

DELICIOUS

SUSTAINABLE, EASY AND HEALTHY COOKBOOKS!

**A Festivity of
Color, Flavor
and Traditions!**



**Authentic Recipes
from the Heart
of the Region!**

NORTH INDIA



DELICIOUS
North India

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Introduction

North Indian cuisine is known for its rich, creamy curries, fragrant biryanis, and mouth-watering tandoori dishes.

The region's food is influenced by various factors, such as the local climate, geography, history, and religion. Some of the most popular North Indian dishes include butter chicken, tandoori chicken, dal makhani, chole bhature, and paneer tikka. Butter chicken is a creamy and savory chicken curry that is a favorite of many, while tandoori chicken is a spicy and smoky grilled chicken dish that is marinated in yogurt and spices. North Indian cuisine also has a wide variety of snacks and sweets, such as samosas, pakoras, and gulab jamun. Samosas are savory pastries filled with spiced potatoes or meat, while pakoras are fritters made with a variety of vegetables and spices.

Overall, North Indian cuisine offers a range of delicious and flavorful dishes that are loved by people all over the world. Whether you're a vegetarian or a meat lover, there's sure to be something in North Indian cuisine that will satisfy your taste buds.

All recipes are for 4 person!



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Butter chicken

Butter chicken, also known as Murgh Makhani, is a popular dish originating from North India, specifically the Punjab region. The dish is made by marinating chicken in a mixture of spices, yoghurt, and cream, which is then cooked in a tandoor oven or grilled until it is tender and juicy. The chicken is then simmered in a rich, creamy tomato sauce, which is flavored with a blend of aromatic spices such as cumin, coriander, garam masala, and turmeric. The dish has a smooth and velvety texture, and its rich flavors make it a favorite among food lovers not only in India but all over the world. Butter chicken is typically served with naan bread or rice and is often garnished with fresh cilantro leaves. It is a must-try dish for anyone visiting North India, and it is also a popular dish in Indian restaurants worldwide.

Ingredients:

- 500 grams boneless chicken, cut into bite-size pieces
- 1 cup plain yoghurt
- 1 teaspoon ginger paste
- 1 teaspoon garlic paste
- 1 teaspoon red chili powder
- 1 teaspoon turmeric powder
- 1 teaspoon cumin powder
- 1 teaspoon coriander powder
- 1/2 teaspoon garam masala powder
- Salt to taste
- 2 tablespoons vegetable oil
- 2 tablespoons butter
- 1 large onion, finely chopped
- 2 tomatoes, finely chopped
- 1/2 cup heavy cream
- 2 tablespoons tomato paste
- 1/2 teaspoon dried fenugreek leaves (kasuri methi)
- Fresh cilantro leaves for garnish

Instructions:

1. In a mixing bowl, combine the yoghurt, ginger paste, garlic paste, red chili powder, turmeric powder, cumin powder, coriander powder, garam masala powder, and salt. Mix well.
2. Add the chicken to the marinade and mix until the chicken is well-coated. Cover and refrigerate for at least 1 hour, or overnight for best results.
3. In a large skillet, heat the vegetable oil and butter over medium heat. Add the chopped onion and sauté until it turns translucent.
4. Add the marinated chicken to the skillet and cook until browned on all sides.
5. Add the chopped tomatoes and tomato paste to the skillet and stir well. Cover and cook for 10-15 minutes, until the tomatoes are soft and cooked.
6. Add the heavy cream and kasuri methi to the skillet and stir well. Cook for another 5-10 minutes until the chicken is fully cooked and the sauce is thick and creamy.
7. Garnish with fresh cilantro leaves and serve hot with naan bread or rice.



Tandoori chicken

Tandoori chicken is a popular North Indian dish that is known for its unique taste and flavors. The origins of Tandoori chicken can be traced back to the Mughal era in India, where it was traditionally served as a main course at royal banquets. Today, the dish is a popular street food and can be found in many North Indian restaurants around the world. Tandoori chicken is typically served with naan bread, mint chutney, and onion rings. It is a great dish for those who enjoy spicy and flavorful food, and it is also a healthy option as it is high in protein and low in fat. If you want to experience the rich taste and aroma of North Indian cuisine, Tandoori chicken is a must-try dish.

Ingredients:

- 4 chicken legs or 8 bone-in chicken thighs
- 1 cup plain yoghurt
- 2 tablespoons ginger paste
- 2 tablespoons garlic paste
- 1 tablespoon cumin powder
- 1 tablespoon coriander powder
- 1 tablespoon paprika
- 1 tablespoon garam masala powder
- 1 teaspoon turmeric powder
- 1 teaspoon salt
- 2 tablespoons vegetable oil
- Lemon wedges, onion rings, and mint chutney for serving

Instructions:

1. In a mixing bowl, combine the yoghurt, ginger paste, garlic paste, cumin powder, coriander powder, paprika, garam masala powder, turmeric powder, and salt. Mix well.
2. Add the chicken to the marinade and mix until the chicken is well-coated. Cover and refrigerate for at least 1 hour, or overnight for best results.
3. Preheat the oven to 450°F (230°C).
4. Line a baking sheet with aluminum foil and brush it with vegetable oil.
5. Arrange the marinated chicken pieces on the baking sheet and bake for 20-25 minutes, until the chicken is cooked through and the outside is slightly charred.
6. Serve hot with lemon wedges, onion rings, and mint chutney.



Biryani

Biryani is a popular rice dish that originated in India and is enjoyed throughout the world. The dish is known for its fragrant aroma and flavorful spices, which are used to marinate the meat or vegetables and are layered with long-grain Basmati rice. The dish is typically served with raita, a yogurt-based condiment, and a side of pickles. North Indian Biryani is a variation of the dish that is known for its use of meat, such as chicken or lamb, and a blend of aromatic spices like saffron, cardamom, cinnamon, and cloves. North Indian Biryani is a staple dish in North Indian cuisine and is commonly served during special occasions and festivals. It is a perfect comfort food for people who enjoy spicy and flavorful dishes. If you want to experience the rich taste and aroma of North Indian cuisine, Biryani is a must-try dish.

Ingredients:

- 2 cups Basmati rice
- 500g chicken, bone-in and skinless, cut into pieces
- 2 onions, sliced
- 1 tablespoon ginger paste
- 1 tablespoon garlic paste
- 1 cup plain yoghurt
- 1 teaspoon cumin powder
- 1 teaspoon coriander powder
- 1 teaspoon garam masala powder
- 1 teaspoon red chili powder
- 1/2 teaspoon turmeric powder
- Salt to taste
- 2 tablespoons vegetable oil
- 3 cups water
- 1/4 cup chopped fresh coriander leaves
- 1/4 cup fried onions

Instructions:

1. Rinse the rice in cold water until the water runs clear. Soak the rice in water for 30 minutes.
2. In a mixing bowl, combine the chicken pieces, onions, ginger paste, garlic paste, yoghurt, cumin powder, coriander powder, garam masala powder, red chili powder, turmeric powder, and salt. Mix well and marinate for at least 30 minutes.
3. Heat the vegetable oil in a large pot over medium heat. Add the marinated chicken and cook for 10-15 minutes, until the chicken is browned on all sides.
4. Drain the soaked rice and add it to the pot with the chicken. Add water and stir gently.
5. Bring the mixture to a boil, then reduce the heat to low and cover the pot. Cook for 20-25 minutes, until the rice is fully cooked and the water has been absorbed.
6. Remove the pot from heat and let it sit for 10 minutes. Fluff the rice with a fork and sprinkle the fresh coriander and fried onions over the top.
7. Serve hot with raita and pickles.



