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Sandesh

“The Message”

A Newsletter from IndUS of Fox Valley

From Editors' Desk ...

There is no such thing as a curry powder in Indian Cuisine. You will not find it in kitchens of India. What you will find is a variety of spices and fresh herbs. How they get blended, in what proportions and when they get added to a recipe varies greatly from recipe to recipe, and region to region. Family traditions and religious practices also play a vital role in defining the process.

This Sandesh brings you recipes from various parts of India, a country that is often described as a subcontinent with a great deal of diversity. We decided to select few recipes to represent the twenty nine states and seven union territories that is India. They include a chutney, a salad, few entrees, sides and a couple of desserts. All the ingredients can be found in local supermarkets and Indian grocery stores. Next time you wish to try something new and exotic, please shy away from that curry powder and try one of these recipes. You will be surprised with the flavors as a whole new world of spices opens up for you.

Sandesh

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Cuisine of India

By Sudeep Sodhi

The cuisine of India is one of the world's most diverse cuisines, characterized by its sophisticated and subtle use of the many spices, vegetables, grains and fruits grown across India. The cuisine of each geographical region includes a wide assortment of dishes and cooking techniques reflecting the varied demographics of the ethnically diverse Indian subcontinent. India's unique blend of cuisines evolved through large-scale cultural interactions with neighboring Persia, ancient Greece, Mongols and West Asia. India's diverse climate, ranging from deep tropical to alpine, has made a broad range of ingredients readily available. In many cases, food has become a marker of religious and social identity, with various taboos and preferences (for instance, a segment of the Jain population consume no roots or subterranean vegetable) that have driven certain groups to innovate extensively with the food sources that are deemed acceptable.

By around 7000 B.C sesame, eggplant, and humped cattle had been domesticated in the Indus Valley. By 3000 B.C turmeric, cardamom, black pepper and mustard were harvested in India. Many recipes first emerged during the initial Vedic period, when India was still heavily forested and agriculture was complemented with game hunting and products from the forest. In Vedic times, a normal diet consisted of fruit, vegetables, meat, grain, dairy products and honey. The ancient Hindu concept of ahimsa, a rule of conduct that prohibits the killing or injuring of living beings because violence entails negative karmic consequences, led some segments of the population to embrace vegetarianism. This practice gained more popularity following the advent of Buddhism in a cooperative climate where a variety of fruits, vegetables, and grains could easily be grown throughout the year. A food classification system emerged that categorized every item as *saatvik* (pure), *raajsik* (active and passionate) or *taamsik* (heavy, dull, slow, gluttonous) Developed in Ayurveda; each was deemed to have a powerful effect on the body and the mind.

Later invasions from Central Asia, Arabia, the Mughal Empire, and Persia, had a fundamental effect on Indian cooking. The Islamic

conquest of medieval India introduced such fruits as apricots, melons, peaches, and plums, and rich gravies, pilafs and non-vegetarian fare such as kebabs, giving rise to Mughlai cuisine (Mughal in origin). Influence from Arab and Portuguese traders resulted in diversified subcontinental tastes and meals. New-world vegetables such as tomato, chilies, squash, and potato, which were introduced during the sixteenth century, became staples of Indian cuisine. The British introduced European recipes and cooking techniques like baking.

North Indian cuisine is distinguished by

the proportionally high use of dairy products; milk, paneer, ghee (clarified butter), and yoghurt (yogurt, yoghourt) are all common ingredients. Gravies are typically dairy-based. Other common ingredients include chilies, saffron, and nuts. The Mughal influence has resulted in meat-eating habits among many North Indians. Also, a variety of flours are used to make different types of breads like chapattis, rotis, phulkas, puris and naans. North Indian cooking features the use of the "tawa" (griddle) for baking flat breads like roti and paratha, and the "tandoor" (a large and cylindrical charcoal-fired oven) for baking breads

such as naan, and kulcha; main courses like tandoori chicken also cook in the tandoor. Other breads like puri and bhatoora, which are deep fried in oil, are also common. Goat and lamb meats are favored ingredients of many northern Indian recipes. Below I share three recipes for common North Indian foods.

Sudeep Sodhi is a physician. His interest lies in mindfulness and holistic medicine. He was trained with Andrew Weil in Integrative Medicine. He has lived in Appleton with his family for the past fifteen years.

