



TARUNA BIRLA

LUSCIOUS

LOVE FROM MOM



COOK BOOK



LUSCIOUS LOVE FROM MOM

BY

CHEF TARUNA BIRLA



TB COOKING INSTITUTE

*"What i am today....is because of my
MOM....she taught me all the
lesson without being a teacher"*

Taruna Birla

© Author

CHEF TARUNA BIRLA

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ABOUT *The Chef*

Being a Chef and a Mother were two of the best decisions of my life. Bringing soul to the dish is my favourite thing to do.

Doing magic with food is my favourite magic trick to perform. Making food is something which i love the most and seeing my family appreciate me is my another strength.

Best and most expensive ingredient which plays the major role in any dish is love and happiness for those to whom you are cooking for.

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Lunch Box

What should I keep in my little one's tiffin tomorrow?

appealing lunches for our kids can be a major challenge for many parents.

Healthy lunches and snacks are important for active children. It is important to offer tasty lunch box choices.

Tips include fresh fruit, crunchy vegetables and a combination of protein, dairy and carbohydrate foods.

These would include cheese, nuts, peanut butter, and cold meats, salads with beans or lentils.

Milk (fresh or flavoured) and yogurt are also good sources of protein, calcium and B-vitamins.

Since children eat better in the company of their peers, tiffin box is a good way to introduce variety in their meals.

No parents want to make any compromises when it comes to ensuring their child's health. Keeping this view in mind

Have a great and healthy day.



“Carrot”
Cake



Carrot Cake

This recipe is your solution to make your kid or family member eat healthy food that too in a form of a cake! Treat your taste buds with this healthy and spongy luscious carrot cake.

Ingredients

- 200 gm Condensed Milk
- ¼ Cup Buttermilk
- 2 tbsp Olive Oil
- 1/2 Tsp Vanilla Essence
- 1/2Tsp Vinegar
- 1 Cups Wheat Flour
- 1/2 Tsp Baking Powder
- 1/4 Tsp Baking Soda
- 1/8 Tsp Cinnamon Powder
- Pinch Of Salt
- 1/2 Cup Carrot, Grated
- 1 Tbsp Almonds Chopped
- 1 Tbsp Raisins

Procedure

- In a large mixing bowl take milkmaid, also add buttermilk, olive oil, vanilla essence and vinegar.
- Whisk smooth making sure everything is combined.
- Now in a sieve take wheat flour, baking powder, baking soda, cinnamon powder and pinch of salt. Sieve everything well.
- Combine well with cut and fold method adding water if required.
- Further add grated carrot, almonds and raisins.
- Combine well and make sure not to over mix the cake batter as it turns chewy.
- Further, transfer the cake batter into the cake mould-size 6”.
- Bake the cake at 180 degree celsius for 30-40 minutes.
- You can store it in an air tight container for 3-4 days in refrigerator.

Sweet n Salty Makhana



A RECIPE BY CHEF TARUNA BIRLA

Sweet & Salty Makhana

This recipe is for someone who is concerned for his/her diet but also values taste. A perfect healthy snack with tangy flavor and very simple to cook.

Ingredients

- 2 cup Makhana
- 1/2 tsp ghee
- 2 tbs chopped jaggery (Gud)
- Salt as per taste
- 1 tsp white sesame seeds (till)
- 1 tsp Kashmiri red chilli powder

Procedure

- Heat up the pan, add 2 cup Makhana roast it till crispy and crunchy.
- Transfer the makhana in a bowl
- Add 1/2 tsp ghee in the same pan
- Add 2 tbs chopped jaggery (Gud)
- Add salt as per taste
- Add 1 tsp white sesame seeds (till)
- Add 1 tsp Kashmiri red chilli powder (for colour and spicy taste)
- Add roasted Makhana.
- Mix it well and cook for 5 mins on slow flame then turn off the stove and rest it for a while.
- (Once it cools down you can separate Makhana from each other).
- And then your Caramelized Crunchy Makhana with a Sweet & Healthy twist of Gud is ready.

Chocolate Sandwich



Grilled Chocolate Sandwich

Knock knock... all

chocolate lovers! Put down the cheese, pick up the chocolate and let's make some grilled chocolate sandwiches. This sandwich recipe is a true culinary gift for you.

Ingredients

- 8 bread slices
- 6 tbsp nutella spread
- 4 tbsp chocolate chips
- 2 oreo biscuit crushed
- 1 tbsp cheese
- 4 tbsp finely chopped mixed nuts (almonds and walnuts)
- Melted butter for greasing.

Procedure

- Place 4 bread slices on a clean, dry surface and spread $\frac{3}{4}$ tbsp of nutella on each bread slice. Sprinkle 1 tbsp of chocolate chips, oreo powder and cheese and 1 tbsp of mixed nuts evenly over 2 slices.
- Sandwich it using another 2 slices of bread with the nutella spread side facing upwards.
- Grill in a pre-heated greased sandwich griller for 4 to 5 mins or till it turns crispy and brown from both the sides.
- Cut each sandwich into 2 equal pieces diagonally.

Chocolate Walnut Brownie



A RECIPE BY CHEF TARUNA BIRLA

Chocolate Walnut Brownie

This chocolate walnut brownie is so exquisite tasting. Luxurious pockets of melty chocolate in the brownie are the best sight for all the chocolate lovers. Give your meal a nice fudgy texture with chocolate walnut brownie

Ingredients

- Maida - 1 cup or 130 grams
- Condensed milk- 1/2 c or 160 gms
- Water - 1/2 cup or 80 grams
- Sugar- 1/3 c or 60 grams
- Cocoa powder- 2 tbsp
- Chocolate-150 gms
- Butter -120 gms
- Walnuts chopped - 1/4 cup
- Baking powder-3/4 tsp

Procedure

- Heat oven at 180° C for 10 minutes, Greased and line 8" square pan with butter or spray.
- Cooking spray and dust it with flour.
- Melt the dark chocolate and butter in microwave mix with manual whisk.
- Then add condensed milk & sugar slowly, Add warm water and mix properly.
- Mix maida and baking powder.
- Keep aside put in lined tray and sprinkle walnuts on top. Bake at 180°C for 35 minutes.
- Let it cool completely.
- Freeze it for one hour & you can store it for 20 days.
- Whenever you want to serve it to kids anytime.

Oats Laddu



A RECIPE BY CHEF TARUNA BIRLA

Oats Ladoos

A fun fact about oats is that it is the easiest natural beauty product. Yes, you read it right, a beauty product! Well, with this recipe, beautify your traditional makhana and try this fusion of oats makhana ladoos, a healthy and savory snack.

