



HOME GROWN

RECIPES

FOR THE PERFECT INDIAN EVENING

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DIGNITY FREEDOM NETWORK



Every perfect Indian evening begins with an invitation.

Invite friends who are up for an adventure. Invite friends who want to taste and smell and experience something new and aren't afraid of a little spice. Tell them to come ready to relax and be renewed after a hard day's work. The evening will be about the conversation you have, about building your friendship, and about having a shared experience that you'll talk about for years to come.

A good Indian host will have everything ready ahead of time.

Indian hosts prepare the food before the guests arrive and keep it warming, so the host can spend the maximum amount of time with their guests. Prepare the table with an Indian ethnic tablecloth. Adorn your table with things in reds, oranges and golds to set the scene perfectly. Light a few candles, play some Indian music in the background. Tonight is about India and you'll want everyone to know..

One of our favorite Spotify playlists is Indian Chill. It will set the perfect mood.

DIGNITY AND FREEDOM FOR THE
POOR, THE MARGINALIZED AND
THE OUTCASTS IN SOUTH ASIA

Dress casually.

Encourage your guests to come dressed casually as well. All pretense and formality is banned from the evening. Make sure there is lots of comfortable seating in your living room or family room and when the guests arrive invite them to sit. As good Indian hosts do, offer them a glass of water to refresh them from their journey to your home. Follow that up with a glass of ice cold mango juice for them to sip while you spend at least an hour catching up and having great conversation.

After a leisurely time socializing, invite your guests to eat.

Bring out the warm dishes that you've prepared... Starting with the chick-pea curry and naan, followed by the chicken biryani and cool, clean yogurt. Have some water nearby in case the spices are too much. If being truly, authentically Indian is your goal, allow the guests to eat first while you keep the conversation going. You might even encourage everyone to try eating with their hand instead of using silverware.





Finish the evening on a sweet note.

Serve each person one small scoop of delicious vanilla ice cream in the most beautiful bowls you have. Savor each creamy bite that cools the palate after the spicy meal. Follow the ice cream with a hot and steaming cup of creamy, spicy chai. Let everyone bask in the glory of the evening, knowing that although the food was delightful, the truly memorable part will be the time you spent together as friends.

As everyone is standing near the door, has once again put on their shoes and is ready to depart, stand in a circle of friendship, grasp hands in unity and pray this prayer over your guests in a moment of solemn blessing and hospitality:

Almighty God, we entrust all who are dear to us to your never-failing care and love, for this life and the life to come, knowing that you are doing for them better things than we can desire or pray for; through Jesus Christ our Lord. Amen.

Book of Common Prayer 2019, p. 76



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CHICKEN BIRYANI

- 2 Tablespoons butter
- 1 Tablespoon oil
- 1 teaspoon cumin seeds
- 2 cinnamon sticks
- 6 whole cloves
- 6 green cardamom pods
- 1 medium onion, diced
- 1 ½ Tablespoons ginger paste
- 2 Tablespoons garlic paste
- ½ teaspoon cayenne pepper
- ½ teaspoon turmeric powder
- 2 teaspoons garam masala powder
- 4 boneless, skinless chicken breasts, cut into bite-sized pieces
- ½ cup chopped fresh cilantro
- ½ cup chopped fresh mint
- 1 cup basmati rice, rinsed and drained
- 1 teaspoon salt
- 1 cup water

1. In a large cooking vessel that can be covered, heat butter and oil until butter is melted. Add the cumin seeds, cinnamon, cloves, and cardamom pods. Stir and cook for 1-2 minutes or until the spices are sizzling.
2. Once the spices sizzle, add the onion and cook until it is starting to brown
3. Add the ginger, garlic, cayenne, turmeric, and garam masala powder and cook for 2-3 minutes
4. Add the chicken pieces and sear gently on all sides to pre-cook the chicken slightly.
5. Spread out the chicken, spices, and onions to cover the bottom of the pot.
6. Sprinkle the chopped cilantro and mint over the chicken mixture.
7. Spread the rice across everything and sprinkle salt over the top. Do not stir.
8. Pour in the water and gently push the rice down so it is mostly covered by the water.
9. Cover the pot and reduce the heat to simmer. Cook for 15-20 minutes or until the rice is tender and cooked.

