

# *Leicester Perspectives* on Gujarat

## **Recipes**



# Khichadi

Rice and lentil dish by Kanta Shah



## \* INGREDIENTS \*

4oz green mung (moong) dal  
4oz long grain rice  
2¼ pints of boiling water, you may need a little more  
¼ teaspoon turmeric  
1 level teaspoon salt, you may need more to taste  
30ml sunflower/vegetable oil  
Butter or ghee (optional)

## \* METHOD \*

- 1** Wash the mung dal and rice together 3 to 4 times in warm water. Do not stir the mixture until it is cooked and ready to eat.
- 2** Reduce to a medium heat and let the mixture cook. Put the lid on the saucepan with a slight gap to avoid the water boiling over. When the mixture starts to absorb the water, reduce to a low heat and cook for about 1 hour, but keep checking as you may need to add more water if the mung dal and rice are still hard and if all the water has gone.
- 3** When it is cooked add the oil, remembering not to stir.
- 4** When you are ready to eat your khichadi give it a good mix, add salt to taste and a bit of butter or ghee (optional).





# Khichadi





# Siroo

Semolina pudding by Raksha Acharya



This sweet is used in the Hindu religious ceremony Satyanarayan Katha, where it is offered to the Gods and then shared among the worshippers as blessed food or Prasad.

## \* INGREDIENTS \*

1 cup semolina  
1 cup whole milk  
6-7 teaspoons sugar  
3 tablespoons ghee  
½ teaspoon ground cardamom  
8 almonds  
Pinch of saffron

## \* METHOD \*

- 1** Melt the ghee in a saucepan, pour in the semolina, mix well and stir over a medium heat until it becomes golden brown.
- 2** Add the milk, stirring well, and continue stirring until the milk is absorbed.
- 3** Add the sugar and all the other dry ingredients.
- 4** Cook until thickened stirring all the time.
- 5** Serve in a bowl, or press into a tray and cut into pieces.





# Siroo







# Chapattis

Flat bread by Asmita Jani



This recipe makes chapattis, but rolled smaller with softer dough.  
The same recipe makes rotli and, cooked with oil, parathas.

## \* INGREDIENTS \*

1 cup wholewheat (chapatti) flour  
2 tablespoons vegetable oil  
Lukewarm water as needed  
Salt (optional)  
Butter to serve

## \* METHOD \*

- 1** Put the flour in a bowl, add the oil and mix together, adding water and kneading to make a fairly stiff dough.
- 2** Roll small pieces into balls between the palms of your hands - this recipe makes about 5 - adding a little flour if it sticks.
- 3** Roll each ball out on the adni (Indian chapatti rolling board), adding a little flour and turning as you roll into a circle.
- 4** Heat the tawa (pan) and place a chapatti onto the hot surface. Don't add oil unless making parathas. Keep turning it until bubbles appear and it puffs up. You can press onto the surface with a small clean cloth to help it to puff up and make sure it is well cooked inside.
- 5** Place each cooked chapatti onto a serving plate and rub with a little butter or ghee.

*My adni belonged to my mother who had it when she was first married at the age of 20, she is now 80. I really treasure our adni and struggle to roll out rotli on other boards because I am so used to our own. I first used it at the age of 12 and have made all our rotli on it ever since.*

Asmita Jani





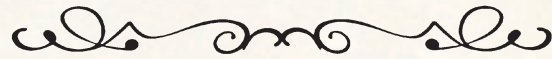
# Chapattis





# Aubergine & Potato Curry

Curry by Linda Harding



## \* INGREDIENTS \*

3 tablespoons vegetable oil  
5 medium sized new potatoes  
2 aubergines  
2 fresh green finger chillies  
2 inches fresh ginger  
2 large fresh tomatoes  
1 tablespoon tomato puree  
2 teaspoons sugar (brown if possible)  
Salt to taste  
Fresh coriander to taste (optional)

Dried spices:  
3 dried red chillies  
1 dessertspoon coriander powder  
1 dessertspoon cumin (jeera) powder  
½ teaspoon chilli powder  
½ tablespoon black mustard seeds  
1 pinch asafoetida (hing) powder  
1 teaspoon turmeric powder

