

Nita Mehta's
Soups & Salads





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Salads**



Nita Mehta

B.Sc. (Home Science), M.Sc. (Food and Nutrition), Gold Medalist

SNAB 

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Contents

light appetizer soups 6



- Cream of Tomato Soup 7
- Lemon Coriander Soup 8
- Hot & Sour Soup 10
- Cream of Chicken Soup 12
- Sweet Corn Vegetable Soup 13
- French Onion Soup 15
- Tom Yum Soup 16

salads 26



- Garnishes 26
- Kimchi Salad 29
- Tempered Rice & Corn Salad 31
- Crispy Spinach & Feta Salad 33
- Greek Salad 34
- Salsa-topped Salad 36
- Caesar Salad with Chicken 39
- Salad Niçoise 41
- Julienne Chicken Sausage Salad 43
- Chicken Pasta Salad 45
- Egg Salad 46

Glossary of Names/Terms 48

substantial & hearty soups 17

- Two-layer Tomato-Broccoli Soup 18
- Spiced Pumpkin Soup 20
- Mutton Mulligatawny Soup 23
- Minestrone Soup 24





Introduction

Soups nurture and comfort you, warm you to the heart and soothe your mind. A good soup should not have any artificial colours and should be free from greasiness. The flavours should be full and satisfying but not overpowering.

When a soup is served as an appetizer before the main course, it should be light and delicate, stimulating the appetite for what is yet to come rather than killing it by giving you a full stomach. On the other hand, a soup can be substantial and hearty, a complete meal in itself when served with a sandwich or some toasted bread.

Salads can be used as a light appetizer or an accompaniment to the main course. Salads should be crisp, colourful and refreshing, made with fresh ingredients and balanced with the rest of the meal. Salads provide good nutritive value since they are a source of vitamins, minerals and fibre.

Go through this book and choose a delicious and crisp light salad; follow that up with a steaming hot bowl of hearty soup. Or select a soup first, followed by a hearty salad. Whatever you decide to eat you can look forward to becoming what you always wanted to be – healthy, balanced and invigorated!

Nita Mehta

INTERNATIONAL CONVERSION GUIDE

These are not exact equivalents; they've been rounded-off to make measuring easier.

WEIGHTS & MEASURES

METRIC	IMPERIAL
15 g	½ oz
30 g	1 oz
60 g	2 oz
90 g	3 oz
125 g	4 oz (¼ lb)
155 g	5 oz
185 g	6 oz
220 g	7 oz
250 g	8 oz (½ lb)
280 g	9 oz
315 g	10 oz
345 g	11 oz
375 g	12 oz (¾ lb)
410 g	13 oz
440 g	14 oz
470 g	15 oz
500 g	16 oz (1 lb)
750 g	24 oz (1½ lb)
1 kg	30 oz (2 lb)

LIQUID MEASURES

METRIC	IMPERIAL
30 ml	1 fluid oz
60 ml	2 fluid oz
100 ml	3 fluid oz
125 ml	4 fluid oz
150 ml	5 fluid oz (¼ pint/1 gill)
190 ml	6 fluid oz
250 ml	8 fluid oz
300 ml	10 fluid oz (½ pint)
500 ml	16 fluid oz
600 ml	20 fluid oz (1 pint)
1000 ml	1¾ pints

CUPS & SPOON MEASURES

METRIC	IMPERIAL
1 ml	¼ tsp
2 ml	½ tsp
5 ml	1 tsp
15 ml	1 tbsp
60 ml	¼ cup
125 ml	½ cup
250 ml	1 cup

HELPFUL MEASURES

METRIC	IMPERIAL
3 mm	1/8 in
6 mm	¼ in
1 cm	½ in
2 cm	¾ in
2.5 cm	1 in
5 cm	2 in
6 cm	2½ in
8 cm	3 in
10 cm	4 in
13 cm	5 in
15 cm	6 in
18 cm	7 in
20 cm	8 in
23 cm	9 in
25 cm	10 in
28 cm	11 in
30 cm	12 in (1ft)

HOW TO MEASURE

When using the graduated metric measuring cups, it is important to shake the dry ingredients loosely into the required cup. Do not tap the cup on the table, or pack the ingredients into the cup unless otherwise directed. Level top of cup with a knife. When using graduated metric measuring spoons, level top of spoon with a knife. When measuring liquids in the jug, place jug on a flat surface, check for accuracy at eye level.

OVEN TEMPERATURE

These oven temperatures are only a guide. Always check the manufacturer's manual.

	°C (Celsius)	°F (Fahrenheit)	Gas Mark
Very low	120	250	1
Low	150	300	2
Moderately low	160	325	3
Moderate	180	350	4
Moderately high	190	375	5
High	200	400	6
Very high	230	450	7

Light Appetizer Soups





Cream of Tomato Soup

In this recipe an ever-popular soup has been given the warm aroma of cinnamon & cloves.

Serves 4

INGREDIENTS

500 g/1 lb ripe red tomatoes - chopped roughly

½ cup chopped onion

¾ cup chopped carrot

½ cup chopped potato

1 tsp butter

1" stick cinnamon (*dalchini*)

4-5 peppercorns (*saboot kali mirch*)

3-4 cloves (*laung*)

1 tsp sugar, 4 tbsp cream

salt and pepper to taste

TO SERVE

a few bread croutons, optional

METHOD

- 1 Melt 1 tsp butter in a deep pan. Add cinnamon, peppercorns & cloves. Stir for 30 seconds.
- 2 Add chopped onion, carrot and potato. Stir till potato starts to change colour.
- 3 Add the chopped tomatoes and cook for 2-3 minutes.
- 4 Add 4 cups of water. Add salt, sugar and pepper. Bring to a boil. Cover and cook on low heat for 15 minutes. Remove from heat and cool completely.
- 5 Blend the cooled mixture in a mixer to a smooth puree. Strain through a sieve to get a smooth soup.
- 6 Reheat soup in a saucepan. Check salt, sugar and pepper. Add more if required.
- 7 Add cream to the soup. Serve hot with croutons on the side.

Lemon Coriander Soup

From the Thai kitchen – this lemony clear soup has paper thin slices of vegetables floating on top.

