



# Howard County

## RECREATION & PARKS

EXPRESS YOURSELF



**ADULT  
PROGRAMS**  
RECREATION & EDUCATION

### Indian Breads with Chef Ravi

Adult 18 yrs + Virtual Cooking Class

#### Ingredients List

##### Mint Chutney

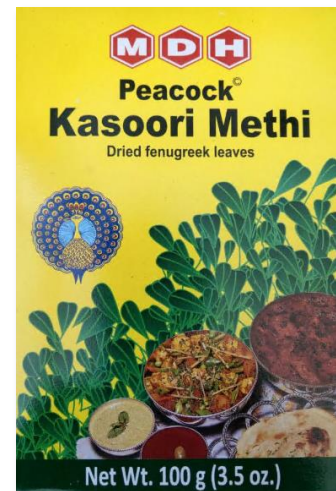
- 3/4 cups chopped fresh cilantro
- 1/2 cup mint, fresh; chopped
- 1 fresh hot green chili (opt.)
- 1 tablespoon lemon juice
- 3/4-cup plain yogurt
- 1/4-teaspoon salt; (more if desired)
- Red onion-1 small piece
- Ginger-1 tablespoon
- Garlic--2 pods
- Green bell pepper--1 small
- Tomato-1 small

##### Aloo Paratha with Fenugreek Leaves (sold at any Indian store/Asian store-also called Kasoori Methi)

- 2 cups whole-wheat flour
- 5 tbsps. vegetable/ canola/ sunflower cooking oil
- 1 tsp. cumin seeds
- 1/2 tsp. turmeric powder
- 1/2 tsp. red chili powder
- Salt to taste

##### Filling:

- 2 lbs. mashed potatoes
- Roasted cumin-1 teaspoon
- Cilantro leaves- 2 tablespoons
- Chat masala-1 teaspoons
- Chili powder-1/4th teaspoons
- Dried fenugreek leaves-3 tablespoons
- \*\*Mix all ingredients to make the filling.
- Oil- to baste the bread



## **Optional Ingredients List:**

### **Garlic Nan with chicken mince**

#### **Ingredients:**

- 2 cups All-purpose flour
- 1 pinch baking powder
- 1 tbs dry yeast
- 2 tbs plain yogurt
- 1 tbs sugar
- 1/2 cup warm water
- 1 tbs oil (veg or olive)
- salt to taste
- 3 cloves chopped garlic
- Butter to taste

### **Tamarind Chutney**

#### **Ingredients:**

- 4 oz. piece tamarind from a pliable block\*/Tamarind paste -5 tablespoons
- 3/4 cup hot water
- 1/4 cup packed jaggery/ date/ sugar\* (4 oz; if necessary, chop to measure) or packed dark brown sugar.
- 1 teaspoon cumin seeds
- 1 teaspoon anise seeds
- 1/2 teaspoon hot chili powder\* (preferably Indian)
- 1/2 teaspoon salt