## \* METHOD \*

- 1** Prepare the vegetables: cut potato into small cubes, cut aubergine into larger cubes, chop the fresh green chillies (remove seeds if you don't like it too hot). Peel and grate the ginger, skin and chop the fresh tomatoes. Put the whole tomatoes into a jug of just boiled water for a few minutes and then you will be able to peel the skin off easily.
- 2** Measure out your spices and have them ready by the cooker. Heat the oil in a heavy bottomed pan over medium heat, then add the dry red chillies and mustard seeds. When they have started to splutter, add the asafoetida, turmeric and chilli powder, stir for a moment, then add the ginger and chopped green chilli.
- 3** Stir for a moment, then add the chopped tomato and cook for 5 minutes, stirring occasionally. Add a little water if it starts to stick.
- 4** Add salt, cumin and coriander powders, and the potato and aubergine, and cook for 10 minutes or until the potato is cooked. You can also add some of the fresh coriander leaves with the vegetables and save some for adding at the end. Add a little water if it begins to stick at any time.
- 5** When everything is cooked, add sugar and tomato puree and cook for a further few minutes. Finally add some of the fresh coriander leaves if using to serve.
- 6** Eat with rice, rotlis or chapattis.





# Aubergine & Potato Curry







# Makai Vada

Sweetcorn Pakora by Saroj Patel



## \* INGREDIENTS \*

2 ½ cups gram flour  
3 tablespoons semolina  
2 ½ cups crushed sweetcorn  
(fresh, tinned or frozen; then blended)  
2-3 medium onions chopped  
1 green pepper chopped  
2 teaspoons salt (or to taste)  
1 teaspoon turmeric powder  
2 teaspoons cumin (jeera) powder

1 teaspoon dhana jeera powder  
(mixed cumin and coriander powder)  
3-4 green chillies chopped  
2 tablespoons crushed peanuts  
2 tablespoons sesame seeds  
2 tablespoons fresh coriander  
Pinch of carom (ajwan) seeds  
Pinch of asafoetida (hing) powder  
Pinch of sugar  
Oil for deep frying

## \* METHOD \*

- 1** In a large bowl put all the ingredients with half the chopped fresh coriander, mix together well, then add water gradually to create a fairly stiff batter - to the consistency of thick custard.
- 2** Knead with your hands, then leave to rest for at least 10 minutes or keep in the fridge until you are ready to fry the pakoras.
- 3** Heat the oil for deep frying. While oil is heating, line a colander with kitchen roll for draining the pakoras and have a bowl of cold water ready. Dip your hands into the water, then roll a small ball of the mixture and drop into the hot oil. If the oil is hot enough, it should quickly rise to the surface of the oil.
- 4** Add around ten balls at a time and deep fry until golden brown and floating on the surface of the oil.
- 5** Drain on kitchen roll and serve hot or cold, garnished with the rest of the fresh coriander.





# Makai Vada





# Dhokla

Savoury spongy snack by Jasu Tailor



## \* INGREDIENTS \*

2 cups coarse semolina  
3 or 4 fresh green chillis, crushed  
1 teaspoon fresh ginger, crushed  
1 teaspoon salt  
3 tablespoons yoghurt  
½ teaspoon sugar  
½ teaspoon turmeric  
½ teaspoon coriander powder

2 teaspoons Eno powder  
2 teaspoons sesame seeds  
Sprinkle of fresh coriander leaves

For the Tarka:

2 tablespoons oil  
2 teaspoons black mustard seeds  
2 tablespoons sesame seeds  
5 fresh or dried curry leaves

## \* METHOD \*

- 1** Mix all ingredients except the Eno, sesame seeds and fresh coriander. Mix to a loose batter - add extra water if necessary. Keep in a warm place overnight or for a few hours.
- 2** After resting, add the Enos to the mixture and beat well. The batter should be as thick as yogurt – add extra water if needed. Grease a metal plate for steaming the dhokla, and boil a pan of water that you can stand the plate in. Pour the batter into the plate, stand it in a steamer or raised up in the pan of boiling water with the lid firmly on the pan.
- 3** Steam for 20-25 minutes. The dhokla is done when it has risen and doesn't stick to a finger when touched. Remove from steamer.
- 4** While the dhokla is hot, make a tarka by heating 2 tablesspoons of oil in a small pan or vagaru (ladle shaped spoon). Add black mustard seeds, sesame seeds and curry leaves to the hot oil, and when they splutter, spoon over the hot dhokla.
- 5** Sprinkle the sesame seeds and fresh coriander over the top and cut into cubes. Cool in the tin.





