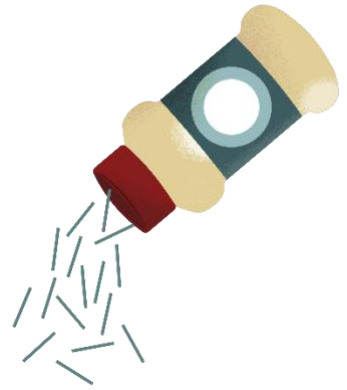


## RECIPES: SARSON KA SAAG

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

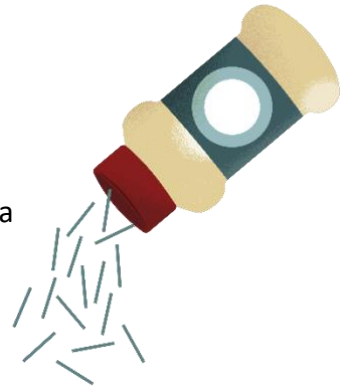
- 1 bunch — mustard greens
- 1 bunch — bathua leaves
- ½ bunch — spinach leaves
- 1 cup — radish leaves (use tender leaves)
- 3–4 inches — white radish root (chopped)
- 1 cup — fenugreek leaves (chopped)
- 1 cup — onions (chopped)
- 1½ cup — tomatoes (chopped finely)
- 2 inches — ginger root (chopped)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

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

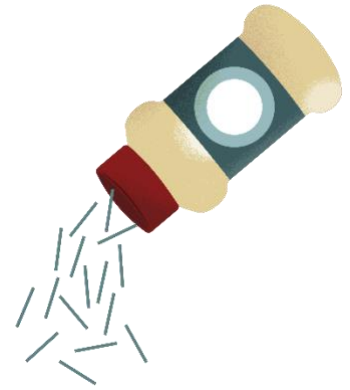
- 2 cups — maize flour (or cornmeal)
- 1 cup — water (hot)
- 1 teaspoon — carom seeds
- 5–6 tablespoons — butter (or oil)
- ¼ teaspoon — salt

### 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

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

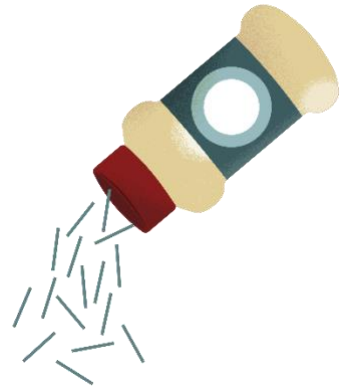
- 9 tablespoons— butter (softened)
- ½ cup — confectioner’s sugar
- 2 tablespoons — confectioner’s sugar
- 3 — egg whites (room temperature)
- 1½ teaspoons — vanilla extract
- 1½ cups — all-purpose flour
- 1 ounce — semisweet chocolate (melted)
- Zest of 1 lemon
- Seeds of 1 vanilla bean

### 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

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