**BUTTER CHICKEN**
Recipe by Chandrika Joshi ’24, Business Management and Finance Major

**RECIPE**

**Ingredients:**

**FOR THE CHICKEN**
- 300 grams Chicken breast (boneless)
- 1 tbsp Ginger garlic paste
- 1 tbsp Red chilli powder
- Salt to taste
- Oil to pan fry

**FOR THE GRAVY**
- 500 grams roughly cut tomatoes
- 100 grams roughly cut onions
- 1.5-2 tbsp garlic powder
- 1 tbsp garlic paste
- 50 grams cashew
- 1 tbsp kasoori methi
- 1 tsp coriander powder
- 1.5 tsp garam masala
- 4-5 tbsp sugar
- 2 tbsp kashmiri chili powder
- 5 tbsp butter
- 3 tbsp cream
- 2-3 cups of whole milk
- 1 cup of water
- 2 tbsp malt vinegar / 1.5 tbsp white vinegar
- Salt to taste

**Instructions:**
- Marinate the chicken with ginger paste, garlic paste, red chili powder and a pinch of salt.
- Allow it to sit for 15 to 20 minutes. In a large pan, heat some oil and pan-fry the marinated chicken pieces in batches until cooked. Place them in a large bowl. In the same pan, add onions and more oil, along with a few spoonfuls of butter. Once the onions are translucent, add the tomatoes and cashew nuts.
- Pour in some water, garlic paste, salt, malt vinegar (or white vinegar), sugar, garam masala and chili powder.
- Mix well and let it simmer for 15-20 minutes. Blend the mixture into a smooth puree using a blender or food processor. Strain the puree back into a large pan to minimize waste.
- Add the remaining butter, cream, chicken, milk (slowly in parts) and kasoori methi. Let it simmer for an additional 5-7 minutes.
- Garnish with extra cream and kasoori methi.
ARROZ CHAUFÁ
(PERUVIAN FRIED RICE)
Recipe by Nicole Diaz ‘24, Business Management Major

RECIPE

Ingredients:
• 2 cups of rice.
• One chicken breast (250 grams).
• 4 eggs.
• 2 hot dogs.
• 2 bunches of green onions (also known as Chinese chives).
• ½ red bell pepper.
• A small piece of ginger.
• Soy sauce.
• A teaspoon of garlic.
• Salt and pepper.

Instructions:
• Cook the rice without adding salt.
• Dice the red bell pepper into small squares. Cut the hot dogs in small pieces.
• Chop the green onions in small pieces. Also cut the white part of one of the green onions.
• Cut a small and medium piece of ginger. Chop the small piece of ginger and the medium piece, smash it to extract the juice.
• Cut the chicken into small cubes.
• Beat the eggs one by one and fry them with a splash of oil. Wait for them to cool off and then cut them into small squares.
• In a pan with medium heat and a splash of oil, cook your sliced hot dogs.
• In the same pan, add a little oil and put in the diced red bell pepper. Stir-fry for a few moments and then remove it.
• Next, fry the white part of the green onions in the same pan, then turn off the heat and add the rest of the green onions. Give it a couple of stirs and it’s ready.
• Over medium heat, fry the garlic with the finely chopped ginger in a pan, then add the diced chicken. Add pepper and a pinch of salt. Stir constantly and then add some soy sauce until it is well fried.
• Transfer all the prepared ingredients into your cooked rice pot.
• Finally, in the rice pot, add a dash of soy sauce and squeeze the juice of the remaining ginger. Proceed to mix everything together.
**KHICHURI AND BEEF BHUNA**
Recipe by Samiha Khan '27, Biochemistry Major

**RECIPE**

**Ingredients:**

For the Khichuri (8-10 servings)
- Pran pulao rice (Not jasmine or basmati) - 1kg
- Red lentils - 200 gm
- Fried Yellow lentils - 250gm
- Onions - 250gm
- Ginger - Garlic paste - 50gm
- Cinnamon - 2-3 sticks
- Cardamom - 3 pieces
- Cloves - 3 pieces
- Bay leaves - 3-4 leave
- Turmeric powder - 2 Tablespoons
- Chilli powder - 1 Tablespoon
- Coriander powder - 3 Tablespoons
- Salt – a handful (that’s what my mum said)
- Oil - 200ml
- Green Chillies - 5 pieces
- Ghee - 50gm
- Fried onions (for garnish)

For the Beef Bhuna
- Beef cubes 2kg
- Oil - 250m
- Salt - 50gm
- Onions - 300gm
- Ginger Garlic paste - 100gm
- Chili powder - 3 tablespoons
- Turmeric powder - 2 tablespoons
- Nutmeg powder - 1 tablespoons
- Coriander powder - 4 tablespoons

**Instructions:**

For the Khichuri
- First soak the rice & lentils separately for 30min. Cook the lentils halfway through.
- Heat the oil in a saucepan, put the sliced onions with the spices in the pan.
- Cook the onions until golden brown and add the ginger garlic paste to it. After the paste has cooked for a while, put the spices in the pan and stir until it releases oil. Add water if needed.
- Add rinsed pulao rice and half boiled lentils to the pan and fry for 5 minutes.
- Add 2L of hot boiling water to the pan and sit for 15-20 minutes. After stirring the rice for even cooking, garnish with ghee and fried onions.

