taking a bite out of india
three americans learn how to cook: indian style
**aloo bonda**

**serves 4**

These deep-fried, bite-size balls of spicy potatoes are great as appetizers or just as snacks at any time. Dunk them in some ketchup for a tasty treat.

**ingredients:**
- 5 potatoes
- 1 tsp. ginger/garlic paste
- 1 green chile, minced
- ⅔ cup green coriander, minced
- ½ cup loose whole green curry leaves
- 1 tsp. coriander powder
- 1 tsp. whole black mustard seeds
- 1 cup besan flour
- ½ tbs. ajwain (sub: celery seeds or thyme)
- 1 ½ tbs. salt
- 1 ½ tbs. chile powder
- 1 ½ tbs. turmeric
- 1 tbs. garam masala
- ½ tbs. coriander powder
- pinch of baking powder
- 2 cups water
- sunflower oil
- vegetable oil

**potatoes and prep:**
Boil the potatoes, not covering them completely with water. Using a pressure cooker, it should take about 6-7 whistles. While these are boiling, prep the remaining other ingredients.

After cooking the potatoes, they should be softened, but still slightly firm. Peel and mash lightly.

**making the batter:**
Whisk together all the batter ingredients, except the water, in a bowl. Gradually add the water to this mixture while continuously whisking, forming a soupy paste for the batter.

**frying:**
In a shallow frying pan, add a moderate amount of sunflower oil and add all spices prepped in part 1 except the green chile and half of the green coriander (1/3 cup). Mix together, and add the mashed potatoes to the pan. Allow to fry for about 1 minute.

Remove this potato-spice mix from pan, and add 1/2 tsp salt. Add the remaining green chile and green coriander, and mash together well.

Using a large, deep pan suitable for deep frying, pour in a generous amount of oil. Ball the potato-spice mixture, dip in the batter, and deep fry for about 2 minutes. Allow to drip through a strainer, and let dry on a paper towel.
Ever since tea came to India with the British, it has become a staple in daily Indian routine. This milky, spicy, tea has come to represent India to much of the western world.

**ingredients:**
- 3 cups water
- ginger root, mashed
- ½ - 1 cup sugar, to taste
- 1 cup milk

**MAKING THE CHAI:**
Boil all ingredients together, allowing milk to cream up. Stir often to aerate and froth. Chai will take about 3-4 minutes total to boil.

To serve, strain chai through a sieve while pouring into cups.
**paneer tikka**

**serves 4**

Definitely a treat for fans of paneer, these are cooked over a tandoor fire with vegetables for a uniquely fiery taste.

**ingredients:**

- • masala:
  - 2 1/2 cups yogurt curd
  - 1 tsp. salt
  - 1 tbsp. chile powder
  - 2 tbsp. garam masala
  - 2 tbsp. fenugreek
  - 4 tbsp. ginger/garlic paste
  - 2 tsp. ajwain seeds (sub: celery seeds or thyme)
  - juice of 4 lemons
  - 4 tbsp. cooking oil
  - orange food coloring (optional)
- • 500 g. (about 1 lb.) paneer
- • 4 small onions
- • 2 green peppers
- • 2 tomatoes
- • chunky chat (to garnish)

**Making the Masala:**

Drain yogurt curd through a towel or cheesecloth, squeezing out the water. When dry, it will have a cream-cheese like consistency. Add remaining ingredients to curd in a mixing bowl, and whisk together. Add 4 tbsp cooking oil, and continue to whisk until it develops a creamy consistency. Add besan (chickpea) flour if it becomes too watery.

**Paneer & Vegetables:**

Scoop out the seeds of the tomato and discard. Cut up the paneer, onions, peppers, and tomato rind into large chunks, approximately 1x1 inch cubes. Mix all together into masala, and let sit for approximately 2 hours before cooking to soak up the flavor.

**In the Tandoor:**

Using a long, metal skewer, skewer the paneer and vegetables through their centers. Cook over the flames until they begin to brown, rotating them every couple minutes. This should take about 10 minutes.

After cooked, remove from skewers and sprinkle chunky chat on top for garnish.
**fish tikka**

**serves 4**

A delicious, slightly spicy grilled fish dish, great for the simplest or most discerning of tastes.

