

## >> LEARNING OBJECTIVES

By the end of this chapter, you will be able to:

- Discuss the major religions found in India and their role in molding India's cuisine
- Explain similarities and differences between the cuisines found in the north and south of India
- Discuss the importance and uses of spices in the cookery of India
- Define *thali* and describe the Indian method of eating a meal
- Prepare a variety of Indian dishes



The oldest modern religion, Hinduism, began between 4000 and 2200 B.C. Hinduism ranks as the third largest religion behind Christianity and Islam. Approximately 1 billion people follow the Hindu faith, and 905 million of them live in India. Thousands of different sects compose the Hindu population.

Unlike many religions, Hinduism is a way of life, incorporating religious, philosophical, and cultural aspects. Most Hindus believe in the repetition of cycles of birth and death—reincarnation—and in karma.

Like Christians' story of Jesus, who was Jewish, Buddhists say Buddha was born into a Hindu family. His followers celebrated his life and teachings, and they developed a religion around him. According to history, Buddha was born to a royal family in the 500s or 600s B.C. He lived and taught in India.

Another sect from the Hindu religion, Jainism, promotes peace and nonviolence. Jains have high regard for scholarship and education, and they claim the highest literacy of any sect in India. Followers of Jainism developed the oldest libraries in India.

Built from 1632 to 1653, a Moghul emperor had the Taj Mahal constructed as a mausoleum for his wife.

## >> HISTORY

Evidence shows people inhabited India 200,000 years ago. Around 2500 B.C., the first documented civilization in India lived in western India.

### RELIGIOUS INFLUENCE

Religion was and still remains an important part of both India's history and its culinary makeup. Throughout the history of India and into the present, Muslims and Hindus as well as people of other religions have experienced periods of violence and times of peaceful coexistence.

From about 1000 B.C., the Hindus established *Ayurveda*, which deals with health and life issues. According to this ancient tradition, life is composed of the body, mind, and soul. With that premise, matters of cuisine impact the mind and soul as well as the body, and everything that affects one of the three affects the other two. The Hindus believed that food is divided into six flavors (sour, salty, sweet, bitter, pungent, and astringent), and each of those sensations had specific outcomes. For example, they thought pungency intensified passions. Like some of the other Asian cultures, their goal was to serve dishes and meals with a variety of flavor and texture sensations to create a balanced meal.

Offshoots of the Hindu religion, Buddhism and Jainism, developed in India in the 500s and 400s B.C. Besides Hindus, Muslims, Buddhists, and Jains, India is home to Sikhs, Zoroastrians, Christians, and Jews. Many religious sects flourish in India, each with their own dietary laws.

### INVADERS AND RULERS

Residents of India have endured a seemingly endless stream of invaders throughout their history, including the Greeks in the 300s B.C., the Arabs, the Huns, and many more. When the Gupta Dynasty ruled between 320 and 500 A.D., India experienced its Golden Age. The arts, mathematics, science, and literature thrived during this time; however, after this period, a series of invasions from more aggressive Asians and Middle Eastern people ensued. This time of fighting and strife lasted until the sixteenth century when the Moghul Empire invaded and conquered.

The Muslim Moghuls entered India from Persia in the Middle East. The Moghuls left a significant mark on the Indian cuisine, which is most pronounced in the north of India. They introduced lamb and grilled *kebabs* in addition to many of their native dishes like rice pilafs, *biryani* (a baked rice and meat dish), meats marinated and cooked with yogurt, nut butters, and spices like cinnamon, cloves, cardamom, and saffron. The Indians adopted many Moghul dishes as well as the use of yogurt for marinating meats and making sauces. Indians quickly developed a preference for smooth, delicate sauces from these invaders. Besides their culinary influence, the Moghuls had an impact on many other aspects of life in India. They built magnificent mosques and palaces such as the Taj Mahal, developed cities, and introduced an extravagant and opulent lifestyle. Their rule lasted until the latter part of the 1700s when the British gained control.

### LURE OF SPICES

Throughout history, many explorers, including the Romans, Phoenicians, Portuguese, and Dutch, came to India in search of spices. Indeed, they found a bounty of spices here. These explorers returned to their homelands bearing spices, but they left remnants of their own culinary culture with the people of India.

Sailing around the Cape of Good Hope in the late 1400s, the Portuguese explorers arrived in India in search of spices, gold, silk, and other treasures. In 1498, they settled

in Goa in western India, and then made their way to other areas. They introduced chili peppers from the New World, and hot peppers immediately became an important part of the Indian cuisine. In addition, these explorers brought cashews, potatoes, and tomatoes. The Portuguese ruled the western part of India for 400 years.

## BRITAIN

In the 1600s, the British arrived in India. By the late eighteenth century, India had become a British colony. It remained under the rule of the United Kingdom until 1947, when India became an independent nation. As a result of the long British dominance, the British strongly influenced the cuisine of India, and the Indians in turn made a lasting impact on the cuisine of the United Kingdom.

## RECENT HISTORY

In 1940, Pakistan was carved out of India and established as a primarily Muslim country. According to statistics, over 96 percent of Pakistani people are Muslims. In India today, however, about 80 percent of the inhabitants are Hindus and 15 percent are Muslims. Within densely populated India, 14 languages and at least 240 dialects are spoken.

India remains a country of extreme wealth and extreme poverty. Most Indians still follow the *caste* system, which divides people into four *castes*, or social classes. This results in four distinct levels of society, from the very poor to the privileged. Although the *castes* are not as strong today as in the past, little intermarriage or mingling takes place between people of different *castes*. As a result, people marry within their *caste*, and the children of that marriage belong to the same *caste*. In this way, the *caste* system continues, and inhabitants of India have little chance to change their social position.

## >> TOPOGRAPHY

A peninsula jutting into the Indian Ocean, India is located in southern Asia. China, Nepal, and Bhutan are found to the north; Bangladesh and the Bay of Bengal lie to the east; Sri Lanka is situated to the southeast; the Indian Ocean is on the south; and Pakistan and the Arabian Sea are to its west. Basically, the distinct regions found in India are based on topography.

## NORTH

Rising at India's northern border with China and Nepal, the towering Himalayan Mountains run through the extreme northern section of India. The climate in these snow-capped mountains consists of cold winters and cool summers, conducive to growing many crops, including fruits and walnuts. Abundant mushrooms grow wild in this terrain and sheep thrive here.

South of the mountains, the land changes to plains, valleys, and rivers. The Ganges and Indus rivers run through this area, providing rich soil for fertile farmland for a variety of crops including wheat, barley, millet, corn, and a myriad of fruits and vegetables. In addition, a bounty of fish provides food. Most of the people of India reside in this region.

## EAST

The east consists of fertile plains and coastline. Abundant seafood and fish are available here, and a bounty of crops including rice, legumes, coconuts, bananas, and many vegetables grow in this area. Eastern India receives plenty of rainfall; in fact, some of the highest recorded rainfall amounts have occurred here.

*An important man in India's history, Mohandas Gandhi became the leader of the Indian National Congress in 1920 and led the movement to gain independence from Britain. Gandhi believed in nonviolence and promoted nonviolent tactics against the British, which proved to be very effective. Under Gandhi's direction, the Indians refused to pay taxes and boycotted all things that were British, including schools, government, and goods. Ironically, this leader who stood for nonviolence was assassinated in 1948, one year after India received its independence.*

*The Himalayan Mountains reign as the world's highest mountain range.*

## WEST

Contrarily, hot, arid land with desert conditions describes the land in the west. Seafood from the coasts dominates the diet of those living in this region. Significantly fewer crops grow here.

## SOUTH

Called Deccan, the central-southern portion of the Indian peninsula contains plateaus in the center flanked by mountains on the east and west. Coastal plains lie between the mountains and the coast. Tropical conditions and jungles predominate in the south. Much of this land is fertile farmland, yielding all sorts of grains including the famous *basmati* rice, wheat, corn, millet, and barley. Legumes, many vegetables, as well as spices and peppers flourish in this region.

Lying near the equator, the extreme south experiences hot, humid, tropical weather with *monsoons*, seasonal winds. Seafood, fish, coconuts, bananas, and a myriad of tropical fruits and vegetables thrive in this area's tropical climate.

### Ingredients and Foods Commonly Used throughout the Cuisine of India Include

- rice and wheat
- legumes including lentils, split peas, mung beans, and chickpeas
- goat and lamb
- seafood and fish
- vegetables including spinach, cauliflower, potatoes, peas, pumpkin, and sweet potatoes
- fruits including bananas, plantains, mangoes, oranges, and coconuts
- chutneys and pickled fruits and vegetables
- garlic
- cilantro
- coriander, cumin, ginger, turmeric, cardamom, fenugreek, hot chilies, mustard, fennel, cloves, and cinnamon
- *ghee* (clarified butter)

## CLIMATE

The climate in India includes three distinct seasons: the cool season of the fall and winter, the hot season dominating the spring, and the rainy period found in the summer. The cool season brings cold weather in the mountainous areas but temperate, warm, or hot weather to the other regions. The southern regions experience extremely hot conditions during the hot season.

The *monsoons* have an enormous effect on the crops, making India susceptible to both flooding and droughts. Unfortunately, these unpredictable conditions often lead to crop failures and starvation.

## >> COOKING METHODS

In the early days, much of the food was either grilled over an open fire or cooked in a pot placed in the embers of the fire. Of course, this one-pot cookery resulted in India's stewlike curries and was perfect for the long, slow cooking needed for legumes. To extend the available meat, they combined the tender cuts of meat with vegetables on a skewer for grilling (*kebabs*), while the tougher cuts entered the pot for braising—the slow cooking method necessary to make them tender. These techniques reflect the cookery of the Middle East, which the Moghuls brought with them.

With many rivers and lots of ocean surrounding this peninsula, fresh seafood and fish abound. Seafood preparations include frying, baking, poaching, grilling, or steaming.



Fourteenth-century tandoor oven

## TANDOOR OVEN

People in northern India frequently bake in a *tandoor* oven. This clay oven becomes very hot from its fuel of wood or charcoal. They use the *tandoor* oven for cooking meat, poultry, seafood, fish, or vegetables on skewers, as well as for baking flatbreads. Cooks often marinate skewered foods in a yogurt and spice mixture before cooking, and then the skewers are lowered into the vat-shaped oven. Flatbreads are slapped against the inside walls of the hot oven, where they adhere and quickly cook.

