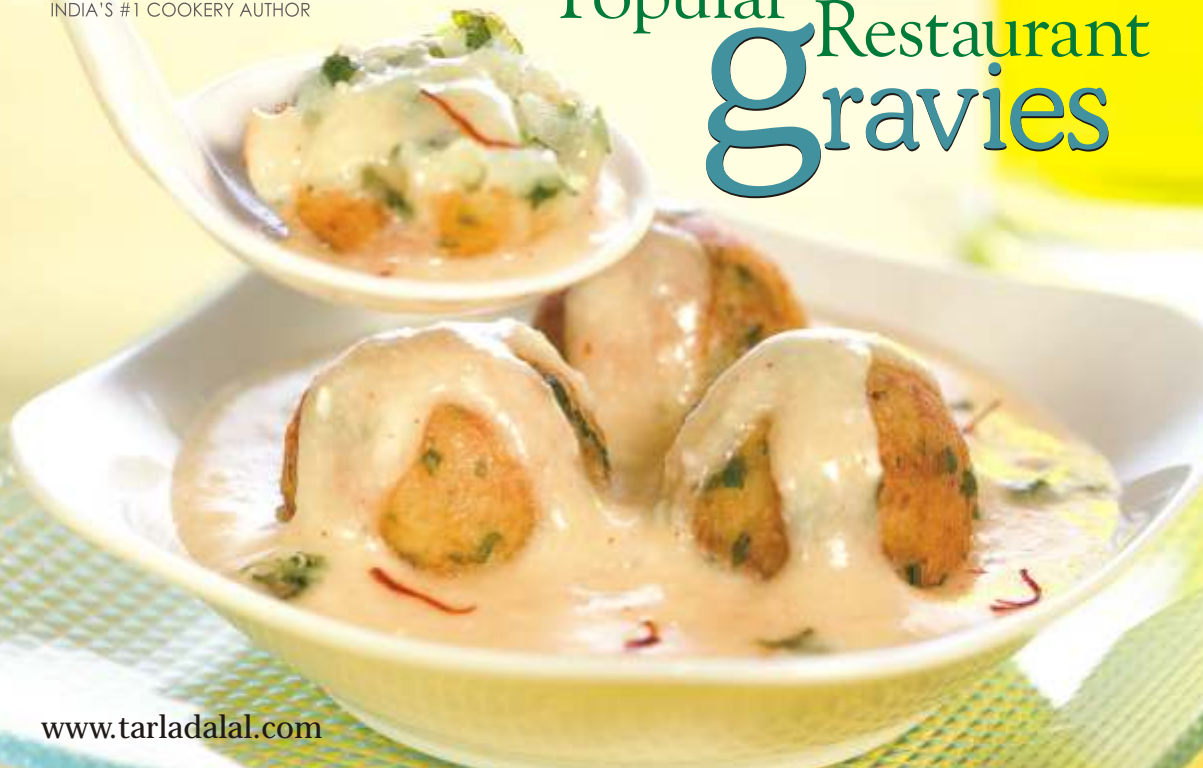


Tarla Dalal
INDIA'S #1 COOKERY AUTHOR

Popular Restaurant gravies



www.tarladalal.com

Introduction

Indian cuisine has been shaped over the centuries by many forces. And, the many components of this rich cuisine, which range from Indian breads to gravies, from rice to pickles, each boasts of a host of traditional recipes.

Gravies add body to Indian recipes. Just as *rotis* and rice form the staple diet in Indian cuisine, the gravy plays an indispensable role as an accompaniment for these. I was initially very eager to know how people make so many varieties of gravy with a single vegetable. Then, I realised that it is easy to make any kind of dish if the basic technique of making the gravy is known. Thus, I started learning about the numerous forms of basic gravies including onion-tomato, only tomato, green *masala*, curd, cashewnut, coconut, poppy seeds, etc., and innovated by blending various ideas! Cooking a vegetable curry might seem like a mammoth task, but it can be done in a jiffy if you have the *masala* paste ready on hand. One can make a *masala* paste in bulk and keep it in the fridge for use in small quantities whenever required. I often prepare the paste a few days before, if I know I will be expecting guests or if I am too busy with other things that do not allow me enough time in the kitchen on weekdays.

