



Sahar Anjum presents...

Butter Tofu “Chicken” (Pakistani Tofu Makhani)

Ingredients:

¼ cup of any oil (I use olive oil) -- for vegans, use 4 oz. butter or ghee

1 large onion, chopped

1 bulb garlic or 1 tbsp garlic paste

1 tbsp ginger paste

3 tbsp tomato paste

1 can coconut milk – use full fat for consistency and creamy flavor!

1 pack firm tofu ~8oz (you can use extra firm, if you prefer it)

(Note --optional: To dehydrate tofu in advance for extra crispiness: Drain tofu, squeeze out water and leave to sit out overnight so that it dries out. You can also use cheesecloth to completely eliminate moisture from tofu.)

Spices:

1 tbsp salt

1 tsp ajwain (carom seeds)

1tbsp Kashmiri chili powder

1 tsp turmeric

1tbsp garam masala

1 tsp cardamom powder

1tbsp cumin powder

Garnishes:

Fenugreek – dried (to taste)

Cilantro – (to taste)

Jalapeños -- chopped (to taste)



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Directions:

- Drain the tofu and squeeze the block between two paper towels, making sure it is not wet when you slice it.
- Cut tofu into cubes – try to get them as even as possible.
- Put cubes in a bowl and drizzle and mix with oil and salt before placing on a baking sheet and into the oven at 350 degrees for 20 mins. (TIP: preheat the oven so it takes less time. Another option is to fry the tofu in a little oil on the stovetop until brown.) *
- In a medium sized pan, add the chopped onion in heated oil and saute until brown.
- Add the garlic and ginger until they brown.
- Lower the heat before adding the spices – while stirring occasionally.
- Add about ¼ cup of water to avoid the spices from burning.
- Add tomato paste.
- Add in the baked tofu and coat thoroughly with the sauce.
- Cover the pot and give the tofu a chance to soak up the sauce.
- Uncover the pot and add the coconut milk. Cook for a few minutes more until a thick sauce forms.
- Garnish with dried fenugreek, cilantro and jalapeños.

*for extra crispness, coat tofu with a little flour before frying.

Pakistani Flatbread (Ajwain infused Roti)

Ingredients:

1 Cup Whole Wheat Flour

2 Cups Cold water

½ Teaspoon salt

½ tsp Ajwain

Directions:

- In a large bowl add the whole wheat flour, salt, and Ajwain and make a well (hole) in the middle.
- Add a small amount of water and knead, repeating until all of the water is used.



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- Knead the dough until it's a smooth consistency and no lumps are visible.
- Cover with a plastic sheet and place in the fridge for 10 mins.

- Make a small ball and flatten.
- Take some flour and dip the small roti in it, so it doesn't get too sticky.
- Then place on a flat surface and roll.
- Place on a skillet and cook, flipping it accordingly.

Plum Chutney

Ingredients:

3 Plums pitted and chopped

Sugar (to taste)

Kashmiri chili powder (to taste *or substitute for your favorite hot sauce*)

juice of 1/2 lime

pinch of salt (skip this step if using a hot sauce)

Directions:

- Add the plums to a pot and add just enough water so it doesn't burn
- Add the sugar and your choice of spices
- Add the lime juice and cook until it is like a jam consistency

Cool to room temperature and enjoy!