## FRYING

Stir-frying remains a popular cooking technique in India, particularly with the large number of vegetable dishes served throughout this country. This is often done in a deep pan with a rounded bottom and handles on each side called a *karahi*, which is similar to the Oriental wok. Another pan found in Indian kitchens, the *tava*, is a slightly concave griddle made of cast iron. Frequently used for sautéing, an ungreased *tava* is used to fry several varieties of flatbreads. Deep-frying continues as a popular cooking method for many foods in this cuisine.

## STEAMING

In the south, steaming remains the most frequently used cooking technique. Cooks often enclose the foods in banana leaves and then steam them. They traditionally placed leaf-wrapped foods in the embers of the fire for steaming, much like the *tamale* of Mexico. Today, large and small steaming pots are standard equipment in most southern Indian kitchens.

## PRESERVATION

The preservation of fruits and vegetables is commonplace throughout India. Pickles and *chutneys* (intensely flavored, sometimes spicy relishes) function as an important part of the Indian meal. In addition, they preserve the bounty of fruits and vegetables for meager times. In the mountainous north where harsh winters limit the growing season, they dry many foods. Another preservation technique, salting, is frequently used to extend available food supplies for times when less is available. As in Africa, flooding and droughts make the condition of the next season's crops an unknown.

## >> REGIONS

India is a densely populated nation with the second largest population of any country in the world. While Hindi remains India's official language, 14 distinct languages are used widely in India as well as more than 100 others. Making communication even more difficult, many of the languages use different scripts.

The diverse topography and climate that exists here created strong regional culinary differences. In addition, dietary laws from the various religious groups in India have had pronounced effects on the cuisine. These three issues—topography, climate, and religion—molded the cuisine of each region. As a result, great differences define the cuisines found in the various regions; however, the use of aromatic herbs and spices prevails throughout all of the regions. Regional differences are particularly apparent between the north and south of India.

## DIFFERENCES BETWEEN NORTH AND SOUTH

Flatbreads made from wheat function as the predominate starch in the north, while inhabitants of the southern regions eat rice with their meals. The food prepared in the north tends toward more subtle seasoning, while hot curries and highly spiced dishes



Tandoor oven

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Karahi

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India's population is second only to China. Together, these two countries claim 40 percent of the world's population. If statistics for current birth rates continue, the population of India will overtake China's by 2030, and India will become the most populous country.

### A FEW OF THE MANY LANGUAGES IN INDIA

Hindi—official language of India

English—widely spoken

Bengali—used in state of Bengal and country of Bangladesh

Marathi—spoken in Mumbai and Maharashtra

Punjabi—used in Punjab

Dravidian—spoken in much of the south

When Indian restaurants first opened in North America, almost all served the cuisine of Punjab. As a result, many still believe that is the cuisine found in all of India.

dominate southern cookery. With ample coastline on three sides, in the east, west, and south, much seafood is consumed. Although the arid regions of the west yield fewer crops, they produce peas and beans (legumes). Accompanied by bread, these legumes form a major portion of the diet in this region.

Baked flatbreads and skewers of meats, poultry, seafood, and vegetables roasted in the famous *tandoor* oven hail from the north. Usually marinated in a yogurt mixture, these meats often are seasoned with *garam masala*, a mixture of spices. The traditional orange color of the meats cooked in the *tandoor* usually comes from food coloring, not spices. Although the northerners often bake foods, the people of the south prefer to steam many of their dishes.

While high meat consumption reigns in the north, the diet of people in western, eastern, and southern India includes lots of fish and seafood and much less meat. Countless vegetarian dishes come from the south, where many Hindu vegetarians reside. Typical of inhabitants in many hot climates throughout the world, residents of the tropical south prefer hot, spicy dishes and use lots of coconut and coconut milk. In addition, tamarind and mustard seeds flavor many southern dishes.

## SPICES

Cooks in the north and south use many of the same spices, but the treatment of the spices makes them taste different. In the north, spices are cooked or roasted in a dry pan, then ground and added to the foods. People in the south prefer to mix the spices into a wet paste and then combine the spice paste with the dish.

## BEVERAGES

All Indians drink cold water with meals, but coffee or tea generally follows the meal. Northerners prefer tea, and often serve spiced tea after the meal. The people of the south choose coffee flavored with milk and sugar instead of tea.

## >> CUISINE

### DIETARY RESTRICTIONS

Hindus, Muslims, and people of numerous other religious sects live in India, each possessing their own philosophies and dietary laws. Muslims do not eat pork. Hindus consider the cow a sacred animal, so they consume no beef. Since Hindus believe in reincarnation, many abstain from eating any meat. Jains, members of another religion that developed from Hinduism, believe strongly in reincarnation. As a result, followers of that religion eat no meat, fish, poultry, or eggs, believing that the animal could have been a person in another lifetime. Many also refrain from eating root vegetables because digging them might injure a worm or other underground creature. They abstain from red foods such as tomatoes and beets because the color is reminiscent of blood. As a result of the numerous religious restrictions on meat, the Indian cuisine is rich in vegetarian dishes.

### PROTEIN

With religious dietary laws forbidding consumption of pork and beef for many people, the most popular meats remain lamb and goat. Stemming from the Moghul influence, lamb reigns as a favored meat. The Moghuls ate lots of meat in their native Persia but abstained from pork because of their Muslim faith. When they entered India, they found a country where the cow was sacred, so that left lamb, goat, and chicken for eating. Northern Indians prepare *kofita*, a ground lamb and hard-boiled egg dish reminiscent of the Middle Eastern ground lamb dish *kibbe*.

Because the state of Goa (located on the west coast) was ruled by the Portuguese for so long, they eat beef and pork unlike most Indians. Also, a large Christian



*Kofita*

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population resides in Goa. Reflecting strong Portuguese influence with its addition of vinegar, pork vindaloo and Sorpotel (a pork curry) hail from this area.

Chicken is served often in India. To prepare it, cooks remove the skin to facilitate the absorption of spices and marinades. In addition, they make shallow cuts in the meat so more of the marinade penetrates into it. Often, chicken is cut into smaller pieces than is customary in many Western cultures for two reasons. First, as in many other Asian cuisines, less meat accompanies greater amounts of vegetables and grains in the Indian diet. Second, smaller pieces expose more surface area to absorb the spices and marinade.

Ample seafood and fish is available along the coasts and near rivers, so inhabitants in those areas consume lots of seafood and fish. Similar to Dover sole, pomfret is one of the most prevalent and popular types of fish from the coasts of India. Other frequently consumed fish include mackerel and sardines. In the coastal areas, cooks often flavor fish with *masala*, a blend of spices, and coconut or coconut oil. Shellfish also abounds, and they serve many dishes containing shrimp, clams, crabs, and other shellfish.

## GRAINS AND LEGUMES

Rice, wheat, grains, and beans form the basis of the Indian diet. In fact, an Indian meal is incomplete if not accompanied by either bread (wheat) or rice. As stated before, rice is the staple grain in the south, whereas some form of wheat accompanies meals in the north. Inhabitants of southern India eat rice three times a day. It is not unusual for a family to have 25 different recipes for rice in their repertoire.

They serve several types of unleavened flatbreads in India. Usually made from whole-grain flours such as *chapati*, a finely ground whole wheat flour, these breads are cooked by deep-frying, sautéing on a dry griddle, or baking.

Grown in the foothills of the Himalayas, *basmati* rice is a nutty-flavored, long-grain variety of rice used throughout India, but especially in the north. Since the flavor of this rice improves with aging, high-quality *basmati* rice is aged for a minimum of 6 months. Cooks prefer the aromatic *basmati* rice for *biryani*, pilafs, and other dishes; however, depending on the use, Indians also choose other types of rice. In fact, over 1,000 varieties of rice are grown in India. Like wheat, rice appears in a number of forms, including puffed rice and rice flour. Indian cooks prepare an endless variety of rice pancakes, which function as breakfast through much of southern India.

Serving as a major source of protein for the many vegetarians and people who cannot afford meat, legumes play a huge role in Indian cuisine. Lentils rank as one of the most popular legumes and appear in many recipes throughout the country. *Dal* refers to any split legume, including lentils and split mung beans. *Dal* also refers to a mild purée of lentils or beans that is commonly served in the north. Southerners prefer a spicy lentil dish called *sambar*.

India's premier cheese, paneer, is prepared by curdling cow's milk and then pressing the curds. In a few days, the mildly flavored cheese is ready to eat. Appearing in a multitude of guises, this cheese is served deep-fried, marinated, baked in a tandoor oven, and incorporated into all sorts of dishes. Paneer is a stretched-curd cheese, which refers to the process of handling the curds when making the cheese. This handling results in cheese with a springy texture resembling that of cooked chicken.



Naan

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## INDIAN FLATBREADS

**chapati** Cooked on an ungreased *tava*; made from *chapati* flour

**parathas** Cooked on an ungreased *tava*; the dough is laminated by rolling the dough, brushing with oil, and repeating the process

**naan** Baked in a *tandoor* (oven)

**poori** Deep-fried

## CONDIMENTS

Although pronounced regional differences in the cuisine exist, yogurt, ample amounts of fresh fruits, chutneys, and pickles accompany meals throughout India. Two condiments, chutneys and pickles, are made from a wide range of fruits and vegetables. Originating in India, the intensely flavored, often-spicy chutney joins an assortment of foods, intended to heighten the flavor sensations by adding a wide range of flavor components to the Indian meal. Chutneys and pickles can be spicy, aromatic, hot, mild, sweet, tart, and/or salty.

Another frequently served item, yogurt relishes contain any vegetable or fruit combined with yogurt. *Raita*, a yogurt salad, frequently accompanies plain roasted or grilled meats, as well as highly spiced foods. The best known variety is cucumber *raita*. Yogurt functions as a cooling component after spicy foods.

## VEGETABLES AND FRUITS

Vegetable cookery reaches new heights in India. Because of its diverse climate and topography, ranging from snow-capped mountains to tropical jungles, an incredible assortment of vegetables grows in India. With a wide selection of vegetables available year-round and many vegetarians living here, vegetables function as a major component of the diet. They appear in numerous guises, cooked alone or in combinations and flavored with an extensive range of herbs and spices. Many types of vegetable curries abound. Potatoes, spinach, cauliflower, pumpkins, peas, and sweet potatoes rank high in popularity.

