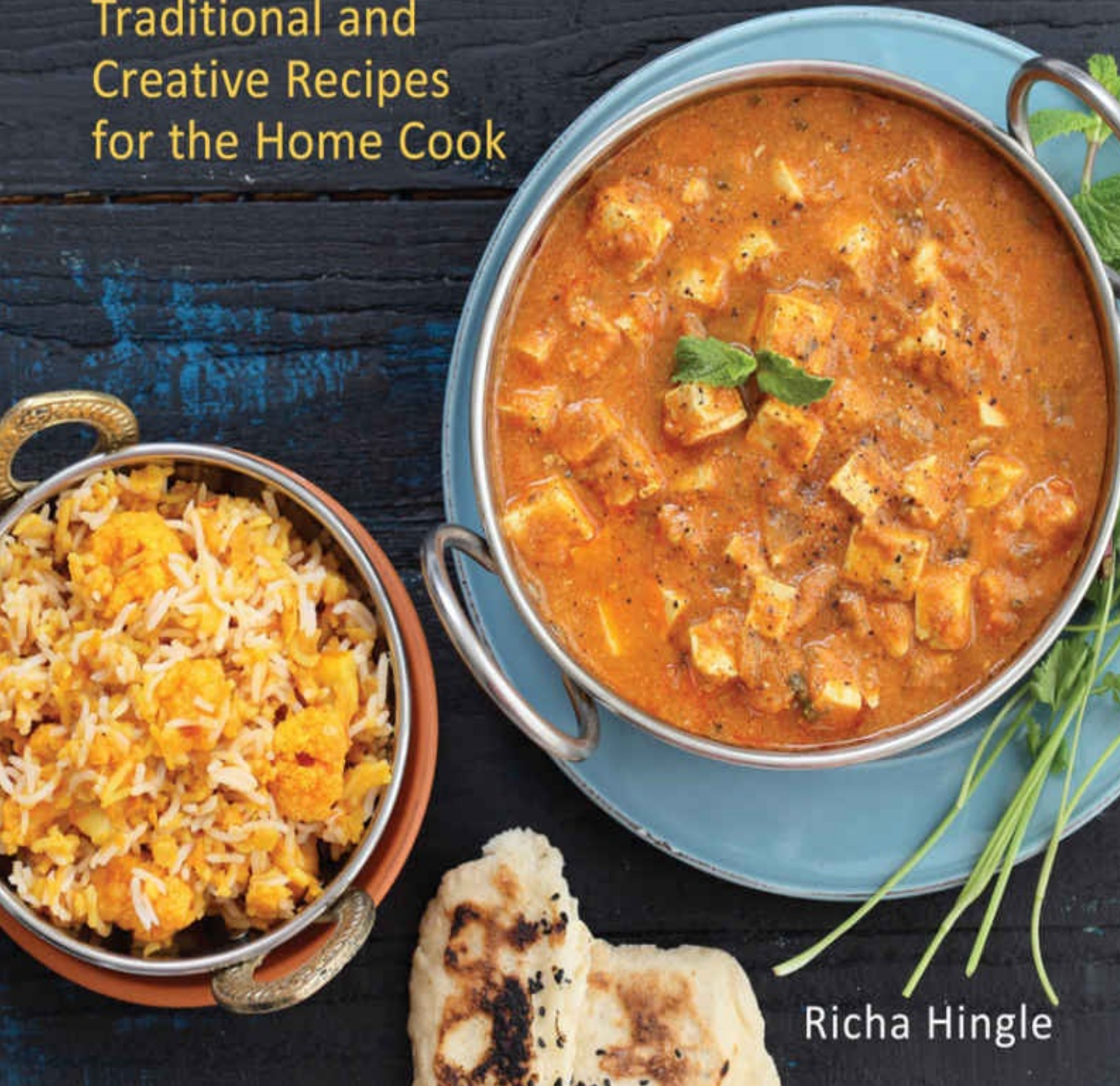
# Vegan Richa's Indian Kitchen

Traditional and Creative Recipes for the Home Cook



Richa Hingle

# What they're saying about *Vegan Richa's Indian Kitchen*

Richa Hingle's first cookbook is nothing short of phenomenal. The software developer-turned-blogger sensation brings Indian cooking to the modern kitchen by simplifying traditional recipes, demystifying spices and pantry staples, and

creating healthy versions of classic dishes. Whether you have a love affair with Indian food or are new to the flavors of one of the world's great cuisines, you will be dazzled by Richa's recipes and accessible style. Her Mango Curry Tofu, Street Style Tempeh Wraps, and Sweet and Sour Pumpkin have all become instant hits in my home—and I can't wait to keep cooking from one of the best cookbooks on Indian food (vegan or not) I've ever seen. —Colleen

Holland, co-founder of *VegNews Magazine*

Richa's recipes for the vegan dietary lifestyle are rich and comforting. Love the refreshing take on some of the classics that often rely heavily on dairy. I can't wait to sample them!
—Raghavan Iyer, author of *660 Curries*

In this extraordinary cookbook,

Richa Hingle masterfully combines the traditional flavors and techniques of Indian cuisine with streamlined cooking methods and healthier ingredients, resulting in the best collection of vegan Indian recipes anywhere. From sensuous curries and dals, to decadent dairy-free desserts, the beautifully photographed recipes are a feast for all the senses. —Robin Robertson, author of *Vegan Without Borders, Vegan Planet*, and others

Richa makes Indian cooking easy and delicious. She teaches you all the basics of Indian vegan cooking from breakfast through dessert. There are four homemade naan recipes, plus you can *wow* your guests with homemade chutneys. This book is full of vegetable curries, like Okra in Sesame Coconut Sauce, and more than a dozen delicious dals. There are so many recipes that I have on my list to make—this book will spice up your meals every day! —Kathy

Hester, author of *The Great Vegan Bean Book and OATrageous Oatmeals*

With superbly spiced recipes, eye-catching photographs and mouthwatering descriptions, this book will find a permanent place in your kitchen. Richa's recipe for Quinoa Cauliflower biryani alone is worth the price of the book. —Monica Bhide, author *Modern Spice and A Life of Spice*

If you’re hungry for a culinary adventure, let Richa Hingle guide you effortlessly through a whole new world of flavor. Presenting traditional Indian dishes with her own unique flair, these beautifully illustrated recipes are informed by her mother’s soulful home cooking and finely honed by years of kitchen experimentation. Although the dishes may be familiar for those with an appetite for spice, each bold, piquant bite is unparalleled. —Hannah

Kaminsky, author of *My Sweet Vegan, Vegan Desserts*, and others

**Gobi Mutter Masala (here)**

# Vegan Richa's
# Indian Kitchen

Traditional and Creative Recipes for the Home Cook

Richa Hingle

VEGAN HERITAGE PRESS
Woodstock • Virginia

*Vegan Richa's Indian Kitchen: Traditional and Creative Recipes for the Home Cook* by Richa Hingle

(Copyright © 2015 by Richa Hingle)

All rights reserved. No part of this book may be reproduced in any form, except in the context of reviews and fair reference, without written permission from the publisher.

ISBN 13: 9781941252116

First Edition, May 2015

Vegan Heritage Press, LLC books are available at quantity discounts. For information, please visit our website at www.veganheritagepress.com or write the publisher at Vegan Heritage Press, P.O. Box 628, Woodstock, VA 22664-0628.

**Library of Congress Cataloging-in-Publication Data**

Hingle, Richa.

Vegan Richa’s Indian kitchen : traditional and creative recipes for the home cook / Richa Hingle. -- First edition.

pages cm

Includes bibliographical references and index.

ISBN 978-1-941252-09-3 (pbk. : alk. paper) -- ISBN 978-1-941252-10-9 (epub : alk. paper) -- ISBN 978-1- 941252-11-6 (prc : alk. paper) 1. Cooiking, Indic. 2. Vegan cooking. I.

Title. II. Title: Indian kitchen.

TX724.5.I4H48 2015

641.5954--dc23

2015008830

**Photo Credits:** Cover and interior photography by Richa Hingle. Additional ingredient shots from stock photo sources. Pictured on the cover: Mango Curry Tofu (here); Naan (here); Red Lentil Tomato Pulao (here).

**Disclaimer:** The information provided in this book should not be taken as medical advice. If you require a medical diagnosis or prescription, or if you are contemplating any major dietary change, please consult a qualified health-care provider. You should always seek an expert medical opinion before making changes in your diet or supplementation regimen.

**Publisher's Note:** The information

in this book was correct and complete to the best of our knowledge. Website addresses and contact information were correct at the time of publication. The publisher is not responsible for specific health or allergy issues or adverse reactions to recipes contained in this book.

Vegan Heritage Press books are distributed by Andrews McMeel Publishing.

# Dedication

To my husband Vivek,
because you take everything
that life and I throw at you
and make it beautiful.

# Richa with her husband Vivek

# Contents

Preface

Introduction

## One: My Vegan Indian Kitchen

Where to Begin

The Spices of Indian Cooking

Dals: Lentils, Peas, Beans

Grains and Flours

Fresh Ingredients
Grocery List
Tools of the Trade
Cooking Indian Food
Tempering Spices in Oil
Soaking and Cooking Times for Dals and Beans
Recipe Cooking Time Notations
Recipe Symbols for Dietary Needs

# Two: Breakfast

Savory Pan-Fried French Toast
BREAD PAKORA

Spicy South Indian Tofu Scramble

Mom’s Chickpea Flour Pancakes CHILLA/PUDLA

Savory Oats Hash KANDA POHA

Indian Spiced Milk Tea MASALA CHAI

# Three: Small Plates and Snacks

Spicy Baked Cauliflower Florets GOBI 65

Baked Potato Samosas

Street-Style Tempeh Wraps TIRKA KATHI ROLLS

Mashed Potato Fritters ALOO BONDA
Potato Quinoa Patties ALOO TIRRI
Savory Split Pea and Rice Zucchini Cakes GUJARATI HANDVO
Sweet and Spicy Baked Cauliflower GOBI MANCHURIAN
Savory Lentil Pastries BARED DAL KACHORI
Spiced Roasted Tofu and Vegetables TANDOORI TIRKA
Onion Chile Fritters PAKORA
Mom's Veggie Potato Cutlets VEGETABLE TIRRI
Mashed Spiced Vegetables with

Dinner Rolls PAV BHAJI
Black Gram Fritters MEDU VADA
Biscuits

# Four: Sides and Dry Vegetable Curries

Dad’s Favorite Cauliflower Potatoes GOBI ALOO
Eggplant with Cumin and Nigella Seeds BAIGAN PATIALA
Roasted Cauliflower and Radish
Mom’s Okra and Onion Stir-Fry PYAAZ WAALI BHINDI

Potatoes and Greens Stir-Fry ALOO SAAG

Cauliflower and Potatoes with Pickle Spices ACHARI GOBI ALOO

Sweet and Sour Pumpkin KHATTA MEETHA RADDU

Cauliflower and Carrots with Mustard Seeds GOBI GAJAR PORIYAL

Spiced Cabbage Potatoes PATTA-GOBI ALOO SUBZI

Cauliflower and Peas in Spicy Curry GOBI MUTTER MASALA

Okra in Sesame Coconut Sauce BHINDI MASALA

Cauliflower, Carrots, and Peas in Coconut Poppy Seed Curry GOBI GAJAR MUTTER KURMA

Bell Peppers and Peas with Chickpea Flour SHIMLA MIRCH MUTTER ZUNRA

Mashed Spiced Eggplant MY WEERDAY BAIGAN BHARTA

Assamese Greens and Potatoes XAAR BHAJI

Cauliflower and Yellow Lentils in Mint Cilantro Sauce HYDERABADI GOBI MUNG

Maasi's Nepali Potatoes NEPALI ALOO

Mushrooms and Greens KADHAI KUMBH PALAK

Cauliflower and Peas in Cilantro Onion Sauce GOBI MUTTER REEMA

Mild Peppers in Peanut Coconut Sauce MIRCH RA SALAN

Masala Potatoes for Dosas MASALA ALOO

Easy Curried Green Beans

Cabbage with Mustard Seeds and Coconut CABBAGE THORAN

Potato Tomato Curry ALOO TAMATAR SUBZI

Cumin-Scented Rice with Peas

and Onions MOM'S PEA PULAO

Rice with Vegetables, Tomato, and Spices TAVA PULAO

# Five: Dals – Lentils and Beans

Red Lentil Soup RESTAURANT-STYLE MASOOR DAL TADKA

Yellow Lentils with Spinach SOOKHI MUNG PALAK

Split Pea Soup with Spices and Coconut BENGALI CHOLAR DAL

Brown Chickpea Curry KALA CHANA

MASALA

Masala Lentils SABUT MASOOR

Any Bean Curry

Split Pea Soup with Potatoes ODIA BUTA DALI ALU TARKARI

Sweet and Sour Split Pea Soup GUJARATI SURATI DAL

Chickpea Curry CHANA MASALA

Black Gram Lentils in Tomato Sauce DAL BUKHARA

Winter Split Pea Soup with Ginger KASHMIRI DAL

Split Pea and Bean Soup MIXED DAL FRY

Bengali Red Lentil Soup MASOOR

SEDDHO

Curried Mung Beans SABUT MUNG

Yellow Lentils with Cumin SINDHI MUNG DAL

Split Peas with Coconut, Sesame, and Tamarind MAHARASHTRIAN AMTI

Peas in Coconut Curry

Sprouted Mung Bean Curry with Dinner Rolls MISAL PAV

South Indian Split Pea Stew with Veggies SAMBHAR

Creamy Black Gram and Kidney Bean Curry DAL MAKHANI

Butternut Coconut Red Lentil Curry MASOOR AUR KADDU KI DAL
South Indian Chickpea Eggplant Stew
Lentils and Green Beans BARBATTI WAALI SABUT MASOOR
Kidney Bean Curry RAJMA

# Six: One-Pot Meals and Casseroles

Chickpea Spinach Stew with Lentils and Quinoa
Lightly Spiced Yellow Lentils and

Rice MUNG DAL KHICHDI (KITCHARI)
Makhani Vegetable Pot Pie
Spinach Rice and Black-Eyed Peas LOBHIA PALAK PULAO
Red Lentil Tomato Pulao
Spicy Red Lentil Cauliflower Potato Casserole
Yellow Lentil Rice and Chard MUNG DAL CHAWAL BIRYANI
Quinoa Cauliflower Biryani

# Seven: Main Dishes

Tofu in Velvetty Pepita Poppy

Seed Sauce TOFU PASANDA

Royal Tofu and Cashews SHAHI "PANEER"

Mango Curry Tofu

Goan Tempeh Curry

Potato Veggie Balls in Garlic Fenugreek Sauce LASOONI METHI KOFTE

Butter Seitan Curry SEITAN MAKHANI

Rainbow Chard and Peas in Creamy Sauce CHARD MALAI MUTTER

Tofu in Spinach Curry PALAK TOFU

Vegetables in Luxurious Royal

Sauce RESTAURANT-STYLE NAVRATAN KORMA

Vegetables and Nuts in Luxurious White Sauce NAVRATAN KORMA

Tempeh Tikka Masala

Whole Roasted Cauliflower with Makhani Gravy GOBI MUSALLAM

Chickpea Tofu in Spicy Madras Sauce TOFU MADRAS CHILE MASALA

Vegetables in Smoky Tomato Sauce VEGETABLE JALFREZI

Kofta Balls in Nut-Free Cream Sauce MALAI KOFTA

Chicken-Free Balti

Tempeh and Cauliflower in Spicy Paprika Yogurt Sauce KASHMIRI ROGAN JOSH

Vegan Paneer and Spinach in Tomato Sauce KADHAI VEGAN PANEER PALAK

Mushrooms and Peas in Spicy Coconut Sauce MUSHROOM MUTTER CHETTINAD

Andhra-Style Tempeh Curry

Broccoli Onion Fritters in Spiced Yogurt BROCCOLI PAKORA KADHI

Vegetables in Vindaloo Sauce

Chickpeas in Spicy Sorghum Sauce SAVJI CHICKPEAS

Tempeh in Onion Sauce TEMPEH DO PYAAZA

Cabbage Kofta in Creamy Tomato Sauce PATTA-GOBI KE KOFTE

Veggie Balls in Manchurian Sauce VEGETABLE MANCHURIAN

# Eight: Flatbreads

Puffy Restaurant-Style Naan

Avocado Naan

Baked Chickpea Flour Naan

Gluten-Free Oat Naan

Wheat Flatbreads ROTI, CHAPATI, AND PHULKA

Gluten-Free Chia Flatbreads PHULKAS, ROTIS

Vegetable-Stuffed Parathas

Spicy Chickpea Flour Flatbread MISSI ROTI

30-Minute Rice Dosas

South Indian Lentil and Rice Dosas

# Nine: Desserts

Sweet Chickpea Flour Balls BESAN

LADOO

Cashew Fudge KAJU KATLI

Pistachio Cardamom Cookies NAN KHATAI

Saffron Cream Popsicles KESAR KULFI

Pistachio Almond Ice Cream PISTA KULFI

Doughnuts Soaked in Sugar Syrup GULAB JAMUN

Gluten-Free Gulab Jamun

Fudgy Coconut Balls NARIYAL LADOO

South Indian Chickpea Flour Fudge MYSORE PAK

Grain-Flour Spoon Fudge ATTE KA HALWA

Fudgy Cardamom Squares VEGAN KALAKAND

Carrot Halwa GAJAR KA HALWA

Saffron-Infused Creamy Pudding KESAR PHIRNI

Steamed Yogurt Dessert BHAPA DOI

Pistachio Spoon Fudge PISTACHIO HALWA

Saffron Cream Fudge MALAI PEDA

Bengali Saffron Cheese Dessert SANDESH

Spongy Balls in Saffron Cream RASMALAI

# Ten: Chutneys, Spice Blends, and Basics

South Indian Coconut Chutney

Chile Garlic Coconut Chutney

Mint Cilantro Chile Chutney

Quick Tamarind Date Chutney

Garam Masala

Tandoori Masala

Sambhar Powder

Chaat Masala

Bengali Five-Spice Blend PANCH PHORON

Indian Chai Spice CHAI MASALA

Pav Bhaji Masala

Chickpea Tofu

Non-Dairy Yogurt

Raita

Steamed Tempeh

Cashew Cream

Vegan Paneer

3G Paste

# Resources

Cuisines of India

Recipes by Region

Where to Buy Ingredients

Acknowledgements

Author Bio

Index

# Preface

I am Richa Hingle, the recipe developer and food blogger at VeganRicha.com, and the author and photographer of this book. Namaste!

I grew up eating seasonal, local, and freshly made food that emphasized lentils, beans, vegetables, and fresh fruits. Mom was amazing at always having something for everyone at

meal and snack times. My family was mostly vegetarian and there was minimal use of storebought or processed snacks. We were not very adventurous outside the usual Indian food while growing up. Dad liked the same set of dishes, while we kids were all picky eaters. I did not really cook much except to help Mom in the kitchen sometimes, but when I did cook, it would always be something too creative for most of the family to handle. Mom, my

brother, and I would have to finish eating it. This was probably the first hint that I would eventually be using my creative abilities in the kitchen someday.

Mom had her hands full with three children and a husband who worked long hours, but she always had freshly made meals available for everyone. Dad liked a full spread of traditional Indian dishes at every meal and my brother, sister, and I all

had our preferences. Mom eventually came up with a particular set of dishes to serve in rotation.

I was always a compassionate person. My husband remembers me from college talking about not using leather and why I had become vegetarian. You would think that would be indication enough for him about things to come. But a few years later, we were dating.

I left home for graduate studies and

came to the United States. The lack of vegetarian options in restaurants, and living without Mom, got me into the kitchen. I remember getting home at three a.m. after working in the lab and whipping up a big Indian meal. The aroma from the spices and sauces and sometimes the sneeze-inducing spicy tempering would fill up the house. I worked as a software developer, got married, and moved to Seattle. A few years later, everything changed for me because of a severe

health problem. It was a meningioma, and after the subsequent surgery, I was not able to go back to my software career. After years of recovery and accepting certain limited abilities, I started cooking and experimenting in the kitchen. I began my food blog and began baking yeast breads.

Around the same time, we adopted our Pomeranian named Chewie and started fostering other dogs. Food

blogging and rescue work came together when I started reading vegan blogs. I made the connection of love for all animals. I couldn’t eat one animal while I was caring for another as a member of my family. I also found out about the cruelties in the dairy industry. The incessant exploitation of the bond of motherhood between cows and calves made my heart ache. I went vegan gradually, and my husband followed.

The transition was not difficult, because everyday Indian food is already vegetable-rich vegetarian, and not too cheese- or meat-dependent. After the initial transition, I started working on vegan versions of restaurant-style Indian food, and cheese- and dairy-dependent desserts, to replace the memories and tastes I loved with plant-based versions. My goal was and is to not give up any foods we like, but rather to replace them with

non-animal- based versions.

I do not have any culinary training. Most of what I cook comes from learning from Mom, cooking after I moved out of my parents' home, creative taste and texture combinations, and inspiration from other cookbook authors and bloggers. I am also still a picky eater, which I guess helps me come up with the right tastes and textures. Thankfully, my blog readers love

them, too.

And so began my journey into regular blogging, learning, and experimenting. The fact that I learned most of my cooking outside of the traditional methods helped me apply my techniques across various cuisines and types of food. This, and the fact that most days I myself cannot spend more than fifteen minutes standing in the kitchen, make my recipes simpler and more

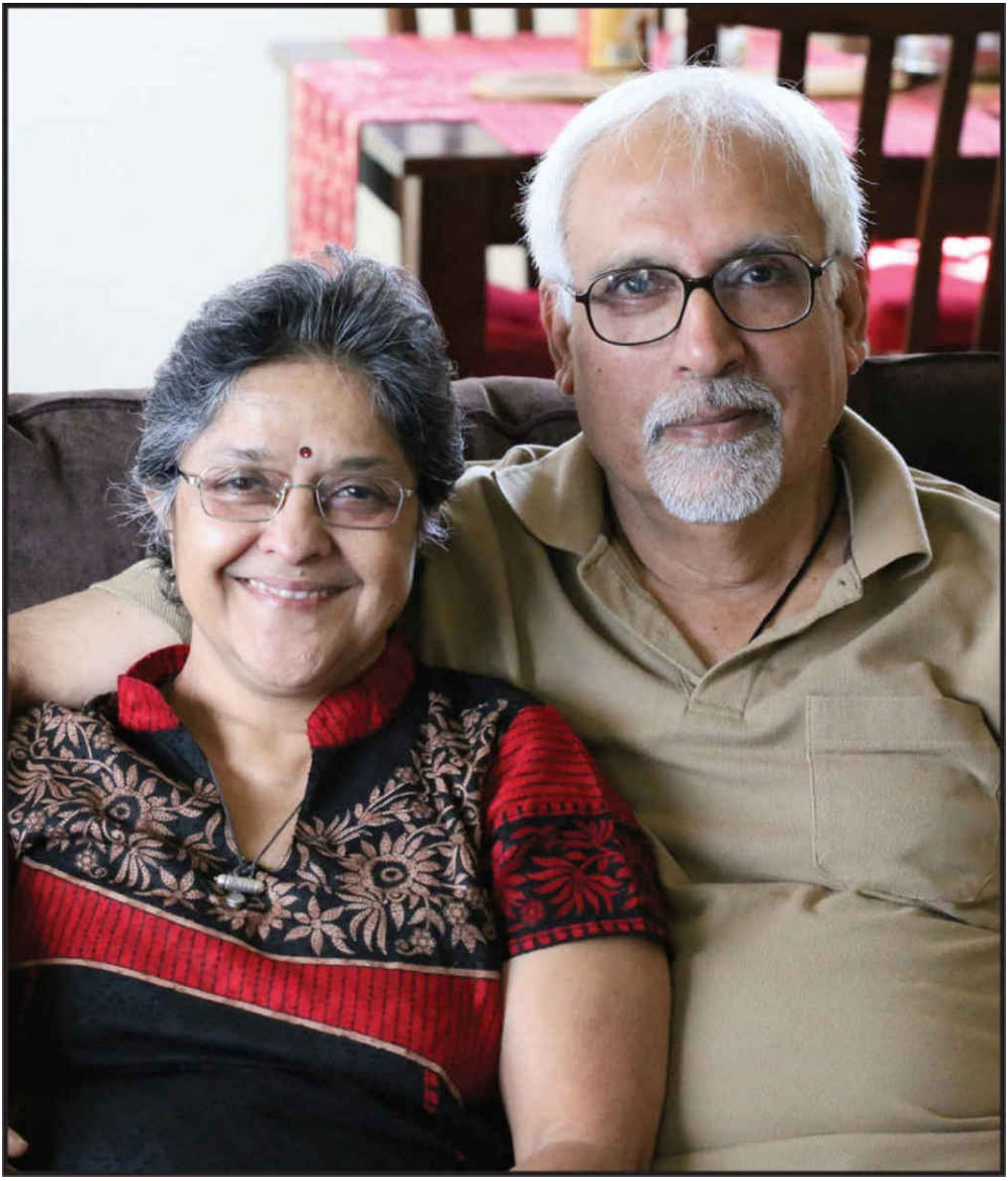
approachable than traditional, formal Indian cooking.

The relative simplicity of my dishes sometimes comes at the expense of authenticity. Some of the recipes might not taste exactly like the authentic recipe should, but this is how my tastes have evolved. Mom approves, though she believes in traditions, but she also believes in experimenting and change that is good for the body and for everyone.

Indian food made with love and a good balance of the spices and flavors is my favorite. Chefs around the world appreciate the plant-based focus of the cuisine. Everyone loves vegetables and beans made the Indian way.

This book is a labor of love in every way. It is also an extension of my vegan lifestyle, which combines my love of Indian food, simplicity, and compassion. Welcome to my Indian

kitchen!



Richa’s parents, Tripti and

Tribhuvan Hingle

# Introduction

You may already love Indian food. Now imagine being able to cook your favorite recipes in your own kitchen. From delicious dals to restaurant-style sauces, flat breads, savory breakfasts, snacks, and much more. How about some unique Indian desserts? Who would have thought you could one day enjoy dairy-free rasmalai, sandesh, or

gulab jamun? Now you can. This book is a collection of 150 recipes inspired by Indian regional cuisines, culture, local foods, and proven cooking methods. Whether you want to add a bit of Indian flavor to your cooking, try some new spices, or add more protein using legumes and lentils to everyday meals, this book has got it covered. Let me take you on a journey where you can explore both familiar and new Indian flavors that are easy to make in your own

kitchen. Discover healthy meals where nutrition-rich legumes, pulses, and vegetables are the stars. Let me help you fall in love with Indian food all over again.

I remember eating fresh and wholesome foods as a way of life. Bulk-buying whole grains and having them milled at our local mill had a huge influence on the food I cook today. My recipes reflect my knowledge of Indian spices and

traditions, as well as worldly influences. I strive hard to make my food accessible to everyone, vegan or not, and I strongly believe that vegan food can taste so good that everyone can enjoy it.

Typically, authentic Indian techniques need multiple steps, pans, and cooking methods, but I have designed my recipes to be simpler and easier with work flows that reduce cooking time and steps that

use modern appliances and techniques from other cuisines. Usually, Indian recipes call for spices that may not be readily available in American supermarkets; however, I have replaced those with available ingredients wherever possible. I also provide variations that will allow you to be creative with the spices called for. I love it when my readers create their own versions of my recipes.

This book has been written for a wide range of people who either already love Indian cooking or don't know it yet. It's for new vegans and non-vegans who want to eat flavorful whole foods and gain a perspective beyond soy-based foods or salads. It's also for seasoned vegans who want to include new Indian flavors in everyday meals, learn about some new spices, or use up familiar spices in interesting ways. My recipe testers and blog readers often mention how

the non-vegans in their families enjoyed these dishes, and how often they asked, “Are you sure this is vegan?” This book is also for anyone seeking recipes conducive to dietary restrictions, such as allergies to dairy, eggs, soy, gluten, or grains. There are even gluten-free flatbread recipes in the book that will work with any cuisine.

For lovers of Indian restaurant food, the Main Dish chapter will help you

appreciate complex flavors and also show you how to make healthier, easier, crowd-pleasing options. You will be able to make rich restaurant-style sauces right in your kitchen. The creamy sauces make great weekend or entertainment options. Additionally, many of the recipes can be either baked or fried.

I promise you that these recipes are so delicious, you'll want to make them often for yourself, for your

family, and for your guests. So, go ahead, cook up an Indian feast for you and yours. I hope you will enjoy using my Indian kitchen cookbook as much as I have enjoyed writing it for you.

# One

# My Vegan Indian Kitchen

My kitchen has become a combination of a well-stocked Indian kitchen and an elaborate vegan kitchen over the years since we went

vegan. There are some ingredients that vegans use more than omnivores. The first few years, I would add a new ingredient to the kitchen if we needed it as a substitute for the non-vegan ingredient. After we'd settled into the vegan diet and lifestyle, I began experimenting with other ingredients. All this has helped me understand complex flavors and textures and has helped create a wonderful variety of dishes in the book.

# WHERE TO BEGIN

Whether you are new to Indian cooking or already familiar, you will find lots of dishes to make from this book. Look through the Grocery List here to ensure that you have the basic spices and pantry items on hand, and to get an understanding of the ingredients used. Also check out the section called Tools of the Trade (here) where I discuss equipment.

If you are a beginner, start with the

predictable tastes and textures that you already know. Try the Gobi Mutter Masala, Masoor Dal Tadka, Palak Tofu, Chana Masala, Restaurant-Style Puffy Naan, Samosa, and Coconut and Besan Ladoos.

Then impress with Masala Lentils, Chickpea flour Pudla, Curried Green beans, Navratan Korma, Onion Bhajji, and Gajar Halwa, and Gulab Jamuns.

If you are an intermediate cook or are generally familiar with Indian food—which you will be after trying a few of the above—you can get more adventurous with Dal Makhani, Kathi Rolls, Gobi Musallam, Madras Chile Masala, Cholar Dal, Sandesh, and Rasmalai.

Quite a few Indian recipes generally start with a long list of spices, so that seems like a good place to begin. The combination of spices, herbs,

and ingredients used in Indian cooking is what makes each dish unique. The extensive set of ingredients also makes the recipes flexible for substitutions and omissions.

Ethnic foods are getting more readily available in mainstream grocery stores. So much so, that for most of the book, you might not need to make a trip to an Indian store. The availability of dals and beans has

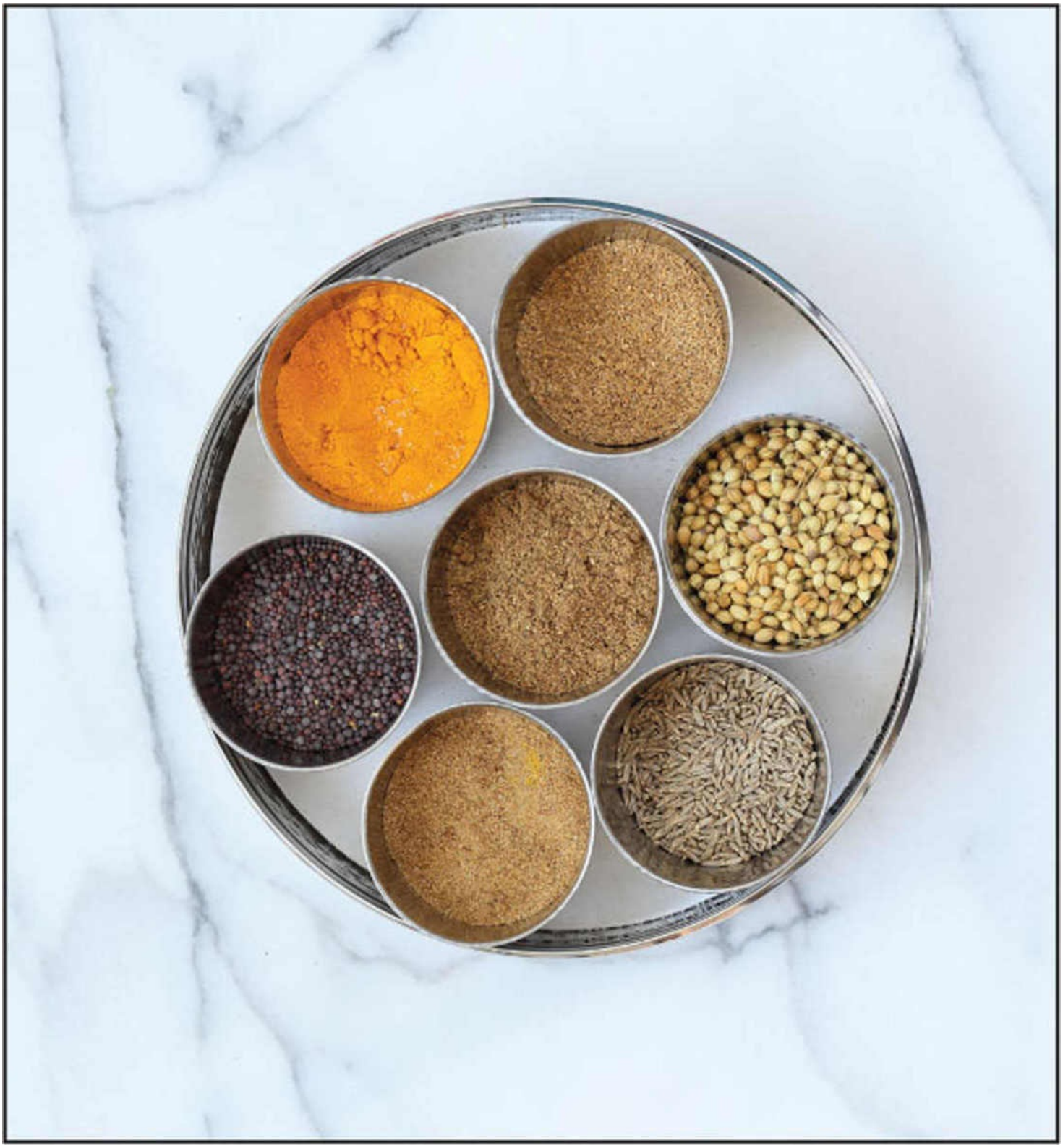
also been increasing. The spices or pantry items that are not easily available can be ordered online or brought from an Indian store. I have tried to provide substitutes wherever possible. If a recipe needs a special spice or legume, you can either use a substitute or leave it out. Some recipes, however, need the spices or pantry items to give the dish its identity; in that case, I recommend that you do try the spices mentioned in the recipe. A lot of the listed

spices are also used in other cuisines such as Ethiopian and Mediterranean, so they are a good investment.

## THE SPICES OF INDIAN COOKING

Indian spices and spice blends might seem intimidating at first. After all, we do use a multitude of spices, and each spice is used in more than one form. For example, we use whole

cumin seeds, ground cumin seeds, dry-roasted ground cumin seeds, ground dry-roasted cumin seeds, oil-roasted cumin seeds, and so on. Each way adds a different flavor to the dish.



**a spice tiffin**

In Indian cooking, spices don’t

always mean added heat. Spices mostly add flavor, whether used alone or in combination with other spices. To start off, you need some basic spices such as cumin seeds, mustard seeds, turmeric, cayenne, coriander, and a garam masala spice blend. (A list of Resources where you can buy ingredients can be found here.)

Whole spices stay fresh for years, while ground spices go stale and

rancid after a few months. A good option for setting up your pantry is to invest in whole spices. Whole spices last much longer than ground spices, so you do not have to hurry to use them up or worry about having to discard them before they get stale. However, the recipes might include whole or ground spices or even blends of ground spices. From the whole spices, you can grind small quantities to use for the month or just for the recipe. Always store your

spices in a cool, dry area in airtight containers. I use glass or steel containers to store my ever-growing spice pantry. A spice tiffin or masala dabba (pictured) is often used in Indian households to reduce prep time. You don't particularly need one of these if your spices are generally stored within reach.

In the following description of the most commonly used spices in Indian cuisine, I provide the Western

name followed by the Indian name in parentheses.

## Asafetida (hing)

Asafetida is the powdered resin of a large, fennel-like plant. As the name suggests, it has a fetid fragrance, but in cooked dishes it delivers a flavor reminiscent of leeks and garlic. Always store asafetida in an airtight container. I use it in small amounts in stews and vegetables. Asafetida is great to add to tempering (see below)

for beans and dals to help with digestion. Asafetida itself is gluten-free, but it is usually ground along with a starch. Ground asafetida can contain wheat or other starches. Always check the label. Get the whole asafetida crystals to avoid gluten contamination. There is no good substitute for asafetida. Most recipes do not depend on it for flavor, so it can be omitted.

## Bay leaves (tejpatta)

Indian bay leaf is different from the bay laurel leaf available in the United States. Bay laurel leaves are shorter and light to medium green in color, with one large vein down the length of the leaf; while tejpatta leaves are about twice as long and wider, usually olive green in color, and with three veins down the length of the leaf. True tejpat leaves impart a strong cassia- or cinnamon-like aroma to dishes, while the bay laurel leaf's aroma is more reminiscent of

pine and lemon. You can find Indian bay leaves in Indian stores or online. Or you can just substitute the bay laurel leaves.

## Black mustard seeds (raee)

Mustard seeds have a bitter flavor profile. They are mostly added as a tempering. They lend an interesting bite, flavor, and an appetizing aroma to a dish. Mustard seeds are from the mustard plant, which is a cruciferous vegetable related to broccoli,

Brussels sprouts, and cabbage. The seeds are also planted to grow saag (greens) which are stir-fried and eaten like any other greens.

White/yellow mustard seeds are mild; brown are somewhat pungent; and the small black mustard seeds have a strong flavor. Small black mustard seeds have the best flavor profile for Indian recipes.

## Black pepper (kali mirch)

Black pepper is the most commonly traded spice in the world. Black peppercorns can be used whole or in powdered form. Whole black peppercorns tempered in oil bring a beautiful flavor to biryanis, pulaos, dals, and curries. Whole peppercorns, roasted and ground with spices, add a depth to spice blends and sauces.

## Black salt, Indian (kala namak)

Kala namak is used extensively in the South Asian cuisines of Bangladesh, India, and Pakistan. It's used as a condiment or added to chaats, chutneys, salads, fruits, raitas, and many other savory Indian snacks. Chaat masala, an Indian spice blend, is dependent upon black salt for its characteristic sulfurous aroma. Those who are not accustomed to black salt often describe the smell as similar to rotten eggs. Kala namak is added to dishes

to make them taste like eggs. It is used, for example, to season tofu to mimic an egg salad. In this book, kala namak is used in sauces for its sour profile.

## Cardamom pods, green (hari elaichi)

Cardamom is one of the most commonly found spices around the world. It has a strong unique taste with an intense fragrance, so a little bit does wonders. It is used as a

flavoring agent in sweet dishes and as a spice in savory sauces or rice dishes. Whole cardamom pods retain freshness for a long time. The pods can be used whole, or the seeds from the pods can be removed and used whole or ground.

## Cardamom pods, black (kali elaichi)

These seed pods have a strong camphor-like flavor, with a smoky character derived from the method of

drying. Black cardamom pods are much larger than green cardamom pods and are therefore often called “badi” (big) elaichi. Black cardamom enhances the flavor profiles of heavily spiced sauces and curries.

green cardamom
cloves
turmeric
cayenne
coriander seeds
cumin seeds
sambhar masala
stone flower
cinnamon sticks
garam masala
fennel seeds
bay leaves

# Carom seeds (ajwain, ajwan)

Carom seeds, ajwain, bishop's weed, thymol seeds, ajma, or ajmodika belong to the cumin and parsley family. Carom seeds have a sharp and penetrating flavor. They have been used since ancient times for their culinary, aromatic, and medicinal properties. Carom seeds are mostly used in whole form and only very rarely as a powder. The seeds are often part of a tadka or

baghar mixture of spices fried in oil, which is used to flavor lentil dishes. They can be used in breads and crackers. It is popular in India to chew on the seeds with hot water to fix an upset stomach. Carom seeds or asafetida are generally added to chickpea flour/besan or beans to make them more digestible.

## Cayenne (red chile powder), whole chiles, and red pepper flakes (lal mirch)

Cayenne, or red chile powder is merely ground cayenne chiles and no other ingredients. Indian red chile powder is either ground cayenne or a chile closest to cayenne in terms of heat. Whole dried red chiles are also used frequently in tempering Indian dishes. Use dried California red for less heat and Thai, cayenne, or arbol for a spicy result. Whole red chiles in a dish slowly add flavor. If whole chiles are the only source of heat, break them in two before using.

Substitute with red pepper flakes to taste. Red pepper flakes are crushed (not ground) dried red chiles. Usually more than one chile is used and the flakes can include cayenne, ancho, bell, and other dried chiles.

## Cinnamon, sticks and ground (daalchini)

Cinnamon is the inner bark of a tropical evergreen tree. It is harvested as strips of bark rolled one inside another, and the best varieties

are pale and parchment-like in appearance. The dried bark is highly aromatic with a warm, sweet fragrance. The pleasant smell of cinnamon stimulates the senses and calms the nerves, since it has a numbing and antiseptic effect. It can be used in broken pieces to flavor rice, sauces, and lentils. It can be ground roasted or unroasted to make up spice blends or flavor sauces and curries.

# Cloves, whole and ground (laung)

Cloves are the immature unopened flower buds of a tropical tree. Cloves form an important part of several dry masala blends used in Indian cooking, such as garam masala. They are used whole in curries and also fried with other whole spices such as peppercorns, cardamom, and cinnamon and added to dishes such as pulaos and biryanis.

## Coriander seeds (sukha dhania)

These seeds have a flavor similar to orange peel and honey. It is one of the more often used spices in my kitchen along with mustard seeds and cumin powder. Whole coriander adds a burst of flavor to potatoes. Ground coriander is frequently used in sauces and tadka for dals. Coriander leaves —also called cilantro leaves—and the stem of the coriander/cilantro plant are widely used as garnish in

the Indian subcontinent.

## Cumin seeds (jeera)

Cumin seeds belong to the parsley and dill family. They have a distinctive aroma and a nutty, warmly bitter flavor. They can be used raw but are generally roasted or fried to enhance their flavor. Cumin is most commonly used in tempering for dals, beans, and rice. Most ground cumin is untoasted. Ground toasted cumin has a stronger, earthier

flavor and is used to garnish yogurt dishes, curries, and chaat.

## Curry leaves, fresh or dried (kadi patta)

Kadi patta, also called kadipatta, karivepallai, or sweet neem leaves, come from a subtropical tree native to India. The green midsized leaves are joined to a main stem and have a faint aroma that can be experienced while cooking. The leaves are highly valued as a seasoning in southern

and west-coast Indian and Sri Lankan cooking, and are usually fried along with the chopped onion in the first stage of the preparation. In their fresh form, they have a short shelf life and do not keep well in the refrigerator. You can freeze the fresh leaves very loosely packed in an airtight container for a few months. They are also available dried, though the aroma is largely inferior. You can add them to food whole or chopped. The curry leaves can be eaten along

with the food or removed during eating. There is no good substitute for curry leaves.

## Dried mango powder (amchur)

Dried mango powder is made by grinding dried mangoes. The powder preserves the acidic, tart, and spicy flavor of unripe mangoes. Amchur is commonly used for flavoring curries, chutneys, soups, and marinades. It is a souring agent like tamarind and has

tenderizing qualities like lime juice. Amchur can be used instead of tamarind to prepare sweet-sour dal or sambhar.

## Fennel seeds (saunf)

Fennel seed has a sweet, licorice taste. It can be used to flavor oil or it can be ground and used in spice blends or sauces. Fennel seed is also roasted with fenugreek and used in stuffed vegetables. In many parts of India and Pakistan, roasted fennel

seeds are consumed as an after-meal digestive and breath freshener.

## Fenugreek seeds (methi dana)

The yellow-amber colored seeds are added in the preparation of pickles, vegetables, and spice blends such as sambhar powder. Fenugreek seeds are available both in whole and ground form. The seeds are roasted to reduce the bitterness and enhance the aromatic flavor. The seeds can be

sprouted and added to salads or sandwiches.

Indian spices

## Fenugreek leaves, dried (kasoori methi)

Fresh green fenugreek leaves are available when in season in India.

They are used as greens in dishes with potatoes and in salads. Dried fenugreek leaves combine well with starchy or root vegetables like carrots, yams, and potatoes. They can also be added to flatbreads, rotis, and parathas. Ground fenugreek seeds can be substituted for the dried leaves. Use 1/4 teaspoon ground fenugreek seeds for every 1 teaspoon dried leaves.

## Nigella seeds (kalonji)

These small black seeds are picked from kalonji bushes, which are grown throughout India. The seeds are about the same size as sesame seeds, though they have a more triangular instead of oval shape. The color and flavor of the seeds make them a popular spice to flavor breads (such as naan), savory biscuits or pastries, and salads. Nigella is also called black cumin, but it is not the same as kala jeera (which also translates to black cumin). Look for

nigella seeds or kalonji in Indian stores, world spice stores, or online. There is no good substitute for nigella seeds except when used as a flatbread garnish, when you may substitute a combination of black sesame seeds and dried onion flakes.

## Nutmeg (jaiphal)

Nutmeg and mace have similar sensory qualities, with nutmeg having a slightly sweeter and mace a more delicate flavor. Mace is often

preferred in light dishes for the bright orange, saffron-like hue it imparts. Nutmeg is used for flavoring many dishes, usually in ground or grated form, and is best grated fresh in a nutmeg grater. Nutmeg is used in many sweet, as well as savory, dishes (predominantly in Mughlai cuisine).

## Poppy seeds, black or white (khus khus)

Indian poppy seeds are white. Poppy

seeds are added for thickness and texture, and also to give added flavor to the recipe. Poppy seeds, white or black, are both hard seeds and not easily ground with a mortar and pestle. Toast them to make them easier to grind and use a spice grinder. They can also be soaked in hot water and blended to make a paste. Poppy seeds can be replaced with sesame seeds.

## Saffron (kesar)

Saffron is rare and hard to find. It is among the world's most costly spices by weight because it takes thousands of hand-picked flowers to make a single ounce. Just a few strands are enough to affect the entire dish so a small box will last for a long time. It is used in sweet and savory preparation. Saffron is usually soaked in warm dairy or non dairy milk to help release its color and aroma.

## Turmeric powder (haldi)

Turmeric is used in most sauces and curries to lend them the characteristic yellow hue. Turmeric is mostly used in savory dishes. Too much turmeric in a dish can make it taste bitter. Turmeric has a slightly peppery and warm flavor. It has a vibrant color and preservative and anti-inflammatory properties.

---

# Garam Masala

Garam masala is a blend made with ground spices that is used to season Indian food. It is like an allpurpose seasoning. Garam means “hot,” masala means “spices,” so the spice blend is supposed to heat up the body. In this book, garam masala is used extensively. Some regions in India have their own special seasoning blends that may be similar or very different from garam masala. Garam masala recipes can also differ slightly with regions and family recipes.

Garam masala can be bought in ground or whole form from Indian stores, world spice stores, or online.

Buy whole spice garam masala as the whole spices stay fresh longer. There is also a recipe for it here.

**Note:** Curry powder is not garam masala and is never used in India. Curry powder is less flavorful and has turmeric and other additions that are usually not present in garam masala. Curry powder is a British or Western spice blend approximating the masala spice blends from north and south India.

---

# DALS: LENTILS, PEAS,

# AND BEANS

The term “dal” refers to dried legumes (lentils, peas, and beans) and also to the dishes made with them, usually simmered, pureed, and spiced. There are several varieties of legumes used to make soups and stews. Many are local and seasonal and might not be easily found in all countries. Lentils and peas are often available in four different forms: whole with and without the skin, and

split with and without the skin. The split form without the skins cooks the fastest. (See photos of the dried dals and beans here.)

Beans are available fresh or precooked in cans. Generally, in Indian cooking, lentils and beans are cooked fresh with the dish. Canned beans or precooked and stored beans are not used. However, using fresh beans increases the cooking and prep time, as most beans need a few hours

of soaking and cooking. Most of the recipes in this book provide instructions for both methods. I have tried to use commonly available lentils and beans wherever possible and provide substitution options as well. Except for urad, toor, and chana dal, I usually buy my entire stash at Whole Foods.

People who are new to Indian cooking are often astonished by the variety of lentils, peas, and beans

that are commonly used. The following list provides English names along with applicable Indian names.

**Black-eyed peas** (raungi, chawli, lobhia): The black-eyed pea is a subspecies of cow pea and is available in most grocery stores, Indian stores, and online.

**Chickpeas, brown, whole** (Bengal gram, kala chana): Brown chickpeas are smaller, nuttier, earthier and

sturdier than white chickpeas. They take longer to cook but hold their shape well. Brown chickpeas are available in Indian stores, Whole Foods stores, other specialty stores, and online. They can be substituted with white chickpeas.

**Chickpeas, brown, split and skinned** (Bengal gram, chana dal): Brown chickpeas are split and skinned to make chana dal. Chana dal is available in Indian stores and

online. It can be substituted with split yellow peas.

**Chickpeas, white** (kabuli chana, garbanzo beans, chole): White chickpeas or garbanzo bean are the more popular chickpeas. They are easily available in most grocery stores, Indian stores and online.

**Kidney beans, red** (rajma): Red kidney beans are dark-red colored whole beans commonly used in chilis and stews. Rajma are also used to

make a north Indian dish of the same name. They are available in most grocery stores, Indian stores and online.

**Lentils, black, split and skinned** (gram, urad dal): Whole urad bean is split to make urad dal. Urad dal is available skinned (white urad dal) or unskinned (black and white urad dal). Urad dal is available in Indian stores and online.

**Lentils, black, whole** (gram, sabut

urad): Whole urad is black and looks like green mung beans. Urad is available in Indian stores and online. It can be substituted in soups with whole green mung beans. They are not the same as beluga lentils.

**Lentils, brown, whole** (Indian brown, sabut masoor): Brown lentils are easily available in most grocery stores, Indian stores, and online. The lentils might vary slightly in size and cooking times, depending on the type

of lentils: Spanish brown, German brown, or Indian brown.

**Lentils, petite yellow, split and skinned** (green gram, mung dal): Split and skinned whole green mung bean are used to make yellow or pale yellow mung dal. Petite yellow lentils, or mung dal, are available at Whole Foods stores, Asian stores, Indian stores, and online.

**Lentils, red, split** (masoor dal): When whole Indian brown lentils are

split and skinned, they are called red lentils or sometimes pink or orange lentils. Red lentils are available in most grocery stores, Indian stores, and online.

**Mung beans, whole** (green gram, hare moong): Whole mung beans are also known as moong beans or green gram, and are available in Whole Foods stores, Asian stores, Indian stores, and online. Whole mung bean sprouts are usually available in Asian

stores.

**Pigeon peas, split** (arhar, tuvar, toor): Pigeon peas are also known as kardis, gandule beans, tropical green peas, no-eye peas, toor dal, and arhar dal. Whole pigeon peas are split to make toor dal. Toor dal is available in Indian stores and online. It can be substituted with split yellow peas.

**Split peas, yellow:** Split peas are the dried, peeled, and split seeds of the Pisum sativum plant. The splitting

process removes the dull-colored outer skin of the pea. Split peas are available in most grocery stores or online. Cooking time for split peas (yellow pea, pigeon pea) is highly dependent on how old they are. I prefer to pressure-cook the split peas because saucepan cooking time can be anywhere from 25 minutes to 2 hours.

# GRAINS AND FLOURS

Whole grains and flours used in the book are generally available in mainstream grocery stores. A typical Indian pantry might not include oat or coconut flour, but they play an important role in certain recipes in this book that have been veganized to eliminate animal products. I get all my grains and flours from Bob's Red Mill.

**Basmati rice, white or brown:**

Long-grain basmati rice works great

as a side with Indian food. It is easily available at most grocery stores, Indian stores, or online.

**Chickpea flour:** Chickpea flour is ground up garbanzo beans, usually white garbanzo beans in the United States. Besan (gram flour) is flour of skinned brown chickpeas. Besan is also more finely ground than chickpea flour. In most recipes, chickpea flour and besan can be used interchangeably, as the flavors are

similar, however, chickpea flour works better than besan in baking. The recipes specify which type of flour works best. Chickpea flour is more readily available than besan in grocery stores and online. Chickpea flour needs more water than besan to give the batter a similar consistency. To substitute besan with chickpea flour in a recipe, use more water than mentioned. To substitute chickpea flour with besan in a recipe, use less water (or more besan) for the same

consistency and result.

**Coconut flour:** Coconut flour is not made of regular shredded coconut, but ground from dried, defatted coconut meat. It is used in the book in some places to absorb an excess of moisture. Coconut flour produces a milk-powder feel when used in Indian sweets. It can be found online or in specialty grocery stores.

**Coconut, dried, shredded:** Dried shredded coconut is available in most

grocery stores and online. Both large and medium flakes are used in the book, but they are interchangeable in recipes. Look for unsweetened shredded coconut.

**Cornstarch:** Cornstarch is used as a thickener or binder in some of the recipes. It can be substituted for arrowroot starch.

**Besan** (gram flour): Besan is flour made from skinned brown chickpeas or chana dal. Besan has a nuttier

flavor than white chickpea flour and is available in Indian stores and online. If you are highly sensitive to gluten, be sure to get besan that is marked gluten-free.

**Oats** (whole and flour): I use oats in rolled and ground form in the book. They are easily available in grocery stores.

**Unbleached white flour** (maida): This and other all-purpose white flours can be used interchangeably.

**Whole-wheat flour** (gehun or atta): For the recipes in this book, you will need the standard whole-wheat flour that is available in most grocery stores. It's often used for making flatbreads, so read more about whole-wheat flour in the sidebar here.

---

# Are Coconuts Nuts?

Coconut is not botanically a nut, even thouth the FDA lists coconut as a tree

nut. While most people with tree nut allergies can safely eat coconut, if you have a tree nut allergy, talk to your doctor or allergist before eating coconut. For this book, recipes containing coconut (flakes, flour, or milk) have been categorized as nut-free. Use seeds and seed milk if you need to eliminate coconut.

## FRESH INGREDIENTS

Many of the savory recipes in this book call for garlic, ginger, onions, tomatoes, and green chiles. If you

have a vegetable garden, plant some of these ingredients to get the most of out of these delicious recipes. Other fresh ingredients used in the book include fresh herbs such as cilantro and mint and greens such as spinach, kale, rainbow chard, Swiss chard, mustard greens, and amaranth greens. Some of the other vegetables are potatoes, sweet potatoes, cauliflower, cabbage, broccoli, eggplant, zucchini, green and red bell peppers, green beans, button

mushrooms, carrots, cucumbers, pumpkin, and butternut squash. Many of the recipes get their tang from tamarind, vinegars, lemon juice, or lime juice. Here are some specific facts about these fresh ingredients:

**Cilantro:** Cilantro, of course, is the plant and its leaves, and coriander is the seeds from that plant. I use cilantro mostly as a garnish in this book. Sometimes it is an essential

garnish, as the fresh taste burst balances out the spices and heat and adds color and texture to the final dish. Use fresh cilantro leaves and tender stems.

**Coconut, fresh, shredded:** Fresh coconut is extensively used in South Indian cuisine to make chutneys, sauces, and curries. Shredded fresh coconut can be found in the frozen section at an Indian store. Mature whole coconuts can be found at

Indian stores as well. If you want to use fresh coconut, crack it open, scrape out the meat, and grate it. You can package the grated coconut keep it frozen for months. I usually use dried shredded coconut instead of fresh coconut.

**Garlic cloves:** Garlic is used in many ways in Indian food. Use a general medium-size clove. If the cloves are small, use 2 for each single clove listed in the recipe. If

too big, then reduce the quantity accordingly. Garlic is generally cooked to golden with onions. Mince it finely enough to have even size pieces, but not so fine that it releases its juice. The released juice will cause the garlic to stick.

**Ginger:** The size of ginger root varies drastically. Some roots can be large and fat and some thin and skinny. When a recipe calls for a 1-inch knob of ginger, use a 1 inch

cube in general. If it is a skinny knob, add some more ginger. If too fat, then use a 1/2-inch knob. A 1-inch knob will give you about 1 tablespoon of chopped ginger. Ginger root can range from young, juicy, and fresh to fibrous and mature or too sharp. I like to find the juiciest and least fibrous roots, as they blend up well in the sauces, whether chopped or minced. You can peel the root first or use it unpeeled.

**Green chiles:** A hot green chile is sometimes the only heat in a recipe, though green chiles may vary in heat. Use bird's eye or Serrano for Indian food. Add cayenne to the dish later if the chiles turn out to be less spicy. Because of their heat, I use bird's eye chiles sparingly.

**Mint leaves:** Fresh mint is used to make chutneys, which are great condiments to serve with snacks or meals. Mint is available in most

grocery stores.

**Nondairy milks:** Almond milk and canned full-fat coconut milk are my nondairy milks of choice. However, other nondairy milks, such as soy milk, hemp milk, and cashew milk, can also be used.

**Nondairy yogurt:** Soy, coconut, or almond milk yogurt are widely available in supermarkets. I use So Delicious brand coconut and almond milk yogurt. You can make your own

using the recipe here.

**Nutritional yeast:** Nutritional yeast is a highly nutritious inactive yeast that is used in vegan cooking to add a cheese-like flavor. It comes in flake or powder form, which are interchangeable in these recipes.

**Onions:** Red onions work best in Indian food. You can also use white or yellow onions, but avoid the sweeter variety like Vidalia. Onions used raw in a recipe are generally

first soaked in water for 15 minutes to reduce their sharp flavor. Depending on the water content of the onion, the time required to cook until translucent in the recipes may vary.

**Sugar:** Refined white sugar may or may not be vegan depending on the refinement method used. The final purification process can include bone char. I use unrefined raw granulated sugar in the book. Use other

granulated sugar (evaporated cane juice) or certified vegan sugar wherever required. I also grind the granulated sugar into powder form. Use certified vegan powdered sugar or confectioner's sugar.

**Tamarind** (fresh pods or concentrate): Tamarind trees produce soft, dark brown seed pods, which are used in cooking. The sticky pods give a sour and sweet profile to a dish and are used in making

excellent chutneysand South Indian stews. Tamarind pods, as well as paste or concentrate, can be found online and in supermarkets, Asian stores, and Indian stores. Working with tamarind pods can add a few hours of prep time to recipes because the pods need to be soaked and and the pulp squeezed out. For convenience, I generally use ready-made tamarind paste. Tamarind can be used in place of dry mango powder in recipes calling for it.

**Tempeh:** Tempeh is a cake made of fermented soybeans that makes a great protein substitute in meat-oriented curries. Tempeh is found in the refrigerated section of most supermarkets

**Tofu:** Firm tofu makes a great substitute for paneer cheese in Indian dishes, and is readily available in supermarkets. Good substitutes for tofu are tempeh, and my Chickpea Tofu (here) and Vegan Paneer (here).

**Tomatoes:** I usually use fresh, just-ripe Roma tomatoes. They are firm, not too sweet, and just tart enough. I rarely use canned or crushed tomatoes as they are sweeter and add so much tomato flavor to the sauce that they mask the complex magic of the spices and herbs.

# Grocery List

You do not need to purchase the entire grocery list to use this book. For these recipes, I tried to limit my Indian store trips, so that I would make recipes that are grocery-store friendly. In general though, the spices, pantry, lentils, beans are much cheaper in an Indian store. Do make a grocery list of your own and make a trip to the nearest one.

The following items are ingredients that are used frequently to make the recipes in this book. Many can be found in well-stocked supermarkets, depending on where you live. The spices marked with * can be found in Indian or Asian markets or online. (Online sources are listed here).

# "Must Have" Ingredients

## Spices

Asafetida (hing)*

Bay leaves (tej patta)

Black mustard seeds (raee)

Black pepper (kali mirch)

Black salt, Indian sulphur black salt (kala namak)*

Cardamom pods, green (hari elaichi)

Carom seeds (ajwain, ajwan)*

Cayenne; red chile powder; red pepper flakes; whole chiles (lal mirch)

Cinnamon, sticks and ground (daalchini)

Cloves, whole and ground (laung)

Coriander seeds (sukha dhania)

Cumin seeds (jeera)

Curry leaves, fresh or dried (kadi patta)*

Fennel seeds (saunf)

Fenugreek seeds (methi dana)*

Fenugreek leaves, dried (kasoori methi)*

Mango powder (amchur)*

Nigella seeds (kalonji)*

Poppy seeds, black or white (khus khus)

Saffron (kesar)

Turmeric powder (haldi)

## Spice Blends

Garam masala*

# “Good to Have” Ingredients

## Dals - Legumes

Black-eyed peas (raungi, chawli, lobhia)

Chickpeas, garbanzo beans (kabuli chana, chole)

Lentils, brown; whole red lentils; Indian brown lentils (sabut masoor)

Lentils, petite yellow, split, skinned (green gram, mung dal)

Lentils, red/pink/orange, split (masoor dal)

Mung bean, whole (green gram, hare

moong)
Pigeon peas, split (arhar, tuvar, toor)
Red kidney beans (rajma)
Split peas, yellow

## Grains and Flours

Basmati rice, white or brown
Chickpea flour
Coconut flour
Coconut, dried, shredded
Cornstarch
Oats, whole and flour
Unbleached (white) all-purpose flour (maida)
Whole-wheat flour (gehun, atta)

## Nuts, Seeds, and Etc.

Almonds, raw (badaam)

Cashews, raw (kaju)

Pistachios, raw (pista)

Pumpkin seeds, raw, shelled (kaddu ke beej)

Sesame seeds, white (til)

Tamarind concentrate (imli)

## Nondairy Milks

Almond milk

Coconut milk

## Oils

Coconut oil

Safflower oil

# “Nice to Have” Ingredients

The following ingredients appear in some of the recipes in this book. Substitutions are mentioned wherever possible. The spice blends can be purchased ready-made, or you can make them yourself using the recipes provided.

## Spices

Cardamom pods, black – kali elaichi

Nutmeg – jaiphal

## Spice Blends

Chana masala

Kashmiri garam masala

Pav bhaji masala

Sambhar powder

Madras curry powder

## Dals - Legumes

Bengal gram, split, skinned (chana dal)

Black gram, whole (sabut urad)

Black gram, split, skinned (urad dal)

Chickpeas (brown), Bengal gram, whole (kala chana)

Moth beans (matki)

## Grains and flours

Arrowroot starch

Gram flour (besan)

Millet, flour and whole (bajra)

Rice flakes (poha)

Semolina; cream of wheat (sooji, wheat rava)

Sorghum, flour and whole (jowar)

## Nuts, Seeds, and Etc.

Chia seeds

Coconut, fresh shredded (nariyal)

Flaxseed (alsi)

Golden raisins

Nutritional yeast

Peanuts, raw (mung falli)

Sunflower seeds, raw, shelled

Watermelon seeds, raw, shelled (magaz tarbooz ya kharzooje ke beej)

Mint leaves (pudina)

Tempeh

Tofu

## Nondairy Milks

Cashew cream

Soy milk

## Oils

Canola oil or other neutral oil with high smoke point

Sesame oil

Mustard oil

# TOOLS OF THE TRADE

I use the following equipment in my kitchen to prepare many of the recipes in this book.

**Blender:** Blenders are frequently used in the book. I use my Magic Bullet (a small blender with blend and grind blades) for all the dry or wet spice grinding and sauce

blending. I also use a high-powered blender for larger quantity sauces and to break down nuts and grains for sauces and batters. An immersion blender can be helpful in reducing transfer and clean-up time when the sauces or soups need pureeing. Between my Magic Bullet and my Blendtec blender, however, I generally don't need an immersion blender.

**Food processor** (mini or regular

size): Food processors are like blenders but with more blades and options for grating, shredding, and chopping to desired sizes. I use my Kitchen Aid or Cuisinart mini food processor more than my regular-sized food processor. A food processor is a convenience, but not essential for making the recipes in this book. Vegetables can be shredded with a large grater or by chopping into thin slices.

**Skillets and saucepans:** Unless otherwise noted in the recipes, medium to large skillets (10- to 12-inch) with lids and medium-size saucepans are used throughout this book. Use thick-bottom options wherever possible to avoid burning the spices and sauces. The type of cookware and the stove you use can affect cooking times. It can take anywhere from 30 seconds (steel cookware) to 3 minutes (ceramic cookware) for oil to get very hot for

a “tempering” (see here). Adjust the heat and cooking times accordingly. I use PFOA- and PFOE- free nonstick or ceramic cookware.

# A skillet

**A tava**

**Tava or skillet:** A separate nonstick or cast iron skillet for crepes or flatbread is needed to make crepes, flatbreads, and pancakes. I have two dedicated skillets: one for pancakes,

omelets, and crepes; and one for rotis, naan, and other flatbreads. Using the skillets for other cooking that involves stirring or juices in the food can cause the skillet surface to change. Crepes such as dosa and chickpea flour chilla will then begin to stick to the skillet.

**Spice grinder:** The recipes generally call for whole spices that need grinding. A mini-blender such as a Magic Bullet or a spice grinder is

sufficient for most of the recipes. I prefer using the Magic Bullet for this, as the spices are often ground or blended with wet ingredients, which is not possible with a spice grinder. You can mix the wet and ground spices in a separate bowl by hand if you do not have a small blender.

**Pressure cooker:** Pressure cookers are great for cooking whole grains and beans that would otherwise take hours to become tender. Like most

Indian cooks, I have four pressure cookers, each of a different capacity. I use a basic stovetop pressure cooker, Hawkins Classic, 2, 3, and 5 litre. Pressure cookers are becoming popular in the United States, but they are not yet used in all homes. For this reason, several recipes have cooking instructions for both saucepan and pressure cooker.

Several types of pressure cookers are available, from the basic stovetop

pressure cooker (which is just a saucepan with a locking lid and pressure release valve), to a programmable electric cooker with timed ingredient selections that allow you to plan ahead.

Pressure cookers also can have a range of pressure capacities, so cooking times will vary. For example, a pressure cooker that reaches a maximum pressure of 8 PSI will take longer to cook the same

beans as one that can reach 15 PSI. Please do read the manual to adjust the cooking times accordingly.

Depending on the capacity and type, a cooker can take anywhere from 7 to 15 minutes to reach maximum pressure. The cooking times mentioned in the book are calculated *after the pressure has been reached*. The basic stovetop pressure cookers will occasionally release some air through the release valve to maintain

a safe pressure inside the cooker. The air release sounds like a whistle. I have always cooked by counting whistles as that is what I learned from Mom. Whistles and cooking times are stated for each recipe using a pressure cooker. If you use a different type of pressure cooker, you'll need to follow the instructions for that model.

**Knives:** A sharp, high-quality chef's knife makes all the chopping typical

of Indian food much easier. Find one that works for you. I have two Santoku knives with different types of handles. The 5-inch is my favorite and my husband prefers the 7-inch.

**Strainers and bowls:** Large strainers are needed for washing lentils, beans, and vegetables, and also to act as bowls to hold vegetables after chopping.

In addition to the equipment listed above, other miscellaneous tools that

can be helpful include spatulas for stirring and flipping, tongs to pick up flatbreads, peelers, a potato masher, a whisk, a rolling pin, a cutting board, and a pizza cutter. Baking sheets and parchment paper are used for most baked recipes.

## COOKING INDIAN FOOD

If you are new to Indian cooking, please read the entire recipe a few

times before starting. Get the spices, blends, and ingredients in place and follow the recipe as closely as possible. Keep all the frequently used spices together and within reach.

As you get more accustomed to the recipes, or if you already cook Indian, you will be able to reduce the prep and cook times by prepping as you go during brief downtimes. For example, onions often need to cook

for 6 minutes or so. During that time you can chop the tomatoes and vegetables and gather the spices.

