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# *Collected Recipes From The Beyond*

SANJIV SINGH

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**Version 4.3: A collection of original,  
adapted and plagiarized recipes.**

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## *Dedication*

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**For my mother, the first cook I knew.**

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## *Foreword*

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The problem with the cooks I grew up with, like my mother for instance, is that they never wrote any of their craft down. So here I am looking for ways to cook the wonderful food I have been putting away for years and all these people can tell me is well, you add a “little” of this and wait till “that” happens and then serve. This collection then started through my efforts to write down some means of replicating what I would undoubtedly forget otherwise. From a small collection of Indian recipes, this has grown into a larger collection with a much more varied background.

The recipes come from other cooks (many from a dinner cooperative at Carnegie Mellon that I am a member of), magazines, and from the Usenet. I have tampered with most to suit my own taste but a few are included exactly as I received them. Since I have really copied these recipes in one form or another, I have no sense of ownership of the recipes in this collection. Feel free to do with them as you like.

This collection is the antithesis of the typical computer collection. There is no database program to do fancy things with. It is not even modular, doesn't follow any standard format to allow easy inclusion of other recipes. However, it is just what you want if you are not a nerd about your cooking. I have spent an awful lot of time into the formatting so that it is easy to read and most recipes are in a consistent format. I have even have produced an index. Put it in a three hole binder that lays flat on your kitchen counter and don't worry about getting turmeric on the pages.

This version has several new recipes and many of the old recipes have been improved for clarity and many errors have been fixed. If you are trying to get hold of this collection, see the Section labeled HOW TO GET THIS COLLECTION. Feedback is always welcome. The preferred medium is electronic mail. I can be reached at *ssingh@cm-u.edu*.

Happy Cooking!

Sanjiv Singh

Pittsburgh  
April, 1994

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## How to Get This Collection

First, the file format. It is most easy to get the recipes in postscript format. Send the file ('lpr' should work on unix machines) to your favorite laser printer (Apple LaserWriter work well) and you are in business. There are two versions

recipes-one-up.ps	each page printed out on letter sized paper
recipes-two-up.ps	two pages on one sheet of paper

There is no plain ASCII version. If you can't print postscript, sorry, you are out of luck. Note that the two page format has the smallest type at around 6 point font, so while you will definitely save some paper, you might have to squint a little bit. However, it is legible, even at 2 ft.

I am including a sample session of ftp that retrieves the one-page-per-sheet version as the file 'recipes'. I have tried this and know it works so please try to follow the example if you have problems. We have a special ftp at CMU and it will behave strangely if you try things that work elsewhere. Just follow the example.

```
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% ftp h.gp.cs.cmu.edu
Connected to H.GP.CS.CMU.EDU.
220 H.GP.CS.CMU.EDU FTP server (Version 4.105 of 10-Jul-90 12:07)
ready.
Name (h:wg): anonymous
331 Guest login ok, send username@node as password.
Password:
230 Filenames can not have '/../' in them.
ftp> get /usr/ssingh/recipes-one-up.ps recipes
200 PORT command successful.
150 Opening data connection for /usr/ssingh/recipes-one-up.ps
(128.2.242.7,2717) (418138 bytes).
226 Transfer complete.
local: recipes remote: /usr/ssingh/recipes-one-up.ps
418138 bytes received in 5.2 seconds (78 Kbytes/s)
ftp> quit
221 Goodbye.
-----
```

If you can't establish a FTP connection (please try a couple of times), send me mail and I'll mail you the postscript version. If your mailer won't take chunks larger than 100K, sorry, I suggest you find another machine. If you want to archive this collection at some other site feel free to do so, but please send me mail about it.

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## Guide to Ingredients

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*Most of the ingredients are available at the grocery stores or supermarkets. Some, though, are special and have to be obtained from Indian or Asian grocery stores. Substitutes may change the character of the dish. It is better to omit an ingredient if not available than to substitute for it. If whole spice is not available, you may use the ground form, but the ground form is less pungent.*

<b><u>English</u></b>	<b><u>foreign</u></b>	<b><u>Description</u></b>
asafetida	<i>hing</i>	Dried gum resin from the root of various Iranian and Indian plants. Has strong fetid odor— definitely an acquired taste.
	<i>besan</i>	Chick pea flour.
cardamom	<i>elaichi</i>	Aromatic seeds that are in pods. It is possible to buy ground versions of these seeds as well. Whenever using the pods, crack open before putting in the recipe.
cilantro	<i>hara dhania</i>	Aromatic herb also called fresh coriander or chinese parsley, used mostly as a garnish.
coriander	<i>dhania</i>	seeds of the coriander plant are a commonly used spice in Indian cooking. Cannot substitute for the coriander leaves (also called cilantro).
cumin	<i>jeera</i>	very aromatic; seeds looks like anise. Sold whole or ground.
fennel	<i>saunf</i>	Like cumin seed, except that it has a licorice flavor very much like anise seeds; can be substituted for anise and vice versa.
fenugreek	<i>methi</i>	Dried leaves with a slight bitter, but very aromatic flavor.
	<i>garam masala</i>	A mixture of spices that can be bought at Indian grocery stores or made at home. Directions to mix up at home at the end of this section
	<i>ghee</i>	clarified butter- used for frying, can be substituted for with vegetable oil.
jaggery	<i>gud</i>	impure sugar, sold in Indian grocery stores. Comes in hardened blocks.
lentils	<i>dal</i>	Hindi name for all members of the legume or pulse family. Commonly used are: Arhar, Channa, Masur, Mung, Labia (Black-eyed peas), Rajma (red kidney beans).

mint	<i>podina</i>	Aromatic herb. Fresh and dried leaves are used in the preparation of chutneys. Dried leaves are much less fragrant than the fresh ones.
saffron	<i>kayser</i>	Made of stigmas of the flower grown in Kashmir and Spain. It is aromatic and yields a yellow color.
siamese ginger	<i>lengkuas</i>	Also called laos root or galanga. Used in Thai cooking. Comes in dried slices. Do not substitute with powdered version.
	<i>sambal olek</i>	Thai chili paste with garlic. Be careful with this stuff. It is very hot. Available at Asian food stores.
	<i>sevian</i>	Very fine rice noodles that can be bought at Indian grocery stores. Used mainly in desserts.
tamarind	<i>imlee</i>	Pulp of tamarind fruit. Dark brown in color. Used to add a tart taste to many recipes.
turmeric	<i>haldi</i>	Bright yellow, aromatic powdered root. Used mainly to provide the right color for many recipes.

To make *garam masala*: (approx. 1 1/2 cups)

5 - 3 inch pieces of cinnamon stick  
1/2 cup whole cardamom pods (green)  
1/2 cup whole cumin seed  
1/2 cup whole black pepper corns.  
1/2 cup whole cloves  
1/2 cup whole coriander seeds

Procedure:

Dry the ingredients in an oven heated to 300 degrees for 5-7 minutes. Do not let them turn brown. Remove the seeds from the cardamom pods. Pound cinnamon stick into smaller size. Combine ingredients until they are well mixed and blend at high speed for 2 or 3 mins. until completely pulverized.

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## Snacks and Appetizers

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*This section contains a few recipes for some Indian and southeast Asian appetizers.*

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### BHEL

#### Curried Puffed Rice

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*Bhel* is a concoction that I often bought from street vendors in India as a child and my mouth still waters at the memory. The contributors say: "... this recipe is directed at those who know what *bhelpuri* tastes like, quantities mentioned are approx., proportions are left to the readers, to their taste. Purists will have to go to an Indian grocery shop. The most important thing is to keep the puffed rice-sev mixture crisp by not adding the other ingredients to it until just before serving".

1 carton puffed rice (substitute with Rice Krispies cereal)	cumin
1 packet <i>bhel</i> mix or sev (semolina vermicelli)	1 or 2 green chillies, chopped
2 cups mashed boiled potatoes (mashed crudely and then salted)	1 tsp freshly ground black pepper
1/2 cup chopped fresh cilantro	4 tbsps tamarind (Tamcon concentrate is convenient to use)
3 tbsps freshly roasted and ground	1/2 cup jaggery or brown sugar
	1 cup chopped onions.

- First boil the potatoes. Peel, Mash and salt them, add pepper to taste. Add the cilantro leaves.
- Roast the cumin and grind it.
- Dissolve the tamarind concentrate in 1 cup of hot water, and let it simmer to thicken gradually. Dissolve the jaggery (or sugar) until the sauce becomes tart and slightly sweet. (You may add some salt and ground red paprika, if you want to). The sauce should be of a consistency slightly thinner than maple syrup. Pour into a serving container (like a creamer).
- Mix the puffed rice and sev/bhel mix in a large bowl.
- On your plate, serve the rice-*bhel* mixture, add the potatoes, then the onions, chillies, dust the cumin powder over it. Then pour the sauce and top off with the coriander garnish. (Add salt/pepper to taste).

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### GINGER GARLIC EGGPLANT SPREAD

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This recipe comes from Bon Appetit Magazine. Definitely in the nuveau-indian tradition. Makes about 2 cups.

2 medium eggplants, halved lengthwise	1/4 cup finely chopped red bell pepper
1 tbsp olive oil	1/4 cup chopped fresh parsley
1tbsp fine chopped garlic	1tbsp minced fresh ginger
1 tsp ground cumin	Pita bread cut into wedges, toasted

- Preheat oven to 400 F. Brush sides of eggplant halves with 1/2 tbsp olive oil. Arrange cut sides down on baking sheet. Bake for about 50 minutes, until the eggplant is very soft. Cool slightly. Scoop eggplant from shell and chop finely.
- Combine remaining oil and garlic in a heavy skillet over heat and cook for about 1/2 minute. Stir in cumin. Add eggplant, bell pepper, parsley and ginger.
- Reduce heat to low and cook until heated through, about 4 minutes. Season with salt and pepper. Cool to room temperature and serve with pita bread.



**PAKORA**

*Pakor*as are a very common indian appetizer. This recipe is attributed to the Bombay Palace chain of restaurants. Serve with a fresh chutney.

**Vegetable  
Fritters**

1 large potato  
1 small eggplant  
1 onion  
1/4 cup of white flour  
1/2 cup *besan*  
1/2 tsp salt

1/2 tsp coarsely ground black pepper  
1 tsp ground coriander seed  
1 tsp ground cumin,  
1 tbsp whole coriander seeds  
oil for deep frying

- Cut the potatoes, eggplant and onion into matchstick like pieces.
- Mix together the flour, *besan*, salt, pepper, and the rest of the spices.
- Mix the flours and seeds into the vegetables, sprinkle on a couple of tbsps of water and mix together with your hands until it just holds together.
- Fry tablespoons of this mixture in about 3/4 inch of very hot vegetable oil until golden brown, about 5 minutes. Drain and serve hot.

**MURGH  
HARYALI**

This is one of my favorite appetizers. It was served at our wedding reception and since then, my wife and I have been trying to approximate it. Serves 4-6.

**Cilantro-  
Chicken  
Kebabs**

3 chicken breasts, skinned and boned  
(net weight after boning 2 1/2 lbs)  
1 tsp salt  
1 tbsp *besan*  
1 lemon  
6 tbsp plain yogurt  
1 inch cube of fresh ginger, peeled  
and finely grated

1/2 tsp *garam masala*  
3 cloves garlic, peeled and crushed  
1 tsp ground cumin seeds  
4 green chillies, stemmed and sliced  
1 cup cilantro, stems removed  
1/2 cup unsalted butter, melted  
sliced onions and cucumbers for gar-  
nish

- Cut each breast in half lengthwise and then cut each half crosswise into three or four equal pieces. Lay the pieces in a single layer on a platter. Sprinkle the salt and the juice from the lemon over them and rub into the chicken. Set aside for 20 minutes.
- Meanwhile, put the yogurt in a small bowl. Beat it with a fork or whisk until it is smooth and creamy. Add the ginger, garlic, cumin, cayenne, and *garam masala* and *besan*. Stir into mix.
- Make a paste out of the green chiles, cilantro and 1/4 cup of water in a food processor. Add the paste to the yogurt mixture.
- After the chicken has sat around for 20 minutes, hold a sieve over the chicken pieces and pour the yogurt mixture into the sieve and push through as much as you can with a rubber spatula. Mix well with the chicken pieces and refrigerate for 6-24 hours, in an airtight container.
- Preheat over to maximum temperature (best is to use the broiler).
- Thread the chicken pieces on skewers. Brush the chicken with half the melted butter and put in the over for about 7 minutes.
- Take out the baking tray and skewers. Turn the chicken pieces over and brush with the rest of the butter.
- Bake for another 8-10 minutes. Serve with thick slices of onions, and cucumbers.

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**SATAY**

**Indonesian  
Barbecued  
Chicken**

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This delicious concoction is available at every Thai and Indonesian restaurant. Recipe from Joe Sotham. Note that this dish takes a bit to put together (approx 2 hrs). Serves 8-10.

2 lbs boneless chicken  
6 tbsps castor sugar  
1 1/2 cups  
ground peanuts  
1 piece lemon grass  
1 tsp cumin (ground or use powdered)  
1 tsp salt  
1-2 large onions  
5 cloves garlic  
1 tsp turmeric  
2 tbsp ground coriander  
1 oz. langkuas (or substitute grated ginger)  
1/4 cup vegetable oil  
1/4 cup water

**SATAY GRAVY**

1 1/2 lb peanuts  
5 cloves garlic  
2 pieces lemon grass  
1/2 cup sesame seeds  
2 tbsp dried ground chili pepper (or substitute fresh chopped red chillies)  
1 tbsp dried shrimp paste  
2 large onions  
3 oz. tamarind  
1/2 cup sugar  
1 tsp grated ginger  
4 tsp salt  
6 cups coconut milk (or substitute water)

- Cut chicken into strips, pound meat, then cut into cubes and season with meat tenderizer.
- Pound separately garlic, onions, lemon grass, and langkuas.
- Mix together meat, pounded ingredients, salt, and sugar. Marinate for at least 4 hours, preferably overnight.
- Thread meat onto skewers. Sprinkle oil mixture (1/2 oil, 1/2 water) over meat and grill until done. Set aside.
- Make the tamarind paste: add the tamarind to water and soak for 2 hours. During this time, squeeze the tamarind so that it becomes pulpy. Filter the liquid through a strainer to remove seeds, stem and skin of the fruit.
- Pound the onions, garlic, and langkuas.
- Roast the peanuts, remove skins, and grind finely.
- Fry the shrimp paste on medium heat for a few minutes. Add the onion and garlic paste to the frying pan. Fry the onions until white. Don't brown them.
- Add the lemon grass, langkuas, dried chillies, peanuts, sesame seeds, coconut milk, sugar, salt and tamarind paste.
- Cook until the gravy is thick. Pour the gravy over the skewered chicken and serve.

**SATAY (II)**

This is a much easier version of Satay, then the one above. Recipe is adapted from one that comes via Susan Miano. It calls for *Sambal Olek*, a highly concentrated chili paste that can be found at oriental grocery stores (use with caution). Serves 4-6.

1 lb. skinned, boned chicken breasts	3 tbsp dark soy sauce
1/2 teaspoon <i>sambal olek</i> (hot-pepper paste)	2 tbsp honey
1 teaspoon grated fresh ginger	3 tbsp peanut butter
2 tbsp lemon juice	1/2 cup water

- Cut chicken in 1-inch chunks and thread chunks equally on 12 bamboo skewers. Set aside.
- In a large saucepan or skillet combine *sambal olek*, gingerroot, lemon juice, soy sauce, honey, peanut butter and water. Bring to a boil, stirring constantly, then reduce heat and add as many chicken skewers as will fit without crowding. Simmer 10 minutes, basting. Remove from pan and transfer to a rimmed platter. Repeat with remaining chicken skewers.
- Simmer sauce remaining in pan until reduced to about 3/4 cup. Pour over chicken and serve.
- May also be chilled and served cold.

**POHA****Curried Pressed Rice**

This is a recipe from the western part of India. My mother cooks this often for breakfast but it is good for a snack anytime. My wife Sonia has introduced a south Indian twist— it is very good this way if you want a quick spicy dish. You will definitely need to make a trip to an Indian grocery store for this one. Neither the pressed rice nor the *sambhar* powder are likely to be found on the shelves of your neighborhood grocery store. Serves 4-6 as a side dish.

2 cups <i>poha</i> (pressed rice)	1 level tsp <i>sambhar</i> powder or 1/2 tsp turmeric
2 medium potatoes	1/2 tsp coriander powder
1/3 cup water	1/2 tsp mustard seeds
2 green chillies chopped	1 tsp salt
2 tbsps vegetable oil	1 tbsp lime juice

- Wash the pressed rice well and drain in a colander
- Peel and chop the potatoes into eight or ten thin pieces
- Heat oil on low and put in the mustard seeds. As soon as the mustard seeds begin to pop, add the potatoes. Stir fry for 3 minutes on medium heat.
- Add turmeric and salt. Stir a couple of time and add the pressed rice and coriander powder. Add the water and cook covered for 4 minutes on low heat.
- Check to see if the potatoes have been cooked through. If they have, remove cover and cook until the water evaporates. Pour lime juice over the poha and serve.

## *Soups*

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*A variety of soups are in this section Indian, Thai and even Creole.*

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### **GAZPACHO**

#### **Cold Tomato Soup**

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I had been looking for a good recipe for Gazpacho, and when Evelyn Bundesmann made this for our dinner coop, I knew I had found it. A great summer soup. This recipe is from Mollie Katzen's book *The Broccoli Forest*. Serves 6-8.

4 cups tomato juice  
1 small onion diced finely  
2 cups chopped tomatoes  
1 cup green pepper chopped  
1 tsp honey  
1 clove garlic minced  
1 large cucumber diced  
2 scallions, chopped  
juice of 1/2 lemon

juice of 1 lime  
2 tbsp wine vinegar  
1 tsp tarragon  
1 tsp basil  
1/2 tsp ground cumin  
1 tsp Tobasco sauce  
2 tbsp olive oil  
salt and pepper to taste

- Combine all the ingredients in a large bowl and puree in a blender or food processor.
- Chill for 2 hours and serve.

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### **TOM KA GAI**

#### **Coconut chicken soup**

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This is one of my favorite soups to order at a Thai restaurant. This recipe is adapted from one sent to be me by Ajay Shah. Serves 4-6.

3/4 lb boneless chicken  
3 tbsp vegetable oil  
2 14oz. cans coconut milk  
2 cups water  
2 or 3 tbsp of minced ginger  
(an amount equivalent to an 1 inch  
section of ginger)

4 tbsp fish sauce  
1/4 cup lime juice  
2 tbsp sliced scallions  
1 tbsp fresh chopped cilantro  
Red chili powder (or cayenne pepper)  
to taste  
1/2 tsp turmeric

- Cut chicken into thin strips and saute in oil for 2-3 minutes until the chicken turns white.
- In a pot, bring coconut milk and water to a boil. Reduce heat. Add everything except the scallions and fresh cilantro.
- Simmer for 10-15 minutes, until the chicken is done.
- Sprinkle with scallions and fresh cilantro and serve steaming hot.

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**TOM YAM  
PLA**

This recipe has its roots in the book *Sundays at Moosewood*. It should be sweet, sour, salty and spicy hot— all at once. You will need to visit an oriental store for the ingredients. Serves 6.

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**Coconut  
Fish Soup**

1/4 cup lemon grass  
4 slices dried laos root (don't use powder)  
3 cups fish or vegetable stock or water  
2 14-oz. cans coconut milk  
1/4 - 1 tsp *sambal olek* (Thai chili paste)

3 scallions, minced  
2 tbsp chopped fresh cilantro leaves  
3/4 lb. white fish fillets, cut into bite size pieces  
Juice of two limes  
3 tbsp fish sauce (*nam pla*)

- In a small saucepan, simmer the lemon grass and Laos roots in 1 cup of the stock or water for 1/2 hour. Add more liquid as necessary to retain one cup.
- Meanwhile in a large saucepan, simmer the coconut milk and the remaining 2 cups of stock, uncovered for 5 minutes.
- Add the sambal olek, scallions, cilantro, and fish.
- Strain the lemon grass and laos root mixture and add the liquid to the pot.
- Simmer, uncovered, until the fish is just cooked. Remove from heat
- Stir in the lime juice and the fish sauce. Taste and adjust the flavor for tartness and saltiness by adding more lime juice and/or fish sauce.

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**TOM YAM  
KUNG**

To complete the repertoire of Thai soups, here is the soup that turned me on to Thai food. Also originates in the book *Sundays at Moosewood*. Once again you will undoubtedly need to journey to an oriental grocery for the ingredients. Serves 5.

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**Thai Hot  
and Sour  
Shrimp  
Soup**

6 cups water  
2 tbsp dried lemon grass  
2 large slices dried laos root  
1/4 tsp whole peppercorns  
4 *makrut* leaves (optional)  
3 garlic cloves, minced

3 tbsp vegetable oil  
10 oz. shelled shrimp  
2 tbsp fish sauce  
1/4 cup lime juice  
2 red chiles (dried or fresh)  
4 scallions finely sliced  
2 tbsp fresh chopped cilantro

- In a large soup pot, bring to boil the water, lemon grass, laos root, peppercorns, and *makrut*. Simmer for 20 minutes.
- Meanwhile, mix the minced garlic and cilantro root together and set aside.
- In another large soup pot, heat the oil and stir fry the shrimp for a few minutes until they turn quite pink.
- Add the lemon grass broth directly from the other pot and return it to boil; simmer for 10 minutes.
- Add the garlic and simmer for another 2 minutes, until the shrimp are done.
- Stir in the fish sauce, lime juice, scallions, and chopped chiles.
- Garnish with cilantro and serve piping hot.

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**PUMPKIN &  
CRAB SOUP**

I have improvised on a recipe by Craig Claiborne to come up with this one. It has gotten rave reviews each time. Great thanksgiving soup. Serves 6-8.

**Small pumpkin approx 3 lbs (or substitute with 24 oz. can of pumpkin)**

**6 cups chicken stock**

**1 large onion, sliced**

**3 tbsp olive oil**

**1 tsp cumin seeds**

**1/2 tsp nutmeg**

**1/2 tsp paprika**

**1 /2 tsp cayenne pepper**

**1 tsp dried basil or dill**

**1/2 tsp salt**

**3/4 lb. crab meat cut up in 1/2 inch pieces (imitation crab meat works fine too)**

**4 oz. heavy cream (optional)**

**freshly ground pepper to taste**

- If you are using fresh pumpkin, cut it up in pieces leaving the skin on and bake on a cookie sheet in the oven for 45 minutes at 350 F. Remove the flesh from the skin and keep on hand.
- Heat the oil in a skillet and add the onion. Saute for 5-8 minutes. Add the cumin, nutmeg, paprika, cayenne, and basil or dill. Stir for a minute.
- Pour in the chicken stock and add pumpkin. Simmer covered for 15-20 minutes.
- Puree the soup in a blender in batches. Return soup to pot.
- Add the crab meat and simmer the soup for 3-5 minutes.
- Add cream and stir. Serve with freshly ground pepper to taste.