Rogan josh

Rogan josh is a popular North Indian dish that is traditionally made with lamb or mutton. The dish is known for its rich and aromatic tomato-based gravy, which is spiced with a blend of fragrant spices such as cardamom, cinnamon, cloves, and fennel seeds. The name “rogan josh” is derived from the Persian word “rogan,” which means oil, and “josh,” which means heat or passion. This refers to the cooking method of the dish, which involves slow-cooking the meat in a rich tomato-based sauce until it becomes tender and flavorful. North Indian Rogan Josh is a favorite among meat lovers, as it is a spicy and flavorful dish that is perfect for those who enjoy a bit of heat. The dish is typically served with steamed rice or Indian bread, such as naan or roti. It is a must-try for anyone who wants to experience the delicious flavors of North Indian cuisine.

Ingredients:

- 500g lamb or mutton, cut into bite-size pieces
- 3 tablespoons vegetable oil
- 2 onions, finely chopped
- 2 teaspoons ginger paste
- 2 teaspoons garlic paste
- 2 tomatoes, chopped
- 1 teaspoon cumin powder
- 1 teaspoon coriander powder
- 1 teaspoon turmeric powder
- 1 teaspoon paprika
- 1/2 teaspoon cinnamon powder
- 1/2 teaspoon cardamom powder
- 1/2 teaspoon cloves powder
- 1/2 teaspoon fennel seeds
- Salt to taste
- 1 cup water
- 2 tablespoons fresh coriander leaves, chopped

Instructions:

1. Heat the vegetable oil in a large pot over medium heat. Add the onions and cook until they are soft and golden brown.
2. Add the ginger paste and garlic paste to the pot and cook for 1-2 minutes, until fragrant.
3. Add the lamb or mutton to the pot and cook for 5-7 minutes, until the meat is browned on all sides.
4. Add the chopped tomatoes, cumin powder, coriander powder, turmeric powder, paprika, cinnamon powder, cardamom powder, cloves powder, fennel seeds, and salt to the pot. Mix well and cook for 5-7 minutes, until the tomatoes are soft and have released their juices.
5. Add 1 cup of water to the pot and bring the mixture to a boil. Reduce the heat to low, cover the pot, and simmer for 45-60 minutes, until the meat is tender and cooked through.
6. Remove the lid from the pot and cook for an additional 10-15 minutes, until the gravy has thickened to your desired consistency.
7. Garnish with chopped fresh coriander leaves and serve hot with steamed rice or Indian bread.



Tandoori Fish

North Indian Tandoori Fish is a popular dish that is usually served as an appetizer or side dish. The dish is made by marinating fish in a spicy yogurt mixture and then baking it in a tandoor oven or on a grill. The marinade is typically made with a blend of spices such as ginger, garlic, cumin, coriander, turmeric, and chili powder, which give the fish a distinct flavor and aroma. The dish is usually served with a side of sliced onions, lemon wedges, and mint chutney. It can be enjoyed as a snack or as a main course when paired with rice or naan bread. Tandoori Fish is a healthy dish that is rich in protein and low in fat, making it a great option for those looking for a nutritious meal.

Ingredients:

- 4 large fish fillets (any white fish like tilapia, cod or halibut)
- 1 cup plain yogurt
- 2 tablespoons ginger garlic paste
- 2 tablespoons tandoori masala
- 1 teaspoon red chili powder
- 1 teaspoon garam masala
- 1 tablespoon lemon juice
- Salt, to taste
- Oil, for grilling
- Lemon wedges, for serving

Instructions:

1. Rinse the fish fillets and pat them dry with a paper towel.
2. In a mixing bowl, whisk together the yogurt, ginger garlic paste, tandoori masala, red chili powder, garam masala, lemon juice, and salt until smooth.
3. Add the fish fillets to the marinade, making sure each fillet is coated with the marinade.
4. Cover the bowl with plastic wrap and let the fish marinate in the refrigerator for at least 30 minutes, or up to 2 hours.
5. Preheat the grill to medium-high heat.
6. Brush the grill grates with oil to prevent the fish from sticking.
7. Remove the fish from the marinade and shake off any excess marinade.
8. Place the fish fillets on the grill and cook for 5-6 minutes on each side, or until the fish is cooked through and lightly charred.
9. Remove the fish from the grill and transfer to a serving platter.
10. Garnish with lemon wedges and serve hot with your favorite chutney or dipping sauce.



Matar Paneer

North Indian Matar Paneer is a popular vegetarian dish that consists of green peas (matar) and soft paneer (cottage cheese) in a creamy tomato-based gravy. It is a classic North Indian curry that is loved by many for its rich flavor and texture. The dish is commonly served with naan, roti, or rice. To make this dish, fresh or frozen green peas and paneer are cooked in a tomato-based gravy made with onions, ginger, garlic, and spices like cumin, coriander, turmeric, and garam masala. The addition of cream or cashew paste gives it a creamy texture and a rich taste. This comforting and delicious dish is perfect for a hearty vegetarian meal.

Ingredients:

- 50g paneer, cubed
- 2 cups peas
- 2 tbsp oil or ghee
- 2-3 green cardamom pods
- 1 cinnamon stick
- 1 large onion, finely chopped
- 1 tsp garam masala powder
- 1/2 tsp kasuri methi (dried fenugreek leaves)
- Salt to taste
- Chopped coriander leaves for garnish
- 1 tsp ginger paste
- 1 tsp garlic paste
- 2 large tomatoes, finely chopped
- 1 tsp red chili powder
- 1 tsp coriander powder
- 1/2 tsp turmeric powder
- 1 tsp cumin seeds
- 1 bay leaf
- 2-3 cloves

For the Paneer Marinade:

- 1/2 cup thick yogurt
- 1 tsp ginger paste
- 1 tsp garlic paste
- 1 tsp red chili powder
- 1 tsp coriander powder
- 1/2 tsp cumin powder
- Salt to taste

Instructions:

1. In a bowl, mix all the ingredients for the paneer marinade. Add the paneer cubes and gently toss to coat them evenly. Set aside for 30 minutes.
2. Heat oil or ghee in a pan over medium heat. Add cumin seeds, bay leaf, cloves, cardamom pods, and cinnamon stick. Fry for 30 seconds.
3. Add finely chopped onions and fry until they turn golden brown.
4. Add ginger paste and garlic paste. Fry for 1 minute.
5. Add finely chopped tomatoes and fry until they turn mushy.
6. Add red chili powder, coriander powder, turmeric powder, and garam masala powder. Fry for 1-2 minutes.
7. Add the peas and 1/2 cup of water. Mix well, cover the pan with a lid and let it simmer for 10 minutes.
8. Meanwhile, preheat the oven to 200°C. Place the marinated paneer cubes on a baking sheet and bake for 10-12 minutes or until the paneer turns golden brown.
9. Add the paneer cubes, kasuri methi, and salt to the pea's mixture. Mix well and let it simmer for another 5-7 minutes.
10. Garnish with chopped coriander leaves and serve hot with roti, naan, or rice.



