

# *Recipes*

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# 1

## Creamy Chicken Marsala

### INGREDIENTS

#### CHICKEN

- ½ cup all-purpose flour (plain flour)
- 1 teaspoon salt
- 1 teaspoon garlic powder
- ½ teaspoon black cracked pepper
- 2 large boneless skinless chicken breasts, halved horizontally to make 4 fillets
- 2 tablespoons olive oil, divided
- 4 tablespoons unsalted butter, divided

#### MARSALA SAUCE

- 1 tablespoon unsalted butter as needed
- 8 ounces (250g) brown or Cremini mushrooms, sliced

4–5 cloves garlic, minced

¾ cup dry Marsala wine

1¼ cup low-sodium chicken broth (or stock)

¾ cup heavy cream

2 tablespoons fresh chopped parsley

## INSTRUCTIONS

1. Mix the flour, salt, garlic powder and pepper in a shallow bowl. Dredge the chicken in the flour mixture and shake off excess.
2. Heat 1 tablespoon oil and 2 tablespoons butter in a 12–inch pan or skillet over medium–high heat until shimmering. Fry 2 of the chicken breasts until golden-brown on both sides (about 3–4 minutes per side). Transfer to warm plate, tent with foil and keep warm.
3. Repeat the same with the remaining 2 chicken breasts.
4. In the same pan with remaining pan grease leftover from the chicken, melt 1 tablespoon of butter. Add the mushrooms and for 2–3 minutes until browned, scraping away at any of the leftover chicken bits off the bottom of the pan.
5. Add the garlic and cook until fragrant, about 1 minute.
6. Pour in the Marsala and the broth and simmer until reduced by half and starting to thicken, (about 10–15 minutes).
7. Pour in the cream and return the chicken back into the sauce. Cook until the sauce thickens (about 3 minutes). Garnish with chopped parsley and serve immediately. (The sauce will continue to thicken off the heat.)
8. Serve over cooked angel hair pasta (or pasta of choice), rice, potatoes, cauliflower rice or zucchini noodles, if desired.

Marsala wine substitutes:

Dry Madeira wine

Sherry (Dark)

Port (½ cup)

Red Vermouth (½ cup)

¾ cup of dry white wine mixed with 2–3 teaspoons of brandy.

Link to the original recipe [Creamy chicken marsala](#)

# 2

## Chicken Tikka Masala

### INGREDIENTS

- 3 chicken breasts (about 1¼ lbs)
- 1 cup plain yogurt
- 1 teaspoon ground cumin
- 1 teaspoon garam masala
- 1 teaspoon cumin seeds
- 2–3 tablespoon of olive oil
- 3–4 garlic cloves, minced
- 1 serrano pepper, minced
- ½–1 inch cube ginger root, minced or grated
- 1 medium size onion, finely diced
- 1 can (15 oz.) tomato sauce

- 1 teaspoon chili powder
- 1 teaspoon red chili flakes
- 1 tablespoon Patak's tikka masala curry paste
- 8 oz of mushrooms sliced
- 1 green bell pepper, sliced
- 1 cup heavy whipping cream
- ½ cilantro chopped for garnishing

## INSTRUCTIONS

### CHICKEN

1. Cut the chicken in ½–1 inch cubes
2. Add 1 teaspoon cumin powder, 1 teaspoon garam masala, some salt, and 1 cup yogurt; mix well and marinade the chicken for at least 30 mins (ideally 8 hours or more)
3. Broil the chicken pieces in a baking tray for 10 mins, flip the chicken pieces and broil for another 10 mins. Alternatively, grill the chicken till it cooked. Ideally, the chicken should be a bit burned on the outside.

