



Paklish Cooking 101

**By Marsha Marie
and Family**

Pakistani Family Recipes with
an American Twist

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A Cookbook and Mini-Memoir

**PAKLISH COOKING 101: PAKISTANI FAMILY RECIPES
WITH AN AMERICAN TWIST**

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By Marsha Marie

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This is a work of nonfiction.

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Dedication:

This book is dedicated to the lovely Pakistani women in my life:

Firstly, my mother-in-law.

Thank you for teaching me to cook nearly as good as you.

Secondly, my sisters-in-law.

Thank you taking such incredible care of me when I needed it most.

Thirdly, my daughter.

Thank you for being *my* “*Little Mommy*” when I need it now.

And lastly, my soon-to-be daughter-in-law.

I’m trusting you to feed my son—and *my grandbabies*—well.

(I wish someone had given me an owner’s manual for my son’s appetite when *he* was born. LOL)

The secret ingredient is always
love.

A special note from the author:



Hello Beloved Readers.

THANK YOU FOR TAKING interest in my family's cookbook—*Paklish Cooking 101: Pakistani Family Recipes with an American Twist: A Cookbook and Mini-Memoir*.

My love of Pakistani food started in the early 1990's. It was then that our family began a new life in a quaint farming village of Punjab, Pakistan; we stayed there for a remarkable *14 years*. During that time, I learned what it was like to live and cook as a true Pakistani village chef. Taught by my darling mother-in-law, things like kneading dough, prepping meat, cleaning vegetables, mixing spices and cooking on open flames became second nature to me. I feel so blessed to have learned so much from her about life, and about Pakistan's delightful cuisine. I couldn't have asked for a more authentic scenery for what turned out to be a 14-year *life-changing-cooking-class*.



1. Me with my new family in Punjab, Pakistan. 1991

IN THIS BOOK, JUST to give you a glimpse of what it was like for me, I'll briefly share a few interesting facts of what it is like to be a vil-

lage chef. After that, I will be listing out exciting Pakistani recipes of which I inevitably adopted as my own. Taught by my mother-in-law on an open fire pit, these timeless recipes have an indisputable historical significance in that region, and now with my family, too.

I sincerely hope that you enjoy this peek into my world and my kitchen. From my family to yours; happy cooking!

Marsha “Yasmine” Marie

June 14, 2018



2. Me and my mother-in-law cooking outside.....again.

Paklish Cooking 101



Fun Facts About Cooking in a Village



The Cuisine:

1. Pakistani food is simply delicious. The necessary elements in any Pakistani chef's repertoire would be pickles (*chutney*), fried snacks (*pakora*), spicy rice (*biryani*), vegi-stuffed-pastry-puffs (*gol gappa*), stews/curries (*saloan*) and bread (*roti*).
 - a. Proteins depend on the region of the country. Some of the most popular proteins are chicken, beef, lamb, goat and camel.
 - b. Spices are a must. Franky without them, food would just be plain boring.
 - i. Most spices are kept in a wooden spice box. The rest are stored in old tin cans or recycled plastic bottles. The spices include: curry powder, whole coriander, red pepper, salt, garam masala, methi, and black salt.
 - c. Fresh vegetables are always available. If they are accidentally forgotten at the store, the chef would just send a child to run out into the field next door and bring some home. (Keeping in mind of course, that they are not to bring any more than they could carry, or else the owner of the land would be furious.)
 - i. Most popular veggies are: potatoes, tomatoes, purple onions, coriander leaves, cabbage, cauliflower, squash, peas and spinach.
 - d. Many homes have their own source of milk; be it from cow or goat, fresh milk is everywhere!
 - e. Sweet dishes are always popular, especially during celebrations.

- f. In summary, a common grocery list would look like this: chicken, beef, cow brain, flour, biscuits, sugar, tomatoes, onions, garlic, ginger, coriander leaves, potatoes, lintels, cucumbers, fruit, melba toast, biscuit, sugar, loose leaf tea, buttermilk, gee, and yoghurt.
2. Water is either drawn from the well or pumped by hand. Faucets are only now becoming the fashion.
 3. Wheat is cleaned the old-fashioned way: by sifting and winnowing in front of a fan. It's then kept in a huge cylinder drum and guarded by the eldest woman of the family. Only the amount needed will be sent to the mill for grinding.
 4. Most village homes have at least one chicken for fresh eggs; the more chickens they have—the more eggs they have.
Simple math really.



3. *Me learning how to build a fireplace with bricks and mud. 1991*

The Preparation:

1. Most cooking is done on an open fire using cow dung, twigs and wood chips.
 - a. Fireplaces are usually made of dirt and brick; they are made into U-shaped forms called *chulha*.
 - b. For easy fire-starting, there is always an old Pepsi bottle, half-filled with kerosene oil handy. Drench the cow-patty with the oil, light it up, and you are ready to go.
 - c. Preparing to cook takes a lot of work; for example, carrying the firewood and enduring harsh weather outside year-round; one must be heat resistant and patient.
2. Silver and clay dishes (*paanday*) alike are a vital part of every kitchen.
 - a. On clay pots, dirt is smeared on the bottom after each washing; not only to make it easier to clean the soot, but to help prevent clay pots from cracking during cooking.
 - i. To wash the dirt away, an old sock, a bar of soap and some sand is used. They wet and scrub in circular motion and the dirty soot washes away like magic.
 - b. Moms are always ready for the *traveling junk man* (or *panday valla*) when he comes down the alley way. The family's collection of old plastic shoes, old silver dishes, and useless metal pieces are weighed and traded in for a new silver pot or clay tea bowls.
3. The oven (*tandoor*) is the heart of bread cooking.

- a. The items needed for cooking the bread are the prepared dough, water, firewood and leaves. (This is also a great time for some woman chat sessions.)
- b. You can always identify a woman that cooks bread regularly, by the burn marks on her forearm. (I created a forearm cover to protect my arms, but I still got burned.)



4. My mother-in-law kneading the dough.

The Chefs:

1. Women rule most home kitchens; but men rule the bazaar eateries.
 - a. Certain skills around the kitchen are a must.
 - i. Dough is better kneaded on the ground while squatting down. I guess this allows more muscle power to be used; easier to throw your weight into it.
 - ii. Chefs must be able to open any oil tin can with a knife and heavy-duty pestle (*curtila*). (I never saw one can opener while I was there.)
 - iii. Highly-skilled meat cutters use a huge kitchen knife and their foot to cut meat. This frees up both hands for holding the meat. *Quite ingenious really.*
 - iv. Huge chunks of ice are easily broken into pieces when wrapped by the woman's scarf and slammed on the foot post of the bed or directly on the ground.
 - v. And just to note here, *morning cooking shows* on TV give great fodder for family cooking. (Our personal favorite morning cooking show is *Morning Masala* on PTV One. Some of the shows are in English and can be found online.)
 - b. Fashion is never neglected, even with village female chefs; they have braided hair extensions (*paranda*), henna tattoos (*mendi*), and plastic flip-flops (*chuple*).

- i. Most woman ting-ting with the sound of gold or glass bangles—regardless their age.
 - ii. Elder women of the homes tend to keep the refrigerator keys tied to the end of her braid extension for safe keeping.
 - iii. And, if money is suddenly needed to buy some cookies; well, grandma has that hidden under her shirt in a hand-made pocket that has been sewn onto her undershirt.
- c. Etiquette is a social necessity: a good hostess will always chirp to her guests: Eat! Eat! Drink! Drink! (*Khana! Khana! Peena! Peena!*)
- d. Socializing happens everywhere; over the wall, at the oven, on the horse and buggy (*tonga*); women love to talk.
- i. Interestingly enough, the most fought about topics for women are, children, cooking and dishes.
- e. Charity is also very important to the home chef; food is readily handed out to anyone asking for it at the front gate.



Figure 5. Tradition silver teapots



The Basics



RECIPE

Cuisine Stock Mix (Masala)

(USED AS A BASE IN MOST Pakistani dishes, this base masala mix will get you started on nearly 80% of Pakistani dishes. Compatible for nearly every protein and vegetable.)



Ready in **10-12 minutes** (including veggie prep)

Ingredients

(Based on serving size of 4 adults and can be adjusted as needed.)

