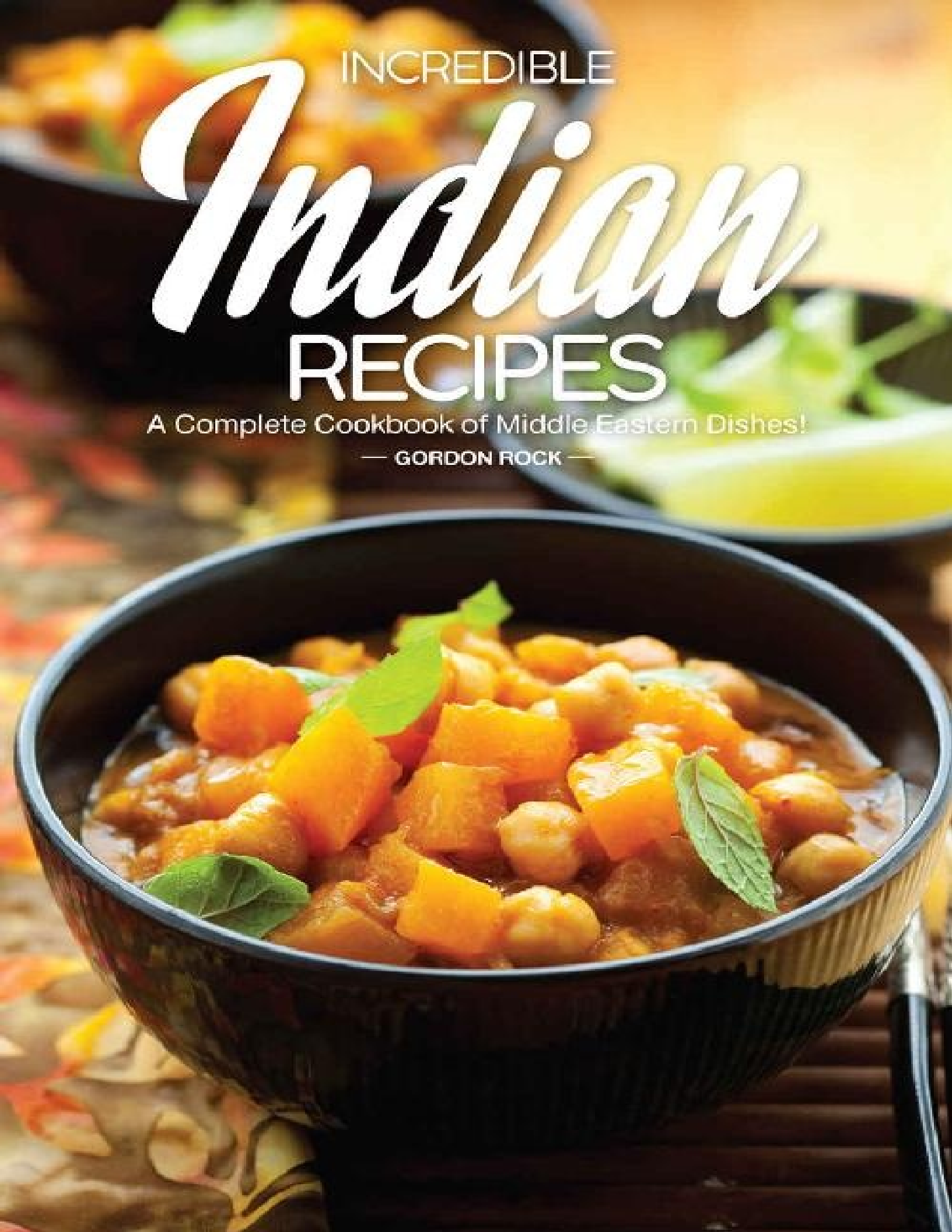
INCREDIBLE
Indian
RECIPES
A Complete Cookbook of Middle Eastern Dishes!
GORDON ROCK

Incredible Indian Recipes

A Complete Cookbook of Middle Eastern Dishes!

BY

Gordon Rock

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Kindle Edition



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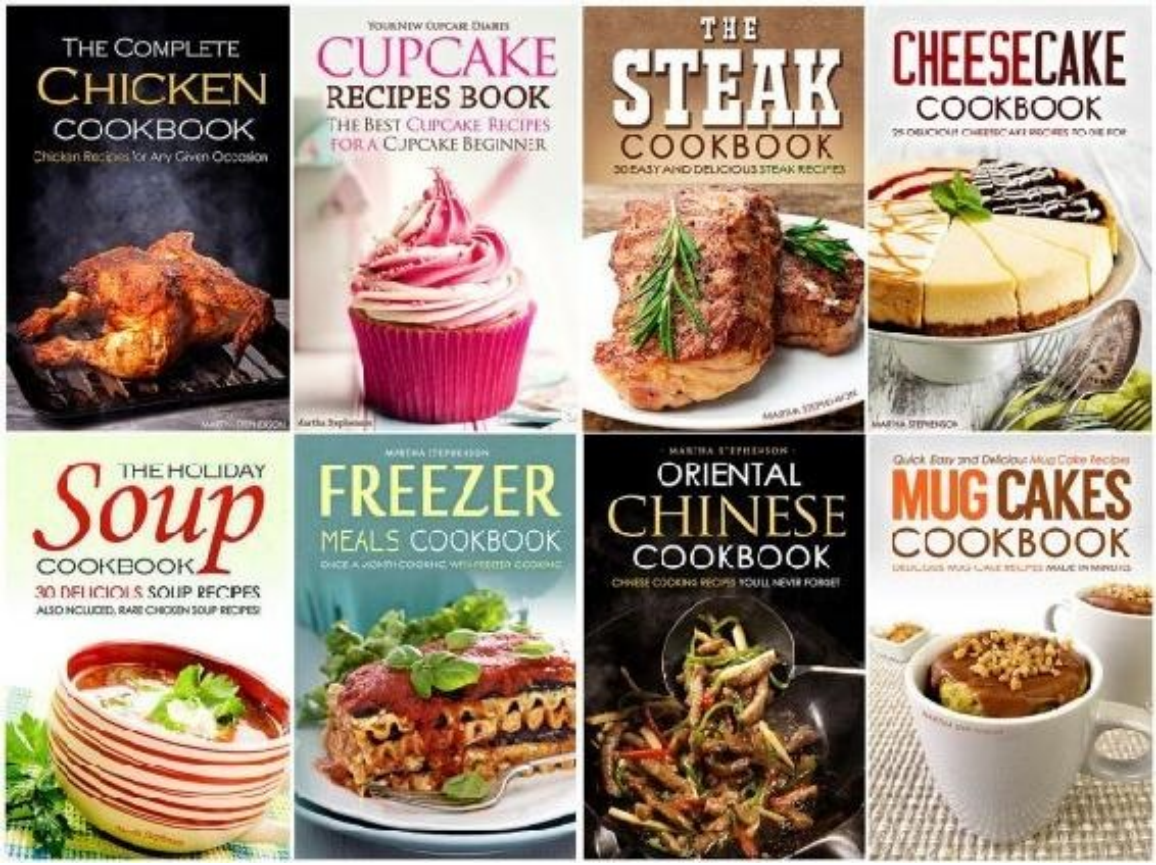

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Introduction



How can you integrate Indian foods into your recipe repertoire at home?

