Recipes: Sarson ka Saag (Sample Responses)

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| Sarson ka saag is a **curry, so** it is creamy and **spicy.** **Traditionally, it** is served with an unleavened **corn-based** **flatbread. It** is a **labor-intensive** **dish, but** none of the steps are **difficult.** |  |

# Ingredients

* 1 bunch — mustard greens
* 1 bunch — bathua leaves
* ½ bunch — spinach leaves
* 1 cup — radish leaves (use tender leaves)
* 3–4 inches — white radish root (chopped)
* 1 cup — fenugreek leaves (chopped)
* 1 cup — onions (chopped)
* 1½ cup — tomatoes (chopped finely)
* 2 inches — ginger root (chopped)
* 2 — green chilies (chopped)
* ½ teaspoon — red chili powder
* 2–3 pinches — asafetida
* 2–3 cups — water (add as needed)
* 2 tablespoons — fine cornmeal

# Directions:

1. Clean and chop all **greens, then** wash the greens carefully in running **water.**
2. Add greens and other chopped vegetables to a **1.5-gallon** pressure **cooker.**
3. Season the **pot—use** two green **chilies; ½** teaspoon red chili **powder; 2–3** pinches **asafetida; salt** as **needed, then** add **2–3** cups of water or more as **needed.**
4. Cover the pressure **cooker—cook** for **6–7** minutes on medium heat until the greens become **soft.**
5. Wait for the pressure to fall **naturally, and** **then—and** only **then—open** the **lid. When** you open the **lid, the** **greens, onions, tomatoes, and** the root vegetables will have cooked **well.**
6. Let the mixture cool to room **temperature.**
7. In a **blender, add** some of the **greens, their** cooking **liquid, and** 2 tablespoons of fine **cornmeal.**
8. Working in **batches, blend** into a smooth **purée.**
9. Pour the greens purée into a **deep-sided** **pot.**
10. Simmer for **25–30** **minutes. Stir** occasionally so that the greens do not **stick.**
11. Check the **seasonings—add** more **salt, if** **needed. Set** aside to **cool.**
12. In a separate **pot, temper** the purée by lightly browning the **onions.**
13. Add about 2 cups of the cooked greens to the **tempering. Simmer** for a few minutes until the greens become **hot.**

Recipes: Makki ki Roti (Sample Responses)

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| Makki ki Roti is an unleavened bread that can be made in the tandoor or in a flat cast iron **skillet. Makki** ki Roti is made with a very finely ground corn **flour.** |  |

# Ingredients

* 2 cups — maize flour (or cornmeal)
* 1 cup — water (hot)
* 1 teaspoon — carom seeds
* 5–6 tablespoons — butter (or oil)
* ¼ teaspoon — salt

# Directions:

1. In a large **bowl, combine** the maize **flour, carom** **seeds, and** **salt.**
2. **Knead—adding** a little hot water at a time to make firm and smooth **dough.**
3. Add 1 teaspoon of oil to coat the dough and knead **again. Cover** and set the dough aside for 15 **minutes.**
4. Divide the dough into 8 **portions. Preheat** an iron skillet over medium **heat.**
5. Roll the dough portions into **balls. Flatten** them with the palm of your hand or a rolling **pin. Toss** them in flour and roll them out into **circles—approximately** 3 inches in **diameter.**
6. Put ¼ teaspoon oil on your palm and spread it on the rolled **dough, known** as **paratha.**
7. With skillet on **medium-high** **heat, place** one rolled out paratha on the **skillet. After** a few **seconds, you** will notice an air pocket popping **out.**
8. At this **point, flip** the paratha and smear about ½ teaspoon butter on **it.**
9. You will notice brown spots around the **paratha—and, ideally, it** will be lightly **crispy. Continue** flipping until **cooked.**
10. Remove from heat and place on platter to **serve.**
11. Continue the process with the remaining rolled **portions. Stack** the cooked paratha one above the **other.**
12. Cover with a kitchen towel to keep them from drying **out.**

