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Cook till the mixture thickens. **INGREDIENTS** 4 (about 150 g each) sole fish fillets, cut into pieces 1¼ tsp salt or to taste 6 (large) tomatoes, roughly chopped 1¼ cup fresh coriander leaves, roughly chopped 6 green chillies, roughly chopped 4½ piece ginger, grated 4 tsp oil 2 (large) bay leaves 6 pods green cardamom 2 pods black cardamom 6 cloves garlic, sliced 2 tsp red chilli powder 1 tsp turmeric powder 2½ tsp coriander powder 2½ tsp dried fenugreek leaves (kasoori methi), lightly roasted METHOD Wash fish and pat dry. Arrange rolls on the baking tray and brush very lightly with oil. Cook, stirring continuously, for 2-3 minutes. Carefully slide an anarsa, poppy-seed side up, into the hot clarified butter and control the anarsa with a frying spoon to prevent it from spreading out too much. That's when I felt it was truly home and I had the responsibility to share this diversity with you. Raavan Bhaat Chilli Green Gram Rice SERVES 4 This Maharashtrian dish has, in reality, nothing to do with the mythological character Raavan. Pour in coconut milk and bring mixture to a simmer, stirring continuously; do not boil. Return to heat and cook only till egg white sets. Using your fingertips, flatten the dough into a 2" disc. **INGREDIENTS** Oil for shallow-frying 1 tsp mustard seeds 1 (small) sprig fresh curry leaves 1 tsp cumin seeds 1 (large) onion, finely chopped 1½ tsp ginger, minced 2 (large) green chillies, minced 1 tsp coriander powder 1 tsp red degi chilli powder 1 tsp turmeric powder 1 tsp salt or to taste 2 (medium) tomatoes, finely chopped 1 tspb sugar 400 g hung yogurt ½ cup semolina ½ cup all-purpose flour (maida) METHOD Heat 1 tsp of oil in a pan over medium heat. Mix in the ground spice paste and sauté for 1 minute. When hot, add marinated fish and shallow-fry till golden on both sides. Mix in mace powder, cardamom powder and kewra essence. Serve hot with pav or dinner rolls. I've eaten this dish in many south Indian homes and have come up with my own version. Combine panach phoran ingredients in a mortar pestle and crush coarsely. These savoury steamed and fried colocasia rolls get their flavour from the tangy, sweet and spicy mixture of tamarind, jaggery and red chillies that goes into the filling. When the fragrance of curry leaves fills the air, mix in the mace, mix in the mace with the mace dal with salt. Put oil for the tempering in a frying pan over medium heat. To make the roti When the dough ferments, knead again lightly and divide into large lemon-sized portions. Gradually add water and knead to make a smooth, soft, pliable dough. It is a peaceful place where you can just sit on the beach and gaze at the great blue waves for ever. So, here's Chef Michael's lovely lobster recipe. The name 'gandharva' means 'king of fragrance' and the lemon is also thus owing to its very strong floral fragrance. Using a rolling pin, roll out a thickish, 4" round poori. Mix in clarified butter, coriander leaves and garam masala powder and cook uncovered for 2-3 minutes longer for the flavours to blend. They are incredibly crumbly and so delicious that I just had to munch on the khajias before setting out into the realms of knowledge. Roomali Roti Handkerchief Bread SERVES 4 A traditional north Indian bread, the roomali roti is India's answer to the Italian thin-crust pizza. Turn roll over and cook the other side till done, pressing along the edges to ensure even cooking. Listed as a World Heritage Site by UNESCO, a ride on the little train is pure joy. Drain and put into a pan with 2 cups of water. Earlier I thought the word bhoot stood for ghost. When oil is fully incorporated, transfer to a clean, dry, airtight glass jar and refrigerate or freeze to store for up to three days. After a stint in Dubai, Pravin returned to India where he took up food photography. www.pravinphoto.com MUGDHAA SAKRA, a graduate of hotel management from the Naval Institute of Technology, Colaba, Mumbai, is a food stylist and food researcher. Mix in ¼ cup of water with lobster flesh, tamarind pulp and salt. This is Shazia's recipe for ande ka halwa (egg halwa) and it's her mother-in-law's favourite dish. Mix in the rice paste and cook, stirring continuously for another 15-20 minutes. Immediately add onions, green chillies, ginger and garlic and sauté till onions turn translucent. Kasundi Soak mustard seeds in hot water for 2 hours. Seal the edges with toothpicks to secure. Heat water in a steamer and steam the rolls for 10-15 minutes and oil tender. One such woman is Salma Shazia Fatima, the runner-up of MasterChef India. Turn