With a bounty of fruits available throughout the year, Indians also consume ample amounts of fresh fruit. As in African and Latin American countries, bananas and plantains are popular. Curries frequently incorporate fruit, which counters the spiciness of the dish. Fresh fruit or fruit pastes accompany many meals, and lots of people drink fruit juices or fruit and yogurt beverages.

## SAUCES

Instead of thickening sauces with flour or cornstarch as in the Western cuisines, Indians use spices, spice pastes, yogurt, or vegetables to thicken their sauces. Unlike flour or cornstarch, these thickening items actually contribute to the flavor of the dish.

The thickness of sauces differs between the north and south. In the north, they prepare thicker sauces, which are easier to scoop with bread. The thinner sauces preferred in the south soak into the rice better.

Indian dishes are classified as “wet” or “dry,” depending on how much liquid their sauce contains. Obviously, loose or liquid sauces are called “wet,” and they are eaten with flatbread or rice formed into a ball. “Dry” foods contain spices and herbs but no actual sauce. Indian chefs carefully plan a meal so that it includes both wet and dry dishes to offer variety to the diner.

## HERBS AND SPICES

Many say spices distinguish the Indian cuisine from all others. Indian cookery incorporates abundant spices and herbs, both fresh and dried, into dishes. In the past, spices

### DAL AND LEGUMES COMMONLY USED IN INDIA

- red lentils—*masoor dal*
- yellow lentils—*thoor dal*
- yellow split peas—*chana dal*
- black-eyed peas—*lobbia*
- split mung beans—*moong dal*
- red kidney beans—*rajma*
- aduki beans—*ma*
- black gram beans—*ural dal*
- chickpeas—*chhole*



## FREQUENTLY USED SPICE BLENDS

**curry powder** Contains varying amounts of coriander, cumin, fennel, fenugreek, mustard, pepper, cloves, turmeric, and cayenne pepper; used throughout India

**garam masala** Contains varying amounts of black pepper, cinnamon, cloves, and nutmeg and sometimes

cumin, cardamom, and coriander; frequently used in northern India

**panch phoron** Contains varying amounts of cumin, fennel, fenugreek, mustard, and nigella; frequently used in eastern India

were prized for their flavor, medicinal properties, and ability to act as a preservative for the food. Today, cooks choose spices for a particular dish primarily based on their flavor and the color they impart to the finished dish. Spices still are valued, however, for their medicinal and health properties.

Many spices are stocked in the Indian kitchen. Common spices found in this cuisine include cumin, coriander, turmeric, ginger, garlic, cardamom, mustard seeds, and cayenne pepper. Throughout India, spices are cooked to intensify their flavor before incorporating them into the dish. Typically, spices are sautéed in a dry pan or cooked in oil, which further enhances their flavor before they are added to foods. In order to obtain the maximum taste, many spices are purchased whole. Cooks toast the spices just before using, and then grind them and add them to the dish. In the end, it is the combination of spices as well as the method of handling that makes each dish unique.

Lots of spices grow in India, including peppercorns, turmeric, ginger, nutmeg, cardamom, cloves, and chili peppers. Three well-known *masalas*, spice blends, are associated with the Indian cuisine: curry powder blends, *garam masala*, and *panch phoron*. Although used throughout India, curry powder blends vary greatly from region to region, with each family preparing the combination of herbs and spices they like the best. To ensure freshness, the blends are prepared in small quantities at home and stored for short periods of time. Typically, they are not purchased already blended. *Garam masala* is found mostly in the north, and *panch phoron* appears in the east. Throughout India, curry refers to any richly spiced dish flavored with a careful blend of spices to achieve the desired taste.

## COOKING FAT

*Ghee*, clarified butter, remains the preferred cooking fat in India, but Indians also cook with vegetable oils. Several types of oils are used, each imparting its own flavor to the dish. Mustard oil appears frequently in dishes from the eastern part of India.

## DESSERT

Typical throughout most of Asia, Indian meals conclude with fresh fruit rather than dessert; however, desserts are served for special occasions. Indian desserts tend to be quite sweet and are often based on milk, grains, fruit, or nuts.

## CELEBRATIONS

Indians celebrate many festivals, and food is always part of the celebration. Sometimes they serve a particular food or dish; other times the celebration involves a feast. From harvest and religious days to weddings and births, rich and poor Indians mark important occasions with a festival.

## BEVERAGES

*Lassi*, yogurt beverages, appear either as fruit and yogurt combinations or as a salty yogurt drink. Both varieties are popular beverages, with the yogurt functioning to

### GHEE

*To prepare ghee, melt butter in a saucepan. When completely melted, the clear fat of the butter floats on top and the milk solids, water, and other impurities sink. Carefully pour or ladle the clear fat into another dish—this is the ghee. Discard remaining milk solids and water at the bottom of the pan.*



Thali

© Dorling Kindersley

counter the heat of spicy foods. Beer or nonalcoholic beer frequently accompanies the meal, but the most common beverage with meals is water. Muslims consume no alcohol.

## MEALS

Typically, Indians dine more like the Asian and Middle Eastern people than those from the Western cultures. Rather than serving the foods from bowls and platters placed in the middle of the table, every diner receives a small portion of each food served on a *thali*, a platter containing small bowls of the various foods being served at the meal. Instead of serving courses, all the foods are presented at once, including dessert.

Like Moroccans, Indians eat with their hands. To pick up their food, northerners use flatbreads while people in the south roll rice into balls to scoop the food. Only the right hand handles the food. As part of the dining ritual, diners wash their hands before the meal begins and again at its conclusion. After the meal, they serve *paan*, an assortment of aromatic spices and herbs. Indians chew these spices and herbs to clear the palate, aid digestion, and leave the diner with a pleasant flavor sensation.

Generally, breakfast is light, consisting of tea or coffee and a pastry, potato curry, rice pancake, or whatever item is customary in that region. For example, in the south, a legume and rice or a rice pancake accompanies coffee for breakfast. The main meal of the day is served midday, and the evening meal is light. A typical main meal includes a meat dish, a starch (rice or bread, depending on the region), a legume, and a vegetable dish, yogurt, fresh fruit, pickles and/or chutney, and perhaps a salad. Both the midday and evening meals are presented on a *thali*. As in many Asian countries, much care is taken to balance the textures, flavors, and colors of the foods and dishes. From the British influence, many Indians partake of tea in the afternoon. In India, tea or coffee accompanies a variety of snack-type foods, as opposed to the British custom of serving lots of sweets and some savory foods.

REGION	AREA	WEATHER	TOPOGRAPHY	FOODS
Himalayas	North	Cold winters, cool summers	Mountains	Goat, lamb, milk, cheese, wheat, rice, flatbreads, walnuts, fruits, mushrooms, saffron
Plains	North central, Delhi	Cold winters, hot summers	Plains, valleys, Ganges River, fertile farmland	Fish, goat, chicken, lamb, milk, cheese, wheat, rice, <i>basmati</i> , millet, corn, barley, legumes, flatbreads, walnuts, mushrooms, fruits
Bengal	East, Calcutta	Tropical, hot and humid	Coast, rainforest, fertile plains	Seafood, fish, rice, legumes, coconuts, vegetables
West Deccan	West Central-south	Hot, tropical	Desert, coast	Seafood, fish, legumes, peas
South	South	Hot, tropical	Coasts, plateaus, coastal plains, mountains, hills, fertile farmland	Seafood, fish, grains, rice, <i>basmati</i> , wheat, corn, millet, barley, legumes, vegetables, coconuts, cinnamon, ginger, black pepper, turmeric
		Tropical, hot and humid; <i>monsoons</i>	Coasts, plains	Fish, seafood, rice, tropical fruits and vegetables, coconuts, bananas, spices

## >> Review Questions

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1. Name the two most prevalent religions found in India, and discuss the impact of each on the cuisine.
2. Discuss the differences between the cuisines of the north and south, including differences in spicing, ingredients, and foods.
3. What is the role of herbs and spices in the cookery of India?
4. What is a *thali*, and how is it used?
5. Describe the Indian method of eating, including eating utensils, courses, and typical foods consumed at the main meal.
6. Name five herbs and spices commonly used in the cuisine of India.

## >> Glossary

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**basmati** An aromatic type of long-grain rice preferred in India; grown in the foothills of the Himalayas

**biryani** A baked rice dish that usually contains *basmati* rice flavored with saffron and meat

**caste** One's social class; four distinct *castes*, or social levels, exist in Indian society, and relatively little intermingling occurs between these *castes*

**chapati flour** A finely ground whole wheat flour

**chutney** Spicy relish made from fruits or vegetables and used as a condiment to accompany many foods

**dal** Actually means "split legumes;" also refers to a dish of mildly spiced lentil purée widely consumed in the north

**ghee** Clarified butter; the cooking fat of choice throughout India

**karahi** A wok-like deep pan with a rounded bottom and handles on each side; used for frying

**lassi** A yogurt drink

**masala** A mixture of spices; also called a spice blend

**paan** An assortment of aromatic spices and herbs to clear the palate and aid digestion; served at the end of the meal

**raita** Yogurt salad

**sambar** Spicy lentil dish widely consumed in the south

**tandoori** A clay oven used to roast meats, poultry, seafood, or vegetables as well as bake flatbreads over very high heat; used in the north of India

**tava** A concave griddle made of cast iron

**thali** Actually the name for the platter or tray holding the small bowls foods are served in; the Indian method for eating meals in which each diner receives a platter containing small bowls of the various foods being served

## RAGDA PATTICE (NORTH AND WEST)

### POTATO PANCAKES WITH CHICKPEAS



© Tobik

**Note:** Although this is particularly popular in northern and western India, street vendors sell this *chaat* (snack) in many regions of India. Variations on this dish seem to be endless.

**Number of Servings:** 8

**Cooking Method:** Boil, sauté

**Serving Size:** 2 potato pancakes:

1 1/2 oz. (43 g) potatoes per pancake

3/4 oz. (22 g) chickpeas per pancake

**Total Yield:** 1 lb., 10 3/4 oz. (759 g) potato mixture

13 1/4 oz. (376 g) chickpeas

**Food Balance:** Balanced

**Wine Style:** Wine friendly—Pick a winner

**Example:** Lindemans Chardonnay or Cabernet Sauvignon

#### TWIST ON THE CLASSIC

Sauté the potato pancakes as directed and serve them as an accompaniment to an entrée.

*Garam masala* is a mixture of spices. It is available at Indian food stores, or you can make it yourself.