- 2 small thickly diced tomatoes
- 1 coarsely chopped onion (preferably purple or brown)
- 2 finely diced green chili peppers (choose your favorite green pepper!)
- 1 clove minced garlic

- pinch of salt (note: season to taste as you cook the full dish.)
- 3 tablespoons oil
- ½ teaspoon red pepper
- ½ teaspoon turmeric powder
- ½ teaspoon coriander powder (bottled or freshly ground)
- ½ handful of fresh coriander leaves (if available)
- 1 chopped green onion (if available)

Preparation

1. **Heat up some oil in a saucepan or pot.**
2. **Add onions and fresh coriander leaves; sauté until light brown (slowly add more oil if desired; but be cautious not to make it too oily).**
3. **Add garlic and sauté until light brown (be careful not to burn the garlic).**
4. **Add spices and stir.**
5. **Add rest of ingredients and simmer until the tomatoes have cooked to slightly soft; stirring occasionally.**

Tips

Make sure to not overcook, as you will be most likely be adding other meat and vegetables in.

RECIPE

Spicy Mix (Garam Masala)



GARAM MASALA IS AN amazing part of Pakistani cuisine. It is a special blend of ground spices that can add an authentic twist to almost any meal.

Ingredients

- 1 tablespoon ground cumin
- 1 ½ teaspoons ground coriander
- 1 ½ teaspoons ground cardamom
- 1 ½ teaspoons ground black pepper
- 1 teaspoon ground cinnamon
- ½ teaspoon ground cloves
- ½ teaspoon ground nutmeg

Preparation

1. **Mix cumin, coriander, cardamom, pepper, cinnamon, cloves, and nutmeg in a bowl.**
2. **Place mix in an airtight container, and store in a cool, dry place.**

Tips

Garam masala can be sprinkled on top of nearly any dish or added to rice just to give it an amazing aroma.

(For this and other incredible ready-made spice mixes, check your local Asian Market, or order online thru the various online stores.)

RECIPE

Yoghurt Condiment (Raita)

RAITA IS A DELIGHTFUL part of any meal. Whether you put some on the side of the dish or right on top; you just can't go wrong with raita.

Ready in **10-12 minutes**

Ingredients

(Based on serving size of 4 adults and can be adjusted as needed.)

- 1 green pepper
- 1 cucumber (optional)
- ½ onion
- ½ cup of yoghurt
- Dash of cumin
- Dash of coriander
- Dash of red pepper powder
- Dash of salt

Preparation

1. Add green pepper and onion to the blender and puree.
2. Pour puree into a mixing bowl.

3. Add yoghurt and spices.
4. Gently mix with spoon. (Should have a thick consistency.)



Tips

Best served cold.

RECIPE

Cucumber Yoghurt (Raita)

ANOTHER YOGHURT CONDIMENT that is light and refreshing. Very popular with all types of rice dishes because the watery consistency makes it so easy to cover more of the rice at one time.



Ready in **10-12 minutes**

Ingredients

(Based on serving size of 4 adults and can be adjusted as needed.)

- 1 green pepper
- 1 finely diced cucumber
- ½ cup of yoghurt
- Dash of cumin
- Dash of coriander

- Dash of salt
- 1 cup of water

Preparation

1. **Mix all ingredients together in a mixing bowl.**
2. **Gently mix with spoon. (Should have a very watery consistency.)**



Tips

Best served cold.



Meats





RECIPE Minced Meat and Peas (Keema Mutter)

READY IN **30 minutes**

Serves **4 people**

Ingredients

- stock masala mix
- 2 small thickly diced tomatoes
- 1 coarsely chopped onion (preferably purple or brown)
- 2 finely diced green chili peppers (choose your favorite green pepper!)
- 1 clove minced garlic
- pinch of salt (note: season to taste as you cook the full dish.)
- 3 tablespoons oil
- ½ teaspoon red pepper

- ½ teaspoon turmeric powder
- ½ teaspoon coriander powder (bottled or freshly ground)
- ½ handful of fresh coriander leaves (if available)
- 1 chopped green onion (if available)
- 1 lb. ground meat (beef, lamb or turkey)
- 15 oz. of peas

Preparation

1. **Prepare stock masala mix in hot pan.**
 - a. **Heat up some oil in a saucepan or pot.**
 - b. **Add onions and fresh coriander leaves; sauté until light brown (slowly add more oil if desired; but be cautious not to make it too oily).**
 - c. **Add garlic and sauté until light brown (be careful not to burn the garlic).**
 - d. **Add spices and stir.**
 - e. **Add rest of ingredients and simmer until the tomatoes have cooked to slightly soft; stirring occasionally.**
2. **Add ground meat, stirring occasionally, and cook until it breaks apart.**
3. **Add peas and a small amount of water just to let the peas cook. Add more water as desired. Cook until peas are tender.**
4. **Season with salt to taste.**

Tips

Variations: Potatoes can also be diced and added a few minutes before the peas.

Great served with all types of rice, quinoa, flatbread or corn cakes.

Don't forget your favorite condiments: like sautéed onions, achar, chutney, plain yoghurt or raita.

Leftovers make excellent stock for white rice.

RECIPE

Chicken Stew (Kookeri)



READY IN 30 minutes

Serves 4 people

Ingredients

- stock masala mix
- 2 small thickly diced tomatoes
- 1 coarsely chopped onion (preferably purple or brown)
- 2 finely diced green chili peppers (choose your favorite green pepper!)
- 1 clove minced garlic
- pinch of salt (note: season to taste as you cook the full dish.)
- 3 tablespoons oil
- ½ teaspoon red pepper

- ½ teaspoon turmeric powder
- ½ teaspoon coriander powder (bottled or freshly ground)
- ½ handful of fresh coriander leaves (if available)
- 1 chopped green onion (if available)
- 1-2 pounds of washed, cut-up chicken pieces (regular or boneless)

Preparation

- 1. Prepare stock masala mix in hot pan.**
 - a. Heat up some oil in a saucepan or pot.**
 - b. Add onions and fresh coriander leaves; sauté until light brown (slowly add more oil if desired; but be cautious not to make it too oily).**
 - c. Add garlic and sauté until light brown (be careful not to burn the garlic).**
 - d. Add spices and stir.**
 - e. Add rest of ingredients and simmer until the tomatoes have cooked to slightly soft; stirring occasionally.**
- 2. Add chicken.**
- 3. Simmer until chicken is thoroughly cooked.**
- 4. Season with salt to taste.**
- 5. Sprinkle top of pan with garam masala before serving.**

Tips

Serve in bowls or plates.

Best served with all types of rice, quinoa, flatbread or corn cakes.

Don't forget your favorite condiments: like sautéed onions, achar, chutney, plain yoghurt or raita.



RECIPE Beef Stew with Pickled Mangos (Achar Gosht)

READY IN 30 minutes

Serves 4 people

Ingredients

- 1-2 lbs. of diced beef or lamb
- 2 small chopped tomatoes
- 1 finely diced onion (preferably purple, but any will do)
- 2 chopped green chili peppers
- 1 clove of minced garlic
- pinch of salt
- 3 tablespoons oil
- ½ teaspoon red pepper

- ½ teaspoon turmeric powder
- ½ teaspoon coriander powder (bottled or freshly ground)
- ½ handful of fresh coriander leaves (if available)
- 1 chopped green onion (if available)
- 1 tablespoon of mango/carrot achar (Pakistani pickle)
- 2-3 medium sized diced potatoes (optional)

Preparation

1. **Add washed meat into a pan with water two inches above the meat.**
2. **Add rest of ingredients. Spoon mix.**
3. **Let simmer until meat is tender.**
4. ****If adding potatoes, add them once the meat is about half done, then stir occasionally.**
5. **Sprinkle generously the garam masala before serving.**
6. **Season with salt to taste.**

Tips

Serve in cups, bowls or plates.

Great served with all types of rice, quinoa, flatbread or corn cakes.

Don't forget your favorite condiments: like sautéed onions, achar, chutney, plain yoghurt or raita.

RECIPE

Firm Stewed Rice (Pilau)

PILAU IS A DELICIOUS variety for cooking rice with chicken and beef stews right inside of it; the rice absorbs all the meat's flavor and it's super simple to make. (Use this recipe with any of the meat stew dishes in this chapter.)

Ready in **10-12 minutes**

INGREDIENTS (Based on serving size of 4 adults and can be adjusted as needed.)

