

PAPA KAZMI PURE COOK BOOK



Over 80 honest, healthy and delicious recipes
from the modern Indian cuisine

By the chef
of Dutch hotspot
Hills & Mills



Hills & Mills

From blood, sweat & spirit, your chef.

Phone: +31 (0)20 212 30 30
www.hillsandmills.nl
mailto:info@hillsandmills.nl
www.hillsandmills.com/hillsandmills

OPEN EVERY DAY



...much about happiness is about love, good and superb service,
the ultimate potential, elevate and celebrate the human spirit.
...ts, people practice happiness and inspire others to do the same.
GET PURE. GET RIGHT. GET TOGETHER.

PAPA KAZMI PURE COOK BOOK



Over 80 honest, healthy and delicious recipes
from the modern Indian cuisine



FOREWORD



'The story of the origin of this cook book reads like a boy's adventure. Papa Kazmi's two sons, Nawaz and Sheraz, are the creative minds behind this project, which is one of the manifestations of The Pure Family. They gathered a team of international, innovative people who fully embraced project PURE COOK BOOK. Together, they crafted the recipes, texts and design. A successful crowdfunding campaign allowed this unconventional cook book to be published. All of the love and energy on these pages is inspired by the vibe of Papa Kazmi's dishes: sincere, healthy and honest. Dishes that found their way into book form via Hills & Mills and Papa Kazmi's children.

Read these personal family stories centered around lovingly prepared food. Get to know Papa Kazmi through the taste sensations of the spices and ingredients that are characteristic of his favorite traditional dishes as well as his own creations. Take the raw cacao bar, for example; a recipe you don't expect to appear in an Indian cook book.

*It's up to you to prepare this and many other dishes, to enjoy the pure flavors and to share with friends and family. Because that's what it's all about in the end, sincere and delicious food you eat together. This book is a celebration of food and a tribute to Papa Kazmi at the same time.' • **Ramona Maramis***

‘Anyone who wasn’t yet convinced that the way to a person’s heart is through the stomach will change their mind after reading Papa Kazmi’s cook book. I mean, Raw Mango Coconut Pie, Vëggie Burgers, Chickpea Curry: does it get any better than this? What’s more, Papa Kazmi uses only pure ingredients and replaces refined sugars with natural sweeteners. Additional bonus points for the key to symbols and the personal stories of the Kazmi family.’

• *Gabriëlle Koster - Cosmopolitan*

‘The recipes in this extraordinary cook book are as heartwarming as the family itself. A delightful book full of food stories and Indian dishes with a Western twist, composed with great pride by Papa Kazmi’s children.’

• *Marieke Verdenius - Jamie Magazine*

TABLE OF CONTENTS



7

*How the idea of
this cook book
emerged*

9

What to expect

11

Papa's values

12

About the makers

14

Key to symbols

17

*Chapter 1
basic ingredients*

18 • herbs & spices
20 • fruit
22 • other basics
23 • special
equipment

25

*Chapter 2
classic*

roots

28 • three facts
about naan
29 • naan
30 • naan garlic
coriander
30 • naan mint
31 • naan cheese
onion
31 • naan nuts
& fruits
33 • matar pilav
35 • bharta
37 • baingan bharta
39 • tomato salad
41 • raita
41 • hummus
42 • mango chutney
42 • coriander
chutney
43 • cranberry
chutney
43 • tamarind
chutney

dinner

49 • chicken corn
soup
51 • palak paneer
53 • dhal & rice
55 • kedgeree
57 • chicken korma
59 • aloo kebab
61 • katless
65 • sabzi green
beans
67 • sabzi zucchini
69 • sabzi okra

sunday breakfast

73 • aloo jeera
74 • chapatti
75 • paratha
75 • sweet potato
paratha
81 • chai latte
83 • anda

KEY TO SYMBOLS



Papa wants to make all his guests happy, including those with special (dietary) wishes. We encourage you to get creative! There are many great alternatives to the ingredients used in Papa's recipes. You could use soy milk in your chai latte and coconut flour in your carrot cake. We haven't tried all the alternatives, but the sky is the limit!