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**CHICKEN  
GUMBO**

This recipe comes from Bill Burdick. Serves 8-10.

**1/2 cup olive oil or peanut oil**

**3/4 cup flour**

**2 cups diced onion**

**1 1/2 cups diced celery**

**1 1/2 cups diced green pepper**

**1 diced carrot**

**4 cloves garlic, minced**

**2 cups fresh or frozen okra, sliced (see comments)**

**1 cup chopped green onions**

**2 tbsp Prudhomme Poultry Magic Seasoning Blend**

**20 Shakes of Louisiana Hot Sauce (approximately two tbsp)**

**1 cup chopped parsley**

**3 small cans (13 & 3/4 oz.) College Inn Chicken Broth**

**1 1/2 pounds chicken breast (cut in bite-size pieces)**

**cooked rice**

- In two quart saucepan, heat oil over medium high heat. Once oil is hot, gradually add flour and using a wire whisk, stir constantly until the color of the roux is peanut butter brown or darker. The darker the roux the "nuttier" the flavor. Note: To avoid burning/scorching the roux, maintain low heat and stir constantly! If black specks appear in the roux, its burnt; discard and begin again. At low heat, it may take up to forty-five minutes to prepare the roux.
- To prevent okra from becoming slimy/stringy, saute the okra in oil until all of the stringy texture is removed and the vegetable is lightly browned. Drain okra in paper towels.
- When the roux is prepared, reduce the heat and add onion, celery, bell pepper and garlic; saute approximately five minutes or until vegetables are wilted.
- Add chicken broth, one ladle at a time, stirring constantly until all of the liquid is incorporated into the roux. Add chicken pieces, okra and seasonings.
- Return to medium high heat, bring to a low boil and simmer for thirty minutes. Add green onions and parsley and season to taste with salt and pepper.
- Allow to cook an additional five minutes. Serve over cooked rice.

## BLACK BEAN CHILI

A recent favorite of mine, this has filled the void that was left when I stopped eating red meat and consequently most types of “chili”. Here is the perfect chili if you are inclined to vegetarianism. Original recipe by Dean Lass. Makes 12-15 cups.

4 cups dried black beans	3 tbsp minced garlic
2 large red bell peppers	4-1/2 tsp paprika
3 tbsp cumin seed	1 tsp cayenne pepper
2-1/2 tbsp dried oregano (leaf, not ground)	1 tbsp salt
1/2 cup olive oil	5 cups crushed tomatoes
2 large onions, finely chopped	4 to 6 fresh jalapenos, seeded and de-veined, finely chopped
1-1/2 cups diced green bell pepper	

- Sort and rinse the beans, place them in a pot with “enough” water and soak them overnight. Drain off water and rinse, add enough new water to cover by two inches and bring to a boil. Simmer, covered, until beans are tender (about 1 hour), adding more water if necessary. Drain beans, saving 3 cups of the liquid. Return beans to pot with 1-1/2 cups of the liquid.
- Roast red bell peppers under the broiler until the skin is charred, then throw it into a paper bag and close the bag. Set it aside to cool.
- Heat oven to 325 degrees, put cumin seed and oregano in a small baking pan or casserole and roast until fragrant, shaking pan occasionally (about 10 minutes).
- Heat oil in skillet. Saute onions, green pepper and garlic for 3 minutes, then add cumin, oregano, paprika, cayenne and salt. Cook about 10 minutes more, then add tomatoes and jalapenos and bring to a boil for a couple of minutes. Stir all this in with the beans.
- Get the red bell pepper out of the bag, peel the skin off, remove seeds etc. (After peeling, if any parts look like they got badly burned, cut them away.) Chop and add to beans.
- Simmer everything for a while, thinning with the rest of the saved bean liquid as desired.

### SOME NOTES:

- Roasting and peeling the red pepper is optional. If you don’t roast it, just add it at the same time as the green pepper. And if you can’t find a red pepper, throw in whatever color you can get.
- Roasting the cumin seed and oregano makes a big difference in the flavor. But be careful not to burn it, because then it will be the ONLY flavor.
- DO remember to take the seeds and veins out of the jalapenos. The idea is that the jalapenos should add “intensity” and “complexity”, not remove layers of skin from your tongue.
- “Crushed” tomatoes are sort of halfway between chopped and pureed. You can buy them in cans, usually labelled “crushed tomatoes with puree”. Or you can put canned “whole tomatoes in juice” through the blender (leave them partly chunky). Chopped fresh tomatoes by themselves aren’t juicy enough.
- Exact amounts of the bean cooking liquid, tomatoes and salt used are up to you. I usually use about 5 cups of tomatoes, then add more bean liquid if it seems too “tomatoey”. Salt depends on your tastes, diet and whether the tomatoes were already salted.

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**MULLI-  
GATAWNY  
SOUP**
**Potato  
Lentil Soup**


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This soup comes from the British-in-India tradition. The legacy is a delightful blend of east and west— a potato and lentil soup. My standard of a perfection is the concoction served by the Imperial Hotel in New Delhi, but the following recipe from Madhur Jafrey comes pretty close. I am also including a shortened version that calls for a pressure cooker. Serves 6.

1 cup red split lentils, picked over,  
washed, drained  
5 cup chicken stock  
1/2 tsp ground turmeric  
1 medium potato  
5 cloves garlic, peeled  
a 1 1/4 inch cube of fresh ginger,  
peeled and coarsely chopped  
1 1/4 cup water

1 chicken breast boned and skinned,  
weighing about 7 oz.  
1 1/4 tsp salt  
freshly ground black pepper  
3 tbsp vegetable oil  
1 tsp ground cumin seeds  
1 tsp ground coriander seeds  
1/8 - 1/4 tsp cayenne pepper  
About 1 tbsp lemon juice

**Standard Procedure**

- Combine the lentils, chicken stock, and turmeric in a heavy medium-sized pot and bring to a boil. Cover, leaving the lid just very slightly ajar, turn heat to low, and simmer gently for 30 minutes.
- While the soup simmers, peel the potato and cut into 1/2 inch dice. When the soup has cooked for half an hour, add the cut potato to it. Cover, leaving the lid slightly ajar again, and continue the simmering for another 30 minutes.

**Simplified Procedure (uses pressure cooker)**

- Combine the lentils, chicken stock, potatoes and turmeric in a pressure cooker and heat on a medium flame until the first whistle. Reduce heat and simmer for 5 more minutes. Turn the heat off and let sit for another 5 minutes.

**Continue with this section**

- Put the garlic and ginger into the container of an electric blender. Add 4 1/2 tbsp water and blend until you have a smooth paste.
- Remove all fat from the chicken breast and cut into 1/2 inch dice. Put the chicken in a bowl. Sprinkle 1/4 tsp salt and some black pepper over it. Toss to mix.
- Once the soup base has finished cooking, it needs to be pureed. Do this in a blender in three batches. Put the pureed soup in a bowl. Add 1 tsp salt to it and mix.
- Rinse and wipe out your soup pot. Pour the oil into it and set it over a medium flame. When the oil is hot, put in the garlic-ginger paste, the cumin, coriander, and cayenne. Fry, stirring continuously, until the spice mixture is slightly browned and separates from the oil. Put in the chicken pieces. Stir and fry another 2-3 minutes or until the chicken pieces turn quite opaque.
- Add 1 c water and bring to a boil. Cover, turn heat to low and simmer for 3 minutes or until chicken is cooked.
- Pour in the pureed soup and the lemon juice. Stir to mix and bring to a simmer.
- Taste the soup for seasonings, add lemon juice if necessary. Simmer the soup very gently for another 2 minutes. If it is too thick, you can always thin it out with a little chicken stock or water.
- Serve with hot rice.



## Vegetables

*Indian cuisine is testament to the fact that vegetables don't have to be something you eat just because they are good for you. I have included a bunch of vegetable recipes, most of them with some twist or the other so they are unusual.*

### GOBI ALOO

This is my own recipe. It livens up the ordinary cauliflower and potatoes into something quite different. The spices in this dish are not typically used in this very common north Indian dish. Serves 4-5.

### Cauliflower and Potatoes

1 large cauliflower  
3 medium potatoes  
1/2 large onion, sliced thinly in long  
slices  
1 tsp mustard seeds  
2 -3 pods cardamom

1 tsp ground coriander  
1 tsp cumin seeds  
1/2 tsp turmeric  
2 bay leaves  
3 cloves  
3 tbsp vegetable oil  
1/2 tsp salt

- Start the potatoes to boil in a saucepan. Let them boil for at least 15 minutes. After they are done, turn off the heat and let them stand in the water.
- Cut the cauliflower into small bite sized pieces (roughly 1 inch cubes), throwing away most of the stem pieces. Wash and drain in colander.
- While the potatoes are cooking, heat the oil in a wide skillet until it is very hot. Add the mustard seeds and wait until they start popping. Add bay leaf, cardamom and cloves.
- Mix around for a while and then add onions. Wait until onion start to turn before adding the rest of the spices (except for turmeric).
- Put the cauliflower in the skillet and fry in the oil and spices for 2 minutes. While the cauliflower is frying, cut up the potatoes into bite sized pieces and add to the skillet. Add turmeric and stir.
- Continue stirring the vegetables under medium heat for another couple of minutes. Add half a cup of water and the salt. Reduce heat to low, cover skillet and let cook for 5 minutes.
- Check tenderness of vegetables. If they are still too hard, add another 1/4 cup of water and cover again for 2-3 minutes.

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**CHOLAY**  
**"BILL &**  
**JIM"**

This recipe is named for Bill Chiles and Jim Muller both of who liked my concoctions well enough that I started cooking this a lot. This is a real simple way of making chick peas- perfect for the late night hangouts. I usually make a double recipe. It barely takes 15 minutes and the result is delicious. Ask Jim and Bill. Serves 2.

---

**Spicy**  
**Chick**  
**Peas**

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3 tbsp vegetable oil  
1 large onion  
1/2 tsp mustard seeds  
3 pods cardamom cracked open  
3 cloves  
1/2 tsp cayenne pepper

1 tsp ground coriander  
1 tsp cumin seeds  
1 can chick peas (Progresso is very good), drained  
1/2 tsp *garam masala*  
salt to taste

- Heat the oil in a wide skillet until it is very hot.
- Add cardamom, cloves and cumin and stir for about 30 seconds. Add the mustard seeds and wait until they start popping.
- Add onions and stir until they turn translucent, about 4 minutes. Add the coriander and the chick peas and stir for a minute.
- Add *garam masala* and the salt and continue stirring the chick-peas under medium heat for 5-7 minutes without covering.
- If the chick-peas get too dry, add 1/4 cup of water.

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**SPICY**  
**STEAMED**  
**BROCCOLI**

---

I have munched through many stalks of steamed broccoli in my time, trying not think about the blandness. I was delighted when Lisa Dent introduced me to this recipe that jazzes up the easiest vegetable to cook. Serves 4.

Two large clumps of broccoli  
chopped into bite sized pieces  
2 tbsps soy sauce

2 tbsps hot sesame oil  
2 tbsps lemon juice  
1/2 tsp sesame seeds

- Steam the broccoli in a vegetable steamer for 2-3 minutes. For the neophyte, this is not the same as broiling. (If you do not have a steamer, use the Skef Wholey method - put 1/2 a cup of water in the deep pan. Cover the top with aluminum foil, leaving a lot of slack so that the foil form a bowl under the rim of the pan. Poke holes in the foil with a fork, carefully. Put the broccoli on the foil and cover).
- Put the broccoli in a dish and mix well with all the other ingredients. Serve.

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**MASALENDAR  
SEM**
**Spicy Green  
Beans**


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This recipe is adapted from one by Madhur Jaffrey. I like to serve the beans a little crunchier than you would find in an Indian home so I don't cook them as much at the end. Goes well with rice and a meat or chicken that has been prepared simply. Serves 6.

1 1/2 lb green beans.

2 inches fresh ginger, peeled and  
chopped coarsely.

10 cloves garlic peeled

1/2 cup chopped onions

1 cup water

4 tbsps vegetable oil

3 tps whole cumin seeds

2 tps ground coriander seeds

2 medium tomatoes, peeled and fine-  
ly chopped

1 tsp salt

1/2 tsp cayenne

Freshly ground pepper

3 tbsps lemon juice

- Trim the ends of the beans and then cut in half crosswise.
- Put ginger, garlic and onion into a food processor and add 1/2 cup water. Blend until fairly smooth.
- Heat the oil in a wide, heavy saucepan over a medium flame. When hot, put in the cumin seeds. Stir for half a minute.
- Pour in the ginger-garlic paste. Stir and cook for about two minutes. Put in the coriander and stir a few times.
- Put in the chopped tomatoes. Stir and cook for 2 minutes, mashing the tomato pieces with the back of a slotted spoon.
- Put in the beans and salt and one cup of water. Bring to simmer.
- Cover, turn heat to low and cook for 8-10 minutes or until the beans are tender enough.
- Remove the cover. Add the lemon juice and lots of freshly ground pepper.
- Turn up the heat and boil away the remaining liquid, stirring the beans gently as you do so.

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**JUNGLE  
CURRY**
**Curried  
Green  
Beans**


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This Thai recipe is modified from one by Carol Miller-Tutzauer. It will require a trip to an Asian store to obtain the curry paste (Mae Ploy and Tommy Tang are good brands) and the bamboo shoots. Serves 5-6.

1 lb fresh green beans

1 large onion, sliced finely

2 tbsp Thai curry paste

4 tbsp vegetable oil

1 1/2 cup shredded bamboo shoots  
(matchstick-like pieces; available  
canned.)

6 cups chicken broth

- Cut beans into half, trimming the ends. Heat oil in a dutch oven (or equivalent size vessel).
- Add the onions and stir for a minute. Add curry paste and stir until fragrant, for one more minute.
- Add broth, green beans, bamboo shoots. Bring to a rapid boil and cook for about 15-20 minutes (watching that liquid doesn't reduce too much; add water as necessary).
- Reduce heat to a hard simmer and continue cooking until green beans are done and have absorbed the flavor of the curry broth.
- Serve in bowls over rice.

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**VEGETABLE  
CURRY**

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This is a wonderfully healthy and colorful dish. Takes about 45 minutes to prepare. Original recipe from the New York Times. Serves 4-6.

2 tsp vegetable oil	2 large onions thinly sliced
1 tbsp ground cumin	1 large green pepper, thinly sliced
1 tsp turmeric	1/2 small head cauliflower broken into small florets
1 tsp ground coriander	2 1/2 lbs. tiny new potatoes, scrubbed not peeled
1/4 tsp cayenne pepper	1 medium sized zucchini, thinly sliced
1 tbsp coarsely ground ginger	2 medium tomatoes
2 green chillies cut length-wise	1 16 oz. can chick-peas, thoroughly rinsed and drained
2 cloves garlic, minced	1/2 cup frozen corn niblets
3/4 cup vegetable broth	
2 medium carrots, peeled & thinly sliced	

- Boil potatoes in water to cover for 20 minutes until potatoes are tender.
- Heat the oil in large nonstick skillet; stir in cumin, turmeric, coriander and cayenne. Stir about 30 seconds to release oils. Add ginger and garlic and stir for another minute.
- Add carrots, green pepper, onions, and cauliflower. Cover pan and simmer for 20 minutes.
- Add zucchini, tomatoes and remaining broth to vegetable mixture. Cover pan and simmer until zucchini and tomatoes are almost tender.
- Stir in the chick-peas and corn. Cook long enough to heat through.
- When potatoes are cooked, drain and cut into halves or quarters. Spoon curried vegetables over the potatoes.
- To add chicken or shrimp as a condiment, cook separately (3 oz. per serving) and add with the zucchini and tomatoes.

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**SOOKHE  
ALOO**

This is a quick and easy recipe. I have used this when more people showed up than I was prepared for.

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**Dry  
Potatoes**

4 medium potatoes  
1 tsp salt  
1/4 tsp cayenne  
1 tsp cumin seeds

2 tsp mango powder  
4 tbsps oil  
1/2 tsp *garam masala*

- Boil potatoes until they are tender.
- Peel and cut into 1/2" slices.
- Heat oil until it is very hot, and add cumin and mustard seeds. Stir for 15 seconds.
- Add potatoes and fry until they are golden brown. Add the remaining ingredients and stir for 2-3 min. more. Remove from oil with a slotted spoon.

NOTE: If you use enough oil the potatoes will not need to be stirred often, and thus will keep from breaking them up.

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**PAHADI  
ALOO**

This recipe comes from Tarla Dalal's book *Indian Vegetarian Cookery*. It has always been a hit at our dinners. *Nigella* seeds can be bought at an Indian grocery. Serves 6.

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**Spicy  
Creamy  
Potatoes**

3 tbsp vegetable oil  
1 tsp cumin seeds  
2 cinnamon sticks  
2 cloves  
2 1/4 lb. potatoes, washed and sliced.  
1/4 pint plain yogurt  
4 oz. milk  
1 large tomato, peeled and chopped  
4 oz. water  
1 tbsp cream (optional)

**PASTE**  
2 tsp oil  
1 large onion peeled & sliced  
2 tbsp grated coconut  
1 tsp anise seeds  
1 inch fresh ginger  
4 red dried chillies  
6 cloves garlic  
1/2 tsp black peppercorns  
1/2 tsp *nigella* seeds (optional)

- To make the paste heat the oil in a frying pan and fry all the ingredients for 2-3 minutes. Put into a blender and blend to a smooth paste with 2 tbsp water.
- Heat the vegetable oil in a large pan and fry the cumin seeds until they splutter.
- Add the cinnamon and cloves and fry for 30 seconds more.
- Add the potatoes and season with salt.
- Cover and cook on low heat until the potatoes are soft, about 20 minutes.
- Mix the yogurt, milk, paste and tomato with the water in a separate bowl.
- Add to the vegetables and cook for 1 minute. Add cream and serve at once.

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**AUR  
SOOKHE  
ALOO**

This is my mother's recipe for dry potatoes. The variation here is to use fresh tomatoes. Serves 2-3.

**Mom's  
Dry  
Potatoes**


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3 large potatoes  
2 tbsps oil  
1/4 tsp cayenne  
1 tsp cumin seeds  
1/4 tsp *garam masala*

1/4 tsp ground coriander  
1 tomato  
2 tbsps yogurt  
1/2 tsp salt  
garnish of fresh coriander and  
green chiles (optional)

- Chop the tomato finely and set aside. Whip the yogurt with 2 tbsps water and keep separate.
  - Boil potatoes until tender. Peel and cut into bite sized pieces.
  - Put oil in heavy pan and heat. When the oil is hot, put in cumin seeds, coriander, cayenne, salt and stir for 2 minutes.
  - Put in the tomatoes and stir for a minute. Put in the potatoes and stir.
  - Add the yogurt and *garam masala*; mix well on medium heat for a couple of minutes.
  - Garnish with fresh coriander and chopped green chiles.
- 

**PANEER**

*Paneer* is used much the same way as tofu is. It can be shaped and flavored in many different ways.

**Indian  
Cottage  
Cheese**


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1 1/2 pints whole milk  
1/2 tsp white vinegar or lemon juice

- Heat milk and stir constantly to prevent skin from forming on the top.
  - Remove from fire when it boils and add the vinegar/lemon juice slowly.
  - Strain through a muslin cloth or a double layer of cheese cloth and squeeze out the whey (liquid).
  - Hang to drip dry for 2 or 3 hours (or overnight). Then lay out the cheese in a rectangle in a tray and place a weight (the more the better, but at least 10 lbs.) on it for 3/4 hour.
  - Cut it into 1 inch cubes.
- 

**MATTAR  
PANEER**

This is a simple recipe if *paneer* is available. Serves 4.

**Curried  
Peas &  
Cottage  
Cheese**


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1 lb *paneer*  
2 onions, chopped  
4 cloves garlic, chopped finely  
1 inch cube ginger  
1/2 tsp salt  
2 cups water

2 tomatoes  
10 oz. frozen peas  
1/4 tsp turmeric  
1/2 tsp *garam masala*  
4 tbsp oil for frying  
oil for deep frying

- Cut *paneer* in 1 inch cubes and deep fry.
  - Heat 3 tbsps of oil in a skillet. Add ginger and garlic when the oil is hot and fry for 2 mins. Add onions and stir until the onions turn translucent.
  - Add tomatoes, salt, turmeric and the remaining oil and stir for a couple of minutes.
  - Add peas and *paneer* and water and bring to boil. Reduce heat and simmer to reduce the water by half.
  - Sprinkle *garam masala* and serve.
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**MIRZA  
GHASSEMI**

A cousin of *baba ganooz*, this is another persian dish that is very popular in Iran. Recipe from *Persian Cooking: A Table of Exotic Delights*. Serves 6.

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**Persian  
Eggplant  
Casserole**


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<b>2 medium eggplants</b>	<b>1/2 tsp salt</b>
<b>2 medium onions, chopped</b>	<b>1/4 tsp pepper</b>
<b>8 cloves garlic, grated</b>	<b>1 tomato</b>
<b>1/4 cup butter or shortening</b>	<b>4 eggs</b>
<b>1 tsp turmeric</b>	

- Roast the eggplants over a charcoal grill until brown. Or roast them in a 400 degree F oven until brown on the outside and soft on the inside (test with a fork).
- Cool and peel. Mash the pulp. Saute the onions and garlic in the butter or shortening until golden brown.
- Stir in the turmeric. Add the eggplant pulp and saute briefly, stirring well. Add the salt and pepper.
- Drop the tomato briefly into hot water to loosen its skin, and then peel.
- Chop it into small pieces, and stir them into the eggplant. Cook over a low heat for 5 minutes.
- Beat the eggs and pour them over the eggplant. When the eggs start to solidify, stir briefly, and serve.

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**ALOO  
MATTAR**

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**Creamy  
Peas &  
Potatoes**

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This recipe is from Mahadevan Ramesh. It was so well written that I decided to leave it as is and have not converted it into my standard format. It is probably a good idea to read the recipe through before you start... you'll soon see what I mean.

[...] I will give you an algorithm to make your very own pot of *aloo mattar*, with a slight variation on the main recipe. For those of you who reckon Indian dishes in western terminologies, this is the same as Curried Potatoes and Peas in a creamy sauce with tomatoes and fresh coriander. It may sound a little odd for a South Indian to give the recipe for a typically North Indian dish - sort of like males trying to sing *Meera Bhajans*. But let the finger-licking results speak for themselves.

