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Recipes contributed by Ranjana Raut and Devashish Agarwal

**MATAR PANEER**  
Serves:  4-6

Preparation time: 30 mins 

Ingredients:  
4 Tbsp. oil  
1 big onion  
1 tsp. ginger garlic paste  
1 tsp. coriander powder   
1 tsp. cumin powder  
1 tsp. red chili powder  
1 tsp. turmeric powder  
2 tomatoes   
1/2 tsp. garam masala powder  
1/4 cup cream  
1 cup paneer   
1/4 cup green peas  
Dried fenugreek leaves(optional)  
Salt to taste  
   
Method:

1) Heat up oil in a pan. Add onion and sauté until light golden in color.  
2) Add ginger garlic paste. Mix and cook for one minute.  
3) Add coriander powder and cumin powder. Mix and cook for 2 minutes.  
4) Add tomato, red chili powder, and turmeric powder. Mix and cook until oil separates from the spices.  
5) Add water and adjust the gravy according to the desired thickness. Add salt to taste.  
6) Sauté paneer in a pan with 1 tsp. oil until it is golden brown on both sides.  
7) Add paneer and green peas to gravy. Mix, cover and cook for 5 minutes.  
8) Add garam masala, cream, and dried fenugreek leaves. Stir and serve hot.

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**TOMATO RICE**

Ingredients:  
1 cup basmati rice  
1/2 tsp. cumin seeds  
2 bay leaves  
1 onion sliced  
1 tsp. ginger garlic paste  
1 tsp. red chili powder  
1 tsp. turmeric powder  
1 tsp. garam masala powder  
2 tomatoes finely chopped  
1 potato diced into cubes  
salt as per taste

2 cups water.

Method:   
1)Wash rice thoroughly and soak it in water for 30 mins.  
2) Heat oil in a pressure cooker. Once oil is hot, add cumin seeds and bay leaves. Then add sliced onions and sauté till it’s translucent.  
3) Add ginger garlic paste and fry it for a minute.  
4) Add red chili powder, turmeric powder, and garam masala. Then add tomatoes and fry for another minute.

5) Add potatoes, soaked rice and water and pressure cook it until 2 whistles.

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**RAITA**

Ingredients:

1/2 tomato chopped

1 cucumber peeled and chopped

Salt to taste

1 tsp. sugar

Method:

1) Remove excess moisture from the yogurt. Then add salt and sugar and whisk until creamy.

2) Add chopped tomatoes and cucumbers. Mix.

Plain yogurt