

- Salt
- 1 1/4 cups chicken stock at room temperature, lightly salted to taste
- 2 1/2 tablespoons sesame seeds
- 1 1/2 tablespoons Japanese soy sauce (shoyu), or to taste
- 1 tablespoon mirin, or 1 1/2 teaspoons sugar dissolved in 1 1/2 teaspoons of chicken stock

Directions:

Trim the ends off of the green beans and snap into 1 1/2-inch pieces.

Bring a large pot of salted water to a boil. Add the beans and cook until just tender, 2 to 5 minutes. Remove from the boiling water and place into cold water to set the color, and then transfer to a bowl with the chicken stock. Allow to sit at least 30 minutes.

To make the dressing, toast the sesame seeds in a dry skillet over medium-high heat until the seeds are roasted and smell nutty. Reserve 1/2 tablespoon of the seeds in a small bowl, and place the remaining seeds into a clean coffee grinder. Process until finely ground and pour into another small bowl. Add the soy sauce and the mirin or sugar.

Drain the beans and toss with the dressing. Sprinkle the reserved sesame seeds over the top.

इंदे वीइह:

हदरुदरु बडलडरु ररुड (serves 4)

(please prepare ahead of time)

Ingredients:

- 1 cup uncooked long-grain (white) basmati rice (recommended: Texmati)
- 1 3/4 cups water
- 3/4 teaspoon kosher salt
- 1 tablespoon unsalted butter
- 2 tablespoons minced fresh curly parsley leaves
- 1 tablespoon minced fresh dill leaves
- 1 tablespoon minced fresh scallions, white and green parts
- Pinch freshly ground black pepper

Directions:

Combine the rice, 1 3/4 cups water, the salt, and butter in a small heavy-bottomed saucepan.

Bring to a boil over high heat; reduce the heat to low, stir once, and simmer, covered tightly, for 15 minutes. (I need to pull the pot half off the burner to keep it from boiling over.)

Turn off the heat and allow the rice to sit covered for 5 minutes.

Add the parsley, dill, scallions, and pepper.

Fluff with a fork, and serve warm.

bread:

दुधालोठि naan (Serves 14)

Ingredients:

- 2 cups All purpose flour
- 1 pinch baking powder
- 1 tbs dry yeast
- 2 tbs plain yogurt
- 1 tbs sugar
- 1/2 cup warm water
- 1 tbs oil (veg or olive)
- salt to taste
- 3 cloves chopped garlic
- butter to baste

Directions:

(Note that you can add more flour to make it the right consistency.. that wont ruin the naan as long as you give it the required 3-4 hours to rise.)

- In a mixing bowl add flour, baking powder, salt and sugar
- Mix well
- Add your oil and yogurt and mix well
- Dissolve the yeast in warm water and let it sit for 2 mins
- Mix the yeast water into your flour and knead well (Make it a bread dough like consistency and just a little bit sticky. but not too dry, add more water if needed)
- Let it sit for 3-4 hours (i leave it for about 4 hours)
- Knead your dough again for a min or two
- Divide your dough into 6 parts
- Turn on your oven to broil and let it heat for 20 mins, with your stone in the oven
- Make the parts into ball shapes and coat it with flour (makes it easier to roll)
- Sprinkle some chopped garlic on to the ball (you can use, cumin, cilantro, poppy seeds, mustard seeds, almonds, pistachios etc..)
- Using a rolling pin, roll your balls into a pita shape (don't roll it too thin)
- Be careful and put each uncooked naan on the stone and let it cook for 3 mins
- Check to see if it has puffed up or has a puffy surface
- Remove from oven and baste it with your melted butter
- Preserve in foil to keep it warm
- Repeat the process until you have baked all of your naan
- Serve with chutney, dry curries or veggies... eat plain if you like.

entree:

कोकोरेहन तौकेह लहइहोह (Serves 4)

Ingredients:

- 1 1/2 lbs boneless skinless chicken, cut in 1 inch cubes

- 1 liter milk
- 1 1/2 tablespoons flour

Powdered-Milk Method

- 2 cups powdered milk
- 1 1/2 tablespoons self-rising flour
- 1/2 cup warm milk
- 1 teaspoon ghee or 1 teaspoon butter

Scented Syrup

- 2 cups sugar
- 2 cups water
- 1 tablespoon rose water or 1/2 teaspoon rose extract
- 1/2 teaspoon saffron (powdered, and optional)
- 1/2 teaspoon cardamom powder (optional)

Ghee

- 1 lb butter, -unsalted is best but salted will work in a pinch

Directions:

To Make Ghee:

Put the butter in a good saucepan and bring to a boil on medium heat. Then reduce to low. Now this is what will happen as the butter slowly simmers. Moisture will be evaporated out of the ghee. The white protein-solids from the butter will sink down to the bottom of the pan and slowly turn golden. A foam will rise to the surface, and as it cooks will form a bit of a crust. The butter will cook into a gold color as well, and it will have a slightly nutty smell. When the moisture is gone, the ghee is done. Decant the oil and save the delicious golden buttery bits on the bottom of the pan for toast, or mixed with veggies or potatoes. If you've used salted butter, you don't want to use it on toast- the salt will knock you out, but it's still good in potatoes or whatnot.

Making the Scented Syrup:

Combine sugar and water and bring to a boil for 3 minutes. Remove from heat and add rose water or essence.

Traditional Method: Use a heavy-bottomed pan because the milk will stick. Use a non-stick pot if you have it. Boil the milk down over medium heat, while stirring, until it forms a paste. Add the flour and mix into a smooth paste. Oil your hands and roll them into uniform balls, place them onto a buttered plate and set aside.

Powdered-Milk Method: Combine the warm milk and ghee together. Mix the powdered milk and flour together and sprinkle slowly into the wet mix to form a dough. Oil your hands and form uniform balls (about 24) and set aside on a buttered plate.

Cooking the jamuns:.

This is the most delicate part of the operation. Gentle, low heat is a must. Use a wok or karai for best results, with the ghee about 2.5-3 inches in depth.

Heat the ghee on low to 215 degrees.

Slip in the balls, one by one. They will sink. No touching at this point.

Gently shake the pan to move the balls and keep them from getting too brown on one side. After about 5 minutes they will begin to float. You will notice them getting bigger.

Now, use a wooden spoon or equivalent to gently agitate and keep them evenly browning. The ghee will slowly get hotter as the balls cook.

After about 20 minutes, the ghee will have risen in temperature to around 245 degrees and the balls should be nice and golden.

Remove a ball and put it in the syrup. If it doesn't collapse after 3 minutes, remove the others and add to the syrup.

If it does collapse, fry for another 5 minutes and try again.

Let soak for 2 hours at least before serving.

Serve room temperature or warmed up.

Enjoy your gulab jamuns!