



**COOKING CLASSES**  
AT SUR LA TABLE

# **SECRETS OF INDIAN COOKING**

WITH SUR LA TABLE CHEF

# Ingredient Shopping List

Below is a list of ingredients you'll need to make the recipes in this packet.

## Proteins

- ☐ 4-4 ounce boneless-skinless chicken thighs

## Produce

- ☐ 6 inch piece fresh ginger
- ☐ 9 garlic cloves
- ☐ 4 lemons
- ☐ 2 small yellow onion
- ☐ 1 large eggplant
- ☐ 1 jalapeno
- ☐ 1 bunch fresh cilantro
- ☐ 3 mangoes, or about 1 pound frozen diced mango

## Dairy/Refrigerated

- ☐ 2 ¼ cup whole milk plain yogurt
- ☐ ¾ cup heavy whipping cream
- ☐ 1 cup whole milk

## Pantry Items

- ☐ Coconut oil, ghee, or vegetable oil
- ☐ Kosher salt
- ☐ 1 ½ cups basmati rice
- ☐ Ground black pepper
- ☐ Granulated sugar
- ☐ 1 package naan for serving

## Dry/Canned Goods

- ☐ Ground cumin
- ☐ Ground mace
- ☐ Ground nutmeg
- ☐ Ground cardamom
- ☐ Chile powder
- ☐ Ground turmeric
- ☐ Ground coriander
- ☐ Garam masala
- ☐ 16 cardamom pods
- ☐ Caraway seeds
- ☐ 1 bay leaf
- ☐ Cinnamon stick
- ☐ Red pepper flakes
- ☐ ½ cup tomato paste
- ☐ 1-28 ounce can crushed tomatoes
- ☐ 1-14 ounce can diced tomatoes

# Equipment Needed

Below is a list of tools you'll need to make the recipes in this packet.

## Cutlery

- ☐ Chef knife
- ☐ Paring knife
- ☐ Cutting boards

## Hand Tools/Gadgets

- ☐ Measuring cups and spoons
- ☐ Liquid measuring cup
- ☐ Vegetable peeler
- ☐ Microplane grater
- ☐ Mixing bowls, various sizes
- ☐ Wooden spoon
- ☐ Can opener
- ☐ Tongs
- ☐ Instant read thermometer
- ☐ Fine mesh strainer
- ☐ Citrus juicer

## Cookware

- ☐ Large skillet
- ☐ Grill pan, or another large skillet
- ☐ Medium saucepan
- ☐ Medium skillet

## Appliances

- ☐ Blender

## Bakeware

- ☐ Rimmed baking sheet

## **Pre-Class Mise en Place and Notes**

- Please gather all ingredients prior to class if you will be cooking along.
- It is helpful to organize the ingredients by recipe on rimmed baking sheets.
- Feel free to pre-measure ingredients, but it is not necessary.
- We encourage you to prep all your ingredients before class as it will allow you to have more time to listen and watch the instructor.

### **Lemon Basmati Rice**

1. Wash the rice until water runs clean and soak in cold water for 30 minutes before class.

### **Chicken Tikka Masala**

1. Follow step 1 for marinating chicken, minimum of 4 hours or overnight.

## CHICKEN TIKKA MASALA WITH LEMON BASMATI RICE

**Yield:** 4 servings

Don't be intimidated by the list of ingredients; the recipe is actually quick and easy to make. Both the sauce and the marinated chicken can be prepared ahead of time and cooked at the last minute.

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### **Chicken:**

*1/4 cup whole-milk plain yogurt  
1 tablespoon minced ginger  
1 tablespoon minced garlic  
1/4 teaspoon ground cumin  
1/4 teaspoon freshly ground mace  
1/4 teaspoon freshly ground nutmeg  
1/4 teaspoon ground cardamom  
1/4 teaspoon chili powder  
1/4 teaspoon turmeric powder  
3 tablespoons fresh lemon juice  
4 (4-ounce) skinless, boneless chicken thighs*

### **Tikka Masala sauce:**

*4 tablespoons coconut oil or ghee  
1 small yellow onion, thinly sliced  
2 teaspoons minced garlic  
2 teaspoons minced ginger  
1/2 cup tomato paste  
12 green cardamom pods  
1 teaspoon crushed red chili flakes  
4 teaspoons ground turmeric  
2 teaspoons garam masala  
2 teaspoons ground coriander  
2 teaspoons ground cumin  
1 (28-ounce) can crushed tomatoes  
3/4 cup heavy whipping cream  
Kosher salt  
1 tablespoon fresh lemon juice, plus more to taste*

*Lemon Basmati Rice, for serving (recipe included)*

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1. **To marinate chicken:** In a large bowl, add the yogurt, ginger, garlic, spices, and lemon juice; stir until thoroughly combined. Add the chicken and completely coat on all sides. Cover and marinate in the refrigerator for at least 4 hours or overnight.

