



Sabziyan
Vegetable Dishes

Mixed Vegetables in Coconut Milk

350 ml (12 fl oz) water
 60 g (2½ oz) green beans, trimmed and cut into 4 pieces
 60 g (2½ oz) carrot, cut into batons
 60 g (2½ oz) sweet potato, cut into bite-sized pieces
 40 g (1½ oz) potato, cut into bite-sized pieces
 60 g (2½ oz) cauliflower, cut into small florets
 60 g (2½ oz) asparagus tips, trimmed
 1½ tablespoons oil
 1 red onion, finely chopped
 a 2.5-cm (1-inch) piece of fresh ginger, grated
 3 garlic cloves, crushed
 60 ml (2¼ fl oz) natural yogurt, stirred
 1 x 400 ml (13 fl oz) tin coconut milk
 2 red chillies, split but with the stalk still in tact and deseeded
 <they don't look like they've been split in the pic - just pierced and left whole?>
 3 tablespoons freshly chopped coriander leaves
 salt

FROM YOUR SPICE BOX
WHOLE SPICE
 7 curry leaves

GROUND SPICES
 a pinch of (¼ spice spoon) turmeric
 ¼ teaspoon (½ spice spoon) cumin

SERVES 4

Put the water in a large saucepan, bring to the boil and add the turmeric from the ground spices, some salt and all the vegetables, except the asparagus. Cover and boil for 5 minutes, or until the vegetables are nearly cooked, al dente, but not soft. Drain and set aside.

Heat the oil in a shallow frying pan over medium heat. When hot, fry the onions, ginger, garlic and curry leaves from the whole spices for about 5 minutes until the onion mixture is lightly browned.

Mix together the yogurt and coconut milk until smooth and add to the pan along with the red chillies. Stir quickly to mix and make smooth.

Add the cooked vegetables and the cumin from the ground spices and stir to combine. Add the asparagus, cover and cook for 5 minutes, or until the vegetables are all soft.

Finish with the chopped coriander and serve with rice and Pan-fried Prawns (see page 000).

Variation:

This also makes a wonderful soup – if you have any leftover, just put it in a food processor with some water to thin it out a little and blitz to a smooth consistency. Check the seasoning and serve.

Quote?



Dahi Aloo

Potatoes in Yogurt

4 potatoes, peeled and cut into small cubes
125 ml (4 fl oz) natural yogurt
½ teaspoon salt, or to taste
200–250 ml (7–8 fl oz) water
3 tablespoons oil
½ teaspoon butter
1–2 green chillies, left whole and pierced
2 tablespoons freshly chopped coriander leaves
freshly ground black pepper

FROM YOUR SPICE BOX

WHOLE SPICES
½ teaspoon (1 spice spoon) coriander seeds ~~<delete?>~~
½ teaspoon (1 spice spoon) cumin seeds
2 cloves

GROUND SPICES

¾ teaspoon (1½ spice spoons) turmeric
¾ teaspoon (1½ spice spoons) chilli
¾ teaspoon (1½ spice spoons) fennel
½ teaspoon (1 spice spoon) ginger
a pinch of asafoetida
<add ½ teaspoon (1 spice spoon) coriander? as per photo shoot notes>

SERVES 4

Cook the potatoes in a large saucepan of boiling salted water until just soft (test with a knife or fork). Drain and set aside.

Put the yogurt in a bowl and add all the ground spices (except the asafoetida), some salt to taste, 100 ml (3½ fl oz) of the water and whisk together until smooth. Set aside.

Heat the oil and butter in a shallow saucepan until hot. Add the asafoetida, cloves and cumin seeds ~~<and coriander seeds?>~~. Fry for about 30 seconds and then take the saucepan off the heat.

Leave the pan to cool completely before pouring the spiced yogurt mixture slowly into it. It is important to stir constantly or the sauce will curdle.

Return the saucepan to high heat and bring the mixture to the boil, stirring constantly. Add in the cooked potatoes, cook for 3–5 minutes until the liquid reduces.

Add another 100–150 ml (3½–5 fl oz) water, the whole green chillies and chopped coriander and mix together. Cover and simmer for about 3–5 minutes or until the potatoes are tender and some sauce remains.

