WORLD TABLE BOOKS

Indian Table

A taste of the Indian kitchen.



10 recipes | Illustrated sample

Indian Table

A taste of the Indian kitchen.

10 recipes | Illustrated sample

Indian cooking offers many ways to build a meal: soft dal and a crisp flatbread, a fragrant rice dish and a cool spoonful of raita, a generous vegetable curry and a bright chutney. This collection brings together recipes from different regional traditions alongside clearly labeled home adaptations. The stated portions exclude rice, bread and other accompaniments unless those foods belong to the recipe itself.

Measure with confidence

Metric weights govern these recipes; US weights and volumes are provided alongside. Weigh ingredients after peeling, trimming or boning when described that way, unless a whole item is specified. Bone-in weights include the bones. Cooked bean weights are drained weights; dry pulses are measured before cooking. Spoon measures use rounded kitchen equivalents of 5 ml per teaspoon and 15 ml per tablespoon. Small spices are best weighed on a suitable scale.

A useful Indian pantry

Urad dal is black gram; moong dal is mung bean; toor dal is split pigeon pea; chana dal is split chickpea. Besan means chickpea flour, while atta is finely milled whole-wheat flour. Fresh curry leaves, bay leaves and curry powder are different ingredients. Dried fenugreek leaves are not interchangeable with fenugreek seeds. Amchur is dried green mango powder. Use unsweetened tamarind products and check their concentration before measuring.

Spices, heat and timing

Toast whole spices gently and stop when fragrant. Ground spices scorch quickly in a dry hot pan; follow the stated sequence and add liquid when directed. Kashmiri chili is often milder than many other chili powders, but brands vary. Preparation, cooking and waiting times are estimates for the full listed batch. Some stages can overlap, as explained in the recipe notes, so the stated total is a conservative allowance. Tenderness, texture and internal temperature are the final guides.

Dough and batter

Keep resting dough covered so its surface does not dry out. Add measured liquid gradually when the method says to do so; flour and pulse varieties absorb different amounts. Dosa and idli batter need the described rise, bubbles and clean sour aroma rather than a fixed clock alone. A cool kitchen slows fermentation. Follow the recipe storage directions once the batter is ready. Keep steamer water below the food and lift lids away from your face.

Cook and store thoughtfully

Prepare raw meat and seafood separately from foods that will be served without further cooking. Use a food thermometer as directed. Cool cooked dishes promptly in shallow portions and refrigerate at 4°C / 40°F or colder. Rice needs especially prompt cooling and the shorter storage stated in each recipe. Reheat only the portion needed. Keep frying pots stable and no more than half full; never add water or wet utensils to hot oil.

Portions and nutrition

Nutrition figures are approximate estimates per stated portion, calculated from ingredient weights and generic composition profiles. Brand differences, edible meat yield, drained dairy, absorbed frying oil and consumed syrup change the result. A listed frying-oil quantity is a working amount, not the amount eaten. Unlisted accompaniments and optional substitutions are excluded. Check packaged ingredients and substitutions for allergens; spice blends may contain additional ingredients.

Make the meal your own

Begin with the listed recipe before changing ingredients that affect structure, such as dough flour, pulse type or raising agents. Substitutions are labeled as adaptations. Regional and household versions differ; a familiar dish can have many valid forms. Use the index and chapter links to plan a meal, and serve shared dishes in the combination and portion sizes that suit your table.

Contents

1. Breakfast & light meals

001 Masala dosa

2. Breads & flatbreads

011 Skillet garlic naan

3. Rice, biryani & one-pot meals

021 Chicken biryani

4. Dal, chickpeas & beans

031 Chana masala

5. Vegetables & paneer

041 Palak paneer

6. Chicken & eggs

051 Butter chicken

7. Lamb, keema & slow-cooked dishes

061 Home-style lamb rogan josh

8. Fish & seafood

071 Coconut fish curry

9. Snacks, chutneys & sides

081 Potato and pea samosas

10. Sweets & drinks

091 Mango lassi

Chapter 1

Breakfast & light meals

Masala dosa

South Indian

Thin fermented rice-and-lentil pancakes surround a warm potato filling. A properly rested batter spreads easily and browns into a crisp lace at the edges.

8 medium dosas; 2 dosas with potato filling per portion

Preparation 50 min | Cooking 65 min | Waiting 960 min | Total 1075 min

Waiting includes 6 hours soaking and approximately 10 hours fermentation. Cooking includes potatoes, filling and eight skillet batches; fermentation varies with room temperature.

Equipment: Blender, two soaking bowls, large fermentation bowl, saucepan and a seasoned 25 cm / 10 in skillet.