Dum Biryani

North Indian Dum Biryani is a popular rice dish that originates from the Mughal cuisine. It is a rich and flavorful dish that is made by layering marinated meat (usually chicken or mutton) with spiced rice and slow cooked in a sealed pot called a “handi”. The aroma of the biryani is simply irresistible, and the taste is heavenly. It is a perfect dish for special occasions and celebrations. The process of making North Indian Dum Biryani requires some effort and time, but the result is worth it. The meat is marinated in yogurt and spices, and the rice is flavored with saffron, whole spices, and fried onions. The layers are then assembled in the handi, sealed with dough, and cooked on low heat. The slow cooking process allows the flavors to develop and infuse into the rice and meat, resulting in a delicious and aromatic biryani.

Ingredients:

- 2 cups basmati rice
- 2 onions, sliced thinly
- 1 cup yogurt
- 1 cup chopped tomatoes
- 1 cup mixed vegetables (carrots, beans, peas)
- 1/2 cup chopped mint leaves
- 1/2 cup chopped coriander leaves
- 1 tbsp ginger-garlic paste
- 2 tbsp biryani masala
- 1 tsp red chili powder
- 1 tsp cumin powder
- 2 tbsp ghee or oil
- Salt to taste
- 1/4 cup fried onions (optional)
- 1/4 cup milk
- A pinch of saffron
- 1 tsp turmeric powder

For the meat:

- 500 grams of meat (chicken, lamb, or beef)
- 2 tbsp ginger-garlic paste
- 1 tsp red chili powder
- 1 tsp turmeric powder
- 1 tsp cumin powder
- Salt to taste
- 2 tbsp ghee or oil

Instructions:

1. Wash the basmati rice and soak it in water for 30 minutes.
2. Marinate the meat with ginger-garlic paste, red chili powder, turmeric powder, cumin powder, and salt for at least 1 hour.
3. Heat a large pot or a Dutch oven and add 2 tbsp of ghee or oil. Add sliced onions and fry until golden brown. Remove half of the fried onions and set them aside.
4. Add the marinated meat to the pot and cook on medium heat until it is browned on all sides. Remove the meat and set it aside.
5. Add chopped tomatoes, biryani masala, red chili powder, turmeric powder, cumin powder, and salt to the pot. Cook until the tomatoes are soft and mushy.
6. Add mixed vegetables, chopped mint leaves, and chopped coriander leaves to the pot. Mix well.
7. Add the meat back to the pot and mix well. Cook for 5 minutes.
8. Drain the soaked rice and add it to the pot. Mix gently.
9. Add enough water to cover the rice completely. Cover the pot with a tight-fitting lid and cook on low heat for 20 minutes.
10. In a small bowl, mix saffron with warm milk.
11. Once the rice is cooked, remove the pot from heat and let it sit for 10 minutes.
12. Open the lid and sprinkle fried onions and saffron milk on top of the rice.
13. Serve hot with raita or salad.



Naan

Naan is a popular type of leavened flatbread that originated in North India. It is typically made from wheat flour, water, yeast, and salt, and is traditionally cooked in a tandoor, a type of clay oven. Naan is a staple in North Indian cuisine and is often served alongside main course dishes like curries or biryanis. Naan can be enjoyed plain or flavored with various herbs and spices like garlic, cilantro, or cumin. It can also be stuffed with ingredients like cheese or potatoes, creating a delicious and satisfying meal on its own. While traditionally made in a tandoor, naan can also be made at home using a regular oven or a stovetop griddle. Naan is a versatile and delicious bread that is loved by people all over the world.

Ingredients:

- 2 cups all-purpose flour
- 1 teaspoon salt
- 1 teaspoon sugar
- 1 teaspoon active dry yeast
- 1/4 cup warm water
- 1/4 cup plain yogurt
- 1 egg, beaten
- 2 tablespoons vegetable oil
- 2 tablespoons melted butter
- 1/4 cup milk

Instructions:

1. In a mixing bowl, combine the flour, salt, and sugar.
2. In a separate small bowl, mix the active dry yeast with warm water and let it sit for 5 minutes, until frothy.
3. Add the yeast mixture, plain yogurt, beaten egg, vegetable oil, and melted butter to the mixing bowl with the dry ingredients. Mix well.
4. Slowly add the milk to the mixture while stirring until a soft and sticky dough forms.
5. Knead the dough for about 5-10 minutes until it becomes smooth and elastic.
6. Cover the dough with a damp cloth and let it rest in a warm place for about 1-2 hours, or until it doubles in size.
7. Preheat your oven to 500°F (260°C) or set a griddle over medium-high heat.
8. Divide the dough into 8-10 equal portions and roll each portion into a round shape of about 1/4 inch thickness.
9. Place the rolled-out naan on a baking sheet or griddle and cook for 2-3 minutes on each side, until lightly browned and cooked through.
10. Brush the cooked naan with melted butter and serve hot with your favorite North Indian dish.



Samosas

Samosas are a popular North Indian snack that has gained popularity all over the world. They are a type of fried or baked pastry that is typically filled with spiced vegetables, potatoes, or meat. Samosas are a staple of North Indian street food culture and are often eaten as a savory snack or appetizer. The outer shell of a samosa is made from a flour-based dough that is filled with a savory filling and then deep-fried or baked until crispy and golden brown. The filling can vary depending on personal preference and can be made with a variety of ingredients such as potatoes, peas, onions, spices, minced meat, or even cheese. Samosas are often served with chutneys or sauces such as tamarind chutney, mint chutney, or tomato sauce, and are a great snack to enjoy with a cup of hot tea or coffee.

