresh coriander, fresh mint,
the ground fennel, coriander seeds and salt to taste.
- 3 - In a pan heat 4 Tbsp. ghee. Add 1 tsp. black cumin and immediately after.
Add 2 bay leaves, fry for a few seconds. Add the remaining onions and fry until slightly golden.
Add paprika powder, fry a few seconds and then add the marinated chicken.
Stir fry for a few minutes and let it simmer until chicken is cooked.
- 4 - Wash the rice carefully until the water is clear. Drain. (See page 16.)
Measure 6 cups of boiling water and keep it hot.
- 5 - In a pot heat 3 Tbsp. ghee. Add $\frac{1}{2}$ tsp. black cumin and immediately after, 2 bay leaves.
Fry for a few seconds. Add the rice. Fry until the grains separate from each other.
Add the measured boiling water and sufficient salt. Let it boil for 5 minutes.
Reduce the heat, cover and let it simmer until the rice is cooked and firm to touch.
- 6 - Follow steps A and B as for the Mutton Biryani, page 26.
Sprinkle approx. 1 Tbsp. melted ghee and garnish with 1 Tbsp. chopped coriander before
covering the pot. Let the flavours blend for about 15 minutes.
Serve hot with Raita pages 98 and 100.

चिकन बिरयानी



Puri

MAKES 16

INGREDIENTS

250 g wheat flour (atta)

½ tsp. Salt

2 Tbsp. oil (hot)

Water

Oil for deep frying

PREPARATION

1 - Mix the flour and salt together.

2 - Heat 2 Tbsp. oil and add it to the flour, work it in with your hands for a few minutes.

Add enough water to make a firm smooth dough. Knead for some minutes.

Cover and let it rest for approximately 20 minutes.

3 - Divide the dough in 16 portions. Shape them into balls.

Now roll each ball into approx. 3 mm. thick discs (using oil for rolling instead of flour)

Deep fry immediately in hot oil until they reach a light golden colour.

Serve warm.

TIP: The best is to use very fine whole-wheat flour (atta).

If not available, normal refined flour (maida) will suffice.

पूरी



Bhathura

A FLUFFY BREAD COOKED IN OIL - MAKES 4

INGREDIENTS

150 g all-purpose flour (maida)
10 g fresh yeast
65 ml yoghurt
1 Tbsp. oil
 $\frac{1}{2}$ tsp. salt
Pinch of bicarbonate of soda (baking soda)
65 ml warm water

PREPARATION

- 1 - Dissolve the yeast in 65 ml warm water. Add 3 Tbsp. flour. Mix well.
Cover and let it rest for 15 minutes in a warm place.
- 2 - Then add the remaining flour, yoghurt, soda, salt, oil and enough warm water to form a smooth dough. Knead it for at least 10 minutes.
Cover and let it rest in a warm place until it doubles its volume (about 30 minutes).
- 3 - Divide in 4 portions, make balls and then flatten and roll them into about 7 mm thin rounds.
Use oil instead of flour for rolling.
- 4 - Fry in hot oil until they are cooked but still white.

भटुरा



Naan

A FLAT BREAD, BAKED IN THE OVEN - MAKES 4

INGREDIENTS

150 g all-purpose flour (maida)
10 g fresh yeast
2 Tbsp. melted butter
 $\frac{1}{2}$ tsp. salt
1 Tbsp. sugar
pinch of bicarbonate of soda (baking soda)
65 ml warm water
about 65 ml warm milk

sesame and onion seeds to sprinkle

PREPARATION

- 1 - Dissolve the yeast in 65 ml warm water. Add 3 Tbsp. flour and the sugar. Mix.
Cover and let this rest in a warm place for 15 minutes.
- 2 - Add the remaining flour, soda, salt and melted butter and enough warm milk to make a firm, smooth dough. Knead it for about 10 minutes.
Cover and let rest in a warm place until it doubles its volume.
- 4 - In the meanwhile, preheat the oven and a tray at 250° c (475° F).
Divide dough into 4 portions. Make balls, flatten and roll them into approx. 20 cm. rounds.
Use flour for rolling. Pull them slightly to make them oval or triangular.
Sprinkle some sesame or onion seeds over them.
- 5 - Place on a preheated baking tray and bake immediately for about 10 minutes.
Serve warm.

TIP: It is important to preheat the tray so the naan can puff up in the oven.

नान

Aloo Puri

POTATO PURI - MAKES 8-10

INGREDIENTS

200 g potatoes, cooked, peeled and mashed
200 g all-purpose flour (maida)
½ tsp. black cumin (kala jeera)
½ tsp. lovage (ajwain) seeds
¼ tsp. chilli powder
1 small onion, finely chopped
3 cloves of garlic, made into a paste
1 Tbsp. finely chopped coriander leaves
1 Tbsp. oil
Salt to taste
Oil for deep frying

PREPARATION

- 1 - Mix together all the ingredients and work them into a smooth, non sticky dough.
- 2 - Divide the dough in 8-10 portions.
Make small balls and roll into approximately 12 cm chapati-like rounds.
- 3 - Use oil instead of flour for rolling.
Deep fry immediately in hot oil. Serve warm.

TIP: If the dough rests too long it will become watery and you will need to add more flour.

आलू पूरी



Chapati

THIN BREADS COOKED ON A SKILLET - MAKES 12

INGREDIENTS

250 g chapatti flour (atta)
1/4 tsp. salt
1 Tbsp. oil (optional)
water (about 125 ml)

PREPARATION

- 1 - Mix the flour with salt and oil.
Add enough water to make a dough (not too soft, not too hard).
Knead it for a while. Then cover and let it rest for about 30 minutes.
- 2 - Divide into 12 portions and make them into balls.
Roll each ball on a flour dusted surface and shape into discs of approx. 16 cm. in diameter.
- 3 - Heat a pan (a thick bottomed iron one is the best).
Cook the chapatis by turning over frequently.
If they puff up while cooking, press them down gently with a kitchen towel.
Serve hot. The best is immediately.

TIP: Chapatis can be kept for a while in a closed container to prevent them from drying out.

चपाती





Daals

Toor daal

SPLIT PIGEON PEAS - SERVES 4

INGREDIENTS

½ cup toor daal
¼ tsp. turmeric powder (haldi)
½ tsp. cumin seeds (jeera), slightly crushed
2 garlic cloves, finely cut
3 Tbsp. mustard oil
1 small onion, finely chopped
1 green chilli, cut into 3-4 pieces
1 medium-sized tomato, cut into small cubes
Salt to taste

PREPARATION

- 1 - Wash the toor daal and cook it in 3 cups of water for about 20 minutes on low heat. Make sure to remove the scum from the surface as it is cooking.
 - 2 - Add turmeric, cumin, garlic and 1 Tbsp. of mustard oil and cook further until soft (about 20 minutes). The daal should not be too liquid.
 - 3 - Heat the rest of the mustard oil in another pan until it smokes. Let it cool down slightly and then add the onions. Fry until slightly golden.
 - 4 - Add 2 Tbsp. of water and continue to cook.
 - 5 - When all the water has evaporated, add green chilli and tomatoes. Fry for 3 minutes.
 - 6 - Add the cooked daal and salt to taste. Bring to the boil and cook for 3 minutes longer.
- When ready, serve hot with rice.

तूअर दाल



Moong ki daal

SPLIT MOONG BEANS - SERVES 4

INGREDIENTS

½ cup moong daal
2 Tbsp. ghee
½ tsp. cumin seeds (jeera)

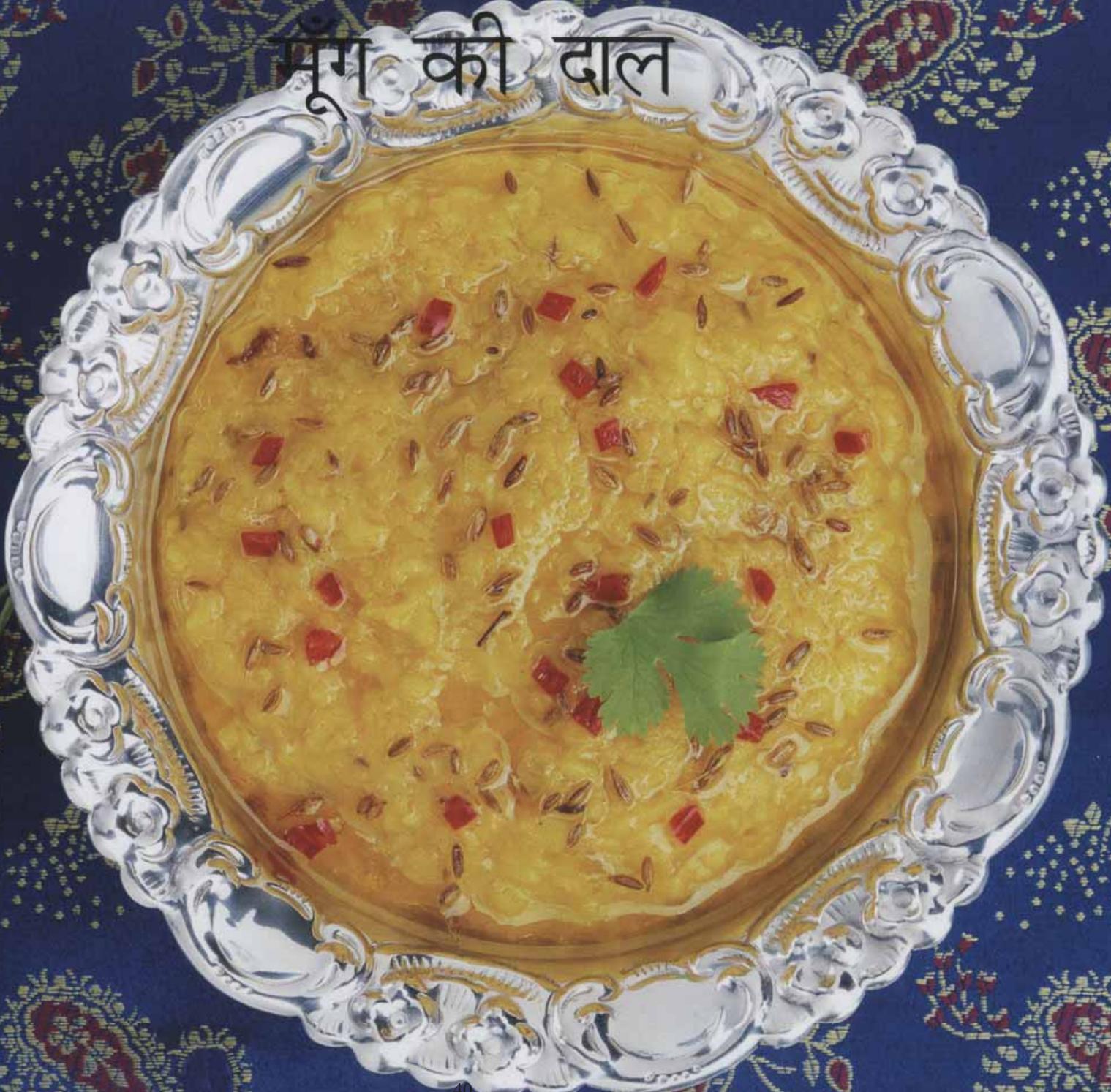
⅛ tsp. asafoetida (hing)
½ tsp. turmeric powder (haldi)
2 cm ginger, finely chopped
2 garlic cloves, finely chopped
1 medium onion, finely chopped

1 whole green or red chilli, cut into 2-4 pieces
1 Tbsp. finely chopped coriander leaves
Salt to taste
625 ml water

PREPARATION

- 1 - Wash the daal and cook it in the water until it is soft and mushy. Make sure to remove the scum from the surface as it is cooking. It should be thick and there should not be too much liquid.
 - 2 - Heat the ghee in a pan. When hot, add the cumin seeds and immediately after the asafoetida. Fry for a few seconds. Now add the turmeric powder. After a few seconds add the ginger, garlic and onions one after another. Fry for 3 minutes.
 - 3 - Add chilli and fry ½ minute longer.
 - 4 - Add to cooked moong daal.
 - 5 - Add salt to taste and let everything boil five minutes longer.
 - 6 - Before serving, add 1 tsp. fresh ghee or butter and garnish with chopped coriander.
- Serve hot with plain rice.

मूग की दाल



Urid daal

SPLIT BLACK GRAM - SERVES 4

INGREDIENTS

1 cup urid daal (split but not peeled)
200 g fresh spinach, washed and chopped

2 Tbsp. ghee
 $\frac{1}{8}$ tsp. asafoetida (hing)
3 garlic cloves, finely cut

1 Tbsp. finely chopped coriander leaves
1 tomato, chopped for garnishing (optional)
salt to taste

PREPARATION

- 1 - Wash the daal and cook it in 625 ml water with a little salt until it is cooked and not too soft. (about 30 minutes). Make sure to remove the scum from the surface as it is cooking.
- 2 - Add spinach. Cook for 5 minutes.
- 3 - Heat the ghee in another pan. Add the asafoetida. Fry for a few seconds.
- 4 - Add the garlic and fry until slightly golden.
Add cooked daal and salt to taste. Bring it to boil.
- 5 - When ready, garnish with chopped coriander leaves and tomatoes (optional).

Serve hot with plain rice.

उड़द की दाल



Panch Milauni

A BLEND OF FIVE DAALS - SERVES 4

INGREDIENTS

8 Tbsp. urid daal (split but not peeled)

2 Tbsp. chana daal

2 Tbsp. toor daal

2 Tbsp. moong daal

2 Tbsp. masoor daal

5 Tbsp. oil

½ tsp. cumin seeds (jeera)

½ tsp. black mustard seeds (sarson)

⅛ tsp. asafoetida (hing)

1 onion, chopped in cubes

3 garlic cloves, finely chopped

3 cm. ginger, finely chopped

1 tomato, cut in small cubes

2 tsp. garam masala

1½ tsp. cumin powder (jeera)

1 Tbsp. finely chopped coriander leaves

PREPARATION

1 - Clean the daals separately (without using water) to remove any stones.

Wash and drain the urid, chana and toor daals and then soak them in $\frac{3}{4}$ litres water for at least half an hour. Cook these in the same water for at least 30 minutes until daal is almost cooked and firm. Make sure to remove the scum from the surface as it is cooking.

2 - Wash the moong and masoor daals and add to the above mixture.

Let this cook until soft but not mushy.

3 - In another pot heat the oil. Add the cumin and mustard seeds. Fry for a few seconds.

Add the asafoetida. After a few seconds add onion and fry until slightly golden.

Add garlic and ginger. Fry for 3 minutes.

Add tomato, fry for a further 2 minutes.

Add garam masala and cumin powder. Fry for one minute.

4 - Now add the daals and more water, if necessary.

Let it cook 5 minutes longer to blend the flavours.

Serve hot with plain rice and garnish with chopped coriander leaves.

TIP: Urid, chana and toor daal are harder than moong and masoor daal.

For this reason they should be soaked and cooked longer than moong and masoor daal.

पांच मिलान





Meats & Poultry



Tandoori Chicken

A MARINATED AND GRILLED CHICKEN - SERVES 6

INGREDIENTS

6 chicken legs cut in half, washed and skinned
4 garlic cloves, finely chopped
3 cm piece ginger, finely chopped
3 Tbsp. finely cut fresh coriander leaves
1½ Tbsp. finely cut mint leaves
¼ tsp. red chilli powder (optional)
190 ml yoghurt
Salt to taste
1 tsp. paprika powder (optional)

1 Tbsp. tandoori masala
50 g Butter

PREPARATION

- 1 - Mix all ingredients together except the butter.
Let it marinate for at least 3 hours (best is overnight).
- 2 - Once the chicken is marinated, arrange the chicken pieces in a buttered oven tray.
- 3 - If you like sprinkle some tandoori powder and put some slices of butter on each piece of chicken.
- 4 - Cook the chicken in a pre-heated oven 200°C (about 390°F) until it is soft and a little brown on top, about 20 minutes.

TIP: Tandoori chicken is best when made on a grill or barbecued.
Tandoori chicken has this name because it is traditionally cooked in a tandoor oven.

तन्दूरी चिकन



Shahi Chicken do Pyaza

A RICH, THICK CHICKEN CURRY WITH ALMONDS - SERVES 6

INGREDIENTS

7 skinned chicken legs
200 g natural yoghurt
60 g peeled almonds
 $\frac{1}{2}$ tsp. crushed saffron
2 Tbsp. hot milk
2 dry red chillies (optional)
5 Tbsp. mustard oil or melted ghee

 4 Tbsp. finely chopped coriander leaves
 2 Tbsp. finely chopped mint leaves
 A 3 large onions, cut in small cubes
 7 garlic cloves, finely chopped
 5 cm. ginger, finely chopped

$\frac{1}{2}$ tsp. black cumin (kala jeera)
2 bay leaves

Masala (spices):

 B 2 tsp. coriander powder (dhania)
 1 $\frac{1}{2}$ tsp. powdered fennel seeds (saunf)

 C 6 cloves
 3 black cardamoms, seeds only!
 3 cinnamon sticks (4 cm. long)
1 tsp. black peppercorns

$\frac{1}{2}$ tsp. kewra water
Salt to taste

PREPARATION

- 1 - Marinate the chicken in yoghurt for 2-3 hours.
Grind the almonds and make into a paste with some water.
Soak the saffron in 2 Tbsp. hot milk.
- 2 - Remove the seeds of the chillies and soak them in hot water for 15 minutes.
Grind the spices  coarsely. Keep them in a bowl.
- 3 - In a large pot heat 2 Tbsp. mustard oil until it smokes*. Let it cool down slightly.
Add the marinated chicken and spread preparation  over it.
Sprinkle one more Tbsp. of mustard oil over it (in winter use mustard oil, in summer ghee).
- 4 - Simmer on low heat in a tightly covered pan. Checking from time to time.
If ingredients begin to stick, stir constantly and gently without breaking the chicken.
After some time add the soaked red chillies and continue simmering in the covered pan.
- 6 - In another pan heat 2 Tbsp. mustard oil following the instructions in step three.
Add the black cumin and, immediately after, the bay leaves. Fry for a few seconds.
Then quickly add masalas  and  and fry for a few seconds longer.
Be careful not to burn this, or it will have a bitter taste!
- 7 - Add this mixture to the chicken you are cooking.
After 15 minutes add kewra water, almond paste, saffron and salt.
- 8 - Cook until chicken is soft. Once ready, garnish with fresh coriander.
Serve hot accompanied with naan.
*If you are using ghee it should not be heated until it smokes!