Ingredients

Dosa batter

Raw short-grain white rice	240 g / 8.47 oz
Split skinned urad dal	70 g / 2.47 oz
Chana dal	20 g / 0.71 oz
Fenugreek seeds	2 g / 0.07 oz
Poha, flattened rice	15 g / 0.53 oz
Cool water for soaking discard	1500 ml / 50.72 US fl oz
Water for blending use gradually	400 ml / 13.53 US fl oz
Fine salt	5 g / 0.18 oz
Neutral oil for cooking	25 ml / 5 tsp

Potato filling

Potatoes peeled and cut into 2 cm / 3/4 in cubes	500 g / 17.64 oz
Water for boiling potatoes discard	1500 ml / 50.72 US fl oz
Neutral oil	15 ml / 1 tbsp
Black mustard seeds	2 g / 0.07 oz

Cumin seeds	1 g / 0.04 oz
Fresh ginger finely grated	10 g / 0.35 oz
Onion thinly sliced	150 g / 5.29 oz
Green chili finely chopped	5 g / 0.18 oz
Fresh curry leaves about 10 leaves, dried after washing	1 g / 0.04 oz
Ground turmeric	0.5 g / 0.018 oz
Fine salt	4 g / 0.14 oz
Water for filling	80 ml / 2.71 US fl oz
Cilantro chopped	10 g / 0.35 oz

Method

1. Soak and grind

Rinse rice in one bowl and both dals with fenugreek in another. Divide the soaking water between them and soak for 6 hours. Soak poha separately in some of the listed blending water for 10 minutes. Drain the rice and dals. Blend the dals and fenugreek until airy, adding blending water gradually; blend rice and poha separately until finely gritty. Combine, retaining enough water to make a thick, pourable batter.

2. Ferment

Transfer to a large bowl with room for the batter to double; cover loosely. Leave at 24-28°C / 75-82°F for about 10 hours, until risen, bubbly and pleasantly sour. Do not heat above 35°C / 95°F. Fold in batter salt. If it has not fermented, allow more time; discard batter with mold, discoloration or a rotten smell. Refrigerate once ready.

3. Make the filling

Boil potatoes in the fresh listed water for 12-15 minutes, until tender; drain. Heat the filling oil in a skillet over medium heat. Add mustard and cumin, covering briefly if they pop. Add ginger, onion, chili and curry leaves; cook for 6-8 minutes. Add turmeric, filling salt, potatoes and 80 ml water. Break up some potato, simmer for 3-4 minutes and fold in cilantro.

4. Cook and fill

Bring batter to a flowing cream consistency with any reserved blending water. Heat a seasoned 25 cm / 10 in skillet over medium heat, then lower the heat slightly. Spread about one-eighth of the batter quickly into a thin circle. Drizzle with one-eighth of the cooking oil and cook for 2-3 minutes, until the surface sets and the underside is golden. Place one-eighth of the filling across the middle, fold and serve. Repeat, cooling the pan briefly if batter will not spread.

Cook’s note

The 16-hour wait includes a 6-hour soak and about 10 hours of fermentation; a cool room can take longer. The eight dosas cook in batches. A nonstick skillet must stay within its manufacturer’s temperature limits.

Substitution

Use fresh ready-made dosa batter of a comparable yield if available; follow its salt and thinning instructions. The homemade batter uses urad dal and cannot be replaced with wheat pancake batter.

Storage

Refrigerate fermented batter at 4°C / 40°F or colder for up to 2 days. Refrigerate the filling promptly and use within 3 days; reheat it to 74°C / 165°F. Cook dosas fresh for the best crispness.

Allergens: Mustard

Check packaged ingredients and substitutes for additional allergens; accompaniments are excluded.

Approximate per portion: 505 kcal | Protein 13 g | Carbohydrate 90.4 g | Fat 10.6 g

Approximate values per stated portion, excluding unlisted accompaniments. Ingredient brands, edible yield and absorbed frying oil affect the result.

Masala dosa





1. Blend the soaked rice and lentils separately.



2. Allow the thick batter to rise and develop bubbles.



3. Cook the mustard-seed potato filling.



4. Spread a thin dosa, add filling and fold.

Back to contents

Chapter 2

Breads & flatbreads

Skillet garlic naan

Home adaptation

A yogurt dough makes soft naan with browned blisters in an ordinary skillet. Garlic butter is brushed on after cooking so the garlic stays fragrant.

8 small naan; 2 per portion

Preparation 25 min | Cooking 30 min | Waiting 60 min | Total 115 min

Equipment: Mixing bowl, rolling pin, heavy skillet and a small saucepan.

Ingredients

Dough

All-purpose flour	300 g / 10.58 oz
Plain whole-milk yogurt	120 g / 4.23 oz
Whole milk lukewarm, about 35°C / 95°F	90 ml / 3.04 US fl oz
Neutral oil	15 ml / 1 tbsp
Sugar	8 g / 0.28 oz
Fine salt	5 g / 0.18 oz
Baking powder	4 g / 0.14 oz
Baking soda	1 g / 0.04 oz

Garlic butter

Unsalted butter	35 g / 1.23 oz
Garlic finely grated	12 g / 0.42 oz
Cilantro finely chopped	10 g / 0.35 oz

Rolling

All-purpose flour for dusting working allowance, brush away excess	25 g / 0.88 oz

Method

1. Mix the dough

Combine flour, sugar, salt, baking powder and baking soda. Stir in yogurt, milk and oil. Knead for 6-8 minutes until soft and fairly smooth. The dough should be tacky but manageable; use a lightly oiled hand rather than kneading in lots of extra flour.

2. Rest and divide

Cover and rest for 60 minutes. Divide into eight equal pieces, shape into balls and keep covered. Roll each into a roughly 16 cm / 6 in oval on a lightly floured board, about 3 mm / 1/8 in thick.

3. Cook in a skillet

Heat a heavy dry skillet over medium-high heat. Lay in one naan; cook for 60-90 seconds, until bubbles form and the underside has brown patches. Turn and cook for another 60-90 seconds, pressing lightly where needed. Lower the heat if the bread scorches before the center cooks. Repeat for all eight; never invert a nonstick skillet to expose its cooking surface to a flame.

