

Cooking with Fahra: A collection of personal recipes

By Fahra Rajabali

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Foreword

This collection of recipes is from “Cooking with Fahra,” a series of six cooking classes hosted by Fahra Rajabali, a dynamic and charismatic chef and personable instructor and held from Summer 2025 to early 2026.

This initiative stems from a pilot series of cooking classes hosted by Fahra during the COVID-19 pandemic, when members of the BC Injury Research and Prevention Unit were deployed to work from home for two years. Since then, Fahra has continued to explore her cooking with current and former colleagues.

With gratitude to the UBC Healthy Workplace Initiative Fund, Fahra has been able to cook with, and share her recipes, across the UBC community.

Cooking with Fahra has the potential to inspire others to share their cooking talents with their communities and create their own series of recorded classes. An unintended impact may be work colleagues choosing to cook and eat together.



Fahra is a UBC alum and has been a staff member of the BC Injury Research and Prevention Unit and UBC for 25 years as a specialist in injury data, epidemiology, visualizations, and evaluation. She was born in Nairobi, Kenya, and her knowledge of cooking stems from South-Asian and East-African family recipes. Fahra is passionate about providing multi-cultural cooking lessons and integrating storytelling and nutritional knowledge into her classes. Her classes will help shape a community-oriented environment at work, and will support strong connections and trust between UBC staff members and faculty.

I would like to acknowledge Dr. Shelina Babul, Anita Yau, Kate Turcotte, Samantha Bruin, Michelle Bauer, and Saira Rajabali for making these classes happen, and supporting me in these sessions, and the development of this recipe book. I would also like to thank all the participants who have cooked along with me (and provided photos) and made these sessions fun!

My mom passed on her passion for cooking to me. I will always love her, and she will be forever missed. ❤️

- Fahra

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Coconut Lentil Curry & Warm Cabbage Salad





Coconut Lentil Curry

Serves 4

INGREDIENTS:

Curry:

- ¼ cup neutral oil, such as grapeseed oil or vegetable oil
- 1 bay leaf, 1 star anis, 2 inch cinnamon bark, 2 green cardamom pods, 2 cloves (whole spices)
- 1 medium yellow onion, finely chopped
- 3 tsp cumin seeds
- 2 tomatoes, finely chopped (1½ cups)
- 1 small green chili (Serrano), chopped or sliced lengthwise (chopped for more heat, sliced for less)
- 4-5 garlic cloves, crushed or grated into a paste
- ½ inch piece ginger, crushed or grated into a paste
- ½ tsp turmeric powder
- 3 tsp cumin powder
- ¼ - ½ tsp red chili powder or cayenne, or more to taste
- 3 tsp coriander powder
- 2½ tsp sea salt or table salt (adjust to taste)
- 1 tbsp ghee or butter
- 1 can coconut milk
- 7 tsp garam masala
- 2 tbsp lemon juice
- 3 tbsp chopped cilantro

Lentils:

- 1½ cup red split lentils
(soaked and washed before starting, about 10 minutes)
- 2¼ cups water for cooking lentils

Vegetables (optional)

- 1 small long eggplant cut in small chunks
- 1 small zucchini cut in small chunks
- 2 cups spinach



To wash lentils: Place lentils in a small-medium bowl and fill with water. Use your hand to swirl the lentils around until the water becomes murky. Tip the bowl to take out the excess water and repeat until the water runs clear. Remove any debris and strain the excess water.

Tempering:

- 1 tbsp ghee or oil
- 1 sprig curry leaves, stem removed
- ¾ tsp cumin seeds
- ½ tsp black mustard seeds

Prepared boiled rice, quinoa or naan to serve



INSTRUCTIONS:

1. In a medium pot add oil and set to medium temperature. When oil heats up add bay leaf and whole spices - star anise, cinnamon bark, green cardamon, cloves. Cook for about 30 seconds.
2. Add the chopped onion and sauté until onion is slightly translucent. Add a pinch of salt and two tsp of cumin seeds, continue to sauté for about 30 seconds.
3. Add chillies and tomatoes, and continue cooking until the tomatoes soften.
4. Add the ginger and garlic paste. Stir until fully incorporated.
5. Add in turmeric, cumin, chilli powder (if using), coriander powder, and salt (to taste). Add one tbsp of Ghee (or vegan butter). Stir until spices come together.
6. Add the washed and drained soaked lentils. Stir gently until incorporated. Add water alongside with eggplant and zucchini, if using. Cover the pot and let cook for 10 minutes until the lentils and vegetables are cooked.
7. Add coconut milk. Add spinach if using. Lower heat. Taste for salt. Lower heat to simmer and prepare the tempering.
8. **Tempering:** In a separate large pan, heat 1 tbsp ghee or oil over medium-high heat. Once hot, add the curry leaves, cumin seeds, and mustard seeds and sauté for about 15 seconds until sizzling. Turn off heat.
9. Add tempering to the lentil curry pot, you will hear a “whoosh” sound and mix. Bring the curry to a simmer. Allow the curry to reduce and the flavors to meld for about 3 minutes, or until you achieve the desired consistency. Taste and adjust salt, if needed.
10. Add garam masala, lemon juice, and cilantro to garnish.
11. Taste for salt, spice, and lemon. Everyone has a different salt, spice, and lemon preference—so make it your own!

Serve hot with rice, quinoa, roti, or naan. Or, you can even enjoy on its own as a stew.



TIPS:

- For homemade garlic and ginger paster, blend peeled garlic or ginger with a bit of water (enough to puree) and store the crushed garlic/ginger in a container in the fridge.
- Adding whole spices to the oil in Step 1 helps to “bloom” the spices to enhance the flavour.
- Add a pinch of salt while sauteing the onions to get them to sweat faster.



Warm Cabbage Salad

Serves 4

INGREDIENTS:

- 1 tbsp oil
- 1 small white cabbage sliced
- 2 medium red peppers sliced into strips
- 3 limes
- 1 tbsp seasoning - Chaat masala
- 2 tbsp chopped cilantro to garnish

INSTRUCTIONS:

Heat a saucepan on medium. Add the oil to the pan. Once the oil is heated, add the cabbage and peppers (or any vegetables used) and stir fry for 2 mins. Add the salt. Stir and turn off the heat.

The vegetables should be crisp, but soft. Plate the salad, sprinkle the seasoning and squeeze the lime juice. Garnish with cilantro. The salad will have a tangy taste. Taste and adjust by adding more lime and chaat masala for your own tangy preference.



TIPS:

- If you do not like cabbage, you can use any of the following: shredded carrots, chopped kale, daikon cut into strips.
- [Chaat Masala](#) can be bought at any international foods section at Superstore, Save On Foods, Walmart, or Indian specialty stores. Any brand works.
- Chaat Masala can be used for many purposes, for example: seasoning on vegetables, popcorn, or fries.



