



CHILI KEBAB

SAAG CHICKEN

GULAP JAMUN

Tandoori Grill

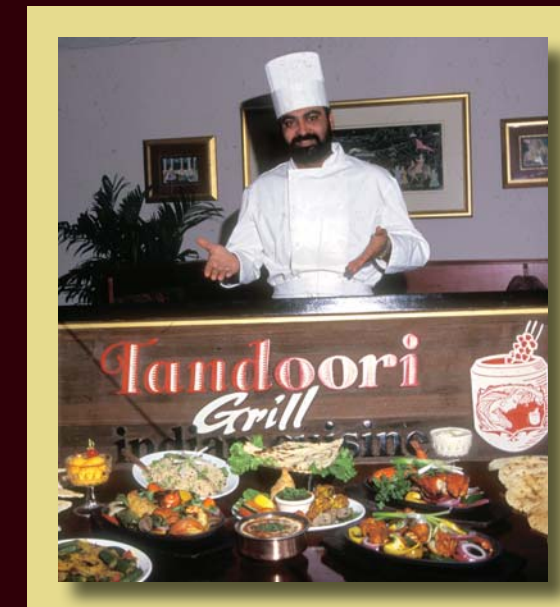
TANDOORI GRILL
IN MARKET PLACE LODGE

SHARANJIT KAHLON, CO-OWNER AND EXECUTIVE CHEF

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THE TANDOORI GRILL, ONE OF WHISTLER'S PREMIER RESTAURANTS, HAS SELECTED DISHES that are sumptuous. They were inspired by Great Indian Emperors and prepared to perfection by chefs of by-gone eras. The Moghal kings who brought renaissance and enrichment to Indian culture favored the technique of cooking in a clay-based Tandoor oven. This original mode of cooking is adapted in Chef Sharanjit's spice-laden empire of five Tandoori restaurants—four in Vancouver and one in Whistler.

From the glass-front Tandoor oven comes a parade of delicious creations. The best way to sample these treats is to order a Mixed Grill—juicy pieces of chicken, fish, prawns, Seekh Kababs, and Lamb Tikka. The meat is marinated first in savory blends of Royal spices, then cooked over high heat—320 degrees C/600 degrees F. A quick stove-top finish follows to ensure succulence. The Tandoori bread, or nan, is baked vertically in the Tandoor and can be created in various flavors. You will enjoy one of our stuffed nans, such as spinach or Peshawari nan.

In Indian cooking, there are distinctive flavors in every dish. And no wonder ginger and turmeric are widely used ingredients, they are known for their healing power. Enjoy your meal accompanied by an Indian beer or a glass of an international wine or one of the Okanagan's best wines.

The Tandoori Grill is a great place to spice up your life!

Kebab Photograph by Jody Edgar

CHILI KEBAB · BARBECUED MINCED LAMB ·

SERVES 4

Garam masala is a blend of spices used in a wide range of recipes in Indian cuisine, you can find it on the spice shelf of well stocked grocery stores or in specialty spice shops.

Combine the onion, cilantro, chilies, lemon juice, vinegar, oil, coriander, garam masala, and turmeric in the food processor and blend until smooth.

Thread the lamb cubes onto skewers and place them in a shallow dish. Pour the marinade over, turning to coat the meat evenly. Cover and set aside to marinate for 30 minutes.

Preheat an outdoor grill to high heat. Take the kebabs from the marinade, allowing excess to drip off. Grill the kebabs for 2 minutes on each side, 8 minutes total, or until the meat is cooked to your taste. Brush a bit of the marinade over the kebabs as they cook.

presentation

Arrange the kebabs on individual plates, with basmati rice or naan (Indian flatbread) alongside.

- 1 WHITE ONION, CHOPPED
- 1/2 BUNCH FRESH CILANTRO, RINSED, DRIED, AND STEMMED
- 2 SMALL RED CHILIES, STEMMED, CORED, AND CHOPPED
- 2 TBSP (30 ML) FRESHLY SQUEEZED LEMON JUICE
- 2 TBSP (30 ML) WHITE VINEGAR
- 1 TBSP (15 ML) CANOLA OIL
- 1 TSP (5 ML) GROUND CORIANDER
- 1 TSP (5 ML) GARAM MASALA
- 1 TSP (5 ML) GROUND TURMERIC
- 1 LB (500 G) LAMB FILLETS, CUT INTO 1-INCH (2 1/2 CM) CUBES



SAAG CHICKEN

SERVES 4

This popular Indian dish pairs boneless chicken with a richly spiced spinach mixture.

