

An introduction to Popular Indian BBQ food. These dishes are sold in every restaurant and also street side shops in the North of India. Traditionally these dishes are cooked in coal fired tandoor (clay oven).

Chicken Tikka:

A dish quite popular in India and Pakistan. It originated in Northern India.

Small pieces of boneless chicken are baked using skewers in a tandoor after marinating in spices and yogurt. The word tikka means "bits" or "pieces". The pieces are brushed with ghee (clarified butter) at intervals to increase its flavour, while being continuously fanned. It is typically eaten with green coriander and tamarind chutney served with onion rings and lemon or used in preparing a chicken tikka masala and popular dish in the region of Punjab (A state in North of India).

Lamb Kebabs:

This dish originated in Iran. An Iranian minced meat kebab is made from ground lamb, beef, or chicken, often mixed with parsley and chopped onions. **In India we use coriander instead of parsley and use lamb or goat's meat.** The ingredients are mixed together until the mixture becomes smooth and sticky. One egg is added to help the mix stick together. The mixture is then pressed around a skewer. The kebabs are around 18-20 cm long and are cooked in a tandoor. Typically served with a thinly rolled flatbread like Durum but much bigger in size (30-40cm diameter),

Tandoori Paneer:

Paneer tikka is an Indian dish made from chunks of paneer (soft fresh cheese) marinated in spices and grilled in a tandoor. It is a vegetarian alternative to chicken tikka and other meat dishes. Chunks of paneer are marinated in yoghurt and spices and are then arranged on a stick with green peppers, onions and tomatoes. These sticks are grilled in a tandoor and the dish is thereafter served hot, seasoned with lemon juice and **chaat masala**. It is sometimes accompanied by salad or mint chutney. Tikka dishes traditionally go well with mint chutney.

Like Chicken Tikka Masala – Paneer Tikka is also used to prepare Paneer Tikka masala.

Tamarind chutney

1/2 cup Tamarind (Imli)

3/4 cup finely chopped Jaggery (Gur or Gud)

1 teaspoon Red Chili Powder

1tsp asafoetida

1 teaspoon Cumin Powder

1½ cups Water

1/4 teaspoon Black Salt or table salt

Salt

Directions:

Deseed tamarind and boil it in 1½ cups water over low flame for 8-10 minutes. If you do not want to boil tamarind, then soak it in 1¼ cup hot water for 30 minutes.

Let it cool at room temperature. When it cools, prepare tamarind pulp by following any one of the two methods given below.

Mash tamarind in water and strain through a metal colander and discard fibers. Press mashed tamarind with spoon while straining to get more pulp out..

Transfer tamarind pulp to pan and add jaggery in it. Bring it to boil and cook on medium flame until jaggery dissolves completely.

Add red chilli powder, cumin powder, black salt and salt, asafetida mix well. Taste for sweetness and add more jaggery if you want to make sweeter chutney.

Turn off flame and allow it to cool at room temperature.

Transfer prepared sweet tamarind chutney to airtight container and store in refrigerator for up to one month for anytime use.

Tips and Variations:

Change the quantity of jaggery according to your taste. More jaggery will give sweeter taste and less jaggery will give sour taste.

Replace jaggery with dates to make sweet tamarind chutney with dates or follow imli khajur chutney recipe to make ultra delicious chutney.

Mix 1/2 teaspoon garlic-green chilli-ginger paste to make it tastier.



Mint coriander Chutney



Ingredients

2 cups Fresh Coriander Chopped

1 cup Fresh Mint Chopped

3-4 Green Chillies Chopped

Tomato 1

Sugar 1tsp

1 inch Ginger Chopped

6-8 cloves Garlic

1/4 tsp asafetida

1/2 tsp Cumin Seeds

Salt to taste

3 tbsp Lemon Juice

Instructions

Blend all the ingredients in a blender until smooth.

Try not to use water, but if it's getting difficult to blend, add a tablespoon or two of water and then blend.

