

# Recipes from Kailash

## Please note:

The wonderful Priyanka, Raju and Ravi prepared these sumptuous dishes and sometimes we were generously allowed to assist.

These recipes have been compiled from the notes that I took in my spiral notepad. (Rick Stein style!) Because we were cooking for eleven or more people, I have estimated the quantities of all ingredients including spices for approximate serves for two people. You'll need to experiment.

## Sabji

We had this for dinner on 17 October, 2019

### Ingredients (estimated for two serves)

- Oil (Ricebran, Peanut, Soyabean etc. or ghee)
- Onion - one, finely chopped
- Green chilli - 1 or 2, finely chopped with seeds
- Brown mustard seeds - 1 teaspoon
- Cumin seeds - 1 teaspoon
- Turmeric powder - 1 teaspoon
- Coriander powder- 4 teaspoons
- Lauki (Bottle gourd) - chopped (or eggplant or zucchini)
- Garlic to taste - finely chopped
- Salt to taste
- Tomatoes - two medium, chopped
- Fresh Coriander - chopped

### Method

1. Heat two tablespoons or so of oil in a wok or frypan.
2. Add the onion and green chilli and cook for 3-4 minutes.
3. Add the cumin, mustard seeds and turmeric and cook for approx. 1 minute.
4. Add the coriander powder and the chopped vegetables and approx. 125 ml of water and cook until the vegetables are partially cooked. (top up the water if necessary)
5. Add the chopped garlic and cook for approx. 5 minutes.
6. Add the chopped tomatoes and salt to taste and cook for approx. 5 minutes.
7. Add fresh coriander towards end of cooking.



# Dhal

We had this for dinner on 18 October, 2019 and sadly I don't have a picture of the dish.

## Ingredients (estimated for two serves)

- Oil (Ricebran, Peanut, Soyabean etc. or ghee)
- A mixture of different coloured lentils soaked and washed for 2 hours.
- Cumin seeds
- Onion - one, finely chopped
- Asfoetida (Hing) - 1 teaspoon
- Finely chopped ginger
- Garlic – crushed
- Turmeric powder – 1-2 teaspoons
- Coriander powder – 1-2 teaspoons
- Salt to taste
- 2 or 3 tomatoes – chopped
- Coriander leaves - chopped



## Method

1. Heat two tablespoons or so of oil in a wok or frypan.
2. Add the cumin seeds, chopped onion and the asafoetida and fry for 3 – 4 minutes.
3. Add the turmeric powder, coriander powder and salt to a little water to form a wet paste.
4. Add the paste, chopped ginger and crushed garlic to the onions and mix through.
5. Add the washed and soaked lentils and water to achieve the desired consistency.
6. Cook on a medium heat for approx. 30 minutes.
7. Add the tomatoes and coriander leaves. Mix through and serve.

The total cooking time for this dish was approx. 30 minutes.



# Chapatis

We had these as an accompaniment with many meals.  
Although we didn't prepare the dough we did roll them out and cook them.  
This is a recipe from my research which I have successfully made at home.

## Ingredients (for 4 large or 6 small chapatis)

- 1 cup of Atta (wholemeal) flour
- Pinch of Salt
- Oil - 1 tablespoon (optional)



## Method

1. Sift the flour with a pinch of salt.
2. Add approx. 75 ml of water and kneed for 5 minutes to form a firm dough.
3. Roll the dough into 4 or 5 thin chapatis dusting with flour if required.
4. Cook for in a flat frypan for approx. 2 minutes on each side until brown spots appear. (you can press down with a moistened cloth if you like)
5. Hold with tongs over a gas flame and carefully char each side as desired.





# Dhal Bhati

We had this for dinner on 18 October, 2019 and it was prepared by Raju.  
This is the very rough recipe from my notes.

## Ingredients

- Atta (wholemeal) flour
- Anise powder
- Cumin powder
- Salt
- Water
- Melted ghee



## Method

1. Sift the flour, anise powder, cumin powder and salt.
2. Add sufficient water and kneed to form a stiff dough.
3. Roll into large walnut-sized balls. (Note how Gita, whilst casually drifting past, is keeping a hawk-like eye on this process!)
4. Cook for approximately 30 minutes on the patio in your bespoke, pre-heated, charcoal-fired Bhati oven.
5. Toss the cooked Bhati balls in melted ghee before serving.



