

## KITCHEN KAN-DO

# INDIAN BASICS RECIPES

USU Student Health & Wellness Center and Lee's Marketplace

*All ingredients for these recipes are available at Lees' Marketplace 555 E 1400 N Logan, UT*

## Dhal Soup

2 tbsp butter	¼ teaspoon chili powder	2 teaspoons lemon juice
2 garlic cloves	1 teaspoon cumin	2 ½ cups vegetable bouillon or water
1 onion, chopped	2 lb canned, chopped tomatoes, drained	1 ¼ cups coconut milk <i>try lowfat</i>
½ teaspoon tumeric	1 cup red lentils	salt and pepper
1 teaspoon garam masala		chopped cilantro, lemon slices to garnish

1. Melt the butter in a large pan and sauté the garlic and onion for 2-3 minutes, stirring. Add the spices and cook for a further 30 seconds.
2. Stir in the tomatoes, red lentils, lemon juice, vegetable bouillon, and coconut milk, and bring to a boil.
3. Reduce the heat and simmer for 25-30 minutes until the lentils are tender and cooked.
4. Season to taste and spoon the soup into a warm tureen. Garnish and serve with warm bread.

## Tandori Vegetables

1 fresh ginger root -- 1" piece	2 bay leaves -- crumbled	1 teaspoon turmeric
3 teaspoons garlic powder	2 tablespoons paprika	½ teaspoon black pepper
1 jalapeno pepper	1 teaspoon ground cumin	¼ teaspoon ground cardamom
2 cups plain yogurt	1 teaspoon ground coriander	1/8 teaspoon cloves -- ground
¼ cup lemon juice	1 teaspoon ground cinnamon	1 ½ teaspoons salt

1. Peel and mince the ginger root. Split, seed and mince the jalapeno pepper.
2. Place ginger, garlic and jalapeno pepper in a bowl. Whisk in yogurt, lemon juice, bay leaves, paprika, cumin, coriander, cinnamon, turmeric, black pepper, cardamom and cloves. Season to taste with salt.
3. Makes enough marinade to do about 2 lbs. of ingredients (I usually use roughly 3/4" pieces of red and green bell peppers, onion, small whole or halved mushrooms, broccoli florettes, and tofu cubes). Marinate about a day, although more would be even better.
4. Put the vegetables on a lightly greased baking tray and roast in a fairly hot oven, 400 degrees F for about 40 minutes to an hour.

## Chapati

2 ½ cups whole wheat flour	1 cup water
1 teaspoon salt	3 tablespoons oil

1. Add salt to your whole wheat flour and mix with a wooden paddle. Make a depression in the center, and slowly add water in small portions while mixing it well with the flour, until you have smooth dough.
2. Oil your hands and knead the dough for five minutes. Divide the dough into 10-12 equal pieces. Form the pieces of dough into balls by rolling them in your hands.
3. Roll each piece of dough by pushing the rolling pin from the center of the dough out to the edges. Do this until you have a circle 4 inches in diameter.
4. Place your skillet on the burner and turn the heat to medium. Place rounds one at a time, flour side down, on the skillet.
5. Cook for 1-2 minutes, or until the surface begins to bubble. Turn the chapati over on the other side, and cook for 1-2 minutes longer.
6. Then, press the surface with a dry cloth to make the chapati puff up. Brush them with melted butter and serve.