



# EUMETSAT Cooking Club

2016-07-21

*The Recipes*

Stephan Zinke (Editor)

---

EUMETSAT Cooking Club 2016-07-21, The Recipes

(c) Stephan Zinke, 2016

First published September 2016

All rights reserved

Published and Licensed under the GNU Free Documentation License, Version 1.3

(<http://www.gnu.org/licenses/fdl-1.3-standalone.html> )



# Contents

Foreword.....	4
Pappadoms .....	6
Pani Puri .....	7
Tarka Dal .....	9
Chicken Korma .....	11
Prawn Curry .....	13
Pillau Rice .....	14
Chappati .....	15
Puffed Puri .....	16
Gajar Halva .....	17
Raita .....	18



EUMETSAT Cooking Club – 2016-07-21

# Foreword

On Thursday, July 21, the EUMETSAT Cooking Club held its 4<sup>th</sup> 2016 event on the theme of Indian cooking.

20 club members cooked for themselves and 10 additional dining guests a delicious menu of Indian food.

While different groups prepared the food and were lead by their group captains, Raj oversaw everything.

Members and guests then enjoyed a real feast.

THE EDITOR



EUMETSAT Cooking Club – 2016-07-21

## The Recipes

---

*Poppadoms*

*Pani Puri*

*Tarka Dal*

*Chicken Korma*

*Prawn Curry*

*Pillau Rice*

*Chappati*

*Puffed Puri*

*Gajar Halva*

*Raita*



EUMETSAT Cooking Club – 2016-07-21

# Poppadoms

## Ingredients

**Serves 5-6**

amount	unit	description
240	g	Urid flour (made from dried black urad lentils that have been skinned and split), or chickpea garbanzo-bean flour, alternatively use normal flour
	some	Salt, to taste
		Water
		Spices, as you like

## Preparation

1. Mix a cup of flour with a little salt to taste and just enough water to make a stiff paste.
2. Knead gently till it is worked into a stiff dough (1-2 minutes).
3. Take a little at a time and roll out as thin as you can go. You may need a very thin sharp knife to peel the dough off the work surface.
4. Add spices as you wish, e.g. powder, crushed black pepper, dried chillies, dried garlic, etc.
5. Deep fry in hot oil in small batches until they are golden brown. They will take longer to cook than dried shop bought poppadoms as the water content needs to be evaporated.
6. Drain on kitchen roll and serve as usual!

P.S. for the event we used bought poppadoms, but if you want to make them yourself, the recipe above can be used.





EUMETSAT Cooking Club – 2016-07-21

# Pani Puri

## Ingredients

Serves 24-30 pieces

amount	unit	description
<b>Pani</b>		
1/2	cup	chopped mint leaves
3/4	cup	chopped coriander leaves
1	inch	ginger, chopped
1	pcs.	green chili, chopped (for a spicy pani, add about 2 to 3 green chilies)
1	tbsp.	seedless tamarind, tightly packed
3-3.5	tbsp.	crumbled or powdered jaggery/sugar or as required OR 1.5 tbsp chopped seedless dates & 1.5 tbsp powdered jaggery (the sweetness can be adjusted as per your taste)
1	tsp.	roasted cumin powder (bhuna jeera powder)
1	tsp.	chaat masala powder
2-3	cups	water (add water as per the consistency you want)
1-1.5	tbsp.	boondi/fried tiny gram flour balls (optional)
	some	black salt, as required
<b>Stuffing</b>		
2-3	pcs.	medium potatoes
1	pcs.	onion, small to medium
1-1.5	tbsp.	chopped coriander leaves
1	tsp.	roasted cumin powder
1	tsp.	chaat masala powder
¼	tsp.	red chili powder (optional)
	some	black salt, as required
<b>Others</b>		
24-30	pcs.	Puris ( you could buy these puris readymade or make them at home)
1	small bowl	tamarind chutney or tamarind dates chutney

## Preparation

### Preparing the Stuffing:

1. Boil the potatoes till they are cooked completely.
2. Peel them and then chop them.
3. Finely chop the onion.
4. In a small bowl, mix the potatoes, onions, coriander leaves, cumin powder, chaat masala powder and black salt. Mix well and keep aside.