Can you seek out the different varieties of ingredients you'll need to make these dishes?

Are you curious about the ways in which Indian foods can make your recipes tastier?

Indian recipes are diverse, since they are influenced by Arab and Middle Eastern countries. They are passed down from mother to daughter in every region of India. Each region has unique tastes that we will incorporate here.

In this cookbook, you'll discover how to use Indian foods in 30 different dishes.

Read on and try out some of these tasty recipes. You may even find more dishes that can benefit from the inclusion of ingredients from the Indian taste palate.

Urad Dal & Rice Crepe – Dosa



Dosa is a rather thin crepe, eaten a lot in most Indian homes in the southern region. It is often served as part of a breakfast, as I am using it here. It can also be used for a filling and healthy snack.

Makes: 3 Servings

Cooking + Prep Time: 6 hours and 45 minutes including 6 hours of soaking time – batter will need to sit for one day, as well.

Ingredients:

- 5 tbsp. of oil, olive
- 1 tsp. of salt, kosher
- ½ tsp. of seeds, fenugreek
- ½ cup of washed urad dal
- 1 & ½ cups of rice

Ingredients:

1. Soak the fenugreek seeds and rice mix in water for six hours or more.

2. Blend dal and rice in food processor until the mixture is creamy. Don’t add

too much water.

3. Add salt to the batter. Cover and ferment batter in warm place for 24 hours. Batter will multiply by one and a half times.

4. Whip batter for several seconds when you are prepared to make the dosa. Add as much water as you need. Batter needs to become pourable, and of roughly the same consistency as pancake batter.

5. Place large skillet on med. heat.

6. Pour ½ cup of batter into skillet. Spread over the pan evenly.

7. Smear a couple teaspoons of oil over the batter and along its edges.

8. Cook until the dosa is crisp and brown. Flip and cook on other side for 15 seconds or so. Repeat with the rest of the batter. Serve.

Rice & Coconut - Nariyal Chawal



This rice recipe has a wonderful flavor and it's healthy, too. The tastes of basmati rice and fresh coconut give it a unique taste that is a great way to start your day. It's easy to prepare, too.

Makes: 2 Servings

Cooking + Prep Time: 15 minutes

Ingredients:

- ½ tsp. of salt, kosher
- 2 cups of rice, cooked
- ¾ cup of grated coconut
- 10 cashews
- 1" of chopped ginger
- 2 slit green chilies
- 1 red chili, dried
- Several leaves of curry
- 1 tsp. of chana dal (processed chick peas)

- ½ tsp. of urad dal (black lentils)
- 1 tsp. of mustard
- 3 tsp. of oil, olive

Ingredients:

1. Heat 3 tsp. of oil in large pan. Sauté red chili, curry leaves, 1 tsp. chana dal, ½ tsp. of urad dal and 1 tsp. of mustard.

2. Add ginger and 2 green chilies. Sauté them lightly.

3. Add cashews, and roast until they are golden brown in color.

4. Add coconut. Sauté until the raw smell is gone.

5. Add ½ tsp. of salt and 2 cups of cooked rice. Mix them gently but do not break up the rice.

6. Cover. Allow to simmer for about two minutes.

7. Serve rice with curry.

Apple Rolls



These rolls are so mouthwatering, and, while they are traditionally served for breakfast, they make a wonderful dessert, too. This recipe has few ingredients, so it's easy to make. It's a helpful comfort food, too.

Makes: 4 Servings

Cooking + Prep Time: 35 minutes

Ingredients:

- 4 tbsp. of melted butter, unsalted
- ¼ tsp. of nutmeg powder
- 1 tsp. of cinnamon powder
- ½ tsp. of fresh lemon juice
- 5 cups of chopped apples
- 8 slices of bread, white
- 1 pinch salt, kosher
- ½ cup of sugar, granulated

Ingredients:

1. Add lemon juice, nutmeg, cinnamon, salt, sugar and apples to sauce pan. Cook on med. heat until the apples are tender and soft, but not mushy.

2. Allow this filling to cool to room temperature. Set it aside.

3. Trim crusts off slices of bread. Roll bread thin with a rolling pin.

4. Generously butter bread on both sides.

5. Spread 2 tbsp. of apple filling on bread slices. Leave about ¼ inches around them. Roll into cylinders.

6. Butter cylinders. Grill in the skillet on med. heat. Turn often until they are lightly browned all over. Serve hot, or closer to room temperature.

Corn Cheese Breakfast Sandwich



This tasty and healthy sandwich is based on grated cheese and sweet corn, two simple ingredients that make it so tasty. It’s a quick fix and especially good for speedy breakfasts or lunch boxes.

Makes: 2 Servings

Cooking + Prep Time: 10 minutes

Ingredients:

- 1 tsp. of butter, unsalted
- 4 tsp. of chutney, green
- 4 slices of bread
- ¼ cup of grated mozzarella or cheddar cheese
- 2 tbsp. of chopped onion
- ¾ cup of boiled corn, sweet
- 2 tbsp. of chopped capsicum
- ¼ tsp. of salt
- ½ tsp. of crushed pepper

Ingredients:

1. Add corn, capsicum, onion, cheese, salt and pepper to medium sized mixing bowl. Combine well and set aside.

2. Spread the chutney over slice of bread.

3. Spread 2 tbsp. of mixture from step 1 on bread.

4. Cover corn/cheese bread slice on chutney slice.

5. Spread butter. Toast or grill bread.

6. Cut into halves and serve as sandwiches.

Mint Rava Paratha



This dish is made from bread with different types of flour and it gets its flavor from fresh mint. The overall taste is quite unique and fresh. In addition to being served as breakfast, you can also use it as a side dish with other meals.