Transfer to a serving dish and finish with some extra fresh coriander and freshly ground pepper.

Serve cold or slightly warmed as a side salad or as a snack.

<Please check this method very carefully. A lot of changes were made at the photo shoot and I'm not sure they reflect the picture - it does look like some spices have been sprinkled over the top even though my instructions were to take this out of the method?>

Quote?



Aloo Palak

Spinach with Potato

225–250 g (7½–8 oz) potatoes, peeled and cut into bite-sized pieces 1 cm (½ inch) thick
150–200 ml (5–7 fl oz) water
300 g (10 oz) baby spinach leaves
3 tablespoons oil, plus extra for shallow frying
2 tablespoons tomato purée
½ teaspoon salt
2–3 tomatoes, peeled and chopped
1 green chilli, left whole and pierced

FROM THE SPICE BOX
WHOLE SPICE
½ teaspoon (1 spice spoon) cumin seeds

GROUND SPICES
a pinch of asafoetida
¾ teaspoon (1½ spice spoons) chilli
½ teaspoon (1 spice spoon) ginger
½ teaspoon (1 spice spoon) turmeric

SERVES 4

Heat the oil in a heavy-based frying pan over medium heat. Sauté the potato pieces for 10 minutes until they are golden brown. Set aside.

Boil the measured water in a deep saucepan and wilt the spinach leaves for 5 minutes. Drain through a sieve and collect the strained water for a later use.

Refresh the leaves with cold water. While in the sieve, mash and tease the spinach leaves to break them up. Set aside.

Heat the oil in a shallow pan over medium heat and add the asafoetida and then the cumin seeds from the whole spices. When the seeds begin to pop, remove from heat and add the remaining ground spices, tomato purée and salt.

Return the pan to the heat and fry for 2 minutes before adding the tomatoes and fresh green chilli. Cook with occasional stirring for an additional 5 minutes to form a thick sauce.

Add the spinach leaves and mash against the sides of the pan to break them up further while stirring. Add the potatoes. Cook for 4–5 minutes stirring gently, taking care not to fragment the potatoes. Add more water if a runny sauce is preferred.

Serve with plain Basmati rice and the Kashmiri Lamb Rogan Josh (see page 000).

Quote?



Sokhi Hari Rajmah

Dry Green Beans

2 tablespoons oil
400 g (13 oz) green beans
sliced finely at an angle into
2.5-cm (1-inch) pieces
salt

FROM YOUR SPICE BOX

WHOLE SPICES

½ teaspoon (1 spice spoon)
mustard seeds
½ teaspoon (1 spice spoon)
cumin seeds

GROUND SPICES

½ teaspoon (1 spice spoon)
chilli
¼ teaspoon (½ spice spoon)
ginger
a pinch of asafoetida

SERVES 4

Heat the oil in a shallow saucepan over medium heat. When hot, add the mustard seeds from the whole spices. When they begin to pop, add a pinch of asafoetida.

Add the cumin seeds and when they begin to sizzle, add the green beans and some salt and fry for 15 minutes with regular stirring.

Add the rest of the ground spices and fry for 1 minute to blend all the spices with the beans.

Serve hot as a vegetable with a main meal.

Quote?



Masala Barta Bagan

Stuffed Baby Aubergine

1 small red onion
a 2.5-cm (1-inch) piece of
fresh ginger
3 garlic cloves
1 green chilli, deseeded
2 tablespoons freshly chopped
coriander leaves
½ teaspoon salt, or to taste
2 tablespoons fresh coconut,
peeled and grated (or dried
coconut rehydrated in a little
water or coconut milk)
8 baby aubergines, washed and
drained
2–3 tablespoons oil
juice of ½ a lemon

FROM YOUR SPICE BOX

WHOLE SPICES

½ teaspoon (1 spice spoon)
cumin seeds
¾ teaspoon (1½ spice spoons)
coriander seeds

GROUND SPICES

½ teaspoon (1 spice spoon)
chilli
½ teaspoon (1 spice spoon)
turmeric
½ teaspoon (1 spice spoon)
ginger
½ teaspoon (1 spice spoon)
fennel
¾ teaspoon (1½ spice spoons)
mango powder

SERVES 4

Dry roast the cumin and coriander seeds from the whole spices in a frying pan, stirring constantly, for 1 minute until they turn brown. Transfer to a pestle and mortar and grind to a fine powder. Set aside.