### Method to make the Pani:

1. In a blender add all the ingredients mentioned above for the pani.



### EUMETSAT Cooking Club – 2016-07-21

2. Add little water and grind to a fine chutney.
3. Remove the green chutney in a large bowl. Add 2 to 3 cups water. Mix well. Check the seasoning. Add more black salt or jeera powder or chaat masala if required. If you want a thin pani, you could add some water. But keep on checking the seasoning, as per your taste.
4. Add the boondi to the pani.
5. You can chill the pani in the fridge or add some ice cubes to it..

#### **Assembling Pani Puri:**

1. Crack the top of the puri with a spoon.
2. Add 2 to 3 tsp of the boiled potato-onion filling in the poori.
3. Stir the green pani first and then it and the sweet chutney as per your taste.
4. Serve the pani puri immediately.
5. You can also make individual portions with the puris, potato-onion mixture and the pani. Let the individual assemble the pani puri for himself/herself as per his/her taste.







EUMETSAT Cooking Club – 2016-07-21

# Tarka Dal

## Ingredients

Serves 2

amount	unit	description
<b>pressure cooking</b>		
½	cup	Yellow moong dal (split and skinless) -
1	cup	Water
<b>Dal Fry</b>		
1	tbsp.	Oil
¼	tsp.	Mustard seeds
½	tsp.	Cumin seeds
1	tsp.	Ginger paste
1	tsp.	Garlic paste
1	pcs.	Green chili, chopped finely
5	pcs.	Curry leaves
½	pcs.	Onion , medium size
	some	Salt, to taste
1	tsp.	Red chili powder -
½	tsp.	Turmeric powder
½	tsp.	Coriander powder
½	Cup	Tomatoes, chopped
1-1.5	Cup	Water
1	tsp.	Lemon juice, to taste

## Preparation

1. Wash the moong dal under running cold water till water runs clear.
2. Take washed moong dal in pressure cooker with 1 cup of water. Cover with lid, put the weight on and turn the heat on medium. Let it cook for 2 whistles on medium heat. Let the pressure go down by itself then open the lid. It should be cooked, soft and almost mushy.  
*If no pressure cooker available, then cook for ~ 30-40 minutes until soft.*
3. Heat the oil in a pan on medium heat. Once hot add mustard seeds and let them pop. Now add cumin seeds and let the sizzle.
4. Now add ginger paste, garlic paste, green chilies and curry leaves. Saute for a minute or till the raw smell of ginger-garlic goes away.
5. Then add chopped onions, sprinkle the salt to speed up the cooking process.
6. Cook till onions get translucent and soft or light pink in color. Add tomatoes, cook till



### **EUMETSAT Cooking Club – 2016-07-21**

tomatoes are slightly soft.

7. Now add red chili powder, turmeric powder and coriander powder.
8. Mix well and cook for a minute.
9. Then add cooked dal along with about 2l of water. Mix well. Add more water if the consistency is too thick.
10. Let it simmer for 5 minutes. Lastly add lemon juice and mix.
11. It is ready to serve. You can add chopped coriander leaves at the end for garnishing.



EUMETSAT Cooking Club – 2016-07-21

# Chicken Korma

## Ingredients

**Serves 4**

amount	unit	description
4	pcs. (~600g)	Small boneless, skinless chicken breasts
	some	Freshly ground black pepper
25	g	Low-fat natural yoghurt
1	tbsp.	Sunflower oil
2	pcs. (400g)	Large onions, chopped
4	pcs.	Garlic cloves, peeled and sliced
20	g	Fresh root ginger, peeled and finely grated
12	pcs.	Cardamom pods, seeds crushed
1	tbsp.	Ground cumin
1	tbsp.	Ground coriander
½	tsp.	Ground turmeric
¼	tsp.	Hot chilli powder
1	pcs.	Bay leaf
4	pcs.	Whole cloves
1	tbsp.	Plain flour
	small pinch	Saffron
2	tsp.	Saster sugar
½	tsp.	Salt, plus extra to season
3	tbsp.	Double cream
	some	Fresh coriander, roughly torn, to garnish

## Preparation

1. Cut each chicken breast into eight or nine bite-sized pieces, season with black pepper and put them in a non-metallic bowl. Stir in the yoghurt, cover with cling film and chill for a minimum of 30 minutes but ideally 2–6 hours. *(This step will be done before the start of the event).*
2. Heat the oil in a large, non-stick saucepan and add the onions, garlic and ginger. Cover and cook over a low heat for 15 minutes until very soft and lightly coloured. Stir the onions occasionally so they don't start to stick.



