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SALAD

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2. RUSSIAN SALAD
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11. COLESLOW SALAD
12. SPECIAL CROUTON SALAD
13. CARROT RAISIN SALAD
14. MEXICAN QUINOA SALAD

A UNIQUE CULINARY CONCEPT BY CHEF TARUNA BIRLA

 OLD SWIFT COLLAGE HARNI MAHADEV ROAD, BHILWARA (RAJ)

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EXOTIC SALADS

1. WALDROF SALAD

FOR DRESSING:

- | | |
|----------------------|------------------|
| 1. Mayonnaise | 3-4 tbsp |
| 2. Cream | 3 tbsp |
| 3. Sugar powder | 1 tsp (optional) |
| 4. Salt | 1 pinch |
| 5. Black pepper pwd. | ½ tsp |

6. Other ingredients:

- | | |
|------------------------|----------------|
| 1. Apple | 200 gm |
| 2. Walnut | 50 gm |
| 3. Celery stems | 25 gm |
| 4. Ice berg leaves | |
| 5. Raisins | 35 gm (soaked) |
| 6. Black /green grapes | |
| 7. Pineapple | |

2. RUSSHIAN SALAD DELUX

FOR DRESSING:

- | | |
|----------------------|----------|
| 1. Mayonnaise | 3-4 tbsp |
| 2. Cream | 3 tbsp |
| 3. Sugar powder | 1 tsp |
| 4. Salt | 1 pinch |
| 5. Black pepper pwd. | |

Other ingredients:

- | | |
|---|--------|
| 1. Mixed boiled vegetables | |
| 2. (Carrot, French beans, potato, peas) | 1 bowl |
| 3. Black grapes | 1 tbsp |

- | | |
|-----------------|--------|
| 4. Green grapes | 1 tbsp |
| 5. Pineapple | 1 tbsp |
| 6. Apple | 3 tbsp |
| 7. Celery | |
| 8. Olives | |

3. PEANUT SALAD

FOR DRESSING:

- | | |
|-----------------------|-----------|
| 1. Tomato ketchup | 1 tbsp |
| 2. Lemon ginger syrup | 1 tbsp |
| 3. Capsico sauce | 3-4 drops |
| 4. Chat masala | 1 tbsp |
| 5. Salt | to taste |
| 6. Olive oil | 1 tbsp |
| 7. Green chutney | 2 tbsp |

Other ingredients:

- | | |
|-------------------------|--------|
| 1. Peanut roasted | 200 gm |
| 2. Onion chopped | 3 tbsp |
| 3. Capsicum chopped | 3 tbsp |
| 4. Green chilly chopped | 3 tbsp |

GREEN CHUTNEY:

- | | |
|-------------------|----------|
| 1. Coriander | 100 gm |
| 2. Mint leaves | 10 gm |
| 3. Green chillies | 3-4 |
| 4. Ginger | 1 inch |
| 5. Cumin | ½ -1 tsp |
| 6. Salt | to taste |

7. Sugar	to taste
8. Lemon juice	to taste
9. Garlic (spring)	(opt)
10. Roasted peanuts	8-10 pcs
11. Black salt	to taste
12. Cold water	As required

4. ITALIAN PASTA BEANS SALAD

FOR DRESSING:

1. Mayonnaise	3-4 tbsp
2. Cream	2-3 tbsp
3. Sugar powder	1 tsp (Opt)
4. Salt	to taste
5. Tomato ketchup	2 tbsp
6. Capsico sauce	2-3 drops
7. White pepper powder	
8. Red chilli powder	1 tsp

Other ingredients:

Pasta (boiled)	1 bowl
Rajma (boiled)	½ cup
Corn (boiled)	½ cup
Tomatoes (boiled)	½ cup
Capsicum red (boiled)	½ cup
Cabbage red (shredded)	½ cup

5. INDIAN CHIC PEAS SALAD

FOR DRESSING:

- | | |
|-----------------------|--------------|
| 1. Tomato ketchup | 2 tbsp |
| 2. Lemon ginger syrup | 2 tbsp |
| 3. Capsico sauce | 4-5 drops |
| 4. Chat masala | As per taste |
| 5. Red chilli powder | As per taste |
| 6. Lemon juice | As per taste |
| 7. Salt | to taste |
| 8. Olive oil | 1 tbsp |

Other ingredients:

- | | |
|--------------------------|----------|
| 1. Kabuli chana (boiled) | 1 bowl |
| 2. Tomatoes diced | 2-3 tbsp |
| 3. Onion chopped | 2-3 tbsp |
| 4. Bell pepper diced | 6 tbsp |
| 5. Spring onion | 2-3 tbsp |
| 6. Coriander | |

6. TANGY FRUITS SALAD

FOR DRESSING:

- | | |
|-----------------------|--------|
| 1. Salad oil | 1 tbsp |
| 2. Ketchup | 1 tbsp |
| 3. Strawberries crush | 2 tbsp |
| 4. Lemon juice | ½ tbsp |
| 5. Black pepper pwd. | 1 tsp |

6. Basil finely chopped 1 tsp
7. Salt to taste

Other ingredients:

