

Easy cheat code recipes

Some recipes may seem daunting, but only to the unseasoned cook. Try these simple methods to tweak those complex recipes into simpler ones.

CHICKEN REZALA

Ingredients

1 free range country chicken, cut into pieces
250g onion, cut in to thick rounds
1 cup yoghurt
½ tsp poppy seed paste
½ tsp ginger-garlic paste
½ cup ghee
¾ tsp chilli powder
1 tsp whole spices (green bay leaves, cinnamon, star anise, cardamom)

Method

Mix all ingredients in a heavy bottom pan and add the chicken in the marinade. Rest for 7 to 10 minutes. Place the pan on medium heat with the lid on and cook until the chicken releases its own water and the meat becomes tender. The gravy should not be runny. Serve with hot parathas, this dish is a winner with children and adults both.



texture of the meat and roll into meatballs.

In a separate pan boil water and throw the whole spices into it to release its aroma and taste, add salt to it. In to the boiling water add the meatballs and cook until they are softly poached.

In a separate pan, add oil and rest of the spice paste and cook till the oil separates from the spices. Add the cooked meatballs and add a cup water to for everything to come together, cook on medium heat for 15 minutes or till the oil simmers. Add green chili, and green bay leaves as garnish and sprinkle the garam masala powder on top of it. Serve with rumali roti.

SHUNDHI DAAL BHUNA

Ingredients

1½ cup assorted dal (mushur, mung, orhor, maskalai, and boot dal)
1 tbsp whole spice (cinnamon, cardamom, bay leaves, star anise)
1½ tsp ginger-garlic paste

2 large onions, diced
½ tsp mace and nutmeg paste
1 tsp chilli and turmeric powder
½ tsp garam masala powder
½ cup oil
Salt to taste

Method

Roast the mung dal and pre-soak the rest of the lentils for half an hour. Parboil the assorted lentils in salted water. Keep aside. In a separate pan add oil and the whole spices. Sauté the onions until translucent then add the spices and cook until the oil separates from the spices. Add the boiled lentils and fry it for at least five minutes. Add hot water and cook till the lentils are tender. Garnish with green chili and coriander leaves.

Serve hot with garlic naan.

VEGETABLE KHICHURI

Ingredients

6 florets cauliflower
6 florets broccoli
1 carrot, diced
100g peas
Few sprigs spinach
1 cup chinigura rice
1 cup assorted lentils (mung, orhor, boot dal; pre-soaked and boiled)
½ cup mustard oil or ghee
2 tsp salt
1½ ginger-garlic paste
1 tsp chilli and turmeric powder

1 tsp whole masala (green bay leaves, cinnamon, cardamom, dry chilli)

Method

Parboil the vegetables except spinach leaves. In a pot, add mustard oil or ghee and toss the whole masala together for a while until semi fried. Add the grounded masala paste and powder. Keep on stirring.

Once the grains are thoroughly fried add 5 cups of hot water. Remember your khichuri will be of risotto consistency for which you will need extra cup of water. Once the rice and lentil mix start to boil, add the parboiled vegetables to it. Cover the pan and let it cook on low heat. When the grains are mushy and the broth is simmering. Add the spinach leaves and check for seasoning.

Serve the vegetable khichuri with fritters and a side dish of masala eggs.

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