

# Indian

Compiled by estee



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# 1. Indian Spinich

tag: indian

**Yield: 4 Servings**

## Ingredients

- 1 Bunch spinich
- 1 Oil
- Black mustard seeds
- Crushed red chillis
- Turmeric
- Mint
- Yoghurt
- Lemon juice

## Directions

Contributed to the echo by: Jonathan Kandell Indian Food Recipes Put about four tablespoons veg oil in pan. Heat on med. Put in black mustard seeds and chillis and heat until mustard seeds begin to pop. Then add spinich and a tiny bit of water, cover, and cook on low for a few minutes, until spinach is practically done.

Turn off heat, and add quite a bit of mint; stir it in well. Add a cap of Real Lemon (c), or fresh squeezed. Add two large dollups of yogurt--about 1/3 as much in volume as the spinach before cooking.

Stir well and eat.

I forgot one step: Before covering and cooking spinich, sprinkle with enough turmeric to make it look like dust.

From Gemini's MASSIVE MealMaster collection at [www.synapse.com/~gemini](http://www.synapse.com/~gemini)

## 2. Indian Spice Info

tag: indian

**Yield: 1 Servings**

### Ingredients

### Directions

The blending of spices is the essence of Indian cookery; to become a good Indian cook you must first become a good masalchi (spice blender). The word masala means a mixture of spices, but also refers to the aromatic composition of a dish. The Western notion of having a single masala or curry powder gives little real idea of Indian cooking since there are hundreds of masalas- from different regions, for different foods, and prepared to the taste of different cooks- imparting a distinctive flavor to each dish. The most common ground blends are garam masalas, used in northern cooking, and hotter masalas or curry powders from the south. They are usually made up as required, but will keep for 3-4 months in an airtight jar.

Curry powders In the hotter southern blends, chilies, mustard seeds, fenugreek seeds, ground turmeric and fresh curry leaves are standard ingredients.

Garam masala Garam masala is the principal spice blend of north Indian cookery, and there are almost as many versions as there are cooks. A masala may be a simple blend of two or three spices and herbs: or it may contain a dozen or more. Some masalas, based on pepper and cloves, are quite fiery: others, using mace, cinnamon and cardamom, are aromatic.

Garam masala is always used sparingly. The spices are usually dry roasted, and may be added to the dish, whole or ground, at different stages during cooking. For pilafs, birianis and some meat dishes, the use of whole spices is traditional. For some grand Moghul dishes, dried rose petals are added to the basic mixture.

Per serving: 0 Calories; 0g Fat (0% calories from fat); 0g Protein; 0g Carbohydrate; 0mg Cholesterol; 0mg Sodium

Recipe by: Ron West

Posted to Bakery-Shoppe Digest V1 #491 by Ron West <ronwest[at]bigfoot.net> on Jan 7, 1998

## 3. Indian Anything Curry

tag: indian

**Yield: about 6 servings**

### Ingredients

- 3 tb Unsalted butter (or veg. oil)
- 1 c Chopped onion
- 1 ts Minced garlic
- 1/2 c Finely minced celery, optl
- 1 c Tart apple, peel, core and cut into small cubes
- 1/4 c Flour
- 2 tb Curry powder
- 3/4 ts Dry mustard
- 1 Bay leaf
- 2 1/2 c Unsalted broth
- 3 c Cooked chicken or any other meat cut to bite-size pieces (or possibly cubed tofu)
- 1/2 c Milk or cream
- 3 tb Unsalted chutney, fine chop

### Directions

1. Melt butter in saucepan and add onion, garlic, celery, and apple. Cook, stirring often, for about 5 minutes.
2. Blend flour, curry powder and mustard and sprinkle over vegetables, stirring. Add bay leaf.
3. Add broth, stirring rapidly with wire whisk. When mixture has thickened, let it simmer for 15 minutes. Stir often from the bottom to prevent sticking.
4. Add meat, milk and chutney and simmer for 4 or 5 minutes longer. Serve with rice, additional chutney on the side, peanuts or other kinds of nuts, and any number of Indian relishes and raitas.