### EUMETSAT Cooking Club – 2016-07-21

3. Once the onions are softened, stir in the crushed cardamom seeds, cumin, coriander, turmeric, chilli powder and bay leaf. Pinch off the ends of the cloves into the pan and throw away the stalks. Cook the spices with the onions for five minutes, stirring constantly.
4. Stir in the flour, saffron, sugar and 2 ½ teaspoon of salt, then slowly pour 1.5l cold water into the pan, stirring constantly.
5. Bring to a gentle simmer, then cover and cook for 10 minutes, stirring occasionally.
6. Remove the pan from the heat, take out the bay leaf and blend the onion mixture with a stick blender until it is as smooth as possible. You can do this in a food processor if you prefer, but let the mixture cool slightly first.
7. The sauce can now be used right away or cooled, covered and chilled until 10 minutes before serving.
8. Drain the chicken in a colander over the sink, shaking it a few times – you want the meat to have just a light coating of yoghurt.
9. Place a non-stick frying pan on the heat, add the sauce and bring it to a simmer.
10. Add the chicken pieces and cream and cook for about 10 minutes or until the chicken is tender and cooked through, stirring regularly. Exactly how long the chicken takes will depend on the size of your pieces, so check a piece after eight minutes – there should be no pink remaining.
11. Adjust the seasoning to taste, spoon into a warmed serving dish and serve garnished with fresh coriander if you like.





EUMETSAT Cooking Club – 2016-07-21

# Prawn Curry

## Ingredients

**Serves 2**

amount	unit	description
1	pcs.	Large onion
1	pcs.	Large tomato
1.5	tbsp.	Fresh or frozen coconut
2	pcs.	Turmeric
½-¾	tsp.	Red chili powder
½	tsp.	Coriander powder
½	tsp.	Garam masala
1	tsp.	Grated ginger
250	g	Prawns
1 ¼	cup	Water (adjust, you may need more or less)
1	sprig	Curry leaves
1	pcs.	Garlic clove
¼	tsp.	Cumin
	some	Chopped coriander leaves for garnish
1.5	tbsp.	Oil

## Preparation

1. Slice onions, chop tomatoes, grate or make a paste of ginger garlic. Set aside all these.
2. Devein and wash the prawns. set aside
3. Add 7 tbsp. / 100 ml oil to a pan and fry onions till transparent, add ginger garlic paste and fry till the raw smell disappears.
4. Add tomatoes, add salt and turmeric and fry till the tomatoes turn mushy. Add red chili powder, garam masala, coriander powder and then the coconut. Fry everything well for about 3 to 5 minutes without burning. Cool this and blend with 2l water to smooth. To speed up the process you can use ice cold water to blend the hot mix.
5. Add another 7 tbsp. / 100 ml oil to the pan and heat up, add cumin and garlic, when the garlic is lightly roasted add curry leaves and saute till they turn crisp.
6. Add the prawns and fry, just for about 2 minutes, for the raw smell to disappear.
1. Pour the ground mixture and add water as needed. Cook till the prawns are cooked, they swirl up when cooked. Do not overcook they turn hard.



# Pillau Rice

## Ingredients

**Serves 4**

amount	unit	description
450	g	Basmati rice
1	pcs.	Medium onion, finely chopped
1	large knob	Butter, plus extra to serve
4	pcs.	Cardamom pods
8	pcs.	Cloves
1	pcs.	Cinnamon stick
	pinch	Pinch saffron threads (optional)
2	pcs.	Bay leaves
600	ml	Water
	some	Salt, to taste

## Preparation

1. Wash rice in several changes of cold water, then leave to soak for about 30 minutes in fresh cold water.
2. Cook the onion in the butter for around 5 minutes until softened. Add the spices, saffron and bay leaves and cook for a couple more minutes. Add the rice and stir until the grains are coated in the butter before stirring in the stock or water and salt. Bring to the boil and then cover with a tight-fitting lid. Turn the heat down low and leave to cook for 10 minutes before turning off the heat. Don't remove the lid; just leave the rice to continue cooking in the pan for about 5 minutes until you're ready to serve.
3. The rice should have absorbed all the water and will just need fluffing up with a fork. Add a knob of butter before serving.





