

The Graduate Student's Guide to Indian Recipes

edited by
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Chapter 1

Preface

1.1 Somesh Rao

I have collected these recipes over the network. I am just responsible for typesetting it and running it through a spell checker. In a later edition I hope to add my own recipes. At this point I would like to apologize to those whose recipes I have used but whose names I have not mentioned. During the editing process I lost most of the addresses. Finally, I am not responsible for any of the recipes as I have been so busy trying to put this book together that I have had no time for experimentation. Please send comments, suggestions and other recipes to

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This book is available through anonymous FTP from

wpi.wpi.edu

in recipes/indian.recipes.*

I would like to thank Greg Leichtman and Jamille Hetke at The University of Michigan who took the trouble to correct my \LaTeX errors.

By the way, I would prefer recipe contributions in electronic form.
Bon Appetit.

1.2 Sanjiv Singh

The problem with the cooks I grew up with, like my mother for instance, is that they never wrote any of their craft down. So here I am looking for ways to cook the wonderful things I have been downing in large quantities and all these people can tell me is “Well, you add a ‘little’ of this and wait ‘til ‘that’ happens and then serve.” Having not had most of the experience firsthand, I have had to blunder through many “adventures” with the meals I have cooked for the first couple of times.

Through my efforts to write down some means of replicating what I would undoubtedly forget, this collection of recipes has come together as a collection of concoctions, hopefully exotic enough that cannot be found together elsewhere. Credit goes to Sriram for getting me started on this; indeed most of the recipes listed here came via him.

At this writing, the recipes are disproportionately Indian. The reason is simply that I can find other recipes in abundance without having to transcribe them. The reality is that most of the Indian recipes assume some familiarity with Indian spices and more so with cooking in general. They are not recommended for complete novices. The exceptions to this are the first two recipes for chick peas and for cauliflower.

In the latest update, a couple of recipes have been added and the book has been separated into chapters.

Make sure you brown them onions right.

Sanjiv Singh

Pittsburgh, January 1989

1.3 Acknowledgement

Also this book contains the recipes taught by Mrs. Pawan Datta in her Indian Cooking class of Fall 1981. This compilation was done by Marc Meyer (ingvax:marc).

Minor editing was also done by Gregg Leichtman and Jamille Hetke at The University of Michigan.

Chapter 2

Ingredients

2.1 Guide to Ingredients

Most of the ingredients are available at the grocery stores or supermarkets. Some, though, are special and have to be obtained from the Indian stores. Substitutes may change the character of the dish. It is better to omit an ingredient if not available than to substitute for it. If whole spice is not available, you may use the ground form, but the ground form is less pungent.

Name	Indian Name	Description
Asafoetida	Hing	Dried gum resin from the root of various Iranian and East Indian plants. Has a strong fetid odor—definitely an acquired taste. May be obtained.
Besan	Besan	Flour of dried chick peas.
Cardamom	Elaichi	Dried fruit of a plant. Mostly the seeds are used.
Coriander	dhania	Seeds of 4 pods measure approximately $\frac{1}{4}$ t. Aromatic herb of the parsley family. Sold as cilantro or chinese parsley. Also sold as seed or dry powder.
Cumin	Jeera	Very aromatic and reminiscent. Sold whole or ground.
Dals	Dal	Hindi name for all members of the legume or pulse family. Commonly used are: Arhar, Channa, Masur, Mung, Labia (black-eyed peas), Rajma (red kidney beans).

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