

# Cooking With: Breaking the fast during Ramadan

## Continued from D1

lot is a mixture," says Shaheen Janoowalla, Gulam's wife. "We do make African food at home." Tonight, the menu is all Indian: chicken curry, spiced jasmine rice and peppery lentil fritters. They spoon heaps of food onto their plates — a single one for Shaheen and Gulam, who have shared a plate since their marriage — and eat with their fingers, using only their right hands, as is the Muslim custom. Still, a bit of their adopted home sneaks in: Their 11-year-old daughter Zahra dips her fritters into a dollop of ketchup.

While Shaheen often uses African ingredients in her kitchen, she sticks to traditional Indian fare for holidays like Eid ul-Fitr, which marks the end of the month-long Ramadan fast. "All the family members, they get together, either in the lunchtime or the evening, and that's when the traditional foods are cooked," Gulam says.

With their family back in Kenya, however, or in Toronto, where Shaheen has sisters, the Janoowallas will gather with the 200 families at the mosque, where they'll have a celebratory potluck dinner. Groups of people will sit around large platters on the floor; each person gets a small section near the edge of the platter on which to place his or her servings. Every bit of food must be finished; nothing can go to waste, out of respect for those who don't have enough to eat. If a child drops even a grain of rice, Shaheen says, the mother will pick it up and eat it.

"I see children throwing away food at school," Gulam says, "and I tell them that just 13 hours away by plane, children are starving."

These traditions are important to the family; they're the reason why, when Gulam and Shaheen decided to move to the United States, they chose Passaic. They'd learned of a small community of Dawoodi Bohras in the area. The community used to meet in a small house in Passaic, but three

years ago, the families pooled their resources to build a mosque in East Brunswick. Now the Janoowallas have been left behind; all but two or three families have moved to towns closer to the mosque.

"They used to live in Paterson, Clifton, Passaic. We're the last of the families, with maybe two or three others," Gulam says. "They always encourage us to go live in the community, but we both teach at Passaic High School, and the commute would be difficult."

They weren't always teachers; Shaheen worked as an accountant in Kenya, and Gulam owned a construction company. The first thing he bought in this country, he says, was a set of tools.

But in the United States, they decided to switch careers to be able to spend more time with their daughters, Zahra and 17-year-old Hannah, who is studying at Brandeis University and writes occasional columns for the Herald News' clique section.

Gulam went back to school first, while Sheehan supported the family; once he had his master's degree in education, he started work and she studied. Now they're both science teachers on the same schedule, with evenings and summers off to spend with their daughters.

Shaheen rules the kitchen, where she prepares dinner each night. One of her favorite features of their Passaic home, purchased two years ago, is a walk-in pantry, where she stores jars of spices, bags of Kenyan tea and Costco-sized jugs of oil. Whenever someone visits Kenya, he or she returns with an extra bag filled with food; everything else they can buy here, but certain African products, like the tea, are difficult to find on this side of the Atlantic.

In Kenya, Shaheen used to do everything from scratch: shell fresh peas for the rice, for example, and mash tamarind pulp for chutney. In this country, she's adopted a few shortcuts like us-

ing frozen peas and carrots and picking up tamarind pulp in the grocery store freezer.

"We never knew what stress was until we came to this country," she said.

The food isn't the only thing that's mixed in this house. At any moment, the family members may be speaking Swahili, Gujarati or Dawat Nizaban, the language of the Dawoodi Bohras that is a mixture of Gujarati, Urdu and Arabic.

"We make a point to speak to them in the vernacular," Gulam said. "They speak English at school and with their friends. We don't want them to forget their culture."

The following recipes are adapted from Shaheen Janoowalla's kitchen.

■ **Tarkhari**, a curry chicken dish, is their daughters' favorite. For a spicier version, substitute a mixture of fresh tomatoes and green chilies for the can of tomato sauce. Take two or three medium-sized tomatoes and a few small green chiles, unseeded, and puree them in a food processor.

## TARKHARI

**1/2 chicken, if boneless, cube the meat**  
**2 tablespoons olive oil**  
**1 whole red onion, chopped**  
**1/2 teaspoon garlic and ginger, mashed together with a mortar and pestle**  
**1/4 teaspoon turmeric**  
**1/4 teaspoon chili powder**  
**1/2 teaspoon salt**  
**1/2 teaspoon curry powder, or a mix of coriander and cumin**  
**2-3 potatoes, peeled and cut into chunks**  
**1 can of tomato sauce**  
**Dash of garam masala**  
**Handful of chopped cilantro**

Cover the chicken with water in a medium-sized pot and boil, covered, until cooked, 15 to 20 minutes. Set aside.

