

HOME STYLE  
INDIAN  
COOKING  
IN A JIFFY

**PRASENJEET KUMAR**

**© Copyright Prasenjeet Kumar 2013**

All rights reserved. No part of this book may be reproduced, stored in a retrieval system, or transmitted, in any form or by any means, electronic, mechanical, photocopying, recording or otherwise, without the prior permission of the copyright owner, except in the case of brief quotations embodied in critical articles or reviews.

We are grateful to you for recognizing and respecting the hard work that this author has put in for bringing out this book.

To economise on costs, this book contains no photographs. However, if you wish to have a look at how the dishes should actually look like, you could either refer to the e-Book version or to the Author's website [www.cookinginajiffy.com](http://www.cookinginajiffy.com).

For more information, you are welcome to address the author at [ciaj@cookinginajiffy.com](mailto:ciaj@cookinginajiffy.com).

## ***What People Say.....***

I have had some really encouraging feedback from my Facebook fans and e-mail subscribers when I shared some of the recipes of this book on my website [www.cookinginajiffy.com](http://www.cookinginajiffy.com). Here are some of those comments:

*“It is so nice to provide the “Sequencing and Parallel Processing” tips!! It is a very useful tip for the reader to follow!! Keep up the good work and I look forward to learn more from your website!! Thank you very much!!”*

### **Naomi Leung**

*“I tried out the baked chicken alongwith the garlic bread and soup!!!! my family really enjoyed it!!! thank you so much...!!!”*

### **Gitaa Sharrma**

*“Thanks so much! I am enjoying your recipes...they are quick to make (in a jiffy!) and easy too. The best thing is that they turn out so tasty! Keep it up! My compliments to you and your mom.”*

### **Neena Singh**

*“The craft always lies in the simplicity of things-- your recipes are like that...”*

### **Surupa Chatterjee**



## Acknowledgements

This Book is, first of all, dedicated to all those visitors, fans and followers to my website *www.cookinginajiffy.com* as well as to my Facebook and Twitter pages. I'm truly grateful for their really encouraging comments and constructive suggestions that have not only kept my morale high in some really frustrating times but have also resulted into the writing of this book.

It has actually been quite a roller coaster ride since I launched my website in April 2013. Since then, I have been able to bring out my first eBook "How To Cook In A Jiffy: Even If You Have Never Boiled An Egg Before" in September 2013. Its paperback edition was launched in October 2013. Touted as the "easiest cookbook on earth", that book was meant for the complete newbie, who may actually have never boiled an egg before.

It is time to go beyond and address the needs of those who want to now sample "Home Style" Indian cooking. Hence this second book in, what I hope would be, an everlasting "How To Cook Everything In a Jiffy" series of cookbooks.

As usual, I have to dedicate this book to my dearest mom who is the original creator of all these recipes. It is simply amazing how she despite being a working mother (she is actually a very senior Indian Administrative Service officer), finds time to not only cook but also experiment with food.

Most fathers generally leave their wives to cook while they themselves watch television or go out to play golf. However, I have often seen my father helping my mother in the kitchen without any hesitation. The overall objective used to be to cook meals from scratch within 30 minutes, and it was amazing how often we succeeded in meeting this target. As always, the bonus was that cooking time came to be always celebrated, as family time, with lots of cutting, washing, steaming and frying going on side by side with such planning, co-ordination, and sequencing of operations that would put a Mission to Mars to shame! I, therefore, dedicate this book to my father too, who even now takes time off to “advise” me on what my book should focus on, and sometimes even gives editing suggestions.

I finally dedicate this book to all my friends, relatives and acquaintances who have sampled my mom’s cooking either at my home or at my work place from my lunch-box and have pestered me to share those recipes. I am especially grateful for their contribution to refining my thoughts on how many kinds of “Home Style” cooking there can be in a complex country like India.

# TABLE OF CONTENTS

**I: Looking For Indian Cuisine In London 3**

**II: Finding “Home Style” Food In India 9**

**III: How Is “Home Style” Indian Food  
Different From “Restaurant Food” 15**

**Chapter 1 How To Set Up Your Very Basic  
Kitchen 21**

**Chapter 2 To Use Or Not To Use A Pressure  
Cooker 27**

**Chapter 3 An Introduction To Some Basic  
Indian Spices 31**

**Chapter 4 What Other Strange Things Do  
You Need To Know About Indian Cuisine 37**

**Chapter 5 Rice & Indian Breads 51**

Rice Boiled 53

Curd Rice 56

Lemon rice 58

Onion Rice 60

*Jeera Pulao* (Cumin Rice) 62

*Mattar Pulao* (Peas Rice) 65

*Khichdi* 68

The Classic Indian *Roti/Phulka/Chapati* 73

*Pooris* 76

Classic *Varki Paratha* 79

## **Chapter 6 Dals (Lentils) 83**

*Arhar Dal* (Split Pigeon Peas) 85

*Arhar Dal* (Variation With *Rai*, Onion, Garlic And Curry Leaves) 87

*Chana Dal* (Split Chick Pea) 89

*Masoor Dal* (Whole Red Lentils) 91

*Dhuli Masoor Dal* (Split Red Lentils) 93

*Dhuli Moong Dal* (Split Bengal Gram) 95

*Sambar* 97

*Rajma* (Red Kidney Beans curry) 100

*Chhola* (Whole Chick Pea Curry) 103

*Karhi* (Yoghurt Chickpea Flour Curry) 107

## **Chapter 7 Vegetable Dishes 111**

*Band Gobi, Gaajar, Aloo, Mattar Sabzi* (Cabbage, Carrot, Potatoes and Peas Curry) 113

