



COOKING WITH KATIE

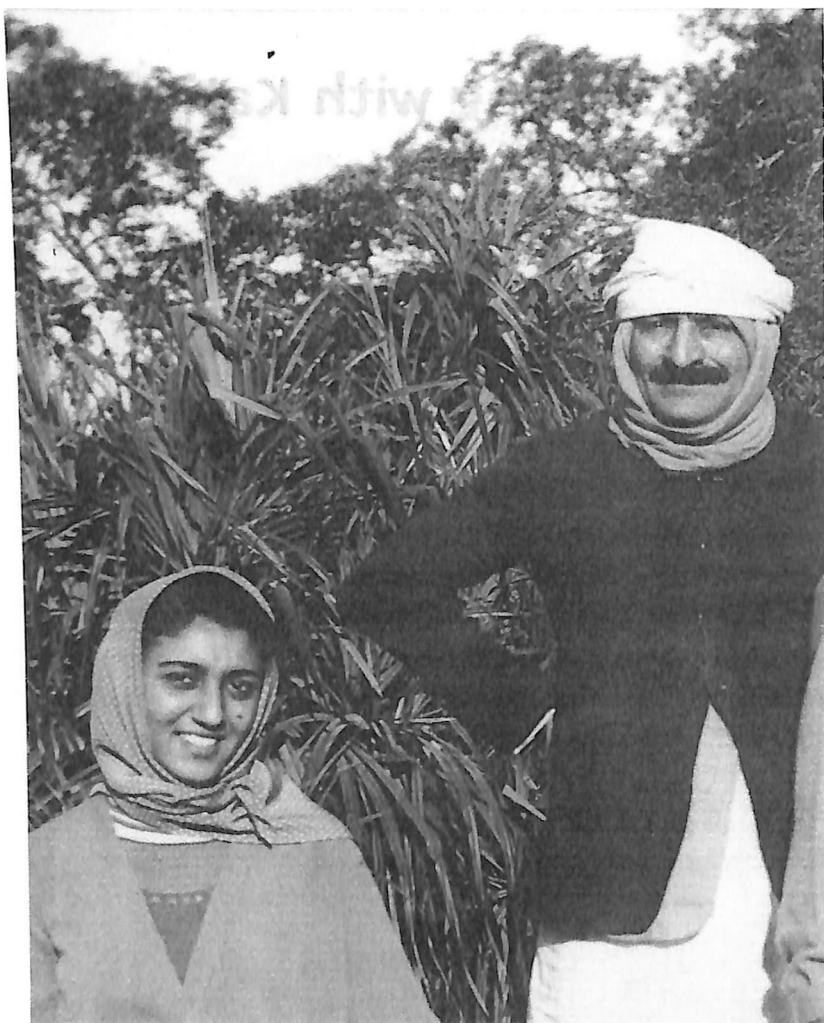
KATIE R. IRANI



Cooking with Katie

Jai Babu!
Katie R. Irani
C.

Mehragud. 12 Sept. 2001.



Meher Baba and Katie Irani
Happy Valley, India, 1937

Cooking with Katie

by Katie R. Irani

Illustrated by Wodin



BlueBusBooks

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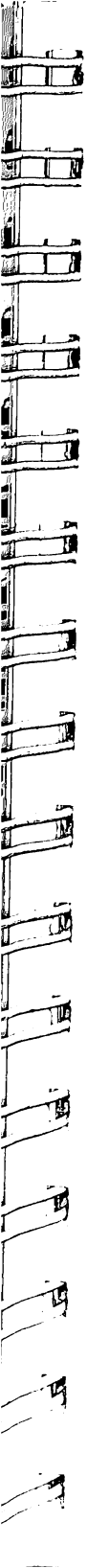
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To my Lord and Master
Avatar Meher Baba,
who put me in the kitchen
and inspired me to try
my very best
to turn out tasty food.

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Preface

Jai Baba, dear Baba-friends, and welcome to the kitchen! In the following pages, you will be cooking with me in our kitchen in Meherazad, Avatar Meher Baba's home in India. Beloved Baba put me in His ashram kitchen on the Blue Bus tours in 1939, and I've been cooking ever since. These are some of the simple meals from those days and from the years I've been cooking for Baba's mandali in Meherazad. Baba-lovers visiting Baba's home here very often have asked me for recipes, hence the bringing out of this little cookbook.

The recipes included here are not exotic, but the home-cooking I have used over the years to whet the mandali's appetite. I have never used recipe books or measurements, but like to vary traditional recipes from India and the West or create my own recipes with what I have in the kitchen. Hopefully you will find these recipes simple and easy-to-follow, resulting in food that is tasty (and easy to digest!). It's a cosmopolitan book, with mostly Irani, Parsi, Western, and Maharashtrian-style dishes, reflecting the various kinds of food Beloved Baba Himself enjoyed. As you will see from a few cooking stories I have included, Baba always gave a lot of encouragement to the cook, and He appreciated all kinds of food cooked with love for Him and His close ones.

During the years I first lived in the ashram at Meherabad and travelled on the Blue Bus tours, Baba's cook, Naja, was ill, so Baba's beloved Mehera cooked Baba's food and served Him, and I along with others cooked for the women's ashram. (In the late 1940's, when Naja was better, Baba again called her to cook for Him



and the women mandali, which she did almost continuously from then on.) But Beloved Baba also gave me and others golden opportunities to cook for Him. Baba's eating habits were very simple, and He mostly ate plain rice and dal, *khitchree*, *dhansak* dal and rice, and many different kinds of vegetables such as spinach, *methi bajii* (fenugreek leaves), *karela*, etc. He would like something new now and then too. When Baba was on a fast, which He often was, Mehera would usually make weak tea or orange juice for Him.

In the ashram, we too ate simple vegetarian meals: plain *chappatis* with tea for breakfast; dal and rice, or curry and rice, or different sauces with rice in the afternoon; and one vegetable with *chappatis* in the evening. Everything was very restricted in those days, and we couldn't make anything fancy. For a treat, we would have *bhajias*, another favourite of Baba's, or sweet *chappatis*.

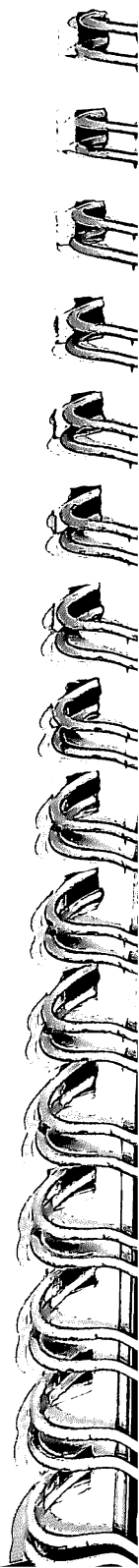
There's more variety in this book than there was in the old-time ashram because there is more variety of food in Meherazad these days. But the main ingredient throughout all our years of cooking is the same: Beloved Baba's name. The first thing you must put into every dish is "Jai Baba!" and then Baba takes over!

Good luck, dear friends! May you enjoy cooking from this little book, and may you be happy with and nourished by the results!

With a loving Jai Baba,

Katie

from Meherazad, July 2001



I Had Never Cooked in My Life!!

Baba first asked me to cook in 1939 when we were on the Blue Bus tours. I had never been in the kitchen before in my life because up to that time I had been in school, and other people had always cooked for me. Baba called Manu and me in Jubbulpur and said, "From tomorrow, you two will cook for everyone here!" That meant 35 people! I was thinking to myself, "I have never cooked in my life, what am I going to do?" Naja had previously been Baba's cook, but as she was ill, Baba had ordered her to rest from cooking during the Blue Bus tours. So I started cooking. Fortunately, I often shared a room with Naja and she would teach me things, such as how much rice to use and how much water, and so on. Also I had to learn how to cook on a wood fire; often the wood would be damp and the dried cow dung cakes (used as quick fuel) would also be damp, and it would be hard to start a fire. If there was too much smoke, the food would smell like smoke, so I couldn't start cooking until there was a nice, big, red-hot flame. There were a lot of such details that I had to learn.

On my first day of cooking I put too much water in the rice and it turned out like pudding. The second day it was raw because I hadn't put in enough water. The third day I was determined to have it just right, but even then it did not taste good. To top it off, my dal would be soupy. I just didn't know how to cook! People began to complain to Baba about my cooking, and He called me to Him and said, "Katie, everyone is complaining, can't you cook better?" I said, "Baba, I'm trying my best," and really I was. Eventually, with Naja's help and with practice, my cooking really did improve. So, when Baba put me in the kitchen He helped me, and now you get this cookbook as a result!



NOTES FOR COOKS

People cooking these recipes in the West should note the following carefully!

VEGETABLE SIZES:

Indian vegetables are generally smaller than vegetables grown in the West. These recipes, created in an Indian kitchen, give amounts for Indian-size vegetables. Where there is a very big difference in vegetable size, as in the case of garlic, onions, eggplant, etc., I have indicated both Indian and Western amounts in the recipes. Vegetables are medium-sized Indian vegetables unless specified.

OTHERWISE PLEASE NOTE AND VARY YOUR INGREDIENTS ACCORDINGLY:

Medium Indian size:

Garlic clove ($\frac{3}{4}$ " long, $\frac{1}{2}$ " wide, $\frac{1}{4}$ oz.)

Eggplant ($2\frac{1}{2}$ " dia., 2 oz. with stem)

Tomato ($2\frac{1}{4}$ " dia., 4 oz.)

Onion ($2\frac{1}{2}$ " dia., 3 oz.)

Cabbage (6" dia., 1 lb.)

Cauliflower (6" dia., 8 oz.)

Green bell pepper ($2\frac{1}{2}$ " dia., $2\frac{1}{4}$ oz.)

Lime ($1\frac{3}{4}$ " dia., 2 oz.)

Carrot (6" long, 3 oz.)

Cucumber ($5\frac{1}{2}$ " long, 5 oz.)

Beet ($2\frac{1}{4}$ " dia., 4 oz.)

Potato ($2\frac{1}{2}$ " dia., 5 oz.)

Green chili (3" long, $\frac{1}{4}$ oz.)

Dried red chili ($2\frac{1}{2}$ " long)

Western equivalent:

4 Indian to one

6-7 Indian to one

a Roma tomato

small onion

small cabbage

small cauliflower

very small pepper

very small lime

small carrot

small cucumber

small beet

small potato

very small chili

small dried red chili

TERMS & INGREDIENTS:

Cardamon: refers to whole cardamon in pods. Use the whole pod even when making spice powder mixtures and pastes, but not when making sweet dishes; in that case discard the outer shell. Use the small, green cardamons or cardamon with a light brown husk.

Coriander leaves: are also called "cilantro" in the West.

Green and red chilies: adjust for hotness (you can take out the seeds for a milder flavor).

All fresh hot chilies in India are cayennes. They start out green and turn red as they mature. Then they are dried. In the U.S. it is possible to find fresh cayennes in Asian markets, sometimes known as Thai chilies. When fresh chilies are called for, dried should not be substituted—the effect is very different. Instead, if you cannot find fresh cayenne, substitute fresh jalapeños or serranos. The average 1-2 jalapeños or 3-5 serranos is not going to be too much for a large dish that serves 4-6 people. Goanese red chilies are fat and round, similar in shape to bell peppers. Kashmiri chilies are long, flat, deep red and not very hot.

Mustard seeds: refers to black mustard seeds.

Eggplant: Indian eggplants are available as Asian (or Japanese) eggplants in specialty food markets.

Rice: the recipes mainly call for Basmati rice. A recipe for making Basmati rice is included in the Appendix.

Dals: are split lentils or pulses, varieties of dried beans and peas. A well-cooked dal is generally quite thick. The consistency should be thinner than porridge, but not quite as thin as pea soup. Always salt dal after cooking it.



When my recipes call for just dal this usually means a mixture of the *toor* and *masoor* dals.

Here is a list of dals I commonly use:

Masoor dal is hulled and split: very tiny, round, shiny, salmon-coloured legumes that turn yellow when cooked. A substitute is split red or orange lentils. When whole *masoor* (not *masoor dal*) is called for, this means whole dark green lentils.

Toor or arhar dal is hulled and split: round, dull yellow legumes, slightly larger than *chana dal* and often with irregular edges. A substitute is yellow split peas.

Mung dal is hulled and split mung beans: small, yellow, rectangular legumes. Unhulled and whole (mung beans), they are small, green, cylindrical beans.

Chana dal is hulled and split: round, yellow legumes, larger than mung dal, of the chickpea family. A substitute is split chickpeas.

Chickpeas: are also called garbanzo beans in the West.

UNUSUAL INGREDIENTS:

As this is a cookbook for Baba-lovers in both the East and the West, a few recipes have been included that use ingredients rarely available in the West, such as *papri* (flat beans), *guar* (bitter green beans), *karela* (bitter gourd), *doodhi* (long white squash), *tooriya* (very small squash-like vegetable), drumsticks (long green seed pods of a drumstick tree), and a few spices like curry leaves, *nakeshar*, *shahjeera* (black cumin seed), *wava* or *ajwan* (Indian oregano), *cocum* (a dried, tart berry), and *dagerphul* (cooking lichen). However, whenever possible, Western substitutes have been suggested.

My testers report that many Eastern ingredients are now available in Indian specialty markets or health food stores.

SUBSTITUTES:

For mutton: "mutton" in India and in these recipes refers to goat's meat, which has its own distinctive flavour and is available in some Indian markets or from Muslim butchers. In the recipes I have indicated lamb, as mutton may not be available. In most of the recipes calling for lamb/mutton, you could also use beef.

For fish: you can use flounder if pomfret is not available. Or any similar fish of your choice.

For *cocum*: you may substitute dried tart cherries, or dried sour plums.

For fenugreek seeds: one of my testers successfully substituted dried fenugreek leaves (dried *methi*), found in an Indian market, in one of the recipes. However, dried fenugreek leaves should not be substituted for the *methi* dishes that require fresh leaves.

For coconut: the recipes call for both fresh coconut and dried coconut. There is no substitute for fresh coconut, but if absolutely necessary, desiccated, unsweetened coconut can be used, available in Indian markets or health food stores. You would have to increase the liquid in the recipe slightly when using packaged coconut instead of fresh, as fresh coconut is more moist. (As a desperate measure, you could use the packaged sweetened coconut after washing it off thoroughly. But that is a last resort.)

In the Appendix, I've given instructions for opening and preparing fresh coconuts, and making coconut paste.



For *doodhi*: you may substitute 3-4 small zucchini for one *doodhi* (long white squash).

For ground peanuts: do NOT substitute peanut butter. It will be too sticky and gluey and will not blend well with the other ingredients.

For white rice: brown rice may be substituted in the *pullao* recipes as well as in Dill Greens and Rice, Eggplant Stuffed Rice, and Katie's Chinese Rice.

UTENSILS & MEASUREMENTS:

For grinding pastes: use a food processor or blender if you don't have a grinding stone.

For grinding dry spices: if you do not have a mortar and pestle, use a blender or coffee grinder.

Measurements: please note that volume measurements are based on the U.S. system.

APPENDIX:

In the Appendix are recipes for:

Coconut Paste

Garlic-Ginger Paste

Ghee

Curd Cheese (*Paneer*)

Basmati Rice

Chappatis

Puris

Spice Powders: *Dhansak Masala*, *Sambhar Masala*,

Garam Masala

Tamarind Pulp

ACKNOWLEDGMENTS

I want to acknowledge with thanks the great help and inspiration for this book given to me by Heather Nadel. It all began when she suddenly became interested in cooking, and started coming to the Meherazad kitchen and asking me for recipes. After trying them out, she would come back and tell me how they tasted. They ended up on the computer, and this gave us the idea, "Why not print a cookbook and share the recipes with others?" because many Baba-lovers have asked me for my recipes over the years.

I want to give special thanks also to Amber Mahler for her tireless and enthusiastic labour of love on each and every aspect of this book, to Meredith Klein for her wonderful help from start to finish in designing all these pages into a book on the computer, and to Steve Jameson (Wodin) for his imaginative and amusing drawings and beautiful cover. My thanks also to Glenn Magrini for his many artistic and design contributions including the little bus logo, to Adair Adams for assistance with typing the revised recipes, to Mehera Makeig and Jessica Craft for their timely contributions, to Kristin Crawford for her careful proofreading, to Carl Ernst for the information on chillies, and to dears John Fornieri, Susan Kaplan and Nancy Okerlund who specially visited the kitchen to take the photos you see in this book. To Heather and dear Erico, my grateful thanks for putting this into print, and thanks also to Claude Farias and friends at Picatype, Pune.

And my loving appreciation in Baba's Love to the recipe-testers all over the world who were kind enough to help me out by trying the recipes in their own kitchens and offering suggestions and comments on the results.

Cooking with Katie



And to their families and friends who were the willing tasters. Without you all, we couldn't have brought out this cookbook!

Our testers (in alphabetical order) were:

Adair Adams, Wendy Borthwick, Ken Coleman, Judy & Sophie Ernst, Beth Ganz, Pam & Billy Goodrum, Irene Holt, Meredith Klein, Kaye Lindsay, Jill Maddox & Lynwood Sawyer, Laurel Magrini, Heather Nadel, Debbie Nordeen and dear Asheville Baba-friends, Susan Paul, and Sarah Schall.

Loving Jai Baba to you all!

Katie





SALADS

♥ *Katie Remembers* ♥

Moti

This is a story about Moti the peacock who lived with us as a pet on Meherabad Hill. Moti loved to dance, and when it was the right season and his tail was full, he would spread it out like a big fan and strut about. Whenever I rang the bell for lunch, Moti would be the first one to appear. He would come running and would jump right up on the low benches that were our tables and start to dance. He would go from one end to the other spreading his tail, which was so big it covered the whole bench! "Moti, no!" I would admonish, but he wouldn't listen to me. I had to push him off the bench, and then he would turn around and give me a big squawk of disapproval.

In the late afternoon when the vegetables from the bazaar were brought, Moti would see the bright red tomatoes and smell the fresh coriander, and if I didn't run ahead and prepare a plate for him, he would run into the kitchen and peck all of the vegetables! So first thing, I would put his plate of vegetables on the tin roof so that he would go up there and leave me and the kitchen vegetables in peace.

Moti had the privilege of entertaining Beloved Baba and Mehera (and all of us) with his dancing many times. What a beautiful sight he was when he danced, and Baba and we all would enjoy his performances very much!

SEASONED YOGURT (*Raita*)

Serves 4

1/2 quart (1/2 litre) plain yogurt

2 small cucumbers, diced (1 cup)

3/4 cup diced banana

1 cup (approx.) grated fresh coconut (made from half of a fresh coconut), or 1/4 cup grated dried coconut if fresh is not available. (If coconut is not available, add any kind of crushed nuts, e.g. walnut, almond or pistachio.)

1 onion, diced (1/2 cup)

1/4 cup chopped fresh coriander leaves (cilantro)

pinch of cumin seed powder

1 long green chili, chopped (1 1/4 tsp.)

salt to taste

1 tsp. sugar (or more to taste)

Optional: 1/4 cup raisins

Mix all ingredients together. Add salt to taste and enough sugar so that the *raita* is neither sharply sour nor overly sweet. Serve chilled.

This dish would go well served with *Khitchree*, or Garlic-Ginger Vegetable Stew, or a plain dal and rice or any plain vegetable.

SEASONED YOGURT WITH CABBAGE (Cabbage Raita)

Serves 2

1 small cabbage ($\frac{3}{4}$ of a small Western cabbage), cut into quarters

1 tsp. mustard powder (or use 2 tsp. ready-made mustard, or more if you like)

1 tsp. hot water

$\frac{1}{2}$ quart ($\frac{1}{2}$ litre) plain yogurt

salt to taste

2 Tbs. chopped fresh mint leaves

2 tomatoes, diced (1 cup)

Optional:

5 walnuts and/or almonds, coarsely chopped

2 tsp. raisins

$\frac{7}{8}$ cup grated fresh coconut (made from approximately half of a fresh coconut)

Unfurl cabbage leaves and soak in water.

Roll up each cabbage leaf and cut finely into hair-thin slices. Put slices in the refrigerator to become crisp.

Mix mustard powder with hot water to make a thick paste and beat until its aroma rises. Cover for 5 minutes and then beat again and cover. After 10 minutes beat again until the mustard

has come to full strength.

Mix mustard into yogurt, along with a little salt and chopped mint. Blend in cabbage and, just before serving, add tomatoes. (Don't add tomatoes earlier or they might curdle the yogurt).

You can blend in walnuts, almonds, raisins and grated coconut also if you like.

Serve chilled and eat the same day you make the dish.

This dish would go well served with *Khitchree*, or Garlic-Ginger Vegetable Stew, or a plain dal and rice or any plain vegetable.

ONION SALAD (Kuchumber)

Serves 6

5 onions (5 small Western onions), cut in half and sliced lengthwise into very thin slices

2 cucumbers, chopped fine (1 $\frac{1}{2}$ cups)

2 large tomatoes, chopped fine (1 $\frac{1}{4}$ cups)

$\frac{1}{2}$ cup finely chopped fresh mint leaves

$\frac{1}{2}$ cup finely chopped fresh coriander leaves (cilantro)

2 green chilies, chopped (2 tsp.)

salt to taste

$\frac{1}{2}$ tsp. sugar

1 Tbs. vinegar

Mix all ingredients together. Adjust salt, sugar and vinegar to taste. Serve slightly chilled.

This onion salad is traditionally served with Parsi *Dhansak* Dal, Parsi *Dhansak* Rice and Lamb Kebab. Also good with *Khitchree*, Lamb *Biryani* and other lamb dishes.

EGG SALAD

Serves 4

8 eggs, hard-boiled, peeled, and cut into 8 pieces each

3 green onions, thinly sliced

2 pinches of cayenne

$\frac{1}{4}$ cup chopped fresh mint leaves

1 long green chili, chopped ($1\frac{1}{4}$ tsp.)

$1\frac{1}{2}$ cup mayonnaise (or enough to blend the ingredients well)

salt to taste

Blend all ingredients together with mayonnaise, and salt to taste.

SPICY POTATO SALAD

Serves 3

6 potatoes (6 small Western potatoes),
boiled until cooked but not mushy, peeled
and chopped into large pieces

5 green onions (greens and tops), chopped

2-3 garlic cloves (1 small Western clove),
minced

1 large green bell pepper, chopped fine ($\frac{3}{4}$
cup)

3 green chilies, chopped fine (3 tsp.) (or
fewer to taste)

1 cup mayonnaise

salt to taste

When potatoes are still warm but not hot, blend
all ingredients with mayonnaise and add salt to
taste.

GRATED BEET SALAD

Serves 4

6 beets (6 small Western beets), coarsely
grated

$\frac{1}{2}$ cup onion, chopped fine

4 small tomatoes, chopped fine ($1\frac{1}{2}$ cups)

$\frac{1}{4}$ cup finely chopped fresh mint leaves

2 tsp. sugar

salt to taste

2 Tbs. vinegar

Combine beets, onions, tomatoes, mint, sugar,
salt and vinegar. Stir together. Chill in refrigera-
tor for an hour or so before eating.

FRENCH BEAN SALAD

Serves 4

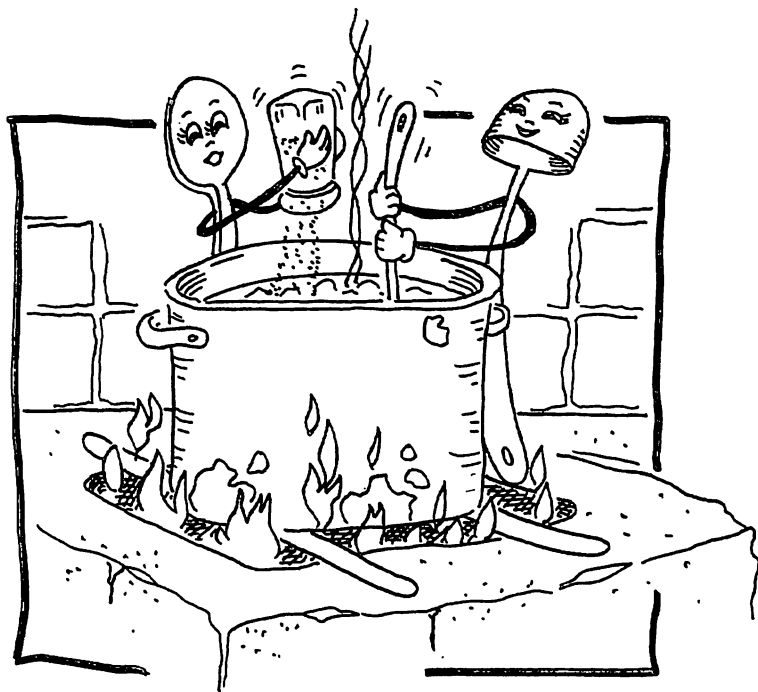
- ✓ 2 Tbs. olive oil
- 1 lb. (1/2 kg.) French beans, julienned
- 10 garlic cloves (2¹/₂ big Western cloves),
chopped fine
- 1/4 cup chopped fresh mint leaves
- 4 Tbs. mayonnaise

Heat olive oil over medium-high heat and sauté French beans with garlic and mint. After beans are tender, remove from heat. When cool, mix in mayonnaise.

Chill for 15 minutes before serving.

Salads





SOUPS

♥ *Katie Remembers* ♥

Jumpu

While we were visiting Calcutta on the Blue Bus tours, one day Baba took us through the pet market. There were lots of animals in little cages, and as we passed by one cage a very little hand came out, grabbed Baba's coat sleeve, and held it tight. Baba turned around to see who was tugging at Him, and there was this little monkey, with golden hair, blue eyes, and red cheeks. He was so beautiful, he seemed more like a human baby than a monkey. He looked up at Baba with these appealing eyes; Baba looked back at him and then asked Mehera whether He should take the little monkey. Mehera agreed. Baba named him Jumpu because he jumped around so much, and we brought Jumpu with us back to Meherabad.

Baba assigned Kitty Davy and me to care for Jumpu. Each of us was to take him for half of the day. He was under my charge from morning until lunch. As I spent most of that time in the kitchen, I tied him to a wooden post outside the kitchen window. Jumpu would perch on top of a wooden box on the post there and whistle at me. I would whistle back and talk to him and feed him nuts and pet him, too. But I couldn't hug him as much as he wanted because each time I did I had to wash my hands afterwards. So mostly I just talked to him through the window and he kept me company. I am telling you this to give you a picture of what it was like in Baba's kitchen. Never a dull moment!



CHEESY POTATO SOUP

Serves 4

6 large potatoes (6 medium Western potatoes)

2 cups milk

salt and black pepper to taste

2 Tbs. butter

15 garlic cloves (4 big Western cloves),
chopped fine

1/4 cup finely chopped fresh mint leaves

2 Tbs. grated cheese

Boil potatoes until tender (or peel potatoes, cut into cubes and cook in a pressure cooker with 1 cup water for 8 minutes).

Peel and mash potatoes to a smooth paste. Gradually add milk until potato paste and milk are well-blended. Add salt and black pepper to taste, plus butter and garlic.

Cook mixture on low heat, stirring continuously for 5 minutes. Then bring to a boil, add mint leaves, lower heat and let simmer for 10 more minutes. Stir in grated cheese and serve.

CREAMY GINGER-GARLIC TOMATO SOUP

Serves 2

15 tomatoes (7 big Western tomatoes),
chopped

1 Tbs. ghee or butter

10 black peppercorns

a 2-inch-long, finger-width piece of fresh
ginger, peeled and very finely slivered

15 garlic cloves (4 big Western cloves),
slivered

5 sprigs of fresh whole mint

2 Tbs. whole wheat flour

2 walnut-sized lumps of brown sugar

salt to taste

Garnish:

4 Tbs. fresh cream

4 slices of bread, cut into small squares
and fried in butter to make croutons
(or use ready-made croutons)

Boil tomatoes until very soft (or put tomatoes in
a pressure cooker with a cup of water and cook
for 15 minutes). Put tomatoes through a sieve
and strain out the juice, discarding the pulp.
Keep juice aside.

In a medium saucepan, heat ghee over medium-
high heat and fry black peppercorns until they



pop. Then add ginger, garlic and whole mint sprigs. Lower the heat, add the flour and roast lightly until the flour turns golden. Add tomato juice, a little at a time, stirring constantly to break up any lumps. When soup is smooth, add sugar and salt. Bring to a boil, lower heat and simmer, stirring for 5 minutes.

Serve in bowls topped with a swirl of fresh dairy cream and croutons.

GREEN PEA AND POTATO SOUP

Serves 4

3 cups water

2 onions, diced (1 cup)

2 potatoes, diced (1¹/₄ cups)

4 cups fresh green peas (thawed if using frozen)

12 garlic cloves (3 big Western cloves),
chopped

pinch of black pepper

¹/₂ tsp. salt

pinch of sugar

2 Tbs. butter

20 garlic cloves (5 big Western cloves),
minced (to the size of a sesame seed)

¹/₃ cup chopped fresh mint leaves

1 cup milk

salt and black pepper to taste

Optional:

chicken bouillon cube or chicken stock

2 eggs, beaten together

Garnish:

6 slices of bread, cut into small squares
and fried in butter to make croutons
(or use ready-made croutons)

In 3 cups water, boil onions, potatoes, peas, chopped garlic, black pepper, salt and sugar until potatoes are tender. Put the vegetables with the cooking water into the blender and purée.

Heat the butter and sauté the minced garlic for a minute. Add the mint and stir for a minute or two more. Pour into the pea purée.

Add milk, and salt and black pepper to taste, and bring soup to a boil. Simmer for 5 minutes. If you like, you can add a chicken bouillon cube or chicken stock, and, while the soup boils rapidly, whisk in beaten eggs.

Top the soup with croutons. Enjoy!

MIXED VEGETABLE SOUP

Serves 4

- 8 cups water
- 12 garlic cloves in their skins (3 big Western cloves)
- a 2-inch-long, finger-width piece of fresh ginger, peeled and sliced
- 8 whole peppercorns, crushed in half
- 1/2 cup fresh mint leaves, torn in half
- 1 Tbs. barley
- 8 pearl onions
- 4 carrots (4 small Western carrots), cut into large squares
- 1 cup green peas (thawed if using frozen)
- 3 potatoes (3 small Western potatoes), cut into large squares
- 1 cup French beans, split into halves
- a 4-inch by 8-inch piece of pumpkin (*lal bhopla*) (or equivalent amount of acorn squash or summer squash), cut into large squares
- 4 bouillon cubes (chicken or beef)
- 4 tomatoes (4 small Western tomatoes), quartered
- salt (if necessary) to taste

Boil water and add all ingredients except bouillon cubes, tomatoes and salt. Bring back to a boil, lower heat, and simmer until vegetables are half-done. Add bouillon and simmer for another 15 minutes until vegetables are tender.

Add tomatoes and simmer for 5 more minutes. Adjust salt to taste.

Serve hot with toast.



SPINACH SOUP

Serves 4

2 bunches spinach, washed well and chopped fine

4 onions, chopped fine (2 cups)

15 garlic cloves (4 big Western cloves)

1/2 tsp. cumin seeds

1 Tbs. butter or olive oil

4 cubes beef or chicken bouillon (more to taste if desired)

1 Tbs. milk powder

2 cups milk

pinch of black pepper

pinch of sugar

Garnish:

1 cup cream

6 slices of bread, cut into small squares and fried in butter to make croutons (or use ready-made croutons)

In a medium saucepan, over low heat, cook spinach with onions, garlic, and cumin seeds until spinach is tender and there is no water from the spinach left in the pan. Set aside to cool.

When cool, put spinach mixture in blender and purée until the consistency is as smooth as butter.

Heat up the blended spinach mixture on low heat and add butter and bouillon cubes. Stir and taste for salt (you probably will not need salt as spinach and bouillon are both salty). Add more bouillon cubes if needed. Stir in milk powder and milk until the mixture is the consistency of thick soup. Add black pepper and sugar. Bring to a boil, lower heat and simmer for 10 minutes stirring constantly.

Serve hot, topped with a swirl of fresh cream and croutons on each serving.