1. Grapes ½ cup
2. Apple ½ cup
3. Pineapple ½ cup
4. Kiwi 1 nos
5. Guavas ½ cup
6. Bell pepper ½ cup
7. Red cabbage ½ cup
8. Strawberry ½ cup
9. Green apple ½ cup

7. CHEESY MACRONI SALAD

INGREDIENTS:

1. Mayonnaise 3 tbsp
2. Cream 3 tbsp
3. Sugar powder 2 tsp
4. Salt
5. Black pepper pwd
6. Macroni (boiled) 1 bowl
7. Pineapple diced 3-4 tbsp
8. Apple diced 3 tbsp
9. Cheese cubes cut 3 tbsp
10. Bell pepper diced 3 tbsp
11. Cheese spread 1 tbsp

8. KHIMCHI SALAD

FOR DRESSING:

- | | |
|--------------------------------|----------|
| 1. Tomato Ketchup | 2-3 Tbsp |
| 2. Soya sauce | 1Tsp |
| 3. Chilli sauce | 1 tbsp |
| 4. White vinegar | 1 tbsp |
| 5. Chilli paste | 1 tbsp |
| 6. Sugar powder | 1 tbsp |
| 7. Salt, black pepper to taste | |
| 8. Olive oil | |

Other Ingredients:

- | | |
|-------------------------------|--------------------------|
| 1. Cabbage diced (inner part) | 1 bowl |
| 2. Coriander finely chopped | 2 tbsp |
| 3. Cucumber diced | 1 nos |
| 4. Celery | 1 tbsp |
| 5. Spring onion | 1 tbsp |
| 6. Garnish with sesame oil | |
| 7. Sesame seeds | for garnishing (roasted) |

9. CORN BEANS SALAD

INGREDIENTS:

FOR DRESSING:

- | | |
|---------------------|--------|
| Olive oil | 1 tbsp |
| Sugar powder | 1 tbsp |
| Black pepper powder | 1 tsp |

Lemon juice 1 tbsp

Salt to taste

Anardana powder 1 tsp

Chat masala

Other ingredients:

Sweet corn boiled 1 cup

Rajma boiled 1 cup

Mexican beans boiled 1 cup

Tomato chopped 1 cup

Onion chopped 1 cup

Green chilly chopped 1 tbsp

Olive oil 1 tbsp

Coriander chopped ¼ cup

10. BURNT CORN SALAD

INGREDIENTS:

American corn boiled 1 cup

Capsicum ½ cup

Red bell pepper 2 tbsp

Lemon juice 1 tbsp

Red Chilli Pwd. To taste

Salt

To taste

Coriander

METHOD:

Take American bhutta and let it burn for few sec. and cut it with the help of a knife then add seasoning in it.

11. COLESLOW SALAD

INGREDIENTS:

Red cabbage fn shredded 1 cup

Carrot juliennes ½ cup

Onion slice ½ cup

Spring onion fn ch 1/3 cup

Mustard sauce ½ tsp

Vinegar 2 tsp

Mayonnaise ½ cup

Cream 2 tbsp

Water 1 tbsp

Salt & pepper to taste

Parsley for garnish

2-3 cabbage leaves soaked in cold water to serve

METHOD:

Marinate all the vegetables in salt, pepper and vinegar then drain it by pressing all vegetables.

In a mixing bowl whisk mayonnaise properly and add the marinated vegetables to it.

Keep it in refrigerator to cool.

Serve in cabbage cup and garnish with parsley.

12. SALAD D SPECIAL

INGREDIENTS:

FOR DRESSING:

Olive oil 3 tbsp

White vinegar 2 tbsp

Crushed garlic 1 tsp

Mustard sauce ½ tsp

Chilli flakes 1 tsp

Basil leaves/ mint leaves 8-10

Italian seasoning 1 tsp

Mix herbs ½ tsp

Salt and pepper to taste

Other ingredients:

Pasta bowl (boiled) 1 small bowl

Bread croutons- dry roast- (garlic/herb flavour) ½ cup

Lettuce or broccoli blanched 1 cup

Cherry tomatoes 6-7

Guavas diced ½

Bell pepper ½ cup

Corn boiled ¼ cup

Carrot ¼ cup

Apple diced ½

Cucumber ¼ cup

Apple ¼ cup

Black grapes ¼ cup

Almonds roasted ¼ cup

Black olives 5-6

13. CARROTS & RAISIN SALAD

For dressing:

Mayonnaise 4 tbsp

Cream 2 tbsp

Sugar powder 1 tbsp

Salt a pinch

Lemon juice ½ tsp

Black pepper to taste

Celery fn ch to taste

Other ingredients:

Carrot grated 1 bowl

Raisin soaked ¼ cup

14. MEXICAN QUINOA SALAD

INGREDIENTS:

Quinoa boiled 1 cup

Sweet corn 2 tbsp

Onion fn ch 2 tbsp

Green chilli deseeded & fn ch - 1

Coriander fn ch 1 tbsp

Tomatoes deseeded & chopped 2

Kidney beans ½ cup

Salt as required

For dressing:

Lemon juice 1 tbsp

Honey 1 tbsp

Black pepper ¼ tsp

Olive oil 1 tbsp

Close the lid firmly & shake it well, add in ready mixture.

Pumpkin seeds 2 tsp

White sesame seeds 1 tsp

TARUNABIRLA