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HEALTHY CAKE

1. SUGAR FREE WALNUT CAKE
2. WHOLE WHEAT BANANA BREAD
3. SUGAR FREE BROWNIES
4. SAFFRON SEMOLINA CAKE
5. OATS AND DATES CAKE
6. ORANGE MUD CAKE
7. WHOLE WHEAT COCONUT CAKE
8. RAGI MIX SEEDS & JAGARY CAKE

A UNIQUE CULINARY CONCEPT BY CHEF TARUNA BIRLA

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BAKING TIPS:

1. Always start with room temperature ingredients
2. Sieve all dry ingredients that all ingredients mix properly
3. Once you add the dry ingredients in wet ingredients do not over mix it only use cut and fold method
4. Properly make the trimming of butter, oil and sugar
5. Measure all ingredients by Cup (measuring cup) and make sure you do proper level by using finger
6. Cup size -250 ml
7. Before you prepare for cake make sure your tin is dust with flour (maida) and grease with oil you can also use parchment paper or butter paper
8. Silicone mould should be grease with oil need not to dust
9. For the better result use aluminium tin use good quality products for good results
10. If using nuts in a cake always use toasted nuts
11. If using fruit in a cake toss the fresh or dried fruit or nuts in some flour to prevent the fruits from sinking to the bottom of the cake
12. When you pour the batter make sure you tap (lightly) the tin to remove air bubble
13. If you are using butter then always use unsalted butter and if you are using oil always use flavour less or smell less oil and we use canola oil.
14. When you use OTG it's very to vary totally depends on your product and average time 180 Celsius degree with both rods
15. Always preheat your oven for 10 minutes
16. Never open your oven to check your cake and muffins while they bake

HOW TO CHECK YOUR CAKE AND MUFFIN IT'S BAKED OR NOT:-

17. Insert the toothpick in this and if it's dry it's perfectly baked if it's wet then back it again as required
18. When you pour the batter of muffins, cupcakes and cakes always fill the tin or mould 3/4 of its size
19. If you're using aluminium mould for muffins then you can put a paper cup in it so, in this method you need not to grease or dust the mould.

HEALTHY CAKE

Whole wheat banana bread

Wheat Flour 1 ½ cup

Coco powder ¼ cup

Baking powder 1 tsp

Baking soda ¼ tsp

Salt ¼ tsp

Banana ripped and mashed ¾ cup

Oil ½ cup

Brown sugar ¾ cup

Curd ¼ cup

Vanilla essence 1 tsp

Nutmeg powder a pinch

Cinnamon powder a pinch

Cloves powder a pinch

Method

Pre heat oven at 180°C and dust an 8 inch round or square pan

Sieve together dry ingredients 3-4 times

In a bowl , whisk together mashed banana , oil , sugar , curd & vanilla essence

Gently fold in dry ingredients in wet ingredients (to thick better)

pour in desired tins

Brush with milk on top before baking (to avoid dryness)

Bake for 27-30 minutes or till done

SUGAR FREE BROWNIE

Flour 180gm

Cocoa Powder 3 table spoon

Dark Chocolate 260m

Butter ½ cup

Baking Soda ½ tsp

Vanilla Essence 1 tsp

Chocolate essence 1 tsp

Date syrup ¾ cup

Coffee powder 1 ½ tsp

Milk ¼ cup

Salt ½ tsp

Walnuts handful

Chocolate chips or chunks ¼ cup

Method

Preheat oven to 175°C. Grease and line an 8" square cake tin.

In a bowl mix together chopped chocolate and butter and date syrup . Melt it on double boiler.

Add in vanilla, chocolate essence and cocoa powder, coffee powder and mix well.

In another bowl mix together flour, salt and baking soda. Keep aside.

Add the melted chocolate mixture in dry mixture and whisk until incorporated. add warm milk

Add some chopped walnuts and chocolate chunks in the batter and keep some remain to sprinkle over the top

Pour it into the cake tin and sprinkle remaining walnuts and Oreo cookies.

Bake for 30 minutes. Remove from oven and allow it to cool on wire rack for 10 minutes.

Remove the brownie along with the paper lining and place it on the wire rack.

Once cool slice it into squares.

Brownies always tastes better next day. Also whenever you inserted toothpick it should comes out with little crumbs...

SAFFRON SEMOLINA CAKE

Ingredients :

Curd ½ cup
Baking powder ½ tsp
Soda bi carb ¼ tsp
Kesar strands ¼ tsp
Carmom powder a pinch
Kesar eliachi essence (opt.)
Semolina ½ cup
Powder sugar 1/3 cup
Melted butter ¼ cup
Toasted almond

Method

Mix together all the ingredients and beat together. Pour into cups or Foil containers. Bake at 180°C for 25 min. approx

For Sugar Syrup

Water ½ cup
Sugar ¾ cup
Rose essence 2 drops.

