



## *A Festival of Lights*

*Hosted by*

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## Masala Chai (Spiced Tea)

Serves 4

½ inch piece of fresh ginger, roughly chopped  
1 tablespoon cane sugar (See Note below)  
2 tablespoons black tea (caffeinated or decaf)-about 2-3 tea bags  
2 twists of freshly ground black pepper  
7 fluid ounces whole milk  
4 whole cloves, crushed  
4 cardamons, pods lightly crushed  
1 inch cinnamon stick, broken into pieces

Pour 1 ¼ pints of water into a small saucepan. Add all the whole spices and all the ingredients, except for the milk. Bring to a boil for one minute and then add the milk.

Half cover the pan and keep simmering the tea for 2-3 minutes being careful not to let it boil over.

Take off the heat and stir slowly once or twice. Fully cover the pan and then leave the tea to steep for 1 minute.

Pour into tea cups through a sieve and serve hot.

**Note:** Traditional masala chai is made with cane sugar but you may use any sugar to taste or leave it out.

## Mango and Apple Soup

Serves 6

1 tablespoon butter  
2 garlic cloves, crushed  
¾ inch piece of ginger, grated  
1 onion, finely chopped  
1 mango (not too ripe), stoned, peeled and chopped  
2 eating apples, peeled, cored and chopped  
1 green chili, deseeded and chopped  
7 fluid ounces (200 ml) coconut milk  
14 fluid ounces (500 ml) natural yogurt  
2 teaspoons lemon juice  
Salt and freshly ground black pepper  
½ teaspoon cumin seeds  
Fresh mint leaves, finely chopped

Heat the butter in a heavy-based saucepan over a medium heat and add the cumin seeds garlic and ginger. Fry for 30 seconds and then add the onion, frying until the onion is lightly browned.

Set aside 2 tablespoons of the chopped mango to use as a finishing garnish. Add the remaining mango, apple, chili, salt and pepper to the cumin and onions and cook for 2 minutes over a medium heat.

Remove from the heat and transfer to a food processor or blender. Blitz until smooth and strain to remove the fibres from the mango if you prefer an ultra smooth consistency.

Return to the sauce pan over a medium heat. Add 17 fluid ounces (500 ml) water, bring to the boil and continue to stir for 5 minutes.

Whisk the coconut milk and yogurt together in a separate bowl and add this to the saucepan. Bring the soup back to simmering point, mix in the lemon juice and finish with the reserved copped mango and finely chopped mint leaves before serving.

**Note:** This soup is also delicious served chilled as a summer fruit soup.

## Raita

Serves 12

2 hot house cucumbers - peeled, seeded and thinly sliced  
2 cups plain Greek yogurt  
3 tablespoons lemon juice  
2 tablespoons chopped fresh mint  
1 ¼ teaspoons white sugar  
½ teaspoon kosher salt

In a salad bowl, stir together yogurt, lemon juice, mint, sugar and salt. Cover and refrigerate overnight. A few hours before serving, mix some of the yogurt mixture with the cucumbers; refrigerate again covered. Just before serving, drain water from cucumbers and add rest of yogurt mixture.

## Basmati Rice

Serves 4

16 fluid ounces water  
8 ounces basmati rice  
1/4 teaspoon salt  
2 ounces frozen garden peas, cooked  
1 teaspoon cumin seeds

In a saucepan, combine water, rice and salt; and bring to a boil. Stir well, reduce heat, cover and simmer for 20 minutes.

When rice is cooked, stir in peas and cumin. Cover and let stand for 5 minutes.

**Tip:** For authentic Indian-style rice, wash the rice before cooking to get rid of some of the starch. Put rice in a bowl and mix vigorously with water, then drain. Repeat this process five to seven times. Your rice will turn out fluffier and less starchy this way.

## Delhi-Style Dal

Serves 4

1 ½ cups pink, red, or yellow lentils  
½ teaspoon ground turmeric  
Salt  
1 tomato, finely chopped  
3 tablespoons vegetable oil  
1 teaspoon cumin seeds  
1 yellow onion, finely chopped  
4 cloves garlic, thinly sliced  
½ teaspoon cayenne pepper  
1 teaspoon garam masala  
¼ cup finely chopped fresh cilantro (fresh coriander)

Pick over the lentils, removing any grit or misshapen lentils. Rinse well, place in a deep pot, and add the turmeric and 4 cups water. Bring to a boil, reduce the heat to low, and simmer, uncovered, until the lentils are tender, about 25 minutes for pink or red lentils and 40 minutes for yellow. Stir in 1 ½ teaspoons salt and the tomato and cook until the tomato is soft, about 5 minutes. Keep warm.