Serves 4

INGREDIENTS

CLEAR STOCK

- 4 cups water
- 1 stick lemon grass - chopped or zest of 1 lemon (1 tsp zest)
- ¼ cup chopped coriander/cilantro along with stalks
- 1" piece of ginger - washed, sliced without peeling
- 2 cloves (*laung*), 1 bay leaf (*tej patta*)
- 2 soup/stock cubes

OTHER INGREDIENTS

- 1 tsp oil, a pinch of red chilli flakes
- ½ carrot, 2 mushrooms
- 2 baby corns
- salt & pepper to taste
- 2-3 tbsp lemon juice, ¼ tsp sugar
- 1½ tbsp cornstarch dissolved in ¼ cup water
- 2 tbsp coriander/cilantro leaves - torn roughly by hand

METHOD

- 1 If using lemon rind, wash 1 lemon with the peel and grate gently on the grater to get lemon rind. Do not apply pressure; ensure that the white pith beneath the lemon peel is not grated along with the yellow rind. The white pith is bitter!
- 2 For stock, mix all ingredients given under clear stock with 5 cups of water. Bring to a boil. Keep on low heat for 5 minutes. Keep aside.
- 3 Cut mushrooms, carrot and baby corns into paper thin slices diagonally.
- 4 Heat 1 tsp oil in a pan. Remove from heat. Add a pinch of red chilli flakes.
- 5 Immediately, add carrot, mushrooms and baby corns. Return to heat. Add ¼ tsp pepper. Saute veggies for 1 minute on medium heat.
- 6 Strain the prepared stock into the vegetables in the pan. Boil. Check salt and add more if required.
- 7 Add 1½ tbsp cornstarch dissolved in ¼ cup water, stirring continuously. Bring to a boil.
- 8 Add lemon juice, sugar and coriander/cilantro leaves. Simmer for 1-2 minutes. Add more lemon juice if required. Remove from heat. Serve hot in soup bowls.



Hot & Sour Soup

You can get addicted to the heady excitement of this soup! To make a non-vegetarian version see Note below.

Serves 4-5

INGREDIENTS

CHILLI-GARLIC PASTE

- ½ tsp red chilli paste
- ½ tsp minced garlic
- 1 tbsp oil

OTHER INGREDIENTS

- 2 tbsp oil
- 1-2 tender green onions - sliced very finely (3-4 tbsp)
- 1 tbsp dried mushrooms or 2 fresh mushrooms - chopped
- ½ cup chopped cabbage
- ½ cup thickly grated carrot
- 6 cups water
- 2 soup/stock cubes - crushed
- 2 tsp sugar, 1¼ tsp salt
- ½ tsp pepper powder, or to taste
- ½- 1 tbsp soya sauce, 2-3 tbsp vinegar
- 2 tbsp tomato ketchup
- 6 tbsp cornstarch mixed with ½ cup water

METHOD

- 1 If dried mushrooms are available, soak them in water for ½ hour to soften. Wash thoroughly to clean the dirt in them. Cut away any hard portion and then cut into smaller pieces.

- 2 Heat 2 tbsp oil. Add chilli paste and garlic. Give it a quick stir.
- 3 Add mushrooms. Stir fry for 1-2 minutes on high heat. Add cabbage and carrots. Stir for a few seconds.
- 4 Add 6 cups water and the soup/stock cubes. Add sugar, salt, pepper, soya sauce, vinegar and ketchup. Boil for 2 minutes.
- 5 Add cornstarch paste, stirring continuously. Cook for 2-3 minutes till the soup turns thick. Add greens of onions. Serve hot.

Note: *Boil 200 g chicken with the bones, in 6 cups of water till chicken is tender, about 7-8 minutes. Use the chicken liquid instead of the water in the recipe. Debone boiled chicken and shred into small pieces and add along with the vegetables. You may omit the mushrooms.*





Cream of Chicken Soup

An easy-to-make creamy soup for chicken lovers.

Serves 6

INGREDIENTS

250 g/8 oz chicken with bones - cut into
4-5 pieces

1 bay leaf (*tej patta*)

3 tbsp butter

3 tbsp plain flour (*maida*), 2½ cups milk

1 tsp freshly ground pepper

2 tsp salt or to taste

TO SERVE

4 tbsp cream

some chopped parsley or greens of
green onion

METHOD

- 1 Place the chicken pieces, bay leaf and salt in a deep pan with 8 cups of water. Bring to a boil. Simmer covered on low heat for 10 minutes or till chicken turns tender. Remove from heat and let it cool completely.

- 2 Pick up the chicken pieces from the stock, reserving the stock.
- 3 Shred the meat from the bones. Discard the bones and bay leaf.
- 4 Heat butter in a deep pan, add flour, and cook on low heat, till it turns golden. Remove from heat.
- 5 Add milk slowly, stirring constantly to avoid lumps. Return to heat and cook till slightly thick.
- 6 Add the reserved stock and freshly ground pepper. Bring to a boil.
- 7 Add the shredded chicken, mix well. Boil. Check the seasonings.
- 8 Pour into individual soup bowls and serve garnished with some chopped parsley and 1 tsp of cream in each bowl.

Sweet Corn Vegetable Soup

The best known and best loved Chinese soup of all time! No need to go to a restaurant next time you get the craving for your favourite soup!

Serves 4

INGREDIENTS

- 1 cup cream-style sweet corn, canned
- 4½ cups stock/broth/water
- 1 tbsp oil
- ¼ cup finely chopped carrot
- ¼ cup finely chopped cabbage
- 2-3 green beans - very finely chopped
- ½ tsp green chilli sauce
- ½ tsp red chilli sauce
- 1 tbsp vinegar
- ¼ tsp pepper
- 1 tsp level salt, or to taste
- ½ tsp sugar, or to taste
- 1 tsp light soya sauce
- 5 tbsp cornstarch dissolved in ¾ cup water

METHOD

- 1 Mix cream-style corn with 4½ cups water in a deep pan. Bring to a boil. Boil for 5 minutes.
- 2 Add chilli sauces and vinegar. Simmer for 1-2 minutes.
- 3 Meanwhile heat 1 tbsp oil in a non stick pan, add the vegetables. Saute for 1 minute. Add the sauteed vegetables to the simmering soup. Simmer for 1 minute.
- 4 Add salt, sugar and pepper to the soup.
- 5 Add cornstarch paste & cook for 2-3 minutes till the soup thickens. Add just a little soya sauce, taking care not to discolour the soup. Serve hot.





French Onion Soup

This classic soup is topped with melting cheese on toast & keeps you warm & comforted.

