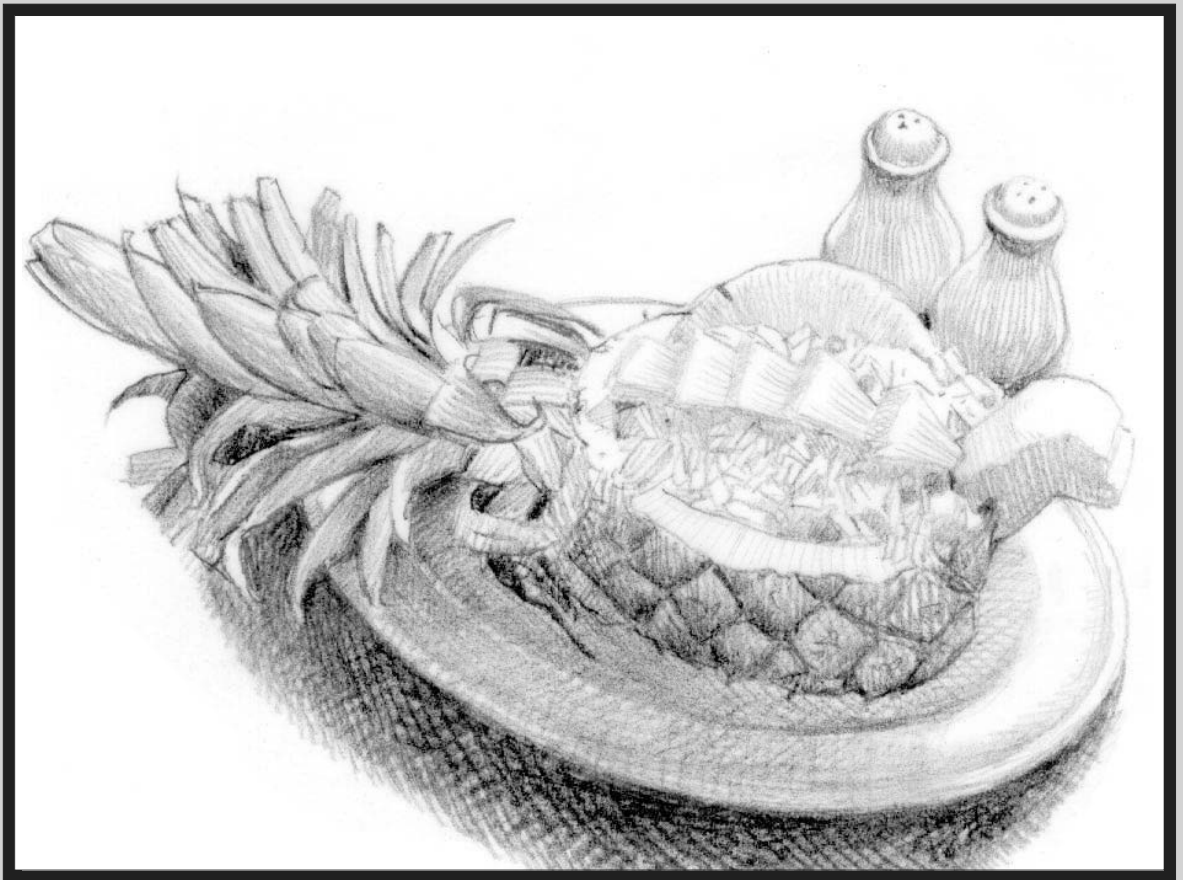


# CREATIVE VEGETARIAN COOKING



SCIENCE OF THE SOUL RESEARCH CENTRE

**CREATIVE**

**VEGETARIAN**

**COOKING**

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# INTRODUCTION

People may have spiritual, moral, humanitarian or health reasons for adopting a vegetarian diet. As vegetarianism becomes more popular throughout the modern world, more and more people realize that the diet can be just as varied and satisfying as any other.

It is thought by many that a meatless diet does not fulfil our protein requirements. This is not correct. Vegetarian foods are nutritious, and a well-balanced vegetarian diet contains all the elements required for a healthy life. It is also common knowledge that a vegetarian diet is advocated in cases of high-stress diseases, such as blood pressure, heart conditions and different types of cancer.

Look at the cookbook shelf in any household and there will be books from all traditions, countries and cultures. Whether a busy mum, a newly married spouse, a student enjoying the first taste of independence, a host or hostess who enjoys feeding his or her friends—can one ever have enough new recipes?

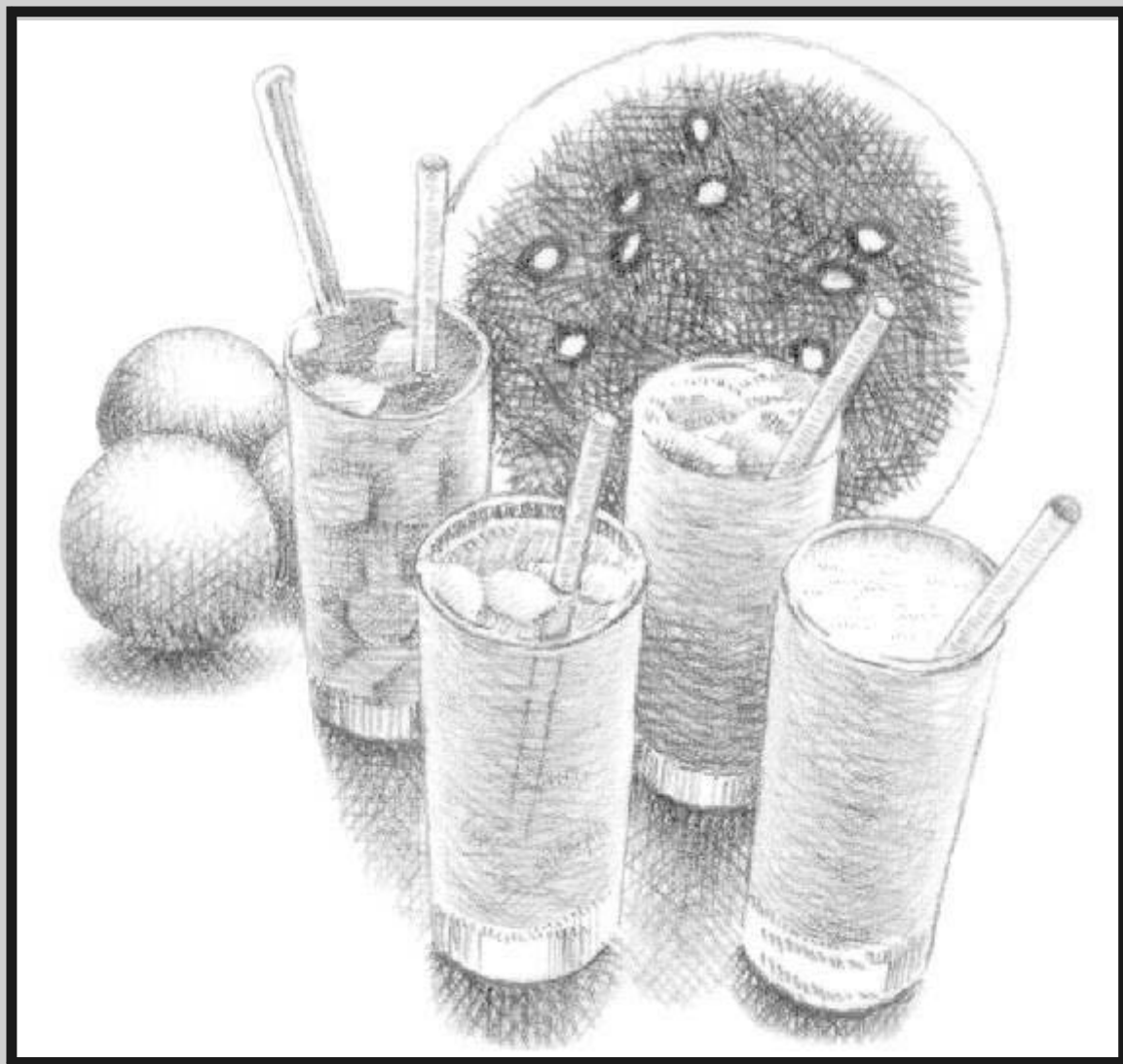
This lacto-vegetarian cookbook contains a wide range of simple international recipes reflecting today's multi-cultural societies. The book was prepared in Hong Kong and blends the traditions of Indian cooking with influences from China, Japan and the West. A few recipes may contain oriental ingredients that are not available to every reader. The imaginative cook will no doubt substitute his or her own ingredients, while others may choose to acquire them on their travels or through family and friends.

Permission to reprint this book, which was originally published commercially in Hong Kong, has been generously given to Radha Soami Satsang Beas by the author.

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# BEVERAGES





## BANANA PUNCH

### Ingredients:

*4 cups water  
2 cups sugar  
1 lt pineapple juice  
500 ml orange juice  
4 large bananas  
Juice of 2 lemons  
gingerale*

### Preparation Method:

**H**eat water and sugar in a pan to prepare a light syrup. In blender, blend orange juice and slices of bananas. Mix all ingredients, except gingerale. Makes about 2 litres of mixture. Freeze overnight. Remove from freezer a short while before serving for easier scooping. Fill quarter of each glass with fruit mixture. Fill glasses with chilled gingerale.

## BUTTERMILK DRINK

### Ingredients:

*400 ml milk  
2 lts buttermilk  
1 cup sugar  
3 cups pineapple bits  
pistachios for garnishing*

### Preparation Method:

**B**lend all ingredients in a blender and refrigerate. Serve in glasses. Garnish with chopped pistachios. Decorate with lime slices and cherry.

- Makes 12 glasses

## FRUIT PUNCH

### Ingredients:

*2 cups orange pulp  
2 cups frozen peach slices  
2 bottles chilled lemonade*

### Preparation Method:

**B**lend first two ingredients in a blender. Blend until smooth. Stir in chilled lemonade. Serve over ice in tall glasses. Decorate with lime slices and cherries.

- Makes 10 glasses



## ICE CREAM SODA

### Ingredients:

*ice cream*  
*soda water*  
*rose syrup*

### Preparation Method:

**P**our 2-3 tablespoons of rose syrup in a glass. Fill 3/4th of a glass with soda. Add a scoopful of ice cream.

## INDONESIAN COCONUT COOLER

### Ingredients:

*4 whole coconuts grated*  
*without the brown skin*  
*12 tsps agar agar powder*  
*7 tbsps sugar*  
*salt to taste*  
*fresh coconut water*  
*rose syrup(optional)*

### Preparation Method:

**S**train grated coconut through a muslin cloth, adding a little water at a time, to extract coconut milk. Repeat process until the liquid comes out clear. Makes about 2 litres of liquid. Add sugar and salt and bring to boil. Dissolve agar agar powder in a little quantity of coconut milk, transfer to the boiling mixture, stir for a minute and remove from heat. Cool and set mixture in refrigerator. Add few spoonfuls of mixture in glasses over 2-3 ice cubes. Fill glasses with chilled coconut water. Drip a thin stream of rose syrup and serve.





## MELON MAGIC

### Ingredients:

*6 cups water melon pulp  
1 cup rose syrup  
chilled soda water  
crushed ice  
vanilla ice-cream  
(1 scoop per serving)*

### Preparation Method:

**M**ix rose syrup with water melon pulp in a large pan. To serve, fill quarter of glass with pulp mixture. Top with crushed ice and fill 3/4 glass with soda water. Add a scoop of ice-cream.

## PARTY SHERBET

### Ingredients:

*2 lts 7-Up  
2 lts lime sherbet  
3 cans (850 gms) fruit cocktail,  
drained*

### Preparation Method:

**M**ix all ingredients together. Serve chilled in tall glasses with drinking straws and dessert spoons. Decorate with lime slice.

- Makes 20 glasses

**Hint:** Substitute for canned fruits, fresh fruits such as melons, pineapple, bananas, peaches, papayas. Fruits should be ripe enough but not over ripe.



## MANGO MILK SHAKE

### Ingredients:

*pulp of 2 mangoes  
4 glasses of chilled milk  
4 tbsps of rose syrup  
almonds and  
pistachios (optional)*

### Preparation Method:

**B**lend first three ingredients in a blender for 30 seconds. Pour in glasses and garnish with chopped almonds and pistachios. Serve chilled.

**Variation:** For *Papaya Milk Shake* substitute mango pulp with 1 cup of papaya pulp.

## MANGO YOGURT DRINK

### Ingredients:

*250 gms natural yogurt  
100 ml water  
pulp of 2 mangoes  
preferably Alphonso mangoes  
crushed ice  
sugar to taste  
1 tsp cardamom*

### Preparation Method:

**B**lend all ingredients thoroughly. Pour in tall glasses and sprinkle cardamom.

- Makes 6-8 glasses

**Variation:** For a plain yogurt drink substitute mango pulp with 100 ml water. Add salt or sugar to taste.



## MILK COOLER (THANDAI)

### Ingredients:

20 almonds  
2 tsp aniseed  
2 tsp poppy seeds  
2 tsp cumin seeds  
8 cardamoms  
10 tsps sugar  
2 tsps peppercorns  
400 ml water mixed with  
400 ml fresh milk

### Preparation Method:

**G** grind aniseed, poppy, cumin seeds, cardamom and black pepper together. Grind almonds separately. In a large bowl, put in dry pounded ingredients together with a little mixture of water and milk. Mix well and strain juice through a muslin cloth. Repeat process until all milk mixture is consumed. Add sugar and stir well. Chill.

- Makes 4-5 glasses

## LIME SHERBET

### Ingredients:

1/4 cup sugar  
500 ml cold water  
juice of 3 lemons  
sliced lime for garnishing  
crushed ice (optional)

### Preparation Method:

**I**n a cold jar of water, stir in sugar to dissolve. Add lemon juice, mix well. Serve over ice, in tall glasses and float lime slice in each glass.

**Variation:** For *Sweet Lime Soda*, add lime juice and sugar syrup (can be substituted with rose syrup or mint flavoured syrup) in serving glasses and pour soda water.



## PARTY PUNCH

### Ingredients:

*2 lts pineapple juice*  
*1 lt orange juice*  
*1 lt lemonade*  
*200 ml mango-orange sorbet*  
*(see recipe in the book)*  
*1 lt ice-cream (your choice of*  
*flavour)*  
*vanilla ice cream*  
*(1 scoop per serving)*  
*gingerale*

### Preparation Method:

**M**ix all juices together. Add mango-orange sorbet. Cut 1 litre of ice cream into cubes, add to juice mixture and freeze. Remove from freezer a short while before serving. Shave few spoons in tall glass. Add gingerale. Top with vanilla ice-cream and serve.

- Makes 20-24 glasses

## SHERBET PUNCH

### Ingredients:

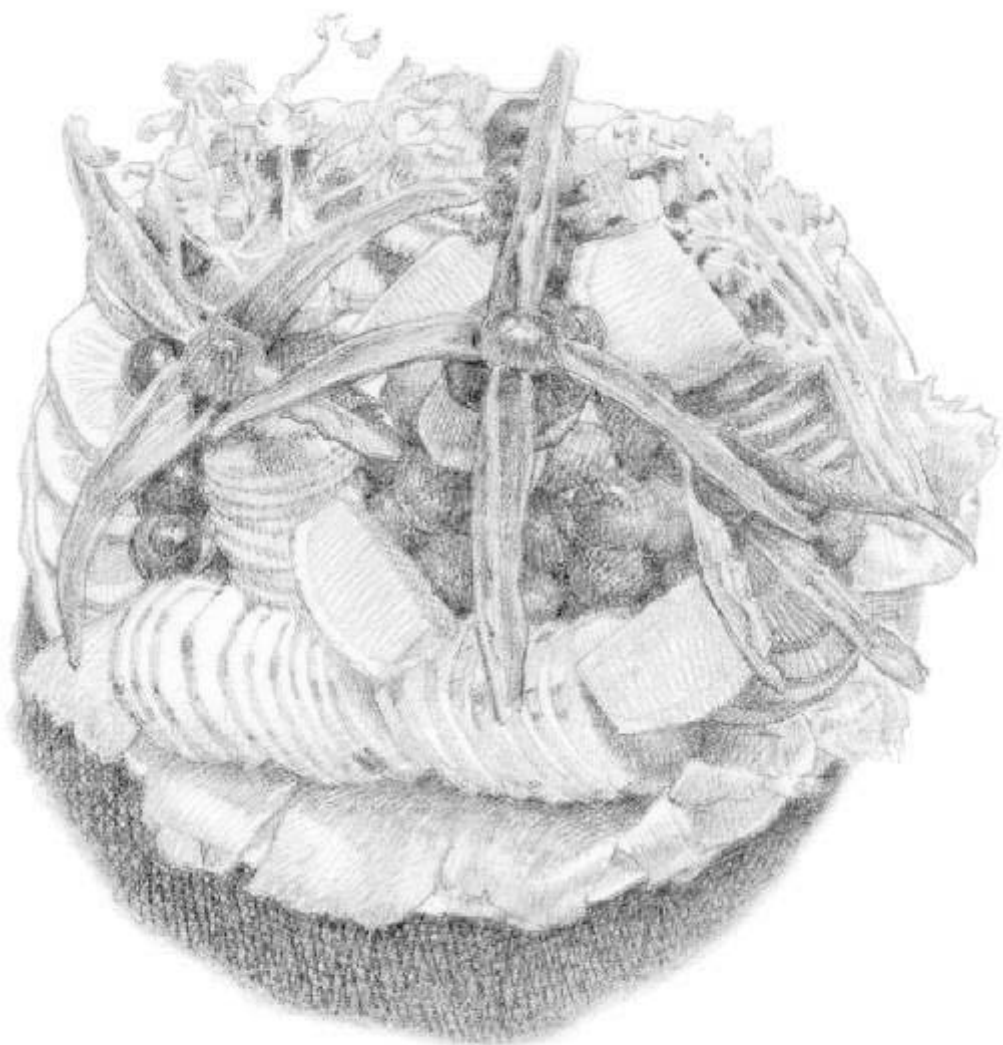
*1/2 lt sherbet (any flavour)*  
*1 lt pineapple juice*  
*1 lt orange juice*  
*1 lt apple juice*  
*2 lts gingerale*

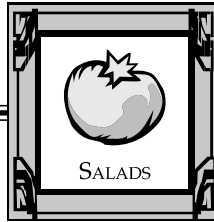
### Preparation Method:

**C**hill all juices together with sherbet, then combine it with the gingerale. Serve in tall glasses.

- Makes 22 glasses

# SALADS





## RUSSIAN SALAD

### Ingredients:

*50 gms potatoes, peeled,  
boiled and cubed  
50 gms frozen green peas, thawed  
50 gms carrots, parboiled  
50 gms turnips, chopped  
1/2 head lettuce, shredded  
eggless mayonnaise for dressing*

### Preparation Method:

**I**n a salad bowl mix all ingredients. Drizzle dressing over the dish and serve.

- Serves 4-6

**Hint:** Substitute mayonnaise with avocado sauce. Do not marinate. Toss and serve immediately.

## GREEK SALAD

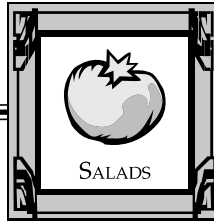
### Ingredients:

*1 tin artichoke hearts, drained  
250 gms feta cheese, crumbled  
4 tomatoes, quartered  
100 ml salad oil  
juice of one lemon  
salt and pepper to taste*

### Preparation Method:

**M**arinate artichoke hearts in salad oil and set aside for an hour. In a bowl, toss artichoke hearts and feta cheese. Transfer to a salad dish and surround the mixture with tomatoes. Sprinkle lemon juice, salt and pepper.

- Serves 4-6



## SALAD SURPRISE

### Ingredients:

*1 cup canned kidney beans, drained*  
*1 cup cooked macaroni*  
*1 cup pineapple tidbits*  
*1 cup canned corn kernels*  
*1 cup raisins*  
*4 carrots, grated*  
*4 tomatoes, chopped*  
*4 small cucumbers, peeled and julienned*  
*eggless mayonnaise*  
*lettuce leaves*  
*chopped nuts for garnishing*

### Preparation Method:

**O**n a bed of lettuce leaves, in a shallow salad dish, arrange the first eight ingredients in alternating colours. Refrigerate until served. To serve, drizzle enough mayonnaise over the dish and garnish with chopped nuts.

- Serves 6-8

## GADO GADO

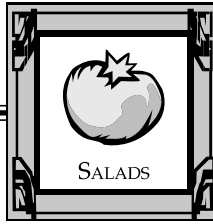
### Ingredients:

*1/4 kg cabbage, cut into pieces and parboiled*  
*1/4 kg cauliflower, boiled and cut into florets*  
*1/4 kg carrots, diced*  
*3 potatoes cooked and thinly sliced*  
*1 head lettuce shredded*  
*3 cucumbers, seeded and sliced*  
*4 cakes fried bean curd, sliced*  
*peanut sauce (see recipe)*  
*4-5 shallots (fried)*

### Preparation Method:

**I**n a serving bowl mix all vegetables and bean curd. Top with peanut sauce and sprinkle with fried crispy shallots.

- Serves 6-8



## PAPAYA SALAD

### Ingredients:

*1 raw papaya,  
peeled and grated  
2 cloves garlic, pounded  
1/2 tsp red chilli powder  
1 tomato, sliced  
1 cucumber,  
seeded and grated  
2 tbsps brown sugar  
juice of 2 large lemons  
salt to taste  
lettuce leaves  
carrots & beans for decoration*

### Preparation Method:

**M**ix all the ingredients except tomato and lettuce. Arrange papaya mixture on a bed of lettuce leaves. Decorate with sliced tomatoes, carrots and beans.

## THAI SALAD

### Ingredients:

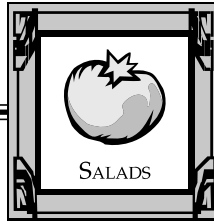
*1 red pepper  
1 yellow pepper  
1/2 head broccoli, parboiled  
2 onions, thinly sliced  
2 cucumbers, peeled and chopped  
1/4 head cabbage, shredded  
1/4 cup lemon juice  
3-4 tbsps of chilli sauce  
pinch of salt and sugar*

### Preparation Method:

**C**ut peppers into slices. Separate broccoli into florets. Separate the onion slices into rings.

Mix all ingredients in a large salad bowl and serve.





## CUCUMBER BOAT

### Ingredients:

*2 cucumbers*  
*2 cherries*  
*1/4 cup grated*  
*cheddar cheese*  
*1 green pepper, pitted and*  
*chopped*  
*1 tomato, finely chopped*  
*1 onion, finely chopped*  
*1 carrot, grated*  
*parsley for garnishing*

### Preparation Method:

**C**ut cucumber lengthwise. Scoop out insides. Arrange tomato, pepper, onion and carrot in it. Sprinkle grated cheese on top. Finally, top each cucumber boat with a cherry and sprinkle parsley.

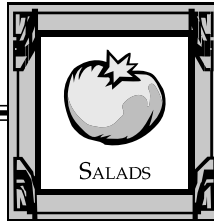
## CARROT SALAD

### Ingredients:

*1 carrot, peeled and sliced*  
*1 onion, sliced*  
*1 green pepper, sliced*  
*your choice of dressing*

### Preparation Method:

**A**rrange sliced peppers on a serving platter. Top with a layer of onion slices and finally top with carrot slices. Dot with tomato ketchup. Drizzle dressing over dish and serve.



## BEAN SALAD

### Ingredients:

*1 cup green beans, boiled and drained*  
*1 cup yellow beans, boiled and drained*  
*1 cup red kidney beans, boiled and drained*  
*1 cup garbanzo beans, boiled and drained*  
*1 onion sliced*  
*1 green pepper sliced*  
*3 stalks celery sliced*  
*1/2 cup water*  
*1 tsp salt*  
*vinaigrette or french dressing (eggless)*

### Preparation Method:

**B**oil salted water in a pan and add drained beans. Simmer, covered, for 5 minutes. Drain and cool. Combine all ingredients except salad dressing. Refrigerate until ready to serve. Before serving, drain and toss with salad dressing.

- Serves 6-8

## BAKED POTATO SALAD

### Ingredients:

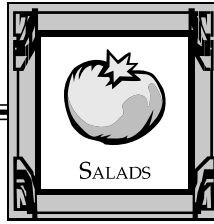
*1 kg potatoes, peeled, cubed and parboiled*  
*1/4 cup olive oil*  
*8 shallots, minced*  
*1/2 tsp fresh thyme leaves*  
*1/2 tsp fresh rosemary leaves*  
*chopped parsley for garnishing*  
*5 cloves chopped garlic*  
*dash of black pepper*  
*juice of half a lemon*  
*2 tsps paprika*  
*1 tsp salt*

### Preparation Method:

**H**eat the olive oil in an oven dish. Stir-in potatoes. Cook for about 10 minutes or until potatoes are slightly soft. Add shallots, thyme, rosemary, black pepper, paprika, salt and garlic. Toss well to coat the potatoes evenly.

Bake for another 5 minutes. Toss with lemon juice and parsley. Serve hot.

- Serves 6-8.



## BAMBOO SHOOTS SALAD

### Ingredients:

*2 cups canned sliced  
bamboo shoots  
2 stalks spring onions, chopped  
1 small onion, finely chopped  
2 cloves garlic, minced  
1 tbsp lime juice  
1 tbsp soya sauce  
1 tbsp chilli sauce  
1/4 cup parsley*

### Preparation Method:

Heat a tablespoon of oil in a saucepan. Sauté onion and garlic until golden brown. In a bowl combine bamboo shoots, soya sauce, chilli sauce, lime juice, spring onions and onion-garlic mixture. Place on a serving platter, garnished with parsley.

- Serves 4-6

## SPAGHETTI VEGETABLE SALAD

### Ingredients:

*3 cups spaghetti  
1 cup cucumber, diced  
1 cup tomato,  
seeded and diced  
1 cup onion, finely chopped  
1 cup chopped celery  
1/2 cup green pepper,  
pitted and chopped  
1 cup grated cheddar cheese  
Italian dressing (eggless)*

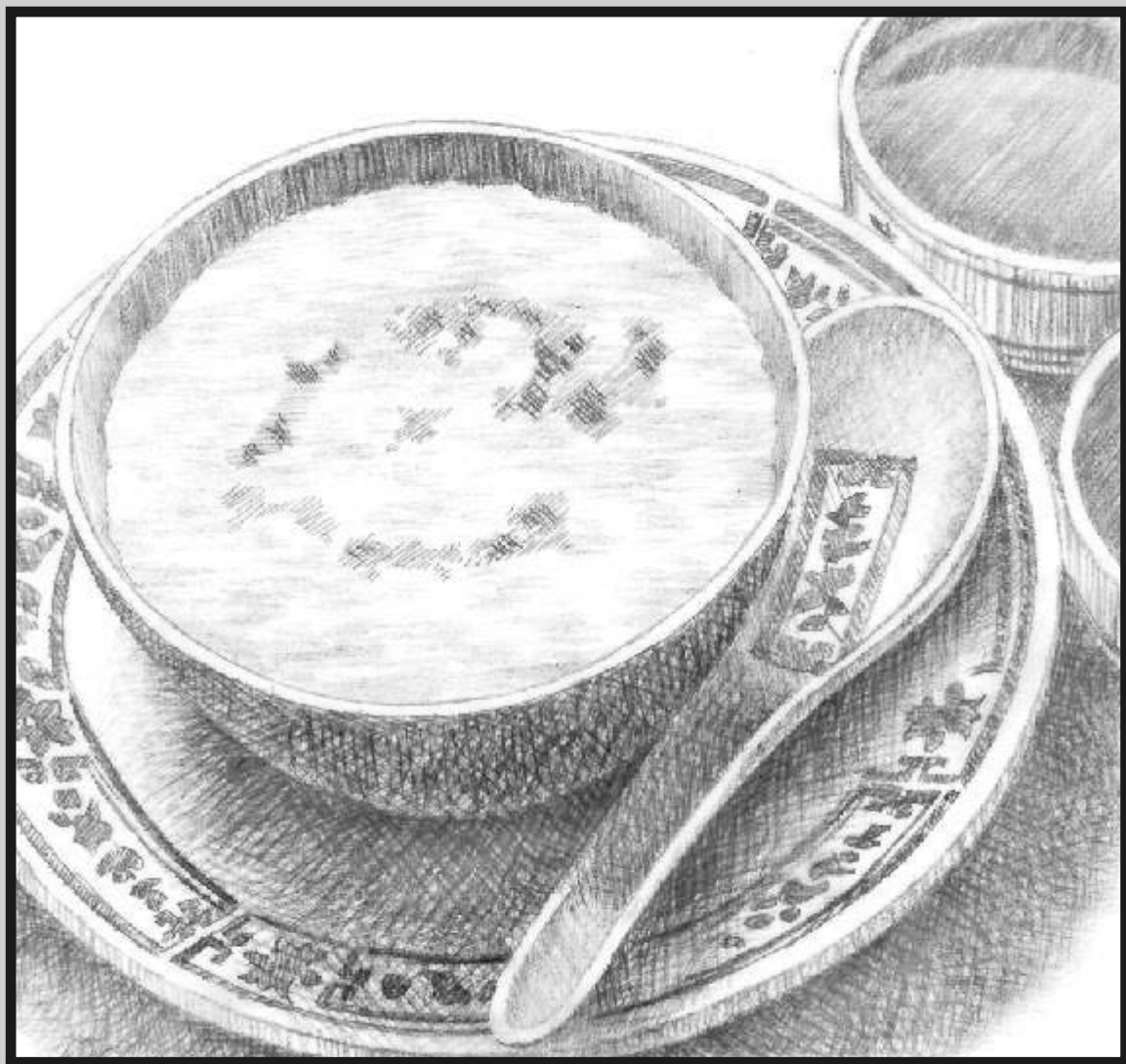
### Preparation Method:

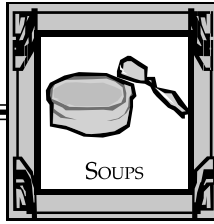
Break spaghetti into pieces. Boil salted water and cook spaghetti in it. Drain.

Mix together vegetables and cooked spaghetti. Sprinkle grated cheese. Pour some Italian dressing. Toss lightly. Refrigerate until served.

- Serves 6-8

# SOUPS





## CREAM OF PUMPKIN SOUP

### Ingredients:

1 kg pumpkin,  
peeled and diced  
2 medium onions, diced  
4 tbsps butter  
1 cup milk  
4 cups water  
4 tbsps melted butter  
3 tbsps flour  
1/2 cup cream  
salt and pepper to taste  
1 tsp soya sauce

### Preparation Method:

Melt 4 tablespoons butter in a large saucepan. Add pumpkin and onions and sauté for 2 minutes. Sprinkle salt and pepper into the pan and add water. Cover and let simmer for an hour or until vegetables are tender. Remove pan from heat and let cool. Pour into blender and blend until very smooth. Mix melted butter, flour and milk to make bechamel sauce. Add this sauce to pumpkin mixture. Return pan to heat. While serving, spoon 1 teaspoon of cream in soup bowls and pour hot soup. Sprinkle pepper and soya sauce on top.

