

Better Homes and Gardens® Special Interest Publications®

appetizers

Your holiday entertaining made simple

108
PARTY
FOODS

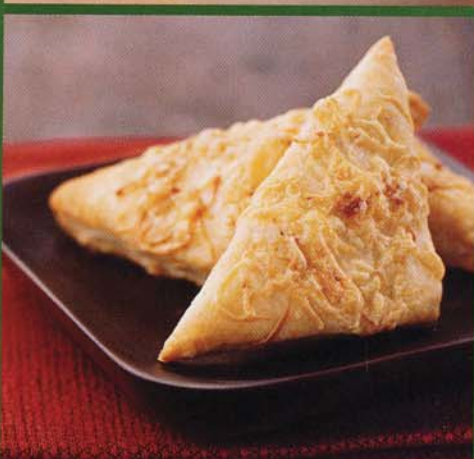
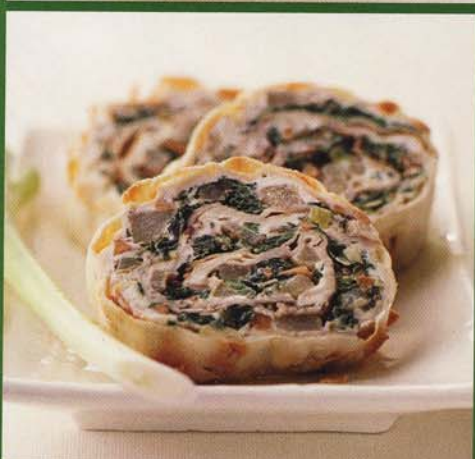
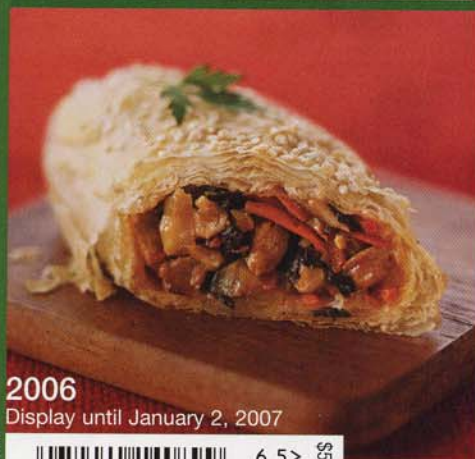
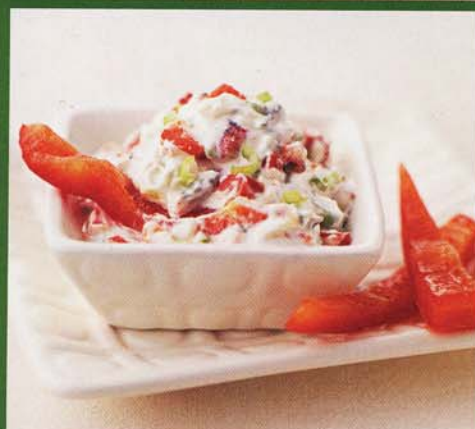
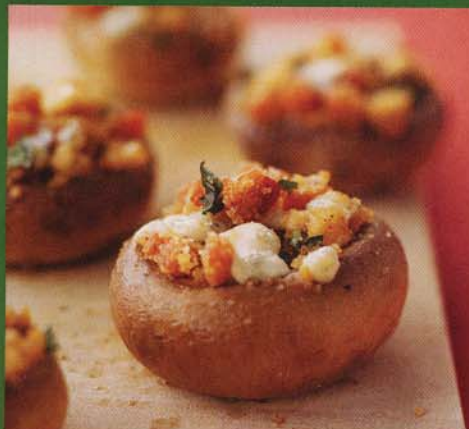
save money



easy ideas



fix ahead



2006
Display until January 2, 2007



Inside! 25 dips & spreads, Brie dress-ups, shrimp & crab favorites, hot bites, Cosmo punch