The recipes are quite flexible in the sense that they should turn out well even with substitutes for a few spices or general ingredient substitutions. Just be sure to taste and adjust the seasonings as you cook.

## Tempering Spices in Oil

Indian foods, especially dals, depend

on a “tempering” of the spices in hot oil. This tempering iscalled a tadka, tarka, chaunk or baghar, or a number of other unique regional names. To make a tempering, the oil is heated to almost the smoke point, then spices are added to it. The spices sizzle or pop to infuse flavor into the oil, which is then added to the dal or sauces. Use any neutral oils that have a high smoke point such as safflower, organic non GMO canola, grapeseed, and so on. Oil spray is

also used in the book for baking.

Some of the recipes call for the oil to be heated until it is hot, so that when the spices are added, they start to sizzle and eventually pop. Depending on the pans, stove, and oil used, it can take anywhere from 1 to 4 minutes for the oil to be hot enough to temper the spices. If the spices do not sizzle when added, it means the oil is not hot enough. Let the spices start to sizzle before going to the

next step. (See photo here.)

## Adjusting Seasonings to Your Taste

The seasonings used in the recipes are written to be flexible to your taste, especially regarding salt and heat preferences. I'd also like to mention that ninety percent of the recipes have been loved as written without changes by the recipe testers. Taste as you go and adjust to your preference. Use lower salt and heat

to begin with. There are usually enough spices and flavors going on that missing a spice will still work out well.

## Soaking and Cooking Times for Dals and Beans

I usually soak my dals and beans. Unsoaked dals might take 5 to 10 minutes longer to cook. Unsoaked beans will need a pressure cooker to cook through or significantly longer time in a saucepan. Below are the

general soaking and cooking times for the commonly used dals and beans used in the book. Cooking times depend on the stoves, the pans, and the beans. Older beans take longer to cook. Pressure cookers also have variable cooking times depending on the size and type of the pressure cooker. Pressure-cooking times in the chart are at full pressure. Please use your pressure cooker manual to confirm the times.

# SOAKING AND COO
# TIMES FOR DALS ANI

| Legume | Soaking Time | Cooking Time SAUCEPA |
|---|---|---|
| Black-eyed peas RAUNGI | 4 hours | 35 to 40 min |
| Chickpeas, brown split and | 1 hour or | 35 to 40 |

| | | |
|---|---|---|
| skinned CHANA DAL | overnight | min |
| Chickpeas, brown whole KALA CHANA | overnight | 60 to 90 min |
| Chickpeas, white SAFED CHANA | 4 hours or overnight | 50 to 60 min |
| Gram, black, whole | overnight | 45 to 55 |

| | | |
|---|---|---|
| SABUT URAD | | min |
| Green mung bean SABUT MUNG | 1 hour | 30 to 35 min |
| Lentils SABUT MASOOR | not soaked | 25 to 30 min |
| Lentils, petite yellow MUNG DAL | not soaked | 20 to 25 min |
| Lentils, | | |

| | | |
|---|---|---|
| split (red/pink/ orange) MASOOR DAL | not soaked | 15 min |
| Pigeon peas, split TOOR DAL | 1 hour | 25 to 30 min |
| Red kidney beans RAJMA | overnight | 50 to 60 min |
| Split peas, yellow | 1 hour or overnight | 25 to 30 min |

# RECIPE COOKING TIME NOTATIONS

Each recipe indicates the time it takes to make from start to finish. Here is an explanation of the indicated time notations and how they can help you manage your time.

**Prep Time:** This is the time needed to chop, slice, dice, or mince the ingredients; and get the spices ready. It also includes the soaking time and

other steps needed before starting to actively cook. The average prep time can be anywhere from 10 to 25 minutes. Once you get comfortable cooking these recipes, you will be able to reduce the prep time considerably by using the inactive time between steps in the recipe. Prep can be done immediately before cooking, an hour or so in advance, or during the cooking. I generally need 5 to 10 minutes to prep the first few steps as the rest can be done during

the inactive cooking time.

**Active Time:** The active time is the time you spend doing the hands-on cooking. This cooking time is in addition to the prep time. Active time begins once the cooking startsandincludes any stirring, tossing, adding spices or vegetables, and so on.

**Inactive time:** Inactive time is the time the food is cooking without the need for your attention or presence.

It is the time that elapses while the sauce or beans cook, or the baking time while food is in the oven.

The total time for the finished is Prep + Active + Inactive time if none of the steps are done in parallel. For example, to make roasted cauliflower, you will need 15 minutes of Prep Time to cut the cauliflower and get the spices out + 10 minutes of Active Time to make the spice blend, add it to the

cauliflower, and toss to coat + 20 to 25 minutes of Inactive Time to bake it.

a tempering

# RECIPE NOTATIONS

The recipes can be easily adjusted for dietary preferences. As you read the chapter introductions and recipe

headnotes, you'll find suggestions for substitutions. At the top of each recipe, you will also notice one or more of the following symbols, as appropriate. Here is what they mean:

SF **Soy-free or potentially soy-free:** This indicates recipes that are soy-free or can be made soy-free. My husband and I don't generally eat much soy, as our everyday meals are usually made up of dals, vegetable sides, and flatbreads. For us, the

recipes in the Main Curries chapter are weekend or entertaining fare. Tofu and tempeh are used in that chapter, however, as they work well with the sauces and as substitutes for paneer cheese or meat in typically non-vegan recipes. All of the recipes in that chapter can be made soy-free by using chickpea (Burmese) tofu, vegan paneer, cooked chickpeas, beans, or vegetables. In the entire book, there are only two recipes, Rasmalai and Sandesh, that cannot

be made soy-free.

**Gluten-free or potentially gluten-free:** This symbol indicates recipes that are gluten-free as well as those that can easily be made gluten-free. Pretty much all the recipes have gluten-free options, or you can find another similar recipe in the book that is gluten-free.

**Nut-free or potentially nut-free:** This symbol is used for recipes that are nut-free or can be made

nutfree. Most of the recipes do well with substituting seeds (sunflower, pumpkin, hemp) for the nuts , or using cauliflower, yogurt, coconut milk, blended tofu, or beans for the sauces. Nuts can be omitted to make a noncreamy sauce.

E **Easy:** Recipes that have been marked as easy are those which do not need complex prepration or long lists of spices or ingredients. Easy recipes will have fewer steps and use

easily available ingredients, less equipment, and simple techniques.

## How Is Indian Food Served?

Indian food is normally served on a thali (photo opposite), a large platter holding two or more vegetable sides, one or more saucy side (such as dals or curries), plain yogurt or raita, Indian pickles or papadums (lentil crackers), flatbreads, and

rice. The flatbread is torn into pieces by hand, folded like a spoon, and dipped into each of the sides. You can also serve the food any way that you may prefer. Here are some ideas:

- Serve in a bowl. Layer cooked grains, vegetable side, and a dal in a bowl. Garnish it with cilantro and chutney, if you like, and serve.
- Make a pizza. Bake naans topped with thick creamy curries or dry vegetables. Garnish with vegan cheese or chutneys.

- Stuff bell peppers or bread bowls with creamy curries.
- Enjoy dals as soups served with crackers.
- Make wraps, burritos, or sandwiches with the dry vegetable sides in chapter 4.

**A typical Indian thali: (clockwise from**

onions): Tofu Makhani (here), Xaak Bhaji (here), Mom's Simple Mung Dal (not in book), Okra and Onion Stir-Fry (here), plain basmati rice, Whole-Wheat Roti (here), and (center) Raita (here)

# Bread Pakoras (here)

# Two

# Breakfast

Mom always made sure there was time to eat breakfast in the morning, and Vivek and I continue her tradition. Breakfast is, after all, the most important meal of the day. A balanced, unhurried meal means a

great start to the day.

Indian breakfasts are a savory affair, usually accompanied by some kind of drink, depending on the season. Breakfasts range from stuffed paratha flatbreads, grain and potato hash (upma or poha), chilla or pudlas, and fluffy idlis, to dosa crepes with coconut chutney or spiced sprouts.

Some breakfast options, such as parathas and dosas, can be found in

the Flatbreads chapter, while sweet breakfast options, such as phirni, rice pudding, halwa, and more, can be found in the Desserts chapter. In this, the Breakfast chapter, you will find recipes for a simple chickpea flour pancake called a chilla or pudla, easy savory French toast fritters, and oats prepared in a whole new way.

# Savory Pan-Fried French Toast

*Bread Pakora*

**Prep: 15 minutes | Active: 20 minutes | Inactive: 10 minutes | Serves 4**

SF NF E

Bread pakoras are a favorite breakfast or evening snack in our house. My sister ate pakoras after school every day until she got really bored with them. She would ask for them again after a few days. I panfry my pakoras, while my sister loves the deep-fried version. For best results, use home-baked bread or day-old or crustier bread. Store-bought fresh breads can get soggy too quickly. Serve with ketchup, sriracha, cilantro chutney, or mint

cilantro chutney. (See photo here.)

**1 recipe chilla batter (here)**

**5 to 6 slices sandwich bread or French bread (use day-old bread for best results)**

**1 to 2 tablespoons safflower or other neutral oil**

1. Make the chilla batter (Steps 1 and 2 from the chilla recipe). Add more water if needed to keep the batter thin.

2. Heat 1 teaspoon of the oil in a

large skillet over medium heat. When the oil is hot, spread the oil by moving the pan.

**3.** Cut the bread slices into halves or quarters. Dip them in the batter to coat all sides and place in the skillet. Spoon some onions from the batter onto the bread slices, if needed.

**4.** Cook 4 to 6 minutes, then flip and cook for 4 to 6 minutes longer. Add 1/2 to 1 teaspoon oil to the skillet again before the next batch and

spread it. Repeat until the batter runs out. Serve hot.

# Spicy South Indian Tofu Scramble

**Prep: 20 minutes | Active: 20 minutes | Serves 4**

I know, I know. Tofu scrambles are a very common breakfast in a vegan

household. But you need to make this one. This tofu scramble has mustard seeds, curry leaves, and coconut. The flavors and textures work beautifully. Add some greens or other vegetables for variation. Serve with toasted bread, rotis, or tortillas. It’s a perfect fusion breakfast or snack with a side of roasted potatoes and coconut chutney. Use chickpea tofu or cooked chickpeas to make this soy-free.

2 teaspoons safflower or other neutral oil

1/4 teaspoon black mustard seeds

10 curry leaves, coarsely chopped

Pinch of asafetida (omit to make gluten-free)

2 cloves garlic, finely chopped

1/2 cup finely chopped red onion

1/2 cup chopped red bell pepper

2 tablespoons shredded coconut (dried or fresh)

1/4 teaspoon smoked paprika

1/2 teaspoon ground turmeric

1/4 teaspoon red pepper flakes

1/4 teaspoon cayenne

**1/2 to 1 teaspoon salt**

**1/8 teaspoon Indian black salt**

**14-ounces firm tofu, drained**

**1 teaspoon lemon juice, for garnish**

**A dash of black pepper, for garnish**

**2 teaspoons shredded coconut, for garnish**

1. Heat the oil in a skillet over medium heat. Once the oil is hot, add the mustard seeds and let them start to pop. Add the curry leaves and cook until the leaves are mostly crisp, 1 minute. Add the asafetida

and garlic and mix well. Stir in the onion and bell pepper, and cook until the onion is golden, 6 minutes.

**2.** Add the coconut, paprika, turmeric, red pepper flakes, cayenne, salt, and Indian black salt and mix well. Reduce the heat to medium-low. Crumble or chop the tofu and add to the skillet. Mix well and break the larger pieces. Cover and cook for 6 to 8 minutes, stirring once halfway through. Taste and adjust the salt and

spices, if needed. Cover and let sit for another 2 minutes so the flavors can develop. Garnish with a dash of black pepper, lemon juice, and shredded coconut and serve.

# Mom's Chickpea Flour Pancakes

## *Chilla (Pudla)*

**Prep: 15 minutes | Active: 25 minutes | Inactive: 20 to 25 minutes | Makes 8 to 10**

This is my Mom's chilla recipe. The

classic Indian pancake recipe is probably the one from which most chickpea flour omelets are derived. These thin pancakes, made with a runny batter using unleavened chickpea flour or besan, are a popular breakfast in North India. These chillas in the simplest form are easy and perfect for breakfast, a snack, or a side flatbread. Stuff them with roasted vegetables or vegan feta. Serve with ketchup or chutneys. For a veggie omelet version, add less

water for a thicker batter and add leavening such as baking powder. Add finely chopped vegetables such as zucchini. Mom calls it puda, but it is also known as cheela, chilla, and pudla.

**1 cup chickpea flour, garbanzo bean flour, or besan**

**1 1/2 cups water**

**3/4 teaspoon salt**

**1/4 teaspoon turmeric**

**1/4 teaspoon cayenne**

**1/4 teaspoon carom seeds or cumin seeds**

**1/2 cup finely chopped red onion**

**1 hot green chile, finely chopped (remove seeds to reduce heat)**

**1/4 cup packed chopped cilantro**

**1 to 2 tablespoons +1 teaspoon safflower oil, divided**

1. In a bowl, combine the chickpea flour and 3/4 cup water. Whisk to get a smooth consistency. Whisk in another 1/2 to 3/4 cup water to make a thin lump-free batter. (If using besan, you will need less water).

2. Add the salt, turmeric, cayenne,

carom seeds, onion, chile, cilantro, and 1 teaspoon of oil, and mix well. Let the batter sit for 5 minutes.

**3.** Heat a skillet over medium heat. When the skillet is hot, drizzle a few drops of oil on the skillet. Spread the oil using a paper towel. Pour a ladle full (1/4 to 1/3 cup) of the batter onto the skillet. Spread the batter by moving the skillet to make a 6 to 8-inch pancake. Drizzle a few drops of oil on the edges of the pancake.

**4.** Cook until the edges start to leave the pan and the bottom is golden brown, 4 to 6 minutes. Flip and cook for 2 to 4 minutes. Continue to make the rest of the pancakes. Serve hot.

---

**Tip:** For a quick lump-free batter, use a whisk to whisk the flour and water. Add only half the water to begin with and whisk in the rest of the water a few tablespoons at a time.

# Savory Oats Hash

## *Kanda Poha*

**Prep: 15 minutes | Active: 15 minutes | Inactive: 10 minutes | Serves 4**

Kanda poha is usually made with thick rice flakes that are reconstituted

with water to make a pasta-like dish. Rice flakes are not easily available in regular grocery stores, so we started making poha with oats. Old-fashioned oats are soaked and cooked just enough so they are tender but are separate grains. The recipe works as-is using thick rice flakes as well. If you have never tried oats this way, you may be surprised by how good they taste. Soak them longer if you like them cooked softer. The result will be

more of a scramble than separate grains.

**1 1/2 cup old-fashioned oats**

**3 tablespoon raw peanuts or other nuts (omit to make nut-free)**

**1 teaspoon safflower or other neutral oil**

**1/2 teaspoon mustard seeds**

**10 curry leaves, chopped**

**1/8 teaspoon asafetida (omit to make gluten-free)**

**1 hot green chile, finely chopped**

**1/2 cup finely chopped red onion**

**1/2 teaspoon turmeric**

1/4 teaspoon cayenne

3/4 to 1 teaspoon salt

1/3 cup fresh or frozen green peas, thawed if frozen

1/4 teaspoon sugar

2 tablespoons chopped cilantro, for garnish

1 teaspoon lemon juice, for garnish (not optional)

1. Wash the oats and soak in 2 cups of water for 7 to 8 minutes. (Steps 2 through 4 take about the same time, so the oats do not have to be soaked in advance.)

**2.** Heat a skillet over medium heat. Add the peanuts and dry roast until they change color slightly, about 2 minutes. Remove from the skillet and set aside.

**3.** In the same skillet, heat the oil over medium heat. When the oil is hot, add the mustard seeds and curry leaves. Let the mustard seeds start to pop, 30 seconds. Add the asafetida and chile, then stir in the onions and cook until translucent, 5 to 6

minutes.

**4.** Add the salt, turmeric, cayenne, peas, and sugar and mix well. Cook for 1 minute.

**5.** Drain the oats and add to the pan, then stir in the roasted nuts. Cover, reduce the heat to medium-low, and cook for 5 minutes or until the oats are tender, but not mushy like oatmeal. Stir to mix and fluff. Taste and adjust salt and spice. Cover and set aside for 2 minutes. Serve warm,

garnished with cilantro and a generous drizzle of lemon juice.

# Indian Spiced Milk Tea

# *Masala Chai*

**Active: 15 minutes |**
**Serves 4 SF GF E**

SF GF E

Masala chai, or spiced milk tea, is a fixture every morning in most Indian

households. Depending on the region, it might be replaced with coffee or other hot drinks. Masala chai was the last of the dairy items to be replaced in our house. The right taste and texture were difficult to find in plant-based milks. The various brands of milks behave differently under the same circumstances. We have been using Almond Breeze almond milk for the past two years. Use this recipe as a base and find your preferred plant

milk for that perfect cup of masala chai.

- **1 1/2 cups water**
- **2 to 3 tablespoons raw sugar or other sweetener, to taste**
- **3 1/2 teaspoon chai patti/loose tea (we use Jivraj Brand loose tea leaves)**
- **3/4 teaspoon Chai Masala (here)**
- **1 teaspoon grated fresh ginger (some fresh ginger can be strong, use to taste)**
- **2 cups plain almond milk or other creamy nondairy milk**

**1.** Heat a saucepan over medium heat. Add water, sugar, tea leaves, chai masala blend, and ginger. Bring to a rolling boil, 8 to 9 minutes

**2.** Slowly pour the almond milk. Bring the mix to just about a boil, 8 to 10 minutes.

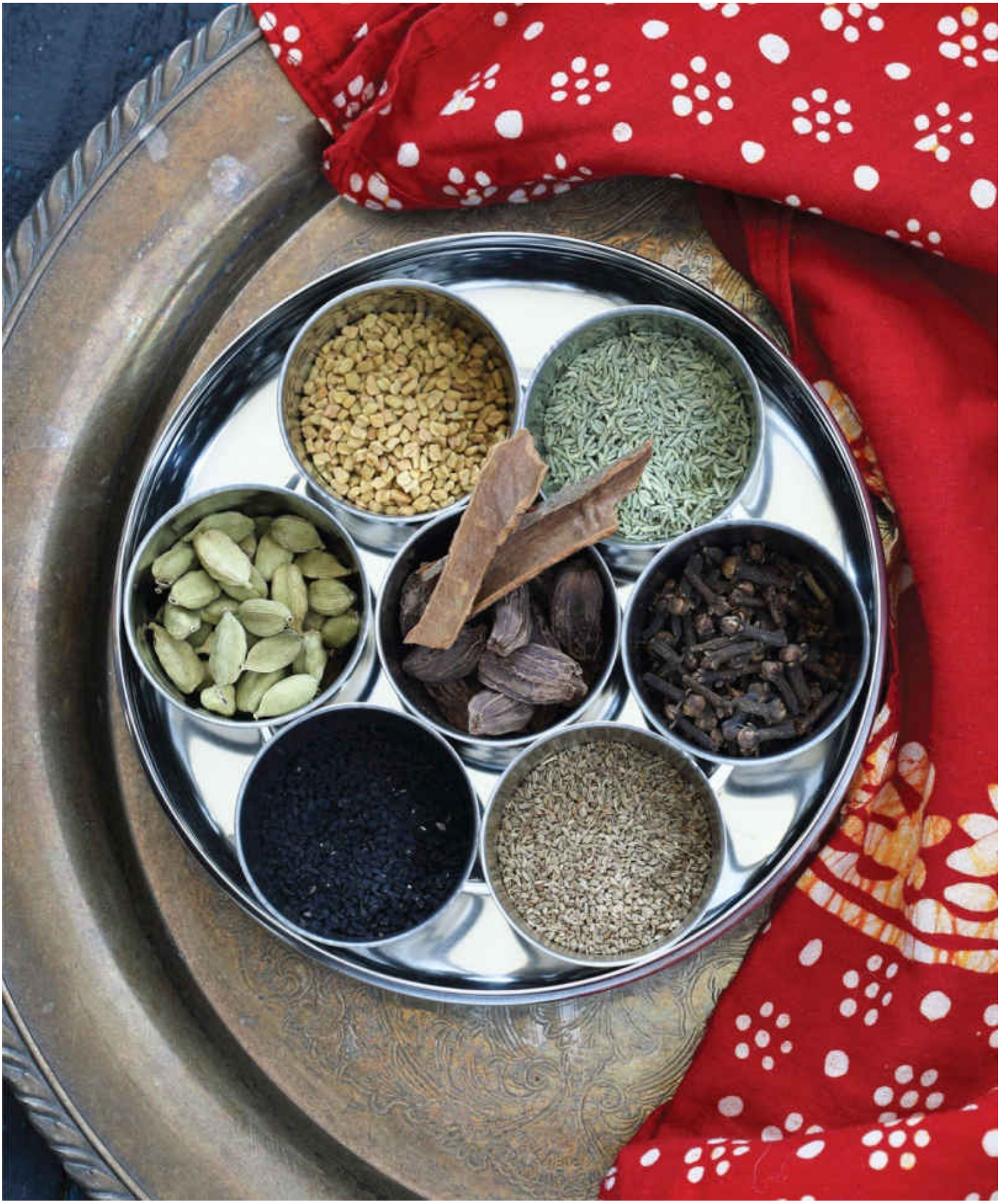
**3.** Strain into a cup and serve hot.

---

**Variation:** For a quick masala chai, add 1/4 teaspoon ground cardamom,

1/8 teaspoon ground cinnamon, 1/8 teaspoon ginger powder, a generous pinch of ground cloves, and black pepper to the water at step 1 and continue as above.

**Note:** Some plant milks tend to separate when added to the hot water. Add 1 tablespoon cold/room temperature water to the boiling water at Step 2 to bring the temperature down. Then pour in the plant milk.



A spice tiffin (clockwise from cloves,

far right): carom seeds, nigella seeds, green cardamom pods, fenugreek seeds, fennel seeds. In the center: black cardamom and cinnamon sticks.

**Potato Samosas (here): fried (left) and baked**

# Three

# Small Plates and Snacks

Indian snacks are meant to satisfy the need for something crunchy and savory between meals, and are also served to impromptu visitors. Indians

in India or elsewhere are known for unplanned visits. Mind you, no one really calls first before dropping by for a visit. One minute you are sitting and chatting away, and the next minute someone is at the door. Most houses usually have a good stash of fried snacks in the pantry, so there are some quick options, and also some that are a bit more elaborate to impress someone you love. This chapter has some common and regional snacks to make for yourself

and your family, even if there are no unannounced visitors. All snacks in this chapter are soy-free. They can be baked or deep fried, but I like to bake most of these. Gluten-free options are provided.

You can also serve most of these for breakfast. The same applies to the breakfast section: the breakfast recipes can be served as evening snacks. Start with the easy favorites such as Gobi 65, Onion Bhajji, and

Cauliflower Manchurian. These can make quick snacks with afternoon coffee. Then try your hand at the Samosa, Aloo Bonda, and Savory Lentil Pastries when you have more time. Try the Tikka Kathi Rolls, Vegetable Tikki, and more, for brunch or light dinner. Finally, there are more traditional recipes like Handvo and Medu Vada if you want to indulge in some interesting preparations.

# A Chat About Chaat

It is difficult to describe Indian chaat. Chaat is a general term used for savory snacks. Some chaats are like a salad, with beans, potatoes, sweet and sour chutneys, yogurt, crunchy crackers, or nuts. It is a favorite evening snack in many parts of the country. There are regional variations that might not be called chaat but have similar food combinations. Chaat can be served warm or cold. Cold chaat works best in India because of the tropical heat and the need for cold and fresh snacks.

# Spicy Baked Cauliflower Florets

*Gobi 65*

**Prep: 20 minutes | Active: 20 minutes | Inactive: 30 minutes | Serves 4**

There are a few fried cauliflower (gobi) appetizers offered in Indian restaurants. The most common ones are Gobi Manchurian (here), which is an Indo-Chinese dish with sweet, sour, and spicy sauce; and Gobi 65, a spicy fried cauliflower in a cornstarch and flour batter with curry leaves. This is a baked version of Gobi 65. You can also fry the cauliflower for a restaurant-style version. Serve alone or with a side of mint-cilantro or coconut chutney. To

make these gluten-free, use 1/2 cup chickpea flour + 1/4 cup rice flour instead of unbleached all-purpose flour.

**BATTER:**

**2 tablespoons chopped red onion**

**3/4 cup + 2 tablespoons unbleached white flour**

**3 tablespoons cornstarch**

**1 teaspoon salt**

**1 teaspoon Garam Masala (here)**

**1 1/2 to 2 teaspoons cayenne**

**1 teaspoon sriracha sauce, chile garlic sauce, or other hot sauce**

1 (1-inch) knob of ginger

4 cloves garlic

12 curry leaves

2 teaspoons soy sauce

1 cup water

2 teaspoons safflower or other neutral oil

## CAULIFLOWER:

Safflower oil spray, as needed

4 1/2 cups small cauliflower florets

## GARNISH:

1 teaspoon safflower or other neutral oil

2 cloves garlic, minced

1/3 cup thinly sliced red onion

**1/3 cup thinly sliced green or red bell pepper**

**10 curry leaves, chopped**

1. Preheat the oven to 425°F. Blend all the ingredients for the batter in a blender and blend until smooth and pasty. Transfer to a large bowl. If the batter is too thin, add 1 tablespoon flour, or more, and mix well.

2. Add the cauliflower florets to the batter, toss to coat, and let marinate for at least 15 minutes. Mix to coat

again. Place the florets on a parchment-lined baking sheet, and spray with oil.

**3.** Bake for 20 minutes, then rotate the baking sheet. Bake until a toothpick passes through the cauliflower easily, about 15 minutes. The total baking time is 30 to 35 minutes.

**4.** Make the garnish: Heat the oil in a skillet over medium heat. Add the garlic, onion, peppers, and curry

leaves, and cook until the onion is golden, 7 to 9 minutes.

5. Garnish the baked cauliflower with the onion mixture. Serve hot.

# Baked Potato Samosas

**Prep: 20 minutes | Active: 40 minutes | Inactive: 20 minutes| Makes 12 to 14**

Samosas come in various shapes and forms and with various fillings. Vegetable samosas with potato-pea filling are the most popular of the lot.

There are several ways to make the potato stuffing. This version is based on the samosas from one particular restaurant in my home town. The samosa filling was always very flavorful, with spices, lots of ginger, and coriander seeds. You can make it simpler by omitting some of the spices. The filling can also be used in sandwiches or wraps, or added to tacos. For restaurant-style fried samosas, use unbleached white flour (maida) instead of whole-wheat

flour. Serve with cilantro chutney and tamarind-date chutney and sprinkle with chaat masala, if desired. To make gluten-free: use the recipe for Spicy Chickpea Flour Flatbread Roti for the pastry shell (here). (See photo for this recipe here.)

**STUFFING:**

**4 medium potatoes, peeled and diced (3 cups)**

**1 teaspoon safflower or other neutral oil**

1/4 teaspoon cumin seeds

1 teaspoon coriander seeds

1/4 teaspoon fennel seeds

1 1/2 teaspoons grated ginger or 1 tablespoon ginger paste

2 cloves garlic, minced

1/2 teaspoon ground cumin

1/2 teaspoon cayenne

1/2 teaspoon Garam Masala (here)

1/4 teaspoon ground turmeric

1/4 teaspoon Chaat Masala (here) or 1/8 teaspoon Indian black salt

3/4 teaspoon salt

1/4 cup water

1/2 cup fresh or frozen green peas,

thawed if frozen

2 tablespoons cilantro leaves

1/2 teaspoon lemon juice

## PASTRY SHELL:

1/2 cup + 2 tablespoons whole-wheat flour

1/2 cup unbleached white flour

1 tablespoon cornstarch or arrowroot

2 tablespoons fine semolina or semolina flour

1/2 teaspoon salt

1/4 teaspoon baking soda

1/2 teaspoon carom seeds or cumin seeds

1/8 teaspoon black pepper

**1 tablespoon olive oil or melted vegan butter**

**1/2 cup + 1 teaspoon water**

**1. Make the stuffing:** Boil the diced potatoes in enough water to cover over medium heat until very tender, 20 to 25 minutes. Drain, cool slightly, mash well, and set aside. Alternatively, pressure-cook whole unskinned potatoes for 10 minutes once the high pressure indicator is on (2 whistles). Let the pressure release by itself. Move the hot potatoes to a

cold water bath for 5 to 10 seconds. Remove from the water and pull on the loosened skin to peel. Mash well and set aside.

**2.** Heat the oil in large skillet over medium heat. Once the oil is hot, add the cumin, coriander, and fennel seeds, and cook for 30 seconds. Add the ginger and garlic, and cook until the garlic is golden, about 1 minute. Add the cumin, cayenne, garam masala, turmeric, and chaat masala,

and mix for a few seconds. Add the salt and water. Add the mashed potatoes and peas and mix well. Cover and cook for 5 minutes.

**3.** Add the cilantro and lemon juice and mix well. Cool slightly before using as a filling, or serve hot as a side dish.

**4. For the pastry shell:** Preheat the oven to 400°F. In a bowl, combine the flours, starch, semolina, salt, baking soda, seeds, and black

pepper, and whisk well. Add the oil and mix to form crumbs. Add the water and knead. Add more water if necessary. Knead into a smooth dough (not too soft and not too stiff). Do not knead for more than 2 minutes. Cover the dough with a towel and let it rest for 10 minutes.

**5.** Divide the dough into 12 to 14 small balls. Roll the balls out into 5 to 6-inch ovals. Cut each oval in half. (See photos below.) Take one half-

circle and fold it to make a cone. Apply a little water on the edge, and press lightly to seal. Fill the cone with 2 to 3 tablespoons of the filling. Apply water to the top edge of the cone and fold the extra dough over the filling. Pinch lightly to seal. Place the pastry with the bottom of the cone side down, on a parchment-lined baking sheet. Cover with a towel until all the samosas are ready to bake. Brush or spray oil on the samosas. Bake for 20 to 25 minutes.

**1. Roll dough balls into ovals and cut in half.**

**2. Fold into a cone and fill with stuffing.**

**3. Fold extra dough over filling and pinch to seal.**

4. Two finished samosas ready for baking.

---

**To make Samosa Chaat:** Place a samosa in a bowl. Ladle hot chana masala on the samosa. Garnish with

chopped red onion, cilantro and tamarind date chutney and serve.

# Street-Style Tempeh Wraps

## *Tikka Kathi Rolls*

**Prep: 25 minutes | Active: 25 minutes | Inactive: 15 minutes | Makes 6 to 8**

NF GF E

Kathi rolls are similar to sandwich wraps. They originated as street food

with mostly meat fillings, but now there are many variations. These rolls contain tempeh tikka to stand in for paneer tikka, veggies, and a spicy chutney, all rolled up in a large warm roti or flatbread. They are usually served with one side open, but feel free to close both sides to make them easy to carry. The rolls are best eaten fresh as the chutney can make them soggy. These wraps are very addictive, so make a double batch if you're planning to serve them as a

meal. This recipe can be made gluten-free with a gluten-free tortilla or flatbread, and nut-free with a nutfree nondairy yogurt such as soy or coconut.

## TEMPEH TIKKA:

- 2 teaspoons safflower or other neutral oil
- 3/4 cup thinly sliced red onion
- 1/2 cup thinly sliced green bell pepper
- 8 ounces tempeh, cut into 1/4-inch dice or 1/4-inch thick slices
- 2 teaspoons ginger paste or 1 (1-

inch) knob of ginger, crushed

2 teaspoons garlic paste or 3 cloves garlic, crushed

1/4 to 1/2 teaspoon cayenne

1/2 teaspoon Garam Masala (here)

1/2 teaspoon dried fenugreek leaves

1/3 teaspoon salt

1 cup water

1/4 cup plain unsweetened or lightly sweetened nondairy yogurt, or thin cashew cream

1 1/2 tablespoons chickpea flour

1 teaspoon lemon juice

1/2 teaspoon Chaat Masala (here) or 1/4 teaspoon Indian black salt

1/4 teaspoon sugar (if using unsweetened yogurt)

## KATHI ROLLS:

1/2 cup thinly sliced red onion

1/2 cup thinly sliced tomato

1 recipe Mint Cilantro Chile Chutney (here)

6 to 8 rotis or tortillas

Greens or lettuce (optional)

1 teaspoon Chaat Masala (here), or to taste

Vegan butter or oil, as needed

**1. For the tempeh tikka:** Heat the oil in a skillet over medium heat.

Add the onion and bell pepper, and cook until translucent, about 6 minutes.

**2.** Add the tempeh, ginger, garlic, cayenne, garam masala, fenugreek leaves, and salt. Mix well and cook for 2 minutes. Add the water, mix well, and cook uncovered until the water is completely absorbed, about 18 minutes.

**3.** Add the yogurt, chickpea flour, lemon juice, and chaat masala. Mix

well and cook until the mixture becomes almost dry, about 3 to 4 minutes. Use as a filling for the rolls or serve as a side.

**4. For the kathi rolls:** In a bowl, combine the sliced onion, tomato, and 2 tablespoons of mint chutney. Mix well and set aside.

**5.** Warm the rotis or tortillas in a skillet. Brush them with oil or vegan butter. Layer the greens or lettuce onto the rotis, then add a layer of the

onion-chutney mixture. Add a layer of tempeh tikka. Sprinkle one generous pinch of chaat masala. Drizzle with a small amount of the chutney. Roll the roti into a cone, with one end open, or fold up like a burrito, with both ends closed. Serve hot.

# Mashed Potato Fritters

## *Aloo Bonda*

**Prep: 35 minutes (includes boiling potatoes) | Active: 30 minutes | Inactive: 15 minutes | Serves 4**

NF GF

These are the perfect alternative to samosas if you want a gluten-free snack. Though traditionally deepfried, these spiced mashed potatoes are coated in thick chickpea flour batter and baked. The potatoes are delicious by themselves, so try not to eat them before making the bondas. If you plan to bake them, chickpea flour for the batter recipe does better than besan. See here to read about chickpea flour and besan. Serve with Mint Cilantro Chutney

(here), ketchup, or the Chile Garlic Coconut Chutney (here).

**FILLING:**

**3 medium potatoes**

**1 teaspoon safflower or other neutral oil**

**1/2 teaspoon black mustard seeds**

**1 (1-inch) knob of ginger, minced**

**1 hot green chile such as serrano, finely chopped (remove seeds to reduce heat)**

**1/4 cup finely chopped red onion (optional)**

**1/2 teaspoon turmeric**

3/4 teaspoon salt

## CHICKPEA COATING:

1 cup chickpea flour

1 1/2 tablespoons brown or white rice flour

1/8 teaspoon asafetida (omit to make gluten-free)

1/4 teaspoon baking soda

1/4 to 1/2 teaspoon cayenne

1/4 teaspoon carom seeds or cumin seeds

3/4 teaspoon salt

3/4 cup + 2 tablespoons or more water

1. Boil or bake the potatoes until

tender, then peel and cut them into 1/2-inch dice. Set aside.

**2.** Heat the oil in a skillet over medium heat. When hot, add the mustard seeds and cook until they start to pop, about 30 seconds. Add the ginger, chile, and onion, and cook for 3 minutes. Stir in the turmeric and salt. Add the potatoes, toss to coat, and cook for 3 minutes. Mash the larger pieces and mix again. Taste, and adjust the salt and

spice, if needed. Remove from heat and let cool.

**3.** Using wet hands or an ice cream scoop, form tight balls with 2 to 3 tablespoons of the potato mixture. If the mixture is too soft, chill the potatoes for 10 to 15 minutes before making the balls. (You should get 12 to 14 balls.) Preheat the oven to 425°F.

**4.** Whisk together the chickpea flour, rice flour, asafetida, baking soda,

cayenne, carom seeds, and salt. Add 3/4 cup water and mix well. Add more water if needed to make a thick smooth batter. Gently toss each ball in the batter to coat and place on a parchment-lined baking sheet. Alternatively, place the shaped potato balls on parchment and drop the batter on them using a spoon to coat. Spray oil on top. Bake for 16 minutes, then broil for 30 seconds to crisp. Remove from the oven and serve hot.

**Variation:** If you prefer to fry the balls, coat the potato balls in the chickpea flour batter and deep-fry over medium heat until golden on all sides, about 3 to 5 minutes.

**Tip:** Do not overcook the potatoes. Overcooked soft potato mash will not hold its shape well.

# Potato Quinoa Patties

## *Aloo Tikki*

**Prep: 45 minutes | Active: 20 minutes | Inactive: 10 to 20 minutes | Makes 10 to 12 SF NF E**

Tikkis are cutlets or patties usually

made with potatoes, veggies, onions, chile, spices and such. Dad prefers flavors that he knows. Some years back, it was next to impossible to get him to try something outside Indian cuisine. He has since become a bit more adventursome. So when Mom wanted to make some aloo tikki for dinner one day, I suggested we add quinoa. Mom said, “Yes, but add just a little so he won’t know.” The prep time includes the time it takes to cook the potato and quinoa, but if

you have cooked potato and quinoa on hand, the patties can be ready in minutes. The patties can easily be made gluten-free by omitting the bread slice or substituting coarsely ground gluten-free oats or breadcrumbs. You can alter the spices or just use garam masala. You can serve the patties alone with ketchup, sriracha, BBQ sauce, or chutney. However, these patties are best served with Chickpea Curry (here), and a garnish of chopped

onion, cilantro, lemon juice, and chutneys. These patties are best when pan-fried.

- **3 medium potatoes boiled, peeled and mashed**
- **1 1/2 cups cooked quinoa (1/2 cup uncooked)**
- **3/4 cup finely chopped red or white onion**
- **1 to 2 hot green chiles, finely chopped (remove seeds to reduce heat)**
- **1/4 cup packed chopped cilantro**
- **1 tablespoon minced or grated ginger**

**1/2 to 3/4 teaspoon carom seeds or cumin seeds**

**1/2 teaspoon cayenne**

**1 teaspoon ground coriander**

**1/4 teaspoon Indian black salt**

**3/4 teaspoon salt or to taste**

**1 teaspoon safflower or other neutral oil**

**1/4 cup or more bread crumbs**

**Safflower oil, as needed**

1. In a large bowl, combine the cooked potatoes and quinoa. Mash well to mix.

**2.** Add the onion, chile, cilantro, ginger, carom seeds, cayenne, coriander, Indian black salt, salt, and oil. Mix well, taste, and adjust salt and spice. Add breadcrumbs if the mixture is too sticky or moist to help shape into patties. Make 3-inch patties by hand, or using a cookie cutter.

**3. To panfry:** Heat 1 teaspoon of oil in a large skillet over medium-high heat. Spread the oil by tilting the

skillet. Place several patties in the skillet, making sure they don't touch, and cook 6 to 8 minutes each side, or until golden brown. Remove the patties from the skillet and place on a plate. Repeat with the remaining patties.

---

**To bake:** Preheat the oven to 425°F. Place the patties on a parchment-lined baking sheet. Lightly brush oil on the patties. Bake for 15 minutes. Broil for 2 minutes, and flip the

patties. Lightly brush or spray with oil and broil for 2 minutes.

**Note:** If you do not have quinoa, add 1 additional boiled medium potato.

# Savory Split Pea and Rice Zucchini Cakes

*Gujarati Handvo*

**Prep: 15 minutes + overnight soak | Active: 20 minutes | Inactive: 40 minutes|Serves 6**

Gujarati handvo are savory cakes made with peas, lentils, and rice that are filled with shredded vegetables. Baked or pan-fried, they are liberally coated in sesame seeds and seasoned with mustard seeds and curry leaves. These savory snacks are full of protein and filling enough to almost be a meal. Warm the slices in the microwave or in a pan before serving with chutneys such as Mint Cilantro Chile Chutney (here) or Chile Garlic

Coconut Chutney (here). This recipe is enough to fill 6 (3 1/2-inch) ramekins or 1 (6 1/2-inch) round stoneware pan, or to make 5 to 7 pancakes.

## BATTER:

**1/3 cup yellow or green split peas or split pigeon peas or split chickpeas**

**1/3 cup red lentils**

**1/3 cup petite yellow lentils**

**2 tablespoons black gram (optional)**

**1 cup rice**

1/4 cup nondairy yogurt

3/4 cup packed shredded zucchini or other vegetable such as cabbage or carrot

1/4 cup finely chopped onion

1 green chile, finely chopped or 1/2 teaspoon cayenne

2 teaspoons minced ginger

1 tablespoon sesame seeds

2 teaspoons lemon juice

1 teaspoon sugar

1 teaspoon turmeric

1 1/4 teaspoon salt

1/2 teaspoon baking powder

1/2 teaspoon baking soda

## THE TEMPERING:

- 1 tablespoon safflower or coconut oil
- 2 teaspoons mustard seeds
- 1/4 teaspoon asafetida (omit to make gluten-free)
- 12 curry leaves, chopped
- 2 to 3 tablespoons sesame seeds, for garnish

**1. For the batter:** Soak the peas, lentils, and rice for 3 to 4 hours. Drain well and transfer to a blender. Blend to a smooth paste using 1/4 to 1/2 cup water. Transfer to a bowl.

Add the yogurt and mix well. Cover the bowl and let the batter ferment for 4 hours or overnight. You can use the mix immediately as well. The fermented mixture tastes more authentic, though, having deeper flavors and a softer texture.

**2.** Grate the zucchini into a bowl and press with a paper towel to remove extra moisture. Add the zucchini, onion, chile, ginger, sesame seeds, lemon juice, sugar, turmeric, salt,

baking powder, and baking soda, and fold to combine well. Preheat the oven to 400°F.

**3. Make the tempering:** Heat the oil in a small skillet over medium heat. When hot, add the mustard seeds carefully. Let them pop for a few seconds. Add the asafetida and curry leaves and remove from the heat. Add half of the tempering to the batter and mix in.

**4.** Grease the ramekins or baking

dish (you can also line the larger baking dish with parchment to make it easier to remove the handvo). Sprinkle some sesame seeds on the bottom. Ladle the batter into the ramekins until about 2/3 full. Sprinkle sesame seeds on the batter generously. Bake for 40 to 45 minutes or until the top is golden and a toothpick inserted comes out almost clean.

5. Cool for 10 to 15 minutes.

Remove the handvo from the ramekins or baking dish, and cut into 1/2-inch thick slices. Drizzle a few drops of the remaining tempering on each slice.

---

**Note:** It is better to over-bake than under-bake the handvo. The bean and veggie batter will be moist even after the toothpick comes out clean. Once it’s completely cool, slice it and let it sit for a few minutes. The handvo will continue to dry out a bit

as it sits.

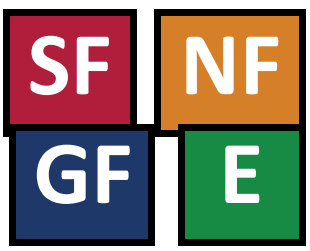
**To make on the stovetop:** At Step 2, skip preheating the oven. After Step 3, heat a large skillet over medium heat. When it's hot, drizzle a few drops of oil and spread it using a paper napkin. Ladle 1/4 to 1/3 cup batter on the skillet. Tap the pan to even it out. Sprinkle 1/2 teaspoon sesame seeds on the pancake. Cover the pan and cook for 3 minutes. Uncover and cook until the bottom is

golden, about 3 minutes. Flip and cook for 3 to 4 minutes or until golden brown on both sides. Repeat to make the next pancake. Drizzle some of the tempering on the pancake before serving.

# Sweet and Spicy Baked Cauliflower

## *Gobi Manchurian*

**Prep: 25 minutes | Active: 30 minutes | Inactive: 20 minutes | Serves 4**



This is the first of two Manchurian recipes. One is a wet vegetable Manchurian with a slightly different sauce to be served as a main or side. This one is for a baked snack with a slightly different sauce that is thick enough to just coat the florets so they can be served as bites. You can also deep-fry the cauliflower, as Manchurian is typically served in restaurants. It can be made with tofu or chickpeas instead of cauliflower. Bake the batter-coated tofu or

chickpeas, toss them in the sauce, and serve. Use coconut aminos to substitute for soy sauce. To make gluten-free, use 1/2 cup chickpea flour and 2 tablespoons rice flour to replace 2/3 cup flour.

## CAULIFLOWER:

**2/3 cup unbleached white, wheat, or other flour**

**1/3 cup cornstarch or other starch**

**3/4 cup or more water**

**1 teaspoon soy sauce**

**1/2 teaspoon garlic powder or paste (optional)**

1/2 teaspoon salt

1/4 teaspoon white pepper

1/4 teaspoon paprika (optional)

1 teaspoon safflower or other neutral oil

4 to 4 1/2 cups small cauliflower florets

## MANCHURIAN SAUCE:

1 tablespoon safflower or other neutral oil

8 cloves garlic, finely chopped

1 (2-inch) knob of ginger, peeled and finely chopped

1 green or red chile, finely chopped (remove seeds to reduce heat)

1 tablespoon finely chopped celery

(optional)

1/4 cup finely chopped red or white onion

1/3 cup finely chopped green bell pepper

2 tablespoons Asian chile sauce or chile garlic sauce (sambal oelek), or to taste

1 to 1 1/2 tablespoons soy sauce

1 tablespoon ketchup or tomato puree

1 teaspoon rice vinegar

1/4 teaspoon ground white or black pepper

1 1/2 to 2 teaspoons sugar

2 tablespoons water, or more

2 tablespoons chopped cilantro, for garnish

2 tablespoons chopped scallion, for garnish

**1. For the cauliflower:** Preheat the oven to 425°F. In a bowl, mix all the ingredients except the cauliflower, to make a thick batter. Add a tablespoon or more water if the batter is too thick. Dip the cauliflower florets in the batter to coat, then place them on a parchment-lined baking sheet.

Lightly spray or brush the oil on top. Bake for 30 minutes or until a toothpick goes through the cauliflower easily.

**2. For the Manchurian sauce:** Heat the oil in a skillet over medium heat. When hot, add the garlic, ginger, and chile, and mix well. Cook until the garlic is golden on some edges, about 2 minutes. Add the celery, onion, and green bell pepper, and cook until golden, about 4 to 5 minutes. Add

the chile sauce, soy sauce, ketchup, vinegar, white pepper, sugar, and water. Mix well and cook until the sauce comes to a boil, about 2 minutes. Taste, and add salt if needed. The sauce will be very flavorful. If it looks too thick to pour, add another tablespoon or more of water and mix well.

**3.** Place the baked cauliflower in a single layer in a bowl or on a plate; pour the sauce over the florets

evenly. Garnish with cilantro and scallion, and serve hot.

# Savory Lentil Pastries

## *Baked Dal Kachori*

**Prep: 25 minutes | Active: 45 minutes | Inactive: 25 minutes | Makes 10 to 12**

SF NF

Kachoris are not as famous as samosas, maybe because they are

stuffed with spiced lentils. After all, it's hard to beat fried potatoes, right? These crisp pastries make a great snack or breakfast. Try them with other lentils, such as petite yellow lentils (mung dal), split peas, or even fresh peas. You can always stuff these pastries with the samosa potato or aloo bonda filling. Serve with any cilantro-based chutney, tamarind date chutney, or ketchup. These pastries can also be served with dals or Potato Tomato Curry (here).

## LENTIL FILLING:

1/2 cup red lentils, washed and drained

1 cup water

## SPICE MIX:

2 teaspoons fennel seeds

2 teaspoons coriander seeds

1/2 teaspoon Garam Masala (here)

1/2 teaspoon ground coriander

1/2 teaspoon turmeric

1/4 to 1/2 teaspoon cayenne

2 teaspoons safflower or other neutral oil

4 cloves garlic, minced

1 (2-inch) knob of ginger, minced or

thinly sliced

1/8 teaspoon asafetida

1/4 to 1/2 teaspoon salt

1/2 teaspoon Chaat Masala (here)

1 recipe mathri dough for the pastry (here)

**1. Filling:** Combine the lentils with 1 cup of water in a saucepan. Cook over medium heat, partially covered, until the lentils are cooked through and just about starting to fray at the edges. Stir and check after 9 minutes. Add a tablespoon or so more water if

the lentils are drying out and sticking to the pan. Cook for a total of 10 to 11 minutes. Drain any excess water and set aside.

**2. Spice mix:** Dry-roast the fennel and coriander seeds in a skillet over medium heat, until the fennel seeds change color, about 1 minute. Cool, then grind with the garam masala, coriander, turmeric, and cayenne, and set aside.

**3.** Heat 2 teaspoons of oil in a skillet

over medium heat. When the oil is hot, add the garlic, ginger, and asafetida, and cook until garlic is lightly golden, about 1 minute. Add the ground spices from Step 2, mix well and cook for a minute. Add the cooked lentils, salt, and chaat masala, and mix well. Mash some of the lentils and continue to stir and cook until the mixture is slightly dry and crumbly, about 4 to 5 minutes. Taste, and adjust salt and spice. Cool slightly and make the pastries.

**4. Pastries:** Prepare the pastry dough. Knead for one minute to make it smooth. Add more water if needed to keep the dough soft. Divide the dough into golf ball-sized balls. On a floured surface, roll each one out to a 4 to 5-inch circumference, about 1/8-inch thick. No need to make perfect circles.

**5.** Roll 1 1/2 to 2 tablespoons of the lentil filling in your palms so that it sticks together to make a ball. Place

the filling ball on the rolled out pastry. Fold all the edges towards the center and press to stick. Flatten the pastry slightly and place on parchment-lined baking sheet. Repeat for all the pastries. Preheat the oven to 400°F.

**6.** Spray or brush liberally with oil. Bake for 20 to 25 minutes or until the pastry is crisp to touch. Check the center and edges. Cool for a few minutes before serving. Store at

room temperature for a few hours or cover and refrigerate for up to 4 days. Reheat before serving.

---

**To fry the pastries:** Fry the pastries in enough oil to cover the pastries over medium heat until golden on both sides, 3 to 5 minutes each side.

**To make Kachori Chaat:** Drizzle some nondairy yogurt and tamarind date chutney over the kachoris, sprinkle with salt, cumin, and

cayenne to taste, and serve.

# Spiced Roasted Tofu and Vegetables

## *Tandoori Tikka*

**Prep: 20 minutes | Active: 20 minutes | Inactive: 25 minutes + 1 hour to marinate | Serves 4**

GF

“Tikka” is a term used for marinated food that is roasted or grilled. Tikka is usually made with a special tandoori or tikka spice blend. This tikka tastes best with the Mint Cilantro Chile Chutney. For variation, add 1/4 cup vegan sour cream and 2 teaspoons dried fenugreek leaves to the marinade. The roasted vegetables and tofu tikkas can also be added to any of the curry sauces.

## MARINADE:

1 1/2 cups nondairy yogurt

1/4 cup nondairy milk

1 1/2 to 2 tablespoons Tandoori Masala (here)

2 teaspoons garlic paste or minced garlic

2 teaspoons ginger paste or minced ginger

2 teaspoons onion paste or 1/2 teaspoon onion granules

1 teaspoon lemon juice

1/4 teaspoon Indian black salt or 1/2 teaspoon Chaat Masala (here)

1/2 teaspoon or more salt

1/2 teaspoon Garam Masala (here)

1 tablespoon chickpea flour

1 teaspoon safflower or other neutral oil

Cayenne or black pepper, if needed

## TOFU AND VEGETABLES:

14 ounces firm tofu (or additional vegetables)

1 cup or more cauliflower florets, 1 1/2-inch florets

1 cup green or red bell peppers, chopped into 1 to 1 1/2-inch pieces

1/2 cup chopped vegetables such as broccoli florets, zucchini, carrots, or thinly sliced red onion rings

**Chaat Masala (here) and Mint Cilantro Chile Chutney (here), for garnish**

**1. Marinade:** In a bowl whisk the yogurt and milk until smooth. Add the rest of the ingredients for the marinade and mix well. Taste, and adjust spices and salt. The mixture should have a strong flavor.

**2. Tofu and vegetables:** Press the tofu in paper towels to remove excess moisture. Cube or slice to

preferred size. Place the tofu pieces in the marinade to coat all sides. Remove the tofu from the bowl, one piece at a time, letting any excess marinade drip off, and place them in another bowl. Add all the vegetables to the marinade bowl and toss well to coat. Let both bowls sit in the refrigerator for an hour.

**3. To bake:** Preheat the oven to 425°F. Place the vegetables and tofu on a parchment-lined baking sheet.

You can also thread them on a skewer and place on a parchment-lined sheet. Spray or brush with oil. Bake until the cauliflower is cooked through, 25 to 30 minutes. Brush the remaining marinade on the tofu and veggies at the 25-minute mark (optional). Sprinkle with chaat masala. Serve hot with mint-cilantro chutney.

---

**To grill:** Grill the tofu for 3 to 5 minutes per side. To grill

cauliflower, cut the cauliflower into 1/2-inch thick slices instead of florets. You can also grill skewered tofu and vegetables, turning the skewers, 3 to 5 minutes per side.

# Onion Chile Fritters

## *Pakora*

**Prep 15 minutes | Active: 15 minutes | Inactive: 18 minutes | Makes 10 to 12**

I almost didn't include this recipe in the book, figuring I had too many

chickpea flour recipes already. But hey, this one might change your evening plans! You can bake these fritters or panfry or deep-fry them. If using besan, use 1/4 cup water and add some mashed potatoes so the fritters hold their shape. The potatoes also add a great taste. Serve with ketchup or mint chutney. This recipe can be made gluten-free with rice flour and soy-free with soy-free yogurt. To make without yogurt, use 3 tablespoons firm or silken tofu.

Blend it to a smooth paste using a tablespoon or more water, and use instead of yogurt.

**1 cup chickpea flour or besan**

**2 tablespoons rice flour (brown or white) for gluten-free, or semolina flour**

**1/2 teaspoon salt**

**1/4 teaspoon turmeric**

**1/2 teaspoon cayenne (optional)**

**1 teaspoon Garam Masala (here)**

**1/2 teaspoon baking powder**

**1/4 teaspoon cumin seeds**

**1/4 teaspoon fennel seeds**

1 clove garlic, minced or 1/2 teaspoon garlic paste

1 (1/2-inch) knob of ginger minced or 1/2 teaspoon ginger paste

3 tablespoons nondairy yogurt

1 teaspoon lemon juice

2 teaspoons safflower or virgin coconut oil

1/3 to 1/2 cup water

1 1/2 to 2 cups thinly sliced red onion

1 or more hot green chiles finely chopped, or use mild green pepper

1/4 cup packed chopped cilantro

1 to 2 teaspoon Chaat Masala

(here), for garnish

1. Preheat the oven to 425°F. If using a smaller oven, bake at 400°F. Line a baking sheet with parchment paper.

2. In a large bowl, combine the chickpea flour, rice flour, salt, turmeric, cayenne, garam masala, baking powder, cumin seeds and fennel seeds. Whisk well to mix. Add the garlic, ginger, yogurt, lemon juice, oil and 1/3 cup water to the bowl, and mix to make a thick, pasty

batter. Add another tablespoon of water if needed.

**3.** Add the onions, chile, and cilantro to the batter, and mix to coat. There will be more onion than batter. Do not let the mixture sit at this point. Place 2 tablespoons of the batter per fritter on a parchment-lined baking sheet. Spray or brush oil on top. Bake for 18 to 19 minutes, or until golden brown on the edges. Broil for a minute for a darker color. Remove

the baking sheet from the oven and cool for a minute. Sprinkle chaat masala on the fritters. Baking time depends on the size of the fritters: larger and fatter fritters will take a minute or two longer.

---

**To fry the fritters:** Heat oil about 1 1/2 inch deep over medium heat. When hot, drop 2 tablespoons of batter per fritter. Fry over medium heat for 2 to 3 minutes, then flip and cook for another 2 to 3 minutes, or

until golden brown.

# Mom's Veggie Potato Cutlets

## *Vegetable Tikki*

**Prep: 25 minutes | Active: 35 minutes | Inactive: 20 minutes | Makes 10 to 12**

These simple vegetable cutlets are an especially easy and quick snack to

put together if you have boiled or mashed potatoes handy. Add other vegetables and spices and bake or pan fry. Serve with cilantro, ketchup, or chutneys of choice. Serve these as a snack, breakfast, or side. Use gluten-free breadcrumbs or coarsely ground gluten-free oats to make them gluten-free. These patties taste best pan-fried.

**2 teaspoons safflower or other neutral oil, plus more for frying**

**1/2 cup finely chopped red or white**

onion

5 cloves garlic, minced

1 (1-inch) knob of ginger, minced

4 medium potatoes, chopped (3 cups)

1/4 cup water

1/2 cup chopped carrots

3/4 cup chopped green beans, cauliflower, cabbage or other vegetable

1/2 cup fresh or frozen green peas, thawed if frozen

3/4 to 1 teaspoon salt

1 1/2 teaspoons Garam Masala (here)

1 1/2 teaspoons Chaat Masala (here)

**or dry mango powder**

**2 teaspoons ground coriander**

**1 teaspoon ground cumin**

**1/2 teaspoon cayenne**

**1 cup bread crumbs, divided**

**1.** Heat the 2 teaspoons of oil in a skillet over medium heat. Add the onion and cook until translucent, about 5 minutes. Add the garlic and ginger and cook for 2 minutes. Stir frequently so the garlic doesn't stick.

**2.** Add the potatoes and water, and

mix well. Cover and cook for 12 minutes. Stir well. Add the carrots, other vegetables, peas, and salt. Mix well. Add another tablespoon of water if the potatoes begin to stick. Cover and cook at medium heat for another 12 to 14 minutes, or until the potatoes and the vegetables are tender.

**3.** Transfer the cooked vegetables to a bowl. Let them cool slightly. Mash well with a potato masher. Add the

garam masala, chaat masala, coriander, and cayenne and mix well. Taste, and add more salt if needed. Add 1/2 cup breadcrumbs and mix in so the mixture can be easily shaped. Add more breadcrumbs if needed. Shape the mixture into 2 to 3-inch round patties. Lightly coat the patties in breadcrumbs.

**4.** Heat 1 to 2 teaspoons of oil in a skillet over medium heat. Move the skillet around to coat with oil. Place

patties in the pan and cook for 6 to 8 minutes on each side. Repeat with the remaining batter.

---

**Variations:** Add 1/2 teaspoon fennel seeds or cumin seeds, or 1 teaspoon coriander seeds to the vegetable mixture at Step 4. Add raisins and chopped nuts to the patties.

**To bake:** Preheat the oven to 425°F. Bake for 12 minutes. Broil for 1 to 2 minutes to brown the edges.

**To make with mashed or cubed boiled potatoes:** Skip Step 2 and add the potatoes at the end of Step 2. Mix in, cover and cook for 2 minutes to heat through. Continue with Step 3.

# Mashed Spiced Vegetables with Dinner Rolls

*Pav Bhaji*

**Prep: 20 minutes | Active: 20 minutes | Inactive: 45 minutes | Serves 4**

SF NF E

Pav bhaji is another popular street snack. Pav bhaji made at home is usually slow-cooked or even overcooked and loaded with butter. The street version is quicker. Spices and tomato puree are cooked in butter, then precooked vegetables are added, mashed, and cooked until the dish resembles a somewhat chunky but homogenous mash. The vegetable bhaji is garnished with chopped onion, cilantro, and lemon juice, and served with dinner rolls

slathered with more butter. This has always been a favorite of all the kids in our family and probably also all the moms, because it is easy to sneak all sorts of vegetables into it. The vegetables get mashed, so no one knows what they are. **Note:** This dish requires a specific spice blend called Pav Bhaji Masala which can be found here. It takes just five minutes to make the blend.

**1 teaspoon safflower or other neutral oil or vegan butter**

3/4 cup chopped red or white onion (1/2 medium onion)

1 1/2 to 2 tablespoons Pav Bhaji Masala (here)

1/2 teaspoon Garam Masala (here)

3 medium tomatoes, chopped (2 1/4 cups)

6 cloves garlic

1 (1-inch) knob of ginger

2 1/2 cups chopped potatoes

1 1/2 cups cauliflower florets

1/2 cup chopped bell pepper

1/2 cup chopped green beans, peas, or other vegetable

1 to 1 1/4 teaspoon salt

1/4 teaspoon Indian black salt

(optional)

1/4 teaspoon turmeric

1 1/2 cups water

1 teaspoon vegan butter or organic canola oil

1/2 cup fresh or frozen green peas, thawed if frozen

Cilantro, lemon juice, chopped onion, for garnish

Dinner rolls and vegan butter, to serve

1. Heat the oil in a large skillet over medium heat. Add the onion and cook until translucent, about 5

minutes. Add the Pav Bhaji Masala and Garam Masala and mix well. Cook for 30 seconds.

**2.** Blend the tomatoes with the garlic and ginger into a smooth puree. Add the puree to the skillet. Cook until the puree thickens a bit, 6 to 7 minutes.

**3.** Add the potatoes, cauliflower, peppers, green beans, salt, Indian black salt, turmeric, and water. Mix well, cover, and cook for 25 minutes.

4. Mash the vegetables and mix with the sauce using a potato masher. Reduce heat to low. Taste, and adjust salt and spice. Add the vegan butter and peas and mix in. Partially cover, and cook for another 15 to 20 minutes or until the vegetables are very tender. Serve hot, garnished with onion, cilantro, and lemon juice, with toasted and buttered dinner rolls.

# Black Gram Fritters

## *Medu Vada*

**Prep: 4 hours or overnight + 15 minutes | Active: 30 to 45 minutes | Serves 4**

Medu vada are savory doughnut-

shaped fritters that are soft on the inside. Medu means “soft” and vada is “fritters.” The vadas contain urad dal and a few flavors, and nothing else. Urad dal is known for its ability to ferment and aerate quickly, so the batter does not need any leavening. There is no substitute for the texture and taste of urad dal in this recipe. These vadas can be served with South Indian split pea stew (sambhar) or with yogurt, like a chaat snack. You can fry the vadas or

bake them. With sambhar, the fried vada are the authentic way to go.

- **1 cup split black gram (urad dal), soaked in 3 cups of water for 4 hours or overnight, rinsed and drained**
- **1/2 teaspoon cumin seeds**
- **1 green chile, chopped, (seeds removed to reduce heat)**
- **1 (1/2-inch) knob of ginger**
- **Generous pinch of asafetida (omit to make gluten-free)**
- **1/4 teaspoon freshly crushed black pepper (omit pepper for Dahi Vada, opposite)**

3 to 5 tablespoons water

1 teaspoon salt, plus more if needed

1 teaspoon baking powder (use only if baking)

1/4 teaspoon baking soda (use only if baking)

1. Transfer the soaked black gram to a wet grinder or food processor. Process for 1 minute. Add the cumin, chile, ginger, asafetida, black pepper if using, and 1 teaspoon salt. Process or grind in bursts of 30 seconds, adding water a little at a time, until

you have a thick, fluffy mixture, 3 to 4 minutes. Use a spatula to move the lentils between bursts. Do not use too much water. The mixture should be fluffy, thick and slightly gritty.

**2.** Check to see if the batter is aerated well by dropping a teaspoon of the batter into a cup of water. It should float. If the batter is not aerated and fluffy, then transfer it to a bowl and stir it briskly with a spoon for a minute to aerate. This is important.

**3. To fry the vadas:** Pour about 2 inches of oil into a skillet over medium heat. When the oil is hot, dip an ice cream scoop or your hand in water, pick up some batter in the scoop, and carefully place the batter in the oil. Repeat to make several more vadas. Fry over medium heat, for 2 to 4 minutes each side, or until golden on both sides. Place the fritters on a paper towel-lined plate to drain. Serve warm with sambhar and coconut chutney or make Dahi

Vada (see next page).

---

**To bake the vadas:** Preheat the oven to 400°F. Drop the batter into a well-greased doughnut pan and bake for 16 to 18 minutes.

**Tips:** I use a mini food processor and the batter comes out well aerated. Process in bursts of 30 to 45 seconds.

**Note:** You can use a well-oiled aebleskiver pan to bake the vada.

The vadas can also be pan-fried in the aebleskiver pan over medium-high heat. Place a few drops of oil into each cavity, and add batter when the pan is hot. Lightly cover with a lid for 3 to 4 minutes. Flip using a fork and cook the other side until golden brown.

**Variation:** Add 1/4 cup chopped red onion, 2 tablespoons shredded coconut, and 10 chopped curry leaves to the batter.

# How to Make Dahi Vada

To make Dahi Vada: Soak the vadas in a quart of water for half an hour. Squeeze the water out by flattening them lightly between your hands. Place in a serving bowl. Whisk 1 cup nondairy yogurt with 1/4 cup water until smooth and pour over the vadas. Drizzle tamarind date chutney liberally. Sprinkle generously with salt, ground cumin, cayenne, and chaat

masala. Serve. See a photo of this variation on the next page.

**Dahi Vada, a variation on Medu Vada.**

See previous recipe.

# Biscuits

**Prep: 15 minutes | Active: 15 minutes | Inactive: 12 minutes | Makes 12 biscuits**

SF E

These Indian-spiced biscuits make a great side with creamy curries. They work beautifully for savory pastries and pot-pie crust. Carom seeds add a distinct flavor that can make them

seem salty, so use less salt or fewer seeds, to your preference. If using fennel seeds or cumin seeds, you can use up to 3/4 teaspoon salt in the recipe. You can find a gluten-free biscuit recipe veganricha.com. Serve with vegan butter and curry.

## DRY INGREDIENTS:

**1/2 cup whole-wheat flour or pastry flour or unbleached white flour, plus more for dusting**

**1/2 cup unbleached white flour or all-purpose flour**

**1/4 cup fine semolina flour (see**

note)

1/4 cup oat flour

1/2 teaspoon salt

1/2 to 3/4 teaspoon carom seeds, toasted cumin seeds, or fennel seeds

1/4 teaspoon freshly ground black pepper

2 1/2 teaspoons baking powder

1/2 teaspoon baking soda

## WET INGREDIENTS:

1/2 scant cup chilled nondairy milk

2 tablespoons melted vegan butter or safflower oil

1 tablespoon nondairy yogurt

1 teaspoon lemon juice

**1 teaspoon apple cider vinegar or other mild vinegar**

1. Preheat the oven to 425°F. Line a baking sheet with parchment paper.

2. In a bowl, add all the dry ingredients. Whisk well to combine. In another bowl, mix all the wet ingredients. The milk will curdle.

3. Add the wet ingredients into the dry ingredients, using a spoon to mix until a dough starts to form. Using

greased or floured hands, bring the dough together with a few strokes. The dough might be slightly sticky, depending on the flour used. Add 1 tablespoon or more of flour if the dough is too sticky to handle. Do not overwork the dough.

**4.** Place the dough on parchment paper. Pat it down into a 1/2- to 3/4-inch thick square. Dust lightly with flour if necessary. Use a 1 1/2- to 2-inch cookie cutter to cut circles.

Place the biscuits on a parchment-lined baking sheet. Spray or brush lightly with water, then spray or brush with oil or melted vegan butter. Bake for 13 to 14 minutes or until golden on top. Do not overbake. Cool for a minute before serving.

---

**Note:** Semolina is a coarse ground of wheat berries. The finer ground Semolina is called Semolina flour or fine semolina (fine Sooji), which is used in the book. Coarse ground

semolina is closer to a meal and is called coarse Semolina (coarse Sooji), often used to make savory cereal breakfast (Upma). Semolina can also be made of other grains such as rice semolina.

