

## Curry, Cardamom, Or Coconut Spices Up Cooking

(Continued from Page B6)

Guests may also enjoy banana chips, tapioca chips, or bought cookies ("we didn't make them because we didn't have an oven"), said Kunjappu.

One of Kunjappu's favorite drinks, however, is the milk from coconuts just harvested from the tree. "It tastes so good from a baby, tender coconut," she said.

Kunjappu remembers drinking the milk and then scraping the soft sweet flesh from inside the shell. Coconut milk or fresh flaked coconut also finds its way into many Indian dishes. Coconuts also were a source of cooking oil.

The tastes of dishes are "very different across the country," according to Kunjappu. The southern part of the country utilizes rice and rice products in many of their dishes, while Indians in the north use wheat flour mixed with water to make a round-shaped "chappati," or "roti," that is warmed and heated with oil on top of charcoal.

Brown rice, parboiled rice (it is boiled in its skin, dried, and then the skin removed), and raw rice are used in cooking.

Following are recipes that Kunjappu frequently prepares:

### FISH CURRY

- 1 pound fresh fish
- 2 teaspoons oil
- ¼ teaspoon mustard seed
- 2 teaspoons onion, diced
- 2-3 cloves of garlic, diced
- 1 teaspoon ginger, chopped

small

- 1 teaspoon red chili powder (add after the other ingredients)

- 2 pieces of tamarind
- 1 teaspoon salt

Cut fish into several large pieces. In a pan, add salt and water and boil over low flame.

In a separate frying pan, pour the oil and heat the pan. Add mustard seed, then onions, and other ingredients. When the ingredients are browned, add the chili powder.

Mix it, then pour over the fish (drain most of the water) and shake the pan. Do not mix with a spoon. Add a little water and more salt to taste. When it is done (about 15-20 minutes), serve over rice. A can of sardines can be used in place of fresh fish.

### UPPUMA

- 1 cup Rava (cream of wheat)
- 1 cup water
- ¼ cup chopped onion (optional)
- 1 dried red chili pepper (or one hot green pepper)
- ¼ teaspoon mustard
- ¼ teaspoon salt
- 1½ teaspoon butter

Heat the pan and boil water in a separate pan.

Pour oil when the pan is hot. Add mustard seed. When the mustard seed pops add onion. When it is brown, add cream of wheat and mix and fry the mixture for a few minutes.

When the cream of wheat is

mentioned in these recipes can be found in most major grocery stores, online at [www.world-food.com](http://www.world-food.com) and by calling 1-800-611-9782.

### AAM LHASSI

- 1 cup diced fresh mango
- ½ cup orange juice, chilled
- 3 tablespoons clear honey
- 2 cups milk, chilled

Combine mango, orange juice, and sweetener in food processor. Blend for 1½ minutes.

Pour milk into processor and process until it has expanded and become frothy. Add the mango puree. Process for about one minute. Pour into chilled glasses. Garnish with the rose petals if so desired. Serve immediately.

### CHAPPATI

- 1 cup whole wheat flour (or ½ white and ½ whole wheat)
- ½ cup water

Put flour in a large bowl with half the water. Blend the two together until it holds. Beat and knead well until it forms a compact ball. Knead dough into it is smooth and elastic and set aside for 30 minutes.

Knead and divide dough into four to six parts.

Roll each ball into a tortilla like flat, about ½"



This table offers several varieties of meat and vegetable curries for lunchtime fare.

slightly brown, add boiled water and turn the heat to low. Mix well and add butter to it.

When the water evaporates, turn the stove off. Serve as a mixed well with a banana and peanut butter.

### EGG CURRY

- 3 tablespoons oil
- ½ cup onion
- ½ teaspoon ginger
- 3 cloves garlic
- dash mustard, dry powder
- ½ to 1 teaspoon salt
- 4-5 tablespoons tomato sauce
- dash turmeric
- ½ teaspoon red chili powder
- 5 boiled eggs

Sautee the first six ingredients in hot oil, then add chili powder

and turmeric. Mix in tomato sauce until it has cooked for a few minutes. Add water and boil for a few minutes. Peel the shell from the eggs and slice into halves. Place them into the other ingredients and cook for 15-20 minutes.

### FRIED VEGETABLE RICE

- 1 cup rice
- 2 cups water
- 2 tablespoons butter
- ½ onion, chopped
- 3-4 cloves of garlic, chopped
- 1 teaspoon ginger, chopped
- ¼ teaspoon cinnamon
- ¼ teaspoon cardamom
- ¼ teaspoon fennel seed
- 1 teaspoon salt, or more to taste
- ¼ teaspoon cumin seed

- 1 small package mixed carrots and peas

Cook rice, set aside.

Sautee onion, garlic, and ginger in the oil and butter until it becomes dark brown. Add cinnamon, cardamom, and fennel seed to the other ingredients. Mix together, and then add rice.

Fry it for a few minutes, and then add water. Mix salt cumin seed, and vegetable mixture and cover. Cook over medium heat until it is done.

