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The Indian Vegetarian Cookbook

We are honored to share these delicious dishes with you.

In all of our travels, through all the meals we've eaten in different countries around the globe, the most reliably delicious and nutritious is Indian Food.

The recipes included here are all delicious and easy to make. Our personal favorites are marked with stars (*).



We would love to receive comments and any input or suggestions you may have. Visit our website at www.globalticket.com to contact us.

Learn to cook Indian Vegetarian Food - The BEST place in Chiang Mai. Learn TEN indian dishes...

Pritpal Singh Gulati & his wife Amritjit Kaur own and operate the restaurant.



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Enjoy!

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Aloo Gobi (Potato - Cauliflower)

Ingredients:

- **1 Mug of Base Mixture (see [base mixture](#))**
- **1 kilo cauliflower**
- **1 tsp turmeric**
- **1 tablespoon chili**
- **1 tablespoon salt**
- **1 tsp Garam Masala**
- **2 tsp oil**
- **1 cup water**

Directions:

- **Put 1 mug base in wok & heat (see photo)**
- **Add turmeric, chili, salt, masala.**
- **THEN add oil**
- **Add Cauliflower & cover in mixture**
- **Add water**
- **Cook covered for 20 mins (check every 5 mins to stir)**
- **Once Cauliflower is soft, serve with rice, chapati or naan.**



Notes: Other dishes which are also nice and make a nice change are Aloo Bagan (substitute Eggplant instead of Cauliflower) and Aloo Chimla (substitute Capsicum/Red Pepper instead of Cauliflower).

Aloo Paneer & Potato Curry Base Mixture

Ingredients:

- 1 mug water
- 7 small tomato
- 7 small onion
- 1 clove ginger
- 1 heaping tablespoon garlic

Directions:

- Put water, onion, tomato, ginger & onion in blender & blend on high for 3 minutes.
- (If you like Coriander, add 3tbsp of sliced coriander - this is optional.)

Notes: You can use this base for Potato-Cauliflower (and other dishes - see recipe), and Potato-Paneer.



Paneer (Home Made Cheese)

Ingredients:

- 6 litres milk
- 1 small cup vinegar
- 1 cheese cloth (or similar)

Directions:

- Bring milk slowly (pic 1) to a simmer. Simmer 2 minutes.
- Add vinegar (The paneer becomes obvious - photo 2).
- Keep boiling for another 2 minutes.
- Take the pot off of the heat.
- Strain the pot through a cheese cloth using a strainer (pic 3).
- Squeeze (pic 4), leaving the cloth twisted.
- Put a pot of cold water (not too heavy) on top to strain for 10 minutes. (pic 5)
- Unwrap and store or use immediately.
- The paneer will keep for a few days in fridge



1



2



3

Mash (crumble) paneer between fingers for Fried Paneer, dice for Saag Paneer



4



5



6

Aloo Paneer (Potato and Paneer)

Ingredients:

- 2 cups of Base (see base)
- 1 heaped tablespoon chili
- 1 tsp turmeric
- 1/2 tsp Garam Masala
- 3 tsp salt
- 2 tsp oil (plus one pot of oil for paneer)
- 1 kilo potato (peel, boil, mash into small pieces, but not mush - see photo below right)
- 4 cups Paneer (make paneer)
- 2.5 cups water

Cook Paneer:

- Take 1 cup of crumbled paneer.
- Heat oil in wok or deep fryer.
- Cook paneer in oil until lightly browned.
- Strain.

Directions:

- Heat Base Mixture in a wok for 3 minutes.
- Add turmeric, chili, garam masala, salt.
- *Then* add 2 tsp oil and simmer 3 mins.
- Add the potato, stir, then add the fried paneer.
- Boil for 5 minutes.



For Aloo Kumba (potato-mushroom), Aloo Brinjal (potato-eggplant) Aloo Muttar (potato-peas) don't cook the vegetables in advance. Add them at the same time as the potato & boil for 10 minutes.

Fried Paneer (for 4)

Ingredients:

- 1 sm onion
- 2 tablespoons oil
- 3 tomatoes (small)
- 1 tablespoon turmeric
- 1 tablespoon chili
- 1 tablespoon salt
- 1 pinch garam masala
- 1 big plate mashed paneer

Directions:

- Heat oil and onion on medium heat for 5 minutes.
- Add tomato, turmeric, chili, salt and garam masala and stir together on heat for 3 minutes.
- Gently mash tomatoes with a spoon & stir.
- Add paneer & cover it in the mixture (cover with juice).
- Serve with rice, chapati or naan.



Saag Paneer (Spinach & Cheese)

Ingredients:

- 2 cups water
- 1 kilo spinach
-
- 6 tablespoon oil
- 4 tablespoons diced ginger (optional)
- 8 tbsp oil
- 1 medium onion
- 4 medium tomatoes (diced)
- 2.5 tsp salt
- 1 teaspoon chili
- 1 cup **paneer** (crumbled)
- 2 tablespoons wheat flour



Directions:

- Chop spinach
- Boil in water 15 mins
- Put in a blender and blend for 30 seconds.

