

Najoo Shroff's Favorite Recipes



Lovingly written for her family & friends

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table of contents

4	Afghani Chicken
5	Aleti Paleti <i>Spicy Liver</i>
6	Baked Chicken
7	Brown Rice <i>to go with Dhansak Dahl</i>
8	Carrot & Brinjal Bake
9	Cheese Mutton or Chicken
10	Chicken Farcha <i>Fried Chicken – Parsi style</i>
11	Chicken in Chinese Sauce
12	Chicken in Milk
13	Chicken Korma
14	Chicken with Yoghurt and Tomatoes
15	Chinese Chicken
16	Chutney Stuffed Brinjals <i>Eggplant</i>
17	Dahi Ma Gosht or Chicken <i>Meat or Chicken cooked in yogurt</i>
18	Dahi Murgh <i>Yoghurt Chicken</i>
19	Dhan Sak Dhal <i>serve with Brown Rice & Kebabs</i>
20	Dilkhush Mutton <i>Heartwarming Meat</i>

table of contents

21	Fish Sas
22	Gujarati Dahl
23	Kababs <i>serve with Dhansak Dhal & Brown Rice</i>
24	Kaju Ni Murghi <i>Cashew Chicken</i>
25	Kaju Ni Murghi <i>Cashew Chicken – done another way</i>
26	Kolmi No Patio <i>Prawn Curry</i>
27	Mari Ni Murghi <i>Pepper Chicken</i>
28	Mutton or Chicken Biryani <i>Spiced Rice</i>
29	Patra in Macchi <i>Fish wrapped in leaves</i>
30	Rajpipla Chicken
31	Sukhu Gosht <i>Dry Lamb</i>
32	Tandoori Chicken
33	Vegetable Stew
34	Vegna Nu Bharta <i>Eggplant cooked with yoghurt</i>
35	Vindaloo <i>Lamb or Chicken</i>
36	Yoghurt Curry



Afghani Chicken

ingredients: 1 chicken cut into large pieces
1 tbsp. oil
Salt to taste
1.75 oz of cashew nuts
3 oz of tomato ketchup

Make a paste of:

1 tbsp. cumin/coriander powder
1 tbsp. garlic/ginger paste

directions: Cook the chicken with the paste in a little oil.
When the chicken is almost cooked, add 1.75 oz of cashew nuts (whole) and 3 oz of tomato ketchup and cook until done.

serves: 4



Aleti Paleti

Spicy Liver

ingredients:

2 cups (about 14 oz) chicken liver washed & cut into bite sized pieces

2 large onions – finely sliced

1 ½ inch piece of ginger

1 tbsp. crushed garlic

Combine garlic/ginger into a paste (about 1 tbsp.)

1 tsp. Chili powder

½ tsp. Turmeric powder

1 tsp. Sambhar powder

2-3 medium tomatoes – finely chopped

2 large potatoes (about 1 lb) – chopped into bite sized pieces & cooked

3 tbsp. oil

Salt to taste

directions:

Marinate the chicken liver in the garlic/ginger paste along with the other spices and keep in the fridge for 2-3 hours.

Heat oil in a pan and fry onions till well browned.

Add ginger/garlic paste and marinated chicken liver with the masala to the pan and sauté for a few minutes. Add chopped tomatoes and simmer on low heat, adding a little water if required and salt. Cook until done.

In a separate pan heat some oil, add 1 teaspoon cumin seeds, ½ teaspoon mustard seeds, 2-3 curry leaves and when they splutter, add small pieces of potatoes together with ½ teaspoon turmeric and ¾ teaspoon chili powder with salt to taste. Lower heat and simmer till the potatoes are done. Add these cooked potatoes to the chicken liver and serve garnished with coriander leaves.

serves:

4

Baked Chicken

ingredients:

Chicken pieces (4-6 breasts)

Salt & Pepper to taste

For White Sauce:

½ stick butter

½ tbsp. all-purpose flour

1 cup milk

Shredded cheese (any kind that you like)

Salt and pepper to taste

2-3 green chilies

1 egg

For the rest of the dish:

1 tbsp. Worcestershire sauce

2 tbsp. cream

1 tbsp. mustard paste

¾ cup tomato ketchup

½ packet boiled spaghetti

1 ½ tsp. red chili powder.

directions:

First boil the chicken pieces. Add salt and pepper to taste. Then shred the pieces removing the bones.