Heat 2 tablespoons (30 ml) of the oil in a large skillet over medium heat. Add the chicken pieces and brown lightly on all sides. Set the skillet aside.

Combine the spinach and 1/4 cup (60 ml) of the water in a large pan and bring the water to a boil over medium-high heat, stirring occasionally to help the spinach cook evenly. When the spinach is cooked and bright green, set the pan side to cool. Drain the spinach and finely chop it in a blender.

Heat the remaining 1 tablespoon (15 ml) of the oil in a large skillet over medium heat. Add the onion, ginger, and clove and sauté until the onion is lightly browned. Add the tomato, coriander, cayenne, turmeric, salt, and cardamom pod. Sprinkle the remaining 1 tablespoon (15 ml) of the water over. Cook over medium-low heat for 10 minutes, stirring occasionally. Add the chicken and milk and simmer until the chicken is tender and cooked through.

Stir the spinach and garam masala into the chicken mixture and cook, stirring occasionally, until the spinach is dry enough to begin sticking to the skillet. Take the skillet from the heat and stir in the ghee

presentation

Spoon the mixture over basmati rice.

3 TBSP (45 ML) CANOLA OIL
1 1/2 LB SKINLESS, BONELESS CHICKEN BREAST,
CUBED
2 BUNCHES FRESH SPINACH, RINSED, DRIED,
AND CHOPPED
1/4 CUP (60 ML) PLUS 1 TABLESPOON (15 ML)
WATER
1 LARGE ONION, FINELY CHOPPED
1/2 INCH PIECE GINGER, FINELY CHOPPED
1 WHOLE CLOVE
1 LARGE TOMATO, FINELY CHOPPED
1/2 TSP (3 ML) GROUND CORIANDER
1/4 TSP (1 ML) CAYENNE PEPPER
1/4 TSP (1 ML) GROUND TURMERIC
1/4 TSP (1 ML) SALT
1 LARGE CARDAMOM POD
2 TBSP (30 ML) MILK
1/2 TSP (3 ML) GARAM MASALA
2 TBSP (30 ML) GHEE OR CLARIFIED BUTTER



GULAP JAMUN · INDIAN SWEET BALLS ·

SERVES 4

You'll need to plan ahead when making this dessert, as the dough balls soak in the aromatic rose syrup overnight before serving. This is a delightfully easy recipe to prepare, with delicious exotic character.

For the rose syrup, bring the water to a boil in a medium, heavy saucepan. Add the sugar and cook, stirring, until it has dissolved. Add the vanilla bean and simmer until the syrup has reduced by 2/3. Let cool, then lift out the vanilla bean (it can be rinsed, dried, and saved for another use). Stir the rose water into the syrup and set aside.

Stir together the flour, powdered milk, and cardamom in a medium bowl. Add the water and stir well to make an elastic dough. Knead until smooth on a lightly floured work surface. Add enough canola oil to a deep skillet to measure about 1 inch and warm over medium heat. While the oil is heating, form the dough into 1-inch (2 1/2 cm) balls. Carefully add 4 or 5 balls to the hot oil and cook until evenly browned on all sides, about 5 minutes. Lift out with a slotted spoon and set aside while cooking the remaining dough. Add the fried dough balls to the rose water syrup, cover, and refrigerate overnight.

1 CUP ALL-PURPOSE FLOUR
1/4 CUP NON-FAT POWDERED MILK
1/2 TSP GROUND CARDAMOM
2 TBSP (30 ML) WATER
CANOLA OIL, FOR FRYING
15 TO 20 PISTACHIOS, COARSELY CHOPPED

ROSE SYRUP

4 CUPS (1 LITER) WATER
1 CUP SUGAR
1 VANILLA BEAN
1 TBSP (15 ML)

presentation

Reheat the gulap jamun in the syrup until lightly warmed, then use a slotted spoon to transfer them to individual bowls. Spoon a little bit of the rose syrup on top and sprinkle with the pistachios.

