



Farewell the Winterline
INDIAN RECIPES

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Woodstock School Lyre Tree Quilt



Bandarpunch Peak in the Garwahl Himalayas

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Brahma Bulls Folk Art Card

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Alu Began

1 lb. potatoes (alu)
1 lb. eggplant (began)
2 medium onions, chopped
1/4 tablespoon ginger paste or powder
1/4 teaspoon garlic paste or powder
2 medium tomatoes
1/4 teaspoon cumin powder
1/4 teaspoon turmeric powder
1/4 teaspoon coriander powder
Salt to taste
3 tablespoon oil
1/2 cup chopped cilantro

Cut potatoes, eggplant and tomatoes in small cubes. Heat the oil in a pan. Fry the onion for 1 minute. Add garlic, ginger, cumin, turmeric and coriander; mix together for 2 minutes. Add potato and eggplant, and cook for 13 to 15 minutes. Add tomato, and cook for 3 minutes. Sprinkle with cilantro. Serve hot with nan, pita bread or rice.

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[Chapter 1- Farewell the Winterline](#)

A 5-month-old Stanley held high in the arms, close to the loving face of my first ayah, Marrimma.

She was a family servant from the Telugu speaking region of south India.

A family anecdote recalled the awestruck remark by a now-forgotten relative who, upon seeing this picture for the first time, remarked about how much Helen (my mother) had changed!



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Bhakari

2 cups whole.wheat flour

1 teaspoon salt

2 tablespoons vegetable oil

1/4 cup milk

1/2 cup water

Combine the flour, salt, oil, milk, and half the water in a bowl. Mix using a wooden spoon or fingers. Add more water, 1 tablespoon (15 ml) at a time until the dough forms a ball. Knead the dough with lightly oiled hands for 10 minutes. The dough should be fairly firm. Allow the dough to rest, covered with a dish cloth, for 15 minutes.

Divide the dough into 4 to 6 pieces. Roll each piece into a round 1/4 inch thick. Heat a flat griddle or large skillet over moderate heat. Cook the dough, one piece at a time, pressing it down occasionally with a spatula, until cooked and lightly browned on the bottom. Turn the dough and repeat. The dough may balloon slightly during cooking. Repeat with remaining pieces of dough.

Makes 4 to 6 pieces.

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Bhel Puri

2 cups puffed rice

1 cup cooked chickpeas

2 medium potatoes, cooked, peeled and cubed

1 small onion, finely chopped

2 oz. crushed potato chips

2 oz. salted peanuts

1 tbsp. tomato sauce

1/2 tsp. salt or to taste

Mix the puffed rice, chickpeas, potatoes, onions and peanuts. Add tomato sauce, mix well and then sprinkle salt and the sev/potato chips. The mixture must be made immediately before serving, or the puffed rice will turn soggy.

Among Khargpur friends one stood out— Lewin Brown.



Chapter 2 - Farewell the Winterline

A letter postmarked 5 Apr 40 with Lewin Brown's signature profile (a very good likeness) to match George VI's profile on the stamps.

He was much older, but that didn't matter. He was a talented artist and performer and a relaxed, good humored person. We spent hours at Lewin's place, catching up on gossip and enjoying his art, including beautiful books which featured the undraped female form, as the delicate expression put it. Lewin did very good portraits in oil.

Lewin was a devotee of American movies, many which he saw from the film projection booth at the Institute. His job was to letter and draw in India ink the glass-slide announcements which were projected on the screen during the intermission in the program. He expertly dashed them off at a small table in the booth.

Lewin mastered many of Fred Astaire's dance routines, which he incorporated into his own presentations. He was also a fine dancer in the Kathakali school of Indian classical dance—a remarkable celebration of his heritage at a time when Anglo-Indians found its public acknowledgment difficult. Looking back, it is clear that he was one of those rare individuals who expand beyond conventional limits.



Lewin & Irene during a delightful visit at their London home. (1966)



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Bhindi Dopeaza

1 lb. okra

2 medium onions, chopped

1/4 teaspoon garlic paste or powder

1/4 teaspoon coriander paste or powder

1/8 teaspoon cumin

3 large tomatoes

2 tablespoon oil

1/2 cup chopped cilantro

Cut the tip and the very bottom from the okra just to clean it, but do not slice. Heat oil in a pan over medium heat. Add onion and cook for 3 minutes. Add all ingredients except okra, tomato and cilantro. Cook for 3 minutes. Add okra, then cook for 6 to 8 minutes. Garnish with tomato and cilantro. Serve with rice, naan or pita bread.

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Butter Chicken

3 lbs. chicken drumsticks/ thighs/ sliced breast pieces

1 tbsp. oil

1 tsp. ginger paste

1 tsp. garlic paste

3 tsp. chilli powder (optional)

1 cup yogurt or buttermilk

1 cup sour cream

1/2 tomato puree

4 oz. butter

6 cardamoms

6 cloves

2 sticks cinnamon

3 tsp. salt or to taste

Heat the oil in a large saucepan. Fry the ginger, garlic, cardamoms, cinnamon and cloves on medium low heat for a minute, and add the chicken with the yogurt or buttermilk, tomato puree, sour cream, chilli powder and salt. Cook on medium low heat, stirring occasionally, for half an hour, keeping the saucepan covered with a lid. Add butter before serving.