# Dhokla







# Buttermilk

By Mr Tailor



## \* INGREDIENTS \*

To make 2 glasses:

- 1 cup natural low fat yogurt
- 1 teaspoon salt (or to taste)
- 1 level teaspoon ground cumin (jeera)
- 1 fresh green chilli, ground
- 1 clove garlic, crushed
- 2 cups cold water

## \* METHOD \*

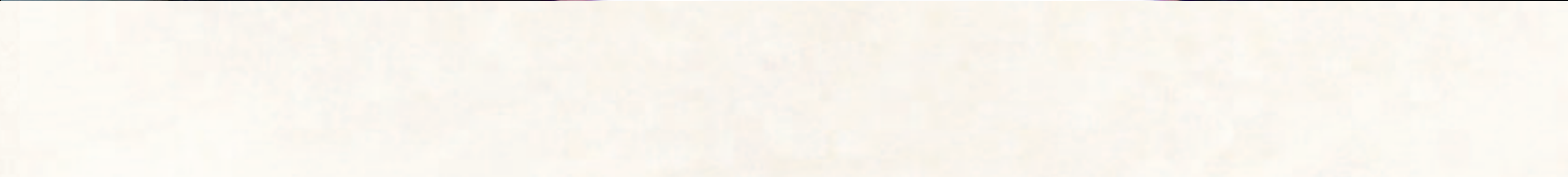
- 1** Mix all ingredients together with a blender.
- 2** Add ice cubes or refrigerate before serving.





# Buttermilk





# Bindi Curry

Okra curry by Fatima Nakhuda



## \* INGREDIENTS \*

700g okra or ladies fingers (bindi)	Salt to taste
3 large tomatoes, chopped	½ teaspoon turmeric
3 medium onions, chopped	½ teaspoon red chilli powder (or to taste)
2 medium potatoes cut into small cubes	2 teaspoons cumin (jeera) seeds
6 cloves garlic, chopped	1 teaspoon paprika
2 inches of fresh ginger grated or crushed	2 teaspoons dhana jeera powder (cumin and coriander powder mix)
3-4 tablespoons natural yoghurt	
8 tablespoons oil	

## \* METHOD \*

- 1** Mix ½ teaspoon salt with the cubed potatoes, heat 4 tablespoons of the oil and fry gently for 20 minutes or until cooked and golden, stirring often. Remove from pan. Add a little more oil and fry the okra until well cooked and browned, adding oil when needed and stirring frequently. This will take around 30 minutes.
- 2** Meanwhile heat a large pan with the rest of the oil to make a masala. When the oil is hot add the cumin seeds, when they are spitting add the onions and fry until softened, then add the garlic and ginger.
- 3** Cook for 5 minutes, then add the tomato, half a teaspoon of salt, the turmeric, dhana jeera mix, chilli powder, paprika and cook for around 10 minutes or until the oil begins to bubble to the surface and the mixture begins to separate.
- 4** Add the potatoes and okra, stir well and add the natural yoghurt.





# Bindi Curry







# Dal

A thick stew of pulses by Sarita



## \* INGREDIENTS \*

1 cup dal (toor oily dal – orange split lentils)  
1 large fresh tomato sliced  
4 curry leaves  
1 inch of ginger, grated  
1 or 2 green chillies; chopped  
½ teaspoon turmeric  
½ teaspoon red chilli powder (or to taste)  
½ teaspoon dhana jeera powder (mixed coriander and cumin powder)  
1½ teaspoon lemon juice

A small handful of fresh coriander  
1 tablespoon tomato sauce  
2 tablespoon oil  
Salt to taste

For the Masala:

1 dried red chilli  
½ teaspoon black mustard seeds  
1 teaspoon cumin (jeera) seeds  
Pinch of asafoetida (hing) powder  
4 fresh curry leaves

## \* METHOD \*

- 1** Place the dal, fresh tomato, 4 curry leaves, ginger and green chilli into a pan of water and boil for 30-40 minutes, or in a pressure cooker for 3 whistles.
- 2** Add the fresh coriander, turmeric, chilli powder, dhana jeera powder and lemon juice, and boil for a further 10 minutes. Use a hand held blender to mix until smooth. Put back on a low heat.
- 3** Heat the oil in a small pan until hot, then add the masala ingredients. First the jeera and black mustard seeds until they spit, then the red chilli and asafoetida, and finally the fresh curry leaves. Then immediately mix into the dal mixture.
- 4** Finally add the tomato sauce and salt, and add a few fresh coriander leaves to serve with rice.





# Dal