Serves 4

INGREDIENTS

3 tbsp butter

1 onion - sliced very finely (1 cup)

4 flakes garlic - crushed

1½ tbsp flour (*maida*), salt to taste

black pepper powder to taste

4 cups stock (given below)

STOCK

1 carrot - chopped roughly

1 onion - chopped roughly

2 bay leaves (*tej patta*)

6-7 peppercorns (*saboot kali mirch*)

4 cups water

CHEESE TOAST FOR TOPPING

4 tbsp grated cheddar cheese

½ tsp mustard powder

2 garlic bread slices or 1 slice of bread -
toasted

METHOD

1 To prepare the stock, boil all ingredients of the stock with 4 cups water. Cook covered for 10-15 minutes on low heat. Let it cool. Strain through a sieve. Keep the clear stock aside.

2 Heat butter in a clean, heavy bottomed deep pan. Fry the onions and garlic over a moderately low heat, stirring occasionally to prevent sticking, until well browned. Do not let the onions burn.

3 Add the flour and cook for 1 minute on low heat.

4 Add the stock gradually, stirring continuously. Boil.

5 Add salt and pepper, and simmer for 5 minutes. Keep soup aside.

6 For cheese toast, mix the mustard powder and cheese together in a small bowl. Spread over the toasted garlic bread slices or regular bread. Grill the toasted slices in the hot oven for 2-3 minutes. Cut each garlic bread into 2 pieces or regular bread into 4 squares.



7 Serve steaming hot soup with one piece of cheese toast floating on top in each serving.

Tom Yum Soup

The scented magic of lemon grass enforced with kaffir lime leaves makes this an outstandingly popular Thai speciality. For a non-vegetarian version use prawns but cook them only till they turn opaque because even the slightest over-cooking will make them tough.

Serves 4

INGREDIENTS

PASTE (CRUSH TOGETHER)

- ½ tsp red chilli flakes
- 1 tsp chopped garlic
- 1 tsp chopped ginger ½ tsp salt

OTHER INGREDIENTS

- 1 tbsp oil
- 5 cups water, 2 stock cubes - crushed
- 1" piece ginger - chopped finely or cut into paper thin slices
- 3 kaffir lime leaves - shredded
- ½ stalk lemon grass - cut into thin slices diagonally, see below
- 1-2 babycorns - cut into paper thin slices
- ¼ cup very tiny florets of broccoli
- ½ small carrot - cut into paper thin slices
- 2 fresh or dry red chillies - sliced
- 2-3 tbsp lemon juice
- 2 tsp light soya sauce
- ¾ tsp salt, ¼ tsp pepper, 2 tsp sugar

METHOD

- 1 Prepare the paste by crushing all the ingredients of the paste.



- 2 In a deep pan, heat 1 tbsp oil. Add the above paste, lime leaves and lemon grass. Mix well.
- 3 Add water, sliced ginger, babycorn slices and the soup/stock cubes. After the boil, keep covered on low heat for 5 minutes.
- 4 Reduce heat. Add light soya sauce, salt, pepper and sugar to taste. Simmer for 1 minute.
- 5 Add mushrooms, carrots, broccoli and red chillies. Boil for 2 minutes on medium flame. Add lemon juice. Pour into individual bowls and serve hot.

About Lemon Grass

Only the light green stem of lemon grass is edible. The upper grass like portion has a lot of flavour but is not edible. So to use lemon grass, remove the grass portion. Discard 1" hard portion from the base of the stalk of lemon grass and then cut the stalk into thin slices. Tie the remaining grass portion into a knot. You can put this flavourful knot in the soup and discard it at serving time.



Substantial and Hearty Soups



Two-layer Tomato-Broccoli Soup

Hearty red tomato soup has a topping of healthy green broccoli puree – two distinct layers are visible, making this an unusual soup.

Serves 6

INGREDIENTS

- ½ cup chopped onion
 - ¾ cup chopped carrots
 - ½ cup chopped potato
 - 500 g/1 lb ripe red tomatoes - chopped
 - 1 tsp butter
 - 1" stick cinnamon (*dalchini*)
 - 4-5 peppercorns (*saboot kali mirch*)
 - 3-4 cloves (*laung*)
 - 1 tsp tomato ketchup
 - 1½ tsp salt and ½ tsp pepper or to taste
 - ½ tsp sugar, or to taste
- 2ND LAYER (TOPPING)
- 2 tsp butter, ½ cup chopped broccoli
 - ¼ tsp salt, ¼ tsp pepper

METHOD

- 1 Melt 1 tsp butter in a deep pan. Add cinnamon, peppercorns & cloves. Stir for 30 seconds.
- 2 Add chopped onion, carrot and potato. Stir till potato starts to change colour.
- 3 Add the chopped tomatoes and cook for 2-3 minutes.
- 4 Add 4 cups of water. Add salt, sugar and pepper. Bring to a boil. Cover and cook on low heat for 15 minutes. Remove from heat and cool. Strain and reserve the liquid as well as the solids in the strainer.
- 5 Blend the solids to a smooth puree. Mix the strained liquid with the puree to get a thick soup.
- 6 Reheat the soup in a saucepan. Add ketchup. Check salt, pepper. Add more if required. Keep aside.
- 7 For the topping, in a separate pan heat 2 tsp butter, add chopped broccoli, saute for 2 minutes. Add ¼ tsp salt, pepper and ¾ cup water. Give one boil. Remove from heat. Cool and blend in a mixer to a smooth thick puree. Add 1 tbsp water. Keep aside.
- 8 To serve, separately reheat the tomato soup and the broccoli topping to a boil. Pour the prepared tomato soup in serving bowls. Swirl 2 tbsps of hot broccoli topping over the tomato soup in each bowl. Serve immediately.



Spiced Pumpkin Soup

Bring a warm glow to a cold winter evening with this creamy soup caressed by cinnamon and nutmeg.

