

Recipes



## Recipes



SNACKS & SAVOURIES



DALS & PULSES



RICE



SOUPS & STEWS



MAIN COURSE



DRINKS & SQUASHES



PICKLES & CHUTNEYS



DESSERTS



INDIAN BREADS



POWDERS & SAUCES



SALADS & RAITAS



INDO-CHINESE



ITALIAN CUISINE



FRENCH CUISINE



THAI CUISINE



MEXICAN CUISINE



JAPANESE CUISINE



INDONESIAN CUISINE



KOREAN CUISINE



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## SNACKS & SAVOURIES

<b>NEW</b>	1-10	11-20	21-30	31-40
	41-50	51-60	61-70	71-80
	81-90	91-100	101-110	111-120
	121-130	Snacks 131to140	141-150	

<u><a href="#">Overview</a></u>	They prepare you for the shape of things to come.
<u><a href="#">Paneer Taash Kabab</a></u>	A feast for the vegetarians, layers of paneer slices filled with chutney, vegetables, cheese, seasoning topped with cheese, cream, butter and baked.
<u><a href="#">Kothimbir Wade</a></u>	A steamed and deep fried mixture of fresh coriander leaves and gram flour, a traditional Maharashtrian snack.





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## DALS & PULSES

### New Recipes

#### [Panchmel Daliche Varan](#)

A preparation of five mixed lentils.

#### [Maharashtrian Kadhi](#)

A tempered yogurt based preparation.

#### [Dhabey Di Dal](#)

A popular mixed lentil preparation dished up in stalls on the highways in North India.

#### [Lobia](#)

A nutritious white beans gravy preparation using spices, mango powder, tomatoes etc.

#### [Wateli Dal](#)

Gram dal ground with chilies and stir fried in ghee, mustard seeds etc.

#### [Dal Maharani](#)

Rajma, urad and chana dal boiled with various spices and decorated with fresh cream.

#### [Rajsthani Dal](#)

A delicious combo of urad dal & rajmah seasoned with garlic, ginger & spices - a change from the usual dals.

#### [Punj Rattani Dal](#)

A rich dal preparation, which gives the dish a mingling taste of five dals and spices.

#### [Bheendi Gavar Dal](#)

A delectable accompaniment with a light seasoning made of moong dal, bheendi, gavar.

#### [Gram Dal](#)

A simple dal with a light seasoning.

#### [Katachi Aamti](#)

A sweet and sour curry made from Dal water.

#### [Tomato Rasam](#)

A variation of Rasam. An excellent appetiser !

#### [Gujarati Kadhi](#)

A sweet yoghurt curry is pleasantly spiced and prepared in all Gujarati homes.

#### [Cholar Dal/Bengal Gram Dal](#)

Bengal gram dal seasoned with spices.

#### [Yellow Dal Fry](#)

The most popular form of Dal. It's finger-licking good!

#### [Palak Masoor Dal](#)

A delightful combination of Lentils and spinach.

#### [Dal Pakhtooni](#)

Black urad dal simmered on slow fire with a unique blend of north western frontier spices.

#### [Dal Makhani](#)

An all time favourite lentil delicacy with the richness of fresh cream.

#### [Rajmah Rasmisa](#)

Red kidney beans cooked in a spicy tomato gravy.

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## **Sambhar**



The most popular South Indian preparation to be accompanied with idlis, dosas, vadas and rice.



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### New Recipes

#### [Sprouted Moong Khichdi](#)

Rich in nutrition, a rice preparation of sprouts.

#### [Puliyodharai](#)

Tamarind flavoured, tempered rice preparation of South India.

#### [Fodnicha Bhaat](#)

A tempered rice dish.

#### [Carrot & Pea Pulao](#)

Rice preparation made with carrots and green peas.

#### [Tomato Soya Pulao](#)

Enjoy this rice prepared with tomatoes and soya granules.

#### [Moong Ring Pulao](#)

Pulao with moong served in a ring shape.

#### [Methi Corn Pulao](#)

A healthy and nutritious rice preparation.

#### [Microwave Coconut Rice](#)

The quickest way to prepare rice ...enjoy the delicate flavour of coconut with rice!!!

#### [Fried Savoury Rice](#)

A small amount of left over meat can be used for this version of Chinese fried rice.

#### [Peas Paneer Pulao](#)

Pulao with peas and paneer.

#### [Tri Colour Rice](#)

A change from the general preparations of rice.

#### [Zarda](#)

A rice dish prepared with nuts and rose petals, sure to win you praise.

#### [Pineapple Pullao](#)

Enjoy the distinct flavour of pineapple which is used prepare this pullao.

#### [Coconut Tomato Pullao](#)

Pullao prepared with tomatoes and coconut milk.

#### [Cashew Rice](#)

Rice cooked with cashews and dry coconut.

#### [Onion Pulao](#)

Pulao prepared with parboiled onions.

#### [Tuar Dal ni Khichdi](#)

A wholesome dish made of dal and rice cooked with masalas.

#### [Parsi Prawn Pulao](#)

Different colours of rice, layered with prawn patio filling in between each.

#### [Tropical Pulao](#)

Rice cooked with prawns, vegetables and pineapple slices.

#### [Steamed Rice](#)

Plain & simple rice preparation which can go well with any main course dish.

<b><u>Vegetable Pulao</u></b>	A regular pulao made of rice & mixed vegetables but with a Mangalorean touch.
<b><u>Goan Tisyra Pulao</u></b>	Goan pulao made of shell fish, rice and whole spices.
<b><u>Nawabi Biryani</u></b>	A typical mutton biryani cooked with traditional moghlai masalas.
<b><u>Bengali Pulao</u></b>	Rice cooked with dry fruits, sautéed onions & spices.
<b><u>Pudina Pulao</u></b>	Rice cooked with chopped pudina and spices.
<b><u>Spicy Festive Pulao</u></b>	Rice cooked with spices & sautéed mutton fat.
<b><u>Mixed Pulao</u></b>	Mixed rice with vegetables, chicken pieces, crab meat etc.
<b><u>Kathal Biryani</u></b>	A rare dish made of jackfruit, rice & spices.
<b><u>Minced Meat Pulao</u></b>	A pulao with a difference made of Mutton mince & seasoned with spices.
<b><u>Khichuri</u></b>	This is sort of over-cooked pulao made of dal, rice, green peas etc.
<b><u>Moti Pulao</u></b>	Paneer and cashewnut balls served with an exotic Basmati rice preparation garnished with silver varq.
<b><u>Khichda</u></b>	A dish that needs no gravy, made of mutton, rice & spices.
<b><u>Tamarind Rice</u></b>	A variation of the plain rice with a tangy flavour.
<b><u>Veg. Hyderabadi Biryani</u></b>	A rich vegetable and rice delicacy from the royal kitchen of Hyderabad.
<b><u>Dhan Dar Ne Colmi No Patio</u></b>	A combination of white rice, dal and curried prawns.
<b><u>Methi Wara Chawar</u></b>	Rice cooked with Methi leaves and powdered masalas.
<b><u>Masale Bhath</u></b>	Spicy pulao that can be eaten without a gravy.
<b><u>Spicy Sambhar Rice</u></b>	Rich, spicy rice garnished with fried cashewnuts and coriander leaves.
<b><u>Coconut Rice</u></b>	An unusual pulao flavoured with delicate taste of coconut.
<b><u>Hyderabadi Biryani</u></b> <a href="#">Animated!</a>	The ultimate of Nawabi cuisine. Cooked in the tandoori style- a rich preparation of rice and mutton.
<b><u>Sindhi Pulao</u></b>	Rice layered with mutton marinated in yoghurt and ground spices - A speciality for the region of Sindh!
<b><u>Peas Pulao</u></b>	A quick and popular variation of rice prepared with peas.
<b><u>Masala Khichdi</u></b>	Khichdi is a wholesome preparation of rice and dal - of which this is a regional version.
<b><u>Tamatar Pulav</u></b>	A tangy, tomato flavoured rice dish which can be eaten without any accompaniments!
<b><u>Curd Rice</u></b>	Steamed rice mixed with yoghurt and seasoning.
<b><u>Jeera Rice</u></b>	A simple rice dish flavoured with cumin seeds.
<b><u>Prawn Pulao</u></b>	Plump deveined prawns mixed with ground green spices and blended with rice to make this mouth-watering pulao.
<b><u>Chicken Biryani</u></b>	Chicken pieces marinated in a spice and curd mixture and cooked with basmati rice on a slow fire.

**Vegetable Biryani**

Rice delicacy with a medley of vegetables and spices.

**Lemon Rice**

Tangy lemony rice with crunchy peanuts.

**Aloo Gobi Tahri**

Potatoes and cauliflower cooked with aromatic long grained rice.







## SOUPS & STEWS

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#### New Recipes

##### [Celestial Vegetable Soup](#)

A colourful vegetable soup full of nutritious goodness.

##### [Tomato Rasam](#)

Tangy and spiced tomato based broth made from pigeon gram.

##### [Tomato Saar](#)

A tempered tomato based preparation.

##### [Matar Ka Shorba](#)

Green pea soup, specialty of Punjab.

##### [Tomato Cabbage Soup](#)

This soup is made of pureed tomatoes along with spices and chopped cabbage.

##### [Tri Colour Soup](#)

A healthy soup as tasty and inviting as it looks.

##### [Microwave Mushroom & Almond Soup](#)

Easy to make soup with mushroom & almonds.

##### [Pumpkin Soup](#)

Red pumpkin cooked in chicken broth and garnished with tomato slices, mint leaves and cream.

##### [Crab Soup](#)

A nutritious soup made of crab meat, sweet corn and chicken stock.

##### [Mutton Paya](#)

A healthy and nutritious stew dish made of tender parts of the goats feet cooked over simmering heat in water with spices.

##### [Cream of Spinach Soup](#)

A healthy and nutritious soup made of spinach puree and potato stock.

##### [Baby Onion Soup](#)

A delicious concoction made of onions, macaroni pieces & ham with pepper.

##### [Mutton Stew](#)

A stew made of mutton pieces slowly cooked in coconut milk.

##### [Cream of Corn Soup](#)

Delicious, creamy soup made of corn, potatoes, milk etc.

##### [Red Pumpkin Soup](#)

A delicious concoction of pureed pumpkin with pepper powder, lemon juice etc.

##### [Tomato & Paneer Soup](#)

A delicious concoction made of tomatoes, paneer & chicken pieces cooked in chicken stock.

##### [Soup with Vegetables](#)

Vegetables cooked in stock and garnished with sesame oil and coriander leaves.

##### [Chicken Soup with Cucumber](#)

Soup made of chicken & cucumber pieces cooked with a touch of seasonings.

##### [Ice Cucumber Soup](#)

Tasty cucumber soup with all kinds of seasonings.

**Fresh Mushroom Soup**

A delicious concoction made of mushrooms cooked in chicken stock.

**Cold Chicken Tomato Soup**

A cold tomato soup – a real change from the normal soups.

**Green Peas Soup**

A delicious blended broth made of green peas, milk, butter etc.

**Carrot Soup**

A light and refreshing carrot soup.

**Potato & Cheese Soup**

A blended soup with potato and cheese as the main ingredients and garnished with parsley.

**Cream of Mushroom Soup**

A rich creamy mushroom soup with a spicy flavour.

**Curry Soup**

A truly Indian soup with a tangy flavour made from dal and enriched with fresh cream.

**Prawn Soup**

Prawns and vegetables, a great soup in the making.

**Carrot & Coriander Soup**

A healthy soup with an Indian flavour.  
Rich in Vitamin A.

**Lentil Soup**

A nourishing combination of lentils and ham.

**Mixed Veg. Soup**

A vitamin rich soup that is light, low in calories and can be served with a heavier main dish.

**Spinach Soup**

A delicious soup, rich in iron content.

**Caldo Verde**

A typical Goan soup prepared from potatoes, onion & cauliflower.

**Kheera ka soup**

A tangy blend of cucumber and yogurt.

**Tamatar ka Shorba**

Indian style tomato soup.

**Mulligtawney Soup**

Peppery soup from south India.

**Chicken Shorba**

Delicious chicken soup.

**Dal Shorba**

Mixed lentil wholesome soup.

**Yogurt Stew**

A recipe from Andhra - this is a unique preparation of yogurt seasoned with spices.





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## MAIN COURSE



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## DRINKS & SQUASHES

### New Recipes

<a href="#"><u>Lemon Banana Lassi</u></a>	A highly nutritive, lemon and banana flavoured yogurt-based drink.
<a href="#"><u>Neer More</u></a>	A flavoured, churned yogurt milk.
<a href="#"><u>Mattha</u></a>	A summery, spiced yogurt based drink.
<a href="#"><u>Coco Jumbo</u></a>	A mixture of coconut water, pineapple juice, vanilla ice cream with a dash of lime juice.
<a href="#"><u>Children's Delight</u></a>	A bubbly tangy drink just great for kids made of orange squash, lemonade etc.
<a href="#"><u>Fruit Punch</u></a>	A dazzling concoction of various juices, garnished with lime wedges and cherries.
<a href="#"><u>Mango Flamenco</u></a>	Mango based thirst quencher, topped with lime wedges & mint sprigs.
<a href="#"><u>Minty Mystic</u></a>	A cooling mixture of mint syrup with pineapple juice topped with mints sprigs, lime wedges and cherries.
<a href="#"><u>Paradise Passion</u></a>	An apt name for a rich mixture of pomegranate, pineapple & orange juice topped with lime wedges.
<a href="#"><u>Red Caravan</u></a>	Perfect summer cooler made of watermelon juice with strawberry crush.
<a href="#"><u>Strawberry Colada</u></a>	A rare mixture of coconut milk, pineapple juice, vanilla ice cream with fresh strawberries.
<a href="#"><u>Sparkling Fruit Cup</u></a>	Let the kids raise a toast with this sweet fruit drink.
<a href="#"><u>Prawn Cocktail</u></a>	A welcome break from other cocktails.
<a href="#"><u>Christmas Punch</u></a>	A cool drink to accompany our festive Christmas Special menu.
<a href="#"><u>Falooda</u></a>	A favourite of one and all made of milk.
<a href="#"><u>Strawberry Ice Cream Soda</u></a>	A delightful drink prepared with fresh strawberries.
<a href="#"><u>Zaloni Punch</u></a>	A blend of various juices - sure to bring a smile to your face.
<a href="#"><u>Spiced Ice Tea</u></a>	Dare to be different?...then this flavoured tea is just right for you.
<a href="#"><u>Cold Coffee with Ice Cream</u></a>	An easy to prepare enjoyable drink for coffee lovers.

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**Lemon Soda**

The most refreshing drink that you can have.

**Cocktail Milkshake**

This one is for all seasons - a delicious milk shake.

**Pineapple Crush**

Quench your thirst with this cool drink.

**Solachi Kadhi**

A spiced thirst quencher made of coconut milk, to be had after meals.

**Cocum Cooler**

A cooling drink made of cocum pulp, lime juice, saffron etc.

**Thandai**

A thirst quencher made of milk mixed with a rich paste of dry fruits, poppy seeds and cream.

**Fruit Punch**

A refreshing drink made of mixed fruits & topped with crushed ice.

**Ginger Lemonade**

A drink made of ginger paste and lemon juice.

**Chocolate Milk Shake**

A soothing concoction of milk and cocoa.

**Chikoo Milk Shake**

A delicious blend of chikooos & milk.

**Mango Lassi**

Mango pulp and curd blended together, giving a variation to the common lassi.

**Mango Shake**

Mango and Milk combo a very filling drink.

**Jal Jeera**

A drink made of mint leaves, usually had as a digestive.

**Health Cocktail**

Nutritional drink made of tomatoes and carrot and rich in fibre content.

**Chai / Tea**

A legacy of the English, Tea is the most popular form of drink in India today.

**Masala Chai/ Masala Tea**

A variation of the regular tea prepared with a typical blend of spices.

**Panna**

Known for it's cooling properties Panna is prepared using raw mango pulp and spices.

**Sweet Lassi**

A thick yogurt based north Indian drink.

**Chaas**

A salty yogurt based drink flavoured with masalas.



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## PICKLES & CHUTNEYS

### Overview

Spice up your life with these .

### Meethamba

A sweet and sour Mango preserve.

### Mango Thokku

A mango pickle from south India.

### Lasun Ki Chutney

A moist, garlic flavoured, coconut based preparation.

### Fish Pickle

A spicy pickle made of fish.

### Chicken Pickle

Non veg pickles have not tasted as good as this one.

### Green Chili Pickle

Spice up your life with this pickle.

### Sweet & Sour Mixed Veg Pickle

This veg pickle is the perfect balance of sweet & sour taste.

### Khajur Chutney

Freak out on this date chutney which goes well with bhelpuri & sevpuri.

### Brinjal Pickle

Another way of consuming this tasty vegetable.

### Mixed Fruit Chutney

Try this fruit chutney...a promise of a delightful sensation.

### Carrot Chutney

A healthy and tasty chutney.

### Chili Chutney

Spicy green chili chutney which goes well with samosas, kachoris and dhoklas.

### Dry Coconut Chutney

A handy dry chutney made of coconut to compliment fluffy idlis or hot vadas.

### Prawn Balchao

A seasoned prawn pickle made with spicy masalas.

### Bengali Tomato Chutney

A popular accompaniment in a Bengali meal made of tomatoes.

### Fish Chutney

Roasted dry fish ground to a paste with green chilies, garlic & salt.

### Garlic Chutney

A dry chutney made of garlic flakes, lemon juice, chili powder & salt.

### Groundnut Chutney

A delicious chutney made of roasted groundnuts, garlic & red chilies.

### Ginger Chutney

Ginger & coconut ground to a paste & seasoned with mustard seeds.

### Beguner Chaatni

Boiled brinjal cubes slightly fried in oil and cooked with spices & jaggery.

<b><u>Tarkari Chaatni</u></b>	Mixed vegetables boiled and cooked in tamarind juice.
<b><u>Chaatni</u></b>	Mouth-watering chutney made of green mangoes, red chilies & jaggery.
<b><u>Onion Chutney</u></b>	A superb combo of onions, mint, coriander and green chilies, ground to a paste to be had with snacks.
<b><u>Papaya Chutney</u></b>	Sweet and sour flavoured . Served as a accompaniment with main course.
<b><u>Hot &amp; Sweet Apple Chutney</u></b>	A tangy Apple sauce flavoured with garlic, onions and vinegar. A new find!
<b><u>Sweet Apple Chutney</u></b>	Though similar to the above sauce, this one is flavoured with raisins. Best served hot!
<b><u>Tomato Chutney</u></b>	The basic tomato sauce seasoned the way we Indians like it!
<b><u>Coconut Chutney</u></b>	This fresh coconut preparation is extremely popular with South Indian food!
<b><u>Lime and Chili Pickle</u></b>	Lemon and chili spiced with mustard seeds.
<b><u>Mango Pickle</u></b>	Hot and sour mango preserve.
<b><u>Chhunda</u></b>	Cumin flavoured hot and sweet mango preserve.
<b><u>Tamarind Chutney</u></b>	Sweet and tangy tamarind sauce.
<b><u>Mint Chutney</u></b>	A tangy mint and fresh coriander relish.
<b><u>Mango Chutney</u></b>	An Indian relish with a delectable difference.
<b><u>Coriander Chutney</u></b>	Ground coconut relish with the freshness of green coriander.





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DESSERTS



sweetmeats



ice-creams



puddings & souffles



eggless desserts



cakes & cookies







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## INDIAN BREADS

### New Recipes

<b><u>Methi Paratha</u></b>	A bread made from wheat flour and Bengal gram flour (besan), flavoured with fenugreek leaves.
<b><u>Cabbage Stuffed Roties</u></b>	Roties with stuffing of cabbage & capsicum.
<b><u>Chicken &amp; Ham Loaf</u></b>	This dish makes good use of left over chicken. It is excellent for picnics and packed lunches and also stores well in the home freezer.
<b><u>Party Sandwich Loaf</u></b>	Bread loaf filled with mayonnaise, cheese, crabmeat and lots of delicious stuff.
<b><u>Banana Walnut Loaf</u></b>	A tasty preparation made of bananas.
<b><u>Bajra Roti</u></b>	Delicious bajra rotis served hot with garlic chutney.
<b><u>Kheema Paratha</u></b>	Mouthwatering parathas with a filling of kheema, onions, tomatoes etc.
<b><u>Mughlai Paratha</u></b>	A rich paratha made of rava, wheat flour and maida.
<b><u>Sada Paratha</u></b>	The basic Punjabi paratha made of wheat flour.
<b><u>Baida Paratha</u></b>	A paratha with a difference, stuffed with mashed boiled egg.
<b><u>Chawal Ka Paratha</u></b>	A delicious paratha made of steamed rice, onions, green chillies etc.
<b><u>Masalewala Paneer Paratha</u></b>	Delicious parathas with spicy paneer stuffing and smeared with butter or ghee on either sides.
<b><u>Mooli Paratha</u></b>	Paratha stuffed with spiced radish mixture and roasted with a good helping of pure ghee.
<b><u>Sheer-mal</u></b>	A rich bread with a Persian influence made with a helping of milk, khoya etc. and sprinkled with poppy seeds on top.
<b><u>Rajasthani Bhati</u></b>	A typical Rajasthani bread made of whole wheat flour & ghee.
<b><u>Luchi</u></b>	Miniature version of the puri - Bengali style
<b><u>Nargisi Puri</u></b>	A rich puri with egg and potato stuffing.
<b><u>Bermi Puri</u></b>	Puri made of dal and spices, a Jodhpur speciality.
<b><u>Indori Palak Puri</u></b>	Indori style deep fried puri with spinach and spices.
<b><u>Batata Puri</u></b>	A Potato variation of the common puri.

**Gobi Paratha**

Thick Parathas stuffed with grated cauliflower filling.

**Bhatura**

A thick puri deep fried in oil, a very good accompaniment for the Punjabi Chole.

**Missi Roti**

A variation of the famous roti, made of refined flour and spinach – Simply Delicious.

**Roomali Roti**

A truly fine roti which is cooked on a 'ulta tava'.

**Methi Puri**

A tasty puri from North India made with Fenugreek leaves.

**Kashmiri Puri**

A simple puri made of yeast, curd and spices.

**Dalbhari Puris**

A Variation of the common puris-these are stuffed with mixed dals and then deep-fried.

**Tandoori Roti**

A style of roti/pancakes prepared from refined flour and egg and then backed in a tandoor.

**Mint Stuffed Parathas**

Pancakes made of whole wheat flour, mint sauce and stuffed with cabbage, peas and potato.

**Methi Ki Roti**

Fried Roti stuffed with methi.

**Stuffed Masala Kulcha**

Indian roti stuffed with a paneer-potato mixture.

**Makai ki Roti**

Wholesome pancakes made from fresh maize flour served with a lot of ghee.

**Puri**

Deep-fried puffed bread.

**Aloo Paratha**

Shallow-fried unleavened bread with a tangy potato stuffing.

**Pudina Paratha**

Mint flavoured unleavened bread.

**Roti/Chapati**

It is a basic bread prepared from whole wheat flour, and forms the staple diet of Indians.

**Naan**

Triangles of refined flour and egg dough traditionally baked in a clay oven.

**Methi Thepla**

Fenugreek flavoured unleavened Indian bread.





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## POWDERS & SAUCES

### New Recipes

<b><u>Tomato Sauce</u></b>	A sauce which goes well with most snacks.
<b><u>Brandy Butter</u></b>	A tasty butter preparation to be relished with Christmas Pudding and Mince Pies.
<b><u>Apricot &amp; Raisin Stuffing</u></b>	Is used as a stuffing for Roast Turkey which is prepared on festive occasions.
<b><u>Cheddar Dip</u></b>	A creamy cheddar cheese dip served on biscuits or chips.
<b><u>Easy Cheese Dip</u></b>	Delicious, creamy soup made of corn, potatoes, milk etc.
<b><u>Apple Sauce</u></b>	Sauce made of apple pulp with cinnamon & cloves to give it a different taste.
<b><u>Cheese Sauce</u></b>	A delicious sauce made of milk, flour & grated cheese.
<b><u>Nam Prik</u></b>	A type of paste used in many Thai dishes.
<b><u>Thai Dipping Sauce</u></b>	Sauce made of tamarind water, sugar, spring onions etc - goes well with snacks.
<b><u>Chocolate Sauce</u></b>	Makes a great & delicious topping on any ice-cream.
<b><u>Barbecue Sauce</u></b>	A combo of different sauces & powders - goes well with barbecued dishes.
<b><u>Mayonnaise</u></b>	A lovely accompaniment with sandwiches - made of eggs & mustard powder.
<b><u>Onion Sauce</u></b>	A change from the common sauces - made of onions, egg yolks and flour for consistency.
<b><u>Caramel Sauce</u></b>	A delicious concoction made of caramelized sugar & milk.
<b><u>Butterscotch Sauce</u></b>	A tasty topping for ice-creams made of sugar & cream.
<b><u>Tartar Sauce</u></b>	A tasty combination of mayonnaise, onions, cucumber etc.
<b><u>White Sauce</u></b>	A basic sauce made of butter, milk and flour.
<b><u>Sambar Masala</u></b>	A famous south-indian masala made in advance to same time later.
<b><u>Chaat Masala</u></b>	Goes very well with bland dishes - gives a tasty lift to the dish.
<b><u>Rasam Powder</u></b>	Makes a very good watery masala curry - had as an appetiser.
<b><u>Dosai Chili Powder</u></b>	A blend of dals & spices ground to a coarse powder that can be had with dosas & idlis.

**Curry Powder**

A common south-indian curry powder used to make priyals & other gravies.

**Garam Masala Powder**

A rich blend of spices ground to a coarse powder that can be used for any dish.

**Whole Garam Masala**

Whole spices that can be used to prepare pulavs, biryanis etc.





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## SALADS & RAITAS

### New Recipes

#### [Cucumber Koshimbir](#)

A tasty preparation of cucumber and yogurt flavoured with green coriander and green chillies.

#### [Water Melon with Apple Sauce](#)

A fantastic fruit salad made of watermelons covered in creamy apple sauce.

#### [Chaaty Chicken](#)

An enjoyable mix of chicken, potatoes and curds garnished with capsicum.

#### [Fruity Chaat](#)

This is almost like a fruit salad but with a difference ...the chaat masala of course.

#### [Macaroni Chaat](#)

Enjoy macaroni with a sprinkle of chaat masala and seasoning.

#### [Chatpati Arbi](#)

A hot & sweet arbi chaat.

#### [Walnut & Lettuce Salad with Croutons](#)

A quick and tasty salad.

#### [Mushroom Salad](#)

Left over cold meat and mushrooms can be combined into an eye catching refreshing salad.

#### [Corn Salad](#)

Corn lovers.... this salad is just for you.

#### [Green Salad](#)

A delicious green salad with french dressing.

#### [Apple Cole Slaw](#)

This makes a pleasant change from the usual salads.

#### [Veg Salad with Yogurt Dressing](#)

Par boiled vegetables tossed in yogurt.

#### [Pineapple Basket Salad](#)

An excellent fruit salad to complement any meal.

#### [Shrimp Salad with Peas](#)

A sumptuous salad of shrimps dunked in mayonnaise.

#### [Hot Potato Bacon Salad](#)

Try this hot potato bacon salad and you will keep coming back for more.

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**California Chicken Salad**

An all time favourite prepared with diced chicken and mayonnaise dressing.

**Mixed Fruit Salad**

A refreshing fruit salad served on a bed of lettuce leaves.

**Beetroot Salad with Orange Dressing**

A healthy salad prepared with beetroot with an orange dressing.

**Fruit & Cottage Cheese Mould**

A taste of something unique and delicious.

**Arbi Chaat**

A nutritious salad of arbi mixed with chaat.

**Pudina Raita**

A refreshing raita prepared in a jiffy using curd, pudina, chilies and salt.

**Frenchbean Salad**

A French bean salad accompanied with carrots tossed in a light vinegar dressing.

**Prawn Salad**

An easy salad made of boiled prawns, coconut and seasonings.

**Russian Salad**

A very popular salad made of mixed fruits and vegetables with creamy mayonnaise.

**Palak aur Gajjar ka raita**

A delicious raita made of grated carrot, spinach and seasoned with spluttering mustard seeds.

**Ham & Macaroni Salad**

An easy salad made of boiled macaroni, ham etc. with a dash of pepper powder.

**Bengali Salad**

A healthy mixture of fresh vegetables with a touch of black pepper & lime juice.

**Prawn & Potato Salad**

A chilled salad delicacy made of boiled prawns, potatoes etc. and garnished with parsley.

**Beetroot Raita**

Diced beetroot with curd – a raita with a difference.

**Fruit & Cheese Salad**

Paneer & mixed fruit cubes in fresh cream.

**Potato Salad**

Creamy potato salad topped with shallots & mint leaves.

**Chicken & Pasta Salad**

Chicken, lemon & pasta shells tossed in a light lemon dressing.

**Red Beans Salad**

A delightful salad made of beans, tossed with low calorie yogurt dressing.

**Green Peas Salad**

A healthy salad made of lettuce leaves, boiled green peas, spring onions etc.

**Chicken Salad**

Exotic and easy as the name suggests - made of chicken, mayonnaise, boiled eggs etc.

**Boondi Raita**

Deep-fried balls of gramflour mixed with creamy beaten yogurt.

**Doodhi Raita**

A delightful combo of grated doodhi, curd, spices and raisins.

**Fruit Raita**

A soothing combo of mixed fruits, curds & honey.

**Cucumber Raita**

A cooling combo of cucumber, coriander & curds.

**Mixed Veg. Raita**

Indian salad with beaten yoghurt & mixed vegetables.

**Cabbage Raita**

A mixture of cabbage & curds with a slight taste of ginger.

**Onion Raita**

Curd with finely chopped onions & green chilies.

**Coleslaw Salad**

A famous salad with a variation of fruits.

**Coconut Curd Salad**

Highly nutritious they lend variety and zest to a meal.

**Dieter's Crunch**

A healthy salad of fruits and vegetables tossed in curd dip !

**Chicken Chaat**

Tangy and spicy Chicken salad.

**Aloo Chaat**

Potato salad seasoned with "chaat" spices and garnished with fresh coriander.

**Kachumber Salad**

Crunchy cucumber, tomato, capsicum and onions tossed into a salad.

**Sprouted Moong  
Chaat**

Crispy bean sprouts seasoned with chaat spices.





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## INDO-CHINESE

The following Chinese recipes have been specially adapted to suit the Indian palate.

### New Recipes

#### [Chicken Talomein Soup](#)

A rare Chinese broth prepared with chicken stock, vegetables, noodles and seasonings.

#### [Vegetable Gold Coins](#)

Deep fried bread rounds stuffed with sautéed vegetables and coated with breadcrumbs.

#### [Vegetable Spring Rolls](#)

Flour pancakes stuffed with sautéed vegetable mixture and shallow fried till golden brown in color.

#### [Golden Fried Prawns](#)

Deep-fried king-size prawns – Chinese style.

#### [Golden Fried Baby Corn](#)

Tender baby corns, coated in corn-flour batter and deep-fried.

#### [Fukien Fish in Ginger sauce](#)

Fried fish fillets with seasoned corn-flour sauce.

#### [Vegetable HongKong with Steam Rice](#)

Parboiled vegetables cooked in a mixture of sauces and topped with steamed rice.

#### [Chocolate Cherry Lychees](#)

Lychees coated and set in chocolate.

#### [Garlic in Vinegar](#)

This garlic vinegar sauce is a must to get an added authentic Chinese flavour to your meal.

#### [Sesame Chicken Salad](#)

A cold chicken salad tossed in a dressing of oil, vinegar etc.

#### [Cottage Cheese Tidbits](#)

A crispy & saucy appetizer made of paneer.

#### [Salt & Pepper Prawns](#)

A delicious starter prepared by deep frying the prawns & tossing them in sauted spring onions.

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<b><u>Manchow Soup</u></b>	A popular & wholesome Chinese soup of mixed vegetables, chicken, prawns & sauces.
<b><u>Shanghai Fried Rice</u></b>	This is a tasty vegetarian dish of fried rice mixed with vegetables and noodles.
<b><u>Nutty Chicken</u></b>	Ready in no time, this chicken dish is a saucy nutty treat.
<b><u>Szechuan Fish</u></b>	Spicy fish gravy which is easy to prepare.
<b><u>Chinese Doughnuts</u></b>	Very delicious doughnuts which simply melt in the mouth.
<b><u>Prawn Spring Roll</u></b>	Prawn mixture filled in flour pancakes and deep fried.
<b><u>Lung Fung Soup</u></b>	A tasty soup made of mixed vegetables, prawns cooked in chicken stock and soya sauce.
<b><u>Braised Mushrooms</u></b>	Sliced mushrooms cooked in chicken stock and soya sauce.
<b><u>Sliced Chicken in Garlic Sauce</u></b>	Mixed vegetables, sliced chicken, dried mushrooms cooked in a garlic sauce gravy.
<b><u>Fried grill Fish with Lemon</u></b>	Fish fillets marinated in soya sauce, ginger etc. and deep fried.
<b><u>Steamed rice with Sausages</u></b>	A pulao with a variation made of rice and Chinese sausages.
<b><u>Date Cakes</u></b>	A steamed dessert made of pulped dates and flour.
<b><u>Mushroom Soup</u></b>	A delicious concoction of button mushrooms, chicken stock & sauces.
<b><u>Prawns In Chili Sauce</u></b>	Fried prawns cooked in a thick chili sauce.
<b><u>Fried Won Ton</u></b>	Wontons stuffed with chicken mince & deep fried.
<b><u>Chicken Spring Roll</u></b>	A very popular snack made of flour pancake with chicken stuffing.
<b><u>Stuffed Mushrooms</u></b>	Stuffed steamed mushrooms with cornflour sauce.
<b><u>Chicken Lollipop</u></b>	Chicken wings coated with tasty batter and deep fried.
<b><u>Chicken Fried Rice</u></b>	Rice with chicken cubes - An Authentic Chinese dish.
<b><u>Sweet &amp; Sour Chicken</u></b>	Boneless chicken in a sweet 'n' sour gravy.
<b><u>Szechwan Sauce</u></b>	A spicy but tasty sauce - A great accompaniment for chinese starters.
<b><u>Chili Paneer</u></b>	Paneer pieces in a spicy gravy.
<b><u>Won Ton Soup</u></b>	Simple and appetising. A great way to start a Chinese meal.
<b><u>Szechwan Chicken</u></b>	A tasty dish with a combination of fried chicken pieces and spring onions in spicy chicken stock.
<b><u>Mixed Hakka Noodles</u></b>	A great combination of Ham, Chicken, Prawns & vegetables with Hakka noodles.
<b><u>Prawns in Garlic sauce</u></b>	Prawns cooked in a variety of sauces.

**Vegetables With Sweet And Sour Sauce**

A medley of vegetables in the basic sweet and sour sauce.

**Vegetable Sesame Toast**

One of the most popular Chinese snacks - Vegetables layered on toast, topped with sesame and deep- fried.

**Cauliflower Manchurian**

By popular demand ! - Cauliflowers fried and served with the Manchurian sauce.

**Hot Garlic Fried Rice**

Garlic flavoured fried rice - Spicy and colourful!

**Hot & Sour Veg. soup**

These soups need no introduction to lovers of Chinese food. As the name suggests- A spicy & tangy vegetable soup.

**Hot & Sour Non-veg. soup**

The timeless spicy & tangy soup with chicken, prawns and pork.

**Sweet & Sour fish**

Boneless fish in a thick, sweet and sour gravy. Absolutely delicious.

**Eight Jewel Rice**

Vegetables, fruits, dry-fruits, chicken, prawns and egg with Rice! Quite a mouthful.

**Veg. Manchurian**

By popular demand! Vegetable balls in Manchurian gravy.

**Ginger Chicken**

Chicken shreds with mushrooms prepared in Soya - ginger sauce.

**Sweet Corn Chicken soup**

A variation of the sweet corn soup with chicken.

**Sweet Corn Veg. soup**

A popular thick soup of sweet corn with vegetables.

**Veg. Hakka Noodles**

A variation of basic Chinese noodles. Fried noodles with vegetables.

**Veg. Fried Rice**

Authentic Chinese Fried Rice. The vegetarian treat!

**Chicken Manchurian**

One of the most popular Chinese dishes  
Chicken balls in Manchurian sauce.

**Honeyed Paneer Sesame**

An unusual combination of Paneer cubes with honey & sesame.

**Chili Chicken**

The most popular Chicken preparation. Chicken in chili and Soya sauce gravy.

**American Chopsuey- chicken**

A delightful preparation of Crispy noodles with chicken and vegetables.

**Tips on chinese cooking**

**Tips on how to use chopsticks**





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## ITALIAN CUISINE

Italian's have respect for their basic food products and also feeling for the freshness and quality of the ingredients used in their dishes. Italian cuisine includes the world famous pizzas, pastas, breads, cheese, soups, meats, vegetables and last but not the least freshly ground coffee.

### New Recipes

<a href="#"><u>Spaghetti With Eggplant</u></a>	Spaghetti and diced brinjal topped with grated cheese and chopped parsley.
<a href="#"><u>Spaghetti Arrabiata</u></a>	Spaghetti topped with sautéed tomato sauce and grated parmesan cheese.
<a href="#"><u>Firenze In Padella</u></a>	A rich combo of mixed vegetables, walnuts and fresh cream.
<a href="#"><u>Rissoto Prima Vera</u></a>	Rice with vegetables sautéed in butter.
<a href="#"><u>Vegetable Lasagna</u></a>	A tasty baked dish made of pasta and mixed vegetables.
<a href="#"><u>Spinach And Beansprout Soup</u></a>	A healthy soup made of spinach and beansprouts.

### [Step-by-Step Basic Pasta Dough](#)

### [Types of Pastas](#)



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France has a strong regional cuisine with three very different coastlines. Due to which there is a variation in the cooking styles, food etc. Each region specializes in some particular item according to their respective climates and availability. Hence, there is no particular preference where food is concerned.

**New Recipes**

<b><u>Onion Soup</u></b>	Finely chopped onions cooked in chicken stock and served with toasted slices of bread.
<b><u>Mushrooms la` Greuce</u></b>	A delicious dish made o button mushrooms sauteed in olive and cooked with spices.
<b><u>Piperade</u></b>	A wholesome platter of grilled ham, mixed vegetables and scrambled eggs.
<b><u>Mackerals with Almonds</u></b>	Mackerels fried in butter and topped with sauteed flaked almonds.
<b><u>Coq au vin</u></b>	A mouth-watering combination of button mushrooms, onions, mixed vegetables, ham etc. with chicken legs and garnished with chopped parsley.
<b><u>Spiced Pork</u></b>	A chunk of marinated pork cooked with mixed vegetables in oil till well browned.
<b><u>Creme Caramel</u></b>	A very popular sweet delicacy made of milk and eggs.
<b><u>Creamed Cauliflower Soup</u></b>	A tasty soup made of pureed cauliflower, milk and seasoned with pepper.
<b><u>Chick Pea Salad</u></b>	An easy to make salad made of chick peas, leeks, garlic & wine.
<b><u>Braised Chicken</u></b>	Chicken and vegetables cooked in a thick sauce.
<b><u>Mussels with Cream</u></b>	Mussels cooked in a rich thick cream sauce.
<b><u>Navarin of Lamb</u></b>	A sort of stew made of lamb pieces & mixed vegetables.
<b><u>Oeufs A 'La Neige</u></b> (Egg custard with Meringues)	Poached egg whites in egg custard.
<b><u>Vichyssoise</u></b>	A delicious soup made of chicken stock and potatoes.
<b><u>Croque Monsieur</u></b>	Bread toast with ham & cheese stuffing.
<b><u>Potato Forestiere</u></b>	A superb baked dish made of potatoes & mushrooms.

**Lemon Chicken**

Lightly cooked chicken and onions stirred in thick sauce.

**Fish Meuniere**

Fish fillets fried in butter and topped with lemon juice & parsley.

**Lamb Boulangere**

Mutton baked on a layer of potatoes, onions & bay leaf.

**Tarte Tatin**

A mouth-watering tart made of apples, butter & sugar.





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THAI CUISINE

**Thai food** contains flavours that are similar to Chinese, Indian & Japanese cuisine - flavours that have **evolved** from an amalgamation of contrasting tastes & textures.

**New Recipes**

<a href="#"><u>Lemon Grass Soup</u></a>	A delicious prawn soup with a delicate flavour of lemon.
<a href="#"><u>Thai Corn Delight</u></a>	An anytime snack of deepfried corn balls.
<a href="#"><u>Stuffed Aubergines</u></a>	Grilled aubergines with a filling of chicken meat...the ultimate treat.
<a href="#"><u>Coconut Fish in Galangal</u></a>	This thai preparation is made by steaming fish fillets with spiced sauces.
<a href="#"><u>Chicken with Coriander</u></a>	Chicken well marinated and then grilled...leaves a lingering taste in your mouth.
<a href="#"><u>Thai Herb Sauce with Noodles</u></a>	Noodles tossed in herb sauces to give you the taste of authentic Thai food.
<a href="#"><u>Chicken &amp; Mint Salad</u></a>	An enjoyable salad of fried chicken in fish sauce served on lettuce leaves.
<a href="#"><u>Red &amp; White Jellies</u></a>	This a tasty Thai speciality - a dessert made of coconut milk.
<a href="#"><u>Stuffed Chicken Wings</u></a>	Chicken wings stuffed with cooked chicken, prawns and spices.
<a href="#"><u>Chicken Mushroom Soup</u></a>	A rich soup made of a mixture of chicken, mushrooms & spring onions.
<a href="#"><u>Spiced Cabbage</u></a>	Cabbage & pork cooked in coconut milk.
<a href="#"><u>Prawns in Coconut Sauce</u></a>	Prawns cooked over a low flame in simmering coconut sauce.
<a href="#"><u>Barbecued Chicken</u></a>	Chicken grilled with a spiced mixture & garnished with basil or coriander leaves.
<a href="#"><u>Thai Pork Curry</u></a>	Pork pieces cooked in coconut cream, fish sauce & curry paste.
<a href="#"><u>Chicken Mushroom Rice</u></a>	Thai rice made of mushrooms, chicken, mixed vegetables & rice.

**Thai Sweetmeats**

Balls made of mung beans, coconut, sugar & coated with egg whites & lightly cooked in sugar syrup.

**Golden Fried Prawns**

King size prawns coated with rice batter and deep fried - a real treat for seafood lovers.

**Vermicelli Soup**

Made of vermicelli, lemon grass, fish sauce etc - a soup with a difference.

**Thai Fried Rice**

Thai style fried rice - a delicious combo of vegetables, chicken, pork and rice.

**Mushroom & Beansprouts**

A light and dry dish made of beansprouts, mushrooms and prawns.

**Chicken In Coconut Milk**

Chicken pieces cooked in spices & coconut milk.

**Prawns & Cucumber Curry**

A delicious and rare curry made of jumbo prawns and cucumber.

**Stir Fried Pork**

Light and tasty - a mouth-watering mixture of pork, french beans, prawns and spices.

**Coconut Custard**

A custard with a difference - made of coconut milk, eggs and sugar.





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## MEXICAN CUISINE

Mexican food is like Mexico itself, a vibrant blend of colours & flavours. It is one of the oldest cuisines in the Western world & it is one cuisine that adapts well to contemporary as well as everyday & festive cooking. Mexican food on the whole is an amalgamation of two worlds – Indian & Hispanic.

### New Recipes

#### Pozole

Chicken soup, Mexican style.

#### Chiles Rellenos

Chilies With Creamy Corn Filling.

#### Frijoles Borrachos

A spicy hot preparation of drunken beans.

#### Pollo A La Naranja

A chicken preparation with oranges.

#### Chili Colorado

Beef prepared with red chili.

#### Arroz Con Queso

Cheese Baked Rice...very sumptuous.

#### Ensaladade Noche

A mixed fruit salad with a light dressing.

#### Mexican Caramel Custard

Caramel custard prepared the Mexican way.

#### Tropical Fruit Salsa

An exotic mixture of chopped fruit that can be used as a filling in tortillas.

#### Braised Pork

A perfect filling for tacos made of baked shredded pork.

#### Shredded Chicken

A simple filling made of shredded chicken stir-fried with onion's & chili sauce.

#### Cheese Enchilladas

A baked Mexican delicacy made of layered tortillas & cheese filling.

#### Gazpacho

A cold soup made with vegetables, chicken stock & seasonings – best when chilled.

#### Grilled Spareribs

Pork spare ribs grilled with tomatoes, sour cream, coriander & vinegar.

#### Chicken with Orange

Fried chicken pieces cooked in orange juice with saffron, raisins & almonds.

#### Rice with Peas and Ham

Rice cooked in chicken stock with ham & green peas.

#### Mexican Sundaes

A chilled dessert made of a delicious mixture of whipped cream, chocolate & bananas.

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**Cauliflower Fritters**

Cauliflower florets coated with flour batter & deep fried.

**Burritos**

An easy snack made of tortillas, salsa fresca & shredded lettuce leaves.

**Fish Tacos**

Fish fillets boiled in chicken stock and then stuffed in fried folded tortillas.

**Lime & Tortilla Soup**

Fried tortillas boiled in vegetable broth, lime juice & tomato puree.

**Mexican Salad**

Salad from exotic Mexico made of lettuce leaves, tomatoes, kidney beans etc.

**Mexican Rice**

Rice sauted` with onions, garlic & further cooked in water with mushrooms, cumin seeds, salt etc.

**Mexican Egg With Tortillas**

Fried tortillas topped with fried eggs, tomato sauce & salsa fresca.

**Paneer & Babycorn Enchilladas**

Baked tortillas stuffed with paneer, babycorn & sauce.

**Mexican Bread Pudding**

A Mexican delicacy made of bread, nuts, brown sugar & whipped cream.

**Salsa Fresca**

An accompanying dish made of spicy condiments.

**Refried Beans**

Boiled, mashed black beans, sauted` in butter & seasoned with salt.

**Spiced TomatoSauce**

A spicy tomato sauce made of chicken sauce, red chili sauce etc.

[Guide to Mexcian Tortillas](#)





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## JAPANESE CUISINE

The following Japanese recipes have been specially adapted to suit the Indian palate.

### New Recipes

<a href="#"><u>Clear Soup</u></a>	A quick and nutritious clear chicken broth soup.
<a href="#"><u>Chicken Wings</u></a>	A non spicy baked dish prepared with chicken wings in soya sauce.
<a href="#"><u>Cucumber Salad</u></a>	A refreshing cold salad made of cucumbers, sesame seeds, vinegar etc.
<a href="#"><u>Chicken &amp; Egg Domburi</u></a>	An easy to prepare chicken dish with a combination of eggs and sauces.
<a href="#"><u>Grilled Brinjals</u></a>	A grilled delicacy made of brinjals, cheese and seasonings.
<a href="#"><u>Lamb with Mushrooms</u></a>	Marinated mutton pieces grilled with mushrooms and onions.
<a href="#"><u>Prawn Sushi</u></a>	A famous Japanese dish prepared with rice vinegar, sugar, ajinomoto, egg yolks and lemon juice.
<a href="#"><u>Teriyaki Steak</u></a>	A grilled preparation of marinated beef steak.
<a href="#"><u>Teriyaki Honey Chicken</u></a>	A baked Japanese chicken delicacy prepared with honey, soya sauce etc.



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## INDONESIAN CUISINE

A country that has so much to offer, beautiful landscapes, a variety of natural wonders, ancient cultures, fascinating people, and delectable local cuisines, attracts travelers from round the world to explore Indonesia and it's inhabitants. This cuisine is influenced by the cuisines of India, China, the Middle East, and Europe. The cooking patterns, styles and presentations are different in different regions and provinces. In Indonesia, the well-known and most famous menus are the Javanese and Sumatran.

### New Recipes

<b><u>Barbecued Prawns</u></b>	An exotic grilled shrimp preparation with red pepper sauce, peanut butter, garlic etc.
<b><u>Curried Crab</u></b>	A delicious coconut based gravy dish of crabs cooked with shallots, lemon grass, chilies etc.
<b><u>Curried Vegetables</u></b>	A mouth-watering non-spicy dish made of prawns and mixed vegetables cooked in coconut milk.
<b><u>Fried Chicken</u></b>	Chicken chunks marinated with soya sauce, spices and deep fried – a typical Indonesian delicacy.
<b><u>Peanut Chicken</u></b>	A delectable peanut flavoured preparation made of chicken cooked with olive oil, garlic, soya sauce, etc.
<b><u>Satay</u></b>	A distinct Indonesian dish - a combination of beef, pork and chicken prepared along with ginger, garlic, pepper, soya sauce etc.
<b><u>Sweet &amp; Sour Cucumber Salad</u></b>	A tongue tingling sweet and sour cold salad made of cucumber.
<b><u>Fried Rice</u></b>	An authentic and wholesome dish made of rice stir-fried with prawns, ham, chicken, cabbage, green peas, soya sauce etc.
<b><u>Peanut Pancakes</u></b>	An authentic Indonesian dessert made of maida pancakes topped with icing sugar, sesame seeds, peanuts etc.





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## KOREAN CUISINE

Korea is a country which is swathed in greenery. This land has exquisite national parks, beautiful gardens, friendly people and its cuisine is deliciously authentic.

### New Recipes

#### [Korean Chicken Soup](#)

A delicious & filling chicken soup made using soya sauce & chili paste.

#### [Korean Spinach](#)

Spinach par boiled and mixed with soya sauce & sesame oil.

#### [Korean Beef Bulgogi](#)

Marinated slices of beef basted with soy sauce, dry sherry, peanut oil and red pepper flakes.

#### [Korean Chapchae](#)

An authentic Korean dish prepared with beef, pork, noodles, mushrooms etc.

#### [Korean Cabbage](#)

A spicy salad made of raw cabbage mixed with chili powder, onions and garlic.

#### [Korean Bean Sprouts](#)

Bean sprouts tossed in a light dressing mixed with chopped onions and garlic.

#### [Korean Chestnut Rice](#)

A common Korean rice preparation cooked with chestnuts.

#### [Korean Walnut Candies](#)

These sweet candies are prepared by sugar coating the walnuts before frying them.



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## Ingredients

Button mushrooms	8-10 nos.
Capsicum	1 medium
Carrot	1 medium
Sweet corn niblets	2 tbsps.
Green peas	½ cup
Red chilies, crushed	½ tsp.
Sugar	a pinch
Salt	to taste
Egg white	1 no.
Corn flour	2 tbsps.
Oil	1 tsp.
Vegetable stock or water	3 cups

## Celestial Veg. soup



## Method

1. Wash and cut mushrooms into four. Peel and cut carrots into ¼ inch pieces. Wash capsicum, halve, deseed and cut into ¼ inch pieces. Reserve a little for garnish.
2. Boil carrots and green peas in vegetable stock or water. Keep aside.
3. Dissolve corn flour in ½ cup water. Beat egg white lightly. Keep aside.
4. Heat oil, add mushroom pieces and sauté, then add capsicum pieces and sauté.
5. Add boiled carrot pieces, corn niblets and vegetable stock or water and mix.
6. Add salt, sugar and crushed red chilies. Add (frozen) green peas and mix.
7. When the mixture begins to boil add corn flour dissolved in water and mix well.
8. Finally add the beaten egg white, stir lightly and serve hot garnished with chopped capsicum.



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## Ingredients

Tur dal	100 gms.
Dry red chilies	3 nos.
Asafoetida	¼ tsp.
Peppercorns	4 nos.
Cumin seeds	¼ tsp.
Chopped tomatoes	1 cup
Chopped coriander leaves	1 tbsp.
Tamarind pulp	¼ cup
Salt	to taste
Cloves	4 nos.

Oil	1 tbsp.
Mustard seeds	½ tsp.
Curry leaves	1 sprig

## Method

1. Pick, wash and boil dal with 5 cups of water. Strain the water and keep.
2. Grind together red chilies, asafoetida, peppercorns and cumin seeds.
3. Boil dal water add chopped tomatoes, ground paste, chopped coriander leaves, tamarind pulp and salt. Cook until tomatoes are mashed nicely
4. Now heat the oil in a small pan. Add mustard seeds and curry leaves, when they crackle add it to the above liquid, mix well and serve hot.

## Tomato Rasam



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## Ingredients

Tomato	1 kg.
Water	1 liter
Ginger	1 inch.
Red chilli powder	1 tsp.
Sugar	½ tsp.
Scraped fresh coconut	¼ cup
Coriander leaves, chopped	2 tbsps.
<b>For tempering</b>	
Ghee	2 tbsps.
Cumin seeds	1 tsp.
Curry leaves	7-8
Hing	A pinch
Salt	To taste

## Tomato Saar



## Method

1. Peel ginger, wash well. Peel garlic. Grind ginger and garlic to a fine paste along with coconut.
2. Wash tomatoes and cut into quarters.
3. Boil tomatoes along with water, ginger, garlic, coconut paste and cook until mashed well.
4. Take off the heat and strain it.
5. Add red chilli powder, salt and sugar to the strained mixture. Bring it to a boil. Remove and keep aside.
6. Heat ghee in a pan, add cumin seeds, brown them and then add curry leaves and hing. Cook for a moment.
7. Add this to the cooked tomato. Mix well.
8. Serve hot garnished with chopped coriander leaves.



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## Ingredients

Green peas	500 gms.
Onion	1 no.
Ginger	2inch.
Garlic	8-10 cloves
Green chillies	2 nos.
Ghee or oil	3 tbsps.
Cumin seeds	½ tsp.
Bay leaves	2 nos.
Cream	¼ cup
Salt	to taste

## Matar Ka Shorba



## Method

1. Peel and boil the green peas. Blend in a blender to make a fine puree.
2. Peel and finely chop onion. Peel ginger and garlic and grind with green chillies to make a paste.
3. Heat ghee or oil in a pan, add cumin seeds and bay leaves, stir-fry for half a minute. Add chopped onion and sauté till onion turns light pink. Add ginger, garlic and green chili paste. Sauté for a while.
4. Add green peas puree, cook for five minutes, stirring continuously. Add three cups of water and bring to a boil.
5. Season with salt and stir. Remove bay leaves and discard. Reduce heat and cook further for five minutes. This soup is of thick consistency, however you may make it of the consistency of your liking, by varying the quantity of water used.
6. Stir in fresh cream and serve hot garnished with a swirl of cream.



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## Ingredients

Tomatoes(chopped)	200 gms.
Onion(chopped)	1 small
Garlic	1 flake
Cloves	2 nos.
Cabbage(finely chopped)	100 gms.
Cornflour(optional)	2 tsps.
Water	2 cups
Salt and pepper	to taste

## Tomato Cabbage Soup



## Method

- 1.Pressure cook tomatoes, onion, garlic and cloves with 2 cups of water for 5-7 minutes.
- 2.When cool, pass through a soup strainer and transfer to a pan.
- 3.Add chopped cabbage and bring to boil.
- 4.Dissolve cornflour in little water and add to the soup.(If clear soup is required, then cornflour is not needed)
- 5.Simmer and cook till 7-10 minutes or till cabbage is almost cooked.(Little crispiness in cabbage tastes better)



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## Ingredients

### FOR THE RED CREAMY SOUP:

Tomatoes	750 gms.
Milk	¾ cup
Beetroot	1 no.
Onion	1 no.
Carrot	1 no.
Cornflour	1 tbsp.
Garlic	4 flakes
Butter	1 ½ tbsp.
Salt,pepper and sugar to taste	

### FOR CREAMY GREEN SOUP:

Spinach(chopped)	2 bunches
Milk	¾ cup
Onion(chopped)	1 no.
Cornflour	1 ½ tbsp.



Tri Colour Soup

Cloves	2-3 nos.
Butter	1 ½ tbsp.

Salt and pepper to taste

### FOR THE WHITE

### COLOUR:

Fresh cream	6 tbsps.
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## Method

### TO PREPARE THE RED CREAMY SOUP:

- 1.Cut the vegetables into large pieces and pressure cook with little water till done. When cool puree the vegetables.
- 2.Add butter in a saucepan, add flour and stir for a minute. Gradually add milk and stir well to a smooth mixture.
- 3.Add the vegetable puree, salt, pepper and sugar and mix well. Add water to acquire the right consistency.
- 4.Simmer for 10 minutes. Remove from heat and strain the soup to get a smooth consistency.

### TO PREPARE THE GREEN CREAMY SOUP:

- 1.Pressure cook the spinach till done. Cool and puree it.
- 2.Melt butter in a saucepan, add onions, cloves and saute till the onion turns transparent.
- 3.Add spinach puree and about 4 cups water. Bring to boil.
- 4.Mix cornflour in the milk to a smooth paste and add to the soup. Stir well.
- 5.Add salt and pepper to taste and simmer for 2 minutes. Remove from heat and strain the soup.

### FOR SERVING:

1. Gently pour the red creamy soup from one side of the bowl and the green creamy soup from the other side of the bowl, both occupying equal space.

2. Beat fresh cream slightly till it thickens. Make a ring of cream in the centre of the bowl and serve this exotic tricolour soup.



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## Ingredients

Mushroom(sliced)	225 gms.
Almonds(blanchd & finely chopped)	10-12 nos.
Butter	25 gms.
Onion(chopped)	1 no.
Chicken stock	600 ml.
Cornflour	1 tbsp.
Cream	4 tbsps.
Milk	150 ml.
Salt and pepper to taste	

## Mushroom & Almond Soup



## Method

1. Take a large microwave proof bowl and place chopped onions and butter in it. Cover and cook on micro high for 3 minutes.
2. Add the chicken stock, mushroom and almonds and cook on micro high for 15 minutes.
3. Mix the cornflour with little milk. Then stir in the remaining milk. Add to the mushroom mixture.
4. Cook on micro high for 5 minutes. Season with salt and pepper.
5. Serve hot with cream swirled on top.

**TIP:** If you want the soup to be more thick, add more cornflour.



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## Ingredients

Red pumpkin	1 kg.
Spring onions, minced	6 nos.
Cream, thin	1 cup
Mint leaves	As required
Cream for garnish	¼ cup
Chicken stock	6 cups
Water	1 cup
Sugar	2 tsps.
Pepper	As required
Tomato	1 no.
Salt	As required

## Pumpkin Soup



## Method

1. Cut the pumpkin into little cubes and boil in 1 cup of water until soft.
2. Add the pumpkin to the chicken stock with onions, salt and pepper to taste.
3. Cook for 10 minutes and then blend in a blender and strain.
4. Cool completely and add 1 cup thin cream.
5. Chill and just before serving, put a tomato slice topped with two mint leaves and a piped cream star.



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## Ingredients

Sweet corn	1 tin.
Crab, cooked & shredded	1 no.
Chicken stock	1 liter.
Ajinomoto	½ tsp.
Eggs	2 nos.
Cornflour	1 tsp.
Water	¼ cup
Pepper	To taste.
Salt	To taste.

## Crab Soup



## Method

1. Pour the chicken stock into a vessel and bring to a boil.
2. Add the corn with the spices to the boiling stock.
3. Mix the cornflour with ¼ cup of water and pour it into the stock with ¾ of the crab meat and egg yolks.
4. Keep stirring continuously to avoid lump formation.
5. Boil this concoction, and slowly add the egg whites stirring regularly.
6. Once done, remove from heat and serve in soup bowls garnished with crab meat.



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## Ingredients

Payas (goats feet)	8 nos.
Onions, chopped	2 nos.
Dhania (coriander seeds)	1 tbsp.
Jeera	1 tsp.
Bay leaf	4 nos.
Star flower	4 nos.
Cinnamon	2 pieces.
Cloves	6 nos.
Pepper	6 nos.
Big cardamom	4 nos.

Salt To taste

## Mutton Paya



## Method

1. Tie the coriander seed, jeera, bay leaves, star flower, cinnamon, cloves, pepper an big cardamom in a muslin cloth.
2. Keep the paya with some water on the gas, add the chopped onions, salt and the spices tied in the muslin bag.
3. Now cook the paya on a slow flame for about 4-5 hours.
4. Once done remove the spice bag and serve hot.



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## Ingredients

Onion & potato stock	4 cups
Spinach (palak)	2 bunches
Onion, chopped	1 no.
Fresh cream	100 gms.
Corn flour	1½ tbsps.
Milk	1½ cups
Butter	1 tbsp.
Salt & pepper	

## Cream of Spinach Soup



## Method

1. For making the stock, cut 2 onions & 2 potatoes into large cubes.
2. Then pressure cook in four cups of water and once done, strain the water and reserve as stock.
3. Wash and grind the spinach to a fine paste and keep aside.
4. In a pan heat butter, add the chopped onion and sauté till they turn soft.
5. Now add the spinach paste, sauté till it turns soft, then add the salt, pepper, stock and boil for a while.
6. Take off the soup from the heat, strain it and keep on the gas again.
7. Mix the cornflour with the milk and add to the soup.
8. Simmer for few minutes then serve hot decorated with swirls of fresh cream



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## Ingredients

Small white onions	1 kg.
Tomato puree	4 tbsps.
Macaroni pieces	1 cup
Bacon	¼ kg.
Stock	6 cups.
Pepper	As required
Parmesan cheese	As required
Butter	4 tbsps.
Salt	As required

## Baby Onion Soup



## Method

1. Clean the onions and soak in fresh water.
2. Chop the bacon finely, melt the butter and fry the bacon and the onions until golden.
3. Mix the tomato puree with the stock and add this to the onion mixture along with the macaroni pieces.
4. Bring to one boil and then simmer over a low flame until the macaroni is cooked.
5. Serve hot garnished with grated cheese.



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## Ingredients

Mutton, cubed	1/2 kg.
Coconut milk(thick & thin)	1/2 no.
Onions, chopped	2 nos.
Tomatoes, chopped	3 nos.
Green chillies, slit	6 nos.
Coriander leaves, chopped	1 tbsp.
Lemon juice	1 no.
Ghee	1 tbsp.
Salt	To taste

### For the Masala

Coconut, grated	1 tbsp.
Coriander seeds	1 tbsp.
Jeera	A pinch
Pepper	20 nos.
Cinnamon	2 pieces
Cloves	4 nos.

## Mutton Stew



Garlic	10 flakes
Poppy seeds	1/4 tsp.

### For the Seasoning

Onion, chopped	1 no.
Ghee	2 tbsps.

## Method

- 1.Grind all the masala ingredients together to a fine paste.
- 2.Mix it with the mutton, thin coconut milk, chopped onions, tomatoes, green chillies, ghee, salt and cook till done.
- 3.Add chopped coriander leaves, lime juice and thick coconut milk and bring to a boil.
- 4.Season with ghee and chopped onions and serve hot with idli, dosas etc.



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## Ingredients

Cream corn	1 tin
Potatoes, cubed	4 nos.
Onion	1 no.
Sugar	1 tsp.
Bacon	4 slices
Milk	2 cups
Water	1 cup
Parsley, chopped	As required
Pepper	As required
Butter	3 tbsps.
Salt	As required

## Cream of Corn Soup



## Method

1. Melt the butter and sauté the chopped onion and bacon.
2. Then add the cubed potatoes and 1 cup of water.
3. When the potatoes are tender, add the corn, milk, sugar, salt and pepper.
4. Simmer for 10 minutes and serve hot garnished with chopped parsley.



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## Ingredients

Onions	2 nos.
Red pumpkin	600 gms.
Butter	2 tbsps.
Bay leaves	2 nos.
Pepper	8-10 nos.
White pepper powder	½ tsp.
Lemon juice	2 tsps.
Fresh cream	¼ tsp.
Salt	As required

## Red Pumpkin Soup



## Method

1. Peel the onions and slice them finely.
2. Skin the pumpkin and dice into small pieces.
3. Heat butter in a pan, add the bay leaves & pepper and sauté for a while.
4. Now add the diced pumpkin, sauté for a minute, then add enough water and cook until soft.
5. Strain and reserve the excess water, then puree the vegetables.
6. Now add the stock, salt & pepper powder to the puree & bring to a boil.
7. Lastly add the lemon juice and serve hot topped with cream.



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## Ingredients

Tomatoes, large	4 nos.
Chicken, shredded	50 gms.
Paneer, sliced finely	50 gms.
Chicken / Veg stock	1 litre.
Soya Sauce	1½ tbsps.
Vinegar	1 tbsp.
Cornflour dissolved in ¼ cup water	1 tbsp.
Monosodium glutamate	½ tsp.
Salt & pepper	To taste

## Tomato & Paneer Soup



## Method

1. Boil the tomatoes in the chicken stock for 5 mins.
2. Add vinegar, soya sauce, monosodium glutamate and corn flour mixture and keep on stirring till the soup thickens.
3. Mix in the cheese and chicken and serve hot.



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## Ingredients

Vegetable stock	3 cups
Broccoli sprigs small	10 nos.
Snow peas	60 gms.
Coriander leaves finely chopped	2 tbsps.
Sesame Oil	Few drops
Salt	To taste
Pepper	To taste

## Soup with Vegetables



## Method

1. Bring the stock to boil.
2. Add the broccoli and cook for two minutes.
3. Add the peas and cook for two more mins.
4. Add salt and pepper and remove from heat.
5. Stir in the coriander and oil.
6. Serve hot.



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## Ingredients

Cucumber	Half
Chicken stock	2 cups
Cooked shredded chicken	1/4th cup
Chopped coriander leaves	1tbsp.
Sesame Oil	1/2 tsp.
Salt	To taste
Pepper	To taste

## Chicken Cucumber Soup



## Method

1. Peel the cucumber and cut into thin slices.
2. Meanwhile bring the stock to boil.
3. Add the cucumber and cook for 2 to 3 minutes.
4. Add the chicken, salt and pepper and stir.
5. Add the coriander leaves and sesame oil.
6. Serve hot.



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## Ingredients

Cucumber, medium	1 no.
Onion small chopped	1 no.
Butter	1 tsp.
Stock	250 ml.
Milk	4 tbsps.
Seasoning	To taste

## Ice Cucumber Soup



## Method

1. Cut cucumber into pieces, leaving on most of the peel.
2. Fry onion in butter and add cucumber to it.
3. Half the stock, seasoning and simmer gently for 15 minutes.
4. In an electric blender, add milk and rest of the stock.
5. Garnish with lemon.
6. Serve cold.



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## Ingredients

Mushrooms	2 cups
Chicken or veg stock	2 cups
Egg yolks	3 nos.
Milk	1 cup
Black pepper	1/8 tsp.
Butter or margarine	4 tbsps.
Salt	1/4 tsp.

## Fresh Mushroom soup



## Method

1. Melt the butter in a pan, add the mushrooms and cook them for 5 minutes stirring constantly.
2. Add the chicken or vegetable stock, raise the heat and bring to a boil.
3. Remove the mushroom mixture from the heat.
4. Beat 1/2 cup of hot broth with the egg yolks until the mixture becomes frothy.
5. Gradually pour this mixture into the mushroom mixture, stirring constantly to prevent the mixture from curdling.
6. Return the pan to the heat and add the milk, salt and pepper.
7. Reheat uncovered, stirring constantly, but do not let the soup boil.
8. Serve hot.



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## Ingredients

Ripe tomatoes	2 kgs.
Chicken stock	2 cups
Pepper	As required
Sugar	2 tbsps.
Cream	1 cup
Spring onions	6 nos.
Tomato puree	2 tbsps.
Water	2 cups
Flour	2 tbsps.
Salt	As required

## Cold Chicken Tomato Soup



## Method

1. Cut the tomatoes into pieces, chop the onions and boil together in a pan of water.
2. Cook till the tomatoes turn soft, then blend in a blender and strain and keep aside.
3. Mix the tomato puree with the flour and add this to the strained tomato juice.
4. Cook for a few minutes and then add the chicken stock, salt, pepper and sugar.
5. Bring this mixture to a boil, cool and chill.
6. Just before serving garnish with fresh cream.



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## Ingredients

Green peas, cooked	1 1/2 cup
Butter	1 tsp.
Flour	1 tsp.
Milk	1/2 cup
Pepper powder	1 tsp.
Meat stock or boiling water	2 1/2 cups
Cream for topping	As required
Salt	To Taste

## Green Peas Soup



## Method

1. Mix the butter and flour with the stock or water.
2. Blend the cooked peas and milk in the mixer for 15 seconds or till it forms a smooth paste.
3. Add the green peas mixture to the stock and simmer in a saucepan on a slow flame till the soup is smooth and thick.
4. Add the salt and pepper according to taste.
5. Serve topped with freshly whipped cream.



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## Ingredients

Water	4 cups
Carrots	4 nos.
Potato	1 no
Onion	1 no
Black pepper	1/8 tsp.
Dried basil	1/4 tsp.
Butter or margarine	1 tbps.
Salt	1½ tsp.

## Carrot Soup



## Method

1. Place the water and salt in a saucepan and bring to a boil.
2. Add the carrots, potato and onion, cover and simmer for 10-15 minutes or until the vegetables are tender.
3. Puree the vegetables with the water in a blender or a food processor.
4. Return the puree to the saucepan, add pepper and reheat the puree, uncovered.
5. Stir in the butter just before serving.



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## Ingredients

Potatoes ( 4 large )	1 kg.
Onion, chopped	1 no.
Water	1 1/2 cup.
Milk	4 cups
Pepper	1/4 tsp.
Cheddar cheese, grated	3 cups
Parsley, chopped	1 tbsp.
Salt	2 tbsp.

## Potato & Cheese Soup



## Method

1. Peel and cut the potatoes into cubes. Then put the potatoes, onion, salt and water in the cooker.
2. Pressure cook the ingredients on high heat and then reduce heat and cook for 3 minutes.
3. Remove cooker from the gas and allow to cool naturally.
4. Once cooled, open the cooker and mix the mixture smooth in a blender or mash it through a sieve.
5. Transfer soup to a vessel and add milk and pepper.
6. Place the vessel on medium heat and bring to a boil, stirring continuously.
7. Add the cheese and stir till the cheese melts.
8. Serve immediately garnished with parsley.



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## Ingredients

Butter	50 gms.
Onion, chopped	50 gms.
Chicken stock or water	600 ml.
Button mushrooms, sliced	225 gms.
Cloves	2 nos.
Cinnamon stick	1 inch.
Bay leaf	2 nos.
Cornflour	25 gms.
Milk	300 ml.
Peppercorn	8 nos.
Salt	To taste.

### For Garnish

Fresh cream and sliced, boiled mushrooms	50 ml
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## Cream Of Mushroom



## Method

1. Put butter and onions in a vessel and sauté.
2. When the onion turns light brown, add sliced mushrooms.
3. Tie spices in a bag and put it in the vessel.
4. Put the chicken stock or water, cover and cook for 20 minutes.
5. Remove the bag of spices and liquidise the soup in a blender. Then keep the soup on low heat to simmer.
6. Blend the cornflour in 2 tbsp. of milk, then stir in the remaining milk and put this mixture into the mushroom soup.
7. Bring the soup to a boil. Season with salt and pepper.
8. Garnish with cream and sliced mushrooms.



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## Ingredients

Arhar dal	100 gms.
Ginger paste	1¼ tsp.
Tomato puree	100 ml.
Garlic paste	1 tsp.
Curry powder	10 gms.
Water/chicken stock	1 liter
Fresh cream	50 ml.
Salt	To taste

### For garnish

Boiled rice, boiled chicken dices (optional) and curry patta.

## Method

1. Soak dal for 5 hours and drain.
2. **Boil** dal with ginger and garlic pastes, salt, tomato puree, curry powder and water or chicken stock, cook for 30 minutes.
3. Pass through a strainer, add cream and mix well. Cook for 2 minutes.
4. Garnish for VEG : Boiled rice and curry patta. **Garnish** for NON-VEG : Boiled chicken dices and curry patta.

## Curry Soup



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## Ingredients

Prawns with heads	200 gms.
Butter	40 gms.
Carrots, chopped	15 gms.
Onions, chopped	15 gms.
Celery, chopped	15 gms.
Bay leaf	1 no.
Peppercorns	8 nos.
Flour	20 gms.
Tomato puree	1 tbsp.
Water	850 ml.

Salt To taste

### For Garnish

Fresh cream 60 ml.

## Prawn Soup



## Method

1. Heat 20 gms. of butter in a vessel. Stir in the chopped vegetables, [bay leaf](#) and peppercorn and fry till the vegetables are almost cooked.
2. Slit the prawn shell to remove the vein and wash well.
3. Add the prawns to the vegetables and fry for 2 minutes.
4. Add 850 ml. of [boiling](#) water, tomato puree and salt, mix well.
5. Cook on high flame for 10 minutes.
6. Remove the prawns, peel and keep aside for garnish. Put the shell back in the stock and cook for 3 minutes.
7. Put the stock with the prawn shell in a blender and return this mixture to the vessel and cook on high for 5 minutes.
8. In the meantime make a paste of 20 gms. butter and flour.
9. Add this paste to the soup and mix well.
10. Cook for 2 minutes and then strain.
11. Put the strained soup in a bowl and [garnish](#) with chopped pieces of prawn's and cream.



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## Ingredients

Carrots	650 gms.
Onion, medium sized	1 nos.
Garlic, cloves	6-8 nos.
Green coriander	1 cup
Butter	2 tbsp.
Bay leaf	2 no.
Peppercorn	1 tsp.
White pepper powder	½ tsp.
Water	1200 ml.
Salt	To taste

## Carrot & Coriander Soup



## Method

1. Wash, peel and roughly chop carrots. Peel and chop onion and garlic. Wash and finely chop fresh coriander leaves and reserve the stems.
2. Heat butter in a pan, add [bay leaves](#), peppercorns, onions and garlic and fry for two minutes.
3. Add carrots, [coriander](#) stems and water and bring to a [boil](#).
4. When the carrots are completely cooked, remove them and put in a blender to make a fine puree.
5. Reduce the stock slightly by boiling and strain.
6. Take the puree in a pan and add strained stock to reach the desired consistency. Bring to a boil again. Add white pepper powder dissolved in a little water. Add salt to taste. Stir in finely chopped fresh [coriander](#) leaves.
7. Serve piping hot.



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## Ingredients

Lentils	1 cup.
Ham	120 gms.
Onion, chopped (medium)	1 no.
Carrot, chopped (medium)	1 no.
Celery, chopped	½ cup
Bay leaf (small)	1 no.
Garlic, finely chopped	1 flake
Tomato juice	¾ cup
Water	4 cups
White vinegar	1 tbsp.
Salt	½ tsp.

## Lentil Soup



## Method

1. Put all the ingredients in a vessel, except the [vinegar](#) and stir.
2. Bring the mixture to a [boil](#) and then [simmer](#) on a low flame till the ingredients are cooked.
3. After the soup is ready, remove from the heat and discard the [bay leaf](#).
4. Mix half the soup lightly in a blender or mash it through a sieve.
5. Mix the blended soup with the remaining soup in the vessel.
6. Add the vinegar, stir and reheat.
7. Serve hot.



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## Ingredients

Tomatoes, chopped	4 nos.
Cabbage, chopped	2 tbsp.
Capsicum, chopped	2 tbsp.
Onion, chopped	2 tbsp.
Bay leaves	2 nos.
Oil	2 tsp.
Salt and pepper	To taste

## Mixed Vegetable Soup



## Method

1. Heat the [oil](#) and fry the onions for 1 minute.
2. Add the tomatoes, cabbage, capsicum, bay leaves and 6 teacups of [boiling](#) water and boil for 5 minutes.
3. Add salt and pepper and serve hot.



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## Ingredients

Butter	2 tbsp.
Spinach, chopped	2 cups.
Onion, chopped	1 no.
Milk	2 cups
Maida	1½ tbsp.
Oil	1 tbsp.
Salt & pepper	To taste.

## Spinach Soup



## Method

1. Blanch spinach in hot water. Remove and refresh in cold water.
2. Heat oil in a kadhai, add chopped onions and sauté. Add crushed garlic, salt and pepper.
3. Puree together with boiled spinach.
4. Make a thin white sauce by melting butter in a kadhai. Then add [maida](#) and cook for 5-7 mins. Slowly add the milk so that no lumps are formed.
5. Add the spinach puree to this and bring it to a [boil](#). Add a little water if required.
6. Correct seasonings and serve hot.



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## Ingredients

Potatoes, peeled & quartered	4nos.medium
Onions	2 nos.
Cauliflower, shredded	1 cup
Water	6 cups
Olive or Salad oil	2 tbsp.
Cauliflower leaves, shredded (or any green leafy vegetable)	1 cup

## Caldo Verde



## Method

1. Cook potatoes, onions and cauliflower in salted water until tender.
2. Add the olive oil. Transfer contents to a blender and make a puree.
3. Transfer back to the container and add finely shredded greens.
4. Cook for 10 minutes.
5. Serve hot.



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## Ingredients

Cucumber	4 nos.
Green chili	1 tsp.
Mint leaves, chopped	2 tsp.
Curd/Yogurt	3 cups
Salt	To taste

## Kheera Ka Soup



## Method

1. Peel the cucumber and cut roughly. Add mint leaves, green chilies and salt.
2. Grind all the above with some water in mixer.
3. Add [Curd/Yogurt](#) and [grind](#) again.
4. Serve chilled.



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## Ingredients

Tomatoes	600 gms.
Chopped ginger	1 tbsp.
Chopped garlic	1 tbsp.
Whole garam masala	1 tbsp.
Bay leaf	2 no.
Chopped green coriander	1 tbsp.
Cumin seeds	1 tsp.
Sugar (optional)	1 tbsp.
Oil	1 tbsp.
Green chili	2 no.
Salt	As per taste

## Tamatar ka Shorba



## Method

1. Wash and cut tomatoes into quarters
2. Cook tomatoes with chopped ginger, garlic, green chilies cut into two and [Whole Garam Masala](#). Add 5 cups of water and bay leaf. Bring to a boil.
3. [Simmer](#) for twenty minutes on a slow flame until tomatoes are mashed completely.
4. Strain the mixture with a soup strainer.
5. Heat oil in a pan. Add cumin seeds, let them crackle. Add strained tomato liquid and season with salt.
6. Bring it to a [boil](#), add sugar if it is very sour.
7. Serve hot, [garnished](#) with chopped green coriander leaves.



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## Ingredients

Coconut milk	½ cup
Lemon juice	2 tsp.
Curry leaves	6 - 8 nos.
Ginger	1 tsp.
Garlic cloves	3 - 4 no.
Cinnamon	½ stick
Coriander seeds	1 tsp.
Cumin seeds	1 tsp.
Fennel seeds	½ tsp.
Fenugreek seeds	½ tsp.

Black peppercorn	1 tsp.	Oil	1 tbsp.
Gram flour	1 tbsp.	Salt	As per taste.

## Mulligtawney Soup



## Method

1. Grind garlic, ginger, cinnamon, coriander seeds, cumin, fennel, fenugreek seeds and peppercorns into a fine paste.
2. Heat oil, add Gram flour, cook for some time and then add ground masala. Cook for few more minutes.
3. Add 850 ml. water (3 ½ Cups) and curry leaves. Cook till you get a thick consistency.
4. Add Coconut milk, lime juice and salt.
5. Strain through muslin cloth and serve hot.

**Note:** The literal meaning of Mulligtawney is Mullig - Pepper and Tami - Water i.e. pepper water. However there are quite a few recipes of this soup. Chef Kapoor personally relishes this recipe as this has a delectable flavor of coconut milk with all the essence of aromatic herb and spices.



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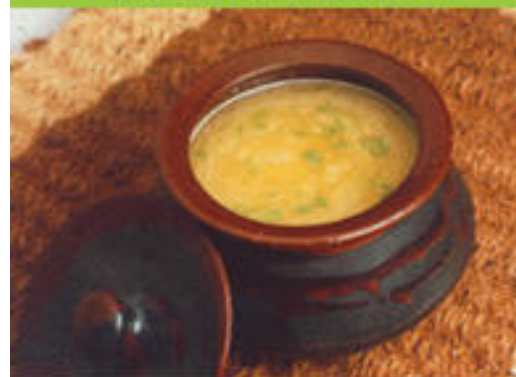
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## Ingredients

Chicken Bones	500 gms.
Boneless Chicken (Skinned)	100 gms.
Refined Flour	30 gms.
Chopped Garlic	1 tsp.
Cumin seeds	½ tsp.
White Pepper Powder	1 tsp.
Oil	1 tsp.
Bay Leaf	2 no.
Green Chili	2 no.
Garam Masala Powder	½ tsp.
Salt	As per taste.

## Chicken Shorba



## Method

1. Clean and wash chicken bones.
2. Clean, wash and cut chicken into half centimeter dice.
3. Put chicken pieces in a deep pan. Add 1¼ liters water, chopped garlic, bayleaf, slit green chilies and bring it to a boil. **Simmer** for half an hour. Strain and keep aside.
4. Heat oil in a pan. Add cumin seeds, let it crackle and add flour, cook for a minute on a slow flame and then add reduced chicken stock, chicken pieces, white pepper powder, **Garam Masala Powder** and salt.
5. Bring it to a **boil** and serve piping hot.



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## Ingredients

Moong dal (yellow dal)	½ cup.
Chopped onion	¼ tsp.
Chopped ginger	1 inch.
Chopped garlic	2 cloves.
Cumin seeds	½ tsp.
Lemon	1 no.
Butter/Oil	1 tsp.
Chopped green chili	2 nos.
Chopped green coriander	1 tsp.
Turmeric powder	½ tsp.
Salt	As per taste.

## Dal Shorba



## Method

1. Pick, clean and wash moong dal.
2. Peel and chop the onion, ginger and garlic. Wash and chop the green chillies. Clean, wash and chop the coriander leaves. Remove juice of the lemon.
3. Mix together moong dal, chopped onion, chopped ginger, chopped green chillies, turmeric powder, salt and chopped garlic. Add five cups of water and bring it to a boil. Simmer and cook for fifteen minutes.
4. Remove scum from the top from time to time. Cook until dal is very soft.
5. Pass a through a soup strainer. Keep aside.
6. Heat butter in a pan, add cumin seeds. Sauté on low heat so that the butter is not burnt but at the same time full flavor and aroma of cumin seeds comes out.
7. Add pureed dal, add water to correct consistency, if required. Bring it to a boil. Add juice of a lemon.
8. Serve piping hot garnished with finely chopped fresh coriander leaves.



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## Ingredients

Curd/Yogurt (1 day sour )	1½ cup
Turmeric powder	A pinch
Coriander leaves	A stem
Mustard seeds	½ tsp.
Cumin seeds	½ tsp.
Peeled black gram	½ tsp.
Asafoetida	A pinch
Green chilies	2 nos.
Red chilies	½
Oil	1tbsp .
Salt	To taste

## Yoghurt Stew



## Method

1. Beat the [Curd/Yogurt](#) till there are no lumps.
2. Chop green chilies finely. Pluck coriander. Mix into the yogurt.
3. Add salt and [turmeric](#) to the yogurt.
4. Fry mustard, cumin seeds, black gram, [asafoetida](#) and red chili. Blend this into the yogurt .Serve.



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<b><u>Egg Curry</u></b>	Spicy egg gravy ready in a jiffy.
<b><u>Baked Eggs</u></b>	Eggs baked in a mixture of sauces.
<b><u>Potato Eggs with Lemon</u></b>	An elegant dish with egg yolks baked in a bed of potatoes and whipped whites.
<b><u>Paneer Anda</u></b>	An easy dish made of Paneer and eggs in a thick masala gravy.
<b><u>Wafer Per Eda</u></b>	A sauted mixture of wafers, spices, onions and tomatoes topped with eggs.
<b><u>Egg Korma</u></b>	Steamed egg cubes in a rich thick gravy that can be had with parathas and chutney.
<b><u>Egg Vindaloo</u></b>	Hard-boiled eggs in a spicy but tasty gravy.
<b><u>Egg Nargisi Kofta</u></b>	Stuffed eggs in a rich tomato sauce.
<b><u>Indian Omlette</u></b>	A very famous easy to make high quality protein dish.
<b><u>Egg Bhaji</u></b>	A scrumptious dish made with pieces of boiled eggs in a mixture of fried onions, tomatoes and spices.
<b><u>Egg Pattices</u></b>	Pattices made from mashed potatoes and scrambled egg filling.
<b><u>Egg Vermicelli</u></b>	A nutritious dish with boiled eggs in thick vermicelli gravy.



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Chicken mince balls cooked in a rice exotic gravy of cashew nuts and pomegranate juice.

#### [Kozhi Ishtew](#)

A chicken and potato stew made in coconut milk and flavoured.

#### [Kolhapuri Chicken](#)

A fiery, mouthwatering chicken preparation cooked in brown coconut paste from the western state of Maharashtra, Kolhapur.

#### [Chicken with Mint](#)

Dry masaledar chicken, enjoyed with rotis or bread.

#### [Microwave Chicken Korma](#)

A delicious microwave preparation of chicken....a must try.

#### [Chicken Pot Roast](#)

A dry dish of chicken marinated in sauces.

#### [Tangy Chicken](#)

Mouth watering chicken in tomato cream gravy.

#### [Chicken Legs in Curried Butter](#)

A dry dish of fried chicken coated with butter & herbs.

#### [Chicken Baked with Batter Toppings](#)

Another baked dish having chicken as the main ingredient.

#### [Chicken Dumplings](#)

Pancakes with a filling of chicken mince, cooked in sauces.

#### [Buffet Chicken](#)

A baked treat this Diwali of chicken with noodles with a dash of cheese.

#### [Chicken Casserole](#)

Chicken baked along with carrots in tomato puree with a dash of butter for an exotic flavour.

#### [Chicken with Green Peas](#)

A main course chicken dish with peas, shallots and small potatoes.

#### [Sali Murghi](#)

Chicken cooked in a thick gravy and garnished with crispy fried potato straws.

#### [Baked Chicken Breasts](#)

Marinated chicken breasts coated in bread crumbs and baked in a moderate oven.

#### [Chicken Madras](#)

Marinated chicken chunks cooked in a spicy masala gravy.

#### [Chicken curry with Coconut Milk](#)

Chicken pieces cooked in thick coconut milk and roasted spicy masala.

**Chicken Baffad**

Curry made of chicken pieces cooked in a masala gravy.

**Murgir Jhol**

Bengali style chicken gravy dish with potatoes.

**Baked Barbecued Chicken**

Chicken baked till half done and then baked further in a tasty red sauce.

**Chicken Bake**

A baked delicacy made with layers of spinach & chicken.

**Dry Chicken Curry**

A typical Mangalorean dish made of chicken cooked in a thick dry coconut gravy.

**Moghlai Chicken**

A delicious chicken dish made of chicken chunks cooked in a thick gravy with potatoes.

**Chicken Chettinad**

Chicken cooked in coconut gravy - South Style.

**Kesari Murgh Kofte**

Chicken mince balls in a saffron flavoured gravy - For those with a taste for royalty!

**Chicken Pista**

Boneless chicken marinated in a blend of spices and yogurt, cooked in a gravy of pistachios.

**Murgh Do Piazza**

A famous chicken dish that can be prepared in a jiffy.

**Dum Kokur**

Chicken chunks cooked in the traditional 'dum' style with spices.

**Chicken Stroganoff**

A light main course chicken dish with sliced mushrooms.

**Aleti Paleti**

A famous Parsi dish made of Chicken liver and gizzard.

**Marghi Na Farcha**

Chicken dipped in egg batter and deep fried.

**Chicken kolhapuri**

A very famous delectable spicy chicken dish.

**Xacuti**

A chicken and coconut preparation. A festive dish with the Goans.

**Hare Masale Ki Murgji**

Chicken prepared with coriander and pudina. and simmered with cashew and malai paste.

**Murgh Mussalam**

A rich preparation of chicken with saffron and roasted spices.

**Chicken Dilruba**

Chicken prepared with curd, almond, walnuts and melon seeds.

**Palak Chicken**

A combination of spinach and chicken topped with cream.

**Kadhai Chicken**

Chicken cooked in a traditional Kadhai. This dish is a good indicator of a cook's expertise!

**Chicken Cafreal**

Chicken marinated with garam masala, mint leaves and ginger-garlic paste. A Goan favourite!

**Murgh Kofta Kandhari**

Minced chicken dumplings in pomegranate flavoured gravy.

**Chicken Korma**

Chicken cooked in a thin gravy of yogurt and saffron.

**Chicken Methi**

Fenugreek tinged chicken - a mildly bitter tasty sensation.

**Chicken Makhani**

A rich preparation of chicken marinated in a curd and spice mixture. Also known as "Butter Chicken"

**Tandoori Chicken**

The most popular variation of grilled chicken in the Indian Cuisine!









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### New Recipes

<a href="#"><u>Achari Mutton</u></a>	A tongue tickling mutton preparation made from a blend of spices to give a hot and tangy flavor.
<a href="#"><u>Easy Mutton Chops</u></a>	Enjoy these mutton chops prepared with spices and curd.
<a href="#"><u>Kashmiri Liver</u></a>	A tangy dry dish of mutton liver.
<a href="#"><u>Madras Mutton Chops</u></a>	Marinated muttonchops grilled to perfection.
<a href="#"><u>Brain Curry</u></a>	Tasty mutton brain prepared with curds.
<a href="#"><u>Methi Mutton</u></a>	A delicious mutton preparation using methi for a distinct flavour along with spinach, spices etc.
<a href="#"><u>Dodhino Doombo</u></a>	Whole pumpkin stuffed with fried potatoes, mince and then cooked over low heat till done.
<a href="#"><u>Dahi nu Gosht</u></a>	Mutton cubes sauted with onions, ginger-garlic and mixed with curd-chutney mixture.
<a href="#"><u>Mutton Chettinad</u></a>	Mutton chunks cooked in a curd and masala gravy.
<a href="#"><u>Mansa Poorga</u></a>	Boneless mutton cubes, marinated with curd, spices etc and pressure cooked.
<a href="#"><u>Masala Kaleja</u></a>	Mutton liver marinated with green chilies, ginger, pepper etc. and cooked in its own juices.
<a href="#"><u>Kosha Mangsho</u></a>	Mutton pieces cooked with spices & curd.
<a href="#"><u>Kaliya</u></a>	Mutton chunks cooked in a delicious curd & garam masala gravy.
<a href="#"><u>Mutton Curry</u></a>	Mutton cooked in coconut milk with dry fruits, masala & boiled eggs.
<a href="#"><u>Mince Meat Curry with Rice</u></a>	Spicy but delicious mutton mince served with rice.
<a href="#"><u>Mutton Coconut Fry Curry</u></a>	Mutton pieces cooked in a rich spicy coconut gravy.
<a href="#"><u>Kofta Curry</u></a>	Mince balls in a thick masala gravy.
<a href="#"><u>Badami Gosht</u></a>	Meat marinated in a mixture of yogurt & turmeric - served with a coconut and almond flavoured gravy.
<a href="#"><u>Gosht Shahi Korma</u></a>	Boneless lamb cooked in a cashew and curd gravy.

**Achar Gosht**

Pickled mutton - a change from the regular mutton dishes.

**Mutton in Chili Sauce**

A Kashmiri 'Wazawan' delicacy made of mutton chops cooked in a thick delicious gravy.

**Matar Kheema**

A famous dish made of mutton mince, green peas and seasoned with delicious masalas.

**Mutton Do Piazza**

Mutton pieces cooked with whole spices and curd.

**Haleem**

An exotic dish made with mutton, wheat and a mixture of three dals.

**Patialashahi Gosht**

Mutton pieces skewered on toothpicks and cooked in a mouth-watering gravy - A Rich Delicacy.

**Kheema Kofta**

Mince balls in a thick delectable gravy.

**Mutton Chili Fry**

A dry mutton preparation with dry red chillies.

**Dal Gosht**

Boneless mutton marinated in yoghurt and a blend of spices, sauted in a dal mixture - A Hyderabadi treat!

**Dum Gosht**

Mutton cooked under pressure in a delectable mixture of spices and almonds - Another Hyderabadi preparation.

**Mutton Kolhapuri**

A delicious preparation of mutton with coconut & peppercorns.

**Mutton Korma**

Boneless mutton cooked in a delectable blend of spices and coconut gravy!

**Mutton Dhansaak**

Mutton cooked in the traditional Zoroastrian style.

**Khatta Gosht**

Boneless mutton cooked in a blend of over 11 spices!

**Palak Gosht**

Lamb cooked in a mixture of Spinach and yogurt, garnished with ginger and fresh cream.

**Kheema Dhania**

Minced mutton marinated and cooked in an exotic blend of coriander, spices and yogurt.

**Lahsooni Gosht**

Mutton cooked in a traditional Moghlai masala with a predominant taste and flavour of garlic.

**Mutton Rogan Josh**

A Kashmiri style mutton delight.

**Hyderabadi Kheema**

Minced mutton in the traditional "Hyderabadi" style, garnished with boiled egg.





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### New Recipes

#### [Microwave Prawn Curry](#)

Prawns cooked in a thick masala gravy.

#### [Saturday Night Special](#)

Enjoy cutlets the saucy way!

#### [Fisherman's Pie](#)

Left over cooked fish forms the basis for this savoury dish which is covered with a mustard flavoured cheese pastry.

#### [Spicy Macchi\(Fish\)](#)

No one can eat just one - you won't be able to resist this spicy fish.

#### [Ginger Prawns in Soured Cream](#)

Prawns prepared in cream - a tasty dish that is quick to make.

#### [Sole Fillet with Coriander Sauce](#)

A non-spicy dish that adds pep to any menu.

#### [Cochin Fish Curry](#)

Delicious curry of pomfrets cooked in coconut masala.

#### [Creamy Crabs](#)

Sumptuous crabmeat tossed in blended paneer.

#### [Shellfish Curry](#)

A delicious dry dish of shellfish marinated with masalas and cooked in coconut paste.

#### [Papletchi Amti](#)

Slices of pomphret cooked in a delicious gravy topped with coriander leaves.

#### [Tuna Bake](#)

Pieces of tuna fish baked with mushrooms, capsicum, onions and herbs.

#### [Parsi Fried Fish](#)

Pomfret slices marinated for about an hour and deep fried.

#### [Creamed Prawns](#)

Minced prawns cooked with paneer, mustard paste and seasonings.

#### [Machha Ambil](#)

Fried fish cooked in a thick spicy tomato gravy.

#### [Stuffed Crab](#)

Cooked crab meat stuffed in the shell, coated with breadcrumbs and baked in a pre-heated oven.

#### [Chutney Fish Rolls](#)

A crunchy dish made of fish fillets stuffed with green chutney, coated with egg, rolled in bread crumbs and deep fried in hot oil.

#### [Crab curry](#)

Crabs cooked in a roasted masala gravy.

#### [Fish Caldine](#)

Fish pieces cooked in a simmering mild coconut gravy.

<b><u>Prawn Korma</u></b>	Prawns cooked in a thick cashew nut gravy.
<b><u>Macher Jhaal</u></b>	Fried rui fish cooked in a thin spicy gravy.
<b><u>Baked Fish with Herbs &amp; Almond sauce</u></b>	Baked fish fillets topped with almond sauce and herbs.
<b><u>Kashmiri Fish Curry</u></b>	Fish fillets fried in mustard oil & cooked in a thick masala gravy.
<b><u>Prawn &amp; Curd Curry</u></b>	Prawns cooked in a spicy curd gravy.
<b><u>Grilled Fish</u></b>	Grilled spiced pomphret. A real treat for sea-food lovers !
<b><u>Dry Crab Curry</u></b>	A delicious dish made with crab cooked in a thick coconut gravy.
<b><u>Mackerel Curry</u></b>	A typical coastal delicacy with coconut as the main ingredient.
<b><u>Spanish Prawns</u></b>	Prawns cooked in a sauted` mixture of onions, garlic, tomatoes etc.
<b><u>Bengali Fish Curry</u></b>	Curry made of Hilsa fish slice - a Bengali delicacy.
<b><u>Peshawari Machhi</u></b>	Fish fillets cooked in an exotic gravy with aromatic spices.
<b><u>Prawn Kababs</u></b>	Round balls made of a mixture of prawns, spices and egg and deep fried till golden brown.
<b><u>Sunkattam Koddi</u></b>	Prawns in coconut . A Goan all time favorite!
<b><u>Macchi Ka Salan</u></b>	Fish cooked in coconut and tamarind gravy. A hyderabadi delight !
<b><u>Yogurt Fish / Doi Maach</u></b>	Fish prepared with yoghurt. A delicacy of the east !
<b><u>Fish Kofta Curry</u></b>	Fish balls in cooked in tomato and yoghurt gravy.
<b><u>Fish Ambotik</u></b>	A Goan delight. Fish cooked in tamarind juice and kokum.
<b><u>Patrani Machhi</u></b>	The traditional Zoroastrian preparation of steamed fish.
<b><u>Fish Curry</u></b>	Boneless fish fillets cooked in a blend of coastal spices and coconut milk. A typical Indian curry!
<b><u>Fish Amritsari</u></b>	Marinated fish flavoured with Amritsari spices and fried crisp.
<b><u>Prawn Coconut Masala</u></b>	Jumbo prawns cooked in an inimitable Goan style with all the goodness of fresh coconut.
<b><u>Malvani Fish Curry</u></b>	A coastal delight.
<b><u>Bhappa Chingri</u></b>	Delicious Eastern India preparation of Prawns steamed in banana leaves.
<b><u>Tandoori Fish</u></b>	Delicious grilled fish marinated in Yogurt and spices.





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## New Recipes

### [Achar Korma](#)

Enjoy this pickled lamb preparation.

### [Lamb with Peppers](#)

A pepper flavoured preparation of lamb.

### [Turkey Mousse](#)

An unusual mousse flavoured with the delicate taste of turkey.

### [Minced Pie with Almond Pastry](#)

Mince filled pastry to be enjoyed with Brandy Butter.

### [Roast Turkey](#)

A delicious preparation traditionally eaten by people on Christmas Day.

### [Beef Steaks](#)

Marinated beef pieces fried to give a delicious flavour.

### [Pork Chops in Chili Sauce](#)

Spicy chops marinated and baked.

### [Sorpatel](#)

A popular goan pork dish made of small pieces of pork liver and meat cooked in spicy masalas.

### [Pork Vindaloo](#)

Pork pieces marinated in red masala and cooked after 2 days for a better taste.

### [Beef Chili Fry](#)

A simple side dish made a fine beef pieces sauted with onions and whole spices.



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## Ingredients

Bananas, medium sized	3 nos.
Yogurt	1½ cups
Honey	5 tbsps.
Lemon juice	1 lemon
Water	as required
Ice	as required

## Lemon Banana Lassi



## Method

1. Peel the bananas and cut into small pieces.
2. Whisk the yogurt and put it in a mixer. Add sliced bananas, lime juice and honey and blend well.
3. Add some cold water and ice to the lassi and blend it again.
4. Serve in a tall glass.



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## Ingredients

Yogurt	2 cups
Lemon juice	1½ tbsps.
Green chillies	4 nos.
Ginger	1 inch
Fresh coriander leaves	¼ cup
Curry leaves	10-12
Cumin seeds	1 tsp.
Asafoetida powder	large pinch
Salt	to taste

## Neer More



## Method

1. Churn the yogurt. Add about ¼ litre chilled water. Churn briefly.
2. Wash green chillies and fresh coriander leaves, wash and peel ginger. Chop all the three ingredients finely.
3. Pound curry leaves with required quantity of salt.
4. Dry roast the cumin seeds and crush into a fine powder.
5. Add the prepared ingredients to churned yogurt. Mix in asafoetida powder. Adjust salt and refrigerate for about ½ hour.
6. Strain and serve in tall glass tumblers with some crushed ice.



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## Ingredients

Curd	2 cups
Water	1 ltr.
Ginger	1 inch
Green chillies	3 nos.
Coriander leaves	4 tbsps.
Hing	A large pinch
Salt	To taste

## Mattha



## Method

1. Peel ginger and wash well.
2. Wash green chillies, remove stem.
3. Clean coriander leaves and wash well.
4. Grind together ginger, green chillies and half of the coriander leaves into a fine paste.
5. Whisk the curd, add the paste, hing and water gradually. Mix thoroughly
6. Adjust salt and add remaining coriander leaves, stir.
7. Serve chilled.



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## Ingredients

Coconut water	150 ml.
Pineapple juice	50 ml.
Vanilla ice cream	4 tbsps.
Lime juice	¼ tsp.
Ice cubes	5 nos.
<b>For garnishing:</b>	
Pineapple	2 slices
Cherry	2 nos.
Mint leaves	2 sprigs



## Method

1. Blend all the ingredients in a mixer for 2 minutes.
2. Pour into a goblet glass.
3. Serve decorated with pineapple slice, cherry and mint leaves.



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## Ingredients

Orange squash	50 ml.
Gingerale	75 ml.
Rose syrup	30 ml.
Fresh lime	1 tsp.
Lemonade	125 ml.
Ice cubes	As required
<b>For garnishing:</b>	
Lemon slice	1 no.
Cherry	1 no.

## Children's Delight



## Method

1. Pour orange squash in a tall glass.
2. Add the rose syrup followed by gingerale and lemon juice.
3. Finally add the lemonade.
4. Top it with ice cubes.
5. Serve garnished with cherry and lemon slice.



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## Ingredients

Pineapple juice(canned)	30 ml.
Orange juice	30 ml.
Mango juice	30 ml.
Fresh cream	15 ml.
Soda	10 ml.
Rose syrup	A Dash
Ice cubes	4 nos.
For garnishing	
Sweet lime	1 slice

Cherry	1 no.
Pineapple Slice	1 no.

## Method

- 1.Put the ice cubes in a tumbler glass.
- 2.Add pineapple juice, mango juice and orange juice to the glass.
- 3.Add rose syrup and stir gently.
- 4.Float with beaten cream and top it with soda.
- 4.Served garnished with cheery, pineapple and sweet lime slice.



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## Ingredients

Khush syrup	10 ml.
Mango squash	60 ml.
Lemonade	As required
Lime juice	A dash
Crushed ice	As required
<b>For Garnishing:</b>	
Sweet lime	1 slice
Mint leaves	1 sprig
Cherry	1 no.

## Mango Flamenco



## Method

1. Put khus syrup in a ribbed glass.
2. Pour the mango squash over it, followed by lemonade.
3. Add lemon juice.
4. Serve topped with crushed ice and garnished with cherry, mint leaves and sweet lime.



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## Ingredients

Fresh Mint	40 gms.
Lemon juice	6 nos.
Honey	2 tsps.
Sodas	2 nos.
Ice cubes	As required
Water	½ glass
Rock salt	1 tsp.

## Minty Mystic



## Method

1. Blend the mint leaves, lemon juice, water, honey, ice cubes and salt in a liquidiser.
2. Strain and add the sodas accordingly.



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## Ingredients

Pomegranate juice	30 ml.
Orange squash	10 ml.
Pineapple juice	80 ml.
Soda	20 ml.
Lime juice	A dash
Ice cubes	As required
<b>For garnishing:</b>	
Sweet lime	1 slice
Cherry	1 no.

## Paradise Passion



## Method

1. Put 4 ice cubes in a glass.
2. Pour pomegranate juice over it, followed by orange squash.
3. Add pineapple juice and top with soda.
4. Serve garnished with sweet lime and cherry.



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## Ingredients

Water melon juice	200 ml.
Strawberry crush	60 ml.
Fresh lime juice	10 ml.
Crushed ice	As required
<b>For garnishing:</b>	
Water melon slice	1 no.

## Red Caravan



## Method

- 1.Mix the water melon juice and strawberry crush well.
- 2.Add lime juice.
- 3.Pour into a goblet glass.
- 4.Add crushed ice.
- 5.Serve garnished with a water melon slice.



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## Ingredients

Pineapple juice	60 ml.
Coconut milk	50 ml.
Vanilla icecream	2 tbsps.
Strawberry(fresh)	60 gms.
Ice cubes	2 nos.
<b>For garnishing:</b>	
Strawberry	1 no.
Lemon slice	1 no.

## Strawberry Colada



## Method

1. Blend all the ingredients in a blender for one minute.
2. Pour in a glass.
3. Serve decorated with strawberry and lemon slice.



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## Ingredients

Prawns or shrimps peeled	400 gms.
Mayonnaise	5 tbsp.
Tomato Ketchup	1 tbsp.
Worcestershire sauce	1 tbsp.
Lemon juice	1 tbsp.
Onion finely chopped	1 no.
Celery finely chopped	1 tsp.
Lettuce shredded	1 bunch

## Prawn Cocktail



## Method

1. Mix together all the ingredients except lettuce, and chill.
2. Take a cocktail glass and place the finely shredded lettuce at the bottom of the glasses.
3. Place little of the chilled prawn mixture on the lettuce and garnish with lemon and prawn.
4. Serve as cold as possible.



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## Ingredients

Sugar	300 gms.
Lemon juice	½ litre
Pineapple juice	¼ litre
Tea	½ litre
Orange rind thin pices	1 tbsp.
White wine	1 litre
Orange and apple slices	

## Christmas Punch



## Method

- 1.Heat together sugar, lemon juice and orange rind.
- 2.Stir in wine and pineapple juice.
- 3.Just before serving add freshly brewed strained tea.
- 4.Pour into warmed punch bowl or jug.
- 5.Stir in the orange and apple slices.



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## Ingredients

Milk	1 ¼ ltrs.
Sugar	4 tbsps.
Falooda seeds	100 gms.
Water	1 cup
Cornflour vermicelli(cooked)	1 cup
Red rose syrup	4 tbsps.
Almonds(soaked, peeled & chopped)	4 tbsps.
Cream for topping	
Crushed ice	As required



## Method

1. Soak in water the falooda seeds overnight.
2. Boil the milk together with the sugar till slightly thick.
3. Cool the milk and add the rose syrup along with the vermicelli, almonds, falooda seeds and crushed ice.
4. Serve in glasses topped with cream.



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## Ingredients

Milk	4 tbsps.
Sweetened strawberries	¼ cup
Vanilla ice cream	4 scoops
Cold soda	As required

## Strawberry Ice Cream Soda



## Method

1. Blend the milk, strawberries and ice cream in a blender till smooth.
2. Pour equally into two tall glasses and fill the glass with cold soda.



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## Ingredients

Sugar	250 gms.
Water	3 cups
Mint leaves	1 cup
Fresh orange juice	1 ½ cups
Fresh lemon juice	½ cup
Cocktail fruit(canned)	1 ½ cups
Canned fruit juice	1 cup
Chilled Soda	As required
Gingerale	As required
Mint sprigs	As required

Crushed ice As required

## Method

1. Make a syrup with the sugar and water.
2. Wash the mint leaves and keep them covered in enough water for an hour.
3. Then strain the mint juice.
4. To the above add the sugar syrup, fruit juices and the cocktail fruit pieces.
5. Before serving the punch, add the soda and gingerale.
6. Pour in a jug with plenty of crushed ice and garnish with mint leaves.

## Zaloni Punch



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## Ingredients

Sugar	1 cup
Water	1 cup
Nutmeg	1 no.
Cinnamon	2 sticks
Orange	1 no.
Orange juice	2 cups
Lemon juice	¼ cup
Lemon wedges for decoration	
Cloves	As required

Double strength iced tea 3 cups  
Sprigs of mint for decoration

## Spiced Ice Tea



## Method

1. Take the water, sugar, nutmeg and cinnamon in a saucepan.
2. Let it simmer on low flame for 10 minutes.
3. Add the orange with cloves stuck on it, cover the saucepan with a lid and take off from the flame.
4. Cool and strain.
5. Combine the above liquid with the orange and lemon juices and iced tea.
6. Put ice cubes in tall glasses and then pour the spiced tea in them.
7. Decorate with lemon wedges and sprigs of mint.



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## Ingredients

Instant coffee	4 tbsps.
Hot water	2 tbsps.
Sugar	2 tbsps.
Milk	2 cups.
Ice cubes	As required
Vanilla ice cream	As required

## Cold Coffee with Ice Cream



## Method

1. Dissolve the coffee and sugar in hot water.
2. Then add the milk and enough ice cubes to make three glasses.
3. Serve in tall glasses topped with ice cream.



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## Ingredients

Limes juice of 2 limes  
Castor sugar to taste  
Soda As required  
Mint leaves for garnishing

## Lemon Soda



## Method

1. Add sugar to the lime juice.
2. Pour into three glasses and pour soda on top.
3. Garnish with mint leaves and serve.



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## Ingredients

Cocktail fruit(canned)	1 cup
Milk	½ cup
Vanilla ice cream	300 ml

## Cocktail Milk Shake



## Method

1. Set aside a few pieces of cocktail fruit.
2. Blend the remaining fruit in a blender.
3. Add the ice cream and milk and blend till the ice cream is very soft.
4. Pour into glasses and garnish with cocktail fruit pieces.



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## Ingredients

Ripe fresh pineapple	1 no.
Water	¾ cup
Lime juice	¼ cup
Sugar	¾ cup
Sprigs of mint for decoration	
Crushed ice	As required

## Pineapple Crush



## Method

1. Peel, remove the eyes of the fruit and cut into 8 slices.
2. Remove the center of the pineapple slice and keep aside.
3. Cut 1 1/2 slices of the pineapple into small cubes and refrigerate.
4. Blend the remaining slices along with 1/4 cup water and the center pieces of the pineapple.
5. Take a cloth and strain the pulp, setting aside the juice.
6. Discard the pulp and chill the juice.
7. Make a syrup of 1/2 cup of water and the sugar by heating it in a saucepan over a low flame.
8. Remove from the flame, cool, strain and chill the syrup.
9. Mix together the syrup, pineapple and lemon juice.
10. Put crushed ice in glasses followed by the pineapple juice.
11. Garnish with pineapple cubes and sprigs of mint.



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## Ingredients

Coconut, grated	1 no.
Kokam	4-5 nos.
Green chillies	2 nos.
Garlic	4-5 cloves
Coriander leaves	A handful
Salt	To taste

## Solachi Kadhi



## Method

1. Soak the kokum in half cup of water till the water turns pink in colour.
2. Grind the coconut, garlic, one chili, 2 kokums with a little water to a fine paste.
3. Then pass this mixture through a sieve and extract the coconut milk.
4. Keep grinding further and extract the milk till the coconut is completely dry.
5. Mix the coconut milk with the kokum water and add the chopped chili to it.
6. Add some salt for taste and sprinkle some chopped coriander leaves.
7. Serve chilled after meals.



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## Ingredients

Fresh cocum	100 gms.
Lime juice	1 no.
Cardamoms, ground	½ tsp.
Saffron	A pinch
Sugar	To taste.

## Cocum Cooler



## Method

1. Mash the cocum, strain and remove the pulp.
2. Mix this pulp with iced water, sugar, lime juice, saffron & cardamom powder.
3. Serve chilled.



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## Ingredients

Milk	2 glasses
Almonds	1 tbsp.
Pistachios	1 tbsp.
Charoli	1 tbsp.
Poppy seeds	1 tbsp.
Cashewnuts	6 nos.
Glazed cherries	As required
Honey	As required
Powdered mixture of(cardamom, cinnamon, nutmeg, anise seeds)	1 tsp.
Cream	2 tbsps.



## Thandai

## Method

1. Make a fine paste of all the nuts and poppy seeds.
2. Mix this paste with the other spices into the milk and stir well.
3. Strain this mixture, then mix the honey and chill.
4. Serve in glasses garnished with a cherry.



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## Ingredients

Sugar	4 cups
Pineapple juice	1 cup
Oranges, peeled& flaked	3 nos.
Lemon juice	3 nos.
Cherries	1 tin
Pineapple slices, crushed	1 tin



## Method

1. **Boil** sugar in 2 cups water for 10 minutes.
2. Cool and blend all the remaining ingredients well.
3. Store in bottles and serve with crushed ice.



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## Ingredients

Sugar	1¼ cups
Water	600 ml.
Freshly ground ginger paste	½ tsp.
Lemon Juice	½ cup
Crushed ice	As required

## Ginger Lemonade



## Method

1. In a pan mix the sugar, water and ginger.
2. Stir on a medium flame till it forms into a syrup.
3. Add the lemon juice, strain and keep aside.
4. Cool and store in bottles.
5. To serve add 2 tbsps. of syrup to a glass of chilled water and add crushed ice.



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## Ingredients

Cold Milk	4 cups
Sweet cocoa powder	5 tsp.
Chocolate ice cream	2 cups.

## Chocolate Milk Shake



## Method

1. Blend the milk and cocoa powder for 20 seconds in a mixer .
2. Then add the chocolate ice cream and whip for 30 seconds.
3. Serve chilled.



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## Ingredients

Chickoos	4 nos.
Milk	½ litre
Sugar	6-8 tbsps.
Ice cubes	As required

## Chickoo Milk Shake



## Method

1. Peel the chickoos, remove the seeds and cut into cubes.
2. Blend the chickoos and ½ of the milk together in a blender for about 15 seconds.
3. Once well blended add the remaining milk, sugar and ice cubes and blend for about 15-20 seconds.
4. Serve chilled.



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## Ingredients

Thick curds	1 cup
Milk or water	5 cups
Mangoes, pureed	1 cup
Sugar	To taste
Crushed ice	As required
Kewra essence	¼ tsp.
Roasted and ground cumin seeds	A pinch

## Mango Lassi



## Method

1. Beat the curds with the milk or water until very smooth and the surface turns bubbly.
2. Mix in the rest of the ingredients and beat again.
3. Serve chilled with crushed ice.



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## Ingredients

Mango pulp	1 cup
Mango pieces	1 tbsp.
Milk, chilled	1 cup
Water	½ cup
Sugar, powdered	4 tsps.

## Mango Shake



## Method

1. First blend the mango pulp thoroughly in a blender.
2. Then blend the remaining ingredients except the mango pieces.
3. Remove from blender and serve in tall glasses, decorated with the mango pieces.



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## Ingredients

Mint leaves paste	2 tsp.
Ginger piece	¼ "
Fresh coriander paste	½ tsp.
Black salt	To taste
Lemon juice	1 tbsp.
Jal jeera powder	1 tsp.

## Jal Jeera



## Method

1. Put all the ingredients in a blender and grind to paste.
2. Add 3/4 glass chilled water and add 1 tsp. of jal jeera powder. Stir well
3. Strain the mixture.
4. Garnish with besan bundi and a slice of lemon.



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## Ingredients

Large tomatoes	4 nos.
Peeled Carrots	2 nos.
Segments of 2 oranges	
Lime juice	a few drops
Sugar	2 tsp.
Salt & pepper	to taste
Crushed Ice	to serve

## Health Cocktail



## Method

1. Cut the tomatoes and carrots into big pieces.
2. Add the orange segments, lime juice, sugar and 1 teacup of water and blend in a liquidiser. Strain.
3. Add salt and pepper.
4. Serve chilled over crushed ice.



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## Ingredients

Water	1½ cups
Dried tea leaves (or tea powder)	2 tsp.
Whole milk	½ cup.
Sugar	as per taste.



## Method

1. Heat the milk for a minute.
2. **Boil** the water.
3. Add the tea leaves.
4. When the concoction starts boiling, remove it from the fire.
5. Pour out the milk into 2 cups.
6. Place a strainer on one cup and pour 1/2 cup of the tea concoction into the strainer.
7. Remove strainer add sugar as per taste and stir the tea well.



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## Ingredients

Water	1½ cups
Dried tea leaves (or tea powder)	2 tsp.
Whole milk	1 cup
Masala chai powder	½ tsp.
Sugar	2 tsp.
<b>For the masala</b>	
Cinnamon	2 sticks
Ginger powder	1 tsp.
Cloves	3-4 nos.
Cardamoms	4-5 nos.
Fennel (aniseed,saunf)	½ tsp.
Peppercorn	1 no.
Powder all the above ingredients & mix.Store in an airtight container.	



## Method

1. Heat the milk for a minute.
2. **Boil** the water and the sugar.
3. Add the tea leaves and the masala powder.
4. When the concoction starts boiling, remove it from the fire.
5. Pour out the milk into a cup.
6. Place a strainer on the cup and pour about 1/3 cup of the tea concoction into the strainer.
7. Remove strainer and stir the tea well.

**Note:** Alternately you can make masala tea by boiling milk and water together and then proceeding as above.



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## Ingredients

Raw mango	1 no.
Sugar	1½ cup
Saffron strands	1/4 tsp.
Cardamom powder	½ tsp.
Nutmeg	1/4 tsp.

## Panna



## Method

1. Peel and chop raw [mango](#) into chunks. ( You can also use whole raw mango and then boil it in water and strain pulp on cooling.)
2. In a pan, put mango, sugar and [nutmeg](#). Boil till the mango is soft and then cool.
3. Blend in mixie till smooth and sieve.
4. Add cardamon, saffron and bring to a boil, stirring continuously.
5. Remove from the fire and cool.
6. As and when required add 3-4 tbsp to a glass of [chilled](#) water and mix.



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## Ingredients

Curd/yogurt  
Sugar

400 gms.  
8 tbsp.

## Sweet Lassi



## Method

1. Churn the [Curd/Yogurt](#) till it becomes smooth and dropping consistency.
2. Pour in half a cup of water and mix till blended.
3. Add the sugar.
4. Pour into a glass and serve chilled.
5. We can enhance the flavour of lassi by adding [kewra](#) 'jal'.



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## Ingredients

Chilled curd/yogurt  
Black salt  
Roasted cumin powder  
Salt

100 gms.  
a pinch  
a pinch  
As per  
taste.

## Chaaj



## Method

1. Churn the [Curd/Yogurt](#) till it becomes smooth and dropping consistency.
2. Pour in 1½ cup of water and mix till blended.
3. Add the salt and black salt.
4. Pour into a glass and serve [garnished](#) with [roasted](#) cumin powder.



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## These are the original spice girls!

Meant to preserve seasonal fruit and vegetables, they become an excuse for bottling decadent flavours and tastes.

Most Indian pickles use a riot of spices. A far cry from their staid, sour and vinegary counter-parts in continental European cuisine.

Chutneys pack in fantastic flavour and taste. But have to be consumed immediately as they are almost always made from real fresh raw material. Another advantage is that they come without oil and salt (So important in the pickles). They often alternate between the sweet, sour and tangy.

Try out our finger-licking tomato, mint and tamarind chutneys.  
*Khatey rah jaogey!* (You just won't stop eating)!



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## Ingredients

Raw mangoes	500 gms.
Jaggery	500 gms.
Methi seeds	½ tsp.
Whole red chilies	5-6 nos.
Cloves	6-8 nos.
Cinnamon	2-3 pieces
Oil	250 gms.
Mustard seeds	1 tsp.
Hing	¼ tsp.
Salt	to taste

## Meethamba



## Method

1. Peel the raw mangoes and remove seed. Cut into 1 inch pieces, apply salt and set aside for 24 hours.
2. Remove the water collected and wash the pieces. Drain in a bowl.
3. Powder the cloves and cinnamon coarsely.
4. Heat the oil and temper with mustard seeds, hing, methi seeds, dry red chilies.
5. Add the mango pieces and jaggery, add a little water if required and cook till the jaggery coats the mango pieces.
6. Remove from heat and sprinkle cloves and cinnamon powder.
7. Store in an airtight container.



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## Ingredients

Raw mangoes (medium)	6 nos.
Methi seeds	1 tsp.
Asafoetida	½ tsp.
Gingelly oil	1 cup
Mustard seeds	1 tsp.
Turmeric powder	½ tsp.
Salt	to taste
Red chilli powder	¼ cup

## Mango Thokku



## Method

1. Peel and grate the mangoes. Broil the methi seeds till dark brown in a hot pan, add 1 tablespoon oil and asafoetida. Cool and grind to a powder.
2. Heat rest of the oil and temper with mustard seeds, add the grated mangoes, turmeric powder and salt.
3. Cook on medium heat, stirring continuously, until all the moisture evaporates or the mangoes are cooked and the oil starts to separate.
4. Add the red chili powder and mix well and cook for a few more minutes.
5. Cool and store in sterilized glass bottles.

TIP: Adjust the quantity of salt and red chili powder as per the size and sourness of the mangoes. Select medium to large and hard mangoes. Increase the quantity of oil if you want to store for long.



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## Ingredients

Garlic	10 cloves
Dry coconut	125 gms.
Red chili powder	2 tsp.
Salt	to taste
Oil	1 tbsp.

## Lasnachi Chutney



## Method

1. Grate dry coconut and then roast it on a tawa until light golden brown. Remove and keep aside to cool.
  2. Peel garlic.
  3. Heat oil, add garlic cloves, cook for a minute. Leave aside to cool.
  4. Combine garlic, dry roasted coconut, red chili powder and salt.
  5. Grind the mixture into a coarse powder. Lahsoon chutney is ready to serve.
- TIP: This chutney keeps well in an airtight container.



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## Ingredients

Fish(boneless)	1kg.
Garlic	125 gms.
Ginger	125 gms.
Mustard seeds	60 gms.
Turmeric powder	1tbsp.
Sugar	1cup
Vinegar	400 gms.
Red chilly(whole)	60 gms.
Cumin seeds	35 gms.
Salt	2 tbsp.
Peanut oil	½ kg.
Chili powder	1 tbsp.



## Method

1. Cut fish into 1 inch pieces.
2. Apply salt and chili powder and leave for 1 hour.
3. Heat oil to smoking and deep fry the fish.
4. Grind ginger, garlic, red chili, cumin seed and mustard seeds to a paste.
5. Heat the oil again and fry the ground masala.
6. Add the fried fish, vinegar and sugar, cook till oil floats on top.



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## Ingredients

Chicken	1 kg.
Ginger paste	60 gms.
Garlic paste	60 gms.
Red chilly powder	10 gms.
Turmeric powder	5 gms.
Mustard Oil	800 ml
Asafoetida	5 gms.
Onions	200 gms.
Black cardomen powder	5 gms.
Green cardomon powder	5 gms.

Fennel powder	20 gms.
Black cumin seed	10 gms.
Fenugreek seed	5 gms.
Mustard seed	10 gms.
Bay leaves	3 nos.
Malt Vinegar	400 ml
Salt to taste	

## Chicken Pickle



## Method

1. Remove the skin, debone and cut into 1 1/2 inch pieces.
2. Mix red chillies, turmeric and salt with half each of the garlic and ginger paste. Rub the chicken pieces with this marinate. Keep aside for 30 mins.
3. Peel wash and finely chop the onions.
4. Heat oil to smoking point and reduce heat to medium and fry the marinated chicken for 2-3 mins.
5. Remove chicken and strain the oil. Heat the strain oil in a separate kadhai, add asafoetida, stir for 15 seconds. Add onions and deep fry until golden brown.
6. Then add the remaining ginger and garlic paste and stir for 2 mins, add the remaining spices and stir for a minute.
7. Now add the vinegar bring to a boil, add the fried chicken and cook over high heat till oil floats on top.
8. Cool and transfer to a glass jar. Leave it in the sun for 2 days. Consume within 30--40 days.

NOTE: Ensure all moisture is removed from the Chicken pieces before pickling.



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## Ingredients

Green Chili	250 gms.
Sugar	½ cup
Vinegar	½ cup
Red chili powder	4 tbsps.
Cuminseed,roasted and powdered	4 tbsps.
Garlic	50 gms.
Ginger	50 gms.
Mustard oil	1 cup
Salt to taste	

## Green Chili Pickle



## Method

- 1.Cut chilies in desired length and keep aside.
- 2.Combine vinegar and sugar in a separate bowl.
- 3.Grind to paste ginger and garlic.
- 4.Heat oil and fry garlic ginger paste till golden in colour.
- 5.Add cumin seed,chili powder, salt and green chilies and cook for 5 mins.
- 6.Finally add the sugar and vinegar mixture and cook till oil floats on top.
- 7.Cool and bottle. It is ready to eat.



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## Ingredients

Carrot	1 kg.
Cauliflower	1 kg.
Turnips	½ kg.
Onions	150 gms.
Garlic	100 gms.
Jaggery	200 gms.
Glacial Acetic Acid	2 tsps.
Tamarind	50 gms.
Red Chilli Powder	30 gms.
Garam Masala	30 gms.

Turmeric Powder	30 gms
Rye	30 gms.
Oil	250 gms.
Salt to taste	

## Sweet Sour Mixed Veg Pickle



## Method

1. Wash and peel veg. Cut into pieces.
2. Boil the veg. For 2-5 min to make them soft.
3. Dry in sun for 30 mins.
4. Heat oil to smoking point, fry onion and garlic.
5. Add mustard powder and remove from fire.
6. Add all the other spices except garam masala and salt.
7. Add veg. and thinned tamarind and jaggery syrup. Mix thoroughly.
8. Add garam masala and salt. Mix well.
9. Add acetic acid.
10. Fill into clean dry jars.



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## Ingredients

Khajur (dates)	225 gms.
Chili powder	1 tsp.
Jeera	1 tsp.
Green Chilies	2 nos.
Coriander powder	½ tsp.
Coriander leaves	¼ bunch
Tamarind	10 gms.
Sugar	10 gms.
Asafoetida (Hing)	A pinch
Ginger	½" piece
Oil	1 tsp.
Salt	1 tsp.

## Khajur Chutney



## Method

1. De-seed the dates. Wash and grind with green chilies, ginger, half coriander leaves and cumin.
2. Add chilli powder, coriander powder, sugar, salt and tamarind pulp.
3. Wash and chop coriander leaves and add it to the prepared ingredients, and mix.
4. Heat oil & add asafoetida and pour on chutney.



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## Ingredients

Brinjal	350 gms.
Turmeric powder	¼ tsp.
Vinegar	100 ml
Jaggery	50 gms.
Oil	100 ml

Salt to taste  
**Grind To Fine Paste With  
A Sprinkling Of Vinegar:**

Garlic	4 flakes
Ginger	1" piece
Red chilies dry	5 nos.

**Pound Well:**

Cardomoms	3nos.
Cinnamon	¼" piece
Cloves	2 nos.
Peppercorn	4 nos.

## Method

1. Wash and dry brinjals and cut into 1/2 inch cubes.
2. Heat oil and fry ground garlic-ginger-red chili paste and turmeric powder for 3 minutes.
3. Add brinjal pieces and cook till almost done.
4. Add jaggery and vinegar, stir and simmer till the oil floats on top.
5. Sprinkle with pounded spices and set aside till cool.
6. Store in jar.

## Brinjal Pickle



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## Ingredients

Apple	100 gms.
Guava	100 gms.
Pineapple	100 gms.
Seedless dates	50 gms.
Sultanas	2 tbsps.
Brown Sugar	75 gms.
Vinegar	½ pint
Garam Masala	1 tsp.
Garlic cut finely	4 flakes
Ginger cut finely	2" piece

Cumin Seeds 1 tsp.

## Method

1. Peel and core the apples, guavas and pineapple. Cut all the fruits in small pieces.
2. Mix in the rest of the ingredients in a pan.
3. Boil gently till thick.
4. Cool and bottle.



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## Ingredients

Carrots	500 gms.
Garlic(chopped)	2 flakes
Ginger(chopped)	10 gms.
Methi Seeds	½ tsp.
Mustard Seeds	1 tsp.
Brown Sugar	60 gms.
Vinegar	½ cup
Raisins	A few
Cumin Seeds	1 tsp.
Black Pepper	1 tsp.
Chili Powder	1 tsp.
Oil	2 tbsps.
Salt	To taste

## Carrot Chutney



## Method

1. Peel carrots and grate them.
2. Heat oil and add mustard seed, methi seed, and cumin seed till it crackles.
3. Then add ginger, black pepper and garlic and fry for a minutes.
4. Add all the other ingredients.
5. Cook till carrots are tender and oil comes out.
6. Cool and bottle.



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## Ingredients

Green chilies	6 nos.
Groundnuts(roasted)	25 gms.
Coriander leaves	1 cup
Lime juice of one lime(strained)	
Ginger	1" piece
Sugar(optional)	1 tsp.
Salt to taste	

## Chili Chutney



## Method

- 1.Grind to a fine paste all the above ingredients.
- 2.Store in a clean glass bottle.



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## Ingredients

Coconut(dry)	1 no.
Red chilies	20 nos.
Urad dal	2 tbsp.
Curry leaves	As required
Salt to taste	

## Dry Coconut Chutney



## Method

1. Roast the red chilies, urad dal and curry leaves and keep aside.
2. Next cut the coconut into small pieces and roast till it turns red.
3. Make powder of the red chilies, urad dal and curry leaves.
4. Coarsely grind the coconut and the powder.
5. Then store this chutney in a clean bottle.



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## Ingredients

Prawns, shelled	¼ kg.
Cummin seeds	1 tsp.
Peppercorns	1 tsp.
Kashmiri chilies	10 nos.
Vinegar	To taste
Turmeric, ground	1 tsp.
Onions	4 nos.
Curry leaves, minced	A handful
Ginger, finely chopped	1" piece
Garlic, finely chopped	3 flakes

Green chilies, seeded and chopped 4 nos.

Oil  
Salt

2 cups  
To taste

## Prawn Balchao



## Method

1. Make a paste of the cummin, peppercorns and chilies with the vinegar, then mix the turmeric.
2. Add the onions to the oil and saute until it changes colour.
3. Then add the prawns, masala, curry leaves, garlic, ginger and green chilies.
4. Simmer for a few minutes and remove from the heat.
5. Cool and store in airtight bottles.



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## Ingredients

Tomatoes, ripe	½ kg.
Sugar	¼ kg.
Red Chilies	1 no.
Panch phoron	As required
Dates	As required
Tamarind juice	½ tsp.
Water	As required
Oil	½ tsp.
Salt	¾ tsp.

## Bengali Tomato Chutney



## Method

1. Make a syrup with the sugar and water and keep aside.
2. Heat oil in a pan and season with panch phoron & chilies.
3. Then add the tomato pieces, sugar syrup, dates, ¼ cup water & salt.
4. When the mixture turns thick, add the tamarind juice and stir well.
5. Lastly, just sprinkle some panch phoron and remove from heat.



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## Ingredients

Dry salted fish	A handful
Green chilies	5 nos.
Garlic flakes	8 nos.
Vinegar	2 drops
Water	1 tsp.
Salt and chili powder	To taste

## Fish Chutney



## Method

1. Dry roast the fish on both the sides till crisp and brown.
2. Grind all the ingredients to paste with two drops of vinegar diluted in one tsp. of water.



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## Ingredients

Garlic flakes	½ cup.
Lemon juice	4 nos.
Chili powder	2 tsp.
Salt	1 tsp.

## Garlic Chutney



## Method

1. Mix all the ingredients in a blender.
2. Store in the fridge and use when required.
3. Serve with khichdi or rotis.



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## Ingredients

Peanuts, roasted(without skin)	½ cup.
Red chilies	5 nos.
Garlic	2 flakes
Lime juice (or) tamarind	As required
Salt	As required

## Groundnut Chutney



## Method

- 1.Fry red chilies in oil, grind with other ingredients.
- 2.Squeeze lime juice and season with mustard seeds.



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## Ingredients

Fresh coconut, grated	2 tbsps.
Ginger	½ inch piece
Green chilies	3 nos.
Thick tamarind extract	1 tbsp.
Jaggery	As per taste
Salt	As required
<b>For Seasoning</b>	
Mustard seeds	¼ tsp
Oil	2 tsps.

## Ginger Chutney



## Method

1. Fry chopped [ginger](#) with [green chilies](#) for 1 or 2 minutes.
2. Grind it with [coconut](#), [salt](#) and [jaggery](#).
3. Heat [oil](#), add mustard and pour [tamarind](#) extract with ground paste.
4. Stir well for 1 or 2 minutes, serve.



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## Ingredients

Small seedless brinjals	1 kg.
Jaggery	50 gms.
Methi seeds	½ tsp.
Dry chili powder	1 tsp.
Mustard oil	1 tbsp.
Tamarind	50 gms.
Jeera	1 tsp.
Dil, roasted & crushed	½ tsp.

## Beguner Chaatni



## Method

1. Cube the [brinjals](#) and [boil](#) in a little water.
2. Take off the stoves when still firm and drain the water.
3. Warm the oil and put in the [brinjals](#).
4. Fry a little, then put in all the ingredients, lastly adding [tamarind](#) juice.
5. When cool, add roasted spices.

Note : It stays for 3-4 days.



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## Ingredients

Brinjal	40 gms.
Radish	40 gms.
Sweet Potato	40 gms.
Red Pumpkin	40 gms.
Jaggery	1 tsp.
Panch phoron	1 tsp.
Lentil vadas (optional)	A few
Tamarind juice	2 tbsps.
Red chili	1 no.
Salt	1 tsp.

## Tarkarir Chaatni



## Method

1. Take [brinjal](#), [radish](#), sweet [potato](#), red pumpkin - all in equal parts, making 250 gms., cube these.
2. Fry some [lentil](#) vadas (small ones).
3. Heat a teaspoon of [oil](#) and season with panch phoron and dry red chili.
4. Put in the vegetables, pour a cup of water and add the [jaggery](#) (according to taste) along with salt.
5. Bring to the boil and allow the vegetables to melt a little and water to dry.
6. Add 2 tsps. thick [tamarind](#) juice and stir it well.
7. If necessary, add a little chili and also the fried [lentil](#) vadas.

Note : This chutney is seasonal and should be eaten fresh.



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## Ingredients

Green mangoes, cut with skin, boat shaped	½ kg.
Dry red chilies	2 nos.
Sugar/Jaggery	1 cup.
Panch poron	As required
Oil	2 tsps.
Salt	As required

## Chaatni



## Method

- 1.Heat the [oil](#), add the panch poron, [red chilies](#) and when they begin to splutter, add the green mangoes.
- 2.Cover with water, add [sugar/jaggery](#) and cook.
- 3.When the fruit is cooked and a thick syrup is formed, add the salt.
- 4.[Roast](#) a little panch poron and powder it.
- 5.When the chaatni is cool sprinkle little panch poron over this chaatni.



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## Ingredients

Green onion	4 nos.
Mint (Pudina leaves)	1 cup.
Sugar	1 tsp.
Green chilies	4 nos.
Coriander leaves	Handful
Garam masala	½ tsp.
Dried pomegranate seeds	2 tbsps.
Salt	To taste

## Onion Chutney



## Method

1. Grind all the above ingredients together to a fine paste without adding water.
2. If you like it sour add a little [lime](#) juice.



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## Ingredients

Papaya (green raw)	1 large
Sugar	½ kg.
Raisins	2 tps.
Juice of lemon	2 nos.
Salt	To taste

## Papaya Chutney



## Method

1. Peel and deseed [papaya](#).
2. Slice the papaya thinly into slices.
3. Boil [sugar](#) in 1 cup water, till it forms a thin syrup.
4. Add papaya slices and raisins.
5. Add [salt](#) and boil till syrup thickens.
6. Remove and add [lemon](#) juice. Stir.
7. Cool, serve with main course as accompaniment.



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## Ingredients

Apples	3 kg.
Onions	½ kg.
Water	2 cups
Ginger	250 gms.
Sugar	1½ kg.
Garlic	1 pod
Chili powder	30 gms.
Malt Vinegar	2½ kg.
Salt	125 gms.

## Hot Apple Chutney



## Method

1. Peel, core and cut the apples into thin slices.
2. Chop the [onions](#) and [garlic](#) very finely.
3. [Boil](#) water in a pan. Add apple slices, onion and garlic. Add chopped [ginger](#) and [chili powder](#).
4. [Simmer](#) gently till apples become soft.
5. Then add sugar and vinegar.
6. Cook till a thick consistency is obtained.
7. Put in bottles when cool.



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## Ingredients

Sour Apples	2½ kg.
Sugar	½ cup
Vinegar	½ cup.
Raisins	250 gms.
Ginger	30 gms.
Salt	As per taste

## Apple Chutney



## Method

1. Peel, core and cut the apples into slices and put them into a boiling pan.
2. Cut the raisins and chop the ginger.
3. Boil all the ingredients (except sugar and vinegar) gently with a little water till the apples become soft.
4. Add sugar and vinegar and continue to cook till a thick consistency is obtained.
5. Pack into jars while still hot.



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## Ingredients

Tomatoes	1 kg.
Onion	1 large
Garlic cloves	6-8 nos.
Ginger	1 inch.
Sugar	600 gms.
Red chili powder	1 tsp.
Garam masala powder	1 tsp.
Acetic acid	6-8 drops
Oil	1 tbsp.
Salt	1½ tsp.

## Tomato Chutney



## Method

1. Use ripe, red tomatoes. Blanch the tomatoes, i.e., steam them in a little water and peel them.
2. Chop the onion and garlic, crush the ginger.
3. Heat the oil in a pan and fry the onion, garlic and ginger till golden brown.
4. Add tomatoes, sugar, salt and chilies and cook to a thick consistency.
5. Add Garam Masala Powder and acetic acid and cook for another five minutes. *(In case you have no acetic acid, you can add vinegar to taste).*
6. When cool, put the chutney into jars.



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## Ingredients

Fresh coconut	½ no.
Curd/Yogurt	½ cup
Red chilies	2-3 nos.
Mustard seeds	½ tsp.
Black Gram dal	½ tsp.
Oil	1 tsp.
Salt	As per taste

## Coconut Chutney



## Method

1. Heat oil, add [dal](#), [chilies](#), and [mustard seeds](#).
2. As soon as the seeds splutter, remove from fire.
3. Shred [coconut](#) and grind it with salt and the fried ingredients.
4. Add [Curd/Yogurt](#) and mix well.
5. This chutney should be consumed preferably on the same day.



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## Ingredients

Green chili	400 gms.
Mustard seeds	4 tbsp.
Turmeric powder	2 tsp.
Lime	12 no.
Oil	400 mls.
Salt	As per taste

## Lime Chilli Pickle



## Method

1. Grind [mustard seeds](#) to a coarse powder.
2. Cut [limes](#) into eight pieces.
3. Slit [green chilies](#) and cut them into half inch long pieces.
4. Mix powdered [mustard seeds](#), [turmeric powder](#) and salt with green chili and lime pieces.
5. Transfer this to a sterilized glass bottle or an earthenware jar. Pour [oil](#) on top and shake the bottle well.

**Note:** This pickle can be enjoyed within 5-6 days of preparation also.



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## Ingredients

Raw mangoes	500 gms.
Fenugreek seeds	3 tbsp.
Fennel seeds	4 tbsp.
Red chili powder	2 tbsp.
Turmeric powder	2 tsp.
Mustard seeds	3 tbsp.
Mustard oil	350 mls.
Salt	As per taste

## Mango Pickle



## Method

1. Cut raw [mangoes](#) into half, remove seed and then cut ¾th inch sized pieces.
2. Apply [turmeric powder](#) and [salt](#), rub nicely and then keep it for half an hour. Drain out excess moisture.
3. Grind [fenugreek](#) seeds, fennel seeds and [mustard seeds](#) to a coarse powder.
4. Heat [mustard oil](#) until smoking point, remove and let it cool.
5. Mix [fenugreek](#) seeds, fennel and mustard powder with [red chili powder](#). Add half of the [mustard oil](#) to this mixture and rub this spice and oil mixture to the mango pieces. Mix thoroughly.
6. Put this into an earthenware jar and pour the remaining mustard oil. Cover the jar with a muslin cloth and keep it in the sun for 5-6 days.
7. Make sure you stir the contents of the jar for the first two weeks at least once a day. This is to ensure that the [mango](#) pieces are always in contact with the oil.

**Note:** In most of the Indian [pickles](#), [salt](#) and [oil](#) are used as preservatives.



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## Ingredients

Raw mangoes	2 kgs.
Turmeric powder	1 tbsp.
Red chili powder	3 tbsp.
Cumin powder	1 tbsp.
Sugar	500 gms.
Salt	As per taste

## Chhunda



## Method

1. Wash, peel and grate the [mangoes](#).
2. Add [salt](#) and [turmeric powder](#) to the grated mangoes. Mix well and set aside in a stainless steel or glass vessel.
3. After an hour press the mango between the palms and squeeze out all the water. Transfer into another vessel.
4. Add [sugar](#) and mix well with grated mangoes.
5. Put the grated mango and sugar in a thick bottomed [patila](#). Put the patila on a slow flame and cook, stirring constantly.
6. Cook for about 35-40 minutes or until the water evaporates and sugar syrup is formed. Remove from the gas and let it cool.
7. When cooled, add [red chili powder](#) and cumin powder and mix well.
8. Store in a dry, clean, sterilized glass jar with a tight lid.

**Tip:** Instead of cooking it on fire, chhunda can be cooked in the sun. For that, after removing water, mix sugar and cover the bowl with a thin cloth or a muslin cloth and leave it in the sun for five to six days or till sugar gets a syrup like consistency. Then add red chili powder and cumin powder and keep it again in the sun for 1-2 days.

**Note:** Remember to stir it everyday and get it in after sunset.



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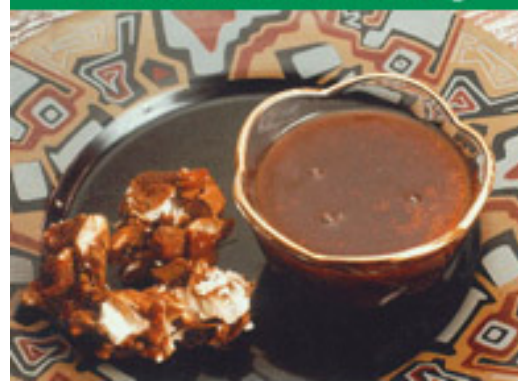
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## Ingredients

Tamarind	200 gms.
Jaggery	300 gms.
Roasted cumin powder	2 tsp.
Black salt	1 tsp.
Dry ginger powder	½ tsp.
Red chili powder	2 tsp.
Garam masala powder	1 tsp.
Salt	As per taste

## Tamarind Chutney



## Method

1. Add 5 cups of water to [tamarind](#). Cook on a high flame to bring it to a [boil](#). [Simmer](#) for 10 minutes.
2. Pass it through a soup strainer and mix roasted cumin powder, [black salt](#), dry [ginger](#) powder, red chili powder, [Garam Masala Powder](#), [jaggery](#) and [salt](#).
3. Bring it back to a medium heat and simmer on a slow flame for about 10 minutes till [jaggery](#) completely dissolves and the sauce gets a semi thick liquid consistency.
4. The consistency of the chutney should be a little thinner as it thickens on cooling.



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## Ingredients

Mint leaves	500 gms.
Green coriander leaves	300 gms.
Green chili	5 no.
Lemon juice	1 tbsp.
Onion	3 nos.
Scraped ginger	20 gms.
Anardana powder	2 tbsp.
Salt	As per taste

## Mint Chutney



## Method

1. Wash [chilies](#), [ginger](#), mint leaves and green coriander leaves and slice the onions.
2. Cut roughly and then grind to a fine paste. Add a little water if required, lemon juice, [salt](#) and [anardana](#) powder.
3. Mix well and serve.



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## Ingredients

Raw mangoes	2 nos.
Mint leaves	1 cup
Green coriander leaves	1 cup
Green chili	2 no.
Castor sugar	2 tsps.
Salt	To taste

## Mango Chutney



## Method

1. Peel raw [mangoes](#) and remove seeds. Cut mangoes into small cubes.
2. Wash mint and coriander leaves thoroughly.
3. Cut green chilies lengthwise and deseed.
4. Grind mangoes, [mint](#) and [coriander](#) leaves in a blender to a smooth paste.
5. Season with salt. Add castor sugar and mix well.



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## Ingredients

Fresh coconut	½ no.
Green coriander leaves	500 gms.
Green chili	4 no.
Lime juice	2 tbsp.
Salt	As per taste

## Coriander Chutney



## Method

1. Cut [coconut](#) into pieces and then grind to a fine paste.
2. Grind [coriander](#) leaves and [green chilies](#) also to a fine paste.
3. Now mix all and add salt.



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## New Recipes

### [Lychee Kheer](#)

Lychee flavoured milk and rice pudding.

### [Sweet Pongal](#)

A rich dessert of rice, lentil and milk, a specialty of South India - made during the festival of Harvest.

### [Ukdiche Modak](#)

Garlic pod shaped, rice sweet, stuffed with coconut and jaggery. A specialty of Maharashtra specially prepared during Ganesh Chaturthi.

### [Cashewnut Burfi](#)

A simple & famous sweetmeat made of cashewnuts.

### [Coconut Mice](#)

Coconut & milkmaid mixture is hereby formed into mice - a sweet temptation.

### [Cauliflower Kheer](#)

A delightful kheer made of cauliflower.

### [Marzipans](#)

A sweetmeat made of cashewnuts, prepared at Christmas.

### [Coconut Cashew Burfi](#)

Delicious burfi prepared with coconut & cashewnuts.

### [Doodh Peda](#)

Celebrate any occasions with these milk pedas that just melt in your mouth.

### [Dhudhi Kheer](#)

Tasty kheer made with dhudhi and garnished with nuts.

### [Banana Halwa](#)

Tasty halwa made of malabar bananas.

### [Chocolate Burfi](#)

Mouthwatering chocolate burfi sure to soar your spirits.

### [Wheat Halwa](#)

A sweetmeat made of wheat and garnished with nuts.

### [Badam Kheer](#)

Sweet milk kheer with almonds used for decoration.

### [Petha Burfi](#)

Definitely a winner, this burfi is made of petha, khoya, assorted nuts etc.

### [Doodachi Kheer](#)

A typical Maharashtrian sweetmeat made of milk and rice, sprinkled with powdered almonds.

### [Kopra Pak](#)

A mouth-watering sweet made of coconut cooked with milk and sugar.

### [Badam Pak](#)

An Indian mithia made of ground almonds, sugar, mava etc.

### [Sirni](#)

Diamond shaped savouries made of refined flour and soaked in sugar syrup.

### [Sweet Rice](#)

A sweet delicacy made of rice cooked with dry fruits, cloves, cinnamon and sugar.

<b><u>White Pumpkin Halwa</u></b>	Delicious dessert made of grated pumpkin cooked in cream & sugar.
<b><u>Bebinca</u></b>	A famous Goan baked sweet made of eggs & flour.
<b><u>Sheer Korma</u></b>	A sweet moghul delicacy made of thickened milk, sevai & dry fruits.
<b><u>Chanar Payesh</u></b>	A sweet delicacy made of paneer & milk - a variation of the famous kheer.
<b><u>Matar Ki Kheer</u></b>	A rare sweet dish made of boiled green peas, sugar, cardamoms etc.
<b><u>Water-Chestnut flour halwa</u></b>	A typical Kashmiri sweet dish made of water-chestnut flour & almonds.
<b><u>Melting Moments Chocolates</u></b>	Delicious assorted chocolates. Truly melting moments.
<b><u>Vermicelli Halwa</u></b>	An unusual but delicious halwa made of vermicelli.
<b><u>Gujiya</u></b>	Flour coating stuffed with a filling of khoya, desicated coconut, nuts, raisins etc & deep fried.
<b><u>Moodak</u></b>	A sweet made of steam rice flour stuffed with coconut filling, usually prepared during Ganesh Chaturthi.
<b><u>Corn Rabdi</u></b>	Delicious dessert made of corn, sugar & milk.
<b><u>Besan Burfi</u></b>	A gram flour delicacy decorated with nuts & silver varakh.
<b><u>Notun Gurer Payesh</u></b>	A different type of kheer made of basmati rice, milk & palm molasses.
<b><u>Bhapa Doi</u></b>	A type of steamed curd dish that is eaten as a sweet dish.
<b><u>Narkoler Naru</u></b>	Ladoos made of a coconut & molasses mixture.
<b><u>Rashobora</u></b>	Deep fried lentil balls in sugar syrup.
<b><u>Rava Ladoo</u></b>	A typical Maharashtrian sweet made of rava and sugar.
<b><u>Boondi Laddoo</u></b>	A sweet delicacy made or gram flour.
<b><u>Almond Katli</u></b>	A variation of the famous kaju katli.
<b><u>Kalakand</u></b>	A typical Indian Sweet made of milk and garnished with nuts.
<b><u>Phirni</u></b>	A milk and rice preparation - a sweet delicacy.
<b><u>Amras</u></b>	A seasonal mango dessert for all occasions.
<b><u>Amarkhand</u></b>	A curd and paneer preparation with a mango flavour, a type of shrikhand.
<b><u>Mango Burfi</u></b>	An Indian burfi made of mango, khoya & sugar.
<b><u>Rabri Falooda</u></b>	Sweetened Falooda topped with a helping of Rabri and crushed ice.
<b><u>Badam Ki Barfi</u></b>	Delicious sweet made of almonds.
<b><u>Sohan Halwa</u></b>	Simple sweet made of sugar and a variety of nuts and can be stored for months.
<b><u>Rosogulla</u></b>	The most popular Bengali sweet of chenna balls dipped in sugar syrup.



<b><u>Chum Chum</u></b>	A very famous, mouth-watering Bengali sweet, made of oval shaped rosogullas.
<b><u>Malai Sandwich</u></b>	A rich combination of a layer of cream in between square shaped rosogullas.
<b><u>Kaju Katli</u></b>	One of the most popular North Indian sweet made of cashewnuts and decorated with silver varakh.
<b><u>Mysore Pak</u></b>	A famous sweetmeat of South India. Also known as gram flour barfi.
<b><u>Dodol</u></b>	A typical Goan dessert made during Christmas consisting mainly coconut and jaggery.
<b><u>Shahi Tukde</u></b>	A rich Nawabi delicacy !
<b><u>Shrikhand</u></b>	A simple yoghurt dessert made rich with saffron and cardamom. Usually served with puris.
<b><u>Mishti Doi / Sweet curd</u></b> <a href="#">Animated!</a>	The famous misti doi or sweet curd is a Bengal delicacy all over the world. It is milk-based and is light & easily digestible.
<b><u>Malpua</u></b>	Fried pancakes made of flour and milk and dipped in sugar syrup.
<b><u>Sandesh</u></b> <a href="#">Animated!</a>	The famous Bengali Sandesh made healthier using skimmed milk.
<b><u>Dal Halwa</u></b>	An unusual sweet dish of lentils (moong dal) sweetened with milk and sugar.
<b><u>Rabri</u></b>	A favorite Indian sweet dish thick sweetened milk garnish with almond and pistachios.
<b><u>Rice Kheer</u></b>	A traditional Indian sweet dish of rice boiled in sweetened milk. Also known as Payasam.
<b><u>Balushahi</u></b>	These popular north Indian savouries are prepared using a specific technique of deep-frying and cooling.
<b><u>Puran Poli</u></b>	These stuffed sweet pancakes are very popular with the Gujaratis and Maharashtrians of India.
<b><u>Karanji</u></b> <a href="#">Animated!</a>	Stuffed with coconut and dry fruits, these half moon shaped savouries are a Maharashtrian favourite.
<b><u>Sheera</u></b>	A simple milk and semolina preparation.
<b><u>Besan ke Ladoo</u></b> <a href="#">Animated!</a>	A rich North Indian preparation of pure ghee and gram flour rolled in dry fruits.
<b><u>Khajoor ki Kheer</u></b>	Chef Kapoor's variation of Kheer - prepared with Dates and garnished with pistachios.
<b><u>Ras Malai</u></b>	Snowy floats in sweetened milk.
<b><u>Gulab Jamun</u></b>	Deep plum coloured dumplings of dried milk and refined flour soaked in sugar syrup.
<b><u>Jalebi</u></b>	Golden spirals soaked in sugar syrup.
<b><u>Gajar ka Halwa</u></b>	Carrot and milk pudding with a touch of green cardamom.
<b><u>Basoondi</u></b>	Sweet thickened milk - a Maharashtrian favourite.
<b><u>Coconut Barfi</u></b>	Square shaped dessicated coconut preparation.
<b><u>Til ka Ladoo</u></b>	Small balls of sesame seeds and jaggery.
<b><u>Sevai Payasam</u></b>	Fried vermicelli in sweetened milk. Also known as "Kheer".





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ice-creams

### New Recipes

#### Banana Ice Cream

Beat the heat with this delicious banana ice cream.

#### Almond Praline Ice Cream

A delectable frozen combination of almonds & praline with fresh cream.

[Chef Recommends !](#)

#### Tutti Fruiti Ice Cream

Simple but tasty - candied peels with fresh cream.

[Chef Recommends !](#)

#### Chocolate Ice Cream

A real treat for chocolate lovers - made of cocoa powder, cream, milk & sugar.

#### Strawberry Ice Cream

A rich combo of fresh pureed strawberries, cream & sugar.

#### Kaju Kismis Delight

A tasty & easy to make ice cream made of cashews & raisins.

#### Shahi Kulfi

A simple ice-cream made of condensed milk and cornflour and nuts.

#### Mango Ice Cream

Wholesome ice cream with a mango flavour.

#### Pistachio Kulfi

A famous sweetmeat of South India. Also known as gramflour barfi.

#### Tips on making Ice Cream





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## New Recipes

### [Raspberry & Banana Trifle](#)

Trifle can be quickly made from stale sponge and the remains of yesterday's custard.

### [Hot Chocolate Souffle](#)

A baked delight pure chocolate blended with flour.

### [Nutty Pineapple Pudding](#)

A truly nutty delight prepared with custard powder.

### [Coffee Caramel](#)

A mouth-watering sweet made of coconut cooked with milk and sugar.

### [Mango Pudding](#)

A delicious dessert made of fresh cream, milk, sugar and mango pieces.

### [Double Ka Meetha](#)

A sweet dish made of fried slice bread with sugar syrup, cream and milk.

### [Cake Fantasy](#)

Whipped cream and vanilla ice cream sandwiched between layers of pineapple sponge cake slices.

### [Hawaiin Exotica](#)

A delicious dessert made of rich pineapple & cream filling sandwiched between two sponge cake layers.

### [Yoghurt Pudding](#)

A trifle made of sponge cake, fruits, curd mixture & topped with strawberry glaze.

### [Chocolate Pudding](#)

A fantastic pudding made of chocolate, milk & cornflour.

### [Pineapple Chiller](#)

Sweet, cold pineapple pulp topped with fresh cream or vanilla ice cream.

### [Banana Pudding](#)

A delicious pudding made with layers of banana, cream, bread crumbs, sugar etc.

### [Bread Pudding](#)

A simple but exotic dessert made of bread, milk, eggs & garnished with nuts.

### [Apple Meringue](#)

A rich dessert made of sponge cake, apples & whipped egg whites.

### [Diplomat Pudding](#)

A gelatine based pudding made of milk, custard powder, seasonal fruits etc.

### [Chilled Cheese Cake](#)

A biscuit based pie with curd filling & an orange marmalade glaze.

### [Apple Scramble](#)

Apple pieces boiled in cinnamon water and baked, topped with a layer of maida & powdered sugar crumbs.

**Apple topped with Custard Sauce**

A chilled dessert made of boiled apples, topped with custard sauce.

**Honey Baked Bananas**

Banana pieces baked with a layer of honey & breadcrumbs.

**Crepe Suzette**  
[Chef Recommends !](#)

Delicious pancakes stuffed with a sweet filling & topped with orange sauce.

**Banana Pie**

A delicious combo of banana slices, custard & jelly set in a pie dough.

**Cottage Cheese in Syrup**

A rich dessert made of cottage cheese and dry fruits cooked in a sweet syrup.

**Bread & Butter Pudding**

An old fashioned dessert made with bread and butter.

**Blushing Apple**

A dessert with the real taste of apples.

**Cherry Souffle**

A luscious combo of cherries and fresh cream.

**Chocolate Souffle**

A gelatin based dessert with a lovely chocolate flavour.

**Coconut Souffle**

A rare souffle with tender coconut as the main ingredient.

**Coffee Praline Souffle**

A delicious souffle with a crunchy coffee flavour.

**Mango Souffle**

A delectable souffle made of mango - really worth having.

**Pineapple Pudding**

Pineapple slices garnished with different nuts.

**Baked Custard**

A typical Parsi sweet dish served at most Parsi weddings.

**Egg Caramel Custard**

A well known steamed sweet dish made from eggs and milk.

**Banana Almond Pudding**

A rare combination of banana and almond along with cream.

**Fruit Salad**

A fruit salad full of vitamins, minerals and fibres.





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### New Recipes

#### [Eggless Orange Cake](#)

Veggies will love this eggless version of an orange cake.

#### [Eggless Orange Ice Cream](#)

Orange juice & rind, cream & sugar is all you need make this frozen delicacy.

#### [Pineapple Mousse](#)

A delicious gelatin based dessert made of pineapple, condensed milk etc.

#### [Chocolate Mousse](#)

As exotic as its name - a gelatin based dessert that just melts in your mouth.

#### [Vanilla Ice cream](#)

A very famous ice cream the world over, that is usually topped with chocolate sauce.

#### [Date & Walnut Pudding](#)

A mouth-watering combo of dates & walnuts that will make you want to eat more n more

#### [Eggless Mocha Sauce](#)

A tasty sauce made of plain chocolate, coffee, butter etc.

#### [Basic Sponge Cake](#)

The traditional basic sponge that is used as a base for cream cakes.





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**New Recipes**

**Microwave Chocolate Cake**

Chocolate Cake ...the microwave version of the all time favourite dessert.

**Face Biscuits**

Made of biscuits topped with chocolate - sure to catch your kids attention.

**Traffic Lights**

Signals your victory over your kids food fusses. The children will simply love this biscuit cake.

**Butterfly Cake**

This cake is a child's fantasy.

**Spanish Cake Dessert**

Stale sponge or fruit cake and a little left over fruit salad are here transformed into a delicious dessert.

**Baked Alaska**

This truly exotic dish is simply cake topped with icecream and baked.

**Christmas Cake**

A must for Christmas.

**Chocolate Walnut Cookies**

The most wanted recipe of this season.

**Christmas Tableaux**

Treat your kids to a real treat of designer biscuits topped with icing.

**Cream Puffs**

These puffs have cream stuffing and make an exciting presentation.

**Bhakras**

Deep-fried cookies - a good standby for unexpected guests.

**Macroons**

An almond delight.

**Chocolate Doughnuts**

An enjoyable sweet preparation that always finds favour with children.

**Jam Swiss Rolls**

A taste of jam filled swiss rolls.

**Frozen Chocolate Cake**

A biscuit cake layered with chocolate cream and topped with chocolate butter icing.

**Cherry Cream Cake**

Bring in the festive mood with this sweet temptation.

