

PART 4 - GURKHA COOKERY

CHAPTER THIRTY EIGHT

Basic Preparations

MASALA

1. Meat and fish masala
2. Fresh masala
3. Garam masala

UNCLASSIFIED

4. Coconut milk
5. Curry sauce
6. Jebebi syrup

MASALA

**1. MEAT AND FISH MASALA
(MASU ANI MACHHA KO MASALA)**

400 GRAMS

Ingredients

Bay leaves	25 g
Red chillies	100 g
Black peppercorns	20 g
Coriander seeds	50 g
Cumin seeds	50 g
Turmeric	25 g
Cloves	20
Cinnamon stick	1x7 cm
Cardamon seeds	10 g
Ginger	25 g
Garlic	4 cloves
Onions	100 g

Method

1. Clean all the whole ingredients and grind each of them separately adding a little water as necessary.
2. Put all the ingredients into a bowl and mix together.

Notes:

1. This masala is suitable for use in meat and fish curries.
2. The quantities of spice may be varied according to taste.

2. FRESH MASALA (TAJA MASALA)

400 GRAMS

Ingredients

Dried chillies	100 g
Coriander seeds	50 g
Cumin seeds	50 g
Turmeric	50 g
Ginger	50 g
Garlic	4 cloves
Onions	100 g
Tomatoes	100 g
Tomatoe puree	50 g

Method

1. Remove the seeds from the chillies.
2. Soak the chillies, coriander and cumin seeds for 5 minutes.
3. Drain, then grind each separately.
4. Peel the garlic and ginger and grind them together.
5. Peel the onions, tomatoes and grind to a paste.
6. Mix all the ingredients together in a bowl.

Notes:

1. This masala is suitable for use with vegetables and in dal curries.
2. Quantities of spice may be varied according to taste.

3. GARAM MASALA

300 GRAMS

Ingredients

Cinnamon sticks	2x7 cm
Cardamonds	100 g
Cloves	50 g
Cumin seeds	100 g
Coriander seeds	50 g
Black peppercorns	25 g

Method

1. Preheat the oven to 100°C.
2. Spread the ingredients in a roasting tin, and roast on the bottom of an oven for 30 minutes, stirring occasionally to prevent colouring.
3. Remove the seeds from the cardamon pods and place on one side, discarding the empty pods.
4. Finely crush the cinnamon sticks in a clean cloth by pounding with a rolling pin.
5. Mix the ingredients together and grind to a fine powder.

Notes:

1. The masala may be stored for up to 6 months in an airtight container without loss of flavour.
2. Quantities of the spices may be varied according to taste.

UNCLASSIFIED

4. COCONUT MILK (NABLWAL DO DUDH)

500 MILLILITRES

Ingredients

Coconut	1
Water	500 ml

Method

1. Make a hole in two of the three eyes of the coconut, drain off the liquid and place to one side.
2. Preheat the oven to 200°C and bake the empty coconut for 15 minutes.
3. Transfer the coconut to a chopping board and while it is still hot split into halves.
4. Cut the flesh into 25 mm dice and soak in the water for 4 hours.
5. Pass the liquid through a muslin lined strainer trapping the flesh in the muslin.
6. Wring the muslin to extract the remaining liquid from the flesh and then discard the flesh.
7. Mix the liquid obtained at stages 1, 5 and 6 to make coconut milk. If a thinner milk is required cold water can be added gradually until the desired consistency is obtained.

Note: The coconut should be shaken before use to ensure that it is full of liquid (the more liquid the fresher the coconut). Coconuts without liquid or with mouldy or wet eyes are probably unfit for use.

5. CURRY SAUCE

1 LTR

Ingredients

Onions	150 g
Oil	50 ml
Tomatoe puree	25 g
Chilli paste	25 g
Ginger	75 g
Garlic	1 clove
Tomatoes	100 g
Turmeric	10 g
Garam Masala	25 g
Stock	550 ml
Salt	

Method

1. Heat the oil to a blue haze, add the chopped onions and fry to a light brown.
2. Add the ginger and garlic and cook for 3 minutes. Add the tomato puree, chilli paste, garam masala, turmeric and tomatoes and cook for another 5 minutes. Add the stock.
3. Bring to the boil and simmer for 20 minutes then season.

6. JALEBI SYRUP (JALEBI KO CHAASHNI)

500 MILLILITRES

Ingredients

Sugar	250 g
Lime/lemon	1
Cinnamon	1x5cm piece
Cardamons	5
Bay leaves	1
Water	300 ml

Method

1. Cut the lime/lemon into slices.
2. Put all the ingredients into a saucepan, bring to the boil, reduce the heat and simmer for 30 minutes.
3. Pass through a strainer and keep warm. If allowed to cool the syrup will thicken. Use as required.

PART 4 - GURKHA COOKERY

CHAPTER THIRTY NINE

RICE DISHES

SIMPLE

1. Plain boiled rice and steamed pudding
2. Tomato rice
3. Turmeric rice
4. Yellow rice

COMPOSITE

5. Chicken pulao
6. Egg pulao
7. Kerao pulao
8. Lamb biryani

9. Lamb pulao

10. Meat or chicken yakhni pulao
11. Minced meat pulao
12. Mushroom pulao
13. Plain rice pulao
14. Rice with potatoes, coriander and mint
15. Spiced turmeric rice with lamb
16. Turmeric rice with minced lamb
17. Vegetable pulao

SIMPLE

1. PLAIN BOILED RICE AND STEAMED RICE

10 PORTIONS

Ingredients

Rice	2 kg
Water	2.5 ltr
Salt	

Method

1. Pick and wash the rice.
2. Bring the water to the boil and add the salt. Rain in the rice and stir until the water reboils. Adjust the water level to barely cover rice.
3. Simmer for 10 minutes, cover with a lid, turn off the heat and allow to cook in its own heat for 20 minutes.
4. Put the rice into a serving dish and fluff it up with a fork.

Note: At Stage 3 the water level may need adjusting after simmering for 10 minutes according to the type of rice.

RICE STEAMER METHOD

1. Pick and wash the rice.
2. Put a maximum of 5.5 kg of rice into each steamer tray, cover with boiling water and add salt. Apply heat to reach steaming point and cook for about 20 minutes.
3. Put the rice into a serving dish and fluff up with a fork.

2. TOMATO RICE(GOLBHEDA KO BHAT)

10 PORTIONS

Ingredients

Rice	2 kg
Onions	1 kg
Garam Masala	20 g
Oil	75 ml
Tomato juice	250 ml
Garlic	4 cloves
Ginger powder	20 g
Chilli powder	20 g
Water	1.5 ltr
Salt	1.5 ltr

Method

1. Pick and wash the rice.
2. Peel and shred the onions.
3. Peel and crush the garlic. Add the ginger and chilli powders and mix to a paste.
4. Heat the oil to a blue haze, add the onion and dry until golden brown.
5. Add the garlic paste and garam masala and fry for 5 minutes.
6. Rain in the rice and stir. Add the tomato juice, salt and water.
7. Bring to the boil and simmer for 10 minutes. Cover with a lid and cook for about 30 minutes until the rice is tender. Put into a serving dish and fluff up with a fork.

3. TURMERIC RICE (PAHENLO BHAT)

10 PORTIONS

Ingredients

Rice	2 kg
Turmeric	10 g
Oil	75 g
Cinnamon stick	1x3 cm
Cloves	8
Onions	600 g
Sugar	100 g
Boiling water	2.5 ltr
Cardamon seeds	10 g
Salt	10 g

Method

1. Pick and wash the rice.
2. Peel and finely chop the onions.
3. Heat the oil to a blue haze, add the cloves and cinnamon and coat with oil. Add the onions and fry together stirring constantly until the onions are golden brown.
4. Add the rice and turmeric and stir for 5 minutes until all the liquid has evaporated.
5. Add the boiling water, sugar, salt and cardamon and return to the boil stirring constantly.
6. Cover and cook for about 30 minutes until the rice is cooked. Put into a serving dish and fluff up with a fork.

4. YELLOW RICE (PAHENLO BHAT)

10 PORTIONS

Ingredients

Rice	2 kg
Water	2.5 ltr
Turmeric	20 g
Salt	20 g

Method

1. Pick and wash the rice.
2. Whisk together the turmeric and water, bring to the boil and add the salt. Rain in the rice and stir until the water re-boils. Adjust the water level to barely cover the rice.
3. Simmer for 10 minutes, cover with a lid, turn off the heat and allow to cook in its own heat for about 20 minutes until the rice is tender.
4. Put the rice into a serving dish and fluff up with a fork.

COMPOSITE

5. CHICKEN PULAO (KUKHRA KO PULAO)

10 PORTIONS

Ingredients

Rice	1.6 kg
Chicken	1.1 kg
Onions	600 g
Milk	250 ml
Yoghurt	250 ml
Ginger	10 g
Coriander powder	20 g
Poppy seeds	20 g
Cloves	8
Oil	250 ml
Cardamons	8
Turmeric	pinch
Salt	

Method

1. Pick and wash the rice. Peel and shred the onions.
2. Grind the ginger, poppyseeds and half each of the onions, the cloves, and the cardamons. Then mix together in a bowl with the yoghurt and coriander powder.
3. Rub the inside and the outside of the chicken with the yoghurt mix and allow it to stand in the remainder for 1 hour.
4. Heat the oil to a blue haze and dry the remaining onions to a golden brown.
5. Add the chicken and yogurt mixture. Fry the chicken all over then cover and simmer gently until the chicken is tender. Adjust the seasoning.
6. Plain boil the rice adding the remaining cardamon and cloves to the water.
7. Place the chicken and sauce in a fireproof dish and cover with the cooked rice. Sprinkle with milk and turmeric and bake in a hot oven 230°C for 10 minutes. Serve immediately.