Tips & Additional Information

LENTILS

Lentil seeds are a staple in Indian cuisine, and they can be split or whole, and shelled or unshelled. Those with husks remain whole with moderate cooking, while those without husks tend to disintegrate into a thick purée. Split lentils known as daal are often cooked into a thick curry that is usually eaten with rice or roti, a type of flatbread. Seed coats range from light green to deep purple, as well as being tan, grey, brown, black, or mottled. Shelled lentils are yellow, orange, red, or green.

Lentils can be eaten soaked, germinated, fried, baked, or boiled. Cooking time ranges from 10 to 40 minutes. The common red lentil has a shorter cooking time and does not need to be soaked.

One cup of cooked lentils provides:

- 230 Calories
- About 40 grams of Carbohydrate and 18 grams of Protein
- Less than 1 gram of Fat, about 15 and a half grams of Fiber

This is nearly 60% of the recommended daily intake of dietary Fiber supporting a healthy gut microbiome and digestive health.



HEALTH FACTS - LENTILS:

- Carotenoids – antioxidants that help reduce the risk of cardiovascular disease and cancer, and support vision, immune function, and skin health; lutein and zeaxanthin involved in eye health.
- Polyunsaturated fatty acids, which are the good fats we want in our diet
- Approximately 25% of the calorie content in lentils comes from protein
- Lentils are considered a rich source of Folate (90% of the DV), Iron, Manganese, and Phosphorus.
- They are a Good source of Thiamine, Pantothenic acid, Vitamin B6, Magnesium, Copper, and Zinc.
- They also contain Potassium and Niacin.

Sources:

- <https://en.wikipedia.org/wiki/Lentil>
- <https://balancingbowls.com/lentils-nutrition-facts-and-health-benefits/#high-in-fiber>



Tips & Additional Information

CABBAGE

Cabbage is a member of the “cruciferous” vegetable group that includes broccoli, kale, radishes, cauliflower, and Brussels sprouts. It comes in green, white, purple and red, with smooth or crinkly leaves.

It is a common and versatile vegetable, used for soups, salads, kimchi, and sauerkraut.



HEALTH FACTS - CABBAGE:

- Low in calories and high in fiber, helping to maintain a healthy digestive tract.
- Contains antioxidants, such as choline, lutein, and anthocyanin, that fight free radicals and reduce stress on your cells.
- Leafy green vegetables reduce your risk of developing type 2 diabetes, and may promote brain health and reduce your risk of developing dementia.
- “Cruciferous” vegetable contain high levels of indole-3-carbinol, believed to play a role in preventing several types of cancer, including colorectal cancer.

Sources:

- <https://www.brownhealth.org/be-well/cabbage-and-benefits-overlooked-superfood#:~:text=The%20fiber%20found%20in%20cabbage,also%20contains%20something%20called%20anthocyanins.>
- <https://www.webmd.com/diet/health-benefits-cabbage>



Tikka Masala & Curried Quinoa Salad





Tikka Masala

Serves 2



You can use chicken, fish, or vegetables for this recipe:

- **Chicken:** 3 chicken breasts cut into bite-sized pieces (1½ lbs or 700g, or 4 chicken thighs)
- **Fish:** 3 white fish fillets cut into bite-sized pieces (tilapia, cod, or halibut)
- **Vegetables:** ½ head of small cauliflower cut into florets (or any mixed vegetables of choice) and ½ packet paneer (for a vegan option, use ½ can of chickpeas)

INGREDIENTS:

Chicken/Fish/Paneer Marinade:

- ¾ cup 2% plain yogurt (Greek yogurt works)
- 4 garlic cloves, minced (1 tbsp)
- 1 tbsp grated ginger (1 tbsp)
- 2½ tsp ground cumin
- 2½ tsp coriander powder
- 1 tsp turmeric powder
- 2 tsp paprika powder
- 2 tsp garam masala
- 1 tsp chili powder (adjust to taste)
- 1 tsp black pepper
- 2 tsp salt
- 2 tbsp tomato paste
- 3 tbsp lemon juice
- 2 tbsp vegetable oil



This marinade can be used as a grilling or barbeque marinade. You can make a big batch and freeze in portions. Thaw and use when short of time.

Masala Sauce:

- 3 tbsp oil or ghee OR 1½ tbsp oil and 1½ ghee
- 1 medium onion, finely chopped
- 2 tsp cumin seeds
- 2 medium tomatoes finely diced
- 4 garlic cloves, minced (1 tbsp)
- 1 tbsp grated ginger
- 2 tsp ground coriander powder
- 2 tsp turmeric powder
- 2 tsp paprika powder
- 1 tsp chili powder (optional, for heat)
- 2 tsp garam masala
- 1½ cups canned crushed tomatoes
- 2 tbsp tomato paste
- 2 tbsp yogurt or cream (2 tbsp coconut milk for vegans)
- ½ cup cold water (or slightly more for more gravy)
- 1 tsp salt (or to taste)
- 2 tbsp vegetable oil
- 1 red pepper cut in big bite size pieces
- 1 small onion cut in big bite size pieces
- ½ tsp garam masala
- 1 tsp lemon juice
- Fresh cilantro, for garnish



INSTRUCTIONS:

1. Marinate the chicken/fish/paneer

- Mix all marinade ingredients in a large bowl.
- Add chicken, coat well, cover, and refrigerate for at least 1 hour (overnight is best).
- If using paneer or fish, cut into cubes and marinate for ½ hour. If using cauliflower mix with the marinade prior to cooking.

2. Cook the chicken/fish/paneer/cauliflower

- Place the chicken/fish/paneer/cauliflower on a baking sheet and broil on high until cooked and has some golden crust (about 10 minutes). Both the cooked marinade and chicken/fish/paneer will be added later to the sauce. The fish will cook faster than chicken.
- You can use an air fryer to cook the chicken/fish/paneer/cauliflower.
- If using cauliflower, do not overcook them. They need to have a bite to them.

3. Make the sauce

- In a large pan, heat oil/ghee on medium high.
- Sauté onions until golden brown. Halfway through add the cumin seeds and diced tomatoes.
- Add garlic and ginger; cook for 1 minute.
- Stir in coriander, paprika, chili powder, and garam masala powders. Cook spices for 30 seconds. The onions and tomatoes should be integrated and be a mushy consistency.
- Add canned crushed tomatoes, yogurt, tomato paste, and water. Mix. If using cream add at the end before adding the cooked chicken. If you want more gravy, you can add some more water.
- Add the vegetable oil and cook on low to medium heat for 10 minutes until thickened slightly. You will know that your curry is cooked when you see the colour of the gravy change and darken to a deep red colour and there will be an oil separation and shine to the gravy.