- Prepared stew (chicken or beef) (as mentioned in the few recipes before)
- 2 cups of washed Basmati rice
- 3 cups of water
- Dash of salt

Preparation

1. **Once your chicken or beef stew is complete, add the water and bring to a boil.**
2. **Add the rice and let simmer.**
3. **Leave the lid off the pot until you see the waterline disappear, then cover tightly and put on low heat until**

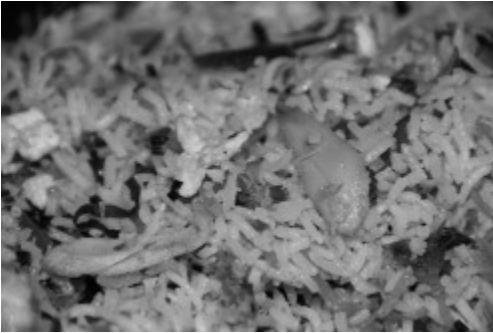
done.

Tips

Serve in cups, bowls or plates.

Can be served with flatbread or corn cakes.

Don't forget your favorite condiments: like sautéed onions, achar, chutney, plain yoghurt or raita.



RECIPE

Scrambled Eggs (Unda)



READY IN **30 minutes**

Serves **4 people**

Ingredients

- stock masala mix
- 2 small thickly diced tomatoes
- 1 coarsely chopped onion (preferably purple or brown)
- 2 finely diced green chili peppers (choose your favorite green pepper!)
- 1 clove minced garlic
- pinch of salt (note: season to taste as you cook the full dish.)
- 3 tablespoons oil
- ½ teaspoon red pepper

- ½ teaspoon turmeric powder
- ½ teaspoon coriander powder (bottled or freshly ground)
- ½ handful of fresh coriander leaves (if available)
- 1 chopped green onion (if available)
- 5-8 whole eggs

Preparation

1. **Prepare stock masala mix in hot pan.**
 - a. **Heat up some oil in a saucepan or pot.**
 - b. **Add onions and fresh coriander leaves; sauté until light brown (slowly add more oil if desired; but be cautious not to make it too oily).**
 - c. **Add garlic and sauté until light brown (be careful not to burn the garlic).**
 - d. **Add spices and stir.**
 - e. **Add rest of ingredients and simmer until the tomatoes have cooked to slightly soft; stirring occasionally.**
2. **Fold in the eggs on low heat.**
3. **Lightly chop and fold every few minutes until egg is thoroughly cooked.**
4. **Season with salt to taste.**

Tips

Serve in bowls or plates.

Great served with all types of rice, quinoa, flatbread or corn cakes; but best when served with fresh prata or toast.

Don't forget your favorite condiments: like sautéed onions, achar, chutney, plain yoghurt or raita.

RECIPE

Liver (Kaledgi)

READY IN **30 minutes**

Serves **4 people**

Ingredients

- stock masala mix
- 2 small thickly diced tomatoes
- 1 coarsely chopped onion (preferably purple or brown)
- 2 finely diced green chili peppers (choose your favorite green pepper!)
- 1 clove minced garlic
- pinch of salt (note: season to taste as you cook the full dish.)
- 3 tablespoons oil
- ½ teaspoon red pepper
- ½ teaspoon turmeric powder
- ½ teaspoon coriander powder (bottled or freshly ground)
- ½ handful of fresh coriander leaves (if available)
- 1 chopped green onion (if available)

- 1 – 1 ½ pounds of diced beef liver

Preparation

1. **Prepare stock masala mix in hot pan.**
 - a. **Heat up some oil in a saucepan or pot.**
 - b. **Add onions and fresh coriander leaves; sauté until light brown (slowly add more oil if desired; but be cautious not to make it too oily).**
 - c. **Add garlic and sauté until light brown (be careful not to burn the garlic).**
 - d. **Add spices and stir.**
 - e. **Add rest of ingredients and simmer until the tomatoes have cooked to slightly soft; stirring occasionally.**
2. **Add liver. Simmer until a matte brown color.**
3. **Season with salt to taste.**

Tips

Serve in bowls or plates.

Great served with all types of rice, quinoa, flatbread or corn cakes.

Don't forget your favorite condiments: like sautéed onions, achar, chutney, plain yoghurt or raita.

RECIPE

Peshawar Chicken (Peshawari Kokeri Karahi)

READY IN **30 minutes**

Serves **4 people**

Ingredients

- 1 whole cut-up frying chicken
- Oil for frying
- 4 diced tomatoes
- 1 diced green chili
- Dash of salt
- Dash of pepper
- ¼ cup coriander leaves
- 6 long slices ginger

Preparation

1. Heat oil in frying pan.
2. Add chicken until near-done.
3. Drain half of the oil.
4. Add tomatoes, green pepper, salt and pepper.
5. Gently stir. Simmer until chicken is completely cooked and

the tomatoes obtain a pasty consistency.

- 6. Sprinkle coriander leaves and ginger slices.**
- 7. Cover and serve.**

Tips

Variation: Garlic can be added if desired.

Serve in bowls or plates.

Great served with all types of rice, quinoa, flatbread or corn cakes; but best when served with fresh prata or toast.

Don't forget your favorite condiments: like sautéed onions, achar, chutney, plain yoghurt or raita.



Vegetables



RECIPE

Potato Stew (Aloo Shoda)



READY IN **30 minutes**

Serves **4 people**

Ingredients

- stock masala mix
- 2 small thickly diced tomatoes
- 1 coarsely chopped onion (preferably purple or brown)
- 2 finely diced green chili peppers (choose your favorite green pepper!)
- 1 clove minced garlic
- pinch of salt (note: season to taste as you cook the full dish.)
- 3 tablespoons oil

- ½ teaspoon red pepper
- ½ teaspoon turmeric powder
- ½ teaspoon coriander powder (bottled or freshly ground)
- ½ handful of fresh coriander leaves (if available)
- 1 chopped green onion (if available)
- 5-6 washed and diced potatoes
- ½ teaspoon ground fenugreek seeds or dried fenugreek leaves (methi)
- ½ teaspoon of garam masala

Preparation

1. **Prepare stock masala mix in hot pan.**
 - a. **Heat up some oil in a saucepan or pot.**
 - b. **Add onions and fresh coriander leaves; sauté until light brown (slowly add more oil if desired; but be cautious not to make it too oily).**
 - c. **Add garlic and sauté until light brown (be careful not to burn the garlic).**
 - d. **Add spices and stir.**
 - e. **Add rest of ingredients and simmer until the tomatoes have cooked to slightly soft; stirring occasionally.**
2. **Add potatoes and simmer until tender.**
3. **Add water only as needed; keeping water level just covering the potatoes.**
4. **Season with salt to taste.**
5. **Sprinkle pot with garam masala and methi (dried**

fenugreek leaves).

Tips

Serve in bowls or plates.

Great served with all types of rice, quinoa, flatbread or corn cakes.

Don't forget your favorite condiments: like sautéed onions, achar, chutney, plain yoghurt or raita.

RECIPE

Fried Potatoes (Sooki Aloo)



READY IN 30 minutes

Serves 4 people

Ingredients

- 3 tablespoons oil
- ½ teaspoons ground coriander seed
- ½ teaspoon red chili pepper
- 1 clove of garlic
- Pinch of salt
- ½ teaspoon ground fenugreek seeds or dried fenugreek leaves (methi)
- sliced/diced potatoes

Preparation

1. Lightly sauté crushed garlic.
2. Add red pepper and ground coriander seed
3. Add potato slices and 1 tablespoon of water.
4. If potato slices are very thick, cover with pan for ten minutes.
5. Fold ingredients about every five minutes.
6. Uncover pan and let potatoes cook until lightly golden and tender.
7. Season with salt to taste.

Tips

Best cooked in a wok.

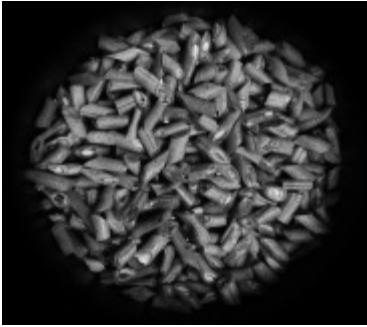
Serve in bowls or plates.

Great served with all types of rice, quinoa, flatbread or corn cakes.