4. Brush and keep warm

Melt butter gently and stir in garlic for 30 seconds without browning. Remove from the heat and add cilantro. Brush cooked naan with the garlic butter and keep wrapped in a clean towel until serving.

Cook’s note

This is a skillet adaptation, not a tandoor method. Baking soda reacts with acidic yogurt; do not replace it with the same weight of baking powder. Allow about 30 minutes for heating, eight breads and the garlic butter in one skillet.

Substitution

Use plain unsweetened dairy-free yogurt and milk plus oil in place of butter for a dairy-free adaptation; dough absorption may differ. Keep the listed baking powder and baking soda.

Storage

Cool, wrap tightly and refrigerate for up to 2 days or freeze for up to 1 month. Warm in a covered skillet over low heat or in a 160°C / 320°F oven until hot.

Allergens: Milk, Wheat

Check packaged ingredients and substitutes for additional allergens; accompaniments are excluded.

Approximate per portion: 435 kcal | Protein 10.5 g | Carbohydrate 67.9 g | Fat 13.1 g

Approximate values per stated portion, excluding unlisted accompaniments. Ingredient brands, edible yield and absorbed frying oil affect the result.

Skillet garlic naan





1. Knead the soft yogurt dough.



2. Roll the rested dough into thin ovals.



3. Cook one naan at a time until blistered on both sides.



4. Brush the warm breads with garlic butter.

Back to contents

Chapter 3

Rice, biryani & one-pot meals

Chicken biryani

Hyderabadi-inspired home method

Marinated chicken, fragrant rice and browned onions are layered and finished under a tight lid. This home method cooks the chicken before layering for predictable doneness.

4 main-course portions

Preparation 35 min | Cooking 70 min | Waiting 60 min | Total 165 min

The 60-minute marination includes the rice soak. Cooking includes onions, chicken, rice, final steaming and the covered rest; some rice cooking can overlap with the chicken.

Equipment: Heavy 24 cm / 9 1/2 in casserole with a tight lid, saucepan, colander and food thermometer.

Ingredients

Chicken and marinade

Boneless skinless chicken thighs cut into 4 cm / 1 1/2 in pieces	600 g / 21.16 oz
Plain whole-milk yogurt	150 g / 5.29 oz
Fresh ginger finely grated	15 g / 0.53 oz
Garlic finely grated	15 g / 0.53 oz
Lemon juice	15 ml / 1 tbsp
Ground turmeric	1 g / 0.04 oz
Kashmiri chili powder	3 g / 0.11 oz
Garam masala	4 g / 0.14 oz
Fine salt	6 g / 0.21 oz

Rice and layering

Aged basmati rice	300 g / 10.58 oz
Water for soaking rice discard	1000 ml / 33.81 US fl oz
Water for boiling rice mostly discarded	2500 ml / 84.54 US fl oz

Fine salt for rice water mostly discarded	12 g / 0.42 oz
Onion thinly sliced	250 g / 8.82 oz
Neutral oil	45 ml / 3 tbsp
Ghee	15 g / 0.53 oz
Cinnamon stick	3 g / 0.11 oz
Green cardamom pods about 4 pods, lightly crushed	1 g / 0.04 oz
Cloves about 4 cloves	0.5 g / 0.018 oz
Bay leaf 1 small leaf	0.2 g / 0.007 oz
Fresh mint leaves chopped	12 g / 0.42 oz
Cilantro chopped	12 g / 0.42 oz
Whole milk	30 ml / 2 tbsp
Saffron	0.1 g / 0.004 oz

Method

1. Marinate and soak

Mix chicken with yogurt, ginger, garlic, lemon, turmeric, chili, garam masala and chicken salt. Cover and refrigerate for 60 minutes. During the last 30 minutes, rinse rice until the water is less cloudy, soak it in the listed soaking water, then drain. Warm milk gently and steep saffron in it.

2. Brown onions and cook chicken

Heat oil in a heavy 24 cm / 9 1/2 in casserole over medium heat. Fry onions for 15-18 minutes, stirring, until deeply golden but not black. Lift out half. Add cinnamon, cardamom, cloves and bay to the remaining onions for 30 seconds, then add chicken and all marinade. Cook for 12-15 minutes, stirring, until chicken reaches 74°C / 165°F and the sauce is thick rather than watery.

3. Parboil the rice

Bring the fresh boiling water and rice-water salt to a rolling boil. Add drained rice and cook for about 5 minutes; a grain should bend but still have a firm opaque center. Drain promptly. Spread over the cooked chicken without pressing it down. Scatter over reserved onions, mint and cilantro. Drizzle with melted ghee and saffron milk.

4. Finish covered

Fit the casserole with a tight lid and cook over the lowest heat for 15 minutes. Use a heat diffuser if the base scorches easily. Turn off the heat and leave covered for 10 minutes. Rice should be tender and the center steaming hot. Lift rice and chicken together gently with a wide spoon; remove whole spices as you serve.

Cook’s note

This home method cooks the chicken before layering, rather than using raw-chicken dum cooking. Rice age and brand affect parboiling time; check a grain rather than relying only on the clock.

Substitution

Use bone-free chicken thigh for the stated timing. Do not substitute raw bone-in chicken without extending its separate cooking stage and checking the temperature.

Storage

Cool rice promptly in shallow portions, ideally within 1 hour, and refrigerate at 4°C / 40°F or colder. Use within 24 hours. Reheat once until steaming throughout, reaching 74°C / 165°F. Do not leave cooked rice at room temperature.