Beans With Coconut 116

Cabbage, Carrot And Peas With Coconut 118

---

Grilled *Paneer* (Cottage Cheese) 120

*Mattar Paneer* (Cottage Cheese with peas in a curry) 121

Mixed Vegetables In Coconut Milk 124

*Lauki* Plain (Bottle Gourd) 128

*Palak Baingan* (Spinach-Aubergine) 130

*Palak Paneer* (Cottage Cheese In Pureed Spinach Curry) 132

*Sarson Ka Saag* (Mustard leaves dish) 135

Mashed Potato Southern Indian style 138

*Aloo Gobi* (Potato-Cauliflower) 140

*Aloo Bharta* (Mashed Potato) 142

*Baigun Bhaja* (Aubergine fries) 144

*Kohra* (Plain Pumpkin Delight) 146

## **Chapter 8 Fish & Fowl 149**

Basic Indian Chicken Curry 151

Thick Chicken Curry 155

Lava Chicken 158

Chicken In A Coconut Curry 162

*Keema Mattar* (Mince-Peas Curry) 165

Chicken *Kofta* (Mince Ball) Curry 168

---

Egg Potato Curry (Serves 3 or 4 persons) 175

Basic Fish Fry 177

*Machher Jhol* (Fish Cooked in a Light Curry) 179

*Tamater Sarson Machhali* (Fish Cooked in a Tangy Tomato and Mustard Sauce) 182

*Dahi Sarson Machhali* (Fish cooked in a Yoghurt and Mustard paste) 185

Fish Kerala Style 187

## **Chapter 9 Snacks And Accompaniments 189**

*Pakor*as (Vegetable Fritters) 191

Onion *Pakor*as 191

*Paneer Pakoras* (Cottage Cheese Fritters) 193

*Palak Pakoras* (Spinach Fritters) 195

*Gobi Pakoras* (Cauliflower Fritters) 197

*Baingan Pakoras* (Aubergine Fritters) 199

*Aloo Pakoras* (Potato Fritters) 201

*Lauki Pakoras* (Bottle Gourd Fritters) 203

*Chiura* or *Poha Fry* (Savoury Rice Flakes) 205

*Aloo Tikki* (Potato Cutlets Indian Style) 207

*Paneer Tikki* (Cottage Cheese Patties) 209

*Chutneys* (Indian Home Made Sauces) 211

---

Tomato *Chutney* 211

*Dhania Pudina Chutney* (Coriander Mint Chutney)-  
-Sweet Version 213

*Dhania Pudina Chutney* (Coriander Mint Chutney)-  
-Salty Version 215

*Raita* 216

Apple *Raita* 216

Cucumber *Raita* 218

Pineapple *Raita* 219

*Raita* with Mint and Coriander Leaves 220

## **Chapter 10 Our Sweethearts 221**

*Besan Halwa* (Chickpea Flour Dessert) 223

*Suji Halwa* (Semolina Dessert) 225

*Aatey Ka Halwa* (Whole Wheat Flour Dessert) 227

*Chawal Ka Kheer* (Rice Pudding) 229

*Natun Gud Ka Kheer* (Rice Pudding with Palm  
Jaggery) 231

*Sevai Kheer* (Sweet Vermicelli Milk Pudding) 233

*Ghola Prasad* or *Aatey Ka Kheer* (Whole Wheat  
Flour Porridge) 235

Fruit Pudding 238

---

Custard Pudding Indian Style WITHOUT EGGS 240

*Sandesh* (Cottage Cheese Sweet) 242

*Natun Gud Sandesh* (Cottage Cheese Sweet with Palm Jaggery) 244

*Kachha Gola* (Sweet Cottage Cheese Balls) 246

## **Chapter 11 Drinks 249**

Mango Milkshake 251

Instant Mango Shake 253

Banana Shake 254

Kiwi shake 255

Strawberry shake 256

Mixed Fruit Shake 258

Cold Coffee 259

Cold Coffee with ice cream 260

Mango *Lassi* (Yoghurt Mango Shake) 262

Rose Flavoured *Lassi* 264

*Nimboo Pani* (Lemonade Indian Style) 265

## **Chapter 12 Sequencing, Parallel Processing And Planning A Full Indian Meal 267**

**Meal Planning And Parting Tips... 272**

---

**Excerpts From “How To Cook In A Jiffy: Even If You Have Never Boiled An Egg Before” (CreateSpace; First Edition; 8 October 2013, pages 164—to 171) 275**

Making a Full Lunch or Dinner in less than 30 minutes 275

Basic Chicken Soup 275

Breaded Baked Chicken 277

Sauté Vegetables 279

Garlic Toast 280

**Other Books By The Author 283**

**How To Cook In A Jiffy Even If You Have Never Boiled An Egg Before 283**

**Connect With The Author 285**

**About The Author 287**

**Please Review My Book 289**

**Index 291**

---



# I

## LOOKING FOR INDIAN CUISINE IN LONDON

**L**et me admit it. Indian cuisine was absolutely the last item on my list when I landed in London, in September 2005, to study Law in University College London (UCL). My first priority was SURVIVAL--- to find food, of any kind, that could soothe somewhat my hunger pangs. So for months if it had to be “plasicky” sandwiches, soulless soups, indifferent salads and endless cups of coffee that I had to subsist on, my attitude was “so be it”.

Then the rising expenses and reducing nutrition levels forced me to invest in some really basic pots and pans. Only then could I very hesitatingly take the first, baby steps into “the wonderlands of cooking”.

I had to begin at the very beginning, from how to boil (and peel) an egg, to make an egg sandwich, to sauté vegetables, and finally to make a very filling but basic

3-course meal of chicken soup, breaded chicken and garlic toast. If you too are at that level of a complete newbie, you may like to consider starting from my first book “How To Cook In A Jiffy: Even If You Have Never Boiled An Egg Before.”

Then I bumped in to Krishna. A year senior to me in St. Stephen’s College, Delhi, Krishna too was studying Law, but at the London School of Economics (LSE). He would often be accompanied by Harpal, a Sikh student from Chandigarh, who was studying Economics at LSE. Both were staunch vegetarians which meant they couldn’t, unlike me, survive just on soups and sandwiches. I had to appreciate their predicament because I too couldn’t think of a college restaurant that could serve at least two different varieties of pure vegetarian sandwiches or soups. Not even the pizzas and ice-creams, I was educated, could be considered vegetarian as they contained cheese and gelatin that had animal origins.