Recipes: Langues de Chat (Sample Responses) 

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| Langue de **chat—French** for “cat's **tongue”—is** a **sweet, wafer-thin biscuit. This** **long, narrow** cookie resembles a **ladyfinger. While** the recipe is very **simple, you** can add an array of toppings to customize the **treat.** |  |

# Ingredients

* 9 tablespoons— butter (softened)
* ½ cup — confectioner’s sugar
* 2 tablespoons — confectioner’s sugar
* 3 — egg whites (room temperature)
* 1½ teaspoons — vanilla extract
* 1½ cups — all-purpose flour
* 1 ounce — semisweet chocolate (melted)
* Zest of 1 lemon
* Seeds of 1 vanilla bean

# Directions:

1. Preheat the oven to **400° F.**
2. Lightly grease baking **sheets.**
3. In a medium **bowl, cream** together butter and ½ cup **sugar—plus** 2 **tablespoons—until** **smooth.**
4. Beat in the egg **whites—one-at-a-time—until** batter is light and **fluffy.**
5. Stir in the vanilla extract and the scraped-out seeds from the vanilla **bean.**
6. Mix into the **flour—just** until **blended. Dough** will be a little **stiff.**
7. Press **dough—using** a cookie press or a pastry bag with a medium star **tip—onto** prepared baking sheet in **3-inch** **lengths, like** a **ladyfinger.**
8. Bake cookies in preheated oven until **straw-colored—about** 10 **minutes.**
9. Cool on wire **rack.**
10. When cookies are **cool, dip** one end of each cookie in melted chocolate and place on wax paper until chocolate **hardens.**
11. Store in a cool **place.**

Recipes: Quail Consommé (Sample Responses) 

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| Consommé is a clear broth that is served as a cold or hot **soup. It** has traditionally been associated with **luxury—as** it is a **labor-intensive** **meal. This** dish is usually served at **dinner, at** the beginning of the **meal.** |  |

# Ingredients

* 1 — cooked quail (skinned and fat removed)
* 2 tablespoons — oil
* 1 — medium onion (skin on; cut in half)
* 1 — large carrot (roughly chopped)
* 1 — stalk celery (roughly chopped)
* 1 — clove garlic (unpeeled)
* 2 — sprigs fresh tarragon
* 5 — sprigs parsley (leaves and stalks)
* 1 — bay leaf
* 3 — large egg whites (room temperature)
* Kosher salt (to taste)
* Freshly ground black pepper (to taste)

# Directions:

1. Place all **ingredients—except** egg **whites, salt, and** black **pepper—in** a large stock **pot.**
2. Cover with water and bring to a **gentle, roiling** **boil.**
3. Simmer at a gentle boil for **1½–2** **hours. Add** more **water—as** **needed—to** keep ingredients covered while **cooking. Taste** for desired **flavor. Cook** longer if **necessary.**
4. Strain the stock through a large **colander. Discard** the **solids.**
5. Return the liquid to the **pot. Bring** back to a **boil. Reduce** quantity by **one-quarter.**
6. Allow liquid to **cool. Refrigerate** for 1 **hour.**
7. Skim **fat—any** fat at **all—from** **surface.**
8. Add egg whites and whisk **briskly.**
9. Bring liquid to a **boil—continue** to whisk the entire **time.**
10. Simmer gently without stirring for 15 minutes until the egg whites form a **raft—which** is a crust on the **surface.**
11. Line a sieve with a piece of **clean, unused** **muslin. Gently** ladle the crust into the **sieve.**
12. Slowly ladle the liquid over the **crust—allow** time for the liquid to pass through the crust and **sieve. Do** not push the stock through the **sieve—it** will make the consommé **cloudy.**
13. Return the clear liquid to the **pot. Reheat** to **hot—not** **boiling.**
14. Season with salt and pepper as **desired, then** serve **warm.**