6. EGG PULAO (ANDA KO PULAO)

10 PORTIONS

Ingredients

Eggs	10
Rice	1.6 kg
Oil	100 ml
Chillies	25 g
Turmeric	25 g

Method

1. Make an omelette and cut it into thin strips.
2. Pick and wash the rice.
3. Plain boil the rice.
4. Wash and finely chop the coriander. Shred the chillies.
5. Heat the oil to a blue haze and fry together the rice, salt, turmeric and eggs stirring frequently, until thoroughly heated.
6. Put into a serving dish, fluff up with a fork, garnish with chopped coriander and shredded chillies.

Note: This is a suitable dish for using left over rice and cooked eggs of any kind.

7. KERAO PULAO (MATAR PULAO)

10 PORTIONS

Ingredients

Rice	1.25 kg
Oil	75 ml
Cloves	8
Cinnamon stick	2x5 cm
Cardamon seed	5 g
Cumin seeds	5 g
Turmeric	5 g
Peas	600 g
Water	2 ltr
Salt	

Method

1. Wash the rice, soak in cold water for 30 minutes and drain.

2. Heat the oil to a blue haze and fry together the cloves, cinnamon, cardamon and cumin for ½ a minute.
3. Add the turmeric and rice and cook over medium heat for about 3 minutes. Add the peas and salted boiling water and boil until the water has almost completely evaporated, cover with a lid and simmer for 30 minutes without lifting the lid or stirring.
4. Fork the rice grains lightly and serve hot with curries.

8. LAMB BIRYANI (DUMBA BIRYANI)

10 PORTIONS

Ingredients

Rice (Basmati)	1.25 kg
Lamb (lean and boneless)	800 g
<u>Curry sauce</u>	500 ml
<u>Chicken stock</u>	1 ltr
Eggs	3
Tomatoes	400 g
Green peppers	2
Salt	2

Method

1. Pick and wash the rice.
2. Bring the stock to the boil and add the salt. Rain in the rice and stir until the stock reboils. Adjust the stock level to barely cover the rice.
3. Simmer for 10 minutes, cover with a lid, turn off the heat and allow to cook in its own heat for another 20 minutes.
4. Boil the curry sauce. Cut the lamb into 15 mm dice and add to the sauce. Cook for 30 minutes turning frequently to prevent sticking.
5. Mix the rice and lamb curry together.
6. Garnish with the sliced hard boiled egg, tomatoes and finely sliced green pepper.

9. LAMB PULAO (BHERA KO PULAO)

10 PORTIONS

Ingredients

Lamb	800 g
Yoghurt	125 ml
Rice	800 g
Garlic	4 cloves
Oil	75 ml
Lemon	1
<u>Garam Masala</u>	25 g
Sugar	50 g
Turmeric	20 g
Onions	600 g
Ginger powder	10 g
Salt	

Method

1. Pick and wash the rice. Cut the lamb into 15 mm dice. Peel the onions and grind the flesh to a paste.
2. Peel and crush the garlic. Add the ginger and mix to form a paste.
3. Heat the oil to a blue haze, add half of the onions and fry to a golden brown.
4. Mix half of the turmeric and three quarters of the garam masala with the garlic and ginger powder. Coat the lamb with this mixture then pour on the yoghurt, add the fried onions and salt. Allow to stand for 1 hour.

5. Place the meat mixture into a saucepan together with the sugar, lemon juice and the remaining onions, turmeric and garam masala. Bring to the boil then simmer until the lamb is tender. Adjust the seasoning. Plain boil the rice.
6. Place half the rice in a greased fire proof dish, pour on the meat mixture, add the rest of the rice, cover and cook in an oven at 200°C for 15 minutes then serve immediately.

10. MEAT OR CHICKEN YAKHNI PULAO
10 PORTIONS

Ingredients

Meat or chicken	800 g
Rice	1.6 kg
Onions	400 g
Oil	200 ml
Raisins	100 g
Turmeric	10 g
Bay leaves	2
Cloves	5
Cinnamon stick	1x5 cm
Almonds	100 g
Salt	100 g

Method

1. Pick and wash the rice. Peel and shred the onions.
2. Remove the excess fat and bone from the meat or chicken. Cut into 25 mm dice.
3. Tie the bay leaves, peppercorns, cloves and cinnamon in a muslin cloth.
4. Put half of the onions, the spice bag and meat into a saucepan, cover with water and bring to the boil. Reduce the heat and simmer until tender.
5. Adjust the seasoning. Remove the meat from the liquid and set aside. Add water to the liquid to make up to 2 litres.
6. Heat the oil to a blue haze, fry the remaining onions until golden brown, remove from the oil and allow to drain with the almonds.
7. Fry the meat until dry then remove from oil.
8. Fry the rice for five minutes, add the raisins and turmeric and continue to fry for a further minute. Add the stock and bring to the boil, reduce the heat, cover and simmer for 20 minutes.
9. Put into suitable dishes and cook in an oven at 200°C for 15 minutes.
10. Garnish with the fried almonds and fried onions.

11. MINCED MEAT PULAO (KIMAKO PULAO)
10 PORTIONS

Ingredients

Rice	1.6 kg
Lamb (lean and boneless)	800 g
Onions	400 g
Ginger powder	20 g
Garlic	4 cloves
Oil	125 ml
Cloves	8
Peas	800 g
<u>Garam Masala</u>	50 g
Yoghurt	125 ml

Cumin seed	20 g
Salt	

Method

1. Coarsely mince the lamb. Pick and wash the rice.
2. Peel and grind together the onion, garlic and ginger powder.
3. Heat the oil to a blue haze, add the cumin seed and cloves, fry until the cloves rise to the surface.
4. Add the onion mixture and fry for 2 minutes.
5. Add the minced meat, fry for 3 minutes then add the yoghurt and cook until the meat is a rich brown.
6. Add the peas and simmer until they are cooked.
7. Add the rich and salt to the mixture, add sufficient boiling water to cover the surface of the rice by 25 mm. Return to the boil, cover and simmer until the water has almost evaporated.
8. Put into serving dishes, sprinkle the surface with masala, cover and cook in an oven at 200°C for 20 minutes.

12. MUSHROOM PULAO (CHYAU KO PULAO)
10 PORTIONS

Ingredients

Rice	1.5 kg
Onions	400 g
Cardamons	20
Cloves	20
Cumin seed	20 g
Black peppercorns	20 g
Mushrooms	800 ml
Water	1 ltr

Method

1. Pick and wash the rice. Dice the mushrooms.
2. Heat the oil to a blue haze, slice and fry the onion. Add the cardamons, cloves, cumin seeds, and black peppercorns and fry, stirring frequently, for 2 minutes.
3. Add the mushrooms. Fry for a further 2 minutes then remove the mushrooms using a perforated spoon leaving the spices.
4. Add the washed rice. Pour on boiling water and re-boil until the water has almost completely evaporated.
5. Stir in the mushrooms, cover with a lid and cook until the rice is tender.

13. PLAIN RICE PULAO (SADA PULAO)
10 PORTIONS

Ingredients

Rich (Basmati)	2 kg
Oil	75 ml
Onions	200 g
Ginger	25 g
Garlic	3 cloves
Cinnamon	5 cm
piece	
Cardamon pods	5
Bay leaves	3
Cumin seeds	10 g

Water	2 ltr
Fresh coriander	10 g
Salt	

Method

1. Pick and wash the rice.
2. Soak the rice in water for 10 minutes. Chop the coriander.
3. Peel and roughly chop the onions and fry half with the garlic in the oil until golden brown.
4. Add the remaining ingredients and cook for 2 minutes.
5. Add the rice and cook for a further 2 minutes. Add boiling water re-boil until all the water is absorbed, cover with a lid, turn off the heat and allow to cook in its own heat. Fry the remaining onion to a golden brown and use it with the chopped coriander to garnish the rice for service.

14. RICE WITH POTATOES, CORIANDER AND MINT (ALU, DHANIYA RA PADINAKO BHAT)

10 PORTIONS

Ingredients

<u>Spiced potatoes</u>	400 g
Rice	800 g
Water	1 ltr
Oil	150 ml
Onions	150 g
Yoghurt	300 ml
Turmeric	10 g
Cloves	8
Cinnamon stick	1 cm
Mint	25 g
Ginger powder	20 g
Coriander	25 g
Water (for casserole)	1 ltr
Salt	

Method

1. Peel and finely chop the onions. Wash and finely chop the coriander.
2. Pick and wash the rice and cook in boiling water for 5 minutes. Drain and put aside.
3. Heat half the oil over a moderate heat in a fire proof dish. Add the cloves and cinnamon and cook for ½ a minute.
4. Add the spiced potatoes and cook for 5 minutes until golden brown. Remove from the heat and add the mint and half of the ginger.
5. Cover the mixture with half the rice, smoothing the surface.
6. Mix together the yoghurt, salt and turmeric then pour half over the rice in the dish.
7. Sprinkle on the chopped onions, the coriander and the remaining ginger.
8. Cover with the remaining rice and then pour on the rest of the yoghurt mixture.
9. Pour on the remaining oil add boiling water, cover and cook over a high heat for 15 minutes.
10. Run a knife around the edge of the dish and turn out onto a serving dish. Serve immediately.