Gobi Aloo (here)

# Four

# Sides and Dry Vegetable Curries

In general, everyday Indian meals are made up of lentil or bean soups called dals or bean curries, a dry vegetable stir-fry called subzi, a

simple salad, flat breads and rice, and sometimes yogurt or pappadam. When Mom visits, she usually makes a big spread. Try giving my Dad just one subzi with rice or roti and you will get a look like, “That’s it? Where is the rest of the food?” Unfortunately for him and fortunately for me, I picked up most of my cooking after I left home. I was either studying or working, and was generally short on time. Cooking up four things at 2 a.m. was not an

option. When short on time, we prepare just one vegetable subzi or dal, and make it into a bowl, a wrap, or sandwich. Add cooked rice or quinoa to the dal, stuff the dry subzi into a wrap with chutney, sauces, vegan mayo, or other dressings and we are done.

These days, whenever I cook Indian, I do make at least one dal or curry and one subzi or side dish. When hosting or when any of the parents

visit, it is usually a spread of two curries/dals and two sides, some appetizers, flatbreads, rice, and raita. With a little planning and practice it gets easier. Most dishes can be made ahead and reheated. Indian food generally ages well, with the spices becoming more infused in the food as it sits. All subzis listed in this chapter are soyfree and gluten-free.

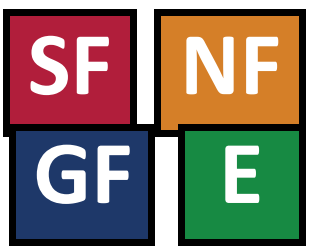
Many of my favorites are in this chapter. Try the Gobi Masala or

simple Potato and Greens for a saucy start, or Cauliflower Radish Nigella Seed Roast for a burst of new flavor. Move on to Potato Tomato Curry, Eggplants Patiala, and then try the Mild Peppers in Peanut Coconut Sauce, Curried Green Beans, Cabbage Coconut Thoran, or a poriyal. Each of the recipes uses different combination of spices and flavors. Change up the vegetables and greens for endless possibilities.

# Dad's Favorite Cauliflower Potatoes

*Gobi Aloo*

**Prep: 20 minutes | Active: 10 minutes| Inactive: 25 minutes | Serves 4**



In recent years, we have usually made cauliflower potatoes (gobi aloo) or cauliflower potatoes and peas (Gobi Aloo Mutter) on days when I just want a simple Indian meal with dal, on days when my dad is visiting (he likes it with lots of peas added), and on those days when the hubbs does the cooking. My husband has become a good Indian cook over the years. He makes a mean gobi aloo and dal. He will occasionally add a twist to it by

including other spices like fennel seeds, adding lime juice into the tempering, burning the garlic lightly by intention, and so on. I'd eat his gobi aloo for dinner any day. Serve with masala lentils or a rich tempeh curry. (See photo here.)

**2 teaspoons safflower or other neutral oil**

**1/2 + 1/4 teaspoon cumin seeds, divided**

**1 (2-inch) knob of ginger, minced**

**3 cloves garlic, minced**

**Generous pinch asafetida (omit to**

make gluten-free)

1 hot green chile, finely chopped (seeds removed to reduce heat if needed)

1 teaspoon ground coriander

1/4 to 1/2 teaspoon cayenne

1/2 teaspoon ground turmeric, divided

3 tablespoons water

3 medium white or yellow potatoes, diced (2 1/4 cups)

3 cups small cauliflower florets

3/4 to 1 teaspoon salt

1/2 teaspoon dry mango powder or Chaat Masala (here)

2 tablespoons chopped cilantro,

for garnish

1 teaspoon lemon juice, for garnish

1. Heat the oil in a large skillet over medium heat. When hot, add the 1/2 teaspoon of cumin seeds and cook until they start to sizzle, about 1 minute. Add the ginger, garlic, asafetida, and chile. Stir every few seconds and cook until the garlic turns golden, about 2 minutes.

2. Mix the coriander, 1/4 teaspoon of cumin, cayenne, and 1/4 teaspoon

ground turmeric in 2 tablespoons water and add to the skillet. Cook until the spices become fragrant, about 2 minutes. Add the potatoes and cauliflower and mix well to coat. Cover and cook for 15 minutes over medium heat. Stir once halfway through.

**3.** Sprinkle with the salt, 1/4 teaspoon turmeric and dry mango powder and mix well. Add a tablespoon or so water to deglaze if

needed. Reduce the heat to medium-low and cook until both the potatoes and cauliflower are tender to your preference, about 10 to 15 minutes. Garnish with cilantro and lemon juice and serve. Use garam masala to garnish for additional spice.

---

**Variations:** Add 1/2 to 3/4 cup fresh or thawed frozen peas at Step 3. Add 1/2 teaspoon mustard seeds with the cumin at Step 2.

# Eggplant with Cumin and Nigella Seeds

*Baigan Patiala*

**Prep: 20 minutes | Active: 15 minutes | Inactive: 20 minutes | Serves 4**

If you like eggplant cooked with a bit of sauce, you will love this side. Eggplants are cooked with cumin and nigella seeds and tomatoes for a delightful flavor profile. Nigella seeds have a smoky, deep onion flavor, and are generally used in Indian pickles. Serve the eggplant with any yellow dal or odia dal.

**1 teaspoon safflower or other neutral oil**

**1 cup sliced red onion**

**1/2 teaspoon nigella seeds**

1/2 teaspoon cumin seeds

1 (1-inch) knob of ginger, chopped, or 2 teaspoons ginger paste

3 cloves garlic, chopped, or 2 teaspoons garlic paste

1 hot green chile (remove seeds to reduce heat)

2 medium tomatoes, chopped (1 1/2 cups)

1/4 teaspoon ground turmeric

1/4 teaspoon cayenne (optional)

1/4 teaspoon dry mango powder or 1/8 teaspoon Indian black salt

3/4 teaspoon salt, or to taste

3 long Japanese eggplants, or 10 small Indian eggplants, chopped

**or sliced (4 cups)**

**1/4 cup water**

**2 tablespoons cilantro, for garnish**

1. Heat the oil in a large skillet over medium heat. Add the onion, nigella, and cumin seeds. Mix well, and cook until the onion is translucent, about 6 minutes.

2. Crush the ginger, garlic, and chile in a mortar pestle, or blend in a blender with 1 tablespoon of water into a coarse paste. Add the mixture

to the onions, mix and cook for a minute. Stir once halfway through.

**3.** Add the tomatoes, turmeric, cayenne, dry mango powder, and salt. Mix well and cook for 1 minute.

**4.** Add the eggplant and water. Mix well, cover and cook for 15 minutes. Stir, reduce heat to low, and continue to cook until the eggplant is cooked to your preference, about 10 minutes. Garnish with cilantro and additional cayenne, if needed, and serve.

# Roasted Cauliflower and Radish

with Mustard, Nigella, and Fennel Seeds

Prep: 20 minutes | Active:

SF NF

10 minutes | Inactive: 20 minutes | Serves 4

GF E

This recipe is super-easy and addictive. Fennel and nigella seeds give the vegetables an Indian pickle flavor profile. Roasted cauliflower is always a hit, and here you can try roasted radish as well. If you are on the fence about radish or cauliflower, this recipe might push you over. I like to use baby red radishes because they make the dish look so colorful. Serve this with Northeastern dals

such as odia dal or cholar dal, and with spicy curries that use fennel seeds.

**4 cups cauliflower florets**

**15 to 18 small red radishes, sliced (2 to 3 cups)**

**1 tablespoon safflower or other neutral oil**

**2 teaspoons fennel seeds**

**1 teaspoon mustard seeds**

**1 teaspoon nigella seeds**

**1 teaspoon red pepper flakes, or to taste**

**3/4 to 1 teaspoon salt**

**1/2 cup chopped cilantro, for garnish**

**1 teaspoon lemon juice, for garnish**

1. Preheat the oven to 425°F. Place the cauliflower and sliced radish in a large bowl. Add the oil and rub lightly to coat.

2. Pulse the fennel, mustard, nigella seeds, pepper flakes and salt to a coarse mixture in a spice grinder or blender. Add them to the vegetables and toss well. Spread the vegetables

on a parchment-lined baking sheet.

**3.** Bake for 25 minutes or until the cauliflower is golden and tender to your preference.

**4.** Garnish liberally with cilantro and lemon juice before serving.

# Mom's Okra and Onion Stir-Fry

## *Pyaaz Waali Bhindi*

**Prep: 10 minutes | Active: 15 minutes | Inactive: 45 minutes |Serves 4**

Either you like okra or you hate it.

This recipe might help you like it.

Okra is cooked with onions until crisp and no hint of slime remains. This is another one of Mom's simple recipes. She cooks the okra, spiced with just cayenne and turmeric, on low heat for an hour so it is perfectly crisped. Serve this easy and delicious stir-fry with any of the spicy dals or spicy curries. (Shown in thali photo, here, at top right.)

**2 teaspoons safflower or other neutral oil**

**1 to 2 hot green chiles, finely**

chopped (remove seeds to reduce heat)

1 1/2 cups chopped or thinly sliced red onion

3 cups chopped fresh okra

1/4 teaspoon turmeric

3/4 teaspoon salt

1/2 teaspoon cayenne

1. Heat the oil in a large skillet over medium heat. Add the green chile and cook for 2 minutes. Add the onion and cook until translucent, 6 to 8 minutes. Reduce the heat to medium-low.

**2.** Add the okra and turmeric, mix well, and cook uncovered for 35 to 45 minutes, stirring twice while cooking.

**3.** Once the okra is cooked to your preference, add salt and cayenne. Mix well and cook for 1 minute. Remove from heat. Serve hot.

---

## Variations:

- Add 1/2 teaspoon cumin seeds or fennel seeds with the

green chile at Step 1.

- Add 1/2 teaspoon dry mango powder or 1/4 teaspoon Indian black salt at the end and mix well.
- Add 1/2 teaspoon garam masala along with the salt.

# Potatoes and Greens Stir-Fry

## *Aloo Saag*

**Prep: 15 minutes | Active: 15 minutes | Inactive: 25 minutes | Serves 4**

This simple greens and potato stir-fry lets the greens shine, and works well

with any dal. I usually use spinach and chard for this recipe because they cook quickly. Kale does not work as well because it takes longer to cook through. If using strong-tasting greens, add a little spinach to help keep the taste familiar. Carrot, beet, or, radish greens make a great addition. For variation, add 1/2 teaspoon garam masala. Serve as a side with flat bread or rice, or use as a filling in tortilla wraps or a tart.

**2 teaspoons safflower or other**

neutral oil

1/2 teaspoon cumin seeds

2 hot green chiles, chopped (remove seeds to reduce heat)

1 (1-inch) knob of ginger, minced

4 cloves garlic, minced

1/3 cup chopped red onion

2 large potatoes, diced (2 cups)

2 medium tomatoes, chopped (1 1/2 cups)

3 to 4 cups packed chopped fresh spinach, chard, or other greens (or 2 cups frozen)

1/4 cup water

1 teaspoon salt

Garam Masala (here) or paprika,

**for garnish**

1. Heat the oil in a large pan over medium heat. When hot, add the cumin seeds and let them sizzle for 15 seconds. Add the chile, ginger, and garlic, and cook until golden, 3 to 4 minutes Add the onion and cook until translucent, about 5 minutes.

2. Add the potatoes and tomatoes, mix well, and cook for 1 minute. Stir in the greens and water. Cover and cook for 10 minutes.

**3.** Add the salt and mix well. Reduce heat to medium-low. Cover and cook until the potatoes are tender, 20 to 25 minutes. Taste, and adjust salt and spice. Garnish with a sprinkle of paprika or garam masala. Serve hot.

---

## Variations:

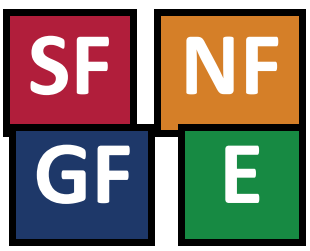
- Omit the tomatoes for a drier version.
- Add 1/4 cup washed red lentils and 1/2 cup water

when you add the greens.

# Cauliflower and Potatoes with Pickle Spices

## *Achari Gobi Aloo*

**Prep: 20 minutes | Active: 15 minutes | Inactive: 20 minutes | Serves 4**



This gobi aloo subzi (dry cauliflower and potato curry side dish) is flavored with a spice combination that is added to most pickles in India. There are several types of pickle condiments made with raw mango, or veggies or fruits, mixed with a combination of all or some spices, oils such as mustard or sesame, and salt. The pickle spice blend gives a completely different flavor profile to this cauliflower dish. Every home has some recipes that they make a

certain way. I make variations of this dish with different combinations of the pickle spices. Sometimes I add a tablespoon or two of mango or chile pickle instead of the spices. Try these interesting flavors with cauliflower and potatoes and you might find this becoming your favorite gobi aloo recipe. This recipe can be soy-free and nut-free depending on the nondairy yogurt used.

**1/2 teaspoon black mustard seeds**
**1/2 teaspoon cumin seeds**

1/2 teaspoon fennel seeds

1/2 teaspoon nigella seeds

1/2 teaspoon coriander seeds

8 fenugreek seeds

1 teaspoon safflower or other neutral oil

1/2 teaspoon mustard oil (or use a neutral oil)

1/2 cup chopped red onion

3 cloves garlic, minced

1 (1/2-inch) knob of ginger, chopped

1/4 to 1/2 teaspoon cayenne

1/2 teaspoon ground turmeric

1 large potato, chopped (1 1/2 cups)

2 cups cauliflower florets

**3/4 teaspoon salt**

**1/4 cup nondairy yogurt or coconut milk**

**1/8 teaspoon fennel seeds, for garnish**

**1/8 teaspoon nigella seeds, for garnish**

**2 tablespoons chopped cilantro, for garnish**

**1 teaspoon lemon juice, for garnish**

1. Heat a skillet over medium heat. Add the mustard, cumin, fennel, coriander, nigella, and fenugreek seeds, and dry roast until the

coriander seeds and fennel seeds change color, about 1 minute. Cool, and grind half of the spice mixture. Set both aside.

**2.** Add both oils to the skillet over medium heat. Add the onions and cook until translucent, 5 minutes. Add the garlic and ginger and cook for a minute. Add the ground and whole roasted spices, cayenne, and turmeric. Mix well and cook for 1 minute.

**3.** Add the potato, cauliflower, and salt, and mix well to coat. Cook for 2 minutes. Add the yogurt and mix well. Cover and cook on medium-low heat for 19 to 20 minutes. Stir once at the 15-minute mark to check whether the vegetables are done, or might be sticking to the pan. Add a dash of water if the vegetables are sticking and continue to cook until the potatoes and cauliflower are tender. Fold in the fennel and nigella seeds. Garnish with cilantro and

lemon juice and serve.

# Sweet and Sour Pumpkin

## *Khatta Meetha Kaddu*

**Prep: 20 minutes | Active: 15 minutes | Inactive: 20 minutes | Serves 4**

For some reason, I never liked pumpkin while growing up. There were other squashes and gourds that were more readily available in India and tasted better to me. Once in a great while, Mom would make sweet and sour pumpkin to go with simple dals. When we moved to the United States, where there is an abundance of seasonal squash, pumpkin found its way back into our Indian meals. This is how I make my squash. Use any winter squash such as pumpkin

or butternut for this dish. If you cannot find dry mango powder, use lemon juice for the sour element. Serve this with any of the spicier dals, such as amti, masala lentils, or chana masala.

**2 teaspoons safflower or other neutral oil**

**1 teaspoon mustard seeds**

**1 teaspoon cumin seeds**

**1/4 teaspoon fenugreek seeds**

**5 cups diced peeled and seeded pumpkin or butternut squash**

**1 teaspoon ground coriander**

1 teaspoon Garam Masala (here)

1/2 to 3/4 teaspoon salt

1/4 teaspoon ground turmeric

1/4 to 1/2 teaspoon cayenne

1 to 2 tablespoons sugar

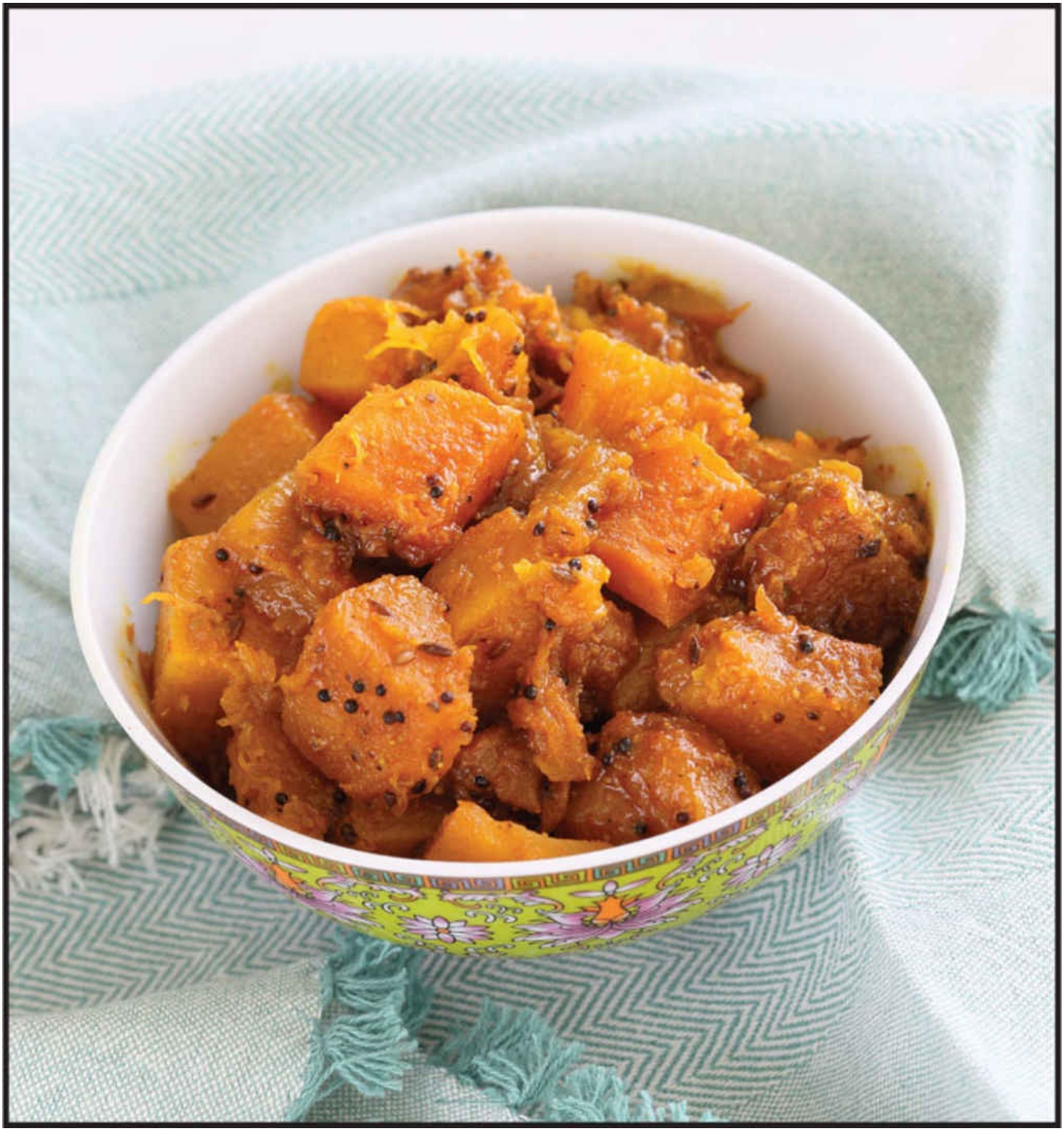
1 tablespoon dry mango powder or 2 teaspoons lemon juice

1/2 teaspoon Chaat Masala (here), for garnish

1. Heat the oil in a skillet over medium heat. When hot, add the mustard seeds, cumin seeds, and fenugreek seeds, and cook until fragrant, 1 minute. Add the pumpkin

and mix well. Cover and cook for 10 minutes.

**2.** Add the ground coriander, garam masala, salt, turmeric, cayenne, sugar and dry mango powder. Mix well. Reduce heat to medium-low, cover and cook until the pumpkin is tender, 20 to 25 minutes. Stir once halfway through. Add a splash of water if the pumpkin starts to stick the pan. Garnish with chaat masala and serve.



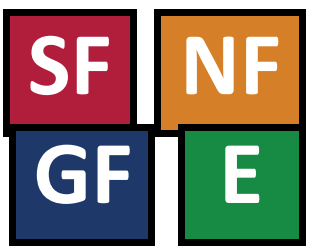
**Tip:** If you find it difficult to chop

the pumpkin or squash, roast it at 400°F until just tender, about 25 minutes. Set aside until cool enough to handle, then peel and chop. Add the roasted squash at Step 3 and cook for 5 to 10 minutes until tender. The flavors infuse much better if the squash is cooked with the spices.

# Cauliflower and Carrots with Mustard Seeds

*Gobi Gajar Poriyal*

**Prep: 15 minutes | Active: 20 minutes | Inactive: 15 minutes | Serves 4**



Poriyal is a South Indian (Tamil) term for a fried or sautéed vegetable dish that often uses mustard seeds, urad dal, and other ingredients for flavor. This cauliflower and carrots poriyal is an interesting change from all the ginger, garlic, and cream-based North Indian sides. Poriyal can be made dry or wet with more sauce. Serve this with rich tempeh curries or South Indian dals and rice.

**1 teaspoon safflower or coconut oil**

**1/2 teaspoon black mustard seeds**

1 teaspoon black gram or petite yellow lentils, rinsed and drained

1 (2-inch) cinnamon stick

1/2 cup finely chopped red onion

2 medium tomatoes, chopped (1 1/2 cups)

1/2 teaspoon ground turmeric

1/2 to 3/4 teaspoon cayenne

3/4 teaspoon salt

2 1/2 cups small cauliflower florets

1 cup chopped carrots

1/2 cup water

1 tablespoon shredded coconut, dry or fresh

Ground black pepper

**2 tablespoons chopped fresh cilantro, for garnish**

**1 tablespoon shredded coconut, for garnish**

1. Heat the oil in a large skillet over medium heat. When hot, add the mustard seeds and cook until they start to pop, about 30 seconds. Add the lentils and cinnamon stick, and cook until the lentils are golden, about 1 minute.

2. Add the onion and cook for 5 minutes. Add the tomato, turmeric,

cayenne, and salt. Mix well and cook until the tomato is saucy, 7 to 8 minutes. Mash the larger tomato pieces.

3. Add the cauliflower, carrots, water, coconut flakes, and a generous dash of black pepper. Mix to coat. Cover and cook over medium heat until the cauliflower is tender, 15 to 20 minutes, stirring once halfway through. Cook uncovered for a few minutes if the sauce is too thin.

Garnish with cilantro or coconut and serve hot. Discard the cinnamon stick just before serving.

# Spiced Cabbage Potatoes

## *Patta Gobi Aloo Subzi*

**Prep: 20 minutes | Active: 15 minutes | Inactive: 20 minutes | Serves 4**

Cabbage is one of those vegetables that sits in the refrigerator until there is no other vegetable left to cook up. Cabbage cooked with Indian spices, however, makes us actually look forward to eating some. I like cabbage with earthy whole lentils. Serve this dish as a side with dals such as masala lentils, dal Bukhara, or curried mung beans and rice. Add it to wraps or use it to stuff a pepper.

**1 teaspoon safflower or other neutral oil**

1 teaspoon cumin seeds

Generous pinch of asafetida (omit to make gluten-free)

1 hot green chile, finely chopped (remove seeds to reduce heat)

3 cloves garlic, minced

1 (1/2-inch) knob of ginger, minced

1/2 teaspoon ground turmeric

1/4 to 1/2 teaspoon cayenne

2 medium potatoes, chopped (2 cups)

3 cups packed finely chopped green cabbage

1 teaspoon salt, or to taste

2 tablespoons chopped cilantro, for garnish

1. Heat the oil in a large skillet over medium heat. When hot, add the cumin seeds and cook for 30 seconds.

2. Add the asafetida, chile, garlic, and ginger, and cook until garlic is golden, 2 minutes. Add the turmeric and cayenne and mix. Add the potatoes and mix well. Add the cabbage, mix well, cover and cook for 15 minutes.

3. Add 1 tablespoon of water to

deglaze if needed. Add the salt and mix well. Reduce heat to medium-low. Cover and cook until the potatoes are tender, about 15 minutes. Taste, and adjust salt and spice. Serve hot, garnished with cilantro.

# Cauliflower and Peas in Spicy Curry

*Gobi Mutter Masala*

**Prep: 20 minutes | Active:**

20 minutes | Inactive: 20 minutes | Serves 4

SF GF E

Here is another favorite cauliflower recipe, as though there are any that are not. With gorgeous florets and peas and a delicious light sauce, this makes for a great side or main, or even an unusual topping on a naan pizza. Add other vegetables, such as potatoes or squash and garnish with almond slivers for texture, vegan parmesan, or vegan cheese shreds. Serve as is with flatbread or rice, and

a side of greens or crunchy potatoes. (See photo here.)

**2 teaspoons safflower or other neutral oil**

**1 teaspoon cumin seeds**

**1 bay leaf**

**1/2 cup finely chopped red onion**

**2 medium tomatoes, chopped (1 1/2 cups)**

**1/4 cup ground raw cashews or soaked raw cashews, or whole unsoaked cashews if using a high-powered blender**

**3 cloves garlic**

**1 (1-inch) knob of ginger, chopped**

1 teaspoon Garam Masala (here)

1/2 teaspoon ground coriander

1 teaspoon dried fenugreek leaves, or 1/8 teaspoon fenugreek seeds or powder, or 1/2 teaspoon ground mustard

1/2 teaspoon cayenne

1/2 teaspoon turmeric

1/4 teaspoon ground cinnamon

3/4 teaspoon salt

1/2 cup water

3 heaping cups cauliflower florets

3/4 cup fresh or frozen green peas, thawed if frozen

2 tablespoons chopped fresh cilantro, for garnish

1. Heat the oil in a large skillet over medium heat. Add the cumin seeds and bay leaf, and cook until fragrant, about 2 minutes. Add the onion and cook until golden, 6 to 7 minutes.

2. In a blender, combine the tomato, cashews, garlic, ginger, garam masala, coriander, fenugreek, cayenne, turmeric, and cinnamon. Blend until smooth.

3. Add the puree to the skillet. Mix well and cook until the puree

thickens and becomes fragrant, 10 to 12 minutes. Stir a couple of times in the last few minutes to avoid sticking.

**4.** Add the salt and water and mix well. Stir in the cauliflower, cover, and cook for 12 minutes.

**5.** Mix in the peas. Taste, and adjust the salt and spices. Cover and cook until the cauliflower is tender to your preference, 5 to 7 minutes. Garnish with cilantro and serve.

# Okra in Sesame Coconut Sauce

## *Bhindi Masala*

**Prep: 20 minutes | Active: 20 minutes | Inactive: 15 minutes | Serves 4**

SF GF E

Okra is a tricky vegetable. It can get slimy quickly, which can be off-

putting for some. Cooked in this amazing sesame coconut sauce, okra is not slimy at all. Serve with Maasi's Nepali Potatoes (here) or a creamy tofu curry like Shahi "Paneer" (here) and flatbread or rice.

**2 teaspoons safflower or other neutral oil, divided**

**3 cups okra, cut into 3/4-inch pieces**

**1/2 teaspoon coriander seeds**

**1/2 teaspoon cumin seeds**

**3/4 cup chopped red onion**

**4 cloves garlic, chopped**

**1 (1-inch) knob of ginger, minced**

1/2 teaspoon turmeric

1/4 to 1/2 teaspoon cayenne

1/2 teaspoon salt

1/2 teaspoon Garam Masala (here)

1/2 cup chopped tomato

2 tablespoons sesame seeds

2 tablespoons dry coconut flakes

1 teaspoon extra-virgin olive oil, for garnish

1. Heat 1 teaspoon of the oil in a large skillet over medium heat. Once hot, add the okra and a pinch of salt. Cook until the okra is slightly crisp on the edges, 8 to 9 minutes, stirring

occasionally. This will keep the okra from getting slimy.

**2.** Remove the okra from the skillet and set aside. Add 1 teaspoon of oil to the skillet. Add the coriander and cumin seeds and cook for 30 seconds. Add the onion, garlic and ginger, and cook until translucent, 5 minutes.

**3.** Add the turmeric, cayenne, salt, and garam masala and stir for a few seconds. Add the tomato, sesame

seeds, and coconut, and cook for 3 to 4 minutes. Mash the tomato a bit. Cool slightly, then transfer the mixture to a blender, add 1/2 cup water, and blend until smooth.

**4.** Add the blended puree and the reserved okra back to the skillet, cover and cook for 5 minutes. Stir to combine, then cook uncovered until okra is cooked to your preference, 6 to 8 minutes. Taste, and adjust the salt and spices, if needed. Serve with

a drizzle of olive oil.

# Cauliflower, Carrots, and Peas

in Coconut Poppy Seed Curry

*Gobi Gajar Mutter*

# *Kurma*

**Prep: 20 minutes | Active: 15 minutes | Inactive: 25 minutes | Serves 4**

There are several variations of this dish that incorporate ingredients such as coconut, yogurt, poppy seeds, nuts, and cream in the sauce. The terms korma and kurma are used interchangeably, but the dishes are slightly different. The familiar

Navratan Korma (here) is a heavier korma with a rich, creamy sauce, nuts, and raisins. Kurma is usually a lighter curry, and generally refers to the South Indian versions. Most traditional recipes call for using two or four pans, one or two pastes that need to be cooked for a while, and pre-boiling vegetables before use. This version calls for none of that complexity and produces almost the same result. Try it. Serve with flatbread or rice, and a dal or beans.

1 teaspoon safflower or other neutral oil

1 cup finely chopped red or white onion

12 curry leaves

1 hot green chile, chopped (remove seeds to reduce heat)

1 (1-inch) knob of ginger, minced or 1 tablespoon ginger paste

4 cloves garlic, minced or 1 tablespoon garlic paste

1 teaspoon ground coriander

1/2 teaspoon ground cumin

1/4 to 1/2 teaspoon cayenne

2 medium tomatoes, chopped (1 1/2 cups)

2 teaspoons poppy seeds

3/4 cup coconut milk (canned or culinary)

1/4 cup water

3 1/2 to 4 cups small cauliflower florets

1 cup chopped carrots

3/4 teaspoon salt

1 cup fresh or frozen green peas, thawed if frozen

1/2 teaspoon Garam Masala (here)

2 tablespoons chopped cilantro, for garnish

1 teaspoon lemon juice, for garnish

1. Heat the oil in a skillet over

medium heat. Add the onion, curry leaves, and chile and cook for 5 minutes. Add the ginger and garlic, and cook until the onion and garlic are golden, 3 minutes. Add the coriander, cumin, and cayenne. Add the tomatoes, mix well, and cook until saucy, 5 minutes.

**2.** Grind the poppy seeds in a grinder or crush to a coarse meal with a mortar and pestle. Add to the pan and mix. Stir in the coconut milk and

water.

**3.** Stir in the cauliflower, carrots, and salt. Cover and cook for 10 minutes. Reduce the heat to medium-low. Mix in the peas. Cover and cook until the cauliflower is tender, about 15 minutes. Stir in the garam masala. Taste and adjust the salt and spices, if needed. Garnish with cilantro and lemon juice.

---

**Pressure Cooker:** Follow Steps 1

through 2 in a pressure cooker. At Step 3, add the cauliflower, carrots, salt and peas. Mix well. Close and lock the lid, cook for 3 minutes after the cooker reaches pressure (1 whistle). Let the pressure release naturally. Garnish and serve.

**Variation:** Use 1/4 teaspoon fennel seeds instead of poppy seeds.

# Bell Peppers and Peas with Chickpea Flour

*Shimla Mirch Mutter Zunka*

**Prep: 15 minutes | Active:**

SF NF

15 minutes | Inactive: 10 minutes | Serves 4

GF E

Zunka is a simple side from the state of Maharashtra. It is usually made with peppers and chickpea flour so that it is just roasted chickpea flour (or besan) and spices. We make zunka with a combination of fennel and coriander that reminds me of the stuffing in kachoris, the Savory Lentil Pastries here. You can use other vegetables such as okra, peas, or onions as well.

1/4 cup chickpea flour or besan

2 teaspoons safflower or other neutral oil

1/2 teaspoon black mustard seeds

3 cloves garlic, finely chopped

4 cups chopped bell peppers (a combination of green, red, and yellow peppers, if possible)

3/4 cup fresh or frozen green peas, thawed if frozen

1/2 teaspoon salt

1/2 teaspoon ground turmeric

1/4 to 1/2 teaspoon cayenne

1/4 teaspoon fennel seeds

2 teaspoons ground coriander

2 tablespoons chopped cilantro,

for garnish

1 teaspoon lemon juice, for garnish

1. Heat the chickpea flour in a skillet over medium-low heat. Dry roast until the color changes slightly and it becomes fragrant, 7 to 8 minutes. Stir frequently to avoid burning. Set aside.

2. Heat the oil in a large skillet over medium heat. When hot, add the mustard seeds and cook until they begin to pop. Add the garlic and

cook until golden, 3 to 4 minutes. Add the bell peppers and mix to coat. Cover and cook for 5 minutes.

**3.** Add the peas and mix well. Cover and cook until the peppers just start to soften, about 5 minutes. Add the salt and turmeric, cayenne, fennel seeds and coriander. Mix and cook for 2 minutes. Sprinkle the roasted chickpea flour evenly on the peppers. Mix well, cover and cook for 2 minutes. Uncover, stir well again and

cook until the peppers are tender, about 2 minutes. Sprinkle with some water if they start to stick to the pan. Garnish with cilantro and lemon juice and serve.

# Mashed Spiced Eggplant

*My Weekday Baingan Bharta*

**Prep: 20 minutes | Active: 15 minutes | Inactive: 35 minutes | Serves 4**

This is our weekday baigan bharta. When Mom sees this streamlined version, she'll be like, "Nope, that isn't baingan bharta!" But to me, it tastes close enough. When we don't have the time to bake the eggplant for hours or roast it on the gas flame and create a mess, we cook everything in the pan. If you like your bharta to be peel-less, peel the eggplant first. How do you think we get that smoky burnt bharta taste, then? Liquid smoke comes to the

rescue here. Serve with any yellow dals or masoor dal tadka, rajma, flatbread, and rice.

- **2 teaspoons safflower or other neutral oil**
- **1/2 teaspoon cumin seeds**
- **3/4 cup finely chopped red or white onion**
- **5 cloves garlic, chopped**
- **1 (1-inch) knob of ginger, chopped**
- **1 green chile, chopped (remove seeds to reduce heat)**
- **1/4 teaspoon turmeric**
- **1/4 teaspoon smoked paprika**

1 teaspoon Garam Masala (here)

4 cups chopped eggplant (peeled, if you like)

1 medium tomato, chopped (1 cup)

1/2 teaspoon dry mango powder or 1/4 teaspoon Chaat Masala (here)

1/2 to 3/4 teaspoon salt

1/4 to 1/2 teaspoon liquid smoke

2 tablespoons chopped cilantro

1. Heat the oil in a large skillet over medium heat. When hot, add the cumin seeds and cook until they change color and start to sizzle, about 30 seconds.

**2.** Add the onion, garlic, ginger, and chile. Mix well and cook until golden, 6 minutes. Add the turmeric, paprika, and garam masala and mix well.

**3.** Add the eggplants. Mix well, cover and cook for 6 to 7 minutes. Add a splash of water to deglaze, cover and cook for another 6 to 7 minutes until all eggplant pieces are tender.

**4.** Add the tomatoes, dry mango

powder, and salt. Mix well, cover and cook for 10 minutes. Stir and reduce heat to medium-low. Stir in the liquid smoke. Cover and cook until the mixture is well-roasted, with some browning in the pan, 15 to 20 minutes. Taste and adjust the salt and spices, if needed. Garnish with cilantro and serve.

# Assamese Greens and Potatoes

## *Xaak Bhaji*

**Prep: 15 minutes | Active: 15 minutes | Inactive: 20 minutes | Serves 4**

This simple green-leaf vegetable side is inspired by the recipes from

Assam, a state in northeastern India. The more famous xaak made there is the dhekia xaak which uses soft fiddlehead ferns, with or without potatoes. Serve with dal and flatbread or rice, or add to wraps. This bhaji goes well with cholar dal, odia dal, or creamy curries.

**2 teaspoons safflower or mustard oil**

**1 teaspoon Panch Phoron spice blend (here)**

**2 hot green chiles, chopped (remove seeds to reduce heat)**

**4 cloves garlic, chopped**

**2 large potatoes, cut into French fries or thin wedges (2 cups)**

**3 to 4 cups packed chopped fresh greens (such as spinach, chard, or mustard greens)**

**1/4 cup water**

**1/2 to 3/4 teaspoon salt**

1. Heat the oil in a large skillet over medium heat. When hot, add the panch phoron spices and cook for 30 seconds. Add the chile and garlic and cook until garlic is golden, 2 minutes.

**2.** Add the potatoes, mix well and cook until some edges are golden brown, about 5 minutes. Stir once halfway through.

**3.** Add the greens, water, and salt. Stir to mix, then reduce the heat to medium-low. Cover and cook until the potatoes are tender and the greens are lightly wilted, about 20 minutes. Taste, and adjust salt and spice. Serve hot.

# Cauliflower and Yellow Lentils

in Mint Cilantro Sauce

*Hyderabadi Gobi Mung*

**Prep: 20 minutes | Active: 25 minutes | Inactive: 25 minutes | Serves 4**

SF GF

Inspired by the creamy mint-based sauce paired with Hyderabadi meat dishes, this sauce is made with mint, cilantro, while coconut and cashews make the cream. The sauce is whiter with chopped cilantro and mint, and greener if the herbs are blended in at step 1. Blending also saves the chopping time. This mild side goes well with spicy dals, madras chile

masala, or tava pulao. For variation, use other vegetables or omit the lentils.

**1 1/2 cups chopped red onion**

**1 to 2 hot green chiles (remove seeds to reduce heat)**

**3 tablespoons dry shredded coconut**

**3 tablespoons raw cashews**

**2 tablespoon sesame seeds**

**1 (1-inch) knob of ginger**

**4 cloves garlic**

**1/2 cup water**

**2 teaspoons safflower or other**

neutral oil

1/3 teaspoon cumin seeds

3/4 teaspoon black mustard seeds

1 (2-inch) cinnamon stick

6 cloves

4 cups cauliflower florets

1 cup lightly packed cilantro, leaves and tender stems, finely chopped

3 tablespoons finely chopped mint leaves

1/2 cup petite yellow lentils (mung dal) or red lentils (masoor dal), soaked for 15 minutes

1 cup coconut milk

1 cup water

**1 to 1 1/2 teaspoons salt**

1. In a blender, combine the onion, chile, coconut, cashews, sesame seeds, ginger, garlic, and 1/2 cup water, and blend until smooth. Set aside.

2. Heat the oil in a large skillet over medium heat. Once hot, add the cumin, mustard seeds, cinnamon stick, and cloves, and cook for 1 minute. Add the blended onion mixture and cook until the mixture

thickens, starts to leave the side of the pan, and does not smell raw, 17 to 19 minutes. Stir occasionally.

**3.** Add the cauliflower, cilantro, and mint and mix well. Add the lentils, coconut milk, water, and salt, and mix well.

**4.** Cover and cook for 10 minutes over medium heat. Reduce the heat to medium-low and cook until the lentils are tender, the cauliflower is cooked through, and the curry

thickens, about 15 minutes. Taste, and adjust salt and spice. Serve hot.

---

**Note:** If you would rather not bite into whole spices, remove the spices at Step 2, before you add the onion, and tie the spices inside a bag made with a small square of muslin or cheese cloth. Then add the spice bag to the skillet before Step 4 and continue with the recipe. Remove the spice bag before serving. Keep the spice bag in the sauce if refrigerating

for later use; the whole spices will continue to infuse the sauce as it sits.

# Maasi's Nepali Potatoes

## *Nepali Aloo*

**Prep: 10 minutes | Active: 10 minutes | Serves 4**

Mom's sister, Kirti Maasi ("maasi" means aunt), makes this Nepali dish

with fried potato sticks and loads of garlic and ginger. You can use boiled, baked, or fried potatoes. Allow an extra 15 to 20 minutes if you don't have precooked potatoes.

**1 tablespoon safflower or other oil**
**1/2 teaspoon mustard seeds**
**1/2 teaspoon cumin seeds**
**8 cloves garlic, thinly sliced**
**1 (3-inch) knob of ginger, julienne**
**3 green chiles, thinly sliced (remove seeds to reduce heat)**
**1/2 teaspoon ground turmeric**
**2 to 3 teaspoons white vinegar or**

**apple cider vinegar**

**3 1/2 cups precooked potato wedges (4 medium potatoes)**

**3/4 to 1 teaspoon salt**

Heat the oil in a large skillet over medium heat. When hot, add the mustard seeds and cumin seeds. Cook until they start to pop, about 1 minute. Add the garlic, ginger, and chile and cook until the garlic is golden, 2 minutes. Reduce heat to low. Stir in the turmeric and vinegar. Add the cooked potatoes and salt and

mix well. Cover and cook for 5 minutes. Serve hot.

# Mushrooms and Greens

## *Kadhai Kumbh Palak*

**Prep: 20 minutes | Active: 15 minutes | Inactive: 10 minutes | Serves 4**

Lightly flavored with fenugreek, this simple side of mushroom and greens comes together quickly. You can substitute other vegetables such as cauliflower or cooked chickpeas for the mushrooms. This dish is usually made at high heat in a wok or Indian kadhai. If you are not going to be in the kitchen to keep an eye on it, cook over medium heat. Serve with any yellow dal, chickpea curry, or creamy curry.

**1 teaspoon safflower or other**

neutral oil

4 cloves garlic, minced or 2 tablespoons garlic paste

1/2 teaspoon Garam Masala (here)

1/2 teaspoon ground coriander

1/2 to 1 green chile, chopped (remove seeds to reduce heat)

1/4 cup chopped cilantro

1/2 teaspoon dried fenugreek leaves or 1/4 cup chopped fresh fenugeek leaves

1/4 to 1/2 teaspoon red pepper flakes

3 medium tomatoes, chopped (2 1/4 cups)

4 ounces button or baby bella

mushrooms, sliced (1 1/2 to 2 cups)

2 cups packed baby greens, such as baby spinach, chard, or kale

2 tablespoons or more water

1/2 teaspoon salt

2 tablespoons chopped cilantro, for garnish

1. Heat the oil in a large skillet over medium high heat. Add the garlic, garam masala, and coriander. Stir frequently and cook until the garlic becomes fragrant and golden, 2 minutes. Add the green chile,

cilantro, fenugreek, and red pepper flakes. Mix well and cook for 1 minute. Add the tomatoes, mix well, and cook until they are saucy and shimmery, 5 to 6 minutes, stirring occasionally.

**2.** Add the mushrooms, greens, 2 tablespoons water, and salt. Mix well and cook until the mushrooms are tender, 5 to 7 minutes. You can also reduce the heat to medium and cook longer for well-cooked mushrooms.

Serve hot, garnished with cilantro, along with flatbread or rice.

# Cauliflower and Peas in Cilantro Onion Sauce

*Gobi Mutter Keema*

**Prep: 20 minutes | Active: 15 minutes | Inactive: 20 minutes | Serves 4**

SF GF E

Keema means minced meat, and any Indian keema curry has some kind of meat in minced form. However, the flavor in the dish comes from the spices and sauce. Cauliflower comes to the rescue here, grated up and added to the delicious cilantro-based curry. Crumbled tempeh also works beautifully in this curry, especially to give the dish a more toothy and textured result. If you are not a big fan of cilantro, you can substitute a good portion of it with any greens of

choice, such as spinach. Serve with naan or other flatbread, or with rice or other grains, or use as taco or lettuce leaf filling garnished with chutneys, salsa, or vegan mayo.

**1 cup chopped red or white onion**

**1 cup packed cilantro, leaves and tender stems**

**1 hot green chile (remove seeds to reduce heat)**

**1 (1-inch) knob of ginger**

**4 cloves garlic**

**1/4 teaspoon fennel seeds**

**1/4 teaspoon cumin seeds**

4 black peppercorns

1/4 teaspoon ground cinnamon

1/4 teaspoon ground cloves

1/2 to 3/4 teaspoon Garam Masala (here)

1/2 cup water

1 teaspoon safflower or other neutral oil

3 cups grated cauliflower, or 3 1/2 cups florets

1 red bell pepper, thinly sliced

1 cup fresh or frozen green peas, thawed if frozen

3/4 teaspoon salt

2 tablespoons ground raw cashews

1/2 cup almond milk or other

**nondairy milk**

**1/2 teaspoon lemon juice or white vinegar**

**Dash of cayenne or ground black pepper, for garnish**

**1.** In a blender, combine the onion, cilantro, chile, ginger, garlic, fennel, cumin, peppercorns, cinnamon, cloves, and garam masala with 1/2 cup water. Blend into a smooth puree.

**2.** Heat the oil in a large skillet over medium heat. Add the onion-cilantro

puree and cook uncovered until the puree thickens and shimmers with oil, 16 to 18 minutes. Stir occasionally to avoid burning. If the puree starts to stick or brown too quickly, reduce heat to medium-low.

**3.** Add the grated cauliflower and red bell pepper to the dry onion-cilantro paste. Mix well to evenly distribute and cook for 2 minutes over medium heat. Add the peas, salt, ground cashews, almond milk, and lemon

juice. Mix well, cover and cook for 10 minutes. Taste, and adjust the salt and spices, if needed. Cook uncovered until the cauliflower is tender and the sauce is thickened to your preference, about 5 minutes. Garnish with cayenne or black pepper. Serve hot.

# Mild Peppers in Peanut Coconut Sauce

*Mirch Ka Salan*

**Prep: 15 minutes | Active: 20 minutes | Inactive: 20 minutes | Serves 4**

SF GF E

A dish from Hyderabad (Southeast India), this mild curry is a great way to use peppers when they are in season. The sauce has a distinct nutty flavor profile. This dish is served as a side with biryani, or other rice or quinoa dishes. Use peppers that do not leave chewy skin after cooking, such as poblanos. If you’re not sure, lightly blanch the peppers and peel the skin off before using. To make peanut-free, use other nuts or use more sesame seeds and coconut. For

variations, use chopped eggplant or other vegetables.

**2 teaspoons safflower or other neutral oil, divided**

**1 cup chopped red or white onion**

**3 tablespoons raw peanuts**

**2 tablespoons sesame seeds**

**2 tablespoons shredded coconut, fresh or dried**

**1 1/2 cups water, divided**

**1/2 teaspoon mustard seeds**

**1/2 teaspoon cumin seeds**

**1/4 teaspoon nigella seeds**

**8 curry leaves**

2 cloves garlic minced

1 (1/2-inch) knob of ginger, minced

1/4 teaspoon ground turmeric

1/4 to 1/2 teaspoon cayenne

1/2 to 1 teaspoon tamarind paste

3 to 3 1/2 cups mild peppers, chopped into 1 to 2-inch pieces (2 green bell peppers, and 2 or more mild chiles, such as poblano)

3/4 teaspoon salt

1/2 teaspoon sugar (optional)

1. Heat 1 teaspoon of the oil in a large skillet over medium heat. Add

the onions and cook until translucent, about 6 minutes. Add the peanuts and cook for 2 minutes, stirring frequently.

**2.** Add the sesame seeds and coconut, and mix well. Cook until the peanuts and sesame seeds are golden, 2 minutes, stirring frequently. Transfer the mixture to a blender. Cool slightly and blend with 1/4 cup or more water into a smooth paste.

**3.** Heat a teaspoon of oil in the same skillet. When the oil is hot, add the mustard, cumin seeds and nigella seeds. Cook until the seeds start to pop, 1 minute. Add the curry leaves, garlic and ginger and cook for a minute. Add the turmeric and cayenne and mix well.

**4.** Add the blended onion-coconut paste to the skillet. Stir in the tamarind paste, and cook until the mixture thickens and shimmers with

oil, 6 to 8 minutes.

**5.** Add the peppers, salt, and 1 1/4 cup water. Cover and cook until the peppers are tender-crisp, about 10 minutes. Taste, and adjust salt and spice, adding 1/4 to 1/2 teaspoon sugar into the sauce to balance the flavors, if desired. Serve hot.

# Masala Potatoes for Dosas

## *Masala Aloo*

**Prep: 20 minutes | Active: 15 minutes | Inactive: 25 minutes | Serves 4**

SF GF E

Dosa crepes stuffed with spiced potatoes and served with split pea

stew (sambhar) and coconut chutney make up a delicious traditional South Indian meal. The spiced potatoes that are used as stuffing have a special taste and texture profile. The potatoes are boiled, then spiced and partially mashed to make a moist filling with a flavor that doesn’t overpower the entire meal. Serve these potatoes stuffed in dosa crepes or chickpea crepes, and serve with a tangy dal such as sambhar, and a South Indian chickpea stew. You can

also serve as breakfast potatoes or anywhere you would use mashed potatoes. (See photo of stuffed dosas here.)

**3 to 3 1/2 cups diced potatoes (3 medium potatoes)**

**1 quart water**

**1 teaspoon safflower or other neutral oil**

**1/2 teaspoon black mustard seeds**

**1/2 teaspoon cumin seeds**

**2 teaspoons split peas or split bengal gram**

**3 dried red chiles, broken (cayenne**

or arbol)

1/4 cup finely chopped red onion (optional)

10 curry leaves

2 tablespoons raw cashews, chopped

1 (1-inch) knob of ginger, minced

1 hot green chile, finely chopped (remove seeds to reduce heat)

1/2 teaspoon ground turmeric

3/4 to 1 teaspoon salt

2 to 3 tablespoons water

2 tablespoons chopped cilantro, for garnish

1. Combine the diced potatoes and

water in a saucepan. Bring to a boil over medium high heat, uncovered. Once the water is boiling rapidly, reduce heat to low and cook for another 5 minutes. Check the potatoes and continue to cook if needed, until tender. Drain the potatoes, pull the skin off if you like, and mash lightly. You can also pressure cook the whole potatoes over medium-high heat for 2 whistles, or 10 minutes after the cooker reaches pressure. Let the

pressure release naturally, cool, and then cube.

2. Heat the oil in a skillet over medium heat. When hot, add the mustard seeds, cumin seeds, split peas and dried red chiles. Cook until the split peas are golden brown, 1 minute. Add the onion, curry leaves, and cashews, and cook until onion is translucent, 6 to 7 minutes. Add a splash of water if the onions start to stick. Add the ginger, green chile,

turmeric, and salt and mix well.

**3.** Add potatoes and gently toss to coat. Add the water, mix, and cook for 3 minutes. Mash the larger pieces and mix again. Taste and adjust the salt and spices, if needed. Garnish with cilantro.

# Easy Curried Green Beans

**Prep: 20 minutes | Active: 15 minutes | Inactive: 20 minutes | Serves 4**

I usually cook green beans and potatoes with mustard seeds, cumin seeds, salt, and cayenne. The resulting green beans are a dry side

dish that is best served with a dal or curry. These curried beans came about when I looked at a huge bunch of green beans and wanted something else. The simple curry and bite-size green beans work very well. Serve these with rice or flatbread and a side of potatoes or creamy curry.

**1 teaspoon safflower or coconut oil**
**1/2 teaspoon mustard seeds**
**1/2 teaspoon cumin seeds**
**3/4 cup chopped or thinly sliced red or white onion**

1 teaspoon Garam Masala (here)

1/4 teaspoon ground turmeric

1/4 to 1/2 teaspoon cayenne

2 medium tomatoes, chopped (1 1/2 cups)

1 tablespoon tomato paste (optional)

3 1/2 cups fresh or frozen green beans, cut into 2-inch pieces (thawed if frozen)

3/4 teaspoon salt

1/2 cup water

2 tablespoons chopped cilantro

1. Heat the oil in a large skillet over medium heat. When hot, add the

mustard seeds and cumin seeds. Cook until they start to pop. Stir in the onion and cook until translucent, about 6 minutes.

**2.** Add the garam masala, turmeric, and cayenne. Cook until fragrant, 2 minutes, stirring frequently to avoid burning.

**3.** Add the tomatoes and tomato paste, if using, and cook for 3 minutes. Add the green beans, salt and water. Mix well, cover, and cook

for 15 minutes.

**4.** Stir, taste and adjust salt and spice. Check the beans for doneness. Add a bit more water if you want to keep it saucy. Cover and cook until beans are cooked through, 5 minutes. The beans should not be mushy, but just about well-cooked. Serve hot, garnished with cilantro.

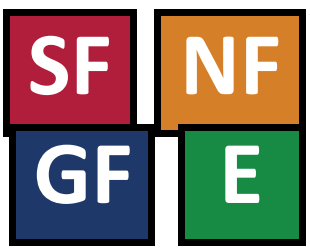
# Cabbage with Mustard Seeds and

Coconut (here)
Easy Curried Green Beans (previous recipe)

# Cabbage with Mustard Seeds and Coconut

*Cabbage Thoran*

**Prep: 15 minutes | Active: 15 minutes | Inactive: 10 minutes | Serves 4**



Cabbage thoran is a stir-fry from the state of Kerala. Thoran is grated or thinly sliced vegetables cooked with fresh grated coconut and spices. Find fresh coconut in the frozen section in Indian stores, or use dry coconut. You can also use other vegetables to make the thoran, such as carrots, beets, or green beans. This easy side with coconut, mustard seeds, and shallots is a fantastic combination that will make you reach for that head of green cabbage while grocery

shopping. Serve this with a spicy dal or tempeh curry. (See photo here.)

**1 teaspoon safflower or other neutral oil**

**1 teaspoon black mustard seeds**

**1 hot green chile, finely chopped (remove seeds to reduce heat)**

**1/2 cup finely chopped red onion or shallots**

**10 curry leaves**

**1/2 teaspoon ground turmeric**

**3 cups packed finely chopped green cabbage (1/2 medium head)**

**1/2 cup shredded coconut (fresh, or**

**thawed if frozen, or dried)**

**1 teaspoon salt, or to taste**

1. Heat the oil in a large skillet over medium heat. When hot, add the mustard seeds and let them start to pop, about 1 minute. Add the chile, onion, and curry leaves. Cook, stirring, until golden, about 6 minutes.

2. Add the turmeric and cabbage, and mix well. Cover and cook for 15 minutes. Stir once halfway through.

Add 1 tablespoon of water to deglaze if needed, and reduce heat to medium-low if the cabbage sticks too much.

3. Add the coconut and salt, and mix well. Reduce heat to medium-low. Add 1 tablespoon of water to deglaze if needed. Cover and cook until cabbage is cooked through, 10 minutes. Stir and cook uncovered for a few minutes if too wet. Taste, and adjust salt and spice. Serve hot.

# Potato Tomato Curry

## *Aloo Tamatar Subzi*

**Prep: 30 to 35 minutes |**
**Active: 15 minutes |**
**Inactive: 30 minutes |**
**Serves 4**

Potatoes in a simply-spiced thin

tomato curry are a favorite weekend meal, served with fried puffed flatbread called pooris. The deep-fried pooris are really delicious but they make the meal quite heavy. These days, we serve this tangy and delicious curry with a flatbread such as roti or naan, with rice, or with kachoris (Savory Lentil Pastries, here).

**6 cups fresh or canned diced tomatoes (8 fresh tomatoes)**

**8 cloves garlic**

1 1/2-inch knob of ginger, chopped

3 green chiles, chopped (remove seeds to remove heat)

1/4 cup lightly packed fresh cilantro

2 teaspoons safflower or other neutral oil

1/2 teaspoon mustard seeds

1/2 teaspoon cumin seeds

1/3 to 1/2 teaspoon fenugreek seeds

12 curry leaves

2 teaspoons ground coriander

1/2 teaspoon ground turmeric

5 medium potatoes boiled to tender-crisp, peeled and diced (4 1/2 cups)

1 1/4 teaspoons salt, or to taste

**2 to 2 1/2 cups water**

**1/4 cup chopped cilantro, for garnish**

**1.** In a blender, combine the tomatoes, garlic, ginger, chiles, and cilantro. Blend into a smooth puree and set aside.

**2.** Heat the oil in a large saucepan over medium heat. When hot, add the mustard, cumin and fenugreek seeds and let them cook until they start to pop, about 1 minute. Add the

curry leaves, ground coriander and turmeric. Mix for a few seconds.

**3.** Add the pureed tomato from Step 1, and mix well. Cook partially covered over medium-low heat, until the mixture thickens and oil starts to glisten on the surface, 15 to 20 minutes. Stir once halfway through. Add the diced potatoes and salt, and mix well. Cook for 5 minutes.

**4.** Add the water and mix well. Cook covered for 15 minutes or until

desired (thin) consistency is reached. Taste and adjust the salt and spices, if needed. Garnish with cilantro and serve.

# Cumin-Scented Rice with Peas and Onions

*Mom's Pea Pulao*

**Prep: 30 minutes | Active: 15 minutes | Inactive: 15 minutes | Serves 4**

This is a flavorful and easy side that goes with almost everything. Cumin-scented rice works beautifully with Indian curries and dals. Try it with kormas or makhani curries. Soaking the rice before cooking ensures that the grains stay separate and do not overcook. (Pictured on the cover.)

**2 teaspoons safflower or other neutral oil**

**1 teaspoon cumin seeds**

**3/4 cup finely chopped or sliced red or white onion**

**1/2 to 3/4 cup green peas, fresh or thawed**

**3/4 teaspoon salt or to taste**

**3 cups water**

**1 1/2 cups long-grain white basmati rice, soaked for 30 minutes**

1. Heat the oil in saucepan over medium heat. When the oil is hot, add the cumin seeds and cook until they change color and become fragrant, about 1 minute. Add the onions, mix, and cook until translucent, about 5 to 6 minutes.

**2.** Drain the rice well and add it to the saucepan. Add the peas and salt, mix well, and cook for 1 minute. Add the water, mix, and cover. Reduce heat to medium-low and cook for 18 to 20 minutes. The water will come to a slow boil around 8 minutes and continue to simmer. Check at 18 minutes to see if all the water has been absorbed. Let the rice sit covered for 5 minutes. Fluff the rice and serve.

## Variations:

Add 3 cloves and 1 green cardamom at Step 1, along with the cumin seeds.

**Make this with brown basmati rice:** Soak the rice for 30 minutes. Follow steps 1 and 2. Drain the rice and add to the saucepan with the cumin and onions. Add the peas and salt, and cook for a minute. Add 4 cups of water, mix, cover, and bring

to a boil over medium heat. Lower the heat to medium-low and cook for 25 to 35 minutes. (Check the cooking time on the package and cook longer if needed). Let the rice sit covered for 5 minutes. Fluff the rice and serve.

# Rice with Vegetables, Tomato, and Spices

*Tava Pulao*

**Prep: 20 minutes | Active:**

SF NF

**30 minutes | Inactive: 10 minutes | Serves 4**

GF E

Tava Pulao is Indian fried rice with made with vegetables and seasoned with Pav Bhaji Masala spice blend. It is served as a light dinner or snack with Spiced Yogurt Raita (here). There is a lot of flavor in the rice, so pair with it with any of the simple, less spicy dals. Make this with precooked leftover rice or freshly made rice or other cooked grains like quinoa, millet, couscous, or cracked

wheat. Use edamame, corn, root vegetables, or any other small chopped vegetables of your choice, for a total of 2 to 2 1/2 cups of vegetables. The recipe is written so you do not need a pre-made pav bhaji masala spice blend. If you do have the spice blend, use 2 teaspoons of the spice blend instead of the spices listed (coriander through dry mango powder).

**1 cup long-grain white basmati rice or 3 cups cooked grain of your**

choice

3 cups water

1/4 teaspoon salt

1 tablespoon safflower or other neutral oil, divided

1/2 cup chopped red or white onion

1 (1-inch) knob of ginger, minced or 1 tablespoon ginger paste

4 cloves garlic, minced or 1 tablespoon garlic paste

1/2 teaspoon cumin seeds

1/4 teaspoon fennel seeds

1 teaspoon ground coriander

1/4 teaspoon ground cardamom

1/4 teaspoon ground cinnamon

1/2 teaspoon dry mango powder or 1/4 teaspoon Indian black salt or 2 teaspoons Pav Bhaji Spice Blend (here)

1/4 to 1/2 teaspoon cayenne

2 medium tomatoes, chopped (1 1/2 cups)

1/2 cup finely chopped red bell pepper

1/2 cup finely chopped green or red bell pepper

1/2 cup thinly sliced carrot

1/2 cup chopped green beans (1 to 2-inch pieces)

1/2 cup fresh or frozen green peas, thawed if frozen

**3/4 teaspoon salt, or to taste**

**3 tablespoons chopped cilantro, for garnish**

**Dash of lemon juice, for garnish**

1. Wash the rice in warm water, drain, and transfer to a saucepan with the 3 cups of water, salt, and oil over medium heat. Stir to combine, then, cover, and bring to a boil, about 8 minutes. Open the cover a crack if the water threatens to boil over. Reduce the heat to medium-low and cook until the rice is just about

cooked, about 5 minutes longer. Let the rice sit for 5 minutes, then drain, fluff and set aside. Alternatively, you can also use 3 cups of cooked rice or grains of your choice.

**2.** Heat 1 tablespoon of oil in a large skillet over medium heat. Add the onion and cook until translucent, about 7 minutes. Add the ginger, garlic, cumin, and fennel. Mix and cook for 1 minute. Add the coriander, cardamom, cinnamon,

mango powder, and cayenne. Mix well, and cook for 1 minute. Add the tomatoes and the other vegetables, except the peas. Mix and cook until tomatoes are saucy and shimmery with oil, 8 to 10 minutes.

**3.** Add the peas and salt, and mix well. Add the cooked rice. Increase the heat to medium-high. Stir, tossing the rice with the vegetables to distribute evenly. Cook for 2 to 3 minutes to heat through. Cook a few

minutes longer if the rice was too al dente at Step 1. Serve hot, garnished with cilantro and lemon juice.

# Sabut Mung (here)

# Five

# Dals: Lentils and Beans

**D**al, dahl, and dhal are generic terms for any preparation that involves legumes. An important part of the everyday Indian meal, dals are

usually served as a part of a larger family-style meal along with dry or wet vegetable dishes, and a side of flat breads, or grains. They are even served as a one-pot meal with the vegetables and grains included in the dish. This chapter covers the dals that are served as a part of the meal.

Cooked lentils or beans can be made simply, seasoned with salt, green chile, cumin, and asafetida (hing), or as elaborate curries, using spice

blends, spice pastes, vegetables, and so on. Dals can be made into grand, creamy, complex, restaurant-style dishes or humble weekday soup. Indian dals and sauces don't need broth. The flavor of the dish is provided by the spices. You can easily whip up a big batch of dal and use it throughout the week in various ways. Serve dal with cooked rice, quinoa, or other grains; add to bowl meals or a pot pie; top a pizza; or fill up burger buns to make Indian

sloppy Joes. All dal recipes are soy-free and gluten-free and most are nut-free.

This chapter covers a good variety of recipes. The flavor profile of the dal changes when whole spices are used instead of ground spices, or whether the spices are roasted on a dry skillet or in oil, or when the garlic is minced or chopped into larger chunks. There are authentic recipes that will help you appreciate the complex flavors,

as well as my simpler interpretations of authentic recipes that could become a staple for you.

Start with the familiar Masoor Dal Tadka or Chana Masala, then try your hand at restaurant-style Masala Lentils or Dal Makhani, and get really adventurous with the new flavor profiles of Bengali Cholar Dal, Chickpea Eggplant Stew, and more. There are plenty of variations in the tempering, spices, and

methods of preparation to keep you craving dals for a while.

Cooking times for the dals depend on the legumes used in the recipe, the freshness of the legumes, and if they were soaked before using. See here for general cooking times and substitute options.

# Red Lentil Soup

## *Restaurant-Style Masoor Dal Tadka*

**Prep: 15 minutes | Active: 25 minutes | Inactive: 10 minutes | Serves 4**

Masoor Dal Tadka is one of the

better known dals as it is generally available in Indian restaurants. Tadka, tarka, or chaunk are all words for the tempering, which is spices and herbs fried in oil and then mixed into the cooked lentils. A good tadka is sometimes the only thing needed to make a comforting dal. Use more oil or vegan butter for a richer, restaurant-style flavor.

**1 cup red lentils (masoor), washed and drained**

**2 1/2 cups water**

3/4 to 1 teaspoon salt

2 teaspoons safflower or other neutral oil, divided

1/2 cup finely chopped red or white onion

5 cloves garlic, finely chopped

1 (1-inch) knob of ginger, finely chopped

1/2 teaspoon turmeric

1 teaspoon ground coriander

1/2 to 1 teaspoon Garam Masala (here)

1/2 teaspoon dried fenugreek leaves

## THE TEMPERING:

1 teaspoon cumin seeds

**1/2 teaspoon mustard seeds**

**Generous pinch of asafetida (omit to make gluten-free)**

**2 dried red chiles, broken into half (cayenne or California red chiles)**

**8 curry leaves**

**1 bay leaf**

**2 tablespoons chopped cilantro, for garnish**

**1 teaspoon lemon juice (optional)**

1. Combine the lentils in a saucepan with 2 1/2 cups water and the salt, over medium heat. Bring to a boil, reduce heat to medium-low, and

cook until lentils are tender, 12 to 15 minutes total. Reduce heat to low and continue to simmer.

**2.** Heat 1 teaspoon oil in a medium skillet over medium heat. Add the onion, garlic, and ginger. Mix and cook until golden brown, 6 to 8 minutes.

**3.** Add the turmeric, coriander, garam masala, and fenugreek leaves. Mix and cook for 30 seconds. Stir the mixture into the saucepan with

simmering lentils.

**4. The tempering:** Heat 1 teaspoon oil in a small skillet over medium heat. When the oil is hot, add the cumin and mustard seeds. Let them sizzle until they begin to pop and become fragrant, about 1 minute. Add the asafetida, red chiles, curry leaves, and bay leaf, and cook for 1 minute. Add this tempering mixture to the simmering lentils. Mix well and remove from heat. Taste, and

adjust for salt and spices, if needed. Garnish with cilantro and lemon juice, if using. Serve hot.

---

## Variations:

- Add 1 cup chopped tomato at Step 1 along with lentils and water.
- Add 1/2 cup coconut milk and 2 cups water at Step 1 for a curried creamy dal.

# Yellow Lentils with Spinach

## *Sookhi Mung Palak*

**Prep: 15 minutes (+ 30 minutes soak) | Active: 15 minutes | Inactive: 20 minutes | Serves 4**

Mung dal is my second favorite dal

after red lentils. These yellow lentils have a stronger earthy flavor which need the right kind of seasoning in order to shine. Try this dry lentil and spinach side with flatbreads, pita bread, curries, or for breakfast.

**1 teaspoon safflower or other neutral oil**

**1 teaspoon brown or black mustard seeds**

**1/4 teaspoon fenugreek seeds**

**3 bay leaves**

**4 cloves garlic, minced**

**1 cup petite yellow lentils (mung**

dal), soaked for 30 minutes, and drained

1/2 teaspoon paprika or smoked paprika

1 1/2 teaspoon ground coriander

3/4 teaspoon red pepper flakes, or to taste

1/2 teaspoon ground turmeric

3/4 teaspoon salt or to taste

1 1/2 cups water

3/4 cup coconut milk (canned or culinary)

3 cups packed baby spinach, or chopped regular spinach

2 tablespoons chopped fresh cilantro, for garnish

**2 teaspoons sesame seeds, for garnish**

**1 teaspoon lemon juice, for garnish**

1. Heat the oil in a large skillet at medium heat. When the oil is hot, add the mustard seeds carefully. Let them sizzle and start to pop. Stir in the fenugreek seeds and bay leaves. Add the garlic and cook until golden, about 2 minutes. Add the drained mung dal, paprika, coriander, pepper flakes, and turmeric. Mix well and cook the lentils for 30 seconds.