Makes: 4 Servings (2 each)

Cooking + Prep Time: 50 minutes

Ingredients:

- ½ cup of water, tepid
- 2 tbsp. of oil, vegetable
- ¼ cup of chopped mint leaves
- ½ cup of flour, whole wheat
- 1 tsp. of chili flakes
- ½ cup of besan (gram flour)
- ½ tsp. of salt, kosher
- ½ cup of sooji (semolina)
- 1/8 tsp. of asafetida (resinous herb gum)

Also:

- 3 tbsp. of oil to cook parathas in
- ¼ cup of flour to roll paratha in

Ingredients:

1. Combine all ingredients in large bowl. Mix well. It should become crumbly.

2. Add as much water as you need to create a soft dough. Knead for a couple minutes. Set aside.

3. Divide dough into eight parts of same size. Roll pieces into balls. Roll until diameter is four inches or so.

4. Spread three to four drops of vegetable oil on rolls. Fold into two sides. Add more oil and fold into triangles.

5. Flour your cutting board lightly. Roll paratha dough made in steps above into a diameter of about five inches.

6. Heat a large skillet on med-high. Place paratha over skillet. When color changes, it will puff in several places. Turn paratha over. It should have spots of golden brown.

7. Wait several seconds. Put about 1 tsp. oil on one side and spread it out. Flip and put oil on other side. Press with spatula.

8. Flip again and press on other side. It should be the same color brown on each side.

9. Repeat with the rest of paratha. Serve crispy and hot with toppings of your choice.

Here are some delicious Indian recipes for lunch, dinner and appetizers…

Spicy Minced Meat - Indian Masala Kheema



This kheema recipe for minced meat can be created from your favorite meat, whether that happens to be pork, lamb, chicken or goat. Minced veal works well, too. It’s a versatile dish, and you get a new flavor each time the masala is changed.

Makes: 4 Servings

Cooking + Prep Time: 25 minutes

Ingredients:

- 2 tomatoes, chopped, medium
- 1 lb. of beef, ground
- 1 tbsp. of garam masala (Asian spice mix)
- 1 tbsp. of cumin
- 2 tbsp. of coriander
- 1 tbsp. of ginger paste
- 2 chopped onions, medium
- 1 tbsp. of garlic paste

- 1 tsp. of cumin seeds
- 3 tbsp. of oil, canola
- Juice from ½ lemon or lime
- Salt, kosher, as desired

For garnishing: coriander leaves, chopped

Ingredients:

1. Heat oil in frying pan on med. heat. Add cumin. Fry until seeds are no longer spluttering.

2. Add onions. Sauté until they are pale gold in color. Add ginger paste and garlic paste. Fry for about a minute.

3. Add garam masala, cumin and coriander. Salt as desired. Stir consistently while sautéing until oil starts separating itself from masala. That means spices are done.

4. Add minced meat. Sauté until it browns. Stir well so it doesn't burn. This takes between five and seven minutes.

5. Add tomatoes. Stir while cooking until they become softened.

6. Remove from heat. Add lemon or lime juice. Combine well.

7. Garnish using coriander leaves. Serve with plain rice or flatbread.

Shrimp Tikka Masala



This is a classic Indian curry that is lightened up by using yogurt instead of heavy cream. If you're a chicken fan, you can use chicken rather than shrimp, and it will still be just as delicious.

Makes: 4 Servings

Cooking + Prep Time: 35 minutes

Ingredients:

- ¼ cup of yogurt, plain
- 20 shrimps, large, peeled & de-veined with tails still intact
- 1 cup of water, filtered
- ½ tsp. of chili powder
- 2 tsp. each of garam masala (Asian spice mix) and tomato paste
- 1 tbsp. of garlic, grated
- 3 tbsp. of fresh ginger, peeled, grated
- 1 sliced onion, large

- 2 tbsp. of oil, olive
- Sea salt, coarse
- Ground pepper, black

Ingredients:

1. Heat the oil in large stock pot on med. heat. Cook the onion until it turns golden. This will take 20 minutes or so. Add chili powder, garam masala, tomato paste, garlic and ginger. Cook until the mixture becomes fragrant.

2. Add shrimp and water. Cook ‘til shrimp are cooked through and opaque.

3. Remove from stove top burner. Add yogurt and stir. Season using sea salt and black pepper. Serve hot.

Chick Pea and Kale Curry



This is a new, fresh spin on a traditional dish made with spinach and chick peas. I used kale instead of spinach. It's a healthy super green food that is a wonderful addition to your lunch or dinner.

Makes: 4 Servings

Cooking + Prep Time: 1/2 hour

Ingredients:

- 7 ounces of chopped kale
- 1 tsp. of turmeric
- 1 tsp. of chili powder, red
- 1 chopped chili, green
- 1 rounded tsp. of crushed coriander seeds
- 2 x 14-oz. cans of rinsed, drained chick peas
- 4 tomatoes, plum
- 4 crushed cloves of garlic
- 1 diced onion, large
- 1 tsp. of cumin seeds

- ½ tsp. of mustard seeds
- 1 to 2 tbsp. of oil, rapeseed
- 1 tsp. salt, as desired

For garnishing: 1 sliced chili, green

Ingredients:

1. Heat oil in covered pan on med. heat. When hot, add cumin seeds and mustard seeds. Stir for about a minute. You'll be able to smell the aroma of the seeds, and they will stop simmering.

2. Add diced onions. Fry for about 15 minutes. They should be starting to brown. Add garlic. Fry them together for about five minutes.

3. Add tomatoes. Stir. Allow to cook for several minutes. Add some extra water if you need it.

4. Add salt, turmeric, chili powder, green chili and coriander. Allow to cook over gentle heat for 10 minutes or so. The tomatoes will begin breaking down and making a sauce.

5. Turn up heat. Thicken sauce as desired.

6. Add chick peas. Stir and coat with sauce. Add a tiny splash of filtered water. Allow the chick peas to simmer for about five minutes.

7. Add kale by handfuls and stir between each addition. Allow to cook for about five minutes. Kale should become tender and soft.

8. Top with sliced chili. Serve with plain yogurt or fried bread.

Dried Moong Lentils - Sookhi Moong Ki Daal



This lentil dish is full of healthy protein, and it only takes about a half hour to prepare. You can serve it with Indian flat bread or pan-fried flatbread or a favorite pickle. It's a simple dish, but quite filling.

Makes: 4 Servings

Cooking + Prep Time: 1/2 hour

Ingredients:

- 2 chopped chilies, green
- 1 x 2-inch grated piece of fresh ginger
- A pinch asafetida
- 1 tsp. of cumin seeds
- 3 tbsp. oil, canola
- 1 cup of moon daal (yellow split lentils)
- ½ tsp. of turmeric powder
- 1 tbsp. of lime juice, fresh

- Salt, as desired

For garnishing: coriander leaves, chopped

Ingredients:

1. Place daal in large bowl. Wash well. Place in deep pot and boil, using sufficient water to cover the daal completely. Salt as desired. Add turmeric powder.

2. Combine. Bring to a boil. Cool until daal is becoming soft, but not yet mashed.

3. Heat oil in a separate pan over med. heat. Add green chili and cumin seeds. Fry until they are no longer spluttering. Add ginger. Fry for about one minute more.