2. **To make tikka masala sauce:** To a large skillet set over medium-high heat, add the ghee. When the ghee is hot and shimmering, add the onion and cook until tender, 5 minutes. Add the garlic and ginger and cook until fragrant, about 1 minute. Stir in the tomato paste, cardamom and chili flakes. Cook, stirring often, until the tomato paste darkens in color, 2 minutes. Add remaining spices and cook, stirring often, until fragrant, 2 minutes.

3. Pour the tomatoes into the skillet and bring to a boil, stirring often. Reduce heat to a simmer, scraping up the browned bits on the bottom of the pot. Stir in the cream and simmer, stirring occasionally, until the sauce thickens, 20 to 25 minutes. Taste and adjust seasoning with salt and lemon juice. Keep warm while preparing the chicken.

4. **To grill the chicken:** Let marinated chicken stand at room temperature for 30 minutes. Preheat a grill pan or gas grill. Brush grill grates and chicken lightly with oil. Arrange the chicken in the grill and cook, flipping once, until both sides charred in places and an instant-read thermometer inserted registers 165° F, about 10 to 12 minutes total. Transfer chicken to cutting board and let rest for 5 minutes, before cutting into 1-inch pieces. Fold chicken into the sauce.

5. **To serve:** Divide chicken between warmed bowls and garnish with cilantro. Serve over lemon basmati rice.

## LEMON BASMATI RICE

***Yield:*** 6 servings

Soaking the rice is optional but highly recommended to prevent the delicate rice from breaking during cooking. As an alternative to having whole spices in the final dish, make a sachet with cheesecloth and butcher's twine to hold the spices and remove it before serving.

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*1 1/2 cups basmati rice*  
*1 1/2 tablespoons ghee or vegetable oil*  
*1/2 teaspoon caraway seeds*  
*4 green cardamom pods*  
*1 bay leaf*  
*1/2 cinnamon stick*  
*2 whole cloves*  
*2 cups water*  
*Kosher salt*  
*Zest and juice of 1 lemon*

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1. ***To prepare rice:*** Rinse basmati rice with cold water until water runs clear and is no longer cloudy. Soak rinsed rice for at least 30 minutes in cold water before proceeding with the next step.

2. To a medium saucepan with a tight-fitting lid set over medium-high heat, add ghee and spices; toast until fragrant, about 1 minute. Add rice and 2 cups water and bring to a boil. Reduce to a simmer, cover, and cook for 10 minutes or until tender. Fluff rice with a fork; taste and adjust seasoning with salt. Keep warm until serving. Right before serving, fold in lemon zest. Taste and adjust seasoning with lemon juice.

## ROASTED EGGPLANT WITH CORIANDER AND GINGER

***Yield: 6 servings***

Adjust the level of heat to suit your preference by using more or less jalapeno. Seeding and removing membrane of jalapeno pepper, decreases the heat level.

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*Neutral oil, for preparing baking sheet*

*1 large eggplant, halved lengthwise*

*2 tablespoons fresh lime juice*

*2 tablespoons coconut oil or ghee*

*1 cup finely chopped yellow onion*

*3 tablespoons minced ginger*

*1/2 teaspoon ground cumin*

*1/2 teaspoon ground coriander*

*4 garlic cloves, minced*

*1 fresh jalapeno chili, seeded and chopped*

*1 (14-ounce) can diced tomatoes, drained*

*1/2 teaspoon ground turmeric*

*Kosher salt and freshly ground black pepper*

*1/2 cup chopped fresh cilantro*

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Preheat the oven to broil with the rack positioned in the center. Lightly oil a baking sheet.

1. Place the eggplant, cut side down, on greased baking sheet. Pierce the eggplant all over with a paring knife or a fork. Transfer eggplant to the oven and broil until the skin is blackened and the eggplant collapses, 15 to 20 minutes; remove from the oven and set aside to cool. When the eggplant is cool enough to handle, use a spoon to scoop pulp from eggplant halves into medium bowl; discard skins, mash the pulp and mix in lime juice.

2. To a medium skillet set over medium-high heat, add oil. When oil melts, add onion and cook, stirring often, until the onion is golden brown, about 6 minutes. Add the ginger, cumin, coriander, garlic, and chili and sauté until aromatic, about 1 more minute. Stir in tomatoes and turmeric and cook until heated through, about 5 minutes. Stir in the eggplant mash and cook, stirring, 3 to 5 minutes. Taste and adjust seasoning with salt and pepper. Off heat, stir in cilantro and serve with naan or over rice.



## MANGO LASSI

***Yield: 4 servings***

Lassi is a traditional Indian yogurt drink served sweetened and blended with fruit or salted and blended with roasted spices. India is home to over 1000 varieties of mangoes making it the largest cultivator of mangoes in the world.

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*2 cups plain whole-milk yogurt*  
*1 cup whole milk*  
*2 cups peeled and chopped mango*  
*2 tablespoons granulated sugar*  
*1/4 teaspoon ground cardamom*  
*Ice, for serving*

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1. Add all the ingredients but the ice to the pitcher of a blender and blend mixture until smooth and creamy. Pour over ice into 4 tall glasses.