Sev Puri Chaat

Ingredients:

- 16 Flat Chaat Puri (Papdi)
- 2/3 cup boiled and chopped Potatoes
- 1/2 cup finely chopped Tomato
- 1/2 cup finely chopped Onion
- 6 tablespoons Khajur Imli ki Chutney
- 4 tablespoons Green Chutney
- 1/2 teaspoon or to taste Chaat Masala Powder
- 1/2 cup Nylon Sev
- 1 tablespoon Chopped Coriander Leaves



Directions:

- step-1: Prepare green chutney and khajur imli ki chutney according to their recipes in advance. Boil the potatoes and green moong beans in salted water. Keep all required ingredients ready before assembling the chaat.
 - step-2: Take two serving plates and arrange 8-papdi puris on each plate.
 - step-3: Place 1/2 tablespoon chopped potato and
 - step-4: Place 1/2 tablespoon onion and 1/2 tablespoon tomato over each papdi.
 - step-5: Top each one with 1-teaspoon tamarind
 - step-6: Top each papdi with 3/4 teaspoon green chutney.
 - step-7: Sprinkle 1/4 cup sev and chaat masala powder to taste over each serving plate.
 - step-8: Garnish with chopped coriander leaves. Sev puri chaat is ready for serving. Serve it immediately to get the crispy taste of puri and sev with chutneys. Assemble it at the time of serving because it will turn soggy within few minutes.
- Adjust the quantity of chutneys to your taste.

Tandoori Paneer: Serves 6-8 people

Ingredients:

- 1 Large block of Paneer
- 1 onion
- 1 Green Pepper (Red is also OK)
- 1 Courgette (Zucchini)
- Few Mushrooms
- Tomatoes – Optional
- Finely chopped Coriander leaves

For marinade

- 1 tsp each ginger garlic paste
- 2 tsp tandoori powder
- 1 tsp cumin powder
- 2 tsp chaat masala
- Salt and chilli to taste

Method of Preparation:

Cut Paneer into 1" thick cubes. Cut all vegetables into cubes. Mix all the ingredients for marinade and keep aside. Brush the marinade to the Paneer and refrigerate it for 3 hours. Add the left marinade to the vegetables. Put the paneer on the skewers with vegetables and grill on coal BBQ for 5-10 minutes on medium heat.

Optional, if the weather isn't good you can heat a little oil in a pan and shallow fry marinated paneer till fully done. Brush all the vegetables with oil and cook them on a grill pan for 5-8 minutes. In a plate arrange grilled vegetables and paneer. Garnish with coriander and lemon slices

Serving suggestion: Serve Tandoori paneer tikka with mint chutney.



Chicken Tikka: Serves 4

Ingredients:

- 1 pint of live natural yogurt
- 1 Tablespoon Cumin powder
- 1-2 fresh chillies
- Juice of 1 lemon
- 8 cloves garlic - crushed
- 1-inch pc grated ginger
- 1tbl spoon of Tandoori Masala
- 4 Chicken Breasts Cubed
- 1 Lemon – for garnish
- Sliced Peppers, onions, mushrooms – optional

Method of Preparation:

Grind ginger, garlic and chillies to make a paste. Add lemon juice to the paste. Mix in the yoghurt and tandoori masala to make the marinade. Marinate the chicken in the marinade for 2-6 hours. You can leave it overnight as well.

Preheat the oven to its highest heat for at least 20 minutes. Shake off excess marinade and place chicken pieces on skewers mixed with vegetables. Cook on barbecue for 20-30 minutes and check the chicken is cooked by piercing the thickest piece with a skewer, if the juices run clear it's cooked. Garnish with a wedge of lemon and chopped coriander.

Serving suggestion: serve with yoghurt mint dip and mixed salad.



Lamb Kebabs: Serves 4

Ingredients:

- 450g/1lb minced Lamb
- 1 tablespoon oil
- 55g/2oz fresh Coriander leaves (washed and chopped)
- juice of half lemon
- 4 cloves garlic (crushed)
- 4 green chillies (de-seeded and chopped) - optional
- ½ tsp Coriander powder
- 1 tsp cumin powder
- 2 tsp grated ginger
- 1 tsp salt
- 1egg



Method of preparation:

Mix oil, garlic, ginger, chillies, cumin, coriander powder, lemon juice and salt. Fold the blended paste into the meat and add the chopped fresh coriander leaves. Add an egg to help bind the meat. With wet hands skewer the meat into long sausage shapes. Rotate the meat around the skewer, pressing gently all round. You can also do small balls and flatten them to make a different shape. Brush with a little oil and grill under a medium heat or barbecue till it's cooked well right through. Garnish with Onion rings.