Allergens: Milk

Check packaged ingredients and substitutes for additional allergens; accompaniments are excluded.

Approximate per portion: 665 kcal | Protein 38.1 g | Carbohydrate 74.8 g | Fat 22.7 g

Approximate values per stated portion, excluding unlisted accompaniments. Ingredient brands, edible yield and absorbed frying oil affect the result.

Chicken biryani





1. Marinate the chicken and soak the basmati rice.



2. Brown onions, then cook the chicken in its marinade.



3. Layer partly cooked rice over the chicken.



4. Finish gently under a tight lid and lift out the rice.

Back to contents

Chapter 4

Dal, chickpeas & beans

Chana masala

North Indian

Chickpeas simmer in a tomato-and-onion masala with a little tang at the finish. Canned chickpeas make this version practical for an everyday meal.

4 portions, without rice or bread

Preparation 15 min | Cooking 45 min | Waiting 0 min | Total 60 min

Equipment: Heavy saucepan, colander, chopping board, knife, grater and sturdy spoon.

Ingredients

Chickpea masala

Cooked chickpeas drained and rinsed	600 g / 21.16 oz
Neutral oil	25 ml / 5 tsp
Onion finely chopped	200 g / 7.05 oz
Fresh ginger finely grated	12 g / 0.42 oz
Garlic finely grated	12 g / 0.42 oz
Green chili finely chopped	5 g / 0.18 oz
Crushed tomatoes	400 g / 14.11 oz
Cumin seeds	2 g / 0.07 oz
Ground coriander	4 g / 0.14 oz
Ground cumin	2 g / 0.07 oz
Ground turmeric	0.5 g / 0.018 oz
Kashmiri chili powder	2 g / 0.07 oz
Garam masala	2 g / 0.07 oz
Fine salt	5 g / 0.18 oz
Water	250 ml / 8.45 US fl oz

Finish

Dried fenugreek leaves crumbled	1 g / 0.04 oz
Lemon juice	15 ml / 1 tbsp
Cilantro chopped	12 g / 0.42 oz

Method

1. Cook the onion

Heat oil in a saucepan over medium heat. Add cumin seeds for 30 seconds, then onion and cook for 10-12 minutes, stirring, until golden at the edges.

2. Build the masala

Add ginger, garlic and chili; stir for 1 minute. Add coriander, ground cumin, turmeric and chili powder for 20 seconds, then tomatoes and salt. Cook for 8-10 minutes until the mixture thickens and no longer tastes of raw tomato.

3. Simmer the chickpeas

Add chickpeas and water. Bring to a simmer and cook partly covered for 12-15 minutes, stirring occasionally. Mash a few chickpeas against the side to thicken the sauce. The chickpeas should be hot throughout and coated in a spoonable gravy.

4. Finish gently

Stir in garam masala and fenugreek leaves; simmer for 1 minute. Turn off the heat and add lemon juice and cilantro. Taste before adding any extra salt, especially if using canned chickpeas.

Cook’s note

The chickpea weight is drained weight, not the weight of the unopened cans. If cooking dried chickpeas, prepare them fully before starting this timed recipe.

Substitution

If dried fenugreek leaves are unavailable, omit them; fenugreek seeds are not a direct substitute. Replace the chili with a small amount of mild paprika for a gentler adaptation.

Storage

Cool promptly in shallow containers and refrigerate at 4°C / 40°F or colder within 2 hours, or within 1 hour above 32°C / 90°F. Use within 3 days. Reheat only the portion needed until steaming throughout, reaching 74°C / 165°F.

Allergens: No listed major allergens

Check packaged ingredients and substitutes for additional allergens; accompaniments are excluded.

Approximate per portion: 330 kcal | Protein 13.6 g | Carbohydrate 50 g | Fat 10.4 g

Approximate values per stated portion, excluding unlisted accompaniments. Ingredient brands, edible yield and absorbed frying oil affect the result.

Chana masala





1. Soften onion with cumin seeds.



2. Cook tomatoes and ground spices into a thick masala.



3. Simmer the drained chickpeas in the sauce.



4. Finish with fenugreek, lemon and cilantro.

Back to contents

Chapter 5

Vegetables & paneer

Palak paneer

North Indian

Paneer cubes warm through in a smooth spinach sauce. Briefly cooking the spinach and adding dairy over low heat keeps the sauce fresh-tasting and gentle.

4 portions, without rice or bread

Preparation 20 min | Cooking 35 min | Waiting 0 min | Total 55 min

Equipment: Large saucepan, colander, bowl for cold water, blender, second saucepan, chopping board, knife and spoon.

Ingredients

Spinach

Fresh spinach leaves washed well	500 g / 17.64 oz
Water for blanching discard	2000 ml / 67.63 US fl oz
Cold water for cooling discard	1500 ml / 50.72 US fl oz

Sauce and paneer

Paneer cut into 2 cm / 3/4 in cubes	300 g / 10.58 oz
Ghee	20 g / 0.71 oz
Cumin seeds	2 g / 0.07 oz
Onion finely chopped	150 g / 5.29 oz
Fresh ginger finely grated	12 g / 0.42 oz
Garlic finely grated	12 g / 0.42 oz
Green chili chopped	5 g / 0.18 oz
Tomato finely chopped	150 g / 5.29 oz

Ground coriander	2 g / 0.07 oz
Garam masala	2 g / 0.07 oz
Fine salt	5 g / 0.18 oz
Water for sauce	100 ml / 3.38 US fl oz
Heavy cream	40 ml / 8 tsp

Method

1. Blanch the spinach

Bring the blanching water to a boil. Add spinach and cook for 60-90 seconds, just until collapsed. Drain, cool briefly in the cold water and drain again, gently squeezing out excess water. Blend with the 100 ml sauce water into a fairly smooth puree.