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[Chapter 3 - Farewell the Winterline](#)

Woodstock School - The high school and Parker Hall auditorium on the upper level. The steps, referred to as "Jacob's Ladder," rise past terraces where we cultivated class gardens and were awarded prizes for the good ones. Cosmos was about the only flower we could get to grow.



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Carrot Pudding

(Gajar Ki Kheer)

4 cups milk

2 tablespoons long grain rice

2 cups firmly packed peeled and grated carrots

1/2 cup granulated sugar

2 tablespoons slivered blanched almonds

1/2 teaspoon ground cardamom

1 teaspoon rose water (optional)

1/4 cup heavy cream

1/4 cup chopped pistachios

Combine the milk and rice in a large, heavy saucepan and bring to a boil over moderate heat, stirring frequently. Reduce the heat and cook uncovered at a slow boil for 20 minutes, stirring frequently. Add the carrots and continue cooking uncovered for 15 minutes, stirring frequently. Add the sugar and almonds and cook an additional 10 minutes, stirring frequently, until the mixture begins to stick to the bottom of the pan.

Remove from the heat and allow to cool to room temperature. Stir in the cardamom, optional rose water, and cream. Chill thoroughly. When chilled, the pudding should have a consistency slightly thinner than rice pudding, but it should not be runny. Add a little milk if it is too thick. Serve garnished with chopped pistachios.

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Cauliflower Soup

(Gobhi Shorba)

1 quart milk

2 oz. cashews finely chopped

1 tablespoon butter

2 cups water

10 oz. cauliflower flowerettes cut into cubes

1 teaspoon sugar

salt to taste

freshly ground pepper to taste

Heat cauliflower, cashews, water and milk over low flame for 15.20 min. Let it cool. Blend the mixture. Add salt, sugar and pepper. Boil the mixture. Stir in the butter near boiling point. Serve immediately garnished with coriander leaves.

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The Boys' Hostel with Woodstock spring & falls in the background, the source of fresh water for the swimming pool on the other side of the building. The senior boys had their beds on the upper verandah. The near wing housed faculty. The photo might have been taken by John after the end of the senior year in December 1937 at a moment of unusual quiet - not a single person in sight!



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Cheela Tomato

1 pound tomatoes, peeled and pureed

1 pound besan or gram flour

4 green chillies, minced

1 small bunch of coriander leaves, minced

1 teaspoon til (sesame seeds)

1 teaspoon turmeric powder

Salt and chilli powder to taste

6 teaspoons sugar

1. Form a soft batter by mixing together all the above ingredients.
2. Heat a griddle (tawa) to smoking. Then lower the heat and grease it well with ghee.
3. Put 1/4 cup of batter on it and spread it into a thin even round shape. When the undersides turn golden, put a little more ghee around the edges and turn over.
4. Remove from heat when both sides turn golden brown. Serve piping hot with green chutney.

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Chickpea Curry

(Chole Masale)

1 lb. canned chickpeas

1 large potato, cooked and cubed

1 tbsp. oil

1 large onion, pureed

1 large tomato, pureed

1 tsp. ginger paste

1 tsp. garlic paste

1/2 tsp. each cumin, coriander, turmeric and chilli powders.

1 tsp. salt or to taste

Cilantro/coriander leaves

Heat oil in a non-stick frying pan (or skillet) and fry the onion and tomato, ginger and garlic pastes, cumin, coriander, turmeric and chilli powders together for a couple of minutes. Add the potatoes and chickpeas and 1/2 cup of lukewarm water and cook until done.

Garnish with cilantro/coriander leaves.

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This wonderful painting by [Malcolm Swing](#) looks over the lower part of the Woodstock School estate and the Mussoorie hills [towards the plains below]

This image is available as a greeting card at the [Farewell the Winterline online store](#).



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Chicken Tikka

1 1/2 lbs. chicken breast; boneless and skinless

Salt; to taste

1 teaspoon chile powder

1 teaspoon coriander seeds, ground

2 tablespoons lime juice

2 garlic cloves

1 teaspoon grated fresh ginger

2 tablespoons oil

2/3 cup yogurt

lime slices; to garnish

Rinse chicken, pat dry with paper towels and cut into 3/4.inch cubes. Thread onto short skewers. Put skewered chicken into a shallow non.metal dish. In a small bowl, mix together yogurt, ginger root, garlic, chile powder, coriander, salt, lime juice and oil. Pour over skewered chicken and turn to coat completely in marinade. Cover and refrigerate 6 hours or overnight to allow chicken to absorb flavors.

Heat grill. Place skewered chicken on grill rack and cook 5 to 7 minutes, turning skewers and basting occasionally with any remaining marinade. Serve hot, garnished with lime slices.