Making white sauce:

Melt about ½ stick of butter in a pan. Then add ½ tablespoon all-purpose flour and fry for some time. Add 1 cup milk and keep stirring, taking care that no lumps are forming. Then add some shredded cheese, a pinch of salt and pepper, 2-3 green chilies (cut into small pieces) and make the sauce into a slightly thick consistency. Then mix in one egg, stirring quickly.

Assembling the dish:

In a buttered baking dish, first add the white sauce, then arrange the chicken pieces. In the second layer, add 1 tablespoon Worcestershire sauce, 2 tablespoons cream and 1 tablespoon mustard paste. Finally in the third layer, add ¾ cup tomato ketchup, ½ packet boiled spaghetti and 1 ½ teaspoon red chili powder. Top it with shredded cheese and bake it in the oven at medium temperature (350 degrees) until the upper crust is formed well.

serves:

4

Brown Rice

to go with Dhansak Dahl

ingredients: 2 cups of rice
Little oil
3 tsp. sugar
4-5 whole Cloves
1 Cinnamon stick

directions: In a pan heat oil and add 3 tsp. sugar and brown it until it is very dark brown.
Add 1 cup of water. Then add the rice, a tsp. of salt, cloves, cinnamon stick and more water to cover the rice (3 cups). Bring to boil and continue cooking until all the water is absorbed and rice is cooked.

serves: 4

Carrot & Brinjal Bake

ingredients: 1 ¾ lbs. brinjal (eggplant) sliced into ½ inch rounds
0.5 lb coarsely chopped onions
0.5 lb grated carrots
1 tsp. chili powder
2 tbsp. sugar
6 tbsp. tomato ketchup
Salt to taste
Oil as needed

directions: In a large frying pan, pour 4 tablespoons oil and heat. Place as many slices of brinjal as will fit and fry for about 3 mins. on each side. Remove and keep aside.

Add more oil if necessary and continue frying slices of brinjal until all are fried. In the same pan, fry onions until soft and pale yellow. Add carrots, mix well and cook for about 10 mins. or until carrots are soft. Add one cup of water, chili powder, sugar, tomato ketchup and 1 ½ tsp. salt. Cook for another 5 mins., blending well.

In a deep, round baking dish, cover the bottom with slices of brinjal, sprinkle some salt over them and over these spread a layer of carrot mixture. Cover this with more slices of brinjal and a sprinkle of salt and carry on with alternating layers of carrot mixture with brinjal, ending with carrot mixture as the topmost layer.

Cover the dish tight and bake in the oven over moderate heat (350 degrees) for about 40 mins.

serves: 6

Cheese Mutton or Chicken

ingredients: 2.2 lb mutton or 1 chicken cut into bite sized pieces
1 tsp. garlic/ginger paste
10 green chilies (slit and slivered)
2 tsp. cumin/coriander powder
3.5 oz grated cheese
3 potatoes (cut in cubes)
9 oz green peas
Salt to taste

directions: Boil mutton or chicken with onion, garlic/ginger paste, 6 chilies and salt. After the meat is half done add 2 tbsp. of oil. When the meat is cooked, keep aside. Reserve one cup of stock.
In another pan hit 2 tbsp. of oil, add cumin/coriander powder, 4 green chilies, cheese and stock from meat or chicken. Allow to cook for about 5 mins. Add meat, green peas, potatoes and cook for half an hour on a slow flame, leaving some gravy.
Serve hot.

serves: 6



Chicken Farcha

Fried Chicken – Parsi style

ingredients:

1 medium chicken cut into 7-8 pieces

2-3 eggs

Bread crumbs or semolina

Grind the following spices into a paste –

Handful of fresh coriander

5-6 green chilies

1 small onion

6 cloves garlic

¾ inch of fresh ginger

1 tsp. cumin seeds

Then add –

1 tbsp. Worcestershire sauce

1 tsp. salt

1 tbsp. Olive or cooking oil

1 tbsp. all-purpose flour

directions:

Make notches into the flesh of each piece of chicken and coat each piece with the masala paste. Allow the chicken to marinate for about 8-10 hrs (if there is no time, then boil the chicken pieces before applying the masala paste).

