

# BSCC Recipes 2024

 Butterflies USA



## Beetroot Avocado Canapés



### Ingredients

Bread slice (White/ Brown/ multigrain), cut into any mouth-sized shape

1 Avocado, brunoise cut

1 medium-sized beetroot, brunoise cut

100 gm Greek yogurt

Mint leaves

2 Green Chilies (de-seeded)

3-4 Garlic cloves

Salt

### Method

1. Add garlic, mint, green chilies and coriander in a blender and make it into smooth paste using bit of yogurt or water.
2. Mix the paste with Greek yogurt and keep aside.
3. Next take pieces of bread and toast over a medium flame till a light crust forms using a non-stick pan, keep aside.
4. Add chopped avocado and beetroot to the Greek yogurt mixture; give it a good mix, and add seasoning
5. Take a piece of toasted bread and top it with a spoonful of the avocado-beetroot mixture. Garnish with coriander/ mint leaves.
6. Ready to serve.

## Zucchini fries with Tahini Yoghurt dip



### Ingredients

#### Tahini Yogurt dip

2 tbsp. tahini  
3 tbsp. lemon juice  
½ garlic clove, finely chopped  
250 gm Greek yogurt  
1 tbsp olive oil  
1 tbsp. sea salt  
10 gm nigella seeds, lightly toasted

#### Zucchini fries

4 Zucchini  
125 gm semolina  
25 gm corn flour  
125 ml milk  
Light-flavored oil, for deep frying  
Lemon wedges, to serve

## Method

1. To make the tahini yogurt dip, put the tahini in a bowl and squeeze the lemon juice over it.
2. Mix in the garlic, then add yogurt, olive oil and salt and beat until combined.
3. Stir in nigella seeds
4. Finely slice the zucchini about 5 mm thick slant roundels.
5. Mix together the semolina and corn flour in a shallow bowl.
6. Pour the milk in another shallow bowl.
7. Heat the oil in a large pan or deep fryer to 180°C. Dip the zucchini in the milk, then press in the semolina coating, turning to coat all sides.
8. Deep fry the zucchini for around 5 minutes, or until golden and crisp.
9. Sprinkle sea salt over the Zucchini fries and serve with the tahini yogurt dip and lemon wedges.



## Papad Rolls



This crisp wrapper is a healthy substitute for a spring roll. A thin sheet of Papad (you can buy it at any Indian grocery store) made up of lentil flour and spices. These wrappers are filled with a combination of vegetables such as bell peppers, cabbage, paneer (cottage cheese), onions, and mushrooms.

### Ingredients

150 gm Cabbage shredded  
50 gm Cottage cheese (paneer)  
50 gm Mushroom sliced  
50 gm medium carrot about ½ cup julienned  
30 gm bell pepper or capsicum julienned  
50 sprigs of spring onions (white & green separated)  
20 ml oil  
10 ml soy sauce  
05 gm Black pepper powder  
Salt to taste  
6 Papads  
150 ml oil for deep frying

## Method

### For Filling:

1. Add oil to a hot pan and sauté spring onion whites.
2. Add all the veggies except onion greens.
3. Fry on a high flame until half done yet crunchy.
4. Add soy sauce and vinegar. Mix well.
5. Add onion greens, pepper and very little salt. Mix and switch off the stove.
6. Cool this completely.

### For Papad Rolls:

1. Place a clean dry cloth on the table and fill a container with water so that papad can immerse completely.
2. Soak the papad (it takes about 30 seconds) until it gets soft and spread it on a dry cloth. Place a spoonful of stuffing.
3. Roll one edge towards the inner side covering the stuffing.
4. Bring the sides to the center. Dampen the edges and roll the wrapper to seal.
5. Keep them aside on dry paper or cloth to keep them dry.
6. Heat oil until hot enough. To check, drop a small piece of Papad in the oil.
7. If the oil is hot enough, it rises in the oil without browning.
8. Gently add the rolls into the hot oil and fry evenly by stirring until golden. Remove them and place them on kitchen tissue.
9. Serve vegetable Papad rolls hot with tomato ketchup or green mint & coriander chutney (Sauce).



## Malai Chicken Tikka



If you want to impress your family members or have a fancy meal, try the Creamy Chicken Malai Tikka recipe. This has a distinct chicken flavor and is quite simple to create.

### Ingredients

500 g boneless chicken (thigh of the chicken)

60 ml fresh cream

60 ml thick yogurt

15 gm ginger garlic paste (heaped)

05 gm salt or as per your taste

10 gm black pepper powder

15 ml lemon juice

30 gm green coriander + 2 green chillies (both well crushed but do not make it into a paste)

15 ml oil

8 gm garam masala powder (powdered mix of spices-cinnamon, cardamom, cloves)

## Method

1. Clean, rinse, and cut the chicken into cubes.
2. Dry the chicken completely and keep aside in a mixing bowl.
3. In a medium sized bowl, put the fresh cream, yogurt, ginger-garlic paste, black pepper powder, and lemon juice, crushed green coriander and green chillies and the garam masala powder (spice powder) and mix it well. Add the chicken cubes and coat the pieces with the marinade. Add salt to taste.
4. Marinate the chicken for at least 5-6 hours. Keep it in the refrigerator. For best results keep the marinated chicken overnight in the refrigerator.
5. Remove the chicken from the fridge and thread the pieces onto the skewers. Evenly divide the pieces between 6 skewers.
6. Cook for 25-30 minutes on a grill, turning them once in between until cooked through. You can also use a non-stick frying pan but for best results use a griller or Indian tandoor.
7. Generously brush with butter. Transfer the skewers to a platter and serve hot.





