

Anuraag Raghavaram

101
ways to prepare
Curries



V&S PUBLISHERS

101 Ways to Prepare Curries

by

Aroona Reejhsinghani



Published by:



F-2/16, Ansari road, Daryaganj, New Delhi-110002

☎ 23240026, 23240027 • Fax: 011-23240028

Email: info@vspublishers.com

Branch : Hyderabad

5-1-707/1, Brij Bhawan (Beside Central Bank of India Lane)

Bank Street, Koti Hyderabad - 500 095

☎ 040-24737290

E-mail: vspublishershyd@gmail.com

Available at www.vspublishers.com

© Copyright: Author

ISBN 978-93-813842-7-5

Edition: April 2011

The Copyright of this book, as well as all matter contained herein (including illustrations) rests with the Publishers. No person shall copy the name of the book, its title design, matter and illustrations in any form and in any language, totally or partially or in any distorted form. Anybody doing so shall face legal action and will be responsible for damages.

Contents

Introduction

1. Punjabi Curries

Vegetarian Curries

Besan Kofta Curry

Dahi Kofta Curry

Bhien Curry

Bhien Kofta Curry

Pumpkin Kofta Curry

Pakoda Curry

Zamikand Kofta Curry

Mushroom Curry

Banana Kofta Curry

Corn Kofta Curry

Cauliflower Kofta Curry

Non-Vegetarian Curries

Fish Curry

Fish Kofta Curry

2. Curries of Uttar Pradesh

Vegetarian Curries

Dahiwali Curry

Mango Curry

Besan Ki Curry

Karela Curry

Potato Kofta Curry

Non-Vegetarian Curries

Shahi Kheema Kofta Curry

Nawabi Kabab Curry

Mirchiwale Ghosht ki Curry

Kheema Mutton Curry

3. Maharashtrian Curries

Non-Vegetarian Curries

Spicy Pomfret Curry

Fish and Potato curry

Bangda Curry

Prawn Curry

Prawns and Vegetable Curry

Prawn and Pumpkin Curry

Mutton Curry

Chicken and Peas Curry

4. Gujarati Curries

Vegetarian Curries

Lady's Finger Curry

Corn Curry

Carrot Kofta Curry

Brinjal Curry

Buttermilk Curry

Mukund Curry

Potato Kofta Curry

Tomato Curry

Sweet and Sour Curry

5. Bengali Curries

Vegetarian Curries

Banana Kofta Curry

Cabbage Kofta Curry

Jackfruit Kofta Curry

Papaya Kofta Curry

Parval Dolma Curry

Non-Vegetarian Curries

Hilsa Curry

Fish and Vegetable Curry

Mustard Fish Curry

Egg and Paneer Curry

Egg Malai Curry

Prawn Malai Curry

6. Sindhi Curries

Vegetarian Curries

Giantha Curry

Giantha and Spinach Curry

Vegetable Curry No. 1

Vegetable Curry No. 2

Non-Vegetarian Curries

Shahi Kofta Curry

Dilpasand Kofta Curry

Mutton and Vegetable Curry

7. Goan Curries

Non-Vegetarian Curries

Spicy Fish Curry

Pomfret Curry

Fish and Brinjal Curry

Pork Curry

Spicy Pork Curry

Chicken Curry

Head Curry

Mutton Curry

Egg and Peas Curry

8. Curries of Andhra Pradesh

Vegetarian Curries

Coconut Kofta Curry

Sweet Potato Curry

Chilli Curry

Cocum Kadi

Vegetable Korma Curry

Moghlai Malai Kofta Curry

Non-Vegetarian Curries

Murg Korma Curry

Nizami Curry

Sheekh Kabab Curry

9. Curries of Kerala

Vegetarian Curries

Jackfruit Curry

Mango Curry

Mixed Vegetable Curry

Pineapple Curry

Non-Vegetarian Curries

Mutton Korma Curry

Coconut Meat Curry

Chicken Curry

Coconut Fish Curry

Prawn and Tamarind Curry

10. Curries of Tamilnadu

Vegetarian Curries

Lady's Finger Curry

Beetroot Curry

Coconut and Tomato Curry

Brinjal Curry

Papaya Curry

Methi Bhaji Curry

Methi and Dal Curry

Dal Curry

Dal Kofta Curry

Vadais Coconut Curry

Vadai Curd Curry

11. Manglolean Curries

Non-Vegetarian Curries

Mangalore Egg Curry

Prawn and Brinjal Curry

Mutton Curry

Liver and Potato Curry

Hot and Spicy Pork Curry

12. Miscellaneous Curries

Safed Mas Curry (Rajasthan)

