

Indian at Home

May 2010

Menu:

Potato & Pea Samosa with Spicy Cilantro Chutney
Garam Masala Scented Chicken & Basmati Rice
Cucumber Raita
Lental Dal with Fresh Ginger & Cilantro
Mango, Rosewater & Cardamom Lassi

Potato & Pea Samosa w/ Spicy Cilantro Chutney

makes 12

for the samosas:

olive oil
1 cup finely diced onion
4 cups finely diced russet potatoes
1 tsp grated ginger
1 tsp ground cumin
1 tsp ground coriander
1 tsp ground tumeric
1 cup frozen peas
salt and pepper
2 sheets frozen puff pastry, defrosted and still cold
1 egg, mixed with 1 tbl water

for the chutney:

1 cup cilantro leaves, packed
1 cup mint leaves, packed
1 clove garlic
1-inch piece fresh ginger
2 tbl chopped jalapeno
2 limes, juiced
1 tbl sugar
1/4 cup plain yogurt

***** Preparation ******

For the samosas:

Preheat oven to 375 degrees. Coat a large skillet with olive oil and place over medium-high heat. Add the onion and cook for 5 minutes until tender. Add the potatoes and ginger and spices. Stir to coat. Add 2 cups water and simmer until potatoes are tender, adding more water as needed. Increase the heat to cook off the extra liquid. Remove from the heat and stir in the peas. Season with salt and pepper. Let mixture cool completely before forming samosas. Cut the pastry into 12 3-inch squares and fill each square with 1/4 cup of the potato mixture. Fold the squares to create triangles, sealing in the filling using a fork to crimp the pastry closed. Brush the top with egg wash and place on a parchment-lined baking sheet. Bake for 20 minutes or until golden.

for the chutney:

In a food processor, combine the cilantro, mint, garlic, ginger, jalapenos, lime juice, sugar and yogurt. Blend until smooth. Season with salt. Serve cold sauce with warm samosas. If sauce is too spicy, serve with some additional plain yogurt.

Garam Masala Scented Chicken & Basmati Rice

serves 6-8

2 tbl butter

1 red onion, finely diced

1 tbl minced garlic

1 tbl grated ginger

1 tsp tumeric

1/2 tsp garam masala

4 boneless chicken breast, cut into large chunks

2 cups basmati rice

1 jalapeno, cut in half lengthwise (scraped clean of seeds & white membrane for a milder dish)

3 cups water

2 tsp salt

1 lime, juiced

***** Preparation ******

Heat a large skillet over medium-high heat. Add butter. When melted, add the onions, garlic, ginger and spices. Cook, stirring often, until onions are tender. Add the chicken and cook for a few minutes until beginning to brown. Add the rice and the jalapeno halves. Stir to coat the rice in the onions. Add the water, salt and lime juice. Bring to a boil, reduce heat and cover. Simmer for 15 minutes. Remove from heat and let sit, covered, for 10 minutes before serving.

Serve warm with Cucumber Raita on the side.

Cucumber Raita

makes 2 1/2 cups

2 cups plain yogurt

1 cup grated cucumber, squeezed dry

1/2 tsp ground cumin

pinch cayenne

salt, as needed

***** Preparation ******

In a bowl, stir together the yogurt, cucumber, cumin, cayenne and salt to taste.

Serve cold.

Lentil Dal with Fresh Ginger & Cilantro

serve 4-6

1 cup yellow or brown lentils

1 tsp tumeric

1 tsp salt

4 cups water

2 tbl grapeseed oil

1 tbl grated ginger

1 tsp minced garlic

1/2 tsp red chili flakes

1 tsp ground cumin

1 lemon, juiced, as needed

1/2 cup chopped cilantro

***** Preparation ******

Combine the lentils, tumeric, salt and water in a pot. Bring to a boil, reduce heat and simmer, covered, for about 20 minutes until lentils are very soft. Remove from heat and whisk vigorously -- this will break up the lentils and thicken the dal slightly. Taste and season with more salt as needed.

In a small skillet, heat the oil. Add the ginger, garlic, red chili and cumin. Cook for just a few seconds until very fragrant -- do not burn the garlic. Quickly pour the mixture into the dal. Add juice of half a lemon and the chopped cilantro. Taste and add more lemon as needed.

Serve warm.

Mango, Rosewater & Cardamom Lassi

serves about 6

1 cup diced fresh mango

1/2 cup sugar, plus more as needed

3 cups plain yogurt

1 lemon, juice, as needed

3 cups ice cubes

1 tsp rosewater syrup

1/2 tsp ground cardamom

***** Preparation ******

In a small pot, combine the mango, sugar and 1/2 cup water. Cook over medium heat until mango is very tender. Let cool.

In a blender combine the mango mixture, yogurt, juice of half a lemon, 1/2 cup cold water, ice, rosewater and cardamom. Blend until smooth. Taste and add more sugar as desired.

Serve immediately.