## **Dahi Vada (Indian Snacks)**

Dahi means yogurt and vada is fritters (deep fried) so the literal translation for these is fritters dunked in yogurt. The base of this dish is vada (fritters) made of Urad dal (split skinned black gram lentils) (split skinned black gram lentils) (split skinned black gram lentils)(split skinned black gram lentils). Served with a variety of sauces.

### **Ingredients**

#### **For Vada (Lentil fritters)**

125 grams split skinned black gram lentils (Urad dal)

1.25 to 1.5 cups water for soaking

6 to 7 tablespoon water for grinding or add as required

½ teaspoon cumin seeds

1 pinch asafoetida

Salt as required

Oil for frying

Enough water for soaking the dals

#### **Other Ingredients**

2 cups yogurt

1/3 cup pomegranate arils

1/3 cup Sweet tamarind Sauce

1/3 cup Green Sauce

20 to 25 Papdis (Crisp fried dough wafers made from white flour and oil.)

½ cup boiled white chickpeas

1 large potato – boiled, peeled and chopped

#### **Chaat masala as required**

Roasted cumin powder – as required

Red chili powder – as required

Black salt as required

2.5 cups water for soaking Vadas (Lentil fritters)

#### **Green Sauce**

1 cup cilantro leaves

1 or 2 green chilies

½ inch ginger – chopped

½ teaspoon lemon or lime juice

salt as required

1 to 2 teaspoon water for grinding sauce



### **Sweet Tamarind Sauce**

½ cup seedless tamarind – tightly packed  
1.75 cups water  
½ teaspoon dry ginger powder  
1 pinch asafoetida  
½ teaspoon cumin seeds  
¼ teaspoon red chili powder  
7 to 8 tablespoon jaggery or as required  
rock salt (edible and food grade) or black salt or regular salt as required  
1 teaspoon oil

### **Instructions**

#### **Making Tamarind Sauce**

1. Soak tamarind in water overnight or for 4-5 hours in a small bowl or pan.
2. With your hands, squeeze the pulp from the tamarind in the same bowl or pan.
3. Strain the pulp and keep aside.
4. Heat oil in a small pan. lower the flame & add cumin seeds and let them crackle.
5. Add dry ginger powder, red chili powder, and asafoetida. Stir and add the strained tamarind pulp. Cook for 2 to 3 minutes.
6. Add the jaggery and salt and cook for 4 to 5 minutes more. The mixture would thicken.
7. Let the sauce cool.
8. When cooled, store the sauce in an air-tight dry jar or container.

#### **Making Green Sauce**

1. Grind all the ingredients mentioned under the Green Sauce list with a little water.
2. Remove and keep aside in a small bowl.

#### **Making Dahi Vada Batter**

1. Rinse ½ cup Urad dal (split skinned black gram lentils) in water a couple of times. Soak the lentils overnight or for at least 4 to 5 hours.
2. Drain them very well. Add the lentils to a grinder jar along with ½ tsp cumin seeds and a generous pinch of asafoetida. You can also add 1 tsp of roughly chopped ginger if you want.
3. Add water in parts and grind all the ingredients to a smooth fluffy batter. On touching the batter, it should not feel grainy. Depending on the quality of lentils and the capacity-volume of the grinder, you can add less or more water. Don't add too much water as then the vadas become too crispy and soak a lot of oil.
4. Pour the ground batter into a bowl, add salt.
5. Stir the batter briskly for a couple of minutes. This brisk stirring makes the batter more light and fluffy.
6. The test of the correct consistency of the batter is the floating test. Take some water in a small bowl. Add 1 tsp of a batter in the water. The batter should float. If it does not float,

this means the consistency is thin. Add some semolina or rice flour to the batter to thicken it.

### **Frying Vada and Soaking it in Water**

1. Heat a wok or pan with oil for deep frying.
2. When the oil becomes medium hot, add a small amount of batter in the oil. It should come steadily and quickly on the surface. This means it is the right temperature to fry. Too cold oil will make the vadas soggy with oil and too high will brown them faster from outside, leaving the center uncooked.
3. Add spoonful's of the batter in the oil. Add according to the capacity of the pan or wok.
4. When they become pale golden, then turn them.
5. Fry the vada till they become golden and crisp. Turn them a couple of times for even frying.
6. Fry until golden and crisp. Remove and drain on paper towels. Fry all the vadas in the same way.
7. Once all the vadas are fried, take 2.5 cups water in a wide bowl or pan, add the vada to the water. Soak them for 20 to 25 minutes.
8. After the vadas have been soaked for 20 to 25 minutes, take each vada and flatten and press between your palms to remove excess water. Do this with all the vadas.

### **Making Dahi (the Yogurt Sauce) for the Vada**

1. Take 2 cups of fresh or chilled yogurt in a bowl and beat it till smooth.
2. Now gently place these vadas in the yogurt.
3. Gently mix if you have used a medium sized bowl, like how I have used. Now you can keep the vadas with the yogurt in the fridge and assemble when you want to serve. Or use them right away as the yogurt is chilled.
4. Gather and assemble all your other ingredients like – boiled potato cubes, boiled white chickpeas, green sauce, tamarind sauce, pomegranate arils and the spice powders.
5. To make individual portions of Dahi Vada, place 4 to 5 papdis (deep fried crispy small wheat flour unsweetened rotis/discs, which can be bought at an Indian grocery store) on a plate.
6. Place 2 to 3 vada with the yogurt on a plate. Add more yogurt if required.
7. Top up with some boiled potatoes and chickpeas.
8. Now add the green sauce, sweet tamarind sauce as required
9. Sprinkle red chili powder, roasted cumin powder, chaat masala and black salt as per taste.
10. Serve Dahi Vada immediately garnished with some chopped cilantro leaves.



