

Trans Can Cook Recipes

Breakfast

French Toast [very simple]

French toast is one of the easiest things that you can do for breakfast. Put butter or margarine in a frying pan over high heat.

Take any kind of sliced bread that you have in the house. Better yet, if you have time buy your favorite baked bread from your local grocery store (french bread, pugliesi, ciabatta, etc.) Dip each side quickly in either egg beaters (egg substitute) or in one egg (well beaten). Cook in pan. That's it.

Variation: You can add a tablespoon of frozen orange juice concentrate or some fresh squeezed oj and orange zest (zest is the skin of the orange chopped finely -- avoid any of the white parts which do nothing but make any dish involving this ingredient bitter) and cinnamon to the egg.

Jim Canter's Killer Buttermilk Pancakes [intermediate]

Note: The only complex thing about this recipe is the near precise measurement required and the manner in which the ingredients need to be mixed together. Give it a try. It will be well worth the effort.

This is one of those recipes where the dry ingredients need to be well incorporated. The easiest way to do this is to put all dry ingredients in a large zip lock bag, closed it being sure that it is completely sealed, and shake well. Do not blend them with the wet ingredients until just before cooking up the pancakes.

Dry Ingredients:

2 Cups General Purpose Flour
1 Tsp. Baking Soda
2 Tsp. Baking Powder
1 Tsp. Salt
2 Tbs. Sugar

Wet Ingredients:

2 Cups Buttermilk
1 Cup Milk
1/4 Cup Butter or Margarine (Melted)
2 Eggs

Formula:

Combine Dry ingredients and wet ingredients in separate bowls. The combined mixture is very reactive and will go flat if not used immediately. Pour the wet into the dry and mix gently (just to combine) batter will be lumpy. You WANT IT that way. Do NOT try to mix out the lumps!!!

Over-mixing will activate the gluten in the flour and the pancakes will be tough. There should be a lot of bubbles in the batter (from the buttermilk, the baking soda and the baking powder).

Ensure your griddle or pan is ready to go. It should be hot enough to sizzle a drop of water immediately upon contact.

Combine the ingredients as described above. 1/2 cup batter for 5"-6" pancakes. Allow pancake to bubble and firm up on the edges, then flip ONCE. Cook an additional 1-2 minutes on the other side. Serve immediately or set the oven to warm and place pancakes on a cookie sheet or plate, so that they are still warm when served.

These pancakes can be frozen (separate one from the other w/wax paper) and zapped to near their first lusciousness!

Sides and Fixins'

Roasted Vegetables

This is a nice alternative to steaming. I don't like adding salt for the most part because I grew up in a salt free kitchen as my grandfather was diabetic. In the past few years, I've learned the importance of salting certain things, but again, I prefer pure flavours in my vegetables.

The following Periodic Table of Roast Vegetables Adapted from Mollie Katzen's *Vegetable Heaven*.

Make sure all vegetables are thoroughly dry. Unless otherwise noted, all vegetables should be tossed with olive oil or flavored olive oil with all sides lightly coated. The roasting tray should also be lightly oiled to avoid sticking. You can always use non-stick spray such as *Pan* as an alternative. Use cookie sheet or pizza pan

<i>Vegetable</i>	<i>Oven Temp in F</i>	<i>Time in Min</i>	<i>Instructions</i>
Artichokes (no oil on veg)	375	30	Use 3 inch diameter chokes, cut in half & scrape out choke, brush open sides with lemon juice. Cut side down on oiled tray, splash few TBL water on pan near chokes, cover with foil, roast until leaves come off easily and heart tender, sprinkle with salt while hot, cool 10 min.
Asparagus	400	5-10	Lay in single layer, cooks very fast. Optional: Salt while hot
Beets (no oil on veg)	375	60+	Use 1-2 inch diameter beets, trim greens, but leave stems on, put beets in small pan with a splash of water, cover tightly w/ foil, done when fork slides

