|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| TYPES OF SPICES | | | | |
| S.No | Picture | English Name | Hindi Name | Urdu Name |
| 1. |  | Turmeric | Haldi | Haldi |
| 2. |  | Cumin seeds | Sabut Jeera | Sabut Jeera |
| 3. |  | Green Cardamom | Chhoti Elaichi | Chhoti Elaichi |
| 4. |  | Black Cardamom | Badi Elaichi | Badi Elaichi |
| 5. |  | Cinnamon | Daarchini | Daarchini |
| 6. |  | Fennel seeds | Saunf | Saunf |
| 7. |  | Carom seeds | Ajwain | Ajwain |
| 8. |  | Dry Fenugreek leaves | Kasuri Methi | Kasuri Methi |
| 9. |  | Bay leaves | Tej patha | Tej patha |
| 10. |  | Mace | Javetri | Javetri |
| 11. |  | Cloves | Laung | Laung |
| 12. |  | Nigella seeds | Kaloungi | Kaloungi |
| 13. |  | Nutmeg | Jaiphal | Jaiphal |

|  |  |  |
| --- | --- | --- |
| S. No | Dish | Recipe |
| 1. | Araher or Toor Daal | * Take half cup dal * Add 1 cup of water * Wash 3 times properly * Take a pressure cooker * Add ½ spoon salt, ½ spoon haldi, less than half spoon of Garlic paste * Put on boil for 3 whistles * Separately take a pan * Add 1.5 spoon oil, 2 pieces of chopped garlic, 1 pinch cumin seeds * Fry them and add to the pressure cooker |
| 2. | Masoor DalMasoor Daal | * Wash 3 times in water * In pressure cooker, add ½ spoon salt, ½ spoon haldi, ½ spoon chilli powder. Boil for 2 whistles. * Separately take a pan * Add 1.5 spoon oil, 2 pieces of chopped garlic, 1 pinch cumin seeds * Fry them and add to the pressure cooker |
| 3. | Khadi Masoor Daal | * Wash 3 times in water * In pressure cooker, add ½ spoon salt, ½ spoon haldi, ½ spoon chilli powder and add slice half an onion, 2-3 garlic cubes. Boil for 5-6 whistles. * Separately take a pan * Add 1.5 spoon oil, half onion , 1 pinch cumin seeds * Fry them and add to the pressure cooker |
| 4. | Keoti Dal | * Take quarter cup toor dal and quarter cup chilkon wali urad daal. * Take a 1.5 inch ginger and cut it into small pieces. * Boil the dal until dirt shows on the surface. Add ginger pieces and boil for 3-4 whistles. * Keep stirring the batter and then fry half onion, pinch cumin seeds on the side. * Add them into the pressure cooker |
| 5. | Rajma | * 1 night before keep rajma in water * Wash it properly. * Take pressure cooker * Add 1 spoon haldi, 3 cubes of garlic, 1 long piece of ginger. Boil for 4 whistles. * Separately, cut 1 big onion, 2 tomatoes. Fry the onions, add ½ teaspoon dhania powder, less than ½ teaspoon chilli powder. Optional to add ½ teaspoon jeera powder. Add the tomatoes. Cook on low heat to make a paste. * Put the rajma in the pan having the paste. * Add a bit of water and mix it up. Cook on low heat. * Add 2 hari mirch (green chillies) while cooking. * Cook for 10 mins |