

Cucumber and mint raita



300 g natural soy yogurt
1 large cucumber, finely chopped
a handful fresh mint, finely chopped
salt, to taste

Mix all ingredients.

Served chilled as an accompaniment to Indian dishes (curry, pakoras, etc). Very refreshing sauce, ideal for hot summer days.

Vegetable pakoras



For approx. 15 pieces:

oil for frying

2 carrots, grated

1 medium zucchini, grated

150 g cabbage, finely sliced

1 sweet pepper, finely sliced

a handful fresh coriander, finely chopped (optional)

1 1/2 cup chickpea flour

1 cup water

3 cm ginger (or 2 teaspoons ginger powder)

3 garlic cloves

fresh chili, to taste (optional)

1 teaspoon turmeric

2 tsp. coriander powder

1 small onion, finely chopped

salt, to taste

Make a paste from garlic, ginger and chili.

Mix in a bowl the chickpea flour with the water, garlic, ginger and chili paste, coriander powder, turmeric and salt. Add the onion and the vegetables and mix well.



Heat the oil in a pan. Take a little bit of a buttermix with your fingertips (or with a tablespoon), press it slightly and batch into the oil. Fry on medium heat on one side till golden-brown and then turn it and fry it on the other side till golden-brown and crispy.

Serve as an appetizer with [raita](#) or hot pepper sauce.



Chana Punjabi



For 2 servings:

- 350 g (a can) cooked chickpeas
- 1 onion, finely chopped
- 2 tomatoes, finely chopped
- 1 clove garlic, mashed
- 1 cm ginger, minced (or 1/2 teaspoon ginger powder)
- fresh chili, to taste (or chili powder)
- 1 teaspoon mustard seeds (extra, optional)
- 1 teaspoon paprika
- 1 teaspoon coriander powder
- 1/2 teaspoon garam masala

1/4 teaspoon turmeric
1 tbsp oil
fresh cilantro (optional)

Heat the oil in a saucepan, add the mustard seeds. Stir fry for 2-3 minutes until they begin to pop. Add the onion, stir fry for a few minutes then add the garlic, coriander, ginger, paprika, chili (chili powder) and tomatoes.

Cook at medium heat until the sauce has reduced, stirring occasionally. If needed, add a little water.

Add the turmeric, garam masala and chick peas and continue to cook for approx. 5 minutes. Add salt to taste and garnish with fresh cilantro.

Serve with boiled rice / [biryani](#) and / or [naan bread](#).

Potato curry



For 4-6 servings:

1 kg potatoes, peeled and cubed (or cut into wedges)
4 onions, finely chopped
5 tomatoes, diced
250 ml coconut milk (canned)

chili / chili flakes, to taste
2 teaspoons mustard seeds
1 teaspoon coriander powder
1 teaspoon garam masala
2-3 curry leaves (optional)
1/2 teaspoon turmeric
salt, to taste

Heat the oil in a large saucepan and add the mustard seeds. Stir fry for 2-3 minutes until they begin to pop. Add the onion, chili and curry leaves. Cook for 2-3 minutes, stirring constantly.

Add the tomatoes and the rest of the spices. Cover and simmer for about 5 minutes, stirring occasionally.

Add the potatoes and coconut milk. If needed, add some water so that the potatoes are covered.

When the potatoes are cooked add salt to taste.

Baingan Bharta



Baingan Bharta

For 2-3 servings:

2 large eggplants
1 onion, finely chopped
2 tomatoes, finely chopped
2-3 cloves of garlic, mashed (optional)
1 cm fresh ginger, grated (or 1 teaspoon ginger powder)
fresh chili/chili powder, to taste
1/2 teaspoon cumin seeds
1 teaspoon coriander powder
1/2 teaspoon turmeric
1/2 teaspoon garam masala (optional)
1 tablespoon oil
fresh coriander, finely chopped
salt, to taste

Heat the (pan)grill and bake the eggplants on each side until they are soft inside. Peel while they are still warm. Drain well and chop them. Set aside.

Heat the oil in a pan and add the cumin seeds. Fry for 2-3 minutes until they begin to pop. Add the onion, stir fry for few minutes then add the tomatoes, coriander powder and chili.

Cover and simmer on medium heat, stirring occasionally, until the sauce has reduced than add the eggplants, turmeric, garam masala and garlic. Cook further for another few minutes. Add salt to taste and garnish with fresh coriander.

Serve with basmati rice/[biryani](#) and/or [naan bread](#).

