



Guide to  
Indian  
Cooking

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## How to Use this Guide

We've worked hard to select the perfect set of recipes for the aspiring Indian cook. Each of the recipes here is one that we've returned to over and over again. By the time you finish with this book you'll have experienced the full range of Indian flavors. Some of the recipes are easy; others require more work. Here are a few tips on making the most of the recipes:

- Cooking times depend on: the size and thickness of your pot, the kind of water you use, and the size of your stovetop burners. Use the times listed here as a starting point, and adjust the time based on your results.
- Try to get the freshest and ripest produce you can manage.
- The quality of the ingredients themselves are often different based on your location. For example, serrano chilies are usually spicier in California than in the Midwest. Feel free to tweak the recipes based on the available produce.
- We recommend buying a pressure cooker. It speeds up cooking times for half of our recipes (sometimes from 2 hours down to 20 minutes).
- Many of the recipes use turmeric powder. This is an important part of the recipes, but it can stain clothes and even plastic utensils. Be careful when measuring turmeric out from its bottle, and don't let it get on wooden cutting boards. It's worth it though!

We hope you enjoy trying our recipes.



*Sabut Masoor*  
*brown lentil daal*

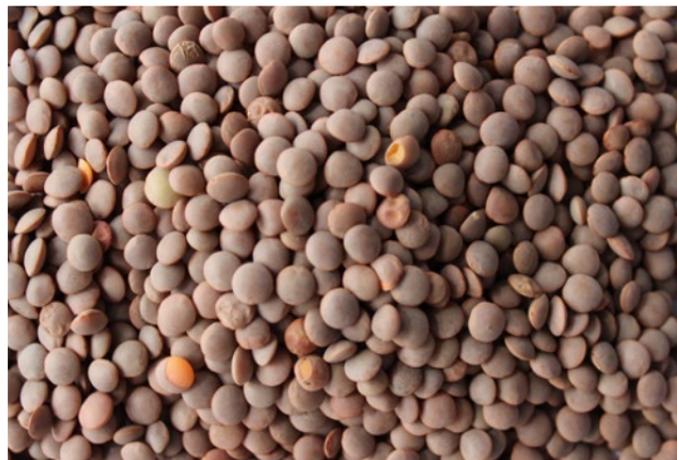
*Sābut Masoor: an easy lentil soup perfect for beginners. Serves four.*

### Ingredients

3 tbsp canola oil  
1.5 tsp turmeric powder  
1 cup sābut masur lentils, washed  
1 serrano chili, minced  
1.5 tsp salt  
6 cups water

### Equipment

pressure cooker



### Choosing the Right Lentil

Above: sābut masoor, also known as brown lentil or whole red lentil



Above: all the ingredients (except for oil and salt) prepped and ready to go. We recommend dicing/mincing all the produce, washing the lentils, and measuring out the spices **before starting**.

This reduces the chance of burning or overcooking during some of the shorter steps.



Add 3 tablespoons of canola oil (or your cooking fat of choice) to the pressure cooker, and start heating the oil on **low heat**. A ladle is a good approximation of 3 tablespoons.



On low heat, **add the turmeric** and sauté for 15 seconds.

**Add the washed lentils, serrano chili, and salt** to the pot. **Add the 6 cups of water.** Close and lock the lid on the pressure cooker.

Start a timer for **25 minutes** when the pressure vent is releasing steam at a steady rate.

After 25 minutes, release the steam safely and open the lid. If the lentil soup is too thin, stir continuously on high heat to thicken.

Serve with basmati rice, baguette, or plain roti.

A top-down photograph of a meal. On the left is a white ceramic bowl filled with a thick, brownish-green lentil soup (daal). To the right of the bowl is a wooden rolling pin, and further right is a stack of several golden-brown, slightly charred rotis. The entire scene is set on a grey and white marbled surface.

