

Yogurt to be kidding me

TADKA DAHI



INGREDIENTS

- 2.5 kg hung curd
- 30 gm ginger, chopped
- 20 gm green chilli, chopped
- 50 gm coriander leaves
- 20 gm mustard seeds
- 10 gm curry leaves
- 20 gm cumin, whole
- 10 gm red chilli, whole
- 20 gm coriander powder
- 30 gm red chilli powder
- 20 gm turmeric powder
- 20 gm salt
- 50 ml oil
- 500 gm tomato
- 20 gm sugar
- 30 gm tamarind pulp

METHOD

Chop tomato, coriander and ginger. Heat oil in a pan, add mustard seeds, curry leaves and red chilli. Let it crackle. Add chopped tomatoes and cook till the tomatoes turn mushy. Now add red chilli powder to it. Add tamarind pulp to the tomato and cook for 15 minutes till the mixture turns into a paste. Add powdered spices mentioned above and cook till the oil separates. Add chopped ginger, coriander, green chillies, salt and sugar to the mixture. Keep the pan away from the heat and add the hung curd to it. Make sure that you fold the yogurt into the mixture. Your dish is ready.

THIS HUMBLE ADDITION TO YOUR MEAL IS ACTUALLY A COMPLETE NUTRITIONAL PACKAGE BRIMMING WITH CURATIVE PROPERTIES



● FAREEDA KANGA

A bowl of curd has become a mainstay on the Indian dinner table. Grandma was right when she insisted we have a bowl of *dahi* with every meal. If you were to visit a grocery store, you'd notice an array of yogurt packs sitting right next to your humble curd, vying for your attention. Yogurt is now popular among consumers, given they come in delectable flavours and can be snacked on without guilt.

Although yogurt is touted to be a calcium-rich food, research shows that it contains almost every ingredient needed to make it a complete nutritional package. Just one cup of yogurt has about 10 grams of protein per 225-gram serving. That's about 20 percent of the recommended daily protein intake for an average adult. It contains phosphorus, which is required for strong bones and teeth. It is also an excellent source of Vitamin B2 that assists adrenal function, helps maintain a healthy nervous system, and aids in key metabolic processes.

Yogurt v/s dahi

"Yogurt is produced when live, active cultures of *lactobacillus bulgaris*, *streptococcus thermophilus*, and sometimes *lactobacillus acidophilus* are added to milk. This is then kept warm for a few hours," says Mala Rao, a Hyderabad-based nutritionist. Homemade curd is made from only *lactobacillus* bacteria.

A history of yogurt

Although Ayurveda has been advocating the goodness of yogurt for a long time now, legend has it that it took a French King's embarrassing bowel issues to introduce yogurt to the Western world. When Francois the First couldn't rid himself of a nasty bout of gastroenteritis in 1542, he sought the help of Suleiman the Magnificent from Turkey's Ottoman empire who suggested a remedy — a bowl of yogurt. In fact the word yogurt originated from the Turkish term "*yogurur*" (which means long life).

Be pro to probiotics

Lately there has been a lot of buzz in health journals and magazines about consuming probiotics in our diet. Amongst its chief benefits, probiotics contribute to a healthy gut.

Although dairy products are a no-no for an upset tummy, yogurt is recommended because the friendly probiotic bacteria balance the micro flora in the stomach. Consumption of probiotic yogurt can reduce antibiotic-associated diarrhea, help control irritable bowel syndrome and aid in the digestion of lactose.

PHYLLO AND YOGURT TRIANGLES



INGREDIENTS

- 300 gm hung curd
- 20 gm mint
- 50 gm sun-dried tomatoes, chopped
- 20 gm pine nuts
- 150 gm phyllo sheets
- 3 gm cumin
- 5 gm crushed black pepper
- 10 gm salt
- 50 ml refined oil

METHOD

Mix chopped sundried tomatoes, pine nuts, chopped mint, salt and pepper to the hung curd. Cut Phyllo sheets into 2-inch wide strips and cover it with a slightly dampened kitchen towel. Take three strips and brush the top sheet lightly with melted butter. Add 1 teaspoon of filling. Keep about 1/2-inch above the bottom corner empty. Fold into a triangle shape as though folding into a flag. Repeat. Arrange triangles on a baking tray sheet lined with parchment paper. Lightly brush triangles with olive oil and bake for 20 minutes or until golden brown. Cool slightly and transfer to a serving platter.

DAHI WALA KUKAD

INGREDIENTS:

- 2.2 kg cut chicken
- 1.15 kg whisked curd
- 275 gm fried onion, pureed
- 20 gm green chilli
- 45 gm garlic paste
- 27 gm coriander powder
- 200 ml refined oil
- 150 ml cream
- 16 gm black cardamom

- 10 gm black pepper
- 12 gm clove
- 3 nutmeg
- 15 gm cinnamon stick
- 1 gm mace
- Salt to taste

METHOD

Take a pan. Add refined oil and garlic paste and cook on low flame till brown.

Add the chicken and sauté on high heat. Add salt, chopped chilli and coriander powder to the chicken. Lower the heat and keep stirring.

Add the garam masala to the pan. Make sure the masala coats the chicken. Let it cook for 30 seconds.

Add the whisked curd and sauté once again. Add the fried onion puree and mix properly. Let it cook on slow flame without covering. Add cream and serve.

RECIPES COURTESY: ASHISH BHASIN, EXECUTIVE CHEF AT THE TRIDENT, BANDRA KURLA, MUMBAI