Serves 6

INGREDIENTS

- 2 tbsp butter
- ½ cup finely chopped onion
- 3 cups deseeded, peeled and cubed pumpkin (choose unripe one with greenish skin and whitish from inside)
- 1 tbsp flour (*maida*)
- a pinch of grated nutmeg (*jaiphal*)
- ½ tsp ground cinnamon (*dalchini*)
- 2½ cups water mixed with 1 vegetable seasoning cube to make stock
- 1 cup ready made orange juice
- ¼ tsp brown sugar (optional), ¼ tsp salt
- ½ tsp oregano, ½ tsp black pepper
- 1 tsp butter, 1½ tbsp lemon juice

TOPPING

- 1 tbsp slivered almonds
- 1 bread slice - to make a few croutons

METHOD

- 1 Heat 2 tbsp butter in a large deep pan, add the onion and pumpkin. Stir fry for 4-5 minutes.
- 2 Add flour, nutmeg and cinnamon powder. Cook covered for 2 minutes, stirring occasionally.
- 3 Add 1 cup of stock, orange juice, brown sugar and salt. Reduce heat and simmer for 10 minutes, until the pumpkin has softened. Remove from heat. Cool.
- 4 Pour the cooled mixture into a mixer & blend until smooth. Strain the soup. Return the pureed soup to the same pan.
- 5 Add the remaining stock, ½ cup water, oregano, pepper, 1 tsp butter, and lemon juice. Give one boil. Check salt and pepper. Keep aside.
- 6 To make the croutons, cut the bread into ¼" square pieces. Heat oil in a wok. Reduce heat. Add bread cubes and fry gently until just beginning to brown. Remove immediately from oil on a paper napkin.
- 7 Toast almonds in a non stick pan on low heat, for 1-2 minutes, till golden and fragrant.
- 8 Serve the soup hot, topped with a 2-3 croutons and toasted almonds. Serve the remaining croutons separately.





Mutton Mulligatawny Soup

Revive the days of the Raj with this unique combination of meat juices, lentils, apples, coconut milk and garlic.

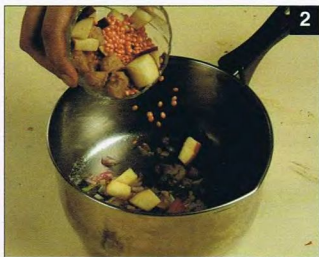
Serves 4-5

INGREDIENTS

- 350-400 g/12 oz lamb (mutton) (boneless) - cut into ¼" pieces
- 1 tbsp butter
- ½ cup chopped onions
- 1 tsp minced garlic
- a few curry leaves
- ½ cup chopped apple
- ½ cup orange lentils (*dhuli masoor dal*)
- 1 cup ready-made coconut milk
- 2 tsp curry powder
- ½-¾ tsp paprika
- salt, pepper to taste
- 2 tbsp boiled rice
- 1 tbsp lemon juice

METHOD

- 1 Melt butter in a deep pan. Add onions, garlic and curry leaves. Saute for a minute.



- 2 Add mutton, lentils and apple. Stir for 5 minutes on medium heat.

- 3 Add curry powder and paprika. Stir. Add 6 cups water. Bring to a boil. Simmer for 30 minutes. Strain. Pick up the mutton pieces. Grind the residue in the strainer in a mixer with a little liquid. Strain it back into the soup.

- 4 Cut the mutton into tiny pieces. Add 1 cup coconut milk and mutton to the soup. Add salt and pepper. Bring to a boil. Check the seasoning and add more salt and pepper if required. Add lemon juice to taste.

- 5 Serve hot in soup bowls, sprinkled with a tsp of boiled rice.

Minestrone

This tomato-based classic Italian soup is flavoured with garlic and celery and packed with diced vegetables. The vegetarian version uses pasta while the non-vegetarian version uses chicken (see note).

Serves 4-5

INGREDIENTS

- 2 tbsp olive oil or any cooking oil
- 1 onion - chopped finely (½ cup)
- 2 flakes garlic - crushed
- 1 carrot - diced into small pieces (½ cup)
- 1 small potato - diced into very small pieces (½ cup)
- 3-4 tbsp finely chopped celery
- 3 medium sized tomatoes - blanched, peeled and chopped finely
- ¼ cup of macaroni or any other small pasta
- 5 cups stock or 5 cups water mixed with 2 soup/stock cubes, see note
- 2-3 tbsp baked beans, (optional) see note salt & pepper to taste

METHOD

- 1 To blanch the tomatoes, put them in boiling water for 3-4 minutes. Remove from water and peel them to remove skin. Chop them finely. You can also blanch them in a microwave in a bowl without water, for 4 minutes. Keep aside.
- 2 Heat oil. Add onion & garlic. Stir fry till light brown.

- 3 Add carrots and potatoes and stir fry for 1-2 minutes.
- 4 Add diced chicken/macaroni. Stir for 1-2 minutes.
- 5 Add celery and blanched tomatoes. Cook 2-3 minutes.
- 6 Add stock and baked beans. Give one boil. Lower heat. Cover and simmer for 15 minutes. Add salt and pepper to taste and mix well.
- 7 Serve hot, garnished with some grated cheese.

Note: *For chicken minestrone, ½ cup diced boneless chicken can be used instead of macaroni.*

Instead of homemade chicken stock, 5 cups water & 2 chicken seasoning cubes can be used. Do not add any salt, if using soup cubes as they already contain salt. Taste at the end and adjust salt to taste.

The left over baked beans can be stored in a clean stainless steel or a plastic container in the freezer.



Salads

Garnishes

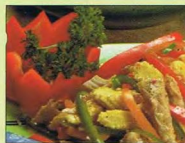
Carrot & Radish Tuberoses: Take a slender carrot or radish. Peel and wash it. Make a sharp-angled cut, at about a height of $1\frac{1}{2}$ " , about $\frac{1}{2}$ " downwards and inwards. Make 2 similar cuts from the remaining sides - all the cuts should meet at the end. Hold the top of the carrot with one hand, and the base with the other. Twist the lower portion to break off the top portion. You will have a tuberose in one hand and the remaining part of the carrot in the other. Trim the left-over carrot to get a pointed end. Make more flowers from the left over carrot. Keep them in ice-cold water for upto 3-4 days without getting spoilt. You can make such flowers with white radish also. Goes well with light French dressing salads.



Green Onion Flowers: Cut off about $\frac{1}{4}$ inch piece from the white bulb end and leaving 3" from the bulb, cut off the greens. Slice the bulb thinly lengthwise till the end of the bulb. Now make similar cuts at right angles. Similarly for a green side, cut the green leaves almost till the stem end to get thin strips. Place in iced water for some time until it opens up like a flower. A good garnish for a Chinese salad!



Chilli Flower: Choose a slightly thick chilli. Cut into half starting from the tip almost till the end, leaving $\frac{1}{2}$ " from stem end. Cut each half with a scissor into many thin strips, keeping all intact at base. Put it in chilled water for 4-5 hours in the fridge. It opens up to a flower. Goes well with a spicy Thai salad!