Gatta Curry (Rajasthan)

Mughlai Shammi Kabab Curry

Kashmiri Yakhni Curry

Coorgi Mutton Curry

Helpful hints

Important ingredients used in curry preparation and their medicinal value

Cookery glossary

Introduction

India is famous for its curries. In fact, it is the home of an endless variety of curries, each better than the other. Indians relish hundreds of curries made with vegetables, meat, fish, prawn and eggs. Every State in India has its own special way of preparing curries, therefore each curry has a unique flavour. For example, in Southern India, curries are made with coconut, as their base. And in Kerala where coconut grows in abundance, coconut oil is also used for cooking. Bengal specializes in fish curries prepared in mustard oil. In Punjab, which is greatly influenced by Mughal cuisine, one comes across many exotic curries prepared with onion and tomatoes as a base. In Punjabi curries, coconut is rarely used. Curries are always served with plain fluffy boiled rice and papads which are either fried or roasted.

In India, majority of the people are vegetarian, hence there is a greater variety of delicious vegetarian curries prepared with dais and a variety of vegetables, curds and buttermilk. But this does not mean that there is very little to choose in case of non-vegetarian curries. Indian meat curries, in fact, take many forms. Like kofta curries, ground meat is shaped into balls and cooked in a deliciously rich sauce or curry. Then, there are korma curries — spicy and delicious, keema curries — which is ground meat cooked with peas and decorated with hard-boiled eggs.

In this book, I have chosen for you a wide variety of flavours — some simple, some exotic and some extraordinarily delicious. This book contains recipes for some special curries made and enjoyed in every part of India. The aim is to make people relish curries of a particular region even if they don't belong to that region. Even the foreigners can try these recipes to relish the unique taste. Here for you is a distinctive selection of curries which are as distinctive as different wines in different bottles.

Aroona Reejhsinghan

502 B, Lila Apt

opp. Gul Mohar Garden

Yari Road, Versova

Bombay-6

Ph - 636022

PUNJABI CURRIES

Punjabis are acclaimed as gourmets the world over. Their fondness for rich food has led to the development of an abundant variety of spicy and colourful curries. In Punjabi curries, vegetables do play an important role, therefore many of their vegetarian curries are quite unique. Some curries are particular to Punjab, like pakoda curry which is prepared by cooking round fluffy balls of gramfour in a rich yellow curd curry. Non-vegetarian Punjabi curries mostly comprising fish, chicken and mutton have distinct Mughlai influence on their appearance and taste. They will satisfy any gourmet.

BESAN KOFTA CURRY

Ingredients (Serves 4)

- 1 large onion
- 4 flakes of garlic
- 2 big tomatoes, pureed
- 1 tsp. garam másala
- ¼ tsp. turmeric powder
- 1 tblsp. dhania-jeera powder
- Salt and chilli powder to taste

For Koftas

- 250 grams besan or gram flour
- ½ tsp. cumin seeds
- 1 ½ tblsps. melted ghee
- 1 tsp. crushed pomegranate seeds
- 100 grams grated onions
- Alubhukharas or dry plums, seeded

Preparation

Mix together all the kofta ingredients except plums, without adding water. Turn the ingredients paste into balls around the whole plums. Deep fry the balls to a golden colour. Grind onion and garlic to a paste. Heat 2 tblsps. ghee and fry the ground paste to a golden colour. Add to the paste all the spices and tomatoes and cook till the ghee separates. Then add 2 cups of water, bring slowly to a boil and keep boiling gently for 5 minutes. Then add koftas and boil for 5 more minutes. Serve hot decorated with coriander leaves.