VEGETABLE LAMB SOUP

Serves 4

2 lbs. (1 kg.) lamb or mutton pieces

Marinade:

2 Tbs. garlic-ginger paste made from:

1 Tbs. minced fresh ginger

1 Tbs. minced garlic cloves

1 tsp. salt

1/2 tsp. black pepper

1 Tbs. oil

1/2 cup chopped fresh mint leaves

5 or more cups hot water (as necessary to cook the lamb)

2 cups water (for vegetables)

8 pearl onions

8 new (or small red) potatoes

1/2 lb. (1/4 kg.) French beans, cut into 1-inch pieces

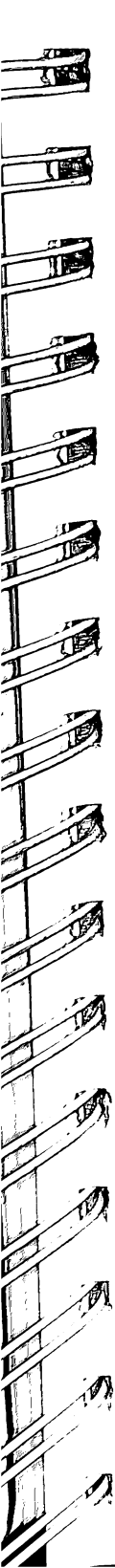
4 carrots (4 small Western carrots), diced (2 cups), or cut into rings

1 lb. (1/2 kg.) peas (thawed if using frozen)

3/4 tsp. salt

3 tomatoes (3 small Western tomatoes), quartered

Mix together marinade ingredients in a bowl. Rub this mixture all over lamb pieces, kneading



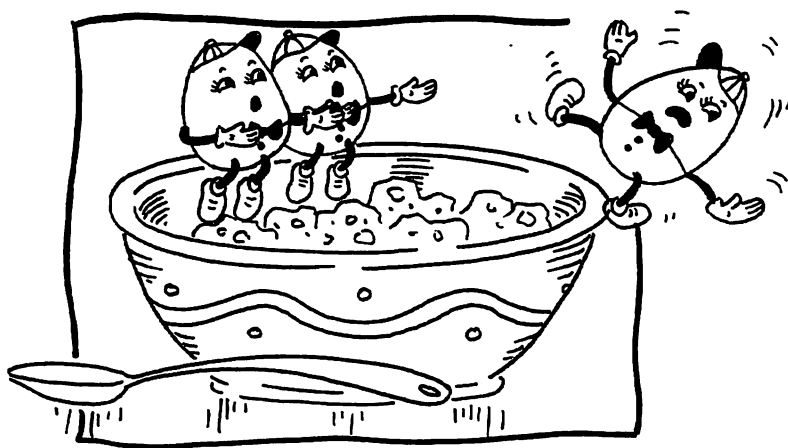
into the meat. Cover the bowl and marinate in the refrigerator for 24 hours.

In a large, flat-bottomed vessel, heat 1 Tbs. of oil on high heat, and quickly sauté the lamb and the mint leaves. Brown the lamb on all sides, adding a little oil (as necessary), to keep it from burning. Lower heat, cover, and cook, gradually adding small amounts of hot water, enough to simmer the meat in. Stir frequently, adding more hot water, a little at a time. Cook the lamb until tender. This will take about an hour or more, depending on the meat. After the lamb is tender, about 3 cups of liquid should remain in the pan.

(Or: You may also brown the lamb with the mint and then roast it in a slow oven until tender, maybe 30 to 40 minutes. Or you may brown the lamb with the mint in oil over high heat, and then put in a pressure cooker with 3 cups of water and cook at pressure for 30 minutes. Note that pressure-cooked meat will be slightly less flavourful.)

In 2 cups water, boil pearl onions, new potatoes, French beans, carrots, peas and salt until half-cooked. Then pour the vegetables into a pot with the cooked lamb along with the vegetable water and simmer for 20 minutes, or until the vegetables are tender. Then put in tomatoes and bring to a boil twice. Taste and add salt if necessary.

Eat with crisp toast.



EGG DISHES

♥ *Katie Remembers* ♥

Baba's Order

When I cooked on Meherabad Hill I used two kitchens. One was Baba's kitchen and the other was a little shed under which we had three big wood fires and a small washing area for vessels. So while preparing a meal, I would often have to run back and forth between these two kitchens. Of course I would be all red and perspiring from working over the wood fire, but Baba gave me the order to wear my coat whenever I went from one kitchen to the next. It was very windy on the hill, and Baba said He didn't want me to catch cold. So I kept my coat on a peg by the kitchen door and would hurriedly put it on whenever I left the kitchen. I would take it right back off as soon as I came in from the outside because I would get so hot being near the fire.

One day the bell rang for everybody to come, "Everybody, everybody, Baba wants everybody," which meant we had to drop whatever we were doing and come immediately as Baba was very strict about punctuality. I had rice cooking on the stove in the other kitchen and rushed over to take the logs off the fire. I knew we might be with Baba for some time and I did not want the rice to burn. Then I dashed to the East Room hot and sweating. But I had forgotten my coat! Immediately as I entered the room, Baba gestured, "Where is your coat?" "I'm sorry, Baba, I forgot it," I said. "You broke My order," Baba gestured with a look of displeasure, "Now go and get it."

No matter how busy we were, our first priority was always His orders. It was difficult to juggle more than one order at a time, but I never forgot my coat again.



♥

POTATO-CHEESE OMELETTE

Serves 3

6 eggs

pinch of cumin seeds, crushed

1/2 tsp. salt (or more to taste)

1/2 cup grated cheese

1/2 cup grated potatoes

2 Tbs. chopped fresh mint leaves

pinch of cayenne

Optional: 4 green chilies, chopped fine
(4 tsp.)

1 Tbs. oil, ghee or butter per omelette (or
as needed)

Whisk together eggs, cumin seeds, salt, cheese,
potatoes, mint, cayenne and green chilies.

In a frying pan, heat oil over medium heat and
add 1/3 of the egg mixture. Cover and cook until
bottom side of the omelette is golden brown and
the top is beginning to set. Turn, cover, and cook
until the second side is golden brown. (Cover
when cooking so that it steams.)

Cook two more omelettes in the same way. (You
may not need to add more oil to the pan for sec-
ond omelette.)

Serve with toast and jam.

PERSIAN OMELETTE

Serves 3

- 6 eggs (separated into whites and yolks)
- 3 onions, chopped fine (1 $\frac{1}{2}$ cups)
- 6 green chilies, chopped fine (6 tsp.) (or fewer to taste)
- $\frac{1}{4}$ cup chopped fresh coriander leaves (cilantro)
- $\frac{1}{4}$ cup chopped fresh mint leaves
- 1 pinch turmeric powder
- $\frac{1}{2}$ tsp. salt (or more to taste)
- 2 pinches cumin seeds, crushed fine
- 1 tsp. garlic-ginger paste made from:
 - $\frac{1}{2}$ tsp. minced fresh ginger
 - $\frac{1}{2}$ tsp. minced garlic cloves
- 1 large tomato, with juice and seeds removed and chopped fine ($\frac{3}{4}$ cup)
- 1 Tbs. oil, ghee or butter per omelette

Froth whites of eggs and then add in beaten yolks, onions, chilies, coriander leaves, mint, turmeric, salt, cumin seeds, garlic-ginger paste, and tomato.

In a frying pan, heat oil over medium heat and add $\frac{1}{3}$ of the egg mixture. Cover and cook until bottom is golden brown. Turn, cover and cook until second side is golden brown. Remove from pan and keep warm.



Cook two more omelettes in the same way. (You may not need to add more oil to the pan for second omelette.)

These omelettes are delicious served with Green Mango Chutney.

MUSHROOM OMELETTE

Serves 2

1 Tbs. ghee or butter

1 1/2 cups mushrooms, sliced thin

12 garlic cloves (3 big Western garlic cloves), finely chopped

4 eggs

1 Tbs. chopped fresh mint leaves

2 green chilies, chopped (2 tsp.)

pinch of cayenne

1 Tbs. chopped fresh coriander leaves
(cilantro)

1/2 tsp. salt

1 small pearl onion, sliced lengthwise very
fine

1 Tbs. oil per omelette (or less as needed)

salt to taste

Garnish:

1 tomato (1 small Western tomato),
sliced

salt and black pepper to taste

1 Tbs. chopped fresh mint leaves

In a frying pan, heat ghee over low heat and
sauté mushrooms and garlic until no water from
the mushrooms remains. Remove and keep aside.

Whisk eggs together with mint, green chilies,

cayenne, coriander leaves, salt and the pearl onion. Beat in the cooked mushrooms and garlic.

In a frying pan, heat oil on low heat and pour in half of the egg mixture, spreading evenly. Cover and cook on low heat until both sides of the omelette are golden. Repeat for the other half of the egg mixture. (You may not need to add more oil to the pan for second omelette.)

Garnish with tomato slices, salt, black pepper and chopped mint. Good served with toasted *broon* bread (an Indian bread resembling a French roll) and jam.

SCRAMBLED EGGS WITH VEGETABLES (Akuri)

Serves 4

8 eggs

1 tsp. salt (or more to taste)

1/2 tsp. sugar

1 Tbs. ghee or butter

15 garlic cloves (4 big Western garlic cloves), chopped fine

a 1/2-inch-long, finger-width piece of fresh ginger, peeled and minced

1 green bell pepper, chopped fine (1/2 cup)

3 large onions, chopped fine (1 1/2 cups)

1/4 tsp. cumin seeds, crushed

3 green chilies, minced (3 tsp.)

1/2 cup chopped fresh coriander leaves (cilantro)

1/2 cup chopped fresh mint leaves

3 large tomatoes, chopped fine (1 1/2 cups)

Whisk eggs with salt and sugar.

Heat ghee in saucepan on medium-high heat and sauté garlic, ginger, bell pepper, and then onions with cumin seeds until the onions are translucent. Add green chilies and cook another 30 seconds. Stirring the mixture, add coriander leaves, mint and tomatoes. Immediately add the whisked eggs. Lower heat and cook, stirring continuously,

until the *akuri* cooks to the consistency of scrambled eggs.

Delicious with toast or *chappati* (and a blob of marmalade or jam).

Alternative Recipe — Baked Akuri:

Make *akuri* mixture as above. Preheat oven to 325° F. Blend 2 Tbs. of cornflour (cornstarch) in milk and stir into the *akuri*. Chop 4 Tbs. cooked bacon or ham into little pieces and blend in. Grease a small baking pan and pour in egg mixture. Top with dots of butter. Bake until firm, about 15 minutes, or until eggs are set.

EGGS ON TOMATOES

Serves 4

- 3 Tbs. oil
- 4 large onions, chopped fine (3 cups)
- 1 Tbs. garlic-ginger paste made from:
 - 1/2 Tbs. minced fresh ginger
 - 1/2 Tbs. minced garlic cloves
- 1/4 tsp. cayenne
- 1/2 cup chopped fresh mint leaves
- 6 tomatoes, finely chopped (3 cups)
- 3/4 tsp. salt (or more to taste)
- 1 Tbs. brown sugar
- 1 Tbs. ghee or butter
- 5 eggs
- 1/2 tsp. salt
- pinch of sugar
- 1/4 cup finely chopped fresh coriander leaves (cilantro)
- 1/4 tsp. black pepper
- pinch of cayenne

Over medium heat, heat oil and sauté 2 of the chopped onions (1 1/2 cups) until translucent. Add garlic-ginger paste and sauté until paste is golden. Add cayenne and 1/4 cup mint. Stir twice, then add tomatoes, salt and brown sugar. Cover and cook on low heat, stirring occasionally.



Adjust salt and sugar to taste. (Don't add water unless it is about to burn.) Cook until tomatoes are tender — about 10 minutes. They should be a deep red colour, sweet, sour and hot.

In ghee, sauté remaining onions until translucent, then add a pinch of salt and remaining mint.

Spread onion-mint mixture evenly at the bottom of a flat, rimmed pan, then spread the cooked tomato mixture evenly on top.

Whisk eggs with salt, sugar, coriander leaves, black pepper and cayenne. Spread evenly over the tomato mixture. Cover and cook on low heat until the eggs set, loosening the egg mixture at the sides of the pan from time to time (pour a little water around the edge and in the middle of the pan if needed, so that it doesn't burn). This can also be baked in a casserole in an oven at low heat.

This dish would go well served with toast, hot *chappatis* or a plain dal and rice.

EGGS ON POTATOES

Serves 4

- 3 Tbs. oil (or more as needed)
- 4 large onions (4 small Western onions),
cut in half and sliced thin
- 1 green bell pepper, diced ($\frac{1}{2}$ cup)
- 1 Tbs. garlic-ginger paste made from:
 - $\frac{1}{2}$ Tbs. minced fresh ginger
 - $\frac{1}{2}$ Tbs. minced garlic cloves
- $\frac{1}{4}$ tsp. cumin seeds, crushed
- pinch of sugar
- $\frac{3}{4}$ tsp. salt
- $\frac{1}{2}$ cup finely chopped fresh mint leaves
- 3 large potatoes (3 medium Western potatoes),
peeled, cut in half and sliced thin.
(Keep in water until used.)
- 4-5 eggs
- $\frac{1}{2}$ tsp. salt (or more to taste)
- $\frac{1}{4}$ tsp. cayenne
- $\frac{1}{4}$ cup chopped fresh coriander leaves
(cilantro)
- 1 large tomato, diced ($\frac{3}{4}$ cup)
- 2 tsp. ghee or butter

Heat oil in saucepan over medium-high heat and sauté onions and bell pepper. When the onions are translucent, stir in garlic-ginger paste, cumin



seeds, sugar and salt. Sauté until the garlic-ginger paste has turned golden. Add $\frac{1}{4}$ cup mint and stir. Then stir in potatoes little by little, being sure to add no water. Lower heat to medium-low and cook, covered, stirring occasionally, until potatoes are tender.

Whisk eggs with salt, cayenne, coriander leaves, the remaining mint, and tomato.

Heat ghee in a pan, then evenly spread the potato and onion mixture on the bottom. Pour the egg mixture on top of that. Cover with a lid and cook on low heat, checking that it doesn't burn. When eggs are semi-solid, add a little water around the edges and in the center so that the eggs steam. Steam gently until eggs are set.

Alternative recipe:

If you want the eggs to be baked whole on top, (instead of whisked together with the other ingredients), make little niches in the potato mixture with the back of a big spoon and break whole eggs into the niches, adding salt and black pepper on top.

Eat with hot *chappatis* or toast.

EGGS ON FENUGREEK LEAVES (Eggs on *Methi*)

Serves 4

2 bunches fenugreek leaves (*methi*)

4 eggs

1/2 cup chopped fresh coriander leaves
(cilantro)

1/2 cup chopped fresh mint

1 large tomato, finely chopped (3/4 cup)

1/2 tsp. garlic-ginger paste made from:

1/4 tsp. minced fresh ginger

1/4 tsp. minced garlic cloves

Optional: 1 green chili, chopped fine (1 tsp.)

1/4 tsp. salt (or to taste)

Cook fenugreek leaves as per Fenugreek Greens recipe in Vegetables section, and spread in a pan.

Whisk eggs with coriander leaves, mint, tomato, garlic-ginger paste and green chili. Spread on top of the fenugreek greens and cook, covered, over low heat until eggs are set. Salt to taste.

Eat with hot *chappatis*, *bhakri* (unleavened millet bread), or toast.

DEVILLED EGGS

Serves 4

8 eggs, hard-boiled, cut in half lengthwise

2 green chilies, minced (2 tsp.)

1/2 cup mayonnaise (or enough to blend well)

2 Tbs. finely chopped fresh mint leaves

salt and black pepper to taste

pinch of cayenne

Garnish:

tomatoes cut in half-rings, or

olives, sliced

Scoop out the yolks of the eggs and mix them with green chilies, mayonnaise, mint, salt, black pepper and cayenne. Fill in the holes left in the egg white halves with a teaspoon of the mixture.

Garnish each egg half with a tomato ring or a slice of olive.

Very tasty served with Garlic-Ginger Vegetable Stew, or Potato Chutney.

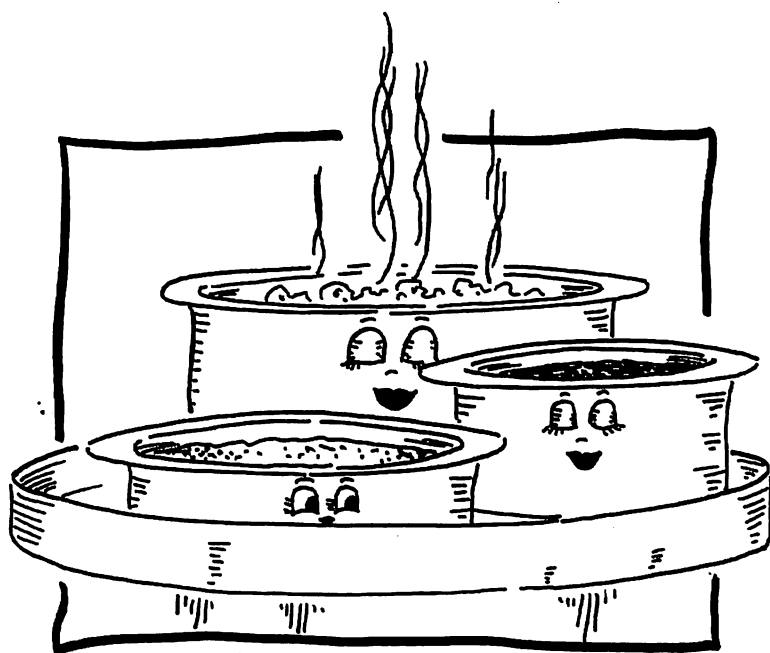
DEVILED EGGS

Serves 4

8 eggs, hard-boiled, cut in half lengthwise
 2 green chilies minced (2 tsp.)
 1/2 cup mayonnaise (or enough to bind well)

2 Tbs finely chopped fresh mint leaves
 salt and black pepper to taste
 pinch of cayenne
 1/2 cup finely chopped onion
 1/2 cup finely chopped tomato
 1/2 cup finely chopped cucumber
 1/2 cup finely chopped carrot
 1/2 cup finely chopped celery
 1/2 cup finely chopped parsley
 1/2 cup finely chopped dill

Scrap out the yolk of the eggs and mix them with green chilies, mayonnaise, mint, salt, black pepper and cayenne. Fill in the holes left in the egg white halves with a teaspoon of the mixture. Garnish each egg half with a tomato slice or a slice of onion.
 Very tasty served with Garlic-Burger Vegetable Stew or Frito Chicken Stew.



DAL, CURRIES & SAUCES

♥ *Katie Remembers* ♥

The Dal is Dancing

During the Blue Bus tours, on some days we would travel all day without stopping. One day we had been travelling since before dawn without a break. When we finally reached the Dak Bungalow (government rest house) where we were to spend the night, it was about 6 p.m. Baba asked me to hurry up and serve the food as everyone was very hungry. I had been carrying the dal I had cooked that morning at 2 a.m. all day long on my lap to keep it from spilling. It had been meant to be eaten for lunch, but as we had not stopped for lunch, it had been sealed up all day. When I took off the lid, a horrible stench escaped, and I was surprised to find the dal was dancing! I had never seen dal dance before, bubbling up all on its own, each bubble making a little popping noise as it burst.

I went to Baba and showed the dal to Him. He told me to throw the whole thing out. Then Baba asked Kitty to make tea. She tried pouring the milk out of its thermos, but big blobs came out instead. All the bouncing on the bus had churned the milk right into cheese! We told Baba the unhappy news, so He had Kitty and me just make a light tea. He Himself broke the little bread and cheese we had and served it to each one of us. It was our only meal of the day, but what a treat! And it filled us up much more than any food could have.



MIXED YELLOW DAL WITH GARLIC (*Toor-Masoor Dal*)

Serves 3

$\frac{1}{2}$ cup *masoor* dal (or split red or orange lentils)

$\frac{1}{2}$ cup *toor* or *arhar* dal (or yellow split peas)

3 cups water

$\frac{1}{4}$ tsp. turmeric powder

2 tsp. oil

3 Tbs. ghee or butter

15 garlic cloves (4 big Western cloves),
chopped fine

$\frac{3}{4}$ tsp. salt (or more to taste)

Ingredients for alternative recipe:

cooked dal (as above)

3 Tbs. ghee or butter

15 peppercorns, pounded into half

15 garlic cloves (4 big Western cloves),
minced

a 2-inch-long, finger-width piece of
fresh ginger, peeled and minced

2 dried red chilies

salt to taste

Take equal parts *masoor* and *toor* dal and wash thoroughly (scrubbing the dal with your hands



to get it really clean). Add water to dal along with turmeric and oil and stir. Bring to a boil, lower heat and simmer for about an hour, until dal is soft. Add water if necessary, scooping off any foam that rises to the top. (Or cook in a pressure cooker for 15 minutes.) Remove from heat and beat with a *ravi* or an egg beater until smooth.

In a medium saucepan, over medium-high heat, sauté garlic in ghee until golden. Pour in dal and stir. Bring to a boil (adding water if you want the dal to be thinner) then lower the heat and simmer for two minutes. Add salt. (Always put in salt **after** cooking dal.)

Alternative recipe:

After dal is cooked, heat ghee and sauté peppercorns until they pop. Add ginger, garlic and red chilies. Pour in the dal, bring to a boil, lower heat and simmer 2 minutes. Add salt and sugar to taste.

Especially good served with rice and any pickle or chutney, or with rice and Hot Mango Sauce, or with rice and Lamb with Tomatoes and Mint.

MUNG DAL

Serves 3

Plain mung dal:

1 cup mung dal (split mung beans)

3 cups water

$\frac{1}{8}$ tsp. turmeric powder

1 tsp. oil

$\frac{1}{2}$ tsp. salt (or more to taste)

Wash mung dal thoroughly (scrubbing with hands).

Stir together dal, water, turmeric, and oil and bring to a boil. Lower the heat and simmer, covered, for 15 minutes, taking the foam off the top with a spoon as it rises. Remove from heat and stir. Add salt. (Always add salt **after** cooking dal.)

Simple mung dal:

3 Tbs. ghee, butter or oil

15 garlic cloves (4 big Western cloves),
chopped fine

plain dal (see above)

salt to taste

Heat ghee in a medium saucepan, over medium heat, and sauté garlic until golden. Pour in cooked plain dal and stir. Bring to a boil (adding water if you want it thinner) and simmer for 2 minutes. Adjust salt to taste.

Alternative Recipe #1:

3 Tbs. ghee, butter or oil
12 peppercorns, pounded in half
a 2-inch-long, finger-width piece of
fresh ginger, peeled and finely minced
12 garlic cloves (3 big Western cloves),
finely minced
plain dal (see above)
salt to taste

In a medium saucepan, heat ghee over medium heat and sauté peppercorns until they pop. Add ginger and garlic and stir until garlic turns golden. Pour into the cooked plain dal, bring to a boil and simmer 2 minutes. Adjust salt to taste.

Alternative Recipe #2:

3 Tbs. ghee, butter, or oil
15 garlic cloves (4 big Western cloves),
chopped
1 green bell pepper, chopped ($\frac{1}{2}$ cup)
 $\frac{1}{4}$ cup chopped fresh mint leaves
 $\frac{1}{4}$ cup chopped fresh coriander leaves
(cilantro)
3 tomatoes, chopped ($1\frac{1}{2}$ cups)
 $\frac{1}{2}$ tsp. sugar
plain dal (see above)
salt to taste

Heat ghee over medium heat and sauté garlic, bell pepper, mint, coriander leaves, tomatoes, and sugar for 6-7 minutes. Pour in the cooked plain dal, bring to a boil and simmer for 2 minutes. Adjust salt to taste.

Alternative Recipe #3:

3 Tbs. ghee, butter, or oil

2 onions, finely diced (1 cup)

1 Tbs. garlic-ginger paste made from:

1/2 Tbs. minced fresh ginger

1/2 Tbs. minced garlic cloves

1/4 tsp. cumin seeds, crushed between hands

1/4 cup chopped fresh mint leaves

1/4 cup chopped fresh coriander leaves (cilantro)

4 tomatoes, diced (2 cups)

1 tsp. sugar

plain dal (see above)

In a medium saucepan, heat ghee over medium heat and sauté the onions until they become translucent. Then add garlic-ginger paste and sauté until golden. Add cumin seeds, mint, coriander leaves, tomatoes and sugar. Stir. Cook for 6-7 minutes. Pour in the cooked plain dal, stir and bring to a boil. Adjust salt to taste.

Delicious served with rice and any kind of pickle.

MUNG DAL WITH DRIED CHERRIES

Serves 3

1/2 cup dried cherries or dried sour plums
(or dried cranberries)

1 cup mung dal (split mung beans)

1/8 tsp. turmeric powder

1 tsp. oil

3 cups water

3 Tbs. ghee or butter

1 tsp. mustard seeds

15 garlic cloves (4 big Western cloves),
minced

1/2 tsp. cumin seeds

6 green chilies, chopped (6 tsp.) (or fewer
to taste)

1/4 cup chopped fresh coriander leaves
(cilantro)

20 fresh curry leaves

2 large onions, chopped fine (1 1/4 cups)

sugar to taste, according to sourness of the
fruit

salt to taste

Soak dried fruit in enough water to cover it, until
fruit becomes soft. Deseed the soaked dried fruit.
Keep water fruit has soaked in.

Wash mung dal thoroughly (scrubbing with hands).

Bring mung dal, turmeric, oil and water to a boil, lower the heat and simmer for 15 minutes or until dal is tender, scooping off any foam as it rises. This dal cooks quickly so be careful not to burn it.

In a medium saucepan, heat ghee over medium heat and fry the mustard seeds until they pop. Then add garlic, cumin seeds, green chilies, coriander leaves, curry leaves, and onions. Sauté for 5 minutes. Pour in the cooked dal, the soaked dried fruit and the water the fruit has soaked in. Then add sugar and salt to taste. Simmer together for about 10-15 minutes, until flavours blend. The dish should be sweet, sour and hot.

Especially good served with rice and any pickle, or with rice and Hot Mango Sauce, or with rice and Lamb with Tomatoes and Mint.

MUNG DAL WITH FRESH DILL

Serves 3

- 1 cup mung dal (split mung beans)
- 1/2 tsp. turmeric powder
- 1 tsp. oil (for cooking dal)
- 4 cups water
- 3 Tbs. ghee, butter or oil
- 2 onions, chopped (1 cup)
- 1 Tbs. garlic-ginger paste made from:
 - 1/2 Tbs. minced fresh ginger
 - 1/2 Tbs. minced garlic cloves
- pinch of cumin seeds, crushed between hands
- pinch of cayenne
- 1 cup finely chopped fresh dill (*sepu*)
- 1/2 tsp. salt
- 1/2 tsp. sugar
- 2 large tomatoes, chopped fine (1 1/4 cups)

Wash mung dal thoroughly (scrubbing with hands).

Bring mung dal, turmeric, oil, and water to a boil, lower the heat and simmer for 15 minutes or until individual pieces of dal are very tender, scooping off any foam as it rises. This dal cooks quickly so be careful not to burn it.

In a medium saucepan, heat ghee over medium heat and sauté onions until translucent. Add garlic-ginger paste, cumin seeds and cayenne and sauté until paste is golden.

Add dill, salt and sugar to the onion mixture with a little water, and let it simmer, covered, for 5 minutes, stirring occasionally. Blend in the dal. Simmer for 10 minutes. Add tomatoes, simmer 5 more minutes and serve.

Good eaten with hot *chappatis*, toast or rice.

DAL WITH COCUM

Serves 4

1/2 cup *masoor* dal (or split red or orange lentils)

1/2 cup *toor* or *arhar* dal (or yellow split peas)

3 cups water

pinch of turmeric powder

1 tsp. oil

1/2 cup *cocum* (*amsul*) (or dried tart cherries)

1 cup water (to soak *cocum*)

1 Tbs. oil (for frying mustard seeds)

1 tsp. mustard seeds

1 large green bell pepper, chopped (3/4 cup)

1 onion, chopped fine (1/2 cup)

15 garlic cloves (4 big Western cloves), chopped fine

1/2 tsp. cumin seeds

3 green chilies, sliced into 1/4 to 1/2-inch pieces (or fewer or more to taste)

15 curry leaves

1/4 cup finely chopped fresh coriander leaves (*cilantro*)

1/4 tsp. cayenne

salt to taste

walnut-sized piece of brown sugar (or to taste)

Wash dal thoroughly, rubbing it between your hands.

Bring *masoor* and *toor* dal, water, turmeric and 1 tsp. oil to a boil, lower heat and simmer until dal is soft, scooping off any foam that rises to the top. (Or cook in a pressure cooker for 15 minutes.)

Wash *cocum* and soak in 1 cup water. After 30 minutes, grind the *cocum* to a paste, saving aside the soaking water.

In a medium saucepan, heat oil over medium-high heat and fry mustard seeds until they pop. Then add bell pepper, onion, garlic, cumin seeds and green chilies. Cook until onions are translucent and garlic is slightly golden. Lower the heat and add curry leaves, coriander leaves, cayenne and salt. Cook mixture for a moment, then pour in the cooked dal and add the *cocum* paste along with the soaking water. Add brown sugar and bring to a boil. Stir and simmer on low heat about 10 minutes, until the *cocum* flavour is absorbed by the dal. The dal should taste sweet, sour and hot.

Especially good served with white rice, or Sprouted Chickpea *Pullao* or Spiced Rice.

GARLIC-CUMIN DAL
(Lasun-Jeera Dal)

Serves 4

This dal was a favourite of Baba's.

1 cup *toor* or *arhar* dal (or yellow split peas)

1 cup *masoor* dal (or split red or orange lentils)

1 tsp. oil

1/2 tsp. turmeric powder

6 cups water

4 Tbs. oil

3 onions, chopped fine (1 1/2 cups)

Grind the following ingredients to a fine paste (if grinding on a stone, save the water):

1 cup (approx.) grated dried coconut
(made from half of a dried coconut)

25 garlic cloves (6 big Western cloves)

3 dried red chilies (Goanese type are good)

2 Tbs. sesame seeds

1 Tbs. cumin seeds

1/2 cup peanuts, shelled and roasted

1/2 cup chopped fresh coriander leaves
(cilantro)



4 tomatoes, chopped fine (2 cups)

$\frac{1}{2}$ tsp. sugar

$\frac{1}{2}$ tsp. salt

$\frac{1}{2}$ cup water (or as necessary)

Mix the dal together and wash very well, rubbing it between your hands. Bring dal, oil, turmeric and water to a boil, lower heat and simmer for 1 hour, scooping off any foam as it rises (or cook in a pressure cooker for 20 minutes). When dal is cooked, stir and mash up until it is smooth in texture.

In a medium saucepan, heat oil over medium heat and sauté onions until they become translucent. Add coconut spice paste and sauté on low heat until a nice aroma comes up — about 6-7 minutes. Stir in coriander leaves, tomatoes, sugar and salt, cover and let simmer for 5 minutes on low heat, stirring occasionally. Pour dal into this mixture, adding $\frac{1}{2}$ cup water or more so that the dal is thin enough to pour from a spoon. Bring to a boil and simmer until the ingredients are blended — about 10 minutes. (You can add boiled drumsticks to this, chopped into 2 $\frac{1}{2}$ -inch pieces and tied in bundles of 3.)

Especially good served with white rice and Lemon Pickle.

PARSI DHANSAK DAL

Serves 6

Baba liked this dal, which was cooked for Him in the ashram days without meat.

2 lbs. (1 kg.) lamb or mutton pieces

Marinade:

1 Tbs. garlic-ginger paste made from:

1/2 Tbs. minced fresh ginger

1/2 Tbs. minced garlic cloves

1/2 tsp. salt

1/2 tsp. cayenne

1 Tbs. oil

3 or more cups hot water (as necessary to cook the lamb)

Cook all the following ingredients together:

4 cups water

1/2 cup *chana dal* (or split chickpeas)

1 cup *toor* or *arhar dal* (or yellow split peas)

1 cup *masoor dal* (or split red or orange lentils)

1/2 cup chopped fresh fenugreek leaves (*methi*) or 1 tsp. fenugreek seeds (*methi seeds*)

3 onions, chopped fine (1 1/2 cups)

2 potatoes, diced (1 1/4 cups)

1 cup diced pumpkin (*lal bhopla*) (or acorn squash or summer squash)

1½ cups diced long white squash (*doodhi*) or zucchini

1 cup diced eggplant, not peeled

1 Tbs. garlic-ginger paste made from:

½ Tbs. minced fresh ginger

½ Tbs. minced garlic cloves

½ cup chopped fresh coriander leaves (*cilantro*)

½ cup chopped fresh mint leaves

12 curry leaves

½ tsp. turmeric powder

Optional: 4 green chilies, chopped (4 tsp.)

