

## Mughlai Paratha

### **Ingredients:**

1 Big cup maida / All-purpose flour

2 Eggs

1 Small purple onion chopped

2 Green chilies chopped

½ cup Chopped cilantro

Vegetable or Olive oil

A pinch ground black pepper

A pinch baking powder

1/2 lb Ground beef

½ tsp Ginger and garlic paste

½ tsp Roasted ground cumin

Salt according to your taste

### **Directions:**

In a small bowl beat two eggs with a pinch of salt, pinch of cumin powder, black pepper, onions, and green chili.

Put some oil in a frying pan and fry some chopped onion until it is golden brown. Then add ground beef, cumin, ginger, garlic paste, a bit of salt, and turmeric

To the flour add some salt and pinch of baking powder and oil and knead until dough is soft. Divide into 2 parts and soak in oil and roll out each to about 8-10 inch round, then put one table spoon of beaten egg over the piece of roti. Then add 1 tablespoon of ground cooked meat and spread it over the roti and fold in a particular fashion. Deep fry in oil until it gets crispy and golden brown color.

It is a really delicious snack!

## **Mango Chutney**

### **Ingredients:**

3 small or 2 large sour green mangoes (about 1 pound), cut into small pieces salt to taste

2 to 4 garlic cloves, peeled chopped

1 inch piece of fresh ginger, peeled, and finely chopped

2 tablespoons of brown sugar

1/4 cup golden raisins

A pinch of ground turmeric

4 dried chilies

3 tablespoons mustard or olive oil

½ teaspoon black mustard seed

Tamarind - a little piece

#### **Directions**

Boil mangoes until they get tender

Then place 3 tbsp of olive or mustard oil in a pan and fry them until they become golden brown.

Add dried chili and mustard seed and stir for few seconds. Then combine the mango and other ingredients together.

Brown sugar and tamarind

## Aloo Bhaji - Potatoes Fried w/spices

## **Ingredients**:

4 big red potato, chopped into small cubes

1 cup sweet pea

2 onions freshly chopped

1 tsp ginger grated

2 green chilies finely chopped

¼ tsp punch phoron

A pinch of turmeric powder

Salt to taste

2 tbsp of oil

½ cup chopped cilantro (coriander) leaves

#### **Directions:**

Heat a frying pan and put oil in it. When it gets warm, add chopped onion. Fry them until they get golden brown. Then add punch phoron. It will release a nice smell.

Add chopped potato, salt, and turmeric. Toss them until they get tender. Then add some fried sweet pea. Garnish with cilantro.

# Tea with garam masala