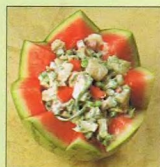
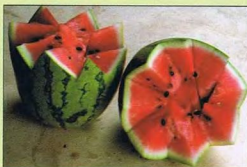


Coloured Bell Pepper Baskets: Slice the top of a coloured (yellow, red or green) bell pepper. Make $\frac{1}{2}$ " deep V cuts all around the edge to get a 'VVVV' edge. Leave the bunch of seeds in it as they are. Place on the side of a large platter of salad.

Tomato Rose: Take a very firm red tomato. Beginning at stem end, start cutting the skin as though you were peeling it in a long strip. The strip should be as long as possible, as thin as possible and about $\frac{1}{2}$ " to 1" wide. See that you keep changing the width of the strip as you go on peeling it. Do not let the strip be uniform in width. The rose looks more natural if the strip is cut uneven. If while peeling, it breaks, keep the broken part aside for use later on and continue cutting the peel. Now start rolling up the long strip firmly. Place it on the salad. Place the other parts of the strip around the rolled peel. The tomato strip should now look like a real rose. Looks good on a sour cream or mayonnaise dressing salad.



Fruit Bowls: Make a deep 'V' cut in the centre of watermelon. To do this, make about 2" slant cut first & then another one a little away from the first one, but which meets at the bottom forming a 'V'. Continue cutting in the same way all around the melon to get a 'VVVV' edge when the two pieces are separated. When cutting, keep the knife tilted and go deep inside. Separate the two pieces. Make the piece hollow, keeping a little red border showing. Cover the empty bowl with a plastic wrap and refrigerate. Fill salad in it at serving time. You may add some chopped watermelon pieces to the salad. Do not add too much watermelon to the salad or you may end up serving a fruit salad.





Kimchi Salad

Kimchi is a famous Korean condiment made of pickled cabbage leaves. This salad version captures the authentic flavour for you.

Serves 4

INGREDIENTS

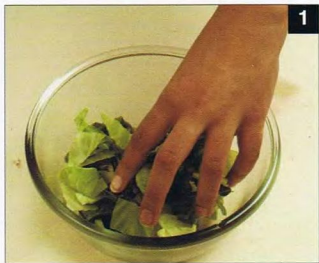
4 cups cabbage cut into 1" squares,
preferably Chinese cabbage
1 tsp salt, ¼ cup vinegar

DRESSING

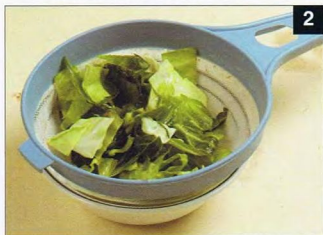
1 tsp red chilli paste
½ tsp salt, 2 tsp sugar
2 tsp soya sauce, 1 tbsp vinegar
2 tbsp tomato ketchup
1 tbsp red chilli sauce

METHOD

- 1 Put the cabbage in a bowl and sprinkle with salt & vinegar. Crush cabbage well with the fingers. Keep aside covered for 30 minutes.



- 2 Strain cabbage. Leave it in the strainer for 15 minutes for the water to drain out completely.



- 3 Add all ingredients of the dressing to the cabbage. Toss lightly so that the paste coats the cabbage. Let it stand for 30 minutes. Serve at room temperature.



Tempered Rice & Corn Salad

In this fusion salad rice is tossed with crunchy corn, cucumber and olives and tempered with fried onions and walnuts.

Serves 4

INGREDIENTS

MIX TOGETHER GENTLY

- 1 cup boiled rice
- 1 small cucumber - wash well and chop with the peel (1 cup)
- 1 cup corn
- 1 tbsp olive oil
- 1 red or green bell pepper - chopped
- 4-5 black olives - sliced
- 1-2 jalapenos - sliced, optional
- ¾ tsp salt, ½ tsp pepper, ½ tsp oregano
- 2 tbsp lemon juice

TEMPERING

- 1 tbsp olive oil
- ½ onion - cut into slices (½ cup)
- 2-3 tbsp finely chopped parsley or basil
- ¼ tsp salt
- 2 tbsp chopped walnuts

OTHER INGREDIENTS

- 2-3 cabbage leaves - whole, dipped in a bowl of water and put in the fridge

METHOD

- 1 Mix rice with all the ingredients with a fork. Do not let the grains of rice break.
- 2 For tempering, heat oil in a non-stick pan, add the onion and cook for 1 minute. Add all the remaining ingredients. Stir for a minute. Remove from heat.
- 3 Pour the tempering over the rice mixture. Mix lightly.
- 4 Transfer half of the salad to a serving bowl. Cut the stalk end of the cabbage leaves and pat dry on a clean kitchen towel. Arrange 2-3 cabbage leaves on the rice on any one side of the bowl such that they are about 1" above the level of the bowl. Now put the remaining salad.
- 5 Serve at room temperature or chill for 1 hour in the fridge. Serve garnished with chopped basil or parsley, topped with a few walnuts.



Crispy Spinach & Feta Salad

Capture the sunshine of the Mediterranean with a blend of spinach, feta cheese, onions, cucumbers, tomatoes and olives tossed in a simple dressing.

Serves 4-6

INGREDIENTS

- ½ cup feta cheese
- 250 g/8 oz spinach leaves (2 cups)
- 1 small cucumber (*kheera*)
- 1 small onion - cut into 8 pieces and separated
- 1 tomato - cut into 4, remove pulp and chop into very small pieces
- 5-6 leaves of iceberg lettuce - tear into small pieces or ½ cup cabbage - cut into 1" squares

DRESSING

- 3 tbsp oil, preferably olive oil
- 1 tsp vinegar, ¾ tsp salt, ½ tsp pepper
- ½ tsp oregano (dried)
- 1 tbsp milk

METHOD

- 1 Wash spinach leaves. Remove stalk. Pat dry leaves on a clean kitchen towel. Keep aside for 30 minutes.
- 2 Heat oil in a pan, fry few leaves at a time. Fry leaves carefully (oil splutters!) in 5 batches till crisp and dark green. Do not let them turn brown while frying. Drain on paper napkins with a pair of tongs. Keep aside and not in the fridge but outside, till further use. (Fried leaves turn limp in the fridge!)
- 3 Remove bitterness of the cucumber. Cut lengthwise into two halves. With the help of a scooper or the back of a teaspoon, remove the seeds from the cucumber by pulling the spoon straight down the length of the cucumber half. This way you get a groove in the cucumber piece. Cut the cucumber into ½" thick, half-moon slices.
- 4 Put all ingredients of dressing in a big bowl. Mix well with a wire whisk or fork.
- 5 Except for the feta cheese and fried spinach, add all the chopped vegetables to the bowl. Mix well. Transfer to the serving bowl. Keep salad aside in the fridge to chill.
- 6 At serving time, add fried spinach to the salad, mix gently. Sprinkle feta cheese over the salad. Serve.