1 green bell pepper, chopped (½ cup)

3 tsp. *dhansak masala* spice powder (see Appendix)

Additional ingredients, not for cooking with the dals:

3 Tbs. oil

1 Tbs. garlic-ginger paste made from:

½ Tbs. minced fresh ginger

½ Tbs. minced garlic cloves

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- 1/2 cup chopped fresh mint leaves
- 1 tsp. *dhansak masala* spice powder
(see Appendix)
- 4 tomatoes, chopped fine (2 cups) or 2
green (unripe) mangoes, peeled and
sliced
- 1/2 tsp. sugar

Mix together marinade ingredients in a bowl. Rub this mixture all over lamb, kneading it into the meat. Cover the bowl and marinate in the refrigerator for 12-24 hours.

In a large, flat-bottomed vessel, heat 1 Tbs. of oil on high heat, and quickly sauté the lamb. Brown the lamb on all sides, adding a little oil (as necessary), to keep it from burning. Lower heat, cover, and cook, gradually adding small amounts of hot water, enough to simmer the meat in. Stir frequently, adding more hot water, a little at a time. Cook the lamb until tender. This will take about an hour or more, depending on the meat. After the lamb is tender, about one cup of liquid should remain in the pan.

(Or: You may also brown the lamb and then roast it in a slow oven until tender, maybe 30 to 40 minutes. Or you may brown the lamb in oil over high heat, and then put it in a pressure cooker with 3 cups of water and cook at pressure for 30 minutes. Note that the pressure-cooked meat will be slightly less flavourful.)

Wash the dal thoroughly (scrubbing it with your

hands to get it really clean). Bring the dal and all the listed ingredients to a boil, lower the heat and simmer for 1 $\frac{1}{4}$ hours (or cook in a pressure cooker for 20-25 minutes).

Put oil in a pan and sauté garlic-ginger paste until golden. Add mint and *dhansak masala* and sauté for 1 minute. Add tomatoes (or sliced raw green mangoes) and sugar, and simmer until pulpy.

Mash the dal with a *ravi* or an egg beater until it is all one consistency. Then pour in the tomato mixture, the lamb and its gravy and bring to a boil. Lower heat and simmer for 10 minutes. Taste for salt and add if necessary. It may not need salt, as the lamb will be salty.

This dish is traditionally eaten with Parsi *Dhansak* Rice, Lamb Kebab and Onion Salad.

CHICKPEA DAL WITH RIPE MANGOES

Serves 3

- 1 cup *chana* dal (or split chickpeas)
- 1 tsp. oil (for dal)
- 3 cups water
- 3 Tbs. oil
- 3 onions, chopped (1½ cups)
- 1 Tbs. ginger-garlic paste made from:
 - ½ Tbs. minced fresh ginger
 - ½ Tbs. minced garlic cloves
- ½ tsp. cumin seeds, crushed between hands
- ½ tsp. cayenne
- ½ tsp. turmeric powder
- 4 green chilies, chopped (4 tsp.) (or fewer to taste)
- ¼ cup chopped fresh coriander leaves (cilantro)
- ¼ cup chopped fresh mint leaves
- 3 ripe mangoes, peeled and sliced (save the pits)
- 1 Tbs. brown sugar
- salt to taste

Wash dal thoroughly, rubbing the dal between your hands.

Bring dal, oil and water to a boil and simmer for one hour (or cook dal in pressure cooker with oil and water for 20 minutes).

In a separate saucepan, heat oil over medium heat and sauté onions until translucent. Add garlic-ginger paste and cook until paste is golden. Stirring continuously, add cumin seeds, cayenne, turmeric, green chilies, coriander leaves and mint. Then add the mango slices, the mango pits and brown sugar, and stir. Add the cooked dal and simmer for 10-15 minutes, stirring continuously. Salt to taste. The dal should be sweet, sour and a little hot.

Especially good served with hot *chappatis*, rice, toast or *puris*.

CHICKPEA DAL WITH PAPAYA

Serves 4

- 1 1/2 cups *chana* dal (or split chickpeas)
- 4 cups ripe papaya, cut up into small pieces
- 2 tsp. oil (for dal)
- 4 cups water
- 2 Tbs. oil
- 5 small onions, chopped fine (1 3/4 cups)
- 1 Tbs. garlic-ginger paste made from:
 - 1/2 Tbs. minced fresh ginger
 - 1/2 Tbs. minced garlic cloves
- 1 big green bell pepper, chopped fine (3/4 cup)
- 1/4 tsp. turmeric powder
- 1/4 tsp. cumin seeds
- 4 green chilies, chopped fine (4 tsp.) (or fewer to taste)
- 1/2 cup chopped fresh coriander leaves (cilantro)
- 1/2 cup chopped fresh mint leaves
- 1 cup chopped fresh dill (*sepu*)
- 1/2 tsp. sugar
- 3/4 tsp. salt (or more to taste)

Wash dal thoroughly, rubbing it between your hands.

Bring dal, papaya, oil, and water to a boil, lower heat and simmer for 1 hour (or cook in a pressure cooker for 20 minutes).

In a large saucepan, heat oil and sauté onions until translucent. Add garlic-ginger paste and sauté until golden. Add bell pepper, turmeric, cumin seeds, green chilies, coriander leaves, mint, dill, sugar and salt to taste and sauté for 3-4 minutes.

Mash up the cooked dal and papaya and add to the above mixture. Bring to a boil and let simmer for 5-7 minutes.

Especially good served with rice, hot *chappatis*, toast or hot *puris*.

KOHLRABI WITH CHICKPEA DAL

Serves 6

6 kohlrabi (*knol-kohl*), or turnips, peeled and cut into bite-sized pieces

6 kohlrabi tops with green tender leaves (or turnip greens), coarsely chopped

1 cup *chana dal* (or split chickpeas)

6 cups water

4 Tbs. ghee or butter

3 onions, chopped fine (1½ cups)

2 Tbs. garlic-ginger paste made from:

1 Tbs. minced fresh ginger

1 Tbs. minced garlic cloves

1 small green bell pepper, chopped fine (½ cup)

½ tsp. cumin seeds, crushed between hands

¼ tsp. cayenne

¼ tsp. turmeric powder

½ cup finely chopped fresh coriander leaves (*cilantro*)

½ cup finely chopped fresh dill (*sepu*)

1 tsp. sugar

Optional: 4 green chilies, chopped (4 tsp.)
salt to taste

10 peppercorns, coarsely pounded

Wash dal thoroughly, rubbing it between your hands.

Bring kohlrabi, greens, dal and water to a boil, lower heat and simmer for 1 hour, scooping off any foam as it rises (or cook in a pressure cooker for 25 minutes).

Heat ghee on medium heat and sauté onions with garlic-ginger paste until onions are golden. Add bell pepper, cumin seeds, cayenne, turmeric, coriander leaves, dill and sugar, and sauté for 2-3 minutes until all is blended. You may add green chilies if you want it hot.

Pour in the dal, kohlrabi, and salt to taste, adding water if necessary. Dal should be thin enough to pour from a spoon.

Sprinkle peppercorns on top. Good served with crisp toast, rice, fresh hot *chappatis* or *bhakri*.

Alternative lamb (or mutton) recipe:

Marinate 1 kg. of lamb pieces with 1 Tbs. of ginger-garlic paste for 24 hours. In a large, flat-bottomed vessel, heat 1 Tbs. of oil on high heat, and quickly sauté the lamb. Brown the lamb on all sides, adding a little oil (as necessary), to keep it from burning. Lower heat, cover, and cook, gradually adding small amounts of hot water, enough to simmer the meat in. Stir frequently, adding more hot water, a little at a time. Cook the lamb until tender. This will take about an hour or more, depending on the meat. After the lamb is tender, about one cup of liquid should remain in the pan. Add cooked lamb to dal at the end.

BUTTERMILK CURRY

Serves 6

- 1 quart (1 litre) buttermilk
- 2 Tbs. chickpea flour (*chana* flour or *besan*)
- pinch of turmeric powder
- walnut-sized piece of brown sugar
- 1/2 tsp. salt
- 1/4 tsp. cayenne
- 1 Tbs. ghee, butter or oil
- 1 tsp. mustard seeds
- 12 garlic cloves (3 big Western cloves),
chopped very fine
- 1/4 tsp. cumin seeds, crushed between hands
- 15 curry leaves
- 1/2 cup very finely chopped fresh coriander
leaves (*cilantro*)

In a mixing bowl, beat buttermilk with chickpea flour, turmeric, brown sugar and salt, until dry ingredients are dissolved, about 3 minutes. Add a touch of cayenne and mix well.

In a medium saucepan, heat ghee over medium heat and fry mustard seeds until they pop. Lower the heat slightly and, one by one, quickly stir in garlic, cumin seeds, curry leaves and coriander leaves. Sauté for one minute. Immediately pour in buttermilk mixture. Stir constantly. To pre-

vent curdling, do not cover or take spoon from the curry. Raise the heat to medium and stir continuously for 2 minutes, then stop stirring and allow mixture to boil up to twice its volume. Then stir quickly, reduce heat to low, and let simmer for 2-3 minutes.

Especially tasty over *Khitchree* or rice, or you can drink it warm as is.

YOGURT CURRY (*Dahi Curry*)

Serves 6

- 2 Tbs. ghee, butter or olive oil
- 2 onions, chopped fine (1 cup)
- 15 garlic cloves (4 big Western cloves), minced
- 1/2 cup chopped fresh coriander leaves (cilantro)
- 1/4 tsp. cumin seeds, crushed between hands
- 2 green chilies, chopped (2 tsp.)
- pinch of turmeric powder
- 2 Tbs. chickpea flour (*chana flour* or *besan*)
- 1/2 cup buttermilk or water
- 1 quart (1 litre) plain yogurt
- 1 tsp. sugar

Heat ghee on medium heat and sauté onions until translucent. Add garlic and sauté until garlic changes colour. Then add coriander leaves, cumin seeds, green chilies and turmeric, stir together and sauté for 30 seconds. Add chickpea flour and sauté with the spice mixture on low heat until flour is slightly roasted. Gradually stir in buttermilk or water until it makes a smooth sauce and boil until all is blended.

Take the mixture off the heat and let cool a little.

Add the yogurt and sugar and stir. Don't heat after adding yogurt or the mixture will curdle.

This is delicious served over *Khitchree* with *papaddum*, or with rice, or with vegetables and Green Mango Pickle.

VEGETABLE CURRY

Serves 6

5 new (or small red) potatoes, with skins
2 lbs. (1 kg.) green peas (thawed if frozen)
1 small cauliflower (1 very small Western cauliflower), broken into florets
 $\frac{3}{4}$ tsp. salt
3 Tbs. oil

Grind the following ingredients into separate, butter-smooth pastes. (The smoother the paste, the better it blends with the water into curry.) If you are using a grinding stone, then save the run off water to add to the curry later on.

Chili/Cinnamon Paste:

6 Goanese dried red chilies, soaked in hot water for 15 minutes, drained and patted dry
a 2-inch stick of cinnamon
10 peppercorns
4 cloves
2 cardamon pods
 $\frac{1}{4}$ tsp. cumin seeds
a 2-inch-long, finger-width piece of fresh ginger, peeled
10 garlic cloves (2 $\frac{1}{2}$ big Western)
1 Tbs. coriander seeds

Coconut/Sesame Paste:

1 cup (approx.) grated dried coconut
(made from half of a dried coconut)

2 Tbs. sesame seeds

2 Tbs. poppy seeds

Peanut Paste:

4 Tbs. peanuts, shelled and roasted

Fresh Coconut Paste:

1 cup (approx.) grated fresh coconut
(made from half of a fresh coconut).

Save coconut water.

1/4 tsp. turmeric powder

2 Tbs. chickpea flour (*chana flour* or *besan*)

6 tomatoes, blanched, peeled and blended
into a purée

20 curry leaves

1/2 cup tamarind pulp or juice (or less to
taste) (see Appendix)

pinch of brown sugar (or more to taste)

4 long green chilies, slit down the centre
but kept whole

Boil potatoes, green peas and cauliflower until
they are half-cooked — about 20 minutes. Add
salt. Keep the cooking water aside.

Heat oil over medium heat and sauté the chili/cinnamon paste until a nice aroma rises, then add the coconut/sesame seed paste and the peanut paste. Stir well to blend ingredients. Lower heat to low and add turmeric and roast, stirring continuously for 10 minutes.

Put the paste mixture to the side of the pan and roast chickpea flour in the centre on low heat for 5 minutes. Blend together with the paste.

Add the fresh coconut paste and roast a little until all is blended together. Gradually add grinding stone water (if any) to the roasted paste and stir well until blended. Gradually add the vegetable cooking water and coconut water and stir, breaking up the lumps in the paste to form a smooth liquid. Add the tomato purée and enough water to make a semi-thick gravy, and bring to a boil. Add curry leaves and all the vegetables, with salt to taste. When the curry comes to a boil, lower the heat and simmer on low heat for 15 minutes.

Add tamarind juice, sugar, and chilies to taste.

Especially good served with white rice and Onion Salad, or bread.

NUT CURRY

Serves 4

2 Tbs. oil

1 large onion, chopped very fine ($\frac{3}{4}$ cup)

Grind separately the following ingredients into four butter-smooth pastes:

Garlic-Ginger Spice Paste:

a $1\frac{1}{2}$ -inch-long, finger-width piece of fresh ginger, peeled

12 garlic cloves (3 big Western cloves)

a 2-inch stick of cinnamon

1 cardamon pod

8 black peppercorns

4 cloves

Red Chili-Turmeric Paste:

6 Goanese dried red chilies

pinch of turmeric powder

Fresh Coconut Paste:

1 cup (approx.) grated fresh coconut
(made from half of a fresh coconut)

Nut Paste:

15 unsalted raw cashews

15 unsalted almonds

15 unsalted walnuts

15 unsalted peanuts

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1/2 to 1 cup water (or more if needed)

3 large tomatoes (or 1/2 cup tomato purée)

2 whole green chilies, slit down the centre but kept whole

1/2 tsp. salt (or more to taste)

pinch of sugar

1 cup fresh green peas, boiled (or thawed if frozen)

12 new (or small red) potatoes, boiled and cut into halves

Heat oil over medium heat and sauté onion until it becomes translucent. Add the garlic-ginger spice paste and sauté until golden. Add red chili/turmeric paste and sauté for 2 minutes. Add fresh coconut paste and stir, then add the nut paste, lower the heat to low, and sauté for 5 minutes. Add water gradually, stirring all the time, until the curry is the consistency of thick soup.

Blanch tomatoes and remove the skin. Put in a blender and blend to a puree, or use ready-made tomato purée.

Add purée, green chilies, salt, sugar, green peas and potatoes to the curry. Stir and bring to a boil, stir again and remove from heat. Don't overcook!

Especially good served with rice, or Potato Patties or crisp bread.

This curry can also be made with small white shrimp, lamb, mutton or chicken, as follows:

Alternative recipe with shrimp:

Rub 1 lb. (1/2 kg.) shrimp (shelled, deveined and cleaned) with a mixture of salt and cayenne. Let marinate in the refrigerator for an hour or two (or more). Add to the curry before adding the tomato purée, etc. Boil curry and shrimp for 5 minutes. Then add tomatoes, etc. Eliminate the salt in the curry recipe. Salt to taste at the end.

Alternative recipe with lamb, mutton or chicken:

Rub 1 lb. (1/2 kg.) lamb or chicken with garlic-ginger paste, cayenne, and salt and marinate in the refrigerator for 24 hours. The lamb or chicken should then be cooked in its own fat over low heat, turning frequently until tender. It should be added to the curry with the tomato purée, but eliminating the salt in the curry recipe. You should salt to taste after adding the meat.

SPICY TOMATO SAUCE

Serves 6

- 4 lbs. (2 kg.) tomatoes, chopped (10 cups)
- 2 cups green peas (thawed if frozen)
- 20 pearl onions
- 2 Tbs. ghee, butter or oil
- 12 black peppercorns, pounded in half
- a 2-inch-long, finger-width piece of fresh ginger, peeled and slivered
- 15 garlic cloves (4 big Western cloves), slivered
- 3 Tbs. whole wheat or white flour
- 1/4 cup chopped fresh mint leaves
- pinch of cayenne
- water
- 4 tsp. sugar (or less to taste)
- 3/4 tsp. salt (or to taste)

Boil tomatoes in water until cooked, then sieve into a pulp, or use a food processor to make tomato pulp.

Boil fresh green peas and pearl onions until tender and keep aside.

Heat ghee over medium-high heat and fry black peppercorns until they pop. Then add ginger and garlic. Add whole wheat flour, and roast over low heat until golden. Then add mint and cayenne, and very gradually add a little water at a time to

make a smooth paste. Add sugar and salt to taste. Add tomato pulp and bring to a boil. Simmer for 10 minutes, stirring continuously. Add green peas and pearl onions; simmer for 5 minutes more. Adjust sugar and salt to taste.

This dish goes well with many of my dishes such as: Spiced Rice, *Khitchree*, Potato Patties with Minced Lamb, Potato Balls with Egg-Halves, Sprouted Chickpea *Pullao*, Vegetable *Pullao*, Garlic-Ginger Chicken, and Potato Patties.

The above recipe also makes tasty soup, served with fresh cream drizzled on top or mixed in, and croutons.



EGG SAHAS

Serves 4

1/2 lb. (1/4 kg.) green peas (thawed if frozen)

2 big potatoes (2 1/2 small Western potatoes), sliced lengthwise to finger thickness

4 Tbs. ghee, butter or olive oil

2 onions, chopped fine (1 cup)

Grind to a paste:

20 garlic cloves (5 big Western cloves)

1 tsp. cumin seeds

3 green chilies (3 tsp. chopped)

1/2 cup finely chopped fresh coriander leaves (cilantro)

1/2 cup (approx.) freshly ground coconut paste (made from half of a fresh coconut)

2 Tbs. chickpea flour (*chana* flour or *besan*)

3 cups water

3/4 tsp. salt (or more to taste)

3 eggs

pinch of cayenne

1 tsp. sugar

2 Tbs. vinegar

Optional:

1 lb. (1/2 kg.) shrimp or fish marinated in cayenne and then sautéed in a little oil until done. (Add to *sahas* before



adding egg mixture, then simmer 5-10 minutes. Then whisk in egg mixture.)

Boil green peas until tender.

Fry potatoes in 1 Tbs. ghee until tender but still firm.

In a separate pan, sauté onions in remaining ghee over medium heat until translucent. Add the ground paste and sauté for 2-3 minutes, then add coriander leaves, fresh coconut paste and chickpea flour and stir. Then gradually add water, stirring until mixture comes to a boil. Add cooked green peas, potatoes and salt to taste. Simmer for 15 minutes.

Right before serving, whisk together eggs, cayenne, sugar and vinegar. Bring the *sahas* mixture to a boil, lower heat and whisk in the egg mixture, a little at a time, whisking vigorously with a fork. Then immediately turn off the heat. (It's important to stir the egg mixture in a little at a time so the whole mixture doesn't curdle.) Consistency should be like a thick soup that pours freely off the spoon. It should be sweet, sour and hot.

Especially tasty served with *Khitchree* and *papaddum*, Lemon Pickle, or Chutney Fish Wrapped in Aluminium Foil.

Note: You can reheat the *sahas* in a double boiler, or over a very, very low heat stirring constantly; it might curdle if reheated quickly.

HOT MANGO SAUCE (Ambakalya)

Serves 6

- 20 large ripe mangoes
- 2 Tbs. ghee or butter
- 15 black peppercorns
- 12 one-inch sticks of cinnamon
- 5 cardamon pods
- 4 dried red chilies
- 1 tsp. mace
- 3 large onions, diced fine (2 cups)
- 2 Tbs. garlic-ginger paste made from:
 - 1 Tbs. minced fresh ginger
 - 1 Tbs. minced garlic cloves
- 1 cup brown sugar (or to taste, depending on sweetness of the mangoes)
- salt to taste

Wash and peel the mangoes. Keep peeled mangoes in a bowl. In a separate bowl, squeeze out the peels in a very little water, so that you remove any pulp and juice remaining on the peels. Discard the peels and keep the pulp and water mixture aside.

Heat ghee over medium-high heat and pop peppercorns. Sauté the remaining dry spices for 30 seconds and then quickly add onions. Sauté until the onions are translucent. Add garlic-ginger

paste and sauté until golden but not brown.

Add the pulp and water mixture from the peels to the onion-spice mixture. Add the mangoes with their stones (the big “seeds” inside), brown sugar and a pinch of salt. Stir. Taste for sweet and salt. Simmer for an hour or until all the flavours are blended.

When you eat this dish, be sure to enjoy the flavourful pulp still left on the stones. It’s a hands-on dish!

Good served with *Khitchree*, or with hot *puris* or *chappatis*, Mung Dal, Mixed Yellow Dal with Garlic or with a plain dal and rice.

1854

1854

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the ... water ... Add the ... sugar
their stones (the big "seeds" inside) brown sugar
and a pinch of salt. Taste for sweet and salt.
Simmer for an hour or until the flavors are

blended.

When you eat this dish, be sure to enjoy the
flavorful pulp still left on the stones. It's a
hand-in dish!

Good served with cauliflower or with hot puree or
chopped. More Del. Currier & Ives. Del. with
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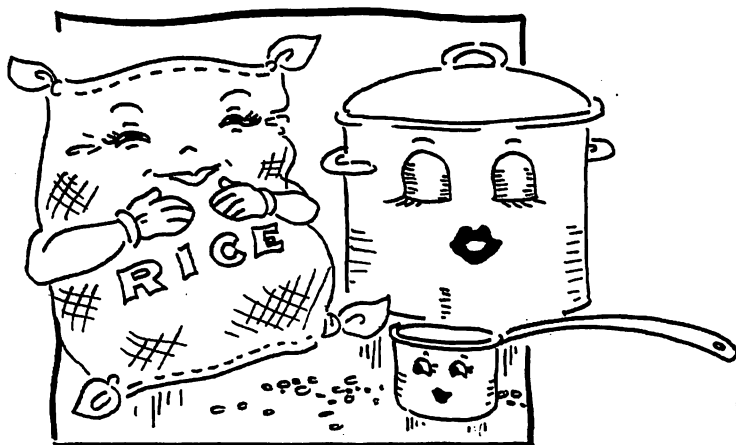
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RICE DISHES

♥ *Katie Remembers* ♥

Baba Serves us Food

In the late 1930's and early 1940's while we were living on Meherabad Hill, Baba would sometimes serve food to us. When Baba called me to live with Him in Meherabad I had brought with me a small enamel plate which turned out to be a bit smaller than the plates everyone else had. On one special day when Baba was serving our lunch, we all lined up for our turn. When my turn came I put my plate out for Baba and He gestured, "What? So small?" He scooped out one portion of rice, and then another, and another, until there was a huge pile of food on my plate. At one point I gasped, thinking to myself, "How will I finish this?" Baba said, "You have to finish everything and not a grain of rice is to be left."

I took this as an order and since then I have always been in the habit of cleaning all the food off my plate. In the ashram, it didn't matter if we liked the food or not; we always had to eat whatever was served to us. Even if we didn't like it, we had to eat it! We were all disciplined in this way, even Baba's Mehera.

And Baba would emphasize while we were eating, "Eat plenty! But never waste!" Why eat plenty? Because we never had any tidbits or snacks in between meals: no cookies, no biscuits, no fruit, no cakes, no chocolates, no anything! So Baba encouraged us to eat as much as we wanted at meal times, even helping ourselves to a second or third helping. But Baba taught us to take only what we could eat and never to waste food.



PARSI DHANSAK RICE

Serves 6

- 3 Tbs. ghee or butter
- 4 onions (4 small Western), sliced lengthwise
- 1 Tbs. garlic-ginger paste made from:
 - $\frac{1}{2}$ Tbs. minced fresh ginger
 - $\frac{1}{2}$ Tbs. minced garlic cloves
- Coarsely pound into small pieces:
 - 3 one-inch sticks of cinnamon
 - 5 cloves
 - 8 black peppercorns
 - 3 cardamon pods
- 3 cups uncooked Basmati rice, washed and soaked in water for 15 minutes, drained
- 6 cups boiling water
- 1 Tbs. salt (or more to taste)

Heat ghee over medium-high heat and sauté onions until translucent. Add garlic-ginger paste and sauté until all is golden. Add pounded spices and sauté, stirring constantly, for 30 seconds. Add the uncooked rice and sauté for about 2-3 minutes. Next, stir in boiling water and add salt. Bring to a boil again and cover. Cook until there are holes on the surface of the rice, then lower the heat and cook, covered, until the water has evaporated and the rice is done — about 10 minutes.

This dish is traditionally eaten with Parsi *Dhansak Dal*, Lamb Kebab and Onion Salad.



KHITCHREE

Serves 6

Baba liked this *khitchree*.

2 cups uncooked long grain rice

1 cup *masoor dal* (or split red or orange lentils)

4 cups water (add more if needed)

Finely chop the following ingredients:

1 large onion ($\frac{3}{4}$ cup)

a $1\frac{1}{2}$ -inch-long, finger-width piece of fresh ginger, peeled

15 garlic cloves (4 big Western cloves)

$\frac{1}{4}$ cup fresh mint leaves

4 pinches turmeric powder

$\frac{1}{2}$ tsp. crushed cumin seeds

$1\frac{1}{2}$ Tbs. ghee or butter

3 tsp. salt or to taste

Coarsely pound the following ingredients:

a $1\frac{1}{2}$ -inch-long stick of cinnamon

3 cloves

3 cardamon pods

12 whole peppercorns

2 large onions (2 medium Western onions), cut in half and then sliced lengthwise

2 Tbs. oil (to sauté onion)



Wash rice and dal well, rubbing dal between hands.

Put rice and dal in water with chopped onion, ginger, garlic and mint. Then add turmeric, cumin seeds, 1 Tbs. ghee, salt and pounded spices. Cover the pot and bring to a boil. Remove lid, stir well, then cover again. Cook until there are little holes at the top and no visible water. Lower heat to very low, and pour 1/2 Tbs. ghee down the holes. Cover and let *khitchree* steam, stirring occasionally, until rice is tender. If rice is not cooked and all the water is gone, sprinkle a little hot water over the rice, cover and steam until tender.

Sauté sliced onion in oil until crisp and golden. Sprinkle over *khitchree* when serving.

This dish would go well served with many of my dishes such as: Egg *Sahas*, Spicy Tomato Sauce, Lemon Pickle, Yogurt Curry, Buttermilk Curry, Drumstick *Patia*, Eggplant *Patia*, Shrimp *Patia*, Lamb with Tomatoes and Mint, and Onion Salad.

SPICED RICE

Serves 4

2 Tbs. ghee or butter

15 peppercorns

1 Tbs. garlic-ginger paste made from:

1/2 Tbs. minced fresh ginger

1/2 Tbs. minced garlic cloves

Coarsely pound the following ingredients:

4 cardamon pods

2 one-inch sticks of cinnamon

4 cloves

1 tsp. cumin seeds, crushed between hands

1/2 cup chopped fresh mint leaves

4 cups boiling water

2 cups uncooked Basmati rice, rinsed until water runs clear, then soaked for 15 minutes and drained until dry

2 tsp. salt

Heat ghee over medium-high heat and sauté peppercorns until they pop; then lower the heat and add garlic-ginger paste. Sauté over low heat until paste is golden. Move paste to the side of the pan, then add the pounded spices and cumin seeds into the centre of the pan and stir. Add mint and sauté it with all the spices for 2 minutes. Do not let them burn.

Boil water and keep it ready hot.

Stir the uncooked rice into the spice mixture, then add boiling water with salt. Boil uncovered for 10 minutes. When little holes appear, lower heat and cook, covered, until the rice is ready, about 10 more minutes. When each grain is separate, but soft all the way through when pressed, rice is done.

This dish would go well served with Spicy Tomato Sauce, Lamb with Tomatoes and Mint, Lamb with Potatoes, or any kind of dal.

VEGETABLE PULLAO

Serves 4

2 cups water

2 tsp: salt

1 cup green peas (thawed if using frozen)

1/2 cup small pieces cauliflower

1/2 cup cubed carrots

1/2 cup chopped French beans

1/2 cup diced potatoes

4 Tbs. ghee or butter

1/2 cup cubed green bell peppers

1 Tbs. garlic-ginger paste made from:

1/2 Tbs. minced fresh ginger

1/2 Tbs. minced garlic cloves

1/4 cup chopped fresh mint leaves

1/2 tsp. *shahjeera* (black cumin seed) or
cumin seed, crushed

2 cups uncooked Basmati rice, boiled with
salt and oil and cooled

salt to taste

Optional:

8 link sausages cut into rings and fried
slightly

Garnish:

hard-boiled eggs, diced

onion rings, fried until golden

In 2 cups water mixed with salt, boil green peas, cauliflower, carrots, French beans and potatoes until half-done (not mushy).

Heat ghee over medium heat and sauté bell peppers for 2-3 minutes, then add garlic-ginger paste and sauté until paste is golden. Add cooked, drained vegetables, mint and *shahjeera*. Sauté on low heat for 5 minutes. Stir in cooled, pre-cooked rice handful by handful until it is mixed well with the vegetables, then keep on very low heat, covered, for 20 minutes, stirring occasionally. Salt to taste.

You may stir in fried sausages along with the vegetables if you wish.

Garnish with diced hard-boiled eggs and fried golden onion rings.

This dish goes well served with Spicy Tomato Sauce, Yogurt Curry, Seasoned Yogurt with bananas, or any kind of dal.

SPROUTED CHICKPEA PULLAO

Serves 4

2 cups whole sprouted chickpeas (see sprouting directions given below)

2 cups water (for cooking sprouts)

1 tsp. salt

2 cups uncooked Basmati rice, boiled with salt and oil and cooled

2 Tbs. ghee or butter

1/2 tsp. mustard seeds

15 garlic cloves (4 big Western cloves), chopped

a 2-inch-long, finger-width piece of fresh ginger, peeled and chopped fine

2 green bell peppers, chopped (1 cup)

1/2 tsp. cumin seeds, crushed between hands

1/2 cup chopped fresh mint

6 green onions, sliced (keep bulbs and greens separate)

salt to taste

Sprouting directions:

1 cup chickpeas will make 2 cups sprouted chickpeas.

Wash chickpeas and then cover with lukewarm water and soak overnight in a warm place. Change the water the next day and soak again



overnight. Drain water in the morning and small sprouts will have appeared.

Cook sprouted chickpeas with water and salt in a pressure cooker for 20 minutes (or bring to a boil on the stove and simmer for 45 minutes). Drain off any excess water.

In a large saucepan over medium-high heat, heat ghee and fry mustard seeds until they pop, then sauté garlic, ginger, and bell peppers for 2 minutes. Lower heat and add cumin seeds and mint. Stir for 2 minutes. Add green onion bulbs, sauté for 2-3 minutes, then add green onion greens and sauté for another 2-3 minutes. Add salt. Blend in the chickpeas and sauté for 5 minutes. Stir in the cooled rice a handful at a time. Cover and steam on low heat so that the rice imbibes the flavours, stirring occasionally so that it doesn't burn. Salt to taste.

Eat hot with sweet yogurt. This dish is also tasty served with Dal with *Cocum*, or Spicy Tomato Sauce.

DILL GREENS & RICE
(*Sepu Bajii* & Rice)

Serves 4

2 cups uncooked rice, boiled with salt and oil and cooled

2 Tbs. oil

1 green bell pepper, diced (1/2 cup)

3 onions, diced (1 1/2 cups)

2 tsp. garlic-ginger paste made from:

1 tsp. minced fresh ginger

1 tsp. minced garlic cloves

1/4 tsp. cumin seeds, crushed

1 green chili, chopped (1 tsp.)

1/2 cup fresh dill (*sepu*), chopped very, very fine

1/2 tsp. salt

1-2 Tbs. water, or as needed to steam

2 tomatoes, very finely diced (1 cup)

Optional:

1/2 cup boiled peas

1/2 of a cauliflower (half of a small Western cauliflower), steamed and broken into small pieces

2 large potatoes, diced (2 cups), and sautéed in ghee or butter until tender

Heat oil over medium heat, and sauté bell pepper for a moment. Then add onions and garlic-ginger paste, and fry until paste is golden. Add cumin seeds, chili, dill, and salt, and sauté. (Only use a very little salt with dill.) Stir on low heat, adding a little water and cover with a lid to steam. Dill is a little tough so it needs thorough cooking. After 10 minutes stir in the cooled, precooked rice handful by handful until all is hot and well-blended. Steam over low heat for about 10 minutes. Stir in tomatoes, cover and steam for 2 more minutes so that the flavours can blend.

When dill and rice are done, you may add cooked peas, cauliflower, and potatoes if you wish. Turn into the rice mixture and stir until well-blended. Cover and steam for 5 minutes.

Serve plain or with yogurt.

EGGPLANT STUFFED RICE

Serves 3

Note: This recipe calls for small Asian eggplants only. Round ones should be a maximum of 3-4 inches in diameter; if long and thin; they should be a maximum of 6 inches in length.

