

## Indian Food #2

By David Larkin

I spent my early years in India, but we never ate Indian food, although I do remember enjoying chapattis. But I acquired a taste for it in Dublin where it was served each week in the Trinity College dining room.

I keep trying to introduce it at St Philip's Anglican Church where there are some enthusiasts and some who are terrified. We had a few Indian dishes at our pot luck that we had with the movie 'The Hundred Foot Journey' last week. Surprisingly, the pappadums were a huge success. They are so much easier to prepare by using a microwave than by frying. I have taken Mulligatawny soup to the church on a few occasions and it has always been a great success.

I should have made the point that not all Indian food is hot. Well-spiced is not necessarily hot. In addition to the sauces, powders and pastes available in your supermarket, I should mention Naan Bread. This needs to be heated in the oven for a few moments @400°. Pappadums are prepared by brushing them with oil and zapping them in the microwave (one at a time) for 40 seconds. You can get plain, pepper and garlic pappadums. There are many other Indian flat breads, but these are the ones most easily found.

There are a host of other dishes that one can have with the main dish. We are very fond of Raita, a cooling dish:

**1 English cucumber, peeled, seeded and chopped finely**

**Coarse cooking salt**

**2 tspns. cumin seeds**

**2 green onions, chopped**

**1 1/2 cups plain yogurt**

**1 tbsp. lemon juice**

Place cucumber in strainer, sprinkle with salt; stand for 15 minutes. Rinse cucumber under cold water; drain well.

Place seeds in small saucepan, stir over low heat until well browned.

Combine half the cucumber, seeds, onions, yogurt and juice in medium bowl, stir well. Spoon into serving bowl, sprinkle with remaining cucumber and extra seeds, if desired.

Aloo Gobi (potato /cauliflower) is cauliflower and peas, plus spices. You can get the recipe by Googling Aloo Gobi Michael Smith. He gives a modified recipe using sweet potatoes, but I always make it the original way with ordinary potatoes.

Another dish which goes well is a \*Tomato, Mint and Lime Salad

**4 medium tomatoes**

**6 green onions, chopped**

**1/2 cup chopped fresh mint**

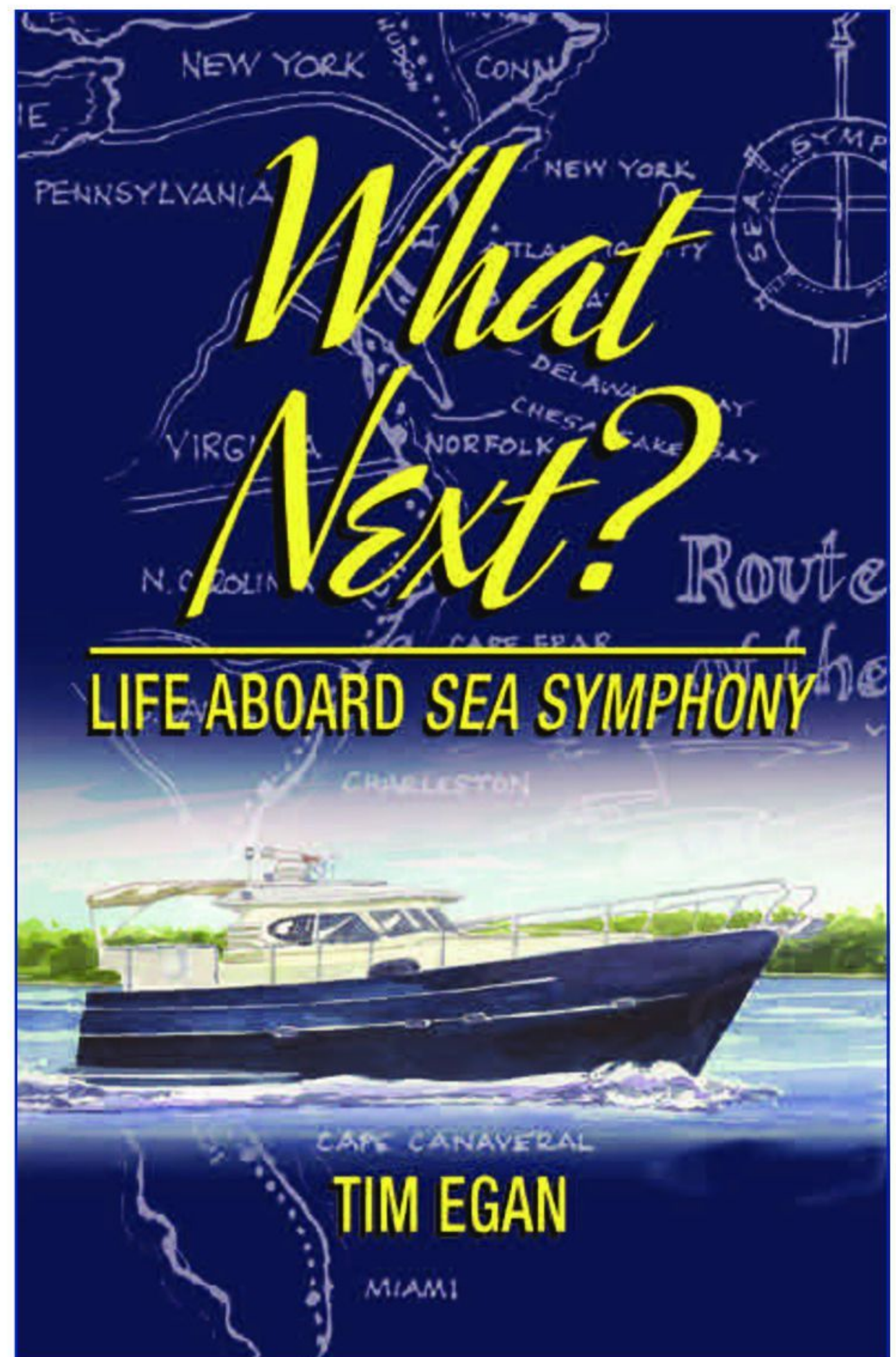
**1/4 cup lime juice**

**2 tspns. sugar**

**1/4 tspn. chili powder**

Cut tomato into wedges, combine in large bowl with onions and mint.

Combine juice, sugar and chili in small jug, stir into tomato mixture.



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