

FIT COOK

*The art of
healthy cooking*



SMOOTHIES



Ingredients:

1 cup fresh blueberries

2 cup yogurt

1 cup full fat milk

Stevia powder as per taste

Method:

Put all the ingredients in the blender & blend until smooth.

Serve chilled.

BLUEBERRY SMOOTHIE



Ingredients:

50gms Cottage Cheese

10gms Almond butter

Vanilla essence - few drops

1/2 scoop Whey

150 ml Water

100 ml Fresh cream

Stevia powder (according to taste)

Method:

Grate cottage cheese from the finest side of the grater.

Blend the grated cottage cheese with all the other ingredients using ice cubes till smooth.

Serve chilled.

Variations: Add extra nuts as a topping for crunchiness.

QUICK MEAL SMOOTHIE



Ingredients:

2 medium size chopped cucumbers

Ice cubes

Chaat masala (according to taste)

Lemon juice (according to taste)

Salt(according to taste)

Method:

Blend all the ingredients in a mixer.

Consistency of the end product should be similar to water or slightly more than that(add water if it's thick).

Serve chilled.

FRESH CUCUMBER:



Ingredients:

1 scoop of Mango lassi WHEY,
1 cup of Beaten curd
2 tbsp full fat cream

Method:

Mix all the ingredients in a grinder and serve chilled for better taste.

Variations:

Add nuts to your choice

Mango Lassi:



Ingredients:

1 scoop of Irish Chocolate WHEY,
1 cup of full fat milk
1 tbsp cocoa powder
2 tbsp full fat cream

Method:

Mix all the ingredients in a grinder and serve chilled for better taste.

Variations:

Add nuts to your choice

Irish chocolate Protein shake:



Ingredients:

1 scoop of Swiss Chocolate WHEY,
1 cup of full fat milk
1 tbsp cocoa powder
2 tbsp full fat cream

Method:

Mix all the ingredients in a grinder and serve chilled for better taste.

Variations:

Add nuts to your choice

Swiss chocolate protein shake:



Ingredients:

1 scoop of Vanilla Butter cake WHEY,
1 cup of full fat milk
2 tbsp full fat cream

Method:

Mix all the ingredients in a grinder and serve chilled for better taste.

Variations:

Add nuts to your choice

Vanilla Buttercake Protein shake:



Ingredients:

1 scoop of Strawberry flavour whey
1 cup of full fat milk
1 cup of strawberries
2 tbsp full fat cream

Method:

Mix all the ingredients in a grinder
and serve chilled for better taste.

Strawberry Smoothie:



EVERYTHING FROM EGGS!



Ingredients:

3 large eggs

Salt (according to taste)

Pepper (according to taste)

15 gms Unsalted Butter

Method:

In a bowl beat the eggs till there are no traces of egg white & season it.

In a non stick pan melt the butter and swirl it around the pan.

Pour the egg mixture into the pan once it's hot

Continuously stir the mixture in the pan using a spatula, stop stirring as soon as eggs are very softly scrambled and creamy (but still loose enough to come together into a single mass).

Spread the mixture evenly on the pan, the top surface should be loose and creamy but not raw and runny.

Remove skillet from the heat and gently roll the omelet down over itself using a spatula.

Serve hot.

CLASSIC FRENCH OMELETTE:



Ingredients:

2 large eggs
1 small onion
1 small tomato
1 green chilli
Finely chopped Ginger according to taste
1 tbsp ghee or butter
1/2 cube of cheese
Salt (according to taste)

Method:

Finely chop the onions, tomatoes & green chilli.

Beat the eggs in a bowl.

Add ghee or butter to a pan and put some chopped ginger & green chilli at first. Then saute the chopped onion and tomato with some salt make the mixture a little translucent.

Then add the egg mixture and cook it till it's not runny.

Grate the cheese on the egg and fold it it half.

Serve hot.