**Chocolate Cookies**

A real cookie treat for chocolate lovers.

**Butterscotch Cookies**

Basic cookie with a slight variation of nuts and brown sugar.

<b><u>Cinnamon Cookies</u></b>	A simple cookie bar with an addition of cinnamon powder to give it a different taste.
<b><u>Peanut Butter Cookies</u></b>	A very popular cookie ,a sure hit with the masses.
<b><u>Carrot Cookies</u></b>	A rare cookie made of grated carrot & the usual cookie ingredients.
<b><u>Fruit Bars</u></b>	A cookie bar made of mixed fruits.
<b><u>Carrot Cake</u></b>	A cake with a difference ! Made of grated carrots.
<b><u>Eggless Chocolate Cake</u></b>	Yummy, is what this delicious chocolate cake is all about.
<b><u>Cheese Cake</u></b>	Just give into temptation by tasting this delightful cheese cake.
<b><u>Almond Pound Cake</u></b>	A delicious cake usually used as a base for cream cakes.
<b><u>Butter Cake</u></b>	A simple & mouth-watering cake made of butter.
<b><u>Cream Cake</u></b>	A rich cake made of a combination of butter, chocolate & flour.
<b><u>Coconut Cookies</u></b>	Crunchy cookies made with coconut and refined flour.
<b><u>Kaju Cookies</u></b>	Tasty mouth watering cookies with cashewnut toppings.
<b><u>Cream Macaroons</u></b>	A Biscuit Sandwich with a creamy chocolate filling.
<b><u>Marble Cake</u></b>	A combination of two colours, giving this simple cake a marble effect.
<b><u>Fruit Cake</u></b>	A Fruit cake with a flavour of rum.
<b><u>Date And Walnut Cake</u></b>	A combination of dates and walnuts makes this cake a mouth watering treat.
<b><u>Sweetheart Cookies</u></b>	Scrumptious Orange flavoured cookies.
<b><u>Strawberry Heart Cake</u></b>	Creamy strawberry Cake for your loved ones.
<b><u>Tiramisu</u></b>	An Italian Fiesta doused in coffee.
<b><u>Brownies</u></b>	Rich chocolate cake with walnuts.
<b><u>Black Forest Cake</u></b>	A German delicacy!
<b><u>Christmas Pudding</u></b>	A Christmas special! Steamed pudding with fruits and brandy.
<b><u>Vanilla Sponge Cake</u></b>	Now the basic recipes! Have it as-is or with varied icings and toppings.
<b><u>Chocolate Sponge Cake</u></b>	The all-time favourite. Simple to make, delicious to eat!
<b><u>Almond Cookies</u></b>	Delicious biscuits made using almonds and refined flour.
<b><u>Baked Apple in Apple sauce</u></b>	Fresh, sliced apples stuffed with cashewnuts and jam, baked with apple puree.
<b><u>Pineapple Upside Down Cake</u></b>	As the name suggests - this cake is baked upside down. It still tastes good.



## **Caramel Custard**

Popular the world over - Custard which is caramelized, bake and served chilled.





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## Ingredients

Atta	1 cup.
Besan	¾ cup.
Red Chili powder	1 tsp.
Yogurt	1/2 cup.
Chopped methi leaves	1 cup.
Ghee	3 tbsps.
Oil	3 tbsps.
Salt	To taste

## Methi Paratha



## Method

1. Sieve atta, besan along with salt and red chili powder.
2. Add chopped methi leaves, ghee and yogurt and mix well. Add enough water and knead into a stiff dough. Keep covered with a damp cloth and leave it for 20 minutes.
3. Divide into 8 equal portions. Roll out into a 5" diskette.
4. Cook on a hot tawa, applying a little oil till both sides are cooked and light golden brown.



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## Ingredients

Wheat flour	½ cup
Cabbage( grated)	½ cup
Capsicum(deseeded & minced)	1 no.
Amchur(dry mango) powder	¼ tsp.
Black salt	A pinch
Salt and pepper	to taste
Water or skimmed milk to bind the dough	

## Cabbage Stuffed Roties



## Method

1. Add water or milk and make a stiff dough. Knead well and keep aside for 15 minutes. Divide the dough into 4 portions.
2. Combine all the remaining ingredients to prepare the filling. Divide into 4 portions.
3. Flatten a dough ball. Place one portion of the filling over it and close the ball to cover the filling completely.
4. Roll out on a lightly floured board to a 12 cms disc.
5. Cook on a moderately hot tawa over medium heat till done and crisp on both sides.
6. In the same way prepare the remaining roties.
7. Serve hot.



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## Ingredients

Chicken (cooked and diced)	2 cups
Sandwich loaf	1 no.
Butter	5 tbsps.
Onions (chopped)	2 nos.
Mushrooms sliced thinly	200 gms.
Parsley chopped	1 tsp.
Ham diced	1 cup
Bacon diced	½ cup
Thyme	¼ tsp.
Salt and pepper	To taste

## Chicken & Ham Loaf



## Method

1. Cut a 1 inch slice off the top of the loaf and carefully pull out the soft bread inside. Use for making bread crumbs.
2. Leave 1/2 inch inner lining of bread to preserve this shape.
3. Melt 4 tbsps. of the butter and brush this on to the loaf inside and out.
4. Replace the lid and put the loaf on a baking tray and bake for 10 mins at 400 Deg F.
5. Leave to cool.
6. Cook the onions in the remaining butter until soft, add the mushroom and cook for further 2 mins.
7. Stir in the parsley and season with salt and pepper.
8. Mix together the bacon, ham and 3 tblsp of bread crumbs, stir in thyme and season to taste.
9. Press half the ham mixture well down into the loaf case, cover with half the onion and mushroom mixture.
10. Arrange the chicken on top and cover with the onion mixture and a final layer of ham mixture.
11. Replace the lid and wrap the loaf in foil. Bake in the oven at 375 Deg F for 45 mins.
12. Serve the loaf hot or cold, cut into thick slices.





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## Ingredients

Large Bread Loaf(1 day old) One no.  
 Thick Mayonnaise 6 tbsp.  
 Tomato Ketchup 1 tbsp.  
 Worcestershire sauce ¼ tsp.  
 Cream cheese 100 gms.  
 Green onions finely chopped 1 tbsp.  
 Lemon juice 1 tbsp.  
 Tomatoes glanced, skinned and thinly sliced 3 nos.  
 Letuce leaves threaded 8 nos.

Eggs hard boiled and sliced 2 nos.  
 Crab meat cooked and finely shredded 150 gms.

### For The Parsley

**Mayonnaise:**  
 Parsley finely chopped 1 bunch  
 Mayonnaise 10 tbsp.

### For The Cheese Coating:

Cream cheese 250 gms.  
 Lemon juice 1 tbsp.  
 Thick Cream 6 tbsp.  
 Red Chillies to taste  
 Salt to taste

## Party Sandwich Loaf



### For Garnishing:

Olives sliced A few  
 Parsley As required  
 Lettuce As required  
 Tomato Slice

## Method

1. First make the **Parsley mayonnaise**: mix the chopped parsley with the mayonnaise and tint with green colour.
2. Trim the crust from the loaf and cut it lengthwise into 6 horizontal slices.
3. In a small bowl mix the mayonnaise, tomato sauce and worcestershire sauce and season to taste.
4. In another bowl, combine the chopped spring onions, lemon juice, red chilly powder and salt. Spread one slice of bread with this mixture.
5. Spread a second slice with half the mayonnaise. Using half the sliced tomatoes and one egg, cover the mayonnaise with slices of tomatoes and eggs.
6. Spread a third slice with half of the ketchup mayonnaise. Cover this with half of the shredded lettuce, followed by half the crab meat. Repeat with a fourth slice.
7. Spread a fifth slice with the remaining parsley's mayonnaise, tomatoes and eggs.
8. Neatly layer the slices with the order described then top it with the remaining

plain slice. Wrap the loaf in foil and chill for atleast two hours or until firm.

9.Prepare the cheese coating, in a bowl, combine the cream cheese, salt, lemon juice, chilli powder and cream and beat till smooth.

10.Spread the top and sides of the loaf with the coating, smoothing it with a knife.

11.Garnish with olives, parsley and serve it on a bed of lettuce leaves surrounded with tomato slices.



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## Ingredients

Flour(Maida)	2 ¼ cup
Sugar	1 ½ cup
Baking powder	1 ½ tsp.
Milk	½ cup
Eggs	4 nos.
Banana(mashed)	1 ½ cup
Walnut chopped	¾ cup
Vanilla essence	1 tsp.
Oil	¾ cup
Salt	¼ tsp.

## Banana Walnut Loaf



## Method

- 1.Mix all the ingredients in a bowl and beat with an electric beater for 5 min.
- 2.Grease a loaf tin and pour the batter in it.
- 3.Bake at 350 degrees C for 30 minutes or till done.



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## Ingredients

Bajra flour 2 cups  
Salt to taste

Bajra Roti

## Method

1. Form a stiff dough using flour, salt and enough water.
2. Make lime sizes balls out of the dough.
3. Flatten each ball into a round shape with your hands.
4. Sprinkle water on a tava and heat it well.
5. Now place the roti on this tava and cook on both sides till done.
6. Repeat for the remaining dough.
7. Serve hot with garlic chutney.



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## Ingredients

Flour	3 cups		
Ghee	2 tbsp.		
Salt	To taste		
<b>For the filling</b>			
Mutton Mince	250 gms.		
Onions, minced	1 no.		
Tomato, peeled & diced	1 no.		
Coriander leaves	1 small bunch		
Mint leaves	Few		
Ginger, minced	1" piece.		
Garlic, minced	4 flakes.	Green chilies, minced	4 nos.
Garam masala	1 tsp.	Ghee	As required
Chili powder	As required	Salt	As required

## Kheema Paratha



## Method

1. Mix together salt and flour and rub in ghee, then add enough water to make a stiff dough. Divide the dough in lemon-sized balls, then roll out each ball into a not too thin disc or a chapati on a floured board.
2. Fry onions, ginger & garlic till light brown in 2 tbsps. of ghee.
3. Add the mince and fry till the water dries.
4. Next add the chopped tomatoes with 1 cup of water, garam masala and cook till the mince dries up.
5. Add the chopped coriander and mint leaves with the chilies, mix well and keep aside.
6. Spread the mince mixture on one round chapati and cover with a another round chapati and seal the edges.
4. Sprinkle a little dry flour on top, then roll the paratha to a thin round shape taking care not to break it.
5. Grease a tava with ghee and place the paratha over it and when the base turns slightly golden colour, apply ghee on the top and turn the paratha on the other side.
6. Press gently, keep turning the paratha and applying ghee until the paratha turns golden colour.
7. Serve hot with butter and a bowl of season curds.



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## Ingredients

Rava (semolina)	¼ cup
Wheat flour	1½ cup
Maida (refined flour)	1½ cup
Milk	½ cup
Oil	¾ cup
Oil for frying	As required
Salt	To taste

## Mughlai Paratha



## Method

1. Mix the wheat flour, maida, rava with the oil, water & salt and knead into a soft pliable dough.
2. After kneading, cover and keep aside for atleast ½ an hour.
3. After ½ an hour, divide the dough equally into balls.
4. Roll out each ball and apply oil on it, then pleat it and make a circular roll.
5. Press and roll out again into a bigger round.
6. Place the paratha on a hot tava, roast both sides.
7. Heat oil in a shallow pan and shallow fry this roasted paratha in it.
8. Serve hot with curd or any vegetables.



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## Ingredients

Wheat flour	2 cups
Water	½ cup
Water	2 tbsps.
Ghee or butter	3 tbsps.
Salt	1 tsp.

## Sada Paratha



## Method

1. Sieve the flour in a flat dish, add half the quantity of water, mix well and knead into a soft dough.
2. Knead for 15 mins, gradually adding the remaining water.
3. Now add the 2 tbsps. of water and keep aside for 1/2 hour or more.
4. Knead the dough again for 10 mins and divide them into 6 equal balls.
5. Flatten and roll out into flat disc about 5" diameter, smear the roti with a little ghee and fold into a semi-circle.
6. Smear some more ghee over the upper surface and fold a second time.
7. Double fold it lengthways, press gently with fingers and roll into a round circle making the edge thinner than the centre.
8. Place it on a hot tava over once and smear with ghee again.
9. Cook for few seconds, turn over again and smear the other side with ghee as well.
10. Cook further for a few seconds until paratha is golden brown on both sides.
11. Serve hot with any vegetable, dal etc.



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## Ingredients

Wheat flour	2 cups
Pepper	½ tsp.
Coriander leaves, chopped	1 tsp.
Eggs, boiled and mashed	4 nos.
Water to Knead	As required
Ghee or oil	2 tbsps.
Ghee or oil for shallow frying	As required
Salt	2 tsps.

## Baida Paratha



## Method

1. Sieve wheat flour and 1 tsp. salt together and gradually add water and make a stiff dough.
2. Cover with a damp cloth and keep aside for 20 minutes.
3. Boil the eggs and mash well, add 1 tsp. salt, pepper, coriander and 1 tsp. ghee or oil. Mix well and keep aside.
4. Knead the dough until smooth and divide into 8 equal balls.
5. Roll out each ball into a 4" diameter circle, and place 1 tbsp. egg filling in the center of each circle.
6. Fold up the edges and shape them into balls again.
7. Now roll out the stuffed balls on a floured board to a circle of 5" diameter.
8. Rub a little oil or ghee on one side, heat a tava and fry the paratha with little ghee or oil.
9. Cook until both sides turn golden brown, turning once or twice.



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## Ingredients

Wheat flour	1¼ cups
Curd	1 tsp.
Onion	1 no.
Steamed rice	1 cup
Red chili powder	½ tsp.
Cumin powder	½ tsp.
Green chillies	2 nos.
Ghee	2 tbsps.
Oil for frying	As required
Salt	1 tsp.

## Chawal Ka Paratha



## Method

1. Sieve the flour along with the salt and knead into a soft dough by adding curd, 2 tbsps. of ghee & half cup water.
2. Cover with a moist cloth & keep aside for ½ an hour.
3. Knead again & divide into four equal parts and roll into small balls.
4. Chop the onions, green chillies and mix it to the cooked rice with red chili powder, cumin powder and salt.
5. Roll out each ball into a round disc, place the rice filling and roll back into a round ball.
6. Now roll out this ball into a bigger round disc by using a rolling pin.
7. Place the paratha on a heated tava and after turning it once smear some oil around it.
8. Then turn again and smear some more oil on the other side and cook till both sides are cooked well.
9. Serve hot with fresh curd or pickle.



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## Ingredients

Whole wheat flour	2 cups
Water	1 cup
Methi leaves	As required
Ghee	2-3 tbsps.
Salt	½ tsp.
<b>For the Filling</b>	
Paneer, mashed	100 gms.
Onions, chopped	1 no.
Green chili, chopped	1 no.
Red chili powder	¾ tsp.
Garam masala	¾ tsp.
Salt	¾ tsp.

## Masalewala Paneer Paratha



## Method

1. Knead the whole wheat flour and salt into a soft dough by adding enough water and keep aside.
2. Make the filling mixture and keep aside.
3. Divide the dough into equal balls, flatten each ball, roll out, then spread the ghee and then the filling.
4. Then mould into a ball again, roll out to a round disc, sprinkle some methi and press with the rolling pin.
5. Fry the paratha on a heated tava and once done smear ghee on both sides.
6. Serve hot topped with ghee or butter.



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## Ingredients

Flour	3 cups
Radish, finely grated	1 ½ cup
Radish leaves, sliced	A handful
Coriander, sliced	A handful
Green chillies, minced	2 nos.
Ginger, minced	½" piece
Pomegranate seeds, crushed	1 tbsp.
Garam masala	1 tsp.
Chili powder	To taste
Ghee	For lining tava
Salt	To taste

## Mooli Paratha



## Method

1. Mix together the salt and flour and rub in the [ghee](#), then add enough water to make a stiff [dough](#).
2. Mix the remaining ingredients together and keep aside.
3. Divide the [dough](#) into lemon-sized balls and roll each ball into a round shape and spread the radish mixture on it.
4. Then cover it with another chapati and seal the edges nicely and sprinkle a little flour and [roll](#) the paratha as then and round as possible.
5. Grease a [tava](#) with [ghee](#) and place the paratha over it, when done on one side turn on the other side and apply [ghee](#) again and fry properly till both sides turn golden coloured.
6. Serve piping hot with a tbsp. of butter and a bowl of [curd](#).



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## Ingredients

Plain Flour	450 gms.
Dry yeast	4 tsps.
Castor sugar	40 gms.
Eggs, beaten(optional)	2 nos.
Warm milk	1 cup
Khoya, mashed	2 cups
Raisins, seedless	25 gms.
Double cream	100 gms.
Poppy seeds	2 tbsps.
Kewra or rose essence	½ tsp.

Saffron, soaked in 1 tbsp. milk	1 tsp.	Ghee or Butter	225 gms.
Extra milk	As required	Salt	1 tsp.



Sheer-mal


## Method

- 1.Heat the milk but do not boil, then sprinkle yeast and sugar over it.
- 2.Sieve flour, salt in a bowl, add eggs, raisins, khoya, double cream and half the ghee with the yeast mixture.
- 3.Mix well and knead to a smooth dough, add the essence.
- 4.If the dough is stiff then sprinkle little extra milk and knead again, cover with damp cloth and keep in a warm place to rise for 8 hours or overnight for best results.
- 5.Punch the dough and knead it again and divide into 8 equal parts.
- 6.Roll out each part into a round thick circle and leave aside for 20 minutes until it becomes double the size.
- 7.Prick the roti all over with a fork, leaving 1" margin around, brush melted ghee or butter and saffron solution and sprinkle poppy seeds.
- 8.Bake in a pre-heated moderate oven (180° C-350° F-Gas mark 4) until the roti turns light brown in colour.
- 9.Sprinkle little cold milk over them when they are half done, then put them back into the oven for a few minutes more.
- 10.Remove from the oven and sprinkle cold milk well over both sides, as this makes the roti soft.
- 11.Wrap with foil or butter paper and keep aside until required.



12.This roti can be kept for 4-5 days.



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## Ingredients

Whole wheat flour	2 cups
Ajwain	1 tsp.
Ghee	½ cup
Ghee to soak into.	1 tsp.
Salt	2 tsps.

## Rajasthani Bati



## Method

1. Mix the flour and salt, [sift](#) and keep aside.
2. Rub ghee into the flour mixture till it resembles bread crumbs.
3. Add [ajwain](#) and make a stiff dough using water.
4. Make small balls and [roast](#) them in a hot oven for about 10 mins and then at medium heat for 20-25 mins.
5. Take out, press lightly and soak in a bowl of ghee.
6. Drain and serve with dal.



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## Ingredients

Maida	2 cups
Water to knead	As required
Ghee	½ tsp.
Oil for deep frying	As required
Salt	½ tsp.



## Luchi

## Method

- 1.Mix the maida, ghee & salt, knead into a soft dough by adding enough water.
- 2.Divide the portion into small balls and roll each ball into small round discs.
- 3.Deep fry each puri separately, and remove when luchi is cream in colour.



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## Ingredients

Plain flour	1½ cup
Boiled eggs, peeled & mashed	2 nos.
Boiled potatoes, peeled & mashed	2 nos.
Pudina or coriander, finely chopped	1 tbsp.
Green chili, deseeded and chopped	1 no.
Warm water for kneading	As required
Ghee or oil for deep frying	As required
Ghee or oil	2 tbsps.
Salt	2 tsps.

## Nargisi Puri



## Method

1. **Knead** together mashed eggs, potatoes, coriander leaves, chili and 1 tsp salt and divide into 8 portions.
2. Sieve flour and 1 tsp salt, rub 2 tbsps ghee or oil and mix well for 10 mins.
3. Slowly add warm water and knead into a soft **dough** and divide into 8 equal balls.
4. **Roll** out each ball a little and place one portion of the egg mixture in the center of each round.
5. Fold it over and pinch the ends and now roll out each ball into 4" round puri (donot make it too thin or the stuffing will come out).
6. Heat oil in a frying pan, **deep fry** one puri at a time until the colour turns golden.
7. Serve hot with plain curds.



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## Ingredients

Plain flour	1½ cup
Split green gram, without skin	50 gms.
Spring onions, sliced	100 gms.
Chili powder	1 tsp.
Cumin seeds	¼ tsp.
Water for kneading	As required
Oil for deep frying	As required
Salt	1 tsp.

## Bermi Puri



## Method

1. Clean, wash and soak the split green dal overnight.
2. Next day **grind** dal together with sliced spring onions to a fine paste, add chili powder, salt and cumin seeds and grind again for 1-2 mins.
3. Sift the flour and add all the ground ingredients and mix well, adding very little water to make a stiff **dough**.
4. **Knead** well for 10 mins. until you have a smooth non-sticky dough.
5. Divide this dough into 15 balls and **roll** out each ball into a 4" disc and a little thicker than the usual puris.
6. Heat oil in a pan till smoking hot, lift one puri and lay it on the hot oil surface and it will rise within seconds and begin to sizzle.
7. Gently press the center of the puri down in the oil as this will help the puri to puff up.
8. Once done remove the puris and place on a kitchen paper to drain the excess oil and to keep hot.



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## Ingredients

Wheat Flour	2 cups
Fresh spinach	50 gms.
Ginger, paste	1" piece
Cumin seeds	1 tsp.
Chili powder	1 tsp.
Water	As required
Ghee or oil	2 tbsps.
Ghee or oil for deep frying	As required
Salt	1 tsp.

## Indori Palak Puri



## Method

1. Clean, wash, discard the hard stalks of the spinach and boil them with a little water until tender.
2. Once tender drain the spinach well and keep aside.
3. Sift together flour, salt and chili powder and rub in 2 tbsps of ghee or oil.
4. Add the ginger paste, cumin and spinach and mix thoroughly, pour a little water if necessary to make a stiff dough.
5. Knead the dough for 10 minutes, cover with a damp cloth and keep aside for 15 mins.
6. Knead again and divide the dough into 20 balls and roll out into round disc of 4" diameter.
7. Heat oil in a pan until smoking point, then reduce the heat and fry the puris, one at a time.
8. Serve hot.



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## Ingredients

Plain flour	1 cup
Curd	3 tbsps.
Potatoes, boiled	2 nos.
Water for kneading	As required
Ghee or oil	1 tbsp.
Ghee or oil for frying	As required
Salt	½ tsp.

## Batata Puri



## Method

1. Mash the boiled potatoes finely ( No lumps should remain as it will break the puri).
2. Sift the flour and salt, add the curd and mashed potatoes with 1 tbsp of ghee or oil.
3. Knead to a soft dough, divide into 10 balls and roll out each ball into 4" diameter circles.
4. Heat ghee on in heavy pan and deep fry 1 or 2 puris at a time until the colour turns golden brown.
5. Serve hot with bhaji or dahi.



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## Ingredients

Flour	3 cups
Grated cauliflower or cabbage, grated	1½ cup
Coriander leaves, finely sliced	A handful
Chilies, minced	3 nos.
Ginger, minced	½" piece
Mango powder	1 tbsp.
Mint leaves, sliced	A few
Chili powder	As required
Ghee	2 tbsps.
Salt	To taste

## Gobi Paratha



## Method

1. Mix together salt and flour and rub in ghee, then add enough water to make a stiff **dough**. Divide the dough in lemon-sized balls, then **roll** out each ball into a not too thin disc or a chapati on a floured board.
2. Mix together the grated cauliflower, coriander leaves, chilies, minced ginger, mango powder, chili powder, mint leaves, salt and keep aside.
3. Spread the **cauliflower** mixture on one round chapati and cover with a another round chapati and seal the edges.
4. Sprinkle a little dry flour on top, then roll the paratha to a thin round shape taking care not to break it.
5. Grease a tava with ghee and place the paratha over it and when the base turns slightly golden colour, apply ghee on the top and turn the paratha on the other side.
6. Press gently, keep turning the paratha and applying ghee until the paratha turns golden colour.
7. Serve hot with **butter** and a bowl of season curds.



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## Ingredients

Refined flour (maida)	2½ cups
Yogurt	½ cup
Baking powder	½ tsp.
Soda bicarbonate	A pinch
Sugar	2 tsps.
Oil	2 tbsps.
Oil for frying	
Salt	1 tsp.

## Bhatura



### Animated Bhatura Recipe

## Method

1. Take flour and add baking powder, baking soda and salt. Mix well and pass it through a sieve.
2. Mix yogurt and sugar. Add this to the flour and add about a cup of water and mix gradually to make a soft dough by light kneading.
3. Incorporate 2 tbsps. of oil into the dough and cover the dough with a wet cloth. Keep it aside for an hour.
4. Divide it into 16 equal portions, roll them into balls. Cover and keep to ferment for ten minutes.
5. Grease your palms with a little oil and flatten the balls. Roll into 5 inch diameter diskettes.
6. Heat oil in a kadai and deep fry bhaturas on high flame till light on both sides.



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## Ingredients

Maida	200 gms.
Besan	200 gms.
Spinach, cleaned & minced	100 gms.
Coriander leaves	A handful
Green onions, minced	4 nos.
Pomegranate seeds	1 tbsp.
Green Chilies	4 nos.
Salt	To taste

## Missi Roti



## Method

1. Sift together the two flours and salt, stir in the rest of the above ingredients and add enough water to form a stiff dough.
2. Divide the dough into lemon sized balls and roll out each ball into a thick round disc on a floured board.
3. Apply ghee liberally to the uppermost side of the disc and fold into two.
4. Apply ghee again on the uppermost side of the folded disc and fold both the sides again to form a square.
5. Dip in dry flour and roll into a round disc or chapati.
6. Fry like parathas and serve hot..



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## Ingredients

Wheat Flour	1½ cup
Maida	50 gms.
Cold water for kneading	As required
Melted ghee or oil	2 tbsps.
Salt	1 tsp.

## Roomali Roti



## Method

1. Sieve the wheat flour, [maida](#) and salt together in a bowl.
2. Rub ghee or oil into the flours, slowly add water and make a soft [dough](#) and keep it covered with a damp cloth for 30 minutes. (Dough should be very smooth and elastic)
3. [Knead](#) well again and divide the dough into 6 portions and shape them into round balls.
4. [Roll](#) out each ball into a round disc, now place the disc on the back of your palms (palms facing down), circle your wrist slowly in an anti-clockwise motion.
5. Try to swing the roti in the air, again let it land on your palms, make a large very thin circle 12" diameter.
6. It should be as thin as tissue and expanded well.
7. Heat an inverted griddle (upside down), place the roti carefully on over the inverted griddle.
8. This roti takes hardly 1 minute to cook, once done it should be folded like a handkerchief and serve hot.



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## Ingredients

Wheat Flour	1 cup
Fenugreek leaves (methi) finely chopped	1 cup
Coriander leaves, finely chopped	3 tbsps.
Turmeric powder	A pinch
Water	As required
Ghee to fry	As required
Salt	As required

## Methi Puri



## Method

1. Sift the flour and salt and mix the rest of the ingredients with 1 tsp ghee.
2. Make a soft dough using water and knead well for 15-20 mins.
3. Divide the dough into 20 balls and roll out each ball into a round 4" puri.
4. Heat ghee in a frying pan and fry 1-2 puris at a time until it turns golden brown.
5. Serve hot with raita and a vegetable dish.



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## Ingredients

Plain flour	1 cup
Wheat flour	1 cup
Aniseed, roasted & ground	1 tbsp.
Dry yeast	1 tsp.
Warm milk	5/8 cup
Sugar	2 tbsps.
Curd	2 tbsps.
Saffron strands	8 strands
Poppy seeds	1 tsp.
Ghee for deep frying	As required
Salt	½ tsp.

## Kashmiri Puri



## Method

1. Sprinkle yeast and 1 tsp sugar over warm milk, cover and leave aside for 30 mins.
2. **Sift** together wheat flour, plain flour and salt in a bowl, add the remaining sugar and aniseeds.
3. Gradually pour the yeast mixture and knead well for 15-20 mins till the dough becomes soft, cover with a damp cloth and keep aside for 4-6 hours (for best results keep overnight).
4. Next morning **knead** again and divide the dough into 20 balls.
5. Mix saffron, curd and poppy seeds together and leave aside for 15 mins.
6. **Roll** out each ball into a 4" round puri and smear one side of each puri with the saffron mixture before **frying**.
7. Heat ghee in a pan and fry 1-2 puris at a time until it turns golden brown.
8. Serve hot with dahi.



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## Ingredients

Moong Dal	½ cup
Gram Dal (chana)	½ cup
Whole wheat flour	1¼ cup.
Cloves	4 nos.
Peppercorns	8 nos.
Cardamoms	3 nos.
Cumin seeds	½ tsp.
Ghee	3 tbsp + to deep fry.
Salt	To taste

## Dalbhari Puri



## Method

1. Soak both the dals overnight.
2. The next morning drain off the water and grind to a fine paste.
3. Grind the cloves, peppercorns, cardamoms and cumin seeds.
4. Heat 1 tablespoon **Ghee** in a pan.
5. Fry the dal paste with the ground masala and salt.
6. **Knead** the wheat flour to a stiff dough with 2 teaspoons ghee, water and salt.
7. Divide the **dough** into small portions.
8. **Roll** each portion into a ball.
9. Flatten it in the palm of your hand and put in a little fried dal.
10. Close up the dough and roll out into a thickish puri.
11. **Deep fry** in ghee.



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## Ingredients

Flour (maida)	225 gms./ 2 cups.
Salt	to taste.
Water for kneading	

## Tandoori Roti



## Method

1. Sieve together flour and salt.
2. Add water and form into a soft and smooth dough.
3. Rest it aside for a few minutes.
4. Make 4 even sized balls of the dough.
5. To make roti, flatten each ball on the palm of your hand, till it is of desired thickness, or till approximately 5-6 inches in diameter.
6. Put on a gaddi and stick it in a moderately hot tandoor, remove when cooked on the outer surface.
7. If cooking in an oven, place on a greased baking tray, and cook for 5-6 minutes, in a preheated oven at 190° C.
8. Serve hot with vegetables or any meat preparation.



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## Ingredients

### For the dough

Whole wheat flour	1 cup
Oil	1 tsp.
Salt	a pinch.

### For the mint sauce (for the dough)

Mint leaves	½ cup
Cumin seeds	½ tsp.
Green chillies	1 nos.
Lemon juice	½ tsp.
Salt	½ tsp.

### For the stuffing

Cabbage, chopped	1 cup
Boiled green peas	½ cup
Potato, chopped	1 no.
Onion, chopped	½ no.
Juice of lemon	½
Garam masala	1 pinch

## Mint Stuffed Parathas



Chopped coriander	½ tbsp.
Ground green chili	½ tbsp.
Sugar	½ tsp.
Oil	1 tsp.
Salt	to taste

### For cooking

Oil or butter	1 tsp.
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## Method

### For the dough


1. Pour all the ingredients for the sauce with ¼ cup of water into a mixer and blend.
2. Mix the mint sauce with the wheat flour, oil and salt and prepare a soft dough.
3. Knead well and divide into 10 portions. Roll out the portions into thin rotis.

### For the stuffing

1. Sprinkle salt over the cabbage and leave aside for 10 minutes.
2. Crush the green peas.
3. Heat the oil and the potato and crushed peas. Sprinkle a little water on top, cover and cook until soft.
4. Add the cabbage and onion and cook for 1 minute.
5. Add the lemon juice, garam masala, coriander, green chili, sugar and salt.
6. Divide into 10 portions.





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## Ingredients

Flour	250 gms.
Fenugreek leaves (methi)	1 bunch
Green chilies,minced	4 nos.
Coriander leaves	1 tbsp.
Tomato medium,diced	1 no.
Chili powder	½ tsp.
Salt	To taste

## Methi Ki Roti



## Method

1. Heat 1 tbsp ghee and put in all the ingredients except the flour and cook till dry and remove from the fire.
2. When the mixture cools add the flour with enough of water to form a stiff [dough](#).
3. Divide this dough into lemon-size balls and [roll](#) out each ball into a thick round discs or chapati.
4. Take three chapatis and apply [ghee](#) liberally on the uppermost side of one chapati, place another chapati on top of this and once again apply ghee on the uppermost side of this, then place the third chapati on top, apply ghee, sprinkle flour on top and roll out as thin as and round as you can.
5. Fry the roti like a paratha.
6. Serve hot with seasoned [curds](#) or lassi.



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## Ingredients

Maida	600 gms.
Fresh curds	4 tbsps.
Lukewarm milk	1 cup
Yeast	1½
	tsp.(level)
Sugar	1 tsp.
Baking powder	½ tsp.
Ghee	2 tbsps.
Salt	1 tsp.

### For The Filling :

Potatoes	.500 gms.	Sugar	2 tpsps.
Paneer	200 gms.	Lemon Juice	1 no.
Coriander leaves, chopped	½ cup	Oil for frying.	As required
Ginger & green chillies, ground	2 tpsps.	Salt	To taste

## Stuffed Masala Kulcha



## Method

- 1.Mix the yeast in lukewarm milk.
- 2.Cover up, and keep aside for 1 hour.
- 3.Then add sugar and mix well.
- 4.Mix together [maida](#) and baking powder and seive.
- 5.Now add salt, hot [ghee](#) and [curd](#) and mix thoroughly.
- 6.Then put in the above water and [knead](#) to make a [dough](#).(Put the ghee so the dough won't stick on the hands.)
- 7.Cover it up, and keep aside for 2 hours.

### For the filling :

- 1.Boil the potatoes, remove the skin and [grate](#) or mash.
- 2.Now add paneer and mix.
- 3.Then put in all the masalas and mix well.
- 4.Then make 20 small round balls and keep aside.

### For the stuffed kulcha :

- 1.Take each portion of the dough and press it on the palm and flatten it.

2. Now put one ball of masala on each and roll into 20 round shaped balls.

3. With a rolling pin, flatten the balls into ½" thick parathas, and fry them with ghee or oil on a tava.



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## Ingredients

Maize or Makai flour	250 gms
Onion,small,minced	1 no.
Coriander leaves,finely chopped	2 tbsp.
Green chilies,minced	2 nos.
Melted ghee	1 tbsp.
Salt	To taste

## Makai Ki Roti



## Method

1. Mix together flour and salt.
2. Rub in the [Ghee](#), then add the rest of the ingredients along with enough water to form a dough of medium consistency.
3. Divide the dough into five equal portions, then shape each portion into a thick, round roti on your hands.
4. Then place carefully on a well-greased smoking gridle.
5. Continue flattening by pressing all around with the palm of your hand, taking care not to break it.
6. Cook on both sides to a nice golden color.
7. Smear liberally with pure ghee or butter and serve immediately with [Namkeen lassi](#) and [Sarsoan ka Saag](#)..



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## Ingredients

Whole meal flour	400 gms.
Oil	2 tsps.
Oil for deep frying	-
Salt	To taste

## Puri



## Method

1. Sieve flour with salt. Add water to make a hard dough by kneading it well.
2. Cover it with a wet cloth and leave it for 15 minutes.
3. Divide into 20 equal portions. Shape them into balls.
4. With the help of a rolling pin roll it into thin discs.
5. Heat oil in a Kadhai . Deep-fry the *puris* in hot oil for a minute, turn the side and fry till it is puffed and golden in colour.

[Step-By-Step Process of Puris making.](#)



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## Ingredients

Whole meal flour	250 gms.
Potatoes	150 gms.
Pomegranate seeds	1 tsp.
Red chili powder	1 tsp.
Chopped green chili	1 tsp.
Butter/Oil	4 tbsps.
Salt	To taste

## Aloo Paratha



## Method

1. Sieve flour with ½ tsp. salt.
2. Boil potato, peel, grate and cool.
3. Grind pomegranate seeds to a coarse powder.
4. Mix potato, pomegranate seeds, red chili powder, chopped green chili and salt. Divide it into four equal portions.
5. Mix whole meal flour with ¾ cup water gradually and then knead to make a dough. Cover with a wet cloth and keep aside for 15 minutes.
6. Divide it into 4 equal portions and make balls. Cover with a wet cloth and keep aside for 5 minutes.
7. Take a ball and flatten it by pressing. Place potato mixture on it and again make it into a ball. Seal the edges completely so that the potato stuffing does not come out.
8. Flatten these balls, sprinkle a little flour and roll them with a rolling pin to approximately 6 inch diameter.
9. Cook on a Tawa (flat griddle plate) on moderate heat for three minutes. This is now, called a *paratha*. Turn it and pour half table spoon oil or butter. Spread it on the *paratha* and shallow fry over low heat. Turn it and again pour oil or butter on the other side. Cook on a low heat till golden brown.



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## Ingredients

Whole meal flour	250 gms.
Mint leaves	1 cup
Oil	3 tbsp.
Salt	As per taste

## Pudina Paratha



## Method

1. Sieve flour with salt.
2. Dry half the mint leaves on a hot griddle and then powder and the remaining half chop.
3. Mix the chopped mint leaves into the flour and **knead** into a stiff **dough**.
4. Knead well, cover and keep aside for 10 minutes.
5. Divide into 6 equal portions,
6. **Roll** out each portion with a rolling pin to approximately six inch diameter.
7. Cook rolled portion (*paratha*) on a **Tawa** (griddle plate), on moderate heat for 3 minutes. Turn it and smear half a table spoon of oil on *paratha*. Repeat the same on the other side.
8. Cook on low heat till golden brown. Serve hot with **Dal Pakhtooni** or curry of your choice.



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## Ingredients

Whole meal flour	400 gms.
Salt	1 tsp.

## Roti / Chapati



## Method

1. Sieve flour, and salt. Add water a little at a time. **Knead** into a medium soft dough.
2. Divide into 24 equal portions. Make them into balls. Apply some flour and roll into thin diskettes of about 5 inch diameter.
3. Cook on **Tavva**(flat griddle) for half a minute and then on direct flame till puffed and cooked.
4. Serve hot topped with home made **Ghee** .

[Step-By-Step Process of Chapati making.](#)



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## Ingredients

Flour (maida)	500 gms.
Baking powder	1 tsp.
Soda-bi-carb	½ tsp.
Sugar	2 tsp.
Egg	1 no.
Milk	1 cup
Onion seeds	2 tsp.
Oil	3 tsp.
Salt	To taste

## Naan



## Method

1. Sieve flour with baking powder, soda bicarb and salt. Mix sugar, egg, milk and water. Knead it well into a medium soft dough.
2. Apply a little oil and cover it with a wet cloth for one hour.
3. Make 10 equal sized balls. Apply a little oil and put onion seeds on top.
4. Press sides first and then center of the dough ball. Roll it into a round shape.
5. Stretch it from one side to give a triangular (elongated) shape.
6. Now put it on a cloth pad and put it on a preheated Tandoor wall or cook in a preheated oven (250 ° C) by placing it on a greased tray.
7. Remove when it is crisp and golden brown on both sides. Remove with the help of skewers.
8. Serve hot topped with butter.



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## Ingredients

Whole meal flour	150 gms.
Gram flour	100 gms.
Chopped fenugreek leaves	1 cup
Red chili powder	1 tsp.
Curd (Yogurt)	¾ cup
Oil	3 tsp.
Salt	As per taste

## Methi Thepla



## Method

1. Sieve flour and gram flour separately.
2. Mix flour, gram flour, chopped fenugreek leaves, salt and then add Curd/Yogurt to make a semi hard dough, knead it well and keep aside for 10 minutes.
3. Divide into 8 equal portions.
4. Roll out each portion and cook on hot griddle from both sides and apply oil too.
5. Cook till done.
6. Serve hot with Chhunda.

**Note:** Since water is not added and Yogurt is used instead, it has a better shelf life i.e. 4-5 days.  
One can also add a mashed ripe banana while making the dough.



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## Ingredients

Tomatoes	4 large
Garlic	2 flakes
Onion	1 small
Sugar	2 tbsps.
Vinegar	¼ cup
Sodium benzoate	½ tsp.
Salt to taste	
<b>For the spice bag:</b>	
Cloves	2 nos.
Peppercorns	6 nos.
Cinnamon	½ inch stick
Cardamoms	2 nos.
Cummin seed	¼ tsp.



## Method

1. Wash & chop the tomatoes, peel the garlic & onion.
2. Tie the spices in a muslin cloth.
3. Pressure cook tomatoes, garlic, onion & spice bag for 10 minutes.
4. Cool & squeeze the spice bag in the tomatoes to extract the aroma.
5. Rub the tomatoes thru a seive.
6. Put the tomato pulp, vinegar, sugar & salt in a pan , bring to boil.
7. Simmer uncovered stirring constantly till it thickens and reaches sauce consistency.
8. When cool add sodium benzoate and bottle it.



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## Ingredients

Unsalted Butter/Margerine at room temperature	75 gms.
Light Brown Sugar	75 gms.
Castor Sugar	175 gms.
Grated Orange peel	1 tbsp.
Brandy	6 tbsps.

## Brandy Butter



## Method

1. In a bowl beat together the butter, brown sugar, castor sugar & orange peel until the mixture is smooth and soft.
2. Add the brandy, a few drops at a time & beat each addition thoroughly into the butter before adding more.
3. Chill the brandy butter. Wrap it tightly in cling film or foil and then store it in the refrigerator for up to two weeks.
4. This can be served with Christmas Pudding and mince pies.

### Variation:

Rum can be used instead of brandy to make dark rum butter.



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## Ingredients

Dried Apricot chopped	225 gms
Seedless raisins	225 gms
Butter	75 gms
Onion finely chopped	1 no.
Fresh white bread crumbs	175 gms
Orange(grated) peel	1 tbsp.
Mix ground spice	½ tsp.
Egg (beaten)	1 no.
Cider	150 ml
Pepper to taste	

Salt to taste

## Method

1. Soak the apricot and raisin in the cider over-night.
2. Melt 25 gms of butter and fry the onions over a moderate heat for 3-4 minutes until soft and translucent. Melt the remaining butter in the same pan and remove it from the heat.
3. Stir the bread crumbs, the orange zest and the spices into the soaked fruit, stir in the onions and melted butter. Season with salt & pepper and bind the mixture with the egg.
4. Allow the mixture to cool and then store it in an air-tight container in the fridge.

## Apricot Raisin Stuffing



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## Ingredients

Cheddar cheese	1 cup
Mustard powder	1 tsp.
Sherry	¼ cup
Pepper	1 tsp.
Butter	½ cup
Salt	To taste.

## Cheddar Dip



## Method

1. Blend all the above ingredients together in a blender to a fine paste.
2. Serve on biscuits, chips, etc.



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## Ingredients

Cream cheese	¼ kg.
Capsicum, chopped	1 tbsp.
Spring onion, chopped	1 tbsp.
Tomato ketchup	2 tbsps.
Worcestershire sauce	2 tbsps.

## Easy Cheese Dip



## Method

- 1.Mix all the above ingredients together and serve in a bowl.
- 2.It can be served with potato chips or any salty biscuits.



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## Ingredients

Apples, soft	6 nos.
Cloves	3 nos.
Lemon juice	1 no.
Water	1/4 cup
Sugar	1/2 cup
Cinnamon	1 piece.
Butter	1 tbsp.
Salt	A pinch

## Apple Sauce



## Method

1. Peel, core and slice the apples.
2. Add water, sugar, cloves and cinnamon to the apple pieces and simmer over heat till the apples turn soft.
3. Then remove the cloves and cinnamon and blend in a blender.
4. Strain the puree, add butter, lemon juice, a pinch of salt and bring to a boil.
5. Serve hot or cold.



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## Ingredients

Milk	2 cups
Flour	2 tbsps.
Pepper	As required
Mustard powder	1 tsp.
Cheese, grated	1 cup
Butter	2 tbsps.
Salt	As required

## Cheese Sauce



## Method

1. Melt the butter, add flour and fry .
2. Take the pan off the fire and add hot milk and stir well to avoid lumps.
3. Stir the cheese and mustard powder with the sauce and boil till the cheese melts.
4. If lumpy pass through a sieve.



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## Ingredients

Fish sauce	1 tbsp.
Dried Shrimps, chopped	22 nos.
Garlic, chopped	3 nos.
Red chilies, chopped	4 nos.
Lime juice	2 tbsps.
Green chili, seeded & chopped	1 no.
Small brinjals, chopped	1 tbsp.

## Nam Prik



## Method

1. Blend the fish sauce, shrimps, garlic, dried chilies and lime juice together.
2. Stir in the chopped green chili and brinjal pieces.
3. Transfer the paste to a jar.
4. It keeps for several weeks in the fridge.



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## Ingredients

Tamarind water	8 tbsps.
Sugar	¾ tsp.
Fish sauce	1-2 drops.
Spring onions, chopped	½ tsp.
Garlic, chopped	½ tsp.
Fresh red chili	½ tsp.

## Thai Dipping Sauce



## Method

1. Gently heat the tamarind water and sugar in a small saucepan.
2. Remove the pan from heat and add the fish sauce.
3. Stir in the spring onions, garlic and chili.
4. Pour in a bowl and leave to cool.



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## Ingredients

Milk or water	½ cup
Cornflour	1½ tsp.
Sugar	2 tbsps.
Cocoa	1½ tbsps.
Ice cream to serve	As required
Unsalted butter	½ tsp.

## Chocolate Sauce



## Method

1. Mix all the above ingredients except the ice cream, and cook over slow heat till the sauce coats the back of the spoon.
2. Keep cooking till the you reach the desired consistency.
3. Top any ice cream with this sauce.



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## Ingredients

Tomato ketchup	1 cup
Chili sauce	¼ cup
Mustard powder	1 tsp.
Brown sugar	½ cup.
Vinegar	¼ cup
Worcestershire sauce	2 tbsps.
Pepper	½ tsp.
Chili powder	½ tsp.
Onion, chopped	1 no.
Garlic, minced	2 flakes
Butter	2 tbsps.
Salt	1 tsp.

## Barbecue Sauce



## Method

1. Combine all the above ingredients together except onions and garlic and simmer over a low flame for 10 minutes.

2. Add finely chopped onions & minced garlic fried in a little butter to the above sauce.



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## Ingredients

Egg	2 nos.
Mustard Powder	½ tsp.
Pepper	¼ tsp.
Lemon Juice or vinegar	1 tsp.
Oil	½ cup
Salt	1 tsp.

## Mayonnaise



## Method

1. Mix all the above ingredients in a mixer.
2. Now, add oil gradually till the mayonnaise becomes light and fluffy.
3. Once the mayonnaise is ready store in a container.



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## Ingredients

Onion, chopped	2 cups
Egg yolks	2 nos.
Worcestershire sauce	1 tbsp.
Milk	1½ cup.
Flour	1 tbsp.
Chili powder	½ tsp.
Coriander, chopped	2 tbsps.
Pepper	As required
Salt	As required

## Onion Sauce



## Method

1. Add the onions to the milk and simmer until the onions are tender.
2. Take off from the heat, blend in a blender and strain.
3. Beat the yolks with flour and add to the onion mixture with all the seasonings.
4. Continue cooking over low heat till it thickens, then add the coriander leaves and serve over vegetables.



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## Ingredients

Milk	1 cup
Brown sugar	2 cups
Vanilla essence	½ tsp.
Butter	2 tbsps.

## Caramel Sauce



## Method

1. Mix the milk, sugar and butter in a saucepan and stir until the sugar dissolves.
2. Simmer over a low flame until the sauce thickens.
3. Cool, add vanilla essence and serve as a topping for ice creams or any other dessert.



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## Ingredients

Brown sugar	1½ cup
Golden syrup	¾ cup
Thick cream	½ cup
Butter	½ cup

## Butterscotch Sauce



## Method

1. Place the sugar, syrup and butter in a heavy-bottom pan and boil the mixture till it reaches a soft ball stage.
2. Remove from the heat, add cream and mix well.
3. Cool and serve.



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## Ingredients

Mayonnaise	1 cup
Lemon juice	1 tbsp.
Parsley, chopped	1 tsp.
Olives, chopped	A few
Spring onions, chopped	½ cup
Cucumber, only the hard portion, chopped	¼ cup
Gherkins or tendli	¼ cup

## Tartar Sauce



## Method

1. Chop all the vegetables finely.
2. Mix the chopped vegetables with the remaining ingredients and serve with fried dishes.



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## Ingredients

Milk	2 cups
Pepper	As required
Flour	2 tbsps.
Butter	2 tbsps.
Salt	As required

## White Sauce



## Method

1. Boil the milk just before making the sauce and let it be warm.
2. Melt the butter, add flour and fry for a little while over low heat.
3. Do not let it turn brown, take off from heat and add the hot milk and stir well to avoid formation.
4. When the mixture becomes smooth put the pan over low heat again and stir constantly till the sauce comes to a boil.



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## Ingredients

Urad dal	1 tbsp.
Coriander seeds	2 tsp.
Cummin seeds	1 tsp.
Methi seeds	½ tsp.
Tumeric powder	1 tsp.
Hing	½ tsp.
Mustard seeds	1 tsp.
Red chillies	6 nos.
Dry curry leaves	1 sprig
Coconut grated	2 tbsps.
Peppercorns	8 nos.
Ghee for roasting	

## Sambhar Masala



## Method

1. Roast each of the above till they turn aromatic.
2. Grind to a fine powder in a mixie grinder.
3. Will keep well for months in a air-tight container.



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## Ingredients

Coriander seeds	4 tbsps.
Cumin seeds	2 tsp.
Ajwain	1 tsp.
Whole dry red Chilies	2-3 nos.
Salt crystals	3 tbsps.
Citric acid	½ tsp.
Dry Mango powder	1 tsp.
Salt	1 tbsp.
Garam masala	2 tsp.
White/black pepper powder	1 tsp.

## Chaat Masala



## Method

1. Roast the coriander, cummin, ajwain seeds separately and powder them with chilies, black salt and citric acid.
2. Mix in the remaining ingredients.
3. Store in a air-tight container.



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## Ingredients

Coriander seeds	4 tbsps.
Red chilies	1¼ cup
Peppercorns	½ cup
Red gram dal	¾ cup
Bengal gram dal	¼ cup
Cumin seeds	½ tbsp.
Turmeric powder	1 tsp.
Curry leaves	1 small bunch

## Rasam Powder



## Method

1. Roast and dry all the ingredients separately except the turmeric powder.
2. Mix all the ingredients, powder fine in a liquidiser (mixie) adding the turmeric powder.
3. Store in an airtight container and use when required.



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## Ingredients

Red chilies	1¼ cup
Bengal gram dal	½ cup
Black gram dal	½ cup
Sesame seeds	¼ cup
Asafoetida powder	1 tsp.
Powdered jaggery	2 tbsps.
Tamarind (optional)	Marble-sized
Oil	2 tps.
Salt	To taste

## Dosai Chili Powder



## Method

1. Fry the red chilies in 2 tps. of oil.
2. Roast and dry the black gram dal, bengal gram dal, asafoetida powder and sesame seeds.
3. Mix all the ingredients and powder coarse.
4. Add the salt. It makes an excellent accompaniment to dosais and idlis.



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## Ingredients

Coriander seeds	1¼ cups
Bengal gram dal	¾ cup
Black gram dal	½ cup
Red chilies	¾ cup
Asafoetida powder	2 tsps.
Tamarind	Marble-sized
Oil	3 tsps.
Salt	To taste

## Curry Powder



## Method

1. Roast dry the coriander seeds, bengal gram dal and black gram dal.
2. Fry the red chilies in 3 tsps. of oil.
3. Mix all the ingredients together and powder almost fine.
4. This powder is used for poriyals like Colocasis Roast etc.
5. Store the powder in an airtight container and use when required.



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## Ingredients

Black Cardamoms	8 -10 nos.
Green Cardamoms	15-20 nos.
Cinnamon pieces	15-20 (1" each)
Cloves	1 tbsp.
Mace	1 flower
Nutmeg	1 no.
Peppercorn	1 tbsp.
Cumin seeds	½ cup
Coriander seeds	2 tbsp.

## Garam Masala Powder



## Method

1. Roast all the ingredients lightly in a flat bottomed pan.
2. Grind to a powder.
3. Store this powder in a dry airtight container.



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## Ingredients

Black Cardamom	1 no.
Green Cardamoms	3 nos.
Cinnamon	2 pieces (1" each)
Cloves	10 nos.
Mace	½ flower
Peppercorn	1tbsp.

## Whole Garam Masala



## Method

1. Whole Garam Masala is a mixture of six spices.



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## Ingredients

Cucumbers sized	6 medium
Curd	1 cup
Green chillies	4 nos.
Sugar	½ tsp.
Lime juice	1 tsp.
Salt	to taste
Coriander leaves	2 tbsps.
Scraped fresh coconut	2 tbsps.

## Cucumber Koshimbir



## Method

1. Peel cucumber, wash, deseed and then grate. Keep aside.
2. Wash green chillies, remove stem and chop finely.
3. Clean coriander leaves, wash well with plenty of water and then chop.
4. Beat curd in a bowl until smooth.
5. Add grated cucumber, chopped green chillies, sugar, lime juice and salt. Mix it.
6. Serve chilled, garnished with chopped coriander leaves and scraped fresh coconut.



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**Ingredients**

Watermelon 200 gms.  
Muskmelon(kharbooja) 200 gms.  
Carrot(grated) 200 gms.  
Red cabbage leaves 6 nos.

**FOR SEASONING:**

Apple sauce 5 tbsps.  
Dill sprigs(chopped fine) Few

**For the Apple Sauce:**

Apple 100 gms.

Milk 150 ml

**For seasoning of Apple Sauce:**

Cream(optional) 1 tsp.



Nutmeg powder A pinch  
Lemon juice 2 tsps.  
Salt to taste

**Method**

- 1.Scoop watermelon and muskmelon into balls or cut into bite-size pieces.
- 2.Cut red cabbage into 5 cms long thin stripes.
- 3.Line a salad bowl with red cabbage leaves and grated carrot.
- 4.Spread watermelon and muskmelon balls or pieces over the vegetables.
- 5.Pour apple sauce over the salad.
- 6.Garnish with dill and chill and serve.
- 7.To make the Apple Sauce:Peel and dice the apple.Cook in milk for 10-15 minutes. Cool and blend in a mixer. Beat cream, add nutmeg powder, lemon juice and salt. Mix all the ingredients to a smooth consistency.



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## Ingredients

Chicken	200 gms.
Curd	200 ml
Capsicum	3 nos.
Potato(boiled & peeled)	1 no.
Celery stick(chopped)	2 nos.
Spring onions(cut in rings)	3 nos.
Chatmasala	1 ½ tsps.
Black salt	½ tsp.
Green chilies(chopped fine)	2 nos.

Ginger-garlic paste	½ tsp.
Cumin powder	¼ tsp.
Salt	to taste

## Chaaty Chicken



## Method

1. Apply ginger-garlic paste and salt to taste to the chicken pieces and pressure cook till done. When cool debone the chicken and cut into small cubes, keep aside.
2. Deseed and cut the capsicum into thin stripes and keep aside.
3. Tie the curd in a muslin cloth and hang for half an hour or till all the water drains out.
4. Take out the thick curd in a bowl. Add salt, black salt, cumin powder, green chilies and chat masala powder and mix well.
5. Chop the potatoes into fine cubes.
6. Add potatoes and celery to the seasoned curd and mix well.
7. Add chicken cubes and mix well.
8. Garnish with capsicum stripes and spring onions and sprinkle some chatmasala on to.
9. Refrigerate till serving time. Serve cold.



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## Ingredients

Pinapple slices	5 nos.
Oranges	5 nos.
Papaya(cubed)	200 gms.
Apples(peeled cored & cubed)	3 nos.
Green seedless grapes	1 cup
Sweetlime	3 nos.
Paneer (cubed)	150 gms.
Black seedless grapes	¼ cup
Cherries(sliced)	5 nos.

Chat masala	2 tsps.	Sugar and salt	to taste
Black salt	A pinch	Lemon juice(optional)	1tbsp.

## Fruity Chaat



## Method

1. Cut the pineapple into fine cubes.
2. Clean and segment the oranges and sweetlimes. Remove the seeds and the skin of the segments.
3. Mix chat masala powder, black salt, sugar and lemon juice(optional) well.
4. Add all the fruits and paneer, except the cherries and black grapes, mix well.
5. Chill till serving time.
6. Serve garnished with cherries and black grapes.



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## Ingredients

Macaroni(of desired shape)	200 gms.
Green peas(shelled)	½ cup
Mushroom(washed and sliced)	5 nos.
Chat masala	2 tsps.
Lemon juice	2 tsps.
Seasame seeds	1½ tsps.
Cumin powder	½ tsp.
Garlic paste	¼ tsp.
Butter	2 tsps.
Salt and pepper	to taste

## Macaroni Chaat



## Method

- 1.Parboil the green peas with salt to taste, drain and keep aside to cool.
- 2.Boil the macaroni in plenty of water and oil till soft and done. Drain out the water and add 1½ tsps. butter and shake the macaroni till well coated with butter, so that it does not stick to one other.
- 3.Heat ½ tsp. of butter on a tawa(pan)and roast the seasame seeds till light brown. Remove and keep aside.
- 4.Mix garlic paste, cumin seed, chat masala, salt, pepper and lemon juice well. Add mushroom, green peas and cooked macaroni. Stir well so that they get evenly coated with the dressing.
- 5.Refrigerate for one hour atleast.
- 6.Garnish with fried seasame seeds



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## Ingredients

Arbi	250 gms.
Mustard seed(ground)	¼ tsp.
Black salt	¼ tsp.
Ajwain	A pinch
Jaggery	1 tsp.
Ginger (cut into long pieces)	25 gms.
Lime	1 no.
Tamarind	10 gms.
Red chili powder	1 tsp.

Poppy seeds(roasted)	1 tbsp.
Cumin seeds(roasted)	½ tsp.
Oil	1 tbsp.
Chat masala	1 tsp.to
Salt	taste

## Chatpati Arbi



## Method

1. Boil and peel arbi. Cut into round pieces.
2. In 1 cup water, boil tamarind, jaggery, black salt and ajwain. Strain and keep aside. It will become a thick paste.
3. Saute cumin seed and ground mustard seed in 1 tbsp. oil. Add cut arbi and fry for a minute.
4. Add roasted poppy seed, chat masala, salt and chilies. Finally add the thick paste of tamarind.
5. Soak the cut ginger in lime juice.
6. Serve the arbi chat hot or cold decorated with ginger.



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## Ingredients

Lettuce	1 large
Bread slices	4 nos.
Walnut(coarsely chopped)	100 gms.
Oil for frying	
<b>For Dressing:</b>	
Salad oil	6 tbsps.
Lemon juice	2 tbsps.
Rosemary	A pinch
Salt and pepper to taste	

## Walnut & Lettuce Salad



## Method

- 1.Wash the lettuce carefully and pat it dry with a clean cloth. Wrap it in a dry cloth and store it in the refrigerator for at least 1 hr. or till needed.
- 2.Prepare the croutons. Cut the bread into small squares. Heat oil in a pan and deep fry the bread till golden brown. Remove the croutons on absorbent paper.
- 3.Tear the lettuce leaves into pieces. Place them in a salad bowl and scatter them with the chopped walnuts.
- 4.Make the dressing by mixing all the ingredients for the dressing in a bottle and shaking the bottle well.
- 5.Pour the dressing over the salad and toss it. Add the croutons and serve at once.



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## Ingredients

Cold meat (thinly sliced)	2 cups
Double cream	1 cup
Lemon juice	1 tsp.
Mushrooms sliced	1 cup
Carrots grated	2 nos.
Cucumber (sliced thinly)	½ no.
Lettuce shredded	1 no.
Nutmeg	A pinch
Salt and Pepper	To taste

## Mushroom Salad



## Method

- 1.. Mix the cream with lemon juice, fold in the mushrooms, carrot.
2. Season with salt, pepper and nutmeg.
3. Pile the mushrooms in the mixture in the center of a shallow serving dish and surround it with lettuce, cucumber and meat.
4. Chill the salad in the refrigerator before serving.



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## Ingredients

American corn	1 cup
Peas	1 cup
Sugar	1 tsp.
Spring onions(chopped)	2 bunches
Red pepper(chopped)	1 no.
Sour Cream	½ cup
Mint leaves(chopped)	3 tbsp.
Cabbage leaves to serve in	
Pepper to taste	
Salt to taste	



## Method

1. Boil the corn till it is tender, drain and keep aside.
2. Boil the peas in water till tender (add sugar and salt to the water to retain the green colour of the peas). Drain and cool the peas.
3. In a bowl add corn, peas and all the ingredients and mix. Season with salt and pepper.
4. Serve chilled in cabbage leaves.



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## Ingredients

Lettuce(shredded)	1 bunch
Firm red tomatoes(sliced)	2 nos.
Cucumber small(cut into squares)	1 no.
Eggs boiled(cut into round slices)	1-2 nos.
Peas(cooked and chilled)	½ cup
Carrot grated	1 no.
<b>For the French dressing:</b>	
Mustard powder	½ tsp.
Black Pepper	¼ tsp.
Sugar	1 tsp.
Vinegar	¼ cup
Salad oil	1 cup
Lemon juice	3 tsp.
Salt	½ tsp.

## Green Salad



## Method

1. Take a flat salad dish, arrange cucumber and tomatoes in the centre.
2. Place the chilled peas around the cucumber and tomatoes, and arrange lettuce around it.
3. Arrange sliced eggs on the lettuce, sprinkle the grated carrot on top of the salad.
4. Pour the french dressing all over the salad. Serve chilled.

### Method for preparing the French Dressing:

1. Put all the ingredient in a bottle and shake it thoroughly. It can be stored in the fridge for a long time.



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## Ingredients

Apples	2 nos.
Cabbage small	1 no.
Canned Pineapple Chopped	1/2 cup
Mayonnaise .	3-4 tbsps

Pepper to taste  
Salt to taste

### For Garnishing:

Lettuce leaves	As required
Walnuts halved	A few
Sprig of parsley	As required

## Apple Cole Slaw



## Method

1. Core and grate or chop the apples.
2. Shred the cabbage and place in a bowl.
3. Mix the chopped apple, pineapple, mayonnaise, salt and pepper with the cabbage.
4. Serve in a bowl lined with lettuce leaves and garnish with walnut halves and parsley.



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## Ingredients

Cauliflower	250 gms.
Carrots	2 nos.
Shelled green peas	¾ cup
Potatoes	2 nos.
Green chilies cut fine	2 nos.
Yogurt	1 cup
Honey	2 tbsps.
Fresh cream	¼ cup
Coriander leaves, chopped	2 tbsps.
Rock salt powder	½ tsp.

Salt to taste

## Method

1. Clean and separate the cauliflower into small florets.
2. Peel and dice the carrots into small pieces.
3. Cook the cauliflower, carrots and green peas in salted water and then refresh in cold water, drain and keep aside.
4. Boil, peel and dice the potatoes into small pieces and allow to cool.
5. Whisk yogurt, salt, honey, rock salt powder and green chilies with fresh cream.
6. Mix all the cooked vegetables with the yogurt dressing.
7. Chill and serve garnished with coriander leaves.

## Veg Salad with Yogurt



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## Ingredients

Pineapple  
Fruit salad  
Mayonnaise

1 no.  
2 cups  
As required

## Pineapple Basket Salad



## Method

1. Cut the pineapple into two halves lengthwise.
2. Scoop out the pineapple from inside in cubes.
3. Mix the pineapple cubes with the fruit salad and toss in mayonnaise.
3. Pile in the pineapple baskets and serve.



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## Ingredients

Fresh cooked shrimps, shelled	2 cups
Mayonnaise	As required
Cream	As required
Diced celery	1 cup
Hard boiled eggs, peeled & cubed	4 nos.
Cooked green peas	1 cup
Lettuce leaves	As required
Salt to taste	

## Shrimp Salad with Peas



## Method

1. Thin mayonnaise with cream.
2. Mix all the ingredients except the lettuce with the mayonnaise.
3. Serve on the lettuce leaves.



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## Ingredients

Potatoes	6 nos.
Bacon diced	6 slices
Onion minced	1 no.
Vinegar	¼ cup
Dairy sour cream	¼ cup
Pepper	As required
Salt	¾ tsp.

## Hot Potato Bacon Salad



## Method

1. Boil, peel and slice the potatoes.
2. Fry the bacon till crisp, remove and then fry the onion in the bacon fat.
3. To the above add vinegar, salt, pepper and the cream, followed by the potatoes and bacon.
4. Serve hot.



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## Ingredients

Chicken, cooked and diced	1 cup
Apple finely diced	½ cup
Ripe olives chopped	½ cup
Celery diced	½ cup
Mayonnaise	2 tbsps.
Dairy sour cream	2 tbsps.
Lemon juice	3 tbsps.

## California Chicken Salad



## Method

1. Thin the mayonnaise with the cream and keep aside.
2. Sprinkle lemon juice over the chicken and apple and mix lightly.
3. Combine the remaining ingredients using mayonnaise and then add the chicken and apple and toss together lightly.
4. Serve cold.



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## Ingredients

Papaya peeled and diced	1 ½ cups
Pineapple peeled and diced	1 ½ cups
Apples peeled and diced	1 ½ cups
Celery sliced	1 cup
Onion finely chopped	2 tbsps.
Mayonnaise	¾ cup
Lettuce	As required
Salt	½ tsp.

## Mixed Fruit Salad



## Method

1. Mix the fruit with the remaining ingredients.
2. Serve cold on lettuce leaves.



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## Ingredients

Beetroots	600 gms.
Orange juice	¼ cup
White pepper powder	¼ tsp.
Mustard powder	¼ tsp.
Orange rind	½ tsp.
Spring onion rings	¼ cup
Salad oil	1 tbsp.
Salt to taste	

## Beetroot Salad



## Method

1. Boil the beetroots.
2. When cool, peel and dice them into 1/2" cubes and chill them.
3. Mix orange juice, oil, salt, pepper, mustard powder and orange rind together in a bowl.
4. Pour the dressing over the beetroot pieces and garnish with rings of spring onion.



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## Ingredients

Arbi As required  
Groundnuts(roasted and powdered) As required

### For the chat

Tamarind(lemon sized ball) 1 no.  
Coriander leaves(handful)  
Mint leaves As required  
Onion(small size) 1 no.  
Green chilies 2 nos.  
Jaggery(grated) 2 tbsps.

Dates(seedless) 6 pieces  
Sour apple(without the peel & deseeded) 1 no.  
Raisins 15 gms.  
Cumin seeds 1 tbsp.  
Mango powder 1 tbsp.

Garam masala 1 tsp.  
Dry ginger(ground) As required  
Coriander powder As required  
Salt to taste

## Arbi Chaat

## Method

- 1.Boil, peel and cut the arbi into small pieces and keep aside.
- 2.For the chat - Grind all the ingredients for the chat except the tamarind to a fine paste.
- 3.Soak the tamarind for 15 minutes in 1 cup of water and then squeeze out the pulp.
- 4.Add the tamarind pulp to the chat paste and strain finely.
- 5.Now add the arbi pieces to the chat.
- 6.Garnish with groundnuts.



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## Ingredients

Curds	1 cup
Mint leaves	As required
Green chilies	4 nos.
Salt to taste	

## Pudina Raita



## Method

1. Make a paste of the mint and chilies.
2. Mix the curds with the salt into the above paste.
3. Serve chilled.



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## Ingredients

French beans	1/2 kg.
Hard boiled eggs	3 nos.
Chopped bacon	4 slices.
Carrots	1/4 kg.
Spring onions, sliced	1 cup
Pepper	As required
Salt	As required
<b>For the Dressing</b>	
Vinegar or lemon juice	1/4 cup
Mustard powder	1 tsp.

Pepper	1/4 tsp.	Salad oil	3/4 cup
Castor sugar	2 dsps.	Salt	1/4 tsp.

## Frenchbean Salad



## Method

1. Blend all this in a blender or shake in a bottle.
2. String the french beans and cut them into halves lengthwise and slice the carrots into long strips.
3. Parboil both the vegetables and drain .
4. Add the sliced onions to the vegetables and pour dressing over and toss well.
5. Chill and just before serving add chopped eggs and crispy bacon.



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## Ingredients

Prawns, boiled and sliced	12 nos.
Onion,minced	1 no.
Ginger, crushed	½" piece.
Green chillies, minced	3 nos.
Cumin seeds, ground	1 tsp.
Coconuut, grated	1 tbsp.
Thick coconut juice	4 tbsps.
Curry leaves, minced finely	A few.
Lime juice	To taste.
Chili powder	To taste.

Coriander leaves, chopped	As required
Salt	To taste.

## Prawn Salad



## Method

- 1.Take a large bowl and mix all the above mentioned ingredients.
- 2.Mix well and keep in the refrigerator.
- 3.Serve chilled.



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## Ingredients

Peas (boiled salted)	½ cup
Carrots (boiled, peeled & chopped)	½ cup
Potatoes (boiled, peeled & chopped)	½ cup
Spring onions (chopped)	½ cup
Cucumber (chopped)	½ cup
Tomatoes (chopped)	½ cup
Apple (chopped)	½ cup
Pineapple (chopped)	½ cup

Cherries (deseeded)	½ cup
Mustard seeds powder	½ tsp.
Castor sugar	½ cup

## Russian Salad



White sauce	½ cup
Mayonnaise	As required
Salt, White paper	To taste

## Method

1. Boil carrots, peas and potatoes.
2. Peel carrots and potatoes and chop.
3. Chop cucumber, tomatoes, spring onions.
4. Add to a mixing bowl along with the rest.
5. Chop apple and pineapple. Add cherries, salt paper, mustard seeds powder and castor sugar.
6. Mix white sauce and mayonnaise. Toss well and chill. Serve garnished.



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## Ingredients

Mustard Seeds	1 tsp.
Spinach, finely chopped	1 cup
Carrot, grated	¾ cup
Curd	1 cup
Sugar, powdered	1 tsp.
Green chillies, chopped	1-2 nos.
Oil	1 tbsp.
Salt	To taste

## Palak & Gajjar ka Raita



## Method

1. Add the mustard seeds to hot oil and once they start spluttering, remove from heat.
2. Mix the grated spinach, carrot, sugar, chopped green chillies, curd with the hot oil & sautéed mustard seeds.
3. Add the salt accordingly and chill.



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## Ingredients

Ham, chopped	1 cup
Mayonnaise	1 cup
Boiled macaroni	2 cups
Onions, chopped	½ cup
Parsley, chopped	1 cup
Pepper	As required
Salt	As required

## Ham & Macaroni Salad



## Method

1. Toss all the above ingredients together and serve over lettuce leaves.
2. Garnish with sliced tomatoes and serve.



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## Ingredients

Cucumber, finely chopped 1 no.  
 Carrot, grated 2 nos.  
 Beetroot, grated (optional) 2 nos.  
 Radish, finely chopped 1 no.  
 (optional)  
 Medium-small tomatoes 4 nos.  
 Onion, finely chopped 2 nos.  
 Green chillies, finely chopped 4 nos.  
 Coriander leaves, chopped 1 cup

Black pepper ½ tsp. Mustard Oil As required  
 Lemon juice To taste. Salt 1 tsp.  
 Peanuts, crushed (optional) 2 tsps.

## Bengali Salad



## Method

1. Take a large bowl and place all the vegetables in it.
2. Add the black pepper, salt and toss the salad well so that everything gets mixed thoroughly.
3. Lastly, add the lemon juice, mustard oil, crushed peanuts and mix well.
4. Serve chilled.



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## Ingredients

Boiled prawns	2 cups
Spring onions, chopped	½ cup
Celery, chopped	½ cup
Parsley, chopped	2 tbsps.
Olives, chopped	½ cup
Boiled, cubed potatoes	2 cups
Gherkins, chopped	½ cup
Mayonnaise	1 cup
Hard boiled egg, slices	1 no.
Pepper	As required
Salt	As required

## Prawn & Potato Salad



## Method

- 1.Mix all the above ingredients together and press the mixture in a loose-bottom cake pan.
- 2.Chill and invert the pan on a plate and press some parsley on the sides.
- 3.Garnish the top with some sliced hardboiled eggs.



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## Ingredients

Beetroots	2 nos.
Curd	3 cups
Cumin powder, roasted	1 tsp.
Red chili powder	1 tsp.
Salt	To taste

## Beetroot Raita



## Method

1. Boil, peel, cool & dice the beetroots & keep aside.
2. Beat the curd till it reaches a smooth consistency.
3. Mix the chopped beetroots, roasted cumin powder, red chili powder & salt to the beaten curd.
4. Mix well and serve chilled.



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## Ingredients

Paneer, crumbled	1 cup
Oranges, peeled and depiped	3 nos.
Seedless grapes	250 gms.
Bananas, ripe, sliced	3 nos.
Cream	½ cup.
Lime juice	2 tsps.
Salt & pepper	To taste

## Fruit & Cheese Salad



## Method

1. Place the banana slices in a dish.
2. Mix cheese with orange segments and place all around.
3. Put the grapes in the center and sprinkle with salt, lime juice, and pepper.
4. Pour cream on top and serve chilled.



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## Ingredients

Boiled potatoes	250 gms.
Olive oil	1 tbsp
Lemon juice	2 tbsps.
Salt	To taste
Pepper	To taste
Hot milk	As required
Chopped fresh mint leaves	1/4th cup
Shallots (small onions)	2 nos.

## Potato Salad



## Method

1. Peel the skin off the boiled potato and mash it.
2. Add the olive oil, lemon juice, salt and pepper.
3. Mix in the hot milk to the potato mixture to give it a creamy texture.
4. Add more salt and lime if necessary.
5. Add the mint and the shallots.
6. Keep this refrigerated until it is ready to serve.
7. Serve chilled.



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## Ingredients

Pasta shells	125 gms.
Tomatoes chopped	2 nos.
Mushrooms small	50 gms.
Salt	To taste
Chicken cooked	1 cup
Red, yellow or green bell pepper, cored and seeded(capsicum)	½ no.
Parsley	For garnish

**For the dressing**

Lemon juice	1 tsp.
Olive oil	2 tsps.
Garlic salt	1 tsp.
Pepper	To taste

## Chicken & Pasta Salad



## Method

1. Add salt to water and boil the pasta in it.
2. After bringing it to a boil, drain the excess water, and note that the pasta must be soft and tender.
3. Add chicken, tomatoes, capsicum and mushrooms.
4. To make the dressing, blend well the olive oil, lemon juice, garlic salt and pepper.
5. Pour this dressing over the pasta and toss it well.
6. Before serving garnish with parsley.



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## Ingredients

Red beans (rajma) soaked overnight, boiled and cooked	1/2 cup
Celery chopped	3 tbsps.
Cucumber, medium, Chopped	1 no.
Tomatoes seeded and diced	2 no.
lettuce, Coarsley shredded	For garnishing



Red Bean Salad

### For the Yogurt Dressing

Plain yogurt	1/2 cup	Garlic mince	1/4 tsp.
Lemon Juice	2 tps.	Vegetable oil	1 tbsp.
		Salt	1/2 tsp.

## Method

### Method for low calorie yogurt dressing.

1. Put all ingredients in a jar.
2. Cap the jar and shake well before use.
3. Store in the refrigerator.
4. Shake again before use.

### Method to make the Salad.

1. In a serving bowl combine all the vegetables and chilled beans together.
2. Pour the dressing and toss gently to coat the salad.
3. Serve on lettuce leaves.



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## Ingredients

Lettuce leaves	As required
Boiled green peas	3 cups
Spring onions, chopped	1 cup
Lemon juice	1 tbsp.
Celery, chopped	½ cup
Mayonnaise	1 cup
Pepper	As required
Salt	As required

## Green Peas Salad



## Method

1. Mix all the above ingredients together and serve over [lettuce leaves](#).
2. Serve chilled.



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## Ingredients

Chicken, boneless & cooked	1/4 kg.
Mayonnaise	1 cup.
Celery	1/2 cup.
Boiled eggs	1 no.
White pepper	1/2 tsp.
Salt	To taste.

## Chicken Salad



## Method

1. Mince the chicken for 30 seconds in the mixer.
2. Add the rest of the ingredients and run the mixer till all the ingredients blend well with each other.
3. Serve as a cold accompaniment.



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## Ingredients

Gram flour	100 gms.
Oil	For deep frying
Curd (yogurt)	750 gms.
Roasted cumin powder	1 tsp.
Red chili powder	1 tsp.
Salt	To taste

## Boondi Raita



## Method

1. Mix gram flour and salt, add water to make a thick batter.
2. Heat oil, pour the batter through a thick sieve and when slightly colored and crisp. Remove and keep aside and allow it to cool.
3. Beat [Curd/Yogurt](#) to make it smooth. Add salt and mix well.
4. Add boondi, mix and then top with roasted cumin powder and red chili powder.



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## Ingredients

Curds, beaten	2 cups
Doodhi / pumpkin, grated	100 gms.
Cumin seeds, roasted & powdered	1 tsp.
Sugar	1 tbsp.
Charoli	1 tbsp.
Ginger, minced	1 inch piece.
Raisins	1 tbsp.
Garam masala	1/2 tsp.
Coriander leaves	A few
Chili powder	As required
Salt	As required

## Doodhi Raita



## Method

1. Steam the grated doodhi or pumpkin and leave to cool.
2. Then mix it with the rest of the ingredients and serve chilled.



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## Ingredients

Thick Curds	2 cups.
Cream	4 tbsps.
Honey	1 tbsp.
Rose essence	A few drops.
Banana, peeled & diced	1 no.
Ripe mango, peeled & diced	1 no.
Canned pineapples, diced	2 rings

## Fruit Raita



## Method

1. Mix together curds, cream, honey and essence and beat till smooth.
2. Chop the fruits and keep aside.
3. Mix the chopped fruits with the curd mixture.
4. Serve chilled.



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## Ingredients

Cucumber, peeled & grated	100 gms.
Curds	100 gms.
Coriander leaves, sliced	A handful
Ginger, minced	1/2" piece
Coconut, grated	1 tbsp.
Green chillies, minced	2 nos.
Dry ginger powder	A big pinch
Chili powder	To taste
Sugar	1/2 tsp.
Salt	To taste

## Cucumber Raita



## Method

1. Mix all the above ingredients together with the [curds](#).
2. Serve chilled.



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## Ingredients

Yogurt	2 cups
Tomato	1 small
Onion	1 small
Carrot	1 small
Cucumber	1 small
Beetroot	½
Green chillies	2 nos.
Coriander leaves	a handful
Mint leaves	a few

Dry ginger powder	½ tsp.
Cumin seeds	1 tsp.
Sugar	1 tsp.

## Mix Veg. Raita



Chilli powder	½ tsp.
Salt	to taste

## Method

1. Wash, peel and cut onion, cucumber, carrot and beetroot finely. Wash and cut tomato finely. Wash and mince green chillies. Clean, wash and chop coriander and mint leaves.

2. Roast and powder the cumin seeds. Beat the yogurt.

3. Mix all the remaining ingredients with the vegetables.

4. Serve chilled.



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## Ingredients

Curds, beaten	2 cups
Cabbage leaves, finely shredded	A few
Cumin seeds, roasted & powdered	1 tsp.
Green chillies, minced	2 nos.
Ginger, minced	1" piece
Sugar	1 tsp.
Coriander leaves	A few
Chili powder	As required
Salt	As required

## Cabbage Raita



## Method

1. Mix all the above ingredients together with the [curds](#).
2. Serve chilled.



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## Ingredients

Curds	2 cups
Onion, minced	1 no.
Coriander leaves	A handful
Mint leaves	Few
Green chilies, minced	2 nos.
Ginger, sliced	1/2 " piece
Cumin seeds	1 tsp.
Mustard seeds	1/2 tsp.
Chili powder	1/4 tsp.

Salt

To taste

## Onion Raita



## Method

1. Peel and mince the onion. Clean, wash and chop coriander and mint leaves. Wash and mince the green chilies. Peel and chop the ginger.
2. Roast and powder the cumin seeds. Powder the mustard seeds.
3. Put the onions in water for fifteen minutes, drain thoroughly and keep aside.
4. Blend the yogurt with two tablespoons of water and seasonings and beat till smooth.
5. Stir in the rest of the ingredients, except the coriander leaves.
6. Serve garnished with chopped coriander leaves.



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## Ingredients

Cabbage (small)	1 no.
Mayonnaise	1/2 cup
Yoghurt or curd	1/2 cup
Onion, chopped	2 tbsps.
Black pepper	1/8 tsp
Any one Fruit (orange, pineapple, peaches etc)	1/2 cup
Salt	1/2 tsp.

## Coleslaw Salad



## Method

1. Clean the cabbage of any discoloured or limp leaves.
2. Cut the cabbage into quarters lengthwise, and trim off the core.
3. Cut the cabbage into very thin slices.
4. Place the slices in a bowl and toss with the mayonnaise, yoghurt, salt, black pepper and the fruits.
5. Serve as required.



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## Ingredients

Coconut grated	3 tbsp.
Green chillies	4 nos.
Ginger, chopped fine	1/2" piece
Coriander leaves, chopped fine	1 bunch
Curds mixed well	1 cup
Salt	To taste
<b>For Tempering</b>	
Mustard seeds	1 tsp.
Bengal gram dal	1 tsp.

Black gram dal	1/2 tsp.	Asafoetida powder	1/4 tsp.
Cummin seeds	1 cup	Curry leaves	A few
Red chili, halved	1 no.	Oil	1 1/2 tsp.

## Coconut Curd Salad



## Method

1. Grind the [coconut](#), [green chillies](#), [ginger](#), and part of the [coriander leaves](#) to a fine paste.
2. Add to the curds and mix well. Add salt.
3. Heat the oil. Add all the ingredients or tempering.
4. When the mustard seed splutter and the dals turn golden, add to the salad.
5. Garnish with the rest of the chopped coriander leaves.





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## Ingredients

Dessert apples	2 nos.
Fresh pear (optional)	1/2
Segments of 1/2 orange	
Capsicum	1/2
Carrots	2 nos.
Sticks celery	2 nos.
Cucumber	1/2
Raisins	few
Fresh strawberries	5 nos.
<b>Accompaniment</b>	
Curd dip	1 cup

### For the curd dip

Thick fresh curds	2 cups
Chopped onions	1 tbsp.
Chopped green chili	1/2 tsp.

## Dieter's Crunch



Mustard powder	1 tsp.
Sugar	1 tsp.
Salt	To taste

## Method

### For making the curd dip

1. Tie the curds in a thin muslin cloth. Hang and allow the water to drain out for 1 hour.
2. Add the remaining ingredients.

### For making the salad

1. Chop the fruits coarsely.
2. Grate the vegetables.
3. Mix in a bowl and put to chill for an hour.
4. For dressing add curd dip
5. Serve cold.



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## Ingredients

Boneless chicken	500 gms.
Chopped onion	¾ cup
Garam masala powder	1 tsp.
Chopped green coriander	1 tbsp.
Dried mango powder	1 tsp.
Chopped green chili	1 tsp.
Lemon juice	2 tps.
Red chili powder	1 tsp.
Oil	1 tbsp.
Salt	To taste

## Chicken Chaat



## Method

1. Clean and cut the chicken into 1 inch cubes. Boil chicken pieces in salted boiling water for 1 minute. Drain excess water and chill chicken in a refrigerator.
2. Mix chopped onions, [Garam Masala Powder](#), dry mango powder, chopped green chilies, red chili powder, salt, chopped green coriander, lemon juice and oil with cooked chicken pieces.
3. Arrange in a serving platter or bowl. Decorate with tomato slices or a [Tomato Rose](#).



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## Ingredients

Potatoes	400 gms.
Chaat masala	2 tsp.
Red chili powder	1 tsp.
Chopped green coriander	2 tbsps.
Chopped onion	½ cup
Chopped green chili	2 tsp.
Lemon juice	2 tsp.
Salt	To taste

## Aloo Chaat



## Method

1. Boil potato. Cool, peel and then cut into ¾ th of an inch cube.
2. Mix remaining ingredients with the potato cubes and arrange in a platter to serve.

**Tip:** Potatoes can also be deep fried in very hot oil briefly after boiling and dicing to give a nice and crisp texture. Goes very well as a cocktail snack item.



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## Ingredients

Tomato	1no.
Cucumber	1no.
Onion	1no.
Capsicum	1no.
White radish	1/2.
Carrot	1no.
Coriander leaves	1 tsp.
Lemon juice	1 tsp.
Green chilies	2 nos.
Salt	To taste

## Kachumber Salad



## Method

1. Wash and cut tomatoes into half inch dices.
2. Wash, peel and cut cucumber and carrots into half inch dices.
3. Wash and peel onions and radish and cut into dices.
4. Wash, deseed capsicum and cut into half inch dices.
5. Wash and chop the green chilies. Clean, wash and chop the coriander leaves.
6. Mix all the vegetables. Add chopped green chilies, chopped coriander leaves, lemon juice and salt. Toss well.
7. Arrange in a salad bowl and serve cold.



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## Ingredients

Sprouted moong	400 gms.
Chopped onion	50 gms.
Chopped tomato	50 gms.
Chopped capsicum	50 gms.
Lemon juice	2 tsps.
Chaat masala	2 tsps.
Chopped green chili	2 tsps.
Salt	To taste

## Sprouted Moong Chaat



## Method

1. Mix sprouted moong beans with chopped onions, chopped [capsicum](#), chopped [tomatoes](#) and chopped [green chilies](#). Refrigerate for half an hour.
2. Make a dressing by mixing [lime](#) juice, [chaat masala](#) and salt.
3. Mix dressing with sprouted moong and vegetables at the time of serving.



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## Ingredients

Chicken stock	2 cups
Chicken(boiled& shredded)	¼ cup
Carrot	½ no.
Cabbage leaves(cut coarsely)	1 no.
Mushroom(sliced thin)	2 nos.
Noodles(boiled)	¼ cup
Soya sauce	1½ tsp.
Corn flour	1 tbsp.
Water	¼ cup
Ajinomoto	A pinch
White pepper	A pinch

## Chicken Talomein Soup



Sugar	¼ tsp.
Salt and pepper	to taste

## Method

1. Dissolve corn flour in water and keep aside.
2. Chop carrot diagonally and par boil them.
3. Mix stock, salt, peppers, sugar, soya sauce and ajinomoto and boil for 2 minutes.
4. Add cornflour paste, stirring continuously.
5. Add vegetables, mushroom and shredded chicken. Boil for another 5 minutes.
6. Add boiled noodles, remove from fire and serve hot.



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## Ingredients

Bread slices	8 nos.
Carrots(chopped finely)	100 gms.
French beans(chopped finely)	100 gms.
Potatoes	75 gms.
Capsicum(chopped finely)	1 no.
Spring onions(chopped fine)	2 nos.
Chili powder	¼ tsp.
Soya sauce	1 tsp.
Ajinomoto	¼ tsp.
Flour	½ cup
Seasame seeds	2 tbsps.

## Vegetable Gold Coins



Oil	1½ tbsps.
Oil for frying	
Salt and pepper	to taste

## Method

1. Boil and mash potatoes.
2. Heat oil, add the chopped vegetables and ajinomoto. Saute for 4 minutes.
3. Add potatoes, soya sauce, chili powder and salt. Mix well and cook for another 5 minutes.
4. With a cutter or a sharp lid of a bottle, cut out small rounds of 1½ inch diameter of the bread slices.
5. Put a little cooked vegetable mixture over each bread round and press in place.
6. Add ¼ cup water to the flour and make a smooth paste.
7. Apply a little paste over the potatoe mixture, taking care to apply the paste nicely on the edges of the potato dome. So as to join the potatoes with the bread.
8. Sprinkle seasome seeds on top and press gently.
9. Deep fry in hot oil. Turn sides quickly as the bread turns brown very fast.
10. Serve hot with chili-garlic sauce.



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## Ingredients

### FOR THE PANCAKES:

Flour	1 cup
Milk	2 cups
Soda-bi-carbonate	A pinch
Oil	2 tsps.
Oil for shallow frying	
Salt	½ tsp.

### FOR THE STUFFING:

French beans	50 gms.		
Carrots	50 gms.		
Cabbage	100 gms.	White pepper	½ tsp.
Bean sprouts	100 gms.	Sugar	½ tsp.
Onions(finely chopped)	2 nos.	Ajinomoto	½ tsp.
Capsicum(thinly sliced)	2 nos.	Oil	3 tbsps.
Soya sauce	1 tsp.	Salt and pepper	to taste

## Vegetable Spring Rolls



## Method

### For making the Pancakes:

- 1.Sift salt and flour. Add milk gradually, beating well to make a smooth thin batter for the pancakes.
- 2.Add soda-bi-carbonate and mix well.
- 3.Heat a non stick pan. Pour a little batter on it and tilt the pan so that batter spreads evenly.
- 4.Remove when the under side is cooked. Do not cook the other side.
- 5.Make the remaining pancake in the same way and keep it in a napkin one on top of the other.

### To Prepare The Filling:

- 1.Cut the vegetables(except beansprouts) into thin long stripes.
- 2.Heat the oil in a kadhai. Add onions, sprouts and vegetables and stir fry for 5 minutes.
- 3.Add ajinomoto, salt, pepper and sugar and fry for further 3 minutes.
- 4.Add soya sauce and mix well.

### **Assembling:**

1. Take the pancake and place little filling on the cooked side, at one end which is nearest to you.
2. Fold the left side and then the right side. Holding the sides, roll upwards. Seal the edges with cornflour paste, made by dissolving 1 tsp. of cornflour in 1 tsp. of water.
3. Heat some oil in a pan and shallow fry the rolls on all sides till golden brown.
4. Drain on a paper napkin and cut diagonally into 1 inches pieces.
5. Serve hot with chili-garlic sauce.



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## Ingredients

Prawn-king size	8 nos.
Ajinomoto(optional)	¼ tsp.
Cornflour	100 gms.
White flour(maida)	50 gms.
Egg whites	2 nos.
Red wine or sherry	2 tsp.
Baking powder	½ tsp.
White pepper	¼ tsp.
Oil	2 tsp.
Oil	for frying
Salt and pepper	to taste
Water(approximately)	½ cup

## Golden Fried Prawns



## Method

- 1.Clean, peel and devein the prawns keeping the tail intact.
- 2.In a bowl mix salt, black pepper and wine and marinate the prawns in this mixture for 20 minutes.
- 3.Take a bowl and add cornflour, white flour, eggwhites, ajinomoto, baking powder, white pepper, water and oil and whip till the mixture thickens and is smooth coating consistency.
- 4.Dip each prawn in this mixture and fry till golden brown.
- 5.Garnish with spring onions.
- 6.Serve hot with a sweet and sour sauce.



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## Ingredients

Baby corns	6 nos.
Corn flour	2 tbsps.
Flour	2 tbsps.
Oil	1 tsp.
Baking powder	¼ tsp
Ajinomoto	A pinch
Salt and pepper	to taste
Oil for frying	

## Golden Fried Babycorn



## Method

1. Cut the baby corn into three juliennes each.
2. Mix cornflour, flour, oil, baking powder, ajinomoto, salt and pepper well.
3. Add enough water to make a smooth dough and beat well. The batter should be thick.
4. Heat oil in a frying pan.
5. Dip the baby corn in the batter and fry till golden brown.
6. Serve hot with chilli sauce.



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## Ingredients

Fish fillets	500 gms.
Stock	½ cup
Tomato	1 no.
Wine paste	30 gms.
Sherry	2 tbsps.
Onion(chopped)	1 no.
Capsicum	1 no.
Spring onions(chopped fine)	2 no.
Ginger(sliced thinly)	1 tbsp.
Cornflour	1 tbsp.
Water	¼ cup
Sugar	½ tsp.
Soya sauce	½ tsp.
White pepper	¼ tsp.
Green chili(chopped fine)	1 no.
Oil for deep frying	
Salt and pepper	to taste
FOR THE WINE PASTE:	
Dry sherry	4 tbsps.

## Fukien Fish in Ginger Sauce



Onion(chopped)	1 no.
Tomato puree	2 tbsps.
Toffu	25 gms.
Brandy	1 tbsp.
Orange peel(chopped)	2 tsps.
Brown sugar	2 tsps.
Rice powder	2 tsps.
Ginger(grated)	1 tsp.
Garlic(crushed)	2 flakes

## Method

1. Deseed tomato and capsicum and finely slice them lengthwise. Keep aside.
2. Rub fish fillet with salt, half the sherry and half the wine paste. Marinate for one hour.
3. Heat oil in a saucepan and deep fry the fish until pale golden in colour. Drain on an absorbent kitchen paper.
3. Heat again 1 tbsp. of oil in a saucepan, saute onion and ginger for 2 minutes and add the remaining sherry, sugar, wine paste, soya sauce, capsicum and tomatoes. Stir well add the stock and cook for 5 minutes.
4. Dissolve the corn flour in ¼ cup water and add to the above mixture. Stir well remove from heat as the sauce begins to thicken.
5. Place the fried fish in a serving dish and pour the sauce over the fish.
6. Garnish with spring onions and chilies.

### To make wine paste:

1. Blend all the ingredients in a liquidiser.

2. Place the mixture in a saucepan over low heat and keep stirring constantly, till almost dry.

3. Store in an airtight jar in a refrigerator.



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## Ingredients

Mixed vegetable (cauliflower, french beans, carrot and baby corn)	750 gms.
Steamed rice	2 cups
Vegetable stock	2 cups
Soya sauce	3 tbsps.
Capsicum(diced in large cubes)	1 no.
Cornflour	2 tbsps.
Vinegar	4 tsps.
Chili sauce	2 tsps.
Ginger(finely chopped)	2 tsps.
Garlic(finely chopped)	1 tsp.
Red chilies(broken into pieces)	4 nos.

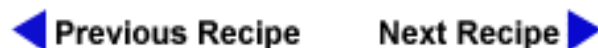
## Vegetable Hongkong with Rice



Ajinomoto	¼ tsp.
Oil	2 tbsps.
Sugar	A pinch
Salt and pepper	to taste

## Method

1. Dice all the vegetables and parboil them. Reserve the stock.
2. Heat the oil in a wok or frying pan on high heat.
3. Add the ginger, garlic and red chilies and stir fry for 2 minutes. Then add the parboil vegetables, capsicum and ajinomoto and stir fry over high heat for another 2 minutes.
4. Add soya sauce, vinegar, chili sauce, salt and pepper. Mix the stock and cornflour, add to the mixture and cook for one minute. Add the sugar and stir well.
5. Serve hot topped with steam rice.





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## Ingredients

Lychees whole(canned or fresh) 300 gms.  
Cherries 30 gms.  
Semi sweet chocolate 100 gms.  
Butter or vegetable shorting 2 tps.

## Chocolate Cherry Lychees



## Method

- 1.If canned lychees, drain them and keep the round side up on a absorbant kitchen paper, for atleast 1 hour.
- 2.Chop cherries into small pieces and carefully fill it inside the lychees.
- 3.Mix chocolate and shorting in a small double boiler and cook on low heat stirring consantly, till chocolate melts.
- 4.Remove and cool slightly.
- 5.Dip each stuffed lychees in the melted chocolate coating completely. Carefully remove and let it cool on a butter paper.
- 6.With the remaining chocolate coating make some designs on top of the coated lychees.



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## Ingredients

White vinegar	½ cup
Garlic, finely chopped	2 tbsps.
Sugar	¼ tsp.
Ajinomoto	As required
Coriander leaves	1 tbsp.
Salt	¼ tsp.

## Garlic in Vinegar



## Method

1. Mix all the ingredients together in a bowl and stir well.
2. Serve with soups and main dishes.



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## Ingredients

Sesame seeds	1½ tsp.
Cooked shredded chicken	1 cup
Carrot diced	¼ cup
Pineapple diced	¼ cup
Spring onion, sliced	1 cup
Coriander leaves	2 tbsps.

### For the dressing:

Oil	2 tps.		
Vinegar	1 tsp.		
Ginger paste	1 tsp.		
Pepper	¼ tsp.	Salt	To taste

## Sesame Chicken Salad



## Method

1. Roast the sesame seeds in a pan without the oil, till brown in color. Remove and set aside.
2. In a bowl, add the chicken, diced carrots, spring onions, pineapple and the coriander leaves.
3. Pour the dressing over the chicken mixture and mix well.
4. Refrigerate the chicken and just before serving sprinkle the sesame seeds on top.
4. Serve cold.



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## Ingredients

Cottage cheese(paneer)diced	24 pieces		
Water	1 cup		
Garlic paste	1½ tsp.		
Ginger paste	1 tsp.		
Soy sauce	1½ tsp.		
Chili sauce	1 tsp.		
Vinegar	1 tsp.		
Tomato sauce	2 tbsp.		
Sugar	1 tsp.		
Pepper	¼ tsp.	Chili powder	½ tsp.
Mint leaves, finely chopped	1 tbsp.	Salt	As required
Ajinomoto	As required		



## Method

1. Deep fry the paneer cubes till done.
2. In a sauce pan add the rest of the ingredients and let it boil.
3. Add the paneer to the pan and stir for about three minutes.
4. Cover and remove from heat.
5. Take out the paneer cubes from the gravy and set aside.
6. On a serving dish arrange the paneer pieces and garnish it with finely chopped mint leaves.
7. Serve as an appetizer or a starter



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## Ingredients

Prawns, medium sized	12 nos.		
Egg	1 no.		
Cornflour	1 tbsp.		
White pepper	As required		
Spring onions finely chopped	½ cup		
Spring onion tops finely chopped	¼ cup		
Ginger finely chopped	1 tbsp.		
Ajinomoto	As required		
Peppercorns	¾ tsp.	Oil for frying	As required
Spring onions sliced (for garnish)	4 nos.	Salt	As required
Pineapple thinly sliced (for garnish)	4 nos.		

## Salt & Pepper Prawns



## Method

1. Clean the prawns and pat dry with paper towels.
2. Marinate the prawns with the egg, cornflour, salt and pepper and set it aside for 20 mins.
3. Roast the pepper corns on a tava for about 4 minutes, remove from heat and set aside.
3. In a skillet deep fry the prawns till golden brown, remove from heat and drain off the excess oil.
4. In pan stir fry the spring onions, ginger and ajinomoto and a little bit of salt for 2 to 3 minutes.
5. Add the roasted peppercorns to the prawns and vegetables and mix well.
6. Arrange the prawns on a serving dish and garnish it with the sliced spring onions and pineapple.
7. Serve as an appetizer or starter.



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## Ingredients

Cooked prawns, finely chopped	¼ cup		
Cooked chicken pieces	¼ cup		
Chicken stock	4 cups		
Ginger, finely chopped	1 tsp.		
Garlic, finely chopped	1 ½ tsp.		
Green chilies, finely chopped	1 tsp.		
Coriander leaves, finely chopped	1 tbsps.		
French beans, finely chopped	2 ½ tbsps.	Pepper	¼ tsp.
Carrots, finely chopped	2 ½ tbsps.	Ajinomoto	As required
Cabbage, finely chopped	2 ½ tbsps.	Soy sauce	1 tbsps.
Capsicum, finely chopped	2 ½ tbsps.	Cornflour mixed with 1 cup water	4 tbsps.
Mushrooms, finely chopped	2 ½ tbsps.	Spring onion stems	2 nos.
Spring onions, finely chopped	2 ½ tbsps.	Oil	3 tbsps.
		Salt	As required



## Method

1. In a pan, stir fry the ginger, garlic, coriander leaves and green chilies for about 2 minutes.
2. Add all the vegetables, pepper, ajinomoto and salt and continue to stir fry for 2 more minutes.
3. Add the cooked prawns and chicken to the vegetable mixture and mix well.
4. Add the soy sauce, chicken stock and salt.
5. Let it boil, reduce the heat and add the cornflour mixed with water and stir constantly till it thickens slightly.
6. Remove from heat and serve immediately
7. Garnish with spring onion stems.



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## Ingredients

Cooked white rice	1 cup
Ginger, finely chopped	1 tsp.
Garlic, finely chopped	1 tsp.
Spring onion, finely chopped	¼ cup
Cabbage, finely chopped	¼ cup
Carrot, finely chopped	¼ cup
Capsicum, finely chopped	¼ cup
Mushroom, finely chopped	¼ cup
Ajinomoto	As required
Chili powder	1 tsp.
Sugar	1 tsp.
Soy sauce	2 tbsps.
Chili sauce	½ tsp.
Boiled noodles	1 ½ cups

## Shanghai Fried Rice



Spring onion tops finely chopped	¼ cup
Oil	5 tbsps.
Salt	As required

## Method

1. Cook the rice and let it cool. Set aside for atleast two hours.
2. Lightly fry the garlic, ginger and green chilies in a wok.
3. Add the vegetables, chili powder, ajinomoto, salt and sugar and continue to stir fry.
4. Add the noodles, rice, spring onion tops, soy sauce and chili sauce and let it cook for 4 minutes.
5. Remove from heat and serve hot.



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## Ingredients

Boneless shredded chicken 250 gms.  
 Soy sauce 1 tbsp.  
 Ginger paste 1 tbsp.  
 Pepper 1 tsp.  
 Cornflour 1 tbsp.  
 Ginger 8 slices  
 Spring onion finely chopped ¼ cup  
 Capsicum, chopped ¼ cup  
 Mushroom, chopped ¼ cup  
 Oil for frying As required  
 Salt As required

### For the Sauce

Chicken stock ¼ cup  
 Soy sauce 1 tbsp.  
 Tomato sauce 3 tbsps.  
 Chili sauce 1 tsp.  
 Vinegar 1tbsp.



Nutty Chicken

Sugar ½ tsp.  
 Walnuts, fried and chopped 2 tbsps.  
 Cashewnuts, fried and chopped 2 tbsps.  
 Almonds, fried and chopped 2 tbsps.  
 Pepper ¼ tsp.  
 Salt As required

## Method

1. Marinate the chicken with the soya sauce, ginger paste, pepper, salt and cornflour. Set aside for 15 minutes.
2. Heat some oil in a wok and stir fry the spring onions, ginger, capsicum, mushrooms and salt for a minute and remove from heat when done.
3. In the same wok add remaining oil, and fry the marinated chicken and cook till done.
4. Add all the ingredients for the sauce to the chicken and bring to a boil.
5. Add the stir fried vegetables to this and mix well.
6. Remove from heat and garnish with the cashewnuts, walnuts and almonds.
7. Serve hot.





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## Ingredients

Fish (boneless)	16 pieces
Cornflour	2 tbsps.
Pepper	½ tsp.
Garlic paste	1 tsp.
Chili powder	1 tsp.
Soya sauce	1 tsp.
Oil for frying	As required
Salt	As required

### For the Sauce

Ginger, finely chopped	1 tsp.	Chicken stock	½ cup
Garlic, finely chopped	1 tsp.	Tomato sauce	¼ cup
Red chillies, dried and finely chopped	3 nos.	Soy sauce	1 tsp.
Spring onion, finely chopped	¼ cup	Sugar	½ tsp.
Mushrooms sliced	12 nos.	Garlic chili sauce	¼ tsp.
Capsicum, chopped	¼ cup	Cornflour mixed with 2 tbsps. water	1 ½ tbsps.
Pepper	¼ tsp	Oil	2 tbsps.
Ajinomoto	As required	Salt	As required
Vinegar	½ tsp.		



## Method

1. Wash and clean the fish and cut into 16 pieces.
2. Marinate the fish with soy sauce, cornflour, pepper, chili powder, ginger-garlic paste, and salt.
3. In a pan, heat the oil and deep fry the marinated fish and set aside.
4. Heat oil in a wok and fry the ginger, garlic, and red chillies for a minute.
5. Add the vegetables, pepper, ajinomoto, and salt and continue to stir fry.
6. To prepare the sauce, bring the rest of the ingredients except the cornflour to a boil and pour over the fish and vegetable mixture.
7. Add the cornflour mixed with water and stir continuously till the sauce thickens.
8. Serve hot with rice or noodles.



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## Ingredients

Brown sugar	170 gms.
Hot water	¾ cup
Rice flour, sieved	330 gms.
Baking powder	60 gms.
Dry sherry	1 tbsp.
Coconut, grated	60 gms.
Peanut, roasted & crushed	60 gms.
Castor sugar	3 tbsps.
Sesame seeds, roasted	60 gms.
Oil for frying	

## Chinese Doughnuts



## Method

1. Take hot water and dissolve the sugar in it and then add the sherry.
2. Allow to cool.
3. Add baking powder to the flour and make a stiff dough of this (do not knead).
4. Roll the dough to 1 1/2 inches in diameter.
5. Cut this roll into 1/2 " slices and then flatten to 2" in diameter.
6. Mix the coconut, peanuts and castor sugar together and place a tablespoon of this filling in the middle of each slice.
7. Now bring the edge of each slice together and then roll it to form a ball.
8. Put sesame seeds on a plate and roll each ball in it.
9. Deep fry in the oil till golden brown.
10. Serve at room temperature.



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## Ingredients

Egg	1 no.
Prawns	200 gms.
Cornflour	½ cup
Dried mushrooms	4 nos.
Spring onions	2 nos.
Soya sauce	1 tsp.
Peanut oil	As required
Oil for frying	As required
Salt	As required

## Prawn Spring Roll



## Method

1. Clean and cut the prawns into small pieces and drain, rinse and shred the soaked mushrooms, chop the onions finely.
2. Heat oil in a pan and fry the onions, add the prawns and mushrooms
3. Stir fry for 2-3 mins and cook on low heat till the prawns are done.
4. Add 1 tsp cornflour, soya sauce, salt and mix well and cook for another 2 mins and keep aside.
5. Sift the flour, ½ cup of cornflour and salt in a bowl.
6. Make a well in the center and add the egg into it.
7. With a wooden spoon mix the flour into the egg and slowly add 4/5 cup of water to make a smooth batter.
8. Heat a little peanut oil in a frying pan and spread batter thinly to cover the base.
9. Cook the pancakes on one side and remove.
10. Place the prawn filling in the center of each pancake and roll it and fold at the ends securing them with cornflour paste.
11. Deep fry them till golden brown, drain well and serve hot.



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## Ingredients

Spring onions, round slices	¼ cup
Bean sprouts	¼ cup
Mushrooms, minced	¼ cup
Water chestnuts, minced	¼ cup
Cabbage, minced	¼ cup
French Beans, minced	2 tbsps.
Carrot, minced	2 tbsps.
Cauliflower, minced	2 tbsps.
Capsicum, minced	1 tbsp.
Chicken, shredded finely	¼ cup
Cooked prawns, minced	¼ cup
Cooked pork, minced	¼ cup
Ajinomoto	A pinch
White pepper	1 tsp.
Chicken stock	4 cups
Soya sauce	1 tbsp.
Sugar	1 tsp.

## Lung Fung Soup



Cornflour mixed with water	4 tbsps.
Eggs	2 nos.
Oil	3 tbsps.
Salt	To taste
<b>For garnishing</b>	
Spring onions, chopped	2 tbsps.
Pineapples, cubed	2 tbsps.

## Method

- 1.Heat oil, add the chopped spring onions, bean sprouts, all the other chopped vegetables, ajinomoto and salt.
- 2.Stir fry for few minutes, then add the chicken, prawns & pork.
- 3.After stir frying again for few minutes remove the mixture from the heat and keep aside.
- 4.Mix the chicken stock with the soya sauce, sugar and salt and bring to a boil.
- 5.Simmer over a low flame uncovered for a minute.
- 6.Next add the cornflour water and stir continuously till the stock becomes thick.
- 7.Now add the prepared vegetable and meat mixture, stir and simmer uncovered for a minute.
- 8.Remove the soup from the heat and add the lightly beaten egg to it.
- 9.Keep stirring the soup continuously whilst adding the egg.
- 10.Serve in soup bowls and garnish with chopped spring onions & pineapple cubes.





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## Ingredients

Dried mushrooms	12 nos.
Chicken stock	2 cups
Soya Sauce	1 tbsp.
Spring Onions, chopped	2 nos.
Fresh ginger, chopped	1 tbsp.
Cornflour	½ tbsp.
Salt	To taste

## Braised Mushrooms



## Method

1. Soak the mushrooms in warm water for 20 mins, drain, rinse, discard the stalks and slice the mushrooms.
2. Mix the chicken stock, salt and soya sauce together with the onions and ginger in a sauce pan and heat to boiling point.
3. Add the mushrooms and cover the pan and simmer till mushrooms are tender.
4. Make a paste of the cornflour with a little water and add this to the saucepan and bring the liquid to boil.
5. Simmer for 2-3 minutes, stirring continuously.
6. When the sauce thickens, serve hot.



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## Ingredients

Dried mushrooms	4 nos.		
French beans	100 gms.		
Onion	1 no.		
Capsicum	1 no.		
Cooked chicken slices	500 gms.		
Carrots	100 gms.		
Chicken stock	¼ liter.		
Sugar	½ tsp.		
Soya sauce	¼ cup.		
Crushed garlic flakes	4 nos.		
Cornflour	1½ tsp.		
Dry sherry	2 tbsps.		
		Oil	2 tbsps.
		Salt & Pepper	As required

## Chicken Garlic Sauce



## Method

1. Place the soya sauce in a pan with crushed cloves of garlic.
2. Bring to a boil and then simmer for 2 mins and keep this garlic sauce aside.
3. Soak the mushrooms in warm water for 20 mins, drain, rinse, discard the stalks and cut the mushrooms into slices.
4. Cut the onions, french beans, capsicum, carrots, mushrooms and drop them in boiling water and cook for 5 mins, then drain.
5. Heat oil in a pan and add the chicken and vegetables and cook for 3-4 minutes.
6. Add the stock, sugar, garlic sauce, salt and pepper and bring to a boil, stirring all the while.
7. Keep on low heat for a few mins, mix cornflour with sherry and add to the sauce mixture.
8. Bring to a boil and stir till sauce thickens and serve hot.



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## Ingredients

Soya sauce	3 tbsps.
White vinegar	4 tbsps.
Ginger, ground	½ tsp.
Fish pieces	16 nos.
Flour	2 tbsps.
Lemons	2 nos.
Oil for frying	As required
Salt & Pepper	As required

## Fried Grilled Fish



## Method

1. Mix the vinegar, soya sauce, ginger and salt and rub into the fish pieces and keep aside for 2-3 hours.
2. Drain the pieces of fish and rub flour over the pieces and deep fry the fish in oil.
3. Drain the fish pieces well and place on a grill for 3-4 mins or in the oven for 10 mins to make the fish crisp.
4. Serve with lemon wedges.



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## Ingredients

Long-grained rice	250 gms.
Water	2 cups.
Chinese sausages	2 nos.
Salt	As required

## Steamed Sausage Rice



## Method

1. Wash the rice 2-3 times and soak the rice in a bowl of water for ½ an hour.
2. Put the chinese sausages in the rice and cover the bowl.
3. Put the rice bowl in a saucepan of boiling water with salt to taste.
4. Steam for 40 mins and serve hot.



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## Ingredients

Dates	250 gms.
Rice flour	250 gms.

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## Method

1. Cover the dates with cold water in a pan, bring to a boil and simmer for 1 hour.
2. Drain and remove the stones and beat them to form a paste.
3. Add the fruit to the flour and knead into a soft dough.
4. Roll out to ½ cm thickness and cut out fancy shapes.
5. Steam these cakes in a vessel on a greased surface and serve hot.



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## Ingredients

Spring onions	2 nos.
Onion, diced	1 no.
Button mushrooms	125 gms.
Chicken stock	3 ¾ cup
Carrot, diced	1 no.
Sherry	1 tbsp.
Chili sauce	As required
Soya sauce	As required
Fresh ginger, sliced	2 cm piece.
Chopped green chilies in white vinegar	As required
Salt & Pepper	As required

## Mushroom Soup



## Method

1. Slice the spring onions and the mushrooms thinly.
2. For the stock boil the chicken in plenty of water (to which the diced onions and carrots have been added) till the chicken becomes soft.
3. To the above stock, add ginger and spring onions, bring to a boil, cover and simmer for 20 mins.
4. Add the mushrooms and simmer for another 10 mins.
5. Remove the ginger from the soup, add the sherry and seasonings to taste.
6. Serve hot along with the chili sauce, soya sauce and the chilies in vinegar.



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## Ingredients

Prawns	500-700 gms.
Ginger, ground	1/4 tsp.
Egg white	1 no.
Cornflour	1 ½ tsp.
Oil	5 tbsps.
Salt	1 ½ tsp.

### For the Sauce

Chili sauce	2 tbsps.	Water	2 tbsps.
Tomato puree	3 tbsps.	Dry sherry	1 ½ tbsps.
Soya sauce	1 ½ tbsps.	Vinegar	2 tps.
Chicken stock	2 tbsps.		
Cornflour	2 tps.		

## Prawns Chili Sauce



## Method

1. Clean, cut the prawns into half, rub them with salt and ginger and keep aside for 15-20 mins.
2. Make a batter out of the egg white and cornflour and coat the prawns with it.
3. Prepare the sauce by heating together the chili sauce, puree, soya sauce, sherry, vinegar and chicken stock.
4. Make a paste with 2 tsp cornflour and 2 tbsps. water, add this paste to the mixture while boiling and stir till sauce thickens.
5. Heat the oil and fry the prawns, put these fried prawns into the sauce.
6. Let the sauce come to a boil before serving.



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## Ingredients

Chicken mince	½kg.
Soya sauce	2 tbsps.
Brown sugar	1 tsp.
Spinach, chopped	500 gms.
Oil for frying	As required
Salt	1 tsp.

### For Won Ton Wrappers

Egg	1 no.
Plain flour	250 gms.
Water	As required
Salt	As required



## Method

1. For the Won Ton wrappers sift the flour and salt in a bowl, make a well in the center and break an egg into it.
2. With a wooden spoon fold the flour into the egg and add the required amount of water to make a stiff dough.
3. Knead the dough, roll out as thinly as possible and cut into 6 cm squares.
4. Add the soya sauce, sugar and salt to the chicken mince and mix well.
5. Then add the chopped spinach to the above mixture and put it in the center of each Won Ton.
6. Apply water to the edges of the rounds and press together.
7. Fry these in hot oil till golden brown, drain and serve hot.



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## Ingredients

Egg	1 no.
Soya sauce	1 tsp.
Cooked chicken pieces	200 gms.
Cornflour	½ cup
Plain flour	1 cup
Spring onions	2 nos.
Peanut oil	As required
Cabbage	100 gms.
Oil for frying	As required
Salt	As required

## Chicken Spring Roll



## Method

1. Shred the cabbage finely and cook in a little boiling water for 2 minutes.
2. Chop the onions and fry in 1 tbsp of oil and then add the chicken pieces and cabbage, 1 tsp cornflour, salt and soya sauce.
3. Mix well and keep aside. Using a wooden spoon mix together ½ cup cornflour, plain flour, salt and egg.
4. Gradually add 4-5 cups of water and beat well.
5. Heat a little peanut oil in a frying pan and pour the egg and flour batter to cover the base thinly and cook on one side.
6. Put the filling on the cooked side of the pancake and roll it and fold in the sides.
7. Secure the ends with cornflour paste and fry the rolls in hot oil.



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## Ingredients

Dried mushrooms	8 nos.
Minced meat (pork,mutton,chicken)	125 gms.
Spring onion, chopped	1 no.
Soya sauce	3 tbsps.
Sherry	2 tsps.
Cornflour	1 tsp.
Chicken stock	2 tbsps.
Salt	¼ tsp.

## Stuffed Mushrooms



## Method

1. Soak the dried mushrooms in warm water for 20 mins, drain, rinse, discard the stalks and keep them aside.
2. Mix together the meat, chopped onions, soya sauce, sherry and salt.
3. Stuff this mixture into the mushrooms and steam for ½ hour, remove and keep aside.
4. Add the cornflour to the chicken stock and boil, keep on low heat and stir till sauce thickens.
5. Pour over the mushrooms and serve hot.



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## Ingredients

Chicken, wings with skin	8 nos.
Eggs	2 nos.
Green chilies, ground	6 nos.
Ajinomoto	¼ tsp.
Pepper powder	¼ tsp.
Garam masala	¼tsp.
Chili sauce	½ tsp.
Soya sauce	½ tsp.
Worchestershire sauce	1 tbsp.
Flour ( maida )	50 gms.
Ginger, paste	1 tsp.
Garlic, paste	1 tsp.
Yellow colour or red colour	A pinch

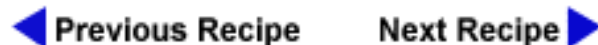
## Chicken Lollipop



Water	½ cup
Oil for deep frying	As required
Salt	½ tsp.

## Method

1. Cut the wings into two, chop the end bone, pull the flesh up with the skin and remove the thin bone and mould into a lollipop.
2. Boil the lollipops with ½ cup water, ½ tsp. salt for 5 minutes and with 1tbsp worchestershire sauce for 5 minutes. Remove and cool.
3. Mix all ingredients thoroughly, except lollipops and prepare a thick batter.
4. Heat oil in a deep pan, dip lollipop into the thick batter and fry on medium heat to a light brown colour.
5. Serve hot with szechwan sauce.





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## Ingredients

Uncooked rice	2 cups		
Ginger, chopped finely	1 tsp.		
Green chilies, chopped finely	1 tsp.		
Spring onion, round slices	3/4 cup		
Cooked chicken, shredded	3/4 cup		
Spring onion tops, chopped fine	1 cup		
Ajinomoto	A pinch		
White pepper	1 tsp.		
Soya sauce	3 tbsps.	Oil	4 tbsps.
Egg	1 no.	Salt	To taste

## Chicken Fried Rice



## Method

1. Pick, wash and soak the rice in plenty of water for about 10 mins.
2. Boil water, add rice and a little salt.
3. Cook uncovered over a low flame, stirring occasionally till the rice is tender.
4. However, take care not overcook the rice, when the rice is done, drain and add some cold water and drain again in order to get rid of the extra starch.
5. Then keep the rice in a broad vessel, so that it becomes absolutely cold.
6. Break the egg in a bowl, add salt & pepper and beat lightly.
7. Heat 1 tbsp. of oil in a non-stick pan with high edges, then add the egg and scramble lightly.
8. Remove from pan, break eggs into small pieces with a knife and fork.
9. Heat the remaining 3 tbsps. of oil in the same pan, add ginger, green chilies and spring onion. Stir fry over a high flame for 2 minutes
10. Then add the chicken, spring onion tops, ajinomoto, pepper and salt. Stir fry in the same manner for 1 minute.
11. Add the rice and soya sauce and stir fry for 2 minutes on high flame.
12. Lastly add the egg and mix well. Serve hot with Szechuan Sauce.





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## Ingredients

Chicken, boneless 16 small pieces  
 Oil For deep frying  
 1 tsp.

### For the Marinade

Egg 1 no.  
 Refined flour 2 tbsps.  
 Cornflour 1 tbsp.  
 Ginger paste 1 tsp.  
 White pepper ¼ tsp.

### For the Sauce

Ginger paste ½ tsp.  
 Garlic paste (optional) ½ tsp.  
 Spring onions 2 nos.  
 Capsicum(1"x1" size) 8 pieces  
 Black pepper ½ tsp.  
 Ajinomoto A pinch  
 Chicken stock 1 cup  
 Tomato sauce ¾ cup  
 Soya sauce 1½ tbsp.

## Sweet & Sour Chicken



Sugar 3 tbsps.  
 Vinegar 1/3 cup  
 Cornflour mixed with 1/4 cup water 2 ¼ tbsps.  
 Oil 2 tbsps.  
 Salt To taste  
 For Garnishing  
 Spring onion tops 6 long thin pieces

## Method

1. Combine all the ingredients under marinade and rub this marinade on the chicken pieces. Marinate for 20 minutes.
2. Heat oil in a frying pan and fry the chicken pieces until golden brown in colour and keep aside.
3. Cut the spring onions into 4 pieces each.
4. For the sauce, heat oil in a frying pan, add ginger, garlic, spring onion, capsicum, pepper, ajinomoto and salt.
5. Stir fry over a high flame for 2 minutes, then add the chicken stock, tomato sauce, soya sauce, sugar, vinegar and salt.
6. Stir and bring to a boil, add the fried chicken pieces and mix well.
7. Simmer uncovered for 2 minutes, then add the cornflour mixed with water and stir continuously, so that the sauce becomes thick.
8. Serve hot garnished with spring onion tops.





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## Ingredients

Garlic paste	1 tsp.		
Garlic, minced	2 tbsps.		
Spring onion, minced	2 tbsps.		
Spring onion tops, minced	1 tbsp.		
Coriander leaves, minced	1 tbsp.		
Dry red chilies, tiny pieces	1 tbsp.		
Chili powder	1 1/2 tbsp.		
Water	1/4 tsp.		
Tomato puree	1/3 cup		
Soya sauce	1 tbsp.		
Vinegar	1 1/2 tbsp.	Cornflour mixed with 2	1 tsp.
Sugar	1/4 tsp.	tbsps. water	
White pepper	1/4 tsp.	Salt	To taste
Spicy chili oil	4 tbsps.		

## Szechwan Sauce



## Method

1. Heat oil in a pan, add garlic, spring onion, spring onion tops, coriander leaves and dry red chili.
2. Stir fry over medium flame for 3 minutes, then add the remaining ingredients except the cornflour.
3. Stir and bring to a boil and simmer uncovered for 2 minutes.
4. Add the cornflour mixed with 2 tbsps. of water and stir continuously till the sauce becomes thick.
5. Remove from the heat and pour into a serving bowl.
6. Serve with soups, main dishes and snacks.



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## Ingredients

Paneer	400 gms.
Green chilies	8-10 nos.
Soya Sauce	2 tbsps.
Maida	2 tbsps.
Cornflour powder	3 tbsps.
Ajinomoto	2 stocks
Spring onions	1 1/2 tbsp.
Garlic, finely chopped	1 tbsp.
Oil	To fry
Salt	To taste

## Chili Paneer



## Method

1. Cut the paneer according to your choice, sprinkle maida, cornflour, finely chopped green chilies, pepper powder and soya sauce and mix well.
2. Fry the paneer pieces in hot oil and put the pieces on tissue paper, so as it absorbs the oil.
3. For the sauce, heat oil in a pan, add the spring onions and garlic pieces and fry for sometime, then add the green chilies. Make a paste with cornflour and little water and keep aside.
4. Pour soya sauce, pepper powder, ajinomoto, salt according to taste.
5. Add some water in the pan and once it starts boiling, add cornflour paste and paneer pieces and cook for a few minutes.
6. Remove from the fire and serve hot.



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## Ingredients

### For the Won Ton

Egg	1 no.
Plain flour	2 cups
Salt	To taste

### For the soup

Chicken stock	3 3/4 cups
Chicken, cooked and chopped into pieces	1 cup
Spring onion, for snipped green top	A Few
Spring onions, finely chopped	2 nos.
Won ton	8 nos.



Egg, white	1 no.
Prawns, peeled	1 cup
Salt and pepper	To taste

## Method

### For the Won Ton wrappers

1. Sift the flour and salt into a bowl. Make a well in the centre and add the egg.
2. Using a wooden spoon, mix the flour into the egg and then add enough water to make a stiff dough.
3. Knead the dough with your hands.
4. Roll out the dough as thin as you can on a lightly floured board.
5. Cut into 4-5 cm squares and use these won tons for the soup.

### For the soup

1. Put the stock in a large pan and bring slowly to a boil. Add salt and pepper.
2. Mix the chopped, prawns and the finely chopped spring onions.
3. Place some of this mixture on each won ton, moisten the edges with a little egg white, fold over and press edges well together.
4. Drop these won tons into the boiling stock and cook for 10 minutes.
5. Serve with snipped greens of spring onions.



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## Ingredients

Chicken, medium size 1 no.  
Oil For deep frying

### For the Marinade

Ginger paste 1 tsp.  
Garlic paste 1 tsp.  
Chili paste 1 tsp.  
Soya sauce 2 tbsps.  
Cornflour 2 tbsps.  
Egg 1 no.

Salt To taste

### For the Sauce

Spicy chili oil or ordinary oil 3 tbsps.  
Finely chopped ginger 1 tsp.  
Finely chopped garlic 1 tbsp.  
Dry red chilies cut into 4 pieces each 2 nos.  
Sesame seeds(optional) 1/2 tsp.  
Slanting pieces of spring onion 1/4 cup.  
Chicken stock 1/2 cup  
Tomato sauce 1/3 cup  
Soya sauce 1 tbsp.

## Szechuan Chicken



Chili sauce 1 tsp.  
Vinegar 1 tbsp.  
Sugar 1 tsp.  
Black pepper 1/2 tsp.  
Ajinomoto A pinch  
Salt To taste  
cornflour mixed with water 3/4 tbsp. & 1/4 cup

### For the Garnish

Spring onions 4 long thin pieces  
Spring onion tops 4 long thin pieces

## Method

1. Cut the chicken, retaining the bone, into small serving sized pieces.
2. Combine all the ingredients mentioned under 'For the Marinade' and rub on the chicken pieces and set aside for 30 minutes.
3. Heat oil in a frying pan and deep fry the chicken pieces, a few at a time, till golden brown and cooked.
4. Drain and set aside. Heat 3 tablespoons of spicy chili oil or ordinary oil in a pan.
5. Add the ginger, garlic, red chilies, sesame seeds and spring onion and stir fry on a high flame for 1 minute.
6. Add the remaining ingredients mentioned under sauce except the cornflour, bring to a boil and add the chicken.
7. Cook covered on a low flame for about 4 minutes and then add the cornflour mixed with water and stir continuously, so that the sauce becomes thick.
8. Garnish with the spring onion and spring onion tops.



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## Ingredients

Noodles, 1 small pkt.	100 gms.	
Finely chopped ginger	1 tsp.	
Finely chopped green chilies(optional)	1 tbps.	
Chopped spring onion	1/2 cup	
Chopped carrot	1/2 cup	
Chopped cabbage	1/2 cup	
Chopped capsicum	1/2 cup	
Bean sprouts	1/2 cup	
White pepper	1/4 tsp.	
Finely chopped spring onion tops	1/4 cup	
Ajinamoto	A pinch	
Soya sauce	1 1/2 tbps.	
Prawns, cooked & chopped	1/2 cup	
Chicken, cooked & shredded	1/2 cup	
		Ham, cooked & shredded 1/4 cup
		Oil 4 tbps.
		Salt To taste

## Mixed Hakka Noodles



### For the Garnish

6 thin long pieces of spring onion tops

## Method

1. Cook the noodles with 5 cups of water and 1 teaspoon salt.
2. After they are ready, drain the water, then add plenty of cold water and drain it again. Then add the oil and set it aside.
3. Heat 4 tbps. of oil in a non-stick pan with high edges.
4. Add the ginger and green chilies and fry lightly.
5. Add all the vegetables, cooked prawns, chicken and ham pieces, ajinamoto, and stir fry over a high flame for 2 minutes.
6. Add the noodles and stir fry over a high flame for 1 minute.
7. Add the soya sauce and stir fry over a high flame for 1 minute.
8. Garnish with thin long pieces of pieces of spring onion tops.



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## Ingredients

Prawns	500-700 gms.
Ginger, ground	¼ tsp.
Egg white	1 no.
Cornflour	1½ tsp.
Oil	5 tbsp.
Salt	1½ tsp.

### For Sauce

Chili Sauce	2 tbsps.
Tomato Puree	3 tbsps.
Soya Sauce	1½ tbsp.
Cornflour, blended with water	2 tbsp.
Garlic	4 cloves

## Prawns in Garlic Sauce



Chicken stock	2 tbsp.
Dry sherry	2 tbsp.
Vinegar	2 tsp.

## Method

1. Clean and cut the prawns into half. Rub the prawns with salt and ginger and keep aside for 15-20 minutes.
2. Make a batter out of egg white and cornflour and coat the prawns with it.
3. Prepare the sauce by heating together the chili sauce, puree, soya sauce, sherry, vinegar and chicken stock.
4. When the mixture boils add the cornflour mixture and stir till sauce thickens.
5. Heat the oil and fry the prawns. Heat the sauce and stir in the prawns.
6. Let the sauce come to a boil before serving.



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## Ingredients

French beans	100 gms.
Carrot	1 no.
Onion	1 no.
Capsicums	2 nos.
Cornflour	1 tbsp.
Soya sauce	1 tbsp.
Brown sugar	4 tbsps.
Vegetable stock	3/4 cup
Water	1½ cups
Vinegar	4 tbsps.
Salt	To taste

## Veg in Sweet'n'Sour Sauce



## Method

1. Cut the french beans, carrot, onion and capsicum into wedges and put in 1½ cup boiling water till vegetables are cooked. Drain the vegetable stock and keep aside.
2. Mix the cornflour with soya sauce.
3. Put the sugar, stock, vinegar and salt in a saucepan.
4. Bring to a boil and add cornflour and soya sauce.
5. Stir till sauce thickens.
6. Add the vegetables and reheat.
7. Serve hot.



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## Ingredients

Bread slice(crusts removed) 4 nos.  
Oil for deep frying -

### For the Topping:

Garlic paste 1 tsp.  
Ginger paste 1 tsp.  
Green chilies, finely chopped 1 tsp.  
Mixed vegetables, finely chopped (spring onion, cauliflower, cabbage, mushroom, carrot, capsicum) 1 cup  
Soya sauce 1 tsp.  
Lemon juice 1 tsp.  
Black pepper ¼ tsp.  
Chili powder ¼ tsp.  
Ajinomoto a pinch  
Sugar ¼ tsp.  
Boiled potatoes, mashed ¼ cup



Coriander leaves, finely chopped 2 tbsps.  
Salt As per taste  
**For the paste:**  
Refined Flour 3 tbsps.  
**For Sprinkling on top:**  
Sesame seeds 1½ tbsps.

## Method

1. Add a little water to the refined flour to make a thick paste and set aside.
2. Heat 2 tablespoons of oil in a pan. Add the ginger paste, garlic paste and green chilies.
3. Fry lightly. Add the vegetables and ajinomoto. Stir fry over a high flame for 1 minute.
4. Add the remaining ingredients mentioned under topping. Stir fry in the same manner for 1 minute.
5. Remove from the pan and cool to room temperature. Divide into 4 portions.
6. Take 1 slice of bread, spread a portion of the vegetable mixture on it, levelling it well.
7. Then spread a little of the paste on it and sprinkle some sesame seeds all over. Prepare the remaining slices of bread in the same manner.
8. Heat the oil in a frying pan. Deep fry the bread with the coated side down.
9. Then turn over and fry the other side.

10. Drain when golden brown in colour.

11. Cut each slice into 4 long strips. Serve very hot as a starter, snack or along with Chinese meal.



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## Ingredients

Florets of Cauliflower, medium sized	16 nos.
Ajinomoto	A pinch
Oil	For deep frying

### For the batter

Refined flour	½ cup
Cornflour	¼ cup
Chili powder (optional)	¼ tsp.
Salt	To taste
Water	A little

### For the sauce

Oil	2 tbsps.
Finely chopped spring onion (optional)	2 tbsps.
Finely chopped Garlic	1 tbsp.
Finely chopped Ginger	1 tbsp.
Finely chopped green chillies	1 tbsp.
White pepper	¼ tsp.

## Cauliflower Manchurian



Soya sauce	2 tbsps.
Sugar	¼ tsp.
Ajinomoto	A pinch of
Cornflour mixed	1 tbsp. mixed with
	¼ cup water
Vegetable stock or water	1 cup
Salt	To taste

## Method

1. Wash the cauliflower florets, sprinkle a little salt and ajinomoto and set aside for 5 minutes.
2. Combine all the ingredients mentioned under batter. Beat well and prepare a thick coating batter.
3. Heat the oil in a frying pan. Dip the cauliflorets one by one in the batter and deep fry. Drain when golden brown. Set aside.
4. Heat 2 table spoons of oil in a pan. Add the spring onions, ginger, garlic and green chillies. Fry for ½ minute.
5. Add the stock, pepper, Soya sauce, sugar, ajinomoto and salt. Simmer uncovered for 1 minute.
6. Add the cornflour mixed with water and stir continuously, so that the sauce becomes thick.
7. Add the fried cauliflowererets just before serving.
8. Garnish with spring onion tops.







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## Ingredients

Rice	2 cups
Garlic paste	1 tbsp.
Finely chopped garlic	1 tbsp.
Dry Red chillies (cut into 4 pieces each)	2 nos.
Spring onion, round thin slices	1 cup
Carrot, finely chopped	1/4 cup
Capsicum, finely chopped,	1/4 cup
Ajinomoto	A pinch of
Spring onion tops, finely chopped	1/2 cup
Soya sauce	3 tbsps.
Garlic chili sauce	1 tbsp.
Oil	3 tbsps.
Salt	To taste

## Hot Garlic Fried Rice



### For the Garnish

Medium-sized pieces of fried walnuts	8 nos.
--------------------------------------	--------

## Method

1. Pick, wash and soak rice for 10 minutes.
2. Boil water, add rice and a little salt. Cook, stirring occasionally, till rice is tender.
3. Drain. Add cold water. Drain again.
4. Keep in an open vessel and use only after completely cooled.
5. Heat the oil in a non-stick pan with high edges. Add the [Garlic Paste](#), chopped garlic and red chili. Fry lightly.
6. Add the spring onion, carrot, capsicum, ajinomoto and salt. Stir fry over a high flame for 3 minutes.
7. Add the rice, spring onion tops, Soya sauce and garlic chili sauce. Stir fry over a high flame for 3 minutes.
8. Serve very hot with noodles.



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## Ingredients

Soya sauce	1 tbsp.
Chili sauce	¾ tsp.
Black pepper powder	1 tsp.
Vinegar	2 tbsps.
Sugar	½ tsp.
Ajinomoto	a pinch
Chopped Spring onion	¼ cup
Chopped cabbage	¼ cup
Chopped carrot	¼ cup
Chopped capsicum	¼ cup
Chopped mushrooms	¼ cup
Cauliflower	¼ cup

## Hot & Sour Veg



Bean sprouts	A few
Cornflour mixed with water	1½ tbsps. & ¼ cup
Salt	To taste

## Method

1. Take four cups of water put Soya sauce, chili sauce, pepper powder, vinegar, sugar, ajinomoto and salt. Bring to a boil.
2. Add all vegetables and sprouts. Simmer for 1 minute without covering.
3. Add cornflour, mixed in water and stir continuously till it becomes thick.
4. Serve very hot.



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## Ingredients

Chicken Stock	4 cups
Soya sauce	1 tbsp.
Chili sauce	¾ tsp.
Black Pepper	1 tsp.
Vinegar	2 tbsps.
Sugar	½ tsp.
Ajinomoto	pinch of
Chopped spring onion	¼ cup
Chopped baby corn, optional	¼ cup

Chopped cabbage	¼ cup
Chopped carrot	¼ cup
Chopped capsicum	¼ cup
Chopped mushrooms	¼ cup
Cauliflower, small pieces	¼ cup
Shredded cooked chicken	¼ cup
Shredded cooked prawns	¼ cup
Shredded cooked pork, optional	¼ cup
Chili sauce (optional)	½ tsp.

## Hot & Sour Non-Veg



Cornflour mixed with water	3 tbsps. + 1 cup
Egg	1 no.

### For the Garnish

Boiled green peas	¼ cup
Finely chopped coriander leaves	¼ cup
Spicy chili oil	1 tsp.
Salt	To taste

## Method

1. Combine the stock, Soya sauce, chili sauce, pepper, vinegar, sugar, ajinomoto and salt.
2. Bring to a boil. Simmer uncovered for 1 minute.
3. Add the vegetables. Simmer uncovered for 1 minute.
4. Add the chicken, prawns and pork. Mix well.
5. Add the cornflour mixed with water and stir continuously, so that the soup becomes thick. Remove from heat.
6. Beat the egg lightly and pour into the soup slowly in thin stream, stirring continuously with a fork.
7. Garnish with green peas, coriander leaves and spicy chili oil.
8. Serve very hot.



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## Ingredients

Boneless fish	16 pieces
Soya sauce	1 tbsp.
Cornflour	1 tbsp.
Pepper	To taste
Oil	For deep frying
Salt	To taste
<b>For the sauce</b>	
Finely chopped ginger	1 tsp.

Spring onion, medium size	¼ cup	Vinegar	1½ tbsps.
Carrot, chopped	¼ cup	Cornflour mixed with water	1½ tbsp.
White pepper	1 tsp.	Tomato, medium size	1 no.
Ajinomoto	A pinch of	Sugar	1 ½ tbsp.
Chicken stock	¾ cup	Oil	2 tbsps.
Tomato sauce	½ cup	Salt	To taste
Soya sauce	1 tsp.		

## Sweet & Sour Fish



## Method

1. Mix together the Soya sauce, cornflour, salt and pepper. Rub this mixture on the fish pieces.
2. Heat oil in a frying pan. Deep fry the fish pieces, a few at a time. Drain when golden brown. Set aside.
3. Next prepare the sauce. Heat 2 tablespoons of oil in a pan. Add the ginger, spring onion, capsicum, carrot, pepper, ajinomoto and salt. Stir fry over a high flame for 1 minute.
4. Add the stock, tomato sauce, Soya sauce, sugar, vinegar and salt.
5. Bring to a boil. Add the cornflour mixed with water and stir continuously, so that the mixture becomes thick. Add the tomato wedges and fried fish. Stir. Simmer uncovered for 1 minute.
6. Serve hot with rice or noodles.



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## Ingredients

Rice	2 cups
Egg	1 no.
Finely chopped ginger	1 tsp.
Finely chopped garlic	1 tsp.
Finely chopped green chilies	1 tbsp.
Finely chopped coriander leaves or celery	¼ cup
Finely chopped spring onion	¼ cup
Chopped cabbage	1/3 cup
Chopped capsicum	1/3 cup
Ajinomoto	a pinch of
Cooked shredded chicken	½ cup
Cooked chopped prawns	½ cup
White pepper	½ tsp.
Soya sauce	4 tbsp.
Chili sauce (optional)	1 tsp.
Finely chopped spring onion tops	½ cup

## Eight Jewels Rice



Small pieces of mixed fresh fruits (apple, lichi, mango, pineapple)	½ cup
Small pieces of fried cashewnuts	2 tbsp.
Small pieces of blanched fried almonds	2 tbsp.
Oil	4 tbsp.
Salt	As per taste

## Method

1. Pick, wash and soak rice for 10 minutes.
2. Boil water, add rice and a little salt. Cook, stirring occasionally, till rice is tender.
3. Drain. Add cold water. Drain again. Keep in an open vessel and use only after completely cooled.
4. Break the egg into a bowl. Add salt and pepper to taste and beat lightly.
5. Heat 1 tablespoon oil in a non-stick pan with high edges. Add the egg and scramble lightly. Remove, break into small pieces and set aside.
6. Heat the remaining 3 tablespoons of oil in the same pan. Add the ginger, garlic, green chilies, coriander leaves and spring onion. Stir fry over a high flame for ½ minute.
7. Add the cabbage, capsicum and ajinomoto. Stir fry for 1 minute.
8. Add the chicken, prawns, pepper and salt.

9. Mix well. Add the rice, Soya sauce, chili sauce and spring onion tops. Stir fry over a high flame for 3 minutes.

10. Add the scrambled egg, fresh fruits, cashewnuts and almonds.

11. Serve very hot with noodles, fish Manchurian or szechuan pork or spicy potato with sesame seeds.



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## Ingredients

Cornflour	2 tbsps.
Cabbage grated	2 cups
Soya sauce	1 tbsp.
Carrot grated	½ cup
Onion chopped	¼ cup
Green chillies chopped	1 tbsp.
Chopped garlic	1 tbsp.
Coriander leaves chopped (optional)	1 tbsp.
Sugar	1 tsp.
Ajinomoto	¼ tsp.
White pepper powder	½ tbsp.
Oil	2 tbsps.
Oil	For frying
Salt	To taste

## Veg Manchurian



## Method

1. Squeeze out excess water from grated cabbage. Mix grated carrot and cornflour into this. Rub this thoroughly to form a dough.
2. Shape into small balls and deep fry in medium hot oil till light brown.
3. Heat 2 tbsps. of oil in a wok. Add chopped green chillies, chopped garlic and spring onions. Cook for about half a minute.
4. Add water or stock.add salt, pepper powder, Ajinomoto, sugar and Soya sauce. Bring it to a boil. Thicken with cornflour dissolved in cold water
- 5.Add fried balls and serve garnished with Chinese parsley.



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## Ingredients

Cooked & shredded Chicken	500 gms
Dried Mushrooms	4 nos.
Finely chopped onion	1 no.
Chicken Stock	¼ ltr.
Soya Sauce	¾ cup
Fresh ginger, finely chopped	1 tbsp.
Garlic clove, crushed	1 no.
Vinegar	4 tbsp.
Sugar	1 tsp.
Cornflour	1 tbsp.
Sherry	1 tbsp.
Tomato puree	1tsp.
Pepper	To taste
Salt	To taste

## Ginger Chicken



## Method

1. Put the Soya sauce, onion, ginger, garlic, vinegar, sugar, tomato puree, salt and pepper in a saucepan.
2. Bring to a boil and simmer for 2 minutes.
3. Soak the dried mushrooms in warm water for half an hour. Then drain, rinse and cut into thin slices.
4. Heat the oil in a saucepan and add the chicken shreds. Cook for 3-4 minutes.
5. Add the stock and the Soya sauce mixture, together with the cornflour mixed with sherry, to the chicken.
6. Add the mushrooms and cook till sauce thickens slightly.
7. Serve hot.



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## Ingredients

Cooked sweet corn (cream style)	1 cup
Chicken stock	4 cups
Ajinomoto	A pinch
White pepper	1 tsp.
Sugar	1½ tsp.
Ginger paste(optional)	1 tsp.
Shredded chicken (cooked)	1/3 cup
Cornflour mixed with water	4¼ tbsps. + 1 cup
Eggs	2 nos.
Salt	To taste

## Sweet Corn Chicken



### For the garnish

Shredded chicken (cooked) 2 tbsps.  
Finely chopped spring onion

## Method

1. Combine the sweet corn, stock, ajinomoto, pepper, sugar, salt and ginger paste.
2. Bring to a boil. Simmer uncovered for 3 minutes.
3. Add the chicken and mix well.
4. Add the cornflour mixed with water and stir continuously, so that the soup becomes thick. Remove from heat.
5. Beat the eggs lightly and pour into the soup slowly in the thin stream, stirring continuously with a fork.
6. Sprinkle shredded chicken and spring onion for an attractive garnish.
7. Serve hot.



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## Ingredients

Cooked sweet corn (cream style)	1 cup
Spring onion	2 nos.
Beans	8-10 nos.
Carrot	1 small
Mushrooms	3-4 nos.
Ajinomoto	a pinch
White pepper	½ tsp.
Cornflour	2 tbsp.
Sugar	2 tsp.
Butter	1 lb.
Salt	To taste

## Sweet Corn Veg



## Method

1. Cut mushrooms, carrot, beans and spring onions with greens finely.
2. Heat butter in a pan, add onions, stir a while then add the corn and a cup of water.
3. Add ajinomoto, sugar, salt, pepper. Mix cornflour with half a cup of water and bring to a boil.
4. Just before serving put onion greens, carrot, mushrooms and beans.
5. Serve hot.





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## Ingredients

Noodles	100gms.
Ginger - finely chopped	4 tbsps.
Green chillies - finely chopped	1 tsp.
Spring Onions - chopped	½ cup
Carrots - chopped	½ cup
Capsicum - chopped	½ cup
Bean sprouts	½ cup
Spring Onion top, finely chopped	¼ cup
Cabbage	½ cup
Ajinomoto	A pinch
White pepper	¼ tsp.
Soya sauce	1 ½ tbsps.
Oil	4 tbsps.
Salt	To taste

## Veg Hakka Noodles



### For the Noodles-

Water	5 cups
Oil	1 tsp.
Salt	1 tsp.

## Method

### Method for cooking noodles -

1. Boil the water and add the noodles and salt. Cook uncovered over a high flame for 2-3 minutes, stirring often.
2. Remember to cook them at least an hour or two before they are required.

### Method for Hakka noodles -

1. Heat 4 tablespoons of oil in a non-stick pan with high edges.
2. Add the ginger and green chillies. Fry lightly.
3. Add all the vegetables, ajinomoto, pepper and salt. Stir fry over a high flame for 2 minutes.
4. Add the Soya sauce and the boiled noodles and stir fry over a high flame for 1 minute.
5. Garnish with thin long pieces of spring onion tops.
6. Serve very hot.



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## Ingredients

Rice	750 gms.		
Butter	2 ½ tbsps.		
Fresh green peas	125 gms.		
Sliced mushrooms	125 gms.		
Soya sauce	3 tbsps.		
Pickled cucumber (gherkins)	25 gms.		
Chopped French beans	100 gms.		
Spring Onion stalks	2 chopped		
Chopped large onion	1 no.	Oil	3 tbsps.
Sesame (til)	2 tsps.	Salt	To taste
Oil	2 tbsps.		

## Veg Fried Rice



## Method

1. Heat the butter and the oil and stir-fry the cabbage, carrots, peas, sweet corn, onions, French beans, mushrooms, onion stalks, Soya sauce and salt.
2. Cook for 3-4 minutes.
3. Add the rice and mix with vegetables. Fry both over medium heat for two minutes.
4. Add boiling water (1½ litres). Stir and bring to boil.
5. Lower heat and place on heavy iron plate (tavaa) for 15 minutes with lid covered. Stir once after 8-10 minutes.
6. Serve in a well-heated dish.



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## Ingredients

### For making the balls -

Boneless chicken, minced uncooked	250 gms.
Refined flour	½ cup
<a href="#">Ginger Paste</a>	1 tsp.
<a href="#">Garlic Paste</a>	1 tsp.
Cornflour	¼ cup
Ajinomoto	a pinch of .
Soya Sauce	1 tsp.
Chili sauce (optional)	½ tsp.

Oil	For deep frying
Salt	To taste

### For the sauce-

Ginger, finely chopped	4 tbsps.
Garlic, finely chopped	1tbsp.
Green chillies, finely chopped	2 tbsps.
Soya sauce	2 tbsps.

## Chicken Manchurian



Chili sauce	½ tsp.
White pepper	¾ tsp.
Sugar	1 tsp.
Ajinomoto	A pinch
Chicken stock	3 cups
Cornflour mixed with water	3 tbsps. & ¼ cup
Oil	4 tbsps.
Salt	To taste

## Method

- 1 Combine all the ingredients mentioned for making the balls with the exception of oil.
2. Set aside for 15 minutes.
3. Heat the oil in a frying pan.
4. Make 16 small lemon-sized balls of this mixture, squeezing out excess water to prevent breakage.
5. Deep fry the balls a few at a time.
6. Drain when golden brown and cooked. Set aside.

### For the sauce-

1. Heat 4 tablespoons of oil in a pan. Add the ginger, garlic and green chillies.
2. Fry over a medium flame for 1 minute.
3. Add the Soya sauce, chili sauce, pepper, sugar, ajinomoto, stock and salt. Bring to a boil.
4. Add the fried balls and cook covered on low heat for about 3 minutes.

5. Add the cornflour mixed with water and stir continuously, so that the sauce become thick.

6. Garnish with spring onion tops.

7. Serve with rice or noodles.



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## Ingredients

Paneer cubes	400 gms.
Chili paste	2 tbsps.
Chopped Ginger	2 tps.
Chopped Garlic	1 tbsp.
Cornflour	3 tbsp.
Pickled cucumber (gherkins)	25 gms.
Monosodium glutamate	½ tsp.
Honey	½ tbsp.
Spring onions	2 nos.
Sesame	2 tsp.
Soya sauce	1 tbsp.
Oil	2 tbsps.

## Paneer Sesame



Oil to deep fry  
Salt

-  
As per taste

## Method

1. Mix one tablespoon cornflour, one tablespoon Soya sauce and paneer cubes. Deep fry in hot oil.
2. Heat oil in a wok. Add chopped ginger and garlic. Sauté for about half a minute.
3. Add chili paste, monosodium glutamate and salt.
4. Add 1 ½ cups of water, bring it to a boil.
5. Add rest of the cornflour dissolved in water to thicken the sauce.
6. Add fried paneer pieces and honey. Stir lightly.
7. Add sliced pickled cucumbers and chopped green leaves of spring onions.
8. Garnish with lightly toasted sesame seeds.



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## Ingredients

Chicken boneless	800 gms.
Ajinomoto	A pinch
White pepper powder	½ tsp.
Sugar	1 tsp.
Soya Sauce	2 tbsps.
Cornflour	2 tbsps.
Egg	1 no.
Chopped green chillies	8 nos.
Chopped Garlic	6-8 cloves
Oil	1 tbsp.
Oil to fry	-
Salt	As per taste

## Chili Chicken



## Method

1. Marinate the boneless chicken pieces (one inch cubes) in 1 tablespoon. Soya sauce, salt, egg and 1 tablespoon cornflour for ten minutes.
2. Deep fry chicken in hot oil till light brown.
3. Heat 1 tablespoon oil in a wok. Add chopped garlic and chopped green chillies and toss for 15 seconds.
4. Add 2 teacups of chicken stock or water. Bring it to a boil. Add ajinomoto, sugar, white pepper powder, salt and rest of the Soya sauce.
5. Add fried chicken pieces and cook for 3 minutes.
6. Add rest of cornflour, after dissolving it in water. Stir constantly.
7. Garnish with chopped spring onions and green chillies julienne.



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## Ingredients

Crispy Noodles	2 cups
White pepper	¼ tsp.
Ginger paste	1 tsp.
Spring Onions,shredded	½ cup
Cabbage, chopped	½ cup
Beans sprouts	¼ cup
Carrot,chopped	¼ cup
Capsicum,chopped	¼ cup
Bambooshoot, chopped(optional)	¼ cup

Cooked chicken, shredded	¼ cup
Cooked prawns, chopped (optional)	¼ cup
Ham,cooked shredded (optional)	¼ cup
Chili powder(optional)	¼ tsp.
Chicken stock	1 cup
Chicken stock	4 cups
Tomato sauce	4 tbsps.
Soya Sauce	1 tsp.
Chili sauce(optional)	½ tsp.
Ajinomoto	A pinch
Sugar	1 tbsp.

## American Chopsuey



Vinegar	1 tsp.
Cornflour mixed with water	1½ tbsps. & ¼ cup
Tomato cut into 8 long slices	1 medium
Oil	4 tbsps.
Salt	To taste

### For the Fried Noodles -

Noodles	100 gms.
Water	5 cups
Oil	1 tsp.
Oil	For frying
Salt	1 tsp.

## Method

### Method for making Chopsuey-

1. Heat 4 tablespoons of oil in a pan.
2. Add the [Ginger Paste](#), spring onion, cabbage, bean sprouts, carrot, capsicum, bamboo shoot, ajinomoto, pepper, chili powder and salt.
3. Stir fry over a high flame for 1 minute.
4. Add the chicken, prawn and ham. Fry in the same manner for 1 minute.
6. Add the stock, tomato sauce, Soya sauce, chili sauce, sugar, vinegar and salt. Bring to a boil. Add the conflour mixed with water and stir continuously till the mixture becomes thick.
7. Add the tomato and stir. Remove from heat.
8. To serve, pour the hot chopsuey mixture into a serving bowl and place the crispy noodles on top of this mixture.

9. Serve immediately. Alternatively, pour the hot chopsuey mixture on top of the crispy noodles.

**Method for fried noodles -**

1. Boil the water and add the noodles and salt. Cook uncovered over a high flame for 1 ½ minutes, stirring often.

2. Drain and cool thoroughly.

3. Heat plenty of oil in frying pan. Deep fry the noodles on a high flame, in batches.

4. When crisp and golden drain on to absorbent paper.

5. Cool, store in an air-tight jar at room temperature. They preserve well for a month or so.



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## SPECIAL TIPS ON CHINESE COOKING

1. When cooking Chinese food at home, the secret lies in using absolutely fresh vegetables in abundance and finely sliced.
  2. As for the vegetables, french beans are almost always cut diagonally, onions chopped or sliced fine and ginger and garlic crushed. Cabbage, spinach and lettuce are shredded into fairly large pieces unless specified otherwise.
  3. Make sure that the meat, fish and poultry are also finely sliced besides being fresh and tender.
  4. Gingelly oil may be used where no specific instructions have been given.
  5. The use of cornflour in many Chinese dishes helps in three ways
    - i. Coating: It gives meat a light coating which not only makes the meat tender but retains its flavour.
    - ii. Thickening: The thickness of the gravy or soup depends on the amount of cornflour used: these vary in different dishes, as a sweet and sour pork dish should be fairly thick and tomato hot and sour soup should be thinner.
    - iii. Holding: Cornflour holds minced meat together and also keeps the moisture in. It is used in meat ball dishes.
- 
1. Home made egg noodles: Beat 6 eggs lightly. Add a pinch of salt and sift in enough flour to make a soft dough. Roll the dough very thinly (much thinner than pie pastry) sprinkle flour on the surface to prevent it from sticking. Let it remain on the table to dry for 30 minutes, then slice it into very fine strips. You can use these egg noodles soup (soup with a few noodles) or fried noodles.
  2. In the recipes given in this revised, new edition, the use of monosodium glutamate has been completely dropped, as the commercially prepared, synthetic variety has proven to be excessively harmful for health.
  3. Most of the recipes given in this book serve 4-5 persons and completely Chinese meal normally consists of 5 to 6 dishes.





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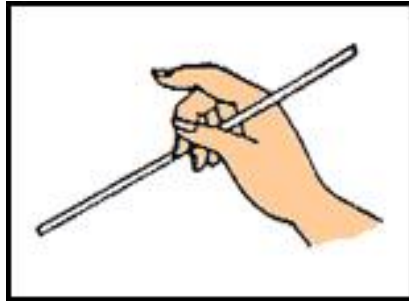
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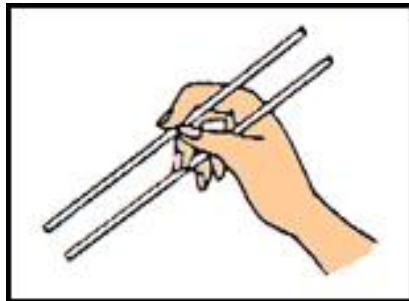
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## SPECIAL TIPS ON HOW TO USE CHOPSTICKS

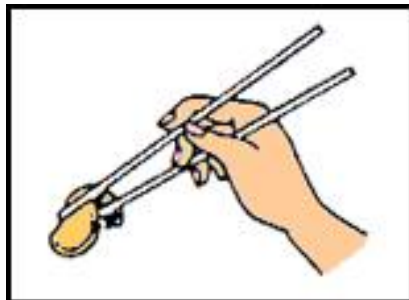
1. Tuck one chopstick under your thumb and hold it firmly.



2. Now, take the second chopstick and hold it as you would a pencil.



3. Keep the first chopstick in original position, move the second one up and down. You will find that you can pick up anything.





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## Ingredients

Spaghetti	1 pkt.
Eggplant	200 gms.
Blanched tomatoes	4 nos.
Chopped garlic	1 tbsp.
Crushed black pepper	1/2 tsp.
Grated cheese	1/2 cup
Oil	2 tbsps.
Capsicum	1 no.
Crushed dry red chilli	1 tsp.
Parsley	1 sprig
Salt	To taste

## Spaghetti With Eggplant



## Method

1. Boil spaghetti in a large vessel in plenty of salted water till it is almost cooked or al dente.
2. Peel eggplant and dice them into small pieces and discard pieces with too many seeds.
3. Heat oil in a pan, add crushed garlic, sauté for half a minute and add diced eggplant. Cook for ten minutes on slow flame.
4. Add tomatoes and sliced capsicum. Stir fry for five minutes and season with salt, black pepper and crushed red chillies.
5. Stir in cooked spaghetti. Mix well and finish with grated cheese and chopped parsley.



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## Ingredients

Spaghetti	500 gms.
Crushed garlic	2 tbsps.
Sliced onion	1/2 cup
Blanched tomatoes	5 nos.
Crushed dry red chilies	2 tbsps.
Olive oil	2 tbsps.
Chopped parsley	1 tbsp.
Salt	To taste

## Spaghetti Arrabiata



## Method

1. Cook spaghetti in plenty of salted boiling water, drain and keep aside.
2. Heat oil in a pan, add crushed garlic and cook until light brown.
3. Add sliced onions, cook until onions are transparent and then add chopped, blanched and deseeded tomatoes.
4. Cook for about 5 minutes on a slow flame, then add salt, crushed red chilies and chopped parsley.
5. Pour the sauce over cooked spaghetti and garnish with grated parmesan cheese.



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### Ingredients

Capsicum quarters	1/2 cup		
Onion quarters	1/2 cup		
Mushroom sliced	1/4 cup		
Carrot sliced	1/2 cup		
Yellow zucchini sliced	1/2 cup		
Tomatoes quarters	1/2 cup		
Cauliflower florets	1/2 cup		
Eggplant sliced	1/2 cup		
Brussels sprouts	4-5 nos.		
Olive oil	1 tbsp.		
Walnut	40 gms.	Cream	1/2 cup
Saffron	A pinch	Salt	To taste



### Method

1. Heat olive oil in a pan, stir fry onions, capsicum and mushrooms.
2. Add par boiled carrots, cauliflower and brussels sprouts.
3. Deep fry sliced eggplant and add to this.
4. Stir in par boiled yellow zucchini and season with salt.
5. Add fresh cream and saffron. Add walnut pieces and finally stir in seedless tomato quarters.



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## Ingredients

Risotto rice (Vialone)	2 1/2 cups
Chopped onion	2 tbsps.
White wine	1 cup
Grated parmesan	100 gms.
Carrot sliced	1 cup
Roasted capsicum	2 nos.
Mushroom sliced	3/4 cup
Dried basil	1 tsp.
Pepper	1/2 tsp.
Asparagus	1/4 cup
Green Peas	1/2 cup
Butter	4 tbsps.
Salt	To Taste

## Rissoto Prima Vera



## Method

1. Melt butter on a slow fire, add chopped onion and cook until transparent.
2. Add sliced mushroom and carrots, cook for few minutes, then add rice and cook for about 2 minutes stirring constantly.
3. Add white wine and once the rice has fully absorbed the wine, gradually add hot water or stock (6cups) and stir constantly.
4. After about 5 minutes, add green peas, salt, pepper powder, dried basil and asparagus cut into 1 inch pieces.
5. After the rice is almost cooked, add grated parmesan and stir.
6. Add roasted capsicum pieces and serve hot topped with cheese.