**ingredients:**

- 2 cups yogurt curd
- 6 tbsp. garlic/ginger paste
- 4 tbsp. besan flour
- 2 tbsp. salt
- 2 tbsp. chili powder
- 2 tbsp. garam masala
- 2 tbsp. kitchen king masala
- juice of 4 lemons
- sunflower oil
- red food coloring (optional)
- boneless fish

**Making the masala:**

Drain yogurt curd through a towel or cheesecloth, squeezing out the water. When dry, it will have a cream-cheese like consistency. Add remaining ingredients to curd in a mixing bowl, and whisk together, adding a splash of sunflower oil last. Whisk until this develops a creamy consistency. Add more besan flour if it becomes too watery.

**Fish:**

Cut up the fish into large chunks, approximately 1x1 inch cubes. Mix into masala, and let sit for approximately 2 hours before cooking to soak up the flavor.

**In the tandoor:**

Using a long, metal skewer, skewer the fish chunks through their centers. Cook over the flames until they begin to brown, rotating them every couple minutes. This should take a little less than 10 minutes.

After cooked, remove from skewers and serve.
stuffed naan

serves 3
A variation on the classic naan, these are stuffed with potatoes and paneer, but can be modified to include almost any ingredients you wish.

ingredients:

stuffing:
- 4 potatoes
- 1 cup grated paneer (sub: any soft white cheese)
- \( \frac{2}{3} \) cup green coriander, minced
- 1 green chile, minced
- \( \frac{1}{2} \) tbsp. garam masala
- pinch salt, to taste

dough:
- 1 \( \frac{1}{2} \) cup maida flour (sub: whole wheat pastry flour)
- \( \frac{1}{2} \) tsp. baking powder
- \( \frac{1}{2} \) tsp. salt
- 1 tsp. sugar
- \( \frac{1}{2} \) egg
- \( \frac{1}{2} \) cup water
- vegetable oil
- butter

POTATOES AND PREP:
Boil the potatoes, not covering them completely with water. Using a pressure cooker, it should take about 7 whistles. While these are boiling, prep the remaining other ingredients.

After cooking the potatoes, they should be softened. Peel and mash well.

MAKING THE DOUGH:
Knead all dough ingredients except water, gradually adding the water until dough becomes a sticky consistency. Add a splash of oil. Wet hands to prevent sticking, and knead very roughly, throwing dough into a bowl to push the air out. Let sit and rise for 2 hours in a warm place.

On a floured surface, after the dough has risen, form into 3 approximately baseball-sized balls. Add oil to the tops of these and let sit for 10 minutes.

Flatten the dough by slapping between fingers and rotating to create an even, flat circle. Add a couple spoonfuls stuffing to the center, fold up, and twist the top like a dumpling. Press to flatten about 1 inch thick. Flour the twisted side and oil the flat side. Wait another 10 minutes.

IN THE TANDOOR:
Slap the naan to the sides of the tandoor oven after fire is out and coals are still hot. When browning, remove naan as it begins to release itself from the walls. Butter the sides and cut in half to serve.
vegetable pakora platter

serves 2 - 3
Delicious spicy vegetable appetizers, good for any occasion.

MAKING THE BATTER:
Whisk all batter ingredients together, adding water as is necessary to form a creamy, soupy consistency.

DEEP FRYING:
Heat up a deep pan suitable for deep frying with a generous amount of sunflower oil. It is ready when water sizzles if sprinkled into it.

Dip potatoes in batter and then deep fry in oil until halfway cooked, approximately 2 minutes. Remove from oil and allow to drip through a cloth and a strainer. Repeat this with the cauliflower.

Dip the paneer and the spinach in batter and deep fry, one by one, until they start to brown.