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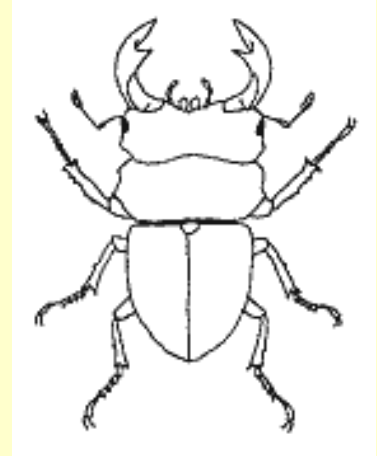
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Chicken Curry

- 2 lb. chicken pieces
- 2 onions, chopped or pureed
- 2 tsp. ginger paste
- 2 tsp. garlic paste
- 1 tsp. turmeric powder
- 1 tsp. chilli powder
- 1 tsp. cumin powder
- 1 tsp. coriander powder
- 1 tomato, pureed
- 1 tsp. salt or to taste
- Cilantro/coriander leaves
- 1 tbsp. oil

Heat oil in a saucepan and fry the onions, ginger and garlic, together with cumin and coriander powders and cilantro/coriander leaves for five minutes on low heat. Add tomato, chicken, turmeric and chilli powders and salt together with half a cup of lukewarm water and cook on medium low heat for half an hour, keeping the saucepan covered with a lid.

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[Chapter 4 -Farewell the Winterline](#)

Dumpy Stag Beetle

Very dangerous was the shinyblack "dumpy" with its short curved pinchers. Its reputation was that, once fastened to your finger, it would never let go! I didn't test it.



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Cilantro Chutney

(Chutni Gashneetch)

1 cup snipped fresh cilantro

1/4 cup lemon juice

2 tablespoons snipped fresh mint leaves or 1 1/2 teaspoons dried
mint leaves

1 teaspoon chopped gingerroot

1/2 teaspoon salt

1/4 teaspoon pepper

1/8 teaspoon ground red pepper

1 green jalapeno pepper, seeded and coarsely chopped

1/2 small onion, cut up

Place all ingredients in blender container or food processor. Cover and blend on high speed, stopping blender to scrape sides occasionally, until smooth, about 1 minute.

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Deep Fried Indian Pastries

(Samosas)

Pastry

2 tablespoons butter or margarine

1 tablespoon shortening

2 cups all.purpose flour

1/2 teaspoon salt

1 egg yolk

1/2 cup cold water

Cut margarine and shortening into flour and salt until mixture resembles fine crumbs; stir in egg yolk. Sprinkle in water, 1 tablespoon at a time, tossing with fork until all flour is moistened and pastry almost cleans side of bowl. Gather pastry into a ball; knead on lightly floured cloth.covered board until smooth, about 1 minute.

Filling

1 lb. ground lamb or beef

1 medium onion, finely chopped

1 clove garlic, finely chopped

1 teaspoon salt

1/2 teaspoon ground coriander

1/4 teaspoon ground cumin

1/4 teaspoon ground ginger

1/4 teaspoon pepper

Vegetable oil

Chutney

Cook and stir lamb or beef, onion and garlic in 10.inch skillet until meat is light brown; drain. Stir in salt, coriander, cumin, ginger and pepper. Cool. Divide pastry into fourths. Cover with damp towel to prevent drying. Roll one fourth into 12.inch circle (dough will be springy and may be slightly difficult to roll).

Cut into 4.inch circles; cut circles into halves. Moisten edges with water. Place 1 teaspoon filling on each half circle. Fold pastry over filling to form triangle. Press edges to seal securely. Repeat with remaining pastry.

Heat 1 to 1 1/2 inches of oil to 375oF. Fry about 5 pastries at a time until light brown, turning 2 or 3 times, 3 to 4 minutes; drain. Keep warm in a 200oF oven.

Serve warm with chutney.

Makes about 60 pastries.

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Chapter 5 - Farewell the Winterline

Easter 1931 - On the front steps at 1051 Vance Avenue, Coraopolis PA (which we called Cory-op- o-pop-o-lis for fun!)

Back row: Grandmother Humphrey and Mother (Helen Humphrey Brush), **Middle row:** Jean Humphrey, John & me (the author) with Frances in front..



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Ekoori

3 tablespoons butter or vegetable oil
1 small onion, finely chopped
1/2 teaspoon peeled and finely grated ginger
1 fresh hot green chile, finely chopped
1 tablespoon finely chopped coriander
1/8 teaspoon ground turmeric
1/2 teaspoon ground cumin
1 small tomato, peeled and chopped
6 large eggs, lightly beaten
Salt and pepper to taste

Melt butter in a medium size nonstick frying pan over a medium heat. Add the onion and saute until soft. Add ginger, chile, fresh coriander, turmeric, cumin and tomato. Stir and cook for 3 to 4 minutes until tomatoes are soft.

Put in the beaten eggs and season lightly. Stir the eggs gently until they form thick curds. Cook the scrambled eggs to desired consistency. Serve with toast or Indian bread.

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Fish Curry with Mustard

(Shorshe Maach)

1 lb. fish, cut into pieces

2 tbsp. oil

1 tsp. turmeric powder

2 tbsp. mustard powder

1 tsp. salt

8 green chillies

Make a paste of mustard in an equal amount of water. Heat oil in a non-stick frying pan and fry the mustard paste for half a minute, and add 3 cups of lukewarm water. Bring to a boil and add fish, turmeric and salt and green chillies. Cook on medium low heat for 30 minutes.

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Chapter 6 - Farewell the Winterline

A five man rickshaw on the Mall road in front of a favorite Landour rendezvous. The top could be raised for the passengers' privacy or protection from rain.



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Fried Bread Puffs

(Puris)

1 cup whole wheat flour

1/2 cup all.purpose flour

1/4 teaspoon salt

2 tablespoons vegetable oil

Combine flours, salt and oil in a bowl and make a stiff dough by adding water. Knead dough for 10 to 12 minutes. Wrap in plastic wrap and set aside for 20 minutes.