			in easily, cool to room temp, rub off skins
Bok Choy	400	30 = 15 @ side	Smaller ones leave stems intact, larger ones cut in half or quarters lengthwise, brush open sides w/ extra oil, salt while hot
Broccoli	375	20-25	Cut into 2 inch chunks, include peeled stems. Lay out in single layer
Brussels Sprouts	375	15-20	Leave smaller ones whole, cut bigger ones in half.
Cabbage	375	20	Cut into 2 inch wedges
Carrots or Parsnips	375	30	Cut larger ones into 2 inch lengths, leave smaller ones whole
Cauliflower	375	15	Break into 1 1/2 inch florets, lay in single layer
Eggplant (Japanese preferred)	375	20	If skin shiny & tight leave it on, otherwise peel. Brush cut surfaces with oil. Cut larger globe eggplants in 1-inch slices. Smaller ones cut down the center lengthwise and place skin side down. Roast until easily pierced with fork, salt while hot
Fennel or Celery Hearts	400	30 = 15 @ side	Clean well, cut into wedges. Brush cut surfaces with extra oil, salt while hot
Green or Wax Beans	375	5-8	Lay in single layer. Shake the pan once or twice during cooking time to move beans, sprinkle w/ salt while hot
Leeks	400	30 = 15 @ side	Trim root ends, leave slender ones whole, cut thicker ones in half lengthwise, clean thoroughly, dry thoroughly, brush open sides w/ extra oil, salt while hot
Mushrooms	375	5-10	Roast until tender, salt while hot
Onions (red/shallots)	375	10	Cut medium sized in quarters, smaller ones in half. Brush cut sides with oil
Onions (yellow)	375	20-30	Cut medium sized in quarters, smaller ones in half. Brush cut sides with oil
Peppers (red, bell...) (no oil on veg)	400	35-40	Roast near top of oven in an ungreased tray. Turn every 5-10 minutes, until skins turn black, cool 30 minutes in covered dish before peeling & seeding
Potatoes (Yukon Golds)	400	30 = 15 @ side	Use 1 1/2 inch diameter potatoes, cut in half. Coat all surfaces, place cut side down, 15 min., turn over, 15 min., sprinkle w/ salt while hot - try sprinkling herbs (rosemary) during last 15 min's
Snap peas	375	10-15	Lay in single layer. Shake the pan once or twice during cooking time. Sprinkle w/ salt while hot
Tomatoes - plum or Roma (No oil on veg)	400	30-40	Cut out stems, leave skins, place on oiled pan, (riper ones roast faster), optionally drain off juices during the process, cool, remove skins

Winter Squash or Sweet Potatoes	375	30	Cut into 1/2 inch thick pieces, Brush cut surfaces with extra oil, salt lightly, cover tightly w/ foil, roast until tender (for crisper texture, remove the foil and move pan to top of oven for last 10 min.)
Zucchini or Summer Squash	375	20	Slice short zucchini & summer squash in half lengthwise, cut pattypan squash in half around the middle, tiny ones left whole, roast until easily pierced with fork, salt while hot

Guacamole [simple]

Note: Most places use sour cream or other additives to make the avocado go further. I prefer adding salsa rather than taking the time and effort to make pico de gallo. However, it's all depends on how fast you want to work. If you have the time, I'd recommend doing things by hand with the freshest ingredients. Otherwise, adding premade salsa is the fastest shortcut.

Cube then mash 2 avocados¹. Add a little fresh lemon juice (1 lemon wedge worth) to prevent the avocado from oxidizing (i.e. turning brown). Use a fork to add some of your favorite tomato salsa (this minimizes the possibility of making the finished product too watery).

Mango Salsa [simple]

2 mangos

1 medium yellow onion (for sweeter flavor 1/2 vidalia onion)

juice from 1/2 orange, 1 lemon, 1 lime

1/2 or 1 jalapeño pepper²

cilantro

Cube the mangos and onions. Mix them in a bowl. Mince and add the pepper avoiding the seeds and any white sections. Add the juice from the citrus. Let chill for two hours at least. Add fresh cilantro. Use only the leaves.