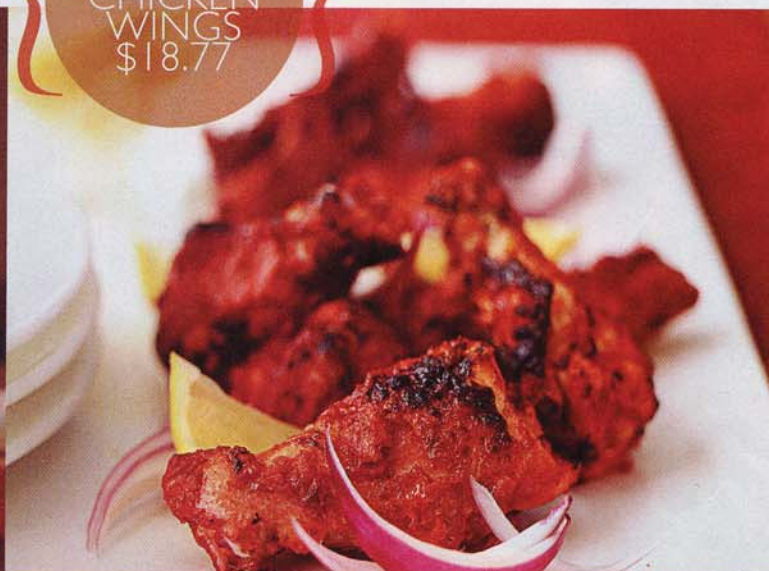


INDIAN BUFFET for less than \$100

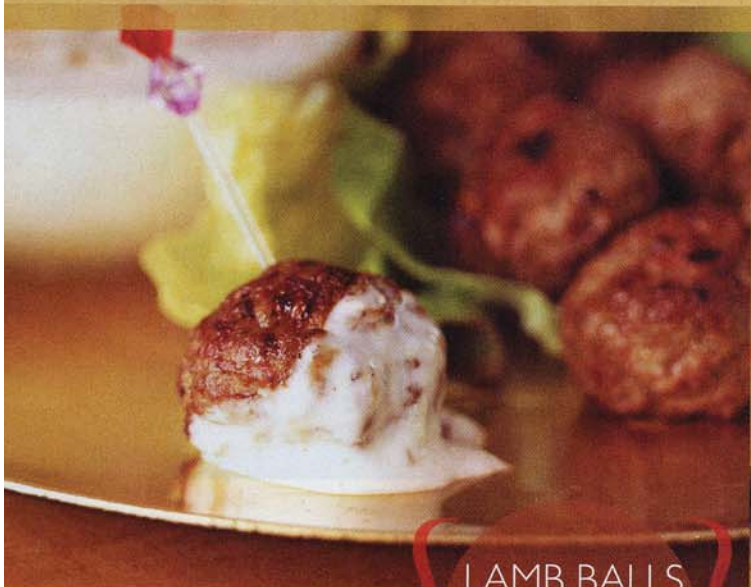
Family and feasts go hand in hand in India. We've imported this Diwali-inspired buffet for 16 guests to light up your holiday table. The recipes include make-ahead directions, so this buffet promises to be easy on the host. It's also easy on the pocketbook. For less than \$100, you can make all 10 authentic, delicious dishes. If you are looking to spend even less, serve fewer items that best meet your budget.

BY MADHU GADIA, M.S., R.D. PHOTOGRAPHY: ROBERT JACOBS
FOOD STYLING: CHARLES WORTHINGTON. PROP STYLING: LORI HELLANDER.

TANDOORI
CHICKEN
WINGS
\$18.77



ON THE MENU: CHIVRA (SNACK MIX) ✦ BLACK-EYED PEAS WITH PITA WEDGES ✦ LAMB BALLS WITH CUCUMBER RAITA ✦ TANDOORI CHICKEN WINGS ✦ POTATO-STUFFED SAMOSAS ✦ CILANTRO CHUTNEY ✦ HALWA WITH ALMONDS AND RAISINS ✦ COCONUT SWEETS ✦ MANGO LASSI ✦ CHAI



LAMB BALLS
WITH
CUCUMBER
RAITA
\$17.67



INDIAN BUFFET

MANGO
LASSI
\$12.31



Dazzle your guests with exotic flavors and a spicy good time with these easy-to-make Indian appetizers served buffet-style.

BEYOND CURRY

Open yourself to a new culinary experience with Indian snacks and desserts. The variety of chivra (snack mixes) in India is as abundant as the chips that line your supermarket shelves. Flavors of India are most often associated with curry. But curry is just one kind of dish in a great conglomerate of regional cuisines. Indian food gets its exclusive taste from spices, which can be mild to fiery hot. Don't be intimidated by the spices. A little background and practice are all it takes to demystify the essence of Indian cooking.



POTATO-
STUFFED
SAMOSAS &
CILANTRO
CHUTNEY
\$17.99



A close-up photograph of a white bowl filled with black-eyed peas. The peas are garnished with fresh green cilantro leaves and sliced red onions. In the foreground, a plate holds several golden-brown, triangular pita wedges. The background is a warm, out-of-focus red.

