

Plant-Based Indian FEAST | LIVE Vegan Cooking Class (ALL RECIPES INCLUDED!)

Plant-Based Indian FEAST

Zoom Cooking Class

with Mike Murdoch

Date: May 31st, 2020 @ 6pm

Before we Zoom...

- Prepare Garam Masala; if making from scratch (recipe below)
- soak 2/3 cup (160 mL) raw cashews at room temperature for 4-6 hours
- soak 2 cups/500 mL yellow split peas and ½ cup/125 mL basmati rice in water for 4-6 hours; they can be soaked together
- peel 2-3 cooking onions and 10+ cloves garlic
- open canned chickpeas, rinse and drain
- wash all fresh produce
- preheat oven to 350F (180C)
- gather all needed equipment (list below)

What you'll need...

- cutting board
- chef's knife and small paring knife
- food processor (optional, but a time saver)
- blender or smoothie bullet
- various bowls for prepped ingredients
- oven-safe baking dish (2-litre, 8"-square Pyrex works)
- large sauté or frying pan (non-stick will help)

- 3 small/medium sauce pans with lids
- 2-3 wooden spoons (for stirring on the stove)
- 1 spatula (for flipping the flat breads)
- paper towels or clean tea towel
- mesh strainer or colander
- measuring spoons
- measuring cups
- pantry ingredients/spices

THE RECIPES

Creamy Mushroom Curry (like Butter Chicken)

Makes 4-6 servings

What you'll need...

3 cups (750 mL) chopped fresh or canned diced tomatoes

2/3 cup (160 mL) raw cashews, soaked in water for 4-6 hours

1" (2.5 cm) piece fresh ginger

4-6 cloves garlic, roughly chopped

1 red chili, chopped, optional

2 tsp (10 mL) maple syrup or palm sugar *see notes

1 tsp (5 mL) garam masala

½ tsp (2.5 mL) cinnamon

¼ tsp (1.25 mL) ground cardamom (or 2 whole cardamom pods)

¼ tsp (1.25 mL) cayenne pepper, optional

1 tsp (5 mL) sea salt, or to taste

¼ cup (60 mL) coconut oil

1 medium onion, thinly sliced

4-8 King Oyster mushrooms (about 4 cups/1000 mL chopped)

$\frac{1}{2}$ cup (125 mL) chopped cilantro

What to do...

1. Preheat oven to 350F (180C).
2. In a blender, purée until smooth: 1 cup (250 mL) chopped/diced tomatoes, soaked cashews, ginger, garlic, fresh chili, maple syrup (or other sweetener,) spices and salt. Combined mixture with remaining tomatoes; set aside.
3. In a large skillet, heat coconut oil over medium-high. Add onion and sauté for 2-3 minutes, or until starting to soften. Add mushrooms and cook 4-8 minutes longer, or until wilted and moisture begins to evaporate.
4. Add tomato mixture. Bring to simmer, stirring often, or until thickened. Stir through chopped cilantro.
5. Transfer to oven-safe baking dish. Bake at 350F (180C) for 20-30 minutes, or until bubbling and lightly browned. Serve topped with fresh chopped cilantro.

Notes...

- Butter chicken is often finished with cream and contains lots of ghee (clarified butter) which helps to round out the acidity of the tomatoes and yoghurt the recipe usually contains. Adding a little bit of maple syrup, palm sugar or any other sweetener helps to balance the finished dish here. Add more or less to suit your taste.

Garam Masala Spice Blend

Makes roughly $\frac{1}{4}$ cup (60 mL)

What you'll need...

1 tbsp (15 mL) cinnamon
1 tbsp (15 mL) ground coriander
1 tbsp (15 mL) ground cumin
1 tsp (5 mL) freshly ground black pepper
1 tsp (5 mL) ground cardamom
1 tsp (5 mL) ground cloves
1 tsp (5 mL) ground fennel seed, optional
1 dried bay leaf, ground, optional

What to do...

1. Combine all ingredients. Store in an air tight container for up to several months.

Basmati Pulao

Makes 4 servings

What you'll need...

2 tbsp (30 mL) coconut oil
1 small onion, finely diced
1 tbsp (15 mL) finely chopped ginger root (1 tsp/5 mL) dried
1 tsp (5 mL) whole cumin seeds
1 tsp (5 mL) cinnamon
 $\frac{1}{4}$ tsp (1.25 mL) ground cardamom (or 2 whole cardamom pods)
1 bay leaf
pinch saffron threads, optional

1 cup (250 mL) basmati rice

1 ½ cups (375 mL) water or vegetable broth

½ cup (125 mL) coconut milk

2 tbsp (30 mL) slivered almonds, optional

½ tsp sea salt, or to taste

What to do...

