

# *INDIAN DELIGHTFUL VEGETARIAN RECIPES*

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## **LOBIA RECIPE (Black Eye Beans Curry)**

### Ingredients:

2 cups Lobia (Black Eye Beans)

1 1/2 tsp

Salt To Taste

1 1/2 tsp ground coriander

3/4 tsp ground cumin

1/2 tsp ground turmeric

2 tbsp oil

1 small onion, chopped

2 large cloves garlic, chopped

1 (3/4-inch piece) ginger root, peeled and chopped

1/2 tsp Scant cumin seeds

1 medium tomato, chopped

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### Preparation:

- In pot soak beans overnight in water to cover generously. Next day, drain beans, cover with fresh water and bring to boil.
- Add salt, coriander, cumin and turmeric. Simmer until beans are just tender, about 30 to 45 minutes.
- Heat oil in deep saucepan. Add onion, garlic, ginger and cumin.
- Fry 10 minutes and add tomato. Cook another 5 minutes and add lobia (black eyed beans) and cooking liquid. Continue to simmer, uncovered, until lobhia are soft but not completely dissolved.
- Mixture should be soupy

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## PUNJABI KADHI RECIPE

### Ingredients:

1 cup Gram flour

1/4 cup Chopped onion

1/4 cup Chopped potato

1 tsp Ajwain.

1 tsp Red chili powder.

[1 tsp Chopped ginger.](#)  
[1/2 tsp Baking powder.](#)  
[Oil for deep frying](#)  
[Salt As per taste](#)  
[1 cup Kadhi Curd \(yogurt\)](#)  
[1/4 cup Gram flour](#)  
[2 no. Dry red chili whole](#)  
[1 tsp Turmeric powder.](#)  
[A pinch Asafetida](#)  
[1 tsp Fenugreek seeds.](#)  
[2 tbsp Oil.](#)  
[Salt As per taste](#)

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#### Preparation:

- [Mix all pakora ingredients except oil and add about ½ cup of water. Mix well.](#)
- [Heat oil in a Kadhai and deep fry vegetable and gram flour mixture after making into small balls. Fry till pakoras are golden brown.](#)
- [Beat Curd/Yogurt and mix gram flour in it. Blend thoroughly so as to ensure that there are no lumps. Add turmeric powder, salt and 3 cups of water.](#)
- [Heat oil in a Kadhai. Add fenugreek seeds and dry red chili. Stir fry for half minute. Add Gram flour and Yogurt mixture. Bring it to a boil and simmer on a slow fire for about 15 minutes. Stir occasionally.](#)
- [Add red chili powder and fried pakoras and again simmer the punjabi kadi for about 5 minutes.](#)
- [Serve punjabi kadhi hot with steamed rice.](#)

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## RAJMA (RED KIDNEY BEANS) RECIPE

#### Ingredients:

[2 cups Rajma \( Red kidney beans\)](#)  
[Salt To taste](#)  
[1 Pinch Turmeric powder](#)  
[1 Onions, chopped](#)  
[5 Garlic cloves, chopped](#)

[1 inch Ginger, chopped](#)  
[3 Green chillies, chopped](#)  
[3 Tomatoes, chopped](#)  
[1/2 tsp Corainder powder](#)  
[1 tsp Red chilli powder](#)  
[1/2 tsp Garam masala](#)  
[2 tbsps Oil](#)  
[Handful Corainder leaves](#)

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#### Preparation:

- [Soak rajma overnight. Wash and pressure cook the rajma. Keep aside.](#)

- [Heat oil in a pan, add ginger, garlic and chillies. Fry until they turn brown.](#)

- [Add onions and tomatoes. Cook until masala separates from oil.](#)

- [Add salt, turmeric powder and mix well.](#)

- [Add the boiled rajma, red chilli powder, corainder powder, garam masala and stir.](#)

- [Simmer the flame and cook until a thick gravy is formed.](#)

- [Remove from fire. Garnish rajma with corainder leaves and serve hot with chapatis or rice.](#)

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## PESHAWARI CHANA RECIPE

#### Ingredients:

[1 tsp garam masala powder](#)  
[1/2 cup onion chopped](#)  
[1 bay leaf](#)  
[3/4 cup tomatoes chopped](#)  
[salt to taste](#)  
[2 tblsp coriander powder](#)  
[1 tsp turmeric powder](#)  
[1 tblsp chana masala](#)  
[2 tsp tea leaves](#)  
[2 green chillies slit](#)  
[1 tblsp ginger paste](#)  
[1 tblsp garlic paste](#)  
[2 tblsp oi](#)  
[1 tsp cumin powder](#)

[1 tblsp red chilli powder](#)

[1 cup chick peas](#)

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[How to make peshawari chana :](#)

- [Soak kabuli chana overnight.](#)
- [Mix in a little water to the soaked chana, tie tea leaves in a piece of cloth and put it in water and then boil the chana until soft and dark in colour, strain and keep aside.](#)
- [Heat up oil mix in bayleaf and cut onion, stir fry until golden brown in colour.](#)
- [Mix in ginger, garlic paste and slit green chillies, stir for some time, then mix in cut tomatoes, red chilli powder, coriander powder, turmeric powder, chana masala and cumin powder, stir fry for some time.](#)
- [Mix in boiled chana and approximately 1 cup of water and stir fry till chana gets coated with the thick masala.](#)
- [Sprinkle garam masala and salt mix well and serve hot.](#)

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## RAJASTHANI GATTA CURRY RECIPE

Ingredients:

200 gms Besan

1 tsp Dhaniya powder

2 tbsp Ghee

250 gms Curd

1 tsp Salt

2 tsp Oil

1 tsp Red chilly powder

1 pinch Haldi

How to make rajasthani gatta curry :

- Mix besan while adding 1/2 tsp salt, 1/2 tsp red chilly powder, 1/2 tsp. dhaniya powder and ghee.



- Make a stiff dough. Make 5-6 thin and long strips of the dough.
- Put these strips in boiling water and cook for 5 minutes. Cut these gattas into small pieces.
- Strain the curd through a strainer. Add 1/2 tsp. salt, 1/2 tsp red chilly powder, 1/2 tsp. dhaniya powder and haldi to the curd. Mix well.
- Add the gatta pieces. Heat oil in a kadahi. Put the tadka of jeera and add the curd mixture.
- Cook it for 5-7 minutes while stirring continuously till it comes to a boil.
- Simmer the flame and cook for another 5-7 minutes. Turn off the gas. Finally put the tadka of red chilly powder. Serve shahi gatta curry with missi roti and pakori ki kadhi.

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## METHI KE GATTE RECIPE

### Ingredients:

2 - 3 pinch asafoetida

1 tsp red chilli powder

2 cup fenugreek leaves (methi) chopped

1 tsp coriander powder

3 cup bengal gram flour (besan)

salt to taste

3 1/2 tblsp mustard oil

### **Tempering**

3 1/2 tblsp Mustard Oil

1 tsp Mustard Seeds

1 Red Chilli crushed

1 tsp Coriander Powder

1 tsp Dry Mango Powder (amchur)

1 tsp Garam Masala Powder

1 -2 pinch Asafoetida

-

### How to make methi ke gatte :

- Mix everything methi, gram flour, asafoetida, red chilli powder, coriander powder and salt.
- Mix in mustard oil and enough water to knead into a firm dough.
- Divide into equal parts and roll into cylinders.
- Boil some water in a pot and mix in these cylinders (gattes) for 15 - 20 minutes.
- Drain, cool and cut into 1" long pieces.
- Heat up oil to smoking point.

[Take off the heat up and cool slightly.](#)

[Heat up again, mix in asafoetida, mustard seeds and when the seeds crackle, mix in the gattes.](#)

[SautÃ©.](#)

[Mix in coriander powder, crushed red chillies, garam masala powder and amchur powder.](#)

[Stir to mix well.](#)

[Serve hot.](#)

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## PAKODI KI KADHI RECIPE

Ingredients:

100 gms Mung Dal  
1 1/2 tsp Salt  
200 gms Curd  
1 tsp Red chilly powder  
2 Red chilly (sabut and dry)  
1 tsp Dhaniya  
3 - 4 Curry Leaves  
1 pinch Haldi  
1 pinch Soda  
2 cup Oil for frying pakories  
1/2 tsp Mustard seeds (motti)  
2 tbsp Oil (for tadka)

Preparation:

- Soak the dal for 5-6 hours. Strain it and grind in a grinder. Strain the curd through a strainer.
- Add 1tsp salt, 1/2tsp. red chilly powder, 1/2 tsp. dhaniya, 2 tsp. mungdal paste and haldi. Mix well and keep aside.
- Now take the dal and add 1/2 tsp salt, 1/2 tsp red chilly powder, 1/2 tsp. dhaniya and soda. Mix well.
- Heat oil in a kadahi and fry pakories of small size to a golden brown color. Now heat oil in a kadahi and put the tadka of mustard seeds, hing and kari patta.
- Add the mixture of curd. Cook it for 10-15 minutes. Add the pakories and cook for 3-4 minutes.
- Finally put the tadka of red chilly powder on pakodi kadhi. Serve hot it with shahi gatte and missi roti.

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# RAJASTHANI PAPAD KI SABJI RECIPE

## Ingredients:

2-3 medium sized papads  
1 tbsp curds  
1/2 tsp chilli powder  
1-2 pinches turmeric  
1-2 pinches asafoetida  
1/4 tsp cumin  
1/4 mustard seeds  
1 tbsp ghee  
1 tsp chopped coriander  
Salt To Taste  
1 cup water

## Preparation:

- Break the papads into 1 inch squares.
- Heat ghee in a saucepan, add seeds.
- Add asafoetida. Add chilli powder and curds simultaneously. Stir till curds brown
- Add turmeric, water and salt. Boil.
- Add papads and coriander.
- Boil for 3-4 minutes.
- Serve papad ki sabzi hot with chappatis.

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# CHANE JAISELMER KE RECIPE

## Ingredients:

3 - 4 green chillies chopped  
1 tsp garam masala powder  
2 tblsp oil2 tbsps.  
2 inch cinnamon  
1/4 tsp asafoetida  
1 cup bengal gram, black (kale chane)1 cup  
1 1/2 cup yogurt  
2 tsp coriander powder  
1 tsp red chilli powder  
4 tsp bengal gram flour (besan)  
salt to taste  
1 tsp turmeric powder  
1 tsp cumin seeds  
1 medium sized onions  
2 tsp chaat masala  
2 -3 black cardamoms

1 cup coriander leaves chopped  
2 tblsp pure ghee2 tbsps.  
5 - 6 cloves

How to make chane jaiselmer ke :

•  
Soak bengal gram overnight in 4 cup water.

•  
Drain, mix in 6 cup of water and pressure stir fry till done.

•  
Mash the grams slightly.

•  
Heat up ghee and oil, mix in cumin seeds, when they crackle mix in the whole garam masala, fry for 1-2 minutes.

•  
Mix in asafoetida and chopped green chillies, sautÃ©.

•  
Mix yogurt, gram flour, 1 cup water and dry spices and mix in to the sautÃ©ed whole garam masala.

•  
Keep stirring till it boils.

•  
Mix in the grams along with the water they were boiled in.

•  
Mix in salt to taste.

•  
Mix well.

•  
Cover and simmer (boil slowly at low temperature) for 8-10 minutes.

•  
Serve hot decorated with cut coriander leaves and onion rings.

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## PANEER MAKHANA CURRY RECIPE

Ingredients:

2 cup Makhana  
250 gms Cottage Cheese (Paneer) [How to make paneer](#)  
4 Onion (Pyaj)  
4 Tomato (Tamatar)  
1 " long piece Ginger (Adrak)  
4 - 5 cloves Garlic (Lasun)  
1/2 cup Cream (Malai)  
2 cup Milk

1 tsp Red Chily Powder (Lal Mirchi)  
1/4 tsp Turmeric (Haldi)  
1/2 tsp Dried Pudina Leaves  
1 cup Cashewnut (Kaju)  
1/2 tsp Garam Masala  
1 tblsp Poppy seeds (Khuskhus)  
Coriander Leaves (Dhania Patta)  
4 tblsp Clarified Butter (Ghee)

-

How to make shahi paneer makhana curry:

- Heat clarified butter in a pan.
- Fry makhana in the ghee.
- Cut cottage cheese in samll pieces.
- Mince onion, tomato, garlic, ginger.
- Cut cashewnut in samll pieces.
- Soak poppy seeds in 1/4 cup of water.
- After 1 hour grind the soaked poppy seeds to a fine paste.
- Chop coriander leaves very finely.
- Heat clarified butter in a pan.
- Add onion, tomato, garlic, ginger paste and brown it, stirring continously.
- Add poppy seeds and fry for 2 minutes and then turn off the gas.
- To this mixture add makhana, cottage cheese, cream , salt, red chili pepper, turmeric, dried pudina leaves.
- Keep this mixture aside for half an hour.
- After half an hour put the pan on the flame and add milk.
- When it comes to a boil add 3 cups of water.
- Simmer it till the makahana are completely done and soft.
-

[Then add cashewnuts and garam masala.](#)

•

[After 1 minute put the flame.](#)

•

[Transfer the mixture to a dish and sprinkle some corainder on it.](#)

•

[Serve it hot with nan, roti or parantha.](#)

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## PANEER KOFTA RECIPE

[Ingredients:](#)

**[For Koftas:](#)**

[200 gms Cottage Cheese \(Paneer\)](#) [How to make paneer](#)

[2 Potato \(Aloo\)](#)

[1/2 tsp Red Chili Powder \(Lal Mirchi\)](#)

[1/4 tsp Garam Masala](#)

[2 tblsp Cornflour](#)

[Oil for frying](#)

**[For Gravy](#)**

[4 Onion \(Pyaj\)](#)

[4 Tomato \(Tamatar\)](#)

[Coriander Leaves \(Dhania Patta\)](#)

[1/2 cup Curd \(Dahi\)](#)

[1/2 cup Cashewnut \(Kaju\) Powder](#)

[1/2 tsp Cumin Seed \(Jeera\)](#)

[1/2 tsp Salt](#)

[1/2 tsp Red Chili Powder \(Lal Mirchi\)](#)

[1/4 tsp Turmeric \(Haldi\)](#)

[1/4 tsp Garam Masala](#)

[1 Bay Leaf \(Tej Patta\)](#)

[2 tblsp Clarified Butter \(Ghee\)](#)

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[How to make paneer kofta:](#)

•

[Boil potatoes and peel them.](#)

•

[Grate paneer and potatoes.](#)

[Add salt, red chili powder, garam masala, cornflour and mix well.](#)

[Make round balls of this mixture.](#)

[Now heat oil in a pan.](#)

[Fry balls in the oil till brown in color.](#)

[Grind onion and tomatoes together.](#)

[Chop coriander leaves very finely.](#)

[Heat oil in a pan.](#)

[Add cumin seed and bay leaf.](#)

[Add onion, tomato paste and brown it, stirring continuously.](#)

[When it leaves oil add curd, cashewnut powder, salt, red chili powder, turmeric, garam masala.](#)

[Stir it continuously for a minute.](#)

[Then add 2 cup of water.](#)

[Put on the lid and simmer for 5 minutes.](#)

[While serving reheat the gravy and then add koftas to it.](#)

[Garnish it with chopped coriander leaves.](#)

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## PANEER KORMA RECIPE

Ingredients:

[250 gms Cottage Cheese \(Paneer\)](#) [How to make paneer](#)

[4 Tomato \(Tamatar\)](#)

[3 Onion \(Pyaj\)](#)

[1 " long piece Ginger \(Adrak\)](#)

[2 Green Chilly \(Hari Mirch\)](#)

[1 cup Mava](#)

[1 cup Cream \(Malai\)](#)

[1/2 tsp Red Chili Powder \(Lal Mirchi\)](#)

[1/4 tsp Turmeric \(Haldi\)](#)

[1/2 tsp Garam Masala](#)

[2 tblsp Clarified Butter \(Ghee\)](#)

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[How to make paneer korma:](#)

•  
[Cut paneer in square pieces.](#)

•  
[Grind onion \(pyaj\), ginger \(adrak\), green chilly \(hari mirch\).](#)

•  
[Grate mava.](#)

•  
[Heat clarified butter \(ghee\) in a pan.](#)

•  
[Add onion \(pyaj\), tomato \(tamatar\) paste.](#)

•  
[Continue cooking it on medium flame till ghee/oil begins to separate.](#)

•  
[Add mava, cream \(malai\).](#)

•  
[Simmer for 2 minutes.](#)

•  
[Add salt, red chili powder \(lal mirchi\), turmeric \(haldi\), garam masala.](#)

•  
[Add cottage cheese \(paneer\) pieceswith 1/2 cup of water](#)

•  
[When the gravy thickens put off the flame.](#)

•  
[Take off the fire and serve hot.](#)

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## PANEER MAKHANI RECIPE

[Ingredients:](#)

250 gms Paneer [How to make paneer](#)

200 gms Fresh Cream

200 gms Tomato Puree

2-3 tblsp Butter

2 tblsp Fenugreek leaves (dried kasuri methi)

1/2 tsp Red chilli powder

1/2 tsp Garam masala powder



[2-3 Green Chillies](#)

[Salt as per taste](#)

[How to make paneer butter masala:](#)

•

[Melt the butter in a pan, add slit green chillies, tomato puree, kasuri methi, salt, red chilli powder and simmer for 4-5 minutes.](#)

•

[Add the cream and garam masala powder and cook further for 2-3 minutes.](#)

•

[Add the paneer pieces and cook for a minute. Serve hot garnished with coriander.](#)

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## PANEER PASANDA RECIPE

[Ingredients:](#)

[500 gms Cottage Cheese \(Paneer\)](#) [How to make paneer](#)

[6 Onion \(Pyaj\)](#)

[400 gms Tomato \(Tamatar\)](#)

[1 " long piece Ginger \(Adrak\)](#)

[2 Green Chilly \(Hari Mirch\)](#)

[1 cup Cream \(Malai\)](#)

[1 cup Curd \(Dahi\)](#)

[100 Butter](#)

[1 tsp Red Chili Powder \(Lal Mirchi\)](#)

[1/4 tsp Turmeric \(Haldi\)](#)

[1 tsp Dried Pudina Leaves](#)

[1/2 tsp Garam Masala](#)

[1/2 cup Milk](#)

-

[How to make paneer pasanda:](#)

•

[Cut cottage cheese in small pieces.](#)

•

[Chop onion very finely.](#)

•

[Grind tomato, ginger, green chilly, .](#)

•

[Heat butter in a pan.](#)

•

[Saute onions till pink in color.](#)

•

Then add tomato paste.

•

Continue cooking it on medium flame till ghee/oil begins to separate.