Papdis



All Ready preparations with Sauces.



Vadas (fried fritter)

## Manchow Soup



### Ingredients

30 ml Oil  
15 gm Ginger – finely chopped  
15 gm cloves Garlic – finely chopped  
1 fresh Green Chilli – chopped  
50 gm medium Onion – finely chopped  
1 Dry Red Chilli – charred  
50 gm small Carrot – finely diced  
100 gm medium Cabbage – finely diced  
30 gm medium Mushroom – small diced  
30 ml Soy Sauce  
Salt to taste  
8 gm Black Pepper Powder  
5 gm Sugar  
5 ml Vinegar  
30 gm French Beans – finely chopped  
1 medium whole Spring Onion – chopped  
30 gm Cilantro Leaves – chopped

**For Fried Noodles:**  
100 gm Noodles – boiled  
15 gm Corn-starch  
Oil for frying

**For Slurry**  
30 gm Corn-starch  
08 gm Black Pepper Powder  
Water



### Method

1. In a wok heat oil and add ginger, garlic, green chili, and onion and sauté for a minute.
2. Add charred dry red chili, carrot, cabbage, mushroom sauté for 2-3 minutes on high flame.
3. Then add soya sauce, salt, black pepper powder, sugar, and water and boil it for 5-6 minutes.
4. Add vinegar, boil for a minute and add French beans, spring onion, and coriander leaves, mix it well, add corn-starch slurry and stir it continuously until slightly thickened.
5. Serve hot with fried noodles.

## Cream of Tomato



### Ingredients

30 ml Oil  
6-8 Tomato, roughly chopped  
½ tsp Red chili powder  
¼ tsp Turmeric powder  
2 inch Ginger  
1 Big Garlic clove  
8-10 Black peppercorns  
½ Black Cardamom seeds  
Salt to taste  
Water as required  
1 tbsp. Oil  
30 ml Butter  
1 Big Onion, chopped  
⅓ Cup cilantro stems  
30 gm Sugar

### For Croutons

6 Bread slices, cubes  
1 tbsp. Butter  
½ tbsp. Oil  
½ tbsp. cilantro leaves, chopped

### Method

1. In a pressure cooker add oil and chopped tomatoes and sauté for a minute.
2. Add red chili powder, turmeric powder, ginger, garlic, black peppercorns, black cardamom seeds, salt and water and mix well. Close the lid and give it 2-3 whistles.
3. In another wok heat oil, and butter and add onion sauté until translucent; add the cooked tomato mixture and cook it for another 5-6 minutes.
4. Switch off the flame, add the cilantro stems, blend it into a fine puree with a hand blender and strain it with a soup strainer.
5. Pour it back into the wok and boil it for 15 minutes.
6. Finally, add sugar, give it a proper mix and switch off the flame. Now serve it in a soup bowl and garnish with cream, prepared croutons, tomato slices and cilantro leaves. Your hot tomato soup is ready to serve.

## Cream of Mushroom



### Ingredients

- 50 gm Butter
- 30 gm Garlic chopped
- 100 gm Onion chopped (optional)
- 500 gm mushroom washed and sliced
- 1.5 liter vegetable stock
- 200 ml Cream
- 150 ml Béchamel sauce
- Salt and pepper to taste
- 60 ml White wine (optional)

### Method

1. In a wok, heat butter and sauté onion and garlic until translucent.
2. Add sliced mushroom and deglaze with white wine (if using).
3. After adding sliced mushroom, sauté well (do not brown).
4. Add vegetable stock and simmer until mushrooms are soft.
5. Puree the mushroom and strain it. Put it to boil again and add béchamel sauce.
6. Cook till the soup gets thickened as per the required consistency and texture.
7. Remove from heat, add cream and keep stirring to get a creamy and smooth texture.
8. Serve piping hot garnishing with cream and a sprig of thyme.

## Tomato Dhania Shorba (Tomato Broth flavored with Cilantro leaves)



### Ingredients

- 1 tbsp. oil
- 1 bay leaf
- 1-inch cinnamon
- 1 tsp cumin seeds
- ½ tbsp. ginger garlic paste
- 4 medium tomatoes, make puree
- ¼ tsp turmeric powder
- ½ tsp red chili powder
- ½ tsp coriander powder
- 1 ½ cups hot water/ vegetable stock
- ½ tsp Black pepper, crushed
- Salt to taste
- 1 tbsp. fresh cilantro leaves, finely chopped with their stems

### Method

1. Heat oil in a pan, add bay leaf, cinnamon and cumin seeds, and sauté until fragrant.
2. Add the ginger garlic paste and sauté for a minute until its raw aroma goes away
3. Then add pureed tomatoes and simmer for 4-5 minutes on low flame.
4. Add turmeric powder, red chili powder and coriander powder, mix well and cook for 1-2 minutes.
5. Add hot water, mix well and cook on simmer till it boils.
6. Add salt and black pepper powder, and mix well. Finish with chopped coriander and serve hot



## Chicken Angara (Smoky Flavored Chicken)



### Ingredients

¼ cup Oil  
3 large Onions, roughly sliced  
Salt to taste  
2 medium size Tomatoes,  
chopped