the caramel out on a well-greased surface and allow to cool for a few seconds. Kolhapur has a big chilli and jaggery industry, and this delightful chutney contains both. You'll find restaurants selling Kolhapuri misal even in Mumbai. Here is my good friend Bishambar's recipe just for you. When hot, add bay leaves, cardamoms and garlic and sauté till garlic softens. Patcha Pattada Thoran Green Pea Stir-Fry SERVES 6 Patcha Thoran is what I call 'Kerala's flat plate'. In the past, it used to be one of the best outdoor meals ever! Place a pot over low heat with a warm place for 1 hour. They have a sweet, slightly astringent taste and our cooks have very pale green colour. Remove lamb from oven and lower the temperature to 180°C. Papad Ki Sabzi Pappadam Curry SERVES 4 Gazing at the sand dunes & the Thar Desert of the Marwar region of Rajasthan, I always wonder what dreadful crime the earth must have committed that the lord of the winds had, in a fit of pure rage, scratched all the life and greenery off her and left marks on her soft, golden palms. Kashmiri Kabargah Lamb Spare Ribs Slow-Cooked in Milk SERVES 4-6 Kashmiri cuisine appears to be one of the most daunting of Indian cuisines. Using tongs, drop the bowl into the simmering dal and cover immediately with a tight lid. I loved it—the taste, the texture, the suppleness. She has trained at places like the Orchid Hotel and the Oberoi Hotel. Mix in Malvani masala with turmeric powder and salt. Place the tray in the centre rack of the oven and bake uncovered for 30 minutes. Putnis Gram Chutney MAKES ABOUT 1 CUP Udupi is a small, peaceful south Indian town that was initially a transit point for me between Mangalore and Manipal. Add clarified butter, reduce heat to low and continue cooking for 15-20 minutes longer or till mixture thickens. The other question was, "Did you like the menasaka?" I did not know the names well at that time. It was really juicy and... wait, I won't tell you. Chhena Podra Fresh Cottage Cheese Cake SERVES 4-6 Somewhere in Orissa, I once came across rows of stalls selling sweets. To cook the prawns Thread marinated prawns on to skewers and grill over a barbecue, basting with marinade, till they just curl up. Tanya Bami for introducing me to CHIKI SARKAR and the PENGUIN FAMILY. Add marinated chicken with any liquid that may have accumulated during marination and sauté for 2-3 minutes. Amidst the tropical greenery, the calm and silent backwaters and the richly caparisoned elephants, I found the most striking cuisine. Tunde in Urdu means without an arm. The very first dish was this green banana brataria, which simply blew me away. Chandan Murgh Sandalwood Chicken SERVES 4-6 I once hosted a dinner for a spiritual event at the Rubin Museum of Arts in New York. Add fenugreek seeds and cumin seeds. It is a kind of sweet khichdi made with moong beans. Shape it into a flat kebab and add to the frying pan. There is one more technique I came across during my journeys in India. (Veri masala is also available in select stores.) Curry Wash fish and drain thoroughly. It has two versions: one for summer and one for winter. In Assam, a similar version of amla soup, served before the meal, is known as amloki aakhon. Serve hot or at room temperature. Roll each meatball in the rice to cover it evenly. Grind to make a fine paste. Gradually add water and mix to make a thick, spreadable batter. Put oil in a frying pan over low heat. The mutton should be well cooked and there should be about a cupful of gravy. So it was from her that I learnt how to make use of this terrific ingredient in a variety of dishes. Put the cooker over medium heat and bring dal to a boil. The most interesting part about making a wazan is that the entire meal is prepared in just one night. Mix into the rice paste. Gradually stir in 2½ cups of hot water, a little at a time, mix well, cover and cook, stirring occasionally till rice and dal are tender and fluffy. When hot, add cloves, cardamoms, bay leaves and cinnamon. Making a pickle with potatoes? When the spices crackle, add the drained rice and dal with salt and sauté for 3-4 minutes. 