

BEST OF INDIA RECIPES

Favorite recipes from or inspired by India.



PALAK PANEER

We ate this all-around-favorite almost weekly. The bright green color makes it as pretty to eat as it is tasty. Instead of the high fat Indian paneer cheese, we substituted tofu or potato. Serve with rice or whole wheat tortillas (chapattis).

2 1/2 bunches of spinach
3 tomatoes, diced
5 green chilis, deseeded (not Anaheim chili, but the small 2" ones that may have streaks of red in the fresh chili section of most grocery stores)
lots of garlic, ginger (about 1 1/2")
1 onion, diced
3 tsp each of chili, coriander, cumin
salt
1 lb tofu, diced (or potato)

Steam or boil spinach until slightly wilted. Saute garlic and ginger. In food processor, along with 2 cups of the water blend spinach, garlic, ginger, and chopped tomatoes to a paste. Separately saute onion, spices, and tofu. Cook until browned. Add tofu mix to spinach paste, bring to boil, and simmer for 5-10 minutes.

SAMBAR

This is a delicious, tangy South Indian stew. The measurements are in kg and g, which we had to adjust to, I'll just leave as my special math problem for you. Eat as a stew or serve over rice.

1/4 kg onion
1/4 kg tomato
250 g garlic
500 g pink and yellow dal (lentils)
1 kg mixed veggies (potato, squash, carrot, beans, eggplant, etc)
grated coconut
tumeric
4 TB sambar powder (check local Indian market)
1 tsp cumin seed
tamarind juice (check local Indian, Asian, or Thai market)
a few curry leaves or 1/2 tsp curry powder

1/2 tsp mustard seed
1/2 tsp asofoeteda
Cilantro, chopped

Boil dal until soft. Add 1/2 onions, garlic, chili; boil. Add tomatoes and bring to boil. Add mixed veggies and simmer until soft. Add coconut and sambar masala. In separate pan, saute mustard seed, cumin, curry leaves, garlic, onion and asofoeteda. Add to veggies and bring to boil. Top with cilantro.

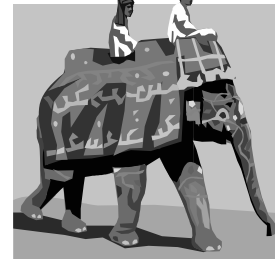
INDIAN-INSPIRED BEAN AND RICE SALAD

I adapted this from the Moosewood Restaurant Cooks at Home cookbook. The coriander, cumin, and cinnamon give it a great Indian flavor. When we ate “cold” food like salads in India, our neighbors felt a little sorry for us since we clearly couldn’t manage to make proper, hot food but this is SO tasty nonetheless!

1 can black beans
1 can pinto beans
3 cups cooked brown or white rice
2 celery stalks, chopped

DRESSING:

1 tsp ground coriander
2 tsp ground cumin
1/2 tsp cinnamon
1/2 cup chopped green onions
1-2 Tbs cilantro
1/2 cup orange juice
1 1/2 Tbs cider vinegar
3 Tbs olive oil
2 tsp fresh grated orange peel
2 Tbs chopped fresh parsley
salt and pepper to taste



1/2 cup toasted walnuts (toast on baking sheet in oven or toaster oven at 350° for about 5 minutes until lightly brown)
a few fresh cilantro or parsley leaves

In a mixing bowl, combine drained beans with rice and celery. In small bowl, whisk together all of the dressing ingredients. Pour the dressing over the beans and rice mixture, and stir thoroughly. Top with toasted walnuts and cilantro or parsley sprigs.

CHAI TEA

Just say no to \$3 cups of chai at the local espresso stand! I'll show you how to make some yourself. If T.S. Eliot went to India, he would not find life "measured out in coffeespoons", but life measured out in tea breaks! Many Indians drink small 2-4 oz glasses of chai several times a day. Whenever we ran out of gas for our stove, we'd go to the corner tea stand, and say "Hey, tea guy. When the gas man rolls by with his cart of gas today, can you send him down our lane?"

Spice (Masala) Chai

1/8 tsp or stick of cinnamon

3 whole cloves or pinch of powder

4 whole black pepper corns

1 cardamom pod, sliced open or 4 cardamom seeds

pinch of nutmeg

1 cup water

1 1/2 -2 tsp loose leaf black tea leaves (the best is if you can find Indian style tea- it comes in tiny pebble form, in which case use 1/2 tsp of the tea)

1 tsp sugar (authentic would be to dump most of the sugar bowl in)

1/3 cup milk (at least 1% or 2%, whole would be most authentic)

Makes one serving.

Ginger Chai

Substitute for spices 1/2" inch of fresh ginger, or 1/4 tsp ginger powder.

Pour water, tea leaves, and spices into a saucepan. Boil for 3-4 minutes.

Add milk and sugar, bring to a boil. Lower heat, boil for another 1-2 minutes.

Pour chai through a tea strainer into cup.

Enjoy!