•

Put off the flame.

•

Add cottage cheese, cream , curd, salt, red chili powder, turmeric, garam masala, dried pudina leaves and mix well.

•

Keep it aside for an hour.

•

Put the pan on the flame and then add milk to the mixture.

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Simmer for 5 minutes and then finally put off the gas.

•

Take off the fire and serve hot.

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## SHAHI PANEER RECIPE

Ingredients:

200 gms Paneer [How to make paneer](#)

2 Medium Onions

1" Ginger

3-4 Garlic Pieces

2 Green chillies

1/2 tsp White Pepper Powder

1 tsp Red Chilli Powder

3/4 tsp Turmeric Powder

1 tsp Garam Masala Powder

3-4 tbsp Cream

1/4 cup Dry fruits (Cashew Nuts, Raisins, Makhane)

1/2 cup Milk

8-10 tbsp Vegetable oil

Salt to taste

-

Preparation:

Heat oil in a kadhai.

Cut paneer into small cubes. Fry over medium heat until light brown.

Keep the paneer pieces aside.

Saute the dry fruits in one tablespoon of oil.

Grind onion, ginger, garlic, green chilli in a blender and make a fine paste.

Fry the mixture in the remaining oil until golden brown and oil starts separating.

Add salt, red chilli powder, white pepper, turmeric powder, garam masala. Saute for 1-2 minutes.

Add milk to make the gravy. Bring the gravy to boil. Reduce the heat and cook until the gravy becomes thick.

Put a portion of the dry fruits in the gravy while it is being cooked. Keep the rest of dry fruits for decorating.

Finally add paneer cubes and 1 tbsp cream. Heat for 5 minutes.

Garnish shahi paneer with cream and dry fruits and coriander leaves.

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## PANEER MAKHANA CURRY RECIPE

### Ingredients:

2 cup Makhana

250 gms Cottage Cheese (Paneer) [How to make paneer](#)

4 Onion (Pyaj)

4 Tomato (Tamatar)

1 " long piece Ginger (Adrak)

4 - 5 cloves Garlic (Lasun)

1/2 cup Cream (Malai)

2 cup Milk

1 tsp Red Chily Powder (Lal Mirchi)

1/4 tsp Turmeric (Haldi)

1/2 tsp Dried Pudina Leaves

1 cup Cashewnut (Kaju)

1/2 tsp Garam Masala

1 tblsp Poppy seeds (Khuskhus)

Coriander Leaves (Dhania Patta)

#### 4 tblsp Clarified Butter (Ghee)

-

#### How to make shahi paneer makhana curry:

- Heat clarified butter in a pan.
- Fry makhana in the ghee.
- Cut cottage cheese in samll pieces.
- Mince onion, tomato, garlic, ginger.
- Cut cashewnut in samll pieces.
- Soak poppy seeds in 1/4 cup of water.
- After 1 hour grind the soaked poppy seeds to a fine paste.
- Chop coriander leaves very finely.
- Heat clarified butter in a pan.
- Add onion, tomato, garlic, ginger paste and brown it, stirring continously.
- Add poppy seeds and fry for 2 minutes and then turn off the gas.
- To this mixture add makhana, cottage cheese, cream , salt, red chili pepper, turmeric, dried pudina leaves.
- Keep this mixture aside for half an hour.
- After half an hour put the pan on the flame and add milk.
- When it comes to a boil add 3 cups of water.
- Simmer it till the makahana are completely done and soft.
- Then add cashewnuts and garam masala.
- After 1 minute put the flame.
- Transfer the mixture to a dish and sprinkle some corainder on it.
- Serve it hot with nan, roti or parantha.

# PUNJABI ALOO AMRITSARI RECIPE

## Ingredients:

250gms Aloo (potato)  
2 Onions, sliced  
2 tsp Ginger-garlic paste  
1/2 tsp Ajwain  
Salt To taste  
1/2 cup Besan  
1 tsp Corainder Powder  
1 tsp Red chilli powder  
1/2 tsp Garam masala  
1/2 tsp Annardana Powder  
Oil For frying  
Handful Corainder leaves

-

## Preparation:

•  
Cut aloo into long pieces.

•  
Make a thin batter of besan, salt, ginger-garlic paste, ajwain seeds adding little water. Add 1 tsp of oil and mix well.

•  
Marinate alu pieces for 15 minutes.

•  
Heat oil and deep fry the aloo. Keep aside.

•  
Heat 2 tsp of oil, add onions and saute till brown. Add salt, turmeric powder, red chilli powder, annardana powder, garam masala and mix well.

•  
Add the aloo (potato) and toss well. Simmer the flame and cook for another 5- 6 minutes.

•  
Garnish with corainder leaves and serve punjabi aloo amritsari hot with paratha.

# BHINDI ANARDANA RECIPE

## Ingredients:

2 medium sized onions

[1/2 cup oil](#)  
[400 gms ladyfinger](#)  
[2 tblsp pomegranate seeds powder \(anardana powder\)](#)  
[1 tblsp lemon juice](#)  
[1 tblsp coriander powder](#)  
[1/2 tsp turmeric powder](#)  
[salt to taste](#)  
[1/2 tsp garam masala powder](#)  
[1 tsp red chilli powder](#)

-

[How to make bhindi anardana :](#)

- [Wash, wipe and trim ladyfingers.](#)
- [Make a deep slit on one side of the ladyfinger to create a pocket.](#)
- [Take off and finely slice onion.](#)
- [Mix red chilli powder, coriander powder, turmeric powder, pomegranate seed powder, garam masala powder and salt with four-tblsp oil to make a thick paste.](#)
- [Stuff the ladyfingers liberally with this masala paste.](#)
- [Heat up oil in a pot and stir fry cut onion for two to three minutes or until translucent.](#)
- [Gently slide in the stuffed ladyfingers and stir fry on medium heat up for five minutes turning them occasionally.](#)
- [Sprinkle lemon juice and serve hot.](#)

[TOP](#)

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## PANEER TAASH KABAB RECIPE

[Ingredients:](#)

[1 tblsp Fresh Cream](#)  
[8 Cheese sliced](#)  
[1 cup Cheese grated](#)  
[1/2 tsp Peppercorns crushed](#)  
[2 medium sized Tomatoes sliced](#)  
[8 tblsp Mint Chutney](#)  
[2 medium sized Onions sliced](#)  
[400 gms Cottage Cheese](#)

### **For Marinade**

Chaat Masala to taste

1/3 cup Hung Yogurt

2 tblsp Mustard Oil

4 tsp Ginger Garlic Paste

1 tsp Garam Masala Powder

1 tsp Coriander Powder

1 tsp Cumin Powder

2 tsp Red Chilli Powder

Salt to taste

-

How to make paneer taash kabab :

•

Slice paneer into seven pieces.

•

Mix well all the marinade ingredients and spread evenly on the cut paneer.

•

Keep aside for 10 minutes.

•

Spread mint chutney evenly on the cut paneer.

•

Assemble cut onions and tomatoes on each cut paneer and cover with the cut cheese.

•

Stack each layer of cut paneer one on top of the other, by repeating the process.

•

Make a mixture of cream and crushed black pepper and pour out over the top layer.

•

Put the last cheese slice on top, bake at moderate temperature for 10 minutes in the oven.

•

Cut into desired equal sizes.

-

[TOP](#)

## **KARELA MASALEDAR RECIPE**

Ingredients:

2 tsp coriander powder

1 tsp red chilli powder

1 tsp turmeric powder

oil to fry

5 -6 bitter gourd  
salt to taste  
2 medium sized onions  
1 tsp dry mango powder

-

How to make karela masaledar :

- Take off and reserve the scrapings of the karelas.
- Give a slit on one side and take off all the seeds.
- Cut karelas into thin slices.
- Wash and rub two table spoons salt all over the karelas and its scrapings.
- Set aside for 3-4 hours.
- Wash completely again and squeeze dry the karelas.
- Heat up oil in kadhai.
- Deep fry the cut karelas till dark brown and crisp.
- Take off the karelas and keep aside.
- Slice onions.
- Heat up 3 tblsp of oil in a kadai.
- Mix in cut onions.
- Stir fry for 3-4 minutes till they are transluscent.
- Mix in scrappings of karela and let it stir fry till onions are a little brown.
- Mix in turmeric powder, coriander powder, dry mango powder and red chilli powder.
- Mix in the fried karelas to the above mixture and stir fry covered on low heat up for 5-6 minutes.
- Mix in salt if needed.
- Serve hot with chappatis.



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# KHOYA MATAR RECIPE

## Ingredients:

1 cup green peas  
500 gms milk solids (khoya)500 gm  
3 tblsp cashewnuts (broken)  
1/2 cup bread croutons  
1/2 tsp red chillies crushed  
1 tsp red chilli powder  
2 tblsp raisins  
1/2 tsp turmeric powder  
1/2 tblsp oil  
2 green chillies chopped  
1/2 tblsp ginger garlic paste  
1 tsp sesame seeds roasted  
saltto taste  
1 tsp coriander powder  
1/2 cup onion paste  
1 tblsp coriander leaves chopped  
1/2 cup tomato puree

-

## How to make khoya matar :

- Roast the khoya slightly.
- Keep aside.
- Boil green peas.
- Heat up oil in a pan, mix in onion paste and stir fry till pink.
- Mix in ginger-garlic paste and sautÃ©.
- Mix in tomato puree, turmeric powder, red chilli powder and roast till the oil leaves the masala.
- Mix in boiled peas and stir.

[Mix in salt, roasted khoya and stir.](#)

•

[Mix in broken cashewnuts and raisins.](#)

•

[Mix in coriander powder and stir to mix well.](#)

•

[Take off the heat.](#)

•

[Sprinkle cut green chillies, roasted sesame seeds, crushed red chillies on the bread croutons and mix well.](#)

•

[To serve assemble the khoya-peas masala in a dish and cover with bread crouton mixture.](#)

•

[Sprinkle with cut coriander.](#)

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[TOP](#)

## SARSON KA SAAG

### [Ingredients:](#)

[500gms Mustard leaves](#)

[200gms Spinach](#)

[200gms Bathuwa](#)

[3 Garlic cloves](#)

[1 inch Ginger](#)

[2 Green chilli](#)

[Salt To Taste](#)

[1 tbsp Maize flour](#)

[1 Pinch Sugar](#)

[2 tbsp Ghee](#)

[1 Asafoetida](#)

[1 Pinch Onions,](#)

[1 tsp chopped Red chilli powder](#)

[1 Pinch Turmeric powder](#)

-

### [Preparation:](#)

•

[Clean and wash sarson, spinach and bathuwa. Chop the leaves finely.](#)

[Chop ginger, garlic cloves and chillies.](#)

[Pressure cook the spinach, sarson, bathuwa with garlic, ginger and chillies. When cool, grind it to smooth paste.](#)

[Heat ghee in a vessel, add hing and onions. Fry until light brown. Add salt and turmeric powder. Mix well.](#)

[Add the ground saag and simmer the flame. Cook for few minutes.](#)

[Add the maize flour, red chilli powder, sugar and stir well.](#)

[Serve hot with paratha or makki ki roti.](#)

[TOP](#)

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## SANGRI KI SABZI RECIPE

### Ingredients:

100 gms Sangar  
1 Bay Leaf  
4 tbsp Mustard oil  
5 - 6 Red chilly (dry and sabut)  
1 tsp Mustard (grounded)  
1/2 cup Curd  
1 pinch Hing  
5 tsp Amchur (dry and sabut)  
1/2 tsp Jeera Water for soaking  
1 cup Water  
1/2 tsp Red chilly powder  
1/2 tsp Haldi  
1 tsp Garam masala  
1 tsp Amchur  
1/2 tsp Dhaniya powder  
1/2 tsp Sugar

### Preparation:

- Soak the sangar in haldi water for whole night. Put it in a pressure cooker and wait for 1 whistle.
- Turn off the gas. Strain the sangar through a strainer. Keep the strained water aside.
- Heat mustard oil in a kadahi. Now give tadka by adding mustard (grounded), hing, jeera and sabut red chilly.
- When the tadka is ready add the masala paste. Add curd, sangar and soaked amchur. (soak it for a 1/2 hour).

- Add to the kadahi. If required add the strained water. Cook it for 10-15 minutes.
- You can enjoy this vegetable for 8-10 days if kept in a refrigerator. Serve sangri ki sabzi hot with dal ke parathe.

[TOP](#)

## PAPAD KA SHAAK RECIPE

### Ingredients:

1/2 cup plain boondi  
1/2 red chilli powder  
2 -3 red chillies whole  
1 tsp coriander powder  
1 tblsp bengal gram flour (besan)  
1 tsp garam masala powder  
3 tblsp oil  
2 big size papads  
1/4 tsp turmeric powder  
a pinch asafietuda  
1/4 tsp cumin seeds  
1 cup yogurt (sour)

-

### How to make papad ka shaak :

- Roast papads and break into medium sized pieces.
- Whisk everything the yogurt, besan and 1 cup of water.
- Soak papads pieces and boondi in 2 cup hot water for 2-3 minutes.
- Strain and keep aside.
- Heat up oil.
- Mix in cumin seeds.
- When they begin to crackle, mix in asafoetida and broken red chillies.
- Fry for a minute or so.
- Mix in red chilli powder and beaten yogurt.

[Mix in rest of the masalas and stir continuously.](#)

•

[As it begins to boil, mix in the papad and boondi.](#)

•

[Boil for a couple of minutes and decorate with cut coriander leaves.](#)

•

[Serve hot.](#)

[TOP](#)

## RAJASTHANI BHINDI RECIPE

### [Ingredients:](#)

[1/2 tsp onion seeds \(kalonji\)](#)

[salt to taste](#)

[1/2 tsp red chilli powder](#)

[250 gms ladyfingers \(bhindi\)](#)

[3 tsp bengal gram flour \(besan\)](#)

[1 tsp cumin powder](#)

[4 green chillies](#)

[1 tsp coriander powder](#)

[1 1/2 tsp fennel seeds \(saunf\)](#)

[1 tsp dry mango powder \(amchur\)](#)

[1/4 cup oil](#)

[1 tsp garam masala powder](#)

[1/2 tsp turmeric powder](#)

[1/4 tsp cumin seeds](#)

-

### [How to make rajasthani bhindi :](#)

•

[Wash and wipe the ladyfingers.](#)

•

[Snip off the two ends and slit on one side.](#)

•

[Mix everything bengal gram flour, 1 tsp fennel seeds and all other dry masalas except cumin and onion seeds.](#)

•

[Mix in a tblsp of oil and salt and mix well.](#)

•

[Stuff this masala into the ladyfingers.](#)

•

[Heat up 3 tblsp of oil, mix in the remaining fennel seeds, cumin seeds, green chillies](#)

[and onion seeds, fry for a minute.](#)

[Mix in ladyfingers and stir fry for 5 minutes, cover and stir fry stirring till they are cooked.](#)

[Uncover and stir fry till the ladyfingers are crisp.](#)

[Serve hot.](#)

[TOP](#)

## ALOO KA BHARTA RECIPE

Ingredients:

4 -5 Boiled Potatoes (Big)  
2 Onion (finely chopped)  
2 Green Chillies (chopped)  
Few Coriander Leaves (chopped)  
1 tsp Mustard Oil  
1/2 tsp Salt  
1/2 tsp Red Chilly Powder  
1/2 tsp Jeera (roasted and powdered)

Preparation:

- Peel the potatoes and mash them coarsely. Add all the other ingredients and mix well.
- Serve aloo bharta with baati.

[TOP](#)

## ALOO MANGODI RECIPE

[Ingredients:](#)

[200 gms mangodi](#)  
[2- 3 red chillies whole](#)  
[2 tblsp bengal gram flour \(besan\)](#)  
[1/2 tsp cumin seeds](#)  
[1/2 cup yogurt](#)  
[1 tblsp oil](#)  
[200 gms potatoes](#)[200 gms.](#)  
[1 tblsp red chilli powder](#)  
[1 tblsp ginger paste](#)  
[salt to taste](#)  
[2 tblsp coriander powder](#)  
[1 tsp garam masala powder](#)  
[1 tblsp coriander seeds](#)

[2 tblsp tomato puree](#)  
[100 gms coriander leaves](#)  
[1 tsp turmeric powder](#)  
[1 bay leaf](#)

-

[How to make aloo mangodi :](#)

•  
[Cream curd, mix in besan and salt, red chilli powder, coriander powder and turmeric powder to it.](#)

•  
[Peel, wash and cut potatoes into 1 centimeter cubes.](#)

•  
[Keep aside in water.](#)

•  
[Dry roast mangodi on hot tawa until crunchy and slightly browned.](#)

•  
[Heat up oil, mix in brown bay leaf, cumin seeds, coriander seeds, whole red chillies and salt and cook.](#)

•  
[Mix in potatoes and stir fry stirring constantly until golden brown.](#)

•  
[Mix in ginger paste, mangodi, tomato puree and yogurt mixture, mix in 1 cup of water and mix well.](#)

•  
[Mix in garam masala powder and cut coriander leaves.](#)

•  
[Stir fry for a further few minutes and serve hot.](#)

[TOP](#)

## ALOO METHI RECIPE

[Ingredients:](#)

[1 1/2 cup fresh methi \(fenugreek\) leaves \(cleaned, washed and finely chopped\)](#)  
[2-3 medium peeled and cut into small pieces aloo \(potatoes\)](#)  
[1 medium tomato \(chopped\)](#)  
[1-2 flakes of garlic \(crushed\)](#)  
[Salt To Taste](#)  
[1/4th tsp turmeric powder](#)  
[Red chili powder to taste](#)  
[1/2 tsp cumin seeds \(jeera\)](#)  
[2-3 whole dry red chillies](#)  
[2-3 tbsp vegetable oil](#)

-

### Preparation:

•  
Heat oil and add crushed garlic and fry till brown. Add cumin seeds and dry red chilies.

•  
When cumin seeds are done and chilies turn brown add salt, turmeric, chili powder and chopped tomato. Sauté for a moment.

•  
Now add potatoes and mix well. Cook till potatoes are half done on a medium flame.

•  
Add methi and cook on a medium flame till done and till water is fully absorbed.

•  
Serve the aloo methi hot with chapati or [paratha](#).