4. Add in cooked daal. Combine. Don’t mash daal when you’re mixing.

5. Season using salt as desired. Stir gently. Remove stove top.

6. Drizzle using lemon juice. Gently stir one last time. Use coriander to garnish. Serve.

Pav Buns & Masala – Masala Pav



Soft Pav buns are the hit of this dish, when they are loaded down with masala and toasted with butter. They are so delicious. It works quite well as a dinner entrée, an evening snack or a brunch on the weekend.

Makes: 2 Servings

Cooking + Prep Time: 25 minutes

Ingredients:

- 3 tbsp. of butter, melted
- 4 to 5 stems of chopped cilantro
- 1 tsp. of chili powder, Kashmiri
- 2 to 3 tsp. of Pav Bhaji Masala (Indian spice blend)
- 2 cloves of garlic
- 2 chopped tomatoes
- 1 chopped onion

- 4 buns, Pav
- Salt, as desired
- Several drops of lemon juice, fresh

Ingredients:

1. Heat just 1 tbsp. butter in wide pan. Add garlic and onion. After onions are softened, add tomatoes. Cook until mixture is mashed.

2. Add Pav Bhaji Masala, salt and chili powder. Add 2 to 3 tbsp. of filtered water. Cook for several minutes until masala is done.

3. Add lemon juice and coriander leaves. Remove from heat.

4. Slice buns. Spread masala on inside. Heat skillet. Spread 1 more tbsp. of butter over the inside. Place buns with masala facing upward.

5. When first side has been toasted well, add small dollop of butter atop masala on buns. Masala juice will have seeped to insides of buns.

6. Flip buns gently. Toast other sides. Remove from heat. Serve promptly.

Sautéed Okra



Fried okra has been a popular dish in India and elsewhere for many years. But in the summer months, it’s nice to prepare a lighter type of dish from this versatile garden crop.

Makes: 4 Servings

Cooking + Prep Time: 1/2 hour

Ingredients:

- ¼ tsp. turmeric, ground
- ¼ cup of coconut, shredded
- 12 oz. of trimmed, cut okra
- 1 pinch asafetida
- 1 sliced chili, Thai
- 2 to 3 cloves of garlic, minced
- 1 tsp. of cumin seeds, whole
- 1 tsp. of mustard seeds, whole

- ¼ cup of oil, safflower
- 2 tsp. of fresh lime juice
- Salt, kosher, as desired

Ingredients:

1. Heat large sized skillet on med-high heat. Add oil, cumin and mustard seeds. Cook for ½ minute. Add asafetida, garlic and chili. Cook for another ½ minute.

2. Add the okra. Season using salt. Stir occasionally while cooking until it becomes tender and starts to show golden spots. Add turmeric and coconut. Cook until heated through. Add lime juice and stir. Serve promptly.

Egg Curry – Andey Curry



Many areas in India have their own types of egg curry. This one is from Northern India. You can make the gravy ahead of time and then freeze it, if you like. The curry can be as mild or hot as you like, depending on what your family prefers.

Makes: 2-3 Servings

Cooking + Prep Time: 45 minutes

Ingredients:

- 2 chilies, green
- 3 quartered tomatoes, medium
- 2 quartered onions, medium
- 5 tbsp. of oil, canola
- 6 large eggs, hard-boiled
- ½ tsp. each of chili powder, red, and turmeric powder

- 1 tsp. each of powdered garam masala and cumin powder
- 2 tsp. each of coriander powder, ginger paste and garlic paste
- Kosher salt, coarse, as desired

Ingredients:

1. Heat 2 tbsp. of oil in deep, large pan. When pan becomes hot, then add onions. Fry them until they appear a bit golden. Turn off burner.

2. Remove onions from pan. Place in food processor. Grind onions, green chilies and tomatoes into a paste with a smooth consistency.

3. Heat the rest of the oil in same pan. Add paste made in step 2. Fry for a couple minutes. Add garlic and ginger paste, along with all dry spices. Mix. Fry until oil starts separating from masala sauce.

4. Add 2 cups of tepid water to masala. Bring to boil over med. heat. Make a half-slit vertically into the hard-boiled eggs. Gently add to gravy. Simmer for about 10 minutes, until gravy is thicker. Remove from heat. Serve hot.

Flattened Rice – Aval Upma



This snack or side dish is made with flattened rice of a thicker variety. It's so simple to make, you could even let your children help, as long as they are supervised. It's a healthy dish that is easily digested, so it's a good kind of side or snack.

Makes: 2-3 Servings

Cooking + Prep Time: 45 minutes

Ingredients:

- 1 tbsp. of chopped cilantro
- 1 tbsp. of coconut, grated
- 1 sliced chili, green
- ½-inch piece of grated ginger
- 1 chopped onion, small

- 1 cup of flattened rice (poha)
- 1 pinch of turmeric powder
- Kosher salt, as desired
- ½ tsp. of lemon juice, fresh

To temper:

- 1 red chili, dry
- 5 to 6 leaves of curry
- 1 pinch of asafetida
- 2 tbsp. of peanuts
- ½ tsp. of mustard seeds
- 1 tbsp. of oil, olive

Ingredients:

1. Place flattened rice in large colander. Wash well. Allow it to soak in water for five to 10 minutes.

2. Heat oil in large sized pan. Add peanuts and mustard seeds. Roast over low heat ‘til mustard seeds are no longer popping and peanuts have roasted.

3. Add curry leaves, asafetida and red chili. Add turmeric powder, green chili, ginger and onions. Allow to sauté for about one minute.

4. Add soaked rice. Mix well. Cover pan. Reduce heat. Cook mixture for five to seven minutes.

5. Add coriander, coconut and lemon juice. Combine. Remove from heat and serve.

Lamb Curry



In an hour or less, you can use lamb shoulder with chicken broth, spices and potatoes, and create a flavorful and rich curry. It’s an aromatic dish that is favored by adults and children alike.

Makes: 8 Servings

Cooking + Prep Time: 1 hour

Ingredients:

- 1 bunch of washed, trimmed & shaken spinach
- 2 cups of chicken broth, low-sodium
- 12 oz. of potatoes, sliced in 1” pieces
- 2 & ½ lbs. of shoulder of lamb, sliced in 1” pieces
- 2 tsp. of tomato paste
- 2 crushed pods of cardamom
- ¾ tsp. of turmeric, ground
- 1 & ½ tsp. of crushed coriander seeds

- 2 & ¼ tsp. of cumin seeds
- 1 x 3” stick of cinnamon
- Salt, coarse
- 6 minced garlic cloves
- 3 tbsp. of fresh ginger, peeled & grated
- 1 chopped onions
- 3 tbsp. of oil, safflower

To serve: flatbread, chutney, yogurt and cilantro

Ingredients:

1. Heat the oil in five or six qt. pressure cooker set on med-high.

2. Add 1 tsp. salt plus garlic, ginger and onions. Stir occasionally while cooking until the onions become translucent.

3. Add the cardamom, turmeric, coriander, cumin and cinnamon stick. Stir while cooking until the spices become fragrant. Add the tomato paste and stir while it cooks for about 15 more seconds.