MASALA CHEESE OMELETTE:



Ingredients:

2 large eggs

Fresh or dried mixed herbs- 1/4 tsp

Fresh basil leaves

Chilli flakes to taste

salt to taste

1/2 cube grated cheese

1 tbsp ghee or butter

Method:

Beat the eggs along with the dried herbs & seasoning.

In a non stick pan melt the butter or ghee and swirl it around the pan.

Pour the beaten egg mixture cook the omelette from both the sides

Then sprinkle the grated cheese & basil leaves over the omelette

Fold the omelette in half.

Serve hot.

HERBS AND CHEESE OMELETTE:



Ingredients:

2 large Eggs
50 gms Boneless chicken
50gms Paneer
2 cloves Garlic
Cheese cube
Mixed herbs
1/2 tsp Mustard sauce
Salt (according to taste)
Ghee
15 ml BBQ sauce (if available)

Method:

Marinate the chicken nicely with herbs, mustard sauce, BBQ sauce and salt & leave it for 2-3 hours in the fridge.

In a non stick pan melt the butter or ghee and swirl it around the pan.

Add chopped garlic in the pan & cook it till turns golden brown, add the marinated chicken and cook it for a few seconds on high heat, add water.

Cover it and cook till the water evaporates.

Add the paneer cubes, mix well and keep aside.

Make a plain omelette and spread this prepared stuffing.

Sprinkle cheese over it and fold.

Serve hot.

THE ULTIMATE PROTEIN FLOODED OMELETTE:



Ingredients:

2 Eggs
100 gms Paneer
1 onion
1 tomato
A pinch of turmeric
1 teaspoon of coriander powder
Ghee/butter
1/2 cube of any cheese
Full fat cream.
Salt (according to taste)

Method:

Finely chop the onion and tomatoes

Beat the eggs in a bowl.

In a non stick pan melt the butter or ghee and swirl it around the pan.

Add onions & tomatoes, saute them once they are translucent add the ground spices and saute a little.

Then add the grated paneer along with the 2 tbsp of full fat cream to the masala prepared.

Cook the mixture for a few minutes and then keep it aside.

In another pan melt butter or ghee and swirl it around the pan.

Add the egg mixture and cook it both sides.

Once an omelette has been formed put the paneer mixture in the middle of the omelette grate the cheese on it & fold it in half.

Serve hot.

OMELETTE OVERLOADED:



Ingredients:

4 eggs
200 gms of Spinach
2 cloves Garlic
Salt(according to taste)
Oregano
Ghee/butter.

Method:

Wash the spinach several times and chop it roughly.

In a non stick pan melt the butter or ghee and swirl it around the pan.

Add finely chopped garlic, once it turns golden add spinach, oregano and salt.

Cook till the water evaporates.

Make a plain omelette and place the filling in the middle of the omelette.

Then fold one side over, then the other side, and roll the omelette out of the pan.

Variation: You can also add cheese to the spinach.

POPEYE'S OMELETTE:



Ingredients:

2 eggs + curry leaves + ginger and garlic paste - 1 tsp + misal masala 1/2 tsp + 1 medium size onion + 2 medium size tomatoes + Indian spices + Ghee as a cooking medium.

Method:

Finely chop the onion and tomatoes and curry leaves. Heat the ghee and add the ginger and garlic paste and cook till brown. Add all the other vegetables. Sprinkle all the Indian spices available. Cook till the mixture is golden brown and dry. Make a plain omelette, spread the mixture on the omelette, place the filling in the centre and make a roll. Serve hot.

Marathi sa Omelette:



Ingredients:

5 eggs beaten
1 medium size onion
2 medium size tomatoes
1 tsp of ginger and garlic paste
Full fat malai/cream
A pinch of turmeric
1 teaspoon of coriander powder
1 teaspoon of red chilli powder
Ghee/ butter

Method:

Finely chop the onion and tomatoes.

Take a kadhai add the ghee/butter, add ginger garlic paste to it, saute it for a few seconds after that.