1 cup uncooked rice, boiled with salt and oil and cooled

8 small eggplants, cut into quarters lengthwise down to the stems but keeping the pieces attached by the stem at the top
salt for inside of eggplants

Grind the following ingredients to a fine paste:

• 1/4 cup chopped fresh coriander leaves (cilantro)

20 fresh curry leaves

1 tsp. cumin seeds

20 garlic cloves (5 big Western cloves)

4 green chilies (4 tsp. chopped) (or fewer if you don't want it hot)

1/4 tsp. salt

1/4 tsp. turmeric

3 Tbs. oil

Rub a little bit of salt on the inside of the eggplants, then fill with the paste.

Heat oil over medium heat and sauté the eggplants, stirring constantly for 3 minutes. Cover, lower heat to low and cook until eggplants are tender, about 30 minutes. Add the cooled rice handful by handful, stirring until all ingredients are blended and warm. The eggplants will be soft but still attached at the stem. (You can suck on the stem, but don't eat it.)

A nice complement to this dish is green chili *raita* (yogurt mixed with chopped fresh coriander leaves and chopped green chilies), or Spicy Tomato Sauce served as a topping.

KATIE'S CHINESE RICE

Serves 4

1 $\frac{1}{2}$ cups uncooked rice, boiled with salt and oil and cooled

Omelette:

1 Tbs. oil

3 eggs

$\frac{1}{2}$ tsp. salt

cayenne to taste

$\frac{1}{4}$ tsp. black pepper

1 cup mushrooms, sliced

4 Tbs. oil

a 1-inch-long, finger-width piece of fresh ginger, peeled and minced

25 garlic cloves (6 big Western cloves), sliced into thin slivers

2 green bell peppers (2 very small Western bell peppers), cut into thin strips

1 cup chopped green onions

$\frac{1}{2}$ cup grated carrots, in long, thin strips

1 cup mung sprouts, well sprouted

$\frac{1}{2}$ tsp. salt (or more to taste)

$\frac{1}{3}$ cup cooked diced ham

$\frac{1}{3}$ cup cooked shredded chicken

$\frac{1}{2}$ cup cooked diced sausage



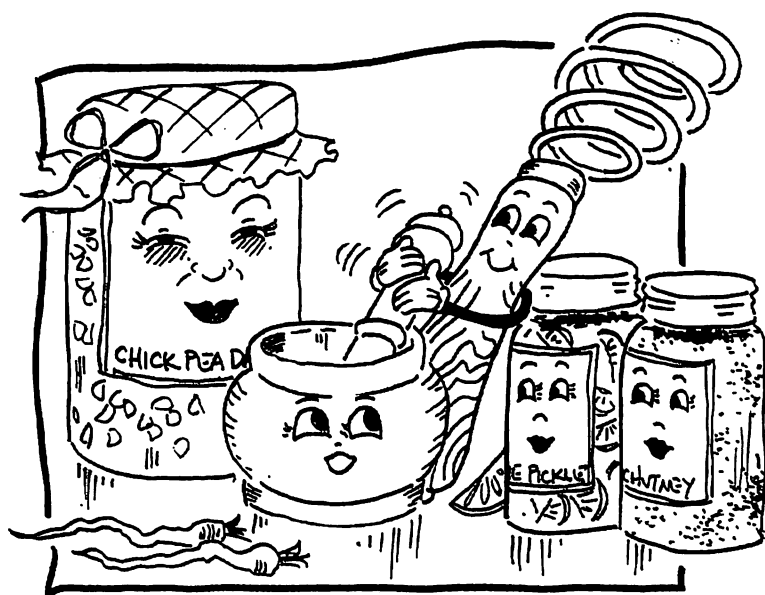
Make a plain omelette in 1 Tbs. oil with eggs, salt, cayenne, and black pepper. Let cool and cut into thin, 1/4-inch wide strips.

In omelette pan, cook mushrooms until almost tender and keep aside.

Heat 4 Tbs. oil and quickly sauté ginger, garlic and bell peppers over high heat. Stir once and then add green onions. Sauté for 3-4 minutes, then add carrots, sauté a little, then add cooked mushrooms, mung sprouts, and salt. Then add cooked ham, chicken and sausage and lower heat to medium. Add cooled rice a handful at a time. Stir all the ingredients to mix them well.

Fold the omelette strips gently into the rice mixture, cover and let cook for 2-3 minutes on low heat. Adjust salt to taste.

• Serve hot.



CONDIMENTS & CHICKPEA DISHES

♥ *Katie Remembers* ♥

A Kitchen Visit

This incident took place in Dehra Dun which we visited during the Blue Bus tours. Now as you may know, our days started very early when with Baba. We were up by 4 a.m., we ate breakfast at 5 a.m., then we had lunch at 11 a.m., and dinner at 4 p.m. We were most often in bed and asleep by 7 p.m.! So one morning at about 9:30 a.m., I was in the kitchen cooking lunch when Baba walked in and asked me when lunch would be ready. He was hungry, but the rice was not yet done. I told Baba it would be another 10 minutes. He walked back out and into the dining room, and then a few minutes later He returned and asked the same question, pointing to His wrist where a watch would be worn. "How much longer, when will it be ready?" It was a simple meal of just rice and dal. With Baba we had a strict vegetarian diet.* But the rice was not ready so I had to tell Baba, "Just a few more minutes, Baba." It would make me so happy when Baba would visit the kitchen. You can see from this how Baba saw to each and every detail of our lives.

* In the ashram days we did not even eat eggs. I only learned to cook meat, chicken, and fish dishes when I moved to Bombay at the time of the New Life, when Baba had given us full permission to eat anything. In later years, we were allowed to eat meat, chicken, and fish dishes at Meherazad on rare, special occasions as a treat.



MINT CHUTNEY (*Foodina Chutney*)

Serves 2

Meher Baba liked this chutney.

- 1 cup chopped fresh mint leaves
- a 2-inch-long, finger-width piece of fresh ginger, peeled and chopped
- salt to taste
- 1 tsp. sugar
- 8 whole black peppercorns
- juice of half a lemon (1Tbs.)

Grind mint, ginger, salt, sugar and peppercorns on a grinding stone or in a blender to make a paste.

When chutney is ground, add lemon juice.

This chutney should be made just before serving or else it will turn black and the taste will change slightly.

This chutney goes well with many of my dishes such as: Mung Dal and rice, Lentils with Noodles, Peas and Potatoes with Mint, Potatoes with Coriander Leaves and *Khitchree*. Also delicious eaten with roasted meat or chicken. Mint chutney has very good digestive properties.

COCONUT CHUTNEY

Serves 6

2 cups (approx.) grated fresh coconut
(made from 1 fresh coconut)

1 cup chopped fresh coriander leaves
(cilantro)

1/4 cup chopped fresh mint leaves

20 garlic cloves (5 big Western garlic
cloves)

4 five-inch-long green chilies

a 1/2-inch-long, finger-width piece of fresh
ginger, peeled

10 peppercorns

1/4 tsp. cumin seeds

1/4 tsp. turmeric powder

a walnut-sized piece of brown sugar

1 green (unripe) mango, grated (or 2 Tbs.
lemon juice or juice of one large, soaked
tamarind) (see Appendix)

1 onion, chopped fine (1/2 cup)

12 fresh curry leaves

1/2 tsp. salt, or to taste

Put all of the above ingredients in a blender or
food processor and grind to a fine paste, or grind
on a grinding stone, adding a few drops of water
if necessary.



♥ Condiments & Chickpeas

If no green mango is available, mix lemon juice or tamarind juice into the chutney, adding salt to taste if needed.

Chutney should be sweet, sour, and hot. It makes a good filling for sandwiches and is wonderful with rice and dal or hard-boiled eggs.

This chutney would also go well served with Mung Dal and rice, or Garlic-Ginger Vegetable Stew.

GREEN MANGO OR GREEN APPLE CHUTNEY

Serves 8

4 green (unripe) mangoes, or very tart green apples, peeled and chopped up

1 cup (approx.) grated fresh coconut (made from half of a fresh coconut)

2 onions, chopped (1 cup)

20 garlic cloves (5 big Western garlic cloves)

4-5 green chilies (4-5 tsp. chopped) (or fewer if you want it less pungent)

1/4 cup fresh mint leaves

a walnut-sized piece of brown sugar

1/2 tsp. salt (or more to taste)

1/4 tsp. cumin seeds

15 curry leaves

1/4 cup chopped coriander leaves (cilantro)

1 lemon (or more to taste, if using apples)

Grind together the above ingredients in a blender or on a grinding stone.

If chutney is not sour enough using green apples, squeeze in juice of one or more lemons to taste. Adjust salt to taste.

This dish goes well with Potato Patties and Minced Lamb, or Garlic-Ginger Vegetable Stew, Persian Omelette, Yogurt Curry, or a plain dal and rice.

POTATO CHUTNEY

Serves 3

6 potatoes (6 small Western potatoes),
peeled

Grind to a fine paste:

6 dried red chilies

15 garlic cloves (4 big Western cloves)

$\frac{1}{4}$ tsp. cumin seeds

salt to taste

2 Tbs. olive oil

1 onion, chopped fine ($\frac{1}{2}$ cup)

$\frac{1}{4}$ cup finely chopped fresh coriander
leaves (cilantro)

Boil the potatoes and mash them up.

Mix the ground paste with olive oil in a small bowl, and then add the mashed potatoes while they are still warm. Mix onion and coriander leaves into the mashed potato mixture.

Serve warm with *bhakri* (unleavened millet bread), hot *chappatis*, or *puris*.

GREEN MANGO PICKLE

Serves 4

- 1 Tbs. oil
- 1 tsp. mustard seeds
- 1/2 tsp. asafoetida (*hing*)
- 1 green (unripe) unskinned mango, washed well and dried off, cut into squares
- 1/2 tsp. turmeric powder
- 1 tsp. coriander seeds, pounded with the chaff blown off
- 1/2 tsp. fenugreek seeds (*methi seeds*)
- 2 Tbs. salt
- 1/4 tsp. cayenne (or more if you like it hot)

All things that go into pickle preparation must be dry, including hands, spoon, jar, knife, etc. If there is any moisture in the jar, mould will grow on the pickle.

Heat oil over medium heat and fry mustard seeds until they pop. Add asafoetida and after two seconds pour the spiced oil over the mango pieces in a bowl. Then add turmeric, coriander seeds, fenugreek seeds, salt, and cayenne. Mix together until blended.

Put in a clean, dry jar with a plastic, or plastic-covered lid, and shake well. Shake the jar once a day. Do not refrigerate. You can eat it after 2 to 3 days if you like it crisp. The pickle will soften and improve with age and can keep for several months.



♥ Condiments & Chickpeas

This pickle goes especially well with many of my dishes such as: Mung Dal and rice, Parsi *Dhansak* Dal, *Khitchree* and Egg *Sahas*, Peas and Potatoes with Mint, Cauliflower with Mint or any cabbage dish.

LEMON PICKLE

Serves 12

12 lemons (4 Western lemons), washed well, dried off and cut into 8 pieces each

juice of 1 lemon (2 Tbs.)

$\frac{1}{3}$ cup salt

2 tsp. turmeric powder

Optional:

25 garlic cloves (6 big Western garlic cloves) — without the least moisture

6 five-inch-long green chilies, washed, wiped dry and cut into 1-inch pieces

All things that go into pickle preparation must be dry, including hands, spoon, jar, knife, etc. If there is any moisture in the jar, mould will grow on the pickle.

Put lemon pieces into a dry glass or china bowl with lemon juice, salt and turmeric. Mix well. Add garlic and chilies if you wish. Put into a dry jar with a plastic lid. Shake the jar once a day.

If you like the pickle to be crisp, it can be eaten after 5 or 6 days or it can be matured 15 days or more, when the texture will be soft and the flavours more blended. If kept longer the pickle will turn light brown — it's okay!

Especially good with Mung Dal and rice, Parsi *Dhansak* Dal, Garlic-Cumin Dal, *Khitchree* and Egg *Sahas*, Cauliflower with Mint, or any cabbage dish.

♥ *Katie Remembers* ♥

Ashram Seasoning

While I was cooking in the kitchen for Baba, I was not allowed to nibble. You can imagine how hard that was! Once, Baba put us all on a one-year fast, where we could only eat *naan* (flat bread) with morning tea and then one meal at 4:00 p.m. I prepared the meal, but I couldn't taste the food as I was cooking it. After a while, out of necessity, my nose became so sharp that I could smell the salt in the food and tell whether there was enough or not.

While we lived on Meherabad Hill, we ate our meals under the tin shed, which had no walls. Now Meherabad is always windy, and once in a while a huge gust of wind would come and blow all the dust from the cow dung flooring into our plates. The minute the wind came up, we would all lean over our plates and try to cover our food. Invariably, it would get a good sprinkling of cow dung dust all over the surface, like salt and pepper.

And to top it all off, Baba would never let anyone eat in peace and enjoy their food. On one pretext or another, He would call someone, or ask for something, or send someone for something, testing our patience! But with all this we had Baba with us, and we did not miss anything or feel any hardship. Once, when we were all sitting with Baba under the tin shed, He said, "You don't know how lucky you all are to sit around Me like this! Later on you won't even get the chance to see Me; so make the most of this opportunity and time spent with Me."



CHICKPEA FLOUR FRITTERS (*Bhajia*)

Serves 6

Baba loved to eat *bhajia*.

2 cups chickpea flour (*chana* flour or *besan*)

1 Tbs. oil

1½ tsp. salt (or more to taste)

Grind together to a fine paste:

20 garlic cloves (5 big Western cloves)

½ tsp. cumin seeds

¼ tsp. *wava* or *ajwan* (Indian oregano), or use Western oregano

pinch of turmeric powder

¼ tsp. baking soda

1 Tbs. water (if necessary)

oil for deep frying

Cut the following into thin rings:

1 green bell pepper (1 very small Western bell pepper)

1 potato (1 small Western potato)

1 onion (1 small Western onion)

1 eggplant (⅓ of a small Western eggplant)

1 *tooriya* (or 1 zucchini)

8-9 florets of broccoli or cauliflower



♥ Condiments & Chickpeas

Make a batter of chickpea flour, oil, salt, ground paste, and a little water to make the consistency smooth and sticky enough to adhere to the vegetables.

Heat oil over high heat in a deep vessel until very hot.

Dip vegetable rings one by one into the batter and gently drop into the oil. Lower the heat to medium as the fritters cook. Fry until golden. Remove fritters from oil with a slotted spoon and eat hot with tomato catsup or Mint Chutney on top.

This dish would go well served with Katie's *Chai*.

CHICKPEA FLOUR OMELETTE (*Chana Omelette*)

For 4 omelettes

1 cup chickpea flour (*chana* flour or *besan*)

1 onion, chopped fine ($\frac{1}{2}$ cup)

Grind together to a fine paste:

2 dried red chilies

$\frac{1}{8}$ tsp. cumin seeds

7 garlic cloves (2 big Western cloves)

$\frac{1}{8}$ tsp. turmeric powder

$\frac{1}{8}$ tsp. *wava* or *ajwan* (Indian oregano),
crushed, or use Western oregano

$\frac{1}{4}$ cup finely chopped fresh coriander
leaves (*cilantro*)

1 tsp. salt

a big pinch of baking soda
water

$\frac{1}{2}$ Tbs. oil per omelette

Mix all the ingredients except the oil together,
blending in enough water so that the mixture
pours easily from the spoon, not in clumps.

Heat oil on a *tava* or iron frying pan (preferably
non-stick) over high heat and, when the oil is hot,
pour in enough batter to form an omelette about
 $\frac{1}{4}$ -inch thick. Don't spread batter too thick, it
should be even and thin. After 1-2 minutes, make

little holes in the batter from top to bottom with a spoon handle and cover to let omelette steam. Cook for about 15 seconds on high, then turn down the heat to low. Continue cooking, covered, until bottom side is golden. It will take quite a while. Raise heat to high, flip omelette over, cook for about 15 seconds on high, then lower the heat, cover, and cook until the second side is golden, and the omelette is cooked through.

Top with tomato catsup and serve hot with hot *chappatis*.

MAHARASHTRIAN *BESAN*
(Savoury Chickpea Flour Dish)

Serves 6

4 Tbs. oil

1/2 tsp. mustard seeds

20 garlic cloves (5 big Western cloves),
chopped fine

3 large onions, chopped coarsely (2 cups)

5 green chilies, chopped (5 tsp.) (or less to
taste)

1/4 tsp. cumin seeds, crushed between hands

1/4 tsp. turmeric powder

1/2 cup chopped fresh coriander leaves
(cilantro)

15 curry leaves

1/2 tsp. salt

4 green onions, chopped (including greens)

2 cups chickpea flour (*chana* flour or
besan)

3 cups water

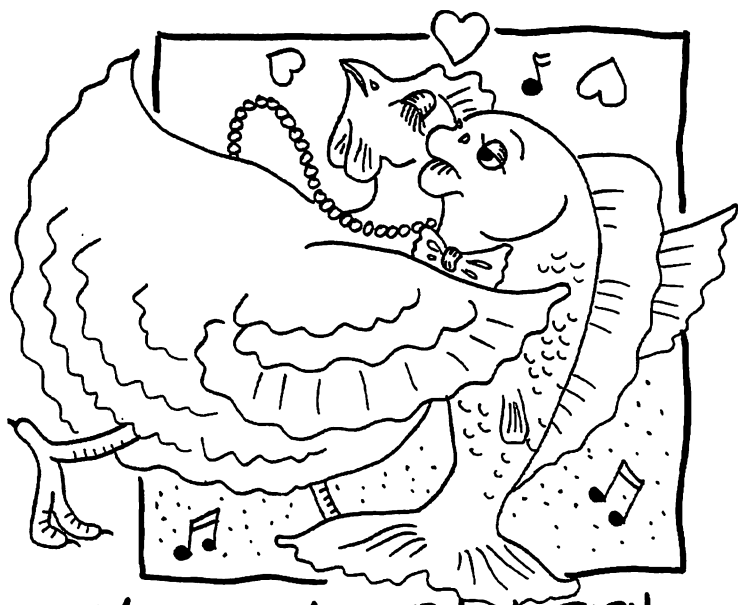
Over medium-high heat, heat oil in a saucepan and fry mustard seeds until they pop. Add garlic and onions and sauté until onions are translucent. Then add green chilies, cumin seeds, turmeric, coriander leaves, curry leaves, salt, and green onions. Sauté lightly for 3-4 minutes.

Mix chickpea flour in water, stirring so that there

are no lumps. Pour into the onion mixture and stir. Blend well. Lower the heat, cover with a lid, and steam for about 20 minutes, stirring occasionally so that it's cooked well. If it's too dry, add water. The consistency should be that of cooked polenta.

Eat with hot *bhakri* (unleavened millet bread).





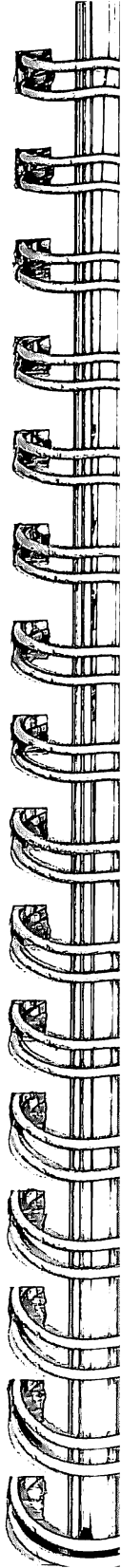
MEAT, CHICKEN & FISH

♥ *Katie Remembers* ♥

A Different Kind of Chicken

One rainy day, it poured so much at Meherabad that all the ponds were full. As I was cooking, Baba came into the kitchen with Elizabeth Patterson. Elizabeth, who had a lot of love for animals, was cradling a hen in her hands and crying. Baba came to me and told me that the hen had fallen into a pond. "I want you to make the hen warm over the fire, it might revive again," Baba gestured. So I took the hen and held it over the open wood fire, which was how we did the cooking at Meherabad in those days. There was a small flame, and I began rotating the chicken over it. It actually started roasting. My hands were burning, and I could tell by looking at the hen that it was already dead. Its legs were stiff and its feathers stuck straight out, the eyeballs were turned up, and the whites were showing. I looked at Baba and told Him with my eyes that it was no use. But He gave me a wink and gestured that I should keep on warming the hen over the fire. There was no response from the hen. You can imagine how hard it was for me to keep a straight face, but I could see Baba was taking Elizabeth's feelings seriously, so I didn't laugh.

After a little longer, Baba finally turned to Elizabeth and said, "It's gone." "Oh Baba," Elizabeth cried. Baba assured her that He would give the hen a good burial. We wrapped it up in a white cloth, and we did really give that chicken a nice burial!



LAMB BIRYANI

Serves 6

2 lbs. (1 kg.) lamb or mutton pieces

Marinade:

1 cup yogurt

2 Tbs. garlic-ginger paste made from:

1 Tbs. minced fresh ginger

1 Tbs. minced garlic cloves

$\frac{1}{4}$ tsp. cayenne

$\frac{1}{2}$ tsp. *garam masala* spice powder
(see Appendix)

$\frac{1}{4}$ tsp. black pepper

$1\frac{1}{2}$ tsp. salt

3 Tbs. ghee or butter

5 cloves

3 cardamon pods

3 one-inch sticks of cinnamon

3 bay leaves

10 black peppercorns

$\frac{1}{4}$ tsp. *shahjeera* (black cumin seeds) or
cumin seeds, pounded coarsely

3 or 4 tomatoes (4 small Western toma-
toes), blanched, peeled, and puréed

1 cup chopped fresh coriander leaves
(cilantro)

4 Tbs. ghee

15 new (or small red) potatoes, cut in half
3 onions (3 small Western onions), sliced lengthwise

1 big potato (1 medium Western potato), cut into wafer-thin slices

1/2 Tbs. garlic-ginger paste made from:

1/4 Tbs. minced fresh ginger

1/4 Tbs. minced garlic cloves

1/4 tsp. salt

5 Tbs. ghee or butter

3 cups uncooked rice, boiled with salt and oil and cooled

1 lb. (1/2 kg.) green peas (thawed if frozen), boiled in salted water

Mix together marinade ingredients in a bowl. Rub this mixture all over lamb pieces, kneading it into the meat. Cover the bowl and marinate in the refrigerator for 24 hours.

Heat ghee over medium heat and sauté cloves, whole cardamon, cinnamon, bay leaves, black peppercorns, and *shahjeera* for about a minute. Add lamb with its marinade and stir, cover and cook until lamb is tender and sauce is thick, about an hour or so, depending on the meat. If sauce gets too dry, add a little water. Add tomatoes to lamb, along with 1/2 cup coriander leaves. Cook for 5 minutes on low heat, stirring frequently.

Heat 4 Tbs. ghee and sauté new potatoes for 3-4

minutes until just golden. Keep potatoes aside.

In the same ghee, fry onion slices until crisp and golden, saving the excess ghee. Keep onions aside.

Rub potato slices with garlic-ginger paste and salt. In a large vessel, melt 1 Tbs. ghee and line the bottom of the vessel with the potato slices.

In the large vessel that has the potato slices at the bottom, layer a handful of rice, a layer of lamb, sprinkle a few new potatoes and peas, then another layer of rice, lamb, new potatoes and peas, then finally rice. Seal the top of the vessel with foil and then cover with a lid.

Let cook gently on low heat for about 30 minutes. Then make 5 or 7 holes in the top layer of rice, and pour in the melted excess ghee. Cover up and let steam for another 15 minutes on low heat. When the *biryani* is done, sprinkle the top with the crisp golden onions and remaining coriander leaves.

Dish out by spooning deep down into the *biryani* in order to bring up all the layers for each serving. Or you can mix it all up. Good served with plain yogurt or Seasoned Yogurt, Parsi *Dhansak* Dal and Onion Salad, Spicy Tomato Sauce, or just by itself.

KATIE'S PARSI LAMB CURRY

Serves 6

3 lbs. (1 $\frac{1}{2}$ kg.) lamb or mutton (with bones)

Marinade:

2 Tbs. garlic-ginger paste made from:

1 Tbs. minced fresh ginger

1 Tbs. minced garlic cloves

1 tsp. salt

$\frac{1}{2}$ tsp. cayenne

$\frac{1}{2}$ tsp. black pepper

1 Tbs. oil

8 or more cups hot water (as necessary to cook the meat)

Separately grind (preferably with a grinding stone) each of the following spice combinations to a soft, smooth, buttery paste, adding very little water to each as necessary. The texture should be as smooth as possible. The smoother the paste, the better the curry will be.

Coriander Seed Paste:

3 Tbs. coriander seeds

1 Tbs. cumin seeds

5 one-inch-long sticks of cinnamon

5 dried red (Kashmiri) long chilies (or more if you like it hot)

1 tsp. black pepper

12 cloves

4 cardamon pods

1/2 tsp. black mustard seeds

2 one-inch-long, finger-width pieces of
fresh ginger, peeled

20 garlic cloves (5 big Western cloves)

Poppy Seed Paste:

1 Tbs. poppy seeds

1 Tbs. sesame seeds

Peanut Paste:

1 cup peanuts

Dried Coconut Paste:

1 cup (approx.) grated dried coconut
(made from half of a dried coconut)

Fresh Coconut Paste:

1 cup (approx.) grated fresh coconut
(made from half of a fresh coconut)

3 Tbs. oil (or more as needed)

2 onions, very finely chopped (1 cup)

1 Tbs. chickpea flour (*chana* flour or *besan*)

12 big tomatoes (6 big Western tomatoes),
blanched, peeled and blended to a purée

Optional: 1/2 cup tamarind pulp (or more
to taste) (See Appendix)

salt to taste

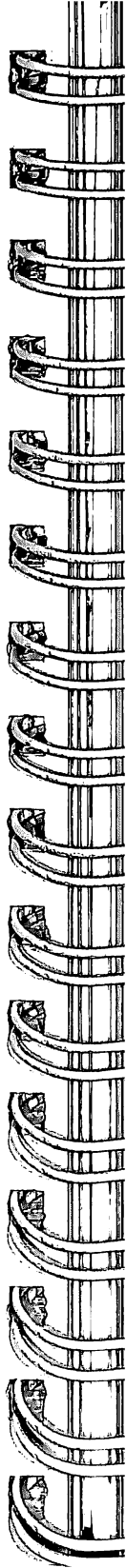


Mix together marinade ingredients in a bowl. Rub this mixture all over lamb, kneading it into the meat. Cover the bowl and marinate in the refrigerator for 24 hours.

In a large, flat-bottomed vessel, heat 1 Tbs. of oil on high heat, and quickly sauté the lamb. Brown the lamb on all sides, adding a little oil (as necessary) to keep it from burning. Lower heat, cover, and cook, gradually adding small amounts of hot water, enough to simmer the meat in. Stir frequently, adding more hot water, a little at a time. Cook the lamb until tender. This will take about an hour or more, depending on the meat. After the lamb is tender, about 6 cups of liquid should remain in the pan.

(Or: You may also brown the lamb in oil over high heat, and then put it in a pressure cooker with 6 cups of water, **or up to the maximum allowed capacity of your cooker**. Cook at pressure for 30 minutes. Note that the pressure-cooked meat will be slightly less flavourful.)

Heat 3 Tbs. oil over medium heat, and sauté onions until translucent. Blend coriander seed paste in with the onions and stir for 5 minutes. Then add poppy-sesame paste, peanut paste, and dried coconut paste, blend together well and stir continuously on low heat until you get a nice aroma, about 15 minutes. Then add fresh coconut paste and blend with other spices. Immediately add chickpea flour and stir into the spice mixture. Cook for 5 minutes, stirring constantly. Stir in tomato purée and blend well. Add lamb and its gravy, stirring until all ingredients



are blended. Turn up heat, bring curry to a boil, lower heat and simmer for 15 minutes, stirring frequently. Add a little oil if the lamb sticks to the pan. The consistency of the curry should be that of a thick soup. It should pour off a spoon but not be runny.

Taste for salt, sourness (the curry should have a hint of sourness), and pungency. Adjust seasonings to taste, adding tamarind pulp for sourness as required.

Very tasty served with white rice and Onion Salad.



LAMB KEBAB

Serves 4-5

2 lbs. (1 kg.) finely minced lamb or mutton

Marinade:

3 Tbs. garlic-ginger paste made from:

1 $\frac{1}{2}$ Tbs. minced fresh ginger

1 $\frac{1}{2}$ Tbs. minced garlic cloves

$\frac{1}{4}$ tsp. cayenne

$\frac{1}{2}$ tsp. salt

$\frac{1}{4}$ tsp. black pepper

1 large boiled potato (1 medium Western potato), mashed

3 onions, very finely chopped (1 $\frac{1}{2}$ cups)

2 eggs

2 Tbs. garlic-ginger paste made from:

1 Tbs. minced fresh ginger

1 Tbs. minced garlic cloves

2-3 green chilies, chopped (2-3 tsp.)

$\frac{1}{2}$ cup finely chopped fresh coriander leaves (cilantro)

$\frac{1}{2}$ cup finely chopped fresh mint leaves

$\frac{3}{4}$ tsp. *garam masala* spice powder (see Appendix)

$\frac{1}{2}$ tsp. salt

1 tsp. oil

1 cup bread crumbs, toasted (or made from toast)

oil (enough to fill pan 1-inch deep for frying)

Mix together marinade ingredients in a bowl. Rub this mixture into the minced lamb, kneading it into the meat. Cover the bowl and marinate in the refrigerator for 24 hours.

Mix into the meat, one by one, all the remaining ingredients except the oil and bread crumbs. Knead well. Cover and leave for one hour.

Roll one small ball from meat mixture and fry it in 1 tsp. oil in order to taste for salt. You may want to add more salt to meat mixture according to your taste.

Form meat mixture into balls the size of a walnut, and roll each ball in bread crumbs. If mixture is too moist, add one Tbs. or two of bread crumbs, so that the meat balls bind well.

Fill a frying pan with oil 1-inch deep. Heat oil on high and add kebabs to the oil. Lower heat to medium and fry, turning the balls frequently and occasionally basting the tops with hot oil, until kebabs are golden in colour. Remove from oil and place on paper towels to remove excess oil.

This dish is traditionally eaten with Parsi *Dhansak Dal*, Parsi *Dhansak Rice* and Onion Salad.

Note: Kebabs can be eaten as meatballs with tomato sauce or made into burgers. (See Katie's Burgers.)

KATIE'S BURGERS

Using minced lamb, ground beef or ground turkey, make a meat mixture according to the recipe for Lamb Kebab.

Form the mixture into patties and, using your fingers, pat a little oil on the top and bottom of each patty. Grill over a charcoal grill (or pan fry in an iron skillet). Eat as you would a hamburger in a hamburger bun dressed with mayonnaise, tomato catsup, and mustard.



LAMB WITH POTATOES
(*Khara Papeta nu Gosh*)

Serves 4

3 lbs. (1½ kg.) lamb or mutton on the bone, cut into 2-inch chunks

Marinade:

3 tsp. salt

½ tsp. black pepper

½ tsp. cayenne

½ tsp. *garam masala* spice powder
(see Appendix)

2 Tbs. garlic-ginger paste made from:

1 Tbs. minced fresh ginger

1 Tbs. minced garlic cloves

4 Tbs. oil

8 or more cups hot water (as necessary to cook the meat)

10 whole black peppercorns

a 2-inch stick of cinnamon

4 cloves

2 cardamon pods

2 Tbs. garlic-ginger paste made from:

1 Tbs. minced fresh ginger

1 Tbs. minced garlic cloves

4 dried red chilies with stems

20-24 fresh mint leaves

4 Tbs. whole wheat flour

1 cup water

8 potatoes, peeled and cut in halves (4 Western potatoes cut in quarters)

1/2 tsp. *garam masala* spice powder (see Appendix)

salt (optional)

Mix together marinade ingredients in a bowl. Rub this mixture all over lamb pieces, kneading it into meat. Cover the bowl and marinate in the refrigerator for 24 hours.

In a large, flat-bottomed vessel, heat 1 Tbs. of oil on high heat, and quickly sauté the lamb. Brown the lamb on all sides, adding a little oil (as necessary), to keep it from burning. Lower heat, cover, and cook, gradually adding small amounts of hot water, enough to simmer the meat in. Stir frequently, adding more hot water, a little at a time. Cook the lamb until tender. This will take about an hour or more, depending on the meat. After the lamb is tender, about 6 cups of liquid should remain in the pan.

