



Culinary Institute of America

University of San Diego A Deep Dive into India



CIA Consulting
The Culinary Institute of America

The Culinary Institute of America, Hyde Park, NY



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Welcome to the CIA!

Education is a gift. And those of us in the foodservice industry have a chance to “pay it forward” by sharing our gifts with others. For over 70 years, The Culinary Institute of America has provided students with unparalleled training, setting the gold standard for culinary excellence.

Whether you are here to learn new skills and techniques, develop an appreciation for a global cuisine, or are in pursuit of ProChef Certification, our continuing education courses provide the training you need to achieve your personal and professional development goals.

While on campus, we want you to have the best experience possible. If you have any questions along the way, please ask your chef-instructor or anyone on the Continuing Education staff. Once your training is complete, please feel free to stay in touch - we always enjoy hearing your success stories.

And, because so many of our students ask how they can keep in touch with each other after class is over, we’ve made it easy to do through our Facebook page. Just log in and search for “CIA ProChef.”

Wishing you all the best,

A handwritten signature in black ink that reads "David Kamen".

David Kamen '88 MBA PC^{III}
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P.S. Did you know that the CIA is an independent, not-for-profit college? As such, your tuition supports our core mission of providing the world’s best professional culinary education. If you’d like to further support the future of food with the gift of education, please visit www.ciagiving.org.

EXPECTATIONS FOR PARTICIPANTS

- ☑ No cell phone use or text messaging during class
- ☑ Actively participate
- ☑ Return promptly from breaks
- ☑ Remain in attendance for the class duration
- ☑ Complete the course evaluation
- ☑ Follow all established health and safety regulations
 - In addition to the precautions necessary to guard against food-borne illness, care must also be taken to avoid accidents. The following safety measures should be practiced.
 - Wash hands before beginning work in the kitchen
 - Keep all perishable items refrigerated until needed
 - NYS law – when handling “ready-to-eat” food items, if you don’t cook it, glove it!
 - Wash hands, cutting boards, knives, etc. when switching between meats and vegetables
- ☑ Maintain CIA uniform standards
- ☑ Act within the guidelines of the CIA’s policy on harassment
 - The Culinary Institute of America (CIA) is committed to providing a working and learning environment free from harassment. Members of the CIA community, guests, and visitors have the right to be free from any form of harassment (which includes sexual misconduct and sexual harassment) or discrimination; all are expected to conduct themselves in a manner that does not infringe upon the rights of others.

CIA UNIFORM POLICY

To foster a professional working environment and to maintain the highest standards of safety and sanitation, the CIA has adopted the following uniform code. Each item has been designed with a practical function in mind. These items must be worn in all production classes unless otherwise stated.

- ☑ Chef's jacket
 - Double-breasted structure creates a two-layer cloth barrier to help prevent steam burns, splashes, and spills
 - Can be re-buttoned on the opposite side to cover spills
 - Sleeves are long to cover as much arm as possible to reduce burns
- ☑ Pants
 - Hounds-tooth helps camouflage stains
 - Best without cuffs, which can trap hot liquids and debris
- ☑ Shoes and Socks
 - Shoes
 - Should be made of hard leather, with low heels, slip-resistant soles, and no open toes
 - Prevent slips and falls in the kitchen
 - Offer support
 - Protect feet from falling pots
 - Socks
 - Must be worn for hygienic purposes and to prevent burns
- ☑ Neckerchief (optional)
 - Helps to absorb sweat
- ☑ Toque (provided in class)
 - Contains hair
 - Absorbs sweat
- ☑ Apron (provided in class)
 - Protects jacket and pants from excessive staining
- ☑ Side towel (provided in class)
 - Protects hands when working with hot pans, dishes, and equipment
- ☑ Jewelry
 - Not permitted except for one plain ring to minimize exposure to potential hazards
- ☑ Hair

Should be neatly maintained, clean, and under control at all times

TEAM KITCHEN PRODUCTION ASSIGNMENTS

DAY ONE

TEAM ONE

Kerala-Style Vegetables with Coconut
Lamb Lollipops with Seared Ginger Raita

TEAM TWO

Gujarati-Style Spinach with Coconut
Almond Cream Chicken

TEAM THREE

Spicy Fritters with Coconut Chutney
Kerala-Style Boatman's Curry

TEAM FOUR

Tamil Nadu-Style Vegetable Curry
Stir-Fried Chicken Curry (Jalfrezi)

CHEF DEMONSTRATION AND EACH TEAM CLASS WORK

Garam Masala
Gujarati-Style Black Pepper Rice

GARAM MASALA

Yield: $\frac{3}{4}$ cup

Ingredients	Amounts
Cinnamon, stick, broken into pieces	1 ea.
Bay leaf, dried	2 ea.
Cumin, seeds	$\frac{1}{4}$ cup
Coriander, seeds	$\frac{1}{3}$ cup
Cardamom, pods, green	1 Tbsp.
Peppercorns, black	1 Tbsp.
Clove	2 tsp.
Chile, red, dried	1 ea.
Mace, dried, ground	$\frac{1}{8}$ ea.

Method

1. Combine the cinnamon, bay leaves, cumin, coriander, cardamom, peppercorns, cloves, and chile and mix well.
2. Place in a frying pan and toast over medium heat, stirring constantly, until the cumin turns uniformly brown, 4 to 5 minutes.
3. Put the toasted spices into a spice grinder and grind to a powder.
4. Stir in the mace. Store in an airtight container.

Source: *Flavors of Asia*, p. 220, adapted from a recipe by Suvir Saran

GUJARATI-STYLE BLACK PEPPER RICE

Yield: 6 portions

Ingredients	Amounts
Rice, basmati	4 cups
Oil, vegetable	4 Tbsp.
Bay leaf, dried	4 ea.
Cardamom, pods	6 ea.
Cinnamon, stick	2 ea.
Cumin, seeds	2 tsp.
Peppercorns, black	4 tsp.
Water	2 cups
Salt, kosher	2 tsp.

Method

1. Rinse the rice in a strainer under cold water (This helps remove dirt, dust, and also some of the starch that can make the rice sticky.)
2. Place the rice in a bowl and add enough water to cover by 2 inches. Soak the rice for 30 minutes to 1 hour. (This allows the grains to absorb water, ensuring a fluffier texture.) Drain well and reserve.
3. Heat the oil in a large heavy bottomed pan over medium-high heat. Add the bay leaves, cardamom, cinnamon, cumin, and peppercorns. Sauté until aromatic, 1 to 2 minutes.
4. Add the rice and stir to coat with the oil. Heat through, about 1 minute.
5. Add the water and the salt. Stir to prevent the rice from clumping or sticking to the bottom of the pan. Bring to a simmer, then cover tightly, reduce the heat to low, and cook for 25 minutes.
6. Remove from the heat and fluff with a fork.
7. Serve in a heated bowl.

KERALA-STYLE SPINACH WITH COCONUT

Yield: 6 portions

Ingredients	Amounts
Garlic, clove	2 ea.
Onion, red, chopped	1 ea.
Pepper, cayenne, dried, ground	¼ tsp.
Coconut, grated	1 Tbsp.
Salt, kosher	1 tsp.
Water	½ cup
Oil, coconut	1 Tbsp.
Mustard, seeds	½ tsp.
Shallot, finely sliced	2 ea.
Curry, leaf, fresh	15 ea.
Spinach, shredded	1 lb.
Chile, green, fresh, chopped	1 ea.

Method

1. Place the garlic, onion, cayenne, coconut, salt, and water in a blender and blend to a paste. Reserve.
2. Heat the coconut oil in a small sauté pan over medium heat. Add the mustard seeds and sauté until aromatic.
3. Add the shallots and curry and sauté until the shallots are tender. Reserve.
4. Heat a wok over low heat. Add the spinach, cover and cook until wilted.
5. Add the reserved garlic paste and green chile. Cover and steam for 1 minute.
6. Increase the heat to medium and add the reserved shallot mixture. Stir-fry to combine and heat through.
7. Serve on a heated platter.

LAMB LOLLIPOPS

Yield: 8 portions

Ingredients	Amounts
<i>Marinade</i>	
Yogurt, plain	2 cups
Lamb, rib chop, cut 1- to 1 ½- in. thick between the bones	4 lb.
Vinegar, malt	½ cup
Lemon, juice	¼ cup
Garlic, minced	½ cup
Ginger, fresh, grated	2 Tbsp.
Garam Masala (See Recipe p. 7)	2 Tbsp.
Cumin, toasted	2 Tbsp.
Cardamom, dried, ground	2 tsp.
Pepper, cayenne, dried, ground	1 tsp.
Mace, dried, ground	½ tsp.
Nutmeg, grated	½ tsp.
Oil, canola	¼ cup
Butter, unsalted, melted	6 Tbsp.

Method

1. Drain the yogurt in a cheesecloth-lined strainer or coffee filter until it has thickened slightly, 1 to 1 ½ hours.
2. Mix all the marinade ingredients in a gallon sized Ziplock bag. Add the chops and turn to coat in the marinade. Refrigerate overnight.
3. Heat a grill to a medium-high heat.
4. Add the oil to the bag, reseal, and massage the chops to incorporate.
5. Remove the lamb from the marinade, place on the grill, and cook for 3 to 4 minutes on each side, or until the chops look like grill marked.
6. Transfer to a baking sheet and let the lamb rest for 5 minutes.
7. Brush with the melted butter and grill until each side is evenly browned, about 2 more minutes per side.
8. Serve on a heated platter.

Note: Sour cream or crème fraîche can be substituted for the strained yogurt.

Source: *Flavors of Asia*, p. 132, adapted from a recipe by Suvir Saran

SEARED GINGER RAITA

Yield: 2 cups

Ingredients	Amounts
Yogurt, plain	1 ½ cups
Ginger, fresh, minced	¼ cup
Salt, kosher	1 tsp.
Oil, vegetable	1 Tbsp.
Chile, green, fresh	2 ea.
Curry, leaf, fresh	8 ea.
Ginger, fresh, fine julienne	¼ cup
Mustard, seeds, brown	½ tsp.
Cilantro, leaf, fresh	¼ cup

Method

1. Combine the yogurt, chopped ginger, and salt in a mixing bowl. Reserve.
2. Heat the oil in a small frying pan over medium-high heat. Add the chiles and let them sizzle for a moment.
3. Add the curry leaves and cook until they begin to change color, about 30 seconds.
4. Add the ginger and toss until it begins to brown and caramelize, about 1 minute.
5. Quickly add the mustard seeds. The moment they begin to pop, 1 to 2 minutes, tip the entire contents of the pan into the yogurt-ginger mixture. Stir well. Let it stand for at least half an hour.
6. Adjust the seasoning with salt to taste.
7. Garnish with the cilantro. Serve at room temperature.

Source: *Flavors of Asia*, p. 221, adapted from a recipe by Niloufer Ichaporia King

GUJARATI-STYLE VEGETABLES WITH COCONUT

Yield: 8 portions

Ingredients	Amounts
Okra, cut into 1-in. pieces	1 cup
Carrot, medium dice	1 ea.
Potato, medium dice	1 ea.
Beans, green, cut into 1-in. pieces	1 cup
Plantain, cut into thick rounds	1 ea.
Coconut, grated	2 ½ cups
Chile, green, fresh, coarsely sliced	5 ea.
Cumin, dried, ground	1 tsp.
Water	½ cup
Oil, coconut	1 tsp.
Yogurt, plain	½ cup
Curry, leaf, fresh	40 ea.
Salt, kosher	1 ¼ tsp.
Cilantro, fresh, chopped	1 tsp.

Method

1. Cook the okra, carrot, potato, green beans, and plantains in simmering water for 10 to 12 minutes. Drain and set aside.
2. Place the coconut, chiles, cumin, and water in the bowl of a food processor and process until they form a paste.
3. Heat the coconut oil in a large sauté pan over medium heat. Add the coconut paste and stir for 30 seconds.
4. Add the vegetables and toss to coat. Add the yogurt and stir to incorporate. Add the curry leaves and season to taste with salt.
5. Simmer until all the ingredients are heated through and the flavors have blended, about 15 minutes.
6. Serve in a heated bowl, garnished with the cilantro.

ALMOND CREAM CHICKEN

Yield: 8 portions

Ingredients	Amounts
Chicken, whole	2 ea.
Butter, clarified, Indian (Ghee)	3 Tbsp.
Chile, red, dried	3 ea.
Cinnamon, stick, 2-in. piece	4 ea.
Clove, whole	12 ea.
Cardamom, pods	8 ea.
Onion, yellow, finely sliced	2 ea.
Ginger, fresh, minced	4 tsp.
Garlic, finely minced to a paste	2 tsp.
Water	as needed
Salt, kosher	as needed
Almonds, blanched	1 ½ cups
Heavy cream	1 ½ cups
Cilantro, fresh, chiffonade	¼ cup

Method

1. Heat a large, heavy sauté pan over medium-high heat. Sear the chicken (skin side down) until the pieces are browned and have rendered their excess fat, 6 to 8 minutes. Set it aside.
2. In a Dutch oven or similar pan, heat the ghee over medium-low heat. Add the chiles, cinnamon, clove, and cardamom and let them sizzle, about 1 minute.
3. Add the onions and increase the heat to medium. Cook until the onions have softened and turned brown, 10 to 12 minutes.
4. Add the ginger and garlic and stir for about a minute.
5. Add the browned chicken thighs. Gently toss the chicken with the aromatics and onion, adding a splash of water if the thighs start to stick.
6. Pour in enough water to barely cover the chicken. Add the salt. Bring to a boil over medium-high heat.
7. Reduce the heat, cover, and simmer until the chicken is just tender, 20 to 25 minutes. Remove the chicken from the pan and set it aside while you make the sauce.
8. Put the almonds, cream, and about 1 cup of the cooking liquid into a blender or food processor. Be sure that the whole spices are left in the pan. If you want a piquant effect, you can add the whole red chiles to the food processor. Process to a creamy consistency.
9. Scrape the mixture into the cooking liquid still in the pan and whisk until well combined. The sauce should be fairly thick and will thicken further as it stands.

10. Return the chicken to the pan. Adjust the seasoning with salt to taste.
11. When you are just about to serve, bring the chicken to a simmer over low heat so that the sauce doesn't stick to the bottom of the pan and burn. Taste the sauce again and adjust the seasoning with salt, finish with cilantro then serve.

Source: *Flavors of Asia*, p. 124, adapted from a recipe by Niloufer Ichaporia King

SPICY FRITTERS WITH COCONUT CHUTNEY

Yield: 8 portions

Ingredients	Amounts
Dough	
Flour, chickpea	4 cups
Salt, kosher	4 Tbsp.
Cilantro, fresh, finely chopped	4 Tbsp.
Onion, yellow, finely diced	1 ½ cups
Chile, Thai bird's eye, fresh, minced	2 tsp.
Ginger, fresh, grated	4 Tbsp.
Curry, leaf, fresh, chiffonade	30 ea.
Water	as needed
Oil, canola	as needed
Coconut Chutney (Recipe follows)	1 cup

Method

1. In a large bowl, combine all the dough ingredients. Stir to combine thoroughly.
2. Add enough water to achieve a thick dough with a consistency that will fall off a spoon.
3. Heat the canola oil in a heavy medium-sized pan to 365°F. In batches, spoon pieces of the dough into the oil and fry until golden and crisp, 2 to 3 minutes.
4. Remove them from the oil and drain on paper towels.
5. Serve hot or warm with the Coconut Chutney.

