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# *Recipe Booklet*

Exotic recipes from the vast and diverse Indian Cuisine curated by Chef Arun Kumar and assisted by Chef Mahboob Alam of The Ashok Hotel, New Delhi



# KOSAMBARI SALAD



Kosambari, a traditional South Indian salad, is a delightful blend of freshness, flavor, and nutrition. The core ingredients typically include soaked split green gram (moong dal) mixed with finely chopped cucumber, grated carrot, and fresh coconut, creating a colorful and vibrant dish. The salad is seasoned with a simple yet aromatic tadka (tempering) of mustard seeds, green chilies, and curry leaves sautéed in coconut oil, infusing the dish with a subtle warmth. A squeeze of lemon juice and a sprinkle of coriander leaves add the final touch, enhancing its zesty and refreshing profile.



## KOSAMBARI SALAD

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### INGREDIENTS

- 1 cup Moongdal
- ½ cup, finely chopped  
Cucumber
- ¼ cup (fresh/frozen), grated  
Coconut
- 1, chopped Green Chilli:
- ½ lime Lemon Juice
- 2 tbsp, chopped Coriander  
Leaves
- As required Salt

### FOR TEMPERING

- ½ tsp
- Few Curry Leaves
- 1, broken Red Chilli

### DIRECTIONS

1. Wash and soak moongdal in warm water for 20 minutes.
2. After 20 minutes drain the water off the dal and transfer it to a bowl, add cucumber, ½ chopped green chilli, lemon juice, grated coconut, coriander leaves, salt.
3. Mix until well combined.
4. For seasoning heat oil in a pan, add ½ teaspoon mustard seeds, red chilli and curry leaves, remove from heat and add it to prepared kosambari.
5. Healthy and tasty south Indian salad is ready to serve

# TANDOORI CHAT



Tandoori Murgh Chaat is a vibrant and flavorful dish that combines the smoky, succulent taste of tandoori chicken with the tangy and spicy elements of Indian chaat. This dish begins with tender pieces of chicken marinated in a blend of yogurt and aromatic spices, such as cumin, coriander, and garam masala, then cooked to perfection in a traditional tandoor oven. Once the tandoori chicken is ready, it is sliced and tossed with a mix of fresh vegetables like onions, tomatoes, and cucumbers, further seasoned with chaat masala, lemon juice, and fresh coriander leaves.



## TANDOORI CHAT

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### INGREDIENTS

1 cup Prepared Chicken  
Tikka Julienne  
½ cup, Julienne, Bell  
Pepper, Onion, Tomato  
1, chopped Green Chilli  
½ Tsp chaat Masala  
½ lime Lemon Juice  
2 tbsp, chopped Coriander  
Leaves  
As required Salt

### DIRECTIONS

1. Mix all the above ingredients, check seasoning.

# PATOT DIA MAACH



Patot dia maach is a delicious dish originating from Assamese cuisine in India. Fish chunks marinated in mustard paste and spice mixture are carefully wrapped in banana leaves and are steamed or roasted in a hot pan, allowing the fish to absorb the aroma and essence of the leaves, resulting in a juicy and fragrant dish. Patot dia maach is a nutritious and delicious option that reflects the rich culinary tradition of Assam.



## PATOT DIA MAACH

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### INGREDIENTS

4 pieces - Sole (Boneless)

1 Nos - Banana leaf

30 Grms - Yellow Mustard seeds

01 No - Onion (Finely Sliced)

6-7 cloves - Garlic

15 ml - Lemon Juice

2/3 - nos Green chillies

2 Tsp Mustard Oil

To taste Salt

### DIRECTIONS

1. Clean the fish .Pat dry. Then add lemon juice and keep it like that for 30 minutes
2. Grind mustard seeds, garlic cloves, salt, green chillies all together .It need not be a very fine paste.
3. Rub the fishes with this paste along with 2 tablespoon of oil .add the finely sliced onion. Mix everything nicely over the fish.
4. Take a banana leaf, clean and wash it and wipe it .Brush with little oil. Place the fishes over the leaf, add the remaining masalas. Wrap it tightly with the help of aluminum foil.
5. Put over live charcoal and steam it for 25 min.
6. Once done garnish with mustard oil and slited green chillies.
7. Serve hot with rice.

