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Chapathi / Roti

Wheat flour	2 C
Salt	$\frac{1}{2}$ tsp
Water	$\frac{3}{4}$ - 1 C

Mix flour salt and enough water to make smooth dough. Cover and keep it for 10 minutes. Make equal sized balls, smear them with dry flour and roll them out on a rolling board. Heat a griddle/ tava. Put the chapati on it. Cook one side for few seconds, flip it smear oil (optional) and flip again. Apply oil on the other side; cook both sides once again till brown specks appear. Serve hot. *oil optional*

TANDOORI ROTI

Wheat flour	2 C (whole wheat flour)
Salt	1 tsp.
Baking powder	$\frac{1}{2}$ tsp.
Oil	2 tbsp.
Warm water	

Mix flour with salt and baking powder. Add oil and mix well.

Knead, adding water very gradually. Cover and keep the dough aside for 1 1/2 hours. Knead the dough again and divide into balls. Roll out into round disc. Take a bowl of water, wet your palm and rub water well on one side of the roti. Place roti in the pan, watered side down. Now turn it upside down over an open flame. Hold it for 1- 2 minutes until lightly brown or cook it in a tandoor.

flip after seeing bubbles

*2nd time on each side:
press lightly so it
puffs up*

Malai Kofta Curry

Kofta

Onion	1 chopped
Ginger garlic paste	½ tsp.
Green chili	1 chopped
Vegetables	1 C (Carrot, peas, cauliflower, mushroom, beans, cabbage)
Paneer	½ C grated
Garam masala	½ tsp.
Salt	1 tsp
Potatoes	2 (boiled, peeled & mashed)
Cashew	8 (chopped and fried)
Corn flour	for dusting the koftas.

Heat 2 tsp oil and fry onion for a minute. Add finally chopped chili and ginger garlic paste. Fry well. Add cooked vegetables, garam masala and salt. Fry for 2 minutes. Remove from fire and cool. Add potatoes and paneer and mix well. Divide into 10-12 balls. Make a depression in the center of each ball and place some nuts. Now close and shape into round balls. Dust corn flour or maida and shallow fry. Keep it aside.

Gravy

→ add when oil is very hot, don't stir just shake pan. Fry until light brown.

Oil	2 tbsp
Ghee	1 tsp
Cloves <i>whole</i>	3
Cardamom <i>whole</i>	2
Cinnamon <i>stick</i>	1 stick <i>OR</i> (about ½ inch long each, 3 pieces)
Onion	1 large finely chopped
Ginger	1 tbsp
Garlic	5 cloves
Green chillies	2
Poppy seed	1 tsp.
Cashew	1 tbsp.
Coriander powder	½ tsp.
Cumin powder	½ tsp.
Turmeric powder	1/8 tsp.
Garam masala	¼ tsp
Curd (yogurt)	3 tbsp.
Salt	1 tsp.
Water	1/3 C
Milk	¼ C
Cream	¼ C
Coriander leaves	1 tbsp.

make as paste

→ paste

→ blend in spice grinder with enough water to cover ingredients

Sugar (pinch) optional

+ add salt

Make a paste of cashew and poppy seeds.

Grind ginger garlic and chili together. → spice grinder

Heat oil and add whole spices. Add onion and fry till light brown. Add ginger garlic and chili paste. Fry well.

Add coriander, cumin, turmeric powder and fry well. Add curd and sugar and cook till oil separates. Add cashew paste and cook for another 2 minutes. Add garam masala & water, cover and cook till thick. Add milk and cream, stirring well all the time. Pour this over the koftas. Garnish with finally chopped coriander leaves and serve hot.

↓
Simmer

Vegetable Korma

Vegetables	2 C (carrot, beans, peas, cauliflower)
Oil (coconut)	1 tbsp
Ghee	1 tsp
Onion chopped	1 big
Cloves (whole)	6
Cardamom (whole)	4
Cinnamon	2 inch (4 small pieces/chips)
Onion chopped	1 big
Ginger garlic paste	1 ½ tsp
Turmeric powder	½ tsp
Coriander powder	1 tsp
Chilli powder	½ tsp
Tomato chopped	½ C
Curd	1 ½ tbsp
Raisins	1 tsp
Cashew	10
Poppy seeds	2 tsp
Coconut milk	½ C
Coriander leaves chopped	3 tbsp
Green chillies slit	2

Cook vegetables.

Grind nuts, raisins and poppy seeds and curd to a smooth paste. (also add a bit of water)

Heat oil and ghee in a pan. Add whole spices Add onion and fry till brown. Add ginger and garlic paste. Fry well. Add turmeric powder, coriander powder and chilli powder. Fry for a minute. Add tomatoes and cook till dry. Add vegetables. Mix well, cover and cook for 3 minutes. Add coconut milk. Cook on low flame. Add slit chillies → keep seeds in and coriander leaves. Mix well.

Dosa

- 1 1/2 cup Rice - regular, not basmati
1/4 cup Urad dhal (split black gram) - black lentil w/ no skin
1/4 cup Cooked rice
1/4 tsp Fenugreek seeds
3/4 tsp Salt

Wash rice, dhal and fenugreek. Soak it for 3 hours in 3 ^{cups} C water. Add Cooked rice and grind to a smooth paste.

Keep it for 10 - 12 hours for fermenting. Add salt. *→ keep on counter*

Heat a griddle and pour a ladleful of batter in the center of the greased griddle, spread it with the back of the spoon to a circle like pancake. (very thin) Pour 1 tsp oil / butter / ghee and cook till crisp. Flip and cook the other side for a minute. Flip again and place filling in one half and cover with the other half. Serve hot with chutney and sambar.

Masala Filling

- 6 Boiled potatoes
3 tbsp Oil
1/2 tsp Mustard seeds
1 tsp Urad dhal (black lentil or split black gram) optional
1 tsp Chana dhal (chick pea) optional
1 tbsp cashew (optional)
5 Curry leaves
2 Sliced onion
3 Green chilies
1 tsp ginger chopped
1/2 tsp Turmeric powder
2 tbsp Coriander leaves

Heat oil in a pan and add mustard seeds. After it crackles add dhals, cashew and curry leaves. Fry till it is light brown. Add onion, chili and ginger. Fry till the onions are transparent. Add turmeric powder and cook for a minute. Add mashed potato and salt. Mix well and add chopped coriander leaves.

Chutney

- 2 cup Grated fresh coconut
2 - 3 Green chili
1 Onion or 5 shallots
1/2 tsp Salt
2 tbsp Coriander leaves or Mint leaves (optional)
Grind everything to a smooth paste. Add tadka.

tadka

- 1-tbsp shallots chopped
1 tsp mustard
12 curry leaves
1 red chilli cut into 3 pieces
2 tsp oil

Heat oil in a pan and add shallots. After they become light brown add mustard. After it crackles add curry leaves and chili. Fry for a minute.

*preferred together
OR butter*

↳ can add water to help cook

if using frozen coconut, defrost, or cook with hot water

high heat, should be bubbling