2. Cook the aromatic base

Heat ghee over medium heat in a saucepan. Add cumin for 30 seconds, then onion and cook for 8-10 minutes until soft and pale golden. Add ginger, garlic and chili for 1 minute. Add tomato, coriander and salt; cook for 5-6 minutes until the tomato breaks down.

3. Add spinach and paneer

Stir in the spinach puree and bring just to a gentle simmer. Add paneer and garam masala. Cook on low heat for 4-5 minutes until paneer is hot throughout and the sauce is thick enough to coat it. Avoid prolonged hard boiling.

4. Finish with cream

Lower the heat and stir in cream. Warm for 1 minute without boiling hard, then serve. The paneer should be soft and the sauce smooth; add a small splash of hot water only if needed.

Cook’s note

For frozen spinach, use 350 g / 12.35 oz thawed chopped spinach, squeeze it well, skip blanching and puree with the sauce water. This substitution is an alternative to the listed fresh spinach, not an extra ingredient.

Substitution

Use firm tofu in place of paneer, oil instead of ghee and plain unsweetened plant cream for a dairy-free adaptation; the flavor will differ.

Storage

Cool promptly in shallow containers and refrigerate at 4°C / 40°F or colder within 2 hours, or within 1 hour above 32°C / 90°F. Use within 3 days. Reheat only the portion needed until steaming throughout, reaching 74°C / 165°F.

Allergens: Milk

Check packaged ingredients and substitutes for additional allergens; accompaniments are excluded.

Approximate per portion: 365 kcal | Protein 18.6 g | Carbohydrate 14.4 g | Fat 27.5 g

Approximate values per stated portion, excluding unlisted accompaniments. Ingredient brands, edible yield and absorbed frying oil affect the result.

Palak paneer





1. Blanch the spinach briefly and drain it.



2. Cook the onion, ginger and tomato base.



3. Stir spinach puree into the masala and add paneer.



4. Warm gently and finish with cream.

Back to contents

Chapter 6

Chicken & eggs

Butter chicken

North Indian home adaptation

Gently charred yogurt-marinated chicken finishes in a smooth tomato sauce with butter and cream. A modest amount of dried fenugreek gives the familiar aroma.

4 portions, without rice or bread

Preparation 25 min | Cooking 50 min | Waiting 60 min | Total 135 min

Sauce preparation and chicken browning can overlap; the stated cooking estimate assumes both pans are used. Marination takes 60 minutes in the refrigerator. Allow additional cooling time if your jug blender requires it.

Equipment: Mixing bowl, large skillet, saucepan, immersion blender or blender rated for hot liquids, clean plate, chopping board, knife and food thermometer.

Ingredients

Chicken and marinade

Boneless skinless chicken thighs cut into 3 cm / 1 1/4 in pieces	600 g / 21.16 oz
Plain thick yogurt	100 g / 3.53 oz
Lemon juice	15 ml / 1 tbsp
Fresh ginger finely grated	10 g / 0.35 oz
Garlic finely grated	10 g / 0.35 oz
Kashmiri chili powder	2 g / 0.07 oz
Garam masala	2 g / 0.07 oz
Fine salt	4 g / 0.14 oz
Neutral oil	15 ml / 1 tbsp

Sauce

Unsalted butter	35 g / 1.23 oz
Onion thinly sliced	150 g / 5.29 oz
Fresh ginger finely grated	10 g / 0.35 oz

Garlic finely grated	10 g / 0.35 oz
Crushed tomatoes	400 g / 14.11 oz
Raw unsalted cashews	30 g / 1.06 oz
Water	250 ml / 8.45 US fl oz
Ground coriander	2 g / 0.07 oz
Kashmiri chili powder	2 g / 0.07 oz
Garam masala	2 g / 0.07 oz
Fine salt	3 g / 0.11 oz
Sugar	5 g / 0.18 oz
Heavy cream	80 ml / 2.71 US fl oz
Dried fenugreek leaves crumbled	1 g / 0.04 oz

Method

1. Marinate

Combine chicken with yogurt, lemon, marinade ginger and garlic, chili powder, garam masala and marinade salt. Cover and refrigerate for 60 minutes. Do not reuse any marinade separately without cooking it.

2. Cook the sauce

Melt 20 g / 0.71 oz of the butter in a saucepan over medium heat. Cook onion for 8-10 minutes until soft. Add sauce ginger and garlic for 1 minute, then tomatoes, cashews, water, coriander, sauce chili, salt and sugar. Simmer uncovered for 15 minutes until the tomatoes soften. Cool enough for your blender’s instructions, then blend until smooth.

3. Brown the chicken

Meanwhile heat the oil in a wide skillet over medium-high heat. Cook chicken in two batches for about 4-5 minutes per batch, turning to brown several sides; it need not finish cooking at this stage. Transfer to a clean plate. Do not crowd the pan or add large pools of raw marinade.