To add salt to injury, both Krishna and Harpal had never tasted such bland food in their lives. Back home, in India, they used to sometimes order “western food” that is, pasta, pizzas or sandwiches but these had never tasted as tasteless as they tasted in the UK. Everything had less salt or perhaps no salt! The vegetables were served boiled, with no spices whatsoever. The desserts too were barely sweet.

Krishna’s Hall of Residence did serve, what they called “Indian food” once a week. But these were the typical British interpretations of popular Indian

---

dishes like *Chicken Korma*, *Chicken Tikka Masala* or *Beef Rogan Josh*. Even if you were not a vegetarian, you could have difficulty finding anything “Indian” about these preparations. For strict vegetarians, of course, there was hardly anything except an occasional “vegetable curry”. This was made by sprinkling some kind of an “Indian curry powder” on boiled veggies, just as you sprinkle Parmesan cheese on pasta. This was certainly nothing great to write home about.

The undeniable fact was that, despite putting on a brave front, we were all missing our “Home style” Indian food terribly. Eventually we gathered some courage to venture out looking for “Indian” restaurants. These, as we soon discovered, were run mostly by immigrants not necessarily from India, but from Bangladesh, Nepal, Sri Lanka, Pakistan, in fact anywhere from the Indian subcontinent. Some of these ramshackle joints, however, did promise that their food will “remind Indians of their home in India”.

One day, in Central London, we entered one such restaurant for lunch. The place was run by a very surly Indian (or perhaps he was a Pakistani), who asked us quite coldly what he could do for us. When we asked to look at the Menu card, we were very reluctantly handed over a much used laminated sheet of paper. One quick glance and we knew why the owner was so unenthusiastic about welcoming us Indians. Every dish cost between 20-25 pounds. Even the drinks were more than 5 pounds each. Back

---

home, in India, even 5-star hotels won't dare ask for such prices and this joint was as far from a 5-star property as a London Black Cab would be from a Mercedes.

“Why are Indian dishes so expensive here?” Harpal finally gathered some courage to ask in Hindi.

“Look Man, I don't think the dishes are expensive from British standards. Please also remember that I've to import the masalas and other ingredients from India and that does push up the prices of Indian dishes in the UK”, the guy replied, quite in a take-it-or-leave-it attitude.

We exchanged some furtive glances and decided to go ahead with an order for a plate of Mutton Tikka (barbequed lamb) for me, and *Paneer-Mattar* (cottage cheese and peas curry) and rice for Krishna and Harpal. The total bill came to about 50 pounds! When the dishes arrived at our table in about half an hour, I was horrified to see that the Mutton Tikka was almost pink in colour. The meat pieces were also improperly roasted; some looked raw and some looked burnt. To camouflage the dish and to make it supposedly look more attractive to the eye, the cook had put some artificial pink colour!

The *Paneer-Mattar* looked slightly better except that it was very oily. The food was different from what we were getting in our Halls of Residence but was barely satisfactory. The *Paneer-Mattar* also did not taste very fresh to Krishna.

“When was this *Paneer-Mattar* prepared?” inquired Krishna.

“Three days ago” replied the guy, without batting an eyelid.

Shocked, and poorer by 50 Pounds, we vowed never to venture out looking for Indian food in the UK ever again.

Months passed by and we were all becoming more and more home sick and miserable. Krishna specially was terribly missing his “Home Style” Indian food, the smell of the freshly prepared *Sambhar* (split pigeon pea lentils cooked in a south Indian style) served with hot fluffy rice and a vegetable dish.

One day, Harpal’s cousin Prakash, who was a manager in a hotel in Inverness, Scotland, met us in London and took us out to Wagamama. Over some really great fusion cuisine, Prakash heard of our misadventures and admitted that he too had similar experiences. The sensible way out, he told us, was to buy ready-made packaged products from Indian stores located in Central London.

Reinvigorated with this tip, we would now regularly buy packaged products like *Paneer-Mattar*, Butter chicken and even *Parathas* (fried Indian unleavened breads). Even though these satiated somewhat our need for Indian food, they could never even come close to fulfilling our desire to have our own Indian “Home Style” food.

---



## II

### FINDING “HOME STYLE” FOOD IN INDIA

Came November 2009 and armed with my LLB (Honours) degree and LPC diploma, I was back in India. I had found work as a corporate lawyer with one of the top most Indian law firms. Its swanky office in Central Delhi was close to all the popular restaurants, eating joints as well as the fast food chains of the world.

So food was never a problem. You could have a Pizza from Domino’s one day and *Saag*-meat (lamb cooked in pureed spinach) with *Naan* from *Kake Di Hatti* the next. The Chinese joints too were just a stone throw away. Some restaurants even offered a rather sumptuous buffet spread for lunch. This was quite a lifesaver on days when you had missed your breakfast and were really hungry.

Then my parents got posted to Delhi and once again I had access to good and wholesome “Home Food”. My office had a dining area equipped with not only some tables and chairs but also a fridge and microwave. So I could now carry a lunch box from home, put it in the fridge the moment I reached office and heat it up in the microwave for lunch during the lunch break.

I noticed that many of my colleagues, who were still living by themselves in rented accommodation, were not following my “example”. A senior colleague was continuing to order food either from the office cafeteria or from the Indian fast food joints nearby. The quality of the food used to vary vastly. Some days the food was fresh and the other days not so. Some of us thought that he was just trying to show off, that while he could afford to order food from outside, we lesser mortals couldn't.

That was, of course, very insensitive of us. Once when we were going out for a very important meeting, my senior colleague complained of terrible stomach cramps and bloating. He thought that this was probably because the food, which he had ordered from one of his “preferred” joints the previous day, didn't agree with him. I was sympathetic but some of my junior team members thought he was fibbing to avoid working late that day.

A visit to the doctor, and a few tests that followed, established that my friend was not lying. The culprit, we learnt, was the over fried cooking oil that his

favourite food joint was using. We were educated that if any cooking oil is re-heated several times, for example, for frying dishes like *Pooris* (Indian puffed up bread), or *pakodas* (Indian chickpea flour fritters), it breaks down into many harmful fatty acids that can affect sensitive digestive systems adversely.