EUMETSAT Cooking Club – 2016-07-21

# Chappati

## Ingredients

**Serves 8-10**

amount	unit	description
1	tea-mug	Chappati flour
½	tsp.	Butter
1	pinch	Salt
	some	Heated water

## Preparation

1. making a dough: using the above ingredients make a smooth elastic dough. It should be elastic enough to roll, too hard and the chappatti will be hard to bake and cook, too soft and it is difficult to roll.
2. from the dough make 8-10 small balls and flatten them so that they take the shape of an egg yoke. Keep some dry chapatti flour for use when rolling otherwise the chappatti will stick to the rolling pin.
3. take one ball and roll the chappatti into a round full-moon shape, even thickness all round (about 14cm diameter). put away the rolled chappatti. Repeat for each ball ensuring that they do not stick to each other.
4. Baking: two baking plates are needed (one solid metal or porcelain plate) and other meshed plate (oven grill is better to use than a meshed plate). The chappatti has two sides - I refer to side A as the side that was rolled and side B as the underneath side of A.
5. Bake side B first on a preheated medium heat baking plate for 40 secs to 1 minute. Then bake side A similarly. The chappatti is not baked yet but transfer the chappatti on the second plate (or grill, higher temperature than plate A) with side B on top. the chappatti should rise and balloon up. Bake the other side and when cooked (less than 1 minute all told) place the chappatti on a plate and spread some butter on it.
6. Repeat for each rolled chappatti.



EUMETSAT Cooking Club – 2016-07-21

# Puffed Puri

## Ingredients

Serves 3-4

amount	unit	description
280	g	Whole wheat flour
¼	tsp.	Salt
1	tsp.	Oil
120	ml	Warm water (or as required)
		Oil for deep-frying

## Preparation

### Prepare dough:

1. Add flour, salt and oil together in a large bowl.
2. Mix well to incorporate all the oil into the flour.
3. Add a little warm water at a time and knead to form a dough.
4. Once the dough is ready, smear a couple of drops of remaining Oil coat it.
5. Cover and allow the dough to rest for at least 10 minutes.

### Rolling dough balls to flat discs:

6. After the rest time, knead the dough once again and divide the dough into small balls.
7. Take one ball and roll it into a nice, smooth round ball with the palm of your hands and press it flat.
8. Roll it out with a rolling pin to form even round discs. (see notes)
9. The puris are usually made smaller than chapattis and a little thicker so they can puff up.
10. Heat Oil for frying the Puris over medium heat. Allow it to heat very well.

### Deep-frying Puris:

11. Once the Oil is very hot, gently slide the Puris in from the side.
12. The Puri will settle at the bottom for a few seconds before it comes up to float.
13. Once it starts floating, gently press on one side with a frying ladle. This will help the Puri to puff up.
14. Flip the Puri and cook on the other side till golden brown.
15. Scoop the Puri to the side and drain out all the excess oil.
16. Remove the Puri and put it on an absorbent paper towel.
17. Repeat the process with the rest of the dough balls.
18. Serve





EUMETSAT Cooking Club – 2016-07-21

# Gajar Halva

## Ingredients

**Serves 2**

amount	unit	description
3	pcs.	Carrot
3	tsp.	Sugar
	some	Raisins
	some	Cardamon pods, de-seed and ground
2	tsp.	Ghee (purified butter)
50	ml	Full-fat cream
	some	Almonds, grated

## Preparation

1. Grate the carrot and squeeze off the water.
2. in a pan heat the ghee and cook the grated carrot until the hardness of the carrot is gone and carrot is not fully cooked yet.
3. add the sugar and stir well.adding the cream to get a smooth texture.
4. cook until the cream is boiled of
5. add sugar and cream to taste.
6. add raisins and de-seeded cardamon, cook for 1/2 minute.(or use the heat to slightly cook the raisins)
7. add grated almonds before serving.



EUMETSAT Cooking Club – 2016-07-21

# Raita

## Ingredients

**Serves 4**

amount	unit	description
1	pcs.	Cucumber
500	ml	Yoghurt, 3.8% fat
1	pinch	Salt

## Preparation

1. grate cucumber in a bowl and and squeeze out the water from grated cucumber.
2. add the pinch of salt to the cucumber and pour about 250 g yogurt. Mix and stir. the mix should be smooth and add more yogurt to get a smooth finish.
3. Place in the fridge until ready to serve.



## EUMETSAT Cooking Club – 2016-07-21







EUMETSAT Cooking Club – 2016-07-21

