



Les Marmitons
NEW JERSEY

September 2010 Recipes – Chef Monica Puri Bangia

Ginger and Almond Chicken Tikkas- Pieces of chicken thighs are marinated in yogurt and ginger. They are grilled to perfection and served with cilantro chutney.

1 pound boneless chicken thighs, cut into bite sized pieces	1 tablespoon heavy cream
¼ cup almond paste- soak ¼ cup blanched almonds in ¼ cup hot water for an hour. Process the mixture till smooth.	1 tablespoon ginger, grated
2 tablespoon Greek yogurt	2 teaspoons salt
	Juice of one lemon
	2 teaspoons garam masala

Mix all the ingredients well and marinate the chicken over night or at least 2 to 3 hours.

Place the marinated chicken on a lined cookie sheet. Broil the pieces till golden brown on both sides.

This is good for about 4 people.

Cilantro Chutney

3 cups cilantro, washed and chopped roughly	1½ teaspoons salt
4 green onions	1 teaspoon cumin
2 limes, juiced	2 tablespoons olive oil
	¼ cup water

Add all the ingredients to a blender. Blend till everything turns into a smooth sauce.

Makes about a cup and a half.

Grilled Shrimp with a Spicy Mango Glaze- jumbo shrimp is grilled and basted with a spicy mango glaze.

<p>Marinade</p> <p>1/3 cup rice wine vinegar</p> <p>1/4 cup packed brown sugar</p> <p>1 teaspoon ground cumin</p> <p>1 teaspoon salt</p> <p>2 serrano chilies, deseeded and chopped</p> <p>1 tablespoons fresh ginger</p>	<p>Juice of one lemon</p> <p>1/2 cup mango puree</p> <p>Shrimp</p> <p>1 pound shrimp</p> <p>1 tablespoon olive oil</p> <p>1 teaspoon salt</p> <p>1/4 cup cilantro, chopped</p>
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Combine the vinegar, brown sugar, cumin, salt, Serrano chilies, ginger in a small saucepan. Bring to a boil and simmer for 3 minutes or until caramelized. Mix in the mango puree and simmer for another 10 minutes on low heat. Add the lemon juice and taste for seasonings. Keep aside.

Coat the shrimp with olive oil and salt. Right before grilling add 1/4 cup of the mango glaze to the shrimp and mix well. Place the shrimp on the grill and brush the mango glaze on top. Cook for a minute, change sides and brush with mango glaze. Remove from grill and set aside on a warm plate. Garnish with cilantro and a drizzle of the mango glaze on top.

4 people.

1. **Kashmiri Koftas-** Indian meatballs cooked in an onion gravy spiced with ground fennel.

Recipe to follow.

Lemon Coconut Rice- basmati rice is cooked in light coconut milk and seasoned with mustard seeds and curry leaves.

1 cup basmati rice (jasmine rice can be substituted)	2 teaspoons mustard seeds
1 cup light coconut milk	10-12 curry leaves
½ teaspoon turmeric	2-3 dried red chilies
1 cup water	A pinch of asafetida
2 tablespoons extra light olive oil	½ cup peanuts, roasted
2 teaspoons urad dal	4 tablespoons fresh lemon juice
2 teaspoons channa dal	Salt to taste

Cook the rice with a mixture of coconut milk, water and turmeric. Cool the rice off once cooked and keep aside.

In a large wok like pan, heat the oil. Add the urad and channa dal and sauté for about 30 seconds on medium heat. Add the mustard seeds and curry leaves and saute for another minute. Next, add the red chilies and asafetida. Add the cooked and cooled rice. Mix well. Add the peanuts, lemon juice and salt. Mix well and serve.

4 people.

2. **Sauteed Eggplant with Red Peppers-** eggplant slices and red peppers are sautéed with onion seeds and cumin. The dish is topped with raisins and peanuts.

