



# Garam masala

**Your spice blend includes:**

- cardamom seeds
- cinnamon
- cloves
- black pepper
- cumin

# SPICY CHANA DAL



From "Healthy Indian Vegetarian"  
by Chetna Makan. 641.5954M

## **Ingredients**

### **Chana Dal**

2 cups chickpeas,  
soaked overnight.  
1 tsp salt  
1 tsp ground turmeric  
7 cups water

### **Tadka**

1 Tbs ghee  
1 tsp cumin seeds  
1 green chili, chopped  
1 tsp garam masala  
1 tsp chili powder

## **Directions**

1. Put the chickpeas, salt, turmeric and water in a deep pan and bring to a boil. Reduce the heat to low and simmer for an hour until the chickpeas are thick and creamy. Set it aside while you make the tadka.
2. Heat the ghee in a small pan, add the cumin seeds and green chili, and cook until they start to sizzle, about 2 minutes.
3. Take the pan off the heat and add the rest of the spices.
4. Pour the tadka over the dal, stir and serve with rice, naan, or chapati.

# FENNEL, RADICCHIO, AND FRESH BERRY SALAD

## **Ingredients**

### **Dressing**

- 1 clove garlic minced
- 1 tsp garam masala
- ½ tsp cayenne flakes
- ½ tsp maple syrup
- 1 tsp tamarind paste
- 1 Tbs fresh dill
- ½ cup olive oil
- 1 Tbs apple cider vinegar
- 3 Tbs fresh lemon juice
- 1 tsp salt

### **Salad Ingredients**

- 1 fennel bulb, thinly sliced
- 1 radicchio, leaves sliced
- 1 cup baby spinach leaves
- 1 shallot, chopped
- 1 apple, sliced
- 1 cup mixed berries
- 1 cucumber, sliced
- ½ red onion, sliced
- 1 cup cherry tomatoes, halved



From "Deepa's Secrets"  
by Deepa Thomas. 641.5954T

## **Directions**

1. Whisk together the dressing ingredients in a bowl. Check the taste of the seasoning and set aside.
2. Wash, slice, and arrange the salad ingredients in a beautiful pattern on a large platter.
3. Drizzle the dressing over the salad.
4. For a crowning flavor, garnish the salad with lemon zest and a handful of toasted almonds.

# VEGETABLE AND KIDNEY BEAN PULAO



From "Healthy Indian Cooking" by Shehzad Husain, 641.595H

## ***Ingredients***

- |                              |                             |
|------------------------------|-----------------------------|
| 2 cups basmati rice          | ½ tsp turmeric              |
| 5 ounces canned kidney beans | 1 tsp garam masala          |
| 2 Tbs oil                    | 1 tsp ground coriander      |
| 1 cinnamon stick             | 1 cup cauliflower florets   |
| 1 bay leaf                   | 1 carrot, sliced            |
| 2 whole cloves               | 1 zucchini, sliced          |
| 3 green cardamom pods        | 2 Tbs yogurt,               |
| 4 black peppercorns          | salt to taste               |
| 1 medium onion, sliced       | 2Tbs fresh cilantro         |
| ½ tsp fresh ginger, grated   | 2 fresh red chilies, sliced |
| 2 cloves garlic, chopped     | 1 Tbs fresh lemon juice     |

### ***Directions***

1. Rinse the rice and then soak it while you prepare the other ingredients.
2. Drain the liquid from the kidney beans and set aside. In a heavy saucepan heat the oil over moderate heat. Add the cinnamon, bay leaf, cloves, cardamom pods, and peppercorns and cook for one minute. Add the onions and sauté for two minutes until softened.
3. Lower the heat and add the spices and vegetables. Stir-fry for about 2 minutes and then stir in the yogurt.
4. Drain the rice and add it and the beans to the pan. Using a slotted spoon, gently stir to mix well without breaking up the rice.
5. Add salt,  $\frac{1}{2}$  the cilantro, the red chilies, lemon juice and 3 cups of water. Bring to a boil, then turn the heat to moderate. Cover the pan and cook until the water has been absorbed and the rice is cooked, 10-15 minutes
6. Turn off the heat and remove the bay leaf and cardamom pod shells. Let the dish sit about five minutes before serving, garnished with the remaining cilantro.

Photo source: [saffrontrail.com/rajma-pulao-complete-protein-rice-beans-recipe/](http://saffrontrail.com/rajma-pulao-complete-protein-rice-beans-recipe/)

# CHICKEN TIKA MASALA



From "Rasika: Flavors of India"  
by Bajaj, Sunderam, and Hagedorn. 641.5954 B

## **Ingredients**

### **Chicken**

1 cup yogurt  
1 dried chili, soaked in water and then pureed  
½ Tbs grated fresh ginger  
2 cloves garlic minced  
1 tsp garam masala  
¼ tsp ground turmeric  
2 Tbs fresh lemon juice  
2 Tbs oil  
2 tsp salt  
2 pounds boneless chicken breast or thigh, cut into 2-inch pieces

### **Masala**

1 ¼ pounds chopped tomatoes  
1Tbs oil  
6 Tbs butter  
½ tsp cumin seeds  
2 cups chopped onion  
1 clove garlic minced  
1 Tbs grated ginger  
1 tsp fresh Thai green chili  
¼ cup tomato paste

### **Finishing**

2 cups heavy cream  
2 tsp fenugreek  
1 tsp salt  
1 bell pepper diced

## ***Directions***

1. In a large bowl whisk together the yogurt, spices, lemon juice, oil and salt. Add the chicken and coat the pieces well. Cover and refrigerate for at least 4 hours.
2. Preheat the oven to 425 degrees. Spread the chicken on a baking sheet in an even layer and bake until cooked through, 18-20 minutes. When the chicken is cool enough to be handled, halve the pieces.
3. Make the masala.. Puree the tomatoes in a food processor.
4. In a large pot or Dutch oven, heat the oil and butter over medium-high heat. Add the cumin seeds and let them crackle. Add the onions and cook stirring constantly, until dark brown, about 12 minutes.
5. Stir in the ginger, garlic and tomatoes. Cook for 15 minutes until most of the liquid has evaporated. Reduce the heat to medium. Add the green chili and tomato paste. Cook for 2 more minutes.
6. Finish the dish: Stir the cream, fenugreek powder, salt, chicken and bell peppers into the masala. Cover and simmer for 5 minutes so the flavors meld. Serve hot with naan or rice.

# *Garam masala*

Garam masala is a blend of ground spices originating from South Asia common in Indian, Pakistani, Nepalese, Bangladeshi and Afghan cuisines. The name comes from “garam” meaning “heat” and “masala” meaning “a mixture of spices.” It is used alone or with other seasonings.

Typical ingredients for a garam masala include black peppercorns, mace, cinnamon, cloves, black cardamom, nutmeg and green cardamom. The composition of garam masala differs regionally with many recipes across the Indian subcontinent according to regional and personal taste. None is considered more authentic than others. Some regions include spices like cumin, coriander, nutmeg and cloves. The components of the mix are toasted and ground together.

## ***What to do with garam masala?***

It can be used to flavor almost any dish.

Food writer Monica Bhide writes, “I always add it to my vegetable sautes, and a touch works wonders in soups and stews. I have even used it to season the flour when baking bread. A quick survey of friends (online and off) reveals other lovely uses: sprinkle over cut winter squash before baking, use as a dry rub for meats before grilling, and even add to desserts such as pies and cookies.”

(Garam Masala: A Taste Worth Acquiring April 27, 2011 6:45 AM ET  
MONICA BHIDE, National Public Radio)