शाही चिकन दोह प्याजा



Navaratan Chicken

NINE JEWELS CHICKEN – SERVES 6

INGREDIENTS

60 g cashew nuts (2 handfuls)

2 Tbsp. ghee

1 tsp. black cumin (kala jeera)

3 bay leaves

6 cloves

A 3 cinnamon sticks (about 3 cm.)

3 black cardamoms

½ tsp. fennel seeds (saunf)

3 large onions, chopped in small cubes

½ tsp. turmeric powder (haldi)

4 cm. ginger, finely chopped

4 garlic cloves

B ¼ tsp. chilli powder

2 tsp. paprika powder

4 tsp. garam masala

6 chicken legs, skinned and cut in half

65 ml yoghurt

125 ml water

6 Tbsp. heavy cream (malai)

30 g peeled almonds (1 handful)

30 g pistachios (1 heaped Tbsp.)

2 Tbsp. raisins

2 Tbsp. finely chopped coriander leaves

PREPARATION

1 - In a mixer, blend half the cashew nuts with water to form a paste.

2 - Heat the ghee in a pan.

Add black cumin and immediately after the bay leaves and the spices A.

Fry for a few seconds.

3 - Add the onion and fry until slightly golden.

Add the turmeric powder. Fry for one minute.

Now add the ginger and garlic, fry three minutes longer.

4 - Add the spices B. Fry for one minute.

Add the chicken, the yoghurt mixed with water and salt to taste.

5 - When the chicken is almost done, add the cashewnut paste and the heavy cream.

Add the nuts, pistachios and raisins.

6 - Mix well and let it cook until chicken is tender.

Garnish with the chopped coriander

Serve hot.

नवरत्न चिकन



Chicken Curry

SERVES 4

INGREDIENTS

2 level Tbsp. solid ghee
½ tsp. black cumin (kala jeera)
2 bay leaves

 5 cloves
A 2 cinnamon sticks
3 black cardamom

2 large onions, chopped into small cubes
½ tsp. turmeric powder (haldi)
2 green chillies (optional)
4 cm. ginger, finely chopped
4 garlic cloves, finely chopped

 ¼ tsp. chilli powder
2 tsp. coriander powder (dhania)
B ¼ tsp. ground black pepper
2 tsp. paprika powder
3 tsp. garam masala
½ tsp fennel seed powder (optional)

4 chicken legs, skinned and cut in half
65 ml yoghurt
250 ml water
salt to taste
1 Tbsp. finely chopped coriander leaves

PREPARATION

- 1 - Heat the ghee in a pan. Add the black cumin. Immediately after add the bay leaves and the spices **A**. Fry for a few seconds until the flavours are released. Add the onion and fry until slightly golden.
- 2 - Add the turmeric powder and the chillies. Fry for one minute. Now add the ginger and garlic, fry three minutes longer.
- 3 - Add the spices **B**, fry for one minute. Add the chicken, the yoghurt mixed with water and salt to taste. Let it cook until the chicken is tender.
- 4 - Garnish with the chopped coriander.

Serve hot with Rice, Naan or Puri.

चिकन करी



Matar Keema

MINCED LAMB WITH PEAS - SERVES 4

INGREDIENTS

4 Tbsp. melted ghee or oil

3 sticks cinnamon

3 black cardamoms

A 6 cloves

1 tsp. black peppercorns

2 bay leaves

3 large onions, chopped

4 cm ginger, finely cut

5 cloves garlic, finely cut

B 1½ tsp. coriander powder (dhania)

1½ tsp. cumin powder (jeera)

¼ tsp. red chilli powder (optional)

500 g minced lamb

100 g fresh or frozen green peas

Salt to taste

1 Tbsp. finely chopped coriander leaves

PREPARATION

1 - Heat the ghee or oil in a pan.

When hot, add spices A. Fry a few seconds, until the flavours are released.

2 - Add onions and fry until slightly golden.

Add the ginger and garlic and fry for 3 minutes.

3 - Add spices B and fry half a minute longer.

4 - Add the minced lamb. Fry until the juices have evaporated.

Add 125 ml boiling water and let it cook until the water has evaporated.

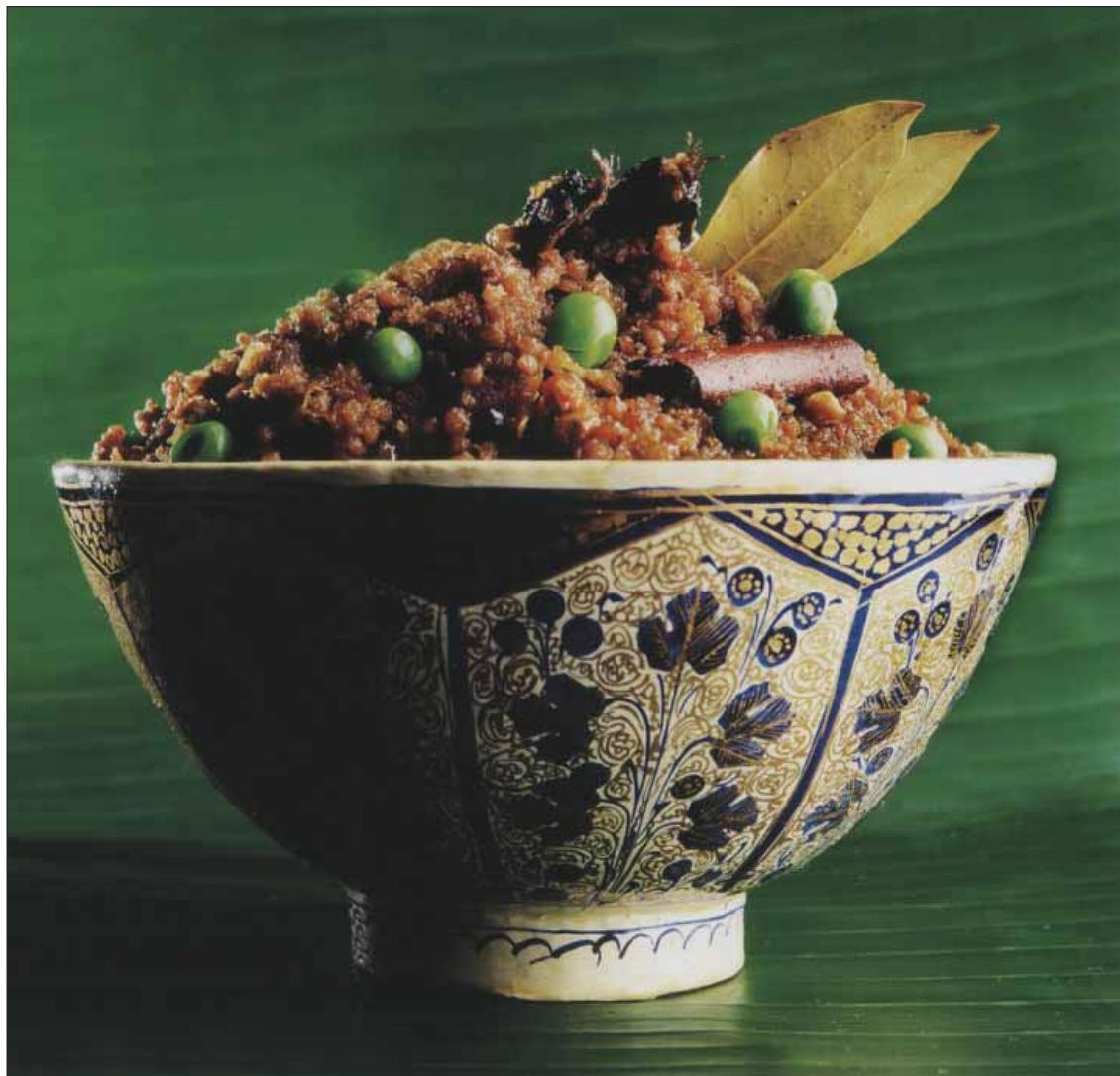
5 - Add salt and peas. Simmer 10 minutes longer on a low heat.

6 - When ready, garnish with chopped coriander leaves.

Serve hot with rice or any Indian bread.

TIP: This dish can be made without adding water to the meat.

मटर कीमा



Keema Kofta Curry

CURRIED LAMB BALLS - SERVES 4

INGREDIENTS

500 g minced lamb or chicken
3 Tbsp. melted ghee or oil
 $\frac{1}{4}$ tsp. black pepper powder

 2 bay leaves
3 cinnamon sticks (about 4 cm. long)
A 2 black cardamoms
6 cloves
1 tsp. black peppercorns

 3 cm. ginger, finely cut
3 garlic cloves, finely cut
B 2 Tbsp. finely chopped coriander leaves
1 Tbsp. finely chopped mint leaves

2 onions, finely chopped

 1 Tbsp. garam masala
 $1\frac{1}{2}$ tsp. coriander powder (dhania)
C 1 tsp. cumin powder (jeera)
 $\frac{1}{4}$ tsp. red chilli powder
 $\frac{1}{2}$ tsp. turmeric powder (haldi)

PREPARATION

- 1 - Grind preparation **B** into a fine paste.
 - 2 - Mix the spices **A** in a bowl. Mix the spices **C** in another bowl.
 - 3 - Blend the minced lamb with salt and pepper in a mixer to make the meat finer.
Make 12-16 even sized meatballs. Keep them in a cool place.
 - 4 - Heat the oil in a pan.
Add spices **A** and fry for a few seconds until the flavours are released.
Add the chopped onions and fry until slightly golden.
Add paste **B** and fry 3 minutes.
Add the spices **C** and fry for one minute.
 - 5 - Add approximately 190 ml boiling water and salt to taste.
Let this cook for 5 minutes. Reduce the heat.
 - 6 - Gently place meatballs, one at a time, into the pan. Do not stir or balls will break.
Cover and simmer gently for 20-25 minutes.
Garnish with chopped coriander leaves.
- TIP:** This dish is best made in a Kadhai or in a Wok.

कीमा कोफता करी



Lamb Kebab

SPICY GRILLED MINCED LAMB - SERVES 4

INGREDIENTS

100 g chana daal
500 g minced mutton
2 Tbsp. mint leaves, finely chopped
3 Tbsp. finely chopped coriander leaves
4 cloves of garlic, made into a paste
½ tsp. black pepper powder
3 cm ginger, grated
1 green chilli, seeded and finely chopped

 3 black cardamoms, seeds only!
 3 cinnamon sticks (about 3 cm long)
6 cloves
Salt to taste

for the garnish:
1 medium-sized onion
1 capsicum (bell pepper)

PREPARATION

- 1 - Wash chana daal and place in enough water to cover it. Soak for at least 1 hour.
Drain and grind this into a thick paste.
- 2 - Grind the spices  into a fine powder.
- 3 - Mix all ingredients together and shape into oblong patties.
- 4 - Put them on skewers alternating with capsicum and onion cubes.
Cook on a grill.

TIP: They can also be cooked in a preheated oven at 200°C (about 390°F), 10-15 minutes.

लौम्ब कवाब



Shami Kebab

LAMB PATTIES - SERVES 4

INGREDIENTS

60 g chana daal
500 g minced lamb
2 Tbsp. oil

1 large onion, finely chopped
1 green chilli, chopped
1 Tbsp. poppy seeds (khus khus)
2 Tbsp. finely chopped coriander leaves
½ tsp. black peppercorns
3 cinnamon sticks (about 4 cm long)
2 black cardamoms, seeds only
6 cloves
3 cm ginger, finely chopped
3 garlic cloves, finely chopped

1 Tbsp. yoghurt
12 mint leaves
Salt to taste
Oil or ghee for shallow frying

PREPARATION

- 1 - Wash the chana daal and keep aside. Wash the minced lamb and drain.
 - 2 - In a cooking pan heat 2 Tbsp. oil.
Leaving the yoghurt aside, add all the ingredients including the chana daal.
Let this cook on medium heat. Do not add any water as the lamb has its own juices.
 - 3 - Stirring once in a while, let it cook until the chana daal is soft and all the juices have evaporated. Remove it from the heat and let it cool down.
 - 4 - Once the meat mixture is cold, grind it into a fine paste and mix together with the yoghurt.
Divide into 12 portions. Form these into balls and press a mint leaf into the middle of each.
Form into flat patties. See photograph.
 - 5 - In a frying pan, on a medium flame, heat 4 Tbsp. oil or ghee.
Fry the patties on each side until brown.
The kebabs can crumble easily. Fry them carefully!
- Serve hot as an appetizer accompanied with chutney.

शामी कबाब



Egg Curry

SERVES 4

INGREDIENTS

- 8 hard boiled eggs
- 1 Tbsp. grated coconut (optional)
- 5 Tbsp. oil
- ½ tsp. black cumin (kala jeera)
- 2 bay leaves
- 2 onions, finely chopped

- ½ tsp. turmeric powder (haldi)
- 3 garlic cloves, finely chopped
- 3 cm. ginger, finely chopped
- 1 Tbsp. garam masala
- 1½ tsp. paprika powder
- ¼ chilli powder

- 1 Tbsp. tomato puree
- ½ tsp. cinnamon powder
- 2 Tbsp. finely chopped coriander leaves

PREPARATION

- 1 - Shell the eggs and keep them aside.
 - 2 - If you choose to use the coconut, roast it in a pan until slightly golden and grind into a powder.
 - 3 - Heat the oil in a pan.
 - Add the black cumin and, immediately after, the bay leaves. Fry this for a few seconds.
 - Add the onions and fry until slightly golden.
 - 4 - Add the turmeric powder. Fry for 1 minute.
 - Add the garlic and ginger and fry 3 minutes longer.
 - Add the coconut powder. Again fry for 3 minutes.
 - Add the garam masala, paprika and chilli powder. Fry for 1 minute.
 - 5 - Now add the tomato puree and fry for 1 minute. Add 350 ml hot water and salt to taste.
 - Let it simmer for 15 minutes.
 - 6 - Finally add the cinnamon powder, the eggs and the chopped coriander.
 - Bring this to a boil and remove it from the heat.
- Serve hot with rice.

अंडा करी



Mutton Curry

SERVES 4

INGREDIENTS

500 g boneless mutton, cut in 4 cm. cubes
2 onions, chopped

½ tsp. turmeric powder (haldi)

5 garlic cloves, finely chopped

3 cm ginger, finely chopped

3 Tbsp. finely chopped coriander leaves

½ Tbsp. finely chopped mint leaves

125 ml yoghurt

3 Tbsp. mustard oil

½ tsp. black cumin (kala jeera)

2 bay leaves

1 or 2 chillies, chopped (optional)

 ¼ tsp. chilli powder

 1 tbsp. coriander powder (dhania)

 1 tsp. cumin powder (jeera)

2 Tbsp. poppy seeds (khus-khus),
ground into a paste with water

PREPARATION

1 - Soak the poppy seeds in warm water for 15 minutes. Grind this into a paste.

2 - In a pot place the mutton, half the onion, half the garlic, half the ginger and ¼ tsp. turmeric powder. Add 2 Tbsp. of the chopped coriander, all the chopped mint and the yoghurt mixed with 3 Tbsp. water. Let this cook until the meat is soft.