# MURGH MALAI TIKKA



Murgh Malai Tikka is a delectable Indian dish that consists of tender pieces of chicken which are marinated in a luscious blend of cream, yogurt, and a medley of spices, including garlic, ginger, and green chilies. The marinade is often spiced with aromatic ingredients like cardamom and coriander, which infuse the chicken with a subtle yet complex flavor profile. After marinating, the chicken is skewered and grilled to perfection, resulting in juicy, succulent pieces with a slightly charred exterior. It is often accompanied by a refreshing mint chutney



## MURGH MALAI TIKKA

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### INGREDIENTS

500 Boneless Chicken  
Chunks (Leg)  
2 tbsp of cream cheese  
1 tbsp of ginger, peeled and  
chopped  
3 tbsp of double cream  
1 lime, juiced  
1 green chilli, chopped  
3 tbsp of plain yoghurt  
1/2 tbsp of ginger paste  
1/2 tbsp of garlic paste  
1/2 tsp cardamom seeds,  
ground  
1 tbsp of coriander stem,  
chopped  
To Taste salt

### DIRECTIONS

1. Coat the chicken in the lime juice, ginger and garlic paste and salt. Mix well and leave to marinate in the fridge for an hour
2. Add the yoghurt, cream cheese, double cream, coriander stems, ginger, green chillies and cardamom powder to a bowl and mix well until combined
3. Add the marinated chicken, mix again and leave in the fridge for approximately 1 hour before roasting
4. To cook, thread the chicken onto skewers and roast in a medium-hot tandoor, or over a barbecue for approximately 4 minutes. Turn over and grill for a further 3 minutes or until cooked through
5. Before serving, sprinkle with chat masala and lemon juice

# TIL DIA KUKURA MANGXO



Til Dia Kukura Mangxo is yet another Assamese dish that combines flavors and textures in a unique and delicious way. The name of the dish literally translates to "sesame chicken". This dish is mainly composed of chicken pieces simmered in a blend of aromatic spices such as cumin, coriander and garam masala, along with toasted sesame seeds that give it a distinctive flavor and crunchy texture.



## TIL DIA KUKURA MANGXO

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### INGREDIENTS

500 gms Chicken  
4 tbsps Black sesame  
2 large onion sliced  
1 tomato chopped  
2 tsp Dry red chilly  
grounded  
2 tsp ginger garlic paste  
 $\frac{1}{4}$  tsp turmeric powder  
1 tbsps Oil  
Salt to taste  
Water as required

### DIRECTIONS

1. Dry roast the black sesame seeds till it begins to crackle. Let it cool down and ground them in mortar and pestle into coarse powder.
2. Heat oil in a pan. Add ginger garlic and saute for a min. Add the sliced onion and saute till it turns soft. Add the chopped tomatoes and saute till mushy.
3. Add turmeric powder and saute for a min.
4. Add the chicken, grounded sesame, salt to taste and mix well. Cover the pan and cook on low-medium heat stirring occasionally which will take approx 10-15 mins.
5. When the water released by chicken dries up, sprinkle some water little at a time and continue to cook till chicken is cooked completely which will take approx 10 mins. Stir it frequently at this stage to prevent from burning.
6. Serve it as a side dish or even as an appetizer.

# BAGARE BAINGAN



Bagare Baingan is a flavorful and aromatic dish originating from Hyderabadi Cuisine of India. The name "Bagare Baingan" translates to "tempered eggplant," and it is a rich, spicy, and tangy curry made primarily with small eggplants. These eggplants are slit and cooked in a sauce made from a blend of roasted peanuts, sesame seeds, coconut, and various spices, which gives the dish its distinctive nutty and creamy texture. The curry is often enhanced with tamarind pulp, adding a delightful tang that complements the earthiness of the eggplants. Bagare Baingan is traditionally served as a side dish with biryani or steamed rice.



## BAGARE BAINGAN

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### INGREDIENTS

6 purple baby eggplant  
2 tsp white sesame seeds  
2 tbsp raw peanuts with skin  
on  
2 tbsp grated coconut fresh  
or frozen  
1 cup onion chopped fine  
1 inch piece of ginger  
2 garlic pods  
1/4 tsp turmeric powder  
1 tsp cumin seeds jeera  
2 tsp coriander powder  
1/2 tsp red chilli powder  
1 small lemon sized ball of  
tamarind  
2 tbsp oil  
Salt to taste  
2 tsp Fresh coriander leaves  
for garnish

### DIRECTIONS

1. Dry roast the peanuts and sesame seeds separately until golden brown
2. Grind together with the coconut, water to form a smooth paste. Set this aside.
3. Extract the tamarind paste in 1 cup warm water. Set aside.
4. Grind or pound the ginger and garlic together to form a smooth paste
5. Heat a pan and add oil.
6. Wash and pat dry the eggplant. Make small slits on them vertically.
7. Light sauté the eggplant in the oil until soft but still holds its shape.
8. In the same pan, fry the onions and ginger garlic paste until golden.
9. Then add the ground peanut-sesame-coconut paste and fry for 3 minutes or so.
10. Add turmeric powder, chilli powder, cumin, coriander powder and salt.
11. Mix well and fry for another minute or two. Add the tamarind water, mix, then add the eggplant
12. Bring to boil on a low flame, adjust water if the gravy is too thick and cook covered for 5-10 mins.
13. Garnish with fresh coriander leaves before serving.

