

Bengali Indian cooking class with Mahabuba and Marli

Khituri

Ingredients:

1 cup basmati rice
1/2 cup of mung dul (dry roasted)
1 cup of chopped cauliflower
1/2 cup of potato
1/2 cup of sweet pea
2 green chilies
1 onion thinly sliced
4 cloves of garlic sliced
salt to taste
turmeric a pinch
cooking oil 2 tbsp
Ground cumin dry roasted 1/2 tsp
8 pods of crushed cardamon
2 sticks of cinnamon
1/2 bunch of chopped cilantro chopped
2 tbsp of ghee

Steps:

On a pan, add the oil and sauté the chopped onion, after a minute add the chopped garlic and fry them until golden brown. Then add all blanch vegetable. Stir a little. Add salt, turmeric, chilies and the cumin. Stir and cover. Cook in medium heat for 5 to 7 mins. In a separate pan boil 4 cups of water and add rice and mung dul . Initially put it in a high heat for 5 mins then turn to low. When the rice and dul become tender , then add all vegetables and cover it and put it in low heat for 5 mins to make all tender. Then garnish with ghee and cilantro

Cucumber salad

1 cucumber

1 tomato

1 mango

1 green chilli

1/2 bunch cilantro

a pinch of ground black pepper

1 tsp of olive oil

a pinch of salt

Chopp and all mix together

