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# **PUNJABI RECIPES**

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A UNIQUE CULINARY CONCEPT BY CHEF TARUNA BIRLA

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# WHITE GRAVY Ingredients

- onion-1
- cashew-1/2 c
- Melon seed ¼ c
- oil-1 tbsp
- bay leaves-2
- · cinnamon,cardamom,ginger- garlic paste-1 tsp
- green chillies-4
- Dhaniya pd-1/2 tsp
- jeera pd-1/2 tsp
- cream-2 tbsp
- white pepper-1 tsp
- khoya-1 -2 tbsp
- Sugar 1 tbsp

#### Method

- boil onion and cashew, melon seed and make a paste
- add oil to pan add bay leaf, cinnamon, cardamom add ginger garlic

paste sauté it add onion and cashew paste cook at low flame for 5-6

min till oil separates, add khoya, add chopped chilies, cumin pd, dhaniya pd cook at slow flame than add water and cook.

# RED GRAVY Ingredients

- tomatoes-4 ,ripe
- onion-2 ,big
- cashew-1/3 c
- oil
- Red chilly powder -1 or 1 ½ tbsp
- Ginger garlic paste -2 tsp
- salt

- cardamom pd-1/2 tsp
- Garam masala -1/2 tsp
- kasuri -1 tsp
- Honey-2 tsp

#### Method

- 1. take oil in kadhai
- 2. add onion, tomatoes and cashew in kadhai and roast it
- 3. make a puree of it
- 4. stain it
- 5. now put butter and oil in pan
- 6. add ginger garlic paste, and roast it add red chilly powder than add above

puree and roast it

- 7. cook for 5 to 7 min
- 8. now add ½ tsp garam masala, honey and kasuri
- 9. now add water, salt and cook.

### **BROWN GRAVY**

## Ingredients:-

- onion slice-4
- tomatoes-2
- cream-100 ml
- cashew-2 tbsp
- melon seeds-1/2 tbsp
- whole spices- cinnamon,cardmam,cloves
- green chillies-2
- Ginger garlic paste -1 tbsp
- Chopped coriander
- Dhaniya powder -1 tbsp
- Red chilli powder -1 tsp
- Turmeric-1 tsp
- Kasuri methi

## Method:

- 1. Take oil in pan.
- 2. Now add slice onion and roast it till golden brown.

- 3. Add whole spices, add 2 red chilies
- 4. Then add chopped tomatoes, cashews, and melon seed and again roast it, cool it & grind it well.
- 5. Add green chillies, ginger garlic paste, chopped coriander powd er, salt, turmeric, Red chilli powder, and roast it
- 6. Now make a puree of it
- 7. Add oil in pan
- 8. Now add above paste roast it, add Kasuri.

## **GREEN GRAVY**

# Ingredients

- Blanched palak puree -100gm.
- Oil 1 tbsp.
- Onion 1 big size
- Green chilies 4 pieces
- Ginger garlic paste 1 tbsp
- Melon seeds 1 tsp
- Kaju 1tbsp
- Tomato finally chopped 2 tbsp

# Method:

- 1-Take oil in kadai
- 2-Add onion green chili, ginger garlic paste, melon seeds, kaju, tomato and water & cook for 5-7 minutes
- 3-Make puree of it
- 4-Now put oil in a pan & add puree of onion and cook it for 3-4 minutes.
- 5-Now add palak puree and salt and cook for 5 minutes Now add cream.

# Paneer Lababdaar

Ingredients

Oil -2 tbsp

Onion -2 tbsp

Ginger garlic paste – 1tbsp

Green chili – 1 tsp

Tomato - 2tbsp

Red chili powder - ½ tbsp

Kasuri methi – ½ tsp

Dhaniya powder − ½ tsp

Salt

Garam masala – 1/2 tsp

Water -2tbsp

Red gravy – ½ cup

Grated paneer – 2 tbsp

Paneer cubes – 8-10 pieces

Coriander leaves

#### Method:

1- heat oil saute onion green chilli, ginger garlic paste till it become

golden colour add choped tomato, dhaniya powder, red chilli, garam

masala, kasuri methi and water

- 2- add red gravy grated paneer and cubes
- 3- garnish with cream and coriander.