*Sabut Moong*  
*(green lentil daal)*

*Sābut Moong: a hearty lentil soup that goes well with many different breads and baguettes. Serves four.*

## Ingredients

3 tbsp canola oil  
1 onion, yellow or red, diced  
1/2 inch fresh ginger, minced  
1 clove fresh garlic, minced  
2 Roma tomatoes, diced  
1 Serrano chili, minced  
1.5 tsp turmeric powder  
1 cup sābut moong lentils, washed  
2 tsp salt  
5 cups water  
3/4 tsp garam masala  
1 tbsp butter (optional)

## Equipment

pressure cooker  
potato masher



## Choosing the Right Lentil

Above: sābut moong, also known as green lentil, mung bean, or green gram



Above: all the ingredients (except for oil and salt) prepped and ready to go. We recommend dicing/mincing all the produce, measuring out the spices, and washing the lentils **before starting**.

This reduces the chance of burning or overcooking during some of the shorter steps.



Add 3 tablespoons of canola oil (or your cooking fat of choice) to the pressure cooker, and start heating the oil on **high heat**. A ladle is a good approximation of 3 tablespoons.



Add the onion on high heat and sauté until lightly browned, stirring constantly to prevent burning.



Add the minced garlic and ginger and sauté until fragrant. Garlic burns easily and ruins the soup when burnt. Stir continuously to prevent this. Sauté the garlic and ginger for less than a minute.



Add the diced tomato and minced chili to the pot. Turn heat down to medium and cover with the lid. This steams and softens the tomatoes for the next step. Steam for 3-4 minutes.



Mash the tomatoes with a potato masher until no large pieces remain.



Add the turmeric and sauté for 1 minute.



Add the water, lentils, and salt, and close and lock the lid. Turn the heat up to high. Start a timer for 25 minutes when the pressure vent is releasing steam at a steady rate.



After 25 minutes, safely release the steam, open the lid, and stir the lentils vigorously. This is to ensure that the lentils and liquid are well combined. If the lentil soup is too thin, stir continuously on high heat to thicken.

Stir in garam masala before serving.



Serve with basmati rice or plain roti. Optionally, add a square of butter to each bowl.

# Malkā Masoor (Pink Lentil Daal)



*Malkā Masoor: a light lentil soup best for summertime or for a light lunch.*

*Serves four.*

## Ingredients

- 3 tbsp canola oil
- 2 tsp whole cumin
- 1 onion, yellow or red, diced
- 2 Roma tomatoes, diced
- 1 Serrano chili, minced
- 1.5 tsp turmeric powder
- 1 tsp garam masala
- 1 cup malkā masoor lentils, washed
- 2 tsp salt
- 3 cups water
- cilantro

## Equipment

- pressure cooker
- potato masher



## Choosing the Right Lentil

Pictured above: malkā masoor  
Also known as: pink lentil, pink Himalayan lentil, red lentil, or Egyptian lentil

(Note: "Egyptian lentil" sometimes refers to brown lentils as well. Be sure to check the color)



Above: all the ingredients (except for oil and salt) prepped and ready to go. We recommend dicing/mincing all the produce, measuring out the spices, and washing the lentils **before starting**.

This reduces the chance of burning or overcooking during some of the shorter steps.



Add 3 tablespoons of canola oil (or your cooking fat of choice) to the pressure cooker, and start heating the oil on **high heat**. A ladle is a good approximation of 3 tablespoons.



Add the cumin. **Fry the cumin** until fragrant (about 10 seconds). The cumin should turn slightly darker in color. Do not let it turn black.

Stop a little earlier than expected, as the cumin continues to darken during the next step.



**Add the diced onion** and sauté until lightly browned.



**Add the diced tomato and minced chili** to the pot. Turn heat down to medium and cover with the lid. This steams and softens the tomatoes for the next step. Steam for 3-4 minutes.



**Mash the tomatoes** with a potato masher until no large pieces remain.



Add the **turmeric** and sauté for 1 minute.



Add **garam masala**, turn heat up to high, and sauté for an additional minute.



Add the **washed lentils and salt**. Add the water and close and lock the lid. Turn the heat up to high.