(Or: You may also brown the lamb in oil over high heat, and then put it in a pressure cooker with 3 cups of water and cook at pressure for 30 minutes. Note that the pressure-cooked meat will be slightly less flavourful.)

Meanwhile, heat 3 Tbs. oil over medium heat and add peppercorns, cinnamon, cloves and cardamom along with the garlic-ginger paste. Lower

heat and sauté for 2 minutes. Add chilies and mint and sauté, stirring constantly, until garlic-ginger paste is golden. Add whole wheat flour and stir until it gives off a cake-like aroma. Don't let it burn. Add 1 cup water gradually, breaking up the lumps and mixing all the ingredients together to make a smooth paste. Remove from heat and keep aside.

Gradually add the lamb juices, and more water if needed to the cooked paste, stirring to make a smooth, thick gravy. Add potatoes to the gravy and bring to a boil. Simmer on low heat until the potatoes are half done. Stir in lamb, *garam masala* and more water if needed to bring the gravy to the consistency of a thick dal that can pour off a spoon. Simmer until potatoes are tender. Taste for salt.

Delicious with plain white rice or Spiced Rice, hot *chappatis* or soft toast.

POTATO PATTIES WITH MINCED LAMB

Serves 4

8 potatoes (4 large Western potatoes),
boiled

1 cup milk.

1 Tbs. butter

1 tsp. salt (or to taste)

1/2 tsp. pepper

4 Tbs. oil, ghee, or butter

5 onions, chopped very fine (2 1/2 cups)

1 Tbs. garlic-ginger paste made from:

1/2 Tbs. minced fresh ginger

1/2 Tbs. minced garlic cloves

1/4 cup chopped fresh coriander leaves
(cilantro)

1/4 cup chopped fresh mint leaves

1/4 tsp. cumin seeds, pounded

5 green chilies, chopped (5 tsp.) (or fewer
if you don't want it hot)

pinch of cayenne

2 lbs. (1 kg.) ground lamb or mutton
(keema) or corned beef

1/2 tsp. salt (or to taste — use less salt with
corned beef)

5 tomatoes, chopped fine (2 1/2 cups)

1/2 tsp. sugar (or to taste)



- 1 Tbs. vinegar
- a little butter (for fingers)
- 1 cup bread crumbs
- 2 eggs
- $\frac{1}{4}$ tsp. salt
- $\frac{1}{4}$ tsp. black pepper
- $\frac{1}{4}$ tsp. cayenne
- $\frac{1}{2}$ cup oil, or as needed for all the patties

Mash potatoes with milk, butter, and salt and pepper to taste.

In oil, sauté onions, garlic-ginger paste, coriander leaves, mint, cumin seeds, green chilies, and cayenne for about 5 minutes or until onions are pinkish. Add ground lamb and salt and stir. Continue cooking for 15 minutes, stirring occasionally. Stir in tomatoes and sugar; cook for 5 minutes. Remove from heat, add vinegar, and stir. Adjust seasonings. The meat should be dry, with a sweet, sour and hot taste.

Make mashed potatoes into balls and, using buttered fingers, form a small cup in the centre of each ball. Fill the cup with the meat mixture and cover the opening with edges of the mashed potato. Pat into a patty and roll it in bread crumbs.

Beat up eggs with salt, pepper and cayenne. Dip patties into egg mixture. Fry in a little oil on an iron griddle until golden on both sides.

SPICED LAMB CHOPS

Serves 6

12 lamb chops or mutton chops (small loin chops are best)

Marinade:

3 tsp. salt

1/2 tsp. black pepper

1 tsp. cayenne

1/2 cup garlic-ginger paste made from:

4 Tbs. minced fresh ginger

4 Tbs. minced garlic cloves

2 Tbs. ghee or butter

15 peppercorns

5 half-inch sticks of cinnamon

5 cloves

4 dried red chilies

a 2-inch-long, finger-width piece of fresh ginger, peeled and cut into thin slivers

20 garlic cloves (5 big Western cloves), cut into thin slivers

1/2 cup chopped fresh mint

1 green bell pepper (1 very small Western bell pepper), cut into thin strips

4 Tbs. whole wheat flour

hot water

4 Tbs. ghee or butter, or enough to cover bottom of pan



20 new (or small red) potatoes, peeled
6 tomatoes (6 small Western tomatoes),
quartered
1 lb. (1/2 kg.) green peas, boiled (or thawed
if frozen)

Mix together marinade ingredients in a bowl. Rub this mixture all over lamb chops, kneading it into the meat. Cover the bowl and marinate in the refrigerator for 12-24 hours.

Heat ghee on high heat, put in peppercorns and let them pop. Lower the heat and add cinnamon, cloves and red chilies. Sauté for a minute. Then add ginger, garlic, mint and bell pepper. Sauté for 2 minutes, taking care not to burn the spices. Then push the mixture to the side of the pan, and in the middle, roast the flour until it smells like cake, then briskly stir the hot water into the centre, making a smooth paste, and then stir all the ingredients together.

Heat ghee in a separate pan over medium-high heat and brown chops, turning occasionally. (Or cook on high heat in a hot wok with a little oil, turning constantly until brown.) Gradually add a little hot water and simmer, covered, until the chops are tender, about 30 minutes, adding more water as needed. Put the chops into the spice mixture and stir. Add potatoes and simmer, covered, until the potatoes are cooked. The final result should be chops and potatoes in a semi-thick gravy. At the last minute, add tomatoes and green peas and bring to a boil. Simmer for 3-4 minutes.

LAMB WITH TOMATOES AND MINT (Tomato Gosh)

Serves 4

2 lbs. (1 kg.) lamb or mutton, cut into pieces

Marinade:

3 tsp. salt

1/4 tsp. black pepper

1/4 tsp. cayenne

2 Tbs. garlic-ginger paste made from:

1 Tbs. minced fresh ginger

1 Tbs. minced garlic cloves

4 Tbs. oil (or more if necessary)

3 or more cups hot water (as necessary to cook the meat)

6 onions, chopped fine (3 cups)

2 Tbs. garlic-ginger paste made from:

1 Tbs. minced fresh ginger

1 Tbs. minced garlic cloves

1 tsp. *garam masala* spice powder (see Appendix)

1/4 tsp. cayenne

1/2 cup chopped fresh mint leaves

4 lbs. (2 kg.) tomatoes, blanched, peeled and chopped (10 cups)

2 egg-sized pieces of brown sugar (or to taste)

salt if necessary to taste

Mix together marinade ingredients in a bowl. Rub this mixture all over lamb pieces, kneading it into meat. Cover the bowl and marinate in the refrigerator for 24 hours.

In a large, flat-bottomed vessel, heat 1 Tbs. of oil on high heat, and quickly sauté the lamb. Brown the lamb on all sides, adding a little oil (as necessary), to keep it from burning. Lower heat, cover, and cook, gradually adding small amounts of hot water, enough to simmer the meat in. Stir frequently, adding more hot water, a little at a time. Cook the lamb until tender. This will take about an hour or more, depending on the meat. After the lamb is tender, about one cup of liquid should remain in the pan.

(Or: You may also brown the lamb and then roast it in a slow oven until tender, maybe 30 to 40 minutes. Or you may brown the lamb in oil over high heat, and then put it in a pressure cooker with 3 cups of water and cook at pressure for 30 minutes. Note that the pressure-cooked meat will be slightly less flavourful.)

Heat 3 Tbs. oil over medium heat and sauté onions until translucent. Add garlic-ginger paste



and sauté until paste is golden. Lower heat and add *garam masala*, cayenne and mint, and sauté for 2-3 minutes. Add tomatoes, brown sugar, and salt to taste. Cook over a medium heat, stirring frequently, until tomatoes cook down a little — about 30 minutes. Add lamb and its gravy, cover and let simmer for 15 more minutes on low heat, stirring occasionally. Taste for salt and brown sugar. (As the lamb has already been marinated in salt, be sure to taste well before adding salt.)

Especially tasty eaten with *Khitchree* or Spiced Rice, or a plain dal and rice, along with hot *chapatis*, or toasted *broon* bread (French roll).

SQUASH WITH LAMB
(Doodhi Gosh)

Serves 4

1 lb. (1/2 kg.) lamb or mutton pieces on the bone, or pork or lamb chops

Marinade:

1 Tbs. garlic-ginger paste made from:

1/2 Tbs. minced fresh ginger

1/2 Tbs. minced garlic cloves

1/2 tsp. *garam masala* spice powder
(see Appendix)

1/2 tsp. black pepper

1/4 tsp. cayenne

1 tsp. salt

1 Tbs. oil (for lamb)

10-16 fresh mint leaves

3 or more cups hot water (as necessary to cook the meat)

3 Tbs. ghee or butter

Pound into coarse bits:

a 1-inch stick of cinnamon

2 cloves

4 peppercorns

1 cardamon pod

2 dried red chilies

3 onions, chopped fine (1 1/2 cups)

1 Tbs. garlic-ginger paste made from:

1/2 Tbs. minced fresh ginger

1/2 Tbs. minced garlic cloves

2 long white squash (*doodhi*) (or 6-8 zucchini), peeled and cut into big pieces

1/2 tsp. sugar

3/4 cup water (or more if necessary to cook the squash)

salt to taste

Mix together marinade ingredients in a bowl. Rub this mixture all over lamb pieces, kneading it into meat. Cover the bowl and marinate in the refrigerator for 24 hours.

In a large, flat-bottomed vessel, heat 1 Tbs. of oil on high heat, and quickly sauté the lamb (or mutton or pork) and the mint leaves. Brown the lamb on all sides, adding a little oil (as necessary), to keep it from burning. Lower heat, cover, and cook, gradually adding small amounts of hot water, enough to simmer the meat in. Stir frequently, adding more hot water, a little at a time. Cook the lamb until tender. This will take about an hour or more, depending on the meat. After the lamb is tender, about one cup of liquid should remain in the pan.

(Or: You may also brown the lamb with the mint and then roast it in a slow oven until tender, maybe 30 to 40 minutes. Or you may brown the lamb with the mint in oil over high heat, and then put it in a pressure cooker with 3 cups of



water and cook at pressure for 30 minutes. Note that the pressure-cooked meat will be slightly less flavourful.)

Heat ghee and add the pounded spice pieces and red chilies, and then immediately add the onions. Sauté until onions are translucent. Add garlic-ginger paste and sauté until the paste is golden. Add the squash with sugar and water. Stir to mix with other ingredients, cover with a lid, bring to a boil and simmer, adding a little water (as necessary), until the squash is tender. Stir frequently. Pour cooked lamb with its gravy and a little more water into the squash and simmer together for 20 minutes until well-blended. The dish should be soupy, not dry. Salt to taste.

I generally serve this dish along with hot *chapatis* or bread.

FLAT BEANS WITH LAMB (*Papri* with Lamb)

Serves 3

1 lb. (1/2 kg.) lamb or mutton pieces

Marinade:

2 Tbs. garlic-ginger paste made from:

1 Tbs. minced fresh ginger

1 Tbs. minced garlic cloves

1/2 tsp. salt

1 Tbs. oil (or more as necessary)

3 or more cups hot water (as necessary to cook the meat)

flat beans (*papri*) and all ingredients cooked as in recipe for Flat Beans (in Vegetables section) until half-done (almost tender)

Note: As the lamb will be marinated with salt, be careful how much salt you add into the flat beans. It's best to salt the flat beans to your taste after adding lamb.

Mix together marinade ingredients in a bowl. Rub this mixture all over lamb pieces, kneading it into meat. Cover the bowl and marinate in the refrigerator for 24 hours.

In a large, flat-bottomed vessel, heat 1 Tbs. of oil on high heat, and quickly sauté the lamb. Brown the lamb on all sides, adding a little oil (as necessary), to keep it from burning. Lower heat, cover,

and cook, gradually adding small amounts of hot water, enough to simmer the meat in. Stir frequently, adding more hot water, a little at a time. Cook the lamb until tender. This will take about an hour or more, depending on the meat. After the lamb is tender, about one cup of liquid should remain in the pan.

(Or: You may also brown the lamb and then roast it in a slow oven until tender, maybe 30 to 40 minutes. Or you may brown the lamb in oil over high heat, and then put it in a pressure cooker with 3 cups of water and cook at pressure for 30 minutes. Note that the pressure-cooked meat will be slightly less flavourful.)

Add lamb and the lamb gravy into the half-done flat beans dish and simmer until flat beans and other vegetables are tender.

PERSIAN SOUP WITH RICE
(*Osh-e-Biran*)

Serves 6

2 lbs. (1 kg.) lamb, mutton, or pork pieces
Marinade:

3/4 tsp. salt

pinch of cayenne

2 Tbs. garlic-ginger paste made from:

1 Tbs. minced fresh ginger

1 Tbs. minced garlic cloves

1 Tbs. oil

7 or more cups hot water (as necessary to
cook the meat)

1/2 cup green mung beans

1 1/2 cups water (for mung beans)

1/4 cup lentils (whole *masoor*)

1/4 cup *chana dal* (or split chickpeas)

1/4 cup whole white chickpeas (garbanzos)
(*Kabuli chana*)

1/4 cup black-eyed peas (*chora*)

1/4 cup whole brown chickpeas (whole *har-
bara*)

3 cups water (for lentils, chickpeas, etc.)

3 Tbs. ghee or butter

4 onions, chopped fine (2 cups)

3 Tbs. garlic-ginger paste made from.



- 1½ Tbs. minced fresh ginger
- 1½ Tbs. minced garlic cloves
- ¼ tsp. turmeric powder
- 1 tsp. black pepper
- 1 cup finely chopped fresh dill (*sepu*)
- 4 kohlrabi (*knol-kohl*), or turnips, diced
- ¼ cup finely chopped fresh coriander leaves (*cilantro*)
- ½ cup uncooked rice, washed
- 1 tsp. *garam masala* spice powder (see Appendix)
- salt to taste

Mix together marinade ingredients in a bowl. Rub this mixture all over the meat pieces, kneading it into meat. Cover the bowl and marinate in the refrigerator for 24 hours.

In a large, flat-bottomed vessel, heat 1 Tbs. of oil on high heat, and quickly sauté the lamb (or mutton or pork). Brown the lamb on all sides, adding a little oil (as necessary), to keep it from burning. Lower heat, cover, and cook, gradually adding small amounts of hot water, enough to simmer the meat in. Stir frequently, adding more hot water, a little at a time. Cook the lamb until tender. This will take about an hour or more,



depending on the meat. After the lamb is tender, about 4 cups of liquid should remain in the pan.

(Or: You may also brown the lamb in oil over high heat, and then put it in a pressure cooker with 4 cups of water and cook at pressure for 30 minutes. Note that the pressure-cooked meat will be slightly less flavourful.)

Cook mung beans in a pressure cooker with water for 10 minutes, or boil until tender. Remove and keep aside.

Cook the rest of the lentils, chickpeas, etc. in the pressure cooker with water for 30 minutes, or boil until tender.

In a large vessel, heat ghee and sauté the onions until translucent. Add garlic-ginger paste and sauté over low heat until the paste is golden. Add turmeric and black pepper, stir well, and then add the meat with its gravy, all the beans and their cooking water, and bring to a boil. Add dill, kohlrabi, coriander leaves and uncooked rice, and return to a boil. Reduce heat and simmer until rice is cooked. Sprinkle in *garam masala* and salt to taste and stir. The consistency should be that of a thick soup.

This dish goes well served with melba toast or crisp hard toast.

STIR-FRIED LIVER WITH LEMON JUICE

Serves 3

1 lb. (1/2 kg.) lamb or mutton livers,
washed and cut into strips

Grind to a fine paste:

20 garlic cloves (5 big Western cloves)

4 green chilies (4 tsp. chopped)

1 tsp. cumin seeds

20 fresh curry leaves

1/4 tsp. turmeric powder

2 tsp. salt

4 Tbs. oil

Garnish:

lemon juice to taste

Marinate the liver in the ground paste for 2 hours.

On a griddle, skillet, or *tava*, heat oil and add liver pieces, stirring fast on high heat for 2-3 minutes. Be careful not to overcook, or the liver may become tough. Add more salt if necessary.

Eat with a sprinkling of lemon juice. A nice accompaniment to this dish is plain dal and rice, Onion Salad and hot *chappatis* or bread.

PORK CHOPS WITH ONIONS AND BELL PEPPERS

Serves 4

12 thin pork chops (about 1/2-inch-thick)

Marinade:

3 Tbs. garlic-ginger paste made from:

1 1/2 Tbs. minced fresh ginger

1 1/2 Tbs. minced garlic cloves

1/2 tsp. black pepper

3 tsp. salt

1 tsp. cayenne

2 Tbs. olive oil

5 onions (5 small Western onions), cut into rings

5 green and red bell peppers (2 1/2 large Western bell peppers), cut into rings

1/4 tsp. salt (or more to taste)

4 tomatoes (4 small Western tomatoes), cut into thick rings

fresh mint leaves

Mix together marinade ingredients in a bowl. Rub this mixture all over pork chops, kneading into the meat. Cover the bowl and marinate in the refrigerator for 24 hours.

Heat a wok until very hot, pour in olive oil and immediately fry chops on high heat for 5 min-



utes. This may take longer depending on the size of the chops. When tender (do not overcook), put chops on a platter. Keep aside the remaining oil.

Brown onions and bell peppers in the oil. Add salt. Scorch tomatoes in the same wok without breaking them. Garnish chops with tomatoes, onions and bell peppers. Sprinkle fresh mint leaves over the tomatoes.

Serve hot.

BACON STIR-FRY

Serves 4

2 packets bacon (about 16 strips), cut into 1/2-inch squares

20 garlic cloves (5 big Western cloves), cut in half

2 green bell peppers (2 very small Western bell peppers), sliced into big strips

a 1-inch-long, finger-width piece of fresh ginger, peeled and sliced thin

1 big cabbage (1 medium Western cabbage), cut into small chunks with core removed

salt to taste

a pinch of sugar

Fry bacon in a pan until crispy. Remove and drain on paper towels. Keep aside.

Using 1 Tbs. of the bacon fat, sauté garlic, bell peppers, ginger and cabbage on high heat. Add the bacon pieces and stir continuously on high heat for 10 minutes, or until vegetables are tender. Add salt to taste and a pinch of sugar.



SWEET AND SOUR CHICKEN

Serves 4

3 lb. (1½ kg.) chicken with bones, dejointed and cut into large pieces

Marinade:

2 Tbs. garlic-ginger paste made from:

1 Tbs. minced fresh ginger

1 Tbs. minced garlic cloves

½ tsp. salt

½ tsp. black pepper

½ tsp. cayenne

5 Tbs. olive oil

1 Tbs. slivered garlic cloves

1 Tbs. slivered fresh ginger

2 bell peppers (1 red, 1 green) (2 very small Western bell peppers), cut into 1-inch-wide strips

2 celery stalks (1 Western celery stalk), sliced into ¼-inch pieces

3 carrots (3 small Western carrots), cut into 2-inch-long and ¼-inch-wide strips

12 big white mushrooms, cut into quarters

1 leek, sliced into ¼-inch-wide rounds

8 green onions, cut into 1½-inch lengths, up to (but not including) the greens, leaving the bulbs whole

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1/2 small cauliflower (1/4 small Western cauliflower), broken into 1 1/4-inch-wide florets

1/2 of a small cabbage (1/4 of a small Western cabbage), cut into pieces

4 Tbs. cornflour (cornstarch)

3 cups water (for mixing with cornflour)

2 1/2 cups water (for cooking vegetables)

1 very small broccoli (1/2 of a small Western broccoli), broken into 1 1/4-inch-wide florets

1 cup tomato purée

1/4 cup. vinegar (or more to taste)

2 tsp. sugar (or more to taste)

salt to taste

black pepper to taste

Mix together marinade ingredients in a bowl. Rub this mixture all over chicken pieces. Cover the bowl and marinate in the refrigerator for 24 hours.

Preheat oven to 375° F.

Brown chicken pieces in 2 Tbs. olive oil, then roast in a 375° F oven for 25 minutes.

Heat remaining 3 Tbs. olive oil over high heat and sauté garlic and ginger slivers until garlic is golden at the edges but not brown, stirring continuously.

While heat is still high, in quick succession add bell peppers, celery, carrots, and mushrooms, then stir. Let cook 1 minute, then add leek, green onions, cauliflower, and cabbage, and stir to mix up the vegetables. Cover and cook (still on high heat) for 5 minutes, stirring occasionally.

Meanwhile, make a thin mixture of cornflour and water.

Add 1 cup of water to the vegetables, cover and cook over high heat for 8 minutes. Then add broccoli, cover and steam for another 2-3 minutes, or until vegetables are half-cooked and crisp. Gently stir chicken pieces into the vegetables. Gradually add another 1 cup of water and keep stirring gently, for 5 minutes. Then add an additional $\frac{1}{2}$ cup water. When water is boiling, stir in the cornflour mixture. Boil on high heat until the cornflour thickens the sauce. Add tomato purée and additional water if needed until it comes to the consistency of thick, hearty soup that can be poured off a spoon.

Lower the heat, add vinegar, sugar and salt and black pepper to taste. Adjust seasoning, adding more vinegar or sugar if necessary. It should be sweet and sour and slightly hot.

This dish is good eaten with *broon* bread (French roll).

CHICKEN WITH MUSHROOMS AND BELL PEPPERS

Serves 3

3 whole, boneless chicken breasts

Marinade:

1½ tsp. salt

¼ tsp. black pepper

¼ tsp. cayenne

2 Tbs. garlic-ginger paste made from:

1 Tbs. minced fresh ginger

1 Tbs. minced garlic cloves

5 Tbs. olive oil

2 onions (2 small Western onions), sliced
into strips

12 garlic cloves (3 big Western cloves),
sliced thin

a 2-inch-long, finger-width piece of fresh
ginger, peeled and sliced thin

Halve each of 3 bell peppers (green, red &
yellow) (3 very small Western bell pep-
pers), sliced lengthwise into strips

½ tsp. cumin seeds

2 green chilies, chopped fine (or fewer to
taste)

20 mushrooms, sliced

½ tsp. salt (or more to taste)

pinch of sugar
2 Tbs. oil
pinch of cayenne

Mix together marinade ingredients in a bowl. Rub this mixture all over chicken, kneading it into the chicken. Cover the bowl and marinate in the refrigerator for 24 hours.

In 1 Tbs. olive oil, sauté the chicken breasts over low heat, covered, for 5-10 minutes or until tender. (Or roast in a roasting pan in a 325° F oven, about 20 minutes, until tender.) Tear the cooked chicken into 1/2-inch-wide strips and then cut into cubes.

Heat remaining olive oil over high heat and sauté onions, garlic, ginger, bell peppers, cumin seeds, and green chilies for 5 minutes. Add mushrooms, salt, and a pinch of sugar. Stir and cook until mushrooms are tender. Put mushrooms and vegetables to the sides of the pan. In a little oil in the centre of the pan, sauté the chicken with a pinch of cayenne. Mix together the chicken and the mushroom mixture and cook on low heat, covered, for about 15 minutes, in order for the chicken to imbibe the mushroom-vegetable flavours.

Good served with buttered toast.

GARLIC-GINGER CHICKEN

Serves 2

(Cooking time: about 2 hours)

3 lb. (1½ kg.) whole chicken

Marinade:

½ tsp. salt (or more to taste)

¼ tsp. black pepper

¼ tsp. cayenne

2 Tbs. garlic-ginger paste made from:

1 Tbs. minced fresh ginger

1 Tbs. minced garlic cloves

4 potatoes (4 small Western potatoes),
peeled and pricked with a fork all over

3 onions (3 small Western onions), cut into
thick rings

1 Tbs. butter

Garnish:

fresh mint leaves

celery leaves

2 tomatoes (2 small Western toma-
toes), sliced

2 eggs, hard-boiled and sliced in half
salt to taste

black pepper to taste

Mix together marinade ingredients in a bowl. Rub

this mixture all over whole chicken, kneading it into the chicken. Cover the bowl and marinate in the refrigerator for 24 hours.

Put the marinated chicken in a large saucepan on low heat and keep turning until the chicken becomes golden all over. If it starts to burn, add a little water. When it is half-done, add potatoes to the pot all around the chicken. Turn them in the chicken fat along with the chicken. Cover the saucepan and cook until chicken and potatoes are tender.

Fry onion rings in butter until soft.

To serve, circle the chicken with the potatoes and onion rings, and garnish with mint, celery leaves, and sliced tomatoes. Place hard-boiled eggs, garnished with salt and black pepper, on the serving dish. Break the chicken into pieces with your hands.

A nice accompaniment is boiled French beans and green peas with butter, or Spicy Tomato Sauce.

GARLIC-GINGER CHICKEN SALAD

Serves 4

2 small chickens, 2 lbs. (1 kg.) each, or one
4 lb. (2 kg.) chicken, cleaned and cut in
pieces

Marinade (increase depending on size of
chicken):

1 tsp. salt (or more to taste)

1/2 tsp. black pepper

1/4 tsp. cayenne

2 Tbs. garlic-ginger paste made from:

1 Tbs. minced fresh ginger

1 Tbs. minced garlic cloves

1 small bunch green onions, chopped fine

2 celery stalks (1 Western celery stalk),
chopped fine

1 large red bell pepper (1 small Western
bell pepper), sliced into very thin slivers

1 1/2 cup mayonnaise or Thousand Island
dressing

1/2 tsp. salt (or to taste)

1/4 tsp. black pepper (or to taste)

Optional:

1 potato, boiled and sliced

1 egg, hard-boiled and sliced

Mix together marinade ingredients in a bowl. Rub this mixture all over the chicken, kneading it into the chicken pieces. Cover the bowl and marinate in the refrigerator for 24 hours.

Boil chicken until tender. Use only enough water to boil so that none remains at the end. Let cool and then shred the chicken off the bones. (Keep the bones aside for stock.) Put shredded chicken into a bowl, along with green onions, celery, bell pepper, mayonnaise, salt and black pepper. Blend well and chill. Serve cold or at room temperature.

You can also add boiled potato slices and/or hard-boiled egg slices to this dish. Good eaten with green salad.

FISH OR SHRIMP CURRY

Serves 4

2 tsp. salt

2 pomfrets, 1 lb. (1/2 kg.) each, or flounder or other similar fish, cut into 4 pieces, or 1 lb. (1/2 kg.) shrimp, shelled, deveined, and cleaned

Make 1 1/2 cups coconut milk from:

1 fresh coconut, grated coarsely
(approx. 2 cups)

1 1/2 cups water

(See recipe below)

3 Tbs. oil

3 onions, chopped fine (1 1/2 cups)

Grind to a fine paste:

4 Tbs. whole coriander seeds

20 garlic cloves (5 big Western cloves)

5 dried red chilies (or fewer to taste)

8 black peppercorns

1/2 tsp. mustard seeds

4 cloves

1 cardamon pod

a 1-inch stick of cinnamon

1 tsp. cumin seeds

2 Tbs. poppy seeds



1/2 cup fresh coconut paste, made from half of a fresh coconut (do not use the same coconut as used for coconut milk)

2 cups water

1/2 cup fresh tamarind pulp (see Appendix)

1/2 tsp. sugar (or more to taste)

salt if necessary

Rub salt over the fish or shrimp and keep aside to marinate until needed.

To make coconut milk, put grated fresh coconut in blender and blend to a paste. Add 1/2 cup warm water and pour over coconut paste through a sieve until coconut liquid (milk) comes out. Sieve two more times with more warm water, pressing with hands to squeeze out additional coconut milk.

Heat oil over medium heat and sauté onions until translucent. Lower heat, add spice paste and stir on low heat to roast. After about 5 minutes, or when a good aroma comes from the paste, add the coconut paste and stir until well-blended with the spice paste and onion mixture. Gradually add water, mixing well. Bring to a boil and then simmer for 10 minutes. Then add the fish or shrimp and coconut milk, and simmer until fish is cooked — about 5 minutes. Then add the tamarind pulp and sugar and stir. Simmer gently for 5 minutes. Taste for salt.

Delicious eaten with white rice and Onion Salad.

SHRIMP PATIA

Serves 6

2 lbs. (1 kg.) white small shrimp, shelled, deveined, and cleaned

Grind to a paste:

25 garlic cloves (6 big Western cloves)

1½ tsp. cumin seeds

3 dried red chilies

4 Tbs. oil

1 large green bell pepper, chopped (¾ cup)

5 large onions, chopped fine (3 cups)

15 curry leaves

½ cup chopped fresh coriander leaves (cilantro)

6 tomatoes, chopped fine (3 cups)

½ tsp. sugar

½ tsp. salt (or more to taste)

Optional:

4 green chilies, chopped (4 tsp.) (you can slit down the centre and remove the seeds before chopping if you don't want it too hot)

1 Tbs. vinegar

Rub shrimp with 1 tsp. of the paste mixture and marinate at room temperature for 1-2 hours in a covered bowl.



Heat oil over medium heat and sauté bell pepper for 1 minute and then add onions. Cook onions until translucent. Add the remaining ground paste and sauté on low heat for 5 minutes. Stir in curry leaves and $\frac{1}{4}$ cup coriander leaves. Add the shrimp and stir continuously. The shrimp will cook in about 5 minutes.

When done, add tomatoes and stir. Then add the sugar and salt and bring to a boil. You may add green chilies to taste. Let simmer for 5 to 10 minutes and remove from heat. Stir in the remaining coriander leaves and vinegar.

If it's too sour, you may add a little more sugar. It should be sweet, sour, and hot.

Especially tasty eaten with a plain dal and rice or *Khitchree*, or toast and Onion Salad.

**CHUTNEY FISH WRAPPED
IN ALUMINIUM FOIL
(*Patra ni Macchi*)**

Serves 4

In India the fish in this Parsi dish is wrapped in banana leaves.

2 pomfrets, 1 lb. ($\frac{1}{2}$ kg.) each, or flounder or any other similar fish, cut into 4 large pieces

1 tsp. salt (or more to taste)

$\frac{1}{2}$ tsp. turmeric powder

1 cup coconut chutney (see recipe in Condiments chapter)

1 cup water

1 Tbs. oil

Rub fish slices all over with salt and turmeric and then let sit for 30 minutes.

Divide chutney into 4 parts. Pat chutney evenly all over the fish slices, and wrap each slice individually in aluminium foil.

In a wide, shallow saucepan, bring water and oil to a boil. Put the foil packets into the water, lower the heat to medium and cover, allowing the fish to steam gently for 10 minutes.

Open hot packets at the table and eat with bread or *chappatis*. This dish goes well with plain dal and rice, or *Khitchree* and *Egg Sahas*.

TUNA TREAT

Serves 2

1 Tbs. oil

10 garlic cloves (2½ big Western cloves),
chopped fine

2 onions, chopped fine (1 cup)

¼ cup finely chopped fresh mint leaves

2 tomatoes, chopped fine (1 cup)

2 green chilies (or to taste), chopped fine
(2 tsp.)

¼ tsp. cumin seeds, crushed between
hands

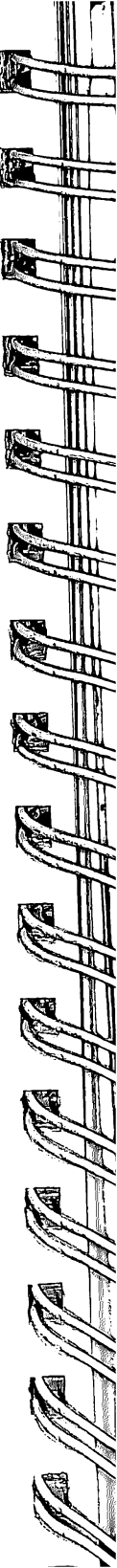
pinch of sugar

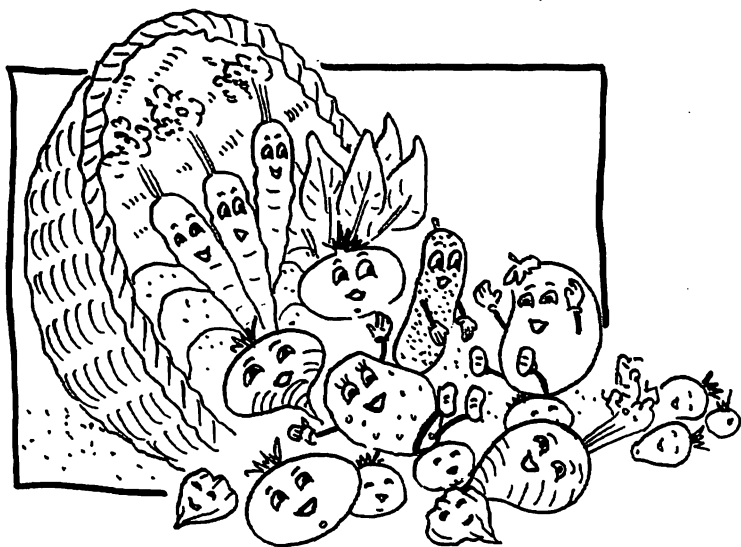
1 can of tuna fish, drained of oil or water

½ tsp. salt (or more to taste)

Lightly sauté all the ingredients in hot oil on low heat. When the mixture is slightly cooked and well-blended, remove from heat (or brown the mixture to your taste). Taste for salt.

