



DIALOGUES INSPIRED BY COOKING & FOOD

RECIPES

INSPIRED BY INDIA & HOSTED BY PICS:
PROGRESSIVE INTERCULTURAL COMMUNITY
SERVICES AND THE CITY OF SURREY

LEARN, TASTE, BE INSPIRED



RECIPES PREPARED BY CHEF PAUL GILL

Chef Paul Gill has had a passion for serving healthy, home-made, fresh dishes for over 25 years. His recipes and methods are based on family traditions, perfected by his mother, and passed down to him. Chef Gill is the owner of Sutra Foods, a locally based company that provides fresh, natural, gluten free, traditional Indian food to stores throughout Canada. To contact Chef Paul Gill or, for more information on Sutra Foods email: sutraindian@gmail.com

RECIPES AND DIRECTIONS

Where to purchase the ingredients used in the following recipes:

- i. Fruiticana
- ii. Sabji Mandi - Unit 106 - 12568 72 Avenue, Surrey, B.C. (Phone #: 604-590-2400)
- iii. Superstore

APPETIZER

1. Papri chaat
2. Chashew Barfi from Prabu Sweets
3. Masala Chai (Tea)

MAIN COURSE

1. Butter Chicken
2. Channa Masala
3. Basmati Rice
4. Raita
5. Naan
6. Papadam

DESSERT

1. Saffron Rice Pudding
2. Masala Chai (Tea)



Papri Chaat

Ingredients:

- 24 Flat crisps papris/flour crispies (you can use Tortillas cut into small pieces and baked or deep fried).
- 1 Large potato, boiled and chopped
- 2 Cups boiled chick peas/garbanzo beans (you can buy canned chick peas, drain it and then rinse it before use)
- 1 Onion finely chopped
- 1 Tomato finely chopped
- Half-cup chopped fresh coriander leaves
- 1 cup mint coriander chutney (can be bought ready to go)
- 1 cup tamarind dates chutney (can be bought ready to go)
- 1-2 tsp cayenne pepper (heart smart)
- 1-2 tsp roasted cumin powder
- 1-2 tsp black salt rock/powder or table salt
- 1-2 tsp chaat masala
- 1 tsp lime juice
- Yogurt - 250 gms cold smoothened curd/yogurt - sprinkle a little chaat masala and cayenne pepper

Directions:

1. Arrange the papdis in a shallow bowl or plate.
2. Top it up with chopped boiled potatoes and cooked chickpeas.
3. Add chopped onion and tomatoes to it.
4. Sprinkle some chaat masala and cayenne pepper on it
5. Top these with cold yogurt/curd as much as you want.
6. Top it up with the green chutney and tamarind chutney as much as you want.
7. Sprinkle some chaat masal, cayenne pepper, cumin powder and black salt.
8. Garnish with coriander leaves.
9. Add a dash of lemon juice to the papdi chaat if you want.
10. Service papdi chaat immediately.



Butter Chicken

Ingredients:

Butter Chicken Sauce

- 4 tablespoons of Oil
- 1 teaspoon Ginger paste (can be bought ready to go)
- 1 teaspoon of garlic paste (can be bought ready to go)
- ½ teaspoon of garam masala
- Salt to taste
- ½ teaspoon Cayenne pepper
- 2 large onions finely diced
- ½ teaspoon cumin seeds
- ½ teaspoon dried fenugreek leaves (kasoori methi)
- 8 medium tomatoes pureed (canned tomatoes can be used too)
- ½ teaspoon turmeric (haldi)
- 2 bay leaves
- 1 cinnamon stick
- 4 black cardamom pods
- 2 star anise pods
- 1 cup heavy cream
- ½ half cup water
- Cilantro and sliced fresh ginger for garnishing

Marinade for Chicken :

- 3 boneless chicken breasts cut in small pieces
- ½ cup sour cream/yogurt or *hung curd
- 1 teaspoon each ginger and garlic paste
- 1/2 tablespoon tandoori masala
- ½ teaspoon cayenne pepper or black pepper
- 1 tablespoon fenugreek leaves (kasoori methi)
- 1 tablespoon oil

Directions:

1. Marinate chicken with all the spices for two hours in a glass container.
2. Keep it in the fridge.
3. Warm up oven 350 degree F
4. Bake the chicken 20 minutes

Directions for Sauce:

1. Heat 2 tablespoons of oil in a deep non stick pan on medium heat
2. Add cumin, bay leaves, cinnamon stick, black cardamom, star anise and followed by chopped onions.
3. Cook until translucent then add garlic, ginger paste and sauté for two minutes.
4. Add turmeric, cayenne pepper and cook for additional 1 minute.
5. Add pureed tomatoes, salt and cook stirring occasionally for 15-20 minutes.
6. Add ½ cup water.
7. Add fenugreek (kasoori methi) and mix well.
8. Add cream and cook for 2 more minutes.
9. Add the chicken pieces and cook for 3 minutes.
10. Garnish with cilantro and sliced fresh ginger. Serve hot with naan or rice. Serves 3-4 people.

