

BUTTER CHICKEN

Recipe by Chandrika Joshi '24, Business Management and Finance Major

RECIPE

Ingredients:

FOR THE CHICKEN

- 300 grams Chicken breast (boneless)
- 1 tbsp Ginger garlic paste
- 1 tbsp Red chilli powder
- Salt to taste
- Oil to pan fry

FOR THE GRAVY

- 500 grams roughly cut tomatoes
- 100 grams roughly cut onions
- 1.5-2 tbsp garlic powder
- 1 tbsp garlic paste
- 50 grams cashew
- 1 tbsp kasoori methi
- 1 tsp coriander powder
- 1.5 tsp garam masala
- 4-5 tbsp sugar
- 2 tbsp kashmiri chilli powder
- 5 tbsp butter
- 3 tbsp cream
- 2-3 cups of whole milk
- 1 cup of water
- 2 tbsp malt vinegar / 1.5 tbsp white vinegar
- Salt to taste



Instructions:

- Marinate the chicken with ginger paste, garlic paste, red chili powder and a pinch of salt.
- Allow it to sit for 15 to 20 minutes. In a large pan, heat some oil and pan-fry the marinated chicken pieces in batches until cooked. Place them in a large bowl. In the same pan, add onions and more oil, along with a few spoonfuls of butter. Once the onions are translucent, add the tomatoes and cashew nuts.
- Pour in some water, garlic paste, salt, malt vinegar (or white vinegar), sugar, garam masala and chili powder.
- Mix well and let it simmer for 15-20 minutes. Blend the mixture into a smooth puree using a blender or food processor. Strain the puree back into a large pan to minimize waste.
- Add the remaining butter, cream, chicken, milk (slowly in parts) and kasoori methi. Let it simmer for an additional 5-7 minutes.
- Garnish with extra cream and kasoori methi.

ARROZ CHAUFAs

(PERUVIAN FRIED RICE)

Recipe by Nicole Diaz '24, Business Management Major

RECIPE

Ingredients:

- 2 cups of rice.
- One chicken breast (250 grams).
- 4 eggs.
- 2 hot dogs.
- 2 bunches of green onions (also known as Chinese chives).
- 1/2 red bell pepper.
- A small piece of ginger.
- Soy sauce.
- A teaspoon of garlic.
- Salt and pepper.

Instructions:

- Cook the rice without adding salt.
- Dice the red bell pepper into small squares. Cut the hot dogs in small pieces.
- Chop the green onions in small pieces. Also cut the white part of one of the green onions.
- Cut a small and medium piece of ginger. Chop the small piece of ginger and the medium piece, smash it to extract the juice.
- Cut the chicken into small cubes.
- Beat the eggs one by one and fry them with a splash of oil. Wait for them to cool off and then cut them into small squares.
- In a pan with medium heat and a splash of oil, cook your sliced hot dogs.
- In the same pan, add a little oil and put in the diced red bell pepper. Stir-fry for a few moments and then remove it.
- Next, fry the white part of the green onions in the same pan, then turn off the heat and add the rest of the green onions. Give it a couple of stirs and it's ready.
- Over medium heat, fry the garlic with the finely chopped ginger in a pan, then add the diced chicken. Add pepper and a pinch of salt. Stir constantly and then add some soy sauce until it is well fried.
- Transfer all the prepared ingredients into your cooked rice pot.
- Finally, in the rice pot, add a dash of soy sauce and squeeze the juice of the remaining ginger. Proceed to mix everything together.



KHICHURI AND BEEF BHUNA

Recipe by Samiha Khan '27, Biochemistry Major

RECIPE

Ingredients:

For the Khichuri (8-10 servings)

- Pran pulao rice (Not jasmine or basmati)- 1kg
- Red lentils-200 gm
- Fried Yellow lentils- 250gm
- Onions-250gm
- Ginger- Garlic paste-50gm
- Cinnamon- 2-3 sticks
- Cardamom- 3 pieces
- Cloves-3 pieces
- Bay leaves- 3-4 leave
- Turmeric powder- 2 Tablespoons
- Chilli powder- 1 Tablespoon
- Coriander powder-3 Tablespoons
- Salt- a handful (that's what my mum said)
- Oil- 200ml
- Green Chillies-5pieces
- Ghee- 50gm
- Fried onions (for garnish)