Ingredients

- Ghee - 4 tbsp
- Oats – 1 Cup
- Makhana – 1 cup
- Dry Coconut – $\frac{1}{2}$ cup
- Almonds – 1/3rd cup
- Edible gum (Gond) – 1/4th cup
- Flaxseed Powder – 1 tbsp
- Cardamom Powder – 1 tbsp
- Pista – 1 tbsp chopped
- Jaggery – 1/2 cup grated
- Milk – 3 tbsp

Procedure

- Roast oats, nuts and makhana, dry coconuts in 1 tbsp ghee.
 - Take 2 tbsp ghee in a pan a fry edible gum on low flame.
 - Grind badam, Makhana, oats in fine powder, crush edible gum and mix with oats powder, coconut, flaxseed powder, pistachio, cardmom powder and mix well together.
 - Take 1tbsp ghee in a pan add jaggery and mix well.
 - Cook till jaggery melt.
 - Switch off flame and add all dry ingredients & add milk & mix it well.
 - Grease your hand and make small laddu's for your kid-dudes.
- (:

Nutella Cake Bars



A RECIPE BY CHEF TARUNA BIRLA

Nutella Cake Bars

Are you ready for some easy & quick cake bars? These Nutella cake bars are an appetizing dish for your sweet tooth. The Nutella gives the bar a super-rich chocolatey taste. These cake bars could not be easier to make.

Ingredients

- Instant Coffee Powder -1 Tsp
- Hot Water - $\frac{1}{2}$ Cup
- Nutella as required
- Almonds (Chopped)
- Melted Dark Chocolate
- Milk - $\frac{1}{2}$ Cup
- Vinegar – 1 Tsp
- Wheat Flour – 1 Cup
- Powder Sugar – $\frac{3}{4}$ Cup
- Cocoa Powder – $\frac{1}{4}$ Cup
- Baking Powder – $\frac{3}{4}$ Tsp
- Baking Soda – $\frac{1}{2}$ Tsp
- Vanilla Essence $\frac{1}{2}$ Tsp
- Oil/butter melted 2 tbsp
- Fn ch nuts- 2-3 tbsp

Procedure

- Take a hot water in a bowl and mix instant coffee powder and mix it well.
- Take another bowl add milk, vinegar and oil mix it.
- Add wheat flour, powder sugar, coco powder, baking powder, baking soda. Mix it well.
- Add coffee decoction in it, mix it well.
- Add vanilla essence and make lump free batter.
- Pour in greased mould.
- Put in a preheated oven for 20 – 25 min at 180 degree.
- After baking, let it cool. Then cut it from between.
- Add nutella spread evenly and garnish with chopped almonds and cover with another slice.
- Melt the dark chocolate & add some finely chopped nuts.
- Cut the cake into bar's shape & coat into melted dark chocolate.
- Garnish with chopped almonds.
- Chill it for 10 min.

Broccoli Paratha



A RECIPE BY CHEF TARUNA BIRLA

Broccoli Paratha

Tired of your regular 'aloo' or 'gobhi' paratha? Here comes, variation with better taste and rich nutrients. Even folks who don't like broccoli will lick their fingers after eating it.

Ingredients

FOR DOUGH:

- Wheat flour – 1.5 cup
- Salt – $\frac{1}{2}$ tsp
- Ghee - 1 tbsp
- Ajwain – 1 tsp

FOR STUFFING:

- Grated Broccoli – 1 cup
- Chopped onions – $\frac{1}{4}$ cup
- Chopped green chillies –1 tbsp
- Salt to taste
- Red chilli powder – $\frac{1}{2}$ tsp
- Coriander powder – 1 tsp
- Chaat masala – 1tsp
- Hing – $\frac{1}{4}$ tsp

Procedure

- Mix wheat flour ghee, Ajwain, salt and water. And make soft non sticky dough.
- Cut broccoli into big pieces and put them in hot water for 5 min.
- Remove and pat dry the florets & grate the broccoli florets.
- Add all rest ingredients in grated broccoli and make a stuffing for paratha. Now make a ball from the dough and roll it in 4 inch roti shape.
- Place some stuffing in the centre and bring side up and join all the edges well to ensure no filling is visible.
- Dip the ball in flour and gently roll it.
- Heat a griddle on medium flame and put paratha on griddle and roasted by applying ghee both the side of paratha.

Chick Peas Paratha



A RECIPE BY CHEF TARUNA BIRLA

You Are My
Super Mom

Chickpeas Paratha

Chickpeas on the tawa is also known as Tawa chole or chana chaat is packed with authentic flavors. In this, chickpeas are well cooked with spices and work as a perfect enjoyable meal.

Ingredients

- Chole masala powder – $\frac{1}{2}$ tbsp.
- Turmeric powder – $\frac{1}{2}$ tsp
- Cumin powder – $\frac{1}{2}$ tbsp.
- Amchur – $\frac{1}{2}$ tbsp
- Black salt – according to taste
- Roasted carom seeds – 1 tsp
- Red chilli powder – 1 tbsp
- Chaat masala – 1tbsp
- Coriander leaves – few
- Green chilli – 3 (chopped)
- Butter
- Boiled chickpeas (Chole) – 1 cup
- Wheat flour – 2 cup

Procedure

- Take a bowl, add boiled chickpeas (Chole) and mash it. Make sure there are no lumps in it.
- Add ajwine, red chilli powder, chaat masala powder, amchur, Chole masala powder, cumin powder, turmeric powder, green chilli, coriander leaves and black salt according to taste, mix all the spices and make stuffing.
- Mix wheat flour, salt and water, and make soft non sticky dough.
- Now make a ball from the dough and roll it in 4 inch roti shape.
- Place some stuffing in the centre and bring side up and join all the edges well to ensure no filling is visible.
- Dip the ball in flour and gently roll it.
- Heat a griddle on medium flame and put paratha on griddle and roasted by applying ghee both the side of paratha.

Veg Frankie



Veg Frankie

This recipe is good for kids who love Frankies or wraps. It is also known by Kathi roll. A delectable meal with rich stuffing wrapped inside chapati or wrap bread. A veg Frankie will surely satisfy your hunger and your heart.

