

A decorative border of stylized, multi-layered flowers in shades of yellow, orange, and brown, arranged in vertical columns on either side of a central dark brown horizontal band.

# Cuisines of South Asia

**Spider Family Recipes  
Suggested by Students for  
UR's 2020 International Dinner**



# Cuisines of South Asia

November 16-18  
Heilman Dining Center

**Monday Dinner: Chicken 65**  
**Tuesday Lunch: Nepali Momos (dumplings)**  
**Wednesday Dinner: Full South Asian Menu!**

# Cuisines of South Asia

*Your guide to UR's 2020 International Dinner and to re-creating these dishes on your own.*

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# APPETIZERS & SIDES



SOURCE: [cookingandme.com](http://cookingandme.com)

## **Chicken 65**

*Originating from the Hotel Buhari kitchen in Chennai, India, Chicken 65 is a spicy, deep-fried delicacy that is a common appetizer on many Indian restaurant menus.*

### **Ingredients**

- 300 gm cubed chicken breast
- ¼ cup thick plain yogurt
- ½ tsp Kashmiri chilli powder
- ¼ tsp cumin powder
- ¼ tsp black pepper powder
- ½ tsp turmeric powder
- ½ tsp coriander powder
- 2 tsp ginger garlic paste
- 2 tsp rice flour or corn starch
- A fistful of curry leaves
- 2-3 cups of oil, for frying
- 1 tsp vinegar (optional)

### **Instructions**

1. Mix the yogurt with all the spices, corn starch, ginger-garlic paste, and some salt. Add the vinegar only if your yogurt is not sour, then add the chicken pieces and mix well. Refrigerate this mixture for about 2 hours to let the marinade work its magic on the chicken pieces. You can also leave it overnight in the refrigerator
2. When you are ready to fry, heat the oil in a pan. The amount of oil should be enough to almost cover the pieces of chicken.
3. Gently add the marinated chicken pieces one by one without overlapping and fry on a medium-low flame until golden brown, turning every once in a while. The outside should turn a dark golden brown otherwise the meat won't be cooked through.
4. Do a quick taste test and remove from the oil. Drain on paper towels as you fry the next batch. Add the curry leaves when you are frying up the last batch and let them turn crisp.
5. Drain and add curry leaves to the fried pieces of chicken. Give everything a quick stir and serve hot with lemon wedges and raw sliced onions.





SOURCE: [lonumedhu.com](http://lonumedhu.com)

## ***Folaai***

*This special and traditional rice dish from the Maldives incorporates fragrant spices with fried onions, kanamadhu (sea almonds), and raisins.*

### **Ingredients**

- 1 large onion
- 3 tbsps. oil
- ¼ cup kanamadhu (sea almonds)
- ¼ cup raisins
- 1 cup uncooked basmati rice
- 1 tbsps ghee
- 4 cloves
- 3 inch piece of cinnamon
- 4 cardamom pods
- 6 inch piece of raanbaa (pandan leaf)
- 7 curry leaves

### **Instructions**

1. Slice the onion evenly and thinly.
2. Heat the oil in a pan and once heated, add ¾ of your sliced onions. and cook till they turn light brown. You'll have to stir often to get them evenly cooked.
3. Add the kanamadhu and raisins, and while still stirring often, cook until the kanamadhu turns golden brown and the raisins puff up. At this point the onions should be red and crispy too.
4. Remove the mixture from the pan and blot out the excess oil by using some tissue papers and then set it aside.
5. Wash and drain the rice.
6. Heat the ghee in a pot and when it melts, add the remaining sliced onions along with the cloves, cinnamon, cardamom, raanbaa and curry leaves.
7. When the onions soften and start becoming transparent, add the rice and cook for 2 minutes.
8. Add the fennel and pepper and stir to combine. Let it cook for another minute.
9. Add the water and salt, put the lid on and on medium heat, cook the mixture until the water evaporates. You'll see little holes in the rice mixture when it gets to this point. Then turn the heat to very low and let the mixture cook for about another two minutes.
10. Gently mix in the onions, kanamadhu & raisins you prepared before and that's it. Alternatively, you can transfer the cooked rice to a serving tray or plate and then sprinkle the onion kanamadhu mixture on top.