Cook the onions with the olive oil in the bottom of a pressure cooker over medium heat. After a few minutes, add the mashed

garlic and ginger and continue cooking. Add the turmeric, chili powder, curry powder and salt and stir. If the mixture is dry, pour a little bit of the chicken stock into the pot so it doesn't burn.

Keep cooking for about 10 or 15 minutes, continuing to add stock if the mixture gets dry. Add the potatoes and the rest of the chicken stock.

After a few more minutes, add the tomato sauce, garam masala and chicken. Put the top on the pressure cooker and continue to cook. After 10 to 15 minutes, remove the cover and check. Once the potatoes are tender, the dish is done. Add the cilantro just before removing it from the pot.

Serve on top of basmati rice.

## SPICED RICE

**2 cups basmati rice**  
**2 tablespoons olive oil**  
**1 cinnamon stick, cut into coarse pieces**  
**1 tablespoon whole cumin**  
**1 cup frozen peas and carrots**

Soak the rice in water for about 30 minutes.

Heat the olive oil in a small saucepan and add the cumin, cinnamon and peas and carrots. Cook for two minutes before adding the rice with 3 cups of water. Stir to mix the ingredients. Cover and cook until done, 10-15 minutes.

■ **Bhajias**, fritters made of a lentil batter, are served as appetizers with sweet tamarind chutney.

Janoowalla uses 3 cups each of three different types of yellow lentils. If you have time, let the mixture sit in the refrigerator for a few days so the flavors can seep into the lentils even more.

Asafetida, the resin from the root of the giant fennel, is sold in Indian shops as a white powder. It's a digestive aid, and a small amount is usually added to beans and lentils to prevent gas.

You can also substitute spinach for the cilantro, or omit

the green chiles for a milder version.

## BHAJIAS

**9 cups yellow lentils**  
**1 tablespoon salt**  
**1 teaspoon turmeric**  
**1 teaspoon chili powder**  
**2 spoonfuls whole cumin**  
**6 to 8 green chiles, whole, with the stems**  
**Dash of asafetida**  
**1/2 teaspoon baking soda**  
**2 red onions, chopped**  
**Bunch of cilantro, chopped**  
**Several cups of canola oil, for frying**

Soak the lentils overnight. Once soft, puree them in a blender.

Heat the oil in a large pot. Add the salt, turmeric, chili powder, cumin, chiles, asafetida, baking soda, cilantro and onions to the pureed lentils. Mix everything well.

Form the mixture into balls with your hands or a spoon and drop them in the oil. Cover the green chiles in batter, leaving the stems sticking out to identify these fritters as extra-hot.

Fry for several minutes, until the fritters are golden-brown. Remove with a slotted spoon and dry on paper towels. Serve with tamarind chutney.

■ **Tamarind chutney** is a sweet accompaniment to the spicy bhajias.

## TAMARIND CHUTNEY

**1/2 package frozen tamarind pulp**  
**2 teaspoons chili powder**  
**2 tablespoons sugar**  
**1 teaspoon salt**

Place the frozen pulp in a bowl and defrost in the microwave for one minute. Add the chili powder, sugar and salt, stir and microwave for one more minute. Stir again and serve.

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# Truffles: Self-medicating is the best!

## Continued from D1

Still, the health-conscious can turn to the home remedy. For instance, the truffle. This collusion between bittersweet chocolate and heavy cream, fortified with espresso and dusted with unadulterated cocoa powder, is strong medicine. Experts agree it comes packed with complex mood-boosters best abbreviated as caffeine, calories and chocolate.

The truffle is indicated for the mild depression experienced by the overworked and underappreciated. It is also a tonic for afternoon slump, laundry and exasperation.

The standard dose of two truffles should be administered, with or without coffee, at first sign of

surliness. Efficacy is immediate and intense. The potent truffle is countraindicated for children (a pediatric dose is available, foil-wrapped, from Hershey's). The only known side effect is addiction. Small price to pay for mental health.

## DAILY DOSE EXTRA-STRENGTH TRUFFLES

**8 ounces high-quality bittersweet chocolate (70 percent)**  
**2 tablespoons unsalted butter**  
**1 cup heavy cream**  
**1 tablespoon whole espresso beans**

**2 tablespoons unsweetened cocoa powder**

**Chop:** Line a loaf pan with one long stretch of plastic wrap. Finely chop chocolate. Toss in a mixing bowl with butter, cut into small chunks.

**Scald:** Heat cream and espresso beans in a small heavy pan. Just as cream comes to a boil, strain over chocolate and butter. Discard beans. Whisk chocolate smooth and shiny.