In this book, we look at the basic recipes from various regions such as Malvani, Nawabi, Goan, Chettinad, etc, and dishes based on those, such as Malwani Vatana Usal, page 53, Nawabi Kesar Koftas, page 65, Chettinad Curry, page 92, and Potatoes in Goanese Gravy, page 96.

Join me; let us explore the world of gravies, and wade through it easily and knowledgeably!

Tarla Dalal

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Subz Makhani

A melange of vegetables cooked in a *makhani* gravy! True to its name, this gravy features rich proportions of butter and cream. Treat even the unannounced guest to a memorable meal, with this delicious and quick recipe!

Preparation Time: 20 minutes. Cooking Time: 15 minutes. Serves 4.

2 tbsp oil

½ tsp cumin seeds (*jeera*)

½ cup finely chopped onions

1 tsp finely chopped garlic (*lehsun*)

1 tsp ginger (*adrak*) juliennes

1 recipe basic *makhani* gravy, page 19

1 tsp coriander (*dhania*) powder

A pinch turmeric powder (*haldi*)

¼ tsp *garam masala*, page 104

1 tsp sugar

¼ tsp dried fenugreek leaves (*kasuri methi*)

1½ cups chopped and boiled mixed vegetables (carrots, peas, cauliflower and french beans)

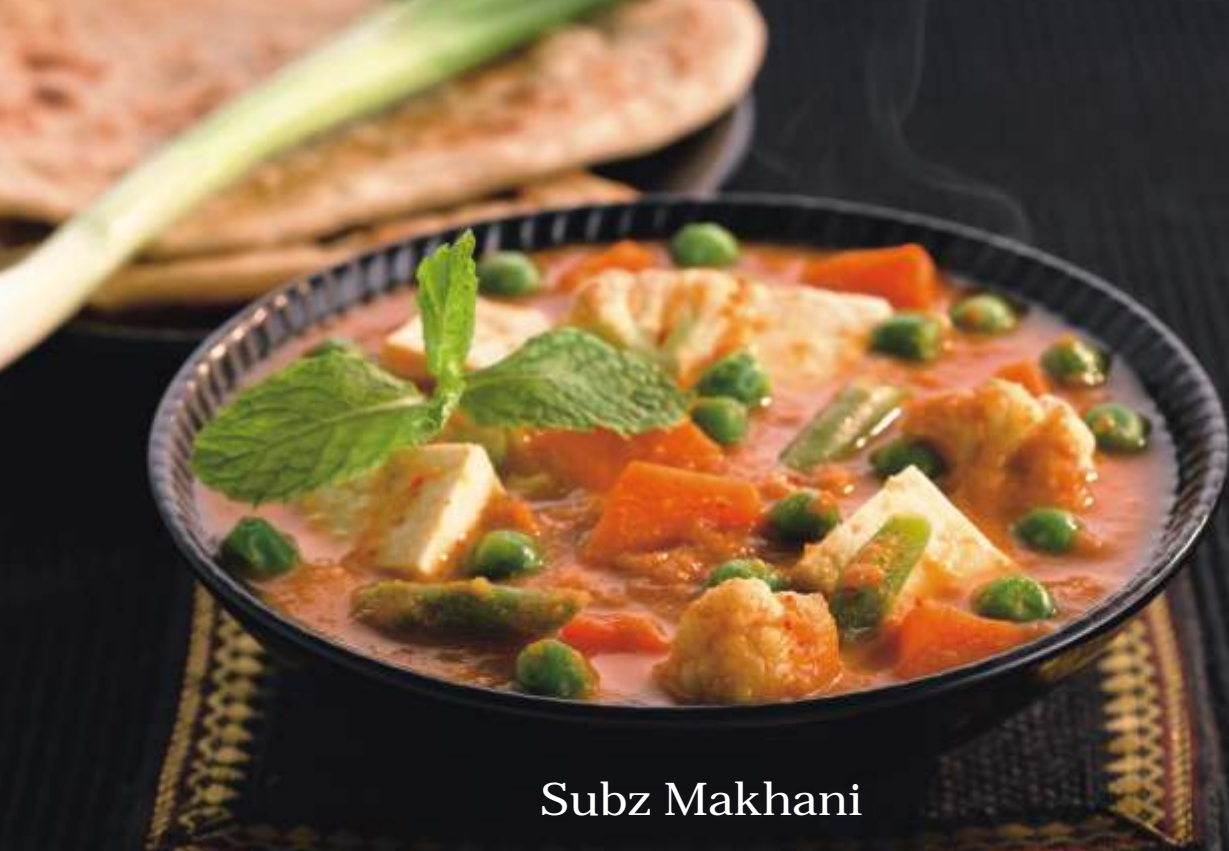
¼ cup *paneer* (cottage cheese), cut into 25 mm. (1") cubes

