

Fall 2021

Hi City of Scottsdale Students,

Welcome to your Indian Made Easy cooking class. Attached below you will find the recipes and supply lists you need for class:

- Red Lentil Curry Recipe
- Basmati Rice Recipe
- Grocery and Supply List

Please carefully read through the recipe, and print it out before we get in the kitchen together. Next, use the grocery list and go shopping. Then, check you have all the necessary supplies in your kitchen to whip up a feast.

If you have any dietary restrictions, kitchen equipment concerns, or questions, please reach out. I'm happy to answer your questions, and make accommodations before class.

See you soon,

Chef Amber Sampson
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Chef Amber Sampson's Red Lentil Curry:

Prep time: 15 minutes Cook time: 45 minutes Total Time: 1 hour

Makes 4-6 servings

serve with basmati rice*

Ingredients:

- 1 tablespoon neutral-flavored oil
- 4-6 skinless boneless chicken thighs, cut into cubes**
- 1 medium green bell pepper, small dice
- 4-6 cloves garlic, minced
- 2 inch piece of fresh ginger, peeled & minced or grated***
- 1-2 Jalapeño peppers, diced ****
- 1 cup red lentils, or split red lentils (the split variety will cook a bit quicker)
- 1 can chickpeas
- 2 cups low-sodium vegetable broth or water
- 1 14 oz can crushed fire roasted tomatoes*****
- 2 cups frozen peas
- 1 13.5- ounce can coconut cream

- 3 tablespoons unsweetened creamy peanut butter*****
- 1/2 cup (~8g) fresh cilantro, roughly chopped for garnish

Spice Blend:

- 1 tsp ground turmeric
- 1 tsp ground cumin
- 1/2 tsp ground coriander
- 1 tsp smoked paprika
- 1 tsp red chili powder
- 2 TBS dried parsley flakes
- 2 tsp curry powder
- 1 tsp garam masala
- 1 tsp kosher salt, (and add more at the end to taste)
- 1 tsp freshly cracked black pepper

Directions:

- 1) Rinse the lentils in cold water until the water runs clear, and set aside
- 2) Slice bell pepper, chili, and garlic. If using chicken, slice it into small sections.
- 2) Heat a large saucepan over medium-high heat and add oil. Once the oil is shimmering, add the chicken and brown. Then push to the side of the pan and add bell pepper, garlic, ginger, jalapeño pepper and cook for 2 minutes, stirring frequently to prevent garlic from burning.
- 3) Add the full spice mix, and cook for 30 to 60 seconds until fragrant, tossing frequently to prevent burning of dry spices. You may need to add a bit more oil at this point.
- 4) Pour in the vegetable broth or water, and use a wooden spoon or spatula to scrape up any browned bits on the bottom of the pot. Add in the lentils, drained chickpea's, and the crushed tomatoes and mix well. Liquid should cover the content of the pan. Add more if necessary.
- 5) Reduce the heat to low and cover the pan with a lid. Simmer for 25 minutes, or until the lentils are cooked through and have mostly softened. If you find that the lentils are not quite soft after 25 minutes, add a few spoons more of broth or water and cook for another 5 minutes.
- 6) Remove the lid and stir in the frozen peas, coconut milk, peanut butter. Continue cooking on low heat, uncovered for 5 to 8 minutes, until the curry has thickened and is creamy. Taste, and salt and pepper as needed. Garnish with additional cilantro and serve with rice.

Chef Tips:

*This recipe comes with an accompanying basmati rice recipe

** This recipe is intended to be vegan, but can be made with chicken as well. Be sure to add the raw chicken at the start of the recipe, and then follow along.

*** Ginger can be easily peeled with a spoon and then graded on a microplane. For those you do not own one, or want an easier recipe, the brand "[The Ginger People](#)." Makes an organic minced ginger in a jar for 3\$ which is a huge time saver.

****Jalapeno peppers can be subbed for fresh serrano peppers or omitted for those who cannot take the heat. Alternatively, more dried chili can be used for those who do not have fresh chilies available

***** Fire roasted, crusted tomatoes make a big difference, if you cannot find them, add extra paprika.

***** Peanut butter can be swapped for almond or cashew butter, add more salt. For those with an allergy, use sun butter or tahini, or omit.

Store in the fridge for one week, can be frozen and thawed as well.

Enjoy!

Chef Amber's Perfect basmati Rice:

Prep time: 30 minutes Cook time: 25 minutes Total time: 55 minutes
Makes 4-6 servings

Ingredients:

- 2 cups basmati rice
- 4 cups warm water for soaking and rinsing
- 4 cups water for cooking
- 3 TBS salt

Directions:

- 1) Soak dry rice with salt and warm water for 20-30 minutes
- 2) After waiting, rinse rice until water is no longer milky looking and is clear.
- 3) Add more new water to cleaned rice, should cover by at least a full inch
- 4) Bring to a boil with a lid half way on pan, after reaching the boil, stir once & leave lid half on - reducing heat to medium.
- 5) Cook for approx. 15 mins.
- 6) If rice can shake and move in the pan with no water visible, it is done.
- 7) Put the lid on fully, and set aside.
- 8) Let sit 10 minutes before serving; may need some fluffing up gently

Red Lentil Curry and Rice Grocery shopping and Supply list:

Groceries:

- 3 oz neutral-flavored oil
- 1 6oz white basmati rice
- 4-6 skinless boneless chicken thighs, cut into cubes**
- 1 medium green bell pepper
- 4-6 cloves garlic
- 2-inch piece of fresh ginger, or jarred pre minced ginger
- 1-2 Jalapeño peppers
- 1 cup red lentils, or split red lentils
- 1 can chickpeas
- 2 cups low-sodium vegetable broth or water
- 1 14 oz can crushed fire roasted tomatoes
- 2 cups frozen peas
- 1 13.5- ounce can coconut cream
- 3 tablespoons unsweetened creamy peanut butter
- 1/2 cup (~8g) fresh cilantro

Spices

- 1 tsp ground turmeric
- 1 tsp ground cumin
- 1/2 tsp ground coriander
- 1 tsp smoked paprika
- 1 tsp red chili powder
- 2 TBS dried parsley flakes
- 2 tsp curry powder
- 1 tsp garam masala
- ½ CUP kosher salt, (you will be using the salt in the rice, trust me)
- 1 tsp freshly cracked black pepper

Supplies:

- Cutting board
- Chef Knife
- Wooden spoon
- Large sauce pot for rice
- Heavy bottom quart pot for the curry
- Measuring cups and spoons
- Can opener
- Microplane for grating garlic and ginger