Break off small pieces of dough about the size of a cherry tomato. Roll out to about 3 inches in diameter. Deep fry in vegetable oil over medium heat a few seconds. They should puff up. Drain on paper toweling and serve hot.

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Ghee

1 cup butter

Melt the butter in a small heavy-bottomed saucepan on low heat. Increase the heat to simmer and let it brown, about 10 minutes or so, or until the milk solids on the bottom of the pan will start to brown. Do not let them burn.

Remove from the heat and cool. Skim the foam from the surface and carefully drain the ghee into a glass jar, leaving the solids behind. Use in recipes and store rest in refrigerator for later use.

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Chapter 6 - Farewell the Winterline

Kundi basket for children carried by a kundiwala (a porter). Victoria's in front and Cynthia's behind her. (1954)



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Green Moong Dhal

- 2/3 cup green moong dhal
- 1 onion, chopped
- 1 tsp. minced ginger
- 4 large garlic cloves minced fine
- 2 large tomatoes, sliced
- 1 tsp. cumin powder
- 1 tsp. coriander powder
- 1 tsp. garam masala powder (optional)
- 1 tsp. turmeric powder
- 2 tsp. salt or to taste

Pre-cook the lentils using three cups of water. Heat oil in a saucepan and fry the cumin seeds for a minute. Add the chopped onions, minced ginger, minced garlic, cumin, coriander and garam masala powders, as well as sliced tomatoes and cook, stirring constantly, for ten minutes on medium low heat.

Stir in lentils with another three cups of water and turmeric powder, heat till the mixture starts boiling, season with salt and remove from heat.

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Green Beans

(Gujerati)

1 lb. fresh green beans

4 tablespoons vegetable oil

1 tablespoon black mustard seed

4 cloves garlic, peeled and finely chopped

1 hot red dried chile, crushed

1 teaspoon salt

1/2 teaspoon granulated sugar

Black pepper to taste

Trim the beans and cut into 1.inch lengths. Blanch by dropping them into a pot of boiling water and boiling rapidly for 3 to 4 minutes. Drain in a collander, rinse under cold running water and set aside. Heat the oil in a large frying pan over medium heat. When hot, add mustard seeds. As soon as they begin to pop, add garlic and stir until lightly brown.

Add crushed red chile and stir for a few seconds. Add green beans, salt and sugar. Stir to mix. Turn heat to medium/low. Stir and cook the beans for 7 to 8 minutes until they have absorbed the spiced flavors. Add black pepper, mix and serve.

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Chapter 6 - Farewell the Winterline

A loaded mule train and driver on the Chukkar road. The bells around the mules' necks made a distinctive musical sound along with the crunching of their hooves on the gravel surface. (1953)



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Gulab Jamun

1 cup instant nonfat dry milk
1/4 cup all.purpose flour
2 pinches baking soda
3 tablespoons melted ghee
3 to 4 tablespoons milk
1 cup light brown sugar
3 cup water
7 cardamom pods
2 cup oil
1 teaspoon vanilla essence

In a large bowl, mix dry milk powder, flour, baking soda and ghee; using both hands, rub the mixture. Add the milk to the ingredients. Knead for another 5 minutes. Roll dough into small balls.

To prepare syrup, boil the brown sugar and 3 cups water in a pot for half an hour over low medium temperature. Add 2 cups oil to a small pot and fry the small balls until they are brown. After all balls are fried, reheat the sugar water. Add cardamom seed. As soon as it begins to boil, add the balls and simmer for 15 minutes.

When the balls absorb the syrup, turn off the heat. Remove the balls with slotted spoon. Stir the essence into the syrup and pour the mixture over the balls. Serve hot or cold.

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Kalakand

2 cups full fat milk

1 cup cottage cheese

1/2 cup sugar

Boil milk in a heavy bottomed saucepan until it reduces to half. Add cottage cheese and sugar and mix well till it attains a semi-solid consistency. Preheat the oven. Transfer the mixture to a square shaped oven proof dish and bake at 425F for 10 minutes. Let stand in the oven for half an hour. Cut into squares and serve.

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Chapter 7 - Farewell the Winterline

SEB (16) in my darzi (tailor)- made suit with my sister Fran (13). 1941

Fran, who was my love-life confidant, was delighted, but rather quickly became alarmed and disapproving when she realized that Beverly and I might be moving to hand-holding and, maybe, kissing. According to Frances, some of my hostel friends were filling my head with trash. Mother agreed. Certain acquaintances could not be counted on for proper guidance. Despite their fears, over the next few months Mother and then Dad, in Landour, reported in letters to John that a miraculous transformation was taking place in his younger brother.



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Lamb Braised in Yogurt and Cream

(Rogani Gosht)

1 cup plain yogurt

1 cup heavy cream

2 medium onions, coarsely chopped

1/4 cup blanched almonds

2 tablespoons chopped fresh ginger

2 tablespoons ground coriander

1 tablespoon ground cardamom

Salt and freshly ground pepper to taste

2 lb. boneless lean lamb, cut into 2.inch pieces

1 to 2 lb. potatoes, peeled and quartered

Combine all ingredients except the lamb and potatoes in an electric blender or food processor and process until smooth. Put the yogurt mixture and the lamb into a large, heavy pot (preferably nonstick) and bring to a boil over moderate heat. Reduce the heat and simmer tightly covered for 2 hours.