From Gemini's MASSIVE MealMaster collection at [www.synapse.com/~gemini](http://www.synapse.com/~gemini)

## 4. Indian Red Gun Powder (Molaha Podi)

tag: indian

**Yield: 1 Servings**

### Ingredients

- 1 ts Vegetable oil
- 2 tb Channa dahl
- 2 tb Urad dahl; (white gram beans)
- 15 Dry small red chile pods
- 1/2 ts Asafetida
- 2 tb Sesame seeds
- 1/2 ts Salt; or to taste
- 1 1/2 tb Brown sugar

### Directions

1. Heat the 1 t oil in a wok or heavy skillet over medium heat for 3 minutes. Add the urad and channa dahl and chiles. Fry stirring constantly until the beans begin to turn color, about 3 minutes.

2. Stir in the asafetida and sesame seeds. Continue frying until the contents of the pan are nicely browned and smell roasted, about 3 minutes. Turn off the heat, transfer mixture to a plate and cool completely. Blend in the sugar and salt. Grind the mixture to a powder using a coffee grinder (my preferred method), or a large mortar and pestle or spice mill. The powder should be neither coarse, nor as fine as flour; it should have a grainy texture. This mixture stays fresh indefinitely if stored in an airtight container in a cool place. Optionally, just before serving, blend a little oil into as much powder as you might use to make a sauce.

Busted by Christopher E. Eaves <cea260[at]airmail.net>

NOTES : The following spicy powder is extremely hot, but very tasty and addictive. I find myself eating it plain, unable to stop--but I'm a strange one. The recipe comes from Julie Sahni's Classic Indian Vegetarian and Grain Cooking. Some of the ingredients are specialized; you'll have to get them from an Indian foods store Recipe by: Julie Sahni's Classic Indian, Vegetarian and Grain

Posted to recipelu-digest by "Christopher E. Eaves" <cea260[at]airmail.net> on Mar 15, 1998

## 5. Indian Food Recipe

tag: indian

**Yield: 4 Servings**

### Ingredients

- 1 Bunch spinich
- 1 Oil
- Black mustard seeds
- Crushed red chillis
- Turmeric
- Mint
- Yoghurt
- Lemon juice

### Directions

Contributed to the echo by: Jonathan Kandell Indian Food Recipes Put about four tablespoons veg oil in pan. Heat on med. Put in black mustard seeds and chillis and heat until mustard seeds begin to pop. Then add spinich and a tiny bit of water, cover, and cook on low for a few minutes, until spinach is practically done.

Turn off heat, and add quite a bit of mint; stir it in well. Add a cap of Real Lemon (c), or fresh squeezed. Add two large dollups of yogurt--about 1/3 as much in volume as the spinach before cooking.

Stir well and eat.

I forgot one step: Before covering and cooking spinich, sprinkle with enough turmeric to make it look like dust.

## 6. South Indian Potato Curry

tag: indian

**Yield: 4 Servings**

### Ingredients

== CURRY POWDER ==

- 1 ts Fenugreek
- 1 ts Cumin seeds
- 1 ts Coriander seeds
- 1 ts Black peppercorns
- 1 ts Mustard seeds
- 1 ts Hot chili powder
- 3 ts Turmeric

== OTHER INGREDIENTS ==

- 3 lg Russet potatoes
- 3 -(up to)
- 4 ts Vegetable oil
- 1 p Salt (to taste)
- n
- 2 -(up to)
- 3 Peppers (optional)

### Directions

Here is another recipe from my curry archives. It is a South Indian-style potato curry, adapted from Julie Sahni's "Classic Indian Vegetarian and Grain Cooking".

To make curry powder (enough for 2-3 curries) grind the first 5 ingredients in the curry powder list in a food grinder or mortar, then add the chili powder and turmeric and mix well. I keep a spare coffee grinder which is used only for spices - I don't suggest using your regular coffee grinder unless you like "curry coffee".

Wash the potatoes and scrub a little to remove dirt. Place in just enough water to cover them and boil for 30 minutes. Remove the potatoes and peel off the skins (carefully, they will be hot!). Cut the potatoes into slices, sprinkle liberally with the curry powder. Add salt if desired. Chop up the peppers and add them to the mix. Fry the potatoes in hot oil for around 5 more minutes.

Jon Dart <jdart[at]tss.com>

CHILE-HEADS ARCHIVES

From the Chile-Heads recipe list. Downloaded from Glen's MM Recipe Archive, <http://www.erols.com/hosey>.