For the Beef Bhuna

- Beef cubes 2kg
- Oil-250m
- Salt- 50gm
- Onions- 300gm
- Ginger Garlic paste- 100gm
- Chili powder- 3 tablespoons
- Turmeric powder-2 tablespoons
- Nutmeg powder-1 tablespoons
- Coriander powder-4 tablespoons



Instructions:

For the Khichuri

- First soak the rice & lentils separately for 30min. Cook the lentils halfway through.
- Heat the oil in a saucepan, put the sliced onions with the spices in the pan.
- Cook the onions until golden brown and add the ginger garlic paste to it. After the paste has cooked for a while, put the spices in the pan and stir until it releases oil. Add water if needed.
- Add rinsed pulao rice and half boiled lentils to the pan and fry for 5 minutes.
- Add 2L of hot boiling water to the pan and sit for 15-20 minutes. After stirring the rice for even cooking, garnish with ghee and fried onions.

For the Beef Bhuna

- Marinate the beef with all the ingredients except cumin powder for at least 3 hours. Slow cook for 30 min, stir at 10 min intervals.
- Add 500ml hot water and slow cook for 1 hour. When the oil is released the meat is ready.

Serve both with tomato and onion salad.

FRUIT SKEWERS TANGHULU

Recipe by Justin Lee, Graduate Student,
College of Business

RECIPE

Ingredients:

- 5 hulled strawberries
- 5 seedless grapes
- 5 clementine segments
- 5 12-inch wooden skewers
- $\frac{3}{4}$ cup white sugar
- $\frac{1}{3}$ cup water
- 2 tablespoons light corn syrup



Instructions:

1. Line a large baking sheet with paper towels. Pat fruit dry. Divide fruit among wooden skewers, 3 pieces each, arranging fruits to cover end of skewer and ensuring fruits are touching.
2. Stir together sugar, water, and corn syrup in a small shallow saucepan. Bring to a boil over medium heat, undisturbed. Reduce heat to medium-low, cook, undisturbed, until a candy thermometer registers 300 degrees F (150 degrees C), 18 to 20 minutes.
3. Meanwhile, prepare an ice bath.
4. Remove pan from heat, let stand until bubbles subside, 1 to 2 minutes. Carefully tilt pan so sugar mixture pools to one side. Working quickly, place fruit end of one skewer in sugar mixture, rotating to fully coat; allow excess syrup to drip back into pan. Place dipped skewer, fruit side down, in ice bath, allowing to cool fully, about 1 minute. Place, fruit side up, in a heavy cup or saucepan.
5. Repeat with remaining skewers and sugar mixture, working quickly. Using kitchen scissors, trim any excess sugar drips.
6. Serve immediately.

Cooking *from* Home

SPICY ALOO KI SABZI

Recipe by Heena Joshi '26, Health Science Major

Ingredients:

AMOUNT	ITEM
1/4 cup	Onions, Red, Fresh, Chopped, Fine
1/2 each	Peppers, Chili, Green, Thai, Fresh
4 each	Garlic cloves, Peeled, Fresh, Minced
1/4 cup	Cilantro, Fresh, Chopped
1 cup	Tomatoes, Fresh, Diced
1 tsp	Spice, Chili, Mirch, Powder
1/2 tbsp	Spice, Chili Powder, Kashmiri
1/2 tbsp	Spice, Chili Powder, Light
1 tbsp	Spice, Pepper, Red Chili, Crushed, Flakes
1 tbsp	Mango, Amchur, Powdered
1 tsp	Spice, Mustard Oil
1/4 cup	Oil, Canola
2 tbsp	Spice, Cumin Seed
1/2 cup	Basic Ginger-Garlic paste
1-1/2 tsp	Spice, Chili Powder
1 tsp	Spice, Turmeric
1 tsp	Spice, Cumin, Roasted, Ground
1 tsp	Seasoning, Garam Masala
16 ounces	Potatoes, Pre-Diced, Fresh
1/2 cup	Cream, Whipping, Heavy



Spicy Aloo Ki Sabzi

Instructions:

Recipe Yields 4, 4 oz portions.

- Begin by chopping cilantro very finely.
- Dice red onion, tomato, green chili and mince the garlic.
- Add oil into the pan and add cumin seeds when hot.
- Add chopped ingredients and sauté. Add garlic-ginger paste and seasonings. Add salt to flavor.
- Let seasoning marinate.
- Boil potatoes until tender and add in cream. Add in curry and continue to cook fully.
- Add hot water if needed to thin the curry sauce.

Recipe Suggestion: Serve with basmati rice and roti. Garnish with more cilantro, slivered red onions and lemon wedges.