



# Masaleydaar: Classic Spice Indian Blends

(c) Nandita Godbole, 2023  
Foreword: Colleen Taylor Sen

Prolific lifestyle journalist & international cookbook author Nandita Godbole publishes her seventh cookbook, **Masaleydaar: Classic Spice Indian Blends** - her love letter to the multifarious micro cuisines of India, presented in a mouthwatering exploration of nearly 50 spice blends & more than 100 effortless yet decadent recipes, all showcased through modern food photography via a delightfully resourceful cookbook.

**Masaleydaar** explores the granular complexities of India's distinctly regional cuisines through its culinary backbone: its masalas. Enjoy navigating regional flavor families through their geopolitical histories that have shape food-identities, guided with tips & personal anecdotes that will make each delicious recipe even more memorable.

**Spruce Eats** picked **Masaleydaar** for their 'Best Indian Cookbook' list (July 2023). **Masaleydaar** recipes have been celebrated in **Food Network** (October 2022, digital), **Forbes** (July 2022), **Atlanta Magazine** (May 2023), **Alcohol Professor** (April 2023) & others.

*Godbole shares: This is how Indian kitchens exist: its flavors have evolved through the ages & are continually nourished & enriched by traditions. For centuries Indian cuisine has one pattern: cook, eat, adapt, & repeat. With **Masaleydaar**, readers can do the same.*

**ABOUT:** After six successful cookbooks, each exploring niche aspects of Indian cuisine, in **Masaleydaar** Godbole showcases scores of classic cooking techniques including Thecha, Kashaundi, Sorisa, Curry Leaf Paste etc. & tips to customize small batches of powdered spice blends, i.e., garam masalas for daily use - all showcased in mouthwatering recipes for every diner. Enjoy flavorful comfort-foods like *Masala Khichdi with Gujarati Daal Masala*, *Matki Misal in Goda Masala*, *Tangdi Murg in Nihari Masala* - a fragrant Awadhi stew, a devilishly delicious *Mango Rasmalai* & scores more, nestled alongside modern preparations like *Okra Kadhi with Rassam Powder*, *Daal-Dhokli with a Twist* of butternut squash tortellini, *Totally Non-desi Ca-er Kabuli Chaat* with capers cooked in a Rajasthani Masala & served with bhakri, *Pondicherry French Toast*, & a *Shetoothwali Shahjahani Kheer* with mulberries, flavored with a unique blend of Mughlai spices. Pushing the envelope on beverages as well is a section with updated classic drinks like a *Chai Rabdi Lassi* with a decadent *Chai Masala* & *Pahadi Paloma* with flavored salt *Pisyo Loon* & garnished with grilled fiddlehead ferns!

**PEER REVIEW:** In her foreword, author **Colleen Taylor Sen** observes: *This book is a brilliant culmination of a lifetime of research, practice, thinking & talking about Indian food, an encyclopedia of information about spices & Indian food in general that can served as a valuable reference work.* Acclaimed celebrity chef, **Chef Tyler Lyne** shares his enthusiasm for **Masaleydaar** exclaiming: *Omg I'm in love! This book needs to be in the world! Killer.*





**MASALEYDAAR - THE PLAYBOOK:** Indian cuisine consistently ranks in the top five world cuisines & the hospitality industry is taking note. Godbole's uncanny insight into this phenomenon has shaped **Masaleydaar**, making it a timely playbook, an accessible guide to appreciating the sustained appeal & profound adaptability of Indian cuisine. With approachable recipes exploring scores of masalas, quick sauces, easy to replicate regional & seasonal foods, tribal cuisines & innovative beverages – **Masaleydaar** is the ultimate gateway into the exquisite complexity of Indian flavors.

**EXTRA EXTRA: Masaleydaar** carefully introduces readers to the subtle beauty of leaf-plates, a traditional practice of converting foraged sustainable & biodegradable materials into dining utensils through another tradition: clay pieces Godbole handmade for **Masaleydaar** adding a new skill set as a ceramicist, to her creative pursuits. Ceramics have featured alongside all **Masaleydaar** press.

**SUPPLEMENTING THE EXPERIENCE:** To encourage readers to experiment, & to supplement her cookbook, Godbole also launches a line of small-batch spice blends '**Masaleydaar**'. Kitchen to kitchen in less than 7 days, these small batch handcrafted masalas are at their peak of perfection when they arrive. Available by mail order only through her website, [www.currycravingskitchen.com](http://www.currycravingskitchen.com) (08.01.23).