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[TOP](#)

## STUFFED ALOO RECIPE

### Ingredients:

8 medium Potatoes (peeled)

2 cauliflower florets (chopped)

1 tbsp chopped onion

1 capsicum (cored, seeded and chopped)

1 tbsp peas

2 green chilies (chopped)

4 medium tomatoes (cubed)

2 cloves of garlic (chopped)

Salt To Taste

2/3rd cup water

1/4th cup ghee

1tsp chopped coriander leaves

-

### How to make bharawn aloo:

•  
Slice off the top from the aloo (potatoes) - a thick slice to be used as a lid later, and



[carefully scoop the inside.](#)

[Place the Cauliflower, capsicum, peas, onion, chillies, garlic and half salt in a saucepan with the water.](#)

[Parboil until the water is fully absorbed into the mixture.](#)

[Fill the mixture into the potatoes, cover with the potato lids and secure with wooden cocktail sticks \(toothpicks\).](#)

[Heat the ghee in a kadhai or saucepan and cook the tomatoes with the remaining salt over a moderate heat for 2 minutes.](#)

[Carefully arrange the stuffed aloo \(potatoes\) over the tomato mixture, cover tightly and cook potatoes in their own steam for about 10 minutes until tender.](#)

[Garnish the stuffed aloo with chopped coriander and serve hot with roti or \[paratha\]\(#\).](#)

[\\_TOP](#)

## CHILLI PANEER RECIPE

### [Ingredients:](#)

350 gms Paneer  
2 tsp Salt  
1 Egg  
1/2 cup Corn Flour  
1 tsp Ginger-Garlic Paste  
2 cups Coarsely Chopped Onions  
2 tbsp Sliced Green Chillies  
1 tbsp Soya Sauce  
2 tbsp Vinegar  
1/4 tsp Ajinomoto  
Oil for frying  
Little Water

How to make chilly paneer:

- Cut the paner into cubes.
- Mix together the cottage cheese, 1 tsp salt, egg, corn flour, garlic, ginger and water to just coat the paneer pieces with the mixture.
- Heat oil in a pan and fry the paneer pieces coated with mixture till golden in color.
- Heat 2 tbsp of the oil in a wok and stir fry the onions in it over high heat for half a minute.
- Add the green chillies, salt, soya sauce, vinegar, ajinomoto and the fried paneer cubes.
- Mix well, and garnish the chilli paneer with finely cut spring onions and coriander.

# KADHAI PANEER RECIPE

## Ingredients:

250 gms Cottage Cheese (Paneer)  
3 Capsicum (Shimla Mirch)  
4 Onion (Pyaj)  
4 Tomato (Tamatar)  
1 " long piece Ginger (Adrak)  
1 tsp Red Chili Powder (Lal Mirchi)  
2 Bay Leaf (Tej Patta)  
4 Cloves (Lavang)  
1 piece Cinnamon (Tuj/Dalchini)  
Little Orange Color  
4 tblsp Clarified Butter (Ghee)

-

## How to make kadhai paneer:

- Cut cottage cheese, capsicum in long pieces.

- Grind onion, tomato, ginger, salt, red chili powder and orange color.

- Mince cloves and cinnamom.

- Heat clarified butter in a pan.

- Add bay leaf, cloves, cinnamon.

- Then add onion, tomato, ginger paste.

- Continue cooking it on medium flame till ghee/oil begins to separate.

- Add paneer and capsicum pieces.

- Cook on low flame.

- When the capsicum are done put off the flame.

- Take off the fire and serve hot.

- Serve with nan or paranthas..

[TOP](#)

# How To Make Paneer

Ingredients:

1 litre Milk

1 1/2 tsp vinegar or 1/2 tsp lemon juice or citric acid

How to prepare paneer:

- Boil the milk in a pan.
- When it's boiling add lemon juice or vinegar or citric acid which ever you are using, while stirring.
- If citric acid is being used, dissolve it in 2-tbsp water before adding.
- When milk curdles full turn off the gas and keep aside for 5 minutes.
- Pour it on to a cotton/muslin cloth and tie it with a tight knot.
- When all the water is drained from the paneer shape it into a rectangular block.
- Now place the cloth under heavy weight for 2-3 hours before using it.
- **Note:** Do not throw away the leftover water as it can be used for kneading chapati or paratha dough

[TOP](#)

# MATTAR PANEER RECIPE

Ingredients:

450gms / 1lb shelled Mutter (green peas)

250gms / 1/2lb Paneer [How to make paneer](#)

2 medium onions (chopped)

6 cloves garlic (crushed)

1 tbsp grated ginger

2 green chilies (chopped)

250gms / 1/2 lb tomatoes (peeled and sliced)

Salt To Taste

1cup curd / plain yogurt

1 tsp turmeric powder

1 tbsp coriander seeds

4 bay leaves

2 cups water

1/2 cup ghee / vegetable oil

To Garnish :

[Garam masala powder](#)  
[Chopped coriander leaves](#)

-

### [Preparation:](#)

- [Make a paste by grinding together half the onions, the garlic and coriander seeds.](#)
- [Heat the ghee in a frying pan and cut the paneer into 2.5-cm/1-inch cubes. Fry the paneer to a light brown and remove to drain on a plate.](#)
- [Add the remaining onion and the ginger to the ghee / oil in a pan and add the bay leaves and fry until the onion is golden brown.](#)
- [Add the turmeric and the paste mixture and fry until the ghee starts to separate.](#)
- [Add the paneer and mutter \(peas\) along with the yogurt, chili, tomato and salt. Stir for 5-6 minutes over low heat.](#)
- [Pour in the water and simmer gently for 20 minutes. Serve the matar paneer sprinkled with garam masala and coriander.](#)

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[TOP](#)

## PALAK PANEER RECIPE

### [Ingredients:](#)

[500gms Fresh Palak \(Saag\)](#)  
[100gms Paneer](#) [How to make paneer](#)  
[2 Onions grated](#) [Ginger, Garlic paste](#)  
[5-6 tbsp oil](#)  
[1 tsp pure ghee](#)  
[Garam masala to taste](#)  
[Red chili powder to taste](#)  
[1 tsp cumin powder](#)  
[Salt To Taste](#)

-

### [How to make sag \(palak\) paneer:](#)

- [Clean and wash palak \(spinach\) nicely.](#)
- [Boil the spinach in water and cool it.](#)

[Now mash it in a mixer.](#)

[Heat oil in a kadai. Add ginger-garlic paste and stir-fry for a minute.](#)

[Now add onions and fry till golden brown.](#)

[Add all spices except red chili powder.](#)

[Now add the spinach \(palak\) and little water if needed and cook for 4-5 minutes.](#)

[Cut paneer into pieces \(Paneer can be fried to golden brown in a seperate pan or can be used as it is\).](#)

[Add Paneer pieces to the gravy and cook until done.](#)

[Take out in a bowl.](#)

[Just before serving, heat pure ghee in a small pan.](#)

[Hold the pan over bowl, add chili powder and immediately pour on the indian palak paneer.](#)

[\*\*Caution:\*\* Don't allow chili powder to burn .](#)

[TOP](#)

## PANEER BHURJI RECIPE

### [Ingredients:](#)

200 gms Paneer [How to make paneer](#)

[1 tbsp Oil](#)

[1/4 tsp Cumin seeds](#)

[2 Green Chillies](#)

[1 Small Onion](#)

[1/4 tsp Turmeric Powder](#)

[1/2 tsp Garam Masala Powder](#)

[1 tsp Ginger-Garlic Paste](#)

[1 medium Tomato](#)

[1/2 tsp Salt](#)

-

### [Preparation:](#)

[Chop the onions, tomatoes and chillies finely.](#)

[Heat oil in a deep bottomed pan, add the cumin seeds, chopped onions and the ginger](#)

[garlic paste, fry till brown.](#)

[Add the chillies and tomatoes and fry till they are soft and pulpy.](#)

[Add turmeric powder, garam masala powder, salt and little water so that all the masalas are well combined.](#)

[Add grated paneer and fry for 5 minutes till the paneer blends into the masala.](#)

[Garnish with chopped coriander and serve hot.](#)

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[TOP](#)

## BHINDI BHAJI RECIPE

### [Ingredients:](#)

-

[1 pound okra](#)

[2 medium onions, chopped](#)

[1/4 tsp garlic paste or powder](#)

[1/4 tsp coriander paste or powder](#)

[1/8 tsp cumin](#)

[3 large tomatoes](#)

[2 tsp oil](#)

[1/2 cup chopped cilantro](#)

-

### [How to make bhindi dopiaza :](#)

[Cut the tip and the very bottom from the okra just to clean it, but do not slice.](#)

[Heat oil in a pan over medium heat. Add onion and cook for 3 minutes.](#)

[Add all ingredients except okra, tomato and cilantro. Cook for 3 minutes. Add okra, then cook for 6 to 8 minutes. Garnish with tomato and cilantro.](#)

[Serve the bhindi bhaji with \[rice\]\(#\), naan or pita bread.](#)

-

# LAUKI KE KOFTE RECIPE

## Ingredients:

### **For the kofte:**

4 cups (500 gms) Ghiya or Lauki (bottlegourd), peeled and grated

1/2 tsp Ginger paste

1/2 tsp Sendha namak (rock salt)

1/2 tsp Kali mirch, pissi (black pepper powder)

2 tbsp Singhare ka atta (waterchestnut flour)

Oil for deep-frying

### **For the gravy:**

2 tbsp Ghee (clarified butter)

1 tsp Jeera (cumin seeds)

1 tsp Ginger, finely chopped

1/4cup (50 gms) Dahi (yogurt), beaten smooth

1/4 cup Khus-khus (poppy seeds) soaked in milk for 1/2 hour

1 1/2 tsp Dhania (coriander) powder

1 1/2 tsp Sendha namak (rock salt)

1/4 tsp Chilli powder

Hara dhania (green coriander), chopped for garnishing

-

## How to make lauki ke kofte:

•  
Squeeze water out of the ghiya; mix in salt, ginger and black pepper. Sauté over high flame, to dry up excess liquid and leave to cool.

•  
Add singhare ka atta, mix well and shape into walnut sized balls.

•  
Deep-fry koftas to a golden brown over high flame and keep aside.

•  
Heat ghee; add jeera followed by ginger and sauté to a light brown.

•  
Grind the khus-khus into a paste. Add dhania powder, salt and chilli powder and sauté till oil separates.

•  
Add 2-3 cups water and bring to a boil, then simmer for about 10 minutes. Add koftas and dahi, simmer for another 2 minutes, and serve hot. Garnish the lauki ke kofte with hara dhania.

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[TOP](#)

## HARA CHANA MASALA RECIPE

### Ingredients:

1.4 kg Hara Chana

50ml oil

4gm ginger and green chilly, chopped

1gm asafoetida

10gm cloves

10gm bay leaf

10gm salt

3gm sugar

Lemon juice

5gm garam masala powder

### **Garnishes:**

5 gm chopped coriander

-

### Preparation:

•  
Heat oil, add cumin, cloves, bay leaf, chopped ginger, green chilli, and saute for 2 minutes.

•  
Add hara channa and cook until done.

•  
Add lemon juice, chopped coriander and garam masala powder.

•  
Garnish the hara chana masala with chopped corriander and serve hot.

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[TOP](#)

## MALAI KOFTA RECIPE

### Ingredients:

### **For the Kofta:**

1 1/2 lb. potatoes

2 heaped tbsp each of crumbled paneer,



khoya and thick malai(You can substitute this with baked ricotta cheese and heavy cream)

4-5 cashewnuts chopped

1 tbsp raisins

2-3 finely chopped green chillies

1/4 tsp sugar

1 tsp coriander powder

1 tsp cumin powder

1 tsp red-chilli powder

1/2 tsp cardammom powder

Salt To Taste

3 tbsp cooking oil/ghee(clarified butter)

Oil for frying the koftas

**For the gravy:**

2 medium onions,chopped

3 flakes garlic,crushed

1 inch ginger,crushed

3 large tomatoes,pureed

1 tsp red-chilli powder

1/2 tsp garam masala powder

1/2 tsp dhania(corainder) powder

1/2 tsp cumin powder

2 tsp powdered poppy seeds

1/2 tsp sugar

1 tbsp ground peanuts/cashewnuts

-

How to make malai koftha :

•  
Boil the potatoes till tender.

•  
Peel, mash and add salt to taste.

•  
Keep aside.

•  
Mix all the other ingredients for the kofta into a paste.

•  
Make rounds of the potato dough and place a little of the prepared mixture in the center of each round.

•  
Seal the edges and shape into stuffed rounds. Deep fry each kofta till golden brown.  
Drain and keep aside.

•  
Blend together the onions, ginger, garlic and the poppy seeds and fry in 3 tbsp of oil till brown and the oil begins to seperate.

[Add the pureed tomatoes and the masala powders.](#)

[Add the sugar and the ground peanuts.](#)

[The gravy will begin to thicken.](#)

[You can also add some malai to thicken it some more.](#)

[Mix in some water if necessary.](#)

[When the gravy comes to a boil, add the koftas.](#)

[Heat through and serve the malai kofta.](#)

**Note:** [In this malai kofta receipe , the koftas should be put in just before eating the dish or else they will turn soggy.](#)

[TOP](#)

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## SINDHI KADHI RECIPE

### Ingredients:

oil- 5 tblsp  
asafoetida (hing) a pinch  
green chillies - to taste  
cumin seeds - 1 tsp  
fenugreek seeds (methi) - 1 tsp  
gram flour (besan / chane ka atta) - 6 tblsp  
coriander/cumin powder- 1 tsp  
turmeric powder (hadli)- a pinch  
mixed vegetables (carrots, ladyfinger, brinjal, drumsticks, bottle gourd)- 2 cups/200 gms  
tamarind (imli) pulp - 2 tblsp  
salt (namak) - to taste  
coriander leaves (dhania patta) - 2-3 sprigs

### How to make sindhi kadhi :

- Heat oil in a pan.
- Add asafoetida and after a few seconds, add the chopped chillies, cumin and fenugreek seeds.
- Allow them to stop spluttering, then add the gram flour, stirring continuously.
- Fry it, till the flour becomes brown in colour and aromatic.
- Add around 5-6 cups (1 lt.) of water, stirring continuously to avoid forming lumps.
- Cook on a simmering flame for at least 15- 20 minutes and then, bring it to a boil.
- Stir in the vegetables and the spices.
- Add the tamarind pulp and cook further, till the vegetables become tender.
- Add the salt and garnish with chopped coriander.

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# NAVRATAN KORMA RECIPE

Ingredients for navrattan korma :

3 cups - Boiled vegetables (9 varieties-potatoes, carrots, green peas, french beans, cauliflower, capsicum, cabbage, bottle gourd, cluster beans)  
150gms - Grated paneer  
3 - Tomatoes  
2 - Grated onions  
1 1/2 tsp -Ginger paste  
1 1/2 tsp - Garlic paste  
Salt To Taste  
1 tsp - Turmeric Powder  
1 1/2 tsp - Red chilli powder  
1 tsp - Coriander powder  
2 tsp - Garam Masala Powder  
2 tbsp - Cream  
6 tbsp - Vegetable oil  
1 tbsp - Ghee  
1 cup - Milk / water  
1/4 cup - Dry fruits (cashew nuts, raisins)  
Coriander leaves for decoration

-

How to make navrattan korma :

- Boil tomatoes till tender. Allow them to cool. Then peel off the tomato skin to make puree. Readymade tomato puree can also be used.
- Take 1 tbsp ghee and slightly fry the dry fruits for about 1 min on medium heat.
- Heat oil in a pan. Fry onions and ginger-garlic paste till golden brown.
- Add salt, turmeric powder, red chilli powder, coriander powder, garam masala and fry for 2-3 minutes.
- Next add tomato puree and dry fruits. Stir well and cook the mixture for 4 minutes. Ensure that the mixture doesn't stick to bottom of pan.
- Add milk (use water alternatively). Bring it to boil. Reduce the heat and cook until the gravy becomes thick.
-

Add paneer to the gravy and stir well.

Finally add all the vegetables to the above gravy and cook for 5-7 minutes.

Serve the navratan korma hot. Put cream and chopped coriander leaves on the navaratna korma decorate .

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## STUFFED TOMATO RECIPE

### Ingredients:

5-6 medium size Tomatoes / Tamatar

100-150gms Paneer grated or mashed

1 Onion finely chopped

Finely chopped Coriander leaves

2 Green chili (finely chopped)

Salt, Red chili powder to taste.

Gram Masala to taste

1/2 tsp turmeric powder

1 tbsp grated cheese

1 tbsp oil

-

### How to make bharwan tamatar:

Wash the tomatoes and set dry.

Cut the top of tomato (tamatar ) like a cap. Gently scoop out the centers . Keep aside the scooped portion and chop the cut tops .

Heat oil in a kadhai add chopped onions and green chilies till tender.

Now add the pulp and chopped tomato and fry for a minute and all dry masalas and fry for a minute more.

Add paneer ,mix well and cock for a minute.

Fill tomatoes with the mixture.

Top with grated cheese and chopped coriander.

Place tomatoes in a cooker container . put little butter and pressure cook for one whistle. (or you can also bake it in a hot oven at 200 degree c for 20 minutes.

