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HEALTHY COOKIES

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A UNIQUE CULINARY CONCEPT BY CHEF TARUNA BIRLA

 OLD SWIFT COLLAGE HARNI MAHADEV ROAD, BHILWARA (RAJ)

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COOKIES BAKING TIPS:-

1. Use unsalted butter for cookies
2. Soften your butter at room temperature it should not feel melting at all
3. Beating together butter and sugar its usually take about 3-4 minutes until the mixture light and fluffy
4. Measure your flour correctly with good quality of measuring scale or cup
5. Cup size 250 ml
6. If you're taking flour from cup always level your flour with knife or finger
7. Line your baking tray with parchment paper or butter paper
8. Use electrical bitter and balloon whisker for creaming the butter and sugar
9. When you are mixing dry flour use spatula do not mix with hand it's develop gluten which makes our cookie dense (heavy) you can only use your fingertips for it (if using hand)
10. Shift together dry ingredients
11. If a dough is sticky then freeze it before rolling and baking
12. All oven are different so baking time maybe vary approx time is 180 Celsius for 15 minutes with both rods and time also can be vary
13. Cookies are done when the edges are set and lightly browned if you want more crispy cookies then back it for little longer.
14. Make flat shape cookies so it will be so crispy.
15. You can replace brown sugar with jaggery powder, coconut sugar, honey and maple syrup.

1) OATMEAL CHOCOCHIPS

- WHEAT FLOUR 60GM = 1/2c+1 tbsp
- ROLLED OATS 70 GMS = 1/2 c+1 tbsp
- CHOCOCHIPS 75 GM = 1/2 c
- BUTTER 75 GM = 3/4c
- BAKING SODA 1/8 TSP
- BAKING POWDER 1/4 TSP
- SALT PINCH
- BROWN SUGAR 70 GM = 1/2 c+2 tbsp
- VANILLA 1 TSP
- MILKMAID 25 GM = 1 1/2 tbsp

Method:

- MIX WHEAT FLOUR AND BAKING SODA AND SEIVE IT
- BEAT BUTTER AND SUGAR,ADD VANILLA AND WHISK IT
- ADD MILKMAID AND WHISK IT
- ADD WHEAT FLOUR MIXTURE
- NOW ADD OATS AND CHOCOCHIPS
- KEEP IN FRIDGE FOR 1 HR
- MAKE BALLS OF 2 TBSP
- PRESS SOME CHOCOCHIPS,SPRINKLE SOME SEA SALTS
- BAKE AT 180 FOR 12 TO 15 MIN IN PREHEATED OVEN FOR MEDIUM SIZE COOKIES

2) PEANUT BUTTER COOKIES

- WHOLE WHEAT FLOUR 140 GM = 1C
- OATS FLOUR 40 GM =1/3C
- BUTTER 115 GM =1C+ 1 TBSP
- PEANUT BUTTER 140 GM =1/2C
- BROWN SUGAR 70 GM =1/3C
- JAGGERY POWDER 70 GM =1/2C
- VANILLA 1 TSP

- FLAX SEED 1 TBSP
- BAKING PD 1 TSP
- BAKING SODA ¼ TSP
- CHOPPED CHOCOLATE 3 TBSP

METHOD:

- SEIVE FLOUR, BAKING PD, BAKING SODA, OATS FLOUR
- TAKE BUTTER, PEANUT BUTTER AND WHISK IT, NOW ADD SUGAR AND JAGGERY PD AND WHISK IT
- NOW FLAX SEED WHISK IT, VANILLA AGAIN WHISK IT
- NOW ADD FLOUR MIXTURE, CHOCOLATE
- KEEP IN FRIDGE FOR 15 TO 20 MIN
- MAKE BALLS
- PUT SOME CHOPPED PEANUTS AND CHOPPED CHOCOLATE
- BAKE AT 180 C IN PREHEATED OVEN FOR 12 TO 15 MIN APPROX FOR MEDIUM SIZE COOKIES