**2.** Stir in the salt, water, and coconut milk. Cover and cook for 12 to 14 minutes. Almost all of the liquid should be absorbed and the beans should be firm tender at this point.

**3.** Add the spinach and mix well. Cover and cook until the beans are tender but not mushy, and the spinach is lightly wilted, about 4 minutes. Discard the bay leaves. Garnish with cilantro, sesame seeds, and a dash of lemon juice.

# Split Pea Soup with Spices and Coconut

## *Bengali Cholar Dal*

**Prep: 15 minutes (+ 1 hour soak) | Active: 20 minutes | Inactive: 35 minutes | Serves 4**

SF GF E

This simple dal gets its flavors from just a few whole spices such as cinnamon sticks and cumin seeds, and coconut. The flavors intensify as the whole spices sit in the soup, and the dal tastes even better the next day. Remove the whole spices just before serving. Serve over rice or with flatbread or crackers. This one was a big hit with my testers' young kids.

## DAL:

1 cup split chickpeas (chana dal) or split yellow peas, washed, soaked for 1 hour, and drained

3 1/2 cups water

1/2 teaspoon turmeric

3/4 teaspoon salt, or to taste

1 teaspoon sugar

## THE TEMPERING:

2 teaspoons coconut oil or safflower oil

1/4 cup large coconut flakes, dry or fresh

1/2 teaspoon cumin seeds

2 (2-inch) cinnamon sticks

Seeds of 2 cardamom pods, lightly crushed

2 bay leaves

3 cloves

3 whole dried red chiles or red pepper flakes, to taste

1 (1-inch) knob of ginger, minced

2 tablespoons roughly chopped raw cashews

2 tablespoons raisins

1/4 to 1/2 teaspoon red pepper flakes, for garnish

**1. Dal:** Combine the split peas with 3 1/2 cups of water and the turmeric in a saucepan. Partially cover and cook over medium heat for 30 to 40

minutes, or until the split peas are very tender. Stir in the salt and sugar. Reduce the heat to low and simmer while you make the tempering.

**2. The tempering:** Heat the oil in a small skillet over medium heat. Add the coconut flakes and cook until golden, about 1 minute. Remove the coconut flakes from the pan and set aside. Add the cumin seeds, cinnamon sticks, cardamom seeds, bay leaves, and cloves to the hot oil,

and mix for 1 minute, or until fragrant.

**3.** Break the red chiles in half and add them to the pan. Add the ginger, cashews, and raisins and cook until the cashews are golden, about 1 minute. Add this tempering to the simmering split peas and mix well. Mash some of the split peas if needed. Taste and adjust the salt and spice, if needed.

**4.** Stir half of the golden coconut

flakes from Step 2 into the split peas. Simmer covered for 5 minutes. Garnish with the remaining coconut flakes and red pepper flakes. Remove the cinnamon and bay leaves from the split peas just before serving.

---

**Pressure cooker:** Wash the split peas and soak for 15 minutes. Drain, and combine with 3 cups of water and the turmeric, in a pressure cooker. Close and lock the lid, and

cook for 10 to 15 minutes after the cooker reaches pressure (3 to 4 whistles at medium-high heat). Let the pressure release naturally. Open the lid, add the salt, sugar and tempering, and simmer uncovered for 5 to 10 minutes or until desired consistency is achieved. Garnish with red pepper flakes.

# Brown Chickpea Curry

## *Kala Chana Masala*

**Prep: 15 minutes (+ overnight soak) |Active: 25 minutes | Inactive: 40 minutes | Serves 4**

Kala chana (black/brown chickpeas

or Bengal gram) are the earthier cousin of regular chickpeas (garbanzo beans). These darker chickpeas are also more toothsome than white chickpeas and do not cook to a mushy consistency. The beans become tender but have a thick skin that keeps them intact so they retain their shape. Brown chickpeas are not available in cans, so soak the dried chickpeas overnight before using. One cup of chickpeas will increase to 2 1/2 cups after the soak.

A pressure cooker is the best way to cook these chickpeas, although you can make them in a saucepan as well; directions for both are provided. Serve this curry with rice or flatbread. If you can't find kala chana, you can make this recipe using regular chickpeas. Regular chickpeas will cook faster; see cooking times here to adjust.

**2 teaspoons safflower or coconut oil**

**1/2 teaspoon cumin seeds**

1/4 cup finely chopped red onion

1/8 teaspoon asafetida (omit to make gluten-free)

1 1/2 tablespoons chickpea flour

1 (2-inch) knob of ginger, minced or grated

4 cloves garlic, minced or grated

1 hot green chile, finely chopped

3/4 teaspoon ground turmeric

1 tablespoon ground coriander

1/4 to 1/2 teaspoon cayenne

3 cups water, divided

1 cup dried brown chickpeas (kala chana), soaked overnight and drained

1 to 1 1/2 teaspoons salt

**1 cup chopped tomatoes**

**1 teaspoon chana masala spice blend or Garam Masala (here)**

**1 teaspoon lemon juice, for garnish**

**1/4 cup packed chopped cilantro, for garnish**

1. In a pressure cooker, heat the oil over medium heat. When the oil is hot, add cumin seeds. Mix for a few seconds, and then add the onions and asafetida. Cook for 3 minutes. Add the chickpea flour, mix well, and cook for a minute until fragrant.

Meanwhile, in a bowl, mix the ginger, garlic, green chile, turmeric, coriander, turmeric, and cayenne with 3 tablespoons of water. Add this mixture to the chickpea flour-onion mixture and cook for a minute.

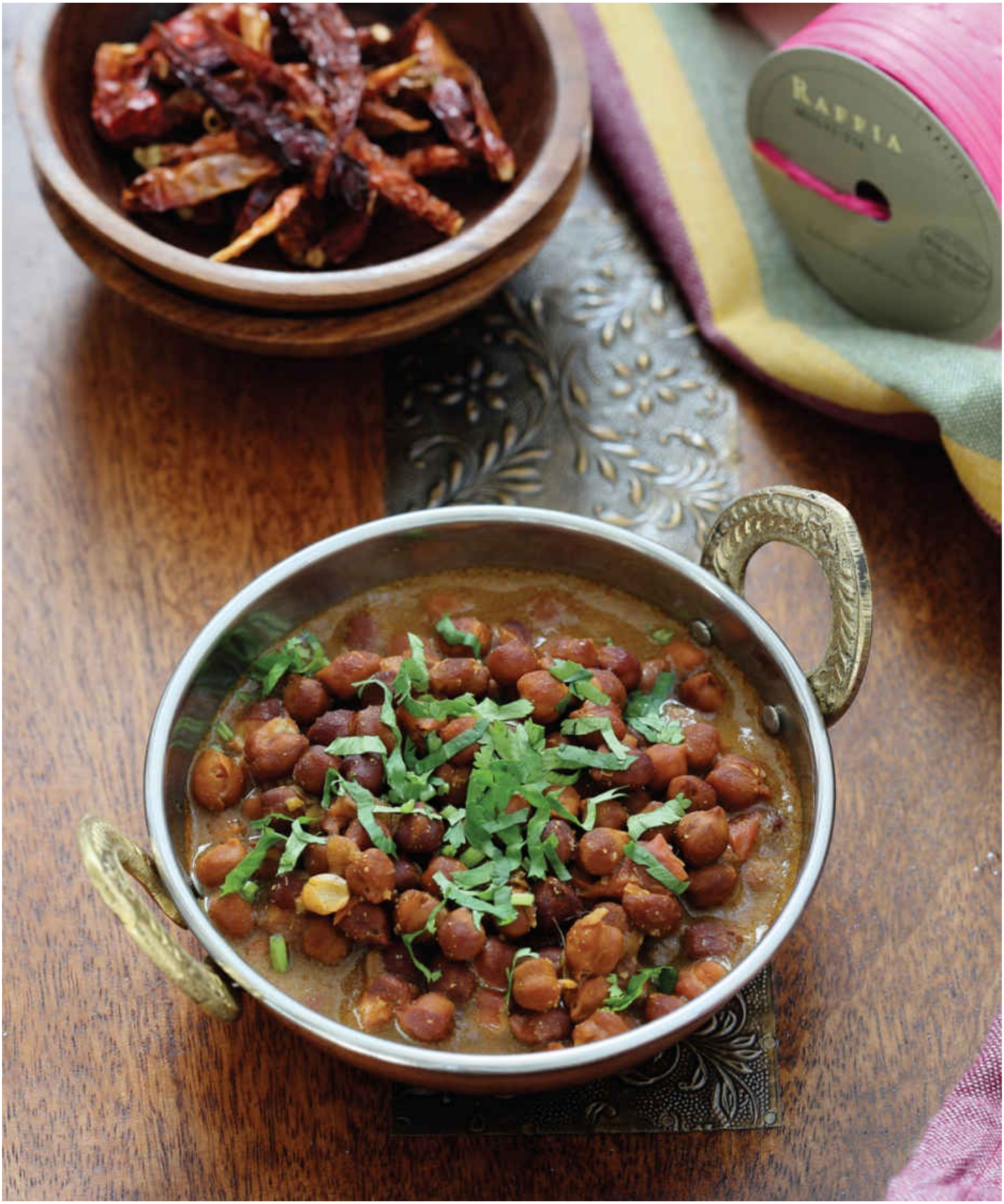
**2.** Add the brown chickpeas and the remaining water. Close and lock the lid, and cook on high pressure for 20 minutes, after the pressure is reached. (4 to 5 whistles on medium-high heat).

**3.** Let the pressure release by itself. Open the lid of the pressure cooker and place back over medium heat. Add the salt, tomato, and garam masala, and mix well. Lightly mash the chickpeas and tomato. Cook over medium heat, uncovered for another 15 minutes or until desired consistency is achieved. Garnish with a dash of lemon juice and a liberal sprinkling of cilantro.

---

**To make in a saucepan:** Follow

Step 1 using a saucepan. Combine the brown chickpeas with 3 1/2 cups of water in the saucepan over medium heat. Cover partially and cook for 20 minutes. Then add the salt, tomato, and garam masala, cover and continue to cook until the brown chickpeas are tender, 30 minutes or more. Garnish with a dash of lemon juice and chopped cilantro.


RAFFIA

# Masala Lentils

## *Sabut Masoor*

**Prep: 20 minutes | Active: 25 minutes | Inactive: 20 minutes | Serves 4**

If you want to impress someone with a dal, make it this one. Don’t be afraid of the number of spices—it is quite simple to make. The spices and

garlic are blended to a paste and fried in the oil. A hot sauce (chiles, garlic, and vinegar) in the tadka is another secret to getting the right flavor profile. Serve this as a part of a meal, or with rice or naan or other flatbread. (See photo here.)

**3/4 cup brown lentils, washed and drained**

**2 cups water**

**2 to 3 teaspoons safflower or other neutral oil**

**1/2 cup finely chopped red or white onion**

6 cloves garlic, chopped

1/2 teaspoon ground cumin

2 teaspoons ground coriander

1/2 teaspoon ground cardamom

1/2 teaspoon ground cinnamon

1/2 teaspoon fenugreek leaves or 1/8 teaspoon fenugreek seeds

1 teaspoon sweet or hot paprika

1/8 teaspoon nutmeg

1/4 teaspoon black pepper

1 1/2 tablespoons sriracha or other hot sauce, to taste

2 tablespoons water

1 1/2 cups chopped tomato

3/4 teaspoon salt

**2 tablespoons chopped cilantro, for garnish**

**1 tablespoon vegan butter (optional)**

**1.** Combine the lentils with 2 cups of water in a saucepan. Partially cover and cook over medium heat until the lentils are tender, 25 to 30 minutes.

**2.** While the lentils are cooking, make the tempering. Heat the oil in a skillet over medium heat. Add the onions and cook until golden brown, 5 to 6 minutes.

**3.** In a blender, combine the garlic, cumin, coriander, cardamom, cinnamon, fenugreek, paprika, nutmeg, black pepper, sriracha, and 2 tablespoons of water. Blend to combine well. Add this paste to the onions in the skillet. Cook until fragrant, about 2 minutes. Stir in the tomatoes and salt, and cook until the tomatoes are tender, about 8 minutes. Mash the larger tomato pieces.

**4.** Add the tempering to the lentils.

Bring to a boil over medium heat. Reduce heat and simmer for another 5 minutes. Taste and adjust salt and spice. Garnish with cilantro and vegan butter, if using, and serve hot.

# Any Bean Curry

**Prep: 20 minutes (+4 hours to soak dried beans) |Active: 30 minutes | Inactive: 30 minutes | Serves 4**

To make this curried bean recipe, use any whole beans, such as black-eyed peas, adzuki beans, pinto beans, black beans, green mung beans,

lentils, whole black gram, kidney beans, garbanzo beans, brown chickpeas, or dried whole peas. Serve with flatbread or rice.

- **1 1/2 cups dry beans, soaked 4 hours and drained, or 3 cups cooked beans of choice**
- **2 teaspoons safflower or other neutral oil**
- **1 cup chopped red or white onion**
- **1 to 2 green chiles, chopped (remove seeds to reduce heat)**
- **1 (2-inch) knob of ginger chopped, or 2 tablespoons ginger paste**

6 cloves garlic or 2 tablespoons garlic paste

1 teaspoon ground cumin

1/2 teaspoon ground turmeric

1/4 to 1/2 teaspoon cayenne

Generous pinch of asafetida (omit to make gluten-free)

2 teaspoons Garam Masala (here)

4 medium tomatoes, chopped (3 1/2 cups)

1 teaspoon lemon juice

3/4 teaspoon salt, or to taste

1/4 teaspoon raw sugar

1 1/2 to 3 1/2 cups water

2 tablespoons chopped cilantro, for garnish

1. Heat the oil in a saucepan over medium heat. Add the onion and green chiles, and cook until translucent, 6 to 8 minutes. Add the ginger and garlic. Mix well and cook for 1 minute. Add the cumin, turmeric, cayenne, asafetida, and garam masala. Mix well, and cook until fragrant, about 1 minute.

2. Add the tomatoes, lemon juice, and 3/4 teaspoon salt. Mix well. Partially cover, and cook until the

tomatoes are saucy, about 15 minutes, stirring occasionally. Mash the larger pieces in between.

**3.** Add the beans, sugar, and water. Cover, and cook for 30 minutes. The beans should be tender enough to mash easily. Mash some of the beans. Taste, and adjust the salt and spices, if needed. Add more water if needed, and cook longer if necessary. Kidney beans and chickpeas will take 40 to 60 minutes to cook

through. Garnish with cilantro and serve hot.

---

**Pressure Cooker:** For dried beans that have been soaked a few hours: Follow Steps 1 and 2 in a pressure cooker. Add beans, sugar, and water. Close and lock the lid. Pressure cook for time according to the beans used. (See here for pressure cooker cooking times). Let the pressure release by itself. Mash some of the beans. Taste and adjust salt and

spice.

# Split Pea Soup with Potatoes

## *Odia Buta Dali Alu Tarkari*

**Prep: 15 minutes (+1 hour soak) | Active: 25 minutes | Inactive: 30 minutes | Serves 4**

The Indian name is a mouthful even for me. Try saying it a few times! This dal is from Odisha, a northeastern state in India. Panch phoron, also known as Indian Bengali five-spice blend, adds a wonderful flavor profile to the dal. The cooked dal is garnished with jeera lanka, which is roasted ground cumin and cayenne. To make the roasted ground cumin: Dry roast the cumin seeds on medium low heat until fragrant, about 4 to 5 minutes.

Set aside to cook, then grind them to a powder.

- 1 cup split chickpeas (chana dal) or split yellow peas, washed, soaked for 1 hour, and drained
- 3 1/2 cups water
- 1 teaspoon safflower or coconut oil
- 2 teaspoons Panch Phoron spice blend (here)
- 3/4 cup finely chopped red or white onion
- 2 cloves garlic, minced
- 1 (1/2-inch) knob of ginger, minced
- 2 medium potatoes, diced (1 1/2 cups)

**1/2 teaspoon ground turmeric**

**1/4 to 1/2 teaspoon cayenne**

**3/4 teaspoon salt, or to taste**

**1/2 teaspoon roasted ground cumin, for garnish**

**1/4 teaspoon cayenne, for garnish**

1. Combine the split peas with 3 1/2 cups of water in a saucepan. Partially cover and cook over medium heat for 20 to 30 minutes or until the split peas are soft and slightly mushy. Do not drain.

2. Meanwhile make the tempering:

Heat the oil in a skillet over medium heat. When the oil is hot, add the panch phoron spice blend (cumin, fennel, mustard, nigella, and fenugreek seeds). Cook until the fennel seeds change color, about a minute.

3. Add the onion and cook until golden, about 6 minutes. Stir in the garlic and ginger, then add the potato, turmeric, cayenne, and 2 tablespoons of water. Mix well.

Cover and cook until potatoes are tender crisp, about 10 minutes.

**4.** Add the cooked split peas with their cooking liquid, and the salt. Reduce heat to low-medium, cover, and cook until the potatoes are well done and desired consistency is achieved, about 15 minutes. Garnish with roasted ground cumin and cayenne before serving.

---

**Pressure Cooker:** Wash the split

peas. Combine with 3 cups of water in a pressure cooker. Close and lock the lid, and cook for 10 to 15 minutes once the cooker reaches pressure (3 to 4 whistles at medium-high heat). Let the pressure release naturally. Open the lid, add salt and the tempering, along with potatoes. Cook over medium heat until potatoes are tender, about 15 minutes.

**Variation:** Substitute pumpkin,

sweet potato, or other squash for the potato.

Odia Buta Dali Alu Tarkari (here)

Sabut Masoor (here)

Split Red Lentils (masoor)

Black-Eyed Peas (raungi)

Split Black Gram (urad dal)

Petite Yellow Lentils (mung dal)

Red Kidney Beans (rajma)

Black Gram (sabut urad)

Green Mung Beans (sabut mung)

Yellow Split Peas

Whole Brown Chickpeas (kala chana)

Brown Lentils (sabut masoor)

Split Pigeon Peas (toor dal)

White Chickpeas (safed chana)

# Sweet and Sour Split Pea Soup

## *Gujarati Surati Dal*

**Prep: 15 minutes (+1 hour soak) | Active: 25 minutes | Inactive: 25 minutes | Serves 4**

This dal is from Surat, a city in the

state of Gujarat, in the western part of India. Surati dal is usually thin, with lots of liquid, and the split peas are overcooked. You can cook them for less time as per your preference. Gujarati dishes are known to have a slightly sweet flavor profile. The sugar and lemon juice make this dal lightly sweet and sour. For variation, replace the lemon juice with 4 dried kokums (Indian mangosteen). Add the kokums at Step 2 with the sugar. Serve hot with rice or flatbread.

1 cup split pigeon peas (toor dal) or other split peas, soaked for 1 hour and drained

2 medium tomatoes, chopped (1 1/2 cups)

3 1/2 cups water

1/2 green chile, finely chopped

1/2 teaspoon ground turmeric

10 curry leaves

1 (1/2-inch) knob of ginger, minced

2 tablespoons raw peanuts (unroasted)

2 to 3 teaspoons raw sugar

3/4 teaspoon salt, or to taste

## THE TEMPERING:

1 teaspoon safflower or other

**neutral oil**

**1/2 teaspoon black mustard seeds**

**a generous pinch of asafetida (omit to make gluten-free)**

**2 dried red chiles, broken**

**2 teaspoons lemon juice**

**2 tablespoons chopped cilantro, for garnish**

1. Combine the peas and tomatoes in a saucepan with 3 1/2 cups of water. Partially cover and cook over medium heat until the split peas are very tender and easily mashed, about 25 to 30 minutes.

**2.** Add the green chile, turmeric, curry leaves, ginger, peanuts, sugar, and salt to the saucepan. Stir well to combine. Reduce heat to medium-low and continue to simmer for 5 minutes. Mash some of the split peas. Add more water if needed.

**3. The tempering:** Heat the oil in a small skillet over medium heat. When the oil is hot, add the mustard seeds and cook until they start to pop, about 1 minute. Add the

asafetida and red chiles. Cook for another 10 to 15 seconds and remove from heat. Add this tempering and lemon juice to the simmering split peas. Mix and simmer for a minute. Garnish with cilantro and serve hot.

---

**Pressure Cooker:** Wash the split peas. Combine with 3 cups of water in a pressure cooker. Close and lock the lid, and cook for 10 to 15 minutes once the cooker reaches pressure (3 to 4 whistles at medium-high heat).

Let the pressure release naturally. Open the lid, and place the cooker over low-medium heat. Follow steps 2 and 3. Serve hot.

# Chickpea Curry

## *Chana Masala*

**Prep: 15 minutes | Active: 30 minutes | Inactive: 50 minutes | Serves 4 to 6**

Chana Masala is perhaps the most popular Indian dish of all. Everyone knows about it, and every Indian restaurant has it on its menu. This is

how I make mine. I blend the cooked chickpeas in the curry for a thicker masala sauce. Chana Masala uses a special spice blend, which is available in Indian stores or online. You can also make it from scratch (you can find the recipe on my blog). The spice blend has a sour taste to it, which often does not smell good, but it works beautifully in the sauce. The spice blend can be used in other bean curries and dals or anywhere you use garam masala for a variation in the

taste.

- 2 (15.5 ounce) cans chickpeas, rinsed well or 2 cups dried chickpeas, pressure-cooked or slow-cooked, drained
- 6 medium tomatoes, chopped (4 1/2 cups)
- 1 (2-inch) knob of ginger, chopped, or 2 tablespoons ginger paste
- 6 cloves garlic or 2 tablespoons garlic paste
- 1 green chile, chopped (remove seeds to reduce heat)
- 1 teaspoon lemon juice
- 2 teaspoons safflower or other

neutral oil

1 cup chopped red onion (about 1 medium onion)

1 teaspoon ground cumin

1/2 teaspoon ground turmeric

1/4 to 1/2 teaspoon cayenne

Generous pinch of asafetida (omit to make gluten-free)

2 teaspoons chana masala powder or Garam Masala (here)

1/8 to 1/4 teaspoon Indian black salt, optional

3/4 to 1 1/2 teaspoon salt, to taste

1/2 teaspoon raw sugar

1 1/2 to 2 1/2 cups water

1/4 cup chopped cilantro, for

garnish

1/4 cup minced red onion, for garnish

1 to 2 teaspoons lemon juice, for garnish

1. In a blender, combine 1/2 cup cooked chickpeas, tomatoes, ginger, garlic, chile, and lemon juice and blend until smooth. Set aside.

2. Heat the oil in saucepan over medium heat. Add the chopped onion and cook until translucent, 7 to 8 minutes. Add the cumin, turmeric,

cayenne, asafetida, and chana masala blend. Mix well and cook for 1 minute. Add the kala namak. (Omit the Indian black salt if using chana masala blend.)

**3.** Add the pureed tomato-chickpea mixture. Cook partially covered for 15 minutes, stirring once about hallway through Deglaze with a little water if needed. Reduce the heat to medium-low and continue to cook until the mixture is dry and starts to

leave the side of the pan, 10 to 15 minutes. The tomatoes and spices will start to smell roasted.

**4.** Add the cooked chickpeas, salt, and sugar, and mix well. Add 2 1/2 cups of water. Cover, and cook for 30 to 40 minutes over medium-low heat. Taste, and adjust salt and spice at 30 minutes. Continue to cook until the chickpeas are very tender and easily mashed, or until desired consistency is achieved. Mash some

of the chickpeas. Garnish with cilantro, minced onion, and lemon juice, and serve hot.

**Pressure Cooker:** Follow steps 1 through 4. Add the cooked chickpeas, salt, sugar, and 1 1/2 cups of water. Close and lock the lid, and cook for 10 minutes after the cooker reaches pressure (2 to 3 whistles). If using dry chickpeas that have been soaked overnight, add 2 1/2 cups water, salt, and sugar. Close and lock

the lid, and cook for 20 to 25 minutes after the cooker reaches pressure (4 to 5 whistles). Garnish with cilantro, red onion, and lemon juice, and serve hot.

**Variation:** Add 1 to 2 cups chopped spinach or other greens at Step 4.

# Black Gram Lentils in Tomato Sauce

*Dal Bukhara*

**Prep: 15 minutes (+ overnight soak) | Active: 25 minutes | Inactive: 1 hour | Serves 4**

Dal bukhara is a more tomato-y, less rich, and simpler version of Dal Makhani. The authentic restaurantstyle version uses whole urad dal, also known as whole black gram, available online Amazon.com or in Indian stores. You can use whole mung beans or brown lentils as well. The cooking time and water needed will be less with the lentils and mung beans. Dal bukhara is traditionally cooked on charcoal for

hours, which gives it a smoked flavor. I use smoked paprika for the effect. Add some liquid smoke if you would like it be more smoky. Serve with flatbreads or rice. This dal also makes great sloppy Joes. Use less liquid for a thicker stew.

- **1 cup black gram or whole green mung beans, soaked overnight and drained**
- **5 cups water, divided**
- **3 medium tomatoes, chopped (2 1/4 cups)**
- **1 (1-inch) knob of ginger, coarsely**

chopped

6 cloves garlic

1/2 teaspoon cumin seeds

1/2 teaspoon paprika

1/2 teaspoon smoked paprika (or use 1/2 teaspoon regular paprika + 1/2 teaspoon liquid smoke)

1 teaspoon Garam Masala (here), divided

1/2 cup water

1 teaspoon salt, or to taste

1/2 cup almond milk (use thin cashew cream for a richer dal)

2 teaspoons vegan butter, for garnish

Red pepper flakes, for garnish

**1 tablespoon cashew cream, for garnish (optional)**

1. Combine the black gram in a saucepan with 4 cups of water. Cover and cook over medium heat for 30 minutes. Stir once in between. If the water threatens to boil over, open the cover a crack.

2. Meanwhile, in a blender, combine the tomato, ginger, garlic, cumin seeds, paprika, smoked paprika, 1/2 teaspoon garam masala, and 1/2 cup

of water. Blend to a smooth puree. Add the puree and salt to the beans. Cover and cook until the beans are tender and easily mashed, about 20 minutes.

**3.** Mash half of the beans. Add the almond milk. Mix well, taste, and adjust salt and spice. Add more smoked paprika or liquid smoke for a smokier flavor. Cook uncovered until the desired consistency is achieved, about 15 minutes. Add more water at

any of the steps if needed. Garnish with 1/2 teaspoon garam masala, vegan butter, red pepper flakes, and cashew cream, and serve hot.

---

**Pressure Cooker:** Wash the beans and soak for at least 4 hours. Drain, and combine with 3 cups of water in a pressure cooker. Close and lock the lid, and cook for 20 to 25 minutes once the cooker reaches pressure (4 to 5 whistles at medium-high heat). Let the pressure release naturally.

Open the lid, and place the cooker over medium heat. Follow steps 2 and 3.

# Winter Split Pea Soup with Ginger

## *Kashmiri Dal*

**Prep: 15 minutes (+ 1 hour soak) | Active: 25 minutes | Inactive: 20 minutes | Serves 4**

This dal is adapted from the food of Kashmir, the northernmost state in India. Most of the mountainous region is at high altitude. Fresh veggies and herbs are not easily available all through the year, hence these dals use dry spices and dry ginger for the required flavor. This dal tastes best with chana dal and mung dal. Soak both together overnight for best results and use. Try this dal with rice or flatbread

along with Nepali Aloo (here).

- 1/2 cup split chickpeas (chana dal) or split yellow peas, soaked for 1 hour and drained
- 1/2 cup petite yellow lentils or split peas, soaked for 1 hour and drained
- 3 1/2 cups water
- 3/4 to 1 teaspoon salt

## THE TEMPERING

- 1 teaspoon safflower or other neutral oil
- 1/2 cup finely chopped red onion
- 2 bay leaves
- 1 (1-inch) knob of ginger, chopped

1/2 teaspoon fennel seeds

1/2 teaspoon cumin seeds

1/4 teaspoon ground cinnamon

1/4 teaspoon ground cardamom

1/8 teaspoon ground cloves

1/8 teaspoon black pepper

1/2 teaspoon red pepper flakes, or to taste

1/2 to 1 teaspoon paprika

2 teaspoons lemon juice, divided

1/4 cup chopped fresh cilantro, for garnish

1. Combine the chickpeas and lentils in a saucepan with 3 1/2 cups of

water. Partially cover and cook over medium heat until the split peas are tender and easily mashed, 30 to 40 minutes. Add the salt, reduce heat to low, and continue to simmer.

**2.** Meanwhile, make the tempering. Heat the oil in a medium skillet over medium heat. Add the onion and cook until translucent, 5 to 7 minutes.

**3.** In a grinder or a blender, combine the bay leaves, ginger, fennel, cumin,

cinnamon, cardamom, cloves, black pepper, red pepper flakes, paprika, and 1 teaspoon lemon juice. Blend into a smooth paste. Use a few teaspoons of water if needed. Add the spice mixture to the skillet and mix well. Stirring frequently, cook for 2 to 3 minutes or until the ginger and spice smell roasted.

**4.** Add the tempering to the simmering dal. Mix well. Taste, and adjust salt and spice. Cook 5 minutes

or longer until desired consistency is achieved. Garnish with lemon juice and cilantro, and serve hot.

---

**Variations:** Add 1 cup of chopped turnip or other root vegetable to the dal in step 1. You can also use Kashmiri garam masala (bought from Indian store) instead of the spices, blended with ginger.

**Pressure Cooker:** Use 1 cup chana dal or split peas. Wash the split peas,

and combine with 3 1/2 cups of water in the pressure cooker. Close and lock the lid, and cook for 10 to 15 minutes, once the cooker reaches pressure (3 to 4 whistles at medium-high heat). Let the pressure release naturally. Open the lid, and place the cooker over low heat. Follow steps 2 through 4.

# Split Pea and Bean Soup

## *Mixed Dal Fry*

**Prep: 20 minutes (+4 hours soaking) | Active: 20 minutes | Inactive: 30 minutes | Serves 4**

This is a general recipe dal dal fry

with multiple lentils or beans. Use a combination of 2 or more dals or lentils of similar cooking time such as split pea, chana dal (split chickpea), brown lentils, green mung beans, and toor dal (split pigeon pea). All of these will cook in 30 to 45 minutes in a saucepan, and in 15 to 20 minutes in a pressure cooker. Use 1/2 cup of any two, or 1/3 cup of any three, to make a total of 1 cup of legumes. If using black-eyed peas or white chickpeas, soak them for at

least 4 hours. If using red lentils and yellow mung dal, they will cook within 25 minutes and do not need soaking. Serve with rice or flatbread.

**1 cup mixed beans (see headnote), soaked for 1 hour for split peas and 4 hours for whole beans, if necessary, drained**

**3 to 3 1/2 cups water**

**THE TEMPERING:**

**2 teaspoons safflower or other neutral oil**

**1 teaspoon cumin seeds**

**3/4 cup chopped red or white**

onion

1 or more green chile, chopped (remove seeds to adjust heat, if needed)

4 cloves garlic, chopped

1 (1-inch) knob of ginger, chopped

Generous pinch of asafetida (omit to make gluten-free)

1/2 teaspoon ground turmeric

1/2 teaspoon ground coriander

1/2 teaspoon Garam Masala (here)

2 medium tomatoes, chopped (1 1/2 cups)

3/4 to 1 teaspoon salt

2 tablespoons chopped cilantro, for garnish

1 tablespoon chopped mint, optional garnish

1 to 2 teaspoons lemon juice, for garnish

**1.** Combine the beans in a saucepan with 2 1/2 cups of water. Cover and cook over medium heat until tender, 30 to 45 minutes, depending on the beans. Reduce heat to low.

**2. The tempering:** Heat the oil in a skillet over medium heat. Add the cumin seeds and cook until they become fragrant and change color,

about 1 minute. Add the onion, chile, garlic, and ginger, and cook until golden, 6 to 7 minutes, stirring every few minutes. Add the asafetida, turmeric, coriander, and garam masala. Mix well and cook for a minute. Add the tomato, mix well, and cook until the tomato becomes saucy, 5 to 6 minutes. Mash the larger tomato pieces and cook for another minute.

**3.** Add the tempering to the

simmering beans. Mix well, cover and cook for 5 minutes. Taste, and adjust salt and spice. Add cayenne if needed. Mash some of the lentils using a spatula or a hand blender. Continue to simmer uncovered until desired consistency is achieved and until the lentils are tender to preference. Add more water, if needed. Garnish with cilantro or mint, and a dash of lemon.

# Bengali Red Lentil Soup

## *Masoor Seddho*

**Prep: 15 minutes | Active: 15 minutes | Inactive: 20 minutes | Serves 4**

This dal is not tempered with an oil-based tadka. Instead, raw vegetables

are added directly to the soup. Mustard oil gives the soup a deep flavor profile. Serve the dal with rice or flatbread, and any of the Bengali vegetable sides or other sides that are spiced with nigella seeds. See photo here.

**1 cup red lentils (masoor dal), washed, drained, and picked for stones**

**3 cups water**

**1 teaspoon salt, or to taste**

**1/2 teaspoon ground turmeric**

**1/2 cup thinly sliced red onion**

- 1 medium tomato, finely chopped (3/4 cup)
- 3 green chiles, finely chopped (remove seeds to reduce heat), divided
- 1 teaspoon mustard oil or use a neutral oil
- 1 teaspoon lemon or lime juice
- 2 tablespoons minced red onion, for garnish
- 1 teaspoon lemon juice, for garnish

1. Combine the lentils with 3 cups of water in a saucepan over medium heat. Add the salt, turmeric, sliced

onion, tomato, and 2 green chiles. Mix well. Cook partially covered for 25 minutes. Keep a quarter of the pan uncovered, so the liquid does not boil over.

**2.** Add the mustard oil and lemon juice, and mix well. Taste and adjust salt. Continue to cook uncovered for another 5 to 10 minutes or until the lentils are very tender and easily mashed. Garnish with the minced red onion, remaining chopped green

chile, and a dash of lemon juice. Serve hot.

---

**Note:** If you do not have mustard oil, use 1/2 teaspoon ground mustard mixed into 2 teaspoons olive oil.

**Variation:** Add 3 lime leaves or mint leaves when you add the mustard oil.

# Curried Mung Beans

## *Sabut Mung*

**Prep: 15 minutes (+1 hour soak) | Active: 20 minutes | Inactive: 50 minutes | Serves 4**

This dal has creamy coconut milk

curry when freshly made and served. The beans absorb all the liquid as they sit. Indian dals are usually made with extra liquid and are kept thin in consistency, although some regions have thicker dals and some have very watered down versions. Add more liquid or cook it down according to your own preference. It can be made with brown lentils or a combination of lentils and mung beans. Serve with rice or flatbread. See photo here.)

2 teaspoons coconut or safflower oil

1 teaspoon cumin seeds

4 cloves garlic, chopped

1 (1-inch) knob of ginger, chopped

1 tablespoon ground coriander

1 teaspoon Garam Masala (here)

1/2 to 3/4 teaspoon cayenne

1/2 teaspoon ground turmeric

1 1/2 cups chopped tomatoes

1 cup whole green mung beans, soaked for an hour or overnight

4 cups water

1 to 1 1/2 teaspoons salt

1 cup coconut milk

**1/4 cup chopped cilantro, for garnish**

**1 teaspoon lemon juice, for garnish**

1. Heat the oil in a large skillet over medium heat. When the oil is hot, add the cumin seeds. Cook until the seeds change color, about 1 minute. Blend the garlic, ginger, coriander, garam masala, cayenne, and turmeric with 2 tablespoons of water. Add the blended mixture to the skillet. Cook until fragrant, about 2 minutes. Puree the tomatoes in the same blender,

then add the tomato puree to the skillet. Cook for 5 minutes.

**2.** Add the mung beans to the skillet. Add the 4 cups of water. Mix well, cover, and bring to a boil. Cook for 6 to 8 minutes. Reduce heat to low-medium and cook until the mung beans are tender, 30 to 40 minutes, stirring once about halfway through.

**3.** Add the salt and coconut milk. Mix well, cover, and cook for 10 minutes. Taste, and adjust salt and

spice. Cook uncovered for a few minutes until desired consistency is reached (optional). Garnish with cilantro and lemon juice.

---

**Variation:** Add chopped veggies or greens at Step 2, with the mung beans.

**Pressure Cooker:** Follow Step 1 in the pressure cooker. Add the drained mung beans, water, salt, and coconut milk to the pressure cooker. Close

and lock the lid. Cook for 15 to 20 minutes for unsoaked beans and 10 minutes if the beans were soaked. Let the pressure release naturally. Garnish and serve.

# Yellow Lentils with Cumin

## *Sindhi Mung Dal*

**Prep: 15 minutes (+30 minute soak) | Active: 25 minutes | Inactive: 20 minutes | Serves 4**

This is a simple flavored mung dal

that uses no onion or garlic. It is usually made very thin and soupy, and served hot over rice, grains, or flatbread. Since it does not have many seasonings, serve it with flavorful, spicy vegetable sides or greens. (See photo, opposite.)

**3/4 cup petite yellow lentils (mung dal), soaked for 30 minutes and drained**

**3 cups water**

**1 (1 1/2-inch) knob of ginger, minced**

**2 green chiles, finely chopped or sliced horizontally (remove**

seeds to reduce heat)

1 teaspoon salt

1/2 teaspoon ground turmeric

1 cup tomato puree or 1 1/2 cups chopped tomato, coarsely blended

2 tablespoons packed cilantro leaves

2 teaspoons lemon juice

## THE TEMPERING:

1 teaspoon safflower or other neutral oil

1/2 teaspoon cumin seeds

1/8 teaspoon asafeotida (omit to make gluten-free)

12 curry leaves, coarsely chopped

**2 tablespoons chopped cilantro, for garnish**

**1 teaspoon lemon juice, for garnish**

**1.** Combine the lentils in a saucepan with 3 cups of water over medium heat. Add the ginger, green chiles, salt, and turmeric, and mix well. Partially cover, and cook until the lentils are tender, 25 to 30 minutes.

**2.** Add the pureed tomato, cilantro, and lemon juice. Mash most of the lentils, using an immersion blender

or a flat spatula. Partially cover, and cook for 10 minutes over medium heat.

**3. The tempering:** Heat the oil in a small skillet over medium heat. When the oil is hot, add the cumin seeds. Cook the seeds until they change color, about 30 seconds. Add the asafetida and curry leaves carefully. Mix and remove from heat. Add this tempering to the simmering dal and mix well. Cook for 2

minutes. Garnish with cilantro and a dash of lemon juice. Serve hot.

---

**Variation:** Add 2 cloves of minced garlic to the tempering along with curry leaves. Cook until golden, and add to the simmering dal.

# Split Peas with Coconut, Sesame, and Tamarind

*Maharashtrian Amti*

**Prep: 15 minutes (+1 hour soak) | Active: 30 minutes | Inactive: 25 minutes | Serves 4**

This is a sour and sweet dal. The food from this region (Maharashtra) uses a special spice blend called goda masala. I keep pre-made blends from several regions on hand, since we cook Indian food often. Some blends are not used as frequently, and they can get stale. Some of these blends are also not easy to find in the

Indian stores, so I use whole or individual ground spices in my recipes to get the spice blend flavor profile right. The ingredient list might look long, but it is just spices. And as some of my testers say, getting all the spices *mis en place* is a fun way to get children to help in the kitchen. If you have pre-made goda masala spice blend, then omit the roasted spice mixture and use 2 to 3 teaspoons of goda masala in the recipe.

1 cup split pigeon peas (toor dal) or other split peas, washed and soaked for 1 hour and drained

3 1/2 cups water

3/4 cup chopped tomato

1/2 to 1 teaspoon sugar

3/4 teaspoon salt, or to taste

## ROASTED SPICE MIXTURE:

1/2 teaspoon safflower or other neutral oil

1 teaspoon coriander seeds

2 bay leaves

2 cloves

4 black peppercorns

1/8 teaspoon asafetida (omit to make gluten-free)

3 dried red chiles (medium to hot) or 1/2 teaspoon red pepper flakes

1/2 teaspoon paprika

1 tablespoon shredded coconut flakes, fresh, dried, or thawed if frozen

2 teaspoons sesame seeds

1/4 teaspoon ground cinnamon

Generous dash of nutmeg

1 to 1 1/2 teaspoons tamarind paste (concentrate), to taste

## THE TEMPERING:

1 teaspoon safflower or other neutral oil

1/2 teaspoon black mustard seeds

**1/4 teaspoon cumin seeds**

**10 curry leaves**

**2 tablespoons chopped cilantro, for garnish**

**1 teaspoon lemon juice, for garnish**

**1.** Combine the split peas in a saucepan with the water and tomatoes. Partially cover, and cook over medium heat until the split peas are very tender, 30 to 40 minutes. Mix in the salt and sugar, reduce heat to low, and continue to simmer.

**2. Roasted spice mix:** Heat the oil in

a medium skillet over medium heat. When the oil is hot, add the coriander seeds, bay leaves, cloves, and black peppercorns, in that order, mix, and cook for a minute or until coriander seeds change color. Add the asafetida, red chiles/flakes, paprika, coconut flakes, sesame seeds, cinnamon, and nutmeg. Stir to combine. Cook until the mixture becomes fragrant, 1 to 2 minutes. Transfer to a blender. Add the tamarind paste, and blend into a

smooth paste. Use a tablespoon or more of water if needed. Add the blended spice mixture to the simmering split peas and mix well. Taste, and adjust salt and spice. Add cayenne if needed.

**3. The tempering:** Heat the oil in a small skillet over medium heat. When the oil is hot, add the mustard seeds and cumin seeds and let them start to pop, 10 to 15 seconds. Use a lid if needed. Add the curry leaves,

cook for 15 seconds, then remove from heat. Add this tempering to the simmering dal and mix well. Garnish with cilantro and lemon juice, and serve hot.

---

**Pressure Cooker:** Wash the split peas. Combine them with 3 cups of water, and the tomatoes in a pressure cooker. Close and lock the lid, and cook for 10 to 15 minutes once the cooker reaches pressure (3 to 4 whistles at medium-high heat). Let

the pressure release naturally. Open the lid; add the salt and sugar. Place the cooker over low heat. Follow Steps 2 and 3.

# Peas in Coconut Curry

**Prep: 15 minutes | Active: 15 minutes | Inactive: 20 minutes | Serves 4**

South Indian dishes usually use fresh coconut. Fresh coconut can be found in Indian or Asian stores, but requires that you break it open,

scrape the innards, and shred it. Fresh coconut in shredded form can be found in the freezer section in an Indian store. Dried coconut flakes work out well in almost all recipes. Cooking them with the liquid makes them moist and soft. Serve the peas by themselves or with yellow dals or curries with greens.

**1 teaspoon safflower or other neutral oil**

**1 teaspoon black mustard seeds**

**12 curry leaves, chopped**

3/4 cup finely chopped red or white onion

3 cloves garlic, minced

1/2 teaspoon ground turmeric

1/2 teaspoon cayenne

1/4 cup shredded coconut, dried or fresh

1 cup finely chopped tomatoes

3/4 teaspoon salt

2 1/2 cups fresh or frozen green peas, thawed if frozen

1/2 cup water

1/2 cup coconut milk

1. Heat the oil in a skillet over

medium heat. When hot, add the mustard seeds and cook until they begin to pop. Add the curry leaves carefully and mix. Add the onion, mix well, and cook until golden, 6 to 8 minutes.

**2.** Add the garlic, turmeric and cayenne and mix well. Cook until the garlic becomes fragrant, about 1 minute. Add the coconut, tomato, and salt. Mix and cook until tomato is saucy, 6 to 7 minutes. Add a

splash of water if the tomatoes begin to stick. Mash the larger tomato pieces.

**3.** Add the peas, water, coconut milk and lemon juice. Cover and cook for 10 minutes.

**4.** Taste and adjust salt and spice. Uncover and cook for 8 to 10 minutes or until desired consistency is achieved. Serve hot.

# Sprouted Mung Bean Curry with Dinner Rolls

## *Misal Pav*

**Prep: 20 minutes (+1 to 2 days for sprouting)**
**|Active: 20 minutes |**
**Inactive: 30 minutes |**

SF GF

Serves 4

Street food made easy. Misal pav is usually made with sprouted moth beans, but these can be hard to find. Whole green mung beans are a great substitute. This dish tastes best with sprouted beans, but you can use cooked beans for a quicker version. Misal pav is served as a snack or for breakfast, but it also makes a great meal. The curry is garnished with onions, tomatoes, and sev (chickpea

noodles, other Indian snack noodles, crackers, or savory granola). Serve with soft dinner rolls or rice.

**3/4 cup dried whole green mung beans or 1 1/2 cups sprouts**

**THE CURRY:**

**2 teaspoons safflower or other neutral oil**

**1 large red onion, chopped (1 1/2 cups)**

**4 cloves garlic, minced**

**1 (1-inch) knob of ginger, minced**

**1 teaspoon coriander seeds**

**2 cloves**

4 black peppercorns

2 teaspoons Kashmiri chile powder or paprika

1 tablespoon coconut flakes, fresh or dry

2 teaspoons sesame seeds

1/4 teaspoon ground cinnamon

1/4 teaspoon ground turmeric

1 cup finely chopped tomato

3/4 to 1 teaspoon salt

1/2 teaspoon sugar

3 cups water, divided

1/2 to 1 teaspoon tamarind paste

1/2 teaspoon cayenne

## GARNISH:

1/4 cup finely chopped red onion (soak the onion in water for 5 minutes, then drain and use)

Sev, farsan, any Indian snack mix, tortilla strips, or crumbled potato chips

1/2 cup finely chopped tomato

2 tablespoons roasted peanuts

1/4 cup chopped cilantro

1 to 2 teaspoons lemon juice

**1. If sprouting beans:** Wash the mung beans and soak in double the water for 6 hours or overnight. Drain, rinse, and cover with a damp

towel. Rinse the beans every 8 hours. Depending on the ambient temperature, the beans will sprout in 1 to 2 days. Or use 1 1/2 cups sprouts.

**2. The curry:** Heat the oil in a large skillet over medium heat. Add the onions and cook until golden, 7 to 8 minutes. Add the garlic, ginger, coriander seeds, cloves, and peppercorns, and cook for 3 minutes. Add the paprika, coconut flakes,

sesame seeds, cinnamon, and turmeric. Mix well and cook for 2 minutes. Add the tomatoes and cook until saucy, about 5 minutes. Blend this mixture in a blender with the salt, sugar, and 1 cup water, until smooth.

**3.** Add the blended mixture back to the same skillet. Add the remaining 2 cups of water, tamarind paste, cayenne, and the sprouted beans. Mix, partially cover, and cook until

the beans are tender, 15 to 20 minutes

**4.** Add the beans to a bowl. Top with chopped onions, tomatoes, sev/farsan or tortilla strips, cilantro, and lemon juice. Serve some of the thin watery sauce in a small bowl on the side.

# South Indian Split Pea Stew with Veggies

*Sambhar*

**Prep: 20 minutes (+ 1 hour soak) | Active: 25 minutes | Inactive: 25 minutes | Serves 4**

SF NF GF

In some dishes, you want to recreate the exact flavors you grew up eating, and others on which you'd rather put your own spin. Sambhar, for me, is one of the latter. My sister was a very finicky eater. She practically grew up eating just dal, roti, dosa, idli and rice. To get her to eat veggies, Mom would cook the week's helping of vegetables in the sambhar and then blend the whole thing so it looked like a smooth dal

with no veggies visible. It worked for her. I would end up getting sambhar from restaurants for the dosa days.

## SPLIT PEAS:

- 1 cup split peas or split pigeon peas (toor dal), washed and soaked for 1 hour, drained
- 4 cups water
- 1/2 cup chopped eggplant (or use chopped potato or other vegetable)
- 1/2 cup chopped green bell pepper
- 1/2 cup chopped carrots
- 1/2 cup chopped drumsticks (see

headnote), winter melon, or okra

1 to 1 1/2 teaspoon salt

1/4 to 1/2 teaspoon raw sugar (optional)

1 to 2 teaspoons tamarind paste (concentrate) or tamarind pulp (see Note)

## THE TEMPERING:

1 teaspoon safflower or other neutral oil

1/2 teaspoon black mustard seeds

1/4 teaspoon fenugreek seeds

3 to 4 dried red chiles, broken into two pieces (or red pepper flakes, to taste)

10 curry leaves, coarsely chopped

3 cloves garlic, chopped

1/2 cup chopped red onion or sliced pearl onions

1 tablespoon Sambhar Powder (here) or storebought

2 medium tomatoes, chopped (1 1/2 cups)

1/2 teaspoon ground turmeric

1/4 teaspoon black pepper, or to taste

2 tablespoons chopped cilantro, for garnish

1 teaspoon lemon juice, for garnish

**1. Split Peas:** Combine the split peas

in a saucepan with 4 cups of water and the vegetables. Partially cover, and cook over medium heat until the split peas are very tender, about 30 minutes. When you take a few split peas between your fingers and press lightly, they should easily become mushy. Add the salt, sugar, and tamarind and mix well. Mash half the split peas, and continue to simmer over low heat.

**2. The tempering:** Heat the oil in a

skillet over medium heat. When the oil is hot, add the mustard seeds, and cook until they start to pop, about 10 seconds. Add the fenugreek seeds, red chiles, and curry leaves carefully, and cook for a few seconds. Add the garlic and onion and cook until translucent, about 5 minutes. Add the sambhar masala blend, mix, and cook for half a minute. Add the tomatoes, turmeric, and black pepper, and mix. Cook until the tomatoes are saucy, 6 to 8 minutes.

Add this tempering mixture to the simmering stew. Mix well, increase heat to medium and bring to a rolling boil, 5 to 6 minutes. Taste, and adjust salt, spice, and tang. Add more tamarind extract if needed. Cook longer until desired consistency is achieved. Garnish with cilantro and lemon juice. Serve hot.

**Pressure Cooker:** Wash the split peas. Combine with 3 1/2 cups of water in a pressure cooker. Add the

vegetables. Close and lock the lid and cook for 10 to 15 minutes, once the cooker reaches pressure (3 to 4 whistles at medium-high heat). Let the pressure release naturally. Open the lid, and place the cooker over low heat. Follow steps 2 and 3. Serve hot.

**Note:** To use tamarind pulp: Soak a golf ball size of tamarind pods in 1/2 cup warm water for 30 minutes. Squeeze the pulp out of the tamarind

and use.

**Variation:** Make this with petite yellow lentils (mung dal). The dal will cook in 20 to 25 minutes at Step 1.

---

## An Authentic Sambhar

What makes the authentic sambhar amazing is the tangible vegetables, each of which has its own taste and texture, all in a

thin tangy soup of split pigeon peas, spiced liberally with sambhar powder and tamarind. Drumsticks (immature seed pods of the moringa/drumstick tree) are often added to this stew. They are available in Indian stores, but other vegetables may be used instead. The flavor profile is very different from the usual north Indian dals and curries. Add as much or as little tamarind as you like. This tangy stew goes well with dosa, uttapam, idli, or rice.

# Creamy Black Gram and Kidney Bean Curry

*Dal Makhani*

**Prep: 15 minutes (+4 hour**

soak) | Active: 20 minutes | Inactive: 45 minutes | Serves 4

SF GF

Dal Makhani is a creamy, rich, and comforting dal. It is one of the more popular dals, along with Dal Tadka. The prep and cook time for this dal is a bit longer than for others. It is usually made from scratch with dried black gram and dried kidney beans which are soaked overnight, then pressure cooked, and then simmered for an hour or longer. Because of the

time involved, this hearty dal is usually made for special occasions. Serve with roti or naan flatbread, or rice pilaf or other cooked grains such as quinoa or millet. The recipe is written for black gram (whole urad) which will give it an authentic flavor. If these are unavailable, you may use green mung beans or brown lentils, but use less water.

## LENTILS:

**1 cup dried whole black gram (whole urad), washed, soaked 4**

hour or overnight, drained

3 to 4 cups water (use 3 cups for brown lentils)

1 cup cooked kidney beans

1 teaspoon salt, or to taste

1/2 teaspoon cayenne

## THE TEMPERING:

2 teaspoons safflower or other neutral oil

1 teaspoon cumin seeds

2 to 3 green chiles, finely chopped (remove seeds to reduce heat)

1 (1-inch) knob of ginger, finely chopped

6 cloves garlic, finely chopped

1 medium onion, chopped (1 cup)

1/8 teaspoon asafetida (omit to make gluten-free)

2 medium tomatoes, chopped (1 1/2 cups)

1/2 teaspoon ground turmeric

1 teaspoon Garam Masala (here)

1 tablespoon dried fenugreek leaves, or 1/2 teaspoon fenugreek seeds

1/4 cup cashew milk or 1/3 cup almond milk

1 tablespoon vegan butter, for garnish

1/4 cup chopped cilantro, for garnish

**1. Lentils:** Combine the lentils in a saucepan with 3 cups of water. Cover and cook over medium heat for 30 minutes. If the water threatens to boil over, open the cover a crack. Add the cooked kidney beans, salt, and cayenne. Reduce heat to low and continue to simmer. Add more water if needed.

**2. The tempering:** Heat the oil in a skillet over medium heat. Add the cumin seeds and cook for 1 minute,

or until they start to change color. Add the chile, ginger, and garlic, and cook for a minute. Add the onion and asafetida, and cook until translucent, about 6 minutes.

**3.** Add the tomatoes and turmeric, and cook until tomatoes are saucy, 7 to 8 minutes. Stir, and mash the larger tomato pieces. Add this tempering to the simmering lentils and beans. Add the garam masala, fenugreek leaves, and nut milk. Mix,

taste, and adjust salt.

**4.** Simmer on low heat until the dals/beans are very tender, about 30 minutes. Mash some of the lentils with the spatula. Garnish with vegan butter and cilantro. Serve hot.

---

**Pressure Cooker:** Wash the black gram and soak for 4 hours, or overnight. Soak 1/2 cup dried kidney beans overnight, or use 1 cup cooked. Drain both the beans, and

combine with 3 1/2 cups of water in a pressure cooker. Close and lock the lid, and cook for 20 to 25 minutes, once the cooker reaches pressure (4 to 5 whistles at medium-high heat). Let the pressure release naturally. Open the lid, and place the cooker over low heat. Add the salt and cayenne, and mix in. Follow steps 2 and 3.

# Butternut Coconut Red Lentil Curry

*Masoor Aur Kaddu Ki Dal*

**Prep: 20 minutes | Active:**

SF NF

20 minutes | Inactive: 10 minutes | Serves 4

GF E

This simple red lentil soup is made with butternut squash, coconut flakes, and coconut milk. It is dal with a few spices, perfect for fall. The dal can be made khadi (literally means “standing”) in which the lentils are visible, or it can be made soupy, based on your preference. (See photo here.)

**2 teaspoons safflower or other neutral oil**

1/2 teaspoon black mustard seeds

8 curry leaves

Pinch of asafetida (omit to make gluten-free)

2 cloves garlic, minced

1 1/2 cups diced butternut squash, pumpkin, or other winter squash

1/4 cup dried shredded coconut, or fresh grated coconut

1/4 to 1/2 teaspoon cayenne

1/2 teaspoon Garam Masala (here)

1/2 cup red lentils, washed and drained

1/2 cup coconut milk

1 1/4 cup water

3/4 teaspoon salt, or to taste

**1 to 2 teaspoon lemon juice, for garnish**

**2 tablespoons chopped cilantro, for garnish**

1. Heat the oil in a saucepan over medium heat. When the oil is hot, add the mustard seeds and curry leaves. Cook for 30 seconds. Add the asafetida and garlic, and cook until the garlic is golden, about 1 minute. Add the squash, mix well, cover, and cook for 5 minutes. Add the coconut, cayenne, and garam masala, and toss

to coat.

**2.** Drain the lentils, and add to the pan. Add the coconut milk, water, and salt, and stir well to combine. Cover, bring to a boil, and cook for 7 minutes. Reduce the heat to medium-low and continue to cook, covered, until the lentils and the squash are tender, 13 to 16 minutes. Serve with a dash of lemon juice and cilantro.

# South Indian Chickpea Eggplant Stew

**Prep: 20 minutes | Active: 20 minutes | Inactive: 15 minutes | Serves 4**

This stew is my adapted version of a few Kuzambu-style recipes I have

made over the years. It can be made with cooked white or brown chickpeas or split peas. The coconut and tamarind sauce and eggplant make a wonderful combination. Serve with rice, dosa, idli, or flatbread. This pairs well with coconut chutney, Chile Garlic Coconut Chutney (here), any potato side, and Mushroom Mutter Chettinad (here).

**1/4 teaspoon cumin seeds**

**3 tablespoons shredded fresh,**

frozen, or dried coconut (thawed if frozen)

1 large tomato, chopped (1 cup)

2 1/2 cups cooked chickpeas or brown chickpeas or cooked split peas, divided

1 teaspoon safflower or other neutral oil

1/2 teaspoon black mustard seeds

1/4 teaspoon fenugreek seeds

12 curry leaves

4 cloves garlic, chopped

1 small red or white onion, chopped (3/4 cup)

1 1/2 teaspoon ground coriander

1/4 teaspoon ground turmeric

**1/4 to 1/2 teaspoon cayenne**

**1/8 teaspoon black pepper**

**1 to 2 teaspoons tamarind paste (concentrate)**

**1 1/2 to 2 cups chopped eggplant**

**1 1/2 cups water**

**1/2 to 3/4 teaspoon salt**

1. In a blender, combine the cumin seeds, coconut, tomatoes and 1/2 cup cooked chickpeas and blend into a smooth puree. Add a few tablespoon of water, if needed. Set aside.

2. Heat the oil in a skillet over

medium heat. When the oil is hot, add the mustard seeds and fenugreek seeds, and cook until they start to pop, about 30 seconds. Stir in the curry leaves and garlic, then add the onion and cook, stirring occasionally, until translucent, about 5 minutes.

**3.** Add the coriander, turmeric, cayenne, and black pepper to the skillet, and stir to combine. Add the pureed coconut-tomato mixture from

Step 1. Cook, stirring until fragrant, 6 to 8 minutes.

**4.** Add the tamarind, eggplant, remaining 2 cups of the cooked chickpeas, water, and salt, and mix well. Cover and cook until eggplants are tender, 10 to 12 minutes. Taste, and adjust the salt, spices, and sour (tamarind), if needed. Serve hot.

# Lentils and Green Beans

## *Barbatti Waali Sabut Masoor*

**Prep: 15 minutes (+15 minutes soak) | Active: 20 minutes | Inactive: 25 minutes | Serves 4**

In this lentil stew, brown lentils are cooked with green beans and a sizzling tadka is added at the end, for a burst of flavor. The lentils are cooked to use up all the liquid and make a dry side, or you can add more water for a brothy stew. Serve with rice or flatbread. (See photo here.)

**1 cup dried brown lentils, soaked for 15 minutes and drained**

**3 1/2 to 4 cups water**

**1 to 1 1/2 teaspoons salt**

**1 teaspoon garlic granules or 1**

teaspoon garlic paste

1/4 to 1/2 teaspoon cayenne

1 teaspoon Garam Masala (here)

2 1/2 cups chopped green beans (1 to 2-inch pieces)

## THE TEMPERING:

1 teaspoon safflower or other neutral oil

1 teaspoon cumin seeds

1 large onion, chopped (1 cup)

1/8 teaspoon asafetida (omit to make gluten-free)

1 hot green chile, finely chopped (Serrano or bird's eye)

4 cloves garlic, finely chopped

2 tablespoons chopped cilantro,

for garnish

1 teaspoon lemon juice, for garnish

2 teaspoons sesame seeds, for garnish

1. Combine the lentils in a saucepan with 3 1/2 cups of water. Partially cover, and cook over medium heat for 20 minutes. The liquid will come to a boil around 5 to 6 minutes. If the water threatens to boil over, partially uncover.

2. Add the salt, garlic, cayenne,

garam masala, and green beans. Mix, cover, and cook until the lentils are tender, about 15 minutes, stirring once in between. If the lentils look like they are drying out too much, add 1/2 cup more water. Reduce heat to low

**3. The tempering:** Heat the oil in a small skillet over medium heat. When the oil is hot, add the cumin seeds and cook for 30 seconds. Stir in the onions, asafetida, chile, and

garlic, and cook until golden, 5 to 6 minutes. Add the onion mixture to the simmering lentils. Mix well and let sit for 5 minutes to infuse the flavors. Garnish with cilantro, a dash of lemon juice, and sesame seeds.

# Kidney Bean Curry

*Rajma*

**Prep: 20 minutes | Active: 30 minutes | Inactive: 30 minutes | Serves 4**

Rajma was a favorite in our house. Every event had a version of rajma.

The beans were cooked over low heat for hours so the flavors blended into the beans and curry. Rajma is like a warming Indian chili, perfect for winter. Mom's favorite way to serve rajma is with Cumin-Scented Rice Pulao with Peas and Onions (here).

**2 teaspoons safflower or other neutral oil**

**1/2 teaspoon cumin seeds**

**2 bay leaves**

**1 cup chopped red or white onion**

1 to 2 green chiles, chopped (remove seeds to reduce heat)

1/4 teaspoon carom seeds

1 (2-inch) knob of ginger, chopped, or 2 tablespoons ginger paste

6 cloves garlic, chopped, or 2 tablespoons garlic paste

1 teaspoon ground coriander

1/2 teaspoon ground turmeric

1/4 to 1/2 teaspoon cayenne

Generous pinch of asafetida (omit to make gluten-free)

2 teaspoons Garam Masala (here)

1/2 teaspoon dried fenugreek leaves

1 teaspoon dry mango powder

(optional)

4 medium tomatoes, chopped (3 1/2 cups)

2 (15.5 ounce) cans kidney beans or 1 1/2 cups dried beans soaked overnight and pressure-cooked or slow-cooked

1/2 to 1 1/2 teaspoons salt or to taste, divided (use 1/2 teaspoon if cooked beans are already salted)

2 1/2 cups water

Lemon juice (optional)

1/4 cup chopped cilantro for garnish (not optional)

1. Heat the oil in a saucepan over medium heat. Add the cumin seeds and bay leaf, and cook until the cumin seeds become fragrant, about 1 minute. Add the onions and green chiles, and cook until translucent, 7 to 8 minutes. Add the carom seeds, ginger, and garlic. Mix well and cook for a minute. Add the coriander, turmeric, cayenne, asafetida, garam masala, fenugreek leaves and dry mango powder. Mix well and cook for a minute. Add the

tomatoes and cook until the tomatoes are saucy, about 10 minutes. Stir once. Mash the larger pieces of tomato.

**2.** Add the kidney beans, salt, and water. Cover, and cook for 30 to 40 minutes. The beans should be tender enough so they can be mashed easily. Mash some of the beans. Taste, and adjust salt and spice. Add lemon juice for tang if needed. Cook longer to adjust consistency if needed.

Garnish with cilantro and serve hot.

---

**Pressure Cooker:** With cooked beans: Follow Step 1 in the pressure cooker. Add the cooked kidney beans, salt, and 2 cups of water. Pressure cook for 10 minutes after the cooker reaches pressure (2 to 3 whistles). Let the pressure release naturally. Mash some of the beans. Garnish and serve.

**With dried beans:** Soak 1 1/2 cups

dried beans overnight. Drain and keep aside. Follow Step 1 in the pressure cooker. Add the kidney beans, salt, and 3 cups of water. Pressure cook for 20 minutes after the cooker reaches pressure over medium heat. 4 to 5 whistles. Lower the heat and cook for another 10 minutes. Let the pressure release naturally. Mash some of the beans. Garnish and serve.

# Makhani Vegetable Pot Pie (here)

# Six

# One-Pot Meals and Casseroles

Short on time? No worries! Whip up one-pot meals, or combine everything in a casserole dish and pop it in the oven, then come back to

a hot meal. These quick casseroles and one-pot meals can be served without any sides. Almost all of these recipes are soy-free and gluten-free, and most are nut-free.

One-pot meals are an infrequent occurrence in Indian households. Meals tend to have multiple components, so you can choose to eat more of one dish than another. There is always enough for everyone. One-pot meals generally

consist of rice stir-fries with vegetables and spices, pulao or rice and lentil dishes, kitchari, or bhath. They can also include elaborate spice blends or sauces, which are prepared and stored ahead of time to shorten the active cook time. In South Indian dishes, local grains, such as varieties of millets, are often used instead of rice.

While growing up, I rarely saw anyone bake. The only thing that was

baked was a cake, and that was baked on the stovetop. There are similar techniques, such as baking in the tandoor oven and slow *dum* cooking in a container sealed with dough. Soon after coming to the United States, however, I fell in love with baking. The slow-roasting gives a pleasing taste and texture to the final dish. The Spicy Lentil Cauliflower Potato Casserole and Makhani casserole are fantastic examples.

I love all the recipes in this chapter. If I had to recommend what to make first, I would start with the Chickpea Spinach Stew with Lentils and Quinoa, then definitely try the Spicy Red Lentil Cauliflower Potato Casserole. The Lightly Spiced Yellow Lentils and Rice and Makhani Vegetable Pot Pie are super easy and not far behind in my list of recommendations.

# Chickpea Spinach Stew with Lentils and Quinoa

**Prep: 20 minutes | Active: 15 minutes | Inactive: 30 minutes | Serves 3 to 4**

A one-pot meal with all the protein for the day, this stew came about one weekend when we wanted something warm and filling that was not dal or tofu or salad. I found a bunch of greens in the refrigerator and from the pantry, I picked up red lentils, quinoa, and canned chickpeas, and went from there. This recipe became a big hit on the blog. I hope you will love it, too. Serve with flatbread or crackers. Omit the cashews to make it nut-free.

1 teaspoon safflower or coconut oil

1/2 cup red onion, finely chopped or thinly sliced

1 hot green chile, finely chopped (remove seeds to reduce heat)

1 1/2 teaspoons Garam Masala (here)

1/4 teaspoon ground cinnamon

1/4 teaspoon ground cardamom

1/2 teaspoon ground cumin

2 large tomatoes, chopped (2 cups)

3 packed cups spinach or other greens

4 cloves garlic

1 (1-inch) knob of ginger

1/4 teaspoon black peppercorns (or

ground black pepper to taste)

2 teaspoons apple cider vinegar

2 cups water, divided (2 1/2 cups for soupier stew)

1 to 1 1/4 teaspoons salt, or to taste

1/2 teaspoon raw sugar or maple syrup

1/3 cup red lentils, washed and drained

1/3 cup quinoa, washed and drained

1 (15.5-ounce) can chickpeas, drained or 1 1/2 cups cooked chickpeas

2 tablespoons cashews, chopped (omit to make nut-free)

1/2 teaspoon red pepper flakes

**1/2 teaspoon lemon juice**
**Cashew cream (optional)**
**Vegan cheese shreds (optional)**

1. Heat the oil in a skillet over medium heat. Add the onion and green chile, and cook until the onion is translucent, 5 to 6 minutes. Add the garam masala, cinnamon, cardamom, and cumin. Mix well, and cook for 1 minute.