### For Chicken Marination

1 cup yogurt, beaten  
½ tbsp. Ginger Garlic paste  
1 Bay leaf  
2-3 Cloves  
2 Green cardamom  
1 Black cardamom  
4-5 Black peppercorns  
1 Mace  
¼ inch Cinnamon stick  
2 heaped tbsp. red chili powder  
½ tsp Turmeric powder  
A pinch of asafoetida  
1 tsp Coriander powder  
¼ tsp Cumin powder  
Prepared Onion-tomato Mixture  
8-9 chicken- drumstick pieces  
10-12 Almonds, roughly chopped

### For Tempering

Marinated chicken

### For Smoke

Coal

2-3 Cloves  
2 tsp Cooked Chicken Oil (Rogan)

### **For Garnish**

½ tsp Dry fenugreek leaves, crushed  
Cilantro sprig

### **Method**

#### **Onion-Tomato Mixture**

1. In a sauce pot, add oil. Once it gets hot, add onions and sauté well.
2. Once it turns light brown in color, add salt to taste and sauté well.
3. Add tomatoes and cook on medium flame. Once it's cooked well, keep it aside for further use.

#### **For Chicken Marination**

1. In a large bowl, add yogurt, ginger garlic paste, bay leaf, cloves, green cardamom, and black cardamom, black peppercorns, mace, cinnamon stick (broken into bits), red chili powder, turmeric powder, and a pinch of asafoetida.
2. Add coriander powder, cumin powder, and prepared onion-tomato mixture.
3. Now, add chicken drumstick, salt to taste, almonds and marinate well. Rest it for 10-15 minutes.

#### **For Tempering (Smoky flavor to chicken preparation)**

1. In a saucepot, add the marinated chicken mixture.
2. Cover it with the lid and cook for 5-10 minutes on low flame.
3. Heat up a piece of charcoal directly on the gas stove.
4. Once the charcoal is hot enough, place it in a small steel bowl along with cloves. Now, add Rogan<sup>2</sup> (Spicy flavored Clarified Butter floating over the top of the prepared chicken dish) from the chicken gravy/sauce and place the steel bowl in the center of the sauce pot in which the chicken is being cooked.
5. Cover the sauce pot with the lid and let it cook for 15-20 minutes.
6. Once the chicken is cooked well, remove the small steel bowl with the charcoal from the sauce pot. Transfer the chicken curry into a serving dish, and garnish it with a cilantro sprig.
7. Serve hot with Indian Bread or Rice.

### **Note:**

1. Rogan: Spicy flavored Oil/Butter floating over the top of prepared chicken dish.
2. Smoky Flavor (Dhungar): The dhungar method is a South Asian way of introducing a buttery, smoky flavor as a finishing touch to food. It involves an encounter between ghee (clarified butter) or oil and hot coals in a smoking chamber—most commonly a lidded pot.

## Lamb Curry



### Ingredients

#### For Marination

800 gms Lamb boneless (cut into medium-sized pieces)  
2 tbsp. Ginger Garlic Paste  
1 cup yogurt  
2-3 Green Chillies  
1 tbsp. Red Chili Powder  
½ tsp Asafoetida  
1 tsp Cumin Powder  
2 tbsp. Coriander Powder  
Salt to Taste  
1 tbsp. Ghee (clarified butter)  
Hand full of Cilantro Leaves

#### For Gravy

2 tbsp. Clarified butter  
4-5 tbsp. Oil  
1 Black Cardamom  
4-5 Black Pepper  
2-3 Cloves  
1 Bay leaf  
1-inch Cinnamon  
A pinch of Stone Flower  
5-6 Onions, sliced

#### For Masala

4 tbsp. Coriander Seeds  
1 tsp Cumin Seeds  
1 Mace  
5 Black Cardamom  
2 tbsp. Black Pepper  
4 Cloves  
5 Green Cardamom  
1½ inch Cinnamon Stick  
½ tbsp. Salt  
2 tbsps. Clarified butter  
Few Cilantro leaves to finish

## **Method**

### **For Marination**

1. In a large mixing bowl, add Lamb, ginger garlic paste, yogurt, green chili, red chili powder, Asafoetida, cumin powder, and coriander powder, salt to taste, clarified butter, cilantro leaves and mix well and keep it aside.

### **For Spice Mixture**

1. In a pan, add coriander seeds, cumin seeds, mace, black pepper, cloves, green cardamom, cinnamon stick, and salt and dry roast them well, cool it down and then grind it into a powder and keep it aside for later use.

### **For Gravy**

1. In a large pot, heat clarified butter, add black cardamom, black pepper, cloves, bay leaf, cinnamon, and a pinch of stone flower and sauté well.
2. Add onion and sauté till it is light golden brown in color.
3. Add marinated Lamb into the pot and mix well, add salt to taste and mix well.
4. Add the required water and prepared spice mixture into the Lamb and mix well.
5. Cover it with the lid and cook till the Lamb is tender.
6. Garnish with a cilantro sprig and serve hot with rice or Indian bread.

## Old Delhi-style Chicken Korma



### Ingredients

#### For Paste

Oil for frying  
4 medium Onions  
8-9 Cashew Nuts

#### For yogurt Mixture

2 cups yogurt, beaten  
1 ½ tsp Ginger Garlic paste  
1 ½ tbsp Coriander powder  
1 ½ tsp red chili powder  
½ tsp Turmeric powder

#### For Delhi Style Chicken Korma

3-4 tbsp Fried onion oil  
3-4 Cloves  
3-4 Green cardamom  
Prepared yogurt Mixture  
Salt to taste  
1 kg Chicken (thigh & drumstick)  
1 heaped tbsp. Prepared Onion-Cashew

#### Paste

1 tsp rose water  
1 tbsp. Cilantro leaves, chopped

#### For Garnish

Cilantro sprig

### Method

#### For Paste

1. In a wok, add oil, once it's hot, add onions and fry until it's light golden in color.
2. Transfer it to an absorbent paper and keep it aside for further use.
3. In the same oil, add cashew nuts and fry until light golden in color.
4. Transfer the mixture to the grinder jar and make a smooth paste of it.
5. Keep aside for further use.