Eggplant and chickpea Curry



Eggplant and chickpea Curry

For 4 servings:

2-3 eggplants, cubed
300 g cooked chickpeas
1 onion, chopped
3-4 cloves garlic, finely chopped
2 cm fresh ginger, grated / 2 tsp. ginger powder
7-8 tomatoes, finely chopped / 1 can diced tomatoes (400g)
1 teaspoon cumin seeds
1/2 teaspoon turmeric
2 tsp. coriander powder
chili / cayenne pepper, to taste
salt, to taste
1 tablespoon oil

Heat the oil in a pan and add the cumin seeds. Fry for 2-3 minutes until they begin to pop. Add the onions, stir fry for few minutes then add the eggplants, garlic, coriander, ginger, chili and the tomatoes and a little bit of water if needed. Cover and simmer on medium heat, stirring occasionally, until the sauce has reduced and the eggplants are done. Add the cooked chickpeas and turmeric, cook for another 2-3 minutes. Add salt to taste.

Serve with basmati rice/[biryani](#) and/or [naan bread](#).

Bombay potatoes



Bombay potatoes

For 4-5 servings:

- 1.5 kg (3 lb 3 oz) potatoes, peeled and cubed
- 2 onions , finely chopped
- 3-4 tomatoes, finely chopped / 1 tin diced tomatoes (400 g)
- 5-6 cloves garlic, finely chopped
- 2 cm fresh ginger, grated (1 teaspoon ginger powder)
- 1 teaspoon mustard seeds
- 2 tsp coriander powder
- 1/2 teaspoon turmeric
- 1 teaspoon garam masala
- 1/2 teaspoon chili powder, to taste
- 1 tablespoon oil
- salt and pepper, to taste

Half cook the potatoes. Drain and set aside.

Heat the oil in a pan and add the mustard seeds. Fry for 2-3 minutes until they begin to pop. Add the onions, stir fry for few minutes then add the potatoes, garlic, coriander, ginger, chili and the tomatoes (canned tomatoes). Cover and simmer on medium heat, stirring occasionally, until the sauce

has reduced and the potatoes are done. Add the turmeric and the garam masala, continue cooking for another 2-3 minutes. Add salt and pepper to taste.

Biryani



Biryani

For 4-6 servings:

300 g rice

300 g vegetables (onion, bell pepper, frozen peas)

2 cm ginger, grated (1 tsp ginger powder)

3 teaspoons coriander powder

3 cloves of garlic, crushed

1 teaspoon garam masala

3 tablespoons oil

salt, to taste

fresh cilantro to garnish (optional)

Cook the rice in water with some salt. Drain and set aside.

Chop the vegetables and mix them with the garlic, ginger and the spices.

Heat the oil in a wok (pan) and add the vegetables. Stir continuously until they begin to soften slightly. Add the rice, stir to combine and add salt to taste.

Garnish with finely cut fresh coriander.

Serve with Indian dishes.

Note: You can use different kind of vegetables: carrots, broccoli, leeks, green beans, etc..

Potatoes masala



Potatoes masala

For 3-4 servings:

$\frac{1}{2}$ kg potatoes, cubed

$\frac{1}{2}$ kg frozen peas

2 peppers, chopped

4 onions, chopped

4 tomatoes, chopped

2 cm ginger, grated (1 tsp ginger powder)

2 teaspoons turmeric

2 teaspoon mustard seeds

1 teaspoon garam masala

fresh chilli / chilli powder, to taste
1 tablespoon tomato pasta
2 tablespoons oil
salt

Cook the potatoes in water with 1 teaspoon of turmeric. Drain the water.

Heat the oil in a pan and add the mustard seeds. As they begin to pop add the onion and the green peppers. Stir fry for a few minutes (2-3) then add the remaining ingredients and the rest of the turmeric. Cook for another few minutes, stirring occasionally, if necessary add a little bit of water.

Add the potatoes, the peas and salt to taste and cook for another 2 minutes.

Serve with basmati rice/[biryani](#) and/or [naan bread](#).

Seitan chili



Seitan chili

Seitan made from 1 kg flour (see recipe [here](#))
1 teaspoon paprika
1 teaspoon onion powder

1 teaspoon garlic powder

$\frac{1}{2}$ teaspoon turmeric

2 onions, chopped

1 bell pepper, finely sliced

3-4 tablespoons tomato puree

4 cloves of garlic

2 cm ginger

1 tsp coriander powder

1 teaspoon garam masala

fresh chilli /chilli powder, to taste

2 tablespoons oil

salt

Fresh coriander, finely chopped, for garnish (optional)

When you make the seitan dough add the paprika powder, the onion powder and the garlic powder. Than follow the seitan recipe.

Cut the well drained seitan into pieces (2×2 cm, it will increase the volume) and cook it in water with a little bit salt and the turmeric, approx. 20 minutes. Leave it to drain .

Prepare a paste of ginger and garlic.

Dissolve the tomato puree in a glass of water and add the spices.

Heat the oil in a pan and stir fry the onion for 2-3 minutes. Add the bell pepper, the paste of ginger and garlic and the tomato puree. Cook for 1-2 minutes and than add the seitan . Cover and simmer for 15-20 minutes, stirring frequently (if needed add a little bit of water).

Garnish with fresh coriander .

Serve with basmati rice/[biryani](#) and/or [naan bread](#).