

CPS CHEF COUNCIL

Chef Anupy Singla



Top-selling Indian cookbook author and journalist Anupy Singla has written three books, *The Indian Slow Cooker*, *Indian For Everyone*, and *Vegan Indian Cooking*. Her next book, *Instant Pot Indian*, will be released next year. Born in India and raised near Philadelphia, Anupy grew up visiting her grandfather's childhood village in Punjab and learning to cook traditional, spicy Punjabi-style food. Her passion for Indian cooking compelled her to leave reporting to teach her girls how to appreciate good Indian food and blog about it on indianasapplepie.com — now the name of her company. She successfully combines her knowledge of Indian cooking and her journalistic style to give you recipes that are authentic and healthy. Her approach is Indian food from an American point of view — the essence of Indian As Apple Pie. Anupy is a former print, television, and radio reporter. Her last job was as the morning reporter for *Chicago Tribune*-owned CLTV. She has also reported for Bloomberg News and WGN-TV. Anupy's food-related work has appeared in the *Chicago Tribune*, the *Chicago Sun-Times*, the *Wall Street Journal*, and various other publications. She is a regular commentator on NPR, and teaches classes at Williams-Sonoma, Sur La Table, and Whole Foods Market. She has demonstrated her cooking skills on WGN-TV, WLS, and NBC10! Philly. Anupy lives in Chicago with her husband, their two girls, and their crazy dog Oliver.



NUTRITION
SUPPORT
SERVICES



Kachumber: Indian Summer Salad † Raita: Spiced Indian Yogurt

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Kachumber: Indian Summer Salad

INGREDIENTS

- 1 small onion, minced
- 1 medium cucumber, diced small (with or without skin)
- 1 medium tomato, diced small
- 2-3 green Thai chiles, stems removed and thinly sliced
- 1 lemon or lime, juiced
- ½ teaspoon salt
- ½ teaspoon *Indian As Apple Pie Chaat Masala*
- ½ teaspoon red chili powder or cayenne pepper
- 2 tablespoons minced cilantro

INSTRUCTIONS

Stir all the ingredients in a bowl until well combined.
Serve immediately.

(Tip: This will not stay fresh in the fridge for too long, so it's better to eat immediately. Salad is paired well with North Indian food, grilled veggies or protein, or as a topping to a burger or hot dog.)

Raita: Spiced Indian Yogurt

INGREDIENTS

- 1 teaspoon cumin seeds
- 1 cup plain, unsweetened yogurt (not Greek)
- 1 small cucumber, grated
- Salt
- Red chili powder

INSTRUCTIONS

Roast cumin seeds. Grind them in a mortar and pestle. (Need a small pan or a mortar and pestle or spice grinder). Set aside.
Another way to do it is to use 2 paper towels and a rolling pin if that's easier.

Combine the yogurt and the cucumber. Add the spices and stir. Serve immediately.