4. Add the broth, lamb and potatoes and season as desired with coarse salt. Secure the lid of your pressure cooker. Set on high pressure and bring it up to high heat.

5. Reduce the heat to med. and maintain the high-pressure setting. Cook for 20-25 minutes and remove mixture from heat. Vent the pressure out and remove the lid.

6. Add spinach and stir. Season using salt as desired. Serve with your choice of accompaniments.

Cauliflower & Potato Curry – Aloo Matar Gobi



This recipe is an easy and quick meal on days when you just don't have extra hours to spend in your kitchen. It's quick to cook and it includes lots of healthy veggies, along with some tasty Indian spices.

Makes: 2 Servings

Cooking + Prep Time: 50 minutes

Ingredients:

- 2 cups of peas, shelled (frozen or fresh)
- 4 chilies, green, sliced
- 4 chopped tomatoes, large
- 1 tsp. of chili powder, red
- 4 tsp. of garlic paste
- 2 chopped onions, large
- 2 tsp. of cumin seeds
- 6 tbsp. of oil, sunflower

- 4 cubed, washed potatoes, large
- 4 cups of cauliflower, frozen or fresh, florets only
- 1 tsp. of turmeric powder
- 2 tsp. of cumin powder
- 4 tsp. of coriander powder
- 2 tsp. of ginger paste
- Chopped coriander, fresh
- 1 dash of salt, or as desired

Ingredients:

1. Clean cauliflower well. Put florets in large sized bowl. Cover with medium hot water. Add a bit of salt. Mix. Set aside for about 10 minutes.

2. Place potatoes in micro-wave safe dish. Cover with warm to hot water. Mix well with a pinch of salt. Cook for 3-4 minutes on high heat until par-boiled. Drain water. Set potatoes aside.

3. Heat oil in heavy, deep pan over med. heat. When hot, add cumin seeds. Cook until they no longer splutter.

4. Add onion. Fry ‘til soft, stirring ingredients frequently.

5. Add garlic and ginger pastes. Fry all for a minute.

6. Add spices. Fry mixture for about one more minute.

7. Add chilies and tomatoes. Combine. Fry until tomatoes begin to soften.

8. Add peas, cauliflower florets and potatoes. Stir. Salt as desired. Cover. Cook complete mixture for 3-5 minutes and remove from heat.

9. Garnish with coriander. Serve with naan bread or paratha deep fried bread.

Jeera Rice – Jeera Pulau



This entree works well with most any type of side dish, so it's a great choice for get-togethers or parties. If you make a couple gravies and side dishes to accompany it, you'll be pleased with the overall appeal of the meal.

Makes: 3-4 Servings

Cooking + Prep Time: 1 hour & 5 minutes

Ingredients:

- 2 & ½ cups of water
- Salt, coarse, as desired
- 1 green chili
- 2 tsp. of garam masala (spice mix)
- 1 tbsp. of cumin seeds
- 2 tbsp. of oil, olive
- 1 & ½ cups of rice, basmati

To garnish: 1 tbsp. of chopped cilantro

Ingredients:

1. Wash, then soak rice for ½ hour. Drain water and reserve.

2. Heat oil in large sized pan. Add garam masala. Fry for several seconds.

3. Add cumin seeds. Allow them to crackle a bit.

4. Add drained rice. Then stir-fry it for a few minutes until oil coats rice and it appears glossy.

5. Measure out 2 & ½ cups of filtered water. Add it to rice. Add salt, too. Cover pan. Bring to boil.

6. Once the mixture is boiling, reduce heat to med-low. Cover. Cook for 15 minutes to allow rice to absorb moisture.

7. Fluff rice with fork. Garnish with cilantro. Serve.

Indian Chicken-Ginger Soup



Ginger, onion and garlic are favorite flavors in the cuisine of India. They make up the basis of this tasty soup. The spices are finished up with chilies, cumin and coriander. Add some natural sweetness with a squeeze of fresh orange juice.

Makes: 6 Servings

Cooking + Prep Time: 1 & 1/2 hours

Ingredients:

- 1 sliced serrano chili
- 1 chicken, whole, sliced in pieces
- 1 cup of chopped tomatoes
- 8 cups of filtered water
- 1 tsp. of mustard seeds, whole
- 1 tsp. of cumin seeds, whole
- 1 & ¼ tsp. of coriander seeds, whole
- 2 tsp. of oil, vegetable

- ½ cup of chopped ginger + three additional thin slices
- 6 smashed cloves of garlic
- 2 quartered onions, medium
- Salt, coarse

For garnishing: orange wedges and sliced green onions

Ingredients:

1. Bring the water, 1 tbsp. of salt and chicken to boil in large sized pot. Skim off the foam.

2. Add the ginger, onions and garlic. Reduce the heat. Simmer for ½ hour while partially covered.

3. Remove chicken breast. Set aside. Allow to simmer while covered partially for another ½ hour.

4. Strain the soup using a sieve. Reserve the thighs and legs. Discard rest of solids. Allow the chicken to cool a bit. Remove the meat from the bones. Slice.

5. Heat oil in large pot on med-high. Cook the spices until they become fragrant. Add tomatoes and stir. Stir while cooking until the liquid evaporates.

6. Add the ginger slices, reserved soup and chili. Simmer for about five minutes. Skim off the fat. Add salt to season, as desired.

7. Stir the chicken into the soup. Garnish using green onions. Serve with wedges from an orange.

Cucumber & Mint Raita



This is a cooling cucumber and mint raita that can be served with almost any other lunch or dinner dish. It lends its taste well to flat bread parathas and rice dishes, as well.

Makes: 2 cups

Cooking + Prep Time: 15 minutes

Ingredients:

- ½ tsp. of sugar, granulated
- ¼ tsp. of chili powder, red
- ¾ tsp. of cumin powder
- 1 grated cucumber, large
- ½ cup of chopped mint leaves
- 2 cups of whisked, smooth yogurt
- Coarse salt, as desired

Ingredients:

1. Mix all ingredients in a large sized bowl. Remove lumps and create a smooth texture.

2. Chill, then serve.

Indian Chili Prawns



Chili prawns are a spicy and tasty side dish to tempt your family or guests with. The prawns are marinated with favorite Indian spices like chili powder, garam masala and garlic ginger paste. Even soy sauce is welcome here.