The symbols in this book provide additional information about the recipes.



gluten



nuts & seeds



preparation time



red or green chili pepper



servings



vegan

HERBS & SPICES

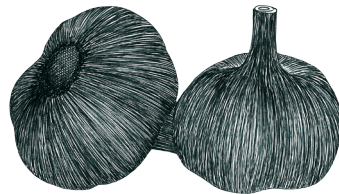


You may not own all the spices Papa uses. To get the best value, we recommend you to buy them online or in a local exotic store or supermarket



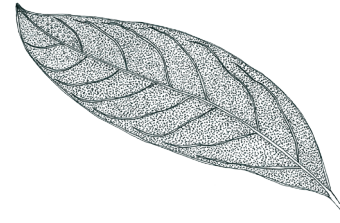
cumin

A strong and aromatic spice we use in curries and soup as well as to season meat.



garlic

One of Papa's favorites. He uses it in curries and soups and to marinate meat and fish.



bay leaf

Dried bay leaves are used to flavor slow-cooking dishes. Don't forget to take them out, as they're not meant to be eaten.



cardamon

The green variety is famous for its fresh and intense taste. Black cardamom is more spicy and smoky.



ginger

We love the strong, fresh taste of ginger. This may just be the most-used spice in Papa's cuisine.



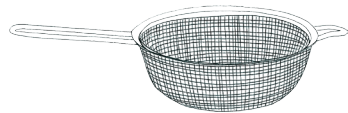
kalonji

These black seeds with an intense flavor are also known as nigella, but we call them naan seeds, as they characterize Papa's flatbread.

SPECIAL EQUIPMENT

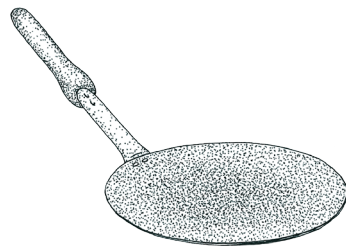


Papa's cooking doesn't require any special cooking utensils. You probably use many of them already. Here we describe six utensils that can always be found within Papa's kitchen.



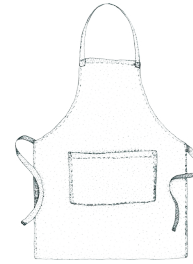
sieve

To rinse your vegetables, rice, lentils, chickpeas and more.



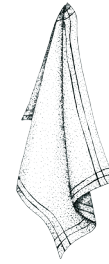
tawa

A tawa is a flat, metal pan Papa uses to prepare chapatti and paratha on.



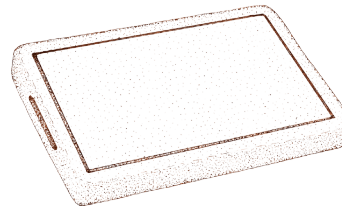
apron

If you don't know what Papa looks like, his apron will give him away. Dark gray and somewhat marked by its use in the kitchen.



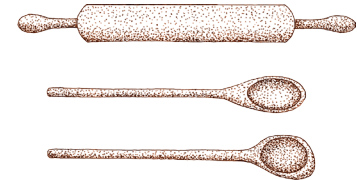
dish towel

You can't call yourself a (home) cook without a dish towel in reach!



wooden cutting board

Papa's kitchen tools are 'pure' as well. His cutting boards last for years and he uses them for many different things, like rolling naan and cutting meat.



wooden ladle & rolling pin

Papa uses these several times a day. Good for stirring masalas and rolling naan.

One big adventure

Papa had a wonderful, carefree youth. He was born in 1954 in Kohat, a city close to the metropole and harbor city of Karachi. He loved being outdoors and he was always on the move, from early morning till late night. Cricket was his favorite sport, although he played soccer and hockey as well. He occasionally joined the big boys, which almost got him killed one day. He took a hit from a hockey stick to the side of the head and suffered a serious concussion. A hospital visit and eleven stitches later, Papa had a wound shaped like an airplane! But he was back on his feet again in no time.

Going out

When his friends weren't around, Papa went out on his own. He once told us about a catapult he made. In the middle of the forest he challenged himself to hit the most difficult targets. He accidentally hit a small bird one day. Papa was devastated and got rid of his catapult right away.

Diving in the deep end

Being the athletic kid he was, Papa decided to go have his first swim one day. He went to the local swimming pool on his own. There was only a deep pool, but no one could stop him from jumping off the highest diving board on his first try. He went on the back of an experienced swimmer, but still! His technique may have been dubious, but Papa got along

just fine.

First journey

Back then, traveling was just for the fortunate few. When his father Manzar was sent to Iran for work, Papa was lucky enough to join him and the rest of the family to the country of origin of his mother, Afroz. Papa was still very young and doesn't remember much about the one-and-a-half years he lived there. He does still speak some Farsi, however, and he puts up his best performance when we have Iranian guests.

