

## Cook with Me- Introduction to Indian Vegetarian Cooking

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### Ingredients List

**The ingredients below should be easy to find at an Indian grocery store or your local supermarket. If you are planning to attend all four classes you will need everything on this list. Quantities are approximate. Ingredients for each individual dish can be found on the second and third pages.**

Combined dry goods list for all recipes:

- 2 lbs Basmati rice (Indian long grain rice)
- 1 lb Semolina/ Upma Rava
- 1 lb Split mung dal
- Split bengal gram/Channa dal
- Cumin seeds
- Mustard seeds
- Turmeric
- Crushed black pepper
- Salt

Combined produce/oils list for all recipes:

- Cilantro
- Curry leaves
- Green chillies
- Green bell peppers
- Carrots
- Potatoes
- Red onions
- Tomatoes
- Lime/lemon
- Ginger
- Garlic
- Asafoetida (Hing powder)
- Ghee
- Coconut oil

### **Dal Chaval (Week 1)**

Serves 2-3 people when served with a salad.

- Basmati rice:1 cup
- Split mung dal: 1 cup
- Turmeric
- Asafoetida
- Cumin seeds
- Salt
- Ginger
- Garlic
- Tomatoes
- Cilantro
- Ghee
- Green chilies

### **Upma (Week 2)**

Serves 2-3 people

- Semolina
- Channa dal
- Coconut oil
- Mustard seeds
- Ginger
- Green chilies
- Onions, green bell peppers, carrots, potatoes, tomatoes
- Curry leaves
- Asafoetida
- Ghee
- Salt

### **Lemon Rice (Week 3)**

Serves 2-3 people

- Basmati rice
- Coconut oil
- Mustard seeds
- Channa Dal
- Turmeric
- Curry leaves
- Cilantro
- Green chilies
- Asafoetida
- Ginger
- Green bell peppers, Carrots
- Lime/Lemon
- Salt

### **Kichadi (Week 4)**

Serves 2-3 people

- Basmati rice
- Split mung dal
- Ghee
- Cumin seeds
- Crushed black pepper
- Onions
- Mixed vegetables like carrots, green peas or spinach are optional
- Ginger
- Salt