Greek Salad

A creamy yogurt dressing touched with lemon and mustard is used in this elegant presentation.

Serves 4-6

INGREDIENTS

- 1½ cups shredded red cabbage
- 5-6 leaves of iceberg lettuce - torn into small pieces
- 200 g/6 oz paneer/silken tofu - cut into 1" cubes
- 8-10 green olives - cut each into 2
- 1 tomato - deseeded and thinly sliced

DRESSING

- 4 tbsp cream, 4 tbsp yogurt
- 1 tbsp lemon juice
- 1 tbsp mustard
- ¾ tsp salt ¼ tsp pepper

TO GARNISH

- 1 slice bread - cut into ½" cubes
- 2 tbsp roasted peanuts

METHOD

- 1 In a bowl place cabbage, paneer, lettuce, olives and tomatoes. Mix.
- 2 Gently mix all the ingredients of the dressing and pour over the salad. Mix well. Chill in the fridge till serving time.
- 3 Heat oil for frying. Fry bread cubes till golden. Remove from oil. Cool and store in an air tight container.
- 4 15 minutes before serving, take out salad from fridge, mix gently. Serve topped with fried bread croutons and peanuts.



Salsa-topped Salad

This elaborate multi-part salad is constructed with diced vegetables, cubed cheese, thick yogurt and a hot and sweet tomato salsa.

Serves 3-4

INGREDIENTS

$\frac{3}{4}$ cup yogurt - hang for 15 minutes in a muslin cloth
 $\frac{1}{4}$ tsp salt and 1 tsp lemon juice

SALAD

$\frac{1}{2}$ green bell pepper - cut into 1" squares
 $\frac{1}{2}$ red and $\frac{1}{2}$ yellow bell peppers - cut into 1" square or triangular pieces
1 small onion - sliced thinly
 $\frac{1}{2}$ cup frozen corn
2 potatoes - make balls & boil in salted water with 2 tsp lemon juice till done
4-5 mushrooms - sliced and blanched
3-4 black olives - sliced
50 g/3 oz cheese or paneer - diced
1 tsp salt, $\frac{1}{2}$ tsp pepper, $\frac{1}{2}$ tsp oregano
1 tbsp olive oil, 1 tsp vinegar

SALSA (GIVES 1 CUP)

3 tomatoes
1 tbsp oil
 $\frac{1}{2}$ onion - chopped finely
1 green chilli - chopped
1 tbsp chopped coriander/cilantro
1 tbsp vinegar, $\frac{1}{2}$ tsp salt, $\frac{1}{4}$ tsp pepper
 $\frac{1}{2}$ tsp sugar or to taste
2 tbsp tomato sauce

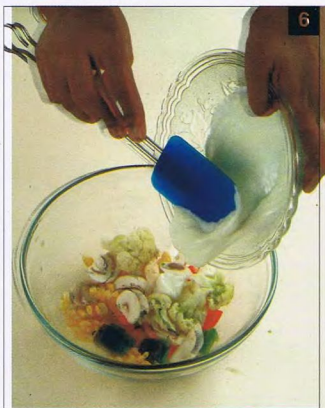
TO DECORATE

a few salad or soup stick
fresh or tinned cherries

METHOD

- 1 For salsa, chop 1 tomato and puree the other 2 tomatoes in a mixer.
- 2 Heat 1 tbsp oil, add chopped onion & green chilli. Cook till onion turns soft.

- 3 Add all the other ingredients of the salsa & cook for 3-4 minutes. Remove from heat. Check seasonings. Keep salsa aside in the refrigerator till serving time.
- 4 Mix all the ingredients of the salad in a bowl.
- 5 Mix yogurt with $\frac{1}{4}$ tsp salt & 1 tsp lemon juice.



- 6 Add yogurt to the vegetables. Mix well. Transfer to a serving bowl. Chill in the fridge till serving time, Mix gently again before serving.
- 7 To serve, put half of the vegetables in a serving bowl. Top with half of salsa. Repeat the vegetable & salsa layers.
- 8 Arrange 3 soup/salad sticks on the salad. Arrange cherries. Serve.





Caesar Salad with Chicken

By marinating cooked chicken in the garlicky dressing it absorbs the flavour fully. Use cucumber instead of chicken for a vegetarian version.

Serves 4

INGREDIENTS

10-15 leaves of iceberg lettuce - dipped in cold water for 2-3 hours or more
1 chicken breast, 1 tbsp olive oil
1 large tomato - cut into thin long strips and remove pulp
2 hard-boiled eggs, a few black olives
60 g/2 oz parmesan or mozzarella cheese - peeled with a peeler to get shavings

DRESSING

2 tbsp vinegar or wine vinegar
1 tbsp lemon juice
2 flakes garlic - crushed finely
6 tbsp olive oil, $\frac{3}{4}$ tsp salt
 $\frac{1}{4}$ tsp black pepper powder
1 tsp sugar
1 tsp mustard paste or powder

STIR FRIED GARLIC CROUTONS

2 slices of 1 day old white bread
2 tsp butter
2-3 flakes garlic - crushed
4-6 peppercorns - crushed

METHOD

- 1 Microwave the chicken breast with 1 tbsp olive oil, $\frac{1}{4}$ tsp pepper and $\frac{1}{4}$ tsp salt in a bowl covered with cling wrap for 3 minutes. Alternately cover and boil in $\frac{1}{2}$ cup water for 5 minutes. Cool. Cut the breast into thin strips. Put the chicken pieces in a small bowl.
- 2 Mix all the ingredients of the dressing in a small bottle or mixer and shake well.
- 3 Pour dressing over the chicken pieces in the bowl. Mix well. Cover and refrigerate.
- 4 To make croutons, mix butter with garlic and peppercorns and spread on both sides of the slice. Remove the sides of the bread and cut into 1" squares. Cook them in an ungreased non-stick pan over medium heat for 5-7 minutes, stirring frequently, till golden brown. Remove from pan and keep aside.
- 5 Hard boil eggs by boiling them for 8-10 minutes in water. Remove from hot water & immediately put in cold water to prevent the formation of a black ring around the yolk. Cool, shell & cut each egg into 4 slices lengthwise. Keep aside.
- 6 At serving time, roll the lettuce leaves in a clean kitchen towel to dry. Put lettuce leaves, tomatoes, and olives in a large salad bowl. Pour the dressing along with the chicken pieces on the vegetables etc. Toss with forks to mix well. Top with croutons, eggs and cheese shavings. Toss lightly. Serve at once.