Spread on toasted, buttered bread. Enjoy!





VEGETABLES

♥ *Katie Remembers* ♥

Help in the Kitchen

Sometimes Baba would ask the Western women to help me in the kitchen. We had no servants, and there was a lot of preparatory work that needed to be done for each meal. So Baba would send all those who were free to help me. Usually it was Nadine Tolstoy, Margaret Craske, Rano Gayley, Irene Billo and also Mansari who would come. Often there were big baskets of spinach that needed to have the leaves plucked from the stalks and the bad parts sorted out, and then the leaves had to be cleaned. So the five of them would have to do all this at one time. Invariably, squabbles would arise on whether to only use the leaves or to cook the stalks too, and how best to chop the onions, and the like.

So, my task of supervising often turned into preventing arguments. I would have to take one person or another away from the group and give her a different task. The more women Baba sent, the more headache for me! No one agreed on anything. Ashram life was such that once Baba told us that it was harder for Him to run an ashram full of women than the World War!



CABBAGE TOMATO SAUTÉ

Serves 4

- 1 Tbs. oil
- 2 large onions, diced fine (1 $\frac{1}{4}$ cup)
- 1 large green bell pepper, chopped fine (3/4 cup)
- 1 Tbs. garlic-ginger paste made from:
 - $\frac{1}{2}$ Tbs. minced fresh ginger
 - $\frac{1}{2}$ Tbs. minced garlic cloves
- $\frac{1}{4}$ tsp. cumin seeds, crushed between hands
- 2 green chilies, slit down centre, left whole
- $\frac{1}{2}$ cup coarsely ground fresh coconut (made from half of a fresh coconut)
- $\frac{1}{2}$ tsp. sugar
- $\frac{1}{2}$ tsp. salt (or more to taste)
- 2 cabbages (2 small Western cabbages), chopped into four quarters and sliced thin
- 4 tomatoes, diced fine (2 cups)
- $\frac{1}{2}$ cup chopped fresh mint leaves

In oil, over medium-high heat, lightly sauté onions and bell pepper until onions are translucent. Add garlic-ginger paste and sauté until golden. Then add cumin seeds, green chilies, fresh coconut, sugar, salt and cabbage, and lower the heat to medium-low. Cover and cook until cabbage changes colour, but is still slightly crisp. Add tomatoes and mint, cook for another 5-6 minutes.

CABBAGE WITH CREAM

Serves 4

4 small cabbages, cut into quarters (3 small Western cabbages, cut into eighths)

4 cups of water

pinch of sugar

pinch of salt

3 Tbs. ghee or butter

16 green chilies, sliced open down the centre, but kept whole (for garnish)

20 garlic cloves (5 big Western cloves), sliced

a 3-inch-long, finger-width piece of fresh ginger, peeled and sliced fine into slivers

2 big green bell peppers (1 Western bell pepper), sliced lengthwise into strips

3 Tbs. chopped fresh mint leaves

salt to taste

Garnish:

5 Tbs. heavy cream, and/or

5 Tbs. grated mozzarella cheese

Cover cabbage with the water, adding sugar and salt, and boil. Add more hot water as needed. When cabbage is half-done, remove from heat. Cut the cabbage pieces in half again lengthwise and keep aside.

Heat ghee over medium-high heat and quickly



stir in green chilies, then remove them and keep aside. In the same ghee, sauté garlic, ginger, bell peppers and mint. Add cabbage pieces to green pepper mixture, slowly stirring so that the spices blend well. Cover and cook, stirring often on low heat, until cabbage is tender. (Keep the lid on in between stirrings.)

Garnish each piece of cabbage with cream and top it with cheese and one green chili. Serve hot.

KATIE'S CARROT SURPRISE

Serves 4

- 3 Tbs. olive oil
- 15 garlic cloves (4 big Western cloves),
chopped
- 15 small carrots (5 Western carrots), cut
into rounds
- $\frac{1}{4}$ tsp. salt (or more to taste)
- pinch of sugar
- $\frac{1}{2}$ cup of water
- 6 green onions, cut into thin rings
- 4 Tbs. mayonnaise
- 2 Tbs. fresh cream
- 2 Tbs. chopped fresh mint leaves
- $\frac{1}{2}$ tsp. cayenne

Heat olive oil over medium-high heat, add garlic and stir a little. Add carrots, salt, sugar and water, and steam, covered, on low heat until half-cooked.

Mix green onions in mayonnaise, fresh cream, mint and cayenne.

Add onion mixture to steamed carrots and blend well.

Serve warm with hot *chappatis* or hot *puris*.

CARROTS WITH SPROUTS

Serves 3

2 Tbs. oil

15 garlic cloves (4 big Western cloves),
chopped

3 green chilies, chopped (3 tsp.)

$\frac{1}{2}$ of a green bell pepper, chopped ($\frac{1}{4}$
cup)

$\frac{1}{2}$ tsp. cumin seeds

2 onions, chopped fine (1 cup)

6 carrots (6 small Western carrots), grated

1 cup mung bean sprouts

$\frac{1}{4}$ cup chopped fresh mint leaves

$\frac{1}{4}$ cup (approx.) grated fresh coconut
(made from an eighth of a fresh coconut)

$\frac{1}{4}$ tsp. salt (or more to taste)

$\frac{1}{4}$ tsp. sugar

Heat oil over medium heat and sauté garlic with green chilies, bell pepper and cumin seeds until garlic turns golden but not brown. Add onions and sauté for 5 minutes. Add carrots, mung bean sprouts, mint, coconut, salt, and sugar. Raise heat to high and stir quickly, about 10 minutes, until the mixture is lightly cooked.

Serve with hot buttered *chappatis*, toast, or *bhakri* (unleavened millet bread).

CAULIFLOWER WITH MINT

Serves 4

3 Tbs. ghee, butter, or oil

2 green bell peppers (2 very small Western bell peppers), cut lengthwise into strips

12 garlic cloves (3 big Western cloves), sliced

a 2-inch-long, finger-width piece of fresh ginger, peeled and sliced into thin slivers

4 green chilies (or fewer to taste), slit down the centre but kept whole

1/2 cup chopped fresh mint leaves

1/2 tsp. sugar

2 cauliflower (2 small Western cauliflower), broken into florets

1 cup water

salt to taste

Heat ghee over medium heat and sauté bell peppers, garlic and ginger for 2-3 minutes. Add green chilies, mint, and sugar. After a few minutes, add cauliflower florets and stir gently so that the florets do not break up, blending the florets with the other ingredients. Turn up the heat to high, add water and salt, stir and cover. Immediately reduce heat to low and steam until vegetables are crisp and tender.

COCONUT CAULIFLOWER

Serves 6

- 2 Tbs. ghee, butter, or oil
- 1 large green bell pepper, chopped fine ($\frac{3}{4}$ cup)
- 2 large onions (2 medium Western onions), sliced into strips
- 1 Tbs. garlic-ginger paste made from:
 - $\frac{1}{2}$ Tbs. minced fresh ginger
 - $\frac{1}{2}$ Tbs. minced garlic cloves
- $\frac{1}{2}$ cup chopped fresh mint leaves
- $\frac{1}{2}$ cup (approx.) fresh coconut paste (made from half of a fresh coconut)
- 2 cauliflower (2 small Western cauliflower), florets whole, stalks chopped
- $\frac{1}{2}$ cup water (or more if necessary)
- salt to taste

Heat ghee over medium heat, and sauté bell pepper and onions until onions are translucent. Then add garlic-ginger paste and sauté until paste is golden. Stir in mint and then coconut paste. Sauté for 2-3 minutes, stirring constantly. Stir in stalks of cauliflower until blended, then add water, lower heat, cover pan and steam about 10 minutes. When stalks are half-tender, layer the florets on top, adding more water if needed, and steam for another 15 minutes. When the florets are tender, blend them into the mixture. Salt to taste.

CREAMED CAULIFLOWER

Serves 4

3 Tbs. ghee, butter, or oil
10 black peppercorns, half-crushed
15 garlic cloves (4 big Western cloves),
sliced thin
1/2 cup chopped fresh mint leaves
a 2-inch-long, finger-width piece of fresh
ginger, peeled and cut into slivers
1/2 tsp. salt (or more to taste)
pinch of sugar
2 cauliflower (2 small Western cauliflower),
broken into florets
water for steaming
2 Tbs. butter or ghee
4 Tbs. wheat flour
1/4 tsp. salt
pinch of sugar
hot water
1/2 quart (1/2 litre) warm milk
1/2 tsp. cayenne (or less to taste)
8 garlic cloves (2 big Western cloves),
chopped very fine
2 green chilies, chopped very fine (2 tsp.)
1 green bell pepper, chopped very fine (1/2
cup)



2 Tbs. chopped fresh mint leaves

Garnish:

4 Tbs. grated cheese

2 Tbs. bread crumbs, fried in a little
ghee or butter until golden

Heat ghee over medium heat, and sauté black peppercorns, garlic, mint, ginger, salt and sugar until garlic turns golden but not brown. Add cauliflower florets and sauté, stirring gently so that the florets remain whole. Steam, covered, in a little water until cauliflower is half done. Then set aside.

In a separate saucepan, heat butter and roast wheat flour until golden. Add salt and sugar. Slowly add a little hot water and stir to break up lumps until a smooth paste is formed. Gradually add milk and cayenne, stirring continuously, and bring to a boil. Add garlic, green chilies, bell pepper, and mint and cook until the sauce is the consistency of a thick dal that pours off a spoon. Add the cauliflower and gently roll it in the sauce until covered. Remove from heat.

Sprinkle cheese and bread crumbs on top before serving.

SIMPLE SQUASH (Doodhi)

Serves 4

2 long white squash (*doodhi*) (or 6-8 zuc-
chini), peeled and sliced into rings

3 Tbs. ghee or butter

3 onions, diced (1 $\frac{1}{2}$ cups)

1 Tbs. garlic-ginger paste made from:

1/2 Tbs. minced fresh ginger

1/2 Tbs. minced garlic cloves

1/4 tsp. *garam masala* spice powder (see
Appendix)

1/4 cup chopped fresh mint leaves

pinch of sugar

salt to taste

With bacon:

1/2 lb. (1/4 kg.) bacon cut into 1-inch
squares

With meat:

1 lb. (1/2 kg.) cooked lamb, mutton, or
other meat, with or without bones

Boil or steam squash until tender and then mash
well.

Heat ghee over medium heat and sauté onions
and garlic-ginger paste until translucent. Add

garam masala, mint, sugar, and salt. Pour the mashed squash into this and simmer for 15 minutes until flavours are blended.

With bacon: Fry bacon in a pan until crispy. Remove bacon and, in 1½ Tbs. of the bacon fat, sauté onions, etc. as above. After adding the squash to the onion mixture, add the bacon pieces and simmer for 15 minutes.

With meat: Use the same recipe as with bacon to combine squash with any kind of cooked meat.

SQUASH WITH CREAM (*Doodhi with Cream*)

Serves 4

2 Tbs. ghee or butter

10 peppercorns

15 garlic cloves (4 big Western cloves),
sliced into slivers

a 2-inch-long, finger-width piece of fresh
ginger, peeled and cut into thin slivers

1 green bell pepper (1 very small Western
bell pepper), sliced into slivers

1/2 cup chopped fresh mint leaves

2 long white squash (*doodhi*) (or 6-8 zuc-
chini), peeled and sliced into 1/2-inch round
slices

pinch of sugar

1/4 tsp. salt (or more to taste)

1 cup water

2 Tbs. fresh cream

Garnish:

2 slices of toast, made into bread
crumbs and roasted on low heat in 1
tsp. of butter

Heat ghee in a large pan. When hot, drop in pep-
percorns and fry until they pop, then add garlic,
ginger and bell pepper, and sauté for 2 minutes.
Turn mint into the garlic mixture and then add



squash. Sauté along with sugar and salt, turning carefully, so that the spice mixture and squash are well-blended. Add water, cover with a lid and steam until squash is tender and the water has dried up. Just before serving, while squash is still hot, add cream and mix well. Top with toasted bread crumbs.

DRUMSTICK PATIA
(Sektani Sing no Patyo)

Serves 4

9 drumsticks (long green Indian seed pod),
cut into 3-inch-long pieces; tied with string
into bundles of 3 each

1/4 tsp. salt

marble-sized piece of brown sugar

2 Tbs. oil

2 onions, chopped very fine (1 cup)

1 Tbs. garlic-ginger paste made from:

1/2 Tbs. minced fresh ginger

1/2 Tbs. minced garlic cloves

2 green chilies, chopped fine (2 tsp.)

1 cup peanuts, shelled, roasted, and
ground to a paste

2 Tbs. *dhansak masala* spice powder or
sambhar masala spice powder (see
Appendix)

1/2 tsp. turmeric powder

1/2 cup chopped fresh coriander leaves
(cilantro)

18 curry leaves

2 Tbs. chickpea flour (*chana* flour or
besan)

1 tsp. salt (or more to taste)

1/4 tsp. sugar

3 potatoes (3 small Western potatoes), cut lengthwise into strips

3 carrots (3 small Western carrots), cut into 2-inch-long strips

2 green bell peppers (2 very small Western bell peppers), cut into thin strips

3 tomatoes (3 small Western tomatoes), cut into quarters

Boil drumsticks with salt and brown sugar until tender.

Heat oil over medium heat and sauté onions with garlic-ginger paste and green chilies. When onions and garlic-ginger paste are golden but not brown, add peanut paste, spice powder and turmeric. Sauté on low heat for 2-3 minutes. Add coriander leaves and curry leaves and sauté for another minute. Then clear a portion of the pan in the centre and lightly roast chickpea flour there until it just begins to change colour. Add a little water to the flour to make a smooth paste, and blend with all the ingredients. Add salt and sugar. Add the potatoes, carrots, bell peppers, and enough water to make the consistency of thick dal (or a thick soup). Cook until potatoes and carrots are tender. Put in drumsticks and drumstick water. Add tomatoes on the top and let simmer on low heat for about 30 minutes, or until all the flavours are blended.

This dish is delicious served with *Khitchree* and *papaddum*, or a plain dal and rice.

EGGPLANT PATIA

Serves 4

6 drumsticks (long green Indian seed pod),
cut into 3-inch-long pieces and tied with
string into bunches of 3 each

3 Tbs. oil

2 onions, diced (1 cup)

Grind together to a fine paste:

1 cup (approx.) grated dried coconut
(made from half of a dried coconut)

25 garlic cloves (6 big Western cloves)

1 Tbs. cumin seeds

3-4 dried red chilies (or to taste)

2 Tbs. sesame seeds

$\frac{1}{4}$ tsp. turmeric powder

4 Tbs. peanuts, shelled and roasted

15 curry leaves

1 Tbs. chickpea flour (*chana* flour or *besan*)

$\frac{1}{2}$ cup chopped fresh coriander (cilantro)

$\frac{1}{2}$ cup fresh ground coconut paste (made
from half of a fresh coconut)

$\frac{1}{4}$ tsp. sugar (brown or white)

$\frac{1}{2}$ tsp. salt

3 potatoes (3 small Western potatoes),
peeled and cut lengthwise into 4 pieces

6 eggplants, cut lengthwise into 4 pieces (1



Western eggplant cut in half lengthwise, and then each half sliced lengthwise again into 12 long strips)

2 five-inch green chilies, slit down the centre

4 tomatoes, peeled & finely chopped (2 cups)

Boil drumsticks in water until just tender.

In a large, heavy-bottomed saucepan, heat oil over medium heat and sauté the onions until translucent. Lower the heat, add the ground spice paste and roast, stirring continuously, until a nice aroma floats up — about 10 minutes. Stir in curry leaves. Push spice paste to the side of the pan and roast the chickpea flour in the middle of the pan until it gives off a good, roasted smell. Then blend the flour into the spices, and stir in the coriander leaves, and then the fresh coconut paste. When all is mixed well, add sugar and salt. Gradually mix in a little water and stir well, blending all the spices. Add more water until the consistency is that of thick potato soup. Salt to taste.

Add potatoes to the sauce and stir. Bring to a boil, lower heat and simmer for 15 minutes. Add eggplant, bring to a boil again, cover, lower heat and simmer until the vegetables are tender. Add drumsticks, stirring carefully so that they don't break up, and the green chilies and tomatoes. Simmer until everything is blended, about 10 minutes. The *patia* should be thick. Adjust salt to taste. If it is too sour, add more sugar.

Tasty served with *Khitchree*, or plain dal and rice.

EGGPLANT WITH FENUGREEK LEAVES (Eggplant with *Methi*)

Serves 4

3 Tbs. oil

2 green bell peppers (1 Western bell pepper), sliced lengthwise into thin strips

4 onions (4 small Western onions), sliced into thin strips

1 Tbs. garlic-ginger paste made from:

1/2 Tbs. minced fresh ginger

1/2 Tbs. minced garlic cloves

1/8 tsp. turmeric powder

1/4 tsp. cumin seeds, slightly crushed between hands

2 green chilies, chopped (2 tsp.)

1/4 chopped fresh coriander leaves (cilantro)

6 eggplants, cut lengthwise into quarters (1 Western eggplant cut in half lengthwise, then each half sliced lengthwise again into 12 long strips)

1 bunch fenugreek leaves (*methi*), broken up by hand into small pieces

1/2 tsp. salt (or more to taste)

Heat oil over medium heat and sauté bell peppers and onions until onions are translucent. Add garlic-ginger paste, turmeric, cumin seeds, green

chilies and coriander leaves. Cook for 2 minutes, then stir well and add eggplant pieces. Stir again, then add fenugreek leaves and cook on low heat, covered, until eggplant is tender. Add salt to taste. (Only use a very little salt with fenugreek leaves.)

Eat with fresh *chappatis*.

MAHARASHTRIAN EGGPLANT WITH POTATOES

Serves 4

4 Tbs. oil

2 onions, chopped fine (1 cup)

Grind to a paste:

1/2 tsp. cumin seeds

7 green chilies (or fewer if you don't want it hot) (7 tsp. chopped)

10 garlic cloves (2 1/2 big Western cloves)

1 cup peanuts, shelled and roasted

15 curry leaves

1/4 cup finely chopped fresh coriander leaves (cilantro)

8 eggplants, sliced lengthwise into 4 pieces (1 big Western eggplant cut in half lengthwise, then each half sliced lengthwise again into 12 long strips)

4 potatoes (4 small Western potatoes), peeled and sliced lengthwise into 8 pieces

1/2 tsp. salt (or more to taste)

Heat oil over medium heat and sauté onions until translucent. Add peanut paste and roast for 5 minutes, stirring continuously. Add fresh curry leaves and then coriander leaves and stir. Cook for 30 seconds. Add eggplant and potatoes, and



stir to blend all ingredients well. Lower the heat to very low and cover the pan. Stir frequently. Cook until potatoes and eggplant are tender. Salt to taste.

Eat with fresh *chappatis*.

SPICED WHOLE EGGPLANTS & POTATOES

Serves 4

Note: This recipe can only be made with small Asian eggplants. Round ones should be a maximum of 3-4 inches in diameter; if long and thin; they should be a maximum of 6 inches in length.

On a greased roasting pan, roast each of the following separately and then grind together to a smooth paste:

1/2 cup (approx.) grated dried coconut
(made from a quarter of a dried coconut)

1 cup peanuts, shelled

1 Tbs. coriander seeds

2 tsp. poppy seeds

1/4 tsp. *shahjeera* (black cumin seeds),
or cumin seeds

a 2-inch stick of cinnamon

10 black peppercorns

5 cloves

3 cardamon

5 *nakeshar* (an Indian spice)

3 pieces of mace

3 pieces of *dagerphul* (cooking lichen)

2 star anise (*badiyan*)

2 dried red chilies (less or more to taste)



1/2 cup chopped fresh coriander leaves
(cilantro)

20 garlic cloves (5 big Western cloves)

2 tsp. salt

6 eggplants, cut into quarters but joined at
the stem

1 lb. (1/2 kg.) new (or small red) potatoes,
slit into quarters but joined at one end

4 Tbs. oil

1 cup water (or more if necessary)

Fill the eggplant and potatoes with the ground
paste, leaving 2 Tbs. paste aside.

Heat oil over medium heat in a flat-bottomed pan
or *lungri*, and add potatoes and eggplant. Add
the remaining paste and stir. Sauté gently, stir-
ring on low heat, adding the water gradually as
needed to prevent the eggplants and potatoes
from sticking to the pan. Cover the pan and sim-
mer for about 45 minutes to an hour, stirring
frequently, until eggplants and potatoes are
tender.

A nice accompaniment to this dish is hot *chap-
patis* and a plain dal and rice.

SPICY EGGPLANT

Serves 3

3 Tbs. oil

4 onions (4 small Western onions), sliced into strips

1/4 tsp. turmeric powder

4 green bell peppers (2 Western bell peppers), sliced lengthwise into thin strips

1/2 tsp. cumin seeds, slightly crushed between hands

12 eggplants, cut lengthwise into sixths (2 Western eggplants cut in quarters and each quarter sliced lengthwise into 8 pieces)

4 green chilies (or fewer to taste), sliced lengthwise into thin strips

1/4 tsp. salt (or more to taste)

1 tsp. sugar

4 tsp. *sambhar masala* spice powder, or *dhansak masala* spice powder, or curry powder (see Appendix)

Heat oil over medium heat and sauté onions until translucent. Add turmeric, bell peppers, and cumin seeds and sauté for 2 minutes. Add eggplants, green chilies, salt, sugar, and spice powder. Sauté, covered, on medium-low heat, until eggplant is soft, stirring occasionally so that the spices do not burn.

Good with hot *chappatis* and a plain dal and rice.

FRENCH BEANS WITH TOMATOES

Serves 4

- 3 Tbs. oil
- 4 onions, chopped (2 cups)
- 1 Tbs. garlic-ginger paste made from:
 - $\frac{1}{2}$ Tbs. minced fresh ginger
 - $\frac{1}{2}$ Tbs. minced garlic cloves
- 2 green chilies, chopped fine (2 tsp.)
- 1 green bell pepper, chopped fine ($\frac{1}{2}$ cup)
- 1 lb. ($\frac{1}{2}$ kg.) French beans, julienned
- $\frac{1}{4}$ tsp. salt (or more to taste)
- $\frac{1}{2}$ cup water
- 4 tomatoes, chopped fine (2 cups)
- $\frac{1}{2}$ tsp. sugar

Heat oil over medium heat and sauté onions until translucent. Add garlic-ginger paste, green chilies, and bell pepper and sauté until garlic-ginger paste is golden, about 5 minutes. Stir in French beans and salt. When all ingredients are blended, cover with a lid and let cook for 2-3 minutes, so that the beans imbibe the flavour of the spices. Add water and steam on low heat, covered, until beans are almost tender. Add tomatoes and sugar and cook for another 10 minutes, or until tomatoes are soft.

SAUTÉED FRENCH BEANS WITH CREAM

Serves 4

1 Tbs. ghee, olive oil, or butter

15 garlic cloves (4 big Western cloves),
sliced into slivers

a 2-inch-long, finger-width piece of fresh
ginger, peeled and sliced thin

1/4 cup chopped fresh mint leaves

1 lb. (1/2 kg.) French beans, chopped fine

1/2 cup water

1/4 tsp. salt (or more to taste)

pinch of sugar

1/4 cup cream (or more to taste)

Heat ghee over medium-high heat and sauté garlic and ginger along with the mint for 2 minutes. Turn French beans into the garlic mixture. Sauté for about 5 minutes, stirring frequently. Add water and steam on low heat, covered, until beans are almost tender but still green. Add salt and sugar. Remove from heat. Blend in cream just before serving.

FRIED PUMPKIN SLICES

Serves 4

2 lbs. (1 kg.) pumpkin (*lal bhopla*), peeled and cut into $\frac{1}{4}$ -inch-wide slices, each about 4-inches-long

Grind to a fine, butter-smooth paste, using a few drops of water if necessary:

$\frac{1}{2}$ cup chopped fresh coriander leaves (cilantro)

6 green chilies (6 tsp. chopped)

$\frac{3}{4}$ tsp. salt

15 garlic cloves (4 big Western cloves)

$\frac{1}{2}$ tsp. cumin seeds

$\frac{1}{4}$ tsp. turmeric powder

12 curry leaves

oil for frying

Pierce the pumpkin slices in several places with a fork. Apply the paste on both sides of the pumpkin slices, and let sit, covered, for 30 minutes to absorb the spices.

Heat a little oil on a griddle or in a frying pan over medium-low heat, and slide the pumpkin slices into the oil. Fry on both sides until the pumpkin is just tender, and golden brown but not black.

This same recipe is also good with thinly sliced potatoes.

GUAR
(Bitter Green Beans)

Serves 4

- 3 Tbs. oil
- 4 onions, chopped fine (2 cups)
- 1 Tbs. garlic-ginger paste made from:
 - 1/2 Tbs. minced fresh ginger
 - 1/2 Tbs. minced garlic cloves
- 1/8 tsp. turmeric powder
- 1/2 tsp. cumin seeds, crushed between hands
- 1 green bell pepper (1 very small Western bell pepper), diced (1/2 cup)
- 1/4 cup finely chopped fresh coriander leaves (cilantro)
- pinch of cayenne
- 1/2 cup (approx.) fresh coconut paste (made from half of a fresh coconut)
- 1/2 tsp. salt
- 1/4 tsp. sugar
- 1 lb. (1/2 kg.) *guar*, strings removed and beans broken in half
- 1/4 cup thick tamarind pulp (see Appendix)
- walnut-sized piece of brown sugar

Heat oil over medium heat and sauté onions until translucent. Then push the onions to the side of



the pan, and in the middle sauté the garlic-ginger paste until golden. Then mix with the onions and sauté again, adding turmeric, cumin seeds, bell pepper, coriander leaves, and cayenne. Add coconut paste to the mixture, stirring 3 or 4 times. Then add salt, sugar and the *guar*. Stir well, cover and let steam over a low heat. Cook for about 15 minutes, stirring occasionally. If the *guar* are too tough, add a little water and cook longer. When the *guar* are tender, gradually mix in tamarind pulp and brown sugar, tasting for the right sourness.

Eat with hot *chappatis*.

BITTER GOURD (Karela)

Serves 6

Baba liked this dish.

4 Tbs. oil

5 onions (5 small Western onions), cut in half and then in thin slices

2 Tbs. garlic-ginger paste made from:

1 Tbs. minced fresh ginger

1 Tbs. minced garlic cloves

1/2 tsp. turmeric powder

1/2 tsp. cumin seeds, slightly crushed between hands

1/2 tsp. cayenne

12 bitter gourd (*karela*), slit down centre and cut into thin rounds

1 tsp. salt

1/2 cup brown sugar

Heat oil over medium heat and sauté onions until translucent, add garlic-ginger paste and sauté until paste is golden. Then add turmeric, cumin seeds, and cayenne. Stir for 2-3 minutes. Add a handful of bitter gourd at a time, turning into the onion mixture. Add salt and brown sugar. Cook on a very low heat, stirring occasionally until golden and tender.

Good with a plain dal and rice and hot *chappatis*.

FENUGREEK GREENS
(Methi Bajii)

Serves 2

Baba liked this bitter green.

2 Tbs. oil

2 large onions, diced (1 $\frac{1}{4}$ cup)

15 garlic cloves (4 big Western cloves),
chopped fine

2 green chilies, chopped into big pieces
(2 tsp.)

4 bunches of fenugreek leaves (*methi*),
washed, removed from stems and broken
into pieces by hand

$\frac{1}{4}$ tsp. salt (or more to taste)

$\frac{1}{2}$ tsp. sugar (or more if this green is too
bitter for your taste)

Heat oil over medium heat and sauté the onions until translucent. (Greens are best cooked in oil.) Add garlic and chilies to the onions, then stir in the fenugreek leaves. Cook, stirring continuously, without a lid. When the leaves cook down, add salt and sugar and stir. (Only use a very little salt with fenugreek leaves.) Keep stirring until tender, about ten minutes.

Serve with fresh *chappatis* or hot *bhakri* (unleavened millet bread).

MUSHROOM MELODY

Serves 2

3 Tbs. ghee, butter, or oil

20 garlic cloves (5 big Western cloves),
slivered

a 2-inch-long, finger-width piece of fresh
ginger, peeled and cut into very thin slivers

2 green bell peppers (2 very small Western
bell peppers), sliced into thin strips

3 large onions (3 medium Western onions),
sliced into thin strips

30 fresh white mushrooms, washed and
quartered

$\frac{1}{4}$ tsp. salt (or more to taste)

pinch of sugar

3 green chilies, chopped (3 tsp.) (fewer or
more to taste)

Heat ghee over high heat and stir-fry garlic, ginger, bell peppers and onions for 5 minutes. Add mushrooms, stirring continuously, for 5 more minutes. Lower heat, cover and simmer until the mushroom juice is dried up. Add salt and sugar, and green chilies if you want the dish pungent.

Serve on hot toast.

OKRA WITH TOMATOES

Serves 4

- 2 Tbs. oil
- 4 onions, chopped fine (2 cups)
- 1 Tbs. garlic-ginger paste made from:
 - $\frac{1}{2}$ Tbs. minced fresh ginger
 - $\frac{1}{2}$ Tbs. minced garlic cloves
- 2 lbs. (1 kg.) okra, cut into $\frac{1}{4}$ -inch rounds
- Optional: 3-4 green chilies (or fewer to taste), chopped fine (3-4 tsp.)
- $\frac{1}{2}$ tsp. salt (or to taste)
- $\frac{1}{2}$ tsp. sugar
- 4 tomatoes, chopped fine (2 cups)
- $\frac{1}{4}$ cup chopped fresh coriander leaves (cilantro)

Heat oil over medium heat and sauté the onions until they are translucent, then add garlic-ginger paste and sauté until paste is golden. Add okra and green chilies (if you want it hot) and stir gently, adding salt and sugar. Cook, covered, on low heat, stirring occasionally but not mashing up the okra, until okra is almost tender. Add tomatoes and coriander leaves and stir. Cook covered for 10 minutes, or until tomatoes soften, stirring occasionally.

Serve hot with fresh *chappatis*.

FLAT BEANS (Papri)

Serves 3

Note: This recipe can only be made with small Asian eggplants. Round ones should be a maximum of 3-4 inches in diameter; if long and thin; they should be a maximum of 6 inches in length.

2 Tbs. oil

2 onions, chopped fine (1 cup)

1 green bell pepper (1 very small Western bell pepper), chopped (1/2 cup)

1 Tbs. garlic-ginger paste made from:

1/2 Tbs. minced fresh ginger

1/2 Tbs. minced garlic cloves

2 green chilies, chopped fine (2 tsp.)

1/4 tsp. turmeric powder

1/2 tsp. *wava* or *ajwan* (Indian oregano), crushed slightly

3/4 tsp. salt (or more to taste)

1/2 tsp. sugar

6 green onions, finely sliced

3 carrots (3 small Western carrots), sliced in rounds or half-rounds

8 new (or small red) potatoes with skins

2 small sweet potatoes, sliced in rounds

6 small Asian eggplants with stems, sliced



into quarters from the top but left joined at the stem

1 lb. ($1\frac{1}{2}$ kg.) flat beans (*papri*), strings removed, opened down the centre and broken in half

Heat oil over medium heat and add onions, bell pepper, garlic-ginger paste, green chilies, turmeric, *wava*, salt, sugar, and all the vegetables (except the flat beans), and sauté for five minutes. Stir in flat beans handful by handful, cover with a lid, lower the heat, and let cook in its own steam until everything is tender — about 45 minutes. Stir frequently.

Eat with hot *chappatis* or *broon* bread (French roll).

MUSTARD POTATOES

Serves 3

3 Tbs. oil

1/2 tsp. mustard seeds

15 garlic cloves (4 big Western cloves), chopped fine

1/4 tsp. cumin seeds

3 pinches turmeric powder

4 green chilies, chopped fine (4 tsp.)