Source: *Flavors of Asia*, p. 27, adapted from a recipe by Ammini Ramachandran

COCONUT CHUTNEY

Yield: 2 ½ cups

Ingredients	Amounts
Coconut, grated	2 cups
Chile, Thai bird's eye, fresh	4 ea.
Ginger, fresh, grated	4 tsp.
Salt, kosher	1 ½ tsp.
Yogurt, plain	¼ cup
Oil, canola	2 Tbsp.
Mustard, seeds	1 tsp.
Bean, black gram (urad dal)	1 tsp.
Chile, red, dried, halved	2 ea.
Curry, leaf, fresh	16 ea.

Method

1. In a blender, grind the coconut, chiles, ginger, and salt with the yogurt and just enough water to make a smooth, thick purée.
2. In a sauté pan, heat the oil over medium heat and add the mustard seeds.
3. When the mustard seeds start sputtering, add the urad dal, red chiles, and curry leaves and fry until the dal turns golden.
4. Remove it from the heat and stir it into the coconut purée. Allow it to cool.
5. Serve at room temperature.

Source: *Flavors of Asia*, p. 216, adapted from a recipe by Ammini Ramachandran

KERALA-STYLE BOATMAN'S CURRY

Yield: 6 portions

Ingredients	Amounts
Chile, red, dried	4 ea.
Pepper, cayenne, dried, ground	1 tsp.
Paprika, dried, ground	2 Tbsp.
Coriander, dried, ground	6 Tbsp.
Turmeric, dried, ground	2 tsp.
Water	2 Tbsp.
Tamarind paste	5 Tbsp.
Chile, green, split in half	3 ea.
Ginger, fresh, 2-in. piece, peeled, crushed	1 ea.
Shallot, peeled, chopped	8 ea.
Salt, kosher	1 Tbsp.
Milk, coconut	14 fl. oz.
Fish, white, pavé, cut into 4 oz. steaks	1 ½ lb.
Cilantro, fresh, chopped	2 tsp.

Method

1. Soak the red chiles in water for 15 minutes.
2. Preheat oven to 350°F.
3. Place the red chiles, cayenne, paprika, coriander, and turmeric in a spice grinder and grind to a powder.
4. Transfer to a small bowl, add 2 Tbsp. of water, and mix into a paste. Reserve.
5. Heat a large sauté pan over low heat and add the spice paste, tamarind paste, green chiles, ginger, shallots, and salt. Simmer for 3 minutes.
6. Stir in the coconut milk. Carefully place the fish into the mixture and cover with tinfoil. Bake in the oven until the fish is just cooked through, 10 to 15 minutes.
7. Serve the fish on a heated platter with the cooking liquid, garnished with the cilantro.

TAMIL NADU-STYLE VEGETABLE CURRY

Yield: 6 portions

Ingredients	Amounts
Eggplant, diced	1 ¼ cups
Onion, yellow, diced	1 ea.
Carrot, diced	2 ea.
Peas	1 cup
Beans, green, cut into 1-in. pieces	1 cup
Potato, Yukon Gold, diced	2 ea.
Water	1 cup
Coconut, grated	1 cup
Chile, green, fresh	4 ea.
Poppy seeds, white	2 Tbsp.
Water	2/3 cup
Salt, kosher	to taste
Tomato, chopped	3 ea.
Yogurt, plain	1 Tbsp.
Garam Masala (See Recipe p. 7)	1 tsp.
Cilantro, fresh, chopped	2 Tbsp.

Method

1. Place the eggplant, onions, carrots, peas, green beans, potatoes, and water in a soup pot. Simmer for 10 minutes.
2. Place the coconut, chiles, poppy seeds, and water in a mixing bowl and blend to form a paste. Season with salt to taste.
3. Add the paste to the vegetables and simmer for 5 minutes.
4. Add the tomatoes, yogurt, and garam masala. Stir to combine and simmer for 20 minutes.
5. Serve in heated bowls, garnished with chopped cilantro.

STIR-FRIED CHICKEN CURRY (JALFREZI)

Yield: 6 portions

Ingredients	Amounts
Oil, vegetable	2 Tbsp.
Onion, yellow, finely diced	1 ea.
Garlic, clove, thinly sliced	2 ea.
Chile, powder	1 tsp.
Turmeric, dried, ground	3 tsp.
Salt, kosher	1 pinch
Chicken, breast, skinless, 1 lb. 10 oz., cut into large chunks	1 ea.
Tomato, chopped, canned	14 wt. oz.
Ginger, dried, ground	2 tsp.
Cumin, dried, ground	3 tsp.
Coriander, dried, ground	3 tsp.
Butter, unsalted, melted	2 Tbsp.
Lemon, juice	2 Tbsp.
Lime, cut into wedges	2 ea.
Cilantro, leaf, fresh chopped	2 ea.
Chile, red, fresh, sliced	2 ea.

Method

1. Heat the oil in a pan over a low to medium heat. Fry the onion and garlic until softened, 4 to 5 minutes.
2. Mix the chili powder, turmeric, and salt together in a bowl until well combined.
3. Add the chicken pieces and mix well to coat. Add the coated chicken to the pan and fry until golden-brown and cooked through, 10 to 15 minutes.
4. Stir in the tomatoes, ginger, cumin, and coriander. Reduce the heat until the mixture is just simmering. Then cover the pan and cook for 20 to 30 minutes, stirring occasionally and adding a tablespoon of water every so often if the mixture appears too dry.
5. Stir in the butter and add the lemon juice.
6. Garnish with the coriander, chiles, and lime wedges on the side.

TEAM KITCHEN PRODUCTION ASSIGNMENTS

DAY TWO

TEAM ONE

Spiced Yellow Lentils (Mung Dal)
Braised Chicken in Spiced Tomato Sauce (Masala Murgh)
Lemon and Date Chutney
Basmati Rice

TEAM TWO

Spice and Herb-Laced Split Peas (Masala Dal)
Shrimp Curry
Cilantro and Cashew Chutney

TEAM THREE

Indian Flatbread (Chapatis)
Chicken and Cashew Nuts in Black Spices
Eggplant Chutney

TEAM FOUR

Fried Shrimp Pastries (Samosas)
Lamb Biryani
Honey Tomato Almond Chutney

CHEF DEMONSTRATION AND EACH TEAM CLASS WORK

Tandoori Chicken
Chutney

TANDOORI CHICKEN

Yield: 8 portions

Ingredients	Amounts
Chicken, whole, 3 lb.	2 ea.
Marinade	
Yogurt, plain, hung in cheesecloth overnight	1 qt.
Garam Masala (See Recipe p. 7)	1 Tbsp.
Ginger, fresh, finely chopped	1 Tbsp.
Garlic, minced	2 tsp.
Chili powder	2 tsp.
Turmeric, powder	1 tsp.
Coriander, dried, ground	2 tsp.
Lemon, juice	2 Tbsp.
Salt, kosher	2 tsp.
Oil, corn	4 Tbsp.
Lemon, cut into wedges	3 ea.
Cilantro, leaf, fresh	2 Tbsp.

Method

1. Fabricate the chicken, rinse, and pat dry. Make 2 slits into the flesh of each piece. Reserve.
2. Mix the yogurt, garam masala, ginger, garlic, chili powder, turmeric, coriander, lemon juice, salt, and oil together. Adjust the seasoning to taste.
3. Cover the chicken with the spice mixture and leave to marinate for at least 3 hours.
4. Preheat the oven the 450°F.
5. Bake the marinated chicken in the oven for 30 to 45 minutes.
6. Serve on a heated platter, garnished with the lemon wedges and cilantro.

SPICED YELLOW LENTILS (MUNG DAL)

Yield: 8 portions

Ingredients	Amounts
Lentils, yellow, split, hulled, Indian (mung dal)	1 ½ cups
Water	5 cups
Garlic, clove, peeled	2 ea.
Ginger, fresh, peeled, cut 1-in. square, ⅛-in. thick	2 slices
Cilantro, fresh, chopped	1 Tbsp.
Turmeric, dried, ground	1 Tbsp.
Pepper, cayenne, dried, ground	¼ tsp.
Salt, kosher	1 ½ tsp.
Lemon, juice	1 ½ Tbsp.
Oil, vegetable	3 Tbsp.
Asafetida, powder	1 pinch
Cumin, seeds	1 tsp.
Lemon, cut into wedges	1 ea.

Method

1. Clean and check the dal for small stones. Rinse them under cold running water until the water runs clear and there are no bubbles remaining. Cover with water and soak for at least 30 minutes. This will cause the dal to soften and swell a little. Drain.
2. Add the dal and water to a large pot, bring to a boil, and skim any scum that collects at the top.
3. Add the garlic, ginger, parsley, turmeric, and cayenne pepper. Partially cover and simmer gently for about 1 ½ hours, stirring occasionally so it doesn't stick. When dal is cooked, it should be thicker than pea soup, but thinner than cooked cereal. Thin with a little water, if needed.
4. Add the salt and lemon juice.
5. Heat the oil over a medium high flame in a small skillet. When hot, add the asafetida and cumin seeds. Fry for a few seconds, until the asafetida sizzles and expands and the cumin seeds turn dark. Pour the oil and spices over the dal.
6. Serve in a heated bowl with lemon wedges on the side.

Note: Finely sliced onion rings, fried until golden brown and crisp, are often spread over the dal as a garnish.

Source: *An Invitation to Indian Cooking*, Madhur Jaffrey © 1973

BRAISED CHICKEN IN SPICED TOMATO SAUCE (MASALA MURGH)

Yield: 10 portions

Ingredients	Amounts
<i>Marinade</i>	
Salt, kosher	½ Tbsp.
Pepper, black, ground	½ tsp.
Garam Masala (See recipe p. 7)	1 Tbsp.
Cumin, seeds, ground	1 tsp.
Fennel seeds, ground	1 tsp.
Lemon, juice	2 fl. oz.
Garlic, minced	½ oz.
Ginger, fresh, minced	1 oz.
<i>Tadka</i>	
Oil, vegetable	½ cup
Cardamom, whole	1 tsp.
Fennel seeds, whole	¼ tsp.
Cumin, seeds, whole	½ tsp.
Garam Masala (See recipe p. 7)	1 tsp.
Chicken, breast, boneless, skinless	2 lb.
Flour, chickpea	¼ cup
Almonds, raw, ground fine	¼ cup
Onion, yellow, small dice	½ lb.
Tomato, concassé	1 lb.
Chicken, stock	1 cup
Yogurt, plain, drained	1 cup
Salt, kosher	to taste

Method

1. Combine the marinade ingredients in a non-reactive container and mix thoroughly. Cover, refrigerate, and marinate for at least 1 hour.
2. For the tadka, heat the oil in a small sauté pan over medium heat. Add the cardamom and stir-fry for 2 to 3 minutes.
3. Add the fennel and cumin seeds and stir-fry until aromatic. Be careful not to scorch the seeds—lower the heat if the oil gets too hot.
4. Remove the spices with a slotted spoon, drain on a paper towel, and cool. Leave the oil in the pan. Grind the spices to a powder in a spice grinder.

5. Return the spices to the pan with the oil. Add the garam masala and toast the spices over medium-low heat.
6. Strain 4 tablespoons of the spiced oil (tadka) into a large sauté pan. Reserve the remainder.
7. Preheat oven to 325°F.
8. Lightly coat the marinated chicken with the flour.
9. Heat the large sauté pan with the tadka oil over medium-high heat. Add the chicken and sauté until golden. Remove the chicken from the pan.
10. Add 2 tablespoons of the reserved tadka oil to the pan, add the almond, and cook for 1 to 2 minutes.
11. Add the onion and the remaining 2 tablespoons of tadka oil. Turn the heat down to low and slowly sweat the onions until they are tender and translucent.
12. Add the tomatoes and stock. Return the chicken to the pan.
13. Cover the pan and place in the preheated oven. Cook until the chicken is cooked through, about 20 minutes.
14. Remove the pan from the oven and swirl the yogurt into the sauce. If the sauce is too thin, reduce it gently over low heat.
15. Season with salt and pepper to taste. Serve with naan or chapatis.

Note: All-purpose flour can be substituted for the chickpea flour.

LEMON AND DATE CHUTNEY

Yield: 3 cups

Ingredients	Amounts
Raisins, chopped coarse	8 wt. oz.
Dates, pitted, diced	1 lb.
Lemon, juice	4 fl. oz.
Fennel seeds, crushed	1 Tbsp.
Pepper, black, ground	to taste
Cilantro, fresh, chopped	2 Tbsp.
Ginger, fresh, chopped fine	2 wt. oz.
Coconut, shredded	3 wt. oz.
Hazelnuts, chopped	4 wt. oz.
Honey	6 wt. oz.
Water, warm	4 fl. oz.

Method

1. Combine all the ingredients in a large bowl and mix well. It should be a moist paste, similar in consistency to jam.
2. Allow to macerate overnight before serving.

Note: Unsweetened dried coconut can be substituted for the shredded coconut but add a little water to compensate for the lost moisture.

BASMATI RICE

Yield: 9 cups

Ingredients	Amounts
Rice, basmati	3 cups
Water	5 ¼ cups
Salt, kosher	1 ½ tsp.

Method

1. Rinse the rice in a strainer under cold water (This helps remove dirt, dust, and also some of the starch that can make the rice sticky.)
2. Place the rice in a bowl and add enough water to cover by 2 inches. Soak the rice for 30 minutes to 1 hour. (This allows the grains to absorb water, ensuring a fluffier texture.) Drain well.
3. Bring the water to a rolling boil in a large sauce pot. Add the salt.
4. Add the rice in a thin stream, stirring with a fork to prevent the grains from clumping or sticking to the bottom of the pan.
5. When the water returns to a boil, reduce the heat to a simmer and cover the pot. Simmer until the rice is tender, about 15 minutes.
6. Drain the rice immediately in a colander and set the colander in the pot. Return the pot to the heat and steam the rice dry for five minutes. The rice should no longer be sticky.
7. Remove from the heat, fluff the rice with a fork, and serve immediately in a heated bowl.

Note: Originating from India and Pakistan, basmati rice is grown mainly in the fertile foothills of the Himalayas, where the unique soil and climate conditions give basmati rice its distinct flavor and texture. A long-grain rice characterized by its slender, needle-like shape, basmati rice becomes fluffy when cooked, with separate grains that don't stick together. This makes it an ideal choice for dishes like biryani, pilaf, and alongside Indian and Middle Eastern cuisines. The word "basmati" comes from the Sanskrit word "vasmati," which means "fragrant" or "aromatic"—a reference to the rice's nutty, earthy scent.

SPICE AND HERB-LACED SPLIT PEAS (MASALA DAL)

Yield: 6 portions

Ingredients	Amounts
Peas, pigeon, yellow, split (toor dal)	11 wt. oz.
Water	4 ½ cups
Turmeric, dried, ground	⅓ tsp.
Salt, kosher	2 tsp.
Tadka	
Shortening, vegetable, Indian	3 ½ wt. oz.
Cumin, seeds	1 tsp.
Onion, yellow, finely chopped	6 wt. oz.
Pepper, red, flakes (Optional)	¼ tsp.
Cilantro, leaf, fresh, finely chopped	2 Tbsp.

Method

1. Clean and check the dal for small stones. Rinse them under cold running water until the water runs clear and there are no bubbles remaining. Cover with water and soak for at least 30 minutes. This will cause the dal to soften and swell a little. Drain.
2. In a large pot, simmer the water, peas, and turmeric until the peas are thoroughly cooked and tender when pressed between your fingers, about 45 minutes. Stir occasionally to keep the peas from sticking.
3. When soft, beat the split peas with a wire whisk or wooden spoon to purée. There should be about 5 cups of puree; if not, add water. Season with the salt and set aside.
4. To make the tadka, heat the shortening in a frying pan. When it is very hot, add the cumin seeds and fry until they turn dark brown, about 10 seconds.
5. Add the onions and fry until they turn dark brown, about 20 minutes. Stir constantly to prevent burning.
6. Stir in the red pepper, if desired, and immediately pour over the split pea purée.
7. Garnish with the cilantro and serve immediately in warm bowls.