Ingredients (Serves 6)

- 2 large tomatoes, pureed
- 1 large onion
- 8 flakes of garlic
- ¼ coconut
- 1 tblsp. dhania-jeera powder
- ¼ tsp. turmeric powder
- Handful of coriander leaves
- Salt and chilli powder to taste

For Koftas

- 250 grams curd
- 50 grams gramfour or besan
- 25 grams mixed finely sliced nuts like almonds, raisins, cashewnuts, walnuts, pistachios
- 1 tsp. grated ginger
- ¼ tsp. garam másala
- Handful of chopped coriander leaves
- Salt, lime juice and chilli powder to taste

Preparation

Grind nuts, ginger and coriander leaves to a paste. Mix with garam másala, salt and lime juice and set aside. Put curd in a clean piece of cloth and tie loosely. Hang the bag for a couple of hours to make all the liquid drip through. Mix salt, curd and gramfour, and knead to a smooth mixture. Form the mixture into small balls around the ground paste made earlier. Deep fry the balls to golden colour. Grind onions, garlic and coconut to a paste. Heat 4 tblsp ghee and fry the paste to a golden colour. Add to the fried paste, spices and tomatoes and cook till ghee separates. Then add 2 cups of water, bring the mixture to a boil, and keep boiling for 5 minutes. Now put in koftas, reduce heat to simmering and boil for 5 more minutes. Decorate with chopped coriander leaves.

Ingredients (Serves 4)

- 250 grams bhien or lotus stems
- 250 grams peas, boiled
- 100 grams tomatoes, pureed
- 4 flakes of garlic, 1 large onion
- 1 tblsp. dhania-jeera powder
- 4 green slit chillies
- Handful of coriander leaves
- A few curry leaves
- $\frac{1}{4}$ tsp turmeric powder
- $\frac{1}{4}$ tsp. garam māsala
- Salt and chilli powder to taste

Preparation

Clean, wash, slice and boil bhien. Grind onion and garlic to a paste. Heat 3 tblsps. ghee and fry the paste to a golden colour. Add tomatoes, spices, curry leaves and chillies to the fried paste and cook till the ghee separates. Then add vegetables, mix well and then pour in the coconut milk. Simmer over a gentle fire till the curry turns a little thick. Decorate with chopped coriander leaves.

Ingredients (Serves 5)

For Koftas

- 250 grams bhien, cleaned, sliced and boiled
- 1 small onion minced
- Handful of coriander leaves
- 2 green chillies, minced
- 3 tbsps. gramfour or besan
- A few mint leaves
- ½ tsp. ground cumin seeds
- Salt and chilli powder to taste

For Curry

- 2 big onions
- 8 flakes of garlic
- 4 big tomatoes
- 3 tbsps. beaten cream
- ¼ tsp. turmeric powder
- 1 tbsp dhanija-jeera powder
- Handful of coriander leaves
- Salt and chilli powder to taste

Preparation

Grind bhien to a smooth paste. Mix in all the kofta ingredients and form into small balls. Deep fry to a golden colour. Grind onion and garlic to a paste. Heat 3 tbsps. ghee and fry the paste to a golden colour. Add to the golden paste, spices and tomatoes and cook till the ghee oozes out. Then add 2 cups of water. Bring the mixture to a boil, reduce heat and put in the koftas. Boil over a slow fire for 5 minutes. Mix in cream and decorate with coriander leaves. Serve hot.

Ingredients (Serves 6)

For Curry

- 2 cups coconut milk
- 1 cup nicely beaten curd
- 100 grams grated tomatoes
- 1 tsp. each of ginger and garlic paste
- 1 big onion, grated
- ½ tsp. garam masala
- 1 tblsp. dhania-jeera powder
- ¼ tsp. turmeric powder
- Handful of coriander leaves
- Salt and chilli powder to taste

For Koftas

- ½ kilo peeled and grated pumpkin or doodhi
- 3 tblsps. wheat flour
- 1 small onion, minced
- ½ tsp. minced ginger
- 2 green chillies, minced
- Handful of sliced coriander leaves
- Salt and chilli powder to taste

Preparation

Squeeze out water from pumpkin. Mix it in all the kofta ingredients and form into balls. Deep fry the balls to a golden colour. Heat 3 tblsps. ghee and fry ginger, garlic and onions to golden colour. Add to it tomatoes and spices and fry till the ghee oozes out. Mix in curd and coconut milk, heat gently, add koftas and simmer gently for a few minutes. Decorate with coriander leaves.

