

Taste of India Recipes



Tip: Some of the authentic Indian spices can be difficult to find unless you have an Indian market close by. There are several Thai spices that will work in place of the Indian spices and are much easier to find. I've found that grocery stores like Albertson's, Fred Meyers, and even Smith's tend to carry more unique items that you wouldn't find at a regular grocery store. So keep that in mind when you are shopping.





Mango Lassi (Drink)

- 3 glasses of yogurt (use a glass you will serve the lassi in, to measure)
- 1 glass of crushed ice (measure as above)
- 1 glass ripe mango pieces or pulp
- Sugar to taste/unsweetened fruit juice or pulp
- 1 tsp slivered almonds for each glass
- A dollop of thick cream for each glass (optional)

Put the yogurt, mango, ice and sugar/juice/pulp in a blender and blend till smooth. Pour out into glasses, top with a dollop of cream each and slivered almonds and serve.



Naan (Bread)

- 1 (.25 ounce) package active dry yeast
- 1 cup warm water
- 1/4 cup white sugar
- 3 tablespoons milk
- 1 egg, beaten
- 2 teaspoons salt

4 1/2 cups bread flour
2 teaspoons minced garlic (optional)
1/4 cup butter, melted

1. In a large bowl, dissolve yeast in warm water. Let stand about 10 minutes, until frothy. Stir in sugar, milk, egg, salt, and enough flour to make a soft dough. Knead for 6 to 8 minutes on a lightly floured surface, or until smooth. Place dough in a well oiled bowl, cover with a damp cloth, and set aside to rise. Let it rise 1 hour, until the dough has doubled in volume.
2. Punch down dough, and knead in garlic. Pinch off small handfuls of dough about the size of a golf ball. Roll into balls, and place on a tray. Cover with a towel, and allow to rise until doubled in size, about 30 minutes.
3. During the second rising, preheat grill to high heat.
4. At grill side, roll one ball of dough out into a **thin** circle. Lightly oil grill. Place dough on grill, and cook for 2 to 3 minutes, or until puffy and lightly browned. Brush uncooked side with butter, and turn over. Brush cooked side with butter, and cook until browned, another 2 to 4 minutes. Remove from grill, and continue the process until all the naan has been prepared.



Saag Paneer (Spinach spread)

225gm paneer
500gm fresh frozen spinach
1 tsp cumin powder
Half tsp chilli powder
Half tsp turmeric powder
1 medium onion
1 large green finger chilli
4 garlic cloves
1 inch ginger
Half tsp garam masala
2 tablespoons oil
Salt to taste

1. Chop the block of paneer into even bite sized pieces. In a bowl, mix the paneer pieces with the turmeric, chilli powder and a teaspoon of salt and set aside.

2. Now, chop the onion roughly and mince or puree the ginger and garlic together. In a non-stick pot, bring the oil to heat over a high flame.
3. When it is hot, add in the paneer and fry on one side until golden brown and then flip over and repeat on the opposite side. Then remove it with a slotted spoon back into its bowl.
4. In the same oil, fry the onions, ginger and garlic next. When it starts going translucent, mix in the cumin and the chopped green chilli. Fry for about five minutes until the mixture turns a deep golden brown.
5. Now mix in the frozen spinach and let it cook for another five minutes. When it is thoroughly defrosted in the pot and mixed evenly with the masala, add half a cup of hot water and go in with a hand blender to liquidise the whole lot into a smooth, creamy mixture.
6. If you don't have a hand blender, you could tip the spinach into a normal blender for the same result. When it is smooth and back in the pot, add in the fried paneer pieces and the garam masala. Lower the heat and simmer for 10 minutes until the water dries up and the spices have penetrated the spinach thoroughly.
7. At this point, check for salt. You'll need to add a fair bit to lift the spinach. But this dish is worth it. Eat it piping hot as a side dish or with some ready nan as a complete meal.



