



Kayla Khopa

The fragrance of saffron and lemon combined with the richness of crumbled natural sugar make this a memorable, if simple dessert.

Pinch of saffron (optional)
 1 rounded tablespoon ghee, clarified butter
 ½ cup grated coconut, preferably unsweetened
 2½ tablespoons all-purpose flour
 1/3 cup crumbled raw sugar, jaggery or gur
 Zest and juice of ½ lemon
 2 bananas

Preheat an oven to 180 degrees C. Heat the saffron in a small dry pan and then crush in a small bowl while adding a few spoons of very hot water. Set aside.

Heat the ghee in a small baking pan until melted. Remove and then sprinkle the coconut evenly. Set in the oven for a few minutes and toast until the coconut is dry and starts to brown a little on top.* Toss the flour, brown sugar, zest and saffron with the coconut.

Into a separate bowl, cut the bananas in half lengthwise and then into 2-inch pieces. Coat with the lemon juice. Place on the coconut in the baking dish and with a spatula turn the bananas so that the coconut is on top. Bake for about 10 minutes until the bananas are cooked.

(Will take longer if using fresh or thawed grated coconut, rather than dry).



Papeeta Chaat

Adapted for four servings from *Menus and Memories From Punjab* published by Hippocrene Books Inc., 2009

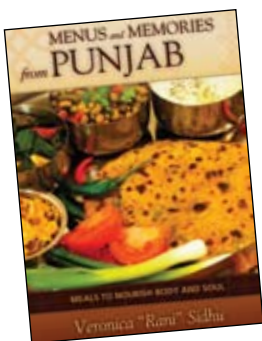
This chaat is not only beautiful but the enzymes in the papaya are a great digestif. Best prepared an hour or less before serving.

1½ tablespoons lime or lemon juice
 1 small flake garlic, minced
 1 tablespoon crumbled gur/jaggery or brown sugar
 1-2 teaspoons chaat masala
 ¼ teaspoon salt, or to taste
 Black pepper to taste
 2½ cups peeled and cubed (1-inch) ripe papaya
 ½ cup halved red or green grapes
 2½ cups, ½-inch cubes green or red apple
 1 small -medium red onion, chopped (optional)
 1/4 cup sliced cilantro leaves, dhania

Mix the lime or lemon juice, garlic, brown sugar, chaat masala, salt, and pepper together until smooth. Combine the fruit and the onion in a large salad bowl.

Pour the dressing over the salad and toss carefully. Refrigerate until serving time and then add the cilantro just before serving.

All recipes (for four servings) have been adapted from the book *Menu And Memoirs From Punjab*



The culture and cuisine of Punjab comes to life in Veronica 'Rani' Sidhu's *Menu And Memoirs From Punjab*. Arranged in a unique menu format, this cookbook takes the reader on a nostalgic culinary journey through Punjab's mouthwatering tandoori kebabs, curries and delectable breads. The book features signature village recipes like Buttermilk Stew with Vegetable Pakoras and the famous Saag and Mukke Di Roti (Stewed Mixed Greens with Corn Flatbread), as well as recipes from a Maharajah's table such as a stunning Roast Leg of Lamb and Royal Bread Pudding. Each dish comes with an extensive preparation instructions, a black-and-white photograph, and a brief account of the author's memories of the meal. A welcome and highly recommended addition to international cookbook shelves. Of the 158 recipes, 133 are vegetarian, many vegan and all marked as such for your convenience. There are 15 great recipes for flatbreads that will make you a pro. And if you like the sweet life, there are 24 dessert recipes.



Hariala Murga

450 grams skinless, boneless chicken breasts
 3 tablespoons canola oil
 1 teaspoon whole cumin seeds
 1 yellow onion, finely chopped
 2 flakes garlic, minced
 1-inch piece ginger, minced
 2 teaspoons ground coriander seed
 1 teaspoon ground turmeric
 1 cinnamon stick
 1 teaspoon salt, or more to taste
 Cayenne (red) pepper, to taste
 1 bunch (2 cups leaves and small stems) cilantro, sliced finely
 1 cups mint leaves, sliced finely
 1/2 cup fresh dill sowa, sliced finely (optional)
 1 teaspoon garam masala

Cut each chicken breast into 2-inch pieces.* Set aside in a bowl of salted water for 15 minutes.

Sauté the cumin and then the onion, garlic and in the hot oil until golden. Add the coriander seed, turmeric, and cinnamon stick, and salt and sauté for 1 more minute. Add the rinsed, drained, patted-dry chicken and stir-fry for 5 minutes on high heat.

Add the half the cilantro, all the mint and dill to the chicken, stirring for a few minutes on medium heat. Cover, lower the heat and simmer for 10 minutes. Coarsely chop the dill and mint. Add them to the chicken and simmer, covered, another 10 to 15 minutes, until the chicken is cooked. Stir in the cayenne.

Add the remaining cilantro leaves. Turn up the heat and stir-fry for a minute. Taste for seasoning. Sprinkle with the garam masala, toss and serve.



Masoor Methi/Petha

.5 kg pumpkin or .5 kg yellow summer squash
 1 large bunch fresh fenugreek leaves (methi) or 1 frozen cube, thawed, or 3 tablespoons dried
 1/4 cup red lentils
 1½ cups water
 3/4 teaspoon salt, or to taste
 3 tablespoons canola oil
 1 medium onion, chopped
 2 flakes garlic, minced
 1-inch piece ginger, grated
 1 scant teaspoon ground turmeric
 1 scant teaspoon whole or ground cumin seeds
 1 teaspoon ground coriander seeds
 1 green chile pepper, sliced

Peel the pumpkin or squash and cut into 1-inch cubes (you should have about 2 cups). Place in a saucepan with 1-cup water. Cover and simmer over low heat until the squash is cooked, about 15 minutes. Mash slightly. Meanwhile cut the roots from the fenugreek and soak the leaves and stems in a large pan of cold water. Swish several times to release any sand. Lift the fenugreek to a colander and rinse again. Allow to drain, and then pluck the leaves and discard the coarse stems. Set aside. Pick over the lentils and rinse. In a medium saucepan, bring the water and salt to a boil and add the lentils and fenugreek leaves. Cover and cook, stirring occasionally, until the lentils are soft.

Heat the oil in a large wok and add the onion. Sauté until transparent and then add the garlic and ginger. Add the spices and sauté until the onions are golden. Add the green chile pepper, stir and sauté for another minute. Add the fenugreek/lentils and stir-fry for a few minutes. Add more water, if needed. Stir in the squash mixture. Lower the heat. Cover and cook for 5 more minutes before serving.



Veronica Sidhu spent thirty years at the side of her Punjabi mother-in-law in kitchens and communities in India and the U.S. A busy professional and mother, she learned to adapt American cooking techniques to traditional Indian food preparation. After a career as a high-school guidance director and pioneer in the Punjabi Sikh community of New Jersey, Sidhu began teaching Punjabi cooking in order to raise money for scholarships in her grandson's memory. She resides in Scotch Plains, New Jersey.