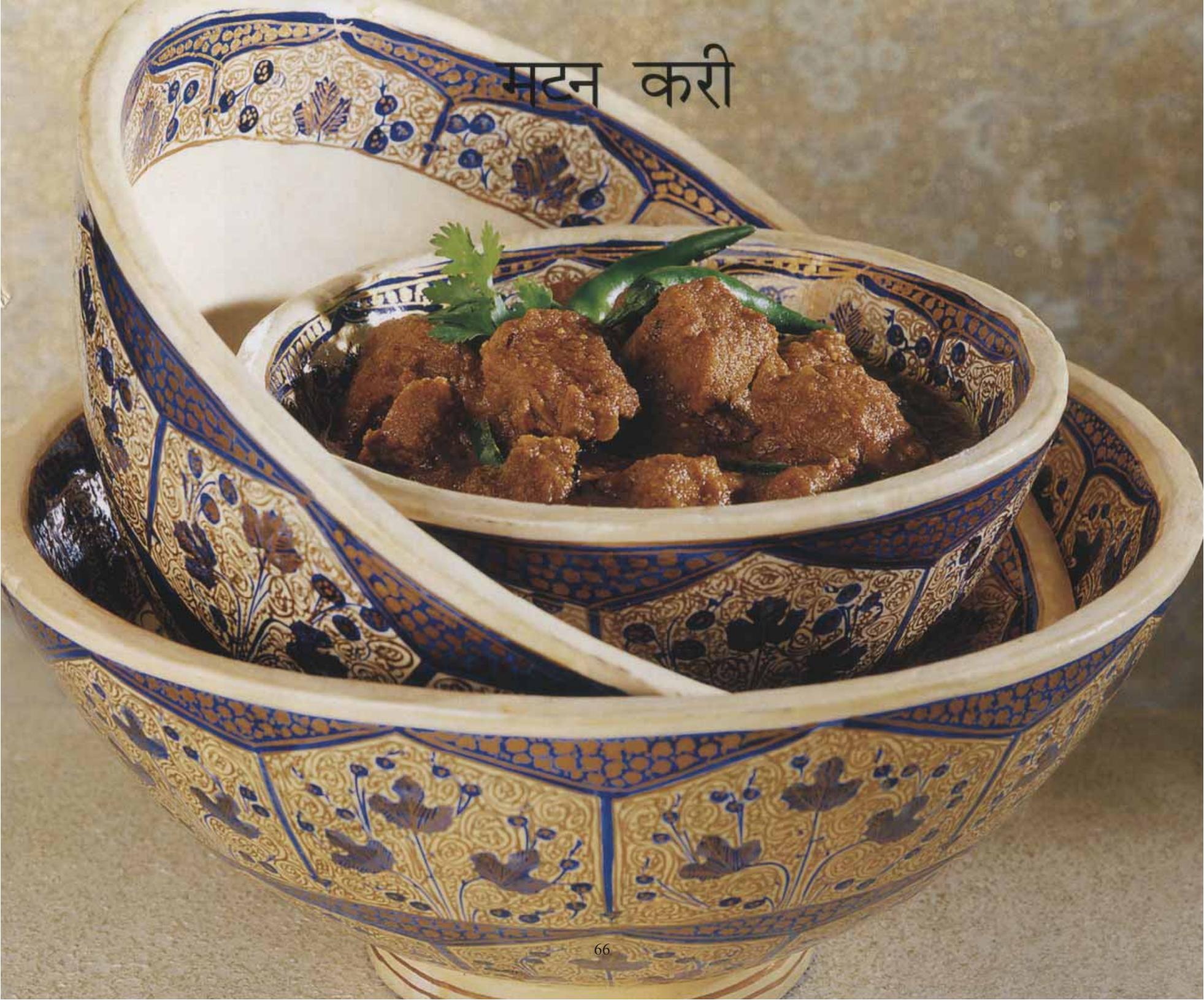
3 - In another pot heat the mustard oil until it smokes. Let it cool down slightly.
Add the black cumin. Immediately after add the bay leaves and fry for a few seconds.
Now add the rest of the onion and fry until slightly golden.

4 - Add the garlic, ginger, chopped chillies (optional), and fry for three minutes longer.
Now add the spices  and ¼ tsp. turmeric powder. Fry for 1 minute.

5 - Add the poppy seed paste, the cooked mutton mixture and salt to taste.
Let this continue cooking for ten minutes, stirring from time to time as the sauce can easily stick to the pot.

Serve hot, garnished with coriander leaves.

मटन करी



Stuffed Quails

SERVES 4

INGREDIENTS

4 Quails (cleaned and washed)

125 ml milk

6 Tbsp. oil

2 medium onions, finely chopped

2 garlic cloves, finely chopped

3 cm ginger, finely chopped

1½ Tbsp. coriander powder (dhania)

1 tsp. cumin powder (jeera)

8 cloves

A 2 cinnamon sticks (about 3 cm. long)

2 black cardamom, seeds only

6 green cardamom, seeds only

25 g each, peeled almonds and cashew nuts

2 Tbsp. poppy seeds (khus khus)

2 Tbsp. finely chopped coriander leaves

½ tsp. black cumin (kala jeera)

1 bay leaf

PREPARATION

1 - Marinate the quails in milk for at least one hour.

2 - Coarsely grind the spices A.

Grind the poppy seeds. Coarsely grind the nuts.

3 - Heat 4 Tbsp. oil in a pan and fry the onion until it is transparent.

Add garlic and ginger. Fry for three minutes.

Add the coarsely ground spices A, coriander powder and cumin powder.

Fry for one minute or until the flavours are released.

4 - Now add the nuts, ground poppy seeds and salt to taste. Fry for one further minute.

Add 1 Tbsp. chopped coriander leaves.

5 - Let it cool a bit. Divide this mixture into two parts.

With one half stuff the marinated quails. Use the other half to rub over the quails.

6 - In another pan heat 2 Tbsp. oil, add the black cumin and immediately after, the bay leaf.

7 - Add the quails and the milk from the marinade.

Cover the pan and let it simmer on low heat until the quails are cooked, about 20 minutes.

Garnish with remaining coriander leaves.

Serve hot.

ભરવાં બટેર



Grilled Quails

SERVES 4

INGREDIENTS

4 quails, cleaned and washed
3 garlic cloves, finely chopped
3 cm ginger, finely chopped
1 Tbsp. vinegar or lemon juice
1/4 tsp. chilli powder
1 tsp. paprika powder
1 Tbsp. butter
Salt to taste

PREPARATION

- 1 - Preheat the oven to 190°C (375°F).
- 2 - Mix all the ingredients except the quails to obtain a paste.
Rub the paste on the quails (inside and outside).
Place them on an oven tray.
- 3 - Bake for about 20 minutes or until cooked.
Serve hot.

भुजा हुआ बटेर





Vegetables & Salads



Tendli

TONDLI - SERVES 4

INGREDIENTS

400 g tendli
4 Tbsp. oil
1/8 tsp. asafoetida (hing)
1/2 tsp. turmeric powder (haldi)
1/4 tsp. chilli powder
1 tsp cumin powder (jeera)
1 Tbsp. coriander powder (dhania)
salt to taste

PREPARATION

- 1 - Wash and cut the tendli in 4 slices (lengthwise).
- 2 - In a pan heat the oil.
Add the asafoetida. After a few seconds add the turmeric powder, then the chilli powder, the cumin and the coriander powders, one after another. Fry for a few seconds.
- 3 - Add the sliced tendli. Stir fry for 10 minutes on a low flame.
Cover and let it simmer, stirring once in a while until tender.
Add salt to taste.

Serve hot.

टेंडली



Sem ki Sabji

GREEN BEANS - SERVES 4

INGREDIENTS

400 g green beans, cut about 3 cm long
3 Tbsp. oil
 $\frac{1}{8}$ tsp. asafoetida (hing)

 1 tsp. coriander powder (dhania)
 1 tsp. cumin powder (jeera)
 $\frac{1}{4}$ tsp. turmeric powder (haldi)
 $\frac{1}{4}$ tsp. red chilli powder (2 pinches)

1 whole red chilli, cut into 3 pieces
1 large onion, finely chopped
Salt to taste

PREPARATION

- 1 - Mix all the spices  together in a small bowl.
- 2 - Boil the beans in salt water for about 10 minutes and drain them.
- 3 - Heat the oil in a pan. Add the asafoetida and fry for a few seconds.
Now add spices . Fry for a few more seconds.
- 4 - Add the chilli pieces and fry them for about 1 minute.
- 5 - Add onions and fry until slightly golden.
- 6 - Add the beans and stir-fry them until their colour changes, about 5-10 minutes.
- 7 - Add salt to taste. Serve hot.

सेम की सब्ज़ी



Lobiya ki Phali

STRING BEANS - SERVES 4

INGREDIENTS

500 g string beans (lobiya)
4 Tbsp. oil
½ tsp. turmeric powder (haldi)
1 red chilli
4 garlic cloves, finely chopped
1 large onion, finely chopped
Salt to taste

PREPARATION

- 1 - Wash and cut the string beans in 2 cm pieces. Keep aside.
 - 2 - Heat the oil in a pan. Add the turmeric powder, whole chilli and garlic. Fry for a few seconds.
 - 3 - Now add the beans and onion. Fry on a low heat until vegetable is tender.
Add salt to taste.
- Serve hot.

लोधिया की फली



Palak

FLAVOURED SPINACH WITH MOONG DAAL - SERVES 4

INGREDIENTS

1/4 cup moong daal (split but with skin)
500 g spinach
2 onions, finely chopped
3 cm ginger, finely chopped

2 Tbsp. oil
1/8 tsp. asafoetida (hing)
3 garlic cloves, finely chopped
1 red chilli
Salt to taste

PREPARATION

- 1 - Clean and wash the daal. Soak for at least 15 minutes. Drain and keep aside.
- 2 - In the meanwhile, wash and cut the spinach.
- 3 - In a pot, cook together the spinach, daal, onions and ginger with 250 ml water until the daal is soft.
- 4 - In another pan heat the oil. Add the asafoetida and fry for a few seconds.
Now add the garlic and the whole chilli and fry for one minute.
Add this mixture to the cooked vegetables.
- 5 - Add salt to taste and boil for a few minutes longer to blend the flavours.

Serve hot.

पालक



Sukhee Bhindi

SUN-DRIED LADY FINGERS - SERVES 4

INGREDIENTS

500 g lady fingers (okra, bhindi)
4 Tbsp. mustard oil
3 garlic cloves, finely chopped
1 green chilli, chopped
1 onion, finely chopped
1/4 tsp. turmeric powder (haldi)
Salt to taste

PREPARATION

- 1 - Discard the ends of the lady fingers and make a slit lengthwise, making sure they are still one, with the end intact.
 - 2 - Dry them in the sun for one or two days.
 - 3 - In a pan heat the mustard oil. Let it smoke and then cool for a few minutes.
 - 4 - Add the garlic and green chilli. Fry a few seconds.
Add the onions and turmeric powder. Fry until onion is transparent.
 - 5 - Add the lady fingers. Fry nicely until lady fingers are cooked. Add salt to taste.
- Serve hot.

सूखी भिण्डी



Bhindi

OKRA OR LADY FINGERS - SERVES 4

INGREDIENTS

500 g lady fingers (okra, bhindi)
4 Tbsp. mustard oil
1 green chilli, cut into small pieces
3 garlic cloves, finely cut
 $\frac{1}{4}$ tsp. turmeric (haldi)
2 onions, finely cut
Salt to taste
1 Tbsp. finely chopped coriander leaves

PREPARATION

- 1 - Wash the lady fingers, dry them completely with a towel and cut the ends off. Then cut them into about 5mm thick slices.
- 2 - In a big frying pan, heat the oil. Once it is hot, put in the green chilli and garlic. Fry for $\frac{1}{2}$ minute.
- 3 - Add turmeric and lady fingers. Fry for a while until the stickiness is gone. (Add 1 or 2 Tbsp. normal vegetable oil if it looks too dry.)
- 4 - Add onions and salt and mix well.
- 5 - Continue to fry lady fingers on low heat until their colour changes and they become soft, about 10 minutes.
- 6 - When ready, garnish with fresh coriander. Serve hot.

TIP: lady fingers need some more oil to make it crisp and dry.
They are very nice served with chapati.

भिंडी



Tali Hui Aravi

FRIED COLOCASIA - SERVES 4

INGREDIENTS

400 g colocasia (Aravi)
½ tsp. salt or to taste
½ tsp. turmeric powder (haldi)
1 tsp. paprika powder
1½ tsp. coriander powder (dhania)
½ tsp. mango powder (amchoor)
1½ tsp. cumin powder (jeera)
Oil for shallow frying

PREPARATION

- 1 - In a pot, boil the colocasia in its' skin until soft. (Like potatoes)
When done, peel and press to make them as flat as possible.
- 2 - In a bowl mix salt, turmeric, paprika, coriander, mango powder and cumin powder.
Apply this mixture to both sides of the colocasia.
- 3 - Shallow fry in a pan until golden brown.
Serve warm.

तली हुई अरवी



Lauki

WHITE GOURD - SERVES 4

INGREDIENTS

400 g white gourd (lauki) peeled,
seeded and cut into about 2cm cubes
2 Tbsp. mustard oil (or melted ghee)
1 dried red chilli
½ tsp. cumin seeds (whole jeera)
¼ tsp. asafoetida (hing)

 ½ tsp. turmeric powder (haldi)
 1 tsp. coriander powder (dhania)
 1 tsp. cumin powder (jeera)

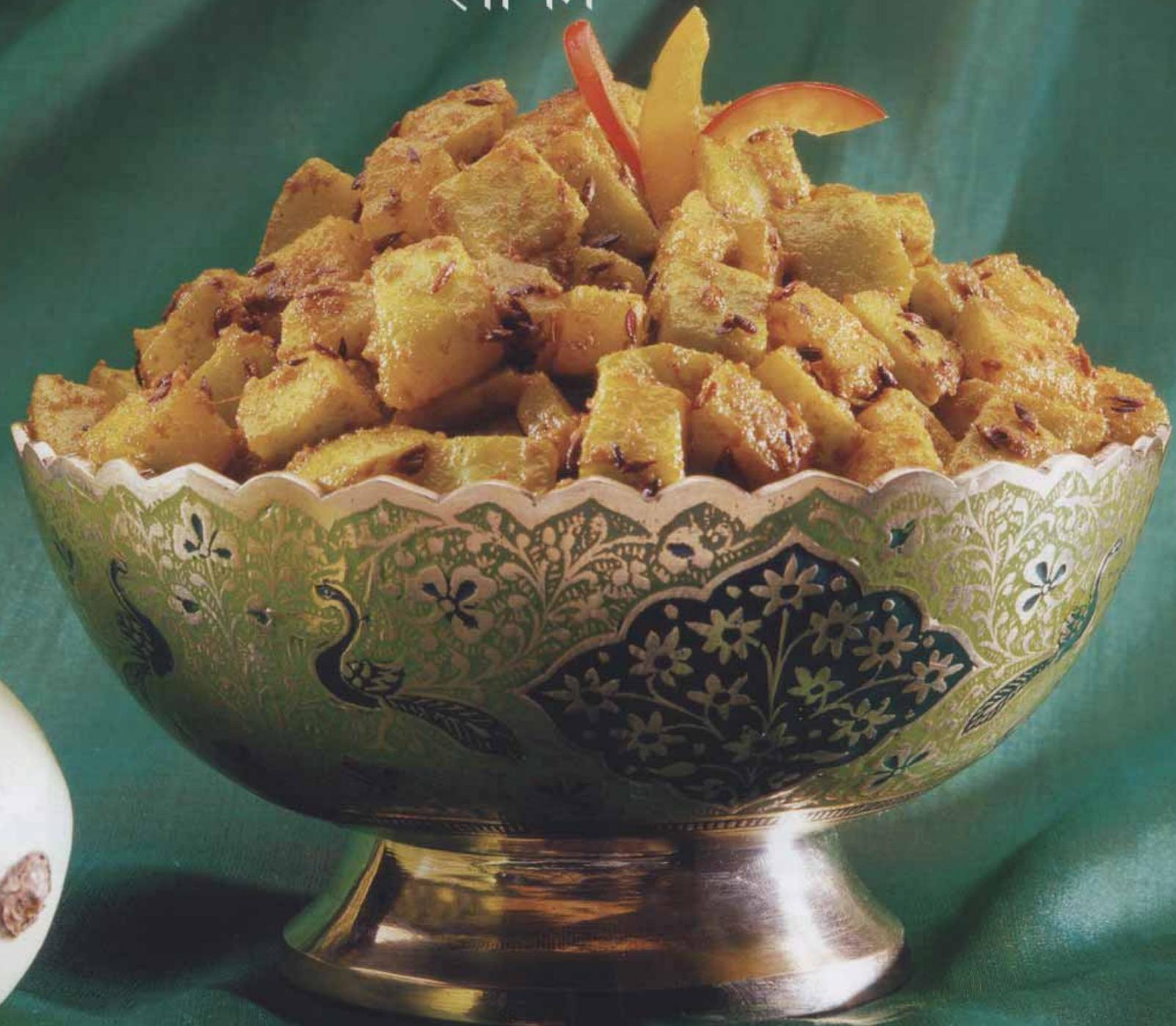
Salt to taste

PREPARATION

- 1 - In a small bowl mix spices  with ½ cup water. Keep aside.
- 2 - In a pan, heat the mustard oil until it smokes. Let the oil cool for a few minutes.
(Ghee can be used but do not let it smoke, or cool down.)
Add the chilli and immediately after, the cumin seeds.
Now add the asafoetida and fry for a few seconds.
- 3 - Add the spices . Let it cook until the oil starts separating from the mixture.
- 4 - Add the white gourd and salt.
Cover and simmer for about 15 minutes, until the vegetable is soft.

TIP: One can also add 2 finely chopped onions together with the white gourd.

लौकी



Chhole

A SPICY CHICKPEA CURRY - SERVES 6

INGREDIENTS

250 g chickpeas (chana)
150 g potatoes (a firm variety)
30 g seedless tamarind (imli)
or 1 Tbsp. tamarind paste

¼ tsp. bicarbonate of soda (baking soda)
1½ large onions, chopped in cubes
4 garlic cloves, finely chopped
3 cm ginger, finely chopped

2 Tbsp. melted ghee or oil
1 tsp. black cumin (kala jeera)
3 bay leaves
1 fresh green chilli
½ tsp. turmeric powder (haldi)
¼ tsp. red chilli powder
1 Tbsp. paprika powder

A ½ tsp. black peppercorns
3 cinnamon sticks (about 4 cm long)
4 black cardamoms, seeds only (badi elaichi)
6 cloves
1½ Tbsp. coriander seeds (dhania)
1½ tsp. cumin seeds (jeera)

1 tomato, chopped in cubes (optional)
2 Tbsp. finely chopped coriander leaves
1 tsp. jaggery or 2 tsp. sugar (optional)

PREPARATION

- 1 - Clean and soak the chickpeas in warm water overnight. Coarsely grind spices A. Keep aside.
Boil potatoes, peel and cut them into about 1½ cm cubes.
Soak the tamarind in a little hot water for about one hour. Drain and then strain through a sieve or squeeze by hand to extract the pulp. Keep this aside.
- 2 - Boil 2½ litres of water in a large pot. When it begins boiling add baking soda, the prewashed and drained chickpeas, the onion, garlic and ginger. Let everything cook until the chickpeas are tender. Add hot water if necessary to make sure the chick peas remain immersed.
- 3 - In a frying pan heat the ghee. Add the black cumin and immediately after, the bay leaves.
Fry for a few seconds. Add the green chilli. Fry for a few more seconds.
- 4 - Now add the turmeric, the chilli and paprika powders and spices A.
Fry for a few seconds taking care not to burn them.
If you are using the tomato cubes add them now and fry for one minute.
- 5 - Now add this mixture to the cooked chickpeas.
Add the potato cubes and let everything cook for another 10 minutes.
- 6 - Add the tamarind paste and salt to taste. If you choose, add the sugar or jaggery.
Mix well, cover and simmer 5 minutes longer.
- 7 - When ready, garnish with the chopped coriander.
Serve hot, accompanied with naan, bathura or rice.