- Serves 6-8

## ASPARAGUS CHEESE SOUP

### Ingredients:

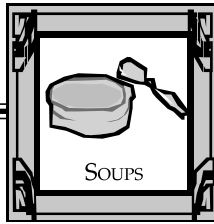
1/4 cup butter  
1/4 cup flour  
1 tsp salt  
1/8 tsp nutmeg  
1/8 tsp pepper  
1 lt milk  
2 (10 oz.) packages, frozen  
asparagus thawed and chopped  
2 cups grated cheddar cheese

### Preparation Method:

Melt butter in a saucepan. Blend in flour, salt, nutmeg and pepper. Remove from heat and stir in milk. Return to heat, stirring constantly, until thickened. Add asparagus and a cup of water. Simmer for further 10 minutes or until asparagus is tender. Remove from heat and stir in cheese until melted. Heat on tiny flame, if required. Garnish with paprika, if desired.

- Serves 8

**Variation:** For *Cheddar Cheese Soup* omit asparagus.



## CARROT SOUP

### Ingredients:

*1 kg carrots, chopped  
2 stalk celery, chopped  
2 cups water  
1 cup white sauce  
(see recipe in this book)*

### Preparation Method:

**B**oil water and cook carrots and celery. Mash and strain vegetables. Add white sauce to the soup and simmer for 5-10 minutes. Serve hot.

- Serves 6-8

## MINISTRONE SOUP

### Ingredients:

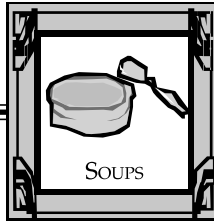
*4 carrots,  
peeled and chopped finely  
2 small turnips,  
peeled and chopped finely  
2 potatoes,  
peeled and chopped finely  
2 sticks celery, chopped finely  
4 large tomatoes,  
blanched peeled and pureed  
1 small leek,  
washed and shredded  
1 cup shredded cabbage  
3 cups water  
25 gms butter  
2 cloves garlic  
25 gms spaghetti  
salt and pepper to taste  
1 cup cream cheese*

### Preparation Method:

**H**eat butter in a heavy pan. Add carrots, turnips, potatoes, celery and garlic. Sauté until transparent. Add water and bring to boil. Cover and simmer for 15 minutes or until vegetables are tender. Add tomatoes, cabbage, leek and spaghetti pieces. Bring to boil again. Continue cooking on tiny flame for 15 minutes.

Sprinkle salt and pepper. Serve hot in soup bowls garnished with cream cheese.

- Serves 6-8



## MUSHROOM SOUP

### Ingredients:

60 gms *variety of canned mushrooms*  
4-5 *bread croutons per serving*  
125 ml *vegetable stock*  
2 *tbsp oil*  
1 *tbsp soya sauce*  
*salt to taste*

### Preparation Method:

In a pan, heat oil and sauté mushrooms for 2 minutes. Bring vegetable stock to boil, add mushrooms, salt and soya sauce. Boil for 2-3 minutes. Serve hot with bread croutons.

- Serves 2

## CABBAGE CHOWDER

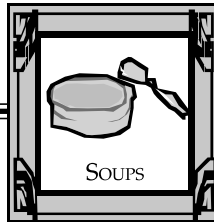
### Ingredients:

1 *head cabbage*  
1 *small onion, finely chopped*  
4 *tomatoes, blanched, peeled and pureed*  
2 *green peppers*  
1/2 *cup white sauce*  
20 gms *cheddar cheese, grated*  
1/4 *tsp paprika*  
*salt and pepper to taste*  
300 *ml water*  
1/4 *cup fresh coriander*

### Preparation Method:

Cut tops off green peppers, scoop seeds and pith, rinse and chop. Remove outer layer of leaves from cabbage and discard any discoloured leaves. Wash and chop cabbage finely. Bring salted water to boil in a pan, plunge cabbage, onions and green peppers and simmer for 15 minutes. Add white sauce to vegetable mixture and stir well. Add tomato puree and mix well. Sprinkle cheese and paprika. Stir well until cheese has melted. Remove from heat, garnish with fresh coriander and serve hot.

- Serves 2-4



## CREAM OF SPINACH SOUP

### Ingredients:

*200 gms spinach leaves,  
washed and chopped  
1 small onion, finely sliced  
1 tomato, chopped  
2 stalks celery, chopped  
2 cloves garlic, crushed  
4 cups water  
1/4 tsp turmeric powder  
1/2 can cream style corn  
salt and pepper to taste*

### Preparation Method:

**M**ix first 7 ingredients in a pan and boil for 5 minutes. Remove from heat and let stand, covered for 5 minutes. Blend. Bring back to heat and boil. Add corn, salt and pepper. Bring to boil again, stirring continuously. Remove from heat. Serve hot in soup bowls. Dot with cream and sprinkle some bread crumbs.

- Serves 4-6

## CREAM OF CORN SOUP

### Ingredients:

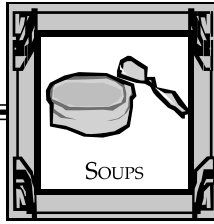
*1 can cream style corn  
1 tbsp butter  
1 tsp flour  
1/2 cup milk  
1 cup water  
1/4 cup fresh cream  
salt and pepper to taste*

### Preparation Method:

**M**elt butter in a large pan. Add flour, milk and water. Keep stirring for 2 minutes until mixture is thick. Avoid lumps. Add corn and cook for 5 minutes on low flame. Add cream and bring mixture to boil, stirring constantly. Serve hot.

- Serves 4





## GREEN PEA SOUP

### Ingredients:

*2 cups fresh green peas  
1 small onion, finely chopped  
1 clove garlic, minced  
4 cups water  
4 tbsps butter  
2 tps oil  
1/4 cup cream  
salt and pepper to taste*

### Preparation Method:

Heat oil in a large saucepan. Add onions and sauté for one minute. Add garlic, peas and water. Bring to boil. Add salt and continue cooking on low heat until peas are tender. Strain. Add cream. Mix well. Serve hot. Dot with butter and sprinkle pepper in individual soup bowls.

- Serves 4-6

## LENTIL SOUP

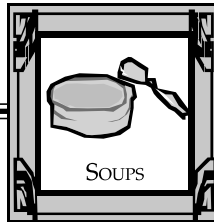
### Ingredients:

*1 cup masoor (orange lentil)  
2 onions, finely chopped  
4 tomatoes, blanched,  
peeled and pureed  
7 shallots  
5 tbsps ghee or clarified butter  
2 cloves garlic, minced  
5 gms ginger, minced  
5 red chillies, finely chopped  
1/2 tsp cumin seeds  
1 tsp coriander seeds  
1/4 cup parsley  
salt to taste*

### Preparation Method:

Clean, wash and pressure cook masoor in 4 cups of salted water. Add shallots and simmer for 5 minutes. Heat ghee/butter in saucepan, fry onions for 3 minutes, then add ginger, garlic, cumin, chillies and coriander and fry for further 3 minutes. Transfer fried mixture to lentil mixture. Pour in tomato puree and simmer for 10 minutes. Serve in soup bowls garnished with parsley.

- Serves 4-6



## CREAM OF TOMATO SOUP

### Ingredients:

400 gms tomatoes, chopped  
1 stalk celery, chopped  
50 gms carrots, chopped  
20 gms turnips,  
    peeled and chopped  
1 small onion,  
    finely sliced  
1 cup white sauce  
    (see recipe in this book)  
500 ml water  
salt and pepper to taste  
butter

### Preparation Method:

**C**ook tomatoes and vegetables in water. Strain through a sieve or puree using a food processor. Add white sauce. Return to heat and warm - do not boil. Place 2-3 fried croutons in soup bowls and pour soup. Serve garnished with parsley.

- Serves 4-6

**For Fried Croutons:** Remove crust from bread slices or use crustless bread. Cut into 6 pieces and deep fry in hot oil until golden brown. Alternatively, tomato soup can be served with butter toast.

**Hint:** White sauce may be omitted from soup recipe and clear soup can be boiled with cooked macaronis. Simmer for 5 minutes to a thick consistency. Serve hot.

## POTATO SOUP

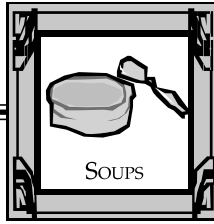
### Ingredients:

750 gms potatoes  
1 lt water  
salt to taste  
200 gms cabbage  
200 ml olive oil  
bread croutons  
parsley for garnishing

### Preparation Method:

**P**eel, cut, wash and cook potatoes in salted water. Boil shredded cabbage in salted water for 2 minutes. Drain and rinse with cold water. Blend potatoes with water in a blender and mix in shredded cabbage and olive oil. Heat through. Adjust seasoning. Serve hot in soup bowls with fried bread croutons.

- Serves 6-8



## MISO SOUP (JAPANESE FAVOURITE)

### Ingredients:

*5 cups water  
1 cake bean curd  
8 fresh straw mushrooms  
1 pc kelp (seaweed)  
20 gms akamiso  
(red miso)  
40 gms shiromiso  
(white miso)  
5 tbsps brown soya beans  
chopped spring onions  
for garnishing*

### Preparation Method:

**B**ring water and kelp to boil together. Remove kelp. Add miso (or 3-4 tablespoons of miso paste dissolved in pan liquid), mushrooms and bean curd. Bring to boil and simmer for 5 minutes, then add soya beans. Cover and simmer for 2 minutes. Garnish and serve in soup bowls.

- Serves 6-8

## CREAM OF VEGETABLE SOUP

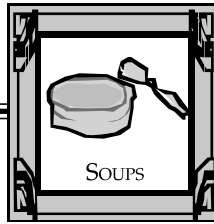
### Ingredients:

*100 gms cauliflower,  
cut into florets  
100 gms carrots, chopped  
2 onions, finely sliced  
2 turnips, peeled  
and sliced thin  
1 cup frozen or fresh green peas  
4 cups water  
100 gms butter  
1 cup whipped cream  
salt and pepper to taste*

### Preparation Method:

**M**elt butter in a large saucepan and add cauliflower, carrots, turnips and onions. Sauté until golden brown. Pour water, then add peas, salt and pepper. Bring to boil. Reduce heat and simmer until vegetables are tender. Puree all ingredients using a food processor. Stir in cream, blend well. Serve hot.

- Serves 6-8



## MOCK SHARK'S FIN SOUP

### Ingredients:

100 gms white fungus  
1 carrot, finely sliced  
2 cans cream style corn  
1 lt water  
1 slab soft beancurd,  
cubed and deep fried  
substitute soft beancurd  
with home-made cottage cheese,  
if desired  
4 stalks spring onions,  
chopped  
1 tbsp ajinomoto  
3 tbsps soya sauce  
1 tbsp vinegar  
1 tsp cornstarch dissolved  
in 1/2 cup water  
salt and pepper to taste

### Preparation Method:

Soak fungus in water for few minutes and chop into small pieces. Bring water to boil in a large pan and stir in corn. Add beancurd, carrot and fungus and bring back to boil. Simmer for 5 minutes. Meanwhile, heat 1 tbsp of oil in a saucepan and sauté spring onions. Add ajinomoto, vinegar, cornstarch and soya sauce. Mix well and remove from heat. Transfer mixture from saucepan to pan. Stir well and add salt and pepper. Continue cooking on low heat until sauce thickens. Serve hot.

- Serves 6-8

## VEGETABLE STOCK

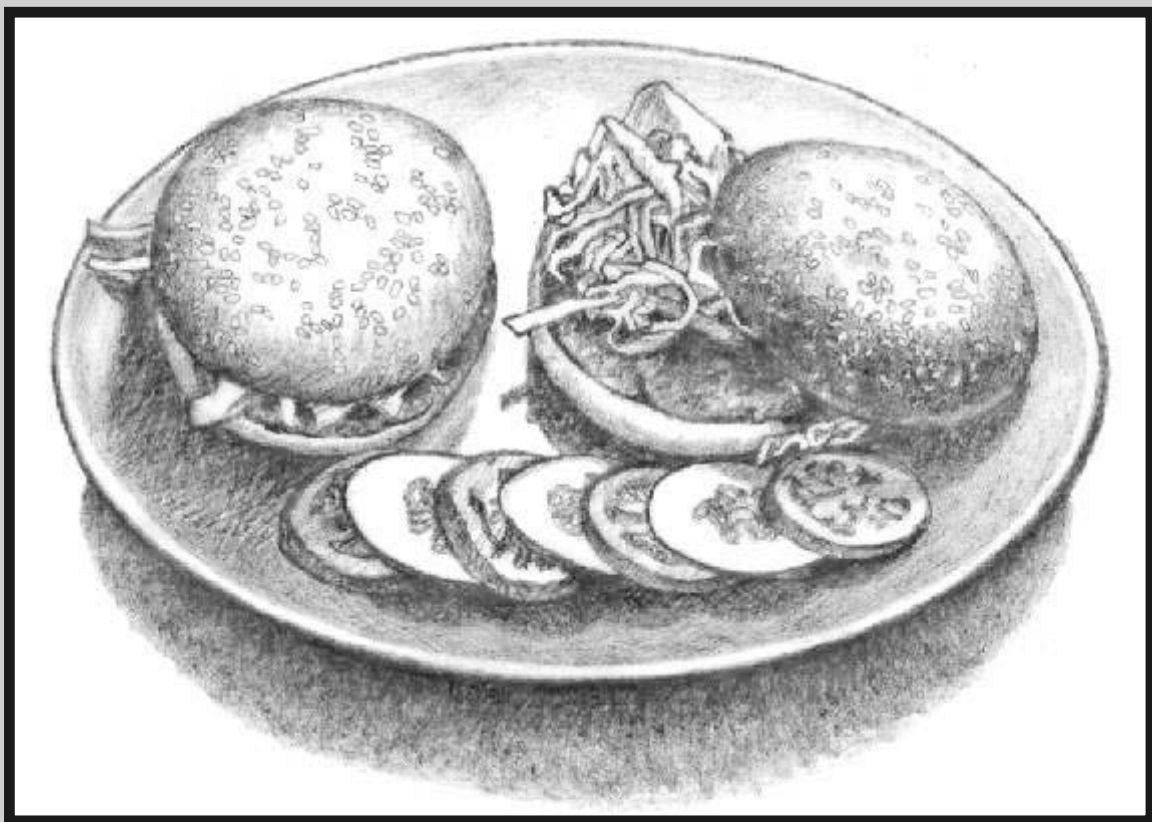
### Ingredients:

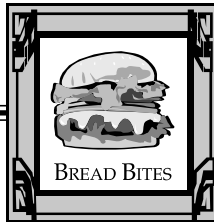
1 large potato,  
peeled and diced  
1 large carrot, diced  
1 small turnip, diced  
1/4 head cabbage, shredded  
1 medium onion, finely sliced  
100 gms french beans, chopped  
salt to taste  
6 cups water

### Preparation Method:

Combine all ingredients in a large pan and bring to boil. Simmer covered for 20 minutes or until vegetables are tender. Strain and use as vegetable stock for your favourite delicacies.

# BREAD BITES





## ARABIC BREAD

### Ingredients:

*4 cups plain flour  
7 gms dry yeast in 5 tbsps  
lukewarm water with  
1/2 tsp sugar  
1 tsp salt  
2 tps oil*

### Preparation Method:

**S**ift flour and salt in a bowl. After about 15 minutes add yeast mixture. Knead well into a stiff dough by adding enough water. Add oil and knead again. Store covered with damp towel till dough doubles in size. Divide in small balls. Roll in circles of 1 cm thickness and set aside for another hour. Place dough in a preheated oven at 180 degrees C and bake till golden brown.

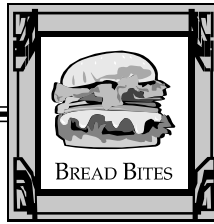
## LOAF OF BREAD

### Ingredients:

*300 gms flour  
1 & 1/4 cup lukewarm water  
1 tbsps sugar  
20 gms fresh yeast  
1 tsp salt*

### Preparation Method:

**M**ix yeast, 1/4 cup water and sugar. Set aside for 15 minutes. Sift together flour and salt, then add yeast mixture. Knead for 10 minutes. Cover and let rise for 1 hour or until dough doubles in size. Punch down dough. Put in greased loaf pans. Let rise again until size doubles. Bake at 200 degrees C for 45 minutes.



## PITA BREAD

### Ingredients:

*7 gms dry yeast in 1 cup  
lukewarm water  
3 cups all purpose flour  
salt to taste*

### Preparation Method:

**S**ift flour and salt and knead with yeast mixture until dough is smooth and elastic. Divide dough into 8 equal portions. Roll each portion on a floured surface into circles of 5" diameter. Cover all circles with a cheesecloth and set aside in a warm place for an hour. Bake in a preheated oven at 230 degrees C until lightly browned and puffed. Pierce the centre of pita bread. Serve hot.

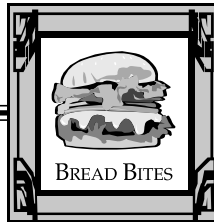
## BREAD MUFFINS

### Ingredients:

*20 gms fresh yeast in 1/2 cup  
lukewarm water and 1 tsp sugar  
6 cups flour  
1 tsp salt  
2 cups milk, boiled  
1/4 tsp baking soda*

### Preparation Method:

**S**ift flour, baking powder and salt. Add milk, sugar and yeast mixture to make a stiff batter. Leave covered in a warm place for about an hour. Put batter in cup cake tins that have been greased and sprinkled with plain flour. Sprinkle top of bread with plain flour. In conventional oven bake for 25 minutes at 200 degrees C.



## BUN BREAD SANDWICHES

### Ingredients:

*bread buns*  
*your choice of jam*  
*butter*  
*mixed fruit, finely diced*  
*chaat masala*

### Preparation Method:

Split the buns horizontally in two equal halves. Spread both the halves with butter and layer it with jam. Sprinkle chaat masala over fruit, mix well. Layer one half of bun with mixed fruit and top with another half of bun. Repeat process until all bread buns are used up. Before serving cut buns in four pieces and arrange decoratively on a flat dish.

## CHEESE TOAST WITH APPLE SAUCE

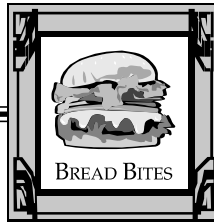
### Ingredients:

*4 slices of no-lard bread*  
*4 slices cheese*  
*nutmeg powder*  
*1 cup apple sauce*

### Preparation Method:

Add a little nutmeg powder to apple sauce. Spread apple sauce on slices, about 3 tablespoons on each piece of toast. Top it with a slice of cheese. Grill in a kitchen oven until the cheese melts. Serve hot.





## SPICY CHEESE TOAST

### Ingredients:

*6 slices of no-lard bread  
6 slices of cheese  
1 small onion, finely chopped  
1 small tomato, finely chopped  
1 green chilli, finely chopped  
1/8 cup fresh coriander  
butter  
salt to taste*

### Preparation Method:

**S**pread butter on bread slices and place a slice of cheese. Mix the rest of ingredients and sprinkle a little of mixture over cheese slice. Grill in a kitchen oven until cheese melts.

## HOT DOGS

### Ingredients:

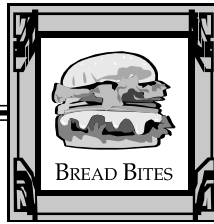
*6 hot dog buns*

### Filling

*1 apple, peeled,  
cored and chopped  
1 potato, boiled,  
peeled and finely sliced  
1 onion, finely sliced  
1 tomato, finely sliced  
1 cucumber,  
peeled and finely sliced  
stalk of celery, finely chopped  
eggless mayonnaise  
few drops of lemon juice  
salt and pepper to taste  
lettuce leaves*

### Preparation Method:

**C**oat fruit and vegetables except lettuce with mayonnaise. Add salt and pepper. Place a lettuce leaf between buns and stuff with the filling. Sprinkle lemon juice and press the buns firmly to enclose the filling.



## DOUBLE DECKER DOLLARS

### Ingredients:

*1 loaf of no-lard bread  
butter  
salt to taste  
cream cheese  
coconut-mint chutney  
tomato ketchup*

### Preparation Method:

Cut bread slices into circles with a biscuit cutter (2" diameter). Reserve the crumbs for use in other dishes. Spread butter on all circles. Prepare cream cheese sandwich with two circles. Spread coconut chutney on top of the cream cheese sandwich. Finally top it with buttered circle. Repeat process until all circles are used up. Arrange double decker dollars on a flat dish and dot each double decker dollar with tomato ketchup. One double decker dollar uses three rounds with two types of fillings. Try your own fillings and create a new variety of double decker dollars.

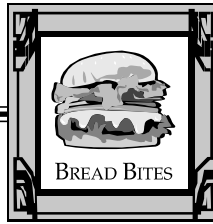
## RIBBON SANDWICHES

### Ingredients:

*18 slices of no lard crustless bread  
tomato ketchup  
mint chutney  
butter*

### Preparation Method :

Apply ketchup to 6 slices of bread and chutney to another 6 slices of bread. Butter the remaining slices on both sides. Take a ketchup slice, top with a buttered bread slice, finally top the two slices with chutney smeared bread slice. Repeat process till all slices of bread are used. This makes 6 sandwiches. Finally cut each sandwich, vertically into 4 strips. Arrange ribbon sandwiches horizontally on a serving platter exhibiting the tricolour.



## PINWHEEL SANDWICHES

### Ingredients:

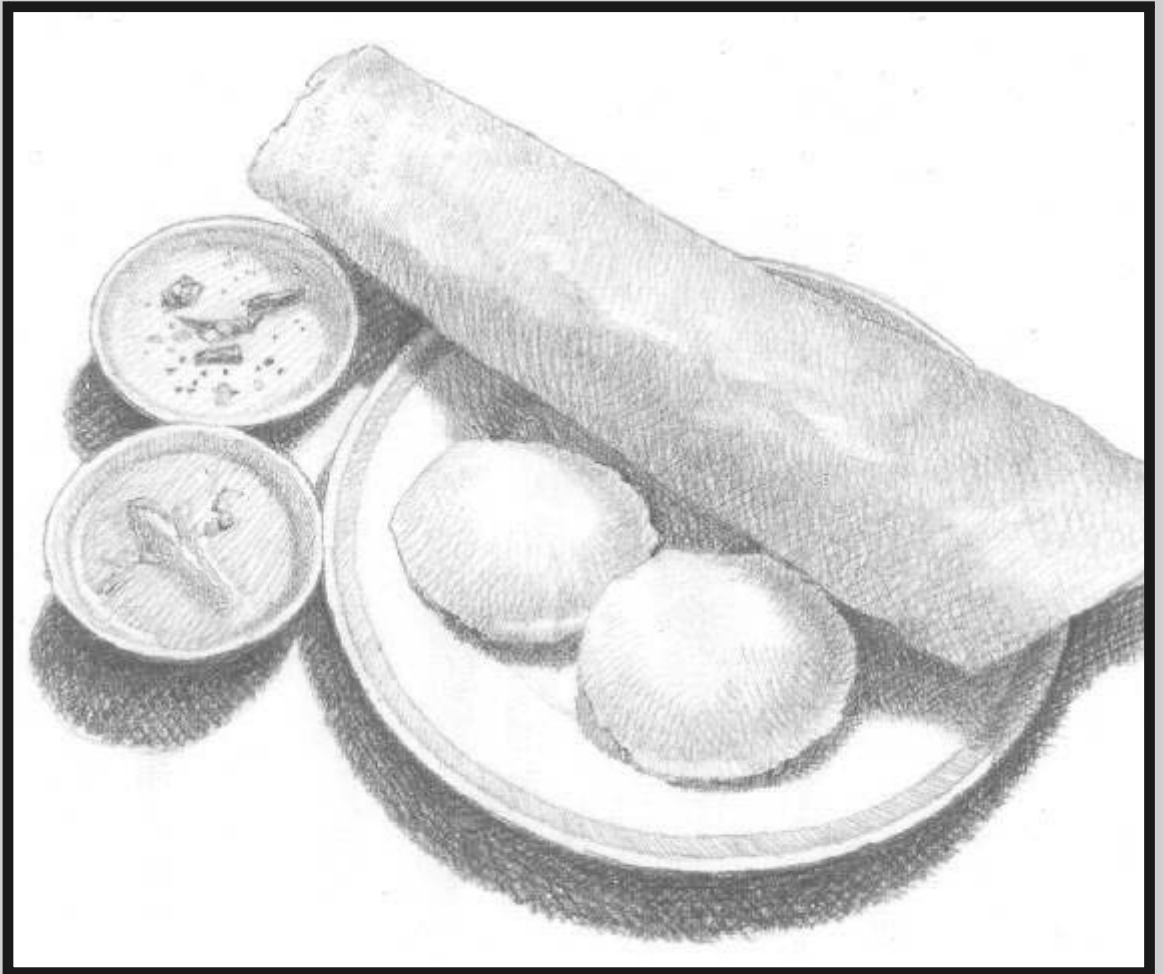
*loaf of no-lard, crustless bread*  
*your choice of jam*  
*cream*  
*butter*

### Preparation Method:

**T**hinly roll slices of bread with a rolling pin. Spread butter on all slices. Take three buttered slices, at a time. Spread cream over one buttered slice and top with another buttered slice. Finally spread jam on cream sandwich and top with third buttered slice. Roll the sandwich into a cylinder. Wrap the cylindrical tube tightly in wet cheesecloth. Repeat process until all buttered slices are used up. Refrigerate until served. To serve, unwrap and slice cylindrical tubes to form pinwheels.

**Hint:** Finely chopped nuts may be placed on one end of bread slices with jam or cream spread and rolled up in order to be in the centre of each cylinder, so that when sliced, each pinwheel has a garnish in the centre. Alternatively, serve sandwiches as rolls without slicing into pinwheels.

# SNACKS





## SATAYS

### Ingredients:

*2 beancurd slabs, cubed*  
*1 tin mock-duck, cubed (optional)*  
*1 capsicum, cubed*  
*2 onions, chopped*  
*1 cup button mushrooms*  
*1 potato, cubed and fried*

### Sauce:

*1 cup shallots, deep fried*  
*6 fresh red chillies, chopped*  
*1 thumb size piece ginger, minced*  
*6 cloves garlic, minced*  
*4 tbsps tamarind extract*  
*4 tbsps ketchup*  
*salt to taste*  
*pinch of ajinomoto (optional)*

### Preparation Method:

**M**ix all ingredients of sauce and set aside. Deep fry beancurd and mock-duck. Marinate vegetables, mock-duck and beancurd in sauce and let stand for 2 hours. Arrange on satay sticks. Heat satay in oven.

Heat remaining sauce in oven and pour over satays while serving.

Satays can be served with Peanut Sauce (see recipe in this book) as well.

## MUSHROOM VOL AU VENTS

### Ingredients:

*1 cup fresh mushrooms, chopped*  
*4 tbsps white sauce*  
*1 pack of vol au vents*  
*4 tbsps melted butter*  
*2 cloves garlic, minced*  
*4 tbsps sour cream*  
*4 tbsps cheese grated*  
*salt and pepper to taste*  
*chopped parsley for garnishing*

### Preparation Method:

**F**ry garlic and fresh mushrooms in butter and sauté for awhile. Add all ingredients and heat through. Stuff the mixture in vol au vents. Sprinkle little grated cheese and grill for few minutes. Garnish with parsley and serve.



## CHEESE CUTLETS

### Ingredients:

500 gms potatoes,  
boiled and mashed  
500 gms cottage cheese  
1/2 cup chopped fresh coriander  
5 green chillies, finely chopped  
2 cups cabbage, chopped  
2 onions, finely chopped  
5 slices of bread (no lard)  
1-1/2 cup plain flour  
salt to taste  
100 gms breadcrumbs  
oil for frying

### Preparation Method:

Soak bread slices in water for a minute. Squeeze out water and crumble in a bowl. Add crumbled cottage cheese. Mix in potatoes, chillies, coriander, cabbage, onion and salt. Shape into cutlets. Mix flour very well in 2 cups water. Dip cutlets in flour paste and roll in breadcrumbs. Deep fry in hot oil until golden brown. Serve hot with tomato ketchup.

## CORN CHEESE CANAPÉS

### Ingredients:

1 can (8 oz) corn kernels  
1/4 cup grated, cheddar cheese  
1/4 cup home-made  
cottage cheese  
1 onion, finely chopped  
1 green chilli, finely chopped  
2 tbsps coriander, chopped  
2 tbsps cornflour  
2 tbsps butter  
1 cup milk  
1 cup yogurt  
salt to taste  
1 pack canapés

### Preparation Method:

Heat butter in a saucepan and sauté onions, chillies, cornflour, milk, yogurt, grated cheese and salt. Remove from heat and add crumbled cottage cheese and corn. Stuff mixture in canapés and bake in moderate oven until top layer is golden brown. To serve, arrange canapés on a large serving platter. Decorate with tomato slices and pineapple bits.



## ONION CAKES

### Ingredients:

*2 cups plain flour  
or self-rising flour  
6 stalks spring onions, chopped  
2 tpsps sesame oil  
1 tsp white pepper  
salt to taste  
1/3 cup hot water  
3 tbsps cold water  
oil for frying*

### Preparation Method:

**M**arinate spring onions with sesame oil, white pepper and salt. Keep aside. Knead flour with hot water. After a few minutes add enough cold water and knead well. Keep aside for an hour. Divide dough into 4-6 portions. Roll out each portion into very thin circles. Sprinkle spring onions evenly on each circle to cover the whole area. Roll over and then take one end and roll in like a pinwheel. Flatten slightly and deep fry or shallow fry until golden brown.

## SEMOLINA CAKES

### Ingredients:

*2 cups semolina  
3 cups sour yogurt  
salt to taste  
1/2 tsp turmeric powder  
1/2 tsp soda bicarbonate  
1/2 tsp mustard seeds  
8 curry leaves  
1/4 tsp red chilli powder*

### Preparation Method:

**M**ix semolina with yogurt, add salt, soda bicarbonate and turmeric powder. When well-mixed, steam in a pyrex dish or deep stainless steel plate for 30 minutes. To check if it is done, insert toothpick. It should come out clear. When cooked, cut into squares or diamond shapes. Sprinkle red chilli powder on top. Temper mustard seeds and curry leaves and pour over semolina cakes. Serve with mint-coconut chutney.



## PIZZA CRUST

### Ingredients:

*15 gms fresh yeast or  
2 tsps dry yeast  
2 cups lukewarm water  
4 cups flour  
1 tsp salt  
1/2 tsp sugar  
1 tbsp olive oil*

### Preparation Method:

**A**dd yeast in water and set aside for 5 minutes, stirring occasionally.

Combine flour, salt, sugar and oil in bowl and make a well in the centre. When yeast mixture is bubbly, pour into centre of well. Start kneading dough, bringing flour toward centre of bowl and gradually increase kneading motion. If dough feels dry, add a little more water. If it feels sticky, add more flour. Knead vigorously until dough is smooth and elastic.

Roll into ball and cover with a damp cloth. Let rest for about 20 minutes in warm place. Beat dough with your palm to expel gas formed while fermenting. Roll dough again into ball and place in a greased bowl. Cover with plastic wrap and refrigerate.

When ready to use, place dough on floured surfaced. Flatten with your hands, working from centre out. Divide in 4 portions. Push dough, a portion at a time, evenly onto a pizza pan, forming a 12-inch circle with edges thicker than middle. Spread your favourite topping. Bake in hot oven 230 degrees C until golden brown.





