

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

$\frac{1}{2}$ 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.

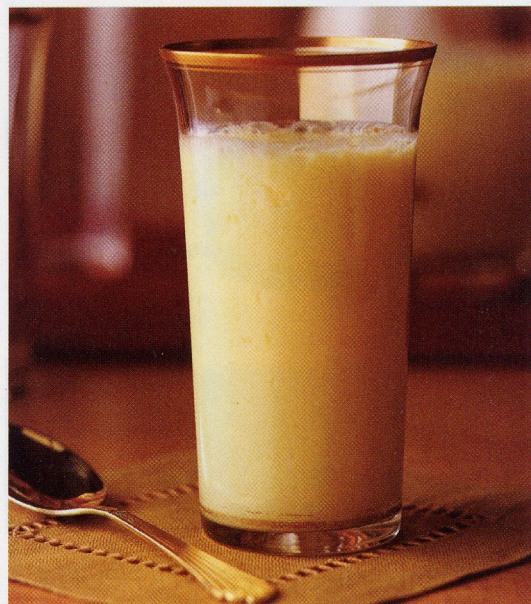
4. Preheat oven to 400°F. Arrange as many of the drumettes on the unheated rack of a broiler pan as will fit in a single layer. Bake for 25 minutes. Turn oven to broil. Broil chicken 4 to 5 inches from the heat for 6 to 8 minutes or until no longer pink and pieces just start to blacken, turning once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