### CURRY

1. Heat the oil in skillet, once the oil is hot add the cumin seeds.
2. Add the garlic, serrano pepper, ginger root and onions and cook until the onions are are soft.
3. Pour the tomato sauce and let it simmer till the oil separates out, about 5 minutes on medium.
4. Add chili powder, salt, chili flakes, and the curry paste.
5. Add the mushrooms and bell pepper and cook for an additional 5 minutes.
6. Add the broiled or the grilled chicken pieces to the sauce mix it well and let it simmer for a couple minutes.
7. Add the heavy whipping cream and let it simmer for another 3–5 minutes
8. Add the cilantro

*No gravity, no tacos.*

Cosmos crew

# 3

## Tacos (Maulik style)

### INGREDIENTS

3 chicken breasts

1–2 tablespoon olive oil

3–4 garlic cloves, minced

1 serrano pepper, minced

1 medium onion, sliced

1 bell pepper, sliced

taco seasoning

corn tortillas

1 can of black beans

*Herdez guacamole salsa*

½ bunch cilantro, chopped



## INSTRUCTIONS

1. Cut the chicken breasts in halves and boil them till cooked, shred it.
2. In a pan heat the oil, add garlic, serrano pepper, onion, bell pepper. Sauté till the onion and bell peppers are soft.
3. Add the chicken, salt and the taco seasoning. Mix well and cook it for about 5 minutes.
4. In a separate pan, heat the tortillas, use oil to prevent them from sticking to the pan.
5. Place the chicken on the torillas, top it with beans, *pico de gallo* (optional), and guacamole salsa.

# 4

## Curried Chickpeas aka *Punjabi Chhole*

### INGREDIENTS

- 1 cup dried raw chickpeas (or 2 cans 14 oz. cooked chickpeas)
- ½–1 teaspoon cumin seeds
- 2–3 tablespoon of olive oil
- 3–4 garlic cloves, minced
- 1 serrano pepper, minced
- ½–1 inch cube ginger root, minced or grated
- 1 medium size onion, finely diced
- 2–3 medium size tomatoes (or 1 can 15 oz. tomato sauce)
- 1 teaspoon chili powder
- 1 teaspoon red chili flakes
- 1–2 tablespoons chhole masala.

1 teaspoon tamarind paste (optional)

½ bunch cilantro, chopped

### INSTRUCTIONS

1. If using raw beans then soak them overnight (8–12 hours). Boil them in a large pot (or a pressure cooker) until fully cooked.
2. Heat the oil in skillet, once the oil is hot add the cumin seeds.
3. Add the garlic, serrano pepper, ginger root and onions and cook until the onions are soft.
4. Add the tomatoes (or pour the tomato sauce) and let it simmer till the oil separates out, about 5 minutes on medium. Mash the tomatoes till you reach the desired sauce-like consistency.
5. Add chili powder, salt, chili flakes, and the *chhole masala*.
6. Add cooked chickpeas to the sauce mix it well and let it simmer for a couple minutes. Some people like to mash a portion of the chickpeas.
7. Add tamarind paste and let it simmer for a few minutes.
8. Add the cilantro.

# 5

## Lentil Soup aka *Toor Daal*

### INGREDIENTS

- 2 cups uncooked *toor daal* (split pigeon peas)
- 2 teaspoons whole cumin
- $\frac{3}{4}$  teaspoons turmeric powder
- 1 teaspoon red chili powder or cayenne pepper
- 3–4 cloves of garlic minced
- 1 red onion diced
- 1 serrano pepper
- 3–4 fresh basil leaves chopped (or 1 teaspoon of dried basil leaves)
- 1 tomato diced
- 2 tablespoons *ghee* (clarified butter) or olive oil
- fresh cilantro leaves chopped

## INSTRUCTIONS

1. Soak the *toor daal* in room temperature water for at least an hour.
2. Boil the *toor daal* until fully cooked.
3. While the *daal* is cooking heat the *ghee* (or oil) in a pot, the optimum temperature is when the cumin seeds begin to pop when added to the pot.
4. Add the garlic, serrano, onion, basil leaves and cook until the onions are lightly browned and softened.
5. Add the tomatoes, wait for a couple minutes.
6. Add the chili powder, turmeric powder, salt and cook till tomatoes soften and the oil separates from the mixture, takes about 5–7 minutes.
7. Add the cooked *toor daal* and 3 cups of water (more or less depending on desired consistency), and bring it to a boil
8. Alternatively, blend the cooked *toor daal* in a blender before adding it to the pot. Bring it to a boil.
9. Add salt if required.
10. Add the chopped cilantro leaves.

