

Recipes for the class at Cooking at Millies - Friday July 30th

1) Aloo Tikki- Spicy Potato Patties,

served with Date and Tamarind chutney

serving size: 2 people

Aloo tiki or potato patties are popular snack, traditionally when any snack is served with yogurt and chutney it is known as chat. This is extremely popular with roadside vendors.

Ingredients

2 medium sized potatoes boiled and shredded (about 2 cups of shredded potato)

2 tablespoons breadcrumbs/panko

1 teaspoon salt

Oil for cooking I prefer using peanut oil. You can use which ever you like except olive oil. We will be cooking tikis on high heat and olive oil cannot high heat.

For filling:

1/3 cup mixed vegetables green peas, carrots, beans etc. boiled and drained

1 teaspoon ginger. garlic and green chili paste

1 teaspoon SFV Bombay curry spice blend

1 tablespoon minced cilantro

¼ teaspoon salt

2 teaspoon oils

For serving:

2 tablespoons whipped dahi yogurt

2 tablespoons Spicy cilantro chutney

2 tablespoons sweet tamarind dates chutney

Directions

Filling:

1. Boil and drain water from the mixed vegetables and lightly mash them in a bowl.
2. Heat the oil in a small pan over medium heat, add all filling ingredients and stir fry for about two minutes. (Keep the filling a little moist). Set aside.

Tikki: the potato dough, make a ball, and flatten it to make a patty (use oiled hands).

4. Put about 1 tablespoon of filling in the center and wrap around with the potato patty. Lightly

flatten the ball into a patty again and repeat for all the remaining potato.

5. Heat a non-stick heavy skillet on medium high heat, and grease generously. Place the tikkis on the skillet, making sure they are not touching each other. Oil the tikkis from the top and cook for about 1 minute.
6. Press on the tikkis lightly with spatula and turn them 3-4 times as needed, oiling the tops, and pressing with spatula occasionally.
7. Serve along with tamarind chutney, cilantro chutney, and yogurt.

Mint and Cilantro Spicy Chutney

Ingredients

- 1/2 cup finely chopped mint
- 1 cup finely chopped cilantro
- 2 chopped green chilies
- 1/4 inch piece of ginger
- 1 teaspoon sugar
- 1 teaspoon lemon juice
- 1/4 teaspoon salt
- 1 tablespoon water

Directions

1. Using a food processor or blender, blend chili, ginger, sugar, and salt.
2. Grind until you have a medium-coarse consistency.
3. Add cilantro leaves, mint leaves, lemon juice, and water to the mix and blend together well.
4. Enjoy as a condiment or store in an airtight container in the fridge for later. Can be stored for 3-4 days.

Date Tamarind Chutney

Ingredients

- 1 teaspoon tamarind paste (or 1/4 cup seedless tamarind)
- 1/2 cup seedless dates
- 1/2 cup jaggery
- 1/2 teaspoon red chili powder
- 1/2 teaspoon cumin powder
- 3 cups hot water
- Salt, for taste

Directions

1. Chop dates and jaggery into small pieces.
2. Soak chopped dates in hot water for 10 minutes. After 10 minutes, add tamarind to the soak.
3. Transfer tamarind, dates, jaggery, red chili, cumin powder, and salt to a mixer and puree everything until it is well mixed.
4. Use a strainer to strain the mixture into a bowl, and discard the leftovers in the strainer
5. Add some water to the strained chutney if preferred. Enjoy as a condiment!

2) Chicken Tikka Masala w/ Cilantro and Peas,

Servings: 2 people

Ingredients

Chicken:

1 tablespoons ginger-garlic paste

1 Tablespoon SFV- Tandoori masala spice Rub

1/2 teaspoon kosher salt

1teaspoons superfood Veda Ginger and Garlic Ghee for grilling/baking

1 teaspoon lemon juice

1-pound boneless, skinless chicken thighs

Sauce:

1.5 tablespoon SFV- Ginger and Garlic Ghee

1 tablespoon ginger garlic and green chilies paste

2 tablespoons raw cashews

¼ cup onion sliced

1 teaspoon SFV- Garam masala

1/2 cup canned diced tomatoes

1 teaspoon salt

1-2 cups water

1/2 cup heavy cream

½ cup of frozen/fresh peas

Directions

For the marinade:

In a large bowl, mix the marinade ingredients. Add the chicken and toss to coat.

Marinate at least 30 minutes or refrigerate overnight.

For the sauce:

Place a large skillet over medium heat and add the ghee, add the ginger-garlic paste add the onions

Sautee until onions are translucent.

Add canned tomatoes and cook until it is nicely cooked (about 5 minutes). Add the garam masala and sauté for about 1 minute.

Add the cashews, salt, and 1 cup water. Bring to a boil, turn down to a simmer, and cook until thickened,

about 5/7 minutes. You may need more water depending on how much liquid the tomatoes give off.

Meanwhile, fire up your grill. When it is hot, lightly brush it with ghee. Place the chicken on the grill

Cook until it is charred. or bake it in the oven for 25 minutes on 375 degrees Fahrenheit.

Let it cool down for 5 mins. Then cut it in cube size pieces.

Pour the sauce into a blender or food processor or use an immersion blender and process until smooth.

Pour back into skillet and bring back up to a boil. Add the chicken, peas, and fenugreek leaves, if using.

Take the heat down to a simmer and cook for about 5 minutes. Add the cream and stir through. Garnish

with minced fresh cilantro and serve over rice.

Rice Kheer- Indian Rice Pudding

Servings: 2 people

Ingredients:

- 1) 2 cups of full fat milk
- 2) 4 oz condensed milk
- 3) 1 cup cooked basmati rice
- 4) 2 tbsp sugar or as required
- 5) 1 teaspoon SFV Chai spice mixture.
- 6) 1 Tbs unsalted pistachio powder (Course)
- 7) 1 tbsp golden raisins

Directions:

- 1) Heat milk and let it come to a boil.
- 2) Reduce the flame and add the rice.
- 3) stir and simmer the milk and let the rice grains cook for some more time in the milk. Couple of mins.
- 4) Add the condensed milk, 3/4 of the pistachio powder, SFV Chai-Tea spice and sugar.
- 5) stir and continue to stir often so that lumps are not formed.
- 6) The kheer would also thicken by now, turn off the flame and add the raisins. stir. Garnish and serve

you can enjoy the kheer-pudding warm or cold.