4. Finish the curry

- Add cooked chicken/paneer/cauliflower with all the marinade and juices, and simmer another 5 minutes. If using vegetables or chickpeas, add and cook for 10 minutes until vegetables are soft. If using fish, add it at the very end to prevent the fish from breaking.
- Add the pepper and onions and cook for 2 minutes till softened.
- Add garam masala. Taste to adjust for salt, and add more chili if you like it spicier. Add lemon juice.

5. Serve

- Garnish with fresh cilantro.
- Serve hot with naan, roti, or cooked basmati rice.



Curried Quinoa Salad

Serves 2

INGREDIENTS - SALAD:

- 1½ cup cooked quinoa (¾ cup uncooked, cooked with ½ tsp turmeric powder, ½ tsp cumin powder, ½ tsp coriander powder and salt)
- 1 diced apple
- 1 stalk celery diced
- 1 red pepper diced
- 1 yellow pepper diced
- ½ cup mixed nuts of choice (pecans, peanuts, cashews) (optional)
- ½ cup pumpkin seeds
- ½ cup sunflower seeds
- 1 can chickpeas drained
- ½ cup raisins
- ½ cup chopped cilantro
- Mixed salad greens or baby spinach (optional)

INGREDIENTS - DRESSING:

- ⅓ cup vegetable oil
- 1 tsp crushed ginger
- 1 tsp crushed garlic
- 1 tsp turmeric powder
- 1 heaped tsp coriander powder
- 1 heaped tsp cumin powder
- 1 heaped tsp curry powder
- ½ tsp garam masala
- ½ tsp chilli powder (or to taste)
- 1½ tsp salt (or to taste)
- ¾ cup lemon juice

INSTRUCTIONS:

1. To make the quinoa, boil with 1½ cups water and with ½ tsp turmeric powder, ½ tsp cumin powder, ½ tsp coriander powder and salt. Reduce heat to low and cover with a lid. Cook for 15 minutes. Remove from heat and let stand for 5 minutes, covered. Remove the lid and fluff the quinoa with a fork.
2. Make the dressing by heating the oil on medium high. Add the ginger and garlic and cook for 30 seconds. Add all the spices and stir in the oil for about 40 seconds to cool all the spices and incorporate the flavours. Turn off the heat.
3. Add the lemon juice and stir.
4. Mix a bit of dressing in the quinoa to coat.
5. Add all the other ingredients and mix the dressing at intervals to coat the salad.
6. If using mixed salad greens or baby spinach, reserve some dressing and add to the quinoa and greens when serving.



Tips & Additional Information

QUINOA

- Quinoa is not a grain like wheat, oats and rice, which are grasses.
 - It is a pseudo-grain or pseudo-cereal, along with buckwheat, amaranth, and chia.
- Among plants, it is a member of the amaranth family, which also includes spinach, beets, and chard.
- Quinoa is gluten-free.
- Quinoa can be consumed either raw or cooked.
- The nutritional value changes when cooked, as the water content is greatly increased.

Quinoa is from South America, and is an important food for the Indigenous peoples.

- Internationally, quinoa's popularity started to increase around 2004.
- It is now grown in over 75 countries, including Kenya (where Fahra's family is from), India, the United States, and in Europe.

We eat the quinoa seed which is high in protein, dietary fiber, B vitamins and minerals, especially potassium and magnesium.



HEALTH FACTS - QUINOA:

- 100 g of raw quinoa seeds supply 368 kcal of food energy: 13% water, 64% carbohydrates, 14% protein, and 6% fat
- A rich source of protein, dietary fiber, several B vitamins including folate (46% DV)
- A rich source of magnesium (55%), manganese (95%), phosphorus (65%), and zinc (33%)
- 100 g of cooked quinoa supplies 120 kcal of food energy: 72% water, 21% carbohydrates, 4% protein, and 2% fat
- A rich source of manganese (30% DV) and phosphorus (22% DV)
- A moderate source of dietary fiber and folate (11%)
- A moderate source of iron (11%), magnesium (18%), and zinc (11%)

NOTE: 1 kilocalorie = 1,000 calories



Tips & Additional Information

CHICKPEA

- The chickpea is a legume in the same subfamily as peas and sweet peas. It is very versatile.
- They are typically used in Mediterranean and Middle Eastern cooking:
- It is the key ingredient in hummus (the Arabic word for chickpeas) and falafel, can be roasted, spiced, and eaten as a snack.
- In Indian cuisine, it is used in salads, soups, stews, curries, and is used in making pakoras.
- In the Philippines, chickpeas preserved in syrup are eaten as sweets and in desserts such as halo-halo.
- Ground chickpea has been used as a substitute for coffee.
- Three-quarters of chickpeas are produced in India.

You can cook with either canned or dried chickpeas.

- Dried chickpeas need a long cooking time (1–2 hours) and fall apart when cooked longer.
- If soaked for 12–24 hours before use, cooking time can be shortened by around 30 minutes.



HEALTH FACTS - CHICKPEAS:

- Chickpeas are a popular vegetarian food
- Chickpeas are high in protein
- Cooked chickpeas are 60% water, 27% carbohydrates, 9% protein, and 3% fat
- 100 g cooked chickpeas supply 164 calories of food energy
 - A rich source of folate (43% DV) and manganese (45% DV, table)
 - A moderate source (10–16% DV) of thiamine and several dietary mineral

Sources:

- <https://en.wikipedia.org/wiki/Quinoa>
- <https://en.wikipedia.org/wiki/Amaranth>
- <https://en.wikipedia.org/wiki/Pseudocereal>
- <https://en.wikipedia.org/wiki/Chickpea>
- <https://en.wikipedia.org/wiki/Faboideae>



Coconut Fish/Prawn Curry & Lentil Salad



Coconut Fish/Prawn Curry

Serves 2



You can use a protein of your choice:

- **Prawns:** 1 packet frozen prawns deveined and tail removed and washed.
- **Fish:** 3 fish fillets, Tilapia or any white fish, fresh or frozen. Cut into bite-sized pieces.
- **Chicken:** 3 chicken breasts or 4 thighs, cut into bite-sized pieces or bone in chicken.

Optional ingredients to add to any curry:

- **1 boiled potato:** skin removed, cut in quarters
- **2-3 hard boiled eggs:** shelled
- **Cauliflower:** for a vegetarian version

INGREDIENTS - MARINADE:

- 1 tbsp garlic cloves crushed (3-4 cloves)
- 1 tbsp ginger crushed (1 inch)
- ½ to 1 tsp crushed green chillies (adjust for heat)
- 1 tsp turmeric powder
- ½ tsp salt
- 1 tbsp lemon juice
- ½ tsp black pepper
- 1 tbsp cumin powder
- 2 tbsp oil

Mix above ingredients and marinate the fish or prawns with the above ingredients for at least 20 minutes.