INGREDIENTS	WEIGHT		VOLUME	
	U.S.	METRIC	U.S.	METRIC
<b>Potato Pancakes:</b>				
red potatoes, peeled, cut into even pieces	1 lb., 7 1/2 oz.	667 g	5 medium	
cumin seeds	1/4 oz.	8 g	2 teaspoons	10 mL
ground coriander			1 teaspoon	5 mL
turmeric			1/2 teaspoon	3 mL
<i>garam masala</i>			1 teaspoon	5 mL
salt			1/2 teaspoon	3 mL
chili powder			1/2 teaspoon	3 mL
onion, minced	2 oz.	57 g	1/3 cup, or 1/2 medium	80 mL
fresh cilantro, minced	3/4 oz.	22 g	1/4 cup	60 mL
oil, for frying	as needed			
<b>Chickpea Mixture:</b>				
canned chickpeas, drained	9 3/4 oz.	276 g	one 15-oz. can	one 426-g can
garlic, smashed and minced	1/4 oz.	8 g	2 cloves	
ground cardamom			1/2 teaspoon	3 mL
pepper			1/4 teaspoon	2 mL
ground cloves			pinch	
salt			1/2 teaspoon	3 mL
chili powder			1/2 teaspoon	3 mL
water		227 g	1 cup	240 mL
<b>Optional Garnishes:</b>				
onion, minced				
fresh cilantro, minced				
mint chutney				
tamarind chutney				
plain yogurt				

## POTATO PANCAKES:

- 1 Cover potatoes with water. Boil until soft, and then drain and mash.
- 2 Add cumin, coriander, turmeric, *garam masala*, 1/2 teaspoon (3 g) salt, chili powder, onion, and cilantro to potatoes. Mix well. If not using right away, cover and refrigerate until needed.
- 3 Correct seasonings. Form patties about 1/2 inch (1 1/3 cm) thick using 2 tablespoons (30 g) of potato mixture each. Heat enough oil to cover bottom of skillet over medium heat until hot.
- 4 In batches, sauté potato cakes until golden brown and crisp on both sides. Drain on paper toweling. Keep warm in low-temperature oven while frying remaining potato cakes.

## CHICKPEA MIXTURE:

- 1 In food processor fitted with knife blade, chop chickpeas. Do not purée into a paste. Transfer to saucepan.
- 2 Add garlic, cardamom, pepper, cloves, 1/2 teaspoon (3 g) salt, chili powder, and water to chickpeas. Mix well.
- 3 Heat over medium to medium-high heat until boiling. Stirring constantly, continue boiling for 5 minutes. Correct seasonings.

## ASSEMBLY:

- 1 Place two pancakes on warm plate. Top each pancake with 1 tablespoon (15 g) chickpeas.
- 2 Garnish with any or all of the listed garnishes: onion, cilantro, mint chutney, tamarind chutney, and yogurt.

## GOBHI PAKODE (THROUGHOUT INDIA)

### CAULIFLOWER FRITTERS

**Note:** Many varieties of fritters are served in India both as snacks and with the meal. If reheating fritters, bake in a 375-degree (190°C) oven or fry them again.

**Number of Servings:** 8

**Cooking Method:** Boil, deep-fry

**Serving Size:** 3 to 4 fritters, or 5 to 6 1/2 oz. (142 to 184 g)

**Total Yield:** About 32 fritters from 1 lb., 4 oz. (568 g) batter

**Food Balance:** Protein

**Wine Style:** Off-dry or low-oaked whites or soft reds

**Example:** Château St. Jean Pinot Blanc or Pinot Noir



Frying Gobhi Pakode (Cauliflower Fritters)

Pearson Education/PH College

### TWIST ON THE CLASSIC

Serve this in the style of *tempura*. For an appetizer or entrée, use an assortment of vegetables, shrimp, and scallops. Accompany the fritters with cucumber *raita* as a dipping sauce.

INGREDIENTS	WEIGHT		VOLUME	
	U.S.	METRIC	U.S.	METRIC
cauliflower flowerets	2 lb., 6 oz.	1.1 kg	2 small to medium heads	
<b>Batter:</b>				
chickpea flour, <i>besan</i>	9 oz.	256 g	2 cups	480 mL
ground coriander	1/2 oz.	15 g	2 tablespoons	30 mL
pepper			1/2 teaspoon	3 mL
ground cayenne			1/4 teaspoon	2 mL
salt	1/2 oz.	15 g	2 teaspoons	10 mL
oil		28 g	2 tablespoons	30 mL
cold water		340 g	1 1/2 cups	360 mL
oil, for deep-frying				



© Joe Gough

- 1 Parboil or steam cauliflower until half cooked, rinse with cold water to stop cooking. Set aside until ready to fry.
- 2 Place chickpea flour, coriander, pepper, cayenne, and salt in bowl of food processor fitted with knife blade. Pulse to mix well, and then add oil and pulse to mix.
- 3 With processor running, add water through feed tube. Mix well, transfer to bowl, mix. Add a little water if batter is too thick.
- 4 Cover, let rest at least 30 minutes. Refrigerate if holding overnight.
- 5 Heat oil in pan to 375 degrees (190°C). Coat cauliflower with batter.
- 6 Fry until golden brown, a few pieces at a time so oil temperature remains fairly constant.
- 7 Remove fritters to absorbent toweling to drain, keep warm in low oven. Serve hot.

## RASAM (SOUTH)

### SPICY LENTIL BROTH



Barbara Pheby © Shutterstock

**Note:** Originating in the south, this spicy soup is served as a broth throughout India. The soup is either strained to remove the lentil pulp or it is allowed to settle (the broth rises and the pulp sinks) and the broth at the top is served. Some refer to this soup as the Indian version of consommé.

**Number of Servings:** 10

**Serving Size:** 7 oz. (199 g)

**Total Yield:** 4 lb., 12 oz. (2.2 kg) (not strained)

**Food Balance:** Spicy/protein

**Wine Style:** Off-dry or low-oaked whites or soft reds

**Example:** Beringer Viognier or Founders' Estate Merlot

**Cooking Method:** Sauté, boil

#### TWIST ON THE CLASSIC

To create a spicier version of a sauce, replace the stock in the recipe with Rasam.

INGREDIENTS	WEIGHT		VOLUME	
	U.S.	METRIC	U.S.	METRIC
<i>thoor dal</i> (yellow lentils)	7 3/4 oz.	220 g	1 cup	240 mL
turmeric			1 teaspoon	5 mL
water			5 cups	1.2 L
<i>ghee</i>	1/2 oz.	15 g	1 tablespoon	15 mL
black mustard seeds			3/4 teaspoon	4 mL
whole cumin	1/4 oz.	8 g	1 teaspoon	5 mL
whole fenugreek			1/4 teaspoon	2 mL
whole coriander	1/4 oz.	8 g	2 teaspoons	10 mL
garlic, minced	1/4 oz.	8 g	2 cloves	
jalapeño or other chili pepper, seeded, ribs removed, and minced, <i>optional</i>	3/4 oz.	22 g, or to taste	1 each or to taste	
tomatoes, fresh or canned, chopped	1 lb.	454 g	2 cups	480 mL
tamarind paste	3/4 oz.	22 g	1 tablespoon	15 mL
salt	1/2 oz.	15 g	2 teaspoons	10 mL
sugar			1 teaspoon	5 mL
<b>Garnish:</b>				
fresh cilantro, minced	1/2 oz.	15 g	2 tablespoons	30 mL

- 1 Place *thoor dal*, turmeric, and enough water to cover, about 2 cups (454 g or 480 mL), in pan. Bring to boil, turn heat to low and simmer, partially covered, for 30 minutes, until soft.
- 2 Heat *ghee* in sauté pan, cook mustard seeds, cumin, fenugreek, and coriander in covered pan until beginning to pop. Add garlic and jalapeño or chili pepper, sauté to soften. Add tomatoes, tamarind, salt, and sugar, cook a few minutes.
- 3 Transfer tomato mixture to bowl of food processor fitted with knife blade, process until smooth.
- 4 Add cooked *dal* to processor, process until smooth. Return to pan.
- 5 Add remaining 3 cups (680 g or 720 mL) of water to pan, bring to boil. Reduce heat and simmer, partially covered, for 30 minutes.
- 6 Correct seasonings, serve garnished with cilantro.

## MULLIGATAWNY

### SPICY VEGETABLE SOUP

**Number of Servings:** 10

**Serving Size:** 8 oz. (227 g)

**Total Yield:** 5 lb., 6 oz. (2.4 kg)

**Wine Style:** White wine from old vines and a full body. Possible grape varieties are Riesling, Sauvignon Blanc, Gruner Veltliner.

**Example:** Gemischter Satz "Bisamberg Alte Reben" 2013, Wieninger (Vienna/Austria)

**Cooking Method:** Braise



© Szabolcs Szekeres

#### TWIST ON THE CLASSIC

Add slices of grilled hot dog, bratwurst, or the sausage of choice to a bowl of mulligatawny to turn this soup into an entrée.

Dating from the late 1700s, this Anglo-Indian soup recipe translates into "pepper water." Some say this was a sauce used in Indian cookery that the British discovered and transformed into a soup.

Countless recipes exist for mulligatawny. Among the myriad variations, some contain chicken or lamb, others purée the soup, and still others include lentils in the recipe.

INGREDIENTS	WEIGHT		VOLUME	
	U.S.	METRIC	U.S.	METRIC
oil		28 g	2 tablespoons	30 mL
onion, medium dice	13 oz.	369 g	2 large	
carrot, medium dice	4 1/4 oz.	120 g	2 large	
celery, medium dice	6 oz.	170 g	3 stalks	
turnip, medium dice	5 1/2 oz.	156 g	1 medium	
pepper, jalapeño, long green, or variety of choice, seeds and membranes removed	1 oz.	28 g	1 or 2 each depending on variety	
garlic, peeled, minced	1/4 oz.	8 g	2 cloves	
ginger, minced	1/2 oz.	15 g	2 teaspoons	10 mL
flour	3/4 oz.	22 g	2 tablespoons	30 mL
curry powder	3/4 oz.	22 g	2 tablespoons	30 mL
turmeric	1/4 oz.	8 g	1 teaspoon	5 mL
cumin	1/4 oz.	8 g	1 teaspoon	5 mL
chicken or vegetarian stock, hot			1 quart + 2 1/2 cups	1.6 kg
apple, peeled, cored, variety of choice, small dice	6 oz.	170 g	1 each	
salt	1/4 oz.	8 g	1 teaspoon	5 mL
pepper			1/2 teaspoon	3 mL
rice	3 3/4 oz.	107 g	1/2 cup	120 mL
coconut milk, unsweetened		170 g	3/4 cup	180 mL

**Garnish:**

cilantro, minced

- 1 Heat oil in large saucepan over medium heat. Add onion, carrot, celery, turnip, pepper, garlic, and ginger. Stir often for about 10 minutes, until softened.
- 2 Sprinkle flour, curry powder, turmeric, and cumin over vegetables. Stir with wooden spoon to thoroughly coat. Continue stirring and sautéing for 3 to 4 minutes.
- 3 Slowly, whisk or stir in hot stock, a little at a time. Bring to boil, reduce heat and simmer for 30 minutes.
- 4 Add apple, salt, and pepper. Continue cooking another 10 minutes.
- 5 Add rice, simmer another 20 minutes.
- 6 Add coconut milk. Correct seasonings. Serve, garnished with cilantro, if desired.

