



Live Stream Cooking Class

Indian Dinner

1.13.21

4 – 5:30pm EST

- Menu -

Homemade Naan Bread

Chana Dal and Butternut Squash Soup

Butter Chicken

Basmati Rice

www.cookingthymewithstacie.com

Shopping List

Bread/Bakery

- Naan (if you choose not to make it with me) I buy the frozen ones at Trader Joe's

Canned Goods

- 1 28-ounce can whole tomatoes

Dairy/Freezer

- 3 TB plain yogurt
- 5 TB unsalted butter

Pantry

- Salt and pepper
- 1 TSP active dry yeast
- 5 TB plus 2 TSP granulated sugar
- 2 cups all-purpose flour, plus more for rolling dough
- 1 TSP Kosher salt
- 1/8 TSP baking powder
- 2 TB olive oil
- 1/2 cup dried shredded sweetened coconut
- 1 1/2 TSP turmeric
- 1/2 TSP ground cumin
- 4 cups vegetable stock
- 2 TB canola oil
- 1 TSP mustard seeds
- 1/2 TSP crushed red pepper flakes
- 1 Tb honey
- 1 TB plus 1 TSP cumin
- 3 TB malt vinegar
- 1 cup Basmati rice

Produce

- 1 pound butternut squash
- 1 Roma tomato
- 1 clove fresh garlic
- 1 lime
- 1/2 cup fresh cilantro, plus some additional for garnish
- 1 cup chopped yellow onion

Protein

- 5 chicken breasts

Specialty

- 1 cup yellow lentils (chana dal)
- 1 TB garlic ginger paste
- 3 TSP Kashmiri chili powder

Picture Guide

Some of the ingredients for this class may be unfamiliar. I suggest you shop early for the spices and specialty items at your local Asian/International grocery store.

In my area I shop at **Lotte and H-Mart**.

If you are not sure where to shop please download the app:

INSTACART

This app will pull up all the stores in your area. You may search virtually at each store for all the products. Hopefully, this will help you narrow down where to go shopping.

I promise it is worth getting the exact ingredients that I list! The taste will not be like the restaurant if you deviate/substitute!

***Note – many of these products are available online at Amazon, however, you will have to buy large quantities! I recommend you search out your local international market!*



Look for this icon to download the app!



This large bag should be about \$2.29



The garlic ginger paste will be around \$3 for a small jar.



I always purchase the Cento brand of canned tomatoes.



Sometimes malt vinegar is hard to find. Safeway normally carries it. It is \$3.29.



This will be found in the aisle with the dried beans/lentils.



If you choose not to make the naan from scratch, I suggest you buy this one from Trader Joe's.

Equipment List

Baking

- Rolling pin

Electric

- Vitamix blender or food processor

Pots/pans

- Cast iron skillet and lid
- Dutch oven – for the soup
- Large, deep skillet
- Large saucepan – for the rice
- Small non-stick skillet

Utensils

- Chef's knife
- Cutting board
- Fine mesh strainer
- Ladle
- Measuring cups and spoons
- Mixing bowls, various sizes
- Pastry brush
- Plastic wrap
- Slotted spoon

Mis en Place

The French culinary term for “everything in its place”

In order to have a smooth cooking experience, I recommend that you retrieve all the equipment you will need for the class before we begin. In addition, if you have time, group your ingredients by recipe. Most chefs place their components on sheet pans – this is ideal if you have the room.

Measuring things in advance is optional, but I find if I measure things in advance I am less likely to get lost... such as “did I put in the baking powder?”

- **You will need to make the Naan dough before we start! It needs to rise for at least 2 hours.**
- **Rinse and then soak the Chana Dal for 30 minutes. If you do not soak them the cooking time will be extended!**
- **It will be helpful to start marinating the chicken.**
- **Rinse and soak the basmati rice for 30 minutes.**

Naan Bread

Makes 6 large or 8 medium naan

1 TSP active dry yeast
2 TSP granulated sugar
2 cups all-purpose flour, plus extra for rolling out the dough
1 TSP Kosher salt
1/8 TSP baking powder
3 TB plain yogurt
2 TB olive oil
2 TB unsalted butter, melted

In a small bowl combine the yeast and 1 TSP sugar with $\frac{3}{4}$ cup warm (100°) water. Let sit until frothy, about 10 minutes.

Meanwhile, whisk the flour, salt, remaining 1 TSP of sugar and baking powder in a large bowl.

Once the yeast is frothy, add the yogurt and the olive oil into the bowl and stir. Pour this mixture into the dry ingredients and mix the ingredients together with a fork. As the dough comes together, finish mixing it with your hands. Keep going until it is a soft, sticky, and pliable dough. Cover the dough with plastic wrap and let it sit in a warm place for 2 – 4 hours.

Once you are ready to roll the dough, place a small bowl with water and another with flour next to the work area. Divide the dough into 6 or 8 equal pieces and roll each piece in flour.

Roll each piece of dough into a teardrop shape, it should be 8”- 9” long, and 4” wide at the widest part and $\frac{1}{4}$ ” thick. Warm a cast iron skillet on high with a lid nearby.