15. SPICED TURMERIC RICE WITH LAMB (DUMBA KO MASU SANGA MASALDAR BHAT)

10 PORTIONS

Ingredients

Rice	1.6 kg
Lamb (lean and boneless)	800 g
Onions	200 g
Oil	200 ml
Yoghurt	125 ml
Tinned milk or Single cream	125 ml
Cashew nuts	100 g
Almonds	50 g
Pistachio nuts	100 g
Ginger	25 g
Garlic	4 cloves
Cayenne pepper	3 g
Turmeric	10 g
Cumin seed	5 g
Cinnamon stick	1x3 cm
Cloves	8
Peppercorns	3 g
Cardamon	3 g
Mace	pinch
Nutmeg	pinch
<u>Chicken stock</u>	1 ltr
Water	1 ltr
Salt	

Method

1. Pick and wash the rice.
2. Peel and shred the onions.
3. Peel and finely chop the garlic and ginger.
4. Blanch the almonds then cut them into slivers.
5. Cut the lamb into 15 mm dice.
6. Bring the water to the boil, rain in the rice, add salt and cook for 10 minutes. Drain and put the rice aside.
7. Mix the yoghurt and cream together.
8. Whisk the turmeric with ¾ of the stock.
9. Heat half of the oil to a blue haze, add the onions and fry to a golden brown. Remove the onions from the oil and allow to drain.
10. Add the various nuts and raisins to the oil and fry to a golden brown. Remove from the oil and allow to drain.
11. Add the ginger, garlic, cumin and cayenne to the oil (add more oil if required), fry for 1 minute stirring constantly.
12. Add the lamb and salt and cook over a fierce heat until the meat is lightly browned on all sides.
13. Add the cinnamon stick, cloves, peppercorns, cardamon seeds, mace, nutmeg, the stock and the yoghurt and cream mixture stirring constantly.
14. Reduce the heat, cover with a lid and cook for 15 minutes. Remove from the heat and allow to rest for 5 minutes. Transfer the lamb and cinnamon stick to a clean bowl and retain the cooking juices.
15. Preheat the oven to 190°C.
16. Oil the bottoms of deep baking dishes then spread half of the rice between the dishes ensuring the bottoms are covered. Pour on half of the stock and turmeric mixture.
17. Spread half of the meat on the rice laying the cinnamon in the centre of meat. Add the rest

of the rice, level off then spread the remaining meat on top.

18. Mix the remaining stock and turmeric mixture with the cooking juices from Stage 14.
19. Pour over the meat and rice then cover with foil crimping the edges firmly. Cover with a lid bake in an oven at 200°C for 30 minutes until the lamb is tender and most of the liquid has been absorbed.
20. Turn out onto a serving dish and garnish with the fried onions, cashew nuts, almonds, pistachio nuts and raisins.

**16. TURMERIC RICE WITH MINCED LAMB
(K1,ASANGA BESAR KO BHAT)**

10 PORTIONS

Ingredients

Rice	1.6 kg
Lamb (lean and boneless)	800 g
Onions	400 g
Oil	25 ml
Cumin seed	10 g
Turmeric	20 g
Coriander	25 g
Fennel seed	20 g
<u>Chicken stock</u>	2 ltr
Salt	

Method

1. Whisk together half of the turmeric and the chicken stock.
2. Peel and finely chop the onions, wash and finely chop the coriander.
3. Mince the lamb through a coarse plate.
4. Pick and wash the rice and cook it in boiling salted water for 10 minutes; drain and put aside.
5. Heat half of the oil to a blue haze, add the onions, cumin seed and salt and fry until the onions are cooked but not coloured. Add the remaining turmeric and cumin powder and fry for a further 1 minute.
6. Add the lamb and fry until all traces of blood have disappeared. Remove the pan from the heat and stir in the coriander.
7. Heat the remaining oil in a fire proof dish. Add the fennel seeds and rice and stir until evenly coated with oil. Remove the dish from the heat.
8. Put two thirds of the rice on one side and spread the remainder evenly over the base of dish. Add half of the meat then half of the remaining rice. The remaining meat is now added followed by the remaining rice.
9. Pour the chicken stock down the sides of the dish, bring to the boil. Cover with a tight fitting lid and bake in an oven at 200°C for 30 minutes.
10. Remove from the oven and serve immediately.

17. VEGETABLE PULAO (SABJI KO PULAO)

10 PORTIONS

Ingredients

Rice	1.6 kg
Oil	75 ml
Green pepper	75 g
Potatoes	100 g

Peas	75 g
Carrots	75 g
French beans	75 g
Onions	200 g
Turmeric	25 g
Bay leaves	3
Cardamon seeds	5 g
Water	2 ltr
Cloves	5
Salt	

Method

1. Pick and wash the rice.
2. Wash the green peppers, remove the seeds and pith and cut into 15 mm dice.
3. Wash and peel the carrots and potatoes. Cut the potatoes into 15 mm dice and slice the carrots 5 mm thick.
4. Wash and trim the beans, cut them into 25 mm lengths.
5. Peel and finely chop the onions and fry in the oil until golden brown. Remove from the oil and keep warm. Repeat for each vegetable.
6. Add the spices to the oil and cook until the cloves rise to the surface.
7. Add the rice and cook for 3 minutes. Pour on boiling salted water and boil until the water has almost completely evaporated. Mix in all the fried vegetables except the onions.
8. Cover with a lid, turn off the heat and allow to cook in its own heat.
9. Garnish the surface of the rice with the fried onions for service.

PART 4 - GURKHA COOKERY

CHAPTER FORTY

DAL DISHES

PLAIN

1. Plain dal chenna
2. Plain dal mung
3. Plain dal mysore
4. Plain dal urd

CURRIED

5. Curried dal chenna

7. Curried dal mysore

8. Curried dal urd

UNCLASSIFIED

9. Black dal

10. Potato dal

11. Sour dal

12. Dal with aubergines,
cauliflower and tomatoes

13. Dal with vegetables

PLAIN

1. PLAIN DAL CHENNA (SADA CHENNA KO DAL)

10 PORTIONS

Ingredients

Dal chenna	500 g
Green chillies	5
Onions	150 g
Oil	75 ml
Turmeric	10 g
Cumin seed	20 g
Mustard seed	20 g
Coconut	25 g
Coriander	5 g

Method

1. Pick and wash the dal, soak overnight. Drain then grind to a coarse paste.
2. Peel and chop the chillies, dice the onions. Wash and finely chop the coriander.
3. Grate the coconut.
4. Heat the oil to a blue haze add the onions and fry to a golden brown. Add the turmeric, cumin and mustard seeds.
5. When the mustard seeds begin to burst, add the ground dal and salt and fry over a low heat for ten minutes.
6. Add the coconut and chillies, cover and cook for 5 minutes.
7. Put into a serving dish and garnish with the coriander.

2. PLAIN DAL MUNG (SADA MUNG DO DAL)

10 PORTIONS

Ingredients

Dal Mung	500 g
Turmeric	10 g
Oil	125 ml
Onions	100 g
Chillies	4
Ginger	10 g
Water	3 ltr
Salt	

Method

1. Pick and wash the dal.
2. Peel and shred the onions and chop the chillies.
3. Place the dal and turmeric in water and bring to the boil. Add salt, reduce the heat, cover and simmer until the dal is soft. The surface should be skimmed regularly to remove an scum.
4. When the dal is soft, stir until the water and dal form a smooth soup. Pass through a sieve and adjust the seasoning.
5. Heat the oil to a blue haze and fry together the onions and chillies until the chillies are crisp. Add the ginger.
6. Place the dal in a serving dish, pour on the onions, chillies and ginger. Serve hot.

3. PLAIN DAL MYSORE (SADA MASURI KO DAL)

10 PORTIONS

Ingredients

Dal Mysore	500 g
Turmeric	10 g
Oil	125 ml
Onions	100 g
Chillies	4
Ginger	10 g
Water	3 ltr
Salt	3 ltr

Method

1. Pick and wash the dal.
2. Peel and shred the onions and chop the chillies.
3. Place the dal and turmeric in water and bring to the boil. Add salt, reduce the heat, cover and simmer until the dal is soft. The surface should be skimmed regularly to remove any scum.
4. When the dal is soft, stir until the water and dal form a smooth soup. Pass through a sieve and adjust the seasoning.
5. Heat the oil to a blue haze and fry together the onions and chillies until the chillies are crisp. Add the ginger.
6. Place the dal in a serving dish, pour on the onions, chillies and ginger. Serve hot.

4. PLAIN DAL URD (SADA URD KO DAL)

10 PORTIONS

Ingredients

Dal Urd	500 g
Turmeric	25 g
Oil	125 ml
Onions	100 g
Chillies	4
Ginger powder	10 g
Water	3 ltr
Salt	3 ltr

Method

1. Pick and wash the dal.
2. Peel and shred the onions and chop the chillies.
3. Place the dal and turmeric in water and bring to the boil. Add salt, reduce the heat, cover and simmer until the dal is soft. The surface should be skimmed regularly to remove any scum.
4. When the dal is soft, stir until the water and dal form a smooth soup. Pass through a sieve and adjust the seasoning.
5. Heat the oil to a blue haze and fry together the onions and chillies until the chillies are crisp. Add the ginger powder.
6. Place the dal in a serving dish, pour on the onions, chillies and ginger. Serve hot.

CURRIED

5. CURRIED DAL CHENNA (CHENNA DAL KO TARKARI)

10 PORTIONS

Ingredients

Dal Chenna	500 g
Green chillies	4

Onions	100 g
Oil	100 ml
Turmeric	10 g
Cumin seed	10 g
Mustard seed	10 g
Coconut	25 g
<u>Garam Masala</u>	20 g
Coriander	25 g
Salt	25 g

Method

1. Pick and wash the dal and soak overnight. Drain, grind to a paste.
2. Peel and dice the onions and chop the chillies. Wash and finely chop the coriander.
3. Grate the coconut.
4. Heat the oil to a blue haze, add the onions and fry to a golden brown. Add the turmeric, cumin, garam masala and mustard seeds.
5. When the mustard seeds begin to burst, add the ground dal and salt and fry over a low heat for 10 minutes.
6. Add the coconut and chillies, cover and cook for 5 minutes. Serve in a warm dish garnished with coriander.