Chole-Bhatura

INGREDIENTS

For Chole

- 2 cup chickpeas (channa). Soak overnight in water. Alternately, you may use canned pre-cooked chickpeas aka garbanzo beans
- 2 tsp oil
- 1 bay leaf (tej patta)
- 1 stick cinnamon (dalchini)
- 3-4 cloves (laung)
- 1 tsp whole pepper corns (sabut kali mirch)
- 3 green cardamom (choti elaichi)
- 2 black cardamom (badi elaichi)
- 1 teaspoon turmeric powder (haladi)
- 1 teaspoon chili powder (lal mirch powder)
- 1 teaspoon coriander powder (dhaniya powder)
- 1 teaspoon cumin powder (jeera powder)
- 1 teaspoon cumin seeds (jeera)
- 1/2 tsp asafetida (hing)
- Salt to taste
- 1 cup onions (chopped)
- 1 cup tomatoes (chopped)
- 1 teaspoon ginger (chopped)
- 1 teaspoon garlic (chopped)

- 1 teaspoon oregano (ajwain)
- 1 teaspoon lime juice
- 1 green chili (chopped)
- 1 tea bag
- 1 teaspoon butter
- A bunch of chopped cilantro leaves for garnish

For Bhaturas

- 2 cups refined flour (maida)
- 1/2 tsp yeast, dissolved for 10 minutes in lukewarm water
- 2 cup whole wheat flour
- A pinch of salt
- Water to knead
- Oil for frying

METHOD

For Chole

1. In a pan add oil, bay leaf, cinnamon, cumin seeds, cloves, pepper corns, green and black cardamom.
2. After it gets brownish add chopped onions and sauté till onion is cooked.
3. Now add chopped ginger and garlic, turmeric, chili powder, coriander powder, cumin powder, asafetida,



salt and sauté it well. For deglazing the pan add little water.

4. Next add the chole to the masala.
5. After stirring well add tomatoes, little sugar and salt to the chole.
6. Now add oregano, chopped green chili and water for the base.
7. To get the color in the chole, add a tea bag to the masala.
8. Simmer the chole gently for an hour and cover it.
9. Add lime juice and a dollop of butter to it.
10. Garnish the chole with cilantro and butter.

For Bhaturas

Knead the whole wheat flour, maida, yeast and salt together with adequate water to make soft pliable dough.

Leave it for 2-3 hours for the yeast to work.

Divide it into lemon-size equal portions. Roll out in an oval or round shape.

Deep fry till golden brown, like a puri. Serve hot with chole.

Contributed by Sudeep Sodhi

Samosa**(Potato filled Fried Pastry)****Northern State of Uttar Pradesh**

A samosa is a fried or baked pastry with a savory filling, such as spiced potatoes, onions, peas, lentils, and/or ground meat (lamb, beef or chicken). Samosas originated in central Asia and traveled through the Middle East to the Indian sub-continent and to Africa and rest of Asia. They vary in size and are called; *sanbosag* in Persia (present day Iran), *sambusa* in Africa, *samosa* in India and *shingada* in eastern India and Nepal, Vegetarian samosas originated in Uttar Pradesh and are typical of the recipe given below. Punjabi samosas tend to be bigger in size compared to samosas from other states.

INGREDIENTS**For the dough**

- 500 grams wheat flour
- 50 milliliter ghee or oil
- 5 grams oregano seeds
- Salt
- Water
- Oil for deep frying the samosas

For the tempering

- 500 grams potatoes
- 50 milliliter ghee
- 5 grams cumin seeds
- 5 grams turmeric powder
- 3 grams red chili powder

- 10 grams green chilies
- 10 grams ginger
- 10 grams garlic,
- 1 lime
- 10 grams coriander leaves
- Salt to taste
- 100 grams green peas
- 10 grams chaat masala powder
- 5 grams fennel seeds,
- 5 grams garam masala
- 25 grams chopped cashew nuts

METHOD**Prepare Dough**

Mix all the ingredients for the dough except water and mix well. Sprinkle water and make a hard dough. Set aside for about 10 minutes.

Prepare Stuffing

- Cook the potatoes until soft, peel and mash.
- Chop the green chilies, garlic, ginger and the coriander leaves.
- Heat the ghee and add cumin, when crackling add garlic and sauté. Add the rest of the ingredients excluding the final four and sauté for 5 minutes. Mix in the rest of the ingredients, including the potatoes



and mix well.

Make Samosas

1. Divide the dough into round portions as per the size of the samosas required.
2. Roll each portion of dough into a thin oval shape cut into 2 semi-circles. Take a semi-circle. Apply water on the straight edge of the semi-circle. Hold the semi-circle in your hand, fold the straight edge, bringing together the watered edges, and seal the watered edges into a triangular pocket.
3. Stuff the potato mixture and then seal the upper edges with touch of water. Repeat with the rest.
4. Deep fry samosas in oil till golden brown and serve with a mint or a tamarind chutney.

Contributed by Sudeep Sodhi

"The secret of success in life is to eat what you like and let the food fight it out inside."