Don't forget your favorite condiments: like sautéed onions, achar, chutney, plain yoghurt or raita.

RECIPE

Green Beans (Rasha Dal Lobia)



READY IN 30 minutes

Serves 4 people

Ingredients

- stock masala mix
- 2 small thickly diced tomatoes
- 1 coarsely chopped onion (preferably purple or brown)
- 2 finely diced green chili peppers (choose your favorite green pepper!)
- 1 clove minced garlic
- pinch of salt (note: season to taste as you cook the full dish.)
- 3 tablespoons oil
- ½ teaspoon red pepper

- ½ teaspoon turmeric powder
- ½ teaspoon coriander powder (bottled or freshly ground)
- ½ handful of fresh coriander leaves (if available)
- 1 chopped green onion (if available)
- 15 oz. cleaned and cut green beans (fresh or canned)

Preparation

1. **Prepare stock masala mix in hot pan.**
 - a. **Heat up some oil in a saucepan or pot.**
 - b. **Add onions and fresh coriander leaves; sauté until light brown (slowly add more oil if desired; but be cautious not to make it too oily).**
 - c. **Add garlic and sauté until light brown (be careful not to burn the garlic).**
 - d. **Add spices and stir.**
 - e. **Add rest of ingredients and simmer until the tomatoes have cooked to slightly soft; stirring occasionally.**
2. **Add green beans and two tablespoons water. Simmer until tender.**
3. **Season with salt to taste.**

Tips

Variation: you can add 1-2 diced potatoes along with the green beans.

Serve in cups, bowls or plates.

Great served with all types of rice, quinoa, flatbread or corn cakes.

Don't forget your favorite condiments: like sautéed onions, achar, chutney, plain yoghurt or raita.



RECIPE Potatoes and Cauliflower (Aloo Gobi)

READY IN **30 minutes**

Serves **4 people**

Ingredients

- stock masala mix
- 2 small thickly diced tomatoes
- 1 coarsely chopped onion (preferably purple or brown)
- 2 finely diced green chili peppers (choose your favorite green pepper!)
- 1 clove minced garlic
- pinch of salt (note: season to taste as you cook the full dish.)
- 3 tablespoons oil

- ½ teaspoon red pepper
- ½ teaspoon turmeric powder
- ½ teaspoon coriander powder (bottled or freshly ground)
- ½ handful of fresh coriander leaves (if available)
- 1 chopped green onion (if available)
- 3-4 medium sized cleaned and largely diced potatoes
- 1 small head of cauliflower; cleaned and cut (note: stalk should be thinly sliced, and the flower kept full, but broken down into small chunks.)

Preparation

1. **Prepare stock masala mix in hot pan.**
 - a. **Heat up some oil in a saucepan or pot.**
 - b. **Add onions and fresh coriander leaves; sauté until light brown (slowly add more oil if desired; but be cautious not to make it too oily).**
 - c. **Add garlic and sauté until light brown (be careful not to burn the garlic).**
 - d. **Add spices and stir.**
 - e. **Add rest of ingredients and simmer until the tomatoes have cooked to slightly soft; stirring occasionally.**
2. **Add potatoes and cauliflower stalk slices. Let simmer till stalk slices are tender. (Do not add water, as this is a dryer dish as compared to a curry.)**
3. **Add cauliflower flower pieces. Turn to low heat and cover,**

checking occasionally, till the flower pieces are tender.

4. Season with salt to taste.

Tips

Be careful not to stir too much as it will turn mushy.

Variation: Use broccoli instead of cauliflower.

Serve in bowls or plates.

Best served with all types of rice, quinoa, flatbread or corn cakes.

Don't forget your favorite condiments: like sautéed onions, achar, chutney, plain yoghurt or raita.

RECIPE

Potatoes and Peas (Aloo Muttor)

READY IN 30 minutes

Serves 4 people



Ingredients

- stock masala mix
- 2 small thickly diced tomatoes
- 1 coarsely chopped onion (preferably purple or brown)
- 2 finely diced green chili peppers (choose your favorite green pepper!)
- 1 clove minced garlic
- pinch of salt (note: season to taste as you cook the full dish.)

- 3 tablespoons oil
- ½ teaspoon red pepper
- ½ teaspoon turmeric powder
- ½ teaspoon coriander powder (bottled or freshly ground)
- ½ handful of fresh coriander leaves (if available)
- 1 chopped green onion (if available)
- 3-4 medium sized cleaned and largely diced potatoes
- 1 cans of cooked peas, or 1 cup of fresh peas

Preparation

1. **Prepare stock masala mix in hot pan.**
 - a. **Heat up some oil in a saucepan or pot.**
 - b. **Add onions and fresh coriander leaves; sauté until light brown (slowly add more oil if desired; but be cautious not to make it too oily).**
 - c. **Add garlic and sauté until light brown (be careful not to burn the garlic).**
 - d. **Add spices and stir.**
 - e. **Add rest of ingredients and simmer until the tomatoes have cooked to slightly soft; stirring occasionally.**
2. **Add potatoes. Let simmer till potatoes are about half cooked.**
3. **Add peas. Simmer on medium heat until peas are tender.**
4. **Season with salt to taste.**

Tips

Be careful not to stir too much as it will turn mushy.

Variation: Use broccoli instead of cauliflower.

Serve in bowls or plates.

Best served with all types of rice, quinoa, flatbread or corn cakes.

Don't forget your favorite condiments: like sautéed onions, achar, chutney, plain yoghurt or raita.



RECIPE

Squash (Tanday)

READY IN **30 minutes**

Serves **4 people**

Ingredients

- stock masala mix
- 2 small thickly diced tomatoes
- 1 coarsely chopped onion (preferably purple or brown)
- 2 finely diced green chili peppers (choose your favorite green pepper!)
- 1 clove minced garlic
- pinch of salt (note: season to taste as you cook the full dish.)
- 3 tablespoons oil
- ½ teaspoon red pepper

- ½ teaspoon turmeric powder
- ½ teaspoon coriander powder (bottled or freshly ground)
- ½ handful of fresh coriander leaves (if available)
- 1 chopped green onion (if available)
- 3-4 cups of skinned and diced squash

Preparation

1. Prepare stock masala mix in hot pan.
 - a. Heat up some oil in a saucepan or pot.
 - b. Add onions and fresh coriander leaves; sauté until light brown (slowly add more oil if desired; but be cautious not to make it too oily).
 - c. Add garlic and sauté until light brown (be careful not to burn the garlic).
 - d. Add spices and stir.
 - e. Add rest of ingredients and simmer until the tomatoes have cooked to slightly soft; stirring occasionally.



2. Add squash.
3. Add two tablespoons of water.
4. Let simmer until squash is tender.
5. Only add water if completely dry.

6. Season with salt to taste.

Tips

Variation: Diced potatoes can be added if desired.

Serve in bowls or plates.

Great served with all types of rice, quinoa, flatbread or corn cakes.

Don't forget your favorite condiments: like sautéed onions, achar, chutney, plain yoghurt or raita.

RECIPE

Okra (Pindia)

READY

IN

30

minutes



Serves **4 people**

Ingredients

- 3 tablespoons oil
- ½ teaspoon ground coriander seed
- ½ teaspoon red chili pepper
- pinch of salt
- 4 cups of washed and cut okra

Preparation

1. Lightly sauté crushed garlic.

2. Add red pepper and ground coriander seed
3. Add okra and 1 tablespoon of water (this is a drier dish as compared to curry).
4. Fold ingredients about every five minutes.
5. Uncover pan and let okra cook until tender.
6. Season with salt to taste.

Tips

Best cooked in a wok.

Variation: you can add some tomatoes and/or potatoes.

Serve in bowls or plates.

Great served with all types of rice, quinoa, flatbread or corn cakes.

Don't forget your favorite condiments: like sautéed onions, achar, chutney, plain yoghurt or raita.