6. CURRIED DAL MUNG (MUNG DAL KO TARKARA)

10 PORTIONS

Ingredients

Dal Mung	500 g
Turmeric	10 g
Oil	75 ml
Onions	4
Chillies	4
Ginger powder	10 g
<u>Garam Masala</u>	20 g
Water	3 ltr
Salt	

Method

1. Pick and wash the dal.
2. Peel and shred the onions and chop the chillies.
3. Place the dal and turmeric in water and bring to the boil. Add salt, reduce the heat, cover and simmer until the dal is soft. The surface should be skimmed regularly to remove any scum.
4. When the dal is soft, stir until the water and dal form a smooth soup. Pass through a sieve and adjust the seasoning.
5. Heat the oil to a blue haze and fry together the onions, chillies, garam masala and ginger until the chillies are crisp.
6. Place the dal in a serving dish, pour on the onions, chillies, garam masala and ginger. Serve hot.

7. CURRIED DAL MYSORE (MASURI DAL KO TARKARI)

10 PORTIONS

Ingredients

Dal Mysore	500 g
Turmeric	10 g
Oil	5 ml
Onions	300 g
Chillies	4
Ginger powder	20 g
<u>Garam Masala</u>	

Water
Salt*Method*

1. Pick and wash the dal.
2. Peel and shred the onions and chop the chillies.
3. Place the dal and turmeric in water and bring to the boil. Add salt, reduce the heat, cover and simmer until the dal is soft. The surface should be skimmed regularly to remove any scum.
4. When the dal is soft, stir until the water and dal form a smooth soup. Pass through a sieve and adjust the seasoning.
5. Heat the oil to a blue haze and fry together the onions, chillies, garam masala and ginger until the chillies are crisp.
6. Place the dal in a serving dish, pour on the onions, chillies, garam masala and ginger. Serve hot.

8. CURRIED DAL URD (KOTARKARI)

10 PORTIONS

Ingredients

Dal Urd	500 g
Turmeric	10 g
Oil	75 g
Onions	4
Chillies	4
Ginger powder	10 g
<u>Garam Masala</u>	20 g
Water	3 ltr
Salt	

Method

1. Pick and wash the dal.
2. Peel and shred the onions and chop the chillies.
3. Place the dal and turmeric in water and bring to the boil. Add salt, reduce the heat, cover and simmer until the dal is soft. The surface should be skimmed regularly to remove any scum.
4. When the dal is soft, stir until the water and dal form a smooth soup. Pass through a sieve and adjust the seasoning.
5. Heat the oil to a blue haze and fry together the onions, chillies, garam masala and ginger until the chillies are crisp.
6. Place the dal in a serving dish, pour on the onions, chillies, garam masala and ginger. Serve hot.

UNCLASSIFIED**9. BLACK DAL (KOLO DAL)**

10 PORTIONS

Ingredients

Dal Urd	500 g
Onions	100 g
Chillies	100 g
Oil	75 ml
Turmeric	10 g
Coriander powder	5 g
Cumin powder	10 g
Ginger	25 g
Garlic	4 cloves
Water	1 ltr
Salt	

Method

1. Pick and wash the dal, steep in warm water for 1 hour. Remove the skins and drain.
2. Boil in water for 2½ hours. Pass through a sieve.
3. Peel and shred the onions and chop the chillies.
4. Peel and finely chop the garlic and ginger.
5. Heat the oil to a blue haze, add the onions and fry to a golden brown.
6. Add the turmeric, chillies, ginger and garlic, then the coriander and cumin powder. Fry for 2 minutes.
7. Mix together with the dal, adjust the seasoning and serve hot/.

10. POTATO DAL (ALU KO DAL)

10 PORTIONS

Ingredients

Dal Chenna	500 g
Onions	400 g
Tomatoes	400 g
Potatoes	400 g
Ginger	25 g
Oil 125 ml	
Chilli powder	10 g
Sugar	25 g
Turmeric	10 g
<u>Garam Masala</u>	50 g
Water	750 ml
Salt	

Method

1. Pick and wash the dal, cover with boiling water and soak overnight.
2. Peel and shred half the onions and extract the juice from the remaining onions.
3. Peel the potatoes and cut into 25 mm dice.
4. Blanch and skin the tomatoes.
5. Mix the ground ginger and onion juice to a paste.
6. Cover the dal with water and boil until soft, drain and pass through a sieve.
7. Heat 25 ml of the oil to a blue haze, fry the ginger paste for 2 minutes, add the dal, turmeric, chilli powder and salt and cook until dry. Turn out onto a flat dish, allow to cool then cut into 25 mm cubes.
8. Heat the remaining oil to a blue haze, add the shredded onion and cook to a golden brown, add the tomatoes, potatoes, sugar and water and simmer until the potatoes are cooked.
9. Add the cubes of dal, (mix carefully to avoid breaking) and simmer for 5 minutes.
10. Put into a heated serving dish, garnish with garam masala for service.

11. SOUR DAL (AMILO DAL)

10 PORTIONS

Ingredients

Dal Mysore, Mung or Arhar	500 g
Turmeric	10 g
Hinger powder	10 g
Lemon	2
Sugar	25 g
Oil	150 ml
Cumin seed	10 g
Water	3 ltr
Salt	3 ltr

Method

1. Pick and wash the dal.
2. Whisk the turmeric into the water, add the dal, bring to the boil and cook until the dal is tender. Pass through a sieve.
3. Adjust the consistency to that of a thick soup, add the ginger, lemon juice and sugar and cook for 2 minutes. Adjust the seasoning.
4. Heat the oil to a blue haze, add the cumin seeds, fry for 2 minutes then pour the oil onto the dal. Serve hot.

Note: The dal may be garnished with shredded green chillies or chopped coriander for service.

12. DAL WITH AUBERGINES, CAULIFLOWER AND TOMATOES (BAIGUN, PHULKUPI RA GOLBHEDA KO DAL)

10 PORTIONS

Ingredients

Dal Chenna, Mysore or Mung	700 g
Aubergines	200 g
Cauliflower	200 g
Tomatoes	200 g
Ginger	25 g
Garlic	4 cloves
Onion	75 g
Oil 75 g	
Turmeric	20 g
<u>Garam Masala</u>	20 g
Chillies	4
Water	4 ltr
Salt	

Method

1. Pick and wash the dal. Soak for 1 hour. Peel the onions, garlic and ginger.
2. Rewash the dal then cook it in boiling water for 2 hours skimming regularly to remove any scum. The dal should be the consistency of thick soup. Pass through a sieve.
3. Make a paste of the onions, garlic and ginger.
4. Shred the aubergines and chillies and cut the cauliflower into florets.
5. Cut the tomatoes into concasse.
6. When the dal has cooked for 2 hours, add the tomatoes and cook for a further 5 minutes.
7. Heat the oil to a blue haze, add the onion paste and fry for 5 minutes. Add the aubergines, cauliflower, turmeric and masala and cook for a further 5 minutes.
8. Add the onion and vegetable mixture to the dal and adjust the seasoning.
9. Serve in a heated dish garnished with shredded chillies.

13. DAL WITH VEGETABLES (DAL SAG-SABJI SANGA)

10 PORTIONS

Ingredients

Dal Chenna, Mysore or Mung	500 g
Green vegetables	200 g
Ginger	15 g
Garlic	4 cloves
Onions	125 g
Oil	5 ml
Turmeric	10 g

Coriander powder	5 g
Cumin powder	10 g
Ginger	25 g
<u>Masala</u>	20 g
Water	1.25 ltr
Green chillies	4
Salt	

Method

1. Pick and wash the dal. Soak for 1 hour. Peel the onions.
2. Peel and grind together the garlic and ginger.
3. Wash and shred the vegetables and onions.
4. Shred the chillies.
5. Rewash the dal, cook in boiling water for 2 hours, skimming regularly to remove any scum. The dal should be the consistency of thick soup. Pass through a sieve and adjust the seasoning.
6. Add the vegetables and cook for a further 5 minutes.
7. Heat the oil to a blue haze, add the onions and garlic mixture and dry for 5 minutes. Add the masala and turmeric, stir and fry for a further 2 minutes.
9. Place the dal in a serving dish and pour on the onions, garlic mixture, masala and oil.
9. Garnish with shredded chillies and serve hot

PART 4 - GURKHA COOKERY

CHAPTER FORTY ONE

MEAT

GOAT

1. Fried goat meat curry
2. Fried goat meat curry with sauce

LAMB

3. Grilled lamb kebabs
4. Spicy lamb kebabs
5. Lamb and cashew nut curry
6. Lamb and lentil curry
7. Lamb passanda
8. Lamb with yoghurt, coconut and masala
9. Spiced leg of lamb
10. Minced lamb meat balls stuffed with almonds in curry sauce
11. Minced lamb meat balls stuffed with hard boiled eggs in curry sauce
12. Minced lamb on skewers with sas

MUTTON

13. Fried mutton curry
14. Fried mutton curry with sauce

PORK

16. Fried pork curry
17. Fried pork curry with sauce
18. Pork vindaloo

UNCLASSIFIED

19. Minced meat with peas

GOAT

1. FRIED GOAT MEAT CURRY (BHUTEKO KHASI KO MASU)

10 PORTIONS

Ingredients

Goat meat (boneless)	1 kg
Tomatoes	200 g
Onions	200 g
Oil	75 ml
Garlic	4 cloves
Ginger	25 g
Coriander	25 g
<u>Garam Masala</u>	50 g

Method

1. Cut the goat meat into 15 mm dice.
2. Cut the tomatoes into concasse.
3. Wash and finely chop the coriander.
4. Peel and grind the onion, garlic and ginger together to a paste. Heat the oil to a blue haze, add the onion paste and fry for 5 minutes.
5. Add the goat meat and fry for a further 5 minutes. Add the masala, tomato and salt, reduce the heat and cook for 30 minutes.
6. Ensure that the meat is cooked. Adjust the consistency and seasoning.
7. Place the curry in a serving dish and serve sprinkled with chopped coriander.