Refry the potatoes and the cauliflower until they are the same color as the other pakoras. If you have extra batter, pour in thin layer onto frying pan, and flip when bottom hardens to make crispy pancake known as Chilla.

ingredients:
batter:
• 1 cup besan flour (sub: gram flour)
• ½ tsp. ajwain (sub: celery seeds or thyme)
• pinch baking soda
• ⅔ tsp. salt, to taste
• ½ tsp. red chili powder
• ½ tsp. garam masala
• ½ tsp. kitchen king mixed spices
• ½ - 1 cup water

vegetables:
• 1 small head of cauliflower, cut
• 7 - 10 large spinach leaves
• 8 pieces of paneer, cut into 1 inch cubes
• 1 small potato, peeled and sliced into thin chips
• sunflower or vegetable oil
bread pakora

MAKING THE BATTER:
Whisk all batter ingredients together, adding water as is necessary to form a creamy, soupy consistency.

DEEP FRYING:
Heat up a deep pan suitable for deep frying with a generous amount of sunflower oil. It is ready when water sizzles if sprinkled into it.

Spread mashed potato mixture evenly onto 2 slices of bread. Add other 2 slices on top to make 2 sandwiches, and cut each in half diagonally.

Dip sandwich triangles into the batter and deep fry in oil for about 2 minutes. Let drip and dry on a paper towel.

Serve as snack or light lunch.

ingredients:
batter:
• 1 cup besan flour (sub: gram flour)
• 1/2 tsp. ajwain (sub: celery seeds or thyme)
• pinch baking powder
• 2/3 tsp. salt, to taste
• 1/2 tsp. red chili powder
• 1/2 tsp. garam masala
• 1/2 tsp. kitchen king mixed spices
• 1/2 - 1 cup water

bread mix:
• 4 slices of bread
• 1 small potato, boiled, peeled and mashed with:
  • pinch of salt
  • pinch of kitchen king mixed spices
  • pinch of garam masala

• sunflower or vegetable oil

serves 4
A delicious fried snack. The potatoes can also be replaced by anything you can spread on a sandwich, including paneer, vegetables, tofu, bananas, or peanut butter!
kheer

serves 4
A delightful desert, not overpoweringly sweet or tart. Perfect for all tastes.

ingredients:
• ½ cup rice, rinsed and drained
• 2 cups water
• 2 liters (about 8½ cups) milk
• 2 cardamom pods
• handful golden raisins
• handful cashews
• 1 cup sugar, to taste

COOKING THE KHEER:
Soak rice in water for 10 minutes. After 10 minutes, break rice up into small pieces with hands and drain. Add milk and cook over medium heat. Watch and stir milk/rice mixture constantly, turning down the heat when it boils.

After 20 minutes, crush cardamom pods and add to the mixture. After 30 minutes, add the raisins, cashews, and sugar. Allow to boil for a total of between 40 and 60 minutes.

The final consistency should be similar to that of pudding.

Serve warm or chilled depending on taste.
banana or mango lassi

serves 3
A delicious sweet fruit and yogurt smoothie, great for hot days or as a refreshing dessert. Fruits can be substituted with any fruit you can blend.

ingredients:
- ½ banana, or 1 large slice of mango
- 1 cup yogurt
- 4 ice cubes
- ½ cup water
- 2 tbsp. sugar if using banana, or 1 tbsp. sugar if using mango

BLENDING THE LASSI:
Put all ingredients into blender, adding sugar according to the sweetness of the fruit you are using. Blend into a smoothie consistency.

Pour into cups and serve cold.
masala omelette

serves 2
A spicy and flavorful Indian omelet, great for breakfast or anytime. Very versatile, you can add in vegetables and spices to your tastes.

M A K I N G  T H E  O M E L E T T E :

Whisk eggs until fully mixed. Add vegetables and spices and whisk well.

Pour eggs onto lightly oil pan and fry over medium heat. When omelet is slightly browned on bottom: flip like pancake (do not fold). When slightly brown on both sides, remove from heat and serve.

ingredients:
• 1 small red onion, diced
• 2 tbsp. fresh green coriander, chopped
• 1 - 3 green chiles, finely chopped, to taste
• 2 tomatoes, seeded and chopped
• 4 eggs
• ½ tsp. salt, to taste
goan coconut pancakes

serves 3
A light and sweet crepe-like Goan pancake, perfect for dessert or breakfast.

ingredients:
filling:
• meat of 1 fresh coconut, grated
• ½ cup jaggery, grated (sub: brown sugar)
• ¼ tsp. nutmeg, grated

batter:
• 1 egg
• pinch salt
• ½ cup flour
• 1 cup milk
• ½ cup corn flour
• ½ cup water

 MAKING THE FILLING:
Remove the husk of the coconut, drain the milk, and cut the meat inside into chunks. Wash coconut meat and grate at medium width. Grate jaggery and mix jaggery and coconut together until it appears to be equal parts jaggery and coconut. Grate in a bit of nutmeg and mix well.

