

Come celebrate Holi  
with us by trying  
your hand at some  
of the tasty foods  
traditionally served  
during Holi celebrations!



## Recipes Included:

Gulab Jamun (contains milk and nuts)

Rajasthani Mirchi Vada

Mango Lassi

Chana Masala



CULTURE CORNER  
DUBLIN COMMUNITY RECREATION  
CENTER

# HOLI



# Gulab Jamun

## Ingredients

### For gulab jamuns

- 1 cup powder milk/milk solids
- 1 tablespoon all-purpose flour (maida)
- 1 pinch baking powder
- 1 tablespoon ghee (rarefied butter)
- 5 tablespoons milk
- 8 cashew nuts finely chopped
- 8 pistachios skinned and finely chopped
- oil for frying

### For sugar syrup

- 1 cup sugar
- 1/2 cup water
- 5-6 pieces green cardamom
- 1 small lemon wedge



1. In a mixing bowl, add milk powder, all-purpose flour, and baking powder. Mix them well. Now add ghee. Mix it so that ghee is distributed evenly in the mixture.
2. Now add two tablespoons milk to this mixture, and mix well. Gradually add milk, a tablespoon at a time, till a smooth dough is formed. The dough should not be very tight.
3. To prepare to fill, mix half of the chopped pistachios into cashew nut pieces. Also, add crushed green cardamom seeds from one cardamom. Then add 2 teaspoon dough and 2 teaspoon milk to make a compact filling for gulab jamuns. You can skip this step if you do not want to add filling to the gulab jamuns.
4. Apply ghee to your palms. Divide dough into 16 equal portions. Take one portion, and flatten it on your palm. Place a small amount of filling at the center, and close the edges. Make a smooth ball. There should be no cracks on the ball. Similarly, make all the balls.
5. Heat oil in a pan or Kadai. Keep the flame low. When the oil is slightly hot, add one gulab jamun at a time. Do not fry more than four balls at a time. Gently swish oil over the balls initially. When they are slightly brown from one side turn them and fry from all the sides. Fry all the balls in this fashion.
6. To prepare sugar syrup, place sugar in a pan. Add water, broken cardamom pods, and lemon wedge. Cook it on low to medium flame. Stir occasionally. When the sugar dissolves, check if the syrup has thickened a bit and become sticky. We do not want one thread consistency. We just want slightly thick and sticky syrup. When done, add gulab jamuns to the syrup and switch off the gas.
7. Cover it and let them rest for at least 5 hours so that they absorb the syrup and become juicy. When ready, decorate with chopped pistachios and serve hot.

# Rajasthani Mirchi Vada

## Recipe

### Filling

- 200 gms 8-10 pieces banana peppers (chili bhaji)
- 250 gms potatoes boiled
- 1 teaspoon cumin seeds (jeera)
- 4 teaspoons coriander powder
- 1 teaspoon turmeric powder/Haldi
- 1/2 teaspoon red chili powder
- 1/2 teaspoon ginger paste
- 1 green chili finely chopped
- 1/2 teaspoon dry mango (amchoor) powder
- salt to taste
- 1/4 teaspoon garam masala powder
- 1 sprig coriander leaves (cilantro) finely chopped
- oil for frying and some more

### batter

- 200 gm (1 cup) gram flour (besan)
- 1 pinch soda-bi-carb (baking soda) optional
- salt to taste
- plain water



First, prepare the batter. Then add baking soda and salt to gram flour (besan). Then gradually add water and stir continuously to prepare the batter. The batter should be neither very thick nor very thin.

### Make chili filling

Make a lengthwise slit in all chilies. Peel and mash potatoes.

Heat a tablespoon of oil in a pan. Add cumin seeds and allow them to crackle. Then add ginger paste and chopped green chilies. To this add coriander powder, red chili powder, and turmeric powder. Saute for 30 seconds and add mashed potatoes. Add salt to taste. Stir well and cook for a minute. Add dry mango powder (amchoor) and garam masala powder. Switch off the gas. Also, add chopped coriander leaves. Mix well. The filling is ready.