Ingredients:

For the filling:

- 2 medium-sized potatoes, peeled and cubed
- 1/2 cup green peas
- 1/2 cup chopped onions
- 1/2 teaspoon cumin seeds
- 1 teaspoon grated ginger
- 1 teaspoon minced garlic
- 1 teaspoon coriander powder
- 1/2 teaspoon garam masala
- 1/2 teaspoon red chili powder
- Salt, to taste
- 1 tablespoon vegetable oil
- 1 tablespoon chopped cilantro

For the dough:

- 2 cups all-purpose flour
- 1/2 teaspoon salt
- 3 tablespoons vegetable oil
- 1/2 cup lukewarm water

For frying:

- Vegetable oil, for deep frying

Instructions:

1. In a mixing bowl, combine the flour, salt, and vegetable oil. Gradually add lukewarm water and knead to form a soft and smooth dough. Cover the dough with a damp cloth and set it aside for 20-30 minutes.
2. Boil the cubed potatoes and green peas until they are soft and tender.
3. In a separate pan, heat the vegetable oil and add the cumin seeds. When the cumin seeds start to splutter, add the chopped onions, ginger, and garlic, and sauté until the onions become translucent.
4. Add the boiled potatoes and green peas, along with coriander powder, garam masala, red chili powder, and salt. Mix well and cook for 2-3 minutes.
5. Add chopped cilantro and mix well. Allow the filling to cool.
6. Divide the dough into 8 equal portions and roll each portion into a thin oval shape.
7. Cut each oval in half to create two semi-circles.
8. Take one semi-circle and fold it to create a cone. Seal the edges with a little water.
9. Fill the cone with the prepared filling and seal the open end by pinching the dough together.
10. Heat oil in a deep pan over medium heat. Once the oil is hot, add 2-3 samosas at a time and deep fry them until golden brown and crispy.
11. Remove the fried samosas from the oil and drain on paper towels to remove any excess oil.
12. Serve hot with your favorite chutney or sauce.



Dal Makhani

Dal Makhani is a popular North Indian dish that has become a favorite all over the world. It is a creamy and flavorful lentil dish that is typically made with black lentils, kidney beans, butter, cream, and a blend of spices. The dish is slow-cooked for several hours to create a rich and creamy texture, and it is often served with rice, naan, or roti. The origin of Dal Makhani can be traced back to the Punjab region of India, where it was traditionally cooked in large quantities in clay pots over charcoal fires. The dish was originally made with black lentils, kidney beans, and a blend of spices, and was slow-cooked for several hours until it reached a creamy and aromatic consistency. Today, Dal Makhani is enjoyed all over India and is often prepared in homes and restaurants alike. It is a hearty and satisfying dish that is loved for its rich flavor and creamy texture.

Ingredients:

- 1 cup whole black lentils (Sabut Urad Dal)
- 1/4 cup kidney beans (Rajma)
- 2 tablespoons ghee or butter
- 1 tablespoon vegetable oil
- 1 large onion, finely chopped
- 1 tablespoon ginger paste
- 1 tablespoon garlic paste
- 2 green chilies, chopped
- 2 tomatoes, finely chopped
- 1 tablespoon coriander powder
- 1 teaspoon cumin powder
- 1/2 teaspoon garam masala
- 1/4 teaspoon red chili powder
- 1/4 teaspoon turmeric powder
- Salt, to taste
- 2 tablespoons cream
- 1 tablespoon kasuri methi (dried fenugreek leaves)
- Chopped cilantro, for garnish

Instructions:

1. Rinse and soak the black lentils and kidney beans in water overnight. Drain and rinse before cooking.
2. In a pressure cooker, add the soaked lentils and kidney beans with enough water to cover them. Pressure cook on medium heat for 4-5 whistles or until the lentils and beans are cooked and soft.
3. In a separate pan, heat ghee or butter and vegetable oil. Add chopped onions and sauté until they turn golden brown.
4. Add ginger paste, garlic paste, and chopped green chilies. Sauté for a minute.
5. Add chopped tomatoes and cook until the tomatoes turn soft and mushy.
6. Add coriander powder, cumin powder, garam masala, red chili powder, turmeric powder, and salt. Mix well and cook for 2-3 minutes.
7. Add the cooked lentils and kidney beans along with any remaining water. Mix well and cook for 10-15 minutes, stirring occasionally.
8. Add cream and kasuri methi (dried fenugreek leaves). Mix well and cook for a few more minutes.
9. Garnish with chopped cilantro and serve hot with rice or naan.



Saag meat

Saag Meat is a traditional North Indian dish that is made with a combination of leafy green vegetables and meat. The dish is typically made with lamb or goat meat but can also be made with chicken or beef. The meat is cooked with a blend of spices and then mixed with a puree of leafy greens, such as spinach or mustard greens, to create a hearty and flavorful dish. The dish is popular in the Punjab region of India and is often served with rice or naan bread. The combination of tender meat and flavorful greens makes Saag Meat a satisfying and nutritious meal that is enjoyed by many in North India and beyond.

Ingredients:

- 500g lamb or goat meat, cut into small pieces
- 2 cups of finely chopped spinach leaves
- 1 cup of finely chopped mustard leaves
- 1 medium-sized onion, finely chopped
- 2 tablespoons of ginger-garlic paste
- 1 teaspoon cumin powder
- 1 teaspoon coriander powder
- 1/2 teaspoon turmeric powder
- 1/4 teaspoon garam masala
- 1/4 teaspoon red chili powder
- Salt, to taste
- 2 tablespoons of ghee or vegetable oil
- 1 cup of water
- Chopped coriander leaves, for garnish

Instructions:

1. In a pressure cooker, add the meat, onion, ginger-garlic paste, cumin powder, coriander powder, turmeric powder, garam masala, red chili powder, salt, and 2 tablespoons of ghee or vegetable oil. Mix well and cook for 5-7 minutes on medium heat, stirring occasionally.
2. Add 1 cup of water and mix well. Pressure cook for 5-6 whistles or until the meat is tender and cooked through.
3. In a separate pan, add the chopped spinach and mustard leaves. Cook on medium heat for 5-7 minutes or until the leaves are wilted and soft.
4. Remove the pan from heat and let it cool. Once cool, blend the cooked spinach and mustard leaves to a fine puree using a blender or food processor.
5. Add the pureed greens to the pressure cooker with the cooked meat. Mix well and cook on medium heat for another 10-12 minutes, stirring occasionally.
6. Adjust the seasoning according to taste and cook for a few more minutes until the gravy thickens.
7. Garnish with chopped coriander leaves and serve hot with rice or naan bread.



Aloo paratha

Aloo Paratha is a popular North Indian flatbread stuffed with a spiced mixture of mashed potatoes and other ingredients. It is a hearty and filling meal that is perfect for breakfast, lunch, or dinner. Aloo Paratha is commonly served with Indian pickles, chutneys, and yogurt. The dish is believed to have originated in the Punjab region of India and is now enjoyed throughout the country and beyond. It is a simple yet delicious dish that can be enjoyed on its own or as part of a larger meal.