4. Finish in the sauce

Return blended sauce to its saucepan and add chicken with its plate juices. Simmer gently for 8-10 minutes, until the thickest chicken pieces reach 74°C / 165°F. Reduce the heat and stir in cream, remaining butter, garam masala and fenugreek leaves. Warm for 1-2 minutes without a hard boil; the sauce should coat the chicken smoothly.

Cook’s note

An immersion blender avoids transferring hot sauce; otherwise cool it and follow the blender’s hot-liquid guidance. The marinade wait is included in the total.

Substitution

For a nut-free version, omit cashews and use 30 ml / 2 tbsp extra cream, reducing the listed sauce water by 30 ml / 2 tbsp. Check all spice packaging for additional allergens.

Storage

Cool promptly in shallow containers and refrigerate at 4°C / 40°F or colder within 2 hours, or within 1 hour above 32°C / 90°F. Use within 3 days. Reheat only the portion needed until steaming throughout, reaching 74°C / 165°F.

Allergens: Milk, Tree nuts

Check packaged ingredients and substitutes for additional allergens; accompaniments are excluded.

Approximate per portion: 480 kcal | Protein 36.6 g | Carbohydrate 20.1 g | Fat 29.2 g

Approximate values per stated portion, excluding unlisted accompaniments. Ingredient brands, edible yield and absorbed frying oil affect the result.

Butter chicken





1. Coat chicken in the yogurt-spice marinade.



2. Simmer tomatoes and cashews, then blend the sauce.



3. Brown the chicken in two uncrowded batches.



4. Finish the chicken in the butter-and-cream sauce.

Back to contents

Chapter 7

Lamb, keema & slow-cooked dishes

Home-style lamb rogan josh

Kashmiri-inspired home adaptation

Lamb shoulder braises gently in a warmly spiced yogurt gravy. Fennel and dried ginger give this home-style rogan josh its distinctive aroma.

4 portions, without rice or bread

Preparation 20 min | Cooking 130 min | Waiting 0 min | Total 150 min

The cooking allowance includes browning, onions and up to 95 minutes of gentle braising. Check tenderness; some lamb needs an additional 20-30 minutes.

Equipment: Heavy lidded casserole, mixing bowl, whisk, clean plate, chopping board, knife and wide spoon.

Ingredients

Lamb and sauce

Boneless lamb shoulder trimmed and cut into 4 cm / 1 1/2 in pieces	800 g / 28.22 oz
Ghee	25 g / 0.88 oz
Onion thinly sliced	180 g / 6.35 oz
Plain whole-milk yogurt at room temperature for 15 minutes before use	150 g / 5.29 oz
Kashmiri chili powder	6 g / 0.21 oz
Ground fennel seeds	4 g / 0.14 oz
Ground dried ginger	2 g / 0.07 oz
Ground turmeric	0.5 g / 0.018 oz
Fine salt	7 g / 0.25 oz
Hot water	500 ml / 16.91 US fl oz
Cinnamon stick	3 g / 0.11 oz
Green cardamom pods about 4 pods, lightly crushed	1 g / 0.04 oz
Cloves about 4 cloves	0.5 g / 0.018 oz

Bay leaf 1 small leaf	0.2 g / 0.007 oz

Method

1. Prepare the yogurt

Pat lamb dry. Whisk yogurt with chili powder, fennel, dried ginger and turmeric until smooth. Keep it nearby while cooking the onion; do not leave it out for an extended period.

2. Brown the meat

Heat ghee in a heavy casserole over medium-high heat. Brown lamb in two batches for about 8 minutes total; transfer to a plate. Lower to medium, add onion and cook for 10-12 minutes, scraping up the browned juices. Add cinnamon, cardamom, cloves and bay for 30 seconds.

3. Add yogurt gradually

Return lamb and juices to the pot. Turn the heat low and stir in the spiced yogurt a spoonful at a time, stirring continuously. Cook for 3-4 minutes without letting the yogurt boil sharply. Add salt and hot water, bring gently to a simmer and cover.

4. Braise until tender

Cook over very low heat for 80-95 minutes, stirring every 20 minutes, until a fork enters the lamb with little resistance. Add a little hot water if the base dries out. Uncover for the final 10 minutes if the sauce needs reducing; remove whole spices before serving.

Cook’s note

Lamb tenderness depends on the cut and age; an extra 20-30 minutes may be needed. Add yogurt over low heat and stir continuously to keep the sauce smooth.

Substitution

Sweet paprika with a small pinch of cayenne can replace Kashmiri chili powder as an adaptation, but pungency varies. Keep plain whole-milk yogurt for a more stable sauce.

Storage

Cool promptly in shallow containers and refrigerate at 4°C / 40°F or colder within 2 hours, or within 1 hour above 32°C / 90°F. Use within 3 days. Reheat only the portion needed until steaming throughout, reaching 74°C / 165°F.

Allergens: Milk

Check packaged ingredients and substitutes for additional allergens; accompaniments are excluded.

Approximate per portion: 610 kcal | Protein 36.3 g | Carbohydrate 8.6 g | Fat 48 g

Approximate values per stated portion, excluding unlisted accompaniments. Ingredient brands, edible yield and absorbed frying oil affect the result.

Home-style lamb rogan josh





1. Mix yogurt with fennel, dried ginger and chili.



2. Brown lamb in batches before softening the onions.



3. Stir the spiced yogurt into the lamb over low heat.



4. Braise gently until the lamb is tender.

Back to contents

Chapter 8

Fish & seafood

Coconut fish curry

Coastal home-style

Firm white fish cooks gently in a coconut-tomato sauce scented with curry leaves. Add it only when the sauce is ready so the pieces stay intact.