TIP: Chhole has to be a thick, moist dish. It should not have too much liquid content!

छोले



Chinchida

SNAKE GOURD VEGETABLE - SERVES 4

INGREDIENTS

400 g snake gourd (chinchida*)

4 Tbsp. mustard oil

1 onion, finely cut

3 garlic cloves, finely chopped

 ½ tsp. turmeric powder (haldi)

 1 tsp. cumin powder (jeera)

 1 Tbsp. coriander powder (dhania)

2 Tbsp. moong daal,

soaked in water for 15 minutes

Salt to taste

PREPARATION

- 1 - Scrape the outside of the snake gourd with the blade of the knife.
Cut it lengthwise in half, remove the seeds and cut into 1½ cm slices.
- 2 - In a pan heat 3 Tbsp. mustard oil until it smokes. Let it cool down for some minutes.
Add the onions and fry until transparent.
Add the garlic. Fry for one minute.
- 3 - Add the spices  and fry one minute longer.
Add the soaked moong daal. Fry for a few minutes.
Add the snake gourd and 1 more Tbsp. oil. Stir fry.
- 4 - Cover the pan and simmer, stirring from time to time, until the vegetable is cooked.

Add salt to taste, mix well and serve hot.

* This is a typical Maharashtrian vegetable called padwal in Marathi.
It is not to be confused with parvar. See glossary page 189.

चिनचिंडा



Raita

CUCUMBER, ONION, TOMATO AND YOGHURT SALAD - SERVES 4

INGREDIENTS

250 ml natural yoghurt
1 green chilli, finely chopped
2 Tbsp. sweetened, condensed milk
1 small garlic clove, finely chopped
1 tsp. honey
1 tsp. of any fruit jam
 $\frac{1}{2}$ cup onions, cut in small cubes
1 tomato, cut in small cubes
1 cup cucumber, cut in 1 cm cubes
1 Tbsp. finely chopped coriander leaves,
Salt to taste

PREPARATION

- 1 - Mix all the ingredients in a bowl. Add salt to taste.
- 2 - Serve with any meat curry, biryani or pulao.

रायता



Phalon ka Raita

SAVOURY FRUIT SALAD - SERVES 4 - 6

INGREDIENTS

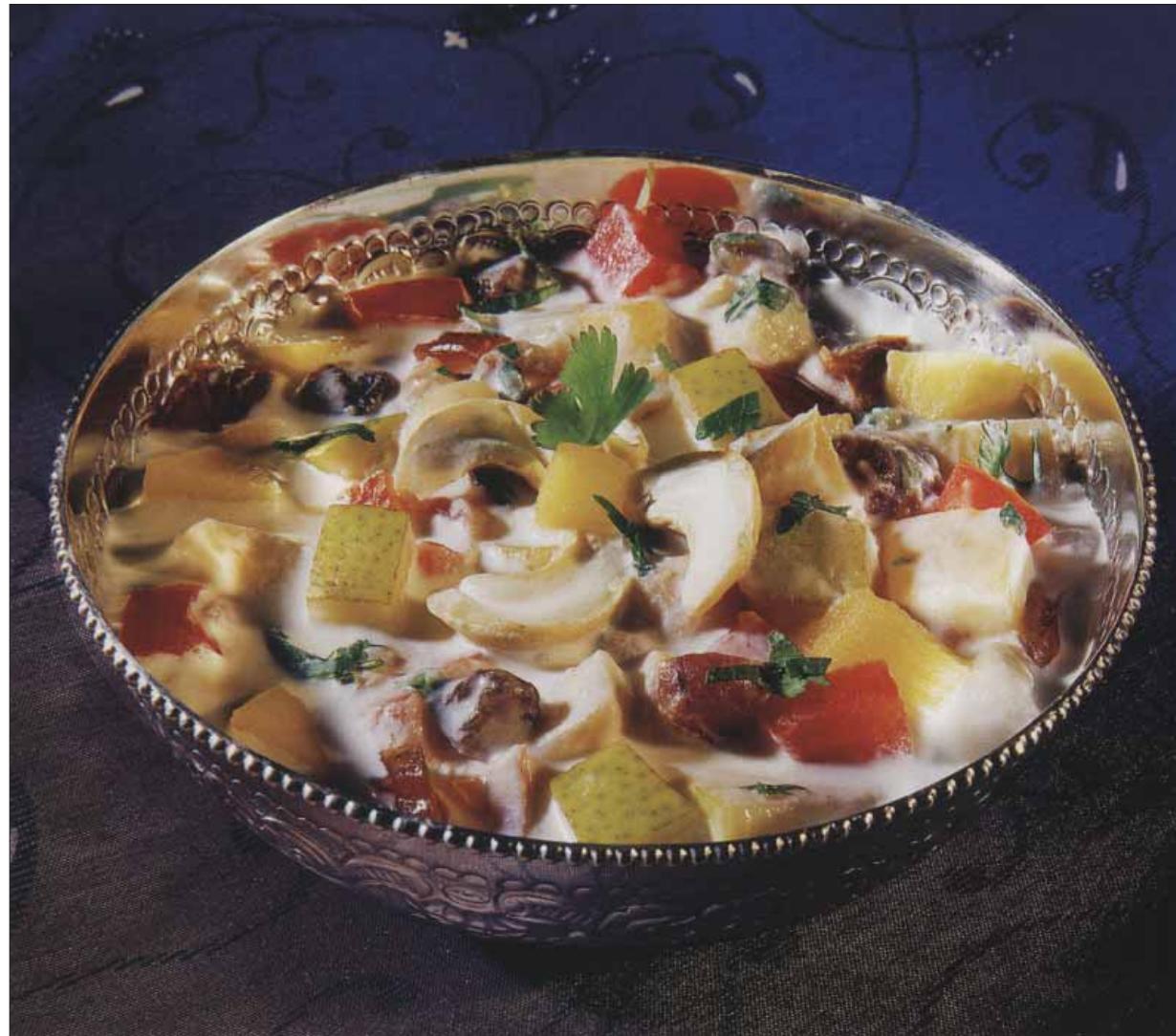
60 g mixed almonds and cashew nuts
60 g mixed raisins and dates
1 pear, 1 apple, 1 mango and 1 banana
2 medium tomatoes, cut in cubes
 $\frac{1}{4}$ litre heavy cream (malai)
1 green chilli, cut in small pieces
1 Tbsp. of any fruit jam (not sour)
1 Tbsp. honey
1 Tbsp. finely chopped coriander leaves
Salt to taste

PREPARATION

- 1 - Cut the nuts and dried fruits into small pieces.
- 2 - Peel (optional) and cut the fruit in about $1\frac{1}{2}$ cm. cubes.
- 3 - Mix all the ingredients together in a bowl. Add salt to taste.

TIP: Serve with biryani or pulao.

फलों का रायता



Matar pudina

PEAS WITH MINT - SERVES 4

INGREDIENTS

400 g fresh green peas (frozen can be used)
2 Tbsp. butter
2 onions, finely chopped
Salt to taste
 $\frac{1}{4}$ tsp. black pepper powder
3 Tbsp. finely chopped mint leaves

PREPARATION

- 1 - Cook the peas in water for 3 minutes. Strain them and keep aside.
- 2 - Heat the butter in a pan, add the onion and cook until soft and transparent.
- 3 - Add the peas, stir fry for a little while.
- 4 - Add the salt, black pepper (freshly pounded).
- 5 - Add the mint leaves and remove from the heat.

Serve hot.

TIP: This can be also used to stuff tomatoes or other vegetables.

मटर पुदीना



Matar Tamatar ki Sabji

GREEN PEAS WITH TOMATOES - SERVES 4

INGREDIENTS

2 Tbsp. oil
2 onions, finely chopped
2½ cm ginger, finely chopped
3 garlic cloves, finely chopped

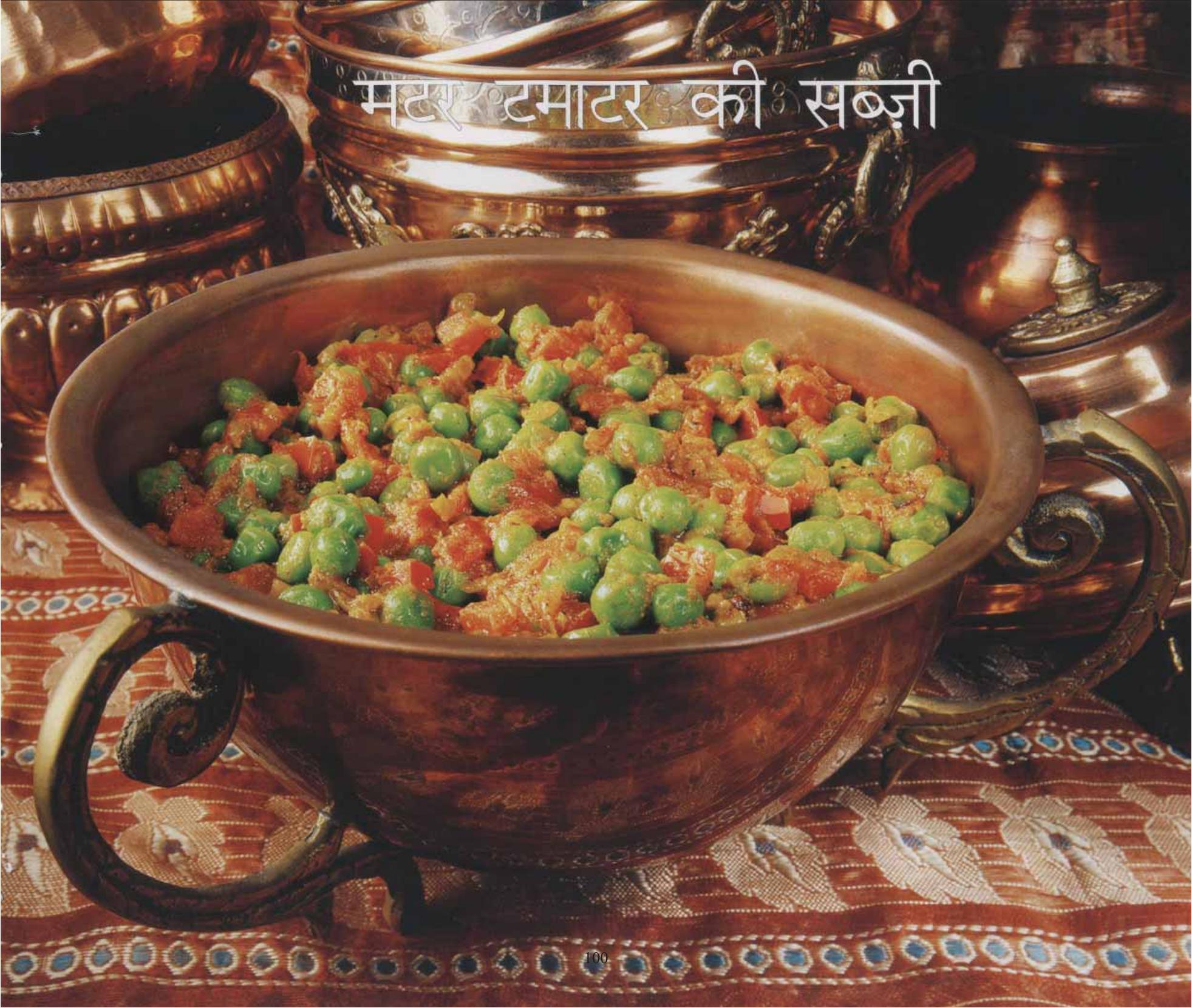
½ tsp. turmeric powder (haldi)
½ tsp. cumin powder (jeera)
2 tsp. coriander powder (dhania)
1 Tbsp. garam masala

2 tomatoes, cut in cubes
400 g green peas
salt to taste

PREPARATION

- 1 - In a pan heat the oil. Add the onions and fry until transparent.
 - 2 - Add the ginger and garlic and fry three minutes longer.
 - 3 - Add the turmeric powder and fry for one minute.
 - 4 - Add all the other dry spices. Fry one minute.
Add the tomatoes, fry for one minute and add the green peas.
 - 5 - Add salt to taste and cook on low heat, stirring from time to time, until the peas are done.
- Serve hot.

मटर टमाटर की सब्ज़ी



Gobi Matar ki Sabji

CAULIFLOWER AND GREEN PEAS - SERVES 4-6

INGREDIENTS

1 medium-sized cauliflower (about 500 g)

3 Tbsp. oil

½ tsp. asafoetida (hing)

2 onions, finely chopped

½ tsp. turmeric powder (haldi)

½ tsp. cumin powder (jeera)

1 tsp. coriander powder (dhania)

chilli powder to taste (optional)

200 g green peas

2 tomatoes, cut in cubes

1½ Tbsp. finely chopped fresh coriander

Salt to taste

PREPARATION

1 - Cut the cauliflower into small florets.

2 - In a pan, heat the oil. Add the asafoetida. Fry for a few seconds.

Now add the onion and fry for about three minutes.

Add the turmeric, cumin, coriander powders and (optional) chilli powder.

Fry for one minute. Add the cauliflower. Stir fry until it is half cooked.

3 - Add the green peas and tomatoes, 1 Tbsp. chopped coriander and salt to taste.

4 - Cover and simmer on low heat until the vegetables are soft.

5 - Sprinkle the remaining chopped coriander over the vegetable mixture.

Serve hot.

TIP: If you use frozen peas, add them when the cauliflower is almost cooked.

गोभी मटर की सब्ज़ी



Gobi ki sabji

SPICED CAULIFLOWER - SERVES 4

INGREDIENTS

350 g cauliflower, cut into small flowers

4 Tbsp. oil

1/8 tsp. asafoetida (hing)

1 fresh red chilli (dry)

1 tsp. cumin seeds (whole jeera)

1/2 tsp. mustard seeds

1/4 tsp. turmeric powder (haldi)

1 large onion, cut into cubes

2 tomatoes, cut into cubes

Salt to taste

1 Tbsp. finely chopped coriander leaves

PREPARATION

1 - Cut the cauliflower into small florets.

2 - Heat oil in a pan. Add the asafoetida and whole red chilli and fry for a few seconds.

(Remove the chilli if you wish.)

Add the cumin and mustard seeds, frying for a few seconds to release the flavours.

Add the turmeric powder, again frying for a few seconds.

3 - Immediately add the cauliflower and fry for 5 minutes on low heat.

4 - Add onions and simmer, stirring occasionally, until cauliflower is almost cooked.

5 - Add tomatoes and salt. Cover and let everything simmer 5 minutes longer.

Serve hot garnished with the chopped coriander.

गोभी की सब्ज़ी



Aloo ki Sabji

SPICED POTATOES - SERVES 4

INGREDIENTS

500 g potatoes (firm variety)

4 Tbsp. mustard oil

½ tsp. asafoetida (hing)

1 onion, finely chopped

½ tsp. turmeric powder (haldi)

2 cm ginger, finely chopped

3 garlic cloves, finely chopped

1 pinch of chilli powder

1 tsp. cumin powder (jeera)

1 tsp. coriander powder (dhania)

1 tsp. garam masala

½ tsp. mango powder (amchoor)

1½ Tbsp. finely chopped coriander leaves

PREPARATION

1 - Boil the potatoes until they are cooked but still firm.

Peel and cut into cubes

2 - Heat the mustard oil in a pan until it smokes. Let it cool down for some minutes.

Then add the asafoetida. Fry for a few seconds.

3 - Add the onion and fry until slightly golden.

Add the turmeric powder, fry for one minute.

Add ginger and garlic. Fry one minute longer.

Add the rest of the spices and fry for a few seconds.

4 - Now add the potato cubes and salt to taste. Mix well.

Fry gently, stirring once in a while, for 5 minutes.

5 - Garnish with chopped coriander leaves.

Serve with rice or chapati.

आलू की सब्ज़ी



Marwari Aloo Bhaji

MARWARI STYLE POTATOES - SERVES 4

INGREDIENTS

600 g medium potatoes

2 level Tbsp. solid ghee

1/8 tsp. asafoetida (hing)

1½ tsp. coriander powder (dhania)

½ tsp. turmeric powder (haldi)

1 tsp. cumin powder (jeera)

¼ tsp. red chilli powder (to taste)

½ tsp. paprika powder (optional)

Salt to taste

1 Tbsp. finely chopped coriander leaves



PREPARATION

1 - Peel and slice the potatoes 1 cm thick.

Mix together spices A in a small bowl.

2 - Heat ghee in frying pan. Add the asafoetida. Fry for a few seconds to release the flavour.

3 - Add spices A and fry for a few seconds longer without letting them burn.

4 - Add the sliced potatoes, 4 tablespoons water and salt to taste. Mix well.

Cover and simmer for about 20 minutes, stirring from time-to-time until the potatoes are cooked. If too dry you may add some more water.

Serve hot. Garnish with the chopped coriander.