## POTATO BONDA

### Ingredients:

200 gms besan (chick pea flour)  
or all-purpose flour  
2 tsps salt  
300 ml (approx.) water

### Filling:

8 medium sized potatoes,  
boiled and mashed  
1 small onion, finely chopped  
2 tsps ginger paste  
2 tbsps fresh coriander  
4 green chillies, finely chopped  
1 tsp garam masala  
1 tsp roasted cumin seeds  
oil for frying

### Preparation Method:

**B**lend flour and salt with water to make a smooth batter. Beat well and set aside. Thoroughly mix all ingredients for filling. Shape into round balls. Heat oil in a large saucepan. Immerse potato balls, few at a time, in batter and plunge in hot oil. Fry until golden brown. Serve hot with mint chutney or tomato sauce.

## LENTIL BONDA

### Ingredients:

115 gms urad dal (lentils)  
2-3 green chillies,  
finely chopped  
1/4 cup parsley  
1/8 cup grated coconut  
5 gms ginger, minced  
2-3 peppercorns, crushed  
salt to taste  
oil for frying

### Preparation Method:

**C**lean, wash and soak urad dal for one hour. Drain and grind to a smooth paste in a grinder. Add salt, chillies, ginger, parsley and coconut. Heat oil in a large saucepan. Spoon mixture into hot oil and deep fry until golden brown. Serve hot with tomato ketchup or mint chutney.



## POTATOES IN VERMICELLI BASKET

### Ingredients:

500 gms potatoes,  
boiled and mashed  
200 gms green peas, parboiled  
1 cup vermicelli, crushed  
1 cup vermicelli, fried  
50 gms lettuce  
250 gms green peppers, chopped  
1 onion, chopped  
1/4 cup fresh parsley  
juice of half a lemon  
Vegetable fat for frying  
100 gms bread crumbs  
1/2 tsp chilli powder  
1/8 tsp turmeric powder  
1/2 tsp coriander powder  
1/2 tsp garam masala  
salt to taste

### Preparation Method:

**B**raise onions and green peppers in oil until tender. Add peas, spices and salt to taste. Add bread crumbs and salt to the potato mixture, mix well and divide mixture into equal portions and shape into balls. Flour your hands and work each piece into oval shape and stuff with peas mixture. Roll each potato-roll in vermicelli. Heat vegetable fat in a large pan and deep fry potato-rolls. Cut rolls lengthwise in halves. Set fried vermicelli on a deep platter to resemble a basket. Place fried potato rolls.

Decorate with lettuce leaves and serve.

## POTATO TARTLETS

### Ingredients:

1 kg potatoes  
200 gms breadcrumbs  
250 gms butter  
1 tsp marjoram  
salt and pepper to taste  
juice of 1 lemon (optional)

### Preparation Method:

**G**rease tart cups with half the butter and line with half the breadcrumbs and put aside. Boil potatoes, cool, peel and mash. In a large bowl mix mashed potatoes with breadcrumbs and melted butter. Add marjoram, lemon juice and seasoning to taste. Mix well and fill each tart cup with the mixture and bake in an oven at 180 degrees C until nicely browned. Remove tartlets from tart cups and place on a serving plate. Serve potato tartlets with tomato ketchup.



## VEGETARIAN OMELETTE

### Ingredients:

*1/4 cup chick pea flour (besan)  
1/4 cup all-purpose flour  
1 tomato, blanched, peeled  
and chopped  
1/2 cup grated cheddar cheese  
pinch of soda bicarbonate  
1/2 cup water  
1/8 cup fresh coriander leaves  
1/8 cup finely chopped onion  
1/4 tsp red chilli powder  
1 green chilli, finely chopped*

### Preparation Method:

**B**eat all the ingredients to a smooth batter. Adjust salt. Heat the griddle or non-stick pan and pour 3-4 tablespoons of oil. Ladle 3-4 tablespoons of mixture on pan and spread with the back of spoon. Let it rise. Reduce heat and cook on both sides until golden brown. Serve hot.

## CHEESE BALLS

### Ingredients:

*150 gms cheese, grated  
100 gms bread crumbs  
100 gms butter  
2 cups flour  
2 cups milk  
1 green chilli, chopped  
1 small onion, chopped  
1/4 cup parsley  
salt to taste*

### Preparation Method:

**I**n a deep saucepan, warm milk and slowly add flour to avoid lumping. Add butter. When mixture thickens, add breadcrumbs and heat for a minute more. Remove from heat and add cheese, onion, parsley, chilli and salt. Blend well. Mixture should be thick enough to shape into small balls. Drop into hot oil and deep fry until golden brown. Drain and place on paper towels. Serve hot with tomato ketchup.



# RICE DUMPLING WITH SOUP

## - IDLI SAMBAR

### Ingredients:

450 gms rice  
225 gms urad dal (lentils)  
salt to taste  
1/2 tsp fenugreek

### Preparation Method:

Clean, wash and soak rice for about 30 minutes. Drain and dry on towel. Grind coarsely in a grinder. Soak lentils for an hour and grind with fenugreek until it is light and frothy. Mix the two pastes. Add little water, cover with cheesecloth and keep it overnight. Add a pinch of salt. Ladle 3-4 tablespoons of mixture in each depression of idli steaming equipment. Pour 1 cup of water in steamer, place stand with mixture, cover and steam for 6-7 minutes. Idli or rice-lentil dumplings can be served with mint coconut chutney or sambar (see following recipe).

**Variation:** Rice and lentil batter can be used to make *Pancakes*. Ladle 3-4 tablespoons of batter on non-sticking pan, spread with back of spoon and bake for 3-4 minutes on low heat. Stuff pancake while on pan with Bombay Potatoes (see recipe in this book) and roll to enclose the filling. Remove from heat and serve with lentil soup.



## SAMBAR

### Ingredients:

100 gms tur dal (lentils)  
500 ml of water  
100 gms pumpkin, peeled and  
diced  
100 gms ladies fingers or okra,  
cut into 2-3 pieces  
2 small onions, sliced  
50 gms coconut, grated  
6 gms red chillies  
15 gms coriander seeds  
1/4 tsp mustard seeds  
1/4 tsp turmeric powder  
1/4 tsp cumin seeds  
1/4 tsp fenugreek  
a sprig of curry leaves  
1/4 tsp asafoetida  
juice of half a lemon  
or tamarind extract  
salt to taste

### Preparation Method:

Clean, wash and boil lentils in water together with turmeric powder. Add pumpkin, sliced onions and okra (ladies finger or bhendi). Cook until tender. Heat 2 tablespoons of oil in saucepan and lightly fry coriander seeds, cumin seeds, fenugreek, asafoetida and 3/4 of red chillies, then add coconut. Remove from heat when coconut is pale brown. Grind coconut and spices to a fine paste. Add paste to lentil soup along with lemon juice. Simmer for 5 minutes. Remove from heat. Heat 2 tablespoons of oil in a sauce pan and fry mustard seeds, red chillies and curry leaves. When mustard seeds crackle pour in lentil soup or sambar. Mix well and serve hot with rice dumplings or Idlis.

## SPICED CHICK PEAS

### Ingredients:

1/2 kg chick peas,  
boiled and drained  
1 tsp garam masala  
2 tsps lemon juice  
1 green chilli, chopped  
1 small onion, chopped  
1 small tomato, chopped  
2 sprigs of parsley  
salt to taste

### Preparation Method:

Heat oil in saucepan. Add peas. Sauté for a minute and add all the ingredients, mixing thoroughly. Cook for 2 more minutes before serving. Garnish with parsley and quartered tomato and onion rings.



## BEAN CURD FRITTERS

### Ingredients:

*3 cakes soft bean curd  
5 heaped tbsps chick pea flour  
mixed with 100 ml water to  
form a paste  
a pinch of soda bicarbonate  
1/2 tsp chilli powder  
salt to taste  
1 green chilli  
1/4 cup coriander  
2 tbsps soya sauce  
1 tsp sesame oil*

### Preparation Method:

**C**ut bean curd into cubes and marinate with soya sauce, sesame oil and pinch of salt and set aside for 5 minutes. Mix all other ingredients to form a thin paste.

Heat oil in a large saucepan. Coat bean curd with chick pea flour paste and plunge in hot oil. Deep-fry until golden brown. Drain on paper towels. Serve hot with tomato ketchup.

## BREAD ROLLS

### Ingredients:

*18 bread slices, no lard, crustless  
200 gms cheddar cheese, grated  
1 onion, finely chopped  
1/4 cup fresh coriander  
2 green chillies, finely chopped  
oil for frying*

### Preparation Method:

**S**oak each slice, one at a time, in water for about 1/2 a minute. Squeeze out water by pressing between folded palms and roll slightly. Combine remaining ingredients. Stuff each slice with little cheese mixture and form a roll, carefully sealing the ends by pressing slightly between curved and folded palms. Heat oil in a large saucepan and deep fry rolls until golden brown. Serve hot with tomato ketchup, tandoori chutney or mint chutney.



## LENTIL BALLS IN YOGURT (DAHI WADAS)

### Ingredients:

2 cups urad dal (lentils)  
2 tsps salt  
2 cups yogurt  
1/2 cup water  
1/2 tsp chilli powder  
1 tsp cumin seeds, roasted  
2 tbsps fresh coriander  
2 green chillies,  
finely chopped  
1 tsp cumin powder  
1/2 tsp pepper

### Preparation Method:

Wash lentils and soak overnight. Drain and blend in a blender. It should form a coarse paste. Add salt, cumin seeds and chilli. Spoon mixture in hot oil. Lentil balls will swell and rise to surface. Fry until golden brown. Drain on paper towels. Immerse balls in hot water for a minute then transfer to cold water bowl. Drain and squeeze excess moisture, taking care not to break them. Combine yogurt and water. Add 1/2 tsp of salt. Add lentil balls to yogurt mixture. Garnish with cumin powder, chilli powder and fresh coriander. Serve cold.

## SPICY LENTIL CRUMBLE

### Ingredients:

450 gms gram dal (yellow lentil)  
1 piece thumb sized ginger,  
chopped  
6 green chillies  
1 tsp soda bicarbonate  
1/2 tsp turmeric powder  
salt to taste  
3 tbsps powdered sugar  
juice of 2 large lemons  
4 tbsps oil  
2 tsps mustard  
8 cloves garlic, chopped  
1/4 tsp asafoetida  
2 tbsps coriander leaves,  
chopped  
2 tbsps grated fresh coconut

### Preparation Method:

Soak dal for at least 6 hours. Keep 4 tablespoon dal aside and grind the rest with green chillies, garlic and ginger. Add 4 tablespoon of dal kept aside and mix well. Add soda bicarbonate, turmeric powder and salt. Keep aside for at least 4 hours. Spread a portion, at a time, on a steel serving plate and steam for 10 minutes or until cooked. Repeat process. When all paste is used up crumble the steamed cakes. Add sugar lemon juice and mix well. Heat oil in a pan and fry mustard seeds. When they crackle, add ginger and continue frying for few more seconds. Add asafoetida and fry again. Pour this mixture on crumbled cake. Garnish with grated coconut and coriander leaves.



## FRANKEE

### Ingredients:

250 gms plain flour  
2 slices bread  
2 tsp oil  
salt to taste  
oil for frying  
enough water to make dough

### Stuffing

500 gms potatoes, boiled and  
mashed  
1 cup peas, boiled and crushed  
3-4 green chillies  
juice of 1 lemon  
1 tsp garam masala  
1 cup grated cheddar cheese  
1/4 cup fresh coriander  
salt to taste

### Preparation Method:

Soak bread slices in water for 2 minutes. Place soaked bread slices between two towels, squeeze out water and crumble in a bowl. Sift flour in the bread bowl. Add salt and oil. Knead the flour mixture with lukewarm water to make dough. Cover with cheesecloth and set aside for an hour. Mix all the ingredients for stuffing. Shape the mixture in the form of kebabs or cutlets. Divide dough into equal ball-sized portions. Roll each portion on a floured surface into circles of 12 cm diameter and 1/2 cm thick. Deep fry all circles, one at a time, with just one side immersed in oil. Remove circles with slotted spoon. Bake circles on a hot plate or griddle, on a very low flame. Spread tomato sauce and place cutlet in the centre and garnish. Roll the circles to enclose filling. Serve hot.

## CHEESE PUFFS

### Ingredients:

375 gms puff pastry  
3 cups grated cheddar cheese

### Preparation Method:

Thaw puff pastry and divide into 20-25 equal portions. Roll out each portion into small circles and stuff with little cheese. Work each piece to form a round shape and press slightly. Heat oil in a pan and deep fry pastries, 3-4 at a time, until they puff and are golden brown on all sides. Serve hot with tomato sauce or mint chutney.





## SPINACH ROLLS

### Ingredients:

*300 gms puff pastry*

### Filling:

*2 cups spinach leaves,  
boiled and mashed*

*2 tomatoes, finely chopped*

*1 onion, finely chopped*

*3 green chillies, finely chopped*

*juice of half a lemon*

*2 tbsps yogurt*

*salt to taste*

### Preparation Method:

**M**ix all the filling ingredients in a bowl. Take a small portion of puff pastry at a time and roll out in thin circles and cut into 4" squares. Put a spoonful of the filling in the centre of squares and fold to form rectangles. Secure edges by pressing firmly with the help of a fork. Bake in a preheated moderate oven for 7-8 minutes or until crisp.

## SPAGHETTI BALLS

### Ingredients:

*2 cups boiled spaghetti*

*2 cups milk*

*5 tbsps plain flour*

*5 tbsps butter*

*4 green chillies, finely chopped*

*150 gms cheddar cheese, grated*

*2 tbsps chopped fresh coriander*

*3 stalks celery, finely chopped*

*100 gms breadcrumbs*

*salt to taste*

*oil for frying*

*1-1/2 tea cup flour*

### Preparation Method:

**M**elt butter in a heavy saucepan. Add plain flour and cook for a minute to form a light roux. Add milk and continue cooking, stirring constantly until mixture thickens. Remove from heat and cool. Add spaghetti, coriander, chillies, celery, cheese and salt. Mix well and shape in small round balls. Mix flour in 2 cups water to form paste. Dip spaghetti balls in paste, coat with breadcrumbs. Deep fry in hot oil until golden brown. Serve hot with tomato ketchup.



## VEGETABLE SAMOSAS

### Ingredients:

200 gms flour  
20 gms vegetable fat  
salt to taste

### Filling:

500 gms potatoes, boiled and  
mashed  
100 gms frozen peas, thawed  
2 tbsps chopped coriander  
1/2 tsp salt  
1 tsp chilli powder  
1/2 tsp turmeric powder  
1/2 tsp garam masala  
2 gms dried pomegranate seeds  
(substitute with juice of  
half a lemon)  
oil for frying

### Preparation Method:

**F**ry spices in 2 tablespoons of oil for a minute. Add peas and stir-fry until tender. Remove from heat. Mix all the ingredients of filling and set aside. Sieve flour. Add salt and fat. Knead well to stiff dough with water. Divide dough in lime-size balls. Roll each portion into thin circles. Cut in halves. Shape each half in a cone and seal the edge with flour and water paste. Spoon vegetable filling into this cone and seal the open edge. Deep fry samosas, a few at a time, in very hot oil. Serve hot with mint chutney or tomato sauce.

## VEGETABLE FRITTERS

### Ingredients:

*your choice of vegetables  
(potatoes, aubergines, carrots,  
cauliflower, chillies, etc.)*

### Batter:

3/4 cup besan (chick pea flour)  
1/2 cup water  
1/2 tsp turmeric powder  
1 tsp chilli powder, or to taste  
1 tsp coriander seeds  
1 tsp pomegranate seeds  
a pinch of soda bicarbonate  
salt to taste

### Preparation Method:

**S**lice vegetables into thin slices (similar size pieces). If using potatoes, boil in salted water until almost fork tender before slicing. Mix batter ingredients into a smooth batter and dip vegetables into the mixture before deep-frying in hot oil. Fry until golden brown. Drain on absorbent paper towels and serve hot with a chutney dip.

**Variation:** For *Chick Pea Flour Fritters*: Fry spoonful of batter, without vegetables, 4-5 spoonfuls at a time.



## VEGETABLE CUTLETS

### Ingredients:

500 gms potatoes,  
boiled and mashed  
125 gms carrots, grated  
125 gms frozen peas  
1 small onion, finely chopped  
2 small capsicum,  
finely chopped  
100 gms breadcrumbs  
1-1/2 cup flour  
juice of half a lemon  
1 stalk of celery, finely chopped  
salt and pepper to taste  
oil for frying

### Preparation Method:

Heat 2 tablespoons of oil in a saucepan. Sauté vegetables. Add mashed potatoes, lime juice, salt and pepper. Stir-fry for one minute. Remove from heat. Shape mixture in the form of small cutlets. Make a paste of flour in 2 cups of water. Dip cutlets in flour paste and coat them with breadcrumbs. Deep fry in hot oil until golden brown. Serve with tomato sauce or coconut mint chutney.

**Variation: Vegetarian Burgers:** Sandwich cutlet in buttered burger buns with shredded cabbage and carrot, slice of cucumber and a teaspoon of chopped onion mixed with tomato sauce.

## SEMOLINA VEGETABLE COMBO (UPPAMA)

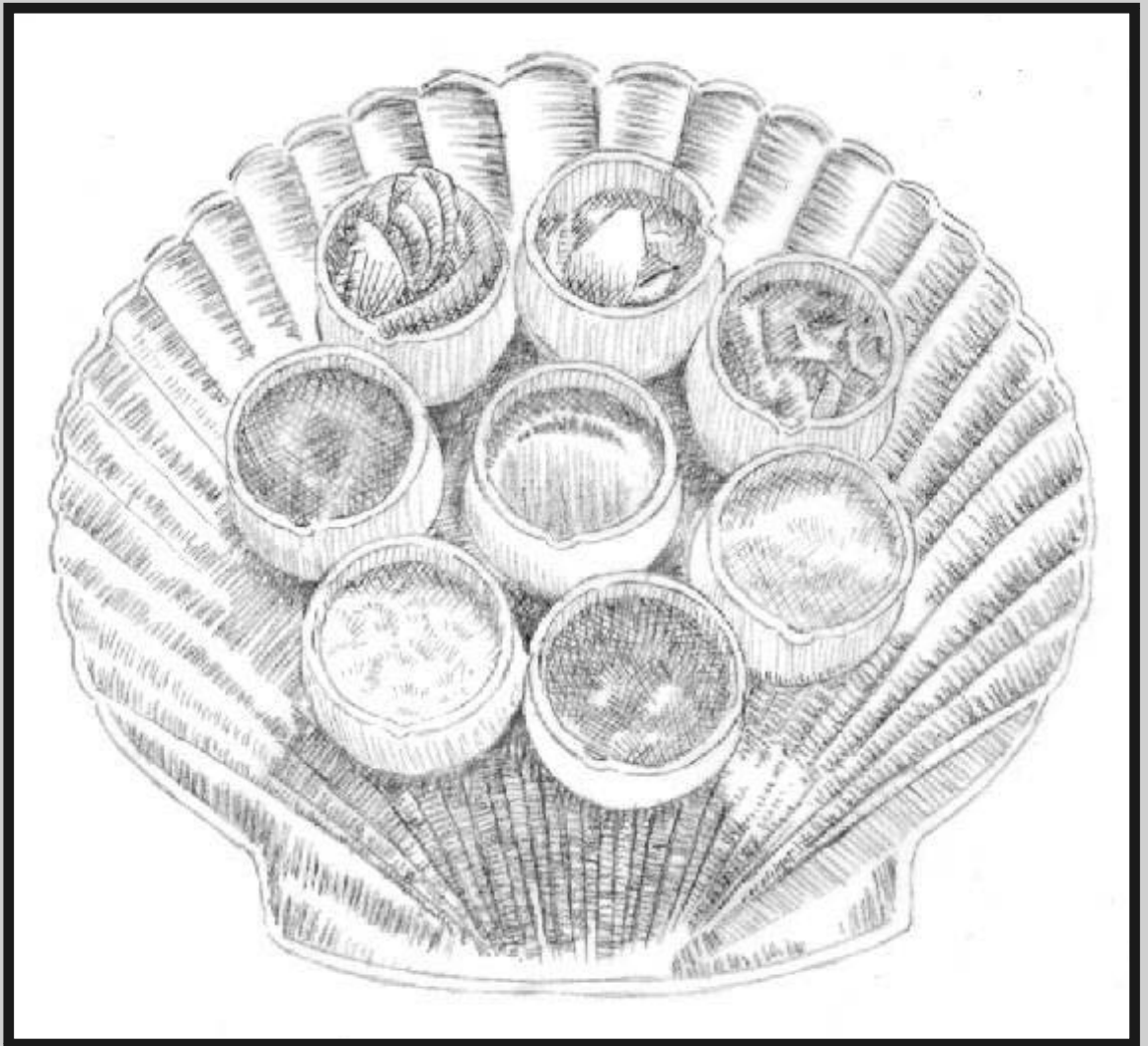
### Ingredients:

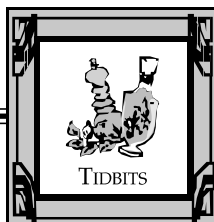
150 gms semolina  
300 gms sprouted green beans  
200 gms carrots, chopped  
6-8 green chillies, finely chopped  
1/2 cup fresh coriander  
250 gms coconut, grated  
juice of 1 lime  
10 gms lentils  
1/4 tsp mustard seeds  
1 sprig curry leaves  
a pinch of asafoetida  
salt and sugar to taste  
300 ml oil

### Preparation Method :

Heat half the quantity of oil in a deep saucepan. Add lentils, mustard seeds, curry leaves and asafoetida, fry for a minute. Add beans and carrots. Sauté for a minute. Add coriander and salt. Stir-fry for a minute. Add a cup of water to vegetable mixture and boil. Meanwhile, heat remaining oil in a saucepan and lightly fry semolina. Add semolina to vegetables and stir. Cook on low heat, stirring constantly, until all water is absorbed. Add lime juice, sugar and coconut. Mix well. Remove from heat. Serve hot.

# TIDBITS





## CARROT PICKLE

### Ingredients:

1 kg carrots  
50 gms salt  
1/4 cup vinegar  
1/2 cup mustard oil  
10 tsps chilli powder  
3 tsps turmeric powder  
5 black cardamoms, crushed  
5 tsps aniseeds  
5 tsps mustard seeds  
5 tsps pepper corns  
3 Indian bay leaves, crushed  
3 thumb-size cinnamon sticks

### Preparation Method:

Wash carrots. Slice off tops and cut vertically in 2-3 pieces. Slit each piece horizontally, twice at right angles. Coarsely pound mustard seeds, aniseeds and peppercorns. Break cinnamon sticks into bits. Mix salt, chilli powder, turmeric powder, vinegar and 1/4 cup mustard oil. Add pounded ingredients, cinnamon sticks, cardamoms and bay leaves to vinegar mixture. Mix thoroughly. Stuff carrots with spicy mixture. Transfer carrots to airtight jar. Pour the remaining mustard oil mixture and seal. Cover jar with black cloth to protect from light until ready to eat. Takes 3-4 days. Shake the jar once or twice a day to mix the ingredients well.

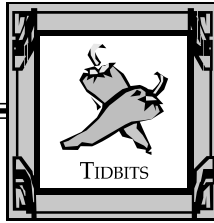
## CAULIFLOWER PICKLE

### Ingredients:

1 large head cauliflower,  
cut in florets  
50 gms shallots  
1/4 cup salt  
3/4 cup sugar  
1 tsp turmeric powder  
2 tsps mustard seeds, powdered  
2 tsps red chilli powder  
4 cloves  
1 cup white vinegar  
1 cup water

### Preparation Method:

Mix shallots, cauliflower and salt and let stand overnight. Drain and rinse in cold water. Combine sugar, turmeric, mustard seed, cloves and chillies in a jar. Stir in the vinegar and water. Add the cauliflower and shallots. Stir well. Let stand for two days. Refrigerate to store.



## PICKLED CUCUMBERS

### Ingredients:

*2 cucumbers, peeled*  
*2 small onions, finely chopped*  
*4 cloves garlic, finely minced*  
*10 tsps sugar*  
*5 tbsps vinegar*  
*2 red chillies, chopped finely*

### Preparation Method:

**S**lit cucumbers horizontally. Do not cut to the end. Scrape seeds from cucumbers. Combine all ingredients. Mix well and stuff into cucumbers. Chill until ready to serve.

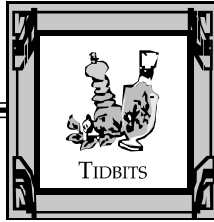
## PICKLED LEMONS/LIMES

### Ingredients:

*lemons/limes*  
*salt*  
*water*

### Preparation Method:

**S**lit each lemon twice at right angles. Immerse cut lemons in water. Stuff each lemon with 2 tablespoons of salt (or limes with ½ tablespoon of salt). Seal in glass jars and leave it aside for a week.



## KIM CHEE

### Ingredients:

5 kg Chinese cabbage  
1 kg radish  
250 gms carrot  
1 packet(400 gms) cooking salt  
20 red chillies  
20 cloves garlic  
20 gms ginger, skin scraped  
20 tsps sesame oil  
3/4 cup sesame seeds  
1 cup light soya sauce  
1 and 1/2 cup water  
10 tbsps chilli powder

### Preparation Method:

Cut Chinese cabbage in quarters. Pickle with half packet of salt and let it stand aside for 2 hours. Cut radish into thin short strips, sprinkle half the amount of red chilli powder and leave it aside for 15 minutes. Pound garlic, ginger and chillies. Peel carrots and cut into thin short strips. Mix all the ingredients, except cabbage. Stuff this mixture in between cabbage leaves and pack in plastic jars. Close the lid tightly and refrigerate. Use after 2-3 weeks.

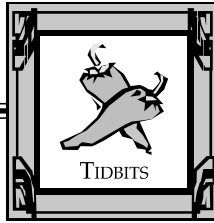
## PICKLED VEGETABLES

### Ingredients:

10 green chillies  
10 shallots, peeled and halved  
1 cucumber, peeled, seeded and cut into thin short strips  
1 radish, peeled and cut into thin short strips  
1 carrot peeled and cut into thin short strips  
2 tbsps sugar  
2 tbsps vinegar  
2 tsps salt  
5 tbsps lukewarm water

### Preparation Method:

Mix sugar, salt, vinegar and water. Stir to dissolve sugar. Pour mixture over combined vegetables. Mix well and refrigerate for few hours before serving.



## TOMATO RELISH

### Ingredients:

*500 gms ripe red tomatoes,  
chopped  
1 onion, chopped  
5 tsp sugar  
1 tbsp butter  
1 tsp grated ginger  
1 tsp ground cumin  
1/2 tsp cinnamon  
4 cloves garlic, minced  
1/4 tsp red chilli powder  
1/4 cup raisins for garnish  
1/4 cup cashewnuts for garnish*

### Preparation Method:

**H**eat butter in large skillet. Add onions and garlic. Sauté until translucent. Add tomatoes and sugar. Cover and cook on low heat for 10 minutes, stirring occasionally. Add remaining ingredients. Simmer, uncovered, over very low heat for 20 minutes or until tomatoes are reduced to a paste. Add raisins and cashewnuts and continue heating on tiny flame for 10 minutes. Seal in glass jars.

## DUTCH RELISH

### Ingredients:

*250 gms onions, chopped  
250 gms green tomatoes, chopped  
150 gms cucumbers, chopped  
1 large cauliflower, cut in florets  
1 green pepper, finely sliced  
1 red pepper, finely sliced  
1/2 tsp salt  
1 cup water*

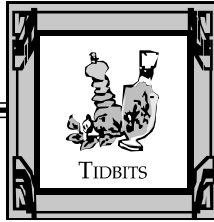
### Preparation Method:

**G**rind all ingredients in food grinder. Add salt and water. Cook until sauce thickens and season. Serve hot.

### Seasoning:

*1/4 cup flour  
1/2 cup sugar  
1 tsp vinegar  
1 tsp dry mustard  
1/4 tsp turmeric powder*





## GREEN MANGO CHUTNEY

### Ingredients:

750 gms green mangoes  
1 kg sugar  
100 gms ginger  
250 ml vinegar  
3 tbsps chilli powder  
1 tsp salt

### Preparation Method:

**P**eel and thinly slice mangoes. Peel and grind ginger. Add all ingredients in a saucepan. Cook gently for 10 minutes or until mangoes are tender, stirring all the time. Cool and store in airtight jars.

**Variation:** Peel and finely dice 2 green mangoes. Add 2 tablespoons sugar and 1/4 teaspoon red chilli powder. Mix well and refrigerate. Use within 2-3 days.

## MANGO CHUTNEY

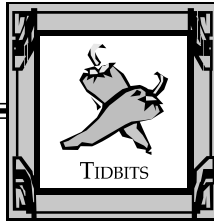
### Ingredients:

1 kg mangoes, peeled and  
cut in pieces lengthwise  
1 and 1/4 kg sugar  
1 cup cider vinegar  
3-4 bay leaves, crushed  
8-10 black cardamoms, crushed  
2 thumb-size cinnamon sticks,  
broken to bits  
1 tsp cloves, ground  
4 tbsps red chilli powder  
2 tbsps salt

### Preparation Method:

**M**ix all ingredients in a large saucepan or heavy bottomed pan and cook on low heat until mixture is thick, stirring constantly. Cool and seal in airtight glass jars.

**Variation:** For *Mango Muraba*: Cook mangoes and sugar with 4-5 crushed cardamoms until mixture is thick. Black cardamoms impart brownish colour and nice flavour to muraba.



## MINT COCONUT CHUTNEY

### Ingredients:

*6 tbsps coconut, freshly grated  
1 small piece of ginger, minced  
1-2 green chillies  
several sprigs of mint  
juice of 2 lemons  
salt to taste*

### Preparation Method:

**W**ash and drain the fresh mint and remove leaves from stem. Discard stem. Put all the ingredients together in a blender and blend to a smooth paste. Adjust seasoning. Refrigerate to store.

## TANDOORI CHUTNEY

### Ingredients:

*200 gms natural yogurt  
2 tbsps chopped fresh mint  
2 tbsps chopped fresh coriander  
salt to taste  
pinch of garam masala*

### Preparation Method:

**C**ombine all ingredients and serve. Prepare at least half an hour before serving. This dip can be stored for few days in refrigerator.