## 7. Indian Bread-Naan

tag: indian

**Yield: 6 Servings**

### Ingredients

- 2/3 c Hot milk (115 degrees)
- 2 ts Sugar
- 2 ts Dry yeast
- 3 3/4 c Unbleached all-purpose flour
- 1/2 ts Salt
- 1 ts Baking powder
- 2 tb Vegetable oil (I prefer clarified butter or ghee as the Indians say)
- 2/3 c Yogurt
- 1 lg Egg

### Directions

Date: Tue, 13 Feb 96 10:50:44 EST

submitted by: PoohBearMe[at]aol.com Mix together the milk, 1 tsp. sugar and the yeast. Sift together flour, salt, baking powder. Add remaining sugar, yeast mixture, butter, yogurt, and egg. Knead dough for ten minutes. brush with butter and let rise for 1 hour. Preheat your oven to the hottest temp.( Indian people bake this bread in a Tandoor oven which get very hot-600 degrees or more) and preheat your heaviest tray with it. Punch down and knead again. Divide into 6 portions and roll flat. As you roll out each naan, put it on the tray and bake in oven for about three minutes or so. The first time I made these, my oven broke so I made them on my gas grill with the chicken I was making and they came out great! They had a nice , slightly smoky flavor.

This recipe came from Madhur Jaffrey's Indian Cooking . You could find it in your local library- it's a very good cookbook.

From the 'RECIPEinternet: Recipes from Around the World' recipe list. Downloaded from Glen's MM Recipe Archive, <http://www.erols.com/hosey>.

## 8. Indian Keema with Ginger

tag: indian

**Yield: 6 Servings**

### Ingredients

- 2 tb Vegetable oil
- 2/3 c Finely chopped onions
- 4 ts Minced garlic
- 1 1/2 tb Finely chopped ginger
- 2 Hot green chiles, seeded and chopped
- 1 lb Lean ground lamb, or beef
- 1/4 ts Tumeric
- Salt to taste
- 1/2 c Boiling water
- 2 ts Garum masala (Garam Masala is available where specialty spoices
- 2 ts Lemon juice
- 2 tb Chopped coriander

### Directions

The word, "Keema" refers to almost any ground meat casserole in Indian cuisine.

Spices are sold or in shops specializing in Indian foods. If it is not available, substitute curry powder or curry paste and add it along with the tumeric and salt)

Heat the oil in a skillet and add the onions. Cook, stirring, about 10 minutes, or til they are caramel colored. Add the garlic, ginger and chiles and cook 2 minutes longer. Add the ground meat and cook, stirring and chopping with the side of a heavy metal spoon to break up any lumps. Cook until the meat loses its raw look and starts to brown. Sprinkle with tumeric and salt and stir. Add the water, cover and cook over low heat about 25 minutes, stirring often to prevent browning and sticking. When ready, all the liquid should be absorbed. If it is not, uncover and cook till all liquid is evaporated. Stir in the garum masala, lemon juice and coriander.

From Gemini's MASSIVE MealMaster collection at [www.synapse.com/~gemini](http://www.synapse.com/~gemini)

## 9. American Indian Fry Bread

tag: indian

**Yield: 1 Servings**

### Ingredients

- 2 c Flour
- 1/3 c Powdered milk
- 2 ts Baking powder
- 1 ts Salt
- 3 tb Lard, divided
- 3/4 c Warm water
- Oil

### Directions

Mix dry ingredients. Cut in 2 T. lard until crumbly. Add water & mix until a soft dough forms. Knead until dough is smooth & springy in texture. Make into 12 balls. Melt 1 Tbls. lard & brush on each ball of dough. Set aside for 30-45 minutes. On a lightly floured surface, roll each ball to a 4" circle, then stretch to 7-8" in diameter. Poke hole in center. Fry in oil at 365 degrees until lightly browned, turning once. Serve with butter, honey or jam, or use as the bottom layer of an Indian taco.

File <ftp://ftp.idiscover.co.uk/pub/food/mealmaster/recipes/mmkah001.zip>

## 10. Steamed American Indian Pudding

tag: indian

**Yield: 6 Servings**

### Ingredients

- 1/4 lb Beef suet
  - Small piece stick cinnamon
  - Grated rind of one lemon
- 1 pt Indian meal
- 1 pt Milk
- 3 Eggs
- 1/4 pt Molasses

### Directions

Chop suet very fine and mix with Indian meal. Put cinnamon in the milk; scald in a farina boiler. Strain while mixture is hot and gradually stir in Indian meal and suet. Add molasses, cover mixture, and let stand overnight. In the morning, beat the eggs until light; stir them into the pudding; then turn into a greased mold or well - floured pudding bag, leaving plenty of room for it to swell. If mixture is in a mold, cover it; if in a bag, secure it well at the tying place lest the water get in. Put covered mixture into a pot of boiling water and boil continuously for five hours. Replenish the water as it evaporates with boiling water. When ready to serve, remove the pudding carefully from the mold or bag, and serve immediately with wine sauce.

