

**Indian Cooking Class
Valentines Day special 14th Feb. 2009
Dr. Eusebio Pires and Ryan D'Souza**

Special Ingredients

Most things will be available at the grocery store (i.e. Kroger) but we got most of the spices and special ingredients at the Indian Bazaar located at 722 Rio Road West Charlottesville, VA 22901 US. Their web site is: <http://www.indian--bazar.com/>

Paratha



Papad



Bundi



Dal/Lentils



Paratha

We bought paratha ready-made at the Indian Bazaar.

Add ghee to a hot pan and cook paratha on both sides until fluffy and browned. Do not burn.



Papad

Very easy to buy prepackaged, you can shallow fry or roast this. Sprinkle some chat masala to make it yummmieeee

Sago/ Sabudana papad

Can be purchased at the Indian Bazaar...just heat up regular vegetable oil and fry until it puffs up! Again the more one burns it the horrible it tastes.



Potato Salad / Aloo chat



Ingredients

- Russet potatoes
- Cilantro
- Lemon
- Cumin and coriander powder
- Salt
- Chat masala

Directions

- Boil potatoes until done, but still firm. Cut in cubes.
- In a large bowl combine all ingredients. Ensure all spices coat the potatoes for uniform flavor. Avoid excess salt as chat masala has rock salt.
- Serve cold and garnished with cilantro. Squeeze lemon while serving.

Fried Eggplant



Ingredients:

- 1 large eggplant, ¼ inch thick slices
- Semolina flour
- Eggs, lightly beaten with salt and peper to taste

Directions

- Prepare two bowls, one with semolina flour, one with egg batter
- Dip eggplant into eggs
- Dredge in semolina flour
- Fry on both sides until golden brown
- Do not overcook or undercook
- Serve hot

Fried Fish



Ingredients

- Vegetable oil
- Tilapia or any firm fish
- Semolina flour
- Turmeric
- Ginger-garlic paste
- Salt
- lemon

Directions

- Heat oil in a sauté pan
- Wash the fish and apply salt to it with some turmeric. Let marinate for 1 hr at least. (optional ginger garlic paste too)
- Dredge the fish in semolina flour
- Add fish to pan and cook on both sides until golden brown and crispy.
- Serve hot.

Bundi Raita



Ingredients:

- Bundi (chick pea prep)
- Plain yogurt (32 oz container)
- Jalapenos, chopped
- Cilantro
- Salt
- Pepper

Directions:

- Beat yogurt till fluffy with salt and pepper.
- Soak the bundi in water till excess oil comes off. Drain well. This should not exceed more than 3 mins.
- Add in the bundi to yogurt.
- Combine all ingredients above, reserve cilantro and jalapenos for garnish

Pea pulav



Ingredients:

- Basmati rice
 - Green peas
 - Red onions, finely chopped
 - Tomatoes, diced
 - Cardamom pods
 - Whole black peppercorns
 - Cloves
 - Cinnamon
- Bay leaves
 - Vegetable Stock
 - turmeric
 - Oil
 - Salt

Directions:

- In a deep dish heat oil
- Add the dry spices to it so that the flavor gets into the oil. Fry for a while
- Add chopped onions till it turns red-brown.
- Now add tomatoes and turmeric
- Cook well
- Pour in the washed rice. Stir well with salt
- Add equal amounts of water-stock so that it covers up the rice with a ½ inch additional. Add peas.
- Cook on slow flame periodically stirring.
- Eat hot.

Dal Makhani / Indian lentil curry



Ingredients:

- Black Indian dal/Lentils
- Red onions, finely chopped
- Tomatoes, diced
- Jalapenos, chopped
- Ginger, finely chopped*
- Garlic, finely chopped*
- Turmeric
- Indian garam masala
- Curry leaves
- Salt
- Vegetable oil
- Cilantro

Directions:

- *You could also use the Ginger Garlic Paste you can buy at the Indian Bazaar*
- Cook the dal in a pressure cooker, or follow the directions for regular stove top cooking. Let cool
- In a dish, add oil and fry the onions first well followed by tomatoes and jalapenos.
- Add in the ginger garlic paste, turmeric and garam masala and cook well
- Now add the curry leaves, mustard seeds and cumin. Cook for a while.
- Add the boiled lentils and allow cooking for 15 mins well. Add salt to taste.
- Garnish with cilantro.

Chicken Tandoori



Ingredients:

- Chicken drumsticks (whole chicken pieces preferable)
- Plain yogurt (32 oz container)
- Garam masala
- Chili powder
- Turmeric
- Ginger
- Garlic
- Red food color
- Salt
- Lemon

Directions:

- The night before you will make the Chicken tandoori prepare the marinade:
- Marinade: combine all ingredients except for chicken in a large bowl and mix thoroughly, make sure that the color of the marinade is a bright orange-red.
- Marinate the slit chicken over night first with salt and ginger garlic paste for an hr or so. Next add the marinade and leave in cold overnight.
- It's best to cook Chicken Tandoori on the grill, but if you need to, you can use an oven as we did in class. Some people like it deep fried.
- If using an oven, preheat to 400 degrees F and cook for 2 hours. Check occasionally and turn sides regularly.
- Garnish as shown above with lemon rinds, cilantro and pepper. Serve hot.

Mango lassi / yogurt drink



Ingredients:

- Plain yogurt (2, 32 oz containers)
- 1 can mango pulp (from Indian Bazaar)
- Milk (depends on how thin you desire the lassi to be)
- Powdered sugar, to taste
- Cardamom powder
- Mint leaves

Directions:

- In a blender, combine all ingredients and blend.
 - Garnish with diced mango cubes and mint leaves
 - Serve ice-cold
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