Let us start with chopping about five medium sized onions. My grandmother always told me that you can tell a lot about a person by the way he or she chopped onions. I mean there are those machisimos who shed no tears while chopping them by the dozens, the impressionists-cubists who refine it to an art-form and the messy ones. Hold the onion by their non-bushy end, chop the hairy cap off. Oops, you should have kept your finger slightly away from the knife. It is always easy to peel off the skin once the onion is cut into two halves. Make those longitudinal incisions first and then while holding the onion firmly and gently, make perpendicular cuts. Make sure the pieces are finely chopped. Then chop about two tablespoons of fresh ginger and about five cloves of garlic. Chop fresh coriander and set aside a third of it for later garnishing. Don't forget the tomatoes. Take about three of them and chop them finely.

It is potato time now. Nothing seems so commonplace and lowly like the potatoes. It may come as a surprise to you, but in the ancient times, potatoes were considered to be aphrodisiacs in India and were cultivated everywhere.

Well, chop about five potatoes to bite size pieces. Saute them in medium heat in oil or margarine or a little butter, turning them every once in a while. Set aside when they are browned. Indian cooking is always done at low to medium heat and you take all the time in the world about it.

One wrong move, you would have already made a gravy error of gastronomical proportions. Self, for example, is a slow cooker, not a 'pressure' cooker.

Now heat some oil in a pot and when slightly heated, add a teaspoon of *jeera*. (and don't pronounce it as 'kyoomin', it is 'cumin') When the seeds crackle, add the onions and fry in medium heat until they almost become brown (about five minutes) add the tomatoes and fry for a while (about ten to twenty minutes) until the whole thing becomes one solid glob with oil separating out on the sides. When it is almost on the verge of getting burnt, add ginger-garlic, coriander. Don't forget to keep stirring. Add also ten cloves, about six cardamoms (or one black *elaichi*) two teaspoons of coriander powder and about three (broken) two-inch sticks of cinnamon and cook for additional two minutes. Once all this is fried, set aside and let it cool a while.

Then blend this mix in a blender, in two installments if necessary, to a coarse, but homogeneous pulp, with an 8 oz. of whipping cream. (you can find this in the dairy section) For a change, you can add ten almonds while blending. Then return the blent glob to the pot. Heat it to medium low, add water, 6 oz. of tomato paste, about a teaspoon and a half of chili powder, salt to taste and stir it to homogenize. Add water to make your gravy watery or thick. Add the potatoes and also a cup of thawed frozen peas. Cover the top and let it cook and stir every once in a while, with tender loving care. Don't stand too close to the pot, my dear, or you will get those little red spots splattered all over your white shirt. You will see that the gravy changes color from a dull rose to an appetizing brown. When you think it has cooked enough, take it off and let it cool. Check for spicyness. Since this has a lot of cream and tomato paste, it may taste a little weak for some bold people. In that case, add some more



spices and let it cook some more. Garnish with chopped coriander.

This is also a generic gravy to which you can add other things and make other dishes. Instead of potatoes, you can add bite-sized chicken pieces shallow-fried in butter. Or, you can bake ricotta cheese in a cookie tray at 250 degrees for a half an hour and cut it into small *paneer* cubes and fry them in butter and make *mattar paneer*.

See, it is simple.

And friends, like most Indian dishes, *Aloo Mattar* too tastes better the next day, after a little fermentation. Reheat it slowly, since the dish would have become quite solid after sitting in the fridge overnight. And as always, remember to share it with your friends. Enjoy!

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### SPICY TOFU- VEGGIE MEDLEY

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This recipe has been heavily inspired by a couple of recipes from the Moosewood repertoire. We cook this often. The trick to cooking tofu is that the end result shouldn't taste like tofu. Or at least not like the images tofu conjures up to the uninitiated. This recipe calls for *sambal olek*, an Indonesian chili paste available at oriental stores. Be careful with this stuff- it is liquid fire. Serves 4-5.

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1 large cake of firm tofu  
1/4 cup vegetable oil  
2 cups thinly sliced onions  
2 cups chopped carrots  
2 cups chopped red bell peppers or mushrooms  
1/2 head of cabbage, thinly sliced  
2 tbsps cornstarch dissolved in 2 tbsps cold water

Sauce  
1/4 cup soy sauce  
1/4 dry sherry or cooking wine  
2 tbsps vinegar  
1 1/2 tbsps of grated ginger  
1 cup water  
1 tbsp hot sesame oil  
3 cloves garlic, crushed  
1 tbsp of chili paste

- Whisk together the sauce ingredients and set aside.
- Cut the tofu into 1 inch cubes and marinate in the sauce for 20 minutes.
- Heat the oil in a wok or large skillet on medium heat. Drain the tofu and saute in the oil for 2 minutes. Remove tofu and set aside.
- Add onions and saute for 3 to 4 minutes, stirring often.
- Add the carrots and cook for 2-3 minutes. Add the bell peppers or mushrooms and stir thoroughly. Add the cabbage and saute for another 3 minutes.
- Pour in the sauce and the tofu, taking care not to break the tofu. Lower the heat, cover and simmer until the tofu is thoroughly cooked.
- Finally, add the dissolved cornstarch and simmer until the sauce thickens.

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**STIR FRY  
INDIENNE****Stir Fried  
Vegetables**

---

At our house, I have developed a reputation for stir fried vegetables. Sure there were some compliments, but I have a secret theory that Sonia just lets me cook this because she doesn't like to chop the vegetables. This recipe is in the style I like best-- french/Indian. The vegetables are crunchier than you would ever find on an Indian dinner table but spices are familiarly Indian. You can use frozen vegetables, but I very much recommend that they be fresh. Serves 4.

1/2 lb. green beans trimmed and  
halved  
1 cup mushrooms sliced  
1 large onion sliced  
1 large red bell pepper  
1 tbsp toor dal (optional)  
1 tbsp chana dal (optional)  
1 tsp cumin  
1 tsp mustard seeds

1/2 tsp cayenne pepper  
1 tsp coconut powder (or grated)  
1/4 cup unsalted peanuts  
5 tbsp vegetable oil  
1/2 cup cooking wine/ cooking sherry  
3/4 cup water  
1 tsp cornstarch  
salt to taste

- On medium heat, put the oil in a large skillet or wok. When the oil is hot, add the *toor dal*, *chana dal*, cumin, cayenne and the mustard seeds. Stir until the mustard seeds begin to pop.
- Add the onions and stir 2 minutes. Add the green beans and stir to coat the beans with oil. After a minute, add the bell pepper and stir for another minute to mix well. Add mushrooms and stir the mixture for 3 minutes.
- Add the cooking wine and 1/2 cup water. Simmer, covered for 5-7 minutes
- Dissolve the cornstarch in 1/4 cup water and add.
- Sprinkle with coconut powder and salt. Mix well.
- Garnish with peanuts and serve.

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**SABZ- E-  
KADHI****Vegetables  
in  
Chickpea-  
flour sauce**

---

This recipe is properly attributed to my wife, Sonia, who in the tradition of finding quick shortcuts, has adapted a standard Indian recipe. I have watched her make this many times in 15 minutes flat, and the last time she did, I wrote it down. Two notes: Feel free to use any frozen vegetables like beans, carrots, peas, but avoid broccoli, and mushrooms because they cook too quickly. Secondly, this recipe requires *basen*, a flour made of chick peas. You can find this only at Indian grocery stores. Makes 4 servings.

1/2 cup *basen*  
1 3/4 cups of water  
1 medium onion chopped  
1 cup yogurt  
1 tbsp cumin seeds

1 tsp mustard seeds  
2 tbsp vegetable oil  
1/4 tsp tumeric  
1/2 tsp cayenne pepper  
1 tsp coriander powder  
1/2 lb. frozen vegetables

- Mix the *basen* and water and stir until the mixture is smooth. Set aside.
- Heat the oil in a medium skillet and add mustard seeds and the cumin seeds. When the mustard seeds begin to pop, add the onions and saute for a minute.
- Add turmeric, cayenne and coriander and stir for a minute.
- Add the *basen* and water mixture and the yogurt.
- Add the vegetables and simmer for 5 minutes, stirring occasionally. Serve over rice.

**BHINDI**

Indians really overcook okra. The result is quite tasty if you like fried foods. I was looking for a healthier way of cooking okra and came up with this one. Serves 4-5.

**Stir-fried  
Okra**


---

1 lb. okra  
2 small tomatoes  
1 tsp salt  
4 tbsps vegetable oil  
2 medium onions

1/4 tsp turmeric  
1/2 tsp *garam masala*  
1/2 tsp crushed red pepper  
1 tsp mango powder (optional)

- Wash the okra and dry thoroughly. Cut off the heads and cut the okra into pieces 1/2 inch long.
- Chop the onions and tomatoes separately.
- Saute the onions for 5 minutes on medium heat in the oil.
- Add the okra and turmeric and continue to saute for another 5 minutes.
- Add tomatoes and continue to saute for 3 minutes.
- Add the salt and the rest of the spices, turn down the heat, cover and cook for 10 minutes until the okra is soft.

**BANDHAKO  
PIR DALNA**


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From Meenakshie Dasgupta's book *Bengali Cooking*. The recipe comes via Shyamala Parameswaran. Serves 4 to 6.

**Bengali  
Cabbage  
Curry**


---

1 lb cabbage, sliced finely  
2 potatoes, cut in small cubes  
2 tbsp oil  
1 tbsp turmeric  
1 1/4 to 2 t green chili paste  
1 tbsp ground cumin  
1 tsp ground coriander

1 inch ginger grated  
1 tbsp butter  
2 bay leaves  
1/2 tsp *garam masala*  
salt and sugar to taste  
chopped cilantro for garnish  
(optional)

- Fry cubed potatoes in hot oil in a wok until lightly browned. Remove from oil and keep aside.
- To the hot oil add cabbage. Sprinkle with salt. Stir and cover. Simmer for 5 minutes. Remove cover.
- Add the turmeric, chili paste, cumin, coriander and ginger. Stir and fry until the spices are well blended with the cabbage. The cabbage should be nearly cooked at this stage.
- Add 1/2 cup water and add potatoes. Adjust salt and add sugar to taste.
- Simmer over medium heat until potatoes are cooked and there is practically no gravy in the pan.
- In a frying pan, heat butter. Add the bay leaves and *garam masala*. Stir fry a couple of minutes and pour over *bandhakopir dalna*. Stir the cabbage and remove from heat.
- Garnish with chopped cilantro.

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**EGGPLANT  
ALMOND  
ENCHILADAS**

---

A Moosewood recipe, this is a recent favorite at our dinner coop thanks to Richard King. Sonia and I have attempted to make it a little healthier by minimizing the frying. Its time consuming to put together, but the results are definitely worth it. You won't believe you are eating eggplant! Don't leave out the almonds. They are absolutely vital. We usually make a double batch and freeze one batch in tupperware containers to take for lunch. Makes 6 servings of 2 enchiladas each.

12 tortillas  
6 cups cubed eggplant (approx two medium sized ones) into 1/2 in. pieces  
1 cup chopped onions  
2 medium cloves crushed garlic  
1 chopped green pepper  
1 chopped red pepper  
1 1/2 tsp salt  
black pepper to taste  
1 cup grated Monterrey Jack or Brick cheese  
1 cup toasted almonds  
6-8 tsp vegetable oil for tortillas  
3 tbsp olive oil for vegetables

sauce  
1 cup chopped onion  
1 cloves crushed garlic  
3 cups chopped tomatoes  
1 cup water  
1 tsp salt  
1 tsp cumin  
1/2 tsp ground coriander  
2 tsp dry red wine or cooking wine  
1/2 tsp cayenne  
1/4 tsp black pepper  
1/2 tsp chili powder  
1 tbsp tomato paste  
2 tbsp olive oil

- Begin a batch of hot sauce an hour or two before you start the enchiladas. The enchiladas will take about an hour minutes once you start with the tortillas. Pre-heat oven to 350 degrees.

Sauce

- Saute onions and garlic in olive oil with 1/2 tsp salt until the onion is clear. Add spices.
- Transfer to saucepan and add tomatoes, water, tomato paste and wine. Cover and simmer for 30 minutes at least— the longer the better.

Tortillas

- In a large skillet, begin sauteing onions and garlic. Add salt. Cook, stirring occasionally, over medium hear for about five minutes.
- Add the eggplant. Mix. Cover and cook for about ten minutes or until eggplant is soft.
- Add peppers, almonds and black pepper. Cook another five minutes, stirring frequently. Remove from heat and add cheese. Mix.
- Heat a heavy skillet till it is very hot. Put in a tablespoon of oil and spread it around the skillet. Put one of the tortillas on the skillet and move it around to get it warm and also a little greasy (15 seconds). (Without this the tortillas will stick to the bottom of the pan while baking.) Flip sides and repeat. Lay on paper towel and repeat for all tortillas. Keeping adding a tsp of oil whenever the skillet gets dry.
- Fill each tortilla with 1/2 cup of filling on one side and roll it up. Place the filled tortillas in a baking pan, packing them close to each other and pour the hot sauce over the top.
- Heat in a 350 degree oven for about 20 minutes.

## Lentils

*Lentils are a staple in most Indian households. They are surprisingly easy to make and the sort of your mom feels good that you are eating, provided she is Indian. When I was a kid, I could never keep the names of the lentils straight, so I would call them by color. and the dominant flavor - "kali" for "mah" dal (black lentils), "peeli khutti" for "toor" dal and so on. In general, there are three forms dals can come in: unhulled (sabut)- these lentils are hard and take a long time to cook; split- the outer shell of the lentil has been broken open (not common in Indian cooking); hulled (dhulli)- the outer shell has been removed completely and cook very easily. If you are going to cook lentils you will do well to invest in a pressure cooker. It will generally halve the cooking time.*

*Here is a short guide:*

<i>rajma</i>	Red Kidney Beans. These take a while to cook.
<i>urad</i> (also <i>mah</i> )	Black colored. The lentils are look like capsules. This <i>dal</i> takes a lot longer to cook than most other <i>dals</i> .
<i>masur</i>	Pink colored thin disks. Cooks very easily.
<i>moong</i>	Green colored capsules. Sometimes used after it has been sprouted.
<i>toor</i>	Hard yellow disks. Used in <i>sambhar</i> .
<i>channa</i>	Also hard yellow disks- larger than toor dal.

### *sambhar (I)*

This is a very common soupy dish from the south part of India. It is eaten with plain cooked rice, rice cakes or thin pancakes called *dosas*. The following is a simple recipe. Serves 6.

1 cup <i>toor dal</i>	3 dried red chillies
1 tsp tamarind concentrate	1/4 cup grated coconut
2 tsp salt	1 tsp mustard seeds
1/4 tsp turmeric	1 green chilli chopped
2 tsp <i>channa dal</i>	1 onion chopped
3 tsp coriander seeds	1 chopped tomato
1/4 tsp asafoetida - optional	

- Boil the *toor dal* with 3 cups of water.
- Fry the *channa dal*, coriander seeds, hing, red chillies for a few minutes and then fry it with grated coconut.
- Grind the above mixture with water in blender or food processor.
- Fry the green chilli in oil for a few minutes
- Boil the tamarind paste, water, salt, turmeric, tomato and vegetables. Cook for about 5 minutes.
- Add boiled *dal* and bring it to a boil.
- In the meanwhile fry mustard seeds & onion.
- Add the above ingredient leaves to the mixture and cook on low heat for 15 minutes.

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*sambhar(II)*

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This recipe is also from Mahadevan Ramesh. Once again, I have chosen to leave it in his characteristic style. If nothing else, it provides amusing reading while the potatoes are boiling!

In Pittsburgh, there exist two schools of *sambhar* making, M. Rao school and Nattu's (the gentlemen in question are graduate students here) - both recipes produce wonderful end products and their *sambhars* really ought to be bottled and sold. Over the months, I have evolved my own recipe for onion *sambhar*, borrowing ideas from these stalwarts. Let me share it with you all.

(1) Take a cup of *toor dal*, add about two and a half cups of water, half a spoon of turmeric (*haldi*) and about a tablespoon of oil, mix well and pressure cook for about 4 minutes; if you don't have a pressure cooker, cook covered in low medium heat, until the *dal* is cooked well [probably about 30-45 minutes. SS] Set aside.

(2) You can use either the usual onions or small (pearl) onions. Small onions are available frozen in grocery stores. Thaw them well in advance. If you can't find small onions, then slice about six or seven usual onions into long strips. Fry the onions in oil in medium high heat (the idea is to brown them without letting them disintegrate) and when they are fried, add water to cover about a third of the dutch oven. Add about a table spoon of tamarind concentrate and about 4 oz. of tomato paste. (Tomato paste is available in 6 oz. cans, if you want your *sambhar* more tangy, you can add the full can. You can experiment with the amount of tamarind also) Let it boil in medium heat.

(3) Grate about 1/3 of a full coconut. If

you can't grate, scoop out about 1/3 of a full coconut and cut into tiny pieces. Take another pan, fry about two tablespoons of channa *dal*, four tablespoons of black gram (*urad dal*, four tablespoons of coriander (*dhania*) seeds, about half a teaspoon of fenugreek (*methi*) and slowly fry them in medium low heat. When fried enough to a pleasant smelling brown, add about 6 to 10 dry red chillies, depending on how wimpy you are. Then finally add the coconut pieces and fry for an extra minute or two.

(4) Grind the above ingredients to a fine paste in a blender with water and add to the boiling tamarind water. Let it boil for a few minutes. Mash the *dal* (using a blender or using brute force) and add to the boiling liquid. Add salt to taste. Let it simmer in slow medium heat for fifteen minutes.

(5) Here comes the fun part. Crackle mustard seeds in butter. When the seeds crackle, throw in some curry leaves (well washed and dried) and fry for a few seconds and add to *sambhar*. You can even add some cilantro to the *sambhar*.

(6) Let your roommate wash all the dishes, especially the blender and the cooker.

If it doesn't get consumed all in one session, this *sambhar* tastes even better the next day. To realize the full potential of this *sambhar*, you must force someone to make stuff like idlis and dosas to go along. Bon appetit!

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**DOSAI****FERMENTED  
LENTIL  
CREPES**

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As a north Indian, I have the relationship with south Indian food that most Americans do with Chinese food— I love eating it but have no idea what is involved in the production. Few recipes have remained as much of a mystery to me as the ordinary *Dosai*. Until recently, each of my attempts has had disastrous results. Thanks to Radhika Thekkath, I finally have a decent recipe. Note that *dosais* are not made at the spur of the moment— you will need to start at least the day before. This recipe will make enough batter for 15 to 18 *dosais* which you can store in the fridge for up to a week.

**3 cups of long grain rice**  
**1 cup of hulled urad dal (the seeds are**  
**pale white)**  
**salt to taste (about 2 tsp)**

- Soak the rice and the dal separately, for about 5-8 hours. Grind the rice using a blender or food processor in batches with sufficient water until it is a smooth paste. Start with a small amount of water and add until the paste is thin enough to flow smoothly.
- Now grind the dal in two batches. The dal needs to be ground while slowly adding more water from the top of the blender. When ground, the dal has the tendency to fluff up, this tendency must be encouraged by adding only a little water at a time while stirring and continuing to grind. The dal should double in quantity after grinding, while the quantity of rice would have remained unchanged.) Now mix both the pastes with the salt in a dish that is at least a third bigger in size, allowing space for the dough to rise.
- Leave for about 8 hours in a dark warm place like an oven that has been heated to 200 degrees and turned off.
- Use a heavy cast-iron griddle (a flat non-stick pan will do). Heat the griddle/pan until a few drops of water dropped on the surface sizzles. Take a deep ladle full of dough and drop the dough in the middle of the pan, quickly swirl the dough away from the middle until it is spread evenly in a circle around the pan. You must do this quickly because once the dough cooks, it is difficult to spread. Take a teaspoon full of oil and spread it around the edge of the *dosai*. Wait a minute or so, until you see the edges browning and insert a flat ladle that has sharp edges under and all around the *dosai*, until it is released completely.
- After releasing the *dosai*, flip it around on the other side and put another teaspoon of oil around the edges. Wait a minute or two until it is cooked and remove from the pan.
- Before making the next one, use a small piece of paper kitchen towel and rub any excess oil off the pan.
- Dosas can be stuffed with a spicy potato stuffing or eaten plain with coconut chutney and *sambhar*.

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**RAJMA****Curried  
Kidney  
Beans**

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This recipe has been a favorite of my entire family ever since me, my brother and sister were very little. Until today, no saturday afternoon is complete without a meal that is comprised of *rajma*, rice and cucumber *raita*. I am including instructions for 2 variations- dried vs. canned beans. I don't recommend using dried beans unless you have a pressure cooker. Serves 6.

2 cups of dried kidney beans or  
canned kidney beans (40 oz.)  
1/2 tsp turmeric  
1/4 cup vegetable oil  
2 tsp grated ginger  
1tsp crushed garlic

1 tbsp salt  
1 cup chopped onion  
1/2 tsp *garam masala*  
4 medium tomatoes, peeled and  
chopped or 15 oz. can tomato  
puree

- Puree the onion in a blender for best results. Otherwise, make sure the onions are chopped very finely

**Canned Beans**

- If you start with canned beans, rinse the beans in cold water and set them aside in 4 cups of water and go to the section marked "continue here"

**Dried Beans**

- If you start with the dried kidney beans, wash the beans thoroughly and drain. Soak for 2-3 hours if possible.
- If you are using a pressure cooker, add six cups of water to the beans and cook for 30 minutes. Reduce heat to simmer after the first whistle and cook until the second whistle. Remove from heat and let the pressure subside on its own, without removing the weight for 5 minutes. Remove weight, and open the pressure cooker. Set beans aside. Do not drain the liquid.
- If you are not using a pressure cooker, bring the beans to boil in 3 quarts of water. Boil for 10 minutes on high, then cover and simmer for 1 to 1.5 hours, until the beans are tender.

**Continue Here**

- Heat the oil in a skillet and put in the cumin seeds, garlic and ginger. Stir and fry until the garlic turns light brown. Add the onion and saute for 6-7 minutes over a medium flame until the onions get lightly brown.
- Add the tomatoes, turmeric and salt and saute for 2-3 minutes.
- Pour contents of the skillet into a pot. Add beans and water.
- Simmer for 10-12 minutes until the liquid thickens, stirring occasionally.
- Add *garam masala* and stir well.



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**MASUR  
DAL**

This is the standard *dal* recipe. You can go from standing in front of your kitchen cabinets to having a steaming pot of *dal* in fifteen minutes if you have a pressure cooker. I usually start the *dal* going while I wash the dishes, which have inevitably piled up. Serves 4-5.

