

Meena's Indian Kitchen, create your own menu

Following are the class menu options by category.

Meena will be pleased to consult with you on your preferences.

You may contact her at 250-768-3918 or meenasindiankitchen@gmail.com.

Appetizers

- Baked Samosas
- Aloo & Chickpea Chaat (potato & chick peas)
- Dahi Vada (fritters in yogurt)
- Handvo (savory cake squares)
- Bataka Vada (potato in chickpea batter)
- Crab Cakes with sauce and salad
- Makai Bhajie (corn fritters)
- Shrimp Fritters
- Vegetable Pakoras (fritters)
- Fish Cakes
- Zucchini Muthia (vegetarian "sausages")

Salads

- Kachumber Salad (Indian salsa)
- Fruit Chaat Salad
- Vegetable Chaat Salad

Chicken/Lamb/Pork/Beef

- Butter Chicken
- Mughal Inspired Chicken
- Kashmiri Chicken (low-fat curry)
- Ginger Chicken
- Chicken Xacutti (Portuguese inspired spicy dish)
- Chicken Madras (tomato & yogurt sauce)
- Chicken Tikka Masala
- Chicken Jalfrezi (stir-fried chicken)
- Meat
- Lamb Rogan Josh (lamb curry)
- Lamb Kebabs (yogurt marinated)
- Lamb Madras (simmered in coconut milk)
- Lamb Popsicles
- Pork Vindaloo (incorporating wine, vinegar and garlic)
- Keema Matar (minced beef or lamb dish – Indian "Sloppy Joe")

Seafood

- Halibut Molee (poached in coconut cream sauce)
- Curried Prawns
- Posto Chingri (sesame and poppy seed prawns)
- Tandoor Salmon
- Amritsari Fish (e.g. ling cod)

Vegetables

- Aloo Gobi (potato and cauliflower)
- Zucchini Tomato Curry
- Bharalu Subzi (vegetables in a spicy masala)
- Bhinda Ki Subzi (okra curry)
- Gobhi Ki Subzi (buttered cabbage)
- Tomato Vadi Ki Subzi (simmered in chickpea flour sauce)
- Egg Plant, Peppers and Peas
- Fragrant Curried Greens
- Green Bean and Red Pepper
- Oondhija (dumplings and vegetables in one pot)
- Palak Paneer (spinach and Indian cheese)
- Zucchini Paneer (zucchini and Indian cheese)
- Paneer Phoran Potatoes (five spice potatoes)
- Vegetable Korma (vegetables in a creamy sauce)

One Pot Meals

- Channa Masala (chickpea curry)
- Dal Dhokli (dumplings simmered in dal)
- Sambhar (spicy vegetables and dal stew)
- Masala Dosa (lentil crepes with spicy potato filling)
- Quinoa & Lentils Khichdi
- Vegetable Khichdi (rice with lentils and vegetables)
- Quinoa Upma (Quinoa breakfast porridge)

- Paneer Makhani (Indian cheese in a butter sauce)
- Ragda Pattice (potato patties in lentil gravy)

Dals & Soups

- Tomato Rasam (spicy tomato soup)
- Minty Green Pea Soup
- Mulligatawny Soup
- Masoor Dal (pink lentils with spinach)
- Khatta Mung (mung bean in lemon juice, yogurt and spices)
- Khadi (sweet and spicy yogurt curry)
- Dal Makhani (whole urad dal and red kidney beans)
- Black-Eyed Pea Curry

Rice

- Lemon Saffron Basmati Rice
- Brown Basmati Pilau Rice
- Prawn Biryani (rice layered with prawns in an aromatic sauce)

Breads

- Naan
- Roti (also known as Chapatti)
- Maize Roti (corn-based flat bread)
- Besan Roti (chickpea flat bread)
- Puri (deep-fried flat bread)
- Parathas (folded flat bread)
- Spinach Parathas
- Stuffed Parathas (with mashed potatoes and onions)
- Theplas (breakfast flat bread)

Desserts

- Galub Jamun (dumplings in sweet rose water syrup)
- Gajar Halwa (carrot pudding)
- Mango Peach Mousse
- Shaki Turka (bread pudding)
- Semolina Dessert Squares