2. In a blender, combine the tomato, spinach, garlic, ginger, peppercorns,

and vinegar with 1 cup of water and blend into a smooth puree. Add the puree to the skillet and mix well. Add the lentils, quinoa, and chickpeas, and mix well. Add the salt, sugar, and 1 to 1 1/2 cups water. Cover and cook for 30 minutes over medium heat, or until the lentils and quinoa are cooked and the sauce does not taste of raw garlic. Stir once about halfway through. Mash a few of the chickpeas, then stir in the cashews. Taste and adjust salt and

spices, if needed. Cook a few minutes longer for desired consistency. Serve hot, garnished with red pepper flakes, lemon juice, and/or cashew cream or shredded vegan cheese, if using.

---

## Variations:

- Add 1/4 cup almond or coconut milk for creamy soup.
- Add vegetables such as

cauliflower or sweet potato.

- Use millet, couscous, or rice instead of quinoa.
- Cook the stew a few minutes longer so all the liquid is absorbed, and use as sloppy Joes.

# Lightly Spiced Yellow Lentils and Rice

*Mung Dal Khichdi (Kitchari)*

**Prep: 15 minutes (+30**

**minutes soak) | Active: 15 minutes | Inactive: 15 minutes | Serves 4 to 6**

When I was growing up, khichdi was the meal we ate whenever someone had a stomach ache. Usually, it would be a bland bowl of lentils and rice with just cumin and some salt. So let's add a bit of flavor. Khichdi is supposed to be a simple and easily digestible meal, hence it is made with split lentils and white rice, and does not have any heat (chile), garam

masala, or other spice blends. Instead, it features simple spices, like cumin and asafetida, that help digestion. Feel free to add more spices to taste. Traditional khichdi is wellmashed and overcooked and works best in a pressure cooker. Use this easy recipe as the first one to try if you are new to pressure cooking. It is also easily made in a saucepan. Omit the asafetida to make this dish gluten-free.

**1 teaspoon safflower or other**

neutral oil

1 teaspoon cumin seeds

1/8 teaspoon asafetida (omit to make gluten-free)

1/2 cup finely chopped red or white onion

1 hot green chile, chopped (remove seeds to reduce heat) (optional)

1 (1-inch) knob of ginger, minced

1 cup chopped tomato

1/4 teaspoon ground turmeric

1/4 teaspoon Garam Masala (here) (optional)

3/4 cup petite yellow lentils or red lentils, washed and soaked for 30 minutes

**3/4 cup white basmati rice, washed and soaked for 30 minutes**

**3/4 to 1 1/4 teaspoons salt**

**4 to 4 1/2 cups water**

**1 teaspoon lemon juice, for garnish**

**2 tablespoons chopped cilantro, for garnish**

1. Heat the oil in a pressure cooker over medium heat. When the oil is hot, add the cumin seeds and cook until they change color and become fragrant, about 1 minute. Add the asafetida, if using, and mix well. Add the onion and cook until translucent,

about 5 minutes.

**2.** Add the chile and ginger. Mix and cook for a minute. Stir in the tomatoes, turmeric, and garam masala, and cook until saucy, about 5 minutes.

**3.** Add the lentils and rice to the pressure cooker. Add the salt and water, and close the lid. Cook for 5 minutes once the cooker reaches pressure (1 whistle). Let the pressure release naturally. Add the lemon

juice and mix well. Taste, and adjust the salt and spices, if needed. Garnish with cilantro and serve hot.

---

**To make in a saucepan:** Drain the lentils and rice. Follow Steps 1 through 3 using a saucepan. Add the lentils and rice to the sauce pan, along with the salt and water. Cover, and bring to a boil over medium heat. Continue to cook until the lentils mash easily, 20 to 25 minutes. Open the lid a crack if the water

threatens to boil over. Mash some of the lentils and rice. Taste, and adjust salt and spice. Add the lemon juice, garnish with cilantro, and serve hot.

# Makhani Vegetable Pot Pie

**Prep: 20 minutes | Active: 25 mins | Inactive: 30 minutes | Serves 4**

SF E

This is a super-quick dish made with makhani, or butter sauce, which is made without oil or butter. Simply blend up the sauce, chop the

vegetables, combine everything in a dish, and bake or cook it in a saucepan. This is not an average pot pie. This easy sauce packs a restaurant-style punch. It is especially delicious if baked with some biscuits or puff pastry on the top; however, if you make this recipe without the biscuit topping, it will be completely oil-free and gluten-free. (See photo here.)

## MAKHANI SAUCE:

**1 cup coconut milk**

1 cup water

2 tablespoons ground cashews or cashew meal (use 1/4 cup for thicker sauce)

1 (1-inch) knob of ginger, chopped

4 cloves garlic, chopped

1/3 to 1/2 teaspoon cayenne

2 tablespoons tomato paste

1 1/2 teaspoons dried onion flakes or 3/4 teaspoon onion powder

1 1/2 teaspoons Garam Masala (here)

1/2 teaspoon ground cumin

1/2 teaspoon ground coriander

1/4 teaspoon ground turmeric

1 1/2 to 2 teaspoons dried

fenugreek leaves

3/4 to 1 teaspoon salt

1/4 teaspoon raw sugar or 1/2 teaspoon maple syrup

## VEGETABLES:

1 cup chopped greens, such as baby kale, spinach, or chard

3 cups chopped vegetables such as cauliflower, broccoli, mushrooms, green beans, or thinly sliced carrots

1/2 cup green peas or cooked chickpeas

3/4 cup chopped tomato

Puff pastry or mathri biscuit dough (here) or other vegan biscuit

**dough, cut into 1 1/2-inch circles**

1. Preheat the oven to 425°F. In a blender, add all the ingredients for the makhani sauce. Blend well. Taste, and adjust salt and spice if needed. Do not add too much salt and spices as their flavors will get stronger during baking.

2. Pour half of the sauce into a 1 1/2 quart or 9 x 7-inch baking dish. Spread the greens over the sauce. Spread the veggies and tomato to

distribute evenly. Drizzle the remaining sauce over the veggies.

**3.** Cover the dish loosely with foil and bake for 25 minutes. Remove the foil carefully. Arrange the puff pastry or biscuit dough circles on the veggies. Return the dish to the oven for 18 to 22 minutes, or until the pastry is golden and puffed. Cool for a few minutes, garnish with cilantro, and serve hot.

To make without the biscuit topping:

Cover the casserole lightly with foil, and bake for 40 minutes. Remove from the oven, uncover, let cool for 5 minutes, and serve.

---

**To make in a saucepan:** Pour the sauce from Step 1 into a saucepan. Add all the greens and vegetables. Cover and cook over medium heat for 30 to 35 minutes or until the vegetables are tender. Stir once while cooking. Garnish with cilantro and serve.

# Spinach Rice and Black-Eyed Peas

## *Lobhia Palak Pulao*

**Prep: 15 minutes (+1 hour soak) | Active: 25 minutes | Inactive: 20 minutes | Serves 4**

This recipe should be renamed,

“How to Fall in Love with Black-eyed Peas.” It is another simple, greensfilled, one-pot meal. I like to cook my black-eyed peas from scratch. A one-hour soak is enough, and the resulting dish tastes fresher than if I used canned beans. The recipe takes less time if you have precooked black-eyed peas.

**2 teaspoons safflower or other neutral oil**

**1 cup sliced red onion**

**1 hot green chile pepper, chopped,**

seeds removed to reduce heat

Pinch of salt

1/2 cup dried black-eyed peas, soaked for 1 hour and drained

2 1/4 cups water, divided

2 cups packed spinach, or a combination of baby greens

2 medium tomatoes, chopped (1 1/2 cups)

1 (1-inch) knob of ginger

3 cloves garlic

3/4 to 1 1/4 teaspoons salt

1 teaspoon Garam Masala (here)

1/4 teaspoon ground cinnamon

1/4 teaspoon ground cardamom

**3/4 cup white basmati rice**

**2 tablespoons chopped cilantro, for garnish**

**1/2 teaspoon lemon juice, for garnish**

1. Heat the oil in a skillet over medium heat. Add the onion, chile, and a pinch of salt, and cook until the onion is translucent, 6 to 7 minutes. Remove one-third of the onions to use later as garnish.

2. Add the black-eyed peas to the skillet along with 1 1/4 cup water.

Cover and cook over medium heat for 25 minutes.

**3.** In a blender, combine the spinach, tomato, ginger, and garlic and blend into a smooth puree with 1 cup of water. Add the spinach mixture, salt, garam masala, cinnamon, and cardamom to the skillet. Mix well. Cover and cook for 8 minutes to bring to a good boil.

**4.** Add the rice to the pan and mix well. Cover, and cook for 5 minutes

over medium heat.

**5.** Stir, reduce heat to medium-low. Cover and cook for 10 minutes, or until the rice and beans are tender. Garnish with cilantro, lemon juice, and the reserved onions from Step 1. Serve hot.

---

**To make with canned/cooked black-eyed peas:** Add 1 cup cooked black-eyed peas and no water at Step 2. Cook for a minute and proceed to

the next step. Use less salt if the black-eyed peas were already salted.

**To make with brown basmati rice:**

Soak the rice with the dried black-eyed peas for 1 hour. Drain and add both to a skillet at Step 2. Proceed with Step 3, adding the spinach mixture, salt, garam masala, cinnamon, and cardamom to the skillet, along with 1 1/2 cups water. Cover, and cook over medium heat until the rice and beans are tender, 40

to 50 minutes.

# Red Lentil Tomato Pulao

**Prep: 15 minutes | Active: 20 minutes | Inactive: 10 minutes | Serves 4**

This pulao is a quick one-pot meal to put together on weekdays. Variations of this pulao are a favorite of mine—30 minutes and it's done! I usually

make it in a saucepan as the split red lentils cook really quickly. The lentils and rice can get a bit mushy in a pressure cooker. I soak the lentils and rice just before cooking, but soaking is optional. For variation, add more vegetables and greens of choice when you add the cauliflower. Add more tomatoes for a saucier pulao. I like to add some cayenne-infused caramelized onions to this dish, as well. This pulao might not work as well with brown rice, since

the longer cooking time means the lentils will disintegrate and become a soup. It will still be delicious, though.

**2 teaspoons safflower or other neutral oil**

**2 bay leaves**

**4 cloves**

**1/2 cup thinly sliced red onion**

**2 cloves garlic, minced**

**1 (1/2-inch) knob of ginger, minced**

**2 medium tomatoes, chopped (1 1/2 cups)**

**1/2 teaspoon turmeric**

1/2 teaspoon ground cumin

1/2 teaspoon Garam Masala (here)

1/4 to 1/2 teaspoon cayenne

1 1/2 cups small cauliflower florets

3/4 teaspoon salt

1/2 cup red lentils, washed and soaked for 15 minutes, drained

1/2 cup basmati rice, washed and soaked for 15 minutes, drained

1 3/4 cups water

1/2 cup fresh or frozen green peas, thawed if frozen

2 tablespoons chopped cilantro, for garnish

1/2 teaspoon lemon juice, for garnish

**2 to 4 tablespoons caramelized onions, for garnish (optional)**

1. Heat the oil in a saucepan over medium heat. When the oil is hot, add the bay leaves and cloves, and cook for 30 seconds. Add the onion and cook, stirring, until translucent, about 5 minutes.

2. Add the garlic and ginger, and mix well. Add the tomatoes, turmeric, cumin, garam masala, and cayenne. Mix well, and cook over medium

heat until the tomatoes are saucy, about 5 minutes. Mash the larger tomato pieces.

**3.** Add the cauliflower and salt, and mix well. Add the lentils and rice, mix well, and cook for 1 minute.

**4.** Add the water. Mix, cover, and cook for 10 minutes. Add the peas, stir, and reduce heat to low-medium. Cover and cook until the lentils and rice are cooked and all the liquid is absorbed, about 6 to 8 minutes. Let

sit for 5 minutes. Serve garnished with cilantro, lemon juice, and onions, if using.

---

**Pressure Cooker:** Follow Steps 1 and 2 in a pressure cooker. Add the cauliflower, peas, salt, drained lentils and rice, and water. Close the lid, and pressure cook for 5 minutes once the pressure has reached (1 whistle). Let the pressure release naturally. Open the lid, garnish and serve.

# Spicy Red Lentil Cauliflower Potato Casserole

**Prep: 20 minutes | Active: 15 minutes | Inactive: 50 minutes | Serves 4**

Most of the recipes in this chapter came about on days when I wanted

to make something that did not require me to watch the skillet. In this recipe, the usual dinner plate of dal, and a spiced cauliflower potato subzi side, with flatbreads or rice, got converted into a bake-everything-together casserole. The crispy baked potatoes work beautifully with the casserole. Use more potatoes for the top layer than pictured. Serve this casserole as is, or with crackers, chips, or flatbread.

## LENTILS

1 teaspoon safflower or other neutral oil

1 cup red lentils, washed and drained

1/2 cup chopped carrots

1/2 to 3/4 teaspoon salt

1/2 teaspoon ground turmeric

1 teaspoon garlic powder

1 teaspoon Garam Masala (here)

1/2 teaspoon cumin seeds

1/4 to 1/2 teaspoon cayenne

1 1/2 tablespoons dried onion flakes

2 cups water

2 tomatoes, cut into 1/4-inch slices

## CAULIFLOWER LAYER

1/2 head of cauliflower, cut into 1/4 inch-thick slices

1/4 teaspoon salt

1 teaspoon dried fenugreek leaves

Generous dash of black pepper

## POTATO LAYER

1 or 2 Russet potatoes, cut into 1/8-inch thick slices

1/4 teaspoon salt

1/4 teaspoon garlic powder

1/2 teaspoon ground coriander

1/8 to 1/4 teaspoon cayenne

Safflower oil, for brushing

2 tablespoons chopped cilantro,

for garnish

1 teaspoon lemon juice, for garnish

1. Preheat the oven to 400°F. Brush oil on the bottom and sides of a 2 to 2 1/2 quart or 9-inch square baking dish. Add the red lentils, carrot, salt, turmeric, garlic, garam masala, cumin, cayenne, onion flakes, and water. Mix lightly to combine, then top with a layer of the tomato slices to cover the lentil mixture.

2. Layer the cauliflower slices over

the tomatoes. Brush or spray oil on the cauliflower and sprinkle salt and black pepper. Crumble the fenugreek leaves between your fingers and sprinkle on the cauliflower. If you don't have access to fenugreek, sprinkle 1/2 teaspoon mustard powder on the cauliflower instead.

**3.** Layer the potato slices over the cauliflower, using enough potatoes to cover the entire dish with some overlapping. The potatoes will shrink

while baking. Brush or spray oil over the potatoes, sprinkle with the salt, garlic, coriander, and cayenne.

**4.** Spray or sprinkle water lightly on the potatoes. Bake for 50 to 60 minutes, or until a toothpick pierces the potato and cauliflower layers easily. Serve hot with a garnish of cilantro and lemon juice.

---

**Variation:** Add a layer of 1 cup chopped greens over the lentils, and

then place tomatoes and remaining vegetable layers.

# Yellow Lentil Rice and Chard

## *Mung Dal Chawal Biryani*

**Prep: 25 minutes | Active: 20 to 25 minutes | Serves 4**

SF GF E

Rice and mung dal are a great combination for many reasons. Their flavors and textures are complementary, and they can be seasoned and served in infinite ways. The rice and mung dal khichdi that we ate on bad tummy days is quite bland, which takes away from how amazing these two staple ingredients can be together. To change up the flavor and texture of the khichdi, I make a spicier, flavorful biryani. As one of my recipe tester's daughter

says, “This is Bir-yummy!”

## RICE AND LENTILS:

1/2 cup white basmati rice, soaked in hot water for 15 minutes and drained

1/2 cup petite yellow lentils, soaked in hot water for 15 minutes and drained

1 3/4 cups water

2 bay leaves

2 cloves

Seeds from 1 green cardamom pod

1/4 teaspoon red pepper flakes

3/4 to 1 teaspoon salt

## BIRYANI LAYER:

2 teaspoons safflower or other neutral oil

1 1/2 cups thinly sliced red onion

1 (1/2-inch) knob of ginger, finely chopped

4 cloves garlic, finely chopped

1 (2-inch) cinnamon stick

2 cloves

6 black peppercorns

1 1/2 cups chopped packed chard or spinach leaves

1/4 cup chopped raw cashews

2 tablespoons raisins or dried cranberries

1/2 teaspoon Garam Masala (here)

1/4 to 1/2 teaspoon red pepper

flakes

1/4 to 1/2 teaspoon cayenne

1/2 cup coconut milk

1/4 teaspoon salt

1/4 teaspoon saffron strands (4 strands)

2 tablespoons chopped cilantro or mint, for garnish

1 teaspoon lemon juice, for garnish

1. Transfer the rice and lentils to a saucepan. Add the water, spices, and salt. Cover and cook over medium heat until the lentils are tender, about 15 minutes. Open the lid a crack

once the water comes to a boil, stirring once about halfway through.

2. Make the biryani layer: Heat the oil in a skillet over medium heat. Add the onion and cook for 5 minutes. Add the ginger, garlic, cinnamon stick, cloves and peppercorns, and cook until the garlic and onion are golden, 3 to 4 minutes.

3. Add the chard, cashews, raisins, garam masala, red pepper flakes, and

cayenne. Mix well to combine. Cover and cook for 3 minutes. Add the coconut milk, salt, and saffron strands. Mix well, cover, and cook until the chard is wilted, 4 to 5 minutes.

**4.** Add the rice and lentils, and lightly mix to incorporate. Do not overmix. Taste and adjust the salt, if needed. Garnish with the cilantro and lemon juice. Serve hot.

# Quinoa Cauliflower Biryani

**Prep: 30 minutes | Active: 35 minutes | Inactive: 25 minutes | Serves 4**

This is a really long recipe, but most of the ingredients are spices. Make it

once or twice, and you will be able to wing it. Biryani usually has complex flavors in each of the multiple layers and is generally slowcooked. This version features quinoa and vegetables in a creamy sauce. This gorgeous rainbow quinoa biryani is yellow from turmeric and saffron, sweet from cranberries and raisins, tart from the yogurt, and seasoned with cardamom, cinnamon, bay leaf, and cloves. You can use other vegetables, such as potatoes, green

beans, carrots, or broccoli, and mushrooms, chickpeas, or lentils. Use cubed tofu or tempeh for a "paneer" biryani. Serve with raita.

## QUINOA:

**1/2 teaspoon safflower or other neutral oil**

**1 cup quinoa, well-rinsed and drained**

**1 green cardamom pod**

**2 cloves**

**1 (1-inch) cinnamon stick**

**1 bay leaf**

**1 2/3 cups water**

2/3 teaspoon salt, or to taste

## VEGETABLES:

2 teaspoons safflower or other neutral oil

1 cup thinly sliced red onion

1 hot green chile, chopped (remove seeds to reduce heat)

1 (1-inch) knob of ginger, chopped

4 cloves garlic, chopped

1/2 teaspoon cumin seeds

1 green cardamom pod

2 cloves

1 (2-inch) cinnamon stick

1 bay leaf

1/2 teaspoon Garam Masala (here)

or biryani masala blend

1/4 teaspoon ground turmeric

1/2 teaspoon cayenne

2 cups cauliflower florets

1/3 cup fresh or frozen peas, thawed if frozen

3/4 teaspoon salt

3/4 cup nondairy yogurt or 3/4 cup cashew cream + 1 teaspoon apple cider vinegar

3 tablespoons raw cashews, divided

2 tablespoons raisins, divided

2 teaspoons dried cranberries

## ASSEMBLY:

2 tablespoons almond milk

**1/2 teaspoon saffron strands (6 to 8 strands)**

**1/2 cup chopped cilantro leaves**

**1/2 cup mint leaves (optional)**

**1. Quinoa:** Heat 1/2 teaspoon oil in a saucepan over medium heat. Add the quinoa, cardamom pod, cloves, cinnamon, and bay leaf. Roast the quinoa and spices for 2 minutes. Add the water and salt and mix well. Cover and bring to a boil. Reduce heat to low and cook for 10 minutes. Remove from heat. Let the quinoa sit

for another 5 minutes. Uncover, fluff with a fork, and set aside. Taste, and adjust salt if needed.

**2. Vegetables:** Heat the oil in a skillet over medium heat. Add the onion, ginger, garlic, and chile, and cook until the onion is golden brown, about 6 minutes. Set aside 2 tablespoons of the browned onion mixture to use as garnish. Add the spices, cumin through cayenne. Mix well and cook for 1 minute. Add the

cauliflower, peas, and salt. Mix well, cover, and cook for 5 minutes. Add the yogurt. Mix well and cook until the cauliflower is tender-crisp, 6 to 7 minutes. Mix in 2 tablespoons nuts, 1 tablespoon raisins, and cranberries and set aside.

**3. Assemble and bake:** Preheat the oven to 350°F. Add the saffron strands to the almond milk, stir, and let sit for 2 minutes. Grease a 2-quart or larger baking dish, and layer half

of the veggies and cream sauce mixture. Top with half of the cooked quinoa. Drizzle half of the saffron almond milk over the quinoa. Top with half of the cilantro and/or mint. Layer the rest of the veggies. Top with the remaining quinoa. Drizzle the remaining saffron almond milk over the quinoa. Scatter the remaining cashews, raisins, and browned onions reserved from Step 2 over the quinoa. Sprinkle with the remaining cilantro and mint. Cover

with foil and bake for 20 minutes. Remove from the oven and let sit for 10 minutes before serving. Be sure to serve all the layers, as you would serve a layer cake.

---

**For a quick version:** Instead of baking, serve the veggies and cream sauce over the cooked quinoa. Garnish with nuts, raisins, browned onion, saffron almond milk, cilantro, and mint.

**Variation:** Use millet, couscous, or basmati rice instead of quinoa.

Tofu Pasanda (here)

# Seven

# Main Dishes

This is where my favorite dishes get interesting and ridiculously delicious. Some of these curries might not be everyday fare, but I have simplified most from say four different pans and four spice pastes

or processes to two or fewer. If you are not sure about tackling a particular recipe from this chapter, fear not. Make a few of the dals or casseroles, or try the Mango Curry Tofu or Palak Tofu and Chard Malai Mutter from this chapter to get the hang of cooking styles, spices, and times. In no time, you may be whipping up a korma or a makhani every single day! The sauces in these recipes produce a complex and deep flavor profile and work best to

introduce anyone new to Indian food or to add more vegetables, beans, and other plantbased options to your diet. Some of these dishes will remind you of the creamy and meaty options you see in Indian restaurants, but of course without the meat and dairy. Also, most are also secretly healthy!

This chapter demonstrates how the flavor of a dish changes when you use whole spices unroasted, roasted,

or fried. The combinations of spices and flavors where a good long list all comes together beautifully will be well worth it. Wherever possible, I provide spice substitutions with readily available spices. See the Spices of Indian Cooking section beginning here for details on substitutions.

As you read these recipes, keep in mind that it is difficult to find suitable English words for these

delectable sauces. Most of the Indian names render as descriptive words, such as creamy or luscious. So, try to look beyond the English, as each sauce has a very different flavor profile. The term “curry,” when used for Indian dishes, simply means a thin sauce. Therefore, dals can be thought of as legume curries. “Curry” is used to describe sauces, not a powder or flavoring.

The recipes use tempeh, tofu, beans,

or vegetables, but most can be made with any of these proteins. With the options of making them with tofu, tempeh, soy-free chickpea tofu, soy-free vegan paneer, chunky vegetables of choice, vegetable kofta (meatballs), chickpeas, or other cooked beans, seitan, and store-bought meat substitutes, there are endless possibilities. Most of the recipes in this chapter are perfect event foods for a mixed crowd of vegans and non-vegans. Learn these

sauces and use them with your favorite proteins. Serve them with flatbreads, pita breads, crackers, rice or grains.

Tempeh, seitan, and hemp seed tofu have similar cooking times. Simmer them for 20 minutes or more in the sauce. The longer they sit in the sauce, the more flavors they pick up. Tofu can be simmered in the sauce for a few minutes or baked and used with a quick reheat in the sauce.

Chickpea tofu (Burmese) works best with thick flavorful sauces that work well with the flavor of chickpea flour. Such sauces include madras chile masala, tikka masala, makhani, lasooni sauce, pasanda, and chettinad. Vegan paneer works best when tossed into a cooked sauce and heated for a few minutes and served. Vegetables, chickpeas, and lentils work beautifully with all the sauces.

All of the recipes in this chapter can

be made soy-free by using chickpea tofu, hemp seed tofu, cooked chickpeas, beans, or vegetables. Non-soy tempeh made with split peas or black-eyed peas also works well.

If you take time to really fall in love with this chapter, you'll be glad you did. Start with my favorite Palak Tofu, Rainbow Chard and Peas in Creamy Sauce, Mango Curry Tofu, and the spicy Vegetable Jalfrezi; then

move on to Navratan Korma, Potato Balls in Garlic Sauce (Lasooni Methi Kofte), and Tikka Masala. Make grand plans with whole roasted cauliflower (Gobi Musallam), the super-hot Madras Chile Masala, and balti or chettinad sauces. Oh yes, and do post pictures of your creations and tag me on social media.

---

## Nuts and Nut Substitutes

Quite a few sauces in this chapter depend on nuts for creaminess. Nuts can be replaced with seeds, cooked cauliflower, blended tofu, yogurt, chickpea flour, or cooked beans. There are a few sauces that are normally made with these non-nut ingredients, such as malai kofta, pasanda, and tikka masala, that you can use as a reference for making such substitutions. Or, you can simply omit the nuts, though the sauces will not be as creamy.

# Tofu in Velvety Pepita Poppy Seed Sauce

*Tofu Pasanda*

**Prep: 20 minutes | Active: 25 minutes | Inactive: 25 minutes | Serves 4**

SF NF GF

Pasanda means “favorite” and is the name of a meat dish from North India and Pakistan. I use hemp-tofu or regular extra-firm tofu in this recipe. Hemp-tofu is made with hemp seeds and is soy-free. It can be found at Whole Foods stores under the Living Harvest Brand. There are specific spices and ingredients that give the sauce its texture and bold flavor. You can omit those you do not have on hand. See photo here.

**2 teaspoons safflower or other**

neutral oil, divided

14 ounces extra-firm tofu, pressed in a kitchen towel for 10 minutes, or Hemp-Tofu (does not need pressing), cut into 3/4-inch cubes

1 teaspoon Garam Masala (here)

1/4 teaspoon ground cinnamon

1 cup chopped red onion

4 cloves garlic, chopped

1 (1-inch knob) of ginger, chopped

1/4 teaspoon cumin seeds

1 teaspoon coriander seeds

1/2 teaspoon fennel seeds

1 clove

2 tablespoons pumpkin seeds or sunflower seeds

1 teaspoon white or black poppy seeds

1 large tomato, chopped (1 cup)

3/4 cup coconut milk or other nondairy milk

1/2 cup water

1/2 teaspoon sweet paprika

1/4 to 1/2 teaspoon cayenne

3/4 teaspoon salt, or more

1/2 teaspoon sugar

1. Heat 1 teaspoon of oil in a large skillet over medium heat. Add the cubed tofu, garam masala, and cinnamon and cook until lightly

golden on some edges, about 4 minutes. Set aside.

**2.** Heat 1 teaspoon of oil in a large skillet over medium heat. Add the onion and cook until translucent, about 6 minutes. Add the garlic, ginger, cumin, coriander, fennel seeds, clove, pumpkin seeds, and poppy seeds and cook for 2 minutes. Add the tomato and cook until saucy, about 5 minutes. Stir occasionally. Mash the larger tomato pieces.

**3.** Cool the mixture slightly and transfer to a blender. Add the coconut milk and blend into a smooth puree. Add the puree to the skillet with the tofu. Add water, paprika, cayenne, salt, and sugar. Mix well. Cover and cook over medium-low heat until the sauce thickens and the tofu picks up the color of the sauce, about 25 minutes, stirring occasionally. Taste and adjust the salt and spices, if needed. The sauce needs to be cooked well to

cook the poppy seeds which are somewhat grassy tasting when raw. Cook longer until the sauce tastes flavorful and creamy without any grassy aftertaste.

---

**Variations:** To make with tempeh: Steam the tempeh (here) and add to the skillet with the sauce at Step 3. Continue with the rest of the steps. To make with vegetables or cooked chickpeas: Add 3 cups of vegetables or 2 1/2 cups cooked chickpeas with

the spices in step 1, cook for 5 minutes, then set aside and continue with the rest of the steps. Add the sauce to the vegetables at step 3 and cook until tender.

# Royal Tofu and Cashews

## *Shahi "Paneer"*

**Prep: 20 minutes | Active: 25 minutes | Inactive: 25 minutes | Serves 4**

SF GF E

Shahi dishes usually have an onion cream sauce with full-fat cream and

have either paneer cheese or other non-vegan protein sources. This is, of course, a vegan version. Tofu is tossed in spices and cornstarch and baked, then added to a luscious onion nut sauce. Whole spices and saffron in the sauce make this a Shahi (regal) dish. This recipe and most others from this chapter taste best next day. For recipes like these with a long list of spices, keep the spices at hand in order of use for ease during cooking. Serve this with naan, other

flatbreads, or cumin-scented rice. Make this soy-free with chickpea tofu or use vegetables or beans and add directly to the sauce. This dish can be made free of refined oils.

**TOFU:**

**14 ounces firm or extra-firm tofu, drained**

**1 teaspoon Garam Masala (here)**

**1/4 teaspoon ground turmeric**

**1/4 teaspoon salt**

**1/2 teaspoon garlic powder (optional)**

**1 to 2 tablespoons cornstarch or**

arrowroot

## SAUCE:

1 1/2 cups chopped white or red onion

1 green chile, chopped

4 cloves garlic

1 (1-inch) knob of ginger, chopped into 4 pieces

1/2 cup raw cashews, divided

2 tablespoons almonds

2 tablespoons watermelon seeds or pumpkin or sunflower seeds

2 cups water

2 bay leaves

1 (2-inch) cinnamon stick

3 cloves

1/4 teaspoon caraway seeds or cumin seeds

1 black cardamom pod (optional)

1/2 teaspoon Garam Masala (here)

1 teaspoon ground coriander

1/4 teaspoon turmeric

1/4 teaspoon cayenne

6 large strands of saffron

1 teaspoon lemon juice

1/2 to 3/4 teaspoon salt

1 teaspoon sugar

2 tablespoons chopped cilantro, for garnish

**1. Tofu:** Cut the tofu into 4 to 6 thick slices. Place the slices between paper towels or in a kitchen towel. Press to remove as much water as possible. Mix garam masala, turmeric, salt and garlic in a bowl. Lightly rub the mixture on the tofu slices. Cut the slices into 3/4- to 1-inch cubes. Add cornstarch and toss to coat. Preheat the oven to 400°F. Place the tofu on parchment lined sheet. Bake for 20 to 25 minutes and set aside. Bake longer for crisper tofu.

**2. Sauce:** Combine the onion, chile, garlic, ginger, 1/4 cup cashews, almonds, seeds, and water in a saucepan over medium-high heat. Bring to a boil and cook partially covered until the onions get soft, 11 to 13 minutes.

**3.** Cool slightly, and transfer the onion mixture to a blender. Blend until smooth and set aside.

**4.** Heat a large skillet over medium heat. When the skillet it hot, add bay

leaves, cinnamon, cloves, caraway seeds, and cardamom, if using. Dry roast the spices, until the bay leaves change color, 1 minute.

**5.** Add the blended onion puree, 1/4 cup cashews, garam masala, coriander, turmeric, cayenne, saffron, lemon juice, salt, and sugar to the skillet. Cook until the mixture comes to a boil and thickens slightly, 10 minutes.

**6.** Add the baked tofu to the skillet.

Mix to coat. Taste and adjust the salt and spices, if needed. Add some almond milk if the sauce is too thick. Cook for 2 minutes to heat the tofu. Garnish with cilantro (not optional). Discard bay leaves and cinnamon stick just before serving.

---

**To make with oil:** Cook the whole spices in 1 teaspoon oil at Step 4.

**To make lower-fat:** Omit the cashews from the onion sauce. Use

peas instead of the 1/4 cup cashews at step 5.

**Variation:** Add pressed and cubed tofu or cooked chickpeas or blanched chunky vegetables at Step 6. Add 1/4 cup almond milk. Cover and cook for 10 to 15 minutes. Garnish and serve.

# Mango Curry Tofu

**Prep: 20 minutes | Active: 25 minutes | Inactive: 20 minutes | Serves 4**

Mangoes are abundant in India, where they are always juicy and sweet. In the United States, mangoes can be a bit tart. For desserts or

curries like this one, I prefer mango pulp or puree in canned or bottled form. You can use a ripe mango, if you prefer, but be sure to puree it well before using. This is a simple recipe but the resulting dish is very alluring with its sweet and spicy sauce. It can easily be made soy-free. (See another photo on cover.)

**TOFU:**

**14 ounces firm tofu**

**2 teaspoons safflower or other neutral oil**

1/4 teaspoon cayenne

1/4 teaspoon ground cinnamon

1/2 teaspoon Garam Masala (here)

1/4 teaspoon salt

## CURRY:

3/4 cup chopped red onion

1 (1-inch) knob of ginger

3 cloves garlic

2 tablespoons water

1 teaspoon safflower or other neutral oil

1/4 teaspoon cumin seeds

2 bay leaves

4 cloves

1 1/4 cups canned or culinary

coconut milk

3/4 cup ripe mango pulp or puree (unsweetened or lightly sweetened canned)

1/2 teaspoon salt

2 teaspoons apple cider vinegar

Generous dash of black pepper

1/4 teaspoon Garam Masala (here), for garnish

2 tablespoons chopped cilantro, for garnish

**1. Tofu:** Cut the tofu slab into 1/2-inch slices. Place them on a clean kitchen towel. Cover with another

kitchen towel. Place a 10-pound (approximate) weight on top and let sit for 10 minutes. Alternatively, you can use pressed tofu. Cut the tofu slices into 1/2-inch cubes.

**2.** Heat the oil in a large skillet over medium heat. When the oil is hot, tilt the skillet so the oil coats it evenly. Add the tofu and cook until lightly brown on some sides, stirring occasionally, 4 minutes. Add the cayenne, cinnamon, garam masala,

and salt and mix well to coat. Cook for another 2 minutes and set aside.

**3. Curry:** In a blender, combine the onion, ginger, and garlic and blend into a smooth puree with 2 tablespoons of water. Heat the oil in a large skillet over medium heat. When the oil is hot, add the cumin seeds, bay leaves, and cloves. Cook for 1 minute. Add the pureed onion and cook until the onion mixture is dry and does not smell raw. Stir

occasionally to avoid sticking, 13 to 15 minutes. Add the coconut milk, mango pulp, salt, and vinegar and mix well. Add the tofu and all the spices from the tofu skillet to the sauce skillet. Add a dash of black pepper.

**4.** Mix, cover and cook until the sauce comes to a boil, 5 minutes. Reduce the heat to low and cook uncovered until the sauce thickens and desired consistency is achieved,

about 15 minutes. Taste and adjust the salt and tang. Add 1/2 teaspoon or more sugar if the mango pulp was not sweet. Garnish with cilantro and a dash of garam masala and serve hot.

---

**Soy-Free Variation:** Replace the tofu with 2 cups cooked chickpeas, 2 1/2 to 3 cups chopped vegetables, or 8 ounces hemp seed tofu.

# Goan Tempeh Curry

**Prep: 15 minutes (+1 hour marinate) | Active: 15 minutes | Inactive: 30 minutes | Serves 4 to 6**

Goa is a coastal state on the west coast of India. The cuisine of Goa is influenced by four hundred years of

Portuguese colonialism and international techniques. This curry shows some of this influence with its tangy notes from red wine vinegar and pickle flavors from ground mustard and cumin. Tempeh works beautifully in this recipe, although you can use vegetables and beans instead. The sauce usually gets absorbed by the tempeh, making this a less saucy dish. Serve with coconut red lentil dal, amti dal, plain rice, or flatbread. Use vegetables, beans or

soy-free tempeh to make this soy-free.

**1 1/2 teaspoon cumin seeds**

**1 1/2 teaspoon brown or black mustard seeds**

**1/4 to 1/2 teaspoon cayenne**

**1/2 teaspoon ground turmeric**

**2 teaspoons sweet paprika**

**3/4 to 1 teaspoon salt**

**5 cloves garlic minced**

**2 to 3 tablespoons red wine vinegar or coconut vinegar**

**1 1/2 cups water**

**2 (8-ounce) packages tempeh, cut**

into 1/2-inch dice

2 teaspoons safflower or other neutral oil

2 cups thinly sliced red or white onion

pinch of sugar

1. Grind the cumin and mustard seeds together into a coarse powder. In a bowl, combine the ground cumin, mustard, cayenne, turmeric, paprika, salt, garlic, and 2 tablespoons vinegar and mix well. Mix in the water and tempeh.

Marinate for 1 hour or overnight.

**2.** Heat the oil in a large skillet over medium heat. Add the onion slices, a pinch of salt, and a pinch of sugar. Cook until translucent, 8 to 9 minutes. Stir occasionally. Add the tempeh with the marinade, reduce the heat to medium-low, cover, and cook until most of the liquid is absorbed, 25 to 35 minutes. Stir once about halfway through. Taste and adjust the salt and tang. Add a splash

of vinegar, if needed.

# Potato Veggie Balls in Garlic Fenugreek Sauce

*Lasooni Methi Kofte*

**Prep: 20 minutes | Active:**

**25 to 40 minutes |**
**Inactive: 10 minutes |**
**Serves 4**

This sauce was voted the best simmer sauce by my recipe testers and is a perfect addition to a festive Indian meal. The sauce alone is delicious served over chickpeas in lettuce cups. I like coconut milk in this sauce as it adds the needed creaminess. Those 12 garlic cloves make this sauce finger-licking good. The kofta balls are a simple mash of

veggies that can be baked or pan-fried. Serve with flatbreads or cumin-scented rice. It can be made gluten-free with gluten-free breadcrumbs or oat flour and nut-free with coconut milk.

## KOFTAS:

**1 recipe Veggie Potato Cutlet mixture (here)**

**Breadcrumbs for dredging (optional)**

**Safflower or other neutral oil, as needed**

## SAUCE:

3 teaspoons safflower or other neutral oil, divided

12 to 14 cloves garlic, coarsely chopped

1 cup chopped red onion

1/2 cup chopped tomato, fresh or canned

1/2 teaspoon ground turmeric

1/4 to 1/2 teaspoon cayenne

1 1/2 cup coconut or almond milk

2 bay leaves

1 teaspoon Garam Masala (here)

2 teaspoon dried fenugreek leaves

1/2 to 1 teaspoon salt

1/2 teaspoon sugar

**2 tablespoons chopped cilantro, for garnish**

**1. Koftas:** Prepare the potato-veggie mixture according to the instructions here. Instead of making patties, shape the mixture into about 20 (1- to 1 1/2-inch) balls. Coat the balls in breadcrumbs (optional).

**2. To bake:** Preheat the oven to 425°F. Place the balls on a parchment-lined baking sheet. Spray or brush with oil. Bake for 10 to 12

minutes. Broil for 1 to 2 minutes to brown, if needed.

**3. To panfry:** Heat 2 teaspoons oil in a skillet over medium heat. Panfry the balls for 4 to 6 minutes or until golden on all sides and keep aside.

**4. Sauce:** Heat 2 teaspoons oil in a skillet over medium heat. Add the garlic and cook until slightly golden on some edges, 2 to 3 minutes. Add the onion and cook until golden, 7 minutes, stirring occasionally.

Reserve 1 teaspoon of the onion-garlic mixture to use as garnish later (optional). Add the tomato, turmeric, and cayenne, and mix well. Cook until the tomatoes are saucy, 5 minutes. Cool slightly. Transfer the mixture to the blender. Add the coconut or almond milk, and blend until smooth. Set aside.

**5.** Heat 1 teaspoon oil in the skillet over medium. Add bay leaves, garam masala, and fenugreek leaves. Cook

until fragrant, about 1 minute. Add the pureed mixture from step 4. Add the salt and sugar and mix well. Bring to a boil and cook for 5 to 6 minutes. Taste and adjust the salt, spices and sweetness, if needed. Add more coconut milk or water if the sauce is too thick.

**6.** Toss the kofta balls in the sauce and serve hot. Garnish with cilantro and reserved roasted onion garlic. Store the koftas and sauce separately

in the refrigerator. Heat and serve together.

# Butter Seitan Curry

## *Seitan Makhani*

**Prep: 20 minutes | Active: 25 minutes | Inactive: 15 minutes | Serves 4**

SF NF E

Butter chicken, or murgh makhani, is a classic staple with a flavor profile

from Punjabi cuisine. A variation of the original recipe can be found in most Indian restaurants worldwide. Seitan is great in this recipe. It tastes best when the seitan has had some time to sit in the sauce. Use thinly sliced seitan or a plant-protein ingredient such as Beyond Meat strips. The sauce also works beautifully with cooked beans, cooked lentils, tofu, or tempeh. Serve with flatbread or rice or make tacos with fresh salsa. Use pumpkin seeds

to make it nut-free. Use a gluten-free protein to make it gluten-free.

**SEITAN:**

**1 teaspoon safflower or other neutral oil**

**8 ounces seitan, thinly sliced (2 cups)**

**1/4 teaspoon salt**

**1/2 teaspoon Garam Masala (here)**

**SAUCE:**

**2 teaspoons safflower or other neutral oil**

**1/2 teaspoon cumin seeds**

**1/2 teaspoon coriander seeds**

1 bay leaf

8 cloves garlic, coarsely chopped

1 cup chopped red onion

1 (1-inch) knob of ginger, chopped

1/2 teaspoon turmeric

1/4 to 1/2 teaspoon cayenne

1 teaspoon Garam Masala (here)

1 1/2 cup chopped tomato, fresh or canned

1/4 cup raw cashews

1/2 to 1 teaspoon salt

1 cup water or use nondairy milk for richer sauce

1 1/2 teaspoons dried fenugreek leaves

1/2 teaspoon sugar

2 tablespoons chopped cilantro, for garnish

**1. Seitan:** Heat the oil in a large skillet over medium heat. Add the seitan strips, salt, and garam masala. Cook for 5 minutes. Stir occasionally. Set aside.

**2. Sauce:** Heat the oil in a separate large skillet over medium heat. Add the cumin, coriander, and bay leaf. Cook for 1 minute. Add the garlic

and cook until slightly golden on some edges, 2 minutes. Add the onion and ginger, and cook until golden, 7 minutes, stirring occasionally. Add the turmeric, cayenne, and garam masala, and mix for a few seconds. Add the tomato, cashews, and salt and cook until the tomatoes are saucy, about 5 minutes. Stir occasionally to avoid sticking. Cool slightly, then transfer to a blender.

**3.** Blend the mixture with water until smooth. Pour the sauce into the same skillet and heat over medium heat. Stir in the seitan, fenugreek leaves, and sugar. Reduce the heat to medium-low, cover, and cook until the sauce thickens and the seitan absorbs the flavors, 20 to 25 minutes. Taste and adjust the salt and spices, if needed. Garnish with cilantro and serve.

---

**Variation:** Replace the seitan with 1

cup of vegetables such as green beans, mushrooms, broccoli, or cauliflower at Step 3.

**Note:** See the 15-minute makhani sauce here and a richer version here.

# Rainbow Chard and Peas in Creamy Sauce

*Chard Malai Mutter*

**Prep: 20 minutes| Active:**

20 minutes | Inactive: 15 minutes | Serves 4

SF GF E

One of my favorite ways to use fresh fenugreek greens was with peas in a creamy sauce. The sauce had a good amount of cream, butter, and sometimes grated paneer cheese. This recipe uses rainbow chard, which is readily available in the Northwest and other areas. Dried fenugreek leaves add the methi flavor and cashews make the cream. The result is this lovely Chard Malai

Mutter. You can serve it like a dip with pita chips, too. Serve with naan or rice.

**Note:** Dried fenugreek leaves can make a dish salty, so use less fenugreek and salt to begin if you are not familiar with the flavor. Dried fenugreek is used often in this chapter and does not have a good substitute. You could use ground mustard to taste, but I suggest ordering dried fenugreek leaves

online for best results.

- 2 teaspoons safflower or other neutral oil
- 1 cup finely chopped white onion
- 1 Serrano or bird's-eye chile, chopped
- 5 cloves garlic, finely chopped
- 1 (1-inch) knob of ginger, chopped
- 1/2 teaspoon ground cumin
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground cardamom
- 3 1/2 cups packed chopped chard or other greens
- 1 1/4 to 1 1/2 tablespoons dried fenugreek leaves or 1/2 cup fresh

fenugreek leaves

1 to 1 1/2 cups fresh or frozen green peas, thawed if frozen

1/2 cup soaked cashews (soaked for 15 minutes)

1 1/4 cups nondairy milk

1/2 to 1 teaspoon salt

1/2 to 1 teaspoon raw sugar or other sweetener

1 teaspoon Kashmiri garam masala blend (or 1/4 teaspoon black pepper, 1/2 teaspoon ground coriander, 1/8 teaspoon nutmeg, and 1/8 teaspoon ground cloves)

1/4 teaspoon paprika, for garnish

1. Heat the oil in a skillet over medium heat. Add the onion, chile, ginger, and garlic and cook until onion is golden, 6 to 8 minutes. Stir occasionally. Add the cumin, cinnamon, and cardamom and mix well. Stir in the chard and fenugreek. Cover and cook until almost wilted, about 4 minutes. Add the peas, mix well. Reduce the heat to low.

2. In a blender, combine the soaked cashews and nondairy milk and

blend until smooth. Add the cashew cream, salt, and sugar and Kashmiri garam masala to the pan. Add less salt to begin with, if using bitter greens. Mix and cook over low heat until the cream just comes to a boil, 10 to 15 minutes. Taste and adjust the salt and spice. Add more water or nondairy milk for a more saucy consistency. Garnish with paprika. Serve hot.

---

**Variations:** Add 1/2 cup raw

cashews with the peas for Cashew Chard and Peas in Cream Sauce (Kaju Mutter Malai). Add 1/2 cup shredded firm or extra-firm tofu with the peas for some texture. You do not need to soak the cashews if using a high-speed blender such as a Blendtec.

# Tofu in Spinach Curry

## *Palak Tofu*

**Prep: 15 to 20 minutes |**
**Active: 15 minutes |**
**Inactive: 15 minutes |**
**Serves 4 to 5**

GF E

Palak paneer is one of the most

popular paneer curries. Fresh or lightly-fried paneer is cooked in a smooth spinach curry. I use firm tofu to make my vegan version, which is also easier than the traditional recipe. This recipe takes less than 10 minutes to put together if you have a bunch of prewashed baby spinach or greens. Crisp up the tofu with spices, blend all the sauce ingredients, give it a good boil, and serve. Dress with cashew cream and serve with naan or rice. Use Chickpea Tofu (here) or

cooked chickpeas or beans or vegetables to make this soy-free. For a cheesy flavor in the sauce, add nutritional yeast.

**TOFU:**

**2 teaspoons safflower or other neutral oil**

**14 ounces firm tofu, drained, pressed, and cut into 3/4inch dice**

**1/2 teaspoon salt or to taste**

**3/4 teaspoon ground cumin**

**1 teaspoon Garam Masala (here)**

**1 teaspoon garlic powder**

1/8 teaspoon Indian black salt, optional

3/4 teaspoon cayenne, or to taste

## SPINACH CURRY:

4 cups packed fresh spinach, chopped if large or 3 cups frozen (thawed and squeezed)

3/4 cup water

3/4 cup almond milk or coconut milk

1/4 cup soaked cashews, soaked for 15 minutes or 1/4 cup ground raw cashews

6 cloves garlic

1 (1 1/2-inch) knob of ginger

1 serrano or other hot green chile

(remove seeds to adjust heat, if needed)

2 large tomatoes, chopped (2 cups)

3/4 teaspoon salt, or to taste

1 1/2 teaspoon raw sugar or maple syrup

1 teaspoon Garam Masala (here)

1/4 to 1/2 teaspoon ground cinnamon

2 tablespoons cashew cream, for garnish

1/4 teaspoon red pepper flakes, for garnish

**1. Tofu:** Heat the oil in a large skillet over medium heat. Add the cubed

tofu, stir to coat, and cook for 2 to 3 minutes. Reduce the heat to medium-low. Add salt, cumin, garlic, garam masala, kala namak, and cayenne, stirring to coat. Cook for 9 to 10 minutes, partially covered, to crisp some edges. Set aside.

**2. Spinach Curry:** Wash the spinach and add to a blender. Add all the other curry ingredients to the blender except cashew cream and red pepper flakes. Blend into a smooth puree.

Add the puree to the skillet with the tofu. Mix well. Cook covered over medium-low heat until the raw garlic smell is not detectable and desired consistency is achieved, 12 to 15 minutes. Taste and adjust the salt and spices, if needed. Drizzle the cashew cream on top and sprinkle with the red pepper flakes. Serve hot.

---

**To make this nut-free:** Use full-fat coconut milk instead of almond milk and omit the cashews.

**To make this with tempeh:** Steam the tempeh according to instructions here. Add the spices for the tofu and oil to the skillet with the steamed tempeh and cook until golden on some edges, about 5 minutes. Add the blended spinach curry and cook for 20 to 25 minutes over medium-low heat.

**To make this with vegan paneer:** Skip step 1, add spices to hot oil in a large skillet, add the blended spinach

puree. Cook for 10 minutes. Add vegan paneer cheese and cook for 5 minutes. Serve hot.

**To make sarson ka saag:** Omit the tofu, use 2 cups mustard leaves and 2 cups spinach and follow the recipe. Dress with melted vegan butter or olive oil and serve.

# Vegetables in Luxurious Royal Sauce

*Restaurant-Style Navratan Korma*

**Prep: 25 minutes | Active:**

35 minutes | Inactive: 10 to 20 minutes | Serves 4 to 6

SF GF E

Navratan Korma is a rich dish that literally translates to “nine-gem curry.” The gems are the vegetables, fruits, and nuts. Mughlai dishes are usually over-the-top and include dried fruit and nuts and heavy cream or coconut milk. These Mughlai dishes such as korma and makhani were made to serve kings and queens. For this restaurant-style

version, some tomato is usually added for color. Make this version when appearance matters (for kids), and the white sauce version (here) for the traditional flavors. Serve with puffy naan or other flatbreads. You can reduce the active time by starting the sauce during Step 1 while the water is heating.

**5 cups chopped vegetables (potatoes, cauliflower, carrots, green beans, peas, zucchini, red bell pepper, corn, broccoli or others)**

2 teaspoons safflower or grapeseed oil

Seeds from 3 cardamom pods (1/4 teaspoon)

8 cloves

2 bay leaves

1 medium red or white onion, chopped (3/4 cup)

1 (2-inch) knob of ginger, chopped

7 cloves garlic, coarsely chopped

4 medium tomatoes, chopped (3 cups)

1/2 cup raw cashews

1/4 teaspoon ground turmeric

1 teaspoon ground coriander

1/2 teaspoon Garam Masala (here)

1/4 to 1/2 teaspoon cayenne

1 1/2 cups water

3 to 4 tablespoons golden raisins or other dried fruit

2 tablespoons chopped pistachio or cashews or almond slivers

1 1/4 to 1 1/2 teaspoons salt

1/4 teaspoon raw sugar

2 tablespoons chopped cilantro, for garnish

2 tablespoons chopped nuts, for garnish

1. Bring 4 quarts of water to a rolling boil in a large pot. Add the potatoes

first, if using, and cook for 2 minutes. Add rest of the vegetables and cook for 4 minutes. Drain and set aside.

**2.** Heat the oil in a large skillet over medium heat. Add the cardamom seeds, cloves, and bay leaves, and cook until fragrant. Add the onion, ginger, and garlic and cook until translucent, about 6 minutes. Add the tomatoes and cashews and cook until tomatoes are saucy, 7 minutes. Stir in

the turmeric, coriander, garam masala, and cayenne. Cool slightly then transfer to a blender. Add the water and blend into a smooth puree.

3. Add the puree back to the skillet over medium heat. Add the blanched veggies, raisins, nuts, salt, and sugar. Cook over medium heat until the sauce comes to a good boil, 4 to 5 minutes. Taste and adjust the salt and spices, if needed. Check whether the larger veggies are done and cook a

few minutes longer if needed to thicken the sauce to your preference. Serve garnished with cilantro and chopped nuts.

---

## Variations:

- Add 1/4 cup chopped pineapple or pomegranate seeds with the raisins.
- Fry the nuts and raisins in 1 teaspoon of oil until golden and then add them to the

sauce at Step 3 with the vegetables.

# Vegetables and Nuts in Luxurious White Sauce

*Navratan Korma*

**Prep: 25 minutes | Active:**

**25 minutes | Inactive: 25 minutes | Serves 4 or more**

SF GF E

Korma has many variations, depending on the region, restaurant, and other factors. This version uses onions and cashews to make the sauce, and does not need the extra step of blanching the vegetables. The white sauce is more traditional than the usual orange sauce that might be used in most restaurants (here). Serve with puffy naans or other

flatbreads.

- 3 teaspoons safflower or other neutral oil, divided
- Seeds from 2 to 3 cardamom pods (1/4 teaspoon seeds)
- 7 cloves
- 2 bay leaves
- 2 1/2 cups chopped red or white onion
- 1 (2-inch) knob of ginger, chopped
- 5 cloves garlic, chopped
- 1/2 cup raw cashews
- 2 1/2 cups water, divided
- 1 teaspoon ground coriander
- 1/2 teaspoon Garam Masala (here)

1/4 to 1/2 teaspoon cayenne

5 cups chopped vegetables (cauliflower, potato, carrot, green beans, pressed tofu, peas, zucchini, red bell pepper, corn, edamame, broccoli, or eggplant)

3/4 to 1 1/4 teaspoon salt

1/4 teaspoon raw sugar

3 to 4 tablespoons golden raisins or other dried fruit, divided

3 tablespoons chopped pistachio or cashews or almond slivers, divided

1. Heat 2 teaspoons of oil in a large skillet over medium heat. Once the

oil is hot, add the cardamom seeds, cloves, and bay leaves. Cook until fragrant, about 1 minute. Add the onion, ginger, and garlic and cook for 2 minutes. Add the cashews, then stir in 1 cup of water and bring to a rolling boil, about 5 minutes. Cook until the cashews are slightly tender, about 2 minutes. Cool the mixture slightly, then transfer to a blender and blend to a smooth paste. Set aside.

**2.** In a large skillet, add the remaining 1 teaspoon oil and heat over medium heat. Add the ground coriander, garam masala, and cayenne and cook for a few seconds until fragrant. Stir in the onion-cashew mixture and cook until the mixture thickens and starts to leave the edges, 10 to 12 minutes.

**3.** Add the vegetables and 1 1/2 to 2 cups of water to cover most of the vegetables. Add salt and sugar. Mix

well, cover, and cook over medium heat for 15 minutes. Taste and adjust the salt, sweetness, and spices, if needed. Add 3 tablespoons of raisins and 2 tablespoons of the nuts. Cover and continue to cook until the vegetables are tender, 10 minutes. Serve garnished with the remaining raisins, if desired and the chopped nuts.

---

## Variations:

- Fry the nuts and raisins in 1 teaspoon of oil until golden and then add them to the sauce at step 3 after adding the vegetables.
- Add 1/4 cup chopped pineapple or pomegranate seeds along with the raisins.

**Navratan Korma shown with Aloo**

# Paratha (here)

# Tempeh Tikka Masala

**Prep: 20 minutes | Active: 30 minutes | Inactive: 20 minutes | Serves 4**

GF E

Tikka masala, butter masala, and makhani sauces are often used interchangeably in restaurants. The origins of the tikka masala stem from

the butter masala/makhani versions made in Punjab, North India and in Pakistan. Makhani and butter masala sauce are usually creamier with more butter and cream or cashew paste, tikka masala is made tangier with more tomatoes.

- **8 ounces tempeh, cut into 1/2-inch dice and steamed with spices (here)**
- **3 teaspoons safflower or other neutral oil, divided**
- **1 medium red onion, chopped (3/4 cup)**

1 teaspoon Garam Masala (here)

1/2 teaspoon paprika or Kashmiri red chile powder

1 teaspoon ground coriander

Generous pinch of asafetida (omit to make gluten-free)

2 teaspoons dried fenugreek leaves

1/2 teaspoon ground turmeric

4 medium tomatoes, chopped (3 cups)

1 (1-inch) knob of ginger, chopped

6 cloves garlic

1 hot green chile, chopped (remove seeds to adjust heat)

1/2 teaspoon raw sugar (omit if yogurt is sweetened)

**3/4 teaspoon salt or to taste**

**1/2 cup plain nondairy yogurt (unsweetened or lightly sweetened)**

**1/4 cup water or nondairy milk**

**1 teaspoon apple cider vinegar**

**2 tablespoons chopped cilantro, for garnish**

1. Add the steamed tempeh and 1 teaspoon oil to a small skillet over medium heat. Cook until some edges are golden, 3 minutes. Set aside.

2. Heat the remaining 2 teaspoons of

oil in a large skillet over medium heat. Add the onion and cook until golden, stirring occasionally, 7 minutes. Add the garam masala, paprika, ground coriander, asafetida, fenugreek leaves, and turmeric and mix well. Cook for 2 minutes to infuse the oil.

**3.** In a blender, combine the tomatoes, ginger, garlic, and chile and blend into a smooth puree. Add the puree to the skillet and cook over

medium heat until the mixture thickens, and leaves oil on the sides, 17 to 20 minutes. Stir occasionally.

4. Add the tempeh, sugar, salt, yogurt, and water. Mix well. Stir in the vinegar, cover, and bring to a boil, 8 to 10 minutes. Taste and adjust the salt, tang, and spices, if needed. Reduce the heat to low and cook until the sauce reaches the desired consistency, 10 to 15 minutes. Remove from the heat and

serve hot, garnished with cilantro.

---

**Variations:** Add chopped greens or kale at Step 4 with the tempeh.

Instead of tempeh, use tofu, vegetables, kofta balls, or cooked chickpeas in this delicious sauce.

**To make with tofu:** Follow Steps 2 through 4. Drain and press 14 ounces of tofu to remove excess liquid. Cut it into 1/2-inch dice.

# Whole Roasted Cauliflower with Makhani Gravy

## *Gobi Musallam*

**Prep: 20 minutes | Active: 25 minutes | Inactive: 45 minutes | Serves 4 to 5**

SF GF

Gobi Musallam (cauliflower that has been roasted whole) is a fantastic centerpiece. The whole cauliflower head is lightly blanched then drenched with the luscious Mughlai-inspired makhani sauce and baked. When roasted, the whole cauliflower looks gorgeous and smells divine. The makhani curry is decadent, creamy, buttery, and fantastic. You can serve the cauliflower as is, or sliced with some sauce on the side. Serve with naan, other flatbread,

salads, rice, or quinoa. This recipe has been made often for the holidays by many of my readers. For a quicker cook time, cook cauliflower florets and the blended sauce in a skillet over medium heat for 15 to 20 minutes.

**CAULIFLOWER:**

**1 medium head cauliflower (leaves and tough stem removed)**

**3 to 4 quarts water**

**2 teaspoons salt**

**1/2 teaspoon turmeric**

1/2 teaspoon cayenne (optional)

## SAUCE:

2 teaspoons safflower or other neutral oil

3/4 cup red onion, chopped

1 (1-inch) knob of ginger, chopped

6 cloves garlic, chopped

1 dried red chile or 1/2 teaspoon red pepper flakes

1 teaspoon Garam Masala (here)

1/2 teaspoon ground cumin

1/2 teaspoon ground coriander

1/2 teaspoon ground turmeric

3 medium tomatoes, chopped (2 1/2 cups)

- 3/4 teaspoon salt, or to taste
- 1/4 teaspoon raw sugar or 1/2 teaspoon maple syrup
- 1 tablespoon dried fenugreek leaves or 1/4 teaspoon fenugreek seeds
- 3/4 cup coconut milk
- 1/4 cup ground raw cashews or 1/3 cup soaked cashews (soaked for 30 minutes)

**1. Cauliflower:** Bring a large pot of water to a boil. Use enough water so the entire cauliflower can be immersed in it. Add salt, turmeric

and cayenne (if using) to the water. Place the cauliflower in the boiling water. Cover and cook for 3 minutes, then flip and cook for 3 minutes. Blanching ensures that the center of the cauliflower gets cooked through during roasting.

**2. Make the sauce:** Heat the oil in a large skillet over medium heat. Add the onion and cook until golden, 6 to 7 minutes. Add the ginger, garlic, and chile and cook for 2 minutes.

Stir in the garam masala, cumin, coriander, and turmeric and mix. Add the tomatoes, salt, sugar, and fenugreek leaves. Mix well, then cover and cook until saucy, stirring occasionally, 8 to 9 minutes. Mash the larger tomato pieces.

**3.** Cool slightly, and then transfer to a blender. Add the coconut milk and cashews and blend into a smooth thick puree. Add a few tablespoons of water if the sauce is too thick.

Taste and adjust the salt and spices, if needed, and set aside. Preheat the oven to 400°F.

**4.** Oil a baking dish, if desired. Place the blanched cauliflower in the baking dish. Pour some puree between the florets by separating the florets with your hands and letting the sauce flow in. Slowly pour the thick puree on top to cover the entire head of the cauliflower. Some sauce will fall on the side. Keep about a

third or a quarter of the sauce to serve on the side later.

**5.** Bake for 30 minutes, then turn the dish around, drizzle some more sauce on the cauliflower and bake another 15 minutes. Bake until the cauliflower is dry to touch, a toothpick goes through easily, and the sauce on the side thickens a bit.

**6.** Heat the remaining sauce over medium heat to just about a boil and serve on the side. Add blanched

vegetables to the sauce if desired. To serve, slice a large chunk of the cauliflower. Dress with sauce.

---

**Variations:** To make nut-free: Use 3 tablespoons coarsely ground pumpkin or sunflower seeds. Or use 1/4 cup coconut cream mixed with 2 teaspoons cornstarch.

# Chickpea Tofu in Spicy Madras Sauce

*Tofu Madras Chile Masala*

**Prep: 20 minutes | Active:**

SF NF

20 minutes | Inactive: 30 minutes | Serves 4

GF E

Madras curry or chile masala is one of those deep-flavored curries that might not be frequently found in restaurants. It most likely originated in Britain, and is a spicier, South Indian influenced cousin of tikka masala sauce. Because of the heat, this sauce is not for the faint of heart. To reduce the heat, use fewer black peppercorns and/or red chiles. Serve with rice and raita or yogurt to

balance the heat. Reduce the heat to make it kid-friendly. This recipe uses chickpea tofu which is made of chickpea flour, although any tofu would work here. You can use pressed firm or super-firm tofu, steamed tempeh, or vegan paneer. If you can find madras curry powder, you can use 2 to 3 teaspoons of that instead of the dry spice mix in the recipe.

## SPICE MIX:

**1 tablespoon coriander seeds**

1 teaspoon cumin seeds

1/2 teaspoon black mustard seeds

1/4 teaspoon fenugreek seeds

1/4 to 1/2 teaspoon black peppercorns

3 to 5 dried red chiles

1/2 teaspoon ground cardamom

1/4 to 1/2 teaspoon ground cinnamon

1/4 to 1/2 teaspoon turmeric

1/2 teaspoon sweet paprika

## SAUCE:

2 teaspoons safflower or other neutral oil

1 1/2 cups chopped red onion

10 curry leaves

5 cloves garlic, chopped

1 (1-inch) knob of ginger, chopped

3 medium tomatoes, chopped (3 cups)

3 cups diced Chickpea Tofu (here)

1 cup fresh or frozen green peas, thawed if frozen

1 teaspoon salt, or to taste

1 1/2 teaspoon sugar

1/2 cup water

1 teaspoon lemon juice

2 tablespoons chopped cilantro, for garnish

**1. Make the spice mix:** Heat a small

skillet over medium heat. Dry roast the coriander, cumin, mustard, fenugreek, peppercorns, and chiles until the coriander changes color, 2 minutes.

**2.** Grind the roasted spices with cardamom, cinnamon, turmeric, and paprika and set aside.

**3. Make the sauce:** Heat oil in a large skillet over medium heat. Add the onion, curry leaves, garlic, and ginger and cook until lightly golden,

8 minutes

**4.** Transfer the onion mixture to a blender. Add the tomato and ground spices and blend until smooth. Add a few tablespoons of water, if needed.

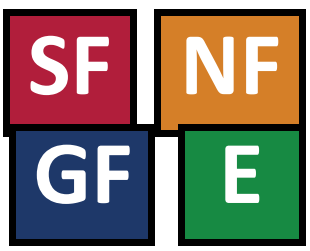
**5.** Return the blended mixture to the pan and cook over medium heat until it leaves the edges of the pan and smells well roasted, 20 to 25 minutes. Be sure to roast well so the spices do not overpower the sauce.

6. Add the chickpea tofu, peas, salt, sugar, lemon juice, and water. Mix well, cover and cook until the sauce thickens and coats the tofu, about 8 minutes. Garnish with cilantro and serve hot.

# Vegetables in Smoky Tomato Sauce

*Vegetable Jalfrezi*

**Prep: 20 minutes | Active: 30 minutes | Inactive: 15 minutes | Serves 4**



Cauliflower is used in many recipes because the local Indian vegetables that may normally be used in some of the dishes are not easily available in the U.S. So instead of searching for canned or frozen tindora, gourds, or other hard-to-find veggies, cauliflower it is. Jalfrezi recipes originally came about as a way of using up leftovers by frying them in chiles and onion over high heat. The resulting dish usually is spicy and smokyroasted in flavor. Serve with

naan, rice, or other grains. For a quicker version, skip the blanching. Cook the vegetables with the sauce until tender, 15 to 20 minutes.

**2 1/2 cups small cauliflower florets**

**1 cup chopped or thinly sliced carrots**

**1/2 cup chopped green beans or broccoli**

**3 teaspoons safflower or other neutral oil, divided**

**3/4 cup sliced red onion**

**1 red bell pepper, sliced**

**1/8 teaspoon salt**

1/2 teaspoon liquid smoke or 1/4 teaspoon chipotle pepper flakes

1/2 teaspoon chipotle pepper powder or flakes

1/2 teaspoon cumin seeds

1 (1-inch) knob of ginger, minced

2 cloves garlic, minced

1 teaspoon ground coriander

1/2 teaspoon Garam Masala (here)

1/2 teaspoon hot paprika or smoked paprika

3 large tomatoes, chopped (2 1/2 cups) or fireroasted canned tomatoes

1 (15-ounce) can chickpeas, rinsed and drained

1/2 cup fresh or frozen green peas, thawed if frozen

1/2 teaspoon apple cider vinegar

3/4 to 1 teaspoon salt or to taste (use less salt if using salted chickpeas)

1 teaspoon dried fenugreek leaves (optional)

1/4 cup water

2 tablespoons chopped cilantro, for garnish

1. Bring a pot of 2 or more quarts of water to a boil. Blanch the cauliflower, carrot, and green beans

in the boiling water for 5 to 6 minutes. Strain the veggies and set aside.

**2.** Heat 2 teaspoons of oil in a large skillet over medium-high heat. Add the onion and cook for 4 minutes, stirring frequently. Add bell peppers and salt, and cook, stirring, until the onions and peppers start to brown on the edges, 5 to 7 minutes. Stir in the liquid smoke and chipotle pepper flakes. Remove the onions and

peppers from the pan and set aside.

**3.** In the same pan over medium-high heat, add 1 teaspoon oil. When the oil is hot, add the cumin seeds and cook until fragrant, 30 seconds. Add the ginger and garlic and cook for 1 minute. Add the ground coriander, garam masala, and paprika and cook for 1 minute. Add the tomatoes, and cook until saucy, about 7 minutes, stirring occasionally. Mash the larger tomato pieces. Add the chickpeas

and peas, and mix well. Cover and cook until the chickpeas are tender, about 7 minutes. Add the vinegar, salt, and fenugreek leaves. Add the blanched veggies, golden onions, and peppers from Step 2, and the water and stir to coat.