Salad Niçoise

Salad Niçoise (pronounced nee-SWAZ) comes from the town of Nice in France where tomatoes and black olives are plentiful. Tuna, hard-boiled eggs and French green beans complete the picture of this attractive salad.

Serves 3-4

INGREDIENTS

- 250 g/8 oz canned tuna - drained & flaked
- 4-5 iceberg lettuce leaves - roughly torn and dipped in chilled water
- 4-6 cherry tomatoes or 1 tomato - cut into 8 pieces
- 1 potato - boiled & cut into 8 wedges lengthwise
- 4-6 green beans - stringed and boiled till crisp-tender, keep whole
- 6-8 round slices of cucumber
- 1 tbsp pickled capers, optional
- 1 tbsp chopped parsley
- 6 black olives
- 1 egg - hard-boiled and cut into 4 pieces lengthwise - to garnish

HONEY MUSTARD VINAIGRETTE

- 1½ tbsp vinegar, 6-7 tbsp olive oil
- 1 tsp powdered sugar
- 2 tsp mustard, 1 tsp honey
- ½ tsp salt & ¼ tsp pepper, or to taste
- 2 tbsp chopped fresh herbs - fennel or dill or mint or parsley
- 2 tbsp cream

METHOD

- 1 For the honey mustard vinaigrette dressing, put all ingredients except fresh herbs and cream, into a deep bowl. Mix well with a whisk or you can put all ingredients together in a bottle, replace the lid securely and give the bottle a really good shake. Mix until the dressing has lightly

emulsified. Store, covered, in the refrigerator. Before using, bring the jar to room temperature for at least 30 minutes before the dressing is needed and shake again.

- 2 When needed, add cream and 2 tbsp chopped fresh herbs such as dill, fennel or mint for a stronger flavour and shake up in the dressing.



- 3 At the time of serving, wrap the lettuce leaves in a clean kitchen towel to pat dry the leaves well.
- 4 Put leaves at the bottom of the serving bowl. Pour 1 tbsp dressing on them. Put green beans, cucumber, potatoes and tomatoes also. Pour all the dressing.
- 5 Top with capers, tuna (drained and flaked), black olives and parsley. Lightly toss. Garnish with eggs.



Julienne Chicken Sausage Salad

For fantastic eye-appeal all the ingredients are cut into juliennes or thin, long match-stick shaped pieces, and tossed in a mustard and garlic dressing.

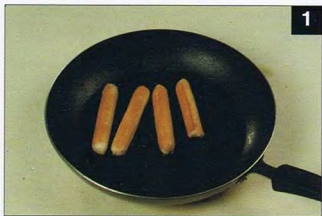
Serves 4-6

INGREDIENTS

- 6 chicken sausages, 1 tsp oil
 - 6 baby corns
 - 6-8 button mushrooms, 1 tsp lemon juice
 - ½ green bell pepper
 - ½ yellow bell pepper
 - 1 firm tomato
- DRESSING**
- 6 tbsp olive oil
 - 2 tbsp vinegar
 - ½ tsp salt, ½ tsp pepper
 - ½ tsp powdered sugar
 - 1 tsp mustard
 - 1 tbsp chopped parsley/cilantro
 - 2-3 flakes garlic - crushed & chopped

METHOD

- 1 Heat 1 tsp oil in a non-stick skillet. Saute sausages for 1-2 minutes till light golden. Remove from heat. Cut diagonally into ¼" thick slices. Keep aside.



- 2 Deseed bell peppers and cut into strips. Cut tomato into 4 pieces lengthwise, remove the pulp and cut into thin strips.
- 3 Boil 4 cups water with 1 tsp salt and 1 tsp lemon juice. Add baby corns and mushrooms to the boiling water. Remove from heat after 1 minute. Strain the blanched vegetables.
- 4 Pat dry vegetables on a clean kitchen towel. Slice baby corns diagonally, cut each mushroom into four pieces.
- 5 Mix sausages, mushrooms, baby corns, bell peppers and tomato in a salad bowl.
- 6 Mix all the ingredients of the dressing with a whisk, till it gets emulsified.
- 7 Pour the dressing over the salad mixture in the bowl. Mix well and keep aside to chill in the fridge till serving time. Mix once again before serving.



Chicken Pasta Salad

A hearty dish of chicken and pasta has a gourmet dressing made with creamy yogurt and orange marmalade.

Serves 4-6

INGREDIENTS

- 1 cup pasta, macaroni or penne
- 200 g/6 oz chicken with bones
- 2 tbsp olive oil
- 2 small green bell peppers - cut into ½" squares
- 1 tomato - cut into squares, remove pulp

DRESSING

- 1 cup yogurt (curd) - hang for 25-30 minutes in a cheese cloth
- 4- 5 tbsp thin cream
- 1 tbsp orange marmalade or crush
- 2 tbsp olive oil, 2 tbsp milk
- ½ tsp oregano
- ¼ tsp pepper, ½ tsp salt
- 1 tsp mustard, or to taste

METHOD

- 1 To boil pasta, boil 8 cups water with 1½ tsp salt and 1 tbsp oil. Add pasta to boiling water. Stir to see that pasta is not sticking to the bottom of the pan. Boil, stirring occasionally, for about 10 minutes till pasta turns soft, but yet firm. Remove from heat and strain. Leave for 5-7 minutes in the strainer for all the water to drip. Spoon 1 tbsp olive oil on the pasta. Keep covered in a bowl till the time of use.

- 2 Mix the chicken pieces, 2 tbsp olive oil, ¼ tsp pepper and ½ tsp salt in a micro proof bowl. Cover with a cling wrap and microwave for 4 minutes. Shred the meat from the bones.
- 3 Mix the shredded chicken, bell peppers, tomato and boiled pasta in a bowl.
- 4 For the dressing, whisk all the ingredients of the dressing in a small bowl till smooth and emulsified. Add the dressing to the chicken and pasta in the bowl.
- 5 Toss well using 2 forks. Check salt and pepper. Mix well. Serve cold.