Ingredients:

For the dough:

- 2 cups whole wheat flour
- 1/2 teaspoon salt
- 1/2 teaspoon ajwain (carom) seeds
- 3/4 cup water

For the filling:

- 3 medium-sized potatoes, boiled and mashed
- 1 small onion, finely chopped
- 1-2 green chilies, finely chopped
- 1/2 teaspoon cumin powder
- 1/2 teaspoon coriander powder
- 1/2 teaspoon garam masala
- 1/2 teaspoon red chili powder
- 1/2 teaspoon amchur (dry mango) powder
- Salt, to taste
- 1 tablespoon chopped fresh coriander leaves

For cooking:

- Ghee or oil, as required

Instructions:

1. In a mixing bowl, add the flour, salt, ajwain seeds, and water. Mix well to form a soft and smooth dough. Knead the dough for a few minutes and set aside.
2. In another bowl, mix together the mashed potatoes, chopped onion, green chilies, cumin powder, coriander powder, garam masala, red chili powder, amchur powder, salt, and chopped coriander leaves.
3. Divide the dough into 8 equal portions and roll them into balls. Dust the balls with flour and roll out each ball into a 4-5 inch diameter circle.
4. Place a portion of the potato mixture in the center of each circle. Bring the edges of the circle together to seal the filling and pinch off any excess dough.
5. Dust the stuffed ball with flour and roll it out into a 7-8 inch diameter circle, taking care not to tear the dough and to keep the filling inside.
6. Heat a griddle or tawa on medium heat. Once hot, place the rolled-out paratha on it and cook for 2-3 minutes on each side.
7. Brush the cooked paratha with ghee or oil and cook for another minute or until golden brown on both sides.
8. Serve hot with yogurt, pickles, or chutneys of your choice.



Paneer tikka

Paneer tikka is a popular North Indian appetizer that consists of marinated cubes of paneer (Indian cottage cheese) that are grilled to perfection. The dish is often served as a starter at Indian restaurants and is loved for its spicy, smoky, and tangy flavors. The origins of paneer tikka can be traced back to the Punjab region of India, but it is now enjoyed all over the country and beyond. Paneer tikka is a vegetarian alternative to chicken tikka and is loved by vegetarians and non-vegetarians alike. It is usually served with mint chutney, onion rings, and lemon wedges.

Ingredients:

- 400g paneer, cut into cubes
- 1 bell pepper, cut into cubes
- 1 onion, cut into cubes
- 1/2 cup thick yogurt
- 1 tablespoon ginger paste
- 1 tablespoon garlic paste
- 1 tablespoon red chili powder
- 1 teaspoon turmeric powder
- 1 teaspoon coriander powder
- 1 teaspoon cumin powder
- 1 tablespoon garam masala powder
- Salt to taste
- 2 tablespoons oil

Instructions:

1. In a large mixing bowl, whisk together the yogurt, ginger paste, garlic paste, red chili powder, turmeric powder, coriander powder, cumin powder, garam masala powder, and salt until smooth.
2. Add the paneer cubes, bell pepper, and onion to the marinade and mix until the veggies and paneer are coated with the marinade. Cover the bowl and let it marinate in the fridge for at least 30 minutes, but ideally for 2-3 hours.
3. Preheat your grill or oven to 400°F (200°C). Thread the paneer cubes, bell pepper, and onion onto skewers.
4. Brush the skewers with oil and place them on the grill or in the oven. Grill or bake for 10-15 minutes, turning the skewers occasionally, until the paneer is golden brown and slightly charred on the edges.
5. Serve hot with mint chutney, onion rings, and lemon wedges on the side.



Rajma

Rajma is a popular North Indian dish made with red kidney beans cooked in a spiced tomato-based gravy. It is a staple in many households and is often enjoyed with steamed rice, naan or roti. The dish is known for its hearty, comforting flavors and is a favorite among vegetarians. The origin of Rajma can be traced back to the state of Punjab in India, but it is now enjoyed all over the country and beyond. It is a protein-packed dish that is easy to make and can be customized to suit individual tastes. Rajma is often cooked with a variety of spices and herbs to give it a rich and flavorful taste.

Ingredients:

- 1 cup dried red kidney beans, soaked overnight
- 2 onions, finely chopped
- 3 tomatoes, pureed
- 1 tablespoon ginger paste
- 1 tablespoon garlic paste
- 2 green chilies, finely chopped
- 1 teaspoon cumin seeds
- 1 tablespoon coriander powder
- 1 teaspoon cumin powder
- 1 teaspoon turmeric powder
- 1 teaspoon garam masala powder
- 1/2 teaspoon red chili powder
- Salt to taste
- 2 tablespoons oil
- Coriander leaves, for garnish

Instructions:

1. Drain the soaked kidney beans and rinse them with fresh water. Add them to a pressure cooker with 3 cups of water and salt to taste. Pressure cooks for 3-4 whistles or until the beans are cooked through and tender. Set aside.
2. In a large pan, heat oil over medium heat. Add cumin seeds and allow them to crackle. Add onions and sauté until they turn translucent.
3. Add ginger paste, garlic paste, and green chilies. Cook for 1-2 minutes until the raw smell disappears.
4. Add tomato puree and cook until the oil separates from the mixture.
5. Add coriander powder, cumin powder, turmeric powder, garam masala powder, red chili powder, and salt to taste. Cook for 2-3 minutes.
6. Add the cooked kidney beans and mix well with the masala. Add 1 cup of water and bring the mixture to a boil.
7. Reduce the heat to low and let the mixture simmer for 10-15 minutes, stirring occasionally, until the gravy thickens and the beans are coated with the masala.
8. Garnish with coriander leaves and serve hot with steamed rice, naan or roti.



Keema

North Indian Keema is a flavorful dish made with minced meat, commonly lamb or goat, and a blend of aromatic spices. It's a popular dish in North Indian cuisine and is usually served with rice, roti or naan. The minced meat is cooked with onions, garlic, ginger, and a variety of spices such as cumin, coriander, turmeric, and garam masala. The dish may also include tomatoes, potatoes, green peas or other vegetables. The addition of fresh herbs like cilantro or mint adds a burst of flavor to this savory dish. North Indian Keema is a versatile dish that can be prepared in many different ways, from dry to gravy based. It can also be made with other meats like chicken, beef or even tofu for a vegetarian version. This dish is a perfect option for a comforting family meal or a special occasion.

Ingredients:

- 500 grams of minced lamb or goat
- 2 onions, finely chopped
- 3-4 garlic cloves, minced
- 1-inch ginger, grated
- 2-3 green chilies, chopped
- 2 tomatoes, chopped
- 2-3 potatoes, cubed
- 1 cup green peas
- 2 tablespoons oil or ghee
- 1 teaspoon cumin seeds
- 1 teaspoon coriander powder
- 1/2 teaspoon turmeric powder
- 1/2 teaspoon red chili powder
- 1/2 teaspoon garam masala powder
- Salt to taste
- Fresh coriander leaves for garnish

Instructions:

1. Heat oil or ghee in a pan over medium heat. Add cumin seeds and let them crackle.
2. Add chopped onions and sauté until they turn golden brown.
3. Add minced garlic, ginger and chopped green chilies. Sauté for a minute or until the raw smell goes away.
4. Add chopped tomatoes and cook until they become soft and mushy.
5. Add coriander powder, turmeric powder, red chili powder and garam masala powder. Mix well and cook for a minute.
6. Add the minced lamb or goat and cook until it's browned, stirring occasionally.
7. Add cubed potatoes and green peas. Mix well and add salt to taste.
8. Add enough water to cover the meat and vegetables. Cover and simmer until the potatoes are cooked through and the meat is tender, stirring occasionally.
9. Garnish with fresh coriander leaves and serve hot with rice, roti, or naan.