BLACK-EYED
PEAS
WITH PITA
WEDGES
\$6.18

INDIAN BUFFET

COCONUT
SWEETS
\$5.30

CHAI
\$4.28

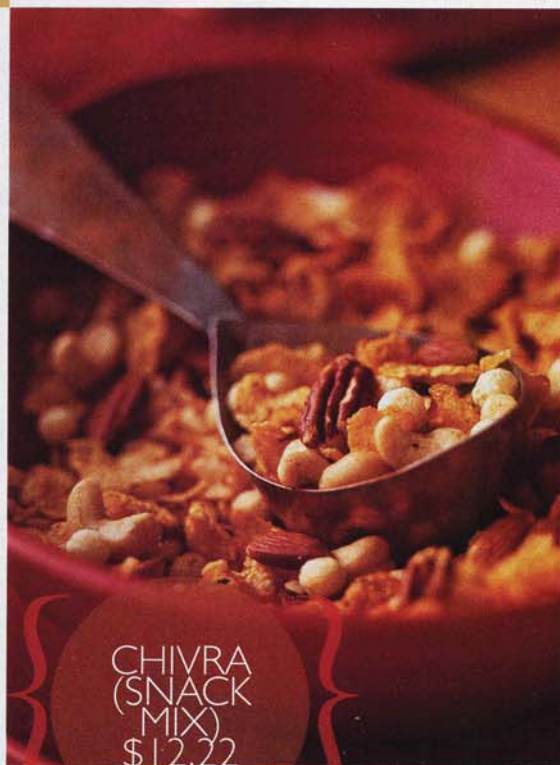
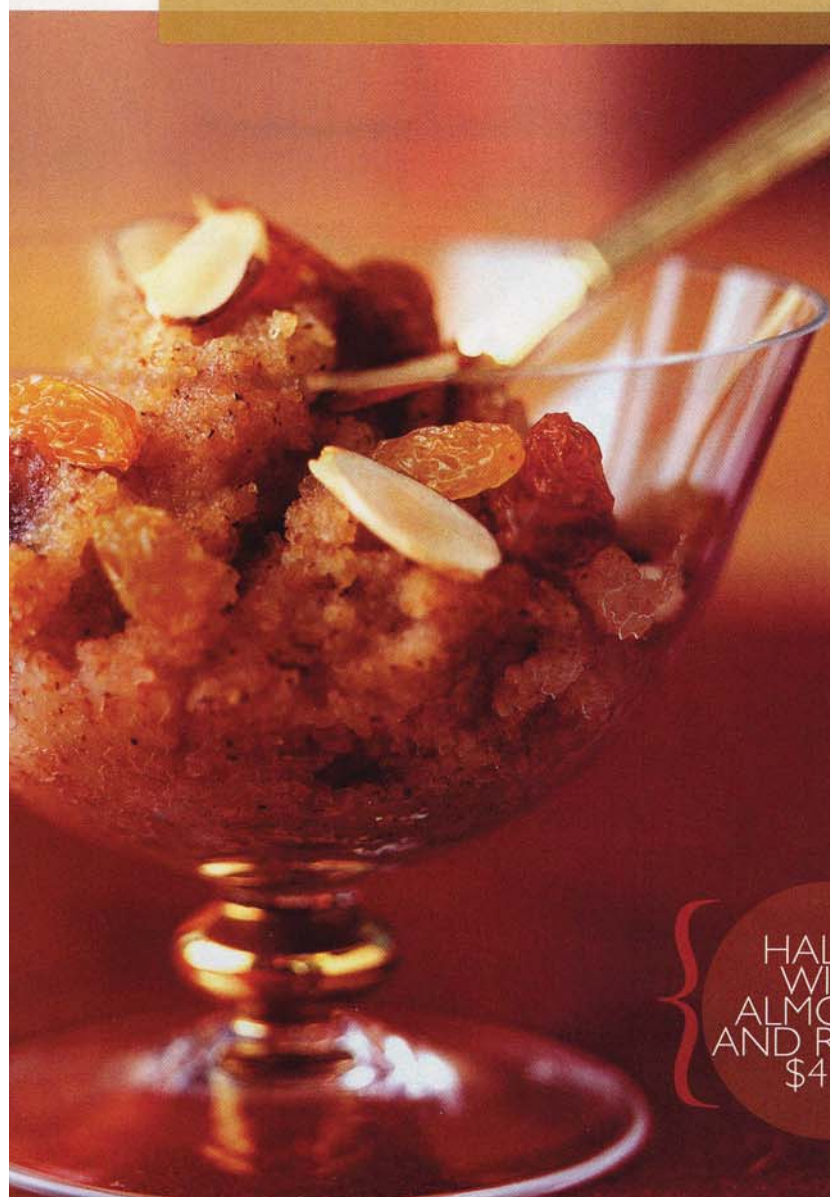
FINDING INDIAN INGREDIENTS

Although most of the spices and ingredients used in Indian cooking are available in many supermarkets or food specialty stores, you might have to look for a few ingredients on Web sites, such as www.kamdarplaza.com or www.namaste.com (click on "Groceries").

*Note: The recipe totals for this story were calculated using ingredient prices from a Des Moines, Iowa, supermarket. Prices may vary in your area. Prices for spices and other ingredients used in multiple recipes were added to only one recipe. Recipes are excerpted and adapted for 16 people from *New Indian Home Cooking* by Madhu Gadia, M.S., R.D., Penguin Putnam, Inc., 2000. For more recipes, visit www.cuisineofindia.com.

DIWALI!