# 6

## Chicken Wings

### INGREDIENTS

- 1 pound (per person) bone in chicken wings (drumettes and flat)
- 1 tablespoon baking powder
- 1 tablespoon corn starch
- 1–2 tablespoon olive oil
- 2 tablespoon chicken wings rub
- salt and black pepper

### INTRSUCTIONS

1. Dry the chicken wings (use fan and/or paper towels), the skin needs to be absolutely dry for crispy wings.
2. Mix the ingredients in a large mixing bowl (oil first). Spread the wings on a rack in a backing tray.
3. Bake the wings at 450°F for about an hour. Flip the wings half way through.
4. Serve with celery, ranch, and your choice of wing sauce.

*Scrambled eggs  
Oh my baby how I love your legs  
Not as much as I love scrambled eggs  
Oh we should eat some scrambled eggs.*

Sir Paul McCartney

# 7

## Scrambled Eggs

### INGREDIENTS

4 eggs

2 slices of bread

½ tablespoon butter

½ tomato chopped

½ onion chopped

1–2 cloves garlic minced

½–1 serrano pepper minced

¼ turmeric

¼ paprika

## INSTRUCTIONS

1. Slightly coat the pan with some butter, toast the bread.
2. Heat the butter in a pan, toss the tomatoes, onion, garlic, and serrano peppers and heat till the onions and tomatoes are cooked.
3. Add two full eggs and 2 whites, scramble the eggs till cooked.



# 8

## Butternut Squash Soup

### INGREDIENTS

- 2 tablespoons butter
- 1 small onion, chopped
- 1 stalk celery, chopped
- 1 medium carrot, chopped
- 2 medium potatoes, cubed
- 1 medium butternut squash—peeled, de-seeded, and cubed
- 1 (32 oz.) vegetable stock

### INSTRUCTIONS

1. Melt the butter in a large pot, and cook the onion, celery, carrot, potatoes, and squash 5 minutes, or until lightly browned. Pour in enough of the stock to cover vegetables. Bring to a boil. Reduce heat to low, cover pot, and simmer 40 minutes, or until all vegetables are tender.

2. Transfer the soup to a blender, and blend until smooth. Return to pot, and mix in any remaining stock to attain desired consistency. Season with salt and pepper.

Original recipe [Butternut Squash Soup](#)

# 9

## Tostadas

### INGREDIENTS

Crispy tostada shells [Old El Paso](#)

1 can of black beans

¼–½ iceberg lettuce, finely chopped

1 tomato, finely chopped

1 red or yellow onion, finely chopped

1–2 serrano peppers, chopped

[Herdez guacamole salsa](#)

Grated cheese [Queso fresco](#) or cheese of your choice

Sour cream (optional)

1–2 teaspoons [Patak's hot chile pickle](#) finely chopped (optional, for an Indian twist)

1 lime, wedged

½ bunch cilantro, chopped

## INSTRUCTIONS

1. Spread **Patak's hot chile pickle** on a tostada.
2. Spread the beans, lettuce, tomatoes, onions, serrano peppers, cilantro and squeeze some lime.
3. Pour 1–2 tablespoons **Herdez guacamole salsa**
4. Add the cheese and sour cream

**Note:** Don't use serrano peppers if using **Patak's hot chile pickle** (unless you really want to)

# 10

## Garlic Brown Sugar Glazed Salmon

### INGREDIENTS

- 2 fillets
- 2 tablespoon soy sauce
- 1 tablespoon brown sugar
- 2–3 cloves garlic, minced
- 1 lemon, sliced
- 1 tablespoon olive oil

### INSTRUCTIONS

1. Add the soy sauce and sugar in a cup, mix well until the sugar dissolve completely. You can adjust the quantity of soy sauce and sugar as needed.
2. Heat the oil in the pan, add the garlic and salmon fillets, cook for 5-10 minutes
3. Flip the salmon and pour the soy sauce on the side without the skin. Let it simmer for a couple minutes.