Check the stew and stir frequently, adding milk or water as needed if the sauce becomes too thick. Add the potatoes and continue cooking until tender, 30 to 45 minutes.

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Mango Chutney

1/4 cup refined oil
1 teaspoon mustard seeds
1/2 teaspoon turmeric powder
1 1/2 kg. raw mango
1/2 teaspoon salt
1 cup water,
5 cups sugar

Skin the mangoes. Remove the seeds and cut the mangoes into small pieces. Keep them aside. Heat the oil in a pan. Sprinkle the mustard seeds into the oil.

Just as the seeds start to crack, add the turmeric powder, salt and mango pieces into the pan.

Stir them thoroughly and add the water. Allow the whole thing to come to a boil. Add sugar to it and continue boiling. The chutney will be thickening. In the process continuous stirring is a must. When the chutney becomes thick remove the pan from burner. Let it cool to normal temperature. Refrigerate and serve cold.

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[Chapter 8 - Farewell the Winterline](#)

P-38H similar to the bombers used in India during WWII.



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Masala Parathas

1 cup wheat flour
1/2 cup rice or all.purpose flour
1 onion
1 carrot
3 to 4 cabbage leaves
Cayenne Pepper to taste
1 jalapeno or serrano pepper
1 potato
4 green chiles
1/2 teaspoon grated fresh ginger
5 tablespoons vegetable oil
1/4 teaspoon turmeric powder
Salt to taste

Finely chop all the vegetables either in a chopper or by hand in a large plate. You may even grate them if a chopper is not available. Add the flours, 2 tablespoons oil, salt, cayenne, turmeric and knead to a very stiff dough. Do not keep the dough for long after kneading, or it will become goeey and soft. This would make it difficult to roll the parathas.

Divide into 3 parts. Roll into 5.inch rounds. Shallow fry on a hot griddle (tawa) on both sides until golden brown using the remaining oil. Eat hot or carry away for later, with sauce, tamarind or onion chutney.

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Masoor Dhal & Onions

(Mushoor dhal pyaj phoron diye)

2/3 cup masoor dhal

1 tbsp. oil

1 large onion, sliced

1 tsp. turmeric powder

2 tsp. salt or to taste

Pre-cook the lentils using three cups of water. Heat oil in a saucepan and fry the onions for five minutes, stirring constantly. Add the lentils and another three cups of water and turmeric powder, heat till the mixture starts boiling, season with salt and turn off the heat.

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Chapter 8 - Farewell the Winterline

Along with the increased American military presence in India was the need for cemeteries for the U.S. casualties. Four to five thousand Americans were buried at the Kalaikunda.



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Naan

4 cups all.purpose flour

1 Tablespoon sugar

1 Tablespoon double.acting baking powder

1/4 teaspoon baking soda

1/2 tsp salt

2 eggs

1 cup milk

4 to 6 teaspoons ghee or melted butter

Combine the dry ingredients in a large mixing bowl and stir until the ingredients are thoroughly mixed. Make a well in the center of the mixture and add the eggs, stirring them into the mixture. Add the milk in a thin stream (or a little at a time if you only have two hands), and stir until all the ingredients are well combined.

Gather the dough into a ball and knead for about 10 minutes, adding a little flour as needed to prevent sticking, until the dough is smooth and can be gathered into a soft, somewhat sticky ball. Moisten your hands with a teaspoon of ghee, rub it over the ball of dough, and place it in a bowl. Drape a kitchen towel over the bowl and allow to sit at room temperature for about 3 hours.

Place two ungreased baking sheets in the oven and preheat the oven and the sheets to 450F. Divide the dough into 6 equal pieces and flatten each into a tear drop, or leaf shape about 6 inches long and 3 1/2 inches across at its widest point. Use your fingers to do this, and moisten them with ghee as needed to prevent the dough from sticking. The ghee also assures the proper texture of the bread, so moisten your fingers with it even if the dough is not sticky.

Arrange the bread "leaves" side by side on the preheated baking sheets and bake them for about 6 minutes, or until they are firm to the touch. Slide them under the broiler for a minute or so to brown the tops lightly. Serve warm or at room temperature.

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Okra Curry

(Masala Bhindi)

1 lb. okra, sliced lengthwise or chopped into small pieces.

2 onions, pureed

2 tsp. ginger paste

2 tsp. garlic paste

1 tsp. turmeric

1 tsp. chilli powder

1 tsp. cumin powder

1 tsp. coriander powder

1 potato, cubed

1 tsp. salt or to taste

1 large tomato, pureed

2 tbsp. oil

Heat oil in a non-stick frying pan (or skillet) and fry the onions, ginger and garlic, together with cumin and coriander powders and tomato for five minutes on medium low heat. Add potato, okra, turmeric and chilli powders and salt and cook on medium low heat for half an hour.

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[Chapter 9 - Farewell the Winterline](#)

A few of the servicemen who signed the parsonage guestbook enjoying a musical evening.