RECIPE Turnips (Tiput)

READY IN **30 minutes**

Serves **4 people**

Ingredients

- stock masala mix
- 2 small thickly diced tomatoes
- 1 coarsely chopped onion (preferably purple or brown)
- 2 finely diced green chili peppers (choose your favorite green pepper!)
- 1 clove minced garlic
- pinch of salt (note: season to taste as you cook the full dish.)
- 3 tablespoons oil
- ½ teaspoon red pepper

- ½ teaspoon turmeric powder
- ½ teaspoon coriander powder (bottled or freshly ground)
- ½ handful of fresh coriander leaves (if available)
- 1 chopped green onion (if available)
- 3-4 large turnip bulbs, peeled, washed and diced

Preparation

1. Prepare stock masala mix in hot pan.

- Heat up some oil in a saucepan or pot.
- Add onions and fresh coriander leaves; sauté until light brown (slowly add more oil if desired; but be cautious not to make it too oily).
- Add garlic and sauté until light brown (be careful not to burn the garlic).
- Add spices and stir.
- Add rest of ingredients and simmer until the tomatoes have cooked to slightly soft; stirring occasionally.

1. Add turnips and water to just cover the turnips.
2. Let simmer until the turnips are tender.
3. Season with salt to taste.

Tips

Can be lightly mashed if desired.

Serve in bowls or plates.

Great served with all types of rice, quinoa, flatbread or corn cakes.

Don't forget your favorite condiments: like sautéed onions, achar, chutney, plain yoghurt or raita.

RECIPE

Cabbage (Bund Gobi)



READY IN 30 minutes

Serves 4 people

Ingredients

- stock masala mix
- 2 small thickly diced tomatoes
- 1 coarsely chopped onion (preferably purple or brown)
- 2 finely diced green chili peppers (choose your favorite green pepper!)
- 1 clove minced garlic
- pinch of salt (note: season to taste as you cook the full dish.)
- 3 tablespoons oil
- ½ teaspoon red pepper
- ½ teaspoon turmeric powder

- ½ teaspoon coriander powder (bottled or freshly ground)
- ½ handful of fresh coriander leaves (if available)
- 1 chopped green onion (if available)
- 3 cups of finely cut cabbage

Preparation

1. Prepare stock masala mix in hot pan.

- Heat up some oil in a saucepan or pot.
- Add onions and fresh coriander leaves; sauté until light brown (slowly add more oil if desired; but be cautious not to make it too oily).
- Add garlic and sauté until light brown (be careful not to burn the garlic).
- Add spices and stir.
- Add rest of ingredients and simmer until the tomatoes have cooked to slightly soft; stirring occasionally.

1. Add cabbage.
2. Add only two tablespoons water (note: you will notice that the cabbage will shrink down).
3. Let simmer until tender.
4. Season with salt to taste.

Tips

Variation: you can prepare with some added beef and sauerkraut instead of cabbage; but only do this if you love sauerkraut.

Serve in cups, bowls or plates.

Great served with all types of rice, quinoa, flatbread or corn cakes.

Don't forget your favorite condiments: like sautéed onions, achar, chutney, plain yoghurt or raita.



RECIPE Spinach and Potatoes (Aloo Pallak)

READY IN 30 minutes

Serves 4 people

Ingredients

- stock masala mix
- 2 small thickly diced tomatoes
- 1 coarsely chopped onion (preferably purple or brown)
- 2 finely diced green chili peppers (choose your favorite green pepper!)
- 1 clove minced garlic
- pinch of salt (note: season to taste as you cook the full dish.)
- 3 tablespoons oil
- ½ teaspoon red pepper

- ½ teaspoon turmeric powder
- ½ teaspoon coriander powder (bottled or freshly ground)
- ½ handful of fresh coriander leaves (if available)
- 1 chopped green onion (if available)
- 1 can cut spinach or ½ bushel of fresh cut spinach
- 2-3 medium washed and diced potatoes

Preparation

1. Prepare stock masala mix in hot pan.

- Heat up some oil in a saucepan or pot.
- Add onions and fresh coriander leaves; sauté until light brown (slowly add more oil if desired; but be cautious not to make it too oily).
- Add garlic and sauté until light brown (be careful not to burn the garlic).
- Add spices and stir.
- Add rest of ingredients and simmer until the tomatoes have cooked to slightly soft; stirring occasionally.

1. Add spinach.

2. If using fresh spinach, simmer until it is tender and shrinks to half the size.
3. Add potatoes.
4. Simmer until potatoes are tender.

5. Season with salt to taste.

Tips

Serve in bowls or plates.

Best served with all types of rice, quinoa, flatbread or corn cakes.

Don't forget your favorite condiments: like sautéed onions, achar, chutney, plain yoghurt or raita.



RECIPE

Creamy Peas (Doodh Valli Muttur)

READY IN **30 minutes**

Serves **4 people**

Ingredients

- stock masala mix
- 2 small thickly diced tomatoes
- 1 coarsely chopped onion (preferably purple or brown)
- 2 finely diced green chili peppers (choose your favorite green pepper!)
- 1 clove minced garlic
- pinch of salt (note: season to taste as you cook the full dish.)
- 3 tablespoons oil
- ½ teaspoon red pepper

- 3/4 teaspoon turmeric powder
- ½ teaspoon coriander powder (bottled or freshly ground)
- ½ handful of fresh coriander leaves (if available)
- 1 chopped green onion (if available)
- 2 cans cooked peas, or 2 cups fresh peas
- ½ cup of cream or milk

Preparation

1. Prepare stock masala mix in hot pan.

- Heat up some oil in a saucepan or pot.
- Add onions and fresh coriander leaves; sauté until light brown (slowly add more oil if desired; but be cautious not to make it too oily).
- Add garlic and sauté until light brown (be careful not to burn the garlic).
- Add spices and stir.
- Add rest of ingredients and simmer until the tomatoes have cooked to slightly soft; stirring occasionally.

1. Add peas.
2. Simmer until peas are tender.
3. Add milk and bring to small boil.
4. Stir constantly until thickened.

Tips

Variation: Add 2 or 3 medium diced potatoes while cooking.

Serve in bowls or plates.

Great served with all types of rice, quinoa, flatbread or corn cakes.

Don't forget your favorite condiments: like sautéed onions, achar, chutney, plain yoghurt or raita.

RECIPE

Chickpea Hushpuppies (Pakora)

READY IN **45 minutes**



Serves **4 people**

Ingredients

Base Batter:

- 1 finely chopped green onion
- 1 small finely chopped purple onion
- 2 finely chopped green peppers
- ½ teaspoon red pepper
- ½ teaspoon coriander powder

- 1 cup of coriander leaves
- Pinch of salt
- Grease or oil
- 3 tablespoons of chickpea powder
- 2 tablespoons water

Veggie Chunky Additions (optional):

- Diced potato
- Thinly sliced potatoes (like potato chips)
- Fresh leaves of spinach
- Chunks of cauliflower
- Thin slices of eggplant

Preparation

- 1. Add ingredients into mixing bowl.**
- 2. Mix until it looks like batter. (If needed add small amounts of water until batter consistency is achieved.)**
- 3. Heat up oil to frying temperature.**
- 4. Take whichever *Veggie Chunky Additions* that you want to make, dip the item into the batter until it is fully covered and put into hot grease. (Please use caution whenever cooking with frying oil.)**
- 5. Cook until orange-brown. Flip as needed.**
- 6. When done remove from pan and put onto paper towel to absorb excess oil.**

Tips

Serve in bowls or plates.

Great served with all types of curries, rice, quinoa, flatbread or corn cakes.

Don't forget your favorite condiments: like sautéed onions, achar, chutney, plain yoghurt or raita.



RECIPE

Eggplant and Potato Mix (Sooki Baingan Aloo)

READY IN **45 minutes**

Serves **4 people**

Ingredients

- stock masala mix
- 2 small thickly diced tomatoes
- 1 coarsely chopped onion (preferably purple or brown)
- 2 finely diced green chili peppers (choose your favorite green pepper!)
- 1 clove minced garlic
- pinch of salt (note: season to taste as you cook the full dish.)
- 3 tablespoons oil
- ½ teaspoon red pepper

- 3/4 teaspoon turmeric powder
- ½ teaspoon coriander powder (bottled or freshly ground)
- ½ handful of fresh coriander leaves (if available)
- 1 chopped green onion (if available)
- 2 cups of thinly sliced eggplant
- 3 diced potatoes

Preparation

- 1. Prepare stock masala mix in hot pan.**
 - a. Heat up some oil in a saucepan or pot.**
 - b. Add onions and fresh coriander leaves; sauté until light brown (slowly add more oil if desired; but be cautious not to make it too oily).**
 - c. Add garlic and sauté until light brown (be careful not to burn the garlic).**
 - d. Add spices and stir.**
 - e. Add rest of ingredients and simmer until the tomatoes have cooked to slightly soft; stirring occasionally.**
- 2. Add potatoes. Let cook until about half way tender.**
- 3. Add eggplant slices.**
- 4. Let cook without lid, stirring occasionally.**
- 5. Only add 1 tablespoon of water if needed. Allow the potatoes and eggplant to caramelize just a bit for more flavor.**

Tips

Note: The eggplant pieces seem very large to begin with, but they will shrivel down when completely cooked.