 MAKING THE BATTER:
Whisking together the egg with the salt. Add flour, milk, corn flour and water, whisking well after each addition. Consistency should be milky.

Heat up a frying pan with a small bit of oil. Pour batter on pan into thin crepe-like pancake. Cook pancake until flippable. If pancake is too liquidy, add more flour to the batter and re-fry. Flip carefully and then cook for 20-40 seconds.

Add a small layer of coconut filling and fold edges into crepe. Continue to fry and flip once more until it begins browning. Cut into pieces and serve warm or chilled.
MAKING THE SALAD:
Toast the cashews in a small frying pan.
Combine the carrots, bell peppers, cashews, salt, and yogurt in a bowl, and stir together.

ON THE STOVE:
Heat the oil in a frying pan. Add the mustard seeds and fry until they begin to pop.
Drizzle the oil and mustard seeds over the salad, add the coriander, and toss to mix.
This fish, light and simply prepared, is a perfect compliment to a meal full of rich, creamy vegetable dishes. It may be a small filet, but it is full of flavor.

**Ingredients:**
- 1 - 2 cups milk
- 2 tbsp. butter
- 1 tbsp. sunflower oil
- 1 cup flour
- 6 filets of sole
- ½ tsp. white pepper

**Sauce:**
- 1 scallion, chopped
- 2 cloves garlic, chopped
- 2 tbsp. parsley, chopped
- 1 tbsp. mustard
- ½ cup white wine
- Juice of 1 lemon
- 1 tbsp. capers

**Frying the Fish:**
Allow the fish filets to soak in milk for one hour.

Coat frying pan with butter and sunflower oil. Mix flour and white pepper in shallow bowl; coat fish with this mixture.

Start frying fish on high heat, allow to sit untouched for about 10 minutes, and flip when it is brown and crisp on one side. Lower heat, and allow other side to brown. When cooked, put onto a plate and put in oven at 350°F for about 15 minutes while making the sauce.

**Making the Sauce:**
Add the scallion, garlic, and parsley to pan. Let fry for 3-4 minutes. Mix together the mustard, white wine, and lemon juice.

Just before the fish is finished cooking on the second side, add this mixture to the pan; cook on low heat for 2-3 minutes. Add capers. Pour the sauce over the fish and serve.
BRAISING CUCUMBERS:

Heat butter in pan and add scallions, onion, and garlic; cook on medium heat for 2-3 minutes.

Add cucumbers and peas and cook on low heat for 5 minutes.

Add mustard seed, coconut, sugar, and coconut milk, and allow to simmer on low heat for 7-10 minutes.

SERVES 4

Seriously, cooked cucumbers! Braised cucumbers are "very French". The coconut adds a nice Indian flavor.

INGREDIENTS:

- 1 1/2 tbsp. butter
- 1 handful scallions, onion, and garlic, diced
- 2 - 3 seeded cucumbers
- 1 cup cooked peas
- 1 tbsp. fresh mint
- 1 pinch mustard seed
- 1 handful shredded coconut
- 1 tbsp. sugar
- 4 oz. coconut milk
pumpkin panang curry

Even though this dish taste more Thai than Indian, the heaviness of the curry is reminiscent of North Indian cuisine. This pumpkin curry is perfect for autumn cooking.

ingredients:
- 1 tbsp. vegetable oil
- ½ of a whole small pumpkin, cubed
- 2 tbsp. penang curry paste
- 2 cloves garlic, minced
- 1 red onion, minced
- 4 oz. coconut milk
- 1 stick cinnamon
- 1 medium sized lump of jaggery
- 2 tbsp. sesame seeds

COOKING THE PUMPKIN:

Heat oil in a tall sauté pan, and add curry paste.