20 curry leaves

Optional: 3 green onions, chopped (greens and tops)

6 potatoes (6 small Western potatoes), peeled and diced

salt to taste

1 tsp. sugar

1/3 cup chopped fresh coriander leaves (cilantro)

Heat oil over medium-high heat, and fry mustard seeds until they pop. Then add garlic, cumin seeds, turmeric, green chilies, and curry leaves. You can add green onions at this stage. Lower the heat. Stir in potatoes, salt and sugar, and keep stirring, bringing the spices up to the top. Cover and cook on low heat. When potatoes are half done, add coriander leaves and stir. Cook on low heat, covered, until potatoes are done.

Tasty eaten with hot *chappatis* or hot *puris*.

PEAS AND POTATOES WITH MINT

Serves 3

- 15 new (or small red) potatoes with skins
- 1/2 tsp. sugar
- 1/2 tsp. salt
- 2 cups green peas (thawed if frozen)
- 2 Tbs. ghee or butter
- 15 garlic cloves (4 big Western cloves),
chopped
- 1 Tbs. chopped fresh mint leaves
- salt to taste

Boil potatoes, sugar and salt together. When potatoes are half done, add peas and boil until both are tender. Drain potatoes and peas.

Heat ghee in a medium saucepan over medium-high heat and sauté garlic and mint for 2 minutes. Pour the peas and potatoes in pan with garlic and mint and blend all together. Salt to taste.

Serve with hot *chappatis* and hot *puris*.



POTATO BALLS WITH HARD-BOILED EGGS

Serves 4

8 large potatoes (8 medium Western potatoes)

1 cup milk (or as needed for correct consistency)

1 Tbs. butter

1 tsp. salt (or more to taste)

1/2 tsp. pepper

1 cup coconut chutney (see recipe in Condiments chapter)

4 eggs, hard-boiled

1 cup bread crumbs

2 beaten eggs

1/4 tsp. salt (or to taste)

1/4 tsp. pepper (or to taste)

1/4 tsp. cayenne (or to taste)

1/2 cup oil

Boil potatoes and mash up with milk and butter. Add salt and pepper and knead into a soft dough without lumps, until dough is dry and sticky and can form a ball.

Prepare coconut chutney.

Make round balls of the potatoes (big enough to fit egg-halves inside) and, with buttered fingers, form a small cup in the centre of each potato ball.



Cut eggs into halves lengthwise, cover with chutney and put in the potato cup. Close up the opening with edges of the potato. Pat into a ball and roll in bread crumbs. Beat eggs with salt, pepper and cayenne. Dip potato balls into egg mixture and fry in a little oil, turning once, until golden on both sides. Don't deep fry.

This dish is nice eaten with Spicy Tomato Sauce.

POTATOES WITH CORIANDER LEAVES

Serves 3

3 Tbs. oil

3 onions (3 small Western onions), sliced into strips

1 Tbs. garlic-ginger paste made from:

1/2 Tbs. minced fresh ginger

1/2 Tbs. minced garlic cloves

pinch of turmeric powder

1 heaping Tbs. *sambhar masala* spice powder or *dhansak masala* spice powder (see Appendix)

6 potatoes (6 small Western potatoes), cut in half lengthwise and then thinly sliced into half-moon shapes

1/4 cup chopped fresh coriander leaves (cilantro)

Heat oil over medium heat and sauté onions, garlic-ginger paste, turmeric and spice powder. Stir in potatoes, cover and cook on a very low heat, stirring occasionally, until potatoes are tender. Add coriander leaves at the end.

Serve with hot *chappatis*.

POTATO PATTIES

Serves 3

- 6 potatoes (6 small Western potatoes)
- 1 Tbs. butter
- 2 onions, chopped fine (1 cup)
- $\frac{1}{4}$ cup chopped fresh coriander leaves (cilantro)
- $\frac{1}{4}$ cup chopped fresh mint leaves
- $\frac{1}{4}$ tsp. cumin seeds, crushed in hands
- pinch of cayenne
- 10 garlic cloves ($2\frac{1}{2}$ big Western cloves), minced
- a 1-inch-long, finger-width piece of fresh ginger, peeled and grated
- 3 green chilies, chopped fine (3 tsp.)
- 1 cup toasted bread crumbs
- 2 beaten eggs
- $\frac{1}{2}$ cup oil, or as required for frying

Boil potatoes and mash with the butter until very soft. Add onions, coriander leaves, mint, cumin, cayenne, garlic, ginger, and green chilies. Mix well. If the mixture is too soft to form a ball, add a few bread crumbs. Make balls and flatten into patties. Dip the patties into beaten eggs, and roll in bread crumbs. On low heat, fry 2 or 3 patties together in oil, turning once, until both sides are golden.

This dish is nice eaten with Spicy Tomato Sauce, or with a plain dal and rice.



SPINACH WITH CURD CHEESE (*Palak Paneer*)

Serves 4

1 Tbs. ghee, butter, or oil (for frying curd cheese)

1/2 lb. (250 gms.) curd cheese (*paneer*), cut into 1-inch cubes (see Appendix)

2 bunches of spinach (*palak*), chopped very fine

15 garlic cloves (4 big Western cloves)

3 onions, chopped (1 1/2 cups)

1 green bell pepper (1 very small Western bell pepper), chopped (1/2 cup)

2 green chilies (or fewer to taste)

1/2 tsp. cumin seeds

1/2 tsp. sugar

a 1-inch-long, finger-width piece of fresh ginger, peeled and chopped fine

1 1/2 Tbs. ghee, butter, or oil

20 garlic cloves (4 big Western cloves), chopped

1/2 cup (approx.) fresh coconut paste (made from half of a fresh coconut)

In a non-stick pan, heat ghee over medium-high heat and sauté curd cheese for 5 minutes, turning until golden on each side. Keep aside.

In a covered medium saucepan on low heat, cook



spinach, whole garlic cloves, onions, bell pepper, green chilies, cumin seeds, sugar, and ginger, **without water**, until the spinach is tender.

Cool slightly and purée spinach mixture in a blender.

Heat ghee and sauté the chopped garlic until translucent. Add the puréed spinach mixture and coconut paste and blend well. Add salt to taste. Cook for five minutes on low heat. Add curd cheese cubes and cook for an additional five minutes.

Serve with hot *chappatis*.

SPINACH WITH CREAM

Serves 4

- 2 Tbs. oil
- 3 large onions, chopped fine (2 cups)
- 1 Tbs. garlic-ginger paste made from:
 - 1/2 Tbs. minced fresh ginger
 - 1/2 Tbs. minced garlic cloves
- 1/4 tsp. cumin seeds, crushed between hands
- 4 bunches spinach (*palak*), washed well and chopped very, very fine
- 1/2 tsp. sugar
- 1/2 tsp. salt (or more to taste)
- 1/2 cup fresh cream
- Garnish:
 - 1/2 cup peanuts (or any other nut), shelled, roasted, and coarsely crushed
 - or 1 cup (approx.) grated fresh coconut (made from half of a fresh coconut)

Heat oil over medium heat and sauté onions until translucent. Add garlic-ginger paste and sauté until golden. Then add cumin seeds, spinach, sugar and salt to taste. Stir and cook until spinach is very tender. Remove from heat and fold in the cream.

Sprinkle peanuts, other nuts, or grated coconut over the top.



TOMATO SAUTÉ

Serves 4

- 3 Tbs. oil
- 6 onions, chopped fine (3 cups)
- 2 Tbs. garlic-ginger paste made from:
 - 1 Tbs. minced fresh ginger
 - 1 Tbs. minced garlic cloves
- 1 tsp. *garam masala* spice powder (see Appendix)
- $\frac{1}{4}$ tsp. cayenne
- $\frac{1}{2}$ cup chopped fresh mint leaves
- 4 lbs. (2 kg.) tomatoes, blanched, peeled and chopped (10 cups)
- 2 egg-sized pieces of brown sugar (or less if you don't like it sweet)
- salt to taste

Heat oil over medium heat and sauté onions until translucent. Add garlic-ginger paste and sauté until paste is golden. Lower heat and add *garam masala*, cayenne, and mint, and sauté for 2-3 minutes. Add tomatoes, brown sugar, and salt to taste. Cook over medium heat, stirring frequently, until tomatoes cook down a little — about 30 minutes. Taste for salt and brown sugar.

This dish goes well with many of my dishes such as: Spiced Rice, Mung Dal, Mixed Yellow Dal with Garlic, Potato Balls with Hard-Boiled Eggs, and Potato Patties.



GARLIC-GINGER VEGETABLE STEW

Serves 4

3 Tbs. ghee, butter, or oil

2 small green bell peppers (1 Western bell pepper), chopped fine ($\frac{3}{4}$ cup)

15 garlic cloves (4 big Western cloves), minced

a 2-inch-long, finger-width piece of fresh ginger, peeled and minced

4 carrots (4 small Western carrots), diced (2 cups)

4 potatoes, (4 small Western potatoes) diced ($2\frac{1}{2}$ cups)

$\frac{1}{2}$ lb. ($\frac{1}{4}$ kg.) French beans, chopped into $\frac{1}{2}$ -inch pieces

$\frac{1}{2}$ lb. ($\frac{1}{4}$ kg.) green peas (thawed if frozen)

1 cauliflower (1 small Western cauliflower), broken into florets

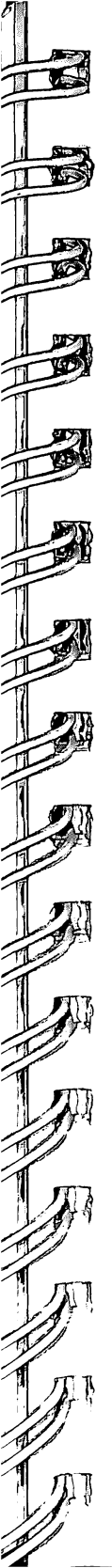
$\frac{1}{2}$ cup water

salt to taste

$\frac{1}{3}$ cup finely chopped fresh mint leaves

pinch of sugar

In a large saucepan, heat ghee over medium-high heat and stir in bell peppers, turning them over in the pan two or three times. Then add garlic and ginger. Stir until garlic turns slightly golden. Add carrots and potatoes and sauté for 5 min-



utes. Then add French beans and green peas. Stir, cover, and cook over low heat for 10 minutes. Then add cauliflower, water, salt, mint and sugar. Cover and simmer on low heat until vegetables are tender but not overcooked.

This dish would go nicely served with hot *puris* and a spicy dal with rice.

MIXED VEGETABLES

Serves 3

3 Tbs. ghee, butter, or oil

15 garlic cloves (4 big Western cloves), cut into slivers

a 2-inch-long, finger-width piece of fresh ginger, peeled and cut into slivers

3 onions (3 small Western onions), sliced into strips

4 potatoes (4 small Western potatoes), sliced into finger-length pieces

4 carrots (4 small Western carrots), sliced into finger-length pieces

1/4 cup chopped fresh mint leaves

pinch of sugar

salt to taste

1/2 lb. (1/4 kg.) French beans, julienned

1/2 lb. (1/4 kg.) green peas (thawed if frozen)

Heat ghee over medium heat and quickly sauté garlic and ginger. Add onions and sauté until translucent. Add potatoes and carrots and stir for a few minutes. Add mint, sugar and salt. Cover and stir every now and then. When the potatoes begin to turn clear, add French beans and green peas with a spoonful of water. Cover and cook, stirring continuously until all vegetables are tender but not mushy — about 20 minutes.



This dish goes well served with hot *puris* and a spicy dal with rice.

VEGETABLE STIR-FRY

Serves 4

3 Tbs. oil

a 2-inch-long, finger-width piece of fresh ginger, peeled and cut into slivers

20 garlic cloves (5 big Western cloves), cut into slivers

1 green bell pepper (1 very small Western bell pepper), sliced thin

1 cabbage (1 small Western cabbage), cut into squares

3 green onions, chopped (greens and tops)

4 carrots, diced (2 cups)

4 green bell peppers (2 medium Western bell peppers), cut into 1-inch squares

1 cauliflower (1 small Western cauliflower), broken into florets

1/2 lb. (1/4 kg.) green peas (thawed if frozen)

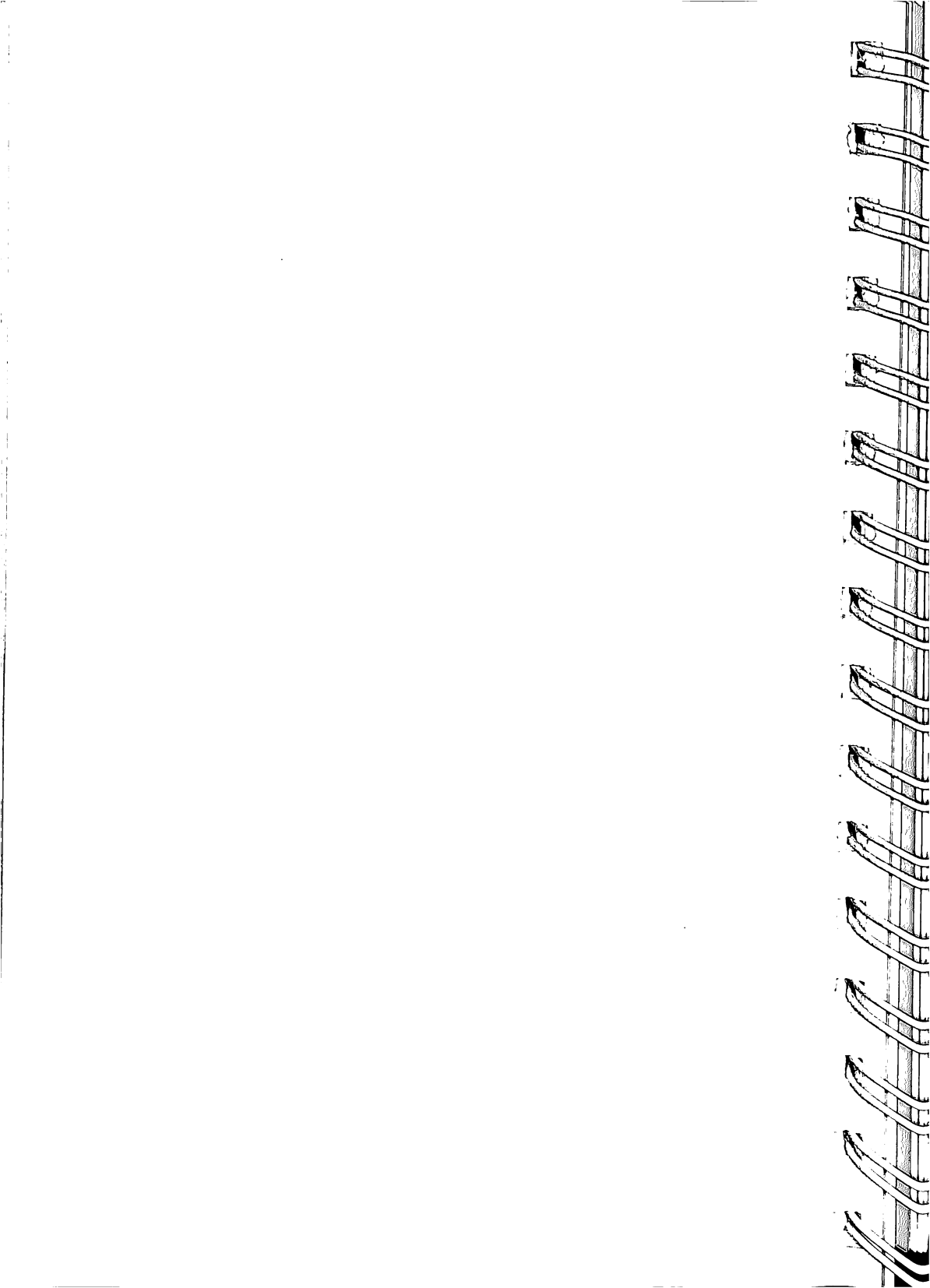
salt to taste

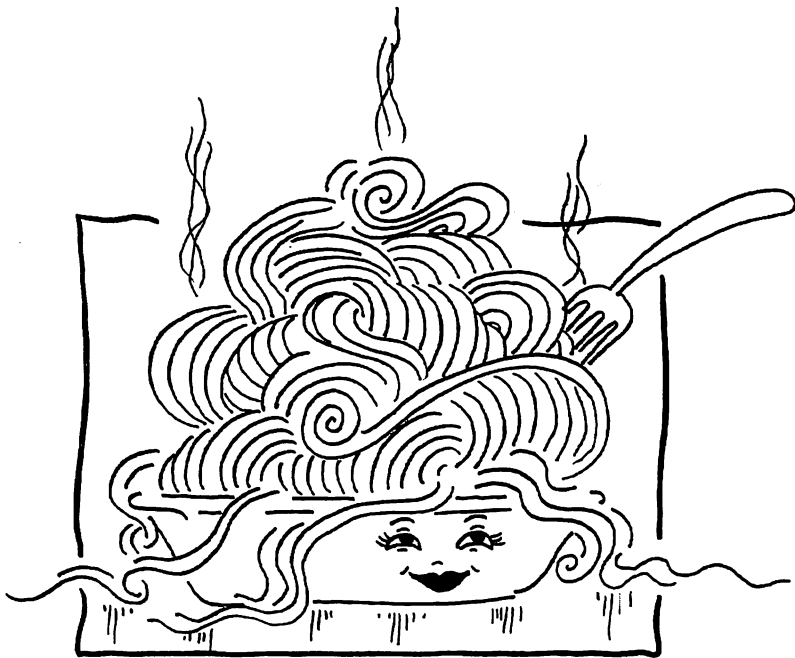
In a wok or large frying pan, heat oil over high heat and add ginger, garlic, and sliced bell peppers, stirring quickly for 1 minute. Immediately add cabbage squares, green onions, carrots, big bell pepper squares, cauliflower florets, green peas, and salt to taste. Stir continuously over high heat until vegetables are tender.



You can use this same garlic-ginger and bell pepper sauté with only cauliflower and mint.

This dish is tasty served with hot *puris* and a spicy dal with rice.





PASTA

♥ *Katie Remembers* ♥

Nutty and Guppy

While we were living in Meherabad, two English pigs were given to us to add to the zoo Baba had on the hill. When they first came they were tiny little things, very cute with pink noses and curly tails. For a while, when they were babies, they lived with us upstairs in the dormitories (in what is now the Study Hall), in a cage right next to my bed. Elizabeth would feed them with a bottle, and all night long they would go round and round in their cage squeaking and snorting. Right next to them were some baby monkeys in another cage who jumped around all night too. When we moved lock, stock and barrel with the whole zoo to Bangalore, Baba gave Manu and me the job of feeding the pigs (who had gotten bigger). He told us to feed them well. So in addition to all the other cooking I was doing, I had to see that all the vegetable peels and whatnot were saved for them. I would put all the scraps into a large vessel with wheat flour and cook it into a meal for the pigs.

Baba named the pigs Nutty and Guppy because they ate so much and ended up growing so huge and fat. Baba one day named all the women mandali sitting around Him after our pets. Manu and I, who both worked in the kitchen, were named Nutty and Guppy!

So you see, Baba even had me cooking for the pigs!

When Baba left for the New Life, He gave away all of His pets to different followers, with the order that they were not to kill, sell, or give away any of His pets, but were to care for them until the animals passed away.



MACARONI WITH LAMB

Serves 4

2 lbs. (1 kg.) lamb or mutton pieces, diced

Marinade:

1 Tbs. garlic-ginger paste made from:

1/2 Tbs. minced fresh ginger

1/2 Tbs. minced garlic cloves

1/2 tsp. salt

pinch of cayenne

1/3 tsp. black pepper

1 Tbs. oil

1/2 cup finely chopped fresh mint leaves

4 or more cups hot water (as necessary to cook the lamb)

1 Tbs. ghee or butter

1 large green bell pepper (1 Western bell pepper), chopped fine (3/4 cup)

a 2-inch-long, finger-width piece of fresh ginger, peeled and chopped fine

20 garlic cloves (5 big Western cloves), chopped fine

10 tomatoes (10 small Western tomatoes), blanched, peeled and blended into a thick purée

1 tsp. sugar

1 1/2 tsp. salt

$\frac{1}{4}$ lb. ($\frac{1}{8}$ kg.) macaroni shells, boiled with a pinch of salt and $\frac{1}{4}$ tsp. oil until almost done

Mix together marinade ingredients in a bowl. Rub this mixture all over the meat, kneading ingredients into the lamb pieces. Cover the bowl and marinate in the refrigerator for 24 hours.

In a large, flat-bottomed vessel, heat 1 Tbs. of oil on high heat, and quickly sauté the lamb. Brown the lamb on all sides, adding a little oil as necessary, to keep it from burning. Lower heat, cover, and cook, gradually adding small amounts of hot water, enough to simmer the meat in. Stir frequently, adding more hot water, a little at a time. Cook the lamb until tender. This will take about an hour or more, depending on the meat. After the lamb is tender, about 2 cups of liquid should remain in the pan.

(Or: You may also brown the lamb with the mint and then roast it in a slow oven until tender, maybe 30 to 40 minutes. Or you may brown the lamb with the mint in oil over high heat, and then put it in a pressure cooker with 3 cups of water and cook at pressure for 30 minutes. Note that the pressure-cooked meat will be slightly less flavourful.)



Heat 1 Tbs. ghee over medium heat, and sauté bell pepper, ginger and garlic until garlic is slightly pink. Add mint, stir and keep aside.

Pour the cooked lamb along with its gravy into the bell pepper mixture. Stir and bring to a boil. Let simmer for 10 minutes. Then add the tomato purée along with sugar and salt. Simmer for 5 minutes.

Turn the almost-done macaroni into the lamb mixture, mix well, bring to one boil and serve hot.

EAST-WEST VEGETABLE PASTA

Serves 4

8 tomatoes (8 small Western tomatoes)

1 tsp. sugar

3 Tbs. ghee or butter

20 black peppercorns, half crushed

15 garlic cloves (4 big Western cloves),
chopped fine

a 2-inch-long, finger-width piece of fresh
ginger, peeled and chopped fine

1 green bell pepper (1 very small Western
bell pepper), chopped fine (1/2 cup)

1/2 tsp. cumin seeds, slightly crushed
between hands

1/2 tsp. cayenne

1/4 cup finely chopped fresh mint leaves

3 onions (3 small Western onions), sliced
lengthwise

1 cauliflower (1 small Western cauliflower),
broken into florets

1/2 lb. (1/4 kg.) green peas (thawed if using
frozen)

1/2 lb. (1/4 kg.) French beans, cut into 1/2-
inch pieces

4 carrots (4 small Western carrots), diced
(2 cups)



2 potatoes (2 small Western potatoes),
diced (1 $\frac{1}{4}$ cups)

20 mushrooms, halved

$\frac{1}{2}$ lb. ($\frac{1}{4}$ kg.) pasta

$\frac{1}{4}$ tsp. oil

$\frac{1}{2}$ tsp. salt

Boil tomatoes until cooked. Purée in a blender with sugar and keep aside.

Heat ghee over high heat and quickly sauté peppercorns, garlic and ginger, and then bell pepper and cumin seeds. Stir, then add cayenne and mint. Stir well. Add onions, and sauté for 1-2 minutes. Then add all vegetables, except tomatoes and mushrooms, and sauté until vegetables are half-done. Add mushrooms and continue to sauté until vegetables are almost tender but still crisp.

Cook pasta with oil and salt until tender. Drain and rinse with cold water.

Blend sautéed vegetables and tomato purée with the pasta. Mix well. Salt to taste. Serve immediately. Enjoy!

WHOLE LENTILS WITH NOODLES

Serves 4

- 1 $\frac{1}{2}$ cups lentils (whole *masoor*)
- 4 cups water (for boiling)
- 1 potato (1 small Western potato),
chopped fine ($\frac{5}{8}$ cup)
- 4 onions, chopped fine (2 cups)
- $\frac{1}{4}$ tsp. turmeric powder
- 2 tsp. oil
- 4 Tbs. ghee or butter
- 1 Tbs. garlic-ginger paste made from:
 - $\frac{1}{2}$ Tbs. minced fresh ginger
 - $\frac{1}{2}$ Tbs. minced garlic cloves
- 1 $\frac{1}{2}$ cups chopped fresh dill (*sepu*)
- 1 tsp. black pepper
- 1 tsp. sugar
- 1 tsp. salt (or more to taste)
- 2 cups broken-up, uncooked instant noodles ("Ramen"), or egg noodles cooked until almost tender
- Optional: cooked lamb or mutton pieces
- Garnish:
 - pieces of toast, broken-up

Bring to a boil lentils, potato, half of the chopped onions, turmeric and oil, lower heat and simmer,

covered, for 1 hour (or cook in a pressure cooker for 25 minutes).

Heat ghee over medium-high heat and sauté the remaining onions until translucent. Add garlic-ginger paste and sauté until paste is golden. Stir in dill and black pepper and cook until the dill is very wilted. Then add sugar and pour in the cooked lentils and potato mixture. Add salt, and more water if necessary; to make the lentils very runny, like thin dal. Bring to a boil, and add the half-cooked noodles. Simmer about 2 minutes until the noodles are soft.

If you like, you can add pieces of cooked lamb or mutton to this dish.

Eat immediately with broken-up pieces of toast. I hope you like it!

MIXED VEGETABLES WITH EGG NOODLES

Serves 4

3 Tbs. oil

10 peppercorns

a 2-inch-long, finger-width piece of fresh ginger, peeled and sliced thin

15 garlic cloves (4 big Western cloves), sliced thin

2 large green bell peppers, diced (1¹/₄ cups)

1/4 cup chopped fresh mint leaves

1 tsp. sugar

3/4 tsp. salt (or more to taste)

1/4 tsp. cayenne (or more to taste)

8 carrots (8 small Western carrots), julienned

3 potatoes (3 small Western potatoes), julienned

1 lb. (1/2 kg.) French beans, julienned

1/2 lb. (1/4 kg.) green peas (thawed if using frozen)

1 red bell pepper (1 very small Western bell pepper), cut into strips.

1 cup hot water

1/2 cup mung bean sprouts

1/2 lb. (1/4 kg.) egg noodles

1/4 tsp. oil

pinch of salt
1 Tbs. butter

Heat oil over high heat, and fry peppercorns until they pop, then toss in ginger, garlic and bell peppers, stirring quickly. Add mint and stir, followed by sugar, salt, and cayenne.

Add the carrots and sauté, stirring twice, then the potato strips, French beans, green peas and red bell pepper, and stir. Add a cup of hot water and, after a minute, lower the heat, cover and steam until vegetables are half-done, adding more water if necessary. Taste for salt. Stir in mung sprouts, and cook briefly until sprouts are just soft.

Boil noodles with oil and a pinch of salt, until tender. Drain.

In a big vessel, melt butter and toss the drained noodles and vegetables together until blended.

RED BELL PEPPER PASTA WITH BACON

Serves 4

1/4 cup butter

2 Tbs. wheat flour

1 quart (1 litre) hot milk

pinch of cayenne

1/3 tsp. black pepper

12 strips bacon, chopped into 1/2-inch squares

1 red bell pepper (1 very small Western bell pepper), cut into strips

20 garlic cloves (5 big Western cloves), chopped fine

1/4 lb. (1/8 kg.) pasta

pinch of salt

1/4 tsp. oil

Garnish:

grated Parmesan cheese

Heat butter over low heat and roast wheat flour until it gives off a nice aroma, then add a little hot water and stir to make a smooth paste. Gradually add hot milk and stir until blended. Keep on stirring so the sauce doesn't lump together. Cook until sauce thickens. Add cayenne and black pepper and keep aside.

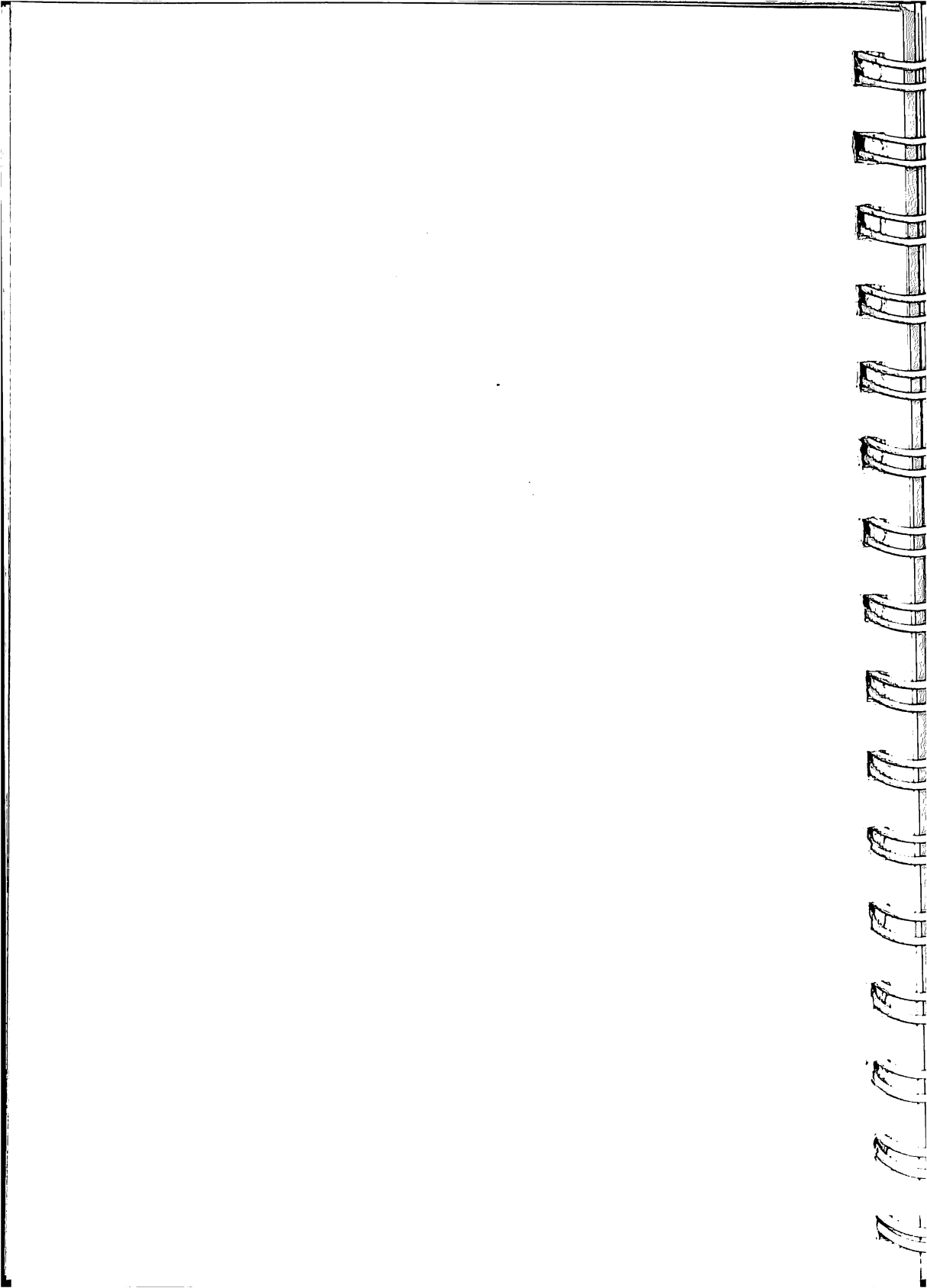


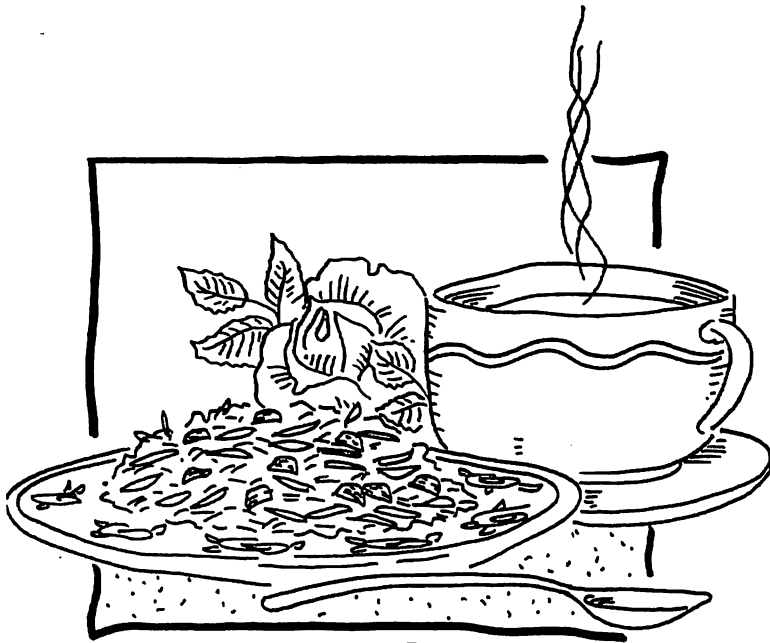
Fry bacon in a saucepan until golden. Remove bacon and keep aside. Keep 1 Tbs. bacon fat in the pan.