## LOBHIA KA SALAAD

### BLACK-EYED PEA SALAD



Courtesy of CanolaInfo.org

#### TWIST ON THE CLASSIC

For an interesting presentation, serve this salad in a tomato. Remove all but 1/2 inch (1 1/3 cm) of the tomato pulp, and then fill the tomato with the black-eyed pea salad.

**Note:** Almost any bean can replace the black-eyed peas in this recipe.

**Number of Servings:** 8

**Serving Size:** 4 oz. (114 g)

**Total Yield:** 2 lb., 1 1/2 oz. (951 g)

**Food Balance:** Protein/spicy

**Wine Style:** Off-dry or low-oaked whites or soft reds

**Example:** Greg Norman Chardonnay or Pinot Noir

INGREDIENTS	WEIGHT		VOLUME	
	U.S.	METRIC	U.S.	METRIC
black-eyed peas, cooked or canned, drained	1 lb., 1 1/2 oz.	497 g	two 15 1/2-oz. cans	two 439-g cans
onion, minced	3 oz.	86 g	1/2 cup	120 mL
red bell pepper, seeds and membranes removed, minced	3 oz.	86 g	1/2 cup	120 mL
red potato, peeled, cut into medium dice, and boiled	6 1/2 oz.	184 g	1 cup, or 2 small	240 mL
salt	1/2 oz.	15 g	2 teaspoons	10 mL
pepper			1 teaspoon	5 mL
sugar			1 teaspoon	5 mL
ground cumin			1 teaspoon	5 mL
chili pepper, serrano or variety of choice, seeds and membranes removed, if desired, minced	1/2 oz.	15 g	2 small	
fresh cilantro, minced	1/2 oz.	15 g	2 tablespoons	30 mL
raisins	1 oz.	28 g	2 tablespoons	30 mL
lemon juice		57 g	1/4 cup	60 mL

- 1 Mix all ingredients together in nonreactive bowl.
- 2 Cover and refrigerate at least 2 hours to marinate. Correct seasonings. Serve on a bed of lettuce at room temperature or slightly cool.



## KHEERA RAITA (NORTH)

### CUCUMBER AND YOGURT SALAD

**Note:** *Raita* is a “cooling” salad to counter spicy foods.

**Number of Servings:** 8

**Serving Size:** 4 oz. (114 g)

**Total Yield:** 2 lb. (908 g)

#### TWIST ON THE CLASSIC

To create a cold soup with a base of *raita*, add cooked rice, plumped golden raisins, and buttermilk to the *raita*.

INGREDIENTS	WEIGHT		VOLUME	
	U.S.	METRIC	U.S.	METRIC
plain yogurt	1 lb., 2 oz.	511 g	2 cups	480 mL
salt	1/4 oz.	8 g	1 teaspoon	5 mL
cumin, toasted then ground			1/2 teaspoon	3 mL
ground cayenne			1/4 teaspoon	2 mL
fresh cilantro or mint leaves, minced	1/2 oz.	15 g	2 tablespoons	30 mL
cucumber, peeled and grated	1 lb., 5 oz.	596 g	2 large	

#### Garnish:

paprika

- 1 Combine yogurt, salt, cumin, cayenne, and cilantro or mint in bowl. Cover and refrigerate until needed.
- 2 Place cucumber in colander to drain, place colander in bowl or sink to catch liquid. Cover and refrigerate until needed.
- 3 At serving time, mix drained cucumber into yogurt mixture. Correct seasonings. Sprinkle with paprika. Serve.



Courtesy of Canola Oil @ canolainfo.org

## TANDOORI MURGHI (NORTH)

## CHICKEN BAKED IN TANDOOR OVEN



WITTY234 © Shutterstock

## TWIST ON THE CLASSIC

Create a *tandoori* burrito. Wrap sliced *tandoori* chicken and cucumber *raita* in a warm tortilla. Garnish with diced tomato, diced onion, and more *raita*.

**Note:** Allow time to marinate this chicken up to 24 hours before baking. In the absence of a *tandoor* oven, bake *tandoori* foods in a very hot oven.

**Number of Servings:** 8

**Cooking Method:** Bake

**Serving Size:** 1/4 chicken

**Total Yield:** 2 chickens, or 8 pieces

**Food Balance:** Spicy/protein

**Wine Style:** Soft and fruity Gewürztraminer, Viognier, Pinot Noir, Shiraz, Merlot

**Example:** Château St. Jean Gewürztraminer or Pinot Noir

INGREDIENTS	WEIGHT		VOLUME	
	U.S.	METRIC	U.S.	METRIC
chickens, quartered	5 to 7 lb.	2.3 to 3.2 kg	2 whole or 8 pieces	
<b>Marinade:</b>				
plain yogurt	13 1/2 oz.	383 g	1 1/2 cups	360 mL
garlic, minced			3 cloves	
ginger, peeled and minced	1/4 oz.	8 g	1 tablespoon	15 mL
paprika	1/4 oz.	8 g	1 tablespoon	15 mL
ground fennel			3/4 teaspoon	4 mL
ground coriander	1/4 oz.	8 g	1 tablespoon + 1 1/2 teaspoons	23 mL
ground cumin	1/4 oz.	8 g	1 1/2 teaspoons	8 mL
ground cardamom	1/4 oz.	8 g	2 teaspoons	10 mL
ground cayenne			1/4 teaspoon	2 mL
pepper			1/4 teaspoon	2 mL
ground cinnamon			1/4 teaspoon	2 mL
ground cloves			1/8 teaspoon	1 mL
fresh lemon juice		22 g	1 tablespoon + 1 1/2 teaspoons	23 mL
<i>ghee</i> , for basting, if desired				

- 1 Remove skin from chicken, make cuts into meat halfway to the bone about 1 inch (2 1/2 cm) apart.
- 2 Mix marinade ingredients in bowl of food processor fitted with knife blade, process until smooth.
- 3 Coat chicken pieces with marinade, making sure marinade goes into slits. Cover and refrigerate for up to 24 hours, turning at least once while marinating.
- 4 Preheat oven to 500 degrees (260°C).
- 5 Remove excess marinade from chicken. Bake until proper internal temperature is reached, about 20 to 25 minutes, turning pieces once during baking. Baste with *ghee*, if desired. Serve immediately.

## SHAH JAHANI BIRYANI (NORTH)

### LAMB AND SAFFRON RICE CASSEROLE

**Note:** Begin preparation of this dish allowing plenty of time to soak items for 3 hours and still accommodate a lengthy cooking time. Although the preparation seems quite involved, the meat for this dish can be prepared ahead of time and refrigerated until needed.

**Number of Servings:** 9

**Serving Size:** 8 oz. (227 g)

**Total Yield:** 4 lb., 13 oz. (2.2 kg)

**Food Balance:** Protein/sweet

**Wine Style:** Off-dry or low-oaked whites or soft reds

**Example:** Château St. Jean Pinot Blanc, Souverain Merlot

**Cooking Method:** Sauté, boil, braise, bake



INGREDIENTS	WEIGHT		VOLUME	
	U.S.	METRIC	U.S.	METRIC
basmati rice	14 oz.	397 g	2 cups	480 mL
water			4 1/2 cups + 2 tablespoons	1.1 L + 30 mL
saffron threads			1/2 teaspoon	3 mL
milk, warm		28 g	2 tablespoons	30 mL
whole onions, peeled	1 lb.	454 g	3 medium	
garlic, minced	1/2 oz.	15 g	4 cloves	
fresh ginger, peeled and minced	1/4 oz.	8 g	2 teaspoons	10 mL
almonds, whole or pieces	3/4 oz.	22 g	2 tablespoons	30 mL
ghee (clarified butter)	3 oz.	86 g	1/4 cup + 2 tablespoons	90 mL
golden raisins	1 1/2 oz.	43 g	1/4 cup	60 mL
blanched, slivered almonds	1 1/2 oz.	43 g	1/4 cup	60 mL
cashews	1 1/2 oz.	43 g	1/4 cup	60 mL
lean, boneless lamb 1-inch (2 1/2-cm) cubes	1 lb., 8 oz.	681 g		
plain yogurt	9 oz.	256 g	1 cup	240 mL
cinnamon stick			one 1-inch piece	one 2 1/2-cm piece
whole cardamom			1/2 teaspoon	3 mL
whole cumin	1/4 oz.	8 g	1 teaspoon	5 mL
whole coriander	1/4 oz.	8 g	1 teaspoon	5 mL
ground cayenne			1/4 teaspoon	2 mL
whole cloves			4 each	
peppercorns	1/4 oz.	8 g	1 teaspoon	5 mL
nutmeg			1/2 teaspoon or 1/6 whole	3 mL
salt	1/4 oz.	8 g	1 teaspoon	5 mL
<b>To Finish Rice:</b>				
water			1 quart (4 cups)	960 mL
salt	3/4 oz.	22 g	1 tablespoon	15 mL

**Garnish:**

eggs, hard-boiled, peeled,  
quartered 3 each

#### TWIST ON THE CLASSIC

Serve the *biryani* in individual casserole dishes or in a small tagine. If desired, replace the lamb with beef or chicken. Adjust the cooking times appropriately for the other meats.

This dish hails from the Moghul influence and appears at many festivals.