For the Beef Bhuna
- Marinate the beef with all the ingredients except cumin powder for at least 3 hours. Slow cook for 30 min, stir at 10 min intervals.
- Add 500ml hot water and slow cook for 1 hour. When the oil is released the meat is ready.

*Serve both with tomato and onion salad.*
Ingredients:
• 5 hulled strawberries
• 5 seedless grapes
• 5 clementine segments
• 5 12-inch wooden skewers
• ¾ cup white sugar
• ½ cup water
• 2 tablespoons light corn syrup

Instructions:
1. Line a large baking sheet with paper towels. Pat fruit dry. Divide fruit among wooden skewers, 3 pieces each, arranging fruits to cover end of skewer and ensuring fruits are touching.

2. Stir together sugar, water, and corn syrup in a small shallow saucepan. Bring to a boil over medium heat, undisturbed. Reduce heat to medium-low, cook, undisturbed, until a candy thermometer registers 300 degrees F (150 degrees C), 18 to 20 minutes.

3. Meanwhile, prepare an ice bath.

4. Remove pan from heat, let stand until bubbles subside, 1 to 2 minutes. Carefully tilt pan so sugar mixture pools to one side. Working quickly, place fruit end of one skewer in sugar mixture, rotating to fully coat; allow excess syrup to drip back into pan. Place dipped skewer, fruit side down, in ice bath, allowing to cool fully, about 1 minute. Place, fruit side up, in a heavy cup or saucepan.

5. Repeat with remaining skewers and sugar mixture, working quickly. Using kitchen scissors, trim any excess sugar drips.

SPICY ALOO KI SABZI
Recipe by Heena Joshi ’26, Health Science Major

Ingredients:

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<thead>
<tr>
<th>AMOUNT</th>
<th>ITEM</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/4 cup</td>
<td>Onions, Red, Fresh, Chopped, Fine</td>
</tr>
<tr>
<td>1/2 each</td>
<td>Peppers, Chili, Green, Thai, Fresh</td>
</tr>
<tr>
<td>4 each</td>
<td>Garlic cloves, Peeled, Fresh, Minced</td>
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<td>1/4 cup</td>
<td>Cilantro, Fresh, Chopped</td>
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<td>1 cup</td>
<td>Tomatoes, Fresh, Diced</td>
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<tr>
<td>1 tsp</td>
<td>Spice, Chili, Mirch, Powder</td>
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<tr>
<td>1/2 tbsp</td>
<td>Spice, Chili Powder, Kashmiri</td>
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<tr>
<td>1/2 tbsp</td>
<td>Spice, Chili Powder, Light</td>
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<td>1 tbsp</td>
<td>Spice, Pepper, Red Chili, Crushed, Flakes</td>
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<tr>
<td>1 tbsp</td>
<td>Mango, Amchur, Powdered</td>
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<td>1 tsp</td>
<td>Spice, Mustard Oil</td>
</tr>
<tr>
<td>1/4 cup</td>
<td>Oil, Canola</td>
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<td>2 tbsp</td>
<td>Spice, Cumin Seed</td>
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<tr>
<td>1/2 cup</td>
<td>Basic Ginger-Garlic paste</td>
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<tr>
<td>1-1/2 tsp</td>
<td>Spice, Chili Powder</td>
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<td>1 tsp</td>
<td>Spice, Turmeric</td>
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<tr>
<td>1 tsp</td>
<td>Spice, Cumin, Roasted, Ground</td>
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<td>1 tsp</td>
<td>Seasoning, Garam Masala</td>
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<tr>
<td>16 ounces</td>
<td>Potatoes, Pre-Diced, Fresh</td>
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<tr>
<td>1/2 cup</td>
<td>Cream, Whipping, Heavy</td>
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</tbody>
</table>

Instructions:
Recipe Yields 4, 4 oz portions.

- Begin by chopping cilantro very finely.
- Dice red onion, tomato, green chili and mince the garlic.
- Add oil into the pan and add cumin seeds when hot.
- Add chopped ingredients and sauté. Add garlic-ginger paste and seasonings. Add salt to flavor.
- Let seasoning marinate.
- Boil potatoes until tender and add in cream. Add in curry and continue to cook fully.
- Add hot water if needed to thin the curry sauce.

Recipe Suggestion: Serve with basmati rice and roti. Garnish with more cilantro, slivered red onions and lemon wedges.