

India



Chicken Curry

North Indian Style

Ingredients:

1 lb Chicken - drumsticks, thighs
Breast piece
1 sm Carton Plain Yogurt
2 md Onions very finely chopped
4 tb Vegetable oil
2 Cloves
1/2 ts Mustard Powder
2 Pods Cardamom
1/2 ts Cumin powder
1 ts Garam Masala
1 ts Chilli Powder
1/2 Inch Ginger
4 Pods Garlic
1/3 ts Coriander Seeds
To taste Salt
1/2 ts Freshly ground pepper

NOTE: Garam masala is a blend of ground spices with many variations. It is available in Indian markets and at some supermarkets.

To substitute, mix 3/4 ts. ground cumin with 3/4 ts. ground coriander, 1/2 ts. pepper, 1/2 ts. ground cardamom, 1/4 ts. ground cloves, and 1/4 ts. ground cinnamon. Use 1/2 ts. of spice mixture for this recipe.

Directions:

Remove fat from the chicken.
Salt and pepper the chicken.
Sprinkle with chili powder.
Add yogurt and mix well till the chicken is covered liberally with yogurt.
Use your hands.
Set aside for 1 hour before cooking.
If kept in the refrigerator, set aside for at least 4 hours.

Heat oil in a large heavy pan.
When oil is hot, add mustard seeds if using mustard seeds.
Add cloves, cardamom, and coriander seeds.

Fry for 30 seconds.

Add the onion and fry for two minutes till onion begins to turn.

Lower heat to medium.

Add the ginger garlic paste and fry for 4 - 6 minutes.

Add mustard powder if using powder, add garam masala, add cumin powder.

Brush excess yogurt off the chicken and put in a large pot.

Add ingredients from frying pan.

Cook uncovered over high heat for 4 minutes.

Reduce heat to low and cover.

Cook for 25 minutes or till the chicken is tender, stirring every 5 minutes.

Important note: When chicken is cooked with a cover on the pot, it releases water that becomes a part of the sauce. If after 10 minutes, there isn't enough sauce in the pot, add 1/4 cup water. Conversely if there is too much liquid in the pot, cook uncovered till the liquid evaporates.

Easy East Indian Chicken & Tomatoes

Ingredients:

1/2 c Chopped onion
1/2 c Chopped green pepper
1/4 ts Garlic powder
1 ts Vegetable oil
2 c Skinned, cooked diced chicken
1/2 ts Salt
1/2 ts Pepper
1 1/2 ts Curry powder
28 oz Whole tomatoes, can
1 tb Worcestershire sauce
2 tb Chopped parsley
1/4 c Raisins
2 c Cooked rice

Directions:

Cook onion, pepper, garlic powder in oil until onion tender, about 3 min.
Add remaining ingredients, except rice, cook over low heat for 30 min.

Indian Spiced Beef & Vegetables

Ingredients:

1 1/2 lb Ground beef
1/2 ts Cumin seeds
1 lg Onion -- finely chopped
1/2 ts Ground coriander
1 1/2 c Tomato juice
1/2 ts Garam masala
1 c Frozen Peas -- thawed
1/2 ts Cayenne pepper
1 1/2 ts Salt
Freshly cooked rice
1/2 ts Ground cumin

Cook beef and onion in heavy large skillet over medium heat until meat is no longer pink, crumbling with fork, about 10 minutes.

Add all remaining ingredients, except rice.

Cover and cook 15 minutes.

Serve with rice.

East Indian Vegetable Casserole

Ingredients:

2 tb Butter or margarine
1 c Rice, long-grain, uncooked
3/4 c Celery, diagonally sliced
3/4 c Raisins, dark, plumped
1/4 ts Nutmeg, ground
2 Bouillon cubes, beef
1/2 c Nuts, chopped dry-roasted
3/4 c Onion, chopped
1 c Green pepper, coarse chopped
3/4 c Carrot, sliced
1/4 ts Cardamom, ground
1/4 ts Tabasco sauce
2 c Water, boiling
1 pk Mozzarella cheese, slice (8oz)

Directions:

Melt butter in a large saucepan; sauté onion until transparent.

Add rice; mix well.

Stir in green pepper, celery, carrot, raisins, cardamom, nutmeg and Tabasco sauce.

Dissolve bouillon cubes in boiling water; add to rice mixture.

Spoon mixture into a 2-quart casserole; cover tightly.

Bake in preheated 350°F. oven 30 minutes, or until all liquid is absorbed and vegetables are tender.

Remove from oven; sprinkle with nuts and arrange cheese slices over top.

Place under broiler 3 minutes, or until cheese melts.

Note: To plump raisins, drop into boiling water; let stand 5 minutes, then drain.

Indian Vegetable Curry Recipe

Ingredients:

1/4 c Veg Oil
1 pn Mustard seeds
1 1/2 ts Ginger, grated
1 lg Yellow onion, thinly sliced
2 ea Green chiles, seeded
2 1/2 ts Coriander, ground
2 1/2 ts Cumin, ground
1/4 ts Turmeric
1 sm Potato, cubed
2 ea Carrots, cubed
1 ea Eggplant, cubed
1/4 lb Green beans, chopped
2 ea Green bell peppers, chopped
2 ts Salt
1 pn Sugar
1 1/2 c Coconut milk
4 tb Cilantro, chopped
1/4 ts Paprika

Directions:

Heat oil in a large skillet over medium heat.
Fry mustard seeds until they pop.
Add ginger, onion, chiles; fry for 2 minutes.
Stirring constantly, add coriander, cumin, turmeric;
cook gently for a few seconds longer.

Add the vegetables and cook, stirring constantly, for 5 minutes.
Add salt, sugar and coconut milk.
Cover and cook gently for about 10 minutes, or until the vegetables are tender.
Mix in the cilantro and sprinkle with the paprika before serving.
Garnish with toasted coconut.

Spiced Beets & Carrots

Ingredients:

1 lb Beets (about 4 medium)
1 lb Carrots, sliced
2 tb Grated fresh gingerroot
1/2 c Brown sugar
1/2 c Orange juice
1/4 c Cider vinegar
Grated zest of 1 orange
1/2 ts Ground cinnamon
1/2 ts Mace

Directions:

Wash the beets well and cut off the leaves, leaving an inch or so of stem. Cover with cold water, bring to a boil and simmer, covered until tender, about 40 minutes. Drain and cover with cool or lukewarm water.

When cool enough to handle, slip off the skins.

Cut the beets into slices or chunks.

Peel and cut the carrots into slices or chunks, resembling the beets in size and style.

Steam or boil in lightly salted water about 5 minutes or until tender but not soft. Drain.

Combine the ginger, sugar, orange juice, vinegar, orange zest and spices in a saucepan and bring the mixture to a simmer.

Cook until thickened.

Simmer the cooked beets and carrots in this sauce for about 5 minutes.