“Then why don’t you carry food from home?” I asked quite concerned.

My friend explained that this was because he did not know any cooking.

“But don’t you have a domestic help?” I persisted.

“Oh yes, I do have a part-time maid but she being from the South can’t cook the food that I want. May be, when I go to my hometown in Jharkhand next, I will get a help from there who can make my “Home Style” food”. My friend explained patiently.

Another colleague was similarly living all by herself in Maharani Bagh, a very posh locality of Delhi. She hated the “greasy Indian fast food”, as she described it, that my senior was surviving on. Her solution then was to bring from home some *Dahi* (yoghurt) and chopped papayas for lunch. Again, there were sneers all around. Some alleged that she was getting such “frugal” lunch, because she was perpetually dieting to preserve her statuesque figure.

Lunch time was still fun, with a lot of friendly banter and leg pulling going all-around. Indians also have a very natural tradition of sharing food. So it was not

---

unusual for us to taste a morsel or two from other lunch boxes while we exchanged notes on how nasty a boss or client had been that day.

As mine appeared to be the only “properly assembled” lunch box, I would always get some envious comments from my colleagues about how delicious my lunch box looked and tasted.

“The *Dal* looks so amazing”, commented one.

“The smell of fresh basmati rice is so appetising”, quipped another.

“Someday I must learn cooking from your mom”, declared the third one.

I used to find these comments rather intriguing. I thought I was actually carrying a very simple lunch consisting of some rice, a dal (*Arhar* or split pigeon pea lentils being my favourite) and a vegetable dish (beans steamed with coconut, for example). That too in small quantities just enough for one person. I never thought my lunch box was that great. After all, I had never carried “gourmet dishes” like *Dal Makhni* (lentils with butter), Butter Chicken, or *Kadai Paneer* (Cottage Cheese cooked in a wok) for people to say wow!

It suddenly dawned on me that the “eating-out” culture that was becoming so pervasive was making basic Home-style Indian cooking into some kind of a rarity. In olden days, women usually learnt cooking from their mothers and continued cooking at their in-

laws. Domestic help trained and supervised by such mothers and daughters-in-law too knew how to cook “Home Style” food to the liking of everyone in the house. In those days, restaurant curries were considered a delicacy.

The ever changing fast paced modern lifestyle is making basic Home style Indian cuisine either extinct or a very unattainable distant dream for both Indian students abroad and employees working in India. People living by themselves either don't know how to cook or don't have enough time to cook at home. Higher wages in the corporate sector means that almost everyone can afford to order food from outside.

There is naturally a price to pay for this “convenience” ranging from obesity and gastrointestinal disorders to diabetes and high blood pressure. There is also a limit to how many times you can have “gourmet restaurant style curries” in a day no matter how much you may seem to think you like them.

A greater concern appeared to stem from the perception that Indian cuisine is complicated and time consuming. Unfortunately, quite a few cookbooks had a hand in spreading this misconception. They do that by suggesting either too many exotic ingredients or to cook certain dishes for hours together which makes Indian food less doable for busy couples.

---

No doubt, Indian cuisine is very diverse in nature. Even the *dals* (lentils) that Indians have almost every day is so different. For example, the dal I used to carry was the simplest, tempered just with *ghee* (clarified butter) and *jeera* (cumin seeds). My colleagues from Mumbai were, however, tempering theirs with black mustard seeds and curry leaves. The South-Indian twist on the same dal meant the really spiced up *Sambhar* that not only contained black mustard seeds and curry leaves but also, what to me looked like, a hundred other fiery and very colourful ingredients.

And yet, there was a unifying thread in this maddening diversity, in the sense that we all were having some kind of a dal in our different versions of “Home Food”.

### III

## HOW IS “HOME STYLE” INDIAN FOOD DIFFERENT FROM “RESTAURANT FOOD”?

**M**any of my international friends are surprised to learn that there is in India a distinct difference between “Home Style” food and “restaurant food”.

“So, what do you Indians eat at home?” They will ask me.

Is it all really so different from “restaurant food”?

And, more importantly, is it so superior to “restaurant food” that it deserves to be discussed as a separate category?

I believe that such a “strange” debate among Europeans or Englishmen does not take place in the western world (though I may be wrong!). There you

usually look up to the versions created in restaurants and by Michelin Star chefs of say “Roast Turkey” and try to replicate it at home. Here, in India, you almost look down upon the versions of say, “yellow dal” peddled by restaurants and very condescendingly declared your own “Home Style” versions to be less oily or more tasteful and decidedly superior in any case.

I also discovered that certain dishes are just not available in restaurants. For example, I couldn’t have my Eastern Indian style *Arhar dal* anywhere in India including the wayside eateries in Bihar and Uttar Pradesh. Similarly, the *Dahi-Sarson* (yogurt-mustard) fish, which every Bengali household can probably offer, is unavailable even in 5-star hotels in Delhi. Why, even the simple Indian unleavened bread called *Chapati* or *Phulka*, that I eat every day, would be absent from most restaurant menus who prefer to offer *Tandoori Roti* or *Naan* instead.

Digging a little deeper, I learnt that the whole style of restaurant cooking in India is diametrically opposed to what we practice in our homes with respect to the same dish. For restaurants, speed is of utmost essence as they don’t expect any customer to wait for longer than 15 minutes to be served. So they have to keep ingredients ready in a semi-finished condition for a quick conversion in to whatever dish the customer demands. Chicken, for example, will be semi-cooked in a *tandoor* and then kept ready to be converted into Butter Chicken or Chicken Tikka or *Chicken Do Pyaza* (Chicken with two onions

literally!) at the drop of a hat. Same goes for the veggies, which will be cut, and even boiled, to be used for any curried or dry version of that vegetable dish. This is the only way for restaurants to come up with menus that contained sometimes as many as 100 dishes.

