

## AAUW International Gourmet - Foods from the Republic of India



Menu by Asha Bajaj

Menu for November 21, 2009 at 7 p.m. at Roseann Krane's combined groups - Clayton and DA AAUW ... **Assignments are in red.** We have 13 attending.

Beverage: Mango Lassi or Nimbu Pani (Hard) with vodka **Marcia Hart**

Appetisers: Chicken Tikka **Carol Wolfe**, Samosa **Marcia Hart**, Yogurt **Roseann Krane**, Naan (buy) **Tina Gallagher**

Entree: Peas Pulao (Peas and Rice) **JoAnne Caspar**, Dhal **Dee Totman**, Lamb Saag (Spinach) **Roseann Krane**, Yogurt **Roseann Krane**, Naan (buy) **Tina Gallagher**

Desserts: Kheer **Judy Bates**, Gajjar Halwa **MaryAnn Hayes**

Chai tea **Roseann Krane**

Asha says many of the ingredients can be found at the Indian store, such as garam masala, ready made paneer, etc. The freezer section has an assortment of mint and tamarind chutneys which might make life a little simpler for the group. Locally we have Mirch Masala or the old Madras cafe as a resource. Dublin has Namaste Plaza and Kamal's spices which is next door to Trader Joe's at the intersection of Camino Tassajarra and Santa Rita Rd and 580 junction. Namaste Plaza, 6604 Dublin Blvd Dublin, CA 94568, (925) 829-9699. This Dublin store is highly recommended and a good place to buy somosas. I also found another store in Walnut Creek: Sai Ayurveda Indian Store, 2670 N Main St, Walnut Creek, CA 94597, (925) 977-9797, [www.eastbayayurveda.com](http://www.eastbayayurveda.com). I have not been there but it has great reviews in yelp.

International Gourmet shares costs - we cook just enough for a taste of each item for each person. Each participant and their guest chooses one item to make and **emails rkrane@yahoo.com** with the rsvp. It is first come, first serve. You will be notified of the number attending for preparation amount. Bring food and total amount spent so we can calculate costs at the dinner. See menu and recipes below.

Facts about India: India, officially the Republic of India (Hindi: Bharat Gaarajya), is a country in South Asia. It is the seventh-largest country by geographical area, the second-most populous country, and the most populous democracy in the world. Bounded by the Indian Ocean on the south, the Arabian Sea on the west, and the Bay of Bengal on the east, India has a coastline of 7,517 kilometres (4,700 mi). It is bordered by Pakistan to the west; People's Republic of China, Nepal, and Bhutan to the north; and Bangladesh and Myanmar to the east. India is in the vicinity of Sri Lanka, the Maldives, and Indonesia in the Indian Ocean.



Home to the Indus Valley Civilisation and a region of historic trade routes and vast empires, the Indian subcontinent was identified with its commercial and cultural wealth for much of its long history. Four major religions, Hinduism, Buddhism, Jainism and Sikhism originated here, while Zoroastrianism, Judaism, Christianity and Islam arrived in the first millennium CE and shaped the region's diverse culture. Gradually annexed by the British East India Company from the early eighteenth century and colonised by the United Kingdom from the mid-nineteenth century. India became an independent nation in 1947 after a struggle for independence that was marked by widespread non-violent resistance.

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## RECIPES

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### Beverages

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#### Mango Lassi

Yield: 4 servings, Ingredients follow:

9 fluid ounces (255 milliliters) plain yogurt

4 1/2 fluid ounces (130 milliliters) milk

4 1/2 fluid ounces (130 milliliters) canned mango pulp or 7 ounces (200 grams) from 3 fresh mango, stoned and sliced

4 teaspoons sugar, to taste, or feel free to try salt and cardamom seeds



Directions: Put all the ingredients into a blender and blend for 2 minutes, then pour into individual glasses, and serve. Feel free to try salt and cardamom seeds. The lassi can be kept refrigerated for up to 24 hours.

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#### NIMBU PANI

(serves 4)

8 tsp of sugar

6 tbsp squeezed lemon or lime juice

4 cups of water

vodka

crushed ice to serve



Put all the ingredients in to a blender and blend on high for 1 min.  
Fill tall glasses with crushed ice and pour in the lime cooler.

