

# FOOD

The Portland Observer respectfully requests all comments, and/or family recipes that you would like to share with us are addressed in email to: [www.foods@portlandobserver.com](mailto:www.foods@portlandobserver.com)



## Bagan ka Bhurta (Indian Eggplant)

"This is a very simple, quick and more importantly authentic Indian side dish of grilled eggplant and tomato. A Great Dish! Not as spicy as I'd thought it would be, but it is healthy and quite delicious."

### Ingredients

- 1 eggplant
- 1 tsp. vegetable oil
- 1 medium onion, chopped
- 2 roma (plum) tomatoes, chopped
- 1/4 tsp. ground cayenne pepper
- 1/4 tsp. salt
- 1/4 tsp. pepper
- 4 springs chopped fresh cilantro

### Directions

1. Preheat oven broiler. Place eggplant into a roasting pan, and broil 5 minutes, turning occasionally, until about 1/2 the skin is scorched.
2. Place eggplant in microwave safe dish. Cook 5 minutes on HIGH in the microwave, or until tender. Cool enough to handle, and remove skin, leaving some scorched bits. Cut into thick slices.
3. Heat oil in a skillet over medium heat, stir in the onion, and cook until tender. Mix in eggplant, and tomatoes. Season with cayenne pepper, salt and black pepper. Continue to cook and stir until soft. Garnish with cilantro to serve.



## Cucumbers and Tomatoes in Yogurt

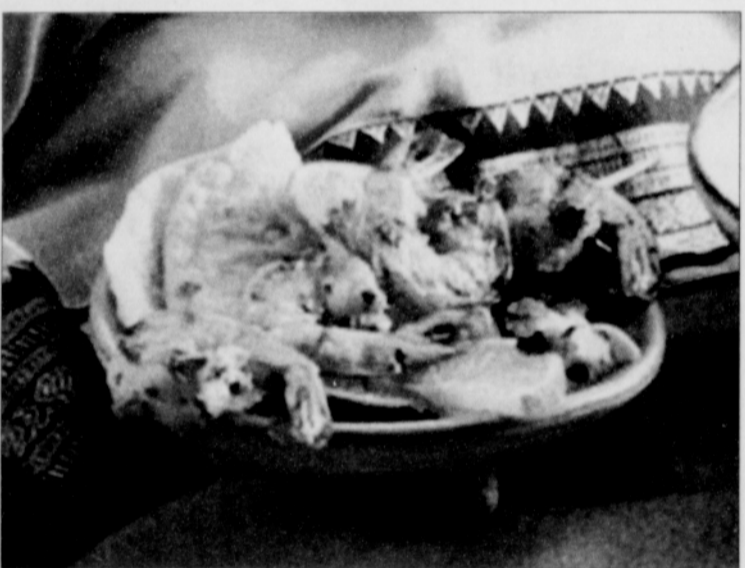
"This Indian side dish cools the palate when spicy foods are eaten, with only 35 calories per serving. Try it as a dip with pita bread wedges or crackers, too."

### Ingredients

- 1 medium cucumber
- 1 medium green onion, chopped (1 Tbs.)
- 1/2 tsp. salt
- 1 medium tomato, chopped (3/4 cup)
- 1 Tbs. chopped fresh cilantro or parsley
- 1/4 tsp. ground cumin
- Dash of pepper
- 1/2 clove of garlic, finely chopped
- 1/2 cup plain fat-free yogurt

### Directions

1. Cut cucumber in half lengthwise; scoop out seeds. Chop cucumber (about 1-1/4 cups).
2. In medium glass or plastic bowl, mix cucumber, onion, salt; let stand 10 minutes. Stir in tomato.
3. In a small bowl, mix remaining ingredients except yogurt; toss with cucumber mixture. Cover; refrigerate at least 30 minutes to blend flavors. Drain thoroughly. Just before serving, fold in yogurt. Store covered in refrigerator.



"Tantalize your taste buds with this Indian version of grilled shrimp (Tandoori Jhinga). This is absolutely delicious and only 100 calories per 1/4 pound!"

## Marinated Grilled Shrimp

### Garam Masaala Seasoning Blend

#### INGREDIENTS:

- 1 Tbs. cumin seed
- 1 tsp. cardamom seeds, (removed from the pods)
- 1/2 tsp. whole cloves
- 1/2 tsp. black peppercorns
- 2 dried bay leaves
- 2 three-inch cinnamon sticks, broken

#### DIRECTIONS:

1. Heat ungreased 6-inch skillet over medium-high heat. Place all Garam Masaala ingredients in skillet; roast 2 to 3 minutes, stirring constantly; until seeds crackle and spices turn one shade darker and the mixture has a nutty, sweet aroma. Transfer to a bowl; cool 3 to 5 minutes.
2. Place roasted spice blend in spice grinder. Grind until mixture looks like the texture of finely ground pepper. Store in airtight jar at room temperature for up to 1 month; (the longer stored the less robust the flavor). Makes 1/4 cup spice blend; use 1 tsp. for this recipe.

### Shrimp

#### INGREDIENTS:

- 1-lb uncooked extra-large shrimp, peeled (tails on), deveined
- 1/4 cup plain regular or fat-free yogurt
- 2 Tbs. lime juice (1 lime)
- 1 Tbs. finely chopped fresh cilantro
- 1 tsp. ground cumin
- 1 tsp. Bishop's weed (ajwain) \*

\*Note: Bishop's weed substitute ~ Blend: 1 tsp. dried oregano leaves, 1 tsp. celery seed and 1/4 tsp. coarsely ground black pepper. Use the same amount of blended substitute as you would use of the Bishop's weed.

#### DIRECTIONS:

1. In a medium bowl, mix 1 tsp. of the Garam Masaala Spice Blend and add all remaining shrimp ingredients. Cover and refrigerate 30 to 60 minutes to blend flavors but not longer than 24 hours.
2. Brush grill rack with vegetable oil. Heat coals or gas grill for direct heat. Thread shrimp onto metal or bamboo skewers; leaving space between each shrimp. Cover and grill over high heat 3 to 5 minutes; turning shrimp once, until shrimp are pink and firm.

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