

# Delectable Indian Recipes!

## Paneer Tikka

*Serves 4 | Prep. time 10–15 minutes | Cooking time 20–25 minutes*

### **Ingredients**

- 1 large tomato, cut into thick rounds
- 1 teaspoon dried fenugreek leaves
- 1 large green bell pepper, deseeded and cut into large squares
- 1½ cups paneer cheese, sliced into 1½-inch cubes
- ¼ teaspoon chaat masala
- 1 tablespoon butter, melted
- Salt to taste
- Lemon wedges (optional)

### **Marinade**

- 1 cup mint leaves
- 2 teaspoons ginger, grated
- ½ cup cilantro leaves
- 2 pieces green chili, halved
- 1½ teaspoons black salt
- ½ cup yogurt

### **Directions**

1. Combine all the ingredients for the marinade in a food processor or blender. Blend to make a smooth paste.
2. Add the fenugreek leaves and blend again.
3. Coat the paneer with the marinade in a bowl. Arrange on a plate, placing the tomato and bell pepper slices on top.
4. Cover and refrigerate for 2 hours.
5. Preheat your BBQ grill.
6. Place the vegetables and marinated paneer on a pre-greased baking sheet.
7. Grill for about 18–20 minutes, flipping the vegetables and paneer halfway through.
8. Remove from the grill and brush with butter. Sprinkle with chaat masala, salt and lemon juice. Serve warm.

# Red Lentil Soup (Masoor Dal)

*Serves 6 | Prep. time 20 minutes | Cooking time 1 hour*

## **Ingredients**

- ½ teaspoon cumin seeds
- 1 medium onion, chopped
- 1 ½ cups tomatoes, diced
- 1 ½ cups red lentils
- 2 cups vegetable or chicken broth
- 1 cup light coconut milk
- 2 tablespoons freshly squeezed lemon juice
- 2 cups water
- 1 ½ cups shredded kale
- ¼ teaspoon fine sea salt

## **Directions**

1. Heat a soup pot over medium-high heat.
2. Add the cumin and stir for 1 minute to toast.
3. Add the onions and stir-fry for about 5 minutes, or until the onion has caramelized and begins to stick to the pot.
4. Add the tomatoes and cook for about 2 more minutes, stirring constantly.
5. Add the lentils, broth, coconut milk, lemon juice, and water. Stir and bring to a boil.
6. Cover and simmer for 30 minutes, stirring frequently. The lentils are done when they are tender.
7. Turn off heat, and stir in the kale and salt.
8. Serve hot.

# Traditional Naan Bread

*Serves 10–12 breads | Prep. time 1½ hours | Cooking time 10–15 minutes*

## **Ingredients**

- 1 cup water or as required
- 3 cups wheat flour
- 1 tablespoon sugar
- ½ teaspoon instant yeast
- 3–4 tablespoons yogurt
- ¾ teaspoon salt
- 2 tablespoons ghee
- Sesame seeds (optional)
- Butter, melted, to taste

## **Directions**

1. In a mixing bowl, combine the sugar, yeast, and water. Add 1 cup of the flour and stir to prepare a dough.
2. Cover the bowl and set aside for 40–45 minutes.
3. Add the remaining flour, yogurt, butter, and salt. Combine well.
4. Knead the dough over a lightly floured surface until smooth.
5. Place the dough in a bowl, cover, and set aside to rise for 25–30 minutes.
6. Divide the dough evenly into 10–12 small balls. Sprinkle on some sesame seeds and pat them into the balls. Set the balls aside to rise for 15–20 minutes.
7. Using a rolling pin, roll the balls over a lightly floured surface to make ¼-inch-thick rounds.
8. Heat a skillet or flat iron pan; add the prepared naan and cook for 20–30 seconds until light brown and brown bubbles appear.
9. Flip and cook the other side until bubbles appear.
10. Brush with some butter over one side. Serve warm with meals.

# Butter Chicken (Murgh Makhan)

Serves 6 | Prep. time 15 minutes | Cooking time 45 minutes

## Ingredients

- 1 cup butter, divided
- 1 onion, minced
- 1 tablespoon minced garlic
- 1 ½ pounds boneless skinless chicken breast, cut into bite-sized chunks
- 2 tablespoons vegetable oil
- 2 tablespoons tandoori masala
- 1 (15-ounce) can tomato sauce
- 3 cups heavy cream
- 2 teaspoons salt
- 1 teaspoon cayenne pepper
- 1 teaspoon *garam masala*

## Directions

1. Preheat the oven to 375°F.
2. Take about 2 tablespoons of the butter and melt it in a karahi (or any skillet) over medium heat.
3. Add the onion and garlic and cook for 15 minutes, stirring occasionally, or until the onion becomes dark brown in color.
4. In a bowl, combine the chicken with the oil and toss to coat. Add the tandoori masala and mix well.
5. Arrange the chicken pieces in one layer on a baking sheet.
6. Bake for about 12 minutes, or until the chicken is thoroughly cooked.
7. In another pan, melt the rest of the butter over medium-high heat.
8. Stir in the tomato sauce, cream, salt, cayenne, and garam masala.
9. Reduce the heat to medium-low and simmer for 30 minutes.
10. Add the caramelized onion and the baked chicken, and simmer for 5 minutes.

# Indian Red Kidney Bean Curry (Rajma)

*Serves 2 | Prep. time 10 hours | Cooking time 40 minutes*

## **Ingredients**

- ½ cup red kidney beans
- 2 tablespoons mustard oil
- ½ cup onion, finely chopped
- 1 teaspoon ginger-garlic paste
- ¾ cup tomatoes, finely chopped
- 1 ½ tablespoons tomato paste
- 1 ½ teaspoons coriander powder
- ½ teaspoon turmeric powder
- 1 teaspoon red chili powder
- ¼ teaspoon roasted cumin powder
- 1 teaspoon dry mango powder
- ¼ teaspoon garam masala powder
- ½ cup water
- Salt to taste
- 1 tablespoon fresh cilantro, chopped
- Steamed rice, for serving

## **Preparation**

1. Wash the kidney beans and soak them in water for 5–6 hours. Drain well.
2. Place the soaked kidney beans in a pressure cooker with 1 teaspoon of salt and 3 cups of water.
3. Cook until the beans are soft.
4. Remove the pressure cooker from the heat and set it aside.
5. Heat the oil in a pan.
6. When the oil is hot, add the onion and fry until it is translucent.
7. Add the ginger-garlic paste and fry until onion is golden brown.
8. Add the chopped tomato and tomato paste and cook for a minute.
9. Add the coriander powder, turmeric powder, red chili powder, roasted cumin powder, dry mango powder, and garam masala powder, and cook for a few seconds.
10. Add ½ cup water and cook the masala until the oil separates on the side of the pan.
11. Add the cooked kidney beans along with their water, and cook on low heat for 10–15 minutes.
12. Slightly press a few kidney beans with the back of a ladle.
13. Add more water and salt if required.
14. Garnish with fresh coriander.
15. Serve hot with steamed rice.

\*\*\*These recipes and more can be found in Sarah Spencer's *A Taste of India: Indian Cooking Made Easy with Authentic Indian Food Recipes*. To get a copy of this book, click on the cover or [here](#).