Served chilled. Add Vodka for a kick to those who want it. Garnish: Mint leaves

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### Appetizers

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## Chicken Tikka

Makes 10 servings

In Indian cooking, tikka refers to chunks of meat cooked on skewers. Ingredients

3/4 teaspoon cumin seeds, toasted  
 3/4 teaspoon coriander seeds, toasted  
 2 cups whole-milk yogurt  
 4 garlic cloves, chopped  
 1 (1 1/2-inch) piece fresh ginger, peeled and chopped  
 3 tablespoons vegetable oil plus additional for greasing pan  
 2 tablespoons fresh lime juice  
 1 1/2 teaspoons salt  
 3/4 teaspoon ground turmeric  
 1/2 teaspoon garam masala (Indian spice mixture)  
 1/2 teaspoon black pepper  
 1/4 teaspoon cayenne  
 5 pounds skinless boneless chicken breasts, cut into 1 1/2-inch cubes  
 Special equipment: 20 (12-inch) wooden skewers  
 Accompaniments: mango and red pepper chutney and mint raita  
 Garnish: lime wedges



Purée all ingredients except chicken in a blender until spices are well ground. Put chicken in a large bowl, or divide between 2 large sealable plastic bags, and add yogurt mixture, stirring or turning to coat. Marinate chicken, covered and chilled (turning occasionally if using bags), at least 4 hours. Soak skewers in water 30 minutes. While skewers are soaking, bring chicken to room temperature.

Preheat broiler and brush a broiler pan lightly with oil. Divide chicken among skewers (about 5 cubes per skewer), leaving an 1/8-inch space between cubes, and arrange about 5 skewers across pan. Broil chicken about 4 inches from heat, turning over once, until browned in spots and just cooked through, 9 to 12 minutes total.

Transfer cooked skewers to a large platter and, if desired, cover loosely with foil to keep warm. Broil remaining chicken in same manner. Remove chicken from skewers and serve warm or at room temperature.

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## Paneer Tikka Masala

Serves 6 people

### Ingredients

2 cups paneer cubes  
 1/2 cup curd  
 5 to 6 cinnamon pieces

3 to 4 tej patta  
6 tomatoes paste  
2 tsp green paste  
1/2 cup white paste  
7 onions paste  
1 tsp jeera powder  
1 tsp tumeric powder  
3 tsp garam masala  
2 tsp red chilly powder  
1 tsp sugar  
50 gms khoya  
oil & ghee  
fresh cream to taste  
1 tsp garlic paste  
salt to taste

Directions: Heat oil & ghee in a pan. Add cinnamon, tejpata, jeera powder, then add 1 tsp garlic paste, green paste (green chilly & ginger paste), saute for 5 minutes, than add all the masalas and saute for 5 minutes.

Add curd, sugar and khoya and saute for 5 minutes, add tomatoes paste (boil tomatoes in water remove its peel & crush it in mixture an saute it).

Add onion paste (cut onion into big pieces and saute it in 1 tsp oil and than make its paste in mixture, then add white paste (1 tsp khaskhas, 8 to 10 kajus, 1/2 cup milk, 1 tsp watermelon's seeds churn all these in mix).

Add little water and cook it till oil comes out.

Add paneer pieces and saute it while serving serve with fresh cream and capsicum pieces.

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### Samosa

You will find an alternate recipe at <http://www.manjulaskitchen.com/2007/04/19/samosa/>

Makes 8 samosas. Serve hot with Tamarind chutney or Mint Chutney.

#### For the Pastry

1 1/2 cups all purpose Flour  
1/4 cup oil  
1/8 cup water  
Salt 1 teaspoon  
Red Chili powder 1/4 teaspoon

