

## Flavors of the World:

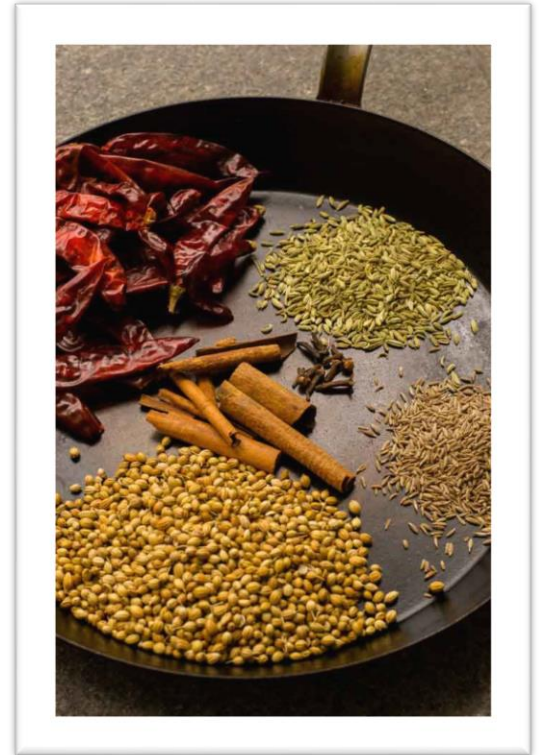
### Curry powder & garam masala

Presented 11/20/2018 by Varsha Pathare

Mention Indian cuisine, and people think of spicy-hot food that brings tears to your eyes and burns your lips. This is not true; Indian food is about flavors and texture. It has spices, but it does not have to be spicy-hot.

Two of the most common types of spices associated with Indian cooking are curry powder and garam masala.

Hot or Madras curry powder is a derivative of South Indian Sambar podi, which is a spice blend made from kari leaves and other spices. Today curry is a catchall phrase for a variety of powders, pastes, sauces and dishes. England ruled India for 250 years. British officers stationed in India enjoyed the native food and brought the spices back to England. British immigrants to America brought their love for curry.



Mary Randolph's *The Virginia Housewife Cookbook* (1824) includes this recipe for curry powder: "1 ounce turmeric, 1 ounce coriander seeds, 1 ounce cumin seeds, 1 ounce white ginger, 1 nutmeg, 1 mace, 1 cayenne pepper (teaspoon?). Pound together, pass through a fine sieve, bottle and cork it well. 1 teaspoonful is sufficient to season any made dish." Eliza Leslie's (1857) cookbook gives the recipe for curry powder as, "1 teaspoon each of turmeric powder, coriander powder, cumin powder, ginger powder, nutmeg powder, mace powder and cayenne powder." Both books instructed to grind their spices fresh. Due to oxidation and evaporation, ground spices lose the chemicals that give them their taste and aroma.

Garam masala literally means warming spice. This spice mix is aromatic without being hot. It usually consists of cinnamon, cloves, black pepper, cardamom, cumin, black cardamom, mustard seeds, shahajeera (black cumin seeds), nutmeg and fenugreek. It can also have fennel seeds, poppy seeds and mace. All these spices are lightly roasted and powdered.

Curry powder consists of turmeric, coriander, cumin, cayenne pepper, black pepper and fenugreek. It may also contain mustard seeds. All these spices are lightly roasted and powdered. American curry powder is usually mild. It's also available as sweet curry powder.

Sources (both available at FDL Public Library):

*Eight Flavors: The Untold Story of American Cuisine* by Sarah Lohman (641.5973 L832 2016)

*The Curry Guy: Recreate Over 100 of the Best Indian Restaurant Recipes at Home* by Dan Toombs (641.5954 Toombs 2017)

## Chana Masala/Chhole

*Spicy chickpeas/garbanzo beans*

### Ingredients

16 ounce can of garbanzo beans/chickpeas  
(drained and rinsed)  
1 small onion finely chopped (about ½ cup)  
2-3 small tomatoes finely chopped (about 1 cup)  
½ teaspoon ginger-garlic paste  
½ teaspoon black mustard seeds  
½ cumin powder  
½ teaspoon coriander powder  
½ teaspoon turmeric  
1 teaspoon garam masala  
Salt to taste  
1 Tablespoon oil  
Cilantro, chopped, for garnish (optional)

