

# India

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# Chickpea Curry

Chef Ritesh:

Oil to pressure cooker

Cloves 2, cumin seeds

Onion fry, garlic, Ginger, salt pepper

Turmeric

Curry powder, cook

Add tomatoes diced, Garam massala, green pepper (optional), Chickpeas, chili powder

Add water to cover Chickpeas

Cook in Pressure cooker for 3 whistled or 8 min

Garnish with lemon or lime and cilantro

Chef snehal

Put Chickpeas in Pressure cooker first for 3 whistles. Cook the sauce in separate pot. Then mix and garnish

# Branjeets's Fish Curry

Fry 1-2 onions

Add ginger and garlic

Add peas

Add chili, seedless (optional)

2 tsp of fish curry

Dash of turmeric

Fry 2 fillets with it, can break it up

Add some Tomato puree (not paste) to make the sauce

Garnish with citrus and cilantro

# Simple Dahl

Don't add cinnamon

Mung beans need up to knocking knuckle

No more than 2x jalapeno

No more than 25 min

For mung, add spinach at the end

Fry Onions in Pressure cooker pot (optional) add ginger/garlic with butter

Add green chili

Add 2-3 tsp of turmeric, salt/pepper, half tsp Garam massala, tbsp curry powder

TOMATO (fresh or paste)

Pressure cook for 3 whistles (start at high heat to pressurize then reduce to medium

Puree!

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- Fry one onion in pressure cooker (minced because blending not required; texture is ham and pea soup)
- Add crushed 1/2 tsp pepper corns
- 1/2 tsp red chilli
- 1 tsp cumin
- 3 tsp salt
- 3 tsp kitchen king
- 1 tsp garam massala
- 2.5 cups of yellow split peas
- 3 cups water
- Pressure cook for NMT 18min

# Chickpea Chana Massala

- oil, add whole black pepper, and then brown 2-3 onions, then add:
- 4tbsp paste or tomatoes or puree
- 1 tsp cumin powder
- 2 tsp garlic paste
- 2 tsp coriander powder
- 1 tsp turmeric
- 1/2 tsp chili powder
- 4 tsp Chana masala
- 1 tsp Garam masala
- Then add 500g Chickpeas

pressure cook for 4 whistle or 45 min if presoaked or 1hr if dry

Less Chickpeas, more sauce. Extra sauce is key

# Okra Masala

- 400g okra fry separate
- 2 tsp cumin seeds
- Then,
- Fry 2 onions
- Then,
- 2-4 tomatoes depending on size
- Ginger/garlic
- 1tsp Garam massala
- 1tsp coriander
- 1tsp turmeric
- 1/2 tsp red chili powder
- Pinch of ming (optional)

# Coconut Milk Chana Masala

- Chickpeas 1x bowl dried
- Onion 1x
- Ginger
- Garlic
- Tsp coriander
- Tsp cumin
- 1/2 tsp turmeric
- Tbsp chana masala mix
- 1/2 tsp garam masala
- 1 can diced tomatoes
- 1 can Tomato paste
- 1 can coconut milk
- Pepper, no salt

# Moong Dal

Moong - boil it separately and keep some liquid for thickening

- 2 tsp turmeric
- 1 tsp garam masala
- 2 tsp cumin seeds
- Chili's or chili powder
- 1 Onion diced finely

Fry all above (except Moong) in lots of oil until nice and dark paste (about 20 min)

Add 2 diced tomatoes and a shit ton of garlic. Mash it up and dry into a paste

Salt pepper to taste

Add Moong and enough water for thick soup like texture and simmer until desired

Garnish with Cilantro and lime

# Chicken Curry

Marinate chopped chicken in plain yogurt.

- 1x cinnamon stick (original recipe had 2)
- (original recipe had 1x green chili)
- 1x onion, minced
- 2x small tomatoes, minced
- Crushed ginger and garlic, tbsp each
- 2 tbsp of kitchen king curry powder
- 1 tbsp cumin seeds
- 4x chicken thighs (original had 2x breast but dark meat is better)
- 1 tsp whole peppercorns

Marinate chicken in yogurt

Start by frying cumin seeds and pepper corns in hot oil for 1-2min. Add onions and the rest of the ingredients, except Tomato, and fry in hot oil for 10 min. Add Tomato and reduce until its a dry paste (I mean dry paste!); about 30 min to achieve.

Add chicken to the pan and fry for a min then mix it with the curry paste. Add water until desired thickness and cover and simmer for not more than 10min.

Done.

# Paneer

- Cook the shit out of 2 large red onions
- Add 4 Tomatoes, 2tbs each of garlic and ginger and chilli and cook the living shit out of them until its a dry paste
- Add paneer seasoning and cream (or half can of coconut milk)
- Add paneer after all is well. Cook paneer for 10-15 min
- Add Cilantro and/or lime

# Bhurji (Egg Masala)

## Egg Bhurji (Masala Scrambled Eggs)

Prep time: 10 min

Cook 10-12 min

Serves 2

### Ingredients

4  
Eggs  
2 tbsp  
Oil or ghee  
1/2 tsp  
Cumin seeds  
1 medium  
Onion, finely chopped  
1  
Green chili, finely chopped  
1 tsp  
Ginger-garlic paste  
1  
Tomato, finely chopped  
1/4 tsp  
Turmeric powder  
1/2 tsp  
Red chili powder  
1 tsp  
Coriander powder  
To taste  
Salt  
2 tbsp  
Fresh coriander, chopped

### Instructions

1

Crack the eggs into a bowl, add a pinch of salt and turmeric, and whisk until frothy.

2

Heat oil or ghee in a pan over medium heat. Add cumin seeds and let them splutter.

3

Add chopped onions and green chili. Sauté until onions turn golden.

4

Add ginger-garlic paste and cook for 1 minute until fragrant.

5

Add tomatoes and cook until soft and mushy.

6

Add turmeric, red chili powder, coriander powder, and salt. Cook for 30 seconds.

7

Pour in the whisked eggs. Let them set slightly, then gently scramble and mix with the masala.

8

Cook until eggs are soft and fluffy (or fully cooked if you prefer).

9

Turn off heat and garnish with fresh coriander.

Sources:

## ?? Serving Suggestions

- Serve with **buttered pav**, **roti**, **paratha**, or **toasted bread**.
- Add a squeeze of **lemon juice** on top for extra brightness.

## ? Optional Variations

- Add **bell peppers**, **peas**, or **mushrooms** for extra texture.
- Add **pav bhaji masala** for Mumbai-style street flavor.
- For softer, creamier bhurji, cook on low heat and stop while slightly moist.