Note: This curry should be served dry.

2. FRIED GOAT MEAT CURRY WITH SAUCE (BHUTEKO KHASI KO MASU SANGA SAUCE)

10 PORTIONS

Ingredients

Goat Meat (lean and boneless)	800 g
Yoghurt	250 ml
Oil	100 g
Cayenna pepper	3 g
Ginger	25 g
Black peppercorns	3 g
Turmeric	5 g
Coriander	25 g
<u>Garam masala</u>	5 g
Ground nutmeg	3 g
Water	250 ml
Salt	

Method

1. Cut the goat meat into 25 mm dice and sprinkle with salt and cayenne pepper.
2. Grind the peppercorns. Scrape and finely chop the ginger.
3. Wash and finely chop the coriander.
4. Mix the chopped ginger with the yoghurt, pour over the goat meat ensuring the meat is evenly coated. Marinade in a covered dish in a cool place for 2 hours.
5. Heat the oil to a blue haze, add the goat meat, marinade, cayenne pepper and turmeric and bring to the boil, stirring constantly. Cover with a lid, reduce to a low heat and cook undisturbed for 1 hour.
6. Sprinkle with coriander, pour half of the water down the sides of the pan, re-cover and simmer for fifteen minutes.

7. Stir in half of the remaining water, re-cover and cook for a further 15 minutes.
8. Add the remaining water and simmer until the goat meat is cooked. Adjust the seasoning.
9. Put into a serving dish and garnish with nutmeg and garam masala.

LAMB

3. GRILLED LAMB KEBABS (POLEKO DUMBA KO KABAB)

10 PORTIONS

Ingredients

Lamb (lean and boneless)	800 g
Lamb fat	400 g
Butter	150 g
Lemons	2
Salt	
Pepper	

Method

1. Cut the meat into 25 mm cubes. Cut the fat into thin slices and then 25 mm squares. Season the meat and fat with salt and pepper.
2. Coat the meat in melted butter.
3. Arrange the meat and fat alternately on skewers.
4. Cook under a hot grill until golden brown on all sides then sprinkle with lemon juice and serve immediately.

Note: Bacon may be used in place of lamb fat in which case only the meat should be seasoned.

4. SPICY LAMB KEBABS (MASALDAR DUMBA KO KABAB)

10 PORTIONS

Ingredients

Lamb (lean and boneless)	800 g
Onions	200 g
Breadcrumbs	80 g
Fresh coriander	100 g
<u>Garam masala</u>	20 g
Chilli powder	10 g
Lemon	1
Lettuce	1
Cucumber	Half
Salt	

Method

1. Peel the onions then mince the lamb through the mincer with the onions, breadcrumbs, coriander, salt, chilli powder and garam masala.
2. Add the lemon juice to the mixture and form into balls of about 5 cm in diameter. Push these on to the skewer then mould them into sausage shapes along the metal.
3. Cook gently over a low heat on a barbecue or grill. When the meat comes off the skewer cleanly the kebabs are cooked.
4. Serve on a bed of lettuce and cucumber.

5. LAMB AND CASHEW NUT CURRY (DUMBA ANI KAJU KO CURRY)

10 PORTIONS

Ingredients

Lamb (lean and boneless)	800 g
Cashew nuts	75 g
Red chillies	25 g
Ginger	25 g
Cinnamon stick	1x10 cm
Cardamon seeds	5 g
Cloves	5
Garlic	4 cloves
Poppy seeds	25 g
Coriander seeds	25 g
Cumin seeds	20 g
Turmeric	10 g
Oil	125 g
Onions	150 G
Yoghurt	100 ml
Coriander	25 g
Lemons	2

Method

1. Remove the stalks and seeds from the red chillies. Scrape the ginger and peel the garlic and onions.
2. Finely chop the onions and coriander. Cut the lamb into 25 mm dice. Make a masala from the cashew nuts, chillies, ginger, cinnamon stick, cardamon seeds, cloves, garlic, poppy seeds, coriander seeds, cumin seeds and a little water by grinding them with a pestle and mortar or an electric blender to form a smooth paste.
3. Heat the oil to a blue haze, add the chopped onions and fry to a golden brown. Stir in the masala and salt, then add the yoghurt and cook over a moderate heat, stirring occasionally, until the oil lightly coats the surface.
4. Add the lamb and the turmeric. Cover with a lid and cook for 20 minutes stirring occasionally.
5. Sprinkle half of the chopped coriander over the lamb, recover and cook for a further 10 minutes until the lamb is tender.
6. Serve in a heated dish, sprinkled with lemon juice and garnish with the remaining coriander.

6. LAMB AND LENTIL CURRY (DAL ANI DUMBA CURRY)

10 PORTIONS

Ingredients

Lamb (lean and boneless)	800 g
Aubergines	400 g
Pumpkin Marrow	500 g
Tomatoes	400 g
Onions	400 g
Oil	25 ml
Ginger	25 g
Garlic	4 cloves
Turmeric	10 g
Chillies (fresh)	50 g
Mint	25 g
Coriander	25 g
Arhar Dal	200 g
Chenna Dal	50 g
Mung Dal	50 g
Cinnamon stick	6 cm
Chillies (dried)	3
Cardamon seeds	5 g
Cloves	8
Coriander seeds	15 g

Cumin seeds	15 g
Peppercorns	15 g
Salt	

Method

1. Cut the lamb into 25 mm dice.
2. Scrape and finely chop the ginger. Peel and finely chop the garlic.
3. Wash and roughly chop the mint. Wash and finely chop the coriander.
4. Wash and cut the aubergines into 25 mm dice.
5. Peel the pumpkin or vegetable marrow, remove the seeds then cut the pulp into 15 mm dice.
6. Wash and coarsely chop the tomatoes.
7. Wash the chillies, remove the seeds and stalk then roughly chop. Repeat with the dried chillies. Keep the fresh and dried chillies separate.
8. Peel and shred the onions.
9. Pick and wash the dal. Simmer the dal in 1 litre of salted water for 40 minutes.
10. Put aside and keep hot.
11. Make a masala by grinding the cinnamon, dried chillies, cardamon, cloves, coriander seeds, cumin, peppercorns and 50 ml water to a smooth paste using a pestle and mortar or electric blender.
12. Heat half the oil to a blue haze, add the garlic and ginger and cook for 1 minute.
13. Add the lamb, turmeric and salt and cook for 5 minutes, to lightly colour the lamb.
14. Add the aubergines and pumpkin or marrow and cook, for 5 minutes.
15. Add the masala, tomatoes, fresh chillies and mint and cook for a further 5 minutes.
16. Remove the cubes of meat and put on one side.
17. Add the dal, the cooking liquor and 500 ml water to the vegetables, cover and simmer, for 20 minutes, until the dal and vegetables are soft and almost breaking apart.
18. Mash the mixture to a smooth puree, return the meat to the casserole and simmer for 15 minutes stirring occasionally.
19. Adjust the seasoning.
20. Heat the remaining oil to a blue haze and fry the onions until crisp. Stir the fried onions into the vegetables and meat mixture.
21. Serve in a heated dish garnished with the chopped coriander.

7. LAMB PASANDA (DUMBA PASANDA) 10 PORTIONS*Ingredients*

Lamb (boneless)	800 g
Yoghurt	500 ml
Onions	200 g
Oil	125 ml
Ginger	50 g
Garlic	6 cloves
<u>Garam Masala</u>	25 g
Chilli powder	10 g
Paprika	30 g
Cumin powder	15 g
Turmeric	40 g
Coriander powder	40 g
Salt	

Method

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1. Cut the lamb into 15 mm dice. Rub the salt into the meat and marinade it in the yoghurt for 24 hours.
2. Peel the onion, garlic and ginger and grind together.
3. Heat the oil to a blue haze, fry the onion paste to a golden brown.
4. Add the remaining spices, stirring frequently.
5. Add the marinated lamb and the yoghurt and cook until the meat is tender.

8. LAMB WITH YOGHURT, COCONUT MILK AND ALMOND MASALA

10 PORTIONS

Ingredients

Lamb (lean and boneless)	800 g
Yoghurt	500 ml
Almonds	75 g
Onions	200 g
Oil	25 ml
Coconut milk	625 ml
Turmeric	10 g
Caraway seed	15 g
Cinnamon stick	10 cm
Cardamon seeds	5 g
Cloves	6
Garlic	4 cloves
Ginger	25 g
Cayenne pepper	5 g
Salt	

Method

1. Cut the lamb into 25 mm dice.
2. Peel and chop the onions, garlic and ginger.
3. Mix together in a large bowl the turmeric, yoghurt, caraway seeds and salt. Add the diced lamb, and allow to marinade for 15 minutes.
4. Soak the almonds in six tablespoons of boiling water for 10 minutes then blend together to a smooth puree.
5. Heat the oil to a blue haze, add the cinnamon, cardamon seeds and cloves, fry for 1 minute then add the chopped onion, garlic and ginger and continue to fry until the onions are golden brown.
6. Remove the lamb from the marinade. Add the lamb to the oil and cook to colour evenly on all sides.
7. Mix in the marinade and a little water, add the almond puree and cayenne pepper and cook for 10 minutes.
8. Add the coconut milk and simmer for 20 minutes until the lamb is tender. Discard the cinnamon and cloves before service.