¹ Cutting up avocados might look tricky, but it's really easy. Cut the avocado's in half with a sharp knife. Bury the knife in the seed. Twist knife in either clockwise or counterclockwise motion until seed comes free. Strike knife against trash can to free the seed. Scoop out with spoon and mash with fork or using clean knife cut diagonal stripes then use spoon to scoop out the avocado.

² Some people think that peppers = heat. That's not the case. There are ways to use peppers and minimize or avoid the spiciness while getting all of the flavor. Cut the pepper vertically, avoiding the stem and seeds. If you avoid or cut away the white sections and omit the seeds you get the flavor of the jalapeño without the heat. By mincing it finely and mixing with the citrus, the flavor is sweet, but crispy.

Turkey Day: Homemade Cranberry Sauce [simple, but potentially messy]

12 oz. package of fresh cranberries
1 cup of sugar
4 T of frozen orange juice (thawed)
zest³ of one orange

Optional: 2T of Grand Marinier, Triple Sec or other orange flavored liqueur OR a raspberry liqueur such as Casis or Chambord. Also, calories can be reduced by substituting Splenda for the sugar without loss on flavour (Don't use the packets - Splenda sells larger quantities in a plastic bag for baking purposes).

Preheat oven to 325°. Rinse cranberries then place in a 8x8x2 inch baking dish (slightly larger will ensure that the cranberries don't boil over -- too large and they will dry out or burn). Sprinkle the sugar, then the orange juice concentrate, then the zest over the cranberries. Cover tightly with aluminum foil. Bake until juices form and cranberries are soft, about 1 hour.

Be very careful removing the foil as the hot steam can burn you pretty badly. Add the liqueur. The heat from the cranberries will burn off the alcohol while adding flavour. Stir and allow to cool to slightly above room temperature then place into Tupperware or other storage container. Chill for at least 4 hours. It's much better the next day. Can be made up to 3 days before use.

Recommendation: Double the recipe if you have more than 4 guests. This stuff goes fast!

Note: If you use a baking dish which is too small, the cranberries can boil over and make a mess in the oven. You have some options. Place a cookie sheet under the dish to make clean up easy OR keep an eye on things and carefully lift the foil to let off some of the heat 3/4 of the way through the cooking process while being careful as mentioned above.

Dinner

Honey Mustard Roasted Pork - 8 servings [Medium]

MARINADE

2T apple brandy or Amaretto
1T honey dijon mustard

³ Zest is nothing more than the peel of the particular citrus fruit that you are using. Peel contains a lot of flavoring, but if not done properly can be rather bitter. Immediately underneath the peel, there is a layer of an off-white underskin which is incredibly bitter. You want to avoid using any of the white underskin. While you can carefully peel and mince the peel of the orange, it's far easier and faster to use a tool called a zester or better yet a microplane.

2T Dry apple cider
3 lb pork loin
8 large pippin or other baking apples (MacIntoshes work well)
3T unsalted butter
1/4 pint Dry Apple Cider
2T chicken stock
2T creme fresh (optional)

Prepare Marinade: In small bowl combine the honey, brandy, mustard and 1T of cider. Blend the ingredients with a fork.

Pull or cut fat away from the pork in one long rectangular strip, butter the fat and set it aside. Rub the pork with course salt. Tie the roast with string. Place the marinade on the loin and place the skin on top of it. Let sit overnight if possible, otherwise for a minimum of 1/2 hour to 1 hour. Place pork in roasting pan and cover with rectangle of fat.

Cook at 400 degrees - 20 min per lb

During last 30 minutes of cooking, prep the apples by scoring them once horizontally, but do not cut all the way through the apples. Remove the fat from the pork and set it aside on a plate to start cooling. Place the apples in the roasting pan and allow them to bake. Remove roast from oven and use cider and chicken stock to deglaze pan. Reduce to create a sauce. Strain and add creme fresh (optional).

Allow roast to sit for 10 minutes before carving. Serve a 6 oz portion with sauce and 1 apple.

This goes well with asparagus or broccoli as a side.