# Veg kolhapuri

# Ingredients

Oil -2 tbsp

Onion -2 tbsp

Ginger garlic paste – 1tbsp

Green chili – 1 tsp

Tomato – 2tbsp

Jullian cut capsicum - 1/4 cup

Red chili powder – ½ tsp
Kasuri methi – ½ tsp
Dhaniya powder – ½ tsp
Salt
Kolhapuri masala – 2tbsp
Garam masala – 1/2 tsp
Water -2tbsp
Red gravy – ½ cup
Boiled vegetable (peas,cauliflower,carrot,beans, patoto)
Coriander leaves

#### Method:

1- heat oil saute onion green chilli, ginger garlic paste till it become golden colour add choped tomato, dhaniya powder, red chilli, garam masala, kasuri methi kolhapuri masala and water 2- add red gravy and boiled veg

3- garnish with coriander.

For kolhapuri masala
Tilli -1 tsp
Khas-khas - 1 tsp
Dhaniya seeds -1 tsp
jeera - ½ tsp
Lal mirch – 3 pieces
Coconut powder – 2 tbsp
Elaichi and cinemom stick
Roast and grind all ingrediants.

# Palak Paneer Ingredients

Oil -2 tbsp
Onion -2 tbsp
Ginger garlic paste – 1tbsp
Green chili – 1 tsp
Tomato – 2tbsp
Red chili powder – ½ tbsp

Dhaniya powder – ½ tsp Salt Garam masala – 1/2 tsp Water -2tbsp Green gravy – 1 cup Paneer 5-6 cubes

#### Method:

- 1- heat oil saute onion green chilli, ginger garlic paste till it become golden colour add choped tomato , dhaniya powder, red chilli , garam masala and water
- 2- add green gravy and paneer
- 3- garnish with cream

# Malai kofta

Ingredients

Oil -2 tbsp

Onion -2 tbsp

Ginger garlic paste - 1tbsp

Green chili – 1 tsp

Tomato – 2tbsp

Red chili powder – ½ tbsp

Dhaniya powder − ½ tsp

Salt

Garam masala – 1/2 tsp

Water -2tbsp

brown gravy – 1/4 cup

White gravy (optional) -3 tbsp

Method:

- 1- heat oil saute onion green chilli, ginger garlic paste till it become golden colour add choped tomato , dhaniya powder, red chilli , garam masala and water
- 2- add both gravy
- 3- and kofta

## For kofta recipe

Paneer grated - ½ cup

Boiled patoto grated – ½ cup Coriander leaves – 1 tsp Green chilli – 1 tsp. Salt Chopped Kaju – 2 tbsp Corn flour – 1and ½ tbsp

Mix all the ingredients make cylindrical shape and fry in medium hot oil .

# Malai Do Pyaja

Ingredients
Oil – 2tbsp
Onion slice – 2 onions
Salt
Brown gravy – ¼ cup
Malai / cream – 2tbsp
Water
Coriander leaves

#### Method:

- 1- take oil in a pan and add satue onions till golden brown
- 2- add salt , brown gravy , malai and water cook for 3-5 minutes
- 3- garnish with coriander leaves

# Kaju curry

Ingredients

Butter – 2tbsp

Salt

white gravy – 1/4 cup

Malai / cream – 2tbsp

Fried kaju – 4 tbsp

Grated paneer -2 tbsp

Mawa – 2tbsp

Sugar – ½ tsp

Water

Method:

1- take butter in a pan and add white gravy ,cream , paneer ,mawa,sugar ,kaju

salt and cook for 3-4 minutes.