Curry Vegetables

Bag of frozen vegetables (*we usually get the kind with cauliflower, carrots, etc*)

Can of cooked potatoes

Garlic cloves

Cumin Seeds

White onion (chopped)

1 1/2 tsp coriander powder

1 1/2 tsp turmeric powder

Red Pepper flakes

Freshly grated ginger root (*we've used just regular Ginger Powder before too and it was fine*)

1. Heat oil in a skillet
2. Fry garlic, cumin seeds and onions

3. Add coriander, turmeric and red pepper flakes. Mix and continue to fry
4. Add vegetables and potatoes. Fry and heat through.



Creamy Chicken Kababs **(Murg Malai Kabab)**

Serves: 4

Cooking time (approx.): 15 minutes

Style: North Indian (Mughlai) Non-Vegetarian

- 12 boneless pieces (about 800 grams) of chicken
- 2 tablespoon(s) fresh cream
- 1 egg(s) lightly beaten
- 4 green chillies finely chopped
- 2 tablespoon(s) finely chopped coriander leaves
- ½ teaspoon(s) each of mace and nutmeg powders
- 1 teaspoon(s) white pepper powder
- 1 tablespoon(s) each of ginger and garlic pastes
- 1 tablespoon(s) grated cheese (optional)
- 1 tablespoon(s) lemon juice
- butter for basting
- salt to taste
- finely cut onion rings and lemon wedges for garnishing

1. Make cuts on the chicken pieces. Mix together rest of the ingredients except for the lemon juice and rub this paste onto the chicken pieces. Refrigerate for at least three hours, preferably overnight.
2. Preheat the oven and skewer the chicken pieces. Baste with butter and cook for about 15 minutes or till the chicken is tender.

Sprinkle lemon juice before serving. Garnish with onion rings and lemon wedges.

TIP: If the chicken is marinated overnight then the cream should be added only a few hours before cooking the chicken.

Serve hot with: Green chutney (Hari chutney)



Tikki Masala

Part A:

2 lbs. boneless chicken breast
1/4 cup yogurt
3 tsp minced ginger
3 tsp crushed garlic
1/4 tsp white pepper
1/4 tsp cumin powder
1/4 tsp mace
1/4 tsp nutmeg
1/4 tsp green cardamom powder
1/4 tsp chili powder
1/4 tsp turmeric
3 tbsp lemon juice
4 tbsp vegetable oil
Melted margarine (for basting)

Part B:

5 oz. tomato paste
10 oz. tomato puree
2 lbs. tomatoes, chopped
2 tsp ginger paste
2 tsp garlic paste
2 tsp green chilies
1 tbsp red chili powder
2 tsp cloves
8 green cardamoms
Salt To Taste
3 tbsp butter
2/3 cup cream
1 tsp fenugreek
2 tsp ginger, julienned
honey to taste

Preparation:

1. Whisk all of the ingredients in Part A together in a large bowl. Add the chicken breast, cut into 2 inch cubes.
2. Marinate overnight in the refrigerator. Preheat oven to 350° F. Bake the chicken for 8 minutes, basting with margarine twice. Drain excess marinade and bake for another 2 minutes.
3. While doing this, make the sauce in Part B. Deseed and chop green chilies. Put tomatoes, tomato paste and tomato puree in a pot and add approximately 4-1/4 cups of water.
4. Add ginger and garlic paste, green chilies, red chili powder, cloves, cardamoms, and salt. Cook over low heat until reduced to a thick sauce. Strain through a strainer and bring to a boil. Add butter and cream. Stir.
5. If the sauce tastes sour, add honey to taste. Add fenugreek and ginger juliennes, stir, and serve with the chicken tikka masala

Dessert

We did rainbow sorbet for dessert. Though you can check out these websites for a list of Indian dessert recipes:

<http://www.food-india.com/recipe/dessert.htm>

<http://indianfood.about.com/od/sweetsanddesserts/tp/topbengalsweets.htm>