TIP: If potatoes are too big, cut in half lengthwise before slicing.

मारवाडी आलू भाजी



Baingan ki Sabji

RICH AUBERGINES – SERVES 4

INGREDIENTS

500 g small aubergines (brinjal)

¼ tsp. fenugreek seeds (methi)

1 large onion, cut in thin slices

1 red chilli

 1 Tbsp. coriander powder (dhania)
 1 tsp. fennel seeds powder (saunf)
½ tsp. mango (amchoor) powder

2 Tbsp. poppy seeds (khus khus), roasted + roughly ground

4 Tbsp. mustard oil

Salt to taste

1 Tbsp. finely chopped coriander leaves

PREPARATION

1 - Wash and cut the aubergines lengthwise in half and then into 4 cm. long sticks.

Let them soak for a while in water in order to extract any bitterness.

2 - In a pan heat the mustard oil until it smokes. Let this cool for a few minutes.

Add the fenugreek seeds. Fry for a few seconds to release the flavour.

Add the chopped onions and the chilli. Fry until the onion is transparent and soft.

3 - Add the spices  and the poppy seeds. Fry for 1 minute.

Now add the aubergines, stir-frying for 5 minutes.

4 - Add salt to taste, mix well. Sprinkle with a little water if needed.

Cover and simmer, stirring from time-to-time, until the aubergines are cooked.

5 - Sprinkle with the chopped coriander.

Serve hot.

बैंगन की सब्जी



Aloo Baingan ki Sabji

SPICED POTATOES AND AUBERGINES - SERVES 4

INGREDIENTS

2 aubergines (about 400 g)

250 g potatoes

4 Tbsp. oil

2 cinnamon sticks (about 3 cm long)

A 6 cloves

½ tsp. black peppercorns

2 onions, finely chopped

2½ cm ginger, finely chopped

4 garlic cloves, finely chopped

B ½ tsp. turmeric powder (haldi)

1½ tsp. coriander powder (dhania)

1 tsp. cumin powder (jeera)

¼ tsp. chilli powder

2 tsp. poppy seeds (khus khus),
slightly roasted

3 tomatoes, finely chopped

Salt to taste

1 Tbsp. garam masala

2 tsp. jaggery or 1 tsp. sugar

2 Tbsp. finely chopped coriander leaves

PREPARATION

1 - Peel the potatoes and cut into about 2 cm cubes. Cut the aubergines into about 2 cm cubes.

2 - Heat oil in a pan. Fry spices A for a few seconds to release the flavours.

Add the onions and fry until transparent.

Add ginger and garlic and fry for 3 minutes.

3 - Add spices B and fry for one minute.

4 - Add tomatoes and fry 2 minutes longer.

5 - Now add the potatoes and aubergines.

Cook for 5 minutes, adding a few tablespoons of water.

Cover and simmer for 20 minutes, stirring occasionally.

6 - Add salt to taste and mix well.

7 - When the potatoes are cooked, add the garam masala and jaggery. Mix well.

Cover, letting the flavours blend together for 5 minutes.

8 - Just before serving add the chopped coriander leaves.

Serve hot.

आलू बैंगन की सब्ज़ी



Baingan ka Bharta

FINELY FLAVOURED AUBERGINES - SERVES 4

INGREDIENTS

2 large aubergines (about 500 g)
1 red chilli (dry)
4 Tbsp. mustard oil
2 onions, chopped
2 garlic cloves, finely chopped
2 medium-sized tomatoes, cut in cubes
2 Tbsp. finely chopped coriander leaves
Salt to taste

PREPARATION

- 1 - Soak the chilli in water for 15-20 minutes, then remove the seeds and cut into small pieces.
- 2 - Prick the aubergines with a fork and rub them with oil.
Place them beneath a pre-heated grill (or directly in a fire) for about 20 minutes,
turning frequently. Cook until soft.
Let them cool down a little. Remove the skin and chop the flesh.
- 3 - Heat the mustard oil until it smokes. Let it cool for some minutes.
Add the onion and fry until slightly golden.
- 4 - Add the garlic and chilli. Fry for one minute.
- 5 - Add the chopped aubergines and fry everything for 10 minutes.
- 6 - Add salt to taste.
- 7 - Before serving, add fresh coriander.

Serve hot.

बैंगन का भरता



Baingan Simla Mirch ki Sabji

AUBERGINE CAPSICUM VEGETABLE - SERVES 4

INGREDIENTS

400 g small aubergines (brinjal)
1 red capsicum (bell pepper)
3 Tbsp. oil
 $\frac{1}{4}$ tsp. asafoetida (hing)
 $\frac{1}{2}$ tsp. turmeric powder (haldi)
 $\frac{1}{4}$ tsp. chilli powder
 $1\frac{1}{2}$ tsp. coriander powder (dhania)
1 tsp. cumin powder (jeera)
2 Tbsp. finely chopped coriander leaves

PREPARATION

- 1 - Slice the aubergines lengthwise in 4 pieces and then, if too large, into 5 cm long pieces.
Soak them in cold water for at least 10 minutes. Drain them.
Cut the capsicum in about $\frac{1}{2}$ cm thick and 5 cm long slices.
- 2 - Heat the oil in a pan and add the asafoetida. Fry for a few seconds.
Add the tumeric and, after a few seconds, the chilli, coriander and cumin powders.
Fry for a few seconds.
- 3 - Add the capsicum and the chopped coriander. Add aubergines.
Fry and then let simmer, stirring once in a while, until aubergines are cooked.
- 4 - Sprinkle chopped coriander leaves and serve hot.

बैंगन शिमला मिर्च की सब्ज़ी



Stuffed Baingan

STUFFED AUBERGINES - SERVES 4

INGREDIENTS

500 g small aubergines (long or round ones)
30 g cashew nuts

6 Tbsp. oil
2 bay leaves
2 onions, finely chopped
4 garlic cloves, finely chopped
3 cm ginger, finely chopped
1 Tbsp. coconut, finely ground
1 Tbsp. poppy seeds (khus khus), finely ground

2 tsp. coriander powder (dhania)
1 tsp. cumin powder (jeera)
2 tsp. garam masala
 $\frac{1}{4}$ tsp. chilli powder
 $\frac{1}{2}$ tsp. turmeric powder (haldi)
Salt to taste

1 Tbsp. finely chopped coriander leaves

PREPARATION

- 1 - Make a lengthwise slit in the aubergines leaving the entire stem intact.
Take care not to break them while cutting!
Soak in water for at least 10 minutes, drain and pat dry.
Grind the cashew nuts into a thick paste with a few spoons of water. Set aside.
- 2 - In a pan heat 3 Tbsp. oil. Fry the bay leaves for a few seconds. Add onion, fry until transparent.
Add garlic and ginger and fry until slightly golden.
- 3 - Now add the finely ground coconut and poppy seeds.
Fry a little and add the rest of the spices
and salt to taste. Continue to fry for three minutes on low heat.
- 4 - Remove the pan from the heat and let it cool a little.
Divide this mixture in two parts, one for stuffing the aubergines and the other for the gravy.
- 5 - Sprinkle a little salt in the slits of the aubergines and stuff them with the onion mixture.
Take care not to break the aubergines.
- 6 - In a pan heat 3 Tbsp. of oil. Fry the stuffed aubergines, turning them to fry on all sides,
for about five minutes. Add rest of the onion mixture and a little water. Cover and simmer on
low heat until the vegetable is cooked.
- 7 - Add the cashew nut paste and fresh coriander. Mix well.
Let this cook 3 minutes longer.

Serve hot.

भरवाँ बैंगन



Karela

BITTER GOURD - SERVES 4

INGREDIENTS

350 g bitter gourd (karela)

Salt to taste

2 tbsp. mustard oil

¼ tsp. fenugreek seeds (methi)

½ tsp. asafoetida (hing)

½ tsp. turmeric (haldi)

1 Tbsp. fennel seeds (saunf),

A coarsely ground

1½ tsp. coriander powder (dhania)

1½ tsp. cumin powder (jeera)

4 Tbsp. yoghurt

½ onions, cut in quarters and finely sliced

PREPARATION

1 - Wash the bitter gourd. With a knife, scrape away some of the skin.

Cut them into 5 mm slices. Add salt and rub in well.

Let it rest for half an hour until the vegetable starts loosing water.

2 - Squeeze all the juice out of the bitter gourd (this juice is bitter).

Wash and squeeze them again two times to remove all remaining bitterness.

Pat them dry.

3 - Heat the mustard oil in a pan until it smokes. Let it cool for a few minutes and then add the fenugreek seeds, frying for a few seconds until the flavour is released.

4 - Add the asafoetida and fry for a few seconds. Then add the sliced bitter gourd.

Stir-fry for about 8 minutes.

5 - Add spices A and fry for 30 seconds. Add yoghurt and onions.

6 - Simmer everything together until the bitter gourd is soft and cooked.

Serve hot accompanied with Chapati or Puri.

करेला



Stuffed Karela

SERVES 4

INGREDIENTS

4 bitter gourds (karelas)
1½ tsp. mango powder (amchoor)
5 Tbsp. oil
1 onion, finely chopped
1 Tbsp. coriander powder (dhania)
1 tsp. cumin powder (jeera)
½ tsp. tumeric powder (haldi)
1 tsp. fennel seed powder (saunf)
¼ tsp. chilli powder (optional)
½ tsp. sugar
salt to taste

PREPARATION

- 1 - Wash the bitter gourd.
Roughly scrape the surface of the skin off the bitter gourds. (Do not remove the entire skin)
Slit them lengthwise and remove the seeds.
- 2 - Boil the bitter gourds in salt water with ½ tsp. mango powder for about 10 minutes.
- 3 - Drain and let them cool down.
Gently press them on a paper towel to remove any excess water.
- 4 - Heat 3 Tbsp. oil in a frying pan. Add the onions and fry until slightly golden.
Add the spices and fry for ½ minute.
- 5 - Add the sugar and salt to taste. Mix well.
- 6 - Stuff the bitter gourds with the onion mixture.
Tie together with a thread to prevent the stuffing from escaping.
- 7 - Fry in the remaining oil until the vegetable is tender.

Remove thread before serving.

भरवाँ करेला





Chutneys & Sauces



Apple Jam

INGREDIENTS

500 g apples
400 g sugar
½ tsp. cardamom powder

PREPARATION

- 1 - Peel and remove the seeds from the apples.
Cut them into small cubes
 - 2 - In a pot slowly simmer the apples with about 3 Tbsp. water for about 10 minutes.
Add sugar and cook until the mixture has the consistency of a thick jam.
Add the cardamom powder, mix well.
- Keep in pre-boiled jars, tightly closed.

सेब का जैम



Hari Chutney

A VERY SPICY GREEN CHUTNEY

INGREDIENTS

1 bunch fresh coriander leaves
1 bunch fresh parsley
1 hot green chilli or more to taste
2 garlic cloves
 $\frac{1}{2}$ small onion, chopped
1 Tbsp. lemon juice
4 Tbsp. water
Salt to taste

PREPARATION

1 - Blend all the ingredients in a mixer. Add more water if mixture is too thick.

Serve cold.

If you prefer, you can replace the parsley with mint or coriander.

हरी चटनी



Phalon ki Chutney

FRUIT CHUTNEY

INGREDIENTS

50 g hazelnuts
½ apple, peeled and cubed
½ pear, peeled and cubed
100 g grapes without seeds
2 apricots or peaches
2 garlic cloves
2 Tbsp. coriander, finely chopped
1 Tbsp. sugar
Salt to taste
1 or 2 fresh green chillies (optional)

PREPARATION

1 - Roast and peel the hazelnuts. Grind them into a powder.

2 - Blend all the ingredients together in a mixer.

Serve fresh with pakoras or kebab

TIP: You may replace the hazelnuts with peanuts or almonds.

फलों की चटनी



Kadhi

GRAM FLOUR AND YOGHURT SAUCE - SERVES 4

INGREDIENTS

3 Tbsp. gram flour (besan)

300 ml yoghurt

2 Tbsp. ghee

½ tsp. mustard seeds

½ tsp. cumin seeds (jeera)

¼ tsp. asafoetida (hing)

10–12 curry leaves

3 whole green cardamom

¼ tsp. turmeric powder (haldi)

1 fresh chilli, finely chopped

1 garlic clove, finely chopped

2 cm ginger, finely chopped

1 heaping tsp. sugar

salt to taste

PREPARATION

1 - Sieve the gram flour and dissolve it in the yoghurt and ¼ cup water to make a paste.

2 - In a steel pot, heat the ghee. Add the mustard seeds and cumin seeds.
Fry for a few seconds. Immediately after add the asafoetida.

3 - Now add the curry leaves, then the cardamom.
Fry for a few seconds and add the turmeric.

4 - Add the chilli, garlic and ginger. Fry two minutes longer.

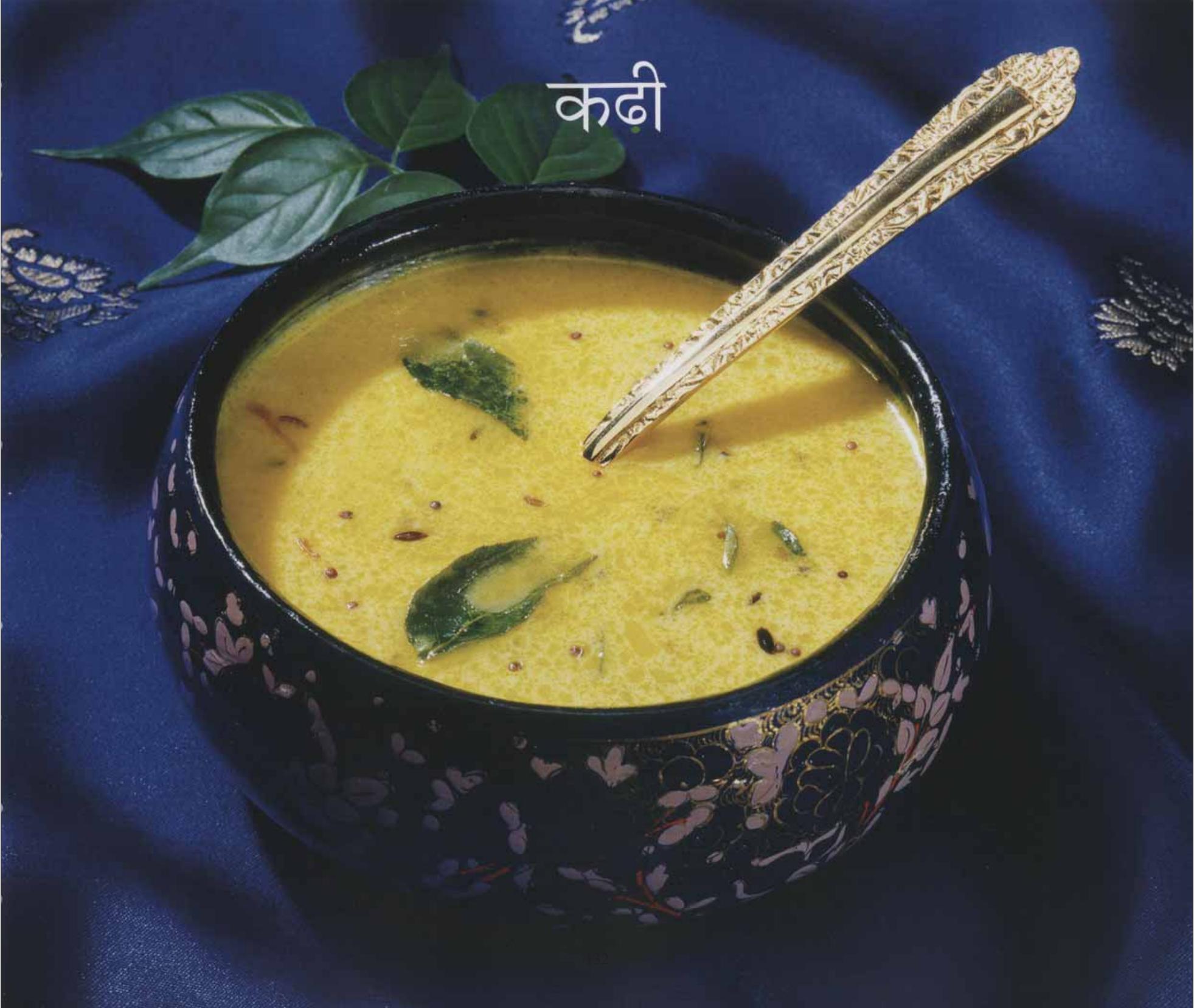
5 - Now add the yoghurt mixture, ½ cup water, the sugar and salt to taste.

6 - Heat it until the sauce thickens. Let it come to a boil and immediately remove from the heat
It should have the consistency of a thick soup.
(If this mixture boils longer the yoghurt will curdle)

Serve hot.

TIP: A cooling sauce best served with kichadi, page 16.

कढी



Pithla

GRAM FLOUR SAUCE - SERVES 4

INGREDIENTS

100 g gram flour (besan) (8 full Tbsp.)
3 Tbsp. oil
½ tsp. mustard seeds
½ tsp. cumin seeds (jeera)
¼ asafoetida (hing)
3 cloves of garlic, finely chopped
½ tsp. turmeric powder (haldi)
1 onion, finely chopped
1 Tbsp. finely chopped coriander leaves
Salt to taste

1 fresh green chilli (optional)

PREPARATION

- 1 - Sieve the gram flour. Mix it with 125 ml water to make a smooth paste. Keep aside.
- 2 - In a pan heat the oil, add the mustard and cumin seeds and immediately after the asafoetida frying for a few seconds until the aroma is released.
Add the chilli (optional), garlic and turmeric. Fry for ½ minute.
Add the onion and fry until it is slightly golden.
- 3 - Now add the gram flour paste together with about 400 ml water.
Add salt and let this cook, stirring constantly until it thickens.
- 4 - Add the chopped coriander leaves.