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**Curried  
Red Lentils**

1 cup <i>masur dal</i> (red lentils)	1/4 tsp turmeric
3 1/2 cups water	2 cloves garlic
1 small onion thinly sliced	1 small onion
1 inch ginger	1 tsp cumin seed
2 tbsps vegetable oil	1/2 tsp salt

- Wash the *dal* well and drain.
- If you are using a pressure cooker, put the *dal*, salt, water, turmeric, ginger, and garlic in the cooker and cook until the second whistle. Remove pressure.
- If you are not using a pressure cooker, boil the water and add the *dal*, salt, turmeric, ginger, and garlic. Cover the pot and simmer for 30 mins.
- While the *dal* cooks, heat the oil in a skillet and add the cumin. Fry until golden brown and add onions. Stir until onions start to brown.
- When the *dal* is done, pour the contents of the skillet into the *dal* and heat on low heat, until the *dal* thickens.

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**KALI DAL  
(MAH KI  
DAL)**

This is also a very common dish in north Indian households. This *dal* is tougher than the dals mentioned above and it tastes best after it has been simmering for a couple of hours. Buy a pressure cooker or test your patience if you want to make this dish. Serves 4-5.

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**Curried  
Black  
Lentils**

1 cup <i>mah dal</i> (black lentils)	1 tsp <i>garam masala</i>
6 cups water	1 tsp cumin seeds
1 fresh green chili chopped (or substitute with 1/2 tsp cayenne)	1 tsp salt
3 tbsps vegetable oil	1 tsp black pepper
1 inch ginger, peeled and chopped into tiny pieces	2 tsp heavy cream (optional)
2 tsp coriander powder	cilantro leaves to garnish

- Wash the *dal* in several changes of water. Drain and add the water.
- Add salt, coriander powder and half of the ginger; cook on low heat for 2 - 3 hours or pressure cook for 30 mins.
- Meanwhile, heat the oil, add remaining ginger, chili, and fry until golden brown. Add the cumin and pepper and stir.
- Pour the above mixture into the *dal* and simmer for at least another 30 minutes.
- Add heavy cream and simmer until the lentils are thoroughly soft.
- Garnish with cilantro leaves before serving.

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**TOFU IN  
BLACK  
BEAN  
SAUCE**

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This recipe comes from Eileen Kupstas who says that this is the dish for people who want to hide tofu in their dishes. This recipe calls for deep fried tofu which you can make yourself or buy from an oriental store. The black bean sauce and fermented black beans can also be found at most oriental stores. Serves 3-4.

2 blocks firm fried tofu, in 3/4 inch cubes  
3 cloves garlic, minced  
2 quarter-sized pieces of ginger, minced  
2 tbsp oil  
2 or 3 green onions, chopped (green and white parts)

1 tsp fermented black beans, rinsed briefly in water to remove some of the salt, then coarsely chopped.  
1 tbsp black bean sauce  
1 cup vegetable stock or water  
1 tbsp sesame oil

- Heat oil in large skillet or wok. Add the ginger and garlic; saute for about 20 seconds until the aroma “explodes”.
- Add the black beans and the green onion and saute for about 10 seconds.
- Stir in the black bean paste and vegetable stock; mix well. Add the tofu cubes.
- Turn the heat down to maintain a strong simmer; cover and let cook about 20 minutes.
- Add the sesame oil and give a brief stir.
- Serve over rice.

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## ***Rice***

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*Basmati rice grown in India has to be some of the world's best rice. It is long grained and when cooked is very pleasantly aromatic. I generally use the heuristic of 1/3 cup of uncooked rice per person when I am cooking rice as a side dish*

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### **NOT-SO-PLAIN-RICE**

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This is the basic rice-on-the-stove recipe. Add the optional ingredients and it becomes not-so-plain. Serves 3.

1 cup basmati rice  
1 tbsp vegetable oil  
1/2 tsp salt  
1 1/2 cups water

optional  
2 cloves  
2 pods cardamom  
1 bayleaf  
1 medium onion, sliced

- Wash the rice in several changes of water and leave to soak in water for 30 minutes to an hour. Drain the rice well.
- On a medium stove setting, heat the oil in a heavy pan or pot. If you are not using the optional ingredients, skip to the next step. Add the cloves, broken cardamom pods, and bay leaf and fry for a minute. Add the sliced onions and fry until the onions start to turn translucent. (4-5 mins).
- Add the rice and stir for 2 to 3 minutes. Try to coat as much of the rice in the oil as possible.
- Add the water and salt and cover. Lower heat to low and cook for 25-30 minutes.

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### **NUKED RICE**

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Turns out that since I discovered I could cook edible rice in the microwave, this recipe has been getting a lot of use. Makes 6 six servings, good enough for a couple of days in the fridge.

2 cups basmati rice  
1 tsp cumin seeds  
1 tsp coriander powder

1/2 tsp salt  
3 3/4 cups of water

- Wash the rice in several changes of water. Drain. Put the rice in a microwave safe dish and add the water.
- Cook the rice in the microwave on high for 10 minutes without a cover.
- Add the rest of the ingredients and stir. Cook for another 6-8 minutes, until the water has evaporated.

## SABZI PULLAO

### Vegetable Pilaf

This recipe can be served with most meat, chicken or fish dishes. you can make this dish with either frozen mixed vegetables or with fresh mushrooms. I prefer the fresh mushroom if I can find any in the fridge but if I can't, I use the frozen veggies. Avoid broccoli and cauliflower since they tend to cook very fast. Serves 6.

2 cups rice  
3 tbsps vegetable oil  
1 tsp salt  
1/4 tsp *garam masala*  
3 cups water

1 small onion thinly sliced  
1/2 tsp peeled and grated ginger  
6 oz. mushrooms or frozen vegetables

- Wash the rice in several changes of water and leave to soak in water for 30 minutes. Drain the rice well.
- Chop the mushrooms into 1/8 inch slices. If using frozen vegetables, rinse in cold water and drain well.
- On a medium stove setting, heat the oil in a heavy pan or pot. When the oil is hot put in the onions and stir fry for about 2 minutes or until the edges begin to turn brown.
- Put in the mushrooms or frozen vegetables and stir for 2 minutes.
- Add the rice, ginger, *garam masala*. Saute the rice for 2 minutes.
- Add the water and salt and cover. Lower heat to a low setting and cook for 25 minutes.
- Turn off the heat and let the pot sit, covered for 5 minutes before serving.

## BIRYANI

*Biryani* comes from the tradition of rich elaborate cuisine of the Mughals. This particular one comes from the Taj Mahal hotel in Bombay. Makes 6 servings.

### Fancy Rice Casserole

1 lb boneless meat (chicken/lamb),  
cut in 1 inch strips  
2 cups rice, washed and drained  
5 cloves garlic  
1 inch piece of ginger  
5 dried red chillies  
2 medium onions, sliced into rings  
2 medium tomatoes, diced  
5 mint leaves

pinch of saffron (optional)  
3 large potatoes, peeled and diced  
1/2 tsp turmeric powder  
3 tbsps butter  
3 pods cardamoms  
3 cloves  
2 inch stick of cinnamon  
salt to taste

- Make a paste of the garlic, ginger and chillies in a food processor.
- Saute the onions in the butter until golden brown, about 5-7 minutes. Remove the onions, and put them aside.
- Put the ginger-garlic-chili paste into the same pan used above and saute for 3-4 minutes. Add the meat and saute. Lamb should be sauted for about 7-8 minutes, while the chicken will take about 4-5 minutes. The meat should be about half cooked at the end of this step
- Add chopped tomatoes, cloves, cinnamon, cardamoms, turmeric, mint leaves and salt and saute for 2 minutes. Add a little water and cook until the meat is almost cooked.
- Now add the rice and potatoes. Add the rest of the water and simmer covered, on a very low flame for 15-20 minutes, until the rice is cooked.
- Serve hot, garnished with the fried onions.

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**INDONESIAN  
FRIED RICE**


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Recipe has been modified from one in *Food & Wine* magazine. It has been field tested with very good results. This recipe calls for shallots which are small onions that resemble large garlic cloves. Substitute with plain onions if you can't find any shallots. Make sure the rice has been completely cooked and cooled to room temperature before mixing with other ingredients. Serves 6.

1/4 cup peanut oil  
4 large shallots, finely chopped (or 1 medium onion finely chopped)  
2 medium onions, thinly sliced  
1 tsp paprika  
1/2 tsp cayenne pepper  
2 tbsp soy sauce  
1 tbsp ketchup  
1 tbsp brown sugar  
1/2 tsp salt  
6 cups cooked long grain rice, cooled  
1 tbsp grated fresh ginger

1 tsp minced garlic  
1/2 tsp shrimp paste (optional, but worth it)  
2 dry red chiles (soaked in a cup of water)  
1/2 tsp ground coriander  
1/2 tsp ground cumin  
1 pound small to medium shrimp, shelled  
10 small white mushrooms, halved through cap and stem  
1 cucumber, peeled and thinly sliced, crosswise.

- Preheat the oven to 250 degrees and place a large ovenproof platter inside to warm.
- In a wok, heat 2 tbsp of the oil over moderately high heat until hot. Add the shallots, paprika and cayenne and stir fry for 1 minute.
- Stir in the soy sauce, ketchup, brown sugar and salt and cook until the shallots are completely softened, about 4 minutes.
- Stir in the cooked rice and toss until the rice is well coated and hot. Remove platter from the oven and spoon the fried rice into the platter. Return the platter to the oven to keep warm.
- In a large skillet, heat the remaining oil over moderate heat until shimmering. Add the onions and cook for 2 minutes, stirring occasionally. Add the ginger and garlic and cook until the onions are translucent, about 3 minutes longer.
- Stir in the shrimp paste and red chiles. Spread the shrimp paste against the bottom of the pan with a spatula and cook, stirring until the pungent aroma of the shrimp paste mellows, about 1 minute. Stir in the coriander and cumin.
- Add the shrimp and stir fry until they start to turn pink about 3 minutes. Stir in the mushrooms and cook for 2 minutes longer. Remove the platter from the oven and spoon the shrimp and mushroom mixture on top of the rice.
- Garnish with the cucumber slices and serve at once.

**JAMBALAYA**

The following recipe comes from Bill Burdick. The original recipe is from *K-Paul's Louisiana Cajun Magic Cookbook* by Paul Prudhomme. Jambalaya has its origins in creole and cajun foods and it typically includes healthy portions of spiced sausage but they have been left out here. Jambalaya can be made either with chicken or seafood. Makes 4-6 dinner sized proportions.

2 1/2 tbsp butter or margarine.	1/2 cup chopped green onions
1 1/2 cups chopped onions	2 cups uncooked rice (preferably converted)
1 cup chopped celery	
3/4 cup chopped green bell peppers	1 pound peeled crabmeat, crawfish or firm-fleshed fish fillets (cut into bite-sized pieces), or any combination of these that equals one pound
2 bay leaves	1 1/2 dozen oysters in their liquor (medium size oysters)
2 tbsp plus 1 1/2 teaspoons Cajun Magic Seafood Magic (do not substitute)	1 1/2 dozen peeled medium shrimp (about 1/2 pound)
1 1/2 tsp minced garlic	
4 cups peeled and chopped tomatoes (about 4 medium size)	OR substitute 1 1/2 lbs. deboned chicken for all the seafood
3/4 cup tomato sauce	
2 cups chicken stock or bottled clam juice	

- Melt the chicken fat in a two quart saucepan over medium heat. Add the onions, celery, and Bell peppers; saute until tender but still firm, about five minutes, stirring occasionally and scraping the pan bottom well.
- Add the bay leaves, Cajun Magic Seafood Magic and garlic; cook about three minutes, stirring constantly and scraping the pan bottom as needed. Add the tomatoes and cook about seven minutes, stirring frequently.
- Add the tomato sauce; cook about seven minutes more, stirring fairly often. Stir in the stock and bring to a boil.
- Stir in the green onions and cook about two minutes, stirring once or twice. Add the rice, crabmeat, crawfish, and/or fish and the oysters and shrimp; stir well and remove from heat.
- Transfer mixture to an ungreased 13 X 9 inch baking dish/pan. Cover dish/pan snugly with aluminum foil and bake at 350 degrees F until rice is tender but still crunchy, about twenty or thirty minutes.
- Remove from oven. If you still have liquid in the dish/pan bottom, let sit for a few minutes, still covered, to allow rice to absorb the liquid. Remove bay leaves and serve immediately. To serve, mold rice in an eight ounce cup and place two cups on each serving plate as main course or one cup as an appetizer.

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**PAELLA**

This is a recent favorite of mine. I have combined three or four recipes to come up with this one. A meal in itself. Serves 8.

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3 cups rice, washed  
 5 cups chicken broth  
 3 medium onions, sliced finely  
 6 tbsp olive oil  
 3 large ripe tomatoes, chopped  
 10 cloves of garlic, minced  
 1 tsp paprika  
 1/2 tsp saffron  
 1 lb. chicken breast, cut up in 1 inch

strips  
 1lb. firm fish (e.g. catfish, scrod, had-  
 dock) cut up into 1-2 inch pieces.  
 1 lb. medium shrimp peeked  
 1/2 lb. scallops  
 1 cup sliced mushrooms  
 2 red bell peppers, cubed.  
 1/2 cup white wine  
 1 tbsp tobasco sauce

- Simmer the rice in the chicken broth under a cover until it is just tender, about 20 minutes. Remove from heat and let sit.
- Saute the onion in 3 tbsp of oil 2-3 minutes. Add tomatoes, garlic, saffron and paprika and simmer for 20 minutes.
- In a separate skillet, heat the rest of the oil and saute the chicken for a minute. Add the fish, shrimp, mushrooms and peppers and saute for 3-4 minutes. Make sure the fish doesn't break up too much.
- Pour the rice, the tomato sauce, sauteed fish and vegetables into a large pot. Add the scallops on the top and stir them in gently.
- Add the white wine and tobasco sauce.
- Cook covered in the pot on very low heat for 20-30 minutes or put the pot in the oven and bake for 30 minutes at 400 F.

## *Fish*

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*What I like most about cooking fish is that apart from being one of those things I feel good about eating, it can be cooked very quickly. I have included one not-so-healthy-for-you-but-too-good-to-pass-up recipes. A must for aficionados of spicy food, it comes from the tradition of blackened cajun cooking.*

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### **MUSTARD SHRIMP**

This recipe is from a cookbook by Ismail Merchant (of “Room with a View” fame). It comes via David Steier who whipped it up for an appreciative bunch and was quick with the recipe when we asked for it. It is exactly of the genre I like- somewhere between Bombay and Paris. Serves 4.

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1 lb raw shrimp, shelled and cleaned  
and dried  
1/4 cup vegetable oil  
1/2 tsp caraway or fennel seeds  
1/4 tsp chili powder or cayenne pepper

4 cloves garlic minced  
1 1/2 tbsp Dijon Mustard  
1/4 cup lemon juice  
1/4 tsp salt

- Heat the oil in a small frying pan over low heat. When hot, add the caraway/fennel seeds, chili powder and garlic; Cook for 3 to 4 minutes.
- Add the shrimp, mustard, salt and lemon juice and stir well.
- Cover the pan and cook for 5 to 6 minutes.
- Stir the mixture well and serve over rice.



### **NARKEL SHORSHER CHINGRI**

This is an untested recipe from the net, posted by Siddharth Dasgupta. Siddharth says- "It is a very uniquely Bengali recipe. [Today] gas burners have replaced the traditional coal burners. When these coal burners were in use, this recipe was a cinch in the dying embers of the afternoon coals". Makes 4 small servings.

#### **Shrimp in Coconut Mustard Sauce**

1 lb. shrimp - shelled and deveined  
1 tbsp black mustard seeds  
2 hot Thai chiles  
1/2 tsp salt  
1/4 tsp turmeric

2 tbsp water  
1 large coconut  
2 tbsp mustard oil  
wet dough made of 3 tbsp of flour

- Grind the mustard seeds, chiles, salt, turmeric and water into a smooth paste in a blender
- Marinate the cleaned shrimps in this paste for at least 10 mins.
- Split the coconut in two and drain the coconut milk. The milk is not used.
- Put the shrimp mixture in the coconut halves with the mustard oil and the whole chiles. Put the two halves of the coconut together and use a thin rope of dough to seal the joint.
- Put the coconut in the oven and bake for 45 minutes at 400 degrees. The author suggests that the preferred method is to barbecue the coconut among coals— The coconut is left in the dying embers until the outer layer is well charred— about 1/2 hour.

### **TIMATARI MACCHI**

This is one of the recipes from Madhur Jaffrey that is I have cooked umpteen times and it always gets good reviews. You will do best to use fish cut in steaks of between 1 -1.5 inches thick. If you use fillets, skip the step that requires you to fry the fish in a skillet, first. Serves 4.

#### **Cod Steaks in Tomato Sauce**

4 cod steaks (about 2 lbs)  
8 tbsp vegetable oil  
1 tsp whole fennel seeds  
1 tsp black mustard seeds  
2 medium onions peeled and chopped  
finely  
2 cloves garlic, peeled and finely  
chopped  
2 tsp ground cumin

1 lb can canned tomatoes, chopped  
1/4 tsp *garam masala*  
1 tsp salt

#### **MARINADE**

1/4 tsp salt  
1/2 tsp cayenne pepper  
1/4 tsp turmeric

- Preheat oven to 350 degrees.
- Wash the fish and dry it with paper towels. Rub spices for the marinade and set aside for half an hour.
- Heat half the oil in a saucepan over medium heat. When hot, put in the fennel seeds and mustard seeds. As soon as the mustard seeds begin to pop, put in the onions and garlic. Stir and fry the onions until they turn slightly brown.
- Put in the cumin and the salt. Stir and put in the tomatoes and their liquid and the *garam masala*. Bring to boil. Cover, and reduce heat to low and simmer for 15 minutes.
- Put the remaining oil in a large frying pan and heat over medium heat. When hot put in the fish steaks and brown on both sides, about 30 seconds on each side. Be careful to make sure that the filets don't break up.
- Put the steaks in a baking dish and pour the cooked tomato sauce over the steaks. Bake, uncovered for 15 minutes.

## CRAYFISH ETOUFEE

The following recipe comes via Bill Burdick. The original recipe comes from *The Whole Chile Pepper Book* by Dave Dewitt and Nancy Gerlach. This dish begins, as with all traditional Cajun dishes, with a *roux* - or the browning of flour in a fat or oil for use as a thickening agent. Serves 3-4

### Cajun Crayfish

4 tbsp Louisiana Hot Sauce  
1 small Bell pepper, diced  
1/3 cup vegetable oil  
1/4 cup flour  
1 medium onion, chopped  
2 cloves garlic, minced  
2 stalks celery, diced  
2 medium tomatoes, peeled and  
chopped (do not substitute with  
canned tomatoes)

1 cup fish stock or clam juice  
1/2 teaspoon basil  
1/4 teaspoon thyme  
1 bay leaf  
freshly ground black pepper  
1 pound crayfish, peeled  
1/2 cup chopped scallions, including  
the greens

- To make the roux: heat oil in a heavy skillet until hot. Gradually stir in the flour and stir constantly until the mixture turns brown. Be very careful you don't burn roux. If you see dark flecks forming in the roux, its burnt and it is best to throw it out and start over.
- Saute the onions, garlic, celery, and bell pepper in the roux for five minutes.
- Add the tomatoes, stock, basil, thyme, and bay leaf. Bring to a boil, stirring constantly. Reduce the heat and simmer for fifteen minutes or until it thickens to a sauce.
- Add the hot sauce, crayfish, and scallions and simmer for an additional five minutes or until the crayfish/shrimp are cooked. Remove the bay leaf and serve over cooked rice.

## IKAN PERCEK

This recipe comes from the Moosewood tradition. It depends on the tamarind for its authentic tart flavor. Tamarind is available at oriental food stores. Serves 6.

### Baked Fish, Malay Style

3 lbs. fish fillets  
3/4 cup minced onions  
1 large clove garlic, minced  
2 tsp grated fresh ginger root  
salt to taste  
1 tsp dried hot chilli peppers

1/2 cup coconut milk  
1/4 cup tamarind  
1/2 cup coconut milk  
1/4 cup tamarind, soaked in water  
drained, and pitted (could also  
use tamarind concentrate)

- Combine the onions, garlic, and fresh ginger. Rub the fillets with salt and half of the onion-garlic-ginger mixture.
- Place the fish in an oiled baking pan. Cover and chill for 30 minutes.
- Combine the rest of the onion-garlic-ginger mixture with the chili peppers, coconut milk and tamarind. Spread this sauce over the chilled fish and bake uncovered at 400 F for 20 minutes or until the fish flakes easily with a fork.

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**SWORDFISH  
WITH RED  
PEPPERS**


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Swordfish is an excellent fish to complement spicy food. Since this is a relatively mild recipe, I like to cook this with *Spicy Green Beans*. Recipe from Marcus Hand. Serves 6.

6 swordfish steaks (each about 1/2 lb  
and 1 inch thick.)  
1 large sweet red pepper  
2 lemons  
3 tbsp fresh oregano

1 cup olive oil  
1 tsp salt  
1/2 tsp fresh ground black pepper  
dry white wine

- Remove seeds and ribs from pepper and cut into 1/4 inch cubes. Put in a bowl and mix well with the juice of the two lemons, the olive oil, salt, pepper, and the oregano.
- Heat broiler and pour wine to a depth of 1/8 inch in a broiler pan. Lay swordfish steaks in wine and broil for 3 minutes.
- Pour the seasoned lemon, oil and oregano mixture over the fish and cook for 3 to 4 minutes more (until fish is cooked through and lightly browned.)
- Immediately transfer fish to a warmed serving dish.
- You may need to reduce the sauce slightly by boiling vigorously and stirring for 2 minutes more.
- Pour sauce over fish and serve.

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**DAHI WALI  
MACCHI**


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This is one of the recipes I cook often. It is adapted from a recipe by Madhur Jaffrey. Serve this with plain rice or a vegetable pullao. This recipe is good for fishes that come in steaks such as halibut, haddock or even cod. Serves 6.