9. SPICED LEG OF LAMB (MASALDAR DUMBA KO PHILA)

10 PORTIONS

Ingredients

Leg of lamb	2 kg
Pistachio nuts	40 g
Seedless raisins	40 g
Almonds	15 g
Yoghurt	100 ml
Honey	40 ml
Ginger	15 g
Cardamon seeds	pinch

Cinnamon stick	3 cm
Cloves	4
Cumin seeds	5 g
Turmeric	5 g
Cayenne pepper	5 g
Lemon	1
Saffron	3 g
Boiling water	125 ml

Method

1. Peel and chop the garlic and the ginger.
2. Make a masala of the ginger, garlic, cardamon, cinnamon,, cloves, cayenne, cumin, turmeric juice and salt by grinding to a smooth paste.
3. Make between 6 and 12 cuts. 25 mm long and 25 mm deep, in each joint. Rub the masala into the cuts and allow to marinade for 30 minutes.
4. Make a puree of the pistachio nuts, raisins, almonds and yoghurt and coat the lamb. Place the lamb in a casserole.
5. Pour the honey over the lamb and marinade in a refrigerator for 48 hours.
6. Preheat the oven to 180°C.
7. Soak the saffron in a quarter of the boiling water for 15 minutes then pour over the lamb.
8. Add the remaining water, bring to the boil, cover tightly and cook in the oven for 1½ hours. Reduce the heat to 130°C and cook for a further 30 minutes until the lamb is tender.
9. Remove the casserole from the oven, uncover the lamb and allow to stand in the sauce for a short time before serving.

10. MINCED LAMB MEAT BALLS STUFFED WITH ALMONDS IN CURRY SAUCE (HADEE BADAM BHAREKO KOFTA CURRY)

10 PORTIONS

Ingredients

Lamb (lean and boneless)	800 g
Almonds	100 g
Onions	100 g
Yoghurt	100 ml
Eggs	2
Black pepper	5 g
Oil	250 ml
Garlic	4 cloves
Ginger	25 g
Coriander powder	10 g
Cumin powder	10 g
Turmeric	10 g
Cayenne pepper	5 g
<u>Garam Masala</u>	10 g
Coriander	25 g

Method

1. Cover the almonds with boiling water and soak for 24 hours.
2. Mince the lamb twice. Peel and finely chop the onions, garlic and ginger.
3. Wash and finely chop the coriander.
4. Mix together the lamb, eggs, black pepper and salt and knead until smooth. Divide the mixture into 25 g pieces and shape into rounds.
5. Place an almond in the centre of each and shape into balls.
6. Heat the oil to a blue haze and deep fry the meat balls until they are golden brown. Remove from the oil.

7. Reheat the oil to a blue haze, add the onions, garlic and ginger and stir to 2 minutes. Add the ground coriander, cumin, turmeric and cayenne and cook for approximately 10 minutes, stirring constantly, until the onions are golden brown.
8. Stir in the yoghurt, add the meat balls, coating them thoroughly. Sprinkle the top with garam masala, cover and simmer for 10 minutes.
9. Remove the pan from the heat, allow to rest for 1 hour without removing the lid.
10. To serve, reheat thoroughly, transfer to a serving dish and garnish with the chopped coriander.

11. MINCED LAMB MEAT BALLS STUFFED WITH HARD BOILED EGGS IN CURRY SAUCE (USINEYA KO ANDA LAI KIMA MASU LE BHAREKO CURRY)

10 PORTIONS

Ingredients

Lamb (lean and boneless)	800 g
Eggs	12
Coriander	50 g
Besan	50 g
Cumin powder	5 g
Oil	250 ml
Onions	400 g
Ginger	25 g
Garlic	4 cloves
Yoghurt	200
<u>Garam Masala</u>	25 g
Turmeric	10 g
Cayenne pepper	pinch
Tomatoes	200 g
Water	2 ltr
Salt	

Method

1. Hard boil ten eggs.
2. Wash and finely chop coriander.
3. Peel and shred the onions.
4. Peel and finely chop the ginger and the garlic.
5. Cut the tomatoes into concasse.
6. Mince the lamb twice, add the remaining eggs, besan, cumin, salt and half of the coriander. Mix to a smooth paste.
7. Divide the mixture into 10 equal pieces and mould round the hard boiled eggs.
8. Heat the oil to a blue haze, add the onions and fry to a golden brown, remove from the oil and drain.
9. Grind the fried onions, garlic and yoghurt to a smooth puree.
10. Reheat the oil, add the puree, garam masala, turmeric and cayenne and cook for 5 minutes.
11. Add the tomatoes and water and simmer gently. Adjust the seasoning.
12. Deep fry the meat balls until cooked and golden brown then serve them in a heated dish masked with the sauce and garnish with the coriander.

12. MINCED LAMB ON SKEWERS WITH SAS

10 PORTIONS

Ingredients

a. Minced Lamb on Skewers

Turmeric	10 g
Boiling water	25 ml
Minced lamb	800 g
Onions	200 g
Coriander	25 g
Besan	60 g
Ground almonds	40 g
Ginger	40 g
Lemon	1
Yoghurt	75 g
Cumin powder	20 g
Coriander powder	20 g
<u>Garam Masala</u>	25 g
Salt	25 g

French salad

b. Sas

Turmeric	10 g
Boiling water	25 ml
Pistachio nuts	75 g
Almonds	40 g
Cardamon seeds	5 g
Milk	375 ml
Oil	75 ml
Single cream	375 ml
Salt	375 ml

Method

a. Minced Lamb on Skewers

1. Mix the turmeric and boiling water together.
2. Peel and chop the onions, coriander and ginger.
3. Place half the garam masala on one side then mix the remainder of the ingredients together and knead until the mixture is smooth. Allow the mixture to rest for 30 minutes.
4. Divide the mixture into 25 g portions then form into balls and place on skewers.
5. Cook under a hot grill.
6. Arrange the salad on a serving dish then carefully slide the cooked lamb off the skewers on to the salad. Sprinkle the lamb with the remaining garam masala and serve. The Sas is served in a separate bowl.

b. Sas

1. Mix the turmeric and boiling water together.
2. Grind the pistachio nuts, almonds, cardamon seeds and milk to a smooth puree.
3. Heat the oil to a blue haze and add the pureed nuts, salt and half the cream. Bring to the boil, stirring constantly.
4. Add the remaining cream and the dissolved turmeric and continue to boil, stirring constantly, until the sauce thickens sufficiently to coat the back of a spoon.
5. Remove the pan from the heat, cover with a lid and allow to stand for 10 minutes before serving.

MUTTON

13. FRIED MUTTON CURRY (BHUTEKO DUMBA KO MASU)

10 PORTIONS

Ingredients

Mutton (lean and boneless)	800 g
Tomatoes	200 g
Onions	200 g

Oil	76 ml
Garlic	4 cloves
Ginger	25 g
Corinader	25 g
<u>Garam Masala</u>	50 g
Salt	

Method

1. Cut the mutton into 15 mm dice.
2. Cut the tomatoes into concasse.
3. Wash and finely chop the coriander.
4. Peel and grind together the onion, garlic and ginger to make a paste.
5. Heat the oil to a blue haze, add the onion paste and fry for 5 minutes.
6. Add the mutton and fry for a further 5 minutes.
7. Add the masala, tomatoe and salt, reduce the heat and cook for 30 minutes.
8. Check that the mutton is cooked. Adjust the consistency and seasoning and serve in a heated dish garnished with the chopped coriander.

14. FRIED MUTTON CURRY WITH SAUCE (BHUTEKO DUMBA KO MASU SANGA SAUCE)

10 PORTIONS

Ingredients

Mutton (lean and boneless)	800 g
Yoghurt	250 ml
Oil	100 g
Cayenne pepper	3 g
Ginger	25 g
Black peppercorns	3 g
Turmeric	5 g
Coriander	25 g
<u>Garam Masala</u>	5 g
Ground nutmeg	3 g
Water	259 ml
Salt	

Method

1. Cut the mutton into 25 mm dice and sprinkle with salt and cayenne pepper. Ground the peppercorns. Scrape and finely chop the ginger.
2. Wash and finely chop the coriander.
3. Mix the chopped ginger with the yoghurt and pour over the mutton ensuring it is evenly coated. Marinade in a covered dish in a cool place for 2 hours.
4. Heat the oil to a blue haze, add the mutton, marinade, pepper and turmeric and bring to the boil, stirring constantly. Cover with a lid, reduce to a low heat and cook undisturbed for 1 hour.
5. Sprinkle with the coriander, pour half of the water down the sides of the pan, re-cover and simmer for 15 minutes.
6. Stir in half of the remaining water, re-cover and cook for a further 15 minutes.
7. Add the remaining water and simmer until the mutton is cooked. Adjust the seasoning.
8. Serve sprinkled with nutmeg and garam masala in a heated dish.

15. GOTHALA PIE

10 PORTIONS

Ingredients

Mutton (minced)	800 g
Onions	50 g
<u>Mashed potatoe</u>	1 kg
<u>Curry sauce</u>	500 ml
Oil	25 ml
Breadcrumbs	25 g
Margarine	25 g
Coriander	5 g
Salt	

Method

1. Peel and chop the onions and fry them in the oil to a golden brown.
2. Add the minced meat, salt and chopped coriander.
3. Add the curry sauce and simmer for 30 minutes.
4. Put the mixture into a pie dish and cover with the mashed potatoes.
5. Smooth over and coat with breadcrumbs and melted margarine then bake in a hot oven to a golden brown.

PORK

16. FRIED PORK CURRY (BHUTEKO SUNGUR KO MASU)

10 PORTIONS

Ingredients

Pork (lean and boneless)	800 g
Tomatoes	200 g
Onions	200 g
Oil	75 ml
Garlic	4 cloves
Ginger	25 g
Coriander	25 g
<u>Garam Masala</u>	50 g
Salt	

Method

1. Cut the pork into 15 mm dice.
2. Cut the tomatoes into concasse.
3. Wash and finely chop the coriander.
4. Peel and grind the onions, garlic and ginger to a paste.
5. Heat the oil to a blue haze, add the onion paste and fry for 5 minutes.
6. Add the pork and fry for a further 5 minutes.
7. Add the masala, tomatoe and salt, reduce the heat and cook for 30 minutes.
8. Check that the pork is cooked. Adjust the consistency and seasoning.
9. Place the curry in a heated serving dish and garnish with chopped coriander.