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## Ingredients

### For Dough

Flour	1 cup
Eggs	1 no.
Oil	1 tbsp.
Salt	1/4 tsp.

### Vegetable Mixture

Eggplant sliced	75 gms.
Capsicum sliced	1 no.
Mushroom sliced	1/2 cup
Tomatoes blanched	2 nos.
Onion chopped	1 no.
Garlic crushed	4 cloves
Pepper crushed	1/2 tsp.
Zuchinni sliced	3/4 cup



Cheese sauce	1 cup
Oil	2 tbsps.
Salt	To taste

## Method

1. Sprinkle salt on sliced eggplant, leave aside for about half an hour, wash and drain well.
2. Heat oil in a pan, add chopped onion, crushed garlic and sliced capsicum, cook until onions are a little softened.
3. Add eggplant and cook for about 3-4 minutes, then stir in mushroom, sliced zucchini, roughly chopped blanched tomatoes and cook for about 2 minutes.
4. Season with salt, pepper, dried basil and keep aside.
5. Mix the flour and salt and make a well in the center.
6. Add 1 egg and 1 tbsp oil and mix to a bread crumb consistency.
7. Add 2 tbsps water and knead lightly for 5-10 mins.
8. Cover and rest the dough for 10 mins, then divide into 3 parts and roll out on a floured board into a 12"inch square.
9. Cut each square into 6" inch strips and cook in boiling salted water for 3 mins.
10. Drain the strips and put in cold water and keep aside.
11. Layer the lasagna sheets and vegetable mixture in a greased oven proof dish, ending with pasta as the top layer.

12. Pour the cheese sauce over and bake in a preheated oven for about 20 minutes.



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## Ingredients

Spinach shredded	500 gms.
Beansprout	50 gms.
Bayleaf	1 no.
Chopped onion	1/2 no.
Chopped celery	2 tsp.
White pepper powder	As per taste
Butter/oil	1 tsp.

## Spinach & Beansprout Soup



## Method

1. Melt butter in a sauce pan and then add bayleaf, chopped onion, chopped celery and sauté until onion is transparent.
2. Add spinach, stir for a minute, add half of the beansprout and stir well.
3. Add 4 cups of vegetable stock/water and cook till spinach is done without getting discolored.
4. Remove, cool, puree it nicely and add salt, white pepper powder and mix well.
6. Reheat and add rest of the beansprout.
7. Serve hot garnished with fresh cream.



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## STEP-BY-STEP BASIC PASTA DOUGH

Pastas acquire an important place in Italian Cuisine and are a must in every meal. Pastas are delicious and easy to prepare at home. Pastas come in different shapes and sizes. The cooking time varies form size to size. Pastas can be had topped with your favourite sauces and cheese.

### BASIC PASTA DOUGH

Maida	3 cups
Eggs	3 nos.
Water	6-9 tbsps.
Oil	3 tbsps.
Salt	3/4 tsp.

1.Mix refined flour and 1/4 tsp salt, make a well in the center, add 1 egg, 1tbsp oil and mix well only in the center.



2.Gradually mix in the flour from the side of the well, to form a crumbly mixture.



3. Add 1 tbsp water, mix well with a fork to incorporate the water, then add more water if required to form a dough.



4. Knead the dough on a floured board, pushing it with the heel of your hand for 10 minutes till the dough forms into an elastic, smooth ball.



5. Cover and rest the dough for 10 minutes, use as required for a particular pasta and begin rolling out the dough from the center.



### Types of Pastas





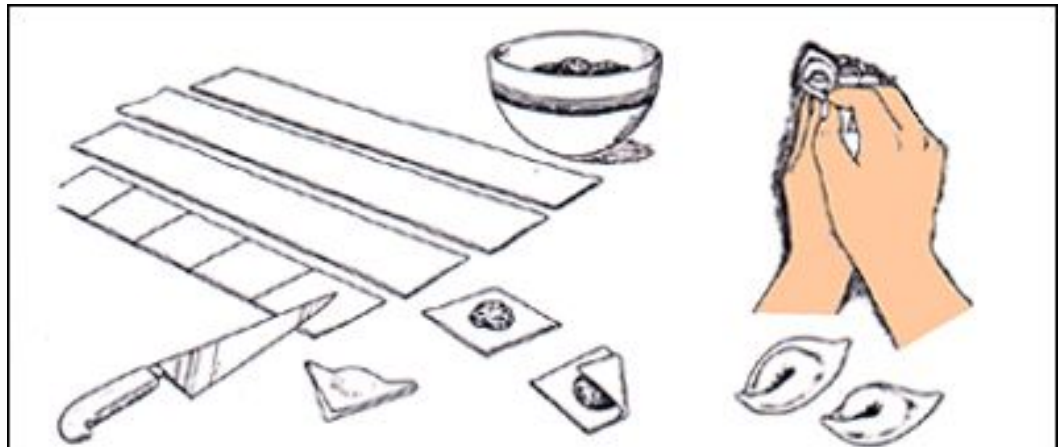
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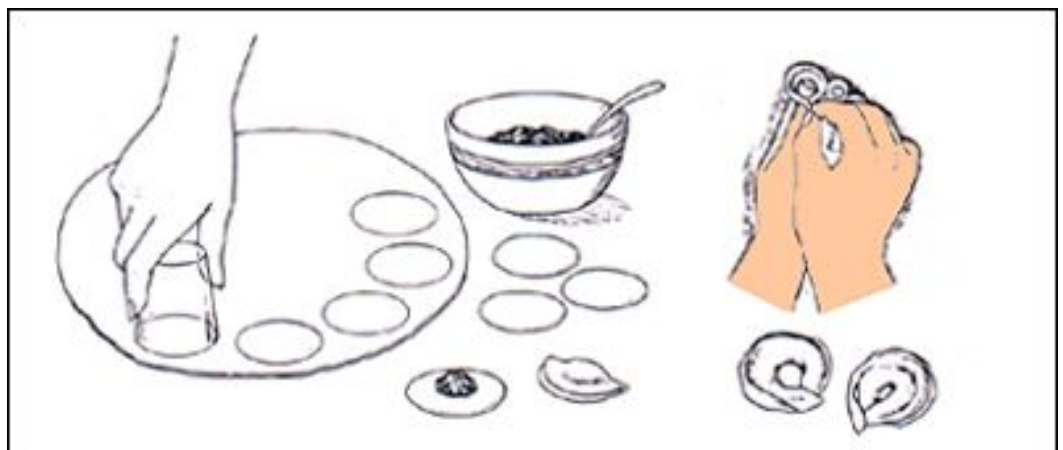
## TYPES OF PASTAS

### CAPPELETTI



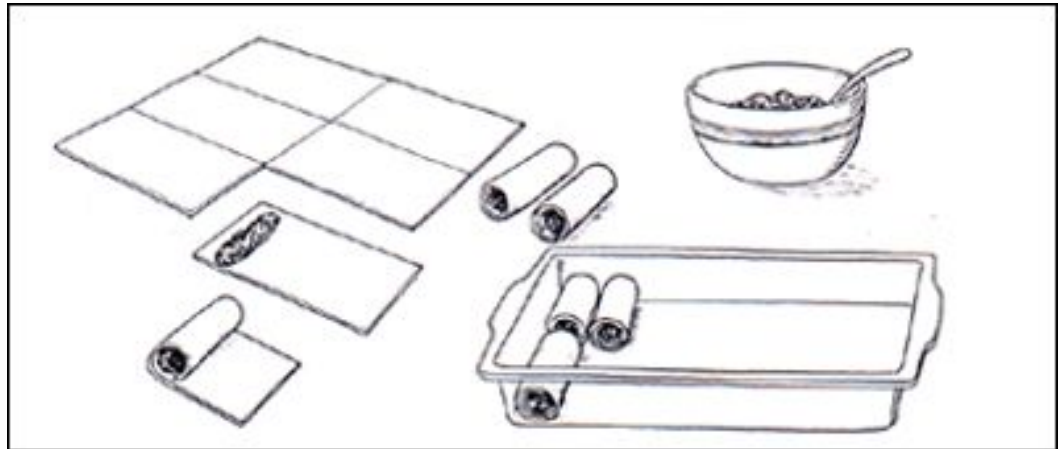
1. Roll out the dough into a square, cut into long strips and further cut into small squares.
2. Place  $\frac{1}{4}$  tsp filling in each square, fold diagonally to form a triangle and seal the edges.
3. Holding the folded side of the triangle against your finger, bring the two bottom points of the triangle around your finger and pinch together to form a little cap.
4. Cook in a 6 liter's of salted water for about 6 minutes, drain and serve with any sauce.

### TORTELLINI



1. Divide the dough into 2 or 3 portions, roll out each portion as thinly as possible.
2. Cut into 1 ½ inch circles and place a tsp full of filling in each circle.
3. Fold over to form a semi-circle and seal the edges.
4. Holding the sealed side of the dough against your finger and stretch the two points of the dough around to form a coronet and then pinch the ends together.
5. Cook in a 6 liter's of salted water for about 6 minutes, drain and serve with any sauce.

### MANICOTTI



1. Divide the dough into 6 equal portions.
2. Roll each portion into a 9x10 inch square, cut into half and then cut each half into 3 equal strips.
3. Cook in a 6 liter's of salted water for about 3 minutes, drain and run under cold water and keep aside.
4. Place 2 tbsps filling on each strip and roll from the long side.
5. Put the joint side down in the baking tray, add about ¼ inch of hot water, 2 cups of your favourite sauce and sprinkle with grated cheese.
6. Cover with aluminium foil and bake in a preheated oven for 1 hour.
7. Remove the foil and sprinkle ½ cup of mozzarella cheese, then bake uncovered for 10 minutes or till the cheese melts.

### [Step-by-Step Basic Pasta Dough](#)





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## Ingredients

Onions, finely sliced	700 gms.
Beef/chicken stock	1 liter
White wine	300 ml.
Nutmeg, grated	A pinch.
Bread slices	6 nos.
Cheese, grated	150 gms.
Parsley	As required
Pepper, ground	As required
Butter	85 gms.
Salt	As required



## Method

- 1.Heat the butter in a pan, add the onions and sauté for a while, then cover and let it cook for sometime.
- 2.When the onions, become soft remove the lid and stir.
- 3.Now add the stock, wine, pepper, nutmeg, salt and bring to a boil.
- 4.Cover again and simmer over a low heat.
- 5.Place the bread slices on a baking tray and bake for a few minutes or till the bread turns light brown in colour.
- 6.Serve the soup in a bowl, garnished with a slice of browned bread and grated cheese.



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## Ingredients

Onion, chopped finely	1 no.
Garlic, chopped finely	1 clove.
Coriander seeds	1 tbsp.
Red wine	300 ml.
Tomato puree	1 tbsp.
Button mushrooms	450 gms.
Tomatoes, seeded & chopped	550 gms.
Pepper, ground	As required
Parsley	As required
Olive oil	2 tbsps.
Salt	As required

## Mushrooms la Grecque



## Method

1. Heat the olive oil in a pan, add the chopped onions, garlic and sauté till they change colour.
2. Next add the coriander seeds, wine, tomato puree and stir well.
3. Add the button mushrooms, chopped tomatoes, salt and pepper for taste.
4. Let the mixture boil and remove once the mushrooms become soft.
5. Remove from heat, cool and chill for several hours before serving.



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## Ingredients

Ham slices	4 nos.
Onions, chopped	1 no.
Garlic, chopped	2 cloves.
Green capsicum, finely sliced	1 no.
Red capsicum, finely sliced	1 no.
Tomatoes, seeded & chopped	700 gms.
Eggs, beaten	6-8 nos.
Pepper, ground	As required
Parsley, chopped	As required
Olive oil	1½ tbsps.
Salt	As required

## Piperade



## Method

1. Remove the extra fat from the ham, chop and sauté in a pan till it melts.
2. Then add the chopped garlic, onions and sauté until it turns soft.
3. Next add the sliced green and red pepper along with the chopped tomatoes, pepper and salt.
4. Simmer over a low flame, then remove half of the vegetables and keep them aside.
5. Stir in the beaten eggs with the remaining vegetables in the pan and cook over a low flame.
6. Grill the ham slightly and arrange in a plate.
7. As soon as the egg starts to thicken, remove and serve in the plate with the grilled ham.
8. Lastly, top it with the reserved mixed vegetables and garnish with chopped parsley.



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## Ingredients

Pepper, ground	As required
Mackerel, small	4 nos.
Unsalted butter	70 gms
Almonds, flaked	50 gms
Lemon juice	2 tbsps.
Lemon wedges	As required
Salt	As required

## Mackerels with Almonds



## Method

1. Clean and season the mackerels with salt.
2. Heat some unsalted butter in a pan, and fry the mackerels in it till are cooked well on both sides.
3. Keep the fried mackerels on tissue paper to absorb the excess oil.
4. Heat the remaining butter, add the flaked almonds and fry till they turn light brown in colour.
5. Next stir in the lemon juice and salt and pour over the fried mackerels.
6. Serve garnished with lemon wedges.



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## Ingredients

Bacon, chopped	115 gms.	
Button onions	18 nos.	
Button mushrooms	225 gms.	
Chicken legs	6 nos.	
Onion, chopped	1 no.	
Carrot, diced	1 no.	
Garlic, chopped	2 cloves.	
Flour	1½ tbsps.	
Red wine	2½ cups	
Chicken stock	¾ cup	
Pepper, ground	As required	Olive oil (optional) As required
Parsley, chopped	As required	Salt As required
Butter	2 tbsps.	



## Method

- 1.Heat butter in a pan and fry the chopped bacon till crisp, then remove and drain on tissue paper.
- 2.Next add the button onions and fry till they turn golden brown in colour.
- 3.Remove the onions and fry the button mushrooms till browned.
- 4.Apply some salt to the chicken legs and add it to the pan, cook till it turns brown on all sides, then remove on tissue paper to drain the excess oil.
- 5.Now add the chopped onions with the diced carrots in the pan and cook until they change colour.
- 6.Add the garlic, sprinkle some flour and cook stirring regularly.
- 7.Add the red wine, chicken stock and bring to a boil.
- 8.Now add the fried chicken legs, button onions, button mushrooms with some salt and pepper to the boiling stock.
- 9.Cook for about 30 minutes, then remove the chicken and vegetables and keep the sauce further till it thickens.
- 10.After the sauce thickens add the chicken and vegetables back and serve garnished with chopped parsley.





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## Ingredients

Pork, with out fat	1 kg.
Mushrooms, sliced	115 gms.
Celery leaves	As required
Olive oil	1 tbsp.

### For the Marinade

Onion, chopped finely	1 no.
Carrot, chopped finely	1 no.
Celery, chopped	1 stick.
Red wine	2 cups
Raisins	6 nos.
Peppercorns, crushed	8 nos.
All spice powder	¼ tsp.



Spiced Pork

Olive oil	2 tbsps.
Salt	As required

## Method

- 1.Heat the olive oil and sauté the chopped onions and carrots till they become soft.
- 2.Next add the chopped celery and cook till the vegetables are browned.
- 3.Now add the red wine, raisins, crushed peppercorns, all spice powder and some salt to taste.
- 4.Cool the marinade, pour over the pork and leave to marinate for 1 hour or more.
- 5.Remove the pork and vegetables with a slotted spoon and strain the marinade and keep aside.
- 6.Heat oil in a pan, cook the pork piece till it is browned well, remove and keep aside.
- 7.Now add the sliced mushrooms, cook for a while, then add the reserved vegetables.
- 8.Place the browned pork piece on top of the vegetables and pour the marinade on it.
- 9.Cover the dish and cook in a hot oven for about 2 hours.
- 10.Remove the pork and boil the sauce further till it thickens.
- 11.Place pork in a serving plate topped with the thick sauce.



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## Ingredients

Milk	2½ cups
Vanilla essence	1 tsp.
Egg	2 nos.
Egg, yolks	2 nos.
Sugar	75 gms.

### For the Caramel

Castor sugar	115 gms.
Water	5 tbsps.

## Creme Caramel



## Method

- 1.Heat the sugar and water in a pan to make caramel.
- 2.When the syrup turns golden brown in colour remove and pour into small cups.
- 3.Bring the milk to a boil, add the vanilla essence and remove from heat.
- 4.Beat the eggs, yolks and sugar in a bowl.
- 5.Keep the milk back on the heat and add the egg mixture to it and cook for a few minutes.
- 6.Remove from heat and pour into the caramel coated cups.
- 7.Place these cups in a tray with some water and bake for 40-45 minutes.
- 8.Remove the caramel from the cups and serve in a plate decorated with a mint sprig.



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## Ingredients

Cauliflower, divided into florets	1 no.
Spring onions	6 nos.
Bay leaf	1 no.
Almonds, flaked	75 gms.
Vegetable or chicken stock	850 ml.
Milk	250 ml.
Black pepper, ground	As required
Salt	As required

## Creamed Cauliflower Soup



## Method

1. Cook the cauliflower florets, spring onions, bay leaf and half of the flaked almonds in 550 ml of stock for 10 -15 minutes or until the cauliflower is tender.
2. In a baking tray toast the almonds, turning occasionally till lightly browned.
3. Remove bay leaf from the soup and puree soup in a blender or food processor.
4. Add the remaining stock to the pan and boil for 3 minutes.
5. Lower heat and stir in the milk.
6. Reheat gently without boiling and season with salt and pepper.
7. Serve garnished with toasted almonds.



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## Ingredients

Chick peas, soaked overnight	350 gms.
Fresh parsley, chopped	1 tbsp.
Fresh tarragon, chopped	1½ tsp.
Spring onions, chopped	4 nos.
Spring onion slices for garnishing	
Parsley leaves for garnishing.	

### For the dressing

Garlic, finely chopped	2 cloves.	Black pepper, ground	As required
Red wine vinegar	1 tbsp.	Olive oil	4 tbsps.
Mustard	2-3 tsps.	Salt	As required

## Chick Pea Salad



## Method

1. Drain and rinse the chick peas, put in a saucepan and cover with cold water.
2. Bring to a boil, cover the pan and simmer for 1½ hours, until the peas are tender.
3. Mix together garlic, vinegar, mustard, salt and pepper.
4. Slowly pour in the olive oil and whisk constantly.
5. Drain the chick peas and immediately toss with the dressing, parsley, tarragon and spring onions.
6. Garnish with spring onion slices and parsley.



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## Ingredients

Chicken	1.5 kg.
Onion, halved	1 no.
Cloves	2 no.
Streaky bacon, chopped (optional)	115 gms.
Vegetable stock or water	1 liter.
Black pepper, ground	As required
Celery sticks, quartered	4 nos.
Carrots, quartered	4 nos.
Turnips, quartered	4 nos.
Small leeks	12 nos.
Bay leaves to Garnish	As required
Salt	As required

## Braised Chicken



## Method

1. Put the chicken in a large dish and pierce 1 clove in each onion half.
2. Add the onion halves in the dish with the bacon.
3. Add enough stock to cover and bring to a boil.
4. Add salt and pepper, skim the scum from the surface, cover and simmer for 1 hour.
5. Add the celery, carrots and turnips, cover and cook for 30 minutes.
6. Add the leeks and cook for another 15 minutes, until the chicken and vegetables are tender.
7. Transfer the chicken and vegetables to a serving plate.
8. Boil the left over liquid juice till it forms a thick sauce.
9. Pour this sauce over the chicken and the vegetables and garnish with bay leaves.



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## Ingredients

Dry white wine	350 ml.
Mussels, scrubbed & trimmed	2 kg.
Onion, chopped	1 no.
Curry powder	½ tsp.
Plain flour	1 ½ tbsp.
Fresh cream	150 ml.
Black pepper, ground	As required
Parsley sprigs	As required
Butter	55 gms.
Salt	As required

## Mussels with Cream



## Method

1. Put the wine and mussels in a large saucepan and bring to a boil.
2. Cover tightly and cook over high heat for 4 minutes, shaking the pan occasionally until the mussels open.
3. Discard any mussel that remains closed.
4. Remove the mussels from the shells, pouring their liquid back into the pan.
5. Put the mussels into a bowl and keep aside.
6. Boil the mussel liquid till it becomes half the quantity.
7. Heat butter in a saucepan, add onion and cook, stirring occasionally till soft.
8. Add the curry powder, flour and cook, stirring for 1½ minutes.
9. Strain reduced mussel liquid and slowly pour into the onion mixture.
10. Bring to a boil, simmer for 4 minutes and then stir in the fresh cream, salt and pepper and boil until lightly thickened.
11. Stir in the mussels, garnish with parsley and serve.



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## Ingredients

Boneless mutton, cubed	1kg.		
Onion, finely chopped	1 no.		
Carrot, finely chopped	1 no.		
Sugar	A pinch		
Plain flour	2 tsps.		
Dry white wine	115 ml.		
Chicken or vegetable stock	550 ml.		
Black pepper, ground	As required		
Tomatoes, peeled, & chopped	3 nos.		
Turnips, quartered	3 nos.	Peas	150 gms.
Button onions	12 nos.	Parsley sprigs to garnish	As required
Small new potatoes	12 nos.	Olive oil	1 tbsp.
Baby carrots, halved	12 nos.	Salt	As required

## Navarin of Lamb



## Method

- 1.Heat oil in a heavy pan, add the mutton pieces and cook until browned all over.
- 2.Remove with a slotted spoon and keep aside.
- 3.Add the chopped onions and carrots and cook, stirring occasionally for 10 minutes.
- 4.Sprinkle sugar and flour and continue cooking until lightly browned.
- 5.Add the wine, stock, salt and pepper, then add the tomatoes and bring to a boil.
- 6.Put the mutton pieces back in the dish, cover and cook gently for 30 minutes.
- 7.Add the turnips, onions and potatoes, cover and cook for 20 minutes.
- 8.Add the carrots and cook for another 10 minutes, then add the peas and cook for 5-7 minutes.
- 9.Remove the meat and vegetables with a slotted spoon and transfer to a serving plate.
- 10.Boil the left over juices to thicken slightly and put the vegetables and lamb pieces and mix well with the thicken sauce.
- 11.Garnish with parsley and serve.



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## Ingredients

Eggs, separated	3 nos.
Castor sugar	115 gms.
Egg, yolks	2 nos.
Milk	450 ml.
Rose water	2 tbsps.
Orange rind	As required
Mint sprigs	As required

## Oeufs `A La Neige



## Method

1. Whisk egg whites until stiff, gradually whisk in half the sugar until the mixture is stiff and shiny.
2. Bring a large pan of water to a boil, then lower the heat and float dessert spoonfuls of egg whites onto the water.
3. Poach for 2-3 minutes, turning them occasionally.
4. Remove them with a slotted spoon, transfer them to a tilted tray to drain off the excess water.
5. Whisk all 5 egg yolks with the remaining sugar until thick.
6. Put the milk into a pan and bring to a boil.
7. Stir a little milk into the egg yolk mixture and then stir this egg mixture back into the milk over a low heat.
8. Cook till it thickens slightly but do not boil.
9. Leave to cool and just before serving add the rose water and pour this custard into serving bowls and float the egg meringues on top.
10. Decorate with mint sprigs and orange rind.



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## Ingredients

Spring onions(Only the white parts diced)	6 nos.
Potatoes, diced	300 gms.
Chicken or vegetable stock	550 ml.
Milk	300 ml.
Thick Cream	70 ml.
Black pepper, ground	As required
Fresh chives, chopped	As required
Butter	45 gms.
Salt	As required



## Method

- 1.Heat the butter in a saucepan, add the leeks or white diced parts of the spring onions and potatoes and stir to coat with butter.
- 2.Cover and cook gently, stirring occasionally for 5 minutes, till they become soft.
- 3.Add the stock and bring to a boil, then cover and simmer for 15-20 minutes or until vegetables are tender.
- 4.Stir in the milk, then press the mixture through a sieve.
- 5.Leave it to cool then stir in the cream, salt and pepper.
- 6.Cover and chill thoroughly for atleast 2 hours.
- 7.Garnish with chives and serve in chilled bowls.



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## Ingredients

White bread, slices	8 nos.
Cheese, grated	115 gms.
Cooked ham	4 slices
Spicy mustard for spreading	As required
Salad leaves	As required
Parsley sprigs	As required
Unsalted butter for spreading	As required

## Croque Monsieur



## Method

1. Butter one side of the slice bread, top with grated cheese, ham slice and spread a little mustard.
2. Cover the ham with the remaining cheese, then cover with the other bread slice.
3. Toast the sandwiches on both sides until bread turns light brown and the cheese melts.
4. Cut into half, garnish with salad leaves, parsley sprigs and serve immediately.



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## Ingredients

Mixed mushrooms	375 gms.
Potatoes	450 gms.
Parsley	A bunch
Garlic, crushed	4 cloves
Black pepper, ground	As required
Parsley sprigs for garnishing	As required
Olive oil for greasing	As required
Salt	To taste

## Potato Forestiere



## Method

1. Thinly slice the mushrooms and potatoes.
2. Oil a baking dish and keep aside.
3. In a large bowl toss together the mushrooms, potatoes, parsley, garlic, salt and pepper.
4. Spread this mixture into the greased dish in an even layer and bake for about 45 minutes.
5. Bake till the potatoes turn tender, turning the mixture every now and then.
6. Leave aside for a few minutes, then garnish with parsley leaves and serve.



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## Ingredients

Chicken, quarters	1kg.
Button onions	16 nos.
Chicken stock	250 ml.
Dry white wine	250 ml.
Button mushrooms, quartered	12 nos.
Egg yolks, beaten	2 nos.
Lemon juice	1/2 no.
Fresh parsley, chopped	As required
Black pepper, ground	As required
Butter	55 gms.
Salt	As required

## Lemon Chicken



## Method

- 1.Heat butter in a large pan, add chicken pieces, onions and cook for 10 minutes, until chicken is browned.
- 2.Remove onions with a slotted spoon and set aside.
- 3.Add the stock, wine, salt and pepper, bring to a boil, cover and simmer for 20 minutes.
- 4.Return the onions to the pan and cook for 20 minutes.
- 5.Add the mushrooms and cook for another 10 minutes.
- 6.With a slotted spoon transfer the chicken and vegetables to a warm plate.
- 7.Boil the chicken liquid until reduced to 1/3 quantity.
- 8.Remove a cup full of liquid, cool and then stir into the egg yolk.
- 9.Then stir this egg mixture into the pan with the liquid and stir gently till it thickens.
- 10.Stir in the lemon juice and put in the chicken and vegetables and mix well with the sauce.
- 11.Garnish with parsley and serve.



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## Ingredients

Fish fillets	85 gms.
Plain flour	3 tbsps.
Lemon juice	2 nos.
Black pepper, ground	As required
Parsley, chopped	2 tbsps.
Lemon wedge's for garnish	As required
Parsley sprigs	As required
Unsalted butter	175 gms.
Salt	As required

## Fish Meuniere



## Method

1. Mix the salt and pepper with the flour, coat the fish lightly with the flour and set aside.
2. Heat 115 gms butter in a frying pan and then add the fish fillets in batches and cook over moderate heat.
3. Remove the fish fillets from the pan when crisp and transfer to warm plates.
4. Add the remaining butter in the pan and heat until golden brown, stir in lemon and parsley and immediately pour over the fish fillets.
5. Garnish with parsley and lemon wedge's and serve hot.



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## Ingredients

Mutton leg	2 kg.
Garlic	4 cloves.
Black pepper, ground	As required
Potatoes, sliced	1 kg.
Onion, sliced	1 no.
Bay leaf	1 no.
Thyme	2 sprigs.
Vegetable or chicken stock	300 ml.
Black pepper, ground	As required
Butter	40 gms.
Olive oil for greasing	As required
Salt	As required

## Lamb Boulangere



## Method

1. Cut small incisions in the mutton and insert thinly sliced pieces of 2 garlic cloves into the incisions.
2. Pre-heat the oven and grease a baking dish with 15 gms butter.
3. Crush remaining garlic, arrange the potatoes, onions, garlic, herbs, salt and pepper in the buttered dish.
4. Add enough stock to just cover, dot with remaining butter, cover with foil and bake in the oven for 1 hour.
5. Grease a heavy frying pan with a little oil, add the mutton and cook quickly until browned all over.
6. Put the lamb on top of the potatoes and cover with a foil and bake for 1 1/2 hours.
7. Remove the foil and bake open just 15 minutes before the cooking time so that it browns well.
8. Slice the mutton, garnish with parsley leaves and serve hot with potatoes.



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## Ingredients

### For Dough

Castor sugar	115 gms.
Apples, peeled, cored and cut into wedges	1kg.
Lemon juice	1 tbsp.
Strips of lemon rind to decorate.	As required
Mint sprigs to decorate.	As required
Unsalted butter	115 gms.

### For the Pastry

Plain flour	225 gms.	Fresh cream	2 tbsps.
Castor sugar	1 tbsp.	Butter, diced	130 gms.



## Method

1. To make the pastry mix the flour and sugar in a bowl, add butter and rub in until the mixture resembles fine bread crumbs.
2. Add enough fresh cream to bind the dough, form into a ball, cover and chill for at least 30 minutes.
3. Spread butter over the base of a heavy cake tin, sprinkle sugar and arrange the apple slices on the top.
4. Sprinkle lemon juice and cook over moderate heat, shaking the pan occasionally, for 20-30 minutes.
5. If a lot of juice is left, boil it to make a thick syrup and pour it over the apples again.
6. Roll out the pastry dough on a floured surface until slightly larger than the tin.
7. Top the apples with the pastry dough and tuck the edges of the pastry down the sides of the tin.
8. Prick the pastry all over with a fork and bake for 20 minutes till pastry turns golden.
9. Turn the tart onto a serving plate, decorate with mint sprigs and lemon rinds topped with cream.



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## Ingredients

Prawns large	200 gms.
Fish stock	625 ml.
Lemon grass(chopped)	2 stalks
Lemon juice	3 tbsps.
Vegetable oil	2 tsps.
Kaffir lime leaves(chopped)	3 nos.
Fish sauce	1 tbsp.
Fresh red chili	½ no.
Green chili	½ no.
Palm sugar or brownsugar(crushed)	½ tsp.

Coriander leaves for  
garnishing

## Method

1. Peel prawns and remove dark veins; keep aside.
2. Deseed the chilies and thinly slice them.
3. In a pan heat oil, add prawn shells and stir till it changes colour. Add fish stock and bring to boil and simmer for 15 mins.
4. Strain the stock and return to pan and discard the shell.
5. Add lemon grass, lime juice, chilies and sugar to the stock and simmer for 2 mins.
6. Add prawns and cook on low heat till it is cooked.
7. Serve in warm bowls topped with coriander.

## Lemon Grass Soup



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## Ingredients

American corn kernels	350 gms.
Green curry paste	1 tbsp.
Flour(maida)	2 tbsps.
Rice flour	3 tbsps.
Spring onions(chopped)	3 nos.
Egg(beatn)	1 no.
Fish sauce	2 tsps.
Oil for frying	
Salt to taste	

## Thai Corn Delight



## Method

- 1.Place the corn in a blender, add rice flour, flour, spring onions, egg and fish sauce and blend till corn is slightly broken.
- 2.Season with salt and mix well. Make about 16 balls.
- 3.Heat oil and deep fry the balls till golden.
- 4.Serve hot with Dipping sauce.



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## Ingredients

Aubergines	2 nos.(225 gms)
Garlic(chopped)	2 flakes
Lemon grass(chopped)	2 stalks
Onion(finely chopped)	1 small
Chicken breast meat(chopped)	175 gms.
Fish sauce	2 tsps.
Thai holy basil leaves	25 nos.
Freshly ground pepper	As required
Oil	2 tbsps.
Salt to taste	

## Stuffed Aubergines



## Method

- 1.Preheat grill. Grill aubergines turning as necessary for about 20 minutes or until evenly charred.
- 2.Pound together garlic and lemon grass and keep aside.
- 3.Heat oil in a pan, add onions and cook, stirring occasionally until light brown.
- 4.Stir in the garlic mixture, cook for 2 minutes, then add chicken and fry for 2 minutes more.
- 5.Stir in fish sauce, basil leaves and plenty of fresh grounded pepper. Fry till the chicken is cooked.
- 6.Using a sharp knife, slice each charred aubergine in half lengthwise.
- 7.Using a teaspoon carefully scoop aubergines flesh in a bowl; keep skins warm.
- 8.Chop the flesh with kitchen knife and add to the pan and stir ingredients together for about 1 minute.
- 9.Place aubergine skins on a large warm plate and divide chicken mixture between them.
- 10.Serve garnished with basil leaves.

**NOTE:** Thai basil leaves can be substituted by basil leaves.



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## Ingredients

Fish fillets	350 gms.
Shallots(chopped)	1 no.
Galangal(finely, chopped)	4 cms. piece
Lemon grass(finely chopped)	2 stalks
Red chili fresh,(seeded & chopped)	1 no.
Coconut milk	125 ml.
Fish sauce	2 tsps.
Coriander sprig	5 nos.
Onion, small(sliced)	1 no.
Freshly ground black pepper	As required
Oil	4 tbsps.
Salt to taste	



## Method

1. In a pan, add 1tbsp. oil, add shallots, galangal, lemon grass and chili. Stir for 3 minutes until light brown.
2. Remove from fire and transfer the contents to a mixer. Add coconut milk, fish sauce and stalks from the coriander and blend for 2 minutes or till well mixed to form spiced sauce.
3. Place fish in an oven proof shallow round dish that fits over a saucepan, and pour over the spice sauce.
4. Cover dish, place over a pan of boiling water and steam for 8-10 minutes or until fish flakes.
5. In another pan, heat the remaining oil and fry the onions till golden brown. Remove and drain on paper napkin.
6. Then add coriander leaves to the oil and fry for few seconds, remove and drain on paper napkin.
7. Scatter the fried onion and fried coriander on the steamed fish and grind over plenty of black pepper.
8. Serve hot.

**NOTE:** 1. Fresh ginger can be used as a substitute for galangal.

2. Small red pickle onion can be substitute for shallot.



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## Ingredients

Chicken drumstick or thighs 6 nos.  
Coriander sprigs 6 nos.  
Black pepper (crushed) 1 tbsp.  
Garlic(chopped) 2 flakes  
Fish sauce 2 tsps.  
Juice of one lime  
Salt to taste  
**For Garnishing:**  
Lemon wedges  
Spring onions

## Chicken with Coriander



## Method

- 1.Add all the ingredients except chicken in a blender and coarsely grind to a paste.
- 2.Cut slashes in the chicken.
- 3.Spread the paste over the chicken and marinate in cool place for 3 hours turning occasionally.
- 4.Preheat the grill. Grill chicken, basting and turning occasionally, for about 10 minutes until cooked and golden.
- 5.Serve garnished with wedges of lime and spring onions.



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## Ingredients

Peanuts	2 tbsps.
Green Chilies	1 no.
Galangal(ginger)	2 cm piece
Garlic	3 flakes
Thai basil	80 nos.
Thai mint	25 nos.
Coriander leaves	40 nos.
Lime Juice	2 tbsps.
Fish Sauce	1 tsp.
Egg Noodles	350 gms.

Oil 75 ml.

## Method

- 1.Chop the ginger and garlic very fine.
- 2.Seed and slice the green chilies.
- 3.Heat oil in a pan. Add peanuts and cook till brown. Remove and transfer to paper napkin to drain the oil. Reserve the oil.
- 4.In a blender add nuts, chilies, ginger and garlic. Grind coarsely.
- 5.Add herbs, lime juice, fish sauce and reserve oil. Mix well to form a herb sauce.
- 6.Boil the noodles in salted water until soft.
- 7.Drain well and toss with herb sauce.
- 8.Serve in a warmed dish, garnished with green chillies and herb leaves.



Thai Herb Sauce with Noodles



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## Ingredients

Chicken breast(boneless)	250 gms.
Red chili(fresh)	1 no.
Lemon juice	1 tbsp.
Fish sauce	2 tsp.
Brown sugar(powder)	1 tsp.
Mint leaves	7 nos.
Oil	1 tbsp.

### For Garnishing:

Lettuce leaves

## Chicken and Mint Salad



## Method

- 1.Chop red chili and lemon grass very finely.
- 2.In a small bottle add lemon grass, chili, lemon juice and fish sauce and shake it well to form the dressing.
- 3.Shred the mint and keep aside.
- 4.In a pan add oil and add the finely chopped chicken and salt. Cook stirring continuously till done.
- 5.Remove the chicken on paper napkin.
- 6.Take a bowl add the shredded mint, cooked chicken and the dressing and toss lightly.
- 7.Serve on lettuce leaves.



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## Ingredients

Gelatine	3 tps.
Caster Sugar	5 tbsps.
Coconut Milk	200 ml.
Coconut Cream	85 ml.
Red Colour	As required
Rose water	As required

## Red & White Jellies



## Method

1. Dissolve one and a half teaspoon of gelatine in two tbsps. of hot water.
2. Put half the sugar and all coconut milk into a pan and heat gently, stirring until the sugar dissolves.
3. Remove from heat and add coconut cream.
4. Stir the dissolved gelatine into the pan and pour in 5 moulds and place in the fridge to set.
5. Put the remaining sugar with one cup water and rose essence. Heat gently until sugar dissolves.
6. Dissolve the remaining gelatine in two tbsps. of hot water and add to the pan.
7. Add red colour to it.
8. Set aside until cold but not set, then pour it over the set coconut mixture.
9. Place again in the fridge to set. Dip moulds in hot water for one second, then turn on cold plate.



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## Ingredients

Chicken wings, large	4 nos.
Prawns, cooked & chopped	55 gms.
Spring onions, finely chopped	3 nos.
Garlic, chopped	2 flakes.
Coriander roots, chopped	3 nos.
Fish sauce	2 tbsps.
Pepper	As required
Rice flour, for coating	As required
Vegetable oil	As required
Salt	To taste.

## Stuffed Chicken Wings



## Method

1. Cut the flesh of the wing and scrape it to the first bone of the wing and break the bone(exactly like the chicken lollipop).
2. Now work on the first bone and do the same thing by gathering the flesh all at one place.
3. Break the extra bone and all that remains is a lot of flesh on one bone.
4. Now chop the chicken flesh (retain the skin, so that the stuffing can be filled in), cook it with some salt, then mix it with the cooked prawns and spring onions.
5. Stuff each wing with the stuffing and set aside.
6. Pound the garlic & coriander roots and mix it pepper & fish sauce.
7. Mix the stuffed chicken wings in this sauce and keep aside for 30 minutes.
8. Coat the stuffed wings with rice flour and then deep fry them till golden brown in colour.
9. Serve hot with sauce.



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## Ingredients

Garlic, chopped	2 flakes.
Coriander	4 sprigs.
Black pepper, crushed	1½ tsp.
Chicken stock	1 liter
Black mushrooms soaked in water for 20 minutes	5 nos.
Fish sauce	1 tbsp.
Chicken, cut into strips	115 gms.
Spring onions, thinly sliced	55 gms.
Coriander, for garnish	As required
Salt	To taste

## Chicken Mushroom Soup



## Method

1. With a pestle pound or mix garlic, coriander and peppercorns to a paste.
2. In a wok heat oil, add the paste and stir for a minute.
3. Add the stock, mushrooms and fish sauce, simmer for 5 minutes.
4. Then add the chicken pieces and cook gently over a low flame.
5. Sprinkle the spring onions on top and garnish with coriander sprigs.



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## Ingredients

Black peppercorns	14 nos.
Coconut cream	2 tbsps.
Onions, chopped	2 nos.
Lean pork, very finely chopped	115 gms.
White cabbage, finely sliced	450 gms.
Coconut milk	1 ¼ cup.
Red chili, seeded and finely chopped	1 no.
Fish sauce	1 tbsp.
Salt	As required

## Spiced Cabbage



## Method

- 1.Heat peppercorns in a pan for about 3 minutes until aroma changes.
- 2.Then stir in coconut cream, & heat for 2-3 minutes, then stir in onions.
- 3.Stir fry for another 2-3 minutes, then stir in pork and cabbage.
- 4.Stirring occasionally, cook for 3 minutes, then add coconut milk and bring to boil, then cover and simmer for 5 minutes.
- 5.Uncover and cook for about 10 minutes until cabbage is tender but retain some bite.
- 6.Stir in fish sauce, salt and serve sprinkled with chili.



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## Ingredients

Fresh Red Chilies, seeded and chopped	2 nos.
Red onion, chopped	1 no.
Thick stalk lemon grass, chopped	1 no.
Galangal, chopped	1 inch.
Turmeric, ground	1 tsp.
Coconut milk	1 cup.
Prawns, peeled and deveined	16 nos.
Basil Leaves	8 nos.
Lime juice	1 tsp.
Fish sauce	1 tsp.

## Prawns in Coconut Sauce



Spring Onion (scallion), cut into fine strips	1 no.
Salt	As required

## Method

1. Using a small blender, mix chilies, onion, lemon grass and galangal to a paste.
2. Transfer to a pan and heat, stirring for 2-3 minutes.
3. Stir in turmeric and 125 ml (½ cup) water, bring to the boil.
4. Simmer for 3-4 minutes until most of the water dries.
5. Stir in coconut milk and prawns and cook gently, stirring occasionally, for about 4 minutes until prawns are just firm and pink.
6. Stir in basil leaves, lime juice, fish sauce and salt to taste.
7. Scatter over strips of spring onion (scallion) and serve



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## Ingredients

Red Chillies, seeded and sliced	4 nos.
Garlic cloves, chopped	2 nos.
Small Onions	5 nos.
Brown sugar, crushed	2 tsp.
Coconut cream	½ cup.
Fish Sauce	2 tsp.
Tamarind Water	1 tbsp.
Chicken Breast, boneless	4 nos.
Basil leaves, to garnish	As required
Coriander leaves, to garnish	As required
Salt	As required

## Barbecued Chicken



## Method

1. Grind chillies, garlic and onion to a paste.
2. Add sugar, coconut cream, fish sauce, tamarind water, salt and stir continuously.
3. Using a sharp knife, cut 4 slashes in chicken breast.
4. Place chicken in a shallow dish and pour over spice mixture.
5. Turn to coat, cover dish and set aside for 1 hour.
6. Preheat grill and place chicken on a piece of foil and grill for about 4 minutes a side, basting occasionally, until cooked thoroughly.
7. Garnish with basil or coriander leaves.



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## Ingredients

Coconut Cream	½ cup.
Onion, chopped	1 no.
Garlic clove, finely crushed	1 no.
Fragrant curry paste	2 tbsps.
Fish sauce	2 tsp.
Brown sugar, crushed	½ tsp.
Pork, diced	350 gms.
Lime leaves, shredded	3 nos.
Red chili, seeded and cut into strips	1 no.
Basil leaves	25 nos.
Basil sprig	to garnish.
Salt	As required

## Thai Pork Curry



## Method

1. Heat 85 ml (1/3 cup) coconut cream until oil begins to separate.
2. Stir in chopped onion, garlic, stirring occasionally and cook until lightly browned.
3. Then put the curry paste and continue to stir for about 2 minutes.
4. Now stir in fish sauce and sugar, then pork and cook for 3-4 minutes.
5. Add lime, salt & basil leaves and cook for 1 more minute.
6. Add a little water if required, but the final dish should be dry.
7. Serve garnished with remaining coconut cream, chili strips and basil sprig.

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## Ingredients

Long grain white rice            ¼ cup.  
Vegetable oil                        2 tbsps.  
Onion, small, finely chopped 1 no.  
Garlic cloves, finely                2 nos.  
chopped  
Red chilies, seeded and cut    2 nos.  
into slivers  
Chicken breast meat, finely    225 gms.  
chopped

Bamboo shoots, chopped or    85 gms.  
cut into matchstick strips  
Chinese black mushrooms,    8 nos.  
dried, soaked for 30  
minutes, drained and  
chopped

## Chicken Mushroom Rice



Shrimps, dried                        2 tbsps.  
Fish sauce                              1 tbsp.  
Thai holy basil leaves            25 nos.  
Thai holy basil sprig            to garnish  
Salt                                        As required

## Method

1. Cook rice.
2. Heat oil in a wok, and add onion and garlic.
3. Cook, stirring occasionally, until golden.
4. Add chilies and chicken and stir fry for 2 minutes.
5. Stir in bamboo shoots, mushrooms, dried shrimps, fish sauce and salt.
6. Continue to stir for 2 minutes, then stir in the rice and basil.
7. Serve garnished with basil sprig.



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## Ingredients

Mung beans, rinsed	55 gms.
Dessicated coconut	½ cup
Egg, seperated	1 no.
Brown sugar, crushed	½ cup
Jasmine essence	Few drops.

## Thai Sweetmeats



## Method

1. Take mung beans into a saucepan, & add enough water to cover the beans
2. Bring to boil, then simmer for about 30-45 minutes until tender and drain through a strainer, then mash the beans thoroughly.
3. Mix in coconut and egg yolk to make a firm paste and divide into pieces and make small egg-shaped balls using a spoon.
4. Add sugar in a saucepan, add ¾ cup water and heat gently, stirring until sugar has dissolved.
5. Bring the mixture to a boil & add jasmine essence to taste and keep hot.
6. Beat the egg white in a bowl and using 2 forks, dip each ball into egg white, then lower into syrup.
7. Cook for 2-3 minutes and using a slotted spoon, transfer to a plate.
8. When all sweetmeats have been cooked, add a little syrup as garnish.
9. Leave until cold.



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## Ingredients

Jumbo prawns	8 nos.
Vegetable oil, for deep frying	As required
Salt	To taste
<b>For the batter</b>	
Rice flour	115 gms.
Desiccated coconut	3 tbsps.
Egg, separated	1 no.
Coconut milk	185 ml.
Fish sauce	1 tsp.
Salt	To taste

## Golden Fried Prawns



## Method

1. Peel the prawns, leaving the tails, but cut the back of each prawn and remove the black spinal cord. Wash the prawns & apply salt.
2. For the batter, mix the flour and coconut together, gradually stir in the egg yolk, coconut milk, fish sauce and salt.
3. Whisk the egg whites until stiff and fold into the batter.
4. Coat the prawns with this batter and deep fry in batches of 2-3 in a wok filled with oil.
5. Deep fry till golden, then remove with a slotted spoon and keep on absorbent paper.
6. Serve hot with dipping sauce garnished with coriander.



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## Ingredients

Chicken stock	1 ltr.
Onion, chopped	1 no.
Lemon grass, chopped & crushed	2 stalks.
Lime leaves, shredded	2 nos.
Lime juice	1 tbsp.
Garlic, chopped	3 flakes.
Fresh red chilies, deseeded & chopped	2 nos.
Fish sauce	1 1/2 tbsp.
Sugar	2 tsps.
Vermicelli, soaked in cold water for 10 mins & drained	115 gms.
Coriander leaves, chopped	2 tsps.
Basil leaves, for garnish	As required
Salt	To taste

## Vermicelli Soup



## Method

1. Mix the stock, onion, lemon grass, lime juice, lime leaves, garlic and chilies in a saucepan, and simmer for 20 minutes on a low flame.
2. Stir in the fish sauce and sugar.
3. When the sugar dissolves, add the noodles, salt & cook for a minute.
4. Stir in the coriander and garnish with basil leaves.



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## Ingredients

Long grained rice (basmati rice)	175 gms.
French beans, finely chopped	115 gms.
Onions, finely chopped	2 nos.
Pork, very finely chopped	85 gms.
Chicken, finely chopped	85 gms.
Eggs, beaten	2 nos.
Nam Prik	2 tbsps.
Fish sauce	1 tbsp.
Prawns, peeled & cooked	85 gms.
Coriander leaves for garnish.	As required
Sliced spring onions.	As required
Vegetable oil	3 tbsps.
Salt	To taste

## Thai Fried Rice



## Method

1. Put the rice in a heavy vessel and add water, salt and bring to a boil.
2. Uncover and stir vigorously till the water evaporates.
3. Reduce the heat and cover the pan tightly with foil and then place the lid on top.
4. Steam for 20 minutes or till the rice is tender and the grains are separated from each other.
5. Add beans to a pan of boiling water, cook for 2 minutes, drain and refresh under cold water.
6. Heat oil in a wok, add onions, garlic and stir till they become soft.
7. Stir in the pork and chicken and stir fry for 1 min.
8. Pour the eggs in the center of the wok and leave until it just begins to set, then stir the pork mixture, nam prik, fish sauce & rice.
9. Stir for 2 minutes, then add the beans, prawns and salt to taste.
10. Serve garnished with coriander leaves and spring onions.



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## Ingredients

Vegetable oil	2 tbsps.		
Fresh red chilies, thinly sliced	2 nos.		
Garlic, chopped	2 cloves.		
Mushrooms, sliced	225 gms.		
Beansprouts	115 gms.		
Prawns, peeled & cooked	115 gms.		
Lime juice	2 tbsps.		
Onions, sliced in rings	2 nos.		
Fish sauce	1 tbsp.		
Sugar	1/2 tsp.		
Coriander leaves, finely chopped	To taste	Mint leaves to garnish.	As required
Mint leaves, shredded	10 nos.	Salt	To taste



## Method

- 1.Heat oil in a wok, add chilies, garlic and stir for 2-3 minutes.
- 2.Add the mushrooms and stir fry for 2-3 minutes.
- 3.Then add the bean sprouts, prawns and then stir in the lime juice, onions, fish sauce, sugar and salt.
- 4.When hot, remove from the heat and stir in the coriander and mint.
- 5.Serve garnished with mint leaves.



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## Ingredients

Peppercorns	8 nos.
Coriander roots	6 nos.
Ginger, thinly sliced	3 cms.
Coconut milk	625 ml.
Green chilies, thinly sliced	2 nos.
Lime peel	1 no.
Lime leaves, shredded	4 nos.
Chicken, cut into 8 pieces	1 kg.
Fish sauce	1 tbsp.
Lime juice	3 tbsps.
Coriander, chopped	3 tbsps.
Salt	To taste

## Chicken In Coconut Milk



## Method

1. Pound the peppercorns, coriander roots and ginger together.
2. In a wok, heat the peppercorn mixture, then stir in the chilies, coconut milk, lime peel and leaves.
3. Heat to simmering point and add the chicken pieces.
4. Cook over a medium flame for 40-45 minutes until the chicken is tender and liquid is reduced.
5. Stir in the fish sauce, salt and lime juice.
6. Serve garnished with coriander leaves.



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## Ingredients

Coconut Cream	4 tbsps.
Red Curry Paste	3-4 tbsps.
Prawns	225 gms.
Cucumber, cubed	150 gms.
Coconut milk	315 ml.
Tamarind water	2 tbsps.
Sugar	1 tsp.
Coriander leaves to garnish.	As required
Salt	To taste

## Prawns & Cucumber Curry



## Method

1. In a wok heat coconut cream and keep stirring until it boils, thickens and oil begins to form.
2. Add the curry paste, then stir in the prawns and cucumber.
3. Once the prawns and cucumber are mixed well add the coconut milk, tamarind water and sugar.
4. Cook gently for about 3-4 mins until the prawns are just cooked and add the salt.
5. Once done transfer to a serving dish and garnish with coriander.



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## Ingredients

Vegetable oil	2 tbsps.
Garlic cloves, chopped	6 nos.
Pork, finely chopped	350 gms.
French beans	350 gms.
Water chestnuts	12 nos.
Prawns, peeled & cooked	115 gms.
Fish sauce	1 tbsp.
Sugar	1/2 tsp.
Pepper, ground	As required
Salt	As required

## Stir Fried Pork



## Method

1. In a wok heat oil and fry the garlic till golden in colour.
2. Add the pork, beans and stir fry for 2 minutes, then add the water chestnuts.
3. Add the prawns, fish sauce, sugar, plenty of black pepper, 3 tbsps of water and salt to taste.
4. Just stir fry for a few minutes and transfer to a serving plate.



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## Ingredients

Eggs	3 nos.
Egg yolks	2 nos.
Coconut milk	500 ml.
Castor sugar	85 gms.
Rose water	A few drops.
Roasted coconut pieces to decorate.	As required

## Coconut Custard



## Method

1. Stir together the eggs, egg yolks, coconut milk, sugar and rosewater until the sugar dissolves.
2. In a baking dish pour boiling water and place the baking tins in the tray.
3. Pour the egg mixture into the tins and bake in a pre-heated oven for 20 mins.
4. Once done unmould from the tins and serve warm or cold.
5. Decorate with roasted coconut slices.



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## Ingredients

Chicken stock	1 ½ ltrs.
Ham	1 kg.
Chicken	800 gms.
Cumin seed	½ tsp.
Onions large(cut in chunks)	2 nos.
Corn	750 gms.
<b>FOR GARNISHING:</b>	
Cream cheese	300 gms.
Lemon wedges	



## Method

1. In a pan combine the chicken stock, ham, chicken, oregano, cuminseed and onions. Boil and reduce the heat, cooked covered till chicken is tender.
2. Remove the chicken and ham and keep aside.
3. Sieve the rest of the broth(stock) through a wire strainer and return to pan.
4. When the chicken and ham is cool, cut in chunks and return to broth.
5. Add corn and simmer for 20 min.
6. Garnish with lemon wedges or diced cream cheese.
7. Serve with tortillas and salsa.



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## Ingredients

Anaheim fresh(Large mild chili)	6 nos.
Butter	1 tbsp.
Onion (chopped)	1 nos.
Corn kernels	1 ½ cup
Oregano leaves, dried	½ tsp.
Cheese(graded)	½ cup
Sour cream	¼ cup
Cheese slices	3 nos.
Salt and pepper to taste	

## Chiles Rellenos



## Method

- 1.Slit chiles lengthwise and remove the seeds and set aside.
- 2.In a frying pan melt butter and add onions and cook, stirring for 5 minutes.
- 3.Add corn and oregano and continue to cook for another 5 minutes.
- 4.Remove from heat and stir in cheese and sour cream.
- 5.Fill the chiles with the corn cheese mixture and arrange, cut side up in a greased baking dish.
- 6.Cut cheese slice into half and stuff a slice into each chili on top of the filling.
- 7.Bake uncovered at 400 degrees F for 20 minutes or till chiles are soft and lightly brown.
- 8.Serve hot.



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## Ingredients

Kidney Beans	1 ¼ cup
Salad oil	1 tbsp.
Bacon(diced)	¼ cup
Onion(chopped)	1 no.
Garlic(minced)	2 nos.
Jalapeno(seeded and chopped)	1 no.
Beer	350 ml.
Chicken stock or water	1 cup
Tomato sauce	¾ cup
Oregano dried leaves	2 tsp.
Cumin powder	1 tsp.
Salt to taste	

## Frijoles Borrachos



## Method

1. Rinse beans and place in a large bowl. Cover with cold water and soak at room temperature for 12 hours.
2. Heat oil in a pan and add bacon and cook until lightly brown.
3. Add chiles, garlic and onion and continue to cook, stirring for 5 minutes.
4. Add soaked beans, beer, chicken stock, tomatoe sauce, oregano and cumin and bring to boil.
5. Reduce heat, partially cover the pan and simmer, stirring often until beans are tender and most of the liquid is obsorbed.
6. Serve hot.

**NOTE:** Jalapeno can be substituted for other small hot red chillies.



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## Ingredients

Chicken (cut in 12 pieces)	1 ½ kg.
Salad oil	3 tbsps.
Onion(chopped)	1 no.
Garlic (minced)	2 flakes
Cinnamon(ground)	A pinch
Cloves(ground)	A pinch
Orange juice	1 cup
Raisins(seedless)	2 tbsps.
Almonds(coarsly chopped)	½ cup
Saffron	A pinch

Orange (cut in thin ring slices)	2 nos.
Caper(herb)	1 tbsp.
Salt to taste	

## Pollo A La Naranja



## Method

1. Rinse chicken and pat dry.
2. Sprinkle with clove and cinnamon and season with salt and pepper.
3. Heat oil in a frying pan and fry chicken until brown on all sides (about 10 minutes). Repeat for the remaining chicken pieces.
4. Discard all but 2 tbsps. of oil and add garlic and onion; cook stirring, until vegetables are soft (about 7 minutes.)
5. Return chicken to pan with orange juice, saffron, raisins and caper. Cover and cook over low heat until meat near the thigh bone is no longer pink when cut. (about 20--30 minutes)
6. Stir in almonds.
7. Serve garnished with orange slices.



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## Ingredients

Dried red chilies	50 gms.
Water	1 ½ cup
Onion large(chopped)	1 no.
Garlic(crushed)	2 flakes
Beef(boneless)	1 kg.
Flour(maida)	¼ cup
Tomato puree	600 gms.
Beef stock	200 ml.
Rosemary	1 tsp.
Oregano leaves dry	1 tsp.

Tarragon dry	1 tsp.
Clove(ground)	1 tsp.
Cumin(ground)	1 tsp.
Coriander leaves(chopped)	¼ cup
Salt to taste	

## Chili Colorado



## Method

1. Cut the beef into 1 1/2 inch cubes.
2. Rinse chilies, discard stem and seeds. Combine chilies with the water and bring to boil, reduce heat and cover and cook till chilies are soft.
3. In a mixer blend the chilies and water till it is pureed. Rub the puree through a wire strainer.
4. Heat oil in a pan, add onions and garlic, cook stirring often until the onions are soft.
5. Sprinkle meat with flour and add to the pan along with chilly puree and stir for 10 minutes.
6. Add coriander, clove, rosemary, oregano, cumin, tarragon, tomatoe puree and beef broth. Bring to boil over high heat and simmer, stirring often untill meat is tender.
7. Serve hot garnished with chopped tomatoes and onion.



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## Ingredients

Rice, cooked	4 cups
Green chilies(dried)	25 gms.
Cilantro(coriander)minced	¼ cup
Parsley, minced	¼ cup
Spring onions with green, minced	½ cup
Sour cream	¾ cup
Cooking cheese	1 cup
Salt and pepper to taste	

## Arroz Con Queso



## Method

1. In a large bowl mix rice, parsley, coriander, onions and chilies.
2. Add sour cream and mix well. Season to taste with salt and pepper.
3. Grease a baking dish and spread half the rice mixture and top with half the cheese.
4. Repeat layers ending with cheese layer.
5. Bake at 350 degrees for 20-25 minutes or till it is bubbly.
6. Serve hot.



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## Ingredients

Bananas	4 nos.
Apples	4 nos.
Orange	4 nos.
Beetroot (cooked)	8 nos.
Lettuce	1 no.
Pomegranates	2 nos.
Pineapple tin(chunks)	1 no.
Lime(thinly sliced)	1 no.
Sugar(optional)	¼ cup
Peanuts(roasted & crushed)	1 cup

Red vinegar	¼ cup
Salad oil	½ cup

## Ensaladade Noche



## Method

1. Peel and thinly slice the apples, oranges, banana and beetroot.
2. Remove the seed of the pomegranates.
3. Remove 5-6 large outer leaves from the lettuce, and shred the remaining lettuce.
4. Line a shallow serving bowl with the lettuce, then add the shredded lettuce.
5. Arrange the orange, beets, apples, banana and pineapple chunks in a decorative manner and garnish with lemon slices.
6. Sprinkle with sugar, pomegranate seeds and peanuts.
7. Mix oil and vinegar until blended. Pour over salad just before serving.



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## Ingredients

Eggs	6 nos.
Sugar	2/3 cup
Cold water	1 tbsp.
Vanilla essence	1 tsp.
Milk	2 cups
Cinnamon	3 " stick
Green cardamon(crushed)	2 nos.
Cloves,whole	3 nos.

## Caramel Custard



## Method

1. In a muslim cloth, combine cloves, cardamon and cinnamon and place in a pan with milk and water. Keep aside.
2. In a small heavy bottom pan, mix water and sugar. Stir gently until the sugar dissolves. Place pan over high heat and cook till it is medium-amber in colour.
3. Immediately pour caramel into a 9 inch souffle dish; tilt and swirl dish to evenly coat the bottom and halfway up side. Set aside.
4. Heat milk and spices until steaming hot; remove and let it cool slightly. Discard the spices.
5. In another bowl beat eggs and remaining 1/3 cup sugar; gradually add the milk, blending with a fork.
6. Pour egg mixture into the prepared souffle dish.
7. Place dish into a large baking pan which is atleast 2 inches deep. Place in an preheated oven at 350 degrees F. Add enough boiling water to larger pan to come half way up sides of the souffle dish.
8. Bake uncovered for 15-20 minutes or till set.
9. Remove dish from hot water, cover and refrigrate for atleast 5 hours.
10. Unmould and serve.

### COOKING TIPS;

1. To test if the caramel custard is done: IF one pushes the centre of custard with back of spoon a very shallow crevice forms.
2. To unmould the caramel custard, loosen edge of custard with a knife, then

cover dish with rimmed plate. Invert quickly and if necessary, briefly dip bottom of custard dish in hot water to loosen.



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## Ingredients

Ripe mango, peeled & cubed	1 no.
Pineapple, cubed	1 cup
Papaya, cubed	1 cup
Red pepper, cubed	1/2 cup
Rice wine vinegar	1/3 cup
Coriander, minced	2 tbsps.
Red chili flakes	1/2 tsp.

## Tropical Fruit Salsa



## Method

1. Chop all the above mentioned fruits.
2. Then mix all these chopped fruits in a bowl with the vinegar and the red chili flakes.
3. Serve chilled



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## Ingredients

Pork	1 kg.
Chicken Stock	4 cups
Onion, chopped	1 no.
Coriander seeds	1 tbsp.
Cumin Seeds	1 tbsp.
Oregano leaves	1 tsp.
Bay leaves	2 nos.

## Braised Pork



## Method

1. In a pan, place the pork, chicken stock, chopped onion, coriander seeds, cumin seeds, oregano leaves and bay leaves.
2. Add water so that it covers the meat, cover the pan and bring the mixture to a boil.
3. Simmer on low heat until the pork is cooked.
4. Remove from the heat, cut the meat and discard the fat.
5. Put the pork in a large pan and bake uncovered at 450 degrees until it turns brown in colour.
6. Once done, remove from the oven and separate the meat from the bone.
7. Shred the meat and use it as filling for tortillas, enchilladas etc.



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## Ingredients

Chili sauce	2/3 cup
Salad oil	1 1/2 tbsp.
Onion, chopped	1 no.
Cooked chicken, shredded	2 cups
Jalapenos. minced	1 no.

## Shredded Chicken



## Method

- 1.Heat the oil in a pan and saute the onion until soft.
- 2.Then stir in the shredded chicken, jalapenos and enchillada sauce.
- 3.Simmer uncovered on low heat, stirring occassionally for a few minutes.
- 4.Can be used as a filling for enchilladas or tortillas.



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## Ingredients

Corn Tortillas	12 nos.
Salsa Fresca	¾ cup
Cheese, shredded	1 cup
Lettuce, shredded	1 cup
Tomatoes, sliced	2 nos.
Salad oil	As required

### For the Cheese Filling

Cottage cheese	3 cups
Cheddar cheese, shredded	1 cup
Spring onions, finely chopped	1½ cup
Oregano leaves, dried	¼ tsp.

## Cheese Enchiladas



## Method

- 1.To make the cheese filling blend the cottage cheese, shredded cheddar cheese, onions, dry oregano leaves in a blender and keep aside.
- 2.In a pan heat oil and fry the tortillas till slight blisters are seen.
- 3.Remove from the pan and drain on tissue paper to remove the excess oil.
- 4.Now spread a third of the salsa in a baking dish.
- 5.Then spoon cheese filling on each tortilla and spread all over.
- 6.Place each tortilla with the filling faced down over the salsa fresca in the baking dish.
- 7.Then put the remaining salsa fresca and the cheese filling over the tortillas and bake uncovered.
- 8.Once done garnish with shredded lettuce and tomatoes.



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## Ingredients

Cucumber	1 no.
Tomatoes, finely chopped	2 nos.
Capsicum, seeded & chopped	1 no.
Canned ripe olives, drained	1 can
Lime juice	¼ cup
Chicken stock	3 cups
Tomato juice	1 cup
Garlic, minced	1 flake
Spring onions, sliced	½ cup
Thyme, chopped	1 tbsp.



Gazpacho

## Method

1. Peel, cut the cucumber, remove the seeds and chopped finely.
2. Mix the chopped cucumber, olives, chopped tomatoes, chopped capsicum, lime juice, chicken stock, tomato juice, minced garlic, chopped spring onions & thyme in a bowl.
3. Cover and refrigerate for 4-5 hours or till the next day.
4. Serve chilled.



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## Ingredients

Tomatoes	6 nos.
Mild green chilies	8 nos.
Vinegar	¼ cup
Coriander, chopped	¼ cup
Garlic, minced	3 flakes
Pork Spare ribs	1½ kg.
Sour cream	1 cup
Lime slices (optional)	As required
Salt	As required

## Grilled Spareribs



## Method

1. Grill the tomatoes & chilies and keep aside.
2. Chop the grilled tomatoes & chilies, de-seed them and keep them in a bowl.
3. Mix the coriander, vinegar and garlic with the chopped tomatoes & chilies.
4. Spread the some mixture over the pork ribs and then keep the remaining aside.
5. Grill the ribs till they turn brown in colour.
6. Cut the ribs individually, garnish with lime wedges and the remaining tomato mixture.



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## Ingredients

Chicken cubes	1 kg.
Cinnamon, ground	1/8 tsp.
Cloves, ground	1/8 tsp.
Salad oil	3 tbsps.
Garlic, minced	2 nos.
Onion, chopped	1 no.
Orange juice	1 cup
Saffron, ground	A pinch.
Raisins, seedless	2 tbsps.
Almonds, chopped coarsely	1/2 cup
Orange peels, sliced	3 nos.
Salt and pepper	As required

## Chicken with Orange



## Method

1. Wash and dry the chicken.
2. Apply the salt, pepper, clove & cinnamon powder and keep aside.
3. Heat oil in a pan, then add the chicken pieces 2-3 at a time and cook until nicely browned on all sides.
4. Once all the chicken is fried, sauté onions & and garlic in the remaining oil.
5. Now add the fried chicken with orange juice, saffron, raisins and cook on a low heat until the chicken turns tender.
6. Lastly add the chopped almonds and garnish with lime wedges.



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## Ingredients

Margarine or butter	6 tbsps.
Onion, chopped	1 no.
Garlic, minced	1 flake.
Carrots, diced	2 nos.
Jalapenos, seeded & minced	2 nos.
Ham, baked & diced	¼ cup
Rice	2 cups
Tomato puree	1 cup
Chicken stock	4 cups
Peas	1 cup

## Rice with Peas & Ham



## Method

1. Melt butter in a pan, then add the onions, garlic, carrots & jalapenos.
2. Keep stirring continuously till the vegetables turn soft.
3. Now add the ham, rice and cook for 2 more minutes and then stir in the tomato puree and chicken stock.
4. Bring this mixture to a boil, then reduce the heat and cook on a medium flame till rice is tender.
5. Then add the peas and keep it for 5 minutes and serve hot.



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## Ingredients

Chocolate, pieces	85 gms.
Whipping Cream	2/3 cup
Bananas, small	2-3 nos.
Vanilla or coffee ice cream	As required
Roasted almonds, chopped	As required

## Mexican Sundae



## Method

1. Put chocolate pieces and whipping cream in a pan and keep over a low flame.
2. Stir continuously until the chocolate melts and mixed with the cream.
3. Once melted, remove from heat and keep aside to cool.
4. Peel the bananas and cut into four crosswise long pieces.
5. Put one slice per bowl with a scoop of coffee or vanilla ice cream and sprinkle roasted almonds on top.
6. Lastly pour chocolate sauce over each bowl and serve chilled.



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## Ingredients

Cauliflower	1 medium sized
Flour	¾ cup
Egg	1 no.
Baking powder	¾ tsp.
Sugar	1 tsp.
Nutmeg	A pinch
Milk	¾ cup
Oil	For frying
Salt	¼ tsp.

## Cauliflower Fritters



## Method

1. Cut cauliflower into medium sized florets and cook in boiling salted water for 6-7 minutes or till just tender. Drain & keep aside.
2. Beat egg with milk in a small bowl.
3. In another bowl, mix flour, sugar, baking powder, salt and nutmeg.
4. Gradually stir milk mixture into flour mixture and beat until smooth.
5. Dip cauliflower florets into batter.
6. Heat oil in a pan and fry the cauliflower in hot oil until golden brown on all sides.
7. Drain out excess oil and serve hot.



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## Ingredients

Flour tortillas	4 nos.
Refried beans	½ cup
Shredded lettuce	1 cup
Salsa Fresca	¼ cup
Avocado dip (Guacamole)	½ cup



## Method

- 1.Heat tortillas on a griddle plate (tawa) until hot, pliable and make sure it does not become dry.
- 2.Place about 2 tbsps. of [refried beans](#) and Avocado dip, a little below the center of the tortilla.
- 3.Top it up with the [salsa fresca](#) and fold sides of tortilla over filling to center.
- 4.Fold bottom over filling and roll up, enclosing filling completely.
- 5.Serve immediately as burritos tend to become soggy very soon.



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## Ingredients

Salsa fresca	As required
Lemon juice	2 tbsps.
Dried hot chili	1 no.
Fresh coriander, chopped	2 tbsps.
Chicken stock	2 cups.
Fish fillets	
Corn Tortillas	8 nos.
Lettuce, shredded	4 cups.
Sour cream	¾ cup
Salad oil	As required



## Method

1. Prepare the [salsa](#), cover & keep in the fridge.
2. Combine lemon juice, chili, coriander & chicken stock in a pan and bring to a boil over high heat.
3. Arrange the fish fillets in the stock mixture and return to the heat and simmer till the fish looks slightly cooked.
4. Drain well, break into 1" chunks & keep warm.
5. Heat oil in a frying pan and fry tortillas until soft.
6. Using tongs fold the tortilla into half and continue frying until crisp. Drain on paper towels.
7. Place a fried tortilla on a plate and add spoon chunks of fish topped with salsa, lettuce & sour cream.





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## Ingredients

Corn tortillas	2 nos.		
Vegetable broth	4 cups		
Chopped tomato	1 no.		
Lime juice	1 tbsp.		
Lime slices	4 large		
Chopped onion	1/3 cup		
Chopped green chilies	¼ cup		
Vegetable oil	2 tsps.		
Oil	for frying		
Salt	As per taste		
Walnut	40 gms.	Cream	1/2 cup
Saffron	A pinch	Salt	To taste

## Lime & Tortilla Soup



## Method

1. Cut tortillas in 5 x 1 cm strips.
2. Heat oil in a small saucepan & fry tortilla strips in hot oil until brown and crisp. Drain the oil & keep aside.
3. Heat 2 teaspoons vegetable oil in a large saucepan, add onions, chilies and sauté until onion is soft.
4. Add vegetable broth, salt, cover and simmer for 20 minutes.
5. Add tomato and simmer for another 5 minutes, then stir in lime juice.
6. Serve the soup in bowls and add fried tortilla strips and a lime slice before serving.



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## Ingredients

Lettuce or salad leaves	100 gms
Tomatoes	2 nos.
Cheese, diced	½ cup
Cooked kidney beans	1 cup
Tobasco sauce	1 tbsp.
Crushed Nacho chips	100 gms
Spring onion leaves	As required
Green chilies, chopped	½ tsp.
Green coriander, chopped	1 tbsp.

## Mexican Salad



## Method

- 1.Shred lettuce, blanch tomatoes in boiling water for one minute.
- 2.Peel, deseed, dice blanched tomatoes and chill them.
- 3.Mix rest of the ingredients with shredded lettuce and diced tomatoes.
- 4.Serve immediately otherwise nacho chips will become soggy.



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## Ingredients

Rice	1 ½ cups
Onion, diced	½ cup
Garlic, chopped	1 tbsp.
Tomato puree	1 ½ cups
Parsley, chopped	1 tbsp.
Fresh mushrooms, sliced	1 cup
Cumin powder	1 tsp.
Coriander powder	1 tsp.
Dried red chillies	3 nos.
Oil	3 tbsps.
Salt	To taste

## Mexican Rice



## Method

- 1.Heat oil in a thick-bottomed pan and sauté rice over medium heat until opaque yellow and keep stirring to prevent burning.
- 2.Add onion and garlic and sauté until transparent.
- 3.Add two cups of water, then stir in tomato puree, parsley, sliced fresh mushrooms, salt, cumin and coriander.
- 4.Reduce heat to simmering, cover pan and simmer for 20 minutes or until all water is absorbed.
- 5.Roughly chop dried chillies and stir them in.
- 6.Serve hot.



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## Ingredients

Salsa Fresca	As required
Spiced Tomato sauce	As required
Fried Tortillas	As required
Fried eggs	6-12 nos.

## Mexican Egg Tortilla



## Method

1. Prepare the [salsa fresca](#), cover & refrigerate.
2. Prepare the [tomato sauce](#) & fried tortillas & keep warm.
3. For each serving place 1 or 2 tortillas on a plate, top with 1 or 2 fried eggs & about ½ cup of tomato sauce.
4. Serve with Salsa Fresca.

### For the Fried Tortillas

1. Heat salad oil & fry about 6-12 tortillas, one at a time.
2. Once done remove and drain on kitchen paper.



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## Ingredients

Paneer	200 gms
Sugar	1 tsp.
Onion, chopped	½ cup
Spring onion, chopped	¼ cup
Tomatoes, chopped	2 cups
Green chilies, chopped	1 tsp.
Fresh cream	1 ½ cups
Lemon juice	2 tsps.
Corn tortillas	12 nos.
Grated cheese	1cup
Oil	3 tbsps.
Salt	To taste

## Paneer Enchilladas



## Method

1. Cut paneer into 1" long and ½ " thick pieces and sauté in 1tbsp of oil till light brown and keep aside.
2. Heat two tablespoons of oil in a pan, add onion and sauté till translucent. Add chopped green chilies, chopped tomatoes and sugar.
3. Simmer for ten minutes on a slow flame, then stir in fresh cream, lemon juice and half cup of grated cheese. Let the cheese melt.
4. Soften tortillas in the sauce then place paneer and chopped spring onion and a tablespoon of the sauce.
5. Roll, place seam side down and place into a baking dish.
6. Top it with the remaining sauce and grated cheese.
7. Bake at 350 ° C until cheese melts and sauce begins to bubble.



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## Ingredients

Brown Sugar	1 cup
Water	1 cup
Cinnamon stick	1 no.
French bread loaf	½ no.
Almonds, toasted & sliced	½ cup
Walnuts, chopped	½ cup
Raisins	1 cup
Cheese, cut into cubes	2 cups
Orange peel, grated	1 tbsp.
Whipped cream	As required

## Mexican Bread Pudding



## Method

1. Stir together cinnamon, water & sugar in a pan & bring to a boil.
2. When it thickens slightly, remove the cinnamon sticks.
3. Cut bread into 1/2 " thick slices, toast and then break into large pieces.
4. Place half of the bread in a greased baking dish and top with walnuts, almonds, raisins & cheese.
5. Then pour half of the cinnamon syrup and repeat layers.
6. Lastly sprinkle grated orange peels & bake at 350° C.
7. Serve warm, topped with whipped cream.



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## Ingredients

Green chilies, chopped	2 tsps.
Fresh red chilies, chopped	2 tsps.
Onion, Chopped	½ cup
Spring onion, chopped	¼ cup
Tomatoes, chopped	1 cup
Lemon juice	3 tbsps.
Freshly ground pepper	½ tsp.
Salt	To taste

## Salsa Fresca



## Method

1. Combine all the ingredients in a large bowl and mix well.
2. Add salt and pepper according to taste.
3. For variation, add capsicum (red, green or yellow).
4. You may also add corn or other seasonal vegetables.
5. To store, refrigerate the salsa in tightly sealed glass jars.



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## Ingredients

Black beans	2 ½ cups
Onion, diced	1 no.
Melted butter	½ cup
Salt	As required

## Refried Beans



## Method

1. Rinse the beans, place in a large bowl and soak in cold water for 12 hours & then drain.
2. Place the soaked beans and onion in a pan with enough water and bring to a boil.
3. Reduce heat, cover and simmer until beans are tender.
4. Drain, reserving 1 cup of the liquid.
5. Coarsely puree the beans, stir in the butter and return mixture to the pan.
6. Cook, stirring continuously till the butter is absorbed & season with salt.



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## Ingredients

Onions	2 nos.
Green bell pepper	1 no.
Salad oil	3 tbsps.
Tomatoes, canned	400 gms.
Chicken stock	400 ml.
Red chili sauce	300 ml.
Dry oregano leaves	½ tsp.
Cumin seeds	½ tsp.

## Spiced Tomato Sauce



## Method

1. Mince the onion, deseed & mince the bell pepper.
2. In a frying pan, combine the minced onions, bell peppers & salad oil.
3. Cook on medium heat, stirring often till onions become soft.
4. Add the canned tomatoes, chicken stock, red chili sauce, dry oregano seeds & cumin seeds.
5. Bring this mixture to a boil & cook uncovered.
6. Stir often until it reduces to about 3 cups.



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## MEXICAN CUISINE

### MEXICAN TORTILLAS

Mexico, a beautiful country in Latin America which has its own style of cooking, very different from any other country. The abundance of corn and a need for nutritional food led to the invention of the famous **Mexican Tortillas**. The tortilla or the Mexican flat bread as it is known can be toasted or baked and can be made into a bowl or into a cone. Tortillas were initially made by hand but now there are tortilla making machines. It is one dish which cannot be overlooked in a Mexican meal. It can be served as a snack or as a whole meal. Learn how to make different shaped tortillas with the below mentioned points.



#### Buying Tortillas

Whilst purchasing unfrozen tortillas bend them to see if they are fresh. If they donot bend then it shows that the tortillas are not edible.

#### Tortilla know how ?

1. Thaw frozen tortillas and if they feel dry, just dip your hands in water and rub it over the dry tortillas. Then place a tortilla individually on a pan and heat till nice and soft or stack them together nicely wrapped in silver foil and place them in a hot oven.

2. Pack stacked tortillas in a plastic bag, seal well & microwave on High.



3. To keep the tortillas warm, serve them wrapped nicely in napkins and when you have to serve tortillas after a while just pack warm tortillas in a foil and they will keep warm for some time.

4. Fry tortillas one at a time so that they can cook well, then drain on tissue paper an serve hot.

5. Tortillas can be made of corn flour or plain flour.

6. They can be shaped by hand or with a machine.

## Types of tortillas

### 1) Tortilla Bowls & Baskets

Heat oil in a deep pan, then place a round shaped tortilla in it. Take a can with holes in it and press it into the tortilla in the hot oil. Keep it that way till the tortilla takes the shape of a bowl. Once done lift the can out, remove the tortilla and drain on tissue paper or newspaper. These can be stored in air-tight containers.



### 2) Tortilla Cones

First make a cone with silver foil and keep aside. Roll out a tortilla in the shape of a cone and secure the joints with a tooth pick. Then insert the silver foil cone in it and place the tortilla cone in the hot oil. Cook and keep turning with the help of tongs. Take out from the pan and then remove the silver foil cone and serve hot filled with any filling.

### 3) Tortilla Lids

Take 4-5 tortillas and stack them together, then wrap them in aluminium foil and heat in a hot oven. Once done, remove and serve each tortilla draped over a bowl full of any vegetable dish etc.



## Basic Recipes

### 1) Corn Tortillas

#### Ingredients

Masa flour (corn tortilla flour) 3 cups  
Warm water 1 1/2 cup

Just mix the flour with the water and knead to a soft pliable dough. Divide into small balls and roll out into round tortillas and shape accordingly.

### 2) Flour Tortillas

#### Ingredients

Maida or all purpose flour 3 cups  
Baking powder 2 tsps.  
Salt 3/4 tsp.  
Warm Water 1 cup

Mix the flour, baking powder and salt together. Then knead into a soft dough by gradually adding the warm water. Divide into small balls, cover with a plastic and rest them for few minutes. Then roll out into round tortillas, by working from the center to the edges and shape accordingly.

## A brief description of certain popular Mexican dishes :

**1. Tacos, folded or rolled** tortillas stuffed with any Mexican filling makes for a good starter.

**2. Flautas**, which are long, **flute-shaped** tortillas which are often sold by street vendors in Mexico.

**3. Enchiladas**, is a baked dish of layered lid shaped tortillas & any filling an all time Mexican favourite.

**4. Burritos** is a package type of tortilla stuffed with some really delicious filling.



**5. Tamales**, are made of masa dough & Mexican fillings which are nicely wrapped in corn husks & steamed. Can be served as an appetizer.

**6. Nachos**, are small tortilla chips in different shapes which are baked with any type of

topping.

**7. Salsa**, are a mixture of various condiments. This is one dish which has to appear on a Mexican table.



**8. A Mexican meal** with out salads is unimaginable. There are countless varieties of salads made of **fresh vegetables, fruits etc.**

Lastly, there are various meat, seafood and vegetarian dishes which are cooked in typical Mexican sauces and accompanied by various Salsa's & Salad's. Hope you enjoy preparing these basic recipes.





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## Ingredients

Chicken Broth	3 cups
Dry Sherry	1/3 cup
Soya Sauce	4 1/2 tsps.
Lemon, thinly sliced	1 no.

### For the Garnish

Green Onions, sliced	2 nos.
Carrot, thinly sliced	1 no.

## Clear Soup



## Method

1. Keep the chicken stock on the gas and bring to a boil.
2. Next add the soya sauce, dry sherry and simmer for a few minutes.
3. Spoon the clear soup into serving bowls topped with the garnishes.



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## Ingredients

Chicken wings	1 kg.
Flour	1 cup
Egg, beaten with 1 tsp water	1 no.
Oil	1 cup

### For the Sauce

Soya sauce	3 tbsps.
Sugar	1 cup
Garlic powder	1 tsp.
Water	½ cup

## Chicken Wings



## Method

1. Clean, cut the chicken wings and apply salt to them.
2. After sometime, dip the wings in the beaten eggs and then roll in the flour.
3. Fry the coated chicken wings and place them in a baking tray.
4. Mix all the ingredients mentioned below the sauce, bring to a boil and pour over the fried chicken wings.
5. Bake this in a pre-heated oven for an hour.
6. Remove once the sauce thickens and serve hot.



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## Ingredients

Cucumbers, seeded	5 nos.
Lemon juice	½ cup
Sugar	½ cup
White wine vinegar	1 tbsp.
Sesame seeds, toasted	2 tsp.
Salt	2 tsp.

## Cucumber Salad



## Method

1. Peel the cucumber and slice thinly.
2. Put them in a bowl, add the salt, mix well with the hand and keep aside for 45 minutes.
3. Mix the lemon juice, sugar and white vinegar.
4. Then squeeze out as much water you can from salted cucumbers.
5. Now add the lemon juice mixture to the cucumbers.
6. Grind the toasted sesame seeds and stir into salads.
7. Serve cold.



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## Ingredients

Chicken breasts	4 nos.
Chicken stock	1¼ cup
Dark soya sauce	4 tbsps.
Light soy sauce	2 tbsps.
Dry sherry	4 tbsps.
Sugar	2 tbsps.
Onions, cut into thin rings	6 nos.
Garlic powder	1 tsp.
Eggs	4 nos.

## Chicken & Egg Domburi



## Method

1. Clean and cut the chicken breasts into thin strips or cubes
2. Boil the chicken stock, add the soya sauce, dry sherry, sugar and boil further.
3. Next add the chicken strips to the stock and simmer over low heat for 5-6 minutes.
4. Add the chopped onions and keep for a minute.
5. Then add the lightly beaten eggs and let it stand for another 2 minutes.
6. Stir carefully, remove from the heat and serve with hot rice.



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## Ingredients

Brinjals	8 nos.
Cheese	150 gms.
Garlic, minced	2 tsps.
Red pepper flakes	1 tsp.
Basil leaves, shredded	6 nos.
Olive oil	As required
Salt and pepper	As required

## Grilled Brinjals



## Method

1. Cut the brinjals into half and brush the sliced edges with olive oil.
2. Sprinkle some salt and pepper.
3. Mix the cheese, garlic, red pepper flakes, basil leaves and little salt in a bowl and refrigerate till required.
4. Keep the brinjal halves on the grill with the cut side down and cook till soft.
5. Remove from the grill, cool and spread the cheese mixture on the warm brinjal pieces.
6. Serve hot.



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## Ingredients

Mutton, cooked	500 gms.
Soya sauce	¼ cup
Rice wine/sherry wine	¼ cup
Ginger, ground	2 tsps.
Garlic, minced	1 clove
Small mushrooms	350 gms.
Onions	2 nos.
Garlic powder	1 tsp.
Salad oil	2 tbsps.

## Lamb with Mushroom



## Method

1. Cut the cooked mutton into cubes and throw away the fat.
2. Mix the soya sauce, wine, ginger and garlic.
3. Mix this sauce with the mutton cubes and marinate for 2 -3 hours in the refrigerator.
4. Place the marinated mutton cubes on the skewer, alternating each piece with a whole mushroom and onion.
5. Apply a little oil on the meat and grill for 3-4 minutes applying the reserved marinade in between, till it turns nice and brown.
6. Once it is ready serve hot.



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## Ingredients

Prawns, unshelled 6 nos.

### For the Marinade

Rice Vinegar 3 tbsps.

Sugar 1 tsp.

Ajinomoto A pinch

Water 4 tbsps.

Salt ¼ tsp.

### For the Filling

Egg Yolks 4 nos.

Salt Salt

Sugar 1¼ tsp.

Lemon Juice 2½ tsp.

## Prawn Sushi



## Method

1. Keeping the shell intact pass a tooth pick through the flesh of the prawn so that it doesn't curl.

2. Boil these prawns in water for about 3-4 minutes or till they change colour.

3. Drain the water and immediately pass the prawns through cold water.

4. Now remove the toothpicks and peel the shell off from the prawns, but leave the tail section of the shell.

5. Cut the prawn slightly and remove the vein from its back.

6. Make a deeper incision on the prawn and spread the prawn making it look like a butterfly.

7. To prepare the marinade, mix the vinegar with water, salt, sugar, ajinomoto and mix it with the prawns, then marinate for 1 hour.

8. Beat the egg yolks lightly and remove about 2 1/2 tps. of the egg yolks and keep aside.

9. Add water to the remaining yolks, mix well and cook over a medium flame till the yolks turn firm.

10. Drain the yolks and then mash them to a fine paste.

11. Mix the sugar, salt, lemon juice, ajinomoto and the rest of the egg yolk and

beat well.

12. Pass this mixture through a fine sieve, then mix it with the mashed egg yolk and keep aside.

13. Divide the filling into 6 portions and then filling them into the 6 individual prawns.

14. Seal the edges by pressing them together and serve.



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## Ingredients

Beef Steak	900 gms.
Soya sauce	1 cup
White wine	1 cup
Sugar	1 cup
Ginger root, grated	2 tbsps.
Garlic, minced	1 clove.
Sugar	1 cup
Onion, sliced	1 no.
Salt	As required

## Teriyaki Steak



## Method

1. Take a shallow baking dish and place the beef steak in it.
2. Then mix the salt, soya suace, wine, sugar and pour it over the meat.
3. Next keep the ginger, garlic and onion on top of the meat.
4. Keep it covered for more than 24 hours in the refrigerator.
5. Turn once, then remove from the fridge and bring back to room temperature.
6. Grill the meat in the oven and keep turning so that it gets cooked on all sides.
7. For serving cut the meat into thin slices.



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## Ingredients

Chicken, cut into pieces	1 kg.
Honey	½ cup
Soya sauce	½ cup
Sherry, dry	¼ cup
Ginger, grated	1 tsp.
Garlic, crushed	2 cloves.
Salt	As required

## Teriyaki Honey Chicken



## Method

1. Clean, cut, wash and place the chicken in a plastic bag.
2. Mix the honey, soya sauce, sherry, ginger, garlic, salt and our in the plastic bag with the chicken.
3. Keep turning the plastic bag so that the sauce coats the chicken pieces.
4. Close the bag, marinate in refrigerator for 6-7 hours and keep turning 2 or 3 times.
5. Remove the chicken from the plastic bag and reserve the marinade for later use.
6. Arrange the marinated chicken pieces on a baking pan, cover with a foil and bake at 350 degrees for 1/2 an hour.
7. Remove the foil, brush with the reserved marinade and continue to bake uncovered until one.
8. Serve hot.



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## Ingredients

### For the Dipping Sauce

Peanut butter	½ cup
Water	½ cup
Brown sugar	1 tbsp.
Lemon juice	1 tbsp.
Red pepper sauce	½ tsp.
Garlic, crushed	1 no.
Salt	½ tsp.

### For the Shrimp

Shrimp, peeled	500 gms.		
Vegetable oil	2 tbsps.	Brown sugar; packed	1 tsp.
Water	2 tbsps.	Red pepper suace	½ tsp.
Lemon juice	1 tbsp.	Salt	½ tsp.
Garlic, crushed	2 nos.		

## Barbecued Prawns



## Method

- 1..Mix all the ingredients mentioned below dipping sauce and keep aside.
- 2.Make a cut in the back of the prawn and remove the green vein from it.
- 3.Mix the vegetable oil, lemon juice, brown sugar, salt, red pepper sauce, crushed garlic with water.
- 4.Add the prawns to this mixture, cover and keep for atleast an hour in the refridgerator.
- 5.Remove the prawns from the marinade, put them on skewers and reserve the marinade.
- 6.Grill the prawns, turning and brushing with the reserved marinade, until the prawns are well cooked.
- 7.Remove from skewers and serve with the already prepared dipping sauce.



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## Ingredients

Crabs	2 nos.		
Shallots	6 nos.		
Lemon grass	2 stalks		
Tamarind	2 tsps.		
Boiling water	½ cup		
Coriander leaves	As required		
Garlic	3 cloves		
Fresh galangal or ginger	1 tbsp..		
Chilies, seeded	2-3 nos.		
Cashewnuts	4 nos.	Oil	2 tbsps.
Tumeric powder	1 tsp.	Salt and pepper	To taste
Coconut milk	2 cups		



Curried Crab

## Method

1. Clean and remove the hard shell of the crab.
2. Break the big claws apart and gently crack them.
3. Chop the shallots and lemon grass, then add 2 tsps. of tamarind in 1/2 cup boiling water.
4. Chop the coriander leaves and keep aside.
5. Grind the garlic, ginger, chilies, cashewnuts, turmeric powder, pepper & salt to a fine paste.
6. Heat oil in a pan and fry this paste until you get a fragrant aroma, then add the chopped shallots, lemon grass, crab pieces and coconut milk.
7. Simmer on a low flame till the crab is cooked, then add the tamarind water.
8. Remove from heat and serve in a big bowl garnished with chopped coriander leaves.



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## Ingredients

Vegetable oil	1 tbsp.
Onion, finely sliced	1 no.
Garlic, sliced finely	1 clove
Coriander leaves	1 tsp.
Prawns, shelled fresh or frozen, cut into thin slices	225 gms.
Red chilli, crushed	1 no.
Cabbage, chopped coarsely	225 gms.
Cauliflower, Florets	225 gms.
Carrot, diced	1 no.
String beans, cut 3 parts	225 gms
Brinjal, cubed (small)	. 1 no.
Coconut milk	3 cups.

## Curried Vegetables



Salam leaf	1 no.
Salt	1 ½ tsp.

## Method

- 1.Heat oil, add the chopped onions and saute for a while.
- 2.Next add the sliced garlic and coriander and fry further.
- 3.Add the sliced prawns, saute for 2 minutes, then add the chili, chopped cabbage, cauliflower florets, diced carrots, string beans, brinjals and salt.
- 4.Cover the vessel with a lid and cook over a low flame for 10-15 minutes.
- 5.Lastly add the coconut milk and cook uncovered, stirring continuously.
- 6.When the vegetables turn tender remove from heat and serve hot with rice.



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## Ingredients

Chicken	1 kg.
<b>For the Marinade</b>	
Tamarind water	½ cup
Soya sauce	1 tbsp.
Chilli powder	A pinch
Ginger, ground	1 tsp.
Coriander, ground	1 tsp.
Garlic, crushed	1 clove
Turmeric	A pinch
Salt	As required

## Fried Chicken



## Method

1. Mix the Marinade mixture and keep aside.
2. Clean, cut and wash the chicken properly.
3. Add the chicken pieces to the marinade and marinate it for atleast 2 hours.
4. Deep fry the chicken pieces till golden brown in colour.
5. Remove and serve hot with any dipping sauce.



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## Ingredients

Chicken breasts	4-6 nos.
Olive oil	2 tbsps.
Garlic, minced	1 clove.
Onion, minced	1 no.
Ginger root, minced	1"piece.
Peanuts, shelled, roasted, unsalted	1 cup
Soya sauce	1 tbsp.
Turmeric	1 tsp.
Lemon juice	1 no.
Chili peppers, minced	3 nos.
Onion, cut into rings	.1 no.
Olive oil	1 tbsp.



Rice	As required
Water	1 cup

## Method

1. Clean and cut the chicken into small cubes.
2. Heat oil in a pan and saute the chicken cubes in it till they change colour.
3. Grind the minced garlic, minced onion, minced ginger root, peanuts, soya sauce, turmeric, lemon juice and chili peppers.
4. Keep this mixture covered on a double boiler and cook until the mixture thickens.
5. Saute the onion rings till they turn translucent.
6. Cook the rice, then mix the chicken and sauce.
7. Serve the chicken sauce mixture over the rice topped with fried onion rings.



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## Ingredients

Beef Tenderloin	150 gms.
Garlic, crushed	1 tbsp.
Pork Tenderloin	150 gms.
Pepper	As required
Chicken Breast	150 gms.
Water	1/4 cup
Sugar	1 tsp.
Soya Sauce	1/2 cup
Green Onions	1 bunch
Ginger root, grated	1 tbsp.

## Method

1. Cut the beef, chicken and pork into round shapes, the size of a coin.
2. Pound each round piece slightly so that it flattens a bit.
3. Skewer these flattened round pieces on bamboo skewers.
4. Mix the soya sauce, ginger, garlic, pepper, water and sugar and keep the satays in the marinade with the edge of the skewer resting on the edge of the bowl.
5. Cover this bowl with a plastic cling film and refrigerate for 2-3 hours.
6. Wash, trim and make cuts in the green leaves of the onion.
7. Place the green side in a bowl of iced water, cover and refrigerate this as well.
8. Preheat the grill and arrange the satays on the hooks, then cover with silver foil.
9. Keep turning till the satays are done on all sides.
10. Once done remove the chicken, beef & pork satays and arrange on a platter.
11. Remove the green onions from the refrigerator and use them as a garnish on the platter.

## Satay



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## Ingredients

Cucumber, large	3 nos.
Onion	1 no.
Thai chile	1 no.

### For the Dressing

White Vinegar	¼ cup
Sugar	2 tsps.
Garlic powder	½ tsp.
Oil	¼ cup
Salt	As required

## Sweet Sour Cucumber Salad



## Method

1. Wash, peel and slice the cucumber finely.
2. Skin and slice the onion finely as well.
3. Deseed the chile and make fine slices.
4. Take a shallow bowl, place the cucumber slices, then place the sliced onions and sprinkle the sliced chilies on top.
5. Mix all the dressing ingredients together and pour this over the onions & cucumbers.
6. Refrigerate the salad for a few hours and then serve chilled.



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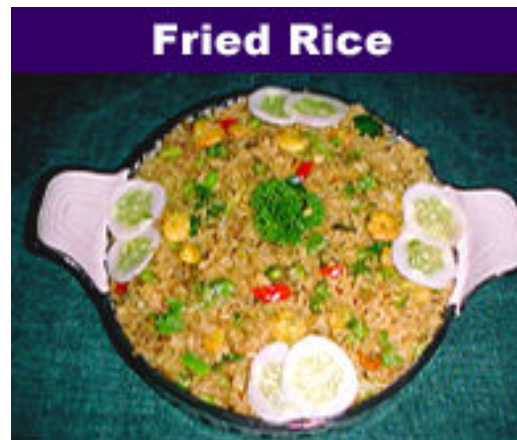
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## Ingredients

Tamarind pulp	1 tbsp.
Shallots, chopped	½ cup
Garlic, chopped	1 ½ tsbps.
Chiles, chopped	2 nos.
Turmeric powder	½ tsp.
Vegetable oil	3 tsbps.
Prawns, shelled and deveined	170 gms.
Red pepper, diced	½ cup
Green peas	½ cup
Purple cabbage, shredded	1 cup
Cooked long-grain white rice	6 cups
Dark soya sauce	2 tsbps.
Light soya sauce	1 tbsp.
Green onions, thinly sliced	3 nos.



## Fried Rice

Chicken, diced cooked	½ cup
Ham	½ cup
Fresh coriander leaves	As required
Cucumber, thinly sliced	½ no.
Salt	As required

## Method

1. Mix the tamarind pulp with 1/2 cup of boiling water, mash the tamarind, then strain and keep aside.
2. Grind the shallots, garlic, chilies, turmeric and salt to a fine paste.
3. Heat oil in a wok, add the spice paste and fry till it turns brown in colour.
4. Next add the shrimps, stir-fry till they change colour, then remove and set aside.
5. Now add the chopped red pepper, peas, cabbage and stir-fry until the vegetables are well cooked.
6. Add the rice, stir-fry again so as to separate the grains, then add the tamarind water, light and dark soya sauce, green onions, chicken, ham and the reserved prawns.
7. Mix together till the ingredients blend with each other, then remove and transfer to a serving plate.
8. Garnish with chopped coriander and cucumber slices.



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## Ingredients

Maida, sieved	1 1/4 cup		
Sugar	3 tbsps.		
Baking powder	2 tps.		
Egg	1 no.		
Milk	1 1/4 cup		
Peanuts, roasted, shelled & crushed	3 tbsps.		
Sesame seeds, roasted	3 tbsps.		
Butter, unsalted	3 tbsps..		
Icing Sugar, sieved	2 tbsps.		
Oil	4 tps.	Salt	As required




## Method

1. Mix the maida, sugar, baking powder & salt together in a bowl and keep aside.
2. Then beat separately the egg lightly.
3. Make a hole in the centre of the flour and add the egg, milk and oil.
4. Mix the above till a smooth batter is obtained.
5. Keep this mixture aside for two hours.
6. Heat a frying pan on a low flame.
7. Apply butter on the heated pan.
8. Then pour one ladlespoon of batter on the pan.
9. Cover it and let it cook on a low flame for 3 minutes.
10. Then apply some butter over the pancake.
11. Top this with icing sugar, followed by a little sesame seeds & lastly followed by some peanuts.
12. Cover again and cook till the pancake is done.
13. Remove and fold the pancake in half.
14. Dust the pancake with icing sugar.
15. Prepare the remaining pancakes in the same way.



16. Serve hot.



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## Ingredients

Sesame seeds	1 tbsp.		
Chicken stock	8 cups		
Garlic, finely chopped	2 tbsps.		
Ginger, finely grated	2 tbsps.		
Uncooked white rice	1/2 cup		
Soya sauce	1 tbsp.		
Chicken, cooked & shredded	1 cup		
Onions, finely chopped	2 nos.		
Chile paste	1 tsp.		
Sesame oil	1 tsp.	Salt	To taste



## Method

1. Roast the sesame seeds in a pan, until it turns light brown in colour or for a minute and keep aside.
2. Mix the chicken stock with the garlic and ginger in a deep pan and boil over high heat.
3. Next add the rice with salt to taste and simmer until the rice becomes soft.
4. Now stir in the soya sauce & sesame oil, then add the chili paste and boil further.
5. Lastly add the shredded chicken and boil for a few minutes.
6. Serve in bowls and garnish with chopped onions and roasted sesame seeds.



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## Ingredients

Spinach	300 gms.
Soya sauce	2 tbsps.
Sugar	1 tsp.
Sesame seeds, crushed	1½ tsp.
Onions, minced	1 tbsp.
Vinegar (optional)	1 tsp.
Sesame oil	1 tbsp.
Salt	As required

## Korean Spinach



## Method

1. Remove the roots of the spinach and keep aside.
2. Mix the soya sauce, sugar, sesame seeds, sesame oil, minced onions and vinegar.
3. Bring a pot of salted water to a boil, then add the spinach leaves and remove as soon as the leaves turn bright green in colour.
4. Remove and immediately pass through cold water, then drain and squeeze out all the water.
5. Now place the spinach in the soya sauce mixture and toss it.
6. Serve immediately.



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## Ingredients

Beef, sliced cross thin	450 gms.
Soya sauce	2 tbsps.
Sugar	1 tbsp.
Black pepper	¼ tsp.
Onions, chopped 1" pieces	4 nos.
Garlic, peeled/crushed	3 nos.
Ginger root, grated	1 tsp.
Dry sherry	1 tbsp.
Red pepper flakes	1 tbsp.
Peanut oil	1 tbsp.
Sesame oil	1 tbsp.
<b>For the sesame salt</b>	
Sesame seeds, toasted	As required
Salt	1 tbsp.

## Korean Beef Bulgogi



## Method

1. Mix the soya sauce, sugar, sesame oil, sesame salt (grind both the ingredients mentioned below sesame salt), pepper, onions, garlic, ginger, dry sherry and red pepper flakes in a bowl.
2. Add the beef, mix well and marinate for 1/2 an hour.
3. Heat the grill, when hot apply oil to the beef pieces and grill the meat till nicely browned on both sides.
4. Once done garnish with sesame seeds.



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## Ingredients

Beef	150 gms.		
Pork (Optional)	75 gms.		
Soya sauce	3 tbsps.		
Sugar	1 tbsp.		
Black pepper	½ tsp.		
Garlic, chopped	1-2 cloves		
Sesame seed oil	2 tbsps.		
Spinach, parboiled	1 cup		
Carrots, cut into matchsticks	2 nos.		
Green onions, cut in 1" pieces	2 nos.	Noodles	.1pkt.(100 gms.)
White onions, chopped	2 nos.	Egg (optional), beaten and fried	1 no.
Mushrooms (big)	7 nos.	Salt	To taste
Dried mushrooms, soaked in water	100 gms.		

## Korean Chapchae



## Method

1. Clean and cut the pork & beef into fine strips.
2. Take soya sauce, sugar, pepper and sesame oil in a pan and fry the beef & pork strips in it until they become tender.
3. Cut the parboiled spinach into fine strips and keep aside.
4. Boil the noodles in water till they turn soft, once done rinse the noodles and cut it into long pieces.
5. Heat very little oil in a pan and fry the carrots and onions till they soften.
6. Soak the dried mushrooms in water till they become soft, then cut them into strips, fry them in very little oil and keep aside.
7. Now take the big regular mushroom's and saute them too in little oil.
8. Saute, the noodles in a deep pan with 1 tsp. each of soya sauce, sesame oil, sesame seeds and salt and keep aside.
9. Beat and fry the egg, then cut into strips.
10. Lastly, combine all the ingredients together in a big vessel and add salt for taste.
11. Can be served hot or cold.



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## Ingredients

Chinese cabbage, cut in fine strips 1 no.  
Green onions, chopped 6 nos.  
Garlic, minced 3 cloves  
Hot dried red chile, crushed ½ tsp.  
Ginger root, chopped ½ tsp.  
Salt 3 tbsps.

## Korean Cabbage



## Method

1. Make a salt water mixture, soak the cabbage in it and then drain it.
2. Mix the cabbage with salt, green onions, garlic, chili and ginger root.
3. Mix this mixture well, cover and refrigerate for 1-2 days.
4. Put this salad in a jar as it can remain for several days.



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## Ingredients

Bean sprouts	150 gms.
Sesame seeds, toasted	2 tbsps.
Garlic powder	½ tsp.
Green onions, chopped	¼ cup
Sesame oil	As required
Salt	To taste

## Korean Bean Sprouts



## Method

1. Clean, wash and boil the beansprouts for 5 minutes in water.
2. Drain, return to the pan and stir the salt, sesame seeds, sesame oil, garlic powder, green onions and simmer on low heat for 2-3 minutes.
3. Once done, serve hot or cold.



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## Ingredients

Rice	2 cups
Chestnuts	6 nos.
Water	3½ cups
Salt	To taste

## Korean Chestnut Rice



## Method

1. Wash the rice in cold water, drain and keep aside.
2. Peel the chestnuts and cut them into halves.
3. Boil the rice, chestnuts, salt and water in a vessel over a low heat for about 15 mins.
4. Keep stirring at regular intervals to keep the rice from sticking at the base.
5. Once the rice and chestnuts become soft remove and serve hot.



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## Ingredients

Walnuts halves(shelled)	1 cup
Sugar	2 tbsps.
Peanut Oil	1 ¼ cups

## Korean Walnut Candies



## Method

1. Take the sugar in a wide bowl and keep aside.
2. Take a large pan with water and bring to a boil.
3. Boil the walnuts in the water for 20 seconds.
4. Drain the water from the walnuts and toss them in the sugar in such a way that the sugar clings to the walnuts.
5. Now place the walnuts on a clean plate leaving spaces between the walnuts and keep to dry for 30 minutes.
6. Stir fry the walnuts in heated peanut oil till the walnuts get a soft brown colour.
7. Do not fry the walnuts till dark as it will taste bitter.
8. Drain the oil from the walnuts using a strainer.
9. Place the walnuts on a tray separating each one and allow to cool.
10. Store in a air tight container.
11. Serve after meals.



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## Ingredients

Sprouted green gram (whole moong)	1½ cups
Rice soaked	1 cup
Carrots	2 medium
Cauliflower	4-6medium sized florets
Green chilies	3-4 nos.
Pure ghee	1 tsp.
Cinnamon	1" stick

Cumin seeds	1 tsp.	Turmeric powder	½ tsp.
Crushed Peppercorn	½ tbsp.	Salt	to taste

## Sprouted Moong Khichdi



## Method

- 1.Heat oil in a non-stick pan and add cumin seeds, cinnamon sticks and slit green chilies and let it crackle.
- 2.Add cauliflower and carrots, add turmeric and sauté.
- 3.Add water to it and let the cauliflower and carrots cook. Add salt and crushed black pepper.
- 4.Drain and add the soaked rice and mix well and let it boil.
- 5.Add the sprouted moong and mix, cover the pan with a lid and keep it on a medium heat.
- 6.When done, serve hot along with some ghee.



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**Ingredients**

Rice	1½ cups
Tamarind (lemon-sized balls)	2 nos.
Peanuts (raw)	½ cup
White Til	¼ cup
Mustard seeds	1 tsp.
Whole Red Chillies	2 nos.
Gingelly oil	12 tbsps.
Turmeric powder	½ tsp.
Rice flour	1 tbsp.
Curry leaves	6-8

Salt	to taste
<b>Masala</b>	
Chana dal	2 tbsp.
Urad dal	1 tbsp.



**Puliyoðharai**

Methi seeds	1 tsp.
Whole Red Chillies	10 nos.
Asafoetida	¼ tsp.
Curry leaves	6-8 nos.

**Method**

1. Wash and boil rice in lots of water till ¾th done, drain, mix in 4 tablespoons of oil and let cool.
2. Soak the tamarind in warm water and extract the pulp and keep aside.
3. Heat 2 tablespoons of oil and fry the masala ingredients. Cool and grind to a coarse powder.
4. Soak the peanuts for 5 minutes and drain. Dry roast the til seeds on a tava on medium heat, cool and pound to a coarse powder.
5. Heat the remaining oil in a vessel. Temper oil with mustard seeds, red chillies and curry leaves. Add the peanuts and fry for a while.
6. Add the tamarind pulp and cook for a few minutes. Add the masala powder and turmeric powder and bring this to boil and continue simmering till the raw smell goes.
7. Add salt and rice flour dissolved in little water. Mix well.
8. Stir frequently till the oil floats on the top and the mixture reduces to a fairly thick consistency.
9. Add the cooled rice and toss to mix well. Sprinkle the til powder and serve immediately.

TIP: You can make this tamarind mixture in larger quantity and store in the refrigerator. Mix with hot rice whenever required. Use extra oil for longer shelf life.

This item is traditionally prepared in a soft stone vessel to enhance the flavor.



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## Ingredients

Cooked plain rice	250 gms.
Oil	3 tbsps.
Mustard seeds	½ tsp.
Whole jeera	½ tsp.
Curry leaves	10-12 leaves
Green chilies	3-4
Turmeric powder	½ tsp.
Salt	to taste
Coriander leaves	½ cup
Peanuts	50 gms.

## Fodnicha Bhaat



## Method

1. De-stem the green chilies and chop them finely.
2. Chop coriander leaves finely.
3. Heat oil in a pan, add mustard seeds. When they start to crackle, add whole jeera and curry leaves.
4. Add chopped green chilies, turmeric powder and peanuts.
5. Sauté well, add cooked plain rice (leftover rice could be used) season it and then mix well.
6. Serve hot garnished with chopped coriander leaves.



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## Ingredients

Rice	300 gms.
Carrots	60 gms.
Green Peas (Shelled)	40 gms.
Cumin seeds	1 tsp.
Bay leaves	2 nos.
Oil	2 tbsps.
Salt	to taste

## Carrot & Pea Pulao



## Method

1. Pick, wash and soak rice for an hour. Drain well and keep aside.
2. Wash, peel and dice carrots.
3. Heat oil, add bay leaves and cumin seeds and cook for ½ minute.
4. Add carrot and green peas and cook for 3 minutes.
5. Add rice and 600 ml. water. Add salt, mix well, cover and cook till done.



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## Ingredients

Basmati rice	½ cup
Soya granules	¼ cup
Cumin seeds	½ tsp
Bay leaf	1 no.
Onion(thinly sliced)	3 tbsps.
Garlic paste	½ tsp.
Tomato puree	¼ cup
Red chily(coarsely pounded)	2 nos.
Water	1¼ cup

Nutmeg powder	¼ tsp.
Salt and pepper	to taste

**FOR GARNISHING**



Tomato Soya Pulao

Peas(boiled)
Little, thinnly sliced ginger

## Method

- 1.Wash the rice and soak in water for 15 minutes.
- 2.Soak soya granules in ¼ cup of water.
- 3.Take a heavy bottom pan and dry roast the cumin and bay leaf. Add onion, garlic and nutmeg powder and stir till onions turn golden.
- 4.Add soaked soya granules and cook till dry.
- 5.Add one cup of water, chili powder and salt and bring to boil. Add rice and cook for 2 minutes. Lower the heat and cook till the rice is nearly done.
- 6.Add the tomatoe puree, stir once and cover and cook till the rice is done.
- 7.Remove from heat and stand it covered for 5 minutes.
- 8.Serve garnished with peas and ginger.



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## Ingredients

### FOR THE RICE:

Rice	1 ½ cup
Sprouted moong	1 cup
Cardamoms	2-3 nos.
Cloves	2-3 nos.
Cinnamon	5 cm stick
Water	3 cups
Oil	2 tbsps.

Salt to taste

### GRIND FOR THE MASALA

### PASTE:

Coriander leaves	1 cup
Grated coconut	¼ cup
Mint leaves	¼ cup
Lemon juice	1 tbsp.
Green chilis	3-4 nos.
Ginger	2 cm piece

## Moong Ring Pulao



### FOR THE CURD LAYER:

Curd	2 ½ cup
Chili powder	2 tsps.
Salt to taste	

## Method

- 1. Prepare the curd layer;** Tie curd in a muslin cloth and hang till all the water gets drained off. Add salt and chili powder and mix well. Refrigerate till further use.
- 2.** Wash rice and soak for 10-15 minutes.
- 3.** Heat oil and season with cloves, cinnamon and cardamoms, once they crackle add sprouted moong and saute for 2 minutes.
- 4.** Add rice and fry for another 2 minutes. Add salt and water, bring to boil then simmer till rice is 3/4 cooked. Add the ground masala paste and mix well. Cover and keep for another 5-7 minutes on low heat for the flavour to set in.
- 5.** Take a ring mould, grease it with oil and press half of the rice in it firmly.
- 6.** Put a layer of the prepared curd and cover it with the remaining rice. Press hard to acquire the shape of the mould.
- 7.** Invert on a serving dish and serve hot.



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## Ingredients

Methi(fenugreek leaves)	2 cups
Onions(sliced)	2 nos.
Green chillies(chopped)	2 nos.
Fresh corn kernels	1 ½ cup
Basmati rice	1 ¾ cups
Ginger	2 one inch pieces
Yogurt	¾ cup
Bay leaves	2 nos.
Green cardamom	4 nos.
Cloves	4 nos.
Large cardomoms	3 nos.
Black peppercorn	8 nos.
Water	3 ¼ cups.
Oil	3 tbsps.
Salt to taste	

## Methi Corn Pulao



## Method

1. Clean the methi leaves, wash them and chop them. Add 1 tsp. salt and set aside for 1/2 hour. Squeeze dry and wash again and set aside.
2. Peel and chop ginger finely. Wash and soak the rice for 1/2 an hour.
3. Boil the corn in water with lemon juice till tender. Drain and keep aside.
4. Heat oil in a thick bottom pan. Add bay leaves, green cardamon, large cardamon, cloves and black peppercorn. When they start to crackle, add onions and fry for 5 minutes. Add sliced ginger and green chillies. Add methi and fry for 5 more minutes. Stir in yogurt and cook for 2-3 minutes.
5. Add cooked corn, and water and bring to boil. Add the drained rice, cover and cook on slow heat for about 8-10 minutes or till rice is completely cooked.
6. Serve hot garnished with sliced tomatoes.



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## Ingredients

Basmati rice	1 cup
Mustard seeds	1 tsp.
Peanuts(roasted & shelled)	½ cup
Curry leaves	10 nos.
Green chilies(seeded & chopped)	2 nos.
Garlic(chopped fine)	1 tbsp.
Coconut(grated)	½ cup
Turmeric powder	¼ tsp.
Lemon juice	2 tbsps.
Coriander leaves(chopped)	2 tbsps.
Water	2 cups
Oil	3 tbsps.
Salt to taste	

## Microwave Coconut Rice



## Method

1. Wash and soak the rice for 1 hour. Drain well.
2. In an microwave proof bowl add oil, peanuts, mustard seeds, curry leaves, green chilies and garlic. Cover with a paper towel and cook on micro high for 4 minutes.
3. Add the rice, turmeric and water and cook on micro high for 10 minutes.
4. Mix and cook again for 2 minutes.
5. Add the grated coconut, coriander, lemon juice and salt. Mix with a fork.
6. Cook covered further on Micro low for 2 minutes.



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## Ingredients

Rice	250 gms.
Olive oil	2 tbsps.
Eggs beaten	3 nos.
Meat cooked	1 ½ cups
Lettuce (shredded)	2 nos.
Spring onions (chopped)	4 nos.
Mushrooms (sliced)	½ cup
Soya sauce	1 tbsp.

## Fried Savoury Rice



## Method

1. Cook the rice in plenty of water till it is almost done.
2. Drain the water and cool the rice.
3. Heat the oil in a large heavy based pan. Pour in the eggs and cook, stirring with a fork until the eggs are beginning to set.
4. Stir in the rice, the meat cut into strips, the vegetables and soya sauce.
5. Cook stirring constantly, until all the ingredients are heated.
6. Serve hot.



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**Ingredients**

Rice long grain	250 gms.
Water to soak the rice	As required
Paneer	150 gms.
Peas(shelled)	150 gms.
Whey	450 ml.
Onion(sliced)	½ cup
Ginger(finely chopped)	½ tsp.
Garlic(chopped)	7 flakes
Green chilies(chopped)	2 nos.
Cardomons black	2 nos.

Cinnamon	1" stick
Cloves	6 nos.
Shahi jeera	1 tsp.
Peppercorns	12 nos.
Chilie powder	½ tsp.
Gram Masala	¾ tsp.
Oil	15 gms.
Salt	1 ½ tsp.



**For garnishing:**

Cashewnuts	12 nos.
Onions(thinnly sliced)	1 no.
Green chilies(shredded)	2 nos.
Slices of tomatoes and cucumber	

**Method**

- 1.Clean wash and soak the rice for 1/2 hour.
- 2.Heat the oil in a vessel and fry the cashewnut and onions for garnishing. Keep aside.
- 3.In the same oil fry the paneer cubes until golden in colour. Remove and keep aside.
- 4.Add onion and garlic to the oil and fry till golden in colour. Add cloves, cinnamon, cardamons, rice, ginger and green chilies and fry for 1 min. Add salt, red chilie powder, shahi jeera and garam masala. Stir for 2-3 mins and add heated whey, peas and the paneer cubes.
- 5.Cook on medium heat till half the water in the rice dries up, then reduce the heat to low and cover the vessel and cook until the water dries and the rice is cooked.
- 6.Serve in an oval dish, cover the centre of the rice with fried onions and cashewnuts. Arrange alternate slices of cucumber and tomatoes all round. Sprinkle green chilies on top.



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## Ingredients

Long grained rice	700 gms.
Butter	115 gms.
Saffron thread crushed	2 tsp.
Cardamom	4 nos.
Cloves	5 nos.
Cinnamon	3 sticks
Onions finely chopped	2 nos.
Green Pepper,cored seeded and finally chopped	2 nos.
Red Pepper,cored and finely chopped	2 nos.
Chicken stock, homemade or from cubes	1.4 litres
Pepper to taste	
Salt to taste	

## Tri-Colour Rice



## Method

1. Put the saffron in a bowl with 2 tbsp. of boiling water and leave to soak.
2. Melt the butter in a heavy bottom saucepan, add the cardamom, cloves and cinnamon sticks and fry for 3 min.
3. Add chopped onion and cook till golden brown.
4. Add the green and red pepper and fry for further 5 min.
5. Add the rice and stir and fry for 2 min.
6. Add the chicken stock, saffron mixture, salt and pepper powder and bring the rice to boil, then turn the heat to low and cook till rice is done. Serve hot.



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## Ingredients

Delhi rice	2 cups
Milk	4 cups
Cardamom seeds	1 tbsp.
Saffron essence	½ tsp.
Sugar	4 tbsps.
Fresh rose petals(washed)	A handful
Almonds blanched	25 gms.
Pistachios blanched	25 gms.
Cashewnuts	25 gms.
Raisins	25 gms.

Silver warq	As required
Ghee	3 tbsps.
Salt to taste	



Zarda

## Method

- 1.Heat the ghee and lightly fry the raisins and keep aside.
- 2.To the remaining ghee add the cardamom seeds, followed by the rice and fry for 5 minutes.
- 3.Next add the milk, sugar and rose petals.
- 4.Cook on a low flame with a coverlid till the rice is tender and almost dry.
- 5.Now carefully stir in the nuts, raisins and saffron essence.
- 6.Cover with lid again and cook till the rice is fully dry.
- 7.Remove from flame and cover with the silver warq.
- 8.Serve hot.



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## Ingredients

Rice	2 cups
Pineapple	1 large tin
Sugar	1 cup
Garam masala powder	1 tbsps.
Almonds(ground)	As required
Saffron(soaked in 1/2 cup warm milk)	1/2 tsp.
Ghee	1/2 cup
Salt	To taste

## Pineapple Pullao



## Method

1. Separate the pineapple pieces from the syrup and keep aside.
2. Add the sugar to the syrup and cook till the sugar dissolves.
3. Take a flat bottomed utensil and heat the ghee in it.
4. Fry the garam masala in the ghee.
5. Then add the rice, salt and stir for a few minutes.
6. Add boiling water upto 1" above the level of the rice and cook for 20 minutes.
7. Now add the pineapple bits and the syrup to the rice and stir slowly.
8. Separately mix the almonds in the saffron and milk and then sprinkle it over the rice.
9. Cook over a low flame for a few more minutes.
10. Serve hot.



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## Ingredients

Rice	2 cups
Coconut milk	4 cups
Onions chopped	1 no.
Ginger cut fine	1" piece
Tomatoes peeled and diced	2 nos.
Cloves	4 nos.
Bay leaf	1 no.
Cinnamon stick	1" piece
Onion cut into thin rings	1 no.
Peppercorns	1 tsp.

Turmeric powder	1/2 tsp.	Ghee	4 tbsps.
Cashewnuts fried	12 nos.	Salt	To taste

## Coconut Tomato Pullao



## Method

1. Fry in oil the onions which are cut into rings till they are crisp and keep aside.
2. Heat the ghee and fry the chopped onions and ginger till soft.
3. Add the whole spices and then stir in the tomatoes and wait till cooked.
4. Mix the rice and salt now.
5. Add the coconut milk and the rest of the spices.
6. Bring to a boil and cook the rice on a low flame till tender and dry.
7. Garnish with the fried onion rings and cashewnuts.



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## Ingredients

Rice, cooked	2 cups
Cashewnuts, roasted and powdered	3 tbsps.
Dry coconut, grating	2 tbsps.
Salt	To taste
<b>For seasonings</b>	
Mustard seeds	¼ tsp.
Red chillies	2 nos.
Asafoetida	A pinch
Turmeric powder	A pinch
Coriander leaves	A few
Oil	2 tbsps.

## Cashew Rice



## Method

- 1.Heat oil and saute the ingredients below seasoning.
- 2.Next add the cooked rice and the rest of the ingredients and mix well.
- 3.Sprinkle chopped coriander leaves and serve with curd.



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## Ingredients

Basmati Rice	200 gms.
Baby onions (Parboil)	200 gms.
Cloves	4 nos.
Cinnamon	2 sticks.
Dry red chilies	2 nos.
Cumin seeds	1 tsp.
Onion, chopped	1 tbsp.
Ghee	2 tbsps.
Salt	To taste

## Onion Pulao



## Method

1. Clean, soak the rice in water for a few minutes and then drain the water.
2. Heat ghee in a vessel, add the cumin seeds, chopped onions, chilies and fry till they change colour.
3. Next add the cinnamon, cloves, soaked rice and fry a little longer.
4. Pour enough water, salt and cook the rice till the rice is partly done.
5. Add the parboiled onions to the half cooked rice, cover and cook over a low flame.
6. Once done remove from heat and serve hot.



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## Ingredients

Tur dal	1 cup
Basmati rice	¾ cup
Water	3 cups
Cloves	5 nos.
Cinnamon	1½"piece.
Turmeric powder	½ tsp.
Ghee	1½ tbsp.
Salt	To taste.

## Tuvvar Dal ni Khicdi



## Method

1. Clean, rinse the dal & rice together and soak for 45 minutes.
2. Boil 3 cups of water and keep aside.
3. Heat ghee in a vessel, add the cloves, cinnamon and once they change colour, reduce the flame and add the boiling water.
4. Then add the soaked rice & dal, turmeric powder and salt.
5. Bring to a boil, stir and pressure cook upto 2 whistles.
6. Once done remove from heat and serve hot.



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## Ingredients

Delhi rice, clean & wash	1 kg.
Ghee	6 tbsps.
Sugar	6 tbsps.
Curd	¼ kg.
Saffron	2 tps.
Rose water	2 tbsps.
Orange colour	1 tsp.
Rose water	2 tbsps.
Almonds, blanch, slice & fry	50 gms.
Pistachios, blanch, slice & fry	50 gms.

Raisins, fry	225 gms.	Water	½ cup
Cardamom powder	½ tsp.	Turmeric	½ tsp.
Nutmeg powder	½ tsp.	Green chillies	8 nos.
Cinnamon powder	½ tsp.	Garlic	4 cloves
Onions, sliced & fried	1 kg.	Ginger	1" piece.
Potatoes(small), peeled & fried	1 kg.	Cloves	6 nos.
Ghee, melted	3 tbsps.	Cumin seeds	1 tsp.
<b>For the Patia</b>		Tomatoes	¼ kg.
Large prawns	2 cups	Coriander leaves, chopped	2 tbsps.
Onions, chopped	2 nos.	Chili powder	2 tps.
		Sambhar masala	1 tbsps.
		Sugar	½ tsp.
		Hard boiled eggs	12 nos.

## Parsi Prawn Pulao



## Method

1. Soak the saffron in rose water and the orange colour in rose water separately.
2. Parboil ¾ of the rice in salted water, drain and add the ghee, curd, sugar and mix well.
3. Divide this rice into 3 portions, then add the saffron mixture to one portion of rice, the orange mixture to the second portion and keep the third portion white.
4. The fourth portion of rice should be cooked as brown rice.
5. For the Patia heat ghee in a vessel, add the onions and brown them.
6. Grind the turmeric powder, green chillies, garlic, ginger, cloves, cumin seeds together and add it to the browned onions.
7. Next add the prawns, water and all the remaining ingredients under Patia.
8. Cook till the prawns are tender.
9. Grease a large vessel, put a layer of half the quantity of each white rice, followed by the prawn patia, then the yellow rice, the fried potatoes and onions.

10.Mix the cardamom, cinnamon and nutmeg powders, sprinkle it on the layers, followed by the nuts.

11.Then put the brown rice and continue till all the rice and patia has been used.

12.The last layer should be the white rice, then pour the melted ghee, cover tightly and cook over a low flame.

13.Serve garnished with hard boiled eggs.



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## Ingredients

Rice, rinsed	¼ kg.
Prawns, cut into pieces	150 gms.
Onions, chopped & fried	3 nos.
Ginger garlic paste	1 tbsp.
Capsicum, cut in strips	150 gms.
Tomatoes, chopped	¼ kg.
Coriander, chopped	½ bunch
Spring onion, chopped	1 no.
Saffron, soaked in water	½ tsp.
Pineapple slices, cubed	1 tin.

Spice powder (cardamom, clove, cinnamon, shahjeera, nutmeg, mace)	2 tbsps.
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Tropical Pulao

Ghee	2 tbsps.
Salt	To taste

## Method

1. Clean, rinse the rice and fry the chopped onions and keep aside.
2. Heat ghee in a vessel, fry the ginger garlic paste till it changes colour, then add the prawns, salt and mix well.
3. When the prawns change colour remove from the pan, set aside and now add the vegetables in the same pan.
4. Fry for a while then add the rice, salt & cook till the rice is done.
5. Take a vessel, put a layer of half the cooked rice, then sprinkle some saffron water followed by a layer of cooked prawns and some spice powder.
6. Then put some chopped pineapples and fried onions, repeat these layers once more ending with fried onions as the top most layer.
7. Put some pineapple syrup all over the rice, cover and keep on dum for 15 minutes or more.
8. Remove and serve hot.



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## Ingredients

Rice  
Water  
Salt

250 gms.  
As required  
To taste

## Steamed Rice



## Method

1. Wash and soak the rice in water for a few hours.
2. Next add the salt, cover and put the covered bowl of rice in a pan of water.
3. Cook till the rice is done.
4. Serve hot with any gravy.



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## Ingredients

Basmati Rice	¼ kg.		
Carrots, chopped	25 gms.		
French beans, chopped	25 gms.		
Cauliflower, chopped	25 gms.		
Peas	25 gms.		
Cloves	2 nos.		
Cardamoms	2 nos.		
Cinnamon	2 pieces		
Onion, sliced	2 nos.		
Ginger, crushed	¼" piece		
Garlic, crushed	3 flakes	Green chili	3 nos.
Chili powder	¼ tbsp.	Water	2 ½ cups
Turmeric powder	A pinch	Ghee	3 tbsps.
Coriander, chopped	1 tbsp.	Salt	To taste

## Vegetable Pulao



## Method

1. Heat ghee in a cooker, then add the cloves, cardamoms, cinnamon, sliced onions and fry for a while.
2. Next add the ginger garlic and saute till you get a nice aroma.
3. Add the rice, stir for a while then add vegetables, chili powder, turmeric powder, coriander leaves, green chilies, salt and water.
4. Close the cooker lid and pressure cook for 5 minutes.
5. Remove from heat and serve hot with raita or pickle.



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## Ingredients

Rice	2 cups
Mussels	1 cup
Onion, chopped finely	1 no.
Tomato, chopped	1 no.
Cinnamon	1" piece
Cloves	4 nos.
Cinnamon	4 nos.
Red chilies	3 nos.
Turmeric	¼ tsp.
Oil	As required
Salt	To taste

## Goan Teesri Pulao



## Method

1. In a big dekchi or vessel heat some oil then, add the cinnamon, cloves, cardamoms and the chilies.
2. Add the onion after some time and fry this till the onions turn golden.
3. Then, add the mussels and fry for a few minutes.
4. Add the tomato, salt, turmeric and cook for 6-7 minutes.
5. Lastly, add the rice and 2-1/2 cups of water.
6. Cover and cook until the rice is well done.
7. Serve hot.



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## Ingredients

Basmati rice	325 gms.
Mutton, cut in pieces	½ kg.
Onions, sliced	3 nos.
Ginger-garlic paste	½ tbsp.
Garam masala	1 tsp.
Red chilies	3 nos.
Cinnamon	1" piece
Curd, beaten	½ cup
Green cardamom	3 nos.
Pepper	5 nos.
Cloves	5 nos.
Shahjeera	½ tsp.
Turmeric powder	½ tsp.
Saffron, in 1/4 cup milk	1 pinch

## Nawabi Biryani



Coriander/Pudina, chopped	As required
Jardalu (apricots)	5 nos.
Dry fruits	As required
Ghee	As required

## Method

1. Fry the dry fruits & apricots in 2½ tbsps. ghee with a little salt to taste.
2. Now grind the fried onions and red chilies to a fine paste.
3. Marinate the mutton pieces with curd, ginger-garlic paste, onion paste, turmeric powder and salt.
4. In a pressure cooker heat ghee, add the marinated mutton and pressure cook till done.
5. Heat ghee again in another vessel, add the whole spices, fry for a while and then add the washed rice.
6. Add salt, warm water so that comes 1½ inch above the rice and cook till the rice is done.
7. Remove, spread out to cool and remove the whole spices.
8. Now to assemble, apply ghee to a heavy bottomed vessel, add the cooked mutton and sprinkle little garam masala.
9. Cover with a layer of rice, followed by a melted ghee and then the saffron milk.
10. Lastly, add the fried nuts, cover tightly and keep on dum for 15-20 minutes.
11. Mix and serve hot garnished with chopped coriander & pudina.



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## Ingredients

Basmati Rice	500 gms.		
Bayleaf	2 nos.		
Raisin	30 gms.		
Cashew nut	12-14 nos.		
Clove	6 nos.		
Cardamom	6 nos.		
Cinnamon	1" piece.		
Onions, sliced	1 no.		
Ginger paste	1 tsp.		
Sugar	½ tsp.		
Saffron, soak it in a tbsp of milk	1 pinch	Ghee	200 gms.
Hot water	4 cups	Salt	To taste.

## Bengali Pulao



## Method

1. Clean, wash and spread the rice out to dry.
2. Add bayleaf and onion slices to the heated ghee and fry till golden brown.
3. Then, add the cloves, cinnamon, cardamom, cashew and ginger paste.
4. Fry stirring continuously till the mixture is light brown.
5. Now add the rice, salt, sugar and stir fry for a few minutes.
6. Add raisin, saffron milk mixture and mix well.
7. Lastly add 4 cups hot water, mix well, cover and cook, stirring regularly.
8. Once the rice is ready serve garnished with nuts & fried onions.



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## Ingredients

Basmati rice	1¾ cups
Ginger	2" piece.
Curd	¾ cup
Mint leaves	1½ cup
Bay leaves	2 nos.
Green cardamoms	4-6 nos.
Cloves	4-6 nos.
Large cardamoms	3-4 nos.
Black peppercorns	8-10 nos.
Water for cooking	3¾ cups
Ghee	3 tbsps.
Salt	To taste

## Pudina Pulao



## Method

1. Clean, wash and soak the rice in water for half an hour.
2. Peel and grind the ginger to a paste and also whisk the curd.
3. Wash & chop the pudina leaves reserving few for the garnish.
4. Heat ghee in a thick-bottomed pan and add the bay leaves, green cardamoms, large cardamoms, cloves and black peppercorns.
5. When they begin to crackle, add the ginger paste, mix well and add beaten curd and cook for 3 mins.
6. Add water, bring to a boil and then add the salt for taste.
7. Drain the water from the soaked rice and add it to the water & bring to a boil.
8. Now add the chopped pudina leaves, mix lightly, cover & cook on low heat for about eight minutes or till the rice is completely cooked.
9. Serve hot garnished with mint leaves.



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## Ingredients

Kashmiri rice	1 cup
Asafoetida water	3 tsp.
Water	6 cups
Cumin	½ tsp.
Crushed spice cake	1 tsp.
Mutton fat	125 gms.
Mustard oil	50 ml.
Salt	1 tsp.

## Spicy Festive Rice



## Method

1. Wash well and break the mutton fat into small lumps.
2. Lightly fry in a little oil and asafoetida water and keep aside.
3. Heat oil in a large pan, when it reaches smoking point, put the rice and asafoetida water.
4. Stir-fry for a minute, add 6 cups of water, salt and the fried mutton fat.
5. Cook till the rice is very soft and thick.
6. Sprinkle cumin and spice cake on top and serve hot.



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## Ingredients

Chicken, medium, jointed	1 no.		
Delhi rice	2 cups		
Water	6 cups		
Bay leaf	1 no.		
Parsley Sprigs	2 nos.		
Prawns, boiled	1 cup		
Crabmeat, sliced	1 cup		
Ham, sliced	1 cup		
Cumin seeds, powdered	1 tbsp.		
Coriander seeds, powdered	1 tbsp.		
Garam masala powder	1 tbsp.		
Salt & chili powder	To taste		
		Groundnuts, roasted, ground	4 tbsp.



## Method

1. Place the chicken in a pan filled with 6 cups water, add green onions, bay leaf, parsley, salt, all the spices and cook till the chicken is tender.
2. Strain the stock, it should be about 4 cups, if it is less, add water to make up the quantity.
3. Remove all the meat from the bones and cut into strips.
4. Combine stock and rice and cook till the rice is tender and dry.
5. Mix in the rest of the above ingredients and serve hot.



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## Ingredients

Rice 300 gms.  
 Green chilies 6 nos.  
 Green cardamom powder 3 nos.  
 Lavangs (cloves) 3 nos.  
 Lemon juice 1 tbsp.  
 Ginger ½" piece  
 Pudhina (fresh mint) leaves 12 nos.  
 Fried onions (golden) 3 gms.  
 Coriander 1 bunch  
 Saffron 2 tsps.

Milk	½ tbsp.	Desi ghee or clarified butter	As required
Salt	As required	Ginger paste	2½ tsps.
<b>For the kathal (jackfruit)</b>		Yogurt	¼ cup
Kathal cooking oil to deep fry the kathal		Vegetable stock	2/3 cup
Green cardamoms	600 gms.	Cream	2 tsps.
Lavangs (cloves)	3 nos.	Red chili powder	½ tsp.
Dalchini (cinnamon)	2 nos.	Lemon juice	1 tbsp.
Tej pattas (bay leaves)	2 sticks	Green cardamom powder	¾ tsp.
Jeera (cumin)	2 nos.	Javitri (mace) powder	¼ tsp.
Garlic paste	½ tsp.	Ittar	1 drop
	2½ tsps.	Salt	As required

## Kathal Biryani



## Method

1. Pick, clean and wash the rice and soak for 45 minutes.
2. Crush the saffron threads with a pestle or the back of a spoon, soak in lukewarm milk and make a paste.
3. Scrape, wash and cut the ginger into julienne's.
4. Wash, deseed and finely chop the green chilies, and similarly, clean, wash and chop the mint the coriander.
5. Peel and cut the jackfruit into quarters, then core and cut the segments into 1½ chunks.
6. Heat the oil in a kadhai, add the kathal and deep fry over medium heat until it cooks.
7. Remove onto a sheet of absorbent paper to the excess fat and whisk the yogurt in a bowl.
8. Heat the ghee in a handi, add the green cardamom, cloves, cinnamon and bay leaves, stir over medium heat until the cardamom begins to change colour, and



add the [garlic](#) and [ginger](#) pastes.

9. Bhunao or saute` until the moisture evaporates, then remove the handi from the heat, stir in the [yogurt](#), return the handi to the fire and bhunao again until the liquid evaporates.

10. Then, add the stock, [red chillies](#) and salt, bring to a [boil](#).

11. Reduce to low heat and [simmer](#) for 4-5 minutes.

12. Remove from the fire and, strain through a fine muslin cloth, squeeze the gravy into a separate handi.

13. Now, add the kathal, [simmer](#) for 2-3 minutes, add the lemon juice, cream, mace, [cardamom](#) and ittar, and stir and adjust the seasoning.

14. Pre-heat the oven to 350 ° F, boil 6 ½ cups of water in a pan, add the [cardamom](#), [cloves](#), [salt](#) and [rice](#), and bring to a [boil](#).

15. Add the rosewater and [lemon](#) juice, and continue to boil, stirring occasionally, until the rice is three-fourths cooked. Drain and keep aside.

16. Remove half the kathal and stock and return the handi to medium heat.

17. Sprinkle in half the ginger julienne's, [green chili](#), mint and [coriander](#), and spread half the partially-cooked rice on top.

18. Arrange the remaining kathal on the rice, sprinkle the remaining ginger, green chillies, mint and coriander, and pour half the reserved stock over it.

19. Spread two-thirds of the remaining rice, and sprinkle with the reserved stock and saffron.

20. Spread the remaining rice, sprinkle the fried onions over it, cover with a lid and seal with atta (whole-wheat) [dough](#).

21. Cook until the steam begins to seep out of the dough, then remove and keep aside.

22. Put the sealed handi on [dum](#) in the pre-heated oven for 8-10 minutes, then break the seal and serve the biryani, straight from the handi itself.



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## Ingredients

Rice	2 cups
Garlic, slices	12 nos.
Green chillies	12 nos.
Cumin seeds	1 tsp.
Garam masala	1 tbsp.
Tur dal	1 cup
Onions	6 nos.
Ginger	1 piece
Coriander	1 bunch
Shahjeera	1 tsp.
Mutton mince	1 kg.
Ghee	½ kg.
Salt	1 tbsp.

## Minced Meat Pulao



## Method

1. Grind garlic, [ginger](#), [chillies](#), [coriander](#) and apply to the mutton mince and leave for about 2 hours.
2. Parboil the [rice](#) with 1 tbsp. of [salt](#), drain and keep aside.
3. Wash the [dal](#) and soak in 2 cups of water for an hour, then add 1 tsp. salt and boil until cooked.
4. Melt 4 tbsps. ghee and fry the sliced onions till crispy.
5. In the same ghee add a little more ghee and fry the marinated [mince](#), when fried to a brown colour, add ½ cup water and cook on a slow flame.
6. Once all the water is absorbed mix the mince with the cooked [dal](#).
7. Pound [cumin](#) seeds, [shahjeera](#) and mix with the garam masala.
8. Put some melted ghee in a large vessel and put 1/3 of the cooked [rice](#), over it put half mince mixture, sprinkle fried onions and pounded spices.
9. Repeat the layers ending with [rice](#), sprinkle fried onions and pour melted ghee.
10. Put the dish in an oven so that the [rice](#) gets properly cooked.



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## Ingredients

Roasted moong dal	1 cup
Green chilies	2 no.
Jeera	½ tsp.
Green peas	½ cup
Salt	½ tsp.
Rice	3/4 cup
Tej patta	1 no.
Ginger, finely chopped	1" piece.
Pure Ghee	2 tbsp.
Sugar	½ tsp.



Khichuri

## Method

1. Wash and dry the [moong dal](#).
2. Heat a kadhai, put the [moong dal](#) and keep stirring vigorously until it changes to very light brown colour.
3. Do not over [roast](#) the dal.
4. Heat a deep dekchi or pressure cooker, put in pure ghee and fry till the [jeera](#) begins to splutter.
5. Add the [moong](#) and [rice](#) with sufficient water so that the khichuri turns into a creamy consistency.
6. Add the green peas, chopped [ginger](#), [salt](#), [sugar](#), [tej patta](#).
7. Once the khichuri is ready, add [green chilies](#) and a little extra ghee for taste.



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## Ingredients

Basmati rice	2 cups
Paneer	50 gms.
Cashewnut Powder	2 tbsp.
Whole garam masala	A little
Salt	As per taste
Ghee	2 tbsp.
Milk	½ cup
Cornflour	1½ tbsp.
Oil	To fry
Silver varq	2-3 sheets

## Moti Pulao



## Method

1. Soak the [rice](#) for about ½ an hour.
2. Grate/mash the [Paneer](#). Add [cashew](#) nut powder, cornflour and [salt](#). Mix properly and make into small balls. Deep fry in medium hot oil till light golden brown.
3. Cover these balls with silver paper/varq.
4. Heat ghee in a [Kadhaj](#). Add Whole Garam Masala. Once it starts to crackle, add the soaked [rice](#). Mix it lightly and then add water and [salt](#).
5. Take some saffron and mix it in milk. Add this to the [rice](#) to give it flavour and colour.
6. Once the rice is cooked, serve in a dish and add the [paneer](#) and [cashew](#) balls covered with silver paper / varq.



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## Ingredients

Mutton, cut into small pieces	750 gms.		
Ginger-garlic paste	1 tbsp.		
Wheat, soaked overnight, drained, pounded & husked	2 cups.		
Rice	2 tbsps.		
Chana dal	2 tbsps.		
Masoor dal	2 tbsps		
Tuvar dal	2 tbsps		
Moong dal	2 tbsps		
Coriander leaves, chopped	A handful	Garam masala	2 tsp
Pudina(mint leaves), chopped	A handful	Chili powder	2 tsp
Onions, sliced fine and fried crisp	2 nos.	Ghee	5 tbsps.
		Salt	To taste



## Method

1. Wash all the dals, rice and soak before draining.
2. Then pressure cook till tender and set aside.
3. Apply ginger-garlic paste to the mutton, add 1 1/2 cup water and pressure cook till tender and remove.
4. Add 2 tps. oil to the wheat along with 2 cups water and pressure cook till tender.
5. Mix mutton, wheat and dal and blend well, adding salt to taste, chili powder, garam masala, fried onions, chopped pudina and coriander.
6. Simmer over slow flame and then pour hot ghee over the mutton.
7. Serve hot garnished with lemon slices.



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## Ingredients

Rice	350 gms.		
Whole red chilies	6 nos.		
Mustard seeds	1 tsp.		
Roasted peanuts	¼ cup		
Curry leaves	10-12 nos.		
Ginger	1" piece		
Tamarind pulp	3 tbsp.		
Asafoetida	¼ tsp.		
Split gram (chana dal)	2 tbsp.		
Sesame seeds (optional)	3 tbsp.		
Split black (urad dal)	2 tbsps.	Oil	3 tbsp.
Turmeric powder	½ tsp.	Salt	To taste



## Method

1. Wash and soak the rice in water for half an hour.
2. Drain and cook rice in plenty of boiling water, when cooked strain and spread on a plate and sprinkle little oil and mix lightly.
3. Keep aside two red chilies for roasting and chop ginger finely.
4. Heat two tbsps. of oil and add four dry red chilies, mustard seeds, chana dal and urad dal.
5. Saute for 2-3 minutes till dals have a brown colour.
6. Add turmeric powder, asafoetida, curry leaves, roasted peanuts, chopped ginger and stir fry for ½ a minute.
7. Add tamarind pulp and salt to the above mixture and cook for some time.
8. Dry roast sesame seeds and grind coarsely with two red chilies.
9. Mix in dry mixture and tamarind mixture to the rice.
10. Mix well and serve hot.



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## Ingredients

Basmati rice	350 gms.		
Potatoes	200 gms.		
Carrots	200 gms.		
Cashewnuts	50 gms.		
Almonds	50 gms.		
Raisins	25 gms.		
Glazed Cherries	25 gms.		
Onions	100 gms.		
Green chilies	4 nos.		
Ginger	30 gms.		
Garlic	20 gms.	Ghee	120 gms.
Turmeric powder	½ tsp.	Salt	To taste
Red chili powder	1 tsp.	<b>Whole Garam Masala</b>	
Curd	1 cup.	Green cardamoms	6 nos.
Saffron	1 tsp.	Black cardamoms	2 nos.
Milk	2 tbsp.	Cloves	6 nos.
Mint ( Pudina leaves )	1/3 cup	Cinnamon	2" piece
Coriander leaves	1/3 cup	Bay leaves	2 nos.
Rose water	As required	Mace	A pinch

## Veg. Hyderabad Biryani



## Method

1. Pick, wash and soak the [rice](#) for 30 minutes. Drain and pass fresh water and add half the [whole garam masala](#) and salt.
2. Bring the rice to a [boil](#) and cook until the [rice](#) is done. Drain and keep aside.
3. Peel, wash and dice the [potatoes](#) and [carrots](#). Peel, wash and slice the [onions](#) and [green chilies](#).
4. Scrape the [ginger](#) and peel the [garlic](#) and chop into pieces. Clean, wash and chop the [coriander](#) and [mint leaves](#).
5. Soak the [almonds](#) in water, peel and keep aside.
6. Beat the [curd](#) in a bowl and divide into two equal portions.
7. Dissolve saffron in warm milk and add it to one portion of the [curd](#) mixture.
8. Heat [ghee](#) in a handi, add the remaining garam masala and saute over medium heat until it begins to crackle.

9. Add [onions](#), saute until golden brown, add [green chillies](#), [ginger](#), [garlic](#) and saute for a minute.

10. Then add [turmeric](#) and [chili powder](#), stir, add the chopped vegetables and stir for a minute.

11. Add the portion of plain [curd](#), stir, add 2/3 cup water, and bring to a boil, then simmer until the vegetables are cooked.

12. Once the vegetables are done add the dry fruits and nuts.

13. In the handi with the cooked vegetables, sprinkle little saffron curd, mint and [coriander](#).

14. Then spread half the rice and again sprinkle the remaining saffron-curd, mint and coriander and top it with the remaining rice.

15. Place a moist cloth on top, cover the lid and seal with [atta-dough](#).

16. Put the sealed handi on [dum](#) in a pre-heated oven for 15-20 minutes.



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## Recipes



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## Ingredients

### For the Dal

Masoor dal (malka)	250 gms.
Turmeric powder	½ tsp.
Water	4 cups
Large onion, finely chopped	1 no.
Garlic, finely chopped	16 flakes
Desi ghee	2 tbsp.
Salt	As per taste

### For Curried Prawns

Shelled prawns	½ kg.	Cinnamon	½" piece
Sliced onions	4 nos.	Tomatoes, chopped	2 nos.
Red Chillies	4 nos.	Tamarind water	½ cup
Coriander seeds, roasted	1 tsp.	Jaggery	1 tbsp.
Cummin seeds, roasted	1 tsp.	Coriander leaves, chopped	1 tbsp.
Garlic	8 flakes	Oil	6 tbsp.
Turmeric powder	½ tsp.	Salt	As per taste
Cloves	4 nos.		

## Dhan Dar Ne Colmi No Patio



## Method

### For the Dhan Dar

1. Wash the dal, add [turmeric powder](#) and water and bring to a [boil](#).
2. Simmer until [dal](#) is soft, mash and pass through a seive.
3. Add [salt](#) and bring to a [boil](#) again.

### For the Patio

1. Wash and apply [salt](#) to the prawns and keep aside.
2. Fry onions in oil until golden, add the ground masala ([coriander seeds](#), [garlic](#), [cloves](#), [cinnamon](#), [red chillies](#) and [turmeric powder](#)) and saute for about 2 minutes.
3. Wash prawns again and mix in the masala and add [salt](#).
4. Cook further for a minute or two, stirring constantly.
5. Add a cup of water and cook for approximately 10 minutes, until the prawns are soft.
6. Add [tomatoes](#), [tamarind](#) water and [jaggery](#) and cook stirring occasionally

until the gravy is thick.

7. Garnish with [Coriander](#) leaves.

### **For the Serving**

1. Heat [ghee](#) and fry [onions](#) and [garlic](#) in it until brown.

2. Put white boiled rice on a plate, pour 2 tbsp of dal on top, add a tbsp. curried prawns on top of that. Serve hot.



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## Ingredients

Fenugreek leaves	16 tbsp.
Rice	2 cups
Red chili powder	4 tsp.
Coriander powder	3½ tsp.
Turmeric powder	1 tsp.
Cummin seeds	1½ tsp.
Tomato	1 no.
Water	3¼ cups
Oil	7 tbsp.
Salt	To taste.

## Methi Wara Chawar



## Method

1. Wash the [rice](#) and then soak in water for about 20 minutes.
2. Finely chop the [fenugreek](#) leaves and the [tomato](#).
3. Heat the [oil](#), add the [cummin](#) seeds and the [fenugreek](#) leaves and fry for 5-7 minutes.
4. Now put in the finely chopped [tomato](#) and powdered masalas and fry till the tomato is tender and the oil separates.
5. Finally, add in the [rice](#), [salt](#) and the required amount of water.
6. Cook on a high flame till the first [boil](#) and then let it [simmer](#) till the rice is done.



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## Ingredients

Basmati rice	300 gms.
Coriander seeds	2 tsp.
Cummin seeds	1 ½ tsp.
Sesame seeds	1 tsp.
Cloves	4 nos.
Cinnamon	A small piece.
Turmeric powder	1/3 tsp.
Mustard seeds	¼ tsp.

Curry leaves	A few sprigs.	Coriander leaves, chopped	15 gms.
Asafoetida	A pinch.	Green chili	2 no.
Cashewnuts	25 gms.	Ghee	4 tsp.
		Salt	To taste.

## Masale Bhath



## Method

1. Pick, wash and soak the rice for 30 minutes.
2. Roast the [coriander](#) seeds, [cummin](#) seeds, sesame seeds, [cinnamon](#) and [cloves](#) and grind them to a fine powder.
3. Heat 3 tsp. ghee in a pan and season with [mustard seeds](#).
4. When they crackle, add curry leaves, [asafoetida](#) and [green chili](#) and [turmeric](#) powder.
5. Add the [rice](#) and fry for five minutes.
6. Heat water, double the volume of rice mixture and add to the rice.
7. Also add the seasoning, [salt](#) and [cashewnuts](#).
8. Bring to a [boil](#) and cook on low heat, stirring occasionally, till almost done.
9. Pour the remaining [ghee](#) over, cover and cook till all the water has evaporated and the rice is done.
10. Serve hot garnished with chopped [coriander](#) leaves.



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## Ingredients

Rice	1 cup
Red gram dal	1 cup
Capsicum (diced fine)	1 no.
Small brinjal (diced fine)	1 no.
Fresh peas (optional)	2 tbsp.
Potato(diced fine)	1 no.
Turmeric powder	½ tsp.
Tamarind	lime-size
Coriander leaves	1 small bunch

## Spicy Sambhar Rice



Ghee	6 tbsp.
Salt	To taste
<b>Paste</b>	
Red chilies	12-14 nos.
Coriander seeds	3 tbsp.
Bengal gram dal	3 tsp.
Cinnamon	1" piece
Poppy seeds	1½ tsp.
Cloves	4 nos.
Fenugreek seeds (methi)	½ tsp.
Coconut (grated)	½.
Asafoetida powder	1 tsp.
Oil	4 tsp.

### Dry Masala

Gram dal (fried)	3 tbsp.
Poppy seeds	1½ tsp.
Rice	3 tsp.
Coconut (grated)	2-3 tbsp.

### For Tempering

Mustard seeds	1 tsp.
Cummin seeds	1 tsp.
Split black gram dal	1 tbsp.
Bengal gram dal	1 tbsp.
Red chili (halved)	1 no.
Curry leaves	Few
Oil	2 tbsp.

## Method

1. Pressure cook the [rice](#) and dal in 4 cups of water and set aside in the pressure cooker itself so that the heat is not lost.
2. Fry all the ingredients for the paste in 4 teaspoons [oil](#) and grind to a fine paste using very little water.
3. Roast dry all the ingredients for the dry masala and powder fine.
4. Soak the [tamarind](#) in 2 cups of water, extract the juice and set aside.
5. Heat 2 tablespoons oil in a heavy-bottomed vessel and add all the ingredients for tempering.
6. When the mustard seeds splutter, add the onions and fry for a couple of minutes. Add the rest of the vegetables and fry till the vegetables are partly cooked.
7. Add [tamarind](#) juice, [salt](#), [turmeric](#) powder and cook till the vegetables are tender.

8. Add the paste to the vegetables and cook for a couple of minutes and set aside the sambhar.

9. In a heavy frying pan or pressure cooker add the rice and dal mixture gradually to the cooked sambhar while taking care that no lumps are formed.

10. Simmer on a low heat and add 6 tablespoons ghee and cook till the mixture blends.

11. Add the dry masala and remove from the heat.

12. Garnish with chopped coriander leaves and serve hot with fried papadams.



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## Ingredients

Basmati Rice	2 cups
Coconut Milk (thick)	1 cup
Coconut Milk (thin)	3 cups
Onion, chopped fine	1 no.
Cinnamon	2" piece
Cloves	6 nos.
Cardamom pods	4 nos.
Oil / Ghee	4 tbsp.
Salt	To taste

## Coconut Rice



## Method

1. Wash and strain [rice](#). Saute [onion](#) in [oil](#).
2. Add rice and stir-fry to coat rice.
3. Add all the coconut milk, [salt](#) and spices.
4. Stir, add [turmeric](#), then mix again, cover lid tightly and cook on a slow fire for about 20 minutes until all liquid is absorbed.
5. Fluff [rice](#) and serve hot.



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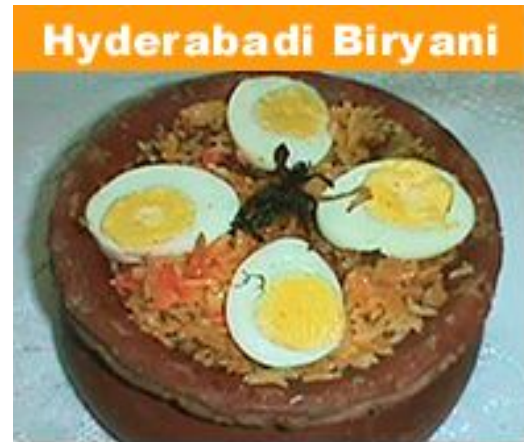
## Ingredients

Basmati Rice	500 gms.
Mutton cut into small pieces	1kg.
Garam Masala	2 tsp.
Red chilies	6 nos.
Cashewnuts	A handful
Onions (sliced fine and fried till crisp)	5 nos.
Cloves	2 nos.
Dalchini	2 pieces
Elaichi	3 nos.

Green chilies	6 nos.
Kothmir, chopped	1 small bunch

Pudina chopped	1 small bunch
----------------	---------------

Ginger Garlic paste	3 tsp.
Saffron (dissolved in 3/4 cup milk)	2 pinches



## Animated Hyderabad Biryani Recipe

Curd beaten	1 cup
Lime juice	2 nos.
Eggs boiled	4 nos.
Ghee /Oil	5 tbsp.
Salt	to taste

## Method

1. Grind the [red chilies](#) and [cashewnuts](#) to a fine paste.
2. To the mutton apply the [ginger](#) - [garlic](#) paste and beaten [curd](#). Set aside.
3. Heat 4 tablespoons [ghee](#) and fry the [red chili](#) masala.
4. Add the marinated mutton, 1/4 of the fried [onion](#), one teaspoon garam masala and [salt](#) to taste.
5. Keep frying till ghee separates. Add 1 1/2 cups warm water. Pressure cook till tender.
6. Heat [dekchi](#), add 1 tbsp ghee and fry the sabut masala.
7. Add the rice and fry a little. Add the [green chilies](#) and salt to taste.
8. Add enough warm water. Cook till [rice](#) is done, remove and spread on a thali, discarding the whole masala.
9. Mix together the chopped [kothmir](#), [pudina](#), garam masala and fried onion. Set aside.
10. Take a heavy bottlomed [dekchi](#) and line it with ghee.



11. Spread a layer of rice and cover it with half of the mutton. Sprinkle half of the pudina / kothmir mixture and juice of 1 lime.

12. Cover with rice, followed by a mutton layer. Finish with a rice layer.

13. Sprinkle the rice with saffron milk and dot with ghee.

14. Cover tightly and place over a griddle for dum for 20 minutes. Serve hot, garnished with eggs cut into halves.



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## Ingredients

Rice	300 gms.
Onion	3-4 medium size.
Mutton	600 gms.
Coriander seeds	1 tbsp.
Peppercorns	1 tbsp.
Black cardamoms (whole)	2 no.
Red chili powder	1 tbsp.
Bay leaves	4-5 nos.

Cardamoms	8 no.	Pistachios	10-12 nos.
Cumin seeds	2 tbsp.	Curd or yogurt	½ cup
Almonds (soaked and blanched)	10-15 nos.	Ghee	8 tbsp.
		Salt	to taste

## Sindhi Pulao



## Method

1. Wash and soak rice in water for 1½ to 2 hours. Chop the onions finely and clean the mutton nicely and keep aside.
2. Heat 4 tablespoons Ghee in a saucepan. Add finely chopped onions to hot ghee and fry until brown.
3. Sprinkle a few drops of water and stir until onions are soft. Take out half the onions and keep on one side.
4. Put the mutton in the saucepan and stir until the meat is golden brown.
5. Grind together coriander, 1 black cardamom and cumin seeds.
6. Add the Curd/Yogurt, stir for 5 minutes, add the ground spices with salt and chili powder and cover the saucepan for a few minutes.
7. As soon as the water dries (add more if necessary and let it simmer until the meat is soft and the gravy is thick.
8. Put 3 tablespoons ghee in another saucepan, add bay leaves and peppercorns, rice (the water from the rice should be preserved), ¼ teaspoon cumin seeds, 1 whole black cardamom and 1 level teaspoon salt. Stir for 2-4 minutes, then add the remaining brown onions.
9. Remove saucepan from the fire and put three-quarters of the rice on a platter. In the saucepan, put first a layer of rice, then cooked mutton, sprinkle with chopped onions and pistachios and repeat this process until the rice and meat are finished.

10. Pour in the water in which the rice was cooked evenly so as not to break the layers, to  $\frac{3}{4}$  inch above the rice level.