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**Baked  
Fish in  
Yogurt  
sauce**


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2 lbs. 1 inch thick cut fresh fish  
  
sauce  
2 cups yogurt  
2 medium onions  
2 tbsps lemon juice  
1 tsp sugar  
1 1/2 tsp salt

1/4 tsp coarsely ground pepper  
2 tsp ground cumin seeds  
2 tbsps ground coriander  
1/4 tsp *garam masala*  
1/2 tsp cayenne or ground chilli  
peppers  
1 tsp peeled and grated fresh ginger  
3 tbsps vegetable oil

- Preheat the oven to 275 degrees.
- Put the yogurt in a bowl and whisk lightly. Add all the other sauce ingredients and mix well. Set the sauce aside.
- Cut the onions to 1/8" thick slices and line a large baking dish with them.
- Cut the fillets crosswise into 3" long segments and lay over the onions.
- Pour the sauce over the fish, spreading it evenly. Cover with aluminum foil and bake for 30 minutes. Check the fish with a fork. It is done when it flakes easily.
- Pour out all the liquid from the baking dish. This is a bit of trick because tilting the baking dish causes the fish to slide.
- Bring the sauce to a boil and continue boiling until there is 1 1/2 cups left. For a richer dish, add 2 tbsps of butter at this point and simmer until the butter is melted.
- Pour the sauce over the fish and serve.

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**BLACKENED  
CATFISH**


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This recipe comes from Will Welch. I have been party to massive consumption of this wonderful dish and though it is demonically unhealthy, it tastes wonderful. Will says; "This is a very robust recipe. I have varied proportions by as much as 100%, and left out ingredients entirely, with varying, interesting, but never disastrous effect". Serves 4.

4 Catfish fillets  
olive oil  
1/3 lb cheap fatty bacon

2 tsp each of:  
garlic powder  
thyme  
white pepper  
black pepper  
cayenne pepper  
lemon pepper  
cumin or chili powder  
rosemary (crush in hand before adding)

fennel seed (crush with back of spoon)

1 tsp allspice  
1 tsp oregano  
1/2 tsp salt

lemon butter  
1/4 cups melted butter,  
1 tbsp lemon juice,  
1/2 tsp tobasco  
4 sliced green onions

- Fry the bacon, then feed it to the dogs and hang onto the grease. Keep grease this side of smoking.
- Combine all dry ingredients, rub fillets with olive oil then coat liberally with spices. Drop in hot grease and cook until a you can easily put a fork through them (nothing more evil than over cooked catfish).
- Serve with lemon butter

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**DIJON  
BROILED  
FLOUNDER**


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I don't think cooking fish comes any simpler than this. In contrast to the catfish recipe above, this one is mild, but has a nice smack of dijon. This is the just the thing when you get home and want to get a good meal (maybe even break out the wine and candles) and leave for a movie all within the hour. I like to serve this with the Spicy Steamed Broccoli (Pg. 13). For wine, you would do well with a chardonnay or gewurtraminer. Serves 2-3.

1 lb flounder or another thinly filleted fish  
2 tbsps dijon mustard

2 tbsps mayonnaise  
5-6 cherry tomatoes

- Preheat the broiler until it is good and hot.
- Mix the dijon and mayonnaise. Coat the fish with the sauce and lay it out in a single layer in a baking pan. Arrange the cherry tomatoes in between the fillets
- Put the baking dish 2 inches away from the broiler and broil for 4 minutes checking to make sure the fish doesn't burn.
- Remove the baking dish, turn around 180 degrees and broil for another couple of minutes. DO NOT flip the fillets over.

## Poultry

*After fish, chicken is my favorite non-vegetarian food. I am including a very varied selection, from the exotic (often very rich), to the more common, and healthier preparations.*

### SHAHJANI MURGHI

This recipe is taken from Madhur Jaffrey's book *Indian Cooking*. Serves 5-6.

#### Mughlai Chicken with Almonds

1 inch ginger  
8 cloves garlic  
6 tbsp blanched almonds  
7 tbsp vegetable oil  
1 inch stick cinnamon  
2 bay leaves  
5 cloves  
10 pods cardamom  
2 medium onions, sliced

2 tsps ground cumin seeds  
1/2 tsp cayenne pepper  
7 tbsp yogurt  
1 small carton whipped cream  
1/4 tsp *garam masala*  
2 1/2 lbs. boneless chicken  
2 1/2 tsps salt  
cilantro leaves for garnishing

- Grind the ginger, garlic, almonds with water.
- Heat oil in a on-stick pan and fry the chicken until it turns golden brown. Keep it aside and drain oil.
- Heat some oil and add the cardamom, bay leaves and cloves. Fry until bay leaves turn brown.
- Put in the onions and stir fry until they turn clear.
- Pour the paste from the blender and fry for a couple of minutes until the oil separates.
- Add 1 tbsp of yogurt and fry for 30 seconds. Keep adding tsps of yogurt and fry until you get a consistent mixture.
- Put the chicken, whipped cream and salt and cook gently (low heat) for 20 minutes.
- Add *garam masala* and cilantro and cook for another 10 minutes.

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**PITTSBURGH  
CHICKEN  
CURRY**

This is one of my few original recipes. I got bored with the typical chicken curry and so I improvised until I came up with something I liked. My wife, Sonia, insists that this resembles a traditional chicken curry so little that I should not even call it that. But it is just the way I like it, unusual, healthy (compared to some other concoctions) and quite tasty. Goes well with some form of rice and *gobhi aloo*. Serves 6.

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2.5 lbs. chicken skinned	1/2 tsp mustard seeds
1 tsp ginger powder	1 tsp cumin seeds
1/2 tsp cayenne pepper	2 pods cardamom
2 tsps salt	1 tsp fennel seeds (use anise for a stronger flavor)
1/2 tsp freshly ground pepper	1 tbsp dried methi fenugreek (optional)
2 medium onions- finely chopped	1 tsp <i>garam masala</i>
4 tbsps vegetable oil	Fresh cilantro for garnish (stemmed and chopped)
1 can (14 oz.) chick peas, drained	
4 cloves garlic	
1/2 inch piece of fresh ginger	

- Put the chicken in a baking dish and sprinkle with half the salt and pepper. Add the cayenne and ginger powder. Mix well.
- Put the baking dish in an oven for about 15 minutes at 250 degrees while you do the rest. Alternately, if you are doing this in advance, you can cover the chicken and leave it in the fridge for 4-6 hours.
- Make a paste of ginger and garlic in a food processor using 1/4 cup water. If no food processor is available, grate the ginger and garlic.
- Heat oil in a large heavy pan on a high setting. When oil is hot, add mustard seeds. When the mustard seeds begin to pop, add cloves, cardamom, and cumin seeds and fennel seeds. Fry for about a minute.
- Add the onion and stir until onion begins to turn (2-3 minutes). Lower heat to medium.
- Add the ginger garlic paste and fry for another 3-4 minutes, without letting the onions get crisp.
- Transfer the spices to a large pot and add the chicken. Add the fenugreek and stir to mix the chicken with the spices.
- Reduce heat to low and cover. Cook for 15 minute stirring every 5 minutes.
- Add the chick-peas. Cover and cook for another 5-7 minutes or until the chicken is tender.
- Add the *garam masala*, the remaining salt and pepper and stir a couple of times.
- Garnish with fresh cilantro and serve.

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**TRADITIONAL  
CHICKEN  
CURRY**


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This is more of the type of chicken curry that you are likely to be served in a north-indian household. Serves 6.

3 lbs chicken pieces, skinned	1/2 tsp turmeric
4 cloves garlic, minced	1/4 tsp cayenne pepper
2 inch piece ginger, minced	1 tsp <i>garam masala</i>
3 large onions, minced	2 tsp coriander powder
4 large tomatoes, minced	1 cup water
8 oz. yogurt	1 tsp salt
4 tbsp cooking oil	cilantro leaves for garnish

- Mix the yogurt, salt, and cayenne with the chicken and set aside for at least an hour, preferably overnight in the fridge.
- Heat the oil in a deep pan and add the ginger and garlic. Fry until golden brown. Add onions. Fry for a couple more minutes and add tomatoes.
- Add turmeric, cayenne, and coriander powder. Stir for a minute.
- Add chicken and simmer on low heat for 15-20 minutes. Add water and bring to boil.
- Sprinkle with *garam masala* and garnish with cilantro leaves.

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**CHICKEN  
SAGWALA**


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Chicken  
cooked in  
Spinach

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This recipe comes from Santosh Khera. Serves six.

3 lbs. chicken pieces skinned	1/2 tsp cayenne pepper
5 cloves garlic, minced	1 tsp coriander powder
2 large onions, minced	1/2 tsp tumeric
2 large tomatoes, crushed	2 big cardamom pods
1 inch piece ginger, minced	2 cloves
4 tbsp milk	7 tbsp oil
4 bunches spinach, washed & chopped	1 tsp <i>garam masala</i>
2 tbsp butter	1/2 tsp salt

- Fry the chicken lightly in 4 tbsp of oil for 3-4 minutes until lightly browned and set aside.
- Put the spinach in a deep pan, add 1/4 cup water. Bring to boil and remove from heat. When cool, grind in blender and set aside.
- Heat the remaining oil and add ginger, garlic and onions until lightly brown. Add tomatoes, salt, cayenne, coriander powder, tumeric, cloves, and cardamom. Sprinkle with one tbsp water. Cook for 10 minutes on low heat.
- Add chicken and milk. Simmer until the chicken is tender. Add spinach and *garam masala*. Cook until spinach starts sticking to pan.
- Remove from heat. Add butter and cover until ready to serve.

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**BURMESE  
CHICKEN  
CURRY**

If one were to cross indian and chinese food, and the result were successful, it would taste like this Burmese dish, a curry with many dimensions of flavor, served on top of egg noodles! This is an involved dish to make, but is a meal in itself. Recipe originates from the book "Asian Pasta" by Linda Burum. Serves 8 to 10.

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1/2 cup vegetable oil  
1/2 tsp tumeric  
3 large onions, chopped finely  
4 cloves garlic, minced  
2 tbsp ginger finely minced  
1 tsp cayenne pepper  
2 tsp ground cumin  
1 tsp ground coriander  
3 tsp *garam masala*  
4 whole chicken breasts and 3 whole  
chicken legs  
1 cinnamon stick  
1 bayleaf  
8 cups chicken broth  
2/3 cup chick pea flour or dried yellow  
split peas  
2 cups coconut milk

1 tbsp fish sauce  
salt to taste  
2 lbs fresh chinese egg noodles

Condiments

Peel and slice 12 garlic cloves cross-  
wise. Fry them in 4 tbsp oil until  
they are golden. Remove and  
cool.

3 hard cooked eggs quartered  
2 red onions slivered lengthwise  
3 green onions thinly sliced  
2 limes or lemons cut into wedges  
1 bunch fresh coriander sprigs,  
trimmed.  
2 tbsp crushed dried Asian Chili  
peppers sauteed in 1 tbsp  
vegetable oil

- Heat the vegetable oil in an 8 to 12 quart pan or dutch oven. Stir in the tumeric and cook it for one minute.
- Add the onions and cook on medium heat stirring occasionally, until the onions are limp but not browned, about 20 minutes.
- Add the garlic, ginger, cayenne, cumin, coriander and *garam masala*.
- Cook and stir the mixture about 1 minute. Add the chicken pieces and stir to coat them with the onions and spices. Add the cinnamon, bay leaf, and chicken broth, and simmer for 25 minutes.
- Mix the chick pea flour with 1 1/3 cups water, or grind the lentils to a flour in a blender or mortar and mix 3/4 cup of the resulting flour with 1 1/3 cups water. Stir the mixture into the soup
- Add the coconut milk, cover and simmer for an additional 30 minutes.
- Thaw egg noodles if frozen. Put noodles in a large pot of boiling water and boil for 6-7 minutes. Drain noodles and stir in a couple of tsp of vegetable oil to keep them from sticking together and set aside.
- Remove the pan from the heat and carefully lift out the chicken pieces. Remove the meat from the bones and return it to the sauce.
- Add fish sauce and salt to taste.
- Serve the noodles of a platter and the curry and condiments separately. Diners first serve themselves to noodles, then the curry, then to the condiments they like.



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**MAKHNI  
MURGHI**

There are some occasions that warrant decadence. This is a dish for such an occasion. Fair warning— you are going to have to work for the decadence. Probably not a good recipe for a novice. The recipe comes from the Bombay Taj hotel. Serves 4-6.

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**Butter  
Chicken**


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**2 lbs chicken skinned (or 1.5 lbs bone-less chicken)**  
**1 cup plain**  
**1 inch piece of ginger**  
**8 cloves garlic**  
**2 tbsp lime juice**  
**4 inch stick of cinnamon**  
**8 cloves**  
**8 cardamoms**

**10 black peppercorns**  
**1 tbsp oil**  
**2.25 pounds tomatoes**  
**1 tsp dried fenugreek leaves (optional)**  
**1 tbsp white pepper (essential)**  
**1 ounce cream (optional but recommended)**  
**1/2 lb butter**  
**Fresh coriander for garnishing**

- Clean the chicken and remove the skin.
- Make a smooth paste of yogurt, garlic, ginger, lime juice, cinnamon, cloves, cardamoms, peppercorns and the oil. Marinate the chicken in this for 6 hours, in a fridge.
- Bake the chicken in a preheated oven for 15 minutes at 250 F (130 C). Put it aside.
- Cut tomatoes, put them in a pan (no water) and boil. When the quantity has dropped by half, strain through a fine sieve. What comes out of the sieve is the tomato sauce.
- Take a pan, start heating the sauce, add the butter. When the butter is melted, add the white pepper, salt, fenugreek leaves and cream. Cook for 2-3 minutes.
- Mix the chicken pieces into this sauce. Cover and cook on a low flame until the chicken is done.
- Garnish with fresh coriander and serve with rice.

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**PROFESSOR  
CALCULINE'S  
DILL  
CHICKEN**


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This recipe comes from Caroline Hayes who has modified a long standing family recipe of hers to come up with this concoction. Serves 6.

**1 zucchini cut into thin slices**  
**2 - 3 tbsp of finely chopped fresh dill.**  
**2 lbs chicken boned and cut into 1/2" strips**  
**3 cloves of garlic crushed**  
**2 tbsp vinegar**  
**2 bay leaves**

**1 onion thinly sliced**  
**3 tbsp peanut oil**  
**2 cups chicken stock**  
**4 tbsp crunchy peanut butter**  
**black pepper & tobasco sauce to taste**

- Combine the garlic and vinegar and rub the mixture into the chicken.
- Saute the onions in the peanut oil for 2 minutes. Add zucchini and saute for 3 minutes. Add chicken and stir for 3-4 minutes until all the pieces have been lightly browned.
- Add bay leaves, dill and chicken stock. Cook about 10 min or until the chicken is tender.
- Stir a little of the hot broth into the peanut butter and gradually add the peanut butter to the chicken.
- Cook gently, stirring occasionally, about 8 min longer or until chicken is completely tender and gravy slightly thickened.
- Season to taste with pepper and tobasco.

## KHORESHT -E- FESENJAN

### Chicken in Pomegranate Sauce

This is a popular persian dish. It is also very rich. Ben Motazed recommends that the dinner guests go for a long walk after a meal of khoresht-e-fesenjan. Recipe from *Persian Cooking: A table of Exotic Delights*. Serves 4-6.

2 large onions, chopped or sliced	2 1/2 cups finely ground walnuts
5 tbsp butter	2-3 tbsp sugar
1 large fryer chicken or 5 whole chicken breasts	2-3 tsp salt
2 cups chicken broth	1/2 tsp saffron (or turmeric)
1 cup water	1/4 tsp cinnamon
4-5 tbsp pomegranate syrup (or cranberry juice concentrate)	1/4 tsp nutmeg
	1/4 tsp black pepper
	2 tbsp lemon juice

- Saute the onions in 2 tbsp of the butter until golden brown. Remove from the pan. Add 3 more tbsp of butter and saute the chicken pieces until light brown. Add the bouillon and sauteed onions. cover and simmer gently for 30 minutes. Bone the chicken.
- Prepare the sauce by stirring the water into the ground walnuts. Stir in the pomegranate syrup and sugar, and simmer gently over a low heat for 10-15 minutes.
- Combine the cooked, boned chicken and most of its drippings with the walnut sauce; add the seasonings and the lemon juice; cover and simmer gently for another hour. Adjust the seasonings by adding a little sugar if too sour, or more pomegranate syrup if too sweet.
- The chicken pieces should be coated with a rich, dark, sweet-sour sauce; there should be plenty of thick sauce. Serve with rice.

## TANDOORI MURGHI

### Tandoori Chicken

A *tandoor* is a clay oven used in northern India to grill chicken, fish and breads like *nan*. *Tandoori* chicken was my absolute favorite food when I was growing up and one reason I looked forward to visiting my hometown where my uncle runs a restaurant that specializes in *tandoori* dishes. This recipe is derived from one by Nadine Harris. Serves 4-5.

<b>marinade</b>	1/4 cup heavy cream
1/2 pint yogurt	2 garlic cloves, crushed
1/4 cup white vinegar	1 inch of ginger, minced
1 tsp ground cumin	1/4 cup oil
1 tsp red chili powder	
1 tsp <i>garam masala</i>	3 lbs chicken breasts, thighs and drum sticks
1 tsp salt	1 lemon, sliced finely for garnish
1 tsp freshly ground black pepper	
3 tbsp red food coloring	

- Mix the marinade into a large pan or very large bowl, deep enough to hold all the chicken.
- Make three deep gashes on each breast, one long gash down the length of each leg, and three deep gashes on each thigh. breast, one long gash down the length of each leg, and three deep gashes on each thigh.
- Coat the chicken in the marinade and let sit overnight in a fridge (at least 6 hrs).
- Remove chicken from marinade and let the marinade dry if possible.
- Heat coals until very hot. Brush grill with oil and grill chicken on one side until it starts to char (about 15 minutes). Turn and grill the second side for about 10 minutes.
- Serve on a bed of lettuce, garnished with lemon slices.

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**DORO WAT**

*Doro wat* is one of my favorite mysterious foods to eat at the Red Sea restaurant in Adams Morgan, Washington D.C. This recipe comes from Anne Mitchell. Serves 4-5.

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**Ethiopian  
Chicken**

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***berbere***

1 tsp ground ginger  
3 tbsp cayenne pepper  
1/4 tsp ground cloves  
1/2 tsp cinnamon

3 lb chicken pieces  
1/3 cup butter

1 large clove garlic, minced  
1 tsp *berbere* (see recipe below)  
3 oz. tomato paste  
1/2 tsp black pepper  
1/3 cup peanut butter  
1/2 cup chicken stock  
2 onions, chopped  
1 hard boiled egg/person

- Mix the first four ingredients for the *berbere* seasoning.
- Remove skin from chicken, and score chicken meat so that sauce can penetrate meat.
- Melt butter in large pot. Saute the onions and garlic for 5 minutes.
- Add *berbere*, and then the tomato paste. Simmer 15 minutes.
- Stir in the chicken one piece at a time, stirring so the chicken gets well coated. Simmer about 20 minutes.
- Take out some liquid, stir the peanut butter into the liquid, and then return all to the pot.
- Stir. Lightly score the eggs, and gently place in the pot. Cover and continue cooking until chicken is done.

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**THAI  
CHICKEN  
WITH  
FRESH  
BASIL**

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Recipe from Carol Miller-Tutzauer. Makes 2-3 servings.

1/2 lb. boneless chicken breast, sliced  
into 1 inch strips  
2 tbsp oil  
3 cloves garlic, chopped  
3 kafir lime leaves, cut in thin strips  
1/2 cup mushrooms

3 tbsp oyster sauce  
2 to 4 red chile peppers, seeded and  
chopped (optional)  
15 basil leaves  
2 cups chopped cabbage

- In a wok heat oil, garlic, and kafir lime leaves on high heat, until oil bubbles. Add chicken, mushrooms, bamboo shoots, oyster sauce, and red chile peppers.
- Stir fry for 5 minutes or until chicken is cooked.
- Mix in basil and serve on a bed of chopped cabbage.

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**FIREBALL  
CHICKEN**

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This recipe is adapted from one by Carol Miller-Tutzauer. She notes: *very* spicy dish and is not for chile pepper lightweights. Serve with lots of steamed white rice. Serves 3-4.

1 lb boneless chicken breast, sliced into shreds (1/4-inch thick, 2-inch long)  
1 1/2 cup shredded bamboo shoots (matchstick-like pieces; available canned.)  
1 carrot, peeled, and cut into thin match-stick-size pieces  
3 tbsps grated ginger  
1 tsp (or more) crushed red chile peppers  
2 tpsps dark sesame oil  
1 cup peanut oil

**Thickener:**

1 tbsp cornstarch mixed with 5 tbsps water

**Marinade:**

1 egg white, slightly beaten  
1 tbsp dry sherry  
1 tbsp cornstarch

**Sauce:**

3 tbsps chili paste with garlic (or add 1 tsp minced garlic to *sambal olek*)  
2 tpsps brown sugar  
1/3 cup chicken broth or stock  
2 tbsps soy sauce

- Combine marinade ingredients; add chicken and set aside. Mix sauce ingredients and set aside in a cup or small bowl.
- Prepare bamboo shoots, carrot, gingerroot, and crushed chile pepper; place vegetables in a bowl. Mix thickener and have on hand; also have sesame oil on hand.
- Heat peanut oil in wok until smoking hot. With a long, large cooking chopstick add the chicken to the hot oil and begin stirring it immediately to try to keep it from sticking together. Keep at it until chicken pieces are separate and have turned light brown (about 1 minute). If chicken doesn't brown, that's OK. Just make sure it is white on the outside; it needn't be cooked all the way through. Remove chicken from oil and set aside.
- Leave just 3 tbsps oil in the wok. Reheat and, once oil begins to smoke, add the vegetables (bamboo shoots, carrots, gingerroot, and crushed red chile peppers). Stir-fry for 1 minute then add sauce mixture. Continue stir-frying for another minute.
- Return chicken to the wok and cook for 1 minute. Add just enough of the thickening mixture to barely thicken the dish. Add the sesame oil, toss, and serve.

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**EVIL  
JUNGLE  
PRINCE  
WITH  
CHICKEN**


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Recipe from *Keo's Thai Cuisine* by Keo Sananikone. Wonderful Thai chicken dish with lots of basil. Or substitute the chicken with mixed vegetables- choose from among bell peppers, string beans, water chestnuts, tomatoes, bamboo shoots, miniature corn, asparagus, cucumbers, zucchini, Japanese eggplant, and mushrooms. Serves 2-3.

1/2 lb boneless chicken breast  
2 to 6 small red chile peppers  
1/2 stalk fresh lemon grass  
2 kafir lime leaves  
2 tbsp oil

1/2 cup coconut milk  
1/2 tsp salt  
1 to 4 tbsp fish sauce (optional)  
10 to 15 basil leaves  
1 cup chopped cabbage

- Thinly cut chicken into 2-inch strips. If using vegetables, cut into thin strips.
- Grind together red chili peppers, lemon grass, and kafir lime leaves in a food processor or pound in a mortar.
- Heat oil to medium-high and saute pepper mixture for 3 minutes. Stir in coconut milk and cook for 2 minutes.
- Add chicken (or vegetables) and cook for 5 minutes or until cooked.
- Reduce heat to medium-low. Stir in fish sauce (if using), salt, and basil. Serve on a bed of chopped cabbage.

