

School of Cooking

Martin's

Intro to Indian

Hosted by Chef George Albiez

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**Martin's Super Markets at Heritage Square
Mishawaka, Indiana**

Cucumber Raita

Ingredients

1 cucumber
2 1/2 cups plain yogurt
Salt to taste
3 tbsp fresh chopped cilantro
1/2 tsp garam masala (optional)

Instructions

Peel and seed cucumber and coarsely grate. Sprinkle with salt and allow to drain in a colander for 30 minutes. Squeeze out excess moisture. Add yogurt and stir well to combine. If adding garam masala, dry roast mixture in a small skillet for a few seconds and add to Raita and mix well. Garnish with chopped cilantro.

Ghee

Ingredients

1 lb (2 cups) unsalted butter

Instructions

Heat the butter in a pan, stirring until butter has melted. When the solids (whey) appear at the bottom and the clear part (ghee) is at the top, reduce heat to low. Continue stirring over a low heat until butter is lightly browned. Turn off heat and continue stirring to prevent butter from boiling over. Cool slightly. Strain through cheesecloth to capture solids. Discard residue. Keep covered until ready to use.

Yield: 2 Cups

Garam Masala

Ingredients

¼ cup cardamom pods

5 cinnamon sticks, broken into pieces

2 tbsp whole cloves

¼ whole nutmeg seed, finely grated

¼ cup black peppercorns

¼ cup caraway or cumin seeds

Instructions

Roast spices in a small heavy skillet, 4-5 minutes, stirring occasionally until they begin to darken in color and spices give off their aroma. Remove spices from pan and cool slightly. Transfer to a spice grinder or coffee grinder and grind to a fine powder. Store in an airtight container for up to six months.

Mango Chutney

Ingredients

3 ripe green mangoes
½ cup cider vinegar
½ cup light brown sugar
4-5 garlic cloves, sliced
½ inch piece ginger, thinly sliced
Salt and pepper (cayenne) to taste

Instructions

Peel and slice mangoes. Place mangoes and rest of ingredients into a large pot and simmer, stirring gently and occasionally, 30-40 minutes. Taste and adjust seasonings.

Yield: 1 pound

Chicken Masala

Ingredients:

1 chicken, cut up, skinned
pinch of saffron threads
1 tbsp hot milk
1 tbsp ground coriander
4 dried red chilies
4 pods cardamom
4 whole cloves
1/2 tsp black peppercorns
2/3 cup yellow split peas
4 tbsp *Ghee* or butter
3 tbsp shredded dried coconut
1 onion, thinly sliced
1 1/4 cups plain yogurt
5 cups water
1/4 cup blanched almonds, chopped

Instructions

Soak the saffron threads in the hot milk. Dry roast the spices and the split peas until lightly colored and grind them together in a grinder or processor. Heat half of the *ghee* in a large skillet and brown the chicken on all sides. Remove chicken from pan. Add remaining *ghee* and sauté the onions until lightly browned. Add the coconut and spice mixture and cook for 5 minutes. Return the chicken to the pan. Combine the water and yogurt. Pour over chicken and season to taste with salt and pepper. Cover tightly; cook until chicken is tender and sauce reduced. Pour in saffron/milk mixture and stir well to combine. Sprinkle almonds over for garnish. Serve with hot rice.
Yield: Six servings

Curried Lamb with Saffron

Ingredients

2 lbs lean lamb, cubed
3 cloves garlic, chopped
1 1/2-inch piece of fresh ginger, chopped
1/2 tsp ground cumin
1/4 tsp chili powder
1/4 tsp black pepper
pinch of ground cinnamon
6 tbsp oil
pinch of saffron
1 cup water
4 onions, sliced
1 tsp coriander
1 tbsp fresh cilantro
juice of one lemon

Instructions

Place the meat in a bowl and add the garlic, cumin, chili powder and pepper. Rub this mixture into the meat well. Stir the cinnamon and saffron into the oil, pour over meat. Mix well and marinate for three hours. Transfer the meat to a heavy pan or Dutch oven. Add water, bring to just a boil. Cover pot; reduce heat to a simmer and cook for about 30 minutes until meat is tender. Remove meat from the pot. Add onions and coriander; simmer until the onions are soft and the sauce is slightly thickened, 5-7 minutes. Return the meat to the pan, sprinkle with cilantro and return to a gentle simmer. Right before service add the lemon juice and stir to combine.
Yield: 6 servings

Masoor Dal

Ingredients

1 1/2 cups green lentils
1/2 tsp ground turmeric
1/2 tsp dry mustard
5 cups water
Salt
4 tbs oil or butter (*ghee*)
1 tsp cumin
1 small onion, finely chopped
1/2 tsp red chili (cayenne) pepper
1 8-oz can tomatoes
1 tbs lemon juice
1 tablespoon chopped fresh cilantro
1/2 teaspoon garam masala
1 small green chili, such as jalapeno, finely chopped

Instructions

Place the lentils, water, turmeric, mustard and salt into a large pot. Bring to a boil. Simmer for 20 minutes, skimming any impurities that rise to the surface. Heat the oil or ghee in a large skillet; add onion and cumin. Sauté until the onion begins to brown, 2-3 minutes. Add chili, tomatoes and lemon juice until most of the liquid has been absorbed. Add the cooked lentils, stir to mix and simmer for five minutes. Transfer mixture to serving platter; garnish with cilantro and serve warm.

Yield: 4-6 servings

Tandoori Prawns

Ingredients

1 lb shrimp (16-20), peeled and deveined
Juice of one lemon
2 cloves garlic, minced
Pinch of salt and pepper
1 tbsp minced or grated fresh ginger
1 tsp paprika
1 tsp garam masala
1 tsp cumin
1 tsp minced cilantro
1 tsp turmeric
3 tbsp plain yogurt
5 tbsp oil

Instructions

Season shrimp with lemon juice, salt and pepper. Puree remaining ingredients, except oil in processor or blender. Cover and refrigerate one hour. Heat oil in a wok or large saute pan and stir-fry the prawns and marinade until shrimp is cooked through, 2-3 minutes.

Yield: 4-6 servings

Na'an

Ingredients

2/3 cup hot milk
2 tsp extra fine sugar
2 tsp active dry yeast
3 ¾ cups flour
1 tsp salt
1 tsp baking powder
2 tbsp vegetable oil, plus more for bowl
2/3 cup plain yogurt
1 large egg, lightly beaten
melted butter, optional

Instructions

Put milk in a bowl. Add 1 teaspoon of the sugar and all of the yeast. Stir to mix and set aside until the yeast has dissolved and the mixture is frothy, 15-20 minutes. Sift the flour, salt and baking powder into a large bowl. Add the remaining 1 teaspoon of sugar, the yeast mixture, two tablespoons of vegetable oil, the yogurt and the egg. Mix and form into a ball of dough. Knead dough on a clean work surface until smooth and satiny, about 10 minutes. Form into a ball. Pour about ¼ teaspoon of oil into a large bowl. Roll dough around in bowl to coat it lightly. Cover with towel or plastic wrap. Set dough aside in a warm, dry place until dough has doubled in bulk, about 1 hour. Heat oven to 500°F and heat a heavy baking tray in the oven. Punch down the dough and lightly knead again. Divide into 6 balls. Keep 5 covered while you work with the 6th. Roll ball into tear-shaped na'an about 10 inches long and 5 inches wide. Remove the hot baking tray from the oven and slap na'an onto it. Return to oven for 4 minutes. Remove and brush with melted butter. Repeat with remaining loaves. Wrap in a clean kitchen towel to keep warm.

Yield: 6 loaves