



Mukti Banerjee
muktiskitchen.com



The Chef Is In.

I am Mukti Banerjee and I decided to start Mukti's Kitchen when a few good friends insisted that I did something to let others know about my Indian cooking and the variety and uniqueness of it. If you are intrigued by the flavors, healthy benefits, and healing properties of Indian spices, if you want to learn how to cook healthier, lighter foods with better flavors, and if you want to cook without the cream and heavy oils that many Indian restaurants use, then come take cooking classes at Mukti's Kitchen. I have a desire to share my passion for food with people in order to empower, help them cook for themselves, maintain healthy diets,

and be happy and healthy overall. You can learn both vegetarian and non-vegetarian dishes.

Mukti's Kitchen also offers catering. Have you ever wondered what you can do to create a lasting impression on your co-workers and clients when you hold an event? The one thing that can hold one's attention and get everyone talking is the **food**. Mukti's Kitchen offers exquisite catering services for a professional atmosphere that will capture your attention and taste buds and take you on a memorable and tasty journey. Our healthy Indian cuisine is essential to your next unforgettable event.



Growing up in Calcutta, India, Mukti Banerjee learned to prepare the most delectable of meals under the tutelage of her mother and aunt.

In 1986 she came to the United States with her husband, Partha. Over the next three decades she worked as a molecular geneticist.

In 2006, she decided it was time to retire from the nine-to-five routine so she can work full-time on her dream: bringing the flavors and the benefits of Indian cooking to all New Yorkers.

"If you are thinking about learning the best of Indian cooking, this is the place! At Mukti's Kitchen you'll get the best tips for cooking a gourmet Indian dish and be able to surprise your family members or friends from what you learned in just a few minutes. Learning the secrets of Indian dishes with simplicity is what Mukti will teach you with a big smile on her face, an open heart and in a very friendly environment!" – Veronique

My Services



Cooking Class:

Delicious, home-cooked, fresh Indian food & personalized cooking classes

There are many people who love Indian food. They want to cook it and learn more about it. Sometimes it looks a little challenging to learn straight from the dishes you've ordered at the restaurant. But do not worry: they're not so daunting. I can cook and teach you the diverse types of Indian dishes and spices. I'll teach you the nuances and secrets, where to get the masalas, and how to keep the delicious aromas intact.

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...We grind spices, tasting and asking questions, much the way Mukti learned to cook from her mother and grandmother. While you chop purple onions, she explains her magic mix of toasted spices, oil-browned onions, tomato and cilantro.

You leave full of fresh flavors and new knowledge: how to gently roast spices before you cook, how frying oil tells you it's time to add the next ingredient, that red onions have a stronger flavor Indian cooks prefer.

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Rachel Wharton for
Edible Brooklyn



After I know about your taste, I can pick certain dishes for you and you can then have a big feast with the food you've just cooked. I also have a Meetup group – meetup.com/muktiskitchen – where you can sign up to be a member and join our gatherings. There you can taste the food I cook and also sign up for cooking classes in convenient settings.

At some of my select cooking classes, I cover the basics of balancing taste, flavor, and preparing a complete Indian vegetarian or zero oil, salt, or sugar.

Catering for Events & Parties:

Homemade, healthy, wholesome Indian food at a reasonable price.

Break from the usual and serve an array of gourmet Indian dishes at your next party. Your guests will love the difference and be highly impressed. They'll love the quality of food I will make in my home kitchen with personal care. I will provide hot and cold finger foods, a full course Indian dinner, or a combination based on your needs.

"Mukti is a kind, warm, and patient teacher who has so much knowledge to share, including some amazing and simple tips... Best of all, at the end of the class you get to eat Mukti's food, which is incredible. I hope to attend another class as soon as possible!" – Brett

See more reviews on Yelp.com – <http://www.yelp.com/biz/muktis-kitchen-brooklyn>

Recipe Samples

Here's a sampling of recipes you can learn to make with Mukti. In addition to ingredients and instructions, she explains why each dish is special and what makes it healthy. These are the real secrets of delicious Indian cooking—secrets most cookbooks don't bother to tell you.

Shrimp Malai

Ingredients

1. 2 lbs. jumbo shrimp
2. 1 large chopped red onion
3. 1 tsp grated ginger
4. 1 tsp grated garlic
5. 1 tbsp vegetable oil
6. 3 cardamom, 1 in. cinnamon stick, 6 cloves (mixture of these call garam masala)
7. 1/2 tsp ground garam masala
8. 2 bay leaves
9. 1/2 tsp turmeric powder,
10. 1/2 medium tomatoes – cut into pieces
11. 1 cup coconut milk

Instructions

1. In a pan add 1 tbsp of oil and add the whole cardamom, cinnamon, clove, you will start to smell the aroma.
2. Add chopped onion, ginger and garlic and let it cook for some time until sautéed.
3. Add your shrimp let it cook for 3-4 minutes. Add coconut milk and let it cook for about 5 min. then add 1/2 tsp crushed garam masala at the end.

Vegetable Pulao

Ingredients

1. 3 tbsp vegetable oil
2. 1 large onion chopped very fine
3. 1 tbsp of cashews
4. 1 tbsp golden raisin
5. 3 tbsp of finely cut carrots
6. 3 cups cooked rice (preferably a long-grained rice like Basmati)
7. Salt and sugar to taste
8. 3 cardamom, 1 in. cinnamon stick, 6 cloves (mixture of these call garam masala)
9. 1/2 tsp ground garam masala
10. 1/2 tsp of Ghee

Instructions

1. Cook the rice until it is almost fully done
2. Heat the oil in a large skillet.
3. Add onion and fry until soft then add the carrots and fry them together.
4. Add the masala and stir well. Cover and fry for 1 minute.
5. Cook till the vegetables are soft then remove the cover.
6. Add the rice gently to avoid mashing the vegetables. Stir well.
7. Add ground cardamom, cinnamon and clove mix.
8. Add salt and sugar to taste.

Featured in:

Edible Brooklyn – Notable Edibles: Mukti's Cooking Classes bring Masala to the Masses
Park Slope Food Coop –Linewriter's Gazette: Spicing Things Up In Mukti's Kitchen
The Kensington/Windsor Terrace CSA Blog: CSA Members Attend a Cooking Class with Mukti
MomsRising.org: Healthy Food from India to the Farmer's Market

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