CHICKPEA CURRY

1 1/2 Tablespoons pureed ginger	2 shallots, finely diced
1 1/2 Tablespoons pureed garlic	1 tsp turmeric powder
2 large tomatoes roughly chopped	1 Tablespoon ground coriander powder
4-6 Tablespoons canola oil	salt, to taste
5-6 whole cloves	1 Tablespoon ground cumin
6-7 green cardamom pods	3 14 oz cans chick peas/garbanzo beans, drained
2 large shards of whole cinnamon sticks	1 1/2 Tablespoons garam masala powder
1 Tablespoon whole cumin seeds	1/4 c lemon juice (more to taste if needed)
1/2 tsp cayenne pepper (if desired)	3/4 c roughly chopped fresh cilantro leaves

1. In a separate bowl, blend together into a paste the pureed ginger, pureed garlic, and chopped tomatoes until smooth. Keep separate.
2. Heat the oil in a large saucepan. Add the cloves, cardamom pods, cinnamon sticks, and the whole cumin seeds. Cook whole spices until they release their aroma and begin to sizzle.
3. Add the onion and cook until the onion is softened, 4-5 minutes.
4. Add the tomato/garlic/ginger paste, turmeric powder, coriander powder, cayenne pepper (if desired), and salt. Stir together and cook over medium to high heat for 10-15 minutes, stirring often.
5. Add the chickpeas and enough water to come halfway up the pan. Bring everything to a boil, then simmer over medium heat for 6-8 minutes.
6. Stir in the garam masala.
7. Smash a few chickpeas against the side of the pan to slightly thicken the curry sauce. Continue cooking and stirring.
8. Add lemon juice and 1/2 cup fresh cilantro. Stir, then taste for saltiness and tartness. Adjust seasoning as necessary.
9. Garnish finished dish with additional 1/4 cup fresh cilantro. Eat with fresh naan bread.

NAAN BREAD

1 tsp sugar
1/2 cup warm water
1/4 oz active dry yeast (1 1/4 tsp)
1 1/4 cups all-purpose flour
1/2 cup plain yogurt
1/2 tsp salt
1 tsp oil
oil for greasing the skillet
3 Tablespoons melted salted butter
Minced garlic

1. In a small bowl, add the sugar, warm water, and yeast together. Stir to combine well. The yeast should be activated when it becomes foamy, about 10 minutes. Transfer the flour to a flat surface and make a well in the middle. Add the yeast mixture, yogurt, and oil. Knead until the surface becomes smooth and shiny, about 10 minutes. Cover the dough with a damp cloth and let it rise in a warm place. The dough should double in size in about 1 hour.
2. Divide the dough into 8 equal portions. Roll the dough to an 8" circle using a rolling pin.
3. Heat a skillet over high heat and lightly grease the surface to keep the dough from sticking to the surface.
4. Place the dough on the skillet. When it puffs up and bubbles and burnt spots appear, flip it over to cook the other side. Repeat until all the dough is done.
5. Brush the naan with melted butter or with melted garlic butter. Serve warm.

DESSERT

Ice Cream!

Your mouth is probably burning up with all that delicious spice and your tummy might be churning away. Here's the perfect recipe to calm down all that spicy goodness. Our team in India says this is their go-to dessert, especially when it's hot and sticky outside.

1. Grab a bowl of your favorite vanilla bean ice cream.
 2. Enjoy with your friends and family.
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CHAI TEA

In a small saucepan, add the following

- 2 cups whole milk
- 2 Tablespoons sugar
- 1 Tablespoon loose tea leaves
- 1 1/2-inch piece of ginger, peeled
- 2 cardamom pods
- 2 cloves
- 1 2-inch cinnamon stick

Over high heat, bring to a boil, then reduce heat and simmer for 5-7 minutes, watching to ensure it does not boil over.

Strain liquid into cups or teapot. Serve hot and enjoy. Makes 3 to 4 1/2-cup servings.





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