#### For yogurt Mixture

1. In a bowl, add yogurt, ginger garlic paste, coriander powder, red chili powder, and turmeric powder and mix it well.
2. Keep aside for further use.

### For Delhi Style Chicken Korma

1. In a wok/heavy bottom pan, add fried onion oil, once it's hot, add cloves, and green cardamom and let it splutter.
2. Add the prepared yogurt mixture and sauté it for 4-5 minutes on low flame.
3. Add chicken and cook it for a while until tender. Add rose water and mix it well.
4. Finish it with cilantro leaves and transfer it to a serving dish.
5. Garnish it with cilantro sprig and serve hot with Indian Bread.



## Mushroom Matar Malai Korma (Creamy Mushroom Peas)



### Ingredients

400 gm white mushrooms quartered  
½ cup raw cashews  
1 cup warm milk or water  
2 tablespoons plain yogurt or Greek yogurt  
3 tablespoons oil  
1 green chili  
1 medium yellow onion roughly chopped  
1- inch ginger roughly chopped  
4 garlic cloves  
1 teaspoon salt  
1 cup fresh green peas  
½ teaspoon ground white pepper or black pepper

½ teaspoon garam masala (All spices...powdered cinnamon, cardamom and cloves)

½ teaspoon sugar

¼ cup cilantro chopped

### Method

1. Add onion, ginger, garlic, and green chili to a blender or food processor and blend to make a rough paste.
2. Take oil in a pot and heat. Add the onion paste, and salt, and sauté for 4 to 5 minutes stirring frequently.
3. Add mushrooms and peas and mix well. Add 2 tablespoons of water. Cook until the mushrooms are completely cooked.
4. While the mushrooms and peas are cooking, make the cashew paste. Add cashews, milk, and yogurt to a blender jar and blend to a smooth paste.
5. Give a quick stir and sauté until the curry comes to a gentle boil. Garnish with cilantro.

## Afghani Chicken



### Ingredients

#### For Marination

1 kg Chicken  
(thigh/drumstick)  
½ cup Prepared yogurt  
Mixture

#### For Paste

½ cup Cilantro leaves  
2-3 Green chilies  
1 inch Ginger, peeled, slice  
6-8 Garlic cloves  
2 large White onions,  
roughly slice  
Salt to taste  
2-3 tbsp Oil

#### For yogurt Mixture

1 ½ cup yogurt, beaten  
¼ tsp Turmeric powder  
½ tsp Coriander powder  
½ tsp Cumin powder  
¼ tsp Garam masala  
(powdered cinnamon,  
cardamom, cloves)(optional)  
½ tsp Dry fenugreek leaves,  
crushed

#### For Roasting Chicken

2 tbsp Ghee (clarified butter)

#### For Gravy

2-3 tbsp Ghee (clarified butter)  
2 Bay leaf  
1-inch Cinnamon stick  
2 Green cardamom  
Prepared yogurt Mixture  
Roasted Chicken  
2 cup Water

#### For Garnish

Cilantro sprig  
Ginger, julienned



## Method

### For Paste

1. In a bowl, add coriander leaves, green chili, ginger, garlic, white onions, salt to taste and oil.
2. Transfer it into a grinder jar, grind into a smooth paste and keep it aside for further use.

### For yogurt Mixture

1. In a large mixing bowl, add yogurt and prepared paste.
2. Now, add turmeric powder, coriander powder, cumin powder, garam masala and fenugreek leaves and mix it well.

### For Marination

1. First make slits on both sides of chicken drumsticks and thighs using a sharp knife. The slits should not be too deep.
2. Now, add half a quantity of the prepared yogurt mixture and mix it well.
3. Let it marinate for at least 25-30 minutes (you can marinate for up to 1 day, if you leave it covered in a refrigerator).

### For Roasting Chicken

1. Heat a pan on medium heat and add clarified butter. When the clarified butter becomes hot enough, add chicken pieces one by one.
2. Roast the pieces well from both sides till golden brown by flipping them one by one.

### For Gravy

1. In a deep pot, add ghee (clarified butter), once it gets hot add bay leaf, cinnamon stick, green cardamom and let it splutter well.
2. Now, add the prepared yogurt mixture.
3. Let the gravy cook on medium heat for about 7-8 minutes while stirring occasionally.
4. Now, add roasted chicken and water.
5. Let the chicken cook in the gravy on medium heat for about 10 minutes.
6. Transfer it into a serving dish, garnish it with cilantro sprig, and ginger julienne and serve hot with Indian bread.