Serve in bowls or plates.

Great served with all types of curries, rice, quinoa, flatbread or corn cakes.

Don't forget your favorite condiments: like sautéed onions, achar, chutney, plain yoghurt or raita.

RECIPE

Fried Eggplant (Tava Baingan)



READY IN **45 minutes**

Serves **4 people**

Ingredients

Base Batter:

- 2 sliced eggplants (sliced in either long strips or round)
- Dash of red pepper powder
- Dash of garlic powder
- Dash of salt
- 4 tablespoons oil

Preparation

1. Heat oil in frying pan.
2. Fill bottom of frying pan with the eggplant strips.
3. Sprinkle tops with spices.
4. Let cook until one side is slightly caramelized.
5. Flip slices and repeat until thoroughly cooked.
6. Salt to taste.

Tips

Serve in bowls or plates.

Great served with all types of curries, rice, quinoa, flatbread or corn cakes.

Don't forget your favorite condiments: like sautéed onions, achar, chutney, plain yoghurt or raita.



RECIPE Taro Root Stew (Kachaloo Saloon)

READY IN **45 minutes**

Serves **4 people**

Ingredients

- stock masala mix
- 2 small thickly diced tomatoes
- 1 coarsely chopped onion (preferably purple or brown)
- 2 finely diced green chili peppers (choose your favorite green pepper!)
- 1 clove minced garlic
- pinch of salt (note: season to taste as you cook the full dish.)
- 3 tablespoons oil
- ½ teaspoon red pepper

- 3/4 teaspoon turmeric powder
- ½ teaspoon coriander powder (bottled or freshly ground)
- ½ handful of fresh coriander leaves (if available)
- 1 chopped green onion (if available)
- 2 cups of cleaned, peeled and diced taro roots

Preparation

1. **Clean the taro roots using the following method.**
 - a. **Scrub the outside of the taro.**
 - b. **Place in a pot with enough water to cover the taro.**
 - c. **Cover and boil for about 45 minutes to an hour.**
(The tenderer they are the easier to cut.)
 - d. **Remove and peel away the outside skin.**
 - e. **Dice taro into large cubes and set aside until needed.**
2. **Prepare stock masala mix in hot pan.**
 - a. **Heat up some oil in a saucepan or pot.**
 - b. **Add onions and fresh coriander leaves; sauté until light brown (slowly add more oil if desired; but be cautious not to make it too oily).**
 - c. **Add garlic and sauté until light brown (be careful not to burn the garlic).**
 - d. **Add spices and stir.**
 - e. **Add rest of ingredients and simmer until the tomatoes have cooked to slightly soft; stirring occasionally.**
3. **Add the diced taro roots and stir.**
4. **Simmer until tender only folding the mixture occasionally.**

(Note that the dish will have a slimy appearance; it is normal for this dish.)

Tips

Serve in bowls or plates.

Great served with all types of curries, rice, quinoa, flatbread or corn cakes.

Don't forget your favorite condiments: like sautéed onions, achar, chutney, plain yoghurt or raita.

RECIPE

Fried Taro Root (Sooki Kachaloo)

THIS IS TRULY ONE OF my family's favorite dishes.



Ready in **45 minutes**

Serves **4 people**

Ingredients

- 2 cups of cleaned, peeled and diced taro roots
- 2 cloves of crushed garlic
- 3 tablespoons of oil
- $\frac{3}{4}$ teaspoon of red pepper
- Pinch of salt

Preparation

1. Clean the taro roots using the following method.
 - a. Scrub the outside of the taro.

- b. Place in a pot with enough water to cover the taro.
 - c. Cover and boil for about 1-1 ½ hours. (The tenderer they are the easier to cut.)
 - d. Remove and peel away the outside skin.
 - e. Dice taro into large cubes and set aside until needed.
2. Heat oil in frying pan.
 3. Add garlic.
 4. Sauté until perfect aroma appears.
 5. Add red pepper and salt.
 6. Fold in the diced taro pieces.
 7. Simmer until tender; only folding occasionally as this dish is meant to be a drier dish.
 8. Season with salt to taste.

Tips

Serve in bowls or plates.

Great served with all types of curries, rice, quinoa, flatbread or corn cakes.

Don't forget your favorite condiments: like sautéed onions, achar, chutney, plain yoghurt or raita.

(NOTE THIS FUN SNACK variation: Boil the taro roots, clean and dice. Sprinkle with black salt, red pepper, tamarind syrup and lemon juice. Serve on a plate with toothpicks or forks—no additional condiments are necessary.)



Beans & Lentils



RECIPE

Black-Eyed Peas (Lobia)



READY IN 30 minutes

Serves 4 people

Ingredients

- stock masala mix
- 2 small thickly diced tomatoes
- 1 coarsely chopped onion (preferably purple or brown)
- 2 finely diced green chili peppers (choose your favorite green pepper!)
- 1 clove minced garlic
- pinch of salt (note: season to taste as you cook the full dish.)
- 3 tablespoons oil
- ½ teaspoon red pepper

- ½ teaspoon turmeric powder
- ½ teaspoon coriander powder (bottled or freshly ground)
- ½ handful of fresh coriander leaves (if available)
- 1 chopped green onion (if available)
- 1 cup of soaked black-eyed peas or 1 can cooked black-eyed peas

Preparation

1. **Prepare stock masala mix in hot pan.**
 - a. **Heat up some oil in a saucepan or pot.**
 - b. **Add onions and fresh coriander leaves; sauté until light brown (slowly add more oil if desired; but be cautious not to make it too oily).**
 - c. **Add garlic and sauté until light brown (be careful not to burn the garlic).**
 - d. **Add spices and stir.**
 - e. **Add rest of ingredients and simmer until the tomatoes have cooked to slightly soft; stirring occasionally.**
2. **Add black-eyed peas.**
3. **Simmer until tender.**

Tips

Variation: black-eyed peas can also be replaced with red kidney beans.

Serve in bowls or plates.

Best served with all types of rice, quinoa, flatbread or corn cakes.

Don't forget your favorite condiments: like sautéed onions, achar, chutney, plain yoghurt or raita.

RECIPE

Small Mung Dal (Nikki Dal)

READY IN 30 minutes



Serves 4 people

Ingredients

- 2 small tomatoes
- 2 green chili peppers
- minced garlic
- pinch of salt
- oil
- red pepper
- turmeric powder
- coriander powder

- ½ handful of fresh coriander leaves (if available)
- 1 cup of dry yellow mung beans (pre-soaked if possible)

Preparation

1. **Prepare stock masala mix in hot pan.**
 - a. **Heat up some oil in a saucepan or pot.**
 - b. **Add onions and fresh coriander leaves; sauté until light brown (slowly add more oil if desired; but be cautious not to make it too oily).**
 - c. **Add garlic and sauté until light brown (be careful not to burn the garlic).**
 - d. **Add spices and stir.**
 - e. **Add rest of ingredients and simmer until the tomatoes have cooked to slightly soft; stirring occasionally.**
2. **Add beans.**
3. **Add water 1.5 inches above level.**
4. **Simmer until tender; making sure to check the amount of water (it should be just a bit sloppy, but not soupy).**

Tips

Serve in bowls or plates.

Best served with all types of rice, quinoa, flatbread or corn cakes.

Don't forget your favorite condiments: like sautéed onions, achar, chutney, plain yoghurt or raita.

Variation: the beans in this recipe can be replaced with any of the following lintels/beans: Tugar Dal, Moong Dal, Masoor Dal, Urad Dal, Channa Dal, Matar Dal (Split Green Pea), Green Moong.

