

## Cornucopia Cool Chef Travelling Taste Buds Recipes



### Week 2 – India

#### Roti

*This Indian flatbread is common at meals. Indians traditionally eat with their right hand and use bread to pick up other items/sauces. This version is particularly healthy in that it uses whole wheat flour. SERVINGS: 4.*

#### **Ingredients:**

½ cup	Whole wheat flour (White whole wheat may be preferred for milder taste)
¼ cup	Warm water
1/8 <sup>th</sup> tsp	Salt
several drops	Olive oil
¼ cup	Flour for rolling (any)
2 tsp	Ghee (melted butter)

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#### **Directions:**

1. In a bowl mix flour with salt. Add in water and mix together with one hand until a soft dough forms.
2. Add a few drops of olive oil to the dough to make kneading easier and to keep dough from sticking to hand.
3. Turn heat to medium high under a pan (note: iron skillet is best).
4. Now divide dough into 4 parts, rolling each between palms of hands to give 4 small balls. Dip each into a small bowl of flour.
5. On a cutting board, roll out each ball into a flat, approximately 5" circle. It should look like a small tortilla.
6. Test that the skillet is ready by flicking a few drops of water onto it. If it sizzles, you are good to go. Place flattened dough onto skillet. When bubbles form and the underside has golden brown spots, use a spatula to flip the roti. Cook for several seconds until bubbles form on the other underside and then flip once more. Now use spatula to continuously rotate the roti in the pan. When it poofs up looking like an inflated whoopie cushion, flip it over once more, and allow the other side to brown a bit, as it remains poofed up. Then remove from heat. Both sides of the roti should have several brown spots.
7. Place on cutting board and use a small spoon to spread a bit of ghee on the surface and then place roti in basket or plate to await serving.

## Baked Paneer

*Paneer is a homemade, mildly flavored cheese that serves as a versatile source of protein in the mostly vegetarian Indian diet. In this dish, it takes on some spicy character.*

### **Ingredients:**

1 block	Paneer (bought at Indian store in Nashua, although it can be made at home easily too)
1	Tomato, coarsely chopped
3	Garlic, chopped
3	Scallions, chopped
2 tsp	Grated, peeled fresh ginger
4 ½ tsp	Lemon juice
3 Tbs	Plain yogurt
½ tsp	Salt
¼ tsp	Cayenne
1 Tbsp	Cilantro, chopped
1 tsp.	Garam Masala (or ½ tsp each ground cumin and ground coriander seeds)

Sundays at Moosewood Restaurant

### **Directions:**

1. Preheat oven to 400F.
2. Cut paneer into small cubes (1/2 to ¾ inch). Place on an oiled baking sheet or casserole pan.
3. Blend all of the remaining ingredients in a blender or food processor until smooth.
4. Pour the sauce over the paneer. Bake for 15-20 minutes, until the sauce is hot and bubbly.

## Chai

*Chai (rhymes with pie) is a slightly sweet, gently spiced and milky tea from India. All generations there drink it, from very young to very old. The recipe calls for whole spices but if ground are more handy, simply use ¼ tsp each ginger, cardamom, and black pepper, along with tiny pinches of clove and cinnamon.*

### **Ingredients:**

1	1 ½" piece fresh ginger (no need to peel)
½ tsp	whole black peppercorns (about 10)
3	whole cardamom pods, broken open
3	whole cloves
1	cinnamon stick
2 tea bags	Decaf black tea or 1 Tbs loose leaf
3 tsp	Sugar (or honey)
1/3	Water
2 cups	Lowfat milk

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### **Directions:**

1. Cut ginger into 2-3 pieces on a cutting board and bash them with the bottom of a pot to crush them. Pile the peppercorns, cardamom pods, cloves and cinnamon stick on the board. Place the pot on top and press down hard, rocking back and forth to lightly crush the spices. Clean off the bottom of the pot
2. Add crushed spices to the pot and put on the stove. Turn the heat to medium-low and warm the spices until they are fragrant (put nose over the pot and smell), about 1 ½ minutes. Add the tea (open up tea bags if using, and pour in contents), ginger, sugar (or honey) and water.
3. Raise the heat to medium-high and bring liquid to a boil, about 2 minutes, stirring to dissolve the sugar. Add the milk, stir, and bring just to boil, about 4 minutes (watch carefully and move the pot off the heat if it looks as if it might boil over). Immediately adjust the heat to very low and simmer to blend the flavors, about 5 minutes.

4. Set a sieve, strainer, or piece of cheesecloth over a heatproof container and pour the chai through in order to strain it. Compost or throw away the solids. Ladle the chai into the mugs, and serve right away.