4. Garnish it with sliced lemons (helps reduce the odor)

# 11

## Vegetarian Bean Chili

### INGREDIENTS

- 2 tablespoons olive oil
- 1 medium red onion, chopped
- 1 large bell pepper, chopped
- 2 medium carrots, chopped
- 2–3 celery stalks, chopped
- 4 cloves garlic, pressed or minced
- 2 tablespoons chili powder
- 2 teaspoons ground cumin
- 1 ½ teaspoons smoked paprika
- 1 teaspoon dried oregano
- 1 large can (28 ounces) or 2 small cans (15 ounces each) diced tomatoes, with their juices

2 cans (15 ounces each) black beans, rinsed and drained

1 can (15 ounces) pinto beans, rinsed and drained

2 cups vegetable broth or water

1 bay leaf

2 tablespoons chopped fresh cilantro, plus more for garnishing

1–2 teaspoons sherry vinegar or red wine vinegar or lime juice, to taste

Garnishes: chopped cilantro, sliced avocado, tortilla chips, sour cream or crème fraîche, grated cheddar cheese, *etc.*

## INSTRUCTIONS

1. In a large pot over medium heat, warm the olive oil until shimmering. Add the chopped onion, bell pepper, carrot, celery and  $\frac{1}{4}$  teaspoon of the salt. Stir to combine and cook, stirring occasionally, until the vegetables are tender and the onion is translucent, about 7–10 minutes.
2. Add the garlic, chili powder, cumin, smoked paprika and oregano. Cook until fragrant while stirring constantly, about 1 minute.
3. Add the diced tomatoes and their juices, the drained black beans and pinto beans, vegetable broth and bay leaf. Stir to combine and let the mixture come to a simmer. Continue cooking, stirring occasionally and reducing heat as necessary to maintain a gentle simmer, for 30 minutes.
4. Remove the chili from the heat and discard the bay leaf. For the best texture and flavor, transfer  $1\frac{1}{2}$  cups of the chili to a blender, blend until smooth, and then pour the blended mixture back into the pot.
5. Add the chopped cilantro, stir to combine, and then mix in the vinegar, to taste. Add salt to taste. Divide the mixture into individual bowls and serve with garnishes of your choice.

Original recipe [Vegetarian Bean Chili](#)



# 12

## Thai Satay Chicken

### INGREDIENTS

#### MARINADE

- 4 tablespoons coconut milk (from a 400ml tin)
- 1 tablespoons creamy peanut butter
- 1 tablespoon packed light brown sugar (optional)
- 1 tablespoon Thai red curry paste
- 4 skinless chicken thighs or 2 chicken breasts
- salt

#### PEANUT SAUCE

- 1 1/3 cup coconut milk (all remaining milk from the tin)
- 2 tablespoons creamy peanut butter
- 1 tablespoon sweet soy sauce

1 tablespoon Thai red curry paste  
½ tablespoon Tamarind puree (optional)  
3–4 cloves garlic minced  
1–2 tablespoons freshly squeezed lime juice  
2 tablespoons olive or peanut oil  
salt  
garnish: cilantro, lime wedges, red chillies

## INSTRUCTIONS

1. For the chicken marinade, mix together the coconut milk, peanut butter, brown sugar, curry paste, sauces and salt in a large, shallow bowl until well combined and creamy. Add in the chicken, turning to coat completely with the marinade. Allow to marinate for at least 10 minutes to half an hour in the refrigerator.
2. Broil the chicken until it is brown, about 10–15 minutes each side.
3. Heat the oil in a saucepan, combine all the ingredients for peanut sauce, except lime juice. Bring to a boil, reduce the heat and simmer until the sauce thicken, about 5–10 minutes.
4. Add the chicken to the sauce or serve separately.
5. Add the garnishing.

