



# 101

*ways to prepare*

# *Curries*



# 101 Ways to Prepare Curries

*By*

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# INTRODUCTION

India is famous for its curries. In fact, it is the home of an endless variety of curries, each better than the other. Indians relish hundreds of curries made with vegetables, meat, fish, prawn and eggs. Every State in India has its own special way of preparing curries, therefore, each curry has a unique flavour. For example, in Southern India, curries are made with coconut, as their base. And in Kerala where coconut grows in abundance, coconut oil is also used for cooking. Bengal specializes in fish curries prepared in mustard oil. In Punjab, which is greatly influenced by Mughal cuisine, one comes across many exotic curries prepared with onion and tomatoes as a base. In Punjabi curries, coconut is rarely used. Curries are always served with plain fluffy boiled rice and papads which are either fried or roasted.

In India, majority of the people are vegetarian, hence there is a greater variety of delicious vegetarian curries prepared with dals and a variety of vegetables, curds and buttermilk. But this does not mean that there is very little to choose in case of non-vegetarian curries. Indian meat curries, in fact, take many forms. Like kofta curries, ground meat is shaped into balls and cooked in a deliciously rich sauce or curry. Then, there are korma curries – spicy and delicious, keema curries – which is ground meat cooked with peas and decorated with hard-boiled eggs.

In this book, I have chosen for you a wide variety of flavours – some simple, some exotic, some extraordinarily delicious. This book contains recipes for some special curries made and enjoyed in every part of India. The aim is to make people relish curries of a particular region even if they don't belong to that region. Even the foreigners can try these recipes to relish a unique taste. Here for you is a distinctive selection of curries which are as distinctive as different wines in different bottles.

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# 1

## PUNJABI CURRIES

Punjabis are acclaimed as gourmets the world over. Their fondness for rich food has led to the development of an abundant variety of spicy and colourful curries. In Punjabi curries, vegetables do play an important role, therefore many of their vegetarian curries are quite unique. Some curries are particular to Punjab, like pakoda curry which is prepared by cooking round fluffy balls of gramflour in a rich yellow curd curry. Non-vegetarian Punjabi curries mostly comprising fish, chicken and mutton have distinct Mughlai influence on them in appearance and taste. They will satisfy any gourmet.

# VEGETARIAN CURRIES

## BESAN KOFTA CURRY

### Ingredients (Serves 4)

- 1 large onion
- 4 flakes of garlic
- 2 big tomatoes, pureed
- 1 tsp. garam masala
- 1/4 tsp. turmeric powder
- 1 tblsp. dhania-jeera powder
- Salt and chilli powder to taste

### For Koftas

- 250 grams besan or gram flour
- 1/2 tsp. cumin seeds
- 1 1/2 tblsps. melted ghee
- 1 tsp. crushed pomegranate seeds
- 100 grams grated onions
- Alubhukharas or dry plums, seeded

### Preparation

Mix together all the kofta ingredients except plums, without adding water. Turn the ingredients paste into balls around the whole plums. Deep fry the balls to a golden colour. Grind onion and garlic to a paste. Heat 2 tblsps. ghee and fry the ground paste to a golden colour. Add to the paste all the spices and tomatoes and cook till the ghee separates. Then add 2 cups of water, bring slowly to a boil and keep boiling gently for 5 minutes. Then add koftas and boil for 5 more minutes. Serve hot decorated with coriander leaves.

# DAHI KOFTA CURRY

## Ingredients (Serves 6)

- 2 large tomatoes, pureed
- 1 large onion
- 8 flakes of garlic
- 1/4 coconut
- 1 tblsp. dhania-jeera powder
- 1/4 tsp. turmeric powder
- Handful of coriander leaves
- Salt and chilli powder to taste

## For Koftas

- 250 grams curd
- 50 grams gramflour or besan
- 25 grams mixed finely sliced nuts like almonds, raisins, cashewnuts, walnuts, pistachios
- 1 tsp. grated ginger
- 1/4 tsp. garam masala
- Handful of chopped coriander leaves
- Salt , lime juice and chilli powder to taste

## Preparation

Grind nuts, ginger and coriander leaves to a paste. Mix with garam masala, salt and lime juice and set aside. Put curd in a clean piece of cloth and tie loosely. Hang the bag for a couple of hours to make all the liquid drip through. Mix salt, curd and gramflour, and knead to a smooth mixture. Form the mixture into small balls around the ground paste made earlier. Deep fry the balls to golden colour. Grind onions, garlic and coconut to a paste. Heat 4 tblsps. ghee and fry the paste to a golden colour. Add to the fried paste, spices and tomatoes and cook till ghee separates. Then add 2 cups of water, bring the mixture to a boil, and keep boiling for 5 minutes. Now put in koftas, reduce heat to simmering and boil for 5 more minutes. Decorate with chopped coriander leaves.

# BHIEN CURRY

## Ingredients (Serves 4)

- 250 grams bhien or lotus stems
- 250 grams peas, boiled
- 100 grams tomatoes, pureed
- 4 flakes of garlic, 1 large onion
- 1 tblsp. dhania-jeera powder
- 4 green slit chillies
- Handful of coriander leaves
- A few curry leaves
- 1/4 tsp turmeric powder
- 1/4 tsp. garam masala
- Salt and chilli powder to taste

## Preparation

Clean, wash, slice and boil bhien. Grind onion and garlic to a paste. Heat 3 tblsps. ghee and fry the paste to a golden colour. Add tomatoes, spices, curry leaves and chillies to the fried paste and cook till the ghee separates. Then add vegetables, mix well and then pour in the coconut milk. Simmer over a gentle fire till the curry turns a little thick. Decorate with chopped coriander leaves.

# BHIEN KOFTA CURRY

## Ingredients (Serves 5)

### For Koftas

- 250 grams bhien, cleaned, sliced and boiled
- 1 small onion minced
- Handful of coriander leaves
- 2 green chillies, minced
- 3 tbsps. gramflour or besan
- A few mint leaves
- 1/2 tsp. ground cumin seeds
- Salt and chilli powder to taste

### For Curry

- 2 big onions
- 8 flakes of garlic
- 4 big tomatoes
- 3 tbsps. beaten cream
- 1/4 tsp. turmeric powder
- 1 tbsps. dhania-jeera powder
- Handful of coriander leaves
- Salt and chilli powder to taste

## Preparation

Grind bhien to a smooth paste. Mix in all the kofta ingredients and form into small balls. Deep fry to a golden colour. Grind onion and garlic to a paste. Heat 3 tbsps. ghee and fry the paste to a golden colour. Add to the golden paste, spices and tomatoes and cook till the ghee oozes out. Then add 2 cups of water. Bring the mixture to a boil, reduce heat and put in the koftas. Boil over a slow fire for 5 minutes. Mix in cream and decorate with coriander leaves. Serve hot.