Serving Suggestion: Serve with hot Naan or Durum, Mint and coriander and / or chilli chutney.

Chat Masala- A mixture of spices used to garnish Paneer and Chicken Tikka.



Halwa- Desert (serves 5-6 people)

Ingredients

- 1 cup Sooji (semolina/ griesmeel)
- 1 cup Sugar
- 2.5 – 3 cups water
- ¼ -1 cup ghee/melted Butter
- Almonds (grated)/Raisins
- 2-3 Cardamoms coarsely powdered
- Saffron- Optional



Method of preparation

In a skillet (kadahi) take Sooji / Semolina and butter cook for 5-6 minutes on low heat till it turns golden. Add a tea spoon of plain flour and mix it well. Add cardamom powder and raisins, grated almonds, then add sugar followed by hot boiling water. Stir the Halwa with a spoon constantly and allow the water to evaporate (it would take about 2-3 minute). Put in a serving dish and let it set.

Serving suggestion: Serve the Sooji halwa warm and Garnish with a few grated almond pieces.

Tip- You can also add Cashews if you like.

Chole Curried Chickpeas:

Ingredients:

- 1 Tin of Chickpeas
- 1 Tea spoon of Ginger Paste
- 1 Tea spoon of Cumin seeds
- 1 Table Spoon of Coriander powder
- 2 Bay Leaves
- 1 tsp Anardana
- 2 black cardamon
- 2-3 Cloves
- ½ Tea spoon of Garam Masala
- 1 Tea Spoon of Amchoor (Dried Mango Powder)
- 1 Medium sized onion finely chopped
- 1 Big Tomato chopped (150gms chopped tin tomatoes)
- Salt and chilli to taste



Optional:

- 1 Tea Spoon Garlic Paste
- ½ Teaspoon of Turmeric Powder (Kurkuma)

To Garnish:

2 Table spoon of chopped coriander leaves.
1-2 Green Chillies – Slit.
1 Inch Pc of Ginger cut into Juliennes

Method of preparation:

Drain & wash the chick peas thoroughly. Heat oil in a pan, add cumin seeds & fry till they start spluttering. Now add the bay leaves and cloves followed by diced onions & ginger paste, coriander powder. **Optional-** you can add turmeric & garlic powder now. Fry the onions on medium heat, stirring constantly till they are golden. Add chopped tomatoes (fresh/tinned) & cook till it looks like a paste (when oil starts separating from this paste- it's a sign that the masala is cooked). Chick peas, salt and chilli powder can be added now. Pour in 1- 1.5 cups of water & bring it to boil. Let Chole simmer for ½ hour. Add amchoor & garam masala. Cook till you get a thick gravy.

Serving suggestion: Decorate with chopped coriander leaves, slit green chillies, slices of tomatoes and ginger.

ALOO TIKKI (ROSTIS)

INGREDIENTS

500g medium floury potatoes
1 tsp turmeric
1 tbsp neutral oil, plus extra to fry
1 red onion, finely chopped
2 tbsp grated fresh ginger
2 garlic cloves, peeled and crushed
1-2 medium green chillies, finely chopped
½ tsp garam masala
50 Gm shelled peas (frozen is fine)
3 tbsp fresh coriander, finely chopped
Juice of ½ lemon
4 tbsp semolina or cornmeal (or plain flour) or 2 slices of white bread for binding

Put the potatoes, whole and unpeeled, into a pan just big enough to hold them, along with the turmeric and a generous pinch of salt and cover with cold water. Bring to the boil, then simmer until very tender and drain. Put back into the hot pan for a minute or so to steam dry.

Meanwhile, heat the oil in a frying pan over a medium heat and then fry the onion until soft and beginning to caramelize. Stir in the ginger, garlic, chillis and garam masala and fry for another minute. Stir in the peas and cook for a minute or so to defrost if necessary.

Peel the potatoes, then mash well, and add to the frying pan. Stir in the lemon juice and two tablespoons of semolina, mix well then season to taste.

Roll the mixture into golf-ball sized portions, then flatten into cakes. Press both sides in semolina.

Put oil in frying pan for shallow frying . You can cook them in the air fryer or oven if want to minimise the oil. Heat over a medium-high flame, then add the tikki (they should sizzle). Cook until golden brown, then carefully flip over and repeat. Serve warm with chutney.



