

INDIAN FLAVORS

Moong Dal

Serves 6-8 people

Ingredients

1 cup Split skinned mung lentils / moong dal	1 Medium Onion, chopped
1 finely chopped Tomato/ ½ cup Tomato Puree	1 ½ teaspoon Garlic, finely chopped or paste
2 long thin Green chilies half slit	1 teaspoon Ginger, finely chopped or paste
½ cup chopped Coriander leaves	1 teaspoon Cumin seeds
1 teaspoon Turmeric Powder	1 teaspoon Mustard Seeds
½ teaspoon Red Chili Powder	2 Cloves
Salt as required	A pinch of Fenugreek Seeds
Oil as required	A pinch of Asafetida
4-5 Curry leaves	3 cups Water

Procedure

Boil the dal with salt in a pressure cooker. After the 2nd whistle blows, turn the heat off and let it cool.

Open the pressure cooker, and turn the heat on again. Keep the heat low. Add turmeric, tomatoes/tomato puree, green chilies, and red chili powder. Continue cooking on very low heat and keep mixing to prevent it from sticking to the base.

In a separate pan, heat the oil. Then, add cumin seeds, cloves, mustard seeds, fenugreek seeds, and asafetida. Let the seeds roast and pop. Then add curry leaves, onions, ginger, and garlic. Stir fry them until golden brown. Add this to the boiling dal and cook it for another 5 minutes. Turn the stove off and add the coriander leaves.

Serve with rice or chapatti.

Spiced Cabbage

Serves 6-7 people

Ingredients

1 medium Cabbage, thinly sliced
3 medium Onions, thinly sliced
3 Green Chilies, halved
2 medium Tomatoes, finely chopped
1 teaspoon Turmeric Powder

½ teaspoon Red Chili Powder
1 teaspoon Cumin Seeds
½ teaspoon Mustard Seeds
Salt to taste
Oil as required
½ cup Coriander Leaves, finely chopped

Procedure

Heat oil in a pan. Add cumin seeds and mustard seeds and let them pop. Add green chilies and simmer them for a minute. Add the onions and fry them until golden brown. Now, add tomatoes, salt, turmeric powder, and red chili powder and cook until you can see oil separating. Now add the cabbage and mix thoroughly. Cover and cook for 10-15 minutes. Keep checking and mixing to prevent the cabbage from sticking to the base of the pan. Cook until the cabbage is really tender. Turn the stove off, add the chopped coriander leaves and serve with chapatti or naan.

Cumin Rice

Serves 5-6 people

Ingredients

1 cup Basmati Rice
Salt as needed
1 teaspoon Cumin Seeds
½ teaspoon Whole Black Pepper

6 Cloves
4-5 small Cinnamon Sticks
Oil as needed
1-1 ½ cup Water as needed

Procedure

Wash the basmati rice, and let it soak in water for 30 minutes. After 30 minutes, in a pan heat oil, and add cumin seeds, black pepper, cloves, and cinnamon sticks and let them pop. Once they stop popping, covering the pan, add water. Caution: cover the pan while adding water! Bring the water to a boil and add the rice. Cook the rice on high heat until almost all the water has evaporated. Then reduce the heat to as low as possible, cover the pan, and cook for another 5-10 minutes. Serve hot with any curry.