Garnish the rice with raisins, cashews, and onion. Fry them and place them on top of the rice dish.

## Change Up Mealtimes With Unique Flavors From India

(Continued from Page B6)

meal doesn't necessarily require long lists of ingredients, tedious techniques, extended cooking times or even deviating much from your standard grocery list.

With the variety of Indian food products available in grocery stores, such as curry pastes, chutneys and cooking sauces, adding the unique flavors of India into more basic items like chicken and shrimp is simple.

"Exploring the tastes of India shouldn't require extra effort," said Meena Pathak, director of research and development for Patak's Foods U.S.A. "Indian food products, with genuine flavors and on-the-label recipes, are perfect for busy people who want an innovative Indian meal without sacrificing a lot of time."

To begin incorporating Indian flavors into your diet, try serving grilled or baked salmon with Hot Mango Chutney or marinating chicken with Mild Curry Paste before grilling. Both recipes will provide an excellent introduction into the wide range of Indian flavors.

The Indian food products

Serve over ice. Garnish with mint.

Melissa Wolfe  
SUN area dairy princess

### SPICY MANGO SHRIMP

- 2 tablespoons vegetable oil
- 1 pound fresh shrimp, peeled and deveined
- 1 medium onion, diced
- 4 teaspoons mild curry paste
- 6 tablespoons water
- ½ cup fresh chopped tomatoes
- 1 tablespoon hot mango chutney
- 1 tablespoon fresh chopped cilantro
- Hot, cooked rice
- In large skillet, over medium heat, heat oil.
- Add shrimp and cook until lightly browned about one minute. Remove shrimp from skillet.
- Add onion to skillet and sautee two minutes or until softened.
- Add curry paste, water and tomatoes.
- Return shrimp to pan. Cover and simmer for about five minutes or until shrimp is cooked through.
- Stir in chutney and garnish with fresh chopped cilantro.
- If desired, serve over hot rice. Serves four. A variation is to substitute chicken or fish for shrimp.

### CHICKEN TIKKA MASALA

- 2 teaspoons vegetable oil
- 1 medium onion, chopped

- 1 pound boneless, skinless chicken breast, diced

15-ounce jar Tanga Lemon and Cilantro Tikka Masala Cooking Sauce

- 1 (15-ounce) can diced tomatoes

2 tablespoons half-and-half

In a large skillet, heat oil. Add onion and saute one minute. Stir in chicken and sautee until meat is lightly browned.

Add cooking sauce and diced tomatoes. Bring mixture to boil.

Reduce heat and simmer 20 minutes or until chicken is cooked through.

Stir in half-and-half just before serving. Serve with rice. Serves 4.

A variation is to modernize this classic dish by wrapping the cooked chicken with mixed salad greens in warm tortillas or chappati (Indian flat bread).

### VEGETABLE KORMA

- 1 onion chopped
- 1 tablespoon oil
- ¼ cup peas
- ¼ cup green beans, sliced
- ¼ cup cauliflower florets
- ¼ cup sliced carrots
- 15-ounce jar Korma Cooking Sauce
- ¼ cup half-and-half cream
- 4 ripe tomatoes, chopped
- Hot, cooked rice
- In large skillet over medium-high heat, cook onion in oil for one minute. Add peas, green beans, cauliflower and carrots. Cook three minutes.

Stir in Korma cooking sauce. Cover and simmer 10 to 15 minutes or until vegetables are tender.

Stir in cream and tomatoes. Heat until warmed through.

Serve over hot, cooked rice. Serves 4.

For a heartier option, add two cups cooked beef or chicken.

This is a good official card  
Check with your Bishop/Deacon

### North Shore Medical, Inc. NMHC

Amish/Mennonite - Prescription & Medical ID Card

Bin #: 003650  
PCN #: 65  
Group #: NSM  
ID #: 444-23-2526

Name: \_\_\_\_\_

DATE OF BIRTH \_\_\_\_\_ Not Insurance

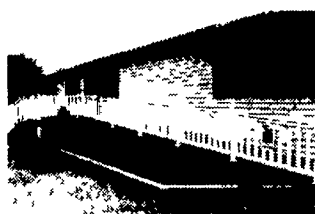
Providers /Participants For additional information or assistance please call NMHC Help Desk at 1-800-645-3332

Clip this ad out and present to your local pharmacy

### MAINTENANCE FREE RAILINGS FOR PORCHES, DECKS OR BALCONIES

We have the expertise to design & create a system just to fit your need.

Any Size, Different Styles



Quality Workmanship  
Product Durability  
Customer Satisfaction

Elite vinyl railing systems offer low maintenance and durability.

- No Rust
- No Paint
- No Scraping
- UV Stabilized
- Smooth Surfaces
- Impact Resistant
- Lasting Beauty
- Non Fading Colors
- Available in White
- Ivory
- Gray



717-354-0524  
New Holland PA



Fillmore Container Inc.  
2316-B Norman Rd.  
Lancaster PA 17601  
Ph (717) 397-4131  
Fax (717) 397-0941