Cooking around the World: India (3/2/15)

Recipes from Ranjana Raut

**CHICKEN DRY or SUKKA CHICKEN**

INGREDIENTS:

1 tsp cumin seeds

1 tbsp coriander seeds

8-9 cloves

1 big cinnamon stick

10 peppercorns

2 red whole dried chilies

2 red onions, diced

4-5 garlic cloves

1-inch piece of ginger

salt

1 lb boneless chicken, cut into small pieces

1 big green bell pepper, diced

Cilantro leaves

METHOD:

Dry roast all the spices and chilly in a non-stick pan (do not add oil). Roast till the spices impart aroma in the air. In a blender combine the onions + garlic + ginger + the roasted spice mixture. Grind to a fine paste adding little water. Add salt. Marinade the chicken with this masala for about 3-4 hours.

Heat oil in a non-stick pan. When the oil heats up add the chicken and the remaining masala. Cover and cook on low flame for 20 min. Add bell pepper at the very end and simmer for 5 mins. Garnish with cilantro leaves.

**DAL FRY**

INGREDIENTS:

1 cup Split Pigeon Pea (Toor dal/ Arhar dal)

1/2 cup Split yellow gram (Chana dal)

2 Tomatoes chopped

Oil/ Ghee

1 tbsp cumin seeds

8-10 curry leaves

1 onion, finely chopped

1 pinch of Hing/Asafoetida

5-6 garlic cloves, finely chopped

1-inch ginger piece, finely chopped

1 tsp turmeric

1 tsp chili powder

1 tsp garam masala powder

Salt

Cilantro leaves

METHOD:

Wash both the dals and soak in water for 30mins. Pressure-cook both the dals along with 2 chopped tomatoes in a pressure cooker. (You can also cook the dal on the stove, but it will take a little longer.)

Heat oil/ghee in a non-stick pan and add cumin seeds. Once it starts to splutter, add curry leaves + onions + asafoetida and fry it for 5 min. Then add chopped garlic and ginger and fry it for another 2 min. Add turmeric, chili, garam masala powder, and salt and cook until oil starts separating.

Now add the cooked dal mixture into this and let it boil for another 5 min. Adjust the consistency of dal by adding water. Finally garnish it with cilantro leaves and serve hot.

**VEGETABLE PULAO**

INGREDIENTS:

1 cup Basmati rice

1/2 cup cauliflower florets

1 medium carrot, cubed

6-8 green beans

1/4 cup green peas

2 tsp oil/ghee

2 bay leaves

3-4 green cardamoms

1-inch cinnamon stick

1 tsp cumin seeds

7-8 black peppercorns

3-4 cloves

Salt to taste

METHOD:

Soak the Basmati rice in water, then boil it with 2 cups of water and keep aside until rice is done. (You can also use a rice cooker.)

Put some water in a pan and add chopped vegetables (cauliflower florets, carrots, green beans and green peas). Parboil all the vegetables and keep aside. Heat 2 tbsp of oil/ghee in another deep non-stick-pan. Add bay leaves + cardamoms + cinnamon stick + cumin seeds + peppercorns + cloves. Once the cumin seeds splutter, add parboiled vegetables and salt. Add rice and mix gently. Cover and cook for 5 min.