Note: Light vegetable oil can be substituted for the Indian vegetable shortening. This dal is particularly good accompanied by main dishes normally served with rice.

Source: *Classic Indian Cooking*, Julie Sahni © 1980

SHRIMP CURRY

Yield: 8 portions

Ingredients	Amounts
Curry	
Butter, clarified, Indian (Ghee)	6 fl. oz.
Onion, yellow, chopped	2 ea.
Coconut, fresh, finely chopped	2 wt. oz.
Ginger, fresh, grated	3 Tbsp.
Chile, green, fresh, chopped	6 ea.
Salt, kosher	to taste
Sugar, granulated	3 tsp.
Clove, dried, ground	¼ tsp.
Cardamom, dried, ground	½ tsp.
Bay leaf, dried	7 ea.
Cumin, dried, ground	1 tsp.
Turmeric, dried, ground	2 tsp.
Pepper, cayenne, dried, ground	1 tsp.
Garlic, clove	5 ea.
Lemon, juice	1 Tbsp.
Sour cream	8 ½ wt. oz.
Fish, stock	1 pt.
Yogurt, plain	8 ½ wt. oz.
Arrowroot powder	as needed
Butter, clarified, Indian (Ghee)	2 fl. oz.
Shrimp, 21/25 count, shelled	60 ea.

Method

1. Sauté the onions in the ghee until golden brown. Remove the onions, drain them on paper towels, and set aside.
2. Add the coconut, ginger, and green chilies to the ghee in the pan and fry gently for 3 minutes.
3. Add the remaining curry ingredients and cook for 5 minutes.
4. Adjust the consistency with arrowroot, as needed.
5. Heat the ghee in a pan and sauté the shrimp until cooked through. Add the shrimp to sauce and simmer very briefly.
6. Serve on a warm platter sprinkled with hot fried onions and toasted coconut.

CILANTRO AND CASHEW CHUTNEY

Yield: 3 cups

Ingredients	Amounts
Cilantro, leaf, fresh	1 ½ wt. oz.
Chile, hot, fresh, with seeds	1 ea.
Lemon, juice	2 Tbsp.
Cashews, unsalted	2 ½ wt. oz.
Cumin, dried, ground	½ tsp.
Yogurt, plain	4 wt. oz.
Salt, kosher	1 tsp.
Pepper, black, ground	1 tsp.

Method

1. Combine the cilantro, chile, and lemon juice in a food processor. Pulse to form a paste.
2. Add the cashews slowly, then the cumin.
3. Pulse in the yogurt, salt, and pepper.
4. Adjust the seasoning to taste.

Note: The bright green color of this chutney dulls quickly, so it is best to use it right away. The flavor is not as affected.

INDIAN FLATBREAD (CHAPATIS)

Yield: 20 chapatis

Ingredients	Amounts
Flour, whole meal (Divided)	1 lb.
Salt, kosher	¼ wt. oz.
Butter, clarified, Indian (Ghee) (Optional)	1 ½ fl. oz.
Water, lukewarm	9 fl. oz.

Method

1. Place the flour in mixing bowl, reserving about half cup for rolling the chapatis.
2. Mix the salt through the flour in the bowl, then rub in ghee, if used.
3. Add the water all at once and mix to a firm but not stiff dough.
4. Knead the dough for at least ten minutes (the more it is kneaded, the lighter the bread will be). Form the dough into a ball, cover with clear plastic wrap, and let stand for 1 hour or longer. (If left overnight the chapatis will be very light and tender).
5. Shape the dough into balls about the size of a large walnut. Roll out each one on a lightly floured board (using the reserved flour) to a circular shape as thin as a French crepe.
6. Heat a griddle plate or heavy based frying pan until very hot. Cook the chapatis, starting with those that were rolled first. Put a chapati on griddle and leave for about 1 minute. Turn and cook on the other side for another minute, pressing lightly around the edges with a folded tea towel. This encourages bubbles to form and makes the chapatis lighter.
7. As each chapati is cooked, wrap it in a clean tea towel to keep warm until all are ready.
8. Serve immediately with butter, dry curries, or vegetable dishes.

Notes: Roti flour can be substituted for the whole meal flour. In India, the Chapatis are cooked on the tawa or griddle and are held for a moment or two right over the fire. This makes them puff up like balloons. You can do this over a gas flame, holding them with kitchen tongs.

Source: *The Complete Asian Cookbook* © Charmain Solomon

CHICKEN AND CASHEW NUTS IN BLACK SPICES

Yield: 8 portions

Ingredients	Amounts
Coconut, desiccated, unsweetened	8 wt. oz.
Garlic, clove, peeled	6 ea.
Ginger, fresh, ½-in. piece, chopped	2 ea.
Coriander, seeds	3 Tbsp.
Peppercorns, black	½ tsp.
Cumin, seeds	3 tsp.
Chile, dark-colored, dried, ground	1 Tbsp.
Clove, whole	2 ea.
Cinnamon, stick, 3-in. piece	2 ea.
Cashews (Divided)	8 wt. oz.
Onion, yellow, large, chopped	1 ea.
Water	¾ cup
Oil, vegetable	2 Tbsp.
Salt, kosher	to taste
Chicken, whole, skinned, cut into 8 serving pieces	3 ½ lb.
Water	3 cups

Method

1. Heat a large, dry frying pan over low heat. Toast the coconut, garlic, ginger, coriander, peppercorns, cumin, chiles, cloves, and cinnamon for 5 minutes.
2. Add 2 oz. of the cashew nuts and the onion and roast for a further 10 minutes, stirring frequently to ensure even toasting. Turn off the heat and leave to cool.
3. Purée the mixture and the water in a blender or food processor. It should have a very smooth consistency, or the curry will look as if it has curdled.
4. Separately grind 1 ounce of the cashew nuts with a little water to make another fine paste and set aside.
5. Heat the oil in a cooking pot, add the ground spice mixture and fry for 10 minutes over a low heat. Add the ground cashew nuts. Season with salt to taste. Fry for an additional 2 to 3 minutes.
6. Add the chicken, turn up the heat to moderate, and fry for 5 minutes.
7. Add the water, cover, and cook over low heat for 10 minutes.
8. Add the remaining cashew nuts and continue to cook until the chicken is done and the curry is thick and dark.

Source: *The Great Curries of India*, Camellia Panjabi© 1995

EGGPLANT CHUTNEY

Yield: 5 cups

Ingredients	Amounts
Eggplant, large	3 ea.
Oil, vegetable (Divided)	4 Tbsp.
Pepper, black, ground	to taste
Onion, yellow, large, thinly sliced	2 ea.
Garlic, minced	1 Tbsp.
Red pepper flakes	1 Tbsp.
Tomato, fine concassé,	2 ea.
Molasses	3 wt. oz.
Sugar, brown	6 wt. oz.
Chili powder	1 tsp.
Cumin, dried, ground	1 tsp.
Vinegar, white	8 fl. oz.
Lemon, juice	2 fl. oz.

Method

1. Cut off the ends of the eggplants. Leaving the skins on, slice them lengthwise into planks $\frac{1}{2}$ to 1 inch thick.
2. Brush the eggplant with about 2 tablespoons of the oil, sprinkle with pepper, and grill over a medium-low heat, turning once, until brown, about 5 minutes per side. Chop into bite-size chunks.
3. In a large sauté pan, heat the remaining 2 tablespoons of oil over medium heat until hot but not smoking. Add the onions and sauté until beginning to color slightly, 5 to 7 minutes.
4. Add the eggplant, garlic, red pepper flakes, tomatoes, brown sugar, chili powder, and cumin. Stir until well blended and cook for 2 to 3 minutes.
5. Remove from the heat, add the vinegar, and mix well. Allow the mixture to cool to room temperature.
6. Just before serving, stir in the lemon juice.

Note: Covered and refrigerated, this mixture will keep for up to 3 weeks.

Source: *Salsas, Sambals, Chutneys & Chowchows*, Chris Schlesinger and John Willoughby © 1996

FRIED SHRIMP PASTRIES (SAMOSAS)

Yield: 8 portions

Ingredients	Amounts
<i>Dipping Sauce</i>	
Soy sauce	5 Tbsp.
Vinegar, rice	1 ½ Tbsp.
Honey	2 Tbsp.
Mustard, dry	1 tsp.
Chili sauce	1 tsp.
Ginger, fresh, minced	2 tsp.
Garlic, minced	1 Tbsp.
Scallion, minced	6 Tbsp.
<i>Dough</i>	
Flour, all-purpose	6 cups
Oil, vegetable	¾ cup
Salt, kosher	1 ½ tsp.
Water, warm	1 ½ cups
<i>Filling</i>	
Butter, unsalted	12 Tbsp.
Onion, yellow, small dice	4 ½ cups
Ginger, fresh, minced	6 tsp.
Garlic, minced	6 tsp.
Chile, serrano, fresh, minced	6 tsp.
Coriander, seeds, crushed	1 ½ tsp.
Curry, powder	6 tsp.
Asafetida, powder	3 tsp.
Tomato paste	6 tsp.
Lemon, juice	6 tsp.
Shrimp, peeled, deveined, roughly chopped.	4 ½ cups
Water	2 cups
Water	¾ cup
Oil, vegetable	as needed

Method

1. For the dipping sauce, combine all the ingredients and mix well. Set aside.

2. For the dough, combine the flour, oil, salt, and water in the bowl of a 5-quart electric mixer fitted with the paddle attachment. Mix the dough on low speed until smooth, about 5 minutes. Wrap it tightly with plastic wrap and let rest for 1 hour in the refrigerator.
3. For the filling, heat the butter in a large sauté pan over medium heat. Sauté the onions in the butter until translucent, about 4 minutes. Add the ginger, garlic, chiles, coriander, and curry powder, and asafetida powder and sauté until the aroma is strong, about 1 to 2 minutes.
4. Add the tomato paste, lemon juice, and shrimp. Sauté until the shrimp starts turning opaque without browning, about 1 minute.
5. Add the stock and simmer until almost all the liquid has evaporated, about 5 minutes. Transfer the filling to a bowl and refrigerate until chilled.
6. Roll the dough out in a pasta machine until it is 1/16- inch thick. Cut into 3-inch squares.
7. Place 1 ½ teaspoons of the filling on the middle of each square of dough and fold into a pyramid around the filling. Seal the edges with water and pinch the edges together.
8. Heat the oil in a medium saucepan to 375°F over medium heat. Deep fry the samosas until golden brown, about 3 minutes. Flip them occasionally so that they can be cooked evenly. Drain on absorbent paper toweling.
9. Serve very hot with the dipping sauce.

Source: adapted from *Flavors of Asia*, p. 41

LAMB BIRYANI

Yield: 8 portions

Ingredients	Amounts
Lamb, shoulder, cut into 1-in. cubes	2 ¼ lb.
Yogurt, plain	1 cup
Turmeric, dried, ground	1 tsp.
Garlic, clove, peeled	11 ea.
Chile, green, fresh	4 ea.
Ginger, fresh, 2-in. piece	1 ea.
Cilantro, fresh	½ cup
Mint, fresh	½ cup
Spice paste	
Cinnamon, stick	2 ea.
Clove, whole	4 ea.
Cardamom, pods	4 ea.
Aniseed, ground	½ tsp.
Nutmeg, grated	½ tsp.
Poppy seeds	1 Tbsp.
Almonds	10 ea.
Milk, whole	½ cup
Butter, clarified, Indian (Ghee) (Divided)	3 Tbsp.
Cashews	10 ea.
Raisins, golden	2 Tbsp.
Sultanas	1 Tbsp.
Onion, red, sliced	2 cups
Salt, kosher	1 tsp.
Tomato, chopped	1 cup
Salt, kosher	1 ½ Tbsp.
Rice, basmati, steamed	2 lb.
Butter, clarified, Indian (Ghee)	2 Tbsp.
Onion, red, finely chopped	¼ cup

Method

1. Combine the lamb, yogurt, and turmeric and marinate overnight.

2. Grind the garlic, chiles, ginger, cilantro, and mint in a blender or food processor until the mixture achieves a paste, about 2 minutes, scraping the sides. Set aside.
3. Grind the cinnamon, cloves, cardamom, aniseed, nutmeg, poppy seeds, and almonds in a blender or spice grinder until the mixture achieves a paste, about 30 seconds.
4. Combine the spice mixture with the milk. Refrigerate until needed.
5. Heat 1 tablespoon of the ghee in a small sauté pan over medium-high heat. Cook the cashews for 30 seconds and then add the golden raisins and sultanas and cook until the nuts are toasted, and the raisins puff up slightly, about 1 minute. Drain the mixture on a paper towel and set aside.
6. In a heavy saucepan, heat the remaining 2 tablespoons of ghee over high heat. Add the onions and salt. Cook the onions until golden brown, about 6 minutes. Remove the onions from the oil and reserve both.
7. Heat the reserved oil over high heat. Add the garlic-herb paste and cook for 2 minutes or until it looks wilted. Add the tomatoes and cook for 2 minutes. Add the onions, marinated meat, and the salt to the mixture and mix well. Cover and cook until tender, about 1 hour.
8. Increase the heat to high and add the spice-milk mixture. Mix well, bring to a simmer, and remove from the heat.
9. In an ovenproof dish, layer half of the meat mixture (about 3 cups), half of the cooked basmati rice (3 cups), the remaining meat mixture, and then the remaining rice. Dot with the ghee.
10. Cover tightly and bake at 350°F until the mixture is heated through and the flavors have combined, about 30 minutes.
11. Serve immediately, garnished with the red onion, cashews, and raisins.

Source: *Flavors of Asia*, p. 142

HONEY TOMATO ALMOND CHUTNEY

Yield: 2 cups

Ingredients	Amounts
Garlic, chopped	2 Tbsp.
Ginger, fresh, coarsely chopped	1 wt. oz.
Oil, olive, pure	1 Tbsp.
Vinegar, red wine	8 fl. oz.
Tomato, concassé	2 lb.
Honey	6 wt. oz.
Salt, kosher	1 tsp.
Pepper, cayenne, dried, ground	½ tsp.
Raisins	2 wt. oz.
Almonds, toasted	3 wt. oz.

Method

1. Sweat the garlic and ginger in the oil.
2. Add the vinegar, tomatoes, honey, salt, cayenne, raisins, and almonds and simmer for 5 minutes.
3. Adjust the seasoning to the desired sweet/sour balance.

TEAM KITCHEN PRODUCTION ASSIGNMENTS

DAY THREE

TEAM ONE

Deep-Fried Potato Balls (Aloo Bonda)

Mushroom-Cauliflower Curry

Mango Chutney with Pistachios

TEAM TWO

Fish Cakes

Tandoori Lobster

Okra with Red Onion and Tomato (Bhindi Masala)

Jasmine Rice

TEAM THREE

Spinach with spiced Yellow Lentils (Mung Dal)

Beef Vindaloo

Mint Chutney

TEAM FOUR

Tomato and Red Lentil Soup (Dal Raasam)

Kerala-Style Fish Stew

Cilantro and Cashew Chutney

CHEF DEMONSTRATION AND EACH TEAM CLASS WORK

Indian Flatbread (Naan)

Spice Blends

INDIAN FLATBREAD (NAAN)

Yield: 8 portions

Ingredients	Amounts
Flour, all-purpose	4 oz.
Yeast, dry, instant	1 ½ Tbsp.
Water, warm	6 fl. oz.
Butter, clarified, Indian (Ghee)	2 oz.
Yogurt, plain	2 oz.
Egg	1 ea.
Sugar, granulated	1 oz.
Salt, kosher	to taste
Butter, clarified, Indian (Ghee)	as needed

Method

1. For the dough, combine the flour and yeast in bowl of an electric mixer fitted with a dough hook. Add the water, butter, yogurt, egg, sugar, and salt and mix on low speed for 3 minutes. The dough should be very elastic but still wet.
2. Bulk ferment the dough until nearly doubled, about 1 hour.
3. Gently fold the dough and then scale into 3-ounce pieces. Pre-shape the dough into rounds. Let the dough rest, covered, until relaxed, 15 to 20 minutes.
4. Preheat deck oven to 425°F.
5. Gently stretch each piece of dough into a round, 7-inches in diameter, so that the center is ¼-inch thick and there is a border ½-inch thick and ½-inch wide all around.
6. Pull out one edge to elongate each round slightly, creating a teardrop shape.
7. Brush both sides with clarified butter.
8. Bake in the oven until golden brown and puffed, about 10 minutes.
9. Serve warm.