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**CARDOMOM  
CHICKEN**


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This is a rich coconut chicken preparation that blends the Thai and Indian traditions. Look for boxed coconut cream in the freezer section of your supermarket. It's a fascinating ingredient to experiment with: grainy yet smooth in flavor, sweet, rich, and exotic. Frozen with shredded cabbage and carrots with a sweet-and-sour dressing and basmati. Serves 2.

1 whole chicken breast, skinned & boned  
1-2 tsp hot chili oil or peanut oil  
2 cloves garlic, thinly sliced  
6 cardamom pods

1 tsp ground coriander  
1 -4 fresh chiles, seeded and chopped  
2 tbsp coconut cream  
2 tbsp roasted peanuts

- Rinse the chicken breast; pat dry and cut in half.
- In a large skillet, heat the over medium heat. Add the garlic, cardamom pods, and coriander.
- Add chicken and brown lightly on all sides. Add the chiles, seeded and finely chopped, and stir- fry for 12-15 minutes.
- Stir in the coconut cream (if stiff paste forms, cut into chunks first, then add and stir until melted).
- Add up to 1/2 cup more water as needed to thin sauce to the consistency of cream (this will depend on the form of coconut cream used).
- Heat through and serve hot with the peanuts on top.

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**THAI  
CHICKEN  
CURRY**

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This recipe comes via Dave Steier and is reputed to originate from *Frog*, a French/Thai restaurant in Philadelphia. It is extremely popular with our Dinner Coop crowd. Makes 2 servings— scale appropriately.

2 tbsp corn oil  
2 tsp Thai red curry paste  
12 oz. boned chicken cut in 1/4 in.  
strips  
2 tbsp sugar  
2 tbsp soy sauce  
1/4 tsp salt  
1/4 tsp minced garlic  
1 cup broccoli flowerets, blanched 1  
min. and drained

1/4 cup salted peanuts

Bechamel Sauce

2 tbsp butter  
2 tbsp all-purpose flour  
1/4 tsp salt  
dash white pepper (black pepper is  
fine too)  
1 cup milk

- To make sauce melt butter in saucepan over low heat. Blend in flour, salt, pepper. Add milk all at once. Cook and stir over medium-high heat until mixture thickens and bubbles. Cook 1 minute more.
- Heat oil in large skillet or wok over low heat. Add curry paste and cook for 1 minute, stirring to combine oil and curry.
- Turn heat to medium-high and add chicken, sugar, soy sauce, salt, and garlic. Stir-fry until chicken is done. Stir in Bechamel sauce.
- Add broccoli and peanuts and cook just until heated through.

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**KEN'S  
ROAST  
CORNISH  
HENS**

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This recipe comes from Ken Goldberg, one of the earliest members of the Dinner-Coop. For side dishes, Ken suggests string beans, honeyed carrots and roast cherry tomatoes.

1 frozen cornish hen per person  
cooked *basmati* rice  
oranges  
butter  
garlic

onion  
rosemary  
paprika  
flour

- Thaw the hens in your fridge for about 24 hours. Preheat oven to 350.
- Remove giblets. Wash hens thoroughly and season with salt.
- Drench with fresh orange juice, inside and out pack cavity with rice, small amount of orange pulp, and 1/4 chopped onion and tie legs w/string
- Poke 6 holes in skin and insert slivers of garlic rub butter on the skin, then dust with flour and rosemary. Sprinkle top with paprika.
- Bake for approx 1.5 hours, basting frequently. Hens are done when juice runs clear from thigh.
- Remove rice and serve with each bird. Use pan juice for gravy.

**MUKLOOBA****Mesopotamian  
Chicken-  
Vegetable  
Medley**

This recipe is adapted from a recipe by Chef Yahya Salih who runs a Mesopotamian restaurant in San Francisco. Although this recipe clearly has its roots in the Mid-east, it also has a nice dose of California. Not recommended for a novice. Serves 6.

1 large eggplant  
1 head cauliflower  
3 zucchini  
1 medium chicken (or 2lbs of scallops)  
cooking oil for frying  
3 cups white rice  
6 cups chicken stock  
3 tbsp olive oil  
1 tsp *garam masala*

salt and pepper to taste

**Sauce**

1/2 lb. dry black beans  
2 cups milk or cream  
1 tbsp butter  
2 cloves garlic, chopped fine  
juice of one lemon

- Rinse and pick over beans. Place them in a bowl and cover with cold water an inch or two above the level of the beans and let stand 8 hours or overnight.
- Discard soaking water and put beans in a saucepan and cover with fresh water, 1 1/2 inches above the level of the beans. Bring to boil and simmer until the beans are soft- upto an hour and a half. Drain the beans, reserving the liquid.
- Blend beans with enough cooking water to make a thin paste. Put through a fine sieve.
- Put the butter in a saucepan and saute garlic. Add two cups of milk (or cream) and a cup of the bean paste. Stir slowly and let thicken. Add lemon juice and pinch of salt and pepper.
- While the beans are cooking, put chicken broth in a saucepan, season with salt and pepper to taste. Bring to boil. Add rice and simmer, covered for about 15 minutes. Remove from heat and let stand for 5 minutes. Heat olive oil in a skillet until it smokes and pour over rice. Stir lightly.
- Meanwhile, peel and cut eggplant into half inch slices. Cut cauliflower into bite sized pieces. Slice zucchini into rounds and cut chicken into serving size pieces. Substitute scallops if preferred.
- Fry vegetables lightly in oil, and fry the chicken until almost done. If using scallops fry them lightly.
- Layer the bottom of a large baking pan with the chicken, skin side down (or the scallops) and sprinkle with the *garam masala*.
- Layer on the eggplant next, then zucchini, then cauliflower. Spread the rice over it all, filling the cracks lightly and filling the pan to the top. cover with foil and bake at 250 degrees F for 45 to 50 minutes.
- Remove foil. Put the serving dish over the pan. Holding the dish and the pan lightly together, carefully flip the two so the dish is not on the bottom. You may have to remove and reserve some liquid from the pan with a baster to accomplish this.
- The bean sauce may be served as an accompaniment or poured around the edge of the muklooba on the serving dish.

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**CHICKEN  
HICKORY  
CORNER**


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This recipe comes from Jim Muller, who says: "It's named after the area I live in (nothing so organized as a village or anything— really just the name of a nearby street". Serve over rice. Serves 2 -3.

sauce

1 can (10 3/4 oz.) Campbell's Chicken

Broth

arrow root to thicken

2 medium onions

1/2 lb. boneless chicken cut into 1" long pieces

1/3 cup ground cashews

1/2 tsp turmeric

1 tbsp *garam masala*

cinnamon to taste

4 cardamom pods broken

2 tbsp dried fenugreek

1 red hot chili pepper

1 tsp cayenne pepper

1/2 tsp black pepper

1/2 tsp brandy pepper

- In a skillet, with a covering of olive oil, brown the onions and then add the chicken and stir fry for a couple of minutes on medium heat.
  - When the chicken starts to get brown, add the spices and the cashews, and stir a couple of times.
  - Add the sauce and cook down, usually about 5 minutes.
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**SHAKOOTI**


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This recipe comes from Madhur Jaffrey's book *Indian Cooking*. Included are instructions to prepare the *masala* from scratch. Serves 4 -5.

**Goan  
Style  
Chicken  
with  
Roasted  
Coconut**


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2 tbsp whole coriander seeds

2 tsp whole cumin seeds

1 tsp whole black mustard seeds

1 inch of cinnamon broken into 3-4 pieces

4 whole cloves

1/4 tsp whole black peppercorns

1/6 of a whole nutmeg

1 whole, dried hot chili

2 cups grated coconut

6-8 cloves garlic, peeled

1 inch cube of fresh ginger, peeled and coarsely chopped

1 1/2 cups water

4 tbsp vegetable oil

2 medium onions, diced

1 1/2 tsp salt

2 1/4 lb chicken parts, skinned

- Put the coriander seeds, cumin seeds, mustard seeds, cinnamon, cloves, peppercorns, nutmeg and red chili in a small frying pan. Place over a medium flame and stir frequently until the spices are fragrant.
  - Empty the spices into a clean coffee grinder or spice grinder and grind until fine. Take the spices out and put them in a bowl.
  - Put the coconut into the same frying pan and repeat the procedure above, stirring frequently. When the coconut begins to develop brown flecks, remove from flame and add to the spices in the bowl.
  - Put the garlic, ginger, and green chili into the container of an electric blender, along with 4 tbsp of water. Blend until you have a paste.
  - Heat the oil in a 10-12 inch frying pan over a medium flame. When hot, put in the chicken pieces, salt as well as the spice coconut mixture in the bowl.
  - Stir and fry the chicken until it loses its pinkness and starts to turn slightly brown, about 3-4 minutes.
  - Add the remaining water and bring to simmer. Cover tightly and cook on low until the chicken is tender, about 20-25 minutes. Stir occasionally turning the pieces over.
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## Pasta

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*This section contains several interesting pasta recipes that are also healthy.*

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### **PASTA ALLA TREVI**

#### **Pasta with Chicken**

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This recipe comes from Kim Deller. Great when cooked on a grill with charcoal but works quite well under the broiler also. Serves 4-6.

1 lb. fusili, penne, ziti, or rotini pasta  
 1/4 cup fresh Italian parsley, chopped  
 1 cup onion, sliced.  
 2 zucchini, 2 yellow squash, sliced  
     long and narrow  
 12 cherry tomatoes, cut in half  
 dash of cayenne pepper  
 3 cloves garlic, crushed  
 1/2 tsp italian herb seasoning

juice of one lemon  
 1 tsp red wine vinegar  
 1 cup pesto sauce (pick your favorite  
     recipe)  
 1 1/2 lbs. raw boneless chicken  
     breasts, cut into 1 inch cubes  
 10 tbsps green olive oil  
 1/2 tsp salt

- Cut the zucchini and squash into diagonal 1-inch slices.
- In a large bowl, combine chicken, 3 tbsps of the oil, vinegar, herbs, garlic, cayenne, lemon, tomatoes, zucchini and squash. Marinate overnight.
- Put chicken cubes on skewers. Put vegetables on separate skewers. Brush with marinade and grill until slightly charred (avoid overcooking; the chicken only takes a few minutes.)
- Boil pasta. When pasta is half done, saute onion in the oil for a few minutes. Add the chicken and vegetables, parsley, and marinade juices and salt. Saute together for 3-5 minutes.
- Drain the pasta, toss with pesto and sauce from frying pan in a large, warmed pasta bowl. Spoon the chicken and vegetables over the pasta and serve.

**PAD THAI****Thai  
Noodles  
with  
Peanuts  
and  
Shrimp**

This recipe is originally from William Crawford and Kamolmal Pootararka's Thai Home-Cooking. This is a very popular Thai one-dish meal. In Thai homes it is normally prepared with dried shrimp and tofu; restaurants often use shredded pork or chicken. Makes 4 large servings.

1/2 lb cellophane noodles  
1/2 lb shrimp or boneless chicken  
1/4 cup fish sauce (*nam pla*)  
1/4 cup white vinegar  
1/4 cup sugar  
1 tsp paprika  
1 bunch scallions  
1/2 cup vegetable oil

2 cloves garlic, crushed  
2 eggs  
3/4 lb bean sprouts  
2 tbsps red chillies, crushed  
3/4 cup peanuts, coarsely ground  
2 limes

- Soak noodles for 20-25 minutes in enough warm water to cover them. They should be flexible and soft, but not so soft that they can be mashed easily with the fingers. Drain them thoroughly in a colander while preparing the other ingredients. Traditionally they are left in full-length strands, but you may cut them into 8 inch lengths if you find it easier to stir-fry then that way.
- Peel and devein the shrimp leaving the tails intact (or remove if preferred). If using chicken, slice chicken into 1/8 inch strips 1-2 inches long.
- Mix the fish sauce, sugar, vinegar, and paprika in a bowl and stir until the sugar dissolves. Set aside. Slice green onions both the green and white parts, diagonally into 1-1/2 inch long pieces. Set aside.
- In wok or large skillet, stir-fry garlic in oil for one minute. Add shrimp and cook until pink. If using chicken stir-fry until pink disappears.
- Add the noodles and toss lightly to coat with oil and the distribute meat and garlic.
- Add the reserved sauce and bring it to a boil rapidly, gently folding the noodles without breaking them. Reduce heat to medium and boil the mixture, folding frequently until the noodles have absorbed the liquid (a pasta server works great for this step).
- Lift the noodles gently from one side of the wok. Pour a little oil along the side of the wok, then break the egg and slip it into the oil. Break the yolk and cover the egg with the noodles immediately. Repeat this on the opposite side with the other egg. Allow eggs to cook undisturbed, over moderate heat until they are set and almost dry.
- When the eggs are set and almost dry, fold them gently but rapidly into the noodles. Try not to break the noodles, which will be soft and fragile at this point. An effective way is to insert the scoop under the eggs, lift it through, and fold the mixture over. Continue the lifting and folding motion until the eggs are broken up and well distributed.
- Add the green onions (and bean sprouts if you prefer them mixed in) and toss the entire mixture quickly and gently, still avoiding breaking the noodles. Cook for about 2 minutes or until onions are tender.
- If you left out the bean sprouts, spread them now on a large platter. Spread pad thai from wok over top. Sprinkle ground chillies (see note) and ground peanuts over the top and squeeze lime over the top. Or serve toppings separately for each diner to add according to taste.

- Variation: Omit shrimp/chicken and ignore instructions for them. Substitute 1/4 pound tofu and 1/4 pound dried shrimp. Put the tofu on a triple layer of paper towels, cover it with another layer of triple towels, put a plate on top of that and a 2-pound can on the plate. Let stand for 20-30 minutes to press out the excess water. Put the dried shrimp in a sieve, rinse them quickly under hot running water and set them aside to drain. After tofu has been pressed, slice into 1/4 inch cubes. Add the tofu and shrimp in step 5 of the instructions.
- Note on chillies: Buy whole dried chiles and grind since pre-ground often lack the “bite” of whole ones. Thai chillies may be used (very hot), or milder American chiles may be used. The Thai chillies are known as Prig hang. They may also be found in Mexican food sections under the name “Chilies Arbol”. Use sparingly if you aren’t used to them they are quite potent.

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## VEGETARIAN PAD THAI

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This recipe comes from Bon Appetit, February 1991. Serves 3-4.

8 ounces rice vermicelli or cellophane noodles  
 2 1/2 cups fresh bean sprouts  
 1/2 cup dry roasted peanuts  
 2 stalks fresh lemongrass or 1 tbsp grated lemon peel  
 7 whole fresh cilantro sprigs  
 4 large garlic cloves  
 1 jalapeno chili, stemmed  
 1 medium carrot, peeled, cut into 1-inch pieces

2 eggs  
 1/4 cup peanut oil  
 1 large zucchini, diced  
 4 large green onions, thinly sliced  
 1/2 tsp salt  
 2 tbsp sugar  
 3 tbsp fresh lemon juice  
 2 tbsp catsup  
 2 tbsp Thai fish sauce (*nam pla*)  
 2 limes

- Soak rice sticks (breaking up noodles into shorter pieces) in hot water to cover until soft, about 30 minutes. Drain thoroughly.
- In a food processor fitted with steel knife, coarsely chop peanuts. Put in bowl for later. Trim root end and outer leaves of lemongrass stalks, leaving about 2 1/2 inches of small white core.
- In food processor, mince cilantro sprigs, lemongrass, garlic, and jalapeno. Add carrot pieces and process until carrots are pea size, using on/off turns. Transfer carrot mixture to bowl. Beat eggs lightly.
- Heat oil in wok or heavy large skillet over high heat. Add carrot mixture, diced zucchini, half of green onions, and salt. Stir-fry just to heat through, about 1 minute.
- Add sugar, lemon juice, catsup, and fish sauce and toss to blend. Add beaten eggs and let set partially, about 30 seconds. Scramble eggs lightly.
- Add noodles and bean sprouts and stir-fry until eggs are cooked and the mixture is well mixed and heated through. Mix in chopped peanuts and remaining green onions. Adjust seasonings.
- Transfer *pad thai* to warm platter. Garnish with fresh cilantro and lemon wedges, and serve.

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**COLD  
SESAME  
NOODLES**

I have combined and adapted several recipes to come up with this one. It is a great summer dish. I often cook it for a potluck because it is simple to make and always gets good reviews. It is also a robust recipe— you can change the proportions of the ingredients tremendously and still get something that tastes good. You can usually find the egg noodles in the freezer in an oriental food store. Makes 6 servings.

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1 lb chinese egg noodles  
1/4 cup chopped peanuts  
1 bunch chopped scallions  
1 cucumber, peeled and sliced  
cilantro for garnish (optional)

sauce  
1/2 cup unsalted peanut butter (preferably natural)  
1/2 cup tahini  
3 tbsp tamari soy sauce  
2 tbsp dark chinese-style sesame oil  
2 tbsp hot chile oil (or substitute with 1/2 tsp cayenne)  
2 tbsp rice vinegar  
1 inch piece of ginger, grated

- Add the noodles to a large pot of boiling water and cook for 3-4 minutes. Drain.
- Put the peanut butter and tahini in a saucepan and heat slowly until melted. Add soy sauce, oils, vinegar and ginger. Add water in small quantities till you get a smooth paste that is about as viscous as honey. Cool.
- Pour the sauce over the noodles and mix thoroughly. Add peanuts and mix once again.
- Garnish with scallions and sliced cucumbers and chill for an hour before serving.

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**LINGUINE  
WITH  
SHRIMP  
SAUCE**

This is one of my favorite standbys when I am in the mood for something more elaborate than pasta with spaghetti sauce from a jar. Its origins are in a recipe by James Beard from his book *Beard on Pasta*. Great with a with a decent bottle of Chianti, or even a cheap one for that matter. Serves 3-4.

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1 packet linguine noodles  
1/2 lb. peeled shrimp

sauce  
28 oz. can Redpack crushed tomatoes  
1 medium onion sliced thinly  
1 tbsp butter  
1 tsp oregano  
1/2 tsp crushed red pepper  
freshly ground pepper

- Heat the crushed tomatoes in a saucepan on low heat and add the onions and butter.
- Cover and simmer for 15 minutes stirring occasionally.
- Add oregano and red pepper, cover and simmer for another 5 minutes
- Meanwhile cook the linguine and drain.
- Add the shrimp and simmer for 5-7 minutes, until the shrimp are cooked. Add freshly ground pepper to taste.
- Serve the sauce over the linguine.

## Bread

*Indian breads are not easy to make. This is one section that is not advised for the amateur. Better to get the pre-made versions that are available at Indian grocers.*

### CHAPPATI

The most common bread in north Indian homes. In many homes, it is cooked twice a day along with the meal so that it can show up at the table, right off the fire.

**1 cup whole wheat flour (or 1/3 white and 2/3 whole wheat)**  
**1/2 cup water**

- Put flour in a large bowl with half the water. Blend the two together until it holds.
- Beat and knead well until it forms a compact ball.
- Knead dough into it is smooth and elastic and set aside for 30 minutes.
- Knead and divide dough into 4 to 6 parts
- Roll each ball into a tortilla like flat, about 1/8" thick.
- Heat an ungreased skillet and lay the rolled out dough on it and let cook for about 1 minute.
- Turn and cook the second side for 2/3 min. until small bubbles form.
- Turn again and cook the first side pressed lightly with a towel until it puffs. Serve warm (maybe slightly buttered).

Note: As the rolled out chappatis will dry out if they are left stand while cooking other, it is advantageous to roll them out individually before cooking them.

### PARANTHA

A richer version of the chappati.

**1 cup whole wheat flour**  
**vegetable oil** **water**

- Make chappati dough.
- Divide into 6 parts and make balls.
- Flatten and roll each. Spread the oil over them and fold.
- Roll again.
- Heat the parantha on a griddle like you would a chappati, but spread some oil over the top side. Turn and spread oil on this side. Fry until the bottom is crispy and golden, then turn and fry the remaining side. Repeat with all six.

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**STUFFED  
PARANTHA**

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Great for sunday brunch.

dough for regular chappatis.

**Fillings:**

Potato: 1 large potato  
or Radish: 1 large daikon radish  
or Cauliflower: 1/4 medium head

- If using potatoes, boil potatoes, mash, add salt and chili to taste. Add *garam masala* and mango powder.
- If using radishes, grate the radish, add salt and leave for 1/2 hr. Squeeze out all the water, add grated ginger, chili, and pomegranate seeds.
- If using cauliflower, grate cauliflower, add salt, pepper, garlic, and *garam masala*.
- Roll out 2 small chappatis. Add filling on one, cover with the second, seal edges and cook as for paranthas.

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**NAAN**

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Naan is a leavened bread from north india, usually too elaborate to be made at home. Here is a recipe adapted from one by Santosh Khera, for the adventurous. Makes eight medium sized *naans*.

1/2 tsp baking powder  
1/2 tsp salt  
1 tsp sugar  
2 cups bleached flour

1/4 tsp yeast  
3 tbsp melted butter  
1 lightly beaten egg  
1 egg yolk

3 tbsp milk  
1 cup yogurt

2 tbsp poppy or sesame seeds

- Sift flour, sugar, baking powder and salt into large bowl. Make a well in center.
- Warm the milk and yogurt and mix in the yeast, butter and egg.
- Stir and pour into the well in the flour. Stir from center until mixed to a smooth batter.
- Knead on board 15-20 minutes or about 2 minutes in food processor. Dough should be elastic but not sticky. Add a little flour if the dough is sticky.
- Put in covered bowl and allow to rise until double (about three to four hours, unless it is warm, in which case the rise time could be halved)
- Divide ball into eight pieces. Knead each lightly, flatten ball, pull into an oval forming a sort of pear shape.
- Put on baking sheet(s), cover with damp cloth, allow to rise about 15 minutes.
- Brush the tops with egg yolk and sprinkle with seeds. (Optional)
- Bake in pre-heated 450 degree oven for 8-10 minutes until golden brown.

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**TODD'S  
WONDER  
BANANA  
BREAD**

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Todd VanderHayden introduced me to this wonderful recipe. He baked it often when we were rooming together. Once, I got him to bake one of these for Sonia (this is before we were married) and I mailed it to her in New Jersey. I scored big points with this move and got to be known as the “banana bread guy” among her friends. This is an excellent recipe if you have never baked bread before or never had patience with all the kneading that is required for most breads. For this recipe, you pretty much mash all the ingredients together and throw the goop in the oven. Recipe based heavily on one by James Beard. Makes one large loaf.