4. Cover and cook until the sauce comes to a boil, 3 to 4 minutes. Taste and adjust the salt and spices, if needed. Serve hot garnished with cilantro.

# Kofta Balls in Nut-Free Cream Sauce

*Malai Kofta*

**Prep: 25 minutes | Active: 40 minutes with koftas and sauce cooked in parallel | Inactive: 10**

SF NF GF

**minutes | Serves 4**

The kofta balls are baked and contain chickpeas and hemp seeds. Though they are nut-free, you can use ground pumpkin seeds or ground cashews or other nuts instead. The sauce is made creamy with cauliflower and hemp seeds to simulate the dairy-like creaminess. The easiest way to make a vegan malai kofta is to replace the paneer in the kofta balls with tofu, and the cream in the sauce with

cashew cream. You can also use makhani sauce or shahi tofu sauce from this chapter.

### KOFTA BALLS:

**1/2 teaspoon cumin seeds**

**1 (15 ounce) can chickpeas, drained (or 1 1/2 cups cooked)**

**1/4 cup shelled hemp seeds or coarsely ground pumpkin seeds**

**1/2 to 3/4 teaspoon salt (use less salt if using salted chickpeas)**

**1 teaspoon Garam Masala (here)**

**1/4 to 1/2 teaspoon cayenne**

**2 cloves garlic, minced**

1 medium potato, shredded (1 cup packed)

3 tablespoons oat flour or unbleached white flour

1 tablespoon cornstarch or arrowroot

Generous pinch of baking soda

1 teaspoon safflower or other neutral oil

## SAUCE:

2 teaspoon safflower or other neutral oil

3/4 cup chopped red onion

5 cloves garlic, coarsely chopped

1 (1-inch) knob of ginger, chopped

2 cloves

1/2 teaspoon ground coriander

1 teaspoon Garam Masala (here)

1/4 teaspoon ground cinnamon

1/4 to 1/2 teaspoon red pepper flakes

1/2 teaspoon dried fenugreek leaves or 1/4 teaspoon fenugreek seed powder

1/2 teaspoon ground turmeric

2 medium tomatoes, chopped (1 1/2 cups)

1 1/2 cups small cauliflower florets

3/4 teaspoon salt, or to taste

3 tablespoons hemp seeds (or coarsely ground pumpkin or watermelon seeds, or cashews)

3/4 cup water, divided

1/2 cup nondairy milk (coconut, soy, or hemp)

1/4 teaspoon sweet paprika (optional)

A generous dash of black pepper, for garnish

2 tablespoons chopped cilantro, for garnish

**1. Koftas:** Preheat the oven to 425°F. Toast the cumin seeds in a small skillet over medium heat until they change color, 2 minutes.

**2.** In a bowl, mash the chickpeas and hemp seeds until chickpeas are well mashed but not a puree or hummus. Add the roasted cumin seeds, salt, garam masala, cayenne, and garlic and mix well. Add the shredded potato, flour, cornstarch, baking soda, and oil and use your hands to mash and mix. The potato will leak moisture in the mixture within a few seconds making it easy to make smooth balls. Do not let the mixture sit for too long at this point.

**3.** Taking 2 to 3 tablespoons of the mixture at a time, make round or oval balls 1 1/2 inches or smaller so they cook through. Place on parchment-lined baking sheet. You should have 12 to 14 balls. Brush oil on the balls and bake for 20 to 25 minutes or until golden. The balls can also be pan-fried until golden on both sides, 4 to 6 minutes. The cooked koftas can be refrigerated for up to 3 days.

**4. Sauce:** Heat oil in a large skillet over medium heat. Add the onion, garlic, ginger, and cloves and cook until golden, stirring occasionally, 7 minutes. Add the ground coriander, garam masala, cinnamon, red pepper flakes, fenugreek, and turmeric and mix well. Add the tomato, cauliflower, salt, hemp seeds, and 1/4 cup of water. Stir to combine. Cover and cook until the cauliflower is tender, 10 minutes.

5. Cool for 1 minute then transfer to a blender and blend with 1/2 cup water and the nondairy milk. Blend until smooth. Add paprika for color, if needed. Add the puree back to the skillet and bring to a boil over medium heat, 5 minutes. Taste and adjust the salt and spices, if needed. Cook for a minute or so longer until the sauce becomes thick and creamy. Add the kofta balls, tossing to coat. Serve hot garnished with black pepper and cilantro. To store,

refrigerate the kofta balls and curry separately. Heat up together in a pan just before serving.

# Chicken-Free Balti

**Prep: 15 minutes | Active: 20 minutes | Inactive: 35 minutes | Serves 4**

NF E

A balti is a type of kadhai or steel wok, though in Hindi, it literally means “bucket.” Balti sauce is a noncreamy, spicy sauce that is

popular in the United Kingdom. It has its influences from northern India, Pakistan, and England. Balti sauce also has its variations, depending on the restaurants and regions. Nigella, carom, and fenugreek seeds add incredible flavor to this sauce. I like the sauce paired with Beyond Meat brand chicken strips, seitan or tempeh. This sauce benefits from longer cooking over low heat, so let it simmer until the oil pools on top. Serve with naan or rice.

3 teaspoons safflower or other neutral oil, divided

1/2 cup sliced red bell pepper

1/4 cup sliced green bell pepper or use 1 jalapeno, seeds removed

8 ounces seitan or Beyond Chicken Strips, cut into 3/4-inch pieces (2 cups)

1/4 teaspoon Garam Masala (here)

1/2 teaspoon nigella seeds

1/2 teaspoon coriander seeds

1/4 scant teaspoon carom seeds or use cumin

1/8 teaspoon fenugreek seeds

Seeds of 2 green cardamom pods

3 cloves

6 black peppercorns

1 medium red onion, chopped (1 cup)

1 hot green chile

1 (1/2-inch) knob of ginger, chopped

6 cloves garlic, coarsely chopped

1/2 to 3/4 teaspoon salt divided

1/4 teaspoon turmeric

1/4 teaspoon cinnamon

1/2 teaspoon sweet paprika

1/4 to 1/2 teaspoon cayenne

1 1/2 cups fresh or canned chopped tomatoes

1 teaspoon lime juice

1 1/4 cups water, divided

**1/4 teaspoon sugar**

**2 tablespoons chopped cilantro, for garnish**

1. Heat 1 teaspoon of oil in a skillet over medium-high heat. Add bell peppers and cook until golden on the edges. 2 to 3 minutes. Remove the bell peppers from the skillet and set aside.

2. Add the seitan and garam masala to the same skillet. Cook for 3 minutes, stirring occasionally. Set

aside. Skip this step if using Beyond Meat.

**3.** Heat the remaining 2 teaspoons of oil in a large skillet over medium-low heat. Add the nigella seeds, coriander seeds, carom seeds, fenugreek seeds, cardamom seeds, cloves, and black peppercorns. Cook until fragrant, 3 minutes. Add the onion, chile, ginger, garlic, and 1/4 teaspoon salt. Mix well and cook until the onion is translucent, stirring

occasionally, 12 to 15 minutes. Reduce the heat to low if the onion starts to brown. Add the turmeric, cinnamon, paprika, cayenne and tomatoes. Increase the heat to medium and cook until the tomatoes are slightly saucy, 4 minutes.

**4.** Combine the onion-tomato mixture and lime juice in a blender with 1/2 cup of the water and blend until smooth. Add the mixture back into the skillet. Add the reserved

seitan or Beyond Meat, remaining water, remaining salt, and sugar. Mix well. Cover and cook over low-medium heat for 25 to 30 minutes. Add the bell peppers halfway through and mix to coat. The sauce will thicken and oil will shine on the edges. Taste and adjust the salt, spices, and lime juice, if needed. Garnish with cilantro and serve.

## Variations:

- Make this with Steamed

Tempeh (here), tofu, or chickpeas and follow the recipe.

- To make with vegetables, skip Step 1 and 2, Add vegetables at step 3 instead of seitan. Cover and cook until tender.

# Tempeh and Cauliflower

in Spicy Paprika Yogurt Sauce

*Kashmiri Rogan Josh*

**Prep: 25 minutes | Active: 20 minutes | Inactive: 15 minutes | Serves 4**

NF GF

The sauce in this dish heats you up from the inside out, which is important in the Kashmir where winter weather prevails throughout most of the year and most houses are unheated. The traditional recipes, like rogan josh, tikka masala, do pyaaza, makhani, jalfrezi, and others in this chapter, have longer lists of ingredients. The payoff, in terms of

the depth of flavor, is worth the effort. The beautiful red color of this sauce is provided by the paprika (or Kashmiri red chile powder) and roasted red peppers. To make this without yogurt, use full-fat coconut milk. Use vegetables or cooked chickpeas or beans and soy-free yogurt to make this soy-free.

**1/2 teaspoon fennel seeds**
**1/2 teaspoon coriander seeds**
**1/4 to 1/2 teaspoon black peppercorns**

## YOGURT SAUCE:

3/4 cup nondairy yogurt

1/2 cup water

1 teaspoon smoked paprika or sweet paprika

1/4 to 1/2 teaspoon cayenne

2 to 3 tablespoons roasted or fresh red bell pepper

1/2 to 3/4 teaspoon salt

1/4 teaspoon ground cardamom

1 (1-inch) knob of ginger

5 cloves garlic

## THE TEMPERING:

2 teaspoon safflower or other neutral oil

2 cassia or bay leaves

3 cloves

Seeds from 1 green cardamom

1 (2-inch) cinnamon stick

2 tablespoons water

## TEMPEH AND CAULIFLOWER:

2 cups small cauliflower florets

8 ounces tempeh, cut into 1/2-inch dice and steamed (here)

2 tablespoons chopped cilantro, for garnish

1/2 teaspoon lemon juice, for garnish

1. Combine the fennel seeds,

coriander seeds, and peppercorns in a small skillet over medium heat. Dry roast until the fennel seeds change color, stirring frequently, 1 to 2 minutes. Cool the spices, coarsely grind in a mortar and pestle or grinder, and set aside.

**2.** In a blender, combine all the ingredients for the yogurt sauce and blend well until smooth. Set aside.

**3.** Heat the oil in a large skillet over medium heat. Add all the ingredients

for the tempering and cook until the bay leaves turn golden, 1 to 2 minutes. Add the cauliflower florets and increase the heat to medium-high. Cook until the cauliflower is lightly golden on some edges, 2 minutes. Add the steamed tempeh and cook for 2 minutes.

4. Reduce the heat to medium-low. Add 2 tablespoons of water to reduce the temperature of the pan in preparation to add the yogurt sauce.

Add the yogurt sauce and ground roasted spices from step 1 and mix well.

5. Cover and cook until the cauliflower is tender and the sauce thickens, 15 to 17 minutes. Taste and adjust the salt, if needed. Cook a few minutes longer uncovered to further reduce the sauce if needed, so it forms a glaze over the tempeh and cauliflower. Garnish with cilantro and lemon juice. Discard the

cinnamon stick and bay leaves. Serve hot.

# Vegan Paneer and Spinach in Tomato Sauce

*Kadhai Vegan Paneer Palak*

**Prep: 25 minutes | Active:**

30 to 35 minutes |
Inactive: 15 minutes |
Serves 4

SF GF E

This is an easy sauce with greens that can be paired with tofu, vegan paneer, chickpea tofu, chunky vegetables, or cooked chickpeas. It can be made nut-free with tofu or cooked chickpeas. I finally developed a good vegan paneer recipe near the end of writing this book, so it is featured only in this recipe, although it can be paired with

most of the sauces in this chapter. Because the vegan paneer is somewhat delicate, it is added towards the end of the cooking time. Kite Hill brand (U.S.) Soft Original Almond Cheese also works beautifully as vegan paneer.

**2 teaspoons coriander seeds**

**2 dried Kashmiri red chiles or 1/2 to 3/4 teaspoon sweet paprika**

**1/4 to 1/2 teaspoon ground cinnamon**

**1/8 teaspoon ground cloves or 1 clove**

1/4 teaspoon ground cumin

1/4 teaspoon turmeric

1/8 teaspoon black pepper or a generous dash

1/4 cup chopped red onion

2 medium tomatoes, chopped (1 1/2 cups)

7 cloves garlic

1 (1-inch) knob of ginger

1 green chile

3/4 cup water, divided

2 teaspoons safflower or other neutral oil

1 cup packed baby spinach or other baby greens

2 tablespoons nondairy yogurt or

silken tofu

1/2 cup almond milk or other nondairy milk

3/4 teaspoon salt, or to taste

1/4 to 1/2 teaspoon raw sugar

1/2 teaspoon apple cider vinegar

1 to 1 1/2 cups vegan paneer cubes (here)

2 tablespoons chopped cilantro, for garnish

1. Heat a small skillet over medium heat. Dry roast the coriander seeds and chiles (if using), until fragrant, about 1 minute. Add the coriander

seeds and red chiles to a blender. Add the cinnamon, cloves, cumin, and black pepper. Blend to a coarse powder.

**2.** Add the onion, tomato, garlic, ginger, green chile, and 1/4 cup water to the blender with the spices and blend to a smooth puree.

**3.** Heat the oil in a large skillet over medium heat. Add the blended puree and cook for 12 to 15 minutes. Stir occasionally, especially towards the

end to avoid sticking. The mixture should change color slightly, leave oil on the sides, and thicken considerably.

**4.** Stir in the greens and yogurt and cook for 1 minute. Add the almond milk, 1/2 cup water, salt, sugar, and vinegar. Bring to a boil and cook for 5 minutes.

**5.** Taste and adjust the salt, spices, and sugar, if needed. Add cayenne for heat if needed. Mix in the vegan

paneer cubes. Cover and cook for 5 minutes over medium heat. Garnish with cilantro and serve hot.

## Variations:

- Add 1 teaspoon dried fenugreek leaves at step 4 with the greens.
- Make it with tofu: Press 14 ounces of firm tofu and cut it into 3/4- inch dice. Add the tofu cubes and another 1/4 cup of water at step 5. Cover

and bring to a boil over medium heat, 5 minutes. Reduce the heat to medium-low and cook for 10 minutes or until the curry thickens to desired consistency.

**Vegan Paneer shown with Gluten-Free Oat Naan (here)**

# Mushrooms and Peas in Spicy Coconut Sauce

*Mushroom Mutter Chettinad*

**Prep: 20 minutes | Active:**

25 minutes | Inactive: 15 minutes | Serves 4

SF GF E

Chettinad cuisine is from the Chettinad region of Tamil Nadu state in South India. It is famous for its use of a variety of freshly ground spices in preparing mainly meat recipes that are served with rice-based dishes like idli and dosa. I usually pair this sauce with mushrooms, but you can use any other vegetables, plantbased proteins, tempeh, or cooked chickpeas. The

flavors of this drier sauce are beautiful and complex, pairing well with simple yellow dals or tangy split pea dals. To make this kid-friendly, use fewer chiles. For a nut-free version, use pumpkin seeds instead of cashews.

**1 teaspoon poppy seeds (white or black)**

**2 tablespoons cashews**

**1/4 cup hot water**

**1 teaspoon coriander seeds**

**1/4 teaspoon cumin seeds**

1/2 teaspoon fennel seeds

2 dried red chiles (hot or mild)

1/4 cup shredded coconut (dried, fresh, or thawed if frozen)

1/2 teaspoon Garam Masala (here)

1 (1-inch) knob of ginger chopped

3 cloves garlic, chopped

1 teaspoon safflower or other neutral oil

10 curry leaves

1/2 cup chopped red or white onion

1/2 teaspoon turmeric

1/2 teaspoon paprika

2 medium tomatoes, chopped (1 1/2 cups)

**4 ounces sliced button mushrooms**

**1 cup fresh or frozen green peas, thawed if frozen**

**1/2 to 3/4 teaspoon salt**

**1/4 teaspoon sugar (optional)**

1. Grind the dried poppy seeds and cashews into a coarse powder then soak them in 1/4 cup hot water for 15 minutes.

2. Heat a large skillet over medium heat. Add the coriander, cumin, fennel seeds, and red chiles. Dry roast until coriander changes color, 2

minutes. Add the coconut to the skillet and dry roast until golden, 3 to 4 minutes. Stir frequently to avoid burning. Cool the mixture slightly, then transfer to a blender and grind with garam masala, ginger, garlic, and the soaked poppy seeds and cashews with their soaking water. Blend or grind into a smooth paste or grind the dry spices first and then blend with the wet.

**3.** Heat the oil in the skillet over

medium heat. When the oil is hot, add the curry leaves and onion. Cook until the onion is translucent, 5 minutes. Add the blended paste from Step 2 and mix well. Add turmeric, paprika, and tomatoes, and cook, stirring, until the mixture is saucy and shimmers with oil, 7 to 8 minutes.

**4.** Stir in the mushrooms, peas, salt, and sugar. Cover and cook for 10 minutes. Taste and adjust the salt and

spices, if needed. Cover and cook until the mushrooms are cooked to your preference, 5 minutes or longer. Serve hot.

---

**Variation:** Add 1/2 to 1 cup water and bring to a boil if you want to make this as a saucy main dish.

# Andhra-Style Tempeh Curry

**Prep: 20 minutes | Active: 20 minutes | Inactive: 20 minutes | Serves 4**

The cuisine of the Telugu-speaking regions in South India, or Andhra cuisine, is known for its tangy, hot, and spicy flavors. The curries or

fried dishes have several steps in which the spices are roasted, blended, and re-roasted or fried. This dish is inspired by the spicy and tangy meat-based curries from that cuisine. You will be surprised by the burst of flavors in the sauce. Serve this with dosa crepes, rice, or a side of potatoes. If the dish is too spicy, add some cashew cream or nondairy yogurt, or use fewer chiles.

**2 teaspoons poppy seeds**

**1 teaspoon fennel seeds**

1/2 teaspoon cumin seeds

5 cloves

1-inch cinnamon stick or 1/2 teaspoon ground cinnamon

2 to 4 dried red chiles (cayenne or Thai, 1 1/2 inches long)

2 teaspoons safflower oil

1/2 teaspoon mustard seeds

12 curry leaves

1 cup chopped onion

1 (1/2-inch) knob of ginger, chopped

3 cloves garlic, chopped

2 medium tomatoes, chopped (1 1/2 cups)

8 ounces tempeh, cut into 1/2-inch dice and steamed (see here)

**1 1/2 cup water**

**1/8 teaspoon sugar**

**3/4 teaspoon salt**

**1 teaspoon white or apple cider vinegar**

**1 teaspoon melted vegan butter or olive oil, for garnish**

**2 tablespoons chopped cilantro, for garnish**

**1 teaspoon lemon juice, for garnish**

1. Heat a small skillet over medium heat. Dry roast the poppy seeds, fennel seeds, cumin seeds, cloves, cinnamon, and dried red chiles, until

the fennel seeds change color, 2 minutes. If using ground spices, do not roast them. Cool the whole roasted spices and grind to a powder.

**2.** Heat oil in a large skillet over medium heat. When the oil is hot, add the mustard seeds and curry leaves and cook for minute. Add the onion and cook for 4 minutes, stirring occasionally. Add in the ginger and garlic and cook until the onion is translucent and the garlic is

golden, about 2 minutes. Add in the ground spice blend from Step 1 and mix well to coat. Stir in the tomatoes and cook until saucy, 5 minutes. Mash the larger tomato pieces.

**3.** Add the steamed tempeh. Add the water, sugar, vinegar, and salt. Stir to combine. Reduce the heat to medium-low, cover, and cook until the sauce thickens and tempeh picks up the sauce color, 15 to 20 minutes. Serve hot with a drizzle of vegan

butter, garnished with cilantro and a dash of lemon juice.

# Broccoli Onion Fritters in Spiced Yogurt

*Broccoli Pakora Kadhi*

**Prep: 25 minutes | Active:**

SF NF

30 minutes | Inactive: 10 minutes | Serves 4

GF E

Kadhi is spiced yogurt and pakore (plural for pakora) are fritters. Depending on the region, the kadhi might be thick or thin, spicy or sweet, be served with or without fritters. Marwari Kadhi is served with papaddum. The baked fritters are more like dumplings. Kadhi is usually made with sour yogurt, and I like mine with storebought or homemade coconut milk or almond

cashew yogurt (here) and add lemon juice to adjust the sourness to taste. If you are baking the fritters, chickpea flour will work better than besan because it makes a thicker batter that holds its shape during baking and does not flatten out. With besan, the fritters are better when fried or pan-fried. Both chickpea flour and besan work equally well in the spiced yogurt gravy. This recipe can be made soy-free if you use a soy-free yogurt. To spice it up, heat 1

teaspoon oil in a small skillet over medium heat. Add 1/2 teaspon cayenne or paprika and remove from the heat. Drizzle on the kadhi and pakoras and serve.

**FRITTERS:**

**1 cup chickpea flour or besan**

**1 tablespoon rice flour**

**1/2 teaspoon ground turmeric**

**1 teaspoon Garam Masala (here)**

**1/2 teaspoon salt**

**1/2 teaspoon baking powder**

**1/3 to 1/2 cup water (use 1/4 cup with besan)**

2 tablespoon nondairy yogurt (use 3 tablespoons with besan)

2 teaspoons safflower or virgin coconut oil

3/4 cup finely chopped broccoli

1/2 to 3/4 cup finely chopped onion

1 hot green chile, finely chopped

## YOGURT GRAVY:

1 1/2 cups nondairy yogurt

1/2 cup chickpea flour or besan

1 teaspoon ground turmeric

3/4 teaspoon salt

2 cups water

## TEMPERING:

2 teaspoons safflower or coconut

oil

1 teaspoon cumin seeds

1 (1/2-inch) knob of ginger, minced

4 cloves garlic, minced

1/3 teaspoon fenugreek seeds

3 dried red chiles or red pepper flakes, to taste

1/8 teaspoon asafetida (omit to make gluten-free)

1/4 to 1/2 teaspoon cayenne

**1. Fritters:** Preheat the oven to 425°F. In a bowl, combine the chickpea flour, rice flour, turmeric, garam masala, salt, and baking

powder and whisk well. Add the water, yogurt, and oil and mix into a thick pasty muffin batter. Add more water if too thick, and more flour if too thin.

**2.** Add the broccoli, onion, and chile and mix to coat. Drop 2 tablespoons of the batter on a parchment-lined baking sheet. Drop 1 tablespoon of the batter on the baking sheet, and then place another tablespoon full on top of the first for taller fritters. You

should get 12 to 14 fritters. Spray or brush oil on top and bake for 17 to 19 minutes. Broil for 30 seconds to crisp up the fritters.

**3. Yogurt Gravy:** In a bowl, combine the yogurt, chickpea flour, turmeric, and salt and whisk until there are no lumps. Add the water and whisk to combine into a thin mixture.

**4. The tempering:** Heat the oil in a large skillet over medium heat. Add

cumin seeds and cook for 30 seconds. Add the ginger, garlic, fenugreek seeds, red chile, and asafetida. Cook, stirring, until the garlic is golden, 2 minutes. Add the cayenne and stir for a few seconds.

**5.** Add a splash of water to bring the skillet temperature down. Reduce the heat to medium-low. Add the yogurt chickpea mixture and bring to a boil, 12 to 14 minutes. The kadhi will thicken considerably. Stir

occasionally. Add more water if you like a thinner consistency.

**6.** Cook for another 5 minutes so the chickpea flour is well cooked. Taste and adjust the salt and spices, if needed. Add lemon juice for tang, if desired. Soak the fritters in the yogurt like dumplings or serve the fritters topped with the thick yogurt gravy. To spice it up, heat 1 teaspoon oil in a small skillet over medium heat. Add 1/2 teaspoon cayenne or

paprika. Drizzle on the kadhi and pakoras, and serve.

# Vegetables in Vindaloo Sauce

**Prep: 20 minutes | Active: 25 minutes | Inactive: 20 minutes | Serves 4**

Vindaloo is another popular preparation from the state of Goa. The name “vindaloo” is derived from a Portuguese dish in which meat is

marinated in wine and garlic. Over the years, vinegar has replaced wine and spices and red Kashmiri chiles or paprika have been added. Vindaloo dishes do not necessarily contain potatoes (aloo). Vegetables work beautifully with the spicy tangy sauce, but for variations, you can use cooked chickpeas or tempeh.

## VINDALOO PASTE:

**1/2 teaspoon cumin seeds**

**3/4 teaspoon mustard seeds**

**1 teaspoon coriander seeds**

4 cloves

6 black peppercorns

2 dried red chiles or 1/2 teaspoon red pepper flakes

1/2 teaspoon ground turmeric

2 teaspoons hot or sweet paprika

1/2 teaspoon ground cinnamon

1/2 teaspoon ground cardamom

8 cloves garlic

1 (1-inch) knob of ginger

2 teaspoons apple cider vinegar or white vinegar

1 teaspoon lemon juice

1 teaspoon safflower or other neutral oil (optional)

2 to 4 tablespoons water

## CURRY:

2 teaspoons safflower or other neutral oil

1/4 teaspoon mustard seeds

2 cloves

1 large red onion, finely chopped (1 1/2 packed cups)

2 cups crushed tomatoes

1/4 cup water

3 1/2 cups chopped vegetables such as cauliflower, potato, carrots, green beans, red bell pepper, zucchini, eggplant, and mushrooms

3/4 to 1 teaspoon salt

1/4 to 1/2 teaspoon sugar

1/2 cup fresh or frozen green peas, thawed if frozen

1 tablespoon balsamic vinegar

1 teaspoon or more apple cider vinegar or lemon juice, to taste

2 tablespoons chopped cilantro, for garnish

**1. Vindaloo paste:** Grind all the dry spices through dried chiles into a coarse powder. Add the rest of the vindaloo ingredients and grind or blend into a smooth paste. Set aside.

**2. Curry:** Heat the oil in a large skillet over medium heat. When the oil is hot, add the mustard seeds and cloves and let them start to pop. Add the onion and cook until translucent, about 7 minutes. Stir occasionally. Add the vindaloo paste, mix well, and cook for 1 minute.

**3.** Add the tomatoes, mix and well and cook for 2 minutes. Add the water, vegetables, salt, and sugar. Mix well to coat. Cover and cook

over medium heat for 12 to 14 minutes.

**4.** Stir in the peas and vinegar. Reduce the heat to low and cook until the vegetables are tender, about 15 minutes. Taste and adjust the salt, heat, and tang, if needed. Add more vinegar/lemon juice and cayenne if needed. Garnish with cilantro and serve.

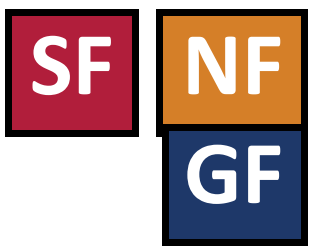
**Variation:** Use the vindaloo paste to make a dry tempeh vindaloo: Slice 8

ounces of tempeh into 1/4 in thick strips. Mix 1/2 teaspoon salt and 1 tablespoon balsamic vinegar in the vindaloo paste, toss in the tempeh strips to coat evenly. Marinate for an hour or overnight. Grill or pan-fry lightly in oil until golden.

# Chickpeas in Spicy Sorghum Sauce

*Savji Chickpeas*

**Prep: 20 minutes | Active: 20 minutes | Inactive: 25 minutes | Serves 4**



Savji or Saoji chicken is a famous dish from my hometown in central India. It has a long list of spices, much longer than this version, and sorghum flour (jowar), which give it that distinct flavor profile. Sorghum flour can be found in natural food stores or supermarkets. If unavailable, use whole-wheat flour as a substitute. Because there are a lot of spices in this recipe, assemble them ahead of time so they are ready to add in order. I like this recipe

made with chickpeas, but you can make it with tempeh for a toothsome option. This recipe made the “PPK Top 100” list for exactly what the recipe is: a long list of ingredients.

**1 tablespoon coriander seeds**

**1/4 teaspoon fennel seeds**

**1/4 teaspoon caraway seeds or cumin seeds**

**1 teaspoon poppy seeds**

**3 bay leaves**

**4 dry red chiles or 1/2 teaspoon red pepper flakes**

**2 cloves**

1 teaspoon Garam Masala (here)

1/4 teaspoon ground cardamom

1/4 teaspoon ground cinnamon

1/2 teaspoon paprika

2 tablespoons sorghum flour

2 tablespoons coconut flour (or dried shredded coconut)

2 teaspoons safflower or other neutral oil, divided

3/4 cup finely chopped red or white onion

1 (1-inch) ginger, crushed

4 cloves garlic, crushed

3 cups water (2 cups for a dry dish)

2 (15-ounce) cans chickpeas, drained or 3 cups cooked

1/2 teaspoon salt, or to taste

2 tablespoons chopped cilantro, for garnish

1 teaspoon vegan butter or olive oil, for garnish

1. Heat a large skillet over medium-low heat. Add the coriander seeds, fennel, caraway, poppy seeds, and bay leaves and roast until fragrant or until the coriander seeds start to change color, 2 to 3 minutes.

2. Add the red chiles, cloves, garam masala, cardamom, cinnamon,

paprika, and sorghum flour. Mix well and roast for another 2 minutes or until the sorghum starts to change color. Add the coconut flour, mix well and take off heat. Cool the mixture slightly then transfer to a blender or spice grinder and blend to a coarse mixture. Set aside.

**3.** Heat 1 teaspoon of the oil in a large skillet over medium heat. Add the onion and cook until translucent, stirring occasionally, 6 to 7 minutes.

Add ginger and garlic and cook for 2 minutes.

**4.** Add the ground spices from step 2 and the remaining 1 teaspoon of oil. Mix well and cook until fragrant, 1 minute. Add water, chickpeas and salt. Mix, cover and cook for 20 to 25 minutes. Mash some of the chickpeas. Taste and adjust salt and spice. Garnish with cilantro and vegan butter.

**Make this with tempeh:** Add 8 ounces cubed tempeh (steamed or unsteamed) and 2 cups of water at Step 4. Partially cover and cook for 25 to 30 minutes.

# Tempeh in Onion Sauce

## *Tempeh Do Pyaaza*

**Prep: 20 minutes | Active: 25 minutes | Inactive: 25 minutes | Serves 4**

"Do pyaaza" literally means "double onion." Earthy spices and a load of

onions will remind you of roadside dhaba (restaurant) style meat preparations. Serve with a dollop of vegan butter for an authentic flavor. Tempeh can be replaced with seitan, tofu, mushrooms, cooked chickpeas, or vegetables such as potatoes or cauliflower. Serve hot with any Indian flatbread or basmati rice. The recipe makes a dry curry. Add water or nondairy milk to make it saucier. Steam the tempeh while the onions cook to reduce prep time.

## ONION PASTE:

1/4 cup chopped red or white onion

1 green chile, seeded

5 cloves garlic

1 (1-inch) knob of ginger

1/4 cup water

## SAUCE:

1/2 teaspoon cumin seeds

4 cloves

1 black cardamom pod or seeds of 1 green cardamom

1/4 teaspoon fenugreek seeds

1 (1- to 2-inch) cinnamon stick

2 teaspoons safflower or other neutral oil

2 medium red onions, thinly sliced (2 1/2 cups)

1 mild green pepper or 1/4 bell pepper, thinly sliced

1/2 teaspoon sugar

3/4 teaspoon salt, divided

1/4 teaspoon ground turmeric

1 teaspoon ground coriander

1/2 teaspoon cayenne or paprika

3/4 cup water

1/2 teaspoon lemon juice, for garnish

8 ounces tempeh, cut into 1/2-inch pieces and steamed (here)

**1. Onion paste:** In a blender,

combine the onion, chile, garlic, and ginger with 1/4 cup water and blend into a smooth paste.

**2. Sauce:** Crush the cumin seeds, cloves, cardamom, and fenugreek into a coarse mixture using a mortar and pestle or spice grinder. Heat a large skillet over medium heat. Add the spices and cinnamon stick and dry roast until fragrant, about 1 minute.

**3.** Add oil to the skillet with the

spices. Let the oil get hot. Add the sliced onion, peppers, sugar, and 1/4 teaspoon salt. Mix and cook until the onions start to caramelize or turn golden brown, about 20 minutes, stirring occasionally. Remove 2 tablespoons of the onion and peppers and set aside for garnish.

**4.** Add the onion paste from Step 1, turmeric, coriander, paprika, and 1/2 teaspoon salt. Mix well and cook until fragrant, 6 minutes.

5. Add the steamed tempeh and water and mix well. Reduce heat to medium low. Cover and cook until the sauce thickens and tempeh picks up the color of the sauce, 20 minutes. Garnish with the caramelized onion. Serve hot.

# Cabbage Kofta in Creamy Tomato Sauce

*Patta-Gobi Ke Kofte*

**Prep: 20 minutes, Active:**

SF NF

30 minutes, Inactive: 15 minutes | Serves 4

GF

These koftas are a delicious vegetable-focused way to enjoy cabbage with a simple tomato sauce. The shredded cabbage is combined with spices and flour and usually fried. Vegetables such as cabbage exude moisture once the salt is added. For sturdier koftas, use finely chopped vegetables, add more flour if needed to the dough, and pack well to shape. Bake or fry them

immediately. Serve with rice or flatbread. To make this nut-free, use 1/4 cup mashed cooked chickpeas or split peas instead of cashews. This recipe makes about 15 (1-inch) balls.

## KOFTA BALLS:

**1/4 cup raw cashews or coarsely ground cashews or other nuts**

**2 packed cups finely shredded cabbage (4 cups chopped, before shredding)**

**1/4 cup packed chopped cilantro**

**1 (1/2-inch) knob of ginger**

**1/2 hot chile pepper (remove seeds**

to reduce heat)

2 cloves garlic, minced

1/2 teaspoon cumin seeds

Pinch of baking soda

1/4 cup + 2 tablespoons chickpea flour or besan (or all-purpose flour)

1/2 teaspoon salt

2 teaspoons safflower or other neutral oil

## TOMATO SAUCE:

4 medium tomatoes, chopped (3 cups)

4 cloves garlic minced

1 (1-inch) knob of ginger

2 teaspoons ground coriander

1/2 teaspoon sweet paprika

1/4 to 1/2 teaspoon cayenne

1/2 teaspoon ground turmeric

1/2 teaspoon ground mustard

1 teaspoon safflower or other neutral oil

2 bay leaves

3 cloves

1 teaspoon cumin seeds

1 tablespoon chickpea flour or besan

1/2 cup almond milk or other nondairy milk

1/2 cup water

1/2 teaspoon salt

1 teaspoon apple cider vinegar or white vinegar

2 tablespoons chopped cilantro, for garnish

**1. Kofta balls:** Preheat the oven to 450°F. Process the cashews to a coarse flour and transfer to a bowl. Add the shredded cabbage, cilantro, ginger, and green chile.

**2.** Add the garlic, cumin seeds, baking soda, chickpea flour, salt, oil and mix well. It will be a wet mix and you should be able to make soft

balls with greased or floured hands easily. Add more flour if the mixture is too wet like a sticky batter. Immediately shape into small 1inch balls by hand or by packing the mixture into a tablespoon measure or ice cream scoop (dip the scoop in water before packing each time). Place the balls on a parchment-lined baking sheet. Spray or brush them with oil.

**3.** Bake for 17 to 18 minutes. Broil

for 1 minute to crisp them up. You can also panfry the balls. Flatten the balls slightly and pan-fry 3 to 4 minutes on each side over medium heat.

**4. Sauce:** Blend the tomato, garlic, ginger, coriander, paprika, cayenne, turmeric, and mustard into a smooth puree and keep aside.

**5.** Heat oil in a large skillet over medium heat. When the oil is hot, add the bay leaves, cloves, and

cumin seeds and cook until fragrant, about 30 seconds. Add the chickpea flour. Mix and cook for 1 minute until it changes color slightly. Add 1/2 cup of the tomato puree to the pan and mix well. The chickpea flour will become pasty or lumpy but will mix in as the puree heats up. 1 minute. Add the rest of the tomato puree to the pan and cook until it thickens and leaves some oil on the edges. 10 to 12 minutes.

**6.** Add the almond milk, water, salt and mix well. Bring to a simmering boil, 7 to 8 minutes. Taste and adjust salt, spice. Add 1/2 to 1 teaspoon vinegar if the sauce is not sour enough. Cook a few minutes longer if the sauce is too thin. Add the kofta balls, mix to coat with the sauce. Garnish liberally with chopped cilantro and serve hot. To store, store the kofta balls and sauce separately. Heat them together before serving.

# Veggie Balls in Manchurian Sauce

*Vegetable Manchurian*

**Prep: 20 minutes | Active:**

## 30 minutes if sauce is made while the veggie balls bake | Serves 4

SF NF GF

Manchurian dishes, which can be made wet or dry, are a fusion of Indian and Chinese cuisines. The sauce is made with garlic, ginger, and soy-sauce. The vegetable balls are made with cabbage, carrots, peas, corn, and other vegetables. I bake the balls, because you know me, I bake. All the vegetables need to be finely chopped or grated for these balls to

stay together. Serve with rice or cooked grains. For a spicy dry Cauliflower Manchurian see here. To make gluten-free, replace all-purpose flour with oat flour + rice flour (not chickpea flour).

## VEGETABLE BALLS:

**2 cups packed finely shredded cabbage**

**1/2 cup grated carrots**

**1/2 cup finely chopped green bell pepper**

**1/2-inch knob of ginger, grated**

**1/4 cup finely chopped scallion**

1/4 teaspoon freshly crushed black pepper

1/4 teaspoon white pepper powder

2 tablespoons cornstarch

1/4 cup + 2 tablespoons all-purpose flour

3/4 teaspoon salt

2 teaspoons safflower or other neutral oil

## SAUCE:

2 teaspoons safflower or other neutral oil

2 tablespoons chopped white onion or scallions

1 tablespoon finely chopped celery (optional)

2 tablespoons finely chopped green bell pepper

1 hot green chile, finely chopped (remove seeds to reduce heat)

4 cloves garlic, finely chopped

1 tablespoon grated ginger

1 1/2 cups vegetable broth or water

2 tablespoons soy sauce or coconut aminos

1/2 teaspoon apple cider vinegar

1/4 to 1/2 teaspoon salt

Generous dash of black pepper

1/8 teaspoon white pepper

2 teaspoons sugar

1 1/2 tablespoons cornstarch

**1/4 cup water (at room temperature)**

**1. Vegetable balls:** Preheat the oven to 450°F. In a bowl, combine the shredded cabbage, carrots, bell pepper, and ginger. Add the scallion, black and white pepper, cornstarch, flour, salt, and oil. Mix well to make a soft slightly sticky mixture. The mixture will be wet, but should not be very sticky. Add more flour or cornstarch, if needed. Do not let the mixture sit at this point. Shape the

mixture by hand into a greased tablespoon or scoop measure to make 15 well-packed 1 1/2-inch balls. Arrange them on a parchment-lined baking sheet. Spray or brush with oil and bake immediately as the veggies will leak water once the salt has been added. Bake for 18 minutes. Broil for 1 to 2 minute to brown and crisp up the balls. If the veggies leak too much moisture during baking, then the balls will flatten slightly. You can also shallow-fry or panfry the

balls. Add more flour to the mixture so the flat balls hold their shape.

**2. Sauce:** Heat the oil in a skillet over medium heat. Add the onion, celery, peppers, chile, garlic, and ginger, and cook until the onion and garlic are golden, 6 to 7 minutes. Add the broth, soy sauce, vinegar, salt, peppers, and sugar. Mix well, then bring to a bubbling boil, 6 to 7 minutes. Taste and adjust the salt and spices, if needed. Mix the cornstarch

in the water and slowly pour it into the pan. Mix well and cook until it thickens, 2 to 3 minutes. Toss the vegetable balls in the sauce and serve.

**South Indian Lentil and Rice Dosas (here);**
**Masala Potatoes for Dosas (here)**

# Eight

# Flatbreads

Flatbreads are an important part of most Indian meals. In the North, we find chapati, roti, phulka, poori, kulcha, and naan, and in the South we find dosa lentil crepes. Chapatis, rotis, and phulkas are similar

flatbreads. One might be slightly thinner than the other, depending on the region and personal preferences. Phulkas are flatbreads that are puffed up on the stove. Flatbreads are most often used to pick up the vegetables, sauces, dals, and anything else that is served on the plate. A typical plate, or thali, would include one or more wet dishes, such as curry or dal, one or more dry vegetable sides, chutney or raita, and flatbread.

This chapter covers the basic flatbreads, as well as some regional options and some rice sides. Oh, and did I mention my Gluten-Free Vegan Naan? If you follow my blog, you know that readers have loved my gluten-free vegan bread, because they are always very soft, fluffy, and moist. My gluten-free breads also do not use any xanthan or guar gum. In addition to the traditional flatbreads in this chapter, there are quite a few that are gluten-free and a grain-free

flatbread as well. These versatile breads can be used as pizza bases, tortillas, pita bread, wraps, and more. They will allow you to make naan pizzas, aloo paratha burritos, and pita sandwiches.

# Puffy Restaurant-Style Naan

**Prep: 15 minutes | Active: 45 minutes |Inactive: 2 hours |Makes 8 flatbreads**

This puffy naan goes with

everything. The recipe involves a bit of preparation, but really, once you get the hang of it, you will want to make and eat these naans every day! Garlic naan is the favorite in my house (see variation below). I often make the naans with half whole-wheat flour and half unbleached white flour. This recipe uses plain unbleached white flour for the restaurant-style side you'll definitely want to make when entertaining. To serve, brush the naan with melted

vegan butter or oil. This puffy flatbread makes a wonderful pizza as well. Shape the dough into a pizza base and bake at 450°F for 12 to 16 minutes, depending on your toppings. Use coconut yogurt to make this soy-free.

**1/2 cup warm water**
**2 teaspoons sugar**
**1 tablespoon active dry yeast**
**4 cups bread flour or unbleached white flour, plus more for dusting**
**1 1/2 teaspoons salt**

- 1 teaspoon baking powder
- 1/4 teaspoon baking soda
- 1/4 cup safflower oil, coconut oil, or melted vegan butter, divided
- 3/4 cup plain nondairy yogurt (unsweetened or lightly sweetened), at room temperature
- 1 to 2 tablespoons safflower or other neutral oil, for cooking
- 1 tablespoon nigella seeds, for garnish

1. In a large mixing bowl, combine the warm water and sugar. Sprinkle the yeast into the bowl and set aside

for 10 minutes, or until frothy.

**2.** In another bowl, whisk together the flour, salt, baking powder, and baking soda.

**3.** To the yeast bowl, add 3 1/2 cups of the flour mixture, 3 tablespoons of the oil, and the yogurt. Mix well to combine. Add the remaining flour, a few tablespoons at a time, and knead into a soft, smooth dough, either in the bowl or on a floured surface, for 2 to 4 minutes.

4. Place the dough back into the yeast bowl. Drizzle one tablespoon of oil over the dough, and roll to coat in the oil. Cover the bowl with plastic wrap or a heavy kitchen towel, and let sit to rise until it doubles in size, about 1 1/2 hours. Punch the dough down. Knead for a few seconds, adding a tablespoon or more flour if needed. Divide the dough into 8 equal pieces and shape into balls. Roll the dough balls lightly in flour and place on

parchment paper. Cover with a towel or another sheet of parchment, and let rise for 20 to 30 minutes.

5. Take a dough ball and shape by hand into an 8- to 9-inch oval, working lightly so the air stays in the dough. You can also use a rolling pin to roll it out. Dust lightly with flour to help with the rolling/shaping. Spray the top of the naan lightly with water. Sprinkle with nigella seeds, and brush or spray lightly with oil.

Repeat with the remaining balls.

**6. To cook the naan:** Preheat the oven to 450°F. Place a pizza stone in the oven, and heat for at least 30 minutes. Place as many rolled-out naan breads as the stone can accommodate. Bake 2 to 3 minutes, until the breads puff up and the tops become golden. Broil for 30 seconds to crisp/char if desired. Remove the breads from the stone. Repeat with the remaining breads.

**To cook on the stovetop:** Use any cast iron griddle, skillet, or grill pan, which can withstand high heat. Heat the pan over medium-high heat until heated evenly. Place one naan on the pan, seeds-side up. Cover the naan with a lid and cook over medium high heat until it starts to puff, 2 to 3 minutes. Flip and cook for another minute. To make charred naans, use tongs to hold the bread directly over the gas flame for a few seconds, until they char in some spots. Repeat with

the remaining naans.

**To store:** wrap the naans in a clean kitchen towel and keep on the counter for the day. To store for longer: cool completely and place in an airtight bag. Keep on the counter for up to 2 days, and in the refrigerator for up to seven days.

**Garlic Naan:** Spray the top of each naan lightly with water, as in Step 5. Press 2 teaspoons of finely chopped garlic and one tablespoon of chopped

cilantro on the top, along with the nigella seeds. Spray lightly with oil, and cook according to instructions.

# Avocado Naan

**Prep: 15 minutes | Active: 45 minutes | Inactive: 2 hours | Makes 8 flatbreads**

SF NF

No nondairy yogurt? No problem. And that color is quite interesting, isn't it? Replacing the yogurt with avocado makes a soft, puffy naan. Avocado adds the needed moisture

and fat to the flatbread and keeps the texture similar to the usual naan. Use very ripe avocado for best results. Serve brushed with melted vegan butter or oil. You can also use mashed sweet potato or pumpkin puree for flatbreads that will have a slightly sweet, pumpkin-y flavor.

**1/2 cup warm water**

**2 teaspoons sugar**

**1 tablespoon active dry yeast**

**4 cups bread flour or unbleached white flour, plus more for**

dusting

1 1/2 teaspoons salt

1 teaspoon baking powder

1/4 teaspoon baking soda

1/4 cup or more safflower oil, coconut oil, or melted vegan butter, divided

3/4 cup well-mashed ripe avocado

1 tablespoon nigella seeds, for garnish

1. In a large mixing bowl, combine the warm water and the sugar. Sprinkle the yeast into the bowl, and let it sit for 10 minutes, or until

frothy.

**2.** In another bowl, combine the flour with the salt, baking powder, and baking soda. Whisk well.

**3.** To the yeast bowl, add 3 1/2 cups of the flour mixture, 3 tablespoons oil, and 3/4 cup avocado. Mix well. Add the remaining flour, a few tablespoons at a time, and knead into soft, smooth dough, either in the bowl or on a floured surface, for 2 to 4 minutes. Add 1 tablespoon or more

of water if the dough is not soft.

**4.** Place the dough back into the yeast bowl. Drizzle 1 tablespoon of oil over the dough, and roll to coat in oil. Cover the bowl with plastic wrap or a kitchen towel, and let sit to rise until it doubles in size, about 1 1/2 hours. Punch the dough down. Knead for a few seconds, adding a tablespoon or more flour if needed. Divide the dough into 8 equal pieces and shape into balls. Roll the dough

balls lightly in flour and place on parchment. Cover with a towel or another parchment and let rise for 20 to 30 minutes.

**5.** Roll or shape a dough ball into an 8- to 9-inch oval. Roll with a rolling pin or shape by hand, working lightly so the air stays in the dough. Dust lightly with flour to help with the rolling. Spray the top of the naan lightly with water, and sprinkle with nigella seeds. Brush or spray lightly

with oil. Place the naan on a parchment-covered baking sheet or other surface, cover with another sheet of parchment, and repeat with the remaining balls.

**6. To cook the naan:** Preheat the oven to 450°F. Place a pizza stone in the oven and heat for at least 30 minutes. Place as many rolled-out naan breads as the stone can accommodate. Bake 2 to 3 minutes, until the breads puff up and the tops

become golden. Remove the breads from the stone. Repeat with the remaining naans. Broil the naans for 30 seconds to crisp/char if desired.

**To cook on the stovetop:** Use any cast iron griddle, skillet, or grill pan, that can withstand high heat. Heat it over medium high until heated evenly. Place the naan on the pan, seeds-side up. Cover the naan with a lid and cook over medium-high heat till it starts to puff, 2 to 3 minutes.

Flip and cook for another minute. To make a charred naan, hold the bread directly over the gas flame with tongs for a few seconds to cook and char some spots. Repeat with the remaining naans.

**To store:** Wrap in a clean kitchen towel and keep on the counter for the day. To store for longer, cool completely and place in an airtight bag. Keep on the counter for up to 2 days, and in the refrigerator for up to

7 days.

**Clockwise from lower left: avocado naan, surati dal, chili garlic chutney, coconut chutney, unsoaked gulab jamuns, tempeh tikka masala**

# Baked Chickpea Flour Naan

**Prep: 15 minutes | Active: 20 to 30 minutes | Makes 6 to 8 small flatbreads**

This is a simple baked flatbread with no yeast, no gluten, and no fermentation. It works best when made into thin flatbreads, as the

thicker breads end up feeling cakey. Use these flatbreads as a quick naan option for anyone who loves chickpea flour. You can bake the batter into bite-size croutons as well. Also, see here about adjusting the amount of liquid in recipes using chickpea flour and besan. This recipe can be soy-free if you use a soy-free yogurt.

**2 cups chickpea flour or besan (see here)**

**1 teaspoon salt**

1/2 teaspoon baking soda

1 teaspoon baking powder

1 tablespoon flaxseed or chia seed meal

1/4 teaspoon garlic powder or 1/2 teaspoon garlic paste

1/3 cup nondairy yogurt

1 teaspoon lemon juice

2 teaspoons safflower or other neutral oil

3/4 to 1 cup water

1 to 2 teaspoons nigella seeds, for garnish

1 tablespoon safflower or melted vegan butter for brushing

1. Preheat the oven to 425°F. Combine the chickpea flour, salt, baking soda, baking powder, and flax seed meal in a large bowl, and whisk well.

2. Add the garlic powder, yogurt, lemon juice, oil, and 1/2 cup of water. Mix well until there are no lumps. Add more water if needed to make a thick, smooth batter (slightly thicker than pancake batter). You will need about 3/4 cup with besan,

and 1 cup or more with chickpea flour. Let the batter rest for 5 minutes.

**3.** Line a large baking sheet with parchment. Drop about1/4 cup of the batter onto the baking sheet. Spread into an oval with a ladle. Repeat to make 2 or more naans to fit the sheet.

**4.** Spray the naans lightly with water, and sprinkle with nigella seeds. Spray or brush lightly with oil. Cover the naans entirely with another

parchment paper.

**5.** Bake for 10 minutes. Remove the breads from the oven, and brush with melted vegan butter, or oil. Let them cool for 2 minutes before removing from parchment. Repeat for the next batch. The batter might thicken as it sits. Mix in a few teaspoons of water if needed before the next batch.
Serve hot.

---

**Nondairy yogurt for naan:** Use any

storebought nondairy yogurt such as soy, coconut, or almond milk yogurt. You can make your own nondairy yogurt at home (here). You can also use blended tofu to act as yogurt in this recipe. Use 1/2 cup silken tofu + 1/4 cup coconut milk + 1 teaspoon lemon juice + 1/2 teaspoon apple cider vinegar, blended well to replace the 3/4 cup of yogurt in this recipe. You can also replace the yogurt with mashed avocado to make avocado naan (here).

# My Secrets for Gluten-Free Baking

I started experimenting with gluten-free baking after I kept getting

requests for gluten-free bread on the blog. After a couple of heavy, dry, inedible breads (which seem obligatory for anyone starting to bake gluten-free), I paused to think of what I already knew that always worked. Several regional Indian cuisines have gluten-free bread or bread-like options that they make successfully without xanthan or guar gums and without them turning into bricks. The outcome is always soft, edible, and delicious. The secret to my gluten-free baking is steam.

## Choosing Gluten-Free Grains

When choosing a gluten-free grain flour to make your flatbreads, be aware that they have very distinct flavor profiles and can catch you off-guard if you are not used to them. For example, amaranth flour is grassy, sorghum is earthy and nutty, buckwheat is somewhat bitter, oat is soil-y, millet is sweet-earthy, and quinoa flour can be very earthy and bitter depending on how it is milled. Even wheat flour can taste bitter and earthy to someone who has never tasted it before. Keep these notes in mind for substitutions in gluten-free naan and roti recipes.

# Gluten-Free Oat Naan

**Prep: 15 minutes | Active: 35 to 45 minutes | Inactive: 15 minutes | Makes 6 (7-inch) naans**

There are three ways to cook this flatbread: on the stove top; baked, covered with parchment to capture

some steam; or steamed in a steamer. Steamed naan is the softest and moistest gluten-free bread you will ever taste. Do not let the cooked naans sit out in the air for long, as they tend to dry out. Store them in a container lined with paper towels. The bread tastes best fresh or toasted. This gluten-free naan bread will keep well up to four days, refrigerated. Toast or grill it before serving. You can freeze the naans if you separate them with parchment paper in a

locking food bag or airtight container. Thaw and toast to refresh. This naan can be made soy-free or nut-free, depending on the type of yogurt used. (See photo here.)

**1/2 cup warm water**

**1 teaspoon sugar or maple syrup**

**1 tablespoon active dry yeast**

**1 tablespoon flaxseed meal (use golden flaxseed meal or white chia seed meal)**

**1 cup finely ground oat flour**

**1/4 cup brown or white rice flour**

**1/4 cup white rice flour**

1/3 cup tapioca starch

1/2 cup potato starch

1 3/4 teaspoon baking powder

3/4 teaspoon salt

1/2 cup nondairy yogurt, at room temperature

2 tablespoons extra-virgin olive oil or coconut oil

1 to 2 tablespoons melted vegan butter or olive oil, for brushing

1 to 2 teaspoons nigella seeds, for garnish

1. Combine the warm water, sugar, and yeast in a bowl. Mix and let sit

until frothy, about 5 minutes. Add the flaxseed meal and mix in. Let it sit for 2 minutes to thicken.

**2.** In another bowl, combine the oat flour, rice flours, starches, baking powder, and salt. Whisk well. Add the frothy yeast mixture to the flour mixture. Add the yogurt and oil, and mix to make a thick, stiff batter or sticky dough. Add a tablespoon or more of water if needed (the amount will depend on moisture content of

the yogurt). The batter will continue to dry as it sits, so a little extra liquid is okay. Cover the bowl with a towel. Let the dough sit for 15 minutes before using. Cook the naan in one of the following three ways:

## STOVE TOP

1. Let the dough rise for 30 minutes instead of 15. The dough should dry out and be less sticky at this point. Add some starch if the

dough is still too sticky.

2. Divide the dough into 6 equal parts. Take one ball, flatten it, and place on parchment. Place another parchment on top, and roll or press to shape into an oval. Remove the top parchment, spray the naan lightly with water and sprinkle with nigella seeds. Do not let the naan sit for too long at this point.

3. Use a heavy-bottom skillet that

can withstand high heat. Heat the skillet over medium high until heated evenly. Remove one shaped naan from the parchment and place on the skillet. Spray water on the naan. Cover the skillet with a lid and cook over medium high until the flatbread starts to puff, about 2 minutes. Flip, and cook the naan for another minute. Brush with vegan butter and serve. Repeat with the remaining dough.

## OVEN

1. Preheat the oven to 450°F. Drop 1/3 cup of the now dough-y batter on a large parchment-lined baking sheet. Spray the dough lightly with water or oil, flatten, and shape into ovals with your hands. Use another parchment sheet on top to help shape if the batter is too sticky. Remove the parchment and sprinkle the shaped dough with nigella seeds.

Repeat with the remaining dough.

2. Spray the shaped flatbreads lightly with water, and let them rise in a warm place for 15 to 20 minutes. Lightly spray or brush oil on the flatbreads. Completely cover the flatbreads with another large piece of parchment. This is important to keep the moisture from escaping the bread during baking.

3. Bake for 11 to 12 minutes. Remove the top parchment to check for doneness. Broil for 30 seconds to char if needed, or broil later on the grill or stove. Remove from the oven. Let the breads cool for 2 minutes before removing them from the baking sheet. Brush with melted vegan butter before serving.

## STEAMER

1. Follow steps 1 and 2. Let the dough rise for 30 minutes instead of 15. Cut parchment sheets to the size of the steamer plate. Place about 1/4 cup of dough on the parchment. Spray the dough lightly with water, flatten, and shape into ovals or smaller circles, depending on the size of the steamer plate. Use another parchment sheet on top to help shape if the batter is too sticky. Transfer the breads, on the

parchment, to the steamer plate. Let the breads rise for 15 minutes.

2. Place about an inch of water in the steamer, and bring to a boil. Place the plate in the steamer once the water is rapidly boiling. Cover, and steam over the flatbreads are cooked, touch the top of the flatbread carefully: it should not be sticky. Remove the plate from the steamer. Let it

cool for 1 to 2 minutes and remove the breads from the parchment. Cool the breads for 5 minutes, then place them on a hot skillet over medium-high heat for 1 minute. Flip, and cook the other side for 1 minute and serve immediately. Repeat the steaming for the next batch. Store the steamed naan in a Ziploc bag in the refrigerator until ready to serve. Cook on a hot skillet for 1 minute per side before serving.

**Garlic Naan:** Sprinkle 1 teaspoon minced garlic, and 1 tablespoon chopped cilantro onto each naan, along with the nigella seeds, and press lightly. Continue with the rest of the steps.

# Wheat Flours and Rotis

If you have tried making rotis in the United States, you might have

noticed that they do not come out as soft as the ones in India. This happens for three reasons. First, the wheat itself is different. Second, in India, the entire wheat berry is milled, rather than only certain parts. And third, atta is milled slightly finer than whole-wheat flour or pastry flour, but more coarsely than all-purpose flour.

Over the years, I have tried several varieties of flours, including whole-wheat pastry flour, white wheat flour, durum wheat flour, spelt flour, and plain whole-wheat flour. Almost all of these flours yield either hard or dry rotis. The chapati atta flour from

Indian stores also can be hit-or-miss, depending on the brand and where it was processed.

One day, I decided to change the entire process by reducing the kneading. Not only is all that kneading exhausting, it also leads to a lot of gluten formation in the dough, which makes rolling it out difficult. This is especially the case with whole-grain flours in the United States. In my new method, I do not knead for more than 1 to 2 minutes, until the dough is fairly smooth. I keep the dough soft—in fact, it is softer than regular atta dough would be.

So if you are planning to make these whole-wheat flatbreads in the United States, or in other countries where you do not have access to a good Indian chapati atta flour, use the recipe below.

# Wheat Flatbreads

## *Roti, Chapati, and Phulka*

**Prep: 15 minutes | Active: 30 to 45 minutes | Inactive: 15 minutes | Makes 12 flatbreads**

SF NF

Rotis, phulkas, and chapatis are similar whole-wheat flatbreads. One can be slightly thinner than another, depending on the region. Phulkas are generally puffed-up flatbreads. Slice a phulka and stuff it like a pita sandwich. In India, the dough for the rotis is made from whole-wheat flour (called atta), salt, and water. Some oil might be added as well, depending on the region. The dough is kneaded until smooth, left to rest for half an hour, and then rolled into

flatbreads. Rotis are the most common flatbread, used for everyday meals. These flatbreads can also serve as wheat tortillas. If making rotis with Indian atta, use 1 1/4 cup atta flour instead of the whole-wheat and white flours. To do this, you might need a tablespoon or so more water. (See photo here.)

**1 cup whole-wheat flour**

**1/4 cup unbleached white flour or all-purpose flour**

**1/3 teaspoon salt**

- **1 teaspoon safflower or other neutral oil or melted vegan butter**
- **1/2 cup warm water**
- **1/4 cup whole-wheat flour, plus 2 tablespoons unbleached white flour, for dusting**

1. Combine the flours and salt in a large bowl. Add 1 teaspoon oil, and the water. Grease your hands, and knead to make fairly smooth and not too sticky dough. Add more water (1 teaspoon at a time) during the process if the dough seems dry or

starts to come together as stiff dough. Brush the dough lightly with oil, cover, and let it rest for 15 minutes.

**2.** Grease your hands, knead the dough for a few seconds, and then divide into 12 equal parts. Roll them into smooth balls. Keep the balls covered while you roll out and cook each flatbread.

**3.** Take one ball, flatten it, and dip into the flour that is kept for dusting. Coat fully. Using a rolling pin, roll it

out into a thin, 7-inch flatbread. Dust the dough with flour as you roll, to help prevent sticking.

4. Heat a large skillet over medium-high heat. When hot, place the flatbread on the skillet. Cook until a few small bubbles start to appear, about 20 seconds. Flip, and cook until more bubbles appear and some become larger, 20 to 30 seconds. Now, you can puff the flatbread on the skillet or on the gas flame.

**5.** To puff the flatbread on the skillet: Flip the flatbread. Using a kitchen towel or a flat spatula, lightly press the flatbread on and around the puffed spots so the air can move around and the flatbread puffs up evenly, about 10 to 20 seconds. Remove the bread from the skillet and store.

**6.** To puff the flatbread directly on the gas flame: Use tongs to place the flatbread on the open flame (medium

high or high heat). Move it every 1 to 2 seconds so it puffs up like a balloon. Flip once in between. Brush the puffed flatbread with melted vegan butter (optional).

**7.** Place the cooked flatbreads in a container lined with paper towels or a kitchen towel. Cover with another towel until ready to serve. Repeat for all the balls.

---

**Note:** The dough can be refrigerated

for up to 3 days in an airtight container. Let it come to room temperature before using. You can also freeze the rolled-out, uncooked flatbreads between layers of parchment for a few months. Remove from freezer and cook on the stove top as above. The flatbreads will take 10 to 15 more seconds until the bubbles start to appear.

# The Scoop About Rotis

Rotis are an essential Indian side. They are used to scoop up veggies, curries, dals, and everything else. That important scoop is called a gussi, or bite. I remember Mom telling us to eat just one more gussi (garayee) again and again so we would finish everything on our plates. You can tear off a bigger portion and fill it with more food depending on your preference. This applies to all of the flatbreads. You

can also skip the process of filling the flatbread, and eat it as you would any bread or crackers with the soups or stews.

# Gluten-Free Chia Flatbreads

## *Phulkas or Rotis*

**Prep: 15 minutes | Active: 45 to 60 minutes | Makes 10 to 12 rotis or 8 to 9 stuffed parathas**

This flatbread is insanely soft and

stays soft over time. Use these anywhere you use soft flatbreads such as roti, pita bread, and tortillas. Puff them up on the gas flame like balloons to make phulkas or pita bread. Seriously, make these. Use white chia seeds for a lighter-colored flatbread. (See photo here.)

- **3 tablespoons chia seeds or flax seeds**
- **2 1/2 tablespoons psyllium husk**
- **3/4 cup + 2 tablespoons warm water**

**1 cup amaranth flour or sorghum flour**

**1/4 cup tapioca starch or cornstarch**

**1/4 teaspoon salt**

**1/4 teaspoon baking powder**

**1/4 teaspoon Garam Masala (here)**

**2 teaspoons safflower, coconut, or other neutral oil**

**1/2 cup amaranth flour or rice flour, for dusting**

1. Blend or grind the chia seeds and psyllium husk into a coarse meal. Combine them with the water in a large bowl and mix. Let them sit for

5 minutes. The mixture will firm up into a thick gel.

**2.** In another bowl, whisk together the flour, starch, salt, baking powder, and garam masala.

**3.** Add the dry flour mixture and oil to the gel mixture, and knead to combine. The mixture will feel very dry initially. Press and knead for a minute or two. The dough is ready as soon as it comes together and starts to feel slightly sticky. Cover with a

towel and let it sit for 5 minutes.

**4.** Grease your hands well and divide the dough into 12 parts. Roll them into balls. Keep the balls covered while you roll out and cook each flatbread. Take one ball, flatten it, and liberally coat with flour. Roll it out with a rolling pin, using light strokes to make a thin flatbread. Dust the dough liberally with flour as you roll it. You can also roll the floured dough between sheets of parchment

paper if it is too sticky.

**5.** Heat a large skillet over medium high heat. When hot, place the flatbread in the skillet. Cook until a few small bubbles start to appear, about 20 seconds. Flip, and cook until more bubbles appear, and some become larger, 20 to 30 seconds.

**6.** At this point, you can flip, cook for another 10 seconds and serve, or puff the flatbread on the open flame over medium-high or high heat. Use

tongs to move it every 1 to 2 seconds so it puffs up like a balloon. Place the cooked flatbread on a plate and, cover with another towel until ready to serve. Repeat with the remaining dough balls. Store in a container lined with paper or kitchen towels.

# Vegetable-Stuffed Parathas

**Prep: 40 minutes including dough rest time | Active: 45 to 60 minutes | Makes 8 to 10 parathas**

Parathas (stuffed flatbreads) are a

popular breakfast, brunch, or snack in North Indian households. Parathas can be stuffed with various vegetables, or cooked split peas. Cooked or raw shredded vegetables are placed on rolled-out flatbread dough, which is then folded up like a dumpling and rolled out to distribute the filling. The cooked flatbread is served with a dollop of vegan butter and nondairy yogurt. This recipe features paratha made with two different fillings: cauliflower (gobi)

and potato (aloo). Carom seeds are important for the authentic Punjabi (North Indian) paratha. If you don't have them, you can either omit them or use cumin seeds instead. Ajwain is a great spice to add to your pantry. It can be added to whole dried beans during slow cooking or pressure cooking to help reduce the gas. It also helps similarly when added to chickpea flour-based dishes. Parathas can be served as is, with raita and Indian pickle. They also make a great

side with dals and curries. Use my gluten-free roti dough to make gluten-free parathas. (Photo follows.)

## CAULIFLOWER FILLING:

- 1 teaspoon safflower or other neutral oil
- 1/2 teaspoon carom seeds
- 1 (1-inch) knob of ginger, minced
- 1 to 2 hot green chiles, finely chopped (seeds removed to reduce heat)
- 2 cups grated cauliflower
- 1/2 teaspoon ground cumin
- 1/2 teaspoon Garam Masala (here)

1/4 teaspoon cayenne

1/2 teaspoon salt

1/4 cup chopped cilantro

## PARATHAS

1 recipe Wheat Roti Dough (here) or Gluten-Free Chia Roti Dough (here)

1/2 teaspoon carom seeds

1/4 teaspoon cayenne

1/2 teaspoon salt

Flour for dusting (whole-wheat flour for wheat parathas, and amaranth or rice flour for glutenfree chia parathas)

1 to 2 tablespoons safflower or vegan butter, for cooking

**1. Filling:** Heat the oil in a large skillet over medium heat. Add the carom seeds, ginger, and chile, and cook for a minute. Add the grated cauliflower, cumin, garam masala, cayenne, and salt. Mix well, and cook until the cauliflower is dry, 5 to 7 minutes. Mix in the cilantro. Cool the filling before using.

Alternatively, you can use the filling mixture raw. Combine all the ingredients except salt. Add a generous sprinkle of salt to the filling

when it is placed on the flatbread dough, then seal, and proceed with the recipe.

**2. Parathas:** Make the dough, cover, and let it rest for 15 minutes.

**3.** Divide the dough into 8 to 10 balls. Take a dough ball, flatten it, and coat liberally in flour. Using a rolling pin, roll the dough out to a 7-inch circle. The flatbread needed for the parathas is rolled out slightly thicker than for rotis, and slightly

larger, to accommodate the filling.

**4.** Place 2 to 3 tablespoons of the filling in the center of the dough. Fold the flatbread into a square and press to seal. Or collect the edges and seal in the middle like a siu mai dumpling. (See photos.)