OATS AND DATES CAKE

Ingredients:

Whole wheat flour $\frac{3}{4}$ cup

Instant cooking oats $\frac{3}{4}$ cup

Dates (Deseeded and chopped) 18-20

Castor sugar $\frac{1}{4}$ cup

Baking soda 1tsp

Baking powder 1tsp

Milk 1.5 cup

Vanilla essence 1tsp

Oil $\frac{1}{2}$ cup

Method

Boil the milk and soak the dates in it for 20 -30 min.

this will make the cake wonderfully soft

Pre heat an oven to 175* C & grease a size loaf pan with butter or oil and sprinkle some flour on it

In a bowl add whole wheat flour , oats , sugar , baking soda , baking powder and mix well

Add the milk – dates mixture and mix well

Add oil and vanilla and just mix until combined . do not over mix .

batter will be thick . Add any nuts or seeds on top if desired

Pour the batter into prepared loaf pan and bake it for 40-45 minutes or until a toothpick inserted in the center comes out clean

Allow the cake to cool completely in the pan and take out after it cool if you slice the cake while it is still warm , it tends to break

Orange mud cake

Butter 120gm

Dark Chocolate 100gm

Orange juice ½ cup

Brown sugar ¾ cup

Curd 1/2 cup

Flour 1 1/3 cup

Baking Soda 1 TSP

Baking Powder 1 TSP

Cocoa Powder 1/4 cup

Orange zest 1 orange

Method:

1. Preheat oven to 180°C.
2. In a sauce pan mix together butter, chocolate, orange juice and brown sugar
3. Keep on medium flame and keep on stirring until the butter and chocolate are completely melted.
4. Remove from flame and allow it to cool for 10 minutes. Mix curd and add orange zest.
5. In another bowl sift together maida, baking powder, baking soda and cocoa powder.

WHOLE WHEAT COCONUT

Whole wheat flour 1 ½ cup

Baking soda ¾ tsp

Baking powder 1 tsp

Salt pinch

Toasted coconut ½ cup

Grated or powder jiggery/

Brown sugar 1 ¼ cup

Coconut milk 1 cup

Vegetable oil 1/3 cup

Vanilla beans scraped 2

(or use 1 tsp vanilla essence)

White vinegar 1 tsp

Method

Pre heat oven to 180* C lightly grease a 7inch cake tin with oil and line it with parchment paper keep aside

In a large mixing bowl , combine together , whole wheat flour , baking soda , baking powder , salt , toasted coconut and grated jiggery

Mix until everything is combined

In another bowl , mix together coconut milk , vegetable oil , scraped vanilla and vinegar . pour this into the prepared dry ingredients

Mix gently with a wooden spatula , just until combined

Pour this batter into prepared pan and bake for about 25-30minute

Or until a skewer inserted into the center of the cake comes out clean

RAGI, MIX SEEDS AND JIGGERY CAKE

Ingredients

Soak together for 2 mins

Curds ½ cup

Baking powder ½ tsp

Baking soda ¼ tsp

To cook together

Oil 2 tbsp

Jiggery ¼ cup

Others

Ragi ½ cups

Wheat flour ¼ cup

Semolina or oats flour 1 tbsp

Milk ¼ cup

For topping

Mix seeds

Method

Mix together all the ingredients and beat together. Pour into cups or Foil container. Bake at 180* for 15 min. (approx).

❖ WE HAVE TRIED TO RESOLVE YOUR QUERIES BUT IF YOU STILL HAVE ANY QUERY THEN YOU CAN DROP MESSAGE.

Sugar free walnut cake

Ingredients

Whole wheat flour 1 ½ cup

Corn flour ½ cup

Honey 1 cup

Oil ½ cup

Yogurt 1 cup

Milk 1 cup

Baking powder 1 tsp

Baking soda ½ tsp

Apples [peeled & greated] 2

Walnut [chopped] ½ cup

Method

Pre heat the oven to 180°C line the baking pan

Sieve the whole wheat flour , corn flour baking powder baking soda in a bowl and keep aside

Take a bowl add honey , oil , yogurt , milk , whisk everything well until they get mixed

Add gradually the flours into the wet ingredients , mix well with a spatula do not over beat

Finally add grated apple , chopped walnuts , give a quick mix pour into 7 inch round cake tin

Bake the cake for 25-30 minute in the middle rack of the oven