**AUTHOR BIO:** Godbole continues to share her passion for the nuanced complexity of Indian cuisine & its rise in the US hospitality mainstream through her work in Washington Post, Food Network, Eater (Atlanta, San Francisco & Los Angeles), Healthline, & others. Godbole is a sought-after speaker, a vocal advocate celebrating the confluence of ancient culinary traditions & innovations in the Indian cuisine. Her evocative journalism portfolio is available [here](#). Godbole divides her time between Atlanta, Georgia & Los Angeles California. She is an active member of the International Association of Culinary Professionals (IACP), South Asian Journalists Association (SAJA) & also Asian American Journalists Association (AAJA) where she also serves as the Atlanta-Chapter Board Representative.

---

### You bring the questions - Nandita brings the eats.

For interview queries, pop-up & collaboration opportunities, sample recipes, to receive invitations to media launch / networking events in Atlanta, Los Angeles, San Francisco or other, or other requests, please reach out directly: [currycravings@gmail.com](mailto:currycravings@gmail.com).

---

### PRODUCE SPONSOR FOR MASALEYDAAR

Melissa's World Variety Produce

### NANDITA'S SOCIAL MEDIA

Instagram: [@currycravings](https://www.instagram.com/currycravings), [@mrttika\\_bynandita](https://www.instagram.com/mrttika_bynandita)

Twitter: [@currycravings](https://twitter.com/currycravings)

### HASHTAGS

#currycravings #masaleydaar #spices #indianrecipes  
#indianfood #regionalIndian #nocurrypowder  
#currycravings #spicy #flavors #indianflavors #indianrecipes  
#melissasproduce

### Masaleydaar: Classic Indian Spice Blends

ISBN: 978-1-940957-27-2

340 pages, full color, perfect binding

Retail: \$55. Bulk / consignment pricing available.



---

**MASALEYDAAR**  
**CLASSIC INDIAN SPICE BLENDS**  
© NANDITA GODBOLE, 2023

---



## **Khada Masala: Whole Spice Blends**

Khada Masala is a broad term used to suggest a blend of whole spices. Khada Masala spices may be stored in whole-blended form or stored separately and combined only while cooking.

There are two kinds of Khada Masala; blends that contain seed spices are called 'Sabut Masala', and those that contain 'warm' spices are more commonly known as 'Garam Masala'. When powdered, these same blends become powdered version of those specific garam masalas.

## **Sabut Masala: Panch Phoran**

*Makes: varies. Time: 5 minutes*

An iconic example of a Sabut Khada Masala is Panch Phoran popular in Orissa, West Bengal, and other parts of Eastern India. Panch means five, Phoran suggests flavor. This blend includes equal parts cumin, black mustard, fenugreek, nigella, and fennel seeds. Some blends swap out one ingredient with sesame seeds or may even use mustard oil as part of the cooking method to bump up the nutty flavors. This blend is part of ‘tadka’ or the first step of seasoning in a dish and may even be the only seasoning in the dish. It is an incredibly versatile blend.

## **Panch Phoran Aloo**

*Makes: 2-4 servings. Time: 5-8 minutes plus prep time*

### **Ingredients**

- 1 tbsp mustard oil or cooking oil
- 1 tbsp Panch Phoran blend
- 3 cups diced potatoes, skin on, parboiled
- Salt, to taste
- 1 tsp lemon juice
- Cilantro to garnish, optional

### **Method**

Warm the oil in a shallow saucepan. While keeping the heat on medium-high, sprinkle in the Panch Phoran blend through the oil to season it. As the seeds begin to crackle in about 30 seconds, toss in the diced potatoes and stir to coat them in the oil. Add the lemon juice. Salt to taste and stir well until the flavors are well distributed. Cover and cook on low for 5 minutes or until the potatoes are fork tender. Garnish with cilantro if using, serve hot with rice and daal or breads of your choice.

## Chaat

A shared love among all locals across any part of India, is their appreciation of fresh fruits. Seasonal local fruits are in high demand, from succulent wax apples to tart raw mangoes and tamarind, from juicy gooseberries to soft custard apples (similar to cherimoya), fresh cashew apples, ice apples, and more. Nearly every market will have a few street vendors selling freshly cut fruits, sprinkled with a Chaat Masala that perks up the taste buds for a refreshing snack. A popular street snack is simple preparation: freshly charcoal roasted sweet corn, doused in butter, sprinkled with chaat masala and a squirt of lemon juice!

A Chaat Masala is a blend of flavor-packed spices that are lightly toasted. Across India, most people now purchase a premade Chaat Masala blend. Those who make it at home customize the spices to make the blend to suit their own palette. It is a fairly easy masala to make and have handy. Not only can you control the quality of ingredients, but the freshness is also incomparable.

The spices in any Chaat Masala address all the six rasas, making them a good ‘all-purpose’ seasoning, like a dusting salt. Most Chaat Masalas include cumin and coriander seeds for their earthy flavors, dried ginger for heat, and salt or rock salt to round out the flavors. Some homemade versions add fennel for a dash of sweetness, and a hint of ajwain for pungency. To add aroma, use a pinch of dried mint leaves. For an extra tang, either dried mango powder (amchur) or dried gooseberry powder, or a combination of the two.