Ingredients

- Wheat flour -2 cup
- Boiled potatoes - 4
- Green chilli -2
- Ginger (chopped)- 2 inch
- Garlic cloves (chopped)- 6
- Red chilli powder -1/2 tsp
- Coriander powder -1/2 tsp
- Roasted cumin powder - 1 tsp
- Garam masala powder -1/2 tsp
- Dry mango powder -1 tsp
- Salt to taste
- Cooking oil- 2 tbsp
- Butter -1 tsp
- Tomato
- Cabbage
- Carrot
- Capsicum/Bell pepper
- Onion
- Tomato ketchup - 2 tbsp
- Mayonnaise -1 tbsp
- Cheese

Procedure

For dough:

- Add 1 cup of wheat flour and add salt into it.
- And mix it well. After mixing add water and make dough, leave it for 15 minutes.
- After 15 minutes knead it once again. And make a equal size of dough balls.
- Dust the dough balls with Gry flour; roll it like roti (chapatti). Make it thin for better taste.
- Put the roti on hot tawa, cook it for one minutes from both sides. (Cook it approx 70%).

Procedure

For stuffing:

- Heat oil, add green chilli, ginger, garlic cloves and fry it 1-2 min.
- Add boiled mashed potato, mix it well. Then add red chilli powder, coriander powder, cumin powder, garam masala, powder, salt according to taste and amchur powder.
- Mix it well for 2-3 minutes. After that let it cool down.
- Make it oval shape tikkis.
- Heat oil on other pan and place the tikkis on tawa for 2-3 minutes until it becomes light brown. Cook it from both sides.
- Take other pan and cook the roti again from the both sides.
- Put green chutney half of the side of roti, add tomato ketchup on the other side of roti.
- Add tikki, capsicum, onion, carrot, cabbage, tomatoes then sprinkle little salt, lemon juice, mayonnaise and cheese. And fold it and pack it with toothpick.

Carrot Rice



A RECIPE BY CHEF TARUNA BIRLA

Carrot Rice

A fun fact about rice is that it is the oldest known food that is still widely consumed today. It is a simple, healthy, delicious and quick carrot rice recipe for the busy days. A best suited meal for lunchbox as well.

Ingredients

- 2 tbsp - Oil
- 6-7 no - Clove
- 2 no - Cardamom Whole
- 2 no - Bay Leaf
- 2 inch - Cinnamon Stick
- 1 no - Onion Chopped
- 3 tbsp - Cashews
- 8-10 no - Curry Leaves
- 3 no - Carrot Grated
- Salt to taste
- 2 tbsp - Fresh Grated Coconut
- 2 tbsp - Sambhar Masala
- 2-3 tbsp - Coriander leaves Chopped
- 3 Cup - Rice (Boiled)
- 2 tbsp - Fresh Grated Coconut
- 1 tbsp - Coriander leaves Chopped

Procedure

- Take a pan and add oil then cloves, cardmom whole, bay leaf, cinnamon stick, onion chopped, cashews, and curry leaves; sauté very well.
- Add grated carrot, salt, and fresh grated coconut, and sauté for 2-3 minutes.
- Then add Sambhar masala, coriander leaves chopped, and rice (boiled) & mix very well and serve.
- Garnish: Fresh Grated Coconut.

Coconut Pineapple Rice



A RECIPE BY CHEF TARUNA BIRLA

Pineapple & Coconut Rice

Looking for great rice recipe? Well, here is one which is extremely healthy and savory as well. Rice is the easiest meal to cook and here is how healthy pineapple and coconut rice is being prepared.

Ingredients

- Cashew nuts 2 tbsp
- Almonds 2 tbsp
- Onion (chopped) 1 Medium
- Bell peppers (all three) 2 Tbsp
- Green chillies (finely chopped) 1 Tbsp
- Salt to taste
- Pineapple (diced) 1 cup
- Fresh coconut (grated) 1/2 Cup
- Mint leaves 2 Tsp
- Coriander leaves 2 Tsp
- Rice (boiled) 2 Cups
- Oil 1 tbsp

Procedure

- In a pan heat oil & add cashew nuts, almonds, chopped onions, bell peppers, green chillies and cook till the onions are transparent.
- Add salt and pine apple dices and cook for few seconds
- Add grated coconut and mix well.
- Finally add mint leaves, coriander, rice and mix well & ready for your kid's lunch box.

GREEN GARDEN RICE



A RECIPE BY CHEF TARUNA BIRLA

Greeny Garden Rice

This greeny garden rice recipe will serve you and your family with high nutrients and luscious taste. And did you know The Great Wall of China is held together with sticky rice?!

Ingredients

- 1 Cup Sweet Corn Kernels
- 1/2 Cup Blanched Spinach Puree (Thick)
- 3 Cups Rice (Boiled)
- 2 Tbsp Ghee
- 2 Tbsp Oil
- 1 Tsp Cumin Seeds
- 2-3 Green Chillies Slit
- 2 Medium Onions, Sliced
- 1 Tbsp Ginger-Garlic-Green Chilli Paste
- A Pinch Of Turmeric Powder
- Salt To Taste
- $\frac{1}{4}$ Tsp Garam Masala Powder
- 2 Tbsp Lemon Juice

Procedure

- Heat ghee and oil in a deep pan, add cumin seeds and let them change colour. Add green chillies and onions and sauté till translucent.
- Add ginger-garlic-green chilli paste and sauté for 1-2 minutes.
- Add sweet corn, mix and sauté on high heat for 1-2 minutes or till the sweet corn turns golden brown.
- Add turmeric powder and spinach puree and mix well. Add salt, mix and cook for a minute.
- Add boiled rice, mix and add garam masala powder and lightly mix.
- Switch the heat off and add lemon juice, gently mix.
- You can give it to your kids with raita and papad in their lunch box.

Soya lollipop



A RECIPE BY CHEF TARUNA GIRLA

Soya Lollipop

This soya lollipop recipe is perfect for parties or for your peculiar cravings. These lollipops are sure to be loved by kids as they look immensely appetizing. So, try this recipe and flaunt your culinary skills in front of your loved ones.

Ingredients

- Soya nuggets - 1 & 1/2 cup
- Boiled potato - 2 medium
- Carrot - 1/4 cup
- Onion - 1/2 cup
- Garlic paste- 1/2 tsp
- Ginger paste - 1/2 tsp
- Chilli flakes - 1 tbsp
- Green Chilli - 1 tbsp
- Coriander Leaves - 1/2 tsp
- Lemon juice - 1 tbsp
- Salt - 1 tsp
- Chaat Masala - 1 tsp
- Corn Flour - 2 tbsp
- Bread Slices - 2
- Maida- 1/3 cup
- Water - 1/3 cup
- Oil to fry

Procedure

- In boiled water add soya chunks and salt then boil it for 2-3 min.
- Squeeze excess water from soya chunks and grind in grinder.
- In a mixing bowl add coarsely grinded soya chunk. Add mashed potato, grated carrot, fine chopped onions, ginger garlic paste, chilli flakes, green chilli, coriander, lemon juice, salt, chat masala, corn flour and mix it well.
- Make slurry using flour and water.
- Make balls from the dough & dip in slurry and coat with bread crumbs and fry them.
- Insert toothpick into each balls.
- Healthy and delicious lollipops are ready for your kid's lunch box.

