



INDIAN CHINESE

Dr Eusebio Pires

Lorna Sundberg International Center

University of Virginia

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Indian Chinese cuisine is an **ADAPTATION** and not a fusion of Chinese seasoning and cooking techniques to Indian taste. The Indian Chinese cuisine is said to have been developed by a small Chinese community that has migrated and lived in Kolkata (formerly Calcutta) for over a century. Today, this Chinese fast food has become an integral part of the Indian culinary scene. Foods tend to be flavored with spices such as cumin, coriander seeds, and turmeric, which with a few regional exceptions. Hot chilli, ginger, garlic and yogurt are also frequently used in dishes. This makes Indian Chinese food similar in taste to many ethnic dishes in Southeast Asian countries such as Singapore and Malaysia, which have strong Chinese and Indian cultural influences. Non-staple dishes are by default served with generous helpings of gravy, although they can also be ordered "dry" or "without gravy". Culinary styles often seen in Indian Chinese fairs which include chilli (implying hot and batter-fried), Manchurian (implying a sweet and salty brown sauce), and Szechwan (or Sichuan in Indian Chinese cooking implying a spicy red sauce). These correspond only loosely, if at all, with authentic Chinese food preparation. This cuisine is prepared fresh and recommended to serve hot as made.

Chicken Manchurian



- **Ingredients to marinate:**
 - 1 kg chicken pieces
 - 1tbsp tomato sauce (optional)
 - 1 tbsp red chilli sauce
 - 1 tbsp soya sauce
 - ½ tsp turmeric powder
 - 1 tsp lemon juice or vinegar
 - Sugar and salt to taste
- **Ingredients for batter:**
 - 4 tbsp corn flour, water
 - 2 eggs
 - Salt to taste
 - Oil to fry
- **Ingredients for Manchurian sauce:**
 - 2 onions sliced well
 - 1.5 tsp garlic
 - 1 tsp ginger
 - 3-4 green chillies
 - 1 tbsp soya sauce
 - 1 tbsp Sugar, vinegar
 - ¼ tsp Pepper powder
 - Chopped fresh coriander leaves
 - Oil to cook.
- **Method:**
 - Marinate the chicken for at least 30-60mins.
 - Prepare the batter and set aside.
 - Dip chicken in the batter lightly and start deep frying till it turns crispy. Do this on a high flame.
 - In a wok/pan, add oil. Stir fry the onions transparent and then add ginger-garlic, green chillies. Flash the pan with soya sauce. Add in the chicken and let it cook for 2-3mins. Keep aside.
 - In a sauce pan, add 1 cup water and pepper powder. Let sugar melt then add soya sauce, vinegar and tomato sauce (optional). Mix well. Cook for 5 mins, add the chicken pieces and then add ¼ cup of corn flour paste. Let cook on high for few mins till you see the sauce separating lightly from the pan. Garnish with fresh coriander leaves and serve with noodles.

Schezwan Potato fry



• Ingredients and method:

– Wash 3 large potatoes and cut them as wedges with skin on. Add ½ tsp turmeric and salt and sprinkle 2 -3 tbsp corn flour powder and deep fry till done and crispy on high flame.

–In a wok add the following: 1 tsp oil, 3 dry red seedless chilly, 8-10 fresh crushed peppercorns, 6-8 cloves garlic slit thin, 1 tsp red chilli paste, 1 tsp soya sauce, ½ tsp sugar, salt to taste. Fry for a min and then add a little corn starch/flour water to sauté.

–Let boil and then add fried potatoes. Let sauce dry well.

–When done add 1 tsp vinegar and garnish well with green spring onions.



Hakka noodles



• Ingredients:

- 2 cups Flat Egg Noodles boiled, strained
- Chicken shredded (optional)
- 1 tbsp of Garlic Ginger shreds
- 3 dry red Chillies
- 2 Spring Onion / green onions
- ½ cup green bell peppers/ Capsicums (julienne)
- ¼ Cabbage and 1 big carrot, thin long cuts
- ½ tsp Vinegar, 1 ½ tbsp soya sauce
- 2 eggs beaten, fried and kept aside
- 1 ½ tbsp Oil
- 1 small Onion chopped long and thin
- Salt to taste

• Method:

–Heat oil in a pan, add chili, chopped onion and garlic ginger shreds and fry for a minute.

–Fry the chopped carrot and cabbage. Add vinegar and soya sauce and mix it well. Add the capsicum and let cook slightly. Add the beaten fried eggs.

–Now add the boiled and strained noodles and salt (to taste) and mix well.

–Put the chopped spring onion right at the end and switch off the wok. You want those spring onions nice and crunchy. Garnish with shredded chicken if needed. Serve with Manchurian.





Chilli Paneer

- **Ingredients:**

- ½ kg paneer or Indian cottage cheese
- 1 cup corn starch made in water
- 1 tbsp red chilli sauce/paste
- 8-10 garlic cloves slit well
- 3-4 long green chillies, slit
- ½ tsp cumin seeds
- 2 tbsp soya sauce
- 1 tsp vinegar
- 1 tsp black pepper powder
- 1 large red onion chopped in cubes
- Assorted bell peppers chopped in cubes
- 3 sprigs of green onions (use bulb for frying, stalk for garnishing)
- Salt to taste
- Oil to fry

- **Method:**

- Cut the paneer block into 1X2 inch cubes. Dip in corn starch and shallow fry in oil and keep aside.
- In a wok, add oil and add garlic and fry well.
- Now add the green slit chillies and sauté for a bit. Do not burn. Add cumin seeds.
- Add red onions, green onion bulbs and bell peppers and fry till then just soften but not mushy.
- Add soya sauce, vinegar and a little water. Cook on a medium flame till a boil.
- Add salt to taste.
- Add fried paneer and let cook on high for few mins till you see the sauce separating lightly from the pan. Garnish with lots of green onions stalks. **Serve hot...**

Groceries for this class were shopped from Indian Bazaar on Rio road, Kroger, Asian Market