DEEP-FRIED POTATO BALLS (ALOO BONDA)

Yield: 10 portions

Ingredients	Amounts
Butter, clarified, Indian (Ghee)	4 tsp.
Chile, red hot, dried	2 ea.
Curry, leaf, fresh, chopped	12 ea.
Bean, black gram (urad dal)	2 tsp.
Mustard, seeds, black	1 tsp.
Onion, yellow, minced	2 ½ cups
Ginger, fresh, minced	2 Tbsp.
Chile, serrano, fresh, minced	5 ea.
Turmeric, powder	½ tsp.
Potato, Yukon Gold, cooked, peeled squashed by hand	2 lb.
Cilantro, fresh, chopped	1 Tbsp.
Salt, kosher	to taste
Flour, Besan	1 cup
Chili powder, Korean	1 tsp.
Asafetida, powder (Optional)	¼ tsp.
Salt, kosher	as needed
Water	as needed
Oil, vegetable	as needed

Method

1. Heat the ghee in a skillet over medium heat. Add the chiles, curry leaves, urad dal, and mustard seeds.
2. When the mustard seeds begin to pop, immediately add the onions, ginger, serrano chiles, and turmeric.
3. When the onions begin to brown, add the squashed potatoes and cilantro. Toss everything together. Season with salt to taste. Remove from heat and cool to room temperature.
4. To prepare the batter, combine the besan, chili powder, asafetida, and salt. Add enough water to form a thick batter.
5. Using a scoop or your hands, shape the potato filling into balls 1-inch in diameter.
6. Dip the potato balls in batter and fry in 350°F oil until pale brown. Remove and drain on paper towels.
7. Serve plain or with chutney.

MUSHROOM-CAULIFLOWER CURRY

Yield: 6 portions

Ingredients	Amounts
Oil, vegetable	1/3 cup
Onion, yellow, diced	1 ea.
Chile, jalapeño, fresh, minced	2 ea.
Ginger, fresh, minced	1 Tbsp.
Cumin, seeds	1 tsp.
Garlic, sliced	1 Tbsp.
Turmeric, powder	1 tsp.
Coriander, dried, ground	1 tsp.
Chile, Indian, ground	1 tsp.
Garam Masala (See Recipe p. 7)	1 tsp.
Water	1/2 cup
Tomato, chopped	2 cups
Tomato, purée	1/2 cup
Tomato, paste	1 tsp.
Cauliflower, head, cut into florets	1 ea.
Mushrooms, button	1/2 lb.
Pepper, red, bell, diced medium	1 ea.
Salt, kosher	to taste
Lemon, juice (Optional)	1 tsp.
Cilantro, fresh, chopped	1 cup

Method

1. In a large pot, heat the oil over medium heat. Add the onion and fry until light golden brown.
2. Add the jalapeño, ginger, cumin, and garlic. Turn down the heat to low and cook until they become aromatic, about 2 minutes.
3. In a small bowl, combine the turmeric, coriander, chile, garam masala, and water. Mix to combine. Add it to the onion mixture in the pot and continue to cook until all the moisture has evaporated, about 7 minutes.
4. Add the tomatoes, tomato purée, and tomato paste. Stir continuously, making sure the mixture does not stick to the bottom of the pot.
5. When the mixture is cooked and fat becomes visible on the sides of the pan, add the cauliflower, mushrooms, and bell pepper. Mix well and season with salt to taste.
6. Bring mixture to a boil, then reduce heat, cover, and simmer for 5 minutes.

7. Remove from heat and check for doneness. Adjust thickness by adding additional water, if necessary. Flavor lightly with lemon juice, if desired.
8. Garnish with plenty of cilantro on top and serve hot.

MANGO CHUTNEY WITH PISTACHIOS

Yield: 6 portions

Ingredients	Amounts
Sugar, granulated	1 cup
Vinegar, white, distilled	¼ cup
Chile, jalapeño, fresh	2 ea.
Clove, crushed	3 ea.
Bay leaf, dried	2 ea.
Cinnamon, stick	1 ea.
Cardamom, crushed	1 ea.
Ginger, fresh, sliced into 2-in. pieces	1 wt. oz.
Mango, firm, ripe, peeled, diced medium	3 ea.
Pistachios	¼ cup
Currants, dried	½ cup

Method

1. Place the vinegar and sugar in a saucepan over medium heat. Caramelize the sugar until golden brown in color.
2. Immediately add the jalapeños, cloves, bay leaves, cinnamon, cardamom, and ginger. Cook, stirring constantly, for 15 seconds.
3. Add the mangoes and mix well. Let it simmer until the mangoes release their juice. Increase the heat slightly and cook for 5 to 6 minutes.
4. Add the pistachios and currants and stir to combine.
5. Cover and refrigerate.

Note: The color of this chutney dulls quickly so prepare and use it right away. The flavor is not as affected.

FISH CAKES

Yield: 6 portions

Ingredients	Amounts
Potato, yellow	1 lb.
Fish, haddock, fillet, skinless	1 ½ lb.
Salt, kosher	as needed
Pepper, black, ground	as needed
Scallion, minced	4 ea.
Chile, jalapeño, green, fresh, seeded, minced	4 ea.
Ginger, fresh, grated fine	1 Tbsp.
Cilantro, fresh, chopped coarse	2 Tbsp.
Mint, fresh, chopped coarse	2 Tbsp.
Egg, beaten	2 ea.
Breadcrumbs	as needed
Oil, vegetable	as needed

Method

1. Place the potatoes in a pot of salted water. Simmer until soft. Drain, mash, and set aside.
2. Season the fish with salt and pepper and steam until done (the fish will be opaque and firm). Set aside and allow to cool completely.
3. Carefully crumble the cooked fish into a mixing bowl.
4. Add the mashed potatoes, scallions, jalapeños, ginger, cilantro, and mint. Season with salt and pepper to taste.
5. Mix carefully, making sure not to break down the fish pieces completely.
6. Shape into little patties. Dip each patty into the egg and then into the breadcrumbs.
7. Pan-fry in the oil over medium to medium-high heat until golden brown on both sides. Remove from the pan and drain on a wire rack.
8. Serve hot.

TANDOORI LOBSTER

Yield: 10 portions

Ingredients	Amounts
Lobster, whole, 1 lb.	5 ea.
<i>Marinade</i>	
Salt, kosher	as needed
Lemon, juice	2 Tbsp.
Garam Masala (See Recipe p. 7)	1 Tbsp.
Chili powder, Korean	2 tsp.
Turmeric, powder	1 tsp.
Cumin, ground	1 Tbsp.
Coriander, dried, ground	2 tsp.
Ginger, dried, ground	½ Tbsp.
Garlic, chopped fine	2 tsp.
Yogurt, plain	3 cups
Oil, vegetable	2 Tbsp.
Onion, yellow, diced	2 ea.
Tomato, diced	3 ea.
Salt, kosher	to taste
Pepper, black, ground	to taste
Cilantro, fresh, chopped coarse	½ cup
Lettuce, head, leaf	½ ea.
Lemon, cut into wedges	1 ea.

Method

1. Fabricate the lobster into halves. Rinse and pat dry. Make 2 slits into the flesh of each piece.
2. In a mixing bowl, whisk together the salt, lemon juice, garam masala, chili powder, turmeric, cumin, coriander, ginger, and garlic. Add strained yogurt and mix well to combine.
3. Add lobster and mix well to combine. Marinate for at least one hour.
4. Preheat the oven to 450°F.
5. Place the lobster on a wire rack and bake until cooked through, about 30 to 45 minutes.
6. Heat the oil in a wok or large skillet over medium-high heat. Add the onions and stir-fry until lightly browned.

7. Add the tomatoes and continue to stir fry for another minute. Season with salt and pepper and add the chopped cilantro.
8. Arrange the lettuce leaves on a platter. Add the hot onion-tomato mix on the lettuce leaves and top with the roasted chicken.
9. Serve with lemon wedges on the side.

OKRA WITH RED ONION AND TOMATO (BHINDI MASALA)

Yield: 8 servings

Ingredients	Amounts
Butter, clarified, Indian (Ghee) (Divided)	6 Tbsp.
Okra, stemmed, chopped into ½-in. pieces	2 lb.
Ginger, paste	2 tsp.
Garlic, paste	2 tsp.
Onion, red, quartered, thinly sliced	2 ea.
Chile, powder, red	2 tsp.
Coriander, dried, ground	2 tsp.
Turmeric, dried, ground	½ tsp.
Tomato, plum, finely chopped	2 ea.
Salt, kosher	1 Tbsp.
Lime, juice	4 Tbsp.
Garam Masala (See Recipe p. 7)	½ tsp.

Method

1. Heat 4 tablespoons of the ghee in a wok over medium-high heat until it melts, 30 to 45 seconds.
2. Add the okra and cook, undisturbed, until it starts to brown around the edges, 5 minutes. Stir once until all the okra is brown around the edges, about 5 minutes. Remove the okra and set aside.
3. Add the remaining 2 tablespoons of ghee to the same frying pan and heat over medium-high until it melts. Add the ginger and garlic and stir until the raw smell dissipates, about 30 seconds.
4. Add the onion and cook, stirring frequently, until they just begin to soften, 3 to 5 minutes.
5. Lower the heat to medium and add the chile, coriander, and turmeric. Stir until incorporated, about 30 seconds.
6. Add the tomato and salt. Continue cooking until the tomatoes break down, about 5 minutes.
7. Add the okra back to the pan and mix until incorporated. Sprinkle with lime juice and garam masala and serve.

Note: If using fresh okra, make sure to pat it dry before chopping. This reduces the sticky texture common to okra. Disturbing the okra as little as possible during cooking also helps eliminate the gooeyness.

JASMINE RICE

Yield: 9 cups

Ingredients	Amounts
Rice, jasmine	3 cups
Water	4 ½ cups
Salt, kosher	1 ½ tsp.

Method

1. Rinse the rice in a strainer under cold water until the water runs clear. Drain the rice well. (This step helps remove dirt and dust and some of the starch that can make the rice too sticky.)
2. Bring the water to a rolling boil in a large sauce pot. Add the salt.
3. Add the rice in a thin stream, stirring with a fork to prevent the grains from clumping or sticking to the bottom of the pan.
4. When the water returns to a boil, reduce the heat to a simmer and cover the pot. Simmer until the rice is tender, 15 to 20 minutes.
5. Drain the rice immediately in a colander and set the colander in the pot. Return the pot to the heat and steam the rice dry for five minutes. The rice should no longer be sticky.
6. Remove from the heat, fluff the rice with a fork, and serve immediately in a heated bowl.

Note: Jasmine rice is a staple in Southeast Asian countries. It is a type of long-grain rice but is more plump and slightly rounder. When cooked, jasmine rice has a softer, sticky texture, making it ideal for dishes that require the rice to stick together and results in a satisfying mouthfeel. An aromatic rice, it gives off a sweet and floral fragrance.

SPINACH WITH SPICED YELLOW LENTILS (MUNG DAL)

Yield: 6 portions

Ingredients	Amounts
Lentils, yellow, split, hulled, Indian (mung dal)	1 lb.
Water	2 qt.
Garlic, minced	2 Tbsp.
Ginger, fresh, minced	2 tsp.
Salt, kosher	4 tsp.
<i>Tadka (tempering)</i>	
Oil, corn	2 Tbsp
Cumin, seeds	2 tsp.
Pepper, cayenne, dried, ground	1 tsp.
Onion, yellow, chopped fine	2 cups
Tomato, chopped coarse	6 ea.
Spinach, trimmed	1 lb.

Method

1. Clean and check the dal for small stones. Rinse them under cold running water until the water runs clear and there are no bubbles remaining. Cover with water and soak for at least 30 minutes. This will cause the dal to soften and swell a little. Drain.
2. Place the dal, water, garlic, ginger, and salt in a large pot. Cook until the beans are stew-like and slightly mushy.
3. To prepare the tadka, heat the oil in a heavy frying pan over medium-high heat. Add the cumin seeds and stir-fry for about 15 seconds.
4. Add the cayenne and onions and cook, stirring frequently, until the onions are well softened, about 5 minutes.
5. Add the tomatoes and continue to cook until they start to fall apart.
6. Add the spinach and cook until wilted.
7. Add the hot mung beans to the mixture and stir briefly.
8. Serve hot with flatbread or rice.

Note: This is a classic dal from North India. The yellow split peas, green spinach, and red tomatoes make for a colorful dish. The spinach also adds interesting variety in texture.

BEEF VINDALOO

Yield: 6 portions

Ingredients	Amounts
Butter, clarified, Indian (Ghee)	1 Tbsp.
Turmeric, dried, ground	1½ Tbsp.
Coriander seeds	1½ Tbsp.
Chile, powdered	1½ Tbsp.
Mustard, seeds, light	1 tsp.
Cumin, seeds	2 tsp.
Fenugreek, seeds	1 tsp.
Onion, yellow, diced small	2 ea.
Garlic, clove, peeled	3 ea.
Ginger, fresh, grated	2 tsp.
Vinegar, white, distilled	¼ cup
Beef, shoulder, boneless, cut into 1-in. cubes	2 lb.
Butter, clarified, Indian (Ghee)	4 Tbsp.
Water	1 ½ qt.
Salt, kosher	as needed

Method

1. In a small sauté pan over medium heat, add the ghee and toast the turmeric, coriander, chile, mustard seeds, cumin seeds, and Fenugreek.
2. Add the onions, garlic, and ginger and continue to cook for 2 minutes until slightly softened and aromatic.
3. Purée the onion spice mix in a blender. Blend in the vinegar to form a thick paste.
4. Dry the beef cubes and coat thoroughly with the onion–spice paste.
5. Heat 4 tablespoons of ghee in a large, heavy pot. Add the seasoned beef and sear on all sides.
6. Add the water or stock and salt and bring to a boil over high heat.
7. Reduce the heat to low, cover with a tight-fitting lid, and cook until the meat is fork tender, 1½ to 2 hours.
8. Remove the lid and adjust the consistency as needed. If the curry sauce is too thin, increase the heat to cook off the excess liquid. If the curry is too dry, add additional water.
9. Serve hot.

MINT CHUTNEY

Yield: 6 portions

Ingredients	Amounts
Oil, vegetable	2 tsp.
Chile, red, dried	3 ea.
Bean, black gram (urad dal), cooked	1 cup
Mustard, seeds, black	2 tsp.
Mint, fresh, chopped coarse	2 cups
Tamarind, pulp	2 tsp.
Salt, kosher	to taste
Sugar, granulated	2 tsp.
Asafetida, powder	1 tsp.

Method

1. In a pan, heat the oil over medium heat. Add the chiles and urad dal and fry for 1 minute. Remove and reserve.
2. In the same pan, add the mint and fry until it changes color. It will shrink to half the original quantity. Remove and cool completely.
3. Once cool, combine the urad dal mixture with the fried mint, tamarind, salt, sugar, and asafetida. Grind to a fine paste.