Diwali, or Festival of Lights (directly translated as "row of lights"), is a Hindu celebration symbolizing the victory of good over evil. Diwali is celebrated on a dark night in October or November. It is one of the most popular and eagerly awaited festivals in India. Diwali is celebrated with religious rituals, festive foods, new clothes, oil lamps, candles, and firecrackers. In one ritual, oil lamps are lit as a sign of bringing light into darkness. The festival is traditionally an occasion to celebrate life and strengthen relationships. Typically, vegetarian dishes are served due to religious beliefs, but here we offer both meatless and meat options.



CHIVRA
(SNACK
MIX)
\$12.22

continued on page 101

HALWA
WITH
ALMONDS
AND RAISINS
\$4.92

2. Meanwhile, fill a medium saucepan with enough water to cover shrimp; bring to boiling. Add shrimp; cook about 2 minutes or until shrimp are opaque. Drain and cool slightly. Cover and chill shrimp for 2 hours.

3. For gazpacho: In a blender, combine orange juice, lime juice, tomato juice, sugar, and hot pepper sauce. Add roasted vegetables. Blend vegetable mixture until almost smooth. Cover; chill for 2 hours.

4. Top individual servings of gazpacho with shrimp. If desired, garnish with red onion, tomato, green onion, cilantro, and/or chives. Makes 6 servings.

***TEST KITCHEN TIP:** Because chile peppers contain volatile oils that can burn your skin and eyes, avoid direct contact with them as much as possible. When working with chile peppers, wear plastic or rubber gloves. If your bare hands do touch the peppers, wash your hands and nails well with soap and warm water.

MAKE-AHEAD DIRECTIONS: Prepare the gazpacho as directed through Step 3. Chill shrimp and gazpacho for up to 24 hours. Continue as directed.

PER SERVING: 105 cal., 5 g fat, 36 mg chol., 162 mg sodium, 10 g carbo., 1 g fiber, 6 g pro.

DUCK AND FIG SATAY

At the China Grill in Miami Beach, creativity and Asian ingredients abound.

PREP: 45 minutes **STAND:** 20 minutes

GRILL: 12 minutes

- 2 cups chopped, seeded, peeled mango
- 1 cup chopped, seeded tomato
- 1 cup chopped roasted red sweet pepper
- 30 dried figs (Calimyrna or Mission)
- 3 7- to 8-ounce boneless duck breasts, skinned, if desired
- ½ cup sweet soy sauce*
- 6 fresh jalapeño chile peppers, quartered and seeded (see tip above)
- ¾ cup sweet chili sauce*

1. In a large bowl, stir together mango, tomato, and roasted red pepper; set aside. In a medium bowl, cover figs with boiling

water; let stand for 20 minutes. Drain well.

2. Meanwhile, cut each duck breast lengthwise into five strips. Place duck strips in a resealable plastic bag; add sweet soy sauce. Seal bag; turn to coat duck. Marinate at room temperature for 10 minutes; drain.

3. Alternately thread figs, chile peppers, and duck strips onto skewers,** threading duck strips accordion-style and leaving a ¼-inch space between pieces.

4. For a charcoal grill, arrange preheated coals around a drip pan. Test for medium heat above drip pan. Place skewers on grill rack over drip pan. Cover and grill for 12 to 15 minutes or until duck is no longer pink, turning once halfway through grilling time. (For a gas grill, preheat grill. Reduce heat to medium; adjust for indirect grilling. Place skewers on grill rack not directly over heat. Cover and grill as above.)

5. Serve skewers with mango mixture and sweet chili sauce. Makes 15 servings.

***TEST KITCHEN TIP:** You will find sweet soy sauce and sweet chili sauce in an Asian market.

****NOTE:** If using wooden skewers, soak in enough water to cover for 30 minutes; drain before using.

PER SERVING: 298 cal., 12 g fat, 21 mg chol., 483 mg sodium, 43 g carbo., 5 g fiber, 8 g pro.



INDIAN BUFFET

continued from page 67



CHIVRA (SNACK MIX)

One of the most popular snacks in India is *chivra*. This quick-to-fix adaptation flavors three types of cereal and mixed nuts with black pepper and cayenne pepper as well as whole mustard seeds.

START TO FINISH: 15 minutes

- 4 cups cornflakes
- 3 cups crisp rice cereal
- 3 cups puffed corn cereal
- 1 ½ cups mixed nuts
- 3 tablespoons cooking oil
- ½ teaspoon whole mustard seeds
- 1 tablespoon lime juice
- ¾ teaspoon ground black pepper
- ½ teaspoon salt
- ¼ teaspoon cayenne pepper

1. In a large bowl, combine cornflakes, crisp rice cereal, puffed corn cereal, and mixed nuts; set aside.

2. In a 4- to 6-quart Dutch oven, heat oil over medium heat. Add mustard seeds; cover and cook about 1 minute or just until the seeds stop popping (be careful not to burn seeds). Remove Dutch oven from heat. Carefully add lime juice, black pepper, salt, and cayenne pepper. Stir in cereal mixture.

3. Cook and stir over medium-low heat about 5 minutes or until lightly toasted, stirring frequently. Spread mixture on sheets of foil; cool completely. Makes 10 ¾ cups mix.