- Mark Twain

"There is no sincerer love than the love of food." - George Bernard

"If you really want to make a friend, go to someone's house and eat with him... the people who give you their food give you their heart." - Cesar Chavez

"You don't need a silver fork to eat good food." - Paul Prudhomme

"People who love to eat are always the best people."

- Julia Child

"One cannot think well, love well, sleep well, if one has not dined well."

- Virginia Woolf

Murg Makhani (Mildly Spiced Butter Chicken) Northern States of Punjab and Delhi

INGREDIENTS

700 grams boneless chicken cut into half-inch strips

For the Marinade

- 1 teaspoon red chili powder
- 1 teaspoon ginger and garlic paste
- Salt to taste
- 1/2 kilogram plain yogurt

For the gravy

- 175 gm white butter
- 1/2 teaspoon black cumin seeds
- 1/2 kilogram tomatoes pureed
- 1/2 teaspoon sugar
- 1 teaspoon red chili powder
- Salt to taste
- 100 grams fresh cream
- 4 green chilies sliced
- 1/2 teaspoon dry fenugreek leaves, crushed

METHOD

For marinating the chicken

1. In a mixing bowl, mix red chili powder, ginger garlic paste, salt and yogurt.
2. Add the raw chicken pieces to the marinade and mix well. Keep it in the refrigerator overnight or minimum 6 hours.
3. Roast the marinated chicken in a tandoor or an oven for about 10-12 minutes until it is three-fourth done.

For the chicken gravy

1. Heat half the white butter in a pan.
2. Pour in the tomato puree, and sauté for 2-3 minutes.
3. Add cumin seeds, sugar, red chili powder and salt. Mix well.
4. Add the prepared chicken, remaining butter, fresh cream, sliced green chilies and crushed fenugreek



leaves. Sauté for 3-4 minutes and let the chicken cook.

5. Cook till chicken is done.

Serve hot with rice or naan.

Contributed by Sudeep Sodhi

Allam Chutney (A tongue-teaser Ginger Chutney) Southern State of Andhra Pradesh

INGREDIENTS

- 10 grams ginger (allam)
- A Golf ball sized tamarind (or 1 tablespoon of tamarind paste)
- 10-12 dry red chilies broken into pieces
- 1/2 teaspoon fenugreek seeds
- 1 teaspoon mustard
- 2 teaspoons black gram dal (urad dal)
- 3-4 table spoons jaggery (or brown sugar)
- Salt to taste.
- A pinch of turmeric
- A pinch of asafetida (hing)
- A fistful fresh green curry leaves.
- Oil

METHOD

1. Boil the tamarind (with 3-4 table

- spoons water) in a microwave safe bowl for 2 minutes and let it cool
2. Clean and slice the ginger into smaller pieces.
3. Break the red chilies into smaller pieces as well.
4. Take a pan and add in 3-4 teaspoons of oil.
5. Roast the fenugreek seeds and the black gram dal. Add in the mustard and hing.
6. Once you start getting a wonderful aroma add in the red chilies.
7. When the red chilies are fried for a couple of minutes, add in fresh curry leaves.
8. This fried mix is now ready to go into the blender.
9. You can filter out the excess oil if you wish.
10. Add in the ginger pieces, turmeric,



salt, jaggery and the tamarind along with some water.

Grind this mixture into a smooth paste. The chutney is a great accompaniment to dosa (rice crepe), pessarattu or adai (lentil crepes) and to idlis (steamed rice cakes), rice dishes and even on sandwiches.

Contributed by Viju Sethu Rao

Bhisi Bele Bhath (Sambar Rice)

A Complete One-dish Meal from Southern State of Karnataka

INGREDIENTS

- 2/3 cup split pigeon peas (toor dal)
- 1 cup Rice (Sona, Masoori or Jasmine rice works well)
- 1 tablespoon oil
- ½ teaspoon of tamarind paste
- ¼ cup each, chopped into small cubes-potato, beans, carrots, eggplant, peas, green peppers
- 6-7 curry leaves
- ¼ teaspoon fenugreek seed powder
- ¼ teaspoon of asafetida (hing)
- A pinch of turmeric powder
- Salt to taste
- 2-3 tablespoons of Sambar Masala (See below)
- 2 tablespoons Ghee aka clarified butter (Ghee is prepared by simmering unsalted sweet butter)
- 15-20 cashews/peanuts, lightly fried for garnish
- A handful chopped cilantro for garnish

To make Sambar Masala- Roast the following ingredients individually with little oil in a pan. The fenugreek, mustard and hing can be roasted along

with the coriander. Add some dry coconut. Grind them together, cool and your Sambar (huli) Masala is ready.