Family

Papa kept himself occupied at home as well. He loved spending time in the kitchen, helping his mom. Cooking was a full-time job with eight children. Papa learned how to prepare daily snacks as well as classic dishes. From aloo (potato) to kheer (treat), from naan (bread) to sabzi (vegetables) and everything in-between.

Meanwhile our grandpa provided for his family. As an engineer, he dreamed of launching his own glider. His model was successful and our grandpa almost became purveyor to the state. Years later we found out how well-respected our granddad was. A cousin once told us that grandpa even had several important meetings with the president about his glider. We understand why Papa never told us this significant detail. Fame isn't important to him. 'Achieving goals is something you do for yourself, not to

show others how good you are.'

Grandpa inspired our uncle Pervez to start a career in aviation. One of the perks was a family discount on tickets. At the age of sixteen, Papa made use of this opportunity to fly to London with his younger sister Rubeena, who was fourteen at the time. This was the beginning of Papa's greatest journey.

From London to Scheveningen

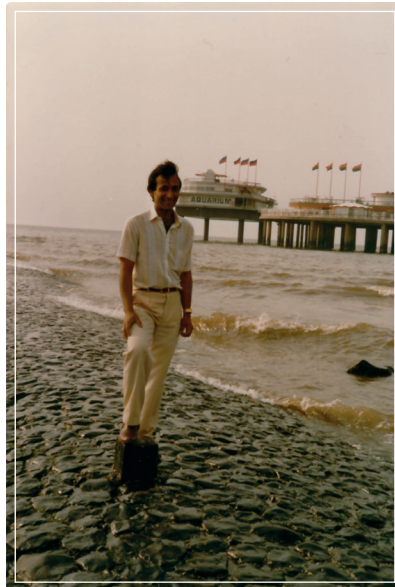
It didn't take long for Papa to find a job in hospitality. He soon became the manager at the local KFC where he learned all the ins and outs of the business. A year and a half later, Papa wanted to see more of the world and decided to explore the Netherlands. At the beach in Scheveningen he fell in love with a young Dutch lady named Carla. Not too long after that, he moved in with her and proposed to her. Together they had three children: Sheraz, Nawaz and Batul. Later, Papa also had a fourth child, Fiza. We'll tell you more about her in another chapter.

This chapter is dedicated to our own happy childhood. With a father who loves cooking, we were spoiled with the most fabulous dishes every day. It was a difficult process, but eventually we managed to select the best ones. The result: 31 classics!

CHAPTER 2



~ classic ~



CRANBERRY CHUTNEY



MANGO CHUTNEY



CORIANDER CHUTNEY



HUMMUS



RAITA



TAMARIND CHUTNEY





SUNDAY BREAKFAST



~ classic ~

Sunday morning, dad is calling

Nawaz • ‘As a 5-year-old boy, I was an early bird, reading, drawing and watching television while the others were still asleep. The older I got, the less I felt like getting up early. Sunday was the only day I could have a lie in after a busy week. Nobody was supposed to disturb me. But there was one thing that could always get me out of bed...

It started with the smell of fresh (Indian) bread, fried onions and garlic. Followed by the sound of a cheerful, happy man. You can probably guess who it was. It was Papa, singing his favorite Indian songs. Slowly but surely the whole family got up.

This was Papa at his best, cooking for the people he loves. Joy and delicious smells would fill the whole house. When breakfast was ready, he’d call from the kitchen and we’d set the table together. This is our classic Sunday Breakfast menu:

- *Aloo jeera*
- *Anda*
- *Paratha*
- *Fresh orange / grapefruit juice*
- *Chai latte*