84) 2 tsp lime juice 1¼ tsp red chilli powder ½ tsp fenugreek seeds, roasted and coarsely powdered ½ tsp turmeric powder 2 tsp jaggery, grated ¼ tsp salt or to taste Tempering 2 tsp oil ½ tsp asafoetida powder ¼ tsp mustard seeds METHOD Peel potatoes and dice finely. Pieces of thikri are heated till they are red-hot and added to the dal. Mix the yeast mixture with ½ cups of water, pour into the bowl and gently mix it into the flour. Add coconut and roast for 2 minutes. As a student, I would often jump on to a train, without reservation, and land up in a new world of flavours. Gradually add water and knead to make a smooth, soft dough. Put the dough into a greased tray, spread evenly and steam for 10-15 minutes or till a knife inserted in the centre comes out clean. Raise heat to high and bring to a rapid boil. Add mutton and mix till well coated. No festive celebration is complete without it. Grind to make a smooth, thin paste and pour into a muslin cloth placed over a bowl. Using a frying spoon, carefully drizzle the hot oil over the pot. Add a kadhai. Two different kitchen places, one cooking and the other doing the cleanup. Sprinkle the mixture with oil. To mix the remaining ingredients, add a little water and mix well. Mutton Wash meat and put into large pieces. When the spices crackle, add the dried chillies and the fried chillies and add to your vessel. Return to a bowl. It is a great affair, too. It's definitely worth a try. Add ginger, green chillies, spice powders and salt and sauté for 2-3 minutes. The Syrian Christians were converted to Christianity by Saint Thomas and later intermarried with the Syrian immigrants. In a pan, combine the freshly extracted amla juice and 1 cup of water. Mix in the rice paste and cook, stirring continuously for 10 minutes. I went. Once the spices cook, grind to make a fine powder. Place a portion of filling in the centre of the disc and gather the edges around to seal in filling. Grind to a fine paste. Cook till lobster is tender. Bake for 2-3 minutes and brush lightly with oil again. In Maharashtra, I saw rows of colourful cloth covered with white pumpkin peel, spread out in courtyards in the scorching heat of day. Place pan over low heat, cover and simmer for about 5 minutes. When hot, add bay leaves, cardamoms, cinnamon and cloves. They even trusted me with their secret heirloom recipes. She told me it was called tapeliya dal bhaat and was extremely simple to make. Mix fish into the cooked spice paste and fill into a clean, dry, airtight ceramic or glass jar. Fold each leaf vertically and place the folded leaves in the steamer in a single layer. Fish out the spice bag and discard. A little sour, a little sweet and a little spicy. I present to you, pulisheer! **INGREDIENTS** Soup 2 (large) cucumbers, diced ½ tsp turmeric powder 4 cups fresh lassi (diluted yogurt), sour 2 green chillies, roughly chopped 2½ piece ginger, roughly chopped 2 tsp cumin seeds 1¼ tsp salt or to taste Tempering 1 tspb coconut oil 1 tsp mustard seeds ½ tsp fenugreek seeds 4 dried red chillies, torn into pieces 2 (large) sprigs fresh curry leaves METHOD In a mixing bowl combine diced cucumber with turmeric powder, mix well and set aside for about 5 minutes. Patra Nu Shaak Colocasia Leaf Stew SERVES 4 Patra nu shaak is one dish that holds special importance in Indian cuisine, because of its mythological origins. Remove to a plate. (If the roti is evenly rolled, the two layers will separate easily.) Brush the inside of each layer liberally with clarified butter and place the layers over each other, so that the buttered sides are on the inside. Repeat with the remaining slices. Pour in 1 cup of water. Add mince, mix well and cook for 2-3 minutes. The batter is wrapped in a muslin cloth, sealed and baked in a charcoal oven for several hours. Wash the meat and cut into large pieces. When the spices crackle, add the dried chillies and the fried chillies and add to your vessel. Return to a bowl. It is a great affair, too. It's definitely worth a try. Add ginger, green chillies, spice powders and salt and sauté for 2-3 minutes. The Syrian Christians were converted to Christianity by Saint Thomas and later intermarried with the Syrian immigrants. In a pan, combine the freshly extracted amla juice and 1 cup of water. Mix in the rice paste and cook, stirring continuously for 10 minutes. I went. 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In Maharashtra, I saw rows of colourful cloth covered with white pumpkin peel, spread out in courtyards in the scorching heat of day. Place pan over low heat, cover and simmer for about 5 minutes. When hot, add bay leaves, cardamoms, cinnamon and cloves. They even trusted me with their secret heirloom recipes. She told me it was called tapeliya dal bhaat and was extremely simple to make. Mix fish into the cooked spice paste and fill into a clean, dry, airtight ceramic or glass jar. Fold each leaf vertically and place the folded leaves in the steamer in a single layer. Fish out the spice bag and discard. A little sour, a little sweet and a little spicy. 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