In a small frying pan over medium-high heat, warm the oil. Add the cumin seeds and sauté until they turn very dark, about 30 seconds. Add the onion and garlic and sauté until light golden, about 6 minutes. Stir in the cayenne and garam masala, then pour the mixture into the lentils. Add the cilantro and mix well. Taste and adjust the seasonings. Serve at once.

## Chicken Tikka

Serves 10-12

¾ teaspoon cumin seeds, toasted  
¾ teaspoon coriander seeds, toasted  
2 cups whole-milk yogurt  
4 garlic cloves, chopped  
1 (1 ½ -inch) piece fresh ginger, peeled and chopped  
3 tablespoons vegetable oil plus additional for greasing pan  
2 tablespoons fresh lime juice  
1 1/2 teaspoons salt  
¾ teaspoon ground turmeric  
½ teaspoon garam masala (Indian spice mixture)  
½ teaspoon black pepper  
¼ teaspoon cayenne  
5 pounds skinless boneless chicken breasts and/or thighs  
Lime wedges for garnish

Puree all ingredients except chicken in a blender until spices are well ground.

Cut thighs into 2 pieces, and chicken breasts into thirds. Put chicken in a large bowl, or divide between 2 large sealable plastic bags, and add yogurt mixture, stirring or turning to coat. Marinate chicken, covered and chilled (turning occasionally if using bags), at least 4 hours.

Bring chicken to room temperature.

Preheat broiler and brush a broiler pan lightly with oil. Place chicken on pan and brush with butter. Broil chicken about 4 inches from heat, turning over once halfway through if desired and brush tops again with butter, until browned in spots and just cooked through, 9 to 12 minutes total. Serve warm or at room temperature. Garnish with lime wedges.

## **Mango and Red Pepper Chutney**

Makes about 4 cups

3 firm-ripe mangoes (3 pounds total), peeled and cut into ½ inch cubes  
1/3 cup distilled white vinegar  
1/3 cup packed dark brown sugar  
1/3 cup golden raisins  
1 ¾ teaspoons salt  
1 (1-inch) piece fresh ginger, peeled and chopped  
1 tablespoon chopped fresh jalapeno including seeds (from 1 chile)  
3 garlic cloves, chopped  
¾ teaspoon ground cumin  
2/4 teaspoon ground coriander  
½ teaspoon turmeric  
2 tablespoons vegetable oil  
1 medium onion, chopped  
1 red bell pepper, cut into ¼-inch dice  
1 (3-inch) cinnamon stick

Toss together mangoes, vinegar, brown sugar, raisins, and 1 teaspoon salt.

Mince and mash ginger, jalapeno and garlic to a paste with remaining ¾ teaspoon salt using a large heavy knife, then stir in cumin, coriander, and turmeric.

Heat oil in a 4-quart heavy pot over moderately high heat until hot but not smoking, then sauté onion and bell pepper, stirring occasionally, until golden, 8 to 10 minutes. Add garlic paste and cinnamon stick, then reduce heat to moderate and cook, stirring, 1 minute. Stir in mango mixture and simmer, covered, stirring occasionally, until mangoes are tender, about 30 minutes. Discard cinnamon stick and cool chutney, uncovered, about 45 minutes.

Chutney freezes well for future use!

## Cardamon Pistachio Kulfi (Indian Ice Cream)

Serves 12

½ cup pistachios, unsalted  
1 can (12 oz) non-fat evaporated milk  
1 can (14 oz) sweetened condensed milk  
4 slices white bread, crusts removed, torn into pieces  
1 teaspoon ground cardamon  
1 pint whipping cream, whipped  
½ cup chopped pistachios, either salted or unsalted

Grind ½ cup pistachios in a blender. Scrape it away from the sides of the blender with a spatula before continuing.

Add next 4 ingredients in a blender and blend until smooth.

Whip cream. Add to blender and mix just until blended.

Pour into baking dish, ice cream trays, or other containers and freeze overnight. I used a muffin pan. A mini-popover pan would also work, or you could serve in ramekins. It's very rich so a small serving (3 oz) is plenty.

Sprinkle with chopped pistachios before serving.

### Notes:

The white bread just prevents ice crystals from forming in the kulfi. You can make this without the bread, if you want.

If you use a baking dish to freeze the kulfi, be forewarned: this freezes quite stiff so it's hard to scoop! Traditionally, Indians make kulfi in popsicle shape.

If you make this in a muffin pan, let sit for a few minutes at room temperature, then use a knife to help unmold the kulfi.

You can soak a few saffron threads and add that to the kulfi mixture for more color and flavor, and/or add fruit puree. This is a very flexible recipe, and is supposed to also work with Cool Whip.



Top:  
Mathia (available at ethnic groceries)  
Mango & Apple Soup

Entree plate:  
Mango & Red Pepper Chutney  
Chicken Tikka  
Delhi-Style Dal on Basmati Rice

Bottom:  
Cardamon Pistachio Kulfi