11. Cook and remove when the rice is almost done and there is no water left.

12. Sprinkle with more [almonds](#) and [pistachios](#), cover with a tight lid and keep in warm oven till serving time.



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## Ingredients

Basmati rice	1 cup
Shelled peas	1 cup
Cumin seeds	½ tsp.
Onion (medium)	1 no.
Oil	3 tbsps.
Salt	To taste



## Method

1. Pick, wash and soak rice for twenty minutes. Drain. Peel and slice the onion.
2. Heat oil in a pan, add cumin seeds and once it starts to crackle add onions.
3. Fry till translucent. Add peas, sauté for two-three minutes.
4. Add the rice. Pour two cups of water and salt. Bring to a boil.
6. Reduce heat, cover with lid, cook till all water is absorbed.
7. Serve hot.



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## Ingredients

Rice	1 cups
Green moong dal	1 cups
Onion (large)	2 no.
Potatoes (small)	2 no.
Coconut (2" piece)	1 no.
Turmeric powder	1 tsp.
Red chili powder	1 tsp.
Cumin seeds	1 tsp.
Garam masala	1 tsp.
Garlic	6 cloves

Ginger	1 piece	Ghee	As required
Green chilies	5-6 nos.	Oil	As required
Coriander leaves	½ bunch	Salt	To taste

## Masala Khichdi



## Method

1. Wash and soak the [dal](#) and [rice](#), chop [onion](#) and [green chilies](#) finely.
2. Mince the [coriander](#) leaves, [ginger](#) and [garlic](#).
3. Peel the [potatoes](#) and cut into small cubes.
4. Grind the [coconut](#) piece to a fine paste.
5. Fry [onions](#) in a combination of 1 tablespoon ghee-1 tablespoon oil.
6. When the onions are light brown add the minced [garlic](#), [ginger](#) and [green chilies](#).
7. Then add the garam masala together with the ground [coconut](#).
8. Fry for a while, put in the [rice](#) and [dal](#) and fry both till crisp.
9. Pour in warm water till it is about 2 inches above the level of the rice. If the water dries up, more warm water may be added.
10. Add potato cubes and salt.
11. When the water starts bubbling, lower the heat and simmer till rice and dal are cooked.
12. Sprinkle [coriander](#) leaves on top before serving.



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## Ingredients

Basmati rice	1½ cups
Onion	1 no.
Cumin seeds (jeera)	1 tsp.
Cardamom (elaichi)	4-6 nos.
Cloves (laung)	6-8 nos.
Tomatoes	2 nos.
Red chili powder	1 tsp.
Tomato puree	½ cup
Tomato juice	¼ cup
Cinnamon (dalchini)	1-2 nos. (1" stick)
Oil	1 tbsp.
Salt	To taste

## Tamatar Pulav



## Method

1. Wash the rice and soak for ½ hour. Then cut the onions.
2. Add [Ghee](#) in a pan. To this add the Whole Garam Masala ([cardamom](#), [cloves](#), [cinnamon](#)), [jeera](#) and onions. Saute till onions are slightly brown.
3. Add chopped tomatoes, [red chili powder](#), [salt](#) and [tomato](#) puree.
4. After it cooks a little then add tomato juice and add some water then add the soaked rice.
5. After it comes to a [boil](#), reduce the flame and cook till rice is done.
6. Serve hot.



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## Ingredients

Rice	250 gms.
Curd/Yogurt	½ kg.
Ginger chopped	1 tbsp.
Green chillies chopped	1 tbsp.
Mustard seeds	1 tbsp.
Asafoetida (hing )	a pinch
Curry leaves	1 sprig
Oil	1 tbsp.
Salt	As per taste

## Method

1. Prepare Steamed [Rice](#).
2. To the cooked rice add the [curd](#) and mix it well. Keep aside in a bowl.
3. In a pan heat some oil, put [mustard seeds](#). Once they start spluttering put hing and curry leaves.
4. Put in chopped [green chillies](#) and [ginger](#). Remove from the flame.
5. To the [rice](#) and the [curd](#) mixture add salt.
6. Pour the seasoning onto the rice and curd mixture.
7. Mix well.
8. Serve hot or cold as required.



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## Ingredients

Basmati rice	1 cup
Water	2 cups
Cumin seeds	2 tsp.
Bay leaf	1 no.
Cinnamon stick 2"	2 nos.
Black cardamom	1 no.
Ghee	1½ tbsp.
Salt	To taste

## Jeera Rice



## Method

1. Wash rice thoroughly and soak in water for half an hour. Drain thoroughly.
2. In a pan, heat [Ghee](#). Add the [cumin seeds](#), [bay leaf](#), [cardamom](#) and [cinnamon](#).
3. When [cumin seeds](#) sizzle, add the rice. Add salt to taste.
4. Stir till ghee coats every grain of [rice](#) and it looks glossy.
5. Add water. Bring to a [boil](#). Stir once. Reduce heat to minimum and cover the pan with a lid. Leave a little gap, otherwise water will boil over.
6. Rice will be done when holes appear on the surface and water has been completely absorbed.
7. Fork the [rice](#) out onto a serving dish. This will separate each grain out.
8. Serve hot with any curry.



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## Ingredients

Rice (Basmati)	300 gms.
Headless prawns(shelled)	600 gms.
Bay leaf	2 no.
Sliced onion	¼ cup
Coriander leaves	1 tbsp.
Fresh grated coconut	1 tbsp.
Coconut milk	50 mls.
Lemon juice	1 tsp.
Turmeric powder	½ tsp.
Green chili	2 no.
Whole garam masala	1 tsp.
Ghee/Oil	2 tbsp.
Salt	As per taste

## Prawn Pulao



## Method

1. Pick, wash and soak rice for about 20 minutes. Drain and keep aside.
2. Shell, devein and wash prawns.
3. Heat Ghee or oil in a thick bottomed pan. Add bay leaves and [Whole Garam Masala](#). Let it crackle. Add sliced [onion](#), sauté till the onion turns pink.
4. Add water, [turmeric](#) powder, [lemon](#) juice and [green chilies](#) slit into two. Bring it to boil and add rice. Cook for a minute and add prawns and coconut milk . Season with salt. Stir lightly.
5. Stir till rice absorbs all the water and then cover it with a lid and cook it on a slow fire till rice and prawns are fully cooked.
6. Garnish with chopped [coriander](#) leaves and grated fresh [coconut](#).



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## Ingredients

Rice (Basmati)	300 gms.
Chicken pieces	600 gms.
Whole garam masala	2 tbsp.
Sliced onions	1 cup
Chopped garlic	2 tbsps.
Chopped ginger	2 tbsps.
Red chili powder	3 tsp.
Coriander powder	1 tbsp.
Turmeric powder	2 tsp.
Bay leaf	2 nos.

Chopped tomato	¾ cup
Chopped green coriander	1 tbsp.
Curd (yogurt)	1 cup
Saffron	½ gm.
Garam masala powder	3 tsp.
Milk	½ cup
Butter	50 gms.

## Chicken Biryani



Golden fried sliced onions	¾ cup
Ginger julienne's	1 tbsp.
Oil	3 tbsps.
Mint leaves	2 tbsp.
Salt	To taste

## Method

- Pick, wash and soak rice in water for about 30 minutes.
- Boil water, add ½ of the [Whole Garam Masala](#) , bayleaf and salt and boil rice till ¾th done. Drain rice and keep aside.
- Mix salt, ½ of the red chili powder, ½ of the chopped ginger, ½ of the chopped garlic, 1 tsp. [Garam Masala Powder](#), ½ of the turmeric powder and [Curd/Yogurt](#). Mix well and put chicken pieces in this for an hour.
- Heat oil in a [Patila](#) or a thick bottomed pan. Add remaining [Whole Garam masala](#) .Let it crackle. Add Sliced onions and sauté' until light golden brown.
- Then add remaining chopped [ginger](#), chopped [garlic](#), [coriander](#) powder, turmeric powder, red chili powder, 1 tsp. [Garam Masala powder](#) and chopped [tomatoes](#). Cook for about 5 minutes. Add marinated [chicken](#) and cook till [chicken](#) is tender.
- Dissolve saffron in warm milk and keep aside.
- Arrange alternate layers of [chicken](#) and [rice](#). Sprinkle saffron dissolved in milk, remaining [Garam Masala powder](#), [ginger](#) julienne's, [mint leaves](#), golden fried sliced onions and [butter](#) in between the layers and on top. Make sure that you end with the [rice](#) layer topped with saffron and spices.

8. Cover and seal with aluminum foil or *Roti* dough. Cook in a preheated oven, for 10-12 minutes. Alternatively cook on an indirect slow flame for 10 to 12 minutes.



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## Ingredients

Rice (Basmati)	300 gms.
Carrots	100 gms.
Cauliflower	100 gms.
French beans	100 gms.
Green peas (shelled)	100 gms.
Chopped onion	½ cup
Chopped ginger	1 tbsp.
Chopped tomato	75 gms.
Chopped green chili	½ tsp.
Chopped green coriander	1 tbsp.

Whole garam masala	1 tbsp.
Bay leaf	2 nos.
Curd (yogurt)	½ cup
Coriander powder	1 tbsp.
Red chili powder	1 tbsp.
Turmeric powder	1 tsp.
Cumin seeds	1 tsp.
Ginger julienne's	1 tbsp.
Saffron	½ gm.

## Vegetable Biryani



Brown onion	1 cup
Milk	¼ cup
Butter	50 gms.
Kerri essence (optional)	a few drops
Oil	2 tbsp.
Mint leaves	2 tbsp.
Salt	To taste

## Method

1. Pick , wash and soak rice for about 20 minutes. Boil rice in plenty of salted boiling water with the bayleaf and ½ of the [Whole Garam Masala](#) until ¾ done. Drain excess water and keep aside.
2. Peel, and dice carrot. Cut cauliflower into florets. String beans and cut them into dices.
3. Mix all the vegetables and [boil](#) in salted water. Refresh and keep aside. Soak saffron in warm milk.
4. Heat oil in a thick bottomed pan. Add [cumin seeds](#) and remaining Whole Garam Masala .When it begins to crackle, add chopped [onions](#) and sauté until golden brown. Add chopped [ginger](#) and chopped [green chilies](#).
5. Add coriander powder, turmeric powder, red chili powder, [Curd/Yogurt](#), and mix well. Add chopped [tomatoes](#) and cook on a medium flame till fat leaves the masala.
6. Add boiled vegetables and mix well.
7. Now arrange alternate layers of cooked vegetables and rice. Sprinkle saffron dissolved in milk, Garam Masala Powder , ginger julienne's, mint leaves, golden fried sliced onions and butter in between the layers and on top. Make sure that

you end with the rice layer topped with saffron and spices.

8. Cover and seal with aluminium foil and cook in a pre-heated oven for 10-12 minutes or on direct flame for 10-12 minutes or till you get a nice aroma. Serve hot.



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## Ingredients

Rice (Basmati)	300 gms.
Peanuts	½ cup
Dry red chili whole	2 nos.
White urad dal	1 tsp.
Mustard seeds	1 tsp.
Chana dal	1 tsp.
Turmeric powder	½ tsp.
Fenugreek seeds	½ tsp.
Lemon juice	3 tps.
Asafoetida	A pinch
Curry leaves	10-12 nos.
Fresh grated coconut	1 tsp.
Oil	1 tsp.
Salt	To taste



## Method

1. Pick, wash and soak rice for about 20 minutes. Drain. Boil in plenty of boiling salted water until almost done. Drain and keep aside.
2. Heat oil or Ghee in a Kadhaj . Add a pinch of asafoetida. Add dry red chili, urad dal, chana dal and fenugreek seeds, cook until dal changes color to light brown.
3. Add peanuts and mustard seeds. Let mustard seeds crackle, then add curry leaves. Stir fry for half a minute. Add cooked rice, salt, lime juice and turmeric powder. Mix thoroughly.
4. Garnish with grated coconut.



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## Ingredients

Rice (Basmati)	300 gms.
Potatoes	300 gms.
Cauliflower	300 gms.
Whole garam masala	1 tsp.
Red chili powder	1 tsp.
Cumin seeds	1 tsp.
Turmeric powder	½ cup
Bay leaf	2 nos.
Garam masala powder	½ tsp.
Ghee/Oil	1 tsp.
Salt	To taste

## Aloo Gobi Tahri



## Method

1. Pick, wash and soak rice for about half an hour, drain and keep aside.
2. Peel potato. Cut into one inch cubes. Cut cauliflower into small florets.
3. Heat oil in a thick bottomed pan. Add bay leaves, cumin seeds and Whole Garam Masala. When they begin to crackle, add ginger paste, red chili powder, turmeric powder and Garam Masala Powder.
4. Cook for a minute, add potatoes, cauliflower and soaked rice. Stir lightly and add hot water enough to cover the rice and vegetables and should be about one inch above the rice. Season with salt. Bring it to boil and stir from time to time.
5. Reduce flame and cook covered on a slow fire till rice and vegetables are completely cooked.



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**Shaam Savera**

Chef Kapoor's signature recipe. Spinach dumplings stuffed with paneer and served in a tomato and honey gravy.

**Baghare Baingan**

Tiny brinjals, halved and cooked with a choice of spices bringing out it's own aroma.

**Adraki Mushroom**

Stir fried fresh mushrooms with a herbal difference - created by a generous use of ginger.

**Peshawari Chana**

A kabuli lentil treat.

**Malai Kofta**

Creamy curried vegetable dumplings.

**Punjabi Kadhi**

North Indian yogurt curry with gramflour dumplings.

**Kadhai Paneer**

Paneer cooked with lots of Red chilies and flavoured with coriander.

**Gobhi Mussalam**

Whole cauliflower baked in a spicy gravy.

**Aloo Dumwale**

Tiny whole potatoes cooked in a mildly spiced yogurt gravy.

**Stuffed Baingan**

Brinjals cooked in tamarind paste.





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**[Palak Paneer](#)**

A typical North-Indian dish made from Spinach and Paneer.

**[Baingan Bharta](#)**

A classic preparation of roasted brinjal, sautéed with onions, tomatoes & green chilies.

**[Stuffed Bhindi](#)**

A vegetarian delight - lady fingers stuffed with a blend of masalas.

**[Palak Aloo](#)**

A quick & easy preparation of fried potatoes cooked with spinach.

**[Paneer Pasanda](#)**

Stuffed fried paneer pieces dipped in tomato & cashew gravy.

**[Navaratan Korma](#)**

An elaborate preparation of several vegetables in rich white gravy.

**[Dahi Baingan](#)**

Deep fried brinjals cooked in a mixture of curd and onions.

**[Moglai Potatoes](#)**

An exotic creamy preparation of potatoes.

**[Stuffed Tomatoes](#)**

Tomatoes baked with a rich filling.

**[Tandoori Gobi](#)**

Rich preparation of cauliflower in tomato-onion-cream mixture.





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**Cauliflower Peas Curry / Flower Vatanu Shak**

A popular vegetable preparation of cauliflower and green peas.

**Mixed bitter vegetable curry / Shukto**

A speciality of Bengal ! It is bitter in taste. Bitterness implies blood purifying qualities.

**Potatoes in poppy seeds / Aloo Posto**

A delicious combination of potatoes with poppy seeds.

**Shahi Curry**

A medley of vegetables in tomato puree.

**Baked Vegetable Potpourri**

A preparation of vegetables in tomato gravy. A healthy treat!

**Sindhi Kadhi**

A speciality of the West. A combination of kokum and several vegetables.

**Mirchi ka Salan**

A tangy preparation of chillies and tamarind.

**Sarsaon ka Saag**

Leaves of the mustard plant - cooked with spices in pure ghee - A December favourite of the people of Punjab

**Amritsari Aloo**

Potatoes in a tomato gravy - cooked in the delicious classic style of the people of Amritsar.

**Methi Corn Malai**

A variation of the popular Muter Methi Malai - Corn cooked with fenugreek leaves and cream is for those preferring a slightly sweet taste in food.





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**[Bharli Waangi](#)**

Brinjals stuffed with a spicy filling.

**[Aluchi Bhaji](#)**

Sweet and sour preparation made of Arvi leaves.

**[Dal Palak](#)**

A variation of dal with spinach and fenugreek.

**[Paneer Capsicum](#)**

A combination of capsicum and paneer. A sheer treat!

**[Matar Paneer](#)**

The most popular paneer dish with peas.

**[Chole](#)** [Animated!](#)

A speciality of Punjab, usually accompanied with bhatura.

**[Avial](#)**

A fantastic mixed vegetable medley prepared in curd and coconut paste.

**[Sourac](#)**

Sometimes called Bete curry, cooked on no fish days.

**[Malai Korma](#)**

A rich creamy preparation! Tastes delicious with rotis.

**[Undhiyo](#)**

A vegetable medley with fenugreek leaf dumplings. The epitome of Gujarati cuisine.







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[Gatte Ki Sabzi](#)

Boiled gram flour discs cooked in a thick garam masala gravy.

[Begun Bhaja](#)

Brinjal slices seasoned with turmeric and deep fried.

[Alupulkofi](#)

Cauliflower & potatoes cooked in a thick garam masala gravy.

[Labra](#)

A delicious dish made of mixed vegetables cooked in an array of seasonings.

[Mughlai Arbi](#)

Fried arbi in a rich masala preparation.

[Kandhari Kofta Curry](#)

An unusual preparation of sweet potato in cashew & khus-khus paste.

[Kesar Gobi](#)

Cauliflower florets cooked in badam and saffron paste.

[Arbi Masala](#)

Boiled or fried yam cooked in a thick masala gravy.

[Bhindi Bharvan](#)

Lady fingers stuffed with masala & stir fried with onions.

[Nadur Palak](#)

A simple but tasty dish made of lotus roots & spinach.





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**[Paneer Butter Masala](#)**

Capsicum, onions etc sauted` in butter and cooked with paneer cubes in a thick masala gravy.

**[Mushroom & Cheese Bake](#)**

A baked mushroom delicacy topped with white sauce & garnished with tomato slices.

**[Capsicum & Paneer Delight](#)**

Paneer & capsicum cooked with sauted` onions.

[Chef Recommends !](#)

**[Matar Lajwab](#)**

Green peas sauted in powdered masalas & cooked in milk.

**[Creamed Diced Carrots with Green Pepper](#)**

A main course vegetable dish made of carrots, green pepper cooked in vegetable stock.

**[Matar Methi Malai](#)**

A very popular vegetable made of a combination of fenugreek leaves, green peas & fresh cream.

**[Veg. Jalfarezi](#)**

A spicy dish made of mixed vegetables & spices.

**[Raw Banana Curry](#)**

Raw banana curry seasoned with mustard seeds.

**[Sai Bhaji](#)**

A famous Sindhi vegetable delicacy made of spinach & fenugreek leaves.

**[Stuffed Potatoes](#)**

Baked potatoes with a rich stuffing of khoya, raisins, nuts etc.





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**White Pumpkin  
curry**

Chunks of white pumpkin cooked in butter milk, spices etc and a touch of grated coconut.

**Chholar Ghugni**

Chick peas cooked in a thick masala gravy.

**Sweet & Sour Baked  
Beans**

Chilled baked beans in a delicious mixture of tomato ketchup, gherkins, mustard powder etc.

**Matar Mushroom  
Masala**

A mouth-watering vegetarian dish made of mushrooms, peas and masala.

**Paneer Jalfrezi**

A spicy dish made of paneer fingers and capsicum pieces.

**Cottage Cheese in  
Yellow Gravy**

Paneer cubes cooked in a spicy milk concoction.

**Pineapple Pachadi**

A sweet & sour dish made of pineapple pieces cooked in coconut.

**Paneer Makhani**

Paneer pieces cooked in tomato and fresh cream gravy.

**Paneer Matar Masala**

Paneer and green peas cooked slowly in onion-tomato gravy.

**Shahi Paneer**

Paneer fingers cooked in a thick curd-tomato gravy.







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**[Veg Makhanwala](#)**

Mixed vegetables sauted with onions and cooked with fresh cream butter, masalas etc.

**[Gobhi Korma](#)**

Cauliflower florets cooked in curd with spicy masalas.

**[Alu Potal Rasa](#)**

A delicious Oriya vegetable dish made of snake gourd and potatoes.

**[Alu Beans Bhaja](#)**

French beans and potatoes sauteed in oil with masalas.

**[Bhendi Besara](#)**

Slit lady fingers cooked in curd with mustard pasted, chili powder, ginger-garlic paste etc.

**[Methi Sag](#)**

Pureed fenugreek leaves cooked with spices and fried soya bean granules.

**[Hara Alu](#)**

Potato slices cooked in a spicy green masala.

**[Mixed Stuffed Vegetables](#)**

Potatoes, brinjals, onions stuffed with spicy coconut filling and cooked in oil over a low flame.

**[Karela Bhindi Masala](#)**

Lady finger and karela cooked slowly with spice powders, sugar etc.

**[Dahi Batete nu shak](#)**

Potatoes marinated in a curd mixture and cooked in ghee till it turns light brown in colour.



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**Tomato Bhaji**

A vegetarian gravy dish made of tomatoes.

**Paneer Korma**

Grated paneer prepared gravy style with curd & masalas.

**Drumstick Masala**

Drumsticks in thick coconut gravy.

**Onion Bhaji**

A simple vegetarian dish made of sauted onions, tomatoes etc.

**Tinda Burta**

A famous Punjabi dish using roasted tindas, tomatoes, green peas, spices etc.

**Peas Kofta Curry**

A curry based dish of batter fried potato-peas koftas.

**Dhum Gohbi**

Sauted cauliflower topped with curds and baked to give a unique flavour.

**Zunka**

A delicious vegetarian dish made out of besan, coconut, onions and chillipowder, topped with coriander leaves.

**Vatana Bhaji**

A vegetarian dish made of peas, cooked with chilies, grated coconut and coriander leaves.

**Sambhar Potatoes**

A simple dish made of small boiled potatoes sauted in powdered masalas.



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[Chicpea & Aubergine Casserole](#)

A veggies delight.

[Potato Flair](#)

Can be eaten as it is - a filling delight.

[Onion & Cheese Pie](#)

A pie that is irresistible - prepared with onions and cheese.

[Tangy Veggies](#)

Quick to dish out dry vegetarian dish.

[Shahi Cheese](#)

Cheese cooked in thick tomato gravy - a truly cheesy delight.

[Bird's Nest](#)

A unique dish made of potatoes.

[Cabbage Dal Koshimbir](#)

A nutritious dish of cabbage tossed in chana dal, coconut and seasonings.

[Cheese Ball Curry](#)

A rich festive gravy dish with cheese as the main ingredient.

[Papaya Thoran](#)

A deliciously different vegetarian dish made of raw papaya.

[Cabbage Thoran](#)

Cooked cabbage garnished with coarsely ground coconut masala.



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**Microwave Kadhai Paneer**

A famous paneer dish that can be prepared in a jiffy.

**Microwave Bhendi Masala**

Ladyfingers cooked with masala.

**Tandoori Paneer in Green Masala**

Paneer marinated with green masala and then grilled.

**Guncha-o-Bahar**

A tasty dish made of cauliflower.

**Khum Hara Dhania**

A delicious preparation of mushrooms.

**Mushroom Chilifry**

A simple yet tasty preparation of mushroom which goes well with bread/chapatis.

**Malai Mushroom Matar**

A very popular vegetable preparation made of a combination of mushrooms, green peas & fresh cream.

**Broccoli Kofta**

A rare dish made of broccoli koftas in thick gravy.

**Cheese Macaroni**

A unique dish rich in taste, made of macaroni & cheese.

**Shahi Paneer Babycorn Korma**

A dish of paneer with babycorn which will whet your appetite.



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[Corn Capsicum Masala](#)

Enjoy this corn & capsicum dish prepared with masalas.

[Kathal Masala](#)

Deepfried pieces of raw jackfruit cooked in a thick masala gravy.

[Methi Kofta in Spinach Gravy](#)

Batter fried methi koftas in spinach gravy.

[Kabuli Chana Chaat](#)

A meal in itself of potato & kabuli channas mixed with chutneys for the perfect taste.

[Kabuli Chana Gravy](#)

A famous punjabi preparation made of kabuli chanas best enjoyed with puris.

[Pittla](#)

A seasoned and tempered gram flour based dish.

[Potato Kara Kari](#)

A spicy, tempered potato preparation.



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## Ingredients

Bottle gourd/ doodhi	600 gms.
Paneer / cottage cheese	200 gms.
Red capsicum	1 no.
Yellow capsicum	1 no.
Green capsicum	1 no.
Oil for cooking	
Cumin seeds	¼ tsp.
Mustard seeds	¼ tsp.
Fenugreek seeds	¼ tsp.
Fennel seeds	¼ tsp.

Kalonji	¼ tsp.
Curry leaves	8 nos.
Ginger garlic paste	2 tsp.
Green chillies	4 nos.
Tamarind	50 gms.
Salt	to taste
Dry coconut	10 gms
Sesame seeds	1 tsp.

## Doodhi Paneer ka Salan



Peanuts	1 tbsp.
Onion	1 no.
Coriander powder	1 tsp.
Cumin powder	½ tsp.
Red chilli powder	¼ tsp.
Garam masala powder	½ tsp.
Fresh coriander leaves	few sprigs

## Method

1. Peel doodhi, remove the inner pulp and cut the doodhi into diamonds. Parboil in water, drain and refresh in cold water.
2. Cut paneer into diamonds.
3. Clean, wash and cut capsicums into diamonds.
4. Dry roast coconut, peanuts and sesame seeds. Grind to a fine paste.
5. Soak tamarind for 30 minutes in warm water, squeeze and strain the pulp.
6. Peel and slice the onions finely. Fry in oil to a golden brown colour. Remove on absorbent paper, keep aside.
7. Clean, remove stems and finely chop green chillies.
8. Clean wash and chop coriander leaves.
9. Stem, wash and pat dry curry leaves.
10. In a cooking vessel heat oil, add cumin, fenugreek, fennel, kalonji and mustard seeds, once they crackle add curry leaves, ginger and garlic paste. Stir-fry until devoid of raw flavour.

11. Add chopped green chilies and tamarind pulp. Stir-fry for 4-5 minutes.
12. Add coriander, cumin, turmeric and red chili powders. Stir-fry for 3-4 minutes.
13. Add browned onions and salt, stir fry for 3-4 minutes.
14. Add the peanut paste and stir-fry until the oil separates.
15. Add the vegetables and gently toss. Finally add the paneer and toss.
16. Sprinkle garam masala and the chopped coriander leaves.
17. Stir and remove. Serve with Hyderabadi paratha.





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## PANEER KNOW HOW

1. There are many types of cheese that are made in India on a small scale but Paneer is the only cheese which can be compared to Western cheese in terms of texture.
2. Good paneer can be made from milk which contains 5 % more fat than normal milk. Therefore, buffalo milk is more suitable for preparing paneer.
3. To coagulate or curdle milk for paneer, add citric acid or lime juice to heated milk.
4. Strain the curdled milk through a muslin cloth and squeeze out all the whey.
5. Chenna is the most popular form of cheese that is prepared in Indian homes and used generously in cooking and confectioneries like rosogullas and sandesh.
6. If you want to cut paneer into a particular shape then place the paneer in a rectangular tray and it will take that shape while setting. In this way it will be easier to cut into squares, triangles etc.
7. Grated paneer can be used to decorate a simple dish and make it look quite tempting or even a paneer burji can make your breakfast more lively.
8. Vegetarian cooking looks and tastes a lot more delicious, as the soft colour of paneer heightens the colours of the other ingredients.
9. Paneer not only looks but tastes delicious as well, no wonder it has carved a niche for itself in the vegetarian world.







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## Ingredients

Eggs	6 nos.
<b>For the masala :</b>	
Coconut	½ piece
Red chillies(roasted)	5 nos.
Coriander seeds(roasted)	2 tsp.
Ajwain seeds(roasted)	1 pinch
Methi seeds(roasted)	1 pinch
Jeera seeds(roasted)	1 pinch
Onion(chopped fine)	1 no.
Salt to taste	

<b>For seasoning :</b>	
Onion(chopped fine)	1 no.
Oil	2 tbsp.



## Method

- 1.Grind to a paste the ingredients for the masala.
- 2.Put the paste in a vessel and boil along with 4 cups of water and one onion.
- 3.When the curry is boiling, lower the flame and break the six eggs one by one into the curry.
- 4.Add salt and cook till the eggs are done and remove from the flame and keep aside.
- 5.Take another vessel, put some oil in it and fry one onion till brown.
- 6.Pour the curry over it.
- 7.Boil for a little more time and remove from the flame.



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## Ingredients

Mayonnaise	1/3 cup
Black pepper	1/8 tsp.
Paprika	1/4 tsp.
Worcestershire sauce	1/4 tsp.
Milk	1/2 cup
Cheddar cheese, shredded	1 cup
Eggs	8 nos.
Salt	1/4 tsp.



## Method

1. Mix the mayonnaise, salt pepper, paprika and worcestershire sauce in a saucepan.
2. Gradually add the milk, stirring constantly till smooth.
3. Add the Cheese and cook over low heat, stirring till the cheese melts.
4. Butter 4 baking dishes and pour 2 tbsps. of sauce into each.
5. Break 2 eggs into each dish and top with the rest of the sauce.
6. Place the baking dishes in a pan filled with about 1/4 inch of hot water and bake uncovered for 17-20 minutes.



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## Ingredients

Potatoes	3 nos.
Milk	¼ cup
Black pepper	¼ tsp.
Fresh dill, finely chopped	1 tbsp.
Onion, grated	2 tbsps.
Parsley, minced	2 tbsps.
Eggs	4 nos.
Lemon rind, grated	1 tbsp.
Butter or margarine	2 tbsps.
Salt	¾ tsp.

## Potato Eggs With Lemon



## Method

1. Peel and cut the potatoes into ¼ inch slices.
2. Put the potato slices in a saucepan with water, cover and boil for 15 minutes or till tender.
3. Drain and mash the potatoes, adding milk to moisten them.
4. Stir in the butter and season with ½ tsp each of pepper and salt.
5. Mix the dill, onion and parsley with the potatoes.
6. Put this mixture in a shallow buttered casserole and set aside.
7. Separate the eggs and beat the whites until stiff gradually adding the salt and lemon rind.
8. Spread the beaten egg whites lightly over the potatoes, shaping them into peaks.
9. With half an egg shell make 4 depressions in the egg white surface and then slide an egg yolk into each depression.
10. Bake, uncovered, for 20 minutes or until the eggs are set.



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## Ingredients

Paneer	200 gms.
Eggs, hard boiled	4 nos.
Garlic, minced	4 flakes
Onion	1 no.
Tomatoes, blanched & diced	¾ tsp.
Turmeric powder	1 nos.
Garam Masala	¾ tsp.
Pepper powder	As required
Chili powder	As required
Ghee	2 tbsp.
Salt	As required

## Paneer Anda



## Method

1. Cut the paneer into small pieces and fry in little ghee to a pale gold colour. Drain and set aside.
2. Heat 2 tbsps. ghee and fry ground onion and garlic to a golden brown colour.
3. Put in all the spices with the exception of garam masala and fry slightly then put in tomatoes and cook till ghee separates.
4. Put in 1 cup water and cook till dry, then mash to a smooth paste with the help of a wooden spoon.
5. Put in 1 cup more of water, bring to a boil, reduce heat and put in paneer and eggs.
6. Simmer gently for 8-10 minutes.
7. Serve hot garnished with garam masala and coriander leaves.



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## Ingredients

Eggs	4 nos.
Potato wafers	100 gms.
Onion, sliced	1 nos.
Cummin seeds	½ tsp.
Chili, chopped	1 nos.
Tomato, chopped	1 nos.
Coriander leaves, chopped	A few
Oil	1 tbsp.
Salt	As per taste

## Wafer Per Eda



## Method

1. Heat oil, fry the onions until golden and add all the ingredients except the potato wafers and eggs.
2. Saute till tomatoes are tender.
3. Add the potato wafers and salt and mix in 2 tbsp. of water, cover with a lid and let it cook for a minute or two.
4. When the wafers are soft and the mixture is hot, spread the wafer mixture.
5. Break each egg separately on top of the wafer mixture so as to cover the entire mixture.
6. Cover with a lid with hot water on top and cook on a low flame until the eggs are set.
7. Serve immediately.



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## Ingredients

Eggs	6 nos.
Onions	6 nos.
Milk	¼ cup
Cashewnuts	2 tbsp.
Green chilies	8 nos.
Grated coconut	1 tbsp.
Coriander powder	3 tbsp.
Cloves	6 nos.
Cinnamon	1 stick
Cardamom pods	2 nos.

Ginger	1 piece
Turmeric powder	½ tsp.



Egg Korma

Ghee	3 tbsp.
Salt	To taste

## Method

1. Grind together the green chilies, grated coconut, coriander powder, cardamom, cinnamon, cloves, ginger and turmeric powder.
2. Chop the onions coarsely. Separate the yolk from the eggs and beat the egg whites till stiff. Add the egg yolks, milk to the egg white mixture and salt to taste.
3. Beat the mixture again for 10 minutes and place the egg mixture vessel into a large vessel containing a little water and boil till the egg is set. Turn out the egg and cut into cubes.
4. To make the korma, heat the ghee in a saucepan and fry the chopped cashewnuts till golden brown.
5. Put sliced onions, ground masala paste and salt and cook on a low flame, till the onions turn light brown. Stir occasionally till the ghee floats to the top.
6. Add half a cup of water and bring to a boil.
7. Add the egg cubes and cook gently till the korma thickens.
8. Garnish with freshly cut coriander leaves and serve hot with rice or parathas and chutney.



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## Ingredients

Hard boiled eggs	4-5 nos.
Onions	2 nos.
Dry red chilies	4 nos.
Garlic	5 flakes
Ginger	1 piece
Cummin seeds	½ tsp.
Cinnamon	1 piece
Garam masala	1 tsp.
Vinegar	¾ cup
Sugar	1 tbsp.
Ghee	2½ tbsp.
Salt	To taste

## Egg Vindaloo



## Method

1. Grind the red chilies, garlic, ginger and cummin seeds with a little vinegar and salt to taste.
2. Chop the onions and fry in ghee, then add the ground paste and cinnamon to it.
3. Then add sugar, vinegar and garam masala.
4. Shell the eggs, cut into halves, lengthwise and add to the curry.
5. Cook till the gravy thickens and serve with rice or rotis.



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## Ingredients

Eggs	4 nos.
Bread slices	1-2 nos.
Tomatoes, peeled	2 nos.
Onion, mashed	1 tsp.
Green chili, mashed	1 no.
Garam masala	½ tsp.
Chili powder	1 tsp.
Coriander leaves	As required
Ghee	1 tbsp.
Salt and pepper	To taste

## Egg Nargisi Kofta



## Method

1. Hard boil the eggs, shell them and keep aside.
2. Crumble the bread and soak in cold water till soft. Drain and squeeze out all the liquid and mash well with a fork.
3. Cut the eggs lengthwise, and remove the yolks. Mash the egg yolks into the bread and add melted ghee.
4. Stir in the mashed onion, chili and a pinch of salt and mix well.
5. Replace the yolk with this mixture and place the stuffed eggs carefully in a dish.
6. To make the tomato sauce, fry one small finely chopped onion, then add the tomatoes, coriander leaves, garam masala, chili powder, salt and pepper to taste.
7. Simmer till the sauce is cooked. Pour the tomato sauce over the stuffed eggs.
8. Cover the dish and cook in a moderate oven.



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## Ingredients

Eggs	6 nos.
Chopped onions	2 nos.
Chopped tomatoes	2 nos.
Finely chopped green chilies	3 nos.
Oil	For frying
Salt and pepper	To taste

## Indian Omlette



## Method

1. Beat the eggs and add the chopped onions, tomatoes, green chilies, salt and pepper.
2. Mix all the ingredients thoroughly.
3. Heat oil in a frying pan and add a portion of the mixture to make one omlette.
4. Cook over slow flame till mixture is firm and flip it over and cook on the other side.
5. Repeat the method to cook the remaining mixture.
6. Serve hot with aloo parathas and chutney.



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## Ingredients

Hard boiled eggs	4 nos.
Cloves	5 nos.
Peppercorns	8 nos.
Garlic	1 pod
Ginger	1 piece
Onions	4 nos.
Tomatoes	2 nos.
Chili powder	1 tsp.
Salt	To taste

## Egg Bhaji



## Method

1. Cut the 4 hard boiled eggs into pieces and keep aside.
2. Grind the cloves, garlic, ginger and peppercorns to a fine paste.
3. Slice and brown the onions in a little oil and stir in the chopped tomatoes, ground masala, chili powder and salt.
4. After 5-6 minutes add the egg pieces and garnish with tomatoes, lime and coriander leaves.



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## Ingredients

Eggs	6 nos.
Potatoes	3-4 nos.
Tomato	1 no.
Small onion	1 no.
Green chillies	2-3 nos.
Coriander leaves (small bunch)	1 no.
Ghee	As required
Salt	To taste

## Egg Pattice



## Method

1. Boil the potatoes, peel, mash well and keep aside. Chop the onion, tomato and green chillies very fine.
2. Wash and chop the coriander leaves.
3. Heat a tablespoon of ghee and fry the onion till it turns tender, but not brown.
4. Add the tomatoes and cook for a few minutes.
5. Add salt and coriander and break in 5 eggs, stirring continuously till the mixture thickens and sets.
6. Remove from heat and let it cool.
7. Beat the remaining egg well in a saucepan and keep aside.
8. Knead the potato dough again and make flat cases. Place a heaped spoonful of egg mixture in the centre and cover, folding in the sides to seal the stuffing.
9. Press between your palms to make a flat cake.
10. Heat ghee in a pan and dip each patty in the beaten egg, roll in bread crumbs, if desired and fry till nicely browned.
11. Serve hot with tomato sauce or chutney.



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## Ingredients

Boiled eggs	2 nos.
Vermicelli	500 gms.
Cardamoms	3-4 nos.
Mustard seeds	1 tsp.
Bengal gram dal	40 gms.
Coriander seeds	1 tsp.
Cummin seeds	½ tsp.
Red chilies	2 nos.
Cinnamon (small pieces)	2 no.
Coriander leaves	As required
Oil	4 tbsp.

## Egg Vermicelli



## Method

1. Grind the coriander seeds, cummin seeds, red chilies, cinnamon, cardamom and keep them aside.
2. Fry vermicelli in a little ghee till it turns brown and keep aside.
3. Heat 2 tbsp of ghee in a saucepan to fry the mustard seeds and the Bengal gram dal.
4. Mix coriander leaves, ground paste and salt and add to the pan.
5. Pour one cup of water and let the mixture boil.
6. Add the vermicelli while it is boiling and when it becomes thick, add the chopped eggs.
7. Serve with tomato chutney.



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## Ingredients

Chicken mince	500 gms
Cinnamon powder	½ tsp.
Salt	to taste
Oil	3 tbsps.
Boiled onion paste	¾ cup
Ginger-garlic paste	1 tbsp.
Coriander powder	1 tbsp.
Red chilli powder	1 tsp.
Tomato puree	½ cup

Cashewnut paste	2/3 cup	Pomegranate syrup	2 tbsps
Garam masala powder	½ tsp.	Fresh cream	½ cup

## Chicken Kandhari Kofta



## Method

1. Mix chicken mince, cinnamon powder and a teaspoon of salt thoroughly. Divide into 12 equal portions. Shape them into balls. Keep aside.
2. Heat oil in a pan. Add boiled onion paste and cook till onions turn pink. Add ginger-garlic paste. Sauté for a minute then add red chilli powder.
3. Stir in tomato puree and cashewnut paste dissolved in a little water. Cook for five minutes on a high heat, stirring constantly.
4. Add one and half cups of water, bring it to a boil. Add chicken, cover and cook for ten minutes, stirring occasionally. Add garam masala powder and pomegranate syrup. Correct seasoning. Simmer for five minutes. Stir in fresh cream.
5. Serve with naan or parantha.

Note: Make cashewnut paste by soaking half cup cashewnuts in water for half an hour. Grind it to a smooth paste. You need not use the more expensive full cashewnuts in this recipe. The readily available tukda cashewnuts will do.



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## Ingredients

Chicken	1 no.
Potato	1 no.
Green chilies	4 nos.
Fresh coconut, grated	2 cups
Curry leaves	10-12 nos.
Peppercorn	½ tsp.
Chana dal	2 tsps.
Coriander seeds	½ tsp.
Jeera	¼ tsp.

Salt	to taste
Refined oil	4 tbsps.
<b>Whole Masala</b>	



## Kozhi Ishtew

Star Anise	2 nos.
Cinnamon	1"
Cardamom	4 nos.

## Method

- Clean and cut the chicken into medium sized pieces (approximately 12-16 pieces). Peel the potato and cut into 6-8 medium size pieces. Wash and slit green chilies.
- Soak the coconut in 2 cups of warm water, grind and extract a thick milk and keep aside. Repeat the process two more times but with only one cup water. Keep the three extracts separately.
- Broil the peppercorn, jeera, chana dal and coriander seeds on a hot pan, cool and powder it.
- Heat oil in a heavy-bottomed vessel, add the whole masala and fry till the flavour is released. Add the chicken, potato, curry leaves and chilies. Sprinkle the powdered masala and continue to stir.
- Add the third coconut extract and allow to simmer. Now add the second extract and continue cooking till both the chicken and potato are cooked.
- Remove from fire and add the first extract and salt to taste. Reheat and simmer for a few minutes and serve hot with appams or porottas.

TIP: You can make this stew with mutton / lamb also. Pressure cook the meat before following the above method.



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## Ingredients

Chicken	1 medium sized
White til	2 tsp.
Poppy seeds	2 tsp.
Black cardamoms	2 nos.
Green cardamoms	3-4 nos.
Mace	1 no.
Cinnamon	2"
Cloves	3-4 nos.
Star anise	1 no.

Dry coconut grated	¾ cup
Ginger	2"
Garlic	6-8 cloves
Dry red chillies (whole)	6-8
Kolhapuri dry chutney	2 tbsps.



Onions	3 medium size
Turmeric powder	1 tsp.
Salt	To taste

## Method

1. Dry roast til, poppy seeds, whole garam masala (big and small cardamom, cloves, cinnamon, star anise) and sauté. Add dry grated coconut and sauté till light brown. Grind it along with ginger, garlic, whole red chillies and onion to a smooth brown paste.
2. Marinate chicken pieces with salt and turmeric and keep aside.
3. Heat oil in a pan and add chopped onion and sauté till light brown.
4. When the onions are brown, add marinated chicken and cook on high heat.
5. Add the kolhapuri dry chutney to the chicken and mix well.
6. Add the brown coconut masala paste, sauté and add water, salt and continue to cook.
7. After a boil, cover and cook on low heat for 8-10 minutes till chicken is well done.
8. Serve hot.



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## Ingredients

Chicken(cut in 8 pieces)	1 kg.
Mint leaves(chopped)	125 gms.
Garlic & ginger paste	2 tbsps.
Lemon juice	2 tbsps.
Curd(made of nonfat milk)	1½ cup
Coriander powder	2 tsps.
Turmeric powder	½ tsp.
Onion(sliced fine)	200 gms.
Green chili(chopped)	2 nos.
Salt	to taste



## Method

- 1.Prick the chicken pieces with a fork.
- 2.Mix mint leaves, ginger-garlic paste, lemon juice, curd, coriander powder, turmeric powder and salt together.
- 3.Apply the mixture to the chicken pieces. Cover and refrigerate for 2-3 hours.
- 4.Spread onions in a baking dish,and bake at 370 degrees F till golden. Remove the onions and add ½ cup water and grind to a fine paste. Keep aside.
- 5.In a heavy bottom kadhai place the marinated chicken along with the marinade and cook stirring constantly,till well coated with the masala.
- 6.Add the onion paste and chilies and cook covered on low heat, stirring occasionally,till dry and cooked.
- 7.Serve



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## Ingredients

Chicken	500 gms.
Onions(sliced)	2 nos.
Oil	2 tbsps.

Salt to taste

### FOR THE PASTE:

Poppy seeds(roasted)	2 tps.
Cashewnuts	10 nos.
Coconut(grated)	2 tbsps.
Coriander leaves(chopped)	2 tps.

### FOR MARINATION:

Yoghurt(curd)	1 cup
Ginger-garlic paste	1 tbsp.
Chili powder	1 tsp.
Coriander powder	1 tsp.
Garam masala	1 tsp.
Pepper powder	½ tsp.

## Microwave Chicken Korma



## Method

1. Mix all the ingredients for marination.
2. Wash and marinate the chicken in the marinade for atleast 2 hours.
3. Grind coconut, coriander, poppy seed and cashewnuts to a fine paste and keep aside.
4. Take oil in a casserole, add sliced onions and micro cook for 5 minutes.
5. Add the marinated chicken, mix and micro cook covered for 12 minutes.
6. Add the ground paste and salt and mix well. Micro cook covered for 5 minutes.
7. Serve hot garnished with coriander leaves.



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## Ingredients

Chicken(cut in 8 pieces)	900 gms.
Ginger garlic paste	2 tbsps.
Soya sauce	2 tbsps.
Chilli sauce	1 tsp.
Ajinomoto	¼ tsp.
Vinegar	2 tbsps.
Chilli powder	½ tsp.
Worcestershire sauce	2 tbsps.
Tomato sauce	4 tbsps.
Oil	2 tbsps.

Salt and pepper to taste

## Method

- 1.Wash and squeeze dry the chicken.
- 2.Mix all the ingredients and marinate the chicken in it for 4-6 hours in the refrigerator.
- 3.Place in a heavy bottom utensil(kadhai)and cook on low heat till chicken is done and dry.
- 4.Serve with boiled vegetable and bread rolls.

## Chicken Pot Roast



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## Ingredients

Chicken	1 kg.
Garlic paste	3 ½ tsp.
Red chillies whole	8 nos.
Tomatoes(chopped)	1 kg.
Coriander seeds	1 tbsp.
Green chillies (deseeded&chopped)	4 nos.
Ginger(chopped)	¼ cup
Coriander(chopped)	½ cup
Fenugreek(kastoori methi)	1 tsp.
Garam Masala	2 tsp.
Cardamon powder	¼ tsp.
Fresh cream	1 cup
Oil	7 tbsp.
Salt to taste	

## Tangy Chicken



## Method

- 1.Clean and cut chicken into 8 pieces.
- 2.Pound red chillies and coriander seeds roughly and keep aside.
- 3.Heat oil in a kadhai, add garlic paste and saute over medium heat until light brown.
- 4.Add the pounded spices and fry for 30 sec, add tomatoes, bring to boil, add green chillies, 3/4ths of ginger and 1/3rd of the chopped coriander, reduce the heat and simmer for 4-5 mins.
- 5.Then add chicken, bring to boil, simmer, stirring ocasionally, until the fat leaves the masala, the gravy becomes thick and chicken is tender. Add the fresh cream.
- 6.Sprinkle garam masala and fenugreek, stir for 2 mins. Adjust seasoning.
- 7.Remove to a dish and garnish with the remaining ginger and coriander leaves.



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## Ingredients

Chicken legs	12 nos.
Onion halved and unpeeled	1 no.
Marjoram	½ tsp.
Parsley	2 sprigs
Thyme	1 sprig
Lemon halved	1 no.
Peppercorn	6 nos.
Butter	125 gms.
Cardamon ground	½ tsp.
Cummin seed crushed	½ tsp.

Ginger powder	½ tsp.
Turmeric powder	¼ tsp.
Chilli powder	¼ tsp.
Coriander powder	½ tsp.
Mustard powder	1 tsp.
Garam masala	½ tsp.
Worestershire sauce	2 tsp.
Lime juice	½ tsp.
Pepper to taste	
Salt to taste	

## Chicken in Curried Butter



## Method

- 1..In a saucepan, add the chickenlegs, onion, marjoram, parsley, thyme, lemon and peppercorns. Pour 1 litre of water and bring to boil, then lower the heat for 25min. Remove the chicken legs without any liquid and transfer them to a plate. Let them cool.
- 2.Cream the butter in a bowl. Add the remaining ingredients and thoroughly beat them into the butter.
- 3.Using a knife spread the curried butter on each leg. Refridge them preferably overnight but for a minimum time of 6 hrs.
- 4.Remove the chicken legs from the fridge.
- 5.Place it in pan and fry till golden brown.Serve hot.



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## Ingredients

Chicken medium	1 no.
Capsium chopped	1 cup
Onion Chopped	2 nos.
Tomato Chopped	½ cup
Green Chillies Chopped	3 nos.
Refined Flour(maida)	¼ cup
Butter	½ cup
Milk	2 cup
Lime Juice	1 tsp.
Vinegar	1 tbsp.

Pepper	½ tsp.
Salt to taste	

### FOR TOPPING:

Maida	1 ¼ cup
Eggs(separated)	4 nos.
Milk	¾ cup
Melted Butter	2 tbsp.
Baking Powder	2 tsp.
Salt to taste	

## Chicken Baked with Batter




## Method

1. Boil chicken with 2 cups water, vinegar & salt.
2. Debone the chicken and reserve the stock.
3. Saute the onion in butter for 5min. Then add tomatoes, chillies and capsium. Stir for 3 minutes.
4. Add flour, pepper and stir well for 2 minutes.
5. Add chicken stock and milk, keep stirring and cook till it becomes thick.
6. Add chicken pieces, lime juice and salt and mix.
7. Pour into a greased baking dish and pour the batter on top.
8. Bake at 200 degrees C for 30 minutes or till brown.
9. **For the Topping:**
  1. Mix maida, salt and baking powder in a bowl.
  2. Beat melted butter and egg yolk and pour in the maida mixture.
  3. Beat egg white stiff and fold in maida mixture.

4. Topping is ready and can be poured on chicken mixture.



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## Ingredients

Tender boiled chicken	1 no.
Spring onions chopped	2 nos.
Ginger, finely chopped	½ tsp.
Soya sauce	2 tbsps.
Beaten eggs	4 nos.
Chicken stock	½ cup
Sugar	1 tsp.
Tobasco sauce	3 drops
Oil for frying	
Salt to taste	

## Chicken Dumplings



## Method

1. Mince the chicken and mix with the onions, ginger, soya sauce & salt.
2. Heat a tablespoon of oil in a frying pan.
3. Pour a tablespoon of the beaten egg on the centre of the frying pan so as to form a small round pancake.
4. Put a teaspoon of the chicken filling in the centre of the egg pancake.
5. Fold the pancake, press the sides of the pancake to seal the edges and take it out from the pan.
6. Repeat the above process for the remaining egg batter & chicken filling.
7. Then use the same pan and heat some oil in it.
8. Pour the chicken stock, sugar & tobasco sauce in the pan.
9. When it comes to a boil place the chicken dumplings in the pan and cover with a lid.
10. Cook for 5 minutes and serve hot.



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## Ingredients

Chicken	2 nos.
Fine noodles	½ packet
Corn	1 cup
Tomatoes chopped	4 nos.
Capsicums sliced	4 nos.
Onions sliced	2 nos.
Celery sliced	1 cup
Green olives chopped	½ cup
Cheese grated	1 cup
Salad oil	½ cup
Curry powder	1 tsp.
Pepper	As required
Salt to taste	

## Buffet Chicken



## Method

- 1..Boil chicken until tender leaving 3 cups of stock.
- 2.Debone the chicken and cut into small pieces.
- 3.Boil the noodles in the chicken stock and keep aside.
- 4.Heat the salad oil and add the onions, celery and capsicum. Fry well till tender(do not brown).
- 5.Now add tomatoes, curry powder and cook till dry.
- 6.To this add the boiled noodles, chicken, corn, olives, pepper and salt.
- 7.Mix well and pour into a baking dish.
- 8.Sprinkle with grated cheese.
- 9.Bake in a moderate oven for about 30 minutes.
- 10.Serve hot.



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## Ingredients

Chicken cut into 12 pieces(large size)	1 no.
Flour	½ cup
Onion(small size)	1 cup
Carrots sliced(long)	1 cup
Tomato puree	1 tbsp.
Butter	1 tbsp.
Pepper	6 nos.
Fat for frying	1 tsp.
Salt to taste	8 nos.

## Chicken Casserole



## Method

1. Sprinkle the chicken pieces with flour and fry in the fat till the chicken is well browned.
2. Take a deep casserole dish and place in it the fried chicken, onions and carrots.
3. Sprinkle over this pepper and salt.
4. Now add the tomato puree.
5. Apply the butter over the surface of the gravy.
6. Cover with lid and bake at a moderate temperature in an oven till the vegetables and chicken are cooked.
7. Serve hot with bread or boiled rice.



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## Ingredients

Chicken	1 large		
Bacon	¼ kg.		
Onion	2 nos.		
Coriander, chopped	2 tbsps.		
Small onions	12 nos.		
Green peas	½ kg.		
Tomatoes	2 nos.		
Green chilies	3 nos.		
Chili powder	½ tsp.		
Small potatoes	12 nos.		
Water	4 cups	Oil	2 tbsps.
Pepper	¼ tsp.	Salt	1 dsp.

## Chicken with Green Peas



## Method

1. Cut the chicken into pieces, apply salt and keep aside.
2. Chop the onions, garlic, chilies and tomatoes.
3. Heat the oil, fry the onions till brown and then add the chopped bacon and fry.
4. Then add the garlic, chilies and tomatoes and fry.
5. Lastly add the chicken pieces, add 4 cups of water and cook till the chicken is tender.
6. Boil the green peas and small potatoes and peel them.
7. Then fry the potatoes and peeled small onions.
8. Add these fried potatoes and onions to the chicken and simmer for 5 minutes.
9. Add chopped coriander, remove in a serving dish and top with green peas.



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## Ingredients

Chicken, cut into cubes	700 gms.		
Onions, chopped finely	3 nos.		
Ginger garlic paste	1 tsp.		
Turmeric powder	½ tsp.		
Chili powder	½ tsp.		
Tomatoes, chopped	2 nos.		
Green chillies, chopped	3 nos.		
Water	1½ cups		
Coriander leaves, chopped	1 tbsp.		
Vinegar	1½ tbsps.		
Sugar	1 tbsp.	Potatoes, cut into straws	5 nos.
Ghee	2 tbsps.	Water	2 tbsps.
Salt	1½ tsp.	Ghee	As required
<b>For the Potato straws or Sali</b>		Salt	1 tsp.



## Method

1. Fry the chopped onions in ghee till they turn golden brown in colour.
2. Now add the chicken cubes, ginger garlic paste, turmeric powder, chili powder and mix well.
3. Cook further and when the chicken is nicely browned add the chopped tomatoes, green chillies and cook for another 5 minutes.
4. Next add the salt, water and bring to a boil.
5. Lastly, add the chopped coriander leaves, vinegar, sugar and simmer on a low flame for 5 minutes.
6. Remove the gravy from the heat and keep aside.
7. Soak the potato straws in cold water, then after some time drain and dry them.
8. Fry the potatoes in ghee till light brown in colour.
9. Before removing sprinkle a little salt water on the straws.
10. As soon as the spluttering stops, drain and remove.
11. Now serve the chicken gravy with fried potato straws.



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## Ingredients

Chicken breasts	6 nos.
Light cream	2 cups
Worcestershire sauce	2 tbsps.
Chili powder	½ tsp.
Pepper	½ tsp.
Lemon juice	¼ cup
Breadcrumbs	As required
Butter	½ cup
Salt	As required

## Baked Chicken Breasts



## Method

1. Mix all the ingredients except the chicken, the bread crumbs and butter.
2. Cut the chicken breasts into half and wipe dry.
3. Add the chicken pieces to the cream marinade and keep in the fridge.
4. Next day roll each chicken piece in bread crumbs, lay flat on a baking dish in a single layer.
5. Spread half the butter over the chicken and bake in a moderate oven until the chicken is done.
6. Then spoon the rest of the butter and bake for another 10 minutes.
7. Serve hot.



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## Ingredients

Chicken	1 kg.
Chili powder	2 tsp.
Black pepper	2 tsp.
Onions	2 nos.
Garlic, chop finely	3 flakes.
Ginger, chop finely	2" piece
Cumin seeds, ground	4 tsp.
Coriander, ground	2 tsp.
Turmeric, ground	1 1/2 tsp.
Green Chili	1 no.
Bay leaves	2 nos.
Water, boiling	900 ml.
Garam masala	2 tsp.
Ghee	100 gms.
Salt	1 tsp.



## Method

1. Skin the chicken and cut it into 10-12 pieces and make two cuts in each piece.
2. Squeeze the lemon juice, chili powder, black pepper and salt on the chicken pieces mix well and keep aside for 2 hours.
3. Heat the ghee, fry onions, garlic and ginger for 3 minutes.
4. Then add the cumin, coriander and turmeric and stir well and cook further for 2 minutes.
5. Now add the chicken pieces, green chilies and fry the pieces till they change colour.
6. Then add the bay leaves and water and bring to a boil and simmer for 35-40 mins.
7. Sprinkle in the garam masala, turn well and continue to cook further for 10 minutes until the chicken is tender.



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## Ingredients

Chicken	1 kg.
Coconut milk of	1 1/2 no.
Coconut, grated	1/2 no.
Red chilies	15-20 nos.
Coriander seeds	2 tbsps.
Jeera	1 tsp.
Methi	10 seeds
Pepper	1 tsp.
Onion, chopped	1/2 no.
Turmeric powder	1/4 tsp.
Garlic	10 flakes.
Onion, chopped	1 no.
Lemon juice	1 no.
Butter	1 tbsp.
Ghee for frying	As required
Salt	To taste

## Chicken Curry



### For Seasoning

Onion, chopped	1 no.
Garam masala powder (elaichi, cinnamon, clove)	1/2 tsp.
Ghee	2 tpsps.


## Method

1. Grate 1 1/2 coconuts and grind finely with 2 cups of hot water, squeeze out thick coconut milk and keep aside.
2. Add another 3 cups of hot water in the coconut and take out thin milk.
3. Roast 1/2 grated coconut till light brown, then fry the chilies, coriander seeds, jeera, methi & pepper.
4. Fry the 1/2 chopped onion till light brown in ghee.
5. Grind all these together with turmeric powder and garlic flakes with a little of thin coconut milk till very fine.
6. Remove the masala, mix it with the remaining thin coconut milk, the chopped chicken, 1 chopped onion, 1 tbsp. butter, salt and boil in a cooker for 5 minutes under pressure.
7. Remove and add thick coconut milk, lemon juice and bring to a boil, then simmer for a few minutes.
8. Keep 2 tbsps. ghee in a flat vessel on the fire, add the chopped onion and fry till brown.
9. Then add the garam masala powder and pour the curry into the seasoning and

remove from the fire.

10. Serve hot with roti, idli, neer dosa etc.



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## Ingredients

Chicken, cut into pieces	1 kg.		
Red kashmiri chilies	8 nos.		
Turmeric	1 tsp.		
Peppercorns	15 nos.		
Cumin seeds	1/2 tsp.		
Cloves	4 nos.		
Cinnamon	1" piece		
Onions, finely chopped	2 nos.		
Green chilies, finely chopped	3 nos.		
Ginger, finely chopped	1" piece	Thick & thin coconut milk	1 no.
Garlic, finely chopped	12 cloves	Salt and vinegar	To taste

## Chicken Baffad



## Method

1. Saute the onions in a little oil until they change colour.
2. Put the chicken, chopped chilies, garlic and ginger to the sauted onions and cook for a few minute.
3. Grind all the spices together and add it with some salt to the chicken mixture.
4. Now add the thick and thin coconut milk, and cook till the chicken is done.
5. Add the vinegar and simmer until the gravy becomes thick.
6. Serve with rice or bread.



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## Ingredients

Chicken, cut into pieces	750 gms.		
Mustard seeds	1 gm		
Onions, finely chopped	¼ cup		
Ginger/garlic paste	1 tbsp.		
Garlic	1 no.		
Coriander powder	12 gm.		
Chili powder	1 ½ tsp.		
Pepper powder	1 ½ tsp.		
Water	1 cup		
Tomato paste	1 tbsp.		
Cloves ( whole )	3 gms	White vinegar	To taste.
Cinnamon pieces	3 gms	Oil	60 ml
Cumin powder	3 gms	Salt	To taste.



## Method

1. Sauté mustard seeds and onions till golden brown in heated oil.
2. Now add the ginger/garlic paste , potatoes , coriander, chili paste, pepper, cloves, cardamom, cinnamon , turmeric, cumin and mix well.
3. Cover and cook the potatoes with water till they are half cooked.
4. Lastly, add the tomato paste, chicken, vinegar, salt and mix well.
5. Cook over low heat for few minutes or till the chicken is cooked well.
6. Serve hot with rice .



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## Ingredients

Chicken	2 nos.
Onions	3 nos.
Water	1 cup
Pepper	As required
Salt	As required

### For the Sauce

Tomato juice	1 cup		
Chili sauce	1 tbsp.		
Worcestershire sauce	2 tbsps.		
Tomato ketchup	½ cup		
Mustard powder	1 tsp.	Brown sugar	1 tbsp.
Vinegar	¼ cup	Pepper	½ tsp.
Bay leaves	6 nos.	Lemon juice	1 tbsp.
Garlic, chopped	6 cloves.	Salt	1 tsp.

## Baked Barbecued Chicken



## Method

1. Cut the chicken into pieces, wash, apply salt and slice the onions into rings.
2. Grease a baking tray, lay the onion rings and lay the chicken pieces over the onions and pour water.
3. Bake in a moderate oven until the chicken is half cooked.
4. To make the sauce mix all the sauce ingredients together, bring to a boil and simmer for 5 minutes.
5. Pour this sauce over the half baked chicken and bake until tender.
6. Keep basting the chicken with sauce.



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## Ingredients

Boneless chicken, cut into strips & boiled	500 gms.		
Milk	1 litre		
Green beans	200 gms.		
Carrots	200 gms.		
Peas	100 gms.		
Spinach, boiled	100 gms.		
Sprouts	2 tsp.		
Flour	2 tsp.		
Butter	1 tsp.		
Mustard powder	1 tsp.	Eggs	2 nos.
Cheese	200 gms.	Salt	To taste



## Method

1. Chop all the vegetables and boil, but boil the spinach separately.
2. Melt the butter, fry the flour until golden brown & then add the mustard powder, salt, black pepper and milk, stirring continuously till the sauce thickens.
3. After the sauce cools add the whipped eggs and half of the cheese.
4. Put a layer of boiled spinach in a baking dish, then the mixed vegetables and then the chicken strips.
5. Pour the sauce evenly and sprinkle the grated cheese and bake for about 20 mins on medium temperature.
6. Serve hot.



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## Ingredients

Chicken, cut into pieces	1 kg.		
Coconut, grated	2 tbsps.		
Coriander seeds	2 tbsps.		
Cinnamon	4 pieces.		
Cloves	6 nos.		
Onions, big	3 nos.		
Garlic	12 flakes.		
Ginger	1" piece.		
Saffron powder	½ tsp.		
Red chilies	12-15 nos.		
Coriander leaves	A handful	Ghee for frying	As required
Onions, cut finely	2 nos.	Salt	To taste
Tomatoes, chopped	2-3 nos.		



## Method

1. Fry the grated coconut till brown in a little ghee.
2. Grind together fried grated coconut, coriander seeds, cinnamon, cloves, onions, garlic, ginger, saffron powder, red chilies and coriander leaves to a fine paste without water.
3. Remove the masala, pass water in the mixer jar and keep the masala water aside.
4. In a vessel heat 2 tbsps. ghee and fry onions till brown.
5. Then add the chicken pieces, chopped tomatoes, salt and stir on low fire for 10 minutes.
6. Then add the ground masala and the masala water.
7. Cook the chicken curry until quite dry.



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## Ingredients

Chicken	1 large		
Garlic, flakes	6 nos.		
Cloves	4 nos.		
Cinnamon	1 piece		
Goa red chilies	8 nos.		
Onions	4 nos.		
Ginger	1 piece		
Cardamoms	4 nos.		
Cumin seeds	1 tsp.		
Saffron	½ tsp.		
Hot water	6 cups	Oil	½ cup
Lemon juice	1 tsp.	Salt	As required

## Moghlai Chicken



## Method

1. Cut the chicken pieces, wash, apply salt and keep aside.
2. Chop the onions finely and grind all the masala to a fine paste.
3. Heat oil and fry the onions, then add the ground masala and fry over low heat till the oil separates.
4. Then add the chicken pieces and fry for a while until the chicken is well mixed with the masala.
5. Add 6 cups of hot water and let it simmer until the chicken is tender, then add the saffron soaked in lemon juice.
6. Simmer for a few more minutes and serve hot garnished with fried potatoes, green peas and hard boiled eggs.



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## Ingredients

Chicken	1kg.		
Poppy seeds	2 tsp.		
Grated coconut	1/2		
Fennel seeds	1 tsp.		
Coriander seeds	1 tsp.		
Cumin seeds	1/2 tsp.		
Whole red chillies	6-8 nos.		
Cinnamon	1" stick		
Green cardamom	3 nos.		
Cloves	2 nos.		
Turmeric powder	1/2 tsp.	Tomatoes, medium	3 nos.
Onion, large	1 no.	Lemon	1 no.
Ginger, chopped	2 tsp.	Curry leaves	10-12 nos.
Garlic, chopped	2 tsp.	Fresh coriander	Garnish.
Star anise	1/2	Oil	1/2 cup
Red chili powder	1 tsp.	Salt	to taste



## Method

- Clean the chicken, remove the skin and cut into 12 pieces.
- Chop the onions and tomatoes separately.
- Roast the whole red chillies, grated coconut, poppy seeds, coriander seeds, cumin seeds, green cardamom, cloves, cinnamon, star anise, fennel seeds in oil and grind to a paste along with ginger and garlic.
- Heat oil in a vessel and fry the onions till golden, then add curry leaves and the ground paste and sauté for some time.
- Add the tomatoes, red chili powder and turmeric powder and sauté.
- Add the chicken, mix and cook for 5 minutes and then add 2 cups of water and lemon juice.
- Cover and cook till the chicken is done.
- Serve hot garnished with coriander leaves and accompanied with boiled rice or parathas.



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## Ingredients

Chicken mince	1/2 kg.
Ginger finely chopped	1 tsp.
Green chili chopped	1 tsp.
Coriander chopped	1 tsp.
Cashewnut paste	2 tbsps.
Coriander powder	1 tsp.
Kesar	few
Salt	To taste

### For Gravy

Onion finely chopped	1 cup	Garam masala powder	1/2 tsp.
Ginger finely chopped	1 tsp.	Oil	2 tbsps.
Tomato puree	2 tbsps.	Salt	To taste
Fresh cream	1 cup		

## Kesari Murg Kofte



## Method

1. Add salt, chopped ginger, chopped green chilies, coriander leaves and saffron to the minced chicken, mix well.
2. Add cashewnut paste to this and mix further.
3. Roll the above mixture into koftas, sprinkle cornflour over the koftas and deep-fry, keep aside.


### FOR GRAVY

1. Heat some oil in a pan. Fry the chopped onions in this till they are slightly golden brown.
2. Now add chopped ginger to this, cook further and add tomato puree and salt to this.
3. Add 1 cup water and koftas to this mixture.
4. Bring to a boil and cover the vessel, simmer for 10-15 minutes.
5. Now add fresh cream and a little saffron to this, sprinkle a little garam masala powder.
6. Cover the vessel again and simmer for 5 minutes.



7. Serve hot.



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## Ingredients

Boneless Chicken	400 gms.
Onions chopped	1 cup.
Tomato chopped	1 no.
Curd	1cup
Green chili chopped	4-6 nos.
Coriander powder	1 tsp.
Lemon juice	1 tsp.
Turmeric powder (haldi)	½ tsp.
Cumin seed powder	1 tsp.
Ginger paste	1 tbsp.
Garlic paste	1 tbsp.
Aniseed (saunf )	½ tsp.
Coriander chopped	1 tbsp.
White pepper powder	½ tsp.
Garam Masala Powder	1 tsp.



Chicken Pista

Whole Garam Masala	½ tbsp.
Pistachios (pista)	½ cup
Oil	To fry
Salt	As per taste

## Method

1. Clean the chicken and marinate it with Curd/Yogurt, Ginger Paste, Garlic Paste ,lemon juice, salt and mix well.
2. Put pista in warm water and peel it.
4. Grind the pista, green chili and coriander and make a fine paste.

### FOR GRAVY:

1. Heat oil. Add Whole Garam Masala and chopped onion .Sauté a little.
2. Now add haldi, saunf and pista paste. Mix the marinated chicken to the gravy. When it comes to a boil add a little white pepper powder, Garam Masala Powder and a little water.
3. Cover the pan and cook it for 10 minutes. Now sprinkle some coriander leaves and add tomatoes and fresh cream . Cook again for five minutes.
4. Serve hot.



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## Ingredients

Chicken pieces	1 kg.
Onions, sliced	500 gms.
Garlic, sliced	50 gms.
Ginger, sliced	50 gms.
Red chili powder	1/2 tsp.
Turmeric powder	1/2 tsp.
Whole red chili	4 nos.
Garam Masala	10 gm.
Tomato puree	300 ml.
Coriander powder	15 gms.
Water	500 ml.
Ghee	150 gms.
Salt	To taste

## Murgh Do Paiza



## Method

1. Slice the onions, ginger and garlic and keep aside.
2. Heat ghee for 1 minute, then add tomato puree, turmeric powder, red chili powder, red chilies and coriander powder, cover the dish and cook on high for 3 minutes.
3. Put the sliced onions, ginger, garlic and cook for 3 minutes on high.
4. Mix chicken in the above ingredients and 500 ml water and cook for 8 minutes.
5. Stir well, add salt, garam masala and cook for 7 minutes, till done.



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## Ingredients

Chicken	1 kg.
Garlic (whole pod.)	1no.
Onion, finely sliced	1 no.
Ginger, finely grated (small piece)	1 no.
Turmeric powder	1 tsp.
Red chili powder	1 1/2 tsp.
Fennel powder	1 1/2 tsp.
Curd	2 tbsps.
Cumin seeds, crushed	2 nos.
Cloves	3 nos.
Ghee	75 ml.
Salt	1 tsp.



## Method

1. Make a paste of salt, turmeric, chili powder, fennel powder, garlic, ginger and curds.
2. Rub this curd paste to the chicken pieces and leave covered for 3 hours.
3. Heat ghee, drop cloves in it and when sizzling add the onions and fry till golden brown.
4. Now put the chicken pieces with the curd mixture and toss well for 1 minute.
5. Cover with a tight lid and simmer on low heat for 1 hour, till the chicken is tender.
6. Serve hot with rice or chapatis.



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## Ingredients

Chicken breasts	2 nos.
Onion	1 no.
Mushroom, sliced	1 tsp.
Paprika	1 1/2 tsp.
Water	1/4 cup
Maida	2 tbsps.
Water / dry sherry	3 tbsps.
Yogurt or curd	1 cup
Butter or margarine	4 tbsps.
Salt	1 tsp.

## Chicken Stronganoff



## Method

1. Cut the chicken breasts into long strips.
2. Melt the butter in a heavy pan, add the chicken, sprinkle salt and cook for 2 minutes stirring constantly.
3. Add the onion, mushroom and paprika and cook for another 2 minutes.
4. Add the water, reduce the heat and cook for a few minutes.
5. Mix the flour and 3 tbsps. of water or dry sherry in a small bowl.
6. Add this mixture to the chicken in the pan, stirring rapidly till the mixture thickens.
7. Lastly add the curd and stir well.
8. Do not let the mixture come to a boil.
9. Serve hot over rice.



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## Ingredients

Chicken liver and gizzard	500 gms.
Onion, chopped	2 nos.
Cummin seeds	1 tsp.
Green chilies, slit	2 nos.
Ginger Garlic paste	1 tsp.
Tomatoes, chopped	1 tbsp.
Jaggery	1 tbsp.
Coriander leaves, chopped	1 tbsp.
Oil	4 tbsp.
Salt	As required

## Aleti Paleti



## Method

1. Clean the liver and gizzard and cut into 1/2 inch pieces.
2. Fry onions in oil until brown, add cummin seeds, green chilies and ginger garlic paste and fry for a minute.
3. Add the liver, gizzard and salt and fry until the liver is cooked.
4. Remove the liver and keep aside and cook the gizzard a little more with water and then add the liver again.
5. Mix in the tomatoes and jaggery and cook until dry.
6. Serve hot, garnished with coriander leaves.



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## Marghi Na Farcha



### Ingredients

Chicken, cut into 8 pieces	1 kg.
Ginger	1/2 inch piece.
Garlic	8 flakes.
Cummin seeds	1/2 tsp.
Red chilies	2 nos.
Eggs, well-beaten	4 nos.
Oil	For deep frying.
Salt	As required.

### Method

1. Wash the chicken pieces, apply masala and salt, and marinate overnight in a refrigerator.
2. Take out the chicken pieces and thaw to room temperature.
3. Heat oil, dip each piece of chicken well in the egg and deep fry and serve hot.



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## Ingredients

Chicken, cleaned & cubed	1/2 kg.
Onions, chopped	2 nos.
Tomatoes	3 nos.
Potatoes, peeled & halved	4 nos.
Red chillies	6 nos.
Cloves	8 nos.
Peppercorns	8 nos.
Ginger-garlic paste	1 tbsp.
Turmeric powder	1 tsp.
Poppy seeds (khus khus)	1 tsp.

Coriander seeds	1 tsp.
Aniseeds (saunf)	1 tsp.
Coriander leaves	1 cup

## Chicken Kolhapuri



Oil	1 cup
Salt	To taste
Coconut	1/2 no.

## Method

1. Add salt, turmeric and ginger-garlic paste to the meat pieces. Mix well and keep aside for 1 hour.
2. Heat 2 tablespoons oil. Add cloves, peppercorn, poppy seeds, coriander seeds, aniseeds and red chillies. Lightly fry. Now add the onion and cook till it turns slightly brown.
3. Add coconut and tomatoes and cook for a few minutes more till it browns.
4. Cool, grind to a paste and keep aside.
5. Heat the remaining oil in a pressure cooker and add meat and potatoes. Stir fry till brown.
6. Add masala paste and salt.
7. Add water if needed and pressure cook till meat is soft. Remove from the cooker into a serving pot.
8. Garnish with coriander leaves.



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## Ingredients

Chicken	1 kg.
Onions, large	2 nos.
Coconut, large	1 nos.
Tamarind concentrate	1/4 tsp.
Salt	To taste

**To be roasted in one  
tbsp.of Oil :**

Red chilies	7 nos.
Cumin seeds	1/2 tsp.
Garlic flakes	6 nos.

Poppy seeds (khus khus)	2 tsp.
Cloves	5 nos.
Coriander seeds	2 tbsps.
Dogorful (optional)	1/8 tsp.
Peppercorns	1/2 tsp.



Xacuti

Turmeric	1/2" piece
Caraway seeds (shahjeera)	1/2 tsp.
Cinnamon	1" piece
Cardamoms	2 nos.
Aniseeds	1/2 tsp.

## Method

1. Grind the roasted spices together with 1 onion.
2. Grate half a coconut and extract juice.
3. Grate the other half and roast in a pan. Then grind it finely.
4. Cut meat into small pieces, salt and set aside for 15 minutes.
5. Then cook with a little water until all liquid dries up.
6. Finely chop 1 onion, and sauté it.
7. Add cooked meat, ground spices, ground coconut and 1/2 a cup water.
8. Cook about 10 minutes.
9. Add coconut juice and tamarind. Cook until well blended.



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## Ingredients

Chicken (medium), cut into eight pieces 1 no.  
 Curd beaten 1/2 cup  
 Onions 3 nos.  
 sliced fine and fried crips  
 Ginger-garlic paste 1 tbsp.  
 Dalchini 2 pieces  
 Kalimiri (black pepper) 8 nos.  
 Elaichi 4 nos.  
 Cashewnuts 2 tbsps.

Jeera 1 tsp.  
 Dhania 2 tps.  
 Green Chillies 4 /10 nos.  
 Kothmir, (coriander) 1 small bunch  
 Pudina 1 small bunch

## Hare Masale Ki Murgi



Cream 2 tbsps.  
 Haldi 1/4 tsp.  
 Ghee/Oil 3 tbsps.  
 cloves 5 nos.  
 Salt To taste

## Method

1. Powder the dalchini, lavang, elaichi, kalimiri, jeera, and dhania.
2. Grind the green chillies, pudina, kothmir, cashewnuts and fried onion to a fine paste separately.
3. To the chicken pieces apply the ginger-garlic paste and the green masala paste, along with the curd and set aside.
4. Heat the ghee and add the chicken.
5. Fry till the ghee separates, then add salt to taste and haldi.
6. Fry a little more before adding 1 1/2 cups warm water.
7. Allow to cook till nearly done then add powdered masala, cashewnut paste and cream and simmer till done.
8. The gravy should be rich and thick.



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## Ingredients

Chicken	1 no.large
Onion	1 no.
Coriander seeds	1 tbsp.
Aniseed	1 tbsp.
Cumin seeds	1 tbsp.
Roasted gram dal	4 nos.
Dry red Chilies	4 nos.
White cardamoms	4 nos.
Black Cardamoms	2 nos.

Cloves	4 nos.
Whole black peppers	½ tbsp.
Coconut	2" piece
Almonds	1 no.



Murg Mussalam

Curd	½ pint
Saffron	A pinch of
Ghee	6 tbsps.
Salt	To taste

## Method

1. Slice the onion.
2. Soak saffron in spoonful of hot water.
3. Roast all the remaining spices without any fat in a frying-pan and grind together.
4. Heat half the Ghee in a large saucepan and brown the chicken on all sides.
5. Remove, and pour in the remaining ghee.
6. Fry onion till brown, add the ground spices and ground coconut. Fry for 5 minutes.
7. Put chicken back into the pan.
8. Blend Curd/Yogurt with 1 1/2 liter water and pour into the pan together with salt. Cover tightly and cook till liquid dries and chicken is tender.
9. Just before serving add saffron water and garnish with chopped almonds.



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## Ingredients

Chicken (Disjointed)	1 kg.
Sour curd/ yogurt	1 large cup
Almond (blanched)	25 gms.
Walnuts (blanched)	25 gms.
Melon seeds (blanched)	25 gms.
Cashewnuts, fried	25 gms.
Almonds blanched & fried	10 nos.
Ginger	2 inch piece
Turmeric powder	1 tsp.

Garam masala	1 tbsp.
Onions, medium	3 nos.
Ground Cummin seeds, roasted	1 tbsp.
Green chilies (minced)	3 nos.

## Chicken Dilruba



Silver or gold foil	
Essence of saffron	A few drops
Oil	½ cup
Salt & Chili powder	To taste

## Method

1. Grind onion and ginger to a paste.
2. Heat 6 tbsp. butter and fry the ground paste to a golden brown colour. Add chicken along with [Curd/Yogurt](#) and fry till dry and nicely browned.
3. In the meanwhile grind the almonds, walnuts and melon seeds and mix in to the milk along with all the ground spices and 1 cup water.
4. When the chicken turns brown, pour the mixture onto it. Cover tightly and cook over a low fire until the chicken is tender and almost dry.
5. Mix in the essence and remove from fire.
6. Garnish with almonds.



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## Ingredients

Chicken (disjointed)	1 no.
Spinach ,cleaned & sliced	500 gms
Onions,big	4 nos.
Ginger	2" piece
Garlic	10 flakes
Tomatoes	500 gms
Garam masala	1 tbsp.
Ground cumin seeds	1 tbsp.
Turmeric powder (haldi )	1 tsp.
Chili powder	To taste

Green chilies,minced	4 nos.
Cream	To fry.



## Chicken Palak

Ghee	5 tbsp.
Salt	To taste

## Method

1. Grind ginger, garlic and onion to a paste.
2. Heat Ghee and fry the ground paste to a golden brown colour.
3. Add tomatoes and cook till the ghee separates.
4. Add spinach and fry till the ghee comes to the top.
5. Add seasonings and chicken. Mix well, then add 1 glass water.
6. Cover tightly and cook over a low fire till the chicken is tender and dry and fry till the oil leaves the side of the pan.
7. Put in a serving dish and pour cream over the top before serving.



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## Ingredients

Whole Chicken	1 no.
Medium Tomatoes	8-10 nos.
Coriander leaves	2 tbsp.
Medium onions	2 nos.
Garlic paste	2 tbsp.
Ginger, finely chopped	2 tbsp.
Dry red chillies	6-8 nos.
Chopped green chillies	8 nos.
Red chili powder	1 tsp.
Whole Coriander (dhania)	1 tbsp.

Garam masala powder	1 tsp.
Coriander powder (dhania powder)	1 tsp.

## Kadhai Chicken



Whole Garam masala	1 tsp.
Oil	2 tbsp.
Salt	As per taste

## Method

1. Skin and cut the chicken into pieces.
2. Take whole dhania, dry red chillies and pound together.
3. Slice the onions.
4. In a **Kadhai** take oil, add **Whole Garam Masala**, garlic, whole dhania, green chillies and red chillies mixture. Add onions. Fry till onions are golden brown.
5. Put in tomatoes, ginger, dhania powder and red chili powder.
6. Add some water. Cover and let it cook. Once the gravy is reduced put in the chicken pieces, salt and coriander leaves.
7. Mix well, sprinkle the **Garam Masala Powder**. Cover and cook for 8-10 mins on low flame.
8. Serve hot.



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## Ingredients

Chicken	1 kg.
Green chili	6 nos.
Green coriander leaves	1 cup
Mint leaves	1 cup
Garlic paste	1 tbsp.
Ginger paste	1 tbsp.
Cloves	6 nos.
Cummin seeds	1 tsp.
Green cardamom	8 nos.
Black peppercorn	8 nos.
Cinnamon	1 no.
Vinegar	2 tbsps.
Oil	4 tbsps.
Salt	To taste

## Chicken Cafreal



## Method

1. Remove skin of the chicken. Cut it into half and make incisions on the breasts and legs.
2. Blend green chilies, mint leaves, green coriander, [Ginger Paste](#), [Garlic Paste](#), cloves, green cardamom, cumin, black peppercorns, and cinnamon sticks together to a fine paste.
3. Add salt to the paste and apply this paste to the chicken. Keep it in the refrigerator for at least 2 to 3 hours.
4. Now heat oil in a pan, add chicken, cook it until golden colored, a little water may be added to cook it completely. When almost done, add vinegar and simmer for 3-4 minutes.
5. Serve hot garnished with golden fried onions.



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## Ingredients

Chicken Mince	400 gms.
Ginger Garlic paste	1 tbsp.
Boiled onion paste	¾ cup
Cashewnut paste	¼ cup.
Red chili powder	1 tsp.
Cinnamon powder	½ tsp.
Garam Masala powder	½ tsp.
Tomato puree	½ cup
Pomegranate syrup	1 tbsp.
Fresh cream	2 tbsp.
Oil	3 tbsp.
Salt	As per taste

## Murg Kofta Kandhari



## Method

1. Mix cinnamon powder, 1 teaspoon of salt and chicken mince thoroughly. Divide this mixture into 12 equal portions. Shape them into balls (*koftas*) and place on a greased baking tray. Refrigerate for 30 minutes and then cook in a preheated oven for 15 minutes (at 220 ° C).
2. Heat oil in a pan. Add [Boiled Onion Paste](#) and cook till it turns pink. Add ginger garlic paste. Sauté for a minute on a slow flame.
3. Stir in tomato puree and [Cashewnut Paste](#) dissolved in a little water. Cook for 5 minutes, stirring constantly.
4. Add one and a half cups of water, bring it to a boil. Add cooked chicken *koftas*, [Garam Masala Powder](#) and pomegranate syrup. Correct seasoning. Simmer for 5 minutes.
5. Add fresh cream just before serving.



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## Ingredients

Chicken	1 kg.
Sliced onion	1 cup
Poppy seeds	2 tbsps.
Coriander seeds	1 tbsp.
Cumin seeds	1 tsp.
Fresh grated coconut	½ cup
Curd (yogurt)	1 cup
Garlic cloves	2 no.
Ginger paste	2 tsps.
Green cardamom	3 - 4 nos.

Dry red chili whole	2 no.
Fresh cream	¼ cup
Oil	3 tbsps.
Salt	To taste

## Chicken Korma



## Method

1. Clean, wash and skin the chicken. Cut the chicken into 12-14 pieces.
2. Soak poppy seeds in 1 cup warm water for 10 minutes.
3. Grind soaked poppy seeds with deseeded red chilies, coriander seeds, cummin seeds, garlic, green cardamom and grated coconut.
4. Heat oil in a pan. Add sliced onions and cook till they are translucent. Add [Ginger Paste](#) and stir for 15 seconds.
5. Add chicken pieces and cook on high flame for 5 minutes stirring constantly. Make sure not to colour the chicken.
6. Stir in the ground paste and add 1 cup of water. Add salt and bring it to a boil. Reduce flame and add beaten [Curd/Yogurt](#). Simmer for 5 minutes.
7. Finish with fresh cream.



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## Ingredients

Chicken	750 gms.
Chopped onion	2 cups
Garlic paste	2 tbsps.
Chopped ginger	2 tbsps.
Chopped green chili	1 tbsp.
Whole Garam masala	1 tbsp.
Chopped green coriander	1 tbsp.
Bay leaf	2 nos.
Kasoori methi	2 tbsps.
Coriander powder	1 tbsp.

Garam Masala powder	1 tsp.
Turmeric powder	1 tsp.
Curd (yogurt)	1 cup
Oil	2 tbsps.
Salt	To taste

## Chicken Methi



## Method

1. Clean, skin, wash and cut chicken into medium sized pieces.
2. Heat oil in a pan. Add [Whole Garam Masala](#) and bayleaf. Sauté until cardamom starts to crackle.
3. Add chopped onions and cook until translucent and soft. Make sure to stir continuously. Add chopped ginger, [Garlic Paste](#), turmeric powder, coriander powder and chopped green chilies. Sauté for a minute.
4. Add chicken pieces and beaten [Curd/Yogurt](#) and cook on a high flame for 7-8 minutes. Add kasoori methi, [Garam Masala Powder](#), chopped fresh coriander, salt and ¾th cup of water. Cover the pan and cook on a slow flame for ten minutes.
5. Serve hot.



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## Ingredients

Chicken	800 gms.
Kashmiri Red Chili Powder	1 tsp.
Lemon Juice	1 tbsp.
Salt	To taste

### Marination

Curd (Yogurt)	1 cup.
Ginger paste	2 tbsps.
Garlic paste	2.tbsps.
Garam Masala powder	1/2 tsp.
Kashmiri Red chili powder	1 tsp.

Lemon juice	2 tbsps.
Butter	2 tbsps.
Mustard oil	2 tsps.
Salt	To taste

## Chicken Makhani



### Makhani Sauce

Whole garam masala	1 tbsp.
Tomato puree	400 gms.
Sugar/Honey	2 tbsps.
Ginger paste	1 tbsp.
Garlic paste	1 tbsp.
Red chili powder	1 tsp.
Garam masala powder	½ tsp.
Fresh cream	1cup.
Kasoori methi	½ tsp.
Chopped green chillies	1 tsp.
Butter	50 gms
Salt	To taste

## Method

1. Skin and clean the chicken. Make incisions with a sharp knife on breast and leg pieces.
2. Apply a mixture of red chilli powder, lemon juice and salt to the chicken and leave aside for half an hour.
3. Hang the yogurt in a muslin cloth for 15-20 minutes to remove extra water. Add red chilli powder, salt, ginger-garlic paste, lemon juice, garam masala powder and mustard oil.
4. Apply this marinade to the chicken pieces and refrigerate for 3 to 4 hours.
5. Put the chicken onto a skewer and cook in a moderately hot tandoor or a preheated oven (200 degrees celsius) for 10-12 minutes or until almost done. Baste it with butter and cook for another 2 minutes. Remove and keep aside.
6. Heat butter in a pan. Add whole garam masala. Let it crackle. Then add ginger-garlic paste and chopped green chillies. Cook for 2 minutes.

7. Add tomato puree, red chilli powder, garam masala powder, salt and one cup of water. Bring to a boil. Reduce heat and simmer for 10 minutes. Add sugar or honey and powdered kasoori methi.

8. Add cooked tandoori chicken pieces. Simmer for 5 minutes and then add fresh cream.

9. Serve hot with naan or parantha.



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## Ingredients

Chicken	1 No.
Lemon juice	3 tsp.
Red chili powder	2 tsp.
Curd (Yogurt)	As per taste
Garlic paste	1 tsp.
Ginger paste	1 tsp.
Garam masala powder	½ tsp.
Mustard oil	1 tsp.
Oil	For basting
Salt	As per taste

## Tandoori Chicken



## Method

1. Skin the chicken and make diagonal incisions all over.
2. Mix 1 tablespoon red chili powder, salt and 2 tablespoons lemon juice. Apply this to the chicken and leave it for half an hour.
3. Hang [Curd/Yogurt](#) in the muslin cloth for some time. Take Yogurt in a bowl, add red chili powder, salt, lemon juice, [Ginger Paste](#), [Garlic Paste](#), [Garam Masala Powder](#) and mustard oil. Mix well.
4. Apply this marinade to the chicken. Put the chicken onto the skewer and roast in the tandoor oven.
5. When chicken is almost done, baste it with oil, roast again till done.
6. Serve hot with onion slices and lemon wedges.



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## Ingredients

Mutton, boneless	800 gms.
Turmeric powder	1/2 tsp.
Onions	4 nos.
Tomatoes	4 nos.
Mustard seeds	1 tsp.
Fenugreek seeds	1/2 tsp.
Fennel seeds (saunf)	1 tsp.
Onion seeds (Kalonji)	1 tsp.
Cloves	5 nos.
Red chili powder	1 tsp.

Ginger (chopped)	2 tbsps.
Garlic (chopped)	2 tbsps.
Whole red chili	8 nos.



Achari Mutton

Coriander (chopped)	1/2 cup
Mustard Oil	7 tbsps.
Salt	1 tsp

## Method

1. Wash and cut the mutton into 1½" sized pieces. Peel and chop the onions. Chop the tomatoes.
2. Roast the whole spices separately and grind together coarsely.
3. Heat oil in a thick-bottomed pan to smoking point, cool and again heat the oil and cook the onions till brown. Add the chopped ginger-garlic. Mix well. Add coarsely ground masala powder. Cook for half a minute, stirring all the time.
4. Add mutton, cook on high heat till mutton pieces are well browned.
5. Add the tomatoes, turmeric powder, red chili powder and salt and mix well. Cook till oil leaves the masala. Add sufficient quantity of water (about 2½ cups), bring it to a boil and cover. Cook till the mutton is fully done.
6. Adjust the seasoning and serve hot garnished with coriander leaves.



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## Ingredients

Chops	½ kg.
Curd	1 ½ cup
Tomatoes	200 gms.
Garam masala	½ tsp.
Ginger	75 gms.
Green chili	A few
Red chili	To taste
Nutmeg	A pinch
Coriander powder	2 tsp.
Coriander leaves(chopped)	½ cup

Ghee	3 tbsps.
Salt	To taste

## Method

- 1.Put chops in pressure cooker with chopped chilies along with tomato, salt, coriander leaves and pressure cook for 5 minutes till half done.
- 2.Then add ghee(oil) and fry for 10 minutes.
- 3.Mix all dry spices, garam masala red chili powder, coriander powder and nutmeg in curd and beat it.
- 4.Mix this in the chops and fry for 3 minutes.
- 5.Pressure cook for 3-5 minutes.
- 6.Garnish with coriander leaves and serve hot.

## Easy Mutton Chops



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## Ingredients

Mutton liver	½ kg.
Onions finely chopped (medium size)	5 nos.
Tomatoes (small size)	2 nos.
Coriander leaves, chopped	As required
Red chillies	6 nos.
Cloves	2 nos.
Cinnamon	2 sticks
Peppercorns	½ tsp.
Coriander seeds	½ tsp.
Jeera	¼ tsp.
Ginger	Small piece
Garlic	10 flakes
Ghee	2 tbsps.
Salt	To taste

## Kashmiri Liver



## Method

1. Cut the liver into small cubes.
2. Grind to a paste with a little water the remaining ingredients except the liver, onions, tomatoes & coriander leaves and keep the paste aside.
3. Fry the onions well in the ghee.
4. Then add the liver cubes, ground masala and salt.
5. Stir continuously till the liver is done.
6. Garnish with tomato slices and coriander leaves.



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## Ingredients

Mutton chops	2 nos.
Thick curd	1/4 cup
Tenderon powder	6 flakes
Green chilies	2 nos.
Coriander leaves, chopped	2 tsps.
Chili powder	1 tsp.
Garam masala	1 tsp.
Garlic, crushed	As required
Ginger, crushed	3 nos.
Salt	2 tsps.



Madras Mutton Chops

## Method

- 1.Mix all the ingredients with the mutton chops and keep aside for marination.
- 2.Grease them with oil on both sides and grill the chops till brown.
- 3.Serve hot decorated with lemon wedges



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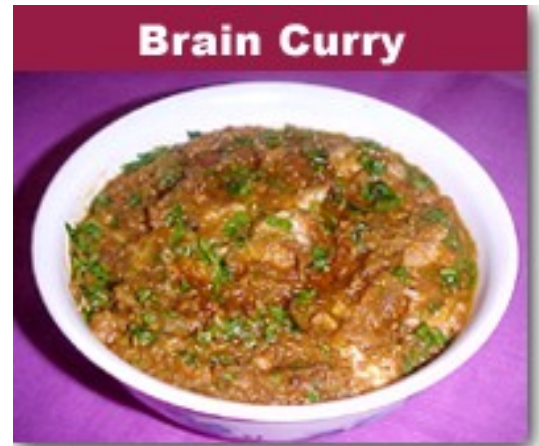
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**Ingredients**

Mutton brain(blanched and cleant)	2 nos.
Curds	1/4 cup
Garlic	6 flakes
Onions(chopped)	2 nos.
Coriander seeds	2 tsps.
Garam masala	1 tsp.
Mango powder	1 tsp.
Coriander leaves	As required
Red chilies	3 nos.
Ghee	3 tbsps.
Salt	To taste



**Method**

- 1.Grind to a paste all the ingredients except mutton brain, curds and coriander leaves.
- 2.Heat the ghee well in a karahi and fry the paste till it turns brown.
- 3.Add the mutton brain and fry for some time.
- 4.Add the curds and cook for 10 minutes.
- 5.If required you can add half a cup of hot water.
- 6.Garnish with coriander leaves.
- 7.Serve hot as a side dish.



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## Ingredients

Mutton	500 gms.
Methi	250 gms.
Spinach	250 gms.
Tumeric powder	1 tsp.
Coriander powder	1 tbsp.
Garam masala	1 tsp.
Tomatoes diced(large size)	3 nos.
Onions(medium size)	3 nos.
Garlic	8 flakes
Ginger	2" piece

Chili powder(as required)  
Ghee 4 tbsps.

Salt to taste

## Methi Mutton



## Method

1. Apply salt to the methi and keep aside for 15 minutes and then squeeze it to remove the bitterness.
2. Clean the spinach and cut fine.
3. Make a paste of ginger, garlic and onion.
4. Heat the ghee and fry the paste till golden brown.
5. Put in the tomatoes too and wait till the ghee comes to the top.
6. Add the mutton and cook till it turns brown.
7. Add the remaining ingredients, stir well and cook till all the liquid dries up.
8. Add two cups of hot water and continue cooking till the mutton is tender(if you want dry mutton, cook it for a longer time otherwise remove earlier).
9. Serve hot.



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## Ingredients

White pumpkin, medium	1 no.
Onion, chopped	1 no.
Chili powder	½ tsp.
Turmeric powder	½ tsp.
Garam masala	½ tsp.
Mutton mince	450 gms.
Almonds, blanched & chopped	50 gms.
Raisins, chopped	50 gms.
Sugar	1 tsp.
Worcestershire sauce	1 tbsp.
Potato, cubed & fried	1 no.
Ghee	1 tbsp.
Salt	To taste

## Method

1. Peel the whole pumpkin, slice the top, remove the inside flesh but the pumpkin should be whole.
2. Apply salt to the pumpkin on the outer as well as inner side.
3. Heat ghee and fry the onions till they turn brown in colour.
4. Then add the garam masala and salt, stir for a minute, then add the mutton mince.
5. When the meat turns golden brown in colour, add water and simmer on a low flame till the meat is cooked.
6. When all the water dries up, add the almonds, raisins, sugar & Worcestershire sauce and cook further.
7. Once it dries remove from the heat and keep aside.
8. Mix the fried potatoes and fill this mince stuffing into the pumpkin and put the top piece back in its place so that the opening gets sealed.
9. Heat a little ghee in a deep pan and place the stuffed pumpkin in it.
10. Cover the lid and cook on a low flame till the pumpkin is nicely cooked.
11. Remove from heat and serve when hot.

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## Ingredients

Mutton, pieces	½ kg.
Onions, chopped fine	4 nos.
Ginger garlic paste	1 tsp.
Cinnamon	2" piece.
Cloves	2 nos.
Red kashmiri chilies	2 nos.
Turmeric powder	¼ tsp.
Curd	1¼ kg.
Oil	As required
Salt	As required



### For the Chutney

Coriander leaves	25 gms.	Green chilies	2 nos.
		Cumin seeds	½ tsp.

## Method

1. Tie the curd in a muslin cloth and keep to drain for 1½ hour
2. Grind the ingredients below the masala and keep aside.
3. Heat oil in a vessel, add the chopped onions and fry them till they turn golden brown in colour.
4. Next add the ginger garlic paste, cinnamon, cloves, red chilies, turmeric and fry for a minute or more.
5. Now add the mutton pieces, mix well and keep for 3-4 minutes, then add the water and cook till meat is tender.
6. Just before you serve, mix the curd with the green chutney and then mix it with the cooked mutton.
7. Serve hot with chapatis.



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### Ingredients

Mutton, cut into medium pieces	500 gms
Onions, chopped	2 nos.
Green Chilies	4 nos.
Coriander leaves	½ cup
Ginger	1" piece.
Coconut	¼
Curd	1 cup
Garam Masala	1 tsp.
Cumin, ground	1 tsp.

Coriander seeds	1 tsp.	Chili powder	To taste.
Garlic	4 flakes.	Salt	To taste.
Poppy seeds	1 tbsp.		



Mutton Chettinad

### Method

1. Clean, wash and chop the mutton into medium pieces.
2. Make a paste of the onion, chilies, ginger, coconut, garlic and poppy seeds.
3. Mix this masala with the mutton pieces, spices and curds.
4. Put the mutton mixture into a pan and cook over a low flame.
5. Cover the vessel, pour some water on the lid and cook further till the meat becomes tender.
6. Once a thick gravy is formed, remove and serve hot.



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**Ingredients**

Mutton, boneless	1 kg.
Onions, sliced	3 nos.
Tomatoes, sliced	2 nos.
Curd	4 tbsps.
Garlic paste	1 tbsp.
Ginger paste	1 tbsp.
Turmeric powder	As required
Black pepper powder	As required
Coriander leaves, chopped	As required
Whole garam masala	As required

Mustard oil	3 tbsps.
Salt	To taste



**Method**

1. Chop the mutton and marinate it with ginger-garlic paste, turmeric powder, black pepper powder, curd and salt for atleast an hour.
2. Heat mustard oil in a pressure cooker, add the whole garam masala and after sometime add the marinated mutton.
3. Keep stirring the mutton mixture, when the colour changes add the sliced onions and tomatoes.
4. Stir and add ½ cup of water, cover the lid and pressure cook and remove after 2 whistles.
5. When done remove from the cooker and serve garnished with chopped coriander.



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## Masala Kaleja



### Ingredients

Lamb's liver	500 gms
Lemons	2 nos.
Green Chilies	2 nos.
Ginger, ground	1 tsp.
Black pepper	1 tsp.
Sesame seed oil	1 tbsp.
Salt	2 tsps.

### Method

1. Wash the liver well and cut it into thin strips.
2. Squeeze the lemon juice and salt on the liver.
3. Then add chopped green chilies, ginger and black pepper and mix well.
4. Heat the sesame seed oil and add the chili, ginger and black pepper.
5. Cook the mixture for 30 seconds, remove from the heat and pour over the liver.
6. Allow to cool, cover it and marinate for 3 hours.
7. To cook the liver, transfer it together with the marinade to a frying pan and fry for 15 minutes.
8. Once the liver is cooked, serve immediately.



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## Ingredients

Mutton,	700 gms
Clove	6 nos.
Small cardamom	5 nos.
Big cardamom	4 nos.
Cinnamon	2 sticks
Onion, sliced	2 nos.
Red Chili Paste	2 tsp.
Turmeric Powder	1 ½ tsp.
Roasted Cumin Powder	1 ½ tsp.
Curd	60 gms

Ginger Garlic Paste	30 gms
Mustard Oil	As required
Salt	To taste

## Kosha Mangsho



## Method

1. Clean and cut the mutton into small pieces.
2. Fry the whole spices in a pan of hot oil.
3. Add the sliced onions, as soon as the spices crackle and cook until soft.
4. Now add the ginger garlic paste, stir for few minutes and then add red chili paste and turmeric powder.
5. Add the mutton pieces and sauté till the oil leaves the masala.
6. Lastly, add the beaten curd, roasted cumin powder and salt.
7. Sauté again for few minutes or till the onion mixes well with the masala.
8. Cover and keep on dum for 20 minutes on a tava.
9. Serve hot.



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## Ingredients

Mutton,	1 kg.
Curd	¼ cup
Cloves	5 nos.
Dry ginger powder	2 tsps.
Dry fennel powder	3 tsps.
Dry turmeric powder	1½ tsp.
Asafoetida	½ tsp.
Bay leaves	2 nos.
Black cardamoms	2 nos.

Green cardamoms	5 nos.	Oil	4 tbsps.
Saffron	A pinch	Salt	1½ tsps.



Kaliya

## Method

1. Cut mutton into medium size pieces, wash and keep aside.
2. Boil ½ liter of water and add the mutton pieces, cloves, salt, bay leaves, turmeric and asafoetida mixed with little water and boil for 10 minutes without covering.
3. Stir the ginger and fennel powder with the curd till smooth.
4. Pour this curd mixture into the boiling meat and stir well.
5. Then add coarsely ground cardamoms, cover tightly with a lid and simmer till the mutton is tender and the liquid is half the quantity.
6. Heat oil and pour sizzling hot over the mutton and simmer for 10 minutes more.
7. Add the garam masala and the saffron, crushed and dissolved in water.
8. Simmer for 5 minutes, remove from heat and serve hot.



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## Ingredients

Mutton, cut into serving proportions	1 kg.
Onions	100 gms.
Garlic, flakes	5 nos.
Ginger	1 " piece
Bay leaves	4 nos.
Thick coconut milk	1 ½ cup
Curds	1 cup
Almonds, sliced	2 tbsps.
Pistachios, sliced	2 tbsps.

Dried apricots, sliced	50 gms.
Coconut, grated finely	¼ cup
Poppy seeds	1 tbsp.
Vinegar	2 tbsps.
Eggs, hard boiled	4 nos.
Garam masala	1 tbsp.
Green Peas	1 cup



Cumin, ground	1 tbsp.
Coriander seeds, ground	1 tbsp.
Coriander leaves	A handful
Saffron dissolved in 1 tsp. hot milk	½ tsp.
Salt & chili powder	To taste

## Method

1. Grind together onions, garlic, ginger, coconut and poppy seeds.
2. Add the spices, salt, curds and vinegar, & apply to the mutton
3. Put in a heavy bottomed vessel and cook till the mutton is dry.
4. Add the coconut milk and nuts and fruits and 1 cup green peas, and continue cooking over a slow fire till the mutton is tender.
5. Decorate with eggs and coriander leaves.
6. Serve with rice.



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## Ingredients

Onion diced	1 no.
Potatoes, quartered	250 gms.
Ginger finely chopped	½ tsp.
Garlic	1 clove
Garam masala	2 tsp.
Chili powder	1 ½ tsp.
Lemon juice	1 tbsp.
Mutton, mince	250 gms.
Oil	For frying
Water or stock	½ cup
Coriander leaves	For garnish

## Mince Meat Curry



## Method

1. Heat oil in a heavy bottomed pan and fry the onions, garlic and ginger, stirring till they turn golden.
2. Add salt and lemon juice.
3. Add the meat and stir constantly and cook till the meat is browned.
4. Add the potatoes and the water or stock, cover and cook for 30 mins.
5. Sprinkle garam masala and let it cook for a few minutes stirring continuously, making sure that the meat does not stick to the bottom of the pan.
6. Serve hot, garnished with coriander leaves.
7. Serve with Rice.



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### Ingredients

Mutton, cleaned & cut	½ kg.
Coconut, grated & fried	½ piece
Onion, chopped & fried	1 no.
Onions, chopped fine	2 nos.
Tomatoes, chopped	2 nos.
Cabbage, cut in big pieces	1 no.
Ghee for frying	As required
Salt	To Taste
<b>For the Masala</b>	
Red chilies	25 nos.

Coriander seeds	1 tbsp.	Poppy seeds	1 tbsp.
Jeera	¼ tsp.	Cinnamon	2 pieces
Methi	A pinch	Cloves	2 nos.
Pepper	15 nos.	Garlic	4 flakes

### Mutton Coconut Curry



### Method

1. Fry all the masala ingredients and grind to a fine paste with the fried coconut and fried onion.
2. Heat 2 tbsps. ghee in a vessel and fry the chopped onions till red, then add the mutton and fry for a while.
3. Then add the ground masala, salt, chopped tomatoes and boil until mutton is cooked.
4. Then add the cabbage and cook for 5 minutes, remove and serve hot.



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## Ingredients

Mutton, boneless	1 kg.
Onions	2 nos.
Besan (roasted)	2 1/2 tbsps.
Egg	1 no.
Ginger, finely cut	2" piece
Green chillies, finely cut	6 nos.
Green chili chopped	1 1/2"piece
Red chili powder	1 tsp.
Salt	To Taste

Oil for frying.

### For the curry

Onions	3 nos.
Garlic	3-5 cloves
Ginger	1 1/2"inch piece.

To Taste.	Haldi powder	1tsp.
	Tomatoes, boiled & skinned	1 cup.
	Coriander leaves	2 tps.
	Red chili powder	1 tsp.
	Garam masala	1 tsp.
	Salt	To taste



Kofta Curry

## Method

1. For the koftas, mince the meat with all the other ingredients.
2. Remove the mixture and shape into balls.
3. Deep fry these balls till golden brown and keep aside.
4. For the curry, fry the onions, garlic and ginger till golden brown.
5. Add the rest of the curry ingredients with enough water to make a gravy.
6. Bring to a boil, add the fried koftas and simmer for 45 mins.
7. Garnish with chopped coriander leaves before serving.



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## Ingredients

Meat	80 gms.
Coconut	1 no.
Almonds	30-40.
Ginger	2 one inch pieces.
Garlic	6-8 flakes.
Onions (medium)	4 nos.
Green chili chopped	1 1/2"piece
Coriander powder	1 tsp.
Lemon juice	1 tbsp.

Curd	2 cups.	Caraway seeds	1/2 tsp.
Dry red chilies	6-8 nos.	Ghee	6 tbsp.
Cloves	6 nos.	Salt	To taste
Cinnamon sticks	4 nos.		

## Badami Gosht



## Method

1. Wash the meat and cut into 1 1/2 inch cubes.
2. Marinate it in a mixture of Curd/Yogurt and turmeric for 1 hour. In the mean-time, grate the coconut and extract the milk twice.
3. Soak the almonds in hot water, wash and peel, then grind them to a fine paste.
4. Grind the garlic and ginger. Then grind the red chilies along with the salt, to a fine paste. Slice the onions.
5. Heat Ghee in a saucepan, add cloves, cinnamon, cardamoms, caraway seeds and onions.
6. After the onions are lightly fried, stir in the ground ginger and garlic, then add the ground chilies.
7. Fry on a low heat till onions are well browned, add the meat and cover the saucepan.
8. Add a little water after the meat is half cooked.
9. Add the coconut milk, when the meat is tender, put in the ground almond paste.
10. This should be kept on a very low heat until the ghee floats to the top.
11. Serve hot with parathas.



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## Ingredients

Boneless lamb/beef	600 gms
Oil	3 tbsp.
Whole Garam masala	1 tbsp.
Chopped onions	1 cup
Ginger Garlic paste	1 tbsp.
Coriander powder	1 tbsp.
Red chili powder	1½ tsp.
Yogurt	½ Cup
Fresh cream	½ Cup
Cashewnut paste	¼ Cup
Garam Masala powder	1 tbsp.
Salt	As per taste

## Gosht Shahi Korma



## Method

1. Cut boneless lamb into one inch cubes. Wash nicely and keep aside.
2. Heat oil in a thick bottomed pan. Add Whole Garam Masala. When it starts to crackle, add chopped onions and cook until light pink in colour.
3. Add Ginger Garlic paste and cook for one minute. Stir constantly as the paste may stick to the bottom of the pan.
4. Add lamb pieces and cook on a high flame for 3-4 minutes. Stir constantly.
5. Add coriander powder, red chili powder and salt. Cook for another 2-3 minutes. Then add beaten Curd/Yogurt and water.
6. When it starts to boil, reduce the flame and cook till lamb pieces are tender.
7. Add cashew nut paste and Garam Masala Powder. Cook for five more minutes on a medium flame. Finish with fresh cream.
8. Simmer for 10 minutes. Serve hot.



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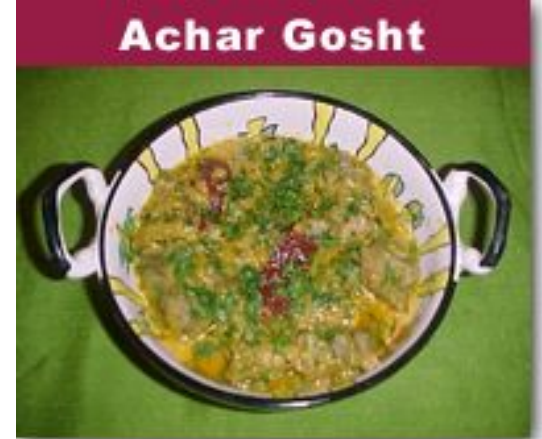
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## Ingredients

Mutton, boneless	800 gms.
Turmeric powder	1/2 tsp.
Onions	150 gms.
Mustard seeds	1 tsp.
Cloves	5 nos.
Methi seeds	1 tsp.
Aniseed	1 tsp.
Red chili powder	1 tsp.
Cumin seeds	1 tsp.
Kalonji seeds	1 tsp.

Jaggery	15 gms.
Ginger	15 gms
Garlic	20 gms
Whole red chili	4 nos.



## Achar Gosht

Curd	200 gms.
Water	1 litre
Mustard Oil	120 ml.
Salt	1 tsp

## Method

- 1..Puree the onion, chop the ginger and garlic finely and keep aside.
- 2.Whisk the curd with one liter of water.
- 3.Heat mustard oil for 2 minutes.
- 4.Add the ginger, garlic, onion puree, cloves, mustard seeds, cumin seeds, kalonji, methi seeds, aniseed and microwave on high for 7 minutes.
- 5.Mix red chili powder and turmeric powder and salt and cook for 1 1/2 minute.
- 6.Add the mutton, whole red chilies, jaggery and curd water mixture and cook for 15 minutes, till done.



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## Ingredients

Mutton chops	1 kg.
Kashmiri red chilies	8 nos.
Ginger powder	2 tsp.
Onions, chopped fine	2 nos.
Garam masala	2 tsp.
Black cardamoms	4 nos.
Cloves	3 nos.
Cinnamon	1 stick
Green cardamoms	5 nos.
Bay leaves	3 nos.

Oil or ghee	125 ml.
Salt	1 1/2 tsp.

## Mutton In Chili Sauce



## Method

1. De-seed the red chilies and boil in 2 cups of water till soft.
2. Cool and rub through a piece of soft muslin, squeezing out all the pulp and juice.
3. Heat oil till smoking point, add the chopped onions and fry till golden brown.
4. Now add the cloves, mutton, salt and mix well.
5. Lower the heat, keep stirring till the liquid is absorbed and the mutton is evenly browned.
6. Now add spoonfuls of chili juice and stir well.
7. Once all the chili juice is used up add 2 cups of water, ginger powder, crushed cardamoms, cinnamon and bay leaves.
8. Simmer till the meat is tender and the gravy becomes thick.
9. Sprinkle garam masala and remove from heat and serve hot.



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## Ingredients

Mutton mince	1 kg.
Green peas	1 kg.
Onions, chopped fine	2 nos.
Tomatoes, chopped fine	4 nos.
Garlic, crushed	2 cloves
Cloves	3 nos.
Black cardamoms	3 nos.
Red chili powder	1 tsp.
Ginger powder	5 nos.
Fennel powder	2 tsps.

Cinnamon	1 stick	Water	2 cups
Ginger, chopped fine	1" piece	Oil	8 tbsps.
Garam masala powder	As required	Salt	1 tsp.



## Method

1. Boil the water, add the mince and mix well with the water.
2. Cook till the mince is soft and the water is almost absorbed.
3. Heat oil, add the cloves, crushed cardamoms and onions.
4. Stir fry till the onions are golden brown, add the garlic and ginger, stir fry for 2 minutes.
5. Add the tomatoes and stir fry for 5 minutes.
6. Put the peas, salt to taste and stir-fry for another 2 minutes.
7. Add the chili, ginger and fennel powders and stir well.
8. Now add the mince with the remaining water and cover with a tight lid.
9. Cook on medium heat till the peas become soft and the water dries up.
10. Sprinkle the garam masala, just before removing from the heat.
11. Garnish chopped coriander leaves and halved green chilies.



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## Ingredients

Mutton	500 gms.
Onions	500 gms.
Curd, beaten	350 gms.
Cloves	6 nos.
Cardamoms, large	4 nos.
Ginger	1/2" piece
Cinnamon, broken into bits	1" stick
Garam masala	1 tsp.
Chili powder	1 tsp.
Cumin seeds, ground	1 tsp.

Coriander powder	1 tbsp.	Ghee	4 tbsp.
Coriander leaves, sliced	A handful	Salt	To taste

## Mutton Do Piazza



## Method

1. Grind onions, ginger, garlic to a paste.
2. Heat 4 tbsps. ghee and fry the paste till golden brown colour.
3. Add the mutton and the whole spices and fry it till it is well browned on all sides.
4. Put the curds, coriander powder, ground cumin seeds, salt and chili powder.
5. Cover tightly and cook over a low fire till the mutton is tender and completely dry.
6. Then fry for a while till the ghee separates from the masala.
7. Serve immediately sprinkled with coriander leaves and garam masala.



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### Ingredients

Mutton	250 gms.
Wheat, soaked overnight, drained, pounded & husked	1 cup
Channa dal, soaked for 1/2 hour	A handful
Moong dal, soaked for 1/2 hour	A handful
Masoor dal, soaked for 1/2 hour	A handful
Chili powder	1 tsp.

Haldi	1/2 tsp.
Onions, sliced and fried crisp	2 nos.
Dhania powder	1 tsp.



### Haleem

Ginger-garlic paste	2 tsp.
Ghee	4 tbsp.
Salt	To taste

### Method

1. Heat 6-8 cups of water in a heavy bottomed dekchi.
2. Allow the water to boil, then add the drained dal, wheat and mutton along with the ginger-garlic paste, haldi, chili powder, dhania powder and salt to taste.
3. Cook over low heat till mutton is tender, stir and mash well.
4. Add the crushed fried onion, heat the ghee and pour it over the Haleem.
5. Sprinkle lemon juice and serve hot.



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## Ingredients

Mutton	1 kg.
Onions	250 gms.
Ginger paste	25 gms.
Garlic paste	25 gms.
Black cardamom	4 nos.
Cloves	5 nos.
Bay leaves	2 nos.
Cinnamon	2 sticks
Black peppercorns	3 gms.
Red chili powder	5 gms.

Turmeric powder	3 gms.	Cumin seeds	12 gms.
Coriander powder	20 gms.	Coriander	20 gms.
Tomatoes	250 gms.	Ghee	125 gms.
Ginger	20 gms.	Salt	To Taste

## Patialashahi Gosht



## Method

1. Clean, debone the meat and cut into 1" pieces.
2. Chop the onions, tomatoes and coriander, scrape and cut ginger finely.
3. Pound the pepper and powder the cumin seeds.
4. Heat ghee in a handi, add mutton pieces, onions and salt, and saute over low heat for 8-10 minutes.
5. Then add cardamom, cloves, bay leaves, cinnamon and pepper, stir for 30 seconds.
6. Then add water, cover and simmer, stirring occasionally, until meat is tender.
7. Remove the meat pieces from the gravy and keep aside.
8. Add red chilies, turmeric powder and coriander powder to the gravy and stir.
9. Increase the heat, add tomatoes and saute until mashed, add water and simmer.
10. Meanwhile skewer a ginger piece between 2 mutton pieces on 2" wooden sticks and place the skewers in the gravy and simmer for 5 minutes, turning the skewers at regular intervals.
11. Add cumin powder and stir for a minute.
12. Arrange the skewers on a flat dish, pour the gravy and garnish with coriander leaves.



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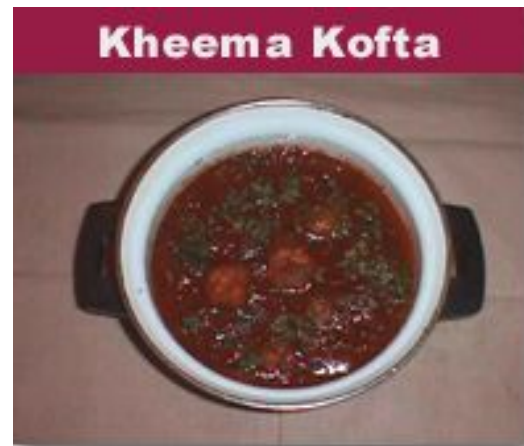


## Ingredients

### For the Gravy :

Onions, finely chopped	3 nos.
Tomatoes	3 nos.
Chili powder	2 tsp.
Coriander powder	2 1/2 tsp.
Turmeric powder	1/4 tsp.
Ginger-garlic paste	1 tsp.
Cloves	3 nos.
Cardamoms (black)	2 nos.
Bay leaves	2 nos.

Cummin seeds	1 tsp.
Green chilies, finely chopped	4-5 nos.
Coriander leaves, finely chopped	1 tbsp.
Water	To make the gravy
Oil	5-6 tbsp.
Salt	To Taste



Kheema Kofta

### For the Koftas :

Mince ( mutton)	1/2 kg.
Egg	1 no.
Coriander leaves, finely chopped	3 tbsp.
Cummin seeds	1/2 tsp.
Red Chili powder	1/2 tsp.
Coriander powder	1/2 tsp.
Salt	To taste

## Method

### For the Koftas :

1. Wash the mince and squeeze out the water and finely chop the coriander leaves and green chilies.
2. Mix all the ingredients together, make medium sized koftas and keep aside.

### For the gravy :

1. Finely chop the onions and the green chilies and fry them with the cummin seeds, bay leaves and ginger-garlic paste till golden.
2. Grind the tomatoes, cardamoms, cloves and the powdered masalas together, add this mixture and salt to the onions and continue frying on a low flame.
3. Immediately put the koftas into the gravy and wait till the koftas leave water and then only if required add more water and let the koftas cook on a low flame.
4. Once cooked, remove from heat and serve garnished with chopped coriander leaves.



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## Ingredients

Mutton	1 1/2 kg.
Dry red chilies	20 nos.
Cloves garlic	20 nos.
Onions	4 nos.
Cardamoms	6 nos.
Cloves	6 nos.
Cinnamon	2 sticks
Ginger	4" piece
Turmeric powder	1 tsp.
Coriander seeds	3 tbsp.

Sour curd	1 cup	Ghee	6 tbsp.
Ripe lemon juice	1 no.	Salt	To taste
Coriander leaves	1 bunch		

## Mutton Chili Fry



## Method

1. Wash and cut the meat into 2 inch cubes.
2. Slice the onions into thin long pieces and also cut the ginger and garlic separately.
3. Heat a teaspoon of ghee on a tava and roast the chilies till dark in color. Fry the coriander seeds, garlic and ginger separately in the same way, using just 1 teaspoon ghee for each ingredient. Keep these fried spices aside.
4. In a large saucepan, heat the remaining ghee and fry the onions till golden brown and crisp and keep aside.
5. Now add the cloves, cardamoms and cinnamon to the ghee and fry, put the mutton and turmeric powder and salt. Cover and cook till the meat is half cooked.
6. Pour a little water on the lid of the saucepan while cooking to avoid the meat from sticking to the bottom. Add the curds and remaining spices and mix and cook on low heat till the meat is tender. If necessary add a cup of warm water.
7. Just before serving mix in the lemon juice and fried onions and garnish with chopped coriander leaves.



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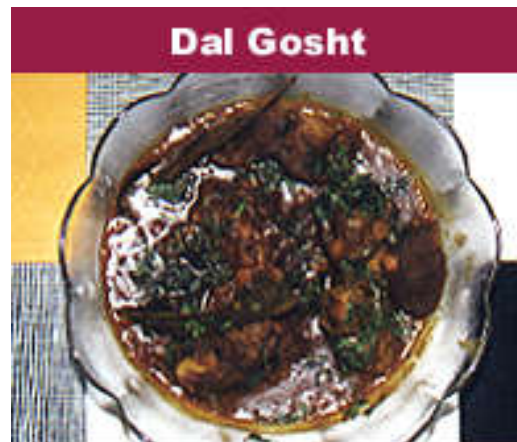
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## Ingredients

Boneless mutton	1/2 kg.
Chana dal	1/2 cup
Tur dal	1/2 cup
Onion slice	4 nos.
Tomatoes chopped	2 nos.
Curd	1/2 cup
Lime juice	1 no.
Turmeric powder	1 tsp.
Red chili powder	1 tsp.
Mustard seeds	1/2 tsp.
Coriander powder	2 tbsp.

Garam masala, whole	1 tsp.	Coriander chopped	2 tbsp.
Garlic chopped	1 tbsp.	Green chili chopped	2 tbsp.
Ginger chopped	1 tbsp.	Amchur powder	2 tsp.
Cumin seeds	1 tsp.	Oil	3 tbsp.
Garam masala powder	1 tsp.	Salt	To taste



## Method

1. Marinate mutton in [Curd/Yogurt](#), lemon juice, part of turmeric powder, part of [Garam Masala Powder](#), mix well, leave aside for 2 hours.
2. And now take chana dal and tur dal and cook it. Add turmeric and green chilies when it comes to a boil cover the pan and let it cook for some time till it is fully cooked.
3. Take a pan, put some oil, [Whole Garam Masala](#) and add onion and sauté well.
4. Next add green chili when the onions gets golden brown add ginger, garlic, coriander powder, remaining turmeric powder, red chili powder, cook for some time.
5. Now add the marinated mutton to this mixture and sauté it.
6. Grind dal in a mixer and add to the mutton.
7. Give tadka of mustard seeds, cumin seeds and whole red chili, sprinkle some coriander and cook the pan and simmer it for an hour.
8. Finely to this mixture add tomatoes, amchur powder, add a little salt, remaining garam masala powder, and cover it again for 10-15 minutes and cook on slow fire or till the mutton is fully cooked.
9. Serve hot.



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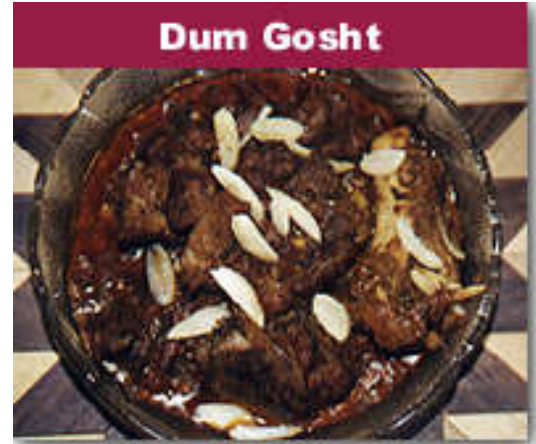
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## Ingredients

Mutton	1 kg.
Poppy seeds	1 tbsp.
Almonds	6 nos.
Ginger	a small piece
Garlic	1 pod
Peppercorns	1 tsp.
Cardamom	4 no.
Cinnamon	3 sticks
Green papaya	a small piece
Coriander leaves	a small bunch



Dum Gosht

Oil	to fry
Salt	To taste

## Method

1. Chop mutton. Roast poppy seeds and almonds and grind them to a paste.
2. Grind ginger and garlic to a paste.
3. Grind cinnamon, cardamom, pepper, papaya and coriander leaves with salt.
4. Wash meat and beat on a grinding stone.
5. Mix ground masalas and marinate meat pieces in it for an hour.
6. Heat oil, fry meat pieces for 5 minutes.
7. Pressure cook for 15 minutes.
8. Serve hot.



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## Ingredients

Cloves	8 nos.		
Mutton ,cleaned,cubed	½ kg.		
Peppercorns	8 nos.		
Onions, chopped	2 nos. large		
Coconut, grated	½		
Coriander leaves	1 cup		
Red chilies	6 nos.		
Potatoes, peeled & halved	4 nos. large		
Tomatoes, chopped	3 nos.		
Turmeric powder	1 tsp.		
Ginger-Garlic paste	1 tbsp.		
Poppy seeds	1 tsp.	Oil	1cup
Aniseeds	1 tsp.	Salt	To taste
Coriander seeds	1 tsp.		

## Mutton Kolhapuri



## Method

1. Add salt, turmeric and ginger-garlic paste to the meat pieces. Mix well and keep aside for 1 hour.
2. Heat 2 tbsp. oil. To this add cloves, peppercorn, poppy seeds, coriander seeds, aniseeds and red chilies. Lightly fry. Now add the onion and cook till it turns slightly brown.
3. Add the coconut and tomatoes. Cook for a few minutes more, till it browns.
5. Cool, grind to a paste and keep aside.
6. Heat remaining oil in a pressure cooker and add the meat and potatoes. Stir fry till brown.
7. Add masala paste and salt.
8. Add water if needed and pressure cook till meat is soft. Remove from the cooker into a serving pot.
9. Garnish with coriander leaves.



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## Ingredients

Boneless mutton	½ kg.
Jeera	½ tbsp.
Finely chopped onions	1 cup
Poppy seed paste	½ cup
Coconut paste	½ cup
Ginger paste	1 tbsp.
Garlic paste	1 tbsp.
Coriander powder	1 tbsp.
Turmeric powder	½ tsp.
Red chili powder	½ tsp.

Bay leaves	2 nos.	Nutmeg powder	A little
Cloves	6-8 nos.	Oil	4 tbsp.
Green elaichi	6-8 nos.	Salt	As per taste
Cinnamon sticks	A few		

## Mutton Korma



## Method

1. Dry roast the cloves, elaichi, nutmeg powder, jeera and cinnamon sticks and then grind to a fine paste.
2. In a saucepan heat some oil and bay leaves and chopped onions.
3. Once the onion browns add the [Ginger Paste](#) and [Garlic Paste](#).
4. Add in the boneless mutton and mix it thoroughly.
5. Mix the ground masala paste with the meat.
6. Add some turmeric powder, red chili powder.
7. Pour some water with it add in some salt allow to boil.
8. Once the mutton is tender add in the poppy seeds paste along with the coconut paste along and roasted coriander powder.
9. Allow it to boil further for another 10 mins.
10. Serve hot-garnished with coconut paste.



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## Ingredients

### For the Dhansaak dal

Mutton (Skinned & washed)	450 gms.
Tuvar dal (washed & soaked for 30 min)	1½ cups
Finely chopped onions	1 no.
Finely chopped tomatoes	1 no.
Coriander leaves (finely chopped)	½ cup
Mint	5 leaves
Pumpkin	3" piece
Potatoes (peeled & quartered)	2 nos.
Turmeric powder	1 tsp.
Salt	2 tsp.

### For the Vaghar

Onions finely chopped	1 no.
Ginger/Garlic/Chili paste	2 tsp.
Garlic	4 cloves
Hot jalapeno chilies	2 nos.

## Mutton Dhansaak



Dhansaak masala	2 tsp.
Dhanajeera masala	2 tsp.
Black pepper powder	To taste
Oil	2 tsp.
Salt	To taste

## Method

### FOR DAL

1. Put enough water to cover the dal contents.
2. Put the above in pressure cooker and cook for 10 minutes. Open cooker and remove meat and potatoes.
3. Mash the dal with electric blender or by hand.
4. Put in a large pot and bring to a simmer.

### FOR VAGHAR

1. Fry the onions in hot oil till brown. Lower heat and add the paste. Fry till aroma comes out.
2. Add the rest of the ingredients and fry for a minute on very slow heat. Immediately add this Vaghar to the simmering dal. Add water if needed. Taste and add salt/spices to your taste.
3. Add the meat and potatoes and simmer 5 more minutes.
4. Serve dhansaak with hot brown rice and kababs.



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## Ingredients

Boneless mutton	1 kg.
Chopped onion	4-5 nos.
Ginger chopped	30 gms.
Garlic chopped	30 gms.
Tomatoes chopped	3-4 nos.
Pomegranate seeds	100 gms.
Jaggery	50 gms.
Cloves	5-6 nos.
Cardamom	5-6 nos.
Bay leaves	2 nos.

Fenugreek seeds	1 tsp.
Asafoetida	a pinch
Coriander powder	1 tsp.
Red chili powder	1 tsp.
Cinnamon	A few



## Khatta Gosht

Aniseed (saunf)	1 tsp.
Turmeric powder	¼ tsp.
Mustard oil	3 tbsp.
Salt	To taste

## Method

1. Thinly slice the onions and chop the tomatoes.
2. Heat some mustard oil in a pan.
3. Put [Whole Garam Masala](#), fenugreek seeds, aniseed and sliced onions and mix.
4. Dissolve some asafoetida in water and pour it into the pan.
5. Put the mutton pieces into this and cook well.
6. Pour some water and allow to cook further.
7. Add chopped ginger and garlic and mix thoroughly.
8. Pour some more water and cook further till mutton is soft.
9. Add bay leaves, turmeric powder, coriander powder, red chili powder and salt. Mix thoroughly.
10. Add chopped tomatoes and allow to cook till the water reduces.
11. Add powdered pomegranate seeds and jaggery and water.
12. Cook further till the oil separates. Serve hot with sliced ginger.



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## Ingredients

Lamb cut into 1" cubes	500 gms.
Cinnamon sticks 2"	2 nos.
Onion, finely chopped	1 no.
Ground coriander	4 tsp.
Cumin seeds	1 tbsp.
Ground cumin	2 tsp.
Chili powder	1 tsp.
Turmeric powder	1 tsp.
Yoghurt	1/4 cup
Ginger, finely chopped	1" piece

Garlic, crushed	3 cloves	Oil	1/2 tbsp.
Fresh spinach leaves	1/2 kg.	Salt	To taste

## Palak Gosht



## Method

1. Heat the oil in a pan. Add cumin seeds till they splutter. Add the cinnamon sticks. Add the onion and cook it over medium-high heat, stirring constantly, until soft.
2. Stir in lamb, coriander, cumin, chili powder and turmeric. Mix all the ingredients well. Add 1 tbsp. of Curd/Yogurt and cook over high heat, stirring the meat until all the yogurt is absorbed. Repeat with a second tbsp. of yogurt and so on till all the yogurt is absorbed.
3. When the yogurt is used up, stir in the ginger and garlic, add just enough water to cover the meat and bring to boil. Cover the casserole, lower the heat and simmer for one hour or until lamb is cooked. (You may also pressure cook meat for quicker cooking).
4. Meanwhile, cook spinach in a pan till it starts to wilt. Puree coarsely in a blender.
5. When the meat is cooked, increase the heat to medium and add the spinach. Cook over high heat for 1-2 minutes. Adjust seasoning.
6. Garnish with ginger julienne and a swirl of cream.



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### Ingredients

Mutton kheema	500 gms.
Yogurt	½ cup
Onion chopped	2 nos.
Coriander chopped	1 cup
Juice of a lemon	
Cumin Seeds	1 tsp.
Green chilli chopped	2 tbsp.
Whole Coriander	1 tsp.
Whole Garam Masala	1 tsp.
Black pepper	1 tsp.



Ginger chopped	1 tbsp.	Garlic chopped	1 tbsp.
Coriander powder	1 tbsp.	Ghee	2 tbsp.
Garam Masala Powder	1 tsp.		

### Method

1. Marinate the mince meat with lemon juice, [Curd/Yogurt](#), salt, [Garam Masala Powder](#) and half of the Green coriander (dhania). Keep aside for 1 hour.
2. Take oil in a pan. Add cloves, cinnamon, cumin seeds and whole coriander. Put onions and fry. Next add in green chillies and chopped garlic. Mix well.
3. Add the mince and fry it for some time.
4. Once fried, add coriander powder and mix well.
5. Add freshly ground pepper powder.
6. Finally put in a generous quantity of coriander, a pinch of salt, [Whole Garam Masala](#) and lemon juice. Cook on a low flame.



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## Ingredients

Lamb pieces	800 gms.
Chopped onion	2 cups
Bay leaf	2 no.
Chopped ginger	1 tbsp.
Chopped garlic	3 tbsp.
Chopped tomato	1 cup
Red chili powder	1 tsp.
Coriander powder	1 tbsp.
Turmeric powder	1 tsp.
Chopped green chili	½ tsp.

Garam Masala powder	1 tsp.
Whole Garam masala	1 tbsp.
Garlic cloves	4 - 6 no.
Chopped green coriander	1 tbsp.

## Lahsooni Gosht



Oil	4 tbsp.
Salt	As per taste

## Method

1. Clean and wash lamb and cut into 1½ inch big pieces.
2. Heat oil in a thick bottomed pan. Add bayleaf, and [Whole Garam Masala](#). When it begins to crackle, add chopped onions. Sauté onions till light brown in color.
3. Add chopped ginger, chopped garlic and chopped green chilies. Cook for half a minute. Add lamb pieces and cook on a high flame for 5 minutes, till lamb is nicely seared and its juices are sealed in it.
4. Add coriander powder, red chili powder and turmeric powder. Stir well.
5. Add 3 cups of water and bring it to a boil. Cook on a slow flame for about 30 minutes or till lamb pieces are almost done.
6. Add tomato puree, [Garam Masala Powder](#) and season with salt.
7. Cook covered till lamb is tender.
8. Serve hot, garnished with fresh garlic flakes.



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## Ingredients

Lamb pieces	800 gms.
Dry ginger powder	1 tbsp.
Cinnamon	2 no.
Cloves	6 - 8 no.
Black peppercorn	5 - 8 no.
Black cardamom	4 no.
Curd (yogurt)	1 cup
Coriander powder	1 tbsp.
Aniseed powder	2 tsp.
Asafoetida	a pinch

Kashmiri red chili powder	1 tbsp.
Ghee/Oil	4 tbsp.
Salt	As per taste

## Mutton Rogan Josh



## Method

1. Clean, wash and cut lamb into medium sized pieces.
2. Heat oil in a thick bottomed pan. Add asafoetida, cinnamon, cloves, black peppercorns and cardamom. Sauté for half a minute.
3. Add lamb pieces and cook on a medium flame, stirring constantly till lamb pieces get a reddish brown color. This may take 12-15 minutes.
4. Sprinkle a little water and repeat cooking of lamb for 12-15 minutes on a slow flame. Make sure to stir constantly and scrape all the sediments from the bottom of the pan.
5. Add red chili powder, coriander powder, aniseed powder, dry ginger powder and salt.
6. Add beaten [Curd/Yogurt](#) and 2 cups of water. Cook covered till lamb is tender.
7. Traditional Kashmiri Rogan Josh has a thin gravy and has a thick layer of fat/oil on top. This dish is enjoyed best with steaming hot boiled rice.



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## Ingredients

Lamb mince	500 gms.
Chopped onion	1 cup
Chopped tomato	½ cup
Chopped ginger	1 tbsp.
Garlic paste	1 tbsp.
Coriander powder	1 tbsp.
Red chili powder	1 tbsp.
Cumin seeds	1 tsp.
Turmeric powder	1 tsp.
Boiled egg	1 no.

Chopped green coriander	2 tbsps.
Whole garam masala	1 tbsp.
Chopped green chili	1 tsp.
Curd (yogurt)	½ cup

## Hyderabadi Kheema



Oil	4 tbsps.
Salt	To taste

## Method

1. Mix lamb mince, [Curd/Yogurt](#), salt, turmeric powder and [Garlic Paste](#). Keep aside for at least an hour.
2. Heat oil in a [Kadhai](#). Add [Whole Garam Masala](#) and let it crackle. Add chopped onions and sauté till onions are golden brown in color.
3. Add chopped ginger, chopped green chilies, red chili powder and coriander powder.
4. Cook for a minute and then add chopped tomatoes. Cook till fat leaves the masala.
5. Add marinated lamb mince. Cook on a medium high flame till mince is done.
6. Garnish with boiled egg cut into quarters and chopped green coriander.



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## Ingredients

Prawns	½ kg.
Coconut(grated)	1 cup
Tomatoes chopped	2 nos.
Coriander seeds	1 tbsp.
Mustard seeds	1 tsp.
Cumin seeds	1 tbsp.
Poppy seeds	1 tbsp.
Red kashmiri chillies whole	8-10 nos.
Turmeric powder	½ tsp.
Green chilies(chopped)	1 no.

Onion,large(chopped)	1 no.
Garlic(finely chopped)	1 tsp.
Cashewnut powder	1 tbsp.
Curry leaves	5 nos.
Oil	2 tbsps.
Salt and pepper to taste	

## Method

- 1.Extract the milk from the coconut.
- 2.Deseed the red chillies.
- 3.Grind together-tomatoes, half of the onions, coriander seeds, red chillies, mustard seeds, cumin seeds, poppy seeds,turmeric powder, cashewnut and garlic.
- 4.In a microwave proof bowl add oil, onions, green chilies and the ground masala and cover and cook on micro high for 5 minutes.
- 5.Add the prawns, stir and cook for another 2 minutes.
- 6.Add salt and coconut milk, stir well and continue to cook for another 3 minutes.
- 7.Serve sprinkled with chopped coriander on top.

## Microwave Prawn Curry



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## Ingredients

Fish or Mutton cutlets	12 nos.
Olive oil	1 tsp.
Garlic(finely chopped)	1 flake
Onions (finely chopped)	1 no.
Tomato puree	1 ½cup
Castor sugar	½ tsp.
Cheese slices	12 nos.
Oil for frying	
Salt and pepper to taste	

## Saturday Night Special



## Method

- 1.Heat the oil in a pan and cook the garlic and onion until the onion is transparent.
- 2.Add the tomato puree, sugar, salt and pepper.
- 3.Bring the sauce to boil and simmer for 5 mins and keep aside.
- 4.Heat the oil in a pan and fry the cutlets until crisp and golden on both sides.
- 5.Place the cutlets in an oven proof dish and top it with cheese slice and grill until the cheese has melted.
- 6.Pour the sauce over and serve hot.



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## Ingredients

Fish	500 gms.
Lemon juice	1 tsp.
Parsley chopped	2 tsps.
Capsicum chopped	¼ cup
Eggs (hard boiled, chopped)	2 nos.
White sauce	1 cup
Salt and pepper	To taste
<b>For the Pastry</b>	
Maida	1 ½ cups
Butter	3 tsps.

Cheese grated	¾ cup
Mustard	1 tsp.
Milk	150 ml
Baking Powder	1 tsp.

## Method

1. Flake the fish and mix the lemon juice, parsley, capsicum and eggs in to the white sauce.
2. Season with salt and pepper and pour it into an oven proof dish.
3. Shift the flour and baking powder into the bowl and rub-in the butter.
4. Add the mustard, cheese and sufficient milk to make a soft pliable pastry dough.
5. Knead this lightly on a floured surface and roll out to a circle 3/4 inch thick, large enough to cover the dish.
6. Cut the pastry into 8 triangles and place over the fish so that the points meet in the center. Brush with milk and bake for 25 mins at 425 deg F or until golden.

## Fisherman's Pie



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## Ingredients

Fish(centre bone river fish)	1 kg.
Malt vinegar	½ cup
Ginger paste	3 tbsp.
Garlic paste	3 tbsp.
Green chili paste	4 tps.
Ajwain	3 tbsp.
Red Chili Powder	1 tsp.
Turmeric	½ tsp.
White pepper powder	½ tsp.
Gram flour	1 cup

Orange colour	Few drops
Oil to fry	
Salt to taste	

## Spicy Macchi(Fish)



## Method

1.Wash the fish and cut into 1/2" thick slices and pat dry.

### 2.First Marination:

- Dissolve salt in vinegar and leave the fish in this marinade for atleast 25 mins.
- Remove, place between two napkins and press gently to remove the excess moisture.

### 3.Second Marination:

- Mix the ginger,garlic & chili paste, ajwain, red chillis, turmeric, pepper and salt with gram flour.

Add 7 tbsps of water and orange colour and make a paste of coating consistency.

- Apply the paste on both sides of the fish and arrange them on a tray atleast an inch apart. Keep aside for 20 mins.

4.Heat ghee in a frying pan and fry the fish over medium heat until well cooked.



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## Ingredients

Prawns shelled	800 gms.
Butter	60 gms.
Onion large chopped	2 nos.
Garlic chopped	2 flakes
Ginger finely chopped	2" piece
Cucumber large	1 no.
Spinach leaves small	9 leaves
Fennel ground	1 tsp.
Dill chopped	1 tsp.
Soured cream	275 gms.

## Ginger Prawns



Chicken stock(fresh or from 2 tbsp.  
cubes)  
Pepper to taste  
Salt to taste

## Method

1. Peel, deseed and chop the cucumber into thin 1" strips.
2. Melt the butter, add the onions, garlic and ginger. Cook for 7-10 mins till it is golden in colour.
3. Add the prawn and stirfry for 3-4 mins, then add the cucumber strips and cook for further 4-5min.
4. Add the spinach leaves, fennel and finely chopped dill. Stirfry for 2 mins and then pour in the sour cream and chicken stock. Bring it to boil gently and simmer for 20-25 mins, stirring frequently till sauce is thick.
5. Serve garnished with lemon slices.



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## Ingredients

Fillets(boneless fish)	12 nos.
Butter	25 gms.
Spring onions finely chopped	4 nos.
Parsley	1 sprig
Dry white wine	300 ml.
Coriander leaves for garnish	
Pepper to taste	
Salt to taste	
<b>For the Sauce:</b>	
Mustard powder	1 tbsp.
Coriander leaves	1 large bunch
Egg-yolk beaten	2 nos.
Thick cream	5 tbsps.

## Fillet with Coriander Sauce



## Method

- 1.Melt the butter in a sauce pan, add the green onions and cook gently for 5 mins, stirring occasionally until they are soft and translucent.
- 2.Put the fillet, in one layer on top of the lightly cooked green onions, add the sprig of parsley, then cover with dry white wine and 150 ml water. Season with salt and pepper. Cover and cook for 8 to 10 mins.
- 3.Remove the fillet without any liquid and carefully roll them up into a curl shape.Strain the liquid into a smaller pan and boil it rapidly until it reduces to 300 ml.
- 4.Put the chopped coriander leaves and the mustard powder into a blender and blend to a puree.
- 5.Add the puree to the reduced stock in the pan and turn the heat down to low.
- 6.Beat the egg yolk with the thick cream and add a little of the hot stock. Blend it well and pour the mixture into the pan. Stir constantly for 3 to 4 mins until the sauce is slightly thickened. Check the seasoning.
- 7.Pour the sauce over the fillet and serve garnished with coriander leaves



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## Ingredients

Pomfret or any other fish	500 gms.
Cocum	20 gms.
Curry leaves	A few
Green Chilies, slit	2 nos.
Oil	50 ml
Salt to taste	
<b>For the Masala (grind)</b>	
Coconut, grated	½ no.
Red Chilies	25 gms.
Turmeric	5 gms.

Cumin	5 gms.	Ginger	As required
Garlic	10 gms.	Onion	50 gms.

Cochin Fish Curry

## Method

1. Clean and cut the fish into pieces.
2. Add the cocum in a little water and keep aside.
3. Add the curry leaves and the ground masala to the heated oil and fry well.
4. Next add the fish pieces, slit green chilie, cocum water, salt, enough water and cook.
5. Cook the fish curry over simmering heat till the fish is cooked.
6. Add a little oil on top and remove from heat.



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## Ingredients

Crab meat	2 cups
Paneer(chopped)	1 cup
Lime juice	2 tsps.
Mustard powder	1 tsp.
Worecestshire sauce	¼ tsp.
Green chillies(cut fine)	2 tbsps.
Coriander leaves(cut fine)	1 cup
Onion chopped(small size)	1 no.
Pepper powder	As required
Chili powder	As required
Milk	As required
Salt	To taste

## Creamy Crabs



## Method

1. Blend together the paneer, lime juice, mustard powder, chillies, worecestshire sauce in a blender till smooth and creamy.
2. To blend the mixture easily, add a little milk.
3. Now add in the crabmeat, chilie powder, pepper powder and onion.
4. Garnish with coriander leaves.



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## Ingredients

Shell fish	200 nos.
<b>For the masala :</b>	
Coconut, scraped	¾ piece
Red chillies	28 nos.
Coriander seeds	2 tbsps.
Jeera	1 ½ tbsps.
Methi seeds	½ tps.
Peppercorns	1 tbsps.
Oama	1 pinch.
Turmeric powder	½ tsp.

Garlic	12 flakes	<b>For the seasoning :</b>	
Tamarind(lemon sized ball)	1 no.	Coconut oil	2 tbsps.
Onion, finely chopped	2 nos.	Onion, finely chopped	1 no.
Salt	As required	Garlic chopped	4 flakes



## Method

1. Before opening the shell fish, wash it thoroughly.
2. Break the shellfish into two parts and keep only the part with the flesh.
3. Fry in coconut oil the red chillies, coriander seeds, 1 tbsps. jeera, methi seeds, peppercorns & oama and grind to a paste.
4. Grind the above to a paste along with tumeric powder, 6 garlic flakes, tamarind and one onion.
5. Apply this past to the shell fish and keep aside.
6. Now grind to a rough paste the coconut with 1/2 tsp. jeera & 6 garlic flakes.
7. Cook the shell fish along with the 1 onion and salt till done.
8. Next add the coconut paste and cook on low flame till almost dry.
9. Using the seasoning ingredients, saute till onions are golden brown.
10. Add this to the cooked shell fish, simmer for some time and remove from flame.



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## Ingredients

Pomphrets, cleaned and sliced	2 nos.
Curry leaves	As required
Raw mango	4 pieces
Onions, finely chopped	2 nos.
Coconut milk	4 cups
Water	As required
Coriander seeds	2 tbsps.
Chili powder	1 tbsps.
Garlic paste	1 tsp.

Coriander leaves, finely chopped	1 tbsp.
Ginger paste	½ tsp.



Turmeric powder	½ tsp.
Salt	As required

## Method

1. Marinate the pomphrets with turmeric powder, some of the garlic- ginger paste and salt and keep aside.
2. Then grind together the coriander seeds, chili powder, turmeric powder and the remaining ginger garlic paste.
3. Heat oil in a vessel, add the curry leaves, green chillies and then add the chopped onions.
4. Stir till the onions become golden brown.
5. Add the fish pieces and let it cook.
5. When nearly done add the masala mixed with water and cook till further done.
6. Add the mango pieces, coconut milk and salt.
7. Let it simmer and bring to a boil.
8. When done remove it from the stove.
9. Sprinkle it with coriander leaves.
10. Serve hot with white rice.



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**Ingredients**

Tuna fish	1 large tin
Mushrooms, chopped	½ cup
Capsicum, chopped	½ cup
Mustard powder	1 tsp.
Eggs	4 nos.
Bread cubes fried in butter	1 cup
Celery, chopped	½ cup
Cheddar cheese, grated	1 cup
Milk	2 cups
Onions, chopped	2 tbsps.

Pepper	¼ tsp.
Butter	4 tbsps.
Salt	1 tsp.

**Method**

1. Grease a baking dish and put a layer of tuna and then a layer of chopped onions, mushrooms, celery, capsicum and ½ of the fried breads.
2. Cover with the remaining tuna and the fried bread cubes.
3. Beat eggs with mustard, salt, pepper and milk.
4. Pour this over the tuna, sprinkle grated cheese and bake in a hot oven till set.
5. Donot overbake, or it will water.



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## Ingredients

Pomfret, cut into slices	1 no.
Lemon wedges	As required
Oil	1 cup
<b>To Mix</b>	
Chili powder	1 tsp.
Turmeric powder	1 tsp.
Salt	1 tsp.

## Parsi Fried Fish



## Method

1. Clean, slice, wash and dry the fish nicely.
2. Then apply salt, chili and turmeric powder to the fish slices.
3. Keep the slices aside for an hour or more so that the fish slices absorb the masala.
4. Heat oil in a deep frying pan and deep fry the fish till it is cooked.
5. Serve hot garnished with lemon wedges.



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## Ingredients

Prawns, cooked & minced	2 cups
Paneer, cut	1 cup
Lime juice	2 tsps.
Mustard paste	1 tsp.
Worcestershire sauce	1/4 tsp.
Green chilies, minced	2 tbsps.
Coriander leaves, chopped	A handful
Pepper	To taste
Chili powder	To taste
Onion, minced (small)	1 no.

Salt To taste

## Method

1. Blend the paneer with lime juice, mustard and spices.
2. Add a little water if necessary while blending.
3. Keep the creamy paste ready and mix the prawns, chilies, onions & coriander just before serving.

## Creamed Prawns



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**Ingredients**

Fish ( Rohu / Catfish/Hilsa) 1 kg.  
 Onion 1 no.  
 Tomatoes 2 nos.  
 Garlic paste 2 tbsps.  
 Ginger paste 2 tbsps.  
 Turmeric powder As required  
 Red chili powder As required  
 Chili 1 no.  
 Lemon juice ½ no.  
 Cumin seeds 2 tbsps.

Poppy seeds 2 tbsps.  
 Tamarind paste ¾ tbsp.  
 Molasses ( Jaggery) 150 gms.  
 Panch Phutana As required  
 Sugar ½ tbsp.



Garam Masala Powder As required  
 Coriander leaves, chopped As required  
 Mustard Oil As required  
 Water 1 cup  
 Salt To taste

**Method**

1. Clean, cut and marinate the fish with lemon juice, salt, turmeric and chili powder for about 15-20 minutes.
2. Heat mustard oil in a pan, add the fish pieces, fry till they are just half done and remove and keep aside.
3. Soak the tamarind paste in water and boil the tomatoes and blend into a fine puree.
4. Mix the tamarind water with the tomato puree, turmeric powder, chili powder, molasses, sugar, salt, water and then add this mixture to the pan and simmer for a few minutes
5. Heat little mustard oil, add panch phutana and when it starts crackling add the tomato and tamarind mixture.
6. Grind the onion, chili, cumin seeds, poppy seeds with water to a fine paste, then add the ginger-garlic paste.
7. Heat mustard oil in another pan, add the onion paste, turmeric powder, chili powder and fry till the oil floats on top.
8. Next add the tomato mixture and let it simmer for 5-6 mins, then add the fried fish.
9. Cook till the fish is nicely done, then add the garam masala powder and garnish with coriander leaves.
10. Serve hot with rice.



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## Ingredients

Large crabs	2 nos.
Onion, finely chopped	2 nos.
Garlic, finely chopped	4 cloves.
Tomatoes, chopped	2 nos.
Green chilies, finely chopped	2 nos.
Coriander, finely chopped	4 tbsps.
Lemon juice	2 tbsps.
Black pepper	As required
Breadcrumbs	6 tbsps.
Oil	4 tbsps.
Salt	¾ tsp.

## Stuffed Crab



## Method

1. Remove all the meat from the crabs and reserve the back shell.
2. Heat 3 tbsps of oil, add the onions, garlic and stir until they turn golden.
3. Next add the tomatoes and stir until the tomatoes are soft.
4. Then add the chilies, chopped coriander, crabmeat, lemon juice, ½ tsp. salt, pepper and stir well.
5. Remove from the heat, mix well and spoon the mixture into the two crab shells.
6. Spread the breadcrumbs over the top, pour some oil over the crabs and bake in a pre-heated oven for 10-15 minutes until heated thoroughly.
7. Serve with a salad.



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## Ingredients

Pomfrets	2 nos.
Breadcrumbs	As required
Eggs	3 nos.
Oil for frying	As required
Salt	As required

### For the Chutney

Green chillies	6 nos.
Coconut	1 no.
Sugar	1 tsp.
Coriander	1 bunch

Lemon juice	1 no.
Garlic	6 slices.
Salt	½ tsp.

## Chutney Fish Rolls



## Method

1. Grind all the above masala for the chutney, add lemon juice and keep aside.
2. Cut fillets of the pomfret, apply salt and keep for ½ hour.
3. Then wash the fillets and cut each fillet crosswise into two.
4. You will get 16 pieces, then lay each fillet flat on the board and with a sharp knife slice into half but don't disjoint.
5. Flatten each fillet and apply chutney and roll up and seal with a toothpick.
6. Put them in the fridge and just before serving roll in eggs and coat with bread crumbs.
7. Deep fry in hot oil, until crisp and golden.



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## Ingredients

Crabs, cleaned and cut	12 nos.
Chilies	25-30 nos.
Coriander seeds	2 tbsps.
Cummin seeds	1 tsp.
Fenugreek seeds	1 tsp.
Pepper	1 tsp.
Turmeric powder	1/2 tsp.
Garlic	6-8 flakes
Tamarind	Lime size
Coconut, grated	1 no.
Onion, chopped	1 no.
Salt	To taste
<b>For Seasoning</b>	
Onion, chopped	1 no.
Coconut oil	2 tbsps.



## Method

1. Fry the chilies, grated coconut, coriander seeds, cumin seeds, fenugreek seeds and pepper in a little oil.
2. Grind together the chilies, grated coconut, coriander seeds, cumin seeds, fenugreek seeds, pepper, turmeric powder, garlic and tamarind to a fine paste.
3. Saute the onions in oil, till slightly brown.
4. Then add the crabs, mix well & keep for a while till they change colour.
5. Next add the roasted ground masala and cook for a while.
6. Now add the tamarind water and simmer on low heat.
7. If you require gravy then add water or else keep it dry.
8. Serve hot with rice.



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## Ingredients

Fish fillets or prawns	1/2 kg.
Coconut, grated	1 no.
Cumin seeds	1/4 tsp.
Peppercorns	6 nos.
Coriander seeds	2 tsps.
Turmeric	1" piece
Onions, sliced	2 nos.
Tomato , sliced	1 no.
Oil	2 tbsps.

Green chilies, slit lengthways	2 nos.
Salt and vinegar	To taste

## Method

1. Clean, wash and cut the fish fillets into pieces the fish.
2. Apply salt and vinegar to the fish and set aside.
3. Then make a paste of all the spices and remove thick juice from the grated coconut.
4. Take the leftover coconut and mix it with the ground spices and blend in a blender to make thin juice.
5. Saute the onions and tomato, then add the thin coconut juice and boil.
6. Now add the chilies, fish and thick coconut milk and simmer on low heat until the fish is cooked.
7. Serve hot with rice.

## Fish Caldine



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## Ingredients

Prawns, shelled	1 cup
Curd, beaten	1/2 cup
Til	1 tsp.
Poppy seeds(khus-khus)	1 tsp.
Cashewnuts	A handful
Green chillies, slit lengthwise	3 nos.
Ginger garlic paste	1/2 tsp.
Garam masala	1/2 tsp.
Turmeric powder	1/4 tsp.

Coriander, chopped	As required
Oil	1 1/2 tbsps.
Salt	To taste

## Prawn Korma



## Method

- 1.Grind the cashewnuts, til, khus-khus and coriander to a fine paste.
- 2.Marinate the prawns with curd, ginger-garlic paste, green chillies, turmeric powder and salt.
- 3.Fry the cashewnut paste in heated oil and cook till the oil separates.
- 4.Add the marinated prawns and cook till a thick gravy is formed.
- 5.Serve hot sprinkled with garam masala.



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## Ingredients

Rui fish, cut into pieces	500 gms.
Green chilies	3 nos.
Chili powder	1½ tsp.
Turmeric powder	1 tsp.
Onions, chopped	1 tbsp.
Mustard oil	As required
Butter	¼ cup
Salt	To taste.

## Macher Jhaal



## Method

1. Apply turmeric & salt to the chopped fish, fry slightly in oil and keep aside.
2. Make a paste by mixing the remaining turmeric powder and chili powder with water.
3. Sauté the onions in hot mustard oil until brown in colour.
4. Now put the turmeric-chili paste and ½ cup of water.
5. Boil for a few minutes, then add the chilies and a tsp. of mustard oil.
6. Serve hot with rice.



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## Ingredients

Fish fillets	12 nos.
Bread crumbs	¾ cup
Butter	4 tbsps.
Salt	As required

### For the sauce

Almonds, shredded	½ cup
Butter	¼ cup

## Baked Fish



## Method

1. Apply salt to the fish fillets and leave aside for a while.
2. Wash and roll in bread crumbs and keep for ½ hour.
3. Melt butter and fry the fish over a high flame till brown on both sides.
4. Then put the fish in a moderate oven and bake until cooked.
5. Melt the butter, add the shredded almonds and sauté until light brown.
6. Add a pinch of salt and pepper and pour this sauce over the baked fish fillets.



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## Ingredients

Fish	1 kg.
Red chili powder	2 tsps.
Turmeric powder	2 tsps.
Ginger powder	2 tsp.
Fennel powder	3 tsps.
Cloves	5 nos.
Pepper	6 nos.
Black cumin	½ tsp.
Vari masala	1" piece.
Garlic	4 cloves
Water	4 cups
Mustard oil	250 ml
Salt	2 tsps.

## Kashmiri Fish Curry



## Method

1. Clean, wash and cut the fish into medium pieces.
2. Rub salt and turmeric powder on the pieces and keep aside.
3. Heat oil in a kadhai, when sizzling hot fry the fish pieces till brown in colour.
4. Take 4 cups of water in a heavy-bottomed pan and gently put the still warm fried fish pieces into it.
5. Add the turmeric powder, salt, ginger and fennel powders, cloves, pepper, crushed garlic and place the red chili powder right on top.
6. Quickly heat 6 tbsps of oil and pour.
7. Cook on a high heat till the gravy becomes thick and the fish pieces become soft.
8. Before removing from the heat sprinkle the crushed vari and cumin.
9. Serve hot.



