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 chilli 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.
Ingredients:

- 1 - 1 1/2 medium onion, sliced
- 8 oz. shiitake / oyster, sliced
- 1 bunch green onion, thinly sliced
- 2 medium bell peppers (any color), sliced
- 2 cups broccoli florets
- 2 cloves garlic, finely minced
- Rice, for serving
- Sesame seeds, for serving
- Optional ingredients:
  - Peas
  - Grated ginger

Sauce:

- 3 tbsp. soy sauce / tamari
- 1 tbsp. sesame oil
- 1 tsp. corn starch
- 1 tsp. honey

Instructions:

- Cut vegetables and mushrooms into equal size segments, about 1/2“ thickness.
- Whisk together sauce in a small bowl, have it ready.
- To a medium-high pan, add a neutral oil and saute the minced garlic cloves and onion slices.
- After the garlic and onion have softened and are transparent, add the sliced mushrooms and peppers and broccoli.
- When the mushrooms, peppers, and broccoli have softened, add the sauce and stir until the sauce has thickened
- Add half of the sliced green onions and stir. Turn off the heat.
- Spoon over rice, top with sesame seeds and more green onion.
- Enjoy :)
ARROZ CHAUF A
(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- 2Tablespoons
- Chilli powder- 1 Tablespoon
- Coriander powder-3 Tablespoons
- Salt- a handful (that's what my mum said)
- Oil- 200ml
- Green Chillies-5pieces
- 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.*
RECIPE

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.