[Serve the stuffed paneer tomato hot.](#)

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## VEGETABLE CURRY RECIPE

### [Ingredients:](#)

[1/2 medium-sized \(100g/4oz\) aubergine \(eggplant\) cut into 2cm x 1cm/3/4in x 1/2 in sticks](#)  
[2 small carrots \(100g/4oz\), peeled and cut into 2cm x 1cm/3/4in x 1/2 in sticks](#)  
[100g/4oz/1 cup peas](#)  
[100g/4oz/1 cup French beans, cut into 2.5cm/1in pieces](#)  
[1 medium-sized potato \(100g/4oz\), peeled and cut into 2cm x 1cm/3/4in x 1/2 in sticks](#)  
[50g/2oz/ 1/2 cup freshly grated coconut](#)  
[4 fresh hot green chillies](#)  
[2 tbsps white poppy seeds](#)  
[1 1/4 tsp salt](#)  
[3 medium-sized tomatoes, roughly chopped](#)  
[1 tbsps natural plain yogurt](#)  
[1 tsp garam masala](#)  
[2 tbsps chopped, fresh green coriander](#)

-

### [How to make vegetarian curry:](#)

•  
[Place the aubergine \(eggplant\), carrots, peas, French beans and potato in a medium-sized saucepan. Add 250ml/8fl oz/1 cup water. Bring to the boil. Cover, turn the heat to medium and cook for 4 minutes or until the vegetables are just tender.](#)

•  
[Meanwhile put the coconut, chillies, poppy seeds and salt in the container of an electric blender. Add 150ml/5fl oz water and grind to a fine paste. Set aside.](#)

•  
[When the vegetables are cooked, add the spice paste and another 150ml/5fl oz water. Stir and simmer gently for 5 minutes. Now add the tomatoes, the yogurt and the garam masala. Stir gently to mix well. Bring to the boil and simmer gently for 2-3 minutes. Turn into a serving dish and garnish the vegetable curry with the fresh coriander.](#)

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## MAKHANI ARBI MASALA RECIPE

### Ingredients:

Arbi (medium size) - 250 gms  
Besan (gram flour) - 2 tbsps

Oil (tel) (tel) - 3 tblsp  
Ajwain - 1/2 tsp  
Onion (pyaj) (chopped)- one  
Green chilli (slit) (deseeded and chopped)- one  
Red chilli (lal mirch) powder - 1/2 tblsp  
Chopped coriander - 1 tblsp  
Salt (namak) - 1/2 tsp or to taste  
Lemon juice - 1/2 tblsp  
Garam masala - 1/4 tsp

**Makhani Gray :**

Tomatoes (tamatar) (chopped roughly) - 250 gms  
Ginger (adrak) paste - 1/2 tsp  
Garlic (lasan) paste - 1/2 tsp  
Green chilli - one  
Red chilli (lal mirch) powder - 1/2 tsp  
Laung (cloves)- 2  
Choti elaichi (green cardamom)- one  
Salt to taste  
Butter - 2 tblsp  
Honey- 1 tsp  
Kasoori methi - 1 tblsp

How to make makhani arvi masala :

- . Pressure cook the whole arbi with three cups of water to give one whistle.
- . Keep on low flame for 2-3 minutes.
- . Remove from fire. Cool and drain.
- . To prepare makhani gray, put tomatoes in a bandi, add one cup of water, ginger and garlic paste, green chilli, red chilli powder, laung and chot elaichi.
- . Boil. Cover and cook on low heat till it is reduced to a saucy consistency.
- . Remove from fire.
- . Blend in a mixer.
- . Strain into a clean pan.
- . Add butter. Stir in honey.
- . Add salt to taste.
- . Keep on fire.
- . Boil. Simmer on low flame for 1-2 minutes.
- . Add kasoori methi and remove from fire.
- . Keep the makhani gray aside.
- . Peel and flatten each piece of arbi.
- . Sprinkle some salt and red chilli powder on it.
- . Sprinkle dry besan.
- . Overturn the pieces and sprinkle salt, red chilli and besan on the other side too.
- . mix, so as to coat lightly.

- Heat oil on a large tawa, add half the arbi and sauté over medium heat till golden.
- Shift the fried arbi from the center to the sides (periphery) of the tawa.
- Add the rest of the arbi, fry and shift to the sides.
- In the same oil, add ajwain, when it turns golden, add chopped onions, grated ginger and green chilli and sauté for three minutes.
- Add 1/2 tsp salt.
- Return the arbi to the center, add red chillies and half of the coriander.
- Fry for a minute.
- Add the prepared makhani gray and fry until the arbi is coated with the gravy.
- Adjust seasoning.
- Sprinkle lemon juice, garam masala and the remaining coriander.
- Stir and serve immediately.

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## PINDI CHANA RECIPE

### Ingredients:

1 cup chickpeas ( kabuli chana)  
1 tea bag or 1 tbsp black tea leaves tied in a cheesecloth  
2 1/2-inch ginger, 3/4th of it shredded finely for garnish  
2-3 tbsp oil  
2 onions chopped  
2 tsp garlic, finely crushed  
2 green chillies, sliced  
3 medium sized tomatoes, chopped  
2 tsp ground coriander  
1 1/2 tsp ground cumin  
1/2 tsp turmeric powder  
1/2 - 1tsp red chili powder or as per taste  
Salt To Taste  
1/2 tsp garam masala  
finely chopped coriander leaves

-

### How to make pindi chole:

•  
Soak Chole in water overnight or for about 6 hr.

•  
Cook the chole with salt and enough water in the cooker for about 20 minutes or till fully done.

Drain, reserving 1 cup of cooking liquid.

Finely chop the remaining ginger. Heat oil and sauté onions till golden, then add garlic and chopped ginger and green chilies. Sauté for 5 minutes.

Add tomatoes, coriander, cumin, turmeric and chili powder and sauté over low heat until the oil separates.

Add chole, the reserved cooking liquid, salt and half of the coriander leaves. Simmer, uncovered until the liquid has been absorbed.

Add a pinch of garam masala and serve pindi chana sprinkled with the remaining garam masala, coriander leaves and shredded ginger.

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## STUFFED BHINDI RECIPE

Ingredients for stuffed bhindi:

1 pound Okra (Bhindi), washed and dried

3 tbsp - oil

1 tsp cumin seeds (jeera)

1 medium sized onion, chopped

2 green chilies, seeded and chopped

3/4-inch ginger, finely chopped

A pinch of Asafetida powder

1 tomato chopped

**Stuffing :**

3 tsp coriander powder

2 tsp turmeric powder

2 tsp ground fennel (saunf)

2 tsp dried mango powder (amchur)

1/2tsp chili powder or to taste

Salt To Taste

Preparation of stuffed okra:



Cut the stalk of each okra and make lengthwise slit.

Combine stuffing ingredients and mix well. Stuff each okra with the mixture.

Sauté cumin with the little oil until it starts to crackle.

Add onions, green chillies and ginger. Sauté till onion turns transparent, then put in asafetida and cook for a few seconds.

Add tomato and cook until it turns pulpy.

Add the okra and cook for 5 minutes until tender and well coated with the sauce (masala).

Serve stuffed bhindi hot with chapati, [paratha](#) or [rice](#).

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## STUFFED CAPSICUM RECIPE

### Ingredients:

5-6 Capsicum (simlamirch)

2 boiled potatoes

2 tbsp boiled green peas

1 Onion finely chopped

1/4th tsp turmeric powder

Red chili powder to taste

1/4th tsp Garam masala

1/4th tsp Dry mango powder (amchur)

Salt To Taste

Oil/ghee for frying

### Preparation:

Wash the capsicum and boil them whole till they are tender (not too much), drain water and keep aside to cool.

Mash the boiled potatoes.

Now in a pan heat 2-tbsp oil/ghee and add chopped onion and fry till it turns golden brown.

Now add all spices, mashed potatoes and peas and fry for few moments.

With a sharp knife cut the stem of the capsicum and take out seeds from the top gently and add the stuffing in it.

Now take oil/ghee in a kadhai and fry the stuffed capsicums on all sides.

Garnish the bharawan capsicum with grated paneer, chopped coriander leaves and thinly sliced rings of tomato. Serve hot.

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## RAJMA RASMISA RECIPE

Ingredients:

rajma (kidney beans)- 200 gms  
cumin seeds - 1/2 tsp  
onions ( pyaj) (medium-sized and chopped ) - 3 nos.  
fresh tomato (tamatar) puree - 1 cup  
ginger (adrak) paste - 1 tblsp  
green chillies (chopped)- 3-4 nos.  
cumin seeds powder (jeera powder) - 1 tsp  
coriander powder (dhania powder) - 1/2 tsp  
red chilli (lal mirch) powder -1 tsp  
salt (namak) - to taste  
oil (tel) - 2 tblsp  
curd (dahi) - 1/4 cup  
green coriander leaves (dhania patta) (chopped)- 2 tblsp

How to make rajma rasmisa :

- Pick, wash and soak the rajma overnight.
- Boil the soaked rajma till well cooked.
- Heat oil, add cumin seeds.
- When it crackles, add chopped onions.
- Saute it till light golden brown in colour.
- Add ginger paste and garlic paste and sauté it.
- Add the tomato puree and sauté it.
- Now add the green chillies, cumin seeds powder, coriander powder, red chilli powder, curd and salt.
- Cook the masala for 5-6 minutes.
- Add the rajma, mix it well and add half a cup of water.
- Cook it for another 15- 20 minutes.
- Garnish with green coriander leaves.

[TOP](#)

# ALOO DAHI WALE RECIPE

## Ingredients:

500gm aloo (potatoes) boiled and peeled

1 tbsp ginger-finely sliced

a pinch asafoetida

1 tsp cumin seeds

1/2 tsp garam masala

2 tsp coriander powder

2 tsp salt

1/2 tsp chilli powder

1/2 tsp turmeric powder

1/2 cup yogurt (curd)

3-4 green chillies

2 tbsp clarified butter

1 tbsp coriander leaves-chopped

-

## Preparation:

•  
Break the aloo (potatoes), by holding each in the palm of your hand and closing the fist.  
Keep these unevenly broken potatoes aside until further use.

•  
Heat the ghee, add cumin and asafoetida. When the cumin splutters, add ginger and sauté till slightly fried.

•  
Lower the flame, add yogurt 1 tbsp at a time, stirring vigorously until all of it is well blended.

•  
Add garam masala, coriander, salt, turmeric and chilli powder. Stir a few times until well mixed, add potatoes and green chillies, turn around over high heat, until they look slightly fried.

•  
Add about 2 cups water, bring the mixture to a boil, and then simmer uncovered for about 15 minutes.

•  
Serve aloo dahi wale hot, garnished with coriander leaves.

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# DUM ALOO RECIPE

## Ingredients for dhum aloo:

900gms Aloo (Potatoes)

[3/4th cups water](#)

[Salt To Taste](#)

[Ghee or oil for deep-frying](#)

[1 cup ghee](#)

[1 large Onion \(finely chopped\)](#)

[4 tbsp tomato puree](#)

[140 ml curd](#)

[4 tbsp hot water](#)

[1 green pepper \(seeds removed and sliced\)](#)

[1tsp garam masala powder](#)

#### **[Spices](#)**

[4 cloves](#)

[4 bay leaves](#)

[6 black peppercorns](#)

[4 green cardamoms](#)

[1 brown cardamom](#)

[1piece cinnamon stick](#)

#### **[Paste](#)**

[1 large onion \(chopped\)](#)

[12 flakes garlic](#)

[2 tbsp ginger](#)

[6black peppercorns](#)

[1 tsp poppy seeds](#)

[1 tbsp coriander seeds](#)

[1 tsp cumin seeds](#)

[2 dry red chillies](#)

[1 tsp turmeric powder](#)

[A pinch of ground mace](#)

[A pinch of ground nutmeg](#)

-

[How to make kashmiri dum aloo:](#)

•  
[Scrape the aloo \(potatoes\), prick all over with a fork and soak in the water with little salt for 2 hours.](#)

•  
[Dry the potatoes on a cloth and heat the ghee or oil.](#)

•  
[Deep fry the potatoes until golden brown. Drain and set aside.](#)

•  
[Heat the measured ghee in a flameproof pan and fry onions with all the spices until golden.](#)

•  
[Grind the paste ingredients to a fairly smooth paste and stir into the onions.](#)

[Cook for 10 minutes. Stir in the tomato puree, curd and salt.](#)

[Add the aloo \(potatoes\) and hot water and stir over a low heat for 5 minutes.](#)

[Sprinkle the dum aloo with pepper and garam masala and cook for few minutes.](#)

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## RECIPE FOR ALOO GOBI

[Ingredients for aloo gobi masala :](#)

[450gms Potatoes](#)

[450gms Gobi \(Cauliflower florets\)](#)

[2 tbsp Oil](#)

[1 tsp Cumin seeds](#)

[1 no. Chopped green chillies](#)

[1 tsp Coriander paste](#)

[1 tsp Cumin paste](#)

[1/4 tsp Chilli powder](#)

[1/2 tsp Turmeric paste](#)

[1 tsp Chopped coriander leaves](#)

[Salt To Taste](#)

-

[How to make aloo ghobi :](#)

[Par boil the potatoes in a large saucepan of boiling water for 10 minutes. Drain well and set aside.](#)

[Heat the oil in a large frying pan and fry the cumin seeds for about 2 minutes, until they begin to splutter. Add the green chilli and fry for a further 1 minute.](#)

[Add the cauliflower florets and fry, stirring, for 5 minutes. Add the potatoes, the ground spices and salt and cook for 7-10 minutes, until the vegetable are tender.](#)

[Garnish the aloo gobi with coriander and serve with tomato and onion salad and pickle.](#)

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## ALOO SABZI RECIPE

[Ingredients for potato curry recipe:](#)

[250gms Aloo \(Potatoes\)](#)

[2 tbsp Oil](#)

[1/4 tbsp Turmeric powder](#)  
[2 nos. Green chillies](#)  
[4-5 nos. Curry leaves](#)  
[1/2 tsp Mustard seeds](#)  
[Salt To Taste](#)

-

[How to make aloo subzi:](#)

•  
[Boil, peel and cube the potatoes. Heat oil in a pan, add the mustard seeds, slit green chillies, curry leaves, fry till the seeds start spluttering, add salt and turmeric powder and cubed aloo \(potatoes\), add little water so that the aloo \(potatoes\) absorb the masala and simmer for 4-5 minutes till well blended. Serve the aloo sabzi hot with roti or \[paratha\]\(#\).](#)

•  
[For a different taste in aloo sabzi , you can substitute mustard seeds with cumin seeds.](#)

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## ALOO BADIYAN RASEDAAR RECIPE

[Ingredients:](#)

[500 gm aloo \(potatoes\) - peeled, boiled](#)  
[5-6 badiyan](#)  
[2 tbsp oil](#)  
[1 tsp cumin seeds](#)  
[1 tbsp salt](#)  
[1/2 tsp turmeric powder](#)  
[1/4 cup yogurt-beaten smooth](#)  
[2 1/2 cups water](#)  
[1 tbsp coriander leaves](#)

-

[How to make aloo badiyan rasedaar :](#)

•  
[Break the potatoes, by holding them in your palm and closing your fists.](#)

•  
[Heat oil and add the badis in very briefly-just put them in, quickly turn them over and remove from oil, keep aside. They should barely get darkened.](#)

•  
[In the same oil, add cumin, when it splutters, add the potatoes and fry over high flame but just slightly. Add salt, turmeric and badis.](#)

Stir-fry till mixed well. Add enough water to cover the potatoes and badis, bring to a boil and simmer, till the badis get soft, but hold their shape.

Add the yogurt and mix well and serve the aloo badi curry immediately garnished with coriander leaves.

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## ALOO TOOK RECIPE

### Ingredients:

500 gm aloo (potatoes) -peeled and cut into rounds

Oil for deep frying

1 tsp salt

1 1/2 tsp red chillies-coarsely pounded

1/4 tsp black pepper

1 tsp dried mango powder

-

### How to make aloo tuk:

Heat oil in a kadahi to a point when a piece of potato put in, comes up at once. Put in the potato rounds, lower flame to medium and fry to a creamish colour, with the edges a little darker.

Remove from kadahi, drain excess oil. Put aside to cool a little.

Once cool, flatten by pressing between palms.

Just before serving, reheat oil and re-fry aloo (potatoes) to a golden brown, over high flame to make them crisp on the outside and fully cooked inside.

Drain excess oil on absorbent paper. Mix in salt, red and black pepper, dried mango powder and coriander and serve hot aloo took.

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## ALOO BAIGAN RECIPE

### Ingredients: of bagara baigan:

1/2" piece of ginger root

[2 Minced green chilies](#)  
[1/4 cup Shredded unsweetened coconut](#)  
[1/2 tsp Garam masala](#)  
[4 tbsp Ghee](#)  
[1 tsp Black mustard seeds](#)  
[1/2 tbsp Whole cumin seeds](#)  
[1/8 tsp Asafetida](#)  
[6 md Potatoes, boiled & cubed](#)  
[1 tsp Turmeric](#)  
[1 tbsp Coriander](#)  
[1 sm Eggplant in 1" cubes](#)  
[1 tsp Salt](#)  
[3 tbsp Fresh coriander, chopped](#)  
[1 tbsp Lemon juice](#)

-

[Preparation of aloo baingan:](#)

•  
[Combine ginger, green chilies & coconut in blender with 1/3 cup of water till smooth.](#)  
[Add garam masala & pulse for a few seconds. Set aside.](#)

•  
[Heat ghee. Whe hot, add mustard & cumin seeds & fry for a few seconds. Stir in the asafetida & almost immediately put in the potatoes. Stir fry for 5 minutes Then pour in the mixture from the blender. Add the turmeric, coriander, eggplant, salt & half the fresh coriander. Mix very gently so as not to break the vegetables.](#)

•  
[Reduce heat & fry very gently until the liquid has evaporated. In the aloo baigan mix lemon juice & remaining coriander greens & serve.](#)

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## ALOO PALAK RECIPE

[Ingredients for palak aloo sabzi :](#)

[2lb Spinach \(chopped\)](#)  
[1lb potatoes \(quartered\)](#)  
[2 green chilies](#)  
[1 tbsp melted butter](#)  
[A pinch of asafoetida](#)  
[1 tsp white cumin seeds](#)  
[Salt To Taste](#)  
**[Garnish :](#)**  
[Tomato slices](#)  
[Lemon wedges](#)



-

### [How to make palak aloo recipe:](#)

•  
[Heat the butter in a sauce-pan and fry the asafoetida and cumin seeds and fry for 2 minutes.](#)

•  
[Add the spinach, potatoes, salt and chillies.](#)

•  
[Cover and cook over a moderate heat for about 10 minutes.](#)

•  
[Stir several times and then arrange the tomato and lemon slices over the mixture.](#)

•  
[Cover, lowering the heat and cook for another 5 minutes.](#)

•  
[Serve the aloo palak hot as a side dish.](#)

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## COCONUT RICE RECIPE

This is a South Indian recipe for coconut rice. Fried coconut and cashewnuts are added to boiled rice and garnished with ghee and coriander leaves.

Ingredients:

400 gms biryani rice  
120 gms coconut  
40 ml ghee  
25 gms black gram dhal  
25 gms broken pieces of nuts  
6 gms dry chillies  
2 gms curry leaves  
2.5 gms asafoetida powder  
20 gms (minced) coriander leaves  
Salt to taste

How to make coconut rice:

- . Boil rice and keep aside.
- . Fry coconut evenly to a golden colour on a slow fire.
- . Heat 3 dessertspoon of ghee. Fry the cashewnuts and remove.
- . Fry the broken pieces of dry chillies, black gram dhal, and curry leaves well.
- . Mix rice, coconut, nuts, 1 teaspoon of ghee and salt.
- . Serve hot garnished with coriander leaves.

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# CURD RICE RECIPE

## Ingredients:

1 Cup Boiled Rice  
2 cups of plain yogurt (Curd)  
2 Tbsp Oil  
1/4 cup milk  
Finely chopped coriander leaves  
1-2 green chillies  
1 tsp. chana daal  
1 tsp. urad daal  
1 tsp. mustard seeds  
1 1/2 tsp. finely chopped ginger  
2 Tbsp desiccated coconut  
1/2 tsp. salt

## How to make curd rice:

- In a saucepan heat 2 tablespoonful of oil.
- Add mustard seeds to the oil.
- When the mustard seeds start popping add chana and urad daal.
- After a minute, add in the ginger, coriander and green chillies.
- Sauté them for a minute.
- Take the pan off the gas. Add in the rice.
- Mix the salt and desiccated coconut.
- Just before serving, mix all the ingredients with yogurt (curd) and milk. Curd rice is ready to be served.