In separate pan, sauté onion and garlic on low heat; add vegetable mixture to curry paste once the onions are translucent.

Add pumpkin to pan, and let sit for 1-2 minutes. Add coconut milk, cinnamon, and jaggery; allow to simmer for 20-30 minutes, or until it begins to thicken.

Toast sesame seeds in a separate pan and sprinkle on top of the curry for garnish.
sultana walnut dill raita

Making the raita:
Drain yogurt curd through a towel or cheesecloth, squeezing out the water. When dry, it will have a cream-cheese like consistency.

Combine yogurt, dill, scallions, raisins, salt, and pepper, in bowl. Top with toasted walnuts and olive oil.

Serves 6
The smooth yogurt and cool dill flavor serve as a mild counter-part to the Indian spices used in most vegetable dishes.

Ingredients:
- 1 pint drained dahi (sub: greek yogurt)
- ½ tsp. dill
- 1 small handful scallions, chopped
- 1 small handful golden raisins
- ½ tsp. salt
- 1 pinch cracked black pepper
- 1 small handful toasted walnuts
- 1 tsp. olive oil
What Indian meal is complete without a rice dish? Though it has a mildly sweet flavor, this dish does not overpower anything else on the plate.

**carrot pulao**

**serves 6**

MAKING THE RICE:

Heat a generous amount of butter in pan until it stops sizzling. Add shredded carrots; cook for 5-7 minutes on medium heat.

Add sugar and continue cooking for 2-3 minutes. Add black pepper and cook for 2 minutes.

Add the rice, bouillon cube, nutmeg, salt, and water; allow to come to a boil. Remove some of the peppercorns and cook for about 30 minutes or until the rice is fluffy and the water is gone.

Remove from heat and allow to sit for about 30 additional minutes.

**ingredients:**

- 1 - 2 tbsp. butter
- 2 shredded carrots
- 1 tbsp. sugar
- 8-10 whole black peppercorns
- 1 ½ cups basmati rice, rinsed and drained
- 1 vegetable bouillon cube
- 1 pinch grated nutmeg
- ¼ tsp. salt
- 2 cups water
Melon Salad with Tulsi

Serves 6
Lighter fare for a heavy meal. This melon salad is best served before or after the strongly flavored hot dishes.

Ingredients:
- ½ Persian melon
- ½ watermelon
- ½ chat masala
- 1 onion, sliced thinly
- 1 tsp. fresh basil
- Juice of 1 lemon
- Olive oil

Combining the Salad:
Cut fruit into cubes; mix the melon and the onion with chat masala.

Arrange on plate and sprinkle with lemon juice, olive oil, and basil.
serves 6 - 8

This light apple tarte is perfect to end a satisfying and hearty meal. It is best served drizzled with cream.

**ingredients:**
- 5 apples
- juice of 1 lemon
- 2 cups all-purpose flour
- 3/4 cup butter
- 1 cup white sugar
- 2-3 tbsp. water
- 1 tsp. cinnamon
- 1 tsp. ginger
- cream, to serve

**Making the Dough:**
Preheat oven to 350°F.
Mix flour and 1/2 cup butter with hands; adding the water sparingly, as the pastry should be bound together with butter. The dough should be slightly lumpy.

Roll pastry out on a floured surface into a thin, round disc.

**Filling the Tarte:**
Cut apples into thin slices and spritz with lemon juice to keep from browning.

Heat the sugar in a pan to caramelize, stirring constantly until it turns the color of strong tea. Do not allow to boil and burn. Pour quickly over bottom of an 8 inch round tarte pan, evenly covering the bottom surface.

Add cinnamon and ginger to apples and mix together. Arrange one layer of apple slices into a concentric circle over the caramel in the baking pan. Dump the remainder of the apples into the pan on top. Add 1/4 cup butter on top of apples.

Place pastry disc over the top of filled baking pan, and roll the pin around the edges to remove excess dough. Poke several small holes in the dough.

**In the Oven:**
Bake at 350°F for about 1 1/2 hours, or until pastry is golden-brown.

To serve, place serving plate on top of pan, and flip tarte upside down so the pastry sits on the plate. Best served with cream.