# 13

## *Moong dal* pancakes

### INGREDIENTS

- 1 cup *moong dal* (split and husked moong lentils)
- 2 to 3 cups water for soaking
- ¼ cup water, for grinding or add as required
- ¼ teaspoon turmeric powder
- ¼ teaspoon red chili powder
- ¼ teaspoon roasted cumin powder or cumin powder
- 1 pinch asafoetida (*hing*)
- ¼ cup chopped coriander leaves
- ¼ cup finely chopped onions
- 1 teaspoon grated or finely chopped ginger
- 1–2 green chilies - finely chopped

1 teaspoon salt or add as required

1 to 2 tablespoon oil for cooking pancakes or add as required

## INSTRUCTIONS

### SOAKING AND GRINDING MOONG DAL

1. Rinse the *moong dal* 3–4 times in water.
2. Soak the *moong dal* with 2–3 cups of water for 3–4 hours or over night.
3. The *moong dal* will swell or double up in size. Discard the water.
4. In a grinder, grind soaked *moong dal* with ¼ cup of water. Don't add too much water else they might not grind evenly. We need a smooth and lump free batter for *moong dal* pancakes.

### MAKING THE BATTER

1. Take the batter in a bowl. Add ¼ teaspoon turmeric powder, ¼ teaspoon red chili powder, ½ teaspoon roasted cumin powder and 1 teaspoon salt or as required.
2. Mix very well.
3. Then add add ¼ cup coriander leaves, ¼ cup finely chopped onion, 1 teaspoon grated ginger, finely chopped green chilies and a pinch of hing.
4. Again mix very well.
5. Allow the batter to rest for 15–20 mins.
6. The onions will leave some moisture. check the consistency of the batter. If its too thick, then add 1 to 2 tablespoons more water. Adding too much water will not be good as it will not spread evenly on the pan.
7. The consistency of the batter has to be of pouring consistency, neither too thick nor too thin.

### MAKING THE PANCAKES

- Heat the pan. This is important as the pan has to be hot before you make the pancakes.
- Add a scoopful of batter towards the center of the pan.
- The batter will spread a little on its own.

- Just rotate the batter with the back of spatula giving a round and even shape.
- Drizzle few drops of oil around the edges of the pancake.
- Cook the pancake on medium heat. After a minute they will look crisp and brown.
- Flip the pancake and cook the other side for a minute.
- Once the pancake appears crisp and brown, remove and place aside.
- Similarly make all other pancake. You can stuff the pancake with some grated *paneer* if you want.
- Serve the pancakes with tomato ketchup or green chutney.

Original recipe *Moon dal chilla*

# 14

## Butternut Squash Chickpea Curry

### INGREDIENTS

1 butternut squash

1 carrot

1 bell pepper

1 bag spinach

1 can (15 oz.) coconut milk

2 cans (15 oz. each) chickpeas

1 tablespoon Thai red curry paste

garlic, onion, ginger, thai chilli peppers

salt, chilli powder

garnish: cilantro

## INSTRUCTIONS

1. Cube the butternut quash and the carrot
2. Chop onions and the aromatics
3. Heat the oil in a saucepan, combine the onions, garlic, ginger, chilli pepper, and the carrots
4. Add thai curry paste, salt, and chilli powder
5. Add the cubed butternut squash and coconut milk, simmer until the squash is cooked.
6. Add the chickpeas, and the bell pepper, cook for 5–10 minutes.
7. Add the spinach, cook until wilted.
8. Add the garnishing.