## Peas Pilaf



### Ingredients

1½ cups basmati rice  
2½ cups water for pressure cooker (1¾ cups for instant pot, 3 cups for pot)  
1¼ to 1½ cups green peas (fresh or frozen)  
1 tablespoon ginger garlic paste (or minced)  
1 to 2 green chilies slit  
¼ cup mint leaves (or coriander leaves fine chopped)  
1 medium onion (optional, ½ cup sliced or chopped)

2 tablespoons ghee (clarified butter) or oil  
10 cashews  
¾ teaspoon salt

### Whole spices

1 teaspoon cumin seeds (or caraway seeds)  
4 to 5 green cardamoms  
4 to 5 cloves  
1 bay leaf  
2 inch cinnamon piece  
1 star anise (optional)  
1 to 2 strands mace (optional)

### Method

1. Heat ghee (clarified butter) in a pot or cooker.
2. Sauté cashews if using. When they turn golden, remove them to a bowl and set aside for later to garnish.
3. Next add cumin, cardamoms, mace, cloves, cinnamon, bay leaf and star anise. Sauté them for a minute.
4. Add onions if using and fry until golden. Keep stirring them while frying. You can also skip onions.
5. Next, add ginger garlic paste and fry until the raw smell goes away.
6. Sauté mint leaves for 2 mins.
7. Next, add peas and rice. Sauté for 3 to 4 mins.
8. Pour water and add salt. Stir well and test the taste. Add more if needed. The water must taste medium salty.
9. For the pressure cooker, cook for 1 whistle on a medium-high flame. Turn off and remove from the stove immediately. For al dente rice, release the pressure manually by lifting the whistle with a spatula.
10. If cooking in a pot, cook covered on low heat until the water is absorbed.
11. Fluff up with a fork once done. Allow to rest for some time.
12. Garnish peas' pulao with fried nuts. Serve with yogurt or any gravy of your choice.

## Malabar Parotta



The most well-liked street cuisine in southern India is MALABAR PARATHA, and parotta stands are conveniently located across the street. In Kerala and Tamil Nadu, Malabar parotta is a highly recognized and well-liked bread. This layered paratha, sometimes called Madurai parotta, Kerala paratha, or barotta or porotta, is light and flaky. This is a simple recipe for Malabar paratha, a famous dish in Kerala.

### Ingredients

2 cups Refined Flour  
2 tsp Sugar  
½ tsp Salt  
¼ cup Milk  
2 tbsp Oil  
As required Water

### Method

Add the sugar, salt, oil and milk to the flour along with the water, in the said order while mixing with your hand. When all the ingredients are homogenized - knead the dough till it forms a smooth ball. Once you have a smooth ball, let it rest at room temperature for 10 minutes. After resting, roll it into a log and divide it into 4 smaller balls. Cover the smaller balls with oil generously. There are 2 methods for rolling these out.

**First method:** Roll the ball out into a fairly thick circle with a rolling pin and add some oil on top. Put one hand's fingers under the rolled-out parotta with the thumb over it, and the other hand's fingers above the rolled-out parotta with the thumb under it - side by side. Lift the parotta in a circular motion and swiftly slap it back down on the work surface. Keep moving clockwise/anti-clockwise so that the parotta is extending evenly in all directions. Once it's thin enough to see through - add more oil on top, gather the parotta diametrically to make a rope (gather, do not fold) and roll it from one end to the other to form a rose

**Second Method:** Roll it out with your hands or rolling pin without the stretch and slap motion. Use a clean workspace where you can roll out the dough balls (will adding more oil gradually) with the rolling pin till it's thin enough to see through. If you'd like to use your hand - gently use the heel of your palm to push the parotta's edges outwards. It's essential that both the work surface and the top of the parotta are well-oiled. Once it's thin enough to see through - add more oil on top, gather the parotta diametrically to make a rope (gather, do not fold) and roll it from one end to the other to form a rose.

Once the roses are formed, rest the dough for another 10 minutes. After the dough is rested, flatten it out into a disk and roll it out as you would a paratha while the pan is heating and plop it onto the hot pan. Lightly press and flip to get a good color - add more oil. As soon as you get the parotta off the pan - crush it with your hands and serve hot!

**Tips And Tricks While Making Malabar Parotta:** Resting the dough at different stages is essential - after kneading, and dividing into smaller portions. It allows the dough to maintain its elasticity and stretch properly. If the dough is not rested after shaping into roses - it will not form the beautiful layers that the Malabari Parota is famous for.

Make the Parotta on high heat and crush it right off the stove. It helps give the layers more definition and brings out the flakiness of the parotta.

If you'd like to make it in advance, you can also half-cook the parotta and store it between sheets of butter paper in your freezer. to cook it - simply take it out of your freezer and cook it on your pan with some ghee - doesn't need to be thaw.



## Veg. Mughlai Paratha



### Ingredients

#### For Dough

2 cups Whole Wheat Flour  
Salt , to taste  
1 teaspoon Oil

#### For Filling

1 teaspoon Oil  
1 Onion , finely chopped  
1 Red Bell pepper, finely chopped  
1 Green Bell Pepper, finely chopped  
1 Carrot , grated  
5 cloves Garlic , finely chopped

1 inch Ginger, finely chopped  
2 Green Chilies, finely chopped  
2 cups Paneer (Cottage Cheese), grated  
1/2 teaspoon Garam masala powder  
1 teaspoon Fennel seeds, crushed  
1 teaspoon Red Chili powder  
1/4 cup Mint Leaves, finely chopped  
Salt, to taste

### Method

1. For dough, in a large mixing bowl, add the flour, salt and mix well to combine. Add a little water at a time to make a smooth dough. Once the dough has come together, drizzle a little oil and knead again to make the dough smooth.
2. To make the mughlai stuffing, heat oil in a preheated pan over medium heat. Add the onion, ginger, garlic, and bell peppers.
3. Saute until the onion and bell pepper have softened.
4. Add the grated carrot, green chili, paneer, garam masala, crushed fennel seeds, red chili powder, salt and mint leaves. Stir well to combine and turn off the heat.
5. Check the salt and seasonings and adjust according to taste.
6. In a small mixing bowl, combine the wheat flour and water and make a smooth paste without lumps. This is called the slurry mixture.
7. Divide the dough into 4 large portions.
8. Heat the skillet on medium heat; place the Indian bread on it and cook it for a few seconds on each side till you see light bubbles and not allow to cook completely. Proceed a similar way with the remaining Indian bread's.
9. Remove the partially cooked Indian bread and place it on a clean surface.
10. Spoon a large portion of the filling mixture in the center. Spread the slurry mixture around the edges of the Indian bread.