SOURCE: food.com

## ***Nepali Bara***

*This classic Nepali appetizer consisting of spiced lentil patties cooked in a thick-bottomed pan or tawa may be prepared with a variety of meat or minced vegetables.*

### **Ingredients**

- 1 cup black lentils
- 1 cup moong lentils
- 2 eggs, beaten
- ½ lb minced vegetables (lean ground chicken, lamb, or pork can be substituted)
- 1 tbsp garlic, minced
- 1 tbsp ginger, minced
- 3 green chilies, minced
- ½ tsp turmeric
- ¼ tsp asafoetida powder
- salt and pepper
- 2 tbsp oil (for mixture)
- ½ cup oil (for cooking)

### **Instructions**

1. In a large bowl, soak the lentils overnight. Next day, rinse the soaked lentils thoroughly. If no outer skin of the lentils is desired, you can rub the soaked lentils between your palms and the outer skin will wash off.
2. Transfer the washed lentils to a large blender, add a small amount of water, and blend it into a thick paste.
3. Transfer the lentil mixture to a large mixing bowl. Add the oil, minced garlic, ginger and green chilies. Add turmeric, asafoetida, and salt and pepper. Add the beaten eggs and ground meat. Combine the lentil mixture thoroughly. At this point, it is better to store the lentil mixture in the refrigerator for a couple of hours to allow for the flavors to fuse.
4. For cooking, heat 2 tbsp of cooking oil in a non-stick, thick-bottomed pan under medium heat. Pour a half cup of the lentil mixture onto the pan and gently spread the mixture into the shape of a mini-pancake. Repeat with other patties, ensuring not to overcrowd the pan in order to turn the patties over more easily.
5. Cook the patties on one side until the edges have crisped up and the patties themselves have attained a golden brown color. Turn the patties and cook until golden brown. You can use paper towel to remove any excess oil if required.
6. Transfer to a serving dish and serve hot with mango chutney or another condiment. It is also common to add an egg topping or a minced meat topping or whatever toppings you desire.

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7. For convenience, an alternative to cooking your baras in a pan is using a waffle machine. For this, heat up your waffle machine and using oil spray coat the top and bottom surfaces. Pour a half cup of the lentil mixture on the bottom surface, gently spread out the mixture, and close the lid to cook. Cook until the lentil patty is cooked and has attained a golden brown color, approximately 5-7 minutes. Baking is another healthy way to cook baras.



SOURCE: [foodnetwork.com](http://foodnetwork.com)

## ***Nepali Momos***

*From restaurants to street vendors, these Nepali chicken dumplings are popular throughout the region and make the perfect comfort food.*

### **Ingredients**

- 4 cups all-purpose flour
- 2.5 pounds ground pork (or chicken)
- 1 cup chopped fresh cilantro
- 1 cup chopped onions
- 4 tbsp minced garlic
- 4 tbsp minced peeled ginger
- 2 tbsp ground cumin
- 1 tsp ground cinnamon
- Salt and black pepper
- Nonstick cooking spray

### **Instructions**

1. Mix together the flour and 1 1/2 cups room temperature water in a bowl. Knead the dough well until it is medium-firm and flexible. Cover and let rest for 1 hour.
2. Meanwhile, mix together the chicken, cilantro, onions, garlic, ginger, cumin, cinnamon, 2 tablespoons salt and 1/2 teaspoon pepper in a bowl.
3. To make the wrappers: Break off 1/2 ounce of dough and forming it into a ball. Place the ball on a flat surface and roll it into a 4-inch round with a rolling pin. Repeat with the remaining dough.
4. Spray a steamer pan with cooking spray.
5. Place a tablespoon of the chicken filling in the middle of a wrapper. Holding the wrapper in your left hand. Use your right thumb and index finger to start pinching the edges of the wrapper together. Pinch and fold until the edges of the circle close up like a little satchel. Place the momo in the prepared steamer pan. Repeat with remaining wrappers and filling.
6. Fill the steamer pot halfway with water and bring to a boil. Set the steamer pan with the momos on top of the pot and cover with a tight lid. Steam the momos until cooked, 8 to 9 minutes.



# ENTREES



SOURCE: [myfoodstory.com](http://myfoodstory.com)

## ***Baingan Bharta***

*This eggplant dish of Punjabi origin is studded with garlic, roasted on an open flame, and then stir-fried with aromatics for a delicious smoky flavor.*

### **Ingredients**

- ❑ 1 eggplant large
- ❑ 3 garlic cloves
- ❑ 3 tablespoons oil
- ❑ 1 tsp nigella seeds kalonji
- ❑ 6 garlic cloves minced
- ❑ 1 teaspoon ginger grated
- ❑ 1 green chili finely chopped
- ❑ 1 medium onion finely chopped
- ❑ 2 tomatoes finely chopped
- ❑ 1 teaspoon red chilli powder
- ❑ 1 tablespoon coriander powder
- ❑ ½ teaspoon turmeric powder
- ❑ Salt to taste
- ❑ Roasted baingan pulp
- ❑ 1 tbsp chopped coriander