Ingredients (Serves 6)

For Curry

- ½ kilo sour curd
- ¼ tsp. each of fenugreek, mustard and cumin seeds
- Dash of asafoetida
- 6 green slit chillies
- ½ tsp. turmeric powder
- A couple of curry leaves
- 1 tblsp. minced ginger
- 1 medium onion, minced
- 2 tblsps. gramfour or besan
- 1 large tomato, sliced
- Salt to taste

For Pakodas

- 100 grams gramfour or besan
- 1 tblsp crushed pomegranate seeds
- A few sliced mint leaves
- 2 green chillies minced
- 1 tsp. ginger minced
- 1 small potato, 1 small cauliflower, 1 small carrot
- 2 tblsps. boiled peas
- Salt to taste
- A pinch of soda bicarbonate

Preparation

Chop the vegetables very finely. Mix all the pakoda ingredients together along with enough water to form thick batter. Drop teaspoonfuls of batter in smoking ghee and fry to a golden colour. Heat 3 tblsp. ghee and fry mustard, fenugreek, cumin seeds and hing. Add onion, ginger, curry leaves and fry till soft. Add tomatoes, spices and salt. Fry till the ghee oozes out, then put in curd beaten with 4 cups water and mixed with gramfour. Add salt, turmer

and chillies. Bring slowly to a boil, reduce heat and simmer gently for 5 minutes Now add pakodas. Simmer till curry turns a little thick. Decorate with coriander leaves, and sprinkle garam masala on top.

Ingredients (Serves 5)

For Koftas

- 250 grams Zamikand or yam
- 100 grams paneer
- 2 tbsps. cornflour
- 1 tbsps. mango powder
- Handful of coriander leaves
- 2 green chillies, minced
- ½ tsp. grated ginger
- Salt to taste

For Curry

- 3 big tomatoes, grated
- 2 tbsps. powdered cashew nuts
- 1 onion, grated
- 1 tsp. each of grated ginger and garlic.
- Handful of chopped coriander leaves
- 2 tbsps. cream
- ½ tsp. garam masala
- ¼ tsp. turmeric powder
- 1 tbsps. dhania-jeera powder
- Salt and chilli powder to taste

Preparation

Boil zamikand, mash it to a paste and mix with cornflour and salt. Mix the remaining kofta ingredients with paneer. Divide zamikand into small portions and form into koftas or balls around the paneer mixture. Deep fry the balls to a golden colour. Heat 3 tbsps. oil and fry onions, ginger and garlic till soft. Add to the fried contents tomatoes, salt, spices and cashewnuts. Keep frying till the oil comes out. Then add 2 cups water. Cook for two minutes then mix in the cream and pour the mixture over the koftas. Sprinkle garam masala on top and decorate with coriander leaves.

Ingredients (Serves 4)

- 250 grams mushrooms, cut into four pieces each
- 50 grams powdered cashewnuts
- 5-6 almonds, blanched and sliced
- 250 grams peas, boiled
- 2 tblsps. khoya
- 1 cup grated coconut
- ½ cup cream
- 1 tomato grated
- 8 flakes of garlic, ½ inch piece ginger
- 4 green chillies
- 4 cardamoms, 4 cloves
- 50 grams paneer, cubed
- ¼ tsp. turmeric powder
- Handful of chopped coriander leaves
- Salt and chilli powder to taste

Preparation

Fry khoya to a brown colour. Also fry mushrooms to a golden colour. Fry paneer. Grind coconut, ginger, garlic and chillies and coriander to a paste. Heat 4 tblsps. ghee and add cardamoms and cloves, then put in the ground tomato paste and cook till the ghee comes out of the mixture. Now put in khoya, cashewnuts, spices, mushrooms and mix the contents with 2 cups water. Cook till the gravy is reduced to half. Add peas, paneer and cream, and remove from fire after a few minutes. Decorate with almonds.

Ingredients (Serves 4)

For Koftas

- 6 raw bananas
- 1 tsp. grated ginger
- Handful of coriander leaves, ground
- 2 green chillies, ground
- 2 tbsps. cornflour
- 100 grams khoya
- 1 tbsps each of chopped cashewnuts and raisins
- ¼ tsp. garam masala
- Salt to taste

For Curry

- 4 cloves, 4 cardamoms, 2 bay leaves
- 100 grams onions, grated
- 1 tsp. each of ginger and garlic paste
- 3 big tomatoes, grated
- 2 tbsps. ketchup
- ¼ cup cream
- 1 tbsp dhanija-jeera powder
- ¼ tsp. turmeric powder
- Salt and chilli powder to taste

Preparation

Boil bananas and mix them with ginger, coriander leaves, green chillies and cornflour and salt. Knead these contents to a paste. Now mix together khoya, cashewnuts, raisins and garam masala. Make banana paste into balls around khoya mixture. Deep fry the balls to a golden colour. Heat 3 tbsps. ghee and add all the spices. Add ginger, garlic and onions and fry till soft. Add tomatoes, ketchup and spices. When the oil oozes out, put in 2 cups water. Boil for 10 minutes; mix in cream and pour over the koftas. Decorate with coriander leaves.