Then beat about 2-3 eggs until frothy. Coat each chicken piece with bread crumbs or semolina, dip each piece in the beaten eggs and fry them in medium heat.

serves:

4

Chicken in Chinese Sauce

ingredients: 8 chicken pieces
1/3 bottle tomato ketchup
2 tbsp. Worcestershire sauce
1 tsp. mustard
1 tsp. soy sauce
Chicken stock
1 tbsp. corn starch
Salt & pepper

directions: Mix all ingredients with chicken pieces. Place on the stove and simmer.

serves: 4



Chicken in Milk

ingredients:

- 1 chicken cut into 8 pieces
- 2 onions, finely chopped
- 1 ½ tsp. ginger-garlic paste
- 2 inch piece cinnamon stick
- 3-4 dry red chillies
- 4 potatoes cubed
- 1 tsp. salt
- 1 cup milk
- 1 tsp. sugar
- 4 tbsp. oil
- 1 tbsp. raisins

directions:

Heat oil and fry onions until golden brown. Add ginger-garlic paste and blend well. Cook 5 minutes, adding a little water to prevent sticking to the bottom of the pan.

Add chicken, blend well and allow chicken to brown nicely on all sides. Add cinnamon stick, whole red chillies and salt and mix well.

Gradually add 2 or 3 cups of warm water and bring to a boil. Then simmer, covered, until the chicken is tender and ¼ cup gravy remains.

Add milk and sugar and allow to boil, uncovered for 10 to 15 minutes until some of the milk has dried away and the gravy is thick.

Fry the cubed potatoes with the raisins.

Place chicken with gravy in a serving dish and sprinkle potatoes and raisins with slices of tomatoes for decoration.

serves: 4



Chicken Korma

ingredients:

2 lbs. chicken breasts cut into chunks
2 tbsp. white vinegar
10 green cardamom pods
3 black cardamom pods
½ tsp. black peppercorns
6 cloves
3 whole star anise pods
1 knot of tamarind pulp (size of golf ball) soaked in 1 cup boiling water for 20 mins.
4 tomatoes each cut into 8 pieces
2 cups light cream
3 tbsp. oil
3-4 dry red chilies
1 long stick of cinnamon
1 cup chopped onions
3 garlic cloves minced
2 tsp. minced ginger
½ cup raw cashews, crushed in a pestle & mortar
1 tsp. salt
1 tsp. garam masala

directions:

Marinate the chicken chunks in vinegar for half an hour in the refrigerator. Remove seeds from the cardamom pods and grind them together with peppercorns, cloves, star anise and tamarind. Blend together tomatoes and cream and set aside.

Heat oil, now add red chilies and the cinnamon stick and stir. After about 2 mins. add the onions, garlic ginger, garam masala and cashews and stir for 6-8 mins. Then add the tamarind mixture and stir for 2 mins. Next add tomatoes and cream blend and cook uncovered for 15-20 mins. to release the flavor of the spices. Season to taste with salt. Toss in the chicken and continue to stir for an additional 7 mins.

Serve on a bed of plain basmati rice.

serves:

4

Chicken with Yoghurt and Tomatoes

ingredients: 1 can tomato puree
4-5 fresh tomatoes
1 cup plain yogurt
Juice of 2 lemons
Handful of coriander
2 tsp. salt
5 garlic cloves
2 inch piece of ginger
2 tsp. garam masala
2 green chilies
½ tsp. chili powder
1 chicken, cut into large pieces

Optional –

2 small potatoes, cut into pieces
2 medium onions, quartered

directions: In a grinder make a marinade by blending tomato puree, tomatoes, yogurt, lemon juice, coriander, salt, garlic, ginger, garam masala, green chilies and chili powder.
Wash and dry the chicken pieces and place them in an oven proof dish. Add the marinade. Add potatoes and quartered onions.
Cover the dish and bake in a pre-heated oven at about 350 degrees for about 1 hour or until the chicken is tender.