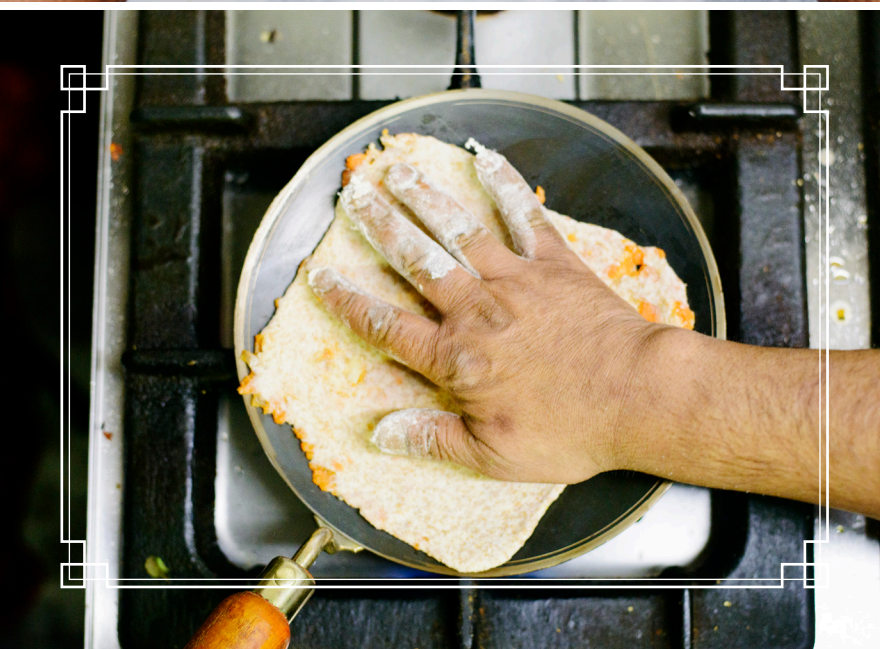
Delicious! We had these magical Sundays at least twenty times a year.

The basic menu never changed, but Papa knew how each of us liked our breakfasts. Extra chili peppers, olive oil instead of butter or less sweeteners: Papa cooked according to our wishes.

It’s a magical tradition, which we cherish to this day.’

If you want to prepare your breakfast Papa Kazmi style, you might want to go to YouTube and sing along with the following songs:

- ‘*Kabhi Kabhi mere dil mein khayal aata hai*’
- ‘*Titli Udi Ud Jo Chali*’
- ‘*My Lady D’arbanville*’





CHAI LATTE



preparation

Finely chop the ginger • Add the water, tea and spices to a saucepan and bring to a boil • Simmer for 3 minutes • Add the milk, bring to a boil and simmer for another 2 minutes • Drain through a sieve • Pour into big tea cups • Add the agave syrup to taste.

tips & tricks

- *Serena Verbon - founder of Beautylab* • ‘Not as cloyingly sweet as I’m used to, but a nice, pure, spicy taste.’
- *Adult chai?* Add a shot of Irish cream. The organic Bloom Mountain is highly appreciated by our guests. Finish your adult chai with a splash of coconut cream.
- *Dirty chai?* Add a shot of espresso.
- *Long day at the office?* Prepare a large pan and keep the chai warm in a vacuum flask.
- *With chai lattes, you can experiment endlessly.*
 - *With spices:* nutmeg, fennel seeds, mace, black cardamom, red chili pepper, coriander, licorice, a hint of saffron or turmeric
 - *With rose water*
 - *With raw cacao*
 - *With matcha powder*
 - *With pumpkin (cooked and puréed)*
 - *With dried plums or mango (puréed)*

ingredients

- 750 ml water
- 750 ml milk
- 4 t Assam tea
(or another black tea)
- 1 inch ginger root
- 8 cardamom pods
- 1 cinnamon stick
- 8 cloves
- 4 black peppercorns
- 1 star anise
- ¼ vanilla bean (scraped)
- * agave syrup (to taste)

4p

10

Is this for real?

It is incredible to see your father having his own brand. It's a beautiful story: an ordinary man who becomes known for his greatest passion at almost sixty years of age. Sometimes it seems too good to be true. But, as in almost every household, our family has also had its share of sad times. It's only fair to mention those as well. That's why we'll tell you about our parents' break-up.

Heartbreak

Papa and Mama separated in 1999. Batul was five years old, Nawaz was ten and Sheraz twelve. It was a very sad time. When you're used to seeing your dad every day, it's difficult when that changes all of a sudden. Papa handled the situation in his own way, making the most of the times we spent together. When we were with him, he cooked us our favorite food. We also found a new hobby after the divorce: going out for dinner. We weren't used to this; why eat out when you can eat much better, cheaper and healthier at home? But we were ready to try something new and we loved it! In a short time, we visited many different restaurants, from South-American food at the beach to the French cuisine in the city center. Our favorites were the sizzling plates at the exotic 'Papagayo' and the tantalizing new flavors we tasted at 'China Delight'. These experiences helped take our minds off the sad reality.