A *dhaba* (roadside eatery) doesn't even have that luxury of a lead time of 15 minutes. Their customers being mostly busy (and burly) truck drivers from Punjab don't like to wait even for 5 minutes before being served. So a good *dhaba* to survive has to cook and keep ready its full repertoire of 10-12 dishes all the while. That way it is quite like the "Home Food" which too is fully finished in one go, starting from scratch. The one big difference, however, is that *dhaba* food would contain a lot more oil than home cooked meals. This is so because oil acts as some kind of preservative for *dhaba* food which, unlike home cooked meals, doesn't normally go into a fridge.

It was for this reason, it dawned on me, that even the Indian desserts like *Gulab Jamuns* or *Jalebis* served in *dhabas* would be fried!

The upshot of all this very fascinating debate that we carried over many, many moons was the conclusion that there is still a very robust tradition of "Home Style" cuisine alive and kicking in India. And this was very different from Indian restaurant cooking because:

---

**One**, it was cooked from scratch, from fresh ingredients;

**Two**, many “Home Style” dishes were simply NOT available on restaurant menus;

**Three**, it was much healthier as it allowed full freedom to change your salt, sugar and spice levels;

**Four**, it was not only less oily but it also permitted you to choose your preferred oil (mustard, olive, coconut, ground nut, soya, sunflower, rice bran or whatever...); and above all,

**Five**, it was less complicated and, therefore, easier to cook.

For me, and for all my colleagues in India, who just couldn't turn into professional chefs overnight, the last point was an eye opener.

“Is that so?” many asked incredulously.

“Prove it, Prasenjeet”; someone threw a challenge.

So I picked up the gauntlet and ventured out to start with a catalogue of my own family's “Home Style” Indian cuisine.

And this Book is the result of that small, modest attempt to do that.

You will find lots of quick and easy Home-style Indian recipes in this book (along with sequencing and parallel processing described fully later on) that

will help you put together a four course Indian meal (consisting of a rice, dal, two vegetable dishes or one vegetarian and one non-vegetarian dish) in less than 30 minutes (literally in a jiffy!)

Please remember that the “Home Style” recipes that I have catalogued here are made regularly in my home. You are strongly encouraged to experiment, adapt and add your own variation so that the food tastes like your “Home food”.

A word of warning though. If you are a complete newbie i.e. someone who does not even know how to boil an egg, then I suggest you start from my first book “How To Cook In A Jiffy Even If You Have Never Boiled An Egg Before” (see the excerpt towards the end of this book). Indian cooking can be a little tricky and it is best to acquire some basic cooking skills before making this a part of your daily routine.

---



## CHAPTER 8

### FISH & FOWL

**A**nyone interacting with the peripatetic Indian businessmen, who hail predominantly from the western Indian states of Gujarat or Rajasthan, thinks Indians to be primarily vegetarians. Once in India, they are then justifiably shocked to find a flourishing omnivorous tradition.

Some attribute this to the influence of rulers who came from Turkey, Persia or any of the Central Asian States like Uzbekistan. This is evident from the very popular body of dishes that goes around under the banner of *Mughlai* cuisine.

Certainly much of the baking tradition, especially using *tandoors* (earthen ovens) would have come from these regions. But barbeque, I'm not so sure that it is not as ancient as the discovery of fire and roasting of the hunt-of-the-day thereon.

And what would you say to the South Indian and in fact the entire Coastal Indian tradition of cooking their meats and fishes with coconut, curry leaves and *Rai* (black mustard seeds)? And the Eastern Indian tradition of using *Pachphoran*? Original and quite unparalleled? Yes absolutely, because no West Asian or East Asian nation cooks like the South, West and East Indians do.

That leaves the North Indian cuisine which *prima facie* looks “influenced”. I’ve, however, scoured the lanes of Samarkand and Bukhara for any *Mughlai* dish and failed. I couldn’t even get a simple curry anywhere. There was no trace of *Dal Bukhara* (or any lentil dish) even in the priciest of restaurants in Bukhara. Yes, I could have *Rice Pilaf*, but they were sweet and made in cotton seed oil. These tasted so different from any Indian *Pulao* or *Biryani* that I am not sure whether the Central Asians inspired us or whether we taught them a trick or two. The kebabs contained NO spices. The desserts didn’t use milk or milk products. I could go on and on...

Made me wonder if we are being too self-deprecatory and too generous in giving credit to “foreign” influences?

Before I spark off a major controversy, let me stop here and focus on the “Home Style” non-vegetarian dishes of my home.

Accordingly I present now six chicken, four fish, one mutton and one egg recipe spanning the Northern,

Eastern and Southern Indian traditions. You master this and you can handle any Indian non-vegetarian dish, I promise.

### **Basic Indian Chicken curry**

This is the Basic North Indian Chicken Curry that once mastered can be easily adapted into a number of variations simply by adding or deleting some ingredients.

#### *Ingredients*

Whole chicken -1 (cut into 8 pieces)

Chopped Onion-3 large

Chopped Ginger-2 inch piece

Chopped Garlic-8 Cloves

Tomatoes-3

Coriander powder-2 teaspoon

Turmeric-1 teaspoon

*Garam Masala*-1 teaspoon

Tip: If you can't get ready-made *garam masala* mixture from a nearby Indian store, you can make yours by using 1 black cardamom, 3 green cardamoms, 4 cloves, and 1 inch cinnamon-all ground together for this dish.

---

Red chilli powder-1/4 teaspoon (enough only to add flavour and not to make it hot)

Cumin seeds-1/2 teaspoon

Tomato Ketchup-2 tablespoon

Cooking Oil-2 tablespoon

*Ghee* (Clarified butter)-1 tablespoon

Water-3 cups

Salt to taste

### *Method*

In a pressure cooker, add the oil and the put it on your heat source.

As the oil turns hot, add the cumin seeds and let it splutter.

Immediately add the chopped onion.

Stir well till the onions become translucent.

Now, add the chopped ginger and garlic and stir till it starts giving off a nice aroma.

Add the chicken and the *ghee* (clarified butter).

Stir well.

Add the coriander powder, turmeric, *garam masala* and red chilli powder.

Stir and cook the chicken till all the water evaporates and the chicken becomes almost dry. This process ensures that all the raw flavours of chicken, onions, etc. are removed.

Add now the tomatoes and the ketchup.