**5.** Flatten with your hand, coat with flour, and roll out the flatbread with a rolling pin using light strokes.

**6.** Heat a large skillet over medium

heat. When hot, place the flatbread in the skillet. Cook for 30 to 45 seconds. Flip, and cook for another 30 to 45 seconds. Brush the top lightly with oil or vegan butter, flip, and cook for 30 seconds or until golden brown on the bottom.

7. Brush the top lightly with vegan butter, or oil, flip, and cook for 30 seconds or until golden brown on both sides. Store in a container lined with paper or kitchen towel. The

parathas can be refrigerated for up to 3 days. Reheat in a skillet before serving.

---

## POTATO FILLING:

- 2 cups well-mashed potatoes (3 medium or 2 large potatoes, boiled and mashed)
- 1 (1-inch) knob of ginger, minced
- 1/4 cup chopped cilantro
- 1 to 2 hot green chiles, finely chopped (remove seeds to reduce heat)
- 1/2 teaspoon ground cumin

1/2 teaspoon Garam Masala (here)

In a bowl, mash the potatoes really well. Add the ginger, cilantro, cumin, garam masala, carom seeds, cayenne, and salt. Mix well. Taste and adjust salt and spice. Proceed to make the parathas.

**Variation for the dough:** Add 1/2 teaspoon carom seeds or cumin seeds to the dough recipe. Omit the carom seeds from the filling.

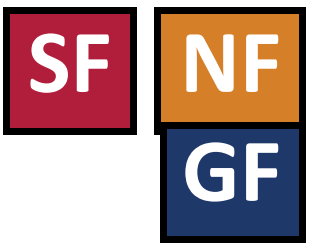
**The steps above show the easy square method of making parathas. Other methods include: collecting the edges to the middle like a Japanese *siu mai* dumpling and rolling it out; and rolling up the flattened dough like a rug and coiling the roll around itself in a circle before rolling it out with a rolling pin.**

# Gobi Paratha

# Spicy Chickpea Flour Flatbread

## *Missi Roti*

**Prep: 15 minutes | Active: 25 minutes | Inactive: 30 minutes | Makes 11 to 12**




I love these flatbreads. They are more like crisp flatbreads (hard

tacos) or crackers, and are served as a snack with Indian pickle, nondairy yogurt, or ketchup. When served fresh, they are softer and make a great gluten-free flatbread side. You will need less water if using besan flour. Roll them thicker for softer breads and thinner for crisper snack breads. Fenugreek leaves gives this roti a delicious, slightly bitter, but pleasing, flavor. If you don’t have fenugreek leaves, you can use finely chopped cilantro or other bitter

greens. Asafetida gives a great flavor to these flatbreads, but most ground asafetida contains gluten. See here for more information. Substitute garlic powder for the asafetida to make this gluten-free. Make these without the red pepper flakes to make kid-friendly.

**2 cups chickpea flour or besan**

**2 tablespoons cornstarch or arrowroot starch**

**3/4 teaspoon salt**

**3/4 to 1 teaspoon red pepper flakes**

2 to 3 tablespoons dried fenugreek leaves or 1/4 cup finely chopped fresh fenugreek leaves

1/8 teaspoon asafetida or 1/4 teaspoon garlic powder

1/4 teaspoon ground turmeric (optional)

1 tablespoon safflower or other neutral oil, plus more for cooking

1/2 cup coconut milk or nondairy yogurt

1 teaspoon lemon juice

3 to 4 tablespoons water

Safflower oil

1. Combine the chickpea flour, starch, salt, red pepper flakes, fenugreek leaves, asafetida, and turmeric in a large bowl. Whisk to combine well.

2. In another bowl, combine the oil, coconut milk, and lemon juice. Add to the flour mixture and mix well. Add the water 1/2 tablespoon at a time, and knead into firm, slightly sticky dough, about 1 minute. Brush the dough lightly with oil, cover with

a towel, and let it rest for 30 minutes. The dough will become less sticky as it sits.

**3.** Oil your hands, and knead the dough for 30 seconds. Divide the dough into 12 equal-sized balls. Cover the balls with a towel while you roll out the flatbreads.

**4.** Flatten one ball and coat liberally in rice flour. With a rolling pin, roll it out using light strokes. Sprinkle the dough with more rice flour while you

roll, to help keep it from sticking and breaking, or roll it between pieces of parchment paper.

**5.** Heat a skillet over medium heat. When the skillet is hot, place a rolled-out flatbread on it. Cook until small bubbles start to appear, 20 to 30 seconds.

**6.** Using a spatula, flip and cook for 20 seconds. Brush the flatbread lightly with oil, and flip. Cook for another 20 seconds, brush the top

with oil, and flip again to cook for 20 seconds or until the flatbread has a few golden brown spots on both sides. (Cooking time will depend on the thickness of the flatbread).

7. Brush each flatbread with oil or vegan butter, and cover with a towel until ready to serve as you repeat with the remaining balls of dough. Serve hot. Store in a container lined with paper or kitchen towel. Refrigerate for up to 4 days. Reheat

on a skillet before serving.

# 30-Minute Rice Dosas

**Prep: 15 minutes | Active: 30 to 40 minutes | Inactive: 30 minutes | Makes 11 to 12**

This is a quick version of dosa crepes. The recipe uses brown rice flour, urad dal flour, and oat flour. It

requires only 30 minutes prep time, unlike a full day of fermentation as in the traditional recipe. Dosa crepes are served with sambhar, coconut chutney, and masala potatoes or other potato side. See the tips for making perfect crepes here for troubleshooting.

**1/2 cup oat flour or oats**

**1/4 teaspoon fenugreek seeds or fenugreek powder**

**1/4 cup black gram flour or split black gram, or use oat flour**

1 cup + 2 tablespoons rice flour (brown or white)

3/4 to 1 teaspoon salt

2 cups water

1 (1-inch) knob of ginger

1 hot green chile (remove seeds to reduce heat) or 1/4 to 1/2 teaspoon cayenne

3/4 teaspoon active dry yeast

1 teaspoon baking powder

1. Combine the oat flour, fenugreek, and urad flour in a blender and blend to a fine powder.

**2.** Add the brown rice flour, salt, water, ginger, and chile to the blender and blend well to make a smooth batter. Blend for three 1-minute cycles to incorporate well, scraping down the sides in-between if necessary. Add the yeast and baking powder and blend for 30 seconds. Pour the batter into a bowl and let rest for 30 minutes.

**3.** Heat a large skillet over medium heat. When hot, drizzle a few drops

of oil into the skillet and spread using a paper towel. Drop 1/4 to 1/3 cup of the batter in the skillet. Use a ladle to spread it from the center of the pan out, in circles. Cook until the crepe starts to come off the edges, about 2 minutes. Flip, and cook for another 30 seconds to a minute. Transfer the cooked crepe to a container lined with paper towels, and repeat with the remaining batter. The crepes can be stored at room temperature for the day, or

refrigerated for up to 4 days. Reheat before serving.

# South Indian Lentil and Rice Dosas

**Prep: 1 1/2 days fermentation | Active: 45 minutes | Makes 10 to 12**

Dosa crepes are not as well-known as naan. Most restaurants in the

United States have North Indianinfluenced menus, with cream curries and vegetable sides that pair well with naan or roti. Generally, dosa crepes are served with southern Indian split pea stews, tamarind-flavored soups, coconut-based chutneys, sambhar, and potato-based sides. These delicious and versatile crepes are gluten-free and are perfect with curries as well. Use them as tortillas or wraps. These crepes are best made with split black gram

(urad dal). Whole black gram or urad is a black-colored bean like mung bean. Split black gram is whole beans split in half. Split dal can be unskinned, which means it will be black on one side and white on the other; and it can skinned, so it will be white on both the sides. Any of the three will work in this recipe.

(Photos: See here for the stuffed potato dosas and here for the steps to make them.)

**1 cup long-grain basmati or brown**

rice

1/3 cup split black gram (urad dal)

1/3 cup yellow split peas

1/4 teaspoon fenugreek seeds

1 cup or more water

1/2 to 3/4 teaspoon salt

1. Wash the rice, drain, and place in a deep bowl. Add 3 cups of water.

2. Wash the black gram and split peas, drain, and place in another deep bowl. Add 3 cups of water. Add the fenugreek seeds to the split peas bowl. Let both the rice and the dals

soak for at least 6 hours.

**3.** Drain the water from the rice and dals into another bowl. Reserve the soaking water to use during grinding. Grind the dals first, with 1/4 cup or more water, to make a smooth, fluffy mixture. Transfer to a bowl. Grind the rice with 1/2 to 1 cup water to make a smooth batter. Pour the rice batter into the bowl with the dal batter. Mix well to combine. Stir in 1/2 teaspoon salt.

4. Cover the batter with a loose lid and place in a warm place, such as an oven with the oven light on, for at least 8 hours. The batter should get bubbly, increase in volume, and smell fermented. If the batter is not fermented yet, you can let it sit for up to 24 hours to ferment. The fermentation time depends on the ambient temperature.

5. If the batter does not ferment enough, combine 1 teaspoon active

yeast and 1/4 teaspoon sugar with 2 tablespoons warm water in a small bowl. Set aside for 2 minutes, then mix it into the batter at any point after the 8 hour fermentation. Let the batter sit for 1 hour before using to make crepes.

**6.** To make the dosas, heat a large skillet over medium heat. When hot, sprinkle a few drops of oil or spray oil on the skillet. Spread the oil using a paper towel.

7. Ladle a scant 1/4 cup of batter into the skillet. Spread the batter by moving the ladle in concentric circles from the inside out (see pictures). Drizzle a few drops of oil or spray oil on the edges (optional). Cook the dosa until the bottom is golden, about 2 to 3 minutes. Flip, and cook for 30 seconds (optional). Taste the dosa and adjust salt in the batter if needed. Make the rest of the dosas. Fold and serve.

**Note:** If you cannot find split black gram (urad dal), use petite yellow lentils or red lentils. The batter might not ferment with lentils other than black gram. Mix 1 teaspoon of active yeast and 1/4 teaspoon sugar with 2 tablespoons warm water in a bowl. Let the yeast get frothy, about 2 minutes. Mix into the batter right after grinding, at step 2. Let the batter sit for an hour and then use to make crepes.

# Tips to Make Perfect Dosa Crepes

These tips apply to any type of crepe or thin pancake, such as chilla.

- Use a good pan. I use a PFOA/PFOE-free non-stick pan that I keep for just crepes and pancakes. If the pan is used for anything else that needs stirring, the surface doesn't stay evenly non-stick and the crepe batter has a tendency to stick to the pan.
- Bring the batter to room

temperature before using, or it might stick to the ladle while spreading.

- Use a well-heated pan. If the batter is cold, or the pan is either not hot enough or too hot, the batter might clump up and stick to the ladle or the pan. This is usually the reason the first dosa always clumps up a bit.

## How to Make

# Dosas

1. Pour the batter onto the tava from a ladle.
2. With the back of the spoon, spread the batter out in a swirling motion.
3. Cook the dosa per instructions until golden.
4. With a spatula, turn the dosa up on opposite sides to make a taco-like shape.
5. Add the filling and eat.

1

**2**

3

4

5

# Gluten-Free Roti (here)

# Wheat Roti (here)

Rasmalai (here)

# Nine

# Desserts

In India, desserts and sweets are usually reserved for special days or festivals, so special memories are usually associated with them. Unlike the availability of vegan versions of other desserts, vegan Indian desserts

are next to impossible to find. For this reason, I missed Indian desserts the most after transition to a plant-based diet.

Indian desserts usually contain a lot of dairy products, such as cheese, heavy cream, and clarified butter, and are often cooked with a lot of sugar. Because most plant-based milks do not behave like dairy milk with traditional cooking methods, some Indian desserts cannot be

recreated directly using nondairy milks. However, this chapter shares years of research in which I found the best ways to recreate them. That's what makes this chapter somewhat different.

The other chapters are about making things simpler with easier methods and flavors to make the food more approachable. This chapter, however, is about achieving traditional and authentic results. Think of it this

way, you can make a vegan version of your favorite nonvegan stew and, while it's not exactly the same, it's equally delicious. But if you make a vegan cheese with a completely different texture and taste than the non-vegan version, you might still miss the authentic flavor, however good the vegan cheese turns out. That is the same with Indian desserts.

Some traditional desserts that are not as dairy dependent are more easily

adapted and comparable to their vegan versions, while others that are traditionally mostly dairy, need to stay true to the texture and flavor, and hence need more complex cooking methods. For these desserts, I advise that you find a stash of cardamom and saffron, because they are frequently used. Both can be expensive, but a little bit goes a long way. A good number of recipes in this chapter are glutenfree and soy-free.

Whether you are Indian or not, you will love making these easy desserts, some of which also make great breakfasts such as Phirni, Cardamom Fudgy Squares, Coconut Ladoo, Kaju Katli, and Nan Khatai. Then try your hand at Besan Ladoo, Carrot Halwa, and kulfi ice creams. After that, you will be ready to try your hand at the more difficult Gulab Jamuns, Malai Peda, Sandesh, and Rasmalai.

# Sweet Chickpea Flour Balls

## *Besan Ladoo*

**Prep: 15 minutes | Active: 30 minutes | Inactive: 20 minutes | Makes 12**

SF GF E

If you ask my mom about the secret to a perfect besan ladoo, she will say

ghee and slow roasting. In this recipe, I use vegan butter and oil instead of ghee, but cocoa butter also works beautifully. You can slow roast the besan flour over low heat for 30 minutes or over medium heat for 15 minutes. If you are going to roast over medium heat, keep an eye on the besan to avoid burning, as burnt or over-roasted besan can taste quite bitter. For a variation, use whole-wheat flour or other flours instead of the chickpea flour to make

this ladoo.

- 2 tablespoons organic canola oil or safflower oil
- 2 tablespoons vegan butter, cocoa butter, or coconut oil
- 1 cup chickpea flour or besan
- 2 tablespoons coarsely ground raw cashews
- 2 tablespoons raisins, optional
- 1/4 teaspoon coarsely ground cardamom
- 1/2 cup + 2 tablespoons finely ground or confectioners' sugar

1. Heat the oil and butter in a skillet

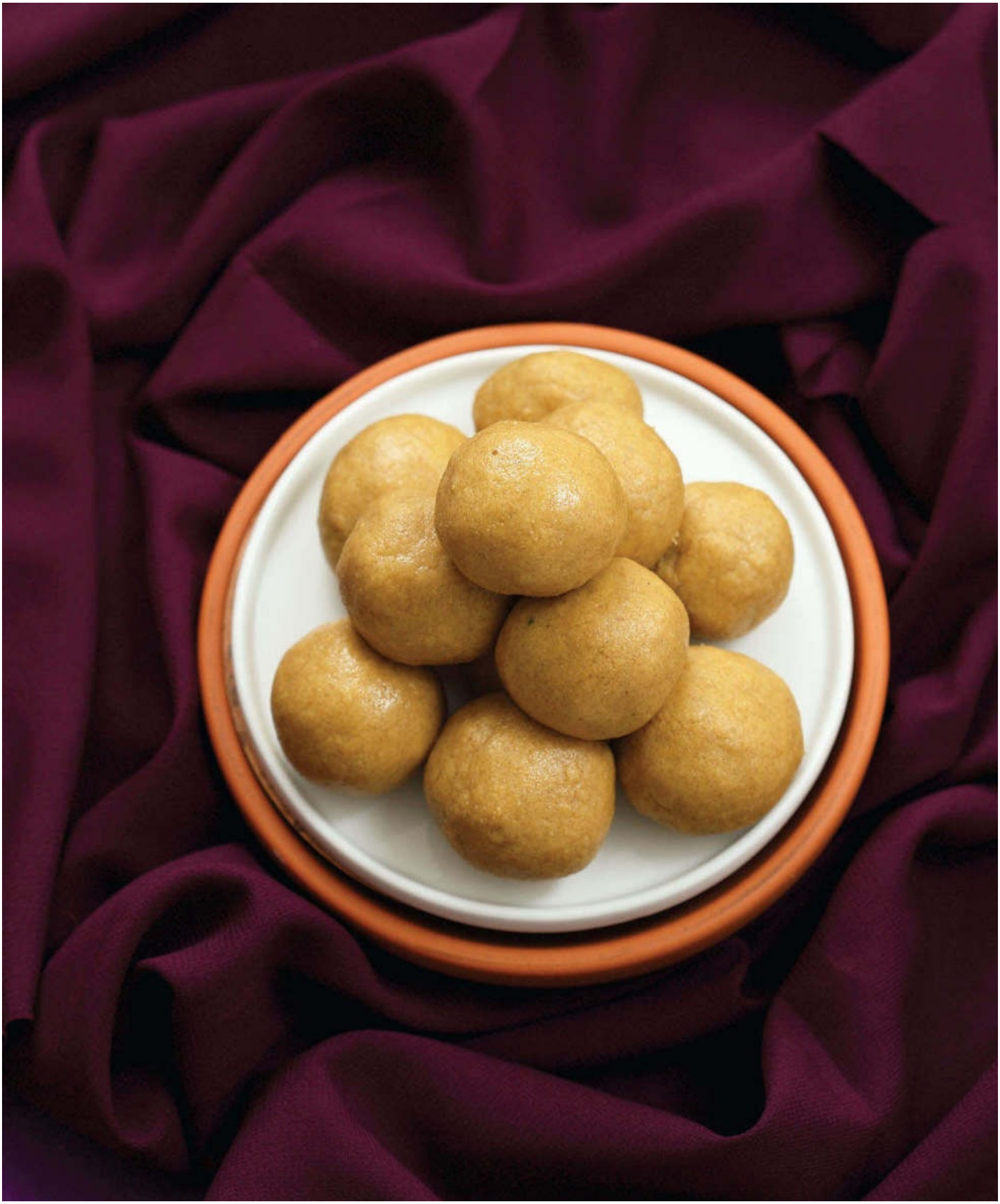
over low-medium heat. When the butter has melted, add chickpea flour and mix well to make fat crumbs. Roast the flour for 30 to 40 minutes. Stir by dragging the mixture around every 5 minutes. Depending on the pan and your stove, the chickpea flour will change color and the mixture will continue to get more lumpy, and come together and the oil will start to shimmer on it. If roasting on closer to medium heat, the flour will be well-roasted in 12 to 18

minutes. Stir every 1 to 2 minutes.

**2.** Add ground cashews, raisins, cardamom and sugar and mix in. Cook for 3 minutes, mixing the sugar into the chickpea flour until the sugar is not visible. The mixture will become like fat crumbs.

**3.** Take off heat and cool for 5 minutes or until cool enough to handle. Do not let the mixture cool completely. Shape into balls by pressing some in one hand and then

rolling between 2 hands. The mixture comes together because of the pressure and will smooth out as you roll. It takes 10 seconds or so. If the mixture is too crumbly, add some oil or nondairy milk to help with the binding or serve as-is. Store in an airtight container on the counter for up to 2 weeks.



# Cashew Fudge

## *Kaju Katli*

**Prep: 15 minutes | Active: 25 minutes | Makes 12 to 18 pieces**

Kaju Katli is another favorite Indian dessert. There are several ways to make the fudge, but the key to a great fudge is a good sugar syrup and

well ground cashews. Some methods require you to soak the cashews and cook with the sugar for about an hour. Some methods require a lot of elbow grease. This is the simplest recipe that I use to whip up fudge within minutes.

**2 cups raw cashews**

**1 tablespoon cornstarch or other starch (optional)**

**1/3 cup water**

**1/2 cup ground raw sugar**

**Flavor options: 1/4 teaspoon cardamom powder, 6 strands of**

**saffron, or a few drops of kewra or rose essence**

1. Grind the cashews to a powder in a dry grinder and keep aside. If using a blender, add cornstarch and then blend. Remove the buttery cashew powder from the sides of the blender in between to help with even blending.

2. Make the sugar syrup: In a saucepan over medium heat, combine water and sugar and mix

well. Bring to a boil, about 3 minutes. Continue to cook over medium heat, until the syrup is a just about single thread consistency (close to 230°F), 3 to 4 minutes. (See note below for how to check single thread consistency.) Stir a few times in between. The syrup will get bubbly while it thickens. Add cardamom or other flavors and mix in.

**3.** Reduce heat to low, then add half

of the ground cashews. Mix in well. Keep adding the cashew mixture, a few tablespoons at a time, until the mixture gets thick and adds resistance to the movement of the spatula. Mix well each time by dragging and mixing. The mixture will be somewhere between a thick batter and a soft dough. You will use up anywhere from 1 1/2 cups to the entire 2 cups cashews.

**4.** Transfer the hot mixture to

parchment or a greased flat plate or pan. Carefully pat it down or shape using a spatula, into a 1/4 inch thick somewhat rectangle. If the mixture is too sticky or hot, let it cool for a minute before patting it down. You can also roll it between 2 parchments. You can knead the mixture a bit at this point to make it smoother, before shaping into a rectangle.

**5.** Using a knife or pizza cutter, cut

the rectangle into a grid. Let cool completely before separating into pieces and storing. Store in an airtight container for a few days on the counter or several weeks refrigerated.

---

**Single-thread consistency:** Take a drop of sugar syrup carefully between one finger and thumb or between two spoons. When you separate the finger and thumb the syrup should form a single thread at

least 1/2-inch long before breaking. You can also check the consistency by dropping a single drop of the syrup in a bowl of cold water. The syrup should not immediately dissolve and should splash into one or more visible threads.

## Troubleshoot:

- Sugar syrups are tricky, because you can end up with a really soft fudge or a crumbly burfi. Either way they are absolutely

delicious.

- If the mixture gets too crumbly after adding cashews and does not lump up, that means the sugar syrup got too thick or overcooked. Keep the cashew mixture on low heat. Boil some water in another pan and add a teaspoon at a time to the cashew mixture, mix well, adding more if needed, until the mixture is more like a thick batter. Then proceed to make the fudge pieces.

- If the fudge is too soft, the sugar syrup was likely undercooked. Serve with a spoon as halwa.

# Pistachio Cardamom Cookies

*Nan Khatai*

**Prep: 15 minutes | Active: 15 minutes | Inactive: 14 minutes | Makes 10 to 12**

SF E

Cardamom and saffron are rather inexpensive in India, which is one reason they are both used liberally in Indian desserts. Even cookies have saffron in them. Nan Khatai cookies are known for their even color appearance and soft texture and are baked at a slightly lower temperature so they don't brown.

**1/2 cup ground raw sugar**
**1/8 teaspoon salt**
**2 tablespoons melted vegan butter or a neutral oil**

1 tablespoon safflower or other neutral oil

2 tablespoons nondairy yogurt or cashew cream or coconut cream

4 saffron strands (optional)

1/2 cup + 2 tablespoons unbleached white flour

3 tablespoons semolina flour (fine sooji)

3 tablespoons finely ground raw pistachio, cashew or almond (tastes best with pistachio)

2 teaspoons chickpea flour or besan (optional)

1/8 teaspoon baking soda

Seeds from 1 cardamom pod,

lightly crushed or 1/4 teaspoon cardamom powder

1/8 teaspoon nutmeg powder

Raw pistachio or almond slivers, for garnish

1. Preheat the oven to 345°F. Prepare a baking sheet with parchment paper. In a bowl, add sugar, salt, vegan butter, oil, yogurt, and saffron, if using, and whisk to combine.

2. In another bowl, mix flour, semolina, nut flour, chickpea flour, baking soda, cardamom and nutmeg.

Whisk well.

**3.** Add the dry ingredients to wet and mix to make a soft dough. Use a teaspoon or so nondairy milk if the dough is too crumbly.

**4.** Shape the dough into small balls, about an inch in diameter. Place on the parchment. Press slightly on top to flatten just a bit. Press in pistachio slivers. Bake for 14 to 15 minutes. Bake a minute longer for crunchier cookie. Let it cool completely before

serving. Store in an airtight container for up to a week.

---

**Variation:** Add 1 teaspoon vanilla extract instead of cardamom.

**To make these gluten-free:** Use a gluten-free flour blend to replace unbleached white flour, and white or brown rice flour to replace semolina. Use nondairy yogurt and not cashew cream with gluten-free flours, as the yogurt holds the moisture in the

cookies.

# Saffron Cream Popsicles

## *Kesar Kulfi*

**Prep: 10 minutes | Active: 15 minutes | Inactive: 3 hours to freeze | Serves 4 to 6**

SF GF E

Kulfi is Indian ice-cream made from

thickened and reduced milk and often flavored with saffron, cardamom, rose water, kewra, and other flavors. Unlike regular ice creams, kulfi is not whipped, resulting in a solid, dense frozen dessert which also takes longer to melt. Use any popsicle molds or small and tall bowls to freeze the kulfi. I have many memories associated with kulfi. The kulfi wala (a man with an ice-box cart containing kulfis) would come by

our street every Sunday during summer. Before anyone else knew that he was on the street, our dog would alert us with her barking. She would always get a fifty-paisa kulfi all to herself. Now we know why she was such good friends with the kulfi wala.

- **1/3 cup ground raw cashews**
- **1 tablespoon cornstarch or arrowroot**
- **1 (13.5-ounce) can full-fat coconut milk, divided**

**3 tablespoons water**

**1/2 teaspoon saffron strands**

**1/3 cup ground raw sugar (1/2 cup for sweeter)**

**A generous pinch of ground cardamom**

**1/8 to 1/4 teaspoon fine sea salt**

**Chopped raw pistachios, for garnish**

1. In a bowl, mix the cashews and cornstarch with 1/2 cup coconut milk and set aside. Blend, if needed.

2. Add the water and saffron to a

saucepan and let sit for 5 minutes off the heat.

**3.** Heat the pan over medium heat. Add the sugar, and cook over medium heat, stirring. Bring the mixture to a bubbling boil, 4 to 5 minutes.

**4.** Add the cashew coconut milk mixture to the pan. Add cardamom and salt and bring to a boil, 5 to 7 minutes. The mixture will thicken considerably. Remove from the heat.

**5.** Add the remaining 1 cup of coconut milk and mix well. Taste and adjust sugar. Add chopped nuts or dried fruit, if using, and fold into the creamy mixture.

**6.** Pour the mixture into kulfi molds or popsicle molds or a larger container. Freeze until just set, pop out, top with coarsely chopped pistachios and serve. If the kulfi is too hard, let it sit for 10 minutes before serving.

**To make Mango Kulfi:** At step 5, cool the mixture completely, then fold in 1 cup of ripe mango puree or pulp. Pour into kulfi or popsicle molds and freeze.

# Mango Kulfi variation

# Pistachio Almond Ice Cream

*Pista Kulfi*

**Prep: 10 minutes | Active: 15 minutes | Inactive: 3 hours to freeze| Serves 4 to 6**

SF GF E

This is is a richer kulfi that is typically served during summer festivals. You can substitute other nuts of your own choice. Serve drizzled with saffron cream (rabdi), here.

- **1/3 cup raw pistachios**
- **2 tablespoons raw almonds or cashews**
- **1 1/2 cups almond milk or coconut milk**
- **1 tablespoon cornstarch or arrowroot**

**1/4 teaspoon ground cardamom**
**Pinch of saffron (optional)**
**4 to 6 tablespoons raw sugar**

1. Grind the pistachios and almonds into a coarse meal in a grinder or blender.

2. In a blender, combine the nut meal with nondairy milk, cornstarch, cardamom, saffron (if using), and sugar, and blend until smooth. Transfer the blended mix to a skillet over medium heat. Bring to a boil,

stirring frequently to avoid burning, 5 to 6 minutes. Remove from the heat. Carefully taste and adjust the sugar, if needed. Set aside to cool.

**3.** Transfer the cooled mixture to popsicle molds or a larger container. Freeze for a few hours. Remove from mold and serve.

# Doughnuts Soaked in Sugar Syrup

## *Gulab Jamun*

**Prep: 20 minutes | Active: 30 to 45 minutes | Inactive: 1 hour soak | Makes 18 to 20**

SF

Gulab jamun is a milk-solids based dessert served during festivals. It is popular in India, Sri Lanka, Nepal, Pakistan, Bangladesh, and also in Caribbean countries. Balls of milk solids (khoya), flour, and other ingredients are fried and then soaked in a light sugar syrup flavored with green cardamom and rosewater, kewra, or saffron. To get the right texture, I use flour, ground cashew, and sweet potato. Use 1/4 cup less

sugar in the syrup for less sweet syrup. **Note:** Instructions are given to either fry or bake.

**1/4 cup wheat flour or unbleached all-purpose flour**

**1/4 cup unbleached all-purpose flour**

**1 tablespoon cornstarch or arrowroot**

**2 tablespoons ground raw cashews, pistachios, or almonds**

**2 tablespoons oat flour**

**2 tablespoons ground raw sugar**

**1/2 teaspoon baking powder**

A generous pinch of salt

1/4 cup sweet potato puree (well-mashed boiled sweet potato or canned) or thick applesauce

1 tablespoon safflower or other neutral oil

1 to 3 teaspoons almond milk or water

## SUGAR SYRUP:

1 1/4 cups ground raw sugar or other vegan sugar

1 1/2 cups water

A generous pinch of salt

1/4 teaspoon cardamom powder or crushed seeds from 2 cardamom pods

**1/4 teaspoon saffron strands**

**1 to 2 teaspoons rose water (optional)**

**Pistachio slivers or shredded coconut, for garnish**

**1.** Mix the flours, nuts, sugar, baking powder, and salt in a bowl.

**2.** Add the sweet potato puree and oil and mix well. The sweet potato will take 1 to 2 minutes to fully incorporate in the dry ingredients. Add almond milk or water if needed a teaspoon at a time, to make a soft

dough. The dough might be slightly sticky if you are using sweet potato instead of applesauce.

**3.** Cover the dough with a towel and let it sit for 10 minutes. Oil your hands and divide the dough into equal sized, 1/2-3/4 inch size smooth balls. Use light pressure during shaping.

**4. If frying:** Add enough oil to be at least 1 1/2 inch deep. Heat over medium heat. When the oil is hot,

reduce heat to medium-low. Fry the balls. Move them around every 2 minutes for even cooking and color. The balls will increase in size during frying. Remove the balls from the oil once golden brown all over, not dark brown. (6 to 8 minutes total time per batch). Let the oil heat up for a few minutes after each batch before adding the next.

**5. If baking:** Preheat the oven to 425°F. Place the balls on parchment

lined doubled baking sheet (to avoid burning the bottoms). Bake for 7 to 8 minutes. Then broil to get a darker color. Broil for 30 seconds, then move the balls around and broil for another 15 seconds. Continue to broil for another minute for even browning. Move the balls frequently every 10 to 15 seconds. These balls will be hard to the touch.

**6. Prepare the sugar syrup:** Add the ingredients for the sugar syrup,

except the rose water in a wide saucepan that can accommodate the 20 balls in a single layer. Heat over medium heat, stirring until all the sugar dissolves. Bring to a bubbling boil. Reduce heat to low and continue to simmer for 2 to 3 minutes. Add the rose water if using.

7. Place the jamun balls in the simmering sugar syrup. Keep the sugar syrup simmering over low heat. Turn the balls around after 10

minutes. Take the syrup off the heat.

**8.** The balls will soak unevenly for the first few minutes, but will even out after some time. Let them soak for an hour. Flip them around after 20 minutes. Serve warm or cold. Keep refrigerated for up to 4 days.

---

**Variations:** Fold the soaked gulab jamuns into vanilla or saffron ice cream (like cookie dough) and freeze. Serve the jamuns with saffron

cream (rabdi) (here) for Malai Jamun.

**Tips:** If the balls are overcooked or too hard, simmer them in the sugar syrup for 15 to 20 minutes until they soften. To avoid the balls breaking too easily while frying or soaking, make smooth balls by rolling between your hands until evenly smooth.

# Gluten-Free Gulab Jamun

**Prep time: 20 minutes | Active time: 30 to 45 minutes | Makes 14 to 16**

GF

For this gluten-free version, I use soy milk powder to ensure a soft and moist jamun. Without soy milk power, gluten-free jamuns tend to be

either dry or hard.

**1/4 cup oat flour**

**1/4 cup arrowroot starch or other starch**

**3 tablespoon soy milk powder**

**2 tablespoons rice flour**

**2 tablespoons almond meal or cashew meal**

**1/4 teaspoon baking powder**

**1/4 teaspoon baking soda**

**1/4 teaspoon salt**

**2 tablespoons sweet potato purée**

**1 tablespoon almond milk**

**1 teaspoon safflower or other neutral oil**

**1 tablespoon flaxseed meal or chia seed meal**

1. In a bowl, combine oat flour, arrowroot, soy milk powder, rice flour, almond meal, baking powder, baking soda, and salt. Whisk well or sift.

2. In another bowl, combine the sweet potato purée, milk, oil, and flaxseed meal. Mix well and set aside for 2 minutes.

**3.** Mix the wet ingredients into the dry ingredients. Knead for 1 to 2 minutes to make a soft, smooth dough. Add a few drops of almond milk if the dough is stiff. Let the dough rest for 5 minutes.

**4.** Divide the dough into 16 to 20 equal parts. Roll them into smooth balls.

**5.** Heat enough oil to deep-fry over medium heat, about 11/2 inches deep. When the oil is moderately hot,

fry the balls in batches until brown on all sides, 4 to 6 minutes. Drain the balls on a paper towel. Fry all the balls and keep aside. Follow step 6 onwards of Gulab Jamun (here) to make the sugar syrup and soak the balls.

# Fudgy Coconut Balls

## *Nariyal Ladoo*

**Prep: 10 minutes | Active: 20 minutes | Makes 12 or more**

Ladoos made with coconut are another easy and popular dessert

served during festivals like diwali, ganesh chaturthi, and dussehra, or to celebrate anything else. They are a lighter fare than the usual dairy- or nutbased dessert. Add flavors such as cardamom, rose, or vanilla for variations. Use coconut cream for a more decadent ladoo. Coconut cream is the white cream that separates from the full-fat coconut milk after the can has been chilled for a few hours. Scoop the cream from the can to use.

**2 cups unsweetened shredded coconut (dried)**

**Seeds from 4 to 5 cardamom pods**

**1/3 cup full-fat coconut milk or coconut cream**

**2 teaspoons coconut oil**

**2/3 cup ground sugar (use 1 tablespoon less for less sweeter)**

**Pinch of salt**

**2 tablespoons coconut flour or shredded coconut**

1. Grind or blend 2 cups of shredded coconut in a blender or processor to make small powdery flakes. Blend a

few short cycles, move the coconut around, and pulse more to blend evenly and avoid making coconut butter. Pound the cardamom seeds in a mortar and pestle to break into a coarse mixture and keep aside.

**2.** Heat the coconut milk in a small skillet over medium heat. Add the coconut oil, sugar, and salt and mix. Bring the mixture to a bubbling boil, about 4 minutes. Continue to boil for another 4 minutes or until the

mixture can form a half-thread (220° to 225°F). Take off the heat.

**3.** Immediately add 1 1/2 cups of the shredded coconut and cardamom and mix in. Add the coconut flour and mix in. If the mixture appears too wet, let it cool for a minute, then add more shredded coconut, 2 tablespoons at a time. Do not add more than 4 tablespoons total. The mixture will become less soft as it cools. Let the mixture cool for 2

minutes or until cool enough to handle, then shape into balls by picking up 1 to 2 tablespoons of the mixture, pressing and shaping with one hand. Roll the ball in the remaining shredded coconut and serve. Cool completely before storing. Store in an airtight container on the counter for up to 3 days or refrigerated for a week.

# South Indian Chickpea Flour Fudge

*Mysore Pak*

**Prep: 15 minutes | Active: 30 minutes | Makes 16 to 20 (1-inch) squares**

SF NF GF

This is one addictive and fun chickpea flour burfi. This fudge is delicious and the traditional technique below needs a bit of practice to get the traditional roasted chickpea fudge taste and texture. The timing and heat during the process ensure that the fudge comes out slightly airy with a slight crunch and still is melt-inyour-mouth good. There is enough sugar and fat in this recipe, that even if you mess up, the end result will taste fabulous. Read

the recipe a few times to make sure you have the step order right before proceeding. Do try the Besan Ladoo first to get an idea of how chickpea flour tastes in Indian sweets. If you wonder why you should to make this fudge over another one, imagine the difference between a chocolate fudge cake layered with chocolate ganache verses a regular chocolate cake.

**1/2 cup chickpea flour or besan**

**1 1/2 tablespoons melted coconut oil, or safflower or canola oil**

**2/3 cup ground raw sugar**

**1/4 cup water**

**1/2 cup cocoa butter or vegan butter (or a combination such as 2 tablespoons safflower oil + 2 tablespoons vegan butter + 1/4 cup cocoa butter or coconut oil)**

1. Heat a large skillet over medium-low heat. Dry roast the chickpea flour for 5 minutes, stirring frequently. Add 1 1/2 tablespoons of coconut oil to the chickpea flour. Continue to roast for another 2 to 3 minutes or until the chickpea flour

gets slightly fragrant. Mix the oil into the chickpea flour by pressing and dragging so the mixture is like fat bread crumbs. Set aside. Grease a 7-inch square baking pan or line it with parchment and set aside.

**2. Make the sugar syrup:** Combine 2/3 cup sugar and 1/4 cup water in a skillet over medium heat. Bring to a boil and continue to cook until it reaches single-thread consistency.

**3.** While the sugar syrup is cooking,

heat the cocoa butter in a skillet over medium heat. The butter should be heated enough to be smoking hot.

**4.** At this point, both the syrup and the butter should be hot to proceed to the next step. Keep both over medium heat.

**5.** Add the roasted chickpea flour to the hot sugar syrup as soon as the syrup reaches single-thread consistency. (Add half the flour at a time to avoid lumps. Using a whisk

will also help). Mix well till there are no lumps, about 1 minute. Start adding the hot butter/oil to this sugar/chickpea mixture, 1 tablespoon at a time. Be very careful. Mix in well and add more oil.

**6.** The chickpea mixture will begin to change color and start to get fluffy after a few minutes. After all the oil has been added, continue to cook for another minute or so. The chickpea mixture will start to leave the edges

and will be noticeably bubbly and fluffy. Remove it from heat and immediately pour it into a baking pan or parchment lined bread pan. This whole process (step 4) takes 5 to 7 minutes. Let the mixture sit and cool for a few minutes. Then cut up into squares. Store in an airtight container for a few weeks.

---

**Note:** The syrup will be at 230° to 235°F for single-thread consistency. To check the consistency, take a tiny

amount of syrup in a spoon and cool a bit. Place a drop on your finger or thumb, press both together, and then pull them apart. The syrup should form a single thread that does not break. If it breaks quickly, then it is half-thread consistency. This stage is just before it can make a soft ball (a drop of the syrup dropped into cold water makes a soft ball). Please be careful when you add the hot oil to the hot chickpea mixture.

# Grain Flour Spoon Fudge

## *Atte Ka Halwa*

**Prep: 10 minutes | Active: 25 minutes | Serves 2 to 4**

SF E

Halwas are a sweet, somewhat gel-like, flour-based mixture which has

nuts and flavors such as cardamom, saffron, kewra essence, or rose. They are usually served as Prasad (food offered to a deity/idol or god and distributed in his or her name) and everyone had to finish their portion. As kids, we would always want the besan laddoo or the dairy-based desserts and would be disappointed with the less sweet halwas. If you use less sugar, you can serve it for breakfast. The whole-wheat flour halwa is pictured opposite. The

texture can range from crumbly to a smooth, silky pudding. Use less or more water to preference. Mom's wheat halwa is basically the mixture at Step 3. Once the sugar is mixed in and begins to melt, it is taken off heat, cooled, and served. Use gluten-free flour to make this gluten-free.

- **2 tablespoons vegan butter or safflower oil**
- **2 tablespoons cashews**
- **1 tablespoon raisins, dried cranberries, or other dried fruit**

**1/2 cup grain flour of choice (whole-wheat, amaranth, quinoa, oat, semolina)**

**1/4 teaspoon ground cardamom**

**Pinch of salt**

**1/4 to 1/3 cup confectioners' sugar**

**1/2 cup water**

1. Heat the butter in a skillet over medium heat. Add the cashews and cook until lightly golden, about 1 minute. Add the raisins and cook until golden and puffed, about 1 minute. Remove the nuts and raisins from the butter and keep aside.

**2.** In the same skillet, add the flour to the remaining butter. Mix well and cook for 2 minutes over medium heat. Reduce heat to medium-low and continue to roast the flour until it changes color, stirring frequently, 4 to 8 minutes. Cooking time depends on the flour used. Wheat flour will usually need 6 to 7 minutes, amaranth about 5 minutes, and semolina about 8 minutes.

**3.** Midway through the roasting, heat

1 cup of water in a saucepan over medium heat to bring to a boil, 4 to 5 minutes. Add the cardamom, salt, sugar, fried cashews, and raisins to the flour and mix in. Cook for 1 minute.

**4.** Add 1/2 cup hot water to the flour and mix in. The mixture will quickly form a lump. Add another 1/4 cup water if you like a wet halwa. Keep mixing until smooth. Cook for 1 minute. Carefully taste and adjust

sweet if needed. Take off heat. To shape, pack into greased mold or 1/4 cup measure when still warm. Tap upside down to remove. Serve warm or cold. Store refrigerated for up to 3 days. You can also shape the halwa into squares. Pat the warm halwa into a 1/2 inch thick rectangle on parchment. Let it cool, then slice and store.

---

**Notes:** At Step 4, depending on the flour and the preferred consistency of

the halwa, you will need anywhere from 1/4 cup to a 1 cup of hot water. Use 1/4 to 1/3 cup water for a crumbly semolina halwa. Use 3/4 cup to 1 cup for a smooth soft halwa when using any whole grain flour like wheat or amaranth.

# Fudgy Cardamom Squares

*Vegan Kalakand*

**Prep: 15 minutes | Active: 15 minutes | Inactive: 15 minutes | Makes 12 or more**

SF GF E

These fudgy squares use ground-up almonds to mimic the texture and taste of the khoa (milk solids) in the common milk burfis. It may be hard to believe that it works, but it does! Try it.

**1/2 cup almond milk**

**2 teaspoons vegan butter or safflower oil**

**1/2 cup ground sugar**

**1/8 teaspoon salt**

**1/4 teaspoon cardamom powder**

**1 cup ground raw or blanched**

**almonds or fine almond meal**

**1/4 cup oat flour**

**1/3 cup or more coconut flour**

**Seeds from 4 cardamom pods, lightly crushed**

1. Preheat the oven to 300°F.

Combine almond milk, oil, sugar, and salt in a saucepan over medium heat. Mix well to dissolve the sugar. Bring to a bubbling boil, about 4 minutes.

2. Continue to boil the mixture for 2 minutes. Take off heat and mix in the

cardamom powder. Cool for 5 minutes.

**3.** Add ground almonds, oat flour, 1/3 cup coconut flour, and cardamom seeds to the saucepan. Mix well to form a soft dough. Add 1 tablespoon more coconut flour if the mixture is too wet. Mix and let sit for a minute before adding more. The mixture will continue to get less wet as it sits. Taste and add 1 tablespoon more sugar if you like it sweeter.

**4.** Pat the sticky dough onto parchment-lined sheet into a 1/4-inch thick square. Cut into 1-inch squares using a knife or a pizza cutter.

**5.** Bake for 16 minutes. Remove from the oven and brush almond milk or oil on top. Cool completely before serving or storing. Store on the counter for a day and refrigerated for up to 7 days.

---

**Variation:** To make Kesar Peda

(saffron-infused fudge cookie): Add 6 strands of saffron at step 1 to the almond milk. Proceed with Steps 2 and 3. Make 1 1/2 inch size flat discs of the dough and bake for 16 minutes.

# Carrot Halwa

## *Gajar Ka Halwa*

**Prep: 15 minutes | Active: 60 minutes | Inactive: 45 minutes | Serves 4**

SF GF E

Carrot halwa has many versions depending on the region. Mom makes it with deep red carrots. She starts making it in the morning with

loads of carrots and ghee or oil and cream and continues to roast it into the evening, until the carrots are a dark red brown. My version is quicker and, of course, minus the dairy that is unfortunately present in many Indian desserts.

- **2 teaspoons safflower or other neutral oil**
- **3 tablespoons chopped or halved raw cashews**
- **2 tablespoons raisins**
- **2 tablespoons chopped pistachios**
- **2 1/2 cups grated or shredded**

carrots

1/4 cup almond meal or coarsely ground almonds

1 cup almond milk

1/4 cup ground raw sugar

1 tablespoon vegan butter or safflower oil

Generous pinch of salt

1/4 teaspoon cardamom powder or saffron strands

1. Heat oil in a large skillet over medium heat. Add the cashews and cook until lightly golden, 2 minutes. Add raisins and pistachios and cook

until the raisins puff up, 1 to 2 minutes.

**2.** Add the grated carrots to the skillet and cook for 5 minutes, stirring occasionally. Add almond meal and almond milk and mix well. Reduce heat to low-medium. Cook until all the almond milk has been absorbed. 20 to 40 minutes depending on the moisture in the carrots and the stove. Stir occasionally.

**3.** Add sugar, vegan butter, salt, and cardamom and mix well. Continue to cook for 15 minutes. Taste and adjust sweet. Continue to cook a few minutes longer until desired consistency and color. Serve warm or chilled.

# Saffron-Infused Creamy Pudding

## *Kesar Phirni*

**Prep: 10 minutes | Active: 15 minutes | Serves 4**

Phirni is somewhat like a creamy pudding with rice flour. Phirni

pudding is usually flavored with ingredients such as saffron, cardamom, or rose extract. I especially like it with saffron. Phirni is usually served with toasted or fried nuts on top or nuts mixed into it. I like my phirni less sweet for breakfast or as a snack with some chopped mango or strawberries. The recipe can easily be doubled or tripled. Add more rice flour for thicker pudding; use less flour for a thinner consistency. Use a nut-free

nondairy milk and omit the nut garnishes to make this nut-free.

**3 tablespoons rice flour**

**2 cups almond milk**

**1/2 teaspoon saffron strands (6 strands)**

**4 to 6 tablespoons sugar**

**Pinch of salt**

**2 tablespoons chopped or slivered pistachios, for garnish**

**1 tablespoon almond slivers, for garnish**

1. In a bowl, stir the rice flour into

1/4 cup of the almond milk, stirring until there are no lumps. Add the saffron strands to the remaining almond milk. Combine both the milks in a saucepan over medium heat. Bring the mixture to a boil, stirring frequently, 6 to 7 minutes. The mixture will thicken into a custard. Add sugar and salt, reduce the heat to medium-low, and continue to cook for another 3 minutes.

**2.** Dry-roast or lightly fry the nuts in 1 teaspoon of oil. Top the pudding with the roasted or raw pistachios and almonds. The nuts can also be folded into the pudding before serving. Serve warm or chilled.

---

**Variations:** add 1/2 teaspoon cardamom, 1 teaspoon rose water, or use any spices of choice like ground ginger, cinnamon, or pumpkin pie spice.

# Steamed Yogurt Dessert

## *Bhapa Doi*

**Prep: 5 minutes | Active: 15 minutes. Inactive: 1 hour bake + 3 hour chill | Serves 2 to 4**

Bhapa Doi is a yogurt dessert from

the Northeastern state of Bengal. Yogurt is usually mixed with evaporated or condensed milk and steamed in a steamer or bain marie until set. For this plant-based version, I use a thick nondairy yogurt such as coconut milk yogurt and coconut cream instead of the evaporated milk. The steamed yogurt tastes like a sweet and slightly sour Greek yogurt-like custard. The baked yogurt is also thick enough to use as shrikhand (see below). Coconut

cream is the white cream that separates from the full-fat coconut milk after the can has been chilled for a few hours. Scoop the cream from the can to use.

- **1 cup plain coconut or other nondairy yogurt or Almond Cashew Yogurt (here)**
- **1/3 cup coconut cream or thin cashew cream**
- **2 teaspoons cornstarch or arrowroot starch**
- **3 tablespoons ground sugar, or to taste**

**Pinch of salt**

**Generous pinch of cardamom powder or saffron strands**

1. Preheat the oven to 350°F. Combine all the ingredients in a bowl and whisk until smooth. Taste and adjust sweet. The mixture should be mildly sweet. It gets sweeter as it bakes.

2. Pour the mixture into small greased ramekins. Cover the ramekins with aluminum foil. Just

place the foil on top without sealing.

**3.** Bring a quart of water to a boil in saucepan. Place a large deep baking pan in the oven large enough to accomodate all the ramekins. Place the ramekins in the pan. Add enough boiling water to the baking pan so the water reaches half the height of the ramekins.

**4.** Bake for 1 hour. Remove the ramekins from the oven. Cool and then chill for 2 to 3 hours before

serving. Top with nuts, dried fruit, or chopped fruits like mango and serve.

---

**Variations:** Add chopped ripe mango or mango puree to the ramekins, then add the yogurt mixture and bake. Serve with a drizzle of mango pulp/puree.

**Make this on the stovetop:** Prepare a steamer and steam the ramekins for 45 minutes.

**To make shrikhand** (a Maharashtrian dessert): Add 1/2 teaspoon saffron strands to a tablespoon of warm almond milk or nondairy milk and let sit for 10 minutes. Add the saffron infused milk and a pinch of nutmeg to the baked yogurt ramekins and whisk well. Chill for an hour and serve topped with chopped raw or blanched nuts.

# Pistachio Spoon Fudge

## *Pistachio Halwa*

**Prep: 15 minutes|Active: 20 minutes | Serves 4**

SF GF E

This easy pistachio halwa is mostly pistachios and sugar. It is rich and

almost like candy. Make this as a treat for special occasions. The halwa gets chewy as it cools, so it can also be rolled into balls or cut up into squares.

**1 cup raw shelled pistachios**
**1/4 cup oats or oat flour**
**1 tablespoon cornstarch or arrowroot starch**
**1/4 cup coconut flour**
**1/4 teaspoon salt**
**Seeds from 2 cardamom pods**
**1/2 teaspoon cardamom powder**
**3/4 cup almond milk**

**1/2 cup + 2 tablespoons sugar (use 1 tablespoon less or more to taste)**

**Raw pistachios, for garnish**

1. Grind the pistachios in a blender or food processor with oats and cornstarch until the nuts are ground to a coarse flour. Pulse 5 to 10 seconds at a time. Add the coconut flour, salt, cardamom seeds, and cardamom powder and process to mix. Process until the pistachios are well ground.

**2.** Combine the almond milk and sugar in a medium saucepan over medium heat. Mix well until the sugar is dissolved. Bring the mixture to a bubbling boil, 6 to 8 minutes.

**3.** Add ground pistachios and mix well until a thick mixture is formed, 1 minute.

**4.** Take off heat and cool a bit before serving. Serve warm or chilled. Garnish with chopped raw pistachios.

**Variation:** use other nuts or nut flour instead of pistachios.

# Saffron Cream Fudge

## *Malai Peda*

**Prep: 10 minutes (+ 4 hour soak) | Active: 15 minutes | Inactive: 15 minutes | Makes 10 or more**

SF GF

Malai Peda is a melt-in-the-mouth sweet usually made of condensed milk and milk powder, and of course a flavor such as saffron. This version has cashew cream, oat flour, white flour, and sugar. You can use all oat flour for the peda, but if made from whole oats, it can give the mixture a brownish color which might not be as appetizing. Use a few tablespoons of white flour to keep the color. Or use any white or off-white flour that you would normally use to make raw

cookie dough.

- 1/2 cup cashews, soaked 4 hours or overnight and drained
- 2 to 4 tablespoons almond milk
- 1/8 teaspoon salt
- 1/4 cup sugar
- 1/2 teaspoon saffron (6 to 8 strands)
- 1 teaspoon vegan butter or oil
- 2 drops lemon juice
- 1 drop vanilla extract
- 1/3 to 1/2 cup ground oats or oat flour
- 1 to 2 tablespoon white flour or 1 tablespoon cornstarch

**1 to 2 tablespoons ground or confectioners' sugar**

**Almond or pistachio slivers, for garnish**

1. Blend the cashews with 2 tablespoons of almond milk into a smooth thick cashew cream. Use more almond milk or 1/2 cup thick cashew cream, only if needed, to blend. Add the salt, sugar, and saffron and blend again until smooth.

2. Transfer the cashew cream to a skillet over medium-low heat. Add

the butter and cook, stirring, until the mixture thickens to a custard, 3 to 5 minutes. Stir frequently so the mixture does not get lumpy. Let it cool completely. Then chill in the refrigerator for 15 minutes.

**3.** Stir in the lemon juice and vanilla extract. Add 1/3 cup oat flour, 1 tablespoon at a time and mix in. Stir in the flour. The mixture should become a sticky soft dough. Taste and add confectioners' sugar if

needed.

**4.** Apply oil to your hands, take 1 tablespoon of the mixture and shape into flat discs. Press pistachio or almond slivers on top. Or dust the pedas in powdered sugar. Store on the counter for the day or refrigerated for up to a week.

---

**Variation:** Make them into cookies: Bake the pedas in a preheated 300°F over for 10 to 12 minutes. Cool

completely before serving.

# Bengali Saffron Cheese Dessert

## *Sandesh*

**Prep: 15 minutes (+1 hour soak) | Active: 20 minutes | Inactive: 45 minutes (+ 1 hour chill) | Makes 10 to 12**

GF

Sandesh is a Bengali dessert consisting of freshly made cottage cheese (chenna), sugar, and cardamom. Dairy-based sweets such as this one are difficult to make vegan. This is my attempt to recreate the sandesh. Each of the ingredients in the recipe is there for a reason. The soymilk curdles to make fresh tofu. The almond flour adds some texture to the otherwise smooth fresh tofu. Soy milk powder adds the milk powderlike effect. The coconut flour

is for absorbing extra moisture from the mixture. If you are not planning to roll the mixture into balls, you can omit the coconut flour and soy milk powder. Serve the sandesh balls or mixture as is or with a fruit compote.

- **1/4 cup raw cashews, soaked in hot water for an hour or longer, drained**
- **3 cups soy milk (fortified creamy soy milk works best; homemade soymilk does not work well)**
- **1 tablespoon lemon juice**
- **1 1/2 teaspoons apple cider vinegar**

2 tablespoons water

4 to 6 tablespoons finely ground raw sugar or other fine vegan sugar

1/8 teaspoon cardamom powder (optional)

1/4 teaspoon saffron strands (6 to 8 strands)

Generous pinch of salt

1/2 teaspoon nutritional yeast (optional)

1 to 3 teaspoons coconut flour or oat flour

2 teaspoons or more soymilk powder

1 tablespoon or more blanched

**almond flour**

**Sliced pistachios, for garnish**

1. Blend the cashews with the soymilk until well combined. Strain to remove any pieces. Pour the soymilk into a deep heavy bottom pan and bring to a rolling boil over medium-high heat, 5 to 7 minutes. Stir occasionally so the milk does not burn or boil over. Mix lemon juice, vinegar, and water in a bowl. Add the mixture to the milk. Mix well for half a minute and take off heat. Let it

sit for 10 minutes. The milk should curdle completely.

2. Strain the curdled milk through a cheese cloth or muslin cloth. Wash the cheese with cold water while still in the cloth, then fold the cloth and squeeze out as much water as you can by squeezing lightly. Wrap in paper towels, cover with a heavy weight and let it sit for half an hour to drain. Transfer the soy cheese from the cloth to a bowl.

**3.** Add sugar, cardamom, saffron, salt, and nutritional yeast. Mix well for a minute so the sugar and saffron are incorporated well. Taste and add more sugar if needed. The mixture will become pasty because of the sugar.

**4.** Add coconut flour and soy milk powder and mix in. Use one or both. Add in almond flour and mix well.

**5.** Let the mixture chill for an hour or so before shaping into balls. If the

mixture is still very sticky, add a teaspoon more coconut flour or soy milk powder and shape into balls. Top the balls with sliced pistachios or almonds.

---

## Variations:

- **Shape these into fudgy squares:** Pat the mixture onto parchment. Chill for half an hour, slice and serve.
- **Make a cheesecake with the**

**filling:** Fill up your favorite cheesecake crust with the mixture. Chill for a few hours, slice and serve.

- **Make this with tofu:** Use a neutral-tasting firm tofu. Use 6 to 7 ounces of well-pressed tofu. Press for an hour or longer to remove as much moisture as possible. Knead the tofu in a bowl until smooth, 2 to 3 minutes. Then proceed with step 3.

# Spongy Balls in Saffron Cream

# *Rasmalai*

**Prep: 15 minutes | Active: 20 minutes | Inactive: 40 minutes (+ overnight chill) | Makes 8 or more**

GF

Rasmalai are spongy cheese balls

that are soaked in saffron cream and served chilled. The spongy balls are basically paneer cheese that has been kneaded and then pressure-cooked so it becomes chewy and airy. That texture soaks up the delicious saffron cream. If nothing else, make the saffron cream, and serve it over toasted bread. The saffron cream can also be served as rabdi or rabri if you add 1/2 teaspoon cornstarch or arrowroot starch, mix in and heat up the cream until it thickens, 3 to 4

minutes. Chill and serve. This is another favorite dessert that I have been trying to veganize for years. I might need to become a food scientist to get this perfectly right. But in the meantime, this recipe comes very close. Think of the effort to make Indian desserts like the effort one would put in to make and get vegan cheese right. Don't give up. Troubleshoot with me on social media facebook.com/veganricha.
(See another photo here.)

## SAFFRON CREAM:

1/4 cup well ground raw cashews or soaked cashews

1 cup almond milk

1/4 teaspoon cardamom powder

1/4 teaspoon saffron strands (6 strands)

Generous pinch of salt

3 to 4 tablespoons raw sugar, or to taste

A few drops of kewra essence or rose water (optional)

## BALLS/DUMPLINGS:

3/4 cup firm tofu (I use Nasoya brand, use any neutral-tasting tofu)

1/2 teaspoon cornstarch or other starch

2 saffron strands

Water, as needed

Pistachio slivers or almond slivers, for garnish

**1. Make the saffron cream:** Blend all the ingredients until smooth and pour into a bowl. You might have to blend a couple of cycles so the cashews get well blended. Taste and adjust sweet and chill.

**2. Make the dumplings:** Cut the

tofu into slices and place between paper towels. Keep a heavy weight on the towels for 30 minutes to remove as much moisture as possible.

**3.** Knead the tofu in a bowl, by pressing and dragging for 2 to 3 minutes. You will be able to feel the tofu get smoother. Add in the cornstarch and saffron and mix in by pressing and dragging. Shape into 3/4 inch balls, lightly flatten, and set

aside.

**4.** Prepare a saucepan or steamer with a well-fitting lid. Place the discs on a parchment-lined steamer basket or plate. Place it in the steamer when the water is rapidly boiling. Steam for 10 minutes or until the balls expand a little and feel chewy to touch. Remove the balls from the steamer and let cool for a few minutes.

**5.** Add the balls to the saffron cream.

Lightly press the balls with a spoon and release so they absorb the cream. Chill for an hour or overnight before serving. Garnish with pistachio or almond slivers.

## Variations:

- **Pressure Cooker:** Follow Steps 1 and 2 and make smooth tofu discs. Add 3 cups of water, 1 tablespoon sugar, a pinch of salt, and an opened green cardamom pod to a pressure cooker. Bring the water to a rolling boil over medium-high heat. Add the balls to the water and close the lid. Cook for 1 whistle (2 minutes), then

reduce heat to medium-low and cook for 7 minutes. Take the pressure cooker off heat and let the pressure release by itself (about 10 minutes). Remove the balls from the water in the cooker and let sit until cool to handle. Lightly press to remove excess water and proceed to Step 4.

- **Make from scratch with soy milk:** Fortified (refrigerated, not shelf-

stable) creamy soy milk works best.

1. Pour 3 cups of soymilk into a deep heavy bottom pan and bring to a rolling boil over medium high heat. 5 to 7 minutes. Stir occasionally so the milk does not burn or boil over. Mix 1 tablespoon lemon juice, 1 1/2 teaspoon vinegar, and 2 tablespoons water in a

bowl. Add the lemon mixture to the boiling milk. Mix well for half a minute and take off heat. Let the milk sit for 10 minutes. The milk should curdle completely.

2. Strain the milk through a cheese cloth or muslin cloth. Then fold the cloth and gently squeeze out as much water as you can. Place the cheesecloth in a

large strainer over a pan and place a 5- to 10-pound weight on it for an hour.

3. Transfer the soy cheese from the cheesecloth to a bowl. Knead well for a minute to make it smooth. Then shape into flat balls. Proceed to cook the balls by pressure-cooking or steaming.

- **Make cheese balls in sugar syrup** (rasgulla): At Step 4, instead of soaking in saffron cream, soak the balls/disks in gulab jamun sugar syrup (here). Use kewra or vanilla flavor in the sugar syrup instead of saffron. Chill overnight before serving.
- **Quick version:** Bread Rasmalai: Make the saffron cream. Remove the crust from a day-old white bread.

Cut the bread into 1 1/2- to 2-inch circles using a cookie cutter or knife. Soak in the saffron cream for 5 minutes and serve. Use home-baked or French bread here as other breads will get soggy too quickly.

**Clockwise from top: South Indian Coconut Chutney (here), Mint Cilantro Chile Chutney (here), and Chile Garlic Coconut Chutney (here)**

# Ten

# Chutneys, Spice Blends, and Basics

**C**hutneys are the Indian version of condiments such as ketchup or salsa.

All the chutneys in this chapter are used with the other recipes in the book. They are easy to make, delectable, and freezer-friendly. I always keep serving size portions frozen for the days when I need them to amp up a meal.

The spice blends or masala blends are also best when freshly made and used within a few months. There is a marked difference in potency and flavor of the spice blends you make

at home versus storebought. Try the Garam Masala spice blend here and compare it with storebought garam masala. Sometimes the fresh garam masala spice blend can take a dish from “good,” to “WOW.” Make these spice blends and store them in whole form until needed.

All chutneys and spice blends in this chapter are soy-free. Most are gluten-free and nut-free. They all can be made gluten-free by using gluten-

free asafetida or by omitting it. See here to learn about asafetida.

This chapter also covers things you might want to keep handy while cooking extensively through the book. Chickpea tofu and vegan paneer require some planning, so having some in the fridge enables you to throw them into sauces or curries or even dals and have a meal ready within 30 minutes. They both make a great paneer or meat

substitute. Steamed tempeh does not need any planning. I don’t store steamed tempeh as it usually steams for the 10 minutes in parallel with the sauces which generally have a 10- to 15-minute cook time before tempeh or vegetables have to be added.

# South Indian Coconut Chutney

**Active: 10 minutes |**
**Makes about 1 cup**

Coconut chutney is a favorite condiment served with South Indian

dosa (crepes), idli (steamed cakes), and vada (lentil fritters). Use the chutney as a dip or in sandwiches or wraps. You can also make chutney fried rice with leftover chutney. To make chutney fried rice, cook some vegetables in oil, add chutney and cooked rice. Cook for a few minutes to heat up and serve. Fresh coconut is used in the traditional recipe. Grating a fresh coconut is not an easy task, but you can find grated fresh coconut in an Indian store in

the frozen section. Thaw the fresh coconut before using. Dried shredded coconut that has been soaked in hot water works well in the chutney, too. Fresh coconut flakes will make saucier chutney and dried flakes will make more textured chutney.

### THE TEMPERING:

**1 teaspoon safflower or other neutral oil**

**1/2 teaspoon black mustard seeds**

**1 dried red chile or red pepper flakes, to taste**

6 curry leaves

## CHUTNEY:

1/2 cup grated fresh coconut, thawed if frozen, or 1/2 cup dried shredded coconut soaked in 1/2 cup hot water for 10 minutes

1 hot green chile (remove seeds to adjust heat)

1 (1/2-inch) knob of ginger, chopped

1/3 to 1/2 teaspoon salt

1/4 to 1/2 cup water

1/4 teaspoon sugar (optional)

**1. Tempering:** Heat the oil in a small skillet over medium heat.

When the oil is hot, add the mustard seeds and let them start to pop. Carefully add the red chile and curry leaves and cook for a few seconds. Remove from the heat.

**2. Chutney**: In a blender, combine the dried coconut shreds with the water they were soaked in, or fresh coconut. Add the chile, ginger, salt, 1/4 cup water, and half of the tempering mixture. Blend until the chile and ginger are well blended.

Add more water if needed. Blend only until half of the coconut flakes break down, and the chutney still has some texture. Over-blending might result in the coconut flakes becoming coconut butter. Taste and adjust the salt and spices, if needed. Mix in 1/4 teaspoon sugar, if needed.

**3.** Pour the coconut mixture into a bowl. Add the remaining tempering, mixing lightly to combine, and serve. The chutney will keep refrigerated

for up to 4 days in an airtight container. It can also be frozen. Let the chutney come to room temperature before serving.

---

**Variation:** Add 1/2 teaspoon split black gram (urad dal) or sesame seeds to the tempering with the mustard seeds in Step 1.

# Chile Garlic Coconut Chutney

**Active time 15 minutes | Makes 1 1/2 cups**

Garlic and chile take coconut chutney to a whole new level. This

very spicy flavorful chutney is like an adult version of a simple coconut chutney. You can use less cayenne to make it less spicy and add more later, if needed. Serve this chutney with idli, dosa, or chilla as a side with any dry vegetable sides, or add to sandwiches, and wraps. This chutney works very well as a condiment with dry vegetable sides when you don’t want to make an elaborate meal with two or three dishes. For a spicy dip, mix the

chutney with some hummus. To make it gluten-free, omit the asafetida or use a gluten-free version. (See photo here.)

**1 teaspoon coconut oil or safflower oil**

**3 tablespoons garlic paste or 7 cloves garlic, crushed**

**1 1/2 teaspoons cayenne or use 1 teaspoon cayenne + 1/2 teaspoon paprika for less heat**

**1 cup water, divided**

**1/2 cup dried shredded coconut or fresh grated coconut, thawed if frozen**

2 tablespoons sesame seeds

1/2 teaspoon salt

**THE TEMPERING:**

1 teaspoon coconut oil or safflower oil

1/2 teaspoon black mustard seeds

1/4 teaspoon cumin seeds

Generous pinch of asafetida (omit to make gluten-free)

6 to 8 curry leaves, coarsely chopped

1. Heat oil in a medium skillet over medium heat. When the oil is hot, add the garlic and cook until golden

and fragrant, about 2 minutes. Add the cayenne and stir for a few seconds. Add 1/4 cup water, then stir in the coconut flakes, and sesame seeds. Remove from the heat. Let the mixture sit for 10 minutes to cool down.

**2.** Blend the coconut mixture with 3/4 cup water and 1/2 teaspoon salt. Pulse and blend until the water and coconut are well incorporated. Do not over blend, as the coconut might

become coconut butter. Add more water if needed. Transfer to a serving bowl.

**3.** Make the tempering: Heat oil in a small skillet over medium heat. Keep all the ingredients ready. When the oil is hot, add the mustard seeds and cumin seeds and let them start to pop. Add the asafetida and curry leaves and stir to combine. Let the curry leaves crackle and fry, about 30 seconds. Remove from the heat

and add to the chutney bowl and lightly mix in. Serve at room temperature. Keep refrigerated in an airtight container for up to 4 days. The chutney can also be frozen.

# Mint Cilantro Chile Chutney

**Active: 20 minutes |**
**Makes 1/2 to 3/4 cup**

The burst of flavor from mint and cilantro in this chutney makes it very appetizing. This chutney is perfect to serve as a condiment with snacks or

a meal. Serve with potato patties, samosa pastries, pakoras, tikka, grilled veggies, or as a salad dressing. Use it in sandwiches and wraps. Like the other chutneys in this chapter, this one can be used to make a chutney fried rice. (See photo here.)

