Vegetable Poluv

**Ingredients:**
2 tbsp oil
1 tbsp ghee
1 onion sliced
1 cup Basmati rice, 200gms
2 cups of water
Salt to taste
5-6 cardamom pods
3-4 bay leaves
½ inch ginger
Shan Biryani Masala
Vegetable- Carrot and Patnai sweet peas ½ lb
Saffron (a pinch)

**Instructions:**

1) Stir fry vegetables separately in a little oil and keep aside.

2) In a large pan heat oil over medium heat and sauté onions till golden brown. Keep aside some onion for garnish.

3) To the rest add water and boil with bay leaves and cardamom and rice. Salt to taste in water.

4) When rice is done add Shan masala powder and stir fried vegetables.

5) Garnish with 1 tsp of ghee, green chilies and saffron.
Bengali beef Curry

**Ingredients:**
1kg/2 pounds of beef (medium size piece)
3-4 medium size potato cut into half and fried (optional)
3-4 onions, 6-8 green chilies / jalapenos
For marinating the beef
10 Garlic cloves
1 tsp. of Ginger and garlic paste
A pinch of turmeric powder
1/4 tsp. of red chili powder
Salt to taste
1 tbsp. of yogurt
3 bay leaves
4 whole cardamoms
1/2 tsp cumin powder
½ tsp. coriander powder
½ tsp. cumin seeds roasted and ground
½ cup of mustard oil

**Instructions:**

1) Marinate the beef with turmeric powder, salt, coriander powder, cumin powder, red pepper powder, yogurt and 1-2 tbs of mustard oil and the garlic /ginger paste. Let it sit there for 1-2 hrs.

2) Heat up heavy bottom pan, add 1-2 tbs of oil and fry the potatoes till brown on every side. Take out and keep aside.

3) Fry the onion until it gets golden brown, then add the marinated beef at this point, cook at medium heat for 20 min, (TIP- If the oil comes out by the side of pan, beef is fried well).

4) Add 1-2 cups of water (we want a thick gravy so don’t add much water)

5) Cook first on high flame and then lower the flame and cook till tender. We don’t want the gravy to be too dry.

6) Add potatoes and let it cool and sprinkle fresh chopped coriander leaves. Serve with rice of your choice
CHANA DAL WITH PUMPKIN

Ingredients:
1 lb chana dal
1 big onion
1 garlic bulb
2 tsp cumin
Ginger garlic paste
4 bay leaf
10 cardamom pods
2 green chilies
½ lb pieces of pumpkin

Instructions:

1) Soak the chana dal overnight which will help make it tender quickly during the cooking process.

2) Add double amount of water and boil the chana dal until each half of it gets tender

3) Fry chopped onion in oil. When it gets golden brown, add cumin, ginger garlic paste, cardamom and add pumpkin. Fry for about 10 mins and add the tender chana dal.

4) Add bay leaf and cardamom. Then add ground roasted cumin, Boil for 5 mins.

5) Garnish with chopped cilantro

In addition we will show you how to make alubokhara chatney and mango lassi.