Start a timer for 3 minutes when the pressure vent is releasing steam at a steady rate.



After 3 minutes, safely release the steam, open the lid, and **stir the lentils vigorously**. This is to ensure that the lentils and liquid are well combined. If the lentil soup is too thin, stir continuously on high heat to thicken.

Garnish with freshly chopped cilantro. Serve with basmati rice, baguette, or plain roti.

*Aloo di  
Sabji*  
(Potato Curry)



*Aloo dī Sabjī: delicious comfort food for wintry days. Serves four.*

### Ingredients

4 tbsp oil  
4 large, ripe Roma tomatoes  
1 Serrano chili  
1.5 tsp turmeric powder  
1 tsp garam masala  
8 medium russet potatoes  
2 tsp salt  
cilantro

### Equipment

pressure cooker  
potato masher



Above: all the ingredients (except for oil and salt) prepped and ready to go. We recommend dicing/mincing all the produce and measuring out the spices **before starting**.

This reduces the chance of burning or overcooking during some of the shorter steps.



Add 3 tablespoons of canola oil (or your cooking fat of choice) to the pressure cooker, and start heating the oil on **high heat**.

**Add the diced tomato and minced chili** to the pot. Turn heat down to medium and cover with the lid. This steams and softens the tomatoes for the next step. Steam for 3-4 minutes.



**Mash the tomatoes** with a potato masher until no large pieces remain.



Add the turmeric and sauté for 1 minute.



Add garam masala, turn heat up to high, and sauté for an additional minute.



Add the potatoes and salt to the pot, along with enough water to just cover the potatoes. Close and lock the lid. Turn the heat up to high.

Start a timer for 5 minutes when the pressure vent is releasing steam at a steady rate.



After 5 minutes under pressure, safely release the steam, open the lid, and stir the curry vigorously. This is to ensure that the curry is well combined. If the curry is too thin, stir continuously on high heat to thicken.

Garnish with freshly chopped cilantro. Serve with basmati rice, naan, or puri.

# KADDU DĪ SABJĪ (SQUASH CURRY)



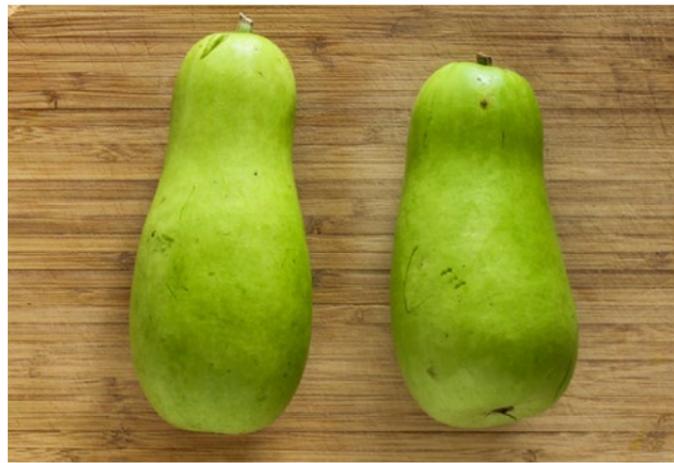
*Kaddū dī Sabjī: a light, versatile curry that can be made from many varieties of squash. Serves four.*

### Ingredients

- 3 tbsp canola oil
- 1 onion, yellow or red, minced
- 2 ripe Roma tomatoes, diced
- 1 Serrano chili, minced
- 1.5 tsp turmeric powder
- 1 tsp garam masala
- 1 Opo squash (10 inches long), peeled and chopped into 1/2 inch cubes
- 2 tsp salt
- 1 lime, juiced
- cilantro

### Equipment

- 10 inch saucepan
- potato masher



### Types of Squash

The following varieties of squash work well in this recipe: Opo squash, zucchini, or yellow squash. Adjust the quantity according to the type of squash.



Above: all the ingredients (except for oil and salt) prepped and ready to go. We recommend dicing/mincing all the produce and measuring out the spices **before starting**.