Stir well again and add the salt.

Let the tomatoes cook well.

Now, add the water, and close the lid of the pressure cooker with weight.

Let it come to full pressure (*i.e. when the weight lifts and there is a whistling sound*).

Immediately reduce the heat (to SIM on a gas stove) and let the chicken cook for 5 more minutes before turning off the heat source.

Let the cooker cool down on its own.

**Note: If you don't have a pressure cooker, you can use a wok. Every step remains the same except for the last stage where cooking the chicken may take about 25-30 minutes (instead of 5 minutes in a pressure cooker) or till the chicken becomes tender.**

Your basic chicken curry is now ready.

---

Prep time: 7 minutes

Cooking time: 10 minutes with pressure cooker; 25-30 minutes with wok

Total time: 17 minutes with pressure cooker; 32-37 minutes with wok

*Note:* Let me assure you that any kind of cuisine anywhere in the world would be eminently suitable for such planning, sequencing and parallel processing. In my college dorm, as I have described in my Book “How To Cook In a Jiffy Even If You Have Never Boiled An egg Before”, I bumped into making a proper 3-course meal in less than 30 minutes. Want to know how (without buying my first book)? Here is the full excerpt:

**EXCERPTS FROM “HOW TO COOK IN A JIFFY: EVEN IF YOU HAVE NEVER BOILED AN EGG BEFORE” (CreateSpace; First Edition; 8 October 2013, pages 164—to 171)**

**Making a Full Lunch or Dinner in less than 30 minutes**

You may use the art of proper sequencing and parallel processing to make Chicken soup, breaded baked chicken, sautéed vegetables and garlic toast in less than 30 minutes. Don’t believe it. Let me prove it to you then.

**Basic Chicken Soup**

*Ingredients*

Chicken stock—2 cups

Boiled shredded chicken-50 grams (2oz)

Grated Cheese-25 grams (1oz)

---

Milk-1/2 cup

Corn Flour-1 heap tablespoon full

Salt and Pepper to taste

Sugar-1/2 teaspoon

### *Method*

Make the chicken stock by boiling chicken using the following method:

Take 500 ml water and pour the water in a pan and add salt to taste.

Submerge the chicken in the water inside the pan.

Place the pan on fire and let the water come to boil.

Reduce the heat and let the chicken simmer for about 10 minutes.

It is advised that you check that the chicken has been cooked properly. This can be done by using a fork to prick the chicken to see whether it has been thoroughly cooked.

Take the pan off from the heat source.

Now, take the chicken out and keep it on a separate plate once the water has cooled.

Shred some portion of the chicken into bite size pieces (50 grams or 2oz) and keep the rest for your breaded baked chicken.

Keep the chicken stock in the same pan.

Add the cheese, sugar and salt.

Switch on your heat source and put the pan on it.

Bring this mixture to a boil.

Meanwhile, dissolve the corn flour in half a cup of milk separately.

Add this to the mixture in the pan to give it a nice creamy taste.

Boil for 2 more minutes and add the shredded chicken.

A trick is to taste the soup to see whether the salt is alright or whether you need to add a little more.

Your chicken soup is ready.

## **Breaded Baked Chicken**

### *Ingredients*

Boiled chicken piece-2 (any piece breast, leg, or thigh with or without bones)

Two slices of bread toasted and crushed into crumbs

Egg-1

---

Wheat Flour-1 tablespoon dissolved in half a small cup of water for coating the chicken

Salt-Just a pinch

Utensils-Baking tray, oven, a bowl and a pan to boil the chicken

### *Method*

First, make the bread crumbs if you don't have it in ready stock. For making bread crumbs, you can take some left over bread which is already a little hard. Toast it well in the toaster. Take it out and let it cool down a bit. Then take a spatula to beat the toast till it all turns into crumbs.

Break the egg by gently tapping the middle portion of the egg with a fork till a crack appears. Keep tapping till the crack becomes a small hole. Gently press the egg to break it into two halves. Pour the liquid in a bowl.

Mix the egg and wheat flour together and add a little salt.

In another plate, keep the crushed bread. Take the chicken piece one by one and coat them first in the egg and wheat flour mixture and then coat with the bread crumbs.

Put these on a baking tray and bake in a pre-heated oven at 150 degrees Celsius for 15 minutes. Your non-deep fried, healthy Breaded Chicken is ready.

If you don't have access to an oven, you can simply deep fry the breaded chicken a' la KFC.

### **Sauté Vegetables**

Please feel free to use any seasonal European vegetable---- this list is only indicative.

#### *Ingredients*

Cauliflower-100 grams (3.5oz)

Broccoli-100 grams (3.5oz)

Carrot-100 grams (3.5oz)

French beans-100 grams (3.5oz)

Peas shelled or snow peas-100 grams (3.5oz)

Butter-1 tablespoon

Water-2 tablespoon

Salt and Pepper to taste

#### *Method*

Wash the vegetables thoroughly.

Wherever needed, cut in bite size pieces.

Switch on your heat source and put a pan on it.

Add the butter to the pan and let it melt.

Add all the vegetables and stir well.

---

When the vegetables start changing colour, add a pinch of salt and keep stirring.

Reduce the heat to minimum (SIM on a gas stove), add the water and cover the pan.

You will see that the steam starts escaping after a while.

Keep checking till the water has dried.

Tip: You may also use a fork to poke the vegetables to ensure that they have been cooked properly.

Your sauté vegetables are ready. At this stage, you may like to add some pepper.

## **Garlic Toast**

### *Ingredients*

Bread-2 slices preferably cut thick (you can use any bread, or even bun of your choice)

Garlic-5 cloves crushed

Salted Butter-20 grams (1oz)

Any fresh green herb of choice

### *Method*

In a pan, warm up the butter and add the crushed garlic.

Let it cook for a minute and then switch off.

Meanwhile, toast the bread (or bun) well.

Spread the garlic mixture on the toast.

You can sprinkle any fresh herbs on this toast.

Your delicious garlic bread is ready.

Let's now come to the sequencing and parallel processing needed for your lunch or dinner

First of all, gather all your ingredients and vessels.