Paneer Popcorn



A RECIPE BY CHEF TARUNA BIRLA

My Mom

Paneer Popcorn

A crunchy mouthwatering paneer snack for all the occasions. This recipe will serve as a perfect appetizer, the one which makes people addictive to it. Best served with tomato ketchup or green chutney.

Ingredients

- Paneer - 400 Gms
- Corn Flakes
- Oil For Deep Frying

To Make Batter:

- Flour - 1/4 Cup
- Maida - 1/4 Cup
- Kashmiri Chilli - Powder - 1 Tsp
- Corn Garlic Powder - 1 Tsp
- Onion Powder - 1 Tsp
- Italian Seasoning - 1 Tsp
- Salt - 1/2 Tsp
- Pepper
- Water

Procedure

- Cut the paneer into small cubes and keep it aside
- Crush the cornflakes coarsely and keep it aside
- In a bowl, mix maida, corn flour, chilli powder, garlic powder, onion powder, Italian seasoning, pepper powder, salt
- Mix everything well and gradually add water to make a batter
- Now, dip the paneer pieces in the batter and coat them with the crushed cornflakes
- Heat some oil for deep frying
- Once the oil is heated up, slowly add the paneer pieces into the hot oil
- Fry them till they turn golden brown in colour.
- The Paneer Popcorns are done.

Oats PanCake



A RECIPE BY CHEF TARUNA BIRLA

Oats Pancakes

It is a unique and lip-smacking recipe which makes the person enjoy both healthy and flavorful dish. These pancakes come out fluffy with a non-sticky texture inside. You can add topping as per your taste. These are best served hot, straight from pan.

Ingredients

- 1 cup oats
- 1/2 cup fine semolina
- 1 cup buttermilk
- 1 tsp lemon juice
- salt to taste
- 2 green chillies finely chopped
- 1/2 tsp cumin seeds
- 1 tbsp ginger finely grated
- 1 onion finely chopped
- 1 small capsicum finely chopped
- 1 small carrot finely chopped
- 4-5 spinach leaves finely chopped
- 1 small tomato finely chopped
- some fresh coriander
- 1 tsp -ENO
- 1 tbsp oil/butter for cooking

Procedure

- Make a fine powder of oats.
- Take this into large bowl with some semolina.
- Add butter milk and lemon juice. And give it a good stir, leave for 10-15min.
- Add some salt, green chillies, cumin seeds, chopped ginger, some onions, capsicum, carrot, spinach leaves, tomato and coriander. Mix it well adding some water to it.
- It should be thick following consistency. And leave it for 3-5 min.
- Before starting making pancakes & add ENO & stir it lightly.
- Now heat a non-stick pan, brush it lightly with oil/ butter.

Procedure

And pour the mixture onto it in a circular motion.

- And cook it 1st side for 1-2 min and flip it over onto the other side and adding oil from the other sides. And let it cook until it becomes golden brown.
- Adding oil/ butter as required. And cook it until it looks crispy. And it's ready.

Tomato Coin

A RECIPE BY CHEF TARUNA BIRLA



Tomato coin

Looking for fun toast appetizers? Nothing screams summer quite like bruschetta. This bruschetta recipe is so tempting that you can't resist!

Ingredients

- Tomato 1 medium size
- Onion 1 medium size
- Spring onion 1 stick
- Garlic chopped 1 tsp
- Green chilli 1
- Salt $\frac{1}{2}$ tsp as per taste
- Crushed pepper $\frac{1}{2}$ tsp
- Chop all ingredients (except garlic)
- Bread (any)
- Olive oil

Procedure

- Mix all chopped ingredients in a bowl and add salt, crushed pepper & mix well.
- Apply butter on bread (you can also apply mayonnaise)
- Keep that mixture on breads and add grated cheese
- Heat a pan and add olive oil on it and keep that bread on it and sprinkle some olive oil on them.
- Cover and cook for 5-6 min on low flame till cheese melts.

Bruschetta



A RECIPE BY CHEF TARUNA BIRLA

Bruschetta

This corn and spinach bruschetta recipe is your solution for evening snack craving keeping in mind your health. A very quick and easy to make snack that your kids and family members would love!

Ingredients

- French loaf
- Garlic butter
- Cheese (processed)

TO MAKE FILLING:

- Butter - 1 Tbsp
- Chopped Garlic - 1 Tsp
- Green Chilli - 1 Chopped
- Onion - 1 Finely Chopped
- Cooked Sweet Corn Kernel - 1/2 Cup
- Salt - 1/4 Tsp
- Black Pepper
- Chopped Spinach - 1/2 Bunch
- Maida - 1 Tsp
- Milk - 1/2 Cup
- Cheese Slice

Procedure

- Heat a pan with some butter, add garlic, onions and sauté them
- Add cooked corn kernels and sauté along
- Add salt and pepper and mix well
- Add chopped spinach leaves and cook them
- Add maida, milk and mix everything well
- Finally, add a slice of cheese and mix it
- The corn and spinach filling is done, keep it aside
- Take a French loaf, cut slices in skew.
- Toast bread in OTG or tawa until golden brown.
- Let bread cool for 5 minutes.
- Apply garlic butter on bread slices and put filling on it, spread cheese and bake it again until cheese will melt.

Oats Poha



A RECIPE BY CHEF TARUNA BIRLA

Oats Poha

Breakfast is the quickest meal of the day. This oats poha recipe is light and will keep you full until lunch. Oats, referred to as "Jaee" in Hindi are high in fiber, provide important proteins and are loaded with iron. Take a break from sweetened oats and try this innovative oats poha.

Ingredients

- Poha 2 Cups
- Masala Oats 40 Grams
- Onion, Finely Chopped- 1 Medium Size
- Green Chillies, Finely Chopped 2
- Medium Size Carrot, Finely Chopped 1 (boiled)
- Tomato, Finely Chopped 1
- Green Peas 1/3 Cup (boiled)
- Roasted Peanuts 3 Tablespoons
- Turmeric Powder 1 Teaspoon
- Sugar 2 Teaspoons
- Salt To Taste
- Juice From One Lemon
- Coriander Leaves, Finely Chopped
- Mustard Seeds 1 Teaspoon
- Oil 1 Teaspoon

Procedure

- Rinse the poha under running water & set aside.
- Heat oil in a pan. Add the mustard seeds, and allow it to crackle.
- Add onions, Sauté till light brown in colour, add the tomatoes, oats, turmeric powder, steamed vegetables, peanuts, raisins, salt and sugar. Stir to combine and finally add rinsed poha and sprinkle little more water.
- After 3 to 4 minutes, you will notice the poha has puffed up slightly. At this stage, turn off the heat.
- Stir in the juice and the coriander leaves. And adjust to suit your kids taste.