Makes: 4 Servings

Cooking + Prep Time: 25 minutes + 1 hour setting time

Ingredients:

For marinating:

- A few drops of red food coloring
- 1 tbsp. of flour, corn
- ½ tsp. of Garam Masala powder
- 1 tsp. of chili powder
- 2 tsp. of garlic ginger paste
- 1 pound of shrimp
- Coarse salt, as desired
- 1 tbsp. of lemon juice, fresh

To toss:

- 1 tbsp. of soy sauce, low-sodium
- 1 tbsp. of chili sauce
- ½ cup onion, sliced lengthways
- 1 string of curry leaves
- 1 cup of bell peppers, sliced lengthways

Ingredients:

1. Clean shrimp. Devein them.

2. Mix shrimp with marinating ingredients. Allow to set for one hour.

3. Heat the oil in large skillet. Add dry curry leaves. Scoop them out and set them aside.

4. In same pan, sauté bell peppers and onions. Allow the vegetables to remain crunchy.

5. Add a bit of soy sauce and chili sauce.

6. Add marinated shrimp to bed of sautéed vegetables. Cover. Allow to cook for a few minutes over low heat.

7. Mix ingredients together. Allow to cook for about a minute. Add curry leaves. Serve.

Indian Spiced Salmon



This salmon recipe is so easy to put together on those busy nights when the workday runs into your home time. It only takes minutes for preparation, and 15-20 minutes to cook. The tasty spices of ginger, coriander and turmeric give this dish a flavor with nuances that make it seem like it would be difficult to make – but it's not.

Makes: 4 Servings

Cooking + Prep Time: 25 minutes

Ingredients:

- 4 x 6-oz. salmon fillets, skinless
- Cooking spray, vegetable
- ½ tsp. each of ground ginger, ground coriander, turmeric, kosher salt
- ¼ cup of yogurt, low-fat
- ¼ tsp. each of cayenne pepper and black pepper, ground

Ingredients:

1. Heat up your broiler. Combine the cayenne and black peppers, salt, coriander, turmeric, ginger and yogurt together in small sized bowl.

2. Spray a baking sheet using veggie spray. Place salmon on the pan. Spread the

yogurt mixture atop salmon evenly. Broil until the fish is barely opaque. This will take about 10 to 15 minutes. Serve promptly.

Indian Lemon Rice



Lemon rice is consumed a lot, especially in the southern part of India. It is generally eaten as a standalone entrée, but you can also pair it with a salad, chutney, yogurt or raita. If you make it using leftover rice, it's even quicker to prepare.

Makes: 2 Servings

Cooking + Prep Time: 1/2 hour

Ingredients:

- 2 cups of basmati or leftover rice
- 1 tsp. of turmeric powder
- ½ cup of unsalted, roasted peanuts
- 1" of grated ginger
- 2 sliced lengthways chilies, green
- 3 or 4 leaves of curry
- 1 tsp. of mustard seeds
- 2 tbsp. of oil, canola
- 1 tsp. of coriander seeds

- 2 fresh lemons, juice

Ingredients:

1. Roast, then grind coriander seeds into a powder and set them aside.
2. Heat oil in a large pan. Add green chilies, mustard seeds and curry leaves. Fry this mixture until it is no longer spluttering.
3. Add peanuts and ginger. Fry for a minute.
4. Add turmeric powder. Remove from heat.
5. Add lemon juice. Combine well.
6. Add roasted coriander and rice. Salt as desired. Combine well. Serve.

Chicken Sukka



Chicken sukka refers to the way chicken is prepared for this meal. It’s a dry preparation and is made in different ways in different areas. It is typical to see it made with a masala of garlic, ginger, tomato and onion.

Makes: 3-4 Servings

Cooking + Prep Time: 1/2 hour + 1 hour marinating time

Ingredients:

- 2 to 3 slit chilies, green
- 1 tbsp. of oil, olive
- 1 tbsp. of garlic-ginger paste
- 2 tbsp. of yogurt
- 1 diced onion, medium
- 1 pound of chicken
- ¼ tsp. each or Garam masala powder and turmeric powder
- ½ tsp. of powdered fennel
- 1 tsp. each of black pepper powder and red chili powder
- 2 tsp. of coriander powder

- Coarse salt, as desired

To garnish: leaves of coriander

Ingredients:

1. Wash chicken and cut it in small sized pieces.

2. Mix yogurt, garlic-ginger paste, garam masala, salt, turmeric powder, coriander powder, fennel powder, black pepper and red chili powder together in a medium bowl.

3. Add pieces of chicken to mixture. Rub masala mixture on the chicken. Allow to marinate for an hour or longer in your refrigerator.

4. Heat oil in large pan. Add marinated chicken. Cover. Cook for six to seven minutes until it has cooked thoroughly.

5. Open lid. Fry on med-high for three to six minutes. All water should evaporate and spices will stick to pieces of chicken.

6. Add green chilies and diced onions. Fry for a few more minutes. Remove from heat. Garnish using leaves of coriander and serve.

Indian Potato Pulau



This pulau recipe is quick to make, using peas, potatoes, corn, spinach and brown rice. You can use it as an entrée or a side – either way, it will be popular.

Makes: 8 Servings

Cooking + Prep Time: 35 minutes

Ingredients:

- ½ cup of peas, frozen
- 1 cup of spinach, frozen
- ½ cup of corn, frozen
- 1 peeled, diced red potato, medium
- ½ tsp. of cumin seeds
- 2 cloves, whole
- 1 & ½ tsp. of oil, canola
- 1 cup of uncooked rice, brown
- Sea salt, coarse, as desired

Ingredients:

1. Wash rice in rice cooker. Drain excess water out.

2. Add oil to small sized pot. When it’s hot, add whole cloves and cumin seeds. Fry for about ½ minute, until they become fragrant. Add to rice cooker carefully. Mix oil with uncooked rice.

3. Fill rice cooker with proper water amount to cook a cup of rice.

4. Add diced potato to rice cooker with water and rice.

5. Add spinach, peas and corn straight from freezer to rice cooker. Do not thaw. Add salt as desired.

6. Mix contents of rice cooker thoroughly. Cover. Turn the cooker on. Once the cooker says the rice is done, unplug the cooker. Remove rice bowl. Mix one last time. Add more salt, if desired. Serve.

Ginger Soup – Athrak Soup



This soup will warm you up on the inside, but it will bring your mouth alive, too. It's spicy! If you want less of a hot dish and more of a comfort dish, you can leave the chilies out. It is a quick recipe for an entrée or side.