Chicken tikka masala

North Indian Chicken Tikka Masala is a popular dish in Indian cuisine, consisting of marinated chicken pieces that are grilled and then simmered in a creamy tomato-based sauce. It is a flavorful and aromatic dish that is enjoyed by people all around the world. The dish is typically served with rice or naan bread and is a staple in many Indian restaurants. The origin of Chicken Tikka Masala is disputed, with some claiming it was invented in India and others claiming it originated in the UK. Regardless of its origins, it has become one of the most popular dishes in North Indian cuisine and is enjoyed by millions of people globally. The result is a rich and satisfying dish that is perfect for any occasion.

Ingredients:

- 500g boneless chicken, cut into bite-sized pieces
- 1 cup plain yogurt
- 1 tablespoon lemon juice
- 1 tablespoon ginger paste
- 1 tablespoon garlic paste
- 1 teaspoon cumin powder
- 1 teaspoon coriander powder
- 1 teaspoon garam masala
- 1/2 teaspoon turmeric powder
- Salt, to taste
- 2 tablespoons oil
- 1 onion, finely chopped
- 2-3 green chilies, slit
- 1 tablespoon tomato paste
- 2 medium-sized tomatoes, chopped
- 1/2 cup heavy cream
- 1/4 cup water
- 1/4 cup chopped coriander leaves

Instructions:

1. In a bowl, mix together yogurt, lemon juice, ginger paste, garlic paste, cumin powder, coriander powder, garam masala, turmeric powder, and salt.
2. Add chicken pieces to the marinade and mix well. Cover and refrigerate for at least 2 hours or overnight for best results.
3. Preheat oven to 200°C. Place marinated chicken on skewers and grill for 10-15 minutes, turning occasionally, until cooked through and lightly charred.
4. In a pan, heat oil over medium heat. Add chopped onions and green chilies and sauté until onions turn translucent.
5. Add tomato paste and chopped tomatoes and cook until the tomatoes are soft and mushy.
6. Add the grilled chicken pieces to the pan and mix well with the tomato mixture.
7. Pour in the heavy cream and water and bring the mixture to a boil.
8. Reduce the heat to low and let the curry simmer for 10-15 minutes, until the sauce thickens and the chicken is fully cooked.
9. Garnish with chopped coriander leaves and serve hot with rice or naan.



Chole bhature

Chole bhature is a popular North Indian dish that is a combination of spicy chickpeas (chole) and deep-fried bread made from maida flour (bhature). It is commonly consumed as a breakfast or brunch item and is also a popular street food. Chole bhature is believed to have originated in the northern Indian state of Punjab and has since become popular across the country. The spicy chole is made with a blend of aromatic spices like cumin, coriander, cinnamon, and cardamom, along with onion, garlic, ginger, and tomatoes. The chickpeas are boiled until soft and then cooked in the spice mix until the flavors are well blended. Chole bhature is often served with pickles, chutneys, and sliced onions. It is a filling and flavorful dish that is enjoyed by people of all ages.

Ingredients:

Ingredients for Chole:

- 2 cups chickpeas (kabuli chana), soaked overnight
- 2 onions, finely chopped
- 2 tomatoes, finely chopped
- 1 teaspoon cumin seeds
- 1 teaspoon coriander seeds
- 1 teaspoon fennel seeds
- 1 teaspoon ginger paste
- 1 teaspoon garlic paste
- 1 teaspoon red chili powder
- 1 teaspoon turmeric powder
- 1 teaspoon garam masala powder
- Salt to taste
- 3 tablespoons oil
- 2-3 cups water
- Chopped cilantro leaves for garnishing

Ingredients for Bhature:

- 2 cups maida (all-purpose flour)
- 1/4 cup semolina (suji)
- 1/4 cup yogurt
- 1 teaspoon sugar
- 1/2 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- Oil for deep frying

Instructions:

1. Drain and rinse the soaked chickpeas. In a pressure cooker, add the chickpeas, water (2-3 cups), and salt. Pressure cook for 3-4 whistles or until the chickpeas are soft and cooked.
2. Heat oil in a pan and add cumin seeds, coriander seeds, and fennel seeds. Once the seeds crackle, add the finely chopped onions and cook until they turn translucent.
3. Add ginger paste and garlic paste and cook for a minute. Add the finely chopped tomatoes and cook until they turn soft and mushy.
4. Add the red chili powder, turmeric powder, and garam masala powder. Mix well and cook for 2-3 minutes.
5. Add the cooked chickpeas along with the water and mix well. Mash some of the chickpeas to thicken the gravy.
6. Cover and let the gravy simmer for 15-20 minutes until the chickpeas absorb the flavors.
7. Garnish with chopped cilantro leaves.

Instructions for Bhature:

1. In a mixing bowl, combine maida, semolina, sugar, baking powder, baking soda, and salt. Mix well.
2. Add yogurt and knead the dough until it's soft and smooth. Add water if necessary.
3. Cover and let the dough rest for 30 minutes.
4. Divide the dough into equal-sized balls and roll them out into small circles using a rolling pin.
5. Heat oil in a deep pan and deep-fry the rolled-out circles until they turn golden brown on both sides.
6. Serve the hot and crispy bhature with the chole.



Kadai Chicken

Kadai chicken is a popular North Indian dish made with boneless chicken pieces, cooked with a flavorful blend of spices and vegetables. The dish is named after the traditional Indian wok, known as kadai, in which it is cooked. The key ingredients used in making kadai chicken include chicken, onions, tomatoes, ginger, garlic, green chilies, and a combination of aromatic spices such as cumin, coriander, and garam masala. Kadai chicken is known for its bold and spicy flavor and is often served with rice, naan bread, or roti. It is a perfect dish for those who enjoy spicy and flavorful Indian cuisine.

Ingredients:

- 500g boneless chicken, cut into bite-sized pieces
- 2 onions, finely chopped
- 2 tomatoes, finely chopped
- 1 green bell pepper, cut into thin strips
- 1 red bell pepper, cut into thin strips
- 2-3 green chilies, finely chopped
- 1 tbsp ginger-garlic paste
- 2 tbsp oil
- 1 tsp cumin seeds
- 1 tsp coriander powder
- 1 tsp garam masala powder
- 1 tsp red chili powder
- 1/2 tsp turmeric powder
- Salt to taste
- Coriander leaves, for garnishing

Instructions:

1. Heat the oil in a kadai or wok over medium-high heat. Once the oil is hot, add the cumin seeds and let them splutter.
2. Add the chopped onions and sauté until they turn golden brown.
3. Add the ginger-garlic paste and green chilies, and sauté for 1-2 minutes.
4. Add the chopped tomatoes and cook until they turn soft and mushy.
5. Add the coriander powder, garam masala powder, red chili powder, turmeric powder, and salt. Mix well and cook for 1-2 minutes.
6. Add the chicken pieces and mix well with the spice mixture. Cook for 10-12 minutes or until the chicken is cooked through.
7. Add the sliced bell peppers and cook for another 2-3 minutes.
8. Garnish with coriander leaves and serve hot with naan or rice.