ON HEAT:

- Put 8 tbsp oil on heat with onion, simmer 2 minutes.
- Add tomatoes, salt, and chili powder & ginger.
- Simmer 3 minutes while stirring.
- With a spoon, lightly mash the tomatoes.
- Add the paneer, stir.
- Add spinach (yes, it will look like a lot of spinach)
- Add wheat flour to thicken, stir.
- Stir on medium heat until heated through.
- Serve with **Chapati**, Rice or **Naan**.



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Chapati

Ingredients:

- **1 kilo wheat flour**
- **Add 2 cups water**
- **Mix and knead into a dough.**
- **While kneading add 2tbsp oil**
- **Leave for 10 mins**

Directions:

- **Take small ball of dough (palm sized) cover lightly in flour.**
- **Roll out in circle with rolling pin until thin.**
- **Place on a dry heated pan for 30 sec (or use a toasting plate.)**
- **Toast until lightly brown.**
- **Serve immediately.**



Naan & Garlic Naan

Ingredients:

- **1/2 kilo White flour**
- **3 tbsp oil**
- **1/2 tsp salt**
- **1 cup water**



Directions:

- **Mix flour and salt in a bowl.**
- **Add oil and water and mix, then knead into a dough.**
- **Leave for 15/20 minutes.**
- **Take small ball of dough (palm sized) cover lightly in flour.**
- **Roll out in circle with rolling pin until thin.**
- **Place on a dry heated pan for 30 sec (or use a toasting plate.)**
- **Then toast over flame (See photo) until lightly brown.**



Garlic Naan

Directions:

- **Roll out a ball of dough.**
- **Add a tablespoon of garlic & mix into the dough.**
- **Roll flat with rolling pin**
- **Place on a dry heated pan for 30 sec (or use a toasting plate.)**
- **Then toast over flame (See photo) until lightly brown.**



Chana Masala (Chickpeas)

Ingredients :

- 1/2 kilo Dry Chick Peas
- 8 tablespoon oil
- 2 tablespoon garlic
- 1 big onion
- 6 big tomatoes
- 2 tsp chili
- 2 tsp turmeric
- 1/2 Garam masala
- 5 Teaspoons of Salt
- 3 Tablespoons of Dried Tamarind Note: If you can not find dried Tamarind substitute with dry mango powder.



DIRECTIONS :

- Soak Chick peas overnight in 10 Cups of water.
- Once soft, boil 10 cups of water and 4 tbsp salt, add chick peas and cook for 1 hour or until softened.
- Then add 2 mugs cold water to pot.
- Remove 2 large scoops of chick peas (2cups) and put in blender with tamarind & 1/2 cup of water. Blend 1 minute & add to pot.
- Let cook for 20 mins.



In a Wok or Frying Pan:

- On a high heat, fry (lightly) oil & garlic for 2 minutes.
- Add onion & fry (lightly) for 5 minutes.
- Add tomatoes, chilli, turmeric, garam masala and salt. Lightly stir for 2 mins.
- With a large spoon, mash the tomatoes.
- Once mashed, add this mixture to pot and cook for a final 5 minutes. Serve with Rice, Chapati or Naan.

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Aloo Tomato (Tomato & Potato)

Ingredients:

- **1 tbsp garlic**
- **1 spatula of oil**
- **1 big onion (cut small)**
- **1 kilo of potatoes**
- **6 diced tomatoes**
- **3 tsp salt (2 better)**
- **1/5 tsp Garam Masala**
-
- **2 tsp chili**
-
- **1 1/2 tsp turmeric**
-
- **3 tsp Coriander (optional)**

Directions:

- **Wash clean & boil potatoes (peeled or unpeeled).**
- **On heat: add oil & garlic - simmer 5 minutes.**
- **Add the tomatoes, salt, and spices to the pot (photos).**
- **Simmer and stir 2 minutes.**
- **With a spoon or ladle gently mash the soft tomatoes.**
- **Add the diced, boiled potatoes.**
- **Simmer 3 minutes while constantly stirring the mixture to coat potatoes.**
- **Add coriander to taste (optional)**
- **Serve with Rice, Chapati or Naan.**



Pumpkin Curry

Ingredients

- **1 Yellow Pumpkin (1kilo)**
- **2 cups water**
- **1.5 garlic**
- **1 big onion**
- **6 tbls oil**
- **1 bg onion**
- **6 tsp salt**
- **8 diced tomatoes**
- **2 tsp turmeric**

Directions:

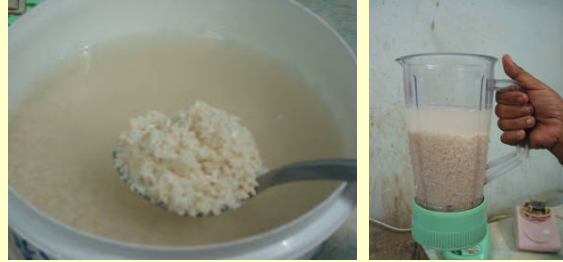
- **Heat garlic & oil in saucepan over medium heat.**
- **Add one big onion and saute'.**
- **Add diced tomatoes, turmeric and salt.**
- **Simmer 3 minutes.**
- **Gently mash tomatoes.**
- **Move this into a saucepan.**
- **Add diced, peeled uncooked pumpkin and 2 cups water.**
- **Cook covered on medium heat for 20 minutes. (Check to stir every 5 minutes).**
- **When pumpkin is soft, mash it until smooth. Note: If there is alot of water left boil on medium heat for 5 mins, uncovered, to reduce.**
- **Then dish is ready to serve.**



Masala Dosa (for 5 Dosas)

Ingredients:

- 1 cup white lentils (uad dal)
- 2 cup rice (white or brown)



Directions:

- Soak dal & rice 2-3 hours in water to soften.
- Put rice and lentils in a blender with water (the water is to be 1 inch above the mixture in the blender.)
- Blend until smooth, about 1 to 2 minutes.



To Cook:

- Put in a bowl with 1/2 tsp salt and mix thoroughly.
- On a non-stick, flat pan, cover a circular area with mixture.
- Heat until golden brown and use a spatula to loosen and turn over. (Like a pancake).
- To ensure a non-stick surface splash a water/salt solution on the pan. (Do NOT use oil.)
- Add scoop of warm [Aloo Tomato](#) or [Fried Paneer](#) in the centre.
- Fold edges over, cook another 30 seconds & serve.



You can learn how to make [Aloo Tomato](#) and [Fried Paneer](#).

Pakora (Vegetable, Paneer or Bread)

INGREDIENTS :

- 1 cup Channa Flour (Chick pea flour)
- 1 tablespoon chili
- 1 tablespoon salt
- 1/2 cup water
- 1 pot of oil (to fry in)
- Cauliflower
- Potato
- Onion
- Green Chilli
- (Coriander)

Note: For Paneer Pakora you need diced paneer. For Bread Pakora slice 2 pieces of bread.

DIRECTIONS:

- Put flour in bowl with chilli & salt.
- Add water & mix thoroughly.
- For vegetable Pakora, add diced vegetables to mixture. (For paneer or bread Pakora, simply dip bread or paneer and coat in mix.)
- Heat oil in pan.
- Take small scoop of vegetable mix & put in hot oil (be careful not to splash).
- Cook by turning lightly until golden brown.
- Lift from oil & strain well. Serve hot.



A Delicious Vegetable Pakora



Yellow Dal

Ingredients:

- 1 mug yellow lentils
- 7 mugs water
- 3 tbsp salt
- 1.5 tbsp chili
- 1 tbsp turmeric
- 1/4 tbsp Garam Masala
- 4 tablespoons of oil
- 2 tablespoons of garlic
- 1 large onion (diced)
- 4 small tomatoes (diced)



Directions:

- Wash lentils with water.
- Add washed lentils and 7 mugs of water to a saucepan.
- Add salt, chili, turmeric, masala.
- Add frying pan mix (below).
- Boil 15-20 minutes.
- Serve with rice, chapati or naan.



In a wok or frying pan:

- Heat 4 tablespoon oil.
- Add the 2 tablespoon garlic, onion and tomatoes.
- Stir on heat for 3 minutes.
- Mash tomatoes when soft and add to boiling pot of lentils.



Banana Roti

Banana Naan (Banana Roti)

Ingredients:

- 1/2 kilo White flour
- 3 tbsp oil
- 1/2 tsp salt
- 1 cup water
- 1 banana (sliced)
- Sweetened Condensed Milk

Directions:

- Mix flour and salt in a bowl.
- Add oil and water and mix, then knead into a dough.
- Leave for 15/20 minutes.
- Take small ball of dough (palm sized) cover lightly in flour.
- Roll out with rolling pin until very thin.
- Place on a hot pan with oil and place banana in the middle.
- Fold the sides of the dough to make a square.
- Cook both sides until golden brown.
- Remove from heat and slice.
- Add sweetened condensed milk and serve.



Filled Chapati

Ingredients:

- 1 kilo wheat flour
- Add 2 cups water
- While kneading add 2tbsp oil
- Leave for 10 mins



Directions:

- Peel small cooked potato and mash lightly.
- Add salt, coriander and chilli and mash together (see photo, top).
- Mix flour and water.
- Knead into a dough.
- Roll chapati until medium-thickness.
- Place potato filling inside & make into a pocket (see photo, middle)
- Close the doh over the filling.
- Lightly re-roll the filled chapati to the same thickness. (The doh is surprisingly durable. Watch for breakages when rolling.)
- Cook with 2 tablespoons of oil.
- Lightly brown on both sides.



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This recipe book was created during our visit to Chiang Mai, Thailand.

We were so delighted with the recipes, dishes and of course the TASTE, that we had to share them with you!

If you have any questions or comments about the recipes, please visit us at www.globaltickit.com to contact us.

We always love comments and/or suggestions.

Enjoy.

**~ Lisa and E.J. Clark
www.GlobalTickIt.com**