**Chill:** Scrape chocolate mixture into loaf pan. Fold over plastic wrap to cover. Refrigerate until firm, 3 hours.

**Dust:** Sift half the cocoa powder onto a clean, dry cutting

board. Unwrap truffle block onto cocoa. Sift remaining cocoa powder over the top. With a large heavy knife, cut into 36 1-inch cubes. Trust us: the truffle cube is even easier to dispense than the truffle sphere, and quite a bit tidier to produce. Toss to dust all sides with cocoa powder.

**Store:** Pile truffles into a glass or plastic container. Seal securely. Refrigerate or freeze.

**Dose:** During the moment of stress, say, the unruly child's bedtime, unreasonable deadline or unbelievable heap of laundry, take two. Keep out of reach of children.

# MOVIE TIMES

## CLIFTON

**CLEARVIEW'S ALLWOOD CINEMA 6:** 973-778-9747: **The Departed** - 4, 7:10. **Employee of the Month** - 5:15, 7:45. **The Grudge 2** - 4:15, 7:15. **The Guardian** - 3:30, 6:30. **The Illusionist** - 4:30, 7:30. **Open Season** - 5, 7.

**AMC CLIFTON COMMONS 16:** 973-614-0644: Alex Rider: **Operation Stormbreaker** - 1, 3:15, 5:50, 8:20, 10:30. **The Departed** - 12:30, 2:30, 3:50, 6:05, 7:05, 9:20, 10:20. **Employee of the Month** - 1:05, 2:30, 3:25, 5:10, 6:15, 7:45, 8:45, 10:15. **The Grudge 2** - 12:35, 2:05, 3:05, 4:40, 5:40, 7:20, 8:15, 9:50, 10:40. **The Guardian** - 1:10, 4:05, 7:15, 10:15. **The Illusionist** - 4:20, 9:25. **Jackass: Number Two** - 2, 4:15, 6:35, 8:55. **Jet Li's Fearless** - 1:50, 6:50. **Man of the Year** - 1:20, 4, 7:10, 10, 12:0, 4, 7:10, 10. **Special Engagement The Marine** - 12:45, 2:55, 5:05, 7:30, 9:45. **One Night With the King** - 12:50, 3:50, 7, 10:10. **Open Season** - 1:15, 3:30, 5:45, 7:55, 10:05. Texas Chainsaw Massacre: **The Beginning** - 12:40, 2:50, 5:15, 7:40, 9:55.

## FAIR LAWN

**HWYWAY THEATER:** 201-796-1717: **The Departed** - 7. **The Grudge 2** - 7:45. **The Marine** - 7:35. **Open Season** - 7:15. Texas Chainsaw Massacre: **The Beginning** - 7:55.

## HAWTHORNE

**HAWTHORNE THEATERS:** 973-427-2828: **The Departed** - 7:05. **Employee of the Month** - 7:20. **A Guide to Recognizing Your Saints** - 7:30. **Little Miss Sunshine** - 7:35. **Man of the Year** - 7:25.

## KINNELON

**CLEARVIEW'S KINNELON II:** 973-492-5600: **The Departed** - 4:20, 7:30, 3:20, 6:40. **Employee of the Month** - 2:50, 5:10, 7:50. **The Grudge 2** - 2:30, 5, 7:30. **The Guardian** - 7. **Jackass: Number Two** - 7:30. **Little Miss Sunshine** - 7:15. **Man of the Year** - 4:20, 7:20. **The Marine** - 2:40, 5:10, 7:20. Texas Chainsaw Massacre: **The Beginning** - 3, 5:20, 7:40.

## MONTCLAIR

**CLEARVIEW'S CLAIRIDGE CINEMA:**

973-746-5564: **American Hardcore** - 4:50, 7:20. **Infamous** - 4:30, 7:30, 7:45. **The Last King of Scotland** - 4:40, 5:10, 7:30. **The Queen** - 4:30, 6:15, 7.

**ROBERTS WELLMONT THEATRE:** 973-783-9500: Closed for renovations.

## PARAMUS

**AMC LOEWS PARAMUS ROUTE 4 10:** 800-326-3264 756: **The Departed** - 1:30, 2:30, 4:45, 5:45, 8:10, 9:10, 2:30, 5:45, 9:10. **CC-Closed Captions Employee of the Month** - 1:40, 4:10, 6:40, 9:05. **The Grudge 2** - 1:50, 4:20, 6:50, 9:20. **The Guardian** - 2:45, 6, 9:15. **Jackass: Number Two** - 2:20, 4:50, 7:20, 9:50. **Man of the Year** - 1:35, 4:25, 7, 9:45. **The Marine** - 2:10, 4:40, 7:10, 9:40. **Open Season** - 1:45, 4:15, 6:30, 9. Texas Chainsaw Massacre: **The Beginning** - 2:15, 4:55, 6:55, 9:25.