<p>1 big eggplant or 2-3 Japanese eggplants, cut into 2 inch pieces</p> <p>2 small red peppers, cut into 2 inch pieces</p> <p>3 tablespoons extra light olive oil</p> <p>1 teaspoon cumin seeds</p> <p>1 teaspoon onion seeds</p> <p>1 teaspoon fennel seeds</p> <p>1 medium onion, chopped fine</p> <p>2 garlic cloves, chopped fine</p>	<p>2 inches ginger, chopped fine</p> <p>1 cup tomato puree</p> <p>1 teaspoon turmeric</p> <p>½ teaspoon cayenne pepper</p> <p>1 teaspoon coriander powder</p> <p>1 teaspoon garam masala</p> <p>2 teaspoon salt</p> <p>1/3 cup golden raisins</p> <p>¼ cup roasted unsalted peanuts, chopped</p>
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Process the onion, ginger and garlic. In a large pan, heat the olive oil. Add the cumin, onion and fennel seeds. Cook on high for about 10-20 seconds or when they start to sizzle. Add the onion, ginger and garlic mixtures. Saute on medium high heat for 3-4 minutes. Add the tomato puree, sauté for 4-5 minutes. Add the eggplants and the peppers. Mix well. Add the turmeric, cayenne pepper, coriander powder, garam masala and salt. Mix well and lower the heat to medium low. Cover the pan and cook for 15-20 minutes or till the eggplant and peppers are soft. Adjust seasonings and add the raisins and peanuts. Garnish with cilantro.

4 people

3. **Cauliflower and Potatoes** – cauliflower florets and potato wedges are roasted in the oven and then cooked with an onion, ginger and garlic mixture.

1 head of cauliflower, cut into florets	2 tablespoons extra light olive oil
3 to 4 medium yellow skinned potatoes, cut into ½ inch wedges	Salt

Preheat oven to a high broil.

Place the potatoes and cauliflower onto a lined cookie sheet. Drizzle the olive oil and sprinkle the salt. Broil for about ten minutes or till the cauliflower and potatoes are golden brown. Keep aside.

1 large yellow onion	2-inch piece of ginger
4 garlic cloves	

Process the onion, garlic and ginger till they are chopped fine. Keep aside.

2 tablespoons extra light olive oil	½ teaspoon cayenne pepper
2 teaspoons cumin seeds	Salt
2 teaspoons coriander powder	½ cup crushed tomatoes
1 teaspoon turmeric	½ cup cilantro, chopped

Heat a large wok-like pan and add the olive oil. Add the cumin seeds and sauté for ten seconds until the seeds begin to sizzle. Add the onion, garlic and ginger mixture. Saute on high heat for 2 to 3 minutes. Add the crushed tomatoes and sauté for another 2 to 3 minutes. Add the coriander, turmeric and cayenne pepper. Add the broiled cauliflower and potato wedges. Mix well and sprinkle salt. Cover with lid and cook on low heat for 10 minutes or till the potatoes are cooked through. Take the lid off and turn the heat up and sauté for another 3 to 4 minutes. Check for seasonings and top with cilantro.

4 people.

4. **Masoor Dal**- Pink lentils cooked and seasoned with onion, tomatoes and cumin seeds.

½ cup lentils	2 tablespoons oil
3 cups water	1 medium onion chopped
2 cloves crushed garlic	1 teaspoon cumin
½ teaspoon turmeric	1/3 cup tomatoes chopped
Salt to taste	¼ teaspoon cayenne pepper
Seasoning	½ cup cilantro chopped

Add the lentils in 3 cups of water in a heavy pan. Add the garlic, turmeric and salt.

Bring to a boil and let it simmer until the soft and mushy, about 15-20 minutes.

On the side in a small skillet, heat the oil. Add cumin, onion and tomatoes.

Saute till onions are soft and mixed in with the tomatoes.

Add the tempering into the cooking lentils. Adjust salt and add the chopped cilantro

3 to 4 people.

Store bought naans

5. **Dessert- Phirni-** A custard like dessert thickened with rice and topped with cardamom and pistachios.

½ cup rice	4-5 cardamom pods, ground
½ cup water	
4 cups milk (whole milk or low fat)	Garnish
¾ cup sugar (adjust according to taste)	¼ cup slivered almonds
¼ cup slivered almonds	3 cardamom pods, ground
	¼ cup pistachios, ground

Soak rice in water for 2-3 hours. Blend the mixture in a blender by first adding the wet rice and ¼ cup water. Gradually add the rest of the water and blend till smooth. Keep aside.

In a medium saucepan, heat the milk and bring to a boil. Turn the heat down and simmer the milk. Add the sugar, almonds and cardamom. Gradually add the rice mixture while stirring constantly. Keep stirring till the mixture thickens up like a custard. Cook for another 3-4 minutes on low heat, stirring constantly.

Transfer to a serving bowl and garnish with almonds, ground cardamom and pistachios.

6 to 8 people.