Dampen your hands with the water from the bowl and flip-flop the naan between your hands. Lay it in the skillet and cook approximately 1 minute until bubbles have formed. Flip the naan over and cover it with a lid for 30 seconds. Remove the naan from the pan and brush with melted butter and sprinkle with coarse salt.

Repeat and serve. If you see flour start to build up on your pan, remove it by gently wiping the pan surface with a paper towel dipped in olive oil.

Adapted from Aarti Sequeira

Butternut Squash and Chana Dal Soup

Serves 6

1 cup yellow lentils (chana dal)
1 pound butternut squash, peeled, cut into 1/2-inch cubes (about 2 1/2 cups)
1 Roma tomato, diced
1/2 cup dried shredded sweetened coconut
1/2 TSP turmeric
1/2 TSP ground cumin
4 cups vegetable stock, or enough to cover

Spice Mixture

2 TB canola oil
1 TSP mustard seeds
1/2 TSP crushed red pepper flakes
1 clove garlic, minced
1 1/2 TSP kosher salt
1 TB honey
1 lime, juiced
1/2 cup minced fresh cilantro leaves

First, rinse the chana dal twice in cool water. Let them soak for 30 minutes. Drain.

In a Dutch oven, combine the drained chana dal, tomato, coconut, turmeric, cumin, and enough stock to cover. Bring to a boil, and then simmer, covered, 20 minutes. Remove the cover and add the butternut squash, simmer another 15 - 20 minutes until squash and lentils are soft.

In a small skillet, warm the canola oil until shimmering. Add the mustard seeds and when they stop popping, add the red pepper flakes, garlic, and salt. Swirl the skillet so the contents cook evenly, and cook another 10 seconds. Then pour the contents of the skillet into the soup, along with the salt. Spoon a ladleful of soup back into the skillet (it will sizzle, be careful!), and pour back into the soup pot. Finish with the honey, lime juice, and cilantro. Adjust the seasonings, to taste.

Indian Butter Chicken

Chicken Marinade

5 chicken breasts, cubed into 1" pieces (you can use thighs if you prefer)

1 TB garlic and ginger paste

1 TSP cumin

1 TSP Kashmiri chili powder

½ TSP Kosher salt

Combine the above ingredients in a medium bowl cover and marinate 30 minutes in the refrigerator. Remove from the refrigerator and let come to room temperature.

Sauce

1 cup chopped yellow onions

3 TB unsalted butter

1 28 ounces can whole tomatoes

1 TB garlic ginger paste

1 TSP turmeric

1 TB cumin

2 TSP Kashmiri chili powder (you may cut this to 1 TSP if you sensitive to spice)

3 TB malt vinegar

½ TSP garam masala

5 TB granulated sugar

Garnish: Fresh cilantro

In a large skillet heat 2 TB of vegetable oil over medium heat. Place half the marinated chicken pieces in the heated oil and cook until no pink remains. Remove the chicken to a platter and repeat with the remaining chicken. Once the chicken is browned, remove to the same platter. Set aside.

Next begin the sauce:

In the same skillet, pour in 2 TB vegetable oil and melt 3 TB butter. Add the chopped onions, cook 7 minutes or until they are translucent. Pour in the tomatoes and their juice. With a wooden spoon, break up the tomatoes slightly and add the next seven ingredients. Gently stir so that all the spices are combined. Simmer over low heat 15 – 20 minutes or until the tomatoes are extremely soft. Remove the mixture from the heat and let cool.

Pour the mixture into a blender or food processor. Blend until the sauce is very smooth. Place a fine mesh sieve over a large bowl. Strain the sauce into the sieve

and with a spatula press the liquids through. Toss out the solids remaining and place the sauce back into the pan. Add the cooked chicken, $\frac{3}{4}$ cup heavy whipping cream. Simmer the chicken in sauce about 7 minutes to finish cooking. Garnish with fresh cilantro and serve with rice.

**I own a Vitamix blender. I can skip the step of pressing the solids through the sieve since it blends so well!

Spices:

Garam Masala – this is the Indian equivalent of the French Herbes de Provence. Translated, garam masala means “spices of various levels of heat”.

The blend of spices changes from region to region and can be made up of as few as 7 spices and as many as 18. It primarily consists of: coriander, cumin, cardamom, cloves, black pepper, cinnamon and nutmeg.

Kashmiri Chili Powder – this chili powder is best described as medium hot on the spiciness scale, hotter than paprika but milder than cayenne pepper. It is known for its vibrant red color.

You can purchase all the spices I have used at H-Mart in the Indian food and spice aisle.

Basmati Rice

Makes about 4 cups of rice

1 cup basmati rice

1 $\frac{3}{4}$ cups water

Pinch of kosher salt

First, place the rice in a large bowl and cover the rice with water. Swish the rice around until the water is cloudy. Drain the water and repeat another three times to remove most of the starch. Leave the rice to soak in cool water 30 – 40 minutes. Drain the rice once it has soaked into a fine mesh sieve.

Place 1 $\frac{3}{4}$ cups of water in a large saucepan with a pinch of kosher salt. Bring the water to a boil then stir in the basmati rice. Once the mixture returns to a boil, reduce the heat and cover. Cook for 15 minutes or until the all water has been absorbed. Remove the rice from the heat and leave to cool with the lid on an additional 5 minutes. Remove the lid and fluff the grains of rice with a fork. Serve.