TOMATO AND RED LENTIL SOUP (DAL RAASAM)

Yield: ½ gallon

Ingredients	Amounts
Lentils, red (masoor dal)	¼ lb.
Butter, clarified, Indian (Ghee)	3 Tbsp.
Onion, yellow, sliced	1 ea.
Ginger, fresh, chopped fine	½ wt. oz.
Turmeric, powder	½ tsp.
Chili powder, Korean	½ Tbsp.
Chicken, stock	½ gal.
Tomato, crushed	1 ½ lb.
Peppercorns, black, crushed	½ Tbsp.
Chile, Thai bird's eye, fresh, sliced	3 ea.
Tamarind, pulp	1 wt. oz.
Water, warm	½ cup
Butter, clarified, Indian (Ghee)	2 Tbsp.
Fenugreek, seeds	1 tsp.
Mustard, seeds, brown	1 tsp.
Curry, leaf, fresh	8 ea.
Asafetida, powder	½ tsp
Cilantro, fresh, chopped coarse	¼ cup

Method

1. Clean and check the dal for small stones. Rinse them under cold running water until the water runs clear and there are no bubbles remaining. Cover with water and soak for at least 30 minutes. This will cause the dal to soften and swell a little. Drain and set aside.
2. Heat the ghee in a pot over moderate heat. Add the onions and cook until golden brown.
3. Add ginger, turmeric, and chili powder and continue to cook until aromatic, about 30 seconds.
4. Add the lentils and chicken stock and simmer for 20 minutes.
5. Add the tomatoes, peppercorns, Thai chiles, and tamarind and continue to simmer for another 30 minutes.

6. To prepare the tadka, heat a small skillet with the ghee over low heat. Add the mustard and fenugreek seeds. When the seeds begin to crackle, add the curry leaves and asafetida.
7. After a few seconds, pour the mixture into the soup and stir to blend. Adjust the seasoning to taste.
8. Garnish with the cilantro and serve in heated bowls.

CILANTRO AND CASHEW CHUTNEY

Yield: 3 cups

Ingredients	Amounts
Cilantro, fresh	1 cup
Chile, jalapeño, fresh, with seeds	1 ea.
Lemon, juice	2 Tbsp.
Cashews, unsalted	½ cup
Cumin, dried, ground	½ tsp.
Yogurt, plain	½ cup
Salt, kosher	1 tsp.
Pepper, black, ground	1 tsp.

Method

1. Combine all the ingredients in a blender and purée to a fine paste. Add more yogurt if necessary to facilitate blending.
2. Adjust the seasonings to taste and serve.

Note: For a hotter chutney, substitute a serrano chile for the jalapeno. The bright green color dulls quickly so prepare and use right away. The flavor is not as affected.

TEAM KITCHEN PRODUCTION ASSIGNMENTS

DAY FOUR

TEAM ONE

Mini Potato Pancakes with Lemon and Cilantro
Madras-Style Shrimp Curry
Tandoori Lamb

TEAM TWO

Fried Vegetable Pastries (Samosas)
Punjabi-Style Lamb Kofta
Goan-Style Fish Curry

TEAM THREE

Indian Cheese and Red Peppers in Spinach Sauce
Kochi-Style Curried Mussels
Kashmiri-Style Fruit Curry
Yellow Rice

TEAM FOUR

Rice and Black Lentil Crepes (Dosas) with Coconut Onion Yogurt Dip
Indian Potato Salad with Yogurt Dressing
Mixed Vegetable and Lentil Curry (Sindhi Kadhi)

CHEF DEMONSTRATION AND EACH TEAM CLASS WORK

Debone Leg of Lamb

MINI POTATO PANCAKES WITH LEMON AND CILANTRO

Yield: 18 pancakes

Ingredients	Amounts
Potato, red rose, medium, unpeeled	$\frac{3}{4}$ lb.
Bread, white, slice, crusts removed	3 ea.
Chile, serrano, green, fresh, minced	$\frac{1}{2}$ ea.
Cilantro, fresh, minced	$\frac{1}{2}$ Tbsp.
Lemon, juice	$\frac{1}{2}$ tsp.
Salt, kosher	$\frac{1}{2}$ tsp.
Oil, vegetable	as needed
Sour cream	$\frac{1}{2}$ cup

Method

1. Boil the potatoes until easily pierced by a fork, 20 to 25 minutes. Drain, but do not rinse in cold water. (This prevents the potatoes from absorbing extra water and becoming damp or heavy.) Set aside until cool enough to handle and remove the skins.
2. Dry out the bread slices in a 250°F. oven for 10 minutes. Break the bread into the bowl of a food processor and process into crumbs.
3. In a large bowl, crumble and mash the potatoes with a large fork. Do not use a masher or ricer, as the potatoes should retain some texture.
4. Add the chilies, cilantro, lemon juice, and salt and mix well. Adjust the seasoning to taste.
5. Form the potato mixture into balls the size of large walnuts and flatten into $\frac{1}{2}$ -inch thick patties.
6. In a deep, medium sized skillet or Dutch oven, add the oil to a depth of about 1 $\frac{1}{2}$ inches. Heat the oil over medium high heat. Test the oil temperature by dropping in a pinch of dough. If it rises quickly to the surface and sizzles, the oil is hot enough.
7. Working in batches of 6, fry the pancakes until golden brown, 2 to 3 minutes. Drain on absorbent paper while frying the remaining pancakes. Avoid overcrowding as they will absorb too much oil.
8. Serve with a dollop of sour cream.

Note: These pancakes can also be served with chutney. If you are not serving the pancakes immediately, allow to cool completely before refrigerating. To reheat, place them on a cookie sheet in a 350°F oven for about 5 minutes.

Source: *The Bombay Café*, Neela Paniz © 1998

MADRAS-STYLE SHRIMP CURRY

Yield: 8 portions

Ingredients	Amounts
Shrimp, jumbo, peeled, de-veined tails left on	1 lb.
Lime, juice	1 Tbsp.
Butter, clarified, Indian (Ghee)	2 Tbsp.
Onion, yellow, chopped fine	2/3 cup
Garlic, clove, minced	4 ea.
Ginger, fresh, minced fine	1 Tbsp.
Curry, powder, Madras	2 Tbsp.
Garam Masala (See Recipe p. 7)	1 tsp.
Turmeric, dried, ground	1/2 tsp.
Salt, kosher	1 tsp.
Bay leaf, dried	1 ea.
Tomato, crushed, canned	14 fl. oz.
Coconut, milk, full fat	14 fl. oz.
Chicken, broth	1/2 cup
Chutney, mango	1 Tbsp.
Cornstarch	1 Tbsp.
Water	2 Tbsp.
Cilantro, fresh, chopped	1/4 cup

Method

1. Place the shrimp and lime juice in a bowl and toss to combine. Set aside.
2. Heat the ghee in a large saucepan over medium heat. Add the shrimp and fry until opaque, about 2 minutes on each side. Transfer to a plate and set aside.
3. Add the onion to the skillet and cook until soft and translucent, 4 to 5 minutes.
4. Add the garlic and ginger and cook for another 1 to 2 minutes.
5. Add the curry powder, garam masala, turmeric, salt, and bay leaf. Cook for 1 minute.
6. Add the tomatoes, coconut milk, broth, and chutney. Bring it to a boil, then reduce the heat, cover, and simmer for 15 minutes, stirring occasionally. Add salt and more lime juice to taste. Discard the bay leaf.
7. Mix the cornstarch and water to create a slurry. Stir in the slurry and simmer until the sauce slightly thickens, about 1 minute.
8. Add the shrimp. Garnish with cilantro and serve over rice.

Note: This dish is traditionally served with steamed jasmine or basmati rice and naan.

TANDOORI LAMB

Yield: 6 portions

Ingredients	Amounts
Lamb, whole, 3 lb.	2 ea.
<i>Marinade</i>	
Yogurt, plain, hung in cheesecloth overnight	1 qt.
Garam Masala (See Recipe p. 7)	1 Tbsp.
Ginger, fresh, finely chopped	1 Tbsp.
Garlic, finely chopped	2 tsp.
Chili powder	2 tsp.
Turmeric, powder	1 tsp.
Coriander, dried, ground	2 tsp.
Lemon, juice	2 Tbsp.
Salt, kosher	2 tsp.
Oil, corn	4 Tbsp.
 Cilantro, leaf, fresh	 as needed

Method

1. Preheat oven to 450°F.
2. Fabricate the lamb, rinse, and pat dry. Make 2 slits into the flesh of each piece and reserve.
3. Combine the yogurt, garam masala, ginger, garlic, chili powder, turmeric, ground coriander, lemon juice, salt, and oil and mix well. Adjust the seasoning to taste.
4. Cover the lamb with the spice mixture and marinate for at least 3 hours.
5. Bake for 30 to 45 minutes.
6. Garnish with the cilantro.

FRIED VEGETABLE PASTRIES (SAMOSAS)

Yield: 24 samosas

Ingredients	Amounts
Flour, all-purpose	11 wt. oz.
Salt, kosher	1 tsp.
Water	as needed
Oil, vegetable	2 fl. oz.
Oil, vegetable	3 Tbsp.
Coriander, seed	½ tsp.
Cumin, seeds	1 tsp.
Onion, yellow, medium, minced	1 ea.
Ginger, fresh, 1-inch piece, peeled, minced	1 ea.
Chile, jalapeño, fresh, minced	1 ea.
Pepper, cayenne, dried, ground	1 tsp.
Potato, large, boiled, peeled	4 ea.
Peas, green, cooked	2 ½ wt. oz.
Salt, kosher	to taste
Cilantro, fresh, chopped	1 Tbsp.
Flour, all-purpose	12 wt. oz.
Water	2 Tbsp.
Oil, vegetable	as needed

Method

1. For the wrappers, sift the flour and salt together in mixing bowl. Add the water and oil until a soft pliable dough forms. Cover and set aside for 15 minutes.
2. Divide dough into balls. Roll each ball into a 3 to 4-inch circle, dredging in flour as needed. Cover with damp towel.
3. For the filling, heat the oil in a medium-sized saucepan or skillet. Add the coriander and cumin seeds.
4. When they stop sizzling, add the onions and brown.
5. Add the ginger and jalapeño and sauté. Stir in cayenne and cook for another minute. Remove from the heat and allow to cool.
6. Crumble the boiled potatoes into a mixing bowl. Stir in the peas and spice mixture. Season with salt to taste. Add the cilantro and mix well. The filling should be lumpy.
7. To assemble samosas, make a paste with flour and water. Fill each wrapper with the potato mixture.
8. Deep-fry until golden brown.

PUNJABI-STYLE LAMB KOFTA

Yield: 8 portions

Ingredients	Amounts
Peppercorns, black	20 ea.
Cardamon, green	4 ea.
Cinnamon, stick, 6 cm.-piece	2 ea.
Chile, flakes, crushed	2 tsp.
Garam Masala (See Recipe p. 7)	2 tsp.
Salt, kosher	2 tsp.
Garlic, paste	4 tsp.
Lamb, mince	2 ½ lb.
Tikka Marinade (Recipe follows)	2 cups
Oil, vegetable	2 Tbsp.
Base Curry Sauce (Recipe follows)	2 cup
Tomato, paste	2 Tbsp.
Yogurt, plain	3 fl. oz.
Cilantro, leaf, fresh, chopped	2 tsp.
Turmeric, dried, ground	1 tsp.
Chile, green, fresh, chopped	4 ea.
Salt, kosher	to taste
Heavy cream	¼ cup
Cilantro, leaf, fresh	as needed

Method

1. For the kafta mix, combine the peppercorns, cardamon, cinnamon, chile flakes, garam masala, and salt in a spice grinder and grind to a powder.
2. Combine with the garlic paste and mix thoroughly with the mince. Form the mixture into 12 consistently-sized balls.
3. Add the koftas to the Tikka Marinade, making sure they are all covered. Marinate for at least 30 minutes.
4. Preheat oven to 320°F.
5. Remove the koftas from the marinade, shake off the excess, and cook on a baking tray for 25 minutes. Reserve the marinade.
6. Heat the oil in a pan over medium heat. Add the Base Curry Sauce, reserved Marinade, tomato paste, and yogurt and cook for 3 minutes.
7. Add the cilantro, turmeric, and chiles. Season with salt to taste. Cook for 2 minutes.
8. Add the koftas, making sure they are all covered with the sauce. Cook for 3 minutes.

9. Turn down the heat and add the cream. Mix well, being careful not to break up the koftas. Cook until the koftas are cooked through, about 5 minutes.
10. Garnish with cilantro leaves and serve.

TIKKA MARINADE

Yield: 2 cups

Ingredients	Amounts
Lemon, juice	¼ cup
Yogurt, plain	14 wt. oz.
Oil, vegetable	6 Tbsp.
Garlic, minced	4 tsp.
Ginger, fresh, minced	2 tsp.
Cilantro, fresh, minced	¼ cup
Mint, fresh, minced	2 Tbsp.
Paprika, dried, ground	3 tsp.
Chili, powder	2 tsp.
Turmeric, dried, ground	1 tsp.
Garam Masala (See Recipe p. 7)	2 tsp.
Curry, powder, mild	2 Tbsp.
Salt, kosher	2 tsp.
Water	¼ cup

Method

1. Combine all the ingredients and mix thoroughly.

Note: This marinade is featured in many popular tandoori and tikka recipes, including chicken tikka masala, tandoori lamb, butter paneer, and tikka shaslick. To replicate the bright red color found in tandoori dishes at Indian restaurants, you can add a drop of red food coloring to the marinade. This recipe yields enough marinade for about 2 pounds of meat.

BASE CURRY SAUCE

Yield: 3 1/3 cups

Ingredients	Amounts
Vinegar, white	1 tsp.
Curry, powder, mild	1 Tbsp.
Turmeric, powder	1 tsp.
Chili, powder	1 tsp.
Water	as needed
Oil, vegetable	6 Tbsp.
Cumin, seeds	1 tsp.
Garlic, paste	1 Tbsp.
Ginger, paste	1 Tbsp.
Onion, yellow, minced	1 1/3 cups
Water	1/4 cup
Tomato, chopped	7 wt. oz.
Cilantro, fresh, chopped	1 tsp.
Salt, kosher	1 tsp.

Method

1. For the spice paste, combine the vinegar, curry powder, turmeric, chili powder, and a little water. Mix well to create a sloppy paste.
2. Heat the oil in a pan. Add the cumin seeds and fry for 10 seconds. They should sizzle immediately. You can test it if it is hot enough by adding one seed.
3. Lower the heat, add the garlic and ginger paste, and fry for two minutes. You may have to remove the pan from the heat initially to stop the paste from burning. (If it burns, discard and start again.)
4. Add the spice paste and stir fry for another 3 minutes. It should now be thick and gloopy.
5. Add the onion and water and cover the pan. Cook for 10 minutes, stirring occasionally.
6. Add the tomato and cilantro and stir well. Use a hand blender to create a creamy purée. It should be the consistency of apple sauce.
7. Add the salt and cook for another 10 minutes. Add water as needed to maintain the correct consistency.

Note: This sauce is the essential building block to many restaurant-style curries, including madras, vindaloo, tikka masala, dopiaza, dhansak and Bombay potato.

GOAN-STYLE FISH CURRY

Yield: 8 portions

Ingredients	Amounts
Oil, vegetable	1/4 cup
Onion, yellow, chopped fine	1 1/3 cup
Chile, red, fresh, roughly chopped	6 ea.
Garlic, paste	2 tsp.
Ginger, paste	2 tsp.
Water	as needed
Coconut, milk	10 fl. oz.
Coconut, fresh, grated	1/2 cup
Chutney, tamarind	2 Tbsp.
Salt, kosher	to taste
Fish, Halibut, cut into bite-sized pieces	4 lb.
Curry, leaf, fresh	4 ea.
Chili, powder	2 tsp.
Turmeric, powder	1 tsp.
Coriander, powder	1 tsp.
Cumin, powder	1 tsp.