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# HYDERABADI BIRYANI RECIPE

## Ingredients:

350 gms Basmati Rice  
200 gms Potatoes  
200 gms Carrots  
100 gms Onions  
4 Green Chillies  
30 gms Ginger  
20 gms Garlic  
1/2 tsp Turmeric Powder

1 tsp Red Chili Powder  
1 cup Curd  
1 tsp Saffron  
2 tbsp Milk  
1/3 cup Mint ( Pudina leaves )  
1/3 cup Coriander Leaves  
4 tsp Rose Water  
50 gms Cashewnuts  
50 gms Almonds  
25 gms Raisins  
120 gms Ghee  
Salt To taste

How to make hyderabad biryani :

- Wash and soak the basmati rice for half an hour. Drain the water. Put the rice, some more water and add half the whole garam masala and salt in a pan.
- Bring the rice to a boil and cook until the rice is done. Drain and keep aside.
- Dice the peeled potatoes and carrots and wash them. Slice the onions and green chillies.
- Peel ginger and garlic and chop finely. Chop the coriander and mint leaves.
- Soak the almonds in water for half an hour and keep aside.
- Beat the curd in a bowl and divide into two equal portions.
- Dissolve saffron in warm milk and add it to one portion of the curd mixture.
- Heat ghee, add the remaining garam masala and sauté over medium heat until it begins to crackle.
- Add onions until golden brown. Then add green chillies, ginger, garlic and stir for a minute.
- Add turmeric and chili powder, saute for half a minute add the chopped vegetables and stir for a minute.
- Add the portion of plain curd, stir, add 2/3 cup water, and bring to a boil, then simmer until the vegetables are cooked.
- Add the dry fruits and nuts when the vegetables are done.
- In the handi with the cooked vegetables, sprinkle little saffron curd, mint and coriander.
- Then spread half the rice and again sprinkle the remaining saffron-curd, mint and coriander and top it with the remaining rice.
- Place a moist cloth on top, cover the lid tightly so that it gets sealed.
- Put the handi on dum in a pre-heated oven for 15-20 minutes.
- Serve the hyderabadi biryani hot with mint chutney and other vegetables.

[TOP](#)

## LEMON RICE RECIPE

Ingredients:

2 cups boiled Rice  
1/3rd cup Lemon Rice  
6Tbsp Oil  
1/2tsp Black Mustard seeds

Few curry leaves  
3-4 green chillies  
Salt to taste  
1/4th tsp. turmeric powder  
1/4th cup peanuts

How to make lemon rice:

- . Heat oil in a pan and add mustard seeds, allow to splutter.
- . Add turmeric powder and peanuts, fry till brown.
- . Now add green chillies, curry leaves, salt and fry for 2 minutes.
- . Take it off from the flame and add lemon juice and mix well.
- . Now add this to the boiled rice and mix well. Lemon rice is ready to be served.

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[TOP](#)

## SAMBHAR RICE RECIPE

Learn how to make sambhar dal and rice easily and quickly.

Ingredients:

1 cup rice  
1 cup toor dhal (soak the dhal for 3-4 hours in hot water)  
1/4 tsp turmeric powder  
1/2 tsp. coriander powder  
1/2 tsp chilly powder  
2 tsp sambar powder  
salt to taste  
1 tsp tamarind paste  
ghee for frying  
1/2 tsp mustard seeds  
a few curry leaves  
a pinch of asafoetida  
2 cashews (optional)  
few chopped shallots (sambar onions)  
a few chopped coriander leaves

How to make sambhar rice:

- . Wash rice and dhal, drain away all the water, to the rice/dhal mixture add the turmeric powder, coriander powder, chilly powder, sambar powder and salt.
- . Add 4 cups of water to tamarind paste mix and pour into the dhal/rice mixture.
- . Cook in pressure cooker for 10 to 12 minutes.
- . Add ghee in the pan and fry the shallots (sambar onions), as it's getting brown add

- the mustard seeds, cashewnuts, curry leaves.
- Add this seasoning to the Sambar Bath.
- Sprinkle with chopped Corriander Leaves.
- Serve hot.

• [TOP](#)

## TAMARIND RICE RECIPE

Tamarind is a popular rice recipe of the south India. Tamarind or imli as it known otherwise kes this dish tangy.

Ingredients:

2 cups basmathi rice  
1/2 cup tamarind juice  
salt to taste  
1/2 tsp turmeric powder  
1/2 tsp jaggery powder  
1 tsp fenugreek  
a pinch of asafoetida  
1 tsp mustard  
1 tsp channa dhal  
6 red chilly  
100 gms sesame oil(as needed)  
a bunch of curry leaves  
1 tsp peanuts

How to make tamarind rice:

- Pressure Cook the rice and spread on a plate. keep aside.
- Heat the non-stick skillet add fenugreek and asafoetida dry fry (without oil) for a minute.
- Grind this into a fine powder. Set aside.
- To the tamarind juice add salt, turmeric powder, jaggery, ground powder of fenugreek and asafoetida.
- Fry mustard, red chillies, channa dhal, peanuts and curry leaves in sesame oil.
- Pour into the tamarind juice mixture.
- Boil tamarind juice till it reaches thick gravy form and until oil comes out with good flavour.
- Add cooked tamarind gravy to the rice.
- Pour in 1 tsp. of oil, if needed. Mix well and serve.

[TOP](#)

## MASALA DOSA RECIPE

[Ingredients:](#)

[Dosa shell:](#)

[1 1/2 cups rice](#)

[1/2 cup urad dal](#)

salt to taste

Oil

**Masala Filling:**

2 large potatoes

1 medium onion (chopped)

1/2 teaspoon yellow split peas

1/2 teaspoon mustard seed

1/2 teaspoon turmeric

1-2 green chili

1 tablespoon oil

salt to taste

-

Preparation:

Dosa shell

•

Separately soak rice and urad dal at least 6 hour or overnight in water.

•

Grind to paste.

•

Mix together, add salt with water to make batter.

•

Leave in room temperature overnight.

•

Mix onion and chilies to the thin batter.

•

Heat pan or griddle with little ghee or oil.

•

Spread the mix on pan in circular motion to make thin Dosa.

•

Cook on both the sides, if desired.

-

Masala Filling (Spicy Filling):

•

Heat oil. Add mustard seed, peas, onions and spice.

•

Fry for about 5 minutes on medium heat or/until onions are turned into golden brown

•

Add potatoes and mix and cook some more Serve

•

Add filling inside Dosa and roll. Serve hot with Chutney.



## IDLI RECIPE

### Ingredients:

2 cups Rice  
1 cup Urad Daal (white)  
1 1/2 tblsp Salt  
A pinch of Baking Soda  
Oil for greasing

### How to make idli sambhar:

- Pick, wash and soak the daal overnight or for 8 hours.
- Pick, wash and drain the rice. Grind it coarsely in a blender.
- Grind the daal into a smooth and forthy paste.
- Now mix the grinded rice and daal together into a batter.
- Mix salt and set aside in a warm place for 8-9 hours or overnight for fermenting.
- Idlis are ready to be cooked when the batter is well fermented.
- Grease the idle holder or pan well and fill each of thm with 3/4th full of batter.
- Steam cook idlis on medium flame for about 10 minutes or until done.
- Use a butter knife to remove the idlis.
- Serve them with [sambhar](#) or [chutney](#).

[TOP](#)

## VADA RECIPE

### Ingredients:

1/2 cup Urad Daal  
1/2 cup Moong Daal  
1 Onion finely chopped  
1 tsp Ginger  
1-2 Green Chillies finely chopped  
Salt to taste  
1/4 tsp Baking Soda

### How to make vada sambhar :

- Pick, wash and soak daals for 3-4 hours.
- Grind them coarsely in a blender.
- Now add onions, ginger, green chillies salt and baking powder and mix well and set aside for 5 minutes.

- Heat oil in a pan or kadhai and deep fry a spoonful of batter till golden
- Serve with chutney as a breakfast or sambhar or rasam as a meal.

[TOP](#)

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## VERMICELLI UPMA RECIPE

Ingredients:

2 cups Vermicelli  
1 tsp Chana dal  
1 tsp Urad dal  
1/4 tsp Mustard seeds  
2 tsp Cashewnuts  
2 tsp Peanuts  
1 Onions  
2 Green chillies  
1/2 inch Ginger  
1 Potatoes  
1/4 cup Peas  
1 Carrots  
1 Tomatoes  
4 1/2 cups Water  
3 tblsp Oil  
2 tblsp Ghee  
3 sprig Curry Leaves  
Salt to taste

How to make vermicelli upma :

- Chop the onions, chillies, ginger, tomatoes , potatoes, carrots into small pieces and keep aside.
- Heat oil and add chana dal, urad dal, mustard seeds and curry leaves. When they start to crackle , add peanuts and cashewnuts. Fry till they turn golden brown.
- Add potatoes, carrots and fry for 4-5 minutes.
- Then add chillies, ginger , onions, peas and tomatoes.
- Cook until they are done.
- After that add salt and 4 1/2 cups of water, cover with a lid and let it boil .
- When the water comes to boil add vermicelli and simultaneously stir ( so that no lumps will be formed).
- Cover the upma with a lid for 5-6 minutes and then add 2tblsp of ghee and stir well.
- Serve hot with coconut chutney.

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[TOP](#)

## KAIKARI BIRYANI RECIPE

## Ingredients:

2 cups rice (chawal) (chawal) 2 onions ( pyaj) 1 tomatoes (tamatar) 1 carrot (gajar)

10 french beans (flas beans) 1/4 cup green peas (matar) (shelled)

2 potatoes

1 (medium sized) cauliflower (phool gobi)

1 capsicum (shimla mirch)

1 lemon

1/4 cup coriander leaves (dhania patta)

1/4 cup mint (pudina) leaves (pudina leaves)

4 green chillies

10-12 curry leaves (kari patta)

10 tblsp groundnut (moong fali) oil (tel)

salt (namak) to taste

### **for masala paste**

1/4 cup coconut (narial) (scraped)

10-12 cloves garlic (lasan)

1 inch ginger (adrak)

4 red chillies whole

2 tblsp coriander seeds

1 tsp cumin seeds

1 tblsp poppy seeds (khuskhus)

2 tblsp fennel (saunf) seeds (saunf)

garam masala powder

1/2 inch cinnamon (tuj/dalchini)

2 cloves (lavang)

2 green cardamoms

2 blades mace (javitri)

1 tsp peppercorns

1/4 tsp nutmeg (jaiphal) powder

## How to make kaikari biryani:

•  
Clean, wash and soak rice for about 30-45 minutes. Peel and chop the onions. Wash and chop the tomatoes.

•  
Wash and dice all the vegetables into equal sized pieces. Squeeze lemon, strain and keep juice aside.

•  
Heat 4 tablespoons oil and fry the masala ingredients till light brown. Cool and grind to a smooth paste with little water.

•  
Dry roast the ingredients for the garam masala powder for 2-3 minutes and pound it into a coarse powder. Wash and chop the coriander leaves and mint leaves. Wash and slit

[the green chillies and keep aside.](#)

[Heat the remaining oil and fry the onions till golden brown. Wash and add the curry leaves, green chillies and masala paste. Fry till oil separates. Add the chopped tomatoes and cook on high heat till the moisture evaporates.](#)

[Add the vegetables and stir. Cook for a couple of minutes on high heat, drain the rice well and add the vegetable mixture. Add salt to taste.](#)

[Add double the quantity or enough hot water as per the quality of the rice.](#)

[Bring to boil and reduce to medium heat. Cover and cook, stirring once in a while till almost done.](#)

[Sprinkle the chopped mint and coriander leaves, garam masala powder, sprinkle the lemon juice, stir well, cover with a tight lid.](#)

[Keep on hot charcoal for about 10 minutes.](#)

[Open when ready to serve.](#)

[TOP](#)

## MURUKKU RECIPE

### [Ingredients:](#)

[2 cups rice \(chawal\)](#)

[1/4 cup black gram split \(urad dal\)](#)

[1 tsp cumin seeds](#)

[1/4 tsp asafoetida](#)

[salt \(namak\) to taste](#)

[1/4 cup white butter](#)

[coconut \(narial\) oil for frying](#)

-

### [How to make murukku:](#)

[Dry roast the rice in a warm frying pan without letting the color change. Wash and soak for about half an hour, drain and spread on a cotton cloth to absorb the excess moisture. Grind to a fine powder.](#)

[Broil the urad dal to light brown colour, cool and grind into a smooth powder.](#)

[Sieve both the flours together through a fine sieve.](#)

[Dissolve asafoetida and salt in one fourth cup water and add the cumin seeds, make a](#)

firm dough with the sieved flour. Rub in the butter and knead with light hands to fully incorporate the butter.

To make the murukkus, grease your fingers and take a little dough. Roll them between your palm to a tubular form. Form this roll into circles, while twisting them along. Make two circles next to each other. Press the ends into the circle to secure. Make two batches at a time, cover with a wet cloth to prevent them from drying.

Heat oil and fry them in batches. Take them on a plate and gently slide them into the oil and fry on both sides till it becomes light golden brown and crisp.

Drain and let it cool before serving them. Store in a dry air-tight container.

[TOP](#)

## ONION ADAI RECIPE

### Ingredients:

2 cups Parboiled Rice (ukda Rice)  
1/4 cup Red Gram Split (masoor Dal)  
1/4 cup Bengal Gram Split (chana Dal)  
1/4 cup Pigeon Pea Split (arhar Dal)  
1/2 cup Black Gram Split (urad Dal)  
4 Green Chillies  
1 inch Ginger  
1/4 cup Coriander Leaves (chopped)  
10-12 Curry Leaves  
8 Red Chillies Whole  
Salt to taste  
1/4 tsp Asafoetida  
1 Onion  
1/4 cup Coconut (scraped)  
Refined Oil to fry

-

### How to make onion adai:

Wash and soak the rice and the dals for about 4 hours.

Wash and grind the green chillies, ginger, coriander leaves, curry leaves with red chillies and salt to a coarse paste.

Peel and chop the onion finely and keep aside.

Drain and grind the rice and dal to a coarse batter. Rest the batter for about an hour.

Mix the paste, asafoetida, onion and coconut to this batter and mix well. Check for salt and keep aside.

Heat a heavy dosa griddle, smear oil and spread one ladle full of this batter to a thick circular shape. Make a few holes in the center. Pour oil on the sides and in the center, cover and cook over low heat.

Turn over and pour the oil and let it cook till it is crisp all around and golden brown in color.

You can make about 8-10 adais. Serve hot with the chutney of your choice.

[TOP](#)

## RAVA DOSAI RECIPE

### Ingredients:

2 cups semolina (sooji, rava)

1/2 cup rice (chawal) flour

1/2 cup buttermilk

1/4 tsp asafoetida

salt (namak) to taste

1 inch ginger (adrak)

4 green chillies

10-12 curry leaves (kari patta)

1/4 cup coconut (narial) (scraped)

12 cashewnuts

2 tblsp peppercorns

1 tsp cumin seeds

2 tblsp vegetable fat (ghee)

refined oil (tel) to fry

-

### How to make rava dosai:

Blend rava, rice flour and buttermilk to make a thin batter, add asafoetida and required salt. Stand the batter for at least 6 hours.

Wash and finely chop the ginger, green chillies and curry leaves. Chop the coconut and cashew nut into very small bits.

Crush the peppercorns and cumin seeds. Heat the ghee and roast peppercorn and cumin seeds in it and add to the batter.

Mix the chopped greens, coconut and cashew into the batter. Stir well.

Grease a non-stick tawa, smear little oil. Pour a ladle full of the batter and spread by swirling the tava.

Pour a tablespoon oil around and on the dosa.

Cook till it is crisp and golden in color. Remove and serve hot.

[TOP](#)

## BAGALA BAATH RECIPE

### Ingredients:

2 cups rice (chawal)

1 cup yogurt

1/2 cup milk

1/4 cup fresh cream (malai)

1 cucumber (kheera)

1 carrot (gajar)

1 raw mango (aam)

1/4 cup green grapes (angoor) (seedless)

1 tsp mustard seeds (raai)

1 red chillies whole

4 green chillies

1" ginger (adrak)

1/4 tsp asafoetida (hing)

1 sprig curry leaves (kari patta)

2 tblsp gingelly oil (tel)

salt (namak) to taste

### How to make bagala baath:

Clean, wash and boil rice and slightly overcook it. Drain well and cool. When it reaches room temperature, mix in the milk, asafoetida and salt to taste.

Wash and chop green chillies and ginger finely. Peel and deseed cucumber. Grate, mix in a little salt and keep aside.

Peel and grate the carrot and mango and keep separately. Slice the grapes into two and keep.

Heat oil in a small pan and temper with mustard seeds, asafoetida, red chilli and curry leaves. Add the ginger and green chillies, stir well and add to the prepared rice.

Add the yogurt, cream and the grapes. Mix well and chill in the refrigerator.

Squeeze out excess water from the cucumber. Garnish the rice with the grated cucumber, carrot and mango and serve.

[TOP](#)

## WHITE PUMPKIN KOOTU RECIPE

### Ingredients:

750 gms white pumpkin (kadhu) 1/4 tsp turmeric (haldi) powder salt (namak) to taste  
**for masala** 1/2 cup coconut (narial) (scraped) 1 tblsp cumin seeds 4 green chillies 1  
tsp peppercorns 1 1/2 tsps. rice (chawal) (chawal) **for tempering** 1 tsp mustard seeds  
(raai) 2 red chillies whole 1 tsp black gram split (urad dal) 10-12 curry leaves (kari patta)  
2 tblsp sesame seeds (til) 1/4 tsp asafoetida (hing)

-

### How to make white pumpkin kootu:

Peel, deseed and cut the pumpkin into small cubes.

Grind the masala ingredients to a smooth paste.

Cook the pumpkin in 2 cups water, salt and turmeric powder.

When half done, add the masala and simmer till it thickens. Stir frequently.

Heat oil and temper with the above ingredients.