Then begin with the soup.

While the soup is cooking, sauté the vegetables in a separate pan and toast the bread for the breaded baked chicken.

Once this is done, toast the bread/bun lightly for the garlic toast.

While the chicken soup is cooling down, transfer the vegetables to a casserole.

Finish the soup and put it in a casserole if you want the soup to remain piping hot.

Make the breaded chicken and put it in the oven.

Make the butter + garlic spread. Put the spread on the toast for the garlic toast.

Take out the chicken from the oven.

---

Your lunch/dinner is ready in a JIFFY, in less than 30 minutes.

You can make lots of dishes with your boiled chicken, many of which do not require an oven, and substitute that dish for the breaded chicken. This will add more variety to your lunch/dinner menu without much effort. **(END OF EXCERPT)**

## **OTHER BOOKS BY THE AUTHOR**

### **HOW TO COOK IN A JIFFY EVEN IF YOU HAVE NEVER BOILED AN EGG BEFORE**

Introducing “How To Cook In A Jiffy” – The Easiest Cookbook On Earth From The Author Of The Hugely Popular Website [www.cookinginajiffy.com](http://www.cookinginajiffy.com)

Never boiled an egg before but want to learn the magic art of cooking? Then don't leave home without this Survival Cookbook. Be it healthy college cooking, or cooking for a single person or even outdoor cooking---this easiest cookbook on earth teaches you to survive all situations with ease.

---

Where this book scores over other “How To” cookbooks is the structured manner in which it follows a step by step “graduation” process.

Most uniquely, the book teaches the concept of “sequencing and parallel processing” in cooking to enable busy people to create a 3-4 course meal in less than 30 minutes.

The book is fun and entertaining to read with the author sharing his own personal story of bumbling about in the wonderlands of cooking, with wit and humour.

Recommends Amazon.com reviewer B. Farrell *“This is a good informative book for someone starting out in the adventure of cooking. This would make a great gift for a young bride just starting out with her new duties of cooking or a single person getting out on their own.”*

## CONNECT WITH THE AUTHOR

This book has been written, I believe, in such a way that even an absolute newbie should not have any problems following it. However, if you do encounter some problem or find any portion confusing, then feel free to write to me anytime at [ciaj@cookinginajiffy.com](mailto:ciaj@cookinginajiffy.com).

If you liked this book and want to hear from us again regarding news of upcoming books or if you wish to receive weekly recipes and cooking tips from us, then you may want to subscribe to our blog. You can do that by simply going to our website [cookinginajiffy.com](http://cookinginajiffy.com) and registering.

I would love to connect with you on Social Media.

Join me on Facebook at <https://www.facebook.com/cookinginajiffy> or follow me on Twitter at <https://twitter.com/CookinginaJiffy>

You can even find me on Goodreads at <http://www.goodreads.com/prasenjeet>



## ABOUT THE AUTHOR



Prasenjeet Kumar is a Law graduate from the University College London (2005-2008), London University and a Philosophy Honours graduate from St. Stephen's College (2002-2005), Delhi University. In addition, he holds a Legal Practice Course (LPC) Diploma from College of Law, Bloomsbury, London.

Prasenjeet loves gourmet food, music, films, golf and traveling. He has already covered sixteen countries including Canada, China, Denmark, Dubai, Germany, Hong Kong, Indonesia, Macau, Malaysia, Sharjah, Sweden, Switzerland, Thailand, UK, Uzbekistan, and the USA.

Prasenjeet is the self-taught designer, writer, editor and proud owner of the website [cookinginajiffy.com](http://cookinginajiffy.com) which he has dedicated to his mother.



## **PLEASE REVIEW MY BOOK**

If you have liked my book, then I shall be grateful if you could leave a review on the site from where you purchased this book and show your support.



## INDEX

*Aloo Bharta*, **143**

*Aloo Gobi*, **141**

*Amchur*, **32**

*Amritsari Fish Fry*,  
**181**

*Arhar Dal*, **85**

*Asafoetida*, **32**

*Aubergine fries*, **145**

*Aubergine Fritters*,  
**205**

*Baigun Bhaja*, **145**

*Band Gobi, Gaajar,  
Aloo, Mattar Sabzi*,  
**113**

*Basic Fish Fry*, **181**

*Basic Indian Chicken  
curry*, **153**

*Bay Leaves*, **32**

*Beans with coconut*,  
**116**

*Besan Halwa*, **228**

*Bihari  
Machheriabhujan*,  
**181**

*Blender*, **24**

*Blender/Grinder*, **24**

*Bottle Gourd*, **128**

*Bottle Gourd Fritters*,  
**209**

*Bowls*, **23**

- 
- Breads, **74**
- Cabbage, carrot and peas with coconut, **118**
- Cabbage, Carrot, Potatoes and Peas Curry, **113**
- Cardamom, **32**
- Cauliflower Fritters, **203**
- Chana Dal*, **89**
- Chapati*, **74**
- Chhola*, **103**
- Chicken in a Coconut curry, **165**
- Chicken *Kofta* Curry, **171**
- Chickpea Flour Dessert, **228**
- Chilli, **33**
- Chiura*, **211**
- Chutney* Coriander Mint --Sweet Version, **219**
- Chutney* Coriander Mint--Salty version, **220**
- Chutney* *Dhania Pudina*, **219**
- Chutney* *Dhania Pudina*--Salty version, **220**
- Chutney* Tomato, **217**
- Chutneys*, **217**
- Cinnamon, **33**
- Cloves, **33**
- Coconut (*Nariyal*) powder or milk, **33**
- Cold Coffee, **261**
- Cold Coffee with ice cream, **262**
- Coriander seeds, **33**
- Cottage Cheese, **120**
- Cottage Cheese Balls Sweet, **249**
- Cottage Cheese fritters, **199**
- Cottage Cheese in pureed spinach curry, **133**
- Cottage Cheese Patties, **215**
- Cottage Cheese Sweet, **246**