This reduces the chance of burning or overcooking during some of the shorter steps.



Add 3 tablespoons of canola oil (or your cooking fat of choice) to the pressure cooker, and start heating the oil on **high heat**. A ladle is a good approximation of 3 tablespoons.

**Add the diced onion**, turn heat down to medium-low, cover with lid, and sweat onions until translucent.



Add the **diced tomato and minced chili** to the pot. Turn heat up to medium and cover with the lid. This steams and softens the tomatoes for the next step. Steam for 3-4 minutes.

**Mash the tomatoes** with a potato masher until no large pieces remain.

Add the **turmeric** and sauté for 1 minute.

Add **garam masala**, turn heat up to high, and sauté for an additional minute.



Add the squash and salt, along with enough water to cover the squash.

Cover with lid. Lower heat to medium and let cook for 10 minutes (or until squash is cooked through).

After 10 minutes, try to cut a piece of squash with a spoon or knife. If it cuts through without resistance, it's done. Stir in lime juice and garnish with cilantro.

Serve with plain roti or bread.



# Gobi Aloo

(Roasted Cauliflower  
with Potatoes)



*Gobī Aloo: spicy, roasted cauliflower and potato. Serves four.*

### Ingredients

3 tbsp canola oil  
1 inch fresh ginger, minced  
2 ripe Roma tomatoes, diced  
1 Serrano chili, minced  
1.5 tsp turmeric  
1 tsp garam masala  
1 cauliflower  
1 russet potato, peeled, cut into 1" cubes  
2 tsp salt  
cilantro

### Equipment

heavy-bottomed pan, nonstick or cast-iron, with lid  
potato masher



### Preparing the Cauliflower

When preparing the cauliflower for this dish, first submerge the full head of cauliflower in water and shake it around to wash it thoroughly. Quarter the cauliflower and remove the stem from each quarter. Break each piece into small florets. Try to keep them roughly the same size.



Above: all the ingredients (except for oil and salt) prepped and ready to go. We recommend dicing/mincing all the produce, measuring out the spices, and washing and preparing the cauliflower **before starting**.

This reduces the chance of burning or overcooking during some of the shorter steps.



Add 3 tablespoons of canola oil (or your cooking fat of choice) to the pan, and **start heating the oil on high heat**. A ladle is a good approximation of 3 tablespoons.

**Add the minced ginger** to the heated oil and sauté until fragrant. This should only take a few seconds.



Add the **diced tomato and minced chili** to the pot. Turn heat down to medium and cover with the lid. This steams and softens the tomatoes for the next step. Steam for 3-4 minutes.

**Mash the tomatoes** with a potato masher until no large pieces remain.

Add the **turmeric** and sauté for 1 minute. Turn heat up to high, add **garam masala**, and sauté for another minute.

Add **cauliflower, cubed potatoes, and salt** to the pan. Mix everything together. Turn the heat down to medium and cover with lid. Let cook for 10 minutes.

After 10 minutes, use a spatula, wooden spoon, or other utensil to check if the cauliflower is cooked through. If it cuts easily, it is done. Otherwise, cover and continue to cook until done.

Add freshly chopped cilantro before serving. Serve with plain roti or bread.



**KHATTE  
CHOLE**  
(CHICKPEA CURRY)

*Khatte Chole: chickpea curry with spicy and tangy flavors. Serves four.*

### Ingredients

- 4 tbsp canola oil
- 1 onion, yellow or red, diced
- 1 inch fresh ginger, minced
- 3 cloves fresh garlic, minced
- 1/2 tsp roasted ground cumin
- 1/8 tsp ground cloves
- 1/8 tsp ground cardamom
- 3 bay leaves
- 1.5 tsp garam masala
- 1/4 tsp ground cinnamon
- 3 cups dried garbanzo beans
- 1 serrano chili, minced
- 2 tsp salt
- 1 fresh lime, juiced
- cilantro

### Equipment

- stainless steel pressure cooker
- potato masher



### Preparing the Chickpeas

Do this step the night before making the curry:

Wash the dried chickpeas 3-4 times in a large bowl. Then soak overnight in plenty of water with two pinches of baking soda.

