



CHAAT

SHOPPING NOTES

Your recipes included some specialty ingredients, like Kashmiri Chilis, Asafoetida, Puffed Rice etc. These ingredients are available at Indian grocery stores.

SPECIALITY INGREDIENTS:

- Round puris. These are hollow spheres with a crispy skin. At the Indian grocery store ask for “Pani puri puris”
 - Papdis / Flat puris. These are flat discs of fried dough about 1.5” in diameter. At the Indian grocery store, ask for “Sev puri puris”
 - Sev – is tiny broken pieces of deep-fried chickpea noodles. Easily available in the Indian grocery store. However, there are various versions of it. We recommend nylon sev. Let your Indian grocer know that you want “Sev for making sev puris”
 - Puffed rice – also easily available at Indian grocery stores. They are large bags of very light weight rice.
 - Unripe green mango – one goes a long way as a garnish. Many Indian grocery stores have small, apricot-sized green mangoes on sale.
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DATE & TAMARIND CHUTNEY

20 – 25 pitted dates

Small piece of jaggery, to taste (or use sugar)

1/2 cup water, or as needed

1 tablespoon tamarind water, we use Aroy D brand

1 small hot green chilli (or to taste)

Pinch of ground cumin, to taste

½ teaspoon salt, to taste

- Combine the dates, jagger and water in a small saucepan.
- Bring to a boil, then turn down the heat and simmer for about 5 minutes until the

dates are very soft.

- Transfer the dates to your blender, along with the tamarind water, green chilli, cumin and salt.
- Blend to a fine paste.
- Adjust the seasoning to taste with additional sugar, cumin and salt.

CILANTRO MINT CHUTNEY

1 bunch fresh cilantro, leaves and thin stems (save thicker stems and roots for stock)

1/2 bunch of fresh mint, leaves picked (discard stems)

1 inch piece of ginger, peeled and roughly chopped

3 long green chilis, roughly chopped

Juice of 1 lime, and additional to taste

2 tsp sugar, or to taste

Cold water, as needed

salt to taste

- In a blender, combine the cilantro, mint, green chilis and ginger.
- Add the juice of 1 lime and the sugar, and just enough cold water to make blend to a chutney.
- Adjust taste to your liking with salt, sugar and lime juice.

CHILI GARLIC CHUTNEY

15 Kashmiri dried red chillies

water for soaking, and as needed to make a paste

8 garlic cloves

Sugar to taste

Salt to taste

- Tear and de-seed the chillies, and place in a small bowl.
- Pour boiling water over the chilis, to just cover. Set aside for about twenty minutes.
- Drain and chop the re-hydrated chilis, retaining the soaking water.
- In a mini food processor / spice blender, purée the chillies with the garlic, adding about 2-3 tablespoons of water or as needed (you can use the chili soaking water) to make a smooth paste.
- Season to taste with sugar and salt.

BHEL PURI *(serves 4)*

2 cups puffed rice
1 cup nylon sev (thin sev - chickpea flour fried noodles)
1/2 cup finely diced tomatoes (deseed them before dicing)
1/2 cup finely diced red onion
1/2 cup diced cooked Russet potatoes (boil them in their jackets until tender, then peel and dice)
2 green bird's eye chillies finely chopped (optional, substitute with ½ a jalapeno or serrano pepper)
2 tsp date & tamarind chutney (recipe above)
1 tbsp cilantro mint chutney (recipe above)
1 tsp chilli garlic chutney (recipe above)
1/4 tsp chaat masala
1/4 teaspoon salt (more if needed)
Pinch of black salt (optional)
8 papdis (flat puris) roughly broken up
Large handful cilantro, chopped

Garnishes:

Finely chopped cilantro for garnish
Pomegranate seeds, from a fresh pomegranate
Finely diced green mango
Additional sev
1 papdi (flat puri) per serving
Lime wedges
Serve with additional chutneys (date & tamarind, cilantro mint and chili garlic)

- In a large mixing bowl, combine the tomatoes, red onion, potatoes and a handful each of the pomegranate and green mango (from the garnishes).
- Add the puffed rice, nylon sev and broken papdis, tossing to combine.
- Add the chutneys, and gently combine then mix in the cilantro.
- Serve, garnished with pomegranate seeds, green mango and additional sev and whole papdis, to serve together with chutneys and lime wedges on the side.

PANI PURI

1 package (24 – 30) puris with pani puri masala
1 small can chickpeas, drained and rinsed
1 large potato, diced
1 - 2 tbsp chaat masala
1 tbsp cooking oil, grapeseed or canola

Large handful fresh cilantro

Spicy Water (method below), to serve

Tamarind Date Chutney (method below), to serve

- Boil the potatoes until tender. In a deep pan, heat the oil, and add the potatoes, chickpeas and the chaat masala.
- Stir until everything is well mixed and the potatoes are roughly crushed. Add the fresh cilantro and stir together.
- Taste and adjust seasoning.
- To serve, make a small hole in the top of each puri and fill with the chickpea & potato filling. Add a little tamarind/ date chutney then dip the filled puri in the spicy water and enjoy!

Spicy Water 1 (Quick and Easy)

1 cup water

2 tbsp pani puri masala

(optional) Handful cilantro, chopped

- In a bowl, whisk the pani puri masala into the water.
- Add the (optional) chopped cilantro.

Spicy Water 2

1/4 cup cilantro chutney (above)

1 tablespoon tamarind chutney (above)

1 teaspoon chaat masala

Handful mint leaves

2 cups ice water, your water should be cold

1/4 cup boondhi

- In a bowl or jug, combine the chutneys.
- Add the chaat masala, and iced cold water.
- Add salt and more chaat masala to your liking.
- Tear in the mint leaves.
- Pour into a bowl or a jug.
- Add the boondhi, stirring to combine.

MANGO LASSI

2 cups (500 ml) puréed atulfo or alfonso mango, fresh or canned

1 ½ cups plain yoghurt

1 cup whole milk, or as needed

1 tbsp sugar or honey (optional), or to taste

2 pods cardamom, seeds removed from the pods and crushed in a mortar and pestle

Ground cardamom, to finish

- Put all of the ingredients in your blender and pulse to mix.
- Taste and add more sugar to taste.
- If the mixture is too thick, thin with a little more milk.
- Serve chilled, over ice, finished with a pinch of ground cardamom.

SHOPPING FOR INGREDIENTS IN EDMONTON – INDIAN GROCERS

- **The Spice Centre**
 - 9280 34 Avenue
- **Thousand Spices**
 - 9240 34 Avenue