

Pakorras

chickpea flour, 1 cup for 5 people
3 onions
potatoes
2 zucchinis
1 package spinach
salt
cayenne
garam masala
lemon juice
water

Julienne the onions and cut/slice/dice other vegetables. Put chickpea flour in a bowl with all other dry ingredients. Add lemon juice and water to the dry ingredients until it reaches the consistency of gravy. Heat the oil. Dip the vegetables in the batter and fry in the oil until golden brown.

- Serve with chutney, ketchup or eat it as is!

Chicken Curry

boneless/skinless chicken breast, one per person
onions, one medium per 4 breasts
garlic
ginger
jalapeno
turmeric
cumin powder
cilantro
oil
tomatoes
salt
lemon juice

Finely chop onions and sauté in oil until browned. Add chopped ginger and garlic and sauté for another 5 minutes. Add turmeric, salt, jalapeno and cumin and continue to sauté.

Add diced tomatoes, cilantro, lemon juice and continue to cook on low heat until the mixture becomes a thick sauce.

Cut the chicken into cubes and cook thoroughly in the sauce.

- you may add water to the sauce if you are serving it with rice.

Daal

whole lentils
onions
ginger
cilantro
salt
turmeric
cayenne pepper
tomatoes
oil and butter

Check dry lentils for any unwanted materials (small rocks etc)

Wash and boil the lentils in water at a 1:3 ratio (one cup lentils, 3 cups water) with salt, turmeric and a little oil. Cook until the lentils are soft.

Fry chopped onions and ginger in butter and oil until golden brown. Add diced tomato, cilantro and cayenne pepper.

Add the two mixtures together and the daal is ready!

Raita

2 large tubs of plain yogurt
1 cucumber
1 onion
2 tomatoes
salt
cumin powder

Grate the cucumber and dice the onion and tomatoes.

Add salt and cumin powder to the yogurt and mix.

Combine vegetables with the yogurt mix and the raita is ready!

Roti

frozen rolls, 2 per person

butter

Coat the frozen rolls with a thin layer of oil, cover and put in the fridge for about 5 hours to thaw (or on the counter for one hour).

When the rolls are thawed, roll out each one with a rolling pin.

Turn the oven on to broil and cook until “freckles” appear. Turn over and “freckle” the other side.

Generously butter one side and serve hot.

Dessert Ideas

Spiced chai tea

Fresh fruit

Mango ice cream

Sweet fennel seeds