MAKE-AHEAD DIRECTIONS: Place snack mix in an airtight container; cover. Store at room temperature for up to 2 weeks.

PER ¾ CUP MIX: 156 cal., 9 g fat, 0 mg chol., 234 mg sodium, 18 g carbo., 1 g fiber, 3 g pro.



BLACK-EYED PEAS WITH PITA WEDGES

Pita wedges or corn chips are ideal for scooping up this intriguing, full-flavored dip. Spread any leftovers on bread and add a touch of Cilantro Chutney (recipe, page 103) for a sensational sandwich.

PREP: 20 minutes **COOK:** 10 minutes

BAKE: 7 minutes (pita wedges) **OVEN:** 375°F

- 2 tablespoons cooking oil**
- ½ teaspoon cumin seeds**
- 3 15-ounce cans black-eyed peas, rinsed and drained**
- 1 cup water**
- 2 teaspoons ground coriander**
- 1 teaspoon salt**
- ½ teaspoon ground turmeric**
- ¼ to ½ teaspoon cayenne pepper (optional)**
- 1 tablespoon lemon juice**
- ½ teaspoon garam masala**
- Thinly sliced red sweet pepper (optional)**
- Thinly sliced red onion (optional)**
- Fresh cilantro leaves (optional)**
- Toasted Pita Wedges**

1. In a very large skillet, heat oil over medium heat. Add cumin seeds; cook for 1 to 2 minutes or until cumin is aromatic. Stir in black-eyed peas, water, coriander, salt, turmeric, and, if desired, cayenne

pepper. Bring to boiling; reduce heat. Simmer, uncovered, 10 minutes or until liquid is creamy and nearly evaporated.

2. Stir in lemon juice and garam masala. Transfer to a serving bowl. If desired, garnish with sweet pepper, red onion, and cilantro. Serve with Toasted Pita Wedges. Makes 16 servings (¼ cup peas and 3 pita wedges each).

TOASTED PITA WEDGES: Preheat oven to 375°F. Split 4 pita bread rounds in half horizontally; cut each half into six wedges. Place wedges, cut side up, in a single layer on an ungreased baking sheet. Bake for 7 to 9 minutes or until light brown and crisp. Cool completely on a wire rack.

MAKE-AHEAD DIRECTIONS: Prepare Toasted Pita Wedges as directed. Place wedges in an airtight container; cover. Store at room temperature for up to 3 days.

PER SERVING: 111 cal., 2 g fat, 0 mg chol., 456 mg sodium, 19 g carbo., 3 g fiber, 4 g pro.



POTATO-STUFFED SAMOSAS

Samosas are the snack of choice in India. These crisp, fried pastries are most often stuffed with potatoes and peas as in this recipe, but they also can be loaded with spicy lamb mixtures or sweet fillings.

PREP: 1½ hours **COOK:** 4 minutes per batch

COOL: 1 hour/30 minutes

- 1½ pounds russet potatoes**
- 1 tablespoon cooking oil**
- ½ teaspoon cumin seeds**
- ¾ cup loose-pack frozen peas**

1 medium serrano or jalapeño chile pepper, seeded and finely chopped*

1 tablespoon grated fresh ginger

1 tablespoon ground coriander

2 teaspoons lemon juice

2 teaspoons garam masala

1½ teaspoons salt

4 cups all-purpose flour

¾ teaspoon salt

½ cup cooking oil

**Cooking oil for deep-fat frying
Cilantro Chutney (recipe, page 103) or ketchup (optional)**

1. For potato filling: Place whole, unpeeled potatoes in a large saucepan and add enough water to cover. Bring to boiling; reduce heat. Simmer, uncovered, for 25 to 30 minutes or until tender. Drain; set aside to cool completely (about 1 hour). Peel potatoes; crumble into ¼- to ½-inch irregular-size pieces.

2. In a large skillet, heat the 1 tablespoon oil over medium heat. Add cumin seeds; cook for a few seconds or until golden brown. Stir in peas, ¼ cup water, chile pepper, ginger, coriander, lemon juice, garam masala, and the 1½ teaspoons salt. Bring to boiling; reduce heat. Cover and simmer for 2 minutes. Stir in potatoes. Cover; cook for 2 minutes more. Remove from heat; let stand, covered, for 5 minutes. Uncover; let cool for 30 minutes.

3. For samosa dough: In a large bowl, combine flour and the ¾ teaspoon salt. Add the ½ cup oil, stirring until mixture is crumbly. Gradually add ¾ cup water, stirring constantly until a firm dough forms. (Or place flour and salt in a food processor. With the processor running, drizzle in the ½ cup oil, processing until mixture is crumbly. Drizzle in ¾ cup water until dough forms a ball.) If the dough is dry, stir in 1 or 2 tablespoons additional water.

4. Turn out dough onto a lightly floured surface. Knead about 5 minutes or until dough becomes smooth and soft. Divide dough into 16 balls.