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Onion, Tomato & Cucumber Raita

2 cups yogurt/curds

Cilantro/coriander leaves

1 small onion, chopped fine

1 small cucumber, grated

1 small tomato, chopped fine

1 tsp. oil

1 tsp. mustard seeds

Salt and pepper to taste

Mix the yogurt/curds, onions and tomatoes, cilantro/coriander leaves, cucumber, salt and pepper. Fry the mustard seeds in oil and add to the mixture. Serve.

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Paneer Cheese

12 cups whole milk

2 teaspoon salt

1/4 teaspoon cumin seed, crushed

1/3 cup lemon juice

In a 5-quart Dutch oven bring milk, salt and cumin seed just to boiling; reduce heat. Simmer, uncovered, for 5 minutes. Remove from heat. Stir in lemon juice. Let stand 15 minutes.

Line a large strainer or colander with several layers of pure cotton cheesecloth. Strain mixture; discard liquid. Gently squeeze the cheesecloth to remove as much

liquid from the curds as possible. Wrap cloth around curds. Place wrapped curds in a large strainer or colander and put a weighted bowl on top to help press out any additional liquid. Let stand, covered, in the refrigerator for at least 15 hours.

Remove curds. Discard liquid. Form curds into a flat rectangle or press into a large bowl to shape.

Refrigerate, covered with plastic wrap, until well chilled. Store in refrigerator, tightly wrapped, for up to 3 weeks. Yields about 1 pound.

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[Chapter 9 - Farewell the Winterline](#)

Dr. Whitcomb examining a patient while squatting on the floor in the Indian manner.

Dr. Whitcomb specialized in cataract removals, restoring sight to villagers in a way that to them seemed to be miraculous! I had never seen anything as moving as an incident which happened in the operating room one afternoon. An old villager was on the operating table. His relatives squatted along the wall, watching. After removing the cataract, Dr. Whitcomb held two fingers in front of the patient's face, and asked, in Hindi, "*How many?*" The old man began to tremble. "*Two*," he said and realizing that he could see, began fumbling for Dr. Whitcomb's hand to kiss it. The family rushed forward to touch the doctor's feet in a gesture of profound gratitude. I felt like joining them! Dr. Whitcomb kept all of the old cataracts, hundreds of them, in a glass "trophy" jar.



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Peas Pulao

1 1/4 cup uncooked rice

1 tsp. turmeric powder

1 tsp. chilli powder

1 tsp. each cumin and mustard seeds

1 tsp. salt or to taste

Cilantro/coriander leaves

1 tbsp. oil

For the peas:

1 lb. shelled green peas

1 tsp. ginger paste

1 tsp. garlic paste

1 tsp. turmeric powder

1 tsp. chilli powder

1 tsp. cumin seeds

1 tsp. salt or to taste

Cilantro/coriander leaves

1 tbsp. oil

Heat oil in a heavy bottomed saucepan and fry the cumin and mustard seeds for one minute. Add rice, turmeric and chilli powders and salt together with two and a half cups of lukewarm water, cover with the lid and cook on medium low heat for half an hour.

While the rice is cooking, heat oil in a non-stick frying pan (or skillet) and fry the cumin seeds, together with ginger and garlic, for five minutes. Add green peas, turmeric and chilli powders and salt together with half a cup of lukewarm water and cook on medium low heat for fifteen minutes. Garnish with cilantro/coriander leaves. When the rice is done, mix the peas and garnish with cilantro/coriander leaves.

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Poha

2 cups flattened rice (poha)

available at any Indian grocery store.

2 cups water

1 potato, chopped small

2 tablespoons ghee

1 onion, chopped fine

1/4 cup groundnuts (raw peanuts)

1/2 teaspoon turmeric (just enough to color the rice)

1/2 teaspoon mustard seeds

Lemon juice, to taste

Salt and pepper

Soak the flattened rice (poha) in water and set aside.

In a large round-bottomed frying pan, heat the ghee till very hot. Add mustard seeds, onion, potato and groundnuts. When the mustard seeds are tender, cover with water and cook till potato and groundnuts are tender.

Drain off any excess water from the soaked rice. Add the turmeric to the rice till it gets a nice golden yellow. Add the rice to the frying pan and mix with the potato-onion mixture until hot. Add salt, pepper and lemon juice to your taste.

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[Chapter 10 - Farewell the Winterline](#)

[A warning leaflet given to all ship passengers](#), cautioning us about the dangers of discussing ship movements with others.



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Prawn Patia

1/2 teaspoon salt
1 teaspoon ground cumin
1 teaspoon crushed dried red chillies
4 tablespoons groundnut oil
1 capsicum, chopped small
2 large onions, sliced
1/2 â€œginger, finely chopped
3 cloves garlic, finely chopped
4 fresh chillies, finely chopped
1 lb. prawns, peeled
1/2 teaspoon turmeric
1.14 oz. can of plum tomatoes,
drained and roughly chopped
water

Heat the salt, cumin and dried chillies in a heavy frying pan over a high heat for 1 minute. Keep the spices moving. Add the oil. Lower the heat and add the onion and capsicum. Cook for a few minutes until the onions are soft.

Add the ginger, garlic and chillies. Stir for another minute. Add prawns, turmeric and tomatoes. If the mixture is too thick add a little water. Simmer until prawns are cooked through.

