

Menu

Appetizer

Vegetable Pakoras with Cilantro Chutney

Main Course

**Butter Chicken
Masala Brussels Sprouts
Naan**

Masala Chai

*All Indian spices listed in the following pages are available at Ambica at 91st
and Metcalf, or any Indian grocery store*

Vegetable Pakoras

Serves 6-8

2 cups of besan (gram flour, available in the Indian store, *Ambica*)
1 tsp of coriander powder
1/2 tsp of cumin powder
1/2 tsp of dried mango powder
Pinch of baking soda
Salt to taste
Cayenne pepper to taste
1 cup of water
2 tbsp of vegetable oil
1 medium to large potato, peeled and cubed into very small pieces
1 medium onion, peeled and chopped into small pieces
1 chopped jalapeno
3 tbsp of chopped cilantro
2 cups of vegetable oil (for frying)

Mix all of the dry ingredients. Add water and 3 tbsp of oil to form a pancake-like batter. Add onions, potatoes, jalapeno and cilantro.

Heat the 2 cups of oil in a wok or a deep pan. When oil is hot (but not smoking), drop a small spoonful of batter. If it floats to the top, the oil is ready for frying. Drop several spoonfuls of batter and fry on medium heat til golden brown. Drain and place on a paper towel to the side (to soak extra oil), and repeat with the rest of the batter.

Serve with cilantro and mint chutney.

Cilantro / Mint Chutney

Yields approx 1.5-2 cups of Chutney

3 cups chopped cilantro or mint (or both)
2/3 cup chopped onion
5 cloves of garlic
2 1/2 peeled, cored, and chopped green apple
1 green chilli
3/4 tsp sugar
1/3-1/2 cup olive oil
Salt to taste

Grind all of the above together in a blender to a fine paste.

Shelf life: 4-6 weeks (refrigerated) and up to 1 year in the freezer.

Butter Chicken

A rich chicken dish with Mughal influence

Serves 6

2 lbs chicken tenders

For the marinade:

6 cloves garlic
1.5-inch piece of ginger
1/2 cup chopped cilantro
1-2 jalapenos, chopped
1/4 tsp cayenne pepper
1/2 tsp salt
4 tsp strained yoghurt, or hung curd (see procedure)
Juice of 1/2 lemon
2 drops of red food coloring (paprika or turmeric may be used instead)
2 drops of yellow food coloring (paprika or turmeric may be used instead)
1/4 cup canola oil

For the sauce:

1/4 cup canola oil
1 medium onion, thinly sliced
1/2 tsp turmeric
1/2 tsp dry, powdered *kasuri methi* (a special Indian spinach, available at *Ambica*)
1/2 tsp *garam masala*
1 cup tomato purée
1 1/2 tsp sugar
1/4 tsp cayenne pepper
1/2 tsp salt
1/2 stick of butter
Less than 1/2 cup of whipping cream or half and half (I prefer using 1 cup of whole or 2% milk)

Hung curd or strained yoghurt can be made by putting the yoghurt in a strainer (for 2-3 hours) and letting the water drain out.

Cut chicken into 1-inch pieces, grind (blend) all of the *marinade* ingredients (including the first 1/4 cup of oil) and marinate the chicken for at least 24-48 hours.

Preheat the oven to 375°F, put the chicken pieces on skewers in the middle of the oven, and cook for 30-35 minutes in the oven. You may also do this on an outside grill.

When chicken has cooked, wrap the *chicken tikkas* in foil and set aside.

For the sauce, in a pan over medium heat, sauté the onion slices in oil til light to medium brown. Add turmeric, *kasuri methi*, *garam masala*, tomato purée, sugar and salt. Keep aside and cool. Purée in a blender to a smooth paste.

In the same pan, quickly melt the butter and add the *chicken tikkas*, taking care not to heat the butter too long, otherwise it will form a grainy emulsion. Add the onion/tomato purée and sauté for a minute to reheat and bring the flavors together. Add the cream and serve immediately.

N.B. *Chicken tikkas* can be cooked ahead, but the sauce must be made and served immediately.

Masala Brussels Sprouts

Brussel sprouts cooked with potatoes in a tangy spice mixture

Serves 6-8

1 lb brussel sprouts, hard stem cut off, each split in half
2 medium potatoes (e.g. Russet), peeled (optional) and cubed into 1-inch cubes
1/3 cup canola oil
1 tbsp cumin seeds
1 tsp cumin powder
2 tbsp coriander powder
2 tbsp *amchoor* powder (mango powder)
½ tsp cayenne pepper
Salt to taste

Heat oil on medium in a pan and add cumin seeds. When these begin to sizzle, take the pan off of the flame, then add cumin powder, coriander powder, *amchoor* powder, cayenne pepper, and the cubed potatoes. Place back on low heat, sauté, and keep the potatoes moving around the pan until they are golden-brown (or close to it) on all sides (about 7-8 minutes). The spices may blacken, but make sure they do not burn while cooking.

Add brussel sprouts and salt. Cook on medium heat uncovered til the potatoes and brussels sprouts are done (about 7-10 minutes). Some of the brussel sprouts will become crispy.

Serve hot as a side dish.

Masala Chai

Serves 4

4 cups of water
1 cinnamon stick
4 green cardamoms
4 cloves
¾ tsp of anise seeds
1/2" piece of ginger, peeled and thinly sliced (or 1/2 tsp of powdered ginger)
4 tea bags
1 cup of 2% milk

In a pan, boil all ingredients. Once the mixture starts to boil, turn heat to low, cover pan, and let simmer for 7-8 minutes.

Add sugar or sweetener and serve hot.

Alternative recipe:

Add 1/2 tsp of 'tea masala' to each prepared cup of tea (2 tsp total; available at all Indian stores)

Add sugar or sweetener and serve hot.