4 portions, without rice or bread

Preparation 15 min | Cooking 35 min | Waiting 0 min | Total 50 min

Equipment: Wide lidded saucepan, mixing bowl, chopping board, knife and food thermometer.

Ingredients

Fish

Firm white fish fillets skinless, boneless, cut into 5 cm / 2 in pieces	600 g / 21.16 oz
Lime juice	15 ml / 1 tbsp
Ground turmeric	0.5 g / 0.018 oz
Fine salt	3 g / 0.11 oz

Curry sauce

Neutral oil	20 ml / 4 tsp
Black mustard seeds	2 g / 0.07 oz
Fresh curry leaves about 10 leaves, dried after washing	1 g / 0.04 oz
Onion finely chopped	160 g / 5.64 oz
Fresh ginger finely grated	12 g / 0.42 oz
Garlic finely grated	10 g / 0.35 oz
Tomato finely chopped	200 g / 7.05 oz
Ground coriander	3 g / 0.11 oz
Ground cumin	1 g / 0.04 oz

Kashmiri chili powder	2 g / 0.07 oz
Full-fat coconut milk	300 ml / 10.14 US fl oz
Water	100 ml / 3.38 US fl oz
Fine salt	3 g / 0.11 oz
Cilantro chopped	10 g / 0.35 oz

Method

1. Season the fish

Check fish carefully for pin bones. Coat with lime juice, turmeric and fish salt. Refrigerate while preparing the sauce, about 15-20 minutes; prolonged acidic marination can make the surface chalky.

2. Cook the aromatics

Heat oil in a wide saucepan over medium heat. Add mustard seeds, covering briefly as they pop, then curry leaves and onion. Cook for 7-8 minutes until the onion softens. Stir in ginger and garlic for 1 minute.

3. Simmer the sauce

Add tomato, coriander, cumin, chili powder and sauce salt. Cook for 5 minutes until the tomato breaks down. Stir in coconut milk and water. Simmer gently for 5 minutes; do not reduce until oily and dry.

4. Poach the fish

Lay fish in the sauce in one layer. Cover and simmer gently for 6-8 minutes, depending on thickness, until it flakes easily and the center reaches 63°C / 145°F. Shake the pan gently instead of stirring vigorously. Scatter with cilantro and serve.

Cook’s note

Use fish pieces of similar thickness. Frozen fish must be thawed safely in the refrigerator and patted dry first. Curry leaves are distinct from bay leaves and curry powder.

Substitution

Cod, haddock or another firm white fish can be used. If fresh curry leaves are unavailable, omit them; the resulting sauce will have a different aroma.

Storage

Cool promptly in shallow containers and refrigerate at 4°C / 40°F or colder within 2 hours, or within 1 hour above 32°C / 90°F. Use within 24 hours. Reheat gently once until the fish and sauce reach 74°C / 165°F; avoid repeated reheating.

Allergens: Mustard, Fish

Check packaged ingredients and substitutes for additional allergens; accompaniments are excluded.

Approximate per portion: 345 kcal | Protein 29.7 g | Carbohydrate 10.7 g | Fat 20.5 g

Approximate values per stated portion, excluding unlisted accompaniments. Ingredient brands, edible yield and absorbed frying oil affect the result.

Coconut fish curry





1. Season the fish briefly with turmeric and lime.



2. Soften onion with mustard seeds and curry leaves.



3. Simmer tomatoes with spices and coconut milk.



4. Poach the fish gently in the finished sauce.

Back to contents

Chapter 9

Snacks, chutneys & sides

Potato and pea samosas

North Indian

A firm oil-rubbed dough encloses a dry potato-and-pea filling. Slow, moderate frying gives the pastry its crisp shell without large bubbles.

16 small samosas; 2 per portion

Preparation 45 min | Cooking 65 min | Waiting 30 min | Total 140 min

The cooking allowance includes boiling potatoes, cooking the filling and four frying batches. Dough resting overlaps with making and cooling the filling; shaping time is included in preparation. Allow extra time if the filling needs longer to cool.

Equipment: Mixing bowl, rolling pin, saucepan, skillet, deep frying pan, oil thermometer and wire rack.

Ingredients

Pastry

All-purpose flour	300 g / 10.58 oz
Fine salt	4 g / 0.14 oz
Ajwain seeds	1 g / 0.04 oz
Neutral oil	60 ml / 4 tbsp
Water use gradually	125 ml / 4.23 US fl oz

Filling

Potatoes peeled and cut into 3 cm / 1 1/4 in chunks	500 g / 17.64 oz
Water for boiling discard	1800 ml / 60.87 US fl oz
Frozen green peas	100 g / 3.53 oz
Neutral oil	15 ml / 1 tbsp
Cumin seeds	2 g / 0.07 oz
Fresh ginger finely grated	10 g / 0.35 oz
Green chili finely chopped	5 g / 0.18 oz
Ground coriander	3 g / 0.11 oz

Garam masala	2 g / 0.07 oz
Amchur, dried mango powder	2 g / 0.07 oz
Fine salt	5 g / 0.18 oz
Cilantro chopped	10 g / 0.35 oz
Shaping and frying	
Water for sealing not all consumed	30 ml / 2 tbsp
Neutral oil for deep-frying frying quantity; most remains in the pan	1000 ml / 33.81 US fl oz

Method

1. Mix and rest pastry

Mix flour, pastry salt and ajwain. Rub in 60 ml oil with fingertips until the mixture holds briefly when squeezed. Add the 125 ml water gradually and knead just until a firm dough forms, about 3 minutes. Cover and rest for 30 minutes. It should be firmer than chapati dough, not soft or sticky.

