

VEGAN INDIAN

SWEET POTATO ROTI

<http://veganlovlie.com/sweet-potato-flatbread-no-added-oil>

Ingredients (6 flatbreads)

1 cup all-purpose flour

1 cup sweet potato, mashed and hot (reheat if using leftover sweet potatoes)

More flour for dusting as required

Instructions

1. Steam or boil the sweet potatoes until they are very soft. Check with a fork to see if they are cooked and then, take them out of the pan.
2. Allow them to cool for a couple of minutes but try to peel them while they are still quite hot. We need them to be hot or at least warm in this recipe.
3. Use a fork if it helps to peel them while they are hot. Then mash the sweet potatoes. If you are using leftover sweet potatoes, reheat them until they are hot before using them in this recipe.
4. In a mixing bowl, add one cup of all purpose flour. Add in the mashed sweet potato. Start by mixing with a fork as the sweet potato will be too hot to handle at this stage.
5. Once the mixture is okay to handle, continue the mixing with your hand and work the mixture until a dough is formed. Once the dough is formed, do not overwork it as it may start to get sticky and then you will need to add more flour which will result in a hard roti.
6. Flour the work surface and place the dough on it. Roll it into a thick log. Then cut the log into 6 equal portions.
7. Keep a bowl of flour close by. Dust your hands with a little flour and take one piece of dough. Roll it in between your palms into a ball then lightly flatten it. Dip the ball into the bowl of flour and cover it with flour on both sides. Now lightly flatten the edge of the ball with your thumb and first finger. This will help keep its round shape when we roll it out.
8. Set the floured ball aside or place it back into the mixing bowl. Do the same for the rest of the pieces.
9. Take one ball and place on the work surface or board. Begin to roll it out. Turn it on the other side and continue to roll out by applying even pressure so that the roti can rotate on itself to create a nice round shape. Flour the roti if you need to but not too much as this may result in a hard flatbread. Roll out until the roti is about 2 mm thick.
10. Meanwhile, heat a tawa, skillet or crepe pan on medium heat. When the pan is hot, place the roti on it and allow it to cook for 20 to 30 seconds. Then flip the roti at 30 second intervals. When the roti starts to bubble, leave it to cook for a little longer than 30 seconds before flipping. The bubbles mean that the hot air is cooking it from the inside too. Cook the roti for a total of two to two and a half minutes.
11. Store the roti in a container or plate lined with a clean tea towel. Always keep the rotis covered with the tea towel to keep them soft. This will also prevent them from getting soggy with the steam in the container.
12. Now repeat for the rest of the rotis.

Split-Mung Dal

Used extensively in soups, stews, and sauces in Indian vegetarian cuisine, split mung beans are rich in vegetable protein, iron, and B vitamins. When you combine *dal* with a food that has a complimentary protein (grains, seeds, nuts, or milk products), the usable protein in the *dal* increases dramatically. Serve this simple purée like soup as an entrée to a western-type meal or serve it as part of a traditional Indian meal such as *Sautéed Rice with Poppy Seeds*, *North Indian Curried Cauliflower and Potatoes*, *Griddle-Baked Bread*, *Mixed Vegetable and Yogurt Salad*, *Creamy Condensed-Milk Rice Pudding*, and *Lemon, Mint, and Whey Nectar*.

PREPARATION TIME: 10 minutes

COOKING TIME: about 1 hour

YIELD: enough for 4 persons

1 cup (250 ml) split mung dal
(without skins)

6 cups (1.5 litres) water

½ teaspoon (2 ml) turmeric

1 teaspoon (5 ml) ground coriander

2 teaspoons (10 ml) minced
fresh ginger

1 teaspoon (5 ml) fresh hot
green chili, minced

2 tablespoons (40 ml) ghee or oil

1½ teaspoons (7 ml) cumin seeds

¼ teaspoon (1 ml) yellow
asafoetida powder

1 teaspoon (5 ml) salt

2 tablespoons (40 ml) chopped fresh
parsley or coriander

1. Wash, and drain the split mung beans.

2. Place the mung beans, water, turmeric, ground coriander, minced ginger, and chili in a heavy 3-litre/quart saucepan and, stirring occasionally, bring to a full boil over high heat. Reduce the heat to moderately low, cover with a lid, and boil for one

hour or until the beans become soft.

3. Heat the *ghee* or oil over moderate heat in a small pan. Sauté the cumin seeds in the hot oil until they turn brown; then add the asafoetida powder and sauté momentarily. Pour the seasonings into the *dal*. Add the salt and remove the soup from the heat, allowing the spices to soak for a few minutes. Add the minced fresh herbs and stir well. Serve hot.

Pumpkin and Potatoes, Marwari-Style ✓

This popular vegetable dish from Rajasthan, northern India, is quick and easy to prepare and full-bodied in flavour with varieties of hot and sweet spicy flavours. Serve it with hot *Rajasthani Spicy Dal-Stuffed Breads* or *Puffed Fried Breads*.

PREPARATION AND COOKING

TIME: 20 to 30 minutes

YIELD: enough for 6 to 8 persons

3 tablespoons (60 ml) ghee or oil

½ teaspoon (2 ml) black
mustard seeds

1 teaspoon (5 ml) kalonji
(nigella) seeds if available

one 5 cm (2-inch) cinnamon stick
seeds from 2 cardamom pods

2 whole cloves

2 bay leaves

½ teaspoon (2 ml) fenugreek seeds

2 tablespoons (40 ml) yogurt

¼ teaspoon (1 ml) yellow
asafoetida powder

1 teaspoon (5 ml) ground coriander

1 teaspoon (5 ml) ground cumin

1 teaspoon (5 ml) chili powder

½ teaspoon (2 ml) turmeric

450 g (1 pound) potatoes (about 4
cups), peeled and cut into 1.25 cm
(½-inch) cubes

450 g (1 pound) pumpkin (about 4
cups), peeled and cut into 1.5 cm
(¾-inch) cubes

⅔ cup (165 ml) water

1 teaspoon (5 ml) lemon juice

½ teaspoon (2 ml) sugar

1½ teaspoons (7 ml) salt

1. Heat the *ghee* or oil in a heavy 4-litre/quart saucepan over moderate heat. When the *ghee* is hot, add the mustard seeds, *kalonji* seeds, cinnamon stick, cardamom seeds, cloves, and bay leaves. Sauté the spices until the mustard seeds crackle. Add the fenugreek seeds and sauté until they darken a few shades.

2. Add the yogurt, asafoetida, coriander, cumin, chili, and turmeric and stir-fry for 1 minute. Add the potatoes, pumpkin, and water. Cover and cook on a medium heat for 15 minutes or until the vegetables are tender. Add a little hot water if the vegetables start to stick. Add the lemon juice, sugar, and salt and serve hot.