

Cooking for Peace – Aug 24 2024

Tofu Curry Recipe:

Ingredients: Serves 4-5 people

Bell peppers – 2 (medium size)
Tofu (2 medium size – firm/extra firm)
Tomatoes – 6 or 7
Cooking Oil (Canola oil/Vegetable oil or any other cooking oil)
Old bay powder – 1 teaspoon
Mustard seeds - 1 teaspoon
Cumin seeds - 1 teaspoon
Asafoetida / Hing - 1 teaspoon
Spices (Bay leaves [2 or 3], cloves [2], cardamom whole [2], cinnamon stick [1], black pepper[2 balls])
Green chilies – 1 or 2 (slit) (Optional)
Curry leaves (5-6)
Fresh Ginger - 1 tablespoon (grated)
Turmeric - 2 teaspoon
Red chili powder - 1/2 tablespoon (adjust as per spice level)
Salt – 2-3 tablespoon (adjust as per taste)
Coriander powder - 1 tablespoon
Coriander leaves - 2-3 tablespoon (chopped)

Tofu Curry Preparation:

In a pan, add some oil and add old bay powder and add tofu cubes (water to be drained fully from tofu before sauté) and add some salt.

In a separate deep pot, add oil, cumin seeds, mustard seeds, Asafoetida / Hing, bay leaves, cinnamon stick, cloves, whole cardamom, black pepper, fresh green chilies (optional), fresh curry leaves, fresh grated ginger and then add diced green bell peppers, let it cook more than half and add tomato puree (puree it with fresh tomatoes) and also add some water (if needed) and add red chili powder, turmeric powder, salt and adjust salt accordingly and let it cook until oil floats slightly at the surface and add the roasted tofu cubes and let it cook for some time, add coriander powder and garnish with chopped coriander leaves and turn off the stove.

Oats Kheer Recipe:

Ingredients:

Raw Oats - 2 cups
Oats Milk – 4 cups
Raisins – ½ cup
Oil – ½ cup (vegetable/canola)
Sugar – 1.5 cups
Cardamom powder - 1 teaspoon
Cinnamon powder – 1 teaspoon

Oats Kheer Preparation:

In a fresh pot add 2 tablespoons of oil and roast the raisins and keep raisins aside.
In that same pot add 4 tablespoons of oil, add 2 cups of raw oats and roast them for some time and then add boiled water (3-4 cups of water) into roasted oats and let it cook more than 80%.

Boil 4 cups of oats milk separately in a new pot (slight boil) and turn off the stove.
Mix the boiled milk into oats mixture and let it cook fully and add 1.5 cups of sugar (adjust sugar as per taste).

Add the roasted raisins, cinnamon powder and cardamom powder to the oats mixture and turn off the stove.

Rice:

Ingredients:

Rice (2 cups)
Water (3/4 cups) (adjust water accordingly)
Cooking Oil – 1 or 2 tablespoons
Bay leaves (2)
Salt (pinch)
Cumin seeds - 1 teaspoon

Rice Preparation:

In rice cooker, add rice, water, pinch of salt. Simultaneously in a separate small pan, add oil and then add cumin seeds, bay leaves and sauté for some time, (add few fresh mint leaves which is optional) and turn off the stove and add this into rice, water mixture at the beginning stage in rice cooker, mix it well and let the rice fully cook.