ARROZ CON POLLO (Cuban Chicken and Rice) [intermediate to complicated]

Wash well then soak for at least 2 hours before making the dish. Longer soaking results in slightly stickier rice.

1/4 C oil
1 green bell pepper
1 onion
3-4 garlic cloves
3-4 roma tomatos
1t pepper
1t cumin
4 - 6 chicken breasts or chicken parts = 1 chicken (thighs, wings, breasts)
1/4t salt

Press garlic and saute it in a sauce pan the oil being careful not to overcook it. If you burn or overcook the garlic the final taste will be rather bitter, so toss the

garlic and start over. Finely chop and add bell pepper, tomatoes, and medium sized onion as well as the black pepper, salt and cumin. IF using breasts, cut into quarters or thirds for faster cooking. Add chicken and cook until no longer pink. Put into pan that is large enough to cover and cook with the rice.

Add:

4-5 chicken boullion cubes (Knorr brand)
pinch or 2 of Bijol (spice mix sold in small tin)
1 jar pimentoes or mazetti roasted red peppers
4 oz tomato sauce (can be omitted if you are allergic - replace with 4 oz chicken stock or 1/2 stock and 1/2 white wine)
1 can beer

Add tomato sauce, rice, and the water that it soaked in, chicken bullion cubes, and Bijol. Cook uncovered at high heat until the water boils. Stir to be sure that rice does not stick to the bottom of the pan. Continue to cook until rice is done (most of the water will evaporate and rice will look soupy). Add beer then cook on low heat for 20 minutes. If it looks like the dish is starting to dry out add more beer.

Believe it or not, garnish with canned peas and canned asparagus.

Garlic Ginger Chicken [Medium]

1 lb ground chicken
4T garlic - crushed
4T ginger minced
1/2 cup red wine vinegar
1/4 cup of flavored vinegar or Mirin (sweet rice vinegar)
red pepper flakes to taste
soy to taste [Go light! You can reduce saltiness by utilizing a low sodium soy]
2 stalks green onions
cilantro⁴ to taste (using only the leaves and none of the stems)

Mix the ground chicken with 2 Tb each of the garlic and ginger and the red pepper flakes (to taste - more if you like it hotter, less if you want flavour). Add oil to the skillet and brown the meat. When the meat is browned add the vinegars and the remaining ginger and garlic. Reduce the liquids by stirring while cooking over medium or low heat.

Once you are done cooking tear the cilantro leaves and add with sliced green onions. Serve over rice.

⁴ Please keep in mind that there are some people who feel that cilantro tastes soapy. Be sure to omit this ingredient when entertaining these guests in your home.

Pasta Sauces

Pasta sauces are easier to make than you would think. To cook the pasta, boil a large pot of water. Wait until the bubbles get big (roiling boil) then add your favorite type of pasta (spaghetti, capellini, linguini, radiatore, etc.). Cook until the noodles are al dente (cooked all the way through and firm, but not crunchy). If you prefer a softer noodle be sure to keep tabs on it so that the pasta does not get mushy.

Timing: Start chopping the ingredients for the sauces as soon as you put the water on to boil.

Note: Boiling time is much quicker if you use fresh noodles rather than dry ones (the fresh pasta is found in the refrigerated section of your grocery store). You can also add a little salt (1 tsp)

Tomato Sauce [very simple]

Rather than make this from scratch which can be tricky when balancing taste and the acidity of the tomatoes, it's far easier to spice up already made sauce. The stuff in the jars is less acidic than the stuff in the cans. You can use Prego, Ragu, Contadina, Hines, Five Brothers, etc. (I prefer the Prego).

Suggested additions: any of the following - sauteed --> garlic, onions, red/yellow/orange bell peppers, mushrooms.

Meats that work well -- italian sausage, ground beef, ground chicken.
For "heat" - add crushed red peppers or hot italian sausage.

Vegetarian option: texturized vegetable protein or firm tofu (drained and crumbled).