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## Ingredients

Prawns, cleaned	1 kg.
Red chilies	6-10 nos.
Green chilies	3-4 nos.
Onions, small	4 nos.
Coconut	½.
Curd	3 cups
Curry leaves	A few
Turmeric powder	¼ tsp.
Coriander powder	1 tsp.
Cumin seeds, roasted & powdered	1 tsp.
Salt	To taste

## Prawn & Curd Curry



## Method

1. Grind the chilies and mix with the prawns along with all the spices and salt.
2. Grind together green chilies, onions and coconut.
3. Mix with curds and beat well.
4. Add water to prawns and cook till done.
5. Heat the curd mixture thoroughly and mix with prawns.
6. Serve with rice.



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## Ingredients

Pomphret, big	1 no.
Garam masala	1 tsp.
Coriander powder	1 tsp.
Vinegar	2 tbsps.
Ginger garlic paste	1 tbsp.
Chilli powder	To taste
Oil	1 tsp.
Salt	To taste



## Method

1. Rub the fish with salt, chilli powder, garam masala, vinegar, coriander powder and ginger garlic paste. Keep it aside.
2. Line a pan with oil and grill the fish.
3. Serve hot.



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## Ingredients

Crabs	12 nos.
Coconut, grated	¾ scraped
Red Chilies	25-30 nos.
Coriander seeds	2 tbsps.
Cumin seeds	1 tbsp.
Fenugreek seeds	½ tsp.
Peppercorns	1 tbsp.
Turmeric Powder	½ tsp.
Garlic	6-8 flakes
Tamarind	medium

Onion chopped	½
Jeera	½ tbsp.
Garlic	6 flakes
Onion chopped	1 no.
Salt	To taste



## For Seasoning

Coconut Oil	2 tbsps.
Onion chopped	1 no.
Garlic chopped	4-5 flakes

## Method

1. Wash the crab properly at least 3-4 times before opening.
2. Then break the crab into two and keep only the part with the flesh in it.
3. Fry the masala ingredients red chilies, coriander seeds, cumin seeds, fenugreek seeds, peppercorns, and oama, in a little oil.
4. Then grind all the above mentioned ingredients along with turmeric powder, garlic, tamarind, & onion.
5. Remove the masala and add to the cleaned crab.
6. Also grind to a paste coconut, jeera and garlic flakes.
7. Add chopped onion and salt to the crab and cook till done.
8. Now add the rough coconut paste and cook on slow fire till it becomes almost dry.
9. Keep coconut oil in a vessel and add chopped onion and garlic flakes and fry.
10. Then pour curry over seasoning. Cover and remove from fire.



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## Ingredients

Mackerels, cleaned & cut in 12 nos.  
two

### For the Masala

Coconut, grated	2 tbsps.
Red chilies	25-30 nos.
Coriander seeds	2 tbsps.
Jeera	1 tsp.
Methi seeds	10-12 nos.
Pepper	2 tbsps.
Garlic	8-10 flakes

Tamarind	Size of 2 big limes
Salt	To taste
<b>For the Seasoning</b>	
Onion, chopped fine	1 no.



## Mackerel Curry

Green chilies, chopped	10-12 nos.
Ginger, chopped	2 " piece
Curry leaves	1 sprig
Coconut oil	1 tbsp.

## Method

1. Fry the red chilies, coriander seeds, jeera, and methi.
2. Then grind the fried ingredients with coconut, pepper, garlic, tamarind and salt to a coarse paste.
3. In a flat dish add finely chopped onions, chilies, ginger, curry leaves and place the fish pieces on top and boil.
4. Then add 1 tbsp. of coconut oil and keep on slow fire until almost dry.



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## Ingredients

Prawns, peeled	4 cups
Garlic, slices	8 cloves
Chili powder	1 tsp.
Water	1 cup
Sugar	1 tbsp.
Onions	4 nos.
Tomatoes, peeled, seeded & chopped	6 nos.
Bay leaves	6 nos.
Olives, chopped	2 tbsps.

Pepper	1 tbsp.
Butter	4 tbsps.



Salad oil	4 tbsps.
Salt	1 dsp.

## Method

1. Chop onions and garlic and sauté in a mixture of oil and butter until golden brown.
2. Add tomatoes and cook for 10 minutes, then add cleaned prawns, salt, pepper, chili powder, sugar and ½ cup of water.
3. Cook till the prawns are pink, add the bay leaves and olives.
4. Serve hot.



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## Ingredients

Hilsa fish	1/2 kg.
Mustard	3 tbsps.
Green Chilies	10 nos.
Turmeric	1 tsp.
Mustard oil	2 tbsps.
Salt	To taste

## Bengali Fish Curry



## Method

1. Clean, wash and slice the fish.
2. Apply turmeric, salt and keep aside for 1/2 an hour.
3. Clean, soak the mustard and grind along with green chilies to a fine paste.
4. Coat the fish slices with little oil and cook on high for 5 minutes.
5. In a casserole add the remaining oil, ground masala and cook covered on high for 2 minutes.
6. Add the cooked fish slices and salt.
7. Cook at 70° C for 4 minutes.



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## Ingredients

White-flesh fish, cut into slices	1 kg.
Garam masala	1 tsp.
Turmeric powder	1 tsp.
Mango powder	1 tsp.
Tomatoes, blanched & sliced	100 gms.
Curds	250 gms.
Onion	2 nos.
Garlic	4 flakes

Cumin seeds, roasted & ground	1 tsp.	Chili powder	As required
Green chilies, minced	4 nos.	Lime juice	As required
Coriander leaves, chopped	A handful	Ghee	2 tbsp.
		Salt	To taste

## Pesawari Machhi



## Method

1. Apply lime juice blended with mango powder and salt on the slices of fish.
2. Fry lightly and set aside. Grind the onion, ginger and garlic to a paste.
3. Heat 2 tbsps. ghee and fry the ground paste to a golden brown colour.
4. Put in tomatoes, chilies, salt and turmeric powder and ground cummin seeds and fry till ghee floats to the top.
5. Put in 2 cups water and cook till dry and mash to a smooth paste.
6. Then beat the curds with 1 cup water to a very smooth paste and pour in.
7. Heat slowly, put in the fish slices and cover tightly and cook till the fish is done.
8. Serve hot and garnish with garam masala and coriander leaves.



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## Ingredients

Prawns, shelled and deveined	300 gms.
Cummin seeds	1 tsp.
Green Chili, finely chopped	1 no.
Onion, finely chopped	1 no.
Garlic, finely chopped	6 flakes
Coriander leaves, finely chopped	1 tbsp.
Turmeric powder	1/2 tsp.
Worcestershire sauce	1 tbsp.
Egg	1 no.

Oil	For deep frying	Salt and pepper	As per required
-----	-----------------	-----------------	-----------------

## Prawn Kababs



## Method

1. Wash and apply salt to the prawns and keep for atleast 30 minutes.
2. Wash again and pound them and add the rest of the ingredients except the eggs and pound again until well blended.
3. Knead in the egg and make into small balls and deep fry for 7-10 minutes, until golden brown.
4. Serve hot.



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## Ingredients

Prawns, medium	1/4 kg.
Coconut grated	1 no.
Garlic	8 flakes
Coriander	1 tbsp.
Turmeric	1/2 piece
Cumin seeds	1/2 tsp.
Red chilies	10 nos.
Tamarind concentrate	1/2 tsp.
Bhendi (okra)	10 nos.
Bimblis	10 nos.

or Dry Mango (solan)	5 slices
Onion (chopped fine)	1 large
Chilies (slit in half)	2 nos.



Sunkattam Koddi

Oil	3 tbsp.
Salt	To taste

## Method

1. Shell and devein prawns, wash and apply salt.
2. Extract coconut milk of half the grated coconut.
3. Dilute tamarind in 1-cup water and cut bhendi into 1" pieces.
4. Cut bimblis lengthwise into quarters.
5. Grind together the remaining coconut, and all the spices.
6. Sauté onion in 3 tbsp. oil for 3 minutes.
7. Add prawns and continue to sauté until prawns are pink.
8. Now put in the ground spices, and fry well. Add 1 cup of water and bring to a boil.
9. Add the bhendis, salt and tamarind water and let it cook for 10 minutes
10. Add bimblis/solan and cook for 5 minutes more.
11. Finally, add coconut milk, green chilies and cook for 10 minutes longer.



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## Ingredients

Fish, cut into slices	500 gms.
Coconut grated	1 nos.
Til	2 tps.
Dhania	2 tsp.
Mustard seeds	1 tsp.
Jeera	1 tsp.
Khus Khus	2 tsp.
Haldi	1/2 tsp.
Chili powder	2 tsp.
Green Chilies slit	2 nos.

Refined Oil	3-4 tbsp.	Tamarind	walnut sized
Onions sliced fine	2 nos.	Salt	To taste
Curry patta leaves	Few		

## Machchi Ka Salan



## Method

1. To make Masala grind the til, dhania, jeera, mustard, khus khus, 1 tbsp grated coconut, chili powder, haldi garlic and 1 onion to a fine paste.
2. Extract 2 cups milk from the grated coconut.
3. Extract the pulp from the tamarind soaked in 1 cup of water.
4. Heat oil and add the 1 sliced onion and fry till crisp. Put in the masala paste and fry till the oil separates.
5. Now add the fish pieces and fry a little.
6. Pour in the coconut milk and add salt to taste along with the curry patta.
7. Gently simmer till nearly done. Lastly add the tamarind water and again simmer a little.
8. Serve hot, sprinkled with chopped kothmir.



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## Ingredients

Fish (rahu or hilsa preferably)	500 gms.
Yoghurt /curd (blended smooth)	2cups.
Mustard Oil	4 tbsp.
Flour	a little
Bay Leaf	1 nos.
Cinnamon	1 nos.
Cardomom	1 nos.
Ginger (ground to paste)	2 pieces
Onion (ground to paste)	1 nos.
Red Chilly Powder	2 tsp.
Turmeric Powder	1 tsp.
Cummin Powder	1 tsp.
Sugar	1 tsp.
Salt	To taste

## Yoghurt Fish



## Method

1. Cut fish onto cubes, or as traditional cross-section.
2. Roll pieces separately in flour.
3. Heat 2 tbsp. oil.
4. Fry fish till pale golden. Drain and keep aside.
5. Add remaining oil and fry bay leaf, cardamom and cinnamon.
6. Add ginger, onion, chilli powder turmeric and cummin.
7. A little water may be added if it becomes too dry.
8. Fry for a while.
9. Add blended yoghurt/ curd.
10. Simmer on slow fire till oil comes up on top.
11. Add fish with a little water, salt and sugar.
12. Simmer till gravy is thick golden.



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## Ingredients

White fish	1 kg.
Tomatoes(chopped)	250 gms.
Onions chopped fine(medium size)	3 nos.
Breadcrumbs	2 tbsps.
Bay leaf	1 leaf
Green chilies(cut fine)	2 nos.
Egg(beatn)	1 no.
Garlic	20 flakes
Coriander powder	1 tsp.

Turmeric powder	1 tsp.
Chili powder	1 tsp.
Cummin powder	½ tsp.
Ginger paste	½ tsp.
Water	1 cup



Coriander leaves(chopped fine)	As required
Ghee	250 gms.
Salt	To taste

## Method

1. Take the fish, onions, bay leaf and salt and cook in a little water till the fish is tender.
2. Take out from the flame.
3. Remove the fish and keep aside the water.
4. Mince the cooked fish and mix the green chilies, coriander leaves, egg and breadcrumbs.
5. Make lemon sized balls out of the mixture.
6. Heat the ghee well and fry the koftas till they turn golden brown and keep aside.
7. Grind to a paste two onions, garlic and the remaining ingredients except the tomatoes.
8. Heat ghee in a saucepan and saute one onion till it turns golden brown.
9. To this add the tomatoes, ground masala and salt.
10. Wait till the tomatoes become soft and mix with the gravy.
11. Add the fish liquid and one cup of water.
12. Put the fish koftas in this and cook for 10 minutes.
13. Serve hot.



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## Ingredients

Fish	1kg.
Red chilies	16 nos.
Coriander	2 tsp.
Cumin seeds	1 tsp.
Peppercorns	6 nos.
Cloves	4 nos.
Cinnamon	½" piece
Turmeric	1" piece
Garlic	12 flakes
Kokum	4 nos.

Tamarind concentrate	1 tsp.	Sugar	¼ tsp.
Onion , finely chopped	1 large	Oil	2 tbsp.
Tomato,finely chopped	1 medium	Salt	To taste

## Fish Ambotik



## Method

1. Grind chilies, coriander, cumin, peppercorns, cloves, cinnamon, turmeric and garlic.
2. Salt fish and set aside.
3. Sauté onion and then add tomato. Cook for a few minutes before adding ground spices and 1 cup water.
4. When this comes to a boil, add fish.
5. Let it cook for 10 minutes, then add tamarind juice and kokum.
6. Cook until fish is done.
7. Finally add 1/4 teaspoon sugar.
8. Serve hot with [Steamed Rice](#).



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## Ingredients

Boneless fish	300 gms.
Juice of a Lemon	1 no.
Mint leaves	2 bundles
Coriander leaves	1 bundles
Ginger	Few
Coconut	¼.cup
Green chillies	3-4 nos..
Salt	To taste

## Patra Ni Machhi



## Method

- 1.Cut the boneless fish into small pieces. Carve it from the centre.
- 2.On it sprinkle salt, lemon juice. Marinate for 10-15 minutes.
- 3.Fill in the chutney in the centre of the fish pieces.
- 4.Wrap up the fish pieces in banana leaf and steam for 6-7 minutes.
- 5.Serve hot, sprinkled with lemon juice.

### For Chutney -

Grind together mint leaves, coriander leaves, green chillies, ginger and coconut into a fine paste.



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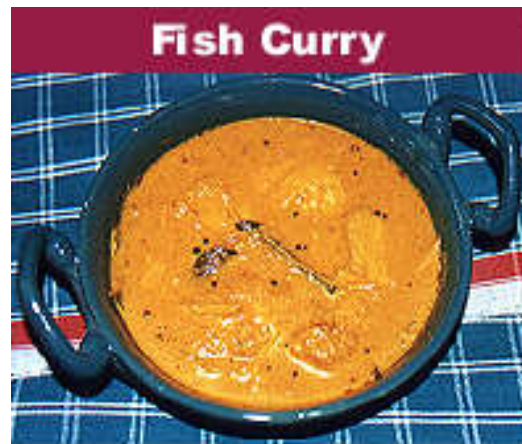


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## Ingredients

Boneless fish	12 fillets
Mustard seeds	1 tsp.
Garlic, chopped	8 cloves
Ginger, julienne 1"	1 no.
Green chillies, slit lengthwise, deseeded and julienned	6 nos.
Onions, grated	150 gms.
Curry leaves	24 nos.
Tomatoes, pureed and strained	3 nos.
Turmeric powder	½ tsp.
Coconut milk	2 cups
Vinegar	1 tbsp.
Coriander leaves	1 tbsp.
Oil	2 tbsp.
Salt	To taste



## Method

1. Heat oil in a pan and season with mustard seeds.
2. Stir over medium heat until they begin to splutter.
3. Add garlic and ginger and stir for a minute. Add green chillies. Add onions and sauté until brown. Add turmeric powder, curry leaves and tomatoes. Fry for 2-3 minutes.
4. Add the coconut milk. Bring to a boil.
5. Add fish, salt and vinegar. Cover and simmer for a few minutes till the fish is tender. Stir only once or twice and very gently to make sure that the fillets do not break.
6. Taste and adjust the seasoning. Garnish with coriander leaves and serve with [Steamed Rice](#).



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## Ingredients

Fish Fillet	8 nos.
Gram flour	200 gms.
Garlic paste	1 tbsp.
Ginger paste	1 tbsp.
Ajwain	1 tsp.
Red chili powder	1 tbsp.
Lemon juice	1 tbsp.
Egg	1
Curd (yogurt)	110 gms.
Oil for deep frying	-
 Salt	 To taste

## Fish Amritsari



## Method

1. Clean, wash and cut fish into one and a half inch size cubes. Apply salt, lime juice, [Ginger Paste](#), [Garlic Paste](#) and red chili powder. Keep aside for 20 minutes.
2. Make a batter of gram flour, [Curd/Yogurt](#), egg, ajwain, salt and water. Keep marinated fish pieces dipped in this batter for 15 minutes.
3. Heat oil in a [Kadhai](#) and deep fry the fish till golden brown and crisp.
4. Serve hot sprinkled with chaat masala and lemon wedges.



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## Ingredients

Headless prawns	400 gms.
Finely chopped onion	1 cup
Fresh grated coconut	½ cup
Dry red chili whole	8 - 10 no.
Coriander seeds	1 tbsp.
Cumin seeds	2 tsp.
Cloves	8 - 10 no.
Cinnamon	1 stick
Malt Vinegar	2 tbsp.
Garlic paste	1 tbsp.
Ginger paste	1 tbsp.
Oil	3 tbsp.
Salt	As per taste

## Prawn Coconut Masala



## Method

1. Wash and [Devein](#) prawns.
2. Make a paste of cinnamon, cloves, cumin seeds, coriander seeds, whole red chilies and coconut with vinegar.
3. Heat oil in a [Kadhai](#). Add chopped onions and cook for about 5 minutes until light brown.
4. Add prawns, [Ginger Paste](#), [Garlic Paste](#) and ground masala. Add ¾ cup of water and cook on a high flame for 4-5 minutes or till prawns are tender.
5. Do not overcook prawns as they tend to become tough on overcooking.



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## Ingredients

Fish pieces	400 gms.
Chopped onion	½ cup
Chopped ginger	1 tsp.
Tamarind (seedless)	10 gms.
Coconut milk	½ cup
Fresh grated coconut	¾ cup
Dry red chili whole	2 no.
Red chili powder	1 tsp.
Soaked rice	1 tbsp.
Cumin seeds	1 tsp.
Coriander seeds	2 tsp.
Turmeric powder	½ tsp.
Oil	2 tbsp.
Salt	To taste

## Malvani Fish Curry



## Method

1. Apply salt, turmeric powder and red chili powder to the fish pieces and keep aside for 15 minutes.
2. Lightly roast cumin and coriander seeds. Mix with dry red chilies, soaked rice and grated coconut. Grind it to a smooth paste. Soak tamarind in half a cup of hot water.
3. Heat oil in a pan. Add chopped onions and chopped ginger. Cook on a high flame till onions are golden brown. Stir in fish pieces and add 2 cups of water. Bring it to a boil.
4. Stir in coconut and spice paste.
5. Mash tamarind dissolved in water to make a pulp. Strain and add to the gravy.
6. Simmer for 2 minutes and finish with coconut milk.
7. Add fish pieces and cook on a medium flame for 7-8 minutes or till the fish is done.



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## Ingredients

Shelled & deveined prawns	¼ kg.
Cumin seeds	1 tsp.
Red chillies	2
Cinnamon	2 pieces
Clove	1
Garlic	4 cloves
Salt	1½ tsp.
Oil	1 tsp.
Turmeric powder	¼ tsp.
Lime juice	1 tsp.
Lime cut into slices	½
Banana leaves or aluminium foil (cooking foil)	
A container with a lid required	

## Bhappa Chingri



## Method

1. Wash shelled prawns under cold running water and pat dry with cloth. Rub with 1/4 teaspoon salt and lime juice. Let prawns stand for 15 minutes. Drain.
2. Grind ginger and garlic, cinnamon, red chili, clove and cumin seeds to a smooth paste.
3. Combine prawns, remaining salt, oil, turmeric. Mix well and set aside.
4. Line container with banana leaves covering the sides as well. Lay the prawns with the paste over it, covering the prawns completely with the banana leaves. Close the container with the lid.
5. Steam in a close container, covered, for 15 to 20 minutes. Before serving remove the upper banana leaf and either serve straight from the container with lime slices or turn out on a warmed platter. Surround the prawns with the lime slices and serve hot.



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## Ingredients

Fish	800 gms.
Ginger	1 cm. piece
Cumin seeds	1 tsp.
Chili powder	½ tsp.
Amchoor	1 tsp.
Turmeric powder	½ tsp.
Ghee	1 tbsp.
Garlic	1 tbsp.
Salt to taste	
Dry mint leaves	1 tsp.
Lime juice	1 tsp.
A little curd	

## Tandoori Fish



## Method

1. Grind together garlic, ginger, cumin seeds to a smooth paste. Add amchoor, chili powder, salt and [Curd/Yogurt](#).
2. Clean and remove the skin of the fish and cut the fish crosswise into desired size pieces. Sprinkle with lime juice and set aside for 10 minutes.
3. Marinate the fish with the ground paste for 3 hours.
4. Remove the excess marinade, brush the wire mesh with oil and place the fish on it in the preheated tandoor/grill. Cook for 3 to 4 minutes.
5. Turn the fish over and smear with [Ghee](#). Continue cooking for another 3 to 4 minutes until done. Brush the ungreased side with ghee and return to tandoor /grill for another minute.



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## Ingredients

Lamb leg	1 kg.
Turmeric	½ tsp.
Mustard oil	4 tsp.
Onions(sliced)	¾ cup
Red chilies whole	8 nos.
Mustard seeds	1 tsp.
Cloves	5 nos.
Asafoetida	A pinch
Red chili powder	1 tsp.
Cumin seed	1 tsp.

Kalongi	1 tsp.
Jaggari	25 gms.
Ginger(shredded)	15 gms.
Garlic(chopped)	10 flakes
Lemon juice	2 tbsp.
Yoghurt	1 cup
Ghee	½ cup
Salt to taste	

## Aachar Korma



## Method

1. Clean, debone and cut into 1-inch pieces. Put in a vessel, add tumeric, salt and 1.5 litres of water, bring to boil, cover and simmer until tender. Drain and reserve the stock.
2. Heat mustard oil to smoking, reduce heat to medium and add ghee. Then add sliced onions and saute until brown. Remove onions for garnishing.
3. In the same fat fry red chilis till black, remove and discard the chilis. Then add mustard seeds, cloves and asafoetida, saute until the seeds begin to crackle.
4. Add the cooked lamb, red chili powder, cumin seeds, kalonji, jaggery, ginger and garlic, fry till the lamb becomes brownish.
5. Then add the reserved stock and lemon juice and simmer for a minute.
6. Remove the vessel from the fire, add yoghurt, stir and return to heat and fry until the fat leaves the masala. Adjust the seasoning.
7. Serve garnished with fried onions.



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## Ingredients

Shoulder of lamb (boned and cubed)	¼ kg.
Onion sliced	500 gms.
Button Mushroom	250 gms.
One each of green, red and yellow peppers(capsicums)	
Chicken stock	150 gms.
Oil for frying	
Pepper to taste	
Salt to taste	
<b>Topping:</b>	
Soured cream	150 ml
Parsley finely chopped	1 tbsp.

## Lamb with Peppers



## Method

1.Fry the lamb in a saucepan in a small quantity of oil until brown on all sides. Add the onions and fry until soft.

2.Add the peppers, mushrooms, stock and seasoning and bring to boil. Cover and simmer for 45 mins. or till lamb is cooked.

3.Swirl the sour cream over the top and sprinkle with parsley and serve

**NOTE:** To get 1 cup Sour Cream, take 7/8th cup of plain yogurt and add 3 tbsps. of melted butter to it.



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## Ingredients

Turkey meat cooked and minced	275gm
Egg whites	2 nos.
Dill dried	2 tsps.
Tabasco sauce	2-3 drops
Gelatine	25 gms.
Nutmeg	A pinch
Pepper to taste	
Salt to taste	

### FOR THE SAUCE:

Butter	50 gms.
Flour (maida)	50 gms.
Milk	275 ml.
Pepper to taste	
Salt to taste	

## Turkey Mousse



### Garnishing:

Sliced tomatoes, onion and lettuce As required

## Method

1. Make the white sauce - Melt the butter, blend in the flour and stir over low heat for 2 mins. Gradually add the milk and stir constantly until the sauce has thickened. Season and cool.
2. Mix the turkey with cool sauce, beat in the dill, nutmeg, tabasco and salt and pepper to taste.
3. Dissolve the gelatine in 3 tbsp. of water. Sprinkle a little of the melted gelatine into a ring mould and swirl it around so that the mould is evenly coated.
4. Add the remaining gelatine to the turkey mixture, beating well.
5. Whisk the egg whites until stiff, then fold gently into the turkey mixture.
6. Pour into a chilled and leave in the refrigerator for 4-5 hours.
7. Invert the mould and garnish with sliced tomatoes, onions and lettuce.



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## Ingredients

### For Pastry:

Butter	225 gms.
Castor sugar	100 gms.
Egg yolk	2 nos.
Flour	350 gms.
Almonds (ground)	100 gms.
Lemon juice	Few drops
Mince meat	750 gms.
Brandy butter	To serve

### For Mincemeat:

Dried Apricot	225 gms.	Brown sugar	175 gms.
Seedless raisin chopped	225 gms.	Grated peel and juice of 1 orange	
Currants	225 gms.	Grated peel and juice of 1 lemon	
Sultanas	50 gms.	Apple peeled, cored and chopped	2 nos.
Mixed candied peel chopped	100 gms.	Brandy	125 ml.
Almonds blanched & chopped	100 gms.	Sweet sherry	60 ml.
Mixed ground spices	1 tsp.	Salt	½ tsp.
Ground cinnamon	½ tsp.		
Grated nutmeg	¼ tsp.		



## Method

### Method For Pastry:

1. Cream together the butter and sugar. Beat in the egg yolk a little at a time. Gradually stir in the flour and then stir in the ground almonds and the lemon juice.
2. Shake the dough in a ball and wrap in a cling film. Chill in the refrigerator for at least 1 hour.
3. Heat the oven to 190 deg C.
4. On a lightly floured board, thinly roll out the dough and using a 4 inch cutter cut into 16 rounds. Grease fluted tartlet tins and line them with the pastry. Prick the base of the pasty with the fork.
5. Line the tarts with foil and beans and bake for 10 mins.
6. Remove the lining, spoon in the mince meat and return to the oven for further 10 mins. Remove from the oven and cool for a few mins in the tin then transfer to a wire rack to finish cooling.
7. Serve the pie topped with a small pat of brandy butter.

### **Method For Mincemeat:**

1. Soak apricot overnight, drain and finely chop.
2. Mix all the ingredients together, cover the bowl and leave for 2 days stirring occasionally.
3. Pack the mince meat into warm sterilized bottle. Store in a cool, dry, airy place.
4. Should be made atleast 2weeks in advance. Can be stored for up to a year.



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## Ingredients

Turkey, dressed	3 ½ kg.
Lemon large cut in half	1 no.
Bacon	5 slices
Butter	150 gms.
Dry white wine	75 ml.
Par boiled potatoes	500 gms.
Mustard	½ tsp.
Turkey giblet and liver, chopped & sauteed in a little butter until cooked.	

Pepper to taste  
Salt to taste  
**FOR STUFFING:**  
Apricot and rasin stuffing

## Roast Turkey



## Method

1. Heat the oven to 220 degree C, with a damp cloth wipe the turkey inside-out and dry with absorbent paper.
2. Pack the apricot and rasin stuffing inside the bird and seal the bird.
3. Rub the skin all over with cut lemon. Sprinkle with salt and pepper and lay the bacon over the breast. Place in the roasting tin.
4. Melt 125 gms of butter in a small saucepan until it is just bubbling. Pour it over the turkey then add the dry white wine to the tin and cover the bird loosely with foil.
5. Place it in the oven. After 15 mins turn the oven down to 170 degree C and cook for further two and a half hours, basting every twenty -thirty minutes with the juices.
6. Melt the remaining butter. Add the par-boiled potatoes, baste thoroughly and place it on the turkey tray. Cook the turkey and potatoes for further one hour.
9. Remove the foil and bacon slices from the breast for the last 30 mins of cooking to allow the breast to brown.
10. Transfer the turkey and the potatoes to a warm serving platter.
11. Skim the fat from the pan juices and add the mustard and chopped giblets and liver with 2 tbsps of water to the roasting tin. Boil for 2-3 minutes and pour into a sauce bowl.



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## Ingredients

Beef (undercut)	1 kg.
Peppercorns	10 nos.
Pepper powder	¼ tsp.
Worcetershire sauce	2 tps.
Bay leaves	As required
Ghee	4 tps.
Salt	To Taste

## Beef Steaks



## Method

1. Wash the meat, cut into medium size pieces and then flatten each meat piece.
2. Then marinate the meat with the sauce, pepper powder and salt.
3. Next add the peppercorns, bay leaves and oil and keep overnight.
4. Heat oil in a frying pan and fry the meat pieces on both sides.
5. Cook on a low flame till the meat is tender and cooked.
6. Serve hot.



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## Ingredients

Pork Chops	8 nos.
Garlic	8 flakes
Chili powder	1 tsp.
Vinegar	¼ cup
Ginger	As required
Red chili sauce	As required
Salt	To Taste

## Pork Chops in Chili Sauce



## Method

1. Using vinegar grind to a paste garlic, ginger and the chili powder.
2. Apply this paste to the chops along with salt to taste.
3. Refrigerate the chops overnight.
4. Bake the chops in chili sauce in a moderately hot oven, about 140 degrees celcius, turning a couple of times until the chops are done.



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## Ingredients

Pork (liver,heart,lung)	1 kg.		
Pork meat	2 kg.		
Onions (chopped fine)	2 large		
Tamarind pulp	1 tbsp.		
Sugar	2 tsp.		
Palm jaggery	2" cubes		
Green chillies	6 nos.		
Cloves	15 nos.		
Oil	3 tbsp.		
Salt	To taste		
<b>Grind in 1/2 cup vinegar</b>			
Red chillies	38 nos.	Cumin seeds	1 tsp.
Turmeric(whole)	2" piece	Peppercorns	10-12 nos.
Garlic	20 flakes	Ginger	3" piece
		Cinnamon	6" piece

## Method

1. Cook pork meat, liver, heart etc together and skim off impurities constantly.
2. Retain the stock and cut the meat into small pieces and then fry them in oil and set aside.
3. Fry onions till golden brown, add the ground spices and fry further.
4. Add the stock and tamarind and stir, when it comes to a boil add the fried meat.
5. Stock should cover the meat by 1/4. Let it cook for 30-35 minutes.
6. Slit green chillies and add to the mixture.
7. Add the jaggery and sugar and cook for another 10 minutes.
8. Serve hot with saanas.



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## Ingredients

Pork, cubed	1 kg.
Red chilies	10 nos.
Peppercorns	6 nos.
Ginger	1" piece
Garlic	10 cloves
Cinnamon	1" piece
Cloves	6 nos.
Vinegar	1 cup

## Pork Vindaloo



## Method

1. Make a masala by grinding the spices, ginger, garlic with vinegar.
2. Apply the masala to the pork pieces and marinate the pork for 2 days in the fridge.
3. After two days cook with the lid on, until meat is tender.
4. Cook the pork without any water.
5. If you want it more dry then simmer till the gravy becomes more thick and dry.



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## Ingredients

Beef, cubed	½ kg.
Onions	6 nos.
Peppercorns	8 nos.
Ginger	1" piece
Garlic	6 cloves
Coriander leaves	1 bunch
Mint leaves	1 bunch
Green chilies	6 nos.
Tamarind	To Taste
Pepper	To Taste

Salt To Taste

## Beef Chili Fry



## Method

1. Chop the meat, wash it well, apply salt and keep it aside.
2. Boil the meat with the peppercorns and one onion a few minutes.
3. Remove from heat, drain and reserve the stock for later use.
4. Chop the remaining onions, ginger, garlic, chilies, coriander and mint.
5. Saute the onions in hot oil until the colour changes, then add the chopped ginger, garlic, chilies, coriander, mint and the boiled meat.
6. Add a cup of the beef stock and simmer until the meat is done.
7. Lastly add the tamarind for taste and continue cooking, uncovered over a high heat all the stock dries up and the meat mixture become dry.
8. Serve hot with bread or rice.



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## Ingredients

Lychees, fresh or canned	300 gms.
Milk	1 liter
Khoya	3 tbsps.
Rice, basmati	40 gms.
Sugar	100 gms.
Green cardamom powder	½ tsp.
Rose water	a few drops.
Pistachio	12 nos.
Almonds	12 nos.

## Lychee Kheer



## Method

- 1.If canned, drain and roughly chop lychees.
- 2.Grate khoya.
- 3.Soak basmati rice for 15 minutes, drain and coarsely grind.
- 4.Blanch almonds and pistachio. Remove skin and slice finely. Keep aside for garnish.
- 5.In a handi/pot pour milk and boil for 10 minutes stirring continuously so that the skin does not form on top.
- 6.Add in coarsely ground rice and cook till the rice granules are soft.
- 7.Add in the khoya and sugar.
- 8.Add in the chopped lychees and stir for 2 minutes.
- 9.Sprinkle in green cardamom powder and rose water. Remove from heat.
- 10.Cool the kheer and pour in individual serving bowls. Sprinkle with sliced almonds and pistachios.
- 11.Serve chilled.



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## Ingredients

Rice	1 ½ cups
Green gram split (moong dal)	½ cup
Green cardamoms	4 nos.
Sugar	1 tbsp.
Jaggery	2 cups
Milk	2½ cups
Desi Ghee	½ cup
Coconut scraped	½ cup
Nutmeg grated	¼ tsp.

Raisins	4 tbsps.	Edible Camphor (optional)	1 pinch
Cashewnuts	12-15 nos.		

## Sweet Pongal



## Method

1. Clean, wash and soak rice for half an hour. Dry roast moong dal lightly in a hot kadai.
2. Grind cardamom with sugar to a fine powder, sieve and keep aside.
3. Break the jaggery into very small pieces and keep. Boil milk with one cup water in a thick-bottomed pan.
4. Wash and drain dal and rice, add to the boiling milk. Bring it to a boil, stirring continuously. Reduce heat, simmer for fifteen minutes, stirring occasionally or till rice and dal is completely cooked. You can also pressure cook it.
5. Add jaggery and keep stirring so that the mixture does not stick to the bottom. Keep cooking till all the jaggery has completely melted and been thoroughly incorporated in rice and dal mixture. Add half the quantity of ghee and continue cooking on low heat for about five minutes, stirring frequently.
6. Heat the remaining desi ghee separately and fry scraped coconut lightly. Add grated nutmeg, raisins and cashewnuts and stir well. Add this to cooked pongal.
7. Sprinkle the cardamom and the camphor powders. Stir well and serve hot.

TIP: You can use sugar or even palm jaggery for making the pongal. Add coconut milk instead of scraped coconut for a richer taste.



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## Ingredients

Parboiled Rice	1 ½ cups
Salt	a pinch
Desi ghee	½ tsp.
<b>For stuffing</b>	
Fresh coconut, scraped	1 ½ cups
Jaggery, grated	¾ cup
Green cardamom powder	a pinch

## Ukdiche Modak



## Method

1. Clean, wash and drain rice thoroughly. Dry completely by spreading on an absorbent sheet of cloth. Grind dried rice to a fine powder. Pass it through a fine sieve.
2. Bring 1¼ cups water to a boil in a pan, add salt and ghee to it.
3. Add rice flour in a flow, stirring continuously to avoid formation of lumps. Remove the pan from heat and keep it covered for ten to fifteen minutes.
4. Grease your palms with a little oil and knead the cooked rice mixture into a soft dough. Keep covered with a damp cloth.
5. Combine scraped coconut and jaggery in a pan and cook on medium heat for one to two minutes or till light golden brown. Ensure not to overcook. Add green cardamom powder and remove from heat and cool it slightly. Divide the coconut mixture into ten to twelve equal-sized portions.
6. Divide the dough into ten to twelve lemon-sized balls. Flatten each ball in between greased palms to form disk of three inches diameter. Press the edges of the disk further to reduce the thickness.
7. Place a portion of coconut and jaggery mixture in the center, form eight to ten pleats with fingers, gather together to form a bundle and seal the edges at the top.
8. Steam them in an idli cooker for 10-12 minutes. Serve hot with desi ghee.



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## Ingredients

Cashewnuts (pure white in colour)	1 cup
Cream	¼ cup
Sugar	½ cup
Silver leaf(varakh)	
Oil	A little

## Cashewnut Burfi



## Method

1. Soak the cashewnuts for 3 hours.
2. Grind the cashewnuts to a paste.
3. Grease the back of a thali or kitchen platform with ghee.
4. In a thick bottom vessel put the sugar and cream, go on stirring for about 5-8 mins till you get a single strand consistency.
5. Once its done add the cashewnut paste and stir continuously till the ball is formed in the center.
6. Then immediately pour it on the greased thali or the platform. Apply some ghee on the rolling pin and roll it thin.
7. After about 5 mins carefully undo the silver varakh covering the whole barfi.
8. Cut the burfee.



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## Ingredients

Milkmaid	1 tin
Dessicated coconut powder	200 gms.
Icing sugar	100 gms.
Almonds(sliced in half)	10 nos.
Glazed cherries(chopped)	5 nos.
Silver balls	20 nos.

## Coconut Mice



## Method

- 1.Mix together milkmaid, coconut powder and icing sugar to get a soft dough.
- 2.Take a small quantity of dough, the size of lemon and form into an elongated mouse.
- 3.Use the cherries for the nose, silver balls for the eyes and almonds for the ears.
- 4.Decorate on a tray.



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## Ingredients

White cauliflower tops	1 cup
grated	
Milk	1 litre
Sugar	1/3 cup
Almonds sliced	10-12 nos.
Cardamoms	6 nos.
Raisins	10 gms.
Dried coconut sliced	5 gms

## Cauliflower Kheer



## Method

1. Put the grated cauliflower and 4 whole cardamoms into the milk and let it cook till the milk turns very thick.
2. Then add sugar, sliced almonds, rasins and dried coconut and cook for another 7 min.
3. Remove from heat and pour in a bowl.
4. Decorate with cardamon powder and sliced almonds.



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## Ingredients

Cashewnuts	4 cups
Sugar	4 cups
Egg whites	3 nos
Rose water	As required
Almond essence	As required
Colouring	As required

## Marzipans



## Method

1. Soak the cashewnuts the previous evening.
2. Using rose water grind the cashewnuts to a fine paste.
3. Add the almond essence to the cashewnut paste.
4. Cook the cashewnut paste, sugar and egg whites on a low flame till it leaves the sides of the pan.
5. When the paste becomes a little cool, knead it till it is soft using some icing sugar if the paste is sticky.
6. Make equal portions of this and add different colouring.
7. Make small balls and press into the rubber mould to get delightful shapes.



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## Ingredients

Cashewnuts	350 gms.
Coconut grated finely	1 no.
Jaggery	700 gms.
Silver warq	As required
Vanilla essence	Few drops
Ghee	1 tbsp.

## Coconut Cashew Burfi



## Method

1. Soak the cashewnuts in cold water for some time and then drain off the water.
2. Grind to a thin paste the coconut along with the cashewnuts.
3. Heat a glassful of water along with the jaggery and wait till the jaggery melts and attains a syrupy consistency.
4. Add the coconut-cashewnut paste along with the ghee and essence.
5. Stir continuously on a low flame till the mixture is semi-solid.
6. Remove from the flame and spread evenly on a greased thali.
7. Decorate with the silver warq.
8. Cut into square pieces and serve



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## Ingredients

Milk	1 litre
Sugar	3 tbsps.
Butter	1 tsp.
Pistachio nuts, sliced	12 nos.
Cardamon powder	½ tsp.

## Doodh Peda



## Method

1. Boil the milk to make khoya and keep aside to cool.
2. Melt the butter in a pan and add the khoya to it.
3. Mix well on a low flame for few minutes.
4. Then add sugar & cardamon powder and stir continuously.
5. When mixed thoroughly remove from fire.
6. Beat the mixture well for a few minutes and allow to cool.
7. Make equal portions of the mixture.
8. Flatten each portion slightly and place on a greased tray.
9. Finally decorate the pedas by press the nuts into them.



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## Ingredients

Tender dhudhi cleant & grated	½ kg.
Thick milk	½ litre
Sugar	1 small cup
Almonds chopped	As required
Pistachios chopped	As required
Elaichi powder	¼ tsps.
Ghee	As required

## Dhudhi Kheer



## Method

- 1.Heat ghee in a flat bottomed utensil and add the dhudhi.
- 2.Stirfry for 5 minutes.
- 3.Now cover with a lid and put a little water over the lid and cook so that the dhudhi doesnt burn.
- 4.Wait till the dhudhi is cooked and changes colour.
- 5.Cool the dhudhi and churn slightly in the mixer.
- 6.To the churned dhudhi add milk, sugar, elaichi powder and cook for sometime.
- 7.Remove from flame. garnish with the nuts.
- 8.Garnish with the nuts and serve.



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## Ingredients

Malabar bananas, cut in pieces	9 nos.
Sugar	1 cup
Cardamoms	6 nos.
Water	1 cup
Ghee	1 cup

Banana Halwa

## Method

1. Make a syrup by mixing the sugar with water.
2. Cook the banana pieces in the sugar syrup till it becomes thick.
3. Then add ghee little at a time and keep stirring till the colour becomes dark brown.
4. Separate the extra ghee and then add the powdered cardamom.
5. Pour the halwa into a flat dish, cool and then cut as required



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## Ingredients

Milk	2 litres
Milk chocolate(melted over hot water)	1 big slab
Milk chocolate(chopped)	1 small slab
Sugar	125 gms.
Almonds	25 gms.
Cashewnuts	25 gms.
Pistachios	25 gms.
Walnuts	25 gms.
Raisins	2 tbsps.
Vanilla essence	As required
Silver warq	As required

## Chocolate Burfi



## Method

- 1.Mix the milk and sugar together in a vessel and stir till the mixture turns thick and leaves the sides of the vessel and take out from the flame.
- 2.Add to this all the remaining ingredients except the silver warq.
- 3.Empty this onto a greased plate and decorate with the silver warq.
- 4.When cold cut into pieces.



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## Ingredients

Wheat	1 kg.
Sugar	1 kg.
Lime juice(of one lime)	
Almonds(chopped)	100 gms.
Cashewnuts(chopped)	100 gms.
Cardamoms(powdered)	5 nos.
Ghee	½ kg.

## Wheat Halwa



## Method

1. First soak the wheat in water for 3 days.
2. Then grind it to a paste.
3. To this paste, add 4 litres of water and strain with a muslin cloth.
4. Keep this paste stationary in a vessel overnight.
5. The next day, throw out only the water on the surface of the paste and keep the paste aside.
6. To the settled paste, add enough water to make this paste to about 2 1/2 cups.
7. Separately prepare a syrup of the sugar, lime juice and a little water.
8. Add this to the wheat paste and cook it in a wide thick bottomed vessel over a medium flame whilst stirring continuously till you get a semi-solid consistency.
9. Then reduce the flame and pour in the ghee little by little and keep stirring till the paste leaves the sides of the vessel.
10. Now add the nuts and cardamom and mix well.
11. Remove from the flame and flatten on a greased tray.
12. When cool, cut into the desired shape.



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## Ingredients

Almonds	12 tblsps.
Milk	2 cups
Sugar	8 tblsps.
Cardamom(powdered)	As required
Saffron	A pinch

## Badam Kheer



## Method

1. Take some hot water and soak the almonds in it for some hours.
2. Then peel and slice the almonds.
3. In a saucepan, heat milk, add sugar and boil till it thickens slightly.
4. Add the remaining ingredients and cook for a little time.
5. Take off from the flame.
6. Serve hot with puris.



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## Ingredients

Petha(peeled & finely grated)	1 kg.
Milk	1 cup
Khoya	250 gms.
Sugar	250 gms.
Almonds	25 gms.
Pistachios	25 gms.
Cashewnuts	25 gms.
Walnuts	25 gms.
Ghee	50 gms.

Kewda essence	¼ tsp.	Few drops of orange yellow
Fresh cream(thick)	100 gms.	food colouring(optional)



## Method

- 1.Cook the petha with milk in a pan on slow fire till it turns thick and dry.
- 2.Add the khoya, ghee and half the quantity of the nuts(after grinding them).
- 3.Now add the sugar while stirring continuously until the mixture starts leaving the sides of the pan.
- 4.Finally mix in the kewda essence, orange yellow colouring and remove from the fire.
- 5.Empty the contents of the pan onto a greased plate and level the same with your hands.
- 6.Cover the surface of the burfi with the cream and decorate with the mixed nuts(sliced).
- 7.Cut into diamond shaped pieces and serve either hot or cold.



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## Ingredients

Milk	5 cups
Rice, long grained	½ cup
Powdered almonds	2 tbsps.
Cardamom powder	1 tsp.
Saffron	A pinch
Condensed Milk	1 tin
Sugar	As required

## Doodachi Kheer



## Method

1. Pressure cook the rice till it becomes soft.
2. Drain the rice and then mash it.
3. Warm the milk, till thick and creamy.
3. Add the mashed rice and the remaining ingredients.
4. Cook till the mixture is creamy.
4. Serve hot.



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## Ingredients

Coconut, grated	2 cups
Milk, hot	2 cups
Cardamom powder	2 tsps.
Ghee	2 tbsps.
Sugar	1½ cup

## Kopra Pak



## Method

- 1.Heat a pan, add the grated coconut and hot milk.
- 2.Keep stirring till all the milk has evaporated.
- 3.Then add the sugar, stir at regular intervals and when the mixtures starts sticking to the pan, add the ghee.
- 4.Stir again, then add the cardamom powder and empty this into a flat thali.
- 5.Cool, cut and serve.



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## Ingredients

Rose water	2 cups
Sugar	500 gms.
Mava	500 gms.
Almond, blanched, fried & ground	500 gms.
Cardamom powder	1 tbsp.
Nutmeg, grated	1 no.
Vegetable ghee	1½ cup
Pure ghee	1½ cup



## Method

1. Boil the sugar with rose water till the sugar dissolves totally.
2. When the sugar syrup becomes little thick add the pure ghee and cook for 2-3 minutes.
3. Gradually, add the mava to this syrup, followed by the almond powder, vegetable ghee and keep stirring continuously till the mixture leaves the sides.
4. Remove from the heat and mix the cardamom and nutmeg powders.
5. Mix well and then spread it on a flat board and cut into squares.
6. Cool and store in air-tight containers.



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## Ingredients

Wheat flour (Atta)	300 gms.
Jaggery or sugar	300 gms.
Oil or ghee	As required
Salt	To taste

## Sirni



## Method

1. Heat ghee in a pan, add the wheat flour and fry until the flour turns brown, then remove and keep aside.
2. When it cools, add water and knead into a soft dough.
3. Roll the dough out into a thick roti and then cut into diamond shapes.
4. Deep fry these diamond shaped sirnis in hot oil.
5. Make a syrup with water and sugar or jaggery.
6. Lastly add the fried sirni to the syrup.



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## Ingredients

Basmati rice	250 gms.
Sugar	250 gms.
Lemon juice	1 no.
Cloves	5 nos.
Cinnamon	1 piece
Green cardamoms, crushed	5 nos.
Raisins	As required
Almond, blanched & chopped	As required
Ghee	2 tbsps.

Pistas, blanched & chopped 8 nos.

Saffron, soaked in warm milk 1 tbsp.



## Method

1. Clean, wash, drain the rice and keep aside.
2. In a vessel, heat ghee, add the cloves & green cardamoms and let it splutter.
3. Now add the washed rice with enough warm water (it should be 1½ inch above the rice).
4. Cook with a lid covered on the vessel till the rice is done.
5. Next add the sugar and saffron milk, cover very tightly and cook further.
6. When the rice is cooked, stir and sprinkle some nuts on top, cover again and keep on dum.
7. Serve hot or cold.



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## Ingredients

White pumpkin	1 kg.
Cream	1 cup
Sugar	2 cups
Coconut juice, thick	1 cup
Chopped nuts for decoratiing	As required
Ghee	½ cup

## White Pumpkin Halwa



## Method

- 1.Cook the grated pumpkin without any water.
- 2.Then add cream and sugar and keep stirring till completely dry and brown in colour.
- 3.Add ghee and fry till the ghee floats on top.
- 4.Remove, decorate with chopped nuts and serve.



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## Ingredients

Maida	200 gms.
Egg yolks	10 nos.
Sugar	500 gms.
Coconut juice, thick	1 cup
Nutmeg, powdered	¼ piece
Ghee	200 gms.

## Bebinca



## Method

1. Mix the maida, sugar and egg yolks with coconut milk and stir thoroughly till sugar has dissolved.
2. Now add the nutmeg powder and keep aside.
3. In an aluminium vessel, heat little ghee in a pan and pour in one cup of batter.
4. Bake this layer on low heat till it turns brown, then, add another spoonful of ghee and another cup of batter.
5. Continue to bake till all the batter is used up.
6. Once done, turn the tin upside down, remove the bebinca and cool before serving.



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## Ingredients

Milk, boiled & reduced to 3/4 liter.	its quantity
Almonds & cashewnuts, crushed	As required
Pista, chopped	½ tbsp.
Dry dates, cut coarsely	4 nos.
Sugar	¾ cup
Chironji	As required
Nutmeg, grated	¼ piece
Cardamom powder	½ tsp.
Seviyan	¾ cup
Ghee	¼ cup

## Sheer Korma



## Method

1. Fry the seviyan in heated ghee till it turns brown in colour.
2. Fry all the nuts except the dry dates & pistas.
3. Heat the milk, add the sugar and wait till the sugar dissolves to add the fried seviyan.
4. Now add the nuts, cardamom powder, nutmeg and simmer on low heat.
5. Serve hot.



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## Ingredients

Paneer, cut into pieces	250 gms
Thick milk	1½ cup
Sugar	½ cup
Cardamom, powdered	½ tsp.
Raisins	A few
Water	3-4 cups

## Chanar Payesh



## Method

1. Make the syrup with the sugar and 3-4 cups of water.
2. Add the paneer to the thick sugar syrup and next add the thick milk.
3. Continue boiling the mixture on a low flame for a few minutes.
4. Lastly add the cardamom powder, raisins & remove from heat.
5. Serve hot or chilled.



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## Ingredients

Shelled green peas	1 cup
Milk	1¼ liter.
Sugar	1 cup
Green cardamom powder	1 tsp.
Pistachio nuts	A few
Green cardamoms, crushed	20-25.
Raisins	20-25.
Ghee	½ cup

## Matar Ki Kheer



## Method

1. Boil green peas for five minutes. Refresh in cold water and grind to a fine paste.
2. Heat ghee in a thick-bottomed pan, add green peas paste and cook for a few minutes, stirring constantly and keep aside.
3. Boil milk and add it to the cooked green pea paste. Bring to a boil. Cook on a slow flame for fifteen to twenty minutes or till the milk is reduced to half.
4. Add sugar, green cardamom powder, raisins and sliced pistachio nuts. Cook for about 8-10 minutes on a slow flame, stirring continuously.
5. Serve chilled.



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## Ingredients

Water-chestnut flour	2 cups
Sugar	1½ cup
Water	2 cups
Poppy seeds	1 tsp.
Almonds, blanched & halved	A few
Green cardamoms, crushed	6 nos.
Ghee	1 cup

## Water Chestnut Halwa



## Method

- 1.Heat a thick bottomed frying pan and fry the flour for few minutes till light brown.
- 2.Add the ghee and stir-fry till rich brown in colour.
- 3.Put the water and sugar together and keep stirring till the water is absorbed and the mixture leaves the sides.
- 4.Sprinkle poppy seeds, almonds and cardamoms, remove from heat and serve hot.



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## Ingredients

Cooking chocolates	250 gms.
Cocoa butter	40 gms.
Assortment being used	100 gms
Almonds (roasted ) or raisins or truffle	6-8 nos.
Thermometer	1 no.
Heart shaped moulds	

## Melting Moments Chocolates



## Method

1. [Melt](#) the [chocolate](#) and cocoa butter on a double broiler.
2. Check the temperature of the chocolate . It shouldn't go more than 50 ° C.
3. Bring down the temperature to 28 ° C by removing it from heat and continuously stirring.
4. Again heat the chocolate to 32 ° C. At this temperature add the assortments and pour out the chocolate in the moulds.
5. Keep it in the fridge for ½ an hour then freeze it for 5 minutes.
6. Unmould the chocolate and cool it for ½ an hour, then wrap them in desired wrapping paper.



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## Ingredients

Vermicelli	250 gms.
Sugar	250 gms.
Mava	150 gms.
Cashews & raisins	½ cup.
Cardamoms, powdered	6-8 nos.
Ghee for frying	As required

## Vermicelli Halwa



## Method

1. Break [vermicelli](#) into small pieces and fry in ghee till brown.
2. Add a little hot water, [boil](#) and when it is cooked add the sugar and [mava](#).
3. When the sugar dissolves add raisins, cashewnuts and cardamom powder.
4. Once the halwa starts leaving the sides pour in a greased plate and cut into required shape when cool.



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## Ingredients

### For the Filling

Khoya	500 gms.
Sugar, powdered	350 gms.
Desiccated coconut	50 gms.
Cashewnuts, chopped	25 gms.
Almonds, chopped	25 gms.
Raisins	25 gms.
Cardamom or nutmeg powder	½ tsp.

### For the outer covering

Flour	500 gms.	Ghee for frying	1 kg.
Ghee	75 gms.	Gujiya mould	



## Method

1. Mash the [khoya](#) and roast it in a [kadhai](#) on a medium flame.
2. When it becomes pink in colour remove from the fire and let it cool.
3. Add all the other filling ingredients to the khoya and keep aside.
4. To prepare the covering, sieve the flour and salt and rub in 75 gms of [ghee](#) into it.
5. Add the water and [knead](#) into a tight [dough](#) and cover it with a moist cloth.
6. Divide the dough into small balls and [roll](#) each ball into a small round of 3 ½ " or 4 " diameter.
7. Spread a round in a greased gujiya mould and fill a tbsp. of filling mixture on one side.
8. Moisten the edges of the round and fold one side of the mould over the other. Remove the excess edges and reuse.
9. Prepare all the gujiyas and spread on a cloth.
10. Heat ghee in a kadhai and deep fry the gujiyas in batches on a medium flame.
11. When golden yellow in colour, drain and remove.
12. Store in air-tight containers, when cold.



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## Ingredients

Rice flour	2 cups
Water	4 cups
Oil	1 1/2 tsp
<b>For the filling</b>	
Coconut, grated	2 cups
Sugar	1 cup
Dry fruits	4 tbsps.
Milk	1/4 cup

## Moodak



## Method

1. [Boil](#) the water & oil and remove from heat.
2. Add the rice flour, cover and allow it to cool.
3. Later, [knead](#) well and keep aside.
4. For the filling, mix the grated coconut, sugar and dry fruits.
5. Put this mixture in a [frying](#) pan, cook stirring all the time.
6. Then add the milk, mixing well and remove off the heat once it is totally dry.
7. Make equal balls of the rice dough, shape each ball like a small 'vati' and place the filling in the middle.
8. Now pinch the open edges together and shape this stuffed ball like a whole garlic.
9. Steam these moodak's for 10 minutes, take off, cool and keep in air-tight containers for later use.



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## Ingredients

Milk	2 liters
Sugar	1 cup
Cornflakes (powder)	¼ cup
Alum water	2 drops
Pistas, crushed	½ cup

## Corn Rabri



## Method

1. [Boil](#) the milk till it becomes half its original quantity and keep removing the cream and layering aside.
2. Do not stir the milk while boiling.
3. Put alum water into the milk and stir till all the milk has dried and only a tbsp. remains.
4. Mix sugar in this milk and scrape the cream from the sides.
5. Layer this cream on the sweetened milk alternately with powdered cornflakes.
6. Lastly sprinkle crushed pistas and serve [chilled](#).



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## Ingredients

Besan	1 kg.
Sugar	1 kg.
Water	½ liter.
Ghee	1 kg.

### For garnishing

Pistas, almonds, crushed  
Silver varakh

## Besan Ki Burfi



## Method

1. Fry the [besan](#) in [ghee](#) on low flame for about 30 mins till it becomes pink and ghee separates.
2. Mix the sugar and water into a syrup.
3. Add this syrup to the besan and mix well.
4. Pour this mixture into a greased tray.
5. When it cools cut into cubes and top with pistas, almonds and silver varakh.



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## Ingredients

Milk	2 liters
Jaggery	200 gms.
Basmati Rice	200 gms.
Green elaichi	2 nos.
Sugar	1 tbsp.

## Gurer Payesh



## Method

1. Wash the rice and dry for an hour.
2. Boil the milk and when boiled for at least 15-20 minutes, add the dry rice.
3. Keep stirring, add 1 tbsp of sugar and cook.
4. When the milk thickens and the rice becomes soft, cool it and break the [jaggery](#) into this.
5. Lastly add the [elaichis](#) and [garnish](#) with raisins or nuts.



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## Ingredients

Condensed milk	1 tin
Milk	1 cup
Fresh curd	1 cup

## Bhapa Doi



## Method

1. Mix the above ingredients in a bowl and beat well.
2. Pour into a container with a lid.
3. Put this dish in a [dekchi](#) filled with water.
4. Double [boil](#) the doi like how you steam custard pudding.
5. Once ready [garnish](#) with nuts and raisins
6. Serve cold.



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## Ingredients

Coconut, grated	1 no.
Jaggery	250 gms.
Small elaichi, ground with skin	4 nos.

## Narkoler Naru



## Method

1. Mix the jaggery with the grated coconut.
2. Heat a kadhai, put the coconut mixture and stir.
3. Soon the jaggery will melt and the coconut will leave oil.
4. The moment it turns sticky, add [elaichi](#) powder.
5. While hot, make ladoos in the palm of your hand.
6. They can be kept for days.



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## Ingredients

White urad dal	250 gms.
Coconut, grated	¼ cup
Sugar	1 cup
Oil	4 tbsps.

## Rashobora



## Method

1. Soak the dal overnight, next morning, drain and [grind](#) the dal to a fine paste.
2. Whip the batter with a spoon of water and mix with the grated coconut.
3. Heat oil in a kadhai, make little balls and leave in the oil.
4. Deep fry till nice and brown.
5. Make a sugar syrup and drop these balls in.



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## Ingredients

Semolina (rava/sooji)	1 cup
Sugar	1 cup
Milk	1 cup
Currants (raisins)	1 tbsp.
Cashewnuts	1 tbsp.
Ghee	3 tsps.

## Rava Ladoo



## Method

1. Fry the semolina in a saucepan on a low heat till it turns slightly brown in colour.
2. Then add sugar, ghee, milk and fry till the mixture becomes sticky.
3. [Chop](#) the nuts and add them, along with the currants, to the mixture.
4. Remove the pan from the heat and form the [dough](#) into small balls.
5. Serve when dry.



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## Ingredients

Gram flour	2 cups
Sugar	2 cups
Baking soda	½ tsp.
Cashewnuts	50 gms.
Raisins	50 gms.
Cardamom	15 nos.
Saffron	A few strands
Milk	A few drops
Ghee	½ kg.

## Boondi Ladoo



## Method

1. Shell and powder [cardamom](#). Add ¼ cup water to sugar, heat until sugar melts.
2. To check if the sugar solution is ready, take a drop of the solution and drop it in water-if it remains intact and does not dissolve right away in water, the sugar solution is ready.
3. Add [saffron](#) and cardamom powder to it. (While preparing the sugar solution, add a few drops of milk. Impurities will collect on the surface in a layer - remove it.)
4. Add soda and water to gram flour, and make a paste, without lumps.
5. Heat ½ kg. of ghee. Put gram flour in boondi maker and fry boondi. Remove when light yellow.
6. Fry cashew and raisins. Add boondi, cashew and raisins to sugar solution and mix. Cool.
7. Rub some ghee on your palms. Make laddus by squeezing the boondi in your hands.



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## Ingredients

Almonds	100 gms.
Sugar, powdered	75 gms.
Rose essence	4 drops.
<b>For Decoration</b>	
Cardamom powder	¼ tsp.
Silver varakh	1 no.

## Almond Katli



## Method

1. Soak the almonds in water, drain, remove the skin and grind to a coarse paste.
2. Mix the almonds and sugar well and cook in a kadai on a medium flame.
3. Keep stirring and within 7-8 minutes the mixture should thicken and will come away from the sides of the kadai.
4. Remove the mixture from the fire and mix in the essence.
5. Quickly transfer the mixture on to a greased wooden or marble board.
6. [Roll](#) the mixture evenly, sprinkle cardamom powder and press silver varakh over it.
7. Cut it into diamond or square shapes.



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## Ingredients

Milk	1 liter
Sugar	100 gms.
Tartaric powder	2-3 pinches
Cornflour	1 tsp.
Saffron in a tbsp. of hot water	6-8 threads
<b>For Decoration</b>	1 tsp.
Cardamom powder	4 nos.
Pistas, chopped	4 nos.
Silver varakh	1 no.



## Method

1. Boil the milk in a [kadhai](#) and add tartaric powder pinch by pinch till the milk curdles slightly.
2. Tiny granules should stick at the back of the spoon.
3. Keep [boiling](#), stirring occasionally and when reduced to half, add the sugar.
4. When the mixture thickens reduce the flame and keep stirring.
5. When the mixture becomes semi-solid and frothy sprinkle cornflour and remove from the fire.
6. Turn the mixture onto a greased tray and spread in a 1½" thick even layer.
7. Decorate with [cardamoms](#), pistas and [silver sheet](#).
8. Cut into squares and store in the refrigerator.



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## Ingredients

Milk	2 cups
Rice	2 tbsps.
Sugar	3 tbsps.
Almonds, sliced	25 gms.
Pistachios, sliced	25 gms.
Cardamom seeds, ground	1 tsp.
Kewda essence or saffron	½ tsp.
Silver or gold foil.	1 tsp.

## Phirni



## Method

1. Soak rice in water for a couple of hours, then drain water and [grind](#) rice to a very smooth paste.
2. Boil milk and put in rice, sugar and cardamoms and keep on stirring until the mixture turns thick.
3. Remove from fire and mix in the rest of the ingredients.
4. Put the mixture in small glass bowls and [chill](#).
5. Serve decorated with silver or gold foil.



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## Ingredients

Condensed milk	½ tin
Mangoes	3 nos.
Milk	1 cup



## Method

1. [Peel](#) mangoes and remove the pulp.
2. Mash the pulp well with the hand or blend coarsely.
3. Add condensed milk and cold milk. Chill.
4. Serve well chilled.



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## Ingredients

Milkmaid	½ tin.
Curd	½ kg.
Paneer	100 gms.
Mango essence	1 tsp.

## Amarkhand



## Method

1. Put the curd in a muslin cloth and allow to hang for 10 minutes.
2. Press to make sure the excess water is removed.
3. Mash the [paneer](#) till smooth and creamy.
4. Blend with milkmaid and mango essence in a blender to make it smooth.
5. [Fold](#) in curd and [chill](#) till almost frozen.



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## Ingredients

Ripe mango pulp ( Alfonso or Dashari )	250 gms.
Powdered sugar	250 gms.
Khoya	250 gms.
<b>For decoration</b>	
Cardamom powder	½ tsp.
Chironji	2 tbsps.
Pista, chopped	1 tsp.
Tutti-frutti, chopped	1 tsp.
Orange colour	6-8 drops

## Mango Burfi



## Method

1. Mix together the mango pulp and 100 gms sugar and cook in a thick vessel till reduced by half.
2. Grate the [khoya](#) and fry it in a karahi on a medium flame.
3. When light pink in colour, add the remaining 150 gms. sugar and the sweetened mango pulp and cook for 5-7 minutes, till the mixture is semi-solid and remove from the fire.
4. Mix in orange colour evenly and prepare small mango shaped burfies, with greased palms and fingers.
5. Decorate with chironji, cardamom, pista and tutti-frutti.



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## Ingredients

### For the Rabadi

Milk 1 liter  
Sugar 6-7 tbsps.

### For the Falooda

Sugar 5 tbsps.  
Falooda 50 gms.  
Green cardamoms (powder) 8 nos.  
Saffron colour ½ tsp.  
Water 1½ cup.

## Rabadi Falooda



## Method

### For the Rabadi :

1. Heat the milk.
2. After the first [boil](#), let it simmer till the milk thickens to a little less than half its original quantity and turns light brown.
3. Add sugar and once it dissolves, wait for 5 minutes before switching off the stove. The rabri is ready. Let it cool and store in the fridge.

### For the Falooda:

1. Break the falooda into small strands and soak in water for an hour. Cook in a pressure cooker for 10-12 minutes, till the water evaporates.
2. Add sugar, powdered cardamoms and saffron.
3. When these ingredients too are absorbed the Falooda is ready.
4. Serve in an ice cream cup, putting 2-3 tbsps. of Falooda topped by a helping of Rabri and crushed ice.



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## Ingredients

Almonds	1½ cup
Milk	2 cups
Sugar	500 gms.
Powdered cardamom	1 tsp.
Ghee	4 tbsp.

## Badam Ki Barfi



## Method

1. Soak almonds in a jugful of warm water for a couple of hours.
2. When soft remove the skin and [grind](#) the almonds to a paste. (If you use a grinding-stone, take care to wash it properly first so that no previous flavours linger)
3. [Mix](#) the almond paste with milk and sugar and put to cook in a heavy saucepan on medium heat.
4. Stir constantly till sugar [melts](#) and the mixture [boils](#).
5. Add ghee and cook till the mixture comes away from the sides of the saucepan.
6. Add cardamom powder and pour the mixture into a greased thali and flatten out.
7. Cool and cut into strips.



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## Ingredients

Sugar	670 gms.
Water	4 cups
Cornflour	1 cup
Almonds	1 cup
Pistachios	½ cup
Green cardamoms	2 tbsps.
Milk	½ cup
Red or yellow colouring	
Ghee	8 tbsps.



## Method

1. Dissolve the sugar in half the water and let it [boil](#) for 5 minutes. Add milk and leave to boil for another 5 minutes. Remove from heat and strain through a muslin cloth.
2. Dissolve cornflour in the remaining water and add to the syrup. Cook on medium heat and when it starts turning into lumps, add the colouring previously soaked in lemon juice.
3. Stir continuously, adding a little ghee every time the mixture starts sticking to the bottom of the pan.
4. When the mixture leaves the sides of the pan and forms one whole lump, add the crushed cardamoms and finely-sliced almonds and [pistachios](#), keeping aside a few nuts for [garnishing](#).
5. Put the halwa on a greased thali and flatten it out, then decorate it with the remaining almonds and pistachios.
6. When cooled, cut into desired shapes and sizes.
7. This halwa will keep for months if packed in air-tight tins.



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## Ingredients

Milk	1 litre.
Citric acid	½ tsp.
Sugar	1 tsp.
Water	5 cup
Sugar	1½ cup
Vanilla essence (optional)	½ tsp.

## Rasgullas



## Method

1. Boil the milk and add the citric acid to make the paneer.
2. Once the paneer separates from the whey, strain and wash it thoroughly.
3. Tie the paneer in a muslin cloth and squeeze out the excess water.
4. Now add 1 tsp. sugar to it and knead the paneer well.
5. Divide the paneer dough into small balls and keep aside.
6. Make a syrup with the sugar and water, then add the balls while the syrup is boiling. (Add vanilla essence if necessary)
7. Cover with a lid and continue to boil it for 15 minutes.
8. Remove from heat and keep to cool.



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## Ingredients

Sugarless creamy condensed milk	100 gms.
Lemon colour	A pinch
Cardamoms	A few
Saffron colour	A pinch

## Chum Chum



## Method

1. Make oval-shaped [rosogullas](#) and add them to the syrup and [boil](#) for 8 minutes.
2. Remove from flame and add lemon colour to the syrup. Cool for a while and remove the rosogullas(chum chum) from the syrup.
3. Add [saffron](#) and [cardamom](#) powder to sugarless, creamy, condensed milk. Spread this on each piece and serve.



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## Ingredients

Sugarless creamy condensed milk	100 gms.
Cardamoms	3-4 nos.
Saffron colour	A pinch
Silver foil	For decoration

## Malai Sandwich



## Method

1. Make square-shape [rosogullas](#) and boil the rosogullas in the sugar syrup for 8 minutes. Remove from the heat and keep aside.
2. Cool these and remove the rosogullas from the sugar syrup and slice them horizontally.
3. To the sugarless condensed milk, mix cardamom powder and saffron colour.
4. Spread this mixture on one of the slices. Place the other slice on its top.
5. Decorate with silver foil and saffron colour and serve.



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## Ingredients

Cashewnuts	100 gms.
Powered sugar	80 gms.
Cornflour	1 tsp
Rose essence	1/3 tsp.
Varak	For decoration

## Kaju Katli



## Method

1. Soak cashew nuts in water, for 1-2 hours.
2. Drain and [grind](#) them to a fine paste on a grinding stone, using as little water as possible.
3. Mix together the sugar and [cashew paste](#). Cook in a [kadhai](#) on a medium flame.
4. When the mixture thickens, reduce the flame and keep stirring.
5. When the mixture becomes thick and comes away from the sides of the pan (it should take 8 minutes) sprinkle cornflour, stir well, and remove from the fire.
6. Immediately, mix in the rose essence and quickly turn onto a greased marble or wooden surface.
7. Quickly, [roll](#) thinly with a greased roller. Spread the [silver sheet](#) over and cut into diamond shaped katlis.
8. Store in an air-tight container when cold.



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## Ingredients

Bengal gram flour	1 cup
Sugar	2 cups
Ghee	2 cups
Water sufficient to cover the sugar	

## Mysore Pak



## Method

1. Grease a plate evenly with ghee and set aside.
2. Heat 1 cup ghee, add the Bengal gram flour, stir well and keep aside.
3. Heat the sugar on a low heat, adding sufficient water to cover the sugar and make a syrup of one string consistency. Strain the syrup to remove the scum.
4. Meanwhile heat the remaining one cup ghee.
5. Add the Bengal gram flour-ghee mixture to the sugar syrup and keep stirring on a low heat to remove lumps if any.
6. Gradually add the remaining heated [ghee](#) and keep stirring till the ghee separates and floats on top.
7. When the mixture froths up, pour quickly onto a greased plate and shake the plate gently to spread the Mysore Pak.
8. When it is partly cooled, cut into pieces with a sharp greased knife.
9. Store in an airtight container.



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## Ingredients

Coconuts (large)	3 nos.
Rice flour	¼ kg.
Palm jaggery	¼ kg.
Cane jaggery	¼ kg.
Cashewnuts (optional)	Few
Salt	To taste

## Dodol



## Method

1. Extract thick and thin juice from coconuts.
2. Mix flour and thin juice and continue stirring all the time.
3. Add some [jaggery](#) and continue stirring.
4. As mixture thickens, add remaining jaggery and keep stirring.
5. Then add thick [coconut milk](#) and stir, adding nuts.
6. When mixture begins to leave the sides of the vessel and oil begins to ooze the Dodol is done.
7. Pour into a flat plate.



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## Ingredients

Sandwich Bread	6 slices
Milk	2 cups
Cream	¾ cup
Mava crumbled	100 gms.
Sugar	4 tbsps.
Green elaichis	6 nos.
Saffron crushed	2 pinches
Cashewnuts	A handful



Kewra & Rose essence	Few drops	<b>For Garnishing :</b> Silver foil & Rose petals
Ghee	For frying	
Chironji	1 tbsp.	

## Method

1. Remove crust and cut one slice into two. Fry the bread pieces in ghee till golden brown, then arrange on a plate.
2. Heat milk, adding the sugar and saffron and a few drops essence. Pour over the bread slices.
3. Allow the bread to soak up the milk, then arrange the bread pieces on a decorative plate.
4. Heat 2 tsps. of ghee and lightly fry the crumbled mava, [elaichi](#) powder and 2 tsps. of sugar.
5. Spread the [mava](#) layer over the soaked bread pieces.
6. To the cream, add essence.
7. Cover the mava with a cream layer and decorate with varakh, nuts and rose petals.
8. Serve warm or cold.



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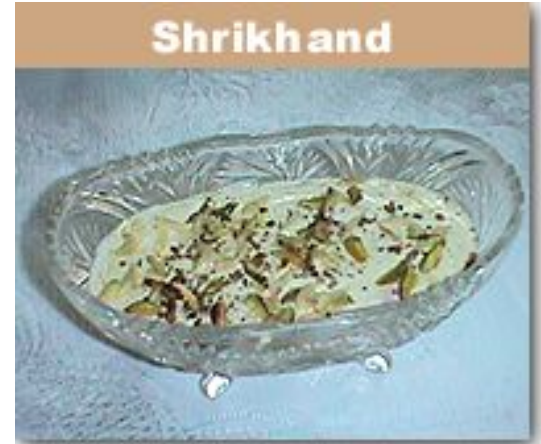
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## Ingredients

Yogurt	2 kg.
Saffron	1 tsp.
Milk,cold	2 tbsps.
Green cardamom powder	1¼ tsp.
Pistachios	¼ cup
Almonds	¼ cup
Sugar	To taste



## Method

1. Hang the [yogurt](#) in a muslin cloth, in a cool place until all the liquid from the yogurt has drained off. (Approx. 3 hours)
2. Dissolve the saffron in the milk and set aside.
3. Blanch the almonds, cool and cut into slivers.
4. Cut the [pistachios](#) into slivers and powder the sugar.
5. Tie a clean muslin cloth tightly over the mouth of a large clean vessel.
6. The muslin cloth thus acts as a sieve, and should not sag in the middle. Use a clean thick string to tie the cloth over the vessel. Transfer the thick yogurt along with the sugar over the muslin cloth, in small quantities.
7. For every cup of thick yogurt, add ¾ cup of sugar. Rub the above mixture firmly over the cloth, till the whole mixture is sieved.
8. Add the dissolved saffron, almonds, pistachios and cardamom powder to the sieved mixture. Mix well and transfer to a glass bowl and refrigerate till cold.



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## Ingredients

Milk	1 liter
Unsweetened curd, (smooth)	½ tsp.
Sugar	1 cup.
Water	2 tbsp.



[Animated Mishti Doi Recipe](#)

## Method

1. [Boil](#) milk till almost half its original quantity and leave to cool slightly.
3. Blend sugar and water on extremely slow fire and lightly caramelize (light brown).
4. While still liquid, quickly stir caramel into hot milk and whisk vigorously.
5. When milk is room temperature (slightly lukewarm) stir in unsweetened curd till well-mixed.
6. Set overnight in a warm place. [Chill](#) when set.



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## Ingredients

Milk	1 liter
Ghee	For deep frying
Sugar	250 gms.
Flour	2 tbsps.

## Malpua



## Method

1. Boil milk over slow fire while stirring.
2. Thicken till less than half its original volume and thick in consistency and keep it to cool.
3. Dissolve sugar in 2-3 cups water.( Keep aside 2 tbsps.) then dissolve the remaining sugar.
4. Make into syrup of one thread consistency by boiling and pour into serving dish.
5. Add flour and 2 tbsp. of sugar to the milk to thicken further.Stir till completely smooth. Mix well to form a batter and pouring consistency. ( If required add a little milk.
- 6.. Heat ghee in deep frying pan (kadhai).
7. Pour one dessertspoonful of milk batter into ghee to form a circle.
10. [Fry](#) slowly turning on both sides till brown. (More flour should be added if batter is too thin. Depends on quality of milk.)
11. Drain and place in syrup to soak.
12. Continue in this manner till batter is finished.
13. Dip in syrup and serve hot or cold. Serve [garnished](#) with a little [chopped](#) pistachios.



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## Ingredients

Freshly made paneer	100 gms.
Milk	2 tbsps.
Powered Sugar	4 tsp.
Rose or kewra essence	Few drops
Silver foil or fruit pieces	Optional



## Sandesh

[Animated Sandesh Recipe](#)

## Method

1. Blend all the ingredients in a mixer.
2. Spread on a serving plate and decorate with silver foil or fruits.
3. Cool.Cut into pieces & serve.



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## Ingredients

Moong dal	1 cup.
Sugar	1 cup.
Milk	½ cup.
Water	2 cups.
Almonds	8 nos.
Cardamoms	4 nos.
Saffron	½ tsp.
Mawa/khoya	¾ cup.
Ghee	1 cup.

## Dal Halwa



## Method

1. Wash and [soak](#) the dal overnight.
2. [Grind](#) coarsely, using very little water.
3. Prepare a one string sugar syrup with sugar and water.
4. Soak saffron in hot milk. Crumble mawa into fine granules.
5. [Blanch](#) almonds, Cool and peel them and cut finely.
6. Heat ghee in a [kadhai](#) and add ground dal and fry till golden brown on a low heat and keep stirring .
7. Add the sugar syrup and [saffron](#) milk. Mix well and cook till halwa is of dropping consistency.
8. Add [mawa](#) and cook till it dissolves.
9. Serve hot, [garnished](#) with crushed [cardamoms](#) and sliced almonds.



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## Ingredients

Milk	4 cups
Sugar	2 tbsps.
Rosewater	1 tsp.
Cardamoms	1 tsp.
Almonds	Few
Pistachios	Few

## Rabri



## Method

1. Bring the milk to the [boil](#) then cook slowly on a low heat for at least 2 hours.
2. Stir frequently and let the cream thicken at the edge of the pan.
3. Add the sugar and stir until the milk is less than quarter the original amount.
4. Scrape the cream formed on the sides back into the milk.
5. When ready, stir in the rosewater and pour into a glass dish.
6. [Garnish](#) with chopped almonds, pistachios and ground cardamoms.
7. Rabri may be served either hot or [chilled](#).



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## Ingredients

Whole cream milk	1 litre
Sugar	6 tbsps.
Basmati rice	3 tbsps.
Saffron	6-8 strands
<b>For Garnishing-</b>	
Cashewnuts	1 small
Cardamoms	8-10 nos.
Raisins	8-10 nos.



## Method

1. Pick, wash and soak rice.
2. Bring milk to [boil](#), add the rice and reduce heat.
3. Keep stirring till it reduces to one - third of the original quantity.
4. Add sugar and mix well by partially crushing rice.
5. Add ground cardamom, saffron, pistachios and raisins.
6. Serve hot or cold.



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## Ingredients

Sugar	8 cups
Refined flour (maida)	6 cups
Ghee	6 tbsps.
Ghee for deep frying	-

## Balushahi



## Method

1. Work [Ghee](#) into the flour. Gradually add water to obtain soft dough. Divide [dough](#) into small balls, flatten and form dents in the centre.
2. Prepare a thick syrup from the sugar.
3. Heat ghee in a [Kadhaj](#) and put in the balushahis. Remove the pan from the fire till the ghee stops [simmering](#). Replace pan on fire and bring ghee again to [boiling](#) point. Repeat this process till the balushahis are well risen and layers appear.
4. When all the dough is used, place balushahis on a perforated vessel and pour thick, hot syrup over them.
5. Shake the vessel and when the syrup is cold it should leave an even coating.



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## Ingredients

Gram (chana) dal	450 gms.
Jaggery	500 gms.
Wheat flour	250 gms.
Flour	50 gms.
Nutmeg - grated	½
Cardamom - powdered	50 gms.
Ghee to serve with	
Oil	5 tsps.



## Method

1. Wash the chana dal and cook with a little or just enough water.
2. Drain out the extra water.
3. Add sugar or [jaggery](#) to the cooked dal and cook on low heat until the mixture becomes thick.
4. Remove from heat and pass it through a sieve while still hot.
5. Add grated [nutmeg](#) and cardamom powder. Stir well.
6. Mix the wheat flour, flour, oil and enough water to obtain a soft [dough](#). Keep it aside for a hour or two.
7. Divide the chana dal mixture into lemon sized balls and the flour dough into slightly smaller balls and [roll](#) them out a little.
8. Place the chana dal ball in the center of the rolled flour dough and close it to cover the filling completely.
9. Roll out into a chapati and bake on a non stick [Tawaa](#) till done on both sides, adding a little [Ghee](#) around. Bake till done.
10. Serve hot with ghee.





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## Ingredients

Maida	1½ cups
Ghee	¼ cup + for deep frying
Sugar	½ cups
Mawa	½ cup
Dried coconut	1 cup
Cashewnut	¼ cup
Raisins	¼ cup
Poppy seeds	2 tbsps.
Nutmeg powder	A pinch
Cardamom powder	½ tsp.
Salt	A pinch (optional)



[Animated Karanji Recipe](#)

## Method

1. Mix salt and maida. Add [Ghee](#) and a little water. Make it into a semi hard [dough](#).

FOR THE STUFFING:

1. Heat a little ghee, add grated coconut. Roast for 3 mins. Add [mawa](#) and cook for 2 minutes. Remove from heat, add [roasted](#) and powdered Poppy seeds (khus khus). Add [cardamom](#) and [nutmeg](#) powder.

2. Now mix [cashewnut](#) and [raisins](#).

3. Add mawa, cook for 2 mins. Let it cool, and then add powdered sugar.

4. Make small balls from the maida dough. [Roll](#) them out and stuff with the stuffing. Make it into a half moon shape.

5. Seal the edges with a little water. Flute the edges.

6. [Deep fry](#) it moderately.



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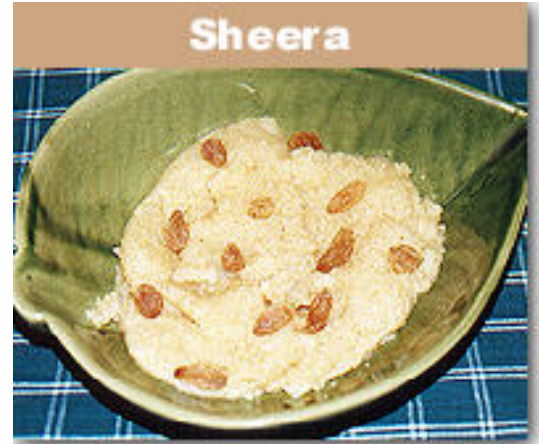
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## Ingredients

Whole milk	1 cup
Condensed milk	½ cup
Ghee	4 tbsps.
Semolina (rava)	6 tbsps.
Cardamom powder	1 tsp.
Raisins	2 tbsps.
Almonds	1 tbsp.

## Sheera



## Method

1. Melt the [Ghee](#) in a non-stick pan.
2. Add the Semolina (rava) and fry until the rava turns golden brown. Keep aside.
3. Mix the milk and the condensed milk in a pan and set aside.
4. Add the rava to the milk mixture and then add the cardamom powder. Stir well.
5. Cook until dry and the ghee separates from the rava.
6. Add raisins and stir well.
7. Remove from heat and [garnish](#) with almonds.
8. Serve either hot or [chilled](#).



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## Ingredients

Gram Flour (Besan)	4 cups
Pure Ghee	1 cup
Castor sugar	2 cups
Powdered Cardamom	1 tsp.
Almonds and Raisins	20-25 nos.

## Besan Ke Ladoo



[Animated Besan Ladoo Recipe](#)

## Method

1. Heat the [Ghee](#) in a pan. Add the gram flour (besan) and fry it on a low flame stirring continuously till brown.
2. Once it is browned, let it cool. [Chop](#) almonds and raisins.
3. Add powdered [cardamom](#) (elaichi) and castor sugar. Mix well. Add chopped almonds and raisins.
4. Shape into ladoos and serve.



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## Ingredients

Sugar	¾ cup
Cardamom	8-10 nos.
Milk	1 lt.
Pistachios	8-10 nos.
Dates (Khajoor)	½ kg.

## Khajoor Ki Kheer



## Method

1. [Chop](#) the dates finely.
2. [Boil](#) to reduce the milk.
3. Once reduced, add in the dates.
4. Add cardamoms and sugar and stir well.
5. Serve hot or cold, [garnished](#) with pistachios.



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## Ingredients

Chhena	250 gms.
Flour	4 tbsps.
Sugar	1 kg.
Milk	2 liters
Pistachio nuts	1 tbsp.

## Rasmalai



## Method

### To Make the Rosogulla

1. Knead and mash [Chhena](#), add 2 tbsps. flour and mash again to make a [dough](#).
2. Divide it into 16 equal portions, make balls and press between your palms to flatten them. Keep aside.
3. Dissolve 500 gms. sugar in the same quantity of water, bring it to a [boil](#) and add rest of the flour dissolved in water.
4. Now add the dough portions in it and cook over a high flame for 10 minutes. Add half a cup of water and again bring it to a boil. Cook for another 3 minutes.
5. Remove them and keep in a thin sugar syrup prepared from 250 gms. of sugar and 500 mls. of water.
6. Now take milk in a heavy bottomed pan, bring it to a boil, reduce the flame, stir continuously. [Simmer](#) until it is reduced to a thick consistency.
7. Add rest of the sugar and keep on a medium flame till the sugar is completely dissolved. Remove from the flame and refrigerate for an hour.
8. Squeeze the *rasogulla* and put them into [chilled](#) milk. Keep in refrigerator for another half an hour.
9. [Blanch](#) pistachio nuts in hot water. Cool, remove skin and slice.
10. Serve cold, [garnished](#) with sliced pistachio nuts.



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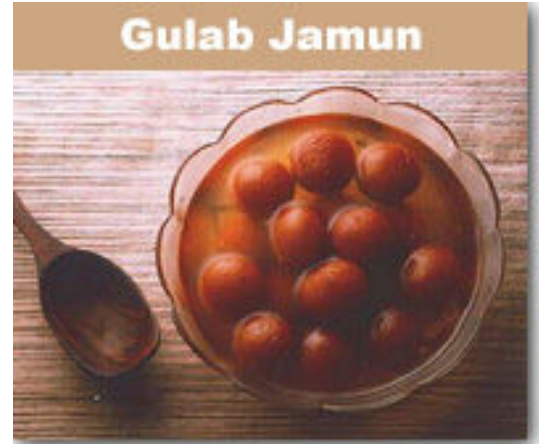
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## Ingredients

Chhena	40 gms.
Mawa (Khoya)	200 gms.
Soda bi-carb	¼ tsp.
Flour	2 tbsps.
Green cardamom powder	½ tsp.
Ghee/Oil for deep frying	-
Sugar	400 gms.



## Method

1. Grate [Khoya](#) and [Chhena](#) and keep aside.
2. Mix Khoya, Chenna, soda bi-carb, green [cardamom](#) powder and a little water to make it into a soft [dough](#).
3. Divide into 16 equal portions. Shape into balls (*gulab jamuns*).
4. These balls can be stuffed with [saffron](#), pistachio nuts or green cardamom powder.
5. Prepare sugar syrup with equal quantity of sugar and water.
6. Heat [Ghee](#) or oil in a [Kadhaj](#). Deep fry prepared balls on a slow flame till golden in color.
7. Remove and keep in sugar syrup for 15-20 minutes.

**Note:** Temperature of the oil should be low, else *gulab jamuns* will remain uncooked from inside.



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## Ingredients

Refined flour	300 gms.
Green cardamom powder	½ tsp.
Curd (yogurt)	optional
Sugar	500 gms.
Color (optional)	a few drops
Soda bi-carb	1 tsp.
Ghee for deep frying	-



## Method

1. Mix flour, cooking soda and [Curd/Yogurt](#). Add some water and make a smooth batter.
2. Leave it overnight to ferment.
3. Mix it, add a little water if required and make it into a pouring consistency.
4. Prepare sugar syrup with equal quantity of sugar and water. Add green [cardamom](#) powder and cook it for 20-25 minutes.
5. Heat [Ghee](#) in a [Kadhaj](#). Pour batter into a *jalebi* cloth and then pour it into medium hot Ghee giving *jalebi* shapes.
6. Cook it from both sides. Remove and keep it in sugar syrup for at least 5 minutes before serving.

**Tip:** For *jalebi* cloth, take some stiff cloth and make a 3 mm hole in the center.



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## Ingredients

Carrots	500 gms.
Milk	3 cups.
Ghee	2 tbsps.
Sugar	1 cup
Almonds	15-20.
Green cardamom powder	1 tsp.

## Gajar ka Halwa



## Method

1. Peel, wash and then grate carrots. Blanch the almonds, peel and slice.
2. Heat ghee in a thick bottomed pan. Add grated carrots, cook on a medium heat for eight to ten minutes until carrots are soft.
3. Add milk and green cardamom powder. Bring it to a boil and then reduce heat.
4. Cook on a low heat until milk is almost reduced.
5. Add sugar, and cook until dry. Stir constantly.
6. Gajar halwa is relished hot as well as cold. Garnish with sliced almonds.

TIP: To reduce cooking time, half of the milk quantity can be replaced with Khoya (100gms).



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## Ingredients

Milk	2 ltrs.
Sugar	200 gms.
Charoli seeds	25 gms.
Crushed cardamoms	½ tsp.

## Basoondi



## Method

1. Heat milk in a thick bottomed pan. Bring it to a [boil](#). [Simmer](#) & reduce it to get a thick consistency. Stir continuously to avoid milk sticking to the bottom of the pan.
2. Add [charoli seeds](#) and sugar.
3. Cook on a slow for 10 minutes.
4. Add green [cardamom](#) powder.
5. Pour into a serving dish.



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## Ingredients

Ghee	2 tps.
Sugar	1 cup
Water	1 cup
Dessicated coconut	1 cup
Crushed cardamoms	6 nos.
Chopped cashewnuts	¼ cup

## Coconut Barfi



## Method

1. Grease a plate with the [Ghee](#) and set aside.
2. Heat the sugar and water on a low heat to make a thick syrup.
3. Remove any scum from the syrup. Add the finely [grated](#) coconut and crushed cardamoms. Mix thoroughly.
4. Turn off the heat while the mixture is still a thick pouring consistency. Add the [chopped](#) cashewnuts. Mix thoroughly.
5. Pour the coconut mixture onto the greased plate and quickly spread with a spatula.
6. After a few minutes, cut into diamond-shaped pieces with a sharp knife.
7. Store in an airtight container.

**Note:** Make sure the syrup is very thick before you add the coconut and cardamom, otherwise the burfi will not set.



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## Ingredients

White sesame seeds	4 cups
Water	½ cup
Jaggery	1½ cups
Coconut, cut into very small pieces	¼

## Til ka Ladoo



## Method

1. In a heavy saucepan, dry-[roast](#) the sesame seeds until light brown in color. Set aside.
2. Prepare syrup by adding ½ cup water to a heavy saucepan. Add the powdered jaggery and slowly bring to a boil. Now add the chopped coconut pieces. [Simmer](#) on a low heat until the syrup becomes thick and sticky. Add the roasted sesame seeds. Mix thoroughly.
3. Turn off the heat and quickly shape the mixture into small balls with your fingers. Store in an airtight container.



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## Ingredients

Milk	8 cups
Water	¼ cup
Raw cashewnuts, halved	2 tbsp.
Raisins	1 tbsp.
Vermicelli, broken into 4-cm. lengths	1 cup
Sugar	½ cup
Crushed cardamoms	4 nos.
Saffron	½ tsp.

## Sevai Payasam



## Method

1. Place the milk in a heavy saucepan and, stirring constantly, bring to a boil. Keep stirring and [simmer](#) until the milk is reduced to three-quarters its original quantity. Do not remove from heat.
2. In the meantime, heat the ghee in a heavy frying pan or skillet. Saute the cashew nuts and raisins for 2-3 minutes. Remove and set aside.
3. In the same ghee, saute the vermicelli until it turns reddish in colour. Add to the reduced milk, which should still be [boiling](#). Continue cooking until the vermicelli is well done.
4. Lastly, add the sugar, crushed cardamoms, and saffron. Stir thoroughly.
5. [Garnish](#) with the sauted cashew nuts and raisins. Serve hot or [chilled](#).



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## Ingredients

Bananas, ripe	2 nos.
Eggs, separated	2 nos.
Lemon juice	½ tbsps.
Thick cream	1½ cups
Banana essence	1½ tsps.
Milk	¼ cup
Sugar, powdered	60 gms.
Cashewnuts, chopped	½ cup

## Banana Ice Cream



## Method

1. Mash the bananas, mix with the milk and lemon juice till well blended.
2. Next beat the egg yolks until thick, then beat the egg whites with the sugar till stiff.
3. Whip the cream till forms firm peaks.
4. Then mix the banana mixture with beaten yolks, egg whites, banana essence and cashewnuts.
5. Refrigerate and beat again after sometime and then freeze again.
6. Cut into pieces & serve cold.



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## Ingredients

Almonds, blanched	1 cup
Sugar	2 cups
Lemon juice	½ lemon
Banana, mashed	1 no.
Lemon juice	1 tbsp.
Egg	1 no.
Milk powder	1 cup.
Honey	1 tbsp.
Castor sugar	2 tbsps.
Thick cream	1 cup.

## Almond Praline Ice Cream



## Method

1. Caramelize the sugar, almonds & lemon juice to make praline.
2. In a bowl mix together the banana, lemon juice, egg yolk, milk powder, sugar & honey.
3. Beat the egg whites stiff & whip the cream till it forms firm peaks.
4. Fold the cream into the banana mixture followed by the egg whites & pounded praline.
5. Put this mixture into individual cups, place in the fridge and serve when required.

Note : No preservatives have been added.



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## Ingredients

Mixed candied peels, chopped	1½ tbsps.
Castor sugar	1½ tbsps.
Egg yolks	2 nos.
Vanilla essence	4-5 drops
Egg whites	2 nos.
Thick cream	1 cup

## Tutti Fruiti Ice Cream



## Method

- 1.The egg yolks, sugar and vanilla essence should be beaten until thick.
- 2.Beat the egg whites stiff and whip the fresh cream until thick.
- 3.Gradually fold the yolk mixture into the whipped cream.
- 4.Next add the candied peels, fold the beaten egg whites and pour into an ice cream tray.
- 5.Cover with a silver foil and leave to set for 2 hours or more.

Note : No preservatives have been added.



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## Ingredients

Sugar	1¼ cups
Cocoa powder	6 tbsps.
Eggs, beaten	2 nos.
Milk	2 cups
Thick cream	2 cups
Vanilla essence	1 tsp.
Salt	¼ tsp.

## Chocolate Ice Cream



## Method

1. Sieve the sugar, salt, cocoa powder and then add the milk and the eggs.
2. Stir cook on a medium flame until the mixture coats the back of the spoon.
3. Cool this mixture, add the thick beaten cream & vanilla essence.
4. Mix lightly, pour in containers and keep to set in the freezer.

Note : No preservatives have been added.



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## Ingredients

Fresh strawberries	225 gms.
Castor sugar	½ cup
Lemon juice	1½ tsps.
Cream	1½ cups
Strawberries for garnish	As required

## Strawberry Ice Cream



## Method

1. Wash, drain and cut the strawberries into small pieces.
2. In a blender, puree the strawberries along with the lemon juice and castor sugar.
3. Fold the beaten cream into the puree, pour into containers and freeze for 12 hours.
4. Then remove and beat it again to crush any ice crystals that are formed.
5. Freeze again and remove 2 hours before serving.
6. Put scoops of ice cream into the serving bowls and top with halved strawberries.

Note : No preservatives have been added.



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## Ingredients

Cashews	1 tbsps.
Raisins	½ tbsp.
Condensed milk	3 tbsps.
Cream	2½ cups
Vanilla essence	1 tsp.

## Kaju Kismis Delight



## Method

1. Grind the washed cashews coarsely & chop the raisins, then add the condensed milk, essence and mix well.
2. Fold the beaten cream into the cashew mixture and pour into the ice cream trays.
3. Cover with foil, freeze and beat it up a little just before serving.
4. Serve in ice cream bowls topped with chopped cashews & raisins.

Note : No preservatives have been added.



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## Ingredients

Milk	8 cups
Condensed Milk	1 tin
Cornflour	2 tbsps.
Cold Milk	½ cup
Finely chopped almonds	2 tbsps.
Finely chopped pistachios	15 nos.
Green cardamom powder	¼ tsp.
Rose water	½ tsp.
Almond essence	¼ tsp.

## Shahi Kulfi



## Method

1. [Boil](#) 7½ cups of milk and add condensed milk.
2. Mix cornflour with ½ cup of cold milk and add to hot milk.
3. Keep on a medium flame and stir-cook till thick.
4. Remove, add all the nuts, [rose water](#), [almond](#) essence and cool.
5. Put in 16 kulfi moulds and screw on the lids.
6. Place in the freezer to set.



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## Ingredients

Ripe mangoes	12 nos.
Milk	¼ cup
Sugar	½ cup
Cream	½ cup
Egg	1 no.
Food colouring	As required
Mango Essence	Few drops
Mango pieces	As required



## Method

1. Make [mango](#) into pulp and mix mango pulp and sugar and beat well.
2. Put all the other ingredients in a mixer except mango pieces and a little [cream](#) (about 2 tsps.)
3. Add the mango pulp and whip for about 10-15 minutes, till light and frothy.
4. [Freeze](#) and remove the mixture when semi-solid and whip again for five minutes and keep to set in the freezer.
5. Serve decorated with cream and mango pieces.



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## Ingredients

Milk	4 cups
Sugar	1 cup
Cornflour	½ tsp.
Khoya or Thick cream	3 tbsps. ½ cup
Blanched pistachios	2 tbsps.
Saffron	A pinch

## Pistachio Kulfi



## Method

1. [Boil](#) the milk till it is reduced to 1¼ cup Add cornflour dissolved in a little cold milk and cook till the consistency is a thick sauce.
2. Add sugar and stir till completely dissolved. Remove from heat and add crushed [Khoya](#) or chopped [pistachios](#) and saffron.
3. Fill the kulfi moulds with the mixture and screw the tops securely. If kulfi moulds are not available, use ice-trays.
4. Place the moulds, on their side, in the deep-freeze of a refrigerator and leave for 3-4 hours.
5. Before serving, dip each mould in warm water, unscrew top and turn out on to individual plates.



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## TIPS ON MAKING ICE CREAMS

### Some Chilling Tips

Earlier there were portable hand freezer to make ice cream, but now we have a wide range of electrical freezer's to select from. Want to prepare perfectly smooth and soft ice creams ?

Just follow the below mentioned steps and help yourselves to embark on a sweet frozen journey.

- 1.To start with, one might find the ice cream mixture to be very sweet, but don't worry as the sweetness will be lost during freezing.
- 2.Always freeze ice cream in shallow metal air-tight containers that touch the base of the freezer as this helps in setting the ice cream more quickly.
- 3.Ice cream should be frozen quickly so as to give it a smooth texture, as slow freezing leads to the formation of ice crystals.
- 4.You should always beat ice cream once it is half set to crush up the ice crystals and this even improve the texture of the ice cream.
- 5.All ice cream containers should be chilled before pouring the mixture as it helps to set the ice cream faster and minimises the formation of icicles.
- 6.Remove the ice cream about half an hour before serving.



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## Ingredients

Sponge cake	4 slices
Rasberry jam	4 tbsps.
Banana sliced thinnly	4 nos.
Custard sauce	1 ½ cup
Vanilla essence	¼ tsp.

## Rasberry & Banana Trifle



## Method

1. Cut the cake into 1/2 inch cubes and put in a serving dish or individual glasses.
2. Spoon the jam over the cake and top with banana slices.
3. Heat the custard. Add vanilla essence to custard.
4. Cool the custard slightly and then pour it over the bananas.
5. Chill the trifle.



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## Ingredients

Butter	½ tsp.
Flour	1 ½ tbsp.
Milk	½ cup
Sugar	¼ cup
Eggs(separated)	2 nos.
Vanilla essence	¾ tsp.
Chocolate	30 gms.
Salt to taste	

## Hot Chocolate Souffle



## Method

- 1.Melt butter over low heat.
- 2.Add flour and blend thoroughly. Cook slightly.
- 3.Add milk and half the sugar. Stir continuously until mixture is uniformly thick.
- 4.Add chocolate and blend it till it melts.
- 5.Pour mixture into egg yolks, stirring continuously.
- 6.Blend in vanilla essence.
- 7,Add salt to egg white and beat till it forms peaks. Then add the remaining sugar and beat till it is glossy and stiff.
- 8.Beat the chocolate mixture in the egg white. Bake at 325 degree F for 50-60 minutes.
- 9.Serve with ice cream or custard.



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## Ingredients

Pineapple pieces	½ tin
Pineapple essence	2 tsps.
Almonds & Pistachios chopped	½ cup
Sugar	½ cup
Custard powder(pineapple flavour)	3 tbsps.
Milk	3 cups
Fresh cream	1 cup

## Nutty Pineapple Pudding



## Method

1. Mix the custard powder in a little milk and the sugar and keep aside.
2. Heat the milk, when hot add the custard and cook on a low flame till the custard is thick.
3. Remove from the flame and let the custard cool.
4. Now add the nuts and essence.
5. Take a transparent serving bowl and spread 3/4 of the custard on it.
6. Sprinkle half the amount of the nuts and pineapple pieces.
7. Spread the remaining custard on it.
8. Now sprinkle the remaining nuts and pineapple pieces.
9. Refrigerate for some time.
10. Serve cold with whipped cream.



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## Ingredients

Britannia chocolate cake	5 - 6 slices
Sugar	125 gms.
Water	1 ½ cups
Nescafe coffee	2 tsp.
Gelatin	2 ½ tsp.
Fresh Cream	2 cups
Vanilla essence	1 tsp.
Nutties for decoration	

## Coffee Caramel



## Method

1. Empty the cream onto a pan and refrigerate for 10 minutes.
2. Then beat the chilled cream to a thick pouring consistency and keep it in the fridge.
3. Boil the coffee with water and keep aside.
4. Melt sugar in a heavy bottomed pan on slow fire till golden brown.
5. Add the hot black coffee to the sugar syrup and stir till the sugar dissolves completely.
6. Remove from the fire and cool to room temperature.
7. Dissolve gelatine in 4 teaspoons water and heat on slow fire till it is dissolved but do not bring to a boil.
8. Now add this to the coffee caramel syrup and stir continuously.
9. Add the essence and 1 ¾ cup of cream and mix well.
10. Chill this in the freezer for 15 minutes.
11. Arrange the cake slices at the bottom of a 2" high serving tray.
12. Pour the coffee caramel mixture over the cake slices and keep it in the freezer till it sets.
13. Whip the remaining cream with 1 tablespoon of powdered sugar till soft.
14. Decorate the coffee caramel with the cream and nutties.

15.Keep back in the fridge.

16.Serve chilled.



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## Ingredients

Milk	300 ml.
Fresh Cream	300 gms.
Egg, yolk	2 nos.
Gelatin	20 gms.
Sugar, powdered	30 gms.
Mango, pieces	As required
Sugar	40 gms.

## Mango Pudding



## Method

1. Separate the yolk, put into a bowl and cream it together with the powdered sugar.
2. Next add the milk, mix well and keep it on a double boiler.
3. Keep stirring till the mixture becomes thick.
4. Mix the gelatin in  $\frac{1}{4}$  cup of hot water, when the gelatin dissolves add it to the cream mixture.
5. Mix the cream mixture well so that no lumps are formed.
6. In a tin, place some mango pieces at the bottom, pour the cream batter and decorate with mango slices or pieces.
7. Keep in the refrigerator and serve chilled.



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## Ingredients

Bread, slice	1 pkt.
Milk	1litre.
Sugar	500 gms.
Double cream	250 gms.
Cashewnuts, chopped and roasted	100 gms.
Almonds, soaked and chopped	100 gms.
Saffron dissolved in a little milk	10 gms.
Cardamom, powdered	5 nos.
Butter	250 gms

## Method

1. Cut an individual bread slice into four pieces and fry them in butter till it gets a nice golden brown colour.
2. By adding ½ litre of water to the sugar make a syrup and boil for a few minutes.
3. Now add the cardamom powder and the saffron dissolved in milk to the sugar syrup.
4. Boil milk until it is thickens.
5. In a plate arrange the fried bread pieces and sprinkle the chopped nuts on them.
6. Next pour the sugar syrup, double cream and milk alternately over the bread pieces while they are still hot.
7. Once your finish with the dish, place it in the fridge and serve as chilled dessert.

## Double Ka Meetha



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## Ingredients

Pineapple sponge cake	1 no.
Orange Jam	2 tbsps.
Chilled cream	1 cup.
Vanilla Ice-cream	½ liter.
Powdered sugar	3 tbsps.
Apple, peeled & cut into pieces	1 no.
Water	½ cup.
Sugar	2 tbsps.
Lemon Juice	½ tsp.
Chocolate sauce	½ cup.

## Cake Fantasy



## Method

1. Cut the pineapple [sponge cake](#) into two halves, and spread the jam on each piece.
2. Cook the apple pieces till soft in half cup of water to which sugar and lemon juice, has been added. And cool.
3. [Whip](#) the cream with powdered sugar, till thick, and add the cooked apple pieces and reserve the syrup.
4. Put the ice cream in a cake tin, place a cake on it and then soak with apple syrup.
5. Spread the apple cream mixture over the cake and press the other piece of cake on it and soak again with remaining syrup.
6. Cover with foil and freeze for 6-8 hrs.
7. Remove from the cake tin 1 hr. before serving and pour the [chocolate sauce](#) and freeze again.
8. Serve after 1 hr.



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## Ingredients

Pineapple Sponge cake	1 no.
Pineapple slices, small tin	1 no.
Cream, chilled	350 gms.
Powdered sugar	6 tbsp.
Custard Powder	1 tbsp.
Cherries, tinned	1 cup

## Hawaii Exotica



## Method

1. Cut the cake into 2 halves and keep aside.
2. Mix the custard with 2 tbsps. of pineapple syrup.
3. Boil the remaining syrup, add the dissolved custard and stir continuously.
4. Cook till slightly thick, remove from heat and keep aside.
5. Deseed the cherries and chop 2-3 pineapple pieces.
6. Mix the cherries and pineapples with the prepared custard.
7. With the powdered sugar, with the chilled cream until thick.
8. Fill in the icing bag, and keep in the fridge.
9. Place one layer of the sponge cake on a plate, and spread the custard and fruit over it.
10. Then spread, 3-4 tbsps. of cream on the other pieces of sponge cake and place it over the custard.
11. Spread the remaining cream completely over the cake.
12. With the piping bag, pipe out desired designs, and decorate with cherries.
13. Serve chilled.



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## Ingredients

Sponge cake	1 no.		
Canned fruits(chop into pieces)	1 tin		
Gelatine	4 tsp.		
Water	4 tbsps.		
Milk	2 cups		
Sugar	1 cup		
Curd, beaten	1 cup		
Lemon juice	2 tsps.		
Pineapple essence	1 tsp.		
Yellow colour	Few drops.	Water	1 tbsp.
<b>For the Glaze</b>		Gelatine	2 tsps.
Strawberry jam	¼ cup		



Yoghurt Pudding

## Method

1. Put gelatine & water in a small pan & dissolve a low flame.
2. Mix sugar & milk and heat slightly to dissolve the sugar, then remove from the fire.
3. Add gelatine mixture to the milk & stir continuously.
4. After it cools, stir in the curd, lemon juice, essence, colour & chill.
5. Arrange the sponge cake at the bottom of a serving dish, soak with a little tinned fruit syrup and keep the fruits aside.
6. When the curd mixture is slightly thick but not yet set, spoon the fruits over the cake and then the curd.
7. Chill this in the freezer and then prepare the glaze by dissolving gelatine in 1 tbsp of water over a hot tava, then stir in the jam, mix well & remove from the fire.
8. When the glaze begins to set, spoon over the set curd.
9. Make markings on the glaze and put a cherry in each portion.
10. Serve chilled.



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## Ingredients

Milk	1½ cup
Drinking chocolate powder	5 tbsps.
Sugar	¼ cup
Cornflour	4 tps.
Eggs, separated	4 nos.
Essence of vanilla	1 tsp.
Almonds, shredded	Few

## Chocolate Pudding



## Method

1. [Dissolve](#) cornflour in ¼ cup milk and put the remaining milk, chocolate powder, half of the sugar and cornflour mixture and let it simmer on a low fire.
2. Keep on stirring till the mixture coats the back of a spoon and leave it to cool.
3. [Beat](#) the egg yolks, add the essence and pour the mixture in a lightly greased baking dish, place the dish in a pan of water and bake it in a moderate oven for 45 minutes.
4. Beat the egg whites along with the remaining sugar till stiff peaks form and pile this over cooled pudding and return to the oven.
5. Bake for 10 minutes longer and decorate with almonds.



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## Ingredients

Pineapple, chopped	Half
Sugar syrup	1-2 tbsps.
Castor sugar	50 gms.
<b>For Topping</b>	
Fresh cream or vanilla ice cream	As required

## Pineapple Chiller



## Method

1. Place pineapple pieces in a blender and blend to a thick paste.
2. In between and add sugar syrup and blend well.
3. Add the castor sugar and mix it well.
4. Place in serving bowls and freeze this mixture till firm.
5. Refrigerate just before serving so that it becomes soft and top with fresh cream or vanilla ice cream..



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## Ingredients

Ripe bananas, peeled & sliced	4 nos.
Lemon juice	2 tbsps.
Sour cream	½ cup
Brown sugar	½ cup
Nutmeg, ground	Pinch
Soft bread crumb	½ cup
Chopped nuts	¼ cup
Butter or margarine	2 tbsps.

## Banana Pudding



## Method

1. Arrange a layer of sliced bananas on the bottom of a greased baking tray.
2. Sprinkle 1 tbsps of lemon juice, spread ¼ cup sour cream, then sprinkle ¼ cup of sugar, a pinch of nutmeg and ¼ cup of the bread crumbs.
3. Repeat with another layer, using the remaining ingredients.
4. Dot with butter and bake uncovered for 25 minutes until golden.
5. Sprinkle with the nuts and serve warm or cold.



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## Ingredients

Bread slices, trimmed and cubed	4 nos.
Sugar	1 cup
Chopped nuts of your choice	½ cup
Milk	2 cups
Cream	2 cups
Eggs	4 nos.
Essence	As required

## Bread Pudding



## Method

1. Mix the bread into the boiling milk and set aside.
2. Separate the eggs & beat the yolks with sugar till light and frothy.
3. Mix in the remaining ingredients thoroughly with the exception of the egg whites.
4. Put in a non stick baking tin or a lightly greased tin.
5. Beat the egg whites till stiff and mix in and bake in a moderated oven for half an hour, or till the pudding turns firm and the top light golden in colour.



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## Ingredients

Apples	1 kg.
Water	3 tbsps.
Castor sugar	120 gms.
Jam	2 tbsps.
Egg whites	2 nos.
Sponge cake	100 gms.

## Apple Meringue



## Method

1. Wash the apples, [chop](#) roughly without peeling and coring them, but remove the seeds.
2. Cook them in water covered with a lid, until they turn soft.
3. Make a puree out of the soft apples and add 2 tbsps. of castor sugar.
4. Split the [sponge](#) cakes into halves and spread each half with jam.
5. Fit the sponges into an oven proof dish and spoon the apple puree over them and smoothen the surface.
6. [Beat](#) the egg whites to stiff peaks, add 2 tbsps. of the remaining castor sugar and whisk until the mixture is thick and glossy.
7. With the help of an icing bag, [pipe](#) out some designs with the icing on the apple surface.
8. Bake at [300 ° F](#) for 20 mins or till it browns lightly.
9. Cool and serve.



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## Ingredients

Raisins	1 tbsp.
Cashewnuts	1 tbsp.
Walnuts	1 tbsp.
Gelatine (heaped)	4 tps.
Milk	5 cups.
Sugar	½ cup
Pineapple custard powder	5 tps.
Tinned cherries	As required
Apple, diced	1 no.
Seasonal fruit (any)	1 no.
Pineapple essence	1 tsp.
Glucose biscuit	1 small pkt.
Coffee	1 tsp.

## Diplomat Pudding



## Method

1. [Dissolve](#) the custard powder in ½ cup milk and keep it aside.
2. Heat the remaining 4 ½ cups of milk, add sugar and boil.
3. Add the custard powder, stir continuously, for 5 minutes till a thin custard is ready.
4. Dissolve [gelatine](#) in ½ cup water by heating on a slow flame.
5. Do not let it boil, then add this to the custard mixture stirring continuously.
6. Add 1 tsp. pineapple essence to the custard and keep it aside.
7. In a transparent dish spread the dry fruits and pour half the custard over it.
8. Freeze for 15-20 minutes and keep the remaining custard in the freezer till thick.
9. Boil ½ cup of water with 1 tsp. sugar and 1 tsp. coffee to prepare black coffee.
10. Dip the biscuits in hot coffee for a second and arrange it over the custard and freeze for another 15 minutes.
11. [Beat](#) the remaining thick custard, pour over the biscuits and freeze till it sets.
12. Spread neatly cut fresh fruits over it and refrigerate.
13. Serve chilled.



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## Ingredients

### For Biscuit Base

Marie biscuits, crushed 9 tbsps.  
Butter (softened and heaped) 1 tbsp.

### For the Cheese Cake

Curd 2 cups  
Powdered sugar 12 tbsps.  
Gelatine 3 tps.  
Cream 150 gms.  
Pineapple essence ½ tsp.  
Orange colour Few drops.

### For the Glaze

Orange marmalade 2 tbsps.      Gelatine ¼ tsp.  
Water 2 tbsps.

## Chilled Cheese Cake



## Method

1. Hang the curd in a muslin cloth for 20 mins and keep the left over cream cheese aside.
2. Mix the biscuit crumbs with the butter, press it into a pie dish and bake at [200 ° C](#) for 10 mins.
3. [Beat](#) the strained curd with sugar till smooth & keep aside.
4. [Melt](#) the gelatine in 2 tbsps. of water on a low flame.
5. Stir continuously, do not boil & then remove from heat and keep aside.
6. Add the melted gelatine to the beaten curd & cream & stir continuously.
7. Add the essence & colour, beat well & add more powdered sugar if the curd is too sour.
8. [Chill](#) in the freezer till slightly thick.
9. Lastly pour over the biscuit base in the pie dish and serve.



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## Ingredients

Apples	½ kg.
Lemon	½
Cinnamon powder	½ tsp.
Unsalted butter	¾ cup
Maida	1 cup
Powdered sugar	½ cup
<b>For serving</b>	
Cream	250 gms.
Powdered sugar	5 tbsps.

## Apple Scramble



## Method

1. Mix lemon juice in 1½ cups of water in a sauce pan.
2. [Peel](#) apples, cut them into thin slices then add them to the above water as the lemon will prevent it from turning red.
3. [Sift](#) maida, add butter & powdered sugar & mix well till it looks like bread crumbs.
4. Remove the apples from the water & place them in a baking dish.
5. If the apples are not sweet then sprinkle 2 tbsps. of sugar on them & then sprinkle some cinnamon powder as well.
6. Spread the maida mixture on the apples & press a little.
7. Bake the apple scramble at [200 ° C](#) for about ½ hour or till the maida turns light brown.
8. Mix cream with sugar, chill & serve with the apple scramble.



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## Ingredients

### To stew the Apples

Apples	3 nos.
Water	3 cups
Sugar	4 tbsps.
Lemon juice	1 tsp.
Cinnamon	½ " stick.

### For the custard

Apple syrup	3 cups
Sugar	3 tbsps.
Custard powder	3 tbsps.

Pistas	A few
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## Apple Custard Sauce



## Method

1. [Peel](#) the apples, cut into halves & remove the seeds.
2. Boil water with sugar, lemon & cinnamon, then add the apples & cook for 3-4 mins till the apples turn soft.
3. Remove the apples from the syrup and place in a serving dish & reserve the syrup.
4. Dissolve the custard powder in ½ cup syrup & boil the leftover syrup with sugar.
5. Add the dissolved custard & stir continuously.
6. Boil till the syrup turns slightly thick.
7. Pour the custard over the apples, chill & sprinkle shredded pista in the center of each apple.
8. Serve chilled with thin cream.



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## Ingredients

Bananas	4 nos.
Lemon juice	4 tbsps.
Honey	3 tbsps.
Almonds, blanched & chopped	8-10 nos.
Bread crumbs	3 tbsps.
Powdered sugar	2 tbsps.
Cream	150 gms.
Orange juice	3 tbsps.
Butter	50 gms.

## Honey Baked Bananas



## Method

1. [Peel](#) the bananas & arrange them side-by-side in a baking dish.
2. Pour lemon juice and honey over them.
3. Cut butter into small pieces & mix them with breadcrumbs & powdered sugar.
4. Sprinkle the bread crumbs mixture & chopped almonds over the bananas
5. Bake for 20-30 mins at [200 ° C](#) & serve with cream mixed with orange juice.



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## Ingredients

### For the pancakes

Maida	115 gms.
Egg	1 no.
Milk or water	300 ml.
Ghee or butter	As required
Salt	¼ tsp.

### For the Filling

Powdered sugar	50 gms.
Lemon juice	2 tsp.
Orange juice	2 tsp.

Orange rind, grated	½ tsp.
Brandy or rum	½ tsp.
Butter ( soft )	50 gms.

### For the Orange Sauce

Orange juice	4 nos.
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Crepe Suzette

Sugar	8 tsps.
Cornflour	1 tsp.
Orange colour	Few drops.
<b>For the Flambé</b>	
Brandy or Rum	3 tbsps.

## Method

1. To the sieved flour add salt, milk, ghee, egg & make a smooth batter.
2. Prepare thin pancakes in a non-stick pan & use a little ghee while frying.
3. Cook the pancake on both sides & keep them covered in a clean cloth.
4. For the filling, beat the butter & sugar very well, then add the grated rind, orange juice, lemon juice & brandy.
5. Spread the filling thinly over the pancakes and roll them up.
6. To prepare the sauce, mix the orange juice, sugar & cornflour.
7. Cook on low heat, stirring continuously, till the sauce becomes thick. Cool & then add the colour.
8. To serve, heat the orange sauce in a pan & cook a few pancakes at a time & keep spooning the sauce over the pancakes.
9. Remove the pancakes in a serving plate & pour the orange sauce from the pan over them.
10. Warm a little brandy on a slow flame, light it and pour it over the pancakes.
11. Serve immediately.





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## Ingredients

### For the pastry

Butter 80 gms.  
Flour 150 gms.  
Cold water 45 ml.

### For the custard

Banana custard 30 gms.  
Sugar 40 gms.  
Milk 600 ml.  
Cream 30 ml.  
Bananas 3 nos.

Lemon jelly 1 pkt.

### For decoration

Cream 150 ml.



## Method

1. Cut butter into small pieces and rub into the flour with finger tips until it resembles coarse crumbs.
2. Sprinkle water over the pastry and [knead](#) until [dough](#) is just moist enough to hold together.
3. Form into a ball, roll out into a circle with your hands.
4. Put it in a pie dish and make a neat design by shaping the edges.
5. Prick this pie crust with a fork and microwave on high for 7 minutes and turn the dish after 3 minutes.
6. Make the banana custard like normal custard, cool and spread over the pastry shell evenly.
7. Slice the bananas and arrange over the custard.
8. Make the jelly according to packet instructions and pour a thin layer over the bananas and [chill](#) for 15 minutes.
9. Decorate with cream.



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## Ingredients

Cottage cheese	½ kg.
Almonds, blanched	¼ kg.
Raisins, washed & dried	¼ kg.
Sugar	2 cups
Saffron	¼ tsp.
Dates	100 gms.
Green cardamoms, crushed	15 nos.
Lemon juice	2 tsps.
Poppy seeds, clean, wash & dry	20 gms.
Ghee	125 ml.

## Cottage Cheese In Syrup



## Method

1. Cut the [cottage cheese](#) into fine cubes and keep aside.
2. Boil 3 cups of water, add sugar, stir and [simmer](#) the syrup till smooth, then add the lemon juice and keep aside.
3. Heat the ghee and fry the cottage cheese till a light brown colour.
4. [Drain](#) and toss into the cooled syrup.
5. Fry all the dry fruits, drain and add to the syrup.
6. Let the syrup [boil](#) again, add soaked & crushed saffron and cardamoms.
7. Sprinkle poppy seeds on top and remove from the heat.



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## Ingredients

Raisins	½ cup
White bread slices	5 nos.
Milk	2 cups
Sugar	½ cup
Vanilla essence	1 tsp.
Eggs	2 nos.
Butter or margarine	3 tbsps.

## Bread & Butter Pudding



## Method

1. Preheat the oven to [350 ° F](#).
2. Place the raisins in 1 cup of hot water and let them soak for 5 minutes.
3. Trim off the hard crust from the side of the bread and apply butter to one side of each slice and then cut the slices into half.
4. Put the buttered side up, into a greased baking dish.
5. [Drain](#) the raisins and sprinkle them over the bread.
6. Heat the milk and sugar till steaming point, remove from heat and stir in the vanilla essence.
7. [Beat](#) the eggs lightly, then gradually stir the hot milk into the eggs.
8. Pour this mixture over the bread slices and bake uncovered for 25 minutes or till the top turns brown and a knife inserted in the center of the pudding comes out clean.



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## Ingredients

Apples	500 gms.
Sugar	3 tbsps.
Eggs, separated	2 nos.
Sugar	2 tbsps.
Milk	500 ml.
Vanilla essence	½ tsp.
Fresh cream	2 tbsps.
Gelatin, for soft souffle or gelatin for firm souffle	15 gms.
Water	25 gms.
	¼ cup

Red food colouring	As required
Mint leaves	For decoration

## Blushing Apple



## Method

1. [Peel](#) and [core](#) the apples, add a little water and cook till the apples are soft.
2. Add the sugar and cook till dry, then add a few drops of food colouring and mix well, lastly [puree](#) the apples.
3. Line a pudding bowl with a wet muslin and line this with the apple puree and place in the refrigerator.
4. [Beat](#) the egg yolks with sugar until fluffy.
5. Heat milk and pour in the egg yolk mixture and cook on a slow flame till the mixture thickens a little.
6. Remove from the heat and allow to cool and add cream and vanilla essence.
7. [Melt](#) the [gelatin](#) in ¼ cup water over a low heat, cool and then add it to the milk mixture.
8. Beat the egg whites till stiff and fold into the souffle mixture.
9. Pour the souffle mixture into the lined apple puree bowl and set till firm.
10. Turn out, place a plate over the pudding bowl and turn upside down.
11. Carefully remove the bowl and then the muslin and decorate with a mint sprig.



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## Ingredients

Fresh or canned cherries	250 gms.
Eggs, separated	4 nos.
Sugar, fine	100 gms.
Gelatin	10 gms.
Water	5 tbsps.
Cream, whipped	½ cup
Toasted nuts to decorate	As required

## Cherry Souffle



## Method

1. Prepare a 6" soufflé dish and brush the dish and collar with [oil](#).
2. Deseed the cherries and reserve some whole ones for topping and [chop](#) the rest.
3. Place the egg yolks and sugar in a bowl over a pan of hot water and whisk until thick and creamy.
4. Remove from the heat and whisk until cool.
5. Put the water and [gelatin](#) in a bowl and dissolve the gelatin over gentle heat.
6. Cool the gelatin mixture, then fold into the egg yolk mixture, along with the toasted nuts and two thirds of the cream.
7. [Whisk](#) the egg whites and fold in the soufflé mixture.
8. Pour the soufflé mixture into the dish and leave to set in the refrigerator.
9. To serve, carefully remove the collar and press nuts around the side of the soufflé.
10. Fill a piping bag with the remaining cream and [pipe](#) blobs of cream over the soufflé and place a cherry on top of each blob.



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## Ingredients

Milk	1 liter
Cocoa powder	2 tbsps.
Sugar	4 tbsps.
Eggs, separated	4 nos.
Gelatin	30 gms.
Water	3 tbsps.
Vanilla essence	1 tsp.
Rum	1 tbsp.
Fresh cream	250 gms.
Sugar	1½ tsp.

Cherries As required

## Chocolate Souffle



## Method

1. Mix the [cocoa](#) with a little milk and heat the rest of the milk and add the cocoa mixture to it.
2. [Beat](#) the egg yolks and sugar together until thick and fluffy.
3. Add to the milk and cook for a while over low heat and remove and cool.
4. [Dissolve](#) the gelatin in 3 tbsps. water and add it to the custard.
5. Now add the vanilla essence, rum and one third of the fresh cream.
6. Mix well and leave to thicken in the refrigerator.
7. Beat the egg whites till stiff and fold into the custard mixture.
8. Pour into a [soufflé dish](#) and refrigerate till set.
9. [Whip](#) the rest of the cream with 1½ tsp. sugar and ¼ tsp. vanilla essence till it holds its shape.
10. Fill the cream into piping bag and [pipe](#) borders on the edge of the soufflé and put a cherry in the center.



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## Ingredients

Tender coconut	2 nos.
Gelatin	25 gms.
Condensed milk	1 tin
Milk	1 liter
Dark chocolate to decorate	100 gms.

## Coconut Souffle



## Method

1. [Drain](#) the coconut water into a container and scoop the flesh out.
2. [Dissolve](#) the gelatin in a little of the coconut water over gentle heat, then cool and keep aside.
3. Lightly liquidise the coconut flesh with little coconut water.
4. Mix the rest of the coconut water with the cooled gelatin.
5. Add the condensed milk, the milk and the liquidised coconut with the gelatin mixture and [beat](#) well.
6. Pour into a dish and place in the refrigerator until set.
7. Decorate with grated [chocolate](#) or chocolate curls.



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## Ingredients

Praline, crushed	200 gms.
Eggs, separated	3 nos.
Milk	1 cup
Instant Coffee Powder	1½ tsp.
Brandy	As required
Sugar	½ cup
Gelatin	1 tsp.
Water	5 tbsps.
Cream	1 cup
Almonds or cashewnuts, toasted and sliced	



## Method

1. Prepare a 6" [soufflé dish](#). Brush the dish and collar with oil.
2. Place the egg yolks, milk, coffee powder and brandy in a bowl and cook over [simmering](#) water, stirring constantly, until the mixture thickens. Sweeten to taste.
3. Mix the [gelatin](#) with the water, heat gently over simmering water until dissolved. Cool slightly and stir into the egg mixture. Leave until just beginning to set.
4. [Whip](#) the cream until almost stiff. Reserve one third for decoration and fold the remainder into the soufflé mixture.
5. [Whisk](#) the egg whites until stiff. Fold into the soufflé mixture with the crushed praline. Turn into the soufflé dish and refrigerate until set.
6. To serve, carefully remove the collar and press the almonds around the side of soufflé. Decorate the top with piped whipped cream.



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## Ingredients

Gelatin	40 gms.
Water	½ cup
Mango Pulp	1½ cups
Sugar	8 tbsps.
Egg, Whites	8 nos.
Sugar, ground	150-200 gms.
Vanilla essence	1 tsp.
Mint sprigs	As required
Cream	500 gms.

Mango slices to decorate.  
Cherry (optional)

## Method

1. Melt the [gelatin](#) in water and cool.
2. Add sugar and mango pulp and place in the refrigerator until half set.
3. Make a [meringue](#) with the egg whites, ground sugar and vanilla essence.
4. [Beat](#) the cream until slightly thick but not firm.
5. Reserve a little for the topping and fold the rest into the mango mixture along with the meringue.
6. Pour into a serving dish and refrigerate till set.
7. Spread some cream over the soufflé and arrange the mango slice on top to form flowers and if you want put a cherry in the center of each flower.

## Mango Souffle



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## Ingredients

Fresh pineapple, slices (the center to be removed)	4 nos.
Water	1¾ cups
Sugar	3 tbsps.
Cornflour mixed with 1/4 cup water	1 tbsp.
Yellow or orange food colour	A few drops
Pineapple essence	A few drops

Lemon juice	1 tbsp.	Cashewnuts, small pieces	1 tbsp.
For The Garnish		Blanched almonds, small pieces	1 tbsp.
Walnut, small pieces	1 tbsp.		

## Pineapple Pudding



## Method

- Mix the water and sugar and bring to a [boil](#), stir till the sugar dissolves.
- Add the cornflour mixture and stir continuously, so that the sauce becomes thick.
- Arrange pineapple slices in a single layer in the sugar syrup and cook covered on a low flame for 2 minutes.
- Then turn the pineapple slices again and cook covered on a low flame for 2 minutes.
- Add the colour, essence and lemon juice, mix well.
- Remove from heat and cool to room temperature.
- [Chill](#) on refrigerator shelf.
- Serve as a cold dessert, [garnished](#) with walnuts, almonds and cashewnuts.



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## Ingredients

Milk	1 liter.
Sugar	250 gms.
Eggs, beaten	4 nos.
Cardamoms, shelled and powdered	6 nos.
Nutmeg, grated	¼ tsp.
Rose water	1 tbsp.
Almonds, slice and blanched	12 nos.
Vanilla essence	1 tsp.

## Baked Custard



## Method

1. [Boil](#) milk with sugar and bring it down to half the quantity and cool.
2. Add the rest of the ingredients and mix well and pour it into a pyrex dish leaving space for it to rise.
3. Bake in an oven [300 ° C](#) for ½ an hour until the top is brown.
4. Cool and refrigerate.



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## Ingredients

Eggs	3 nos.
Sugar	6 tbsp.
Milk	3 cups
Essence	A few drops
Salt	A pinch

## Egg Caramel Custard



## Method

1. Heat the sugar in a clean, dry frying pan.
2. Stir till the sugar melts and turns brown and add about 9 tbsps. of hot water.
3. Bring the water to [boil](#) and keep on the fire till it thickens.
4. Take it off the fire and keep aside until required.
5. Heat the milk over boiling water.
6. Beat the eggs and add the [caramelised](#) sugar and salt to it.
7. Add this mixture to the milk, stirring all the time.
8. Add the essence and pour into custard cups and steam.



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## Ingredients

Bananas	400 gms.
Lemon juice	1 tbsp.
Double cream	$\frac{3}{4}$ cup
Single cream	$\frac{3}{4}$ cup
Almond essence	$\frac{1}{4}$ tsp.
Flaked almonds (toasted)	60 gms.
Sugar	30 gms.

## Banana Almond Pudding



## Method

1. [Peel](#) and slice the bananas and toss them in lemon juice.
2. [Beat](#) the creams with the essence till they hold shape.
3. Fold in the almonds, keeping a few for decoration.
4. Cover the base of a glass dish with half the bananas and sprinkle half the sugar over them.
5. Spoon over half the cream.
6. Top with the remaining bananas and sugar. Pour cream on the top, only in the center.
7. Decorate with toasted almonds.
8. Serve [chilled](#).



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## Ingredients

Apples, medium size with peel	2 nos.
Segment of 2 oranges	sliced
Diced bananas	2 nos.
Seedless green grapes	4 tbsps.
Diced pear or diced honeydew melon	1 no. or 1 cup
Ginger-ale	½ bottle
Strawberries	6 nos.

## Fruit Salad



## Method

1. Mix the fruits in a bowl.
2. Pour the ginger-ale over the fruits.
3. [Chill](#) for at least 1 hour.
4. Serve cold. Optional :Serve with vanilla ice-cream



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## Ingredients

Maida	250 gms.
Baking powder	1 tsp.
Butter	100 gms.
Condense milk	1 tin
Any orange drink	350 ml
Orange essence	¼ tsp.
Walnuts(chopped)	½ cup
Salt a pinch	
Oil for greasing the dish	

### FOR ICING:

Icing sugar	1 cup
Water	2-3 tbsps.
Orange segments	Few

## Eggless Orange Cake



## Method

**To make the icing:**Add water to icing sugar till the right consistency. Spread over the cake.

- 1.Sift maida together with salt and baking powder.
- 2.Pour condense milk into a bowl and add butter.
- 3.Add 1 tsp. maida and little of orange drink to the condense milk -butter mixture and whip well. Continue till all the maida and orange drink has been used.
- 4.Add orange essence and walnuts. Mix well.
- 5.Grease a baking dish and pour the mixture in it.
- 6.Bake in a pre-heated oven at 160-180 degrees C for 25-30 minutes or till the cake is ready. Cool and invert on a wire gauge.
- 7.Ice it with glaze icing and decorate with orange segments.



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## Ingredients

Thick cream	2¼ cups
Castor sugar	½ cup
Orange rind, grated	2 tsps.
Cream, whipped	2¼ cups
Orange juice of	12 oranges

## Eggless Orange Ice Cream



## Method

1. Cook the thick cream, castor sugar, grated orange rind in a double-boiler till the sugar is dissolved.
2. Remove from the heat and leave to cool.
3. To the cooled mixture, add the orange juice and then fold in the whipped cream.
4. Pour into the ice cream container and keep to set for an hour.
5. Remove, whip well, cover with foil and keep to set again.
6. Before serving, remove and put it in the lower part of the fridge to soften a little.
7. Scoop into serving bowls and serve topped with grated orange rind.



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## Ingredients

Gelatin, heaped	2 tsps.
Condensed Milk	½ tin.
Lemon Juice	3 tsps.
Water	1/3 cup.
Cream	250 gms.
Powdered Sugar	1 tbsp.
Pineapple Essence	1½ tsp.
Yellow Colour	Few drops
Pineapple Slices - at room temperature	1 small tin

## Pineapple Mousse



## Method

- Mix [gelatin](#) with ½ cup water. Heat on slow fire stirring continuously till it dissolves.
- [Beat](#) condensed milk till light and creamy.
- Put 3 tsps. of lemon juice in a cup and fill it with pineapple syrup from the tin.
- [Chop](#) 2 pineapple slices finely.
- Add the pineapple syrup & chopped pineapple pieces to the condensed milk along with 1/3 cup water.
- Pour the gelatin solution into the mixture stirring continuously.
- Put in the freezer till thick. Do not set it by keeping it for too long in the freezer (½ hr).
- Remove from the freezer and beat till smooth.
- Add 200 gms. of the cream keeping aside 50 gms. (1/4 cup) for decoration.
- Add essence and colour.
- Beat well and put it back in the freezer for 15-20 minutes.
- Remove from the freezer, beat it once again, pour it in a serving dish and freeze for 1 hour till set.
- Remove from the freezer, and decorate with cherries and whipped cream.
- Keep it in the [freeze](#) till serving time.



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## Ingredients

Milk	4 cups
Cornflour	2½ tbsps.
Cocoa Powder	3 tbsps.
Sugar	8 tbsps.
Cream	300 gms. (1½ cups)
Gelatin	4 tsp.
Vanilla Essence	1 tsp.

## Chocolate Mousse



## Method

1. Mix [cocoa](#) and cornflour in ½ cup milk.
2. [Boil](#) the remaining milk with sugar.
3. Add dissolved cocoa & cornflour to the milk stirring it continuously.
4. Cook on low heat for 3-4 minutes and keep aside.
5. [Beat](#) the thickened fruity and add cream and yellow colour
6. [Freeze](#) till partially set.
7. Beat once again and freeze till firm.
8. Keep in the fridge till serving time.
9. 15 minutes before serving, return to the freezer to chill it properly
10. Serve [chilled](#).



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## Ingredients

Full Cream Milk	4 cups
Cornflour	1 tbsp.
Gelatin	1 tsp.
Water	¼ cup
Sugar	½ cup
Vanilla Essence	1½ tsp.
Cream - chilled	200 gms.
Powdered Sugar	4 tbsps.

## Vanilla Ice Cream



## Method

1. Mix cornflour in a little milk and keep aside.
2. Soak [gelatine](#) in ¼ cup water in a small heavy bottomed pan. Heat on a slow flame and stir continuously till it dissolves.
3. [Boil](#) milk for 20 minutes on a medium fire and add sugar.
4. Add cornflour paste, stirring continuously.
5. Boil for 2 minutes till it becomes a thin custard.
6. Remove from fire and let it cool. Add to it gelatine solution .
7. [Freeze](#) for 5-6 hours.
8. Cut the frozen custard into small cubes and beat well till smooth and fluffy. Do not let it melt while beating. Keep it in the freezer.
9. [Beat](#) cream with powdered sugar till slightly thick.
10. Mix the [cream](#) with powdered sugar till slightly thick.
11. Pour into an ice cream box. Keep the ice cream container in the freezer with the bottom of the container touching the freezer directly.
12. Unmould after 5-6 hours.



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## Ingredients

Condensed milk	½ tin
Butter	80 gms.
Dates	250 gms.
Maida (plain flour)	85 gms.
Walnuts	½ cup
Vanilla Essence	½ tsp.
Soda bi-carbonate	½ tsp.
Baking Powder	1 tsp.
<b>For the custard sauce</b>	
Milk	2½ cups
Sugar	3 tbsps.
Custard Powder	1 heaped tbsp.

## Date & Walnut Pudding



## Method

1. Remove the seeds from dates and chop them.
2. Soak in 5 tbsps. of water with ½ tsp. of soda for 4-5 hours or overnight.
3. [Sift](#) maida with baking powder, add dates and walnuts to the maida. Mix well.
4. [Beat](#) condensed milk and butter well, in a clean pan.
5. Add the maida mixture to the condensed milk mixture, add the essence and beat well.
6. Bake in a preheated oven at [150 ° C](#) for 50 minutes. Keep aside.
7. Prepare custard sauce by dissolving custard powder in ½ cup milk.
8. Heat the remaining 2 cups of milk with sugar. When it boils, add the custard powder, stirring continuously.
9. Cook for a few minutes till it coats the back of the spoon.
10. Serve the pudding with hot custard sauce.



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## Ingredients

Plain chocolate	2 cups
Instant coffee	2 tbsps.
Castor sugar	4 tbsps.
Hot water	½ cup
Vanilla essence	½ tsp.
Rum (optional)	3 tbsps.
Butter	1 tbsp.
Salt	A pinch

## Mocha Eggless Sauce



## Method

1. Melt the [chocolate](#) over hot water, add sugar, coffee & hot water.
2. Mix well, add butter and cook until thick.
3. Remove from heat and then stir in the rum.
4. Serve hot or cold.



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## Ingredients

Condensed milk	½ tin.
Soda water	100 ml.
Unsalted butter	60 gms.
Maida	125 gms.
Sugar	1 tbsp.
Soda-bicarb	¾ tsp.
Baking powder	¾ tsp.
Vanilla essence	1 tsp.

## Basic Sponge Cake



## Method

1. Sift maida with soda-bicarb and baking powder.
2. First mix the sugar & butter well, then add the condensed milk and beat well.
3. Add the soda water, mix well & add the essence.
4. Then gradually add the maida beating well after each addition.
5. Beat well for 3-4 minutes till the mixture is smooth & light.
6. Bake in a greased and dusted tin for about 30-40 minutes at 150 degrees.



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## Ingredients

Eggs	5 nos.
Sugar	175 gms.
Flour	90 gms.
Cocoa powder	40 gms.
Melted butter	30 gms.
Corn flour	20 gms.
Baking Powder	1 tsp.

## Microwave Chocolate Cake



## Method

1. Sieve together the flour, cocoa powder, corn flour and baking powder.
2. Place the sugar and eggs in a mixing bowl. Beat the eggs and sugar till it is light and fluffy.
3. Carefully fold in the sieved flour into this mixture. Mix in the melted butter.
4. Grease a shallow bowl with a little oil and dust with flour, pour the mixture batter into this. Cook on micro high for 8 min.



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## Ingredients

Milkmaid	½ tin
Butter	50 gms.
Coco powder	1 ½ tbsp.
Marie Biscuits	16 nos.
Cashewnuts(halved)	10 nos.
Coconut Powder	½ cup
Chocolate gems	32 nos.
Yellow, green and red food colour	

## Face Biscuits



## Method

- 1.Heat milkmaid, coco and butter in a pan.
- 2.Cook till the mixture starts leaving the sides of the pan. Remove from fire.
- 3.Spread 1 tsp. of this mixture onto each biscuit and leave to dry for 5 mins.
- 4.Divide the coconut powder into three portion and colour them green, red and yellow.
- 5.Decorate each biscuit by making eyes with gems, mouth with cashew halves and hair with coloured coconut powder.

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## Ingredients

Milkmaid tin	1 no.
Butter	100 gms.
Cocopowder	5 tbsps.
Biscuits(coarsely powdered)	200 gms.
Red,green and yellow gems(chocolate) for lights	

## Traffic Lights



## Method

- 1.In a pan add milkmaid, cocopowder and butter and place on the fire. Stir continously and cook till the mixture starts leaving the sides.
- 2.Mix in the coarsely broken biscuit and remove from fire.
- 3.Spread the mixture onto a greased plate and leave to cool.
- 4.When cool then cut into 2 inches by 3 inches bars and decorate with the gems of different colours making it look like a traffic lights.

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## Ingredients

Self raising flour	100 gms.
Baking powder	1 tsp.
Butter	100 gms.
Castor sugar	100 gms.
Eggs	2 nos.
Vanilla essence	2 drops

### For Cake Decoration:

Apricot jam	10 tbsps.
Dessicated coconut	50 gms.
Flaky chocolate bars	3 nos.

Icing sugar	250 gms.
Coco Powder	1tbsp.
Chocolate gems	1 packet

## Method

- 1.Heat the oven to 325 deg F.
- 2.Greese a 9 inch square tin.
- 3.Sift the flour with the baking powder into the mixing bowl and add the remaining ingredients. Beat with electric mixer for 2 to 3 mins. Pour the sponge mixture into the tin and level surface, then make a hollow in the center. Place in a hot oven and bake for 25 to 30 mins until the top of cake is golden and springy to touch.
- 4.Remove the cake from the oven and leave for 1 or 2 mins to settle. Invert the cake on a wire rack to cool.
- 5.Trim the cake to level it off. Slice the cake in half horizontally and sandwich it together with 4 tbsps. of Apricot jam.
- 6.Cut the cake in half diagonally to make 2 triangles, then trim off the triangle tips opposite the cut edges.
- 7.Sieve 6 tbsps. of Apricot jam into a small heavy based saucepan, add 2 tbsps. water, and stir over low heat until the jam has melted. Brush the side of the cake, except the trimmed corners with some of the melted jam. Spread 50 gms. dessicated cocunut on a plate. Press the jam coated sides of the cake into the coconut one at a time until they are evenly coated
- 8.Brush the trimmed corner of each corner with melted jam. Place the two pieces of cake on a silver cake board, with the trimmed corners almost touching, to make a butterfly shape. Place 3 flaky choclate bars in the gap one on top of the other, then push the wings together
- 9.Sift 225 gms. icing sugar into a bowl, then beat in 3 tbsps. water to give a thick

## Butterfly Cake





coating consistency.

10. Brush the top of the cakes with remaining melted jam. Spread the white icing evenly over the top with knife.

11. Put 4 tbsps. of icing in a small bowl and add coco powder to make brown icing. Immediately pipe parallel lines of brown icing down the wings.

12. Draw a skewer through the brown lines to give a feather effect.

13. Decorate with chocolate gems on the edges and pipe with brown icing the antennas.



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## Ingredients

Cake Slices	4 nos.
Fruit, fresh or tinned	1 cup
Orange juice	150 ml
Rum	1 tbsp.
Cornflour	1 tsp.
Cream single	250 gms.
Egg yolks	2 nos.
Castor sugar	¼ cup
Vanilla essence	Few drops

## Spanish Cake Desserts



## Method

1. Arrange the cake in a lightly buttered oven proof dish and top it with fruits.
2. Pour over the orange juice and rum and bake in an oven at 375 Deg F for 10 to 15 mins.
3. Mix the corn flour with a little cream.
4. Beat the egg yolks with the remaining cream and stir in the corn flour mixture, sugar.
5. Cook this custard over a low heat stirring continuously until smooth.
6. Whisk for further 3 mins until the custard is thick and glossy.
7. Add vanilla essence and pour the custard over the warm cake and serve at once.



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## Ingredients

Sponge cake	1 no.
Ice cream Vanilla	1 block
Fruit cocktail	1 tin
Eggs white	5 nos.
Castor sugar	150 gms.

## Baked Alaska



## Method

1. Place the sponge cake on an oven proof serving dish.
2. Cover with drained fruit cocktail, place the block of vanilla icecream on top of the fruit cocktail.
3. Whisk the egg whites until very stiff, slowly add the sugar in the egg whites and continue beating till stiff and peaks form.
4. Pile the beaten egg over the icecream.
5. Put in a very hot oven 475-500 degrees F for 3-5 min, or till the meringue (beaten egg whites) is slightly brown.
6. Serve at once.



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## Ingredients

Plain flour	340 gms.
Eggs	4 nos.
Butter or Margarine	225 gms.
Brown sugar	225 gms.
Cinnamon	1 tsp.
Mixed Spices	1 tsp.
Candied peels	100 gms.
Glace cherries(chopped)	100 gms.
Currants	500 gms.
Sultanas	225 gms.

Raisins	225 gms.
Almonds,blanched and chopped	100 gms.
Lemon rind grated	1 no.
Milk,Sherry or Brandy	4 tbsp.
Soda bicarbonate	1 tsp.
Salt	½ tsp.

## Christmas Cake



### For the ROYAL ICING:

Egg whites	4 nos.
Icing sugar	900 gms.
Lemon juice	2 tsp.

## Method

- 1.Sieve together all the dry ingredients.
- 2.Mix peel, cherries, fruit, chopped almond and lemon rind.
- 3.Whisk the eggs milk or sherry together.
- 4.Cream the butter or margarine and sugar until soft.
- 5.Add the flour and egg mixture alternately to the cream mixture - do not over beat when mixing.
- 6.Lastly stir in the fruit mixture and pour into the cake tin lined with greased paper on the sides and bottom.
- 7.Bake in a oven at 300 degrees F for 1 1/2 hr and reduce the heat to 275 degrees F for another 1 1/2hr or till done.
- 8.Cool the cake and wrap in 2 thickness of foil and store in airtight tin. For very moist cake prick the cold cake and pour sherry at intervals.
- 9.Let the cake mature for atleast 3 weeks.
- 10.Cover with marzipan and decorate with Royal Icing.
- 11.To make the ROYAL ICING : In a large bowl whisk egg whites until frothy. Sift the icing sugar in the bowl little at a time, whisking well between each addition. Add lemon juice and continue to whisk the mixture until peaks form.

NOTE : For the Royal Icing - A few drops of glycerine beaten in when the icing is smooth prevents it from becoming too hard.



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## Ingredients

Butter(Ghee)	½ cup
Sugar	¾ cup
Egg	1 no.
Vanilla essence	1 tsp.
Maida(refined flour)	1 cup
Cooking Soda	½ tsp.
Coco	3 tbsp.
Walnuts	½ cup

## Chocolate Walnut Cookies



## Method

1. Cream butter, sugar, egg and vanilla essence till light and fluffy.
2. Sift together maida, soda two times.
3. Mix into cream mixture and blend well.
4. Stir in coco and walnuts. Mix well.
5. Drop on greased tray with teaspoon 2" apart.
6. Keep in fridge for 10 min.
7. Bake at 200 degree C for 10 to 12 min or till done

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## Ingredients

Plain flour(maida)	200 gms.
Butter or margarine	150 gms.
Castor Sugar	125 gms.
Semolina(suji)	50 gms.
1 egg yolk mixed with 2-3 tbsp. cold water	



## Method

1. Sieve flour, rub in butter until mixture resembles fine bread crumbs.
2. Then add sugar and semolina and mix.
3. Divide the portion three portions and add:  
 TO PORTION 1 (Star biscuit): 25gm currants  
 TO PORTION 2 (Bell biscuit): 25gm ground almonds and few drops of almond essence.  
 TO PORTION 3: (Christmas tree biscuit); 1tsp cinnamon.

### STAR BISCUIT

1. Turn dough on slightly floured board, roll out thin and cut into star shapes.
2. Place on a greased tray and bake at 400 degree F (200 degrees C), for 10--12min.
3. When cool ice with icing (of different colours) and put cherry in the centre.

### BELL BISCUIT

1. Roll the dough thin, cut in bell shape (The simplest way is to make a bell shape from a cardboard, put the shape on to the dough and then cut round it)
2. Bake as above and when cool sandwich together with butter icing.
3. Outline with icing and decorate with silver balls.

### CHRISTMAS TREE BISCUIT

1. Roll the dough thin, cut in tree shape (use a cardboard shape as guide).
2. Bake biscuit as above and when cold, sandwich with jam. Cover the tree part with jam and sprinkle with desiccated coconut.



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## Ingredients

Water	1 cup
Ghee	½ cup
Eggs	4 nos.
Maida	1 cup
Pinch of salt	
<b>FOR FILLING:</b>	
Cream	2 cups
Icing Sugar	4 tbsp.
Vanilla Essence	Few drops

## Cream Puffs



## Method

- 1.Heat water, ghee and salt in a heavy bottom utensil and cook till ghee melts.
- 2.Add maida and continue cooking till it forms a ball.
- 3.Remove from fire and cool.
- 4.Add eggs one at a time, beating well. Till it is smooth.
- 5.Drop spoonful on greased tray and bake at 180 degree for 30 min or done. Let it cool.
- 6.Add sugar and vanilla essence to the cream,and beat till fluffy.
- 7.Fill the puffs with cream and ice with icing.

## ICING

- 1.Dissolve 1cup icing sugar in 3 to 4 tbsp water.



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## Ingredients

Flour sieved	2 cups
Baking powder	2 tsp.
Cinnamon	½ tsp.
Egg well beaten	1 no.
Melted butter	1 tbsp.
Milk	½ cup
Nutmeg	½ tsp.
Chocolate sauce	As required
Sugar	½ cup
Salt	¼ tsp.

## Chocolate Doughnuts



## Method

- 1.To the flour add baking powder, salt, nutmeg, and cinnamon and sift.
- 2.Blend the eggs with sugar and then add the butter.
- 3.To the above add a little flour then a little milk and beat continuously.
- 4.Repeat to finish the flour and milk.
- 5.Knead the dough slightly for 2 minutes.
- 6.Roll till 1/4" thick.
- 7.Make medium sized balls and cut in the center with a bottle lid.
- 8.Keep aside for 1 hour.
- 9.Deepfry the doughnuts till golden brown.
- 10.Drain and cool.
- 11.Dip in the chocolate sauce and serve.



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## Ingredients

Flour sieved	75 gms.
Eggs	3 nos.
Castor sugar	75 gms.
Jam	4 tbsps.
Hot water	1 tbsp.
Salt	A pinch

## Jam Swiss Rolls



## Method

1. Take a swissroll tin of 30 X 20 cm and line it with greased grease proof paper.
2. Beat the eggs and sugar till it is flowing.
3. Fold in the flour mixed with salt.
4. Then add the hot water and stir well.
5. Pour this batter into the tin and tilt it to spread the batter evenly.
6. Bake in a hot oven till well risen and spongy to touch.
7. Take a grease porrf paper and dust with castor sugar.
8. Turn the cake out on this and remove the cake lining paper.
9. Warm the jam slightly and spread the jam on the cake.
10. Roll up and cool on a wire rack.
11. Dust the swiss rolls with castor sugar.
12. Cut into 3" pieces and serve.



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## Ingredients

Coffee powder	3 tsps.
Glucose biscuits	32 nos.
Walnuts, crushed	As required

### For the chocolate cream:

Fresh cream, chilled	½ cup
Drinking chocolate	2 ½ tbsps.

### For the chocolate butter icing:

Unsalted butter	6 tbsps.
Drinking chocolate powder	7 ½ tbsps.

Powdered sugar, sieved	4 ½ tbsps.
Vanilla essence	A few drops

## Frozen Chocolate Cake



## Method

1. To prepare the chocolate cream, beat the fresh cream with the drinking chocolate till thick. Keep aside.
2. Prepare the icing by beating till light and smooth all the ingredients under the chocolate butter icing. Keep aside.
3. Boil the coffee powder in 1 1/2 cups of water and cool slightly.
4. Dip the biscuits in the coffee and remove immediately.
5. On a serving tray arrange two rows of biscuits, 4 in each row.
6. Spread some chocolate cream over the biscuits.
7. Now place another layer of coffee dipped biscuits over the first layer.
8. Again spread some chocolate cream over the biscuits.
9. Repeat the above procedure till you get four layers in all.
10. Cover the biscuit cake with the chocolate butter icing.
11. Sprinkle crushed walnuts over the cake.
12. Refrigerate till formed.
13. Serve cold.



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## Ingredients

Condensed milk	1 tin
Butter	100 gms.
Self raising flour	100 gms.
Vinegar	1 tbsp.
Soda bicarb	1 tsp.
Custard powder	1 packet
Fresh cream	½ cup
Cherries	½ cup
Chopped nuts	½ cup
Cocoa powder	3 tsps.

## Cherry Cream Cake



## Method

1. Beat the condensed milk till thick.
2. Add butter to it and beat again till the mixture is creamy.
3. Slowly fold in the maida and mix well.
4. Now add the soda bicarb and vinegar.
5. Divide the mixture into two portions.
6. To one portion add the cocoa powder and pour it over the other portion.
7. Bake till the cake is well cooked.
8. Using the instructions given on the custard packet, prepare the custard with sugar to taste. Cool the custard.
9. Whip cream and then add it to the custard.
10. Now pour the custard-cream over the cake.
11. Garnish with the nuts and cherries.
12. Refrigerate for sometime.
13. Serve cold with icecream.



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## Ingredients

Flour	2 cups
Castor sugar	½ cup
Condensed milk	½ cup
Chocolate powder	½ cup
Almonds	½ cup
Baking powder	1 tsp.
Butter	½ cup

## Chocolate Cookies



## Method

1. [Sieve/sift](#) the flour and baking powder, then add the chocolate powder & butter and rub with your fingers.
2. Now add the castor sugar and chopped almonds and then gently fold in the condensed milk and roll into small balls.
3. Place them on a greased baking tray and bake in a moderate oven at [190 ° C](#) for 20 mins.
4. Once done, cool and store in air-tight containers.



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## Ingredients

Flour	1 1/3 cups
Shortening	1/4 cup
Butter/margarine	1/4 cup
Brown sugar	1/3 cup
Sugar	1/3 cup
Walnuts	1/3 cup
Egg	1 no.
Vanilla essence	3/4 tsp.
Soda bi-carb	3/4 tsp.

## Butterscotch Cookies



## Method

1. Melt the butter & shortening, add both the sugars and mix well.
2. Add the egg and blend well.
3. Sift the flour & soda & add this to the egg mixture.
4. Now add the [chopped](#) nuts & vanilla essence, chill and roll into balls.
5. Bake on an ungreased tray in a moderate oven at [180 ° C](#) for 7-10 mins.
6. Remove immediately, cool & store in air-tight containers.



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## Ingredients

Flour	4 cups
Baking soda	1 tsp.
Salt	1 tsp.
Sugar	2 cup
Butter	1 cup
Eggs	2 nos.
Vanilla essence	2 tsp.
Sugar	½ cup
Cinnamon, powder	2 tsp.



## Method

1. [Sieve/sift](#) the flour, soda, salt and set aside.
2. [Cream](#) together butter, sugar and vanilla essence in a bowl until light and fluffy.
3. Add eggs, one at a time, beating well after adding each egg.
4. Next add the flour mixture slowly and beat well after adding little at a time.
5. Cover and chill overnight.
6. Put a spoonful of cookie mixture on a greased cookie sheet and mix sugar and cinnamon, sprinkle on each cookie and bake in a preheated oven for 8-10 minutes.
7. Once done cool and store in air-tight containers.



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## Ingredients

Flour	2 cups
Shortening	1 cup
Peanut butter	1 cup
Sugar	1 cup
Brown sugar	1 cup
Eggs	2 nos.
Soda bi-carb	2 tsps.
Vanilla essence	1 tsp.
Salt	½ tsp.

## Peanut Butter Cookies



## Method

1. [Cream](#) the shortening, both the sugar, eggs and vanilla essence.
2. Then add the peanut butter & and mix well.
3. [Sieve/sift](#) the flour, salt & soda and add to the above mixture & mix well.
4. Spoon the mixture onto ungreased trays and bake in a moderately slow oven for about 10 mins.



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## Ingredients

Butter	1 cup
Sugar	¾ cup
Egg, beaten	1 no.
Carrots, cooked & mashed	1 cup
Vanilla essence	1 tsp.
Lemon essence	½ tsp.
Salt	½ tsp.
Flour	2 cup
Baking powder	2 tsps.

**For the Icing**

Orange rind, grated	1 tsp.
Powdered sugar	2 cups

## Carrot Cookies



Orange juice (enough to mix up icing)
---------------------------------------

## Method

1. [Sieve/sift](#) the flour, salt and baking powder & keep aside.
2. [Cream](#) the butter, sugar & add the beaten eggs, mashed carrots, lemon & vanilla essence and mix well.
3. Add the flour mixture to the cream mixture and put a spoonful of batter on a greased tray.
4. Bake for 12-15 minutes in a moderate oven.
5. Mix the powdered sugar, orange juice & rind to form a smooth paste.
6. Then frost cookies with orange icing while still warm.



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## Ingredients

Flour	3 ½ cups
Butter/margarine	1 ½ cups
Sugar	1 cup
Almonds	1 cup
Candied peels	¾ cup
Eggs	2 nos.
Thick cream	2 tbsps.
Honey	½ cup
Vanilla essence	1 tsp.
Grated lemon peel	½ tsp.

Salt A pinch

## Method

1. [Cream](#) 1 cup of butter with ½ cup of sugar & keep aside.
2. Add the eggs & [beat](#) it till light & fluffy, then add the lemon peel.
3. Then add the flour, salt and mix well & put in a baking dish & smoothen the surface.
4. Bake in a pre-heated oven for 25-30 mins. or until slightly brown.
5. [Melt](#) the butter, add the honey, cream, vanilla essence & the remaining sugar and boil for a few minutes and stir occasionally.
6. Add the fruits & almonds & pour this mixture over the baked crust and bake further for about 10 mins.
7. Cool & cut into square shapes.

## Fruit Bars



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## Ingredients

Flour	2 cups
Baking powder	2 tsps.
Baking soda	1½ tsps.
Cinnamon, powder	2 ½ tsps.
Eggs	4 nos.
Sugar	2 cups
Carrots, grated	2 ¾ cups
Pineapple, crushed	1 can
Walnuts, chopped	¾ cup
Coconut, grated	1 cup
Oil	1 ½ cups
Salt	1 tsp.



## Method

1. [Sieve/sift](#) the flour, baking powder, soda, salt & cinnamon powder.
2. Mix the oil, sugar & eggs in a large bowl.
3. Then add the flour mixture a little at a time to the egg mixture, mixing well after each addition.
4. Add carrots, pineapple, nuts, coconut and mix well.
5. Pour this mixture into a greased cake tin & bake at [350 ° C](#) for 35-40 minutes.
6. Before removing the cake from the tin let it cool for atleast 10 mins.
7. Will stay for atleast a week in the fridge.