Salt to taste

For the garnish

A sprig of mint leaves (*phudina*)

1. Heat the oil in a *kadhai* and add the cumin seeds.
 2. When the seeds crackle, add the onions, garlic and ginger and sauté on a medium flame till the onions turn translucent.
 3. Add the basic *makhani* gravy, coriander powder and turmeric powder, mix well and sauté for 4 to 5 minutes.
 4. Add the *garam masala*, sugar, dried fenugreek leaves and ¼ cup of water, mix well and simmer for 3 to 4 minutes, stirring once in between.
 5. Add the mixed vegetables, *paneer* and salt, mix gently and simmer for another 3 to 4 minutes, while stirring occasionally.
- Serve hot garnished with mint leaves.



Subz Makhani

Mirch Ka Salan

Traditionally, Hyderabadi *salan* is sealed in a shallow, wide, flat-bottomed handi and cooked on a low flame, to trap all the flavours. We have modified this recipe to make it more convenient, without compromising on the authenticity.

Preparation Time: 15 minutes. Cooking Time: 25 minutes. Serves 6.

4 tbsp oil

500 gms long green Bhavnagri chillies, slit and deseeded

1 tsp cumin seeds (*jeera*)

½ tsp mustard seeds (*rai/sarson*)

¼ tsp fenugreek (*methi*) seeds

¼ tsp nigella seeds (*kalonji*)

6 curry leaves (*kadi patta*)

1 recipe basic Hyderbadi paste, page 35

¼ tsp turmeric powder (*haldi*)

2 tbsp coriander-cumin seeds (*dhania-jeera*) powder, page 103

2 tsp chilli powder

Salt to taste

For the garnish

2 tbsp chopped coriander (*dhania*)

1. Heat the oil in a *kadhai*, add the Bhavnagri chillies and sauté till they turn whitish in colour. Remove and keep aside.
2. In the same oil, add the cumin seeds, mustard seeds, fenugreek seeds, nigella seeds and curry leaves.
3. When the seeds crackle, add the basic Hyderabadi paste and 3 tbsp of water and cook on a medium flame for a minute, while stirring continuously.
4. Add the turmeric powder, coriander-cumin seeds powder and chilli powder, mix well and cook on a medium flame for 2 minutes till the oil separates, stirring once in between.
5. Add 1¼ cups of water and cook on a medium flame for 5 to 7 minutes, stirring twice in between.
6. Add the fried Bhavnagri chillies, and salt and simmer for 4 to 5 minutes or till the gravy thickens. Serve hot garnished with coriander.



Mirch Ka Salan

Hyderabadi Baghara Baingan



Just as *rotis* and rice form the staple diet in Indian cuisine, the gravy plays an indispensable role as an accompaniment for these. I was initially very eager to know how people make so many varieties of gravy with a single vegetable. Then, I realised that it is easy to make any kind of dish if the basic technique of making the gravy is known.

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Tarla Dalal



“Padma Shri” awardee, **Mrs Tarla Dalal** is India's best selling author in any field, with over 4 million cookbooks sold to date. She is the first to launch a bi-monthly food magazine, ‘**Cooking & More**’, which is the best selling cookery magazine in India, under her own name.

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