

## Onion Bhajia's

3medium Onions sliced  
1/4<sup>th</sup> fresh Green Chilli chopped  
1tsp Ginger & Garlic paste  
100g Gram flour (Besan/Chickpea Flour)  
Chilli powder 1/4tsp  
Turmeric powder less than 1/4tsp  
1tsp Kasoori Methi  
20Noswhole coriander powder crushed  
1/2tsp Ground Cumin powder  
Fennel Seeds less than 1/4<sup>th</sup> tsp  
Cumin seeds less than 1/4<sup>th</sup> tsp  
Salt taste  
Water for moistening  
Coriander fresh Chopped 1/2tsp  
Oil added to batter 1/2tbs  
Chopped Ginger 1/4tsp

1slice Onions evenly and chopped Green Chilli.

2 In a bowl Mix all ingredient except gram flour and oil.leave it for 10mintues till onion leave water.now add Gram Flour and oil and mix well add in water to Moisten the batter and mix well.

5. Heat a Deep Fat Fryer to 190C - and carefully lower 3 or 4 golf ball sized Bhaji's into the oil. Remove when crisp and brown.

Note: you can use a Wok with very hot oil instead of deep fat fryer. In this instance, flatten the bhaji using a spatula when placing in the oil and fry one side completely before turning over.

## Aloo Palak

500 gms. chopped spinach leaves (palak ke patte)

2 table-spoon oil

1 onion

3-4 potatoes, cooked and cubed (Aloo)

1 t-spoon salt

1/2 t-spoon cumin (jeera)

1/4 t-spoon turmeric (haldi)

1 t-spoon ginger paste (adrak)

1 t-spoon garlic paste (lahsun)

1 tomato

1/2 t-spoon coriander (pisa dhaniya)

less than 1/4 t-spoon chili powder (Lal Mirch)

Kasoori methi 1/4<sup>th</sup> teaspoon

- Make a puree of tomato and onion separately using a blender.
- Take a non-stick frying pan and put oil in it. When it starts heating up add onion and tomato paste to it, stir it. Cook on low-medium heat until it gets light brown.
- Then, add ginger, garlic paste, coriander, cumin, turmeric and chili powder and stir it will, Continue heating for 2 mins.
- Add the chopped mustard greens and fry well add boiled potatoes (Aloo), and cook for 10 minutes on simmer heat with little water if it is do dry ,Stir well optional add little cream and finsh off with kasoori methi
- Cover with a lid during cooking, let the spinach blend with the spices.
- Serve hot Aloo Palak with chapati, roti

## Dal Tarka

### INGREDIENTS:

- 1 cup Split Pigeon Pea (Toor dal/Arhar dal)
- 2 medium Tomatoes, chopped
- 1 medium Onion , finely chopped
- 3 cloves Garlic, finely chopped
- 1 inch Ginger, finely chopped
- 3 Green Chillies, slited
- $\frac{3}{4}$  tsp. Turmeric powder
- $\frac{1}{2}$  tsp. Red Chilli powder
- $\frac{1}{2}$  tsp. Cumin seeds
- $\frac{1}{2}$  tsp. Mustard seeds
- 1 tsp. Dry Mango powder (Amchur) optional /lemon juice
- 1 tsp. Coriander powder
- $\frac{1}{2}$  tsp. Cumin powder
- $\frac{1}{2}$  tsp. Garam masala
- 1 pinch Asafoetida optional
- 3 tbsp Ghee
- Salt to taste
- 2 tbsp Coriander leaves, chopped (for garnishing)

### METHOD:

- Wash the dal by changing water several times till the water appears clear
- Boil the dal in pressure cooker or in a covered pan over medium heat. Boil the dal with water, salt, turmeric and ginger
- When the dal is tender and well cooked, mix it well so that no lumps form, if it is too thick more water can be added to required consistency and boiled for few more minutes (consistency shouldn't be watery)
- Mix the amchur and garam masala in few spoons of water and add the mixture to the dal and mix it well with the dal
- In a deep bottomed pan pour half of the ghee and fry the onions till golden and keep it aside
- Heat rest of the ghee and temper with green chillies, asafoetida, cumin and mustard seeds. Sauté till the seeds splatter.
- Add the garlic and sauté for few seconds
- Add the chopped tomatoes and the fried onion
- Add rest of the dried masalas and stir well. Let it cook for 3 to 4 minutes with occasional stirring till it is cooked well and the aroma comes out of the masala and the tomatoes are tender. Be careful not to burn the masala so keep stirring
- Pour the boiled dal in the pan with the cooked masala. Mix well and cook covered for 3 to 4 minutes over simmering flame till it boils.

- Garnish with chopped coriander before taking out of oven. Spicy toor dal fry is ready to be served.

Murgh Kali Mirch

1½ lb boneless chicken (cut into small pieces)

¼<sup>th</sup> teaspoon Mustard seeds

¼<sup>th</sup> cumin seeds

4nos to 5nos curry leaf frsh

2 tbs Crushed ginger

1 tbs crushed garlic

2 tsp salt

1 tbs coarsely ground black pepper

½ tbs Whole coriander crushed

½ tbs Whole red chillies

½ tbs Whole cumin

Crushed fennel powder cruhed

3 tbs oil

coconut milk 2 table spoons

1 small onion (cut into 1" cubes)

Lemon juice optional

#### **Method**

Dry roast the spices and hold it in an air tight container for further use, use it according to your taste and how hot you want ¼tsp for this recipe

1. Combine, ginger, garlic, salt, crushed black pepper, coriander crushed cumin crushed red chillies, crushed fennel powder and lemon juice in a bowl. Along with ginger and garlic paste mixed with water.
2. Heat oil in a pan add mustard seeds whole cumin and curry leaves add in chopped onion and fry till golden yellow.
3. Now add the spices mixed with water fry off well add in diced chicken and fry well with spices
4. Add in tomatoes and fry them till dry
5. Finish off with coconut milk and serve with Indian bread