Variation for rice - Cumin Rice:

- Boil the rice with 1 tsp of cumin seeds, salt to taste and 1 inch cinnamon stick

To make the quinoa, boil ¾ cup uncooked quinoa with 1 ½ cups water and with ½ tsp turmeric powder, ½ tsp cumin powder, ½ tsp coriander powder and salt. Reduce heat to low and cover with a lid. Cook for 15 minutes. Remove from heat and let stand for 5 minutes, covered. Remove the lid and fluff the quinoa with a fork.

INGREDIENTS - CURRY SAUCE:

- 1 small onion quartered
- 1 large tomato quartered
- 1 tsp cumin seeds (or curry powder)
- 1 tsp coriander powder
- ½ tsp turmeric powder

Blend the above ingredients to form a puree.

- 2 tbsp vegetable oil
- 1 tsp crushed garlic
- 1 tsp crushed ginger
- ½ tsp crushed green chillies or to taste
- 1 tsp tomato paste
- ½ can coconut milk (405 mL)
- A few strands of saffron soaked in 2 tbsp water (optional)
- 2 tbsp lemon juice
- ½ tsp garam masala
- Salt to taste
- Chopped cilantro for garnish (optional)

Serve with cooked rice/naan/cooked quinoa



INSTRUCTIONS:

1. Broil the marinated fish on high until cooked (about 8-10 minutes). If using prawns, pan fry the prawns with a bit of oil heated in a pan. Reserve liquids for both. These will be added at the end to the curry sauce. If using cauliflower, marinate the cauliflower and broil until tender. Reserve any liquid.
2. Heat 2 tbsp of oil in a pot at medium. Add the onion and tomato blend and cook for a few minutes (about 5 minutes) until thickened.
3. Add the crushed ginger, garlic, and chillies and cook for about a minute.
4. Add the coconut milk and tomato paste. Stir to mix
5. Add the coconut cream. Add saffron if using.
6. Lower heat and let the sauce come to a boil. It should thicken a bit. Continue to cook until you see oil separation (8-10 minutes). The sauce should have a nice yellow colour.
7. Add the garam masala and lemon juice. Add salt to taste.
8. Add cooked fish or prawn with the cooked juices. Add potatoes if using. Stir and mix in. Cook for a 2 minutes to incorporate flavours. Avoid stirring much to prevent fish from breaking. If using cauliflower, add it in with the liquids and mix.
9. Add in boiled eggs if using and mix.
10. Taste for salt, chillies and lemon. The sauce should have a balance of all 3. Adjust accordingly.
11. Garnish with cilantro. Enjoy over cooked rice or quinoa or with naan.



To enhance the colour and aroma of Saffron in cooking:

- Grind the saffron to a fine powder
- Add an ice cube
- Let it sit for min 2 hours
- You can add another ice cube if you feel it's too thick



Tips & Additional Information

FISH & PRAWN:

- Fish can be prepared in a variety of ways. It can be served uncooked (raw food, e.g., sashimi); cured by marinating (e.g., ceviche), pickling (e.g., pickled herring) or smoking (e.g., smoked salmon); or cooked by baking, frying (e.g., fish and chips), grilling, poaching (e.g., court-bouillon) or steaming.
- Many of the preservation techniques used in different cultures have since become unnecessary but are still performed for their resulting taste and texture when consumed.
- Shrimp and prawns are versatile ingredients. Common methods of preparation include baking, boiling, frying, grilling, and barbequing. They are as delicate as eggs with regard to cooking time. Either cook them quickly, at a high heat for a very short time or else at a low cooking temperature for a long time, or if mixed into a dish, then added close to the end of cooking. When they are overcooked, they have a tough and rubbery texture



HEALTH FACTS - FISH/PRAWNS:

- A portion of 150g of fish provides about 50 to 60 percent of an adult's daily protein requirement.
- Eating oily fish containing long-chain omega-3 fatty acids may reduce systemic inflammation and lower the risk of cardiovascular disease. Eating about 140 grams (4.9 oz) of oily fish rich in omega-3 fatty acids once per week is a recommended consumption amount.
- As with other seafood, crustacea are high in protein but low in calories.
- Shrimp consumption is considered healthy for the circulatory system because the lack of significant levels of saturated fat in shrimp means that the high cholesterol content in shrimp actually improves the ratio of LDL to HDL cholesterol and lowers triglycerides.
- Prawns are high in levels of omega-3s (generally beneficial) and low in levels of toxic mercury.



Lentil Salad

Serves 2

INGREDIENTS:

- ½ cup uncooked brown lentils
- 1 small can chickpeas drained
- 1 medium onion diced small
- 2 tomatoes diced small
- 1 large red pepper diced
- 1 apple diced
- 1/2 bag spinach leaves
- 2 tbsp vegetable oil
- ½ tsp salt
- 1 tbsp garlic crushed
- 1 tbsp ginger crushed
- 1 tsp cumin seeds
- ½ tsp turmeric powder
- 1 tsp cumin powder
- 1 tsp coriander powder
- 1 tsp curry powder
- ½ tsp salt
- ½ tsp chilli powder (or to taste)
- ¼ tsp garam masala
- 4 tbsp lemon juice (or to taste)
- 2 spring onions chopped
- Bunch of cilantro



HEALTH FACTS - SPINACH:

- Although spinach contains moderate amounts of iron and calcium, it also contains oxalates, which may inhibit absorption of calcium and iron in the stomach and small intestine. Cooked spinach has lower levels of oxalates, and its nutrients may be absorbed more completely.
- Cooking spinach significantly decreases its vitamin C concentration, as vitamin C is degraded by heating. Folate levels may also be decreased, as folate tends to leach into cooking liquid.
- Spinach is rich in nitrates and nitrites, which may exceed safe levels if spinach is over-consumed.



INSTRUCTIONS:

1. Heat the oil in a pot over medium. Add the diced onion and sautéed until translucent. Add the salt.
2. Add the ginger and garlic and cook for 1 minute stirring constantly to avoid sticking.
3. Add the diced tomatoes and cook until a softened.
4. Add the cumin seeds, turmeric, cumin, coriander, and curry powders. Stir to incorporate all the spices. Add some cold water if the spices are too dry.
5. Add the canned chickpeas and cooked lentils.
6. Add the salt, chilli powder, garam masala, and lemon juice.
7. Mix to incorporate. Add the spring onions and cilantro.
8. Taste for salt, chillies, and lemon. There should have a balance of all 3. Adjust accordingly.
9. Assemble the salad. Layer the spinach or kale in your serving dish.
10. Add the lentil and chickpea mix over the spinach.
11. Sprinkle on the diced apple and red peppers.
12. Mix all when ready to serve. The lentil and chickpea mix will be enough to provide the base and dressing for the salad. If needed, squeeze some lemon juice.



