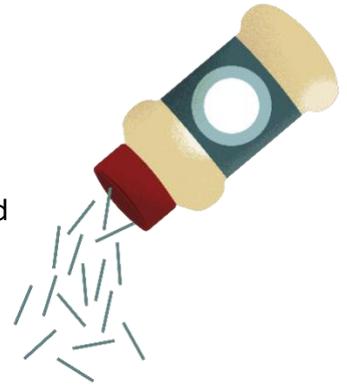


RECIPES: SARSON KA SAAG (SAMPLE RESPONSES)

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

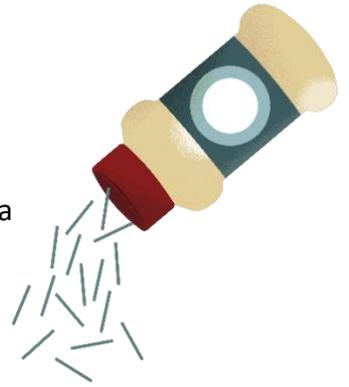
- 1 bunch — mustard greens
- 1 bunch — bathua leaves
- ½ bunch — spinach leaves
- 1 cup — radish leaves (use tender leaves)
- 3–4 inches — white radish root (chopped)
- 1 cup — fenugreek leaves (chopped)
- 1 cup — onions (chopped)
- 1½ cup — tomatoes (chopped finely)
- 2 inches — ginger root (chopped)
- 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)

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

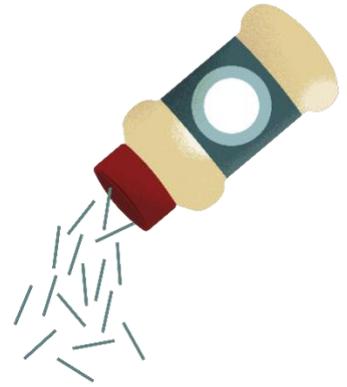
- 2 cups — maize flour (or cornmeal)
- 1 cup — water (hot)
- 1 teaspoon — carom seeds
- 5–6 tablespoons — butter (or oil)
- ¼ teaspoon — salt

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)

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

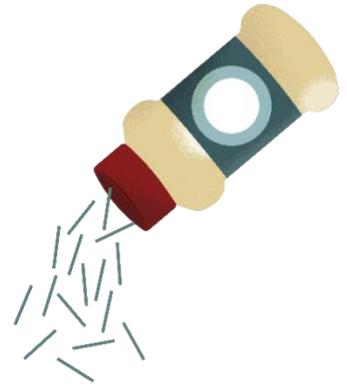
- 9 tablespoons— butter (softened)
- ½ cup — confectioner’s sugar
- 2 tablespoons — confectioner’s sugar
- 3 — egg whites (room temperature)
- 1½ teaspoons — vanilla extract
- 1½ cups — all-purpose flour
- 1 ounce — semisweet chocolate (melted)
- Zest of 1 lemon
- Seeds of 1 vanilla bean

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 CONSOMME (SAMPLE RESPONSES)

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**.