

## AROUND THE WORLD IN 80 PLAYS RECIPE - FROM THE YOUNG CENTRE CAFE

### RAJMA

CANNED RED KIDNEY BEANS	2 CANS
CANNOLA OIL	2 TABLESPOONS
CUMIN SEEDS	1 TEASPOON
CHOPPED RED ONION	2 MEDIUM SIZE
GINGER GARLIC PASTE	1 TABLESPOON
GREEN CHILLI CHOPPED	1
CORRIANDER POWDER	1 TABLESPOON
GARAM MASALA	1 TEASPOON
KASHMIRI RED CHILLI PWD	1.5 TEASPOON
SALT	TO TASTE
TOMATOES CHOPPED FINE	4 MEDIUM
DRIED FUNUGREEK LEAVES	1 TABLESPOON CRUSHED
CILANTRO CHOPPED	2 TABLESPOONS
GHEE	1 TABLESPOON
BAY LEAF	2 PCS
WATER	1 CUP

### CHAWAL

BASMATI RICE	1 CUP
BAY LEAF	2
CHOPPED ONION	2 TABLESPOONS

### RAJMA /CHAWAL RED KIDNEY BEAN CURRY WITH RICE PILAF



### INSTRUCTIONS FOR RAMJA

Heat a large sauce pan, add the oil and heat on medium

When hot add the cumin seeds and allow to sizzle

Add the green chillies and onion and continue to sauté till the onions are golden brown

Now add the ginger garlic paste and sauté for a couple more minutes

You can now add the coriander powder, garam masala, and red chilli powder

Keep stirring as the spices get sautéed for about 2 minutes

The mix is now ready for the chopped tomatoes, once added keep stirring occasionally till the tomatoes are completely cooked up

You can now add the kidney beans, salt and 1 cup of water and let it simmer for 15 to 20 min

Using a potato masher you can mash up some of the beans

When the mix is fully cooked, add the crushed fenugreek leaves and stir in

Garnish with chopped cilantro and melted ghee (clarified butter) to keep it vegan do not use the ghee.

### INSTRUCTIONS FOR CHAWAL

In a pan heat up 1 tablespoon of oil add the bay leaf and onion and sauté till onions are cooked, add the rice and fry lightly

Add 2 cups cold water and salt to taste

Stir the mix and leave to simmer on a medium flame

When most of the water is absorbed put the lid on and put the flame to low

In about 10 minutes the rice will be ready to serve. Loosen up with a fork.