Method

1. Heat the oil over medium-high heat. Sauté the onions until they start to brown, about 5 minutes.
2. Add the chiles and cook for 1 minute.
3. Add curry leaves, chili powder, coriander powder, cumin powder, garlic paste, ginger paste, and a splash of water. Cook for 2 more minutes.
4. Add the coconut milk, coconut, and tamarind chutney and reduce until the sauce thickens, about 10 minutes.
5. Season with salt to taste. Add the fish and cook until the fish is cooked through, about 5 to 6 minutes.
6. Rest the fish for 5 minutes before serving.

Note: Goa's location along the western coast of India, by the Arabian Sea, means seafood naturally features prominently in its cuisine. If substituting desiccated for fresh coconut, add an additional 1/4 cup of coconut milk to step 4. Any firm, white fish, such as striped bass or monkfish, can be substituted for the halibut.

INDIAN CHEESE AND RED PEPPERS IN FRAGRANT SPINACH SAUCE

Yield: 6 portions

Ingredients	Amounts
Paneer (Recipe Follows)	8 wt. oz.
Spinach, cooked	16 wt. oz.
Pepper, bell, green, cored, seeded	1 ea.
Oil, canola (Divided)	7 Tbsp.
Flour, all-purpose	1 ½ wt. oz.
Onion, yellow, finely chopped	6 wt. oz.
Ginger, fresh, grated	2 Tbsp.
Turmeric, dried, ground	½ tsp.
Chile, green, hot, fresh	4 ea.
Water	½ cup
Salt, kosher	1 tsp.
Pepper, bell, red, cut into 1-in. strips	2 ea.
Garam Masala (See Recipe p. 7)	2 tsp.

Method

1. Place the paneer in a single layer on sheet pan lined with paper towels and let dry for 10 minutes.
2. Purée the spinach and green bell pepper in a blender until smooth. Set aside.
3. Heat 4 tablespoons of the oil in a large, heavy, nonstick pan over medium heat. Dust the paneer lightly with flour and add to pan. Fry in batches until light golden brown. Set aside.
4. Add 2 tablespoons of the oil and onion to the same pan. Fry the onion, stirring constantly, until brown.
5. Add the ginger and fry for another 2 minutes.
6. Add the turmeric and chiles, stir for a few seconds, then add the spinach purée, water, salt, and red bell peppers. Mix well and bring to boil. Lower the heat and cook, covered, for 2 minutes.
7. Add the fried paneer pieces, mix thoroughly, and continue cooking for 2 more minutes. Stir in the garam masala.
8. Fold in the remaining 2 tablespoons of oil to glaze and mellow the sauce.

Source: Adapted from *Classic Indian Vegetarian and Grain Cooking*, Julie Sahni ©1985

PANEER

Yield: ¾ pound

Ingredients	Amounts
Milk, whole	½ gal.
Buttermilk	1 qt.

Method

1. Rinse a 4-quart saucepan. Do not dry. (Using a wet pan helps prevent the formation of a skin on the pan during cooking.) Add the milk and bring to a boil.
2. Remove from the heat and pour in the buttermilk, stirring continuously. The solids will separate from the liquid, or whey.
3. Drape a colander with a fine, clean muslin cloth (not cheesecloth, because it is too porous) so that the ends hang over. Pour the mixture into the cloth, gather up the ends, and twist together firmly to force out the excess whey. Place the tightly wrapped package on an upside-down bowl and cover the top with a weighted plate. Let it sit for 30 minutes.
4. The resulting paneer will have a texture like firm farmer's cheese. It can be diced or sliced, as needed.

Source: Adapted from *The Bombay Café Cookbook*, Neela Paniz © 1998

KOCHI-STYLE CURRIED MUSSELS

Yield: 6 portions

Ingredients	Amounts
Oil, vegetable	2 Tbsp.
Mustard, seeds	1 ½ tsp.
Cumin, seeds	1 ½ tsp.
Onion, yellow, sliced	2 ea.
Garlic, paste	1 Tbsp.
Ginger, paste	1 Tbsp.
Curry, powder	2 Tbsp.
Turmeric, powder	1 ½ tsp.
Garam Masala (See Recipe p. 7)	1 ½ tsp.
Coconut, milk	3 cups
Curry, leaf, fresh	20 ea.
Salt, kosher	to taste
Mussels, cleaned, de-bearded	6 ½ lb.
Pepper, black, cracked	as needed
Onion, spring, chopped	6 ea.

Method

1. Heat the oil in a pan over medium-high heat. Fry the mustard and cumin seeds for 15 seconds.
2. Add the onions and stir-fry for 2 minutes.
3. Add the ginger and garlic paste and cook for 1 minute.
4. Add the curry powder, turmeric, and garam masala. Stir well and cook for 3 minutes.
5. Transfer the ingredients of the pan to a large saucepan (big enough to hold all the mussels) and turn the heat to medium.
6. Add the coconut milk, stir in well, and heat through for 1 minute.
7. Add the curry leaves and season with salt to taste. Mix well and bring to a boil.
8. Add the mussels and simmer until they open, 5 to 7 minutes. Discard any that were open before cooking or that do not open after cooking.
9. Garnish with the pepper and spring onion and serve in the pan as a sharing pot.

Note: A variation on the classic Belgian specialty of mussels cooked in a white wine sauce with shallots, this dish adds the mussels to spices and coconut milk to produce a mild curried dish enjoyed in the very south of India. To add heat to this dish, add a tablespoon of chili powder.

KASHMIRI FRUIT CURRY

Yield: 8 portions

Ingredients	Amounts
Oil, vegetable	4 Tbsp.
Onion, yellow, puréed	2 ½ cups
Garlic, paste	1 Tbsp.
Ginger, paste	1 Tbsp.
Tomato, chopped	4 ea.
Ketchup, tomato	2 Tbsp.
Curry, powder	3 Tbsp.
Turmeric, powder	2 tsp.
Chili, powder	2 tsp.
Chicken, cut into bite-sized pieces	4 lb.
Apple, green, peeled, chopped (Optional)	1 cup
Yogurt, plain	½ cup
Heavy cream	1 1/3 cup
Garam Masala (See Recipe p. 7)	2 tsp.
Salt, kosher	to taste
Banana, sliced	2 ea.
Sugar, brown	as needed
Almonds, crushed	1 Tbsp.

Method

1. Heat the oil to a medium heat and fry the onions until they soften, about 5 minutes.
2. Add the garlic and ginger and cook for 1 minute.
3. Add the tomato, tomato ketchup, curry powder, turmeric powder, and chili powder and cook for 3 minutes. Add a little water if needed.
4. Add the chicken and cook for 3 minutes.
5. Add in the apple (if desired), yogurt, cream, and garam masala. Season with salt to taste. Mix well and continue cooking until all the chicken pieces are cooked through.
6. While the curry is cooking, coat the banana slices in sugar. In another pan, dry fry them until they caramelize, 3 to 4 minutes.
7. Serve the curry topped with the banana pieces and a sprinkle of the almonds.

Note: From the region in the north-west of India, this recipe includes apple and nuts and is topped with caramelized bananas. You can also add mangoes, lychees, or raisins. It creates a mild, tangy, and naturally fruity curry.

YELLOW RICE

Yield: 8 cups

Ingredients	Amounts
Sugar, granulated	1 Tbsp.
Turmeric, dried, ground	½ tsp.
Salt, kosher	1 Tbsp.
Butter, unsalted	1 Tbsp.
Cinnamon, stick	1 ea.
Raisins	1 cup
Lemon, rind, in large pieces	1 tsp.
Rice, basmati	4 cups

Method

1. In a large pot, bring 6 cups of water to a boil.
2. Add the sugar, turmeric, salt, butter, cinnamon stick, raisins, and lemon rind and stir until the sugar has dissolved.
3. Add the rice. Cover and simmer for 20 minutes.
4. Remove cinnamon stick and lemon rind.
5. Fluff with a fork before serving.

RICE AND BLACK LENTIL CREPES (DOSAS)

Yield: 20 dosas

Ingredients	Amounts
Bean, black gram (urad dal), husked, (off-white in color)	6 wt. oz.
Water, cold	1 cup
Water	½ cup
Flour, rice	1 Tbsp.
Salt, kosher	1 tsp.
Flour, rice	2 2/3 cups
Water	2 cups
Oil, corn	1 Tbsp.
Coconut and Onion Yogurt Dip (Recipe follows)	1x recipe

Method

1. Clean and check the dal for small stones. Rinse them under cold running water until the water runs clear and there are no bubbles remaining. Cover with water and soak for at least 30 minutes. This will cause the dal to soften and swell. Drain.
2. Place the dal and water in a blender and purée until smooth.
3. In a small saucepan, heat the water over low heat. Stir in 1 tablespoon of rice flour, continuing to stir until it begins to thicken into a paste. Set aside.
4. In a large bowl mix together the puréed dal, salt, rice flour, and water. Stir well to make a thin batter.
5. Add the thickened rice paste and stir again to mix well. Cover the bowl and let it stand overnight at room temperature. The batter should resemble a thin crepe batter; add more water to thin if necessary. The longer the fermenting time, the lighter the dosas.
6. Heat a large griddle over medium high heat. With a paper towel, oil the surface of the griddle lightly. When hot, pour a ½ cup of batter, starting at the center of the griddle and moving out. Use a spatula to help spread the batter as far as possible to the edge of the griddle. The dosas should be made as thin as possible. Allow to cook for approximately 2 minutes on the first side. Turn and allow to cook for one minute on the other side.
7. Repeat with the remaining batter. As each dosa is removed from the griddle, stack on a plate and cover with a clean, dry cloth to keep warm.
8. Serve with the Coconut and Onion Yogurt Dip.

Note: There are many different kinds of dosas in South Indian vegetarian cooking. The batter may be made into an 8-inch pancake to an enormous thin crepe. Unlike the North Indian chapatti which is used as a spoon to pick up other foods, dosas are moist and absorbant. They are wonderful dipped into a curry or eaten with a coconut chutney

Adapted from: *Flatbreads and Flavors: A Baker's Atlas* © Jeffrey Alford and Naomi Duguid

COCONUT AND ONION YOGURT DIP

Yield: 10 portions

Ingredients	Amounts
Coconut, desiccated	2 ½ wt. oz.
Ginger, fresh, grated (Optional)	1 tsp.
Chile, jalapeño, fresh, seeded	1 wt. oz.
Salt, kosher	to taste
Oil, corn	1 fl. oz.
chiles, red, dried, ground	3 ea.
Mustard, seeds	1 tsp.
Cumin, seeds	1 tsp.
Curry, leaf, fresh, cut	1 ea.
Onion, yellow, minced	4 wt. oz.
Yogurt, whole milk, plain	17 wt. oz.

Method

1. Grind the coconut, ginger, and green chiles to a coarse paste.
2. Mix in the salt.
3. Heat the oil in a pan and add the chilies, mustard seeds, and cumin seeds. When it begins to crackle, add the curry leaves and immediately pour onto the ground coconut mixture.
4. Mix in the onions and yogurt.
5. Allow to rest a few hours or overnight before serving.

INDIAN POTATO SALAD WITH YOGURT DRESSING

Yield: 6 portions

Ingredients	Amounts
Potato, waxy	1 lb.
Salt, kosher	½ tsp.
Butter, clarified, Indian (Ghee)	2 Tbsp.
Ginger, fresh, ½-in. piece, minced	1 ea.
Chile, serrano, fresh, seeded, minced	2 ea.
Cumin, dried, ground	2 tsp.
Salt, kosher	½ tsp.
Garam Masala (See Recipe p. 7)	¼ tsp.
Yogurt, plain	17 wt. oz.
Sour cream	8 wt. oz.
Onion, yellow, finely minced	2 Tbsp.
Cilantro, leaf, fresh, chopped	8 ea.

Method

1. Simmer the potatoes in salted water until tender but still firm. Drain off the water and shake the pot until any excess moisture evaporates. Peel the potatoes before they cool and cut into small dice.
2. In a wok or large heavy skillet, heat the ghee over medium heat and fry the ginger and chiles, stirring for 1 minute.
3. Add the potatoes and stir gently for 30 seconds to coat them with the spiced oil. Sprinkle with the cumin, salt and garam masala. Toss the potatoes for about a minute, until they are covered with the spice mixture, then turn off the heat.
4. Pour the yogurt and sour cream into a mixing bowl and beat well with a wooden spoon. Add the potato mixture from the wok and stir until everything is well blended.
5. Stir in the onion and coriander leaves and gently combine. Transfer to a serving dish and chill until ready to serve.

Note: This potato salad can be made well ahead, covered and refrigerated. It is even better made the day before because the flavors have time to blend together.

Source: *The Cuisines of Asia*, Jennifer Brennan © 1984

MIXED VEGETABLE AND LENTIL CURRY (SINDHI KADHI)

Yield: 6 portions

Ingredients	Amounts
Peas, pigeon, yellow, Indian (toor dal)	7 wt. oz.
Water	8 cups
Turmeric, dried, ground	¼ tsp.
Pepper, cayenne, dried, ground	½ tsp.
Tamarind, pulp	4 wt. oz.
Water	½ cup
Oil, vegetable	3 tsp.
Asafetida, powder	1 pinch
Chile, arbol	3 ea.
Fenugreek, seeds	½ tsp.
Mustard, seeds	½ tsp.
Cumin, seeds	½ tsp.
Ginger, fresh, ½-in. piece, finely chopped	1 ea.
Chile, serrano, green, fresh, finely chopped	2 ea.
Flour, besan, lightly packed	2 wt. oz.
Coriander, dried, ground	1 Tbsp.
Pepper, cayenne, dried, ground	½ tsp.
Potato, small, peeled, cut into 8 pieces	2 ea.
Cauliflower, florets only	1 ea.
Eggplant, Japanese, cut in ½ lengthwise, then into sixths	2 ea.
Beans, green, trimmed, cut into thirds	6 ea.
Carrot, peeled, batonnet	1 ea.
Okra, ends trimmed	18 ea.
Tomato, large, cut into 6 wedges	12 ea.
Salt, kosher	1 ½ tsp.

Method

1. Clean and check the dal for small stones. Rinse them under cold running water until the water runs clear and there are no bubbles remaining. Cover with water and soak for at least 30 minutes. This will cause the dal to soften and swell a little. Drain.
2. Bring the dal and water to a boil. Skim off any foam and reduce the heat to low.
3. Stir in the turmeric and cayenne. Cover partially and cook until tender, about 1 hour. Mash the dal against the sides of the pot as it cooks.

4. When soft, strain the dal through a sieve, using a wooden spoon to extract as much starchy liquid as possible. There should be 5 ½ to 6 cups. Reserve the liquid for next step and discard the pulp.
5. Soak the tamarind pulp in the water and then strain. Reserve.
6. Heat the oil over high heat in a large pot with a lid. Remove from heat, add the asafetida, chiles, fenugreek, and mustard seeds, and cover immediately.
7. When the sizzling subsides, about 30 seconds, add the cumin seeds, ginger, and green chilies. Sauté for 1 minute.
8. Reduce the heat to low and add the besan, stirring constantly to break down any lumps. Continue to sauté for about 1 or 2 minutes, until the besan turns a very light brown.
9. Add the coriander and the cayenne and mix well. Add the reserved dal liquid a little at a time, stirring to dissolve the lumps of besan.
10. Add the potatoes and bring the mixture to the boil to thicken and to cook out raw taste. Cook over low heat, covered, about 5 minutes.
11. Add the cauliflower, eggplant, and green beans. Continue to cook for another 5 minutes before adding the carrots.
12. Cook for 5 minutes more and then add the okra and the tomatoes. Cover and cook for 5 minutes.
13. Add the reserved tamarind paste and salt and cook for 2 to 3 minutes.
14. Serve hot with basmati rice.