- ① Rinse rice thoroughly, drain, place in bowl or pan with 4 cups (960 mL) of the water. Soak at least 3 hours.
- ② Place saffron threads in small bowl with warm milk, soak at least 3 hours.
- ③ Cut two of the onions in half through root end, cut into thin slices (half rings). Dice remaining onion.
- ④ Place diced onion, garlic, ginger, whole almonds, and 2 tablespoons (30 g or 30 mL) of the water in bowl of food processor fitted with knife blade. Process into smooth paste. Set aside.
- ⑤ Heat *ghee* in pan over medium-high heat. Sauté onion slices until brown, about 5 to 10 minutes. Remove with slotted spoon, drain on absorbent paper. Place golden raisins in same pan, sauté until plump, about 45 seconds, remove to absorbent paper. Place slivered almonds and cashews in pan, sauté until golden, remove to absorbent paper.
- ⑥ Sauté lamb in same pan until browned, remove to bowl.
- ⑦ Stirring constantly, sauté onion paste in same pan until beginning to brown. If paste is sticking, add a few tablespoons of water. Return lamb and juices from bowl to pan.
- ⑧ Add yogurt, one tablespoon at a time, stirring constantly. Add remaining 1/2 cup (120 mL) water and mix well. Bring to simmer, turn heat to low, cover, and cook for 30 minutes.
- ⑨ Meanwhile, finely grind cinnamon, cardamom, cumin, coriander, cayenne, cloves, peppercorns, and nutmeg in spice grinder or coffee grinder.
- ⑩ Add ground spices and salt to lamb and sauce in pan. Cover and simmer another 30 minutes. Meat should be tender and sauce should be thick. If necessary, remove cover and reduce sauce until thick.
- ⑪ Meanwhile, preheat oven to 325 degrees (160°C). Drain and rinse rice. Boil 4 cups (960 mL) water and 1 tablespoon (15 g) salt in saucepan, sprinkle rice into boiling water, return to boil, boil rapidly for 6 minutes, drain rice.
- ⑫ Place cooked meat in bottom of ovenproof dish, top with rice, mounding rice at center to form hill. Make well into center of mound, drizzle saffron milk along sides of well. Scatter 2 tablespoons (30 g) of the fried onion rings on top of rice.
- ⑬ Cover tightly with aluminum foil, then a lid. Place in oven, bake 40 minutes.
- ⑭ Remove from oven, stir lamb and rice, if desired. Top with remaining onions, fried raisins, cashews, and slivered almonds. Cover; allow to sit a few minutes to heat toppings.
- ⑮ Garnish with hard-boiled eggs, serve immediately.



## SORPOTEL (GOA)

## PORK CURRY

**Number of Servings:** 14**Serving Size:** 6 oz. (170 g)**Total Yield:** 5 lb., 8 oz. (2.5 kg)**Wine Style:** Off-dry white wine from a cool climate area. Possible grape varieties are Riesling and Chenin Blanc.**Example:** Riesling Kabinett 2013, Diel (Nahe/Germany)**Cooking Method:** Boil, Sauté

© manubahuguna

INGREDIENTS	WEIGHT		VOLUME	
	U.S.	METRIC	U.S.	METRIC
pork butt	5 lb., 8 oz.	2.5 kg		
salt	1/2 oz.	15 g	2 teaspoons	10 mL
cloves			10 each	
cinnamon stick	1/2 oz.	15 g	4 each	
peppercorns			16 each	
water, to cover				
tamarind, seeds removed, 1 1/2-inch (4-cm) ball	3 1/2 oz.	104 g	2 each	
cumin seeds	1/2 oz.	15 g	2 teaspoons	10 mL
cloves			10 each	
chillies, dried, Kashmir or small red	1/4 oz.	8 g	4 each or to taste	
cinnamon	1/4 oz.	8 g	1 teaspoon	5 mL
turmeric	1/4 oz.	8 g	1 tablespoon	15 mL
coriander seeds	1/4 oz.	8 g	2 teaspoons	10 mL
peppercorns			20 each	
cider vinegar		114 g	1/2 cup	120 mL
oil		86 g	1/4 cup + 2 tablespoons	90 mL
onion, small dice	1 lb., 7 oz.	653 g	4 large	
garlic, peeled, minced	2 oz.	57 g	16 cloves	
ginger, peeled, minced	1 oz.	28 g	3-inch piece	8-cm piece
sugar	1/2 oz.	15 g	2 teaspoons	10 mL

## TWIST ON THE CLASSIC

Make the *Sorpotel* a bit more soupy (thinning with extra pork stock) and serve in a hollowed round bread.

This dish reflects strong influence from the Portuguese who ruled Goa for centuries. Typically, Goan Catholics prepare *Sorpotel* at Christmas or for other festive occasions.

Normally, *Sorpotel* contains offal from the pig with pork liver and heart replacing part of the pork butt in the recipe. If desired, make this substitution.

The flavors of *Sorpotel* deepen as it ages. For best results, prepare the recipe at least a day in advance.

- 1 Cut pork into 5 or 6 large pieces. Place in large pan with salt, cloves, cinnamon stick, and peppercorns. Cover with water. Bring to boil, reduce heat, and simmer for 45 minutes.
- 2 Remove meat from stock, reserve pork stock. Allow meat to cool until able to handle, cut into 1/2-inch (1 1/3-cm) cubes.
- 3 Heat large skillet over medium heat. Working in batches, add pork cubes to skillet to form single layer. Fry until cubes are browned on all sides and pork renders fat, about 12 to 15 minutes. Refrigerate until needed. (Alternatively, place pork cubes on sheet pan and bake in hot oven or broil until brown on all sides and pork renders fat.)
- 4 Mix tamarind with 4 oz. (114 g, 1/2 cup, or 120 mL) hot pork stock. Stir to combine.
- 5 In dry skillet over medium heat, fry cumin, cloves, dried chillies, cinnamon, turmeric, coriander seeds, and peppercorns until fragrant. Grind all spices together. Add vinegar to form paste.
- 6 Heat oil in large pan over medium heat. Add onion, sauté until softened, about 5 minutes. Add garlic and ginger. Sauté for 2 minutes, until fragrant. Add spice mixture, sauté until fragrant and oil separates.
- 7 Add meat, tamarind, and sugar. Simmer until meat is tender, about 1 hour to 1 hour, 15 minutes. Add more reserved pork stock, as needed.
- 8 Correct seasonings, adding vinegar, sugar, and salt to balance. Serve with rice.

## DAHI MACHI (BENGAL)

## FISH IN YOGURT SAUCE



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**Note:** Frequently served in Bengal, this fish has a thick sauce for eating with rice and fingers.

**Number of Servings:** 10

**Cooking Method:** Sauté, poach (boil)

**Serving Size:** 6 oz. (170 g)

**Total Yield:** 3 lb., 14 oz. (1.8 kg)

**Food Balance:** Spicy/protein

**Wine Style:** Off-dry or low-oaked whites or soft reds

**Example:** Beringer Chenin Blanc, Rosemount Shiraz

## TWIST ON THE CLASSIC

Replace the fish with a pork chop, hamburger, or boneless chicken breast. Adjust the cooking times for the meats as needed.

INGREDIENTS	WEIGHT		VOLUME	
	U.S.	METRIC	U.S.	METRIC
dry mustard			1 1/2 teaspoons	8 mL
water		28 g	2 tablespoons	30 mL
skinless, boneless fish fillets, cod, haddock, or any firm fish, rinsed and, cut into 2-inch (5-cm) pieces	2 lb., 8 oz.	1.1 kg		
flour	3 oz.	86 g	3/4 cup	180 mL
oil or <i>ghee</i>		170 g, as needed	3/4 cup, as needed	180 mL, as needed
onion, diced	1 lb., 4 oz.	568 g	4 cups, or 4 each	960 mL
fresh ginger, peeled	1/2 oz.	15 g	one 2-inch piece	one 5-cm piece
garlic, minced	1/4 oz.	8 g	2 cloves	
turmeric			1/2 teaspoon	3 mL
ground cayenne			1/2 teaspoon	3 mL
ground cumin			1/4 teaspoon	2 mL
ground cinnamon			1/4 teaspoon	2 mL
ground cloves			1/8 teaspoon	1 mL
ground cardamom			1/4 teaspoon	2 mL
salt			1 1/2 teaspoons	8 mL
plain yogurt	15 oz.	426 g	1 1/2 cups	360 mL
<b>Garnish:</b>				
fresh cilantro, minced	1 1/2 oz.	43 g	1/4 cup + 2 tablespoons	90 mL
green chilies, seeded and minced	1 oz.	28 g	2 to 4 each	

- Mix mustard with water in bowl.
- Lightly dredge fish with flour.
- Heat 1/4 inch (1/2 cm) oil in pan. Sauté fish over medium-high heat until seared and lightly browned, about 1 minute per side, remove to plate when done. Add oil to pan as needed.
- Add any remaining oil to pan, add onions, and sauté, stirring constantly, until golden, about 10 minutes. Reduce heat to medium if needed to prevent burning.
- Add ginger and garlic, sauté another minute. Add turmeric, cayenne, cumin, cinnamon, cloves, cardamom, and salt, sauté for 15 seconds.
- Remove from heat, add yogurt and mustard water.
- Transfer onion mixture to bowl of food processor fitted with knife blade. Process into smooth paste, return to pan.
- Bring sauce to simmer, add fish and any juices to sauce, cover, simmer until fish is done, 3 to 4 minutes. Be careful not to overcook fish.
- Correct seasonings, serve garnished with cilantro and green chilies.

## CHINGRI MALAI KARI (BENGAL)

### PRAWNS IN COCONUT CURRY

**Number of Servings:** 11

**Cooking Method:** Sauté

**Serving Size:** 6 oz. (170 g)

**Total Yield:** 4 lb., 8 oz. (2 kg)

**Wine Style:** Full-bodied red wine with balanced acidity and well-integrated oak. Possible grape varieties are Blaufrankisch, Zweigelt, Cabernet Sauvignon, and Merlot.

