

Indian FEAST

TAKE AWAY - GUNDSØMAGLE

Menu for Klima Bristo - 28 november 2023



1. Yellow moong Dhal curry
2. Chapathi
3. Potato and cauliflower tikka masala

Yellow moong Dhal curry(for 2 persons)

Ingredients

1. Yellow moong dhal - 150 grams
2. Water for boiling
3. Mustard seeds - 1 tea spoon
4. Cumin - 1 tea spoon
5. Oil - 1 table spoon
6. Puree from one tomato
7. Garlic - 1 pod
8. Salt - as per taste

Procedure :

1. Dry roast the yellow moong dhal in a pan
2. Wash them minimum 3 times and soak them in the water for 3-4 hours
3. Once soaked, cook the moong dhal (for 150 grams 400-500 ml water along with the garlic.
4. Strain the excess water
5. Smash the moong dhal and adjust to the desire consistency
6. In a pan, heat the oil and add mustard seeds and once it starts to split, add cumin and the tomato puree and allow them to cook like a thick paste.
7. Last step is to add the thickened tomato puree mixture to the cooked dhal and cook on lowest flame for a minute. And the dhal is ready to be served.

Chapathi :

Chapati is a flat Indian bread that goes with all the curries, pesto and you can also use it as a wrap

Ingredients:

1. Whole wheat flour (fuld korns mel) - 1 cup
2. Water - half cup hot water
3. Salt -1/4 tea spoon
4. Sugar - ¼ tea spoon
5. Oil - 2 tables spoon for dough and 1 tea spoon for cooking each chapathi

Procedure:

1. Blend all the dry ingredients together, flour, salt and sugar and give it a good mix
2. Add oil and give it a mix
3. Lastly add water and give the flour a great massage for close to 15 minutes minimum to get the soft breads.
4. Cover the dough and Let the dough rest for minimum 15 minutes, the more the time its better. 5-6 hours would be great if you can.
5. Make the dough into balls and roll them using the rolling pin. Wh8ile rolling add some dry flour to the working table so it doesnt stick to the surface.

6. Cooking the chapathi, heat the pan and once the pan is heated put the rolled chapathi, leave it for 20-30 seconds, then flip it leave it for 20-30 seconds, the chapathi will start to get puffed at this stage flip again and oil and then re flip again add the remaining oil. 1 minute and 30 seconds one chapathi would be ready.



Potato and cauliflower tikka masala (for 6 people)

The minimum garam masala we could make is for 6 people so i am giving measurements on that. You can store the garam masala for a couple of months but more the fresh better the taste.

1Garam masala recipe

1. bay leaf - 1 small
2. Cinnamon - 1 inch stick
3. Cloves - 4
4. Star anise - a small piece (size of 2 cloves)
- 5, cardamom - 2
6. Fenugreek - $\frac{1}{4}$ tea spoon
7. Black pepper - $\frac{1}{4}$ tea spoon
8. Cumin seeds - 1 tablespoon
9. Fennel seeds - 1 table spoon
10. Coriander seeds - 2 table spoon
11. Poppy seeds - 3 table spoon (add poppy seeds after turning off the heat)

Dry roast all the ingredients, make the pan hot and reduce the heat to the minimum and roast them in the lowest heat, and then make it to a smooth powder. Add the ingredients one by one in a 10-15 second time gap. After adding coriander seeds allow them to stay together for a 30 seconds, in the low heat.

2. Potato - 4
3. Cauliflower - $\frac{1}{2}$
4. Onions - 3

5. Tomato - 3
6. Ginger - 1 inch
7. Garlic - 2
8. Oil
9. Salt as per taste
10. Chilli as per taste

Procedure :

1. Dice the potatoes and stir fry them in oil to 80%
2. Chop the cauliflowers in pieces and stir fry them in oil to 60 %
3. In another cooking pot add 2 table spoons oil and garlic, ginger and onions till it softens and add the tomato. They should be cooked until soft.
4. Blend them as fine as possible
5. Then added the blended puree to the cooking pot and ass the desired salt and 1 table spoon of garam masala and allow them to cook with salt and chilli as per taste for 3 minute.
6. Then add the cooked potatoes, cauliflower to the curry and reduced the heat, cook closed for 3 - 5 minutes,.
7. If you can get fresh coriander leaves you welcome to top it finely chopped while serving.

Shops where i get the Indian spices:

1. <https://ispicefoods.com/>
2. <https://grobasket.com/> (the first two are my favourites)
3. Roskilde bazzar Roskilde (rarely if i can't go to copenhagen)