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Rice Pudding

(Payesh)

1/2 gallon full fat milk

2 cups cooked rice

1 cup raisins

1/2 cup sugar

Boil milk in a heavy bottomed saucepan until it reduces to half. The key to this dessert is vigilant, constant stirring to ensure that the contents do not stick to the bottom of the vessel. Add cooked rice, raisins and sugar and mix well till it attains a thick sticky consistency

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[Then just before midnight on June 15th our ship anchored in the Lower Bay](#) of New York

harbor. The lights of the city, not yet blacked out (as they undoubtedly should have been), brightened up the night sky. Our journey begun two and a half months earlier and covering some 22,000 miles was safely over. In a spontaneous collective act the passengers on deck, who were mostly missionaries, sang the Doxology together. It starts with the words, "Praise God, from Whom all blessings flow!" Our relief and gratitude for a safe arrival were certainly deeply felt and sincerely expressed.

June 16th was the day of debarkation and dispersal at the Hudson River pier. First off were the POWs. Then came the FBI and Naval Intelligence interviews, each thirty minutes long, conducted in alphabetical order. The Supplees and Tituses waited until 6:30 pm for theirs. "Amstutz" and "Brush" were among the first. Not the ideal circumstances under which to say good-bye, but we managed.



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Saffron Pilaf

(Zaffarani Pullao)

2 cups long-grain rice, preferably Basmati

3 to 4 fresh ripe peaches, or 1 (16 oz.)

can peaches in syrup, drained

6 tablespoons ghee or vegetable oil

1/4 cup slivered blanched almonds

1/4 cup unsalted pistachios

1 medium onion, finely chopped

1 (3-inch long) cinnamon stick

1 cup milk

1/4 cup seedless raisins

1/2 teaspoon ground cardamom

1/2 teaspoon powdered saffron

Salt, to taste

Soak the rice in 3 cups cold water for 30 minutes. Drain the rice, reserving the water, and set aside. Cut the peaches lengthwise into 1/2-inch slices. Heat the ghee or oil in a large saucepan over moderate heat and saute the peach slices until golden on both sides, 3 to 4 minutes. Remove with a slotted spoon and drain on paper towels.

In the same ghee, saute the almonds until golden brown, about 2 minutes. Remove and drain. Repeat with the pistachios. Set the almonds and pistachios aside. Add the onion to the ghee remaining in the pan and saute until tender, about 3 minutes. Add the cinnamon stick and fry for 1 minute. Add the rice and stir constantly for 2 minutes, until the rice begins to brown and is thoroughly coated with the ghee. Add the reserved water, milk, raisins, cardamom, saffron and salt.

Bring to a boil, stirring occasionally to prevent the rice from sticking to the bottom of the pan. Reduce the heat to low and simmer covered for 10 minutes. Remove from the heat and allow to sit covered for 15 minutes. Fluff the rice with a fork, remove and discard the cinnamon stick, and transfer to a serving platter.

Surround the rice with the reserved peach slices and sprinkle with the almonds and pistachios.

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Shrimp Curry

(Jhinka Masala)

1 lb. shrimps, peeled and deveined

1 onion, pureed

1 tsp. ginger paste

1 tsp. garlic paste

1 tomato, pureed

1 tsp. turmeric powder

1 tsp. chilli powder

1 tsp. cumin powder

1 tsp. coriander powder

1 tsp. salt or to taste

1 tsp. lemon juice

Cilantro/coriander leaves

1 tbsp. oil

Heat oil in a non-stick frying pan and fry the onion, tomato, ginger and garlic, together with cumin and coriander powders and cilantro/coriander leaves for five minutes on medium low heat. Add shrimp, turmeric and chilli powders and salt together with half a cup of lukewarm water and cook on medium low heat for twenty five minutes. Keep the pan covered with a lid. Stir well to let the shrimps blend with the spices. Season with lemon juice, garnish with cilantro/coriander before serving.

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[From the Afterword of Farewell the Winterline:](#)

"Padre" Edwin Brush welcomes worshippers at the New Year's Eve "Watchnight" service at the Union Church, Khargpur-Bengal India. The scene was painted by Lewin Brown in 1940 as a nostalgic greeting card for my brother John, who was in college in Lewisburg, PA, USA.



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Silken Chicken

(Murgh Makhan)

1 stick butter

1 (3 lb.) chicken, skin removed and cut into 10 pieces

4 garlic cloves, halves

1 medium fresh hot green chile, seeded

1 (2.inch) piece ginger, peeled and coarsely chopped

2 cups finely chopped onions

8 cardamom pods, cracked

9 whole cloves

2 teaspoons cumin seeds

1 teaspoon chile powder (unspiced ground red chiles)

1 (1 1/2.inch) piece cinnamon stick

1 (16 oz.) can whole tomatoes, chopped, with juice

1/2 teaspoon salt

1/4 cup fresh coriander

Combine garlic, chile and ginger in a blender and process for 15 seconds. Add onions and process for 15 seconds. Add cardamom pods and cloves and process for 15 seconds. Set aside.

Heat 3 tablespoons of the butter in a large skillet until the foam subsides. Over medium heat brown half the chicken pieces on all sides. Transfer to a plate. Repeat with 3 more tablespoons butter and remaining chicken.

Add remaining butter and garlic/onion/spice mixture to pan and cook, stirring constantly, for 10 minutes or until liquid has evaporated. Add cumin seeds chile powder and cinnamon stick and cook for 2 minutes, stirring constantly. Add tomatoes, with their juice and salt.