5. To assemble samosas, pour ¼ cup water into a small bowl; set aside. Roll each

dough ball into a 6- to 7-inch circle. Cut each circle in half. For each samosa, brush some of the water along the straight edge. Fold in half, overlapping the straight edges to make a cone. Using your fingers, press edges tightly to seal, being careful to maintain cone shape.

6. Fill each cone with 2 tablespoons of the potato filling. With each filled cone placed sealed seam up and centered, brush some of the water along the inside of the open side of the cone; press to seal tightly. Cover the filled samosas with a clean kitchen towel to avoid drying out while filling the remaining samosas.

7. In a wok or large saucepan, heat enough cooking oil for deep-fat frying to 350°F. Fry samosas, 4 to 6 at a time, for 4 to 5 minutes or until light golden, turning occasionally. Serve hot. (You can keep the fried samosas hot in a 200°F oven for up to 2 hours before serving.) If desired, serve with Cilantro Chutney or ketchup. Makes 32 samosas.

MAKE-AHEAD DIRECTIONS: Place unfried, filled samosas in an airtight container; cover. Freeze for up to 3 months. Let stand, covered, at room temperature about 1 hour before frying and serving as directed in Step 7.

***TEST KITCHEN TIP:** Because chile peppers contain volatile oils that can burn your skin and eyes, avoid direct contact with them as much as possible. When working with chile peppers, wear plastic or rubber gloves. If your bare hands do touch the peppers, wash your hands and nails well with soap and warm water.

PER SAMOSA: 148 cal., 9 g fat, 0 mg chol., 169 mg sodium, 15 g carbo., 1 g fiber, 2 g pro.

QUICK SAMOSAS: Prepare potato filling as directed in Steps 1 and 2. Omit Steps 3 through 6. In a small bowl, whisk together $\frac{1}{4}$ cup water and 2 tablespoons all-purpose flour to make a paste; set aside. Heat a large skillet over low heat. Using sixteen 7-inch flour tortillas, cut one tortilla in half. Warm one half of the tortilla in the skillet for a few seconds; remove from skillet. Immediately brush the straight edge of the tortilla half with some of the flour paste; fold in half, joining the straight edges together to make a

cone. Press to seal edges tightly, being careful to maintain cone shape. Fill the cone with 2 tablespoons of the potato filling. Brush some of the flour paste inside the opened end; press to seal tightly. Repeat with remaining tortillas, flour paste, and potato filling. Fry and serve samosas as directed in Step 7.

PER QUICK SAMOSA: 108 cal., 6 g fat, 0 mg chol., 174 mg sodium, 11 g carbo., 1 g fiber, 2 g pro.

CILANTRO CHUTNEY

In India, chutney is used the way Americans use ketchup. Serve this vivid green chutney with Potato-Stuffed Samosas (recipe, page 102). (Shown on page 64 with Potato-Stuffed Samosas.)

START TO FINISH: 25 minutes

8 ounces fresh cilantro with stems (10 cups loosely packed)

$\frac{1}{3}$ cup coarsely chopped onion

$\frac{1}{3}$ cup lemon juice

1 teaspoon cumin seeds

1 to 2 jalapeño chile peppers, seeded and coarsely chopped*

$1\frac{1}{2}$ to 2 teaspoons salt

1. Trim the cilantro of any discolored leaves and stems. Cut about 1 inch from the tips of the stems, leaving the rest of the stems intact. Wash thoroughly. Drain in a colander.

2. In a blender, combine onion, lemon juice, cumin seeds, chile peppers, salt, and about half of the cilantro; cover and process to a smooth paste. Add remaining cilantro; process until very smooth. Makes $1\frac{3}{4}$ cups chutney.

***TEST KITCHEN TIP:** Because chile peppers contain volatile oils that can burn your skin and eyes, avoid direct contact with them as much as possible. When working with chile peppers, wear plastic or rubber gloves. If your bare hands do touch the peppers, wash your hands and nails well with soap and warm water.

MAKE-AHEAD DIRECTIONS: Prepare as directed. Transfer chutney to an airtight container; cover. Chill for up to 5 days.

PER 2 TABLESPOONS CHUTNEY: 7 cal., 0 g fat, 0 mg chol., 226 mg sodium, 1 g carbo., 1 g fiber, 0 g pro.



CHAI

For a change of pace, enjoy chai the way it's served in India—as a late-afternoon pick-me-up. You'll find this traditional recipe produces a lighter, less-rich cup of chai than most American coffee shop versions. Serve it after your buffet.

START TO FINISH: 30 minutes

16 cups water

4 cardamom pods, crushed*

2 teaspoons grated fresh ginger

3 cups milk

5 tablespoons black tea leaves or 15 black tea bags

$\frac{1}{2}$ cup sugar

1. In a 6- to 8-quart Dutch oven, combine the water, cardamom pods, and ginger. Bring to boiling. Add milk. Return to boiling; reduce heat to low. Add tea leaves or bags. Simmer, uncovered, for 2 minutes. Stir in sugar; remove from heat.