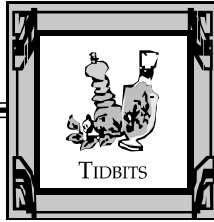
## DATE CHUTNEY

### Ingredients:

*1 cup chopped dates  
50 gms raisins  
a pinch of salt  
1 tsp chilli powder  
1 tsp ginger-garlic paste  
2 tsps sugar  
1 cup water*

### Preparation Method:

**P**ut all ingredients in saucepan and simmer over low heat until mixture thickens. Let cool before serving.



## GARAM MASALA

### Ingredients:

*1/4 cup cumin seeds, roasted*  
*1/8 cup caraway seeds, roasted*  
*10 Indian bay leaves, roasted*  
*5 cloves, roasted*  
*5 green cardamoms split*  
*and roasted*  
*5 black cardamoms, crushed*  
*and roasted*  
*few pepper corns, roasted*  
*cinnamon stick (thumb size),*  
*roasted*

### Preparation Method:

**G**rind all ingredients together to a fine powder. Store in airtight glass jars.

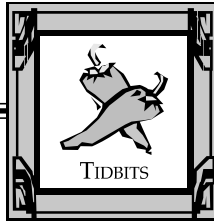
## CHAAT MASALA

### Ingredients:

*1/4 cup table salt*  
*1/4 tbsp black pepper*  
*1/4 cup mango powder*  
*1/4 cup black salt, powdered*  
*1/4 cup roasted cumin seeds,*  
*powdered*  
*1/4 cup roasted coriander seeds,*  
*powdered*  
*1/2 tsp asafoetida powder*  
*2 tsps red chilli powder*  
*1/2 tsp roasted aniseed, powdered*

### Preparation Method:

**M**ix all ingredients and store in airtight glass jar.



## GARLIC GINGER PASTE

### Ingredients:

*8 cloves garlic, minced  
2 small pieces ginger, minced*

### Preparation Method:

**P**ound the ingredients together. Refrigerate until used.

## THAI CURRY PASTE

### Ingredients:

*7-10 dried chillies (for red curry)  
2 tsps caraway seeds  
1 tsp coriander seeds  
1 tsp salt  
2 tbsps lemon grass, chopped  
1 tsp galangal (a ginger-like root),  
chopped  
2 tsps shallots, chopped  
1 tsp garlic, chopped  
1 bunch basil leaves chopped and  
2 tbsps coriander leaves (for  
green curry)*

### Preparation Method:

**B**rown caraway and coriander seeds over low heat (without oil), cool, then pound and set aside. Remove seeds from chillies. Soak the pods in cold water, then pound fine with salt. Add all the other ingredients. Pound very fine and then mix with caraway and coriander powder.

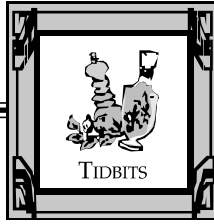
## TOMATO PASTE

### Ingredients:

*500 gms tomatoes, blanched  
peeled and pitted*

### Preparation Method:

**P**uree tomatoes in a blender. Refrigerate tomato paste to store for a few days.



## MAPLE SYRUP

### Ingredients:

*1 and 1/4 cups cold water  
1 tbsp cornstarch  
1 cup granulated sugar  
1 tsp maple flavouring  
1/8 tsp salt*

### Preparation Method:

Combine ingredients in a saucepan. Bring to a boil. Serve hot over pancakes or waffles.

## MINT SYRUP

### Ingredients:

*1 cup sugar  
2 cups water  
bunch of mint leaves, chopped*

### Preparation Method:

**B**oil water and sugar for 3-4 minutes to form syrup. Remove from heat. Add mint leaves. Cover and leave aside. Let syrup absorb colour and flavour of mint leaves. Cool and filter.

## BAKED POTATO TOPPING

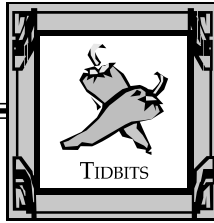
### Ingredients:

*1 cup plain yogurt  
1 tsp sesame seeds, roasted  
3 stalks spring onions, chopped  
1/2 tsp dill leaves  
salt and pepper to taste*

### Preparation Method :

**M**ix together all ingredients. Enough topping for 4 baked potatoes.

**Variation:** For *Potato Raita*: Mix all ingredients and add boiled and diced potatoes.



## FRUIT DIP

### Ingredients:

*1 (8 oz.) glass of cream cheese  
1/4 cup orange juice  
1/4 cup icing sugar  
1/2 tsp rose essence  
1 cup fresh cream*

### Preparation Method:

**B**eat all ingredients until blended well. Serve with a fruit plate.

## CHEESE DIP

### Ingredients:

*2 cups cream cheese  
1 cup yogurt  
2 cloves garlic, crushed  
1 tbsp chives or parsley  
1 tbsp lemon juice  
salt and sugar to taste  
dash of pepper*

### Preparation Method:

**B**eat the yogurt with cream cheese. Add parsley, lemon juice, salt and sugar. Mix well and pour in a serving bowl. Sprinkle pepper. Serve with carrots, cucumbers, fruit, crackers, etc.

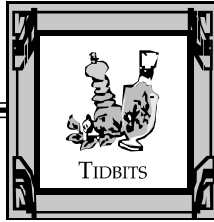
## HOMMUS

### Ingredients:

*200 gms garbonzos or chick peas  
2 cloves garlic, minced  
1/2 tsp salt  
1 tsp olive oil  
3 tsps tahini (sesame paste)  
juice of 2 lemons  
dash of pepper  
chopped parsley and paprika  
for garnishing*

### Preparation Method:

**S**oak garbonzos in water to cover, let stand overnight. Drain and cook in salted water until tender. Drain again. Puree garbanzos in a blender. Mix in other ingredients and blend well. Add olive oil and blend mixture to a creamy consistency. Serve on a platter. Garnish with paprika and parsley.



## FRENCH DRESSING

### Ingredients:

*2 onions, finely chopped  
1 cup tomato sauce  
1/2 cup lemon juice  
1/2 cup apple juice  
4 tbsps tomato paste  
1/2 tsp paprika  
1/2 tsp pepper  
1 tbsp cornstarch  
1/4 cup parsley*

### Preparation Method:

Combine all ingredients, except cornstarch and parsley in a saucepan. Heat mixture for 2 minutes, stirring constantly and continue to simmer for 5-7 minutes. Add cornstarch and stir for 2 minutes. Remove from heat. Cool and transfer to a blender and blend well. Pour in a bowl. Sprinkle parsley. Serve chilled. Refrigerate to store.

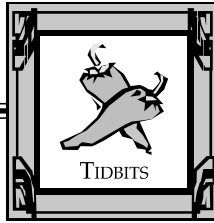
## ITALIAN DRESSING

### Ingredients:

*1 tsp onion powder  
1 tsp garlic powder  
1 tsp paprika  
1/4 tsp thyme  
1/4 tsp rosemary  
1/2 cup lemon juice  
1/2 cup cider vinegar  
1/2 cup apple juice  
1 tsp oregano  
1 tsp dry mustard*

### Preparation Method:

Combine all ingredients in a blender and blend. Transfer to glass jar. Store in refrigerator.



## VINAIGRETTE DRESSING

### Ingredients:

*10 cloves garlic, minced  
1/2 cup olive oil  
1/2 cup vinegar  
3 tps mustard powder  
5 tps sugar  
salt and pepper to taste*

### Preparation Method:

**M**ix all ingredients in a small glass bottle and shake well. Store in refrigerator.

## SOUR CREAM DRESSING

### Ingredients:

*1 cup buttermilk  
1 cup cottage cheese  
1 tsp lemon juice*

### Preparation Method:

**B**lend well all ingredients in a blender. Store in refrigerator.

## EGGLESS MAYONNAISE

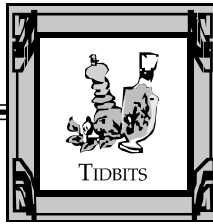
### Ingredients:

*1 can (410 gms) evaporated milk  
2 tbsps sugar  
2 tps mustard  
salt and pepper to taste  
juice of half a lemon  
1 cup olive oil  
1 tbsp cider vinegar*

### Preparation Method:

**M**ix first four ingredients and whisk well with a food processor on slow speed. Stir in olive oil till sauce thickens. Finally add vinegar and lemon juice. Refrigerate to store.





## AVOCADO SAUCE

### Ingredients :

*2 medium avocados  
2 small tomatoes, chopped  
1 small onion, minced  
2 tsps lemon juice  
1 tsp garlic paste or powder  
salt and pepper to taste*

### Preparation Method:

**P**eel avocados. Then mash with plastic fork in a bowl. Add tomatoes, onions, lime juice, garlic, salt and pepper. Serve immediately.

**Hint:** This sauce should be prepared just before serving as it turns black in 1/2 an hour.

## CHEESE SAUCE

### Ingredients :

*2 tsps margarine or butter  
2 tsps all-purpose flour  
1/4 tsps salt  
1/2 cup grated cheddar cheese  
1/2 tsp dry mustard  
1 cup milk*

### Preparation Method:

**M**elt margarine in small saucepan over low heat. Slowly stir in flour and salt and blend until smooth. Add milk and cook 4 minutes to thicken, avoiding lumps. Stir in cheese and dry mustard and cook for 2 more minutes.

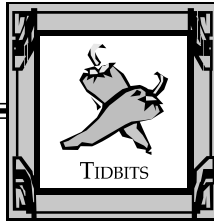
## CHILLI SAUCE

### Ingredients:

*10 tsps vegetable oil  
6 tsps all-purpose flour  
1/2 cup red chilli powder  
2 cups water  
750 gms tomato, blanched,  
peeled and pureed  
1/2 tsp dried crushed oregano  
1/4 tsp cumin powder  
salt to taste*

### Preparation Method:

**H**eat oil in large saucepan. Stir in flour and cook one minute. Stir in chilli powder, add rest of ingredients and salt to taste. Simmer for 15 minutes. Cool. Transfer to a glass jar and store in a refrigerator.



## TOMATO SAUCE

### Ingredients:

*1 large onion, finely chopped  
500 gms tomatoes, blanched,  
peeled,  
pitted and pureed  
2 tsp fresh basil  
salt and pepper*

### Preparation Method:

**S**auté onion in frying pan until soft and cook until transparent. Stir in tomatoes. Add basil, salt and pepper and simmer for 30 minutes or until it coats the back of spoon. Pass through a blender and adjust seasoning.

## WHITE SAUCE

### Ingredients:

*2 tbsps butter  
1 tbsp all-purpose flour  
1 cup milk*

### Preparation Method:

**M**elt butter in saucepan over low heat. and blend in flour. Stir in milk and simmer until thick and smooth. Mix well. Transfer to glass bowls or jars and refrigerate to store.

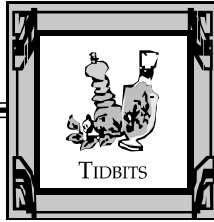
## RASPBERRY SAUCE

### Ingredients:

*5 cups fresh raspberries  
1/2 cup sugar*

### Preparation Method:

**P**uree raspberries in a blender. Strain through a cheesecloth. Stir in sugar and refrigerate until ready to serve.



## PEANUT SAUCE

### Ingredients:

*250 gms peanuts, roasted  
and ground to fine paste  
2 tbsps lemon juice  
2 cloves garlic, minced  
2 tsps soya sauce  
2 red chillies, crushed  
salt and sugar to taste  
1 cup hot water*

### Preparation Method:

**M**ix all ingredients together and cook, stirring over low heat until thick and well blended. Cool. Seal in glass jar and store in a refrigerator.

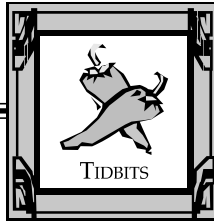
## MANGO TOPPING

### Ingredients:

*6 cups half ripe or  
ripe mangoes cut fine  
2 tbsps lime juice, if desired  
1/2 tsp nutmeg powder  
1/2 tsp cinnamon powder  
4 cloves  
3 cups sugar  
2 cups water*

### Preparation Method:

**C**ook mango slices with water until tender. Mash with back of a wooden spoon to make a paste. Add the rest of the ingredients and cook until it is the consistency of butter. Remove cloves before serving. Serve over ice-creams, kulfi, crackers, etc.



## APPLE SAUCE

### Ingredients:

*1 kg apples, peeled, cored  
and sliced  
1/2 cup water  
1/2 cup sugar  
Cinnamon to taste*

### Preparation Method:

**C**ombine all ingredients in a heavy saucepan. Cook on low heat for 20 minutes, stirring continuously. Cover and simmer for further 10 minutes or until apples are tender. Mash apples to desired consistency. Serve warm or chilled.

## HORSERADISH IN APPLE SAUCE

### Ingredients:

*100 gms grated horseradish  
300 gms apple sauce*

### Preparation Method:

**M**ix ingredients together and refrigerate for one hour before serving.

## DILL SAUCE

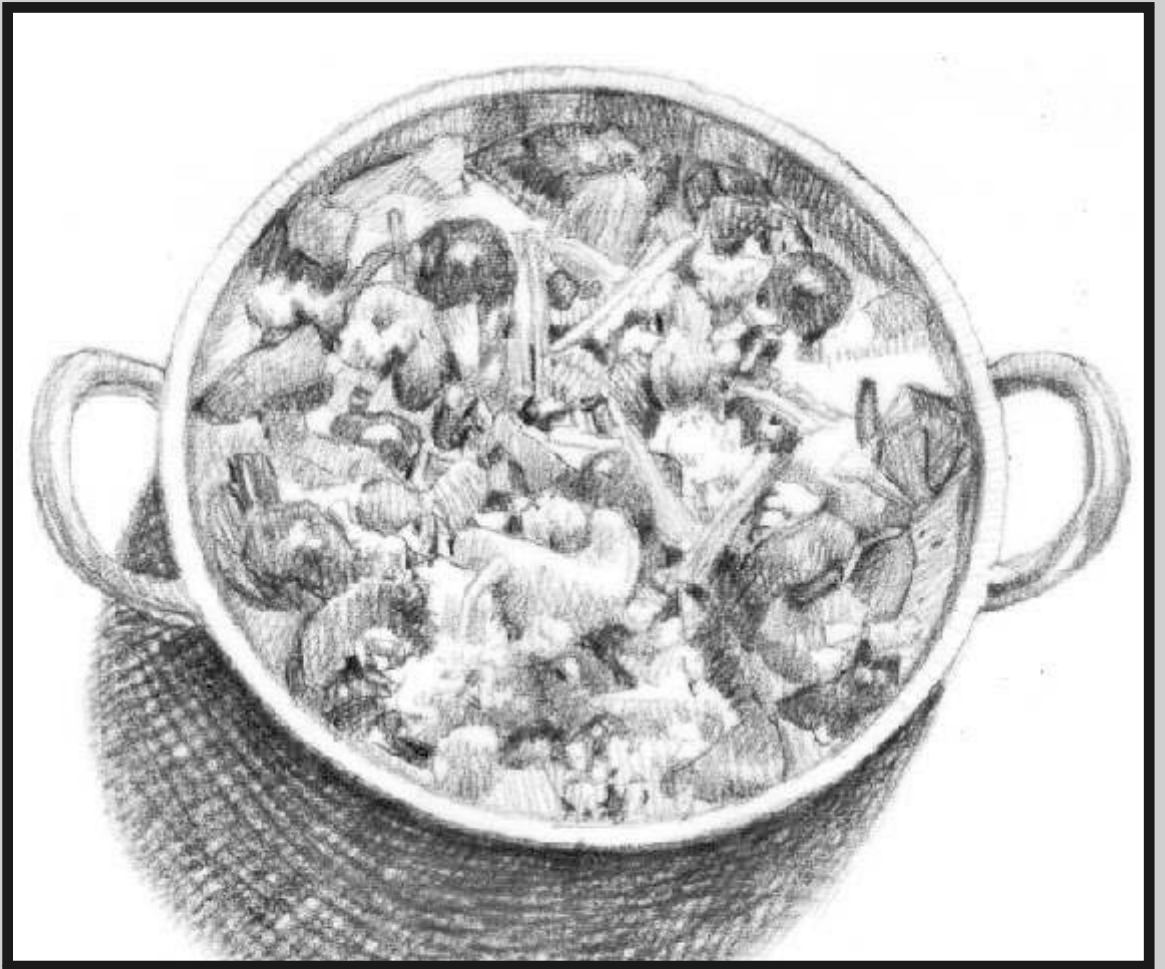
### Ingredients:

*8 tbsps salad oil  
3 tbsps vinegar  
8 tbsps french mustard  
3 tbsps dill leaves  
3 tsps sugar  
salt and pepper*

### Preparation Method:

**S**tir all ingredients together. Serve chilled in a bowl. Refrigerate to store.

# MAIN DISHES





## CHINESE CHOP SUEY

### Ingredients:

*1 large head of celery  
1 can button mushrooms, drained  
1 small can bamboo sprouts,  
drained  
2-3 large onions  
200 gms carrots, chopped  
1/2 cup water  
2 tbsps soya sauce  
salt and pepper to taste  
oil for frying  
1 tsp cornstarch*

### Preparation Method:

**B**raise the chopped onions, carrots, celery and bamboo sprouts in oil until tender. Add button mushrooms and continue cooking for 2 minutes. Stir in soya sauce, salt and pepper. Pour water and sprinkle cornstarch. Allow it to simmer for 10 minutes, stirring constantly until the sauce is clear and thick. Serve hot.

- Serves 6-8

## NOODLE NEST

### Ingredients:

*100 gms carrots, finely diced  
100 gms beancurds, cubed  
100 gms green peppers  
100 gms cabbage, shredded  
1 small onion, finely sliced  
1 tbsp garlic - ginger paste  
1 tsp ajinomoto (optional)  
1 tbsp cornstarch  
4 tbsps tomato ketchup  
2 tbsps soya sauce  
1 tbsp chilli sauce  
salt to taste  
4 tbsps oil  
1/2 cup water  
150 gms thin dry eggless noodles  
chilli oil  
sesame oil  
1/2 lemon, no seeds  
lettuce leaves for garnishing*

### Preparation Method:

**H**eat oil in a large saucepan and sauté all vegetables for 4-5 minutes. Boil 100 gms noodles in 2 cups salted water for 2 minutes and drain. Add boiled noodles to saucepan and stir in the remaining ingredients. Heat through. Cover and remove from heat. Heat oil in a pan and deep fry remaining noodles just before serving and set like a nest on a serving dish. Spoon hot vegetable noodles onto the nest. Drip a stream of chilli oil and sesame oil. Squeeze lemon juice over the dish. Garnish with lettuce leaves.

- Serves 6-8



## CABBAGE IN COCONUT MILK

### Ingredients:

*4 cups cabbage, shredded*  
*2 cups coconut milk*  
*5 red chillies, pounded*  
*5-6 shallots, sliced*  
*1 tsp turmeric powder*  
*1 tsp lemon juice*  
*salt to taste*

### Preparation Method:

**P**ut shallots, chillies, turmeric, coconut milk and salt together in a saucepan and bring to boil. Add the cabbage and cook for 2-3 minutes. Remove from heat. Stir in lemon juice. Serve hot.

- Serves 4-6

## CREAMED CABBAGE

### Ingredients:

*1 head cabbage, shredded*  
*1 cup shredded*  
*cheddar cheese*  
*2 tbsps butter or margarine*  
*2 tbsps flour*  
*1 1/4 cups milk*  
*1/4 tsp salt*  
*1/8 tsp paprika*  
*2 tbsps minced onion*  
*1 tsp minced parsley*  
*1/3 cup bread crumbs*

### Preparation Method:

**C**ook cabbage in a small amount of lightly salted boiling water until tender but still crisp. Drain well. Place cabbage and cheese in layers in a greased baking dish. Prepare white sauce by gently heating butter, flour and milk. Add salt, paprika, onion and parsley. Pour sauce over cabbage. Sprinkle with bread crumbs. Bake in a preheated oven at 180 degrees C for 15 to 20 minutes or until top layer is brown and mixture starts to bubble.

- Serves 4-6



## CHUTNEY CAULIFLOWER

### Ingredients :

*2 small cauliflowers  
1 cup boiled peas  
salt to taste*

### To be ground to a paste

*1 cup fresh coriander  
4 green chillies  
4 tps grated coconut  
1 tsp sugar  
juice of half a lemon  
salt to taste*

### Sauce

*1 cup tomato ketchup  
1/4 cup water  
1 tbsp butter  
1 tsp cornstarch  
1/2 tsp chilli powder  
salt to taste  
1 tsp sugar*

### Preparation Method:

**B**oil whole cauliflowers in salted water for 5 minutes. Heat 4 tablespoons of oil in a pan and stir fry cauliflower, one at a time, for 2-3 minutes. Stir-fry boiled peas for a minute separately and set aside.

Stuff cauliflowers with paste. Cook covered on tiny flame until tender. Mix sauce ingredients and boil for a minute. If sauce is too thick, add a little more water.

To serve, transfer cauliflowers to a serving dish and pour hot sauce and sprinkle hot peas.

- Serves 4-6

## CHOY SAAM

### Ingredients:

*1/4 kg choy saam  
2 tbsps vegetable fat  
salt and sugar to taste  
1/2 tsp cumin seeds  
(optional)  
1 tsp soya sauce*

### Preparation Method:

**W**ash and cut choy saam. Boil in water for 2 minutes. Drain. Heat fat in saucepan. Add cumin seeds. When the seeds crackle, add choy saam, sugar, soya sauce and salt. Stir fry until tender yet crisp.

- Serves 4-6





## BOMBAY POTATOES

### Ingredients:

*500 gms potatoes, boiled and diced  
1 medium onion, finely chopped  
2 cloves garlic, crushed  
a sprig of curry leaves  
1/2 tsp each, cumin  
and mustard seeds  
1/4 tsp turmeric powder  
1/2 tsp chilli powder  
2 tbsps oil*

### Preparation Method:

**H**eat oil in a large saucepan. Fry cumin and mustard seeds. When the seeds sputter, add curry leaves, onion and garlic. Fry until golden brown. Add all ingredients and fry for 5-7 minutes stirring regularly, adding little water to prevent sticking to the pan, if necessary. Serve hot with puris (see recipe in this book).

- Serves 4-6

## CRISPY POTATOES

### Ingredients:

*500 gms medium sized potatoes,  
boiled and sliced  
2 small onions, finely sliced  
200 ml cream  
100 gms butter  
salt and black pepper to taste*

### Preparation Method:

**O**n a well-buttered dish, arrange alternately slices of cooked potatoes and onion rings. Pour cream. Sprinkle salt and pepper. Dot with butter and bake in an oven at 180 degrees C for about 20 minutes or until crispy lightly golden brown on top.

- Serves 4-6



## THAI COCONUT CURRY

### Ingredients:

150 gms long beans,  
cut in short strips  
1/2 can straw mushrooms,  
drained  
2 carrots, cut in short strips  
1/4 head cabbage, shredded  
1 cup grated coconut  
1 onion, finely chopped  
6 cups water  
7 dry red chillies,  
slitted and boiled  
6 Thai lemon leaves  
4 cloves garlic, crushed  
1 tsp coriander seeds  
1 tsp cumin seeds  
2 tps sugar

### Preparation Method:

**G**rind onion, garlic, coriander seeds, cumin seeds, lemon leaves and chillies to a paste. Add sugar. Mix well and set aside. Extract coconut milk from grated coconut using water, 2 cups at a time. Boil coconut milk in a large pan. Stir in paste. When oil bubbles on surface, add vegetables and continue cooking on low heat for 5 minutes. Meanwhile, slit few green and red chillies. Remove seeds. Transfer curry to the serving bowl and garnish with chillies.

- Serves 4-6

**Variation:** For *Thai Green Curry*, substitute red chillies with bunch of chopped basil leaves and 2 tbsps of coriander leaves.

## MOCK DUCK CURRY

### Ingredients:

1 can mock duck  
1 onion, ground to paste  
2-3 cloves garlic, crushed  
2-3 tbsps tamarind extract  
1 tbsp sugar  
10 red chillies, pounded  
salt to taste  
1 cup coconut milk  
juice of half a lemon

### Preparation Method:

**W**ash mock duck in hot water containing lemon juice and cut it in small cubes. Heat oil in a large pan and add onion paste, garlic and chillies. Sauté for few minutes and add tamarind extract and salt. When the mixture is dry, add mock duck. Cook for 2 minutes, then add sugar and stir-fry. Pour coconut milk and bring to boil. Simmer, covered, for 2 minutes and remove from heat. Serve hot with steamed sticky rice or boiled white rice.

- Serves 4-6



## BRAISED AUBERGINES

### Ingredients:

500 gms aubergines,  
cut into large pieces  
1 tbsp garlic-ginger paste  
5 red chillies, finely chopped  
1 tsp vinegar  
1 tsp soya sauce  
1 tbsp cornstarch  
10 ml sesame oil (optional)  
salt and sugar to taste  
50 ml water  
oil for frying

### Preparation Method :

Soak aubergines in salted water for 10 minutes. Drain and pat dry. Heat oil in a wok. Deep fry aubergines until pale brown. Drain with slotted spoon and set aside. Heat 2 tablespoon of oil in a saucepan, add garlic-ginger paste and stir-fry for a minute, then add salt, sugar, vinegar and soya sauce. Dissolve cornstarch in water and add to saucepan. Stir continuously until sauce is clear. Add aubergines and cook until done. Sprinkle sesame oil. Serve hot.

- Serves 4

## STUFFED AUBERGINES

### Ingredients:

4 large aubergines  
8 medium tomatoes,  
blanched peeled and pureed  
4 medium potatoes, diced  
2 cups frozen peas,  
4 medium onions, finely chopped  
8 green chillies, pounded  
6 cloves garlic pounded  
1/2 cup fresh coriander, pounded  
4 tbsps butter  
2 tsps chilli powder  
2 tsps garam masala  
1/2 tsp coriander powder  
1/2 tsp cumin  
salt to taste

### Preparation Method:

Cut aubergines lengthwise in two equal halves. Scoop out pulp from centre leaving 2 cm thick shell. Heat oil in a wok and fry diced potatoes. Remove with slotted spoon and set aside. Heat butter in a saucepan and sauté onions. Add tomato puree, peas, potatoes, pulp, spices and pounded mixture. Stir-fry for 3 minutes and remove from heat. Smear aubergines with butter or oil and stuff with peas-potato mixture. Bake in a moderate oven (180 degrees C) for 10-15 minutes. Serve hot.

- Serves 4-6



## SPICY BEANS CURRY

### Ingredients:

50 gms black beans  
30 gms red kidney beans  
3 cups of water  
50 gms yogurt  
5 gms ginger, minced  
5 gms garlic, minced  
1 tbsp tomato paste  
a pinch of garam masala  
butter for garnishing  
1/4 cup olive oil  
1/4 cup parsley  
salt to taste  
2-3 green chillies, finely chopped  
1 large onion, finely chopped  
1 large green pepper

### Preparation Method:

Soak beans in 3 cups of water overnight. On the following day cook until done. Heat oil in pan. Add onion, green pepper, ginger and garlic. Sauté until onion is clear. Add tomato paste, garam masala, yogurt and chillies. Heat gently for a minute. Transfer mixture to beans. Heat through. Mash some beans with potato masher to thicken. Dot with butter and garnish with parsley.

- Serves 4-6

## TOMATO TIMBALES

### Ingredients:

6 medium-sized round tomatoes  
750 gms potatoes, boiled and mashed  
2 cups green peas, boiled and crushed  
7 bread slices, soaked in water  
2 tsp garam masala  
1/2 tsp turmeric powder  
1/2 tsp chilli powder  
salt to taste  
oil for frying

### Preparation Method:

Cut tops off tomatoes and scoop out flesh, but reserve tops. Squeeze water out of bread slices and crumble them in a bowl. Add potatoes, garam masala and salt. Mix well, divide in 6 portions and set aside. Heat 2 tablespoons of oil in a pan. Add peas, tomato puree, turmeric powder, chilli powder, garam masala and salt. Stir-fry until mixture is dry. Remove from heat and cool. Fill tomatoes with pea mixture. Replace tops. Enclose each stuffed tomato in a potato mixture. Heat oil in a large saucepan. Deep fry tomato balls until golden brown. Drain. Cut in two halves and transfer to a serving plate. Serve as a snack or main dish.

- Serves 4-6



## CHEESE CONES CURRY

### Ingredients:

#### **Cheese Cones**

250 gms home-made cottage  
cheese, crumbled

3 tbsps flour

1 tsp baking powder

3-4 green chillies, finely chopped

1/4 cup fresh coriander

salt to taste

oil for frying

#### **Curry**

2 onions, finely chopped

4 tomatoes, blanched,  
peeled and chopped

1 tsp ginger-garlic paste

1/2 tsp chilli powder

1/2 tsp garam masala

1/4 cup yogurt

2 tpsps fresh cream

2 tbsps grated cheddar cheese

salt to taste

2 cups water

4 tbsps oil

fresh coriander leaves for garnishing

### Preparation Method:

**M**ix all the ingredients for making cheese balls. Shape the mixture into small cones and deep fry until golden brown. Set aside.

**To prepare curry:** Heat oil in a large saucepan and sauté onions until tender. Add ginger-garlic paste and stir fry for a minute, then add tomatoes and cook until tomatoes are tender. Add rest of the ingredients. Continue cooking on low heat until mixture is well blended and oil bubbles on surface.

To serve, place cheese cones in a serving dish and pour curry. Garnish with coriander leaves. Decorate with tomato slices and cherry.

- Serves 4-6



## VEGETABLE BEANS AND LENTIL CURRY

### Ingredients:

10 gms yellow split peas  
10 gms green split peas  
20 gms chick peas  
10 gms masoor (orange lentil)  
10 gms black-eyed beans  
200 gms cauliflower, parboiled  
and cut into florets  
7 shallots, sliced  
2 onions, finely sliced  
2 tomatoes, pureed  
200 gms home-made cottage  
cheese, cubed  
4 tbsps ghee or clarified butter  
salt to taste  
oil for frying  
1/4 cup fresh coriander  
juice of half a lemon (optional)  
tomato slices for garnish

### Sauce

3 cloves garlic, minced  
6 red chillies  
1 tsp coriander seeds  
1 tsp cumin seeds  
1 tbsp grated coconut  
5 gms ginger, minced

### Preparation Method:

**S**oak peas, beans and lentils together in water for 6 hours. Drain and pressure cook with 2 cups of water and salt.

Heat ghee in a large sauce pan and fry shallots for 3 minutes, then add cauliflower and fry for one more minute. Add all the sauce ingredients and stir-fry for further 3 minutes. Pour in lentil soup along with tomato puree and simmer for 5 minutes.

Heat oil in a saucepan. Fry cubes of cottage cheese until golden brown. Add cheese cubes to curry and simmer for further 5 minutes.

Serve hot, decorated with tomato slices and coriander. If desired, sprinkle lemon juice.

- Serves 4-6



## VEGETABLE MAKHANWALA

### Ingredients:

250 gms potatoes, parboiled,  
diced and fried  
100 gms french beans,  
cut in small pieces and boiled  
100 gms cauliflower, cut into  
florets and parboiled  
100 gms carrots, parboiled and  
diced  
1 cup green peas, boiled  
2 onions, finely chopped  
1 cup fresh cream  
1 cup milk  
2 tbsps flour  
2 tbsps butter  
1/2 tsp chilli powder  
salt to taste  
oil for frying

### Preparation Method:

Prepare sauce by mixing flour, milk and cream and set aside. Heat butter in a large saucepan, fry onion until transparent. Add all vegetables and sauté for few minutes, then add the prepared sauce, salt and chilli powder. Cover and cook on very low heat for about 10 minutes. Serve hot.