Cooking Lentils:

- Lentils must be soaked an hour prior
- Cook by placing the lentils in 1 ½ cups of cold water, ½ tsp salt and bring to boil
- Close the lid of the pan and simmer for a few minutes and turn off heat; the lentils will cook in the warm pot
- Check to see if cooked and drain the liquid
- Alternatively you can use a can of brown lentils

Caramelized Onions:

- Add a little salt right at the beginning with the onions to help them release moisture and speed up the caramelization process

Sautéing Ginger, Garlic, and Onion:

- Never add them to the pan at the same time, as onions need more time to cook. It's best to sauté the onions until golden, then add the ginger and garlic.



Hearty Lentil Soup & Vegetable Wraps



Hearty Lentil Soup

Serves 3-4

INGREDIENTS:

- ½ cup brown lentils soaked an hour prior
- ½ cup red lentils, no need to soak
- 3 tbsp olive oil or vegetable oil
- 1 bay leaf
- ½ inch cinnamon stick
- 2 cloves
- 5 peppercorns
- 1 medium onion diced
- 2 stalks celery diced
- 1 medium carrot diced
- 1 small zucchini diced
- 1 medium red pepper diced
- 1 medium yellow pepper diced
- 1 medium orange pepper diced
- 1 ½ tbsp crushed ginger
- 1 ½ tbsp crushed garlic
- 1 tsp turmeric powder
- 1 tbsp cumin powder
- 1 tbsp coriander powder
- 1 tbsp curry powder
- 1 tbsp garam masala powder
- ½ tsp black pepper
- 1 tsp salt
- 1 cup crushed canned tomatoes
- 1 tbsp tomato paste
- 4 cups vegetable stock or water
- 1 ½ to 2 cups chopped kale or spinach
- 1 tsp garam masala
- Salt to taste
- Lemon juice to taste
- Chopped cilantro to garnish



You can either make this in a pot on the stove, or an Instant Pot. Cooking instructions are provided for both methods.



INSTRUCTIONS:

1. Cooking methods

- a. Instant pot: Heat oil in instant pot on saute. Add the bay leaf and whole spices. Let cook for 1 minute.
- b. Stove top: In a deep pot, heat oil on medium heat. Add the bay leaf and whole spices. Let cook for 1 minute.

2. Add diced vegetables

3. Add crushed ginger and garlic. Cook until mixed

4. Add all the spice powders. Cook for a few minutes.

5. Rinse and add the brown and red lentils

6. Add crushed tomatoes and tomato paste. Cook for a few minutes.

7. Add stock or water. Taste for salt.

8. Further cooking

- a. Instant pot: Stop the saute feature. Close the lid. Cook on soup setting for 20 minutes.
- b. Stove top: Lower heat, close lid of pot and cook on low heat for 30 minutes.

9. After cooking time

- a. Instant pot: When instant pot setting is complete, stop setting, wait for about 5 minutes and release steam until you hear a pop sound.
- b. Stove top: Open lid and mix, add more liquid if required (evaporation may occur).

10. Finishing

- a. Instant pot: Open the lid, add the chopped kale or spinach. If needed, set the setting to sauté on low heat. The kale or spinach will wilt. Cook for a few minutes. Turn off setting for sauté.
- b. Stove top: Add the chopped kale or spinach. Cook on low heat for a few minutes until the kale or spinach has wilted. Turn off heat.

11. Finish with garam masala, salt, pepper, lemon juice and garnish with cilantro. Adjust as needed for salt and lemon.

12. Let sit for about 5 minutes before serving for flavours to set.



Vegetable Wraps

Serves 3-4

INGREDIENTS:

- Tortillas - flour or gluten free

Vegetables for wraps

- 2 tbsp olive or vegetable oil
- 1 medium onion sliced
- 1 tsp crushed ginger
- 1 tsp crushed garlic
- 1 small tomato chopped
- 1 medium red pepper sliced
- ½ tsp cumin powder
- ½ tsp coriander powder
- ½ tsp curry powder
- ½ tsp cumin powder
- ½ tsp coriander powder
- ½ tsp curry powder
- A few stalks chopped green onions
- A few stems chopped cilantro
- Salt and pepper to taste
- Lemon juice to taste
- Bunch spinach leaves

INSTRUCTIONS:

1. Heat oil on medium
2. Add onions and cook until translucent
3. Add the ginger and garlic. Mix and cook for 2 minutes
4. Add the chopped tomato and cook until soft
5. Add the sliced red pepper
6. Add the spices and cook for 2 minutes
7. Your choice to add spinach to the vegetables to cook and wilt or add raw in the wraps
8. Add the green onions and cilantro. Mix
9. Add salt, pepper and lemon juice to taste



Hummus & Curried Mayo

Regular Hummus

INGREDIENTS:

- 1 can (540ml) chickpeas, drained and rinsed (reserve liquid)
- 2 tbsp tahini
- 2-3 tbsp lemon juice
- 2 tbsp olive oil
- 2 garlic cloves, chopped
- 1 tsp cumin seeds
- Salt to taste

INSTRUCTIONS:

1. Blend Hummus: In a food processor, combine chickpeas, garlic, cumin seeds, tahini, lemon juice, salt, and 2 tbsp olive oil. Blend until smooth, adding a little chickpea liquid or water for creaminess.

Masala Hummus

INGREDIENTS:

- 2 tbsp vegetable oil
- 1 tsp cumin powder
- 1 tsp coriander powder
- 1 tsp curry powder
- 1 tsp garam masala
- ½ tsp chili powder (mild heat) optional
- ½ tsp turmeric
- Salt to taste

INSTRUCTIONS:

1. Bloom spices: Heat 2 tbsp vegetable oil in a small pan on low heat. Stir in cumin, coriander, garam masala, chili powder, and turmeric. Sauté just until fragrant (30-40 seconds). Make sure it does not burn.
*Reserve some spices and oil for mayo
2. Add masala including oil to hummus and mix. Let sit for a few minutes for flavours to set.

Curried Mayo

1. To a few tablespoons of mayonnaise, mix a bit of spice mix from above
2. Assemble wraps
3. Layer tortilla with hummus, and spinach if using as raw. Add vegetables. Drizzle with curried mayo
4. Close wrap and grill using butter on both sides



Butter Chicken/Paneer & Garden Salad





Butter Chicken/Paneer

Serves 2

INGREDIENTS:

- **Chicken:** 1 – 1.25 lb (454 – 567 g) chicken breasts (2), thighs (3-4), or tenders, cut into 1.25"/3.75cm cubes (bite size). I prefer using chicken thighs as they are more moist than the breast.
- **Veggie option with paneer:** 1 small packet paneer cut in cubes and soaked in warm water for 10-20 minutes to rehydrate. Drain and add to the marinade.