**1/2 stick butter or margarine**  
**1/2 cup brown sugar**  
**1/2 cup honey**  
**2 eggs**  
**3 ripe bananas, mashed**

**1 1/2 cups all purpose flour**  
**1/2 tsp baking soda**  
**1/2 tsp salt**  
**1/2 cup sliced nuts or almonds**

- Soften the butter till it spreads easily (putting it on the defrost cycle in the microwave works nicely).
- Mix the butter, sugar and honey and beat for a couple of minutes.
- Add the eggs and thoroughly mix in the bananas.
- Sift together the flour, soda and salt and blend thoroughly into the mixture.
- Finally fold in the nuts.
- Butter a 12 x 4 1/2 x 2 1/2 loaf tin and pour in the batter. Bake in a preheated 350 degree. oven for 1 hour, or until a knife inserted in the center comes out clean.

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## Salads

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*This section contains recipes for a number of salads and dips, mostly Indian and south east Asian.*

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**KACHUMBAR** *Kachumbar* is a good complement to spicy Indian dishes. It can serve as a cool salad, except if you are a sucker for punishment and spice this one up too.

### Chopped Relish

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2 medium tomatoes	1/2 tsp salt
2 medium onion, peeled	2 tbsps lemon juice
4 tbsps chopped fresh coriander	1/4 tsp cayenne pepper

- Cut the tomatoes and onions into 1/4 inch pieces and put them in a non-metallic bowl.
- Add all the other ingredients and mix.

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### RADICAL KACHUMBAR

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This recipe has been renamed by my wife, although we got the recipe from a book by Tarla Dalal. This is the sort of dish that makes Indian purists shudder, but we like the non-traditionallness. Goes well with rice and a spicy chicken or fish recipe.

3 ripe bananas peeled and diced	2 tbsps finely chopped cilantro
1 large cucumber peeled and diced	2 tbsps flaked coconut
2 tsp lemon juice	1/2 tsp sugar
2 green chillies chopped	
3 tbsps roasted peanuts	

- Mix bananas and cucumber. Add lemon juice and mix well.
- Add the remaining ingredients and chill for 30 minutes. Serve cold.

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### GAJAR SALAD

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This is a very simple colorful salad that is adapted from a recipe by Madhur Jaffrey's book *Indian Cooking*. Serves 6.

### Carrot Salad

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5 carrots peeled and grated coarsely	with vegetable oil)
1/4 tsp salt	1 can (12 oz.) chick-peas
2 tsp lemon juice	1/4 tsp cayenne pepper (optional)
1 tsp whole mustard seeds	1 red pepper, cut into small squares
3 tbsps hot sesame oil (or substitute	1 green pepper, cut into small squares

- Toss the carrots with the salt.
- Heat the oil in a small shallow pan over medium heat. When the oil is hot, add the mustard seeds.
- As soon as the seeds begin to pop (within a few seconds), pour the contents of the pan over the carrots.
- Drain the chick-peas of their liquid and rinse under the tap quickly.
- Add the chopped pepper, chick-peas & lemon juice to the carrots. Sprinkle with cayenne pepper and toss.



**RUJAK****Indonesian  
Fruit Salad**

This is yet another recipe that has been lifted from *Sundays at Moosewood*. It is a personal favorite of mine. Great with a mild chicken dish. We also serve it for brunch, often. Serves 6.

Choose 4 of the following:

1 grapefruit, peeled and sectioned  
2 small oranges sectioned  
2 underripe pears thinly sliced  
1 large underripe mango thinly sliced  
2 tart apples thinly sliced  
12 oz. red grapes, halved

2 tiny green chiles cut into thin circles  
(seeded for milder taste)  
2 tbsp brown sugar  
2 tbsp fresh lemon or lime juice  
2 tbsp fish sauce  
1/2 cup toasted peanuts

- Mix all the ingredients in a large bowl and serve.

**WALNUT  
RAITA****Yogurt  
with  
walnuts  
and  
cucumber**

This recipe provides an interesting dimension to the very common *khiray ka raita*, a good summer dish. This is just what you want if you are looking for something to balance some of the spicy dishes. Serves 5-6.

3 cups yogurt  
1 large cucumber peeled and coarsely  
grated  
2 tbsps finely chopped fresh corian-  
der

1/2 fresh green chilli, finely chopped  
1/2 tsp salt or to taste  
freshly ground pepper to taste  
1/2 cup shelled walnuts broken up  
into 1/2 inch pieces

- Put the yogurt in a bowl. Beat it lightly until it is smooth.
- Add the other ingredients and stir to mix

**BOONDHI  
RAITA**

This is another common variation on *raita*. Serves 3-4.

1/4 cup *besan* flour  
vegetable oil for frying  
1 1/2 cup yoghurt

1/4 cup milk  
1/2c water  
salt, pepper, chat masala to taste

- Make a pouring paste of the besan and water.
- Heat the oil and drop paste into hot the oil through a slotted spoon to get little drops falling at a time (these are *bhoondi*).
- Remove the drops when golden brown and dry on a paper towel to remove extra oil.
- Soak the drops in warm water. Add milk, salt, pepper, add chat masala to yoghurt
- Squeeze water out of *boondhi* and add to yoghurt.

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**TABOULEH**

This is a Lebanese dish that is available at every middle eastern restaurant. It comes via Sue Breslow. Serves 6-8 as a side dish.

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1 can chick peas (or 3/4 cup cooked)	3 medium tomatoes, chopped
4 cups boiling water	1/2 cup lemon juice
1 cup bulgar wheat, raw	1/4 cup olive oil
1 1/2 cup fresh parsley	1-2 tsp salt
3/4 cup fresh mint, minced	freshly ground pepper to taste
3/4 cup scallion, chopped	

- Pour the boiling water over the bulgar wheat and let stand, covered for 2 hours until the wheat is light and fluffy.
- Drain the water by putting the wheat in a strainer.
- Combine the wheat, chick peas and the other ingredients and chill for one hour.

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**SPINACH  
DIP**

This is a great appetizer recipe for a party. Recipe from Chris McConnell.

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2 cups real mayonnaise	1 tbsp lemon juice
1/2 cup parsley sprigs	10 oz. frozen chopped spinach, or equivalent fresh
1/2 small onion	1 round loaf of dark bread
1 clove garlic (or more)	

- Thaw spinach and squeeze out liquid (make green pasta with the juice!).
- Mix ingredients in food processor or blender until smooth and refrigerate for four hours.
- Scoop out a bowl out of the center of the bread and put the chilled dip in it.

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**THAI  
CHICKEN  
SALAD**

A crispy, spicy salad in the Thai tradition. Recipe comes from Stephanie da Silva. Serves 8-10.

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3 cups vegetable oil, for frying	6 tablespoons fresh lime juice
20 won ton skins, cut into 1/4 inch strips	1/4 cup fish sauce (nuoc mam)
8 cups shredded mixed salad greens	1/4 cup (packed) light brown sugar
4 cups of bite-size pieces of barbe- cued or roast chicken (from a 3 lb bird)	4 serrano chiles, seeded and minced
1 cup bean sprouts	1/2 teaspoon freshly grated nutmeg
1 large yellow bell pepper, cut into thin julienne	1 tablespoon finely minced fresh lem- on grass (optional)
1/2 European seedless cucumber juli- enned	1 tablespoon minced fresh ginger
	1/4 cup minced fresh mint
	3 tablespoons minced fresh basil
	1/4 cup dry-roasted unsalted peanuts, coarsely chopped

- In a large skillet, heat the oil over moderately high heat until a strip of won ton bounces across the surface. Add the won ton strips in batches and fry, turning, until crisp and golden, about 1 minute. Transfer to paper towels; drain well.
- In a large bowl, combine the mixed greens, chicken, bean sprouts, yellow pepper and cucumber.
- In a medium bowl, whisk together the lime juice, fish sauce, brown sugar, chiles, nutmeg, lemon grass, ginger, mint and basil. Add the dressing to the salad and toss well. Gently fold in the crisp won ton strips.
- Turn out onto a serving platter and sprinkle with the peanuts.

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**SPICY  
CHICKEN,  
SQUID &  
NOODLE  
SALAD**


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This salad, of Burmese/Thai origin is a recent favorite of mine. It has all the making of a hit— it is simple to prepare, healthy, and, exotic enough to raise a lot of interest when you bring this to the next potluck. An unusual cold and spicy dish, this makes for excellent summer fare. Makes 4-6 servings. Adapted from a recipe in Asian Pasta by Linda Burum.

3 whole chicken breasts, skinned  
6 ounces dressed, small squid, cut  
into rings  
4 ounces bean threads (wun sen)  
1 head Bibb lettuce  
1/4 head romaine lettuce, torn  
1 medium red onion, slivered  
1 1/3 cups bean sprouts  
1 peeled cucumber, seeded and thick-  
ly sliced.  
1/2 cup chicken broth  
Tomato wedges  
Lime wedges

Mint or fresh basil for garnish

**Marinade**

2/3 cup fresh lime juice  
1/2 cup fish sauce (nam pla)  
4 tsp minced ginger  
2 large cloves garlic, pressed  
1 1/2 tsp thai hot sauce (sriracha chilli  
sauce)  
5 tsp sugar  
1 1/2 tbsp minced basil, mint or cori-  
ander.

- Mix all the ingredients of the marinade well and set aside.
- Preheat the broiler and grill the chicken breasts till they start to get golden on the outside and are about half cooked through. Slice the chicken into strips as thin as possible.
- Blanch the squid in a large pot of boiling water for 1-2 minutes, until it turns completely white. Drain and rinse with cold water.
- Combine squid, chicken and marinade and let it sit for 1 hour at room temperature or 3 hours in the fridge.
- Soak the bean thread noodles in warm water until they are soft, about 10 minutes. Drain immediately and rinse with cold water. Set aside.
- Line a platter with half the bibb lettuce leaves. Tear the remaining leaves and mix them with the romaine lettuce. Layer the torn lettuce, red onion, bean sprouts, and cucumber over the bibb lettuce.
- Heat the chicken broth in a skillet, add the bean threads, and cook, stirring, until they are translucent, about 1-2 minutes. With a slotted spoon, transfer the marinated squid and chicken to the noodles in the pan and stir them into the noodles.
- Heap the noodle mixture in the center of the vegetables and sprinkle dressing all over. Alternate wedges of tomato and lime around the edge of the mound and garnish the platter with the mint or basil.

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## Side Dishes

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*This section contains a miscellany of recipes that didn't fit into any other section.*

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### MINT CHUTNEY

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This *chutney* is a good accompaniment to rice, or can be used a dip for pakoras.

1 bunch cilantro  
1 green chilli  
1 tsp salt  
1 medium onion

1 bunch mint leaves  
1 oz. seedless tamarind  
4 tbsps water

- Wash and soak tamarind in water for 1/2 hour
- Clean pick and wash the coriander and mint. Separate pulp from tamarind and squeeze out the pulp.
- Grind coriander, mint, green chili and onion to fine paste.
- Add the tamarind pulp and salt and blend well. Store in an airtight jar. It can be refrigerated for up to one week.

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### GUACAMOLE

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Guacamole seems to be an instant hit at all our parties, especially when I serve it as a part of a blackbean dip (see below). It can be also be served all by itself with tortilla chips.

2 avocados, peeled, pitted and  
mashed  
2 tsp lemon juice  
1 onion, diced

1 tomato, diced  
1/2 cup chopped cilantro  
2 jalapeno peppers sliced  
salt to taste  
Tobasco sauce to taste.

- Add lemon juice to the avocados after they have been mashed to keep them from turning brown.
- Add the other ingredients and mix well

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### BLACK BEAN- GUACAMOLE DIP

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I stole this recipe from Claire Bono and Craig Knoblock, having had this wonderful dip at their place many a time. Serve with tortilla chips.

1/2 pint sour cream  
14 oz. can black beans, drained

guacamole (see above)  
1 small onion, diced

- Saute the onion in 1 tbsp of vegetable oil and add the black beans. Simmer beans for 2-3 minutes, stirring frequently.
- Pour beans into a round glass baking dish and cover with a thin layer of sour cream. Add guacamole on top of the sour cream as the final layer.

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**WATER  
MELON  
SALSA**


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Recipe from the Washington Post. Great summer dish to substitute for the standard salad. Makes 2 cups.

2 cups seeded and coarsely chopped  
watermelon  
2 tbsp onion, chopped  
2 tbsp water chestnuts, chopped

2-4 tbsp anaheim chillies, chopped  
2 tbsp balsamic vinegar  
1/4 tsp garlic salt

- Combine all ingredients and mix well. Refrigerate for at least an hour.
- Serve with grilled chicken.

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**MANGO-  
MACADEMIA  
NUT SALSA**


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This comes via Fiona J. who adapted a recipe published in *Hot and Spicy* by Marlena Spieler. Makes 4 cups.

4 tomatoes, diced  
1/4-1/2 fresh chilli, diced  
2 scallions, chopped finely  
2 tbsps mint leaves, chopped  
1 tbsp cilantro leaves, chopped  
Juice of 1 lime

3 tbsps olive oil  
3oz. macadamia nuts, chopped  
coarsely  
1 ripe mango, peeled and diced  
pinch of sugar salt  
black pepper and cayenne to taste

- Toast the macadamia nuts lightly in an ungreased frying pan.
- Combine the tomatoes with chilli, scallions, mint, coriander, lime juice and olive oil.
- Add the macadamia nuts and then the mango
- Season with sugar, salt, pepper and cayenne to taste.

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**SALSA  
FRESCA**


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Here is a simple salsa recipe, synthesized from several others. Makes about 3 cups.

3 tomatoes, diced  
1/2 cup green pepper, diced  
1/4 cup cilantro chopped finely  
1/2 cup fresh basil, chopped  
1/2 cup onions, chopped finely

2 tsp lime juice  
2 tsp white vinegar  
2 serrano or jalapeno peppers, sliced  
thinly  
1/4 cup beer (optional)  
1/2 tsp salt or to taste

- Mix ingredients and chill for thirty minutes at least.

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**CASABLANCA** Couscous is often served in a very simple style as an accompaniment with middle eastern meals. Here is a very interesting variation. Serves 4-6.  
**COUSCOUS**

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1 cup couscous	1 cup sliced celery
1.5 cups water	1 can chick-peas
1 lb. firm tofu, cubed	1/2 cup raisins
1 can (8 oz.) tomato sauce	1tsp <i>garam masala</i>
1 onion chopped	1/4 tsp cayenne
1 cup sliced mushrooms	1 tsp paprika
1/2 cup chopped walnuts	salt to taste
1 cup sliced carrots	

- Bring water to boil with 2 tbsp of oil and pour over couscous. Let stand for 5-10 minutes or until water is absorbed.
- Saute onion in 3 tbsp of oil for 5 minutes. Add carrots, onion, celery and saute for 2-3 minutes. Add tofu and saute for two more minutes. Add remaining ingredients, bring to boil and simmer, with a cover for 30-40 minutes, until vegetables are fully cooked through.
- Serve vegetables over couscous.

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**SUSAN**  
**STAMBERG'S**  
**CRANBERRY**  
**SAUCE**

I awoke on the day before Thanksgiving, 1992 and heard Susan Stamberg on NPR giving this family recipe for Cranberry Sauce. This is a most unusual sauce. I like it a lot but was only able to persuade my guests to try a spoonful. Makes enough for 8-10 adventurous guests (about a pint).

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2 cups fresh cranberries	3/4 cup sour cream
1 small onion chopped	2 tbsp horseradish sauce
1/2 cup sugar	

- Puree the cranberries and onion in a food processor/blender.
- Add the remaining ingredients and mix.
- Freeze overnight. Remove from freezer a couple of hours before serving and let thaw in the fridge.

## Desserts and other Goodies

*Indian desserts are typically not easy to prepare and it took me quite a while to try my hand at any. Here are a handful of desserts that are definitely 'doable'. Also included are my favorite western desserts, many from our dinner coop.*

### SEVIAN DI KHEER

#### Vermicelli Pudding

Recipe from Dalbir Chadda. This has been my all time favorite dessert. Ever since I was very little, I can remember asking for seconds and thirds. What makes this dessert unusual is that it is not as sweet as most Indian desserts and is fairly simple to make. Make sure that the vermicelli is very fine. The very fine vermicelli that can be bought at chinese stores is the ok but it is best made with "sevian" that you can buy at an Indian store. Serves 6.

1 stick butter  
6 oz. sevian  
4 cups of milk  
1 pint whipping cream

1/2 cup raisins  
1/2 cup sugar  
4 almonds (optional) peeled and thinly sliced

- Melt butter in a large heavy bottomed pot. If you use a light pot, the milk will likely burn at the bottom.
- Break vermicelli into 3 inch pieces. Over low heat stir vermicelli into butter until it turns lightly brown.
- Pour in the milk and stir over medium heat until the milk boils. Put in the raisins, almonds and sugar.
- Continue to cook under low heat for 10 minutes. Add whipping cream and continue to cook for a couple of minutes. Serve hot or chill in fridge for an hour before serving.

### FIRNI

#### Rice Pudding

This is my second most favorite dessert. It is an uncommon concoction from the Hyderabad style of cooking. I remember it being served in small clay pots that held individual servings. This recipe comes from my mother. Serves 6.

1/2 gallon whole milk  
6 oz. evaporated milk  
1/2 cup rice

6 tbsps sugar  
1 tsp ground cardamom  
4-5 almonds or pistachio's grated

- Soak rice in water for four to five hours, if possible overnight.
- Drain rice and put in coffee grinder (if necessary in batches). Add enough water to make a thick paste.
- Bring milk to boil milk in a heavy pot. Add cardamom. Reduce heat to low and continue heating while stirring continuously.
- When milk starts to thicken, add sugar, rice and evaporated milk and stir for another 5 minutes.
- Pour into separate dishes or glasses and sprinkle with almonds/pistachios.
- Serve hot or after it has been refrigerated for at least an hour.

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**BESAN KI  
BURFI**

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Recipe from the net. Untested.

1 cup *besan* flour  
1 cup sugar  
1 cup shortening

4 cardamom pods with the shells re-  
moved  
1/2 cup walnuts broken into small  
pieces

- Melt shortening in a pan.
- Turn down heat and add cardamom and Besan.
- Fry, stirring constantly to prevent burning until it has changed color to brown and smells done. (Test: a few drops of water sprinkled on the goo splutters instantly).
- Turn off heat and stir in sugar and the nuts.
- Spread on a platter 1/2" thick.
- Cut into diamond shapes after it has cooled down.

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**PISTA  
BURFI**

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This recipe comes via Anne Mitchell. Untested.

**Pistachio  
Burfi**

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1/2 cup sugar (white or brown)  
1 cup water  
3 tbsp unsalted butter  
1 2/3 cup powdered milk  
1/3 cup nuts or dried fruits, chopped  
(optional)

1/4 tsp powdered cardamom  
1/2 cup raw pistachio nuts, blanched  
and finely chopped  
1 tsp rose water (or a few drops rose  
essence)  
3 tbsp blanched pistachios, slivered,  
for garnish

- Combine sugar and water in a heavy bottomed 3 quart saucepan. Stir over fairly low heat until sugar is dissolved, then raise heat slightly and gently boil for 8 minutes. Remove from heat and let cool until the temperature reaches about 110F (about 10 minutes).
- Add 1 tbsp of the ghee/butter, the cardamom and the 1/2 cup chopped pistachios, and, stirring constantly, pour in the powdered milk. When mixture is smooth, place the pan over moderate heat and cook, stirring and scraping constantly, until mixture is reduced to a thick paste which pulls away from the sides of the pan (about 4 minutes). Remove from heat and stir in remaining ghee/butter & the rose water.
- Using a rubber spatula, spread burfi onto a buttered cookie sheet, and mold into a square about 3/4" thick. Press pistachio slivers into top of *burfi*. When burfi is thoroughly cooled cut into 24 pieces with a knife (dip knife into hot water, and wipe dry, between each cut).
- Keep refrigerated in an airtight container. Bring to room temperature before serving. Best served within 4 days.



**RASMALAI**

Recipe from Joy Thomas. There are various ways to make *rasmalai*— the authentic method starting with milk and then several shortcuts that use Ricotta cheese. Here is one of the latter.

2 lb ricotta cheese  
2 quarts half and half  
2 cups sugar  
5 cardamom pods

1 bay leaf  
1 tsp vanilla extract  
Rose water (to taste, if desired)

- Mix 1.5 cups of sugar with the Ricotta cheese and bake it in a 400 degs oven for about 1hr and 15 minutes in a flat dish covered with aluminum foil. The cheese should have hardened and turned a pale brown.
- Thicken the half and half by simmering over low heat for a long time. This is best done in a microwave; if a microwave is not available, do it over low heat and stir frequently. Thicken until the volume drops to around half of the original volume.
- Add the remaining 0.5 cup sugar, cardamom pods, bay leaf, vanilla and rose water (and any other flavoring that you may want) to the half and half. Heat for a few minutes.
- After the cheese has been baked, cut it into 1 inch squares and add to the hot thickened half and half. Cool for a few hours in the fridge.

**EASIER  
RASMALAI**

My mother-in-law's recipe is blindingly simple. Of course, you have to cheat a little but what do you want for 10 minutes of work? No more gruelling hours scalding the milk and what not. The end result is not as good as you would find at *Chandu Halwaii* around the corner in your neighborhood back home in Delhi but it is certainly much better than anything I would have the patience to make from scratch. Buy the *rasgullas* (also called "*rossogolas*" from an Indian grocery store). Serves 10-12.

1 can *rasgullas*, drained and sliced in  
half  
1/4 cup sugar

1 small carton whipping cream  
1/2 tsp ground cardamom  
3 tbsp slivered almonds (optional)

- Pour whipping cream into a pie dish and stir in sugar. Stir until the sugar is dissolved.
- Lay the sliced *rasgullas* flat side down in the whipping cream.
- Sprinkle with cardamom and garnish with almonds.
- Cool in the fridge for 2-3 hours or in the freezer for 1 hour before serving.

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**GAJAR  
KA HALWA****Carrot  
Halwa**

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This is a very popular north Indian dessert that my mother often cooks in the winter. In fact a north Indian idyll is to sit out in the sun during winter, eating *gajar ka halwa*, and drinking tea. Be warned that this recipe although simple, takes a while to cook. Perfect for a cold winter afternoon when you are hanging around the house. Also, you will need a heavy bottomed pot to cook this in otherwise you will have a particularly tough cleaning job when you are done. Makes 12-15 dessert sized servings.