# Breakfast Rice (Pulao)

We had this for breakfast on 19 October, 2019

## Ingredients (estimated for two serves)

- Oil (Ricebran, Peanut, Soyabean etc. or ghee)
- Onion - one, finely chopped
- Green chilli - 1 or 2 finely chopped with seeds
- Turmeric powder - 1 teaspoon
- Black mustard seeds - 1 teaspoon
- Potatoes - two medium sized chopped into 1 cm cubes
- Tomatoes – two medium, chopped
- Cooked rice (Flattened rice or Basmati)
- Salt to taste
- Fresh Coriander – chopped
- Peanuts to serve



## Method

1. Heat two tablespoons or so of oil in a wok or frypan.
2. Cook the onion and green chilli for 1 - 2 minutes.
3. Add the turmeric and black mustard seeds and cook for 1 - 2 minutes.
4. Add the chopped potatoes and approx. 250 ml of water and cook until the potatoes are partially cooked. (top up the water if necessary)
5. Add the tomatoes and cook for a few minutes.
6. Add the cooked rice and cook for a few minutes.
7. Add the chopped coriander and salt to taste towards end of cooking.
8. Serve with some peanuts.





# Kadhi Soup

We had this for dinner on 19 October, 2019

Please note:

Apart from the yoghurt, water and onion, I have estimated the quantities of most other ingredients that Raju added so you may need to experiment.

## Ingredients (estimated for two serves)

- Yoghurt
- Turmeric powder - 1 teaspoon
- Besan flour - two tablespoons
- Coriander powder - 1 teaspoon
- Salt
- Brown mustard seeds - 1 teaspoon
- Fenugreek seeds - 1 teaspoon
- Onion - one, finely chopped
- Sweet Neem leaves (or Curry leaves) - 1 tablespoon
- Asafoetida (Hing) - ½ teaspoon



## Method Part 1

1. Put in a pot: 1 part Yoghurt and 6 parts water
2. Add turmeric powder, coriander, Besan flour and salt
3. Bring to boil whilst stirring continuously and then lower heat and simmer for 20 minutes.

## Method Part 2

1. Heat two tablespoons or so of oil in a wok or frypan.
2. Add mustard seeds, fenugreek seeds, chopped onion, Sweet Neem leaves and Asafoetida and cook for 3 – 5 minutes.
3. Carefully add the yoghurt/water mix to part 2 and boil for 5 minutes. Add additional Besan flour to thicken if required.



# Rice and Green Lentil Dhal

We had this for dinner on 19 October, 2019

## Ingredients (estimated for two serves)

- Basmati rice - 1 cup washed and soaked for 30 minutes
- Green lentils - ½ cup washed and soaked for 30 minutes
- Turmeric powder - ½ teaspoon
- Salt to taste
- Ghee - 1 or 2 tablespoons



## Method Part 1

1. Bring a large pot of water to the boil
2. Add rice and dahl
3. Add a little salt
4. Boil for approx. 30 minutes stirring continuously (take care that it doesn't stick) and add more water if required.
5. Add a little Ghee



# Gawar Phali Sabzi Aloo

We had this for dinner on 20 October, 2019

## Ingredients (estimated for two serves)

- Oil (Ricebran, Peanut, Soyabean etc. or ghee)
- Cumin seeds - 1 teaspoon
- Brown mustard seeds - 1 teaspoon
- Onion - one, finely chopped
- Green chilli - 1 or 2 finely chopped with seeds
- Turmeric powder - 1 teaspoon
- Coriander powder - 1 teaspoon
- Garlic to taste - finely chopped
- Potatoes - two medium sized chopped in 1 cm cubes
- Green vegetables (Snake or regular beans, Lauki, Zucchini, Ocra or Capsicum) chopped.
- Salt to taste
- Tomatoes - two medium, chopped
- Fresh coriander - chopped



## Method

1. Heat two tablespoons or so of oil in a wok or frypan.
2. Cook the cumin and mustard seeds for approx. 30 seconds.
3. Add the onion, green chilli and garlic & cook for 3 - 4 minutes.
4. Mix the turmeric and coriander powders in approx. 125 ml of water, add to wok and cook for 1 - 2 minutes.
5. Add the chopped potatoes and cook for 2-3 minutes.
6. Add approx. 250 ml of water and cook, stirring continuously until the potatoes are partly cooked. (add more water if required)
7. Add chopped vegetables and tomatoes and cook, stirring continuously until all vegetables cooked to your liking.
8. Add the chopped coriander and salt to taste towards end of cooking.