[TOP](#)

## MIXED VEGETABLES IN COCONUT MILK RECIPE

### Ingredients:

2 medium potatoes  
12-15 broad beans (kali seim ki phalli)  
1/2 cup green peas (matar) (shelled)  
1/4 flower cauliflower (phool gobi)  
2 medium carrot (gajar)



[100 gms red pumpkin \(kadhu\)](#)  
[1 1/2 cups coconut \(narial\) \(scraped\)](#)  
[2 tblsp tamarind \(imli\) pulp](#)  
[3 tblsp groundnut \(moong fali\) oil \(tel\)](#)  
[4 red chillies whole](#)  
[1 tsp cumin seeds](#)  
[1 tblsp coriander seeds](#)  
[8-10 cloves garlic \(lasan\)](#)  
[1 tsp turmeric \(haldi\) powder](#)  
[salt \(namak\) to taste](#)  
[1 tsp mustard seeds \(raai\)](#)  
[1 tsp black gram split \(urad dal\)](#)  
[8-10 curry leaves \(kari patta\)](#)

-

[How to make mixed vegetables in coconut milk:](#)

•  
[Peel and dice the potatoes into 1 inch cubes. String the beans and halve them, cut them into one inch pieces. Shell the peas. Wash cauliflower and separate the cauliflower florets. Peel and dice the carrots into 1 inch cubes. Peel and dice the pumpkin into 1 inch cubes.](#)

•  
[Add warm water to one cup of scraped coconut and extract thick and thin milk. Keep aside. Dissolve tamarind pulp in half cup of water.](#)

•  
[Heat a little oil and sautÃ© 2 whole red chillies, cumin, coriander, garlic and the remaining half cup of scraped coconut till a nice aroma is given out. Grind into a fine paste.](#)

•  
[Boil the vegetables in the thin coconut milk with turmeric powder, tamarind extract and salt till three-fourth done. Add the ground masala and cook for 10 minutes.](#)

•  
[Heat a little oil separately and add the remaining red chillies broken into two, mustard seeds and urad dal. Add curry leaves and add this to the vegetables.](#)

•  
[Continue cooking the vegetables till done. Then add the thick coconut milk and simmer for two to three minutes. Serve hot with boiled rice.](#)

[ok](#)

[TOP](#)

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## MANGO PESAREL RECIPE

[Ingredients:](#)

[2 raw mangoes](#)  
[4 green chillies](#)  
[4 tblsp gingelly oil \(tel\)](#)  
[1/2 tsp mustard seeds \(raai\)](#)  
[1 tsp red chilli \(lal mirch\) powder](#)  
[1/4 tsp asafoetida](#)  
[1/2 tsp salt \(namak\)](#)

-

[How to make mango pesarel:](#)

•  
[Wash, wipe and cut the mangoes with skin into very tiny pieces.](#)

•  
[Wash and slit the green chillies and keep aside.](#)

•  
[Heat the oil, temper with mustard seeds, add asafoetida, salt and red chilli powder.](#)

•  
[Stir and add the green chillies and mangoes, toss well and cook for about two to three minutes.](#)

•  
[Remove and cool. It is ready to serve and can be kept for 6-7 days at refrigerated temperature.](#)

[TOP](#)

## CUCUMBER PACHADI RECIPE

[Ingredients:](#)

[2 small sized cucumber \(kheera\)](#)  
[1/2 inch ginger \(adrak\)](#)  
[2-3 green chillies](#)  
[2 tblsp coconut \(narial\) \(scraped, optional\)](#)  
[1 1/2 cups yogurt](#)  
[1 tsp oil \(tel\)](#)  
[1/2 tsp mustard seeds \(raai\)](#)  
[5-6 curry leaves \(kari patta\)](#)  
[2 red chillies whole](#)  
[salt \(namak\) to taste](#)

-

[How to make cucumber pachadi:](#)

•  
Wash and scrub cucumbers thoroughly and then grate with the skin.

•  
Pour yogurt (made of skimmed milk) into a clean muslin cloth and hang it for half an hour, preferably in a cool place.

•  
Peel, wash and finely chop ginger. Wash green chillies, remove stem and finely chop.

•  
Grind together scraped coconut, green chillies and ginger to a fine paste.

•  
Mix together the grated cucumber, ground coconut masala and yogurt. Add salt to taste.

•  
Heat oil in a small pan, add mustard seeds. When they start to crackle, add curry leaves, whole red chillies broken into two, stir for a moment.

•  
Pour it on to the yogurt mixture. Stir it thoroughly.

•  
Serve chilled.

[TOP](#)

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## VEGETABLE RAVA UPPUMA RECIPE

### Ingredients:

2 cups semolina (sooji, rava)

1 carrot (gajar)

1/4 cup french beans (flas beans)

1 small cauliflower (phool gobi)

1 capsicum (shimla mirch)

1 onion (pyaj)

1 inch ginger (adrak)

4 green chillies

1 lemon

6 tblsp oil (tel)

1/2 tsp mustard seeds (raai)

4 red chillies whole

2 tsp black gram split (urad dal)

10-12 curry leaves (kari patta)

1/4 cup green peas (matar) (shelled)

1/4 tsp asafoetida

salt (namak) to taste

-

How to make vegetable rava uppuma:

Roast the rava in a dry kadai without the color changing, remove and cool.

Wash, peel and cut the vegetables to small dices of equal size.

Peel and chop onion and ginger fine. Wash and slit the green chillies and squeeze the lemon, strain and keep juice.

Boil water, add little salt and cook carrot, beans and cauliflower for 10 minutes, drain and reserve.

Heat oil, temper with mustard seeds, red chillies, urad dal and curry leaves. Add the green chillies and stir.

Add the onion, ginger and cook for a few minutes. Add the capsicum and green peas and sautÃ© for about 5 minutes. Add the cooked vegetables, sprinkle asafoetida and salt to taste.

Pour 4 cups water and bring to boil.

When the water starts boiling, add the rava in a flow, stirring continuously to prevent lumps from forming.

Cook for a few more minutes stirring all the while.

Remove, drizzle lemon juice and serve hot.

[TOP](#)

## OLAN RECIPE

### Ingredients:

1 cup red pumpkin  
1 cup white pumpkin  
6 green chillies  
salt (namak) to taste  
2 tblsp coconut (narial) oil (tel)  
10-12 curry leaves (kari patta)

-

How to make olan:

•  
Wash and slit the green chillies and keep aside. Cut Pumpkin into cubes.

•  
Boil the vegetables in 1 cup water with salt and slit green chilies. Stir frequently till the vegetables are soft and completely cooked.

•  
Mash the vegetables lightly with a ladle, pour the raw coconut oil, mix and add the curry leaves.

•  
Adjust salt to taste and serve.

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[TOP](#)

## PARUPPU USILI WITH GREEN BEANS RECIPE

Ingredients:

250 gms. french beans (flas beans)

1/2 tsp turmeric (haldi) powder

2 green chillies

1/2 tsp mustard seeds (raai)

1 tsp black gram split (urad dal)

2 red chillies whole

8-10 curry leaves (kari patta)

4-5 tblsp gingelly oil (tel)

salt (namak) to taste

**for dal paste**

1/4 cup bengal gram (chana) split

2 tblsp black gram split (urad dal)

1/4 cup pigeon pea split (arhar dal)

2 tblsp green gram split (moong dal)

6 red chillies whole

1/4 tsp asafoetida

salt (namak) to taste

-

How to make paruppu usili with green beans:

•  
Wash, string and cut French beans into half centimeter sized dices. Cook beans in salted boiling water for two to three minutes. Drain well and reserve. Wash, remove stems and finely chop green chillies.

•  
Soak all the dals for about twenty minutes. Drain and grind to a thick paste with dry red chillies, salt and asafoetida powder. Add water if required.

•  
Apply a little oil on a piece of banana leaf according to the size of the steamer or the pressure cooker. Spread dal paste evenly on it and steam in a cooker for fifteen minutes or till cooked. Insert a toothpick or needle into the dal mixture and if it comes out clean then it is cooked.

•  
Turn out cooked dal on a large plate and cool. Crumble cooked dal to a coarse powder with your palm and fingers. If dal is quite dry and solid, then you can blend it briefly in a food processor to crumble.

•  
Heat oil in a shallow pan, temper with mustard seeds, red chillies, urad dal and curry leaves.

•  
Stir-fry briefly and add chopped green chillies.

•  
Add the cooked beans and crumbled dal mixture. Toss on high heat for a two to three minutes. Reduce heat and cook, stirring frequently for five to six minutes or till the beans and dal start sizzling.

•  
Adjust seasoning and serve hot.

[TOP](#)

## NEER MORE RECIPE

### Ingredients:

2 cups yogurt

1 1/2 tblsp lemon juice

4 green chillies

1 inch ginger (adrak)

1/4 cup coriander leaves (dhania patta)

10-12 curry leaves (kari patta)

1 tsp cumin seeds

1/4 tsp asafoetida

salt (namak) to taste

-

### How to make neer more:

- Churn the yogurt. Add about 1/4 litre chilled water. Churn briefly.

- Wash green chillies and fresh coriander leaves, wash and peel ginger. Chop all the three ingredients finely.

- Pound curry leaves with required quantity of salt.

- Dry roast the cumin seeds and crush into a fine powder.

- Add the prepared ingredients to churned yogurt. Mix in asafoetida powder. Adjust salt and refrigerate for about 1/2 hour.

- Strain and serve in tall glass tumblers with some crushed ice.

[TOP](#)

## JACKFRUIT PUZHUKKU RECIPE

### Ingredients:

12-16 raw jackfruit (kathal)  
1 cup coconut (narial) (scraped)  
1 tsp rice (chawal)  
1/2 cup green gram split (moong dal)  
1/2 tsp red chilli (lal mirch) powder  
4 red chillies whole  
salt (namak) to taste  
2 tblsp coconut (narial) oil (tel)

-

### How to make jackfruit puzhukku:

- Take raw jackfruit cut into 12-16 segments. Choose large jackfruit segments, which are not fully ripe. De-seed and cut into two or three pieces.

- Soak half the coconut with rice and grind lightly.

- Broil the dal in a kadhai for a couple of minutes, cool, wash and boil in two cups water till soft and completely cooked.

- Add the jackfruit sections and continue cooking.

[Add chilli powder, red chillies broken into two and salt. Stir well.](#)

[Add the scraped coconut and the coconut paste to the vegetable. Simmer till it thickens.](#)

[Drizzle the coconut oil on this, remove and serve immediately.](#)

[TOP](#)

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## SAMBAR RECIPE

The preferred dish in South India cuisine consisting of dal and vegetables such as, brinjal, drum-stick, bitter gourd (pavakkai), ladies finger etc

### [Ingredients:](#)

[2 cup Sambhar \(Tuvar\) Dal](#)  
[1/4 kg Vegetables\( Drumstick,Green Pepper,Eggplant,Okra\)](#)  
[1/4 tsp Fenugreek seeds](#)  
[3 Red chillies](#)  
[3 Green chillies](#)  
[1 tsp Sambhar powder](#)  
[Curry leaves](#)  
[a pinch Hing](#)  
[1 tsp Salt](#)  
[2 tsp Mustard](#)  
[1/4 tsp Tamarind paste](#)  
[4 tbsp Cooking oil](#)

### [How to make sambar:](#)

[Wash and dice all the vegetables.](#)

[Boil water and cook the dal with turmeric and salt.](#)

[Separate the cooked dal and water, and keep them aside.](#)

[In thuvar dal water cook the vegetables..](#)

[After the veggies are cooked, add tamarind paste.](#)



[Now add the cooked thuvar dal and simmer for a few more minutes](#)

[Heat some oil in a pan, splutter mustard, then add methi, red chillies, green chillies, curry leaves, hing, turmeric, and sambhar powder and keep frying for a few minutes.](#)

[Season the sambhar with the above prepared tadka.](#)

[Sprinkle coriander on top.](#)

[TOP](#)

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## TOMATO RASAM RECIPE

Enjoy the South Indian soup also known as rassam or chaaru or saaru made from tomatoes, tamarind and jaggery.

### [Ingredients:](#)

[2 Tomatoes](#)

[2 Red chillies](#)

[4 cups Water of boiled dal \(stock\)](#)

[1 stalk Curry leaves](#)

[1 stalk Mint leaves](#)

[1 stalk Coriander leaves](#)

[1- 2 cloves Garlic grated](#)

[2-3 pinches Clove-cinnamon powder](#)

[1/2 tsp Sambhar masala](#)

[8-10 Peppercorns](#)

[2 pinch Hing \(Asafoetida\)](#)

[1 1/2 tsp Cumin seeds](#)

[1/2 tsp Mustard seeds](#)

[1 marble sized ball of jaggery or 1/2 tsp. sugar](#)

[1 small strip Tamarind](#)

[1 tbsps Ghee or oil](#)

[Salt to taste](#)

-

### [How to make tomato rasam:](#)

[Put whole tomatoes in boiling water, simmer for 3 minutes, keep it aside to cool.](#)

[Heat 1/4 tsp. oil in a small pan, add pepper corns and 1 tsp. cumin seeds and roast till aromatic, pound it in a mortar till powdered. Keep aside.](#)

[Peel away the broken skin of boiled tomatoes and mash them into a pulp](#)

[To the thick tomato pulp, add roasted whole chillies, all leaves, all masalas, salt,](#)

[tamarind, jaggery and blend it with the blender.](#)

[In a deep pan, add the stock.](#)

[Heat ghee in a small pan, add mustard and remaining cumin seeds, asafoetida and allow to splutter.](#)

[Add garlic to it and stir.](#)

[Season the rasam with the prepared tadka.](#)

[Bring to a boil and simmer for 2-3 minutes. Keep aside covered for 10 minutes before serving.](#)

[Serve hot as a soup or with steaming hot plain rice and papads](#)

[TOP](#)

## MORU CURRY RECIPE

### [Ingredients:](#)

[2 tblspÂ Yogurt](#)

[1/2 cupÂ Coconut paste](#)

[1 tblsp Oil](#)

[1/4 tsp \(optional\)Â Fenugreek powder](#)

[1/2 tspÂ Cumin seeds](#)

[1/8 tsp Turmeric](#)

[a pinch Mustard seeds](#)

[1 tblsp choppedÂ Onion](#)

[4 brokenÂ Whole red chilly](#)

[1/2 tspÂ Garlic](#)

[1 tsp Ginger](#)

[Curry leaves](#)

-

### [How to make moru curry:](#)

[Blend coconut, curd and green chillies in a blender.](#)

[Add 1 cup water, red chilly powder, turmeric and salt to the mixture,bring to a boil and remove from the heat.](#)

[Heat the oil separately. Add mustard seeds, cumin seeds, fenugreek seeds to the oil and let them splutter, then add the chopped onion, the red chillies,the garlic, the ginger and the curry leaves and season the curry with it.](#)

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# PAL PAYASAM RECIPE

The yummy and favorite dessert to complete the Onam meal

## Ingredients:

3 litres Milk  
700 gm Sugar  
180 gm Dried red rice  
3 - 4 Almonds and Cashewnuts

-

## How to make pal payasam:

- Boil the milk and condense it.

- Add sugar and keep stirring it.

- When it boils again, put the washed rice in it, lower the flame .

- Simmer it till the rice is cooked.

- Garnish with finely chopped almonds and cashewnuts

[TOP](#)

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# WHEAT PAYASAM RECIPE

A mouthwatering sweet dish prepared of coconut, jaggery and broken wheat

## Ingredients:

250 gms Broken Wheat  
500 gms Jaggery  
3 tblsp Ghee  
10 gms Raisins  
10 gms Cashew Nuts  
2 Coconut  
5 gms Cardamom  
10 gms Dry ginger powder  
10 gms Cumin Powder

-

### How to make wheat payasam:

- Grate the coconut. Add 1/2 glass warm water to the grated coconut. Extract the first coconut milk by filtering the mixture of coconut and water.

- Extract the second milk by adding 1 1/2 glass warm water. Repeat the process to extract the third milk.

- Saute broken wheat lightly in one teaspoon ghee.

- Cook the brown wheat in 1 1/2 liters of water.

- Add the third milk and the second milk to the wheat and bring to a boil.

- Let the mixture thicken to a semi solid consistency then add powdered jaggery.

- Finally add the first milk and simmer it for a while.

- Season it with fried nut, raisins, powdered cardamom, ginger and cumin.

- Stir well and remove from fire immediately.

[TOP](#)

## BENDAKAYA RECIPE

Bendakaya, or Okra is generally a favorite amongst most. Here is a simple recipe of making this mouth watering vegetable

### Ingredients:

1 kg bendakaya (bhindi), chopped into small pieces

1 large onion, sliced

3 green chillies, slit

2 tsp coriander powder.(dhania powder)

1 tsp red chili powder(lal mirch)

1/2 tsp turmeric powder

Oil -1 table spoon

-

### How to make bendakaya:

- Heat oil in a wok

- Add the onions and green chillies to it and sautÃ©

[Once the onions become pink in color, add the ground spices and mix well.](#)

[Now add the bendakaya and salt and see that it gets wrapped and mixed nicely with the onions and spices.](#)

[Cover the wok and lower the heat just for two minutes.](#)

[Take off the heat and fry by stirring on high heat for another 5 minutes and take off the heat.](#)

[Serve hot with chapatis](#)

[TOP](#)

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## ARATIKAAYA MASALA PULUSU RECIPE

A traditional south Indian raw banana dish recipe fried along with spices and tamarind paste.

### [Ingredients:](#)

[3-4 tblsp vegetable oil](#)

[5 raw bananas, peeled and cut in 4 pieces each.](#)

[One stem curry leaves](#)

[1/2 tsp mustard seeds \(rai dana\)](#)

[1 tsp chili powder](#)

[1/2 tsp turmeric powder](#)

[2 tblsp Tamarind pulp](#)

[5 cloves garlic, chopped](#)

[1/2 inch piece ginger, chopped](#)

[1 tsp rice](#)

[Salt to taste](#)

-

### [How to make aratikaaya masala pulusu:](#)

[First make a paste of ginger, garlic, rice with a little water and keep it aside](#)

[Now boil the raw bananas covered till they are soft and keep aside.](#)

[Heat a wok now and add the oil to it.](#)

[In it add the mustard seeds and curry leaves and let them splutter.](#)

[Now add the ginger-garlic-rice paste into it and add all the ground spices.](#)

[Fry for a minute and add the tamarind paste to it.](#)

[Mix the tamarind paste well and add 2 cups of water.](#)

[Now add the banana pieces and let cook for two minutes or till the gravy thickens.](#)

[Serve hot sprinkled with coriander leaves.](#)

[TOP](#)

## VERUSENAGA PODI RECIPE

Verusenaga, or peanuts are roasted with cocnut and other spices and ground into a powder to make this tasty podi or chutney.