Pakode (vegetable fritters in Graham flour)

Ingredients

1/2 cup finely chopped spinach

1/2 cup finely chopped potato

1/2 cup chopped onions

1 green chilli, chopped (hari mirch)

1/3 cup chopped coriander leaves (dhania patta)

1/2 teaspoon chopped ginger (adrak)

1 cup besan (gram flour)

1/4 cup water or add as required

1 pinch turmeric powder (haldi)

1 pinch asafoedita (hing)

1/4 teaspoon carom seeds (ajwain)

1/4 teaspoon kashmiri red chilli powder

1/4 teaspoon garam masala powder

salt as required

Instructions

making batter for vegetable pakora

rinse, peel and then finely chop all the veggies. take all of them in a mixing bowl. you can even grate the veggies.

also add chopped onions, green chilies and ginger.

add all spice powders including salt. mix everything very well.

now add 1/2 cup besan (gram flour).

mix again very well and keep aside for 5 minutes.

add water in parts.

mix to a thick yet flowing batter. i added overall 1/4 cup water.

frying mix vegetable pakora

heat oil for deep frying. when the oil becomes hot, then drop spoonfuls of the batter in the oil. fry pakoras on a medium flame.

when one side is cooked and light golden, flip and fry the other side.

flip couple of times and fry till the pakoras are crisp and golden.

remove the vegetable pakoras in a slotted spoon. drain them on kitchen paper towels. fry the pakoras in batches this way.

serve vegetable pakora with any chutney or sauce of your choice.

Notes

- you can add more or less of the spice powders and green chilies as per your taste requirements.- you can add your choice of veggies.



Pav bhaji

Ingredients

- 1 and 1/2 cup Cauliflower Cut into small pieces
- 1 cup aubergine Chopped
- 1 and 1/2 cup Capsicum Chopped
- 1 and 1/2 cup Carrot Chopped
- 1 cup Peas
- 1 cup Potato Peeled and chopped
- 6 tbsp Butter
- 1 and 1/2 cup Onion Chopped
- 2 tsp Ginger Paste
- 2 tsp Garlic Paste
- 2 cups Tomato Chopped
- 2 tsp Green Chilli Chopped
- 2 tsp Kashmiri Red Chilli Powder
- 5 tbsp Pav Bhaji Masala
- 4 tbsp Lemon Juice
- Salt to taste
- 2 tbsp Fresh Coriander Chopped



Instructions

1. Wash the vegetables and add them in a pressure cooker.
2. Add a cup of water and pressure cook for 1 whistle on high heat.
3. Simmer the heat and cook for another whistle.
4. Remove the pressure cooker from heat and let the pressure release and keep aside.
5. Heat butter in a pan.
6. Add onion, ginger paste and garlic paste and fry till onion turns translucent and the raw smell of ginger and garlic is gone.
7. Add green chillies and tomatoes and ½ cup of water and cook for 2-3 minutes.
8. Now add red chilli powder and Pav bhaji masala and cook for a minute.
9. Add the cooked vegetables in the pan and mix well.
10. Mash the Pav Bhaji using a potato masher till it is all mushy and mixed very well.
11. Keep adding little water if the Pav Bhaji thickens.
12. Add paneer, lemon juice, salt and coriander and mix well.
13. Garnish with fresh coriander and dollop of butter.
14. Serve hot with a dollop of butter, chopped onions and slightly toasted and buttered Pav.

Mango Lassi

The popular Indian drink Mango Lassi is a delicious blend of mangoes and yogurt with a touch of cardamom!

Servings: 2

Ingredients

1 cup mango pulp

1 cup yogurt [I used plain yogurt]

1/2 cup milk, or cold water

1 teaspoon sugar, or to taste

1/4 teaspoon cardamom powder

4-5 ice cubes (optional)

pistachios, to garnish, optional

saffron strands, to garnish, optional

Instructions

Blend together yogurt with mango pulp, milk or water, sugar cardamom powder and ice cubes until smooth.

Pour mango lassi into glasses. Garnish with pistachios and saffron strands (optional).

Serve chilled.

Today we will make for 25 people to taste

2.5 lit yoghurt

200 ml milk

2 cans mango

Sugar 6 tablespoons or to taste

2 TSP cardamom powder

