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## INDIAN SPICE STARTER KIT \*Organic

**Indian Five Spice**  
*Cumin\*, Fennel\*,  
Fenugreek\*, Mustard\*,  
Black Seed (Nigella sativa)\**

**Cayenne\* Ground**  
**Coriander\* Ground**

**Ginger\* Ground**  
**Turmeric\* Ground**  
**Garam Masala**  
*Cumin\*, Coriander\*,  
Cinnamon\*, Cloves\*, Black  
Pepper\*, Cardamom\**

## CURRIED APPLE SOUP

SERVES 4

3 TBSP Pure Indian Foods ghee  
1 large onion, diced  
1 large butternut squash  
(OR 2 medium sweet potatoes)  
4 carrots  
2-3 sweet-tart apples, diced  
4 garlic cloves  
6 cups chicken or vegetable broth

From this kit:

2 tsp ginger  
1 tsp coriander  
1/2 tsp turmeric  
1/4 tsp cayenne  
1/2 tsp garam masala



Dice the onion, butternut squash (or sweet potatoes), as well as the carrots and apples. In a large soup pot, melt the ghee on medium heat and add the veggies, half the apples, and whole garlic. Cover and sweat the vegetables on medium-low heat for 10 minutes. Then add 6 cups of broth (or enough to almost cover the veggies), and all the spices, and simmer for 20 minutes or until vegetables are soft. Use a food processor, blender, or immersion blender to purée everything until smooth. Return to the soup pot, add the remaining diced apples and simmer for another 5-7 minutes until apples are slightly soft. Add sea salt to taste.

## ALOO GOBI

(POTATOES & CAULIFLOWER) SERVES 4

3 TBSP Pure Indian Foods ghee  
2 medium potatoes, peeled and cut into 1 in pieces  
1/2 head cauliflower, cut into florets  
1 large onion, roughly chopped  
1 ripe tomato, chopped  
1/2 cup water  
1/2 tsp salt  
1 tsp lime juice  
1 TBSP cilantro leaves, chopped

From this kit:

1 tsp Indian Five Spice  
2 tsp coriander  
1 tsp turmeric  
1/2 tsp ginger  
1/4 tsp cayenne  
1/2 tsp garam masala



Heat ghee on medium heat in a large saucepan. Add Indian Five Spice, and fry until it starts to pop. Cover the pan to prevent splattering. Add chopped onions, and cook until golden brown. Add tomatoes, coriander, turmeric, ginger, and cayenne. Cook for 30 seconds. Add potatoes and cauliflower. Mix well, add water and salt, and cook covered for about 20 minutes, stirring occasionally. When potatoes are cooked, turn off heat. Add garam masala and lime juice. Mix gently. Garnish with cilantro and serve.

## CHANA MASALA

(CHICKPEA CURRY) SERVES 4

3 TBSP Pure Indian Foods ghee  
4 cups boiled and strained chickpeas  
1 large onion, diced  
1 green bell pepper, diced  
2 ripe tomatoes, diced  
1/4 tsp salt  
1 tsp lime juice  
1/2 cup cilantro leaves, chopped

From this kit:

1 tsp Indian Five Spice  
1 tsp ginger  
1 tsp coriander  
1/2 tsp turmeric  
1/4 tsp cayenne  
1-1/2 tsp garam masala



Heat ghee on medium heat in a large saucepan. Add Indian Five Spice, and fry until it starts to pop. Cover the pan to prevent splattering. Add onions and green bell pepper, and cook until translucent. Add half of the tomatoes, ginger, coriander, turmeric, cayenne, and garam masala, and salt. Cook, stirring frequently, for 1-2 minutes. Add chickpeas. If too dry, add 1/4 cup water. Mix well, and simmer on low, covered for 15 minutes. Stir occasionally. Add remaining tomato, cilantro and lime. Cook 2 minutes. Add salt to taste. Garnish with cilantro and serve.

## CHICKEN MAKHANI

(INDIAN BUTTER CHICKEN) SERVES 4

1 lb chicken, cut in to bite sized pieces  
3 TBSP Pure Indian Foods ghee  
1 large onion, roughly chopped  
4 garlic cloves, roughly chopped  
2 ripe tomatoes, chopped  
2/3 cup plain yogurt (or substitute coconut cream)

From this kit:  
2 tsp Indian Five Spice  
1 tsp coriander  
1 tsp garam masala  
1/2 tsp turmeric  
1/4 tsp cayenne  
1 tsp ginger



Cut chicken into pieces and rub coriander, garam masala, ginger, turmeric, and cayenne into meat. Set aside. Heat ghee on medium heat in a large pan. Add Indian Five Spice, and fry until it starts to pop. Cover the pan to prevent splattering. Add chopped tomatoes, onions, and garlic, and cook until slightly browned, about 5 minutes. Add chicken and stir for 2 minutes. Add yogurt, cover, and simmer for 50 minutes, or until oil separates. Stir occasionally. Season with salt and a sprinkle of garam masala before serving.

*\* We prefer all ingredients to be local, organic, grassfed & pastured (animal products) whenever possible.*