From: Recipes and Remembrances, U.S. Army War College, 1980 Shared By: Pat Stockett

From Gemini's MASSIVE MealMaster collection at [www.synapse.com/~gemini](http://www.synapse.com/~gemini)

## 11. Indian Gravy

tag: indian

**Yield: 1 Servings**

### Ingredients

- 1 c Ghee
- 2 lg Onions, chopped
- 4 lg Garlic cloves
- 1 ts Grated ginger
- 2 ts Turmeric
- 2 ts Cayenne
- 2 ts Garam masala
- 4 Ripe tomatoes
- 1/3 c Yogurt
- Salt
- 2 1/2 c Water

### Directions

Heat ghee & saute onions & garlic till golden. Stir in ginger, turmeric, cayenne & garam masala in turn. Stir fry for 5 minutes.

Add tomatoes & yogurt. Stir in salt & cook for 2 minutes.

Pour in water & bring to a boil. Reduce heat & simmer for 10 minutes. The gravy is now ready to use.

Makes 2 1/2 cups.

Michael Pandya, "Indian Vegetarian Cooking"

From Gemini's MASSIVE MealMaster collection at [www.synapse.com/~gemini](http://www.synapse.com/~gemini)

## 12. Indian Rice

tag: indian

**Yield: 4 Servings**

### Ingredients

- 1 c Basmati rice
- 2 c Water
- 2 tb Butter
- 3 Cardamom pods
- 1 -(up to)
- 2 Slivers of cinnamon (1 normal sized piece should do 4 batches of rice)
- 1 p Saffron
- n  
Salt

### Directions

I tried to replicate the rice that is served in a nearby Indian restaurant and believe this to be very close. Anyway, it's good! How can you go wrong with basmati?

Saute the rice in the butter for a couple of minutes. Add the water and spices and bring to a boil, cover and simmer ~15 minutes. I sometimes add a handful of frozen English peas, too.

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(ALISA NORVELLE)

REC.FOOD.RECIPES

From rec.food.cooking archives. Downloaded from Glen's MM Recipe Archive, <http://www.erols.com/hosey>.

## 13. Indian Broiled Fish with Many Spices

tag: indian

**Yield: 4 Servings**

### Ingredients

- 2 tb Lemon juice
- 2 tb Dry mustard
- 2 ts Ground cumin
- 1 ts Ground coriander
- 1 ts Salt
- 1/4 ts Garam masala (optional, See NOTE)
- 4 Swordfish or halibut steaks, 1-inch thick (about 2 lb)
- 2 tb Melted margarine or butter

### Directions

The fragrant brushing of spices called for here will add a piquant flavor redolent of Indian cooking to fish steaks, whether swordfish or halibut. Mix together all ingredients except fish and margarine. Spread mixture evenly on both sides of fish. Place fish in shallow glass or plastic dish. Cover and refrigerate at least 12 hours. Set oven control to broil or 550F. Arrange fish on rack in broiler pan and drizzle with melted margarine. Broil with tops about 4 inches from heat until light brown, about 7 minutes. Turn. Drizzle with melted margarine. Broil until fish flakes easily with fork, 5 to 7 minutes longer. NOTE: Garam masala is a blend of ground spices with many variations. It is available in Indian markets and at some supermarkets.

From Gemini's MASSIVE MealMaster collection at [www.synapse.com/~gemini](http://www.synapse.com/~gemini)

## 14. Indian Milk Tea (Chai) #10

tag: indian

**Yield: 1 Servings**

### Ingredients

Water

Milk

Tea leaves

Spices: ginger; cardamom, cloves; whole white pepper

### Directions

There are 2 methods you could make tea the Indian way. Boil a mixture of water, milk (as much as needed for the entire serving). This mixture is then brought to a boil. Once that happens, add the tea leaves and spices and continue to heat - please note that this is the important difference in the two methods - the "hotch potch" is boiled for about 5 minutes and you would have to keep stirring the mixture (other wise it would boil over) Strain the tea directly into tea cups. This method is used for the not so exotic variety of tea leaves - Basically, you depend on the spices to give you the flavor.