RECIPE

Split Chickpeas (Channa Dal)

READY IN 30 minutes



Serves 4 people

Ingredients

- stock masala mix
- 2 small thickly diced tomatoes
- 1 coarsely chopped onion (preferably purple or brown)
- 2 finely diced green chili peppers (choose your favorite green pepper!)
- 1 clove minced garlic
- pinch of salt (note: season to taste as you cook the full dish.)
- 3 tablespoons oil
- ½ teaspoon red pepper

- ½ teaspoon turmeric powder
- ½ teaspoon coriander powder (bottled or freshly ground)
- ½ handful of fresh coriander leaves (if available)
- 1 chopped green onion (if available)
- 1 cup of pre-soaked split chickpeas
- a separate large clove of garlic to use at the end of cooking

Preparation

- 1. Prepare stock masala mix in hot pan.**
 - a. Heat up some oil in a saucepan or pot.**
 - b. Add onions and fresh coriander leaves; sauté until light brown (slowly add more oil if desired; but be cautious not to make it too oily).**
 - c. Add garlic and sauté until light brown (be careful not to burn the garlic).**
 - d. Add spices and stir.**
 - e. Add rest of ingredients and simmer until the tomatoes have cooked to slightly soft; stirring occasionally.**
- 2. Add the soaked split chickpeas.**
- 3. Add water 1.5 inches above level.**
- 4. Simmer until tender.**
- 5. Sauté garlic in a separate pan until there is a strong garlic aroma.**
- 6. Add sautéed garlic to the chickpea mixture, closing the lid immediately to keep the aroma from escaping.**

Tips

Serve in bowls or plates.

Best served with all types of rice, quinoa, flatbread or corn cakes.

Don't forget your favorite condiments: like sautéed onions, achar, chutney, plain yoghurt or raita.



Curries & Kababs





RECIPE

Ami's Curry

READY IN 30 minutes

Serves 4 people

Ingredients

- 16 oz. of yoghurt
- 3 tablespoons chickpea/garbanzo bean powder (besan)
- 1 clove crushed garlic
- $\frac{3}{4}$ teaspoon turmeric
- $\frac{1}{2}$ teaspoon red pepper
- $\frac{1}{2}$ finely diced purple onion
- 2 small diced green peppers
- 2 small diced tomatoes
- 2 cups water

Preparation

1. Put chickpea/garbanzo bean powder into a small glass; mix with water until soupy. Let sit on the counter until needed.
2. Heat oil in soup pot. Sauté onions on high for 5 minutes.
3. Add garlic and green peppers. Sauté until there is a nice garlic aroma.
4. Add tomatoes and spices. Sauté until tomatoes break down.
5. Add the soupy chickpea/garbanzo bean powder to pot while stirring.
6. Immediately add the yoghurt and some water until you reach the desired thickness, stirring constantly. (Some folks like curry soupy, while others prefer it to be more like gravy.)
7. Continue to simmer until done, stirring often. (Note: If the curry taste pasty then it needs to simmer more.)
8. Season with salt to taste.

Tips

Your curry should be a golden yellow color. If you notice the curry is too whitish, add more chickpea/garbanzo bean powder.

Serve in bowls or plates.

Best served with all types of rice, quinoa, flatbread or corn cakes.

RECIPE

Pakistani Hamburger Patties (Kabab)



READY IN 45 minutes

Serves 4 people

Ingredients

- 1 lbs. ground beef
- 1 finely diced onion
- 1 egg
- 2 diced green chilies
- ½ cup coriander leaves
- 1 teaspoon coriander powder
- 1 teaspoon red chili pepper
- ½ teaspoon of crushed garlic

- Pinch of salt
- 2 cloves
- ½ clove crushed garlic
- ½ teaspoon black pepper
- 1 teaspoon garam masala
- 2 finely diced tomatoes

Preparation

1. **Add all ingredients into a mixing bowl.**
2. **Mix by hand until all ingredients are well blended.**
3. **Form patties into thin discs.**
4. **Fry on BBQ grill or on stovetop.**
5. **Once cooked, place on paper towel to absorb extra grease.**

Tips

Variation: Can be made as a hamburger or alone on side of plate. Beef can be replaced with shredded horseradish, crab meat, salmon, potatoes, turkey or lamb.

Best served with all types of rice, quinoa, flatbread or corn cakes.

Don't forget your favorite condiments: like sautéed onions, achar, chutney, plain yoghurt or raita.

Goes great with a salad too.



Rice & Roti



RECIPE

Traditional Flatbread (Roti)

ROTI IS PROBABLY THE most important element of meals in Pakistan; it is filling and hardy. I had many of meals that only consisted of roti and some yoghurt for flavor. I love eating roti! But cooking it, well, one can say that roti and I have a love/hate relationship. Preparing roti is truly a skill and it takes lots of practice to perfect it—and as in my case, could take *years* to perfect; but, nonetheless is well worth the effort. Today, I will do my best to briefly explain the process (but please feel free to research a video online for more depth instructions).

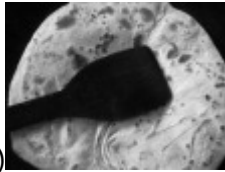


Ingredients (Based on serving size of 4 adults and can be adjusted as needed.)

- 8 cups of wheat flour
- 1 teaspoon of salt
- Water (the amount needed depends on how loose or tight you would like the dough to be)

Preparation

1. Put flour and salt in extra-large mixing bowl (*thrami*).
2. Like that of making pasta, gradually add water and begin mixing and kneading the dough until it is to your desired consistency.
3. Let the dough rest for at least one hour before cooking.
4. When ready to cook the roti, form a small ball of dough in your hand. Begin flattening it out until it is a disk or tortilla-shaped (a press may be used if desired).
5. Cook on hot skillet/griddle (*tava*). (Feel free to use small amount of oil if you find that the roti is sticking to the



skillet.)

6. When cooked, place on a plate and repeat.

Tips

Hint: Try to make sure to make the disc are as even in thickness as possible to prevent undercooked or doughy edges. Also, the dough works better when room temperature.

Variation: Onions can be added to the dough while kneading.

Best served piping hot; so, plan the cooking of it accordingly.

RECIPE

Traditional Fried Flatbread (Prata)

ROTI MAY BE THE MOST common daily bread, but prata gets the country moving each morning; it is truly the breakfast of the champions. Nothing in life is more inviting than waking up with the scent of prata and chai in the air. This is probably one of my favorite memories about mornings in the village; the sounds of patting out the dough and smells that accompany them.



Ingredients (Based on serving size of 4 adults and can be adjusted as needed.)

- Pre-made dough
- Oil or grease (better to not use butter unless you are well practiced in this method because butter burns easily).

Preparation

Regular prata:

1. Make 2 small balls of dough. (When combined, the 2 balls should equal the size of one roti.)
2. Flatten one out to about 4 inches in diameter.
3. Put about $\frac{1}{2}$ teaspoon of oil on the flattened dough.
4. Take second ball of dough and flatten to the same size.
5. Place second form on top of the oiled one. Press the two together to create on thick disc.
6. Gently start flattening the joined-single disc to a tortilla size (a press may be used if desired).
7. Cook on hot skillet/griddle (*tava*).
8. Add a small amount of oil to fry the outside of the prata.
9. When cooked, place on a plate and repeat.

SPECIAL BUTTER PRATA:

1. Make a single ball of dough for one regular sized roti.
2. Flatten the ball to about 4 or 5 inches in diameter.
3. Spread about 1 $\frac{1}{2}$ tablespoons of butter on the flattened dough.
4. Roll the disc up.
5. Then flatten and twist the disc going against the grain of the butter.
6. Gently keep flattening the twisted dough to tortilla size (a press may be used if desired).
7. Cook on medium skillet/griddle (*tava*). (Feel free to use small amount of butter if you find that the roti is sticking to the skillet.)
8. When cooked, place on a plate and repeat.

Tips

Hint: Try to make sure to make the discs are as even in thickness as possible to prevent undercooked or doughy edges. Also, the dough works better when room temperature.

Variation: Cinnamon and sugar can be added to the inside of the prata for a sweet treat. For a savory prata, try adding prepared yellow lentils (*daal saloon*), ground beef (*keema saloon*) or potatoes stew (*aloo saloon*) between the discs. Yummy!!!

Best served piping hot; so, plan the cooking of it accordingly.