1. In a medium saucepan, heat coconut oil over medium. Add onions and cook for 2-3 minutes, or until starting to soften.
2. Add spices and rice. Cook 1 minute longer, stirring constantly. Stir in water and coconut milk; increase heat to medium-high and bring to boil.
3. Reduce heat, cover and simmer for 15-20, or until rice is tender and moisture is absorbed. Brown rice brands can vary greatly, if the pan is dry and rice is still tough, add a few tablespoons of hot water, cover and keep cooking.
4. Fluff rice with a fork. Serve topped with dried currant and slivered almonds, if desired.

Parippu (Red Lentil Dal)

Makes 4-6 servings

What you'll need...

1 can (398 mL) coconut milk

2 cups (500 mL) vegetable stock or water

1 cup (250 mL) red lentils

¾ cup (180 mL) chopped fresh or canned diced tomatoes

1-2 green chilies, finely chopped

1 large onion, roughly chopped

2 tsp (10 mL) cumin seed

2 tsp (10 mL) ground coriander

1 tsp (5 mL) turmeric

$\frac{1}{2}$ tsp (2.5 mL) black mustard seeds, optional

1 tsp (5 mL) sea salt, or to taste

What to do...

1. In a large saucepan, combine all ingredients. Bring to simmer over medium-high heat. Reduce heat to medium-low. Simmer 20-30 minutes, stirring often, or until lentils are cooked.

Chana Masala

Makes 4-6 servings

What you'll need...

3-5 cloves garlic, chopped

1 large onion, roughly chopped

1 green chili, chopped

2 tbsp (30 mL) chopped fresh ginger

$\frac{1}{4}$ cup (60 mL) coconut oil

1 tbsp (15 mL) ground cumin

1 tbsp (15 mL) ground coriander

$\frac{1}{4}$ tsp (1.25 mL) cayenne pepper, optional

2-398 mL cans chick peas

1 cup (250 mL) water

2 tbsp (30 mL) garam masala

1 tbsp (15 mL) lemon juice

1 tbsp (15 mL) tamarind or tomato paste

$\frac{3}{4}$ tsp (3.75 mL) sea salt, or to taste

What to do...

1. Blend or chop garlic, onion, chili and ginger into a paste.
2. In a large saucepan, heat coconut oil over medium-high. Add the paste and cook for 3-5 minutes, stirring often, or until starting to brown. Add spices and cook, 1 minutes longer, stirring constantly.
3. Add remaining ingredients, excluding chopped cilantro. Bring to simmer, reduce heat and cook for 20-30 minutes.
4. Serve garnished with chopped cilantro, if desired.

Split Pea & Brown Rice Flat Breads

Makes 3-4 servings

What you'll need...

2 cups yellow split peas, soaked for 4-6 hours

$\frac{1}{2}$ cup brown basmati rice, soaked for 4-6 hours

1 $\frac{1}{2}$ – 2 $\frac{1}{2}$ cups water

1 tsp sea salt, or to taste

coconut oil, for frying

What to do...

1. Rinse/drain the soaked split peas and rice. Transfer to blender or food processor with water and salt.
2. Blend to form a smooth batter. Start with less water and adjust consistency as needed. The batter will thicken as it sits and may need to be adjusted several times. Let rest a few minutes before cooking.
3. In a non-stick skillet, heat some coconut oil over medium-high. When the pan is hot, add $\frac{1}{4}$ cup (60 mL) batter. Spread into a thin layer by rotating the pan in a circular motion. Batter should be thin enough to form roughly a 6-inch (15 cm) round. Allow to cook until top is bubbled and nearly dry.
4. Flip the flatbread over and cook 2-3 minutes longer, or until cooked through. Remove from the pan, and set aside at room temperature while preparing the rest of the batter.
5. Add some more oil if needed, and prepare the next one using the same process and adjusting the batter consistency as needed.

Optional Add-Ins. After blending the batter, stir through...

- 2 tsp (10 mL) each crushed fennel seeds and kalonji (nigella seeds,) 1-3 cloves garlic, minced fine or 2 tbsp chopped cilantro.

Laccha (Fresh Tomato & Cucumber Salad)

Makes 4-6 servings

What you'll need...

1 small red onion, thinly sliced

1 tsp (5 mL) sea salt

3 tbsp (45 mL) fresh lemon juice

$\frac{1}{2}$ tsp (2.5 mL) ground cumin

$\frac{1}{4}$ tsp (1.25 mL) fresh ground black pepper

2-3 ripe tomatoes, sliced

1 English (seedless) cucumber, thinly sliced

What to do...

1. In a bowl, toss together sliced onion and sea salt; set aside for 10 minutes. Transfer to a mesh strainer or colander and thoroughly rinse with cold water. Press dry, using paper towel if needed. They will be salty!
2. In the same bowl, combine lemon juice, cumin, black pepper and prepared onions.
3. Arrange sliced tomatoes and cucumber on a serving plate with a rim. Evenly distribute the onion mixture over top. Drizzle with any remaining dressing,

Notes...

- The onions can still be salty after rinsing; they provide the seasoning for the whole dish with no additional salt being added.