Pithla should have the consistency of daal, neither too thick nor too thin.
If necessary you can add some hot water.

TIP: Serve hot with rice.

ਪਿਠਲ



Blueberry Chutney

A SPICY SAUCE

INGREDIENTS

150 g blueberries
1 tsp. sugar
½ tsp. cumin powder (jeera)
½ small onion chopped
½ red capsicum, chopped
1 Tbsp. raisins
1 Tbsp. hazelnut or almond powder
¼ tsp. red chilli powder
Salt to taste

PREPARATION

- 1 - Rinse and drain the blueberries.
 - 2 - In a mixer, grind all the ingredients together to obtain a thick consistency.
- This chutney can accompany any kind of snacks like samosas, patties, cutlets etc...

ब्ल्यू बैरी चटनी





Desserts



Makhana Kheer

LOTUS SEED PUDDING - SERVES 4

INGREDIENTS

30 g puffed lotus seeds (makhana)
4 Tbsp. Ghee for frying
½ litre milk
¼ tsp. saffron
Sugar to taste
½ tsp. cardamom powder
1 heaped Tbsp. chopped cashew nuts
1 heaped Tbsp. peeled and chopped almonds

PREPARATION

- 1 - With a knife remove all the black spots from the lotus seeds.
- 2 - In a pan heat the ghee and fry the lotus seeds until crispy. (about 5 minutes.)
Grind them into crumbs. (It will make about one cup.)
- 3 - In a pot boil the milk, add the lotus seed crumbs, saffron and sugar to taste.
Let it cook until it thickens.
- 4 - Finally add the cardamom powder and chopped nuts.

Serve hot or at room temperature.

मखाना खीर



Shahi Tukda

TOAST BREAD SWEETS - SERVES 6

INGREDIENTS

8 slices toast bread

2 cups sugar

1/4 tsp. saffron

Ghee for deep frying

250 ml milk

50 g finely ground cashews

50 g peeled and finely ground almonds

3 Tbsp. sweetened, condensed milk

30 g peeled, unsalted green pistachios,
finely chopped

PREPARATION

- 1 - Remove crust from the toast bread and cut diagonally in 2 equal parts to make triangles.
- 2 - Prepare a sugar syrup by boiling 250 ml water, 1 cup sugar and half the saffron together to obtain a one-string syrup. Keep this warm.
- 3 - In a pan, heat ghee and deep fry the bread triangles until lightly golden and crispy.
- 4 - Immediately dip the triangles in the sugar syrup for few seconds, remove them and put them on a tray. Let them cool down.
- 5 - In a pot, boil the milk together with 1 cup of sugar. Let this reduce to half the volume.
- 6 - Add the ground almond and cashew nuts, the rest of the saffron, and the condensed milk. Keep cooking, stirring constantly, until it thickens. It should look like a bread spread. Let this cool slightly.
- 7 - Take the triangles, spread the milk/nut mixture on each one of them, decorating with the chopped pistachios. Serve cold.

TIP: These can be prepared a day ahead

शाही टुकड़ा



Kalakand

CURDLED MILK SWEET - SERVES 4

INGREDIENTS

2 litres milk
4 Tbsp. lemon Juice (if using milk)
1 level Tbsp. solid ghee
 $\frac{3}{4}$ cup sugar
 $\frac{1}{8}$ tsp. saffron
 $\frac{1}{4}$ tsp. cardamom powder
4 Tbsp. chopped, peeled almonds and cashew nuts
1 Tbsp. peeled, unsalted green pistachios, finely chopped for sprinklin

PREPARATION

- 1 - Boil the milk. Add lemon juice pouring slowly and evenly. Mix. The milk will curdle.
- 2 - Drain the curds into a muslin cloth. Keep aside.
- 3 - In a pan, heat the ghee. Add the curds and fry for two minutes. Add the sugar, saffron, cardamom powder and nuts. Let the sugar melt and simmer for 2 minutes. Remove from heat.
- 4 - Let it cool down and serve in bowls, sprinkled with chopped pistachios.

TIP: One may use ready-made chenna* and skip steps 1+2.

*see glossary, page 198.

कलाकन्द



Seviyan ki Kheer

VERMICELLI PUDDING - SERVES 6

INGREDIENTS

40 g dried vermicelli* (seviyan/sevain)
1 Tbsp. ghee
750 ml hot milk
Sugar to taste (4Tbsp.)
Pinch saffron
 $\frac{1}{4}$ tsp. cardamom powder
 $\frac{1}{2}$ Tbsp. chopped cashew nuts
1 Tbsp. raisins
3 Tbsp. almond powder
 $\frac{1}{4}$ tsp. Kewra or rose water (optional)

PREPARATION

- 1 - Break the vermicelli into approximately 3 cm pieces.
In a pot heat the ghee and fry the vermicelli until light golden
- 2 - Add the hot milk and bring to a boil for 5 minutes (adding more milk if necessary).
- 3 - Add sugar, saffron and cardamom powder. Let it cook 5 more minutes, stirring constantly.
- 4 - Add chopped cashew nuts, raisins, almond powder and let it cook for 3 minutes while constantly stirring.
- 5 - If you like, add kewra or rose water.

* very fine spaghetti

Serve warm or at room temperature.

TIP: If you cannot find vermicelli you may substitute them for very fine “angel hair” soup noodles.

सेवई की खीर



Lauki Halva

WHITE GOURD HALVA - SERVES 4-6

INGREDIENTS

800 g white gourd (lauki)
1½ level Tbsp. solid ghee
65 ml milk
4 Tbsp. sugar
¼ tsp. cardamom powder
70 g khoya, see page 198
1 heaped Tbsp. peeled and slivered almonds
1 heaped Tbsp. chopped cashew nuts
1 Tbsp. unsalted, green pistachios,
finely chopped
green food colouring (optional)

PREPARATION

- 1 - Peel the white gourd and seed it. Grate it finely and drain in a sieve, pressing to remove any excess liquid.
- 2 - In a pan heat 1 Tbsp. ghee and fry the white gourd for 3 minutes. Add the milk and cook, stirring continuously, until the gourd is cooked and the liquid has evaporated. The mixture should be soft.
- 3 - Add ½ Tbsp. ghee, sugar and cardamom powder. You may now add some drops of green food colouring. Cook 5 minutes longer.
- 4 - Add the khoya and slivered almond and cashew nuts. Mix well, cook for one minute longer.
- 5 - Garnish with the chopped pistachios.

Serve warm or at room temperature.

लौकी हलवा



Peaches with Cream

SERVES 4

INGREDIENTS

8 peaches
1 Tbsp. lemon juice
6 Tbsp. sugar, or to taste

125 ml whipping cream (malai)
100 g ricotta or chenna, see page 198
 $\frac{1}{4}$ tsp. cardamom
2 pinches of nutmeg powder
a few chopped, green, unsalted pistachios
and a few Saffron threads for decoration

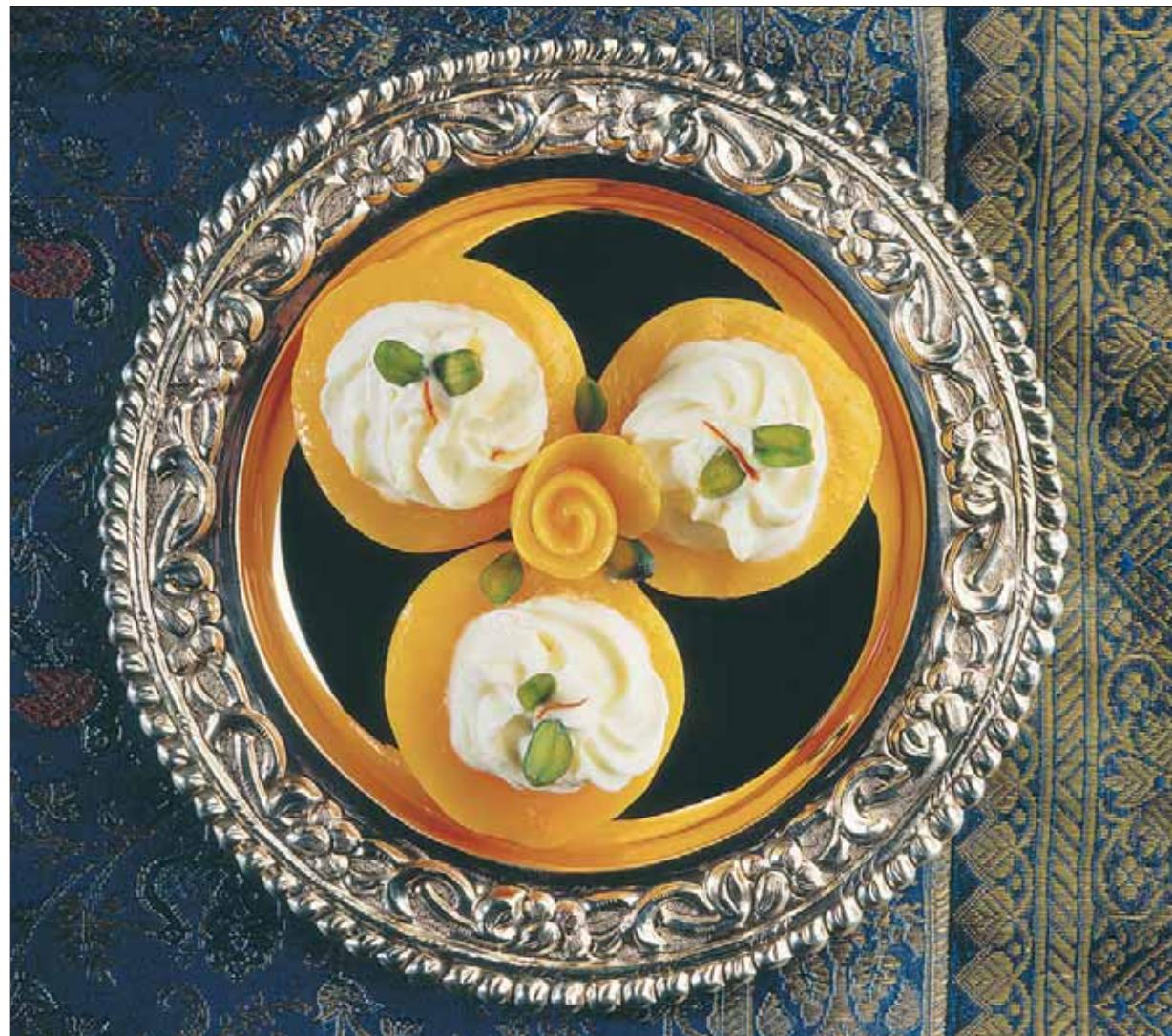
PREPARATION

- 1 - Peel the peaches, slice them in half and remove the stones.
Slice a sliver from each rounded side. This allows the peaches to stand straight on the dish.
Sprinkle the peaches with the lemon juice and 2 Tbsp. of the sugar.
Keep them in the refrigerator while you prepare the other ingredients.
- 2 - In a bowl whip the cream. Keep aside.
- 3 - Cream together the ricotta, sugar, and spices.
Add the whipped cream and mix nicely.
- 4 - Place the peaches in small bowls and serve with the cream on top.
You may wish to use a pastry bag to apply the cream in a decorative manner.
Decorate with the pistachios and the saffron threads.

Serve chilled.

TIP: You may also use cream cheese or quark (topfen) instead of the ricotta.
If fresh peaches are unavailable, you may use tinned ones.

क्रीम वाली पीच



Shrikhand

YOGHURT CREAM - SERVES 4-6

INGREDIENTS

2 litres yoghurt
Sugar to taste (about 180 g)
 $\frac{1}{4}$ tsp. cardamom powder
 $\frac{1}{4}$ tsp. saffron
125 ml heavy cream, whipped (optional)
1 Tbsp. unsalted, green pistachios,
finely chopped for garnishing

PREPARATION

- 1 - Drain the yoghurt overnight hanging it in a muslin cloth (cheesecloth).
- 2 - With a mixer, beat the drained yoghurt until creamy.
- 3 - Add the sugar, saffron and cardamom powder. Beat until sugar is dissolved.
You may now add the whipped cream and gently fold this into the yoghurt mixture.
- 4 - Let it rest in the refrigerator for at least 15 minutes.
- 5 - Serve in bowls and sprinkle with the pistachios.

Serve chilled.

TIP: The drained yoghurt can be replaced with 250 g quark (topfen) and 3 Tbsp. yoghurt.

ଶ୍ରୀଖଣ୍ଡ



Fruit Salad

FRUIT SALAD WITH SAFFRON AND CREAM - SERVES 8-10

INGREDIENTS

1 banana
1 apple
1 pear
2 peaches
1 mango
1 cup melon cut in small cubes
1 cup seedless grapes (if large, cut in half)
1 cup strawberries cut in small cubes
1 cup papaya cut in small cubes
(any other fruits)

½ cup whipping cream (malai)
Sugar to taste
⅛ tsp. saffron

2 Tbsp. peeled and roughly chopped almonds
2 Tbsp. roughly chopped cashew nuts

PREPARATION

- 1 - Peel and cut the fruits into small cubes.
- 2 - Whip the cream with sugar and saffron.
- 3 - Mix the fruits and nuts. Gently fold these into the whipped cream.
Serve chilled.

फलों का सलाद



Pound Cake

A LIGHT, MOIST CAKE

INGREDIENTS

All ingredients at room temperature
250 g all purpose flour
1/4 tsp. baking powder
250 g unsalted butter
250 g sugar
250 g eggs
1/4 tsp. vanilla extract
about 125 ml milk

PREPARATION

- 1 - Grease and dust with flour a 22 cm. cake tin.
Preheat the oven at 180°C (350°F) .
- 2 - Sieve together the flour and baking powder.
- 3 - In a bowl whip the butter until creamy.
Add the sugar and continue beating until sugar is more or less dissolved.
- 4 - Add the eggs, one by one, beating well in between each other egg.
Continue beating until sugar is completely dissolved and the mixture is fluffy.
- 5 - Add the vanilla extract. Add the flour and baking powder and mix carefully.
Now add the milk and mix slowly (you may need more or less milk according to the flour).
- 6 - Pour the mixture into the cake form. Bake for about 40 minutes.
- 7 - Check by inserting a thin stick in the centre of the cake.
If it comes out clean the cake is ready.
Let it cool a bit, turn it on a grid and let it cool down completely before serving.

TIP: You can also add 50 g of dried fruits (raisins, chopped dates, chopped nuts, crystallized fruits, etc.). For this put them in a plastic bag together with one Tbsp flour. Close the bag and shake well to dust the fruits with the flour. Add to the dough and mix well.

पाउँड केक



Jalebi Pudding

SERVES 6

INGREDIENTS

250 g Jalebi*
750 ml milk
Sugar to taste
 $\frac{1}{4}$ tsp. cardamom powder
 $\frac{1}{4}$ tsp. saffron
a few drops of kewra water
 $1\frac{1}{2}$ Tbsp. peeled and slivered almonds
 $1\frac{1}{2}$ Tbsp. chopped cashew nuts

PREPARATION

- 1 - Break the jalebi in small pieces.
- 2 - Boil the milk, add the broken Jalebi. Cook on low heat stirring occasionally.
If needed, add sugar to taste.
When it starts to thicken add the remaining ingredients.
Let it simmer stirring for 5 more minutes. Remove from heat.
Serve warm or cold.

TIP: This dish is normally made with the left over jalebi from the day before.

*See photograph on page 143 (chapter heading). See page 199 for recipe.

जलेबी पुडिंग



Balushahi

STICKY BUNS - MAKES 12

INGREDIENTS

1 cup sugar
1 cup water
1/8 tsp. saffron

150 g all-purpose flour (maida)
1/4 tsp. baking powder
60 g butter
2 Tbsp. yoghurt

Ghee for frying

PREPARATION

- 1 - Boil the water and sugar to obtain a single string syrup (or until it reduces to half the volume).
- 2 - Add the saffron to colour the syrup. Remove from heat but keep warm.
- 3 - In a separate bowl, sieve together the flour and baking powder. Mix it with the butter to obtain a sand like texture.
- 4 - Add the yoghurt to make an oily, non-sticky dough. (If necessary add some water.)
- 5 - Divide into 12 equal pieces and make coils. Flatten them a little. (See photograph opposite page.)
- 6 - Deep fry in ghee on a moderated-low heat until golden. If ghee is too hot the coils will not cook in the centre.
- 7 - Once fried, soak the coils in the hot sugar syrup for a few minutes. Remove from the syrup and let them cool down before serving.

बालूशाही



Pumpkin Carrot Kheer

SERVES 4

INGREDIENTS

300 g pumpkin, peeled, seeded and grated
100 g carrots, peeled and grated
400 ml milk
1 level Tbsp. solid ghee
about 4 Tbsp. sugar (or to taste)

70 g Khoya, see page 198
½ tsp. cardamom powder
⅛ tsp. saffron
1 Tbsp. almonds, peeled and finely chopped
1 Tbsp. cashew nuts, finely chopped

PREPARATION

- 1 - Cook the grated pumpkin and carrots together with the milk until the vegetables are soft.
- 2 - Add the ghee and sugar. Let it cook five minutes longer.
- 2 - Add the khoya, cardamom powder, saffron and finally the chopped almonds and cashew nuts. Mix well. Remove from the heat and let it cool down.

Serve warm or at room temperature.

