

Indian Cooking Class Recipe List: Spring 2009
with Ajay Chandra

Special Ingredients:

Most things will be available at the grocery store (i.e. Kroger) but we got most of the spices and special ingredients at the Indian Bazaar located at 722 Rio Road West, Charlottesville, VA 22901 US. Their web site is: <http://www.indian--bazar.com/>

Raita



Ingredients

- 1 container Plain Yogurt (32 oz/2lbs)
- 1 cucumber, peeled & diced
- 1 yellow onion, finely chopped
- Appx. 2 tablespoons ginger, diced
- Roasted cumin seeds
- Salt

Directions

- Add a little vegetable oil to a pan and roast the cumin seeds
- Combine yogurt, cucumber, onion, ginger, and spices
- Serve cold

Basamati Rice



Prepare as per the instructions on the bag, either in a rice cooker or pot, whatever your preference

Chicken Curry



Ingredients

- Boneless, skinless chicken breast, cubed
- A few heaping tablespoons ginger garlic paste
- Turmeric
- Chili powder
- Garam masala
- Coriander
- Vegetable oil
- 2 onions, sliced
- Cilantro, chopped

Directions

- In a large bowl combine ginger garlic paste, spices (except garam masala and coriander) and chicken
- Add vegetable oil to a sauté pan
- Add onions
- Add chicken
- When the chicken is done cooking add garam masala, coriander and cilantro
- Serve

Mango Lassi



Ingredients

- 2 containers Plain Yogurt (32 oz/2lbs)
- 1 can Mango Pulp (30oz/1lb)
- ½ - 1 c milk
- Sugar to taste
- Mango cut into chunks (optional)
- Mint for garnish (optional)

Directions

- In a blender add yogurt, mango pulp, milk, sugar and blend till smooth
- Serve and enjoy!