#### For the filling

4 medium Potatoes, boiled and mashed coarsely  
1/2 cup green Peas, cooked



1/2 tsp Garam Masala

1/4 tss

Special equipment: 20 (12-inch) wooden skewers

Accompaniments: mango and red pepper chutney and mint raita

Garnish: lime wedges

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2 tsp green paste

1/2 cup white paste

7 onions paste

1 tsp jeera powder

1 tsp tumeric powder

p Pepper

Salt to taste or 1 teaspoon

1/4 tsp Red chili powder

1 tsp Dry Mango Powder or Amchur

1/2 tsp Cumin powder

3 Tablespoons Oil

1/2 Cumin seeds

A pinch of Asafoetida

1 finely chopped Green Chili

1 teaspoon lemon juice

## Oil for frying

First make the filling. Heat oil and season it with cumin seeds, Asafoetida or "Hing" and finely chopped green chilies. Then add the mashed potatoes and the peas. Now put in all the masalas like the garam maslala, pepper, red chili powder, dry mango powder and cumin powder. Mix well and let it cook for 5-6 minutes covered. Add the lemon juice and mix well. Then remove and keep aside. Let it cool.

Now make the pastry. Mix the flour, water, oil, salt and red chili powder to make a stiff dough. Keep aside.

To put the Samosa together :

Cut the pastry dough into 4 equal parts. Take a piece of one of the 4 parts the pastry dough. Roll it out into a round about 6 to 8 inches in diameter.

Cut it in two parts (like semi-circle). Moisten the straight edge with a finger dipped in water. Take one semi circle and fold it in a shape of cone.

Stuff about a tablespoon of the potatoes-peas mixture in that cone and seal the top edge with a drop of water on your finger and press the edges together. Make all the Samosas this way. Keep both the samosa and dough covered with a towel.

Heat oil and deep fry the Samosas. Fry 4 to 5 at a time for about 2 to 3 minutes turning once after 1 minute or Fry the samosa to a rich golden brown.

NOT on our menu - just an extra recipe : Pakoras

You will find this recipe on YouTube and it is fun and educational to watch.

<http://www.youtube.com/watch?v=tM7qFj9tQkU>

### INGREDIENTS:

1/2 cup basen (gram flour)  
 1/2 cup rice flour  
 1 tablespoon coarsely ground coriander powder (dhania)  
 1 teaspoon cumin seed (jeera)  
 2 tablespoon chopped green chilies  
 2 tablespoon chopped cilantro (hara dhania)  
 1 teaspoon salt  
 3/4 cup of water  
 Oil to fry  
 1 small potato slice thin,  
 8 thin slice cauliflower,  
 1/2 small zucchini slice thin



### Method:

- 1.Mix all the dry ingredients together: besan, rice flour, coriander powder, and salt. Tip: rice flour adds to the crispness.
- 2.Add the water slowly to make a smooth batter (batter should be consistency of pancake batter or dosa batter)
- 3.Next, add the green chilies and cilantro. Mix well.
- 4.Heat the oil in a frying pan on medium high heat.
- 5.The frying pan should have at least 1 1/2 inch of oil. (To check if the oil is ready, put one drop of batter in oil. The batter should come up but not change color right away).
- 6.Dip the vegetable slices in the batter one at a time and slowly drop in frying pan.
- 7.Fry the pakoras in small batches. The pakoras will take about 4 to 5 minutes to cook.
- 8.Turn them occasionally. Fry the pakoras until both sides are golden-brown.
- 9.Repeat this process. The crispy, delicious pakoras are ready to serve.

#### Tips:

If oil is too hot pakoras will not be crispy and or if oil is not hot enough pakoras will be greasy.

#### Variations:

You can use almost any vegetable when making these pakoras, such as eggplant, onion, cabbage, bell pepper, and different kinds of chilies! Feel free to experiment! Serving Suggestions:

- 1.The pakoras are even tastier when dipped in fresh cilantro chutney, tamarind chutney, ranch dressing.
- 2.Pakoras taste best when served hot.
- 3.You can make the pakoras in advance and when ready to eat, spread on a cookie sheet and heat in the oven on 300-degree heat. You can also make sandwiches with the left over pakoras.

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### Yogurt with Cucumber Raita Recipe (Punjab - North India)

#### Ingredients:

- 2 green cucumbers
- Salt to taste
- 2 tablespoons finely chopped mint
- 2 cups yogurt
- 1/2 tsp lemon juice
- Garnish: 1 tablespoon chopped fresh mint

Method: Peel the cucumbers, halve them lengthways. Cut the cucumbers into small pieces, sprinkle with salt and leave for 15 minutes. Drain well. Combine with mint, yogurt, lemon juice and taste to see if more salt is required. Serve chilled, garnished with mint. Serve with appetizers and entre.