Above: all the ingredients (except for oil and salt) prepped and ready to go. We recommend dicing/mincing all the produce and measuring out the spices **before starting**.

This reduces the chance of burning or overcooking during some of the shorter steps.

Add 4 tablespoons of canola oil (or your cooking fat of choice) to the pressure cooker, and start heating the oil on **high heat**. A large ladle is a good approximation of 4 tablespoons.

**Add the onion** and sauté on high heat until lightly browned.



Add the minced garlic and ginger and sauté until fragrant. Garlic burns easily and ruins the curry when burnt. Stir continuously to prevent this. Sauté the garlic and ginger for less than a minute.



Lower heat to the lowest setting. Add all the dry spices (including the whole bay leaves) and sauté for 1 minute.



Add the pre-soaked chickpeas (but discard the water). Add chili and salt. Add water until 1 inch above the level of the chickpeas. Close and lock the lid of the pressure cooker. Cook on high heat.

Start a timer for 20 minutes when the pressure vent is releasing steam at a steady rate.



After 20 minutes, release the steam and open the lid safely. Transfer two ladles of chickpeas to a bowl, mash, and add back to the pot. Mix thoroughly. If the curry is too thin, stir continuously on high heat to thicken. Pick out the bay leaves.

Add lime juice and cilantro before serving. Serve with kulcha, naan, roti, or basmati rice.



Chicken Tikkā Masala

*Chicken Tikkā Masala: a rich, creamy chicken curry. Serves four.*

### Ingredients

1 tbsp butter, unsalted  
1 onion, yellow or red, diced  
3 cloves garlic, minced  
1 inch ginger, minced  
4 roma tomatoes, diced  
1 serrano chili, minced  
1 tbsp tomato paste  
1 tsp garam masala  
1/2 cup cream  
2 lb baked chicken, cubed  
1 tsp salt

### Equipment

large saucepan  
potato masher  
blender



Bake chicken until cooked through.  
Cut into 1.5" cubes.



Melt butter in a large saucepan. Add the onion and sauté on medium-high heat until lightly browned.



Add the minced garlic and ginger and sauté until fragrant. Garlic burns easily and ruins the curry when burnt. Stir continuously to prevent this. Sauté the garlic and ginger for less than a minute.



Add the **diced tomato and minced chili** to the pot. Turn heat down to medium and cover with the lid. This steams and softens the tomatoes for the next step. Steam for 3-4 minutes.

Stir in **tomato paste and garam masala**, and cook for 1 minute on high heat, stirring continuously.

Pour contents of the saucepan into a blender and **puree until smooth**. Add back to the saucepan. **Add salt. Stir in cream** and simmer on low for 20 minutes.

Add **cubed chicken** and simmer on low for an additional 10 minutes.

Serve with basmati rice or naan.

# MINT CHUTNEY



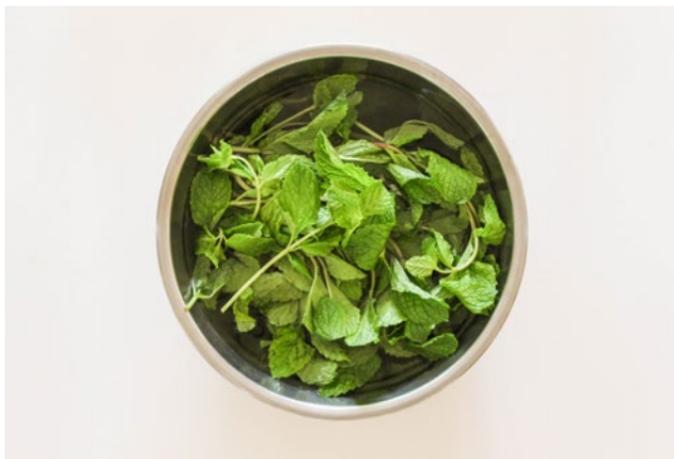
*Mint Chutney: a cool and refreshing mint sauce that compliments many dishes.*

### Ingredients

2 bunches mint  
1 roma tomato, quartered  
1 onion, quartered  
1/4 cup lemon juice, freshly squeezed  
1/4 cup white vinegar  
2 tsp salt

### Equipment

food processor



### Preparing the Mint

Wash the mint bunches by submerging in a large bowl filled with water. Agitate the mint and replace the water 4-5 times.

