



DESTINATION DELICIOUS

TASTE THE WORLD

Indian spices, chutneys and snacks recipes

Recipes courtesy of Yoga Cooking Classes, Patnem

www.yogacookingclasses.com

GARAM MASALA



Image courtesy of Healthy Buddha

Ingredients

1. Coriander seeds - 3 tblsp
2. Cumin seeds - 3 tsp
3. Fennel seeds - 3 tsp
4. Black pepper - approx 15-20 pc
5. Cloves - 8 pc
6. Cardamoms - 5 pc
7. Bay leaf - 4 pc
8. Cinnamon sticks - 1 inch

Method

1. Put all the spices together in a pan and roast them in medium flame without oil for 2 - 3 minutes.
2. Now put the spices in a mixture jar and grind it roughly.

TOMATO CHUTNEY



Image courtesy of Vege Cravings

Ingredients

1. Tomato - 1 pc
2. Salt to taste
3. Garlic - 5 pc
4. Coriander leaves - 1 cup (chopped)
5. Green chili - 1 pc (optional)

Method

1. Cook tomato on direct flame (or use it without roasting).
2. Put tomato in a mixer jar, add garlic, coriander leaf, green chili and salt to it. Grind it roughly.

GARLIC CHUTNEY



Ingredients

1. Garlic - 10 pc
2. Salt to taste
3. Coriander leaves - 1 cup (chopped)
4. Water - 2 tsp
5. Lemon juice - 2 tsp

Method

1. Put everything (first four ingredients) in a mixer jar and grind them roughly.
2. Then pour it in a bowl and add lemon juice to it.

ONION PAKORA



Ingredients

1. Chickpea flour - 1 cup
2. Onion - 1 (fine chopped)
3. Cumin seeds - 1 tsp
4. Coriander leaves - ½ cup (finely chopped)
5. Baking soda - 1 pinch
6. Coriander seeds - 1 tsp
7. Asafoetida - 3 to 4 pinches
8. Salt - to taste
9. Water - ½ cup
10. Oil for deep frying

Method

1. Mix all the ingredients to make a thick paste.
2. Heat oil in a deep pan. When the oil is hot enough, drop small portions of the dough after flattening a bit. Keep stirring and fry on a medium heat until lightly golden.
3. Finish frying the dough in batches.
4. Serve pakora hot with ketchup or chutney.

SEMOLINA SNACK



Ingredients

1. Semolina – 1 cup
2. Potatoes - 3 pcs
3. Coriander leaves - ½ cup (finely chopped)
4. Onion - 1 pc (finely chopped)
5. Fennel powder - 1 tsp
6. Salt - to taste
7. Oil for deep frying

Method

1. Boil potatoes then peel and mash until smooth.
2. Mix all the ingredients to make dough. Roll dough into small balls.
3. Heat oil in a pan. When oil is hot, keep the flame to medium. Put small balls in oil and deep fry for 4-5 minutes or until golden brown.

DAAL FRY



Ingredients

1. Oil - 1 tblsp
2. Asafoetida – ½ tsp
3. Tomato - 1 pc (chopped)
4. Onion - 1 pc (chopped)
5. Garlic - 5 pc (chopped)
6. Cumin seeds - 1 tsp
7. Mustard seeds - 1 tsp

Method

1. Fry the oil in a pan until it becomes hot.
2. Add cumin seeds, mustard seeds and asafoetida. Roast it for 10-15 seconds.
3. Add onions, garlic and saute.
4. Once onion is soft (2-3 minutes) add tomato and salt.
5. Once tomatoes are soft (3 minutes) mash and add cooked plain daal. Mix it well and serve.