**2 to 3 hot green chiles (remove seeds to reduce heat)**

**1/2 cup fresh mint leaves**

**1/2 cup packed fresh cilantro leaves**

**1/4 to 1/2 teaspoon salt**

**1/4 teaspoon sugar**

**1 teaspoon or more lemon juice**

**1/2 teaspoon apple cider vinegar**

**2 cloves garlic**

**1/4 cup or more water**

**1/4 teaspoon Chaat Masala Spice Blend (here) or 1/2 teaspoon dry mango powder + 1/8 teaspoon Indian black salt**

Combine all of the ingredients in a blender and blend until smooth. Taste and adjust salt, spice and lemon juice. Add more chiles to make it hotter, if desired, and blend

again. Refrigerate for up to 4 days or freeze in an airtight container. Thaw and serve.

---

**Variation:** For a thicker chutney, add 1 tablespoon nondairy yogurt, peanuts, or shredded coconut.

# Quick Tamarind Date Chutney

**Active: 20 minutes |**
**Makes 2/3 cup**

This sweet-and-sour chutney is served as a dipping sauce for appetizers such as samosas, pakoras, or other savory pastries, as well as in

chaat recipes. This quick version is made with tamarind paste (concentrate) and dates. You can also find shelf-stable tamarind date chutney in Indian stores or online. Make it gluten-free by omitting asafetida or using a gluten-free version.

- **7 to 8 large soft medjool dates, pitted and soaked in warm water for 30 minutes, drained**
- **1 tablespoon tamarind paste (concentrate)**
- **1/2 cup hot water**

**1/4 teaspoon fennel seeds**

**1/4 teaspoon ground cumin**

**1/4 teaspoon salt**

**1/4 teaspoon cayenne**

**1/4 teaspoon ground ginger**

**Generous pinch of Indian black salt**

**Dash of black pepper**

**Pinch of asafetida (omit to make gluten-free)**

**1/4 cup powdered jaggery, brown sugar, or coconut sugar**

1. Transfer the dates to a blender. Dissolve the tamarind paste in 1/4 cup of the hot water and add to the

blender Add the remaining 1/4 cup water and blend to a smooth consistency. Set aside.

**2.** In a small skillet, combine the fennel and cumin seeds over medium heat. Dry-roast until the fennel seeds change color, about 1 minute. Use a spice grinder or mortar and pestle to grind the cumin and fennel with salt, cayenne, ginger, Indian black salt, black pepper, and asafetida.

**3.** Combine the spice mixture, sugar,

and blended date tamarind mixture in a saucepan over medium heat and bring to a boil.

4. Reduce the heat to low and cook until the chutney thickens, 5 to 7 minutes. Taste and adjust the seasonings for salt, sweetness, and spice, if needed. Cool completely before using. Keep refrigerated in an airtight container for up to a month. Thin out the chutney with water to your preference before using.

**Note:** The chutney can also be made with tamarind pods. Use 1/2 cup seedless tamarind. Soak in 1 cup hot water for 1 hour. Break the pulp with a fork to mix. Strain the liquid and use. Discard the leftover pulp.

# Garam Masala

**Makes 1 1/2 cups**

This spice blend is probably the one you will use the most in the recipes. Garam masala is quite different from curry powder. It has a stronger and more complex flavor and no turmeric. If you prefer not to make

your own, you can find ground garam masala in Indian stores, world spice stores, or online. You can also find whole garam masala (whole spices that have not been ground) in Indian stores or online. The whole spices blend is best for storage because whole spices stay fresh longer than ground ones. I store the wholespice blend and grind up a 1/4 cup or so and use that until it runs out (not longer than 3 months). The taste of the ground spice blend is

much stronger and fresher this way. Every household has their own recipe for garam masala, and this is the one that I use. Feel free to adjust the spices in the recipe to preference, using fewer black peppercorns for less heat. For variation, use less black cardamom or fewer bay leaves. Indian bay leaves are slightly different than regular bay leaves. If you cannot find Indian bay leaves, use regular bay leaves. (See photo here.)

**1/2 cup whole coriander seeds**

**1/4 cup cumin seeds**

**6 to 8 (2-inch) cinnamon sticks**

**8 to 10 black cardamoms**

**2 tablespoons green cardamom pods**

**2 tablespoons cloves**

**1 to 1 1/2 tablespoons black peppercorns**

**10 to 12 Indian bay leaves**

**1 nutmeg (optional)**

Combine all the ingredients and store in an airtight container for up to 1 year.

**To grind:** In a spice grinder, grind the cinnamon sticks and nutmeg first until well ground, then add the rest of the spices and grind to a powder. Store in an airtight container for up to 3 months.

**Note:** You can also roast the spices before blending. Dry roast all the ingredients except the nutmeg over low-medium heat for 4 to 5 minutes, stirring occasionally. Cool completely. Grind the cinnamon

sticks and nutmeg, and then add the rest of the spices, grind and store as above.

Garam Masala, whole and ground.

# Tandoori Masala

Makes 1/3 cup

Tandoori masala is similar to a garam masala spice blend, but it is more of a spice rub. It can include garlic, ginger, and paprika (or Kashmiri red chile powder) but does not contain bay leaves. You can use

this instead of garam masala for a flavor variation in recipes. Use it to rub on tofu, tempeh, plant proteins, or chunky vegetables that you can then roast and serve with chutneys.

**2 tablespoons coriander seeds**
**2 teaspoon cumin seeds**
**1/2 teaspoons fennel seeds**
**1 teaspoon to 1/2 tablespoon black peppercorns**
**1/2 tablespoon cloves**
**2 black cardamoms (optional)**
**1 green cardamom**
**1 (2-inch) cinnamon stick or 1**

**teaspoon ground cinnamon**

**1/2 teaspoon fenugreek seeds**

**1/2 teaspoon turmeric**

**1 tablespoon (or more) mild paprika or Kashmiri chile powder (for the red color)**

**1/4 teaspoon Indian black salt**

**1 teaspoon garlic powder (optional)**

**1 teaspoon ginger powder (optional)**

Combine all the ingredients in a spice grinder and grind well. Transfer to an airtight container and

store for up to 3 months.

---

**Variation:** add 1/2 teaspoon carom seeds or celery seeds.

# Sambhar Powder

Makes 1/3 cup

Sambhar powder or spice blend is essential for making Sambhar (here) and other southern Indian soups and stews. It is markedly different from garam masala. This spice blend has split peas ground into it. The spice

blend is usually paired with sour notes like tamarind in the dals or curries. Add it to any of the split pea dals for a variation in flavor.

- **1 1/2 tablespoons yellow split peas or split pigeon peas (toor dal)**
- **1 tablespoon petite yellow lentils (mung dal) or split black gram (urad dal)**
- **2 tablespoons coriander seeds**
- **1/2 teaspoon mustard seeds**
- **1/2 teaspoon cumin seeds**
- **10 curry leaves, dry or fresh**
- **1/2 teaspoon fenugreek seeds**

**1 to 1 1/2 teaspoons red pepper flakes**

**1/4 teaspoon asafetida (omit to make gluten-free)**

1. Heat a small skillet over medium heat. When the skillet is hot, add the split pea and lentils and roast, stirring frequently, until they become golden, 3 to 4 minutes.

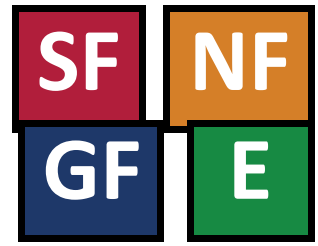
2. Add the coriander, mustard, and cumin seeds and roast until coriander seeds change color, 2 to 3 minutes.

**3.** Add the curry leaves and fenugreek seeds and roast until the curry leaves dry out, 1 minute.

**4.** Mix in the red pepper flakes and asafetida, then remove from the heat. Cool completely. Grind the mixture, then transfer to an airtight container and store for up to 6 months.

# Chaat Masala

**Makes about 3 tablespoons**




Chaat masala is not a substitute for garam masala. It is a sour spice blend usually used in dry or fresh snacks. "Chaat" basically means "to lick." Chaat masala is a salty-sour mix that gets your taste buds to start watering,

induces the sour craving, and is more a of a snack blend. Snacks that have a sweet-and-sour taste profile are also called “chaat.” For example, samosa chaat is hot, spicy samosas served with cool yogurt, Tamarind Date Chutney (here), chopped onion, tomato, and chaat masala. Add this to chopped fruit, or sprinkle on baked potato chips or fries and keep licking your fingers! (See photo here.)

**1 1/2 tablespoons coriander seeds**

**1/2 teaspoon cumin seeds**

**1/2 teaspoon fennel seeds**

**1/2 teaspoon whole black peppercorns**

**2 to 3 dried red chilies**

**1 teaspoon dry mango powder**

**1 1/2 to 2 teaspoons Indian black salt**

1. Dry-roast the coriander seeds in a skillet at medium heat until they change color slightly. 1 minute.

2. Remove the coriander seeds and dry roast the cumin, fennel seeds,

and black peppercorns for 30 to 45 seconds or until the seeds change color slightly.

**3.** Cool and add the seeds, pepper, chilies, dry mango powder, and Indian black salt into a grinder or blender. Grind until powdery. Store in an airtight container for up to 6 months.

# Chaat Masala

# Bengali Five-Spice Blend

## *Panch Phoron*

**Makes about 3 tablespoons**

Panch phoron is a spice blend used in Eastern India, in Bengali, Assamese,

and Oriya cuisine and also in Bangladesh and Nepal. It is a blend of black mustard seeds, nigella seeds, green fennel seeds, golden fenugreek seeds, and brown cumin seeds. The five spices can be added in equal quantities or vary slightly according to region. I make mine with equal quantities of mustard, fennel, cumin, and nigella seeds and half the amount of fenugreek seeds. Fenugreek (methi) seeds have a distinct bitter flavor which enhances

the profile of a dish if used correctly but can also make it taste overly salty in larger quantities. Panch phoron is typically fried in hot oil, which causes the spices to start popping to release the flavors and temper the oil. Add this tempered oil or spice blend to any of the dals or vegetable sides before serving.

**2 teaspoons cumin seeds**
**2 teaspoons fennel seeds**
**2 teaspoons black mustard seeds**
**2 teaspoons nigella seeds**

**1 teaspoon fenugreek seeds**

Combine the whole spices and store in an airtight container.

# Indian Chai Spice

## *Chai Masala*

**Makes 1 cup**

Chai spice or chai masala is a mix of cardamom, cinnamon, and other

spices and is used to add flavor to the everyday Indian tea. Everyday chai is made with water boiled with this spice blend and milk. Use this spice whereever you use chai spice such as in baking and cookies. Adjust the quantities to suit your preference. For example, add more ginger and some turmeric for a winter chai masala; add 1 teaspoon of nutmeg and allspice for a flavor variation.

**3/4 cup green cardamom pods**
**5 (2-inch) cinnamon sticks or 2**

**tablespoons ground cinnamon**

**1/4 cup cloves**

**2 tablespoons black pepper corns**

**2 to 3 tablespoons ground ginger**

**1/2 teaspoon fennel seeds (optional)**

Combine all the ingredients in a spice grinder and grind to a powder. Transfer to an airtight container and store for up to 6 months.

# Pav Bhaji Masala

## Makes about 1/4 cup

Pav Bhaji is a favorite Indian street food. Scores of vendors can be seen in streets all over Mumbai and other cities, stirring up its ingredients on

huge sizzling pans. Pav means “a small bun,” while bhaji means “vegetable.” The spice blend used to make the vegetable stew is different from the usual garam masala. This spice blend has sour and sweet notes and a latent heat from the black peppercorns, adding a scent and flavor to the dish which get your mouth watering. Use this spice blend in any vegetable side dish.

**4 teaspoons coriander seeds**

**1 teaspoon cumin seeds**

**1 teaspoon fennel seeds**

**4 whole black cardamoms or use whole green cardamoms**

**4 cloves**

**1/2 to 3/4 teaspoon red pepper flakes**

**1/2 teaspoon black peppercorns**

**1 teaspoon ground cinnamon**

**3 teaspoon dry mango powder**

Heat a large skillet over medium heat. Add all the spices through black peppercorns and dry roast for 1 to 2 minutes, or until the coriander and fennel seeds start to change

color. Cool slightly and transfer to a spice grinder. Add the cinnamon and mango powder and grind the ingredients to a powder. Transfer to an airtight container and store for up to 6 months.

# Chickpea Tofu

**Active: 10 minutes |**
**Inactive: 1 hour | Serves 4**

The primary ingredients for Burmese tofu are water and flour ground from yellow split peas or chickpea flour or besan flour. This chickpea tofu uses chickpea flour. It is a sturdier, modified, and quick version of

Burmese tofu. This recipe makes about 3 cups of cubed tofu that works well with any of the sauces in the Main Dishes chapter and handles all the stirring and cooking times. You can also use besan flour to make this tofu, but you'll need to use 1 1/2 cups water if using besan. (See photo opposite.)

**1 cup chickpea flour**
**3/4 teaspoon salt**
**1/2 teaspoon Garam Masala (here)**
**1/4 teaspoon garlic powder or 1/2**

**teaspoon garlic paste**

**1/4 teaspoon ground turmeric (optional)**

**1 3/4 cup water**

1. Grease a loaf pan (9 x 5-inch) and set aside. In a bowl, combine all the ingredients and whisk until there are no lumps (or add the ingredients directly to the saucepan and whisk to combine).

2. Pour the chickpea flour mixture into a saucepan. Cook over medium

heat. Stir continuously with a spatula. The mixture will start to get lumpy as the pan heats up and then thicken evenly, 4 to 5 minutes.

**3.** Once the mixture is evenly thick and stiff, keep cooking for another 2 to 3 minutes so the chickpea flour gets cooked through. Cook over medium-low heat if the mixture starts to scorch at the bottom.

**4.** Pour the mixture into the prepared loaf pan and smooth it out using a

spatula, if needed. Let it cool completely, then refrigerate for an hour to set.

5. Remove the set tofu from the pan. Cut into cubes. Store in an airtight container for up to 4 days. The chickpea tofu will leak some moisture while it sits. Drain before using.

# Chickpea Tofu

# Nondairy Yogurt

**Active: 15 minutes |**
**Inactive: 4 to 6 hours |**
**Makes 2 cups**

GF

Yogurt is used moderately or extensively in Indian cuisine, depending on the region. During my childhood, fresh yogurt was set everyday. If not served with food, it would be a summer snack: a bowl of

yogurt with a little sugar sprinkled in before we headed out to play. The freshly set yogurt would tend to separate; we like it that way in India. The separation happens when the yogurt is kept too warm or kept warm too long. In India, climate is always too warm. If the yogurt does separate, whisk it to homogenize it again. Let it set for 4 to 5 hours if you do not want it to separate. I thicken the almond milk with starch, which helps with the setting and also

makes the yogurt a little creamy. Use starch for any nondairy milks that are too thin. Thick and creamy nondairy milks like soy milk and cashew milk do not necessarily need the starch.

- **2 cups unsweetened or lightly sweetened almond milk, divided**
- **1/2 teaspoon sugar or maple syrup (optional)**
- **2 tablespoons cornstarch or arrowroot**
- **1/4 cup nondairy yogurt or yogurt starter (opposite), brought to room temperature**

1. Remove the milk and yogurt (starter) from the refrigerator and let sit on the counter for 10 minutes. Add the sugar to the milk, if using, stirring to blend.

2. Heat 1 cup almond milk in a saucepan over medium heat. After 1 to 2 minutes, remove 1/4 cup of the now tepid (lukewarm) milk into a bowl.

3. Continue to heat the remaining 3/4 cup milk in the pan until it starts to

bubble on the edges. Add cornstarch to the 1/4 cup lukewarm milk and whisk to combine. Slowly pour the starch mixture into the saucepan. Whisk well to combine. Cook until the milk thickens, about a minute. Take off heat.

**4.** Gently pour in 1 cup of room temperature almond milk and whisk well. Touch the mixture to ensure it is slightly warm to touch and not hot. Let it sit for a few minutes if too hot.

**5.** Add in the yogurt (starter). Whisk well. Transfer to a glass bowl or jar. Lightly cover and let it sit for 6 to 8 hours in a warm place like an oven with the oven light on, or in the sun covered with a towel.

**6.** Serve or refrigerate for up to 1 week. Reserve 3 to 4 tablespoons to make the next batch.

---

**For cashew almond yogurt:** Blend 1/3 cup soaked cashews in 1 cup

almond milk until smooth. Add this to the starch thickened almond milk at step 4 and continue with the rest of the steps. This yogurt is creamy and perfect to make yogurt desserts like bhapa doi.

**For coconut milk yogurt:** Use lite or full-fat canned coconut milk and follow the almond milk yogurt recipe. Coconut milk yogurt tastes coconut-ty. It can be used in recipes where the yogurt gets cooked into

the sauce such as Kadhi, Tikka Masala, Rogan Josh.

**For soymilk yogurt:** Bring soymilk to a boil. Let it cool to warm to touch. Add in the yogurt (starter). Whisk well. Transfer to a glass bowl or jar. Lightly cover and let it sit for 6 to 8 hours in a warm place like an oven with the oven light on, or in the sun covered with a towel.

**For cashew yogurt:** Blend 1 cup of overnight soaked cashews with

enough water (3 to 4 cups) to make smooth cashew milk. Follow the recipe for Nondairy Yogurt.

---

# Yogurt Starter

I use a probiotic yogurt starter to start a fresh yogurt batch after which I keep using reserve yogurt to set the next batch.

**1/2 cup cashew milk or soy milk**

**1/2 teaspoon nondairy probiotic**

**powder or 1 probiotic capsule**

Warm the milk over low heat until lukewarm to touch. Mix in the probiotic powder. Transfer to a glass bowl or jar. Cover and let sit in a warm place for 6 hours. Refrigerate and use within 3 days to start a yogurt.

# Raita

**Prep: 10 minutes | Active: 5 minutes | Serves 4**

GF E

Raita is yogurt which is lightly spiced with cumin, cayenne, and salt and served as a savory cooling dip with spicy curries, spicy vegetable subzi, or stuffed paratha flatbreads. You can add chopped onion,

cucumber, or zucchini for variation.

**1 cup non-dairy yogurt**

**1/2 cup finely chopped red or white onion, or grated cucumber or zucchini**

**1 teaspoon chopped fresh mint leaves or a 1/4 teaspoon dry mint leaves (optional)**

**1/4 teaspoon roasted ground cumin, plus more for garnish**

**Generous pinch of cayenne, plus more for garnish**

**1/4 teaspoon salt**

**Pinch of Indian black salt**

**1 tablespoon chopped cilantro, for**

**garnish**

In a bowl, whisk the yogurt until smooth. Add a few tablespoons water if needed. Add the onion, mint, cumin, cayenne, salt, and Indian black salt and mix well. Taste and adjust the salt and spices, if needed. Garnish with chopped cilantro, and cumin and cayenne, to taste.

**Note:** Storebought ground cumin usually is unroasted ground cumin. To make roasted ground cumin,

dryroast the ground cumin over medium heat until the fragrant, 1 to 2 minutes.

# Steamed Tempeh

**Prep: 10 minutes | Active: 10 minutes | Makes 2 1/4 cup**

Tempeh is a traditional soy product originally from Indonesia. It is made by a natural culturing and controlled fermentation process that binds whole soybeans into a cake form, similar to a very firm vegetarian

burger patty. Tempeh is an unprocessed form of soy that works beautifully as a cubed protein with Indian sauces. Recently, soy-free tempeh made with other beans has become available in the U.S. market. Tempeh can taste bitter to some if used as-is. I usually cook the tempeh in spiced water or broth. This process serves two purposes: it steams the tempeh to reduce the bitterness and it also introduces a little flavor to the tempeh. You can also steam tempeh

in a steamer without the spices for 10 to 11 minutes before using. The prepping and steaming takes about 15 minutes, so steaming the tempeh does not have to be planned ahead. It can be done while the sauce or curry cooks.

**8 ounces tempeh, cut into 1/2-inch cubes**

**1 cup water**

**1/4 teaspoon salt**

**1/4 teaspoon Garam Masala (here)**

**1/4 teaspoon garlic powder**

**1/4 teaspoon ginger powder**

**1/4 teaspoon hot or smoked paprika**

Combine all the ingredients in a medium skillet or saucepan. Cook over medium heat for 11 to 12 minutes or until most of the water is absorbed. Let the tempeh sit for a few minutes. Drain if needed and use. For best results, marinate the tempeh for a few hours in the liquid before cooking.

# Cashew Cream

**Prep: overnight soak |**
**Active: 10 minutes |**
**Makes 1 1/4 cup**

SF GF E

Cashew cream works really well as a cream substitute in any recipe or as a garnish. Add a touch of sugar or salt to taste.

**1 cup raw cashews, soaked**

**overnight**

**1/3 to 1/2 cup water**

Drain the cashews and add to a high speed blender. Add 1/4 cup water and blend to a smooth cream. Add a tablespoon more water if needed. Refrigerate and store for up to a week.

---

**Variation:** to make cashew milk: Blend 1 cup soaked cashews with 2 cups of water until smooth. Add 1 to 2 more cups of water and blend in to

get the desired consistency.

# Vegan Paneer

**Prep: overnight soak |**
**Active: 25 minutes |**
**Inactive: 70 minutes |**
**Makes 1 to 1 1/2 cups (cubed)**

SF GF

Paneer is the firm cheese (firm-pressed cottage cheese) used in North Indian dishes. Tofu is a great substitute for paneer, although tofu

has a distinct texture and taste that might not work for some people. This vegan paneer is made from almonds and is firm on the outside and creamy on the inside like freshly made dairy paneer. Raw almonds work best with a full 1-day soak. This vegan paneer can turn out medium-sturdy to delicate. (See photo here.)

**1 cup raw or blanched peeled almonds**

**2 tablespoons raw cashews**

**2 tablespoons nondairy yogurt or Rejuvelac**

**1/4 teaspoon salt**

**1/8 teaspoon Indian black salt**

**2 teaspoons nutritional yeast**

**1 to 2 teaspoons lemon juice**

**2 teaspoons safflower oil**

**2 teaspoons cornstarch or other starch**

**1 teaspoon white flour (optional)**

**1 tablespoon water, or more, if needed**

1. Soak the almonds and cashews in water overnight or 24 hours. Drain

the water.

**2.** If using raw unpeeled almonds, blanch the soaked almonds in boiling water for 1 minute. Then wash in cold water. The skin will crinkle. Squeeze lightly from one end. The almonds should shoot out from the other end. Peel all the almonds and keep aside.

**3.** In a blender, combine the almonds, cashews, yogurt, salt, kala namak, nutritional yeast, lemon

juice, oil, cornstarch, and flour, if using. Blend until all the almonds are blended well but are not a very smooth cream. Add 1 tablespoon water (or more if needed) during blending. Use as little water as possible. Too much moisture will add to the baking time.

**4.** Drop the mixture onto parchment-lined glass dish or stoneware dish. Spread the mixture to make a 6- to 7-inch square about 1/4- inch thick.

**5.** Preheat the oven to 225°F. Bake for 55 minutes or until the top is set. The cheese should be lightly golden on the edges.

**6.** Slice the slab into 3/4 inch squares and separate them to have at least a half inch between each. Preheat the oven to 300°F and bake for another 10 to 20 minutes depending on the moisture content. The exterior should be slightly golden and the center of the cubes should be somewhat

creamy but set. Cool completely and use, or refrigerate in an airtight container for up to 3 days.

---

## Troubleshooting Vegan Paneer

For best results, use little or no water during blending. The outside should be firm and not sticky. The inside will be somewhat fudgy depending on the moisture and baking time. Use this paneer in curries anywhere you use tofu, but do not cook with the

sauce for more than 5 minutes. These squares are best used as fresh paneer just heated up with the sauce. If this vegan paneer does not set enough during baking or breaks too easily or you don't want to use it in a curry, then blend it up with herbs, some lemon juice, and other flavors to make a spreadable cheese to use elsewhere. Other non-tofu options to use as paneer are becoming available in stores, such as Kite Hill Soft Fresh Original Almond Milk Cheese.

# Vegan Paneer

# 3G Paste

## *Ginger-Garlic-Green Chile Paste*

**Prep: 10 minutes | Active: 5 minutes | Makes 1/2 cup**

This ginger-garlic-green chile combo can be made in a paste or minced texture. The preparation of these

often-used ingredients comes in handy during a week or month when I cook mostly Indian meals or when my parents or relatives are visiting. We end up cooking so much food and it needs to be on the table before anyone realizes they are hungry. Mom keeps a box with three compartments filled with minced ginger, minced garlic, and minced hot green chiles. I, on the other hand, just like to have peeled garlic available in the refrigerator. The 3Gs

can also be blended with a little water and a pinch of salt. You can add these to the sauces when needed. If using as a paste, add to the sauce just before adding wet ingredients such as tomatoes.

**1/4 chopped ginger**
**1/2 cup garlic cloves, peeled**
**1/4 cup coarsely chopped green chiles**
**pinch of salt**

Combine the ginger, garlic cloves, chopped green chiles, and salt in a

blender with 1 tablespoon of water. Store refrigerated in an airtight container for up to a week.

---

**Variations:** Mince or blend equal amounts of each of the ingredients individually until a paste or fine mince. Store refrigerated in airtight containers for up to 1 week.

**Note:** The garlic and ginger should be finely minced, but not so fine that it releases the juices.

# Resources

## CUISINES OF INDIA

Indian cuisine is not just one cuisine; it is made up of several cuisines. Each of the twenty-nine states has cuisines and specialties of its own. Some states have multiple cuisines, depending on local and seasonal influences. Some are similar to each other, while some are very different.

I am Punjabi by birth, but I grew up in Maharashtra state. My husband is Marwari by birth and grew up in the north central and western states. In this book, I touch on those cuisines as well as others that I have tasted over the years through family and friends. Some of the recipes don't belong to a particular cuisine but were developed over time with local or international influences.

Starting from the North, Kashmiri

cuisine is largely made up of meats. The mountains and higher elevation render fresh produce less available in all seasons. The dishes depend on dry spices for the flavors. The spice combinations generally tend to heat you up from the inside, even if they are not hot on the tongue. See Rogan Josh, Kashmiri Dal, and Phirni.

Punjab is a major producer of wheat, rice, and dairy, which form the staple diet there, though their vegetarian

food takes advantage of the abundance of beans, lentils, dals, grains, greens, and vegetables. The Mughlai influence can be seen in the abundant use of paneer, cream, nuts, and meats. Punjabi cuisine is the most well-known Indian cuisine the world over. It is the food in most Indian restaurants, also referred to as North Indian cuisine. The dishes from this region include favorites such as Chana Masala, Dal Makhani, Parathas, Tandoori Vegetables, and

Pakora. Some other northern and central agricultural states enjoy similar food.

Mughlai cuisine was developed in the Indian subcontinent by the imperial kitchens of the Mughal Empire. It features rich, creamy, and hearty preparations such as Malai Kofta, Navratan Korma, and Biryani. The Mughlai influence can be seen in cuisines of Kashmir, Punjab, Uttar Pradesh, and other Northern states.

Awadhi cuisine is the Nawabi cuisine of Lucknow city and north central Indian states. Awadhi cuisine uses dum style cooking (cooking over a slow fire). It is heavily influenced by Mughlai cuisine with its Kormas, Biryanis, Kebabs, Kulchas, Naan, but uses less spices, nuts and cream. Awadhi cuisine is also known for Chaat snacks like Vegetable Samosa, Dahi vada, Aloo Tikki, Papdi Chaat.

Rajasthan state in northwest India is arid and dry, and its cuisine reflects that climate. Marwari are an ethnic group that originated in a part of Rajasthan. Marwari food is characterized by abundant use of ghee and besan. The besan is often used to make dumplings that are steamed or fried and added to dal or thin, spiced soups to make a meal. Dal is served with hard wheat dough balls (baati) and wheat-flour ladoos, missi roti, and kadhi, a favorite

served with chopped fried or baked papadums.

The cuisine of the western state of Gujarat is primarily vegetarian. A Gujarati meal or thali will generally consist of dal, kadhi or chaas (buttermilk), shaak (vegetable side of local and seasonal vegetables), roti, and rice. Gujarati cuisine has a sweet and salty flavor profile as in the Surati Dal here. The cuisine is also known for a variety of snacks that

are steamed, baked, or fried, such as dhokla, handvo, kachori, and more.

Maharashtra (midwestern India) has various regional cuisines within the state, including central, coastal, and city specific. The cuisine also has its own set of spice blends, and features peanuts, poppy seeds, and a variety of grains. Maharashtrian Amti Dal, Batata Wada, and Pav Bhaji are a few recipes from this region.

Goan cuisine has influences from

Portuguese and Malwani (coastal Maharashtra) cuisines, featuring fish, wine, and vinegar-based sauces, hot spices, and coconut. Vindaloo and Goan Tempeh Curry are some examples.

Bengali and Odiya cuisines from the eastern states feature a whole spice blend called Panch Phoron. Vegetables, lentils and rice, and fish form a major part of the cuisine. Dishes including Odia Dal, Masoor

Seddho, and desserts such as Rasmalai, Bhapa Doi, and Sandesh are included in the book.

Southern Indian states are major producers and consumers of red chiles, rice, and millets. Southern Indian cuisine is also known for the use of coconut, tamarind, curry leaves, and mustard seeds. The tangy sambhar is a staple accompaniment for dosa crepes, vada, and idli. Rice and lentils are used in many ways to

make soups, crepes, one-pot meals, desserts, and also in spice blends and tempering. Southern Indian states have smaller regions with their own cuisines like the spicier Chettinad cuisine. Coastal regions also feature seafood. Desserts, such as payasam (pudding made with various grains or vegetables), Coconut Ladoo, and Mysore Pak are made during festivals. There are several nuances of each of the regional cuisines within the southern Indian states,

which would need books of their own.

# Recipes by Region

## North Indian Cuisine

### *Punjab*

Chana Masala (here)

Rajma (here)

Dal Makhani (here)

Parathas (here)

Malai Mutter (here)

Sarson ka Saag (here)

Tandoori Vegetables (here)

Pakora (here)

Besan Ladoo (here)

Gajar ka Halwa (here)

Kalakand (here)

Kaju Katli (here)

Kulfi (here)

Rabri (here)

Pudla (here)

Butter Masala (here)

Tikka Masala (here)

## *Kashmir*

Rogan Josh (here)

Kashmiri Dal (here)

Phirni (here)

## *Mughlai cuisine*

Malai Kofta (here)

Navratan Korma (here)

Pasanda (here)

Shahi Masala (here)

Musallam (here)

Keema (here)

Biryani (here)

Makhani (here)

Phirni (here)

## *Awadh*

Aloo Tikki (here)

Vegetable Tikki (here)

Samosa (here)

Tandoori Vegetable Tikka (here)

Lasooni Methi Kofte (here)

# Northwestern Indian Cuisine

## *Rajasthan (Marwari food)*

Ladoos (here)

Missi Roti (here)

Kadhi (here)

# Western Indian Cuisine

## *Gujarat*

Surati Dal (here)

Handvo (here)

Kachori (here)

# Midwestern Indian Cuisine

## *Maharashtra*

Maharashtrian Amti Dal (here)

Zunka (here)

Misal Pav (here)

Shrikhand (here)

Pav Bhaji (here)

## *Goa*

Vindaloo (here)

Goan Tempeh Curry (here)

# Eastern Indian

Panch Phoron (here)

Odia Dal (here)

Cholar Dal (here)

Masoor Seddho (here)

Rasmalai (here)

Rasgulla (here)

Bhapa Doi (here)

Kesar Peda (here)

Sandesh (here)

# Southern Indian

Poriyal (here)

Mirch Ka Salan (here)

Thoran (here)

Chana Masala (here)

Sambhar (here)

Dosa Crepes (here)

Vada (here)

Mushroom Chettinad (here)

Coconut Ladoo (here)

Mysore Pak (here)

# Where to Buy Ingredients

Indian spices and pantry items are becoming more readily available locally and online. For the cheapest options, look for an Indian store in your area or order online. The next best option that I have found is Amazon.com. Several Indian stores now have Amazon.com storefronts. I generally get most of my spices from

Seattle's World Spice Merchants, as they have the freshest spices, and you can also order from them online.

## Directory of U.S. Indian Grocery Stores:

www.thokalath.com/grocery/

## Order Ingredients Online:

www.worldspice.com

www.kalustyans.com

www.indianblend.com

www.grocerybabu.com

www.patelbrothersusa.com

**Pantry Items and Spices also available at:**

www.amazon.com (has almost everything you will need)

www.bobsredmill.com

www.penzeys.com

# Acknowledgments

If you would have told me a decade ago that I would be writing a cookbook, I would have laughed it off. I was climbing up the tech ladder and living the stressful life that comes with it. Food only crossed my mind at meal times.

My deepest gratitude for this book, and for everything for that matter, goes to my husband Vivek. Without

his constant support, open mind, open palate, non-fussiness, and constant love for whatever I cooked, I would not be blogging successfully, and this book would never have come to be. Sometimes I did wonder if his compliments meant that the food was really that good. You know husbands. (Thankfully I had some amazing testers to tell me if it really was or not.) Thank you Babe for helping us get through all the crazy days when the kitchen looked like a

tornado went through it, the days when there was nothing edible, and the days when I was a mess. Thank you for cooking for me when I couldn't, for waiting patiently while I finished photographing on the weekends, for coming home to help with the photography on the limited sunny days in Seattle, for all the appreciation, and thank you for being you.

Thank you, Jon, and the team at

Vegan Heritage Press for making this book happen, for trusting me, and for being so flexible.

Thank you Mom, for dealing with us picky eaters and the unconditional love and appreciation you give us for everything we do.

Thanks to Dad for living through the nightmare that was our teenage years and for being always supportive and trusting.

Thanks to my sister and brother for being the loving and caring family that they are.

Thank you to my mom-in-law and dad-in-law and my extended family for loving me as your own.

Thank you Kathy Hester, for putting the idea in my head that I really can write a cookbook!

Thank you Chewie, for without you I wouldn’t have discovered the

compassion I had for animals and wouldn't have become vegan.

Thank you to all the blog readers and friends I have made through VeganRicha.com. Your constant support, trust, eagerness in trying out my recipes, wonderful comments, and emails keep me motivated through all the ups and downs.

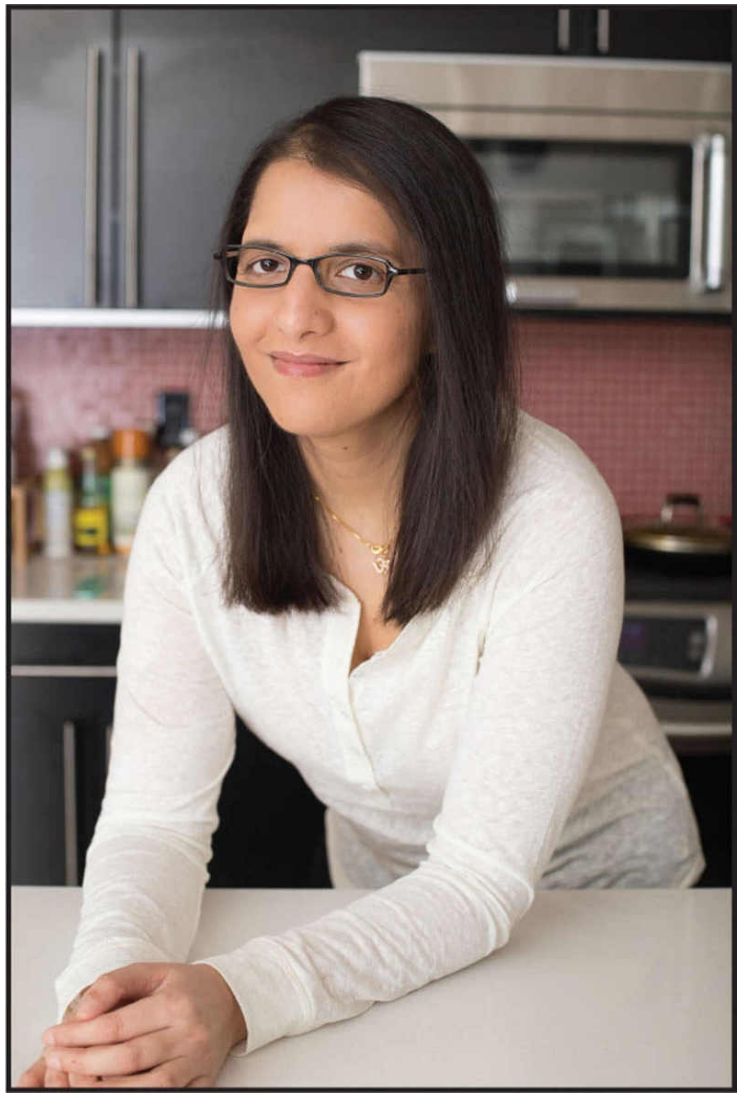
Thank you to my testers who fearlessly tackled even the traditional never-eaten-before Indian food,

provided honest feedback, and also helped proofread my wandering words, adding consistency and clarity to the book and recipes. This book is yours as much as it is mine: Jenn Sebestyen, Shubhda Fajfar, Amanda Jean, Ema Haverkamp, Gabby Ouimet, Krys Kagan, Shannon Cebron, Davi Gendel, Leigh Wetzel, Nicole Selah Destrampe, Katie Hay, Miraz Agarwal, Rithika Ramesh, Sejal Parikh, Ashley Cook, Kyleigh

Rapanos, Lynsi Burton, Lisa Portnoff, Liz M, Mia Faletti, Megan Fitzsimmons, Carla, Leeann Plouffe, and Dana Willan.

Thank you Eileen Weintraub and Erika Abrams, the wonderful women I had the honor to meet. Both amazing women working tirelessly towards making a difference in the lives of animals in India.

# About the Author



Richa Hingle is the prolific and award winning recipe developer, blogger, and photographer behind

VeganRicha.com. She has a growing community of ardent followers who love making her recipes and sharing them with family and friends. Her instructions are easy to follow and her step-by-step photographs welcome the uninitiated into their kitchen as vouched by many of her readers. She loves to show people how easy it is to cook vegan Indian or other cuisines. Richa has been featured on Oprah.com, Huffington Post, Glamour, Babble,

VegNews.com, Rediff.com (top 50 Indian food blogs), TheKitchn, Cosmopolitan, BuzzFeed, and many more. In her wildly successful eBook on Indian Vegan Diwali Sweets, she created vegan versions of Indian desserts that were previously deemed impossible to convert. She lives in Seattle with her husband and a fluffy Pomeranian. They both love her food.

For questions about the recipes,

spices, or anything in the book, contact Richa at the following:

Blog: www.veganricha.com

Facebook: www.facebook.com/VeganRicha

Intagram: www.instagram.com/veganricha

Twitter: www.twitter.com/veganricha

---

A portion of the proceeds from the book will go to the following animal-welfare organizations operating in

India:

**Visakha Society for the Protection and Care of Animals**

http://vspca.org/

**Help Animals India**

http://helpanimalsindia.org/

**Animal Aid Unlimited**

http://www.animalaidunlimited.com/

**Wildlife SOS**

http://wildlifesos.org/

# Index

30-Minute Rice Dosas, 1
3G Paste, 1

## A

Achari Gobi Aloo, 1
ajwain, ajwan, 1
Aloo:
    Bonda, 1
    Saag, 1

Tamatar Subzi, 1
Tikki, 1
amchur, 1
Andhra-Style Tempeh Curry, 1
Any Bean Curry, 1
arhar: *See* pigeon peas.
asafetida, 1
Assamese Greens and Potatoes, 1
atta, 1
Atte ka Halwa, 1
Avocado Naan, 1

# B

Baigan Patiala, 1
Baingan Bharta, My Weekday, 1
Baked Chickpea Flour Naan, 1
Baked Dal Kachori, 1
Baked Potato Samosas, 1
Balti, Chicken-Free, 1
Barbatti Waali Sabut Masoor, 1
basmati rice, 1
bay leaves, 1
Bean(s):
Curry, Creamy Black Gram and Kidney, 1
Curry, Kidney, 1

Curried Mung, 1
how to cook, 1
Soup, Split Pea and, 1
Bell Peppers and Peas with Chickpea Flour, 1
Bengali:
Cholar Dal, 1
Five-Spice Blend, 1
gram, 1
Red Lentil Soup, 1
Saffron Cheese Dessert, 1
Besan:
flour, 1

Ladoo, 1
Bhapa Doi, 1
Bhindi Masala, 1
Biryani:
Mung Dal Chawal, 1
Quinoa Cauliflower, 1
Biscuits, 1
black-eyed peas: about, 1
Black-Eyed Peas, Spinach Rice and, 1
Black Gram:
and Kidney Bean Curry, Creamy, 1

Fritters, 1
Lentils in Tomato Sauce, 1
black mustard seeds, 1
black pepper, 1
black salt: *See* Indian black salt.
blenders, 1
Bread Pakora, 1
Breakfast(s): about, 1
Indian Spiced Milk Tea, 1
Mom’s Chickpea Flour Pancakes, 1
Savory Oats Hash, 1
Savory Pan-Fried French Toast, 1

Spicy South Indian Tofu Scramble, 1

Broccoli:

Onion Fritters in Spiced Yogurt, 1

Pakore Kadhi, 1

Brown Chickpea Curry, 1

Burfi, Vegan Kalakand or Milk, 1

Burmese Tofu, 1

Butternut Coconut Red Lentil Curry, 1

Butter Seitan Curry, 1

## C

Cabbage:
Kofta in Creamy Tomato Sauce, 1
Potatoes, Spiced, 1
Thoran, 1
with Mustard Seeds and Coconut, 1
cardamom pods: black, green, 1
carom seeds, 1
Carrot(s):
Halwa, 1
and Peas in Coconut Poppy Seed Curry, Cauliflower, 1
with Mustard Seeds, Cauliflower

and, 1
Cashew(s):
Cream, 1
Fudge, 1
Royal Tofu and, 1
casserole(s): *See* One-Pot Meals and Casseroles.
Cauliflower:
and Carrots with Mustard Seeds, 1
and Peas in Cilantro Onion Sauce, 1
and Peas in Spicy Curry, 1

and Potatoes with Pickle Spices, 1
and Radish, Roasted, 1
and Yellow Lentils in Mint
Coconut Sauce, 1
and Peas in Coconut Poppy Seed
Curry, 1
Biryani, Quinoa, 1
Florets, Spicy Baked, 1
in Spicy Paprika Yogurt Sauce,
Tempeh and, 1
Potato Casserole, Spicy Red
Lentil, 1
Potatoes, Dad’s Favorite, 1

Sweet and Spicy Baked, 1
with Makhani Gravy, Whole Roasted, 1
cayenne, 1
chaat: about, 1
Chaat Masala, 1
Chai Masala, 1
Chai, Masala, 1
chana dal, 1
chapati: *See* Flatbreads.
Chard:
Malai Mutter, 1
and Peas in Creamy Sauce,

Rainbow, 1
Yellow Lentil Rice and, 1
chawli: *See* black-eyed peas.
Chicken-Free Balti, 1
Chickpea(s):
brown, white, about, 1
Curry, 1
Curry, Brown, 1
Eggplant Stew, South Indian, 1
flour, 1
Flour Balls, Sweet, 1
Flour Flatbread, Spicy, 1
Flour Fudge, South Indian, 1

Flour Pancakes, Mom's, 1
in Spicy Sorghum Sauce, 1
savji, 1
Spinach Stew with Lentils and Quinoa, 1
Tofu, 1
Tofu in Spicy Madras Sauce, 1
Chilla, 1
chole: *See* chickpeas, white.
Chutney(s):
Chile Garlic Coconut, 1
Mint Cilantro Chile, 1
Quick Tamarind Date, 1

South Indian Coconut, 1
cilantro, 1
cinnamon, sticks and ground, 1
cloves, whole and ground, 1
Coconut: about, 1
Balls, Fudgy, 1
Cabbage with Mustard Seeds and, 1
Chutney, South Indian, 1
Chutney, Chile Garlic, 1
Curry, Peas in, 1
Red Lentil Curry, Butternut, 1
Sesame, and Tamarind, Split Peas

with, 1
Cookies, Pistachio Cardamom, 1
cooking time notations for recipes, 1
cooking times for dals and beans, 1
coriander seeds, 1
cornstarch, 1
Creamy Black Gram and Kidney Bean Curry, 1
cuisines of India: about, 1
Cumin-Scented Rice with Peas and Onions, 1
cumin seeds, 1
Curry(ied): about, 1

Any Bean, 1

Brown Chickpea, 1

Butternut Coconut Red Lentil, 1

Butter Seitan, 1

Cauliflower, Carrots, and Peas in Coconut Poppy Seed, 1

Cauliflower and Peas in Spicy, 1

Chickpea, 1

Creamy Black Gram and Kidney Bean, 1

Easy Green Beans, 1

Goan Tempeh, 1

Kidney Bean, 1

leaves, fresh or dried, 1
Mung Beans, 1
Peas in Coconut, 1
Potato Tomato, 1
Tofu, Mango, 1
Tofu in Spinach, 1
Sauce, Rainbow Chard and Peas in Creamy, 1
with Dinner Rolls, Sprouted Mung Bean, 1

## D

Dad’s Favorite Cauliflower Potatoes,

1
Dals: about, 1, 2
Any Bean Curry, 1
Bengali Red Lentil Soup, 1
Black Gram Lentils in Tomato Sauce, 1
Brown Chickpea Curry, 1
Bukhara, 1
Butternut Coconut Red Lentil Curry, 1
Chickpea Curry, 1
Creamy Black Gram and Kidney Bean Curry, 1

Curried Mung Beans, 1
Fry, Mixed, 1
Kidney Bean Curry, 1
Lentils and Green Beans, 1
Makhani, 1
Masala Lentils, 1
Peas in Coconut Curry, 1
Red Lentil Soup, 1
South Indian Chickpea Eggplant Stew, 1
South Indian Split Pea Stew with Veggies, 1
Split Pea(s):

and Bean Soup, 1
Soup with Potatoes, 1
Soup with Spices and Coconut, 1
with Coconut, Sesame, and Tamarind, 1
Sprouted Mung Bean Curry with Dinner Rolls, 1
Sweet and Sour Split Pea Soup, 1
Winter Split Pea Soup with Ginger, 1
Yellow Lentils with Cumin, 1
Yellow Lentils with Spinach, 1

Dessert(s): about Indian, 1
Bengali Saffron Cheese Dessert, 1
Carrot Halwa, 1
Cashew Fudge, 1
Doughnuts Soaked in Sugar Syrup, 1
Fudgy Cardamom Squares, 1
Fudgy Coconut Balls, 1
Gluten-Free Gulab Jamuns, 1
Grain-Flour Spoon Fudge, 1
Pistachio:
Almond Ice Cream, 1
Cardamom Cookies, 1

Spoon Fudge, 1
Saffron:
Cream Fudge, 1
Cream Popsicles, 1
-Infused Creamy Pudding, 1
South Indian Chickpea Flour
Fudge, 1
Spongy Balls in Saffron Cream, 1
Steamed Yogurt Dessert, 1
Sweet Chickpea Flour Balls, 1
Dosa(s):
30-Minute Rice, 1
Masala Potatoes for, 1

South Indian Lentil and Rice, 1
Doughnuts Soaked in Sugar Syrup (Gulab Jamuns), 1
dried mango powder, 1

# E

Easy Curried Green Beans, 1
Eggplant:
Mashed Spiced, 1
Stew, South Indian Chickpea, 1
with Cumin and Nigella Seeds, 1

# F

fennel seeds, 1
fenugreek leaves, dried; seeds, 1
Flatbread(s): about, 1
30-Minute Rice Dosas, 1
Avocado Naan, 1
Baked Chickpea Flour Naan, 1
Gluten-Free Chia, 1
Gluten-Free Oat Naan, 1
Missi Roti, 1
Puffy Restaurant-Style Naan, 1
South Indian Lentil and Rice

Dosas, 1
Spicy Chickpea Flour, 1
Vegetable-Stuffed Parathas, 1
Wheat (roti, chapati, and phulka), 1
flours: about, 1
food processors, 1
French Toast, Savory Pan-Fried, 1
Fritters:
Black Gram, 1
in Spiced Yogurt, Broccoli Onion, 1
Mashed Potato, 1

Onion Chile, 1
Fudgy Cardamom Squares, 1
Fudgy Coconut Balls, 1

## G

Gajar Ka Halwa, 1
Garam Masala, about 1; recipe for, 2
garlic cloves, 1
gehun, 1
ginger, 1
Gluten-Free:
baking, 1
Chia Flatbreads, 1

Gulab Jamun, 1

Oat Naan, 1

Goan Tempeh Curry, 1

Gobi:

1, 2

Aloo, 1

Gajar Mutter Kurma, 1

Gajar Poriyal, 1

Manchurian, 1

Musallam, 1

Mutter Keema, 1

Mutter Masala, 1

Grain-Flour Spoon Fudge, 1

gram, 1
gram flour: *See* besan flour, 1
Green Bean(s):
    Easy Curried, 1
    Lentils and, 1
green chiles, 1
grocery list, 1
Gujarati:
    Handvo, 1
    Surati Dal, 1
Gulab Jamuns, 1; Gluten-Free, 2

# H

haldi, 1

Halwa:

- Atte Ka, 1
- Carrot, 1
- Gajar Ka, 1
- Pistachio, 1

hare moong, 1

hari elaichi, 1

hing, 1

Hyderabadi Gobi Mung, 1

# I

Ice Cream, Pistachio Almond, 1

Indian:

black salt, 1

Chai Spice, 1

cuisines, about, 1

Spiced Milk Tea, 1

spices, about, 1

J

jaiphal, 1

Jalfrezi, Vegetable, 1

jeera, 1

# K

kabuli chana: *See* chickpeas, white, 1
Kadhai:
    Kumbh Palak, 1
    Vegan Paneer Palak, 1
kadi patta, 1
Kaju Katli, 1
Kala:
    chana, 1
    Chana Masala, 1
    namak, 1
Kali:

elaichi, 1

mirch, 1

kalonji, 1

Kanda Poha, 1

Kashmiri:

Dal, 1

Rogan Josh, 1

kasoori methi, 1

Katli, Kaju, 1

Kesar: about, 1

Kulfi, 1

Phirni, 1

Khatta Meetha Kaddu, 1

khus khus, 1
Kidney Bean(s): about, 1
Curry, 1
Curry, Creamy Black Gram and, 1
knives, 1
Kofta:
Balls in Nut-Free Cream Sauce, 1
in Creamy Tomato Sauce, Cabbage, 1
Kofte, Patto Gobi Ke, 1
Korma:
Navratan, Restaurant-Style, 1

Navratan, 1
Kulfi:
Kesar, 1
Pista, 1
Kurma, Gobi Gajar Mutter, 1

# L

Ladoo, Nariyal, 1
lal mirch, 1
Lasooni Methi Kofte, 1
laung, 1
Lentil(s): about, 1; how to cook, 2
and Green Beans, 1

and Quinoa, Chickpea Spinach
Stew with, 1
and Rice Dosas, Indian, 1
and Rice, Lightly Spiced Yellow,
1
Cauliflower and Yellow, 1
Cauliflower Potato Casserole,
Spicy Red, 1
Curry, Butternut Coconut Red, 1
in Mint Cilantro Sauce,
Cauliflower and, 1
in Tomato Sauce, Black Gram, 1
Masala, 1

Rice and Chard, Yellow, 1
Savory Pastries, 1
Soup, Bengali Red, 1
Soup, Red, 1
Tomato Pulao, Red, 1
with Cumin, Yellow, 1
with Spinach, Yellow, 1
Lightly Spiced Yellow Lentils and Rice, 1
Lobhia Palak Pulao, 1
lobhia: *See* Black-Eyed Peas.

# M

Maasi’s Nepali Potatoes, 1
Maharashtrian Amti, 1
maida, 1
Main Dishes: about, 1
Andhra-Style Tempeh Curry, 1
Broccoli Onion Fritters in Spiced Yogurt, 1
Butter Seitan Curry, 1
Cabbage Kofta in Creamy Tomato Sauce, 1
Chicken-Free Balti, 1
Chickpeas in Spicy Sorghum Sauce, 1

Chickpea Tofu in Spicy Madras Sauce, 1
Goan Tempeh Curry, 1
Kofta Balls in Nut-Free Cream Sauce, 1
Mango Curry Tofu, 1
Mushrooms and Peas in Spicy Coconut Sauce, 1
Potato Veggie Balls in Garlic Fenugreek Sauce, 1
Rainbow Chard and Peas in Creamy Sauce, 1
Royal Tofu and Cashews, 1

Tempeh:
and Cauliflower, 1
and Cauliflower in Spicy Paprika Yogurt Sauce, 1
in Onion Sauce, 1
Tikka Masala, 1
Tofu in Velvety Pepita Poppy Seed Sauce, 1
Tofu in Spinach Curry, 1
Vegan Paneer and Spinach in Tomato Sauce, 1
Vegetables:
and Nuts in Luxurious White

Sauce, 1
in Luxurious Royal Sauce, 1
in Smoky Tomato Sauce, 1
in Vindaloo Sauce, 1
Veggie Balls in Manchurian Sauce, 1
Whole Roasted Cauliflower with Makhani Gravy, 1
Makhani Vegetable Pot Pie, 1
Malai Kofta, 1
Malai Peda, 1
Manchurian, Gobi, 1
Manchurian Sauce, Veggie Balls in,

1

Mango Curry Tofu, 1

masala(s): *See* Spice Blends.

Masala:

Aloo, 1

Bhindi, 1

Chai, 1, 2

Chana, 1

Gobi Mutter, 1

Lentils, 1

Madras Chile, 1

Tempeh Tikka, 1

Potatoes for Dosas, 1

Mashed:

Potato Fritters, 1

Spiced Vegetables with Dinner Rolls, 1

Spiced Eggplant, 1

Masoor:

Aur Kaddu ki Dal, 1

dal, 1

Dal Tadka, 1

Medu Vada, 1

Seddho, 1

methi dana, 1

Mild Peppers in Peanut Coconut

Sauce, 1
milk, non-dairy, 1
Mint Cilantro Chile Chutney, 1
mint leaves, 1
Mirch ka Salan, 1
Misal Pav, 1
Missi Roti, 1
Mixed Dal Fry, 1
Mom’s Chickpea Flour Pancakes, 1
Mom’s Okra and Onion Stir-Fry, 1
Mom’s Pea Pulao, 1
Mom’s Veggie Potato Cutlets, 1
Mung:

Beans, Curried, 1
Bean, Sprouted, Curry with Dinner Rolls, 1
beans, whole, 1
dal, 1
Dal Chawal Biryani, 1
Dal Khichdi (Kitchari), 1
Mushroom(s):
Mutter Chettinad, 1
and Greens, 1
and Peas in Spicy Coconut Sauce, 1
Mysore Pak, 1

# N

Naan:

- Avocado, 1
- Baked Chickpea Flour, 1
- Gluten-Free Oat, 1
- Puffy Restaurant-Style, 1

Nan Khatai, 1

Nariyal Ladoo, 1

Navratan Korma (Restaurant-Style), 1

Nepali Aloo, 1

nigella Seeds, 1

nondairy milks, 1
Nondairy Yogurt: about, 1; for naan, 2; recipe for, 3
nutmeg, 1
nutritional yeast, 1
nuts and nut substitutes: about, 1

## O

oats, 1
Oats, Savory Hash, 1
Odia Buta Dali Alu Tarkari, 1
Okra:
and Onion Stir-Fry, Mom’s, vi, 1

in Sesame Coconut Sauce, 1
One-Pot Meals and Casseroles:
about, 1
Chickpea Spinach Stew with Lentils and Quinoa, 1
Lightly Spiced Yellow Lentils and Rice, 1
Makhani Vegetable Pot Pie, 1
Quinoa Cauliflower Biryani, 1
Red Lentil Tomato Pulao, 1
Spicy Red Lentil Cauliflower Potato Casserole, 1
Spinach Rice and Black-Eyed

Peas, 1
Yellow Lentil Rice and Chard, 1
Onion: about, 1
Chile Fritters, 1
Fritters in Spiced Yogurt,
Brocolli, 1

## P

Palak Tofu, 1
Pakora(s):
Bread, 1;
Kadhi, Brocolli, 1
recipe for, 1

Pancakes, Mom’s Chickpea Flour, 1
Panch Phoron, 1
Paneer:
and Spinach in Tomato Sauce,
Vegan, 1
Palak, Kadhi Vegan, 1
Shahi, 1
Vegan, 1
Pancakes, Mom’s Chickpea Flour, 1
Parathas, Vegetable-Stuffed, 1
Patta-Gobi Aloo Subzi, 1
Patta-Gobi Ke Kofte, 1
Pav Bhajji, 1

Pav Bhajji Masala, 1
Pea(s):
and Onions, Cumin-Scented Rice with, 1
Cauliflower, Carrots, and, 1
in Cilantro Onion Sauce, Cauliflower and, 1
in Coconut Curry, 1
in Creamy Sauce, Rainbow Chard and, 1
in Spicy Coconut Sauce, Mushrooms and, 1
in Spicy Curry, Cauliflower and,

1
Soup, Sweet and Sour Split, 1
Stew with Veggies, South Indian Split, 1
with Chickpea Flour, Bell Peppers and, 1
with Coconut, Sesame, and Tamarind, Split, 1
Peppers, Mild, in Peanut Coconut Sauce, 1
phulka: *See* Flatbreads.
Phirni, Kesar, 1
pigeon peas, 1

Pistachio:
Almond Ice Cream, 1
Cardamom Cookies, 1
Halwa, 1
Spoon Fudge, 1
Pista Kulfi, 1
poppy seeds, black or white, 1
Popsicles, Saffron Cream, 1
Potato(es):
and Greens Stir-Fry, 1
Assamese Greens and, 1
Casserole, Spicy Red Lentil
Cauliflower, 1

Cutlets, Mom’s Veggie, 1
Dad’s Favorite Cauliflower, 1
for Dosas, Masala, 1
Fritters, Mashed, 1
Maasi’s Nepali, 1
Quinoa Patties, 1
Spiced Cabbage, 1
Split Pea Soup with, 1
Tomato Curry, 1
Veggie Balls in Garlic Fenugreek Sauce, 1
with Pickle Spices, Cauliflower and, vi, 1

Pot Pie, Makhani Vegetable, 1
pressure cookers, 1
Pudding, Saffron-Infused Creamy, 1
Pudla, 1
Puffy Restaurant-Style Naan, 1
Pulao:
    Lobhia Palak, 1
    Mom’s Pea, 1
    Red Lentil Tomato, 1
    Tava, 1
Pumpkin, Sweet and Sour, 1
Pyaaz Waali Bhindi, 1

# Q

Quinoa:
Cauliflower Biryani, 1
Chickpea Spinach Stew with Lentils and, 1
Patties, Potato, 1

# R

raee, 1
Rainbow Chard and Peas in Creamy Sauce, 1
Raita, 1

rajma, 1
Rajma, 1
Rasmalai, 1
raungi, see black-eyed peas, 1
recipe notations, 1
Recipes by Region, 1
red chile powder, 1
Red Lentil Soup, 1
Red Lentil Tomato Pulao, 1
red pepper flakes, 1
Restaurant-Style Sabut Masoor, 1
Rice: about, 1
    and Black-Eyed Peas, Spinach, 1

and Chard, Yellow Lentil, 1
Dosas, 1-Minute, 2
Dosas, South Indian Lentil and, 1
Lightly Spiced Yellow Lentils and, 1
with Peas and Onions, Cumin-Scented, 1
with Vegetables, Tomato, and Spices, 1
Zucchini Cakes, Savory Split Pea and, 1
Roasted Cauliflower and Radish with Mustard, Nigella, and Fennel

Seeds, 1
rotis: *See* Flatbreads.
Royal Tofu and Cashews, 1

## S

Sabut:
masoor, about, 1
Masoor, Restaurant-Style, 1
Mung, 1
urad, 1
Saffron: about 1
Cheese Dessert, Bengai, 1
Cream Fudge, 1

Cream Popsicles, 1

Cream, Spongy Balls in, 1

-Infused Creamy Pudding, 1

salt, Indian sulfur black, 1

Sambhar:

about, 1

powder, 1

recipe for, 1

Samosas, Basked Potato, 1

Sandesh, 1

saunf, 1

Savji Chickpeas, 1

Savory:

Oats Hash, 1
Lentil Pastries, 1
Split Pea and Rice Zucchini Cakes, 1
Pan-Fried French Toast, 1
Seitan Curry, Butter, 1
Shahi “Paneer,” 1
Shimla Mirch Mutter Zunka, 1
Side Dishes and Dry Vegetable Curries: about, 1
Assamese Greens and Potatoes, 1
Bell Peppers and Peas with Chickpea Flour, 1

Cabbage with Mustard Seeds and Coconut, 1
Cauliflower:
and Carrots with Mustard Seeds, 1
and Peas in Cilantro Onion Sauce, 1
and Peas in Spicy Curry, 1
and Potatoes with Pickle Spices, 1
and Yellow Lentils in Mint Cilnatro Sauce, 1
Carrots, and Peas in Coconut

Poppy Seed Curry, 1
Cumin-Scented Rice with Peas and Onions, 1
Dad’s Favorite Cauliflower Potatoes, 1
Easy Curried Green Beans, 1
Eggplant with Cumin and Nigella Seeds, 1
Maasi’s Nepali Potatoes, 1
Masala Potatoes for Dosas, 1
Mashed Spiced Eggplant, 1
Mild Peppers in Peanut Coconut Sauce, 1

Mom’s Okra and Onion Stir-Fry, 1
Mushrooms and Greens, 1
Okra in Sesame Coconut Sauce, 1
Potatoes and Greens Stir-Fry, 1
Potato Tomato Curry, 1
Rice with Vegetables, Tomato, and Spices, 1
Roasted Cauliflower and Radish, 1
Spiced Cabbage Potatoes, 1
Sweet and Sour Pumpkin, 1
Sindhi Mung Dal, 1

skillets, 1
Small Plates and Snacks: about, 1
Baked Potato Samosas, 1
Biscuits, 1
Black Gram Fritters, 1
Mashed Potato Fritters, 1
Mashed Spiced Vegetables with Dinner Rolls, 1
Mom’s Veggie Potato Cutlets, 1
Onion Chile Fritters, 1
Potato Quinoa Patties, 1
Savory Lentil Pastries, 1
Savory Split Pea and Rice

Zucchini Cakes, 1
Spiced Roasted Tofu and Vegetables, 1
Spicy Baked Cauliflower Florets, 1
Street-Style Tempeh Wraps, 1
Sweet and Spicy Baked Cauliflower, 1
soaking times for dals and beans, 1
Sookhi Mung Palak, 1
Soup(s) and Stew(s):
Bengali Red Lentil Soup, 1
Chickpea Spinach Stew with

Lentils and Quinoa, 1
Red Lentil Soup, 1
South Indian Chickpea Eggplant Stew, 1
South Indian Split Pea Stew with Veggies, 1
Split Pea(s):
and Bean Soup, 1
Soup with Potatoes, 1
Soup with Spices and Coconut, 1
Sweet and Sour Soup, 1
Winter Soup with Ginger, 1

South Indian:

- Chickpea Eggplant Stew, 1
- Chickpea Flour Fudge, 1
- Lentil and Rice Dosas, 1
- Split Pea Stew with Veggies, 1

Spice Blends:

- Bengali Five-Spice Blend, 1
- Chaat Masala, 1
- Chai Masala, 1
- Garam Masala, 1
- Indian Chai Spice, 1
- Panch Phoron, 1
- Pav Bhaji Masala, 1

Sambhar Powder, 1
Tandoori Masala, 1
spice grinders, 1
Spiced Cabbage Potatoes, 1
Spiced Roasted Tofu and Vegetables, 1
spices, Indian, about, 1
Spicy:
Baked Cauliflower Florets, 1
Chickpea Flour Flatbread, 1
Red Lentil Cauliflower Potato Casserole, 1
South Indian Tofu Scramble, 1

Baked Cauliflower Florets, 1
Spinach:
Curry, Tofu in, 1
in Tomato Sauce, Vegan Paneer and, 1
Rice and Black-Eyed Peas, 1
Yellow Lentils with, 1
Stew with Lentils and Quinoa, Chickpea, 1
Split Pea(s): about, 1
and Bean Soup, 1
and Rice Zucchini Cakes, Savory, 1

Soup with Potatoes, 1
Soup with Spices and Coconut, 1
with Coconut, Sesame, and Tamarind, 1
with Ginger, Winter, 1
Stew with Veggies, South Indian, 1
Spongy Balls in Saffron Cream, 1
Sprouted Mung Bean Curry with Dinner Rolls, 1
Steamed Tempeh, 1
Steamed Yogurt Dessert, 1
Street-Style Tempeh Wraps, 1

Stew(s): *See* Soups and Stews.
strainers, 1
sugar, 1
sukha dhania, 1
Sweet and Sour Pumpkin, 1
Sweet and Sour Split Pea Soup, 1
Sweet and Spicy Baked Cauliflower, 1
Sweet Chickpea Flour Balls, 1

## T

tamarind, 1
Tamarind Date Chutney, Quick, 1

Tandoori Masala, 1
Tandoori Tikka, 1
tava, 1
Tava Pulao, 1
Tea, Indian Spiced Milk, 1
tejpatta, 1
Tempeh: about, 1; how to steam, 2
and Cauliflower, 1
and Cauliflower in Spicy Paprika Yogurt Sauce, 1
Curry, Andhra-Style, 1
Curry, Goan, 1
Do Pyaaza, 1

in Onion Sauce, 1
Steamed, 1
Tikka Masala, 1
Wraps, Street-Style, 1
tempering: about, 1
thali, 1
tiffin, 1
Tikka Kathi Rolls, 1
Tofu: about, 1
and Cashews, Royal, 1
and Vegetables, Spiced Roasted, 1
Burmese, 1

Chickpea, 1
in Spicy Madras Sauce, Chickpea, 1
in Spinach Curry, 1
in Velvety Pepita Poppy Seed Sauce, 1
Madras Chile Masala, 1
Mango Curry, 1
Palak, 1
Pasanda, 1
Scramble, Spicy South Indian, 1
tomatoes, 1
toor: *See* pigeon peas, 1

turmeric powder, 1
tuvar: *See* pigeon peas, 1

## U

unbleached white flour, 1
urad dal, 1

## V

Vegan Kalakand or Milk Burfi, 1
Vegan Paneer, 1
Vegan Paneer and Spinach in
Tomato Sauce, 1

Vegetable(s):

Jalfrezi, 1

Manchurian, 1

and Nuts in Luxurious White Sauce, 1

in Luxurious Royal Sauce, 1

in Smoky Tomato Sauce, 1

in Vindaloo Sauce, 1

Pot Pie, Makhani, 1

-Stuffed Parathas, 1

Tikki, 1

Tomato, and Spices, Rice with, 1

with Dinner Rolls, Mashed

Spiced, 1
Veggie Balls in Manchurian Sauce, 1
Vindaloo Sauce, Vegetables in, 1

## W

Wheat Flatbreads (roti, chapati, and phulka), 1
Whole Roasted Cauliflower with Makhani Gravy, 1
whole-wheat flour, 1
Winter Split Pea Soup with Ginger, 1
Wraps, Tempeh Street-Style, 1

# X

Xaak Bhaji, 1

# Y

yeast, nutritional, 1
Yellow Lentil:
    Rice and Chard, 1
    with Cumin, 1
    with Spinach, 1
Yogurt:
    nondairy, 1
    Dessert, Steamed, 1

Nondairy, 1
Starter, 1

# Z

Zucchini Cakes, Savory Split Pea and Rice, 1