## PARSIPPANY

**CLEARVIEW'S PARSIPPANY CINEMA 12:** 973-335-4141: **The Departed** - 2:10, 3:10, 5:10, 7:10, 8:10. **Employee of the Month** - 4:10, 6:30, 8:50. **The Grudge 2** - 2:30, 4:40, 7, 9:10. **The Guardian** - 2, 5, 8. **The Illusionist** - 2:50, 5:30, 7:50. **Jackass: Number Two** - 4, 7, 9:10. **Little Miss Sunshine** - 3:40, 6:40, 8:50. **Man of the Year** - 2, 4:20, 6:40, 9. **The Marine** - 3, 5:10, 7:10, 9:10. **Open Season** - 2:20, 4:20, 6:30, 8:40. Texas Chainsaw Massacre: **The Beginning** - 2:40, 4:40, 6:50, 9.

## RIDGEWOOD

**CLEARVIEW'S WARNER QUAD:** 201-444-1234: **The Grudge 2** - 7:10. **Jackass: Number Two** - 7:30. **The Marine** - 7:20. **Open Season** - 7.

## RUTHERFORD

**WILLIAMS CENTER CINEMA:** 201-933-3700: **The Guardian** - 7. **The Illusionist** - 7. **Open Season** - 7.

## SECAUCUS

**AMC LOEWS MEADOW 6:** 800-326-3264 758: **The Departed** - 6, 9:20. **The Grudge 2** - 5, 7:10, 9:30. **Jackass: Number Two** - 5:10, 7:20, 9:30. **Jet Li's Fearless** - 4:40, 7:40, 10:05. **Man of the Year** - 4:30, 7:30, 10. **Open Season** - 4:50, 7, 9:10, 4:50, 7, 9:10. **CC-Closed Captions**

**AMC LOEWS PLAZA 8:** 800-326-3264 759: Alex Rider: **Operation Stormbreaker** - 4:45, 7:10. **Employee of the Month** - 5:30, 7:50. **The Guardian** - 4:30, 7:30. **The Illusionist** - 4:40, 7. **Jackass: Number Two** - 5, 7:20. **The Marine** - 5:40, 8. **School for Scoundrels** - 5:20, 7:40, 5:20, 7:40. **CC-Closed Captions Texas Chainsaw Massacre: The Beginning** - 5:10, 7:20.

## UPPER MONTCLAIR

**CLEARVIEW'S BELLEVUE CINEMA 4:** 973-744-1455: **The Departed** - 7. **Hollywoodland** - 7:15. **Man of the Year** - 7. **The Science of Sleep** - 7:10.

## WAYNE

**AMC LOEWS WAYNE 14:** 800-326-3264 761: Alex Rider: **Operation Stormbreaker** - 1:25, 3:40, 7:10, 9:55. **The Departed** - 12:50, 2:50, 4, 6:30, 7:20, 9:40, 10:30. **Employee of the Month** - 1:20, 4:10, 7:15, 9:50. **Gridiron Gang** - 12:55, 6:50. **The Grudge 2** - 1:10, 2:10, 3:45, 4:45, 6:40, 7:25, 9:20, 10:20. **The Guardian** - 1, 4:05, 7, 10. **Jackass: Number Two** - 1:50, 4:25, 7:55, 10:25. **Jet Li's Fearless** - 3:45, 9:35. **Man of the Year** - 2:30, 5:20, 7:55, 10:30. **The Marine** - 1:35, 3:55, 7:35, 9:45. **Open Season** - 2:20, 4:55, 7:45, 10:05, 2:20, 4:55, 7:45, 10:05. **CC-Closed Captions School for Scoundrels** - 2:40, 5:10, 7:30, 10:15. Texas Chainsaw Massacre: **The Beginning** - 1:30, 3:50, 7:05, 9:25.

**CLEARVIEW'S WAYNE PREENESS CINEMAS:** 973-694-4836: **The Departed** - 4, 7. **The Guardian** - 4:40, 7:15. **Man of the Year** - 4:30, 7:30. **Open Season** - 4:45, 7.

## WEST MILFORD

**ABBY CINEMAS:** 973-728-9600: **Employee of the Month** - 7:10. **The Illusionist** - 7. **The Marine** - 7:20. **School for Scoundrels** - 7:20.

## WESTWOOD

**PASCACK THEATRE:** 201-664-3200: **The Departed** - 7. **Employee of the Month** - 7:20. **The Grudge 2** - 7:35. **Jackass: Number Two** - 7:15. **Open Season** - 7:15. Texas Chainsaw Massacre: **The Beginning** - 7:35.