11. Carefully fold the Indian bread in such a way to make a square. Seal the edges with more slurry if required.
12. Place the stuffed Indian bread on the preheated pan.
13. Cook on both sides, using little oil or ghee (clarified butter) till the parathas are golden brown. Make sure you cook on medium heat so the parathas get cooked evenly from inside out.
14. Once done, serve hot. Serve Veg. Mughlai Paratha along with Green Sauce and yogurt.

## Potato Stew



### Ingredients

- 8 chopped small potatoes
- 1/2 bay leaf
- 5 crushed black peppers
- 2 tbsp coconut oil
- 1 cup coconut milk
- salt as required
- 1 cup chopped onion
- 1 tablespoon grated ginger
- 3 crushed cloves
- 1/2 chopped green chili
- 10 curry leaves

### Method

1. Heat coconut oil in a pan and add spices.
2. Now add onion, ginger, curry leaves, green chilies, bay leaves, crushed black pepper and cloves. Fry the onion until it becomes transparent.
3. Now add potatoes to it and mix everything well. Then add 2 cups of water and stir to mix everything well. Before closing the lid, add salt as per your taste and then let it cook on low flame for about 7-10 minutes.
4. After the potatoes are cooked, add coconut milk to it and cook for 2 minutes.
5. Potato stew is ready to serve. Enjoy this South-Indian recipe.

## Nawabi Kofta



### Ingredients

#### For cashew paste

12 cashews  
3 tablespoons water, for grinding cashews

#### For onion paste

180 grams onions  
1 green chili  
3 to 4 medium size garlic  
1-inch ginger

#### For tomato puree

125 grams tomatoes

### For making vegetable kofta

70 grams carrot or 1 small to medium carrot  
85 grams capsicum or 1 medium-sized capsicum (bell pepper)  
75 grams potato or 1 small to medium potato  
115 grams cauliflower or 1.25 cups chopped cauliflower florets  
1/3 cup green peas  
¼ cup grated processed cheese - (optional)  
¼ teaspoon Kashmiri red chili powder  
¼ teaspoon Coriander Powder  
¼ teaspoon Garam Masala  
¼ teaspoon black pepper powder  
½ cup besan (Gram Flour) or add as required  
salt as required  
oil for deep frying, as required

### Ingredients for vegetable kofta curry

3 tablespoons oil or ghee (clarified butter)  
1 bay leaf  
1-inch cinnamon  
2 green cardamoms  
1 black cardamom  
2 single strands of mace  
¼ teaspoon turmeric powder  
½ teaspoon Kashmiri red chili powder or 1/4 teaspoon regular red chili powder  
3 tablespoons yogurt (yogurt)  
1.5 cups water or add as required  
¼ teaspoon Garam Masala



¼ teaspoon crushed Dry fenugreek leaves  
2 tablespoons low-fat cream - 25% to 35% fat  
1 tablespoon chopped cilantro leaves  
salt as required

### **Garnish**

Some chopped cilantro leaves  
1 tablespoon low-fat cream  
1 to 2 tablespoons Paneer

### **Method**

Making mixed vegetable kofta mixture

1. Firstly either grate or mince veggies in a food processor or a food chopper or with a grater.
2. Make a coarse mince of the veggies.
3. If using vegetables with high water content like bottle gourd, cabbage, zucchini or pumpkin etc, then add some salt in the grated veggies. Mix very well and keep aside for 15 to 20 minutes. Then squeeze the excess water. Keep this water and add later to the gravy.
4. Take the veggie mixture in a bowl.
5. Add ¼ cup grated cheese or paneer. You can use cheddar cheese or processed cheese. You can also skip adding cheese or paneer.
6. Then add ¼ teaspoon Kashmiri red chili powder, ¼ teaspoon coriander powder, ¼ teaspoon garam masala powder, ¼ teaspoon black pepper powder, ½ cup besan and salt as per taste.
7. Mix very well. If the mixture appears too light and watery, then add some more gram flour. Check the taste and add more spices and salt if required.
8. Make small to medium-sized balls or any shape you wish from this veggie mixture. If you are not able to hold any shape, then add some water and make. Then fry them like the way pakoras are fried.

### **Frying vegetable kofta**

1. Heat oil for deep frying in a pan. Add a small piece of the veggie ball and see if it breaks in oil or not. If it breaks or bursts in oil, then add more gram flour. The amount of gram flour to be added depends on the moisture content in the veggies.
2. If the veggie ball does not break, then you can easily start frying the kofta. Keep the flame to medium and gently slide the veggie kofta balls in the hot oil. Add as much depending on the size and capacity of the wok or pan. Do not overcrowd.
3. Turn only when one side is golden or else they can break.
4. Turn over a couple of times for even frying. Fry till they are crisp and golden.
5. Remove with a slotted spoon and place them on kitchen paper towels. Keep aside

### **Preparing cashew paste**

1. In a food processor or chopper or blender/grinder jar, take 12 cashews. Add 3 tablespoons of water and grind to a smooth paste. Remove cashew paste and keep aside.