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## Ingredients

Flour	1½ cups.
Sugar	1 cup
Cocoa powder	3 tbsps.
Baking powder	¾ tsp.
Baking soda	¾ tsp.
Water	1 cup
Vinegar	1 tbsp.
Vanilla essence	1 tsp.
Vegetable oil	¼ cup
Salt	½ tsps.

## Eggless Chocolate Cake



<b>For the frosting</b>		Condensed milk	1 tin.
Cocoa powder	½ cup	Butter or margarine	2 tbsps.

## Method

1. **Sift** the flour, sugar, [cocoa powder](#), baking powder, soda & salt together.
2. Add the water, oil, vinegar & vanilla essence to the flour mixture.
3. **Beat** until smooth and pour the batter into a greased & floured tin.
4. Bake at [175° C](#) in a pre-heated oven for 30 mins.
5. Mix cocoa powder, condensed milk & butter in a bowl, keep this bowl on top of another bowl of boiling water ( the water shouldn't touch the bowl with the cocoa mixture) and cook until thick.
6. Once the [chocolate](#) frosting is made, spread it on top of the cake and serve.



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## Ingredients

Cream cheese	250 gms.
Sugar	1 cup.
Almond essence	¼ tsps.
Eggs	5 nos.
Salt	¼ tsps.
<b>For the topping</b>	
Sour cream	1 cup
Sugar	2 tbsps.
Vanilla	¼ tsp.



## Method

1. Mix cream cheese, sugar, almond essence, eggs, salt & mix well until smooth.
2. Pour the cheese mixture into a pie plate and bake at [165 ° C](#) in a pre-heated oven for 45-50 mins.
3. Once done, remove from the oven & cool.
4. Mix sour cream, sugar and vanilla essence and [beat](#) well until smooth.
5. Spread evenly on top of the baked cheese cake, then bake again for 10 minutes at [165 ° C](#) to set the top.
6. Let it cool, and then refrigerate several hours before serving.



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heese mixture into a pie plate and bake at [165 ° C](#) in a pre-heated oven for 45-50 mins.

3. Once done, remove from the oven & cool.

4. Mix sour cream, sugar and vanilla essence and [beat](#) well until smooth.

5. Spread evenly on top of the baked cheese cake, then bake again for 10 minutes at [165 ° C](#) to set the top.

6. Let it cool, and then refrigerate several hours before serving.



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## Ingredients

Butter or margarine	1 cup
Sugar	2 cups
Eggs	6 nos.
Flour	1 ¾ cups
Salt	½ tsp.
Almond essence	2 tsps.
<b>For the topping</b>	
Icing sugar	1 cup
Milk	2-3 tbsps.
Almonds, blanched	½ cup

## Almond Pound Cake



## Method

1. [Cream](#) the butter or margarine & sugar together with an electric beater.
2. Then add the eggs one at a time and beat well till light & fluffy.
3. Add the flour, salt & almond essence & mix well.
4. Pour this batter into a greased & floured tin and [bake](#) in a pre-heated oven at [165 ° C](#) for 60 mins.
5. When you pierce the cake with a toothpick in the center, it should come out clean.
6. Then remove it from the tin and cool on a rack.
7. Mix together the icing sugar and milk, and mix until smooth.
8. When the cake has cooled, drizzle with the icing sugar glaze and top with blanched almonds.



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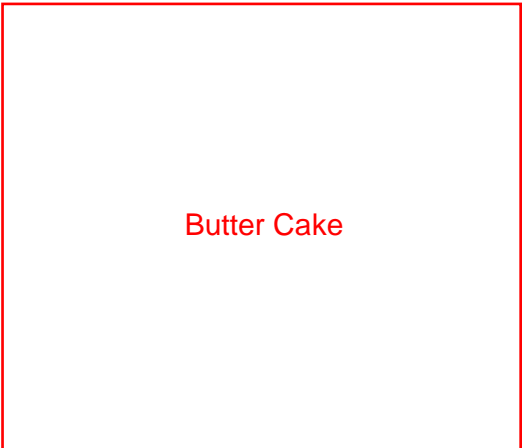
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## Ingredients

Flour (Maida)	1½ cups
Baking powder	2 tsp.
Sugar, powder	1 cup
Eggs	2 nos.
Milk	¾ cup
Vanilla essence	1 tsp.
Butter	½ cup
Salt	½ tsp.



## Method

1. Sieve the flour, baking powder & salt.
2. [Cream](#) the butter, then add the sugar, eggs, vanilla essence & beat well till light & fluffy.
3. Then add the flour mixture alternately with the milk and stir well till smooth.
4. Pour this batter into a greased & floured baking tin & bake at [175 ° C](#) for 50-55 mins.
5. Remove from pan and allow it to cool.



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## Ingredients

White chocolate, finely chopped	250 gms.
Flour	3 cups
Baking powder	2 tsps.
Sugar, powdered	1 ¼ cups
Milk	1 cup
Vanilla essence	1 tsp.
Butter or margarine, unsalted	½ cup
Salt	½ tsps.



## Method

1. [Melt](#) the [chocolate](#) in a double boiler and set it aside to cool .
2. [Sieve/sift](#) flour, baking powder, salt & keep aside.
3. [Cream](#) the butter and sugar till it becomes creamy.
4. Then [beat](#) in the melted chocolate and vanilla essence.
5. Add the flour mixture and milk slowly to the butter mixture stir continuously.
6. Beat well and pour the batter into a greased tin and bake at [175 ° C](#) for 25-30 mins.
7. Cool and serve.



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## Ingredients

Flour	80 gms.
Butter	40 gms.
Baking powder	¼ tsp.
Powder sugar	50 gms.
Desiccated coconut	40 gms.
Water/Milk	2½ tbsp.
Vanilla essence	Few drops

## Coconut Cookies



## Method

1. [Sieve/sift](#) flour, soda and baking powder.
2. [Cream](#) butter and sugar very well.
3. Add flour and desiccated coconut, vanilla essence and make a soft dough with milk/water.
4. Roll into a cylinder and further roll the dough into a square butter paper. Chill it for 4-5 hours or till hard. (Do not freeze)
5. Bake at [175 ° C](#) for 15 mins or till done.



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## Ingredients

Flour	70 gms.
Powdered sugar	35 gms.
Butter	50 gms.
Chopped Cashews	50 gms.
Vanilla essence	1 tsp.
Milk	1 tbsp.

## Kaju Cookies



## Method

1. [Cream](#) butter and sugar in a 1½ litre till light and fluffy. Add the essence.
2. [Sieve/sift](#) the flour and fold into the butter. Add milk for consistency.
3. Dust the table top and roll the dough into a cylindrical shape and cut into equal round pieces.
4. Then wet the top of each cookie with milk and put chopped cashew on each.
5. Bake at [175 ° C](#) / [365 ° F](#) for 15 mins.



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## Ingredients

Flour	100 gms.
Butter	50 gms.
Margarine	20 gms.
Powdered sugar	30 gms.
Vanilla essence	½ tsp.
Water/milk to mix.	
<b>For Icing</b>	
Margarine	20 gms.
Butter	10 gms.
Icing sugar	40 gms.

Cocoa 1 tsp.

## Method

1. [Cream](#) margarine and butter, add sugar and cream it well. Then add the essence.
2. Add flour and beat it very well.
3. Add milk or water to make a soft dough.
4. [Pipe](#) out swirls or fingers and bake at [170 ° C](#) for 15 minutes and cool it.
5. Cream the margarine and butter, add the [icing sugar](#) and [cocoa powder](#) and mix well.
6. Then sandwich this cream in between the macaroons.

## Cream Macaroons



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## Ingredients

Flour	120 gms.
Powdered sugar	140 gms.
Margarine	120 gms.
Eggs	2 nos.
Baking powder	1 tsp.
Cocoa powder	20 gms.
Vanilla essence	1 tsp.
Milk/Water	For consistency

## Marble Cake



## Method

1. Grease, line and dust ½ kg. bread tin. Sieve flour and baking powder.
2. Take a clean 2 ½ liter stainless steel vessel and cream the margarine. Add the sugar and cream till light and fluffy.
3. Add the yolks and [cream](#) the mixture after every addition. [Whisk](#) the egg white and add to the creamed mixture creaming it continuously. Add essence and [fold](#) in the flour.
4. Divide the mixture into 1/3 and 2/3. In the 1/3 portion add the cocoa powder mixed with milk/ water. In the other portion add milk/ water.
5. Pour the dark and white batter alternately and run a fork through it.
6. Bake at [180 ° C.](#) or [375 ° F](#) for 35 mins.



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## Ingredients

Maida	250 gms.
Powdered sugar	250 gms.
Mixed fruit	250 gms.
Mixed fruit jam	2 tbsp.
Rum	3 tbsp.
Eggs	5 nos.
Butter	250 gms.
Rava	2 tbsp.
Baking powder	½ tsp.
Caramel colour	2 tsp.

## Fruit Cake



## Method

1. [Cream](#) butter and sugar.
2. [Beat](#) egg whites and keep aside.
3. Add fruits and baking powder to the flour and mix well.
4. Add jam and spices to the cream mixture and add caramel colour.
5. Add eggs, maida, rava and mix well. Bake at [180 ° C](#) for 1 hour or [300 ° F](#).
6. Add 3 tbsp. rum.



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## Ingredients

Wet dates	200 gms.
Shelled walnuts	50 gms.
Sugar	100 gms.
Maida(fLOUR)	100 gms.
Butter	75 gms.
Soda bicarb	½ tsp.
Baking powder	½ tsp.
Vanilla essence	½ tsp.
Hot water	½ cup.
Eggs	3 nos.



## Method

1. Grease a round cake tin with butter and dust with flour.
2. Remove seeds from dates and cut into small pieces. [Chop](#) the walnuts into small pieces.
3. [Beat](#) the eggs, both yellow and white with a egg beater.
4. In the ½ cup of hot water put in soda bi-carb and date pieces. Soak this for 10 minutes.
5. [Sieve/sift](#) the maida and baking powder three times.
6. [Cream](#) the butter and sugar, add the beaten eggs and also the maida with baking powder.
7. Lastly add the soaked dates and chopped walnuts and mix well.
8. Fill the cake mixture into the greased cake tin.
9. Bake in pre-heated oven for 35-40 minutes at [180 ° C](#).



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## Ingredients

Plain flour	170 gms.
Margarine	115 gms.
Castor Sugar	170 gms.
Orange Colour	1 tsp.
Orange Essence	1½ tsp.
Almonds	a few

## Sweetheart Cookies



## Method

1. [Beat](#) margarine and sugar until very light and creamy.
2. Add essence and colour and beat again.
3. [Sieve/sift](#) the flour and add to the mixture.
4. [Knead](#) the [dough](#) well and roll it.
5. Shape the dough in heart shapes using a cutter. Decorate the cookies with almonds.
6. Put it on a greased baking tray, bake the cookies at [180 ° C](#). for 15 to 20 minutes.



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## Ingredients

Condensed Milk	200 gms.
Baking powder	1 tsp.
Soda bi-carbonate	½ tsp.
Self raising flour	125 gms.
Strawberry essence	1 tsp.
Red colour	½ tsp.
Margarine (melted)	60 ml.

### For Icing:

Fresh cream	250 gms.
Icing sugar	4 tbsp.
Strawberry essence	1 tsp.
Red colour	¼ tsp.

## Strawberry Heart Cake



Strawberries 7-8 nos.

## Method

### To make the Cake

1. [Sieve/sift](#) the flour, baking powder, soda bi-carbonate together.
2. Mix condensed milk, flour, essence, colour and margarine (melted) together.
3. Grease 7 or 8 inch diameter tin.
4. Pour the cake mixture into the prepared tin.
5. Bake in preheated oven at [180 ° C](#). for 15 to 20 mins.
6. Cool the cake.

### For Icing

1. Pour out fresh cream in a vessel which is kept on a bigger vessel filled with ice.
2. Add icing sugar, essence and colour.
3. Whip the [cream](#) till really stiff.
4. Cut the cake into two halves.
5. Put a layer of cream on the lower half and put strawberry slices on the cream.
6. Then put the second half on top.

7. Again put a layer of cream the upper surface with cream and level the cake.
8. Put icing on the sides of the cake.
9. Place the cake by putting the cream in the piping bag and lacing the border of the cake.



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## Ingredients

Heavy Cream	1 cup
Sugar	½ cup
Egg Yolk	4 nos.
Mascarpone (cheese)	300 gms.
Chocolate sponge	200 gms.
Coffee powder/espresso	1½ tsp.
Amaretto	4 tbsp.
Cocoa powder	2 tbsp.

## Tiramisu



## Method

1. [Whip](#) cream and 1 tablespoon of the sugar until stiff.
2. [Mix](#) rest of the sugar with egg yolks. Add mascarpone and whipped cream.
3. Line a flat dish with half of the sponge and sprinkle coffee powder mixed with amaretto. Spread a layer of cream mixture.
4. Add second layer of sponge on top of the cream mixture. Sprinkle with amaretto and coffee mixture.
5. Cover with a final layer of cream. Sprinkle with the cocoa powder. Refrigerate for at least 1 hour before serving.



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## Ingredients

Chocolate	100 gms.
Eggs	2 nos.
Maida	1 cup
Powdered sugar	1 cup
Baking powder	1 tsp.
Vanilla essence	1 tsp.
Walnuts	½ cup
White butter	90 gms.



## Method

1. Take chocolate and white butter in a bowl and put in microwave on high for about 1½ minutes so that the chocolate and butter melt properly.
2. Break and [peel](#) walnuts and make into small pieces.
3. Remove the chocolate and butter from the microwave and mix properly. Let it cool for a while.
4. Take 2 eggs in a bowl. Add powder sugar and mix properly.
5. Add the maida and baking soda to the eggs and mix.
6. Add the vanilla essence and then add the chocolate and butter mixture to the batter. Mix thoroughly.
7. Finally add the chopped walnuts and mix.
8. Take a baking dish. Roll it nicely with butter and maida.
9. Put the batter in the baking dish and keep it in microwave on high for about 8 minutes.



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## Ingredients

Castor sugar	150 gms.
Flour	90 gms.
Cocoa	20 gms.
Baking powder	¾ tsp.
Vanilla essence	a few drops
Cream	100 gms.
Grated chocolate for decoration	
Cherries	50 gms.
Rum	2 tsp.

Syrup of cherries	½ cup	Eggs	2 nos.
Castor sugar	2 tsp.		



## Method

1. Deseed the cherries and cut into half for decoration.
2. Sieve the flour, cocoa, baking powder atleast 4 to 6 times.
3. Beat the eggs and sugar placing it in hot water till it is light and fluffy.
4. Remove from water and add flour by cut and fold method. Add the vanilla essence.
5. Grease a baking dish and pour this mixture into it.
6. Bake at [200° C](#) for half an hour. Cool the cake and cut horizontally into two parts.
7. Mix the rum and syrup of cherries and moist the two parts of the cake with this.
8. Beat the [cream](#) and sugar stiffly placing it on ice.
9. Spread the cream on the lower part of cake. Arrange the cherries and spread the grated chocolate.
10. Place the other part of the cake on top of this and decorate with the cream, grated chocolate and cherries.
11. Chill well and serve.



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## Ingredients

Flour	1 cup
Brown Sugar	½ cup
Bread crumbs	150 gms.
Eggs	3 nos.
Milk	1 cup
Almonds	½ cup
Raisins	¾ cup
Candied orange peel	¼ cup
Candied lemon peel	¼ cup
Candied cherries	½ cup

Cinnamon powder	½ tsp.
Clove powder	½ tsp.
Melon seeds	½ cup
Brandy	1/3 cup

## Christmas Pudding



White butter	½ cup
Orange juice	¼ cup
Salt	½ tsp.

## Method

1. Roughly [chop](#) candied orange peel, lemon peel, cherries and almonds into small pieces.
2. Mix butter, flour, bread crumbs, sugar, melon seeds, lemon rind, cinnamon & clove powder, raisins and salt with chopped candied fruits and almonds.
3. Stir in orange juice, brandy and milk.
4. Lightly [beat](#) the eggs and mix them into the mixture.
5. Grease a large pudding bowl and fill the bowl with pudding mixture to a maximum of one and half inches below the rim. Cover the bowl with aluminum foil.
6. [Steam](#) the pudding by placing the bowl in boiling water. The bowl must always be two thirds submerged in the water. Cook for 3 hours on medium heat.

Note: If the pudding is cooked ahead of time, it can be wrapped in a cloth which has been soaked in brandy and then covered with aluminum foil and kept in the refrigerator. Kept like this for at least 3 to 4 weeks and then serve whenever required by steaming for a further 3 hours.

If candied orange and lemon peel is not easily available, you can make it by cooking orange and lemon peel in sugar syrup for one hour.



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## Ingredients

Eggs	5 nos.
Castor Sugar	125 gms.
Refined Flour	100 gms.
Vanilla essence	8-10 drops.

## Vanilla Sponge Cake



## Method

1. [Beat](#) eggs and sugar together till the sugar is dissolved and the mixture is thick pale yellow in colour and almost treble in volume.
2. [Sift](#) flour. Add this to eggs and sugar mixture. Fold it with the help of a [palette knife](#). Add the vanilla essence.
3. Grease a baking mould and pour this mixture into it and bake in a preheated oven at [175 ° C](#) for 25 to 30 minutes.
4. Remove from the mould when it is cold and use as desired.



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## Ingredients

Eggs	5 nos.
Castor Sugar	125 gms.
Refined Flour	100 gms.
Cocoa powder	25 gms.

## Chocolate Sponge Cake



## Method

1. [Beat](#) eggs and sugar together till the sugar is dissolved and the mixture is thick pale yellow in colour and almost treble in volume.
2. [Sift](#) flour and [cocoa powder](#) together. Add this to eggs and sugar mixture. Fold it with the help of a [palette knife](#).
3. Grease a baking mould and pour this mixture into it and bake in a preheated oven at [175 ° C](#) for 25 to 30 minutes.
4. Remove from the mould when it is cold and use as desired.



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## Ingredients

Butter (white)	½ kg.
Icing sugar	300 gms.
Maida	750 gms.
Eggs	3 nos.
Chopped almonds	½ cup
Almond essence	Few drops

## Almond Cookies



## Method

1. Beat the butter, add sugar and mix well.
2. After it smoothens add egg white and mix well.
3. Add maida and a few drops of almond essence, mix well with light hand.
4. Add chopped almonds and mix well.
5. Wrap in butter paper and keep to cool.
6. Butter the tray, cut into small cookies and keep in tray.
7. Pre-heat oven 150 ° C cook for 15-20 minutes.



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## Ingredients

Apple	10 nos.
Sugar	½ cup.
Cashewnuts	½ cup
Mixed fruit jam	1 tbsp.
Lemon	½ no.
Cinnamon powder	½ tsp.

## Baked Apple



## Method

1. De-seed the apple. Chop Cashewnuts. Juice lemon.
2. Mix jam and chopped cashewnuts. Add this in the middle of the apple.
3. Make apple puree with remaining apples.
4. Add the puree in a pan. Add sugar and cook till sugar dissolves. Then add cinnamon powder. Add lime juice.
5. Pour the sauce over the apples. Sprinkle a little cinnamon powder.
6. Cook in [microwave](#) for 5 mins.



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## Ingredients

Pine-apple rings	250 gms.
Refined flour/Maida	100 gms.
Baking Powder	1 tsp.
Castor Sugar	100 gms.
Sugar	25 gms.
Cinnamon powder	½ tsp.
Eggs	2 nos.
Butter	125 gms.
Red Cherries	Few

## Pineapple Upside Down



## Method

1. Grease an oven proof dish.
2. [Melt](#) some sugar and butter together. Line inside the oven proof dish.
3. Set the pineapple rings on this.
4. Fill the center of the pine-apple rings with the cherries.
5. [Cream](#) butter in a bowl and add castor sugar in the same quantity as the butter. Mix together well.
6. Add the eggs to this and mix further.
7. [Strain](#) the maida and baking powder into this mixture. Now powder into this mixture.
8. Add cinnamon powder to this and mix thoroughly to form a smooth batter of thick consistency.
9. Pour this over pine-apple rings. Cover the dish with aluminium foil.
10. Heat in a pre heated oven at [180 ° C](#) till the crust is done.
11. Serve upside down.



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## Ingredients

### For the Caramel

Sugar ½ cup.  
 Water ¼ cup

### For the Custard

Milk 2 ½ cup  
 Eggs 2 nos.  
 Egg Yolk 2 nos.  
 Vanilla Essence ¼ tsp.  
 Sugar ½ cup



## Method

1. Boil and cook the milk. Separate the yolks from two eggs.
2. Beat the egg whites well. Add egg yolk, sugar, milk mix well.
3. Add vanilla essence and strain to removing existing or bubbles.
4. Simultaneously take sugar in a pan, add water to this, cook well for the caramel.
5. Once the caramel is browned pour it into moulds.
6. Pre-heat oven to [180 ° C](#), take an oven tray with water.
7. Place the moulds on it, pour the custard mixture in it and cook in oven for ½ an hour.



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## Ingredients

Mustard greens, cleaned & chopped	2 bunches
Asafoetida	A pinch
Onion, small, minced	1 no.
Ginger, minced	1"piece
Garlic, minced	2 flakes
Makai flour	1 tsp.
Turmeric powder	1/2 tsp.
Tomato, large, blanched & diced	1no.
Chili powder	To taste
Salt	To taste

## Sarsaon Ka Saag



## Method

1. Heat 6 tablespoons Ghee, put in asafoetida, then add all the spices, mustard, tomato and salt.
2. Cover tightly and cook till tender.
3. Mash to a very fine paste.
4. Blend flour with 2 tablespoons water and put in.
5. Keep on stirring till the saag turns dry.
6. Heat 2 tablespoons ghee and toss in ginger, garlic and onion and fry till soft.
7. Mix in and serve hot.



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## Ingredients

Black Urad dal whole	150 gms.
Garlic paste	1 tbsp.
Ginger paste	1 tbsp.
Red chilli powder	1 tbsp.
Butter	100 gms.
Fresh cream	100 mls.
Tomato puree	1½ cup
Garam masala powder	2 tsp.
Salt	As per taste



## Method

1. Pick and wash whole black urad. Soak it in 4 cups of water for 8-10 hours.
2. Cook it in 4-5 cups of water along with salt, red chilli powder, [Ginger Paste](#) and [Garlic Paste](#). Bring it to a boil. Reduce flame and simmer for about an hour or till it is completely cooked and tender.
3. Add tomato puree, butter and [Garam Masala Powder](#) and cook on a slow flame for an hour.
4. Add fresh cream, correct seasoning and simmer for another 10 minutes.
5. Serve hot with a bread of your choice. (Chef Kapoor enjoys it with [Pudina Paratha](#) !)



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## Ingredients

Spinach	600 gms.
Paneer	125 gms.
Chopped Garlic	½ tsp.
Chopped Green Chili	2 tsp.
Corn Flour	3 tsp.
Oil for deep frying	-
Salt	As per taste



## Makhani Sauce

Whole Garam Masala	1 tbsp.	Kasoori Methi	½ tsp.
Tomato Puree	400 gms.	Butter	50 gms.
Ginger Paste	1 tbsp.	Garam Masala Powder	½ tsp.
Garlic Paste	1.tbsp.	Sugar/Honey	2 tsp.
Red Chili Powder	1 tbsp.	Salt	As per taste
Chopped Green Chili	1 tsp.		
Fresh Cream	100 mls.		

## Method

1. Wash spinach in plenty of running water to get rid of any dirt, soil or impurities. Blanch spinach in boiling hot water and refresh in cold water. Chop and keep aside.
2. Add chopped green chilies, salt, chopped garlic and corn flour.
3. Mix well and divide into 12 equal portions.
4. Grate Paneer. Add salt and mash well. Divide it into 12 small balls.
5. Take spinach, flatten it on your palm and stuff paneer balls in it. Shape it into a ball (*kofta*). Deep fry for 5 minutes in moderately hot oil.
6. Heat butter in a pan. Add Whole Garam Masala. Let it crackle. Then add Ginger Paste, Garlic Paste and chopped green chilies. Cook for 2 minutes.
7. Add tomato puree, red chili powder, Garam Masala Powder, salt in one cup of water. Bring it to a boil. Reduce heat and simmer for 10 minutes. Add sugar or honey or both and kasoori methi. Stir in fresh cream.
8. Serve *koftas* cut into halves on top of makhani gravy. Do not boil *koftas* in the gravy as they are liable to break.



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## Ingredients

Eggplant (small)	500 gms
Sesame seeds	2 tbsps.
Peanuts	3 tbsps.
Cumin powder	1 tsp.
Dry Red chili whole	2
Chopped onion	½ Cup
Tamarind (seedless)	30 gms.
Curry leaves	8 - 10 nos.
Green chili	3
Fenugreek seeds	½ tsp.
Turmeric powder	1 tsp.
Mustard seeds	1 tsp.
Oil for deep frying	-
Salt	To taste

## Baghare Baingan



## Method

1. Wash and slit the eggplants (Baingan) into quarters without removing the stem.
2. Deep fry in medium hot oil till brown in colour.
3. Lightly roast the peanuts and sesame seeds. Grind peanuts, sesame seeds and red chilies to a smooth paste. Slit green chilies and cut into one inch long pieces.
4. Boil tamarind in 1 cup of water for 5 minutes and strain to get tamarind pulp.
5. Heat oil in a thick bottomed pan. Add mustard and fenugreek seeds. When mustard seeds start to splutter, add curry leaves and chopped onions. Cook till golden brown and add peanuts and sesame paste. Stir constantly.
6. Add turmeric powder, green chilies and cumin powder. Season with salt. Add 2 cups of water, bring it to boil and add tamarind pulp. Add fried eggplants and cook on **Dum** on a slow flame for 15 minutes.

**Tip:** You can add fresh coconut also. In that case make a paste of grated fresh coconut with peanuts, sesame and red chilies.



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## Ingredients

Mushroom	300 gms.
Chopped onion	1 ½ cup
Chopped ginger	2 tbsp.
Cumin seeds	1 tsp.
Chopped tomato	¾ cup
Coriander powder	1 tsp.
Red chili powder	1 tsp.
Turmeric powder	1 tsp.
Chopped green chili	1 tsp.
Chopped green coriander	1 tbsp.

Garam Masala powder	1 tsp.
Oil	2 tbsp.
Salt	As per taste

## Adraki Mushroom



## Method

1. Clean and cut mushrooms into quarters.
2. Heat oil in a [Kadhai](#). Add cumin seeds and let it crackle. Add chopped onions and sauté' until light golden brown. Add chopped ginger, green chilies, coriander powder, turmeric powder and salt. Cook for one minute.
3. Add chopped tomatoes and red chili powder and cook till fat leaves the masala.
4. Add mushrooms and cover. Cook for another 10 minutes on a medium flame. Add [Garam Masala Powder](#).
5. Open the lid and cook for 5 minutes on a high flame. Sprinkle chopped green coriander and serve hot.



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## Ingredients

Kabuli chana	200 gms.
Chopped onion	1 ½ cup
Garlic paste	1 tbsp.
Ginger paste	1 tbsp.
Bay leaf	1 no.
Chopped tomato	¾ cup
Red chili powder	1 tbsp.
Coriander powder	2 tbsps.
Oil	3 tbsps.
Green chili	2 no.
Cumin powder	1 tsp.
Garam Masala powder	2 tsps.
Anardana powder	2 tsps.
Salt	To taste

## Peshawari Chana



## Method

1. Soak Kabuli chana in 5 cups of water overnight.
2. In a pressure cooker or a thick bottomed pan, take 6 cups of water and add the chana. Add salt. Tie tea leaves in a piece of muslin cloth and keep this in the chana. Boil chana until soft and dark in color. Strain and keep aside.
3. Heat oil in a [Kadhai](#). Add bayleaf and chopped onion. Cook until onions are golden brown in color.
4. Add [Ginger Paste](#), [Garlic Paste](#), and green chili cut into quarters length wise. Cook for 1 minute and then add chopped tomatoes, red chili powder, coriander powder and cumin powder. Cook for 10 minutes.
5. Add boiled chana, anardana (pomegranate seeds) powder, and 1 cup of water. Cook on a medium flame for 8-10 minutes.
6. Add [Garam Masala Powder](#) and salt. Mix well and serve hot.



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## Ingredients

Boiled potatoes	2 no.
Paneer	75 gms.
Chopped green chilies	1 tsp.
Raisins	25 gms.
Cornflour	¼ cup
Oil for deep frying	-
Salt	As per taste

## Malai Kofta



## Gravy

Boiled onion paste	1 cup	Coriander powder	1 tsp.
Green chili(chopped)	½ tsp.	Garam Masala powder	1 tsp.
Garlic paste	1 tbsp.	Tomato puree	½ cup
Ginger paste	1 tbsp.	Red chili powder	1 tsp.
Mawa / Milk powder	½ cup	Oil	2 tbsp.
Fresh cream	½ cup	Salt	As per taste
Turmeric powder	1 tsp.		

## Method

1. Peel and grate boiled potatoes and paneer. Add chopped green chilies, corn flour and salt. Mix well.
2. Divide into 16 equal sized balls. Stuff raisins into them. Deep fry in hot oil until slightly colored. Keep aside.
3. Heat oil in a kadai. Add boiled onion paste and cook for 5 minutes.
4. Add ginger and garlic paste, coriander powder, turmeric powder and salt. Cook for a minute. Add tomato puree and red chili powder and cook on a medium heat for 8-10 minutes. Add garam masala powder.
5. Dissolve mawa/milk powder in 1½ cups water and add to the gravy. Bring it to a boil and simmer for 5 minutes on low heat. Finish with fresh cream.
6. Put koftas in a serving dish and pour hot gravy on top.



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## Ingredients

### Pakora

Gram flour	1 cup
Chopped onion	¼ cup
Chopped potato	¼ cup
Ajwain	1 tsp.
Red chili powder	1 tsp.
Chopped ginger	1 tsp.
Baking powder	½ tsp.
Oil for deep frying	-
Salt	As per taste

## Punjabi Kadhi



### Kadhi

Curd (yogurt)	1 cup	Asafoetida	A pinch
Gram flour	¼ cup	Fenugreek seeds	1 tsp.
Dry red chili whole	2 no.	Oil	2 tbsp.
Turmeric powder	1 tsp.	Salt	As per taste

## Method

1. Mix all *pakora* ingredients except oil and add about ½ cup of water. Mix well.
2. Heat oil in a Kadhahi and deep fry vegetable and gram flour mixture after making into small balls. Fry till *pakoras* are golden brown.
3. Beat Curd/Yogurt and mix gram flour in it. Blend thoroughly so as to ensure that there are no lumps. Add turmeric powder, salt and 3 cups of water.
4. Heat oil in a Kadhahi. Add fenugreek seeds and dry red chili. Stir fry for half minute. Add Gram flour and Yogurt mixture. Bring it to a boil and simmer on a slow fire for about 15 minutes. Stir occasionally.
5. Add red chili powder and fried *pakoras* and again simmer for about 5 minutes.
6. Serve hot with steamed rice.



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## Ingredients

Paneer	500 gms.
Sliced onion	1½ cup
Bay leaf	2 nos.
Dry red chili whole	3 nos.
Garlic paste	1 tsp.
Ginger paste	1 tsp.
Crushed coriander seeds	2 tsp.
Tomato puree	¾ cup
Red chili powder	1 tsp.
Garam masala powder	1 tsp.
Oil	2 tsp.
Salt	To taste

## Kadhai Paneer



## Method

1. Cut [Paneer](#) into triangles and keep aside.
2. Heat oil in a [Kadhai](#), add dry red chili, coriander powder, bayleaf and then add sliced onion, sauté onion till golden brown in color, and crisp.
3. Add [Ginger Paste](#), [Garlic Paste](#), stir and add tomato puree, cook for few minutes.
4. Then add red chili powder, coriander powder and salt mix well. Add ½ cup water if required.
5. Add Paneer and cook until coated with thick gravy.
6. Serve hot, garnished with lightly roasted crushed coriander seeds..





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## Ingredients

Cauliflower	2 no.
Grated onion	1 cup
Garlic paste	1 tsp.
Ginger paste	1 tsp.
Tomato puree	½ cup
Red chili powder	1 tsp.
Garam masala powder	1 tsp.
Coriander powder	1 tsp.
Turmeric powder	2 tsp.
Melon seed paste	½ cup
Cumin powder	1 tsp.
Oil	2 tsp.
Salt	As per taste

## Gobhi Musallam



## Method

1. Remove stalk from cauliflower. Boil in salted water with 1 teaspoon turmeric powder till half cooked.
2. Heat oil in a [Kadhai](#). Add grated onions and sauté until golden brown in colour.
3. Add [Ginger Paste](#), [Garlic Paste](#), cumin powder, coriander powder, remaining turmeric powder, [Garam Masala Powder](#) and salt. Stir for half a minute. Add tomato puree and cook till fat leaves the masala.
4. Add melon seeds paste dissolved in 1 cup of water. Bring it to a boil.
5. Add ½ boiled cauliflower and cook on [Dum](#) for 10 minutes.
6. Serve hot garnished with chopped green coriander and melon seeds.



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## Ingredients

Small potatoes	500 gms.
Boiled onion paste	1 cup
Garlic paste	1 tsp.
Ginger paste	1 tsp.
Tomato puree	½ cup
Red chili powder	1 tsp.
Coriander powder	1 tsp.
Turmeric powder	1 tsp.
Kasoori methi	1 tsp.
Garam masala powder	1 tsp.
Fresh cream	50 ml.
Cashewnut paste	1 tsp.
Curd (Yogurt)	½ cup
Oil	2 tsp.
Salt	As per taste

## Aloo Dumwale



## Method

1. Peel, wash and prick potatoes with a fork. Deep fry in moderate hot oil until potatoes are golden brown in color. Keep aside.
2. Heat oil in a patila. Add [Boiled Onion Paste](#) and cook on a high flame, stirring continuously until onion paste changes color to light brown.
3. Add [Cashewnut Paste](#) and beaten [Curd/Yogurt](#), mix well.
4. Add [Ginger Paste](#) and [Garlic Paste](#), stir for half a minute and then add red chili powder, coriander powder, and turmeric powder. Stir for a few seconds. Add tomato puree and cook on a medium flame for 3 minutes.
5. Add 2 ½ cups of water. Bring it to a boil and add fried potatoes. Season with salt. Reduce flame and add [Garam Masala Powder](#) and kasoori methi.
6. Cook on [Dum](#) for ten minutes on a slow flame.
7. Finish with fresh cream and serve hot.



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## Ingredients

Small tender brinjals	600 gms.
Onions	4 nos.
Garlic	6-7 cloves
Coriander leaves	2 tbsps.
Red chilies	7-8
Jaggery	1 walnut size
Oil	2 tbsps.
Tamarind	1 lemon size
Coriander seeds, lightly roasted	2 tbsps.
Cumin seeds, lightly roasted	½ tsp.
Salt	To taste

## Stuffed Baingan



## Method

1. Grind together one quarter of the tamarind, chilies, coriander and cumin seeds to a paste.
2. Toast the onion on low flame till charred. Remove burnt skin and grind onions to a smooth paste. Mix with ground [Tamarind Pulp](#).
3. Soak remaining tamarind in one cup water. Keep for half an hour and strain. Add jaggery and simmer to sauce consistency.
4. Cut brinjals crosswise, 3/4 towards the stem end. Fill slits with paste. Heat oil lightly, fry brinjals. Place them in the tandoor, pour over the tamarind sauce and cook in the preheated tandoor, covered, for 5 to 7 minutes.



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## Ingredients

Paneer	200 gms.
Spinach (palak)	2 bunches
Onion	1 no.
Ginger garlic paste	1 tsp.
Tomato	2 nos.
Milk	½ cup
Red chili powder	½ tsp.
Garam masala	½ tsp.
Oil	2 tbsp.+ to fry
Salt	To taste

## Palak Paneer



## Method

1. Pick, wash and boil palak leaves in minimum water for about 8 minutes.
2. Grind boiled palak coarsely.
3. Cut the [Paneer](#) into cubes and deep-fry till golden brown.
4. Chop onion. Puree the tomatoes.
5. Add oil in a pan and heat. Add the chopped onions.
6. When the onion turns pinkish in colour, add the Ginger Garlic paste and chili powder.
7. Next add the tomato puree and cook till oil leaves the pan.
8. Now add the [Garam Masala Powder](#) and palak. Mix well.
9. Add milk and let it cook till it is of a thick consistency.
10. Add salt. Add the paneer just before serving.



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## Ingredients

Brinjals (baingan)	4nos. (large)
Garlic flakes	8
Desi ghee (clarified butter)	100 gms.
Cumin seeds	½ tsp.
Onion	250 gms.
Coriander leaves-chopped	8 gms.
Ginger-chopped	3 cm
Green chilies,julienned	4 nos.
Chili powder	1 tsp.
Turmeric powder	½ tsp.
Tomatoes - chopped	350 gms.
Oil (to brush baingan)	1 tbsp.

## Baingan Bharta



## Method

1. Brush Brinjals with [Ghee](#).
2. There are three ways to roast: Place it on embers of charcoal on an angeethi or tandoor and roast, turning at regular intervals, until the skin becomes black.
3. Skewering and roasting, as above, in a tandoor on low heat. Or, over low heat on a gas range, also as above.
4. Remove and transfer to a pan full of water, cool, peel the blackened skin and mash the flesh.
5. Heat ghee in a [Kadhaj](#), add cumin seeds and stir over medium heat until they crackle.
6. Add onions, and sauté until transparent.
7. Then add ginger and green chilies, sauté for a few seconds, add baingan, chili powder and turmeric powder and stir-fry until the ghee floats on top.
8. Add tomatoes and salt, and stir-fry until the ghee floats on top.
9. Remove and adjust the seasoning.
10. Remove to a serving dish, garnish with coriander leaves and serve.





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## Ingredients

Lady fingers (Okra)	500 gms.
Red Chili powder	2 tbsps.
Coriander powder (dhania)	2 tbsps.
Cumin powder (jeera)	2 tbsps.
Turmeric powder (haldi)	1 tsp.
Dried Mango powder	2 tbsps.
Sliced onion (thick)	1½ cups
Oil	2 tbsps.
Salt	To taste

## Stuffed Bhindi



## Method

1. Clean, wash and wipe lady fingers absolutely dry. Remove half a centimeter from both ends. Slit from one side and keep aside.
2. Mix red chili powder, coriander powder, cumin powder, dry mango powder, turmeric powder and salt.
3. Stuff the lady fingers with the above masala. Keep the left over stuffing masala separately.
4. Heat oil in a [Kadhai](#). Add sliced onions and cook for half a minute. Add stuffed lady fingers. Cook covered on a slow flame. Stir occasionally.
5. Add rest of the dry masala when lady fingers is almost cooked.
6. Cook covered on a slow flame till lady fingers is fully cooked and tender.
7. **Note** - Ensure that you do not add any water to this vegetable.
8. Garnish with fried finger chips.



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## Ingredients

Potatoes	2 nos.
Onion, medium	1 no.
Tomato, medium	2 nos.
Spinach (palak), medium size bunches	2 nos.
Ginger garlic paste	1 tbsp.
Cumin powder (jeera)	½ tsp.
Red chili powder	½ tsp.
Coriander powder (dhania)	¼ tsp.
Turmeric (haldi)	¼ tsp.
Oil	3 tbsp.+ for frying
Salt	To taste

## Palak Aloo



## Method

1. Pick, wash and cut palak. Cut the onions and tomatoes.
2. Peel potatoes, cut into cubes and fry them in hot oil till golden brown. Keep aside
3. Heat oil in a pan. Add onions and sauté till pink. Add jeera, dhania, red chili powder, haldi and ginger garlic paste. Mix well.
4. Now add cut tomatoes and cook till oil leaves the side of the pan.
5. Add the palak leaves and salt and cook for 12 - 15 minutes on a low flame.
6. When done, add fried potatoes cubes and mix well.
7. Serve hot.



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## Ingredients

Paneer	400 gms.
Chopped Cashewnuts	50 gms
Chopped Raisins	25 gms
Cornflour	½ cup
Bay leaf	1 No.
Whole Garam masala	1 tbsp.
Chopped green chili	1 tbsp.
Garlic paste	1 tbsp.
Ginger paste	1 tbsp.
Red chili powder	1 tsp.

Boiled Onion paste	½ cup	Sugar	1 tbsp.
Cashewnut paste	2 tbsp.	Oil	2 tbsp.
Tomato puree	2 cups	Oil	For deep frying
Green cardamom powder	1 tsp.		As per taste
Fresh cream	½ cup	Salt	

## Paneer Pasanda



## Method

1. Cut [Paneer](#) into ¼ inch thick slices of 1½ inch by 1½ inch size.
2. Mix chopped cashewnut, raisins, and 100 gms mashed paneer. Season with salt. Stuff this mixture between 2 slices of paneer.
3. Prepare a thick cornflour batter and dip stuffed paneer pieces in the batter and then deep fry in moderate hot oil till crisp. Remove and keep aside.
4. Heat oil in a [Kadhai](#). Add bayleaf and [Whole Garam Masala](#). Add [Boiled Onion Paste](#). Cook for 2 minutes.
5. Add chopped green chilies, [Ginger Paste](#), [Garlic Paste](#) and red chili powder. Cook for a minute.
6. Add tomato puree and bring to boil. Add [Cashewnut Paste](#) dissolved in a little water. Cook for 5 minutes. Stir constantly. Add salt and green cardamom powder.
7. Add one cup water and sugar. Bring to boil. Finish with fresh cream and fried stuffed paneer pieces. Serve hot.



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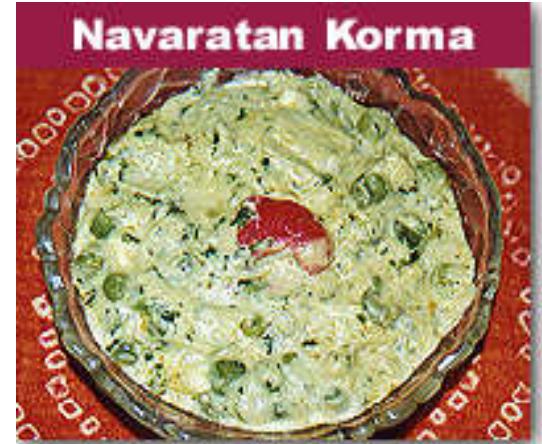
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## Ingredients

Carrots	75 gms.
Cauliflower	75 gms.
French Beans	75 gms.
Green peas, shelled	75 gms.
Mushroom	50 gms.
Paneer	75 gms.
Potatoes	100 gms.
Cashewnuts	25 gms.
Raisins	25 gms.
Boiled Onion Paste	1 cup

Cashewnut paste	½ cup
Curd/Yogurt	½ cup
Fresh Cream	½ cup
Ginger paste	1 tbsp.
Garlic paste	1 tbsp.
Phool Makhana (Optional)	30 gms.




Whole Garam Masala	1 tsp.
Chopped green chilies	2 tsp.
Oil	2 tbsp.
Salt	As per taste.

## Method

1. Peel carrots and potatoes, cut into small dices.
2. Cut cauliflower into florets.
3. String French beans and cut into small dices.
4. Boil carrot, cauliflower, French beans, potatoes and green peas in boiling salted water till done and then refresh in cold water.
5. Cut Paneer into ½ inch dice.
6. Deep fry phool makhana lightly in moderate hot oil.
7. Heat oil in a Kadhai. Add Whole Garam Masala. When it begins to crackle, add Boiled Onion Paste. Cook till onions are golden brown. Add Ginger Paste, Garlic Paste and stir well.
8. Add chopped green chilies and Cashewnut Paste. Cook on a slow flame for five minutes.
9. Add mushroom and boiled vegetables. Cook for 2-3 minutes, add salt and ¾ cup water.
10. Add the fried phool makhana, cashewnuts, raisins and paneer pieces. Stir and cook for ½ minute.
11. Bring to a boil and finish with fresh cream.



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## Ingredients

Brinjal (baingan)	½ kg.
Methi seeds	½ tsp.
Fennel (saunf)	1½ tsp.
Kalonji	½ tsp.
Mustard seeds	½ tsp.
Cumin seeds (jeera)	½ tsp.
Green chillies, chopped	1 tsp.
Onion, chopped	2 nos.
Ginger-garlic paste	1 tsp.
Curd/Yogurt	1 cup
Maida	1 tbsp.
Curry leaves	8-10 nos.
Ghee	1 tbsp.
Coriander seeds	1 tsp.



## Dahi Baingan

Turmeric powder	1 tsp.
Chili powder	½ tsp.
Oil	To fry
Lime juice	2 tbsps.
Salt	To taste

## Method

1. Chop the brinjal, add salt, turmeric powder, black pepper powder, and lime juice. Mix thoroughly.
2. Add some ginger-garlic paste and leave it to marinate for 20-30 minutes.
3. Fry the brinjal in preheated oil separately.

### For the gravy

1. Heat some [Ghee](#) in a pan.
2. Add curry leaves and finely chopped onions and cook it well.
3. Add methi seeds, mustard seeds, kalonji, and saunf to the ghee to make the [Tadka](#) .
3. In a bowl mix some maida thoroughly with [Curd/Yogurt](#).
4. Add turmeric powder and salt to the onion mixture.
5. Lower the flame and add in the curd mixture and some water.
6. Cook till a boil and add in the deep fried brinjals.
7. Serve hot.





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## Ingredients

New potatoes/small old potatoes	10-12 nos.
Cloves	4 nos.
Poppy seeds	2-3 tsp.
Green cardamoms	2 nos.
Green chilies	2 nos.
Fresh root ginger,grated	1 cm./ 1/2"
Garlic	3 cloves
Natural yogurt	150 ml.
Ghee	50 gms.
Grated onions	2 nos.
Ground coriander	1 tsp.
Ground cumin	1 tsp.
Chili powder	1 tsp.
Turmeric	1/4 tsp.

## Moglai Potatoes



Water	450 ml.
Peas	100 gms.
Single cream	2 tbsp.
Sugar	1/2 tsp.
Salt	To taste

## Method

1. Scrub, scrape or peel the potatoes, then prick them thoroughly using a cocktail stick. Place the potatoes in a basin, cover with cold water and allow to soak for about 10 minutes.
2. Grind the cloves, poppy seeds, cardamoms, chilies, ginger and garlic to a paste.
3. Drain the potatoes, then mix them with the [Curd/Yogurt](#), paste and salt. Allow to stand for 1 hour.
4. Melt the [Ghee](#) in a heavy-based saucepan and fry the grated onion in it for a few minutes. Add the coriander, cumin, chili powder and turmeric. Continue to fry for 2-3 minutes.
5. Stir in the potato mixture and water, heat to simmering point and cook, uncovered, until the potatoes are tender. This should take about 15-20 minutes.
6. Add the peas, cream and sugar, stir well and cook for a few minutes until the peas are tender, then serve hot.

**Note:** If you like, you can first fry the potatoes in ghee until golden brown all over.



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## Ingredients

Large tomatoes	500 gms.
Potatoes	150 gms.
Onion, finely chopped	1
Chopped coriander leaves	1 tbsp.
Salt & pepper	
Ghee or oil	1 tbsp.
Cumin seeds	1 tsp.

## Stuffed Tomatoes



## Method

1. Wash the tomatoes, pat them dry and cut in halves. With a sharp knife, core the cut halves and scoop out the pulp and preserve. Sprinkle the tomato shells with half a teaspoon salt and place them upside down for 10 minutes.
2. Peel and dice potatoes. Keep aside.
3. Fry the chopped onion in [Ghee](#). Add potatoes, salt, pepper, cover and cook on low heat for 5 to 7 minutes till tender.
4. Add reserved tomato pulp and cook to dry consistency. Remove from heat and add chopped coriander.
5. Fill tomato shells with the potato mixture, place on wire mesh brushed with oil and bake in the tandoor for 4 to 5 minutes.



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## Ingredients

Cauliflower (medium size)	1 no.
Cummin seeds	1 tsp.
Coriander seeds	1 tsp.
Thick cream, well mixed	½ cup
Garam Masala Powder	1 tsp.
Onion (medium size)	1
Ginger	1 cm.
Small tomatoes skinned & chopped	3 nos.
Red chilies	2 nos.
Coriander leaves	1 tbsp.
Oil or ghee	6 tbsps.
Salt	To taste

## Tandoori Gobi



## Method

1. Grind onion, ginger, red chilies, cumin seeds and coriander seeds to a smooth paste. Lightly steam cauliflower and fry in a [Kadhai](#) till golden. Take out.
2. Take 2 tbsps. of the used oil for further cooking.
3. Stir-fry ground paste in used oil with sprinkling of water till pale gold, add tomatoes, reduce heat, cover and occasionally stir. Cook for 4 to 5 minutes.
4. Place the fried cauliflower in the tandoor pan / preheated oven. Pour on the tomato-onion mixture, smear with cream. Cover the tandoor for about 15 to 20 minutes.
5. Serve on a platter, pour the sauce over it and sprinkle on top with [Garam Masala Powder](#) and freshly chopped coriander leaves.



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## Ingredients

Cauliflower	750 gms.
Green peas	150 gms.
Green chillies	3 nos.
Mustard seeds	1/2 tsp.
Cummin-coriander (powder)	1/2 tsp.
Turmeric powder	1/2 tsp.
Chili powder	1/2 tsp.
Oil	3 tbsps.
Coriander leaves	1/4 cup
Oil	1 tbsp.
Turmeric Powder	1 tsp.
Soda bicarbonate	A pinch
Salt	To taste

## Cauliflower Peas Curry



## Method

- 1.Heat the oil in a kadhai and add mustard seeds.
- 2.Once they start crackling, add green chillies.
3. After a minute, add drained cauliflower florets and salt.
4. Lower the flame and cover with the lid and keep stirring frequently.
- 5.Add the boiled peas when the cauliflower is almost cooked.
- 6.Then add turmeric, chili and cummin-coriander powder and fry over a high flame for 3 minutes.

### Preparation :

- 1.The cauliflower : Wash the cauliflower and cut into small pieces. Soak in water and drain.
- 2.The green peas : Shell and cook with a pinch of soda bicarbonate and salt. Do not over-cook the peas.
- 3.The green chillies : Wash and slit in centre.
- 4.The coriander leaves : Wash and finely chop.



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## Ingredients

Vegetables 500 gms.

eg. potato, parwal, green banana, spinach, brinjal, bitter gourd (cut into thumb-sized cubes)

Oil 1/2 tbsp.

Panch Phoron (ground into paste) 1 tsp.

Ginger (ground into paste) 1/2 piece

Aniseed (ground into paste) 1/2 tsp.

Sugar pinch

Milk mixed with flour 1 tsp.

Salt to taste

## Mixed Bitter Veg



## Method

1. Heat oil till it smokes. Remove from fire.
2. Fry Panch Phoron till it sputters.
3. Add cubed vegetables, and stir lightly.
4. Add one cup water, salt and sugar, cover and simmer till vegetables are cooked.
5. Add ginger-aniseed ground paste and stir.
6. To thicken gravy add milk-flour mixture and keep stirring. Cook for 2-3 minutes. Serve hot.



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## Ingredients

Potatoes	200 gms.
Green Chillies	4 nos.
Turmeric Powder	1 tsp.
Red Chilli Powder	1 tsp.
Poppy seeds (ground to paste)	5 tbsp.
Cumin Seeds	1/2 tsp.
Oil	3 tbsp
Salt	To taste

## Potatoes in Poppy Seed



## Method

1. Heat oil till it smokes. Remove from fire and let it cool.
2. Heat the cooled oil in a pan and fry cumin seeds till they sputter.
3. Add green chillies, potatoes, turmeric, chilli powder and salt.
4. Cook on a medium flame.
5. Add poppy seeds and stir.
6. Then add 1 cup water and simmer till water is absorbed and potatoes are tender.
7. Cook till it forms a thick gravy.



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## Ingredients

Large tomatoes	3 nos.
Finely chopped mix boiled vegetables (french beans, carrots,cauliflower)	100 gms.
Sugar	1/2 tsp.
Oil	1 tbsp.
Salt	to taste

### To be ground into a paste

Large onion	1 no.
Coriander seeds	1 tbsp.
Cumin seeds	1 tbsp.
Khus-khus	1 tbsp.
Aniseed	2 tsp.
Ginger piece	1/2 inch
Green chillies	2 nos.
Cardamoms	3 nos.

## Shahi Curry



Cloves	3 nos.
Cinnamon sticks	1 no.

## Method

1. Chop the tomatoes. Add 1 1/2 teacups of water and cook until soft.
2. Pass through a sieve to make a tomato puree.
3. Heat the oil and fry the paste for 2 to 3 minutes until light brown.
4. Add the tomato puree, vegetables, sugar and salt.
5. Serve hot with tandoori rotis.



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## Ingredients

Chopped mixed boiled vegetables (french beans, carrots, cauliflower)	2 cups
Onions, chopped	2 nos.
Capsicum, chopped	4 nos.
Tomatoes, chopped	2 nos.
Chili powder	1/2 to 1 tsp.
Garam masala	A pinch
Coriander	2 tbsps.
Paneer grated (plus little extra for topping)	4 tbsps.
Tomato gravy	1 1/2 cups
Oil	4 tps.
Salt	1 tsp.

## Baked Veg Pot-Pourri



## Method

1. Heat the oil and fry the onions for 1/2 minute.
2. Add the capsicum and tomatoes and fry again for 2 minutes.
3. Add the vegetables, chili powder, garam masala, coriander and salt and cook for a few minutes.
4. Spread the tomato gravy on top and sprinkle a little grated paneer over it.
5. Bake in a hot oven at 200 ° C for 10 minutes.
6. Serve hot.



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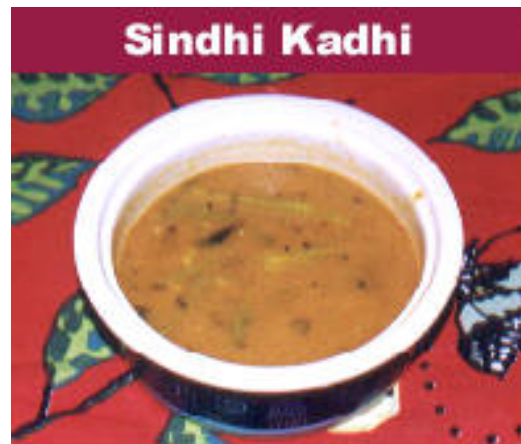


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## Ingredients

Tuvar dal	3 tbsps.		
Tomatoes	6 nos.		
Green chili	2 nos.		
Ginger	1" peice		
Besan	3 tbsps.		
Red chili powder	1/2 tsp.		
Haldi	1/2 tsp.		
Gawar	50 gms.		
Drumstick	2 nos.		
Cauliflower	100 gms.		
Lady finger	10 nos.	Hing	1/2 tsp.
Potato	1 no.	Kadhi patta	A few
Kokum	4 or 5 nos.	Coriander	A few
Pudina leaves	A few	Oil	6 tbsps.
Rai	1 tsp.	Salt	To taste



## Method

1. Pressure cook tuvar dal and tomatoes for 10 minutes in 2 glasses of water, cool, puree and strain it.
2. Cut ginger and green chili very finely, peel and cut drumstick in about 3" peices, cut cauliflower in small florets.
3. Snip the corners of lady finger and make a cut lengthwise, snip edged of gawar and keep it whole, peel and cut potato into small cubes.
4. In a big container heat 4 tbsps. of oil, add 3 heaped tbsps. of besan and fry on low heat.
5. Once it changes colour add finely cut ginger and green chili.
6. After that put red chili powder and haldi, put 4 glasses of water and bring to boil.
7. When it starts boiling add gawar and drumsticks and lower the heat.
8. After ten minutes add cauliflower, potatoes and lady fingers, let it boil for twenty minutes.
9. Finally add pudina, coriander leaves, kokum and salt.
10. Take 2 tbsps. oil, heat it, put rai, let it crackle, add curry patta and hing and pour it over the curry, let it boil together for fifteen minutes.
11. Serve hot.



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### Ingredients

Chilies (boiled in salted water till colour changes and drained)	250 gms.
Onion (sliced fine)	1 no.
Dessicated dry coconut	1 tbsp.
Chironji	1 tsp.
Til	1 1/2 tsp.
Dhania powder	1 tsp.
Jeera	1 tsp.
Ginger-garlic paste	2 tsps.
Chili powder	1/2 tsp.
Haldi	1/4 tsp.
Curry patta	A few
Walnut sized tamarind (dissolved in 1 1/2 cups water)	1 no.
Oil	3 tbsps.
Salt	To taste

### Mirchi Ka Salan



### Method

1. Lightly roast and grind the following to a paste -til, chironji and coconut.
2. Add dhania powder, chili powder and haldi.
3. Heat oil and add the jeera, allow it to splutter.
4. Then add the masala paste and ginger-garlic paste and fry till oil separates.
5. Add the drained chilies, curry patta, fry a little.
6. Pour in the tamarind water, adding salt to taste.
7. Simmer till the gravy is thick and oil floats to the top.
8. Serve with biryani.



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## Ingredients

Potatoes	5 nos.
Tomatoes	3 nos.
Saunf	1 tsp.
Kalonji	1/2 tsp.
Methi seeds	1/4 tsp.
Red chili powder	1/2 tsp.
Haldi	1/4 tsp.
Coriander leaves	A bunch
Kadhi Patta	8 to 10 nos.
Oil	5 tbsps.
Salt	To taste

## Amritsari Aloo



## Method

1. Puree tomatoes.
2. Boil potatoes, cut 3 potatoes into big pieces and coarsely mash the rest.
3. In a pan heat oil, put saunf, methi seeds, kalonji, red chili powder, haldi and kadhi patta.
4. Stir fry for a while. Add pureed tomatoes, keep stirring until it dries up a bit and then put all the potatoes. Mix well.
5. Add 4 cups of water, bring to boil.
6. Add salt and coriander leaves, let it boil for ten minutes.
7. Serve hot with puris.



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## Ingredients

Methi leaves	250 gms.
Sweet Corn	1 cup.
Chopped onions	1/2 cup
Fresh cream/malai	1/2 cup
Red Chili powder	1 tsp.
Cinnamon powder	1/4 tsp.
Amchur	1/2 tsp.
Ginger garlic paste	2 tsps.
Oil	1 1/2 tbsp.
Salt	To taste

## Methi Corn Malai



## Method

1. Wash methi leaves thoroughly. You may apply some salt and keep it for some time before washing. Chop methi leaves roughly.
2. Heat oil in a pan, add chopped onions and cook till they are translucent. Add ginger garlic paste and methi leaves. Cook uncovered for about 6-7 minutes.
3. Add red chili powder and sweet corn. Cook for 3-4 minutes. Add amchur and stir.
4. Finish by adding cinnamon powder and fresh cream.

**Tip:** Replace corn with equal amount of boiled peas to make **Matar Methi Malai!**



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## Ingredients

Brinjals	450 gms.
Onions, finely chopped	3 nos.
Red Chilies	8 nos.
Coriander seeds	2 tsps.
Cumin seeds	1/2 tsp.
Fenugreek(methi)seeds	1/2 tsp.
Turmeric powder	1/2 tsp.
Grated Coconut	115 gms.
Mustard seeds	1/2 tsp.
Curry leaves	2 sprigs.



Bharli Waangi

Tamarind	Marble-size ball.	Oil for frying	3 tbsps.
		Salt	To taste

## Method

1. Heat one tbsp. oil and fry the red chilies, coriander seeds, cummin seeds and fenugreek seeds lightly.
2. Remove from oil and grind along with turmeric powder, tamarind and salt.
3. When well ground, add the coconut and grind to a fine paste.
4. Slit the brinjals into 4 pieces up to 3/4th of their length and immerse in water.
5. Stuff the brinjals with 3/4th of the ground masala paste.
6. Heat the remaining oil in a shallow pan and season with mustard seeds and curry leaves.
7. When the mustard seeds crackle, add the chopped onion and fry till golden brown.
8. Place the brinjals in the pan and add the remaining masala paste. Saute lightly and add a little water.
9. Cover and cook on low heat, turning the brinjals occasionally to ensure even cooking.
10. When the brinjals are cooked and the gravy is thick, remove from heat.
11. Serve garnished with grated coconut and chopped coriander leaves.



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## Ingredients

Alu (Arvi) leaves	A bunch
Chuka (sour leafy vegetable)	A bunch
Radish, chopped	1 bunch
Chana dal	50 gms.
Green chilies, chopped	10-12 nos.
Tamarind	A marble sized ball.
Jaggery	A marble sized ball.
Asafoetida	A pinch
Goda masala	5 gms.
Cashewnuts, chopped	A handful
Dry coconut slices	50 gms.
Gram flour	2 tbsps.
Fenugreek seeds	1 tsp.



## Aluchi Bhaji

Red chilies cut into pieces	3 nos.
Cummin seeds	1 tsp.
Coriander leaves, chopped	10 gms.
Oil	As required
Salt	To taste

## Method

1. Clean and wash alu leaves and chuka leaves. Chop them fine. Clean and chop the radish into roundels. Soak chana dal and groundnuts for one hour.
2. Heat a little oil and add green chilies. Sauté the alu leaves and chuka leaves for 10 minutes.
3. Smash them well. Add chana dal and groundnuts. Cook till done.
4. Add radish roundels and stir well. Extract tamarind pulp and add to the vegetables and also add more water, if required to obtain a thick consistency. Add salt, jaggery, goda masala powder, cashewnuts and 40 gms. Dry coconut slices.
5. Mix gram flour with a little water to a smooth paste and add to the vegetable.
6. Stir well and cook till done. Heat a little oil and season with fenugreek seeds, red chilies and asafoetida.
7. Dry roast the remaining coconut and cummin seeds and grind to a fine paste. Add to the vegetable and cook for five minutes.
8. Serve garnished with coriander leaves.



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## Ingredients

Spinach	2 bunches
Fenugreek leaves	1 bunch
Dill (Suwa Bhaji)	1 bunch
Whole moong with skins	100 gms.
Green chilies (minced)	3 nos.
Tomatoes blanched and diced	100 gms.
Ginger	1" piece
Garlic	3 flakes
Turmeric powder	1/2 tsp.
Onions (minced), small	2 nos.
Ground cumin seeds	1 tsp.
Salt	To taste
Chili powder	To taste



## Method

1. Wash and soak dal in water for a couple of hours.
2. Heat 1 tbsp. ghee and fry onion, ginger and garlic till soft.
3. Put in the rest of the ingredients along with dal and little water.
4. Cover tightly and cook over a low fire till the dal is tender and quite dry.
5. Mix thoroughly with a spoon.
6. Remove from fire and pour 5 tbsp. of ghee over top before serving.



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## Ingredients

Paneer	500 gms.
Capsicum	100 gms.
Coriander seeds	2 tsp.
Red chilies whole	5 nos.
Green chilies (minced)	3 nos.
Kasoori methi (dry fenugreek leaves)	3/4 tsp.
Green chilies (chopped)	2 tsp.
Ginger (chopped)	2 tsp.
Tomatoes (chopped)	4 nos.

Coriander (chopped)	2 tbsp.
Ghee	3 tbsp.
Salt	To taste

## Paneer Capsicum



### For the paste :

6 cloves garlic mixed with a little water

## Method

1. Slice the paneer and capsicum into thin long strips.
2. Pound the coriander seeds and red chilies together.
3. Heat the ghee, add the garlic paste and cook on a slow flame for a few seconds.
4. Add the capsicum and pounded spices and cook on a slow flame for 30 seconds.
5. Add the green chilies and ginger and fry again for a few seconds.
6. Add the tomatoes and cook until the ghee comes on top.
7. Add the kasoori methi and salt and fry again for a few seconds.
8. Finally, add the sliced paneer and cook for a few minutes.
9. Sprinkle coriander on the top and serve hot.



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## Ingredients

Milk	4 cups
Peas	400 gms.
Onions, large	2 nos.
Lemon, large	1 no.
Turmeric powder	1 tsp.
Chilli powder	1/2 tsp.
Coriander seeds	1/2 tsp.
Garam masala	1 tsp.
Ginger	1" piece
Ghee	as required
Salt	To taste

## Matar Paneer



## Method

1. Boil the milk twice on high heat and squeeze the juice of the lemon into it. The whey will separate from the curd.
2. Separate the curd and tie it in a muslin cloth and hang it up all day and allow the water to drain.
3. When dry, place the muslin with the curd under a heavy weight to ensure that all the moisture is squeezed out. This will flatten the curd into a flat round cake when removed from the muslin.
4. Cut the cheese into strips or cubes and deep-fry in hot ghee, remove and keep aside.
5. Peel the onions and ginger and chop them finely.
6. In a saucepan, heat two tablespoons ghee and add chopped onions and ginger.
7. Add the spices, salt and peas and cook, adding a little water, till the peas are tender and a little gravy remains.
8. Add the fried paneer and boil for five minutes.
9. Serve hot with chapatis.



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## Ingredients

Chick pea (Kabuli chanas)	1 cup
Onions, chopped	2 nos.
Potatoes	2 nos.
Tomatoes	2 nos.
Coriander powder	1 tbsp.
Cumin powder	1 tbsp.
Red Chili powder	2 tbsps.
Dry mango powder(Amchur)	1 tbsp.
Garam masala powder	1/2 tsp.
Soda bi-carb	1/2 tsp.
Black pepper powder	1/2 tsp.
Ghee	3 tbsps.
Salt	To taste

### For garnishing :

Tomatoes	2 nos.
Ginger	1 inch
Coriander leaves	2 tbsps.
Green chili	1 no.

## Method

1. Soak the chana for at least six hours. Drain.
  2. Peel and chop the onions. Peel and quarter the potatoes. Wash and quarter two tomatoes and make slices of the remaining. Peel and make juliennes of the ginger. Clean, wash and chop coriander leaves. Wash and slit the green chilies.
  3. Add water and 1/2 teaspoon of soda bi-carbonate to the chana and cook in a pressure cooker till done. Take care the chanas do not get mashed.
  4. Heat the ghee in a vessel and fry the potatoes until soft. Drain.
  5. In the same ghee, add the onions and sauté till pink.
  6. Add the dhania-jeera powder and red chili powder and fry again.
  7. Add the boiled chanas and salt.
  8. After five minutes, add the garam masala powder, amchur powder and black pepper powder and cook for two minutes.
  9. Add the potatoes and tomatoes and cook for another two minutes.
- Garnish with chopped coriander leaves, slit green chilies, slices of tomatoes and ginger juliennes.

## Chole



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## Ingredients

Yam	150 gms.
Ash gourd	150 gms.
Raw bananas	2 nos.
Drumsticks	2 nos.
Potato	1 no.
Shelled peas	1/2 cup
Sour curds	1 cup
Turmeric powder	1/2 tsp.
Curry leaves	Few
Coconut oil	1/4 cup
Salt	To taste

## PASTE

Coconut	1/2.
Green chillies	6-7nos.
Cummin seeds	1 tsp.

## Method

1. Grind together the coconut, green chillies and cummin seeds to make a fine paste, adding very little water. Mix the curd to the ground paste and keep aside.
2. Peel and chop all the vegetables into 3-inch lengths.
3. Cook the vegetables separately with very little water in a heavy-bottomed vessel.
4. Mix all the cooked vegetables together with salt and turmeric powder.
5. Add the paste and heat through, taking care to prevent curdling.
6. Add 1/4 cup coconut oil and curry leaves and mix well. Do not heat.
7. Serve hot with rice.



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## Ingredients

Coconut	1/2 nos.
Turmeric powder	3/4 tsp.
Chili powder	1 1/2 tsp.
Onion large chopped fine	1 no.
Tamarind concentrated in 1 cup of water	1/4 tsp.
Cumin powder	1/2 tsp.
Coriander powder	1 tsp.
Garlic flakes (chopped fine)	5 nos.
Green chilies (chopped fine)	3 nos.
Oil	2 tbsp.
Salt	To taste



## Method

1. Grate and grind coconut very fine. Hand mix the onion, chili garlic and salt.
2. Put oil into a hot saucepan. Add the onion mix, spices, coconut and 1/2 a cup water.
3. Bring to a boil. Cook about 10 minutes more before adding tamarind water.
4. Cook till it has blended. Serve hot with white rice and vegetables.



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## Ingredients

Malai beaten	1 1/2 cups
Onions chopped	2 nos.
Tomatoes (medium)	2 nos.
Ginger-Garlic paste	1 tsp.
Green chillies (slit and cut into 2)	4 nos.
Haldi	100 gms.
Cashewnuts (fried and chooped)	1/4 tsp.
Kothmir chopped	1 tbsp.
Ghee	A handful
Salt	2 tsp.
	To taste

## Malai Korma



## Method

1. Heat ghee and add the chopped onion, ginger-garlic paste, haldi and green chillies and fry till onion is soft.
2. Put in the tomatoes and fry till the ghee separates.
3. Then add the malai and salt to taste. Simmer gently.
4. Serve hot sprinkled with chopped kothmir and chopped cashewnuts.
5. Serve it with roti.



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## Ingredients

Yam	100 gms.
Small potatoes	6-8 nos.
Broad Beans (Papdi)	25-30 nos.
Eggplant, small	3-4 nos.
Raw Banana / Plantain	2 nos.
Chopped Green Coriander	1 cup
Fresh Coconut	1/2 nos.
Chopped Ginger and Garlic	1 tbsp.
Green chili	4 nos.
Red Chili Powder	1 tbsp.
Turmeric Powder	1 tsp.

Mustard Seeds	1 tsp.	Fenugreek Leaves	4 tbsp.
Asafoetida	A pinch	Chopped Ginger	1 tsp.
Oil	2 tbsps.	Chopped Green Chili	1 tsp.
Salt	To taste	Oil	For deep frying
<b>Muthia :</b>			To taste
Gram Flour	50 gms.	Salt	



## Undhiyo

## Method

1. Wash, peel and cut potatoes, yam and raw banana into small pieces.
2. Wash brinjals/eggplant and slit them into four without cutting the stem.
3. Make a paste of garlic, green chili and ginger, mix chopped green coriander and keep aside.
4. Mix all the muthiya ingredients and add 1/2 cup water and prepare a stiff dough. Divide into small portions and shape into one inch long rolls with half inch thickness and deep fry in moderate hot oil till golden brown. Drain and keep aside.
5. String beans and cut them into one inch long pieces.
6. Heat oil in a thick bottom shallow pan, add asafoetida and mustard seeds. When mustard seeds start to crackle add ground masala and cut broad beans. Place rest of the vegetables one by one on top of the vegetables so as to form a distinct layer. Top it with salt and turmeric powder. Cook for five minutes on a high flame.
7. Pour one cup of water, cover with a lid and simmer on a very slow flame for 10-15 minutes.
8. Place fried muthiyas and again simmer for fifteen minutes. Shake the vegetables in-between.
9. Serve hot garnished with grated coconut.

**Note** - Traditionally, Undhiyo is served with a lot of oil floating on top. You may vary quantity of oil as per your liking.



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## Ingredients

Besan	1 cup
Onion, chopped	1 no
Chilies, ground	2 nos.
Ginger-Garlic paste	1 tsp
Ajwain	1/2 tsp
Curd	1 cup
Water	1 liter
Ghee	1 tbsp
Salt	1/2 tsp

### For Gravy

Onion Paste	1/2 cup	Chili powder	1 tsp
Tomato Puree	1 cup	Coriander leaves, chopped	Few
Coriander powder	1 tsp	Ghee	1 tbsp
Garam Masala	1 tsp	Salt	1/2 tsp

## Gatte Ki Sabzi



## Method

1. Mix besan, chopped onion, ground chili, salt, ginger, garlic paste, ajwain, ghee and rub for a minute.
2. Knead with the curds and make banana like sticks and cook in boiling water for about 30 minutes
3. Take the sticks out of the water, cool and cut into 1" pieces.
4. Do not throw away the remaining water.
5. For gravy, fry the onion paste and dry spices till they are brown.
6. Add tomato puree, the remaining water and cook for 10 minutes.
7. Add gattas and serve hot, garnished with coriander leaves.



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## Ingredients

Seedless brinjals	1 no (300-400 gms.)
Turmeric powder	1 tsp.
Cooking oil	7-8 tbsps.
Salt	To taste.

## Begun Bhaja



## Method

1. Cut the brinjals into 1/2 inch thick circles.
2. Mix salt and turmeric powder with the brinjal slices and keep aside for some time.
3. Deep fry these slices in oil until they are crisp and brown in colour.



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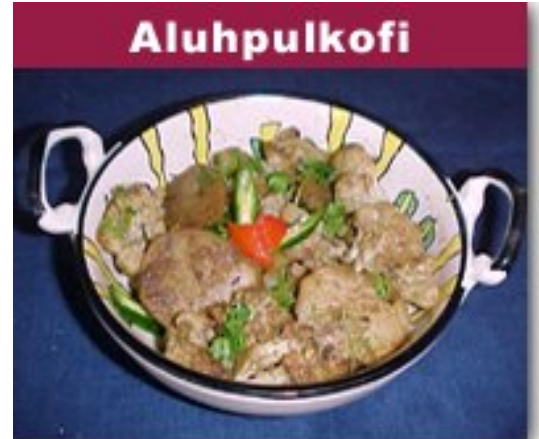


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## Ingredients

Cauliflower	1 medium sized
Potatoes	2 large nos.
Dhania-jeera paste	1 tsp.
Whole jeera	A few
Tej patta (bay leaf)	2 nos.
Green chilies	2 nos.
Garam masala, ground fine	1 tsp.
Salt	To taste
Sugar	1/2 tsp.
Ghee	2 tsp.
Salt	1 tsp.



Aluhpulkofi

## Method

1. Cut the cauliflower into large florets without the leaves, slice the potatoes into rounds and wash and keep aside
2. Lightly fry the cauliflower and potatoes separately and keep aside.
3. Heat oil in a kadhai, put the jeera and tej patta and lightly fry.
4. Mix the spices with a little water, add this to the oil and fry on a low flame till the oil floats on top.
5. Put in the half fried vegetables and mix well with the masala.
6. When well mixed, add 3/4 cup of hot water, lower the heat and simmer until cooked.
7. Lastly add the green chilies, salt and sugar.
8. Once the gravy thickens and the vegetables become soft, add ghee and the ground garam masalas.
9. Serve hot.



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## Ingredients

Red pumpkin	100 gms.		
Cabbage	100 gms.		
Cauliflower stem	100 gms.		
Radish	100 gms.		
Beans	100 gms.		
Papri	100 gms.		
Brinjals	100 gms.		
Potatoes	100 gms.		
Sweet Potatoes	100 gms.		
Green chilies	2 nos.		
Kashmiri chilies	As required	Sugar	3/4 tsp.
Panch poron	As required	Mustard oil	1/2 tbsp.
Turmeric powder	1 tsp.	Salt	1/2 tsp.
Ginger paste	1 tsp.		



## Method

1. Cut all the vegetables into oblong pieces, wash and keep aside.
2. Heat mustard oil, put a pinch of panch poron and red chilies.
3. When the red chilies change colour, add the vegetables.
4. Then add turmeric powder, ginger paste and stir well with the vegetables.
5. Arrange the vegetables like a pyramid at the center of the kadhai, cover and cook over low fire.
6. Once enough water leaves from the vegetables increase the heat.
7. Once the vegetables are cooked well, add the sugar, salt and green chilies.
8. Serve hot.



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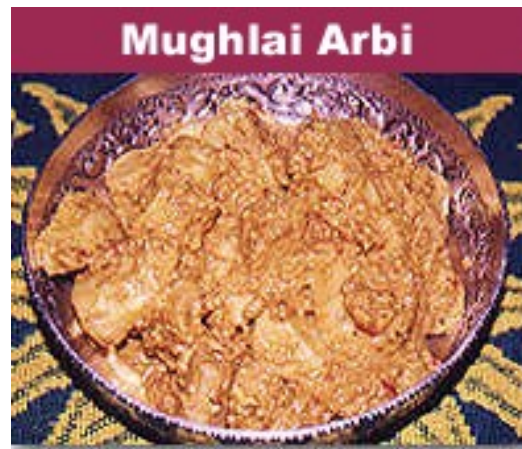


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## Ingredients

Arbi	500 gms.		
Melon seed paste	½ cup		
Curds beaten	¾ cup		
Turmeric powder	1 tsp.		
Dhania powder	1 tbsp.		
Jeera powder	2 tsp.		
Red chili powder	1 tsp.		
Tomato puree	¾ cup		
Ginger garlic paste	1 tbsp.		
Garam masala powder	1 tsp.	Grated onions	1 cup
Oil	3 tbsp.+ to deep fry	Salt	As per taste



## Method

1. Peel arbi and cut it into 1 inch sized pieces. Deep fry in medium hot oil till golden brown.
2. Heat 3 tbsp. of oil in a pan, add grated onions and cook till onions are golden brown in colour. Add ginger garlic paste and further cook for a minute.
3. Add turmeric powder, dhania powder, jeera powder and red chili powder. Stir and add tomato puree and beaten Curd/Yogurt. Cook till fat leaves the masala.
4. Add Melon seed paste and cook for about five minutes. Keep stirring constantly.
5. Add one cup of water and add fried arbi. Bring it to a boil, add Garam Masala Powder and cook covered on slow fire for 10 minutes.



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## Ingredients

Sweet Potato (shakarkand)	500 gms.
Paneer	100 gms.
Boiled onion paste	1½ cups
Cashewnut & KhusKhus paste	¾ cup
Ginger Garlic paste	1 tbsp.
Anardana powder	1 tsp.
Anar syrup	1½ tbsp.
Red chili powder	1½ tsp.
Chopped green chilies	1 tsp.
Tomato puree	½ cup
Fresh cream	¼ cup
Garam masala powder	1 tsp.
Cornflour	2 tbsp.

## Kandhari Kofta Curry



Oil	2 tbsp.+ to fry
Salt	As per taste

## Method

1. Boil sweet potato, peel and mash. Mix chopped green chilies, cornflour salt and anardana powder.
2. Mash paneer, add 2 tsp. anar syrup, season with salt. Divide into 12 even size balls. Stuff this into 12 sweet potato balls.
3. Heat oil in a [Kadhai](#), deep fry till golden brown.
4. Heat 3 tbsp. of oil in a thick bottom pan, Add Boiled Onion Paste, cook till light pink in colour. Add Ginger Paste and Garlic Paste. Cook for another minute. Add cashew and khus khus (poppy seeds) paste, red chili powder. Season with salt. Add 1 cup water, cook for 10 minutes.
5. Add rest of anar syrup & tomato puree cook for another 5 minutes. Add [Garam Masala Powder](#) and fried koftas. Finish with fresh cream.
6. Serve hot.



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## Ingredients

Cauliflower	500 gms.
Onions chopped	2 nos.
Curd/Yogurt	½ cup
Almond paste	½ cup
Red chili powder	1 tsp.
Coriander powder	1 tsp.
Juice of a lime	
Turmeric powder	½ tsp.
Cumin seed powder	1 tsp.
Ginger paste	1 tsp.
Garlic paste	1 tsp.
Garam masala powder	½ tsp.
Coriander chopped	1 tbsp.
Saffron	A few strands



Oil	2 tbsp.+ to fry
Salt	As per taste

## Method

1. Separate the cauliflower florets.
2. Add salt, Turmeric powder and lemon juice. Mix Well. Sprinkle gram flour and chili powder and mix well again.
3. Deep fry. Once half fried, strain the cauliflower florets and keep aside. Sprinkle Garam Masala Powder over it.

### FOR GRAVY:

1. Chop onions finely.
2. In a pan heat oil. Add the chopped onions and fry till light brown. Put in garam masala and mix well.
3. Add Ginger Paste, Garlic Paste. Mix well, stirring continuously.
4. Put Turmeric, Coriander powder, Cumin seeds powder, red chili powder. Fry the masala well.
5. Add Almond paste. Cook for 2 min and add Curd/Yogurt. Mix again thoroughly.
6. Put in fried cauliflower, salt, Saffron, Green coriander, sprinkle water, cover and cook on low flame.



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## Ingredients

Arbi (yam)	500 gms.
Tomato puree	75 gms.
Ginger paste	15 gms.
Cashew paste	25 gms.
Ajwain	1 tsp.
Garam masala powder	1 tsp.
Turmeric powder	1/2 tsp.
Water	350 ml.
Oil	75 ml.
Salt	1 tsp.

### For garnish

Chopped green coriander and green chillies. As required

## Method

1. Mix the tomato puree, ginger paste, cashewnut paste, ajwain, garam masala powder, turmeric powder, oil and microwave on high for 3 minutes.
2. Add water, salt and arbi (boiled or fried, stir well and microwave for 8 minutes.)
3. Stir and cook for 3 minutes on high.
4. Garnish with chopped coriander and green chillies.

## Arbi Masala



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## Ingredients

Bhindi (lady fingers)	500 gms.
Onions	100 gms.
Turmeric powder	1/2 tsp.
Coriander powder	1tsp.
Garam masala powder	1 tsp.
Dry mango powder	10 gms.
Oil	75 ml.
Salt	To taste

## Bhindi Bharvan



## Method

1. Slice the onions, clean the bhindi with a damp cloth, cut the heads and slit in the center lengthwise.
2. Mix together turmeric powder, coriander powder, garam masala, dry mango powder and salt.
3. Stuff this masala into the slit bhindi and keep aside.
4. Put oil in an oven-proof dish and microwave on high for 1 minute.
5. Add the onions and microwave for 3 minutes.
6. Mix the bhindi with the onions and microwave for 5 minutes on high.



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## Ingredients

Spinach	1 kg.
Lotus root	1/4 kg.
Red chili powder	1 tsp.
Asafoetida water	1/4 tsp.
Turmeric powder	1/2 tsp.
Vari masala (spice-cake)	1/2 tsp.
Dry ginger powder	1 tsp.
Oil	75 ml.
Salt	1 tsp.

## Nadur Palak



## Method

1. Clean, wash and chop the spinach coarsely.
2. Scrape well, cut the lotus root into thick rounds and wash.
3. Heat oil and stir fry the lotus stem for 5 minutes, then add the asafoetida water, salt and spinach.
4. Stir-fry well till all the moisture is absorbed, then add red chili powder, turmeric and ginger powder.
5. Add 1 cup of water, cover with a lid and simmer till water almost dries.
6. Sprinkle the crushed vari masala and remove from heat.



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## Ingredients

Onions, chopped	2 nos.
Ginger, chopped	1" piece.
Garlic	6-7 flakes.
Milk	100 ml.
Tomatoes	4 nos.
Paneer, cut into pieces	250 gms.
Cashewnuts, broken	1 tbsp.
Methi (fenugreek seeds)	2 tsps.
Cumin powder (roasted)	¾ tsp.
Red chili powder	1 tsp.

Garam masala	½ tsp.
Sugar	½ tsp.
Green chili, slit	1 no.
Capsicum, chopped finely	1 no.
Onion, cut into rings	2 nos.

## Paneer Butter Masala



Orange colour	A few drops
Butter	2 tbsps.
Oil	5 tbsps.
Salt	To taste

## Method

1. Peel the onions, ginger, garlic and grind to a fine paste.
2. Puree the tomatoes and then cook the onion paste in oil till light brown in colour.
3. Add the chili powder, cook for a few minutes and then add the milk slowly.
4. Now add the coarsely pounded cashewnuts and tomato puree and cook further for a few minutes.
5. Then add the cumin powder, garam masala, salt, sugar and enough water and cook till the oil separates and the gravy becomes thick.
6. Lastly add the fenugreek seeds (methi) and keep aside.
7. In another pan, add the green chilies, capsicum, onions and sauté it in butter for a few minutes.
8. Add these sautéed vegetables, paneer pieces and orange colour to the masala gravy.
9. Keep for few minutes and serve hot with rice or chapati.



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## Ingredients

Mushrooms	50 gms.
Peas	30 gms.
Broccoli	6-8 sprigs
Butter	3 tsps.
Cheese grated	1 cup
Tomato slices	For garnish
Salt	To taste
<b>For the white sauce</b>	
Milk	2 cups
Flour	2 tbsps.
Pepper	To taste
Butter	2 tbsps.
Salt	To taste

## Mushroom Cheese Bake



## Method

### To make white sauce:

1. Boil the milk just before making the sauce and let it be warm.
2. Melt the butter, add flour and fry over low heat.
3. Do not let it turn brown, take off from heat and add the hot milk and stir well to avoid fermentation.
4. Add salt and pepper to taste.

### To make the bake :

1. Sauté the vegetables in 3 tsps. butter till done.
2. Line an oven proof dish, place the cooked vegetables and pour the white sauce over it.
3. Sprinkle the cheese over the white sauce and place in the oven at normal temperature to bake.
4. Serve hot and garnish with tomato slices.



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## Ingredients

Paneer, cubed	500 gms.
Onions, sliced thinly	5 nos.
Capsicums, sliced thinly	3 nos.
Coriander leaves, chopped	As required
Pepper	As required
Oil	3 tsps.
Salt	To taste

## Capsicum & Paneer Delight



## Method

- 1.Heat oil in a pan and sauté the onions till transparent.
- 2.Then add the paneer cubes, capsicum, salt & pepper.
- 3.Stir fry for 5 mins on high flame and garnish with coriander leaves.



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## Ingredients

Green peas	½ kg.
Turmeric powder	¼ tsp.
Ginger, peeled & chopped	1½ inch.
Cumin seeds, ground	2 tsp.
Pepper powder	1 tsp.
Garam masala	1 tsp
Milk	100 ml.
Onions, finely chopped	3 nos.
Fresh coriander, for garnish	As required
Vegetable oil	100 ml.
Salt	1 tsp.

## Matar Lajawab



## Method

- 1.Heat oil in a kadhai, add turmeric powder & sauté the green peas for a while stirring occasionally.
- 2.Add the remaining powders and cook for a minute.
- 3.Now add the milk, stir, cover & simmer on low heat for 10 mins.
- 4.Then add the onions, cover again & cook for 15 mins.
- 5.If the peas are not cooked add about 2-3 tbsps of water & cook till soft.
- 6.Once done garnish with coriander leaves.



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## Ingredients

Carrots, peeled & diced	8 nos.
Onion, peeled & chopped	1 no.
Green pepper, chopped coarsely	1/3 cup
Refined flour	3 tbsps.
Vegetable stock / water	1/2 cup
Milk	1/2 cup
Curry powder	1 tsp.
Black pepper	1/8 tsp.
Butter or margarine	3 tbsps.
Salt	1/4 tsp.

## Creamed Diced Carrots



## Method

1. Melt butter in a pan, add carrots and onions, cover and cook for 10 minutes over low heat.
2. Add the green pepper, cover and cook for another 2 minutes.
3. Sprinkle the flour, stir well then add the stock, milk, salt, curry powder and black pepper and stir well.
4. Bring the mixture to a simmer stirring constantly.
5. Cover and cook over low heat for 4-5 minutes or until the carrots are done.
6. Serve hot.



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## Ingredients

Methi leaves	250 gms.
Green Peas, boiled	1 cup
Chopped onions	½ cup
Fresh cream/malai	½ cup
Ginger garlic paste	2 tsps.
Amchur (mango powder)	½ tsps.
Red chili powder	1 tsp.
Cinnamon powder	¼ tsp.
Oil	1½ tbsps.
Salt	To taste

## Matar Methi Malai



## Method

1. Wash methi leaves thoroughly and apply some salt and keep it for some time before washing. Chop methi leaves roughly.
2. Heat oil in a pan, add chopped onions and cook till they are translucent. Add ginger garlic paste and methi leaves. Cook uncovered for about 6-7 minutes.
3. Add red chili powder and matar. Cook for 3-4 minutes, then add amchur and stir.
4. Finish by adding cinnamon powder and fresh cream.



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### Ingredients

Mixed boiled vegetables (french beans, green peas, potatoes and carrots)	3 cups
Onions	2 nos.
Spring onions	3 nos.
Tomatoes,	2 nos.
Green chillies	4 nos.
Ginger	½ " piece
Coriander	1 tbsp.
Tomato ketchup	½ cup

Chili powder	1 tsp.	Ghee	3 tbsps.
Sugar	1 tsp.	Salt	To taste

### Veg. Jalfarezi



### Method

1. Chop the onions, spring onions (with stalks), tomatoes, green chillies, ginger and coriander separately.
2. Heat the ghee in a vessel and fry the onions till golden.
3. Now add the tomatoes, chillies, ginger and coriander and fry for at least 2 minutes.
4. Add the tomato ketchup, boiled vegetables, spring onions, chili powder, sugar, salt and a little water and cook for 5 to 10 minutes.
5. Serve Hot.



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## Ingredients

Raw bananas	3 nos.
Tamarind	size of ½ lime.
Salt	To taste

<b>For the masala</b>	
Coconut, grated	½ no.
Red chilies, roasted	6-8 nos.
Coriander seeds, roasted	1 tsp.
Jeera	¼ tsp.
Turmeric powder	¼ tsp.

Garlic	2 flakes
--------	----------

### For the Seasoning

Mustard seeds	1 tsp.
Dhana-jeera powder	1 tsp.

## Raw Banana Curry



Curry leaves	1 sprig
Garlic, crushed	7-8 flakes
Red chili	1 no.
Oil	2 tbsps.

## Method

1. Skin, cut the bananas into medium pieces and soak in water.
2. Cook the banana pieces in tamarind water, salt and 2 cups of water.
3. Grind together the masala ingredients and add the banana pieces and boil for 10-15 minutes.
4. Season with oil, mustard seeds, curry leaves, crushed garlic and red chilies.
5. Serve hot.



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**Ingredients**

Spinach	50 gms.
Fenugreek Leaves	50 gms.
Dil leaves (suwa bhaji)	25 gms.
Tomatoes, chopped	2 nos.
Potatoes, diced	2 nos.
Onion, chopped	1 no.
Ginger, grated	1 tbsp.
Garlic, chopped	6 flakes
Split chick peas(chana dal),soaked	3 tbsps.

Peas ( optional )	3 tbsps.
Carrot ( optional )	1 no.
Turmeric powder	1/2 tsp.
Dhania-jeera powder	1 tsp.



Sai Bhaji

Coriander leaves, chopped	2 tbsps.
Water	150 ml.
Oil or Ghee	3 tbsps.
Salt	1 tsp.

**Method**

- 1.Wash and drain the soaked dal.
- 2.Clean and wash the spinach, fenugreek and dill, discard any hard stems and chop finely.
- 3.Place together the spinach, dill, fenugreek, tomatoes, potatoes, carrot, peas, onion, salt and turmeric in a pressure cooker with water.
- 4.Pressure cook on high flame till one whistle and then reduce the flame and cook for 15 minutes.
- 5.Allow pressure to return to normal before removing the lid.
- 6.Open the lid and mix thoroughly.
- 7.Heat oil, fry garlic and ginger, sprinkle dhania-jeera powder and pour it over the vegetable mixture.
- 8.Simmer for 10 minutes and serve hot garnished with coriander.



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## Ingredients

Potatoes	4 nos.
Khoya	100 gms.
Almonds, blanched	15 gms.
Pistachios, blanched	15 gms.
Cashewnuts, blanched	15 gms.
Raisins	15 gms.
Cumin seeds, ground	1/2 tsp.
Turmeric powder	1/2 tsp.
Shahjeera, ground	1/2 tsp.
Garam Masala	1/2 tsp.

Ginger	2" piece	Onion	1 no.
Tomatoes, big	3 nos.	Chili powder	To taste.
Curd, beaten	2 tbsps.	Ghee	2 tbsps.
Milk	2 tbsps.	Salt	To taste.
Coriander leaves, sliced	A handful		

## Stuffed Potatoes



## Method

1. Roast khoya to a pink colour and mix the nuts, raisins, garam masala, salt and chili powder and keep aside.
2. Bake or boil the potatoes until almost done, then peel and cut into halves lengthwise.
3. Scoop out some of the inside with a sharp knife and fill each half of the potato with the khoya filling.
4. Then tie the two halves with a thread and keep aside.
5. Grind onion and ginger to a paste, heat 2 tbsps. ghee and fry the ground paste to a golden brown colour.
6. Put the remaining spices and fry briefly, then add the curds, tomatoes and salt and cook till the ghee separates.
7. Add the potatoes and fry carefully for 5 minutes and sprinkle 1 cup water on top.
8. Cover tightly and cook till the potatoes are done, then mix in the hot milk and remove from the fire.
9. Serve hot garnished with chopped coriander leaves.



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## Ingredients

White pumpkin	½ kg.
Water	3 cups
Green chilies, cut fine	7-8 nos.
Tamarind	Lemon size
Buttermilk, thick	1 glass
Salt	To taste
<b>For the Masala</b>	
Coconut grated	¾ no.
Jeera	1 tsp.
<b>For seasoning</b>	

## White Pumpkin Curry



Coconut oil	2 tbsps.	Curry leaves	1 sprig
Mustard seeds	1 tsp.	Red chili	1 no.

## Method

1. Skin and chop the pumpkin into pieces and keep for boiling with water, green chilies, tamarind and salt.
2. Grind the coconut with jeera to a fine paste and add it to the cooked pumpkin.
3. Boil for 10-15 minutes and add the buttermilk and remove from the fire.
4. Season with coconut oil, mustard seeds, curry leaves, red chilies and simmer for 5 minutes.
5. Serve hot with rice, idlis etc.



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## Ingredients

Chick peas, boiled	1 ½ cup
Onion, finely chopped	2 ½ cups
Garlic, minced	1 tbsp.
Ginger, minced	1 tbsp.
Turmeric	½ tsp.
Cumin, ground	2 tsp.
Coriander, ground	2 tsp.
Green chili, minced	1 tsp.
Tomatoes, chopped	½ cup
Bay leaf	1 no.
Vegetable oil	2½ tbsps.
Salt	¼ tsp.

## Chholar Gughni



## Method

- 1.Heat oil in a kadhai, add bay leaf, onion and stir fry until brown in colour.
- 2.Add the the ginger garlic & cook for some time, then add the turmeric, cumin, coriander & chili.
- 3.Now put the tomatoes and salt, cover and cook over low heat or until the tomatoes become soft.
- 4.Keep stirring to prevent sticking and add a little water if necessary.
- 5.Add cooked chick peas & cook for 5 some more time.
- 6.Take off from the heat and keep aside.
- 7.Serve hot with puris or luchi.



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## Ingredients

Baked beans	2 tins
French dressing	1/2 cup
Celery, chopped	1 cup
Gherkin, chopped	1/4 cup
Mustard powder	1 tsp.
Chili sauce	2 tbsps.
Tomato ketchup	1/2 cup
Spring onions, sliced	1/2 cup
Brown sugar	2 tbsps.
Pepper	1/2 tsp.
Salt	1/2 tsp.

## Sweet & Sour Beans



## Method

- 1.Mix all the above ingredients together and chill.
- 2.Serve cold garnished with wedges of tomatoes and sprinkled with parsley.



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## Ingredients

Green peas	1½ cups
Mushrooms	200 gms.
Green cardamom	4 nos.
Cinnamon	1" stick.
Onions	2 nos.
Ginger paste	1 tbsp.
Garlic paste	1 tbsp.
Tomato puree	½ cup
Red chili powder	1 tbsp.
Coriander powder	1 tbsp.

Turmeric powder	1 tsp.
Garam masala powder	1 tsp.
Cashewnut paste	½ cup

## Matar Mushroom Masala



Oil	2 tbsps.
Salt	As required

## Method

1. Clean, wash & cut the mushrooms into medium pieces and peel & chop the onions finely.
2. Sauté green cardamoms, cinnamon stick & chopped onions in oil until golden brown in colour.
3. Then add the ginger garlic paste and cook for ½ a minute.
4. Add tomato puree, red chili powder, coriander powder, turmeric powder, garam masala powder, salt & cook till the oil leaves the masala.
5. Lastly add the cashewnut paste dissolved in 1 cup of water and stir well.
6. Add 1 cup of water, bring it to a boil, then add the green peas & mushrooms.
7. Cook on a high flame for seven to eight minutes or till the green peas are fully cooked.
8. Once done, serve hot with rice or roti.



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## Ingredients

Dry red chilies	2 nos.
Onions	2 nos.
Ginger	2" piece.
Green chilies	1-2 nos.
Tomatoes	2 nos.
Capsicum	2 nos.
Cottage cheese (paneer)	400 gms.
Coriander leaves	¼ cup
Cumin seeds	1 tsp.
Red chili powder	1½ tsps.

Turmeric powder	1 tsp.	Oil	3 tbsps.
Garam masala powder	1 tsp.	Salt	As required
Vinegar	1½ tbsps.		

## Paneer Jalfrezi



## Method

1. Break the red chilies into two pieces, peel and chop the onions into thick slices and separate the onion rings.
2. Peel and cut the ginger into pieces, wash & chop the green chilies.
3. Cut the tomato and capsicum into half, remove the seeds and cut them into long slices.
4. Finely chop the coriander leaves and cut the paneer into finger size pieces.
5. Heat oil in a kadai, add cumin seeds and when they change colour, add the halved red chilies.
6. Next add the ginger pieces, sliced onions and sauté for a minute.
7. Add the red chili powder, turmeric powder & stir well.
8. Then mix the capsicum pieces and cook for a few minutes, then add the paneer pieces and toss.
9. Lastly add the salt, vinegar, tomato pieces, garam masala powder & cook for 2-3 minutes.
10. Serve hot, garnished with chopped coriander leaves.



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### Ingredients

Cottage cheese	1 kg.
Ginger powder	2 tsp.
Fennel powder	5 tsp.
Turmeric powder	1½ tsp.
Cloves	4 nos.
Garam masala	1 tsp.
Green cardamoms, crushed	1 no.
Black cardamoms, crushed	1 tsp.
Bay leaves	3 nos.

Milk	½ cup	Oil	400 ml
Water	2 cups	Salt	1 tsp.

### Yellow Paneer Gravy



### Method

1. Cut the cottage cheese into cubes and deep fry till golden.
2. Drain and put into a vessel with 2 cups of boiling salted water, ginger, turmeric, fennel powder, cloves, cardamoms and bay leaves.
3. Boil this mixture and while boiling pour in the milk, cover and cook till the gravy is reduced to half.
4. Heat 4 tbsps of oil till sizzling hot and pour over the cheese mixture.
5. Sprinkle garam masala, remove from the heat and serve hot.



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## Ingredients

Pineapple, ripe	1 no.
Jaggery, finely grated	250 gms.
Curry leaves	Few
Red chillies	5 nos.
Coconut, grated	2 nos.
Turmeric powder	½ tsp.
Mustard seeds	½ tsp.
Cumin seeds	1 tsp.
Salt	To taste

## Pineapple Pachadi



## Method

1. Peel the pineapple and cut all the eyes carefully and cut into slices.
2. Remove the inside hard portion and dice.
3. Grind coconut, cumin and mustard seeds to a fine paste and grind the red chillies separately.
4. Boil the pineapple in water to which turmeric, chili powder and salt has been added.
5. When the pineapple turns tender put in jaggery and continue to stir till it turns into a syrup.
6. Put in the coconut paste, and curry leaves.
7. Mix well and remove from the fire.



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## Ingredients

Tomatoes, chopped	400 gms.
Ginger, chopped	½" piece
Paneer, cut into pieces	250 gms.
Bay leaf	1 no.
Cardamom, skinned & crushed	2 nos.
Chili powder	½ tsp.
Methi (fenugreek seeds)	1 tsp.
Sugar	1 tsp.
Cream	5 tbsps.
Garam masala	¼ tsp.
Oil	4 tbsps.
Salt	To taste

## Paneer Makhani



## Method

1. Heat oil, add the chopped tomatoes, ginger, bay leaf, cardamom, methi and chili powder.
2. Cook covered till the tomatoes turn soft.
3. Cool, grind the tomatoes to a puree and then pass through a sieve.
4. Keep the tomato puree on the fire, then add the salt, garam masala and cook.
5. Add the cream keeping some for the garnish and remove from the fire.
6. Just before serving add the paneer pieces and garnish with beaten cream and coriander leaves.



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## Ingredients

Green peas	1 cup
Onions	2 nos.
Ginger	1" piece.
Tomatoes	3 nos.
Paneer, cut into cubes	250 gms.
Big cardamom	1 no.
Cloves	2 no.
Curd, beaten	¼ cup
Coriander powder	1 tsp.
Red chili powder	¼ tsp.
Garam masala	½ tsp.
Oil	5 tbsps.
Salt	To taste

## Paneer Matar Masala



## Method

1. Blend the onions, tomatoes, ginger, cloves & cardamom to a puree and fry the paneer cubes to a light brown colour.
2. Add the onion puree to the ghee and cook till thick and dry.
3. Cook on a slow flame till the oil separates.
4. Add the curd and cook again till the ghee separates.
5. Now add the red chili powder, coriander powder, green peas and cook for a minute.
6. Add enough water to make a thick gravy and salt to taste.
7. Add the paneer pieces and garam masala once the green peas are cooked.
8. Cook on low a flame till the oil separates, then serve garnished with chopped coriander.



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## Ingredients

Onion, chopped	1 no.
Ginger, chopped	½" piece
Green chili, chopped	1 no.
Tomatoes, chopped	4 nos.
Big cardamom, crushed	2 nos.
Curd, beaten	¼ cup.
Paneer, cut into cubes	250 gms.
Chili powder	½ tsp.
Garam masala	½ tsp.
Tomato sauce	1 tbsp.
Milk	1/3 cup
Ghee	3 tbsps.
Salt	1 tsp.

## Shahi Paneer



## Method

1. Add onion, ginger, green chili and cardamom to 2 tbsps. of heated ghee.
2. Sauté until light brown, then add the tomatoes, cover and cook on a low flame for a few minutes.
3. Now add the curd, cook for 2 minutes, remove from heat and blend in a blender with ½ cup of water.
4. Cook the puree in the remaining ghee for a few minutes, then add the salt, chili powder, garam masala, tomato sauce and enough water to make a thick gravy.
5. Cook on a low flame and then keep aside.
6. Just before serving, heat the gravy and add the paneer pieces, milk and serve garnished with grated paneer.



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### Ingredients

French beans, chopped finely ¼ kg.  
 Carrots, chopped finely ¼ kg.  
 Cauliflower, chopped finely ¼ kg.  
 Potatoes, chopped finely ¼ kg.  
 Onion, chopped 1 no.  
 Cumin seeds 1 tbsp.  
 Tomatoes, peeled & chopped 3 nos.  
 Red chili powder 1 tbsp.

Fresh cream	3 tbsps.	Butter	3 tbsps.
Paneer (optional)	¼ kg.	Ghee, melted	¼ cup
Red colour	As required	Salt	To taste

### Veg. Makhanwala



### Method

1. Boil all the chopped vegetables together.
2. Once done, drain the stock and keep aside.
3. Chopped the paneer into medium pieces, fry and keep them aside.
4. In a vessel heat ghee and sauté the chopped onion and cumin seeds till they turn light brown in colour.
5. Next add the tomato pieces and fry till the ghee separates from the onion-tomato mixture.
6. Now add the boiled vegetables with the stock, salt & chili powder.
7. Boil for a while, then add the fresh cream, butter, colour and fried paneer pieces.
8. Boil further for a few minutes so that the vegetables blend with the fresh cream, butter etc.
9. Serve hot decorated with fresh cream.



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## Ingredients

Chili Powder	1 tsp.
Coriander seeds	1 tsp.
Cumin Seeds	½ tsp.
Vegetable Oil	¼ cup
Curd	½ cup
Cardamom	1 no.
Cloves	3 nos.
Garlic Paste	1½ tsps.
Ginger Paste	1½ tsps.
Turmeric	¼ tsp.

Cauliflower	1 kg.	Tomatoes	3 nos.
Poppy seeds (khus khus)	3 tsps.	Coriander Leaves	A handful.
Curry Leaves	10 nos.	Salt	To taste
Onions	1 no.	Oil	As required

## Gobhi Korma



## Method

1. Powder the cloves, coriander seeds, cumin seeds, cardamom, poppy seeds and keep aside.
2. Clean and cut cauliflower into florets into small pieces.
3. Grind the onion and tomato into a fine paste, mix it with the powders, ginger paste, garlic paste, red chili powder, turmeric, salt, curd and cauliflower florets.
4. In a deep pan heat oil, add curry leaves, coriander leaves and immediately add the cauliflower mixture.
5. Reduce the heat, add a cup of water, stir, cover and cook until the gravy thickens.
6. Serve hot with parathas or roti.



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## Ingredients

Potato, sliced into square 3 nos.  
 Parvals vegetables, cut into round pieces 15 nos.  
 Tomatoes, sliced 2 nos.  
 Onion 1 no.  
 Ginger 1"piece.  
 Garlic 3 cloves  
 Cardamom 2 nos.  
 Cumin seeds 1 tsp.  
 Cinnamon 2 pieces.

Cloves	3-4 nos.	Green Chilies	As required
Cumin powder	1 tsp.	Turmeric powder	As required
Coriander powder	1 tsp.	Oil	As required
Garam masala powder	1 tsp.	Salt	To taste

## Alu Potal Rasa



## Method

- 1.Grind the ginger, garlic, cinnamon, cardamom, cloves, onion with water to a paste.
- 2.Heat oil in a deep pan, fry the potato and parval pieces till they are cooked.
- 3.Take oil in another pan, add the cumin seeds to it, when it splutters add the green chilies and the masala paste.
- 4.Fry this mixture well, then add the turmeric, coriander, cumin and garam masala powder and fry for few minutes.
- 4.Next add the tomatoes, fry till they become soft, then lastly add the fried potatoes and parval pieces with a little water.
- 5.Cook this vegetable mixture for about 5-7 mins and then remove from the heat.
- 6.Serve hot.

(\*Parval is called "**Snake gourd**" in English)



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## Ingredients

French beans, cut into small 300 gms. pieces  
 Potato, cut small square size pieces 2 nos.  
 Green chili, cut into pieces 1 no.  
 Ginger, minced 1"piece.  
 Turmeric powder 1 tsp.  
 Chili powder 1 tsp.  
 Cumin powder ½ tsp.  
 Mustard seeds ½ tsp.

Cumin seed ½ tsp.  
 Oil As required  
 Salt To taste

## Alu Beans Bhaja



## Method

1. Heat oil in a pan, add the mustard and cumin seeds.
2. When the mustard and cumin seeds start spluttering add the chopped green chilies, ginger and fry for a few minutes.
3. Next add the turmeric powder, mix it thoroughly, then add the chopped beans, potato and leave it to cook further.
4. Lastly add the chili powder, cumin powder, salt and cook until the beans change colour.
5. Serve hot.



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## Ingredients

Lady Finger's (okra)	300 gms.
Thick curd	2 cups
Mustard paste	2 tbsp.
Tomatoes, cut into pieces	3 nos.
Onion, chopped into cubes	1 no.
Panch phutan	1 tsp.
Curry leaves	1 sprig
Gram flour (besan)	1 tsp.
Turmeric powder	As required
Ginger garlic paste	1 tsp.
Oil	As required
Salt	To taste



Bhendi Besara

## Method

1. Wash and dry the lady finger, then fry it in little oil and keep aside.
2. Take oil in another vessel, add the panch phutan powder and curry leaves.
3. When they make a crackling noise, add the onions and fry till they turn pink in colour.
4. Next add the tomatoes and cook till the oil separates.
5. In a bowl mix the curd, gram flour, mustard paste, ginger-garlic paste and pour it into the tomato mixture.
6. Let it boil for a while, then add the salt, turmeric, fried lady fingers and boil further.
7. After a few minutes remove from the heat and serve hot.



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## Ingredients

Methi leaves (fenu greek leaves)	2 bunches
Tomato, sliced	3 nos.
Vadi (soya bean granules)	7-8 nos.
Brinjal, cut into squares	1 no (small)
Green chilies	2 nos
Dry red chili	1 no.
Mustard seeds	½ tsp.
Coriander leaves, chopped	As required
Oil	2 tsp.

Salt To taste



## Method

1. Wash and chop the methi leaves and keep it aside.
2. Boil the chopped brinjal in water for 5 mins, then the chopped methi leaves to it with a little salt.
3. Cook for 10 minutes and then remove from heat.
4. Heat a pan and add the tomato slices with little water and mash into a thick paste.
5. Add this tomato mixture to the methi mixture.
6. Fry the vadis in oil and add it to the methi mixture.
7. Heat oil, add the mustard seeds, green chilies, red chili and let them splutter.
8. Add this to the methi mixture, add more salt if required and serve hot garnished with coriander leaves.



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## Ingredients

Potatoes, cut into round slices	4 nos.
Coriander leaves	1 bunch.
Green chilies	4 nos.
Ginger	1"piece.
Garlic	4 cloves.
Coconut	1 tbsp.
Tamarind	As required
Cumin seeds	1 tsp.
Coriander seeds	1 tsp.
Turmeric powder	½ tsp.
Chili powder	To taste
Salt	To taste



Hara Alu

## Method

1. Make a paste by grinding everything except the potatoes.
2. Mix this masalas with the potato slices.
3. Put this in a pan, cover tightly and cook over a low flame with out adding any water.
4. Remove from heat once the potatoes are soft.
5. Serve hot with rotis or chapatis.



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## Ingredients

Potatoes	325 gms.
Onions	325 gms.
Brinjals, cut round	½ kg.
Coconut, grated	1½ tbsp.
Coriander leaves	½ cup
Ginger, grated	¼"piece.
Green chillies, minced	2 nos.
Dhana-jeera powder	¾ tsp.
Oil	¾ tsp.
Salt	To taste

## Mixed Stuffed Vegetables



## Method

1. Peel and make deep incisions or cuts in the potatoes and onions with separating them.
2. Slit the brinjals also the same way without separating them.
3. Make a filling by mixing the grated coconut, coriander leaves, grated ginger, chillies, dhana-jeera powder & salt.
4. Stuff this filling into the slit potatoes, brinjals & onions.
5. Heat oil in a flat pan, add the stuffed vegetables, cover with a lid and cook over a low flame.
6. Keep stirring the vegetables at intervals and when they become tender remove from heat and keep aside.
7. Serve with rotlis.



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## Ingredients

Bhindi	200 gms.
Karela	75 gms.
Chili powder	½ tsp.
Dhana-jeera powder	½ tsp.
Asafoetida powder	A pinch
Turmeric powder	¼ tsp.
Sugar	¾ tsp.
Oil	2½ tsps.
Salt	To taste.

## Karela Bhindi Masala



## Method

1. Wash, dry and make a slit in the bhindi with out separating it.
2. Cut the karela into fine rounds, then apply salt, mix well and keep aside.
3. After some time, squeeze out all the juice from the karela.
4. Heat oil in a kadhai, add a pinch of asafoetida and both the vegetables.
5. Fry over a medium flame and when cooked add the turmeric powder, chili powder, dhana-jeera powder, sugar and salt.
6. Fry for about few minutes and remove from heat.
7. Serve hot with puri or rotli.



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## Ingredients

Potatoes	250 gms.
Curd	½ cup
Ginger	½" piece.
Green chilies	2 nos.
Garlic	¼ pod.
Turmeric powder	½ tsp.
Chili powder	½ tsp.
Ghee	2 tbsps.
Salt	To taste.

## Dahi Batate nu Shak



## Method

1. Boil the potatoes, skin and cut into halves.
2. Beat the curd well and grind the ginger, garlic, green chilies to a fine paste.
3. Mix the potatoes pieces with the chili paste, curd, chili powder, turmeric powder and salt.
4. Keep this mixture aside for 1/2 an hour or more.
5. Heat ghee in a pan and fry the potatoes till golden brown in colour.
6. Serve hot with puris.



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## Ingredients

Groundnuts(roasted)	250 gms.
Tomatoes blanched and sliced	3 nos.
Green chilies	8 nos.
Tamarind	60 gms.
Jaggery	60 gms.
Garam masala	1 tsp.
Cumin seeds(ground)	1 tsp.
Chili powder	As required
Coriander leaves(sliced)	1 cup

Salt to taste

## Method

1. Soak the tamarind for 5 minutes in 1 cup of water and squeeze the juice.
2. To the above, dissolve the jaggery.
3. Grind the chilies and the groundnuts to a paste.
4. Cook all the ingredients together till the bhaji becomes thick.
5. Serve hot.

## Tomato Bhaji



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## Ingredients

Paneer, grated	250 gms.
Onion, sliced	1 no.
Cinnamon stick	1 stick
Cloves	6 nos.
Cardamoms	6 nos.
Bay leaf	1 no.
Black cummin seeds	1 tbsp.
Ginger paste	2 tbsps.
Garlic paste	1 tbsp.
Chili powder	1 tbsp.

Coriander seeds, ground	1 tbsp.
Cummin seeds, ground	2 tbsps.
Turmeric powder	¼ tbsp.
Curd	¼ cup
Water	1 cup



Paneer Korma

Coriander leaves, chopped	1 tbsps.
Green chillies, halved	2 nos.
Ghee	80 gms.
Salt	To taste.

## Method

1. Saute the sliced onions in the heated ghee, then add the cinnamon, cloves, cardamoms, bay leaf, cumin seeds and fry for some time.
2. Next add the ginger-garlic paste, stir-fry for a while and then add the grated paneer.
3. Now sprinkle the chili powder, coriander powder, turmeric powder and mix well.
4. Mix well, then add the curd and water. Then cover and cook over low heat.
5. Once it becomes thick remove and serve garnished with ground almonds.



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## Ingredients

Drumsticks 12 nos.

Jaggery(small piece)

### For the masala :

Red chilies(roasted) 8 - 10 nos.

Jeera seeds 1 tsp.

Coriander seeds(roasted) 2 tsp.

Urad dal(roasted) 1 tsp.

Methi seeds(roasted) 4 - 5 seeds

Garlic 2 flakes

Turmeric powder ¼ tsp.

Tamarind(size of 1/4 lime)

Coconut(grated) ½ piece

### For seasoning :

Mustard seeds 1 tsp.

Garlic(crushed) 7 - 8 flakes

## Drumstick Masala



Curry leaves

Urad dal

Oil

Salt to taste

As required

1 tsp.

2 tbsp.

## Method

- 1.Remove the skin of the drumsticks and cut into 3" sized pieces.
- 2.Soak the pieces in water for 5 minutes.
- 3.Drain the pieces and cook them in 1 1/2 cups of water along with jaggery and salt to taste.
- 4.Grind to a paste the ingredients for the masala with the coconut.
- 5.Add this paste to the cooked drumsticks along with the seasoning.
- 6.Cook on slow fire for 10 - 15 minutes.
- 7.Serve hot.



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## Ingredients

Onions	150 gms.
Tomatoes	150 gms.
Ginger	1" piece
Garlic	2 cloves
Green chilies	2 nos.
Turmeric powder	½ tsp.
Garam Masala	½ tsp.
Ghee	1½ tbsps.
Salt	To taste

## Onion Bhaji



## Method

1. Saute the chopped garlic, green chilies and sliced ginger in the ghee.
2. Next add the sliced onions, chopped tomatoes and fry further.
3. Lastly add the garam masala, turmeric powder, salt and cook on a low flame till the onions turn brown.
4. You can add little water if required.



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## Ingredients

Tindas(big size)	250 gms.
Khoya	50 gms.
Green peas(shelled)	125 gms.
Tomatoes blanched & diced(large size)	2 nos.
Ginger(minced)	1" piece
Onion(medium size)	1 no.
Garam Masala	1 tsp.
Cumin seeds(ground)	½ tsp.
Chilli powder(as required)	

Turmeric powder(as required)  
 Handful of coriander leaves(chopped)



Ghee 2 tbsps.  
 Salt to taste

## Method

1. Lightly roast the tindas on a low fire till you can feel the spots on them.
2. Then put them in cold water, peel and mash coarsely.
3. Lightly brown the khoya in a dry pan.
4. Make a paste of the onion.
5. Heat the ghee and fry the onion paste and ginger to a golden brown colour.
6. Put the tomatoes, spices and salt and cook till the ghee comes to the top.
7. Add the peas and 1 cup of water.
8. Cook over a low flame till the peas are almost cooked.
9. Add the tindas and continue cooking till the peas are fully cooked.
10. After this add the khoya and keep on stirring until it blends well with the gravy.
11. Garnish with the coriander leaves and serve.



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## Ingredients

Garlic	6 cloves
Tomatoes	2 nos.
Onion	1 no.
Turmeric powder	½ tsp.
Coriander powder	2 tsp.
Cumin seeds, roasted	¼ tsp.
Garam Masala	1 tsp.
Dry red chillies	6 nos.
<b>For the koftas :</b>	
Poppy seeds	1 tsp.

Green Peas (shelled & boiled)	300 gms.	Gram flour	As required
Potatoes (boiled & peeled)	300 gms.	Salt	To taste

## Peas Kofta Curry



## Method

1. Mix all the ingredients under koftas into a paste and roll into balls.
2. Deep fry these balls and keep aside.
3. Fry the minced onion till they turn brown, then add the remaining spices with the chopped tomatoes.
4. Add a little water and cook until the gravy comes to a boil.
5. Lastly add the fried koftas, simmer and remove from heat.



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## Ingredients

Cauliflower	1 no.
Onions	2 nos.
Garlic	4 cloves
Ginger	1" piece.
Red chillies (dry)	3 nos.
Cinnamon	1 stick.
Bay leaf	1 no.
Green chillies	2 nos.
Cloves	4 nos.
Cumin seeds	½ tsp.

Black cardamoms	As required	Ghee	As required
Curd	1 cup	Salt	To taste



## Method

- 1.Heat ghee and stir fry the whole cauliflower for sometime.
- 2.Sprinkle the chopped garlic, ginger and onions with all the spices over the cauliflower.
- 3.Next pour the curd with 1 cup of water, add a little ghee, cover and bake in a moderate oven.
- 4.Remove when the cauliflower is tender.



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## Ingredients

Onion, diced	1 no.
Besan	As required
Red chili powder	1 tsp.
Mustard seeds	½ tsp.
Asafoetida (hing)	A pinch
Turmeric powder	½ tsp.
Sugar	To taste
Lemon	½ no.
Coriander leaves, chopped	A handful
Coconut, grated (optional)	As required
Oil	3 tbsp.
Salt	To taste



## Method

- 1.Heat oil in a kadhai, add the mustard seeds, hing and turmeric powder.
- 2.Next add the chopped onion and fry till they become soft.
- 3.Now add the lemon juice, salt, sugar and mix well.
- 4.Sprinkle gram flour into the kadhai, while stirring the onion mixture continuously.
- 5.Keep adding the gram flour till it forms into a thick mass.(like scrambled egg)
- 6.Keep stirring, then add the chopped coriander leaves and coconut.
- 7.Serve hot with bhakri and chopped onions.



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## Ingredients

Boiled Peas	5 cups
Green Chillies(finely chopped)	3 nos.
Grated coconut	1 cup
Coriander leaves(finely chopped)	1 cup
Oil	2 tbsps.
Sugar	As required
Salt	As required

## Vatana Bhaji



## Method

- 1.Heat the oil and add cumin seeds.
- 2.When the cumin seeds begin to crackle, add chillies and peas.
- 3.Stir continuously and add the sugar and salt.
- 2.Garnish with grated coconut and coriander leaves.
- 3.Serve hot.



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## Ingredients

Small potatoes	1 kg.
Turmeric powder	1 tsp.
Chili powder	1 tsp.
Curry leaves	12 nos.
Sambhar powder	1 dsp.
Green chilies	6 nos.
Oil	As required
Salt	As required

## Sambhar Potatoes



## Method

1. Boil the potatoes, peel and fry them in oil until golden.
2. Heat 2 tbsps of oil, add chopped chilies and curry leaves, fry for 2 minutes.
3. Then add the other spices, salt and potatoes and keep on slow fire for 10 minutes.
4. Serve sprinkled with chopped coriander.



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**Ingredients**

Chicpeas(soaked overnight)	25 gms.
Aubergine(large)	2 nos.
Onions(coarsely chopped)	2 nos.
Celery(chopped in 1" slices)	As required
Mushrooms(quartered)	250 gms.
Garlic (chopped)	2 flakes
Olive oil	25 ml.
Tomatoes(blanced and pureed)	500 gms.
Thyme(dried)	1 tsp.
Basil	1 tsp.
Coriander powder	2 tsp.
Thick coconut milk	100 ml.
Parsley(chopped) .	2 tbsp
Green Peas	225 gms.
Courgette(tori or green marrow)	225 gms.



Chicpea Aubergine Casserole

**For Garnishing:**

Cheese grated	4 tbsp.
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**Method**

1. Drain the chicpeas and boil till soft. Drain the water and keep aside.
2. Cut the aubergine into half and sprinkle with salt, leave for 30 mins.
3. Heat the oil in a pan, add onion, and chopped garlic and saute till soft and golden.
4. Wash the aubergine under cold water to get rid of excess salt and bitter juices. Cut them in 1" cubes and add them to the pan. Fry for 5 mins.
5. Add celery and courgette, fry for another 5 min.
6. Add the rest of the ingredients and cook on low heat, until the vegetables are done and the sauce is rich and thick.
7. Garnish with cheese and parsley.



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## Ingredients

Potatoes	450 gms.
Butter	5 gms.
Oil	1 tbsp.
Rosemerry herb	1 tsp.
Freshly ground pepper to taste	
Salt to taste	

## Potato Flair



## Method

- 1.Heat the oven to 200 degree C.
- 2.Peel the potatoes and cut them into even shapes about 6 cms long. Slice each one across the width at 5 mm intervals, cutting almost to the base but leaving the slices joined.Rinse the potatoes in cold water and dry them thoroughly.
3. Put the oil and butter in a roasting tin and melt it over a low heat. When the fat is almost smoking hot, add the potatoes. Turn them carefully in the fat until they are evenly coated. Season them with rosemerry, salt and pepper.
- 4.Roast the potatoes in the oven, turning them occasionally, for 50-60 mins until they are crisp and golden but feel soft when pierced with a fork.



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## Ingredients

Onions	4 nos.
Cheese grated	2 cups
Nutmeg grated	½ tsp.
Whorcestershire Sauce	2 tsp.
Milk	As required
Pepper	As required
Salt	1 tsp.
<b>For Short Crust Pastry:</b>	
Maida	2 cups
Margerine or butter	½ cup

Baking Powder	A pinch
Cold Water	2-3 tbsp.
Salt	½ tsp.

## Onion & Cheese Pie



## Method

1. Peel and quarter the onion's, cook them in boiling water for fifteen minutes or till tender. Drain and cool slightly before chopping them roughly.
2. Divide the prepared pastry in two and roll each half to fit a seven inch pie plate.
3. Line the plate with half the pastry and cover with half the cheese and onion's.
4. Season with nutmeg, salt, pepper and whorcestershire sauce.
5. Top with the remaining cheese and cover the pie with pastry and seal and knock pu the edges.
6. Brush with milk and make a small slit in the pastry lid.
7. Bake in a preheated oven at 400 degrees F. for 30-35 minutes.
8. **For making the Short Crust Pastry:**
  1. Shift the maida and flour into a wide bowl.
  2. Cut the firm fat and rub them into the flour using the tip of the finger's , until the mixture resembles fine bread crumbs.
  3. Add the Water, mix the dough lightly with a round bladed knife until it forms large lumps.
  4. Gather the dough together with the fingers and kneed it lightly on a float surface until firm and free from cracks.
  5. Chill for 30 minutes before use.



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## Ingredients

Potatoes chopped	100 gms.
Green peas chopped	100 gms.
Cauliflower chopped	100 gms.
Carrots chopped	100 gms.
Onions chopped	100 gms.
Tomatoes chopped	3 nos.
Lime juice	As required
Salt to taste	

**For the masala(to be ground):**

Red chilies	5 nos.
Ginger	1 ½" piece
Garlic	8 flakes

## Method

- 1.Heat oil and fry the ground masala.
- 2.Add the chopped tomatoes and fry well.
- 3.Now add the remaining vegetables and add just enough water to cook the vegetables.
- 4.Add salt to taste and lime juice as required.
- 5.Cook on a low flame till the vegetables are tender.
- 6.Serve hot.

## Tangy Veggies



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## Ingredients

Cheese cubes	250 gms.
Onion grated	½ cup
Ginger ground	1" piece
Garlic ground	5 flakes
Chili powder	½ tsp.
Garam Masala	1 tsp.
Butter	2 tbsps.
Tomato pulp	¼ cup
Tomato sauce	¼ cup
Fresh cream	2 tbsps.
Sugar	½ tsp.
Salt to taste	

## Shahi Cheese



## Method

- 1.Heat the butter and fry the onions till they are light brown.
- 2.Add the ground ginger & garlic and fry for sometime.
- 3.Next add the tomato pulp & tomato sauce and stirfry for 3 minutes.
- 4.Now add the chili powder, sugar and salt and mix well.
- 5.Add the malai and cook for awhile.
- 6.Finally add the garam masala, mix well and then add the cheese cubes.
- 7.Cook on a low flame for 5 minutes.
- 8.Serve hot with rice or chappaties



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## Ingredients

Potatoes	½ kg.
Cheese grated	½ cup
Mustard powder	¼ tsp.
Vermicelli(break into small bits)	½ packet
Asparagus chopped	2 bunches
Parsley chopped	2 bunches
Lettuce leaves	As required
Pepper	½ tbsp.
Oil	2 cups
Salt to taste	



## Method

1. Boil the potatoes, peel and mash them.
2. Mix the asparagus and parsley leaves along with the mustard powder, pepper and salt.
3. Make equal portions of this mixture.
4. Form each portion into egg shapes.
5. Roll each portion into the cheese.
6. Then roll the portion into the vermicelli.
7. Heat the oil well and deep fry till golden brown.
8. Serve on a bed of lettuce leaves.



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## Ingredients

Chana dal	4 tbsps.
Cabbage washed & grated	1 no.(small size)
Coconut grated	2 tbsps.
Mustard seeds	½ tsp.
Asafoetida	¼ tsp.
Green chilies chopped	3 nos.
Curry leaves	7 nos.
Tumeric powder	¼ tsp.
Coriander leaves, chopped	As required
Lime juice	1 tsp.
Oil	1 ½ tbsps.
Salt to taste	

## Cabbage Dal Koshimbir



## Method

- 1.Clean, wash and soak chana dal for 3 hours. Then drain and grind coarsely.
- 2.Mix the cabbage, chana dal and coconut well and keep aside.
- 3.Heat oil and add the mustard seeds, followed by asafoetida, green chilies, curry leaves and turmeric powder.
- 4.Fry for a few seconds and then pour the same over the cabbage mixture.
- 5.Next add salt, lime juice, coriander leaves and mix well.
- 6.Serve hot.



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## Ingredients

Coriander leaves ground	As required
Tomatoes chopped	2 nos.
Onions grated	2 nos.
Thick coconut milk	1 cup
Pepper powder	¼ tsp.

### For the balls:

Cheese grated	½ cup
Onion chopped	1 no.
Ginger	½" piece

Green chilies chopped	2 nos.
Vinegar	1 tbsp.
Potato boiled & mashed	1 no.
Flour	1 cup

Salt to taste

### For the gravy(Grind together):

Ginger	1" piece
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## Cheese Ball Curry



Garlic	4 flakes
Cummin	½ tsp.

Salt to taste

### For the garnish:

Coriander leaves chopped	As required
Curds	As required

## Method

1. Make a mixture of the cheese ball ingredients and make equal balls of the mixture.
2. Heat the oil well and deep fry the balls and keep aside.
3. Take oil in a thick bottomed pan and fry the grated onions till brown.
4. Next add the ground gravy masala and fry well till the oil separates.
5. Add the ground coriander paste, tomatoes, salt and cook for sometime.
6. Now add the coconut milk and let it boil.
7. Add the cheese balls and cook on a low flame for 10 minutes.
8. Garnish with curds and coriander leaves.
9. Serve hot.



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## Ingredients

Raw papaya, grated	2 cups
Coconut, grated	½ cup
Green chilies	5 nos.
Cumin seeds	½ tsp.
Garlic	4 flakes
Mustard seeds	As required
Curry leaves	As required
Turmeric powder	A pinch
Oil	As required
Salt to taste	

Papaya Thoran

## Method

1. Grind the cumin seeds with the garlic, coarsely grind the green chilies and mix these with the grated coconut.
2. Heat oil in a kadhai, add the mustard seeds, when they splutter add the curry leaves and the grated papaya.
3. Add little water & salt and cook over simmering heat for 10 minutes.
4. Next add the ground masala, stir and remove from heat.



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## Ingredients

Cabbage	250 gms.
Coconut, grated	1/4 cup
Small onions	4-5 nos.
Green chilies	2 nos.
Curry leaves	As required
Mustard seeds	1 tbsp.
Urad dal	1 tbsp.
Oil	2 tbsps.
Salt	As required

Cabbage Thoran

## Method

1. Chop, wash and keep the cabbage aside.
2. Next grind the coconut with the green chilies, onions and curry leaves to a coarse paste.
3. Heat oil in a pan, fry the mustard seeds, urad dal and curry leaves.
4. Once fried well add the cabbage & salt and cook over low heat without adding water.
5. Garnish with coarsely ground coconut masala.



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## Ingredients

Paneer	250 gms
Capsicum	3 nos.
Coriander powder	2 tsp.
Garam masala	1 tsp.
Red chili powder	1 tsp.
Ginger-garlic paste	1 tsp.
Tomatoes(chopped)	2 cups
Coriander leaves (chopped)	¼ cup
Kastori methi(fenugreek)	1 tbsp.
Oil	3 tbsps.

Salt to taste

## Method

- 1.Cut the paneer and capsicum into 1 1/2 cm cubes.
- 2.In an microwave proof dish add oil, capsicum, ginger-garlic paste, tomatoes, coriander and chilly powder. Cover and cook on micro high for 6 minutes.
- 3.Add the paneer, salt, garam masala and kastoori methi. Mix well and cover and cook for another 5 minutes.
- 4.Serve hot, garnished with coriander leaves.

## Microwave Kadhai Paneer



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## Ingredients

Lady finger(Bhendi)	250 gms.
Ginger garlic paste	1 tsp.
Coriander seeds	2 tps.
Red chillies(whole)	2 nos.
Green chillies(chopped)	2 nos.
Kastoori methi	1 tsp.
Tomatoes(chopped)	½ cup
Garam masala	1 tsp.
Oil	2 tbsps.
Salt to taste	

## Microwave Bhendi Masala



## Method

- 1.Pound the coriander seeds and red chillies coarsley.
- 2.In a casserole, add oil, ginger garlic paste, pounded masala and green chillies and cook on micro high for 6 mins.
- 3.Add the lady finger, stir well, cover and cook on micro high for 7 min.
- 4.Add the chopped tomatoes, kastoori meethi, garam masala and salt.Mix well and cook on micro for 6 mins.
- 5.Serve hot with parathas.



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## Ingredients

Paneer(cut in 1" chunks)	500 gms.
Curd	1 cup
Ginger garlic paste	1 tbsp.
Garam masala	½ tsp.
Oil	3 tbsps.

Salt and pepper to taste  
**FOR GREEN MASALA:**

Green chillies	3-4 nos.
Green Coriander	¼ cup
Mint leaves(pudina)	¼ cup

Cashewnuts	5-7 nos.
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## Method

- 1.Place all the ingredients for the green masala in a mixer and grind to a fine paste.
- 2.Put the curd in a strainer for 1/2 an hour so that excess water gets drained.
- 3.Mix the green masala, curd, oil, ginger garlic paste, salt and garam masala and add paneer chunks. Marinate for 1/2 an hour in the fridge.
- 4.Greese an oven proof dish and grill the paneer for 10-15 mind.
- 5.Serve hot with naan or tandoori roti.

**NOTE**--Paneer should be a day old.

## Paneer in Green Masala



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## Ingredients

Cauliflower	1 kg.
Tumeric	1 tsp.
Lemon juice	2 tbsps.
Oil to deep fry	
Salt to taste	
<b>Marination:</b>	
Ginger paste	4 tsps.
Garlic paste	4 tsps.
Red chili powder	1 tsp.
Malt vinegar	7 tbsps.

Salt to taste	
<b>Dusting:</b>	
Gram flour	¼ cup
Cumin powder	½ tsp.
<b>Gravy:</b>	
Onions chopped	¼ cup
Almond paste	5 tsps.
Tomato puree	60 gms.
Youghurt	1 cup
Khoya/ Mawa	120 gms.



Coriander powder .	1 tsp
Fennel powder	2 tsps.
Red chili powder	½ tsp.
Turmeric	½ tsp.
Garam masala	½ tsp.
Saffron	1 tsp.
Milk	1 tbsps.
Ghee	6 tbsps.
Salt to taste	

## Method

1. Cut the cauliflower into large florets. Boil 1.5 ltrs of water in a vessel. Add turmeric, salt and lemon juice. Also add florets. Blanch for 5 mins. and drain.

### Marination:

2. Mix red chili and salt with the ginger and garlic paste, rub the blanched florets with this mixture, arrange in a shallow dish and sprinkle with vinegar. Keep aside for 15 mins. Drain of the excess marinade.

### Dusting:

3. Mix cumin with gram flour and dust the marinated florets with this mixture.

4. Heat oil in a kadhai and deep fry the dusted marinated florets over medium heat until light golden. Keep aside and prepare the gravy.

### The Gravy:

5. Heat ghee in a vessel, add chopped onions and saute over medium heat until light brown.

6. Add almond paste and tomato puree. Fry until the fat leaves the masala.

7. Blend yoghurt, khoya, coriander, fennel, red chillies, turmeric and salt together



and add this mixture to the masala.

8. Cook till the gravy reaches sauce consistency. Sprinkle garam masala.

9. Arrange the deep fried florets in a shallow casserole, pour the gravy on it, sprinkle saffron, cover with silver foil and put on dum in the pre-heated oven for 10 mins.

Remove the foil and serve with parathas.



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## Ingredients

Mushroom	600 gms.
Onions large	4 nos.
Ginger paste	4 tsps.
Garlic paste	4 tsps.
Ginger	4 tbsps.
Green Chillies	4 nos.
Yoghurt	1 ½ cup
Coriander(chopped)	1 cup
Cashewnut paste	3 tbsps.
Green Cardamon	5 nos.

Black cardamon	1 no.
Cloves	5 nos.
Cinnamon	1" stick
Bay leaf	1 no.
Oil	¾ cup
Salt to taste	

## Method

1. Trim, wash, blanch and drain the mushroom.
2. Chop 2/3rd of the ginger and cut the rest into thin long slices.
3. Deseed and chop green chillies.
4. Roughly cut the onions and boil with 2 tbsps. water till onions are transparent. Cool and blend in a blender to a fine puree.
5. Heat oil in a vessel, add whole masala and saute over medium heat until it begins to crackle.
6. Add the boiled onion puree and fry for 2 min. Dissolve garlic and ginger paste in 1/4 cup water and add to the onion paste, fry for a minute.
7. Add chopped ginger, green chillies, red chili and coriander powder and fry for a minute and remove from the fire.
8. Add yoghurt, salt and 3/4 cup of water and return to fire, allow it to boil and then simmer until the fat leaves the masala.
9. Now add the mushroom, cashewnut paste and chopped coriander and cook till done.

## Khum Hara Dhania



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## Ingredients

Mushrooms	300 gms.
Dry red chillies	10 nos.
Garlic(sliced)	6 flakes
Onions(sliced thinly)	2 nos.
Cardamom	3 nos.
Cloves	3 nos.
Cinnamon	1 stick
Ginger(finely sliced)	2" piece
Turmeric powder	½ tsp.
Coriander seeds	1 ½ tbsps.

Sour curd	125 gms.
Lemon juice	2 tsps.
Coriander leaves(chopped)	¼ cup
Oil	3 tbsps.
Salt to taste	

## Mushroom Chilly Fry



## Method

1. Wash and cut the mushrooms into quarters.
2. Heat 1 tsp. of oil on the tava and roast the chillies till dark in colour.
3. Fry the coriander seeds, garlic and ginger in the same way, using just 1 tsp. of oil for each ingredients. Keep these fried spices aside.
4. In a saucepan heat the remaining oil and fry the onions till golden brown and crisp. Drain and keep aside.
5. Add the cloves, cinnamon and cardamom to the oil and fry for a minute.
6. Add the mushrooms, turmeric and salt and fry till mushroom are half cooked.
7. Add the curd and the fried spices, cook till done.
8. Add the lemon juice and fried onions just before serving.
9. Garnish with chopped coriander.



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## Ingredients

Green Peas(shelled)	1 cup
Mushrooms	250 gms.
Green cardamom	3 nos.
Cinnamon	1" stick
Onions(large, chopped)	2 nos.
Ginger-garlic paste	2 tbsps.
Tomato puree	½ cup
Red chili powder	1 tsp.
Coriander powder	1 tbsp.
Turmeric powder	½ tsp.

Garam masala	1 tsp.
Cashewnut paste	¼ cup
Fresh cream	½ cup
Coriander leaves (chopped)	¼ cup
Oil	2 tbsps.
Salt to taste	

## Malai Mushroom Matar



## Method

1. Clean wash and cut mushrooms in quaters.
2. Heat oil in a kadhai. Add green cardamom, cinnamon stick and chopped onions and fry until light golden brown.
3. Add ginger-garlic paste and cook for half a minute. Add tomato puree, chili powder, coriander powder, turmeric powder, garam masala and salt and cook till oil seperates from the masala.
4. Add cashewnut paste dissolved in 1/2 cup of water, stir well.
5. Add green peas and mushrooms, cook on medium heat till peas are cooked.
6. Add the cream and half the chopped coriander leaves and cook on low flame for 3 minutes.
7. Serve hot sprinkled with chopped coriander leaves.



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## Ingredients

### For The Kofta:

Besan	2 tbsps.
Broccoli	250 gms.
Onion(finely chopped)	1 no.
Ginger-garlic paste	1 tsp.
Green chilies(finely chopped)	2 nos.

Oil for frying

Salt to taste

### For The Gravy:

Onions(medium)	3 nos.
----------------	--------

Ginger paste	1 tbsp.
Garlic Paste	1 tbsp.
Green Chilies (chopped fine)	2 nos.
Coriander powder	1 tsp.
Tumeric powder	1 tsp.
Tomato puree	½ cup



Red chili powder	1 tsp.
Mawa	½ cup
Fresh cream	½ cup
Garam masala	1 tsp.
Oil	3 tbsps.
Salt to taste	

## Method

1. Roast gram flour(besan) lightly.
2. Steam the broccoli, drain well and mash well.
3. Add the rest of the ingredients and mix well and make small balls.
4. Deep fry till done. Keep aside.
5. **For gravy:**
  1. Peel onions and boil with a cup of water for 10 minutes. Drain excess water, cool onions and grind into a fine paste.
  2. Heat oil in a pan. Add boiled onion paste and cook for 5 minutes. Add ginger paste, garlic paste, chopped chilies, coriander powder, turmeric powder and salt. Cook for another 3 minutes.
  3. Add tomato puree and red chili powder and cook for another 10 minutes or till oil separates from the masala.
  4. Mix mawa in 2 cups of water and add to the gravy. Bring it to a boil and simmer for 10 minutes stirring occasionally. Stir in fresh cream and garam masala powder.
5. Place the koftas in the serving dish and pour the gravy on top.
6. Serve hot garnished with chopped coriander leaves.



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## Ingredients

Onions(chopped)	½ cup
Capsicum(chopped)	¾ cup
Ginger(chopped)	2 tsp.
Macaroni(boiled)	2 cups
White sauce	2 cups
Butter	2 tsps.
Cheese cubes	4 nos.
Green chilies(chopped)	2 nos.
White pepper	½ tsp.
Salt to taste	

## Cheese Macaroni



### FOR WHITE SAUCE:

Butter	2 tsps.
Maida(flour)	2 tsps.
Milk	2 cups

## Method

1. **Make white sauce by;** heating butter in a pan, then add maida and stir for 1 minute, then add milk and cook till thick.
2. Grate 3 cheese cubes in the white sauce and fold all the other ingredients in it.
3. Pour in a greased dish and grate the remaining one cube of cheese on top.
4. Bake at 350 degrees F for 20 minutes or till cheese is golden brown.
5. Serve hot with buns.

### Variation;

1. **VEG-**Chopped celery, boiled vegetables like cauliflower, carrot and peas can also be added.
2. **NON VEG-**Sausages cut in one inch pieces, boiled shredded chicken can be added.



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## Ingredients

Paneer(cubed)	500 gms.
Babycorn	150 gms.
Bay leaf	1 no.
Garlic paste	1 tsp.
Onion(ground to a paste)	1 large
Oil	¾ cup

### Grind to paste:

Curd	1 ½ cup
Tomatoes(quartered)	200 gms.
Green chillies(cut lengthwise)	3 nos.

Chili powder	1 tsp.
Garam masala powder	1 ½ tsp.
Cashewnuts	30 gms.
Almond(blanching)	15 gms.
Tumeric powder	A pinch
Salt to taste	

## Paneer-Babycorn Korma



## Method

- 1.Heat oil, add bay leaf and garlic fry for a minute, then add the crushed onions and fry till golden brown.
- 2.Add the ground masala paste and fry till the oil floats on top.
- 3.Add two cups of water and bring to boil, then add the baby corn and cook for 5 minutes.
- 4.Add cubed paneer and simmer for 10-15 minutes or till the gravy becomes thick.
- 5.Serve hot garnished with fried cashewnuts and capsicum.



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## Ingredients

Corn kernels	300 gms.
Capsicum(diced into 1cm cubes)	3 medium size
Onion(chopped)	3 medium size
Tomatoes(chopped finely)	2 medium size
Coriander leaves(chopped)	¼ cup
Cumin seeds	½ tsp.
Ginger-garlic paste	2 tbsps.
Red chili powder	1 tsp.
Coriander powder	1 tbsp
Cumin powder	1 tsp.
Turmeric powder	½ tsp.
Garam masala powder	1 tsp.
Fresh cream(optional)	¼ cup
Mawa(khoya)	½ cup
Oil	3 tbsps.
Salt to taste	

## Corn Capsicum Masala



## Method

1. Boil the corn in water, once cooked drain water and keep aside.
2. Heat oil in a kadhai. Add cumin seeds, when it starts crackling, add chopped onions and cook till golden brown.
3. Add ginger garlic paste and cook for 2-3 minutes. Then add red chili powder, cumin powder, coriander powder and turmeric powder. Stir fry for a minute.
4. Add chopped tomatoes and cook till oil leaves the masala, continuously keep stirring.
5. Add mawa and half cup of water and mix and cook for a minute.
6. Add diced capsicum and mix well. Finally add boiled corn, garam masala powder and salt. Mix and cook on low fire for 4-5 minutes.
7. Stir in cream and chopped coriander and serve hot.

### TIP;

To reduce the calories, reduce the mawa and cream. Use a little milk instead.



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## Ingredients

Jackfruit(kathal) raw	500 gms.
Onion(chopped fine)	2 nos.
Curd	½ cup
Anchor powder	1 tsp.
Coriander powder	3 tsps.
Chili powder	1 tsp.
Ginger-garlic paste	2 tbsps.
Tomatoe puree	½ cup
Cummin powder	1 tsp.
Garam masala	1 tsp.

Coriander leaves (chopped) ¼ cup  
 Oil for frying  
 Salt to taste

## Kathal Masala



## Method

1. Peel and cut the kathal in 4 cms cubes. Deep fry till light brown and keep aside.
2. Grind onions to a paste.
3. Add 2 tbsps. of oil in a pan and fry the onion paste till it is light brown. Add the ginger-garlic paste and the tomatoe puree and cook for another 5 minutes. Add curd, and all the powder masala and cook till the oil floats on top.
4. Add the fried kathal(jackfruit) pieces and fry well for 5 minutes.
5. Add salt and 1 cup water to form a thick gravy. Simmer till the gravy is thick.
6. Add chopped coriander leaves and serve hot.



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## Ingredients

### FOR THE KOFTA:

Methi leaves(finely chopped)	¾ cup
Potatoes(boiled and mashed)	2 large
Onion(finely chopped)	1 small
Green chillies(finely chopped)	2 nos.
Cheese(graded)	¼ cup
Bread slice	1 no.
Maida	2 tbsps.

Salt to taste

### FOR THE GRAVY:

Spinach leaves	1 bunch
Tomatoes(chopped)	2 nos.
Onion(chopped)	1 no.
Ginger(chopped finely)	½" piece
Cream	½ cup
Red chili powder	¼ tsp.
Oil	2 tbsps.

Salt to taste

## Methi Kofta in Spinach Gravy



## Method

### 1. FOR THE KOFTA:

1. Soak the bread slice in water and squeeze out all the water.
2. Mix the methi leaves, potatoes, onion, bread slice, green chili, cheese and salt together. Shape into small balls.
3. Make a smooth paste by dissolving little water in the maida.
4. Heat the oil in a kadhai.
5. Dip the balls in the maida paste and fry till crisp. Keep aside.

### FOR THE GRAVY:

1. Boil and grind the spinach to a fine paste. Keep aside.
2. Grind the onions, tomatoes and ginger to a fine paste.
3. Heat oil in a pan, add the masala paste and fry for 5 minutes. Stir in the salt, red chili and spinach paste and fry for another 5 minutes.
4. Mix in cream and bring to a boil.

### TO SERVE:

1. Place the koftas in a dish and pour the hot gravy on top. Garnish with cream on top.



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## Ingredients

Potatoes(boiled)	1 & ½ cup
Kabuli channas boiled	1 cup
Tomatoes(deseeded &chopped fine)	1 large
Onions(chopped fine)	1 no.
Curd (beaten)	1 cup
Sev	½ cup
Salty bundi	¼ cup
Pani puri (coarsly crushed)	10 nos.
Sweet tamarind chutney	2 tbsps.
Mint chutney	2 tbsps.
Chat masala	1tbsp.
Green chillies(chopped fine)	2 nos.
Coriander leaves(chopped)	¼ cup
Salt to taste	

## Method

1. Peel and chop the potatoes into small cubes.
2. Mix all the ingredients except sev and pani puri well.
3. Put in a serving bowl and sprinkle with sev and crushed pani puri.
4. Garnish with coriander leaves.
5. Serve with chutney(optional in case one requires more)



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## Ingredients

Kabuli chana	100 gms.
Cumin powder	¼ tsp.
Coriander powder	¼ tsp.
Turmeric powder	A little
Onion(grated)	¼ cup
Tomato puree	¼ cup
Ginger(thinly sliced)	1 tsp.
Garlic(minced)	½ tsp.
Coriander leaves(chopped)	¼ cup

Garam masala	¼ tsp.
Water	500 ml
Salt and chili powder	to taste

## Kabuli Chana Gravy



### FOR GARNISHING

Sliced onions,tomatoes and green chilies

## Method

1. Soak chana overnight in 2 cups water. Add salt and pressure cook on high heat for 5 minutes. Lower the heat and continue to cook for another 7 minutes. Remove from fire and when cool, put the chana in a bowl.
2. Reheat the same pressure cooker and add cumin seeds and lightly roast it. Add coriander powder and turmeric powder and stir well.
3. Add the onion, tomatoe puree, ginger, garlic, chilie powder and the remaining water. Pressure cook for 10 minutes.
4. When cool open the cooker and again put it on fire and cook till almost dry.
5. Add the boiled chana along with the water(in which it was boiled)and simmer for 5-7 minutes.
6. Add the garam masala and half the chopped coriander leaves and cook till the gravy thickens.
7. Garnish with sliced onions, green chilies and sliced tomatoes.



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## Ingredients

Besan	1 1/3 cups
Coriander powder	1/2 tsp.
Turmeric powder	1/4 tsp.
Cumin powder	1/2 tsp.
Red chilli powder	1/2 tsp.
Roasted, scraped coconut (optional)	1/4 cup
<b>For tempering</b>	
Ghee	2 tbsps.
Green chillies, chopped	3 nos.
Asafoetida	1/4 tsp.
Salt	To taste



## Method

1. Make a batter of besan and water. Keep aside.
2. Heat ghee in a kadai, add mustard seeds, chopped green chillies and asafoetida. Cook for a moment.
3. Add besan batter, coriander powder, turmeric powder, cumin powder, red chilli powder and salt.
4. Cook, stirring continuously, so that it does not stick or burn.
5. When besan is cooked and the mixture is of coating consistency, take it off the heat.
6. Check the seasoning and serve hot garnished with roasted, scraped coconut (optional) and chopped coriander leaves.





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## Ingredients

Potatoes	4 nos.
Onions	2 nos.
Tomato	1 no.
Coriander leaves	¼ cup
Garlic	8 cloves
Ginger	1"
Green chillies	4 nos.
Salt	to taste
Coriander powder	2 tbsps.
Red chilli powder	1½ tbsps.

Turmeric powder	½ tsp.
Groundnut oil	10 tbsps.
<b>Tempering</b>	
Mustard seeds	½ tsp.
Asafoetida	¼ tsp.

## Potato Karkari



Urad dal	1 tsp.
Whole red chillies	2 nos.
Chana dal	1 tsp.
Curry leaves	10-12 nos.

## Method

1. Boil the potatoes with skin. Cool, peel and cut each into 6-8 pieces.
2. Peel and slice onion, wash and quarter tomatoes. Wash and chop the coriander leaves and keep. Peel and grind the ginger and garlic to a smooth paste. Wash and slit the green chillies.
3. Heat oil in a wide kadai, temper with the tempering ingredients and fry till the dals turn light brown.
4. Add the green chillies, ginger garlic paste and fry. Add the onion and sauté till it becomes transparent. Add the masala powders and salt dissolved in 2 tablespoons of water. Add the tomatoes and cook on medium heat till the tomatoes become pulpy.
5. Add the potatoes and toss well.
6. Sprinkle 2-3 tablespoons of water and let it cook over medium heat, stirring frequently.
7. Add the coriander leaves and salt to taste, stir over high heat for 2-3 minutes and remove.

TIP: You can also prepare arbi or yam in this method. But boil them with little turmeric and tamarind, before continuing with the above method. Tone down the chilli, if you want to reduce the spice level.









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## Ingredients

Milk	750 ml.
Sugar	1 cup
Flour	1 tbsp.
Water	1 cup
Juice of a lime	



## Method

1. Make chenna of the milk.
2. Add flour to the chenna and knead it with the palms of the hands until it is smooth and pliable.
3. Divide the dough into eight or sixteen small portions.
4. In each portion put a grain or two of sugar candy and roll to form a ball.
5. Make a thin syrup by combining 1 cup sugar and 1 cup water and cook over low heat.
6. Add 2 tbsp.milk to the boiling syrup so that the scum comes to the top of the syrup.
7. Remove the scum with a spoon.
8. Drop the rasogullas in the clean boiling syrup, and boil for 10 minutes.
9. Sprinkle water on the boiling syrup every 2 minutes.
10. Remove from the heat and cool. Flavour with rosewater, if desired.



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## RICE & BREADS

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### [Kashmiri Puri](#)

A simple puri made of yeast, curd and spices.

### [Methi Puri](#)

A tasty puri from North India made with Fenugreek leaves.

### [Roomali Roti](#)

A truly fine roti which is cooked on a 'ulta tava'.

### [Tamrind Rice](#)

A variation of the plain rice with a tangy flavour.

### [Veg. Hyderabadi Biryani](#)

A rich vegetable and rice delicacy from the royal kitchen of Hyderabad.

### [Missi Roti](#)

A variation of the famous roti, made of refined flour and spinach – Simply Delicious.

### [Dhan Dar Ne Colmi No Patio](#)

A combination of white rice, dal and curried prawns.

### [Methi Wara Chawar](#)

Rice cooked with Methi leaves and powdered masalas.

### [Bhatura](#)

A thick puri deep fried in oil, a very good accompaniment for the Punjabi Chole.

### [Gobi Paratha](#)

Thick Parathas stuffed with grated cauliflower filling.

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## Ingredients

Refined flour (maida)	2 1/2 cups
Yogurt	1/2 cup
Baking powder	1/2 tsp.
Baking soda	A pinch
Sugar	2 tsp.
Oil for frying	2 tbsp.
Salt	1 tsp.

## Bhatura



[Animated Bhatura Recipe](#)

## Method

1. Take flour and add baking powder, baking soda and salt. Mix well and pass it through a sieve.
2. Mix yogurt and sugar. Add this to the flour and add about a cup of water and mix gradually to make a soft dough by light kneading.
3. Incorporate two tbsp. oil into the dough and cover the dough with a wet cloth. Keep it aside for an hour.
4. Divide it into sixteen equal portions, roll them into balls. Cover and keep to ferment for ten minutes.
5. Grease your palms with a little oil and flatten the balls. Roll into five inch diameter diskettes.
6. Heat oil in a kadai and deep fry bhaturas on high flame till light on both sides.



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### Khichda

A dish that needs no gravy, made of mutton, rice & spices.





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## ACCOMPANIMENTS

### Overview

Another example of adaptation.

### New Recipes

#### Punj Rattani Dal

A rich dal preparation, which gives the dish a mingling taste of five dals and spices.

#### Bheendi Gavar Dal

A delectable accompaniment with a light seasoning made of moong dal, bheendi, gavar.

#### Gram Dal

A simple dal with a light seasoning.

#### Katachi Aamti

A sweet and sour curry made from Dal water.

#### Tomato Rasam

A variation of Rasam. An excellent appetiser !

#### Gujarati Kadhi

A sweet yoghurt curry is pleasantly spiced and prepared in all Gujrati homes.

#### Cholar Dal/Bengal Gram Dal

Bengal gram dal seasoned with spices.

#### Yellow Dal Fry

The most popular form of Dal. It's finger-licking good!

#### Palak Masoor Dal

A delightful combination of Lentils and spinach.

#### Dahi Vada

Savouries made from lentils, served with Yogurt and exotic chutneys - Simply mouth-watering!!

#### Dal Pakhtooni

Black urad dal simmered on slow fire with a unique blend of north western frontier spices.

#### Dal Makhani

An all time favourite lentil delicacy with the richness of fresh cream.

#### Rajmah Rasmisa

Red kidney beans cooked in a spicy tomato gravy.

#### Boondi Raita

Deep-fried balls of gramflour mixed with creamy beaten yogurt.

#### Sambhar

The most popular South Indian preparation to be accompanied with idlis, dosas, vadas and rice.





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## Ingredients

Whole meal flour	250 gms.
Mint leaves	1 cup
Oil	3 tbsp.
Salt	As per taste



## Method

1. Sieve flour with salt.
2. Dry half the mint leaves on a hot griddle and then powder and the remaining half chop.
3. Mix the chopped mint leaves into the flour and knead into a stiff dough.
4. Knead well, cover and keep aside for 10 minutes.
5. Divide into 6 equal portions,
6. Roll out each portion with a rolling pin to approximately six inch diameter.
7. Cook rolled portion (*paratha*) on a Tawa (griddle plate), on moderate heat for 3 minutes. Turn it and smear half a table spoon of oil on *paratha*. Repeat the same on the other side.
8. Cook on low heat till golden brown. Serve hot with Dal Pakhtooni or curry of your choice.



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## Ingredients

Urad dal	1 cup
Yogurt	1 kg.
Cumin powder roasted	2 tsp.
Red chili powder	1 tsp.
Rock salt/Black salt	1 tsp.
Ginger julienne	1" piece
Coriander chopped	3 tbsp.
Raisins	15-20 nos.
Green chili, small pieces	1 no.
Tamarind chutney	To taste
Mint chutney	To taste
Oil for frying	
Salt	to taste



## Method

1. Wash and soak the dal in cold water overnight. Next day, strain and grind to a smooth paste.
2. Whisk into a batter 1/2 tsp. salt, 1/2 tsp. red chili powder and raisins.
3. Heat oil in a pan. Drop 1 tbsp. of batter in it and fry until light golden.
4. Remove, drain on absorbent paper. These are now called *Bhallas*. Put *bhallas* in hot water. Leave for 2 mins. Drain, squeezing out the water between the palms of your hands.
5. Whisk the Curd/Yogurt well with Rock salt (kala namak) and salt to taste.
6. To serve, place the *bhallas* on a plate and cover with yogurt. Add Mint chutney and Tamarind chutney. Sprinkle red chili powder and cumin powder. Garnish with coriander leaves, ginger and green chili.



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## Ingredients

Black Urad dal whole	100 gms.
Rajmah	25 gms.
Cumin seeds	1 tsp.
Chopped garlic	1 tbsp.
Chopped ginger	1 tbsp.
Garam masala powder	1 tsp.
Fresh cream	½ cup
Red chili powder	1 tbsp.
Butter	50 gms.
Chopped tomato	½ cup
Chopped onion	1 cup
Oil	1 tbsp.
Salt	As per taste



## Method

1. Pick, wash and soak black urad whole and rajmah overnight in 5 cups of water.
2. Cook the soaked dal and rajmah in 5 cups of water with salt, red chili powder and chopped ginger till dal and rajmah are cooked/soft.
3. Heat oil and butter in a thick bottomed pan. Add cumin seeds, let it crackle. Add chopped onions and cook till golden brown in color.
4. Add chopped ginger, garlic and chopped tomatoes. Sauté till tomatoes are well mashed and fat starts to leave the masala. Add boiled dal and rajma to this. Correct seasoning.
5. Add [Garam Masala Powder](#) and simmer at very slow flame for 15 minutes
6. Add fresh cream and let it simmer for 5 minutes.
7. Serve hot with [Naan](#) or Paratha.

**Tip:** This recipe also tastes very good the following day after reheating properly. Chef Kapoor likes it cold too! With hot parathas.