RECIPE

Pakistani-Risotto (Kitchari)



BECAUSE OF ITS CONVENIENCE and amazing variety of flavors, once learned, kitchari became one of my most cooked meals—nearly every other day.

Ready in **10-12 minutes**

Ingredients (Based on serving size of 4 adults and can be adjusted as needed.)

- Left-over saloon (meals) (The amount of saloon can vary, anywhere from 2 tablespoons to a cup of left overs..... anything goes!)
- 2 cups Arborio rice
- 4 cups of water
- Pinch of salt

Preparation

1. Take whatever leftovers that you may have from the days

- before and put into large pot.
2. Add water and bring to a boil.
 3. Add rice and simmer until tender. (Keep in mind that the rice will be loose and mushy.)

Tips

Serve in bowls or plates.

Best served with all types of rice, quinoa, flatbread or corn cakes.

Don't forget your favorite condiments: like sautéed onions, achar, chutney, plain yoghurt or raita.

RECIPE

Onion Chickpea Rice (Piaz Chawal)

GARAM MASALA IS AN amazing part of Pakistani cuisine. It is a special blend of ground spices that can add an authentic twist to almost any meal.

Ready in **10-12 minutes**



Ingredients (Based on serving size of 4 adults and can be adjusted as needed.)

- 1 diced medium-sized purple onion
- 2 tablespoons oil
- 2 cups washed Basmati rice
- 16 oz. cooked chickpeas/garbanzo beans
- 4 cups water
- 2 small quartered tomatoes
- ½ teaspoon of salt

Preparation

1. Sauté onion in a small frypan until blackened.
2. Separate onion from the oil and put in a mortar and pestle, or blender.
3. Crush onion until it is like paste.
4. Add onion paste into a large pot.
5. Add water, tomatoes and salt. Bring to a boil.
6. Add rice and cooked chickpeas/garbanzo beans. Simmer until rice is tender.

Tips

Garam masala can be sprinkled on top of the pot for aroma, or a ½ teaspoon be added to rice.

Note: It is very important that the chickpeas are precooked for this recipe.

(For this and other incredible ready-made spice mixes, check your local Asian Market, or order online thru the various online stores.)

RECIPE

Simple Rice (Chitta Chawal)

GARAM MASALA IS AN amazing part of Pakistani cuisine. It is a special blend of ground spices that can add an authentic twist to almost any meal.



Ready in **10-12 minutes**

Ingredients (Based on serving size of 4 adults and can be adjusted as needed.)

- 2 cups washed Basmati rice
- 4 cups of water
- ½ teaspoon of garam masala
- ½ teaspoon of salt

Preparation

1. **Boil 4 cups of water.**
2. **Add salt and garam masala.**
3. **Bring to boil.**

4. Add rice until tender.

Tips

Great for all Pakistani dishes.



Treats



RECIPE

Hot Tea (Chai)



READY IN 15 minutes

Serves 4 people

Ingredients

- 3 cups of water
- 3 bags of black tea (or 3 tablespoons of loose black tea)
- ½ cup of sugar (optional)
- 1 – 1 ½ cups of milk

Preparation

1. Heat water to boil in a saucepan.
2. Add tea and sugar.
3. Let simmer until you can smell tea aroma.
4. Add milk.
5. Bring to boil. (Be careful that it doesn't overflow.)

6. Pour or strain into tea cups.

Tips

Variation: You can add opened cardamom seeds to the tea when boiling if you like the flavor.

Serve in tea bowls, teacups or mugs and with your favorite biscuits or melba toast.

RECIPE

Green Tea (Caava)

READY IN **15 minutes**



Serves **4 people**

Ingredients

- 4 cups of water
- 4 bags of green tea (or 2 or 3 tablespoons of loose green tea depending on personal taste)
- ½ cup of sugar (optional)

Preparation

1. Add water, sugar and tea to a saucepan.
2. Heat to boil.
3. Let simmer just a few moments until you can smell tea aroma.

4. Pour or strain into tea cups.

Tips

Serve in tea bowls, teacups or mugs and with your favorite biscuits or melba toast.

RECIPE

Easy-Peasy Spicy Fruit (Fruit Chaat)



READY IN 30 minutes

Serves 4 people

Ingredients

- 3-5 tablespoons yoghurt
- 1 cup diced bananas
- 1 cup diced pears
- 1 cup diced peaches
- 1 cup diced pineapple
- 1 pitted pomegranate
- 1 cup grapes

- ½ cup walnuts and/or almonds

Preparation

1. Mix yoghurt and all fruit in a large bowl.
2. Sprinkle chaat masala liberally around the mixture.

Tips

Variation: you can also use black salt (*kala namak*) sprinkled on.

Serve in bowls or plates.

Best served chilled.



RECIPE Lemonade(Sharbat)

READY IN **5 minutes**

Serves **4 people**

Ingredients

- 1 pitcher of water (with ice preferably)
- 2 halved limes, or 1 lemon
- 3 teaspoons of *Rooh Afza Sharbat* Syrup (fruit syrup) or rose water
- 1/8 cup sugar (optional)

Preparation

1. Add *sharbat* syrup or rose water to the pitcher of water.
2. Squeeze the juice of the lime halves into the pitcher and stir.
3. Add sugar if desired.

Tips

Serve in glasses.

Variation: Add a pinch of salt. This drink is a great refresher on hot summer days. Play with the amounts of sharbat that you add; some folks like the drink red with syrup, others like it just slightly pink. Feel free to experiment and customize to your family's taste.

RECIPE

Mango Shake (Aam Shake)



READY IN **10 minutes**

Serves **4 people**

Ingredients

- 3 cups of milk
- 2 cleaned and cut ripe mangos
- 2 teaspoons of sugar (optional)
- 1-2 teaspoons of *Rooh Afza Sharbat* Syrup or rose water

Preparation

1. Put all ingredients in the blender and blend until mixed to desired consistency.

Tips

Variation: You can add ice, and/or bananas, if desired.

Serve in glasses.

RECIPE

Sweet Angel Hair (duhd Samia)



READY IN 30 minutes

Serves **4 people**

Ingredients

- 3 cups milk
- ½ handful of broken angel hair pasta
- 3 cardamom seeds
- 2 teaspoons of sugar

Preparation

1. Add milk to a small saucepan.

2. Gently heat on low until warmed up.
3. Add angel hair pasta, sugar and opened cardamom seeds.
4. Gently stir until pasta is tender.

Tips

Serve in bowls or cups.

RECIPE

Cinnamon and Raisin Semolina (Soogi Halva)



READY IN 30 min-

utes

Serves 4 people

Ingredients

- 2 cups semolina
- ½ cup raisins
- ½ cup sugar
- ½ teaspoon cinnamon
- 6-10 slivers of coconut
- pinch of salt

- 2 cups of water

Preparation

1. Put semolina into a dry pan.
2. Heat on medium-high while constantly stirring with a spoon or spatula, so as not to burn the wheat grains.
3. Keep stirring until the wheat turns a light brown.
4. Add water, raisins, salt, cinnamon.
5. Gently stir until the water is soaked in. If the semolina seems too thick, add a bit more water until loosened.
6. Add coconut and fold into the mixture.

Tips

Note: It will take a few tries to perfect this technique; so be patient. Most folks like to eat this dish with their hands, meaning to make it a bit drier. However, some folks like to eat it with a spoon, meaning to make the dish more like cream of wheat, oatmeal or porridge.

Variation: Add some melted butter when served.

Serve in bowls or plates. Best served warm.

RECIPE

Homemade Yoghurt Drink (Lassi)



READY IN 10 minutes

Serves 4 people

Ingredients

- 1 cups of yoghurt
- Pinch of teaspoon salt
- 3 cups of water
- Ice (if available)

Preparation

1. Add yoghurt, salt and water to the blender.
2. Blend on low speed until mixed thoroughly.
3. Pour into glasses.
4. Add ice, if desired.

Tips

Variations: Cumin, Fruit *Chaat* Spices and pieces of fruit maybe added, if desired.

Author's Page

MARSHA 'YASMINE' MARIE is an author, human rights activist, public speaker, radio personality, voice-over artist, blogger, meditator and mom. Marsha was born in Ohio, but later moved to the Middle East—where she lived and taught English language for over 20 years. She's now back in Arizona and loves to tell her stories about her times



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Check out www.MarshaMarie.com for updates, information and upcoming titles.

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