Spices: There are a lot of varieties which are used. Combinations are made usually depending on the taste the individual likes:

Ginger (as you had mentioned)

Cardamom

Cloves

Whole white pepper (this might not be available freely - check Asian-Indian grocery stores)

I can give you certain other names - but I know only the Indian names. Don't know the English equivalent. If you are interested you could email me for an extended list. Most of these would be available at Indian (Asian Indian) stores I am not giving the list right now - by the time you get back to me I'll try and find the English name equivalents.

All these are part of mix-n-match variety. All of them need to be ground before added to the tea preparation. A coarse grind should be enough. You need not add all, then again you could - depends whether you like what you get as end product Trial would help you out.

My favorite though is a mixture of ginger and Cardamom added to tea.

For this I add about piece of ginger (size of a grape) cut in small pieces and 2-3 pods of Cardamom (grind it coarsely - or just powder it with something heavy). This is added for a 2 cup serving.

MAHESH[at]BIGBRO.COLUMBIASC.NCR.COM

REC.FOOD.RECIPES

From rec.food.cooking archives. Downloaded from Glen's MM Recipe Archive, <http://www.erols.com/hosey>.

## 15. Indian Spice Mixture

tag: indian

**Yield: 14 Servings**

### Ingredients

- 1 tb Coriander seeds
- 1 tb Black peppercorns
- 1 tb Cumin seeds
- 1/2 ts Turmeric
- 1 s Dried hot-chili pepper  
m
- 1/4 ts Powdered ginger
- 2 Whole cloves
- 1 p Of allspice powder  
n

### Directions

Finely grind the mixture in a spice or coffee mill. Makes about 1/4 cup spice mix.

\*\*Store leftover Indian Spice Mixture in an airtight jar in the refrigerator. It can be used on broiled fish fillets, burritos or anything you would like to make hot and spicy.

Origin: June Issue of Prevention Shared by: Sharon Stevens.

From Gemini's MASSIVE MealMaster collection at [www.synapse.com/~gemini](http://www.synapse.com/~gemini)

## 16. Zesty Indian Chicken

tag: indian

**Yield: 4 Servings**

### Ingredients

- 4 Boneless chicken breasts
- \* Non-stick cooking spray
- 2 ts Indian Spice Mixture (recipe follows)

### Directions

\* Non-fat sour cream

Spray the chicken breasts lightly with cooking spray and coat each with 1/2 tsp of the Indian Spice Mixture. Broil the chicken for 15-20 minutes or until done. Place a dollop (about 2 tbsp) of nonfat sour cream on each.

## 17. Indian Milk Tea (Chai) #04

tag: indian

**Yield: 1 Servings**

### Ingredients

Water  
Milk  
Sugar  
Lipton tea bag  
Fresh ginger root (optional)  
Cardamom powder (optional)

### Directions

Chai is Indian version of tea with cream and sugar. You can make it Indian style as follows: Boil a cup of water and milk mixture, and sugar to it. You can use less water and more milk to make it creamier. (All milk is okay too.) Dip in a regular Lipton tea bag for a minute. Longer you dip it, the stronger (and bitter) is the chai.

If you want ginger tea, buy fresh ginger root, chop a very small piece (a gram or so) and put it in boiling mixture before dipping the tea bag. You can use cardamom (sp ?) powder instead of ginger too.

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(MILIND DESHPANDE)

REC.FOOD.RECIPES

From rec.food.cooking archives. Downloaded from Glen's MM Recipe Archive, <http://www.erols.com/hosey>.

