

Bengali Indian cooking class with Mahabuba

Chicken Curry

Ingredients

1 whole chicken, skin removed cut into 12 pieces (You can also use chicken breasts or legs according to your preference)

1 onion chopped

6 pods garlic sliced

1 tsp cumin powder

A pinch of red chili powder

Salt to taste

2 tbsp. cooking oil

1 tsp ginger paste

**1 tsp cumin seeds (dry roasted
& ground)**

1/2 tsp of red chilli powder

1/4 tsp of crushed cardamom

Steps:

Heat oil in a pan and fry the pieces of chicken for about 5 mins until it is brown. Take it out from oil and put it aside. Then sauté sliced onion until it is light brown, then add sliced garlic and fry until it is golden. Then add ginger paste, sauté for about a minute and add rest of the spices. Cook in medium heat until oil begins to separate.

Add fried pieces of chicken. Then cook for 3 mins and add a cup of hot water, boil on a high heat for 3 to 4 mins. Lower heat and simmer for about 5 mins. Cook till you get the desired gravy consistency.

Butternut squash and potato with punch phoron

Ingredient:

1 Lb butternut squash, cut into small cubes

2 red potato, cut into small cubes

2 green chilies

1 onion thinly sliced

4 cloves of garlic sliced

1 tsp punch phoron

salt to taste

turmeric a pinch

cooking oil 2 tbsp

whole cumin roasted and ground ½ tsp

Steps:

On a pan, add oil and sauté the chopped onion, after a minute add the chopped garlic and fry them until golden brown. Add the Punch phoron to splutter. Then add the squash and potatoes. Stir a little. Add salt, turmeric, chilies and the cumin. Stir and cover. Cook in medium heat. Time to time remove the cover and gently stir, add a little water if needed. Turn off the heat when the vegies are just cooked and moist, not too dry or watery.

Mango Lassi

Ingredient:

1 cup yougart

1 cup mango pulp

1 cup water

a pinch of salt

1 tbsp of sugar or brwon sugar

few leaves of mint

1 tsp of sugar

blend all together

Basmoti rice with ghee and lime