New main characters

Eventually we all managed to deal with this new situation in our own ways. Papa found a new wife. He married Sadaf, a wonderful lady who according to Nawaz is like an angel for Papa. Her passion for reading and healthy food are a source of inspiration to Papa. Sadaf co-created new veggie-filled recipes and introduced some kitchen 'hacks', like better ways to roll kebabs. Together they had a daughter, the lovely Fiza. Although our little sister is just eleven years old at the time of writing, she has already outgrown us in height! We love to take her out for dinner to all kinds of restaurants. Sushi is her favorite food and her taste buds are so well-developed that she can distinguish twice as many flavors as her peers.

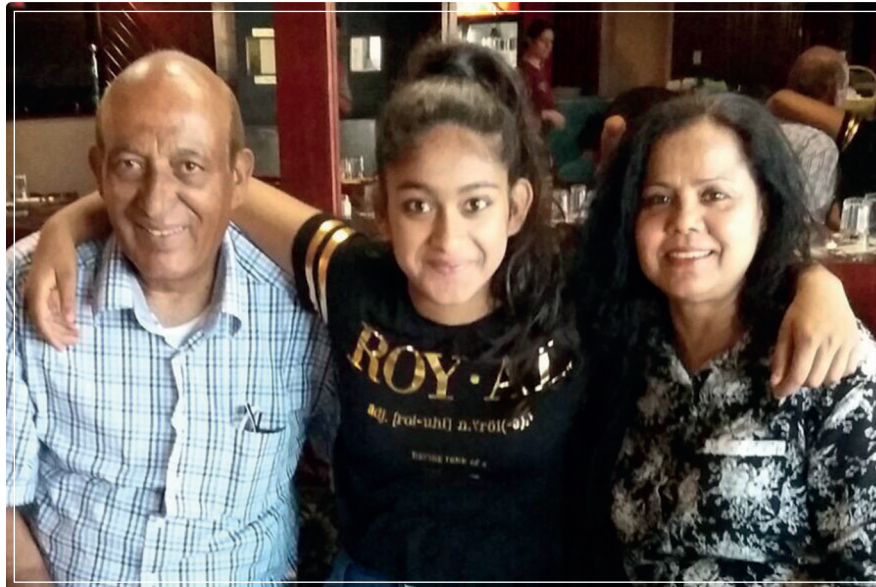
Co-creations

Cooking has always been one of the things that kept us close to each other, even when physically apart. The 'show' that Papa has been putting on throughout our lives has enchanted us. We often experiment in the kitchen as well. Sometimes we add our own twist to Papa's recipes and at other times it's our creativity that inspires Papa to reach the next level. This chapter contains twenty such recipes.

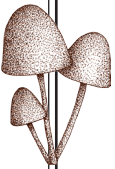
CHAPTER 5



~ family ~







QUINOA SALAD



Long before the opening of Hills & Mills, we started experimenting with healthy recipes, knowing our future guests would like this. On our journey, we discovered the then still relatively unknown quinoa. What a great, versatile ingredient! We started using quinoa in many different ways. Six months after we had opened our café, it was the ‘International Year of Quinoa’ (2013) and the purchase price tripled! Despite this, it was worth keeping it on the menu.

This quinoa salad has been on our menu since the start. It’s the perfect dish for people with active and adventurous lifestyles. In this salad, we only use pure ingredients that are nutritious, varied and perfectly suitable for (pro) athletes. The fruit gives you an energy boost, while the quinoa and walnuts keep you going for hours. This salad is easy to prepare and can be eaten wherever (at home or on the go) and whenever (as a kickstart breakfast, lunch or snack) you want.

preparation

Dice the mango and apple • Coarsely chop the apricot and finely chop the mint • Squeeze the lime
• Sprinkle the lime over the apple • Combine all ingredients in a bowl.

tips & tricks

- *This is a basic salad that can be modified in many different ways. Consider adding (power) seeds, nuts, raw cacao nibs and fresh and dried fruit.*
- *Laura Luykenaar - Get Salt • ‘The perfect recipe for an active and adventurous lifestyle.’*
- *Nienke Becker - Glow Magazine • ‘The perfect post-workout meal. Make a little extra and have it for lunch the next day!’*

ingredients

- 200 g quinoa (cooked)
- 1 mango
- 1 apple
- 50 g crushed pistachios
- 50 g dried cranberries
- 50 g dried apricots
- 3 sprigs mint
- ½ lime
- 1 T olive oil (or coconut oil)
- a pinch of sea salt