- 1-1/2 cups coriander seeds
- 1-1/2 cups dry red chilies.
- 2 tablespoons chana dal (Bengal gram split)
- 2" cinnamon sticks
- 1 teaspoon fenugreek seeds (methi seeds)
- 1 teaspoon mustard.
- 1/4 teaspoon asafoetida (hing)
- 1-2 cloves (optional)
- 2" cinnamon (optional)
- ¼ teaspoon cardamom powder (optional)

METHOD

1. Cook rice and dal two in separate containers in a pressure cooker.
2. Heat little oil. When the oil gets hot add in half a teaspoon mustard seeds and asafoetida. Cover with a lid and when mustard seed pop, add in Curry leaves and the vegetables.
3. Add in some water and let the vegetables cook.
4. Add tamarind paste a pinch of turmeric powder, fenugreek powder



- and salt to taste. Bring this mixture to a steady boil.
5. Mash the cooked Toor dal and add it to the mix. Add enough water to make it porridge-like consistency.
 6. Add in cooked rice.
 7. Add around 2-3 table spoon of the sambar masala.
 8. Mix the contents and cook on a low heat for 5 more minutes till they blend well.
 9. Finish off with adding ghee and mixing it well.
 10. Garnish with fried nuts and chopped cilantro.

Contributed by Viju Sethu Rao

Aviyal

(Colorful Vegetable Medley in Yogurt Sauce)

Southern Coastal State of Kerala

Aviyal is a delicious preparation made with mixed vegetables, coconut and seasoned with coconut oil and curry leaves. It occupies an important place in Kerala cuisine and is a must for festive meals.

INGREDIENTS

- 3/4 cup Ash gourd (winter melon)
- 1 Cucumber
- 1 Carrot
- 1 Drumstick (vegetable)

- 10-12 Green Beans
- 1 Potato
- 1 Raw plantain
- 1 Yam
- 1 Green Pepper
- ½ cup Plain yogurt
- A pinch of turmeric

Masala

- 2-3 Green Hot Chilies
- 1 cup Grated Coconut



For seasoning

- 1 teaspoon Cumin Seeds
- 2-3 teaspoons Coconut oil
- Few Curry Leaves

METHOD

1. Peel the skin and cut all the vegetables into 2 inch long strips.
2. Coarsely grind grated coconut, green chilies and cumin seeds. Keep it aside.
3. Heat ½ cup of water in a pot. Add a pinch of turmeric. Since each vegetable needs different time for cooking, start

adding the vegetables from hardest to softest leaving 2-3 minutes in between: carrots, drumsticks, potatoes, yams, green beans, plantain, cucumber and ash gourd adding salt as needed. The vegetables should be soft but not mushy. (Use very little water to cook)

4. Add the ground coconut paste and cook for a few more minutes. Remove

from heat.

5. Add yogurt and mix well. Check for salt
6. Heat coconut oil, add cumin seeds and curry leaves. Add the seasoning to Aviyal and mix again. Serve with rice, puris or chapattis.

Contributed by Sandhya Sridhar

Sitabhog**(Milk and Sugar-based Dessert Fit for a Queen)****Eastern State of Bengal**

When we were growing up, the night sky was unpolluted by artificial light; the dark was really dark, and full moons justly celebrated for their near-day-like brightness. Such it was in Allahabad when the tradition of the moonlight picnic was held during Sharad Purnima, when there was the faintest wisp of a chill in the air, and all the ladies of the households outdid themselves in making sweets and other festive foods. Because Allahabad had a long standing literary tradition, under the able guidance of Dr. Amaranth Jha, Vice Chancellor Allahabad University, and literary scholar of renown, the picnic was transformed into more of a secular event with poetry readings, and fund raising for good causes through the sales of fancy sweets and confections

My mother's particular expertise was the Bengali sweet called Sitabhog. This elaborate and very difficult sweet is an exercise in patience and accuracy. The panir is pushed through a special sieve and fried in heated, but then cooled ghee, so the panir does not turn brown, and looks exactly like rice grains. It is then placed in syrup, but immediately drained, so the final effect is like a pilaf, with raisins and nuts and rose petals and saffron. This my mother made in many batches in huge quantities! Dr. Jha who loved this sweet, bought most of it – ostensibly for charity but one suspects—no, he confessed as much—because he waited all year to eat it!