Tasty Pizza Cups



A RECIPE BY CHEF TARUNA BIRLA

Tasty Pizza Cups

Who thought pizza could be shaped in the form of cups! Served hot or cold, these little pizza cups are wonderful. A delightful snack for kids. It is a perfect appetizer for all your occasions. Be ready to accept lots of praise.

Ingredients

- All Purpose Flour - 1 Cup
- Whole Wheat Flour - 1/2 Cup
- Baking Powder - 1 Tsp
- Baking Soda - 1/4th Tsp
- Salt - 1/4th Tsp
- Black Pepper - To Taste
- Chilli Flakes - To Taste (Optional)
- Mixed Italian Herbs - 1 1/2 Tbsp
- Bell Peppers - 3/4th Cup
- Tomatoes - 1/4th Cup
- Curd - 1/2 Cup
- Milk – as required (Lukewarm)
- Garlic - Grated (To Taste)
- Corn - 1/4th Cup
- Olives - Chopped
- Pizza Sauce - 1 Tbsp
- Processed Cheese - 1/2 Cup
- Butter 50 gm

Procedure

- In a bowl take all purpose flour, whole wheat flour, baking powder, baking soda, salt, black pepper and mixed herbs. Give it a quick mix.
- Add chopped veggies. Then curd, melted butter, milk, garlic, corn. Mix lightly.
- Add pizza sauce and cheese now. (save some cheese for the topping)
- Mix all the ingredients properly. Pour in medium sized muffin liners. Top it up with chopped olives, corn and cheese.
- Bake in a pre - heated oven at 180 degrees for 30 mins or until a skewer inserted comes out clean.
- Enjoy with your kid's.



Cheesy Masala Pav



A RECIPE BY CHEF TARUNA BIRLA

Cheesy Masala Pav

Masala Pav is a popular Mumbai street food. Savor your dish with cheese melting down inside pav. Cheesy masala pav is a simple snack that can be relished all-round the year. Best served with green chutney.

Ingredients

For making cheese sauce:

- Processed cheese 1 cup (grated)
 - Butter 1 tbsp
 - Milk $\frac{1}{2}$ cup

Procedure

- Set water for boiling in a stock pot, place a bowl filled with cheese over it, make sure the water does not touch the bowl surface, add butter and milk in the bowl along with cheese.
- Mix well until the cheese and butter melts and gets incorporated. Use blender later on so the cheese sauce is smooth in consistency.
- You can also use microwave to melt cheese and butter in 30 seconds interval.

Ingredients

For making masala pav:

- Pav 4-5 nos.
- Butter 1 tbsp
- Jeera 1 tsp
- Onions 2 medium size (chopped)
- Red chilli pastes 1 tbsp
- Garlic paste 2 tbsp
- Capsicum 1 medium size (chopped)
- Tomato 3 medium size (chopped)
- Salt to taste
- Pav bhaji masala 1 tbsp
- coriander leaves 1 tbsp
- Lemon juice 1 tsp

Procedure

Cut the pav in 9 equal cubes.

- Set a pan on medium heat; add butter, jeera and sauté for a minute.
- Add onions and cook until translucent, add red chilli paste and garlic paste, mix and cook until the oil is released.
- Add capsicum, tomatoes, salt and pav bhaji masala, mix and cook well for 4-5 minutes until the tomatoes are mushy.
- Add the pav cut into cubes, stir and mix with light hands and coat the masala to the pav.
- Add freshly chopped coriander leaves and lemon juice. Your masala pav is ready to be served, pour the freshly made cheese sauce over it and enjoy your cheesy masala pav.



Healthy Green Tikki



A RECIPE BY CHEF TARUNA BIRLA

Healthy Green Tikki

This healthy green tikki recipe is the best way to add green vegetables in your diet. An exquisite dish which could be enjoyed without any guilt. Best served with tomato ketchup and green chutney.

Ingredients

- SPINACH 1 BUNCH
- OIL 2 TSP
- GREEN CHILLI FINELY CHOPPED 1
- CAPSICUM, FINELY CHOPPED 1
- BEANS CHOPPED $\frac{3}{4}$ CUP
- PEAS $\frac{3}{4}$ CUP
- POTATO BOILED & GRATED 2
- PANEER CRUMBLED $\frac{3}{4}$ CUP
- CORIANDER LEAVES, FINELY CHOPPED 3 TBSP
- CORN FLOUR 1 TBSP
- BREADCRUMBS 2 TBSP
- KASHMIRI CHILLI POWDER $\frac{1}{2}$ TSP

Procedure

- Firstly, in a large kadhai heat oil and add green chilli.
- Also add capsicum and sauté till the moisture disappears.
- Further add beans and peas. Sauté well.
- Transfer to the blender and allow to cool completely.
- Blend to coarse paste along with blanched palak.
- Transfer the blended paste into a large mixing bowl.
- Also add grated potato, paneer and coriander leaves.
- Further add corn flour and breadcrumbs.

Ingredients

- Dhaniya Powder $\frac{1}{2}$ Tsp
- Amchur 1 Tsp
- Garam Masala Powder $\frac{1}{2}$ Tsp
- Turmeric $\frac{1}{4}$ Tsp
- Salt To Taste
- Bread Crumbs, To Coat 1 Cup
- Cashews, Halved 8
- Oil For Deep Frying

Procedure

- Add in the spices and salt. mix well.
- Grease hands with oil and make a small tikki.
- Cover the patties with bread crumb sand garnish with cashew.
- Now deep fry the prepared tikki into hot oil.
- You can also shallow fry it.

Pearl Millet Uttapam



A RECIPE BY CHEF TARUNA BIRLA

Pearl Millet Uttapam

Pearl millet uttapam is a super healthy Indian breakfast. Give your meal a crunchy texture with toppings of onion and capsicum, with a hint of chillies, and relish your day.

Ingredients

BATTER:

- 1 Cup - Bajra Atta (Millet Flour)
- 1/2 Cup - Fenugreek Leaves Chopped
- 1/4 Cup - Green Garlic Chopped
- 1/4 Cup - Coriander Leaves Chopped
- 1/2 tsp - Carom Seeds (Ajwain)
- 1/2 tsp - Asafoetida (Hing)
- 1/8 tsp - Turmeric Powder (Haldi)
- 1 tsp - Garlic Fine Chopped
- 1 tbsp - Ginger Chilli Paste
- 1 tsp - Sesame
- 1/2 Cup - Curd Whisked
- Pinch - Baking Soda
- Salt to taste

Procedure

- Mix all these ingredients make thick batter using half cup of water.
- Take a tawa and sprinkle some Sesame seed & pour batter cook both the sides using oil or ghee.

