

Bengali Indian Cooking Class at The Haven with Mahabuba
Saturday, November 21, 2015, 12:00pm to 2:00pm

Naan (Bread)

Ingredients:

6 C. all-purpose flour
1/4 C. ghee (melted, clarified butter)
2 C. lukewarm water
6 garlic cloves, finely chopped
2 tbsp. cooking oil
1 tsp. active yeast
1/2 tsp. nigella seeds
salt to taste

Steps:

Add active yeast to lukewarm water and let sit for 10 mins.
Meanwhile, fry the chopped garlic in oil for several mins. and allow to cool down
Mix together fried garlic, salt, water and flour to make a soft dough
Knead for about 5 mins. to make it smooth
Let dough rise for 2 hours
Roll dough into small balls
Preheat frying pan
Roll one ball of dough at a time into a thin circle
Cook for several mins. in a dry, non-stick frying pan
Hold naan over gas flame until it is puffy.
Brush the top of the bread with ghee .
Let cool for several mins.
Then it will be ready to eat!!!
Delicious!

Mango Lassi

Ingredients:

1 C. plain yogurt
1 C. mango pulp
1 C. water
1 tsp. lime juice
1 tsp. sugar
Pinch salt
A few leaves fresh mint
All blend together

Chicken Shish Kabobs

Ingredients:

1 lb. sliced chicken breast
1 tsp. ground cumin
1 tsp. ground coriander
1 tbsp. plain yogurt
1 tsp. ginger paste
1 tsp. garlic paste
1 red chili
8 cardamon pods
2 tbsp. olive oil
2 tsp. shan kabob masala/biryani masala
1 C. assorted peppers
1 C. pineapple pieces
1 C. large pieces purple onion
salt to taste

Blend all spices and yogurt together and marinade sliced chicken breast for 4 hrs.
Put on skewers and grill for 30 mins.

Butternut Squash and Potato with Panch Phoron

Ingredients:

1 lb. butternut squash, cut into small cubes
2 red potatoes, with peel, cut into small cubes
2 green chilies
1 onion, thinly sliced
4 cloves garlic, sliced
1 tsp. panch phoron
salt to taste
turmeric, a pinch
2 tbsp. cooking oil
1/2 bunch cilantro
1/2 tsp. cumin, dry roasted and then, ground

Steps:

To large pan, add oil and sauté sliced onion
After a minute, add sliced garlic and fry until golden brown.
Add Panch phoron and cook until it splutters.
Add squash and potatoes. Stir a little.
Add salt, turmeric, chilies and cumin. Stir and cover.
Cook over medium heat.
From time to time remove cover and gently stir, adding a little water, if needed.
Turn off heat when veggies are just cooked and moist, not too dry or watery and garnish with chopped cilantro.