# Methi Muttar Malai

Ingredients

Butter – 2tbsp
Salt
white gravy – ¼ cup
Malai / cream – 2tbsp
Grated paneer -2 tbsp
Mawa – 2tbsp
Sugar – ½ tsp
Water
PEAS – 1cup
Methi fried – 2tbsp
Method:

1- take butter in a pan and add white gravy ,cream , paneer ,mawa,sugar,salt and cook for 3-4 minutes.
2- add peas and methi .

# Sweet Corn Bharta

Ingredients Oil - 4 tbsp Onion - 4 tbsp Ginger garlic paste – 1tbsp Tomato – 1 cup Red chili powder - 2 tsp Kasuri methi - ½ tsp Dhaniya powder − ½ tsp Salt Garam masala – 1/2 tsp Turmeric powder pinch white gravy - 3tbsp Cream – 3tbsp Tomato sauce – 2tbsp Sweet corn – one and ½ cup boiled Coil for flavour

#### Coriander leaves

#### Method:

1- heat oil saute onion, ginger garlic paste till it become golden colour add choped tomato, dhaniya powder, turmeric, red chilli, garam masala, kasuri

methi, white gravy and water

- 2- mix cream and sweet corn
- 3- garnish with cream and coriander.

# DHABA STYLE PANEER

Ingredients

300 gms Paneer cubed

1 tsp salt

1 tsp Kashmiri Red Chili Powder

1/2 tsp Garam Masala

1/4 tsp Haldi powder

2 tbsp Water

1 tbsp Ghee as required to cook the paneer

Coriander Leaves chopped for garnish

For the gravy

3 tbsp oil

1 tbsp Ghee

1 tsp Cumin Seeds

3-4 small Cardamom crushed

1 inch Cinnamon stick

4-5 small Cloves crushed

3 medium Onions minced, finely chopped or blended

1 inch Ginger juliennes

4-5 cloves garlic chopped/paste

salt to taste

1 tsp Kashmiri Red Chili Powder

1/4 tsp Black Pepper

1 tsp Kasuri Methi

1/2 tsp Garam Masala

1 tsp Coriander & Cumin powder or ½ tsp of each cumin and coriander powder

1 tbsp Besan or atta

1 tbsp Coriander Leaves chopped

4 medium Tomatoes chopped and pureed

1 cup Water as required for gravy

Instructions

For the paneer

Cut the paneer in to cubes and in a mixing bowl combine paneer with salt, kashmiri Red Chili powder, garam masala and haldi powder. Add water and give

it a good stir. Do not break the paneer cubes. Once done set aside.

# DHABA STYLE PANEER

For the gravy

- 1-In a kadhai pour oil and then add the ghee, once the oil is hot add cumin, crushed cardamom, cinnamon and cloves. Roast all the spices for 1 minute.
- 2-Add the minced onions and cook them over medium flame until they are golden.
- 3-Half way through cooking the onions, add ginger, garlic and salt, cook them

with the onions until it's golden.

- 4- Next add kashmiri Red Chili powder, black pepper, kasuri methi, garam masala, coriander and cumin powder.
- 5- Finally add besan and give it a good stir. Cook everything over low flame for 2

minutes.

6- Add coriander leaves and cook for 1 minute. Add the tomato puree, give it a

quick mix, cover the pan and cook for 3-4 minute over low flame.

7- After 4 minutes, open the lid and cook everything over high flame until the

masala leaves the sides of the pan.

8- In the meantime in a pan add ghee and then add the paneer, toss and warm

the paneer.

9- After cooking the masala for about 6 minutes, add the warm paneer and pour

water.

10- Gently stir the paneer and cover the pan and cook everything for 2 minutes

over low flame. Paneer is ready.

Notes:

Quantity of ghee and oil is upto your preference.

Besan is a thickening agent; you can skip its optional.

You can use mint leaves as well, if you like.

Warming the paneer is an important step; this will ensure that the spices are

well coated with the paneer. Don't brown or cook the paneer, just warm it.

# DHABA STYLE MASALA BHINDI INGREDINETS:

Lady finger

#### **METHOD:**

Fry lady finger & prepare same gravy as dhaba style paneer. Now add fried lady finger in the same gravy.

