

A BLEND OF CULTURES: INDIAN/PAKISTANI COOKING

HARA MOONG

Serves 5-6 people

Whole green lentils 1 cup
Garlic 2-3 cloves
Yogurt ½ cup
Oil as required
Salt to taste
Curry Leaves 6-7
Green Chilies as needed
Cumin seeds 1 tsp
Mustard seeds 1 tsp
1-2 Cloves
Coriander leaves as needed
Water as needed

Procedure:

Boil the lentils with salt in a big pot. Add yogurt, garlic, cloves, and green chilies to the boil lentils. Cook until the flavors blend. In a separate pan, heat oil. Add cumin and mustard seeds until they pop. Next add curry leaves. Add this to the boiling lentils. Turn the heat off and add coriander leaves. Serve with flat bread or rice.

GAJAR KA HALWA

Serves 10-12 people

Carrots 1 Kg [2.2 lb]
Milk 1 Liter
Ghee ¼ - ½ Kg
Sugar ½- ¾ Kg
Cardamom
Almonds, unsalted and chopped/sliced

Walnuts, unsalted and chopped
Pistachios, unsalted and chopped/sliced
Dried Figs, cut in small pieces
Raisins
Cashews, unsalted chopped

Procedure:

Grate carrots. Heat a big pot and add the carrots to it. Let the water evaporate. Then add the milk and sugar and cook until there is barely any liquid left. Next, add the ghee and cook for about 5-10 minutes. Turn the heat off and add cardamom, almonds, walnuts, pistachios, dried figs, raisins, and cashews.

*Quantity of nuts depends on your preference. Any nut can be omitted due to allergies.

CUMIN RICE

Serves 5-6 people

1 cup Basmati Rice
Salt as needed
1 teaspoon Cumin Seeds
½ teaspoon Black Pepper (Whole)
6 Cloves
4-5 small Cinnamon Sticks
Oil as needed
1-1 ½ cup Water as needed

Procedure:

Wash the basmati rice, and let it soak in water for 30 minutes. After 30 minutes, in a pan heat oil, and add cumin seeds, black pepper, cloves, and cinnamon sticks and let them pop. Once they stop popping, covering the pan, add water. Caution: cover the pan while adding water! Bring the water to a boil and add the rice. Cook the rice on high heat until almost all the water has evaporated. Then reduce the heat to as low as possible, cover the pan, and cook for another 5-10 minutes. Serve hot with any curry.