

Indian Cooking class

(Proceeds go to <http://www.arogyaworld.org/>)

April 2013

MENU

Appetizer

Masala pappad

Mixed vegetable pakoras (fritters)

Main

Gobhi sabzi (spicy cauliflower)

Egg curry

Peas & potato curry

Raitha

Jeera rice

Dessert

Masala chai

Masala pappad

Pappad (any variety is fine; plain, with cumin seeds, with pepper, etc.)

Tomatoes - chopped

Onions – finely chopped

Lime juice

Green chillies (optional) – finely chopped

A pinch of cumin powder, chaat masala powder or red chilli powder

Cilantro – chopped



- Heat oil in a frying pan
- Break pappad into 2 or 4 pieces, if big
- Deep fry the pappad (it will be ready within seconds, do not brown, or it will be bitter)
- Place on paper towel to drain out oil and to allow it to cool
- In a bowl, mix tomatoes, onions, green chillies, cilantro and a pinch of the powders (powders are optional – add to taste, if you like it spicy)
- Add lime juice and salt to taste, and mix well
- Put the ‘masala’ on top of the pappad just before serving, or else the pappad will get soggy

Mixed vegetable pakoras (fritters)

Cabbage – ¼ of a small head

Carrot – 1

Onion – 1 big

Besan (gram flour) – enough to bind the vegetables together

Corn flour – 2 tablespoons

1 egg

Cilantro

Salt to taste

Sugar – 1 teaspoon

Green chilli – 1

Ginger – 2 teaspoons finely chopped

Turmeric powder, jeera powder, coriander powder, garam masala powder – ½ teaspoon each



- Slice the cabbage, carrots and onion into shreds
- Mix all ingredients together in a large bowl
- Add gram flour last, as much as required to bind the vegetables together
- Deep fry until golden brown
- Serve hot with ketchup or other chutneys like tamarind or mint

Gobhi Sabzi (Cauliflower with spices)

Cauliflower – 1

Tomato – 2, finely chopped

Ginger – 1.5 teaspoons, finely chopped

Cumin seeds – 1 flat teaspoon

Masala (spice) powders:

- Red chilli powder (1/2 teaspoon)
- Turmeric powder (1/4 teaspoon)
- Jeera (cumin) powder (1/2 teaspoon)
- Coriander powder (1/2 teaspoon)
- Amchur powder – optional (1/4 teaspoon)
- Garam masala (1/2 teaspoon)

Cilantro (optional)



- In a flat pan, put in 2 teaspoons of ghee (butter or oil can also be used) and brown the cumin seeds
- Add chopped up ginger, lower the flame to a minimum and cook for a few seconds
- Next, add onion and fry. Then add tomato and fry for 5 minutes. Add salt, and each of the masala (spice) powders one by one.
- Add a little bit of water, and cook a bit more.
- Add cauliflower and cook on high flame for 5 minutes. Then lower flame and cook until cauliflower is done.
- Garnish with chopped cilantro

Raitha

Raitha is usually an accompaniment to an Indian meal, and helps cool the palette, as most other Indian dishes are spicy. It is easy to prepare.

Lightly beat ½ a container of yogurt in a bowl for a few seconds. You can add 2-3 tablespoons of milk if the yogurt is too thick. Peel, seed and chop half a cucumber and mix into the yogurt. Add a pinch of sugar and salt to taste. Sprinkle chopped cilantro on top for flavor and color.

Other things you can add to the raitha if you like : chopped tomato, grated carrots

A finely chopped green chillie can also be added, if you want to make the raitha spicy.



Egg Curry

4 eggs – hard boiled (for 12-15 mins)
1 big onion, finely chopped
1 cup tomato puree (I like to use fresh tomatoes, pureed in a blender, but from a bottle is also fine)
Half a can coconut milk
Ginger – 1 teaspoon, finely chopped
Garlic – 1 teaspoon, finely chopped
Bay leaves (2-3)
Cumin seeds – 1 teaspoon
Red chilli powder – ½ teaspoon
Coriander powder – 1 teaspoon
Garam masala powder – ¾ teaspoon



- In a saucepan, heat oil, add cumin seeds and brown
- Then add the bay leaves and finely chopped ginger and garlic
- Sauté for 1-2 minutes
- Add chopped onions and fry till golden pink
- Add tomato puree and a little water and sauté over a medium flame for 5-7 mins
- Add turmeric, red chilli powder, garam masala, coriander powder, salt and coconut milk
- Once it starts bubbling, lower flame, cover and cook for a few minutes
- Pour over eggs and garnish with coriander leaves

Jeera (Cumin) and Peas Rice

Basmati rice – 1 cup
Cumin seeds – 1 teaspoon
Optional:
Bay leaves – 2
Cardamom whole with skin – 2
Cloves whole – 2
Cinnamon – 1 small piece
Peas



- Heat ghee (or butter/oil) in a pot, and add cumin. Allow it to brown

- If adding optional items, add everything but peas and roast for a few seconds, taking care not to burn it
- Add the rice and roast it for 2 minutes
- Put 2 cups of water, peas, salt to taste and cook the rice
- Note : Most people familiar with Indian food will know that the spices are not meant to be eaten and is just used for aroma, but I've seen a few people try to eat it here in Italy 😊. Perhaps when the rice is half cooked, it would be better to fish the bay leaves, cardamom, cinnamon and cloves out?

Masala Chai

Milk – ½ cup

Water – ½ cup

Sugar – 1.5 teaspoons (adjust to taste)

Black (loose) tea leaves – 1 teaspoon

Cardamom – 2; crushed



- Boil the water, sugar and cardamom in a saucepan for a few minutes until you can smell the aroma of the cardamom.
- Add milk. Allow it to come to a boil, lower the flame and continue boiling for a minute
- Add black tea leaves and boil for 1-2 more minutes
- Chai is always made with milk and is not drunk black (sugar is also typically added because Indian black tea is strong)
- NOTE: 'Masala' means spice. There are a lot of spices that are typically used. Some together, some separately. You can use any combination you like instead of the cardamom mentioned above. Some of my favorite combinations are:
 - Cardamom and ginger
 - Ginger alone (soothing for sore throat)
 - Cardamom, cinnamon and cloves (strong because all these spices have strong flavors)
 - Cardamom and saunf (fennel seeds)