2. Let sit for 3 to 5 minutes or until desired strength. If using tea leaves, strain through a fine-mesh sieve. Makes 16 (about 8-ounce) servings.

***TEST KITCHEN TIP:** Use a mortar and pestle to crush the cardamom pods. Or place the pods in a resealable plastic bag and use a rolling pin to crush the pods.

PER SERVING: 46 cal., 1 g fat, 4 mg chol., 23 mg sodium, 8 g carbo., 0 g fiber, 2 g pro.



LAMB BALLS WITH CUCUMBER RAITA

PREP: 45 minutes BAKE: 25 minutes

OVEN: 350°F

- 1 medium onion, finely chopped
- 1 1/4 teaspoons grated fresh ginger
- 2 or 3 cloves garlic, minced
- 1 teaspoon salt
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- 1/2 teaspoon garam masala
- 1/4 to 1/2 teaspoon cayenne pepper (optional)
- 2 pounds lean ground lamb
- Lettuce leaves
- Cucumber Raita

1. Preheat oven to 350°F. In a large bowl, combine onion, ginger, garlic, salt, coriander, cumin, garam masala, and cayenne pepper (if using). Add lamb; mix well. Shape meat mixture into thirty-two 1 1/2-inch meatballs. Place meatballs in a 15x10x1-inch baking pan.

2. Bake, uncovered, for 25 minutes or until cooked through (160°F). If desired, broil meatballs 3 to 4 inches from heat for 5 to 6 minutes to brown. Drain fat. Transfer meatballs to a serving platter lined with lettuce leaves. Serve with Cucumber Raita. Makes 32 meatballs.

CUCUMBER RAITA: Peel one medium cucumber; shred cucumber. Place shredded cucumber in a strainer; let stand for 15 minutes. Discard liquid. Place

cucumber in a bowl and stir in one 16-ounce carton plain yogurt; 1 teaspoon Roasted Cumin Powder; 3/4 teaspoon salt; and, if desired, 1/4 teaspoon cayenne pepper. Serve immediately or cover and chill until serving time.

ROASTED CUMIN POWDER: In a small skillet in a well-ventilated area, heat 1 tablespoon cumin seeds over medium heat until smoke begins to rise and seeds begin to brown, about 5 to 6 minutes. Remove from skillet. Cool to room temperature. Grind seeds with mortar and pestle or spice grinder. Store, covered, in an airtight container for up to 2 weeks.

PER MEATBALL (WITH RAITA): 68 cal., 4 g total fat, 20 mg chol., 154 mg sodium, 2 g carbo., 0 g fiber, 6 g pro.



COCONUT SWEETS

PREP: 15 minutes COOK: 31 minutes

COOL: 1 1/2 hours

- 2 tablespoons butter
- 1 15-ounce carton ricotta cheese
- 1 1/2 cups nonfat dry milk powder
- 3/4 cup sugar
- 2 cups shredded coconut

1. Grease an 8x8x2-inch baking pan; set pan aside.

2. In a large skillet, melt butter over medium heat. Add ricotta cheese and dry milk powder; stir to mix well. Cook and stir about 18 minutes or until mixture does not flow and almost forms a ball when stirred. Stir constantly to prevent sticking or burning on the bottom.

3. Stir in sugar. Cook and stir for 8 minutes more. Add coconut; mix well. Cook and stir for 5 minutes more.

4. Press mixture evenly into prepared pan. Cool for 30 minutes. (Mixture will

set as it cools.) Cut into 1-inch diamond shapes (cut six parallel rows in one direction and six or seven rows diagonally to make diamond shapes). Cool about 1 hour more or until completely cool; remove from pan. Makes about 36 pieces.

MAKE-AHEAD DIRECTIONS: Layer pieces between waxed paper in an airtight container; cover. Store in the refrigerator for up to 1 week or freeze for up to 1 month.

PER PIECE: 68 cal., 4 g fat, 8 mg chol., 31 mg sodium, 7 g carbo., 0 g fiber, 3 g pro.



HALWA WITH ALMONDS AND RAISINS

Halwa is a soft, creamy Indian treat made with quick-cooking wheat cereal (sooji in Indian). Serve this dish as part of a traditional Indian feast or buffet.

PREP: 30 minutes COOK: 23 1/2 minutes

STAND: 5 minutes

- 1/3 cup Ghee or unsalted butter, melted
- 1 1/2 cups quick-cooking wheat cereal (farina)*
- 1/2 cup sliced almonds, toasted
- 5 cups water
- 1 1/2 cups sugar
- 2 tablespoons golden raisins
- 6 cardamom pods or 1/8 teaspoon ground cardamom
- Golden raisins (optional)

1. In a heavy large saucepan, combine Ghee or melted butter and cereal. Cook over medium heat for 15 minutes, stirring frequently. Increase heat to medium-high; cook and stir about 5 minutes more or until cereal is golden brown. Add $\frac{1}{4}$ cup of the almonds; cook for 1 minute more.