4p

15



CHICKPEA CURRY

This curry is a favorite among vegetarians and non-vegetarians alike. It's spicy and nutritious, with the mango and pineapple adding a tropical twist.

preparation

Cook the rice according to the instructions • Slice the onions into rings and halve them • Cut the sweet potatoes and zucchini in wedges • Dice the bell pepper and tomatoes • In a pan, heat the oil over medium heat and sauté the onions golden brown • Add the cumin and sauté for 30 seconds • Add the water and the other spices and sauté for 3 minutes (until the oil separates) • Mix in the vegetables, chickpeas and coconut milk and simmer for 15 minutes • Dice the mango and pineapple • Chop the coriander coarsely • Gently stir in the fruit, coriander and spinach • Serve with the rice, poppadums and tomato salad • Garnish with the pineapple slices.

tips & tricks

• *Anita van der Voort* • *'Spice it up a little with a fresh red chili pepper.'*

ingredients

- 4 T rice bran oil
- 1 onion

- 1 t cumin seeds
- 50 ml water
- 3 t coriander powder
- 1½ t salt
- 1 t turmeric
- 1 t chili powder

- 400 g chickpeas
(soaked, cooked)
- 300 g sweet potatoes
- ¼ zucchini
- 1 yellow or red
bell pepper
- 3 tomatoes
- 400 ml coconut milk

- ½ mango
- ¼ pineapple
- 10 sprigs coriander
- 2 handfuls spinach

garnish

- 600 g basmati rice
- 1 bowl tomato salad (p. 39)
- 4 poppadums
- 4 slices pineapple



4p

45

INDEX



A

<i>aloo jeera</i>	73
<i>aloo kebab</i>	59
<i>anda</i>	83
<i>baingan bharta</i>	37
<i>banana ginger lassi</i>	99
<i>banana mango bread</i>	247

B

<i>beef</i>	
• keema aloo	89
• kofta	145
• pasanda	151
• samosa keema	109
• seekh kebab	129
• shami kebab	101
<i>bharta</i>	35
<i>biryani chicken</i>	143
<i>bouillabaisse</i>	117
<i>bread</i>	
• banana mango bread	247

• chapatti	74
• naan	29
• naan cheese onion	31
• naan garlic coriander	30
• naan mint	30
• naan nuts & fruits	31
• paratha	75
• sweet potato paratha	75

C

<i>carrot cake</i>	251
<i>carrot juice with chili</i>	187
<i>chai</i>	
• chajjito	167
• chai latte	81
• chai masala	168
• chai rum	169
• chai syrup	169
• iced chai latte	170
• raw cacao milk	195
• spiced coffee	193
<i>chajjito</i>	167
<i>chai latte</i>	81

<i>chai masala</i>	168
<i>chai rum</i>	169
<i>chai syrup</i>	169
<i>chapatti</i>	74
<i>cheese</i>	

• chicken tikka salad	225
• naan cheese onion	31
• palak paneer	51
• paneer tikka	133

chicken

• biryani chicken	143
• chicken corn soup	49
• chicken korma	57
• chicken pilav	115
• chicken tikka	141
• chicken tikka salad	225
• chicken tikka wings	127
• haleem	153
• naan chicken	223
• vindaloo	241
<i>chicken corn soup</i>	49
<i>chicken korma</i>	57
<i>chicken pilav</i>	115
<i>chicken tikka</i>	141
<i>chicken tikka salad</i>	225





THE PURE FAMILY

Papa laughed when we suggested the idea of a cook book

At almost sixty years of age, our father Shahzad Kazmi is in the prime of his life. After he spent decades as a host at various reputable restaurants and hotels, while cooking the most wonderful dishes at home, we helped to make his biggest dream come true: to open a restaurant, together with his kids. 'Hills & Mills' became a crowded little *gem* where guests fall under the spell of Papa's *pure, modern, Indian* cuisine. The restaurant is regularly featured in the press and has been named a 'hotspot' dozens of times. With this pure cook book, we aim to bring a little bit of Papa's magic into people's homes. Guided by our most precious memories, we will take you on a trip to show you Papa's *honest, healthy and delicious* recipes. Right from the heart. Dad, we are proud of you!

- 'Raw Mango Coconut Pie, Veggie Burgers, Chickpea Curry: does it get any better?' - *Cosmopolitan*
- 'The recipes from this special cook book are as heartwarming as the family itself.' - *Jamie Magazine*



ISBN 978 90 824405 1 5



9 789082 440515 >