## Smokey Konkani Chaat Masala

*Makes: varies. Time: 15 minutes*

To make a blend that has the unique edge of Konkani, one has to look past the traditional Chaat Masala spices. While most blends rely on black pepper for heat, sometimes a pinch of Teppal pepper takes it up a notch and makes it uniquely a Konkani-style Chaat Masala.

### Ingredients

- 1 part each cumin seeds, coriander seeds
- ½ part each fennel seeds, ajwain, optional
- ½ part each whole black peppercorns and Teppal pepper
- ½ part each dried ginger powder, and dried mango powder
- ½ part dried mint leaves
- 1 part or less rock salt, optional

### Method

Lightly roast all seed ingredients. Mix in powdered spices along with black pepper and Teppal pepper. Coarsely crush all the ingredients until they are fine enough for a pepper shaker bottle. Alternately, fill up a pepper mill with the coarsely crushed ingredients. In this case, use rock salt crystals and coarsely crushed mango instead of powdered versions. Vary the proportions a little and make a few versions to arrive at your favorite combination.



## Konkani Chaat

*Makes: varies. Time: 15 minutes*

For a truly Konkani-styled fruit chaat use fresh juicy tropical fruits like semi sweet mango, jackfruit pods, watermelon, guavas, and wax apples if you can find them. The concept of a fruit Chaat includes only two steps and embarrassingly straightforward: take your favorite fruits, and dust them with as much or as little of the Chaat powder. In a Konkani Chaat, inherent color of the Konkani Chaat Masala can make all the cut fruits appear dark. Chop the fruits and set aside. Dust in the masala just before serving.

## **Kashaundi**

*Makes: varies. Time: 20-30 minutes*

Kashaundi is a classic fresh Bengali paste often used as a dipping sauce for fried fish. While one can consider it as the Indian equivalent of mustard paste, it is far from it. Kashaundi combines equal parts mustard seeds and mustard oil, with some dried red chilies for heat, and a splash of sour, like vinegar to help preserve it a bit longer. My version adds another souring agent, green mangoes that gives plenty of texture. Use fresh green chilies instead of dried red chilies if you are only making a small quantity for immediate consumption.

### **Ingredients**

- 1 part diced raw mangoes, to taste
- 1 part black mustard seeds
- 1 part yellow mustard seeds
- 1 part dried red chilies, see note
- 1 part mustard oil, plus extra as needed
- 1 tsp turmeric powder, optional
- 1 tbs white vinegar per 2 cups of ingredients combined, optional

### **Method**

Wipe down the raw mangoes thoroughly. Remove a quarter inch of skin under the stem. Cut it into two halves and remove the seed. Roughly chop the flesh into small pieces.

Dry roast the mustard seeds briefly and cool them before using.

Deseed the red chilies before use. Roast them in a pan with 1 tablespoon of mustard oil until they glisten and are aromatic. Cool before using.

Combine all the ingredients in a small blender. In short bursts, pulse the mix until the mustard seeds begin to crush, and it reaches a spreadable consistency. If the mix is overly pasty - it will be bitter. Typically, this mix is consumed fresh, but if you wish to preserve it for a few months, add a splash or two of white vinegar. Store in a clean jar in the fridge. Use as needed.



## **Kashaundi-crusted Salmon**

*Makes: varies. Time: 5-7 minutes plus prep time.*

For most urbanites, frozen fish filets are a freezer/grocery staple. But sometimes, these tend to dry out quickly during cooking. This recipe addresses two aspects of making pan-fried fish- keeping the fish tender and giving it a crunchy and a flavorful crust. When the Kashaundi is layered over the fish, its flavors sear into the meat and give it a fragrant, crunchy crust. While its simplicity makes an easy weeknight choice, the intensely flavorful fish makes it welcome for special meals.

### **Ingredients per salmon filet:**

- 2 tbsp Kashaundi paste
- 1 tbsp cooking oil (mustard oil preferred)
- Pinch of salt

### **Method**

If using frozen salmon, remove from the packet, rinse out and pat dry.

Start a skillet to medium low heat. Set down the flesh side of the fish onto the skillet. Allow this to sear, 1-2 minutes. Carefully flip the fillet over to its skin side. On the seared side, smear the Kashaundi paste liberally, as much as it will hold. Sprinkle with a pinch of salt. Reduce the heat and cover to allow this to cook in its own steam, while the skin sears to a crisp, 4-6 minutes. Just as the fish appears fully done, tip it gently to its side so that the Kashaundi-laden top can sear into the side of the skillet. This ensures the Kashaundi cooks a little bit without getting burnt. Serve with a light drizzle of mustard oil if using.

