

# ALOO GOBI

*The Classic*



## INGREDIENTS

*1 medium cauliflower*  
*4 Large potatoes*  
*2 large onion chopped*  
*4 cloves garlic chopped*  
*2 fresh chillies (or to taste).*  
*2 tablespoons fresh grated ginger.*  
*1 tsp mustard seeds*  
*1 tsp cardamom seeds*  
*1 tsp pepper corns.*

*1 tsp ground coriander seeds*  
*½ tsp Turmeric*  
*2 tomatoes*  
*2 cups Water/stock*  
*Salt to taste*  
*Oil for frying*

*1 bunch coriander leaves*

## METHOD

Separate the florets from Cauliflower..  
Cut Potatoes into bite size chunks.

Heat Oil in a pan , add Onions, garlic and chillies & fry until golden brown. Add pepper corns, mustard, and cardamom seeds. Fry a few minutes more. Add ground ginger, ground coriander seeds and tumeric. Fry a minute longer. Add water/stock, salt potatoes and cauliflower.

Bring to a boil and then simmered covered until the potatoes and cauliflower are soft and most of the water is reduced. Add liquid if needed.

Serve garnished with chopped coriander leaves.



# CRISPY CRUNCHY OKRA FRY

*Better than beans*



## INGREDIENTS

*Oil/ghee for frying*

*2 onions chopped*

*5 cloves chopped garlic*

*2 red chillies (or to taste)*

*2 tsp cumin seeds*

*1 tsp cardamom seeds*

*1 Tbsp fresh grated ginger*

*(1 teaspoon powder)*

*2 large ripe tomatoes or medium tin tomatoes*

*½ tsp turmeric*

*500 grams/ 1lb okra*

*salt and pepper to taste*

## METHOD

Fry chopped onion, garlic, chillies until golden brown. Add cumin and cardamom seeds and fry a few minutes longer. Add tomatoes and cook for a further five minutes. Add okra, grated ginger and turmeric. Make sure okra is well coated in oil and spice mixture. Fry on low for about five-ten minutes or until the okra is bit more tender but still a bit crunchy. Add salt and pepper to taste



# SPINACH PANEER

*Little cheese pillows in super sauce*



## INGREDIENTS

250 gms ( $\frac{1}{2}$  Lb) paneer  
1 cup oil for frying paneer

750 grms ( $1\frac{1}{2}$  Lb) fresh spinach  
leaves or 500 grms (1Lb) frozen  
spinach

1 tsp pepper corns  
1 tsp cardamom seeds  
2 tbsp ghee/oil for frying onions  
2 onions

3 red chillies or to taste  
1 tsp chopped ginger  
5 cloves garlic  
1 stick cinnamon  
1 tbsp ground coriander  
1 tsp ground cumin seeds  
 $\frac{1}{2}$  tsp ground mace  
 $\frac{1}{4}$  tsp ground cloves  
1 cup water  
salt to taste  
3 Tbls thick cream or butter

## METHOD

Fry the cubed paneer until it is golden brown. Drain and set aside. Tear the leaves from the fresh spinach and wash the leaves. Blanch the spinach leaves in hot water until the leaves have wilted. Squeeze the water out of the leaves. Retain the water for later. OR save yourself a lot of hassle and buy snap frozen spinach.

Chop onions, chillies, ginger and garlic. Heat ghee/butter and fry pepper corns and cardamom seeds until the seeds begin to sputter. Add chopped onions, chillies, ginger garlic and cinnamon stick and fry until the onions are golden brown.

Add spinach and ground spices. Add reserved water from spinach or water or stock. Add salt to taste.

Add most of the fried paneer.

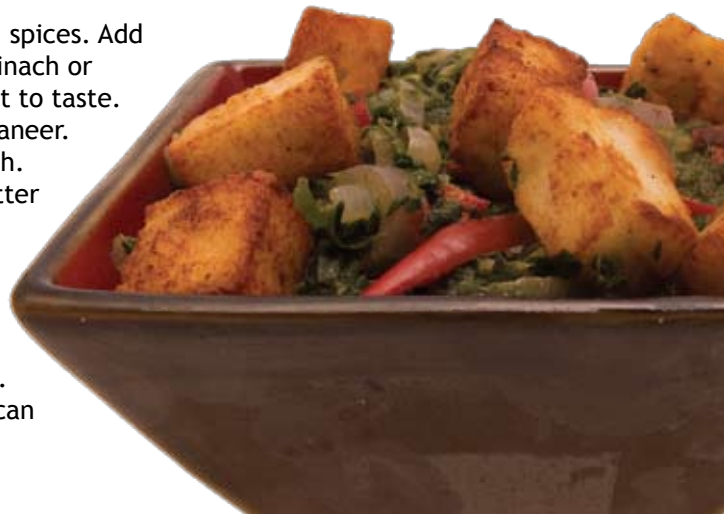
Reserve some for garnish.

Add as much cream/butter as you dare.

Garnish with reserved paneer.

## TIP

Paneer is Indian cheese. If you can't find it you can substitute halumi.



# PUMPKIN

*A glamorous addition to your table*



## INGREDIENTS

*1 kg/2.2 Lbs pumpkin or butternut squash, cut into chunks  
2 teaspoon turmeric  
2 cups water/stock*

*oil/ghee for frying*

*1 onion  
2-10 chillies to taste  
2 tsp cumin seed  
1 teaspoon mustard seeds  
10 curry leaves (opt)*

*1 cinnamon quill  
1 tsp ground coriander seed  
1 tsp ground nutmeg  
1 tsp ground black pepper  
1 Tbsp ground coriander*

*1 cup coconut - fresh, frozen or desiccated  
juice of a lemon or lime  
salt to taste*

## METHOD

Put the pumpkin or butternut squash in a saucepan with the turmeric, and water/stock. Bring to a boil, and simmer gently for 6 to 8 minutes or until tender. Drain. Reserve the liquid and keep the pumpkin aside.

Chop onions and chillies and fry. Add torn curry leaves, cumin, broken cinnamon quill and mustard seeds. Fry on medium heat until the onions are soft.

Add the ground spices to the onion mixture. Add the reserved liquid or water/stock so that it makes a sauce. Add most of the desiccated coconut. Take the sauce off the heat and add the lemon/lime juice.

Fold the spice sauce into the cooked pumpkin.

Salt to taste and garnish with the rest of the coconut.



# RAITA

*Smooths and soothes*



## INGREDIENTS

*3 green cucumbers  
1 Tbls salt  
1 red onion finely chopped  
2 tsp cumin seeds  
½ tsp cardamom seeds  
1 cups yogurt  
1 Tbls fresh lemon/line juice*

*Garnish:  
1 tablespoon chopped fresh  
coriander or mint  
a few saffron threads*

## METHOD

Peel the cucumbers. Make very thin slices. (if you are using cucumbers with hard seeds, remove the seeds). Add the finely chopped onions. Sprinkle with salt and leave for 15-30 minutes. Drain away liquid and rinse the cucumbers very thoroughly in cold water. Squeeze the salty water out. Taste the cucumber to make sure it is not too salty.

Combine the cucumber - onion mixture with the cardamom seeds, yogurt, lemon juice. Either add the cumin seeds at this stage or roast them in a dry pan, shaking pan or stirring constantly, until brown. Reserve some cumin seeds for garnish.

Serve chilled, garnished with saffron threads, cumin seeds and mint or coriander.