- Serves 4-6

## LO HAN CHAI

### Ingredients:

1 cup parboiled vegetables  
(carrots, peas, corn,  
capsicum, etc.)  
1 cup canned foodstuff  
(mushrooms, gluten, bamboo  
shoots, etc.)  
100 gms white fungus soaked  
in water and chopped  
150 ml water  
1/2 tsp salt  
2 tsps cornstarch  
2 tbsps soya sauce  
pinch of ajinomoto  
chilli sauce to taste  
5 tbsps oil

### Preparation Method:

Sauté mushrooms in oil for a minute or two. Add all the vegetables and fungus. Stir fry for another two minutes. Add soya sauce, ajinomoto, chilli sauce and salt. Stir and add water and cornstarch. Simmer for 2 minutes stirring constantly. When the sauce thickens, remove from heat and transfer on a platter.

- Serves 4



## COTTAGE CHEESE AND SPINACH

### Ingredients:

*1 kg spinach leaves*  
*1 small onion, chopped*  
*4 large tomatoes, blanched,*  
*peeled and chopped*  
*1 tbsp ginger-garlic paste*  
*3 green chillies, finely chopped*  
*3 tbsps vegetable fat*  
*3 tbsps oil*  
*1 cup water*  
*salt to taste*  
*oil for frying*  
*1/4 kg home-made*  
*cottage cheese (see recipe below)*

### Preparation Method:

**W**ash the spinach to remove sand and grit. Chop finely, removing stems and strands. Mix all ingredients except cottage cheese and pressure cook for 15 minutes. Continue simmering for another 15 minutes. Mash it with electric food processor. Add cheese to spinach and cook to heat through. Serve hot, decorated with cream and cherries.

- Serves 4-6

## HOME-MADE COTTAGE CHEESE

### Ingredients:

*1 lt full cream milk*  
*juice of 1 lemon or lime*  
*salt to taste*  
*oil for frying*

### Preparation Method:

**B**oil milk. Add lemon or lime juice to the boiling milk. Cool, allowing the curdled milk solids to settle to the bottom of container and strain through a muslin bag. Discard whey. Press solids between two inverted flat bottomed plates to drain out any liquid. Carefully place cheese on rolling or flat board and cut into small cubes. Heat oil in a wok and deep fry cheese cubes until pale brown. Drain on paper towels.





## STUFFED TOMATOES AND PEPPERS

### Ingredients:

2 tomatoes  
2 peppers  
1 onion, finely chopped  
2 potatoes, boiled and mashed  
1 clove garlic, crushed  
1 tbsp tomato paste  
2 tbsps parsley, finely chopped  
1/2 cup water  
2 tbsps oil

### Preparation Method:

Wash tomatoes and peppers. Slice top off tomatoes, scoop out flesh and reserve. Cut tops off peppers and scoop out seeds and pith. Heat oil and fry onions until soft. Add tomato pulp, garlic, parsley, tomato paste and water. Simmer for 10 minutes or until liquid is absorbed. Add potatoes and stir to blend in the mixture. Stand tomatoes and peppers in a plate and fill loosely with potato mixture. Heat 2 tablespoons of oil in a saucepan. Sauté stuffed tomatoes and peppers. Simmer gently for 10 minutes or until cooked. Serve hot with Indian bread.

Variation: For *Vegetable Sizzlers*, place stuffed tomato, stuffed pepper and a slab of fried home-made cottage cheese on a sizzler serving plate. Decorate with onion rings and lettuce leaves. Just before serving, boil 2 tablespoons oil in a saucepan, add a pinch of cumin seeds and carefully pour over stuffed vegetables to sizzle. Serve as snack or main dish.



## CABBAGE ROLLS IN CURRY

### Ingredients:

#### **Cabbage Rolls**

*1 head cabbage  
250 gms potatoes,  
boiled and mashed  
1 cup green peas,  
boiled and mashed  
salt and pepper to taste  
100 gms chick pea flour or besan  
1/2 tsp chilli powder  
1/2 tsp soda bicarbonate  
oil for frying*

#### **Curry**

*1 small onion, chopped  
and ground to a paste  
1 tbsp tomato paste  
1/4 tsp turmeric powder  
2 tbsps yogurt  
2 tbsps fresh cream  
1 cup water  
salt to taste  
1/4 tsp garam masala*

### Preparation Method:

**R**emove 8-10 leaves from cabbage. Discard any wilted or discoloured leaves. Boil 4 cups of salted water. Remove from heat and plunge cabbage leaves. Drain after 5-7 minutes. Mix potatoes, peas, salt and pepper to taste. Divide in equal portions. Place peas-potato mixture in centre of cabbage leaf and roll to enclose filling. Set aside. Prepare a thick batter by mixing besan, soda bicarbonate, salt and 1/4 teaspoon chilli powder. Heat oil in a pan. Immerse cabbage rolls in batter and deep fry until golden brown. Remove with slotted spoon on paper towels.

Heat 2 tablespoons oil in a pan. Add onion and sauté for 2 minutes. Stir in all curry ingredients with 1/4 teaspoon chilli powder. When curry boils, add cabbage rolls and simmer for 2 minutes. Cover and remove from heat. Allow to stand for 5 minutes, then garnish with coriander leaves. Serve hot with rice or rotis (see recipe in this book).

- Serves 4-6



## YOGURT CURRY

### Ingredients:

8-10 chick pea flour fritters  
(see recipe in this book)  
4 tbsps chick pea flour  
2 cups yogurt  
4 cups water  
1/2 tsp turmeric powder  
1 tsp ginger-garlic paste  
1 tsp cumin seeds  
1/2 tsp chilli powder  
1 small onion, finely chopped  
2 tps tamarind extract  
1 tbsp oil  
1 stalk curry leaves  
1 tsp mustard leaves

### Preparation Method:

**B**eat chick pea flour, yogurt and water and set aside. In a large pan heat oil and add cumin seeds. When they sputter, add onion and cook for 3-4 minutes. Add ginger- garlic paste and cook for a minute, stirring constantly. Pour yogurt mixture and add salt, turmeric powder and chilli powder. Cook on low heat for 8 minutes, then add tamarind extract and cook for 2 more minutes. Just before serving, heat 1 tablespoon of oil in a saucepan. Add mustard seeds and curry leaves. When seeds sputter, remove from heat and pour over curry. Add fritters and cook curry on low heat for 5 minutes. Serve hot with rice.

- Serves 6-8

## MACARONI CHEESE BAKE

### Ingredients:

1/2 kg elbow macaroni, cooked  
115 gms margarine  
1/4 to 1/2 cup flour  
2 cups milk  
salt and pepper to taste  
18 slices processed cheese

### Preparation Method:

**M**elt margarine over low heat. Add flour, salt and pepper so that mixture forms a thick paste. Keep stirring. Add milk and stir constantly over low heat until mixture becomes thick. Remove from heat. Pour cream sauce over macaroni and mix well. Cover bottom of baking dish with 6 slices of cheese. Pour half of macaroni mixture over cheese. Add another layer of cheese. Pour remaining macaroni over cheese layer. Top with another layer of cheese. Bake in 180 degree C oven for 20 to 25 minutes.

- Serves 4-6



## CABBAGE STIR-FRIED

### Ingredients:

*4 cups cabbage, shredded  
1/4 cup ghee or clarified butter  
salt to taste  
cumin seeds, mint leaves  
pinch of turmeric powder  
1/2 tsp of red chilli powder*

### Preparation Method:

**P**lunge shredded cabbage in salted boiling water and drain. Heat ghee in a heavy pan and add cumin seeds, mint leaves, then add cabbage and gently stir-fry. Add salt, turmeric powder and chilli powder. Stir to blend. Serve hot with rice or roti. Decorate with chillies, tomatoes and sliced lemon.

- Serves 4-6

## CABBAGE WITH TOMATOES

### Ingredients:

*2 medium onions sliced  
1 medium cabbage shredded  
1 tsp salt  
1 tbsp vinegar  
1 tbsp sugar  
1/2 tsp caraway seeds  
1/2 cup water  
3 large tomatoes, blanched,  
peeled and chopped  
1 tbsp flour  
oil for frying*

### Preparation Method:

**I**n deep saucepan heat a tablespoon of oil and add caraway seeds. When the seeds sputter add onions and sauté. Sauté until soft and golden. Add cabbage, vinegar, sugar, salt and water. Simmer, covered, over low heat for 15 minutes. Add tomatoes and simmer covered for 15 minutes more. Mix flour with 2 to 3 tablespoons of pan liquid. Make a smooth paste. Stir into cabbage. Cook uncovered stirring constantly until mixture thickens.

- Serves 4-6



## PANEER TIKKA

### Ingredients:

500 gms home-made cottage  
cheese or paneer  
1 thumb-size piece ginger  
4 cloves garlic, minced  
1 small onion, chopped  
juice of one lemon  
1/4 tsp black cumin seeds  
1 whole cardamom, crushed  
1/4 tsp powdered cloves  
1/4 tsp powdered cinnamon  
1/4 tsp chilli powder  
2 tbsps tomato paste  
1 cup yogurt  
2 tbsps cream cheese  
ghee or butter  
1/4 cup fresh coriander, chopped

### Preparation Method:

**B**lend onion, ginger, garlic in blender. Blend, further to a smooth paste with cream cheese and yogurt. Mix in all the ingredients. Cut cheese in cubes and marinate in yogurt mixture. Let stand for half an hour in a large saucepan. Heat on a very low flame for 15 minutes. Turn onto a serving platter, dot with butter and garnish with chopped coriander. Serve hot.

- Serves 4

**Variation:** For *Chilli Mock Duck*: Substitute Mock Duck for cheese cubes. Mock Duck should be washed in hot water containing a juice of half a lemon before cooking.

Another variation is *Spicy Beancurd*: Substitute deep fried cubes of soft beancurd for cheese cubes.



## BAKED SPINACH

### Ingredients:

2 tbsps vegetable fat  
1/2 cup chopped onions  
2 medium bunches  
chopped spinach  
25 gms cheddar cheese, grated  
3/4 cup cream cheese  
salt and pepper to taste  
1/8 tsp garlic powder  
1 can (8 oz.) tomato sauce  
1/2 tsp oregano  
1/2 tsp basil

### Preparation Method:

Melt fat in a large pan over medium-high heat. Add onions and sauté until golden. Remove from heat. Immerse spinach in boiling water and boil for a minute. Drain well. Stir in cream cheese, salt, pepper and garlic powder. Spoon mixture into greased pie pan. Smooth top of mixture with back of a spoon. Sprinkle grated cheese. Combine tomato sauce, oregano and basil. Spread evenly over spinach mixture. Bake uncovered for 25 minutes at 180 degree C. Let stand 5 minutes before serving.

- Serves 4-6

## SPINACH QUICHE

### Ingredients:

200 gms home-made cottage  
cheese, crumbled  
Two cups spinach,  
boiled and mashed  
1 medium onion, finely chopped  
2 stalks spring onion, chopped  
salt and pepper to taste  
1 tsp ginger-garlic paste  
1 tsp tomato paste  
1 pack (375 gms) puff pastry  
1 green chilli, finely chopped  
50 ml corn oil  
melted butter

### Preparation Method:

Fry onions and spring onions in oil for about 2-3 minutes until transparent. In a large bowl mix all the ingredients well. Take a buttered rectangular baking tray. Divide puff pastry dough into four equal portions and roll out into circles of 9" diameter. Take a greased cake tin and place one circle. Smear the top of the circle with oil and layer it with another one. Pour in spinach and cheese filling and cover it with another two circles, smeared with oil in between. Secure the edges of pastry. Brush the top with oil and place into a medium oven at 180 degrees C for about 30 minutes or until golden brown.

- Serves 4-6



## SPAGHETTI SURPRISE

### Ingredients:

250 gms spaghetti  
2 small onions, finely chopped  
4 tomatoes, blanched,  
peeled and chopped  
1 cup milk  
4 green chillies, finely chopped  
6 tbsps tomato sauce  
salt and pepper to taste  
50 gms butter  
1 cup grated cheddar cheese  
2 tbsps chilli sauce  
1/4 cup fresh coriander leaves  
1/2 tsp all spice  
Tomato slices for garnish

### Preparation Method:

**B**oil spaghetti in salted water. Drain and keep aside. Heat 2 tablespoons of oil in a pan and sauté onions for 2 minutes. Add tomatoes and cook until tender. Pour milk and stir in spaghetti. When it boils, add all ingredients and cook on low heat for 8-10 minutes, stirring constantly. Cover and remove from heat. Allow 5 minutes before transferring to a serving dish. Garnish with tomato slices and grated cheese. Serve hot.

- Serves 6-8

**Hint:** Add your choice of cooked vegetables (carrots, beans, cabbage, capsicum, mushrooms, beancurd, peas) for a variation.

## FRIED POTATOES

### Ingredients:

500 gms potatoes, peeled  
and sliced  
salt and pepper to taste  
oil for frying

### Preparation Method:

**H**eat oil in a wok and deep fry potatoes until golden brown and crisp. Remove with slotted spoon. Arrange on a serving platter and sprinkle salt and pepper over hot potatoes.



## AUBERGINES IN SPICY GRAVY

### Ingredients:

500 gms aubergines  
2 onions, finely chopped  
100 gms coconut, grated  
1 tsp coriander seeds  
5 green chillies, finely chopped  
10 gms ginger, minced  
10 gms garlic, minced  
5 gms jaggery  
juice of 1 lemon  
a sprig of curry leaves  
salt to taste  
1/4 tsp turmeric powder  
oil for frying  
1/2 tsp mustard seeds

### Preparation Method:

**W**ash aubergines, cut tops and quarter. Heat oil in a wok and deep fry aubergines, skin side in oil, until skin is golden brown. Drain and set aside. Heat 2 tablespoons of oil in a large pan. Fry ginger, coriander, chillies, garlic and onions until tender. Add coconut, aubergines, jaggery, turmeric powder, salt and lemon juice. Stir well. Cover and simmer until gravy thickens.

Heat 2 tablespoons of oil in a saucepan. Add mustard seeds and curry leaves. When mustard seeds crackle, remove from heat and pour over aubergines. Serve hot.

- Serves 6

## BRAISED BEAN CURD AND BROCCOLI

### Ingredients:

2 tbsps hot sesame oil  
1 cup cubed bean curd  
2 cups broccoli flowerets  
1 tsp cornstarch dissolved in  
1/2 cup warm water.  
2 tbsps tamarind extract  
1/4 tsp hot red  
pepper flakes (optional)  
1 tsp grated fresh ginger  
2 cloves garlic minced

### Preparation Method:

**I**n a medium saucepan, sauté bean curd and broccoli in oil for 3 minutes over medium heat. Remove from the pan and place the mixture in a bowl. Combine the remaining ingredients in the pan. Cook on medium-low heat for 1 minute. Add the broccoli mixture and cook, covered, for 2 minutes.

- Serves 4-6





## PAMPANGUANIAN PANCIT

### Ingredients:

500 gms rice vermicelli (*pancit*)  
1/2 head cabbage, shredded  
2 carrots, julienne in 2"  
long strips  
50 gms broad beans, cut in slants  
2 slabs beancurd, cubed  
and deep fried  
1 tsp ajinomoto  
3 cloves garlic, crushed  
3 tbsps soya sauce  
salt to taste  
2 tbsps of oil

### Preparation Method:

Soak vermicelli in water for half an hour. Heat oil in a large pan and sauté garlic. Add fried beancurd and shredded cabbage. Stir fry for a minute and add 1 cup water. Stir in ajinomoto and soya sauce. Add salt, if desired. Bring to boil. Add carrots and broad beans. Simmer for 5 minutes. When vegetables are tender, add vermicelli. Stir-fry, mixing well with vegetables. Cook for 5 minutes, stirring constantly. Cover and remove from heat. Allow 5 minutes before transferring to a serving dish.

- Serves 6-8

## VERMICELLI TREAT

### Ingredients:

250 gms wheat vermicelli, roasted  
1 lt milk  
2 tbsps oil  
2 cups sugar  
chopped nuts (almonds,  
cashewnuts or walnuts)

### Preparation Method:

Heat oil in a heavy bottomed pan with a tight fitting cover and add vermicelli. Fry for 2 minutes. Keep stirring to coat vermicelli with oil and to avoid burning. Pour milk and then add sugar. Bring to boil and reduce heat. Cook until all liquid is absorbed, stirring from time to time. Cover and remove from heat. Allow 10 minutes before transferring to a serving dish or bowl. Fluff vermicelli with a fork and garnish with chopped nuts.

- Serves 6



## MACARONI - SAIGON STYLE

### Ingredients:

*4 cups cooked elbow macaroni  
500 gms onions, finely chopped  
5 tomatoes, blanched,  
peeled and chopped  
tomato ketchup  
1 tsp red chilli powder  
salt to taste  
4 tbsps oil*

### Preparation Method:

Heat oil in a pan and sauté onions until transparent. Add tomatoes, salt, chilli powder and cook until tender. Add boiled macaroni and mix well. Heat through, stirring constantly. Transfer macaroni mixture to a round dish and drizzle some tomato ketchup over the dish. Serve as a snack or a main dish.

- Serves 6-8

## YUMMY YAM

### Ingredients:

*250 gms yam  
100 gms peas  
100 gms tomatoes, blanched,  
peeled and pureed  
1 onion, finely chopped  
50 gms ghee or clarified butter  
1 Indian bay leaf  
1/4 cup fresh coriander*

### Sauce

*2 tpsps cumin seeds  
4-5 red chillies  
2 cloves garlic, minced  
5 gms ginger, minced  
1/8 tsp turmeric powder  
1/4 tsp garam masala  
salt and sugar to taste  
2 tpsps vinegar*

### Preparation Method:

Chop yam into big pieces, wash and boil in salted water. Drain, peel and mash, then set aside. Grind all the ingredients of sauce to a paste. Heat butter in a large pan, fry onions until golden brown along with bay leaf. Add paste, tomato puree, peas and cook for 2-3 minutes on low heat, then add mashed yam. Cover and cook on very low heat for 2 minutes, stirring constantly. Transfer to a serving platter and garnish with coriander leaves.

- Serves 6-8



## SPICY PEAS POTATO CURRY

### Ingredients:

500 gms potatoes, parboiled  
and diced  
500 gms green peas  
250 gms tomatoes, blanched,  
peeled and pureed  
2 medium onions, finely  
sliced(optional)  
1/4 tsp turmeric powder  
1 tsp chilli powder  
1 tsp garam masala  
1/2 tsp cumin  
2 tbsps oil  
50 gms vegetable fat  
50 gms yogurt  
few cashewnuts

### Preparation Method:

Heat oil in a saucepan. Add onion and sauté until light brown. Mix in a blender to a fine paste. Heat fat in a large saucepan. Stir-fry potatoes and then add peas. Fry for a minute. Pour in tomato puree, onion paste and spices. Simmer for 3 minutes. Add yogurt and cashewnuts, mix well and simmer until done. Transfer to a serving dish. Serve with Indian bread, pita bread or rice.

**Variation:** Substitute fried potatoes with cubed and fried cottage cheese.

- Serves 6-8

## BAKED POTATOES

### Ingredients:

200 ml cream of vegetable soup  
(see recipe in this book)  
1/2 tsp paprika  
1/2 tsp pepper  
4 medium baking potatoes  
(cut in 1/4-inch slices)  
1 cup grated cheddar cheese

### Preparation Method:

In small bowl combine soup, paprika and pepper. In greased baking dish, arrange potato slices in overlapping rows. Sprinkle with cheese, spoon soup mixture over cheese. Bake at 200 degrees C for an hour or until potatoes are tender.

- Serves 4-6



## SPICY OKRAS

### Ingredients:

500 gms okras  
(ladies finger or bhendi)  
1 large onion, finely sliced  
4 tomatoes, blanched,  
peeled and chopped  
1/2 tsp turmeric powder  
1/2 tsp chilli powder  
1/2 tsp coriander powder  
1/2 tsp garam masala  
salt to taste  
4 tbsps of oil

### Preparation Method:

Cut stem ends of okras and slice in small pieces. Heat 2 tablespoons oil in a large saucepan and sauté onions until soft, stirring constantly. Add tomatoes and cook until soft. As tomato-onion mixture is being cooked, heat 2 tablespoons oil in a saucepan and stir fry okras for 5 minutes. Transfer okras to tomato-onion mixture and add all the spices. Mix well and cook, covered on low heat for 5 minutes.

- Serves 4-6

## PUREED AUBERGINES (BAINGAN BARTHA)

### Ingredients:

550 gms large aubergines  
2 cloves garlic, crushed  
1 medium onion, finely chopped  
2 green chillies, finely chopped  
4 medium tomatoes, blanched,  
peeled and pureed  
juice of half a lemon  
or tamarind extract  
1/2 cup chopped parsley  
1/4 cup water  
100 ml olive oil  
tomato slices, cherries and  
cream for garnish

### Preparation Method:

Roast aubergines on a roasting tray on gas or in an oven or on a charcoal fire. Remove the charred skin and excess liquid. Mash aubergines with a potato masher or in a food processor. Heat 2 tablespoons oil in a heavy pan. Sauté onions until transparent. Add all ingredients along with aubergine paste. Stir-fry for 2 minutes. Decorate with tomato and cherry. Sprinkle cream and serve hot with Indian bread, Arabic bread or Pita bread.

**Variation:** Cover aubergines with water in a large pan and boil until tender. Peel skin and blend in a blender. Add rest of ingredients, omitting tomatoes and blend until thoroughly combined. Serve cold.

- Serves 4-6



## GARBANZOS AND POTATO CURRY

### Ingredients:

*1 tin garbanzos, drained  
125 gms potatoes, parboiled,  
quartered and fried  
1 onion, finely chopped  
4 tomatoes, blanched,  
peeled and pureed  
1 tsp of lemon juice  
1/4 tsp cinnamon  
1/2 tsp cumin, powdered  
1/2 tsp coriander powder  
1/8 tsp turmeric powder  
1/2 tsp chilli powder  
salt and pepper to taste  
1/4 cup fresh coriander  
20 gms vegetable fat  
butter for garnish*

### Preparation Method:

Heat fat in a large saucepan, fry onions until transparent. Add garbanzos, stir-fry for a minute. Pour in tomato puree and add all spices. Simmer for 5 minutes, stirring constantly. Add potatoes and lemon juice. Continue cooking on low heat until potatoes are tender. Cover and remove from heat. After 2 minutes turn on to a serving dish, dot with butter and sprinkle coriander.

- Serves 6

## CARROTS CRUMBLE

### Ingredients:

*1 kg carrots, coarsely grated  
2 onions, chopped  
2 cups bread crumbs  
1/4 cup butter  
salt to taste  
3/4 cup fresh cream*

### Preparation Method:

Fry bread crumbs in butter. Remove from heat. Add salt and cream. Mix with carrots and onions in a bowl. Put into greased mould. Bake at 200 degrees C for 30 minutes.

- Serves 6



## BEAN CURD WITH MUSHROOMS

### Ingredients:

*1 small can button mushrooms*  
*2 cakes bean curd, cut into cubes*  
*oil for frying*

### Sauce:

*1 spring onion, chopped*  
*2 tps soya sauce*  
*1 tsp ajinomoto*  
*salt to taste*  
*4 tbsps tomato ketchup*  
*1 tsp chilli sauce*  
*5 cloves garlic, finely chopped*  
*1 tbsp corn starch*  
*200 ml water*  
*spring garlic for garnishing*

### Preparation Method:

**F**ry mushrooms and bean curd in oil, drain and set aside. Heat 3 tablespoons of oil in a large pan. Sauté spring onions and garlic for 1 minute. Add water and bring to boil. Add all ingredients of sauce except cornstarch. Then add mushrooms, bean curd and cornstarch. Simmer, stirring until the sauce thickens. Transfer to serving dish and garnish with spring garlic.

**Variation:** For *Vegetable Manchurian*: Mushrooms and bean curd can be substituted with vegetable fritters.

- Serves 4-6

## SPINACH & CAULIFLOWER IN CHEESE

### Ingredients:

*2 medium bunches of spinach*  
*1 small head cauliflower,*  
*cut into florets*  
*1 glass (8.oz.) cheese spread*  
*4 tomatoes, blanched,*  
*pitted and pureed*  
*1 onion, finely chopped*  
*salt and pepper to taste*  
*2 tbsps oil*

### Preparation Method:

**W**ash spinach to remove sand and grit. Cut stems and discard. Chop leaves. In a large pan heat oil. Add cauliflower and stir-fry for 5 minutes. Remove from pan with slotted spoon and set aside. Heat a tablespoon of oil in the same pan and add onions. Fry for a minute and add tomato puree. Continue cooking for 2 minutes, stirring constantly. Add cauliflower, spinach, salt and pepper. Simmer for 10-15 minutes, stirring occasionally. When all water is absorbed add cheese. Stir and remove from heat. Serve hot.

- Serves 6-8



## VEGETABLE LASAGNE

### Ingredients:

450 gms lasagne noodles  
4 cups cottage cheese  
4 cups Mozzarella cheese  
2 cups cream cheese  
3/4 cup grated Parmesan cheese  
3/4 cup milk  
1/2 cup minced onion  
1 tsp dried basil  
1 tsp garlic powder  
1/2 tsp oregano leaves  
2 cups broccoli florets  
1 cup shredded carrots  
1 cup sliced mushrooms  
tomato slices and fresh basil  
for garnish

### Preparation Method:

While lasagne noodles are boiling, combine all ingredients. Mix well to coat broccoli, carrots, onions and mushrooms with mixed cheese and spices. Spread a little cheese mixture on bottom of a baking pan.

Add a layer of boiled noodles, then continue to layer alternately with cheese mixture and noodles, finally ending with a layer of cheese mixture. Sprinkle a little extra grated cheese on top.

Bake at 180 degrees C for 50 minutes or until hot and cheese bubbles on top. Decorate with tomato slices and basil.

- Serves 6-8

**Variation:** To make *Baked Pasta*: substitute lasagne noodles with spiralled or shelled pasta. Alternate layers with pasta, cheese mixture and tomato sauce. Bake.

- Serves 4-6



## MUSHROOM MYSTERY

### Ingredients:

*1/2 cup butter*  
*1/2 cup milk*  
*1/2 cup cream*  
*1/2 cup grated cheddar cheese*  
*1/2 cup yogurt*  
*1 onion, finely chopped*  
*3 cups button mushrooms,*  
*chopped*  
*salt and pepper to taste*  
*pinch of dry mustard*

### Preparation Method:

Melt butter in a saucepan. Sauté onions and mushroom for 8 minutes on low heat. Stir in milk and bring to boil, then add cheese and heat until cheese melts. Stir in remaining ingredients. Keep stirring just for a minute and remove from heat. Serve as main dish with Indian bread or as a stuffing for sandwiches and bread rolls.

- Serves 4-6

## VEGETABLE AU GRATIN

### Ingredients:

*1 large head of cauliflower*  
*cut in florets*  
*1 cup diced carrots, parboiled*  
*250 gms potatoes, boiled and cubed*  
*1/3 cup butter or margarine*  
*1/3 cup all-purpose flour*  
*3/4 tsp salt*  
*1/4 tsp pepper*  
*2 & 1/2 cups milk*  
*1 cup peas, frozen, thawed*  
*or fresh cooked*  
*1/2 cup canned sliced mushrooms,*  
*drained*  
*2 cups grated Cheddar cheese*

### Preparation Method:

Cook cauliflower in salted water until barely tender. Drain. Melt butter in saucepan. Mix in flour, salt and pepper. Stir in milk until it boils and thickens. Add peas, mushrooms, carrots, potatoes, 1 cup of cheese and cauliflower to sauce. Stir. Transfer to a baking dish. Scatter remaining 1 cup cheese over top. Bake in an oven, uncovered at 180 degrees C for about 30 minutes.

- Serves 6-8





## NAVRATAN CURRY

### Ingredients:

30 gms carrots, parboiled and diced  
30 gms frozen green peas, thawed  
30 gms green beans, boiled  
50 gms potatoes, diced and cooked  
30 gms cauliflower, cut into florets  
30 gms capsicum, finely sliced  
50 gms onions, finely chopped  
50 gms tomatoes, pureed  
50 gms home-made cottage cheese  
15 gms raisins  
15 gms cashewnuts  
30 gms pineapple pieces  
10 gms cherries  
30 gms vegetable fat  
2 tbsps ginger garlic paste  
1 tbsp chick pea flour (optional)  
1/2 tbsp garam masala  
1 tsp chilli powder  
1 tsp coriander powder  
1/4 tsp turmeric powder  
1 cup yogurt  
500 ml water  
salt to taste

### Preparation Method:

Heat 2 tablespoons of vegetable fat in a large saucepan. Sauté capsicums and set aside.

Heat 2 tbsps of fat in another saucepan. Add onions and fry until transparent. Stir in ginger garlic paste. Add chick pea flour and fry lightly.

Sprinkle chilli powder, turmeric powder, coriander powder and salt. Add tomatoes. Stir and cook for further two minutes.

Pour in yogurt, stir and then add water, bring to boil and simmer for 3 minutes, stirring constantly.

Add cubed and fried home-made cottage cheese, all prepared vegetables, pineapple pieces and garam masala. Mix well. Turn onto a serving plate and sprinkle cashewnuts and raisins on top. Decorate with cherries.

- Serves 6-8



## POTATOES IN SPICY GRAVY

### Ingredients:

250 gms small potatoes, parboiled  
25 gms yogurt  
25 gms vegetable fat  
1/2 tsp cumin seeds  
1/2 tsp turmeric powder  
1/2 tsp garam masala  
1/2 tsp sugar  
salt to taste  
1/4 cup water  
stalk of curry leaves  
thumb-sized piece ginger,  
pounded  
3-4 red chillies,  
roasted and pounded  
few peppercorns,  
roasted and powdered  
1 tsp coriander seeds,  
roasted and powdered

### Preparation Method:

**M**ix yogurt with pounded and powdered ingredients. Add garam masala and turmeric powder. Coat potatoes with yogurt mixture. Melt fat in a large saucepan and add cumin seeds, then add potatoes and stir-fry for 2-3 minutes. Reduce heat and add salt, sugar and water. Continue to simmer and cook covered, until potatoes are tender and mixture is dry. Serve hot.