Mutton curry

North Indian mutton curry is a flavorful and spicy dish made with tender chunks of mutton cooked in a rich and aromatic gravy. This dish is a popular and traditional dish in North India, especially in Punjab, where it is commonly served with rice or naan bread. The curry is made by marinating the mutton in a blend of spices and yogurt, and then slow-cooked with onions, tomatoes, and more spices until the meat is tender and juicy. The gravy is thick, rich, and bursting with complex flavors, making it a must-try for anyone who loves spicy and hearty dishes.

Ingredients:

- 500 grams mutton, cut into small pieces
- 2 onions, finely chopped
- 2 tomatoes, finely chopped
- 2 tbsp ginger-garlic paste
- 2 tbsp oil
- Salt to taste

For the marinade:

- 1 cup yogurt
- 1 tbsp ginger-garlic paste
- 1 tsp red chili powder
- 1 tsp turmeric powder
- 1 tsp cumin powder
- 1 tsp coriander powder
- 1 tsp garam masala powder

Instructions:

1. In a bowl, mix all the ingredients for the marinade until well combined. Add the mutton pieces and mix well, making sure that all the pieces are coated with the marinade. Cover and refrigerate for at least 30 minutes, or overnight for best results.
2. Heat oil in a large heavy-bottomed pan or a pressure cooker over medium-high heat. Add the chopped onions and sauté until golden brown.
3. Add the ginger-garlic paste and sauté for another minute until fragrant.
4. Add the chopped tomatoes and sauté until they become soft and mushy.
5. Add the marinated mutton and mix well with the onion-tomato mixture.
6. Add salt to taste and stir well. Cover the pan and let the mutton cook on low heat for about 40-45 minutes, stirring occasionally. If using a pressure cooker, cook for 3-4 whistles.
7. Once the mutton is cooked and tender, uncover the pan and let it cook for a few more minutes until the gravy thickens to your desired consistency.
8. Garnish with fresh coriander leaves and serve hot with steamed rice, naan bread or roti.



Dosa

Dosa is a popular South Indian dish that has also gained immense popularity in North India. It is a thin, crispy crepe made from fermented rice and lentil batter, which is then filled with a variety of savory fillings. Dosa is often served with sambar, a lentil soup, and coconut chutney. It is a versatile dish that can be served for breakfast, lunch, or dinner, and is enjoyed by people of all ages. The crispy texture and tangy flavors of the chutneys complement the earthy and slightly sour taste of the dosa, making it a delicious and satisfying meal.

Ingredients:

- 2 cups of dosa rice (or any other short-grain rice)
- 1 cup of urad dal (split black lentils)
- 1/2 teaspoon fenugreek seeds
- Salt to taste
- Oil for cooking

Instructions:

1. Rinse the rice and lentils thoroughly in water until the water runs clear. Soak them in separate bowls for at least 6 hours, or overnight.
2. After soaking, drain the water and grind the rice and lentils separately using a blender or wet grinder, adding enough water to create a smooth batter.
3. Mix the ground rice and lentil batter together in a large bowl. Add salt to taste and mix well. Add water if necessary to create a batter with a thin, pouring consistency.
4. Add fenugreek seeds to the batter and mix well. Cover the bowl and let the batter ferment for at least 8 hours or overnight in a warm, dark place.
5. Once the batter has fermented, stir it well. If it is too thick, add a little water to thin it out.
6. Heat a flat griddle or non-stick pan over medium heat. When the pan is hot, brush it lightly with oil.
7. Using a ladle, pour a small amount of batter in the center of the pan and spread it in a circular motion with the back of the ladle to make a thin, even layer.
8. Cook the dosa for a minute or two until the edges start to turn golden brown and the surface becomes dry. Then, add a little oil to the edges of the dosa and flip it over to cook the other side for another 30 seconds to a minute.
9. Repeat with the remaining batter, adding oil to the pan as needed.
10. Serve hot with sambar, coconut chutney, or any other desired accompaniments.



Dum aloo

Dum aloo is a popular North Indian dish that originated in the Kashmir region of India. This vegetarian dish is made with baby potatoes that are cooked in a creamy and flavorful gravy made from a blend of aromatic spices and yogurt. The name “dum aloo” is derived from the cooking method used to prepare this dish, where the potatoes are cooked on low heat in a covered pot or “dum” to allow the flavors to develop slowly. The dish is typically garnished with fresh coriander leaves and served hot with naan or rice. Dum aloo is a delicious and satisfying dish that is loved by both vegetarians and non-vegetarians alike.

Ingredients:

- 20-25 baby potatoes
- 1 cup plain yogurt
- 2 tablespoons vegetable oil
- 1 large onion, finely chopped
- 1 tablespoon ginger-garlic paste
- 2-3 green chilies, chopped
- 1 teaspoon cumin seeds
- 1 teaspoon coriander powder
- 1/2 teaspoon turmeric powder
- 1/2 teaspoon red chili powder
- 1 teaspoon garam masala powder
- Salt to taste
- Fresh coriander leaves for garnish

Instructions:

1. Boil the baby potatoes in salted water until they are soft but not mushy. Drain the water and allow the potatoes to cool.
2. Once the potatoes are cool, prick them with a fork or toothpick all over to allow the marinade to penetrate.
3. In a bowl, whisk the yogurt until smooth. Add the cumin seeds, coriander powder, turmeric powder, red chili powder, garam masala powder, and salt to taste. Mix well.
4. Add the boiled baby potatoes to the yogurt marinade and coat them well. Allow them to marinate for at least 30 minutes or up to 2 hours in the refrigerator.
5. In a large pan, heat the vegetable oil over medium-high heat. Add the chopped onions and sauté until they turn golden brown.
6. Add the ginger-garlic paste and chopped green chilies to the pan and sauté for a minute.
7. Add the marinated baby potatoes to the pan and stir gently to coat them in the onion mixture.
8. Add 1/2 cup of water to the pan and bring the mixture to a boil. Reduce the heat to low, cover the pan with a lid, and let the potatoes cook for 15-20 minutes or until they are fully cooked and the gravy has thickened.
9. Garnish with fresh coriander leaves and serve hot with naan or rice.



Chaat

North Indian Chaat is a popular street food that is enjoyed by people of all ages across India. The word “chaat” literally means “to lick” in Hindi, which is a testament to the finger-licking deliciousness of this snack. It is a savory snack made with a combination of various ingredients, including fried dough, vegetables, chutney, and spices. Chaat is a type of food that has a wide variety of flavors and textures, ranging from sweet to spicy, and crunchy to soft. It is a perfect combination of sour, sweet, and spicy flavors that tantalize the taste buds. Chaat is a popular dish that is enjoyed as a snack or appetizer, and it is commonly sold by street vendors in India. Some popular variations of North Indian chaat include Aloo Chaat, Papdi Chaat, Bhel Puri, Dahi Puri, Sev Puri, and Samosa Chaat. Each of these variations has its own unique flavor and texture, and they are all incredibly delicious.