Add the chopped onion and saute then add the tomatoes cook till golden brown, add all the ground spices to the masala, and cook it till it leaves the oil.

Add the egg mixture and continuously stir it till you get the desired grainy texture.

Finish with cream and serve hot.

MALAI ANDA BHURJI:



PANEER PREPS!



Ingredients:

100gms diced paneer
1 medium size onion
1 tomato
10 gms each Mix vegetables (capsicum,spinach and mushrooms)
Ginger and garlic paste
1/2 tbsp turmeric powder
1 tbsp coriander powder
2 tbsp deghi mirch powder
1/2 tsp cumin powder
Full fat cream
Coriander leaves (for garnishing)
Ghee

Method:

Finely chop the onion and tomatoes.
Take a pan add ghee/butter, add ginger garlic paste to it, saute it for a few seconds after that.
Add the chopped onion and saute then add the tomatoes cook till golden brown, add all the ground spices to the masala, and cook it till it leaves the oil.
Then add all the other vegetables cook further till they're done.
Then add the paneer and cook.
Serve hot.
Tip: Add cream at the end to make the dish more delicious.

VEGGIE PANEER:



Ingredients:

150 gms of Grated paneer
1 onion
2 tomatoes
ginger and garlic paste
ghee/butter
All available Indian spices
Full fat cream/malai.

Method:

Finely chop the onion and tomatoes.

Take a kadhai add the ghee/butter, add ginger garlic paste to it, saute it for a few seconds after that.

Add the chopped onion and saute then add the tomatoes cook till golden brown, add all the ground spices to the masala, and cook it till it leaves the oil.

Add grated paneer at the end and cook the whole in low flame for 3-5 minutes.

Add some full fat cream to make the mixture thick.

Garnish it with some coriander leaves.

Serve hot.

Tip: Ghee cooked paneer malai bhurji tastes better than butter cooked.

PANEER MALAI BHURJI:



ALL ABOUT MEATS!



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Ingredients

200 gms of whole chicken
1/2 tsp lemon juice
30 gms curd
1/4 tsp turmeric
Salt (according to taste)
Mangalorean Ghee roast masala powder
1 teaspoon Jaggery
15gms Ginger and garlic paste
Ghee
Curry Leaves

Method:

Marinate the chicken with curd, turmeric and lemon juice, ginger and garlic paste and mix well, refrigerate the marinated chicken for atleast 1 hour.
Take a flat pan and heat some ghee then add curry leaves and allow to crackle.
Add the marinated chicken and cook until the chicken is firm.
Then add the ghee roast masala & mix till everything comes together cook till the masala leaves the ghee.
Finally add the jaggery, check the seasoning.
Serve hot.

CHICKEN GHEE ROAST:



Ingredients:

200gms of mutton
cloves, cinnamon, cardamon, bay leaf
2 onions
1 tbsp Ginger garlic paste
1 tbsp coriander powder
1/2 tsp cumin powder
1/2tsp meat masala
2 tbsp Deghi mirch
Salt (according to taste)
Ghee (as a cooking oil)

Method:

Slice the onions

Take a pressure cooker, add ghee and heat it.

Then add sliced onions and saute them until golden brown, add ginger garlic paste and saute for few minutes.

Then add mutton pieces and cook them on high heat for a few minutes.

Then add all the ground spices, cook till oil appears on the sides.

Add water and pressure cook till it's done.

Add garam masala at the end and serve hot.

MUTTON MASALA CURRY:



Ingredients:

200gms of chicken
(cloves, cinnamon, cardamom, bay leaf)
50gms onion
1 tbsp Ginger garlic paste
100gms red tomatoes
1 tbsp coriander powder
2 tbsp deghi mirch powder
1/2 tsp cumin powder
1/2 tsp meat masala
Salt (according to taste)
Ghee

Method:

Finely chop the onion and tomatoes.
Take a pan add ghee/butter, add ginger garlic paste to it, saute it for a few seconds after that.
Add the chopped onion and saute then add the tomatoes cook till golden brown, add all the ground spices to the masala, and cook it till it leaves the oil.
Add chicken and cook on high heat for a few minutes, add water and cook till the chicken is done.
Serve hot.