serves: 4 – 5

Chinese Chicken

ingredients:

4 chicken thighs

Make a sauce out of the following -

$\frac{3}{4}$ cup tomato ketchup

2 tbsp. Worcestershire sauce

2 tbsp. soy sauce

1 tbsp. mustard

2 cups chicken stock

1 tbsp. all-purpose flour

1 tsp. sugar

1 $\frac{1}{2}$ tsp. pepper

directions:

Combine all of the above ingredients, put the chicken pieces in it and simmer on stove till the chicken becomes tender and about $\frac{1}{2}$ cup gravy remains.

serves:

2

Chutney Stuffed Brinjals

Eggplant

ingredients: 6 small brinjals (eggplant)
2 tbsp. oil
1 cup water
To make green chutney -
¾ cup grated coconut
1 cup chopped coriander
3-4 green chilies
4 large cloves garlic
½ tsp. cumin seeds
2 tsp. lemon juice
1 ½ tsp. salt
1 tsp. sugar

directions: Cut brinjals down middle without cutting right through. Cut again at right angle to the first cut so that each brinjal is divided into 4 quarters.
Make the green chutney and stuff the brinjals with the chutney. Then squeeze the brinjals shut as tightly as possible.
Heat oil in a pan and fry the brinjals for a minute or two turning them so they are touched all over with oil. Add ½ cup of water, cover and simmer for 15 minutes. If water has dried up in 15 minutes, add an additional ½ cup of water and continue simmering till the brinjals are tender.
Serve as a side dish.

serves: 4



Dahi Ma Gosht or Chicken

Meat or Chicken cooked in yogurt

ingredients:

- 1 lb lamb, cut into pieces or 1 small chicken
- 14 oz thick curd, well beaten
- 1 ½ tbsp. ginger-garlic paste
- 1 tbsp. garam masala powder
- 1 tsp. turmeric powder
- Salt to taste
- 2 tbsp. oil
- 2 onions (chopped fine)
- 2-3 green chilies
- 2 tsp. fresh coriander

directions:

Heat oil and fry onions until light brown. Add ginger-garlic paste, turmeric powder and garam masala. Sauté for a few minutes.

Add meat or chicken and continue to sauté until brown, adding a little water at a time, if required.

Add salt and green chilies and 2 cups of water and either pressure cook or cook on the stove, covering the pan with an inverted lid and pouring more water as and when required.

Ten minutes before the meat or chicken is done, add the well beaten yogurt. Simmer until meat or chicken is tender.

Garnish with chopped coriander leaves and serve.

serves: 4

Dahi Murgh

Yoghurt Chicken

ingredients: ½ cup vegetable oil
2 medium onions
1 bay leaf or curry leaves
5 ½ pounds chicken cut into bite sized pieces
2 tsp. cumin seeds
1 ½ tsp. chili powder
1 tsp. salt
1 ½ cups plain yogurt
1 large tomato chopped

directions: Heat the oil in a large pan. Add onions and bay leaf. Cook, stirring frequently until the onions are orangish brown. Add chicken and cumin seeds and stir continuously until the chicken pieces are seared on all sides.

Blend the yogurt in 1 ½ cups of water and add to the pan with chili powder and salt. Add the chopped tomato, cover and cook over medium heat until the chicken is tender.

Remove the bay leaf and serve with rice.

serves: 4



Dhan Sak Dhal

serve with Brown Rice & Kebabs

ingredients:

- 1 cup toover dhal (yellow)
- ½ lb leg of lamb or chicken
- 1 medium brinjal (eggplant)
- 1 piece of red pumpkin
- 1 few sprigs small leafed methi bhaji
- 2 large tomatoes chopped or ½ can of tomato sauce
- 2 ½ teaspoon salt

Make a paste out of the following –

- 6 cloves of garlic
- 1 inch piece of ginger
- 1 tbsp. cumin seeds
- 1 inch piece of cinnamon stick
- 2 cardamoms
- 4 black peppercorns
- 1 tsp. turmeric powder
- 2 tsp. Dhansak masala
- 1 tsp. sambhar
- 1 ½ tsp. Chili powder
- 3 tbsp. oil

directions:

In a pan put dhal, brinjals, tomatoes, methi bhaji, pumpkin, meat and water to cover the mixture (about 4 cups) and bring to a boil. Cover and pressure cook till meat is tender. Remove from fire. Open the cooker and remove the meat pieces. Mash the dhal (through a coriander if necessary) and then return the meat to the dhal.

