Lil Faider Interfaith Scholar- in- Residence

Taste of Judaism: Sikh Edition

Presented by Dr. Harjot Kaur Singh

February 20, 2014 -7 to 9 pm

Recipe for Squash/Kadhoo Subzee

(makes 5 servings)

Ingredients:

green squash, peeled and cut into cubes

2 onions

2 cloves of garlic, minced

1 tsp. cumin 1 ½ tsp. salt

1 tsp. turmeric powder

green pepper, cored, seeded and diced

1 tsp. Bhau Phaji mixture1 tsp. shredded ginger2 medium tomatoes, diced

1 bottle Ghee

1 tsp. Garam Masala

Cilantro for garnish

Directions:

- 1. Saute onions and garlic in ghee.
- 2. Add cumin and continue to saute.
- 3. When mixture becomes semi-golden, add squash.
- 4. Continue to saute for 5-10 minutes and then add salt and turmeric powder
- 5. Add green pepper, Bhau Phaji mixture and ginger and continue to cook briefly until all ingredients combined.
- 6. Add tomatoes and cook for 10 minutes.
- 7. Add Garam Masala.
- 8. Serve with cilantro garnish.

Recipe for Yoghurt

Combine a large container of plain yoghurt any or all: fresh grated cucumbers, diced tomatoes or diced onions. Add roasted cumin, black pepper, and salt to taste.

Recipe for Roti

(makes 10 Rotis)

Ingredients:

3 cups Whole Wheat Roti flour (Golden Temple, ADM, Brar's whole

wheat, Sher)

1 tsp. ghee

warm water

Directions:

- 1. Add enough warm water to make pizza dough consistency, then knead the dough with ghee.
- 2. Leave the dough to set for 30 minutes.
- 3. Take small amounts of dough and form balls with hands.
- 4. Use dry flour and roll the rotis in a circular shape.
- 5. Add small amount of ghee to finished roti.

Recipe for Sameeyaa

(makes 5 servings)

Ingredients:

1 tblsp.ghee

1/4 packet noodles

5 pods cardamom

1 quart 2% milk

2 tblsp.sugar

Directions:

- 1. Melt ghee in a pan on low heat and quickly saute ½ packet noodles.
- 2. Add 5 cardamom pods and saute on low heat until golden brown.
- 3. Add milk and sugar and bring to gentle boil. Once boiling, place on low heat for 15 to 20 minutes.
- 4. Serve.

Recipe for Dhaal to be made in Slow Cooker

(makes 5-6 servings)

Ingredients:

3 cups Dhaal

1 tblsp.salt

2 small green peppers, cored, seeded and diced

1 tblsp.turmeric powder

1 tblsp.fresh ginger, diced

3 medium onions, diced

2 large tomatoes, diced

1 tblsp ghee

4 cloves garlic, diced

1 tblsp.cumin

1 tsp. hing

Directions:

- 1. Clean Dhaal to remove any stones.
- 2. Wash in warm water.
- 3. Add 6 cups hot water.
- 4. Add salt along with diced green peppers.
- 5. Add turmeric powder, ginger, onions, tomatoes.
- 6. Melt ghee in a frying pan and add garlic, cumin, and hing. Brown the entire mixture.
- 7. Add to the slow cooker for 6 to 8 hours at medium heat.