Put the roasted seeds, onion, ginger, garlic, green chilli, coriander leaves, salt, and all the ground spices in a food processor or blender and blitz to a fine paste. Turn the paste into a bowl and add the coconut. Mix the coconut well with the paste.

Cut the aubergines crossways from top to bottom without cutting all the way through to make a pocket. Fill the pocket with the blended paste.

Heat the oil in a heavy-based shallow saucepan over high heat. When hot, slide the aubergines gently into the pan and fry for 2 minutes. Turn all pieces over once and then lower the heat. Cover the pan with a lid and leave to cook for a further 5 minutes in its own steam.

Remove the lid and cook for a further 15 minutes or until the aubergines look slightly roasted.

Drizzle with lemon juice and transfer gently to a serving plate. Serve hot as a vegetable dish with a main meal.

Quote?



Tamatar Aloo

Tomato with Potatoes

3 tablespoons oil
400 g (13 oz) potatoes, cut into bite-sized pieces
250 ml (8 fl oz) water
600 g (1 lb 3 oz) tomatoes, peeled and chopped
1 green chilli, left whole and pierced
salt
2 tablespoons freshly chopped coriander leaves, to finish

FROM YOUR SPICE BOX

WHOLE SPICE

¾ teaspoon (1½ spice spoons) cumin seeds

GROUND SPICES

1 teaspoon (2 spice spoons) chilli
1 teaspoon (2 spice spoons) turmeric
1 teaspoon (2 spice spoons) ginger
1 teaspoon (2 spice spoons) coriander

SERVES 4

Heat half the oil in a shallow frying pan over medium heat until hot and add the cumin seeds from the whole spices. When they begin to sizzle, add the potatoes and some salt to taste. Fry for 7–8 minutes or until golden brown.

Remove the pan from the heat and add all the ground spices. Mix well with the potatoes and then add 100 ml (3½ fl oz) of the water. Return the pan to the heat over medium heat and cover with a lid for about 10 minutes, or until most of the water reduces.

Add the tomatoes and stir for 10 minutes bringing all the ingredients together. Add the remaining water and green chilli, cover with a lid, and cook for 3–4 minutes, stirring occasionally and checking to see if the potatoes are tender. Add small amounts of water if further steaming is required. Finish with coriander leaves and serve hot.

Quote?



Shahi Paneer

Butter Paneer

2 tablespoons oil
1 tablespoon butter
1 red onion, chopped
XX tablespoons Ginger-garlic paste (see page 000)
½ teaspoon salt, or to taste
1 teaspoon paprika
250 ml (8 fl oz) passata
1 teaspoon granulated sugar
1 tablespoon tomato purée
400 ml (14 fl oz) milk
250 g (8 oz) Homemade Paneer (see page 000) or shop-bought, cut into small cubes
1 tablespoon single cream, to finish
2 tablespoons freshly chopped coriander leaves

FROM YOUR SPICE BOX

WHOLE SPICES

½ teaspoon (1 spice spoon) cumin seeds
1 bay leaf
2 cardamoms, pods removed and seeds crushed

GROUND SPICES

a pinch of asafoetida
1½ teaspoons (3 spice spoons) coriander
½ teaspoon (1 spice spoon) chilli
½ teaspoon (1 spice spoon) cumin
¼ teaspoon (½ spice spoon) garam masala
½ teaspoon (1 spice spoon) fenugreek

SERVES 4

Heat the oil and butter in a shallow pan over high heat until hot. Add the cumin seeds and bay leaf from the whole spices and the asafoetida from the ground spices. When they begin to sizzle, reduce the heat to medium, add the onions and fry for 5 minutes or until they brown.

Add the ginger-garlic paste and fry for 30 seconds before adding all the remaining ground spices, some salt and the paprika.

Fry for 30 seconds and then add the passata, sugar and tomato purée and cook for 3–5 minutes, stirring continuously. Remove from the heat when the sauce begins to thicken and some oil is visible.

