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1 cup fresh milk or powder milk
3-4 tsp fresh cream or coffee mate (you can also use milk powder)
1 black cardamom, 4 green cardamom
3 cloves, 1 bay leaf
1 medium sized potato, boiled and cubed
1 green capsicum, cubed
1 tbsp ghee, 2 tbsp oil
½ tsp ginger paste
4 green chillies, slightly slit
Salt to taste

Method

Heat oil in wok. Fry the paneer and keep aside. Fry capsicum and keep aside. Add ghee to the oil and temper with the whole spices. Add the ginger paste. Then put the boiled potato cubes and fry them. Add milk, coffee mate and then cover it and let it cook. Add the paneer cubes and green chillies and cook on low flame so that the flavour of milk infuses into the paneer. Add the capsicum, and then allow a 1-minute standing time and remove from flame.

CHOLAR DAAL (BENGAL GRAM)

Ingredients

1 cup Bengal gram
½ tsp turmeric powder
½ tsp cumin powder, 1/3 tsp chili powder
Salt and sugar to taste
For temper
1 tbsp oil, 1bsp ghee, ½ tsp cumin seeds
2 dried red chillies, 1 bay leaf
1½ tsp coconut, freshly grated

Method

Boil daal in sufficient water. Remove all the dirt that floats up. Add powdered turmeric, cumin and chilli and salt and then cook till the daal can be mashed by the finger. Then add sugar and keep aside.

Heat oil in a separate pan. Add ghee, chillies and fry. Temper with red chillies, cumin seeds, bay leaf and the grated coconut and fry till the coconut turns golden brown. Add the tempered oil to daal and heat with split green chillies and serve.

CAULIFLOWER AND POTATO CURRY

Ingredients

1 small cauliflower, cut into small flowerets
2 medium potatoes, cut into wedges
1 green capsicum, cut into half-inch squares (optional)
1½ tsp turmeric powder, ¾ tsp chilli powder
1 tsp cumin powder, 1 bay leaf
3 tbsp oil, 1 tsp ghee
½ tsp garam masala powder
1 tsp wheat flour(atta)
2 green chillies, split

Method

Heat oil in a pan. If you use capsicum, fry it



in some oil until it softens and keep aside. Add the cauliflower to the oil. Add salt and sugar as per taste and fry until all the water is absorbed and the raw smell is gone. Add ½ tsp of turmeric powder and fry till a nice aroma pervades, then remove from oil.

In the same oil, add 1 bayleaf and the potatoes and fry. Make sure to season it with some salt. Add the remaining turmeric powder, chilli powder and cumin powder with 2 tbsp of water and cook until all the water evaporates and the oil starts to float on top. Then add ½ cup of water and cover to allow the potatoes to boil. When the potatoes become soft, add the cauliflower, but do not cover the lid, or else the trapped vapour will make the cauliflowers soggy. The curry needs to have a thick consistency so don't be afraid to add more water and wheat flour if needed at this stage.

Finally, add the capsicum, ghee, garam masala powder, green chillies and salt and sugar as per taste before serving.

VEGETARIAN EGG

Ingredients

For the egg

500ml full cream milk made into paneer
Saffron, for food colouring
4 medium potatoes, boiled and mashed
1 tsp ginger paste
Salt, to taste
3 tbsp cornflour, mixed with ½ cup of water
4 tbsp of oil

For gravy

½ tsp turmeric powder
½ tsp chilli powder
½ tsp cumin powder
½ tsp ginger paste
1 medium tomato, chopped
1tsp white Vinegar
Salt, to taste
½ tsp garam masala
1tsp ghee
1 bay leaf

Method

Mash the paneer and add a pinch of salt and the saffron colour. If needed, add a little bit more of the saffron colour to resemble the colour of an egg yolk and mould into balls.

Add the ginger paste and salt to mashed potatoes and make oval shaped balls surrounding the paneer balls. Dip into the cornflour batter and then deep fry them.

For gravy

Add 1 bay leaf to the leftover oil from frying the vegetarian eggs. Then one by one, add powdered chilli, cumin, ginger paste, chopped tomatoes and salt. Pour ½ cup of water and fry till it evaporates.

Add the vinegar and 1 cup of water to make the curry. Then place the vegetarian eggs into the curry, garam masala powder, ghee and serve.