Note: Placed the curry in a heated serving dish and garnish with chopped coriander.

Note: This curry should be served dry.

17. FRIED PORK CURRY WITH SAUCE (BHUTEKO SUNGUR KO MASU SANGA SAUCE)

10 PORTIONS

Ingredients

Pork (lean and boneless)	800 g
Yoghurt	250 ml
Oil	100 g
Cayenne pepper	3 g

Ginger	25 g
Black peppercorns	3 g
Turmeric	5 g
Coriander	25 g
<u>Gram Masala</u>	5 g
Ground nutmeg	3 g
Water	250 ml
Salt	

Method

1. Cut the pork into 25 mm dice and season with salt and cayenne pepper.
2. Grind the peppercorns. Scrape and finely chop the ginger.
3. Wash and finely chop the coriander.
4. Mix the chopped ginger with the yoghurt, pour over the pork ensuring is evenly coated. Marinade in a covered dish in a cool place for 2 hours.
5. Heat the oil to a blue haze, add the pork, marinade, pepper and turmeric and bring to the boil. Cover with a lid, reduce to a low heat and cook undisturbed for 1 hour.
6. Sprinkle with coriander, pour half of the water down the sides of the pan, re-cover and simmer for 15 minutes.
7. Stir in half of the remaining water, re-cover and cook for a further 15 minutes.
8. Add the remaining water and simmer until the pork is cooked. Adjust the seasoning.
9. Serve sprinkled with nutmeg and garam masala in the heated dish.

18. PORK VINDALOO (SUNGUR VINDALOO)

10 PORTIONS

Ingredients

Pork (lean and boneless)	800 g
Chopped ginger	25 g
Garlic	25 g
Black mustard powder	25 g
Vinegar	60 ml
Black pepper	15 g
<u>Garam Masala</u>	50 g
Chilli powder	pinch
Oil	10 ml
Salt	

Method

1. Cut the pork into 25 mm dice.
2. Mix together, the ginger, mustard, black pepper, garam masala, chilli, salt and vinegar.
3. Heat the oil to a blue haze, reduce the heat and add the mixture and then the pork.
4. Cook for 5 minutes then withdraw from the heat and allow to marinade for 1 hour.
5. Bring to the boil and then simmer until the meat is tender. Serve with plain boiled rice.

UNCLASSIFIED

19. MINCED MEAT WITH PEAS (MATAR ANI KIMA CURRY)

10 PORTIONS

Ingredients

Meat (lean and boneless)	800 g
Onions	400 g
Peas 400 g	
Oil	125 ml
Yoghurt	100 ml

Garlic	2 cloves
Turmeric	50 g
Green chillies	50 g
Chilli powder	20 g
Ginger powder	10 g
<u>Garam Masala</u>	20 g
Coriander	25 g
Lemon	1
Salt	

Method

1. Mince the meat and garlic together.
2. Peel and finely slice the onions.
3. Wash the green chillies, remove the stalks and seeds then shred the flesh.
4. Wash and roughly chop the coriander.
5. Heat the oil to a blue haze, add the onions and cook to a golden brown. Lower the heat and add the meat, garlic, turmeric, ginger, chilli powder, salt and cook for 5 minutes.
6. Add the yoghurt and mix thoroughly, cover and simmer until the meat is cooked add the peas and continue to cook until they are tender.
7. Serve in a heated dish garnished with green chillies, coriander, lemon juice and garam masala.

PART 4 - GURKHA COOKERY

CHAPTER FORTY TWO

POULTRY DISHES

CHICKEN

1. Chicken cardamon
2. Chicken cutlet Gurkha style
3. Chicken dopiaza
4. Fried curried chicken
5. Fried chicken with sauce
6. Chicken korma
7. Chicken with shallots and onions
8. Chicken tandoori
9. Chicken vindaloo

CHICKEN

1. CHICKEN CARDAMON (KUKHRA ALAINCHI SANGA)

8 PORTIONS

Ingredients

Chicken	1x1.2kg
Onions	200 g
Yoghurt	250 ml
Oil	125 ml
Cardamon seeds	5 g
Ginger	25 g
Garlic	4 cloves
Fennel seeds	5 g
Cayenne pepper	3 g
Turmeric	5 g
Cinnamon stick	7 cm
Cloves	2

Method

1. Peel and chop the onions, garlic and ginger.
2. Make a masala from the yoghurt, cardamon, ginger, garlic, fennel and cayenne by grinding them to a smooth paste.
3. Rub salt into the chicken, place into a baking dish, cover with the masala and marinade for 1 hour.
4. Heat the oil to a blue haze, add the cinnamon and cloves and the onions and cook until they are golden brown.
5. Add the chicken, masala and turmeric and lightly colour the chicken. When the oil rises to the surface add 350 ml of cold water and bring to the boil.
6. Cover and simmer over a low heat until the chicken is tender.
7. Remove from the heat, adjust the seasoning of the sauce and allow the chicken to stand in the sauce for 15 minutes.
8. Cut each chicken into 8 pieces, place in a heated serving dish, pour the sauce over and serve.

2. CHICKEN CUTLET GURKHA STYLE (KUKHRA KO CUTLET)

8 PORTIONS

Ingredients

Chicken	1x1.2 kg
Onions	100 g
Ginger	50 g
Turmeric	10 g
Cinnamon powder	5 g
Garam flour (besan)	10 g
Green chilli	3
Flour	50 g
Eggs	2
Breadcrumbs	125 g
Tomatoes	100 g
Cucumber	1
Salt	

Method

1. Peel the onions and the ginger and the chicken and boil in salted water. When it is cooked, remove it from the liquid and allow it to cool.
2. Remove the bones from the chicken and put the meat through a mincer with the onions and ginger.

3. Mix the chicken mixture with the cinnamon, garam flour, turmeric and chopped chilli.
4. Add salt to the mixture and divide into 8 parts.
5. Mould into medallion shapes 5 mm thick.
6. Pass through flour, egg wash and breadcrumbs.
7. Heat the oil in a frying pan and fry the cutlets on both sides to a golden brown.
8. Garnish with sliced tomatoe and cucumber. Serve with salad or chutney.

3. CHICKEN DOPIAZA (KUKHRA DOPIYAJA)

8 PORTIONS

Ingredients

Chicken	1x1.2 kg
Onions	300 g
Green chillies	4
Garlic	4 cloves
Ginger	50 g
Turmeric	10 g
<u>Garam Masala</u>	75 g
Oil 150 ml	
Tomatoes	150 g
Water	125 ml
Salt	

Method

1. Cut the chicken into 8 pieces.
2. Peel and chop the tomatoes.
3. Peel the onions, slice half and roughly chop the remainder.
4. Grind the roughly chopped onions, chillies, garlic and ginger. Blend to a puree and mix with the garam masala.
5. Heat the oil and fry the sliced onions, until they are golden brown. Remove from the pan and allow to drain. Add the blended mixture to the oil remaining in the pan and fry, stirring until the colour darkens and oil appears around the edges.
6. Add the tomatoes and cook until the liquid has evaporated.
7. Add the turmeric, chicken, water and salt, stirring constantly. Cover and cook for 30 minutes or until the chicken is tender.
8. Add the fried onions, cover and simmer for 5 minutes. Serve with rice or chapattis.

4. FRIED CURRIED CHICKEN (BHUTEKO KUKHRA KO MASU)

16 PORTIONS

Ingredients

Chicken	2x1.2 kg
Onions	200 g
Tomatoes	200 g
Oil 75 ml	
Garlic	4 cloves
Ginger	25 g
<u>Garam Masala</u>	50 g
Coriander	25 g
Salt	

Method

1. Cut the chickens as for saute.
2. Cut the tomatoes into concasse.
3. Wash and finely chop the coriander.

4. Peel and grind the onions, garlic and ginger to a paste.
5. Sprinkle the chicken with garam masala.
6. Heat the oil to a blue haze, add the chicken and fry to a golden brown. Remove the chicken from the oil and keep warm.
7. Reheat the oil to a blue haze, add the onion, garlic and ginger paste fry for 5 minutes then add the tomatoes and salt and fry for a further 4 minutes.
8. Add the chicken and cook over a low heat until the chicken is tender and the liquid has boiled away.
9. Serve in a heated dish, garnished with chopped coriander.

**5. FRIED CHICKEN WITH SAUCE
(BHUTEKO KUKHRA KO MASU SAUCE
SANGA)**

10 PORTIONS

Ingredients

Chicken legs	10
Onions	75 g
Tomatoes	400 g
Oil	125 ml
Yoghurt	125 ml
Garlic	4 cloves
Ginger	25 g
Cumin powder	10 g
Turmeric	10 g
Coriander powder	10 g
Cayenne pepper	10 g
Garam Masala	20 g
Fennel powder	pinch
Lemon	1
Coriander (fresh)	25 g
Water	125 ml
Salt	

Method

1. Peel and finely chop the onions, garlic and ginger.
2. Wash and finely chop the fresh coriander.
3. Cut the tomatoes into concasse.
4. Dry the chicken legs and sprinkle with salt.
5. Heat the oil to a blue haze, and fry the chicken legs to a golden brown. Remove them from the oil and keep warm.
6. Reheat the oil to a blue haze, add the onions, garlic and ginger and fry until the onions are soft and golden brown.
7. Reduce the heat, add the cumin, turmeric, coriander powder, cayenne pepper, fennel and a dash of water, then cook for 2 minutes. Stir in the tomatoes, yoghurt and half the chopped coriander.
8. Increase the heat, add the chicken legs and remainder water and bring to the boil. Sprinkle with the garam masala, cover and simmer for 20 minutes. Adjust the seasoning.
9. Serve in a heated dish sprinkled with lemon juice and the remaining chopped coriander.

