

# *Indian Cuisine*

-9.20.2023-

## **Tofu Butter Masala Curry:**

**35 Minutes**

**4 Servings**

**Ingredients:**

Puree:

- 1 large onion, diced
- 3 tsp minced garlic
- 1 inch ginger, minced
- ¼ cup cashew nuts (about 12-15)
- 1 inch cinnamon stick
- 3 cloves
- 2 tsp cardamom
- 1 cup water

Paneer Butter:

- 2-3 TBSP butter
- ½ TSP cumin
- 1-2 bayleaf
- 2 TSP chili powder
- 2 packs tofu, diced into even medium-sized cubes (sub paneer if available)
- 1.5 TBSP dried fenugreek leaves
- 1 TSP garam masala powder
- 2-3 TBSP fresh cream (full fat)
- Salt to taste
- Cilantro for garnish

**Instructions:**

To make the puree:

1. Put the onions, tomatoes, cashew nuts, ginger, garlic, whole spices and 1 cup of water into a pan and bring it to a boil
2. Cook on medium flame for at least 15-20 minutes.
3. Remove from heat and cool. Blend into a smooth puree/paste.

To make the paneer:

4. In a pan, heat the butter, add the jeera seeds and saute for 30 seconds.
5. Add red chili powder, bay leaf, give a quick stir.
6. Then add onion-tomato cashew puree. Close lid and cook on a medium heat for 2-3 minutes.
7. Add the paneer, fenugreek, garam masala, salt. Mix well and bring the mixture to boil.
8. Gently stir in the cream, serve hot and enjoy with naan bread or rice!

Source: <https://www.indianveggiedelight.com/restaurant-style-paneer-butter-masala/>

## **Samosa Potatoes:**

**8 Servings**

**20 minutes**

### **Ingredients:**

- 2 1/2 lbs russet potatoes peeled and diced
- 1/4 cup oil
- 2 TBSP butter
- 1 1/2 cups finely chopped onion
- 1 TBSP cumin
- 1 jalapeno finely chopped
- 2 TSP finely grated fresh ginger
- 1 TSP kosher salt
- 2 TSP garam masala
- 1/2 TSP turmeric
- 1/4 TSP cayenne
- 1 cup frozen peas thawed
- 2 TBSP minced fresh cilantro

### **Instructions:**

1. Boil the potatoes in a pot of salted water until tender but not falling apart. Drain thoroughly.
2. Meanwhile, heat oil and butter in a dutch oven or large pot over medium heat. Add the onion and cook until soft and golden, about 10 minutes. Add the cumin seeds and cook until fragrant, about a minute. Add jalapeno and ginger; cook until softened, about a minute more, then add the salt and remaining spices.

3. Reduce heat to low. Add the drained potatoes and peas and toss gently but thoroughly to coat. Cook, stirring frequently, until hot. Taste and add more salt if needed. Stir in cilantro.

Source: <https://foodess.com/samosa-potatoes/>

## Basmati Rice (for following recipe) :

**4 Servings**

**25 minutes**

**Ingredients:**

- 2 cup Indian basmati rice
- 3.5 cup water
- 3 TBSP unsalted butter
- 1 TSP salt

**Instructions:**

1. Place the rice in a medium bowl and add enough water to cover by 2 inches.
2. Using your hands, gently swish the grains to release any excess starch. Carefully pour off the water, leaving the rice in the bowl. Repeat four times, or until the water runs almost clear. Using a fine mesh strainer, drain the rice.
3. In a medium pot, bring the water, butter, salt, and rice to a boil. Cover the pot with a tight fitting lid, then turn the heat down to a simmer and cook for 15 to 20 minutes, until all of the water is absorbed and the rice is tender. If the rice is still too firm, add a few more tablespoons of water and continue cooking for a few minutes more. Remove the pan from the heat and allow it to sit covered for 5 minutes. Fluff the rice with a fork and serve.

Source: <https://www.onceuponachef.com/recipes/perfect-basmati-rice.html>

## Turmeric Lemon Rice:

**4 Servings**

**22 Minutes**

**Ingredients:**

- 1 tablespoon of oil

- 2 cups of **cooked basmati rice** or other long grain rice
- 1 cup of sweet onion, finely chopped
- 3 tsp of minced garlic
- Juice and zest of 1 lemon, about 1 tablespoon of zest and 3 tablespoons of juice
- 1 ½ teaspoons of turmeric
- Salt and pepper to taste

**Ingredients:**

1. In a large skillet, heat the oil over medium heat. Once hot, add in the onion and saute for 5 minutes until it becomes soft and translucent. Add in the garlic and saute for an additional 3 minutes.
2. To the skillet add the cooked rice, lemon zest and juice, turmeric, salt and pepper. Stir to combine and continue to cook until everything is warmer through.

Source: <https://foodwithfeeling.com/turmeric-lemon-rice/>

## **Cilantro Chutney Dipping Sauce**

**16 Servings**

**15 Minutes**

**Ingredients:**

- 1 inch fresh ginger peeled
- 2 green chillies tops cut off
- 1 Juice of a lime (about 1.5-2 TBSP)
- ¼ cup water adjust for desired consistency
- 2 cups cilantro washed and drained
- ½ TSP salt adjust to taste
- ½ TSP ground cumin
- ½ TSP garam masala
- 1 TBSP honey

**Ingredients:**

1. Add green chiles, ginger, lime juice and water to the blender. Blend until smooth. This gives a head-start to the blender, so you don't have to add more water later.

1. Trim off about 2 inches of the cilantro stem ends. Wash it 2-3 times and drain it well. Add cilantro and the remaining ingredients to the blender and blend for 30 seconds.
3. Adjust seasoning and consistency if necessary. Store chutney in refrigerator for up to a week and enjoy your dipping sauce!

Source: <https://spicecravings.com/cilantro-chutney-green-chutney>