None of this mattered to me at four or

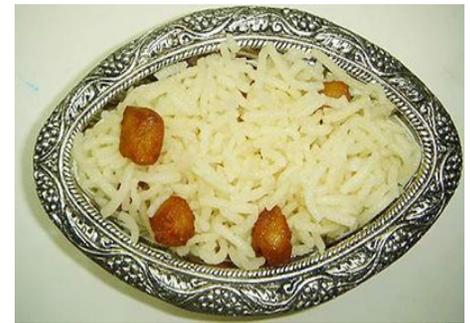
five years old. It was the chance to stay up, to mingle in the moonlight, to eat unrestrainedly, to inhale the perfumed garden, and break with daily regimens. My sister, my cousins and I would sit on the shallow steps of the verandah that faced the garden, and marvel at the fire flies we captured and placed in small glass jars. There they twinkled like little moons and stars and filled us with a wonder only children can feel. One hopes we let the little fellows out after a bit, so they could enjoy the picnic too, and add their tiny lights to the enchantment of the evening.

INGREDIENTS

- 1 cup Home-made paneer (available in Indian grocery stores)
- Rice flour to make dough with paneer
- 2 cups sugar for syrup; bring to a boil with little, and add 1 cardamom powdered.
- Ghee for frying
- Nuts and rose petals (organic) for decoration

METHOD

1. Make fairly stiff dough kneading rice flour with paneer.
2. Heat ghee, and then remove from stove.
3. In small batches, push dough through a fine sieve into ghee. Swirl



pan to let cook, but NOT brown! The panir will look like rice when done. Keep reheating ghee, and removing from the stove to ensure white color.

4. When all paneer is done, place in a bowl and add the warm syrup to immerse it.
5. After half hour, pour panir and syrup into a colander to drain all the syrup away. This can be left to drain for several hours.
6. The result should be a fine pilaf – like sitabhog.
7. Handle delicately and place in silver server and decorate with pistachio and rose petals.

Manjari Chatterji and her husband live in Neenah. She teaches at UW Oshkosh. She enjoys time with her family and friends, and of course her garden.

Shrimp Curry

Eastern State of Bengal

INGREDIENTS

- 1lb. large uncooked de-veined raw shrimp
- 1 medium sized onion chopped
- 1 small tomato chopped
- 1 tsp. fresh ginger paste
- 2 cloves garlic paste
- 2 green chili peppers seeded
- 2 tablespoon cooking oil
- 1 teaspoon salt (according to taste)
- 1 teaspoon turmeric powder
- ½ teaspoon red chili powder
- 1 teaspoon garam masala

To make garam masala

Dry roast 4 cardamoms, 2 small

cinnamon sticks, and 4 cloves. Grind them to powder. (It is also available in Indian grocery stores.)

METHOD

1. Remove shell from the shrimp and wash, marinate with little salt and turmeric powder, keep aside for 15 mins.
2. Heat 1 tablespoon of oil in a skillet sauté shrimp lightly till they are now longer raw and color has changed to pale yellow, remove from skillet.
3. Add more oil to the skillet and cook onion till it changes color. Add ginger, garlic and tomatoes and cook them together until golden



brown.

4. Add the remaining spices, shrimp and 1/2 cup of warm water cover and cook medium heat for few more minutes. Add gram masala and mix well. Serve hot with rice.

Contributed by Nanda Chatterji

Chana Ghugni

(Red Chickpea Curry)

Eastern State of Bihar

Chana Ghugni (masala) is a dry recipe ideal with any staple: rice, roti, chapatti, puris or paratha. This is a popular dish in Bihar. Bihar was a center of power, learning and culture in ancient and classical India.

INGREDIENTS

- 1 cup red channa (soaked in water for 6-8 hours prior to cooking)
- 3 tablespoons vegetable oil
- ½ teaspoon whole cumin seeds
- 2 dry red chili
- 2 bay leaves
- 2 big onions chopped
- 1/2 teaspoon turmeric powder
- 2 inch grated ginger
- 3-4 cloves of garlic crushed
- 1 teaspoon chili powder
- 1/4 teaspoon coriander powder
- 1/4 teaspoon cumin powder
- 1/2 teaspoon garam masala powder

- 1/2 teaspoon ghee (clarified butter) or butter

Method

1. Soak 1 cup red channa overnight.
2. In a kadhai (a wok-like deep frying bowl) heat vegetable oil, then add whole cumin seeds, red chilies, bay leaves. Sauté for a minute.
3. Add 2 chopped onion, salt to taste, turmeric powder into the kadhai and fry till it is tender. Add ginger, garlic, chili powder, coriander powder, cumin powder, and garam masala powder. Add little water. Keep stirring and cook until oil starts separating from the masala (spice mix).
4. Put the soaked channa into the kadhai and Mix it well with the masala for 2-3 mins Transfer all the contents into a



pressure cooker with 1/2 cup of water and cook for 4-5 whistles. Switch the heat off.