Strip the leaves from their stems and discard the stems. Drain the mint leaves before using.

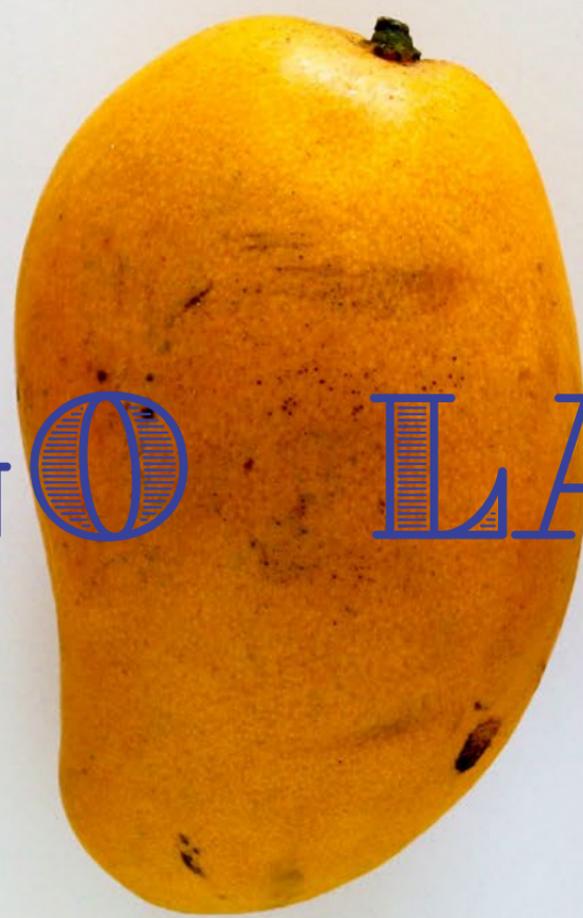


Place all ingredients in a food processor. **Process until well combined**, stopping to scrape down the sides.

Pour the resulting chutney into a jar and let sit in the refrigerator for at least a day before using (to allow the flavors to marry).



Serve a tablespoon or so at a time per person as a condiment. Tastes best with khatte chole (chickpea curry) and malkā masoor (pink lentil daal).



MANGO LASSI

*Mango Lassī: India's answer to the milkshake, to be made whenever mangoes are on hand. Serves four.*

### **Ingredients**

6 large, ripe Manila mangoes

OR

1 lb frozen mango chunks

1 cup yogurt

1/2 cup water

### **Equipment**

blender



### **Picking Mangoes**

If using fresh mangoes, make sure to use manila mangoes. Check ripeness by the color of the skin (green is unripe, while yellow or orange is ripe) and by firmness. If you can push a thumb into the mango and it leaves a dent, it is likely ripe.



### **Cutting Mangoes, I**

Cut the mango into three pieces by cutting on either side of the stem along the pit.

(Note: it's better not to use a mango splitter, which leaves a lot of mango flesh on the pit.)



### **Cutting Mangoes, II**

Take the piece that contains the pit, and cut a long, thin strip away from the pit on either side.



### Cutting Mangoes, III

Take the two large remaining pieces and cut each of them in half, lengthwise.



### Cutting Mangoes, IV

Now, place each of the six pieces of mango flat on a cutting board, and slowly slice away the skin. Cut close to the skin so as not to waste any mango, but don't let any of the tough parts remain on the mango flesh.



Put the mango pieces along with the yogurt and water into the blender, and blend until smooth.



Chill before serving.