

BENGALI CURRIES & MORE

Polou with ghee (clarified butter), coconut milk and cardamom

Ingredients:

4 cups of water
2 cups Basmati (or Jasmine) rice
1 tbsp ghee
2 tsp of oil
1 onion sliced
1 stick of cinnamon
5 pods of cardamom
6 pods of black pepper
6 crushed cashew nut
4 cloves
½ can of coconut milk
2 bay leaves
1 tbsp of raisin
4 green chili
1 tsp fresh lime juice
A pinch of salt
1 tsp of rose water
A pinch of sugar

Directions:

In hot oil, fry onion until it is golden brown, then add raisin and fry for about a minute. Set it aside.

In a 3 quart-pot, bring water to boil. Wash basmati rice and fry in oil in a separate pan for at least 5 mins in medium heat and then add double amount of boiled water and allow to boil for 5 mins. Then cover pan and turn the heat to low for 5 mins.

Finally, add ghee and lime juice to make the rice flavorful. This will give it a nice texture, as well.

Chicken Curry

Ingredients:

1 medium size chicken (cut into 10 to 12 pieces)
1 onion chopped
6 garlic cloves, dry roasted and then sliced
A pinch of turmeric
A pinch of red chili
1 tsp of ground cumin
1 tsp of ginger paste
1 tsp of roasted and ground cumin
¼ tsp of crushed cardamom
2 tbsp of cooking oil
Salt to taste
1/ bunch of chopped cilantro

Directions:

Marinate chicken with all of the spices for 1 hour.

Fry onion in oil until it is golden brown. Then, add marinated chicken and cook for 7 mins on high heat. When spices seem to be fried and the oil is separated from the spices, turn heat to low and allow them to cook for 10 mins. When meat becomes tender, add a little water to make it a thick curry.

This is delicious chicken curry!

Chickpea Curry

This is a very good option for vegans. It has a unique salty and sour taste and can be eaten alone, with rice or naan.

Ingredients:

1 cup canned chickpeas
(garbanzo beans)
/kabuli chana
1 onion, chopped
2 clove of garlic sliced
1 small can of tomato
paste
1/2 tsp whole cumin seeds
toasted and then
ground
Additional 1/2 tsp ground
cumin
A pinch turmeric powder
A pinch red chili powder
1/2 tsp ginger paste
2 red potato, boiled and
mashed
2 tbsp tamarind juice
Brown sugar or sugar, a
pinch
Salt to taste
1/2 bunch cilantro, finely
chopped
1 lime, sliced

Directions:

Heat oil in a deep frying pan, add onion and sauté until it becomes translucent. Then, add garlic slices and fry them until they are golden brown.

Add ginger paste and sauté for 1 min.

Add tomato paste, remaining spices, brown sugar and salt. Cook until oil begins to separate.

Add mashed potatoes and chickpeas. Cook on high heat for 3-4 mins. Lower heat and simmer for 2-3 mins.

Garnish with cilantro and tamarind juice

Mango Lassi

Ingredients:

1 can of mango pulp
1 tub of plain Yogurt
1 tub of water
6 leaves of mint
1 tbsp of lime juice
1 tbsp of brown sugar
A pinch of salt

Blend all together