### **Instructions**

1. Cut each clove of garlic in half. Make 6 small slits in the baingan and stuff the slits with the halved garlic cloves. Roast on an open flame for 8-10 minutes, turning the baingan every 1-2 minutes to make sure its roasted well on all sides. The skin should be blistered completely and the baingan should become really soft. You can prick it with a fork or knife to check if its cooked from inside. If not, roast for a few more minutes.
2. Once the baingan is roasted, cover it with foil and set aside to cool for a few minutes. Peel the skin off and submerge it in water to get rid of any extra burnt bits. Remove it from the water, cut off the stem and chop it finely.
3. Heat oil in a pan and add nigella seeds. After 30 seconds, add garlic, ginger, chopped chillies and onions. Stir fry till the onions are soft and add tomatoes, chili powder, coriander powder, turmeric and salt. Mix well, and cover and cook till the tomatoes are soft and pulpy. Add the chopped baingan and mix well. Cover and cook for another 3-4 minutes while stirring occasionally. Add chopped coriander, mix and serve hot.



SOURCE: [allrecipes.com](http://allrecipes.com)

## ***Bangladeshi Beef Curry***

*Both healthy and traditional, this popular Bengali dish is easy to prepare and features robust flavor.*

### **Ingredients**

- 3 tbsp olive oil
- 1 onion, chopped
- 6 cloves garlic, minced
- 5 green chili peppers, finely sliced
- 1 tsp ginger paste
- 3 whole cardamom seeds
- 2 whole cloves
- 1.5 (2 inch) cinnamon sticks
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 tsp ground turmeric
- 1 tsp garlic powder
- 1 tsp cayenne pepper
- 1 cup water
- 2 pounds boneless beef chuck, cut into 1.5-inch pieces

### **Instructions**

1. Heat olive oil in a skillet over medium heat. Add onion; cook and stir until the onion has softened and turned translucent, about 5 minutes. Reduce heat to medium-low and continue cooking and stirring until the onion is very tender and dark brown, 15 to 20 minutes more.
2. Stir in the garlic, green chiles, ginger paste, cardamom seeds, cloves, and cinnamon sticks. Cook and stir until the garlic begins to brown, 3 to 5 more minutes.
3. Mix cumin, coriander, turmeric, garlic powder, cayenne pepper, and water into the onion mixture. Simmer until most of the water has evaporated and the mixture has thickened.
4. Stir in beef chuck pieces until coated with spice mixture; simmer over medium-low heat, stirring occasionally, until the beef is cooked through and tender, about 1 to 1 1/2 hours.

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SOURCE: [teaforturmeric.com](http://teaforturmeric.com)

## Chicken Karahi

*This dish, which is popular throughout North India and Pakistan, is traditionally cooked in a Karahi — a heavy cast-iron pan. It features a rich, tomatoey base and fragrant finishes.*

### Ingredients

- 2 tbsp ghee
- 2 tbsp neutral oil or sub more ghee
- 1 small onion finely chopped
- 8 garlic cloves crushed
- 3/4 inch ginger crushed
- 2.2 lbs skinless, bone-in chicken
- 8 small (-600 grams) tomatoes diced
- 2 tsp coriander powder
- 1 tsp cumin powder
- 1 tsp red chili powder or to taste
- 2 tsp kosher salt divided
- ¼ cup plain whole-milk yogurt whisked
- 1 tsp black peppercorns freshly ground
- ½ tsp garam masala

### Instructions

1. Heat a large, heavy-bottomed pan over high heat, and add the ghee and oil. Once hot, add the onions and sauté for 5-6 minutes, or until lightly golden. Add garlic, ginger, and whole green chili pepper and sauté for about a minute.
2. Add the chicken and ½ tsp salt and sauté for 5 minutes, or until the color of the chicken changes and it has stopped releasing water. Add the tomatoes, coriander, cumin, red chili pepper, and remaining salt and sauté for another minute.
3. Lower the heat to medium, cover, and allow the chicken cook for 20 minutes, stirring once in between.
4. Raise the heat to high and continue to sauté for 10 minutes to finish cooking the chicken and reduce excess liquid.\* You will notice the chicken taking on a glossy appearance as the ghee/oil starts to separate.
5. Lower the heat to medium, add in the whisked yogurt, and gently sauté for 2-3 minutes. Taste and add more salt, if needed. Add freshly ground black peppercorns and garam masala, and stir to combine. Top with green chili peppers, julienned ginger, and cilantro. Serve hot with roti, naan, bread, or rice.

