



In the Kitchen

Creations By Anita Singh

TINDORA MASALA FRY

INGREDIENTS

- 1/2 lb tindora

FOR SEASONING:

- 1 tsp urad dal
- Mustard seeds
- Pinch of hing (asafetida)
- 1/2 tsp jeera (cumin)
- 2 red chillies
- Curry leaves

OTHER INGREDIENTS

- 1/2 tsp turmeric
- 1 tsp chilly powder
- Salt as per taste
- 4 tbsp oil

ROAST AND GRIND THE FOLLOWING:

- 2 tbsp dhania (coriander) seeds
- 2 tbsp sesame seeds
- 1 tsp dry coconut powder

- 1/4 tsp turmeric powder
- 1/2 tsp salt
- 4 peppercorns
- 4 dry red chillies
- 5-6 curry leaves

METHOD

1. Cut tindora into thin semicircles or cut lengthwise.
2. Take a pan and heat the oil.
3. Add urad dal, jeera, mustard seeds, red chillies, pinch of hing and curry leaves.
4. Add the cut tindora pieces and fry for 5 minutes on medium heat.
5. Add turmeric powder and salt and fry for another 10 to 15 minutes on medium heat.
6. Add the dry masala and mix well.
7. Add half a cup of water if required.
8. Check for seasoning and adjust salt according to your taste.
9. Sauté for a minute and let it cook until done.

Serve with roti, paratha or rice.



Note: You can use the dry masala to make potato fry, bhindi fry, arbi fry. Follow the same cooking procedure.

Tip: To keep the vegetables from drying up while cooking, sprinkle a little bit of water on the lid when you cover the pan.

To submit your recipe along with original picture, write to info@citymasala.com.



CityMasala Book Club

BOOK REVIEW

Seasons of Splendour: Tales, Myths and Legends of India

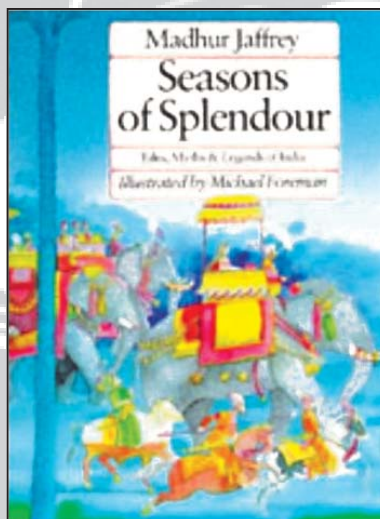
By: Madhur Jaffrey; Illustrated By: Michael Foreman

Review By: Sheniz Janmohamed

The incomparable celebrity cook, *Madhur Jaffrey*, is also a lovely, nuanced writer. Her book, *Seasons of Splendour: Tales, Myths and Legends of India*, is a charming collection of stories told to her when she was a child. Although the book caters to young children, it is still a pleasure to read at any age. In the introduction, *Jaffrey* recalls her own childhood, “*We would crowd around my grandmother on the Prayer Room carpet or, if my mother was telling the story from a drawing room sofa, we would drape ourselves over its arms and back, even overflowing to the floor, bodies overlapping bodies.*”

Jaffrey speaks of her love affair with stories and their ability to keep generations of family alive and intact. In her book, she retells Hindu myths and also explains festivals such as Diwali and Holi. For those without a firm background in the traditions and festivals of India, *Seasons of Splendour* is a pleasant introduction. In *Dussehra, The Festival of Victory*, *Jaffrey* is entertaining and quite funny, “*In our family, we children would make crude, clay statues of the demon, Ravan, and then lay them down on our drive-*

way. Shouting, ‘Kill, kill, kill,’ we would hop on to our bicycles and ride all over the statues,



peas- tiny chickpeas still in their green skins. Of course, the skins would turn brownish-black but the peas themselves would be deliciously

crushing them to pieces. Tame stuff, I know.”

Perhaps due to her culinary prowess, *Jaffrey* creates images that are lush and appetizing, “*My favourite was the chick-*

roasted.” Although detailed, *Jaffrey’s* language is simple and clear, allowing for easy understanding. Instead of just presenting common tales from her homeland, *Jaffrey* infuses her own childhood experiences and personal anecdotes into the stories. She also engages the reader, which gives a more personalized tone and storytelling approach to the collection, “*Have you ever tried to thread a needle by moonlight? That is what my mother and grandmother made me do when I was little.*”

Another interesting aspect of this book is the glossary entitled, “*Who is Who, What is What, and a Guide to Pronunciations*” I found this section particularly helpful, as it includes brief biographies of heroes from the Ramayana and Mahabharat. *Jaffrey* also explains the importance of these two epics in her work, and guides the reader through the pronunciation of terms and names.

Seasons of Splendour is a light, pleasant read, suitable for the whole family.

Buy this book at amazon.com.