

Imagining India: Spicy and Sweet

MANGO LASSI

Prep time: 10 minutes

Yield: about 2 cups

Ingredients:

- 1 cup plain yogurt
- 1/2 cup milk
- 1 cup canned mango pulp
- 4 teaspoons honey or sugar, more or less to taste
- A dash of ground cardamom (optional)
- Ice

Directions:

Put mango, yogurt, milk, sugar and cardamom into a blender and blend for 2 minutes.

If you want a more milkshake consistency and it's a hot day, either blend in some ice as well or serve over ice cubes.

Sprinkle with a tiny pinch of ground cardamom to serve.

Recipe taken from http://www.simplyrecipes.com/recipes/mango_lassi/

BANANA FRITTERS

Prep Time: 10 minutes

Ingredients:

- 2 cup refined flour (Maida)
- 1 tbsp rice flour
- 1 tsp corn flour
- 4 ripe plantains
- 4 tbsp sugar
- a pinch of salt
- oil for frying
- 1 tsp fried sesame seeds
- water



Directions:

Cut plantains in half, then cut each half into two.

In a blender, add the different flours, sugar, salt, and enough water to make the batter a thick consistency.

Pour batter into a large bowl.

Add fried sesame seeds and mix evenly.

If batter isn't sweet enough for your preference, add more sugar.

Dip each plantain slice into the batter and then fry in hot oil. If the oil is too hot, the plantain will burn.

Fry both sides until a crisp golden brown, then take the plantains out of the oil and lay on a plate lined with a paper towel to absorb excess oil.

Recipe taken from <https://curryworld.me/2008/04/04/pazhamporiethapazham-porichathubanana-fritters/>

Image taken from <http://recipes.goodlinksindia.com/wp-content/uploads/2013/07/banana-fry.jpg>

INDIAN CAULIFLOWER AND CHICKPEA CURRY

Prep Time: 15 minutes

Ingredients:

- 2 teaspoons olive oil
- 1 onion, finely chopped
- 2 tablespoons medium-hot curry paste (such as rogan josh)
- 400g can chopped tomatoes
- 1 1/2 cups (375ml) Massel vegetable liquid stock
- 1/2 large cauliflower (about 500g), trimmed, cut into florets
- 400g can chickpeas, rinsed, drained
- 200g frozen peas
- 2 cups steamed Basmati rice
- 1 tablespoon chopped coriander leaves
- 4 tablespoons (1/3 cup) low-fat natural yoghurt
- Salt, to season

Directions:

Heat oil in a large saucepan over medium heat. Add onion and cook, stirring, for 5 minutes or until soft. Add curry paste and cook, stirring, for 1-2 minutes until fragrant. Stir in the tomatoes and stock, then bring to a boil. Reduce heat to medium-low and simmer for 2 minutes.

Add cauliflower and chickpeas, simmer for 5 minutes. Add the peas and simmer for a further 3 minutes or until all the vegetables are just tender. Season to taste with salt and pepper.

Stir the coriander into the yoghurt. Serve the curry on rice, topped with a spoonful of the coriander yoghurt.

MIXED VEGETABLE PAKORAS

Prep Time: 25 minutes

Ingredients:

- 1 large onion chopped into fine slices
- 1 cup cauliflower cut into very small pieces
- 1 cup packed spinach roughly chopped
- 1 cup cabbage thinly sliced
- 2 green chilies finely chopped adjust to taste
- 1-1/2 cups besan (gram flour)
- 3 teaspoons oil
- 1 tablespoon coriander coarsely ground
- 1 tablespoon fennel seeds coarsely ground
- 1/8 teaspoon asafetida powder
- 1/2 teaspoon red chili powder
- 1/4 teaspoon garam masala
- 1-1/2 teaspoons salt
- Oil to fry



Directions:

Combine all the dry ingredients, besan, coriander, fennel, red pepper, salt, and asafetida in a bowl. Mix it well.

Add cauliflower, onion, spinach, cabbage, and green chilies and oil into dry mix, mix it well keep aside for about ten minutes. When you are ready to fry pakoras if mix is too dry add as needed 1 or 2 spoons of water to make texture of soft dough.

Heat at least one inch of oil in a frying pan over medium high heat. To test, put one drop of batter in the oil. The batter should come up and not change color instantly.

Place about two tablespoons of mix holding with your fingers into the oil. Do not overlap the pakoras.

Fry the pakoras in small batches; after you turn the pakoras one time press the pakoras lightly.

This will take five to six minutes per batch. Fry the pakoras, turning occasionally, until both sides are golden brown.

Repeat this process for the remaining batches.

The crispy, delicious pakoras are now ready to serve.

Tips

- If the oil is too hot the pakoras will not be crisp; if the oil is not hot enough, the pakoras will be greasy.

Recipe and image taken from <http://www.manjulaskitchen.com/mixed-vegetable-pakorasi/>