Note: *You can make this salad without chicken also. Instead of chicken use 200 g/6 oz of tofu cut into cubes. Omit step 2 and proceed further in the same way.*

Egg Salad

A stunning fusion creation – the hot and tangy tamarind dressing is poured over pan-fried potatoes and hard-boiled eggs to make a satisfying salad.

Serves 6

INGREDIENTS

- 4 hard-boiled eggs
- 2 potatoes
- 4-5 cabbage leaves (fresh and green) - cut into 1" square pieces
- 1 green chilli - deseed, chop finely
- 1 onion - chop finely
- 2-3 tbsp finely chopped coriander/cilantro

DRESSING

- 1 tbsp tamarind (*imli*) pulp
- 4 tbsp tomato ketchup
- ½ tsp chilli powder
- ½ tsp salt, ¼ tsp pepper
- ½ tsp roasted cumin powder (*bhuna jeera powder*)

METHOD

- 1 Boil water in a pan with 3-4" water in it. Put eggs in boiling water. Boil for 10-12 minutes. Remove from heat. Put the eggs in tap water immediately. Peel and cut each boiled egg into 4 long pieces.
- 2 Microwave or boil potatoes. To microwave, wash potatoes. Put in a plastic bag and knot loosely. Microwave for 5 minutes. Peel and cut into ¼" thick round slices.
- 3 Heat 2 tbsp oil in a skillet/pan. Rotate it to cover the base of the pan with oil. Return to heat. Place potatoes in a single layer in the pan and pan fry the potatoes till crisp and golden brown on both sides. Do not stir the potatoes too much while making them crisp. Remove pan from heat.
- 4 To the potatoes in the pan, add cabbage leaves, chopped onion, green chilli and coriander/cilantro. Mix well to coat vegetables with oil. Keep boiled eggs separate.
- 5 Whisk all the ingredients of the dressing in a small bowl. Keeping aside 1 tbsp dressing for the eggs, pour the rest of the dressing over the vegetables in the pan. Mix well and transfer to a serving platter. Keep aside.
- 6 To serve, arrange the eggs on the salad. Dot each piece of egg with some dressing.





GLOSSARY OF NAMES/TERMS

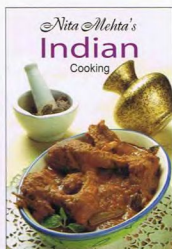
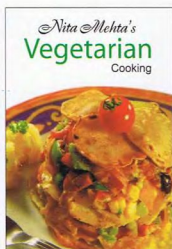
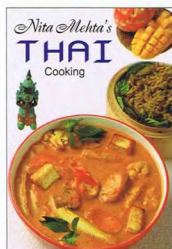
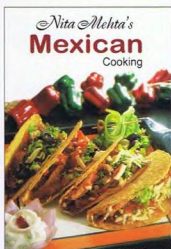
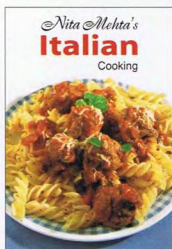
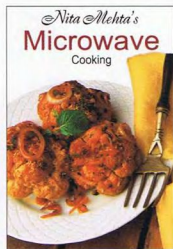
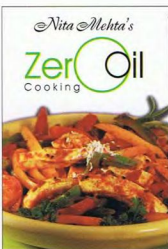
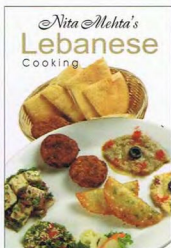
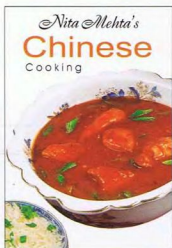
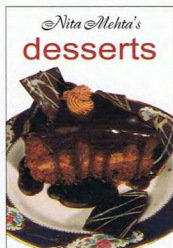
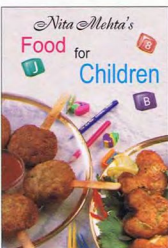
Al dente	Noodles and vegetables should be cooked to a texture that is not too soft; it should be 'firm to bite' which in Italian is 'al dente'.
Basil	A fragrant herb with oval green leaves.
Bean Curd	See tofu
Blanch	To remove skin by dipping into hot water for a couple of minutes. e.g. to blanch tomatoes or almonds.
Blend	To combine two or more ingredients.
Bell Pepper	Capsicum
Cilantro	See coriander
Coriander, fresh	A green herb. All parts of the plant are flavourful and hence edible - leaves, stalks and the Thai also use the root of coriander. Also called cilantro in the west.
Cornflour	Cornstarch
Croutons	Bread cubes, toasted or fried
Chutney, (mango)	Condiment of fruit, vinegar and spices
Dice	To cut into small neat cubes.
Drain	To remove liquid from food.
Fish Sauce	A fermented sauce prepared from small fish
Green Onions	Spring onions, scallions
Galangal	Thai ginger
Green Beans	Also called French beans. The tender variety should be used.
Juliennes	To cut into thin long pieces, like match sticks.
Kaffir Lime	A variety of lime found in Thailand
Lemon Grass	Imparts a lemony flavour to the food
Lettuce	Green leaves used in salads, preferably use ice berg lettuce
Marinate	To soak food in a mixture for some time so that the flavour of the mixture penetrates into the food.
Paneer	The Indian cheese prepared from milk.
Plain Flour	All purpose flour, <i>maida</i> .
Red chilli paste	Dry red chillies are soaked and then ground to a paste
Red Chilli Powder	Cayenne pepper
Rind	The outer skin of citrous fruits like lemon, orange etc.
Saute	To toss and make light brown in shallow fat.
Shred	To cut into thin, long pieces.
Sift	To pass dry ingredients through a fine sieve.
Soup/stock cubes	Flavourful cubes used to make a quick stock
Snow Peas	The whole flat green pods are edible; the peas are not fully formed.
Star Anise	A star-shaped, fennel-flavoured fruit, dried and used as a spice.
Tofu	Cheese prepared from soya bean milk. Also called bean curd.
Toss	To lightly mix ingredients without mashing them e.g. salads.

Nita Mehta is a Home Science graduate from Lady Irwin College, Delhi University and a Gold Medalist in M.Sc. (Food & Nutrition). She has authored more than 200 best selling cookery books. Her Book "Flavours of Indian Cooking" won the Best Asian Cookbook Award at the Versailles (Paris) World Cookbook Fair.

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