Makes: 4 Servings

Cooking + Prep Time: 25 minutes

Ingredients:

For paste:

- 6 & ¾ fl. ounces of water, filtered
- 7 oz. of tomatoes, canned
- 3 garlic cloves
- 1 chopped chili, fresh
- 2 inches of chopped ginger, fresh

For masala:

- 1 tsp. of garam masala spice mix
- ½ tsp. of turmeric
- 1 tsp. of salt, kosher
- 1 tsp. of cumin seeds
- To garnish

- Julienned ginger, fresh
- 1 handful of chopped coriander, fresh

Ingredients:

1. Place garlic, chili and ginger in a blender and make a paste from them. Add water and tomatoes.

2. Heat oil in medium pan. Add the cumin seeds. Fry for several seconds until the seeds pop and give off their fragrance. Watch them closely, so they don’t burn.

3. Add paste gently and watch for it spitting. Bring to a boil. Reduce to simmer.

4. Add garam masala, turmeric and salt. Allow to simmer for several minutes. The consistency should be somewhat like a liquid. Adjust seasonings, as desired.

5. Remove mixture from heat. Stir in coriander. Top with ginger strips. Serve with roti, if you like.

Pickle & Mango Side - Kalyana Maanga



This side dish can be eaten when you originally make it, but it tastes even better if you allow it to rest for several hours. It is wonderfully used to accompany rice or the winter drink kanji. You can refrigerate it for a week or so.

Makes: 1-2 Servings

Cooking + Prep Time: 20 minutes

Ingredients:

- 1 mango, raw
- A pinch of turmeric powder
- 1 pinch of Fenugreek powder
- 2 tsp. of chili powder, red
- Salt, as desired

For seasoning

- A pinch of asafetida
- 2 tbsp. of oil, sesame

- 1 sprig of curry leaves
- 1 tsp. of mustard seeds

Ingredients:

1. Wash mango well. Wipe dry using a clean towel. Then cut in small pieces. Do not peel.

2. Add the chili powder, fenugreek powder, turmeric powder and salt to mango. Mix well. Taste and add any additional spices, if you prefer.

3. Heat oil in tempering (tadka) pan. Bring to smoking. Add the curry leaves, mustard seeds and asafetida. When the mustard seeds begin spluttering, they are ready to be poured on mango.

4. Mix mango and seeds well. Transfer to a clean, dry container. It can be served right away but tastes a bit better if it rests for an hour or so first.

Indians have many unique desserts – I’m sharing a few of the best with you…

Indian Pudding - Shahi Tukra



This dessert is rich, but still simple. It works great for large sized dinner parties or office parties, since you can multiply it easily to make even more. Most people prefer to eat it chilled, and you can add a couple drops of flower-water essence to the mixture, too.

Makes: 8 Servings

Cooking + Prep Time: 3 hours including 1 to 2 hours of chilling time

Ingredients:

- ¾ cup of sugar, granulated
- 5 tbsp. of milk, evaporated
- 8 bread slices, with crust removed and then cut into squares.
- 1 qt. oil to deep fry
- 1 & ¼ cups of milk, whole
- 2 tbsp. of pistachio nuts
- ¼ cup each cashews and sliced almonds
- 1 pinch of saffron
- 1 tsp. of cardamom, ground

Ingredients:

1. Heat oil in large pan to 350F. Fry bread squares until they have a golden-brown color. Drain on paper-towel lined plate.

2. Fry pistachios, cashews and almonds until lightly browned. Set them aside so they can cool. Chop.

3. Bring milk to low boil in separate pan on med-low. Continue to boil until milk volume is reduced by one half. Pour evaporated milk in pan. Add saffron, cardamom and sugar. Simmer for five to 10 minutes. Take off heat. Allow to completely cool.

4. Arrange fried bread squares in large, flat dish. Pour milk mixture over bread. Then scatter nuts on top. Chill in the fridge until fully cold. This takes one or two hours. Serve.

Kurmura Chikki



This traditional treat has been eaten for generations, and it's still as popular as ever. It has a puffy texture and a great crunch, too. The sugars add a complex and rich flavor to this puffed rice chikki.

Makes: 16 pieces

Cooking + Prep Time: 20 minutes

Ingredients:

- 1 tsp. of ghee (clarified butter)
- 2 cups of rice, puffed
- ½ cup of jaggery (brown sugar), crumbled

Ingredients:

1. Heat deep pan. Add puffed rice and then dry roast it on med. heat for about three minutes. Remove and set aside.

2. Heat ghee in same pan. Add jaggery. Combine and cook over med. heat for about three minutes. Stir while cooking.

3. Remove from heat. Add rice to ghee and combine well.

4. When mixture is done, place on a stone surface that is greased and smooth. Roll into an eight-inch circle with a rolling pin, also greased.

5. Cut into square pieces of 1 & ½" x 1 & ½" with a knife.

6. Allow them to fully cool and serve.

Indian Ice Cream – Kulfi



This is a delicious but simple recipe for unique ice cream. It gets wonderful reviews from kids as well as adults. If you want extra flavors, you can add ground pistachios or rose water.

Makes: 24 Servings

Cooking + Prep Time: 8 & 1/2 hours including 8 hours of freezing time

Ingredients:

- 4 slices of white bread, ripped into small pieces
- 1 x 16-oz. container of thawed, frozen whipped topping
- ½ tsp. of cardamom, ground
- 1 & ¼ cups each of sweetened condensed milk and evaporated milk

Ingredients:

1. Combined the whipped topping and two types of milk using a blender. Add pieces of bread and blend ‘til smooth.

2. Pour the mixture in a 13x9” baking dish. Sprinkle using cardamom. Freeze for a minimum of eight hours, or just leave it to freeze overnight. Serve chilled.

Sandesh



This dessert completes a meal more than almost any other in India. It is so easy to make. Since it is based on milk, it doesn't keep for long, but that never seems to be an issue, since everyone loves it.

Makes: 3 Servings

Cooking + Prep Time: 35 minutes

Ingredients:

- 6 thin-shredded almonds
- 6 tbsp. of sugar
- ½ cup of grated khoya (Indian dried milk dairy product)
- 5 & 1/3 oz. of paneer – cottage cheese
- 1 pinch of saffron, large
- 4 crushed cardamom, green

Ingredients:

1. Blend sugar, paneer and khoya together until the consistency is smooth. Mix in cardamom and sit in ½-inch thick layer.

2. Refrigerate the mixture until it has set. Cut into diamonds or squares to serve.

Indian Spiced Cake Balls – Roti Laddu



This is a buttery delight that is simple and quick to make. Small children are especially tempted by it. Jaggery (brown sugar) and ghee (clarified butter) mix with spices, kneaded into leftover roti bread, making a shaggy, rich dough that is pressed into easily munchable balls.