---

Cottage Cheese Sweet  
with Palm Jaggery,  
**248**

Cottage Cheese with  
peas in a curry, **121**

Crockery and Cutlery,  
**23**

Cumin Rice, **62**

Cumin seeds, **33**

Curd Rice, **56**

Curry leaves, **34**

Custard Pudding  
Indian Style  
WITHOUT EGGS,  
**244**

Cutting Board, **23**

*Dahi*, **36**

*Dahi Sarson  
Machhali*, **189**

*Dalchini*, **33**

Deep Non-Stick Pan,  
**22**

*Dhania and Dhania  
patta*, **33**

*Dhuli Masoor Dal*, **93**

*Dhuli Moong Dal*, **95**

Dish Washer, **24**

Dried green mango  
powder, **32**

Egg Potato Curry, **178**

*Elaichi*, **32**

Fennel, **34**

Fenugreek, **34**

Fish Cooked in a Light  
Curry, **183**

Fish Cooked In a  
Tangy Tomato and  
Mustard Sauce, **186**

Fish cooked in a  
Yoghurt and Mustard  
paste, **189**

Fish Kerala style, **192**

Fish *Pakodas*, **181**

Fruit Pudding, **242**

*Garam Masala*, **34**

*Ghola Prasad*, **240**

Grater, **22**

Grilled *Paneer*, **120**

Grinder, **24**

*Haldi*, **36**

*Halwa Aatey Ka*, **232**

*Halwa Besan*, **228**

*Halwa Suji*, **230**

---

- 
- Heat Source, **21**
- Hing*, **32**
- Indian Home Made Sauces, **217**
- Jeera*, **33**
- Jeera Pulao*, **62**
- Kachha Gola*, **249**
- Kadhai (Wok)*, **22**
- Kalonji*, **35**
- Kare-patta*, **34**
- Karhi*, **107**
- Kashmiri Red Chilli*, **33**
- Kastoori Methi*, **31**
- Keema Mattar*, **168**
- Kesar*, **35**
- Kheer Aatey Ka*, **240**
- Kheer Chawal Ka*, **234**
- Kheer Natun Gud Ka*, **236**
- Kheer Sevai*, **238**
- Khichdi*, **69**
- Kohra*, **147**
- Lassi Mango*, **263**
- Lassi Rose Flavoured*, **264**
- Lauki Plain*, **128**
- Laung*, **33**
- Lava Chicken, **161**
- Lemon rice, **58**
- Lemonade Indian Style, **266**
- Machher Jhol*, **183**
- Mangrela*, **35**
- Mashed Potato, **143**
- Mashed Potato Southern Indian style, **139**
- Masoor Dal*, **91**
- Mattar Paneer*, **121**
- Mattar Pulao*, **65**
- Methi*, **34**
- Microwave, **24**
- Milk Shake Banana, **256**
- Milk Shake Instant Mango, **255**
- Milk Shake Kiwi, **257**

- 
- Milk Shake Mixed Fruit, **260**
- Milk Shake Strawberry, **258**
- Milkshake Mango, **253**
- Mince-Peas Curry, **168**
- Mixed vegetables in coconut milk, **124**
- Mustard leaves dish, **136**
- Mustard seeds black, **35**
- Nimboo Pani*, **266**
- Onion Rice, **60**
- Onion seeds dried, **35**
- Oven, **24**
- Pachphoran*, **35**
- Pakoras*, **197**
- Pakoras Aloo*, **207**
- Pakoras Baingan*, **205**
- Pakoras Gobi*, **203**
- Pakoras Lauki*, **209**
- Pakoras Onion*, **197**
- Pakoras Palak*, **201**
- Pakoras Paneer*, **199**
- Palak Baingan*, **130**
- Palak Paneer*, **133**
- Peas Rice, **65**
- Phulka*, **74**
- Plain Pumpkin Delight, **147**
- Poha Fry*, **211**
- Pooris*, **77**
- Potato Cutlets Indian style, **213**
- Potato Fritters, **207**
- Potato-Cauliflower, **141**
- Pressure Cooker, **24**
- Rai, **35**
- Raita*, **221**
- Raita Apple*, **221**
- Raita Cucumber*, **222**
- Raita Pineapple*, **223**
- Raita with Mint and Coriander Leaves*, **224**
- Rajma*, **100**
- Red Kidney Beans curry, **100**
- Refrigerator, **24**
-

- 
- Rice Boiled, **53**  
Rice Maker, **24**  
Rice Pudding, **234**  
Rice Pudding with  
Palm Jaggery, **236**  
Roasted "*Tandoori*"  
Chicken, **175**  
Rolling Board  
(*Chakla*), **23**  
Rolling Pin (*Belan*), **23**  
*Roti*, **74**  
Saffron, **35**  
*Sambar*, **97**  
*Sandesh*, **246**  
*Sandesh Natun Gud*,  
**248**  
*Sarson Ka Saag*, **136**  
*Saunf*, **34**  
Savoury Rice Flakes,  
**211**  
Semolina Dessert, **230**  
Shallow Non-Stick  
Pan, **22**  
Sharp Knives, **23**  
Spinach fritters, **201**  
Spinach-Aubergine,  
**130**  
Split Bengal gram, **95**  
Split Chick Pea, **89**  
Split Pigeon Peas, **85**  
Split Red Lentils, **93**  
Stainless Steel Slotted  
Spoon, **22**  
Sweet Vermicelli Milk  
Pudding, **238**  
*Tamater Sarson*  
*Machhali*, **186**  
*Tej Patta*, **32**  
*Thalis*, **37**  
Thick Chicken curry,  
**157**  
*Tikki Aloo*, **213**  
*Tikki Paneer*, **215**  
*Toor*, **85**  
Turmeric, **36**  
*Varki Paratha*, **80**  
Vegetable Fritters, **197**  
Whole Chick Pea  
Curry, **103**  
Whole Red Lentils, **91**

---

Whole Wheat Flour  
Dessert, **232**

Whole Wheat Flour  
Porridge, **240**

Wooden Spatulas, **22**

Yoghurt, **36**

Yoghurt chickpea flour  
curry, **107**

Yoghurt Mango Shake,  
**263**

---