## 18. Indian Spiced Beef and Vegetables

tag: indian

**Yield: 4 Servings**

### Ingredients

EILEEN LAMPARELLI  
CGDR39A-----  
1 1/2 lb Ground beef  
1/2 ts Cumin seeds  
1 lg Onion -- finely chopped  
1/2 ts Ground coriander  
1 1/2 c Tomato juice  
1/2 ts Garam masala\*  
1 c Peas -- thawed  
1/2 ts Cayenne pepper  
1 1/2 ts Salt  
Freshly cooked rice  
1/2 ts Ground cumin

### Directions

Cook beef and onion in heavy large skillet over medium heat until meat is no longer pink, crumbling with fork, about 10 minutes. Add all remaining ingredients, except rice. Cover and cook 15 minutes. Serve with rice. GARAM MASALA - An Indian spice mixture available at Indian or specialty markets. To substitute, mix 3/4 ts. ground cumin with 3/4 ts. ground coriander, 1/2 ts. pepper, 1/2 ts. ground cardamon, 1/4 ts. ground cloves, and 1/4 ts. ground cinnamon. Use 1/2 ts. of spice mixture for this recipe. SOURCE: Shere-Punjab Restaurant, Toronto, Canada

Recipe By :

File <ftp://ftp.idiscover.co.uk/pub/food/mealmaster/recipes/mmdja006.zip>

## 19. Grilled Shrimp Kebabs with North Indian Dried Spice Butter

tag: indian

**Yield: 4 servings**

### Ingredients

- 1/4 c Minced onion
- 1/2 Stick plus 3 tablespoons unsalted butter; softened (1/4 cup)
  - 1 tb North Indian Dried Spice powder; or to taste
  - 2 tb Minced bottled Major Grey's Chutney
- 1/4 ts White pepper
- 8 Wooden skewers; soaked in cold; water for 10; minutes (8-inch)
- 32 lg Shrimp; (about 2 pounds);, shelled, leaving; the tails intact;, and deveined
- 8 sl Lean bacon
- 3 tb Minced fresh parsley leaves

### Directions

In a small skillet cook the onion in 3 tablespoons of the butter over moderately low heat, stirring, until it is softened, stir in the North Indian Dried Spice powder, the Major Grey's Chutney, and the white pepper, and let the mixture cool. In a bowl cream together the remaining 1/2 stick butter and the North Indian Dried Spice butter to a piece of waxed paper. Using the paper as a guide, roll the butter into a log and chill it for at least 1 hour or overnight.

Thread each skewer with 4 of the shrimp, lacing the bacon between each shrimp, and grill the kebabs on an oiled rack set about 4 inches over glowing coals for 4 to 5 minutes on each side, or until the shrimp are pink and the bacon is crisp. Transfer the kebabs to plates, top them with slices of the North Indian Dried Spice butter, and garnish them with the parsley.

Recipe by: COOKING LIVE SHOW #CL9201

## 20. Indian Gazpacho

tag: indian

**Yield: 6 Servings**

### Ingredients

- 6 lg Tomatoes, blanched, skinned
- 1 lg Red onion
- 1 lg Green or red bell pepper
- 2 b Radishes, trimmed  
n
- 3 lg Carrots
- 3 lg Celery ribs
- 2 m Cucumbers, unpeeled  
d
- 2 Hot green chilies, seeded
- 6 lg Garlic cloves, peeled
- 2 tb Olive oil
- 1/2 c Tomato paste
- 6 1/4 c Vegetable stock
- 1 3/4 c Dry red wine  
Salt

### Directions

Chop all vegetables & put in large bowl with the rest of the ingredients. Stir well. Blend in stages until there are no vegetable chunks left, but don't let the soup become too thin. Add salt to taste & chill before serving.

Adapted from Ismail Merchant, "Indian Cuisine"

From Gemini's MASSIVE MealMaster collection at [www.synapse.com/~gemini](http://www.synapse.com/~gemini)

## 21. Indian Bread

tag: indian

**Yield: 1 Servings**

### Ingredients

4 c Flour  
2 ts Baking powder  
1/2 ts Salt  
Water

### Directions

These are from the American Indian Society Cookbook. It was published in December 1984. If anyone wants the complete book (approximately 80 pgs/ 150 recipes) the address for inquiry is

American Indian Society of Washington, D.C. 519 - 5th Street, S.E. Washington, D.C. 20003

Mix ingredients with enough water (added gradually) to knead. Put in lightly greased baking pan and bake at 375 degrees until light brown on top (about 30 minutes). This can also be baked in hot ashes. Posted to FOODWINE Digest 18 October 96

Date: Sat, 19 Oct 1996 16:57:40 -0400

From: Garry Howard <g.howard[at]IX.NETCOM.COM>

## Compiler Profile

Nickname : estee

Gender : f

Website : http://

Location : New York

Favourite food : Chicken, Steak

About : Just ordinary women. I have two children. I love to cook.