In a separate pan heat oil and fry onions till golden brown. Add masala paste, turmeric powder, chili powder, sambhar, dhansak masala, tomato pulp, garam masala powder, salt and add this whole thing to the mashed dhal and meat and cook on a slow fire for about 10 mins; adding extra water if the dhal is too thick.

Before serving add 1 spoon of finely chopped coriander and serve with fried brown rice and accompanied by kachumber and kebabs.

serves:

4 – 6

Dilkhush Mutton

Heartwarming Meat

ingredients:

Grind the following -

- 3 tbsp. coriander seeds
- 2 tbsp. cumin seeds
- 1 tbsp. sesame seeds
- 1 tbsp. chana (gram)
- 6 tbsp. grated coconut
- 2 tsp. Kashmiri chili powder
- 1 tbsp. Kashmiri masala
- 1 tsp. curry powder
- 1 cup coconut milk
- 2 onions
- 1 cup tomato sauce
- Curry leaves
- 2 green chilies

directions:

Fry 2 onions. Add the ground masala paste and fry well. Add tomato sauce (1 cup), curry leaves and salt to taste, 2 slit green chilies and let it boil for a few minutes. Finally add 1 cup coconut milk and after one more boil, add the prawns and simmer for some time. Finally add 1 Tblsp of tamarind pulp (concentrate) and stir until well dissolved. Serve with white rice.

For Mutton Curry:

Cook mutton and potatoes in a pressure cooker with one onion, one tomato and 1 tsp. ginger-garlic paste. Add the same masala to fried onions, tomato sauce and 1 tsp. sambhar powder, salt to taste. Add enough water and bring to boil. Finally add the cooked mutton and potatoes and serve with rice.

serves: 6

Fish Sas

ingredients: 1 lb fish (salmon or any other fish)
2 medium onions finely sliced
2 tbsp. finely chopped coriander
2-3 cherry tomatoes
A paste of garlic (about 6 cloves), cumin seeds (3/4 tsp.) and 3 green chilies
2 tbsp. flour
2 tsp. salt
2 cups water
2 tbsp. vinegar
½ tbsp. sugar
2 eggs
3 tbsp. oil

directions: Fry onions until soft yellow. Remove them and in the same oil add fish and let the fish slices cook after gently turning once or twice. Add a little water to avoid sticking at the bottom. Add tomatoes and some coriander.

In a separate pan mix vinegar, garlic-cumin-chili paste, salt, sugar, eggs flour, water and blend to a smooth mixture. Put it on fire and stir continuously until the necessary consistency is formed. Pour the mixture over the cool cooked fish. Tilt pan to allow mixture to evenly cover the fish.

Serve garnished with chopped coriander and fried onions with yellow rice.

serves: 4 – 6



Gujarati Dahl

ingredients: 1 cup cooked toovar (yellow) dahl
1 small white pumpkin – peeled, cubed and cooked in ½ cup water
3 tsp. sambhar powder
¼ tsp. turmeric
2 tsp. sugar (or to taste)
Juice of 4 lemons
2 green chillies

Fry together –

2 tbsp. oil
½ tsp. mustard
½ tsp. cumin seed
6 cloves
4” piece cinnamon
¼ tsp. asafetida (hing powder)
1 sprig fresh curry leaves

directions: Cook the dhal with water in a pressure cooker. Add the white pumpkin to the cooked dhal and simmer for 6-8 minutes. Add the baghar and stir.
Serve with white rice.

serves: 4

Kababs

serve with Dhansak Dhal & Brown Rice

ingredients: 1 lb minced mutton or beef
2 medium onions minced with meat
1 tsp. garlic-ginger paste
1 tsp. turmeric powder
1 tbsp. finely chopped coriander
1 ½ tsp. chili powder
2 tsp. lemon juice
1 egg
1 ¼ tsp. salt
½ cup dry bread crumbs
Vegetable oil for frying

directions: Soak bread in water and squeeze dry.
Mix together all ingredients except the bread crumbs and oil. Divide the mixture into small balls.
Roll each ball in bread crumbs until slightly coated all over and gently fry until nicely browned.