### **Preparing onion paste**

1. In the same processor chopper or grinder, take roughly chopped onions, 1 green chili (chopped), ½ tablespoon roughly chopped garlic and ½ tablespoon roughly chopped ginger.
2. Without adding any water, grind to a semi-fine or a smooth paste. Keep aside.

### **Preparing tomato puree**

1. In the same processor, chopper or grinder, take 1 cup of tightly packed chopped tomatoes.
2. Without adding any water, grind to a semi-fine or a smooth puree. Remove and keep aside.

### **Making veg kofta curry**

1. Heat 3 tablespoons of oil or ghee (clarified butter) in a pan or thick-bottomed wok/pan. Add 1 bay leaf, 1-inch cinnamon, 2 green cardamoms, 1 black cardamom and 2 single strands of mace. Sauté for a few seconds till the spices splutter.
2. Then add the onion paste.
3. Mix and begin to sauté the onion paste on a low to medium flame stirring often.
4. Sautéing onion paste takes a lot of time, so add a pinch of salt to quicken the cooking process.
5. Sauté till the onion paste turns golden.
6. Then add the tomato puree and mix very well.
7. Next, add the cashew paste.
8. Mix again and sauté this masala for 2 to 3 minutes on a low to medium flame stirring often.
9. Then add ¼ teaspoon turmeric powder and ½ teaspoon Kashmiri red chili powder or ¼ teaspoon regular red chili powder. Mix very well.
10. Keep the flame to a low and then add 3 tablespoons of fresh yogurt.
11. Stir briskly and quickly while you are adding the fresh yogurt. Mix very well.
12. Now sauté this masala, till you see oil or ghee releasing from the sides. The whole masala will reduce and you can easily see oil releasing from the masala.
13. Now add 1.5 cups of water or add as required. For a thicker gravy, you can add 1 to 1.25 cups of water.
14. Season with salt.
15. Bring the gravy to a simmer on low to medium flame for 6 to 7 minutes. Once the gravy is done, it will be reduced slightly and you will see specks of oil floating on top.
16. Add ¼ teaspoon garam masala powder, ¼ teaspoon kasuri methi (crushed) and 2 tablespoons of low-fat cream. Mix very well. Cream is optional and can be skipped.
17. Switch off the flame and add 1 tablespoon of chopped coriander leaves. Mix again. Do not add veggie koftas to the hot curry as they break.

### **Serving vegetable kofta curry**

1. Now put the curry in a serving bowl or dish.

2. Place the fried veggie kofta on the curry. Garnish with some chopped cilantro leaves, grated cheese and cream.
3. Serve with Indian bread, naan or jeera rice.



## Gulab Phirni



### Ingredients

- 100 gm Rice (Coarse Grind after soaking)
- 1-liter Full Cream Milk
- Few Saffron Strands
- 100 gm Sugar
- 10 gm Dried Rose Petals
- 10 nos Pistachio
- 10 nos Almonds
- 15 ml Rose Water
- 30 ml Roohafza (natural coloring agent)

### Method

1. If you are using Basmati Rice, then wash and soak the rice in water for 30 mins.
2. Drain and grind the rice to a grainy or coarse grind. Should not be a smooth paste, you should be able to feel the grains.
3. Bring the milk to boil, when the milk comes to a boil, add the rice and mix well.
4. Simmer till the rice gets cooked completely, taking care to keep stirring.
5. Add the crushed dried rose petals and keep stirring to avoid lumps.
6. After about 10 mins, the mixture will start to thicken.
7. Add the sugar and roohafza, mix till it dissolves completely.
8. Allow to cool and pulse it a couple of times to remove lumps if any.
9. Add in the finely chopped nuts, transfer to serving bowls and garnish with more nuts, rose petals
10. Gulab Phirni is mostly served chilled. So refrigerate before serving.

## Shahi Tukda



### Ingredients

#### For Sugar syrup

- 1 ½ cups Sugar
- 4-5 Saffron strands
- Pinch of Cardamom powder

#### For Deep fried bread

- 5-8 Bread sliced
- Clarified butter for frying

#### For Instant Rabri

- 1-liter full fat milk
- ¼ cup sugar
- ½ teaspoon green cardamom powder
- Blanched pistachios for garnishing
- Blanched, peeled almonds for garnishing

#### For Garnish

- Saffron
- Pistachios, blanched, slice

### Method

#### For deep fried breads

1. First, slice the crust of the bread. Cut them into triangles and keep it aside.
2. Heat ghee in a deep pan, fry the bread slices on medium heat.
3. Fry from both sides till it gets a nice golden brown in color and crisp.
4. Drain the bread slices on a paper towel.

#### For Rabri

1. Boil milk in a deep non-stick pan on medium-high heat, stirring occasionally. Reduce heat and cook till half reduced, stirring occasionally.
2. Add cardamom powder, mix and cook until reduced to ¼ th of it. Remove from heat and cool.
3. Put rabri in a serving bowl and keep aside.

#### For Sugar syrup

1. Heat water in a saucepot, add sugar, and saffron strands and stir well. Let it boil for 2 to 5 minutes.

#### For Plating

1. Now, dip the deep-fried bread slices in the sugar syrup. With the help of a spoon coat the bread slice evenly.
2. Arrange the sugar syrup-soaked bread slices neatly in a plate top it with Rabri and pistachios and almonds.
3. Sprinkle some cardamom powder on top of it and keep it aside for future use.