Source: *The Bombay Café*, Neela Paniz © 1998

TEAM KITCHEN PRODUCTION ASSIGNMENTS

DAY FIVE

TEAM ONE

Peshwari-Style Sweet Indian Flatbread (Naan)

Spinach with Fried Cheese (Paneer Saag)

Chicken Tikka Marsala

Mango Chutney

TEAM TWO

Garlic Indian Flatbread (Naan)

Spiced Lentils (Dal Tadka)

Lamb Korma

Caramelized Onion Chutney

TEAM THREE

Fried Indian Flatbread (Puri)

Crispy Onion Fritters (Bhaji)

Pork Vindaloo

Lemon Pickles

TEAM FOUR

Indian Flatbread (Roti)

Sweet and Sour Red Lentils

Vegetable Jungle Curry

Mint Sauce

Basmati Rice

CHEF DEMONSTRATION AND EACH TEAM CLASS WORK

Thin Indian Flatbread (Papadam)

Tandoori Chicken breakdown

THIN INDIAN FLATBREAD (PAPADAM)

Yield: 12 portions

Ingredients	Amounts
Flour, chickpea (gram)	2 cups
Pepper, black, coarsely ground, cracked	1 tsp.
Cumin, dried, ground	1 tsp.
Salt, kosher	½ tsp.
Garlic, clove, pressed	1 ea.
Water	¼ cup
Pepper, cayenne, dried, ground	as needed
Oil, vegetable	as needed

Method

1. Preheat oven to 300°F.
2. In a large bowl, thoroughly mix the flour, pepper, cumin, and salt. Add the garlic and mix until evenly distributed.
3. Add just enough water to form a dough that will hold together in a cohesive ball. If necessary, add up to 1 additional tablespoon of water. The dough should be fairly stiff and dry. (If too wet, it will not roll well.)
4. Knead the dough until smooth, about 5 minutes by hand or pulsed for 15 seconds in a food processor.
5. With your hands, shape the dough into a cylinder or log about 2 inches thick and 6 inches long. Cut the cylinder into 1/2-inch-thick slices.
6. Place each slice on a lightly oiled surface. Lightly oil the top of the slice and then roll out into a very thin circle, about 6 or 7 inches in diameter. (As this step uses oil, do not use your pastry cloth and rolling pin sleeve.)
7. Roll the papadams extremely thin (maximum 1/16 inch.) If the dough sticks to the rolling pin, gently pull it off.
8. Dust the tops of each papadam with cayenne pepper.
9. Using a metal spatula to loosen the edges of the papadams from the rolling surface, carefully place them on large baking sheets.
10. Bake the papadam in the oven until crisp and dry, 15 to 25 minutes or more, depending upon the thickness and moisture in the rolled dough.
11. Cool on a rack.

PESHWARI-STYLE SWEET INDIAN FLATBREAD (NAAN)

Yield: 20 naan

Ingredients	Amounts
<i>Naan Bread</i>	
Flour, all-purpose	3 lb.
Baking powder	3 Tbsp.
Salt, kosher	3 Tbsp.
Yeast	3 tsp.
Sugar, granulated	3 tsp.
Warm water, to form as soft dough	3 cup
Yogurt, plain	6 Tbsp.
Egg, lightly beaten	3 ea.
Butter, unsalted, softened	1 ½ cup
<i>Filling</i>	
Almonds, crushed	1 cup
Pistachio	1/2 cup
Raisins, chopped	1/2 cup
Coconut, desiccated	2 Tbsp.
Sugar, granulated	1 Tbsp.
Butter, salted, melted	1 Tbsp.
<i>Topping</i>	
Butter, salted, melted	as needed
Almonds, slivered	¼ cup
Pistachios, slivered	¼ cup
Sesame seeds, white (til)	1 Tbsp.
Fennel seeds (saunf)	1 Tbsp.
Cilantro, fresh, chopped fine	2 Tbsp.

Method

1. In a large bowl, sift together the flour, baking powder, and salt. Set it aside.
2. In a small bowl, combine the yeast, sugar, and warm water. Set it aside until frothy.
3. Add the yogurt, egg, and yeast mixture to the flour. Stir to combine. Add enough water to form a soft dough.
4. Turn the dough out onto a floured surface and knead for 3 minutes. Return to the bowl, cover with a towel, and allow to proof until it doubles in volume.
5. Divide the dough into 4-ounce balls and set it aside.
6. Roll or stretch each dough ball to about 1/3-inch thickness.
7. In a mixing bowl, combine the filling ingredients and stir until well incorporated.

8. Place about a ¼ cup of the filling in the center of a piece of dough and bring all edges to the top and seal, containing the filling.
9. Place the naan sealed side down onto the floured surface. Flour your rolling pin and roll until flattened. Don't worry if small tears emerge. Repeat until all naans are filled.
10. Heat a large cast iron or nonstick frying pan over a medium heat.
11. Working in batches, cook each naan until golden brown on both sides and cooked through, about 1 minute on each side. Golden bubbles should form on both surfaces. Remove from the heat and keep warm while you cook the rest.
12. For the topping, melt the butter in a pan over medium-high heat. Add the almonds, pistachios, sesame, and fennel and stir to mix well. Heat until the nuts are toasted, 1 to 2 minutes.
13. Brush the contents of the pan onto the top side of each naan. Sprinkle with cilantro.
14. Serve on a heated platter.

SPINACH WITH FRIED CHEESE (PANEER SAAG)

Yield: 10 portions

Ingredients	Amounts
Spinach, bag, stemmed	3 ea.
Salt, kosher	as needed
Butter, clarified, Indian (Ghee)	as needed
Cumin, whole	8 Tbsp.
Turmeric, powder	2 Tbsp.
Garam Masala (See Recipe p. 7)	1 Tbsp.
Chili powder, Korean	2 tsp.
Coriander, powder	3 Tbsp.
Onion, yellow, small dice	3.5 lb.
Garlic, minced	1/2 cup
Ginger, fresh, minced	1/2 cup
Chile, Thai bird's eye, chopped	10 ea.
Tomato, pulp, canned, chopped	4 lb.
Salt, kosher	2 Tbsp.
Paneer (Recipe follows)	8 cups
Yogurt, whole milk, plain	1/2 qt.
Salt, kosher	as needed
Sugar, granulated	as needed

Method

1. Cook the spinach in boiling, salted water for 1 second and shock in a cold-water bath. Drain and squeeze the water out of the spinach. Reserve.
2. For the spicy tomato mixture, heat a rondeau and add the ghee, cumin, turmeric, garam masala, chili powder, and coriander. Fry until sizzling, but not black.
3. Add the onions, garlic, ginger, and chiles. Cover and sweat.
4. Add the tomatoes and cook for 5 minutes. Add the salt and reserve.
5. Combine the spinach, spicy tomato mixture, cheese, and yogurt. Heat through.
6. Adjust the seasoning with salt and sugar.

PANEER

Yield: ¾ pound

Ingredients	Amounts
Milk, whole	½ gal.
Buttermilk	1 qt.

Method

5. Rinse a 4-quart saucepan. Do not dry. (Using a wet pan helps prevent the formation of a skin on the pan during cooking.) Add the milk and bring to a boil.
6. Remove from the heat and pour in the buttermilk, stirring continuously. The solids will separate from the liquid, or whey.
7. Drape a colander with a fine, clean muslin cloth (not cheesecloth, because it is too porous) so that the ends hang over. Pour the mixture into the cloth, gather up the ends, and twist together firmly to force out the excess whey. Place the tightly wrapped package on an upside-down bowl and cover the top with a weighted plate. Let it sit for 30 minutes.
8. The resulting paneer will have a texture like firm farmer's cheese. It can be diced or sliced, as needed.

Source: Adapted from *The Bombay Café Cookbook*, Neela Paniz © 1998

CHICKEN TIKKA MASALA

Yield: 8 portions

Ingredients	Amounts
Chicken, breast, boneless, skinless	3 lb.
Marinade	
Yogurt, whole-milk, plain	½ cup
Oil, peanut	2 Tbsp.
Lime, juice	1 ½ Tbsp.
Garlic, minced	2 tsp.
Sauce	
Ginger, fresh, minced	4 Tbsp.
Garlic, minced	4 Tbsp.
Butter, clarified, Indian (Ghee)	1 Tbsp.
Onion, yellow, medium dice	3 ea.
Cinnamon, stick	5 ea.
Cardamom, seeds, green	1 Tbsp.
Chile, green, minced	4 ea.
Coriander, dried, ground	8 tsp.
Cumin, dried, ground	4 tsp.
Chili powder, Korean	1 tsp.
Garam Masala (See Recipe p. 7)	8 tsp.
Tomato paste	4 oz.
Tomato, pulp	2 cups
Heavy cream	½ qt.
Salt, kosher	2 tsp.
Lime, juice	½ Tbsp.
Cilantro, fresh, chopped	1 cup

Method

1. Use a fork to prick the chicken breasts all over.
2. Arrange the chicken breasts on a sheet of plastic wrap, spaced apart. Cover with a second sheet of plastic. Using the smooth side of a mallet or a rolling pin, beat the chicken breasts until they are an even 1/2 to 3/4-inch thickness.
3. In a small bowl, whisk together the marinade ingredients and add the chicken breasts. Rub the marinade over the meat. Allow the chicken to marinate for 1 to 2 hours or overnight.
4. Heat the ghee in a sauté pan over medium heat.

5. Add the onion and sauté, stirring occasionally, until light brown and caramelized, about 5 minutes.
6. Add the cinnamon and cardamom and cook for 1 minute.
7. Add the garlic-ginger purée and chile. Cook for 1 more minute.
8. Stir in the coriander, cumin, chili powder, garam masala, tomato paste, tomato pulp, and cream. Simmer until the sauce thickens, about 10 minutes.
9. Grill in a tandoor oven or broil the marinated chicken, turning occasionally, to cook through. Rest 10 minutes.
10. Cut the chicken into 1-inch pieces and add to the sauce. Simmer for 2 more minutes. Remove the cinnamon stick.
11. Season with the salt and lime juice.
12. Serve on heated plates, garnished with the cilantro.

MANGO CHUTNEY

Yield: 5 cups

Ingredients	Amounts
Oil, vegetable	1 Tbsp.
Ginger, fresh, finely minced	2 tsp.
Garlic, finely minced	2 tsp.
Chile, red, sliced	1 ea.
Nigella seeds, whole	2 tsp.
Coriander, dried, ground	1 tsp.
Cumin, dried, ground	½ tsp.
Turmeric, dried, ground	¼ tsp.
Cardamom, dried, ground	¼ tsp.
Clove, dried, ground	¼ tsp.
Cinnamon, dried, ground	¼ tsp.
Mango, peeled, diced large	5 ea.
Sugar, granulated	2 cups
Salt, kosher	¼ tsp.
Vinegar, white	1 cup

Method

1. Heat the oil over medium-high in a medium stockpot. Sauté the ginger, garlic, and red chiles for 1 minute.
2. Add the nigella seeds, coriander, cumin, turmeric, cardamom, clove, and cinnamon. Sauté for 1 minute.
3. Add the mangoes, sugar, salt, and vinegar and stir to combine.
4. Bring the pot to a rapid boil and reduce to medium-low. Simmer for 1 hour. Remove from heat and allow it to cool.
5. If you prefer smaller chunks, use a potato masher to mash the mixture to the desired consistency.
6. For storage, pour the hot mixture directly into sterilized jars and process in a water bath for 10 minutes.
7. Let the jar sit undisturbed for 24 hours.

Note: Chutney will keep for up to 2 months in the refrigerator or for several months in the freezer.

INDIAN GARLIC FLATBREAD (NAAN)

Yield: 8 portions

Ingredients	Amounts
Flour, all-purpose	4 oz.
Yeast, dry, instant	1 ½ Tbsp.
Water, warm	6 fl. oz.
Butter, clarified, Indian (Ghee)	2 oz.
Yogurt, plain	2 oz.
Egg	1 ea.
Sugar, granulated	1 oz.
Salt, kosher	to taste
Butter, clarified, Indian (Ghee)	as needed

Method

1. For the dough, combine the flour and yeast in bowl of an electric mixer fitted with a dough hook. Add the water, butter, yogurt, egg, sugar, and salt and mix on low speed for 3 minutes. The dough should be very elastic but still wet.
2. Bulk ferment the dough until nearly doubled, about 1 hour.
3. Gently fold the dough and then scale into 3-ounce pieces. Pre-shape the dough into rounds. Let the dough rest, covered, until relaxed, 15 to 20 minutes.
4. Preheat deck oven to 425°F.
5. Gently stretch each piece of dough into a round, 7-inches in diameter, so that the center is ¼-inch thick and there is a border ½-inch thick and ½-inch wide all around.
6. Pull out one edge to elongate each round slightly, creating a teardrop shape.
7. Brush both sides with clarified butter and sprinkle minced garlic on top of each naan.
8. Bake in the oven until golden brown and puffed, about 10 minutes.
9. Serve warm.

SPICED LENTILS (DAL TADKA)

Yield: 10 portions

Ingredients	Amounts
Peas, pigeon, yellow, Indian (toor dal)	1 lb.
Lentils, red (masoor dal)	8 oz.
Turmeric, powder	2 tsp.
Water	6 pt.
Salt, kosher	to taste
Butter, clarified, Indian (Ghee)	4 oz.
Onion, yellow, small diced	1 ½ cups
Cumin, seeds	2 tsp.
Chile, Thai bird's eye, fresh, sliced thin	5 ea.
Garlic, clove, sliced	10 ea.
Asafetida, powder	1 tsp.
Ginger, fresh, minced	2 oz.
Tomato, canned, mashed	8 oz.
Lemon, juice	2 Tbsp.
Cilantro, leaf and stem, fresh chopped rough	3 cups

Method

1. Clean and check the dal for small stones. Rinse them under cold running water until the water runs clear and there are no bubbles remaining. Cover with water and soak for at least 30 minutes. This will cause the dal to soften and swell a little. Drain and set aside.
2. Combine the dal, turmeric, and water and bring to a boil.
3. Reduce the heat and simmer gently until the lentils are cooked and the mixture is very thick. Be careful not to burn the lentils.
4. Whisk the lentils to make a coarse mixture (It should resemble the texture of polenta). Season with salt to taste.
5. For the tadka, heat the ghee in a medium sauté pan and add the onions. Fry until golden brown.
6. Add the cumin seeds. Let the cumin seeds crackle and then add the chilies, garlic, asafetida, and ginger. Sweat gently.
7. Add tomatoes and cook for 3 minutes. Add the lemon juice and then add the entire mixture to the lentils. Quickly mix and cover.
8. Stir in the cilantro and serve in heated bowls.