serves: 4



Kaju Ni Murgahi

Cashew Chicken

ingredients:

1 chicken cut into 8 pieces
1 ½ tsp. garlic-ginger paste
1 onion finely sliced
½ tsp. cumin powder
1 ½ tsp. chili powder
About 20 cashew nuts (ground to a paste)
1 cup water
2 tbsp. tomato ketchup
½ tsp. sugar
½ tsp. salt
Vegetable oil

directions:

Marinate the chicken for about half an hour by rubbing the garlic-ginger paste.

Fry onions in oil until golden brown. Add chili powder, cumin powder, salt and chicken pieces. Add one cup of water and let it simmer for some minutes. Gradually add more water and cook the chicken (either in a pressure cooker or stove) and simmer until 1 cup gravy remains.

Add cashew nut paste and continue simmering for some more time. Add tomato ketchup and sugar. Cook for 5 more minutes before serving.

serves:

4

Kaju Ni Murgahi

Cashew Chicken – done another way

ingredients: 8 chicken breasts
2 green peppers sliced
4 potatoes sliced thick
1 tsp. garlic-ginger paste
2 large onions finely chopped
3 bay leaves
Grind to a masala –
4 whole cloves
10 peppercorns
2 one inch pieces cinnamon
1 tsp. fennel seeds
2 tsp. cumin seeds
3.5 oz cashew nuts
6 green chilies
1 tin coconut milk
Salt to taste
Vegetable oil

directions: Cook the onions until soft brown. Add the masala with salt and fry for 5 minutes.
Add the chicken pieces and coconut milk. Stir and cook until the chicken is tender and the gravy becomes thick. Apply salt to potato slices and fry them until soft and golden and in the same oil fry the green pepper slices for 1 minute.
Serve the chicken with fried potatoes and green peppers.

serves: 4 – 5

Kolmi No Patio

Prawn Curry

ingredients: 25-30 small, cleaned prawns
2 small onions finely chopped (or 1 large onion)
1 ½ tsp. finely chopped coriander
1 tsp. tamarind concentrate or ½ cup juice of 1 tbsp. Tamarind pulp
1 tbsp. grated jaggery (or brown sugar)
1 ½ tsp. salt
Vegetable oil (about 2 tbsp.)
Grind into a paste
7-8 cloves of garlic
4 dry red chilies
1 ½ tsp. turmeric powder
1 tsp. cumin seeds

directions: Fry onions until golden brown. Add the masala paste and cook until well blended.
Add prawns, chopped onions, coriander and salt and stir well. Add about ¼ cup of water, cover and simmer until prawns are cooked (turn pink).
Finally add tamarind juice and jaggery (or sugar) and cook a few minutes longer until the jaggery has melted.
Serve with yellow rice or Naan.

serves: 4

Mari Ni Murghi

Pepper Chicken

ingredients:

- 1 chicken cut up into pieces
- ½ cup vegetable oil
- 1 cup water
- 2 medium onions chopped
- 7 cardamom pods whole
- 1 tsp. cumin seeds
- Juice of 2 lemons
- 2 tbsp. ground black pepper
- 2 tbsp. prepared mustard (Dijon)
- 6 cloves garlic
- ½ tsp. salt

directions:

Heat oil, add onions, cardamom pods and cumin seeds and cook until onions become orangish brown. Add chicken pieces and cook, stirring frequently (for about 8-10 minutes).

In a separate bowl mix lemon juice, black pepper, mustard, salt and about one cup water. Pour the mixture over the chicken and onions. Let it cook, covered over medium heat for about 15 mins.