4 lbs carrots, cleaned and grated	1 cup chopped walnuts or sliced almonds
1 cup sugar	
1.5 sticks of butter /or margarine)	1 cup raisins
1/2 gal. milk	

- In a big heavy pot heat milk to boiling. Reduce the heat to low and add the carrots.
- Cook until liquid is almost gone, stirring every 10 minutes or so to prevent sticking and burning, about 2 hours.
- Add the butter/margarine and cook another half hour, stirring often.
- Add the sugar and nuts and cook until all the liquid is gone and the mass does not stick to the sides.
- Add the raisins, stir a couple of times and turn off the heat and let it sit for about 5 minutes before serving.
- The halwa will keep for a week in the fridge. Heat before serving.

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**RAS GULLA****Cheese  
Balls in  
Sugar  
Syrup**

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This is a classic Indian sweet usually reserved for special occasions. For most people, the recipe involves a trip to the confectioners'. If you are ambitious, or simply have no place to get this delicacy, here is a recipe from Santosh Khera. Note, this is a very sweet dessert. 6 servings.

1 quart milk	<b>Syrup</b>
1/2 tsp salt	1 quart water
8 oz. yogurt	1 lb sugar
1 tsp flour	1 tsp rose water
1/4 tsp bicarbonate of soda	

- Bring milk to boil and add salt. Remove from heat and add yogurt into it. Stir gently until all the milk curdles. Strain the curdled milk in a thin muslin cloth. Squeeze gently until all the liquid is gone. You now have *paneer*.
- Put the paneer in a large bowl and knead with the palms of your hand until it becomes smooth and soft. Add the flour and bicarbonate of soda and knead a few more minutes. Roll and shape into small balls, the size of a ping-pong ball.
- Dissolve the sugar in the water over gentle heat. Set aside half the syrup. Bring the other half to boil and gently slip in the balls of *paneer*. Simmer for 10 minutes and then raise the heat, adding a little water to thin the syrup if necessary.
- The rasgullas are done when they float to the surface. Drain and put them in the syrup that was set aside. Sprinkle with rose water. Serve cold.

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**DAVE'S  
DEADLY  
CHOCOLATE  
CHIP  
COOKIES**

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This recipe comes from Dave Wettergreen who swears by it. He claims that he almost always has the dough in his fridge, ready to whip up into cookies. From his instructions it is clear that he has definitely made inroads into mastering the art.

2 1/4 cups of flour	2 teaspoons of vanilla extract
1 1/2 cups of brown sugar	2 eggs
1 cup (2 sticks) of butter	
1 teaspoon baking soda (not baking powder)	12 oz. of chocolate chips
1 teaspoon salt	2 cups of walnuts

- The toll house recipe says carefully add the ingredients, mix this with that, dry stuff first... Bag all that. Get a big bowl, and throw all the first set of ingredients together.
- Mix this around. If the butter is soft it goes fast. If the butter is frozen it takes patience. Then add the second set of ingredients.
- A few notes: Instead of butter you can use margarine or some butto-marga-blend. Don't leave out the salt, it's what really makes chocolate chip cookies happen. If you're worried about your health what are you eating chocolate chip cookies for? Some people have complained that my cookies are too rich and they get dizzy or feel buzzed. Mix at your own risk.
- The dough can be saved in the refrigerator for 5 days or so. Probably longer. Maybe indefinitely.
- Scoop out heaping tablespoon fulls of dough and put them on a baking pan about two inches apart.
- Now the baking. The parameters to cookie baking are virtually unlimited -- altitude, humidity, oven thermal-stability. Again, punt the neurotic approach. Set the oven to about 375F degrees. If you remember to preheat, even better. A cold oven tends to make them melt before they bake so you get flat crispy cookies rather than what crispy on the edges and gooey in the middle, but these are fine aesthetic points.
- Bake the cookies in for 9-10 minutes and then check them. Raising or lowering the rack can effect how the cookies bake but its not clear exactly how. All sorts of hypotheses can be considered while the cookies burn in the mean time. Just keep giving them another minute or two until they are done.
- I think that cookies are done when they are brown on the edges and bottom but just transitioned from the dough state in the middle. Sort of a dough triple point. Cookie nirvana.
- When they look done, take them out and eat immediately. You will be horribly burned but it's worth it. Enjoy.

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**CRANBERRY  
APPLE PIE**

For many years I was daunted by the idea of making a pie. Once I got going, I can't imagine why that was. Here's a simple recipe that is low in sugar. You can do this one right by making the pastry from scratch and using fresh cranberries or you can do it the easy way—canned cranberries and premade crust. Makes 8 servings.

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**Pastry for 8-inch two-crust pie**  
1/2 cup brown sugar  
1/2 cups flour  
1 tsp apple pie spice

**4 cups sliced pared tart apples**  
**2 cups fresh or fresh frozen cranberries**  
**or 16 oz. can of whole cranberries**

- Preheat oven to 425.
- Prepare pastry. It is simplest is to use premade crusts that are found in the refrigerated section. Line a pie pan with one crust.
- If you are using fresh cranberries, put them in a saucepan with 1 cup of water and bring to boil. Continue to boil over low heat until the cranberries begin to pop. If using canned cranberries, mix with 1/3 cup water in a saucepan and heat until you can stir the cranberries smoothly. Do not bring to boil.
- In a bowl, stir together sugar, flour and spice. In the pie pan, Alternate layers of apples, cranberries and sugar mixture, beginning and ending with sugar mixture.
- Cover with top crust. Cut slits in crust, and seal and slute edges.
- Bake 40 to 50 minutes. Cool.

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**MOOSE-  
WOOD  
FUDGE  
BROWNIES**

This recipe comes from the original Moosewood cookbook. Thanks to Evelyn Bundesmann for dishing this up at the end of many a coop dinner. They are absolutely irresistible. Makes enough for 6.

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1/2 lb butter softened (not melted)  
5 oz. bitter chocolate (melted and cooled)  
1 3/4 cups light brown sugar  
5 eggs  
1 1/2 tsp pure vanilla extract  
1 cup flour

**Optional (one of the following)**  
1/2 cup chopped walnuts  
1 tbsp instant coffee  
1 tsp grated fresh orange or lemon rind  
1 overripe banana, mashed  
1/2 cup chocolate chips

- Cream the butter with the brown sugar and eggs. Add the vanilla extract.
- Beat in the melted cooled chocolate and flour. Add optional ingredients if any.
- Spread into a buttered 9" X 13" baking pan and bake for 20 minutes at 350 degrees.
- Cool and serve with whipped cream.

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**CHERRIES  
JUBILEE**


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This is a spectacular dessert and about as easy as it gets. Just the right thing for a cosy dinner. This dessert is at least 50% show so remember to put some good music on the stereo and turn down the lights when you serve it. Recipe from Fritz Knabe. Serves 6.

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1 24-oz. can cherry pie filling  
1/4 cup brandy, cognac or rum

good vanilla ice-cream

- In a large skillet, heat the cherry pie filling over a low flame until it is warmed through.
  - Take the skillet, the brandy and a wooden spatula to the table
  - Pour the brandy over the cherry pie filling and light it with a match.
  - Stir the filling with the spatula, making sure not to let the spatula (which will have small flames on it) not to get close to anything else that is flammable.
  - When the flames are spent, serve the cherry pie over vanilla ice cream
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**MANGO  
RUM CAKE**


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This recipe is adapted from one that appeared in the LA Times food section. The recipe calls for a ready made cake mix. Keep looking in the baking section of your grocery store until you find the right one. Makes 10 servings.

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1 cup peeled mango (diced in small pieces)  
1 (18.5 oz.) box of "butter recipe golden cake" mix" (I use Heinz)  
3 eggs

1 1/2 cup pureed ripe mango  
1/4 cup butter  
1/2 cup rum

- Spray bottom of 10 inch tube or bundt pan with non-stick vegetable spray or grease with margarine and dust with flour. Arrange mango cubes in the bottom of the pan.
- Blend cake mix, rum, eggs and pureed mango in a large mixer bowl at low speed just until moistened. Beat at medium speed for 4 minutes.
- Pour batter into prepared pan and bake immediately at 375 degrees for 45 minutes. A toothpick inserted into the cake should come out clean.
- Cool for 20 minutes in pan. loosen and remove from pan onto serving plate.

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**GINGER  
ICE  
CREAM**

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Ginger is not something I would normally think would go in an ice cream, but thanks to Dave Steier, I have been smacking my lips on this exotic, mock chinese recipe from Barbara Tropp's book on chinese cooking. Be warned that unless you have an ice cream maker, this recipe is non-trivial. You can buy the preserved ginger at an oriental store (there is an excellent brand made by Tung Chun Soy & Canning Co). Yields about 1 1/2 pints.

**GINGER SYRUP**

1/3 cup water  
1/4 cup sugar  
3 packed tbsp minced or grated fresh  
ginger

**MILK MIXTURE**

1 cup whole milk  
2 tbsp sugar

2 tsp finely minced preserved ginger,  
drained before mincing

**CUSTARD MIXTURE**

3 large egg yolks  
1/4 cup sugar  
1 cup whipping cream  
1/2 tsp freshly squeezed, strained  
lemon juice

- To make the syrup, heat the water and 1/4 cup sugar in a small saucepan over medium heat, stirring to dissolve the sugar. When the sugar is dissolved, add the fresh ginger. Stir and bring the mixture to boil over medium heat. Reduce heat and simmer the syrup uncovered for 5 minutes. Remove pan from heat
- In another pan combine the milk, 2 tbsp sugar and the minced preserved ginger. Stir over medium heat until the milk comes to a scalding temperature, just short of a simmer, then remove the pan from heat.
- Add the fresh ginger syrup into the milk mixture and stir well to blend. Cover and steep for 20 minutes.
- In a small bowl beat the egg yolks and 1/4 cup sugar until the mixture is pale yellow, thick and falls in ribbons from the beater.
- Put the heavy cream in a medium size bowl and cover with a strainer.
- When the steeping time is over, bring the milk mixture to scalding again, stirring. Slowly add 1/4 of the scalded milk to the egg mixture and then pour the egg mixture back into the remaining milk.
- Cook over moderate heat, whisking slowly, until the mixture reaches a custard consistency. Do not let the mixture boil.
- Pour the custard through the strainer into the bowl of cream. Stir the liquid in the strainer to coax it through the mesh. Discard the ginger solids.
- Allow the mixture to cool completely, stirring occasionally. Once cool, the mixture may be sealed airtight and refrigerated 1-2 days before freezing.
- Just before freezing, add the lemon juice and stir well.
- Freeze in an ice-cream maker or freeze in a shallow tray for 2 hours. Beat with a food processor and freeze again. Repeat this procedure.
- When freezing process is completed, pack the ice cream into a plastic container, pressing it down to eliminate any air bubbles. Press a piece of plastic wrap directly on the surface of the ice cream to prevent formation of the ice crystals.
- Freeze for two more hours, but allow to soften slightly in the fridge before serving.

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**BREAD  
PUDDING  
WITH  
WHISKEY  
SAUCE**


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This is one of my personal favorites and always gets rave reviews. It is extremely easy to make. Go to a gourmet bakery and buy day old rolls for this one. Recipe from the *Southern Sideboards* cookbook. Serves 8.

6 eggs  
1 cup sugar  
1 pint half and half  
1/4 tsp salt  
2 tsp vanilla  
6 dinner rolls, torn in small pieces

**SAUCE**  
1 1/2 cups sugar  
1 can (5 oz.) evaporated milk  
4 tbsp margarine  
1 egg, beaten,  
3 tbsp whiskey

- Beat eggs well; add next four ingredients and blend together well. Fold torn rolls into egg mixture.
  - Pour custard mixture into ungreased 3 quart baking dish and bake for 1 hour at 350 degrees F. Note: Do not start baking more than 1 1/2 hours before serving.
  - While pudding is baking make the sauce:
  - Combine all the ingredients except whiskey in top of a double boiler. Place over boiling water and cook, stirring well, until thick.
  - Keep warm until serving time. Do not add whiskey until just before serving.
  - Spoon the sauce over the bread pudding and serve.
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**THE BEST  
APPLE PIE**


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This recipe is one of the reasons our dinner coop will most miss Fritz Knabe— Munich is a bit too far to go for apple pie. The ultimate apple pie from scratch, courtesy of *Southern Sideboards*. Should serve 6.

Flaky Pastry Pie Crust  
5 cups flour  
1 tbsp brown sugar  
1/4 tsp baking powder  
1/2 tsp salt  
2 cup shortening  
1tbsp vinegar  
1 egg, beaten  
Water

Apple Pie Pastry for 2 crusts  
6 Granny Smith apples, peeled,  
cored, and sliced  
1 tbsp cornstarch  
1/2 tsp salt  
3 tbsp butter, melted  
1 tsp ground cinnamon  
3 tbsp sugar  
1/3 C light corn syrup  
1/2 C light brown sugar  
3 tbsp light corn syrup  
2 tbsp flour  
2 tbsp butter, softened

- To make crust: Mix dry ingredients together. Cut shortening into dry ingredients until mixture is the consistency of coarse meal. Combine vinegar and egg and add enough water to make one cup liquid. Add liquid to dry ingredients and mix until dough forms a ball. Divide dough and pat out with hands into desired shape on floured sheet of wax paper. Put another floured sheet on top and smooth with rolling pin. Transfer to pie dish using the wax paper. Yields five or six 9-inch crusts. Store unused dough (in rolled-out crusts or in balls) in freezer, tightly wrapped.
  - Fill pastry-lined pie pan with apples. A ten-inch cast iron chicken fryer makes a great crust. Combine next 6 ingredients and pour over apples. Cover with top crust (a lattice works best) and bake at 425 F for 30-45 minutes.
  - Combine remaining ingredients and spread over crust. Return to oven for 10 minutes or until topping is bubbly.
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**RASPBERRY  
CHOCOLATE  
CHEESECAKE**

Without doubt, this cheesecake counts as one of my top ten favorite desserts. make that top five. Its so sinful, that you will want to have a salad only for the meal that comes before. Kudos to Evelyn Bundesmann for introducing the dinner coop to this delicacy. Recipe from Emeril Lagasse, New Orleans chef. Makes 12 servings.

**Crust**

1 9 ounce package chocolate wafer cookies

6 tbsp (3/4 stick) unsalted butter, melted

2 tsp sugar

**Filling**

1 1/2 pounds cream cheese, room temperature

1/2 cup sugar

6 oz. bittersweet or semi sweet chocolate, chopped, melted

1/2 cup raspberry liqueur

4 large eggs

1/2 cup whipping cream

**Raspberry Sauce (2.5 cups)**

1 12 oz. packages frozen unsweetened raspberries, thawed

1/2 cup sugar

2 tbsp raspberry liqueur

1 half pint basket fresh raspberries

- For Crust: Position rack in center of oven and preheat to 350 degrees. Butter 9 inch diameter springform pan with 2 3/4 inch high sides. Grind cookies in processor. Add butter and sugar and blend until moist crumbs form. Press onto bottom and 2 1/4 inches up sides of pan.
- For filling: Using electric mizer, beat cream cheese in a larger bowl until smooth. Add sugar, chocolate, and liqueur and beat until well blended. Add eggs 1 at a time, beating each addition just until combined. Mix in cream. Pour filling into crust lined pan. bake until filling is almost set but center still moves slightly when pan is shaken (about 55 minutes). Transfer to rack. Cover and chill overnight if possible.
- For Sauce: Combine all ingredients in processor and puree until smooth. Strain mixture through fine strainer into bowl. Cover and chill.
- Serve cheesecake, passing the raspberry sauce and additional berries separately.

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**MILE HIGH  
STRAWBERRY  
PIE**

This recipe comes via Richard King who found it in a church cookbook. He promises that it will keep in freezer for about a week. Another Dinner-Coop find. Makes 6-8 servings.

1 pkg. frozen strawberries

1 cup sugar

1/8 tsp salt

2 egg whites

1 tbsp lemon

1/2 pint whipping cream

1 tsp vanilla

1 baked pie shell (10 in.)

- Whip cream and place in refrigerator. Have strawberries partially defrosted.
- Place berries, sugar, egg whites, lemon juice and salt in large bowl of electric mixer. Beat at medium speed for 10 -15 minutes or until stiff and holds its shape. Add vanilla, then fold in whipped cream quickly. Pile lightly in baked pie shell. Place in freezer for several hours before serving.
- RK's options: Set aside some of the berries and add them to the pie whole. Sprinkle thinly sliced almonds atop pie.



**LARRY'S FLAN**

Larry Matthies has served up this dish for an appreciative bunch many times, but it has taken five years after he left town for me to get this recipe from him. Decadence rating is high. Serves 6.

4 eggs  
1 can, 14 Oz. sweetened condensed  
milk (eagle brand, if available)  
1 can 13 oz. evaporated milk (carna-  
tion, if available)

1 oz. vanilla extract, or to taste  
1 cup sugar

- Break eggs into a blender, add sweetened condensed milk, evaporated milk and vanilla extract. Blend on a moderate to high speed till well mixed.
- Put sugar into a saucepan and melt over low heat, stirring constantly to avoid burning.
- Pour sugar into a flan dish (approx 9 inch diameter) and tilt the dish to coat the bottom and the sides evenly; work fast here, because the sugar solidifies quickly. Pour in the custard.
- Preheat oven to 350. Set flan pan in oven in a larger pan that contains about 1/4 inch of water in the bottom;
- Bake for about an hour. Doneness test is to insert a knife in the center of the flan; if it comes out more or less clean, the flan is done.
- After removing the flan from the oven, invert it onto a serving dish. Do this carefully to avoid breaking the custard and to avoid spilling the sugar syrup all over yourself.
- Serve warm or cold. For variation, try replacing the vanilla with other flavorings, such as almond extract.

**BANANAS  
FOSTER**

Thanks to Tony Stentz for making me a fan of this wonderful brunch dessert. This recipe serves 2, scale appropriately.

2 ripe bananas peeled and cut hori-  
zontally (the more ripe the bet-  
ter)  
1/2 tbsp butter  
2 tbsp brown sugar

1/4 tsp cinnamon  
drop of vanilla  
2 tbsp dark rum  
vanilla ice cream

- Melt butter and saute bananas over medium heat for a minute.
- Add sugar and stir bananas gently for another minute.
- Add rum, vanilla, and cinnamon, stir quickly and serve over vanilla ice cream.

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## Hot Spiced Wine

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In January of 1987 I was looking for an exotic recipe for hot spiced wine to prepare at a skiing weekend. I checked around and got mild responses at first. Then some more exciting one appeared. I think I am set for a couple of winters to come.

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### SWEDISH STYLE HOT SPICED WINE

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Hans Tallis, who sent me the swedish recipe writes: "This is for Swedish glogg, which is for drinking after coming in on cold nights. It hits the blood pretty quickly."

0 1.75 liter cheap vodka (the higher  
the proof, the better)  
1.75 liter heavy, good quality, red  
wine (burgundy, etc.)  
1 orange peel (use a potato peeler)  
1/2 cup blanched almonds

1 cup raisins  
10 cardamom seeds, broken up  
10 cloves  
3 sticks cinnamon  
6 figs

- Combine the ingredients in a large pot with a lid.
- Heat the mixture until it will ignite with a match. Holding 120 sugar cubes over the flaming pot in an all-steel strainer (anything less can melt in the alcohol/sugar fire pour, with a ladle or small pot, the mixture over the sugar cubes repeatedly until they are all dissolved. This step is important, as it slightly caramelizes the sugar and thus changes the flavor, and because it is fun. Lid the pot to extinguish the flame.
- The glogg should be stored a couple of months *with all flavorings* to enrich the flavor. It will form a volume greater than that of the original vodka and wine bottles, so you will need an extra bottle. Split the flavorings equally among the bottles. The figs might need to be cut up to fit into the spouts.
- To serve, heat the wine, being careful not to let much alcohol boil off (watch carefully for small surface bubbles to form, which occurs below water's normal boiling point). Serve in small amounts with some almond slivers and raisins in the cup. Good generousness complement glogg well. Glogg *must* be drunk hot or the sugar will make it very syrupy.

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**AMERICAN  
STYLE  
SPICED  
WINE**


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Recipe from Marion Kee, Jan 1987. To use with 0.75 liters of wine. All spices are whole (if you want to use ground, be sure to put them in a bag they will stay in, and experiment to find proper amounts.) The amount of sugar will vary to taste, but remember that you can always add more, but can't remove what you have put in. Start with a decent grade of red table wine (anything really good is basically wasted when you cover the taste with spices, but anything actually bad will likely still be bad when you are done. I like to use the Yugoslavian & Rumanian red wines such as Avia or Sipon. French or German or Italian will do fine depending on how much you want to spend (some Italians are cheap and will do fine.) I usually use a Cabernet Sauvignon type, but use whatever you like. This works with white wines, too (I suppose you would cut down the spices a bit and maybe up the amount of orange.) Two wines that would do well with the recipe: a Spanish Sangre de Torro and Carlo Rossi's Paysano.

**1/4 cup sugar (to start, and depending  
on dryness of wine)**

**2 sticks cinnamon (may break into  
pieces if desired)**

**20 whole allspice**

**25 - 30 whole cloves**

**1 tbsp dried orange peel (lemon peel  
optional)**

**1 whole orange, sliced (or lemon if de-  
sired)**

- Heat the wine over low-medium heat (do NOT allow it to heat too fast, and God forbid it should boil). When it's starting to get hot, stir in the sugar gradually, stirring until dissolved.
- Turn off the heat at whatever point in the process you think it's hot enough (this should be some amount hotter than the temperature at which you intend to serve it, since it's going to sit for a while.) Don't put the wine into a metal container at any point (I heat it in a Corning ware casserole which is rangetop safe.)
- Turn off the heat, add the spices (easier to remove them later if they're in a small cheesecloth bag or tied up in filter paper), cover the pot and let steep for however long you wish. 15 minutes gives a taste I like, but experiment to find out what you like.
- You can also leave the bag in the pot with the wine after you begin to serve; subsequent servings will have a stronger spice taste.)
- Remove the spices, add sliced citrus fruit (optional) and serve with a non-metal ladle or dipper.

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**GERMAN  
STYLE HOT  
SPICED  
WINE**


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From Bernd Brugge, Jan 1987. "... here is my favorite recipe for mould wine, or *Gluehwein* as it is called in Germany".

**1 Liter (a little bit more than a quart)  
of red wine**

**1/2 liter (half a quart) of water**

**half a piece of a Vanilla stick**

**half a piece of a cinnamon stick**

**2 tea spoons of orange peels**

**1 tea spoon of lemon peels 20 cloves**

**3 Hibiscus**

- Bring it to boil, add sugar according to taste (real sugar, no nutra-sweet!). [If you also add 1/8 liter of rum, you have a Bergsteiger-Gluehwein ("mould wine for mountaineers"). You can also substitute the rum with brandy.]
- Cook it for another 10 minutes on a small flame, filter out the spices and serve with cheese cut into cubes, grapes, nuts and pieces of mandarins.

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