# **DAL MAKHANI**

For the gravy

Urad - 1 & ½ cup (90% cooked)

Rajma – 2 tbsp (boiled with urad)

Milk – ¾ cup

For tadka

Ghee – 2tbsp

Butter -2 tbsp

Tej patta ,ilachi, long,jeera

Ginger garlic paste – 1tbsp

Green chilli – 1tbsp

Onion -1/2 cup (finally chopped)

Red chilli powder -2 tbsp

Haldi – ¼ tsp

Salt -

Garam masala- ½ tsp Dhaniya powder -1/2 tsp Tomato paste -3/4 cup

#### Method

- 1-mix milk in boiled urad and cook for 10 minutes
- 2- in a pan add ghee & butter and add whole spices
- 3- add ginger garlic paste ,green chilli and onions saute till golden brown
- 4- add red chilli ,salt,garam masala,haldi, dhaniya powder and tomato paste and

cook it for 7-8 minutes

5- add tadka in boiled urad and cook for 5 minutes

# VEG JAIPURI INGREDIENTS:

Oil -2 tbsp Onion -2 tbsp Ginger garlic paste – 1tbsp Green chilli – 1 tsp Tomato – 2tbsp Grated paneer 2 tbsp Jullian cut capsicum - 1/4 cup Red chilli powder – ½ tbsp Kasuri methi – ½ tsp Dhaniya powder − ½ tsp Salt Garam masala - 1/2 tsp Water -2tbsp Red gravy +brown gravy ½ cups Boiled vegetable (peas, cauliflower, beans) Coriander leaves Papad for garnishing

## METHOD:

- 1- Heat oil sauté onion green chilli, ginger garlic paste till it become golden Colour add chopped tomato, Dhaniya powder, red chilli, Garam masala, Kasuri Methi and water
- 2- Add red gravy and boiled veg.
- 3- Garnish with coriander.

#### **PANEER TIKKA MASALA**

# **INGREDIENTS: (For Tikka)**

3 tbsp hung curd or thick curd

Pinch turmeric powder

1 tsp cumin- coriander powder

1 tsp red chilli powder

Kasoori methi (dried fenugreek leaves)

Salt to taste

Mustard oil 1 tsp

1 tbsp garlic, ginger, green chilli paste

Paneer 5-6 big cubes

#### **METHOD:**

Mix all the ingredients. Add pieces of paneer & put in baking dish or grill pan.

## **Ingredients:**

2 tbsp oil

3 tbsp onion

- 1 tbsp green chilli
- 1 tbsp garlic
- 4-4 dice cut capsicum -onion
- 3 tbsp chopped tomato

Salt to taste

- 1 tsp red chilli powder
- 1 tsp kasoori methi
- 1 tsp jeera powder
- 1 tsp Garam masala
- 2 tbsp water
- 1 cup red gravy
- 2 tbsp grated paneer
- 1 tbsp coriander

Paneer tikka paste

- ½ tbsp butter
- 1 tbsp cooking cream

Roasted paneer

#### **METHOD:**

Heat oil in a pan. Add finely chopped onion, green chilli & garlic & sauté it.

Add dice cut capsicum, onion, chop-tomato & salt & Sauté it.

Then add all spices and water. Add both gravy, red chilli paste & boil it

Then add grated paneer, coriander, paneer tikka masala paste, butter & boil it.

Lastly add cooking cream & roasted paneer.

**Garnish:** cream, coriander & grated paneer.

#### **DUM AALOO**

#### **INGREDIENTS:**

Step1. Remove the skin of potato & fry the aalu in cool oil at slow flame.

Step2. Assemble the subji.