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SOURCE: [deliciousmagazine.co.uk](http://deliciousmagazine.co.uk)

## ***Hot and Sour Curry***

*This easy-to-prepare yet impressive Bengali curry works well with either potatoes or fish – delicately spiced, aromatic, and rich in flavor.*

### **Ingredients**

- 1 onion, roughly chopped
- 2 garlic cloves, roughly chopped
- 2-cm piece fresh ginger, chopped
- 1 red chili, deseeded (or with seeds if you like it hot) and roughly chopped
- Bunch fresh coriander, leaves and stems chopped separately, a few leaves left whole to garnish
- 1 tbsp olive oil or ghee
- 12 dried curry leaves
- 1 tsp panch phoran or black mustard seeds
- 2 tsp mild curry powder
- ½ tsp ground turmeric
- 1 tsp ground coriander
- 1 tsp ground cumin
- 400g tin chopped tomatoes
- 2 tbsp tamarind paste
- 500g par-baked potatoes or skinless boneless firm white fish (such as ling, cod or haddock), chopped into bite-size pieces
- Steamed basmati rice, dosas or naan and chutneys to serve

### **Instructions**

1. Put the onion, garlic, ginger, chili and coriander stems in a food processor or blender, then whizz to a rough paste.
2. Heat the oil or ghee in a heavy-based frying pan (with a lid) over a medium heat. Add the curry leaves and panch phoran or mustard seeds, then fry briefly until fragrant. Add the onion and coriander paste and cook, stirring for 1 minute until fragrant. Add the dry spices and cook for a minute more, stirring to stop them catching.
3. Add the tomatoes, tamarind paste (see tips) and 250ml water, then cook for 3-4 minutes until the liquid has slightly reduced. Add the fish and season. Partially cover the pan with a lid and cook for 5 minutes until the fish is just cooked through. Gently stir in the chopped coriander leaves, then serve with basmati rice, dosas or naan bread and chutneys, with coriander leaves to garnish.

# DESSERTS



SOURCE: [cookwithmanali.com](http://cookwithmanali.com)

## ***Gulab Jamun***

*A staple at nearly every wedding, party, birthday or festival throughout the subcontinent, these sugar-soaked dough balls are the perfect ending to a celebratory meal.*

### **Ingredients**

- ❑ 1 cup finely grated khoya [dried milk]
- ❑ 1/4 cup all purpose flour [maida]
- ❑ ½ tsp baking powder
- ❑ 1.5 tbsp melted ghee
- ❑ 1-2 tbsp warm milk as needed to knead the dough
- ❑ 1.5 cups granulated white sugar
- ❑ 2 cups water 16 oz
- ❑ 1.5 tsp rose water
- ❑ ¼ tsp cardamom powder
- ❑ 2 tsp lemon juice
- ❑ Sliced pistachios, to garnish

### **Instructions**

1. In a large mix together grated khoya, maida (all purpose flour), cardamom powder and baking powder. Mix until well combined.
2. Add melted ghee to the bowl. Use your fingers to mix with the khoya and maida.
3. Start adding warm milk, little by little until it all comes together as a dough. Don't knead the dough too much. Just bring it all together to a smooth dough. Cover and let it rest for 20 minutes.
4. Meanwhile add sugar, water, cardamom powder, and rose water to a wide pan.
5. Bring it to a boil. Add lemon juice. Then lower the heat and let the syrup simmer for 5 to 6 minutes. Once it's a little sticky after 5 minutes, remove pan from heat and set aside. Keep it warm.
6. Now give a quick knead to the dough. Make a small ball out of it. Work with soft hands and squeeze the ball between your palm to shape it. Form a smooth round ball with no cracks. Repeat with the remaining dough (enough for 14 balls of 15 grams each).
7. Heat oil in wide kadai/pan on medium heat. Heat oil for 5 minutes on medium heat and then lower the heat to low-medium. Add the jamuns to the warm (not hot) oil. Fry until golden-brown. This will take few minutes, keep rotating the jamuns regularly with a spatula so that they get cooked evenly.

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- Once they are dark brown in color, remove them from the oil.
- Drop the gulab jamuns in warm (not hot & not cold) sugar syrup. Let it soak the syrup for at least 30 minutes.
- Garnish with pistachios and serve warm or cold. You may also decorate them with edible silver leaf (chandi ka vark).



## ***Kiribath***

*Featuring two common ingredients of the South Asian kitchen, this simple Sri Lankan treat is often prepared to mark the new year or for other special occasions denoting new beginnings.*

### **Ingredients**

- 1½ cups rice soaked and drained
- 1 cup coconut milk
- Salt to taste
- Oil for greasing

### **Instructions**

- Boil rice in three cups water in a deep non-stick pan and cook till rice is done.
- Add coconut milk and salt and stir continuously till the mixture thickens.
- Grease an aluminum tray with oil, put the mixture into it and spread it evenly. Cool down to room temperature.
- Cut into squares, arrange on a serving plate and serve immediately.

### ***Notes:***

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