## Naan (bread)

Unbleached all purpose white flour (Maida) 3 cup  
Baking powder 1/2 tsp.  
Yogurt (Curd) 1/2 cup  
Milk 1/2 cup  
Oil 1 tbsp.  
Butter 2 tbsp.  
Egg 1  
Sugar 1/4 tsp.  
Salt to taste  
Sesame 1/4 cup



1. Sieve maida and baking powder. (you can substitute the egg, baking powder with a package of yeast)
2. Add salt, sugar, yogurt, oil and butter and mix well (crumble with fingers). Add egg and mix well.
3. Add milk and water (if required) a little at a time and knead the dough until it turns very smooth.
4. Cover it with a wet cloth and set aside for at least 2 hour.
5. Divide into medium size balls of equal portions.
6. Roll the ball with a few sesame seeds, apply some flour and roll into thick circular shaped.
7. Now place it in a preheated Tandoor or cook in a preheated oven (350 degrees) by placing it on a greased tray.
8. Remove when it is light Golden brown on both sides. Cut it into two parts diagonally.

Serve hot topped with butter. Serve with both appetizers and entre.

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## Entre

### Lamb Saag

#### Ingredients

1 long green chilies  
3 garlic cloves, chopped  
2 cm fresh ginger, grated  
3 tablespoons oil  
1 kg boneless lamb, cubed  
1/2 teaspoon cumin seed  
1 cinnamon stick  
6 cardamom pods  
2 onions, chopped  
2 teaspoons ground turmeric

1 teaspoon ground cumin  
1 teaspoon chili powder  
1 teaspoon ground coriander  
2 bay leaves  
2 cups beef stock  
1 bunch english spinach, de-stalked and finely shredded  
1/2 teaspoon salt  
1 tablespoon fresh coriander, chopped  
1/3 cup plain yogurt

#### Directions

1 Remove seeds and white membrane from the chilli and chop finely.  
2 Set aside with garlic and ginger.  
3 Heat 2 Tbsp oil in frying pan and brown the lamb in batches, drain on paper towel.  
4 In a dry frying pan combine cumin, cinnamon and cardamon.  
5 Cook for 1 minute or until seeds start to pop.  
6 Set aside. Heat remaining oil and cook onion until softened, 3-4 minutes, then add roasted spices.  
7 Add garlic, ginger, chilie, turmeric, cumin, chili powder, coriander and bay leaves to onion.  
8 Cook for 1 minute, then add lamb and stock.  
9 Bring to boil then reduce heat to low and cook, covered for 1 1/4 hours.  
10 Stirring occasionally.  
11 Add spinach and salt, cook for 5 more minutes or until spinach is wilted.  
12 Stir in coriander and yoghurt, discard cinnamon stick and bay leaves and serve.

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#### Peas Pulao (Peas and Rice)

##### Ingredients:

##### Ingredients:

- 2 tbsps vegetable oil or butter
- 1 large onion chopped fine
- 1 cup fresh green peas
- 1 cup Basmati rice (a long grain Indian rice)
- 3 cups water
- 1/2 tsp turmeric powder
- Salt to taste
- 1/2 cup warm water

##### Preparation:

- Wash the Basmati rice well in running water and keep aside to soak for 30 minutes.



- Heat the oil in a deep heavy-bottomed pan. When it is hot add the onions and cook till soft.
- Add the peas and stir well.
- Add the rice and fry for 2 minutes.
- Add the 3 cups of water, turmeric and salt to taste to the rice and set it up to boil on a medium flame.
- Once the water comes to a boil, reduce the flame to a simmer and cover the pan.
- Cook till the water seems to have almost disappeared
  - tiny holes will form on the surface of the rice.
- Add the 1/2 cup of warm water all over the top of the rice and cover the pan again.
- Simmer for another 5-7 minutes and turn off the fire.
- Allow the rice to sit for 10 minutes and serve.

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## Dhal

A spicy and nutritious accompaniment to curries.