कदु-गजर की खीर



Gajar Halva

CARROT HALVA - SERVES 4

INGREDIENTS

500 g carrots, peeled and finely grated
400 ml milk
2 level Tbsp. solid ghee
3 Tbsp. sugar
 $\frac{1}{2}$ tsp. cardamom powder
70 g khoya (see page 198)
1 Tbsp. peeled almonds, chopped
1 Tbsp. cashew nuts, chopped

PREPARATION

- 1 - In a pan, cook the grated carrots and milk, stirring constantly until carrots are tender and the liquid has evaporated.
- 2 - Add the ghee, and stir fry until carrots no longer have a wet, milky look.
Add the sugar and cardamom powder. Cook for a further 5 minutes.
- 3 - Add the khoya and chopped almonds and cashew nuts.
Mix well, cook for one minute longer.
Garnish with chopped cashews nuts.

Serve warm or at room temperature.

गाजर का हलवा



Suji-Besan Halva

SEMOLINA-GRAM FLOUR HALVA - SERVES 4-6

INGREDIENTS

5 level Tbsp. solid ghee
100 g semolina (suji)
30 g gram flour (besan)
400 ml hot milk
 $\frac{1}{4}$ tsp. saffron

about 5 Tbsp. sugar (or to taste)
 $\frac{1}{4}$ tsp. cardamom powder
1 Tbsp. almonds, peeled and finely chopped
1 Tbsp. cashew nuts, finely chopped
1 Tbsp. raisins

PREPARATION

- 1 - In a pan heat 1 Tbsp. ghee and roast the semolina until slightly golden. Keep aside.
- 2 - In another pan, heat 1 Tbsp. ghee and roast the gram flour until slightly golden.
- 3 - Add the roasted semolina and 3 Tbsp. ghee, mix them, roasting one minute longer.
- 4 - Add the hot milk and saffron, cook stirring continuously for about 5 minutes or until the semolina is cooked.
- 5 - Add sugar and cardamom powder, cooking and stirring a few minutes longer. Add the almonds and cashew nuts and raisins. Mix well.

Serve warm.

सूजी-बेसन का हलवा





Snacks



Sabudana Wada

TAPIOCA PATTIES - MAKES 8-10

INGREDIENTS

60 g sago (sabudana/tapioca)
200 g boiled potatoes, finely grated
2 Tbsp. finely chopped coriander leaves
1 green chilli, finely chopped (optional)
1 tsp. cumin powder (jeera)
½ tsp. garam masala
¼ tsp. ground black pepper
8 curry leaves, chopped
Salt to taste

Oil or ghee for frying

PREPARATION

- 1 - Wash the sago in water. Drain. Leave some water so the sago remains moist.
Let rest for 10 minutes.
- 2 - In a bowl, mix the sago and all the other ingredients except the oil.
Work into a smooth dough.
- 3 - Divide it in 8 to 10 portions and form flat round patties around 1 cm. thick.
Deep fry in hot oil or ghee until lightly golden brown.

Serve warm with chutney or ketchup.

साबूदाना वडा



Keema Patties

LAMB PATTIES - MAKES 12

INGREDIENTS

200 g toast bread
1 level Tbsp. solid ghee

 1 bay leaf
1 black cardamoms
10 black peppercorns
1 stick cinnamon (about 3 cm)

1 onion, finely chopped
1 large garlic clove, finely chopped
2½ cm ginger, finely chopped
¼ tsp. turmeric powder (haldi)

 ½ tsp. coriander powder (dhania)
½ tsp. cumin powder (jeera)
1 tsp. garam masala
¼ tsp. chilli powder (optional)

150 g minced lamb
salt to taste
1 Tbsp. finely chopped coriander leaves
150 g boiled and finely mashed potatoes
ghee or oil for frying

PREPARATION

- 1 - Remove crust from the toast bread. Soak the bread slices quickly in water and press them well to extract any excess of water. With your hands, work this into a dough. Keep aside.
 - 2 - Heat the ghee in a pan. Add the spices  and fry for a few seconds, until the flavours are released. Add the onions and fry until slightly golden.
Add the garlic, ginger and turmeric powder and fry for 2 minutes.
 - 3 - Now add the spices . Fry for one minute.
Add the minced lamb and cook until all the liquid has evaporated and the meat looks dry.
 - 4 - Add salt to taste and the finely chopped coriander leaves.
Let it cool down and remove the bay leaf, cardamom and cinnamon. Keep aside.
 - 5 - Mix the bread mixture with the mashed potatoes and salt to taste.
Knead this to obtain a smooth dough. Divide in 12 portions and shape into balls.
One by one, hold in the palm of your hand and flatten them, filling each with 1 heaped Tbsp. of the lamb mixture.
 - 6 - Pull the dough up and around the mixture.
Pinch together to seal and gently press to form flat patties.
 - 7 - Heat ghee in a frying pan and shallow fry the patties on both sides until golden brown.
Turn them very gently, as the patties are quite fragile.
- Serve warm with chutney or ketchup as an appetizer or snack.

कीमा पैटिस



Pakora

SERVES 4

INGREDIENTS

1 large onion (or any other vegetable)
120 g gram (chickpea) flour (besan)

 1/4 tsp. turmeric powder (haldi)
 1/4 tsp. chilli powder
 1/2 tsp. baking powder
 1 tsp. ajwain seeds

about 125 ml water
Salt to taste
1 Tbsp. finely chopped coriander leaves
1 Tbsp. melted butter or oil
Oil for deep frying

PREPARATION

- 1 - Cut the onion in half lengthwise and then in $\frac{1}{2}$ cm thick slices.
- 2 - Sieve the gram flour. Add the spices .
Add enough water to make a paste, not too thick, not too runny.
Add salt, coriander leaves and the hot melted butter. Mix well.
- 3 - Dip the onion sections in the batter and deep fry them in oil until golden brown.
Drain them well in kitchen paper to remove the excess oil.

Serve them warm as snacks with chutney.

TIP: Instead of onion you may use slices of potatoes, aubergines ($\frac{1}{4}$ cm thick), cauliflower, courgette (zucchini), whole chillies, etc.

पकोडा



Aloo Bonda

POTATO BALLS - MAKES 12

INGREDIENTS

400 g potatoes, cooked and then peeled
4 Tbsp. oil and extra oil for deep frying
½ tsp. mustard seeds
½ tsp. cumin seeds (whole jeera)
¼ tsp. asafoetida (hing)
6 curry leaves (fresh or dry)
1 green chilli, finely chopped
1 large onion, finely chopped
2½ cm ginger, finely chopped
3 garlic cloves, finely chopped
½ tsp. turmeric powder (haldi)

 1 tsp. garam masala
 1½ tsp. coriander powder (dhania)
½ tsp. cumin powder ((jeera))

1 tsp. fresh lemon juice
salt to taste
1 Tbsp. coriander leaves, finely chopped

For the batter:
120 g gram (chickpea) flour (besan)
30 g rice flour
1 Tbsp. melted butter or oil
½ tsp. ajwain seeds
¼ tsp. chilli powder
½ tsp. bicarbonate of soda (baking soda)
about ½ tsp. salt

FOR THE BALLS :

- 1 - Break the potatoes into small chunks.
In a frying pan, heat 4 Tbsp. oil. Add the mustard and cumin seeds. Fry for a few seconds. Immediately add the asafoetida and curry leaves, frying a few seconds longer. Add the chopped chilli, fry for half a minute. Now add the onions and fry until slightly golden. Add the ginger, garlic and turmeric powder. Fry two minutes. Add the spices  and continue frying for one minute.
- 3 - Now add the potatoes, lemon juice, salt to taste and the chopped coriander leaves. Mix well. Let it cook for a few minutes longer in order to blend the flavours. Remove from fire and let it cool down. (In the meanwhile prepare the batter)
- 4 - When the potato mixture is cold, divide in 12 equal portions and form balls. (about 4 cmØ)
- 5 - In a deep frying pan heat the oil. Dip the potato balls in the batter (see below) and deep fry them in the hot oil until golden brown.

FOR THE BATTER :

- 1 - Sieve together gram flour, rice flour, bicarbonate of soda, chilli powder and salt. Add the hot melted butter and ajwain seeds and enough water to make a smooth batter. Not too thick nor too thin. (It should be of the right consistency to coat the potato balls)
Serve warm with chutney or ketchup.

आलू बोन्डा



Keema Samosa

LAMB SAMOSAS - MAKES 8-10

INGREDIENTS

For the stuffing:

250 g minced lamb
½ tsp. black cumin (kala jeera)
2 bay leaves
1 medium onion, finely chopped
3 garlic cloves , finely chopped
3 cm ginger, finely chopped
1 chopped chilli (optional)
1 tsp. cumin powder (jeera)
1½ tsp. garam masala
2 Tbsp. finely chopped coriander leaves

For the dough:

150 g flour
3 Tbsp. very fine semolina
¼ tsp. bicarbonate of soda (baking soda)
½ tsp. salt
2 Tbsp. melted butter or oil

Oil for frying

Or:

10 ready made samosa pads
1 Tbsp. flour
1 Tbsp. water

FOR THE STUFFING :

- 1 - In a pan, heat 3 Tbsp. oil, add the black cumin and bay leaves. Fry for a few seconds. Add the onion and fry until slightly golden. Add the garlic, ginger and chilli, frying for 3 minutes. Add the cumin powder and garam masala. Fry for one minute. Now add the lamb and salt to taste. Cook until the juices have evaporated. Finally add the chopped coriander leaves. Mix well.

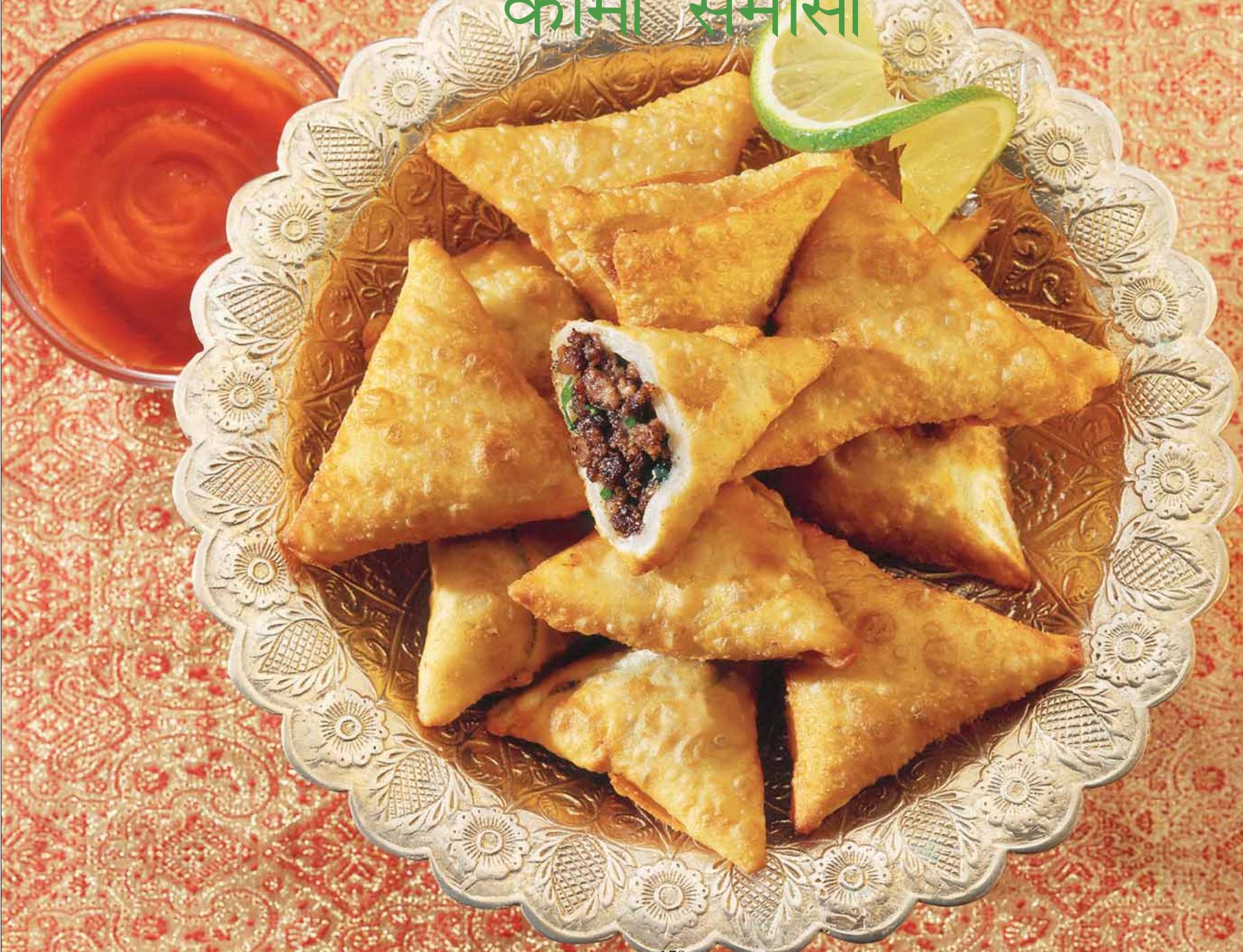
FOR THE DOUGH :

- 1 - Sieve together the flour, semolina, bicarbonate of soda, and salt. Add the hot oil or butter and enough water to form a smooth dough.
- 2 - Form 4-5 balls, roll them into about 16 cm disks, cut them in half and fold to make a wide cone which will hold the meat mixture. When filled, press the dough together to close. Fry them in hot oil until golden and crispy. Serve warm with ketchup or chutney.

If you use the ready made samosa pads:

- 1 - Make a paste with 1 Tbsp. flour and water. Keep aside.
- 2 - Keep the samosa pads on a wet kitchen towel to prevent them from drying. Fold them according to the instructions in the package to form triangular pockets, stuff them with the meat, close and “glue” them with the flour-water mixture.
- 3 - Deep fry in oil until golden and crispy.

कीमा समोसा



Cutlets

MAKES 12

INGREDIENTS

200 g sliced toast bread
190 ml milk
250 g potatoes, cooked and mashed
1 onion, finely chopped
2 garlic cloves, finely chopped
 $\frac{1}{4}$ tsp. chilli powder
1 Tbsp. finely chopped coriander leaves
Salt to taste

Oil for frying

PREPARATION

- 1 - Cut and discard the crust from the toast bread.
Quickly soak the bread slices in milk, drain and press with your hands to extract any excess of milk. Work it into a smooth dough.
- 2 - Add the mashed potatoes and all other ingredients. Mix well.
It should become a smooth dough.
- 3 - Divide into 12 portions and make flat rounds of approx. 5 cm in diameter.
- 4 - Heat the oil in a pan and fry the patties on both sides until golden brown.

Serve warm, with ketchup or chutney.

कटलैट्स



Glossary



ENGLISH	HINDI	DESCRIPTION
Almond	Badam	Used for garnishing sweets and as an ingredient in pulaos and curries.
Asafoetida	Hing	This gum-resin is taken as a spice and should be used sparingly. Method: A pinch is thrown into very hot oil and fried for a few seconds until the aroma is released. It promotes appetite, aids digestion and helps in relieving abdominal pain. Asafoetida is heat-producing.
Aubergine	Brinjal/Baingan	Also called eggplant. There are several varieties. We have used purple large and small long ones, as well as round green ones. They can be bitter. For this reason it is good to soak them in water after cutting.
Bay leaves	Tej Patta	These dried leaves are used to flavour curries and rice dishes. Promotes appetite.
Bicarbonate of Soda	Baking soda	Used as a raising agent for dough and a tenderizer for meat and chickpeas while cooking.
Bitter gourd	Karela	Vegetable known also as bitter melon.
Black cardamom	Badi Ilaichi	A big, dark cardamom, used for flavouring curries and Pulao. Called also masala cardamom, as it is part of Garam Masala.
Black cumin	Kala/Shah Jeera	A black, thin cumin. Do not mistake with caraway seeds as these have a different flavour. Promotes appetite and digestion. Relieves abdominal pain.
Black gram	Urid (whole)	Split Urid are used for making daal.
Black peppercorn	Kali mirch	This hot, pungent spice is an important ingredient in garam masala. Pepper powder is often used in curries, rice and savoury dishes. Promotes appetite. Useful in cough and cold when taken with honey. One corn wrapped inside a fresh basil leaf and taken daily prevents colds.
Capsicum	Simla mirch	Called also peppers or bell peppers. Used as a vegetable and in salads.



Okra or Ladyfingers - Bhindi



Almonds soaking in water -
Badam



Fresh chilli - Mirch



String Beans - Lobiya ki Phali



Shallot



Tondli - Tendli



Colocasia - Aravi



Urid Daal (split, not peeled)



Snake Gourd - Chinchida/Padwal

ENGLISH	HINDI	DESCRIPTION
Cardamom, green	Chhoti llaichi	Use: Pod, seed or ground form. It is very cooling and combines with hot spices to balance them, as in Garam Masala or Chai (Indian tea). The chewing of cardamom alleviates bad breath, tastelessness and nausea.
Cashew nuts	Kaju	Used in sweets and Pulao or Biryani. Cashewnut paste is also used to thicken curries.
Cauliflower	Gobi	Typically, only the head (the white curd) is eaten while the stalk and surrounding thick, green leaves are discarded. Cauliflower is very nutritious, and may be eaten cooked, raw or pickled.
Chickpeas	Chana/Chhole	Also known as garbanzos or Kabuli chana. They should always be soaked in water overnight, the next day washed, drained and then boiled in plenty of water with ginger until tender.
Chickpeas split	Chana daal	Split and skinned chick peas are used for daal.
Chili	Mirch	Green or dried red chillies (whole or powder) are extensively used in Indian cooking
Cinnamon	Dalchini	A fragrant bark, used whole or in powdered form to flavour curries and rice. It is also an ingredient in Garam Masala. Chewing it helps cleanse the mouth and reduce nausea. It strengthens the gums, promotes appetite and is an expectorant. Can be added to chai in winter.
Cloves	Laung	Dry flower buds of a tropical tree used in sweet and savoury dishes. An ingredient of Garam Masala. Chewing it helps cleanse the mouth. Its' oil relieves toothache. Promotes appetite and digestion.
Coconut	Narial	Can be used fresh or dry, shredded or flaked. It is an important part of South Indian cooking. The milk and flesh extracted from the coconut is used as a base for curries, soups, chutneys and sweets.
Colocasia	Aravi	This is a kind of yam, the size of a potato, with a dark, slightly hairy skin.
Coriander Seedsds	Dhania	Used whole and as a powder in curries and vegetables and as part of Garam Masala. In a cooled tea it relieves thirst, burning sensation and fever. Promotes appetite and aids in digestion.
Coriander, fresh	Hara Dhania	A strongly flavoured herb, also known as cilantro or Chinese parsley. Used in most Indian dishes in curries and vegetables, as well as for garnishing. Body coolant.