Ingredients (Serves 4)

For Koftas

- 4 cups grated corn
- 1 cup milk
- Handful of chopped coriander leaves
- 2 green chillies, minced
- ¼ tsp. grated ginger
- 2 tbsps. cornflour
- 100 grams grated cheese
- Salt and pepper to taste

For Curry

- 4 cloves, 4 cardamoms, 1 bay leaf
- ¼ coconut, grated
- 25 grams groundnuts
- 1 tbsps. til
- 4 red kashmiri chillies
- 100 grams tomatoes, grated
- Handful of coriander leaves
- ¼ tsp. turmeric powder
- 1 tbsps. dhania-jeera powder
- Salt to taste

Preparation

Fry corn in 1 tbsps. butter. Add the remaining kofta ingredients except cornflour and cheese. When the mixture turns completely dry, add cornflour and cheese. Form the mixture into small balls or koftas and deep fry the balls to a golden colour. Roast coconut, groundnuts, chillies and til and grind to a paste. Heat 4 tbsps. ghee, add the whole spices. Then add onion, ginger and garlic and fry till soft. Add coconut paste and all the spices and tomatoes and fry. When the oil comes out, put in 2 cups water. Bring to a boil, then reduce heat and cook for 5 minutes. Now pour the mixture over the koftas and decorate with coriander.

leaves.

Ingredients (Serves 5)

For Koftas

- ½ kilo cauliflower, grated
- 4 tbsps. gramfour
- ½ tsp. cumin seeds,
- ½ tsp. grated ginger
- Handful of chopped coriander leaves
- 2 green chillies, minced
- Salt to taste

For Curry

- 250 grams grated tomatoes
- 250 grams green peas, boiled
- ½ tsp. cumin seeds
- 1 tsp. ginger strips
- 1 tbsps dhania-jeera powder
- 4 green chillies, slit
- 4 tbsps. cream
- ¼ tsp. turmeric powder
- Salt and chilli powder to taste

Preparation

Mix all the kofta ingredients together. Form into small balls and deep fry the balls to a golden colour. Heat 4 tbsps. ghee, add cumin seeds, when they stop popping, add tomatoes, ginger, spices, salt and chillies. Cook the contents till the oil comes out. Now put in peas and 2 cups water. Boil for 10 minutes. Mix in cream and pour the mixture over the koftas. Decorate with coriander leaves.

FISH CURRY

Ingredients (Serves 4)

- 500 grams any white flesh fish like pomfret
- 250 grams tomatoes, pureed
- 1 medium onion, grated
- 6 flakes of garlic, grated
- 4 red and 4 green chillies
- 1 tsp. each of cumin and coriander seeds
- 1 tsp. garam masala
- ½ tsp. turmeric powder
- Salt to taste

Preparation

Clean the fish, cut it into slices and fry to a golden colour. Grind together chillies, cumin and coriander seeds, onion and garlic to make paste. Heat 2 tblsps. ghee and fry the ground paste when it starts changing colour, add tomatoes, remaining spices and salt. Cook till the ghee oozes out, add fish and 2 cups of water. Cook the contents over a slow fire till the gravy becomes a little thick. Remove from fire and sprinkle on top garam masala and coriander leaves.

sample content of 101 Ways to Prepare Curries

- [Copia \(American Poets Continuum Series\) pdf](#)
- [**The Sinking of the Bismarck here**](#)
- [Practice Makes Perfect: Italian Vocabulary pdf, azw \(kindle\), epub, doc, mobi](#)
- [download online Future Communication Technology and Engineering here](#)
- [click Languages of Art](#)

- <http://www.shreesaiexport.com/library/Copia--American-Poets-Continuum-Series-.pdf>
- <http://serazard.com/lib/Data-Storage-for-Social-Networks--A-Socially-Aware-Approach--SpringerBriefs-in-Optimization-.pdf>
- <http://metromekanik.com/ebooks/Death-in-a-Scarlet-Coat--Lord-Francis-Powerscourt--Book-10-.pdf>
- <http://studystategically.com/freebooks/Archetypes--Who-Are-You-.pdf>
- <http://fitnessfatale.com/freebooks/Oathblood--Valdemar--Vows-and-Honor--Book-3-.pdf>