## Mangalore/Manglori Bunt Masala

*Makes: ¾ cup. Time: 30 mins*

A downstairs neighbor from my childhood, Mrs. K, was originally from Karnataka. She would make the most delectable stuffed eggplants, lentil-based stews and more - dishes vastly different from what my mother cooked. Whenever she returned from visiting family in Karnataka, she would set an extra setting at her dinner table for me, because she had brought back some Manglori spices. While I don't recall the exact blends she brought back, I call this one Manglori because the lilt of the word reminds me of Mrs K's maternal care.

This spice comes from the region of Mangalore, a port city in Karnataka and is particularly popular in the Bunt community. More commonly, this spice would be called Mangalore Bunt Masala.

### Ingredients

- 1-2 parts Bydagi Chilies
- 3 tbsp per part, raw peanuts\*\*, optional
- 3-5 tbsp per part, whole coriander seeds
- 1-2 tsp per part, fenugreek seeds
- ½-1 tbsp per part, cumin seeds
- ½ tbsp per part, whole black peppercorns
- 1 tbsp per part, ghee
- 6 large garlic cloves, per part, thinly sliced
- ½ tsp turmeric powder, per part, optional

### Method

Carefully break and deseed the Bydagi chilies. Dry roast the raw peanuts if using and remove the husk before proceeding.

In a heavy-bottom skillet, one by one dry roast all the ingredients except ghee, garlic and turmeric if using. Transfer onto a paper towel and allow to cool.

Warm the ghee in the same skillet and fry the garlic until golden. Transfer onto a paper towel. Allow this to drain and cool for 5 minutes before proceeding.

Once completely cooled, combine all the whole spices and the turmeric in a spice mill. Grind to a fine powder. Scrape down the masala to ensure there is no caking. Mix thoroughly well before storing. Store in a dry glass container in a cool dry space.

## Ghee-roasted Okra in Mangalori Bunt Masala

Makes: 4 servings. Time: 15 mins

This is a very quick recipe that requires hardly any extra work and will become your go-to dish when you don't want to wait through any steps of a recipe. Use fresh okra when available or swap out with a frozen portion.

### Ingredients

2 tbsp ghee	2 cups trimmed okra
2 shallots, thinly sliced	Juice of ½ lemon
1-2 tbsp Manglori Bunt Masala	Salt, to taste

### Method

In a large bowl, combine all the ingredients except the ghee. Toss until well covered.

In a shallow skillet, warm the ghee until melted. Add the scallions and okra mix. Stir well until the okra is well coated in ghee. Reduce the heat to its lowest setting. Cover lightly and allow the okra to cook until fork tender. Serve warm with sides of choice, like roti or paratha.

## Baby Eggplants with Bunt Masala

*Makes: 4 servings. Time: 15 mins*

Baby eggplants do beautifully in another quick and easy recipe. Use eggplants that are the size of a lemon. To note, salt is used in three different parts of this recipe: to draw out the bitterness of the eggplant, to season the eggplants and the stuffing, and to season the sauce. The salt in the eggplant soak only draws out its bitterness, as one would see in a darker colored water, but does not season the eggplant. It is harder to season the eggplant after it is added to the pan, so resist the temptation to skip any steps.

### **Ingredients: Eggplants & stuffing**

10 baby eggplants  
Salt for soaking  
3 tbsp Manglori Bunt Masala  
1 tsp red chili powder  
1 tbsp crushed roasted peanuts  
2 tbsp fresh grated coconut  
1 tsp tamarind paste  
Salt, to taste

### **Ingredients: entree**

2 tbsp ghee  
1 tsp royal black cumin  
1 large red onion, thinly sliced  
1 tsp ginger-garlic paste  
1 sprig (6-8 leaflets) curry leaves  
Salt, to taste  
¼ cup water

### **Method**

Cut away the stem of the eggplants, score them and soak in salted water for 10 minutes. To prepare the eggplants - drain away the darker water and rinse them.

In a separate bowl combine the ingredients for the stuffing.

Fill the stuffing into each of the scored portions of the eggplant. Cover them with any remaining stuffing and set aside. Proceed with the recipe.

In a shallow skillet, warm the ghee until melted. Add the royal black cumin, the red onions, ginger-garlic paste and the curry leaves. Sauté until it is fragrant, 1-2 minutes. One by one add in the stuffed eggplants including any remaining stuffing. Carefully move them around to ensure they are covered with the hot ghee. Reduce the heat to its lowest setting. Add ¼ cup water and cover lightly. Cook until the eggplants are tender, 10 minutes. Do not stir them too much as the tender slices are prone to falling apart. Serve warm with sides of choice, like roti, paratha but it pairs especially well with dosa.