**Example:** Cuvee "Comondor" 2008, Nittnaus (Neusiedlersee/Austria)



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INGREDIENTS	WEIGHT		VOLUME	
	U.S.	METRIC	U.S.	METRIC
shrimp, jumbo, peeled with tail intact, deveined	2 lb., 5 oz.	1.1 kg		
turmeric	1/4 oz.	8 g	1 tablespoon + 1 teaspoon	20 mL
salt	1/2 oz.	15 g	2 teaspoons	10 mL
onion, peeled	1 lb., 8 1/2 oz.	695 g	4 large	
water, as needed				
garlic, peeled	1 1/2 oz.	43 g	12 cloves	
ginger, peeled	1 oz.	28 g	2-inch piece	5-cm piece
oil		57 g	1/4 cup	60 mL
bay leaf			2 each	
cumin	1/4 oz.	8 g	2 teaspoons	10 mL
cardamom seeds	1/4 oz.	8 g	2 teaspoons	10 mL
green chilies, serrano or variety of choice, slit open	2 oz.	57 g	4 each	
coconut milk	1 lb., 4 oz.	567 g	2 1/2 cups	600 mL

#### Garnish:

cilantro, minced

- Mix shrimp with half of the turmeric (2 teaspoons or 10 mL) and half the salt (1/4 oz., 8 g, 1 teaspoon, or 5 mL), coat well. Refrigerate for at least 20 minutes to marinate.
- In food processor fitted with knife blade, chop onions until coarse paste. Add a tablespoon or so (about 15 g or 15 mL) of water if needed. Separately, purée garlic and ginger until smooth. Set both aside until needed.
- In large skillet over medium-high flame, heat 1 oz. (28 g, 2 tablespoons, or 30 mL) oil until hot. Add shrimp in single layer just to sear on both sides. Remove from skillet, continue with remaining shrimp. Refrigerate to reserve shrimp until needed.
- Reduce heat to medium-low, heat 1 oz. (28 g, 2 tablespoons, or 30 mL) oil until hot in same skillet. Add bay leaves, cumin, cardamom, and remaining turmeric; sauté until fragrant, about 1 to 2 minutes.
- Add onion paste, sauté about 5 minutes at medium heat. Add garlic and ginger paste; sauté another 5 minutes.
- Reduce heat to medium-low, add chilies and remaining salt. Cook another 3 minutes.
- Add shrimp, cook until heated. Add coconut milk, heat thoroughly. Correct seasonings.
- Garnish with cilantro and serve with rice.

#### TWIST ON THE CLASSIC

Transform this shrimp curry into a coconut shrimp curry bisque by cutting the shrimp into small pieces and adding more coconut milk as well as milk or half-and-half.

To increase the heat from the peppers in this dish, mince peppers to expose more of the seeds and ribs (which contain the heat) or cut the peppers in separate halves instead of using whole peppers with a slit.

## MASOOR DAL (THROUGHOUT INDIA)

## SPICED LENTIL PURÉE

## TWIST ON THE CLASSIC

Use *dal* like Mexican refried beans. For an Indian quesadilla, place *dal* and grated cheese in a tortilla or piece of Indian flatbread thin enough to fold. Fold in half and sauté on both sides until hot.

**Note:** *Dal* is served with most Indian meals. It functions as a sauce to moisten any dry food, including grilled meat or rice. *Dal* may be prepared with any number of legumes.

**Note:** The red lentils used in this recipe turn yellow when cooked.

**Number of Servings:** 8

**Serving Size:** 4 oz. (114 g)

**Total Yield:** 2 lb., 3 oz. (994 g)

**Cooking Method:** Boil, sauté

INGREDIENTS	WEIGHT		VOLUME	
	U.S.	METRIC	U.S.	METRIC
red split lentils ( <i>masoor</i> ), washed	10 oz.	284 g	1 1/4 cups	300 mL
water		680 g	3 cups	720 mL
fresh ginger, peeled	1/4 oz.	8 g	one 1/2-inch piece	one 1 1/3-cm piece
turmeric			1/2 teaspoon	3 mL
salt	1/4 oz.	8 g	1 teaspoon	5 mL
<i>ghee</i>	1 1/2 oz.	43 g	3 tablespoons	45 mL
whole cumin	1/4 oz.	8 g	1 teaspoon	5 mL
garlic, minced	1/2 oz.	15 g	4 cloves	
ground coriander			1 teaspoon	5 mL
ground cayenne			1/4 teaspoon	2 mL
<b>Garnish:</b>				
fresh cilantro, minced	1/2 oz.	15 g	3 tablespoons	45 mL
<b>Accompaniments:</b>				
cooked rice				
flatbread				

- 1 Place lentils, water, ginger, and turmeric in pan, bring to boil.
- 2 Reduce heat, partially cover and simmer for 20 minutes, until tender. If necessary to prevent sticking, add more water. Remove from heat, add salt.
- 3 Heat *ghee* in small skillet over medium heat. Add cumin, sauté until darkened, a few seconds.
- 4 Add garlic, coriander, and cayenne, sauté about 45 seconds, pour into lentils and mix well. Remove ginger. Correct seasonings.
- 5 Serve, sprinkled with cilantro. Accompany with rice and/or flatbread.



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## SABZI MOLEE (EAST)

### MIXED VEGETABLE CURRY

**Number of Servings:** 8  
**Serving Size:** 10 oz. (284 g)  
**Total Yield:** 5 lb. (2.8 kg)  
**Food Balance:** Spicy/sweet  
**Wine Style:** Off-dry or low-oaked whites or soft reds  
**Example:** Beringer Gewürztraminer or Viognier, Cellar #8 Zinfandel

**Cooking Method:** Sauté, boil



Clive Streeeter and Patrick McLeavy  
 © Dorling Kindersley

INGREDIENTS	WEIGHT		VOLUME	
	U.S.	METRIC	U.S.	METRIC
fresh ginger, peeled and minced	3/4 oz.	22 g	one 1 1/2-inch piece, or 2 tablespoons	one 4-cm piece, or 30 mL
onion, diced	7 oz.	199 g	1 large	
garlic, minced	1 oz.	28 g	8 cloves	
green chilies, variety of choice, seeds removed if desired, minced	1 1/4 oz.	36 g, or to taste	2 each, or to taste	
water		28 g	2 tablespoons	30 mL
<i>ghee</i> or vegetable oil	1 1/2 oz.	43 g	3 tablespoons	45 mL
black mustard seeds	1/4 oz.	8 g	1 teaspoon	5 mL
whole cumin	1/4 oz.	8 g	1 1/2 teaspoons	8 mL
ground coriander	1/4 oz.	8 g	1 tablespoon	15 mL
ground cumin	1/4 oz.	8 g	1 1/2 teaspoons	8 mL
turmeric			1/2 teaspoon	3 mL
potato, white, waxy, or all-purpose, peeled and cut into 1-inch (2 1/2-cm) dice	7 oz.	199 g	1 medium	
sweet potato, peeled and cut into 1-inch (2 1/2-cm) dice	7 1/2 oz.	213 g	1 medium	
carrots, peeled and cut into 1/2-inch (1 1/3-cm) slices	7 oz.	199 g	2 each	
eggplant, 1-inch (2 1/2-cm) dice	14 oz.	397 g	1 small	
green beans, trimmed and cut into 1 1/2-inch (4-cm) lengths	8 oz.	227 g		
green bell peppers, large dice	1 lb., 1 oz.	482 g	2 each	
salt	1/2 oz.	15 g	2 teaspoons	10 mL
sugar			1/2 teaspoon	3 mL
unsweetened coconut milk	14 oz.	397 g		
fresh cilantro, minced	1/2 oz.	15 g	3 tablespoons	45 mL
paprika			1/4 teaspoon	2 mL

#### Accompaniment:

cooked rice

#### TWIST ON THE CLASSIC

Prepare this dish with any combination of vegetables, meat, fowl, fish, and/or seafood.

- Place ginger, onion, garlic, green chilies, and water in bowl of food processor fitted with knife blade, purée until paste, scraping down sides of bowl as needed.
- Heat *ghee* in pan over medium heat. Add mustard seeds and whole cumin, sauté until mustard seeds begin to pop.
- Add onion paste from processor, sauté about 3 minutes. Add coriander, ground cumin, and turmeric, sauté another 30 seconds.

- 4 Add potato, sweet potato, carrots, and eggplant. Stirring constantly, cook for 5 minutes.
- 5 Add green beans, bell peppers, salt, sugar, and coconut milk. Cover and simmer for 12 minutes.
- 6 Add cilantro and paprika, simmer for 5 to 10 minutes, until vegetables are tender. Correct seasonings.
- 7 Serve immediately with rice.

## SAAG ALOO (NORTH)

### SPINACH AND POTATOES

#### TWIST ON THE CLASSIC

Prepare this recipe using half the amount of potatoes. Instead of cooking the spinach with the potatoes, add 1 or 2 tablespoons (15 or 30 mL) of water and cook the potatoes until almost done. Then add the spinach and sauté until just done and still bright green. Serve in a half-hollowed baked potato or over mashed potatoes flavored with garlic and cumin.

**Note:** This is a mild dish, so it accompanies spicy dishes quite well.

**Number of Servings:** 10

**Serving Size:** 4 oz. (114 g)

**Total Yield:** 2 lb., 11 oz. (1.2 kg)

**Cooking Method:** Sauté, braise

INGREDIENTS	WEIGHT		VOLUME	
	U.S.	METRIC	U.S.	METRIC
<i>ghee</i>	1 1/2 oz.	43 g	3 tablespoons	45 mL
black mustard seeds	1/2 oz.	15 g	1 tablespoon	15 mL
onion, cut in half through root, then into thin rings	5 oz.	142 g	1 medium	
garlic, minced	1/4 oz.	8 g	2 cloves	
potatoes, white, waxy, or all-purpose, peeled and cut into 1-inch (2 1/2-cm) dice	1 lb., 3 oz.	540 g	5 small to medium	
ground cayenne			1/4 teaspoon	2 mL
salt	1/4 oz.	8 g	1 teaspoon	5 mL
fresh spinach, washed, stems removed, and sliced	1 lb.	454 g	two 10-oz. packages	two 284-g packages

- 1 Heat *ghee* in pan over medium heat. Add mustard seeds, sauté until they begin to pop. Add onions, sauté 2 minutes.
- 2 Add garlic, sauté another minute or two.
- 3 Add potatoes, cayenne, salt, and spinach. Enough water will cling to spinach to cook, but if too dry, add 1 tablespoon (15 mL) water.
- 4 Cover tightly, simmer for about 35 minutes, stirring occasionally, until potatoes are done.
- 5 Correct seasonings. Serve.