INDIAN CHICKEN CURRY:



Ingredients:

250 g Mutton
2 Black cardamom
2 Cinnamon sticks
3 Green cardamom
1 Mace 1
 $\frac{1}{4}$ ts Cumin seeds
Saffron pinch
1 tbsp Kashmir Red chilly powder
 $\frac{1}{4}$ tbsp Ginger powder
 $\frac{1}{4}$ tb Fennel seed powder
Salt (according to taste)
Hing pinch
2 tbsp Ghee
 $\frac{1}{2}$ tsp Turmeric optional

Directions:

Take a bowl add all the ground masala powders and hing and add water & mix.

Take a blender in this add cinnamon sticks, green cardamom, mace, cumin seeds, make a coarse powder.

Take a pan heat ghee in it and add black cardamom, then add meat pieces, cook it in a slow flame till meat is brown in colour.

Then pour in the mixture of ground masalas, saffron, water, salt, mix this well, put the lid on let it cook for 45 minutes till the meat is tender.

Then add masala powder we made, mix it well and let it cook till the meat is done.

Serve hot.

MUTTON ROGAN JOSH



Ingredients:

Coconut oil + 150 ml coconut milk + 5ml fish sauce + 1/2tsp soy sauce + 30ml vinegar + stevia to taste + fresh basil leaves + boneless fish 150gms + dried bedgi chilli 20 gms + galangal 10gms + kaffir lime 5gms + ginger and garlic paste + 30gms onions

Method:

Boil the dried bedgi chillies in water with little vinegar added. Strain and refresh under cold water. Remove the seed and make a smooth paste using a little water. Keep it aside. In the same blender make a smooth paste of these ingredients (dried bedgi chilli 20gms + galangal 10gms + kaffir lime 5gms + ginger and garlic paste + 30gms onions). Heat coconut oil but do not let it smoke, add the paste and cook it on a low flame till the oil separates. Add all the other ingredients, reserving the coconut milk powder and basil. Dissolve the coconut milk powder in water, add it to the cooked paste and stir. Make sure the flame is low. Adjust the thickness as per your requirement. Add fresh basil leaves. In a separate pan poach fish with galangal, to the curry. Serve hot.

Fish Thai curry:



Sauces!



Ingredients:

Soaked and blended red chilli - 30 + Sesame oil 3 tbsp + 1/2 cup garlic + ginger + sichuan peppercorns- 1 tsp + 1 small onion + salt to taste + 1/4 soy sauce + 1 tsp vinegar + stevia powder to taste.

Method:

In a pan add sesame oil and heat till smoky, then add the chopped garlic and ginger. Cook until the raw flavour is gone, and then add the sichuan peppercorns and onions, cook till translucent. Add in the red chilli paste and salt, cook till it starts leaving the sides of the pan. Season with soy sauce, vinegar and stevia powder. Cook for a few more minutes and then turn off the flame. Once it cooks to a normal temperature, blend to a smooth paste. Ready to serve.

Schezwan chutney:



Ingredients:

Sesame oil 1 tbsp + 4 cloves garlic + ginger + 1tbsp red chilli flakes + 2 tbsp sesame seeds + 1 small onion + 3 large tomatoes for puree + salt to taste + 1/2 tsp lemon juice.

Method:

In a pan add the oil and once hot, add in the ginger and garlic. Also add in the sesame seeds and chilli flakes, once they begin popping, the onion goes in. As the onion gets translucent add the tomato puree and salt. Cook till tomatoes are mushy, turn off the flame. Add the mixture to a blender, pour in the lemon juice and blend the chutney, adding water as required.

