

RECIPE BOOK OF NAZISH QURESHI



REFERENCE:

SPICES:

A	Almonds (Badam)	Anise (Suwa)
Aniseed (Saunf)	Asafoetida (Hing)	
B	Basil (Tulsi)	Bay Leaves (Tej Patta)
Black Salt (Kala Namak or Sanchal)	Black Peppercorns (Kala Mirch)	
C	Caraway Seeds (Shahjeeru)	Cardamoms (Elaichi)
Carom Seeds (Ajwain)	Cashewnuts (Kaju)	Chillies (Hari Mirch & Lal Mirch)
Cinnamon (Dalchini)	Cloves (Laung or Lavang)	Coconut (Narial)
Coriander (Dhania)	Coriander Leaves (Hara Dhania)	Cummin Seeds (Jeera or Zeera)
Curry Leaves (Karipatta)		
D	Dessicated Coconut (Khaman)	Dill (Suwa Bhaji)
F	Fennel Seeds(Badi Saunf)	Fenugreek Seeds(Methi)
G	Ginger(Adrak)	Garlic (Lahsun)
Green Cardamom (Chhoti Elaichii)	Groundnuts or Peanuts (Mungphali)	
L	Lemon (Nimbu)	Lotus Puffs (Makhana)
M	Mace (Javintri)	Mango Powder (Amchoor)
Mint (Pudina)	Molasses (Gur)	Mustard Seeds (Rye or Sarson)
N	Nigella Seeds (Kalongi)	Nutmeg (Jaiphal)
P	Pistachio (Pista)	Poppy Seeds (Khus Khus)
Pomegranate (Anardana)		
R	Raisins (Kismis)	Rose Water (Gulab Jal)
S	Sabja Seeds (Tukmaria)	Saffron (Kesar)
Sesame Seeds (Til)		

T	Tamarind (Imli)	Turmeric (Haldi)
V	Vinegar (Sirka)	
W	Walnuts (Akhrot)	

Whole Garam Masala is a mixture of six spices :

Black Cardamom 1 no., Green Cardamoms 3 nos., Cinnamon 2 pieces (1" each), Cloves - 10, Mace 1/2 flower, Peppercorn 1 table spoon.

Garam Masala Powder:

Ingredients : Black Cardamoms 8 -10 nos., Green Cardamoms 15 - 20 nos., Cinnamon 15 - 20 pieces (1" each), Cloves 1 table spoon, Mace 1 flower, Nutmeg 1 no., Peppercorn 1 table spoon, Cumin seeds 1/2 cup, Coriander seeds 2 table spoons.

Method : Roast all the ingredients lightly in a flat bottomed pan. Grind to a powder. Store this powder in a dry airtight container.

WEIGHTS & MEASUREMENTS:

Measurements

2 teaspoons	1 dessertspoon
3 teaspoons	1 tablespoon
4 tablespoons	1/4th cup
6 tablespoons	1 cup

A pinch or dash is less than 1/8th teaspoon

2 cups liquid 1 pound

4 cups flour 1 pound

Metric system weights and equivalents in ounce are used by rounding off to the nearest multiple of five

Mass Conversions

15 grams	1/2 oz.
30 grams	1 oz.
60 grams	2 oz.
85 grams	3 oz.
115 grams	4 oz.
145 grams	5 oz.
170 grams	6 oz.
200 grams	7 oz.
230 grams	8 oz.
460 grams	16 oz.
490 grams	1 1/2 lb
1000 grams	2.2 lb (kilogram)

Temperature Conversions

225° F	110° C
250° F	120° C
275° F	140° C
300° F	150° C
325° F	160° C
350° F	180° C
375° F	190° C
400° F	200° C
425° F	220° C
450° F	230° C
475° F	240° C

Volume Conversions

250 ml	1 cup
5 ml	1 teaspoon
25 ml	2 tablespoons
2 ml	1/2 teaspoon
15 ml	1 tablespoon
1 ml	1/4 teaspoon

Solid Weight Conversions

English	Metric
1/2 oz	15 gms.
1 oz	30 gms.
2 oz	55 gms.
3 oz	85 gms.
4 oz	115 gms.

5 oz	140 gms.
6 oz	170 gms.
8 oz	225 gms.
12 oz	340 gms.
16 oz	455 gms.

Liquid Conversions

Imperial

1/2 fl oz
 1 fl oz
 2 fl oz
 3 fl oz
 4 fl oz
 5 fl oz (1/4 pints)
 6 fl oz
 8 fl oz (1/2 pints)
 10 fl oz (1/2 pints)
 12 fl oz
 16 fl oz (1 pints)
 20 fl oz (1 pints)
 1 1/2 pints
 1 3/4 pints
 2 pints
 2 1/3 pints
 3 1/4 pints

Metric

15 ml
 30 ml
 60 ml
 90 ml
 120 ml
 150 ml
 180 ml
 240 ml
 285 ml
 340 ml
 455 ml
 570 ml
 900 ml
 1 litre
 1 1/4 litre
 1 1/2 litre
 2 litre

US units

1 tbsp.
 1/8 cup
 1/4 cup
 cup
 1/2 cup
 2/3 cup
 3/4 cup
 1 cup
 1 1/4 cup
 1 1/2 cup
 2 cups
 2 1/2 cups
 3 3/4 cups
 4 cups
 1 1/4 quarts
 3 US pints
 2 quarts