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## Ingredients

Bitter gourd (karela)	600 gms.
Onions, chopped	3/4 cup
Ginger and garlic paste	1 tbsp.
Turmeric powder	1 tsp.
Coriander powder	2 tbsps.
Amchur	2 tsps.
Onion, sliced	1 cup
Oil	2 tbsps.
Oil to deep fry	
Salt	to taste

## Method

1. Scrape the bitter gourd/karelas. Keep the scrapings.
2. Slit the karelas. Remove the seeds and discard them. Apply salt and leave it for 1/2 hour. Wash them thoroughly.
3. Add salt to the scrapings and leave it for 1/2 hour. Wash in running water to remove excess salt and bitter taste.
4. Heat oil in a pan. Add chopped onions and cook for 2-3 minutes. Add ginger garlic paste and half of the scrapings. Cook for 4 minutes.
5. Add half the turmeric powder, half the coriander powder and half the dry mango powder/amchur. Cook for another 10 minutes.
6. Stuff the karelas with this stuffing and deep fry in medium hot oil until dark brown.
7. Heat oil, add sliced onions and cook till light golden brown. Add rest of the scrapings and cook for 7-8 minutes.
8. Add remaining turmeric powder, coriander powder, salt and dry mango powder/amchur. Mix well and add stuffed karelas. Cook covered for 2-3 minutes. Serve hot.



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Main Course



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**Ingredients**

Matki, soaked and sprouted 1/2 kg.  
 Mustard seeds 1/4 tsp.  
 Cummin seeds 1 tsp.  
 Asafoetida 1/4 tsp.  
 Turmeric powder 1/4 tsp.  
 Coriander-Cummin powder 1 1/2 tsp.  
 Chilli powder 1 tsp.  
 Grated coconut 1/4.  
 Curry leaves A few sprigs.

Jaggery A lemon-size ball  
 Coriander leaves, finely chopped 2 tbsp.



Turmeric powder 1/2 tsp.  
 Oil 3 tbsp.  
 Salt To taste

**Method**

1. Wash the sprouted matki (beans) under running water.
2. Heat oil and add mustard seeds and when they crackle, add cummin seeds, asafoetida and curry leaves.
3. Add matki and fry well.
4. Add turmeric powder and a little water, if required.
5. Cover and cook on low heat for 10 minutes.
6. Add coriander-cummin powder, salt, jaggery, chilli powder and cook till done.
7. Grind half of the grated coconut to a fine paste and add to the cooked matki.
8. Stir well and garnish the usal with the remaining grated coconut and coriander leaves.



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## Ingredients

Sugar	670 gms.
Water	4 cups
Cornflour	1 cup
Almonds	1 cup
Pistachios	1/2 cup
Green cardamoms	2 tbsp.
Milk	1/2 cup
Red or yellow colouring	
Ghee	8 tbsp.



## Method

1. Dissolve the sugar in half the water and let it boil for 5 minutes. Add milk and leave to boil for another 5 minutes. Remove from heat and strain through a muslin cloth.
2. Dissolve cornflour in the remaining water and add to the syrup. Cook on medium heat and when it starts turning into lumps, add the colouring previously soaked in lemon juice.
3. Stir continuously, adding a little ghee every time the mixture starts sticking to the bottom of the pan.
4. When the mixture leaves the sides of the pan and forms one whole lump, add the crushed cardamoms and finely-sliced almonds and pistachios, keeping aside a few nuts for garnishing.
5. Put the halwa on a greased thali and flatten it out, then decorate it with the remaining almonds and pistachios.
6. When cooled, cut into desired shapes and sizes.
7. This halwa will keep for months if packed in air-tight tins.



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## Ingredients

Sugarless creamy condensed milk	100 gms.
Lemon colour	A pinch
Cardamoms	A few
Saffron colour	A pinch



## Method

1. Make oval-shaped [rosogullas](#) and add them to the syrup and boil for 8 minutes.
2. Remove from flame and add lemon colour to the syrup. Cool for a while and remove the rosogullas(chum chum) from the syrup.
3. Add saffron and cardamom powder to sugarless, creamy, condensed milk. Spread this on each piece and serve.



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## CAKES & COOKIES

### New Recipes

<b><u>Chocolate Cookies</u></b>	A real cookie treat for chocolate lovers.
<b><u>Butterscotch Cookies</u></b>	Basic cookie with a slight variation of nuts and brown sugar.
<b><u>Cinnamon Cookies</u></b>	A simple cookie bar with an addition of cinnamon powder to give it a different taste.
<b><u>Peanut Butter Cookies</u></b>	A very popular cookie ,a sure hit with the masses.
<b><u>Carrot Cookies</u></b>	A rare cookie made of grated carrot & the usual cookie ingredients.
<b><u>Fruit Bars</u></b>	A cookie bar made of mixed fruits.
<b><u>Carrot Cake</u></b>	A cake with a difference ! Made of grated carrots.
<b><u>Eggless Chocolate Cake</u></b>	Yummy, is what this delicious chocolate cake is all about.
<b><u>Cheese Cake</u></b>	Just give into temptation by tasting this delightful cheese cake.
<b><u>Almond Pound Cake</u></b>	A delicious cake usually used as a base for cream cakes.
<b><u>Butter Cake</u></b>	A simple & mouth-watering cake made of butter.
<b><u>Cream Cake</u></b>	A rich cake made of a combination of butter, chocolate & flour.
<b><u>Basic Sponge Cake</u></b>	The traditional basic sponge that is used as a base for cream cakes.
<b><u>Coconut Cookies</u></b>	Crunchy cookies made with coconut and refined flour.
<b><u>Kaju Cookies</u></b>	Tasty mouth watering cookies with cashewnut toppings.
<b><u>Cream Macaroons</u></b>	A Biscuit Sandwich with a creamy chocolate filing.
<b><u>Marble Cake</u></b>	A combination of two colours, giving this simple cake a marble effect.
<b><u>Fruit Cake</u></b>	A Fruit cake with a flavour of rum.
<b><u>Date And Walnut Cake</u></b>	A combination of dates and walnuts makes this cake a mouth watering treat.
<b><u>Sweetheart Cookies</u></b>	Scrumptious Orange flavoured cookies.
<b><u>Strawberry Heart Cake</u></b>	Creamy strawberry Cake for your loved ones.

**Melting Moments  
Chocolates**

Delicious assorted chocolates. Truly melting moments.

**Tiramisu**

An Italian Fiesta doused in coffee.

**Brownies**

Rich chocolate cake with walnuts.

**Black Forest Cake**

A German delicacy!

**Christmas Pudding**

A Christmas special! Steamed pudding with fruits and brandy.

**Vanilla Sponge Cake**

Now the basic recipes! Have it as-is or with varied icings and toppings.

**Chocolate Sponge  
Cake**

The all-time favourite. Simple to make, delicious to eat!

**Almond Cookies**

Delicious biscuits made using almonds and refined flour.

**Baked Apple in  
Apple sauce**

Fresh, sliced apples stuffed with cashewnuts and jam, baked with apple puree.

**Pineapple Upside  
Down Cake**

As the name suggests - this cake is baked upside down. It still tastes good.

**Caramel Custard**

Popular the world over - Custard which is caramelized, bake and served chilled.





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## SOUPS & SALADS

### Overview

There aren't any neat categories in Indian food.

### Potato & Dry Fruit Stew

A delicious concoction made of dry fruits, potatoes & coconut.

### Red Pumpkin Stew

A tempting stew made of red pumpkin cooked in thick coconut gravy.

### Cucumber Raita

A cooling combo of cucumber, coriander & curds.

### Mixed Veg. Raita

Indian salad with beaten yoghurt & mixed vegetables.

### Cabbage Raita

A mixture of cabbage & curds with a slight taste of ginger.

### Onion Raita

Curd with finely chopped onions & green chilies.

### Coleslaw Salad

A famous salad with a variation of fruits.

### Carrot Soup

A light and refreshing carrot soup.

### Potato & Cheese Soup

A blended soup with potato and cheese as the main ingredients and garnished with parsley.

### Cream of Mushroom Soup

A rich creamy mushroom soup with a spicy flavour.

### Curry Soup

A truly Indian soup with a tangy flavour made from dal and enriched with fresh cream.

### Prawn Soup

Prawns and vegetables, a great soup in the making.

### Carrot & Coriander Soup

A healthy soup with an Indian flavour.  
Rich in Vitamin A.

### Lentil Soup

A nourishing combination of lentils and ham.

### Mixed Veg. Soup

A vitamin rich soup that is light, low in calories and can be served with a heavier main dish.

### Coconut Curd Salad

Highly nutritious they lend variety and zest to a meal.

### Spinach Soup

A delicious soup, rich in iron content.

### Dieter's Crunch

A healthy salad of fruits and vegetables tossed in curd dip !

### Mysore Rasam

A popular variation of Rasam - It can be had as an accompaniment with rice also!

### Yogurt Stew

A recipe from Andhra - this is a unique preparation of yogurt seasoned with spices.

### Caldo Verde

A typical Goan soup prepared from potatoes, onion & cauliflower.



**Kheera ka soup**

A tangy blend of cucumber and yogurt.

**Tamatar ka Shorba**

Indian style tomato soup.

**Rasam**

A tangy appetizer flavoured with Ground masala

**Mulligtawney Soup**

Peppery soup from south India.

**Chicken Chaat**

Tangy and spicy Chicken salad.

**Aloo Chaat**

Potato salad seasoned with "chaat" spices and garnished with fresh coriander.

**Chicken Shorba**

Delicious chicken soup.

**Dal Shorba**

Mixed lentil wholesome soup.

**Kachumber Salad**

Crunchy cucumber, tomato, capsicum and onions tossed into a salad.

**Sprouted Moong  
Chaat**

Crispy bean sprouts seasoned with chaat spices.





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### Prawn Pulao

Plump deveined prawns mixed with ground green spices and blended with rice to make this mouth-watering pulao.

### Chicken Biryani

Chicken pieces marinated in a spice and curd mixture and cooked with basmati rice on a slow fire.

### Vegetable Biryani

Rice delicacy with a medley of vegetables and spices.

### Lemon Rice

Tangy lemony rice with crunchy peanuts.

### Methi Thepla

Fenugreek flavoured unleavened Indian bread.

### Naan

Triangles of refined flour and egg dough traditionally baked in a clay oven.

### Roti/Chapati

It is a basic bread prepared from whole wheat flour, and forms the staple diet of Indians.

### Aloo Gobi Tahri

Potatoes and cauliflower cooked with aromatic long grained rice.

### Dosas

Crisp, flat rice & dal pancakes

### Idlis

Puffed, light rice & dal cakes



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### [Sindhi Pulao](#)

Rice layered with mutton marinated in yoghurt and ground spices - A speciality for the region of Sindh!

### [Peas Pulao](#)

A quick and popular variation of rice prepared with peas.

### [Masala Khichdi](#)

Khichdi is a wholesome preparation of rice and dhal - of which this is a regional version.

### [Tamatar Pulav](#)

A tangy, tomato flavoured rice dish which can be eaten without any accompaniments!

### [Curd Rice](#)

Steamed rice mixed with yoghurt and seasoning.

### [Jeera Rice](#)

A simple rice dish flavoured with cumin seeds.

### [Pudina Paratha](#)

Mint flavoured unleavened bread.

### [Aloo Paratha](#)

Shallow-fried unleavened bread with a tangy potato stuffing.

### [Puri](#)

Deep-fried puffed bread.

### [Makai ki Roti](#)

Wholesome pancakes made from fresh maize flour served with a lot of ghee.



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### Stuffed Masala Kulcha

Indian roti stuffed with a paneer-potato mixture.

### Masale Bhath

Spicy pulao that can be eaten without a gravy.

### Methi Ki Roti

Fried Roti stuffed with methi.

### Spicy Sambar Rice

Rich, spicy rice garnished with fried cashewnuts and coriander leaves.

### Sannas

The Goan idli usually accompanied with thick spicy gravy.

### Coconut Rice

A unusual pulao flavoured with delicate taste of coconut.

### Hyderabadi Biryani

The ultimate of Nawabi cuisine. Cooked in the tandoori style- a rich preparation of rice and mutton.

### Mint Stuffed Parathas

Pancakes made of whole wheat flour, mint sauce and stuffed with cabbage, peas and potato.

### Tandoori Roti

A style of roti/pancakes prepared from refined flour and egg and then baked in a tandoor.

### Dalbhari Puris

A Variation of the common puris-these are stuffed with mixed dals and then deep-fried.



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### [Batata Puri](#)

A Potato variation of the common puri.

### [Indori Palak Puri](#)

Indori style deep fried puri with spinach and spices.

### [Bermi Puri](#)

Puri made of dal and spices, a Jodhpur speciality.

### [Nargisi Puri](#)

A rich puri with egg and potato stuffing.

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## Ingredients

Plain flour	1 cup
Wheat flour	1 cup
Aniseed, roasted & ground	1 tbsp.
Dry yeast	1 tsp.
Warm milk	5/8 cup
Sugar	2 tbsps.
Curd	2 tbsps.
Saffron strands	8 strands
Poppy seeds	1 tsp.
Ghee for deep frying	As required
Salt	1/2 tsp.



## Method

1. Sprinkle yeast and 1 tsp sugar over warm milk, cover and leave aside for 30 mins.
2. Sift together wheat flour, plain flour and salt in a bowl, add the remaining sugar and aniseeds.
3. Gradually pour the yeast mixture and knead well for 15-20 mins till the dough becomes soft, cover with a damp cloth and keep aside for 4-6 hours (for best results keep overnight).
4. Next morning knead again and divide the dough into 20 balls.
5. Mix saffron, curd and poppy seeds together and leave aside for 15 mins.
6. Roll out each ball into a 4" round puri and smear one side of each puri with the saffron mixture before frying.
7. Heat ghee in a pan and fry 1-2 puris at a time until it turns golden brown.
8. Serve hot with dahi.



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## Ingredients

Wheat Flour	1 cup
Fenugreek leaves (methi) finely chopped	1 cup
Coriander leaves, finely chopped	3 tbsps.
Turmeric powder	A pinch
Water	As required
Ghee to fry	As required
Salt	As required



## Method

1. Sift the flour and salt and mix the rest of the ingredients with 1 tsp ghee.
2. Make a soft dough using water and knead well for 15-20 mins.
3. Divide the dough into 20 balls and roll out each ball into a round 4" puri.
4. Heat ghee in a frying pan and fry 1-2 puris at a time until it turns golden brown.
5. Serve hot with raita and a vegetable dish.



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## Ingredients

Wheat Flour	1 1/2 cup
Maida	50 gms.
Cold water for kneading	As required
Melted ghee or oil	2 tbsps.
Salt	1 tsp.



## Method

1. Sieve the wheat flour, maida and salt together in a bowl.
2. Rub ghee or oil into the flours, slowly add water and make a soft dough and keep it covered with a damp cloth for 30 minutes. (Dough should be very smooth and elastic)
3. Knead well again and divide the dough into 6 portions and shape them into round balls.
4. Roll out each ball into a round disc, now place the disc on the back of your palms (palms facing down), circle your wrist slowly in an anti-clockwise motion.
5. Try to swing the roti in the air, again let it land on your palms, make a large very thin circle 12" diameter.
6. It should be as thin as tissue and expanded well.
7. Heat an inverted griddle (upside down), place the roti carefully on over the inverted griddle.
8. This roti takes hardly 1 minute to cook, once done it should be folded like a handkerchief and serve hot.



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## Ingredients

Rice	350 gms.		
Whole red chillies	6 nos.		
Mustard seeds	1 tsp.		
Roasted peanuts	1/4 cup		
Curry leaves	10-12 nos.		
Ginger	1" piece		
Tamarind pulp	3 tbsp.		
Asafoetida	1/4 tsp.		
Split gram (chana dal)	2 tbsp.		
Sesame seeds (optional)	3 tbsp.		
Split black (urad dal)	2 tbsps.	Oil	3 tbsp.
Turmeric powder	1/2 tsp.	Salt	To taste



## Method

1. Wash and soak the rice in water for half an hour.
2. Drain and cook rice in plenty of boiling water, when cooked strain and spread on a plate and sprinkle little oil and mix lightly.
3. Keep aside two red chillies for roasting and chop ginger finely.
4. Heat two tbsps. of oil and add four dry red chillies, mustard seeds, chana dal and urad dal.
5. Saute for 2-3 minutes till dals have a brown colour.
6. Add turmeric powder, asafoetida, curry leaves, roasted peanuts, chopped ginger and stir fry for 1/2 a minute.
7. Add tamarind pulp and salt to the above mixture and cook for some time.
8. Dry roast sesame seeds and grind coarsely with two red chillies.
9. Mix in dry mixture and tamarind mixture to the rice.
10. Mix well and serve hot.



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## Ingredients

Basmati rice	350 gms.		
Potatoes	200 gms.		
Carrots	200 gms.		
Cashewnuts	50 gms.		
Almonds	50 gms.		
Raisins	25 gms.		
Glazed Cherries	25 gms.		
Onions	100 gms.		
Green chilies	4 nos.		
Ginger	30 gms.		
Garlic	20 gms.	Ghee	120 gms.
Turmeric powder	1/2 tsp.	Salt	To taste
Red chili powder	1 tsp.	<b>Whole Garam Masala</b>	
Curd	1 cup.	Green cardamoms	6 nos.
Saffron	1 tsp.	Black cardamoms	2 nos.
Milk	2 tbsp.	Cloves	6 nos.
Mint ( Pudina leaves )	1/3 cup	Cinnamon	2" piece
Coriander leaves	1/3 cup	Bay leaves	2 nos.
Rose water	As required	Mace	A pinch

## Veg. Hyderabad Biryani



## Method

1. Pick, wash and soak the rice for 30 minutes. Drain and pass fresh water and add half the whole garam masala and salt.
2. Bring the rice to a boil and cook until the rice is done. Drain and keep aside.
3. Peel, wash and dice the potatoes and carrots. Peel, wash and slice the onions and green chilies.
4. Scrape the ginger and peel the garlic and chop into pieces. Clean, wash and chop the coriander and mint leaves.
5. Soak the almonds in water, peel and keep aside.
6. Beat the curd in a bowl and divide into two equal portions.
7. Dissolve saffron in warm milk and add it to one portion of the curd mixture.
8. Heat ghee in a handi, add the remaining garam masala and saute over medium heat until it begins to crackle.
9. Add onions, saute until golden brown, add green chilies, ginger, garlic and saute for a minute.
10. Then add turmeric and chili powder, stir, add the chopped vegetables and stir for a minute.

11. Add the portion of plain curd, stir, add 2/3 cup water, and bring to a boil, then simmer until the vegetables are cooked.

12. Once the vegetables are done add the dry fruits and nuts.

13. In the handi with the cooked vegetables, sprinkle little saffron curd, mint and coriander.

14. Then spread half the rice and again sprinkle the remaining saffron-curd, mint and coriander and top it with the remaining rice.

15. Place a moist cloth on top, cover the lid and seal with atta-dough.

16. Put the sealed handi on dum in a pre-heated oven for 15-20 minutes.



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## Ingredients

Maida	200 gms.
Besan	200 gms.
Spinach, cleaned & minced	100 gms.
Coriander leaves	A handful
Green onions, minced	4 nos.
Pomegranate seeds	1 tbsp.
Green Chilies	4 nos.
Salt	To taste



## Method

1. Sift together the two flours and salt, stir in the rest of the above ingredients and add enough water to form a stiff dough.
2. Divide the dough into lemon sized balls and roll out each ball into a thick round disc on a floured board.
3. Apply ghee liberally to the uppermost side of the disc and fold into two.
4. Apply ghee again on the uppermost side of the folded disc and fold both the sides again to form a square.
5. Dip in dry flour and roll into a round disc or chapati.
6. Fry like parathas and serve hot.



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## Ingredients

### For the Dal

Masoor dal (malka)	250 gms.
Turmeric powder	1/2 tsp.
Water	4 cups
Large onion, finely chopped	1 no.
Garlic, finely chopped	16 flakes
Desi ghee	2 tbsp.
Salt	As per taste

### For Curried Prawns

Shelled prawns	1/2 kg.	Cinnamon	1/2" piece
Sliced onions	4 nos.	Tomatoes, chopped	2 nos.
Red Chillies	4 nos.	Tamarind water	1/2 cup
Coriander seeds, roasted	1 tsp.	Jaggery	1 tbsp.
Cummin seeds, roasted	1 tsp.	Coriander leaves, chopped	1 tbsp.
Garlic	8 flakes	Oil	6 tbsp.
Turmeric powder	1/2 tsp.	Salt	As per taste
Cloves	4 nos.		



## Method

### For the Dhan Dar

1. Wash the dal, add turmeric powder and water and bring to a boil.
2. Simmer until dal is soft, mash and pass through a seive.
3. Add salt and bring to a boil again.

### For the Patio

1. Wash and apply salt to the prawns and keep aside.
2. Fry onions in oil until golden, add the ground masala (coriander and cummin seeds, garlic, cloves, cinnamon, red chilies and turmeric powder) and saute for about 2 minutes.
3. Wash prawns again and mix in the masala and add salt.
4. Cook further for a minute or two, stirring constantly.
5. Add a cup of water and cook for approximately 10 minutes, until the prawns are soft.
6. Add tomatoes, tamarind water and jaggery and cook stirring occasionally until the gravy is thick.
7. Garnish with Coriander leaves.

### For the Serving

1.Heat ghee and fry onions and garlic in it until brown.

2.Put white boiled rice on a plate, pour 2 tbsp of dal on top, add a tbsp. curried prawns on top of that. Serve hot.



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## Ingredients

Fenugreek leaves	16 tbsp.
Rice	2 cups
Red chili powder	4 tsp.
Coriander powder	3 1/2 tsp.
Turmeric powder	1 tsp.
Cummin seeds	1 1/2 tsp.
Tomato	1 no.
Water	3 1/4 cups
Oil	7 tbsp.
Salt	To taste.

## Methi Wara Chawar



## Method

1. Wash the rice and then soak in water for about 20 minutes.
2. Finely chop the fenugreek leaves and the tomato.
3. Heat the oil, add the cummin seeds and the fenugreek leaves and fry for 5-7 minutes.
4. Now put in the finely chopped tomato and powdered masalas and fry till the tomato is tender and the oil separates.
5. Finally, add in the rice, salt and the required amount of water.
6. Cook on a high flame till the first boil and then let it simmer till the rice is done.



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## Ingredients

Flour	3 cups
Grated cauliflower or cabbage, 1 1/2 cup grated	
Coriander leaves, finely sliced	A handful
Chilies, minced	3 nos.
Ginger, minced	1/2" piece
Mango powder	1 tbsp.
Mint leaves, sliced	A few
Chili powder	As required

Ghee	2 tbsp.
Salt	To taste



## Method

1. Mix together salt and flour and rub in ghee, then add enough water to make a stiff dough. Divide the dough in lemon-sized balls, then roll out each ball into a not too thin disc or a chapati on a floured board.
2. Mix together the grated cauliflower, coriander leaves, chilies, minced ginger, mango powder, chili powder, mint leaves, salt and keep aside.
3. Spread the cauliflower mixture on one round chapati and cover with a another round chapati and seal the edges.
4. Sprinkle a little dry flour on top, then roll the paratha to a thin round shape taking care not to break it.
5. Grease a tava with ghee and place the paratha over it and when the base turns slightly golden colour, apply ghee on the top and turn the paratha on the other side.
6. Press gently, keep turning the paratha and applying ghee until the paratha turns golden colour.
7. Serve hot with butter and a bowl of season curds.



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## Ingredients

Mutton, cut into small pieces	750 gms.		
Ginger-garlic paste	1 tbsp.		
Wheat, soaked overnight, drained, pounded & husked	2 cups.		
Rice	2 tbsps.		
Chana dal	2 tbsps.		
Masoor dal	2 tbsps.		
Tuvar dal	2 tbsps.		
Moong dal	2 tbsps.		
Coriander leaves, chopped	A handful	Garam masala	2 tsp
Pudina(mint leaves), chopped	A handful	Chili powder	2 tsp
Onions, sliced fine and fried crisp	2 nos.	Ghee	5 tbsps.
		Salt	To taste



## Method

1. Wash all the dals, rice and soak before draining.
2. Then pressure cook till tender and set aside.
3. Apply ginger-garlic paste to the mutton, add 1 1/2 cup water and pressure cook till tender and remove.
4. Add 2 tps. oil to the wheat along with 2 cups water and pressure cook till tender.
5. Mix mutton, wheat and dal and blend well, adding salt to taste, chili powder, garam masala, fried onions, chopped pudina and coriander.
6. Simmer over slow flame and then pour hot ghee over the mutton.
7. Serve hot garnished with lemon slices.

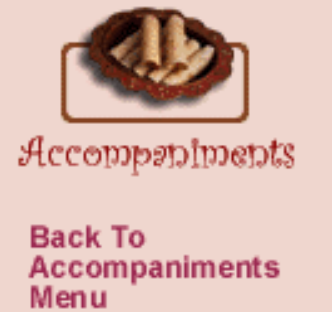


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### Another example of adaptation.

What I have listed here as accompaniments can also be considered parts of the main course. Indian traditional servings would hardly make a distinction between the main course and the so-called accompaniments.

*You can't serve one without the other.* It's like having an omelet without salt and pepper or a pudding without sugar!

Now try out the Boondi Raita or Dal Pakhtooni .... and salute the great Indian food tradition!




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## Ingredients

Moong Dal (whole)	30 gms.		
Masoor Dal (whole)	30 gms.		
Urad Dal (whole)	30 gms.		
Channa Dal	30 gms.		
Tur Dal	30 gms.		
Black Cumin Seeds	3 gms.		
Onions	50 gms.		
Coriander Powder	10 gms.		
Red Chili Powder	3 gms.		
Turmeric Powder	3 gms.		
Cumin seeds	5 gms.	For the Tempering	
Fennel Powder	To taste	White Butter	60 gms.
Coriander	20 gms.	Tomatoes	60 gms.
Ghee	75 gms.	Yoghurt	60 gms.
Salt	As required	Garam masala	3 gms.



## Method

1. Pick and wash the lentils in running water and soak for an hour, drain and keep aside.
2. Chop the onions and clean, wash and chop the coriander.
3. Wash and finely chop the tomatoes and whisk the yoghurt in a bowl.
4. Heat the ghee in a handi, add cumin seeds and saute over medium heat until they begin to crackle.
5. Add onions, saute until brown, add lentils and stir for 4-5 minutes.
6. Then add water, bring to a boil, now add coriander powder, red chilies, Turmeric powder and salt and cover and simmer until lentils are cooked.
7. Mash the lentils lightly against the sides with a spoon.
8. Sprinkle cumin and fennel powder, stir for 2-3 minutes.
9. To prepare the tempering, melt butter in a kadhai, add tomatoes, yoghurt and garam masala, and saute on medium heat until the fat leaves the sides.
10. Put in the lentils and stir for 3-4 minutes.
11. Garnish with coriander leaves and this can be served with Phulkas.



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### Ingredients

Dal (yellow moong dal)	200 gms.
Bheendi (Lady Fingers), small	100 gms.
Gavar, (Cluster Beans)	50 gms.
Tomatoes, chopped	2 nos. (medium)
Green Chilies, finely chopped	5 nos.
Ginger, finely chopped	1" piece.
Curry leaves	A few.
Cummin seeds	1 tsp.
Turmeric powder	1/4 tsp.
Red chili powder	1 tsp.
Asafoetida	1/4 tsp.



Water	4 cups
Kokam leaves	4-5 nos.
Oil	3 tbsps.
Salt	To taste.

### Method

1. Keep the lady fingers and the cluster beans whole, only chop off the ends.
2. Wash and soak the dal in water for 1/2 an hour, then boil with salt and turmeric powder.
3. When the dal becomes tender, churn it well and put in the lady fingers, cluster beans, curry leaves, chopped green chilies, ginger and tomatoes.
4. Make sure there is sufficient water to cook the vegetables and cook them till they are tender.
5. Now heat the oil and put in the asafoetida and cummin seeds.
6. After a couple of seconds, add chili powder and mix this vagar to the dal.
7. Finally add the kokam leaves to the dal and put off the gas.

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## Ingredients

Gram dal	8 cups
Dry red chilies	2 nos.
Mustard seeds	1/2 tsp.
Black dal	1/2 tsp.
Green chilies	2 nos.
Ginger	A piece
Coriander leaves	A bunch
Grated coconut	2 tbsp.
Lemon juice	As required.
Coconut oil	2 tsp.
Salt	To taste



## Method

1. Cook the dal in enough water till tender.
2. Pour coconut oil in a saucepan and add salt, mustard seeds, black dal and red chilies.
3. Chop finely the green chilies, ginger, coriander leaves, and when the mustard sputters throw these in, together with the cooked dal.
4. Mix in the grated coconut and sprinkle with lemon juice to taste.



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### Ingredients

Chana dal water	1/2 litre		
Tamarind, soaked in a little water	A lemon sized ball		
Drumsticks, cut in 4 cm.	3 nos. (optional)		
Chili powder	2 tsp.		
Jaggery, crumbled	60 gms.		
Cummin seeds	1 tsp.		
Dry coconut, sliced	1/4		
Goda masala (branded garam masala powder)	1 tsp.		
Mustard seeds	1/2 tsp.		
Cumin seeds	1/2 tsp.	Curry leaves	A few sprigs
Cloves	4 nos.	Oil	2 tsp.
Cinnamon	6 cm.	Salt	To taste
Bay leaves	4 nos.		



### Method

1. Boil chana dal in sufficient water and strain the water after the dal is well cooked.
2. Extract tamarind pulp and add to the dal water. Bring to boil.
3. Add drumsticks, if using them, and parboil them.
4. Add chili powder, salt and jaggery.
5. Roast the cummin seeds and dry coconut well and grind to a fine paste the add the dal water.
6. Also add goda masala powder stir well and continue to cook.
7. Heat oil and season with cummin seeds, mustard seeds, cloves, cinnamon, bay leaves and curry leaves.
8. Pour the seasoning over the simmering aamti.
9. Simmers till the aamti is done. Serve hot.
10. This aamti can be prepared with the dal water remaining after cooking the chana dal for puran poli.

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### Ingredients

Tomatoes, chopped fine	4 large
Red gram dal	3 tbsp.
Green chilies, slit sideways	3 nos.
Ginger chopped fine	1" piece
Turmeric powder	1/2 tsp.
Water	2 1/2 cups
Salt	To taste



**Tomato Rasam**

### For Tempering :

Mustard seeds	1 tsp.		
Cumin seeds	1 tsp.	Asafoetida powder	1/2 tsp.
Chili halved	1 no.	Curry leaves	A few
Pepper powder	1 tsp.	Ghee	2 tsp.

### Method

1. Pressure cook the red gram dal and set aside.
2. Heat 2 teaspoons ghee and add all the ingredients for tempering. When the mustard seeds splutter, add the green chilies, ginger and tomatoes.
3. Add 1 cup water, salt and turmeric powder. Allow to simmer for five minutes.
4. Add the cooked dal and the remaining 1 1/2 cups water and bring to the boil.
5. Garnish with chopped coriander leaves.
6. Serve hot.



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## Ingredients

Yoghurt,sour	2 cups
Jaggery	2 tbsp.
Bengal gram flour	2 tbsp.
Ginger	1" piece
Curry leaf stalks	2-3 nos.
Coriander leaves	1/2 cup
Green chilies	2 nos.
Salt	To taste

### For Tempering :

Cinnamon	1" piece		
Cloves	5 nos.	Asafoetida powder	1/4 tsp.
Fenugreek seeds	1/4 tsp.	Oil	1 tbsp.
Cummin seeds	1/2 tsp.		



## Method

1. Whip the sour yoghurt and add enough water to obtain a pouring consistency. Add gram flour to it and set aside.
2. Scrape the ginger and finely chop and slit green chilies in two and set aside.
3. Chop the jaggery, wash, chop the coriander leaves and set aside.
4. To the yoghurt mixture add the chopped ginger, the jaggery and salt to taste.
5. Heat oil in a pan. Add mustard seeds, cumin seeds and curry leaves. Add slit green chilies and asafoetida. Add the yogurt mixture and stir constantly till it boils.
6. Cook on slow flame for 5-8 minutes.




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## Ingredients

Bengal Gram 1 cup.  
Cooking Oil or Ghee 2 tbsp.

### Seasoning - 2 types.

a) Panch Phoron 1 tsp.  
Red Chilli Powder 1 tsp.  
or  
b) Cinnamon ( Pounded lightly ) 1/2 "  
Cardamoms 2 nos.  
Cloves 2 nos.

Bay leaf 1 no.  
Cummin powder ( finely ground roasted ) 1 tsp.  
Turmeric Powder 1 tsp.

Sugar (optional)  
Jeera Powder (roasted optional)  
Salt To taste



## Method

1. Boil Bengal gram dal with salt, turmeric powder, and 5 cups water.
2. When dal is cooked, but not dissolved, remove from fire.
3. Heat ghee or oil and (a) fry panch phoron till it sputters, add red chillies, and fry till it becomes dark red OR  
(b) fry red chillies, add pounded spices and bay leaf and fry little.
4. Pour fried seasoning into hot dal and mix thoroughly.
5. Add sugar (optional), and sprinkle roasted jeera powder (optional).
6. Stir and serve.



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## Ingredients

Moong dal	3/4 cup
Masoor dal	1/4 cup
Onion	1 nos.
Ginger garlic paste	1 tbsp.
Tomato	2 nos.
Cumin seeds	1/2 tsp.
Haldi	1/2 tsp.
Red chili powder	1/2 tsp.
Garam Masala powder	1/2 tsp.
Green coriander leaves	a few
Pure ghee	3 tbsp.
Salt	To taste



## Method

1. Chop onion and tomatoes finely.
2. Wash both the dals together and pressure cook for three minutes with three and half cup water and a little haldi.
3. In a pan heat Ghee, add jeera, when jeera changes colour add chopped onion. Cook till light golden brown. Add red chili powder and ginger garlic paste. Sauté well.
4. Add tomatoes and reduce heat. Cover and cook till done.
5. Add boiled dals and salt, bring to required consistency and add green dhanian leaves and garam masala powder. The dal is done.
6. Before serving, heat little ghee put Garam Masala Powder and pour over the dal.

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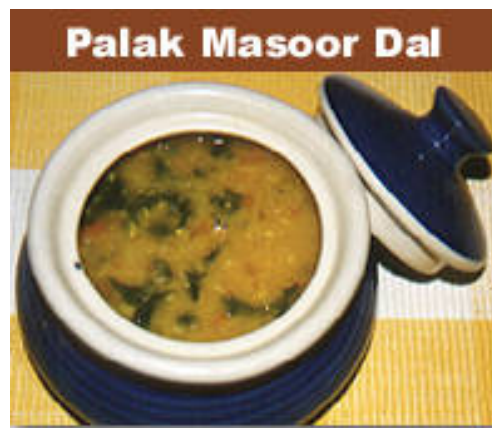
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## Ingredients

Uncooked masoor dal	1 cup
Spinach (palak) leaves	1 bunch
Onion	1 no.
Tomato	1 no.
Cumin seeds (jeera)	½ tsp.
Turmeric powder (haldi)	½ tbsp.
Dried mango powder (amchur)	½ tsp.
Chili powder	1/4 tsp.
Garlic	3-4 cloves
Green chilies	2-3 nos.
Ginger	A small piece
Oil	3 tbsp.
Salt	As per taste



## Method

1. Clean and wash the masoor dal. Cook the dal in a pressure cooker with approx. 1 1/2 cup of water.
2. Chop the palak leaves and wash them thoroughly.
3. Chop the onions and tomato.
4. Grind the garlic, green chilies and ginger into a fine paste.
5. Heat the oil in a thick bottom vessel, add the jeera, then the onions and cook for a few minutes till onions turn golden brown.
6. Add the ginger-garlic paste, haldi powder, chili powder, the amchur and chopped tomatoes.
7. Stir and now add the cooked masoor dal and the palak leaves.
8. Add the salt. Boil for a few minutes and serve hot.



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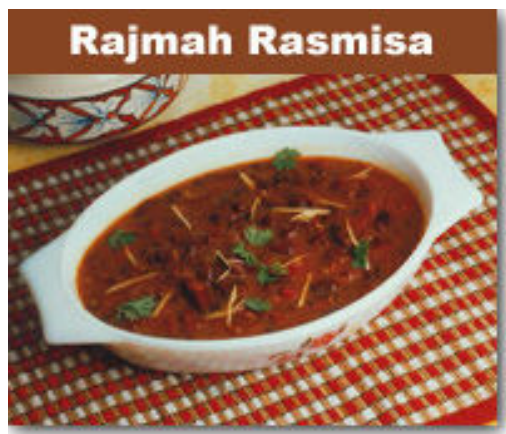
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## Ingredients

Rajmah	200 gms.
Chopped onion	1 cup
Chopped tomato	1½ cup
Garlic paste	1 tbsp.
Ginger paste	1½ tbsp.
Red chili powder	1 tbsp.
Coriander powder	1 tbsp.
Turmeric powder	1 tsp.
Chopped green coriander	1 tbsp.
Cumin powder	1 tsp.
Bay leaf	3 no.
Garam masala powder	1 tsp.
Oil	3 tbsp.
Salt	As per taste



## Method

1. Soak rajmah (red kidney beans) overnight in 5 cups of water.
2. Boil rajmah or pressure cook until soft and fully cooked.
3. Heat oil, add bayleaves, chopped onion and sauté' onion till golden brown in color. Add [Ginger Paste](#) and [Garlic Paste](#). Cook for a minute.
4. Add red chili powder, coriander powder, turmeric powder and cumin powder. Stir and add chopped tomatoes, cook till tomatoes are fully mixed with the masala.
5. Add boiled rajmah and cook on a slow flame for 15 minutes. Add [Garam Masala Powder](#) and garnish with chopped fresh coriander.
6. Cook until gravy is thick and rajmah coated with it.
7. Serve hot with steamed rice.

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## Ingredients

Gram flour	100 gms.
Oil for deep frying	-
Curd (yogurt)	750 gms.
Roasted cumin powder	1 tsp.
Red chili powder	1 tsp.
Salt	As per taste



## Method

1. Mix gram flour and salt, add water to make a thick batter.
2. Heat oil to the moderate, pour the batter through a thick sieve and when slightly colored, and crisp remove and keep aside. Cool.
3. Beat [Curd/Yogurt](#) to make it smooth. Add salt and mix well.
4. Add boondi, mix and then top with roasted cumin powder and red chili powder.



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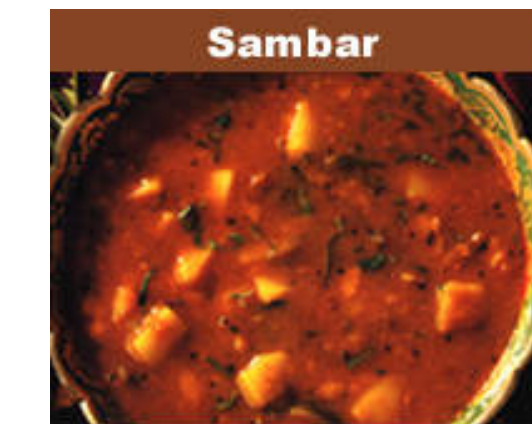
## Ingredients

Red gram dal (tur dal) picked over & rinsed ½ cup  
 Water 2 cups  
 Tamarind pulp, lemon- sized piece  
 Hot water 1 cup  
 Green chillies, slit sideways 2 nos.  
 Chopped mixed veg (e.g. onion, radish, potato etc,) 1 cup

Water 1 cup  
 Ground turmeric ½ tsp.  
 Sambar powder 3 tsp.  
 Rice flour (optional) 1 tbsp.  
 Extra water 2 tbsp.

### For Tempering

Brown mustard seeds 1 tsp.  
 Asafoetida powder ½ tsp.  
 Fenugreek seeds ½ tsp.  
 Cumin seeds ½ tsp.



Sambar

Small bunch of coriander leaves, chopped to garnish  
 Salt As per taste

Red chilli, halved 1 no.  
 Oil 1 tbsp.  
 A few curry leaves

## Method

1. Wash red gram dal well. Drain. Place dal in a heavy saucepan. Cover with 2 cups water and bring to a boil. When boiling, cover pan with a lid, leaving slightly ajar. Lower the heat, and simmer dal gently for 1½ hours. Set dal aside without draining.

2. Soak the tamarind in 1 cup hot water for 15 minutes. Strain the tamarind water into another container, squeezing as much liquid as possible out of the tamarind pulp. Discard the pulp. Set the juice aside.

3. Select enough vegetables to fill approx.1 cup when chopped. Peel and prepare as necessary. Chop into 1 cm ( ½ in) pieces. Set aside.

### TEMPERING:

1. Heat 1½ tbsps. oil in a heavy saucepan. Add the mustard seeds, asafoetida power, fenugreek seeds, cumin seeds, halved red chilli, and a few curry leaves.


2. When the mustard seeds splutter, add the slit green chillies and chopped vegetables. Saute for a couple of minutes.

3. Add tamarind juice, 1 cup water, salt to taste, ground turmeric, and [Sambar Powder](#). Cover and simmer over a low heat until the vegetables are tender.

4. Add the undrained cooked dal. Simmer for 5 minutes, until thoroughly blended. If the sambar needs to be thickened, make a smooth paste of the rice flour in 2 tbsps.extra water. Add to the sambar and cook for 2-3 minutes.

5. Garnish with the chopped coriander leaves. Serve hot with rice.



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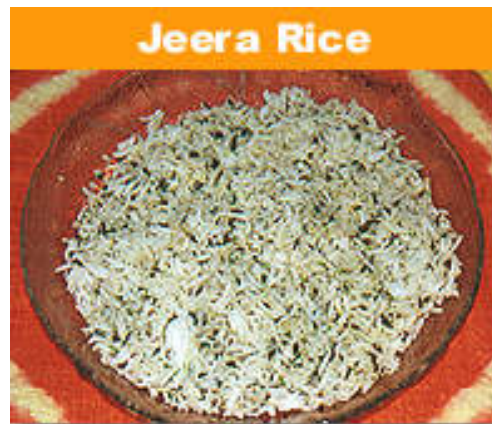
Rice & Breads

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## Ingredients

Long grain Indian Basmati rice	1 cup
Water	2 cups
Cumin seeds	2 tsp.
Bay leaf	1 no.
Cinnamon stick 2"	2 nos.
Black cardamom	1 no.
Ghee	1½ tbsp.
Salt	To taste



## Method

1. Wash rice thoroughly and soak in water for half an hour. Drain thoroughly.
2. In a pan, heat Ghee. Add the cumin seeds, bay leaf, cardamom and cinnamon.
3. When cumin seeds sizzle, add the rice. Add salt to taste.
4. Stir till ghee coats every grain of rice and it looks glossy.
5. Add water. Bring to a boil. Stir once. Reduce heat to minimum and cover the pan with a lid. Leave a little gap, otherwise water will boil over.
6. Rice will be done when holes appear on the surface and water has been completely absorbed.
7. Fork the rice out onto a serving dish. This will separate each grain out.
8. Serve hot with any curry.



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## Ingredients

Whole meal flour	250 gms.
Potatoes	150 gms.
Pomegranate seeds	1 tsp.
Red chili powder	1 tsp.
Chopped green chili	1 tsp.
Butter/Oil	4 tbsp.
Salt	As per taste

## Aloo Paratha



## Method

1. Sieve flour with  $\frac{1}{2}$  tsp. salt.
2. Boil potato, peel, grate and cool.
3. Grind pomegranate seeds to a coarse powder.
4. Mix potato, pomegranate seeds, red chili powder, chopped green chili and salt. Divide it into four equal portions.
5. Mix whole meal flour with  $\frac{3}{4}$  cup water gradually and then knead to make a dough. Cover with a wet cloth and keep aside for 15 minutes.
6. Divide it into 4 equal portions and make balls. Cover with a wet cloth and keep aside for 5 minutes.
7. Take a ball and flatten it by pressing. Place potato mixture on it and again make it into a ball. Seal the edges completely so that the potato stuffing does not come out.
8. Flatten these balls, sprinkle a little flour and roll them with a rolling pin to approximately 6 inch diameter.
9. Cook on a Tawa (flat griddle plate) on moderate heat for three minutes. This is now, called a *paratha*. Turn it and pour half table spoon oil or butter. Spread it on the *paratha* and shallow fry over low heat. Turn it and again pour oil or butter on the other side. Cook on a low heat till golden brown.



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## Ingredients

Flour (maida)	500 gms.
Baking powder	1 tsp.
Soda-bi-carb	½ tsp.
Sugar	2 tsp.
Egg	1 no.
Milk	1 cup
Onion seeds	2 tsp.
Oil	3 tsp.
Salt	As per taste

## Naan



## Method

1. Sieve flour with baking powder, soda bi carb and salt. Mix sugar, egg, milk and water. Knead it well into a medium soft dough.
2. Apply a little oil and cover it with a wet cloth for one hour.
3. Make 10 equal sized balls. Apply a little oil and put onion seeds on top.
4. Press sides first and then center of the dough ball. Roll it into a round shape.
5. Stretch it from one side to give a triangular (elongated) shape.
6. Now put it on a cloth pad and put it on a preheated Tandoor wall or cook in a preheated oven (250 degrees Celsius) by placing it on a greased tray.
7. Remove when it is crisp and golden brown on both sides. Remove with the help of skewers.
8. Serve hot topped with butter.



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Dals & Pulses

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## Ingredients

Chana dal	2 tbsps.
Urad dal	2 tbsps.
Tur dal	4 tbsps.
Masoor dal	2 tbsps.
Moong dal	2 tbsps.
Salt	to taste
Turmeric powder	¼ tsp.
Goda masala	1 tsp.
Red chili powder	1 tsp.
Coriander leaves, chopped	2 tbsps.

## Panchmel Daliche Varan



### For Tempering

Ghee	2 tbsps.	Mustard seeds	½ tsp.
Cumin seeds	½ tsp.	Garlic	7-8 cloves
		Whole dry red chillies	3 nos.

## Method

1. Pick and wash all dals with plenty of water. Then soak in water for 25 minutes. Drain and leave aside.
2. Peel garlic and chop finely.
3. Boil the dals in water along with turmeric powder until almost cooked.
4. Add red chilli powder, goda masala and salt. Mix well. Boil for another few minutes to cook the dals properly. Take off the heat.
5. Heat ghee in a pan, add cumin seeds and mustard seeds, cook for a moment. Add chopped garlic and whole dry red chillies and sauté until garlic turns brown.
6. Add this to cooked dal and keep covered for 2-3 minutes.
7. Stir dal well, garnish with chopped coriander leaves and serve hot.



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## Ingredients

Besan	2 tbsps.
Curd	3 cups
Ginger paste	1 tbsp.
Garlic paste	1 tbsp.
Green chillies, slit	2
Turmeric powder	1 tsp.
Mustard seeds	½ tsp.
Curry leaves	4-6
Oil	1 tbsp.
Salt	To taste

## Maharashtrian Kadhi



## Method

1. Combine besan and curd thoroughly, add about 2 cups water and turmeric powder. Cook it on slow heat stirring continuously.
2. Heat oil, add mustard seeds, when they crackle add ginger paste, garlic paste, green chillies and curry leaves. Cook for a moment and then add this to kadhi
3. Stir continuously on low heat until kadhi is slightly thick. 4. Remove, adjust salt and serve.



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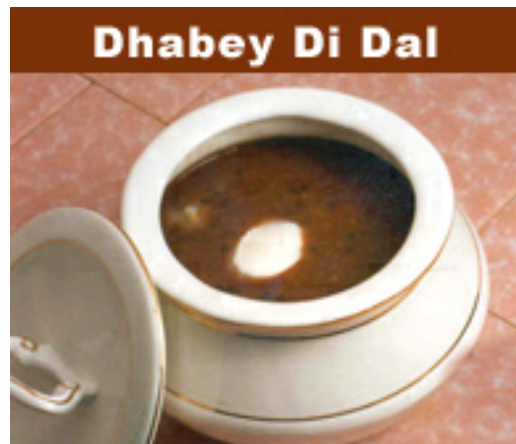
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## Ingredients

Urad dal, with skin	½ cup
Chana dal	¼ cup
Red kidney beans	¼ cup
Onions	2 nos.
Tomatoes	3 nos.
Garlic	8-10 cloves
Green chillies	2-3 nos.
Red chili powder	1 tbsp.
Cumin powder	½ tsp.
Fresh coriander leaves	¼ cup

Kasuri methi	1 tbsp.	Oil	4 tbsps.
Butter	3 tbsps.	Salt	to taste



## Dhabey Di Dal

## Method

1. Clean, wash and soak urad dal, chana dal and kidney beans in sufficient water for at least six hours.
2. Peel and finely chop onion and garlic. Wash, remove stem and finely chop green chillies. Wash and finely chop tomatoes. Wash and chop coriander leaves.
3. Drain soaked dals, add six cups water and pressure-cook for half an hour or until the dals are completely cooked.
4. Meanwhile, heat oil in a pan, add chopped garlic, stir-fry briefly till golden brown. Add chopped onion, slit green chillies and sauté for four to five minutes or until the onion is golden brown in colour.
5. Add red chilli powder, cumin powder and stir-fry briefly. Add chopped tomatoes and cook on high heat for three to four minutes, stirring continuously. Stir in the cooked dals and butter and mix well.
6. Add salt, chopped coriander leaves and cook dal for ten minutes on low heat, stirring occasionally.
7. Crush kasuri methi between the palms, sprinkle on the dals and serve hot.



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## Ingredients

Lobia or white beans	250 gms.
Onion(large size)	1 no.
Garlic	4 flakes
Mango power	1 tbsp.
Coriander powder	1 tbsp.
Cumin seeds(roasted & ground)	1 tbsp.
Garam masala	½ tsp.
Turmeric powder	½ tsp.
Tomatoes diced(large size)	2 nos.
Green chillies(minced)	3 nos.
Ghee	2 tbsps.
Handful of coriander leaves(finely chopped)	

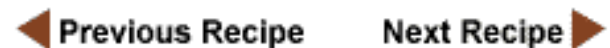


## Lobia

Chilli powder(as required)  
 Sodabcarb to taste  
 Salt to taste

## Method

1. Soak the beans in water overnight.
2. The next morning add a pinch of sodabcarb and salt.
3. Cook the beans till tender and dry.
4. Make a paste of the onion and garlic.
5. Heat the ghee and fry the paste till golden brown.
6. Add the spices and tomatoes and cook till the ghee floats on the top.
7. Next, mix well the green chillies and lobia to the above and then add half a cup of water.
8. Bring to a boil and cook on a medium flame till the gravy thickens.
9. Garnish with coriander leaves and serve whilst hot





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## Ingredients

Bengal gram, split	225 gms.
Green chilies	6 nos.
Cumin seeds	1½ tsp.
Turmeric powder	½ tsp.
Chili powder	½ tsp.
Salt	To taste.
<b>For the tempering</b>	
Mustard seeds	½ tsp.
Asafoetida	½ tsp.
Coriander, chopped	½ cup
Oil	3 tbsps.

## Wateli Dal



## Method

1. Soak the dal overnight in water and in the morning grind it along with the 3 green chilies, ¾ tsp. cumin seeds, salt and a little water.
2. Heat oil in a pan, add the mustard seeds and when they start crackling, add the Asafoetida, cumin seeds and green chilies.
3. Next add the gram mixture, turmeric and chili powder with 1 cup water.
4. Cover and cook over a low flame.
5. Once all the water has evaporated and the gram becomes soft remove and serve hot garnished with chopped coriander leaves.



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## Ingredients

Onion, chopped (small)	1 no.
Green chillies, chopped	2 nos.
Tomatoes, chopped	1 no.
Ginger, crushed	¾ inch.
Rajma (kidney beans)	¼ cup
Black gram(whole urad dal)	¼ cup
Chana dal	¼ cup
Turmeric powder	¼ tsp.
Red chili powder	1 tsp.
Fresh cream	1 tbsp.

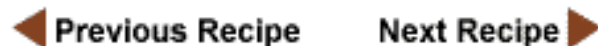
## Dal Maharani



Coriander leaves, chopped	As required	Oil	1½ tbsps.
Butter	1 tbsp.	Salt	To taste

## Method

1. Keep the rajma, urad & chana dal soaked in water for 4-5 hours.
2. Pressure cook the dals, then remove into another vessel and simmer for another half an hour till the mixture becomes extremely soft.
3. In another vessel, heat oil and sauté the chopped onions, tomatoes, chili & ginger in it.
4. Add the turmeric and chili powder once the onion-tomato mixture becomes soft.
5. Sauté this mixture till you get a nice aroma, then pour the cooked dal and boil for a while.
6. Add salt accordingly, and just before taking off from the heat add the fresh cream and butter.
7. Sprinkle chopped coriander leaves and serve hot with rice or chapatis.





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## Ingredients

Urad Dal	½ cup
Rajmah	1 cup
Onions	2 nos.
Ginger	1" cube
Garlic, ground to paste	1 tsp
Turmeric	½ tsp
Red Pepper	½ tsp
Garam Masala	½ tsp
Water	8 cups
Tomato, ground	1 cup

Chilies, chopped	4 nos.
Cream	½ cup
Coriander leaves	Few



Ghee	½ cup
Salt	2 tsps.

## Method

1. Soak [urad](#) dal and [rajmah](#) overnight.
2. Add both the dals, onion, ginger, garlic, spices and water in a pressure cooker and cook till mixture is tender.
3. Meanwhile fry tomato in a ghee and then add cooked dal, ground chili, coriander leaves and [simmer](#) till they are well mixed.
4. Add fresh cream, stir and serve hot with batis.



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## Ingredients

Gram dal	8 cups
Dry red chilies	2 nos.
Mustard seeds	½ tsp.
Black dal	½ tsp.
Green chilies	2 nos.
Ginger	A piece
Coriander leaves	A bunch
Grated coconut	2 tbsp.
Lemon juice	As required.
Coconut oil	2 tsp.
Salt	To taste



## Method

1. Cook the dal in enough water till tender.
2. Pour coconut oil in a saucepan and add salt, mustard seeds, black dal and red chilies.
3. Chop finely the green chilies, ginger, coriander leaves, and when the mustard sputters throw these in, together with the cooked dal.
4. Mix in the grated coconut and sprinkle with lemon juice to taste.



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### Ingredients

Dal (yellow moong dal)	200 gms.		
Bheendi (Lady Fingers), small	100 gms.		
Gavar, (Cluster Beans)	50 gms.		
Tomatoes, chopped	2 nos. (medium)		
Green Chillies, finely chopped	5 nos.		
Ginger, finely chopped	1" piece.		
Curry leaves	A few.		
Cumin seeds	1 tsp.	Water	4 cups
Turmeric powder	¼ tsp.	Kokam leaves	4-5 nos.
Red chili powder	1 tsp.	Oil	3 tbsps.
Asafoetida	¼ tsp.	Salt	To taste.

### Bheendi Gavar Dal



### Method

1. Keep the lady fingers and the cluster beans whole, only chop off the ends.
2. Wash and soak the dal in water for ½ an hour, then boil with salt and turmeric powder.
3. When the dal becomes tender, churn it well and put in the lady fingers, cluster beans, curry leaves, chopped green chillies, ginger and tomatoes.
4. Make sure there is sufficient water to cook the vegetables and cook them till they are tender.
5. Now heat the oil and put in the asafoetida and cumin seeds.
6. After a couple of seconds, add chili powder and mix this vagar to the dal.
7. Finally add the kokam leaves to the dal and put off the gas.



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## Ingredients

Chana dal water	½ litre		
Tamarind, soaked in a little water	A lemon sized ball		
Drumsticks, cut in 4 cm.	3 nos. (optional)		
Chili powder	2 tsp.		
Jaggery, crumbled	60 gms.		
Cummin seeds	1 tsp.		
Dry coconut, sliced	¼		
Goda masala (branded garam masala powder)	1 tsp.		
Mustard seeds	½ tsp.	Curry leaves	A few sprigs
Cumin seeds	½ tsp.	Oil	2 tsp.
Cloves	4 nos.	Salt	To taste
Cinnamon	6 cm.		
Bay leaves	4 nos.		

## Method

1. Boil chana dal in sufficient water and strain the water after the dal is well cooked.
2. Extract [tamarind](#) pulp and add to the dal water. Bring to [boil](#).
3. Add drumsticks, if using them, and parboil them.
4. Add chili powder, salt and jaggery.
5. [Roast](#) the cummin seeds and dry coconut well and grind to a fine paste. Then add the dal water.
6. Also add goda masala powder stir well and continue to cook.
7. Heat oil and season with cummin seeds, mustard seeds, cloves, cinnamon, bay leaves and curry leaves.
8. Pour the seasoning over the [simmering](#) aamti.
9. Simmer till the aamti is done. Serve hot.
10. This aamti can be prepared with the dal water remaining after cooking the chana dal for puran poli.





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## Ingredients

Moong Dal (whole)	30 gms.
Masoor Dal (whole)	30 gms.
Urad Dal (whole)	30 gms.
Channa Dal	30 gms.
Tur Dal	30 gms.
Black Cumin Seeds	3 gms.
Onions	50 gms.
Coriander Powder	10 gms.
Red Chili Powder	3 gms.
Turmeric Powder	3 gms.

Cumin seeds	5 gms.
Fennel Powder	To taste
Coriander	20 gms.
Ghee	75 gms.
Salt	As required

## Punj Rattani Dal



### For the Tempering

White Butter	60 gms.
Tomatoes	60 gms.
Yogurt	60 gms.
Garam masala	3 gms.

## Method

1. Pick and wash the lentils in running water and soak for an hour, drain and keep aside.
2. Chop the onions and clean, wash and chop the coriander.
3. Wash and finely **chop** the tomatoes and whisk the **yogurt** in a bowl.
4. Heat the ghee in a handi, add cumin seeds and saute over medium heat until they begin to crackle.
5. Add onions, saute until brown, add lentils and stir for 4-5 minutes.
6. Then add water, bring to a **boil**, now add coriander powder, red chilies, Turmeric powder and salt and cover and **simmer** until lentils are cooked.
7. Mash the lentils lightly against the sides with a spoon.
8. Sprinkle cumin and fennel powder, stir for 2-3 minutes.
9. To prepare the tempering, melt butter in a kadhai, add tomatoes, yogurt and garam masala, and saute on medium heat until the fat leaves the sides.
10. Put in the lentils and stir for 3-4 minutes.
11. **Garnish** with coriander leaves and this can be served with Phulkas.





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### Ingredients

Tomatoes, chopped fine	4 large
Red gram dal	3 tbsp.
Green chilies, slit sideways	3 nos.
Ginger chopped fine	1" piece
Turmeric powder	½ tsp.
Water	2½ cups
Salt	To taste

#### For Tempering :

Mustard seeds	1 tsp.	Asafoetida powder	½ tsp.
Cumin seeds	1 tsp.	Curry leaves	A few
Chili halved	1 no.	Ghee	2 tsp.
Pepper powder	1 tsp.		

### Tomato Rasam



### Method

1. Pressure cook the red gram dal and set aside.
2. Heat 2 teaspoons ghee and add all the ingredients for tempering. When the mustard seeds splutter, add the green chilies, ginger and tomatoes.
3. Add 1 cup water, salt and turmeric powder. Allow to simmer for five minutes.
4. Add the cooked dal and the remaining 1½ cups water and bring to the boil.
5. Garnish with chopped coriander leaves.
6. Serve hot.



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## Ingredients

Yogurt,sour	2 cups
Jaggery	2 tbsp.
Bengal gram flour	2 tbsp.
Ginger	1" piece
Curry leaf stalks	2-3 nos.
Coriander leaves	½ cup
Green chilies	2 nos.
Salt	To taste

### For Tempering :

Cinnamon	1" piece	Asafoetida powder	¼ tsp.
Cloves	5 nos.	Oil	1 tbsp.
Fenugreek seeds	1/ 4 tsp.		
Cumin seeds	½ tsp.		

## Gujarati Kadhi



## Method

1. Whip the sour [yogurt](#) and add enough water to obtain a pouring consistency. Add gram flour to it and set aside.
2. Scrape the ginger and finely [chop](#) and slit green chilies into two and set aside.
- 3 Chop the jaggery, wash and chop the coriander leaves and set aside.
4. To the yogurt mixture add the chopped ginger, the jaggery and salt to taste.
5. Heat oil in a pan. Add [mustard seeds](#), cumin seeds and curry leaves. Add slit green chilies and [asafoetida](#). Add the yogurt mixture and stir constantly till it boils.
6. Cook on slow flame for 5-8 minutes.



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## Ingredients

Bengal Gram 1 cup.  
Cooking Oil or Ghee 2 tbsp.

### Seasoning - 2 types.

a) Panch Phoron 1 tsp.  
Red Chili Powder 1 tsp.

or

b) Cinnamon ( Pounded lightly ) ½ "

Cardamoms 2 nos.  
Cloves 2 nos.

Bay leaf 1 no.  
Cumin powder ( finely ground roasted ) 1 tsp.  
Turmeric Powder 1 tsp.

## Cholar Dal



Sugar (optional) As required  
Jeera Powder (roasted optional) As required  
Salt To taste

## Method

1. Boil Bengal gram dal with salt, turmeric powder, and 5 cups water.
2. When dal is cooked, but not dissolved, remove from fire.
3. Heat ghee or oil and (a) fry panch phoron till it sputters, add red chilies, and fry till it becomes dark red OR  
(b) fry red chilies, add pounded spices and bay leaf and fry little.
4. Pour fried seasoning into hot dal and mix thoroughly.
5. Add sugar (optional), and sprinkle roasted jeera powder (optional).
6. Stir and serve.



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## Ingredients

Moong dal	¾ cup
Masoor dal	¼ cup
Onion	1 nos.
Ginger garlic paste	1 tbsp.
Tomato	2 nos.
Cumin seeds	½ tsp.
Haldi	½ tsp.
Red chili powder	½ tsp.
Garam Masala powder	½ tsp.
Green coriander leaves	a few

Pure ghee 3 tbsp.



Salt

To taste

## Method

1. Chop onion and tomatoes finely.
2. Wash both the dals together and pressure cook for three minutes with three and half cup water and a little haldi.
3. In a pan heat Ghee, add jeera, when jeera changes colour add chopped onion. Cook till light golden brown. Add red chili powder and ginger garlic paste. Sauté well.
4. Add tomatoes and reduce heat. Cover and cook till done.
5. Add boiled dals and salt, bring to required consistency and add green dhania leaves and garam masala powder. The dal is done.
6. Before serving, heat little ghee put [Garam Masala Powder](#) and pour over the dal.



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## Ingredients

Uncooked masoor dal	1 cup
Spinach (palak)leaves	1 bunch
Onion	1 no.
Tomato	1 no.
Cumin seeds (jeera)	½ tsp.
Turmeric powder (haldi)	½ tbsp.
Dried mango powder (amchur)	½ tsp.
Chili powder	¼ tsp.

Garlic	3-4 cloves	Oil	3 tbsp.
Green chilies	2-3 nos.	Salt	As per taste
Ginger	A small piece		

## Palak Masoor Dal



## Method

1. Clean and wash the masoor dal. Cook the dal in a pressure cooker with approx. 1½ cup of water.
2. Chop the palak leaves and wash them thoroughly.
3. Chop the onions and tomato.
4. Grind the garlic, green chilies and ginger into a fine paste.
5. Heat the oil in a thick bottom vessel, add the jeera, then the onions and cook for a few minutes till onions turn golden brown.
6. Add the ginger-garlic paste, haldi powder, chili powder, the amchur and chopped tomatoes.
7. Stir and now add the cooked masoor dal and the palak leaves.
8. Add the salt. Boil for a few minutes and serve hot.



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## Ingredients

Black Urad dal whole	150 gms.
Garlic paste	1 tbsp.
Ginger paste	1 tbsp.
Red chili powder	1 tbsp.
Butter	100 gms.
Fresh cream	100 ml.
Tomato puree	1½ cup
Garam masala powder	2 tsp.
Salt	As per taste

## Dal Pakhtooni



## Method

1. Pick and wash whole black urad. Soak it in 4 cups of water for 8-10 hours.
2. Cook it in 4-5 cups of water along with salt, red chili powder, Ginger Paste and Garlic Paste. Bring it to a boil. Reduce flame and simmer for about an hour or till it is completely cooked and tender.
3. Add tomato puree, butter and Garam Masala Powder and cook on a slow flame for an hour.
4. Add fresh cream, correct seasoning and simmer for another 10 minutes.
5. Serve hot with a bread of your choice. (Chef Kapoor enjoys it with Pudina Paratha !)



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## Ingredients

Black Urad dal (whole)	1/2 cup
Red Kidney beans(rajmah)	2 tbsps.
Cumin seeds	1 tsp.
Chopped garlic	6 cloves.
Chopped ginger	2 inch.
Garam masala powder	1 tsp.
Fresh cream	½ cup
Red chili powder	1 tsp.
Butter	3 tbsps.
Chopped tomato	2 nos.

Chopped onion	1 no.	Salt	As per taste
Oil	1 tbsp.		



## Method

1. Pick, wash and soak whole black urad and rajma overnight in three cups of water.
2. Peel and chop the onion, ginger and garlic finely. Wash and chop the tomatoes.
3. Cook the soaked dal and rajma in three cups of water with salt, red chili powder and half the chopped ginger till dal and rajma are cooked and soft.
4. Heat oil and butter in a thick-bottomed pan. Add cumin seeds, when it crackles add chopped onions and fry till golden brown.
5. Add chopped ginger, garlic and chopped tomatoes. Sauté till tomatoes are well mashed and fat starts to leave the masala. Add boiled dal and rajma to this. Adjust seasoning.
6. Add garam masala powder and simmer on very low heat for fifteen minutes.
7. Add fresh cream and let it simmer for another five minutes.
8. Serve hot with Naan or Paratha.

**TIP:** This recipe tastes just as good (even better!) the following day after reheating properly. Chef Kapoor likes it cold too! But the parathas should be hot.



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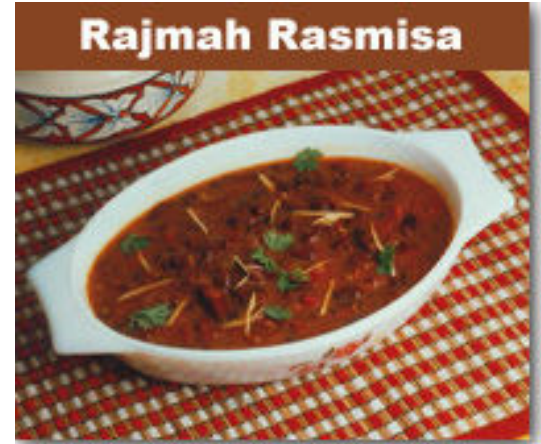
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## Ingredients

Rajmah	200 gms.
Chopped onion	1 cup
Chopped tomato	1½ cup
Garlic paste	1 tbsp.
Ginger paste	1½ tbsp.
Red chili powder	1 tbsp.
Coriander powder	1 tbsp.
Turmeric powder	1 tsp.
Chopped green coriander	1 tbsp.
Cumin powder	1 tsp.



Rajmah Rasmisa

Bay leaf	3 no.	Oil	3 tbsp.
Garam masala powder	1 tsp.	Salt	As per taste

## Method

1. Soak rajmah (red kidney beans) overnight in 5 cups of water.
2. Boil rajmah or pressure cook until soft and fully cooked.
3. Heat oil, add bayleaves, chopped onion and sauté' onion till golden brown in color. Add Ginger Paste and Garlic Paste. Cook for a minute.
4. Add red chili powder, coriander powder, turmeric powder and cumin powder. Stir and add chopped tomatoes, cook till tomatoes are fully mixed with the masala.
5. Add boiled rajmah and cook on a slow flame for 15 minutes. Add Garam Masala Powder and garnish with chopped fresh coriander.
6. Cook until gravy is thick and rajmah coated with it.
7. Serve hot with steamed rice.



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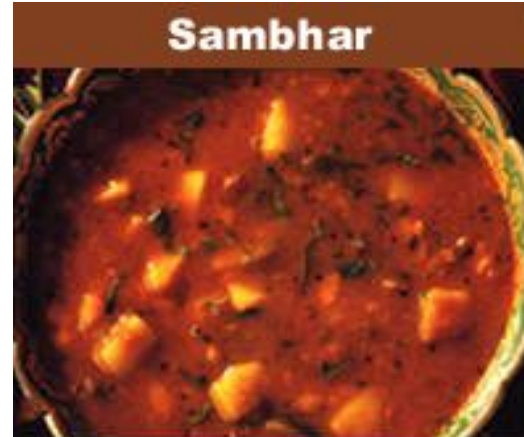
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## Ingredients

Red gram dal (tur dal) ½ cup  
 picked over & rinsed  
 Water 2 cups  
 Tamarind pulp, lemon- sized  
 piece  
 Hot water 1 cup  
 Green chilies, slit sideways 2 nos.  
 Chopped mixed veg 1 cup  
 (e.g. onion, radish, potato  
 etc,)

Water 1 cup  
 Ground turmeric ½ tsp.  
 Sambar powder 3 tsp.  
 Rice flour (optional) 1 tbsp.  
 Extra water 2 tbsp.  
 Small bunch of coriander  
 leaves, chopped to garnish  
 Salt As per taste



## For Tempering

Brown mustard seeds 1 tsp.  
 Asafoetida powder ½ tsp.  
 Fenugreek seeds ½ tsp.  
 Cumin seeds ½ tsp.  
 Red chili, halved 1 no.  
 Oil 1 tbsp.  
 A few curry leaves

## Method

1. Wash red gram dal well. Drain. Place dal in a heavy saucepan. Cover with 2 cups water and bring to a boil. When **boiling**, cover pan with a lid, leaving slightly ajar. Lower the heat, and simmer dal gently for 1½ hours. Set dal aside without draining.
2. Soak the **tamarind** in 1 cup hot water for 15 minutes. Strain the tamarind water into another container, squeezing as much liquid as possible out of the tamarind pulp. Discard the pulp. Set the juice aside.
3. Select enough vegetables to fill approx. 1 cup when chopped. Peel and prepare as necessary. Chop into 1 cm ( ½ in) pieces. Set aside.


### TEMPERING:

1. Heat 1½ tbsps. oil in a heavy saucepan. Add the mustard seeds, asafoetida powder, fenugreek seeds, cumin seeds, halved red chili, and a few curry leaves.
2. When the mustard seeds splutter, add the slit green chilies and **chopped** vegetables. Sauté for a couple of minutes.
3. Add tamarind juice, 1 cup water, salt to taste, ground turmeric, and Sambar Powder . Cover and **simmer** over a low heat until the vegetables are tender.
4. Add the undrained cooked dal. Simmer for 5 minutes, until thoroughly blended. If the sambar needs to be thickened, make a smooth paste of the rice

flour in 2 tbsps.extra water. Add to the sambar and cook for 2-3 minutes.

5. Garnish with the chopped coriander leaves. Serve hot with rice.



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Main Course



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## Ingredients

Cauliflower	500 gms.
Potatoes	4 nos.
Cumin seeds	1 tsp.
Ginger, paste	1" piece
Garlic, paste	3 flakes
Turmeric powder	3/4 tsp.
Red Chili Powder	1 tsp.
Tomatoes	3 nos.
Garam Masala	1 tsp.
Coriander powder	2 tsps.

Coriander leaves, chopped	2 tbsps.	Oil	1/4 cup
Water	100 ml.	Salt	As required



## Method

1. Cut cauliflower into florets and cut the potatoes into cubes.
2. Heat oil and saute cumin seeds for about a minute. Add garlic and ginger paste, stir and add potatoes.
3. Saute again, add turmeric powder, chili powder, garam masala powder and coriander powder, and saute again. Add tomatoes and simmer for about 5 minutes.
4. Add cauliflower and cook on high heat for about a minutes and add 250 ml. water and salt as per taste.
5. Lower heat, cover and let it cook on a low flame for about 15 minutes till the cauliflower and potatoes are done.
6. Garnish with chopped coriander leaves.



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## Ingredients

Almonds	1 1/2 cup
Milk	2 cups
Sugar	500 gms.
Powdered cardamom	1 tsp.
Ghee	4 tbsp.



## Method

1. Soak almonds in a jugful of warm water for a couple of hours.
2. When soft remove the skin and grind the almonds to a paste. (If you use a grinding-stone, take care to wash it properly first so that no previous flavours linger)
3. Mix the almond paste with milk and sugar and put to cook in a heavy saucepan on medium heat.
4. Stir constantly till sugar melts and the mixture boils.
5. Add ghee and cook till the mixture comes away from the sides of the saucepan.
6. Add cardamom powder and pour the mixture into a greased thali and flatten out.
7. Cool and cut into strips.



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## Ingredients

Sugarless creamy condensed milk	100 gms.
Cardamoms	3-4 nos.
Saffron colour	A pinch
Silver foil	For decoration



## Method

1. Make square-shape [rosogullas](#) and boil the rosogullas in the sugar syrup for 8 minutes. Remove from the heat and keep aside.
2. Cool these and remove the rosogullas from the sugar syrup and slice them horizontally.
3. To the sugarless condensed milk, mix cardamom powder and saffron colour.
4. Spread this mixture on one of the slices. Place the other slice on its top.
5. Decorate with silver foil and saffron colour and serve.



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## Ingredients

Flour	2 cups
Castor sugar	½ cup
Condensed milk	½ cup
Chocolate powder	½ cup
Almonds	½ cup
Baking powder	1tsp.
Butter	½ cup

## Chocolate Cookies



## Method

1. Sieve/sift the flour and baking powder, then add the chocolate powder & butter and rub with your fingers.
2. Now add the castor sugar and chopped almonds and then gently fold in the condensed milk and roll into small balls.
3. Place them on a greased baking tray and bake in a moderate oven at 190 ° C for 20 mins.
4. Once done, cool and store in air-tight containers.



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## Ingredients

Flour	1 1/3 cups
Shortening	1/4 cup
Butter/margarine	1/4 cup
Brown sugar	1/3 cup
Sugar	1/3 cup
Walnuts	1/3 cup
Egg	1 no.
Vanilla essence	3/4 tsp.
Soda bi-carb	3/4 tsp.

## Butterscotch Cookies



## Method

1. Melt the butter & shortening, add both the sugars and mix well.
2. Add the egg and blend well.
3. Sift the flour & soda & add this to the egg mixture.
4. Now add the chopped nuts & vanilla essence, chill and roll into balls.
5. Bake on an ungreased tray in a moderate oven at 180 ° C for 7-10 mins.
6. Remove immediately, cool & store in air-tight containers.



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## Ingredients

Flour	4 cups
Baking soda	1 tsp.
Salt	1 tsp.
Sugar	2 cup
Butter	1 cup
Eggs	2 nos.
Vanilla essence	2 tsps.
Sugar	½ cup
Cinnamon, powder	2 tsps.



## Method

1. Sieve/sift the flour, soda, salt and set aside.
2. Cream together butter, sugar and vanilla essence in a bowl until light and fluffy.
3. Add eggs, one at a time, beating well after adding each egg.
4. Next add the flour mixture slowly and beat well after adding little at a time.
5. Cover and chill overnight.
6. Put a spoonful of cookie mixture on a greased cookie sheet and mix sugar and cinnamon, sprinkle on each cookie and bake in a preheated oven for 8-10 minutes.
7. Once done cool and store in air-tight containers.



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## Ingredients

Flour	2 cups
Shortening	1 cup
Peanut butter	1 cup
Sugar	1 cup
Brown sugar	1 cup
Eggs	2 nos.
Soda bi-carb	2 tsps.
Vanilla essence	1 tsp.
Salt	½ tsp.

## Peanut Butter Cookies



## Method

1. Cream the shortening, both the sugar, eggs and vanilla essence.
2. Then add the peanut butter & and mix well.
3. Sieve/sift the flour, salt & soda and add to the above mixture & mix well.
4. Spoon the mixture onto ungreased trays and bake in a moderately slow oven for about 10 mins.



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## Ingredients

Butter	1 cup
Sugar	¾ cup
Egg, beaten	1 no.
Carrots, cooked & mashed	1 cup
Vanilla essence	1 tsp.
Lemon essence	½ tsp.
Salt	½ tsp.
Flour	2 cup
Baking powder	2 tps.

**For the Icing**

Orange rind, grated	1 tsp.
Powdered sugar	2 cups

## Carrot Cookies



Orange juice (enough to mix up icing)

## Method

1. Sieve/sift the flour, salt and baking powder & keep aside.
2. Cream the butter, sugar & add the beaten eggs, mashed carrots, lemon & vanilla essence and mix well.
3. Add the flour mixture to the cream mixture and put a spoonful of batter on a greased tray.
4. Bake for 12-15 minutes in a moderate oven.
5. Mix the powdered sugar, orange juice & rind to form a smooth paste.
6. Then frost cookies with orange icing while still warm.



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## Ingredients

Flour	3 ½ cups
Butter/margarine	1 ½ cups
Sugar	1 cup
Almonds	1 cup
Candied peels	¾ cup
Eggs	2 nos.
Thick cream	2 tbsps.
Honey	½ cup
Vanilla essence	1 tsp.
Grated lemon peel	½ tsp.

Salt A pinch

## Method

1. **Cream** 1 cup of butter with ½ cup of sugar & keep aside.
2. Add the eggs & **beat** it till light & fluffy, then add the lemon peel.
3. Then add the flour, salt and mix well & put in a baking dish & smoothen the surface.
4. Bake in a pre-heated oven for 25-30 mins. or until slightly brown.
5. **Melt** the butter, add the honey, cream, vanilla essence & the remaining sugar and boil for a few minutes and stir occasionally.
6. Add the fruits & almonds & pour this mixture over the baked crust and bake further for about 10 mins.
7. Cool & cut into square shapes.



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## Ingredients

Flour	2 cups
Baking powder	2 tsps.
Baking soda	1½ tsps.
Cinnamon, powder	2 ½ tsps.
Eggs	4 nos.
Sugar	2 cups
Carrots, grated	2 ¾ cups
Pineapple, crushed	1 can
Walnuts, chopped	¾ cup
Coconut, grated	1 cup



Oil	1 ½ cups	Salt	1 tsp.
-----	----------	------	--------

## Method

1. Sieve/sift the flour, baking powder, soda, salt & cinnamon powder.
2. Mix the oil, sugar & eggs in a large bowl.
3. Then add the flour mixture a little at a time to the egg mixture, mixing well after each addition.
4. Add carrots, pineapple, nuts, coconut and mix well.
5. Pour this mixture into a greased cake tin & bake at 350 ° C for 35-40 minutes.
6. Before removing the cake from the tin let it cool for atleast 10 mins.
7. Will stay for atleast a week in the fridge.



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## Ingredients

Flour	1½ cups.
Sugar	1 cup
Cocoa powder	3 tbsps.
Baking powder	¾ tsp.
Baking soda	¾ tsp.
Water	1 cup
Vinegar	1 tbsp.
Vanilla essence	1 tsp.
Vegetable oil	¼ cup
Salt	½ tsps.

## Eggless Chocolate Cake




<b>For the frosting</b>		Condensed milk	1 tin.
Cocoa powder	½ cup	Butter or margarine	2 tbsps.

## Method

1. **Sift** the flour, sugar, [cocoa powder](#), baking powder, soda & salt together.
2. Add the water, oil, vinegar & vanilla essence to the flour mixture.
3. **Beat** until smooth and pour the batter into a greased & floured tin.
4. Bake at [175° C](#) in a pre-heated oven for 30 mins.
5. Mix cocoa powder, condensed milk & butter in a bowl, keep this bowl on top of another bowl of boiling water ( the water shouldn't touch the bowl with the cocoa mixture) and cook until thick.
6. Once the [chocolate](#) frosting is made, spread it on top of the cake and serve.




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## Ingredients

Cream cheese	250 gms.
Sugar	1 cup.
Almond essence	¼ tsp.
Eggs	5 nos.
Salt	¼ tsp.
<b>For the topping</b>	
Sour cream	1 cup
Sugar	2 tbsps.
Vanilla	¼ tsp.



## Method

1. Mix cream cheese, sugar, almond essence, eggs, salt & mix well until smooth.
2. Pour the cheese mixture into a pie plate and bake at 165 ° C in a pre-heated oven for 45-50 mins.
3. Once done, remove from the oven & cool.
4. Mix sour cream, sugar and vanilla essence and beat well until smooth.
5. Spread evenly on top of the baked cheese cake, then bake again for 10 minutes at 165 ° C to set the top.
6. Let it cool, and then refrigerate several hours before serving.



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## Ingredients

Butter or margarine	1 cup
Sugar	2 cups
Eggs	6 nos.
Flour	1 ¾ cups
Salt	½ tsp.
Almond essence	2 tsps.
<b>For the topping</b>	
Icing sugar	1 cup
Milk	2-3 tbsps.
Almonds, blanched	½ cup

## Almond Pound Cake



## Method

1. Cream the butter or margarine & sugar together with an electric beater.
2. Then add the eggs one at a time and beat well till light & fluffy.
3. Add the flour, salt & almond essence & mix well.
4. Pour this batter into a greased & floured tin and bake in a pre-heated oven at 165 ° C for 60 mins.
5. When you pierce the cake with a toothpick in the center, it should come out clean.
6. Then remove it from the tin and cool on a rack.
7. Mix together the icing sugar and milk, and mix until smooth.
8. When the cake has cooled, drizzle with the icing sugar glaze and top with blanched almonds.



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## Ingredients

Flour (Maida)	1½ cups
Baking powder	2 tsp.
Sugar, powder	1 cup
Eggs	2 nos.
Milk	¾ cup
Vanilla essence	1 tsp.
Butter	½ cup
Salt	½ tsp.



## Method

1. Sieve the flour, baking powder & salt.
2. Cream the butter, then add the sugar, eggs, vanilla essence & beat well till light & fluffy.
3. Then add the flour mixture alternately with the milk and stir well till smooth.
4. Pour this batter into a greased & floured baking tin & bake at 175 ° C for 50-55 mins.
5. Remove from pan and allow it to cool.



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## Ingredients

White chocolate, finely chopped	250 gms.
Flour	3 cups
Baking powder	2 tsp.
Sugar, powdered	1 ¼ cups
Milk	1 cup
Vanilla essence	1 tsp.
Butter or margarine, unsalted	½ cup
Salt	½ tsp.



## Method

1. Melt the chocolate in a double boiler and set it aside to cool .
2. Sieve/sift flour, baking powder, salt & keep aside.
3. Cream the butter and sugar till it becomes creamy.
4. Then beat in the melted chocolate and vanilla essence.
5. Add the flour mixture and milk slowly to the butter mixture stir continuously.
6. Beat well and pour the batter into a greased tin and bake at 175 ° C for 25-30 mins.
7. Cool and serve.



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## Ingredients

Condensed milk	½ tin.
Soda water	100 ml.
Unsalted butter	60 gms.
Maida	125 gms.
Sugar	1 tbsp.
Soda-bicarb	¾ tsp.
Baking powder	¾ tsp.
Vanilla essence	1 tsp.



## Method

1. Sift maida with soda-bicarb and baking powder.
2. First mix the sugar & butter well, then add the condensed milk and beat well.
3. Add the soda water, mix well & add the essence.
4. Then gradually add the maida beating well after each addition.
5. Beat well for 3-4 minutes till the mixture is smooth & light.
6. **Bake** in a greased and dusted tin for about 30-40 minutes at 150 ° C.



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## Ingredients

Flour	80 gms.
Butter	40 gms.
Baking powder	¼ tsp.
Powder sugar	50 gms.
Dessicated coconut	40 gms.
Water/Milk	2½ tbsp.
Vanilla essence	Few drops



## Method

1. Seive/sift flour, soda and baking powder.
2. Cream butter and sugar very well.
3. Add flour and desicated coconut, vanilla essence and make a soft dough with milk/water.
4. Roll into a cylinder and further roll the dough into a square butter paper. Chill it for 4-5 hours or till hard. (Do not freeze)
5. Bake at 175 ° C for 15 mins or till done.



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## Ingredients

Flour	70 gms.
Powdered sugar	35 gms.
Butter	50 gms.
Chopped Cashews	50 gms.
Vanilla essence	1 tsp.
Milk	1 tbsp.



## Method

1. Cream butter and sugar in a 1½ litre till light and fluffy. Add the essence.
2. Seive/sift the flour and fold into the butter. Add milk for consistency.
3. Dust the table top and roll the dough into a cylindrical shape and cut into equal round pieces.
4. Then wet the top of each cookie with milk and put chopped cashew on each.
5. Bake at 175 ° C / 365 ° F for 15 mins.



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## Ingredients

Flour	100 gms.
Butter	50 gms.
Margarine	20 gms.
Powdered sugar	30 gms.
Vanilla essence	½ tsp.
Water/milk to mix.	

### For Icing

Margarine	20 gms.
Butter	10 gms.
Icing sugar	40 gms.
Cocoa	1 tsp.



## Method

1. Cream margarine and butter, add sugar and cream it well. Then add the essence.
2. Add flour and beat it very well.
3. Add milk or water to make a soft dough.
4. Pipe out swirls or fingers and bake at 170 ° C for 15 minutes and cool it.
5. Cream the margarine and butter, add the icing sugar and cocoa powder and mix well.
6. Then sandwich this cream in between the macaroons.



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## Ingredients

Flour	120 gms.
Powdered sugar	140 gms.
Margarine	120 gms.
Eggs	2 nos.
Baking powder	1 tsp.
Cocoa powder	20 gms.
Vanilla essence	1 tsp.
Milk/Water	For consistency



## Method

1. Grease, line and dust ½ kg. bread tin. Serve flour and baking powder.
2. Take a clean 2 ½ liter stainless steel vessel and cream the margarine. Add the sugar and cream till light and fluffy.
3. Add the yolks and cream the mixture after every addition. Whisk the egg white and add to the creamed mixture creaming it continuously. Add essence and fold in the flour.
4. Divide the mixture into 1/3 and 2/3. In the 1/3 portion add the cocoa powder mixed with milk/ water. In the other portion add milk/ water.
5. Pour the dark and white batter alternately and run a fork through it.
6. Bake at 180 ° C. or 375 ° F for 35 mins.



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## Ingredients

Maida	250 gms.
Powdered sugar	250 gms.
Mixed fruit	250 gms.
Mixed fruit jam	2 tbsp.
Rum	3 tbsp.
Eggs	5 nos.
Butter	250 gms.
Rava	2 tbsp.
Baking powder	½ tsp.
Caramel colour	2 tsp.



## Method

1. **Cream** butter and sugar.
2. **Beat** egg whites and keep aside.
3. Add fruits and baking powder to the flour and mix well.
4. Add jam and spices to the cream mixture and add caramel colour.
5. Add eggs, maida, rava and mix well. Bake at **180 ° C** for 1 hour or **300 ° F**.
6. Add 3 tbsp rum.



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## Ingredients

Wet dates	200 gms.
Shelled walnuts	50 gms.
Sugar	100 gms.
Maida(flour)	100 gms.
Butter	75 gms.
Soda bicarb	½ tsp.
Baking powder	½ tsp.
Vanilla essence	½ tsp.
Hot water	½ cup.
Eggs	3 nos.

## Date 'n' Walnut Cake



## Method

1. Grease a round cake tin with butter and dust with flour.
2. Remove seeds from dates and cut into small pieces. **Chop** the walnuts into small pieces.
3. **Beat** the eggs, both yellow and white with a egg beater.
4. In the ½ cup of hot water put in soda bi-carb and date pieces. Soak this for 10 minutes.
5. **Sieve/sift** the maida and baking powder three times.
6. **Cream** the butter and sugar, add the beaten eggs and also the maida with baking powder.
7. Lastly add the soaked dates and chopped walnuts and mix well.
8. Fill the cake mixture into the greased cake tin.
9. Bake in pre-heated oven for 35-40 minutes at **180 ° C**.



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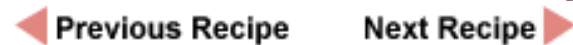
## Ingredients

Plain flour	170 gms.
Margarine	115 gms.
Castor Sugar	170 gms.
Orange Colour	1 tsp.
Orange Essence	1½ tsp.
Almonds	a few



## Method

1. Beat margarine and sugar until very light and creamy.
2. Add essence and colour and beat again.
3. Sieve/sift the flour and add to the mixture.
4. Knead the dough well and roll it.
5. Shape the dough in heart shapes using a cutter. Decorate the cookies with almonds.
5. Put it on a greased baking tray, bake the cookies at 180 ° C. for 15 to 20 minutes.





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## Ingredients

Condensed Milk	200 gms.
Baking powder	1 tsp.
Soda bi-carbonate	½ tsp.
Self raising flour	125 gms.
Strawberry essence	1 tsp.
Red colour	½ tsp.
Margarine (melted)	60 ml.
<b>For Icing:</b>	
Fresh cream	250 gms.
Icing sugar	4 tbsp.
Strawberry essence	1 tsp.
Red colour	1/4 tsp.
Strawberries	7-8 nos.



## Method

### To make the Cake

1. Sieve/sift the flour, baking powder, soda bi-carbonate together.
2. Mix condensed milk, flour, essence, colour and margarine (melted) together.
3. Grease 7 or 8 inch diameter tin.
4. Pour the cake mixture into the prepared tin.
5. Bake in preheated oven at 180 ° C. for 15 to 20 mins.
6. Cool the cake.

### For Icing

1. Pour out fresh cream in a vessel which is kept on a bigger vessel filled with ice.
2. Add icing sugar, essence and colour.
3. Whip the cream till really stiff.
4. Cut the cake into two halves.
5. Put a layer of cream on the lower half and put strawberry slices on the cream.
6. Then put the second half on top.
7. Again put a layer of cream the upper surface with cream and level the cake.

8. Put icing on the sides of the cake.

9. Place the cake by putting the cream in the piping bag and lacing the border of the cake.



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## Ingredients

Cooking chocolates	250 gms.
Cocoa butter	40 gms.
Assortment being used	100 gms
Almonds (roasted ) or raisins	6-8 nos.
or truffle	
Thermometer	1 no.
Heart shaped moulds	



## Method

1. Melt the chocolate and cocoa butter on a double broiler.
2. Check the temperature of the chocolate . It shouldn't go more than 50 ° C.
3. Bring down the temperature to 28 ° C by removing it from heat and continuously stirring.
4. Again heat the chocolate to 32 ° C. At this temperature add the assortments and pour out the chocolate in the moulds.
5. Keep it in the fridge for ½ an hour then freeze it for 5 minutes.
6. Unmould the chocolate and cool it for ½ an hour, then wrap them in desired wrapping paper.





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## Ingredients

Heavy Cream	1 cup
Sugar	½ cup
Egg Yolk	4 nos.
Mascarpone (cheese)	300 gms.
Chocolate sponge	200 gms.
Coffee powder/espresso	1½ tsp.
Amaretto	4 tbsp.
Cocoa powder	2 tbsp.



## Method

1. Whip cream and 1 tablespoon of the sugar until stiff.
2. Mix rest of the sugar with egg yolks. Add mascarpone and whipped cream.
3. Line a flat dish with half of the sponge and sprinkle coffee powder mixed with amaretto. Spread a layer of cream mixture.
4. Add second layer of sponge on top of the cream mixture. Sprinkle with amaretto and coffee mixture.
5. Cover with a final layer of cream. Sprinkle with the cocoa powder. Refrigerate for at least 1 hour before serving.



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## Ingredients

Chocolate	100 gms.
Eggs	2 nos.
Maida	1 cup
Powdered sugar	1 cup
Baking powder	1 tsp.
Vanilla essence	1 tsp.
Walnuts	½ cup
White butter	90 gms.



## Method

1. Take chocolate and white butter in a bowl and put in microwave on high for about 1½ minutes so that the chocolate and butter melt properly.
2. Break and peel walnuts and make into small pieces.
3. Remove the chocolate and butter from the microwave and mix properly. Let it cool for a while.
4. Take 2 eggs in a bowl. Add powder sugar and mix properly.
5. Add the maida and baking soda to the eggs and mix.
6. Add the vanilla essence and then add the chocolate and butter mixture to the batter. Mix thoroughly.
7. Finally add the chopped walnuts and mix.
8. Take a baking dish. Roll it nicely with butter and maida.
9. Put the batter in the baking dish and keep it in microwave on high for about 8 minutes.



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## Ingredients

Castor sugar	150 gms.
Flour	90 gms.
Cocoa	20 gms.
Baking powder	¾ tsp.
Vanilla essence	a few drops
Cream	100 gms.
Grated chocolate for decoration	
Cherries	50 gms.
Rum	2 tsp.
Syrup of cherries	½ cup
Castor sugar	2 tsp.
Eggs	2 nos.



## Method

1. Deseed the cherries and cut into half for decoration.
2. Seive the flour, cocoa, baking powder atleast 4 to 6 times.
3. Beat the eggs and sugar placing it in hot water till it is light and fluffy.
4. Remove from water and add flour by cut and fold method. Add the vanilla essence.
5. Grease a baking dish and pour this mixture into it.
6. Bake at 200° C for half an hour. Cool the cake and cut horizontally into two parts.
7. Mix the rum and syrup of cherries and moist the two parts of the cake with this.
8. Beat the cream and sugar stiffly placing it on ice.
9. Spread the cream on the lower part of cake. Arrange the cherries and spread the grated chocolate.
10. Place the other part of the cake on top of this and decorate with the cream, grated chocolate and cherries.
11. Chill well and serve.



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## Ingredients

Flour	1 cup
Brown Sugar	½ cup
Bread crumbs	150 gms.
Eggs	3 nos.
Milk	1 cup
Almonds	½ cup
Raisins	¾ cup
Candied orange peel	¼ cup
Candied lemon peel	¼ cup
Candied cherries	½ cup

Cinnamon powder	½ tsp.
Clove powder	½ tsp.
Melon seeds	½ cup
Brandy	1/3 cup

White butter	½ cup
Orange juice	¼ cup
Salt	½ tsp.



## Method

1. Roughly **chop** candied orange peel, lemon peel, cherries and almonds into small pieces.
2. Mix butter, flour, bread crumbs, sugar, melon seeds, lemon rind, cinnamon & clove powder, raisins and salt with chopped candied fruits and almonds.
3. Stir in orange juice, brandy and milk.
4. Lightly **beat** the eggs and mix them into the mixture.
5. Grease a large pudding bowl and fill the bowl with pudding mixture to a maximum of one and half inches below the rim. Cover the bowl with aluminum foil.
6. **Steam** the pudding by placing the bowl in boiling water. The bowl must always be two thirds submerged in the water. Cook for 3 hours on medium heat.

Note: If the pudding is cooked ahead of time, it can be wrapped in a cloth which has been soaked in brandy and then covered with aluminum foil and kept in the refrigerator. Kept like this for at least 3 to 4 weeks and then serve whenever required by steaming for a further 3 hours.

If candied orange and lemon peel is not easily available, you can make it by cooking orange and lemon peel in sugar syrup for one hour.



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## Ingredients

Eggs	5 nos.
Castor Sugar	125 gms.
Refined Flour	100 gms.
Vanilla essence	8-10 drops.

## Vanilla Sponge Cake



## Method

1. **Beat** eggs and sugar together till the sugar is dissolved and the mixture is thick pale yellow in colour and almost treble in volume.
2. **Sift** flour. Add this to eggs and sugar mixture. Fold it with the help of a **palette knife**. Add the vanilla essence.
3. Grease a baking mould and pour this mixture into it and bake in a preheated oven at **175 ° C** for 25 to 30 minutes.
4. Remove from the mould when it is cold and use as desired.



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## Ingredients

Eggs	5 nos.
Castor Sugar	125 gms.
Refined Flour	100 gms.
Cocoa powder	25 gms.



## Method

1. **Beat** eggs and sugar together till the sugar is dissolved and the mixture is thick pale yellow in colour and almost treble in volume.
2. **Sift** flour and **cocoa powder** together. Add this to eggs and sugar mixture. Fold it with the help of a **palette knife**.
3. Grease a baking mould and pour this mixture into it and bake in a preheated oven at **175 ° C** for 25 to 30 minutes.
4. Remove from the mould when it is cold and use as desired.



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## Ingredients

Butter (white)	½ kg.
Icing sugar	300 gms.
Maida	750 gms.
Eggs	3 nos.
Chopped almonds	½ cup
Almond essence	Few drops

## Almond Cookies



## Method

1. Beat the butter, add sugar and mix well.
2. After it smoothens add egg white and mix well.
3. Add maida and a few drops of almond essence, mix well with light hand.
4. Add chopped almonds and mix well.
5. Wrap in butter paper and keep to cool.
6. Butter the tray, cut into small cookies and keep in tray.
7. Pre-heat oven 150 ° C cook for 15-20 minutes.



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## Ingredients

Apple	10 nos.
Sugar	½ cup.
Cashewnuts	½ cup
Mixed fruit jam	1 tbsp.
Lemon	½ no.
Cinnamon powder	½ tsp.



## Method

1. De-seed the apple. Chop Cashewnuts. Juice lemon.
2. Mix jam and chopped cashewnuts. Add this in the middle of the apple.
3. Make apple puree with remaining apples.
4. Add the puree in a pan. Add sugar and cook till sugar dissolves. Then add cinnamon powder. Add lime juice.
5. Pour the sauce over the apples. Sprinkle a little cinnamon powder.
6. Cook in [microwave](#) for 5 mins.



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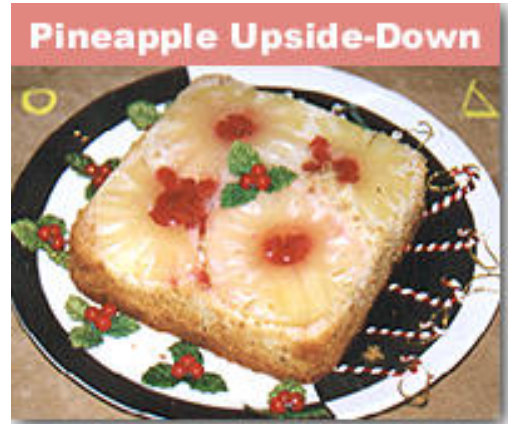
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## Ingredients

Pine-apple rings	250 gms.
Refined flour/Maida	100 gms.
Baking Powder	1 tsp.
Castor Sugar	100 gms.
Sugar	25 gms.
Cinnamon powder	½ tsp.
Eggs	2 nos.
Butter	125 gms.
Red Cherries	Few



## Method

1. Grease an oven proof dish.
2. Melt some sugar and butter together. Line inside the oven proof dish.
3. Set the pineapple rings on this.
4. Fill the centre of the pine-apple rings with the cherries.
5. Cream butter in a bowl and add castor sugar in the same quantity as the butter. Mix together well.
6. Add the eggs to this and mix further.
7. Strain the maida and baking powder into this mixture. Now powder into this mixture.
8. Add cinnamon powder to this and mix thoroughly to form a smooth batter of thick consistency.
9. Pour this over pine-apple rings. Cover the dish with aluminium foil.
10. Heat in a pre heated oven at 180 ° C till the crust is done.
11. Serve upside down.



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## Ingredients

### For the Caramel

Sugar ½ cup.  
 Water ¼ cup

### For the Custard

Milk 2 ½ cup  
 Eggs 2 nos.  
 Egg Yolk 2 nos.  
 Vanilla Essence ¼ tsp.  
 Sugar ½ cup



## Method

1. Boil and cook the milk. Separate the yolks from two eggs.
2. Beat the egg whites well. Add egg yolk, sugar, milk mix well.
3. Add vanilla essence and strain to removing existing or bubbles.
4. Simultaneously take sugar in a pan, add water to this, cook well for the caramel.
5. Once the caramel is browned pour it into moulds.
6. Pre-heat oven to 180° C, take an oven tray with water.
7. Place the moulds on it, pour the custard mixture in it and cook in oven for ½ an hour.



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## Overview

For all you guys who feel that soups are tasteless Continental gifts, try out my Tamatar ka shorba. Or the Rasam.

Did I hear a South Indian protest? Rasam as Soup? When it's eaten with the meal in the same fashion as the dal or sambar?

Well, what did I tell you? Adaptation is the name of the game. A Rasam resembles soup pretty well. Even though it's a bit high on particular spices. Therefore doubling up also as a digestive. But that's the point. **There aren't any neat categories in Indian food.** So we are at liberty to slot them in ways we feel best!

As for Salads. They don't have to be synonymous with vegetables. Try the chicken chaat for now and feel the difference! Many rural Indian lunches or dinners include a raw onion, green chilies, radishes or yogurt as a rudimentary salad. These have become the norm even in Urban cuisine now.



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## Ingredients

Potatoes	4 nos.
Almonds, sliced	1/2 cup.
Charoli	1/4 cup
Onions	4 nos.
Raisins	1/2 cup
Pistachios	1/4 cup
Dry apricots	1 cup
Green chilies	6 nos.
Coriander	1 bunch.
Coconut, grated	1/2 no.

Chili powder	1 tsp.
Turmeric powder	1 tsp.
Pepper	1 tsp.
Sugar	1 tbsp.

Lemon juice	2 nos.
Oil	1 tbsp.
Salt	1 tbsp.

## Potato Dry Fruits Stew



## Method

1. Peel potatoes and grate them like straw potatoes.
2. Fry them in hot oil, remove and keep aside.
3. Slice the onions finely, grate coconut, chop the chilies and coriander.
4. Wash the raisins, apricots, chop the almonds & pistachios.
5. Heat 1/2 cup oil and fry the onions until golden brown, then add chilies, coriander, coconut, chili powder, turmeric, salt and pepper and fry for a while.
6. Then add the dried fruits, nuts and mix well.
7. Add 1/2 cup of water and let it cook on slow fire until the water dries up.
8. Now add the potato straws, sugar, lemon juice and mix well.
9. Cook on slow fire for a while till the oil separates.
10. Serve hot.



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## Ingredients

Red pumpkin, peeled & cubed	1 kg.
Onions, chopped	4 nos.
Ginger	1 piece.
Coconut, grated	1/2 no.
Jaggery	1 tbsp.
Garlic	6 slices.
Red chilies	8 nos.
Tamarind	1 tbsp.
Oil	1/2 cup.
Salt	As required.



## Method

1. Soak the tamarind in 1/2 cup hot water, then squeeze and drain the juice.
2. Grind the chilies, garlic, ginger and coconut to a fine paste.
3. Fry the onions till golden brown, add the ground masala, salt and fry well.
4. Mix well, then add pumpkin cubes, 1/2 cup water and cook on slow fire until the pumpkin is cooked.
5. Then add the jaggery and the tamarind juice and cook until the oil floats on top.
6. Serve garnished with chopped coriander.



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## Ingredients

Cucumber, peeled & grated	100 gms.
Curds	100 gms.
Coriander leaves, sliced	A handful
Ginger, minced	1/2" piece
Coconut, grated	1 tbsp.
Green chilies, minced	2 nos.
Dry ginger powder	A big pinch
Chili powder	To taste
Sugar	1/2 tsp.
Salt	To taste

## Cucumber Raita



## Method

1. Mix all the above ingredients together with the curds.
2. Serve chilled.



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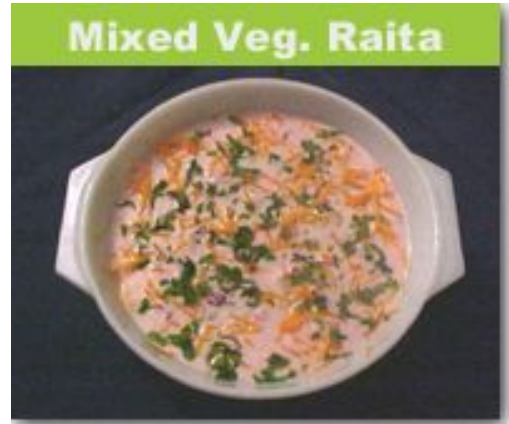


## Ingredients

Curds, beaten	2 cups
Tomato, small & firm	1 no.
Onion, small	1 no.
Carrot, small	1 no.
Cucumber, small	1 no.
Beetroots, peeled & shredded	2 tbsps.
Green chilies, minced	2 nos.
Coriander leaves, sliced	A handful
Mint leaves, sliced	A few

Dry ginger powder	1/2 tsp.
Cumin seeds, roasted & ground	1 tsp.

Sugar	1 tsp.
Chili powder	As required
Salt	As required



## Method

1. Peel and cut all the vegetables finely.
2. Mix all the remaining ingredients with the vegetables.
3. Serve chilled.



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## Ingredients

Curds, beaten	2 cups
Cabbage leaves, finely shredded	A few
Cumin seeds, roasted & powdered	1 tsp.
Green chilies, minced	2 nos.
Ginger, minced	1" piece
Sugar	1 tsp.
Coriander leaves	A few
Chili powder	As required
Salt	As required



## Method

- 1.Mix all the above ingredients together with the curds.
- 2.Serve chilled.



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## Ingredients

Curds	2 cups
Onion, minced	1 no.
Coriander leaves	A handful
Mint leaves	Few
Green chilies, minced	2 nos.
Ginger, sliced	1/2 " piece
Cumin seeds, ground & roasted	1 tsp.
Mustard seeds, ground	tsp.
Chili powder	To taste

Salt To taste



## Method

1. Put the onions in water for 15 minutes, drain and keep aside.
2. Blend the curd with 2 tbsps water and seasonings and beat till smooth.
3. Stir in the rest of the ingredients, except the coriander leaves.
4. Serve garnished with chopped coriander leaves.



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## Ingredients

Cabbage (small)	1 no.
Mayonnaise	1/2 cup
Yoghurt or curd	1/2 cup
Onion, chopped	2 tbsp.
Black pepper	1/8 tsp
Any one Fruit (orange, pineapple, peaches etc)	1/2 cup
Salt	1/2 tsp.



## Method

1. Clean the cabbage of any discoloured or limp leaves.
2. Cut the cabbage into quarters lengthwise, and trim off the core.
3. Cut the cabbage into very thin slices.
4. Place the slices in a bowl and toss with the mayonnaise, yoghurt, salt, black pepper and the fruits.
5. Serve as required.



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## Ingredients

Water	4 cups
Carrots	4 nos.
Potato	1 no
Onion	1 no
Black pepper	1/8 tsp.
Dried basil	1/4 tsp
Butter or margarine	1 tbsp
Salt	1 1/2 tsp.



## Method

1. Place the water and salt in a saucepan and bring to a boil.
2. Add the carrots, potato and onion, cover and simmer for 10-15 minutes or until the vegetables are tender.
3. Puree the vegetables with the water in a blender or a food processor.
4. Return the puree to the saucepan, add pepper and reheat the puree, uncovered.
5. Stir in the butter just before serving.



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## Ingredients

Potatoes ( 4 large )	1 kg.
Onion, chopped	1 no.
Water	1 1/2 cup.
Milk	4 cups
Pepper	1/4 tsp.
Cheddar cheese, grated	3 cups
Parsley, chopped	1 tbsp.
Salt	2 tbsp.

## Potato & Cheese Soup



## Method

1. Peel and cut the potatoes into cubes. Then put the potatoes, onion, salt and water in the cooker.
2. Pressure cook the ingredients on high heat and then reduce heat and cook for 3 minutes.
3. Remove cooker from the gas and allow to cool naturally.
4. Once cooled, open the cooker and mix the mixture smooth in a blender or mash it through a sieve.
5. Transfer soup to a vessel and add milk and pepper.
6. Place the vessel on medium heat and bring to a boil, stirring constantly.
7. Add the cheese and stir till cheese melts.
8. Serve immediately garnished with parsley.



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## Ingredients

Butter	50 gms.
Onion, chopped	50 gms.
Chicken stock or water	600 ml.
Button mushrooms, sliced	225 gms.
Cloves	2 nos.
Cinnamon stick	1 inch.
Bay leaf	2 nos.
Cornflour	25 gms.
Milk	300 ml.
Peppercorn	8 nos.

Salt To taste.

**For Garnish**  
 Fresh cream and sliced, boiled 50 ml mushrooms



## Method

1. Put butter and onions in a vessel and saute.
2. When the onion turns light brown, add sliced mushrooms.
3. Tie spices in a bag and put it in the vessel.
4. Put the stock or water, cover and cook for 20 minutes.
5. Remove the bag of spices and liquidise the soup in a blender. Then keep the soup on low heat to simmer.
6. Blend the cornflour in 2 tbsp. of milk, then stir in the remaining milk and put this mixture into the mushroom soup.
7. Bring the soup to a boil. Season with salt and pepper.
8. Garnish with cream and sliced mushrooms.

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## Ingredients

Arhar dal	100 gms.
Ginger paste	1 3/4 tsp.
Tomato puree	100 ml.
Garlic paste	1 tsp.
Curry powder	10 gms.
Water/chicken stock	1 litre
Fresh cream	50 ml.
Salt	To taste

### For garnish

Boiled rice, boiled chicken dices (optional) and curry patta.



## Method

1. Soak dal for 5 hours and drain.
2. Boil dal with ginger and garlic pastes, salt, tomato puree, curry powder and water or chicken stock, cook for 30 minutes.
3. Pass through a strainer, add cream and mix well. Cook for 2 minutes.
4. Garnish for VEG : Boiled rice and curry patta. Garnish for NON-VEG : Boiled chicken dices and curry patta.



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## Ingredients

Prawns with heads	200 gms.
Butter	40 gms.
Carrots, chopped	15 gms.
Onions, chopped	15 gms.
Celery, chopped	15 gms.
Bay leaf	1 no.
Peppercorns	8 nos.
Flour	20 gms.
Tomato puree	1 tbsp.
Water	850 ml.
Salt	To taste

### For Garnish

Fresh cream	60 ml.
-------------	--------

## Method

1. Heat 20 gms. of butter in a vessel. Stir in the chopped vegetables, bay leaf and peppercorn and fry till the vegetables are almost cooked.
2. Slit the prawn shell to remove the vein and wash well.
3. Add the prawns to the vegetables and fry for 2 minutes.
4. Add 850 ml. of boiling water, tomato puree and salt, mix well.
5. Cook on high flame for 10 minutes.
6. Remove the prawns, peel and keep aside for garnish. Put the shell back in the stock and cook for 3 minutes.
7. Put the stock with the prawn shell in a blender and return this mixture to the vessel and cook on high for 5 minutes.
8. In the meantime make a paste of 20 gms. butter and flour.
9. Add this paste to the soup and mix well.
10. Cook for 2 minutes and then strain.
11. Put the strained soup in a bowl and garnish with chopped pieces of prawns and cream.



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## Ingredients

Carrots	650 gms.
Onion, medium sized	1 nos.
Garlic, cloves	6-8 nos.
Green coriander	1 cup
Butter	2 tbsp.
Bay leaf	2 no.
Peppercorn	1 tsp.
White pepper powder	1/2 tsp.
Water	1200 mls.
Salt	To taste

## Carrot & Coriander Soup



## Method

1. Wash, peel and roughly chop carrots. Peel and chop onion and garlic. Wash and finely chop fresh coriander leaves and reserve the stems.
2. Heat butter in a pan, add bay leaves, peppercorns, onions and garlic and fry for two minutes.
3. Add carrots, coriander stems and water and bring to a boil.
4. When the carrots are completely cooked, remove them and put in a blender to make a fine puree.
5. Reduce the stock slightly by boiling and strain.
6. Take the puree in a pan and add strained stock to reach the desired consistency. Bring to a boil again. Add white pepper powder dissolved in a little water. Add salt to taste. Stir in finely chopped fresh coriander leaves.
7. Serve piping hot.



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## Ingredients

Lentils	1 cup.
Ham	120 gms.
Onion, chopped (medium)	1 no.
Carrot, chopped (medium)	1 no.
Celery, chopped	1/2 cup
Bay leaf (small)	1 no.
Garlic, finely chopped	1 flake
Tomato juice	3/4 cup
Water	4 cups
White vinegar	1 tbsp.

Salt 1/2 tsp.

## Lentil Soup



## Method

1. Put all the ingredients in a vessel, except the vinegar and stir.
2. Bring the mixture to a boil and then simmer on a low flame till the ingredients are cooked.
3. After the soup is ready, remove from the heat and discard the bay leaf.
4. Mix half the soup lightly in a blender or mash it through a sieve.
5. Mix the blended soup with the remaining soup in the vessel.
6. Add the vinegar, stir and reheat.
7. Serve hot.



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## Ingredients

Tomatoes, chopped	4 nos.
Cabbage, chopped	2 tbsp.
Capsicum, chopped	2 tbsp.
Onion, chopped	2 tbsp.
Bay leaves	2 nos.
Oil	2 tsp.
Salt and pepper	To taste

## Mixed Vegetable Soup



## Method

1. Heat the oil and fry the onions for 1 minute.
2. Add the tomatoes, cabbage, capsicum, bay leaves and 6 teacups of boiling water and boil for 5 minutes.
3. Add salt and pepper and serve hot.



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## Ingredients

Coconut grated	3 tbsp.
Green chilies	4 nos.
Ginger, chopped fine	1/2" piece
Coriander leaves, chopped fine	1 bunch
Curds mixed well	1 cup
Salt	To taste

**For Tempering**

Mustard seeds	1 tsp.
Bengal gram dal	1 tsp.

Black gram dal	1/2 tsp.
Cummin seeds	1 cup
Red chili, halved	1 no.



Asafoetida powder	1/4 tsp.
Curry leaves	A few
Oil	1 1/2 tsp.

## Method

1. Grind the coconut, green chilies, ginger, and part of the coriander leaves to a fine paste.
2. Add to the curds and mix well. Add salt.
3. Heat the oil. Add all the ingredients or tempering.
4. When the mustard seed splutter and the dals turn golden, add to the salad.
5. Garnish with the rest of the chopped coriander leaves.



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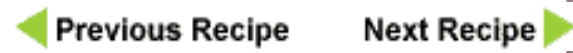
## Ingredients

Butter	2 tbsp.
Spinach, chopped	2 cups.
Onion, chopped	1 no.
Milk	2 cups
Maida	1 1/2 tbsp.
Oil	1 tbsp.
Salt & pepper	To taste.



## Method

1. Blanch spinach in hot water. Remove and refresh in cold water.
2. Heat oil in a kadhai, add chopped onions and saute. Add crushed garlic, salt and pepper.
3. Puree together with boiled spinach.
4. Make a thin white sauce by melting butter in a kadhai. Then add maida and cook for 5-7 mins. Slowly add the milk so that no lumps are formed.
5. Add the spinach puree to this and bring it to a boil. Add a little water if required.
6. Correct seasonings and serve hot.





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## Ingredients

Dessert apples	2 nos.
Fresh pear (optional)	1/2
Segments of 1/2 orange	
Capsicum	1/2
Carrots	2 nos.
Sticks celery	2 nos.
Cucumber	1/2
Raisins	few
Fresh strawberries	5 nos.
<b>Accompaniment</b>	
Curd dip	1 cup



Dieter's Crunch

<b>For the curd dip</b>	
Thick fresh curds	2 cups
Chopped onions	1 tbsp.
Chopped green chili	1/2 tsp.

Mustard powder	1 tsp.
Sugar	1 tsp.
Salt	To taste

## Method

### For making the curd dip

1. Tie the curds in a thin muslin cloth. Hang and allow the water to drain out for 1 hour.
2. Add the remaining ingredients.

### For making the salad

1. Chop the fruits coarsely.
2. Grate the vegetables.
3. Mix in a bowl and put to chill for an hour.
4. For dressing add curd dip
5. Serve cold.



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## Ingredients

Dal	1/2 cup.
Tomatoes, chopped	1 cup.
Tamarind	1 small ball
Curry leaves	A sprig.
Coriander leaves	A bunch
Mustard seeds	1 tsp.
Ghee	2 tbsp.
Salt	To taste

**Roast the following ingredients separately**

Dry red chilies	4 nos.	Black peppercorns	1/4 tsp.
Coriander seeds	1 tsp.	Fenugreek	1 tsp.
Cumin seeds	1 tsp.	Asafoetida	A pinch
Turmeric powder	1/4 tsp.	Salt	To taste



## Method

1. Soak the tamarind in 1/2 cup boiling water for 10 minutes.
2. Boil dal in 4 cups of water and when cooked, add chopped tomatoes.
3. Grind all the roasted ingredients to a powder and add to the dal-tomato mixture.
4. Strain the juice from the tamarind and add it to this, together with salt.
5. Let simmer for about 15 minutes.
6. Season with curry and coriander leaves.
7. Fry the mustard seeds in a little ghee and when they sputter, remove and add to the rasam.
8. Serve hot. It can even be had as an accompaniment with boiled rice.



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## Ingredients

Curd/Yogurt (1 day sour )	1½ cup
Turmeric powder	A pinch
Coriander leaves	A stem
Mustard seeds	½ tsp.
Cumin seeds	½ tsp.
Peeled black gram	½ tsp.
Asafoetida	A pinch
Green chilies	2 nos.
Red chilies	½
Oil	1 tbsp.
Salt	To taste

## Yoghurt Stew



## Method

1. Beat the Curd/Yogurt till there are no lumps.
2. Chop green chilies finely. Pluck coriander. Mix into the yogurt.
3. Add salt and turmeric to the yogurt.
4. Fry mustard, cumin seeds, black gram, asafoetida and red chili. Blend this into the yogurt .Serve.



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## Ingredients

Potatoes,peeled & quartered	4nos.medium
Onions	2 nos.
Cauliflower,shredded	1 cup
Water	6 cups
Olive or Salad oil	2 tbsp.
Cauliflower leaves, shredded (or any green leafy vegetable)	1 cup



## Method

1. Cook potatoes, onions and cauliflower in salted water until tender.
2. Add the olive oil. Transfer contents to a blender and make a puree.
3. Transfer back to the container and add finely shredded greens.
4. Cook for 10 minutes.
5. Serve hot.



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## Ingredients

Cucumber	4 nos.
Green chili	1 tsp.
Mint leaves, chopped	2 tsp.
Curd/Yogurt	3 cups
Salt	To taste



## Method

1. Peel the cucumber and cut roughly. Add mint leaves, green chilies and salt.
2. Grind all the above with some water in mixer.
3. Add [Curd/Yogurt](#) and grind again.
4. Serve chilled.



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Soups & Salads

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## Ingredients

Tomatoes	600 gms.
Chopped ginger	1 tbsp.
Chopped garlic	1 tbsp.
Whole garam masala	1 tbsp.
Bay leaf	2 no.
Chopped green coriander	1 tbsp.
Cumin seeds	1 tsp.
Sugar (optional)	1 tbsp.
Oil	1 tbsp.
Green chili	2 no.
Salt	As per taste



## Method

1. Wash and cut tomatoes into quarters
2. Cook tomatoes with chopped ginger, garlic, green chilies cut into two and Whole Garam Masala. Add 5 cups of water and bay leaf. Bring to a boil.
3. Simmer for twenty minutes on a slow flame until tomatoes are mashed completely.
4. Strain the mixture with a soup strainer.
5. Heat oil in a pan. Add cumin seeds, let them crackle. Add strained tomato liquid and season with salt.
6. Bring it to a boil, add sugar if it is very sour.
7. Serve hot, garnished with chopped green coriander leaves.



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## Ingredients

Tur dal	40 gms.
Tamarind (seedless)	25 gms.
Mustard seeds	½ tsp.
Black peppercorn	8 no.
Cumin seeds	1 ½ tsp.
Coriander seeds	1 tbsp.
Dry red chilli whole	2 no.
Asafoetida	¼ tsp.
Turmeric powder	½ tsp.
Curry leaves	8 - 10 no.
Chopped green coriander	1tbsp.
Ghee/Oil	1 tbsp.
Salt	As per taste.



## Method

1. Pick, wash and boil tur dal with turmeric powder and salt in 5 cups of water. Mash cooked dal completely.
2. Dry roast whole red chillies, black peppercorns, 1 tea spoon cumin seeds and coriander seeds. Grind into a coarse powder.
- 3, Boil tamarind with 1½ cups of water for 5 minutes. Strain and add tamarind water to cooked dal. Add ground spices to cooked dal and bring it to a boil.
4. Heat Ghee/oil in a small pan for Tadka/Baghar. Add mustard seeds, asafetida and remaining cumin seeds. When the mustard seeds start to crackle add curry leaves. Pour this Tadka over boiling dal.
5. Serve piping hot garnished with chopped green coriander.



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## Ingredients

Coconut milk	½ cup
Lemon juice	2 tsp.,
Curry leaves	6 - 8 no.
Ginger	1 tsp.
Garlic cloves	3 - 4 no.
Cinnamon	½ stick
Coriander seeds	1 tsp.
Cumin seeds	1 tsp.
Fennel seeds	½ tsp.
Fenugreek seeds	½ tsp.
Black peppercorn	1 tsp.
Gram flour	1 tbsp.
Oil	1 tbsp.
Salt	As per taste.

## Mulligtawney Soup



## Method

1. Grind garlic, ginger, cinnamon, coriander seeds, cumin, fennel, fenugreek seeds and peppercorns into a fine paste.
2. Heat oil, add Gram flour, cook for some time and then add ground masala. Cook for few more minutes.
3. Add 850 mls. water (3 ½ Cups) and curry leaves. Cook till you get a thick consistency.
4. Add Coconut milk, lime juice and salt.
5. Strain through muslin cloth and serve hot.

**Note:** The literal meaning of Mulligtawney is Mullig - Pepper and Tami - Water i.e. pepper water. However there are quite a few recipes of this soup. Chef Kapoor personally relishes this recipe as this has a delectable flavor of coconut milk with all the essence of aromatic herb and spices.



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## Ingredients

Boneless chicken	500 gms.
Chopped onion	¾ cup
Garam masala powder	1 tsp.
Chopped green coriander	1 tbsp.
Dried mango powder	1 tsp.
Chopped green chili	1 tsp.
Lemon juice	2 tsp.
Red chili powder	1 tsp.
Oil	1 tbsp.
Salt	As per taste.



## Method

1. Clean and cut the chicken into 1 inch cubes. Boil chicken pieces in salted boiling water for 1 minute. Drain excess water and chill chicken in a refrigerator.
2. Mix chopped onions, [Garam Masala Powder](#), dry mango powder, chopped green chilies, red chili powder, salt, chopped green coriander, lemon juice and oil with cooked chicken pieces.
3. Arrange in a serving platter or bowl. Decorate with tomato slices or a [Tomato Rose](#).



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## Ingredients

Potatoes	400 gms.
Chaat masala	2 tsp.
Red chili powder	1 tsp.
Chopped green coriander	2 tbsp.
Chopped onion	½ cup
Chopped green chili	2 tsp.
Lemon juice	2 tsp.
Salt	As per taste.



## Method

1. Boil potato. Cool, peel and then cut into ¾th of an inch cubes.
2. Mix remaining ingredients with the potato cubes and arrange in a platter to serve.

**Tip:** Potatoes can also be deep fried in very hot oil briefly after boiling and dicing to give a nice and crisp texture. Goes very well as a cocktail snack item.



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## Ingredients

Chicken Bones	500 gms.
Boneless Chicken (Skinned)	100 gms.
Refined Flour	30 gms.
Chopped Garlic	1 tsp.
Cumin seeds	½ tsp.
White Pepper Powder	1 tsp.
Oil	1 tsp.
Bay Leaf	2 no.
Green Chili	2 no.
Garam Masala Powder	½ tsp.
Salt	As per taste.



## Method

1. Clean and wash chicken bones.
2. Clean, wash and cut chicken into half centimeter dice.
3. Put chicken pieces in a deep pan. Add 1¼ liters water, chopped garlic, bayleaf, slit green chilies and bring it to a boil. Simmer for half an hour. Strain and keep aside.
4. Heat oil in a pan. Add cumin seeds, let it crackle and add flour, cook for a minute on a slow flame and then add reduced chicken stock, chicken pieces, white pepper powder, [Garam Masala Powder](#) and salt.
5. Bring it to a boil and serve piping hot.



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## Ingredients

Moong dal (yellow dal)	100 gms.
Chopped onion	¼ tsp.
Chopped ginger	1 tsp.
Chopped garlic	1 tsp.
Cumin seeds	½ tsp.
Lemon	1 no.
Butter/Oil	1 tsp.
Chopped green chili	1 tsp.
Chopped green coriander	1 tsp.
Turmeric powder	½ tsp.
Salt	As per taste.



## Method

1. Pick, clean and wash moong dal.
2. Mix together moong dal, chopped onion, chopped ginger, chopped green chillies, turmeric powder, salt and chopped garlic. Add five cups of water and bring it to a boil. Simmer and cook for fifteen minutes. Remove scum from the top from time to time. Cook until dal is very soft.
3. Pass a through a soup strainer. Keep aside.
4. Heat butter in a pan, add cumin seeds. Sauté on a slow flame so that the butter is not burnt but at the same time full flavor and aroma of cumin seeds comes out.
5. Add pureed dal, add water to correct consistency, if required. Bring it to a boil. Add juice of a lemon.
6. Serve piping hot with finely chopped fresh coriander leaves.



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### Ingredients

Tomato	100 gms.
Cucumber	100 gms.
Onion	100 gms.
Capsicum	75 gms.
White radish	50 gms.
Carrot	100 gms.
Chopped green coriander	1 tsp.
Lemon juice	1 tsp.
Chopped green chili	1 tsp.
Salt	As per taste.

### Kachumber



### Method

1. Cut tomatoes into half inch dice.
2. Peel and cut cucumber and carrots into half inch dice.
3. Peel onions and radish and cut into dices.
4. Deseed capsicum and cut into half inch dice.
5. Mix all the vegetables. Add chopped green chillies, chopped green coriander, lemon juice and salt. Toss well.
6. Arrange in a salad bowl and serve cold.



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## Ingredients

Sprouted moong	400 gms.
Chopped onion	50 gms.
Chopped tomato	50 gms.
Chopped capsicum	50 gms.
Lemon juice	2 tsp.
Chaat masala	2 tsp.
Chopped green chili	2 tsp.
Salt	As per taste.

## Sprouted Moong Chaat



## Method

1. Mix sprouted moong beans with chopped onions, chopped capsicum, chopped tomatoes and chopped green chilies. Refrigerate for half an hour.
2. Make a dressing by mixing lime juice, chaat masala and salt.
3. Mix dressing with sprouted moong and vegetables at the time of serving.



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## Ingredients

Rice (Basmati)	300 gms.
Headless prawns(shelled)	600 gms.
Bay leaf	2 no.
Sliced onion	¼ cup
Coriander leaves	1 tbsp.
Fresh grated coconut	1 tbsp.
Coconut milk	50 mls.
Lemon juice	1 tsp.
Turmeric powder	½ tsp.
Green chili	2 no.
Whole garam masala	1 tsp.
Ghee/Oil	2 tbsp.
Salt	As per taste



## Method

1. Pick, wash and soak rice for about 20 minutes. Drain and keep aside.
2. Shell, [Devein](#) and wash prawns.
3. Heat [Ghee](#) or oil in a thick bottomed pan. Add bay leaves and [Whole Garam Masala](#). Let it crackle. Add sliced onion, sauté till the onion turns pink.
4. Add water, turmeric powder, lemon juice and green chillies slit into two. Bring it to boil and add rice. Cook for a minute and add prawns and coconut milk . Season with salt. Stir lightly.
5. Stir till rice absorbs all the water and then cover it with a lid and cook it on a slow fire till rice and prawns are fully cooked.
6. Garnish with chopped coriander leaves and grated fresh coconut.



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## Ingredients

Rice (Basmati)	300 gms.
Chicken pieces	600 gms.
Whole garam masala	2 tbsp.
Sliced onions	1 cup
Chopped garlic	2 tbsp.
Chopped ginger	2 tbsp.
Red chili powder	3 tsp.
Coriander powder	1 tbsp.
Turmeric powder	2 tsp.
Bay leaf	2 no.

Chopped tomato	¾ cup
Chopped green coriander	1 tbsp.
Curd (yogurt)	1 cup
Saffron	½ gm.
Garam masala powder	3 tsp.
Milk	½ cup
Butter	50 gms.

## Chicken Biryani



Golden fried sliced onions	¾ cup
Ginger julienne's	1 tbsp.
Oil	3 tbsp.
Mint leaves	2 tbsp.
Salt	As per taste

## Method

1. Pick, wash and soak rice in water for about 30 minutes.
2. Boil water, add ½ of the Whole Garam Masala, bayleaf and salt and boil rice till ¾th done. Drain rice and keep aside.
3. Mix salt, ½ of the red chili powder, ½ of the chopped ginger, ½ of the chopped garlic, 1 tsp. Garam Masala Powder, ½ of the turmeric powder and Curd/Yogurt. Mix well and put chicken pieces in this for an hour.
4. Heat oil in a Patila or a thick bottomed pan. Add remaining Whole Garam masala. Let it crackle. Add Sliced onions and sauté' until light golden brown.
5. Then add remaining chopped ginger, chopped garlic, coriander powder, turmeric powder, red chili powder, 1 tsp. Garam Masala powder and chopped tomatoes. Cook for about 5 minutes. Add marinated chicken and cook till chicken is tender.
6. Dissolve saffron in warm milk and keep aside.
7. Arrange alternate layers of chicken and rice. Sprinkle saffron dissolved in milk, remaining Garam Masala powder, ginger julienne's, mint leaves, golden fried sliced onions and butter in between the layers and on top. Make sure that you end with the rice layer topped with saffron and spices.
8. Cover and seal with aluminum foil or Roti dough. Cook in a preheated oven, for 10-12 minutes. Alternatively cook on an indirect slow flame for 10 to 12 minutes.



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## Ingredients

Rice (Basmati)	300 gms.
Carrots	100 gms.
Cauliflower	100 gms.
French beans	100 gms.
Green peas (shelled)	100 gms.
Chopped onion	½ cup
Chopped ginger	1 tbsp.
Chopped tomato	75 gms.
Chopped green chili	½ tsp.
Chopped green coriander	1 tbsp.

Whole garam masala	1 tbsp.
Bay leaf	2 nos.
Curd (yogurt)	½ cup
Coriander powder	1 tbsp.
Red chili powder	1 tbsp.
Turmeric powder	1 tsp.
Cumin seeds	1 tsp.
Ginger julienne's	1 tbsp.
Saffron	½ gm.

## Vegetable Biryani




Brown onion	1 cup
Milk	¼ cup
Butter	50 gms.
Kerri essence (optional)	a few drops
Oil	2 tbsp.
Mint leaves	2 tbsp.
Salt	As per taste

## Method

- Pick, wash and soak rice for about 20 minutes. Boil rice in plenty of salted boiling water with the bayleaf and 1/2 of the Whole Garam Masala until ¾ done. Drain excess water and keep aside.
- Peel, and dice carrot. Cut cauliflower into florets. String beans and cut them into dices.
- Mix all the vegetables and boil in salted water. Refresh and keep aside. Soak saffron in warm milk.
- Heat oil in a thick bottomed pan. Add cumin seeds and remaining Whole Garam Masala. When it begins to crackle, add chopped onions and sauté until golden brown. Add chopped ginger and chopped green chilies.
- Add coriander powder, turmeric powder, red chili powder, Curd/Yogurt, and mix well. Add chopped tomatoes and cook on a medium flame till fat leaves the masala.
- Add boiled vegetables and mix well.
- Now arrange alternate layers of cooked vegetables and rice. Sprinkle saffron dissolved in milk, Garam Masala Powder, ginger julienne's, mint leaves, golden fried sliced onions and butter in between the layers and on top. Make sure that you end with the rice layer topped with saffron and spices.
- Cover and seal with aluminium foil and cook in a pre-heated oven for 10-12 minutes or on direct flame for 10-12 minutes or till you get a nice aroma. Serve hot.



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## Ingredients

Rice Basmati	300 gms.
Peanut	½ cup
Dry red chili whole	2 No.
White urad dal	1 tsp.
Mustard seeds	1 tsp.
Chana dal	1 tsp.
Turmeric powder	½ tsp.
Fenugreek seeds	½ tsp.
Lemon juice	3 tsp.
Asafoetida	a pinch
Curry leaves	10-12 nos.
Fresh grated coconut	1 tsp.
Oil	1 tsp.
Salt	As per taste

## Lemon Rice



## Method

1. Pick, wash and soak rice for about 20 minutes. Drain. Boil in plenty of boiling salted water until almost done. Drain and keep aside.
2. Heat oil or [Ghee](#) in a [Kadhai](#) . Add a pinch of asafetida. Add dry red chili, urad dal, chana dal and fenugreek seeds, cook until dal changes color to light brown.
3. Add peanuts and mustard seeds. Let mustard seeds crackle, then add curry leaves. Stir fry for half a minute. Add cooked rice, salt, lime juice and turmeric powder. Mix thoroughly.
4. Garnish with grated coconut.



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## Ingredients

Whole meal flour	150 gms.
Gram flour	100 gms.
Chopped fenugreek leaves	1 cup
Red chili powder	1 tsp.
Curd (Yogurt)	¾ cup
Oil	3 tsp.
Salt	As per taste



## Method

1. Sieve flour and gram flour separately.
2. Mix flour, gram flour, chopped fenugreek leaves, salt and then add [Curd/Yogurt](#) to make a semi hard dough, knead it well and keep aside for 10 minutes.
3. Divide into 8 equal portions.
4. Roll out each portion and cook on hot griddle from both sides and apply oil too.
5. Cook till done.
6. Serve hot with [Chhunda](#).

**Note:** Since water is not added and Yogurt is used instead, it has a better shelf life i.e. 4-5 days.

One can also add a mashed ripe banana while making the dough.



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## Ingredients

Whole meal flour	400 gms.
Salt	1 tsp.

## Roti / Chapati



## Method

1. Sieve flour, and salt. Add water a little at a time. Knead into a medium soft dough.
2. Divide into 24 equal portions. Make them into balls. Apply some flour and roll into thin diskettes of about 5 inch diameter.
3. Cook on **Tavaa**(flat griddle) for half a minute and then on direct flame till puffed and cooked.
4. Serve hot topped with home made **Ghee** .

[Step-By-Step Process of Chapati making.](#)



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## Ingredients

Rice Basmati	300 gms.
Potatoes	300 gms.
Cauliflower	300 gms.
Whole garam masala	1 tsp.
Red chili powder	1 tsp.
Cumin seeds	1 tsp.
Turmeric powder	½ cup
Bay leaf	2 no.
Garam masala powder	½ tsp.
Ghee/Oil	1 tsp.
Salt	As per taste



## Method

1. Pick, wash and soak rice for about half an hour, drain and keep aside.
2. Peel potato. Cut into one inch cubes. Cut cauliflower into small florets.
3. Heat oil in a thick bottomed pan. Add bay leaves, cumin seeds and Whole Garam Masala. When they begin to crackle, add ginger paste, red chili powder, turmeric powder and Garam Masala Powder.
4. Cook for a minute, add potatoes, cauliflower and soaked rice. Stir lightly and add hot water enough to cover the rice and vegetables and should be about one inch above the rice. Season with salt. Bring it to boil end stir from time to time.
5. Reduce flame and cook covered on a slow fire till rice and vegetables are completely cooked.



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## Ingredients

Par-boiled rice	3 cups
White urad dal	1 cup
Oil	½ cup
Salt	As per taste



## Method

1. Pick, wash and soak rice and dal separately for 6 hours.
2. Grind each separately into a fine paste and mix the two batters together. Add a little salt and leave the batter to ferment overnight.
3. Add a little water if necessary.
4. Heat a Tavaa (griddle). Pour a ladleful of batter on the griddle and spread thinly making quick circular movements with the ladle.
5. Pour a spoonful of oil around the dosa. Let it cook for 1-2 minutes or till it turns slightly brown.
6. Remove and serve hot with Coconut chutney or Sambar.
7. For masala dosa, prepare a spicy Aloo Bhaji from boiled potatoes and stuff it inside the dosa. If parboiled rice is not available in the supermarket, use normal rice.



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## Ingredients

Par-boiled rice	450 gms.
White urad dal	150 gms.
Salt	as per taste



## Method

1. Pick, wash and soak rice for 3-4 hrs. Drain well and grind to a coarse paste.
2. Pick, wash and soak dal for 3-4 hrs. Drain well and grind it to a fluffy paste.
3. Mix ground rice and dal paste. Add salt to it and leave it to ferment overnight.
4. Grease idli mold with a little oil. Pour the mixture into the molds and steam it in an idli steamer or pressure cooker for 10-12 minutes.
5. Serve hot with [Coconut chutney](#) and [Sambar](#).
6. For steaming, the quantity of water used should neither be too much nor too little.



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## Ingredients

Rice	300 gms.
Onion	3-4 medium size.
Mutton	600 gms.
Coriander seeds	1 tbsp.
Peppercorns	1 tbsp.
Black cardamoms (whole)	2 no.
Red chili powder	1 tbsp.
Bay leaves	4-5 nos.

Cardamoms	8 no.	Pistachios	10-12 nos.
Cumin seeds	2 tbsp.	Curd or yogurt	1/2 cup
Almonds (soaked and blanched)	10-15 nos.	Ghee	8 tbsp.
		Salt	to taste

## Sindhi Pulao



## Method

1. Wash and soak rice in water for 1 1/2 to 2 hours. Chop the onions finely and clean the mutton nicely and keep aside.
2. Heat 4 tablespoons Ghee in a saucepan. Add finely chopped onions to hot ghee and fry until brown.
3. Sprinkle a few drops of water and stir until onions are soft. Take out half the onions and keep on one side.
4. Put the mutton in the saucepan and stir until the meat is golden brown.
5. Grind together coriander, 1 black cardamom, cardamoms and cumin seeds.
6. Add the Curd/Yogurt, stir for 5 minutes, add the ground spices with salt and chili powder and cover the saucepan for a few minutes.
7. As soon as the water dries (add more if necessary and let it simmer until the meat is soft and the gravy is thick.
8. Put 3 tablespoons ghee in another saucepan, add bay leaves and peppercorns, rice (the water from the rice should be preserved), 1/4 teaspoon cumin seeds, 1 whole black cardamom and 1 level teaspoon salt. Stir for 2-4 minutes, then add the remaining brown onions.
9. Remove saucepan from the fire and put three-quarters of the rice on a platter. In the saucepan, put first a layer of rice, then cooked mutton, sprinkle with chopped onions and pistachios and repeat this process until the rice and meat are finished.
10. Pour in the water in which the rice was cooked evenly so as not to break the layers, to 3/4 inch above the rice level.
11. Cook and remove when the rice is almost done and there is no water left.

12. Sprinkle with more almonds and pistachios, cover with a tight lid and keep in warm oven till serving time.



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## Ingredients

Basmati rice	1 cup
Shelled peas	1 cup
Cumin seeds	1/2 tsp.
Onion (medium)	1 nos.
Oil	3 tbsp.
Salt	To taste



## Method

1. Pick, wash and soak rice for twenty minute. Cut onion lengthwise.
2. Heat oil in a pan, add cumin seeds and once it starts to crackle add onions.
3. Fry till translucent. Add peas, sauté for 2-3 minutes.
4. Drain soaked rice and add.
5. Pour two cups of water and salt. Bring to a boil.
6. Reduce heat, cover with lid, cook till all water is absorbed.
7. Serve hot.



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## Ingredients

Rice	1 cups
Green moong dal	1 cups
Onion (large)	2 no.
Potatoes (small)	2 no.
Coconut (2" piece)	1 no.
Turmeric powder	1 tsp.
Red chili powder	1 tsp.
Cumin seeds	1 tsp.
Garam masala	1 tsp.
Garlic	6 cloves

Ginger	1 piece	Ghee	As required
Green chilies	5-6 nos.	Oil	As required
Coriander leaves	1/2 bunch	Salt	To taste



## Method

1. Wash and soak the dal and rice, chop onion and green chilies finely.
2. Mince the coriander leaves, ginger and garlic.
3. Peel the potatoes and cut into small cubes.
4. Grind the coconut piece to a fine paste.
5. Fry onions in a combination of 1 tablespoon ghee-1 tablespoon oil.
6. When the onions are light brown add the minced garlic, ginger and green chilies.
7. Then add the garam masala together with the ground coconut.
8. Fry for a while, put in the rice and dal and fry both till crisp.
9. Pour in warm water till it is about 2 inches above the level of the rice. If the water dries up, more warm water may be added.
10. Add potato cubes and salt.
11. When the water starts bubbling, lower the heat and simmer till rice and dal cooked.
12. Sprinkle coriander leaves on top before serving.



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## Ingredients

Basmati rice	1 1/2 cups
Onion	1 no.
Cumin seeds (jeera)	1 tsp.
Cardamom (elaichi)	4-6 nos.
Cloves (laung)	6-8 nos.
Tomatoes	2 nos.
Red chili powder	1 tsp.
Tomato puree	1/2 cup
Tomato juice	1/4 cup
Cinnamon (dalchini)	1-2 nos. (1" stick)
Oil	1 tbsp.
Salt	To taste



## Method

1. Wash the rice and soak for 1/2 hour. Then cut the onions.
2. Add **Ghee** in a pan to this add the Whole Garam Masala (cardamom, cloves, cinnamon), jeera and onions. Saute till onions are slightly brown.
3. Add chopped tomatoes, red chili powder, salt and tomato puree.
4. After it cooks a little then add tomato juice and add some water then add the soaked rice.
5. After it comes to a boil, reduce the flame and cook till rice is done.
6. Serve hot.



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## Ingredients

Rice	250 gms.
Curd/Yogurt	½ kg.
Ginger chopped	1 tbsp.
Green chilies chopped	1 tbsp.
Mustard seeds	1 tbsp.
Asafoetida (hing )	a pinch
Curry leaves	1 sprig
Oil	1 tbsp.
Salt	As per taste



## Method

1. Prepare [Steamed Rice](#).
2. To the cooked rice add the [curd](#) and mix it well. Keep aside in a bowl.
3. In a pan heat some oil, put mustard seeds. Once they start spluttering put hing and curry leaves.
4. Put in chopped green chilies and ginger. Remove from the flame.
5. To the rice and the curd mixture add salt.
6. Pour the seasoning onto the rice and curd mixture.
7. Mix well.
8. Serve hot or cold as required.



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## Ingredients

Whole meal flour	400 gms.
Oil	2 tsp.
Oil for deep frying	-
Salt	As per taste



## Method

1. Sieve flour with salt. Add water to make a hard dough by kneading it well.
2. Cover it with a wet cloth and leave it for 15 minutes.
3. Divide into 20 equal portions. Shape them into balls.
4. With the help of a rolling pin roll it into thin discs.
5. Heat oil in a Kadhai . Deep-fry the *pooris* in hot oil for a minute, turn the side and fry till it is puffed and golden in colour.

[Step-By-Step Process of Puris making.](#)



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## Ingredients



Maize or Makai flour	250 gms
Onion,small,minced	1 no.
Coriander leaves,finely chopped	2 tbsp.
Green chilies,minced	2 nos.
Melted ghee	1 tbsp.
Salt	To taste



## Method

1. Mix together flour and salt.
2. Rub in the Ghee, then add the rest of the ingredients along with enough water to form a dough of medium consistency.
3. Divide the dough into five equal portions, then shape each portion into a thick, round roti on your hands.
4. Then place carefully on a well-greased smoking griddle.
5. Continue flattening by pressing all around with the palm of your hand, taking care not to break it.
6. Cook on both sides to a nice golden color.
7. Smear liberally with pure ghee or butter and serve immediately with Namkeen lassi and Sarsoan ka Saag.




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## Ingredients

Maida	600 gms.
Fresh curds	4 tbsps.
Lukewarm milk	1 cup
Yeast	1 1/2 tsp.(level)
Sugar	1 tsp.
Baking powder	1/2 tsp.
Ghee	2 tbsps.
Salt	1 tsp.

### For The Filling :

Potatoes	.500 gms.	Sugar	2 tps.
Paneer	200 gms.	Lemon Juice	1 no.
Coriander leaves, chopped	1/2 cup	Oil for frying.	As required
Ginger & green chillies, ground	2 tps.	Salt	To taste

## Stuffed Masala Kulchas



## Method

1. Mix the yeast in lukewarm milk.
2. Cover up, and keep aside for 1 hour.
3. Then add sugar and mix well.
4. Mix together maida and baking powder and seive.
5. Now add salt, hot ghee and curd and mix thoroughly.
6. Then put in the above water and knead to make a dough. (Put the ghee so the dough won't stick on the hands.)
7. Cover it up, and keep aside for 2 hours.

### For the filling :

1. Boil the potatoes, remove the skin and grate or mash.
2. Now add paneer and mix.
3. Then put in all the masalas and mix well.
4. Then make 20 small round balls and keep aside.

### For the stuffed kulcha :

1. Take each portion of the dough and press it on the palm and flatten it.
2. Now put one ball of masala on each and roll into 20 round shaped balls.
3. With a rolling pin, flatten the balls into 1/2" thick parathas, and fry them with ghee or oil on a tava.



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## Ingredients

Basmati rice	300 gms.
Coriander seeds	2 tsp.
Cummin seeds	1 tsp.
Sesame seeds	1 tsp.
Cloves	4 nos.
Cinnamon	A small piece.
Turmeric powder	1/3 tsp.
Mustard seeds	1/4 tsp.
Cummin seeds	1/4 tsp.

Curry leaves	A few sprigs.	Coriander leaves, chopped	15 gms.
Asafoetida	A pinch.	Green chili	2 no.
Cashewnuts	25 gms.	Ghee	4 tsp.
		Salt	To taste.



## Method

1. Pick, wash and soak the rice for 30 minutes.
2. Roast the coriander seeds, cummin seeds, sesame seeds, cinnamon and cloves and grind them to a fine powder.
3. Heat 3 tsp. ghee in a pan and season with mustard seeds.
4. When they crackle, add curry leaves, asafoetida and green chili and turmeric powder.
5. Add the rice and fry for five minutes.
6. Heat water, double the volume of rice mixture and add to the rice.
7. Also add the seasoning, salt and cashewnuts.
8. Bring to a boil and cook on low heat, stirring occasionally, till almost done.
9. Pour the remaining ghee over, cover and cook till all the water has evaporated and the rice is done.
10. Serve hot garnished with chopped coriander leaves.



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## Ingredients

Flour	250 gms.
Fenugreek leaves (methi)	1 bunch
Green chillies,minced	4 nos.
Coriander leaves	1 tbsp.
Tomato medium,diced	1 no.
Chili powder	1/2 tsp.
Salt	To taste



## Method

1. Heat 1 tbsp ghee and put in all the ingredients except the flour and cook till dry and remove from the fire.
2. When the mixture cools add the flour with enough of water to form a stiff dough.
3. Divide this dough into lemon-size balls and roll out each ball into a thick round discs or chapati.
4. Take three chapatis and apply ghee liberally on the uppermost side of one chapati, place another chapati on top of this and once again apply ghee on the uppermost side of this, then place the third chapati on top, apply ghee, sprinkle flour on top and roll out as thin as and round as you can.
5. Fry the roti like a paratha.
6. Serve hot with seasoned curds or lassi.



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## Ingredients

Rice	1 cup
Red gram dal	1 cup
Capsicum (diced fine)	1 no.
Small brinjal (diced fine)	1 no.
Fresh peas (optional)	2 tbsp.
Potato(diced fine)	1 no.
Turmeric powder	1/2 tsp.
Tamarind	lime-size
Coriander leaves	1 small bunch

Ghee	6 tbsp.
Salt	To taste
<b>Paste</b>	
Red chilies	12-14 nos.
Coriander seeds	3 tbsp.
Bengal gram dal	3 tsp.
Cinnamon	1" piece
Poppy seeds	1 1/2 tsp.
Cloves	4 nos.
Fenugreek seeds (methi)	1/2 tsp.
Coconut (grated)	1/2.
Asafoetida powder	1 tsp.
Oil	4 tsp.

## Spicy Sambar Rice



<b>Dry Masala</b>	
Gram dal (fried)	3 tbsp.
Poppy seeds	1 1/2 tsp.
Rice	3 tsp.
Coconut (grated)	2-3 tbsp.
<b>For Tempering</b>	
Mustard seeds	1 tsp.
Cummin seeds	1 tsp.
Split black gram dal	1 tbsp.
Bengal gram dal	1 tbsp.
Red chili (halved)	1 no.
Curry leaves	Few
Oil	2 tbsp.

## Method

1. Pressure cook the rice and dal in 4 cups of water and set aside in the pressure cooker itself so that the heat is not lost.
2. Fry all the ingredients for the paste in 4 teaspoons oil and grind to a fine paste using very little water.
3. Roast dry all the ingredients for the dry masala and powder fine.
4. Soak the tamarind in 2 cups of water, extract the juice and set aside.
5. Heat 2 tablespoons oil in a heavy-bottomed vessel and add all the ingredients for tempering.
6. When the mustard seeds splutter, add the onions and fry for a couple of minutes. Add the rest of the vegetables and fry till the vegetables are partly cooked.
7. Add tamarind juice, salt, turmeric powder and cook till the vegetables are tender.
8. Add the paste to the vegetables and cook for a couple of minutes and set aside the sambhar.
9. In a heavy frying pan or pressure cooker add the rice and dal mixture gradually to the cooked sambhar while taking care that no lumps are formed.
10. Simmer on a low heat and add 6 tablespoons ghee and cook till the mixture blends.

11. Add the dry masala and remove from the heat.

12. Garnish with chopped coriander leaves and serve hot with fried papadams.



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## Ingredients

Rice	2 cups
Yeast	2 tsp.
Coconut	1 no.
Sugar	1 tbsp.
Salt	To taste



## Method

1. Wash and soak rice overnight and next day, grind the rice.
2. Grate and grind coconut then mix yeast, sugar and salt and allow to stand for 10-15 minutes.
3. Mix all ingredients together (add more sugar to taste).
4. Add warm water to make a thick batter and keep covered for 3 hours in a warm place to allow it to rise.
5. Half fill metal containers or idli moulds and steam for about 20 minutes.
6. Insert a toothpick if it comes out clean, then the Sannas are done.



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## Ingredients

Basmati Rice	2 cups
Coconut Milk (thick)	1 cup
Coconut Milk (thin)	3 cups
Onion, chopped fine	1 no.
Cinnamon	2" piece
Cloves	6 nos.
Cardamom pods	4 nos.
Oil / Ghee	4 tbsp.
Salt	To taste



## Method

1. Wash and strain rice. Saute onion in oil.
2. Add rice and stir-fry to coat rice.
3. Add all the coconut milk, salt and spices.
4. Stir, add turmeric, then mix again, cover lid tightly and cook on a slow fire for about 20 minutes until all liquid is absorbed.
5. Fluff rice and serve hot.



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## Ingredients

Basmati Rice	500 gms.
Mutton cut into small pieces	1kg.
Garam Masala	2 tsp.
Red chilies	6 nos.
Cashewnuts	A handful
Onions (sliced fine and fried till crips)	5 nos.
Cloves	2 nos.
Dalchini	2 pieces
Elaichi	3 nos.

Green chilies	6 nos.
Kothmir, chopped	1 small bunch
Pudina chopped	1 small bunch
Ginger Garlic paste	3 tsp.
Saffron (dissolved in 3/4 cup milk)	2 pinches

## Hyderabadi Biryani



Curd beaten	1 cup
Lime juice	2 nos.
Eggs boiled	4 nos.
Ghee /Oil	5 tbsp.
Salt	to taste

## Method

1. Grind the red chilies and cashewnuts to a fine paste.
2. To the mutton apply the ginger - garlic paste and beaten curd. Set aside.
3. Heat 4 tablespoons ghee and fry the red chili masala.
4. Add the marinated mutton, 1/4 of the fried onion, one teaspoon garam masala and salt to taste.
5. Keep frying till ghee separates. Add 1 1/2 cups warm water. Pressure cook till tender.
6. Heat dekchi, add 1 tbsp ghee and fry the sabut masala.
7. Add the rice and fry a little. Add the green chilies and salt to taste.
8. Add enough warm water. Cook till rice is done, remove and spread on a thali, discarding the whole masala.
9. Mix together the chopped kothmir, pudina, garam masala and fried onion. Set aside.
10. Take a heavy bottlomed dekchi and line it with ghee.
11. Spread a layer of rice and cover it with half of the mutton. Sprinkle half of the pudina / kothmir mixture and juice of 1 lime.
12. Cover with rice, followed by a mutton layer. Finish with a rice layer.
13. Sprinkle the rice with saffron milk and dot with ghee.

14. Cover tightly and place over a griddle for dum for 20 minutes. Serve hot, garnished with eggs cut into halves.



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## Ingredients

### For the dough

Whole wheat flour	1 cup
Oil	1 tsp.
Salt	a pinch.

### For the mint sauce (for the dough)

Mint leaves	1/2 cup
Cumin seeds	1/2 tsp.
Green chilies	1 nos.
Lemon juice	1/2 tsp.
Salt	1/2 tsp.

### For the stuffing

Cabbage, chopped	1 cup
Boiled green peas	1/2 cup
Potato, chopped	1 no.
Onion, chopped	1/2 no.
Juice of lemon	1/2
Garam masala	1 pinch

Chopped coriander	1/2 tbsp.
Ground green chili	1/2 tbsp.
Sugar	1/2 tsp.
Oil	1 tsp.
Salt	to taste

### For cooking

Oil or butter	1 tsp.
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## Method

### For the dough

1. Pour all the ingredients for the sauce with 1/4 cup of water into a mixer and blend.
2. Mix the mint sauce with the wheat flour, oil and salt and prepare a soft dough.
3. Knead well and divide into 10 portions. Roll out the portions into thin rotis.

### For the stuffing

1. Sprinkle salt over the cabbage and leave aside for 10 minutes.
2. Crush the green peas.
3. Heat the oil and the potato and crushed peas. Sprinkle a little water on top, cover and cook until soft.
4. Add the cabbage and onion and cook for 1 minute.
5. Add the lemon juice, garam masala, coriander, green chili, sugar and salt.
6. Divide into 10 portions.



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## Ingredients

Maida	1 kg
Baking powder	1 1/2 tbsp..
Sugar	1/2 tbsp.
Onion seeds	15 gms
Melted ghee	50 gms.
Eggs	2 nos.
Milk	115 gms.
Beaten curd/yogurt	2 1/2 ounces
Salt	1 tsp.



## Method

1. Beat egg well.
2. Add sugar and milk and beat nicely once again.
3. Sieve together flour, salt and baking powder.
4. Mix in melted butter along with [Curd/Yogurt](#) and milk and mix nicely.
5. Add enough water to form a dough of medium consistency. Knead the dough until it turns very smooth.
6. Cover and set aside for half an hour. Then divide the dough into large walnut-sized balls and shape each ball on your hands into an oblong-shaped roti.
7. Apply melted butter or [Ghee](#) on both sides of the roti and smear one side of the roti liberally with onion seeds and bake in a tandoor.
8. You can also bake this roti on an open fire or oven or sigri, but it tastes better when baked in a tandoor.



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## Ingredients

Moong Dal	1/2 cup
Gram Dal (chana)	1/2 cup
Whole wheat flour	1 1/4 cup.
Cloves	4 nos.
Peppercorns	8 nos.
Cardamoms	3 nos.
Cumin seeds	1/2 tsp.
Ghee	3 tbsp + to deep fry.
Salt	To taste



## Method

1. Soak both the dals overnight.
2. The next morning drain off the water and grind to a fine paste.
3. Grind the cloves, peppercorns, cardamoms and cumin seeds.
4. Heat 1 tablespoon [Ghee](#) in a pan.
5. Fry the dal paste with the ground masala and salt.
6. Knead the wheat flour to a stiff dough with 2 teaspoons ghee, water and salt.
7. Divide the dough into small portions.
8. Roll each portion into a ball.
9. Flatten it in the palm of your hand and put in a little fried dal.
10. Close up the dough and roll out into a thickish puri.
11. Deep fry in ghee.



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## Ingredients

Plain flour	1 cup
Curd	3 tbsps.
Potatoes, boiled	2 nos.
Water for kneading	As required
Ghee or oil	1 tbsp.
Ghee or oil for frying	As required
Salt	1/2 tsp.



## Method

1. Mash the boiled potatoes finely ( No lumps should remain as it will break the puri).
2. Sift the flour and salt, add the curd and mashed potatoes with 1 tbsp of ghee or oil.
3. Knead to a soft dough, divide into 10 balls and roll out each ball into 4" diameter circles.
4. Heat ghee on in heavy pan and deep fry 1 or 2 puris at a time until the colour turns golden brown.
5. Serve hot with bhaji or dahi.



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## Ingredients

Wheat Flour	2 cups
Fresh spinach	50 gms.
Ginger, paste	1" piece
Cumin seeds	1 tsp.
Chili powder	1 tsp.
Water	As required
Ghee or oil	2 tbsps.
Ghee or oil for deep frying	As required
Salt	1 tsp.



## Method

1. Clean, wash, discard the hard stalks of the spinach and boil them with a little water until tender.
2. Once tender drain the spinach well and keep aside.
3. Sift together flour, salt and chili powder and rub in 2 tbsps of ghee or oil.
4. Add the ginger paste, cumin and spinach and mix thoroughly, pour a little water if necessary to make a stiff dough.
5. Knead the dough for 10 minutes, cover with a damp cloth and keep aside for 15 mins.
6. Knead again and divide the dough into 20 balls and roll out into round disc of 4" diameter.
7. Heat oil in a pan until smoking point, then reduce the heat and fry the puris, one at a time.
8. Serve hot.



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## Ingredients

Plain flour	1 1/2 cup
Split green gram, without skin	50 gms.
Spring onions, sliced	100 gms.
Chili powder	1 tsp.
Cumin seeds	1/4 tsp.
Water for kneading	As required
Oil for deep frying	As required
Salt	1 tsp.

## Bermi Puri



## Method

1. Clean, wash and soak the split green dal overnight.
2. Next day grind dal together with sliced spring onions to a fine paste, add chili powder, salt and cumin seeds and grind again for 1-2 mins.
3. Sift the flour and add all the ground ingredients and mix well, adding very little water to make a stiff dough.
4. Knead well for 10 mins until you have a smooth non-sticky dough.
5. Divide this dough into 15 balls and roll out each ball into a 4" disc and a little thicker than the usual puris.
6. Heat oil in a pan till smoking hot, lift one puri and lay it on the hot oil surface and it will rise within seconds and begin to sizzle.
7. Gently press the center of the puri down in the oil as this will help the puri to puff up.
8. Once done remove the puris and place on a kitchen paper to drain the excess oil and to keep hot.