Cook, stirring often, for 10 minutes. Add chicken and its juices. Reduce heat to low. Cook covered for 30 minutes, until chicken is tender and sauce is thickened. Garnish with fresh coriander to serve.

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Tandoori Chicken

- 10 chicken drumsticks
- 2 tablespoons plain yogurt
- 2 tablespoons tomato paste
- 2 tablespoons fresh ginger, shredded
- 6 cloves garlic, ground
- 2 tablespoons lemon juice
- 2 tablespoons vinegar
- Salt, to taste
- Red pepper, to taste
- Garam masala, to taste
- 2 tablespoons vegetable oil

Skin drumsticks and make cuts on the drumstick meat. Mix yogurt, tomato paste, ginger, garlic, lemon juice, vinegar, salt, pepper and garam masala. Marinate chicken in this paste for six hours. Preheat oven to 350oF and bake for 45 minutes.

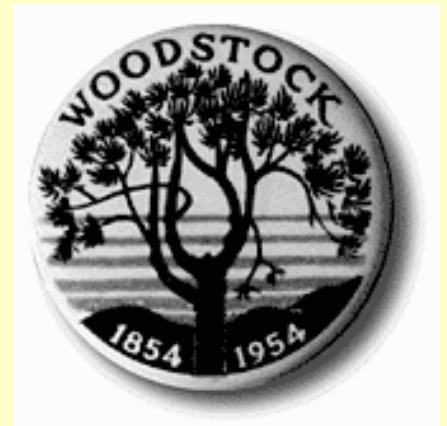
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[From the Afterword:](#)

Kharagpur (the standard modern spelling), the Union Church and house, the station, the residential areas and the market are still there. But "Bengal Nagpur Railway" as a name has disappeared, having been replaced by the more prosaic "South Eastern Railway." Contemporary Kharagpur's chief claim to fame is its elite Institute of Technology.

Our seaside resort at Chandipur has been absorbed into a missile test range for the Indian navy. But the beautiful beach of our day is gone. It was destroyed by a Bay of Bengal cyclone in the early 1990s

The wartime airfields (except for Chakulia and Kalaikunda), which half a century ago were busy with airmen and their planes, are abandoned. Their crumbled runways now mingle with the general historical detritus left by other exotic warriors who passed through India before them. The dead at Kalaikunda were transferred after the war, in accordance to the wishes of relatives, either home to the US or to the permanent American military cemetery at Carthage, Tunisia.



Now, approaching the sesquicentennial of its founding in 1854, Woodstock has transformed itself into an international school suited to the educational needs of the new India.



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Tomato Chutney

(Tamatar Chutney)

1/4 cup vegetable oil

1/2 teaspoon cumin seeds

6 to 8 cloves garlic, coarsely chopped

4 to 6 green chiles, halved and seeded

1 lb. ripe tomatoes, coarsely chopped

1 teaspoon paprika

Cayenne pepper, to taste

Salt, to taste

Heat the oil in a skillet over high heat. Add the cumin seeds and fry for 10 seconds. Add the garlic and halved chiles and cook for 1 minute. Add the remaining ingredients and stir to combine.

Reduce the heat and simmer uncovered for 1 hour, stirring occasionally, until the tomatoes are reduced to a thick paste and the oil has separated. Cool and serve at room temperature. Will keep covered and refrigerated for 1 week, and frozen for several months.

Makes about 1 cup.

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Yogurt Mint Drink

(Lassi)

Mix together:

1 quart milk

1 quart plain yogurt

to cup sugar, or a combination of sugar and honey

4 teaspoons vanilla

Immerse into lassi: 6 to 8 fresh mint stalks
(bruise leaves and tie ends of stalks together)
or 2 to 3 tablespoons dried mint in a teaball
or cheesecloth. Let stand in refrigerator at
least 5 hours to allow the mint to flavor the
lassi. Remove mint before serving.
Makes 2 quarts.

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Himalayan September

The air in our house was sodden,
the walls bulging with moisture
as the monsoon rains fell.

*"The eensy, weensy spider
went up the water spout..."*

Water twisted in heavy ropes from drainpipes
and arched from the roof corners,
water so thick I couldn't see
across the verandah.

*"Down came the rain
and washed the spider out..."*

We all took cover -
spiders, mosquitos, scorpions, us.
Mother told us to shake out our shoes
before putting them on,
to reach for cups
by their handles, not the rims.
Check everything:
pockets, coatsleeves, between the sheets.
And we were sentenced to the living room floor
with scissors and crayons
to make paperdoll families
from pictures in the Sears & Roebuck catalog.

*"Out came the sun
and dried up all the rain..."*

When the sky cleared
we began to emerge, like earthworms
flooded to the surface of the ground,
sent off to school again
armed with vials of salt
to loosen leeches from our ankles.

*"The eensy, weensy spider
went up the spout again."*

Sunlight knifed between the trees in the woods,
cut across our path
searching out furtive remnants of water.

Through my classroom window
I watched a fiery drop slide down a thread
in the huge new spiderweb anchored
between the sill and the eaves,
splintering my view of the courtyard
into sharp geometric fragments.

Victoria C. Brush
...remembering Landour and Eastwood
House as a kindergartener in 1956



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