Ingredients:

- 2 cups boiled and cubed potatoes
- 1 cup boiled chickpeas
- 1 cup puffed rice
- 1 cup sev (thin, fried noodles made from gram flour)
- 1 onion, finely chopped
- 1 tomato, finely chopped
- 1 green chili, finely chopped
- 1/4 cup chopped cilantro
- 1/4 cup tamarind chutney
- 1/4 cup mint chutney
- 1/4 cup yogurt
- 1 teaspoon chaat masala
- Salt to taste

Instructions:

1. In a large mixing bowl, add the boiled potatoes, boiled chickpeas, puffed rice, sev, onion, tomato, green chili, and cilantro.
2. Mix well and add salt to taste.
3. Add the tamarind chutney, mint chutney, and yogurt. Mix well again.
4. Sprinkle chaat masala on top and give it a final mix.
5. Serve the chaat immediately in small bowls or plates.



Malai kofta

Malai kofta is a popular vegetarian dish in North Indian cuisine, which is often served in restaurants and special occasions. The dish consists of deep-fried potato and paneer (Indian cottage cheese) balls, called koftas, that are simmered in a rich and creamy tomato-based gravy, which is flavored with various aromatic spices and herbs. Malai kofta is typically served with rice or Indian bread like naan, roti, or paratha. This dish is loved for its rich, creamy texture and flavorful combination of spices, making it a must-try for any fan of Indian cuisine.

Ingredients:

- 4 potatoes, boiled and mashed
- 1/2 cup paneer, grated
- 1/4 cup cashews, chopped
- 1/4 cup raisins
- 1/4 cup corn flour
- 1 tsp red chili powder
- 1 tsp garam masala powder
- Salt, to taste
- Oil, for frying
- 1 tbsp butter
- 1 onion, chopped
- 2 tomatoes, pureed
- 1 tbsp ginger-garlic paste
- 1 tsp cumin seeds
- 1 tsp coriander powder
- 1 tsp turmeric powder
- 1/2 tsp red chili powder
- 1/2 cup cream
- 1/2 cup milk
- 1/2 tsp kasuri methi (dried fenugreek leaves)
- Coriander leaves, for garnish

Instructions:

1. In a mixing bowl, combine the mashed potatoes, grated paneer, chopped cashews, raisins, corn flour, red chili powder, garam masala powder, and salt. Mix well.
2. Divide the mixture into small balls and shape them into koftas.
3. Heat oil in a deep-frying pan over medium heat. Fry the koftas until they turn golden brown. Remove them from the pan and set aside.
4. In a separate pan, melt butter and add cumin seeds. Once they splutter, add onions and sauté until they turn translucent.
5. Add ginger-garlic paste and sauté until the raw smell disappears.
6. Add the tomato puree and cook for 2-3 minutes.
7. Add coriander powder, turmeric powder, red chili powder, and salt. Cook for 5-6 minutes until the masala is cooked and the oil starts to separate.
8. Add cream and milk. Mix well and cook for 2-3 minutes.
9. Crush the dried fenugreek leaves in your palms and add them to the gravy.
10. Add the fried koftas to the gravy and cook for 2-3 minutes on low heat.
11. Garnish with coriander leaves and serve hot with naan or rice.



Puri bhaji

Puri bhaji is a popular North Indian breakfast dish that consists of two components: puri, a deep-fried bread, and bhaji, a spiced potato curry. This dish is commonly eaten in households across North India, especially on special occasions and weekends. The puri is a fluffy and crispy bread made from wheat flour, while the bhaji is a spicy and aromatic curry made from potatoes and various spices. Puri bhaji is a filling and flavorful dish that is enjoyed by people of all ages.

Ingredients:

Ingredients for Bhaji:

- 4 medium-sized potatoes
- 1 cup of green peas
- 1 finely chopped onion
- 1 finely chopped tomato
- 2-3 green chilies
- 1 tsp of cumin seeds
- 1/2 tsp of mustard seeds
- 1/4 tsp of turmeric powder
- 1/4 tsp of red chili powder
- 1 tsp of garam masala powder
- Salt as per taste
- 2 tbsp of oil
- 2 cups of water

Ingredients for Puri:

- 2 cups of wheat flour
- Salt as per taste
- Water for kneading the dough
- Oil for deep frying

Instructions:

1. Boil the potatoes until they are soft and peel them. Then, cut the potatoes into small cubes.
2. Heat oil in a pan and add cumin seeds and mustard seeds. When the seeds start to crackle, add chopped onions, and green chilies. Fry until the onions turn golden brown.
3. Add chopped tomatoes, turmeric powder, red chili powder, and garam masala powder. Mix well and cook until the tomatoes turn soft and mushy.
4. Add the boiled potatoes and green peas. Mix well and add 2 cups of water. Bring it to a boil and let it simmer for 5-7 minutes.
5. Add salt as per taste and garnish with chopped coriander leaves.
6. To make the Puri, knead the wheat flour with salt and water. Divide the dough into small balls and roll them into thin, round discs.
7. Heat oil in a deep frying pan and fry the Puri until they turn golden brown on both sides.
8. Serve the hot Puri with the delicious Bhaji.



Baingan Bharta

North Indian Baingan Bharta is a vegetarian dish that is popular in the Indian subcontinent. It is made with roasted eggplant (baingan) that is mashed and mixed with a variety of spices, herbs, and vegetables. The dish has a smoky and earthy flavor and is typically served as a side dish with roti, naan, or rice. Baingan Bharta is a healthy and flavorful way to enjoy eggplant and is a staple in many North Indian households.

Ingredients:

- 2 large eggplants
- 1 large onion, finely chopped
- 2 tomatoes, finely chopped
- 2 green chilies, finely chopped
- 1 tsp ginger-garlic paste
- 1 tsp cumin seeds
- 1 tsp coriander powder
- 1/2 tsp turmeric powder
- 1/2 tsp red chili powder
- 1/2 tsp garam masala
- Salt, to taste
- 2 tbsp oil
- Fresh coriander leaves for garnish

Instructions:

1. Preheat the oven to 200°C. Prick the eggplants with a fork and roast them in the oven for 25-30 minutes, or until the skin is charred and the flesh is soft.
2. Remove the eggplants from the oven and let them cool. Once cooled, peel off the skin and mash the flesh using a fork or blender.
3. Heat oil in a pan over medium heat. Add cumin seeds and let them splutter.
4. Add chopped onions and fry until they turn golden brown.
5. Add ginger-garlic paste, green chilies, and tomatoes. Cook until the tomatoes are soft and pulpy.
6. Add coriander powder, turmeric powder, red chili powder, and salt. Mix well and cook for 2-3 minutes.
7. Add mashed eggplant to the pan and mix well with the masala. Cook for 5-7 minutes.
8. Finally, add garam masala and mix well.
9. Garnish with fresh coriander leaves and serve hot with naan, roti, or rice.

DELICIOUS

A diverse group of four women of various ethnicities are shown from the chest up, looking directly at the camera. They are positioned in front of a background that appears to be a market stall with various fruits and vegetables. In the foreground, there are two bowls filled with spices, one dark and one light brown. The overall lighting is warm and focused on the women's faces.

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