DHOKAR DALNA

Ingredients

For dhoka

1 cup gram lentil, washed and immersed in water
1 inch ginger
½ tsp turmeric powder
3 green chillies (or as per taste)
Salt and sugar, for taste
1 tbsp of oil

For curry

1 tsp turmeric powder, ½ tsp chilli powder
½ tsp jeera powder
½ tsp ginger paste



1 tbsp tomato puree
1 bay leaf
2 cinnamon sticks
3 green cardamoms
2 cloves
¼ tsp of asafoetida powder
1 tsp vinegar
1 cup oil
1 tsp ghee
green chillies, as per taste

Method

To make dhoka

Blend the gram lentil with ginger and green chillies and a little bit of water to make a paste. Add the turmeric



powder, salt, and sugar to the paste to make a thick batter. In a pan, heat oil, add the batter and keep stirring till the water is absorbed. Spread on a greased plate and allow to cool. Cut into rectangular pieces.

To make the curry

Heat oil in a pan and fry the dhokas and then keep aside. In the remaining pan, add the whole spices. Add the powdered turmeric, cumin, asafoetida and chilli and ginger paste, tomato puree, vinegar, salt, and sugar (as per taste) and some warm water. Cook until there is a layer of oil floating on the top and the raw smell of the spices are gone. Then incorporate the fried dhokas into the sauce and add sufficient water (for the dhokas to boil) as they tend to absorb a lot of the water in general. Add ghee, garam masala and split green chillies and mix well. Remove from flame and serve.

FRIED HILSA (ILISH BHAJA)

Ingredients

6 pieces Hilsha fish
1 tsp onion paste
½ tsp garlic paste
½ tsp turmeric powder
1 tsp vinegar, Cornflour
Salt, to taste

Method

Marinate the fish with all the ingredients. In a separate bowl, combine water and cornflour to make a thin batter. Heat oil in a pan, there should be enough oil to shallow fry the Hilsa. Dip the pieces of fish in the batter and then the oil and fry till golden brown.

TOMATO CHUTNEY

Ingredients

8 tomatoes, cut into thick slices
4 tbsp sugar, ½ tsp salt
2 seeds of tamarind or 6 dried plums (shuknaboroi)
Water, to soften
1 tbsp oil
1 tsp of mustard seeds
1 dried red chilli, 1 tbsp oil
3 mango bars (store bought), cut into squared, or raisins (optional)

Method

For the syrup

In a pan, boil the tomatoes with salt and add 1/3 cup of water till the tomatoes soften. Add the tamarind or dried plums and sugar. You may also add the mango bar pieces and raisins. Remove from flame and set aside.

In a separate pan, heat oil for tempering. Add the red chillies and fry. Add the mustard seeds and after they start cracking, pour only the oil directly into the syrup. Without adding any extra oil, heat the temper until the oil is absorbed and mix into the syrup. Serve in desired bowl.

MUTTON CURRY

Ingredients

500g mutton, washed and drained
2 tbsp yoghurt
3 desi onions, finely sliced for 'beresta'
1/3 tsp nutmeg powder
1 tsp ginger paste
½ tsp garlic paste, 1 tsp onion paste
1 tsp chilli powder
1 tsp coriander powder
2 tsp almond and raisin paste
2 potatoes, peeled and cut into halves and washed (optional)
1 bay leaf
2 inch pieces of cinnamon stick
1 black cardamom
4 cloves, 4 tbsp butter oil
3 green chillies, Salt, to taste

Method

Marinate mutton with yoghurt, salt and nutmeg for about 30 minutes. Heat the butter oil and fry the onion slices with a little bit of salt till the onions become golden brown, and place in a bowl draining the oil as much as you can from it. In the same pan, without adding any extra oil, fry the potatoes with a pinch of salt and keep aside as well.

In a separate pan, temper oil with the whole spices and add the ginger, garlic and onion paste.

Add powdered chilli and coriander, salt and ¾ cups of water and cook until the water completely evaporates and the raw smell of masalas disappear. Add the marinated mutton and half of the fried onions and cover. Cook on medium flame. The mutton will cook in its own juices.

Add the fried potatoes, green chillies and ½ cup of water and cover for 5-10 minutes to allow the mutton and potatoes to absorb the flavours in the curry. Add the remaining fried onions as garnishing and serve.