5. When the pressure cooker has cooled enough, open the lid of the pressure and add ghee (or butter) and cook for 2 minutes.

Chana Ghugni is ready to serve hot with rice, roti, chapatti, puris or paratha.

Contributed by: Janice Dugal

Khamang Kakadi (Cucumber-peanut Salad) Western State of Maharashtra

INGREDIENTS

For the salad

- 4-5 small cucumbers (kakadi – approximately 2 1/2 to 3 cups)
- 1 green chili, finely chopped
- 2 teaspoons lemon juice - can be added more or less
- 1 tablespoon chopped coriander leaves (kothimbir)
- salt & sugar as per taste
- 1/2 cup roasted peanuts
- 1/2 cup freshly grated coconut

For the tempering:

- 1 tablespoon oil
- 1/2 teaspoon mustard seeds
- 7-9 curry leaves

- A pinch of asafetida (optional)

METHOD

1. Rinse and peel the cucumbers. Chop them finely. Keep aside for 15-20 minutes.
2. Now squeeze water from them and put them all in a bowl.
3. In a mortar and pestle, coarsely crush the roasted peanuts.
4. Mix the peanuts, coconut, lemon juice, coriander leaves with the cucumber.
5. Heat oil. Add mustard seeds, cover till they pop. Then add asafetida and curry leaves and fry for few seconds.
6. Pour this entire tempering mixture in the bowl of cucumber.



7. Toss well. Just before serving add a pinch of sugar and salt to taste.
8. Mix well and serve khamang kakadi as a side salad.

Contributed by Sandhya Sridhar

Khaman Dhokla (A Popular Snack) Western State of Gujarat

INGREDIENTS

- 2 cups gram flour (besan) sieved
- 1 cup yogurt beaten
- Salt to taste
- 1/2 teaspoon Turmeric powder
- 1 teaspoon Green chili-ginger paste
- 2 tablespoons oil
- 1 tablespoon lemon juice
- 1 teaspoon soda bicarbonate
- 1 teaspoon mustard seeds
- 2 tablespoons fresh cilantro chopped
- 1/2 cup coconut scraped

METHOD

1. Take gram flour in a bowl. Add yogurt and approximately one cup of warm water and mix. Avoid

lumps. Add salt and mix again.

2. Leave it aside to ferment for three to four hours. When gram flour mixture has fermented, add turmeric powder and green chili-ginger paste. Mix well. Heat the steamer. Grease a thali.
3. In a small bowl take lemon juice, soda bicarbonate, one teaspoon of oil and mix. Add it to the batter and whisk briskly. Pour batter into the greased thali and place it in the steamer
4. Cover with the lid and steam for ten minutes. When a little cool, cut into squares and keep in a serving bowl/plate.



5. Heat remaining oil in a small pan. Add mustard seeds. When the seeds begin to crackle, remove and pour over the dhoklas.
- Serve, garnished with chopped cilantro and scraped coconut.

Contributed by Sonu Pareek

Srikhand (A Cool Creamy Dessert) Western States of Maharashtra & Gujarat

Srikhand is an easy dessert to make with no cooking involved. Rich and creamy yogurt sweetened with aromatic spices added and saffron lending its golden hues to it. It looks and tastes like a total winner yet it is effortless to make. Throw in Greek style yogurt, it becomes even more of a child's play to make this. Why Greek Yogurt? 'Cos it is already thickened. You just need to throw it in a bowl and add the rest of the flavoring to make it. Otherwise, there is a slight lengthy process of straining out any water/whey out of yogurt to thicken it. It is not hard, but it does take time.

INGREDIENTS

- 1-1/2 to 2 cups Greek Yogurt (No

- Greek style yogurt? See Note)
- 2 tablespoons milk, warmed
- generous pinch of saffron threads
- 1/4-1/2 cups sugar (or as per taste)
- ¼ teaspoon of cardamom powder
- 1 tablespoon charoli nuts to garnish.

Note: If you don't have Greek styled yogurt, take plain yogurt, hang up in a clean muslin cloth for at least 4-5 hours (preferably overnight). Discard the whey. Use this thick yogurt for the recipe below.

METHOD

1. Warm milk with saffron strands. Mix it well.
2. Add cardamom powder, saffron milk and sugar to thicken yogurt.



3. Pour in a serving bowl. Add charolis to garnish. If charolis are not available, you may substitute slivered almonds or pieces of unsalted pistachio or unsalted cashews.
4. Refrigerate and serve it cool, either with puris or by itself.