Green Corn Sandwich



A RECIPE BY CHEF TARUNA BIRLA

Green Corn Sandwich

This healthy and tasty sandwich is prepared mainly with green vegetables and corn stuffing. It is a quick and ideal sandwich recipe especially with kids for their lunch box.

Ingredients

- Bread
- Unsalted Butter
- Mint Chutney
- Cheese Slice

To Make Filling:

- Butter - 1 Tbsp
- Chopped Garlic - 1 Tsp
- Green Chilli - 1 No. Chopped
- Onion - 1 No. Finely Chopped
- Boiled Sweet Corn - 1/2 Cup
- Salt - 1/4 Tsp
- Pepper
- Chopped Spinach - 1/2 Bunch
- Maida - 1 Tbsp
- Milk - 1/2 Cup
- Cheese Slice

Procedure

- Heat a pan with some butter, add garlic, onions and sauté them
- Add cooked corn kernels and sauté along
- Add salt and pepper and mix well
- Add chopped spinach leaves and cook them
- Add maida, milk and mix everything well
- Finally, add a slice of cheese and mix it
- The corn and spinach filling is done, keep it aside.

Procedure

Take 2 slices of bread, spread butter and mint chutney on both the sides.

- Place the cheese slice on top of it place the filling and close it with berea.
- Heat a grill pan with some butter, place the sandwich on it
- Apply some butter on top of it and grill the sandwich till it turns to a golden brown colour on both sides.
- You can also make it without grill and make sure cling wrap all sandwiches so it will remain soft and moist.

Chick Peas Salad



A RECIPE BY CHEF TARUNA BIRLA

Chick Peas Salad

Chick peas salad combines all healthy fresh vegetables in one delicious bite. A perfect meal with beautiful colors and textures for every health-conscious person and even for someone who enjoys tasteful meal.

Ingredients

FOR DRESSING:

- Tomato ketchup - 2 tbsp
- Capsico sauce - 4-5 drops
- Chat masala - As per taste
- Red chilli powder -As per taste
- Lemon juice - As per taste
- Salt - to taste
- Olive oil- 1 tbsp

Procedure

- Mix dressing ingredients & make a dressing for salad.
- Mix all rest of ingredients & mix it in ready dressing above.
- A tasty salad for your kids in their lunch box.

OTHER INGREDIENTS:

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



Peanut Salad



A RECIPE BY CHEF TARUNA BIRLA

Peanut Salad

This peanut salad recipe is made with peanuts, spices and finely chopped veggies. It is an ideal and healthy snack to be served any time for almost everyone including kids and adults.

Ingredients

- Tomato ketchup -1 tbsp
- Lemon -1 tbsp
- Capsico sauce- 3-4 drops
- Chat masala-1 tbsp
- Salt to taste - (Avoid salt if you using salted peanuts)
- Olive oil -1 tbsp
- Green chutney -2 tbsp

OTHER INGREDIENTS:

- Peanut roasted -200 gm
- Onion chopped -3 tbsp
- Capsicum chopped -3 tbsp
- Green chilly chopped -3 tbsp

Procedure

- Mix all these ingredients & a tasty salad for your kids in their lunch box.

Carrot N Raisin Salad



A RECIPE BY CHEF TARUNA BIRLA

Carrots and Raisin Salad

Salad comes from the Latin word “herbasalta” or “salted herbs,” so called because such greens were usually seasoned with dressings containing lots of salt. This colourful traditional salad is fun to eat because of its crunchy texture, and the raisins give it a slightly sweet flavour.

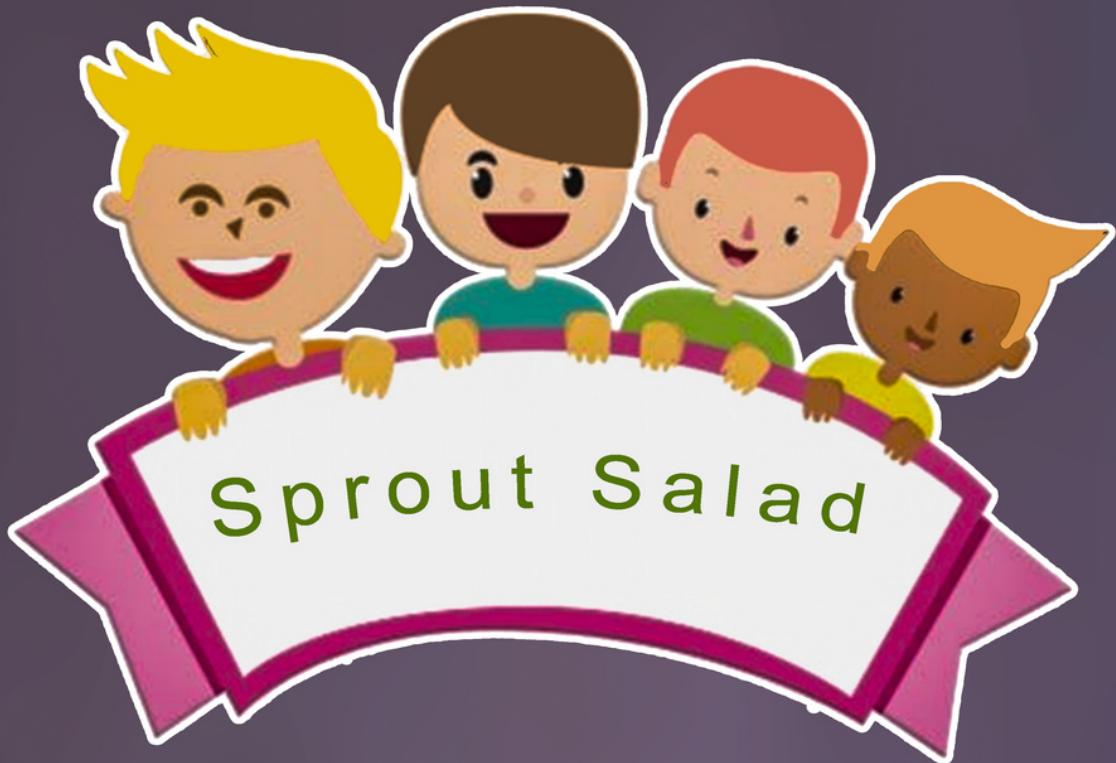
Ingredients

FOR DRESSING:

- Mayonnaise 4 tbsp
 - Cream 2 tbsp
 - Sugar powder 1 tbsp
 - Salt a pinch
 - Lemon juice $\frac{1}{2}$ tsp
 - Black pepper to taste
 - Celery fn ch to taste
- Other ingredients:
- Carrot grated 1 bowl
 - Raisin soaked $\frac{1}{4}$ cup

Procedure

- Mix all these ingredients together & it will be a delicious and tasty salad for your kids. They will never say “NO” to eat this yummy salad.