In the bacon fat, sauté red bell pepper strips and garlic until garlic turns golden but not brown.

Cook pasta with salt and oil until done, drain and rinse with cold water.

Pour the bacon, bell pepper strips and garlic into the white sauce. Simmer sauce over medium heat for 5 minutes. Add cooked pasta with a little water and stir. Adjust salt to taste. Just before serving, grate Parmesan cheese on top. Delicious!





DESSERTS

♥ *Katie Remembers* ♥

Tea on Time

I remember an incident from a time we were celebrating Baba's birthday on Meherabad Hill. Baba had invited many guests for the occasion; some had travelled from Bombay, Poona and other distant places in India to be there with Him.

After lunch, Baba told everyone to go and rest and announced that tea would be served at 2 p.m. sharp. Possibly 150 people were present, and I knew that it would take a long time to boil water for that amount of tea. Mind you, I was cooking over a wood fire. I decided that there was no time for me to rest, and I went straight to the kitchen and started boiling water. You see, I had learned in my life with Baba that when He said He wanted something by 2 p.m., it really meant He expected it to be ready a half-hour earlier. So, by 1:30 p.m. the tea was ready, and just then Baba came into the kitchen and asked me if I had taken rest. "No, Baba," I replied, "the tea wouldn't have been ready in time if I had rested." Baba was very pleased that it was on time, or rather, before time.

So Baba was very happy and rang the bell for everyone to come and get their tea early. It was piping hot and I poured it into a large blue enamel kettle and everyone served themselves and were happy.

Discipline and punctuality—these little orders may seem insignificant, but obeying them was our constant meditation.



RICE KHEER (Indian Rice Pudding)

Serves 3

1 cup Basmati rice, cooked with salt until very soft

1 Tbs. butter

1 quart (1 litre) warm milk

$\frac{1}{2}$ cup sugar

$\frac{1}{4}$ cup crushed almonds and walnuts, mixed together (Taste almonds before crushing to make sure they are not bitter.)

$\frac{1}{2}$ cup raisins

$\frac{1}{2}$ tsp. cardamon powder

$\frac{1}{2}$ tsp. nutmeg powder

Purée the cooked rice, with sufficient water, in a blender or by hand, using a *ravi*, to the consistency of a thick soup.

Over medium heat, add butter to the puréed rice and gradually add the milk, stirring continuously until everything is well-blended. Stir in sugar, adding more if you prefer it sweeter. Add crushed nuts and raisins. Stirring continuously, bring to a boil, lower heat and simmer for a minute, then add cardamon and nutmeg, and blend together. The *kheer* should be the consistency of a thick purée, so it will pour easily off a spoon.

You can eat it hot or cold, by itself, or with hot *puris*.

SWEET VERMICELLI (Sev)

Serves 4

In Baba's ashram, either *rava* or *sev* would be cooked on Baba's Birthday and other festive days or auspicious occasions, and served in the morning with tea for breakfast.

5 Tbs. ghee or butter

1/4 cup almonds, blanched, peeled and slivered into 3 or 4 pieces

1/4 cup yellow raisins

3 cups vermicelli (*sev*), broken into 2-inch pieces

1 3/4 cups boiling water

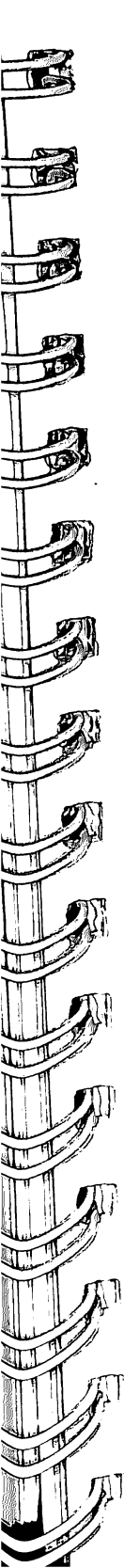
pinch of salt

1/2 cup sugar (more if you want it very sweet)

1/2 heaping tsp. cardamon powder

1/2 heaping tsp. nutmeg powder

Heat ghee over medium heat and sauté almonds until golden but not brown. Immediately remove with a slotted spoon. Add raisins to the same ghee. Sauté until they swell and take them out with a slotted spoon. Leave lots of ghee in the pan. Add the vermicelli and stir constantly until it becomes a lovely, deep golden colour, but not brown. Immediately add the boiling water, salt, and sugar, and stir. Taste for sweetness and add



more sugar if needed. Cover and cook on low heat until the water dries up and the vermicelli is tender — just a few minutes. Sprinkle in more hot water if the vermicelli needs to cook a little longer. Fluff with the spoon handle at this point (not with the spoon, so that the vermicelli is not mashed together). The vermicelli should be fluffy, like rice in texture, with the noodles as separate as possible and soft to the touch.

Sprinkle powdered cardamon and nutmeg over the vermicelli, stirring in lightly with the spoon handle.

Place vermicelli on a serving dish and sprinkle warm almonds and raisins over the top.

Serve with Katie's *Chai*.

SWEET SEMOLINA (Rava)

Serves 4

In Baba's ashram, either *rava* or *sev* would be cooked on Baba's Birthday and other festive days or auspicious occasions, and served in the morning with tea for breakfast.

- 4 Tbs. ghee or butter
- 1/3 cup almonds, blanched, peeled, and slivered
- 1/3 cup raisins
- 1/2 lb. (1/4 kg.) semolina (*rava*), sifted
- 3 cups boiling water (or more as needed)
- 1 cup sugar
- 1/2 tsp. cardamon powder
- 1/2 tsp. nutmeg powder

Heat ghee over medium heat and fry almonds until golden but not brown. When the almonds are ready, remove with a slotted spoon. Fry raisins in same ghee, turning to heat them on both sides. Take them out as soon as they swell.

Let the ghee cool and then on low heat, fry semolina, continuously stirring, until the semolina is golden. Add the boiling water and sugar. Stir quickly and taste. Keep on adding small amounts of boiling water until it is the consistency of thick porridge. There should be just enough water to cook it; too much will make it lumpy. Cover the



vessel and let the semolina steam about 30 minutes on low heat, stirring regularly. Once it's cooked, you should not be able to feel the individual grains.

When semolina is cooked, fluff it up with a fork. Mix together cardamon and nutmeg and stir into the semolina. Sprinkle warm almonds and raisins on top.

Eat hot or at room temperature with Katie's *Chai*. Enjoy!



KATIE'S CHAI (Spiced Tea)

Serves 3

Coarsely pound:

5 cloves

3 one-inch sticks of cinnamon

5 cardamon pods

a 3-inch-long, finger-width piece of fresh ginger, peeled and mashed

6 sprigs of fresh mint (about 70 leaves), broken up with hands

4 stalks lemon grass, cut into 4-inch lengths

very tiny pinch of salt

5 tsp. sugar

5 cups water

4 heaping tsp. loose black Indian tea (orange pekoe, Assam, or any kind of Lipton's loose black tea)

Optional: 1 heaping tsp. of dried orange peel pieces

hot milk to taste

Put the pounded spices, ginger, mint, lemon grass, salt, and sugar into the water and bring to a rolling boil. Boil at full boil, covered, for 10 minutes. This is so that the water imbibes the flavour of the spices.

Stir in tea leaves (and orange peel if you like), lower heat to very low, cover, and gently simmer for 4 minutes. Then turn off the heat and let the tea steep for 4 more minutes, covered.

Heat milk and keep ready. When the tea is ready, strain into a teapot or into cups and add hot milk to your taste.

Serve immediately with Sweet Vermicelli, Sweet Semolina or your favourite biscuits.

A COOL SUMMER DRINK (Panha)

Serves 5

7 small, green (unripe) mangoes

5 cups water

6 Tbs. powdered sugar (or granulated sugar ground to a powder), or more to taste

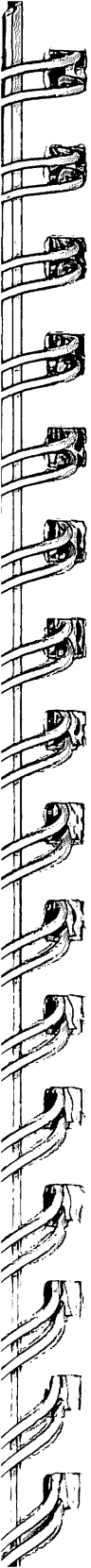
4 cups cool water

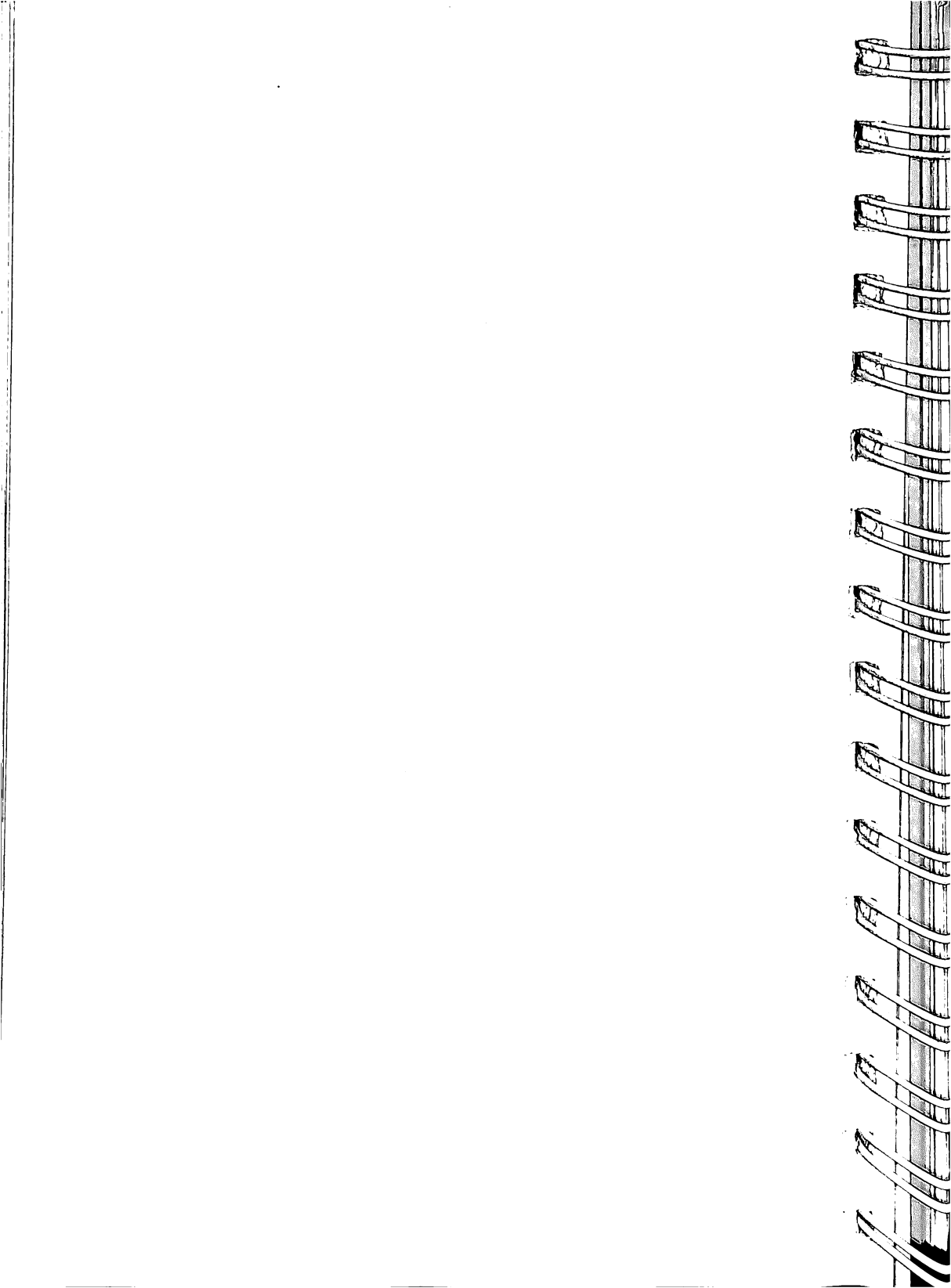
2 tsp. cumin seed, slightly roasted and ground to a fine powder (be careful not to burn cumin or it becomes bitter)

1/2 tsp. salt

Peel and thinly slice the mangoes. Boil in water for about 30 minutes. While still hot, add sugar and let cool. Then liquefy the mixture in a blender. Add cool water and stir well.

Add ground cumin and salt to mango mixture, and more water if mixture is too thick. Adjust sugar, stir well and chill. It should be sweet and sour to your taste. Delicious on a hot day and very cooling!







APPENDIX

COCONUT PASTE

How to Open Coconut:

Find a coconut that feels heavy. Shake it to make sure you can hear the coconut water inside. Check the "eyes"; they should not be mouldy or wet. To open coconut, pierce the three eyes with a sharp object like a screwdriver. Pour out the liquid (some recipes call for it). Bake the coconut in the oven at 350° F for about 15 minutes, then break it open with a hammer. Or take a heavy cleaver and, using the unsharpened side, hit the coconut on all sides. You may rest the coconut on any hard, unbreakable surface. Always taste a piece. It should be moist and sweet. Take out the white solid coconut with a spoon or butter knife; it may have to be pried loose from the shell.

How to Grind for Paste:

Grind with a food processor or blender 3-5 minutes or until coconut forms a fine paste. You may have to add a little coconut water to it. The finer the paste, the better the curry. In India, coconut paste is ground by hand on a special grinding stone prepared for this purpose. One coconut yields approximately one cup of paste.

GARLIC-GINGER PASTE

Use equal parts of fresh ginger and garlic cloves. Peel ginger and cut into slices to fill 1 cup. Peel



garlic cloves to fill 1 cup. Smash up both and grind together in a blender or food processor until it forms a smooth paste. If not using immediately, paste will last in refrigerator for at least a week.

GHEE

Ghee is clarified butter. You can buy ready-made ghee, but homemade is better.

To make 6 Tbs. of ghee, melt 8 Tbs. of butter in a medium skillet over medium-low heat. Let it sputter and bubble until a fine foam covers the surface, about 10 minutes. Continue cooking until milk solids turn nut brown and settle to the bottom of the skillet — about 5 minutes more. Pour into a jar, leaving browned sediment behind. Cool, cover tightly, and refrigerate for up to 6 months, if you like.

CURD CHEESE

(Paneer)

Serves 6 (when served with vegetables)

To make homemade curd cheese it is important to use good quality milk. Curd cheese prepared from full cream milk is softer and tastier than that made from skimmed milk.

1 quart (1 litre) whole milk

2¹/₂ Tbs. lemon juice, with all seeds carefully removed (1 cup yogurt can be used if no lemon juice is available)

Bring the milk to a boil, stirring continuously to prevent skin from forming at the top. As soon as it begins to bubble, add the lemon juice. Stir once, and remove from heat. Let stand for 15 minutes. The milk will curdle and the curds will separate from the whey.

Strain the curds through 3 layers of cheesecloth or muslin cloth. Squeeze out as much whey as you easily can. Tie up the curds in the cheesecloth and place in a rectangular dish. Place a heavy weight on the curds for a couple of hours for the cheese to take shape. After the cheese has been pressed it should be about $1\frac{1}{2}$ to $\frac{3}{4}$ -inches ($1\frac{1}{2}$ - 2 cm.) thick.

BASMATI RICE

1 $\frac{1}{2}$ cups rice

1 quart (1 litre) of water (for soaking)

$\frac{1}{2}$ tsp. salt (for soaking)

1 Tbs. butter

2 $\frac{1}{4}$ cups water & $\frac{3}{4}$ tsp. salt (for boiling)

Wash the rice well in cold water. Soak for 30 minutes with measured water and salt. Then drain.

Melt butter in a heavy-bottomed pot over medium heat. Pour in the drained rice and stir for a minute. Add water and salt. Bring to a boil, cover, lower heat to very low, and cook for 20 minutes.

Lift lid. Mix rice gently with a fork. Cover again and cook another 10 minutes, or until rice is tender.

CHAPPATIS **(Wheat Flat Bread)**

Makes 9 to 10, 8-inch diameter, chappatis

2 cups sifted whole wheat flour (do not use white flour)

1/2 tsp. salt

1 Tbs. oil

water

additional flour for rolling

1/2 cup oil

Mix flour and salt together on a bread board. Make a pile of the flour and make a well in the centre. Pour oil into the well. Mix the oil into the flour by hand, then gradually add water into the flour/oil mixture until it is soft but not sticky, about the consistency of bread dough. Knead the dough with your hands until it is very soft and pliable. The more you knead the dough, the better the *chappatis* will be. Then keep the dough aside, covered, for one hour.

After an hour, again knead the dough before rolling out the *chappatis*. Roll dough into small balls the size of a ping-pong ball, about 6 at a time. Lightly flour the bread board and, with a rolling pin, roll out each ball to a small circle about 4 inches in diameter.

Dip your fingers in the oil and pat over the top of the circle of dough. Sprinkle a little dry flour over the oil. Then fold the circle in half, again pat

more oil with your fingers onto the top of the half-circle and sprinkle a little flour on top. Fold it in half. The circle will now be a triangle, $\frac{1}{4}$ its original size. Cover with a cloth, and keep aside until all six balls are rolled out.

Lightly flour the board and roll out each triangle of dough with a rolling pin, into a nice round circle, first rolling out the three points of the triangle and then going in. (This takes some practice.) The *chappati* should be about 8 inches in diameter, not too thick or too thin — about the thickness of a tortilla. You should be able to put it on the *tava*, griddle, or skillet without its breaking.

Heat your *tava* or skillet on high heat. Grease it with a little oil and put on a *chappati*. Use a spatula to turn it around quickly in a full circle, spreading a little oil on the top. After one minute, flip it over. Again keep turning the *chappati* around in place. It should puff up. Press on the sides gently with a spatula or a cloth so that the hot air puffs up the centre of the *chappati* and all over the top surface. As you press, turn the *chappati* clockwise.

Then flip it over again and turn it around in a circle so that all the edges are cooked. It may puff up again. The *chappatis* get speckled but not brown.

Have a container ready with a cloth inside to hold the cooked *chappatis*. As you remove them from the *tava*/skillet, put them in the container, and cover with a cloth. You can stack the *chappatis* one on top of the other.

PURIS
(Deep-Fried Bread)

Makes about 12 *puris*

3 cups sifted whole wheat flour (do not use white flour)

1/2 cup yogurt

1/2 cup buttermilk

1 Tbs. oil

pinch of salt

oil for frying

Mix all the ingredients and knead well into a firm dough. Dough should not be sticky. After the dough is firm, keep on kneading for another 10 minutes. If required, add a little more oil. Cover and let sit for 1 or 2 hours.

Shape dough into walnut-sized balls, 6 at a time. On a lightly greased board, without flour, roll out the balls into circular shapes about 4 inches in diameter.

Fill a pan with enough oil for deep-frying. Heat on medium-high until oil is quite hot. Drop the dough circles one at a time into the oil. (Depending on the size of the pan, you can cook up to three at a time.) As soon as the *puri* rises to the surface, turn it over with a slotted spoon. The *puri* will puff up. Fry until golden, flicking oil over the top of the *puri* to cook the top.

Serve piping hot.

SPICE POWDER RECIPES

DHANSAK MASALA

We suggest you buy a ready-made *dhansak masala* powder, but for the avid cook we provide here a recipe for a large supply of this spice powder which will last for quite a long time. The recipe can be halved or quartered, etc., as needed. Some of these ingredients will not be available in the West, in which case they can be left out, but of course the taste will not be quite the same.

Makes about 5 cups powder

16 oz. (500 gms.) coriander seeds (*dhania*)

8 oz. (250 gms.) cumin seeds

2 oz. (50 gms.) cinnamon

2 oz. (50 gms.) cloves

2 oz. (50 gms.) cardamon pods

2 oz. (50 gms.) black peppercorns

1 oz. (25 gms.) mace

1 oz. (25 gms.) fenugreek seeds (*methi* seeds)

1 oz. (25 gms.) *dagerphul* (cooking lichen)

1/2 of a star anise

1/2 tsp. *nakeshar* (an Indian spice)

1/2 Tbs. mustard seeds

4 1/2 clove tree leaves (or bay leaves)

1/2 tsp. *asefoetida*

1/2 Tbs. *shahjeera* (black cumin seeds) or cumin seeds.

1/2 Tbs. turmeric powder

1 nutmeg

1/2 Tbs. *wava* or *ajwan* (Indian oregano)

1/2 Tbs. fennel seeds (anise)

Grind all ingredients to a fine powder in a food processor, grinder, or with mortar and pestle. Store in a dry jar. Like all spice mixtures, the fresher the better.

SAMBHAR MASALA

Makes about 1/4 cup powder

2 pinches asafoetida

2 Tbs. coriander seeds

3 tsp. cumin seeds

2 tsp. fenugreek seeds (*methi* seeds)

4 cloves

20 black peppercorns

1 1/2-inch stick of cinnamon

1/2-1 tsp. cayenne

1 tsp. turmeric powder

Grind all ingredients to a fine powder in a food processor, grinder, or with mortar and pestle. Store in a dry jar. Like all spice mixtures, the fresher the better.

GARAM MASALA

Makes a little less than $\frac{1}{4}$ cup powder

15 two-inch-long sticks of cinnamon

25 black peppercorns

8 cardamon pods

15 cloves

$\frac{1}{4}$ -inch piece of nutmeg

$\frac{1}{2}$ tsp. *shahjeera* (black cumin seeds), or
cumin seeds

Grind all ingredients to a fine powder in a food processor, grinder, or with mortar and pestle. Store in a dry jar. Like all spice mixtures, the fresher the better.

TAMARIND PULP

$\frac{1}{2}$ lb. fresh tamarind yields 12 oz. (225 gms.) of pulp

Remove outer husk of tamarind, cover fruit with water and soak 15 to 20 minutes. (Dried tamarind would have to be soaked overnight. The harder the fruit is, the longer it will take for it to release its pulp.) Then press the fruit through a strainer. Seeds can easily be removed at this time.

To make tamarind juice, thin pulp with equal parts water for right consistency and sourness. Will last 2-3 weeks in the refrigerator.

♥ *Katie Remembers* ♥

He Heard My Call

While on the Blue Bus tours, we would periodically return for a stay at Meherabad. After one such halt at Meherabad, the day came to pack up and go on tour again. The bell had rung for everyone, and Baba said that anyone who was free was permitted to come and be with Him in the East Room (Mehera and Mani's room). I was in the kitchen and still had quite a bit more packing to do. Everyone else had left with their stools to sit with Baba and enjoy His company, but I was left alone in the kitchen. I was miserable. I was thinking to myself, "Oh this stupid kitchen, I'm stuck here and can't be with Baba." I was really longing to be with Him, when suddenly the kitchen doors swung open and Beloved Baba walked in! I can't tell you how wonderful I felt to see Him. I had so wanted to be with Him and so, He came to be with me. He had brought the entire group along as if He was going for a walk, and He asked me what I was doing. I told Him and He was pleased. He had heard my call.





Avatar Meher Baba ki Jai !!!

2001



2001



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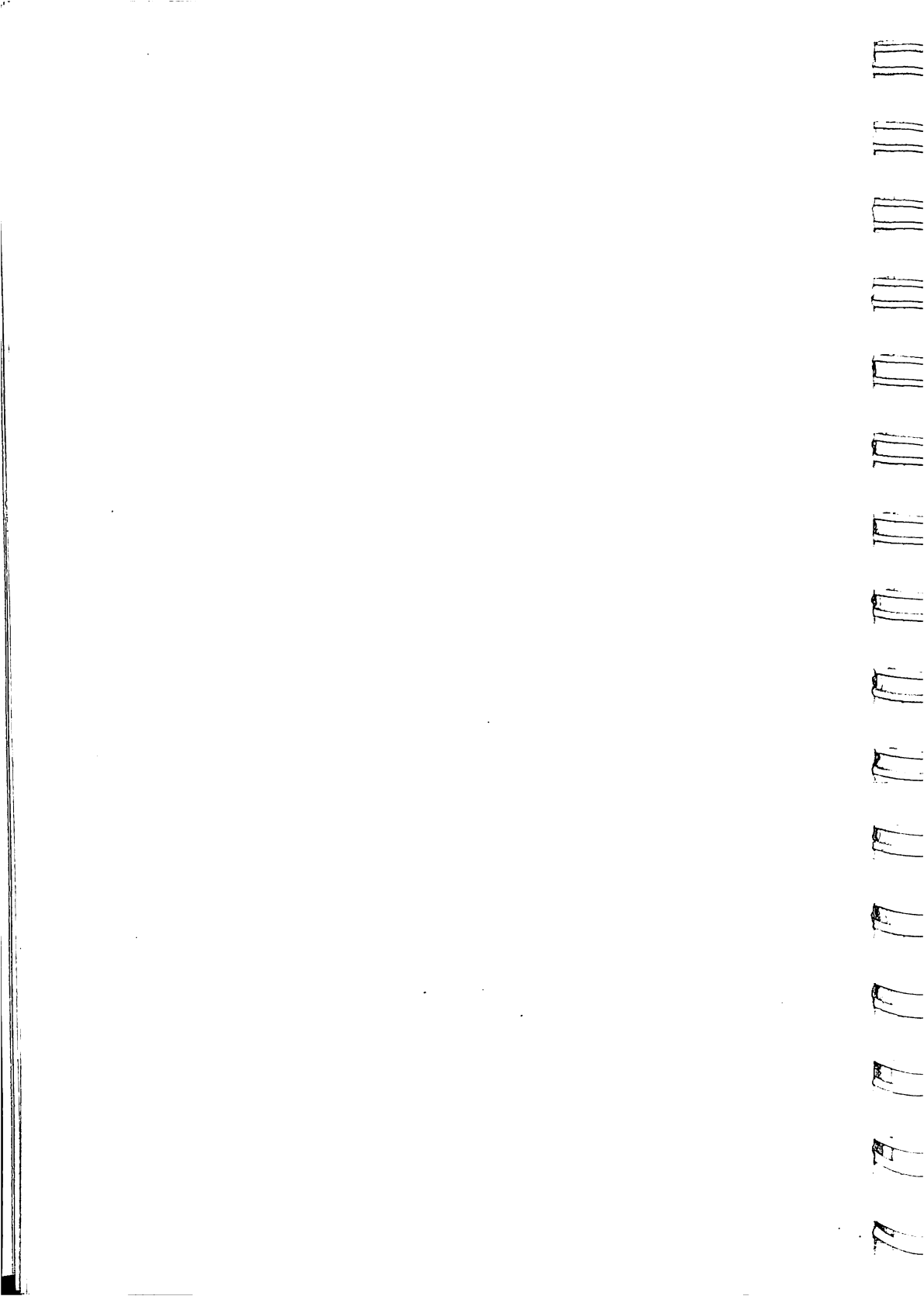
Cooking with Katie



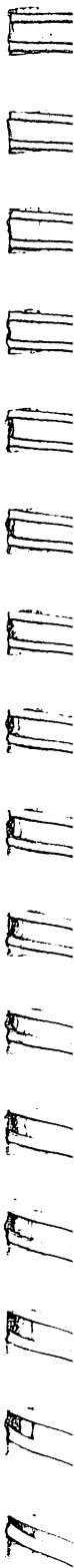
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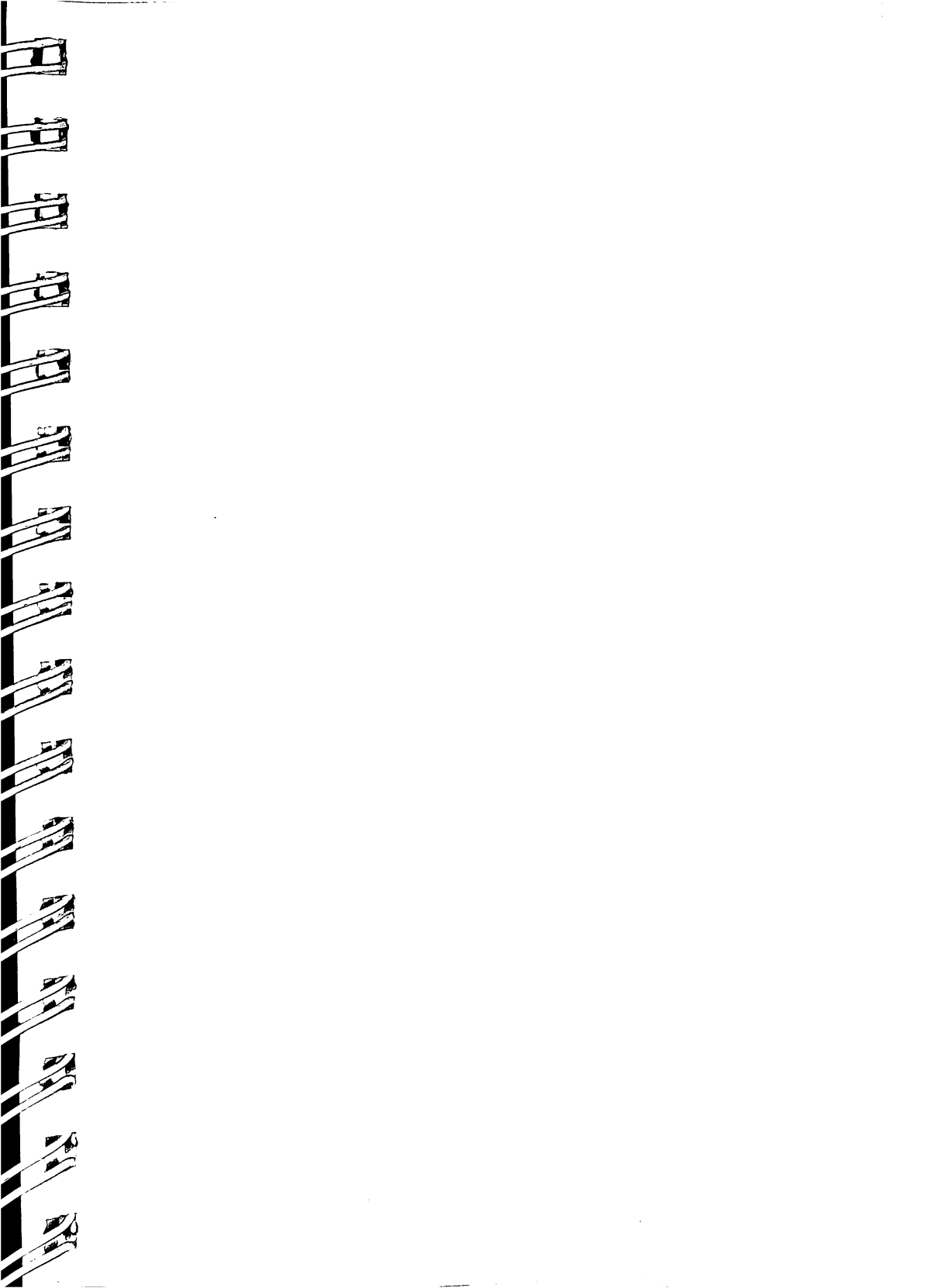
♥ Cooking with Katie

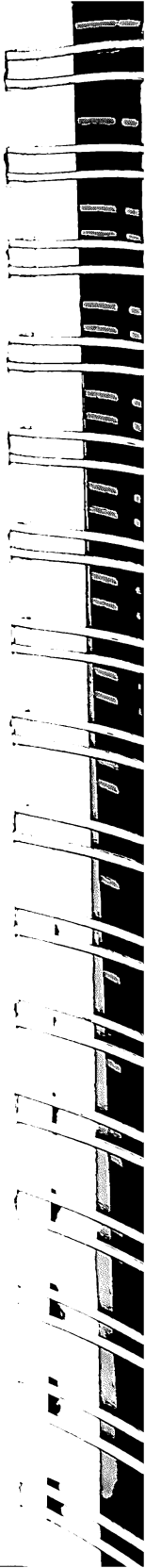


Notes



5









Jai Baba, dear Baba-friends, and welcome to the kitchen!! In this book, you will be cooking with me in our kitchen in Meherazad, Avatar Meher Baba's home in India. Beloved Baba put me in His ashram kitchen on the Blue Bus tours in 1939, and I've been cooking ever since. These are some of the simple meals from those days, and from the years I've been cooking for Baba's mandali in Meherazad. The main ingredient throughout all our years of cooking is the same: Beloved Baba's name. The first thing you must put into every dish is "Jai Babal" and then Baba takes over....

from Preface to COOKING WITH KATIE