# MASOR TENGA



Masor Tenga is a traditional Assamese fish curry known for its tangy flavor and simplicity. Rohu fish is generally cooked along with a traditional Assamese ingredient like Outenga (elephant apple) to enhance the tanginess in the gravy and tempering is added with panch phoran(five spices). This light and tangy curry pairs excellently with steamed rice.



# Masor Tenga

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## INGREDIENTS

500 gram Fish, Cut Into Pieces

1/2 Tsp Turmeric Powder

As required Salt, To Taste

2 tablespoon Mustard Oil

1 teaspoon Mustard Seeds

1 Tsp Ginger Garlic Paste

2 Tomatoes, Chopped

1/2 Tsp Turmeric Powder

1 Tsp Red Chili Powder

As required Salt, To Taste

2 cup Water

As required Lemon Juice, To Taste

As required Fresh Coriander Leaves, For Garnish

## DIRECTIONS

1. Marinate the fish pieces with turmeric powder and salt. Let it marinate for 15-20 minutes.
2. Shallow fry the fish
3. Heat mustard oil in a pan. Add mustard seeds and let them splutter.
4. Add chopped tomatoes and cook until they turn soft and mushy.
5. Add turmeric powder, red chili powder, and salt. Mix well.
6. Add water and bring the gravy to a boil. Add the fried fish piece.
7. Cover the pan and cook on low heat until the fish is cooked through and the flavors are well blended
8. Squeeze lemon juice over the curry and garnish with fresh coriander leaves.
9. Serve Masor Tenga hot with steamed rice.

# MURGH AWADHI QORMA



Murgh Awadhi Qorma, a dish from the rich culinary heritage of the Lucknow region in Northern India, is a testament to the opulent flavors and intricate cooking techniques of Mughal-inspired cuisine. This delectable chicken curry is characterized by its creamy, aromatic gravy made from a blend of yogurt, cream, and a medley of spices such as cardamom, cloves, cinnamon, and bay leaves that create a symphony of flavors. A hallmark of Murgh Awadhi Qorma is the saffron and rose water, which lend a subtle, yet distinct, floral note, enhancing its luxurious taste.



## MURGH AWADI QORMA

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### INGREDIENTS

- 500 gms Chicken
- 150 ml oil
- 2 nos Cinnamon
- 8 nos Green cardamom
- 100 gms Ginger paste
- 2 Tsp Turmeric
- 2 Tsp Red chilly powder
- 250 Gms Yogurt
- 75 Gms Brown cashewnut paste
- 2 Tsp Rose water
- To taste Salt
- 1 Tsp Shahi Jeera
- 5 Nos Cloves
- 1 No Bayleaf
- 100 Gms Garlic paste
- 2 Tsp Yellow Chilly powder
- 2 Tbsp Coriander powder -
- 150 Gms Brown onion paste
- 2 Tsp Kewra water
- 1 Tsp Javtri powder

### DIRECTIONS

1. Clean the chicken, apply salt and keep aside.
2. Heat a thick bottom handi, add oil. Add green cardamom, shahi jeera, cinnamon cloves and bayleaf. When the spices crackle add ginger and garlic paste.
3. Separately mix with little water some salt, turmeric, yellow chilly powder, red chilly powder and coriander powder. Add this to the handi. Cook till oil surfaces.
4. Now increase the heat and quickly pour the whisked yogurt, stirring continuously. Do not stop until yogurt comes to a boil. Now cook again till oil surfaces.
5. Add the chicken and bhuno it. Add little water if required. Then add 1/2 cooked add brown onion paste and saute. Add sufficient water and bring to a boil. Keep the consistency thick.
6. Finish off by adding cashew paste, kewra, rose water and javtri and green cardamom powder.

# KASHMIRI DUM ALOO



Kashmiri Dum Aloo is a quintessential dish from the picturesque region of Kashmir in northern India. This vegetarian delicacy features baby potatoes that are first deep-fried until golden brown and then slow-cooked in a luxurious gravy made from yogurt, spices, and sometimes a hint of dried ginger and fennel, which are signature flavors of Kashmiri cuisine. Kashmiri Dum Aloo is traditionally served with steamed rice or nan bread.



