

TARKI KOFTA (Turkey Meatball Curry)



For the Meatballs:

1	Pound	Ground Turkey
1	Large	Egg
3	Tablespoons	Bread Crumbs, dried
3	Tablespoons	Coriander Leaf (Cilantro), chopped very fine
2	Teaspoons	Garlic, minced
1	Teaspoon	Ground Coriander
¼	Teaspoon	Cinnamon
¾	Teaspoon	Kala Namak (or 1 teaspoon table salt)
¼	Teaspoon	Black Pepper
2	Tablespoons	Mustard Oil (or vegetable oil), divided

For the Curry:

2	Medium	Sweet Onions, coarsely chopped
3	Medium	Tomatoes, quartered
1	Medium	Pablano Pepper, seeded and chopped
2	Teaspoons	Garlic, crushed
2	Teaspoons	Ginger, minced fine (about a thumb sized piece)
1	Teaspoon	Ground Cumin
2	Tablespoons	Garam Masala*
1	Teaspoon	Turmeric
2	Teaspoons	Kashmiri Pepper (or paprika)
1½	Teaspoons	Kala Namak (or 3 teaspoons table salt)
1	Cup	Chicken Broth

Directions:

1. Whisk together the egg, bread crumbs, coriander leaf, garlic, cinnamon, kala namak, and black pepper. When thoroughly mixed, fold in the ground turkey and work until thoroughly combined. Form into balls, using about 2 tablespoons for each meatball.
2. Heat mustard oil in large skillet. When hot, add meatballs and sear on both sides. Remove from pan and set aside.

3. Heat another tablespoon of mustard oil in the same skillet. Add onion and pablano pepper. Cook over medium heat until onion is translucent and slightly browned. Remove from pan and place in food processor, along with the remaining ingredients (except chicken broth). Blend until a smooth paste forms.
4. Add back to pan and cook, stirring frequently, for 5 – 6 minutes. Whisk in chicken broth. Add meatballs to pan and simmer for 10 – 20 minutes. Serve over Kaddoo ka Beej Chawal, if desired.

** To make your own garam masala – combine 1 Tbl cumin, 2 tsp coriander, 2 tsp cardamom, 1½ tsp ground cinnamon, 1 tsp black pepper, ½ tsp nutmeg, ½ tsp ground cloves and ¼ tsp cayenne pepper. This will yield about 1/3 cup.*

KADDU KE BEEJ CHAWAL (Rice with Pumpkin Seed)



Ingredients:

1½	Cups	Basmati Rice*
3	Quarts	Water
2	Teaspoons	Salt
½	Cup	Roasted Pumpkin Seeds (Pepitas)

Directions:

1. Place rice in fine meshed strainer and rinse under cold running water until water runs almost clear. Place in a bowl, cover with water, and let sit 30 minutes.
2. Bring 3 qts water and 2 tsp salt to a full boil. After 30 minutes, drain the soaking rice and place in boiling water. Stir constantly until water comes back to a boil.
3. Cook, uncovered, for 4 minutes. Drain well and add back to the pan. Cover until ready to serve. Add pumpkin seeds and fluff with a fork just before serving.

**NOTE: If using regular white rice, boil for 12 minutes. Brown rice should cook for 18 – 20 minutes. A wild rice blend will need 23 – 25 minutes.*