Sesame chutney:



Ingredients:

Ice cold milk - 1/4 cup + 1/2 tsp salt + stevia powder to taste + 1/2 tsp vinegar + 1/2 cup melted butter + 1/2 tsp garlic flakes + coriander leaves - 1 tbsp.

Method:

In a tumbler, add in the ice cold milk, followed by salt, stevia powder and vinegar. Give it a mix, using an immersion blender, start mixing the milk mixture whilst pouring oil little at a time. As the oil emulsifies with the milk, the mayonnaise will get thick and creamy. Once all oil is emulsified, blend for another few seconds, then refrigerate for a few minutes. Mix flavors like garlic or chopped coriander as you desire. Ready to serve!

Mayonnaise:



Ingredients:

500 gms red tomatoes + 50 gms onions + 30 gms garlic + 60 ml cooking olive oil + bay leave + 1 tsp fresh mixed herbs + 30 gms fresh basil + salt to taste + stevia to taste + degi mirch powder 1 tbsp.

Method:

Blanch the tomatoes and peel the skin. Squeeze out the pulp into the bowl. Roughly chop the tomatoes and mix it in the pulp. Finely chop the onion and garlic. Heat oil, add the bay leaf and garlic. Once the garlic turns golden, add the chopped onions, salt and stevia. Cook till the onions are soft. Add degi mirch powder and tomatoes. Cook till the tomatoes are soft. Add in some herbs and fresh basil to the sauce.

Arrabbiata Sauce:



DESERTS!



Ingredients:

1 lt. Full Cream Milk
125 gms unsweetened khoya
Stevia powder(according to taste)
1/2 tbsp Green Cardamom Powder
Nuts for variations

Method:

Put the milk on the flame and reduce it till it's half.
Then add the khoya & cardamom powder, cook till the khoya has melted.
Add the stevia powder and the nuts, cook for some time.
Then transfer the mixture into the moulds.
Refrigerate till the kulfis are set.
Serve cold.

KHOYA KULFI:



Ingredients:

200 gms Unsweetened khoya

Stevia powder to taste

1/2 tbsp Green Cardamom Powder

Chopped pistachios (for topping)

Ghee

Method:

Grate the khoya using a grater.

Take a pan add ghee to it once hot , add khoya & stevia and cook till it turns into a paste, cook some more till it thickens, keep on stirring the whole time.

Add the cardamom powder and mix it well.

Transfer the mixture into a greased tray, add the pistachios on top.

Let it rest for a few hours.

Then cut the barfi into squares.

KHOYA BARFI:



Ingredients:

1litre Full fat milk
2tbsp white vinegar
Stevia powder to taste
Water
3-4 pieces of cardamon
2tbsp kewra water.

Method:

Start with bringing full fat milk to boil, and then add the mixture of water and white vinegar (this process should be done while keeping the flame off).
Let it sit for some time once the paneer is formed get rid of the extra water.
Pour the mixture into a cheesecloth & rise it, then hang it & let it dry.
Now make a dough out of the paneer (make sure the dough has no lumps, it should be made without any cracks).
Now make some equal size balls from the prepared dough and keep it aside.
Make a sugar syrup with the water and stevia, add kewra water and cardamon.
Add the prepared balls to the syrup and put high heat for 5 minutes with lid on.
Cook the rasgullas for some more time on medium heat till they are done.
Refrigerate after they are done, serve cold.

BENGALI RASGULLA:



Ingredients:

35 gms Blanched almond flour
35 gms coconut flour
stevia powder (for taste)
1 tsp gluten free baking powder
6 large eggs
90ml coconut milk (or any milk of choice)
5 ml vanilla extract
1 pinch of salt.

Method:

Whisk all the ingredients together in a bowl until smooth (the batter should have a consistency of a typical pancake batter. If its too thick then add a little more milk).
Take a non stick pan.
Put butter into the pan and swirl it around.
Pour the batter into the pan.
Once the bubbles start to form, flip it.
Serve hot.

ALMOND PANCAKES