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## MASALENDAR SEM

### SPICY GREEN BEANS

**Note:** These beans get an acidic kick from the tamarind. Serve them with milder dishes.

**Number of Servings:** 12

**Serving Size:** 4 oz. (114 g)

**Total Yield:** 3 lb., 3 oz. (1.5 kg)

**Cooking Method:** Sauté, boil



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INGREDIENTS	WEIGHT		VOLUME	
	U.S.	METRIC	U.S.	METRIC
fresh ginger, peeled and minced	1 oz.	28 g	3-inch piece	(8-cm) piece
garlic cloves, peeled	2 1/2 oz.	71 g	20 each	
water		340 g	1 1/2 cups	360 mL
vegetable oil or <i>ghee</i>	2 1/2 oz.	71 g	1/4 cup + 1 tablespoon	75 mL
whole cumin	1/2 oz.	15 g	1 tablespoon + 1 teaspoon	20 mL
dried hot chili pepper, minced	1/4 oz.	8 g	2 each	
ground coriander			1 tablespoon + 1 teaspoon	20 mL
tomatoes, fresh or canned, peeled and finely chopped	1 lb.	454 g	2 cups	480 mL
green beans, washed, stems removed, and cut into 1/2-inch (1 1/3-cm) lengths	2 lb., 4 oz.	1 kg		
tamarind paste	1 1/4 oz.	36 g	1 tablespoon + 1 1/2 teaspoons	23 mL
salt	1/2 oz.	15 g	2 teaspoons	10 mL
pepper			1/4 teaspoon	2 mL
cumin, roasted and ground	1/4 oz.	8 g	2 1/2 teaspoons	12 mL

#### TWIST ON THE CLASSIC

To tone down the spice, add potatoes to this dish. After adding the tomatoes, add the cup of water and diced potatoes. Cover and cook until potatoes are almost tender. If necessary, add more water. Then add green beans and cook until they are done.

- Place ginger in bowl of food processor fitted with knife blade. Turn processor on; drop garlic into bowl through feed tube. Scrape down sides of bowl, add 1/2 cup (114 g or 120 mL) of water and process until smooth paste.
- Heat oil in pan over medium heat, add whole cumin, then chili peppers. Sauté until peppers darken.
- Add ginger-garlic paste to pan. Sauté, stirring constantly, for about 1 minute. Add coriander, cook, stirring, for 30 seconds.
- Add tomatoes, stir and cook for 2 minutes, crushing tomato pieces against side of pan.
- Add beans, tamarind paste, salt, pepper, and remaining 1 cup (240 mL) water. Bring to simmer, cover and cook for about 8 minutes, until beans are tender.
- Remove cover. If necessary, raise heat to high and reduce liquid. Correct seasonings, add ground cumin. Serve.

## MATAR PULLAO

## GREEN PEA PILAF



## TWIST ON THE CLASSIC

To make this into an entrée, brown boneless chicken breasts in the *ghee*. Remove them while sautéing the remaining items. Add them to the rice and cook according to the directions.

**Note:** To facilitate removal of the whole spices from the finished dish, enclose spices in cheesecloth after sautéing, and then add the bundle to the rice with the water.

**Number of Servings:** 13

**Serving Size:** 4 oz. (114 g)

**Total Yield:** 3 lb., 5 oz. (1.5 kg)

**Cooking Method:** Sauté, boil

INGREDIENTS	WEIGHT		VOLUME	
	U.S.	METRIC	U.S.	METRIC
basmati rice, washed (or substitute long-grain rice)	14 oz.	397 g	2 cups	480 mL
water, cold, for soaking			1 quart (4 cups)	960 mL
<i>ghee</i>	1 oz.	28 g	2 tablespoons	30 mL
whole cumin	1/4 oz.	8 g	1 teaspoon	5 mL
cinnamon stick			one 3-inch piece	one 8-cm piece
green cardamom pods			6 each	
whole cloves			6 each	
bay leaf			2 each	
onion, small dice	5 oz.	142 g	1 medium	
fresh ginger, peeled	1/4 oz.	8 g	one 1/2-inch piece	one 1 1/3-cm piece
garlic, minced	1/4 oz.	8 g	2 cloves	
salt	1/2 oz.	15 g	2 teaspoons	10 mL
green peas	10 oz.	284 g	2 cups	480 mL

- 1 Place rice and water in bowl, soak for 30 minutes to 2 hours. Drain, reserving soaking water.
- 2 Heat *ghee* in heavy pan over medium-high heat, add cumin, cinnamon, cardamom, cloves, and bay leaf. Sauté until cumin darkens.
- 3 Add onion and ginger. Sauté until the onion begins to brown at edges, about 4 minutes.
- 4 Add garlic and rice. Sauté a few minutes, until rice begins to brown.
- 5 Add salt and 3 cups (720 mL) of the reserved soaking water (adding more water if necessary to reach this amount). Bring to boil, reduce heat, partially cover, and simmer for 8 minutes.
- 6 Cover pan, reduce heat to low, simmer another 10 minutes. Remove from heat.
- 7 Stir in peas, cover pan, let sit 5 to 10 minutes.
- 8 Remove whole spices and ginger, fluff rice with fork, serve immediately.



## CHAPATI (NORTH)

### WHOLE WHEAT FLATBREAD

**Note:** Chapati accompanies all Indian dishes well. *Chapati* flour is finely ground whole wheat flour containing both the bran and wheat germ.

**Serving Size:** 1 oz. (28 g), or 1 *chapati*

**Cooking Method:** Sauté

**Total Yield:** 14 oz. (397 g) dough



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INGREDIENTS	WEIGHT		VOLUME	
	U.S.	METRIC	U.S.	METRIC
<i>chapati</i> flour	8 3/4 oz.	248 g, plus more for rolling out dough	2 cups	480 mL, plus more for rolling out dough
water, warm		156 g	2/3 cup	160 mL
<i>ghee</i> , optional				

- 1 Place flour in bowl of food processor fitted with knife blade or in large bowl if mixing by hand.
- 2 With processor running, slowly pour water through feed tube, pulse until dough comes together into ball. Process another minute until smooth. If mixing by hand, add water, then knead until smooth and pliable.
- 3 Remove from processor. If not pliable, knead until smooth and pliable.
- 4 Place dough in bowl, cover and let rest 1 to 8 hours at room temperature. If holding for later use, refrigerate dough and bring to room temperature before using.
- 5 Divide dough into 1-oz. (28-g) pieces, form pieces into smooth balls. Pat each into a disk, roll into thin circle with rolling pin, using flour as needed to prevent sticking. Cover disks with moist towel after rolling, do not stack disks.
- 6 Heat griddle or heavy skillet over medium-high heat, place disk on hot griddle. Cook for about 1 1/2 minutes, until brown spots appear on underside. Turn disk with tongs, cook other side for another minute, until brown spots appear.
- 7 Remove from heat, stack on plate or eat immediately, brushed with *ghee*, if desired. May be kept warm, covered in low oven.

#### TWIST ON THE CLASSIC

For an interesting presentation, sandwich meat or vegetable curry between three stacked 3-inch (8-cm) *chapatis*. (That is, three *chapatis* and two layers of curry.)



*Cooking Chapati*

Dave Kling © Dorling Kindersley

## KHEER (NORTH)

## RICE PUDDING

## TWIST ON THE CLASSIC

Make a rice tart by serving the kheer in a prebaked tart shell. Garnish with whipped cream and almonds and pistachios.

**Number of Servings:** 15  
**Serving Size:** 5 oz. (142 g)  
**Total Yield:** 4 lb., 13 oz. (2.2 kg)

**Cooking Method:** Boil

INGREDIENTS	WEIGHT		VOLUME	
	U.S.	METRIC	U.S.	METRIC
half-and-half			2 quarts (8 cups)	1.9 L
milk		454 g	2 cups	480 mL
<i>basmati</i> rice	6 oz.	170 g	1/2 cup	120 mL
sugar	5 1/2 oz.	156 g	2/3 cup	160 mL
ground cardamom			2 teaspoons	10 mL
raisins	2 oz.	57 g	1/4 cup	60 mL
<b>Garnish:</b>				
sliced almonds, toasted	3 oz.	86 g	1/2 cup	120 mL
pistachios, chopped	1 1/2 oz.	43 g	1/4 cup	60 mL

- 1 Combine half-and-half and milk in pan, bring to boil over low heat.
- 2 Meanwhile, wash rice, let drain. Add rice to milk, simmer for 1 to 2 hours, until rice is cooked and milk thickens.
- 3 Add sugar, cardamom, and raisins. Cook a few more minutes.
- 4 Serve warm or chilled, garnished with almonds and pistachios.



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## PISTA OR BADAM KULFI

### PISTACHIO OR ALMOND ICE CREAM

**Note:** Often, this ice cream is molded in upright molds so the unmolded ice cream stands up on the plate. Small paper cups work well for molds.

**Number of Servings:** 8

**Serving Size:** 5 oz. (142 g)

**Total Yield:** 2 lb., 8 3/4 oz. (1.2 kg)

**Cooking Method:** Boil

#### TWIST ON THE CLASSIC

For a different presentation and combination of flavors and textures, serve the ice cream over a base of chocolate pastry cream or pudding that is topped with pieces of vanilla cake (like genoise) or pound cake. Place the ice cream over the cake pieces, so they absorb any melting.

INGREDIENTS	WEIGHT		VOLUME	
	U.S.	METRIC	U.S.	METRIC
whole milk			1 quart + 1 cup (5 cups)	1.2 L
unsalted pistachios or blanched almonds, lightly baked	5 1/4 oz.	149 g	1 cup	240 mL
sugar	5 1/2 oz.	156 g	3/4 cup	180 mL
ground cardamom			1/2 teaspoon	3 mL
heavy cream		227 g	1 cup	240 mL

- Place milk in pan with thick bottom (to prevent burning). Stirring often, bring to boil over medium-high heat; allow to boil about 3 minutes. Reduce heat to medium and simmer until milk is reduced by half, about 45 minutes. Stir often while cooking.
- Meanwhile, grind 3/4 cup (177 g) of nuts in spice grinder or food processor fitted with knife blade. Cut remaining nuts into slivers and reserve for garnish.
- Whisk ground nuts, sugar, and cardamom into milk. Continue cooking until mixture thickens, about 10 to 15 minutes. Remove from heat. Cool completely. Refrigerate in sealed container until cold, preferably overnight.
- Place refrigerated mixture and cream in bowl of mixer fitted with wire beater. Whip mixture for several minutes, until lightened. Pour into individual molds or a shallow pan, and place in freezer.
- To serve, remove ice cream mold(s) from freezer a few minutes early to allow it to soften a bit. Remove from mold. Serve garnished with reserved nuts.



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