

Seasoning or Tempering a Recipe

Written by W.J.Pais

Heat the oil in a pan, temper with curry leaves and green chillies until they begin to shrink. Most of the Indian curries, have to be treated this way. It is sometime called seasoning.

Sometimes, you can pour oil in a vessel, heat it, and then fry mustard seeds, onion slices, crushed garlic, and curry leaves. When they are browned, add your masala powders and fry them and then add your base like fish, vegetable and fry in the same oil. Add hot water and continue to cook till the masala is absorbed by the base ingredient.

In some recipes, you can also fry ginger garlic paste, and other ingredients for this purpose. Some recipes have green minced masala of minced green chilles, garlic, ginger and onions.

Basically, this treatment is given to dishes of meat, fish, eggs and vegetables. You may find it also in the recipes of Pickles.

In Chicken Xacuti, you heat oil and fry 1 or 2 onions, till they turn brown. Add the ground masala and the turmeric powder. Fry till the oil oozes out then add the chicken pieces.

Chicken Indad: Heat the ghee in a vessel and brown the meat well in it. In the same ghee, fry the ground masala, stirring all the time. add the meat and gravy to the fried masala and stir.

Chicken Curry: Fry sliced onions, and then the ground masala, and finally the meat and cook.

Mughlai Chicken: Heat oil in a pan and fry the onions, then add the ground masala add the chicken pieces and fry for a while until the chicken is well mixed with the masala

For Chana Sukha, you prepare seasoning, with mustard and garlic, and brown it well, and put it into the cooked Chana. Add garam masala, jaggery and tamarind to taste and let it simmer till it dries.

Dhal Gosht: fry the minced masala, of onions, chillies and ginger, Add to it the boiled meat, and chana dhal, and add some garam masala and salt to taste

Beef dry dish: Slice the onions and fry in oil. Add cubed tomatoes if available. Add 1 tablespoon of ginger garlic paste again and add masala powders. Fry till the oil comes up. Add the boiled meat and let it simmer till it is almost dry.

Pork Indad: fry the ground masala. Add fried meat and the fried masala and stir.

Shrimp Chutney: Fry one sliced onion in hot oil in a vessel and then add to it, the chutney pg ground ingredients kept aside for the purpose to a paste, then add the shrimps and mix well. Then add the scraped coconut and mix.

Boiled Egg Curry: Fry minced green masala, and the ground masala and add boiled eggs to the curry

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For Chole, fry sliced onions, chillies, garlic until brown. Then add the ginger garlic paste, chilly powder, turmeric powder and quickly fry, and then add the diced tomatoes and fry and finally add the Kabuli chana,

For Chane Masaledar, a north indian recipe, you heat oil in large cooking vessel over medium heat. When hot, put in cumin seeds. After a few seconds, add the sliced onion. Stir & fry for 7 minutes. Reduce heat and add the spices. Mix well and add the garlic and ginger. Fry, stirring for 3 minutes. Add the tomato paste. Add chickpeas - kabuli chana.

Use your imagination, sense of flavor and taste, and experiment and create new innovations. The condiments give taste and flavor. Vinegar, Tamarind and Lemon juice, give the sour taste, and always the Salt gives the balance in the taste. Pungency is an asset to the taste, but the ability of individuals is to be taken care of. Sometimes, due to allergies, it may be advisable to reduce it or cut it off altogether. Pungency is given by green chillies, red chillies, cinnamon, cloves, pepper etc.