### [Ingredients:](#)

[2 c peanuts](#)

[2 tsp cumin seeds \(jeera\)](#)

[1 stem curry leaves](#)

[3 tsp red chili powder \(lal mirch\)](#)

[2 whole dried red chillies \(sabut lal mirch\)](#)

[3 tblsp dry cocnut powder](#)

[10-15 cloves of garlic.](#)

[1 tblsp oil](#)

[Salt to taste](#)

### [How to make verusenaga podi:](#)

[First roast the peanuts in a pan without any oil.](#)

[Once they are done, take out the skin by rubbing them together in your hands.](#)

[Now, heat oil in a pan and put in all the rest of the ingredients except salt.](#)

[Fry them for around 5-10 minutes and take off the heat.](#)

[Now put this mixture and the peanuts in a grinder and make into a powder.](#)

[Store it and serve with meals](#)

[TOP](#)

## VANKAYA PACHADI RECIPE

A very spicy pachadi or chutney used a food accompaniment made with eggplants and tomatoes.

### Ingredients:

#### **For the Chutney** 3 tsp oil

2 pieces Eggplants, chopped

2 pieces ripe Tomatoes, chopped

5 green chilies, chopped

1/2 tsp fenugreek seeds (methi dana)

1 tsp mustard seeds (rai dana)

1 tsp cumin seeds (jeera)

3tsp dry coriander seeds (sabut dhania)

8-9 dry whole red chilies

Small ball of tamarind

Salt to taste.

#### **For the Tadka**

2 tsp oil

1/2 tsp mustard seeds

4 cloves of garlic, chopped

A small bunch of curry leaves

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### How to make vankaya pachadi:

•  
First of all, soak the ball of tamarind in a cup of water.

•  
Now heat oil in a pan and let splutter for half a minute the fenugreek seeds, mustard seeds, cumin seeds, dry coriander seeds and whole red chilies.

•  
Take this off the heat, let it cool and grind into a paste.

•  
Now in the same remaining oil, fry the chopped eggplants, tomatoes and green chilies.

•  
Take aside and grind this also in a paste.

•  
You should now slowly mix both the pastes uniformly

•  
Now take the tamarind ball and mix with water evenly.

•  
Once done, sieve this entire tamarind paste to take of any seeds and get a smooth tamarind water.

•  
Now mix this tamarind water and salt in the previously made mixture of tomatoes, eggplants and spices.

Once this is done, you should again heat oil in a small pan and put the mustard seeds, garlic and curry leaves in it and let it splutter.

Add this tadka to the chutney and serve with rice or the main food.

[TOP](#)

## VADIYALU RECIPE

Different lentils are ground into a paste, spiced up, dried in small quantities under the sun and fried to be eaten in this recipe of vadiyalu.

### Ingredients:

1 c Bengal gram dal

1 c kali urad dal

4-5 whole red chillies (sabut lal mirch)

5-6 black peppercorns (sabut kali mirch)

5 cloves of garlic

Salt to taste

-

### How to make vadiyalu:

Soak both the pulses in hot water for around two hours.

Now grind them along with rest of the ingredients into a paste and add salt.

Make small rounds on a clean cloth under sharp sun light and let completely dry.

Store and deep fry for serving.

[TOP](#)

## UGADI PACHADI RECIPE

A sweet and sour pachadi or chutney made of tantalizing ingredients like raw mango, tamarind, jaggery and neem flowers

### Ingredients:

2 tsp neem flower

4 tsp chrushed jaggery (gur)

one small lemon size ball of tamarind made into thick tamarind water (imli)

1/2 tsp red chilli powder

1/2 tsp mustard seeds(rai dana)

Salt to taste

1 tsp oil



[1 tbsp finely chopped raw mango \(kachcha aam\)](#)  
[1 c water](#)

-

[How to make ugadi pachadi:](#)

•

[First add the raw mango pieces to the tamarind water and bring it to boil.](#)

•

[Boil it till mango pieces are tender](#)

•

[Now to this add jaggery and let it cook till it melts and blends into the mixture](#)

•

[Remove from heat and keep aside](#)

•

[Now in a pan, heat oil and add mustard seeds let them splutter, add neem flower and fry till light brown](#)

•

[Now add chilli powder and salt](#)

•

[Mix well](#)

•

[Take this neem flower tadka and add it to the tamarind and mango juice](#)

•

[Serve in small quantities as an accompaniment to the main course food.](#)

[TOP](#)

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## PESARAPAPPU PAYASAM RECIPE

A very simple recipe of making payasam (which means kheer or a sweet dish) of moong dal which is sweetened by jaggery.

[Ingredients:](#)

[1 tblsp ghee](#)  
[1 c dhuli moong dal](#)  
[1 c jaggery, crushed](#)  
[2 tsp elaichi powder](#)

-

[How to make pesarapappu payasam:](#)

•

[First wash the moong dal and keep aside.](#)

•

In a deep, thick dish, heat ghee and roast the moong dal till you can smell a good flavor.

Now add the jaggery and let it melt.

Mix well and fry till the dal is done and it looks like a smooth mixture.

Now add the elaichi powder and mix well.

Take off the heat, garnish with grated coconut and serve hot.

[TOP](#)

## SORAKAYA RECIPE

A South Indain recipe of making bottle gourd in a sweet and sour taste with ingredients like simple everyday spices and tamarind.

### Ingredients:

1 1/2 c chopped sorakaya (bottle gourd or lauki)

1 tblsp tamarind (imli) pulp

2 tblsp Bengal gram flour (chana dal atta)(made by dry roasting Bengal gram and grinding it)

1 tsp chili powder (laal mirch powder)

2 tsp cumin fenugreek powder(jeera methi powder) (made by dry roasting and grinding them)

¼ tsp turmeric(haldi)

¼ tsp asafetida

1/2 c chopped onions

3 whole red chilies

a small bunch of curry leaves

¼ c chopped fresh coriander

1 tsp mustard seeds(rai)

1tsp Cumin seeds(jeera)

1 tsp fenugreek seeds(methi dana)

-

### How to make sorakaya:

Heat oil in a pan and add asafetida. Now add cumin fenugreek and mustard seeds.

Once they stat spluttering, add the whole red chilies.

Now put in the onions and fry them till they are golden in color.

Add turmeric powder and the sorakaya pieces.

[Mix well and fry till sorakaya is a little tender.](#)

[To this add the Bengal gram flour and fry well.](#)

[Now you should add the tamarind pulp and 3 or more cups of water.](#)

[Once the water starts boiling, add curry leaves, cumin and fenugreek powder and chili powder.](#)

[Cover and let it boil till the time the sorakaya pieces are tender and the consistency is of a desired curry.](#)

[Garnish with coriander and serve hot.](#)

[TOP](#)

## NUVVULA PODI RECIPE

A very easy recipe for dry sesame seeds chutney which is very fast to prepare and goes very well with hot rice and ghee

### [Ingredients:](#)

[1 c white sesame seeds](#)

[6 whole dry red chilies, crushed](#)

[Salt to taste.](#)

-

### [How to make nuvvula podi:](#)

[Heat a heavy bottom pan and dry roast the sesame seeds.](#)

[After a while put in the red chilies and roast them also.](#)

[Take off heat and let cool.](#)

[Grind both the things together and mix salt and store.](#)

[TOP](#)

## PANASAPATTU CURRY RECIPE

In Andhra Pradesh, raw jackfruit is called panasapattu and this is a traditional recipe with the flavors of tamarind, lentils, groundnuts and spices.

### [Ingredients:](#)

[1 small raw jackfruit](#)  
[1 tblsp oil](#)  
[1 1/2 tblsp tamarind pulp](#)  
[3 green chilies, chopped](#)  
[1 tsp turmeric powder](#)  
[Salt to taste](#)  
[1 tsp chana dal](#)  
[1 tsp urad dal](#)  
[1 tsp mustard seeds](#)  
[2 whole dry red chilies](#)  
[2 tsp coarsely ground ground nuts](#)  
[A small bunch of curry leaves](#)  
[4 cups water](#)

-

[How to make panasapattu curry:](#)

•  
[Peel and cut the jackfruit into small cubes by rubbing oil in your hands.](#)

•  
[Now add turmeric in water and boil the jackfruit for around fifteen minutes till it is tender.](#)

•  
[In a pan heat the oil and add the green chilies, chana dal, urad dal, mustard seeds whole red chilies, ground nuts and curry leaves.](#)

•  
[Once they start spluttering, add tamarind paste and a little water.](#)

•  
[Now add the boiled jackfruit and mix well.](#)

•  
[Serve hot with steaming rice.](#)

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[TOP](#)

## MAMIDI KAYA PULI HORA RECIPE

A tangy new flavor of fried rice mixed with raw mango and other spices

[Ingredients:](#)

[2 raw mangoes](#)  
[4 c cooked rice](#)  
[1 tblsp chana dal](#)  
[1 tblsp urad dal](#)  
[1 ts mustard seeds \(rai dana\)](#)  
[2 whole red chilies \(sabut lal mirch\)](#)  
[A bunch of curry leaves](#)

[1 tsp turmeric \(haldi powder\)](#)

-

[How to make mamidikaya pulihora:](#)

•  
[Peel, grate or chop the raw mango and mix well with the rice.](#)

•  
[Heat oil in a pan and add the lentils, mustard seeds, whole red chillies, curry leaves and turmeric powder.](#)

•  
[Add the rice to this and mix well.](#)

•  
[Add salt suiting to your taste and serve hot.](#)

[TOP](#)

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## MORU KALAN RECIPE

Curd is the main ingredient that goes into this curry with a dash of other spices and onions

[Ingredients:](#)

[2 c curd](#)

[1 tbspc oil](#)

[1/2 tsp mustard seeds](#)

[1/2 tsp fenugreek powder \(methi powder\)](#)

[1/2 tsp cumin powder \(jeera powder\)](#)

[A pinch of turmeric](#)

[1 small onion chopped](#)

[3 whole red chillies crushed](#)

[1 tbspc ginger garlic paste](#)

[A bunch of curry leaves](#)

-

[How to make moru kalan:](#)

•  
[Heat oil in a pan and put in the mustard seeds.](#)

•  
[Once they start spluttering, add the curry leaves and ginger garlic paste.](#)

•  
[SautÃ© it for twoo minutes and add the chopped onion and red chillies.](#)

•  
[Fry it for a few minutes and then add the dry powders.](#)

[Lower the heat and add the pre-beaten curd.](#)

[You will need to keep stirring it continuously to make sure that it does not boil.](#)

[Keep checking for steam and immediately remove from stove.](#)

[Add salt and mix well.](#)

[You can store it in glass jars in the refrigerator.](#)

[TOP](#)

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## KOTTIMEERA PACHADI RECIPE

A South Indian recipe of making coriander chutney flavored with tamarind.

### [Ingredients:](#)

[2 c coriander leaves, chopped. \(dhania patta\)](#)

[5 red chillies \(sabut laal mirch\)](#)

[¼ tsp asafetida \(hing\)](#)

[Medium sized ball of tamarind, free of seeds \(imli\)](#)

[1 tsp oil](#)

[2 tsp urad dal](#)

[1 tsp mustard seeds \(rai dana\)](#)

[Salt to taste](#)

### [How to make kottimeera pachadi:](#)

[Heat oil in a pan and add asafetida, urad dal and whole red chillies in it.](#)

[Take them out and keep aside once they start spluttering.](#)

[In the same oil, fry the mustard seeds and keep them aside separately](#)

[Now in a mortar and pestle, beat the coriander leaves, tamarind and the fried urad dal mixture. \(or grind in a mixie\) to this chutney, add salt to your taste and the fried mustard seeds.](#)

[Store in a jar and refrigerate.](#)

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[TOP](#)

# KAKARAKAYA RECIPE

This is a recipe for bitter gourd stuffed with a tangy stuffing of onions and amchur powder

## Ingredients:

7-8 pieces of bitter gourd  
2 onions made into a paste  
1 tsp red chili powder  
Salt to taste  
1/2 tsp turmeric  
2 tsp amchoor powder  
1 tblsp oil + Oil for deep frying

-

## How to make kakarakaya:

•  
Wash the kekarakaya and slit lengthwise.

•  
Remove all the flesh from inside and make hollow.

•  
Deep fry them and keep aside

•  
Now in a wok heat 1 tblsp oil and put in the onion paste.

•  
Once they become brownish in color add the spices and salt

•  
Roast well till oil separates.

•  
Fill this mixture into the kekarakayas and serve.

[TOP](#)

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# AVIYAL RECIPE

A delightful mix of all sorts of vegetables.

## Ingredients:

1/2 cup Grated coconut  
5 Green chillies  
1/2 tsp Cumin seeds  
1cup Yam Thinly sliced into 1 1/2" length pieces  
1cup Cucumber Sliced lengthy into 1 1/2" length pieces  
1cup Snake gourd Sliced into 1 1/2" length pieces

[1/4cup Carrot Sliced into 11/2" length pieces](#)

[1/2cup Long runner-beans sliced into 11/2" length pieces](#)

[2 Drumstick cut into 2" length pieces](#)

[Curry leaves](#)

[3 tblsp Coconut oil](#)

[1 Raw bananas sliced into 11/2" length pieces](#)

[Raw mango pieces](#)

[1/2 tsp Turmeric powder](#)

[Salt to taste](#)

-

[How to make aviyal:](#)

•

[Grind coconut with green chilies and cumin seeds in paste and keep it aside.](#)

•

[Heat coconut oil in a thick bottom vessel, add vegetables and cook it on a low flame without adding water.](#)

•

[When the vegetables are cooked, add turmeric powder, salt and mix well.](#)

•

[Put bananas and mango pieces in cooked vegetables and cover the vessel.](#)

•

[When steam comes out, add the coconut paste and stir well.](#)

•

[Remove from fire and garnish it with curry leaves .](#)

[TOP](#)

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## LADY FINGER KICHADI RECIPE

Delicious ladyfinger cooked with curd and coconut.

[Ingredients:](#)

[3 1/2 cup ladyfinger](#)

[2 cup thick curd](#)

[1/2 cup grated coconut](#)

[3 dry red chilies](#)

[1 mustard](#)

[2 springs curry leaves](#)

[2Â tsp oil](#)

[salt \(namak\) to taste](#)

[2 green chillies](#)

-

[How to make lady finger kichadi:](#)



•  
Cut the lady finger in small round pieces.

•  
Deep fry ladyfinger in oil till crisp.

•  
Pound grated coconut; green chillies and mustard into a thick paste and keep it aside.

•  
Take oil in pan and over high flame season mustard, red chilli andÂ curry leaves.

•  
Lower the flame, add curd and the ground ingredients and let it simmer for few minutes stirring continuously..

•  
Add fried lady finger and salt to it and remove from flame after it boils.

•  
**Note:** You can use Pavakkai (Bitter Gourd) instead of Ladies Finger as a variation)

[TOP](#)

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## CELERY PAYARU THORAN RECIPE

### Ingredients:

6-8 sticks Celery chopped

1/2 cup Green moon (cherupayar) cooked to 3/4th

3/4 cup Grated coconut

1/4 Chopped onion

6-7 Green chillies chopped

2-3 Dried red chillies

Curry leaves

2 cloves Garlic

1 small piece Ginger cut into julian strips

1 tsp Mustard

1/2 tsp Cumin

1 tblsp Oil

### How to make celery payaru thoran:

•  
Grind the garlic and cumin together coarsely into a thick paste and keep it aside.

•  
Heat oil in a pan, add mustard to it and let it splutter

•  
Add to it the garlic paste and fry it for few seconds.

[Put ginger, chopped onions, green chillies, curry leaves, red chillies and fry it.](#)

[Add the celery and coconut and cook it till the celery is half cooked.](#)

[Add the cooked cherupayar and simmer it for some time on low heat till everything is cooked.](#)

[Add salt to taste .](#)

[Serve hot.](#)

[TOP](#)

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## KALAN RECIPE

A preparation of buttermilk with thick gravy and the must on the menu for Onam

### [Ingredients:](#)

[1 Raw banana \(the kerala nendran banana is the best if available\)](#)

[6 cups Beaten, thick sour curds](#)

[200 gms Chena \(jameen kand/karunaikizhangu/suvarne gadde\)](#)

[1 cup Coconut](#)

[2 tsp Turmeric powder](#)

[1 tbsp Pepper powder](#)

[Salt to taste](#)

[2-3 Red chillies](#)

[2-3 Green chillies](#)

[1 tbsp Mustard seeds](#)

[1 tsp Methi seeds](#)

[few Curry leaves](#)

[Coconut oil](#)

-

### [How to make kalan:](#)

[Wash and cut the vegetables into 2" square pieces. They should be thick](#)

[Grind the coconut and cumin to a smooth paste without adding water. Keep it aside.](#)

[Fry the methi seeds to a golden brown in a drop of oil and grind to a fine powder and keep this aside..](#)

[In 1/2cup of water dissolve the pepper powder and strain it through a clean cloth. Cook the vegetables in this water with turmeric powder and salt.. When the water dries, add 1tsp ghee](#)

Add the beaten sour curds to the cooked vegetables and boil, stirring occasionally, until the gravy is thickened.

Add the grinded coconut mixture and fenugreek powder into it and bring the gravy to boil stirring continuously.

Remove the gravy from flame.

Heat oil in a pan. When it smokes add the mustard seeds. When the mustard splutters, add the red chillies broken into halves and curry leaves and season the gravy with it.

Enjoy it with rice.

[TOP](#)

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## PARIPPU PAYASAM RECIPE

A lip smacking desert prepared of coconut, jaggery and broken wheat

### Ingredients:

250 gms Parippu (Green gram dal)

Coconut milk from 2 coconuts

250 gms Jaggery

2 tblsp Ghee

handful Cashew nuts, Raisins

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### How to make parippu payasam:

Clean the dal and saute it in ghee till light brown.

Boil the fried dal in water till it is cooked.

Make a thick solution by heating jaggery with some water .

Take milk from the coconut thrice. Keep the thick milk taken 1st, aside.

Add the third milk and the second milk with the jaggery solution to the boiled dal . and simmer on a low flame till thick.

Finally add the first milk and simmer it for a while.

Season it with fried nut, raisins.

Stir well and remove from fire immediately

[TOP](#)

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# ERISSERY RECIPE

Try out Erisserly with pumpkin and beans on the occasion of Onam

## Ingredients:

2 cups Ripe Pumpkin (sliced into pieces )

1/2 cup Red oriental bean

1 cup Coconut milk

2 tsp Oil

2 Dried chilli

1 tsp Mustard

2 springs Curry leaves

Water

Salt to taste

## **To be Ground in paste**

1 cup Grated Coconut

1 Small onions

1/2 tsp Cumin

1/2 tsp Turmeric powder

2 or 3 Green chilli

2 GarlicÂ pods

-

## How to make erissery:

Soak beans overnight.

Cook pumpkin with beans after adding enough water and salt

Put the grounded paste to the pumpkin, boil for sometime and keep aside.

Heat oil in a pan, season mustard, curry leaves and dry chillies and add the thick coconut milk. Pour it to the cooked pumpkin curry and stir well

Yummy erussery is ready to be served.