A RECIPE BY CHEF TARUNA BIRLA

Sprout Salad

A super healthy recipe. You can be really innovative in making this salad spicy, crunchy, tangy or sweet. This meal is your time saver and nutrition giver.

Ingredients

- Moong sprouts 1 cup
- Hot water 3 cup
- Cumin powder $\frac{1}{2}$ tsp
- Kashmir red chilli powder $\frac{1}{4}$ tsp
- Amchur $\frac{1}{2}$ tsp
- Salt $\frac{1}{4}$ tsp
- Cucumber, chopped $\frac{1}{2}$
- tomato, chopped $\frac{1}{2}$
- $\frac{1}{2}$ carrot, grated
- 2 tbsp capsicum, chopped
- 2 tbsp spring onion, chopped
- 2 tbsp coriander, finely chopped
- 2 tbsp mint / pudina, finely chopped
- 1 chilli, finely chopped
- 1 tsp lemon juice
- 2 tbsp peanuts, roasted & crushed

Procedure

- Firstly, blanch 1 cup moong sprouts in 3 cup hot water for 5 minutes. You can alternatively boil for 2 minutes.
- Drain off the water. Make sure the moong sprouts are softened a bit yet crunchy.
- Take the blanched moong sprouts into a large mixing bowl.
- Mix all ingredients in a bowl, making sure everything is well combined.
- You can add it in your kid's lunch box with homemade nachos/chocolates.

C u r d D i p



A RECIPE BY CHEF TARUNA BIRLA

Curd Dip

This curd dip recipe is a light, refreshing and super addictive dip, perfect side dish with all your meals. Also, did you know, curd has long been used as a natural moisturizer to revitalize dull, dry skin? Well, try it out yourself.

Ingredients

- Hung curd – 250 gms
- Jeera powder – 1 tsp
- Red chilli powder – $\frac{1}{2}$ tsp
- Garlic paste – 1 tsp
- Coriander leaves (finely chopped) – 2-3 tsp
- Mint leaves (roughly chopped) - 1 tsp
- Lemon juice – $\frac{1}{2}$
- Sea salt – $\frac{1}{4}$ tsp
- Black pepper – according to taste
- Milk as required
- Olive oil – $\frac{1}{2}$ tsp

Procedure

- Take a bowl add hung curd, jeera powder, red chilli powder, garlic paste, coriander leaves, mint leaves, lemon juice, sea salt and black pepper.
- Mix it well. Consistency will be thick.
- Add some milk and mix, and then add olive oil.
- Mix it well. And it's done.

Beetroot Dip



A RECIPE BY CHEF TARUNA BIRLA

Beetroot Dip

This beetroot dip looks beautiful on table with its vibrant colours. Nobody will be able to resist this healthy and luscious dip. Also, beetroot is more than simply a cooking ingredient, it's a hangover cure, works as a dye and gives you sugar rush!

Ingredients

Raita:

- 2 Cups - Hung Curd
- Black Salt To Taste
- 1 Tsp - Cumin Seeds Powder
- 1 -Beetroot - Steamed & Grated
- 1 -Grated Cucumber
- 2 Tsp - Honey
- 1 Tbsp - Mint Leaves
- 2 Tbsp - Coriander Leaves

Procedure

- In a bowl add hung curd, black salt, cumin seeds powder, whisk them.
- Add Beetroot, cucumber, and honey.
- Mix them well and add mint leaves, coriander leaves.
- Give them a mix.
- Our Beetroot dip is ready.

Corn Chaat



A RECIPE BY CHEF TARUNA BIRLA

Corn Chaat

Corn chaat is a delectable spiced and tangy snack made with steamed or boiled sweet corn and spices. A vegan recipe. Even a person not expert in cooking can make it in minutes.

Ingredients

- Corn on cob , - 1
- Onion (chopped) - $\frac{1}{2}$
- Tomato, deseeded (chopped) - 1
- Green chillies(chopped) – 1-2
- Coriander leaves (chopped) - 2 tbsp
- Black salt – $\frac{1}{4}$ tsp
- Chaat masala- $\frac{1}{2}$ tsp
- Olive oil or Salad oil- $\frac{1}{2}$ tsp

Procedure

- Remove the corn kernels from the cob and keep aside for further use.
- In a bowl add corn kernels, onion, tomato, green chillies, coriander leaves, black salt, chaat masala, olive oil or salad oil and mix everything properly and garnish with coriander leaves.

Chocolaty Dates



A RECIPE BY CHEF TARUNA BIRLA

Chocolaty Dates

Fusion cuisine is getting popular day by day. Here comes, another fusion recipe of chocolate and dates. A fun fact about dates is that dates are considered the oldest cultivated fruit in the world with fossils suggesting that they were around 50 million years ago.

Ingredients

- Dates
- Almonds
- Cashews
- Pistachio
- Dark chocolate

Procedure

- Take dates cut in slit, then remove seeds & fill roasted whole nuts (cashew, almonds, pistachio).
- Dip in dark chocolate.
- Set it for 5 min in freeze.

Strawberry Smoothy



A RECIPE BY CHEF TARUNA BIRLA

Strawberry Smoothie

Relish your day with this refreshing strawberry smoothie in no time. The best thing about this smoothie is that it is very easy simple to make and require so less ingredients.

Well, here is how it is made.