Stir continuously while adding the milk to the saucepan. Put back on the heat, bring to the boil slowly and then cover and simmer for 5 minutes.

Stir in the paneer pieces and then cover and simmer for 5 minutes or until the sauce begins to thicken. Remove the bay leaf and discard.

Finish with a swirl of cream and some chopped coriander if liked. Serve shahi paneer with naan bread or chapatti or rice.

Quote?



Kadahi Gucci

Mushrooms with Tomatoes

3 tablespoons oil
2 dried red chillies, left whole
1 onion, finely chopped
XX tablespoons Ginger-garlic
Paste (see page 000)
300 g (10 oz) tomatoes, peeled
and chopped
450 g (14½ oz) button
mushrooms, halved and
washed
¼ teaspoon freshly ground
black pepper
1 green chilli, left whole and
pierced
2 tablespoons freshly chopped
coriander leaves
salt

FROM YOUR SPICE BOX

WHOLE SPICES

½ teaspoon (1 spice spoon)
coriander seeds
½ teaspoon (1 spice spoon)
cumin seeds **<does this need
to be deleted?>**

GROUND SPICES

¼ teaspoon (½ spice spoon)
fenugreek
¼ teaspoon (½ spice spoon)
garam masala

MAKES/SERVES ??

Dry roast the coriander seeds from the whole spices in a hot frying pan for 30 seconds until light brown in colour. Transfer to a pestle and mortar and grind to a fine powder. Set aside.

Heat the oil in a heavy-based saucepan over high heat. When hot, add the cumin seeds. When the seeds begin to sizzle, add the red chillies followed by the onions.

Stir for 1 minute and then add the ginger-garlic paste and cook for a further 2 minutes or until the mixture is soft and translucent.

Add all the ground spices followed by the tomatoes. Stir to combine the mixture and to prevent sticking to the bottom of the pan.

When the oil begins to separate from the tomato-mushroom **<mushrooms haven't been added yet?>** mixture, add some salt to taste and cook over medium heat **<for how long?>**.

Stir and boil to reduce the liquid and thicken the sauce. Stir in the black pepper, roasted coriander seeds and the green chilli and stir a few times. Remove the chilli before serving and finish with coriander leaves.

Quote?



Dum Sitaphall Ranganjosh

Butternut Squash Rogan Josh

4 tablespoons natural yogurt
2 tablespoons tomato purée
a small pinch of freshly ground
black pepper
a pinch of cinnamon
4 tablespoons oil
800 g (12/3 lb) butternut
squash, peeled and cut into
2.5 x 5-cm (1 x 2-inch)
chunks
350 ml (12 fl oz) water
1 teaspoon ghee or butter
salt

FROM YOUR SPICE BOX WHOLE SPICES

2 cardamoms, pods crushed
lightly
2 bay leaves
2 cloves, ground
½ teaspoon (1 spice spoon)
cumin seeds

GROUND SPICES

¾ teaspoon (1½ spice spoons)
chilli
¾ teaspoon (1½ spice spoons)
ginger
1 teaspoon (2 spice spoons)
fennel
¼ teaspoon (½ spice spoon)
garam masala

SERVES 4

Put the yogurt, tomato purée, black pepper, cinnamon, some salt and all the ground spices, except the garam masala, in a bowl and mix to a smooth paste.

Heat the oil in a heavy-based saucepan over medium heat. When hot, fry the butternut squash until golden brown *<about how long?>* Remove with a slotted spoon and set aside.

Add the all the whole spices to the hot pan over medium heat and fry for 30 seconds.

Add in the yogurt mixture, stir for 1 minute before adding in 100 ml (3½ fl oz) of the water.

Add in the butternut squash, stir to combine and then add the remaining water. Lower the heat, cover with foil over the rims and then the lid and simmer for 5–8 minutes, checking and stirring if required. There should be very little liquid when cooked.

Finish with the garam masala and the ghee or butter mixed in. Serve with basmati rice, Rajasthani Chicken Strips (see page 000) and raita

Quote?