Crush the garlic and add to the mixture. Continue cooking until the chicken is tender. If necessary add a little more water to prevent burning.

serves: 4



Mutton or Chicken Biryani

Spiced Rice

ingredients:

3 cups basmati rice (soak in water for 15 minutes)
1.65 lb mutton (or chicken)
3 onions, chopped fine
1 tbsp. poppy seeds
1 tbsp. curry powder
1 tbsp. sambhar powder
1 tbsp. cumin-coriander (dhana-jeera) powder
1 tbsp. chili powder
1 tbsp. cumin (jeera)
Salt to taste
1 tbsp. oil
1 ½ cup yogurt
1 tbsp. garam masala (taj, cloves, mace, etc.)
5 green chilies, chopped fine
15-20 curry leaves
1 ½ tsp. ginger-garlic paste
4 tomatoes
Few mint leaves
Juice of 4 lemons
1 tsp. saffron

directions:

Boil mutton (or chicken) with salt and water and keep a good quantity of soup (5-6 cups). Grind all of the above spices. Cut chilies and coriander finely. Fry onions, add finely chopped green chilies. Then add the ground masala and chopped tomatoes. Add the mutton or chicken pieces, yogurt (drained), lemon juice and finely chopped coriander. Fry the soaked rice in 2 tbsp. oil.

Then cook the rice in the mutton or chicken soup. When the rice is half done, add the marinated mutton or chicken on top. Then add the saffron mixed with lemon juice and sprinkle a cup of soup. Close and cook on a slow fire for nearly 30 minutes until steam comes out. Serve hot.

serves:

5 – 6



Patra in Macchi

Fish wrapped in leaves

ingredients:

1 pomfret, sole or halibut, cut into several pieces
Grind fine for chutney -
1 bunch fresh coriander leaves
16 -18 mint springs
3 tbsp. lemon juice
1 tsp. salt or taste
6 small green chilies
1 tsp. cumin seeds
2 tsp. peanuts
3-4 tbsp. coconut powder
3 cloves garlic
1 tsp. jaggery or sugar
Walnut size knot of tamarind soaked in water and pulp used

directions:

Cut fish into filets, rub with salt and lemon juice. Coat the pieces of fish liberally with the chutney. Wrap each piece of fish in a piece of banana leaf or aluminum foil.
Then cook in an oven at 250 degrees for half an hour.
Serve hot.

serves:

4

Rajpipla Chicken

ingredients: 1 chicken cut into large pieces
1 tbsp. oil
1 onion finely chopped
1 tbsp. garlic/ginger paste

Mix the following in a separate pan –

1 tbsp. oil
1 tbsp. tomato sauce
½ tbsp. ground mustard
½ tbsp. Worcestershire sauce
1 egg yolk
4.5 oz of beaten yogurt
1 tsp. cumin seeds (roasted and powdered)
Salt to taste

directions: Cook the chicken with fried onions, garlic/ginger paste and salt until tender and there is a cup of gravy generated.
In a separate bowl mix oil, tomato sauce, Worcestershire sauce, mustard, egg yolk, yogurt and cumin seeds and pour over the chicken.
Simmer until the gravy thickens and blends well.

serves: 4 – 5

Sukhu Gosht

Dry Lamb

ingredients: 1.3 lb lamb
1 ½ tsp. ginger-garlic paste
1 tsp. chili powder
1 tsp. sambhar powder
½ tsp. turmeric
2 green chilies
1 tsp. cumin seeds
1 tsp. mustard seeds
½ to ¾ can tomato sauce or 3-4 tomatoes, very finely chopped
3 big potatoes
2 tbsp. oil
Salt to taste

directions: Marinate lamb pieces with ginger-garlic paste, chili powder, sambhar powder, turmeric and salt.

In a pan heat oil, add ½ the cumin seeds and ½ of the mustard seeds. Add 2 green silted chilies and when they splutter, add the marinated meat pieces.

Turn the pieces once or twice. Then add the tomato sauce and pressure cook. Open the cooker (after 3 big whistles and 2 whistles after lowering the heat). If there's too much gravy in the pan, simmer the whole dish until the meat pieces become dry.

In a separate pan, add some oil, heat it, add the remaining cumin and mustard seeds. Then add the potato cubes covered with salt, ¼ tsp. turmeric and ½ tsp. chili powder and cook on slow fire turning occasionally once or twice until the potatoes are tender. Add them to the cooked meat and serve.

serves: 4



Tandoori Chicken

ingredients: 1 medium chicken (cut into 10 pieces – 2 legs, 2 thighs, 2 wings, 1 breast cut into 4 parts).

