



Plain Rice (Bhat)

Ingredients

- 2 cups rice (Basmati or Long grain preferred)
- 4 cups (1 lt) water
- 1 tsp butter (optional)

Directions

- Wash rice and soak for 5 minutes.
- Boil the rice over medium heat for about 10 -15 minutes. Stir once thoroughly. Add butter to give it taste as well as make it soft and fluffy.
- Turn the heat to low and cook, covered, for 5 more minutes until done



Lentils (Dal)

Ingredients

- 1½ cups lentil (any kind)
- 4 to 5 cups of water (depends preference of your consistency of liquid)
- ½ tsp turmeric
- 1 tsp garlic, minced
- 6 tbsp clarified butter (ghee)
- ¾ cup sliced onions
- 2 chillies (dried red chillies preferred) (depends on your preference)
- Salt to taste

Options

- ¼ tsp (pinch) asafetida
- ¼ tsp (pinch) jimbu
- 1 tbsp fresh ginger paste

Directions

- Wash lentils and soak lentil for 10 minutes.
- Remove anything that float on the surface after it and drain extra water.
- Add drained lentils in fresh water and bring to a boil again. Add all spices.
- Reduce the heat and simmer, covered, for 20 to 30 minutes until lentils are soft and the consistency is similar to that of porridge.
- In a small pan heat the remaining of butter and fry the onions, chillies and garlic.
- Stir into the lentils few minutes before you stop boiling. Serve with rice.



Vegetable curry

Ingredients

- In a saucepan
- 3 onions, sliced thin
- 3 cloves garlic, minced
- 1 ts ground coriander
- 1 ts ground turmeric
- 1/2 ts ground cumin
- 1/4 ts dry mustard
- 1/8 ts (+-) cayenne
- 6 cups potatoes, unpeeled, scrubbed and diced
- 1 ts peanut oil for flavor
- 4 1/2 c broccoli, cauliflower or cabbage, chopped
- salt and pepper to taste
- 2 tomatoes
- 1 ts curry powder

Directions

- Cover and simmer until all veggies are tender. Serve over rice.



Chicken curry

Ingredients

- 2 lbs. chicken, skinned, boned, and cut into 1.5-in. cubes
- 3 cups onion, chopped
- 2 cups yogurt
- 2 cups chicken stock
- 5 cloves
- 5 cardamom, bruised
- 1 in. cinnamon stick
- 2 bay leaves
- 1 tablespoon garlic, minced
- 1 tablespoon ginger, minced
- 1 teaspoon turmeric
- 1 tablespoon cumin powder
- 1 tablespoon coriander powder
- 1 teaspoon chili powder
- 1 teaspoon fresh ground pepper
- 1/4 teaspoon nutmeg, grated
- 4 tablespoons mustard oil
- salt to taste
- 2 tablespoons chopped cilantro for garnish



Chicken curry

Directions

- ❑ In large bowl, combine chicken pieces, pepper, turmeric, and salt; toss well. In a non-stick saucepan, heat oil. To the hot oil, add cloves, cardamom, cinnamon, and bay leaves; fry for 30 sec. Add chopped onions, and fry until brown. Put garlic and ginger into the onion mixture; fry for 30 sec. To this mixture, add cumin, coriander, chili powder, and grated nutmeg. Mix them well for a minute or so on low heat. Increase the heat to medium, and transfer chicken pieces into the spice mixture; stir well to brown. Add yogurt, chicken stock to the browned Chicken. Lower the heat to low and let simmer until chicken pieces are tender and the sauce has thickened up to a desired consistency, about 35-45 min.
- ❑ When cooked, turn off the heat and add chopped cilantro to garnish. Serve hot with rice.



Aaloo achar (Potato Salad)

Ingredients

- 1 lb potatoes, peeled, cubed
- 3 ounces sesame seeds
- 4 large hot green chili peppers
- 2 garlic cloves
- 1 teaspoon minced ginger
- 1 tablespoon fresh cilantro, minced
- Juice of 4 lemons
- salt
- 2 tablespoons mustard oil or vegetable oil
- 1 teaspoon fenugreek seeds
- lettuce leaves, as needed

Directions

- Boil potatoes until tender; drain and set aside.
- Toast sesame seeds in a hot oven until fragrant and lightly colored.
- Cool then grind in food processor with hot chilies, garlic, ginger and cilantro.
- Add lemon juice and salt.
- Mix sesame seed paste with warm potatoes and toss lightly.
- Sauté fenugreek seeds in oil; pour over salad and mix lightly.
- Serve on a bed of lettuce leaves.