Makes: 6-7 Servings

Cooking + Prep Time: 20 minutes

Ingredients:

- 3 tbsp. of ghee (clarified butter), melted
- 5 x 7” roti bread, torn roughly
- 1 pinch of cardamom, ground
- 1 pinch of nutmeg, ground
- 1/3 cup of jaggery (brown sugar), crumbled
- Sea salt, coarse

Ingredients:

1. Combine nutmeg, cardamom, jaggery, ghee and roti in medium sized bowl. Knead and twist mixture by hand to tear it into smaller pieces. Ghee should begin to soak into roti.

2. When roti bread has broken down, and pieces are doughy and soft, taste and season as desired. Squeeze mixture and press it into five to seven balls – about the size of golf balls. Serve promptly.

Conclusion

This Indian-centric cookbook has shown you…

How to use different ingredients to affect sweet or spicy tastes in some Middle Eastern dishes you have heard of, and some you have probably not heard of.

So, what can you do now?

You can use the trick of great Indian cooks in planning ahead for your meals. You can make some parts of these recipes ahead of time, so the preparation time on the day of serving will be shorter. Stock your pantry with the staple foods that you will need in the weeks ahead, so you won't have to make trips to the grocery store when you want to make a specific meal.

Indian cuisine can be an interesting part of your cooking palette. These recipes will increase your knowledge about which type of ingredients will give you authentic Indian taste.

Have fun experimenting! Enjoy the results!

About the author

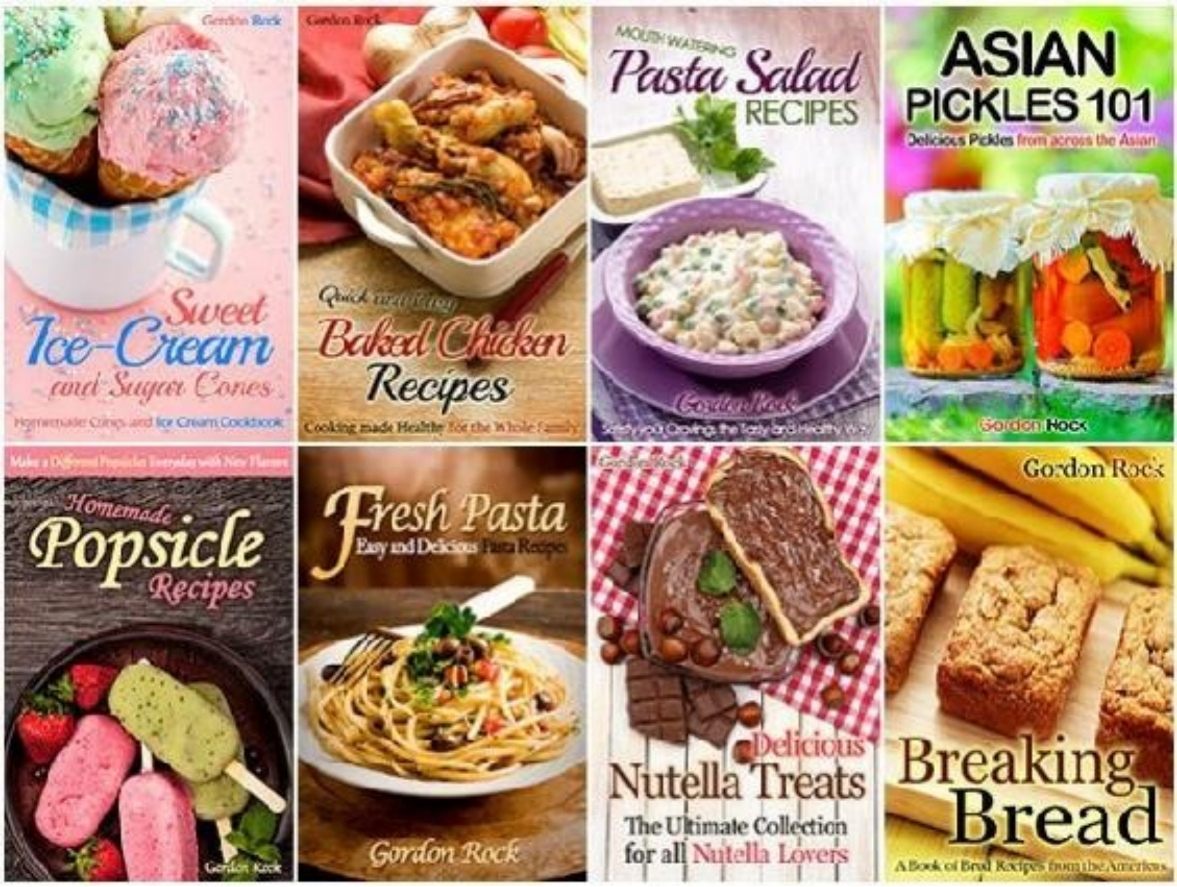


Gordon Rock is the author for hundreds of cookbooks on delicious meals that the 'average Joe' can attempt at home. Including, but definitely not limited to, the Amazon Prime bestseller "Smoking Meat: The Essential Guide to Real Barbecue".

Rock is also known for other well-known titles such as "Making Fresh Pasta", "Hot Sauce", "The Paleo Chocolate Lovers" and "Vegan Tacos", just to name a few.

Rock has been nominated for various awards and has recently been offered a 'Question & Answers' column in Food and Wine Magazine that will give him a greater medium to respond to all the queries readers may have after attempting his recipes. He has also been honored by the Institution of Culinary Excellence for his outstanding recipes.

Gordon Rock grew up in the outskirts of Los Angeles in California, where he graduated from the Culinary Institute of America with honors. He still resides there along with his wife and three kids. He operates a non - profit organization for aspiring cooks who are unable to finance their culinary education and spends practically all his spare time either in the kitchen or around his desk writing.



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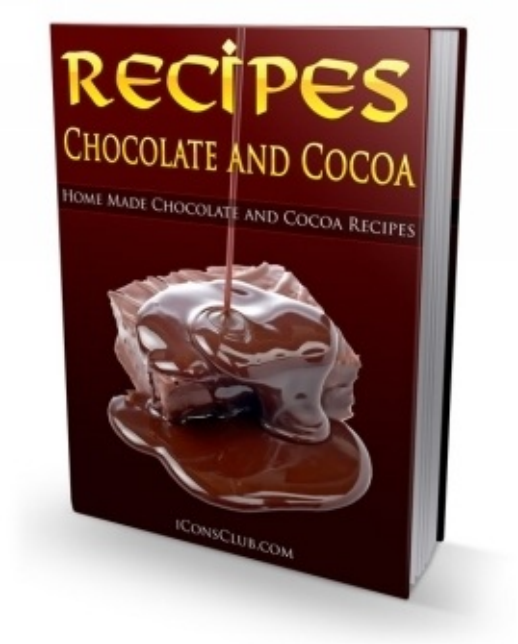

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Author's Afterthoughts



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