Contributed by Sonu Pareek

Dal Bati (Lentils & Bread) Western State of Rajasthan

When you mention about Rajasthani food dal bati has to be on the top of the list, otherwise it is incomplete. Dal bati is a popular Rajasthani delicacy. Dal is simply soup of mixed lentils, cooked with spices. Bati is a baked, whole wheat bread rolls and the combination is known as dal bati. Traditionally bati is cooked over charcoal, but oven works equally well.

INGREDIENTS

Recipe will serve 2

Makes 8 Batis

For Dal

- 1/4 cup channa dal (split gram)
- 1/4 cup toor dal
- 1/4 cup moong dal (split with skin)
- 1/4 cup urad dal (split black lentil with skin)

- 1/4 teaspoon turmeric (haldi)
- 2 teaspoon ginger grated
- 1-1/2 teaspoons salt
- 1 teaspoon coriander powder (dhania)
- 2 teaspoon mango powder (amchoor)
- 1/2 teaspoon garam masala

For seasoning

- 3 tablespoons clarified butter (ghee)
- 1 teaspoon cumin seeds
- 1/8 teaspoon asafetida (hing)
- 1/2 teaspoon chili powder
- 2 dried red chili broken in pieces

For Bati

- 1 cup whole wheat flour (roti ka atta)
- 1/4 cup fine sooji (semolina)
- 1/8 teaspoon baking powder



- 1/2 teaspoon salt
- 1/4 cup clarified butter (ghee)
- 1/2 cup milk use as needed

For serving

About 1/4 cup hot clarify butter (ghee)

METHOD

1. Combine all dals, wash changing water few times. In a pressure cooker add dal with 4 cups of water, salt, turmeric, coriander powder, and ginger, cook on medium high.

2. After pressure cooker start steaming lower the heat to medium and cook for about eight minutes. Turn off the heat; wait until all the steam has escaped before opening the cooker.
3. Dal should be soft and mushy, consistency of the pourable batter, if needed add hot water. The consistency of the dal will thicken over time.
4. Add garam masala and amchoor, mix it well.
5. Heat ghee in a small saucepan for seasoning; after ghee is moderately hot add cumin seeds as they crack add asafetida, red chilies and red chili powder. Stir for a few seconds. To prevent the spices from burning, you may add 1 teaspoon of water. Pour this spiced tempering

over dhal. Mix it well and let it simmer for two to three minutes. Dal is ready.

For the Bati

1. Preheat the oven to 350 degree F.
2. In a mixing bowl mix all the dry ingredients together, flour, sooji, salt and baking soda. Add the ghee and mix with fingers, add the milk as need to make firm dough, knead the dough well. Set aside for about 10 minutes.
3. Divide the dough into 8 equal parts and roll them into balls. They will not be very smooth dough ball and will have cracks all over; this will help them to cook all the way through. Arrange the batis over cookie sheet about one inch apart

and place the pan on middle oven rack and bake at 350 degree F in a preheated oven for 25 minutes. Turn them over and bake for another 30 minutes until batis are golden brown all around.

4. Break one bati from one side to make sure they have cooked through.

How to Serve

1. Break the bati into two pieces and pour about one teaspoon of hot melted ghee over and serve with bowl of hot dal.
2. If you have baked the batis earlier heat the batis in oven for about 10 minutes.
3. Enjoy!

Contributed by Sonu Pareek



News ...

Octoberfest is often described as the biggest annual block party in Appleton. It is a mile of fun with food, beer, music, crafts and a lot more. It is an opportunity for non-profit organizations to raise funds. This year was no exception. With the weather cooperating, downtown Appleton saw a record turnout of over 100,000 people



on Saturday, September 26, 2015. IndUS of Fox Valley had a popular booth in downtown Appleton to sell samosas, masala dosa and tandoori chicken. Our volunteers also made beautiful henna designs. Funds raised at this event are part of the donation made to the Rebuilding Nepal initiative of the Rotary Club of Appleton. IndUS donated a total \$5000 to a project that involved building a community health clinic near the epicenter of a massive earthquake that devastated the area.

IndUS 2015 was held on Saturday, November 21 at the Radisson Paper Valley Hotel. This was our seventeenth annual showcase banquet and a major fundraiser. The theme this year was the diverse "Cuisines of India", which



attracted a lot of guests and we were sold out weeks ahead of the event.

Highlights of the evening included a

social hour to coincide with an exhibition, a silent auction, followed by a sumptuous dinner and entertainment. Radisson Paper Valley Hotel was transformed into an esthetically pleasing and inviting ambiance by our dedicated team of volunteers.