INGREDIENTS - MARINADE:

- 3 heaped tbsp plain yogurt, preferably Greek
- 1 tsp mild Kashmiri chili powder/paprika powder
- ¼-½ tsp red chilli powder/cayenne
- 1 tsp coriander powder
- 1 tsp cumin powder
- ¼ tsp tumeric powder
- ¼ tsp garam masala
- ½ dried fenugreek leaves (Kasoori Methi) crushed (with fingers)
- 1 tsp salt
- 1 tbsp neutral oil, such as canola, grapeseed or avocado
- 1 tsp lemon or lime juice
- ½ tsp garlic paste

INSTRUCTIONS:

1. In a medium bowl, stir together the yogurt, ground spices, dried fenugreek, salt, oil, lemon juice, and garlic.
2. Add the chicken/paneer and toss to coat.
3. Cover and set aside or refrigerate (ideally) for up to 24 hours.
4. When ready to use, allow the chicken/paneer to come to room temperature.



INGREDIENTS - BUTTER CHICKEN SAUCE:

- 1 14 oz (400 g) can whole peeled tomatoes (no salt added) (if you do not find 400g can, you can use a 800g can)
- 1 tbsp (28 g) salted butter or ghee, for cooking the chicken
- 4 tbsp neutral oil such as canola oil, divided
- 1 small yellow onion, finely chopped
- 5-6 garlic cloves, finely chopped
- 1- inch piece ginger, finely chopped
- 1 tsp Kashmiri chili powder or paprika powder (see note above regarding Kashmiri chili powder)
- 1 tsp cumin powder
- ½ tsp coriander powder
- ½ tsp red chili powder or cayenne (or to taste)
- 2 tsp salt
- 2 tbsp (30 g) tomato paste
- 1 cup water
- ⅔ cup (158 ml) heavy whipping cream. Can use half and half if wanting a lighter version.
- 2 tbsp (28 g) salted butter
- 1 ½ tbsp dried fenugreek leaves, crushed between your fingers
- 3 tbsp finely chopped cilantro
- 4 tsp sugar



- Purée canned tomatoes: Drain the whole tomatoes to remove excess liquid. The excess liquid can be saved for another use.
- For a 400g can, you'll be left with around 200g whole, peeled tomatoes. Purée these in a food processor or blender and set aside. If you need liquid to blend, you can add some of the liquid from the canned tomatoes
- If using a 800g can, drain and puree the tomatoes, use about ¾ of the puree and save the remaining for another use.
- Sugar offsets the tart flavors and adds complexity to the sauce. The amount I've given may seem like a lot, but it only makes it subtly sweet. Sugars also vary in sweetness. Feel free to adjust to taste, but I find you'll need at least 4 tsp.



INSTRUCTIONS:

1. **Cook chicken/paneer:** Heat the butter/ghee and 1 tbsp of oil in a large, wide-bottomed, preferably nonstick pan over medium-high heat. As it melts, place the chicken/paneer pieces in a single layer and cook for 3 minutes, until lightly charred on the bottom. Flip the pieces over and cook for another 2 minutes. (If your pan isn't wide enough, you may have to do this in 2 batches. Adding too much chicken pools up moisture/ doesn't allow charring.) Transfer the chicken/paneer pieces and juices to a bowl. Cover and set aside.

*Alternatively, you can broil the chicken on high until cooked in the oven or air fryer.
Add the chicken with the juices towards the end.*

2. **Prepare masala:** Heat the remaining 3 tbsp oil in the same pan over medium-high heat. Add the onions, garlic, and ginger. Sauté for 5 minutes, until they turn golden brown. Deglaze with ¼ cup cold water, mixing any stuck bits from the bottom.
3. Reduce the heat to low-medium. Add the spice powders (paprika, cumin, coriander, chilli) and salt. Sauté for a minute to allow them to bloom.
4. Add the tomato paste and puréed tomatoes and increase the heat to medium-high. Continue to sauté for 4-5 minutes, until the tomatoes reduce and the oil starts to separate. Turn off the heat of the tomato mixture and transfer it to a blender for a smoother sauce.
5. **Blend sauce:** Process or blend on high speed until smooth, about 1 minute. You can add the water if needed to blend the sauce. Transfer the sauce back into the same pan along with measured water. You can use the water to wash out any remaining sauce from the blender. Heat the pan back up over medium heat. Blending the sauce makes a smoother sauce.
6. **Simmer together:** Add sugar and stir to mix. It'll be a tad sweet at first, but will mellow down as it settles into the sauce. Add the prepared chicken/paneer with its juices and stir. Cover and simmer for 7 minutes, stirring once in between, until the chicken is tender and the sauce reduces. The oil should rise to the top.
7. **Finish off:** Pour in the cream and allow to come to a simmer. Turn off the heat. Sprinkle in the dried fenugreek leaves and stir in the butter until melted and incorporated. Garnish with cilantro.
8. Serve immediately with naan or pita bread, or prepared basmati rice. You can convert this into a pasta sauce and toss with prepared pasta to make butter chicken pasta.



Garden Salad with Yogurt Dressing

Serves 2

INGREDIENTS:

Salad

- 1 small head iceberg lettuce torn into bite size chunks
- 1 medium cucumber chopped into thin slices and halved
- 1 medium daikon, peeled and chopped into thin slices and halved or bunch of radishes thinly sliced
- 1 medium carrot, peeled and chopped into thin slices and halved
- ½ red onion sliced
- ½ packet of baby tomatoes
- Some chopped cilantro
- 2 lemons

Dressing

- 4 tbsp Greek yogurt
- 4 tbsp water
- 2 tsp cumin powder
- Chilli powder to taste
- Salt and pepper to taste
- Chopped cilantro

INSTRUCTIONS:

1. Assemble the salad.
2. Mix the dressing, and use as needed.



**Roasted Butternut
Squash Soup
&
Masala Grilled Cheese**





Roasted Butternut Squash Soup

Serves 3-4

INGREDIENTS:

For roasting:

- 1 medium butternut squash (2-3 lbs)
- ½ tsp cinnamon powder
- 1 tsp olive oil
- ¼ tsp black pepper

For the soup base:

- ½ cup red lentils, rinsed well
- 2 tbsp olive oil, butter or ghee
- 1 medium onion, diced
- 1 bay leaf
- 3-4 cloves garlic, mashed
- 1-inch piece fresh ginger, grated
- 1 large carrot chopped
- 1 large apple, skin peeled and chopped
- 1 heaped tsp ground cumin
- 1 heaped tsp garam masala powder
- 1 heaped tsp ground coriander
- 1 tsp curry powder
- 1/2 tsp turmeric powder
- ¼ tsp red chili powder or cayenne (optional)
- Salt and pepper, to taste
- 4 cups vegetable broth or water
- 1 can coconut milk
- ½-1 tsp cinnamon powder
- Juice of ½ lime or lemon
- Salt, to taste

INSTRUCTIONS:

1. In a pot or instant pot, add oil/butter/ghee and saute onions for a few minutes. Add the bay leaf. Add garlic and ginger. Cook for a minute. Add spices, salt, and pepper. Cook for a few minutes. Add the carrot, apple, squash and rinsed lentils. Mix. Add the stock/water.
2. Cover pot or instant pot and cook until all vegetables are done (about 30 minutes) (instant pot – 20 minutes)
3. Remove the bay leaf and using an immerser blender, blend soup to smooth.
4. Stir in coconut milk and bring to boil. Simmer gently for 5-10 minutes. Add garam masala. Adjust salt and lemon.



