**Eggplant Fry**

Prep time: 5 min  
Cook time: 10 mins  
Serves: 4

**Ingredients:**
- 2 long Japanese eggplant less than an inch sliced  
- Turmeric powder a pinch  
- Salt to taste  
- 1 tbs. Cooking oil  
- A pinch red chili  
- A pinch brown sugar

**Method:**
Rub salt, turmeric, red chili and brown sugar over each slice of eggplant.

Then deep fry or pan fry until it gets nice brown color.

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**Bengali Style Chicken Curry (MURGHIR JHOL)**

Prep time: 20 mins  
Cook time: 40 mins  
Serves: 8

**Ingredients:**
- 1 whole chicken (medium size) (cut into 16 pieces)  
- 1 medium size red onion (coarsely chopped)  
- 8 cloves garlic, slice each clove into 6 pieces  
- 1 teaspoon ginger garlic paste  
- 1/8 teaspoon turmeric powder  
- 1/8 teaspoon red chili powder  
- 4 bay leaves  
- 8 whole cardamom pods crushed  
- 1 teaspoon cumin powder  
- 1 teaspoon of curry powder  
- 1 teaspoon cumin seeds, roasted and ground  
- ½ cup oil (canola or any vegetable oil)  
- 1 bunch coriander leaf  
- 1 teaspoon curry powder  
- Salt to taste

**Method:**
- Rub turmeric powder on all cut pieces of chicken (just a pinch)

- Heat oil in a large sauté pan. Pan-fry chicken pieces until the chicken becomes golden brown. Remove chicken from the pan. Using the same pan, add red or purple chopped onion and sauté until brown and caramelized.
-Add garlic and fry for couple of mins. Add ginger and garlic paste, red chili powder, bay leaves, crushed cardamom pods, cumin powder, ground roasted cumin seeds, 1 teaspoon of curry powder and sauté for 5 mins.

-Add chicken back into the pan. Cook 5 more minutes. Add 1-2 cups water (we want a thick gravy/sauce so do not add too much water)

-Bring to a boil, reduce to a simmer. Cook until chicken is cooked and tender for about 10 minutes. Add fresh coriander leaves to garnish.

Served deliciously with rice, khichuri or bread!

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**Bhuna Khichuri**

**Prep time:** 20 mins  
**Cook time:** 40 mins  
**Serves:** 8  

**Ingredients:**  
- 2 cups Basmati Rice - washed  
- 1 cup moong dal – dry pan roasted, then washed  
- 1 tbs. ginger garlic paste  
- 4 large shallots – finely sliced  
- 4 to 6 green chilies  
- 1 bay leaf  
- 1 cinnamon stick  
- 3 cardamom pods  
- Salt to taste  
- ¼ cup oil  
- 2 tbs. Ghee  
- 5 cups hot water  

**Method:**  
Heat oil in saucepan. Fry shallots until golden brown. Add all spices, daal and rice. Fry for 2 to 3 minutes. Add hot water. Cook on high until water boils. Add salt. Lower heat to simmer; cook covered for 30 minutes (until rice is soft)

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**Jhal Muri**

**Prep time:** 20 mins  
**Cook time:** 5 mins  
**Serves:** 8  

**Ingredients:**  
- 3 cups of Puffed Rice – Muri  
- 1 cup of dark chickpeas – boiled  
- 1 cup of Chanachur / Bombay Mix  
- 2 tomatoes chopped  
- 2 shallots chopped  
- 4 green chilies chopped  
- 1 inch ginger chopped  
- 1 bunch of cilantro chopped  
- Juice of 1 lime  
- 3 tbs. mustard oil  
- Salt to taste  

**Method:**  
Combine lime juice, tomatoes, shallots, chilies, cilantro, ginger, salt and mustard oil well. Then add chanachur, chickpeas and puffed rice. Mix well, serve immediately.