Grind the following -

- 2 green chilies
- 5 cloves of garlic
- 1 inch piece of ginger

Roast and grind -

- 1 tbsp. coriander seeds
- 1 tbsp. cumin seeds
- ½ tsp. chili powder
- ½ tsp. turmeric
- ½ tsp. sugar
- 2 tsp. salt
- 2 tbsp. lemon juice
- 1 cup yogurt
- Some red coloring

directions: Remove skin from the chicken and make some slits in the flesh. Marinate in the above spices overnight.

Broil on a pan in the oven for 10 minutes (turning once after 5 minutes).

serves: 4 – 5

Vegetable Stew

ingredients: 2 carrots
2 potatoes
1 sweet potato
3.5 oz french beans
7 oz green peas (boiled)
3 onions
3 tomatoes
2 tsp. chili powder
½ tsp. turmeric powder
1 tsp. garlic-ginger paste
1 tsp. sambhar powder
Salt to taste
2 tbsp. vinegar
1 tsp. sugar

directions: Cube the vegetables and fry them (if frying is not preferred due to oil, then slightly sauté them and microwave each for about 3 minutes).
Fry the chopped onions, add the chopped tomatoes, chili powder, turmeric powder, garlic-ginger paste, sambhar powder and salt. Add all the cooked vegetables and green peas. Finally add vinegar & sugar.
Serve garnished with chopped coriander.

serves: 6



Vegna Nu Bharta

Eggplant cooked with yoghurt

ingredients:

2 large brinjals (eggplant)
1 cup yogurt
Grind into masala –
6 green chilies
6 pepper corns
1 pod garlic
1 tbsp. cumin seeds
1 tbsp. poppy seeds
2 tbsp. cashew nuts (optional)
1 tsp. sugar
1 bunch spring onions
Chopped coriander leaves
1 sprig curry leaves
Salt to taste
Oil

directions:

Cut brinjals in small pieces and boil them in hot water until tender. Mash them and make into pulp.

Chop the spring onions and fry them in oil with curry leaves. When they become soft and pink, add the ground masala and cook over a slow flame. When the aroma rises toss in the brinjal pulp and cook well until oil starts separating from the vegetable. Remove from the fire.

Whip the yogurt along with a little sugar and add it to the cooked dish. Taste for salt and serve sprinkled with fresh finely chopped coriander.

serves:

4 – 5



Vindaloo

Lamb or Chicken

ingredients:

2.2 lb lamb cut into pieces or 2 small chickens, cut up
4 large onions, finely chopped
4 large potatoes, half boiled, peeled and cut into pieces
2-3 tsp. sugar
1 cup vinegar
Salt to taste
5 tbsp. oil

Grind together in half cup vinegar –

3 inch piece of ginger
2 pods garlic
8-10 Goa or Kashmiri chilies, seeded
1 tsp. turmeric powder
1 tbsp. cumin seeds
1 inch piece cinnamon
7-8 cloves

directions:

Heat oil and fry onions until brown.
Add ground spices and sauté for 1-2 minutes. Add all remaining ingredients except sugar and potatoes. Mix well and cook until meat is nearly tender.
Add potatoes and sugar and complete cooking.

serves:

8

Yoghurt Curry

ingredients: 2 cups yogurt
2 onions finely chopped
4 cloves garlic finely chopped
2 green chilies finely chopped
½ tsp. cumin seeds
½ tsp. turmeric powder
2 tbsp. finely chopped coriander
1 tsp. salt
1 tbsp. oil

directions: In a pan heat oil and fry onions until golden.
Add garlic, chilies, cumin seeds, turmeric powder and coriander and cook for about 3 minutes. Mix salt in the yogurt and add to the onion mixture. Lower the flame and heat the mixture slowly.
Remove from fire before it comes to boil. Serve at once with yellow rice.
(Note – the onion mixture can be made and kept ready ahead of time and the yogurt can be added and heated right before serving)

serves: 4 – 6