Pesto Sauce [intermediate - not so much from an ingredient perspective, but from a mixing perspective]

fresh basil (Trader's Joe's sells a larger quantity for a better price)

1T pine nuts

1 T garlic

2 T fresh ground parmesan (not Kraft canned stuff!)

olive oil

Separate the basil leaves from the stems. You can either use a food processor to blend, chop, and combine the ingredients or do them by hand.

Chop up the basil. Chop the pine nuts, press the garlic, and add the parmesan. Put in food processor with olive oil, to taste. I prefer the extra virgin cold pressed olive oil (more flavor less bitterness).

If you don't have a food processor it is definitely possible to do this by hand. You just have to be persistent and chop all of the ingredients until they are very finely minced.

Heat over medium to low heat. Add pasta or use pesto in scrambled eggs, to stuff mushrooms (add breadcrumbs and more parmesan for thicker stuffing).

Alfredo [simple]

1/4 cup sweet butter (also called unsalted butter)

heavy whipping cream

fresh parmesan cheese (you can use the Kraft canned stuff, but will wind up with a saltier sauce -ackk!)

Note: This is one of those recipes that does not really require measuring per se. You kind of mix things to taste.

Melt the butter in a sauce pan over low heat. Add cream until you get the consistency that you want. Add grated cheese and continue to cook while blending. Cheese will thicken the sauce, cream will water it down and make it milder, butter will (well) add butter flavoring and bring out the taste in the cheese and the cream. Add black pepper to taste. **DO NOT USE SALT** until you taste the dish as the cheese adds more than enough saltiness.

Substitutions: To reduce fat and cholesterol the following substitutions are possible

BUTTER -- you can use margarine or ghee (clarified butter) in place of butter to reduce cholesterol.

CREAM - You can use half and half or whole milk to reduce fat. I've never made it with skim milk or 2% milk, but you can certainly experiment. You will probably need to add more cheese to avoid a runny product.

PARMESAN - You can use asagio or reginano or a combination of those cheeses and parmesan for a stronger flavor

Thai Peanut Noodles [very simple]

Add a few tablespoons of your favorite peanut butter a small bowl. Add sesame oil until you get the consistency of a sauce - not too runny, but not too thick. You should be able to taste both the sesame oil and the peanuts, but one should not overpower the other.

Note: Be sure to check the ingredients in the peanut butter. Brands such as Jiff and Skippy have a ton of sugar and therefore the peanut sauce is sweeter with these. If you like chunks of peanuts, use your fave chunky peanut butter.

Garnish options: white sesame seeds and/or scallions (finely chopped). To add "heat" - crushed red peppers.

Dessert

Jell-O toast [simple] submitted by Tyr

Figure out how many slices of bread will fit on the tray in your toaster oven. Get out the appropriate numbers of slices of soft white bread. (This DOES NOT work with health food bread or any sort of designer product. It is American trailer trash junk food we are making here, guys.)

If you are the kind of person who will enjoy eating this you already have a tub of soft margarine or some other artificial spread in your fridge. I suppose you could use soft butter but I don't think it tastes nearly as good as margarine. Butter the bread generously. Put it on the tray.

Now open a packet of your favorite flavor of Jell-O. Sprinkle it, also in generous quantities, onto the bread. Pop it into the toaster oven and cook it at 350 degrees for a few minutes until the margarine and Jell-O have merged together in a sweet delicious crust.

Eat with a cup of Lipton tea. Amaze your friends.

Flan [Cuban Egg Custard] [simple]

1/2 Cup sugar

5 eggs [reduce fat/cholesterol by using only 2 yolks and 5 whites]

1 can sweetened condensed milk

1 Cup Milk

1t Vanilla

Preheat the oven to 350°.

Make sure that the pot that you will be using is clean and free from any grease or other food debris as it will cause the sugar to crystalize and ruin the caramelization process. To avoid crystalization, place 1 T of corn syrup in with the sugar.

Caramelize the sugar turning your burner to high. You want to get a honey colored amber or slightly darker. Cover the pot and remove the lid after 2-3 minutes or alternatively brush down the sides with water to catch the few grains of sugar that could start the chain of crystalization.