### **INGREDIENTS:**

- 2 tbsp oil
- 3 tbsp fn ch onion
- 1 tbsp green chilli
- 1 tbsp garlic
- 1 tsp kasoori methi
- 2 tbsp chopped tomato
- 1 tsp cumin coriander powder
- 1 tsp red chilli powder

Salt to taste

Pinch Garam masala

2 tbsp water

34 + 14 cup red gravy

- 2 tbsp grated paneer
- 1 tbsp coriander

½ tbsp butter

2 tbsp cooking cream

Cut the potato from lower side and take a serving dish, put the potatoes & pour the gravy. Garnish with coriander, Julian cut ginger & cream.

#### **VEG JALFREZI**

#### **INGREDIENTS:**

Oil 2 tbsp

Onion 2 tbsp

Ginger garlic paste 1 tbsp

Green chilli 1 tsp

Tomato 2 tbsp

Red chilli powder ½ tbsp

Dhaniya powder ½ tsp

Salt

Garam masala ½ tsp

Water 2 tbsp

Red gravy ¼ cup

2 tbsp ketchup

Sliced onions 2 medium size

Cabbage, peas, carrot, beans 2 cups of boiled vegetables.

#### **METHOD:**

Heat oil sauté onion green chilli, ginger, garlic paste till it become golden colour add chopped tomato, Dhaniya powder, red chilli, Garam masala and water

Add red gravy & boiled vegetables.

#### **MASALA PAPAD**

#### **INGREDIENTS:**

1 tbsp chaat masala

½ tsp red chilli

1/4 tsp black salt

Mix these ingredients well.

Tomato fn ch 1

Onion fn ch 1

Cucumber fn ch ½

Green chilli fn ch 1 tsp

Lemon juice

Fresh coriander fn ch

Roasted masala papad

#### **METHOD:**

Take roasted papad and spread fn ch tomato, onion, cucumber, & green chilli on papad.

Now spread dry masala & lemon juice.

Our masala papad is ready to serve it with fresh coriander.

## **AMRITSAARI CHOLE**

## **INGREDIENTS:**

Chole 1 cup

Salt 1 tsp

Soda ½ tsp

Tea leaves 1 tsp

Daal-chini 1

Loung 4-5

Elachi 4-5

Kali mirch 4-5

Oil 3 tbsp

Ajwain 1 tsp

Ginger garlic 1 1/2 tbsp

Green chilli 1 tsp

Onion grated 2 (medium)

Tomato puree 3 (medium size)

Red chilli 3 tbsp

Daniya powder 1 tbsp

Haldi

Salt

# Chole masala 1 tsp

### **LACHHA PARATHA:**

## **INGREDIENTS:**

Maida 1 cup

Wheat flour 1 cup

Sooji 2 tbsp

Sugar 1 tbsp

Salt ½ tsp

## **KULCHA**

### **INGREDIENTS:**

Refined Flour (Maida) 3 cups

Lukewarm water 1/4 cup

Sugar 1 tsp

Dry yeast 1 tsp

Salt 1 tsp

Oil 2 tsp

Curd (Dahi) 2 tbsp

Oil to apply on kulcha

Fresh coriander leaves

#### **MEHTOD:**

Take Lukewarm water in a bowl add sugar, dry yeast & mix well now rest it for 10 min.

Take 3 cup maida in another bowl and add salt, oil, curd and add mixed yeast also and mix well and cover it.

Make small round ball and brush some water and dust some flour when you are making paratha put some coriander leaves & roll it.

Heat a pan and grease some butter & cook paratha by spreading some butter both side.

#### **20. SIRKA PYAJ**

#### **INGREDIENTS**:

- 20-25 baby onions
- 4-5 green chilli
- 1 nos ginger
- 1 beat root
- 1 cup water (to boil)
- 3 tsp sugar
- 2 tsp salt
- ½ cup vinegar

#### **METHOD:**

Heat water in a pan

Add sugar, salt and beat root in water and let it boil for a minute.

Strain the water and add the onions, green chilli & ginger in a jar.

Pour the water over the onions.

Top with vinegar and cover the jar and keep it in the refrigerator.

Use the onions after 24 hours.

It can be stored for up to 10 days in refrigerator.