MULTIGRAIN COOKIES

BUTTER 110 GM = 1/2 C + 1 TBSP

BROWN SUGAR 40 GM = 1/4 C - 1 TBSP

HONEY 75 GM = 1/4 C

OATS 40 GM = 1/3 C + 1 TBSP

MULTIGRAIN ATTA 140 GM = 1 C

BAKING POWDER 1/2 TSP

BAKING SODA ½ TSP

MILK PD 10 GM = 1 TBSP

COCONUT 40 GM = 1/2 C

LEMON JUICE 1 ½ TSP

LEMON ZEST 1

COCONUT ESSENCE 1/4 TSP

METHOD:

- TAKE A BOWL ADD BUTTER, HONEY AND BROWN SUGAR AND WHISK IT
- ADD COCONUT ESSENCE ,SALT ,LEMON JUICE, LEMON ZEST AND AGAIN WHISK IT
- ADD MILK POWDER AND WHISK IT
- SEIVE OATS FLOUR, MULTIGRAIN ATTA., BAKING POWDER, BAKING SODA DESICATED COCONUT
- NOW MIX BOTH MIXTURE
- KEEP THE DOUGH IN FRIDGE FOR 15 MIN
- MAKE BALLS,SPRINKLE COCONUT AND ZEST
- BAKE AT 180 C FOR 12 TO 15 MIN

BREAKFAST COOKIES

BUTTER 100 GM =1/2C

BROWN SUGAR 100 GM =½ C

HONEY 70 GM =¼ C

CRUSHED GRANOLA 100 GM =1 C+1 TBSP

CORN MEAL 60 GM =½ C

WHEAT FLOUR 60 GM =½ C +1 TBSP

VANILLA 1 TSP

CHOPPED CHOCOLATE 80 GM =1/2C

WALNUTS 25 GM =1/4C

SALT

CINNAMON PD ¼ TSP

BAKING PD 1 TSP

BAKING SODA ½ TSP

METHOD:

- MIX BUTTER, ,BROWN SUGAR AND WHISK IT
- ADD HONEY AND AGAIN WHISK
- ADD VANILLA
- NOW SEIVE WHEAT FLOUR,CORNMEAL,BAKING SODA,BAKING POWDER AND CINNAMON,ADD GRANOLA
- NOW MIX TO BUTTER MIXTURE
- FOLD IT
- ADD WALNUTS AND CHOPPED CHOCOLATE
- KEEP IN FRIDGE FOR 15 MIN
- MAKE BALLS,FLATTEN IT
- SPRINKLE MUSELLI, CRANBERRY AND BAKE AT 180 C IN PREHEATED OVEN FOR 12 TO 15 MIN
- FOR MEDIUM SIZE COOKIES

DRY FRUIT PISTACHIO COOKIES

BROWN SUGAR 40 GM =¼ C

WHITE SUGAR/ COCONUT SUGAR 70 GM =1/3C

PISTA POWDER 40 GM =1/3C

BUTTER 75 GM =1/3 C

MULTIGRAIN ATTA 130 GM =1C-1 TBSP

MILK 40 ML

BAKING PD 3/4 TSP

BAKING SODA 1/8 TSP

ROSE WATER 1 TSP

GREEN COLOUR

CHOPPED NUTS- PISTA+ ALMONDS+ CHESHEWS

MILKMAID 2 TBSP

METHOD:

- WHISK BUTTER AND SUGAR
- ADD MILKMAID AND AGAIN WHISK IT
- SEIVE MULTIGRAIN FLOUR, BAKING PD, BAKING SODA, PISTA POWDER
- FOLD THIS IN BUTTER MIXTURE
- ADD MILK AS NEEDED
- MAKE DOUGH ,ADD GREN COLOUR
- REST IN FRIDGE FOR 15 MIN
- MAKE COOKIES AS SHOWN
- SPRINKLE CHOPPED PISTA
- BAKE AT 180 C FOR 12 TO 15 MIN FOR MEDIUM SIZE COOKIES

GLUTEN FREE COOKIES

BUTTER 130 GM = $\frac{1}{2}$ C + 1 $\frac{1}{2}$ TBSP

BROWN SUGAR 100 GM = $\frac{1}{2}$ C

ALMOND FLOUR 25 GM = $\frac{1}{4}$ C

OATS FLOUR 50 GM

JOWAR /SORGHAM FLOUR 100 GM = $\frac{3}{4}$ C

FLAX SEED 2 TBSP+ 3 TBSP WATER

BAKING POWDER 1 TSP

BAKING SODA 1/8 TSP

COCO PD $\frac{1}{2}$ TBSP

VANILLA 1 TSP

METHOD:

- WHISK BROWN SUGAR AND BUTTER FOR 2 TO 3 MIN
- TAKE A BOWL ADD FLAX SEED AND WATER AND KEEP ASIDE
- NOW MIX THIS IN ABOVE BUTTER MIXTURE
- VANILLA ESSENCE
- NOW SEIVE ALL DRY INGREDIENTS
- NOW MIX BOTH AND MAKE A DOUGH
- KEEP IN FRIDGE FOR 20 TO 25 MIN
- MAKE A BALLS ROLL IN POWDER SUGAR
- BAKE AT 180C FOR 12 TO 15 MIN FOR MEDIUM SIZE COOKIES

SUGAR FREE COOKIES

SOFTEN ROOM BUTTER 125 GM TO 150 GM = $\frac{3}{4}$ C

SWEETOS 70 GM = $\frac{1}{4}$ C + 1TBSP

MILK PD 10 GM = 1 TBSP

CORN FLOUR 15 GM = 1 $\frac{1}{2}$ TBSP

WHEAT FLOUR 190 GM = 1 $\frac{1}{2}$ C

VANILLA 1 TSP

METHOD:

- SEIVE WHEAT FLOUR, CORNFLOUR AND MILK PD
- ADD BUTTER, SWEETOS, AND VANILLA
- KEEP IN FRIDGE FOR 15 MIN
- MAKE COOKIES DIP IN SEMOLINA
- BAKE AT 180 C FOR `2 TO 15 MINFOR MEDIUM SIZE COOKIES

RAAGI COOKIES

INGREDIENTS

1 CUP=240 ML

40 GRAM BUTTER OR 3 TBSP

1/4 CUP JAGGERY POWDER OR RAW CANE SUGAR

1/4 TSP SALT

BASIL SEEDS FOR FLAVOR (OPTIONAL)

2 TBSP THICK CURD OR MILK

1/2 CUP RAGI OR FINGER MILLET ATTA

1/4 CUP POHA OR RICE FLAKES POWDER

1/2 CUP OATS POWDER

METHOD:

WHISK RAW CANE SUGAR, FRESH BASIL SEEDS, BLACK SALT AND BUTTER TILL IT BECOME LIGHT & CREAMY. ADD THICK CURD AND WHISK IT AGAIN.

ADD 1 TBSP CURD AND WHISK AGAIN TILL CREAMY. SIFT OATS FLOUR IN IT AND MIX WELL.

ADD RAGI AATA AND WHISK AGAIN DON'T ADD WHOLE AATA AT A TIME NOW ADD POHA POWDER MIX IT AND MAKE DOUGH REST IT FOR 10 MIN.

AFTER 10 MIN BREAK THE DOUGH ADD 1 TBSP MILK TO BIND THE DOUGH

PREHEAT THE OVEN AT 160 FOR 10 MIN

ROLL OUT THE DOUGH AND CUT THE COOKIE IN ROUND SHAPE AND MAKE LINES ON COOKIES BY LINER AND BAKE IT AT 160 FOR 18-20 MIN.

Whole-wheat Chocochips Cookies

INGREDIENTS:

1 CUP WHOLE WHEAT FLOUR

3/4 CUP JAGGERY POWDER

1/2 CUP GHEE

1/4 TSP BAKING POWDER

1/4 TSP BAKING SODA

1/2 CUP COMPOUND CHOPPED

1/4 CUP MILK

1/2 TSP VANILLA EXTRACT

Method:

Beat or Whisk ghee, vanilla essence and jiggery powder till it becomes creamy.

Now add whole-wheat flour, baking soda and baking powder and mix it nicely.

Add milk as required (I added only 1/8th cup) and fold it into a dough. Fold in the Dark Compound in the dough and shape it into 12 Cookies (equal size) .

You can also top some more chocolate on the top of the cookie.

Now bake it in a pre-heated 'Kadhai' or oven.