As the sugar caramelizes it will go from a clear viscous liquid to a an amber then a light brown to a medium brown. You do NOT want to allow the sugar to boil or it will burn and ruin it. Once ruined, it cannot be saved. DO NOT touch the sugar or lick the spoon as severe burns will result Keep in mind that the sugar will continue to cook after you remove it from the heat to prevent burning so continue stirring. If it's gone too far (dark brown), you can shock the pan in a bowl of cold water.

Pour the carmelized sugar into a souffle pan or round deep pyrex so that it coats the bottom and part of the sides. You can use any other round circular pyrex other than a pie pan as the sides need to be deeper than a pie pan provides.

Beat the eggs, adding regular milk and vanilla. Gradually add the sweetened condensed milk and continue to beat or mix until well blended. Pour into the souffle pan.

You will need a pan larger than the souffle pan. Fill this second pan half way with water. Place the souffle pan into it making sure that the water does not rise so much that it enters the souffle pan, then place it in the oven. Add water so that it rises to cover approx 3/4 of the way up the exterior of the souffle pan. As the water heats it will dissipate to create steam/moisture and prevent the custard from drying out.

Bake for 1 hour. Use tester to ensure that it's done before removing. Allow to cool then chill at least 2 hours.

When ready to serve use a knife around the edges of the pan to loosen the flan from the mold. Get a plate which has a diameter that is larger than the souffle pan. Flip upside down. The carmelized sugar will become a sweet syrup which drips down the top and over the sides. Spoon out any of the syrup left in the souffle pan onto the top of the served flan.

Macerated Berries [simple]

Whatever is in season such as strawberries, blackberries, raspberries, marionberries, etc.

If using strawberries, slice them. Sugar the berries until you get the desired sweetness (Splenda is a good substitute for sugar). Add white wine. Allow to sit for 2-4 hours. Use a slotted spoon to put the berries in a small bowl. Add a little of the juices, so that the result is not too watery. Serve with whipped cream. Also good spooned over ice cream.

Quickie Apple Pie [simple] – no formula

I got the best recipe of all for apple pie while in culinary school.

1 lb of apples – granny smith preferred

Pre-made pie shell (If you are good with dough, make your own flaky crust) – you will need enough for a bottom and a top crust.

Peel and slice the apples to the desired thickness. Some folks like them thinly sliced whole others thicker sliced and yet others cubed. I use thicker sliced. Try to make them the same size.

Pour sugar over the apples until they are the desired sweetness. Again Splenda can be substituted for sugar.

Measure out then add ground cinnamon until it tastes right to you. Add ground cloves in an amount equal to half of the cinnamon. Add fresh nutmeg (buy whole nutmeg and grate it yourself or use the prepackages ground stuff) in an amount equal to the clove. Example: for 2T of cinnamon add 1T of clove and 1/2 T of nutmeg.

Mix well and allow to sit for 2-5 minutes. Taste an apple and adjust the spices to suit your taste. The finished apple pie will taste the same as the apples do when they are in the bowl. Let the apples sit for 1/2 hour. This will leech some of the juices from the apple.

Pour the mixture in a pre-made pie shell. Create a lattice top or if that's too complicated, place the top shell on the pie crust and crimp the corners with a fork or your fingers. Be sure to cut 4 – 5 vents to allow the steam to escape while cooking.

Brush the top of the crust with egg wash (1 egg with a 1T of milk or water, beaten well). This will result in a nice brown crust. Bake until golden brown. (follow the directions on the pie shell that you purchased.)

Indian Cuisine

CURRY WITH COCONUT AND ALMONDS

submitted by Tyr

Put a tablespoon or so of vegetable oil in a big heavy deep skillet and toss in a dozen or so black peppercorns, cardamom pods, whole cloves, and a teaspoon of crushed red dried red peppers. Brown a couple of packets of beef cubes or cut up pieces of lamb or pork. I like to cook about two pounds of meat. That way I get enough curry to be able to freeze half of it for the incipient famine I seem to have overprepared for, if you can go by the contents of my freezer. When the meat is done, put it aside on a clean plate.