2. Cook and cool filling

Boil potatoes in the listed fresh water for 12-15 minutes until tender; drain well. Heat filling oil in a skillet, add cumin for 30 seconds, then ginger and chili for 1 minute. Add peas and potatoes, breaking potatoes into small chunks. Stir in coriander, garam masala, amchur and filling salt. Cook for 3-4 minutes until dry, then add cilantro and cool completely.

3. Shape securely

Divide dough into eight balls. Roll each into a 15 cm / 6 in oval and cut across the middle. Moisten one straight edge with a little sealing water, overlap it to make a cone and press firmly. Fill with about one-sixteenth of the potato mixture, leaving a clean rim. Moisten and seal the top with a pleat; check every seam.

4. Fry in batches

Put frying oil in a stable deep pan no more than half full. Heat to 150°C / 300°F. Fry four samosas at a time for about 8 minutes, turning gently, raising the temperature gradually toward 165°C / 330°F until golden and crisp. Drain on a rack. Allow oil to return to the starting temperature between batches; never add wet utensils or water to hot oil.

Cook’s note

Four frying batches need about 35-40 minutes. Cool the filling before shaping so its steam does not soften the pastry. Moderate frying heat lets the shell cook through before it darkens.

Substitution

If amchur is unavailable, use 10 ml / 2 tsp lemon juice in the filling and cook until dry. Omit ajwain if needed; it is not essential to the structure.

Storage

Cool promptly and refrigerate within 2 hours at 4°C / 40°F or colder; use within 2 days. Reheat in a 180°C / 355°F oven until crisp and the filling reaches 74°C / 165°F. Do not seal warm samosas in an airtight container.

Allergens: Wheat

Check packaged ingredients and substitutes for additional allergens; accompaniments are excluded.

Approximate per portion: 325 kcal | Protein 6 g | Carbohydrate 42.2 g | Fat 14.9 g

Approximate values per stated portion, excluding unlisted accompaniments. Ingredient brands, edible yield and absorbed frying oil affect the result.

Potato and pea samosas





1. Rub oil into flour and mix a firm pastry dough.



2. Cook the potato-and-pea filling until dry.



3. Fold, fill and seal the pastry cones.



4. Fry small batches gently until the shells are golden.

Back to contents

Chapter 10

Sweets & drinks

Mango lassi

Punjabi-inspired

Ripe mango and plain yogurt make a thick, gently sweet lassi. A little cardamom is enough; the mango should remain the main flavor.

4 small glasses, approximately 220 ml / 7.4 US fl oz each

Preparation 10 min | Cooking 0 min | Waiting 0 min | Total 10 min

Equipment: Blender, kitchen scale and four small glasses.

Ingredients

Lassi

Ripe mango flesh chilled, peeled and stoned weight	400 g / 14.11 oz
Plain whole-milk yogurt chilled	350 g / 12.35 oz
Whole milk chilled	100 ml / 3.38 US fl oz
Sugar	20 g / 0.71 oz
Ground green cardamom	0.3 g / 0.011 oz

Method

1. Prepare the mango

Cut mango flesh away from the stone and peel. Weigh 400 g of flesh; avoid fibrous strips near the stone. Keep all dairy chilled until blending.

2. Blend

Put mango, yogurt, milk, sugar and cardamom into a blender. Blend for 30-45 seconds, until completely smooth. Stop and scrape the sides if needed.

3. Check the texture

The lassi should pour slowly and coat a spoon. Stir in a little extra cold milk only if necessary, noting that this changes the stated yield. Very fibrous mango can be pressed through a sieve.

4. Serve cold

Divide among four small glasses and serve immediately. Do not leave the yogurt drink standing in a warm room; refrigerate any portion not being served.

Cook’s note

The listed sugar assumes ripe but unsweetened mango. If using sweetened canned pulp, omit the added sugar at first and adjust only after tasting; do not assume the same nutrition.

Substitution

Use plain unsweetened dairy-free yogurt and a mild plant milk for a dairy-free adaptation; flavor and thickness will differ.

Storage

Refrigerate promptly at 4°C / 40°F or colder. Use within 24 hours. Keep at room temperature for less than 2 hours, or less than 1 hour above 32°C / 90°F.

Allergens: Milk

Check packaged ingredients and substitutes for additional allergens; accompaniments are excluded.

Approximate per portion: 150 kcal | Protein 4.7 g | Carbohydrate 25.4 g | Fat 4.1 g

Approximate values per stated portion, excluding unlisted accompaniments. Ingredient brands, edible yield and absorbed frying oil affect the result.

Mango lassi





1. Prepare chilled mango flesh.



2. Blend mango with yogurt, milk, sugar and cardamom.



3. Check for a smooth, slowly pouring consistency.



4. Pour the cold lassi into four glasses.

Back to contents

Recipe index

Butter chicken

Chana masala

Chicken biryani

Coconut fish curry

Home-style lamb rogan josh

Mango lassi

Masala dosa

Palak paneer

Potato and pea samosas

Skillet garlic naan

WORLD TABLE BOOKS

Bring another table home.

worldtablebooks.com