Masala Grilled Cheese

Serves 3-4

INGREDIENTS:

- 1 medium onion thinly sliced
- 1 medium tomato diced small
- 1 medium red pepper thinly sliced
- ½ tsp crushed garlic
- ½ tsp crushed ginger
- 1 tsp cumin powder
- 1 tsp coriander powder
- Hot sauce of choice (optional)
- Salt and black pepper to taste
- Chopped cilantro
- Cheese of choice – Havarti, Monterey Jack, cheddar
- Bread slices
- Butter

INSTRUCTIONS:

1. On medium setting, heat some butter in a pan and sauté the onions until translucent
2. Add the tomatoes and cook until softened
3. Add the red pepper and cook for a few minutes
4. Add the ginger and garlic paste and sauté for a few minutes
5. Add the cumin and coriander powder and cook for a minute.
6. Season with salt and black pepper. Add the cilantro. Mix.
7. Turn off heat. This is the filling for the sandwich
8. Assemble the sandwich by buttering the back sides of the bread.
9. On the unbuttered side on one bread slice, layer with cheese slice, spread the filling, drizzle hot sauce (optional)
10. Add another layer of the cheese on top of the filling and cover with the remaining slice of bread, buttered side up.
11. Heat a pan on medium and grill the sandwich with the buttered side facing the pan. Flip when bottom side is light brown.
12. Remove from pan, cut in half and serve with soup.



Lentil Soup with Rosemary & Orzo





Lentil Soup with Rosemary & Orzo

Serves 2

INGREDIENTS:

- 1 cup red lentils
- 2 tbsp butter or olive oil
- 1 large onion diced
- 3 stalks celery diced
- 1 medium carrot diced
- 1 large bay leaf
- 1 large sprig of fresh rosemary
- 1 tsp heaped garlic paste (4 cloves crushed)
- 1 tsp heaped ginger paste
- 1 tsp salt
- 1½ tsp dried oregano
- ½ tsp dried rosemary
- 1½ tsp Italian seasoning
- 2 tsp lemon pepper seasoning
- black pepper to taste
- 6 cups vegetable broth or water
- ½ cup raw chickpea risoni or orzo
- 1½ tbsp lemon juice

INSTRUCTIONS:

1. Wash the lentils and have ready. No need to soak
2. Heat a pot or if using an instant pot heat on sauté
3. Add the butter or oil
4. Add the chopped vegetables – onions, celery and carrots
5. Let cook for a few minutes
6. Add the bay leaf and rosemary
7. Stir and cook for a few minutes
8. Add the ginger and garlic paste
9. Stir and cook for a few minutes
10. Add all the seasonings and dried herbs
11. Add the drained lentils and stir
12. Add the broth or water
13. Cover the pot or instant pot and set to soup setting for 15 minutes
14. Halfway through add the chickpea risoni or orzo. If using an instant pot you can add it after and reset the soup setting for another 5 minutes. Add more liquid if you find that there is some sticking happening in the bottom of the pan
15. Once cooked taste for salt, pepper and add the lemon juice
16. Remove the bay leaf and rosemary before serving



Palak Paneer (Paneer with Spinach)





Palak Paneer (Paneer with Spinach)

Serves 2

INGREDIENTS:

- ¼ cup oil
- 1 tsp cumin seeds

- 1 medium yellow onion, finely chopped
- 5 garlic cloves, finely chopped
- 1 inch ginger, finely chopped

- 1-2 small Serrano green chili peppers, finely chopped
- 2 ripe tomatoes, finely chopped

- 2 tsp corinader powder
- 1½ tsp cumin powder
- 1½ tsp tumeric powder
- ½-¾ tsp red chili powder/cayenne
- 1½ tsp salt

- 1 lb fresh spinach or frozen chopped spinach
- 2 tbsp ghee or butter (salted/unsalted both fine)
- ½ cup water

- 8 oz (226 g) store-bought paneer, cut into ~½ inch cubes
- ½ cup whipping cream or half & half for a lighter version
- ½ tbsp dried fenugreek leaves

- 1 tsp lemon juice
- 1 tsp garam masala



- **You will need a food processor and a large pan with a lid for this recipe**
- The seeds can be removed in the Serrano peppers for a milder (less spicy) version
- It is suggested using a food processor to finely chop your onions (use the pulse function), garlic, ginger, tomatoes, etc.



INSTRUCTIONS:

1. Heat oil in a large, wide-bottomed pan over medium-high heat. Add the cumin seeds (they'll immediately sizzle) and the chopped onion and sauté for about 10 minutes, until golden brown. Deglaze with 2 tbsp of water to encourage the onions to brown evenly.
2. Add garlic, ginger, and green chili and cook for 2 minutes, until aromatic. The onions will have deepened even more in color. If the mixture starts to stick, deglaze with another 2 tbsp water.
3. Add the tomatoes, ground spices, and salt and continue to sauté for 3-4 minutes, until the oil starts to separate. If needed, deglaze again with 2 tbsp water.
4. Increase the heat to high and add the spinach, a handful at a time, and cook until wilted, about 5 minutes.
5. Reduce the heat to medium, cover, and cook for another 10 minutes (~15 minutes if using frozen spinach), stirring once in between. The spinach will release its own moisture, but if it starts to stick (likely if using frozen), add 1/4 cup water. The spinach will turn darker and start sticking to the pan.
6. Meanwhile, place the cubed paneer in a bowl of salted hot water. This process allows for the paneer to soften.
7. Uncover the spinach and stir to mix. Turn off the heat and allow it to cool for a couple minutes before transferring it to a food processor or use an immersion blender. Make into a rough purée.
8. Place the pan back over medium-high heat and add the ghee or butter. Once it melts, pour in the roughly puréed spinach. Sauté for a minute to fry the mixture. If using an immersion blender, add the butter to the puree and saute. Add the measured water (1/2 cup) and stir, letting it meld into the curry.
9. Drain and stir in the paneer, and cream. Reduce the heat to low-medium, cover, and cook for 7 minutes, until the paneer has softened and soaked up the masala. All excess water will have evaporated by now and the oil will start to separate on the sides.
10. Crush the dried fenugreek leaves between the palms of your hands and sprinkle it in. Taste and adjust salt, if needed. Squeeze in the lemon juice and give it a stir. Sprinkle with garam masala. Serve with roti, naan, paratha, or basmati rice.