**6. CHICKEN KORMA (KUKHRA KORMA)
8 PORTIONS**

Ingredients

Chicken	1x1.2 kg
Onions	300 g
Yoghurt	125 ml
Oil	125 ml
Garlic	2 cloves
Ginger powder	10 g
Cumin powder	5 g
Cardamons	2
Chilli powder	10 g
Salt	10 g

Method

1. Cut the chicken into 8 pieces.
2. Peel and shred the onions. Grind the cardamons.
3. Peel the garlic and ginger and grind to a smooth paste.
4. Heat the oil to a blue haze, add the onions and cook to a golden brown. Remove the onions from the oil and drain.
5. Add the garlic paste and 20 ml of water to the oil and fry for 2 minutes.
6. Add the chicken, chilli, yoghurt, onions and salt and mix thoroughly. Cover and simmer until the chicken is almost cooked.
7. Add the cumin and cardamon and cook for a further 5 minutes then serve in a heated dish.

**7. CHICKEN WITH SHALLOTS AND
ONIONS (SHALLOTS ANI PIYAJ SANGA
KUKHRA)**

8 PORTIONS

Ingredients

Chicken	1x1.2 kg
Onions	200 g
Shallots	100 g
Yoghurt	250 ml
Oil	125 ml
Garlic	4 cloves
Ginger	25 g
Turmeric	20 g
Cardamon	5 g
Fennel seeds	5 g
Cumin powder	10 g
Black pepper	10 g
Cinnamon stick	5 cm
Coriander powder	25 g
Lemon	1
Salt	

Method

1. Toast the cardamon and fennel seeds for 3 minutes then grind them with a pestle and mortar.
2. Cut the chicken into 8 pieces, sprinkle with salt and allow to rest in a refrigerator for 1 hour.
3. Peel and chop the onions and shred the remainder. Peel and shred the shallots.
4. Finely chop the garlic and ginger.
5. Heat half the oil to a blue haze, add the shredded onions and cook for 3 minutes. Add

the shallots and cook for a further 5 minutes until both onions and shallots are golden brown. Remove from the pan and allow to drain.

6. Add the remaining oil, heat to a blue haze, add the chicken and cook to a golden brown. Remove from the oil and drain.
7. Add the chopped onions, garlic, ginger, cumin, coriander, salt and half the turmeric and cook, stirring frequently until the onions are soft and transparent.
8. Add the chicken and coat evenly with the mixture. Stir in the cardamon, fennel, black pepper and cinnamon stick.
9. Add the remaining turmeric to a little water, pour over the chicken together with the yoghurt and then mix thoroughly.
10. Scatter the shredded shallots and onions over the surface, cover and simmer for 30 minutes.
11. Adjust the seasoning and sprinkle with lemon juice for service.

6. CHICKEN TANDOORI (TANDOORI KUKHRA)

8 PORTIONS

Ingredients

Chicken	1x1.2kg
Onions	150 g
Yoghurt	125 ml
Garlic	4 cloves
Ginger	25 g
Coriander powder	10 g
Cumin powder	10 g
Chilli powder	5 g
Vinegar	25 ml
Worcester sauce	25 ml
<u>Garam Masala</u>	25 g
Butter	25 g
Lemons	2
Salt	

Method

1. Clean the chicken then make 4 cuts on each side of the bird.
2. Peel and grind the onions, garlic and ginger to a paste then add the coriander, cumin, chilli and salt.
3. Put the yoghurt in a bowl, add the paste, vinegar, worcester sauce, garam masala and lemon juice and mix thoroughly.
4. Brush the mixture onto the chicken and allow to marinade for 5 hours.
5. Preheat the oven to 190°C and roast the chicken, basting with butter until tender.
6. Cut the cooked chicken into 8 pieces and arrange on a heated serving dish.

9. CHICKEN VINDALOO (KUKHRA VINDALOO)

8 PORTIONS

Ingredients

Chicken	1x1.2 kg
Chopped ginger	25 g

Garlic	25 g
Black mustard powder	25 g
Vinegar	50 ml
Black pepper	5 g
<u>Garam Masala</u>	50 g
Chilli powder	5 g
Oil	125 ml
Salt	

Method

1. Cut the chicken into 8 pieces.
2. Mix together in a bowl, the ginger, mustard, black pepper, garam masala, chilli powder. Add the vinegar gradually to adjust the flavour and to obtain the sour taste.
3. Heat the oil to a blue haze, reduce the heat and add the mixture. Stir briefly, then add the chicken.
4. Add the salt, coat the chicken with sauce and allow to stand for 1 hour or longer to marinade then reboil and simmer until tender. Serve with plain rice.

PART 4 - GURKHA COOKERY

CHAPTER FORTY THREE

FISH DISHES

FISH

1. Curried fish with fish stock
2. Curried fish with sauce
3. Fried curried fish

SHELLFISH

4. Prawn curry

FISH

**1. CURRIED FISH WITH FISH STOCK
(MACHHA KO TARKARI MACHHA KO
STOCK SANGA)**

10 PORTIONS

Ingredients

Fish (headed and gutted)	1 kg
Onions	75 g
Tomatoes	100 g
Garlic	4 cloves
Oil	125 ml
Turmeric	10 g
Cinnamon powder	10 g
Clove powder	10 g
<u>Fresh Masala</u>	25 g
Ginger powder	10 g
<u>Fish stock</u>	500 ml
Coriander	25 g

Method

1. Cut the fish into 100 g steaks and wash.
2. Peel and finely chop the onions and chop the coriander.
3. Peel and grind the garlic and ginger to a smooth paste.
4. Cut the tomatoes into concasse.
5. Heat the oil to a blue haze. Deep fry the fish until brown and firm on the outside. Remove from the oil and allow to drain.
6. Reheat the oil to a blue haze, add the onion, garlic and ginger paste and fry until the onions are soft and golden brown.
7. Add the cloves, cinnamon, turmeric, cardamon and salt and cook for 2 minutes then add tomatoes and masala and cook for a further 5 minutes.
8. Add half the stock and the fish and cook for 5 minutes. Adjust the seasoning and consistency adding more stock if necessary.
9. Arrange the fish on a heated serving dish, pour the sauce over and garnish with chopped coriander.

**2. CURRIED FISH WITH SAUCE
(MACHHA KO TARKARI SAUCE
SANGA)**

10 PORTIONS

Ingredients

Fish (headed and gutted)	1 kg
Onions	200 g
Green chilli	1
Mustard powder	20 g
Tamarind pulp	5 g
Oil	125 ml
Sugar	5 g
<u>Fresh Masala</u>	20 g
Salt	

Method

1. Cut the fish into 100 g steaks.
2. Peel and finely chop the onions and chop the green chilli.
3. Soak the tamarind in 125 ml of hot water for 15 minutes then squeeze to extract the juice. Mix the sugar with the tamarind juice.
4. Heat the oil to a blue haze, add the onions and fry to a golden brown.

5. Add the fresh masala and fry over a low heat for 10 minutes. Add the mustard powder.
6. Add the tamarind juice, salt and fish, cover and simmer until the fish is cooked and the sauce has thickened.
7. Arrange the fish on a heated serving dish, pour the sauce over and serve.

**3. FRIED CURRIED FISH (BHUTEKO
MACHHA KO TARKARI)**

10 PORTIONS

Ingredients

Fish (headed and gutted)	1 kg
Onions	200 g
Tomatoes	200 g
Oil	125 ml
Garlic	2 cloves
Ginger powder	10 g
<u>Fresh Masala</u>	25 g
Coriander	25 g
Salt	

Method

1. Cut the tomatoes into concasse. Wash and finely chop the coriander.
2. Peel and grind the onions, garlic and ginger to a smooth paste.
3. Cut the fish into 100 g steaks, sprinkle with masala.
4. Heat the oil to a blue haze and fry the fish steaks to a golden brown. Remove the fish from the oil and keep warm.
5. Reheat the oil to a blue haze, add the onion paste, fry for 4 minutes, add the tomatoes and salt and fry for a further 5 minutes.
6. Return the fish to the pan and cook over a low heat until the fish is cooked and the liquid has boiled away.
7. Place the fish steaks on a heated serving dish, garnish with chopped coriander and serve.

SHELLFISH

**4. PRAWN CURRY (JHINGE MACHHA KO
TARKARI)**

10 PORTIONS

Ingredients

Prawns (peeled)	800 g
Onions	100 g
Coconut milk	625 ml
White vinegar	50 ml
Ginger	25 g
Garlic	4 cloves
Oil	125 ml
Turmeric	20 g
Cumin powder	10 g
Cayenne pepper	5 g
Black pepper	5 g
Coriander	25 g
Coriander powder	10 g
Salt	

Method

1. Peel and finely chop the onions, ginger and garlic.
2. Finely chop the coriander.

3. Wash and clean the prawns then place them in a bowl with vinegar and salt and marinade for 30 minutes in a refrigerator. Drain the prawns and reserve the marinade.
4. Heat half the oil to a blue haze, add the prawns, cover and cook for approximately 1 minute until the prawns are pink and firm. Remove the prawns from the oil, drain and return to the marinade.
5. Add the remaining oil, heat to a blue haze, add the garlic, ginger and onions and fry until the onions are golden brown.
6. Add the turmeric, cumin, cayenne, black pepper and coriander powder, fry for 1 minute.
7. Remove the prawns from the marinade, add the marinade to the pan and boil.
8. Add the prawns, then the coconut milk and bring to the boil stirring frequently.
9. Reduce the heat, sprinkle with half the chopped coriander, cover and simmer for 3 minutes. Adjust the seasoning.
10. Serve in a heated dish garnished with the remainder coriander.