- Serves 4-6

## STRING BEANS

### Ingredients:

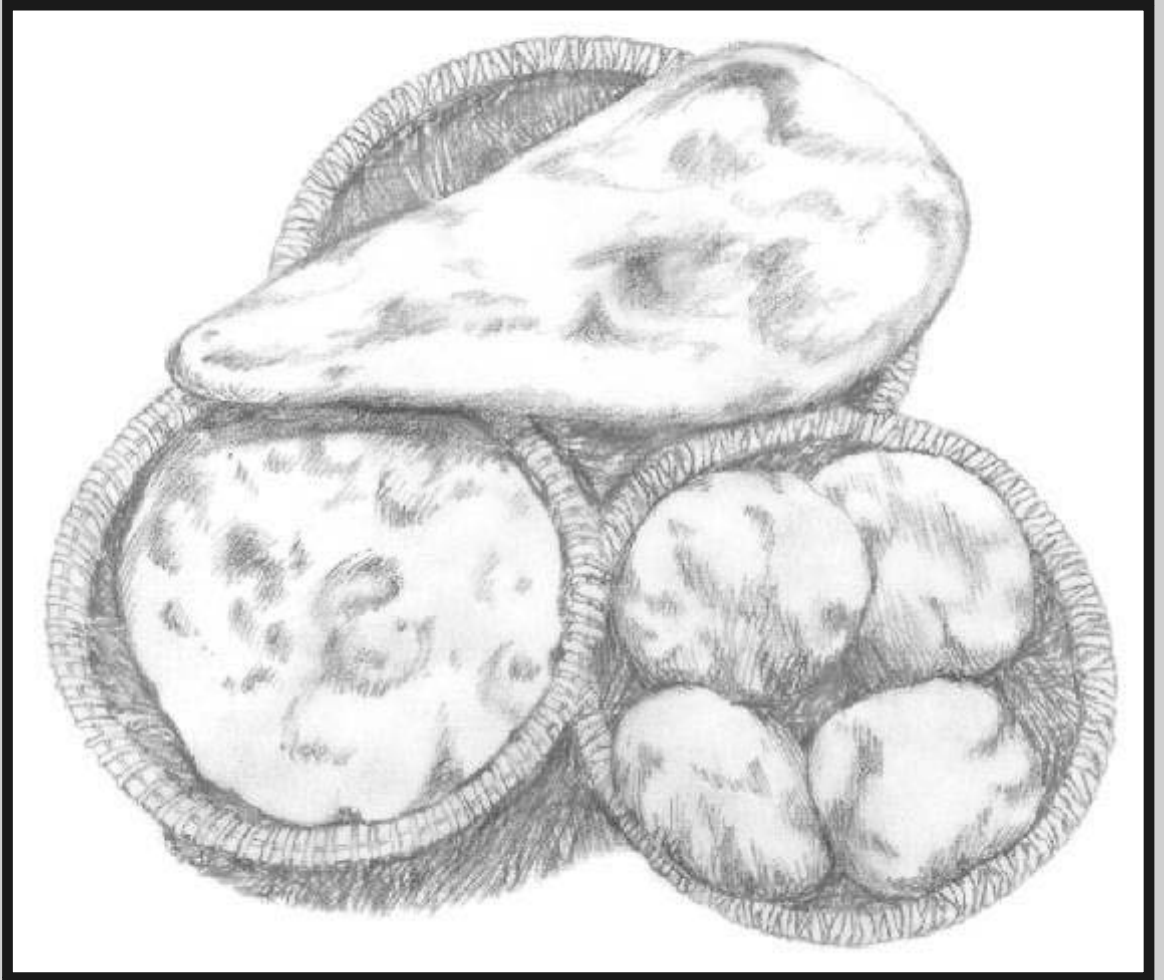
250 gms string beans  
2 tomatoes, blanched,  
pitted and pureed  
2 cloves garlic, finely chopped  
2 tbsps soya sauce  
salt to taste  
2 tbsps oil

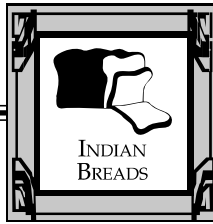
### Preparation Method:

**C**ut string beans in short strips of 6 cm in length. Blanch string beans in boiling salted water for 4-5 minutes. Drain and run under cold water. Heat oil in a heavy bottomed pan. Fry garlic for a minute and add tomato puree. After 30 seconds add all the ingredients and cook loosely covered for 6-8 minutes or until done. Serve hot.

- Serves 4-6

# INDIAN BREADS





## NAAN

### Ingredients:

*3 cups plain flour  
1 tsp salt  
1/2 tsp baking powder  
1/2 tsp soda bicarbonate  
1 tsp dry yeast in 2 tps  
lukewarm water and 1 tsp sugar  
1/2 cup milk  
4 tablespoon plain yogurt  
1/2 cup butter*

### Preparation Method:

**S**ift flour, soda bicarbonate and baking powder together. Add butter and salt. Mix well. Add yogurt, milk and yeast mixture and knead well to a smooth dough. Cover and leave for 4 hours until dough doubles in size. Take a lime sized ball of dough each time and roll a little on a floured surface. Flatten the rolled ball using both hands and pull the dough, by transferring from one hand to another to form the typical shape of naan. Heat griddle or a heavy bottomed frying pan, which has been greased. Cook naan only on one side on griddle. Transfer the naan directly over reduced gas flame to cook on the other side. Cook until slightly brown. Repeat process with remaining dough. Serve hot sprinkled with parsley.

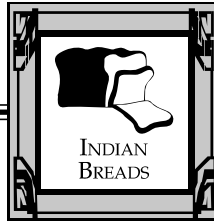
## BATURAS

### Ingredients:

*250 gms plain flour  
100 gms yogurt  
1/8 tsp soda bicarbonate  
vegetable fat for frying  
salt to taste*

### Preparation Method:

**K**nead flour well with yogurt, then add salt and soda bicarbonate and knead once again. Set aside for two hours. Divide in lime sized balls. Roll out in thin circles of 5 cm in diameter and 1/2 cm in thickness. Deep fry on one side for 1/2 a minute. Drain with slotted spoon and bake on griddle until very light brown on both sides.



## STUFFED PARATHAS

### Ingredients:

100 gms plain flour  
100 gms wheat flour  
50 ml milk  
1/4 cup yogurt  
salt to taste  
20 gms ghee or butter

### Stuffing

150 gms potatoes, boiled and  
mashed  
4-5 green chillies, finely chopped  
1/4 cup fresh coriander, chopped  
salt to taste

### Preparation Method:

**S**ift the wheat flour and plain flour together. Add yogurt, milk and little water. Knead well to a stiff dough and divide in equal portions and shape in small balls. Mix thoroughly all ingredients for stuffing. Roll dough as in case of Indian Bread and stuff with little potato-vegetable mixture. Work each piece in a ball and roll out to thin circles. Bake on a greased griddle until light brown on both sides. Serve hot.

**Variations:** Different stuffings bring in the variation in Parathas. Parathas can also be prepared without any stuffing.

## ROTIS

### Ingredients:

250 gms whole wheat flour  
125 ml water  
salt to taste  
vegetable fat

### Preparation Method:

**S**ieve flour, add salt and water. Knead well to make a stiff dough. Divide in small balls of 5 cm in diameter. Roll out each ball on wheat floured surface to thin circles not more than 1/2 cm thick. Bake well on both sides on a large non-stick pan or griddle. Smear with melted fat and serve hot.

## PURIS

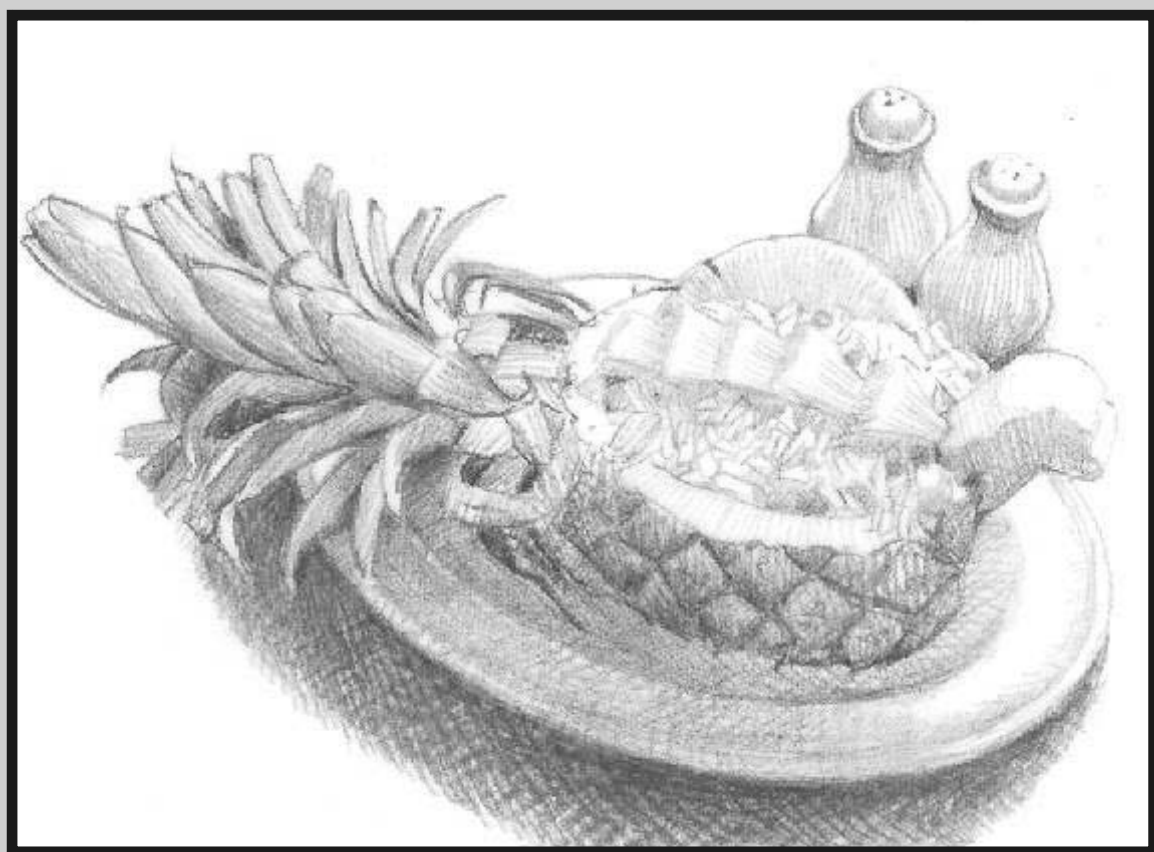
### Ingredients:

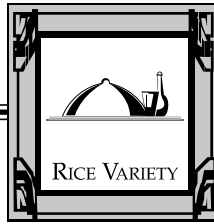
2 cups wheat flour  
water  
salt to taste  
oil for frying

### Preparation Method:

**M**ix water and flour and knead to a stiff dough. Shape dough like small Rotis and deep fry one at a time until golden brown on both sides. Serve hot with curry.

# RICE VARIETY





## BRAZILIAN RICE

### Ingredients:

*500 gms long grain rice,  
soaked in water  
120 ml vegetable oil  
1 small onion chopped  
1 clove garlic, crushed  
500 ml boiling water  
salt to taste*

### Preparation Method:

Heat oil in a large pan and stir-fry onion and garlic until tender. Drain rice and add to pan, let cook until transparent, stirring constantly. Pour water and cook for 15 minutes. When the rice is partially cooked, lower heat. Cook uncovered until all water is absorbed. Cover and remove from heat. Fluff the rice with a fork before serving.

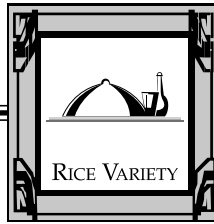
## BURMESE RICE

### Ingredients:

*1 kg rice, washed and drained  
1/4 cup roasted peanuts  
1 cup grated coconut, roasted  
1 cup coconut milk.  
1/2 cup sesame seeds, roasted  
1 thumb-sized piece ginger,  
cut into thin strips  
1 cup water  
5 tbsps corn oil  
1/4 cup fresh coriander*

### Preparation Method:

Drain rice and soak again in hot water. Heat oil in a deep pan. Add sesame seeds and fry for a minute. As soon as the seeds start to crackle add ginger and cook for an extra minute. Add roasted coconut and peanuts. Reduce heat and cook until golden brown, stirring all the while. Drain water from rice and add to the roasted mixture in the pan. Stir fry until rice is transparent, then add salt to taste and water. Cook over medium heat until rice grains are almost cooked. Blend in coconut milk. Continue to simmer until coconut milk is absorbed and rice is done. Transfer to a round, large serving bowl. Press lightly with a wooden spoon to fill bowl and even surface. Sprinkle coriander. Serve hot or cold.



## ONION RICE

### Ingredients:

*3 cups basmati,  
Indian long grain rice  
2 tbsps ghee or clarified butter  
2 tbsps vegetable oil  
2 onions, finely sliced  
1 tsp lemon juice  
4-1/2 cups water  
salt to taste  
1 Indian bay leaf  
2 whole cloves  
1 stick of cinnamon  
1/2 tsp chilli powder  
1/2 tsp coriander powder  
raisins for garnishing*

### Preparation Method:

Clean, wash and soak rice for half an hour. Heat oil in a large pan and fry onions until golden brown. Set aside half the fried onions for garnishing. With the remaining fried onions in the pan, add rice and fry for 2 minutes, until rice gets the pale brown colour of fried onions. Add water, butter, chilli powder, coriander powder, lemon juice and salt. Bring to boil for a minute, then lower heat and cook for 20 minutes. Rice should now be three-quarters cooked. Add bay leaf, cinnamon and cloves. Fluff the rice with fork and place the rice in a warm oven until all moisture has evaporated and each grain of rice is separate. Remove bay leaf, cinnamon and cloves and stir in fried onion. Turn onto serving plate. Sprinkle raisins on top.

## GREEN RICE

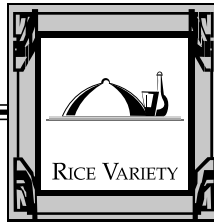
### Ingredients:

*2 cups rice, soaked in water  
for half an hour  
2 cups green peas soup  
(see recipe in this book)  
1 cup water  
1/2 cup chopped celery  
1/2 cup chopped onion  
1 cup broccoli florets, parboiled  
1/2 cup shredded cheddar cheese  
2 tbsps oil*

### Preparation Method:

Heat oil in a heavy bottomed pan and sauté onions for a minute. Add green peas soup and bring to boil. Drain rice. Add rice and remaining ingredients to the boiling soup. Bring to boil. Simmer uncovered until all liquid is absorbed, stirring at regular intervals.





## INDIAN RICE

### Ingredients:

*3 cups Basmati,  
Indian long grain rice,  
washed and soaked  
for half an hour.*  
*1 cup peas*  
*1 onion finely chopped*  
*1 tsp garlic-ginger paste*  
*1 big carrot, grated*  
*1 tsp salt*  
*1 bay leaf*  
*2 cardamoms, crushed*  
*4 cloves*  
*1 thumb-sized cinnamon stick*  
*1 tsp lemon juice*  
*4 tbsps oil*  
*3 tbsps clarified butter or ghee*  
*100 gms chopped nuts, cherries,  
raisins and pineapple bits  
for garnishing*

### Preparation Method:

Heat oil and plunge all spices. When brown, add chopped onions and fry until soft and transparent. Add grated carrot, peas, ginger-garlic paste and fry for a minute, stirring constantly. Stir in rice, then add water and lemon juice. Bring to boil, then simmer for 20 minutes, covered loosely over tiny flame. Turn cooked Indian rice or biryani onto serving plate. Remove bay leaf, cloves and cinnamon stick. Melt butter in a saucepan and pour hot melted butter over the rice dish. Sprinkle nuts, raisins and pineapple bits on top.

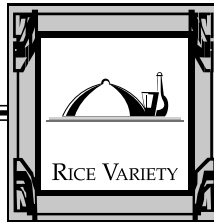
## ITALIAN RICE

### Ingredients:

*3 cups rice*  
*5 cups vegetable stock or water*  
*2 tbsps butter*  
*1/4 cup grated cheese*  
*1/8 tsp paprika*  
*1/8 tsp pepper*

### Preparation Method:

Melt butter. Add rice and sauté for 1 minute. Heat vegetable stock to boiling point and pour over the rice. Add cheese, paprika and pepper and bake in oven at 200 degree C for 1 hour. Serve hot.



## INDONESIAN RICE

### Ingredients:

*3 cups rice  
1 cup coconut milk  
3 cups water  
1/2 tsp turmeric powder  
6 cardamom pods, crushed  
10 curry leaves  
1 onion, finely chopped  
pinch of powdered cloves  
salt to taste  
dash of freshly ground pepper*

### Preparation Method:

**W**ash rice and drain. Heat oil in a saucepan. Add curry leaves and onions. Fry until onions are transparent. Add drained rice, turmeric powder and coconut milk. Add pepper, cloves, salt and cardamoms and stir to blend. Finally, add water. Bring rice to boil, then simmer until done. While transferring to a serving dish, remove all whole spices.

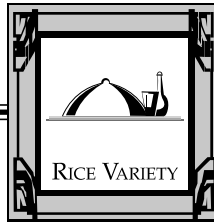
## JAPANESE RICE CAKES

### Ingredients:

*6 cups cooked rice  
(Japanese variety,  
slightly glutinous)  
1/2 cup vinegar  
75 gms sugar  
20 gms salt  
horseradish, grated  
soya sauce  
cooked dried gourd (kampyo)  
for topping  
cooked dried mushrooms (shiitake)  
for topping*

### Preparation Method:

**M**ix vinegar, salt and sugar and pour evenly over cooked rice in a bowl. Cut vinegar mixture into rice with a wooden spoon. This is sushi or Japanese rice. Until the time it is served, keep sushi rice in a wooden tub covered with damp cloth. To serve, mould 1 tablespoon of rice, at a time, on the palm of your hand. Arrange moulded rice in a serving platter. Top with mushrooms, gourd or your choice of vegetables. Serve with soya sauce mixed with little horseradish as a dip.



## BAKED CURRY RICE

### Ingredients:

*3 cups long grain rice*  
*150 gms home-made cottage cheese*  
*1 cup green peas, boiled*  
*1/4 tsp cumin seeds*  
*2 green chillies, finely chopped*  
*2 tbsps ghee or butter*  
*salt to taste*

### Curry

*1 onion, finely chopped*  
*1 cup grated coconut*  
*1 cup coconut milk*  
*2 tbsps ghee or butter*  
*salt to taste*

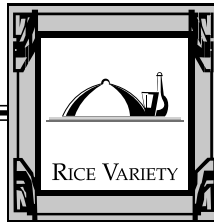
### Paste

*4 cloves garlic, minced*  
*6 red chillies, chopped*  
*2 tsps coriander seeds*  
*1 tsp cumin seeds*  
*3 tbsps grated coconut*  
*4 cardamoms*  
*1 thumb-size ginger, minced*

### Preparation Method:

**B**oil rice in 5 cups water. Cut cheese into cubes. Heat ghee in a pan and add cumin seeds, chillies, cheese, salt and rice. Fluff rice with a fork. Remove from heat and set aside.

For curry, heat ghee in a pan. Add onions and paste ingredients. Sauté until tender. Pour coconut milk, sprinkle grated coconut and salt. Cook for 10 minutes on very low heat. Remove curry from heat. Take a large piece of aluminium foil and spread alternate layers of rice and curry, top and bottom layer being that of rice. Secure edges of foil by overlapping and rolling like a flute to enclose rice and curry. Bake in hot oven at 200 degrees C for 20 minutes. Serve hot.



## THAI RICE

### Ingredients:

*2 cups rice*  
*3 cups water*  
*lime slices*  
*lemon leaves*

### Preparation Method:

**B**oil water and add rice. Cover and continue cooking over low heat until all water is absorbed and rice is soft. To test, press few grains of rice between thumb and index finger, should feel soft like a mashed potato. Serve hot and decorate with lime slices and lemon leaves.

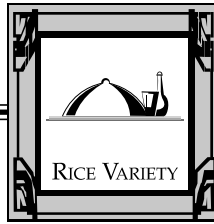
## PHILIPPINE RICE

### Ingredients:

*5 cups cooked rice*  
*5 cloves garlic, crushed*  
*3 tbsps soya sauce*  
*2 stalks spring onion, chopped*  
*5 tbsps oil*

### Preparation Method:

**H**eat oil in a heavy frying pan. Fry spring onion and garlic, then add soya sauce and cooked rice and cook for 2-3 minutes, stirring constantly. Serve hot.



## LEMON RICE

### Ingredients:

*3 cups long grain rice*  
*4-1/2 cups water*  
*2 tbsps oil*  
*1 tsp yellow mustard seeds*  
*1 Indian bay leaf*  
*2 cloves*  
*1 inch cinnamon stick*  
*pinch of turmeric powder*  
*rind of one lemon, grated*  
*salt to taste*  
*coconut, grated for garnishing*  
*1/4 cup fresh coriander, chopped*

### Preparation Method:

In a large pan heat oil and fry mustard seeds. When they pop, add turmeric and rice, then fry for 3 minutes until the rice is transparent. Add lemon rind, salt, water, cloves, cinnamon stick and bay leaf. Bring to boil for a minute, stir once and cook for 20 minutes on low heat. Fluff rice with fork and place in a warm oven until all water is evaporated and each rice grain is separated. Remove cinnamon stick and bay leaf. Turn onto a serving plate. Sprinkle grated coconut and fresh coriander.

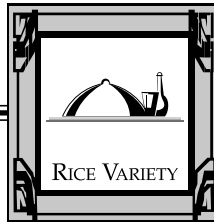
## SAFFRON RICE

### Ingredients :

*1-1/2 cups long grain rice*  
*2 tbsps vegetable oil*  
*1 (3 inch) cinnamon stick*  
*7 whole cloves*  
*5 cardamom pods (optional)*  
*1 tsp salt*  
*1/4 tsp crumbled saffron*  
*2 tps milk*  
*2-3/4 cup water*

### Preparation Method:

Rinse rice. In a saucepan, heat oil. Add cinnamon, cloves and cardamom pods. Fry the spices, stirring for 30 seconds. Add rice, stir for a minute. Add water and salt; bring to boil. Cover and cook over low heat for 15 minutes. Add milk to saffron and cook until hot, dribble over rice and continue to cook rice for 5 minutes. Remove from heat. Let stand for 5 minutes.



## CHINESE RICE SERVED IN A PINEAPPLE

### Ingredients:

*1 whole fresh pineapple  
4 cups long grain rice cooked  
115 gms peas  
115 gms carrots, parboiled and  
diced  
115 gms onions, chopped  
3 spring onions, chopped  
2 tbsps soya sauce  
4 tbsps oil  
salt and pepper to taste*

### Preparation Method:

**C**ut off one-third of pineapple lengthwise. Scoop out the flesh and dice finely to make a cupful. Turn the empty pineapple shell upside down to drain excess juice. Heat oil and fry chopped onions. Add carrot and peas, fry until tender. Add cooked rice, fry well together. Stir in pineapple cubes, soya sauce, salt and pepper. Spoon rice to the pineapple boat and serve hot.

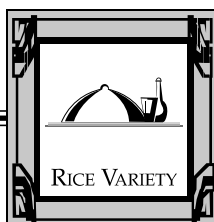
## SPANISH RICE

### Ingredients:

*2 cups uncooked rice  
2 large onions  
4 tomatoes, cut to pieces  
4 capsicums, cut to pieces  
2 cloves of garlic  
3 green chillies  
1/2 tsp turmeric powder  
1 tsp of paprika  
3 cups of water  
salt to taste  
oil for frying*

### Preparation Method:

**B**oil rice. Roast chillies on a frying pan for a few minutes. Heat oil in a large pan and fry onions until transparent. Add the pounded garlic, turmeric powder and chillies and fry for a minute more. Add tomatoes and capsicum and cook for four minutes. Add the cooked rice, salt and paprika and mix well. Cook on slow fire for three minutes. Serve hot.



## MEXICAN RICE

### Ingredients:

*2 cups rice*  
*3 cups water*  
*4 green chillies, chopped*  
*1 clove garlic, crushed*  
*1/4 cup fresh coriander*  
*1/2 onion, chopped*  
*1 cup grated cheddar cheese*  
*1 cup cream*  
*500 gms baby carrots*  
*butter*

### Preparation Method:

**B**lend onion, garlic, chillies and coriander in a blender. Mix with cheese and cream and set aside. Cook rice until almost all water is absorbed but not completely cooked. Stir in cheese-chilli-cream mixture. Add a drop of green food colouring, if required. Continue cooking on low heat until done. Serve with parboiled carrots which have been tossed with butter in a sauce pan on low heat. To serve, place carrots in centre of individual plates and surround with rice.

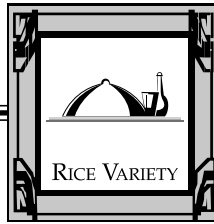
## GERMAN RICE

### Ingredients:

*3 cucumbers*  
*3 cups water*  
*white sauce for coating*  
*3 tomatoes diced*  
*1/2 tsp crushed basil*  
*1 large onion chopped*  
*salt and pepper to taste*  
*2 cups white rice*  
*1 tbsp cumin seeds, pounded*  
*100 gms grated cheddar cheese*  
*1/2 cup chopped fresh parsley*

### Preparation Method:

**S**auté the chopped onion in 2 tablespoons of butter. Add basil and cumin seeds. When the seeds sputter, add rice, salt and water. Bring to boil and continue cooking, uncovered until all water is absorbed. Stir in tomatoes, parsley and pepper. Cover and remove from heat. Peel cucumbers, cut lengthwise into 2 halves and scrape out the seeds. Slice cucumbers thickly. Melt 3 tablespoons of butter in a pan and sauté cucumbers for 3 minutes. Coat with white sauce and heat for few more minutes. Transfer cucumbers, a portion each, to individual plates and surround them with the rice. Serve immediately.



## RICE WITH MOCK DUCK

### Ingredients:

*2 onions, finely chopped*  
*3 tbsps vegetable fat*  
*2 cups white rice,*  
*rinsed and drained*  
*1 cup chopped green pepper*  
*1 tsp chilli powder*  
*4 tomatoes, blanched,*  
*peeled and chopped*  
*1 cup frozen green peas, thawed*  
*2 tsps salt*  
*4 cups water*  
*1 can mock duck*  
*1 cup yogurt*  
*juice of 2 lemons*  
*1 tsp garam masala*  
*chopped fresh tomato*  
*for garnishing*  
*chopped green pepper*  
*for garnishing*

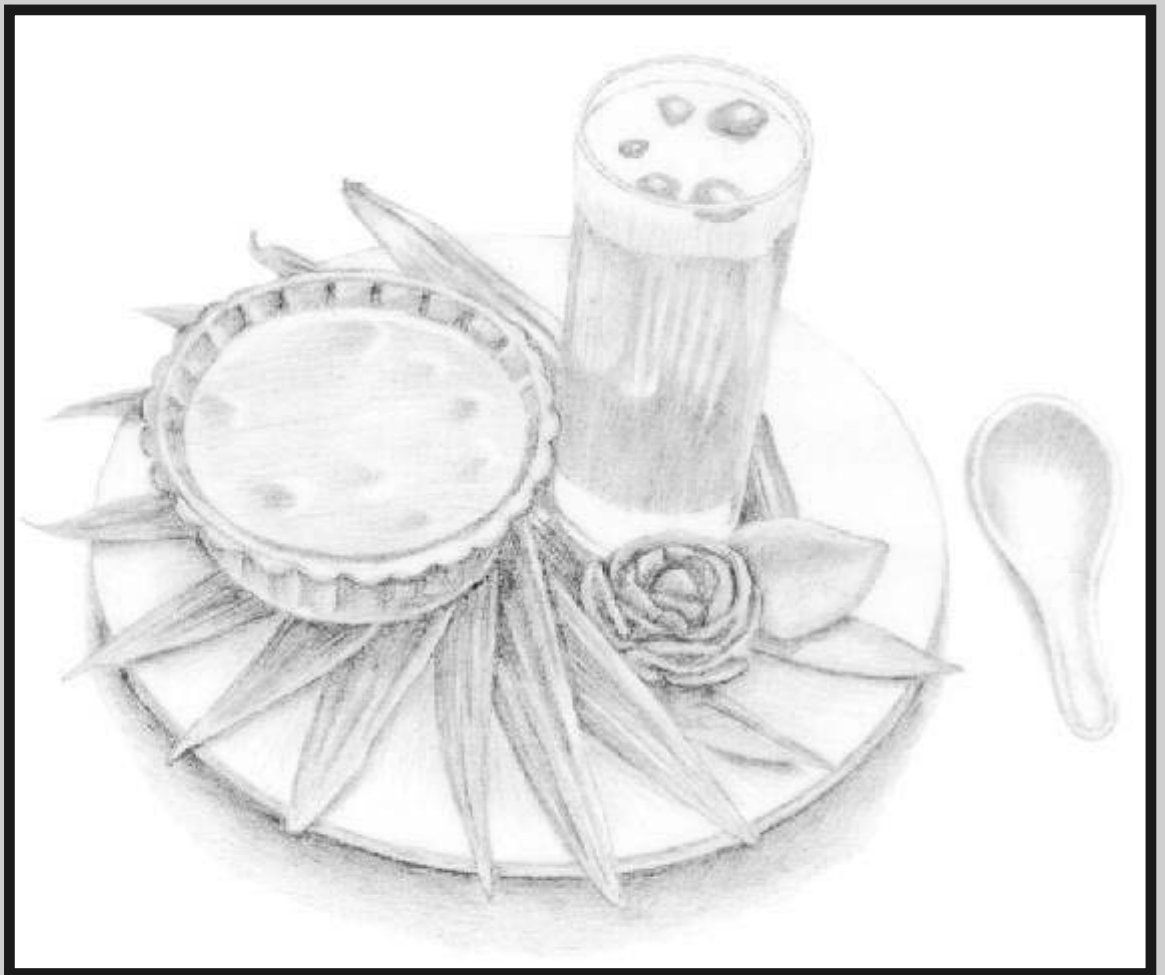
### Preparation Method:

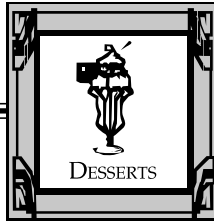
**W**ash mock duck with hot water containing lemon juice. Cut into small pieces. Mix yogurt, a teaspoon of salt and garam masala. Marinate mock duck in yogurt mixture for at least an hour. In a saucepan heat one tablespoon oil and stir-fry marinated mock duck until the mixture is dry. Remove from heat and set aside. In a medium-size heavy bottomed pan with tight-fitting cover, sauté onion in hot vegetable fat. Add rice and cook over medium heat until lightly browned, stirring constantly. Add green peppers, peas, canned tomatoes, chilli powder, a teaspoon of salt and water. Bring to boil, then reduce heat and simmer, covered for 15 minutes. When the rice is almost cooked, add marinated mock duck. Fluff rice to mix mock duck evenly. Continue cooking for 5-7 minutes or until liquid is absorbed and rice is soft. Garnish with chopped tomato and green pepper.

**Hint:** If a can of mock duck is not handy substitute with soyabean chunks.



# DESSERTS





## TRIPLE SUNDAE

### Ingredients:

*2 cups chopped chocolate*  
*1 cup evaporated milk*  
*chocolate ice-cream*  
*(1 scoop per serving)*  
*vanilla ice-cream*  
*(1 scoop per serving)*  
*mango ice-cream*  
*(1 scoop per serving)*  
*cherries (optional)*  
*chopped nuts (optional)*

### Preparation Method:

**M**elt chocolate with milk in a saucepan. Stir over medium heat until chocolate mixture is smooth. Remove from heat and cool. Pour 1 tablespoon of chocolate sauce in ice-cream dish and put three scoops of different ice-creams. Top with nuts and cherry.

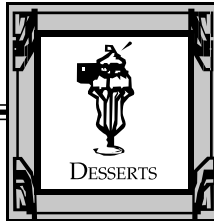
## ROYAL DESSERT

### Ingredients:

*1/2 cup sago*  
*2 cups bean vermicelli*  
*a pinch of saffron*  
*4 cups water*  
*1 cup sugar*  
*condensed milk*  
*vanilla ice-cream*  
*crushed ice*  
*rose syrup*  
*kulfi*  
*cherries*

### Preparation Method:

**B**oil water, sugar, saffron, vermicelli and sago for 15 minutes on low heat. Stir constantly. Remove from heat and allow it to cool. To serve add 2 tablespoons of vermicelli mixture in glasses or ice-cream bowls, then add few slices of kulfi. Top with crushed ice. Finally, top with a scoop of vanilla ice-cream and a spoonful of sweetened condensed milk. Drip a thin stream of rose syrup. Decorate with a cherry.