### Directions

1. Heat 1 Tablespoon oil in a pan over medium-high heat. Add mustard seeds. The seeds will start to splutter. Add onion and sauté for 3-5 minutes until onion becomes translucent.
2. Add ginger-garlic paste and fry for 2-3 minutes. Add turmeric powder, cumin powder and coriander powder, stir together to blend.
3. Add tomatoes, mix well and cover the pan. Reduce heat to medium-low and cook for about 10 minutes.
4. Add garbanzo beans and salt. Cover the pan and let simmer for 2-3 minutes. Add garam masala and stir well. Garnish with cilantro (if using) and serve.

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## Tandoori-style Chicken

*Spicy roasted chicken*

A tandoor is a big clay oven that roasts meats and breads at a very high heat. This chicken recipe is made using the same kind of spices but roasted in the regular oven or on the grill. The key is to use high heat.

### Ingredients

2¼ pounds boneless chicken breast (cut into bite size pieces)  
Juice of 1 lime  
2 Tablespoons ginger-garlic paste  
1 cup plain yogurt  
1 teaspoon cumin powder  
1 teaspoon coriander powder  
1 Tablespoon garam masala  
1 teaspoon turmeric powder  
1 teaspoon paprika  
1 teaspoon black pepper  
1 teaspoon oil

### Directions

1. Whisk the yogurt. Add all other ingredients (except chicken) and mix well.
2. Add the chicken to the yogurt mixture and mix well, making sure the chicken pieces are coated.
3. Refrigerate for 6-12 hours.
4. Heat oven to 450 degrees F.
5. Line a rimmed baking sheet with foil (to make clean-up easier). Spray with cooking spray. Arrange chicken pieces in a single layer and bake for 20 minutes, turning the chicken over once.
6. Bake until chicken is cooked through and edges are blackened. Oven temperatures and times vary, so you may have to adjust your cooking time. Checking every few minutes after the first 10 minutes. You can also cook this on a hot grill.

## Currywurst

*Popular fast food of German origin consisting of steamed, then fried sausage, typically cut into slices and seasoned with curry ketchup*

### Ingredients

4 bratwurst  
½ teaspoon curry powder  
1 cup tomato ketchup  
1 small onion, chopped  
1 teaspoon paprika  
4 teaspoons curry powder, divided  
1 teaspoon cumin powder  
2½ Tablespoons olive oil, divided  
1 cup hot water (as needed)  
Salt to taste

### Directions

1. In a pot, bring water to boil. Add ½ teaspoon curry powder and the sausages. Cook for 3-5 minutes. Remove sausages from water.
2. In another pan, heat 2 Tablespoons oil. Add chopped onion and fry until onion is golden brown. Add paprika and ketchup, let simmer; take care not to burn.
3. Add cumin powder and remaining 3½ teaspoons curry powder to ketchup mixture. Add hot water as needed to thin the sauce.
4. Heat ½ Tablespoon oil in a frying pan. Add sausages and fry, turning to brown evenly. When cooked through, remove from pan and slice. Pour the curry-ketchup sauce on top, sprinkle with additional curry powder and serve.

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## Daal

*Spicy lentils*

### Ingredients

1½ cup split red lentils  
1 teaspoon cumin seeds  
1 onion, chopped  
4 cloves garlic, finely chopped  
2 teaspoons curry powder  
½ teaspoon turmeric  
Salt to taste  
1 Tablespoon oil or ghee  
Coriander leaves, chopped (optional)

### Directions

1. Rinse the lentils under cold water. Put the daal (lentils) in a pan and cover with about 1¾ cups of water.
2. Simmer over medium-high heat for about 20-30 minutes, or until lentils are tender, removing any foam that forms on top. (You can also cook the daal in a pressure cooker. Check your pressure cooker's manual for directions.)
3. Heat oil/ghee in a pan, and add cumin seeds. Add garlic to the sizzling cumin seeds. Stir a little until the garlic turns golden, then add onions. Fry for about 5 minutes until onions turn golden brown.
4. Add cooked daal, salt, turmeric and curry powder. Simmer for 3-5 minutes to soak up the flavors. Add water if needed. Garnish with chopped cilantro, if using, and serve.