

Visit your local Indian store and pick up the following.

In the US, you get 5% discount if you say "khemcho?" at the checkout counter ☺

- |  |                                       |
|--|---------------------------------------|
| a. Garam Masala (all purpose spice mix)      | h. Cumin Seeds                        |
| b. Dhania + Jeera (coriander + cumin powder) | i. Mustard seeds                      |
| c. Sambhar powder (                          | j. Dals (Lentils) – Toor, Mung, Chana |
| d. Ginger + garlic paste                     | k. Tamarind                           |
| e. Turmeric                                  | l. Lemon juice                        |
| f. Red Chilli Powder                         | m. Can of tomato paste                |
| g. Coriander seeds                           | n. Can of coconut milk                |

Start some upbeat Bollywood music (or some Sitar/Sarod/Santoor music to calm your nerves)

Basic steps for all curries:

- a. In ~3-4 tbsp. of hot oil add spoonful of cumin+mustard seeds+couple dry red chillis, followed by chopped onions. Sauté till onions cooked. Add salt + chilli powder to taste; + 1/2tsp turmeric
- b. Add bite sized veg or mix of veg of choice (no Tomatoes). Eg – potatoes + peas, Cabbage + peas + carrot, cauliflower + potatoes, eggplant. Frozen French cut beans – easy favorite of ours!  
Scrambled eggs this same way – another crowd favorite! Cook covered for 5 mins. Stir. Cook uncovered for 10 mins.
- a. Optionally – add grated coconut as last step; Done!

For gravy kind veg curries:

- a. Same as above. Add a few tomatoes and a few tbsp. of water. Cook covered for longer time
- b. Chole (Cholay) – Start with a few cans of Chick peas; Rajma: Start with a few cans of Kidney beans..
- c. Experiment with following steps:
  - i. Blend handful of Cashews + a few tbsp. of grated Coconut + green chillis + a cup of water and sauté this along with onions in the beginning.  
OR
  - ii. Finishing touch - Add few tbsp. of yogurt OR milk (just before shutting off)

For non-veg curries:

- a. Same as above, except, start non veg curries with "ginger + garlic paste, garam masala"
- b. Then add chicken pieces or ground chicken or fish or shrimp etc. Remember sea food cooks faster
- c. Cook covered for 10 – 15 mins. Then stir. Add spices – Salt, Chilli powder etc. Cook some more. Done!

Dals/Sambar etc – Pressure cook toor Dal and mash it with ladle or hand blender.

- a. For Dal – Start same as veg curries, sauté any combination of tomato, Spinach, cucumber etc.
- b. Add cooked dal. Then spices – salt, chilli powder etc. Done
- c. For sambar – sauté a few tomatoes, carrots, green peppers etc. along with onions. Add sambar powder, 1-2 tbsp. tamarind paste, a few cups of water. Salt + chilli powder to taste. Let it boil. Done. Serve with Rice.. or as is like soup!

## Indian Cooking for Dummies!!