Note * take 1 cup yogurt and put it in a muslin cloth. Then hang it for 2-3 hours so the water is all drained and solid yogurt is made.



Channa Masala

Ingredients:

- *2 cups dry chick peas (Kabuli Chaana) 2 cans of chick peas of 425 grams can be used
- Salt to taste
- 1 cinnamon stick
- 2 black cardamom
- 1 tea bag

To prepare dry chaanas

If using dry chick peas, soak them overnight in 8 cups of water. In the morning, drain the water and boil the chick peas with all the spices listed, in 6 cups water for half an hour. Take out cinnamon stick, cardamom and tea bag and discard them. Save the chick peas and water.

Ingredients for Masala:

- 4 tablespoons of oil
- 3 medium onions chopped finely
- 1 tablespoon of ginger and garlic each
- 3 green chilies (chopped)
- 1 tablespoon fresh coriander leaves
- ½ teaspoon of cumin seeds
- ½ teaspoon of turmeric
- A pinch of cayenne pepper
- 2 tablespoons of channa masala
- ½ teaspoon garam masala
- 1 teaspoon pomegranate powder
- 1 cup of tomato puree

Directions:

1. In a saucepan heat the oil on a medium – high heat; cook onions, stirring occasionally, until soften about 5 minutes.
2. Add garlic and ginger paste.
3. Stir in cayenne, turmeric, coriander, cumin, and pomegranate powder and channa masala.
4. Cook until fragrant for about 1 minute.
5. Stir 1 cup of water if using canned chick peas.
6. Add tomato puree, salt to taste and chick peas scraping up any browned bits.
7. Reduce heat, cover and simmer until thickened slightly for about fifteen minutes.
8. Garnish with cilantro, fresh ginger, garam masala and green chilies.



Raita (Yogurt)

Ingredients:

- 500 grams yogurt
- Salt to taste
- A pinch of cayenne pepper or black pepper
- ½ teaspoon of chaat masala and garam masala each
- 2 tablespoon tamarind chutney (optional)
- 1 cup grated cucumber and carrots
- Cilantro for garnishing

Directions:

1. Smoothen the curd with a whisk.
2. Add all the ingredients listed above and mix them well.
3. Put the mixture in a glass container and let it settle for half an hour in the refrigerator.

Note – to make home made yogurt --- boil 2 liters of milk and pour it into a glass container and cool it to the room temperature. Add 2 tablespoon of yogurt and cover it. Keep it in a warm place for 5-6 hours. Your home made yogurt is ready full of healthy bacteria. To make yogurt next time, you can save 2 tablespoons of this yogurt to prepare the yogurt again and so on.



Basmati Rice

Ingredients:

- 2 tablespoons of oil
- 1 onion sliced
- 1 teaspoon whole cumin
- 2 bay leaves
- 1 cinnamon stick
- 2 black cardamompods
- 4 cloves
- 2 star anise pods
- Salt to taste
- 1 cup basmati rice
- 2 cups of water

Directions:

1. Heat oil in a flat pan.
2. Add all the spices and stir them 30 seconds and then add sliced onion. Let it go brown.
3. Add rice and water and salt to taste.
4. Once it starts boiling adjust the heat to low (or 2) and cover the pan.
5. Let it simmer until the water has evaporated (approximately for 15 – 20 minutes).
6. Turn the heat off and leave it for 5 minutes.
7. Stir it well with a fork.
8. Garnish it with nuts or raisins (Optional).



Naans

Naans and Papadam can be bought from any of the stores listed.



Papadam



Saffron Rice Pudding

Ingredients:

- 1 cup rice
- 1 gallon milk
- 1.5 cup of sugar (Agave syrup) or brown sugar
- 6 cardamom pods (crushed)
- Pinch of saffron
- Pistachio and silvered almonds for garnishing

Directions:

1. Wash rice well.
2. Boil milk in a deep pot and add rice to it.
3. Let it cook for one hour on medium to low heat.
4. Stir often (every 10 minutes preferably).
5. Mix saffron in a half cup of milk and add to the milk and rice.
6. Cook for 1 hour.
7. Add crushed cardamom and sugar.
8. Turn the heat off.
9. Let it cool down a bit and transfer the rice pudding into a fancy dish.
10. Garnish it with pistachio and almonds (Optional).
11. Serve it hot or cold.