Scrape the brown stuff and the spices off the bottom of the pan and deposit this richness in your blender or food processor.

If the frying pan you've been using is not a cast iron skillet, get one out to brown some spices. You want about half of a small package of shredded coconut. Unsweetened is better, but I've used sweetened too and it doesn't hurt the dish, just makes it taste different. Also throw in a couple of handfuls of slivered or sliced almonds and at least a teaspoon of turmeric. Stirring constantly, roast them over medium heat until they smell toasted and have darkened deliciously. A burning smell is a clue that you may have overdone this. Dump your roasty toasty melange into the blender/food processor as well.

Now, into the food processor you want to add a few cloves of garlic and a cut-up, good-sized chunk of ginger. Add enough water to make grinding this up easy, and churn it and whirl it about until you have a thick paste.

Pour this paste into the hot skillet where you intend to combine all of your ingredients. Avert your face as this can be quite pungent, and yet stir, stir, stir industriously until it is all nice and hot. Add to this one small can of tomato paste and two-thirds of a 64 ounce tub of plain yogurt. Add a squirt of lemon juice. Eliminate lumps with a gravy whisk and taste. Don't burn your tongue, you might need it later. If necessary, add salt and pepper. Then put the meat back in, add some water, cover it loosely, and put some rice on to cook. If you like, you can tart up the rice by adding some raisins, almonds, diced carrots, peas, whatever. It's also just fine to leave the rice plain.

While the rice is cooking (I suggest two cups of rice cooking in 3 cups of water), you can make the raita. Peel and slice up three cucumbers. These slices go into the partially empty tub of yogurt. Season with lemon juice, black or white pepper, paprika, cumin, and coriander. Put the lid back on and shake it up. Stick it in the refrigerator to get cold. This curry also tastes good with a salad made out of sliced cucumbers and tomatoes in lemon juice and and dill.

By the time the rice is done your curry will probably have cooked down enough to taste pretty good. It will, of course, taste better the next day after having spent the night marinating in the refrigerator. You can serve it with mint, mango, or tamarind chutney.

Tomato Bhatt [medium]

Rice

ghee or vegetable oil

Black mustard seeds

chan dal (round yellow split lentils - might be known as charna dal)

ur dal (small white lentils)

peanuts

1 green chili

1 dried red chili (omit to reduce "heat")

1/8t asafoetida

1T tumeric

4-6 green curry leaves

The rice should be pre-made. Use basmati or mahatma rice. The texture of rice can be controlled doing two things - soaking and rinsing. If you soak the rice, drain, rinse it and replace the water you can substantially reduce or get rid of the stickiness. I like sticky rice, so I only soak then rinse before cooking.

You can use a rice cooker or a pot. The proportions are 1:2 (1 part rice to 2 parts water or for stickier rice 1 part rice to 1.5 parts water). So for instance to make 2 cups of cooked rice -- use 1 cup of uncooked rice and 2 cups of water or for stickier rice 1 cup rice to 1 1/2 cups water. If you are using a rice cooker, add the rice and water then turn on the cooker. It will automatically turn off when it is done. If you don't have a rice cooker, boil the water until you have a roiling boil

(i.e. big bubbles). Add the rice allow to boil again then, reduce to low heat, cover and cook for 25 minutes without removing the lid. Be careful as it will can boil over if unattended.

Heat approx 2 T of vegetable oil or ghee (clarified butter) in a deep pan (woks work really well) until it is very hot. You want to add the mustard seeds when you see a little bit of vapor (very thin white smoke) coming from oil. When the mustard seeds start popping, add the peanuts, the dal (both types), the chilis (see mango salsa recipe for how to handle chilis), and the spices (tumeric and asafoetida) and turn down the heat to medium. Cook the dal and peanuts until they are light golden color. Be careful not to burn them. You want to cook them completely through.

Lower the heat to low and add the tomatos then 4-6 curry leaves. When the tomato start changing color to a lighter red, add rice. Mix well then serve. Can be used as a side or a meal unto itself.