Masala Chai





Masala Chai

Serves 1; for 1 cup of chai, any size

INGREDIENTS:

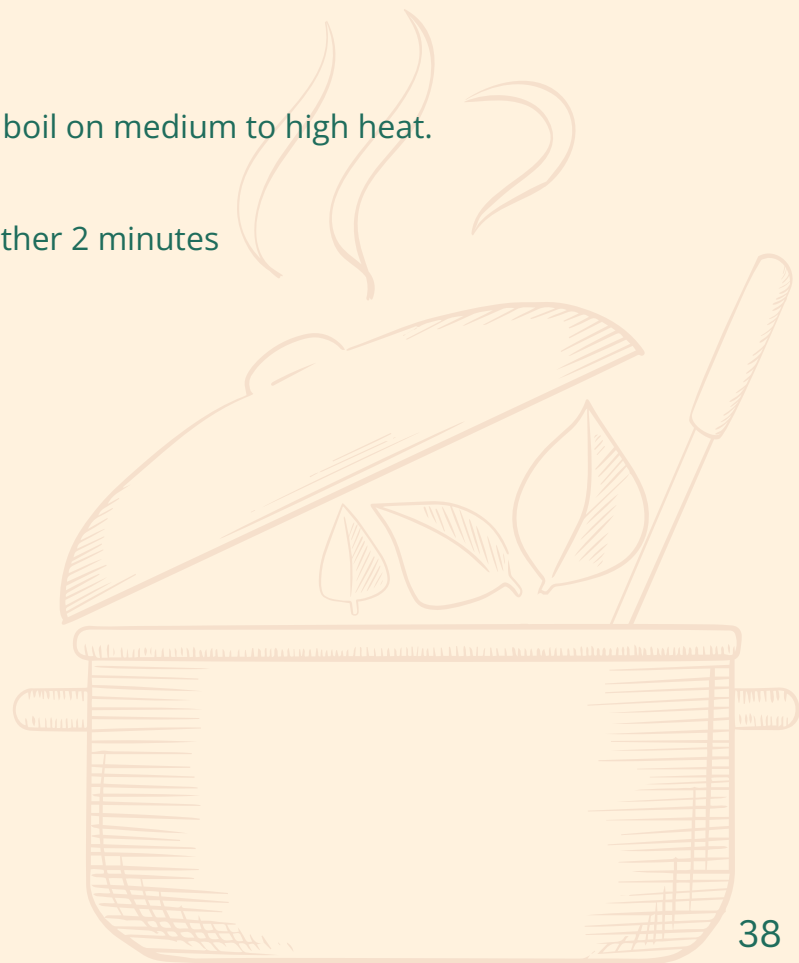
- 1 cup cold water
- 1 inch cinnamon bark
- 3 green cardamom pods, pods split apart a bit
- ¼ tsp fennel seeds
- 3 black peppercorns
- 2 cloves
- 1 long slice of fresh ginger
- 1 tsp cardamom powder

- 1 tea bag of black tea (Tetley) or 1 tbsp of black tea leaves (Ceylon or Darjling)

- 1 cup milk of choice

INSTRUCTIONS:

1. Add all spices to the cold water and bring to boil on medium to high heat.
2. Boil for 3-4 minutes until fragrant
3. Add the tea bag and continue to boil for another 2 minutes
4. Add milk of choice and boil for 2 minutes
5. Strain the tea into a cup
6. Enjoy!



Glossary + Kitchen Tips

These pages covers essential aromatics and spice blends to elevate your cooking. Mastering these basics ensures your dishes have the depth and warmth characteristic of great home cooking.



Kitchen Tips: Garlic & Ginger

Save time during busy weeknights by prepping your aromatics in advance.

- **The Freezer Method:** Buy quality pre-peeled garlic and freeze it whole. When ready to use, rinse under warm water and mince as you would fresh garlic.
- **Homemade Pastes:** 1. Blend a large batch of peeled garlic or ginger into a smooth paste. 2. Freeze teaspoon-sized portions on a plastic-wrapped tray. 3. Once solid, transfer these "pods" to an airtight zip-lock bag. 4. They stay fresh for months and can be dropped directly into a hot pan.



Essential Spices

Coriander Powder

Derived from the seeds of the cilantro plant, coriander is warm, earthy, and floral with citrusy undertones.

- **Regional Naming:** In North America, "coriander" refers to the seeds/spice, while the herb is "cilantro." Elsewhere, "coriander" usually refers to both.
- **Toasted vs. Untoasted:**
 - **Untoasted:** Lighter brown, fresher, and more herbal. Best for curries where the spice cooks in oil.
 - **Toasted:** Darker brown, nutty, and intense. Use sparingly to avoid bitterness.

How to Make Homemade Coriander Powder

1. Place $\frac{3}{4}$ cup raw coriander seeds in a spice grinder.
2. Grind for 1 minute, shaking occasionally for an even texture.
3. Store in an airtight container for up to 6 months.

Cumin Powder

Cumin seeds are aromatic, crescent-shaped seeds that provide a signature earthy warmth.

- **Preparation:** Follow the same grinding process as coriander seeds to make your own fresh powder.

✨ The Signature Blend: Garam Masala

A complex blend that adds depth and "warmth" (the literal meaning of Garam) rather than chili heat. A standard mix includes peppercorns, cumin, cinnamon, cardamom, and cloves.

INGREDIENTS:

- 2 tbsp Coriander seeds
- 2 tbsp Cumin seeds
- 1 tbsp Black peppercorns
- ¾ tsp Cloves & Fennel seeds
- 1-2 Star anise
- 1 Cinnamon stick (broken)
- Bay leaves (broken)
- 10 Cardamom pods

INSTRUCTIONS:

1. **Toast:** Dry roast until highly aromatic.
2. **Cool:** Allow to reach room temp (prevents moisture).
3. **Grind:** Pulse into a fine powder.
4. **Store:** Keep in a cool, dark place for 3 months.



Curry Powder vs Garam Masala

While both are essential spice blends, they serve very different purposes in the kitchen. Understanding when to use each is key to balancing the flavours of a dish.

• **Curry Powder**

- Profile: A Western-conceived, versatile blend designed to provide a consistent "warm" flavor and a vibrant yellow hue.
- Composition: Typically includes turmeric (for color), cumin, coriander, ginger, and fenugreek. Heat levels range from mild to hot.
- Usage: Added in larger quantities (1-2 tbsp) during the early stages of cooking to allow the raw spices to mellow and meld with the base ingredients.

• **Garam Masala**

- Profile: A traditional South Asian blend focused on depth, warmth, and aromatic "high notes" rather than color or intense chili heat.
- Composition: A complex mix of peppercorns, cloves, cinnamon, cardamom, and cumin.
- Usage: Used sparingly as a finishing spice (¼-½ tsp). It is typically stirred in once the dish is cooked to preserve its volatile oils and delicate fragrance.