Ginger - Adrak



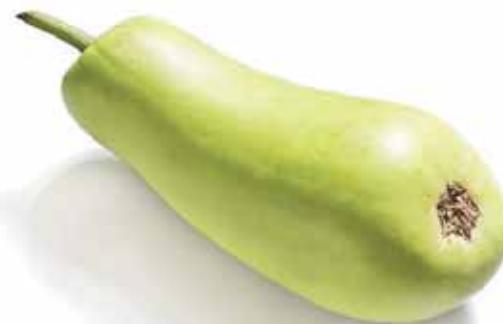
Dried chilli - Mirch



Bitter Gourd - Karela



Aubergine - Brinjal/Baingan



White Gourd - Lauki



Jaggery - Goor



Drumsticks - Sahjan



Mini Aubergines - Baingan



Curry Leaves - Curry Patta

ENGLISH	HINDI	DESCRIPTION
Cottage cheese	Paneer	White fresh Indian cheese made by boiling milk, adding lemon juice, letting it curdle and draining to remove the whey. See page 198 for this recipe.
Cumin seeds	Jeera	A warm, pungent spice used mainly in savoury dishes. Available as seeds or in ground form.
Curry leaves	Curry patta	Used in a similar way to bay leaves. If not available fresh (best), curry leaves can be used dried or frozen (preferable). Curry leaves have a warm aroma, giving a delicate spicy flavour to any dish.
Fennel seeds	Saunf	Used to flavour curries and pickles and have a sweet aromatic flavour similar to anis seeds. Promotes appetite and lactation. Aids in digestion. As a tea it relieves thirst and abdominal pain. Can cause constipation in infants.
Fenugreek seeds	Methi dana	The whole seeds are used for seasoning, whereas the powder is an essential ingredient in pickles. For the best results it is recommended to slightly roast the seeds. Promotes appetite and aids in digestion. Ladoos of methi seeds promotes lactation. Helps reduce body/back pain after delivery.
Flour (whole wheat)	Atta	A finely-ground whole wheat flour used for chapattis and puris. Also known as continental flour.
Flour (refined)	Maida	White plain flour, used as base for different Indian breads and snacks.
Garam masala	Garam masala	There are many recipes for Garam Masala. We use the combination of: black cardamom seeds, cloves, cinnamon, coriander seeds and whole black pepper. It can be used whole or powdered.
Garlic	Lahsan	Often used chopped or as a paste. In combination with ginger, garlic is used to flavour curries and pulaos. Promotes: appetite; digestion. Useful for: abdominal pains; intestinal worms; coughs; cold.
Ghee	Ghee	A pure butterfat or clarified butter used for cooking + frying. Made by heating butter until it melts, removing all milk solids. It should be transparent and yellow in colour. Available ready-made.
Ginger	Adrak	A root. It should be peeled and the flesh grated or chopped, according to the recipe. Ginger promotes appetite and digestion, removes tastelessness and cleanses both tongue and throat.
Ginger powder	Saunth	This can be used to replace fresh ginger when not available. It is popular in Kashmiri foods. Ginger powder taken with honey helps against cough and cold.



SESAME SEEDS
TIL



CHILI POWDER
MIRCH POWDER



CUMIN POWDER
JEERA POWDER



CINNAMON POWDER
DALCHINI POWDER



CLOVE POWDER
LAUNG POWDER



GARAM MASSALA



GREEN CARDAMOM
CHOTI ILAI



BLACK PEPPER POWDER
KALI MIRCH



CORIANDER POWDER
DHANIA POWDER



BAY LEAVES
TEJ PATTA



POPPY SEEDS
KHUS KHUS



CINNAMON STICKS
DALCHINI



GREEN CARDAMOM POWDER
CHOTI ILAI POWDER



BLACK PEPPERCORN
KALI MIRCH



MUSTARD SEEDS
RAI



CUMIN SEEDS
WHOLE JEERA



POMEGRANATE SEEDS
ANARDANA



FENUGREEK SEEDS
METHI DANA



CURRY LEAVES
CURRY PATTAA



CAROM/LOVAGE SEEDS
AJWAIN SEEDS



BLACK CARDAMOM
BADI ILAI



MACE
JAVITRI



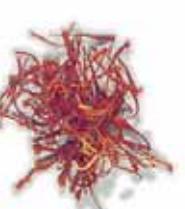
BLACK CUMIN
KALA SHAH JEERA



CLOVES
LAUNG



KOKAM



SAFFRON
KESAR



TURMERIC POWDER
HALDI POWDER



CURRY POWDER



CHILLI FLAKES
PISI HUI MIRCH



FENNEL SEED POWDER
SAUNF POWDER

ENGLISH	HINDI	DESCRIPTION
Gram flour	Besan	A flour made from ground chickpeas. It is used in many sweet and savoury dishes.
Green beans	Sem ki Phali	There are many varieties available in India. They are also called as French Beans in India.
Green gram (split)	Moong daal	The moong beans are split and peeled. This sort of dal is very soothing and easily digested.
Green peas	Matar	They can be used fresh or frozen.
Honey	Shahad	Used as a sugar substitute in some dishes.
Jaggery	Goor	An extract of pure cane juice made solid. Imparts a delicate, earthy taste to the dishes. Sold in blocks. Palm sugar can be a substitute for jaggery.
Lovage or Carom seeds	Ajwain	Also known as Bishop's Weed. It is used as a part of batters, masalas and in savoury dishes. As an infusion it is also excellent for the stomach. Promotes appetite and digestion.
Mace	Jayantri/Javitiri	Is the outer covering of nutmeg. It has a delicate flavour and is used as an ingredient in masalas.
Mango powder	Amchoor	Used in curries and vegetables to give a sour and tangy taste.
Mint	Pudina	Mint is a tangy, aromatic herb. The fresh leaves are used in chutneys and as a flavouring for yoghurt and in appetizers. If not available, dry leaves can be also used.
Black Mustard seeds	Rai/Sarson	Black Mustard Seeds are a spice used for tempering.
Mustard Oil	Sarson ka Tel	The oil extracted from mustard seeds. When used in cooking it should first be heated until it smokes, let to cool for a few minutes and then used as any oil. A massage using mustard oil relieves body ache.
Nutmeg	Jaiphal	Nutmeg's sweet, woody scent gives a special flavour to sweet dishes.

ENGLISH	HINDI	DESCRIPTION
Okra (lady fingers)	Bhindi	Used as vegetable. Small fresh ones are preferred over larger (and older) ones. They should be washed and completely pat-dried before using, otherwise they become sticky.
Onion	Pyaz	When chopped, it is used as a base in many curries and vegetables.
Onion seeds	Kalonji	Dry onion seeds are used in pickles and for sprinkling on naans.
Papadam	Papadam	A very thin, round and crispy tortilla like chip, made of moong or urid daal flour and spices. One can purchase them ready-made In Indian Shops – these should be fried or roasted.
Pigeon peas	Toor (Daal)	Split and skinned. Used for daal and curries.
Poppy seeds	Khus khus	The white poppy seeds are used to thicken curries. It is easy to grind them if they are first slightly roasted.
Potatoes	Aloo	Please read each recipe to see if a firm or soft variety should be used.
Rice	Chawal	For our recipes we use always good quality basmati rice.
Rose water	Gulab jal	It is specially used in Indian sweets like Gulab Jamun and sherbets.
Saffron	Kesar	The most expensive of all spices. Obtained from the dried stamens of the crocus flower Available in threads or powdered form. To get the maximum flavour and colour, saffron threads should be soaked, before use, in a small amount of hot milk or waterfor about ten minutes.
Sago	Sabudana	Tapioca. Used to make puddings and other savoury dishes.
Sesame seeds	Til	There are two types, black and white. The white seeds are used in some sweets. Sesame oil is used for cooking in some parts of India. For better results slightly roast the seeds before use.

ENGLISH	HINDI	DESCRIPTION
Semolina	Suji	Used to make sweets like kheer, halva and some puris and parathas.
Snake gourd	Chinchida	A long thin gourd available in Indian shops. Used in Maharashtrian cuisine. Called Padwal In Marathi.
Spinach	Palak	
String beans	Lobiya ki Phali	They look like very long green beans (about 30-40 cm). Their flavour is somewhat stronger than ordinary green beans.
Tamarind	Imli	Fruit of the tamarind tree. The concentrate is obtained after soaking the tamarind seeds in hot water and passing the pulp through a sieve. It gives a sour touch to the food. Combined with sugar and water makes a delicious drink. If not available it can be replaced by Amchoor powder (mango powder).
Tandoori mix	Tandoori masala	A mixture of spices used to marinade meats i.e. tandoori chicken.
Tondli	Tendli	A vegetable looking like very small cucumbers.
Turmeric	Haldi	Its' root, dried and ground, makes a rich yellow powder, giving curry its' characteristic colour. Anti-septic, helpful in healing wounds. It is also good for the skin and complexion when used internally and externally. Can be used to treat intestinal worms or for a cough and cold when taken with warm milk.
Vermicelli	Seviyan/Sevain	Very fine wheat noodles. If they cannot be found substitute with "Angel's Hair" soup noodles.
White gourd	Lauki/Gheeya	Used in vegetable dishes as well as in sweet dishes.
Yeast		We use fresh yeast in our recipes. Replace 15 g fresh yeast with 3 tsp. dry yeast (about 7 g).
Yoghurt	Dahi	Yogurt is added to cooked dishes, for marinating meats and as a base for raitas. It is also used to prepare a drink called "lassi".

Appendix



Useful Recipes

INGREDIENTS

4 Tbsp. Ghee
250 g ricotta

INGREDIENTS

2 litres milk
4 Tbsp. lemon juice

INGREDIENTS

2 litres milk
4 Tbsp. lemon juice

KHOYA

In India one can get ready-made Khoya, but in other countries it can be difficult to find. Here is a substitute which works quite well in our recipes:
On medium low heat, fry the ricotta in ghee, stirring constantly until the ricotta is dry.
This recipe makes about 150 g of khoya.

CHEENA

Heat the milk in a heavy pot. As soon as it comes to the boil, turn off the heat and slowly pour the lemon juice stirring constantly. The milk will curdle and separate from the whey, leave the pot covered for 10 minutes more. Now sieve it in a colander lined with a muslin cloth. Lift the muslin cloth and tie the curd inside it into a loose bundle using a piece of twine. Hang the bundle for about 1 hour. Remove from the muslin cloth and use as required.

PANEER

Bring milk to a boil. As soon as it begins to bubble add the lemon juice and mix well. Remove the pot from the heat and let the mixture rest for 15 minutes. The milk will curdle and the curds will separate from the whey.

Strain the curds in a muslin cloth (or cheesecloth). Twist it without breaking the cheese to press out excess whey. Tie the cloth into a small bundle with a twine and hang it overnight. In the morning, take this bundle, gently flattening the cheese in the cloth. Put a heavy object on it and let it stand for 4 hrs. Remove the cheese from the cloth and with a sharp knife, cut into cubes. It is now ready to use.

Useful Recipes

INGREDIENTS

For the batter:

120 g all purpose flour (maida)
25 g rice flour
 $\frac{1}{2}$ tsp. bicarbonate of soda
1 Tbsp. yoghurt
about 150 ml water
Ghee for frying

Or:

A packet of ready made Jalebi mix
(GITS or any other brand).
Follow instructions on the package
and then do steps 3 and 4.

For the syrup:

2 cups sugar
2 cups water
 $\frac{1}{4}$ tsp. Cardamom powder
Pinch of saffron
Pinch of yellow food colour (optional)

JALEBI

For the batter:

- 1 - Sieve together the flour, rice flour and bicarbonate of soda.
Add enough water to make a smooth batter. Leave it overnight to ferment.
- 2 - Next day mix it nicely adding more water if required. The batter should be of a pouring consistency (not too thick nor too liquid) which you could press through a decorating bag.
- 3 - In a shallow frying pan heat ghee until medium hot. With the help of a decorating bag and a 3mm piping tip (or a jalebi cloth) pour the batter in the ghee forming the jalebis. For better results start from outside to inside. This will help to keep the shape of the jalebi. See picture in page 142.
- 4 - Fry the jalebis on both sides until crispy and golden brown. Remove from the ghee and soak them in the sugar syrup for at least five minutes. Remove and let them cool down.

For the syrup:

- 1 - Boil together the sugar, water and saffron to obtain a single string syrup.
Add the cardamom powder and the yellow colour (if desired).

Useful information

E Q U I P M E N T

Most meals are cooked in a pan. The kadhai is a metal pan used in India, shaped much like a wok. A deep skillet with a heavy bottom that can spread the heat equally is a good substitute.

You will need wooden spoons for stirring and a slotted spoon for deep frying. For the variety of spices used in cooking you will need a grinder. In India, a flat piece of stone is used, with a hand-sized stone in the form of a pear, to grind the spices (like a mortar and pestle). A small electric coffee grinder can be used as well.

You will need a blender for some of the chutneys. A hand mixer will also come in handy for mixing or whipping.

P R E P A R A T I O N

It is a good idea to **prepare the ingredients** before you begin to cook. This way you will not be rushed.

Place all the ingredients you have measured into plates or small bowls near the stove. Spices which should be added together have been grouped in the recipes and can be put together on a small plate.

In preparing Indian food, we recommend that you **first heat your pan**, then add the oil. Let this get hot before adding the spices, onions, vegetables, etc...

Mustard oil should always be heated in the pan until it smokes and then let to cool down for some minutes before cooking your ingredients.

T I P S

In our book when we say **chicken legs** we mean the leg and thigh. These are always skinned, which lets the flavours of the spices penetrate into the meat.

To **measure the spices** we have used heaped teaspoons.

The amount of **chilli** can be always increased or decreased according to taste. The amounts in these recipes are suited to the Western palate. The result is mild.

In the recipes, **3cm ginger** is equivalent to a piece of ginger 3cm long and approximately 2.5 cm in diameter, like a walnut.

Before you put green vegetables in boiling water, you can add a pinch of bicarbonate of soda to retain their bright green colour.

Bicarbonate of soda acts as a meat tenderizer. You may also reduce the cooking time of chickpeas and beans by adding 1/4 tsp. to the water.

Useful information

TIPS

In our recipes **we never soak the rice**. We wash the rice in a pot, rinsing it four to five times or until the water comes clear. After we drain it in a sieve.

For **cooking the rice** use boiling water. The water in which you cook the rice should be slightly salty, like sea water.

When you cook **rice with vegetables or meat**, reduce a small quantity of liquid as the meat or vegetables release their own juices into the rice.

When you boil **bitter gourd (karela)** add salt and some mango powder (amchoor) to help remove the bitterness of the vegetable.

Always soak the **aubergines (brinjal)** for at least 10 minutes after cutting them. Then pat them dry with a kitchen paper before cooking. This removes possible bitterness.

TIPS

Lady Fingers (okra, bhindi) should be washed and pat-dried completely before using. Otherwise they become slimy and sticky.

To golden-fry onions: It is a good idea to cut the onions and then press them between two sheets of kitchen paper to remove moisture before frying. Or leave them in the sun to dry (after cutting them) and then fry them.

It is best to grind the spices fresh for the dishes as their fragrance fades away quickly.

When you use **poppy seeds (khus khus)**, roast them for a few seconds before grinding. This will facilitate the process.

INDIAN TERMS

Khoya Used as a base for sweets and as a thickener in some curries. It can be replaced by slow frying ricotta in ghee until the ricotta dries like sand corns. See page 198 for recipe.

Paneer A white, fresh Indian cheese. See page 198 for recipe.

Chenna A fine-grained type of cottage cheese, used as a base for sweets like rasgulla or rasmalai. It is the base of paneer and can be substituted with ricotta in some recipes. See page 198 for recipe.

Kadhai A deep pan, used mainly for frying.

Tandoor A traditional clay oven fired by charcoal. It is used for baking breads like Naan and Tandoori roti, and for roasting meat and vegetables.

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Shri Mataji Nirmala Devi, born 1923 in Maharashtra, India, developed a method to awaken the Kundalini energy en masse. This gentle and natural process known as *Self-Realization* helps us realize our true potential. Using this, Shri Mataji founded *Sahaja Yoga* in 1970. Since then, She has tirelessly travelled the world to give all people this opportunity.

As well as being a spiritual leader, Shri Mataji is also a great supporter of the arts - one being the art of cooking. She has shared countless recipes and personally guided us through the intricacies of Indian cooking.

This book is a compilation of these recipes in easy-to-follow steps. They are accompanied by beautiful photographs to help you in the enjoyment and use of this book. We wish you all the best in these endeavors!



ISBN 3-901484-05-1

A standard linear barcode representing the ISBN number 3-901484-05-1.

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