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(alternate recipe at <http://www.youtube.com/watch?v=E-n3lPLw2T4>>

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### Ingredients:

8 oz (455 g) lentils  
4 -5 cups water or stock  
1/2 tsp. chili powder  
1/2 tsp. fenugreek, ground  
1/2 tsp. salt  
2-3 tbsp. olive oil  
1 onion  
1/2 tsp. cumin, ground  
1 garlic clove  
1 tsp. ginger, grated  
lemon wedges

Preparation: Wash lentils thoroughly, picking out foreign matter. Drain and boil in 2 cups of water or stock, removing any scum.

Add chili, fenugreek powder, salt and turmeric. Stir and simmer for 30-45 minutes until lentils are cooked and mushy, adding water or stock as necessary to obtain desired consistency.

Heat olive oil and fry onion, cumin, garlic and ginger for a few minutes. Pour oil and spices on to dhal on serving. Alternatively, cook the dhal in this for 5 minutes. Serve with lemon wedges.

## Not on our menu: INDIAN FISH CURRY RECIPE

### Ingredients:

1 kg fish cut into 1" thick slices (this curry tastes best with Rohu but you can use any fish with firm white flesh)  
4 tbsps cooking oil  
1 tbsp mustard seeds  
2 tbsps cumin seeds  
8 dry red chillies  
1 tsp paanch phoran seeds (see recipe below)  
10-12 curry leaves  
1 large onion ground to a paste  
1 tbsp ginger paste  
1 tbsp garlic paste  
2 large tomatoes cut into cubes  
1 tsp turmeric powder  
1 tsp garam masala powder  
3-4 tbsps coconut powder  
Walnut-sized ball of tamarind soaked in 1/2 cup of hot water  
2 cups hot water  
Salt to taste  
Chopped coriander to garnish

**Preparation:** Heat a heavy-bottomed pan on a medium flame and roast the dry red chillies, mustard and cumin seeds till they begin to release their aroma. Cool and grind to a fine powder.

Grind the tomatoes, turmeric, garam masala powder, coconut and above powder into a smooth paste. Keep aside. Squeeze the soaked tamarind well to remove all the pulp.

Heat the oil in a wide heavy-bottomed pan and add the paanch phoran (see recipe below) and curry leaves. When they stop spluttering, add the onion paste and fry till light brown.

Add the ginger and garlic pastes and fry for 3-4 minutes. Add the tomato and spice paste and fry till the oil begins to separate from the masala. Add 2 cups of hot water and the tamarind pulp to this masala and stir to mix well.

Bring the gravy to a boil and then simmer. Gently add the fish to this gravy and cook till done. Garnish with chopped coriander and serve hot with plain boiled rice.

Serve fish curry hot.

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### Paanch Phoran

This uniquely Bengali (east Indian) spice mix is used to season many dishes. It is a blend of five (paanch) spices and lends a lovely aroma when added to a dish.

#### Ingredients:

Cumin seeds  
Fennel seeds  
Nigella seeds  
Fenugreek seeds  
Mustard seeds

Preparation: Mix all the above in equal quantities and store in an airtight container.

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### NOT on our menu - just a famous recipe: GULAB JAMON

Gulab Jamon or gulab jamun (pronounced gul-aab jaa-mun) is a popular sweet dessert in the Indian/Pakistani sub-continent. Gulab jamons are fried milk balls of dough made from flour and milk served with sugar syrup with rosewater, saffron, or cardamon.

#### Ingredients (Jamon):

2 cups powdered milk  
2/3 cup all-purpose flour  
1 teaspoon baking soda  
1 1/2 cups (or less) heavy cream

#### Ingredients (Syrup):

3 cups sugar  
7 cups water  
2 teaspoons cardamon powder (optional)  
1/4 teaspoon saffron (optional)  
Rose Water essence or extract  
(optional and according to taste)

Method: Put in pot and bring to boil.



**Make the dough:** In a bowl, mix by hand milk, flour, and baking soda. Gradually mix in heavy cream to form slightly sticky, soft dough. Form dough into small sized balls about  $\frac{3}{4}$  of an inch diameter. Set aside and cover with a damp cloth.