## INSTANT ICE-CREAM

### Ingredients:

*2 cups frozen fruit or fresh fruit  
(mangoes, peaches,  
strawberries, etc.)  
1 cup milk or cream  
1/2 can (200 gms) sweetened  
condensed milk*

### Preparation Method:

**P**ut fruit and milk in a blender. Blend on until smooth. Serve as soft ice cream or pour into plastic cups and freeze until firm.

## ORANGE ICE-CREAM

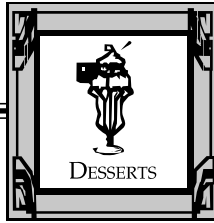
### Ingredients:

*4 cups fresh cream  
4 cups orange juice  
1 cup sugar, powdered  
2-3 drops orange colour  
2-3 drops orange essence*

### Preparation Method:

**D**issolve sugar in juice, then beat in cream. Finally add orange essence and colour and beat thoroughly. Transfer mixture to a baking pan. Cover with plastic wrap or foil and freeze until set.

**Variation:** For *Strawberry Ice Cream*, substitute 2 cups of orange juice with a cup of pureed strawberries. Do not add the orange colour. Use strawberry essence.



## BEETROOT HALWA

### Ingredients:

115 gms beetroot  
60 gms sugar  
2 cups milk  
30 gms ghee or clarified butter  
2 cardamoms, seeded and crushed  
15 gms pistachios,  
blanched and chopped

### Preparation Method:

Peel and grate beetroot. Heat fat in a saucepan, add grated beetroot and a little water and let it cook. Then add sugar and continue cooking over low heat stirring constantly. When the mixture is dry, add milk and cardamoms. Cook until all the milk is absorbed and the mixture is thick. Remove from heat and turn out onto a buttered dish and garnish with pistachios. Serve hot or cold.

**Variation:** For *Carrot Halwa*, substitute grated carrot for beetroot.

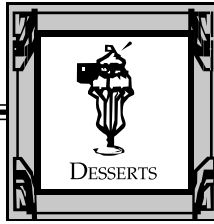
## INDIAN VERMICELLI PUDDING

### Ingredients:

2 cups wheat vermicelli  
2 lts milk  
2 cardamoms, crushed  
200 gms sugar  
4 tbsps vegetable fat  
pistachios or almonds  
for garnishing

### Preparation Method:

Heat fat in a large pan. Stir-fry vermicelli until golden brown and set aside. Boil milk in a heavy pan and add vermicelli. Simmer on low heat for 10 minutes, stirring regularly. When the milk and vermicelli thicken, add sugar and cook for few more minutes until the mixture thickens to a creamy consistency. Remove from heat, add crushed cardamoms and let the pudding cool. Place in refrigerator until cold and garnish with pistachios or almonds. This pudding can also be served hot.



## KULFI

### Ingredients:

*2 lts fresh milk, boiled and cooled*  
*1 can (397 gms) condensed milk*  
*2 tbsps custard powder*  
*a pinch of saffron*  
*1/4 cup milk powder*  
*rose essence*  
*1/2 tsp cardamom powder*

### Preparation Method:

**C**ombine fresh milk and condensed milk in a saucepan and boil on low heat, stirring all the time. Remove from heat and add custard powder, milk powder, saffron and cardamom powder. Return to heat. Cook until the mixture is thick. Remove from heat. Cool and pour in kulfi moulds. Freeze overnight. Garnish with pistachios or almonds.

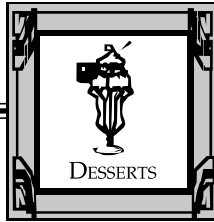
## SAFFRON PISTA ICE-CREAM

### Ingredients:

*4 lts milk*  
*1 and 1/2 cup sugar*  
*3/4 cup milk powder*  
*1 tbsp custard powder*  
*1 tbsp agar agar powder*  
*2-3 drops green food colouring*  
*2-3 drops pista essence*  
*few saffron threads dissolved in*  
*1/4 cup milk*  
*25 gms pistachios, finely chopped*

### Preparation Method:

**B**oil milk until it is reduced to half the volume. Add sugar and boil to dissolve. Add custard powder, boil for a minute, stirring constantly. Add agar agar powder, stir and remove from heat. Divide mixture equally in two baking pans. To one pan add saffron mixture and add green colour and pistachios to other pan. Beat the mixtures well. Cover pans with foil or plastic wrap and freeze until partially frozen. Spoon mixture into chilled bowls and beat again to smooth. Transfer saffron mixture to a baking pan and pour pista ice-cream over it. Return to freezer to set.



## MANGO ICE-CREAM

### Ingredients:

*1 lt milk  
1/8 cup milk powder  
1/3 cup sugar  
1/2 tsp agar agar powder  
1/2 tsp custard powder  
3/4 cup mango pulp*

### Preparation Method:

**B**oil milk until it is reduced to half its volume. Add sugar and boil to dissolve. Add custard powder and boil for a minute, stirring constantly. Add agar agar powder, stir and remove from heat. Cool and add milk powder and mango pulp. Beat the mixture well in a baking pan and allow it to freeze partially, covered with plastic wrap or foil. After an hour, transfer mixture to a chilled bowl and beat the frozen mixture until smooth. Return mixture to baking pan and cover it with plastic wrap or foil. Let it set in a freezer.

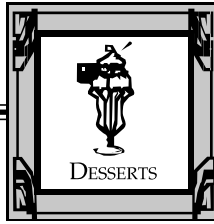
## CHOCO-NUT PUDDING

### Ingredients:

*5 cups milk  
1 cup sugar  
3 tsps heaped agar agar powder  
6 tsps cocoa powder  
200 gms fresh cream  
chopped almonds*

### Preparation Method:

**B**oil milk until it reduces to half its volume, dissolve sugar and then add agar agar and cook for a minute. Remove from heat. Dissolve cocoa powder in a little hot milk until smooth. Then add to hot milk and cook for a minute or two until well mixed. Remove from heat. Allow to cool. Whip chilled fresh cream and add to the milk mixture while it is still lukewarm. Beat to mix. Pour into a desert dish. Garnish with chopped almonds. Chill and serve.



## GULAB JAMUNS

### Ingredients:

*150 gms full cream milk powder  
60 gms plain flour  
pinch of soda bicarbonate in  
30 ml water  
2 tbsps clarified butter or ghee  
pinch of cardamom powder  
ground nuts for garnishing  
10 gms corn starch*

### Syrup

*2 cups sugar  
3 cups water  
few drops of rose water*

### Preparation Method:

**S**ift together flour, corn starch and milk powder. Knead well to a stiff dough with butter and soda bicarbonate mixture. Set aside.

Make a thin syrup by boiling water and sugar. Add rose water and set aside. Take dough, shape into small balls and fry on low heat until uniformly brown. Remove on paper towels and plunge into hot syrup. Serve hot or cold, garnished with ground nuts and crushed cardamoms.

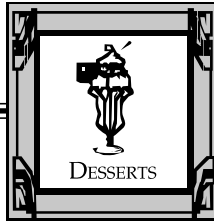
## JILEBIS

### Ingredients:

*500 gms plain flour  
1/2 tsp dry yeast in  
1 tsp warm water  
1 kg sugar  
1/2 kg ghee or clarified butter  
1 lt water  
3 crushed cardamoms*

### Preparation Method:

**S**ieve flour in a bowl. Then add yeast mixture and water to make a thin batter. In a saucepan heat sugar and water to make a syrup. Add cardamoms to the syrup and set aside. Put batter into a forcing bag, fitted with 1/2 inch plain nozzle. Pipe out batter, in hot ghee, in a shape of figure 8 and coil. Fry to golden brown on both sides. Drain and immediately plunge into syrup. Let it soak for 5-10 minutes before serving.



## MANGO SOUFFLÉ

### Ingredients:

1 lt milk  
1 tin (800 gms) mango slices  
4 tbsps cornflour  
6 tbsps sugar  
4 tbsps butter  
pistachios or almonds  
for garnishing

### Preparation Method:

**D**rain mango slices and reserve syrup. Mix mango slices with butter and blend in a blender for few seconds. Do not puree. Set aside in a large bowl.

Boil milk for 2-3 minutes, then add sugar and bring to boil again for 2 minutes. Remove from heat and add corn flour and syrup. Return to heat and cook for a minute, stirring continuously as milk acquires a creamy consistency. Remove from heat and cool.

Pour milk mixture over mango mixture in a bowl. Mix well and chill. Before serving garnish with chopped pistachios or almonds.

## PEACH ICE CREAM

### Ingredients:

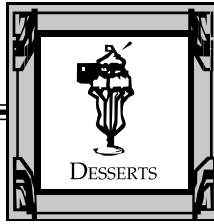
1 can (397 gms) sweetened  
condensed milk  
1 can (410 gms) evaporated milk  
2 cans (170 gms each) nestle  
cream  
1 tin (800 gms) peach slices,  
drained well  
almonds, blanched, chopped and  
roasted

### Preparation Method:

**M**ix milk and cream together. Blend peach slices in a blender for few seconds. Do not puree. Combine all ingredients and freeze.

**Variation:** For *Kulfi*, omit peaches.





## JELLY

### Ingredients:

*5 gms china grass or  
2 tsps agar agar powder  
200 ml water  
60 gms sugar  
2 tbsps lime juice  
few drops of food colouring*

### Preparation Method:

**W**ash and soak china grass in water, in which it is to be cooked, for at least 2 hours. Heat on low flame to dissolve. Add sugar, and lime juice.

*Alternatively boil water with sugar and lime juice. Dissolve agar agar powder in small quantity of water and add to the boiling mixture. Remove from heat, strain.*

Add food colouring of your choice, if needed. Pour into jelly moulds and set. Refrigerate for 1/2 an hour before serving. Serve topped with custard sauce and decorated with fruit cocktail.

**Variation:** Custard sauce can be set in jelly moulds prior to pouring jelly. While serving colourful layers of custard, jelly and fruit cocktails make an irresistible desert.

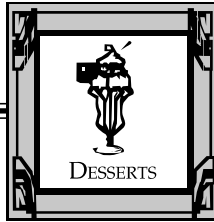
## MANGO-ORANGE SORBET

### Ingredients:

*5 cups chopped mangoes  
2 cups orange juice  
2 tbsps fresh lime juice  
sugar to taste*

### Preparation Method:

**P**lace mangoes in a blender and blend until smooth. Add remaining ingredients. Blend well and freeze.



## THAI DESSERT

### Ingredients:

*1 kg waterchestnuts,  
peeled and cubed  
150 gms tapioca flour or cornflour  
2 coconuts, grated without skin  
red food colouring  
green food colouring  
rose essence  
6 cups water  
1 cup cooked bean vermicelli  
sugar syrup (water & sugar  
in proportion of 1:2)*

### Preparation Method:

**W**ash and strain water chestnuts. Divide into three portions. Add few drops of red food colouring to one portion and green to another. Mix well.

Coat coloured water chestnuts with tapioca flour and plunge in hot water. When transparent, transfer to a strainer.

Extract milk from coconut by using 6 cups of water. Add few drops of yellow food colouring to cooked vermicelli. Chill coconut milk, sugar syrup, vermicelli and water chestnuts.

Mix sugar syrup, coconut milk. Fill 1/4 glass (or ice cream bowl) with water chestnuts and vermicelli. Fill the glass with coconut milk mixture.

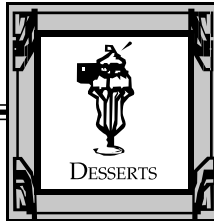
## CHEESE ICE-CREAM

### Ingredients:

*1 lt milk  
50 gms home-made cottage cheese  
1/4 cup sugar, powdered  
4-5 cardamoms, powdered*

### Preparation Method:

**B**oil milk until it reduces to half its volume. Add sugar, cardamom powder and bring to boil again, stirring constantly. Add cottage cheese. Stir well. When mixture thickens a little, remove from heat. Transfer to a baking tin and cool. Place tin in freezer, covered with foil or plastic wrap, to set.



## PEACH PARFAIT

### Ingredients:

*1 tin (800 gms) peach halves,  
drained  
100 gms cheddar cheese, grated  
100 gms cream cheese  
100 gms cream  
70 gms butter  
salt and pepper to taste  
paprika*

### Preparation Method:

**B**lend together cream, cheese and butter, and season with salt and pepper. Spoon mixture in peach halves. Sprinkle paprika. Serve chilled.

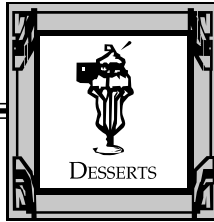
## CHOCOLATE MOUSSE

### Ingredients:

*2 cup thick cream  
4 cups vanilla ice cream  
160 gms cooking chocolate  
2 tsps butter*

### Preparation Method:

**C**hop chocolate, add butter and stir over simmering water until melted and blended well. Remove from heat, add cream and beat until smooth. Let cool and add ice-cream. Beat again until smooth. Chill in a bowl. For easier serving transfer to refrigerator from freezer 15-20 minutes before serving.



## ICE CREAM CAKE

### Ingredients:

*500 gms Marie biscuits  
ice cream (any flavour)  
fresh cream*

### Preparation Method:

Put biscuits in a bag and crush with a rolling pin. Grease bottom and sides of cake pan. Mix biscuit crumbs and well beaten ice cream. Spoon into pan. Top with fresh cream. Freeze for 3 hours. Transfer to refrigerator from freezer 20 minutes before serving. To serve, cut and place slices on a platter. Drip a thin stream of chocolate syrup or strawberry sauce over cake slices. Decorate with cherries.

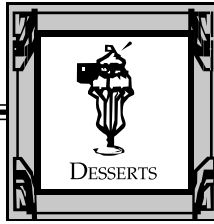
## APPLE SORBET

### Ingredients:

*2 cups apple sauce  
1 cup apple juice  
2 tbsps lemon juice  
2 tbsps sugar*

### Preparation Method:

Mix juices. Add sugar and stir to dissolve. Blend in apple sauce and freeze.



## CHEESE BALLS IN SYRUP (RAS GOLAS)

### Ingredients:

*2 lts fresh milk  
6 cups water  
2 tsp flour, sifted  
1 cup orange juice  
rose essence*

### Syrup

*3 cups sugar  
8 cups water*

### Preparation Method:

**B**oil milk. Add orange juice to boiling milk and cook on low heat for 5 minutes, stirring continuously. Remove from heat and allow to stand for few minutes. Strain through muslin cloth and press to drain out liquid.

Mince home-made cheese in a mincer. Add flour and mix well. Shape in small balls. Make a thin syrup by boiling water and sugar. Add cheese balls to syrup and boil for 5 minutes. Add rose essence just before serving. Serve very cold.

## SAFFRON FROMAGE

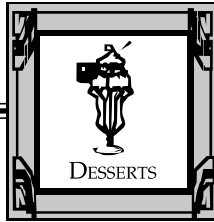
### Ingredients:

*250 gms natural yogurt  
250 gms soft cream cheese  
110 gms icing sugar  
1 tsp cardamom  
few strands of saffron  
10 tbsps hot milk*

### Preparation Method:

**M**ix saffron in milk until milk is yellow in colour and saffron is partially dissolved. Heat gently, if required. Blend all the ingredients thoroughly and chill.

**Variation:** For *Mango Fromage* add 50 gms mango pulp and 50 gms butter while blending.



## ROSE-RASPBERRY DELIGHT

### Ingredients:

*250 gms raspberries  
100 ml fresh cream  
50 gms icing sugar  
rose syrup  
vanilla ice cream  
cherries*

### Preparation Method:

**B**eat together raspberries, cream and sugar. Place a spoonful of raspberry mixture in each ice-cream cup. Drip a thin stream of rose syrup. Top with vanilla ice-cream and decorate with a cherry.

**Hint:** Ice creams can be served over fruits such as peach halves, banana halves and other fruits topped with rose syrup and garnished with pistachios and almonds. Finally decorated with a cherry.

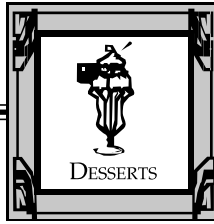
## SUGARY SWEET POTATOES

### Ingredients:

*1 kg sweet potatoes  
2 cup sugar syrup*

### Preparation Method:

**P**repare sugar syrup by boiling 1 cup of sugar with 2 cups of water. Boil until it forms a thick syrup. Remove from heat and set aside. Boil sweet potatoes until tender. Carefully peel off skins while warm. Slice sweet potatoes. Pour sugar syrup and heat through, stirring once or twice. To serve, arrange sweet potato slices on a serving platter and garnish with cherries or chopped nuts.



## VANILLA PUDDING MIX

### Ingredients:

*4 cups milk powder  
2 cups sugar, powdered  
1-1/2 cups cornstarch  
1 tsp salt  
butter  
vanilla*

### Preparation Method:

**C**ombine cornstarch, milk and sugar. Sift thoroughly. Store in sealed jars.

**To Use:** Stir 1-1/2 cups mix with 1 cup hot milk and 1 cup hot water. As soon as it acquires creamy consistency, stir in 4 tablespoons butter and 1 teaspoon vanilla. Refrigerate. Serve chilled.

**Chocolate Pudding:** Prepare as for vanilla pudding but add to a cup of water, 2 ounces melted unsweetened solid baking chocolate and 2 tablespoons butter. Add remaining ingredients and mix well. Refrigerate.

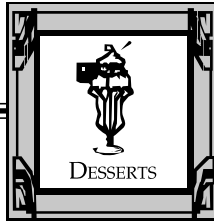
## VANILLA CUSTARD ICE-CREAM

### Ingredients:

*1 instant vanilla pudding mix  
2 cans (397 gms each) sweetened  
condensed milk  
2 cans (410 gms each)  
evaporated milk  
2 tsps vanilla essence  
500 ml fresh milk*

### Preparation Method :

**B**oil fresh milk until reduced to half its volume. Pour in evaporated milk, then add vanilla pudding mix. Boil for a minute and remove from heat. Stir until smooth. Add sweetened condensed milk, vanilla essence and blend well. Cool. Freeze until firm.



## FRUIT SALAD

### Ingredients:

*1 can (170 gms) nestle cream*  
*1 can (397 gms) sweetened condensed milk*  
*2 tins (850 gms each) fruit cocktail, drained or your choice of fresh fruits, diced*

### Preparation Method:

**W**hip cream and milk. Add fruits and mix gently. Serve chilled.

**Variations:** Dice as many varieties of fruit of your choice. Arrange on a serving platter in alternating colours. Sprinkle chat masala.

Serve fruits in melon or pineapple boats. Alternatively, carve fruits into little baskets. Fill baskets with diced fruits. Decorate baskets on serving dish.

## MELON SAGO

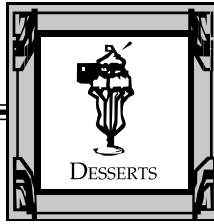
### Ingredients:

*100 gms cantaloupe melon*  
*100 gms honeydew melon*  
*100 gms seedless water melon*  
*100 gms sago*  
*150 gms sugar*  
*400 ml water*  
*150 ml coconut milk*  
*250 ml fresh milk*

### Preparation Method:

**S**coop out melon balls from melons. Chill. Soak sago in water to cover for 1/2 hour. Drain. Boil milk, simmer and cook sago in milk. Make syrup by boiling sugar and water. Cool and mix with coconut milk. Add sago milk mixture to syrup and chill. To serve, place melon balls in bowls and pour syrup.





# TRIFLE

## Ingredients:

*2 small eggless sponge cakes*  
*35 ml fruit juice, your choice*  
*4 cups of mixed fruit, peeled,*  
*sliced or cut in cubes*  
*(banana, apple, pineapple,*  
*orange, etc.)*  
*20 ml cream*  
*1 tsp sugar*  
*35 gms jam, your choice*  
*cherries for garnishing*  
*35 ml custard sauce*  
*(see recipe below)*

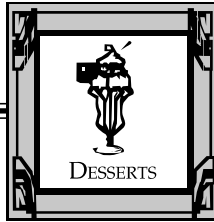
## Preparation Method:

**S**plit cakes horizontally into halves. Spread each layer with jam and arrange on a dish. Pour fruit juice. Arrange layers of fruit over the cakes. Pour custard sauce and refrigerate. Whip cream and sugar. Decorate trifle with cream and cherries.

**Variations:** Stewed dried apricots can be added to the fruit along with chopped nuts. A layer of fruit jelly (vegetarian) may be placed under the cream.

## Custard Sauce:

In a pan dissolve 1 tablespoon of custard powder in a little cold milk and set aside. Boil 150 ml of milk and pour gradually over custard powder mixture. Return to heat. Stir until the mixture boils. Remove from heat and use immediately.



## TRIPLE TEMPTATION

### Ingredients:

3 lts milk  
1 and 1/4 cup sugar  
3 tsps agar agar powder  
1/2 tsp vanilla custard powder  
1/2 tsp pineapple custard powder  
2 tsps cocoa powder  
3/4 cup milk powder  
2-3 drops, pineapple essence  
2-3 drops yellow colour  
2-3 drops vanilla essence  
chopped nuts for garnishing  
(almonds, pistachios and walnuts)

### Preparation Method:

**B**oil milk until it is reduced to half its volume. Add sugar to dissolve. Remove from heat and divide milk mixture equally in three pans.

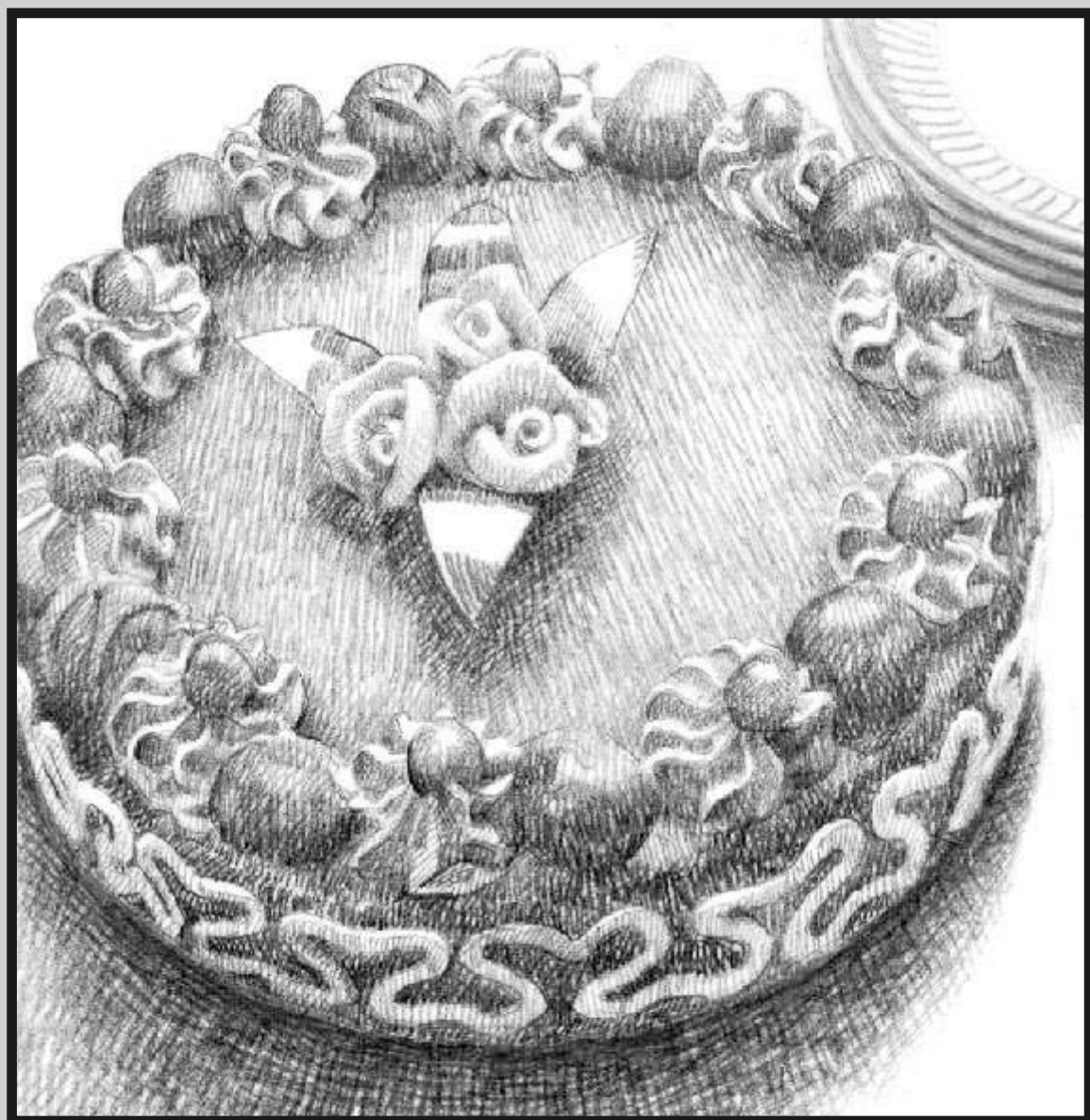
In first pan add vanilla custard powder and boil for a minute, then add a teaspoon of agar agar powder, stir and remove from heat. Add vanilla essence, mix and set aside. In the second pan add pineapple custard powder, boil for a minute, then add a teaspoon of agar agar powder, stir and remove from heat. Add pineapple essence, stir and set aside. In the third pan add a teaspoon of agar agar powder, mix well and set aside.

When the 3 mixtures cool add vanilla essence and 1/4 cup milk powder to first pan. Beat well and set aside. To the second pan add pineapple essence, yellow food colouring and 1/4 cup milk powder. Beat well and set aside. To the third pan add cocoa powder and 1/4 cup milk powder. Beat well and set aside.

Cover the pans with plastic wrap and freeze until partially frozen. Transfer mixture to chilled bowls and beat to smooth. Take a fresh baking pan, pour pineapple mixture first, layer it with chocolate mixture and finally top with vanilla mixture. Cover pan with plastic wrap and return to freezer until frozen-firm.

Serve ice cream slices in a plate, garnished with chopped nuts.

# COOKIES AND CAKES





## AUSTRIAN SHORTCAKES

### Ingredients:

*350 gms flour  
100 gms cornflour  
475 gms butter or margarine  
175 gms icing sugar  
rose essence*

### Preparation Method:

**S**ift flour and cornflour together. Beat margarine and sugar to cream. Add essence and flour mixture, little by little and beat well. Turn into buttered cupcake tins. Bake in a moderate oven at 180 degrees C for 15-20 minutes or until golden on top. Cool and turn out cakes from tins into individual paper casings.

## COCONUT BISCUITS

### Ingredients:

*2 cups flour  
2 cups ghee  
2 cups powdered sugar  
1/2 tsp baking powder  
1/2 tsp rose essence  
1/2 cup desiccated coconut*

### Preparation Method:

**S**ift flour and baking powder in a bowl. Add powdered sugar and work in ghee. Beat well. Add coconut powder and rose essence. Beat again and spoon batter in cup cake tins and bake at 180 degrees C for 15 minutes or until light brown. Cool and transfer to individual paper casings.



## NANKHATAIS (INDIAN COOKIES)

### Ingredients:

150 gms flour  
100 gms ghee or clarified butter  
115 gms fine sugar  
1/8 tsp baking powder  
1/4 cup milk  
5 cardamoms, powdered  
rose essence  
blanched, chopped almonds  
or pistachios

### Preparation Method:

**S**ift flour and baking powder. Add sugar, mix well. Work in ghee, cardamom powder and essence. Add milk and knead to a soft dough. Shape dough into small balls, press gently. Garnish with chopped almonds or pistachios and bake in preheated moderate oven (180 degrees C) for 20 minutes or until golden brown.

**Variation:** For *Mexican Cookies*, add half the quantity of sugar. Roll Nankhatai dough into 1 inch balls. Place on greased baking sheet and flatten slightly. After baking, roll in icing sugar whilst still warm. Let cool, roll again in icing sugar.



## INDIAN BISCUITS

### Ingredients:

*4 cups flour*  
*2 tsp baking soda*  
*2 tsp baking powder*  
*3/4 cup vegetable shortening*  
*2 cups buttermilk*  
*1/2 tsp salt*

### Preparation Method:

**S**ift flour, baking soda and baking powder in a large bowl. Add shortening, little at a time and mix well. Work in buttermilk and salt to make a soft dough. Turn dough on a floured surface. Knead gently. Roll dough to 1/2 inch thickness. Cut with 2 inch flour or biscuit cutter. Place biscuits 2 inches apart on a greased cookie sheet which has been dusted with flour. Bake in preheated oven at 200 degrees C for 15 minutes or until golden brown. Biscuits can be sandwiched with sweetened whipped cream (see recipe below).

## SWEETENED WHIPPED CREAM

### Ingredients:

*1 cup chilled cream*  
*2 tbsps icing sugar*  
*1 tsp vanilla essence*

### Preparation Method:

**W**hip cream in a bowl. Beat in icing sugar and vanilla extract to a smooth cream. This cream can be sandwiched with biscuits.



## FUDGE FINGERS

### Ingredients:

*16 biscuits (preferably Marie)  
2 tbsps cocoa powder  
1/2 cup chopped walnuts  
1 can (397 gms) sweetened  
condensed milk  
few drops of vanilla essence  
pinch of salt*

### Preparation Method:

**P**ut biscuits in a plastic bag and crush them with rolling pin. Mix biscuit crumbs, chopped walnuts, salt, vanilla essence and cocoa in a bowl. Add condensed milk and mix well with a wooden spoon. Fill a piping bag with this mixture. Pipe small fingers of this mixture on a greased baking tray. Bake in a preheated moderate oven (180 degrees C) for 20-25 minutes. Cool and store in airtight jar.

**Variation:** For *Cookie Rings*, pipe batter in the form of small rings.



## PISTACHIOS BISCUITS

### Ingredients:

230 gms flour  
110 gms ghee or clarified butter  
110 gms sugar  
2 tbsps milk  
1/4 tsp baking soda  
1/4 tsp baking powder  
1 cardamom, powdered  
1 nutmeg, crushed  
pistachios, chopped

### Preparation Method:

Sift flour, baking powder and baking soda. Set aside. Beat together sugar and butter. Mix in powdered cardamom, nutmeg and flour. Knead well into a soft dough with milk. Roll dough on a floured surface to 1/2 inch thickness. Sprinkle with pistachios. Cut with 2 inch floured cutter. Bake in preheated oven at 150 degrees C until pale brown in colour.

### Variations:

## COCOA BISCUITS

Substitute 3 tablespoons of cocoa powder for cardamom powder. Substitute 2 tablespoons of golden syrup and few drops of vanilla extract for nutmeg. Substitute pistachios with almonds. After cutting with floured cutter, press one almond on each piece before baking.

Cocoa biscuits can be sandwiched with chocolate cream, which is prepared by mixing equal amounts of icing sugar and icing chocolate.