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## Ingredients

Plain flour	1 1/2 cup
Boiled eggs, peeled & mashed	2 nos.
Boiled potatoes, peeled & mashed	2 nos.
Pudina or coriander, finely chopped	1 tbsp.
Green chili, deseeded and chopped	1 no.
Warm water for kneading	As required
Ghee or oil for deep frying	As required
Ghee or oil	2 tbsps.
Salt	2 tsps.



## Method

1. Knead together mashed eggs, potatoes, coriander leaves, chili and 1 tsp salt and divide into 8 portions.
2. Sieve flour and 1 tsp salt, rub 2 tbsps ghee or oil and mix well for 10 mins.
3. Slowly add warm water and knead into a soft dough and divide into 8 equal balls.
4. Roll out each ball a little and place one portion of the egg mixture in the center of each round.
5. Fold it over and pinch the ends and now roll out each ball into 4" round puri (donot make it too thin or the stuffing will come out).
6. Heat oil in a frying pan, deep fry one puri at a time until the colour turns golden.
7. Serve hot with plain curds.



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**Mirchi Vada**

Tongue tingling batter-fried stuffed greenchilies.

**Hara Bhara Kabab**

An appetizing vegetarian patties.

**Hazarvi Kabab**

Succulent chicken breasts marinated in a creamy cheese base and cooked in a tandoor.

**Dhokla**

Light and fluffy steamed cubes of ground rice lentils, seasoned with mustard seeds and red chili.

**Stuffed Aloo Tikki**

Delightful stuffed mashed potato cakes.

**Medu Vada**

Doughnut shaped savouries of blackgram mixed with green chilies, cumin and coconut.

**Onion Bhajia**

Deep fried sliced onion in gramflour batter.

**Seekh Kabab**

Succulent minced meat kababs flavoured with meat and spices.

**Rice Pakora**

Rice fritters made in a batter of Bengal gram.

**Mutton Tikka**

Marinated mutton pieces cooked in Tandoor.





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**Crunchy Cutlets**

Crisp cutlets prepared with potato and sprouted moong.

**Corny Potatoes**

Mouthwatering preparation of potato jackets stuffed with corn and baked in the oven topped with cheese.

**Peanut and Chana Dal Tikka**

Mouth watering Tikkis made using peanuts and Bengal gram. A Sanjeev Kapoor original.

**Fried Fish**

Boneless fish fillets coated with a blend of Indian spices and then deep fried to perfection.

**Bhel Puri**

An extremely popular preparation of puffed rice and "sev" with various chutneys.

**Samosas**

Stuffed prism shaped savories.

**Haryali Paneer Tikka**

Paneer marinated in Coriander chutney and yoghurt, skewered and baked in an oven or tandoor.

**Chicken Tikka**

Chicken pieces marinated in yoghurt and a blend of spices, skewered and cooked in an oven or tandoor - A favourite the world over!

**Patra**

A sweet and tangy steamed preparation of Colocassia leaves - A typical Gujarati dish.

**Khandvi**

Made from buttermilk and gram flour - these rolls are a Gujarati speciality!





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**Paneer Pakora**

Paneer pieces dipped in masala and gram flour batter and deep fried in oil.

**Sabudana Wada**

A typical South-Indian snack made of sabudana, potatoes and green chilies.

**Dal Bhajiya**

A mixture of moong dal balls with aromatic spices and deep fried in oil.

**Pani Puri**

Puffed Puris with sprouted green gram dal and filled with sweet and spicy water, also known as 'Gol Gappas'

**Bhakar Wadi**

A famous spicy Maharshtrian snack made of gram flour.

**Rava Idli**

Semolina based puffed Indian pancakes.

**Fofos**

Fried fish chops. A scrumptious starter.

**Shami Kabab**

Minced meat balls, flattened and shallow fried. A speciality in Nawabi cuisine.

**Moong Kachori**

Stuffed with split green dal and has a hard covering from outside. To be had with tamarind chutney.

**Matar Cutlet**

A winter delight. Cutlets made of potato and peas.





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### [Galouti Kabab](#)

Simply a remarkable royal kabab with flavours of mace and cardamom.

### [Malai Seekh](#)

This succulent kabab makes an excellent cocktail snack.

### [Mutton Kabab](#)

Succulent mutton pieces roasted over hot charcoal.

### [Khakhra](#)

Dry crispy rotis that remain fresh for many days.

### [Prawn Pakora](#)

A delicious snack made with prawns dipped in gram flour paste and deep fried.

### [Mathies](#)

A famous Punjabi snack made of refined flour and deep fried in ghee.

### [Chewda](#)

A munchy snack that consist of deep fried beaten rice, flavoured with an array of spices.

### [Nimki](#)

A typical Bengali snack, made of flour and kala- jeera.

### [Prawn Balls](#)

A mixture of prawns, sauces, spices etc rolled into balls and deep fried.

### [Bread Upma](#)

A tasty breakfast dish made of bread slices and spices.





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[Rice Crispies](#)

A Mangalorean snack made of rice, nuts & red chilies.

[Gathia](#)

A very tasty, mouthwatering savoury made of gram flour.

[Chakli](#)

A spiral shaped Maharashtra train savoury made of gram flour, rice flour & chili powder.

[Namak Pare](#)

A Punjabi savoury made of maida & rava.

[Chana Vada](#)

A type of vada made of chana dal, onion, chilies and deep fried in oil.

[Crispy Chicken Tidbits](#)

Baked Chicken pieces coated with bread crumbs.

[Nawabi Murgh](#)

A creamy chicken kabab flavoured with mace.

[Shahi Murgh Kabab](#)

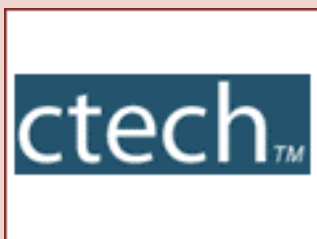
Tender chicken breasts stuffed with cumin flavoured paneer.

[Murgh Malai](#)

A creamy kabab with a cheese flavour.

[Kastoori Kabab](#)

An egg coated variation of the chicken tikka.







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### [Batata Poha](#)

A delightful preparation from Western India. Prepared with pressed rice, potatoes and onions.

### [Ragda Pattice](#)

A popular meal in the west -Potato pancakes served with vatana (a lentil preparation).

### [Pav Bhaji](#)

A very popular combination of Indian bread and mashed vegetables cooked in a blend of 12 spices.

### [Uttapa](#)

Crispy rice and dal pancakes topped with onions and tomatoes. A breakfast favourite.

### [Dahi Vada](#)

Savouries made from lentils, served with Yogurt and exotic chutneys - Simply mouth-watering!!

### [Cheese Omlette](#)

Easy to make omlette with a variation of cheese.

### [Nadur Monji](#)

A crispy deep-fried snack made of lotus roots coated with spiced rice flour batter.

### [Mushroom Bhajia](#)

A variation of the usual bhajia made with mushrooms & gram flour.

### [Shankerpalli](#) [Animated!](#)

Whole wheat flour savouries with a sweet taste.

### [Nankatai](#)

Very popular Indian Cookie made of refined flour.



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### Salami Rolls

Chilled salami slices stuffed with cheese, cream, onion, capsicum, salt & pepper.

### Bonda

Deep fried balls made of urad dal, coconut pieces and masalas.

### Mushroom Omlette

Add some mushrooms to your eggs and you get a mushroom omlette.

### Masala Idli

A famous South snack with a slight variation of spices to normal idli.

### Potato Kabab

Potato kabas stuffed with green chutney, coated with bread crumbs & deep fried.

### Khaman Dhokla

A fermented sweet-sour Gujarati snack made of two types of dals & rice.

### Cauliflower Pakoda

Cauliflower florets coated in gram flour batter and deep fried in oil.

### Sev

A gram flour preparation used as a garnish or an all time snack.

### Cire Narkol

A dish made of fried poha, sugar & grated coconut.

### Alur Bora

Easy to make Bengali style potato cutlet.

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### Rice Flour Pancakes

Crispy pancakes made of rice batter - a perfect breakfast dish.

### Paneer Cutlet

Paneer and boiled potatoes balls coated with bread crumbs and deep-fried.

### Sausage & Cheese Balls

A scrumptious baked snack made of a mixture of sausage, flour & cheese.

### Neer Dosa

A simple dosa that does not need any fermentation & can be used as soon as the rice is ground.

### Rava Dosa

A dosa with a difference, made of rava, rice flour, ginger, garlic etc.

### Set Dosa

This is a thicker version of the dosa made of a mixture of rice & dal.

### Sooji Upma

A tasty breakfast delicacy - a real stomach filler made of rava.

### Cheddar Cheese Spread

A paste made of cheddar cheese, mustard powder, beer & seasoned with pepper & salt.

### Pani Puri

A puffed puri used in a pani puri recipe.



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### [Scrambled Eggs](#)

A fast to make breakfast dish made of eggs, onions, chillies etc.

### [Tuna Sandwich](#)

Toasted slices of bread with tuna & mayonnaise filling.

### [Methi Dosa](#)

A variation of the dosa with fenugreek seeds added to the regular rice batter.

### [Prawns Puffs](#)

Boiled flour coating stuffed with prawn filling, coated with bread crumbs and deep fried in oil.

### [Mogli Chop](#)

Marinated mutton chops deep fried in oil.

### [Chingri Cutlet](#)

Marinated jumbo prawns, coated with breads crumbs and deep fried in oil.

### [Batata Vada](#)

A very popular anytime snack made of spiced potato stuffing coated with gram flour batter and deep fried.

### [Ham Salad Sandwich](#)

Sliced bread filled with stuffing and shallow fried in butter.

### [Cheese Bacon Sandwich](#)

Baked bread slices with bacon & cheese stuffing.

### [Cheesy Chicken Liver Spread](#)

A tasty spread for bread or biccuits made of chicken liver, cheese etc.

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### Misal

A traditional Maharashtra snack made of channa garnished with sev and topped with onions and coriander.

### Mutton Spread on Biscuits

A lovely topping for biscuit canopies, made of mutton with boiled eggs, mustard powder etc.

### Potato & Cheese Crispies

A crunchy deep fried snack made of potatoes, cheese and masala filling.

### Bread Pakodas

Bread slices dipped in spicy gram flour batter and deep fried.

### Masala Dosa

A popular South-Indian snack made of potato vegetable filling in a large pancake made of rice & urad dal.

### Fried Seekh Boti

Marinated Mutton and potato cubes skewered, coated with bread crumbs and deep fried.

### Tikha Ganthai

A crunchy snack made of gram flour, chili and turmeric powder.

### Kachori

A delicious deep fried Gujarati savoury made of a sweet & sour filling stuffed in a thick flour coating.

### Shrimps on Toast

An appetizing snack made of prawns cooked with spices and served on toast.

### Scrambled Eggs and Onion Sandwich

Scrambled egg served on toasted slices of bread with onions and mayonnaise.

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### [Masala Vadai](#)

A favourite snack of the people in the South that is made by deep-frying the vegetable vadas.

### [Steamed Omlette](#)

A delicious breakfast item made of egg beaten along with minced chicken.

### [Vegetable Seekhs](#)

These deep fried potato-yam seekhs make an ideal snack.

### [Fish Cutlets](#)

An all time favourite made of boiled fish with masalas.

### [Urad Dosa](#)

Crispy dosas enjoyed anytime of the day.

### [Urad Vada](#)

A tasty snack served hot with sambhar or chutney.

### [Potato Bondas](#)

A tasty snack of deep fried potatoes.

### [Dahi Tikki](#)

A tasty snack made by making a dough of curds and gram flour with a filling of assorted nuts etc.

### [Vada Pav](#)

A Well known dish made of potato balls deep fried in gram flour and served with slices of bread.

### [Sabudana Khicdi](#)

An appetizing snack made of sabudana, fried with coconut, and potato cubes.



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### Vegetable Triangles

Mixed vegetables paste formed into triangles and deepfried.

### Jacket Frankfurters

Frankfurters rolled in bread slices and fried.

### Egg Rolls

Egg pancakes stuffed with a paneer filling.

### French Omlette

A tasty breakfast item made with eggs and sausages.

### Fried Cheese Sandwiches

Cheese sandwiches dipped in egg batter and shallow fried.

### Cheese Straws

Crispy cheese straws to munch on.

### Prawn Sticks

Delicious starters made of prawns.

### Sweet Mawa Naan

A baked treat of naans made with mawa.

### Egg Potato Puries

Puries made of potato-egg mixture.

### Baked Fish Rolls

A baked treat for the health conscious.

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- Cheese Papad Fingers** A tasty dish of deep-fried papad fingers with cheese filling - to be enjoyed with mint chutney.
- Cheese Onion Pakodas** A quick, simple and tasty vegetarian preparation.
- Pan Rolls** An excellent way to use surplus mince.
- Vegetable Bacon Curls** This snack makes an elegant addition to any menu.
- Tasty Peanuts** Peanuts with gramflour coating.
- Potato Toast** These potato toasts are excellent for breakfast.
- Kheema Samosas** An all-time favourite snack.
- Chicken Balls** A delicious chicken mince preparation.
- Chicken Burgers** Chicken burger in burger bread - everyone's favourite.
- Mutton Potato Chops** A filling snack of potato patties with mince filling.

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### [Chatpati Tikki](#)

Spiced raw banana patties stuffed with dates, raisins and deep fried.

### [Stuffed Dahi Bhallas](#)

A filling snack of stuffed dal vadas in curds.

### [Punjabi Papadi Chaat](#)

A punjabi speciality of enjoyed by all, made with vadas & paapdi dunked in curds.

### [Mushroom Shammi Kababs](#)

A tasty snack of deep fried mushroom kababs.

### [Spinach Pakodas](#)

This is a version of pakodas made of spinach(palak) leaves.

### [Vegetable & Paneer Delight](#)

A delicious preparation of marinated cottage cheese served with boiled vegetables.

### [Grilled Lemon Fish](#)

A sumptuous grilled preparation of fish fillets.

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## Ingredients

Cottage cheese	250 gms.
Red chili powder	1 tsp.
Mango powder	1 ¼ tsp.
Oil	For deep frying

### For the batter

Gram flour	8 tbsp.
Red chili powder	1 ½ tsp.
Cooking soda	A pinch
Water	As required

Salt	To taste
------	----------



## Method

1. Cut the cottage cheese into square, thick cubes.
2. Sprinkle red chili powder and mango powder on each piece.
3. Make the batter by mixing the gram flour with red chili powder, salt, soda and sufficient water to make a slightly thick batter.
4. Dip each piece of cottage cheese into the batter and deep fry in heated oil till it turns golden brown.
5. Serve hot with green chutney.



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## Ingredients

Sabudana	1 cup.
Refined oil	200 gms.
Potatoes	2 nos.
Green chilies	3 nos.
Coriander leaves	As required
Salt	To taste.

## Sabudana Wada



## Method

1. Soak sabudana in water for 3 hours and strain.
2. Peel and boil the potatoes and mash together with the sabudana.
3. Chop chilies and coriander leaves finely and mix. Add salt and mix.
4. Make tiny wadas with this dough and deep fry in oil.
5. Remove when brown and serve with ketchup.



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## Ingredients

Yellow moong dal	200 gms.
Green Chilies, finely chopped	6 nos.
Cummin seeds	½ tsp.
Coriander leaves, chopped	1 tbsp.
Water	As required
Oil	For deep frying
Salt	To taste



## Method

1. Soak the dal for 2-3 hours.
2. Grind the dal coarsely using very little water.
3. Add the finely chopped chilies, coriander leaves, cummin seeds and salt and mix well.
4. Now heat the oil and fry small portions of this mixture on a medium flame till they turn golden.
5. Serve hot with green chutney.



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## Ingredients

Puffed puris	As required
Tamarind	4 ½ cups
Water	4 cups
Coriander leaves	1 small bunch
Chili powder	1 tsp.
Cummin seeds roasted & ground	½ tsp.
Black pepper	½ tsp.
Sprouted green gram (mung)	½ cup
Jaggery or Sugar	To taste
Salt	To taste



## Method

1. **Boil** the tamarind in the water till soft. Strain. Add the ground spices, salt and **chopped** coriander leaves.
2. If the mixture is too thick, dilute it with water. Make a small hole in each puri and stuff it with some moong sprouts.
3. Serve the pani and puri separately so that each guest can serve himself by dipping the puri into the pani.
4. Chutneys may also be served with this pani and puris if preferred.

[Puri of pani puri](#)



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## Ingredients

Gram Flour	240 gms.
Wheat Flour	120 gms.
Grated coconut	100 gms.
Sesame seeds	60 gms.
Poppy seeds	60 gms.
Coriander leaves, chopped finely	100 gms.
Tamarind	Marble-size.
Black masala powder (branded curry powder)	To taste
Asafoetida	A pinch
Oil	For deep frying



## Bakar Wadi

Salt To taste  
Chili powder As required

## Method

- Mix together the gram flour and the wheat flour. Add salt, asafoetida, 60 ml. hot oil and enough water.
- Knead** to a stiff dough and keep aside.
- Roast** the **grated** coconut, sesame seeds and poppy seeds and **grind** to a powder.
- Add sugar, salt, chili powder and coriander leaves to the masala powder to prepare the filling for bhakar wadi.
- Add tamarind pulp and black masala powder and mix well.
- Divide the dough into small portions and roll each portion into a thin rectangular shaped chapati.
- Spread the filling all over the chapati and **roll** up the **dough** with the filling into a tight cylindrical shape.
- Seal the edges with a little water and cut into 3 cms. long pieces and **deep fry** in hot till brown and crisp.
- Remove from oil and store in an airtight container.



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## Ingredients

Semolina fine	1 cup		
Ginger (skinned and grated)	1" piece		
Green chilies, chopped fine	2 nos.		
Cashewnuts halved and chopped	2 tbsp.		
Coriander leaves, chopped fine	1 small bunch		
Curds sour	½ cup		
Water	As per required		
Ghee	3-4 tbsp.	Cumin seeds	1 tsp.
Salt	To taste	Curry leaves	A few
<b>For Tempering</b>		Ghee	2 tsp.
Mustard seeds	1 tsp.		



## Method

1. Heat 2 tablespoons ghee and fry the semolina till golden. Set aside.
2. Heat the remaining ghee, fry the cashewnuts till golden. Set aside.
3. **Mix** the semolina, ginger, chilies, coriander leaves, curds and salt, using very little water. The batter should be thick and of pouring consistency.
4. Heat 2 teaspoons ghee and add all the ingredients for tempering. When the mustard seeds, splutter, add to the batter. Mix well.
5. Add the **fried** cashewnuts. Pressure cook in an idli mould like Rice Idli.
6. Serve hot with coconut chutney.



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## Ingredients

Fleshy Fish (like mackerel)	½ kg.
Water	¼ cup
Turmeric	½ tsp.
Green Chilies (seeded and cut fine)	4 nos.
Egg (beaten)	1 no.
Potatoes	2 nos.
Vinegar	1 tbsp.
Garlic (finely chopped)	3 flakes
Breadcrumbs	For dusting
Lemon juice	1 no.
Oil	For frying
Salt	To taste



## Method

1. Clean fish and cook in water with vinegar and salt.
2. When flaky, set aside and debone.
3. Cook and mash potatoes.
4. Mix together fish, potatoes, turmeric, garlic, chilies and lemons juice.
5. Divide into equal balls, shape into thick, short fingers.
6. Dip in beaten egg, roll in breadcrumbs and deep fry until golden, brown.
7. Serve with fried potatoes or as hors d'oeuvre.



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## Ingredients

Kheema without fat	500 gms		
Chana dal (washed and soaked in water for ½ hour)	2 tbsp.		
Garlic flakes	10 nos.		
Ginger	1" piece		
Garam masala	1 tsp.		
Elaichi	2 nos.		
Dalchini pieces	2 nos.		
Lavang	3 nos.		
Dhania jeera powder	1 tsp.		
Pepper	A pinch	Lemon juice	½ no.
Chili powder	1 tsp.	Onion minced	1 nos.
Kothmir and Pudina chopped	A handful	Oil/Ghee	For frying
Egg	1 nos.	Salt	To taste

## Shammi Kebab



## Method

1. To the washed and drained kheema, add the chana dal, sabut masala, 1cup warm water, salt to taste and then cook till dry.
2. Remove from heat and add ginger, garlic, pepper, chili powder, dhania and jeera powder. Grind to a fine paste and then form into dough.
3. To the minced onion, add the finely chopped pudina, kothmir, lime juice and salt to taste.
4. Beat the egg lightly. Divide the dough into lemon- sized balls.
5. Flatten each ball in the palm of your hand and stuff with a little of the onion mixture.
6. Shape into a kabab and dip in the beaten egg. Shallow fry till it turns color.



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## Ingredients

### For Covering:

Refined flour	100 gms.
Soda Bicarbonate	¼ tsp.
Semolina	50 gms.
Ghee	2 tbsp.
Salt	1 tsp.
Water (to knead the dough)	
Oil	For frying

### For Filling:

Split Green Gram (moong dal)	225 gms.		
Ginger	1" piece	Coconut	¼ cup.
Coriander leaves	1 cup	Chili powder	1 ½ tsp.
Green chillies	5 nos.	Turmeric powder	¾ tsp.
Asafoetida	½ tsp.	Lime	2 nos.
Coriander-cumin powder	½ tsp.	Sugar	1 tsp.
Ghee	3 tbsp.	Salt	To taste
Sultanas	50 gms.		

## Moong Dal Kachori



## Method

1. Wash the split green gram and soak overnight.
2. **Grind** coarsely in circular grinding stone to whip in some air. If ground in an electric grinder, be sure to whisk it with an egg beater to make it fluffy and light.
3. Scrape the skin off the ginger and **grate. Chop** the green chillies and set aside.
4. Grate the coconut and set aside.
5. Sieve the refined flour and set aside.

### For the filling :

1. Heat the ghee in a frying pan and add the split green gram and saute over medium to low heat until cooked.
2. Add the grated coconut, coriander leaves, green chillies, turmeric, chili powder and salt to taste.

3. Now mix in the asafoetida, ginger and cummin-coriander powder.
4. Stir and add the lime juice and sugar and cook for a few minutes longer making sure that the mixture is moist but completely devoid of extra water or liquid.
5. Adjust seasoning to taste, remove from the flame and add the sultanas. Set aside and start preparing the covering.

**For the Covering :**

1. Add salt to the sieved flour and rub in the ghee, add the rawa and enough water to make stiff dough.
2. Keep the dough covered with a damp cloth for 45 minutes. Knead well and divide the dough into equal portions.
3. Roll each portion, as for puris of 4" diameter and put some of the filling mixture in the centre. Bring all the edges of the puri together and seal using little water. Pinch the edges together.
4. Heat the oil until quite hot in a frying pan and deep-fry the kachoris on medium heat until golden brown.
5. Drain off the excess oil and remove the kachories onto paper towels.



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## Ingredients

Mashed peas (matar)	1 cup
Eggs	1 no.
Chopped coriander leaves	1 tsp.
Finely chopped green chilies	1 tsp.
Potatoes	½ kg.
Finely chopped ginger	1 tsp.
Finely chopped onions	1 no.
Bread crumbs	1 cup
Oil	To fry
Salt	To taste

## Matar Ke Cutlet



## Method

1. Mix thoroughly the boiled potatoes, green chilies, coriander, onions, mashed peas and salt.
2. Shape the cutlets. Break an egg.
3. Dip the cutlets in the egg and then roll it in the bread crumbs.
4. Deep fry in pre-heated oil.
5. Serve hot.
6. Note : Cornflour could be used as a binding agent instead of eggs.



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## Ingredients

Mutton, mince	1 kg.
Ginger paste	3 tbsps.
Garlic paste	3 tbsps.
Raw papaya	75 gms.
Butter	3 tbsps.
Red chili powder	1 tsp.
Mace powder	1/2 tsp.
Green cardamom powder	1 tsp.
Flour of roasted chana dal	4 tbsps.
Ghee	As required

Salt As required

## Galouti Kabab



## Method

1. Wash and drain the mince and refrigerate for 15 minutes.
2. Peel and deseed the papaya, put in a blender and make a fine paste.
3. Mix all the ingredients, except the ghee with the refrigerated mince.
4. Divide into 32 equal portions, apply a little melted ghee on the palms and flatten the mince into round patties.
5. Heat ghee in a tava and shallow fry over low heat until both sides brown evenly.



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## Ingredients

Mutton, mince	900 gms.
Mutton fat	150 gms.
Onions	¼ cup
Ginger	¼ cup
Green chilies	8 nos.
Coriander	1/3 cup
Cashewnuts	75 gms.
Eggs	2 nos.
Groundnut oil	3 tbsps.
White pepper powder	½ tsp.

Garam masala	2 tsp.
Butter for basting	As required
Salt	As required

## Malai Seekh



## Method

1. Mince the mutton fat and peel, wash and finely chop the onions.
2. Scrape, wash and chop the ginger finely and deseed and finely chop the green chilies.
3. Clean, wash and chop the coriander finely, pound the cashewnuts coarsely and whisk the eggs in a bowl.
4. Add all the ingredients, except the butter to the mutton mince and mix well.
5. Keep aside for 15 minutes and then divide into 12 portions and shape into balls.
6. Using wet hands, spread the balls by pressing the mince along the length of the skewers, two inches apart making 4 inch long kabab.
7. Roast in a moderately hot tandoor for 8 minutes, in a charcoal grill for 8 minutes and in a pre-heated oven for 8-10 minutes.
8. Remove and hang the skewer to let the excess moisture drip off, then baste with butter and roast again for 2 minutes.



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## Ingredients

Mutton, boneless, cut into 1 500 gms.	
½" cubes	
Curd, beaten	3 tbsps.
Ginger-garlic paste	2 tps.
Khus Khus	2 tps.
Chironji	2 tps.
Dhania	2 tps.
Jeera	1 tsp.
Pepper	8 nos.
Cloves	4 nos.

Onion, sliced and made into 1 no.	
a paste	
Salt	To taste

## Mutton Kabab



## Method

1. Apply ginger-garlic paste, beaten curds and onion paste to the mutton cubes.
2. Lightly roast and powder the khus-khus, chironji, dhania, jeera, pepper and cloves.
3. Sprinkle the powder over the mutton, mix well and add salt to taste.
4. Allow the mutton to marinate for 6-8 hours.
5. Then thread each mutton piece on the skewers, baste with oil and roast over charcaol.
6. Serve hot with onion rings.



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## Ingredients

Wheat flour	1 cup
Maida	1 cup
Garam masala	1 level tsp.
Warm milk or water	As required
Oil	As required
Ghee	4 tps.
Salt	1 level tsp.

## Khakhra



## Method

1. Sieve together wheat flour, maida, salt and garam masala.
2. Add oil, enough water or milk and knead to make a soft dough.
3. Divide the dough into 8 balls and roll out each ball into very thin chapaties.
4. Heat a tava and fry the chapaties, smear ghee on each and pile one chapati on top of the other.
5. Take 2-3 chapaties and roast them on a hot tava by pressing with a folded cloth.
6. As each roti turns crisp on the under side, turn it and roast the other side till brown in colour.
7. This can be stored in an air-tight container.



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## Ingredients

Prawns, peeled	500 gms.
Curd	300 ml.
Gram flour	170 gms.
Chili powder	2 tsps.
Mustard powder	½ tsp.
Lemon	½ no.
Onion	1 no.
Oil	For deep frying
Salt	1 tsp.

## Prawn Pakora



## Method

1. Put the curd in a bowl and sieve the gram flour and keep aside.
2. As you add gram flour to the curd keep beating the curd with a fork to mix it well.
3. Stir in the mustard powder, chili powder and salt and mix well.
4. Squeeze lemon juice of the ½ lemon in the curd-gram flour mixture and then grate in the peel.
5. Peel, chop and paste the onions and mix it with the batter.
6. Put the batter in a bowl, covered with cling film and refrigerate for 2 hours.
7. Heat oil in a deep frying pan and coat each prawn with the batter and fry until golden brown.
8. Drain the fried prawns on tissue or any paper so as to remove the excess oil.
9. Serve hot.



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## Ingredients

Maida	250 gms.
Ghee	3 tbsp.
Ajwain	1 tsp.
Salt	As required

## Mathies



## Method

1. Blend together maida and salt, rub in the ghee and then add enough water to form a stiff dough.
2. Shape the dough into small balls and roll out each ball about ¼" thick.
3. Cut into neat rounds with the help of a biscuit cutter or an inverted glass and deep fry a few at a time to a pale gold colour.
4. Drain thoroughly and cool and store in air-tight containers



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**Ingredients**

Beaten rice	125 gms.
Green Chilies, finely chopped	50 gms.
Cashewnuts	30 gms.
Dry coconut, sliced	¼ piece
Green chili	1 no.
Black raisins	2 tbsp.
Red chilli powder	½ tsp.
Chewda masala powder	To taste
Curry leaves	1 tbsp.
Sugar	½ tsp.
Oil	To fry
Salt	To taste
<b>For the Chewda masala</b>	
Mango powder	1 tsp.



**Chewda**

Cummin seeds	¼ tsp.
Peppercorns	¼ tsp.
Cinnamom	¼" piece
Red chili	1 no.
Oil	½ tsp.

**Method**

1. Fry the cashewnuts and peanuts in oil till light brown and fry the sliced coconut till golden brown.
2. Fry the green chili, curry leaves and sultanas separately in oil and keep aside.
3. Roast all the ingredients for the chewda masala together on a tava or shallow pan over a medium flame till golden brown and a strong fragrance emerges and grind fine.
4. Heat the oil to smoking point in a shallow pan and fry the beaten rice till it puffs up and then remove from the flame.
5. When frying the rice, sprinkle small quantities of oil at a time or else it will not puff properly.
6. Drain the fried beaten rice on paper towels or on a newspaper.
7. Mix turmeric powder with the beaten rice and keep aside.
8. To the beaten rice and turmeric powder mixture, add the peanuts, cashewnuts, coconut slices, green chili, black raisins and curry leaves.
9. Mix well and add chili powder and chewda masala and once again mix well.
10. When the mixture cools add salt and store the chewda in air-tight containers.





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## Ingredients

Flour	250 gms.
Kala jeera	½ tsp.
Oil	2 cups
Salt	1 tsp.

## Nimki



## Method

1. Knead the dry flour with a tbsp. of oil, kala jeera, salt and water.
2. Roll out into 10-12 rounded pieces.
3. First roll out very thin like big puris.
4. Then fold in half and roll gently. Fold again in half do this thrice carefully.
5. Heat the oil and deep fry one by one.
6. It must not turn red.
7. The colour should be biscuity.
8. Store in an airtight container it will keep for days.



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## Ingredients

Prawns, shelled, deveined and minced	2 cups.
Onion, grated	½ cup.
Ginger, grated	1 tsp.
Garlic, finely chopped	1 tsp.
Coriander leaves, finely chopped	2 tbsp.
Refined flour	½ cup.
Salt	To taste.
Cornflour	¼ cup.
Soya sauce	1 tbsp.
Garlic chili sauce( optional )	1 tsp.
Black pepper	¼ tsp.

## Prawn Balls



Sugar	¼ tsp.
Oil	For deep frying.
Salt	To taste.

## Method

1. With the exception of the oil, mix together all the ingredients.
2. Make 16 small balls from the mixture.
3. Heat the oil in a frying pan and deep fry the balls, a few at a time.
4. Drain when golden brown and serve hot as a snack or starter.



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## Ingredients

Bread slices	3 nos.
Green chilies	2 nos.
Tomatoes	2 nos.
French beans	4 nos.
Peas	2 tbsp.
Mustard seeds	1 tsp.
Cummin seeds	1 tsp.
Curry leaves	1 sprig.
Lemon	½ piece
Oil	5 tbsp.

Salt To taste

## Bread Upma



## Method

1. Fry mustard, cummin seeds and curry leaves.
2. Chop tomatoes, green chilies, peas, beans and add to the frying pan and fry well.
3. When cooked add 1 ½ cups of water and salt to taste and bring to a boil.
4. Break the bread into small pieces and add to the above. Then add the lemon juice and stir.
5. Cover with a lid and cook on low heat till water evaporates.
6. Mix well and serve with ketchup.



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## Ingredients

Rice	4 cups
Red chilies	10 nos.
Jeera	¼ tsp.
Groundnuts, chopped	½ cup
Urad dal, roasted & powdered	1 cup
Butter	½ cup
Oil for frying	As required
Salt	To taste

## Rice Crispies



## Method

1. Wash, soak the rice for 6 hours and grind to a smooth paste add as little water as possible and should turn out like a chapati dough.
2. While grinding add red chilies and salt.
3. Remove and add the butter, jeera and chopped nuts.
4. Lastly add the urad dal and mix well.
5. Make small balls and flatten them on your palm.
6. Deep fry these till crisp.
7. Drain, cool and store in air-tight containers.



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## Ingredients

Gram flour	½ kg.
Water	1½ cups
Red Chili powder	1 ½ tsp.
Turmeric powder	1 tsp.
Oil	2 tbsps.
Oil for frying	As required
Salt	To taste

## Ghathia



## Method

1. Sieve the gram flour and rub the oil into it.
2. Then add the salt, turmeric powder, chili powder and mix well.
3. Make a well in the center, add enough water and knead into a stiff dough.
4. Heat oil in a kadhai, to smoking point.
5. Press the dough through the sev moulds into the hot oil.
6. Remove from the oil when crisp and golden brown in colour.
7. Drain on tissue paper or a newspaper, cool and store.



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## Ingredients

Gram flour	115 gms.
Rice flour	340 gms.
Chili powder	3 tsp.
Asafoetida	½ tsp.
Til seeds	1 tbsp.
Butter	2 tbsps.
Oil	As required
Salt	To taste

## Chakli



## Method

1. Mix both the flours with chili powder, asafoetida, butter and salt.
2. Wash the til seeds and add to the flour mixture.
3. Add water and knead into a soft dough.
4. Put bits of dough through a chakli mould, hold it over a kadhai with hot oil and press chaklis into the oil.
5. When the chaklis are crisp and brown drain off the oil and remove.
6. Cool and store.



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## Ingredients

Maida	1 cup
Rava	1 cup
Ajwain	1 tsp.
Beaten curds	2 tbsps.
Ghee	2 tbsps.
Salt	To taste

## Namak Pare



## Method

1. Mix the flour, rava, ajwain and salt together.
2. Then add the beaten curds and enough of warm water and knead into a stiff dough.
3. Shape the dough into a ball and roll the ball into a ¼ inch thick circle.
4. Cut into thin long strips and then into squares.
5. Deep fry these squares and remove when light brown in colour.
6. Drain thoroughly, cool and store in air-tight containers.



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## Ingredients

Chana Dal	3 cups
Onions, chopped finely	2 nos.
Green Chilies, chopped finely	6 nos.
Curry leaves	14 nos.
Oil to fry	As required
Salt	3 tsps.

## Chana Vada



## Method

1. Soak the dal for 1-2 hrs and then grind to a coarse paste by adding enough water.
2. Next add the chopped onions & green chilies to the chana paste.
3. Lastly, divide this mixture into equal portions.
4. Flatten each portion on your palm and deep fry these vadas in hot oil.
5. Once the vadas turn brown in colour, remove and serve hot with chutney or sauce.



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## Ingredients

Chicken breasts	2 nos.
Bread Crumbs	½ cup
Dried rosemary	1 tsp.
Garlic	3 flakes
Lemon juice	4 tsps.
Butter or margarine	½ cup
Salt	1 tsp.

## Chicken Tidbits



## Method

1. Preheat the oven to 400 ° F.
2. Melt the butter in a saucepan, stir in the lemon juice and set aside.
3. Meanwhile cut the chicken breasts into small pieces.
4. Mix the bread crumbs, salt, rosemary and garlic in a plate.
5. Dip the chicken pieces in the lemon butter and then roll in the bread crumb mixture.
6. Place the chicken pieces on a greased baking pan and bake for 10-15 minutes or until the pieces turn golden brown.



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## Ingredients

Chicken	700 gms.
Vinegar	60 ml.
Green Chilies	8 nos.
White pepper powder	2 tsp.
Mace powder	½ tsp.
Ginger paste	4 tsp.
Garlic paste	4 tsp.
Curd	2 cups
Cream	100 ml.
Butter for basting	As required

Salt As required

## Nawabi Murgh



## Method

1. Clean, remove the skin of the chicken and cut into 8 pieces. Deseed and finely chop the green chilies.
2. Mix the chilies, pepper, mace, salt, ginger, garlic pastes with vinegar in a large bowl.
3. Rub this marinade mixture into the chicken pieces and keep aside for 15 minutes.
4. Hang the curd in a muslin cloth for 4 hours to remove the whey.
5. Then mix the curd with the cream in a large bowl, transfer the chicken to this marinate and keep aside for 3 hours.
6. Skewer the chicken pieces an inch apart and keep a tray underneath to collect the drippings.
7. Roast in a moderately hot tandoor for 10 minutes, in a charcoal grill for 10 minutes and in an oven for 12 minutes.
8. Remove and hang the skewers to allow the excess moisture to drip off, then baste with butter and roast again for 3 minutes.



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## Ingredients

Chicken, breasts	8 nos.
Ghee for deep frying	As required
<b>The Marinade</b>	
Ginger paste	3½ tsps.
Garlic paste	3½ tsps.
Yellow chili powder	½ tsp.
Lemon Juice	4 tbsps.
Salt	As required
<b>The Filling</b>	
Paneer	300 gms.

Green chilies	8 nos.	Salt	As required
Coriander leaves	20 gms.	<b>The Batter</b>	
Pineapple rings	2 nos.	Eggs	3 nos.
Cashewnuts	40 gms.	Cornflour	150 gms.
Black cummin seeds	3 gms.	Flour	50 gms.
Yellow chili powder	3 gms.	Salt	As required

## Shahi Murgh Kabab



## Method

- Clean, remove the skin, debone and keep the winglet bone intact.
- With a knife-tip make a deep slit along the thick edge of the breast, taking care not to cut the piece.
- Open out the slit pieces and flatten with a bat.
- For the marination mix yellow chili powder, salt and lemon juice with the ginger and garlic pastes and apply this mixture to the flattened chicken breasts. Keep aside for atleast 30 minutes.
- For the filling mash the paneer in a bowl, deseed and finely chop green chilies.
- Clean, wash and chop the coriander leaves, finely chop the pineapple rings and roughly chop the cashewnuts.
- Add these chopped ingredients, cumin, yellow chilies and salt with the mashed Paneer and mix well.
- Place a portion of the filling in the middle of the marinated chicken breast and fold to make a round ball with the bone sticking out, refrigerate these for 15 minutes.
- For the batter break the eggs in a bowl, add cornflour, flour, salt and water and whisk to make a batter.
- Heat ghee in a kadhai, dip stuffed chicken breasts in the batter and deep fry

over medium heat until light golden colour.

11. For the finishing touch, grease a [roasting](#) tray with a little ghee, arrange the fried chicken breasts on it and roast in a pre-heated oven for 10-12 minutes.



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## Ingredients

Chicken, breasts	12 pieces
Ginger paste	40 gms.
Garlic paste	35 gms.
White pepper powder	5 gms.
Butter	For basting
Salt	As required

### For the Marinade

Egg	1 no.
Cheddar cheese	60 gms.
Green chilies	8 nos.

Coriander	20 gms.	Mace & Nutmeg powder	3 gms.
Cream	160 ml.	Cornflour	15 gms.

## Murgh Malai



## Method

1. Clean, skin, debone and cut each breast into two.
2. Add ginger and garlic paste, salt and white pepper powder and rub it well into the chicken pieces and keep aside for 15 minutes.
3. For the marination, break the egg into the bowl, grate the cheese and mash it, chop the green chilies and coriander.
4. Mix the mashed cheese, chopped chilies and coriander, cream, mace & nutmeg powder, cornflour and egg. Whisk the ingredients well and rub the chicken pieces with this mixture.
5. Keep the chicken pieces aside for 3 hours.
6. Skewer the chicken pieces an inch apart and keep a tray below to collect the drippings.
7. Roast the skewered chicken in a moderately hot tandoor/oven for approximately 5 mins.
8. Remove and hang the skewers to let the excess moisture drop off and then baste with butter and roast again for 3 minutes till done.



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## Ingredients

Chicken	12 pieces
Ginger paste	40 gms.
Garlic paste	40 gms.
Lemon juice	3 tbsps.
White pepper powder	5 gms.
Gram Flour	100 gms.
Bread crumbs	80 gms.
Ginger	2 tbsps.
Coriander	2 tbsps.
Green cardamom powder	1/3 tsp.

Groundnut oil	2 tsp.
Butter	4 tbsps.
Salt	As required

## Kastoori Kabab



### For the Batter

Eggs	3 nos.
Black cumin seeds	1 tsp.
Saffron	1 tsp.

## Method

1. Skin the chicken, debone and cut each breast into 2 pieces.
2. Mix ginger and garlic paste, lemon juice with white pepper powder and rub into the chicken pieces and keep aside for an hour.
3. Clean and chop the ginger and coriander.
4. Heat butter and groundnut oil in a kadhai, add gramflour and saute until golden brown colour.
5. Remove about 4 tps., keep aside and to the remaining mixture add breadcrumbs, chopped ginger, coriander and chicken pieces. Saute for 3-4 minutes.
6. For the batter separate the egg yolks, discard the whites, transfer to bowl, add cumin, saffron and the 4 tps. of gramflour mixture and whisk all these ingredients.
7. Skewer 6 chicken pieces together, leave a gap of 2 inches and then skewer the next lot.
8. Then coat each set with the prepared batter.
9. Roast in a pre-heated oven for 8-10 minutes/tandoor for 5-6 mins.
10. Remove and serve hot sprinkled with cardamom powder.



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## Ingredients

Onion (medium)	1 no.
Potato	1 no.
Poha (pressed rice)	100 gms.
Mustard seeds	½ tsp.
Green chili	1 no.
Curry Leaves (kadhi patta)	8-10 leaves
Turmeric powder (haldi)	1/3 tsp.
Red chili powder	½ tsp.
Oil	1 tsp.
Salt	As per taste
Lime	As per taste

## Batata Poha



## Method

1. Cut [potatoes](#) into cubes.
2. Wash poha in a sieve under running water. Drain & keep aside.
3. Cut onion and green chili finely.
4. Heat oil, add the mustard seeds & let it crackle. Add onion, chili and curry leaves.
5. When the onion turns pink, add haldi, red chili powder, salt and cut potatoes. Cover and cook till potatoes are tender. Add poha and mix well.
6. Cook on slow fire for about 5 minutes.
7. Serve hot with lime juice sprinkled on it and chopped coriander leaves.



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## Ingredients

White vatana	250 gms
Potatoes	500 gms
Cornflour	2 tbsp.
Green chilly	1 no..
Cumin seeds (jeera)	½ tsp.
Curry Leaves (kadhi patta)	a few
Garam Masala powder	½ tsp.
Red chili powder	½ tsp.
Turmeric (haldi)	¼ tsp.
Oil	1 tbsp. + to fry
Salt	As per taste

## Ragda Pattice



## Method

1. Soak vatana in water for about six hours and boil with haldi till done.
2. Add salt, mash a little.
3. Boil potatoes, peel & mash them, add corn flour, finely cut green chilies and salt.
4. To make the pattice, make small balls of the potato mix and then apply slight pressure to flatten it evenly.
5. Heat the Tava, put a little oil on it & fry pattice gently on both sides. Fry on slow or medium heat. Keep aside,
6. Heat 1 tbsp. of oil, lightly fry jeera, kadhi patta, chili powder and Garam Masala Powder to make vaghar. Put this vaghar on the Ragda.
7. Just before serving, take pattice and pour ragda on it.
8. Serve hot with Tamarind Chutney and sliced onions.



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## Ingredients

Medium boiled potatoes	6 nos.
Peas	½ cup
Capsicum chopped	1 cup
Carrots chopped	½ cup
Cabbage chopped	½ cup
Tomatoes chopped	2 cups
Onions chopped	¾ cup
Ginger-garlic paste	1 tbsp.
Red chili powder	1 tsp.
Juice of a lemon	

Chopped green coriander	1 tsp.	Salt	To taste
Pav Bhaji Masala	1½ tbsp.	Pav (a kind of bread)	



## Method

1. **Boil** all the vegetables. Mash coarsely
2. Heat oil and butter in a pan together.
3. To it add the onions. Once the onions are brown, add the ginger-garlic paste.
4. Add the pav-bhaji masala, red chili powder and tomatoes. Stir constantly. Cook it for 5-10 mins.
5. Once cooked add the coarsely ground vegetables. **Fry** for sometime. Put salt and water. Mix and let it cook.
6. Split the pav from the center. Take butter in a pan. Heat the pav in this pan. Sprinkle little red chili powder on the pav.
7. **Garnish** the bhaji with coriander leaves and add lemon juice.
8. Serve bhaji hot with pav.



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## Ingredients

Par boiled rice	2 cups
Urad dal (washed)	1 cup
Onions (finely chopped)	2 nos.
Tomatoes (finely chopped)	2 nos.
Green chilies (finely chopped)	3-4 nos.
Coriander leaves (finely chopped)	2 tsp.



## Method

1. Soak the rice and dal in water. Grind to a smooth paste. Add salt to it. Keep aside for 6-8 hrs. The consistency of the batter should be quite thick.
2. Pour one large spoon of batter on to a non-stick pan. Spread it out. Sprinkle onions, tomatoes, Green chilies and coriander leaves. Increase the flame.
3. Pour oil on all the sides.
4. Once the uttapa is fried on one side, flip it over. Pour oil again on all the sides. Cook till the uttapa is crisp.
5. Serve hot with coconut chutney or sambar.



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**Ingredients**

Urad dal	1 cup
Yogurt	1 kg.
Cumin powder roasted	2 tsp.
Red chili powder	1 tsp.
Rock salt/Black salt	1 tsp.
Ginger julienne	1" piece
Coriander chopped	3 tbsp.
Raisins	15-20 nos.
Green chili, small pieces	1 no.
Tamarind chutney	To taste

Mint chutney	To taste	Salt
Oil	For frying	



Dahi Vada

To taste

**Method**

1. Wash and soak the dal in cold water overnight. Next day, strain and grind to a smooth paste.
2. Whisk into a batter ½ tsp. salt, ½ tsp. red chili powder and raisins.
3. Heat oil in a pan. Drop 1 tbsp. of batter in it and fry until light golden.
4. Remove, drain on absorbent paper. These are now called *Bhallas*. Put *bhallas* in hot water. Leave for 2 mins. Drain, squeezing out the water between the palms of your hands.
5. Whisk the Curd/Yogurt well with Rock salt (kala namak) and salt to taste.
6. To serve, place the *bhallas* on a plate and cover with yogurt. Add Mint chutney and Tamarind chutney. Sprinkle red chili powder and cumin powder. Garnish with coriander leaves, ginger and green chili.



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## Ingredients

Eggs	2 nos.
Milk	1 tbsp.
Butter	10 gms.
Cheese	30 gms.
Salt	To taste

## Cheese Omlette



## Method

1. Beat the eggs with the milk and a little salt.
2. Put the butter in a shallow round microwave dish and on high for 1 minute.
3. Pour the egg mixture into the hot butter and microwave for 2 minutes on high.
4. Sprinkle cheese and microwave on high for 1 ½ minute.
5. Fold carefully into two and serve.



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## Ingredients

Thick lotus root	1 no.
Rice flour	½ cup
Red chili powder	½ tsp.
Black cumin	½ tsp.
Thyme seeds, powdered	¼ tsp.
Water	As required
Oil	2 cups
Salt	½ tsp.

## Nadur Monji



## Method

1. Wash the lotus roots thoroughly, cut into 5 cm lengths and further cut into strips.
2. Drain and pat the lotus strips dry.
3. Make a thin batter of the rice flour, salt, chili powder, cumin and thyme powder.
4. Dip the strips in the batter and drop a handful of the tangled strips into a kadhai with sizzling hot oil.
5. Fry till crisp and reddish brown in colour.
6. Remove, drain and serve hot.



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## Ingredients

Button mushrooms, large	170 gms.
Gram flour	170 gms.
Curd	300 ml.
Black pepper	½ tsp.
Chili powder	2 tsp.
Mustard powder	½ tsp.
Lemon	½
Onion	2 nos.
Vegetable oil for deep frying.	As required
Salt	1 tsp.

## Mushroom Bhajia



## Method

1. Sieve the gram flour along with the salt into the curd.
2. Sprinkle in the black pepper and the chili powder and put the batter in a liquidiser.
3. Squeeze in the lemon and grate the lemon peel.
4. Peel, chop and paste the onions and garlic and mix in the batter.
5. Refrigerate the batter for 2 hours.
6. Trim the hard pieces of the mushroom and keep aside.
7. Heat oil in a deep frying pan and coat each mushroom with the batter and deep fry.
8. Fry the mushrooms till golden brown in colour.
9. Keep on kitchen paper after frying so as to drain the excess oil.
10. Serve hot.



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## Ingredients

Whole wheat flour	6 tbsps.
Maida	4 tbsps.
Sugar	1 tsp.
Butter	1 tsp.
Oil for frying	As required
Salt	To taste

## Shankerpalli



[Animated Shankerpalli Recipe](#)

## Method

1. Mix the above ingredients with a little water and **knead** into a soft **dough**.
2. Divide into 5-6 equal balls and **roll** out each ball into a flat chapati.
3. Cut into diamond-shaped pieces with a pastry cutter or knife.
4. Then deep fry these shankerpallis over a medium flame till brown and crisp.
5. When cool, store in air-tight containers.



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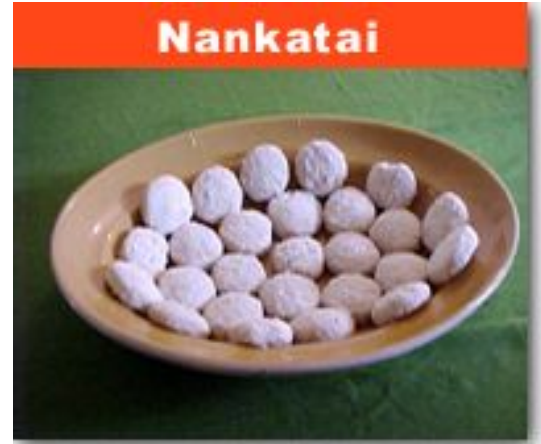
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## Ingredients

Raw Rice	1 cup
Maida	3 cups
Powdered sugar	1 ¾ cup
Cardamom powder	½ tsp.
Ghee	1 ½ cups

## Nankatai



## Method

1. Clean and dry the rice in the sun, then powder it finely.
2. Next day mix the maida, powdered rice, sugar and cardamom powder with melted ghee, and knead to a soft dough.
3. Keep the dough covered for about 4 hours, knead again and prepare the biscuits in any shape.
4. Keep the biscuits in a greased tray and bake in a moderate oven for 15-20 minutes or until light brown in colour.
5. Once cool, store in air-tight containers.



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## Ingredients

Cream cheese	½ cup
Spring onions, chopped	1 tbsp.
Salami, sliced	¼ kg.
Thick cream	¼ cup
Capsicum, finely chopped	1 tbsp.
Pepper	¼ tsp.
Salt	¼ tsp.

## Salami Rolls



## Method

1. Make the filling by blending the cheese, cream, onion, capsicum, salt and pepper.
2. Put this mixture on each slice of salami and roll, pierce a pick and chill.
3. Serve for cocktails.



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## Ingredients

Urad Dal	1 ½ cup
Coconut pieces	A few.
Ginger piece	½ inch.
Green chillies	3 nos.
Coriander leaves	As required.
Oil to fry	As required.
Salt	To taste.



## Method

1. Soak the dal in water for 30-40 mins and then drain off the water.
2. Put the dal in the mixer and grind for about 30 seconds.
3. Stop, stir and run again for 30 seconds until it forms to a thick paste.
4. Remove the paste and stir in the chopped coconut, ginger, green chillies, coriander leaves and salt.
5. Shape into small balls and deep fry in oil till golden brown.
6. Serve hot with coconut chutney or sambhar.



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## Ingredients

Mushrooms  
Eggs  
Butter to fry  
Salt

100 gms.  
8 nos.  
As required  
A pinch

## Mushroom Omlette



## Method

1. Mince the mushrooms in the mixer for 15 seconds.
2. Break eggs into the jar with whipper blades and whip the eggs till light and fluffy, then add the salt.
3. Saute the minced mushrooms in butter, pour whipped eggs over the mushrooms and cook till done.
4. Fold and serve hot.



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## Ingredients

Rice	250 gms.
Urad dal	250 gms.
Coconut	½ no.
Onion	1 no.
Green chilies	2 nos.
Coriander leaves, sliced	Handful
Tamarind	A few pieces
Chili powder	As required
Salt	To taste



## Method

1. Wash and soak the rice and dal in water for 6 hours.
2. Then drain the water and grind the rice and dal together to a smooth paste.
3. Add the coconut and tamarind and grind once again.
4. Mix the rest of the ingredients and then add enough water to form a thick batter.
5. Lightly grease the idli cups and fill the cups with batter.
6. Put water in the idli cooker, place the filled stands and close the lid.
7. Steam on a slow flame and the idlis will be ready in 5-10 mins.
8. Serve hot with any type of chutney or seasoned curds.



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## Ingredients

Potatoes, boiled, peeled & mashed	½ kg.
Bread slices, soaked in water & squeezed dry	2 nos.
Cumin seeds, roasted & ground	1 tsp.
Bread crumbs	2 cups
Chili powder	As required
Oil for frying	As required
Salt	To taste.

### For the filling

Onions	2 nos.
Mint leaves	½ cup.
Sugar	½ tsp.
Green chillies	2 nos.

## Potato Kabab



Coriander leaves	Few.
Garam Masala	¼ tsp.
Dried pomegranate seeds	1 tbsp.
Salt	To Taste.

## Method

1. Mix the potatoes with the bread and seasonings and knead to a smooth mixture.
2. Grind all the filling ingredients together in a mixer without adding water.
3. Take a little potato mixture and flatten it on your palm.
4. Then put some filling in the center and form into a roll.
5. Roll this long potato kabab in bread crumbs and deep fry to a golden brown colour.
6. Serve hot with ketchup or any chutney.



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## Ingredients

Chana Dal	1 kg.
Rice	250 gms.
Urad Dal	50 gms.
Sour curds	2 tbsps.
Baking soda	A big pinch
Sugar	1 tsp.
Cumin seeds, coarsely pounded	1 tsp.
Mustard seeds, roasted	1 tsp.
Coconut, grated	4 tbsps.

Coriander leaves

Handful

Salt

To taste

## Khaman Dhokla



## Method

1. Wash and soak both the dals and rice separately for 6-8 hours.
2. Drain, grind them coarsely and mix the curds & soda.
3. Add enough hot water to form a batter and keep this mixture overnight.
4. Next morning mix the salt, chili powder, sugar and a little turmeric powder.
5. Pour this mixture in a lightly greased thali and steam till firm.
6. Cut into pieces and sprinkle grated coconut, coriander leaves and mustard.



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## Ingredients

Gram flour	2 cups
Cauliflower	½ kg.
Ginger, sliced	1" piece
Pomegranate seeds, crushed	1 tbsp.
Coriander seeds, coarsely ground	½ tsp.
Cumin seeds	1 tsp.
Ajwain	¼ tsp.
Soda	A pinch

Chili powder	To taste	Oil for deep frying	As required
Ghee	2 tbsps.	Salt	To taste

## Cauliflower Pakoda



## Method

1. Blend flour, ginger, soda and all the seasonings together by adding little water to form a batter of medium consistency.
2. Then stir in the ghee and keep aside for ½ an hour.
3. Break the cauliflower florets and parboil them.
4. Once cool dip them in the pakoda batter and deep fry till golden brown in colour.
5. Serve hot with chutney.



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## Ingredients

Gram flour	230 gms.
Warm Water	¼ cup.
Soda bicarb	A pinch
Oil	As required
Salt	To taste

## Sev



## Method

1. Make a stiff dough with gram flour, warm water and salt.
2. Knead the dough well, then add the soda and a little ghee.
3. Once the dough is ready put the dough in a sev maker and hold the gadget over hot oil.
4. Let the batter fall in long strips and deep fry them till light brown.
5. Cool and store in air-tight containers.



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## Ingredients

Poha ( puffed rice)	1 cup
Sugar	1 tsp.
Coconut, grated	½ no.
Oil	2 cups

## Cire Narkol



## Method

1. Fry a cup of poha.
2. Grate half a fresh coconut, mix with sugar.
3. Serve hot.



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## Ingredients

Potato	250 gms.
Onion, finely chopped	1 no.
Green Chilies, chopped	2 nos.
Egg	1 no.
Coriander, chopped	1 tbsp.
Oil	As required
Salt	½ tsp.

## Alur Bora



## Method

1. Boil the potatoes and mash well.
2. Add in finely chopped onion, coriander, chilies, salt raw egg and mix by hand.
3. Form into small balls and deep fry.
4. Serve hot.



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A tasty and healthy snack made of rawa.

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Fish fillets coated with breadcrumbs and baked with butter.

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An eye-catching sandwich made of chicken & mayonnaise.

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Crust pastry twisted around sausages.

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A tasty snack of potato-cheese mixture.

### [Chicken & Cheese Savoury](#)

A little cheese and few mushrooms turn scraps of cooked chicken into a tasty meal.

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A little leftover rice and meat can be made into a savoury filling for tomatoes.

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## Ingredients

Rice flour	250 gms.
Cumin seeds	¼ tsp.
Cold water	2 cups
Oil	8 tbsps.
Salt	½ tsp.

## Rice Flour Pancakes



## Method

1. Sieve the rice flour, add salt, cumin seeds and stir in the cold water.
2. Whisk the batter to make a smooth paste, cover and keep aside for an hour.
3. Heat a tava, pour 1 tbsp. oil and when it begins to smoke pour 3 tbsps of batter on it tilting the tava so that the mixture spreads well.
4. Cover with a lid and cook on high heat for a minute.
5. Remove the lid, turn the pancake and cook on the other side.
6. Serve hot.



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## Ingredients

Milk	1 cup
Pepper	½ tsp.
Red chili powder	½ tsp.
Paneer, grated	200 gms.
Potatoes, boiled, mashed	5 nos.
Maida	4 tbsps.
Bread crumbs	As required
Oil	4 tbsps.
Salt	2 tsps.

## Paneer Cutlet



## Method

1. Cook the maida in the heated oil for 1 minute, then add the milk, stirring continuously.
2. Once a thick lump is formed, remove from the heat and then add the grated paneer.
3. Now add the mashed potatoes, mix well, add the salt, pepper & chili powder.
4. Divide the batter into balls and flatten each ball into a pattice shape.
5. Roll each pattice in bread crumbs and chill for some time.
6. Shallow fry and serve with sauce.



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## Ingredients

Refined flour	1 cup
Baking powder	¼ tsp.
Pork / Chicken sausage, ground	2 cups
Cheddar cheese, shredded	1 cup
Butter or margarine	4 tbsps.
Salt	¼ tsp.

## Sausage and Cheese Balls



## Method

1. Mix the flour, baking powder and salt in a large bowl.
2. Then add the sausage, cheese and butter and blend well with a wooden spoon or your hand.
3. Roll the mixture into 1" inch balls.
4. Place these balls on a greased baking tray and flatten them slightly with your hand.
5. Bake in a pre-heated oven for 15-20 minutes or till the pieces turn golden brown at the bottom.
6. Serve hot or warm.



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## Ingredients

Rice  
Oil for frying  
Salt

2 cups  
As required  
A pinch



## Method

1. Wash and soak the rice for 2 ½ hours, then grind to a fine paste.
2. After grinding add salt and water to make a thin consistency.
3. This dosa batter should not be kept for fermenting. It should be used immediately.
4. Heat the tava, apply a little oil and pour one deep spoon of batter and spread into a thin layer.
5. Cover and keep it for a second, then remove it carefully.
6. Serve hot with coconut chutney.



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## Ingredients

Rava	1 cup
Maida	½ cup
Rice flour	½ cup
Green chillies, chopped	2-3 nos.
Onions, chopped	1 no.
Ginger, chopped	½ " piece
Coriander leaves, chopped	As required
Curry leaves	As required
Jeera	¼ tsp.
Ghee	As required

Salt To taste

## Rava Dosa



## Method

1. Sieve the maida and mix it with the rice flour and rava.
2. Add water to make a thin batter, mix the chopped ingredients, jeera, salt and prepare dosa immediately.
3. Heat a tava, apply oil and pour a deep spoon of batter and spread.
4. When half-cooked, sprinkle ghee on top, cook till crisp on both sides.
5. Serve hot with chutney.



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## Ingredients

Par boiled rice	2 cups
Raw rice	2 cups
Black gram	1 cup
Kesar colour	3 pinches
Cooking soda	¼ tsp
Oil for frying	As required
Salt	4 tsps.

## Set Dosa



## Method

1. Soak rice and dal together in water for 4 hours and then grind to smooth paste.
2. Add salt just before taking out from grinder and allow to ferment for 15 hours.
3. Next day in the morning add colour and soda to the batter.
4. Mix well and pour on the hot tava, but the dosa should be thicker. (Like othappam)
5. Fry both sides with oil and serve hot.



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## Ingredients

Sooji (semolina/rava)	1 cup
Mustard seeds	1 tsp.
Curry leaves	1 sprig
Urad dal	1 tsp.
Onion, chopped	1 no.
Red chillies	2 nos.
Green chillies	2 nos.
Hot water	2 cups
Sugar	1 tsp.
Coconut, grated	¼ piece

Oil	2 tbsps.
Salt	To taste

## Method

1. In a kadhai heat oil, add mustard seeds and when they splutter add the curry leaves and urad dal.
2. When the urad dal turns brown, add the onions, red chillies, green chillies and fry until onion becomes transparent.
3. Add the sooji and fry thoroughly, then pour hot water, salt, sugar and cook on low fire till dry.
4. Add grated coconut, remove and serve.

## Sooji Upma



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## Ingredients

Cheddar cheese, grated	¼ kg.
Mustard powder	1 tsp.
Beer	½ cup
Garlic	3 cloves
Worcestershire sauce	1 tbsp.
Pepper	¼ tsp.
Salt	½ tsp.

## Cheddar Cheese Spread



## Method

1. Put all the ingredients in a blender and make a smooth paste.
2. Pour in a glass dish, smoothen the surface and pour butter on top.
3. Keep in the fridge and serve as a spread.



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## Ingredients

Rawa  
Ghee  
Oil  
Salt

1 cup  
2 tbsp.  
To deep fry  
To taste

## Puri of Pani Puri



## Method

1. Combine salt and [ghee](#) and add this to rawa.
2. Rub this mixture thoroughly to form a hard [dough](#).
3. Divide the dough in to small portions.
4. [Roll](#) out each portion of the dough in to thin round shape.
5. Heat oil in a kadai to medium hot.
6. Deep fry puri in hot oil, when puri is puffed from one side, turn it over and continue [frying](#) till puffed from both the sides, becomes crisp and golden brown in colour.
7. Remove it, drain off excess oil and then leave them to cool.

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## Ingredients

Eggs	3 nos.
Onions, chopped	1 no.
Green chili, chopped	2 nos.
Tomato, chopped	½ no.
Coriander, chopped	1 tsp.
Turmeric powder	A pinch
Oil	As required
Salt	To taste

## Scrambled Eggs



## Method

- 1.Heat oil in a pan, add the onions and saute till light brown in colour.
- 2.Next add the chilies, salt, turmeric powder, tomatoes and fry till the tomatoes turn soft.
- 3.Now add the eggs and keep stirring constantly so as to mix the egg well with the onion mixture.
- 4.Once done add the chopped coriander leaves and mix well.
- 5.Serve hot with slice bread or chapati.



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## Ingredients

Bread slices	8 nos.
Tuna	2 cans
Green pepper, chopped	¼ cup
Onion, grated	1 tbsps.
Mayonnaise	6 tbsps.
Spicy brown mustard	1 tsp.
Worcesterchire sauce	4 tpsps.
Black pepper	¼ tsp.
Cheddar cheese, thin slices	250 gms.

## Tuna Sandwich



## Method

1. Toast the bread slices and keep aside.
2. Mix the tuna, green pepper, onion, mayonnaise, mustard, worcesterchire sauce and black pepper.
3. Spread the tuna mixture on all 8 slices of bread and top with slices of cheddar cheese.
4. Place these in a moderately hot oven till the cheese melts.
5. Serve hot with lettuce and tomato salad.



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## Ingredients

Rice	3 cups
Fenugreek seeds	1 tsp.
Poha (puffed rice)	½ cup
Sour curds	½ cup
Oil for frying	As required
Salt	To taste

## Methi Dosa



## Method

1. Wash and soak rice and fenugreek seeds separately for 5-6 hours.
2. Wash the poha, mix the curds and fenugreek seeds and grind to a fine paste.
3. Then add the rice and grind further to a fine paste.
4. Remove, mix it well with salt and keep aside for 8-9 hours.
5. Keep the tava on the fire and rub with a little oil.
6. Take 1 deep spoon of batter and spread it around.
7. When the dosa turns brown and crisp remove and serve with chutney.



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## Ingredients

### For the filling

Prawns, shelled	½ kg.
Onion, chopped fine	2 nos.
Tomato, chopped fine	2 nos.
Milk	4-5 tbsps.
Lemon juice	A few drops

### For the dough

Maida	4 cups
Water	2 cups

Eggs	2-3 eggs
Breadcrumbs	As required
Ghee	2 tbsps.

## Prawn Puffs



## Method

1. Wash, devein & clean the prawns, then boil and mince the prawns.
2. Saute the onions and tomato in oil till brown in colour.
3. Now add prawns, fry for a few minutes, then add the milk and lime juice.
4. Once a thick paste forms remove from the heat and keep aside.
5. Boil the water, then add the salt and ghee.
6. Next add the flour stirring continuously, then remove from the heat and knead while hot.
7. Roll out, cut into rounds and place little prawn filling in each round.
8. Seal the edges, dip in beaten egg and coat with bread crumbs.
9. Deep fry in hot oil till golden brown.
10. Serve hot with sauce or chutney.



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## Ingredients

Mutton chops	4 nos.
Onion	1 no.
Garlic	2 flakes
Ginger	1 " piece
Curd	300 ml.
Coriander leaves	1 tbsp.
Chili powder	2 tsp.
Garam masala	2 tsp.
Oil	60 ml.
Salt	1 tsp.

## Mogli Chop



## Method

1. Chop the onion and garlic, cut the ginger into strips.
2. Blend the onion, garlic and ginger with the curd, coriander leaves and remaining spices in a blender to get a smooth paste.
3. Take a fork and prick the chops all over and pour the marinade over the chops and leave for 8 hours or overnight.
4. Next day heat the oil in a frying pan and fry the chops with the marinade until they are cooked.
5. Cook the chops on a low flame so that the chops cook thoroughly.



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## Ingredients

Jumbo prawns	8 nos.
Vinegar	1 tsp.
Eggs	2 nos.
Onion-ginger juice	1½ tsp.
Bread crumbs	1 cup
Oil for deep frying	As required
Salt	To taste

## Chingri Cutlet



## Method

1. Devein the prawns, remove the whole shell but keep the tail as it is.
2. Mix the prawns with onion-ginger juice, vinegar, salt and keep aside.
3. After some time flatten the marinated prawns with a wooden spoon and dip in the beaten egg mixture.
4. Then coat with bread crumbs and deep fry in hot oil.
5. Serve hot with green coriander chutney or sauce.



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## Ingredients

Potatoes	600 gms.
Ginger	1" piece
Garlic	10-12
	cloves
Green chilies	4-5 nos.
Gram flour	1½ cups
Red chili powder	1 tsp.
Baking soda	A pinch.
Turmeric powder	¼ tsp.
Coriander leaves, chopped	2 tbsps.
Oil	To fry
Salt	To taste

## Batata Vada



## Method

1. Boil, cool, peel, mash the potatoes & keep aside.
2. Grind the ginger, garlic and green chilies to a paste.
3. Mix the besan with water, red chili powder, salt, soda & prepare a thick batter.
4. In a pan of heated oil add ginger garlic-green chili paste.
5. Then add the mashed potatoes, turmeric powder & mix well.
6. Now add the chopped coriander leaves & salt to taste.
7. Once the mixture cools make lemon-sized balls & keep aside.
8. Dip these balls in the prepared besan batter and then deep fry them in hot oil.
9. When golden brown in colour remove and serve hot with chutney or sauce.



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## Ingredients

Cooked ham, finely chopped	1 cup		
Hard boiled eggs, chopped	2 nos.		
Lemon juice	1 tsp.		
Spicy brown mustard	1 tsp.		
Worcestershire sauce	¼ tsp.		
Green pepper, finely chopped	2 tbsps.		
Mayonnaise	4 tbsps.		
Bread slices	8 nos.		
Egg (raw)	1 no.	Butter or margarine	4 tbsps.
Milk	¼ cup	Salt	½ tsp.

## Ham Salad Sandwich



## Method

1. Mix the ham, hard boiled eggs, lemon juice, mustard, worcestershire sauce, salt, green pepper and mayonnaise.
2. Spread this mixture on 4 slices of bread and cover them with the remaining 4 slices of bread.
3. In a shallow bowl beat the raw egg and milk.
4. Carefully dip each bread sandwich in the egg mixture.
5. In a frying pan melt butter and place the coated sandwiches in the pan.
6. Cook them uncovered for 4-5 minutes or till golden brown on both sides.



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## Ingredients

Bacon slices, cut in thin strips	4 nos.
Swiss cheese, shredded	1¼ cup
Green pepper, chopped	½ cup
Chili sauce or ketchup	¼ cup
Worcestershire sauce	½ tsp.
Bread slices	8 nos.

## Cheese Bacon Sandwich



## Method

1. Cook the bacon in a shallow pan for 5 minutes or till it becomes crisp.
2. Remove the bacon and keep on tissue paper to drain the excess fat.
3. Mix the cheese, green pepper, chili sauce, worcestershire sauce and bacon.
4. Spread this mixture on 4 slices of bread and top with the remaining 4 slices of bread.
5. Place these sandwiches on a baking tray and bake uncovered for 8 minutes in a pre-heated oven.



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## Ingredients

Chicken liver	¼ kg
Grated cheese	2 tbsps.
Pepper	¼ tsp.
Rum	2 tbsps.
Butter	2 tbsps.
Salt	¼ tsp.
Biscuits	1 pkt.

## Chicken Liver Spread



## Method

1. Clean and wash the chicken livers and sauté in melted butter until nice and brown.
2. Cool and blend in a blender with the remaining ingredients and serve on biscuits etc.



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## Ingredients

### For the poha

Poha (flaked or beaten rice)	1 cup
Peanuts	1 tbsp.
Turmeric powder	1/8 tsp.
Lemon	To taste
Oil	1 no.
Salt	To taste

### For the misal

Matki (kidney bean), soak overnight	1 cup
-------------------------------------	-------

Potatoes boiled	2 nos.
Black maharashtrian masala	1/2 tsp.
Garam masala	1/2 tsp.
Red chili powder	1 tsp.
Garlic, crushed	1 tsp.
Ginger, crushed	1 tsp.
Lemon juice	1 tsp.
Water	4 cups



## Misal

Oil	3 tbsp.
Salt	To taste
<b>Serve with</b>	
Chewda or Sev	1 cup
Onions, finely chopped	1 cup
Coriander, finely chopped	2 tbsp.
Lemon, cut into bits	1 no.
Bread slices	10 nos.

## Method

1. Wash the poha thoroughly, drain and keep aside for 15 minutes or till it becomes soft.
2. Heat oil a pan, add the peanuts and fry till brown in colour.
3. Next add the soaked poha, salt, turmeric powder and stir.
4. Cover with a lid and cook further.
5. Lastly add the lemon juice and toss well so as to separate the grains and keep aside.
6. Wash, drain and boil the matki in water, till they are tender.
7. After boiling, drain and keep aside.
8. Peel and chop the boiled potatoes, then make a paste by adding 1 cup of water with garam masala, chili powder and black masala.
9. Heat oil in a vessel, add the crushed ginger-garlic and fry for a while.
10. Then add the masala paste, mix well, add the potatoes and fry till the oil separates.
11. Lastly add the boiled matki with the remaining water and cook further till a layer of oil forms on top.

12. Add salt and lemon juice accordingly and remove from the heat.

13. Place some poha in bowls, then put some chewda or sev, followed by the misal and lastly garnished with chopped onions, coriander and lemon piece.

14. Serve hot with bread.



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## Ingredients

Boiled mutton	1 cup
Hard boiled eggs	2 nos.
Mustard powder	½ tsp.
Small gherkins	6 nos.
Mayonnaise	¼ cup
Tobasco sauce	Few drops.
Onions	2 tbsps.
Celery, chopped	2 tbsps.
Lemon juice	1 tbsp.
Pepper	As required

Biscuits	1 pkt.
Worcestershire sauce	1 dsp.
Salt	As required

## Mutton Spread on Biscuits



## Method

1. Mince the mutton and add all the ingredients and mix well.
2. Put in a blender and make a fine paste.
3. Put in a glass dish, smoothen the surface and pour clarified butter over it.
4. Refrigerate, can be used on sandwiches, biscuits etc.



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## Ingredients

Flour	¾ cup
Cheese, grated	3 tbsps.
Potatoes, boiled	3 nos.
Chili powder	1 tsp.
Water	As required
Oil	1 tbsp.
Ghee	As required
Salt	¼ tsp.

## Potato & Cheese Crispies



## Method

- 1.Knead the flour, grated cheese, water, salt & oil into a soft pliable dough.
- 2.After kneading keep aside for ½ an hour.
- 3.Next peel the boiled potatoes, cut into long stripes and sprinkle a little chili powder & salt on them.
- 4.After ½ an hour knead the dough again and then divide into small balls.
- 5.Roll each ball into small round disc, then keep a potato strip at the edge and start rolling, till the whole potato strip is covered with the dough.
- 6.Chop the uneven edges and keep aside.
- 7.Heat the ghee in a deep pan and deep fry each finger.
- 8.Serve hot with sauce or chutney.



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## Ingredients

Besan (gram flour)	½ cup
Curd	½ cup
Onions, chopped	1 no.
Dried pomegranate seeds, ground	½ tsp.
Chili-ginger paste	1 tsp.
Roasted peanut, ground	¼ cup
Coriander leaves, chopped	1 tbsp.
Bread, slices	6 nos.
Oil	As required
Salt	To taste

## Bread Pakodas



## Method

1. Mix the two flours with ½ of the curd, chopped onions, pomegranate seed powder, chili ginger paste, peanuts, coriander leaves and salt.
2. Add enough water to make a thick batter.
3. Mix the remaining curd with ½ cup water and make buttermilk.
4. Cut each slice of bread into 6 small pieces and then soak them in buttermilk for a few seconds.
5. Remove the bread, squeeze and then put them in the batter.
6. Coat each bread piece with enough batter and then deep fry in hot oil till light brown.
7. Serve hot with tomato sauce or chutney.



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## Ingredients

### For the Dosa

Rice, soaked overnight 3 cups  
Urad dal, soaked separately overnight 1 cup  
Curd 1 tbsp.  
Salt ½ tsp.

### For the Potato filling

Boiled potatoes, mashed 2 nos.  
Onion, sliced 1 no.

Tomato, chopped 1 no.  
Garlic 2 cloves  
Ginger, grated 1" piece  
Green chillies, chopped 3-4 nos.  
Mustard seeds ½ tsp.

## Masala Dosa



Curry leaves, chopped A few  
coarsely  
Green peas 1 tbsp.  
Cumin seeds ¼ tsp.

## Method

1. Heat oil in a vessel, add some fennel seeds, cummin seeds, black mustard seeds and when they crackle, add the green chillies, ginger, garlic and onions.
2. Fry them with a little salt for a while till onions are transparent.
3. Add curry leaves, next add the green peas, tomatoes and fry for 5 minutes.
4. Next add the potatoes, more salt if desired and stir well till everything is mixed well.
5. Sprinkle some chopped coriander leaves if required and keep aside.
6. Next morning, grind the rice and dal separately into a fine paste with enough water.
7. Now mix the rice and the urad dal pastes, with ½ tsp salt.
8. Add 1 tbsp. curd, mix well and keep covered for atleast 5 to 8 hrs or more.
9. When it has risen to double its initial quantity, stir briefly and keep it in the fridge.
10. Heat a tava, when it becomes hot grease it with plain oil
11. Pour one big spoonful of dosa batter over the tava by quickly spreading it to make an even round
12. Then pour some oil around edges, and on top.

13. Once the bottom is cooked, turn it over, and cook the top.

14. Remove dosa from the tava, place in a plate, put some filling in the center and roll the dosa in to a cylindrical shape.

15. Serve hot with coconut chutney & sambhar



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## Ingredients

Mutton, parboiled & cut into ½ kg. cubes  
 Potatoes, parboiled & cut ¼ kg. into cubes  
 Onions, parboiled & cut into ¼ kg. cubes  
 Turmeric powder 1 tsp.  
 Curry powder ¼ tsp.  
 Pepper ¼ tsp.  
 Chili powder ¼ tsp.

Breadcrumbs As required  
 Eggs, beaten 4 nos.  
 Ghee As required  
 Salt 1 tsp.

## Fried Seekh Boti



**For the masala**  
 Garlic 8 cloves  
 Ginger 1" piece.  
 Coriander leaves ¼ bunch  
 Green chilies 4 nos.

## Method

1. Cut the meat, potatoes, onions into cubes.
2. Grind all the ingredients under masala together and mix it with the other powdered spices.
3. Add the cubed potatoes, meat & onions to this mixture and marinate for 2 hours.
4. Thread these pieces on a skewer, roll in breadcrumbs, dip in beaten egg and deep fry in ghee.
5. Serve hot with chutney or sauce.



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## Ingredients

Gram flour	½ kg.
Red chili powder	1 ½ tsp.
Turmeric powder	1 tsp.
Water	1½ cups.
Oil	2 tbsps.
Oil for frying	As required
Salt	½ tsp.

## Tikha Ganthia



## Method

1. Sieve the gram flour, rub oil into the flour, then add the salt, chili powder and turmeric powder.
2. Knead into a stiff dough by adding a little water.
3. Heat oil in a kadhai and put the dough into sev moulds and leave into the oil.
4. Remove from the oil when crisp and golden brown.
5. Drain, cool and store in air-tight containers.



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## Ingredients

### For the covering

Refined flour	100 gms.
Soda bicarb	¼ tsp.
Water to knead	As required
Rava	50 gms.
Ghee	2 tbsps.
Oil for frying	As required
Bread, slices	6 nos.
Salt	1 tsp.

### For the filling

Moong dal	225 gms.	Coconut	¼
Ginger	1 " piece.	Chili powder	1½ tsp.
Coriander leaves	1 cup	Turmeric powder	¾ tsp.
Green chilies	5 nos.	Lime	2 nos.
Asafoetida	½ tsp.	Sugar	1 tsp.
Coriander-cumin powder	½ tsp.	Ghee	3 tbsps.
Raisins	50 gms.	Salt	To taste.

## Kachori



## Method

1. Wash, soak the dal overnight and next morning grind it coarsely.
2. Grate the ginger, chop green chilies and grate the coconut.
3. Heat ghee, add the coarsely ground dal and sauté over medium heat.
4. Add the grated coconut, coriander leaves, green chilies, turmeric powder, chili powder and salt to taste.
5. Stir, add the lime juice and sugar, and cook for a few more minutes .
6. Once the mixture becomes nice and dry, add the raisins and seasonings.
7. For the dough add salt to the sieved flour and rub ghee into it.
8. Add the rava and enough water and knead into a stiff dough.
9. Rest the dough for 45 minutes, then knead well again and divide into equal portions.
10. Roll out each ball to a 4 inch diameter and put some filling in the center.
11. Bring all the edges together, seal using a little water and roll into a round ball.
12. Heat oil in a kadhai and deep fry the kachories on a medium flame till golden brown.

13. Drain off excess oil and place the kachories on a tissue paper so as to remove the excess oil.

14. Serve with tamarind chutney.



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## Ingredients

Small shrimps	2 cups
Bacon	4 slices
Egg	1 no.
Cornflour	1 tbsp.
Soya sauce	1 tsp.
Brandy or sherry	1 tbsp.
Pepper	¼ tsp.
Bread, slices	12 nos.
Mono sodium glutamet	¼ tsp.
Water chestnuts	6 nos.

Oil for frying	As required
Salt	As required

## Shrimps on toast



## Method

1. Mince the bacon and shrimps together into a paste.
2. Add the brandy, soya sauce, pepper, mono sodium glutamet, cornflour, finely chopped chestnuts and egg.
3. Apply the above paste equally on 12 slices of bread.
4. Heat oil in a pan and fry the slices with the paste downwards first on slow fire and then fry the other side.
5. Remove and drain on absorbent paper.
6. Serve hot, cut into slices or squares.



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## Ingredients

Bread slices	8 nos.
Mayonnaise	6 tbsps.
Black pepper	¼ tsp.
Onion, thin slices	4 nos.
Eggs	4 nos.
Butter or margarine	2 tbsps.
Salt	½ tsp.

## Scrambled egg and onion



## Method

1. Toast the bread, let it cool, then spread mayonnaise and keep aside.
2. Beat the eggs, salt and black pepper in a bowl and pour this egg mixture into a shallow pan with melted butter over moderate heat.
3. Scramble the eggs for 2-4 minutes or till well done.
4. Divide the scrambled eggs on 4 slices of toasted bread, top with onion slices and the remaining 4 slices of bread.



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## Ingredients

Urad dal	250 gms.
Cumin seeds	1 tsp.
Green chillies, minced	4 nos.
Ginger, minced	1" piece.
Curry leaves, sliced	A few
Small onion, minced	1 no.
Boiled mix vegetables (cauliflower, carrots etc.)	100 gms.
Chili powder	To taste
Salt	To taste

Masala Vadai

## Method

1. Soak the dal in water for a few hours, then grind to a smooth paste.
2. Slice all the boiled vegetables, onions, ginger, chillies very finely and mix with the dal.
3. Form into round vadas and deep fry in hot oil.
4. Remove when brown in colour and serve hot with chutney.



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## Ingredients

Eggs(whites and yokes separated)	4 nos.
Chicken(cooked and minced)	2 tbsps.
Peas(boiled)	2 tbsps.
Brandy	1 tsp.
Spring onions(minced)	2 tbsps.
Ginger(minced)	¼ tsp.
Ajinomoto(a big pinch)	
Pepper powder	As required
Salt	To taste

## Steamed Omlette



## Method

1. Beat the yolks of the egg till light.
2. Add the rest of the ingredients to the yolks except the whites of the egg and mix well.
3. Beat the whites of the eggs till stiff and add to the above.
4. Lightly grease a pan and put the mixture in.
5. Cover with a lid and steam till done.



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## Ingredients

Potatoes	¼ kg.
Yam	125 gms.
Garlic	4 flakes
Ginger	1" piece
Green chilies	3 nos.
Lime juice	2 tsps.
Coriander leaves(chopped)	As required
Oil for frying	
Salt to taste	

## Vegetable Seekhs



## Method

1. First boil the potatoes and the yam. Then mash and keep aside.
2. Grind together the garlic, ginger, green chilies and salt to a paste.
3. Now mix the above paste, lime juice and coriander leaves with the mashed potato-yam mixture.
4. Divide this mixture into equal portions.
5. Grease a 1/4" thick wooden stick and wrap each of the portions evenly around the stick.
6. Shape the seekh and gently slide off the needle.
7. Deep fry in hot oil till golden brown.
8. Serve hot.



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## Ingredients

Fish(minced)	3 cups
Onions(big size and cut fine)	4 nos.
Turmeric powder	½ tsp.
Garlic	2-3 flakes
Ginger	1 " piece
Coriander leaves(cut fine)	As required
Mint leaves(cut fine)	As required
Pepper	As required
Breadcrumbs	As required
Oil	As required
Salt	To taste



## Method

- 1.First boil the fish.
- 2.Grind to a paste the ginger and garlic.
- 3.Mix all the ingredients along with the paste.
- 4.Add two tablespoons of oil to the above and mix well.
- 5.Make elongated cutlets of the matter.
- 6.Heat oil well in a frying pan and fry till the cutlets are brown.
- 7.Serve hot.



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## Ingredients

Urad dal	1 cup
Rice	3 cups
Oil for frying	
Salt to taste	

## Urad Dosa



## Method

1. Wash the dal and rice separately and then soak in different containers for 4 to 5 hours.
2. Grind to a fine paste the dal and rice together (the batter should be of dropping consistency).
3. Add a little salt and mix well with the batter and keep aside for 8 hours.
4. Heat a tava and apply a little oil.
5. Pour 1 ladle (a cup like spoon) full of batter and spread it evenly to 1/4 inch thickness.
6. Cook for one minute with the lid of the pan closed.
7. Remove when light golden in colour.
8. Repeat for remaining batter.



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## Ingredients

Urad dal	½ kg.
Red chillies(broken)	2 nos.
Ginger(optional)	1" piece
Green chillies(cut)	3 nos.
Curry leaves	As required
Oil for frying	
Salt to taste	



## Method

- 1.Wash the dal and soak for 1 - 2 hours.
- 2.Grind the dal to a thick paste.
- 3.Add the ginger, red chili and 2 green chillies.
- 4.To the above paste, add salt, curry leaves and 1 green chili.
- 5.Form the paste into small balls and deep fry on medium flame until brown.
- 6.Drain and remove.
- 7.Serve hot with sambar or chutney.



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**Ingredients**

Potatoes	200 gms.
Besan flour	8 tbsps.
Mustard seeds	½ tsp.
Black dal	1 tbsps.
Cashewnuts(chopped)	2 tbsps.
Onions(medium size)	2 nos.
Green chillies	6 nos.
Ginger	1" piece
Curry leaves	As required
Chili powder	1 tsp.

Turmeric powder	¼ tsp.	Ghee or Oil	3 tbsps.
Lemon	½ piece	Salt to taste	



**Potato Bondas**

**Method**

1. First boil the potatoes and then peel and cut into cubes.
2. Heat the ghee in a saucepan and add the mustard seeds.
3. When the mustard seeds start sputtering add the black dal and cashewnuts.
4. When the above turns golden brown, add the turmeric powder, green chillies, onions, ginger, curry leaves and stir till it is done.
5. Now add the potatoes and salt to the above.
6. Keep on low flame for 2 minutes and take off from the flame.
7. Next add lemon juice and mix well.
8. Make small balls out of this mixture and keep aside.
9. Using 1/2 cup of water, gram flour, chili powder and salt make a thick batter.
10. Heat oil well in a deep frying pan and slowly dip the potato balls into the oil.
11. Fry till the bondas are golden brown.
12. Remove and drain.
13. Serve hot with tomato sauce or green chutney.





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## Ingredients

Curds	230 gms.
Gram flour	60 gms.
<b>For the filling :</b>	
Coconut(shredded)	¼ piece
Green peas(boiled & coarsely mashed)	125 gms.
Cashewnuts	25 gms.
Walnuts	25 gms.
Groundnuts	25 gms.
Raisins	25 gms.

Almonds	10 gms.	Lime juice(according to taste)	
Pistachios	10 gms.	Green chillies(minced)	2 nos.
Ginger(minced)	½" piece	Chilli powder(as required)	
Garam masala	1 tsp.	Oil for frying	
Handful of coriander leaves (finely chopped)		Salt to taste	



## Dahi Tikki

## Method

1. Roast the coconut to a light red colour.
2. Grind the nuts coarsely and mix along with the coconut and the rest of the ingredients for the filling.
3. Hang the curds in a clean muslin cloth for a couple of hours to enable all the liquid from it to drain out.
4. Make a dough with the drained curd, gram flour and salt to taste.
5. Now make equal portions of the curd dough and the filling.
6. Form cup shapes of the curd dough and stuff with the filling.
7. Bind the edges together and shape into round balls.
8. Shallow fry the dahi tikkis till golden brown.
9. Drain the oil and serve hot.



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## Ingredients

### For the Vada

Potatoes	3 nos.
Garlic	5 cloves
Ginger	½ "piece.
Green chilies	3 nos.
Coriander leaves	A handful
Turmeric powder	½ tsp.
Lemon	As required
Sugar	To taste
Salt	To taste

### For the batter

Besan	1 cup
Soda-bi-carb	A pinch
Turmeric powder	½ tsp.
Chili powder	1 tsp.



Hing (Asafoetida)	A pinch
Salt	To taste
Vegetable oil	As required
Pav	As required

## Method

1. Boil the potatoes, peel and mash them coarsely.
2. Grind all the ingredients mentioned for the vada, and mix it with the mashed potatoes.
3. Divide the mixture equally and shape into round balls.
4. Mix all the ingredients and make a thick batter.
5. Heat oil in a deep pan, then dip the potato balls in the thick gram flour batter and deep fry in the oil.
6. Remove the vadas when they are light or pale in colour.
7. Slice the pav or bread and spread some chutney and place the fried vada in between.
8. Serve immediately.



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## Ingredients

Sabudana	2 cup
Coconut, grated	¼ cup
Peanut powder	½ cup
Green chilies, chopped	2 nos.
Jeera	1 tsp.
Potato, cut cubes	1 no.
Ghee	1 tbsp.
Salt	To taste

## Sabudana Khicdi



## Method

1. Wash, drain and soak the sabudana in water for ½ an hour.
2. Heat ghee in a vessel, add the jeera & chilies, when it starts spluttering add the potatoes and fry further.
3. Next add the salt, peanut powder and fry for a while.
4. Lastly add the soaked sabudana into the potato mixture and cook for 5-7 minutes.
5. Serve hot garnished with grated coconut.



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## Ingredients

Potatoes	500 gms.
Green peas	100 gms.
Cabbage cut fine	50 gms.
Cauliflower florets	50 gms.
Carrots cut fine	50 gms.
Green chilies	4 nos.
Red chili powder	1 tsp.
Garam masala	½ tsp.
Ginger paste	As required
Onion cut fine	To taste

Coriander leaves cut fine	2 tbsps.
Lemon juice	2 tbsps.
Turmeric powder	½ tsp.
Bread slices	2 nos.



Breadcrumbs	As required
Oil for frying	
Salt	To taste

## Method

1. Boil, peel and mash the potatoes.
2. Soak the bread slices in water, squeeze the water out and mash the bread.
3. Mix the mashed potatoes, bread, turmeric powder and salt and keep aside.
4. Parboil the green peas, cabbage, cauliflower and carrots.
5. Drain the water and coarsely mash the vegetables.
6. Heat a little oil in a pan and fry the onions, chilies and ginger paste well.
7. Add the red chili powder, garam masala and coriander leaves to the above and stir fry for sometime.
8. Add the coarsely ground vegetables and salt to taste. Cook for awhile.
9. Remove from the flame and cool.
10. Now mix the vegetables, mashed potato and lime juice.
11. Divide into equal portions.
12. Form each portion into a triangle.
13. Coat each triangle with breadcrumbs.
14. Heat oil well and deep fry the vegetable triangles till they are golden brown.
15. Serve hot with mint or coriander chutney.



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## Ingredients

Frankfurters	4 nos.
Bread slices(crusts removed)	4 nos.
Butter melted	50 gms.
Mustard paste(readymade)	1 tsp.
Lime Pickle	As required
Red Chili powder	½ tsp.

## Jacket Frankfurters



## Method

1. Lightly fry the frankfurters and drain on paper.
2. Apply the mustard paste on each slice of bread.
3. Then spread some lime pickle on the slice and sprinkle it with the red chili powder.
4. Now place the frankfurter across one corner of each slice of bread and roll up.
5. Secure with a toothpick.
6. Apply the butter on the outside of these frankfurter jackets.
7. Grill until the frankfurter jackets turn golden brown.
8. Serve hot.



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## Ingredients

Paneer, grated	200 gms.
Onions	200 gms.
Eggs	6 nos.
Cornflour	1 ½ tbsps.
Lime	1 no.
Tomato ketchup	6 tps.
Garam Masala	½ tsp.
Green chilies	3 nos.
Ginger	As required
Garlic	20 flakes

Pepper to taste	
Oil for frying	
Salt	To taste
<b>For the garnish:</b>	
Onion cut into rings	1 no.



Capsicum deseeded & cut into rings	1 no.
Carrot cut into thin chips	1 no.

## Method

1. Grind the ginger, garlic, onion and chilies to a fine paste.
2. Fry the garam masala in a little oil then add the onion paste and fry for some time.
3. Add the grated paneer & salt to taste and stir fry for 3 minutes.
4. Keep aside to cool and when cool divide into six portions.
5. Take a bowl, beat the eggs, cornflour, salt and pepper.
6. Heat oil in a pan and make six omlettes of the egg batter.
7. Apply one teaspoon ketchup on each omlette followed by the paneer filling.
8. Form into a roll.
9. Garnish with capsicum, onion and carrot.
10. Serve hot along with potato chips.



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## Ingredients

Cocktail sausages(finely cut 1 cup and fried)	
Cold water	3 tbsp.
Butter or margarine	1 tbsp.
Eggs	6 nos.
Pepper	As required
Cheese(graded)	As required
Salt to taste	

## French Omlette



## Method

- 1.Take a large pan and melt the butter in it.
- 2.Spread the butter evenly over the pan.
- 3.Blend the eggs, water, salt and pepper with a fork.
- 4.Pour this into the hot pan and keep on low flame.
- 5.Cook till the omlette is done being careful not to burn the bottom of the egg.
- 6.Sprinkle the cut sausages and cheese over the omlette.
- 7.Serve hot.



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## Ingredients

Bread slices	8 nos.
Eggs	2 nos.
Milk	½ cup
Cheese slices	4 nos.
Tomato sliced	1 no.
Green chilies(deseeded & cut fine)	2 nos.
Butter	50 gms.
Pepper to taste	
Oil for frying	

Salt to taste

## Method

1. Make a batter by beating the eggs, milk, pepper and salt and keep aside.
2. Apply butter on the bread slices.
3. Use four slices of bread and place a cheese slice, followed by a tomato slice and sprinkle the green chilies on it.
4. Now place the remaining four slices of bread individually on the above.
5. Cut each sandwich into two triangular pieces.
6. Dip the sandwich pieces into the egg batter.
7. Heat some oil in a non-stick frying pan and lightly fry the sandwiches till golden brown.
8. Serve hot with tomato sauce.

## Fried Cheese Sandwiches



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## Ingredients

Maida	1 cup
Grated cheese	½ cup
Butter	1 ½ tbsp.
Cummin seed powder	1 tsp.
Oil for frying	
Salt to taste	

## Cheese Straws



## Method

1. Mix the butter in the maida, add salt, cummin seed powder and cheese and knead well to make a stiff dough with cold water.
2. Make four balls out of the dough.
3. Then roll out each ball thinly and cut into thin straws.
4. Heat oil well and deepfry the cheese straws till golden brown.
5. Cool and store in an air-tight jar.



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## Ingredients

Prawns	250 gms.
Turnips	100 gms.
Cornflour	2 tbsps.
Aniseed	1 tsp.
Amchur	1 tsp.
Coriander powder	1 tsp.
Garlic	As required
Red chili powder	As required
Breadcrumbs	As required
Pepper	To taste

Oil for frying  
Salt

To taste

## Method

1. Boil the turnips in water, drain them and grind with aniseed and garlic.
2. Make a paste of the prawns and mix it with the turnips.
3. To this add the cornflour and the remaining masalas.
4. Now divide this mixture into equal portions & press this dough around a greased 4" pencil.
5. Then carefully take out the pencil from the prawn dough (the stick will now be hollow in the centre)
6. Roll these prawn sticks in breadcrumbs and refrigerate them for 15 minutes.
7. Deep fry the prawn sticks till they attain a golden brown colour.
8. Serve hot with green chutney.



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## Ingredients

Flour, sieved	1 kg.
Curds	250 gms.
Mawa	200 gms.
Sugar	200 gms.
Semolina, roasted	100 gms.
Eggs, beaten	3 nos.
Coconut, grated	60 gms.
Yeast	2 tsp.
Cardamon powder	1 tsp.
Egg yolk	1 no.

Ghee 200 gms. Tutti-fruitti for garnishing  
Milk to bind the dough

## Sweet Mawa Naans



## Method

1. First crumble the yeast in a bowl. To this add one tablespoon of warm water and one teaspoon of sugar and keep aside for 15 minutes.
2. In a thali mix the flour, semolina, mawa, coconut, sugar and cardamon powder.
3. Then add ghee followed by the yeast, curds and eggs.
4. Using milk knead the dough well till smooth.
5. Cover the dough with a damp cloth and keep aside for two hours.
6. Then divide the dough into equal portions.
7. With your palms flatten each portion and stick some tutti frutti over it.
8. Now glaze the naan with the egg yolk.
9. Bake in a hot oven till done.



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## Ingredients

### For the dough:

Maida 350 gms.  
Rawa 100 gms.  
Water to mix  
Oil 1 tbsp.

### For the filling:

Salt to taste  
Boiled eggs, shelled & grated 3 nos.  
Mashed potatoes 2 nos.

Mustard seeds ¼ tsp.  
Turmeric powder ½ tsp.  
Green chillies, chopped 4 nos.  
Coriander leaves chopped 2 sprigs  
Garam masala powder ½ tsp.

## Egg Potato Puries



Juice of two limes  
Oil 2 tbsps.  
Oil for frying  
Salt to taste

## Method

1. Mix the maida, rawa and salt well.
2. To this add oil and water and knead to make a stiff dough.
3. Keep aside for one hour.
4. Then divide the dough into equal portions.
5. For the filling fry the mustard seed in hot oil.
6. Add the remaining spices and fry lightly.
7. Then mix the above to the potatoes & grated eggs and then add the lime juice.
8. Now take a portion of the dough and flatten with your palms.
9. Place a teaspoon of the filling on this and press the sides together to seal the filling.
10. Using a little maida, roll out the puries.
11. Heat the oil and fry the puries till golden brown.
12. Serve hot.



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## Ingredients

### For the filling:

Pomphret fillets(sliced in half)	5 nos.
Carrots, grated	2 nos.
Cabbage, shredded	1 no.
Spring onions, chopped	3 nos.
Cream(thick)	10 tbsps.
Walnuts, chopped	25 gms.
Currants	25 gms.
Cheese, grated	100 gms.

Butter	1 tbsps.
Nutmeg powder	¼ tsp.
Pepper	To taste
Salt	To taste

### For the dough:

Rice flour	200 gms.
------------	----------

## Baked Fish Rolls



Lemon juice	2 tbsps.
Lemon rind, grated	1 tbsp.
Oil	2 tbsps.
Salt	To taste

## Method

- Mix all the ingredients for the filling except the pomphret fillets & cream in a large bowl.
- Make a stiff dough using hot water and the ingredients for making the dough.
- Make 10 thin chapatis of this dough.
- Place one fillet on one chapati and spread one teaspoon of cream on this.
- Now roll this chapati and seal the edges.
- Make the remaining fish rolls in the same way.
- Grease a tray and place the fish rolls in it.
- Pour the remaining cream over the fish rolls.
- Bake the fish rolls in a moderately hot oven for one hour till the top is brown.
- Sprinkle the cheese and bake till the cheese melts.
- Serve hot with salad.


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## Ingredients

Papad	8 nos.
Grated cheese	1 cup
Oil for frying	

## Cheese Papad Fingers



## Method

1. Hold the papads one by one over boiling water for a few seconds to make them soft.
2. Then cut each papad into three strips.
3. Spread some cheese on each strip, roll and fix with a toothpick.
4. Deepfry these cheese papad fingers and then drain on paper.
5. Serve with mint chutney.



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## Ingredients

Onions finely chopped	2 nos.
Besan(Gramflour)	1 ½ cup
Grated cheese	1 cup
Coriander leaves chopped	2 tbsps.
Green chilies cut fine	3 nos.
Soda bicarb	½ tsp.
Oil for frying	
Salt to taste	

## Cheese Onion Pakodas



## Method

1. Make a thick batter with water and all the ingredients except the oil.
2. Heat the oil well and deep fry spoonfuls of the batter.
3. Repeat the procedure till the batter is over.
4. Drain on paper.
5. Serve hot with tomato sauce



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## Ingredients

Egg	2 nos.
Plain flour(seived)	1 cup
Cornflour	½ cup
Breadcrumbs	As required
Oil for frying	
Salt to taste	
<b>For the filling:</b>	
Mutton mince	200 gms.
Ginger	½" piece
Garlic	4 flakes

Garam masala	¾ tsp.	Green chilies cut fine	2 nos.
Coriander leaves chopped	1 tbsps.	Thick curd	1 tbsp.
Mint leaves chopped	1 tbsps.	Salt to taste	
Onion finely chopped(small size)	1 no.		



## Method

- For the filling:** Make a paste of the ginger and garlic. Heat oil in a frying pan and fry the onions, chilies and ginger-garlic paste. Now add the mince meat, salt and cook on a low flame till done. Add the garam masala, curd, coriander and mint leaves and cook for some more time. Remove from the flame and let it cool.
- Mix the flour, cornflour and salt in a bowl.
- Make a well in the centre and add one egg into it.
- With a wooden spoon mix the flour into the egg and slowly add enough water to make a smooth batter.
- Heat a little oil in a frying pan and spread batter thinly to cover the base.
- Cook the pancake on one side and remove.
- Make pancakes of the remaining batter.
- Place the mince filling in the centre of each pancake and roll it and fold at the ends securing them with cornflour paste.
- Then make a batter of one egg, pepper and salt to taste.
- Dip the pancakes in the egg batter and then roll in the breadcrumbs.
- Deep fry them till golden brown.
- Drain well and serve hot.





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## Ingredients

Bread slices(crusts removed)	6 slices
Vegetable soup powder	¼ cup
Butter, softened	1 tbsp.
Bacon, crumbled & cooked	3 tbsps.

## Vegetable Bacon Curls



## Method

- 1.Combine the soup powder with enough water until of spreading consistency.
- 2.Apply the same on the bread slices.
- 3.Roll each slice and fasten with toothpicks.
- 4.Apply butter to the outside of the rolls and then roll in the bacon.
- 5.Place the veg bacon curls in a baking tray and bake in a moderately hot oven until browned.



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## Ingredients

Peanuts	2 cups
Besan(Gramflour)	$\frac{3}{4}$ cup
Rice flour	$\frac{1}{4}$ cup
Chili powder to taste	
Castor sugar to taste	
Oil for frying	
Salt to taste	

## Tasty Peanuts



## Method

1. Soak the peanuts in hot water for one hour and then drain out the water and keep aside.
2. Now using a little water make a thick batter of the besan, rice flour, chili powder, sugar and salt.
3. Dip the peanuts in this batter.
4. Deep fry the peanuts and drain on paper.
5. Cool and store in an airtight jar.



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**Ingredients**

Bread slices	4 nos.
Potatoes boiled, peeled & mashed	½ kg.
Turmeric powder	½ tsp.
Green chilies	4 nos.
Coriander leaves chopped fine	1 tbsp.
Ginger	1" piece
Garlic	8 flakes
Butter	As required

Oil for greasing the toaster  
Salt to taste

**Method**

1. Make a paste of the chilies, ginger and garlic.
2. Add the paste to the potatoes along with turmeric powder, coriander leaves and salt.
3. Apply butter to one side of each bread slice.
4. Spread the potato mixture on one side of the bread slice and cover with another bread slice.
5. Make a potato sandwich with the remaining two slices.
6. Now grease the toaster and place the potato sandwich in the toaster.
7. Toast the sandwich lightly, turning occasionally till the toast turns crisp and golden brown.
8. Serve hot with tomato sauce.



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## Ingredients

Mutton mince	½ kg.
Ginger	1" piece
Garlic	8 flakes
Garam masala	1 ½ tsp.
Coriander leaves chopped	2 tbsps.
Mint leaves chopped	2 tbsps.
Onion finely chopped	1 no.
Green chillies cut fine	4 nos.
Thick curd	1 tbsp.
Maida	As required

Oil for frying	
Salt	To taste

## Kheema Samosas



## Method

1. Make a stiff dough with the maida, 4 tablespoons oil and salt.
2. Make 20 medium sized balls of this dough.
3. Make thin round chappatis of the balls.
4. Heat a tava and roast the chappati on one side only.
5. Make all the chappatis in the same way.
6. Now cut each chappati into two pieces and keep them covered.
7. Using a little water make a thick paste of 2 tablespoons maida and keep aside.
8. Make a paste of the ginger and garlic.
9. Heat oil in a frying pan and fry the onions, chillies and ginger-garlic paste.
10. Now add the mince meat, salt and cook on a low flame till done.
11. Add the garam masala, curd, coriander and mint leaves and cook for some more time.
12. Remove from the flame and let it cool.
13. Make a cone of each half chappati and fill with the mince.
14. Then seal the edges with the flour paste.
15. Make samosas of the balance chappatis in the above manner.
16. Heat oil well and deep fry the samosas till golden brown.
17. Drain on paper.
18. Serve hot with mint chutney.



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## Ingredients

Chicken mince	¾ kg.
Onion chopped fine	1 no.
Garam masala	¼ tsp.
Green chillies chopped fine	3 nos.
Breadcrumbs	½ cup
Salt to taste	

## Chicken Balls



## Method

1. Mix well all the ingredients.
2. Form into lemon sized balls.
3. Deepfry the chicken balls till they are well browned.
4. Serve hot with mint chutney.



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## Ingredients

Burger buns	4 nos.
Onion finely chopped	1 no.
Chicken meat(minced)	300 gms.
Breadcrumbs	3 tbsps.
Cornflour	1 tbsp.
Egg	1 no.
Mustard paste(readymade)	1 tbsp.
Onion(sliced)	1 no.
Lettuce leaves	4 nos.
Butter	As required

Pepper	To taste
Oil	As required
Salt	To taste

## Chicken Burger



## Method

- 1.Melt one tablespoon of butter in a frying pan and fry the chopped onions till pink.
- 2.Now mix together the fried onion, chicken mince, breadcrumbs, egg, cornflour, pepper, and salt.
- 3.Make four round burgers of the above mixture.
- 4.Heat oil in a frying pan and fry the burgers well on both the sides.
- 5.Cut the burger buns into two halves and lightly fry them in some butter till soft.
- 6.Remove from the pan and apply the mustard paste on the lower piece of the bun.
- 7.Place a burger, then a lettuce leaf and a slice of onion in each of the buns.
- 8.Serve with tomato sauce.



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## Ingredients

Potatoes, peeled	1 kg.
Mint leaves, chopped fine	1 tbsp.
Spring onions, chopped fine	3 nos.
Cummin powder	½ tsp.
Egg, beaten	1 no.
Breadcrumbs for coating	As required
Oil for frying	
Salt to taste	As required
<b>For the mutton filling:</b>	
Mutton mince	400 gms.

Potato peeled and diced	1 no.	Mint leaves finely chopped	2 tbsps.
Garlic finely chopped	1 flake	Lime juice	1 tbsp.
Ginger finely chopped	½ tsp.	Hot water	½ cup
Onions finely chopped	2 nos.	Oil	1 tbsp.
Garam masala	1 tsp.	Salt to taste	
Curry powder	3 tps.		

## Mutton Potato Chops

## Method

1. For the mutton filling: Fry well in oil the garlic, ginger and onions. Add the curry powder, lime juice and salt. Next add the mutton mince and cook on a high flame till the mince changes colour. Then lower the flame and add the potatoes and hot water. Cover with a lid and simmer until meat and potatoes are tender and dry. Sprinkle with garam masala and mint leaves and take out from the flame. Set aside to cool.
2. Separately boil, drain and mash the potatoes.
3. Now add the mint leaves, spring onions, cummin powder, salt and mix well.
4. Make equal portions of the potato mixture.
5. Take each portion, flatten it and put a spoonful of the mutton filling in the centre of each portion and surround with potato to form a thick round chop.
6. Dip each chop in the egg and then roll in the breadcrumbs.
7. Heat the oil well and shallow fry the chops till golden brown.
8. Serve warm.


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## Ingredients

Raw bananas	2 nos.
Carrots	2 nos.
Ginger	1-inch
Garlic	3-4 cloves
Green chillies	3-4 nos.
Onion	1 no.
Oil	1 tsp.
Mustard seeds	½ tsp.
Urad dal	½ tsp.
Salt	to taste

Lemon juice	2 tsps.
Raisins	15-20 nos.
Seedless dates	6 nos.
Red chilli powder	1 tsp.



Chaat masala powder	2 tsps.
Mint leaves	8-10 nos.
Roasted peanuts without skin	½ cup


## Method


1. Boil whole raw bananas in sufficient water for fifteen to twenty minutes. Cool, peel and mash well. Wash, peel and grate the carrots.
2. Peel and finely chop onion, ginger and garlic. Wash, remove stem and finely chop green chillies. Wash and finely chop mint leaves.
3. Wash raisins and roughly chop them with seedless dates. Divide this into twelve equal portions.
4. Grind roasted peanuts to a coarse powder.
5. Heat oil in a non-stick pan and add mustard seeds, let it crackle and add urad dal. Cook till brown. Add chopped onion, ginger, garlic and green chillies. Stir-fry for half a minute.
6. Add red chilli powder, mix and quickly add grated carrots.
7. Cook over medium heat for 2-3 minutes. Sprinkle chopped mint leaves, chaat masala, mix well and remove from heat.
8. Cool and mix the cooked masala with the mashed raw banana. Add salt to taste, lemon juice and mix well.
9. Divide this mixture into twelve equal portions. Stuff a portion of the date and raisin mixture into each portion of raw banana mixture.
10. Wet your palm and form this mixture into a patty (tikki) of not more than half inch thickness.
11. Coat the tikkis with coarse peanut powder, pressing them lightly with your palms.
12. Heat a non-stick fry pan or a griddle plate (tawa), place the peanut coated

tikkis. Cook on medium heat till the crust is crisp and nicely browned. Make sure that the tikkis are heated through.

13. Serve immediately with a tangy sauce of your choice.



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## Ingredients

Urad dal	250 gms.
Curd	½ kg.
Chili powder	2 tsps.
Cumin seeds(roasted & powder)	2 tsps.
Asafoetida	A pinch
Oil for frying	
Salt	to taste

### FOR THE STUFFING

Green chilies(chopped fine) 4 nos.

Raisins	100 gms.
Ginger(chopped fine)	1" piece
Coriander leaves(chopped)	½ cup
Chironji	1 tbsp.

## Method

- 1.Mix all the ingredients for the stuffing, reserve little coriander for decoration.
- 2.Soak dal in water for 5-6 hours and grind to a smooth paste using minimum water.
- 3.Add salt and asafoetida and beat with a fork to make it light.
- 4.Take a muslin cloth piece, the size of a handkerchief. Wet the cloth and place it on a board. Spread a little ground dal on the cloth in the shape of a puri.
- 5.Put a little prepared stuffing on it and fold the puri with the cloth to give it the shape of a ghughra(half moon). Remove the muslin from oneside and turn the bhalla in hand. Remove the cloth from the other side.
- 6.Heat oil in a kadhai and fry the bhallas till brown.
- 7.Soak the bhallas in water for 5-7 minutes when still hot. Gently squeeze out the water and keep the bhallas aside.
- 8.Beat the curd till smooth, add little water if curd is thick. Add 1 tsp. cumin powder and 1 tsp. red chily powder and salt.
- 9.Dip the bhallas in the curd mixture and arrange on a flat shallow dish. Pour the remaining curd on top.
- 10.Decorate with the remaing cumin powder, chily powder and coriander leaves.
- 11.4 tbsps. of sweet chutney may be spread on top for garnishing (optional) or serve with sweet chutney.

## Stuffed Dahi Bhallas



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## Ingredients

Crisp papadi	32 nos.
Bhalla(vadas)	4 nos.
Potatoes(boiled & peeled)	2 medium
White channa(Boiled)	½ cup
Coriander leaves(chopped)	4 tbsps.
Chat masala	3 tsps.
Cumin powder(roasted & ground)	2 tsps.

Red chili powder	2 tsps.
Curd	2 cups
Sweet chutney	As required
Green chutney	As required
Salt	to taste

### FOR THE SWEET CHUTNEY

Tamarind pulp	200 gms.
Jaggery	200 gms.
Chili powder	1 tsp.

## Punjabi Papadi Chaat



Black salt	1 tsp.
Chiroji seeds	½ tsp.
Cumin powder	1 tsp.
Salt	to taste

### FOR THE GREEN CHUTNEY

Coriander leaves	1 bunch
Green chilies	4-5 nos.
Garlic	6 flakes
Cumin seeds	¼ tsp.
Sugar(option)	½ tsp.
Salt and tamarind pulp	to taste

## Method

1. Soak the bhallas in hot water for 15 minutes, squeeze the water and keep aside. Chop the potatoes fine.
2. Beat the curd and add salt, 1 tsp. red chilies, black salt and 1 tsp. cumin powder. Mix well.
3. Take the papadis and dip in the curd mixture and arrange them in a flat serving dish.
4. Put little chopped potatoes, channas and bhallas on the papadis.
5. Pour the curd mixture on it.
6. Pour little sweet chutney and a little green chutney on top.

### Please note :

To make the Sweet Chutney: Soak tamarind for an hour and extract the pulp. Cook the pulp and jaggery in a saucepan for 10 minutes. Remove from heat, cool and add salt, black salt and chironji seeds and stir well.

To make the Green Chutney: Grind all the ingredients under green chutney to a smooth paste. Add little water according to the required consistency.



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## Ingredients

Mushroom	250 gms.
Channa dal	30 gms.
Onions(chopped)	2 nos.
Garlic	6 flakes
Ginger(finely chopped)	1" piece
Red chillies(deseeded)	2 nos.
Green chillies(chopped)	3 nos.
Bay leaves	2 nos.
Cardamon	4 nos.
Peppercorns	6 nos.

Cinnamon	1" piece
Cloves	5 nos.
Cumin powder	½ tsp.
Mint leaves(chopped)	Few sprigs
Bread slices	2 nos.
Curd	1 tbsp.
Oil	1 tbsp.
Oil for frying	
Salt to taste	

## Mushroom Shammi Kababs



## Method

1. Soak channa dal for 3 hours.
2. In a pressure cooker add half the chopped onions, mushroom, channa dal, garlic, ginger, cloves, peppercorn, cardamon, cinnamon, cummin powder, bayleaves and salt. Pressure cook for 2 minutes using minimum water.
3. Heat 1 tbsp. oil in a pan and fry rest of the onions till golden brown. Mix in the green chillies and mint leaves and stir fry for a minute. Remove from the flame and keep aside for the filling.
4. Dry any water remaining in the mushroom mixture, cool and grind with curd.
5. Soak the bread in water, squeeze out the water and add to the mixture. Mix well.
6. Shape this mixture into small balls and stuff the onion chili mixture into the balls and pat to form cutlets.
7. Shallow fry the kababs and serve with mint chutney or sauce.



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## Ingredients

Chicpea Flour(besan)	100 gms.
Chili powder	½ tsp.
Turmeric powder	1 tsp.
Garam masala	1 tsp.
Yoghurt(curd)	2 tbsps.
Spinach leaves(small)	10-15 nos.
Oil for frying	
Salt	1 ½ tsps.

## Spinach Pakodas



## Method

1. Sieve the chickpea flour into a bowl.
2. Sprinkle in salt, chilli powder, turmeric powder and garam masala. Mix it well and add yoghurt. Stir well, adding a little water to make a fairly thick batter.
3. Whisk with a fork and leave to stand for 1 hour.
4. Whisk the batter once more.
5. Heat oil in a frying pan.
6. Dip the spinach leaves, one at a time in the batter and drop in the heated oil and cook until golden brown.
7. Lift out with slotted spoon, drain on kitchen paper and serve with chutney.

**NOTE:** To see if the oil is hot enough for pakoras - Drop a small piece of batter into the oil and if it immediately sizzles and floats to the surface and starts to brown, the oil is ready.

**VARIATION:** Instead of spinach, cauliflower flowerets, onion rings or thin round slices of potatoes can also be used to make pakoras.



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## Ingredients

Cottage cheese, Paneer(cut 500 gms. into cubes)  
Yoghurt 125 gms.  
Carrots(boiled) 100 gms.  
Green peas(boiled) 50 gms.  
Onions 50 gms.  
Tomatoes 50 gms.  
Capsicum 25 gms.  
Curry powder ¼ tsp.  
Lemon juice 1 tsp.

Salt and pepper to taste

## Method

1. Beat the yoghurt, curry powder and salt together, and keep aside.
2. Marinate the cottage cheese cubes with salt, pepper and lemon juice.
3. Cut onions, capsicum and tomatoes into dices.
4. Saute all the vegetables along with the marinated paneer in a non-stick pan for 5 minutes or till the marinate dries.
5. Put paneer alternating with the vegetables in a wooden skewers.
6. Place these skewers in a greased baking dish. Pour the yoghurt mixture on top and grill in an oven for 7-10 minutes.
7. Serve hot with boiled vegetables.

## Vegetable & Paneer Delight



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## Ingredients

Fish fillets	500 gms.
Carrots(boiled)	150 gms.
Green peas(boiled)	150 gms.
Lettuce(chopped,coarsely)	½ cup
Juice of lemon	1 no.
Mustard powder	½ tsp.
Salt and pepper	to taste



## Method

- 1.Cut the fillets into 5 pieces.
- 2.Mix salt, pepper, mustard powder and lemon juice well. Apply the mixture to the fish pieces and keep aside for 1 hour.
- 3.Grill the fish, till it is done.
- 4.Serve with boiled carrots and peas.



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## Ingredients

Potato	½ kg.
Bread	2 slices
Garam masala powder	½ tsp.
Bread crumbs	½ cup
Salt	To taste
Oil	Tor frying
<b>For the stuffing</b>	
Sprouted moong	1 cup
Freshly grated coconut	1 tbsp.
Chopped coriander	2 tbsp.
Green chillies	2 nos.
Chat masala	1 tsp.
Lemon	1 no.
Salt	To taste

## Crunchy Cutlet



## Method

1. **Boil** and **grate** the potatoes.
2. Soak and mash the bread slices.
3. Mix well the grated potato and mashed bread slices alongwith salt and garam masala. Keep aside.
4. For the stuffing, boil the sprouted moong for 3 minutes and cool. Finely **chop** the green chillies.
5. Now mix all the ingredients and add the juice of the lemon to it.
6. Apply a little oil to your hand. Take the potato mixture and make a round.
7. Add 1 tablespoon of the stuffing in the centre and make it into a ball.
8. Flatten it so that it looks like a cutlet.
9. **Roll** in the bread crumbs. Similarly make cutlets of the remaining mixture. **Deep fry** in hot oil.
10. Serve hot with any chutney of your choice.



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## Ingredients

Mutton pieces( boneless)	½ kg.
Ginger	1 inch.
Garlic	6 cloves
Amchoor	1 tsp.
Well beaten curd	½ cup
Meat tenderizer / peeled unripe banana	4 cm.
Garam Masala Powder	1 tsp.
Chilies	3
Cumin seeds	½ tsp.
Sliced lemon & onion rings	
Salt	2 tsp.

## Mutton Tikkas



## Method

1. Grind ginger, garlic, cumin seeds, papaya and red chilies to a paste.
2. Combine [Garam Masala Powder](#), [Curd/Yogurt](#), salt and amchoor.
3. Mix all the above ingredients to the mutton [mince](#).
4. Marinate the mutton mince in the refrigerator for 3-4 hours.
5. Make small balls of the mutton mince and place on to skewers & cook in a moderately hot tandoor for 6 to 8 minutes.
6. Baste the mutton pieces with oil and again put in the tandoor.
7. Cook until brown, turning as required.
8. Serve hot with sliced lime and onion rings.



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## Ingredients

Potatoes (medium sized)	8 nos.
Chopped onions	½ cup
Chopped garlic	1 tbsp.
Corn	½ cup
Chopped coriander	1 tbsp.
Chopped Celery	1 tbsp.
Paprika powder	A pinch
Butter	60 gms.
Milk	½ cup
Wheat flour	1 ½ tbsp.
Fresh cream	¼ cup
Grated cheese	30 gms.
Black pepper powder	½ tsp
Oil	2 tbsp.
Salt	To taste

## Corny Potatoes



## Method

1. Wash the potatoes with the skin and wrap in silver foil.
2. Preheat the oven to 200 degrees. Keep the potatoes in the preheated oven for 30-40 minutes or till cooked.
3. Remove a small bit of paper and skin from the top. Make a hole in the potato by scooping out some potato from the centre.
4. Heat butter in a kadai. Add chopped onions, chopped garlic and chopped celery. Saute till golden brown. Add corn and sauté for 3-4 minutes.
5. Add wheat flour and stir. Add cold milk and stir continuously.
6. Add salt, black pepper powder and paprika powder.
7. Add coriander and finally add the fresh cream. Stir well and allow it to cool.
8. Once it is luke warm, put this mixture in the hollow potatoes and top it with grated cheese.
9. Bake in the oven till cheese is golden brown.
10. Serve hot.



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## Ingredients

Roasted peanuts	½ cup
Roasted chana dal (Bengal gram - split)	½ cup
Boiled potatoes	6 nos.
Onion, chopped	1 no.
Garlic, crushed	3 nos.
Green chilies, chopped	2 nos.
Bread crumbs	½ cup
Lemon juice	1 no.
Flour (atta)	1 tsp.
Spinach leaves	8-10 nos.
Finely chopped coriander leaves	
Oil	For frying
Salt	To taste

## Peanut Tikke



## Method

1. Grind the roasted peanut and chana dal to a coarse mixture.
2. Grate the boiled potatoes to the ground mixture, add onions, green chilies, finely chopped coriander leaves, atta, lemon juice, chopped spinach leaves and bread crumbs mix well.
3. Using the mixture shape into balls, then flatten them. These are *tikkis*. Shallow fry in a non-stick pan.
4. Serve hot.



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## Ingredients

Boneless fish fillets	500 gms.
Red chili powder	½ tsp.
Ground cumin	1 tsp.
Ground coriander	½ tsp.
Garlic, crushed	3 nos.
Ground anise seeds (fennel)	1 tsp.
Lemon juice	1 tbsp.
Oil	For deep-frying
Salt	To taste

## Fried Fish



## Method

1. Remove skin from fish, rinse and pat dry with paper towels. Cut into large chunks.
2. Mix together cumin, coriander, ground anise, chili powder, garlic, lemon juice and salt, blending to a smooth paste.
3. Spread over fish, cover and refrigerate for an hour.
4. Half fill a deep pan or [Kadhai](#) with oil and heat. [Fry](#) the fish, until golden brown.
5. Drain on paper towels. Serve hot.



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## Ingredients

Sev	50 gms.
Paapri, coarsely crushed	50 gms.
Puffed rice	100 gms.
Chili powder	1 tsp.
Chaat masala	1 tsp.
Onion chopped	1 no.
Raw mango chopped	2 tbsp.
Green chillies, deseeded, finely chopped	2 nos.
Coriander chopped	½ cup
Juice of a lemon	To taste
<a href="#">Tamarind chutney</a>	To taste
<a href="#">Mint chutney</a>	To taste
Salt	To taste

## Bhel Puri



## Method

1. In a bowl, mix all the ingredients together.
2. Adjust the chili powder according to taste.
3. Serve immediately in individual plates.



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## Ingredients

### For the Dough

Refined flour	200 gms.
Ajwain	½ tsp.
Ghee/Oil	3 tbsp.
Salt	As per taste



## Samosas

### Stuffing

Potato cubes	250 gms.	Dried mango powder	1 tsp.
Green peas (shelled)	75 gms.	Chopped green coriander	1 tbsp.
Chopped ginger	1 tsp.	Oil	2 tbsp.
Chopped green chili	1 tsp.	Oil for deep frying	-
Red chili powder	1 tsp.	Salt	As per taste
Cumin seeds	1 tsp.		
Garam masala powder	1 tsp.		

## Method

- Mix the dough ingredients, add water in small quantities and make a hard dough and keep it under a wet cloth for 10 - 15 minutes.
- Heat oil, add cumin seeds and when they start to change color, add chopped ginger, chopped green chilies and then add diced potatoes. Add red chili powder, salt, dry mango powder and Garam Masala Powder. Stir well.
- Sprinkle water and cook covered till potatoes are done.
- Add green peas and cook further for 5 minutes on a slow flame.
- Add chopped green coriander and let it cool.
- Divide the dough into 16 equal portions and make them into small balls. Apply a little flour and roll them into 4 inch diameter elongated diskettes.
- Cut each diskette into half and apply water on the edges. Shape it into a cone and stuff it with the potatoes and peas filling. Seal the edges and deep fry in medium hot oil till crisp and golden brown.
- Serve hot with Tamarind chutney.



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## Ingredients

Paneer	400 gms.
Curds	1 cup
Coriander leaves	2 bunch
Mint	1 bunch
Green chilies	4 nos.
Lemon juice	½ no.
Garlic	30 gms.
Garam masala powder	½ tsp.
Chaat masala powder	1 tsp.
Oil	1 tbsp.
Salt	1 tsp.

## Haryali Paneer Tikka



## Method

1. Chop [Paneer](#) into big pieces.
2. In a vessel take coriander leaves, to it add [Curd/Yogurt](#), salt, chaat masala powder, [Garam Masala Powder](#) and lemon juice. Mix well and grind coarsely.
3. Pour in little oil and blend together.
4. Add paneer pieces and mix lightly. [Marinate](#) it for ½ hours.
5. Place it on skewers and cook in an oven on high temperature.
6. Serve hot.



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## Ingredients

Boneless chicken	800 gms.
Lemon juice	2 tbsp.
Red chilly powder (kashmiri)	1 tsp.
Red orange color (optional)	Few drops
Curd/Yogurt	300 gms.
Garlic paste	2 tbsp.
Ginger paste	2 tbsp.
Garam masala powder	1 tsp.
Cumin powder	½ tsp.
Butter	For basting
Salt	To taste

## Chicken Tikka



## Method

1. Cut chicken into small cubes, wash nicely and apply lemon juice and salt to it and leave it.
2. Whisk [Curd/Yogurt](#) in a bowl add remaining all the ingredients except butter. [Mix](#) well and then keep the chicken pieces in this [marinate](#) for about 3 - 4 hours in the refrigerator.
3. Put the chicken on to skewers and cook in moderately hot tandoor for about 6 to 8 minutes, baste the chicken pieces with butter and again put in to tandoor and until slightly colored and cooked.
4. Remove and serve hot sprinkled with chaat masala.



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## Ingredients

Black stemmed colocasia leaves	6 nos.
Bengal gram flour	60 gms.
Soda bicarbonate	¼ tsp.
Green chilies	4 nos.
Ginger	½" piece
Jaggery	2 tsp.
Sesame seeds	1 tsp.
Tamarind	3 tsp.
Crushed coriander seeds	1 tsp.
Mustard seeds	½ tsp.
Oil	2 tbsp.
Salt	To taste


## Patra



## Method

1. Wash the colocasia leaves, grind the green chilies and ginger and set aside.
2. Sieve the gram flour and set aside.
- 3.. Make a pulp with the [tamarind](#) and the jaggery.
- 4.. Make a thick batter with the gram flour and the tamarind pulp.
- 5.. Season the batter. Add the spices and soda bicarbonate.
6. Take one colocasia leaf and place it on the wrong side.
7. Spread the batter evenly on the leaf. Put another leaf on top of it and spread more batter.
8. Fold from both sides. [Roll](#) tightly. Tie with a thread throughout the length of the roll.
9. Repeat the method for the rest of the leaves.
10. [Steam](#) for one hour in a steamer or in a water bath. Leave until quite cool.
11. Slice in to ½" thick slices.
- 12.Heat the oil to smoking point in a pan.
- 13.Add the mustard seeds and once they start crackling, add the patra slices.
- 14.Sauté for 1-2 minutes.
- 15.Serve hot,[garnished](#) with [chopped](#) coriander leaves and [grated](#) coconut.



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## Ingredients

Buttermilk (thick)	150 ml.
Bengal gram flour	115 gms.
Water	1 cup
Green chilies	2 no.
Ginger	1" piece
Turmeric powder	½ tsp.
Salt	1½ tsp.
<b>For garnishing-</b>	
Coconut	1 tbsp.
Coriander leaves	½ cup

### For tempering -

Kashmiri red chilies	2 nos.
Mustard seeds	¾ tsp.



## Khandvi

Asafoetida powder	¼ tsp.
Oil	1½ tbsp.
	¾ ½ ¼ °

## Method

1. Grind together green chilies and ginger with a little water to form a paste. Set aside.
2. Grate the coconut and finely chop the coriander leaves and set aside.
3. Mix together the buttermilk, gram flour and water. Mix all the ingredients together, (except those for the tempering and garnishing) into a smooth solution.
4. Cook over a medium flame until all the water has been absorbed and a soft dough like consistency has been obtained. It should be pliable enough to spread.
5. Grease the reverse side of 2-3 steel thalis with a little ghee and spread the mixture as thinly as possible over it. The number of thalis you will require will depend upon the thickness of the dough you spread. Spread the dough while it is still hot.
6. Once you have finished spreading all the dough, take a knife and placing each thali in front of you, cut 1 ½" to 2" wide strips. Then roll them the way you would a swiss roll.
7. Heat the oil in a pan. Add the mustard seeds and once they start crackling, add the red chilies and asafoetida powder.
8. As the ingredients sizzle, pour the contents over the prepared khandvi.
7. Garnish the khandvi with the grated coconut and the chopped coriander leaves.
8. Serve hot or cold.



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## Ingredients

Suji	1 cup
Water	2 cups
Green Chilies (chopped)	2 nos.
Onion chopped	1 no.
Cumin seeds	¼ tsp.
Ginger(chopped)	½ tsp.
Mustard seeds	¼ tsp.
Cashewnuts	6 nos.
Curry leaves	A few
Oil	2 tbsps.

Salt to taste

## Method

1. Rub 1 tbsp. of oil into suji. Roast on micro high for 2 minutes. Keep aside.
2. Take a round casserole and add oil, mustard seeds, cumin seeds, cashewnuts and curry leaves and micro cook covered for 2 minutes.
3. Add onions, ginger and green chilies. Cook on micro high for 3 minutes.
4. Add the roasted suji, salt and water. Stir well, cook on micro high for 10 minutes.
5. Serve hot garnished with chopped coriander.

## Microwave Upma



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## Ingredients

Mushrooms (sliced)	150 gms.
Butter	1 tbsp.
Bacon thin streaks	8 nos.
White sauce	300 ml.
Mixed herbs	¼ tsp.
Toast buttered	4 nos.
Salt and pepper to taste	

## Mushroom with Bacon



## Method

- 1.Heat butter and cook mushroom over low heat for 4 minutes.
- 2.In another pan fry the bacon until crisp, drain on paper napkin and crumble the bacon into small pieces.
- 3.Make the white sauce and add the herbs and season with salt and pepper.
- 4.Gently fold the bacon and mushroom into the sauce.
- 4.Pile the mixture on to the buttered toast and serve at once.



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## Ingredients

Eggs	8 nos.
Lunchon meat(diced)	1 cup
Onions chopped	2 nos.
Butter	4 tbsps.
Mushroom(finely chopped)	1 cup
Double cream	4 tbsps.
Salt and pepper to taste	

## Sundance Eggs



## Method

- 1.Heat butter in a pan and fry onions till light brown.
- 2.Add mushrooms and cook for further 2 minutes and add lunchon meat. Season with salt and pepper.
- 3.Spoon this mixture in eight small bowl and break egg into each dish.
- 4.Top with cream and sprinkle finely chopped parsley on it.
- 5.Bake in a preheated oven at 350 degrees F for 8-10 mins or till the white is set.
- 6.Serve with buttered toast.



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## Ingredients

Eggs	2 nos.
Breadcrumbs(dry)	½ cup
Paprika	1 tsp.
Lemon juice	2 tbsps.
Fish Fillets	750 gms.
Butter or margarine(melted)	4 tbsps.
Lemon	1 no.
Salt	½ tsp.

## Crumbed Fried Fish



## Method

1. Marinate the fish in the lemon juice for 1/2 an hour.
2. Beat the eggs in a shallow bowl and stir in the salt.
3. Mix the breadcrumbs with the paprika on a plate.
4. Dip the fish fillet into the egg mixture and coat with the breadcrumb mixture.
5. Place the fillet in a single layer on a buttered baking dish.
6. Pour the melted buttered over the fillets. Bake uncovered at 350 degreeF for 7-10 minutes or longer, depending on the thickness of the fish. When the fish flakes easily when tested with a fork, it is done.
7. Garnish with lemon wedges and serve with coleslaw.



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## Ingredients

Chicken(cooked,thinly sliced)	75 gms.
Celery stick(finely chopped)	15 gms.
Almonds(toasted, flaked)	10 gms.
Mayonnaise	1 tbsp.
White bread a day old 4 slices	
Butter	15 gms.
Salt and pepper to taste	



## Method

1. In a bowl, combine chicken, celery and almonds. Add the mayonnaise, salt and pepper and mix well.
2. Spread the bread with softened butter. Divide chicken almond mixture between two slices of bread and make two sandwiches.
3. Using a flower shaped biscuit cutter, cut each sandwich into four flower shapes. Wrap in cling film and chill till needed.
4. Serve garnished with fresh parsley.



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## Ingredients

Pork Sausage(large)	500 gms.
Egg(beatn)	1 no.
<b>For Short Crust Pastry:</b>	
Flour	200 gms.
Butter	100 gms.
Salt a pinch	
Water	2 tbsps.

## Sausage Twist



## Method

1. **To make the short crust pastry:** Sieve flour and rub in butter until it looks like fine breadcrumbs. Add the water to make dough. Knead on floured surface till smooth.
2. Make the pastry, roll out thinly and cut into thin stripes 12 inch by 1/4 of an inch.
3. Twist each strip around a sausage and brush the pastry with beaten egg.
4. Place on a greased tray and bake at 425 degrees F for 20 minutes.



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## Ingredients

Potatoes	200 gms.
Butter	1 tbsp.
Egg Yolk	1 no.
Cheese(graded)	2 cubes
Oil For frying	
Flour A little	
Mustard	¼ tsp.
Pepper	¼ tsp.
Salt to taste	

## Potato Cheese Balls



## Method

1. Boil and mash the potatoes.
2. Add egg yolk, butter, mustard, pepper and salt and mix well.
3. Cool the mixture and make lemon size balls.
4. Roll in flour and deep fry in oil.
5. Serve hot with sauce or green chutney.



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## Ingredients

Chicken, cooked, diced	2 cups
White sauce	2 cups
Mustard	1 tsp.
Mushrooms (thinly sliced)	½ cup
Cheese grated	½ cup
Bread slices (buttered)	6 nos.
Pepper to taste	
Salt to taste	

## Chicken Cheese Savoury



## Method

1. Season the white sauce with salt, pepper and mustard.
2. Stir the chicken and mushroom into the white sauce and simmer over low heat until heated thoroughly.
3. Spoon the chicken mixture to the toast and sprinkle with cheese. Grill until the cheese is brown and bubbling.
4. Serve with tomato and onion salad or a green vegetable.



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## Ingredients

Tomatoes firm	12 nos.
Onions finely chopped	1 no.
Meat cooked, minced	1 ½ cups
Rice cooked	1 cup
Butter	¼ cup
Stock	2 - 3 tps.
Cream	1 tsp.
Worcestershire sauce	2 tps.
Parsley chopped	2 tsp.
Cheese grated	½ cup

Bread crumbs	1 tsp.
Salt and pepper	To taste



## Method

1. Cut a thin slice from the top of each tomato and scoop out the pulp.
2. Cook the onions in the butter until soft.
3. Add the meat, rice, stock, cream, worcestershire sauce and parsley.
4. Season with pepper and cook for 3 mins.
5. Fill the tomatoes with the meat mixture and put in a lightly buttered oven proof dish.
6. Sprinkle with the grated cheese and the bread crumbs and bake in a pre heated oven at 375 degree F for 15 to 20 mins.



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## Ingredients

Bread slices	10 nos.
Grated cheese	1 cup
Butter	As required
Tomato sauce	As required

## Cheese Squares



## Method

1. Butter the slices and cut each slice into four pieces.
2. Spread cheese over each piece and top with tomato sauce.
3. Bake or grill till the cheese melts.



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## Ingredients

Large green chili	16 nos.
Boiled potatoes	500 gms.
Red chili powder	1 tbsp.
Garam masala powder	1 tsp.
Chaat masala	1 tsp.
Chopped green coriander	1 tbsp.
Salt	As per taste
<b>Batter</b>	
Gram flour	200 gms.

Baking powder	1 tsp.
Red chili powder	1 tsp.
Oil for deep frying	-
Salt	To taste

## Mirchi Vada



## Method

1. Slit green chilies and remove the seeds.
2. Peel and grate boiled potatoes and add red chili powder, Garam Masala Powder, chaat masala, green coriander and salt. Mash and mix well. Divide this into 16 equal portions.
3. Stuff a little of this mixture into the green chilies and also cover the chilies with this potato mixture.
4. Now prepare a thick batter using gram flour, baking powder, red chili powder, salt and about 1 cup of water. Keep the batter for about 10 minutes.
5. Heat oil in a Kadhai to a moderate temperature. Dip stuffed green chilies into the gram flour batter and deep fry until golden brown.

**Note:** Select large sized green chilies for this recipe. It will not only give it a nice definite shape but also would not be very hot.



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## Ingredients

Boiled potatoes	400 gms.
Boiled green peas	100 gms.
Boiled spinach	100 gms.
Chopped green coriander	2 tbsps.
Chopped green chili	1 tbsp.
Chopped ginger	1 tbsp.
Chaat masala	1 tsp.
Cornflour	2 tbsps.
Oil for deep frying	-
Salt	As per taste

## Hara Bhara Kabab



## Method

1. Peel and grate boiled potatoes.
2. Mash boiled green peas.
3. Squeeze out excess water of spinach and chop finely.
4. Mix grated potatoes, peas and spinach. Add chopped green chilies, chopped green coriander, chopped ginger, chaat masala and salt. Add cornflour for binding.
5. Divide the mixture into 25 equal portions. Shape them into a ball and then press it in between your palms to flatten it. These are now called tikkis.
6. Heat oil in a Kadhai. Deep-fry the tikkis in hot oil for 3-4 minutes.
7. Serve hot.

**Tip:** You may also shallow-fry the Hara Bhara Kabab on a griddle plate or a Tavaa.



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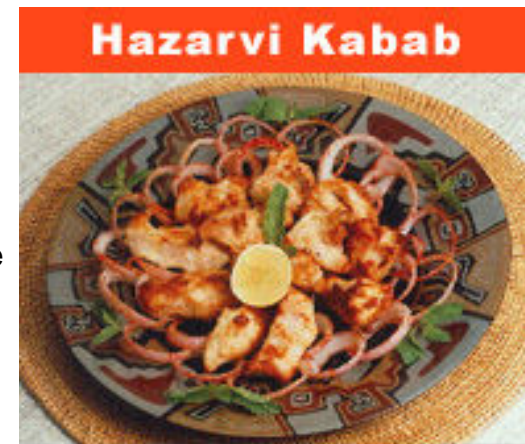
## Ingredients

Chicken breast (boneless)	8 pieces
Garlic paste	2 tbsps.
Ginger paste	2 tbsps.
White pepper powder	1 tsp.
Butter for basting	-
Salt	As per taste

### For Marinating

Grated cheese	80 gms.
Egg	1 no.

Chopped green chili	1 tbsp.
Chopped green coriander	2 tbsps.
Fresh cream	100 mls.
Mace powder	¼ tsp.



## Hazarvi Kabab

Nutmeg powder	¼ tsp.
Salt	As per taste

## Method

1. Cut chicken into 2 inch cubes.
2. Apply Ginger Paste, Garlic Paste, white pepper powder and salt to the chicken cubes and keep aside.
3. Grate and mash cheese to a fine paste. Add finely chopped green chilies, mace powder, nutmeg powder, coriander leaves and salt to the cheese.
4. Add egg to the cheese paste and mix well.
5. Add chicken to the cheese mixture. Then add fresh cream and mix lightly.
6. Keep this in the refrigerator for about 2-3 hours.
7. Put chicken onto skewers and cook in a moderate hot tandoor/oven (175° C) until almost cooked and slightly coloured.
8. Apply butter or oil for basting and cook for another 2 minutes till chicken is done.



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## Ingredients

Gram flour	350 gms.
Curd (yogurt)	1 cup
Chopped green chili	1 tbsp.
Turmeric powder	½ tsp.
Mustard seeds	1 tsp.
Chopped ginger	1 tbsp.
Soda bi-carb	1 tsp.
Chopped green coriander	1 tbsp.
Fresh grated coconut	½ cup
Lemon	1 no.

Oil

2 tbsp.

Salt

To taste

## Dhokla



## Method

1. Take gram flour in a bowl. Add beaten [Curd/Yogurt](#) and warm water. Whisk well to remove all lumps. The mixture should have a thick consistency. Add salt and cover it and leave it to ferment for 3-4 hours.
2. Make a paste of ginger and green chilies.
3. Add this paste to the fermented mixture. Add turmeric powder and correct [seasoning](#).
4. Keep the steamer ready on the flame.
5. Grease a *dhokla* mould or a shallow cake tin with a little oil. In a small bowl take one teaspoon of soda bi-carb, 1 teaspoon oil and juice of 1 lemon. Mix well and add this to the Gram flour mixture.
6. Pour the batter into the greased mold and steam for 10-12 minutes.
7. Cool for sometime. Cut into squares and arrange in a serving platter/bowl.
8. Heat oil in a small pan. Add mustard seeds. When the seeds begin to crackle, remove and pour over the *dhoklas*.
9. Serve [garnished](#) with [chopped](#) green coriander leaves and [grated](#) coconut.



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## Ingredients

Boiled potatoes	400 gms
Raisins	50 gms.
Finely chopped onion	½ cup
Chopped green coriander	1 tsp.
Chopped green chili	1 tsp.
Bread crumbs	½ cup
Oil	3 tsp.
Salt	To taste

## Stuffed Aloo Tikki



## Method

1. Heat a little oil in a pan, add onion and sauté until soft. Keep aside.
2. Peel [boiled](#) potatoes, grate and then add sautéed onion, [chopped](#) green coriander, chopped green chili, salt and bread crumbs. Mix well.
3. Divide into 8 equal portions. Stuff each portion with chopped raisins, make balls and flatten them.
4. Shallow fry on a griddle with a little oil until light golden brown in color.
5. Turn and fry till light golden brown in color.
6. Serve hot with chutney or ketchup.



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## Ingredients

Urad dal (without skin)	2 cups
Green chillies	6 nos.
Ginger	1"piece
Curry leaves	10-12
Asafoetida	¼ tsp. (optional)
Salt	2 tsps.

## Medu Vada



## Method

1. Wash and soak the dal in fresh water for about 1 hour.
  2. Drain and grind to a smooth and spongy batter. Add salt, asafoetida and mix well.
  3. Wash and mince the green chili, ginger and curry leaves and mix into the batter.
  4. Heat oil in a kadai. Wet the palm, take some batter and flatten to a round shape, make a hole in the center with your thumb and slowly slide into the hot oil. This batter should yield 25-30 medium sized vadas.
  5. Deep fry on both the sides till crisp and light golden brown.
  6. Drain well on an absorbent towel and serve hot with sambar and/or chutney.
- TIPS: If you find it difficult to make the shape, you can use a piece of plantain leaf to make the shape and then slowly invert it into the hot oil.

Substitute red chili for the green chili for a different taste. Add one onion while grinding the dal to get very crisp and tasty vadas.

MYSORE BONDA: Proceed the same way but keep the batter a little firm, add coconut bits and fry in the shape of balls.



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## Ingredients

Gram flour	150 gms.
Sliced onion	1¼ cup
Chopped green chili	1 tsp.
Chopped green coriander	1 tsp.
Cumin powder	1 tsp.
Oil for deep frying	-
Salt	As per taste

## Onion Bhajia



## Method

1. Apply salt to the sliced onions and keep aside for 10 minutes.
2. Mix all the remaining ingredients with the gram flour and add water to make a thick batter.
3. Squeeze out excess water from the sliced onions and mix with the batter.
4. Heat oil in a [Kadhai](#). Drop the batter with a spoon or with hand into moderate hot oil. Deep fry until cooked and golden brown in color.
5. Remove from oil and keep on an absorbent paper or towel to remove excess oil.
6. Serve hot with [Mint chutney](#).

**Note:** For better results, take out *bhajias* when they are half done and press them between your palms (remember these will be hot) and again [deep fry](#) until golden brown and crisp.



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## Ingredients

Lamb mince	400 gms.
Chopped ginger	1 tsp.
Chopped green chili	½ tsp.
Chopped green coriander	½ tsp.
Garam masala powder	1 tsp.
Red chili powder	1 tsp.
Oil	1 tsp.
Salt	As per taste

## Seekh Kabab



## Method

1. Squeeze mutton mince in a dry cloth to remove excess water.
2. Mix all the above ingredients except oil. Knead well.
3. Divide into 8 equal portions and make balls.
4. Spread the mince balls on to the skewers, using a wet hand. Press evenly to get *kababs* of six inches length.
5. Roast in a moderately hot tandoor for 7-8 minutes or in a pre-heated oven(175° C) for 10 minutes.
6. Baste with oil and again roast for 2 minutes.

**Note :** For Seekh Kababs, use mince which has been passed through a mixer twice.



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## Ingredients

Gram flour	60 gms.
Boiled rice	2 cup
Chopped green chili	1 tsp.
Chopped green coriander	1 tsp.
Chopped onion	½ tsp.
Chopped ginger	1 tsp.
Chaat masala	1 tsp.
Oil for deep frying	-
Salt	As per taste



## Method

1. Mix all the above ingredients except oil. Add about ¼ cup of water to make a thick batter.
2. Heat oil in a [Kadhai](#) to a moderate heat.
3. Spoon the batter with a tablespoon, into hot oil and [deep fry](#) till light golden brown
4. Drain on a paper towel to remove excess oil and [fry](#) once again in very hot oil briefly.
5. Serve hot with chutney of your own choice.

**Note:** For this recipe you may also use leftover cooked rice.



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## Overview

**They prepare you for the shape of things to come.** As buffers between soups and the main course.

Indian starters can range from the aloo or chicken tikka to idlis and Mirchi vadas. *Kehte hain na.. aagey aagey dekho hota hai kya!* (As they say, wait and watch what's in store for you)

But don't be surprised if you find that the starters have become a mini meal! After all these items were traditionally cooked as snacks for breakfast or tea. They have been re-invented to fit into the course- by - course format. Or as accompaniments with drinks.

Vive la improvisation!



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## Ingredients

Paneer (cottage cheese), sliced into 7 400 gms.  
 Onions sliced 2 nos.  
 Tomatoes sliced 2 nos.  
 Homemade mint chutney 8 tbsps.  
 Sliced cheese 8 nos.  
 Any cheese, grated (optional) 1 cup  
 Freshly crushed black pepper ½ tsp.

Fresh cream 1 tbsp.  
**For marinade**  
 Hung yogurt 1/3 cup  
 Red chilli powder 2 tsp.  
 Coriander powder 1 tsp.  
 Cumin powder 1 tsp.

## Paneer Taash Kebab



Ginger/garlic paste 4 tps.  
 Homemade garam masala 1 tsp.  
 Mustard oil 2 tbsps.  
 Chaat masala to taste.  
 Salt to taste

## Method

1. Mix well all the marinade ingredients and spread evenly on the sliced paneer. Keep aside for 10 minutes.
2. Spread mint chutney evenly on the sliced paneer.
3. Arrange sliced onions and tomatoes on each sliced paneer and cover with the sliced cheese.
4. Stack each layer of sliced paneer one on top of the other, by repeating the process.
5. Make a mixture of cream and crushed black pepper and pour over the top layer.
6. Place the last cheese slice on top, bake at moderate temperature for 10 minutes in the oven.
7. Cut into desired equal sizes.

Serving suggestion: to turn this dish into non-vegetarian, substitute paneer with chicken escalops, roll in a roomali roti and serve hot.



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## Ingredients

Coriander leaves	2 bunches
Green chillies	4 nos.
Besan	1 cup
Jaggery	¼ tsp.
Soda-bi-carbonate	A pinch
Turmeric powder	½ tsp.
Oil	2 tbsps.+
Salt	To taste
<b>Deep-frying</b>	
Banana leaf	1 no.

## Kothimbir Wade



## Method

1. Clean coriander leaves, wash well and then chop finely. Keep aside about 2 tablespoon chopped coriander leaves for garnish.
2. Wash green chillies, remove stem and then chop.
3. Combine remaining coriander leaves, green chillies, jaggery, salt, soda-bi-carbonate, turmeric, besan, and oil. Add water to make medium hard dough.
4. Roll it out into cylindrical shape of 2 inches diameter.
5. Grease banana leaf with a little oil, roll the dough in it.
6. Steam it for 15-20 minutes or till done.
7. Remove, cool and cut in to 1 centimeter slices.
8. Heat oil to moderate hot level and deep fry steamed wadi till crisp and light golden brown in colour.
9. Remove, drain off excess oil, sprinkle chopped coriander leaves on top.
10. Serve hot.



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## Ingredients

Gourd (dudhi)	1/2 kg.
Gram flour	3-4 tbsp.
Coriander leaves, finely chopped	1 tbsp.
Cumin seeds	1/2 tsp.
Green chilies, finely chopped	3 nos.
Red chili powder	1 1/2 tsp.
Coriander powder	2 tsp.
Turmeric powder	A pinch

Oil for deep frying	As required
Salt	To taste

### For the gravy

Onions, medium-size	2 1/2 nos.
Tomatoes, medium-size	2 nos.
Turmeric powder	1/4 tsp
Cumin seeds	1/2 tsp.
Black cardamom	1 no.
Cloves	2 nos.

## Dudhi Ja Kofta



Ginger-garlic paste	1 tsp.
Green chilies, finely chopped	3 nos.
Red chili powder	2 tsp.
Coriander powder	2 tsp.
Coriander leaves	1/2 tbsp.
Oil	5 tbsp.
Salt	To taste.

## Method

### For the koftas

1. Grate the dudhi and squeeze out all the water and mix it with the gram flour, finely chopped chilies, coriander leaves, red chili powder, coriander powder, turmeric powder, cumin seeds and a little salt.

2. Make small round portions and deep fry till golden brown in colour and set them aside.

### For the Gravy

1. Grate the onions and squeeze out the water.

2. Heat oil and fry the onions, finely chopped green chilies, ginger-garlic paste, cloves, cardamoms and cummins seeds till the onions turn golden.

3. Now add the tomato puree, powdered masalas and salt and fry again till the oil separates and then add 1 cup of water to make a thick gravy.

4. Just before serving, heat the gravy and put the koftas and garnish with finely chopped coriander leaves.

5. Serve with chappatis and onion kachumber



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## Ingredients

Eggs	3 nos.
Sugar	6 tbsp.
Milk	3 cups
Essence	A few drops
Salt	A pinch



## Method

1. Heat the sugar in a clean, dry frying pan.
2. Stir till the sugar melts and turns brown and add about 9 tbsps. of hot water.
3. Bring the water to boil and keep on the fire till it thickens.
4. Take it off the fire and keep aside until required.
5. Heat the milk over boiling water.
6. Beat the eggs and add the caramelised sugar and salt to it.
7. Add this mixture to the milk, stirring all the time.
8. Add the essence and pour into custard cups and steam.



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## Ingredients

Cashewnuts	100 gms.
Powered sugar	80 gms.
Cornflour	1 tsp
Rose essence	1/3 tsp.
Varak	For decoration



## Method

1. Soak cashew nuts in water, for 1-2 hours.
2. Drain and grind them to a fine paste on a grinding stone, using as little water as possible.
3. Mix together the sugar and cashew paste. Cook in a karahi on a medium flame.
4. When the mixture thickens, reduce the flame and keep stirring.
5. When the mixture becomes thick and comes away from the sides of the pan (it should take 8 minutes) sprinkle cornflour, stir well, and remove from the fire.
6. Immediately, mix in the rose essence and quickly turn onto a greased marble or wooden surface.
7. Quickly, roll thinly with a greased roller. Spread the silver sheet over and cut into diamond shaped katlis.
8. Store in an air-tight container when cold.



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## Ingredients

Bitter gourd	1/2 kg.
Onion, medium-size	4 nos.
Tomatoes, medium-size	2 nos.
Green chilies	3 nos.
Red chili powder	2 tsp.
Turmeric powder	1/4 tsp.
Coriander powder	2 tsp.
Wheat flour	2 tbsp.
Oil for making the gravy	5 tbsp.
Oil for deep frying.	As required
Salt	To taste.

## Karela Basar



## Method

### For the Bitter Gourd

1. Peel off the skins of the bitter gourds and wash them well.
2. Make long slits in their centres and sprinkle a little salt and wheat flour on them, rub well and set aside for an hour, then wash the bitter gourds well and squeeze out the water.
3. Deep fry on a low flame till they are tender and slightly crisp and set aside.

### For the gravy

1. Slice the onions lengthwise and chop the chilies and the tomatoes.
2. Heat the oil and fry the onions and chilies on medium flame, stirring after every couple of minutes till the onions are pink.
3. Add the chopped tomatoes, the powdered masalas and a little salt.
4. Fry till the oil separates and add the fried bitter gourds to the gravy and cook on a low flame for a couple of minutes.
5. Serve with hot khichdi or with chappatis and any dal.



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## Ingredients

### For the Rabadi

Milk 1 litre  
Sugar 6-7 tbsp.

### For the Falooda

Sugar 5 tbsp.  
Falooda 50 gms.  
Green cardamoms (powder) 8 nos.  
Saffron colour 1/2 tsp.  
Water 1 1/2 cup.



## Method

### For the Rabadi :

1. Heat the milk.
2. After the first boil, let it simmer till the milk thickens to a little less than half its original quantity and turns light brown.
3. Add sugar and once it dissolves, wait for 5 minutes before switching off the stove. The rabri is ready. Let it cool and store in the fridge.

### For the Falooda:

1. Break the falooda into small strands and soak in water for an hour. Cook in a pressure cooker for 10-12 minutes, till the water evaporates.
2. Add sugar, powdered cardamoms and saffron.
3. When these ingredients too are absorbed the Falooda is ready.
4. Serve in an ice cream cup, putting 2-3 tbsp. of Falooda topped by a helping of Rabri and crushed ice.



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## Ingredients

Bananas	400 gms.
Lemon juice	1 tbsp.
Double cream	3/4 cup
Single cream	3/4 cup
Almond essence	1/4 tsp.
Flaked almonds (toasted)	60 gms.
Sugar	30 gms.



## Method

1. Peel and slice the bananas and toss them in lemon juice.
2. Beat the creams with the essence till they hold shape.
3. Fold in the almonds, keeping a few for decoration.
4. Cover the base of a glass dish with half the bananas and sprinkle half the sugar over them.
5. Spoon over half the cream.
6. Top with the remaining bananas and sugar. Pour cream on the top, only in the centre.
7. Decorate with toasted almonds.
8. Serve chilled.



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## Ingredients

Small arvi leaves 30 nos.  
 Gram flour 1/2 cup  
 Wheat flour 1/2 cup  
 Whole rice flour 1/2 cup

### For the masala

Red chilies 6 nos.  
 Green chilies 6 nos.  
 Ginger 1" piece  
 Garlic 1 pod.  
 Cummin seeds, roasted 1 tsp.

Coriander seeds, roasted 1 tsp.  
 Cloves 6 nos.  
 Cinnamon 1" piece  
 Turmeric powder 1/2 tsp.  
 Bananas, mashed 2 nos.

## Parsi Patrel



Coriander leaves, chopped 2 tbsp.  
 Tamarind water 1 cup  
 Jaggery 2 tbsp.  
 Oil 6 tbsp.  
 Salt As required

## Method

1. Remove the centre large stem from each of the leaves.
2. Place a large leaf upside down and mix all the ingredients together except the oil into a thick paste and add water if required.
3. Apply the mixture thinly on the leaf and place another leaf on top and again apply the mixture.
4. Continue this process for 4 or 5 leaves if they are large or else 8 or 10 leaves if they are small.
5. Tuck in the sides and roll as for a swiss roll and tie up securely with a string.
6. Make more Patrel rolls in a similar way. After they are all ready heat oil in a pan, fry the Patrels on all sides, then cover the pan with a lid.
7. Put water on the lid and cook on low flame turning occasionally for 45 minutes to 1 hour and cool.
8. Can be refrigerated for a week or so and eaten when desired.
9. When ready to eat, cut slices of the Patrel and shallow fry.
10. Serve with pieces of lemon.



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## Ingredients

Milk	1 litre.
Sugar	250 gms.
Eggs, beaten	4 nos.
Cardamoms, shelled and powdered	6 nos.
Nutmeg, grated	1/4 tsp.
Rose water	1 tbsp.
Almonds, slice and blanched	12 nos.
Vanilla essence	1 tsp.



## Method

1. Boil milk with sugar and bring it down to half the quantity and cool.
2. Add the rest of the ingredients and mix well and pour it into a pyrex dish leaving space for it to rise.
3. Bake in an oven 300 C for 1/2 an hour until the top is brown.
4. Cool and refrigerate.



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## Ingredients

Milk	4 cups
Sugar	1 cup
Cornflour	1/2 tbsp.
Khoya or Thick cream	3 tbsp. 1/2 cup
Blanched pistachios	2 tbsp.
Saffron	A pinch



## Method

1. Boil the milk till it is reduced to 1 1/4 cup Add cornflour dissolved in a little cold milk and cook till the consistency is a thick sauce.
2. Add sugar and stir till completely dissolved. Remove from heat and add crushed Khoya or chopped pistachios and saffron.
3. Fill the kulfi moulds with the mixture and screw the tops securely. If kulfi moulds are not available, use ice-trays.
4. Place the moulds, on their side, in the deep-freeze of a refrigerator and leave for 3-4 hours.
5. Before serving, dip each mould in warm water, unscrew top and turn out on to individual plates.

