

Bengali Cuisine

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.

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!

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)



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.