LAMB KORMA

Yield: 10 portions

Ingredients	Amounts
Garlic, chopped	1 Tbsp.
Ginger, fresh, chopped	1 Tbsp.
Yogurt, plain	10 oz.
Pepper, black, ground	2 tsp.
Lamb, shoulder, cubed	5 lb.
Butter, clarified, Indian (Ghee)	½ cup
Cardamom, seeds, black, whole	1 ½ Tbsp.
Cumin, whole	¼ cup
Coriander, dried, whole	¼ cup
Fennel seed, whole	3 Tbsp.
Onion, yellow, brunoise	5 lbs.
Chile, Thai bird's eye, fresh, minced fine	16 ea.
Tomato, pulp, canned	2 ea.
Pepper, black, ground	1 tsp.
Garlic, chopped	2 Tbsp.
Ginger, fresh, chopped	2 Tbsp.
Cilantro, fresh, chopped rough	1 cup
Cashews	2 cups
Half and half	1 cup
Cilantro, leaf, fresh	as needed

Method

1. Soak the cashews in warm water for 30 minutes, drain, and reserve.
2. Combine the garlic and ginger in a blender and purée into a paste. Reserve.
3. In a bowl, mix the yogurt, pepper, and garlic-ginger purée. Add the cubed lamb and marinate for 30 minutes.
4. Heat the ghee in a rondeau and add the cardamom, cumin, coriander, and fennel seed. Allow the spices to sizzle and foam without burning.
5. Add the onions. Keep the heat at moderate and sweat until aromatic, stirring often.
6. Sprinkle in the chiles and the reserved ginger-garlic purée. Be careful not to burn it.
7. Add the marinated lamb and marinade juices. Stir, making sure nothing sticks to the bottom. Add the tomato, pepper, garlic, ginger, and cilantro.
8. Bring the heat way down to encourage the juices to flow. Cover and cook as you would a stew. Simmer the lamb in its own juices until spoon tender, about 2 hours.
9. Add the soaked cashews and blend with the cream to form a cashew cream.
10. Add enough cashew paste to the curry to lightly thicken it.
11. For service, garnish with cilantro.

CARAMELIZED ONION CHUTNEY

Yield: 3 cups

Ingredients	Amounts
Oil, olive, pure	3 Tbsp.
Onion, red, medium, peeled, sliced into half-moons.	8 ea.
Bay leaf, dried	4 ea.
Pepper, black, ground	1 Tbsp.
Salt, kosher	1 tsp.
Sugar, brown, packed	2/3 cup
Vinegar, balsamic	1/3 cup
Wine, red	1 cup

Method

1. In a large heavy-bottom pan, heat the oil over low heat. Add the onions, bay leaves, pepper, and salt.
2. Cook, stirring occasionally, until the onions are soft, translucent, and reduced in size by half, 20 to 30 minutes. Be careful to avoid burning the onions, which will make them bitter.
3. Add the brown sugar, vinegar, and wine. Continue to cook, stirring occasionally, over low heat until most of the liquid has reduced, about 1 hour. When ready, the chutney should be thick and have a dark caramel color.

FRIED INDIAN FLATBREAD (PURI)

Yield: 10 portions

Ingredients	Amounts
Water, warm	6 cups
Salt, kosher	4 Tbsp.
Oil, vegetable	$\frac{3}{4}$ cup
Flour, atta	6 lb.
Flour, all-purpose	as needed

Method

1. Place the water in a bowl and add the salt and oil.
2. Add the flour and knead the dough until it is a smooth mass, about 5 minutes.
3. Split the dough into 4 portions. Dust with the all-purpose flour and refrigerate overnight.
4. Roll the dough to 1/8 inch thin. Cut into 5-inch disks and layer on a parchment-lined sheet tray.
5. Fry the disks one at a time in 375°F oil for 40 minutes until they puff up and become light brown.
6. Serve hot.

CRISPY ONION FRITTERS (BHAJI)

Yield: 12 portions

Ingredients	Amounts
Onion, yellow, sliced fine	2 ea.
Flour, all-purpose	½ cup
Baking powder	½ tsp.
Chili powder	½ tsp.
Turmeric, dried, ground	½ tsp.
Chile, green, fresh, seeded, chopped fine	1 ea.
Salt, kosher	½ tsp.
Water, cold	½ cup
Oil, vegetable	as needed
Salt, kosher	to taste

Method

1. Soak the onion in cold water. Drain well and reserve.
2. Sift the flour and baking powder into a bowl, then add the chili powder, turmeric, chile, and salt.
3. Mix in enough water to make a thick batter (add a splash more if it feels too stiff).
4. Mix the onion into the batter.
5. Heat about 2 inches of oil in a wok or deep pan. Do not fill the pan more than a third full. Add a tiny amount of batter. If it rises to the surface surrounded by bubbles and starts to brown, then the oil is hot enough for frying.
6. Lower heaped tablespoons of the bhaji mixture into the pan, a few at a time, and cook for a few mins, turning once, until they are evenly browned and crisp, 3 to 4 minutes.
7. Drain on kitchen paper, sprinkle with salt, and keep warm while you cook the rest of the bhajis.

PORK VINDALOO

Yield: 8 portions

Ingredients	Amounts
Pork, butt, 1-in. cubed	4 lb.
Turmeric, powder	1 tsp.
Chile, powder, Korean	3 Tbsp.
Sugar, granulated	2 ½ Tbsp.
Vinegar, palm	½ cup
Butter, clarified, Indian (Ghee)	½ cup
Onion, Spanish, diced	3 ½ cups
Spice Paste (Recipe follows)	¾ cup
Tomato paste	2 oz.
Vinegar, palm	2/3 cups
Salt, kosher	2 Tbsp.
Fried crispy onions	as needed
Chive, cut into 1-in. lengths	as needed

Method

1. For the marinate, combine the turmeric, chile powder, sugar, and vinegar. Mix with the pork, cover, and refrigerate overnight.
2. In a wok, heat the ghee and fry the onions until golden brown.
3. Add the Spice Paste and fry until "broken."
4. Add the tomato paste and cook until most of the water is evaporated and the paste begins to fry again. Cook until "broken."
5. Add the marinated pork, turn the heat down, stir to combine with the paste, and cover. (To allow the pork to emit all its moisture and stew in its own liquid, do not add water.) Maintain a gentle simmer until the meat is spoon tender, stirring occasionally to make sure that the meat does not scorch or burn.
6. Adjust the seasoning with the salt and palm vinegar. Remove any excessive grease.
7. Garnish with the fried crispy onions and chives.

SPICE PASTE

Yield: 2 ½ cups

Ingredients	Amounts
Tamarind, pulp, strained	1 cup
Water	½ cup
Clove, dried, ground	1 tsp.
Cardamom, dried, ground	1 tsp.
Cumin, seeds	3 Tbsp.
Garlic, clove, peeled	10 ea.
Ginger, fresh, sliced	5 oz.
Turmeric, powder	2 Tbsp.
Coriander, seeds, whole	6 Tbsp.
Fenugreek, seeds	1 ½ Tbsp.
Chile, Guajillo, dried	20 ea.
Chile, red, whole, dried	4 oz.
Vinegar, palm	10 oz.
Sugar, granulated	½ cup
Salt, kosher	½ cup
Cinnamon, dried, powdered	1 Tbsp.

Method

1. Combine the tamarind pulp with the water and stir to incorporate. Strain.
2. Combine the strained tamarind and all the remaining ingredients. Mix well.
3. Cover and refrigerate overnight.
4. Purée the mixture with a hand blender to make a paste.

Note: This mixture will keep, tightly covered and refrigerated, for several months.

LEMON PICKLES

Yield: 32 pickles

Ingredients	Amounts
Fenugreek, seeds	2 tsp.
Fennel seeds (saunf)	1 Tbsp.
Nigella, seeds (kalonji)	2 tsp.
Lemon, preserved, quartered	8 ea.
Pepper, cayenne, dried, ground	2 Tbsp.
Turmeric, dried, ground	1 Tbsp.
Asafetida, powder	1 tsp.
Salt, kosher	¼ cup
Oil, mustard	1 cup
Mustard, seeds	2 Tbsp.

Method

1. Heat a skillet over medium heat. Add the fenugreek, fennel, and nigella seeds and toast until very fragrant, 3 to 5 minutes. Remove to a bowl and cool.
2. Add the asafetida and grind everything to a powder in a spice grinder.
3. Place the lemons in a clean, dry glass or ceramic bowl. Add the powdered spices along with the cayenne, turmeric, asafetida, and salt. Mix well with a clean, dry spoon.
4. Heat the oil in the same skillet used to toast the spices. Once it's hot, add the mustard seeds. Wait until they begin to sputter, then turn off the heat.
5. Carefully, standing back a little, pour the hot oil into the bowl with the lemons and spices. Mix thoroughly, then transfer to the sterilized mason jar and refrigerate.

Note: Fresh limes can be substituted for the preserved lemon. As a last step, place the jar in the hot, full sun for a week. Turn the jar upside down and around each day to ensure the sauce and spices move around the jar. Paprika or Kashmiri chili powder can be substituted for the cayenne pepper. Any finely ground salt can be substituted for the Himalayan pink salt. Any vegetable oil that can withstand high temperatures without burning, such as peanut, safflower, canola, or sunflower oil can be substituted for the mustard oil.

INDIAN FLATBREAD (ROTI)

Yield: 8 portions

Ingredients	Amounts
Flour, self-rising	2 ½ cups
Oil, vegetable	2 Tbsp.
Water, warm	1 cup
Oil, vegetable	1 tsp.
Butter, unsalted, melted	1 Tbsp.

Method

1. Place the flour in a bowl. Mix in 2 tablespoons of the oil.
2. Stir in the warm water gradually until the dough starts to come together. Continue stirring, adding more water in small amounts, until the dough forms a ball.
3. Turn the dough out onto a workstation and knead for 2 to 3 minutes. Add a little flour if the dough sticks to your hands or workstation.
4. Cover the dough with a damp cloth and let the dough rest for 10 minutes.
5. Roll out the dough into a large circle, about 1/4 inch thick. Spread 1 teaspoon of oil over the surface of the dough and roll it into a long roll.
6. Slice the roll of dough into 8 to 10 pieces. Roll out each piece, cut-side down, into a 6-inch circle. Cover the dough with a damp cloth and let it rest for 5 minutes.
7. Roll out the first circle of dough into a 9-inch circle, as thin as possible.
8. Heat a heavy skillet over medium-low heat.
9. Add about 1 teaspoon oil to the skillet and add a circle of dough. Cook until the dough puffs up and turns light brown on the underside, 1 to 2 minutes. Turn the roti over and brown the other side, about 1 to 2 minutes more.
10. Remove from the pan and place the roti in a colander to cool. Cover the roti with a damp towel to keep them from hardening. Add more oil to the skillet as needed.
11. Brush the finished roti with melted butter before serving, if desired.

SWEET AND SOUR RED LENTILS

Yield: 8 portions

Ingredients	Amounts
Lentils, red (masoor dal)	1 ½ lb.
Turmeric, dried, ground	½ tsp.
Oil, mustard	2 Tbsp.
Mustard, seeds	½ tsp.
Panch phoran spice blend	1 tsp.
Chile, red, dried	4 ea.
Bay leaf, dried	2 ea.
Water	2/3 cup
Tamarind, paste	4 Tbsp.
Salt, kosher	1 ½ tsp.
Sugar, granulated	2 Tbsp.
Water	2 ¼ cups

Method

1. Clean and check the dal for small stones. Rinse them under cold running water until the water runs clear and there are no bubbles remaining. Cover with water and soak for at least 30 minutes. This will cause the dal to soften and swell a little. Drain and set aside.
2. Place the lentils and turmeric in a small sauce pan and stir to combine.
3. Add enough water to just cover the lentils. Simmer for 30 minutes or until the lentils are tender. Gently mash the lentils to a pulpy consistency.
4. Heat the oil in a large sauté pan over medium heat and add the mustard seeds, Panch phoran, chiles, and bay leaf and sauté until aromatic, about 10 seconds.
5. Add the lentils, water, tamarind paste, and salt and stir to combine. Season to taste with the sugar (it should balance the sourness of the tamarind). Simmer for 8 minutes.
6. Serve in a heated bowl.

VEGETABLE JUNGLE CURRY

Yield: 10 portions

Ingredients	Amounts
Butter, clarified, Indian (Ghee)	as needed.
Onion, yellow, chopped	8 oz.
Ginger, fresh, minced	1 Tbsp.
Chile, Thai bird's eye, fresh, chopped	2 ea.
Garlic, minced	1 Tbsp.
Turmeric, dried, ground	1 tsp.
Cumin seed, whole	1 ½ tsp.
Coriander, dried, ground	1 ½ tsp.
Chili powder	2 ½ tsp.
Garam Masala (See Recipe p. 7)	½ Tbsp.
Tomato paste	½ Tbsp.
Pepper, bell, red, large dice	1 ea.
Pepper, bell, green, large dice	1 ea.
Onion, red, sliced	1/3 lb.
Carrot, cello, bag, bias sliced	1/2 ea.
Cauliflower, floret, large	½ lb.
Mushroom, button, quartered	½ lb.
Chile, Fresno, red, fresh, cut into strips	½ lb.
Salt, kosher	to taste
Coconut, milk	2 cups
Tomato, grape, sweet, halved	1 cup
Cilantro, leaf, fresh	as needed
Fried crispy onions	as needed

Method

1. Heat the ghee in a rondeau and add the onions. Fry until light golden brown.
2. Add the ginger, chiles, and garlic. Cover and sweat, but do not allow the spices to color.
3. Combine the cumin seed, coriander, and garam masala with the tomato paste. Add to the rondeau and, stirring continuously, cook until "broken." Make sure the mixture does not stick and scorch.
4. Add the bell peppers, onions, carrots, cauliflower, mushrooms, and chiles. Mix well.

5. Add the salt and then the coconut milk. Reduce the heat and let the mixture come to a simmer. Simmer, covered, until “firm tender.”
6. Add the tomato halves and heat through.
7. Garnish with the cilantro and fried crispy onion.

Note: Bird’s eye chiles have a fruity, peppery flavor and pack an intense heat—they are 10 times hotter than a jalapeño. For less intense heat, remove the seeds from the chiles. To increase the heat, add more chiles.

MINT SAUCE

Yield: 6 portions

Ingredients	Amounts
Oil, vegetable	2 tsp.
Chile, red, dried	3 ea.
Bean, black gram (urad dal), cooked	1 cup
Mustard, seeds, black	2 tsp.
Mint, fresh, chopped coarse	2 cups
Tamarind, pulp	2 tsp.
Salt, kosher	to taste
Sugar, granulated	2 tsp.
Asafetida, powder	1 tsp.

Method

1. In a pan, heat the oil over medium heat. Add the chiles and urad dal. Fry for a minute. Remove and reserve.
2. In the same pan, add the mint and fry until it changes color. It will shrink to half the original quantity. Remove and cool completely.
3. Once cool, combine the urad dal mixture with the fried mint, tamarind, salt, sugar, and asafetida. Grind to a fine paste.

BASMATI RICE

Yield: 9 cups

Ingredients	Amounts
Rice, basmati	3 cups
Water	5 ¼ cups
Salt, kosher	1 ½ tsp.

Method

1. Rinse the rice in a strainer under cold water (This helps remove dirt and dust and also some of the starch that can make the rice sticky.)
2. Place the rice in a bowl and add enough water to cover by 2 inches. Soak the rice for 30 minutes to 1 hour. (This allows the grains to absorb water, ensuring a fluffier texture.) Drain well.
3. Bring the water to a rolling boil in a large sauce pot. Add the salt.
4. Add the rice in a thin stream, stirring with a fork to prevent the grains from clumping or sticking to the bottom of the pan.
5. When the water returns to a boil, reduce the heat to a simmer and cover the pot. Simmer until the rice is tender, about 15 minutes.
6. Drain the rice immediately in a colander and set the colander in the pot. Return the pot to the heat and steam the rice dry for five minutes. The rice should no longer be sticky.
7. Remove from the heat, fluff the rice with a fork, and serve immediately in a heated bowl.

Note: Originating from India and Pakistan, basmati rice is grown mainly in the fertile foothills of the Himalayas, where the unique soil and climate conditions give basmati rice its distinct flavor and texture. A long-grain rice characterized by its slender, needle-like shape, basmati rice becomes fluffy when cooked, with separate grains that don't stick together. This makes it an ideal choice for dishes like biryani, pilaf, and alongside Indian and Middle Eastern cuisines. The word "basmati" comes from the Sanskrit word "vasmati," which means "fragrant" or "aromatic"—a reference to the rice's nutty, earthy scent.

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Memo To: CIA Continuing Education Students
From: Office of the Registrar
Re: Privacy of Student Records

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