The exhibition focused on the gastronomic diversity and traditional cooking techniques of India highlighting this year's theme. During the social hour over cocktails, the guests visited the following exhibits:

- Live food demonstrations



The Board of Directors

Ms. Nancy Heykes (Chair)

Ms. Sridevi Buddi

Ms. Ruth Mansukhani

Ms. Richa Mehrotra

Mr. Dnyanesh Patkar

Mr. Bob Pederson

Ms. Kamlesh Varma (*ex-officio*)

Mr. Jayprakash Ravel

(India Association NEW *ex-officio*)

The President, Vice President, Secretary, and Treasurer of IndUS Exe. Committee are *ex-officio* members of the board.

The Executive Team

Ms. Sonu Pareek
President

Ms. Sridevi Buddi
Vice President

Ms. Susan Kulkarni
Secretary

Mr. Venkat Raman
Treasurer

Team Leaders

Ms. Sonu Pareek
(*Cultural & Art Programs*)

Ms. Richa Mehrotra
(*Education and Outreach*)

Dr. Sandhya Sridhar
(*Chief Editor, Sandesh*)

Mr. Venkat Raman
(*Fund Raising*)

Ms. Sandipa Newman
(*Publicity & Communication*)

Dr. Gaurav Bansal
(*Webmaster*)

Ms. Sridevi Buddi
(*Chair, IndUS-2015*)

Ms. Sonu Pareek
(*Co-Chair, IndUS-2015*)

Contact us at
indusfoxvalley@yahoo.com



- Audio-visual exhibit: ongoing slide –show of street foods and thalis (platters) from select regions of India and their nutritional value.



- Visual exhibit: bazaar/mandi (market place) and an authentic spread of thalis (platters) from select regions.



Formal banquet included a lamp-lighting ceremony and a video



presentation showing the history and overview of the achievements of IndUS of Fox Valley. The presentation provided the guests a better understanding of the mission and goals of IndUS. The executive team was happy to have all the previous presidents of IndUS attending the event! Tim Hanna, the Mayor of Appleton and Wisconsin state representatives Amanda Stuck and Dave Murphy were among our honored



guests. Ms. Ruth Mansukhani and Ms. Nancy Heykes were the Masters of ceremony.



by a team of chefs headed by Chef Manjit Singh from 'Bollywood Grill' of Milwaukee and the Radisson Paper Valley hotel. A great variety of delicious items did justice to the theme.



The banquet was followed by a cultural program by Deepa Devasana, artistic director and choreographer, Aarabhi Indian dance school. Her group of dancers performed 'Bollywood Street Dances' during the banquet. Last year



this dance school collaborated with Skylight Music Theatre for the world's first Bollywood premiere of Fidelio, a German opera by Beethoven. Devasana's group was followed by



University of Illinois, Chicago's Raas team. This team has won many awards in inter-university dance competitions. Their energetic performances were truly entertaining.



Shreemayee Kar captivated the audience with a melodious Indian classical song.



Like every other year the Silent Auction was a great attraction. The annual showcase event was a great

success due to creativity and hard work of the steering committee team leaders, and many dedicated volunteers.

The following volunteers constituted the Steering Committee for IndUS 2015:

Ms. Sridevi Buddi and Ms. Sonu Pareek (Chair & Co-Chair, Steering Committee); Ms. Richa Mehrotra and Ms. Janice Dugal (Chair & Co-Chair, Banquet); Ms. Sonu Pareek (Chair, Cultural Program); Ms. Tejdeep Kaur and Ms. Rupy Rangbulla (Chair & Co-Chair, Decoration); Ms. Susan Kulkarni and Ms. Ritu Tannan (Chair & Co-Chair, Exhibition); Dr. Gaurav Bansal (Chair, Feedback); Ms. Venkat Raman (Finance); Ms. Sandipa Newman and Ms. Nancy Heykes (Chair & Co-Chair, Publicity); Ms. Shakti Shukla and Ms. Sonia Baherawala (Chair & Co-Chair, Reception); Mr. Venkat Raman and Ms. Kamlesh Varma (Chair & Co-Chair, Sponsorship, Donations & Ads); Ms. Kanchan Patkar and Ms. Sunanda Patkar (Chair & Co-Chair, Ticket Sale)

IndUS Cares: IndUS has always been involved in charitable activities as part of our mission. We select both local and international causes each year for charitable giving. This year we donated funds to the causes listed below.

- \$2000 to Boys and Girls Club, which in keeping with the investing in children initiative of IndUS promotes and enhances the development of boys and girls by instilling a sense of competence, usefulness, and belonging.
- \$1000 to Headstart (Childhood Early Learning Center). Head start program has made a tremendous impact on the Fox valley community since the year of its inception.
- A total \$5000 towards rebuilding Nepal, an initiative of Rotary Club of Appleton. This money will help fund a project of building a community health clinic near the epicenter of a massive earthquake that devastated the area.