If you are baking it in KADHAI - Bake for 20-25 minute at low flame.

If you are baking in oven - bake at 180 degrees for 12 to 15 minutes.

After they are done, you will feel they are still soft, let it cool on a cooling rack for 10-15 minutes.

HEALTHY VEGAN COOKIE

Ingredients: 1 cup sliced almonds (soaked overnight, removed skin and made small slices)

1 tbs pumpkin seeds

1 tsp white sesame seeds

1 tsp black sesame seeds (optional)

1 tbs chopped cranberries

A pinch of salt

1 tsp honey

Flaxseeds powder (1 tbs dry flaxseeds grinded in mixer)

1 tbs water

Method:

Add flaxseeds paste(1 tbs dry flaxseeds grind in mixer then add 1 tbs water in this powder and make a thick paste) and mix it well (1 tbs egg white is optional for flaxseeds) Further take a baking tray, place a parchment paper in it.

Take a cookie cutter, place it in the tray and put some mixture in the cookie cutter giving it round shape.

Place more round shape mixture in the tray to make more cookies. Pre heat oven for 10 mins and bake it on 120⁰ - 130⁰ for 25 - 27 mins.

(Bake it in the middle rack if your oven has 3 racks or if it has 4 racks then bake it in the second rack since these cookies are delicate)

Further remove the tray out of the oven, rest it for a while and then try to separate it slowly from the parchment paper.

Bring it to the room temperature and serve.

BANANA COOKIES

- 135 GM ROASTED OATS
- 2 TBSP ALMONDS FLOUR
- 1 TBSP PUMPKIN SEEDS
- 1 TBSP CRANBERRIES
- 1 TBSP RAISINS
- 1 ½ TBSP CHIA SEEDS
- 2 TBSP ROASTED FLAXSEED POWDER
- ½ TSP OF CINNAMON POWDER
- 3 BANANAS MASHED
- 1 TBSP MAPLE SYRUP
- 1 TSP VANILLA ESSENCE
- ½ TSP COCONUT OIL

METHOD:

Mix all the ingredients in a bowl.

Add mashed banana in it and mix well & add coconut oil in the end & mix well.

Grease the baking tray and with the help of an ice cream scooper place dollops of the mixture on the baking tray.

Press lightly to shape it in the form of a cookie.

Preheat the oven & then bake it at 180 c for 20 min.

COCONUT COOKIES

- ½ CUP WHOLE WHEAT FLOUR
- ¼ CUP SUGAR (powder)
- ½ DESSICATED COCONUTS
- 2 TBSP COCONUTS FOR GANIRSH
- ¼ CUP UNSALTED BUTTER

METHOD:

- Mix desiccated coconut to whole wheat flour and keep aside now add powder sugar & butter in a bowl & beat them until mixture become light & creamy.
- Add whole wheat flour and coconut mixture in it but in two batches & mix it well.
- Make soft & smooth dough if dough is dry then you can add 1-2 tbsp milk.
- Divide the dough into 10-12 balls & shape it into cookie shape
- Dip the cookies into desiccated coconut and keep onto a parchment paper in a baking tray.
- Preheat the oven at 180 c for 15 min & bake it at 180 c for 18-20 min till golden brown.

HEALTHY CHOCOLATE COOKIES

- 1/2 CUP GHEE
- 1/2 CUP JIGGERY POWDER/ COCONUT SUGAR
- 1 TSP VANILLA
- 1 CUP WHOLE WHEAT FLOUR
- 1/2 TSP BAKING SODA
- A PINCH OF SALT
- 1/4 CUP COCOA POWDER

- 1 TBSP CORN FLOUR
- 1/4 CUP MILK
- 1/2 CUP CHOCOLATE CHIPS
- SEA SALT TO TOP

METHOD:

- Add ghee and jiggery powder in a bowl and mix well until mixture light & fluffy.
- Add all dry ingredients in it and again mix well, add milk and make dough & refrigerate it for 15 min.
- Scoop out a ball and keep it on a parchment paper in a baking tray
- Shape it into cookie shape & garnish with chocolate chips.
- Preheat the oven at 180 c and bake it at 180 c for 12-15 mins.