**Fry the jamons (balls):** In a deep frying pan or wok, heat 4 cups of oil. Fry balls a few at a time to an even golden brown anywhere from 5 to 7 minutes. When browned, drain the oil off the milk balls in a paper-lined platter or tray.

Dip the balls into the syrup then transfer onto a serving dish.

After all the balls have been prepared and dipped into the syrup, boil the syrup again for about 15 minutes, or until syrup becomes thicker. Pour over the balls and let the syrup soak in for a few hours before serving.

**To serve:** Gulab jamon may be served hot or cold: topped with whipped cream or a la mode with vanilla ice cream. In India and the Middle East though, locals eat the jamons warm as is. The jamons may be kept refrigerated (or frozen) for as long as 5 days and may be reheated by pouring hot syrup over the defrosted balls.

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### Kheer (Rice Pudding)

This is a very flavorful Indian rice pudding.

#### INGREDIENTS (Nutrition)

2 cups coconut milk  
2 cups milk  
3 tablespoons white sugar  
1/2 cup Basmati rice  
1/4 cup raisins  
1/2 teaspoon ground cardamom  
1/2 teaspoon rose water (optional)  
1/4 cup sliced almonds, toasted  
1/4 cup chopped pistachio nuts



**DIRECTIONS:** Bring the coconut milk, milk and sugar to a boil in a large saucepan. Add basmati rice, and simmer over low heat until the mixture thickens and the rice is tender, about 20 minutes.

Stir in the raisins, cardamom and rose water, and cook for a few more minutes. Ladle into serving bowls, and garnish with almonds and pistachios.

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### Gajar (Carrot) Halwa

also known as gajrala is a traditional Punjabi dessert made with carrots and milk. Gajar Halwa is delicious warm or cold.

Recipe serves 4. Ingredients:

2 cups shredded carrots  
 2 cups milk  
 3 tablespoons unsalted butter  
 1/4 cup sugar  
 1/2 teaspoon cardamom powder  
 6 chopped roasted cashew nuts (To garnish)



Method:

1. Roast the cashew nuts and set aside for the garnish.
2. Boil the milk on medium-high heat in a non-stick pan until it is reduced to about 1 cup. Stir often to ensure the milk does not burn in the bottom of the pan. Set aside.
3. Melt the butter in a frying pan on medium heat.
4. Add the shredded carrots and stir-fry for about seven to eight minutes.
5. Carrots should be tender and slightly changed in color.
6. Add the milk and cook until milk dries. Takes about eight to ten minutes.
7. Add the sugar and stir until the halwa starts to leave the sides of the pan (about 4 minutes).
8. Garnish with nuts.

Gajar Halwa can be refrigerated for up to one week and kept in the freezer for up to two months. When ready to serve just warm.

Suggestion: Cook the halwa a little more and pour on a greased plate. Spread the halwa until it is flat and 3/4 inch thick. After the halwa cools, cut in squares. Garnish with cashew nuts or sliced almonds.

## Chai Tea

A traditional drink of India, masala chai has become a popular beverage worldwide. While you may certainly purchase teabags at your local grocery store, you will achieve a more authentic flavor if you make it yourself, bouquet garni style, using the following.

Ingredients:

2 teaspoons fresh ginger root; grated  
 1 whole star anise; broken up  
 1 teaspoon orange peel; grated  
 4 pieces cinnamon bark (canela); 1 1/2 inch  
 1 teaspoon cardamom seeds  
 10 whole cloves  
 5 whole peppercorns



5 cups water  
1/4 cup black tea leaves; (like Assam or Darjeeling)  
1 teaspoon vanilla  
1/4 cup honey  
3 cups milk

Bundle up the first seven ingredients in a length of cheese cloth and tie it together with a string. This is called a bouquet garni (pronounced "boo-KAY gar-NEE"). Place the bouquet garni in a pot of water. The string should be tied to the handle for easy removal later on.

Bring the water to a very low boil, then reduce the heat and simmer. Boiling water may extract too much bitterness from the tea leaves. Add tea leaves and continue simmering for 15 minutes. Remove the bouquet garni.

Strain the remaining liquid through a sieve to remove tea leaves. Add honey, vanilla, and milk. Serve. Pour the mixture over crushed ice if you're serving it cold. This makes eight servings.

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