### Make vadas

Gently slide the filling through the slits into the green chilies.

Keep the oil for heating in a heavy-bottomed pan/Kadai. Dip a chili in the batter so that it is perfectly coated by the batter. Deep fry in hot oil. Initially, oil should be very hot, and then lower the heat and fry till vada turns golden brown and crispy. Repeat the process with all the chilies.

You can fry 4-5 vadas at a time.

Serve hot with green mint chutney, tamarind chutney, or tomato ketchup.

# Chana Masala

## Chana Masala

- 2 cups Kabuli chana/chickpeas/garbanzo beans
- 5-6 cups water
- 1 teaspoon salt (or according to taste)
- 3 tea bags (optional)
- 1 onion finely chopped or paste
- 1-inch ginger finely chopped
- 2-3 cloves garlic finely chopped
- 1 green chili finely chopped
- 1/2 teaspoon cumin seeds
- 1 tablespoon cooking oil
- 2 medium-sized tomatoes finely chopped
- 1 teaspoon amchoor (dry mango) powder

## For dry spices

- 1-inch dalchini/cinnamon stick
- 1 tea-spoon cummin seeds
- 1 teaspoon coriander seeds
- 3 black cardamom
- 4-5 black peppercorns
- 2 tej patta/bay leaf
- 3 laung/cloves
- 1 tea-spoon anardaana/dried pomegranate seeds
- 2 dry red chillis



## For Dry Spices

1. Slightly roast all the whole spices on medium heat in a heavy-bottomed pan
2. Grind all the spices in a grinder till the fine powder is formed.
3. If made extra, store in an airtight container.

## For Chana Masala

1. Soak chana in water at least for eight hours. The quantity of water should be three to four times, as chana expands on soaking. Add some salt to this water. If you do not have this much time, soak these in warm water with some soda bicarb for at least half an hour.
2. Add teabags in soaked chana, and boil in a pressure cooker. Teabags help in changing the color of chana to blackish brown. Once the pressure is made, lower the heat, and boil for half an hour. If you had not soaked the chana, add sufficient water, and tea bags, and boil for about 1 hour.
3. Heat oil in a pan. Add cumin seeds. Then add onion, and saute till it is softened. Add ginger, garlic, and green chillies. After 2 minutes, add chopped tomatoes, and saute till it is softened. Now add dry spices, and saute for two minutes.
4. Remove teabags from boiled chana, and check whether the chana is properly cooked. It should be soft on pressing with fingers, and there should be no bite in it. Take out two tablespoons of chana, and keep aside. Add the rest of the chana along with water to the sauteed spices, and let it simmer. Using a masher, or tablespoon, mash the chana, that you had kept aside, and add it to the rest of the chana.
5. Now is the time to taste and check the consistency. The dish should be thick, with no watery gravy. Add salt, spices, or water, if needed. Cover and allow it to simmer for 10 minutes.
6. Remove from gas, and garnish with ginger julienne, and fresh green coriander leaves (cilantro). Serve hot with chopped onion and pickles (suggestion)

# Mango Lassi

## Ingredients

- 2 cups chopped mangoes – Alphonso or any sweet, pulpy mango variety, about 3 to 4 medium-sized
- 4 to 5 tablespoon sugar or honey, add as required – optional
- 2 cups Curd or yogurt, cold or chilled
- 2 to 3 tablespoons light cream or malai – optional
- 4 to 5 ice cubes – optional



## Directions

1. Rinse, peel and chop the mangoes.
2. In a blender or mixer, puree the mangoes with sugar or honey.
3. Make a smooth puree without any finer chunks of mangoes in it.
4. Add the chilled curd (yogurt) and light cream. Adding light cream is optional
5. Add ice cubes. This is also optional.
6. Blend until all the ingredients are mixed well, evenly and the yogurt has become smooth.
7. If you prefer a slightly thin consistency add some milk or water while blending. Taste mango lassi and add a few teaspoons of sugar if it tastes slightly tangy or sour. Blend again.
8. Pour in glasses and serve straightaway.