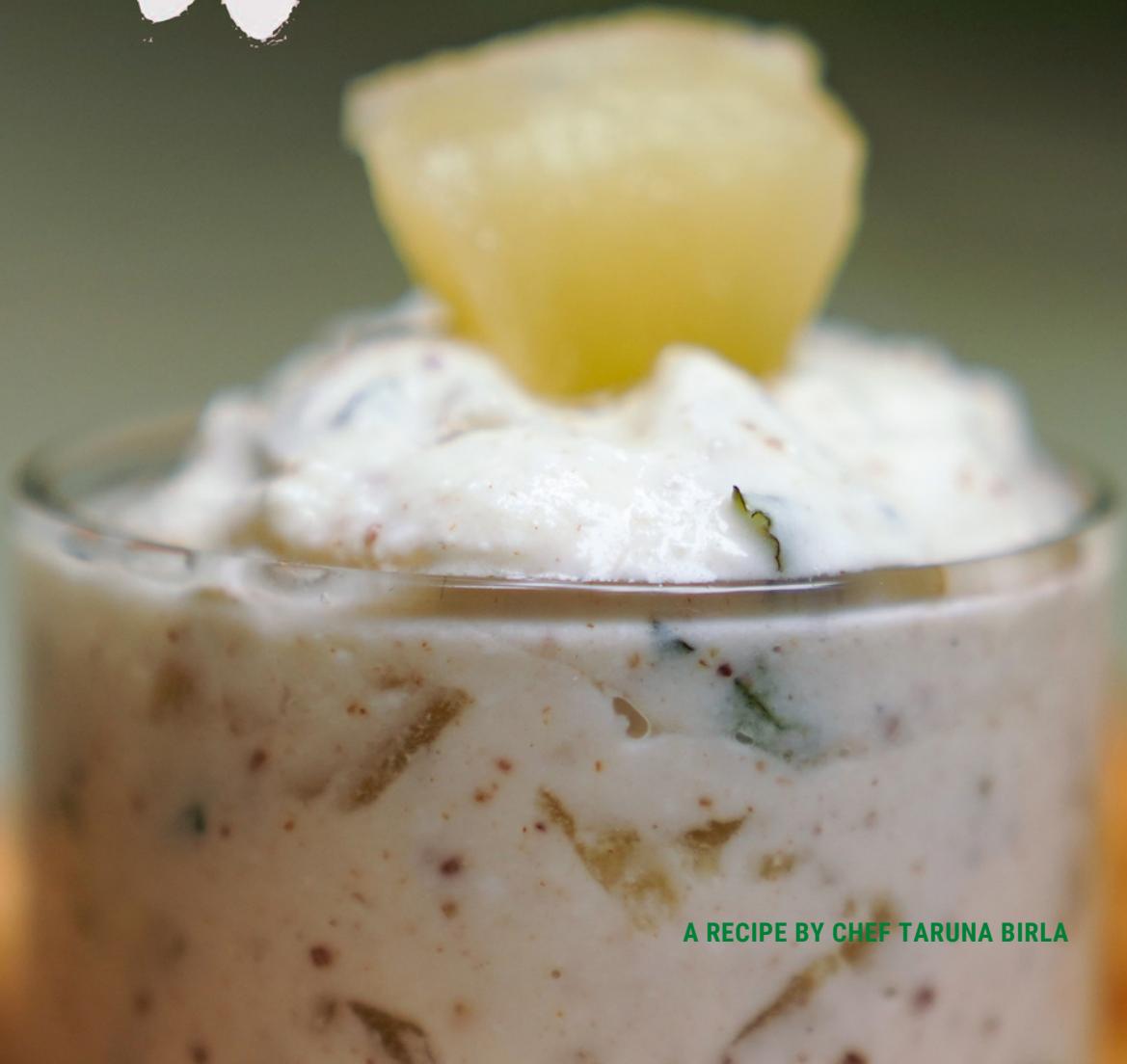
Ingredients

- $\frac{1}{2}$ cup strawberry
- $\frac{1}{2}$ ripe banana
- $\frac{1}{4}$ cup almond milk
- $\frac{1}{4}$ hung curd
- Honey- as per taste
- Black salt a pinch
- Some mint leaves

Procedure

- Mix all together and grind in mixer.

Pineapple
Raita



A RECIPE BY CHEF TARUNA BIRLA

Pineapple Raita

Make your regular curd exotic by adding pineapple and turning it into pineapple raita. Very quick and easy to make and serves as the best side dish with all your meals.

Ingredients

- 4 Slices Of Tinned Pineapple
- 10-15 Fresh Mint Leaves
- 1 Tsp Cumin Powder (Roasted)
- 1+½ Cups Hung Curd
- ½ Tsp Black Salt
- 1 Tbsp Sugar

Procedure

- Take yogurt in a large bowl, whisk well. Add the chopped pineapple, chopped mint and black salt, sugar, & 1 tsp of the roasted cumin powder and mix well.
- Fill in a small air tight container.

Muesli Rocks



A RECIPE BY CHEF TARUNA BIRLA

Muesli Rocks

Easy to prepare, these muesli rocks are ideal to make with children, who will enjoy making the nutritious treats as much as eating them.

Ingredients

- DARK CHOCOLATE - 100 GM
- ROASTED PISTA (CRUSHED) - 30 GM
- ROASTED ALMONDS (CRUSHED) - 30 GM
- ROASTED WALNUTS (CRUSHED) - 30 GM
- MUESLI - 20 GM

Procedure

- Melt the Dark chocolate in Microwave.
- Add Roasted Pista, Roasted Almonds, Roasted Walnuts, Muesli & mix well in the melted chocolate.
- Make your own shape on butter paper.
- Keep in the Fridge for 10 minutes.
- Your Nutty Chocolate Rocks is ready for kid's lunch box.

Fruit Chocolate Barbeque



A RECIPE BY CHEF TARUNA BIRLA

Chocolate Fruit Barbeque

Invite your friends and family members, preparing this chocolate fruit barbeque and be ready to turn a normal day into delightful one. A perfect recipe for all the chocolate lovers out there!

Ingredients

- Kiwi
- Apple
- Strawberry
- Grapes
- Banana
- Dark chocolate
- Sprinkles for garnishing

Procedure

- Take any fruits of your choice and cut into desired shape (large pieces)
- Dip in melted dark chocolate and garnish with sprinkles.
- (You can make it before one day for serving in lunch box for your kids).



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DEAR.....
THANK YOU FOR
PURCHASING OUR BOOK.
**"LUSCIOUS" LOVE FROM
MOM** YOUR SUPPORT
AND TRUST IN US ARE
MUCH APPRECIATED. I
HOPE WE KEEP
MEETING YOUR
EXPECTATIONS.
WARM REGARDS,
CHEF TARUNA BIRLA

Worried about your toddler's lunch box?
Is your kid asking you about more new recipes? Don't worry we are here with our Luscious Love From Mom to solve your problem. So roll your sleeves and get ready to surprise your toddler with new recipes.

They will never refuse to eat them.

This book contains recipes which will help you to become best chef for your kids or queen of kitchen can also be another title. The remix of healthy and kid's favourite items will help you to make a perfect dish for your kid.

Luscious Love From Mom provides you 35 delicious and full vegetarian recipes which you can easily make at your home for your kids. As you know now a days

kids hate green vegetables, fruits and vegetables which are rich in proteins so here Luscious Love From Mom will help you to provide a diet full of proteins to your toddlers.



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