2. Carefully add the water and sugar. Bring to boiling, stirring to dissolve sugar; reduce heat. Simmer, uncovered, for $2\frac{1}{2}$ to 3 minutes or until most of the water is absorbed, stirring frequently. (Stir carefully; halwa can spatter.)

3. Stir in the 2 tablespoons raisins and, if using, the ground cardamom. Sprinkle individual servings with the remaining $\frac{1}{4}$ cup almonds and, if desired, additional golden raisins. If using cardamom pods, remove the seeds from the pods and grind with a mortar and pestle; sprinkle over halwa. Let stand for 5 to 10 minutes before serving (halwa will thicken as it cools). Makes 14 servings.

GHEE: In a heavy large saucepan, melt $\frac{1}{2}$ cup unsalted butter over medium-low heat without stirring. Increase heat to medium; continue cooking for 20 to 25 minutes or just until solids begin to brown. Very carefully remove from heat; cool for 10 minutes. Remove milky white solids with a spoon; discard solids. Pour the remaining portion through a fine sieve; discard solids. Makes $\frac{1}{3}$ cup.

***TEST KITCHEN TIP:** Be sure to choose farina that needs to be cooked for $2\frac{1}{2}$ minutes.

PER SERVING: 281 cal., 14 g fat, 28 mg chol., 59 mg sodium, 37 g carbo., 1 g fiber, 4 g pro.

TANDOORI CHICKEN WINGS

Cooked in a clay oven (a tandoor), this delectable, traditional dish has a signature deep red color and a tantalizing flavor.

PREP: 45 minutes **MARINATE:** 4 to 24 hours

BAKE: 25 minutes **BROIL:** 6 minutes

OVEN: 400°F

- 5 pounds chicken drumettes***
(about 50 drumettes)
- 1 medium onion, cut into wedges**
- 1 8-ounce can tomato sauce**
- 1 6-ounce carton plain fat-free yogurt**
- 1 tablespoon ground coriander**
- 4 cloves garlic, coarsely chopped**



- 2 teaspoons chopped fresh ginger**
- $1\frac{1}{2}$ teaspoons salt**
- 1 teaspoon cumin seeds**
- 1 teaspoon garam masala**
- $\frac{1}{2}$ to 1 teaspoon cayenne pepper (optional)**
- $\frac{1}{4}$ to $\frac{1}{2}$ teaspoon red food coloring**
- 2 whole cloves**
- Lemon wedges (optional)**
- Thin wedges red onion (optional)**

1. Place chicken drumettes in a 3-quart rectangular baking dish; set aside.

2. For the tandoori masala: In a blender or food processor, combine onion, tomato sauce, yogurt, coriander, garlic, ginger, salt, cumin seeds, garam masala, cayenne pepper (if desired), red food coloring, and whole cloves. Blend to a very smooth paste. (The color should be deep red.)

3. Pour the tandoori masala over the chicken drumettes; turn drumettes to coat. Cover and marinate in the refrigerator for 4 to 24 hours.

4. Preheat oven to 400°F. Arrange as many of the drumettes on the unheated rack of a broiler pan as will fit in a single layer. Bake for 25 minutes. Turn oven to broil. Broil chicken 4 to 5 inches from the heat for 6 to 8 minutes or until no longer pink and pieces just start to blacken, turning once halfway through broiling.

5. Transfer drumettes to a serving platter. Repeat baking and broiling of the remaining chicken. If desired, serve with lemon

and red onion wedges. Makes 16 servings (about 3 drumettes each).

***TEST KITCHEN TIP:** If you cannot find chicken drumettes, use 25 chicken wings instead. Cut off and discard the tips of the chicken wings. Cut wings at joints to form 50 pieces.

PER SERVING: 119 cal., 4 g fat, 62 mg chol., 363 mg sodium, 3 g carbo., 0 g fiber, 16 g pro.



MANGO LASSI

One way to quench your thirst in India is to sip lassi, a yogurt drink that is served plain or flavored with fresh fruit.

PREP: 30 minutes **CHILL:** 1 to 24 hours

- 4 mangos, chopped and peeled (4 cups)**
- 3 32-ounce cartons plain low-fat yogurt (12 cups)**
- 3 cups cold water**
- 2 cups sugar**
- 4 to 5 cups crushed ice**

1. In a blender or food processor, blend mango until smooth. In a very large bowl, combine the blended mango, yogurt, water, and sugar. Whisk together until smooth. Cover; chill for 1 to 24 hours.

2. To serve, stir the crushed ice into mango mixture. Blend the mixture in batches, about 4 cups at a time, until smooth and frothy. Makes 16 (10-ounce) servings.

PER SERVING: 227 cal., 3 g fat, 10 mg chol., 121 mg sodium, 43 g carbo., 1 g fiber, 9 g pro.