## KASHMIRI DUM ALOO

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### INGREDIENTS

250 grams baby potatoes  
oil for frying  
1 Tsp cumin seeds  
1 Tsp coriander seeds  
1 Tsp fennel seeds  
3 cloves  
1 inch cinnamon  
5 green cardamom  
6 kashmiri chilly  
1/2 cup hot water  
2 Tbsp mustard oil  
1 Tsp kashmiri chilli powder  
1/2 Tsp dry ginger powder  
1/4 Tsp asafoetida  
1/4 Tsp turmeric powder  
1 1/4 cup curd  
To taste salt  
For garnish coriander leaves

### DIRECTIONS

1. Wash the potatoes, rub them well. Soft boil them.
2. Soak the red chilly in hot water. After some time, make a paste of it.
3. Roast the spices in a low flame. When cool, grind them to a powder.
4. Peel the skin of the potatoes, fry them in oil and poke them with a fork.
5. Whisk the curds, mix the spice mix and red chilly paste into it.
6. Take oil in a pan, once it is heated, add the turmeric powder, chilly powder, asafoetida and ginger powder. Saute it, and then add the curd mix to it. Mix it well, add salt and water to it.
7. Put the fried potatoes into it. Let cook on a low flame for ten to fifteen minutes.
8. Garnish with fresh chopped coriander leaves.

# CHAMAN QUALIAN



Chaman Qualian is a vegetarian dish that hails from the rich culinary traditions of Kashmir. This dish features paneer, a popular Indian cottage cheese, which is cooked to perfection in a creamy, flavorful gravy. The gravy is typically made from a blend of aromatic spices such as cumin, turmeric, and garam masala, and is enriched with a generous amount of fresh cream or yogurt, which imparts a luxuriously rich texture. Chaman Qualian is often garnished with a sprinkle of saffron strands for an added touch of elegance.



## CHAMAN QUALIAN

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### INGREDIENTS

400 gms Paneer

2 Cups Milk

8 - Cloves

1 tsp Fennel Powder

1/3 tsp Dry Ginger Powder

2" piece Cinnamon

4 Green Cardamom

2 Generous Pinches Saffron

2 Generous Pinches

Turmeric

2 tsp Mustard Oil

Salt to Taste

### DIRECTIONS

1. Cut the Paneer into cubes, fry and allow them to rest in turmeric water.
2. To 1/4 cup Milk, add the turmeric, fennel powder and dry ginger powder.
3. In a wok or kadai, heat the mustard oil to smoking point.
4. Turn down the heat and let the oil cool a bit.
5. Add the cumin, cloves, cinnamon, green cardamom, and bay leaves.
6. Stir-fry for a few seconds.
7. Add the milk with the spice powders. Bring to a gentle simmer.
8. Add 1 cup milk, over low heat; simmer the milk for about 5 to 7 minutes.
9. Now add the paneer pieces.
10. Over low heat, let the paneer cook in simmering milk till the milk thickens.
11. Turn off the heat. Cover and let the Chaman Qaliyan rest for about 10 minutes.

# CHAK HAO KHEER



Chak Hao Kheer is a delectable dessert that hails from the northeastern Indian state of Manipur. This indulgent treat is made from Chak Hao, a unique variety of aromatic black rice native to the region, celebrated for its distinct nutty flavor and rich nutritional profile. The preparation of Chak Hao Kheer involves cooking the black rice slowly in milk, which is often infused with cardamom and sweetened with sugar or jaggery to create a creamy, pudding-like consistency.



## CHAK HAO KHEER

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### INGREDIENTS

1/2 Cup Chak-hao Amubi,  
Manipuri Black Rice

2 Cups Milk

6 tbsp Sugar

1 tsp Cardamom Powder

### DIRECTIONS

1. Soak the rice for 4 to 6 hours in water.
2. Drain the water from the soaked rice.
3. In a heavy bottomed vessel, boil the milk.
4. When the milk starts to boil, turn the heat down to low.
5. Add the soaked black rice and cook on low heat.
6. Keep stirring and cook the Chak-Hao Kheer till the rice is cooked and the milk has reduced to about 1/2 the quantity.
7. When the rice is cooked, take the black rice kheer off the heat.
8. Add sugar and cardamom powder.
9. Mix well.
10. Serve Chak-Hao Kheer either warm or chilled.

# INDIAN FOOD FESTIVAL



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