## MARBLE CAKE

### Ingredients:

*250 gms self raising flour  
125 gms margarine  
1 can (397 gms) sweetened  
condensed milk  
1 tsp baking powder  
1/2 tsp soda bicarbonate  
1/8 cup cola  
5 drops ice-cream essence  
juice of 1/2 a lemon  
3-4 drops yellow food colouring  
2 tsp chocolate powder*

### Preparation Method:

**S**ift flour, baking powder and soda bicarbonate. Cream butter and condensed milk, then add cola and mix well. Mix all ingredients, except chocolate powder, and beat the mixture thoroughly. Divide mixture in three portions. Add chocolate powder to one portion. Dot the centre of greased and floured cake tin with a portion of pale yellow cake mixture. Surround this mixture with remaining 2 portions in the following manner:- take a tablespoon, alternately at a time, of each mixture and form slanting stripes around the centre. Alternatively, form stripes first and dot the centre with the mixture later to suit your convenience. Bake in a preheated oven at 180 degrees C for 45 minutes or until done.

## COLA CAKE

### Ingredients:

*1 can (397 gms) sweetened  
condensed milk  
250 ml cola  
250 gms flour  
125 gms butter  
4 tbsps cocoa powder  
1 tsp baking powder  
1 tsp soda bicarbonate*

### Preparation Method:

**S**ift flour, baking powder and baking soda together and keep aside. Cream butter and condensed milk. Add flour mixture to milk mixture and beat well. Add cola and cocoa powder and mix well. Transfer cake mixture to a baking tin and bake at 180 degrees C for 30 minutes. To test, pierce toothpick in the cake. It should come out clear.



## CHEESECAKE

### Ingredients:

*1 small eggless sponge cake  
1 pack (8 oz.) cream cheese  
1 can (397 gms) sweetened  
condensed milk  
1/4 cup lemon juice  
1 tsp vanilla extract*

### Preparation Method:

**M**ix cream cheese and milk in a mixer. Stir in lemon juice and vanilla. If desired, add fresh fruit pieces or roasted chopped nuts to the blended mixture. Spoon mixture onto layer of cake slices in a baking tin. Chill 2 hours or until set.

## COCONUT CUP CAKE

### Ingredients:

*400 gms flour  
4 tbsps sugar, powdered  
1 can (397 gms) sweetened  
condensed milk  
200 gms butter  
1 tsp baking powder  
10 tbsps desiccated coconut  
1 tsp vanilla essence  
1/2 cup water  
coconut powder for dusting  
strawberry jam for coating  
cherries for decoration*

### Preparation Method:

**S**ift flour and baking powder in a bowl and set aside. Cream together butter and sugar, then add essence. Mix water with condensed milk and add to sugar mixture and beat well. Add flour and finally desiccated coconut and mix well. Turn mixture into dusted buttered cup cake tins and bake at 180 degrees until golden brown. When cooled coat with jam and roll in coconut powder. Decorate with cherry and transfer to paper casings.



## PINEAPPLE CAKE

### Ingredients:

*Eggless sponge cake  
1 tin (800 gms) of pineapple slices  
200 gms fresh cream  
4 tbsps granulated sugar  
cherries for decoration*

### Preparation Method:

**D**ivide the cake horizontally into two halves. Chop the pineapple slices very finely and keep aside. Retain the syrup. Pour a little syrup over the cake and allow it to soak. Repeat this after 10 minutes. Be sure that the cake is moist. Beat the cream with granulated sugar. Spoon a little cream-sugar mixture over one half of cake and spread evenly. Sprinkle pineapple pieces, leaving few pieces for decoration over cream-sugar mixture. Place another half of cake on top. Cover the cake completely with remaining cream-sugar mixture. Decorate with pineapple pieces and cherries. Chill the cake.

### Variation:

## LEMON SANDWICH CAKE:

Instead of adding pineapple cream mixture to the pineapple cake, use lemon butter icing. This is prepared by adding 2 tablespoons of finely grated lemon rind to butter icing with few drops of lemon juice, lemon colour and lemon essence. Sandwich the two halves of cake with lemon butter icing. Cover the cake with remaining icing. Decorate and chill.



## BUTTER ICING

### Ingredients:

*115 gms butter or margarine  
175 gms icing sugar  
1 tbsp of lemon juice  
vanilla essence  
food colouring of your choice*

### Preparation Method:

**C**ream together butter and sugar. Mix lemon juice, vanilla essence and food colouring.

## CHOCOLATE BUTTER ICING

### Ingredients:

*115 gms butter or margarine  
175 gms icing sugar  
1 tsp cocoa  
5 drops vanilla essence*

### Preparation Method:

**C**ream butter. Work in icing sugar with cocoa and essence to a creamy consistency.

**Variation:** Mix 1 big slab of cooking chocolate (melted) with 1 tablespoon of butter (melted). Cool a little and chocolate icing is ready.

## GLAZED ICING

### Ingredients:

*225 gms icing sugar, sieved  
1 tsp of lemon juice  
1 tbsp (or as required) of  
hot water  
2-3 drops of vanilla essence  
food colouring of your choice*

### Preparation Method:

**T**ransfer sugar in a saucepan. Add lemon juice. Heat gently for a minute. Stir in water gradually and continue heating gently for a minute more. Mix vanilla essence and food colouring. Icing is ready for cake-decoration.



## CHOCO-CHERRY FLUFF CAKE

### Ingredients:

*1 eggless sponge cake  
one tin cherries  
500 gms fresh cream  
5 tsps cocoa  
8 tsps granulated sugar  
grated chocolate*

### Preparation Method:

**D**ivide the cake horizontally in unequal parts. Scoop out the centre part from bigger portion. Sprinkle little syrup from the tin. Beat cream, sugar and cocoa. Fill centre part of cake with half of this cream. Layer the cake portion with cherries. Place smaller portion on top of cherry layer. Cover cake with remaining cream. Decorate with cherries and grated chocolate. Chill the cake thoroughly.

## EGGLESS SPONGE CAKE

### Ingredients:

*300 gms flour  
1 tsp baking powder  
1/2 tsp bicarbonate of soda  
150 gms margarine  
1 can (397 gms) sweetened  
condensed milk  
1/4 cup of milk  
3 tbsps of sugar  
few drops of vanilla essence  
raisins (optional)*

### Preparation Method:

**S**ift together flour, baking powder and soda bicarbonate. Cream the flour and margarine, then add condensed milk and sugar. Beat the mixture to a smooth batter, then mix in vanilla essence and raisins. Transfer to a buttered tray and bake in a moderate oven (180 degrees C) until golden brown (about 35 minutes). To test, prick a tooth pick in the cake. It should come out clear.



## PINEAPPLE PIE

### Ingredients:

2 tins (800 gms each) of  
pineapple bits  
1 cup crushed cornflakes  
1 cup grated coconut  
1 cup finely chopped walnuts  
4 tbsps self raising flour  
115 gms margarine  
3 tbsps brown sugar  
ice cream and cherries (optional)

### Preparation Method:

Sieve the flour and cut in margarine. Rub with fingers to form coarse mixture like bread crumbs. Mix in all ingredients except pineapple and set aside. Transfer the drained pineapple bits to a buttered baking dish. Spread crumbled mixture on top of the pineapple. Bake in a preheated moderate oven (180 degrees C) until the top is golden brown in colour. Serve with whipped ice cream and decorate with cherries.

## APPLE PIE

### Ingredients:

#### Crust:

1 cup cheddar cheese grated  
2 cups all-purpose flour  
salt to taste  
5 tbsps water  
125 gms butter

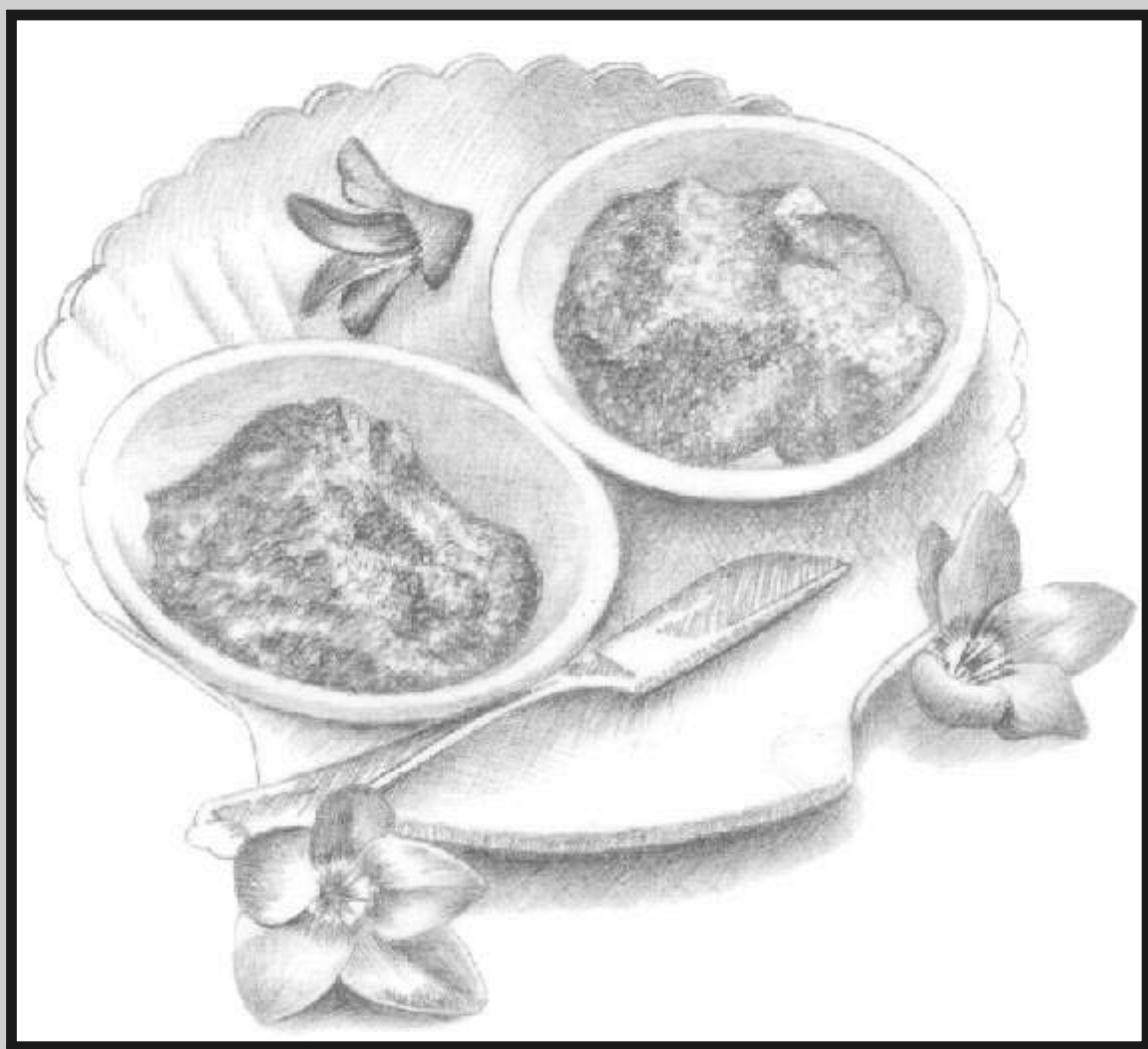
#### Filling:

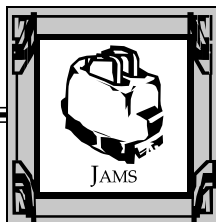
8 apples, peeled, cored & sliced  
1/2 cup sugar  
1/2 cup brown sugar  
2 cardamoms, crushed  
1/2 cup lemon juice  
1/4 cup cornstarch dissolved in  
1/2 cup water

### Preparation Method:

Mix all ingredients for filling and let stand while making crust. Work with fingers to mix flour, salt and butter until the mixture has the appearance of breadcrumbs. Add cheese and water, mixing thoroughly. Mix until the dough binds into a ball. Divide dough into two equal portions. Roll out each portion on floured board into a circle of 9" diameter. Line deep pie dish with one circle. Pour in filling. Top with another circle. Bake at 200 degrees C for 30 minutes.

# JAMS





## ORANGE MARMALADE

### Ingredients:

*5 lemons*  
*6 oranges*  
*3 cups sugar*  
*5 cups water*

### Preparation Method:

**S**queeze juice from lemons and oranges. Grate rind of 3 lemons. Grind peels and pulp of oranges in food processor. Combine fruit juice, grated & ground mixture and water. Bring fruit mixture to a boil in a large pan and simmer until the mixture is tender and reduced to half the original volume. Add sugar. Bring to boil. Reduce heat and continue cooking on a tiny flame. Once it foams, remove from heat. Skim off foam. Cool. Seal in airtight glass jars.

## STRAWBERRY JAM

### Ingredients:

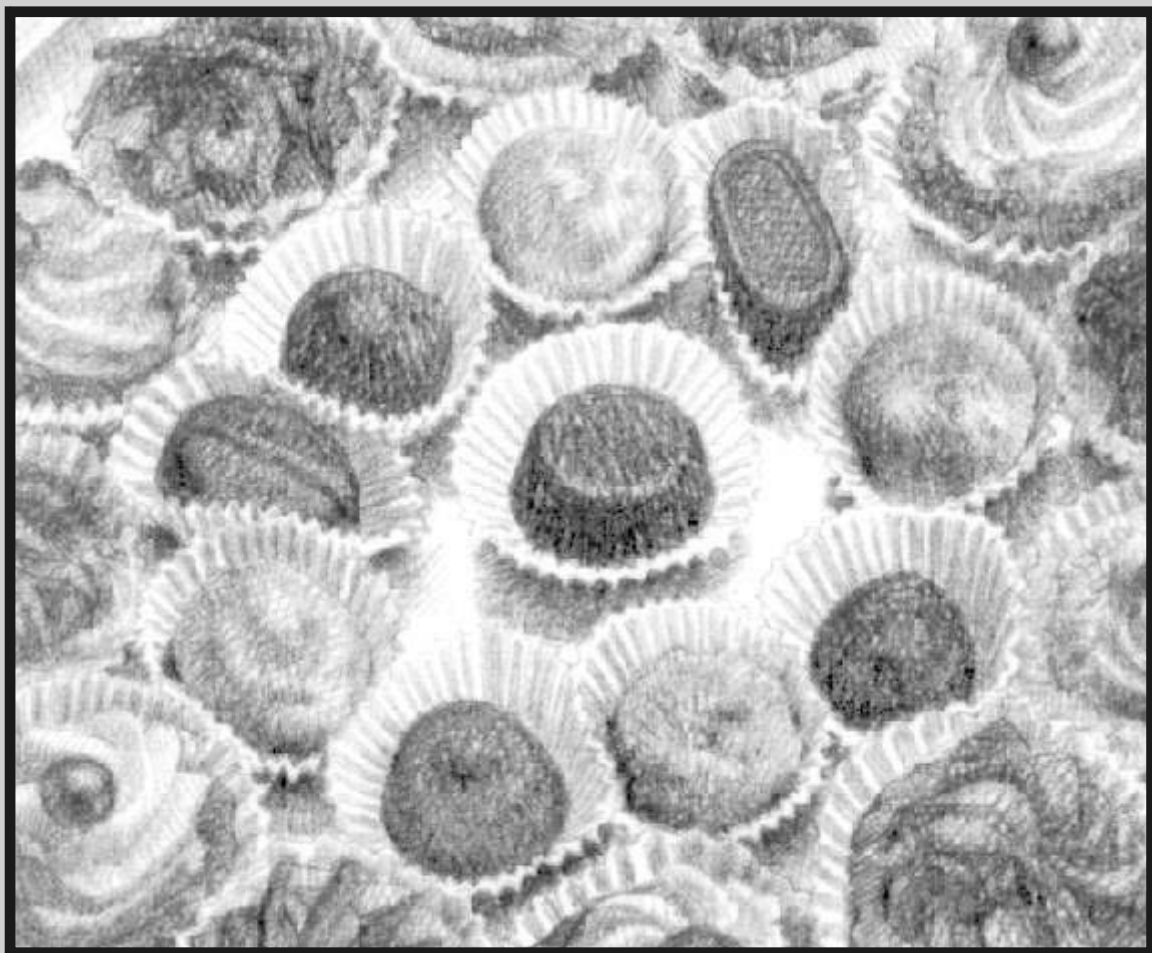
*3 cups strawberries, hulled*  
*2-1/2 cups sugar*

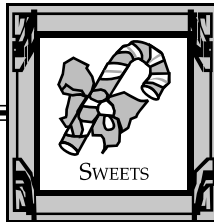
### Preparation Method:

**P**ut the strawberries in a pan. Cook on low heat. Add sugar, 1 cup at a time, stirring constantly. When all the sugar has melted and mixture is thick. Remove from heat, cool and stir occasionally. Pour in glass jars and seal.



# PARTY FAVOURITES





## DRYFRUIT SWEETS

### Ingredients:

*2 cups ground almonds*  
*1 cup ground pistachios*  
*2 cups coarsely ground cashewnuts*  
*chopped almonds for garnishing*  
*2 tbsps condensed milk*  
*2 tbsps ghee or clarified butter*  
*500 gms full cream milk powder*  
*1 tbsp cardamom powder*  
*rose essence*  
*2 cups sugar*  
*2 cups water*  
*1 cup corn oil*  
*1 cup milk*

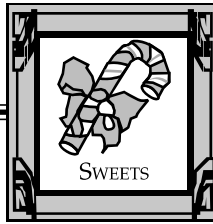
### Preparation Method:

**M**ix corn oil and milk powder until the mixture resembles bread crumbs. Add 1 cup water to make a smooth dough. Mix well and set aside for 1/2 an hour.

In a heavy bottomed pan, boil 1 cup sugar and 1 cup water on low heat. When it forms a thick syrup, stir in cashewnuts, then add condensed milk. Keep stirring. When the mixture leaves the sides of pan, add ghee. Remove from heat. Add 1/2 tablespoon of cardamom powder, few drops of rose essence and mix well.

Boil milk in a heavy bottomed pan. Add the balance sugar and keep stirring. When sugar dissolves, gradually add in the kneaded dough, followed by almonds. Heat on low flame, stirring constantly, until mixture leaves the sides of the pan. Remove from heat. Add few drops of rose essence and balance cardamom powder and mix well.

Transfer half the almond mixture to a greased dish. Flatten surface with the back of spoon, dipped in oil. Spread half the amount of pistachios. Spoon hot cashewnut mixture on top and flatten surface. Spread the balance pistachios. Finally top with the remaining almond mixture and flatten surface. Garnish with chopped almonds. When cooled, cut sweets in diamond shapes or squares.



## BONBONS

### Ingredients:

*3/4 can condensed milk (300 gms)  
1 cup Marie biscuits, crushed  
1/4 cup almonds, blanched,  
peeled, chopped and roasted  
1 cup desiccated coconut  
1 cup drinking chocolate,  
chocolate sprinkles, cake icing  
or desiccated coconut for  
decoration*

### Preparation Method:

**C**ombine all ingredients and shape into bonbons. Roll in chocolate sprinkles or desiccated coconut. Transfer into individual paper casings. Decorate with cake icing and cherry and chill overnight.

## COCONUT SWEETS

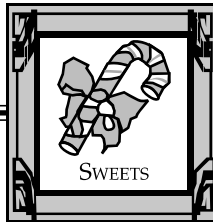
### Ingredients:

*500 gms grated coconut  
2 tbsps ghee or clarified butter  
350 gms sugar  
1/2 cup milk powder or mawa*

### Preparation Method:

**M**ix coconut and sugar in a saucepan and heat very gently to form a dough like consistency. Remove from heat and add milk powder. Mix well and transfer the mixture in a buttered tray. Even surface with a back of wooden spoon. Allow to cool and cut into cubes. When serving place cubes on serving dish and sprinkle with desiccated coconut.

**Hint:** Your choice of food colouring can be added to the mixture while transferring to trays to have coloured sweets.



## CHOCOLATE BAR

### Ingredients:

*100 gms brown sugar  
100 gms butter  
140 gms quick oats  
1 tsp desiccated coconut  
1 tsp raisins  
1 tsp pistachios, chopped  
1 tsp almonds, chopped  
1 tsp dried apricots, finely sliced*

### Preparation Method:

**P**reheat oven to 180 degrees C. Melt butter in a saucepan and add sugar. Cook gently until the mixture blends well. Remove from heat and stir in quick oats. Transfer mixture to a greased baking pan, spreading evenly with the back of wooden spoon. Sprinkle rest of the ingredients. Bake for 15 minutes or until top layer starts turning brown. Cool and cut into bars.

## CARAMEL POPCORNS

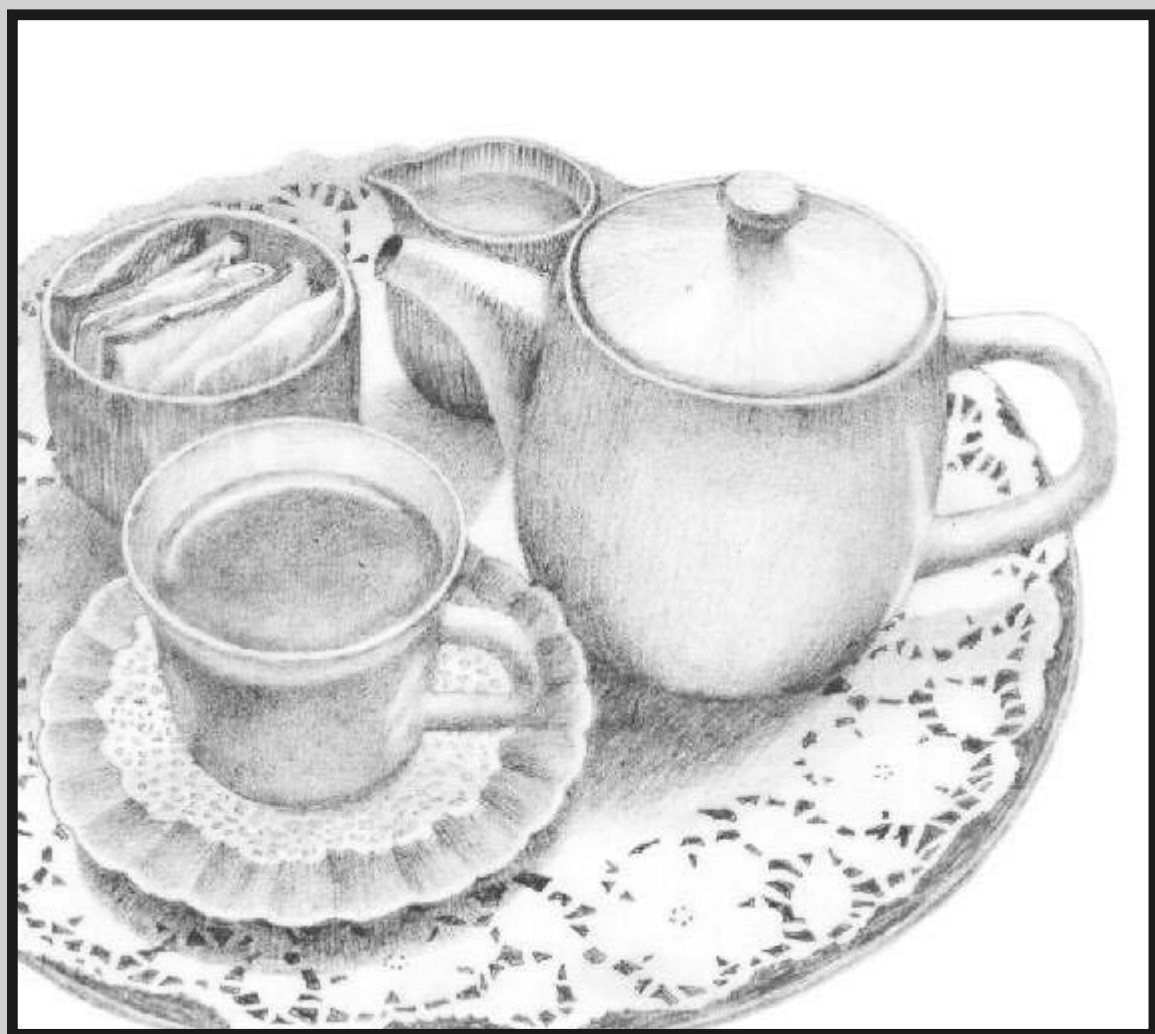
### Ingredients:

*1 cup popcorn, popped  
2 cups brown sugar  
1/2 cup margarine or butter  
1/2 tsp cornflour dissolved  
in 1/2 cup water  
1/2 tsp soda bicarbonate  
1/2 tsp salt*

### Preparation Method:

In a medium pan, caramelize sugar and immediately add butter, cornstarch and salt. Cook for 2 minutes. Remove pan from heat and add the soda bicarbonate. Pour over popped corn, while still hot. Mix well.

# TEA AND COFFEE





## INDIAN COFFEE

### Ingredients:

*250 ml milk*  
*250 ml water*  
*3 tsps instant coffee powder*  
*5 tsps granulated sugar*

### Preparation Method:

**B**ring water and milk to boil. In a bowl, beat together coffee and sugar with a small stainless steel spoon to a pale brown mixture. Spoon mixture in glasses and pour boiling diluted milk. Stir well and sprinkle coffee powder.

## COLD COFFEE

### Ingredients:

*2 tbsps instant coffee*  
*2 tsps sugar*  
*4 cups cold milk*  
*4 scoops vanilla ice-cream*

### Preparation Method:

**B**lend all ingredients in a blender for 30 seconds. Serve in glasses, sprinkled with little coffee powder.

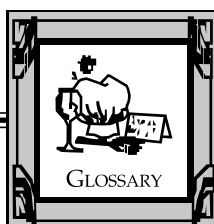
## BOMBAY MASALA TEA

### Ingredients:

*500 ml boiling water*  
*fresh milk, boiled*  
*or evaporated milk(optional)*  
*sugar to taste(optional)*  
*5 tsps of tea leaves*  
*2 whole cloves*  
*2 cardamoms, crushed*  
*1 stick cinnamon*  
*1 tiny piece of ginger*

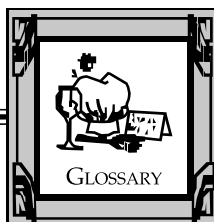
### Preparation Method:

**A**dd all the ingredients, except milk and sugar, to the boiling water and boil for 3 minutes. Filter tea into cups or glasses and add milk and sugar to one's liking.



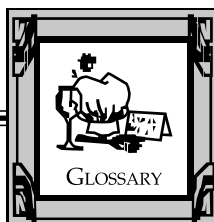
# GLOSSARY

<b>Agar agar:</b>	A seaweed gelatine
<b>Aubergines:</b>	Eggplant or brinjals
<b>Bay leaves (Indian):</b>	Leaves of cassia tree, dried before use
<b>Beancurd:</b>	Just as home-made cottage cheese is made from milk, bean curd is made from soya beans.
<b>Cardamom:</b>	There are two varieties: green and brown. The seed pods are a member of the ginger family. They have a 'pine-tree' fragrance.
<b>Cinnamon:</b>	Dried bark of cinnamon tree.
<b>Cloves:</b>	An expensive spice. Dried bud of a clove tree.
<b>Coriander:</b>	Member of parsley family, can be substituted by parsley.
<b>Cumin:</b>	Member of parsley family too. This seed is often substituted with caraway seeds in reduced quantity.
<b>Dill:</b>	Another member of parsley family.
<b>Feta cheese:</b>	Cheese made from goat's milk.
<b>Fillo pastry or Puff pastry:</b>	Translucent, fine, flaky dough.
<b>Horseradish:</b>	Root of a coarse plant with small white flowers and large leaves.
<b>Kelp:</b>	Japanese seaweed.
<b>Marjoram:</b>	Leaves of plant with pink and white flower. Used for thyme-like flavor.



<b>Miso paste:</b>	Japanese paste made from fermented soya beans.
<b>Nutmeg:</b>	Traditional pudding spice.
<b>Oregano:</b>	Dried marjoram used as seasoning.
<b>Pancit:</b>	Rice Vermicelli.
<b>Paneer:</b>	Cottage Cheese.
<b>Peppers:</b>	Capsicums.
<b>Pistas:</b>	Pistachios.
<b>Saffron:</b>	Most expensive spice, is the dried stigma of crocus flower.
<b>Scallions:</b>	Green onions or spring onions.
<b>Shallots:</b>	Onion-like plant but has a small bulb like garlic. Can be substituted with onion.
<b>Tamarind:</b>	Dark-brown flesh of the seed pod of tamarind tree. Pulp is extracted with water for use in cooking.
<b>Tapioca:</b>	A cereal. Used also as flour and starch after processing.
<b>Tahini:</b>	Sesame paste.
<b>Turmeric:</b>	Belongs to ginger family. A hard yellow root. Spice, commonly used in powdered form, imparts golden colour to curries.
<b>Thyme:</b>	Leaves with a distinct aroma.
<b>Water chestnut:</b>	The one with the white flesh. Used in deserts and is a bulb of a water plant.





# INDIAN NAMES OF INGREDIENTS

## SPICES:

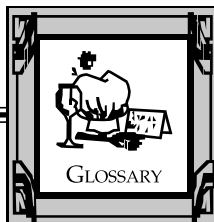
Anardhana	Pomegranate seeds
Amchoor	Mango powder
Curry patta	Curry leaves
Dalchini	Cinnamon stick
Dhania sookha	Coriander seeds
Elaichi	Cardamoms
Haldi	Turmeric
Hing	Asfoetida
Imli	Tamarind
Jeeri	Caraway seeds
Jeera	Cumin seeds
Jafar	Nutmeg
Kamal patta/Tej patta	Indian bay leaves/ Cassia leaves
Khas Khas	Poppy seeds
Laung	Cloves
Methi seeds	Fenugreek seeds
Rai	Mustard seeds
Saunf	Aniseed
Til	Sesame seeds

## LENTILS :

Channa dal	Yellow split peas
Kabuli channa	Garbonzos
Masoor dal	Red or orange lentil
Moong dal	Yellow lentil
Rajma	Kidney beans
Urad dal	White lentil

## CEREALS :

Atta	Wheat flour
Maida	Flour, plain flour or white flour
Sabudana	Sago
Seviyan	Wheat Vermicelli
Suji	Semolina



### **VEGETABLES :**

Bhendi  
Doodhi  
Kothmir  
Simla mirch  
Simla alu  
Shalgam

Okra  
Pumpkin  
Coriander leaves  
Capsicum  
Tapioca  
Turnip

### **DAIRY PRODUCT:**

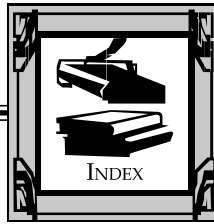
Dahi

Yogurt

### **CHEESE:**

Parmesan Cheese  
Mozerella

Hard, dry Italian cheese.  
Italian cheese variety with high melting  
quality.



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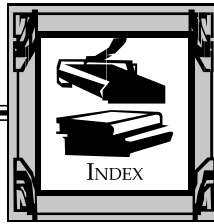
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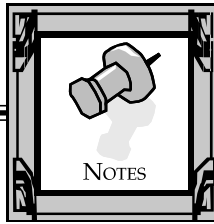
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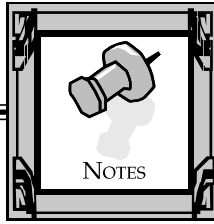
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