Bindhi Bartha

Stuffed Okra

500 g (1 lb) okra, washed and drained

2–3 tablespoons oil

1 tablespoon lemon juice

½ teaspoon salt, or to taste

FROM YOUR SPICE BOX

WHOLE SPICES

1 ½ teaspoons (3 spice spoons)

coriander seeds

½ teaspoon (1 spice spoon)

cumin seeds

GROUND SPICES

½ teaspoon (1 spice spoon)

chilli

½ teaspoon (1 spice spoon)

turmeric

1 teaspoon (2 spice spoons)

coriander

¼ teaspoon (½ spice spoon)

cumin

¼ teaspoon (½ spice spoon)

mango powder

2 pinches of asafoetida

SERVES 4

Pat dry the okra with kitchen paper to remove any remaining moisture (it must be dried well or the okra will go slimy).

Dry roast the coriander and cumin seeds from the whole spices in a hot frying pan. Stir continuously for about 2 minutes until the cumin seeds begin to darken. Transfer to a pestle and mortar and grind to a fine powder. Remove to a bowl.

Add all the ground spices, except the asafoetida, to the bowl of roasted spices. Also add 1 tablespoon of the oil. Mix all the ingredients and spices well by stirring with a teaspoon or spatula.

Slit the okra neatly from about a thumb's distance from the top to the bottom tip. Wearing marinating or plastic gloves, stuff the okra lengths on both sides with the spiced paste. Press together to close and place the okra on a plate.

Heat the remaining oil in a frying pan over medium heat. Add the asafoetida and then slide the okra into the pan. Cook for 3–4 minutes, turning slowly to cook on all sides.

Remove with a slotted spoon onto kitchen paper. Serve as a vegetable dish with dhal and rice.



Baby Spring Greens

4 tablespoons oil
 a pinch of bicarbonate of soda
 550 ml (17½ fl oz) water
 400 g (13 oz) baby spring greens, washed and leaves torn into four (remove and discard the thick stalks)
 1 red chilli, deseeded and cut in half, plus extra finely sliced red chilli to finish (optional)
 ½ teaspoon salt, or to taste

FROM YOUR SPICE BOX
GROUND SPICE
 a pinch of asafoetida

SERVES 4

Heat the oil in a saucepan over medium heat until hot. Add the asafoetida and remove from the heat temporarily.

Mix the bicarbonate of soda with 50 ml (2 fl oz) of the water in a small cup and then add this to the pan along with the greens. Stir a few times and move the leaves in the water.

Add the chilli, salt and the remaining water and bring to the boil. Simmer and stir the leaves occasionally for 10–15 minutes or until the greens are tender and until half the liquid is reduced.

Finish with finely sliced red chilli, if using, and serve hot with rice.

Note:

The bicarbonate of soda seems unusual, but actually keeps the greens a vibrant green colour.

This must be the simplest dish in the world and with just a hint of asafoetida, which you will begin to relish on its own. This is our favourite type of greens to serve with any spicy meat dish.



Maki Narjeel Mai

Baby Corn in Coconut Sauce

2 tablespoons oil
2 tablespoons tomato purée
200 ml (7 fl oz) coconut milk
juice of ½ a lemon
1 tablespoon freshly chopped
parsley or coriander leaves
300 g (10 oz) baby sweetcorn
salt

FROM YOUR SPICE BOX

WHOLE SPICES

5 curry leaves
½ teaspoon (1 spice spoon)
mustard seeds
½ teaspoon (1 spice spoon)
cumin seeds

GROUND SPICES

½ teaspoon (1 spice spoon)
chilli
½ teaspoon (1 spice spoon)
turmeric
½ teaspoon (1 spice spoon)
coriander
½ teaspoon (1 spice spoon)
mango powder

MAKES/SERVES ??

Heat half the oil in a shallow saucepan over medium heat. When hot, add the curry leaves and mustard seeds from the whole spices. When the seeds begin to pop, add the cumin seeds.

Fry for 30 seconds and then add the tomato purée, some salt to taste and all the ground spices. Stir well for 30–45 seconds and then add the coconut milk. Stir continuously and cook without boiling for 1 minute.

Stir in the lemon juice and either parsley or coriander leaves and then add the corn. Simmer for 2 minutes and then serve.

Variation:

It is also possible to make this dish with baby corn-on-the-cobs, or corn of similar weights.

Quote?