[TOP](#)

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# PULISSERY RECIPE

A delicious dish made of curd and fruit to make your Onam special

## Ingredients:

[10 to 12 pieces Ripe Mango or Pineapple](#)

[1 cup Thick yogurt](#)

[a few Curry leaves](#)

[1/4 tsp Turmeric powder](#)

[1/2 tsp Chilli powder](#)

[1/8 tsp Cumin seeds](#)

[1/2 tsp Mustard](#)

[2 Red chilli](#)

[6 Green Chilly](#)

[1 tbsp Oil](#)

[Salt to taste](#)

-

[How to make pulissery:](#)

•  
[Cook mango/pineapple with 3 green chillies, turmeric powder, chilli powder, cumin powder water and salt](#)

•  
[Beat yogurt and add it to the mixture ,stirring it regularly.](#)

•  
[Remove the mixture from heat.](#)

•  
[Season with mustard seeds, curry leaves, fenugreek and whole red chilly, green chillies.](#)

•  
[Ready to serve.](#)

[TOP](#)

## KOOTTU CURRY RECIPE

A curry of a miscellaneous variety of vegetables and Bengal gram

[Ingredients:](#)

[1/2 cup Bengal gram Æ Dal](#)

[2 tblsp White gram dal](#)

[1/2 cup Grated coconut](#)

[1/4kg \(all together\) Pumpkin, snake gourd, Long runner beans, Æ yam, cucumber](#)

[1/2 cup Inner flesh of drum stick](#)

[1/4 tsp Turmeric powder](#)

[3 Green chillies](#)

[Salt to taste](#)

[1/4 cup Coconut oil](#)

[1 tsp Mustard](#)

[3 Dried red chillies](#)

[2 sprig Curry leaves](#)

[1 tblsp Ghee](#)

-

[How to make koottu curry:](#)

•

[Grind 1/2cup grated coconut with turmeric powder and green chillies into a fine paste..](#)

•

[Pressure cook the bengal gram dal with salt and water to a thick gravy](#)

•

[Clean and cut the vegetables into small pieces. Boil the vegetables by steaming.](#)

•

[Heat oil and season mustard, white gram dal, dried red chillies and curry leaves.](#)

•

[Add the ground coconut mixture. Saute for sometime, till the water dries. Add the cooked vegetables, salt and bengal gram dal to it and simmer it on low heat](#)

•

[Heat 1tblsp ghee and fry the 1/4cup grated coconut in it till golden brown. Season the koottucurry with it and mix well.](#)

[TOP](#)

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## PARIPPU CURRY RECIPE

A dal curry recipe which is the main part of main course

[Ingredients:](#)

[1 cup Lentils \(green gram dal\)](#)

[3 cups Water](#)

[1/2 tsp Turmeric Powder](#)

[2 tsp Ghee](#)

[Salt to taste](#)

-

[How to make parippu curry:](#)

•

[Saute the lentils in a pan.](#)

•

[Wash the lentils in plain water.](#)

•

[Boil the water and add the washed lentils and turmeric powder.](#)

•

[Reduce the flame and when the lentil is cooked well, add salt to taste and ghee](#)

[Stir well and remove from fire](#)

[TOP](#)

## SEMIYA PAYASAM RECIPE

A preparation of milk and vermicelli sweetened with sugar.

### [Ingredients:](#)

[1 cup Vermicelli](#)

[3/4 cup Water](#)

[1 cup Sugar](#)

[A pinch Saffron](#)

[1 cup Milk](#)

[3-4 Cashew nuts](#)

[7-8 Raisins](#)

[2-3 Cardamom](#)

### [How to make semiya payasam:](#)

[Saute the vermicelli in ghee till it turns brown.](#)

[Boil water in another vessel..](#)

[Put vermicelli in boiling water and cover it, stirring occasionally.](#)

[After the vermicelli becomes soft, add the sugar stirring continuously.](#)

[Dissolve in the milk and add this to the vermicelli.](#)

[Powder the cardamom and add it to the mixture.](#)

[Flavor the desert with fried cashew nuts and almonds.](#)

[Simmer the vermicelli for about two minutes. Your delicious payasam is ready to be served .](#)

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## DAAL PARATHA RECIPE

Ingredients:

1 cup Wheat flour

2 tsp Oil

Salt To Taste

**For the filling**

1/2 cup Yellow moong dal

1/2 tsp Cumin seeds

1 pinch Turmeric powder

1 pinch Asafoetida  
1/2 tsp Red chilli powder  
2 tsp Oil  
Salt To Taste  
Oil As needed

Preparation:

- . Sieve the wheat flour and knead to a soft dough by adding enough water. Keep aside.
- . Soak moong dal for one hour. Wash and drain all the water.
- . Cook the moong dal 1 cup of water.
- . Heat oil in a pan, add the cumin seeds, asafoetida. Fry till they pop up. Add the cooked dal, salt, turmeric powder, red chilli powder and mix well.
- . Cook until the dal mixture is dry. Let it cool.
- . Take some portion of dough , make a small puri. Put some moong dal stuffing in center. Close from all sides and roll again into thick, round paratha.
- . Heat a tawa ( griddle), put the daal ka paratha and cook on both sides by adding some oil.
- . Serve daal paratha hot with curry.

[TOP](#)

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## GUAJRATI DAL DHOKALI RECIPE

Ingredients:

250 grams tuver daal,  
200 grams wheat flour,  
3 green chillies  
3 tbsp green chili paste  
50 grams groundnut  
25 grams cashewnut,  
1 tbsp Turmeric powder  
1 tbsp Mustard seeds,3-4 cloves  
2 cinnamon, 2 tomatoes  
1 tbsp Tamarind 100 grams brown sugar,  
Salt To Taste,  
1 tbsp Garam masala,  
1 tsp Ajama 4-5 tbsp.Oil,  
2 tbsp Red chili powder asafetida  
1/2 cup cilantro leaves  
3-4 tbsp. Ghee.

Preparation:

- . Shift wheat flour. Add salt, turmeric powder, ajama, red chili powder. Mix well. Add oil and knead the flour to roti like consistency.
- . Wash tuver dal and pressure cook it for three whistles.

- Cool and remove the dal. Heat oil and ghee in a pot, then put cloves and cinnamon and then add mustard leaves.
- When they crackle add curry leaves, green chillies and a pinch of asafetida. Pour tover dal.
- Mix tamarind and brown sugar water, cashew nuts, groundnut, garam masala, red chili powder and mix well.
- Add tomato pulp, turmeric powder, salt and 2 cups of water. Boil the dal. roll out big rotis and cut them into pieces and add these pieces in boiling dal.
- Boil for 10 minutes and remove. Serve the dal dhokli warm. Sprinkle cilantro leaves.

**Note:** Prepare kachori of green peas or of any other vegetable or coconut and add in boiling curry.

[TOP](#)

## GUJARATI KADHI RECIPE

Ingredients:

2 Cups Sour Curd

4 tsp Besan

1/2 inch Ginger, chopped

2 Green chillies, chopped

Salt To Taste

Handful Corainder leaves

2 tsp Oil

1 Pinch Turmeric powder

1/2 tsp Cinnamon powder

Seasonings:

1/4 tsp Cumin seeds

1/4 tsp Mustard seeds

Few Curry leaves

1 Pinch Asafoetida

Preparation:

- Beat the curd and add two cups of water. Add the besan, salt, turmeric powder and mix well.
- Make a paste of ginger, chillies, cinnamon and corainder leaves.
- Boil the curd mixture on slow heat and stir constinuosly. Add the ground paste, and boil again.
- Heat oil in a pan, add all seasonings. Fry until they splutter.
- Pour this seasonings over guajarati kadhi. Garnish with corainder leaves and serve hot with rice.

[TOP](#)

## GUJARATI KHAMAN DHOKLA RECIPE

Ingredients:

1 cup rice

1 cup urad dal  
1 cup yellow moong dal  
3 cups sour buttermilk  
2 green chillies crushed fine  
1/4 tsp - ginger grated fine  
1/2 tsp - soda bicarb  
2 tbsp - oil  
2-3 pinches red chilli powder  
1/2 tbsp - coriander finely chopped  
Salt To Taste

Preparation:

- . Mix the rice and dal, wash, drain and dry on a clean cloth for a few hours.
- . The grain should be completely. Grind to a coarse flour in dry grinder or at the flour mill. This flour should be like very fine soji in texture.
- . Store in airtight container and use as required. Will keep good upto 2 months. To make khaman, take 1 cup flour in a bowl.
- . Add buttermilk, and mix well. Keep- aside for 4-5 hours. Dissolve sodabcarb in the oil. Add to batter.
- . Mix all ingredients except red chilli powder and coriander. Pour immediately in a 6" diam. greased plate.
- . Steam over water either in a cooker or steamer. Pierce knife, and check, should come out clean if done.
- . Sprinkle the chilli powder and coriander, steam again for 2-3 minutes.
- . Cut dhaman dhokla into squares or diamonds and serve hot with coconut chutney.

[TOP](#)

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## GUJARATI KHANDVI RECIPE

Ingredients:

1/2 cup gms flour (besan)  
1 cup thin buttermilk  
Salt To Taste  
2-3 pinches turmeric powder  
1 tbsp Oil

For seasoning:

2 tsp Oil  
1 tsp Sesame seeds  
1/2 tsp Mustard seeds  
1 tbsp Coconut scraped  
1 tbsp Coriander finely chopped  
2 pinches asafoetida  
2 green chillies finely chopped

1 stalk curry leaves

Preparation:

- Mix water, flour, salt and turmeric to form a batter. Heat oil in a heavy pan, add batter.
- Stir vigorously and evenly to avoid lump formation. Cook till the mixture does not taste raw, stirring continuously. When done (about 7-8 minutes), pour a ladleful in a large plate.
- Spread as thin as possible with the back of a large flat spoon. Use circular outward movements as for dosas.
- When cool, cut into 2" wide strips. Carefully roll each strip, repeat for all plates.
- Place in a serving dish. For seasoning: Sprinkle coconut and coriander all over khandvi rolls.
- Heat oil in a small pan. Add cumin, asafoetida, curry leaves and chillies.
- Add sesame seeds and immediately pour over khandvi rolls. Serve with garlic chutney
- 
- [TOP.](#)

## GUJARATI KHICHU RECIPE

Ingredients:

1 lb Floury potatoes  
1 tbsp Tamarind pulp  
1/4 cup Water  
2 tsp Brown sugar  
1 1/2 tbsp Ghee or oil  
1/2 tsp Black mustard seeds  
1/2 tsp Ground turmeric  
1/2 tsp Cayenne or ground chili pdr  
1 tsp Ground coriander  
1 tsp Ground cumin  
1 tsp Salt  
2 Fresh green chilies, seeded And thinly sliced  
2 tbsp Desiccated coconut

Preparation:

- Wash and soak the moong dal and rice together. Drain.
- In a bowl, mix the dal and rice with the turmeric powder, peppercorns, 4 1/2 cups of water and salt.
- Pressure cook for 3 to 4 whistles and set aside for 20 minutes till the steam has been released.
- Remove from the pressure cooker, add the ghee and mix well. Serve khichu hot with kadhi and papad.

[TOP](#)

# KAKDI NU RAITU RECIPE

## Ingredients:

200 gm yogurt  
2 tblsp coriander leaves chopped  
salt to taste  
2 green chillies chopped  
2 medium cucumbers  
1 tsp cumin powder roasted

-

## How to make kakdi nu raitu :

- Take off and grate the cucumbers.

- Put in a muslin cloth and squeeze to extract extra moisture.

- Mix everything yogurt, cut coriander leaves, cut green chillies, cumin powder and salt.

- Mix in the grated cucumbers just before serving.

- Serve chilled.

[TOP](#)

# KHAJOOR NA GHUGRA RECIPE

## Ingredients:

1/4 cup milk  
1/2 cup ghee  
2 tsp poppy seeds ground  
6 green cardamoms powdered  
200 gm dates (seeded and coarsely grounded)  
1 cup refined flour  
1/4 cup coconut desiccated  
ghee for frying  
salt to taste  
1/2 cup sugar

## How to make khajoor na ghugra :

- Rub 1/2 cup ghee into the flour.

[Mix in a pinch of salt and milk and prepare dough.](#)

[Smoothen and knead the dough well for 15 minutes.](#)

[Make small balls and keep covered.](#)

[Prepare a smooth mixture of poppy seeds, desiccated coconut, ground dates, green cardamom powder and sugar.](#)

[Make small balls of even size.](#)

[Roll out maida balls into small rounds.](#)

[Put the date stuffing on one side, fold to look like semi circle and seal the edges.](#)

[Cut edges with fluted cutter.](#)

[Make all the ghugras similarly.](#)

[Heat up ghee in a pot and deep fry in batches till golden brown.](#)

[Drain.](#)

[Serve as sweet snack.](#)

[TOP](#)

## OSAMAN RECIPE

### [Ingredients:](#)

[2 tblsp coriander leaves chopped](#)

[2 tblsp peanuts roasted](#)

[4 green chillies sliced](#)

[150 gms red grams divide \(masoor dal\)](#)

[1/2 tsp turmeric powder](#)

[1 tsp cumin seeds](#)

[1 tblsp mustard seeds](#)

[1/2 tsp fenugreek seeds](#)

[12 curry leaves](#)

[a big size pinch asafoetida](#)

[2 tblsp oil](#)

[2 tblsp jaggery grated](#)

[2 tblsp tamarind pulp](#)

-

### [How to make osaman :](#)

•  
Dilute the tamarind pulp in 4 tblsp of water and see that there are no lumps.

•  
Wash the lentils and bring them to boil in 200 ml water, then simmer.

•  
When nearly done, mix in turmeric, tamarind water, green chillies, jaggery, peanuts and salt.

•  
Simmer (boil slowly at low temperature) until dal is cooked.

•  
Heat up the oil in a small pan, mix in the mustard seeds when they crackle, mix in cumin seeds, asafoetida, fenugreek seeds and curry leaves.

•  
Take off the heat up after a minute and pour out the oil and spices into the dal.

•  
Serve hot decorated with coriander leaves.

[TOP](#)

## RINGAN NU OLOO RECIPE

### Ingredients:

6 green chillies chopped

4 tblsp oil

a pinch asafoetida

8 sprigs spring onions chopped

2 medium tomatoes chopped

1 kg brinjal

1/2 tsp turmeric powder

salt to taste

12 sprigs green garlic chopped

1 tsp cumin seeds

-

### How to make ringan nu oloo :

•  
Roast the brinjals till the outer skin is charred.

•  
Put them in water and then take off the skin.

•  
Mash the pulp.

•  
Heat up oil.

•  
Mix in cumin seeds and stir fry for a while.



- Mix in cut green garlic, spring onions and green chillies.

- Stir fry for 2 minutes.

- Mix in cut tomatoes, turmeric powder, asafoetida, salt and the pulp of brinjals.

- Stir fry for few minutes and serve hot.

- The color of this bharta is green.

[TOP](#)

## SUKAVNI RECIPE

### Ingredients:

oil for frying

20 green chillies

1 cup yogurt

1/2 tsp cumin powder

1/4 tsp red chilli powder

1 cup string beans (chawli)

1/2 tsp coriander powder

1 1/2 cup cluster beans (gawar)

salt to taste

-

### How to make sukavni :

- Wash the vegetables and pat them dry.

- Make buttermilk by adding 1 cup water to the yogurt and churning it well.

- Soak these vegetables in the buttermilk and leave it for 1 or 2 days.

- Remove out and sun dry these vegetables.

- Deep-fry these vegetables just before serving.

- Remove and sprinkle with salt, coriander powder, cumin powder and red chilli powder.

- Serve hot.

[TOP](#)

# TINDORA NU SHAAK RECIPE

## Ingredients:

2 tblsp oil  
250 gms gherkins (tindora)  
2 tblsp jaggery grated  
1 1/2 tsp cumin powder  
salt to taste  
a pinch asafoetida  
1/2 tsp mustard seeds  
1/2 tsp turmeric powder  
1 1/2 tsp coriander powder

-

## How to make tindora nu shaak :

•  
Wash, dry and slice the tindora thinly.

•  
Heat up oil in a kadhai, mix in mustard seeds and asafoetida.

•  
When it starts to crackle mix in tindora slices and stir fry on low heat up for 5-7 minutes.

•  
When cooked mix in all the masala and jaggery and stir fry on high flame heat up for 2-3 minutes.

•  
Take off from heat up when crunchy and serve hot.

[TOP](#)

# CHHUNDO RECIPE

## Ingredients:

2 tsp red chilli powder  
2 tsp cumin powder  
25 gms salt  
1 kg mangoes (raw and deseeded)  
2 tsp turmeric powder  
600 gms sugar

-

## How to make chhundo :

Take off and grate the mangoes.

Combine the grated mangos with rest of the ingredients evenly.

Spread the mixture in a shallow wide mouthed jar and cover with a thin cloth.

Keep the mixture in the sun for 5 days till the syrup attains a single thread consistency, stirring thrice daily.

This pickle lasts for a very long time

[TOP](#)

## GUNDA RECIPE

### Ingredients:

500 gms gunda (a kind of berry)

oil as required

1/4 cup salt

3/8 cup turmeric powder

3/8 cup fenugreek seeds coarsely grounded

a big size pinch asafoetida

1/8 cup mustard seeds coarsely grounded

150 gms mango pieces

1/4 cup red chilli powder

-

### How to make gunda :

Cut the gunda and scrape the seeds with a salted knife.

Mix in a little salt and turmeric powder.

Wash the mangoes completely and wipe them completely dry.

Cut into cubes and take off the soft seeds.

Mix everything fenugreek, mustard and turmeric powders.

Heat up 2 cup oil in a pan.

Set it aside till it cools down to lukewarm.

Pour out the oil over the powders and mix well.

[Heat up salt slightly in a dry pot on low heat.](#)

[Take it off and in the same pan, heat up red chilli powder similarly.](#)

[Mix in both these ingredients to the oil masala.](#)

[Mix in the gunda and the mango pieces cubes to the masala mixture and mix till all of them are well coated with the masala.](#)

[Transfer into a dry ceramic or a glass jar.](#)

[Set it aside for 4 – 5 days without mixing.](#)

[Heat up enough oil to completely cover the pickled gunda and mango cubes.](#)

[When the oil has cooled down completely mix in to the jar.](#)

[Keep the jar covered tightly.](#)

[The pickle will be ready to serve in about a week.](#)

[TOP](#)

## SABUDANA (SAGO) KHICHIDI RECIPE

Ingredients:

1 cup sabudana(sago)  
1/2 tsp Sugar  
2 Green Chillieschopped finely  
1/2 cup crushed groundnuts(coarse)  
1 boiled & peeled potato  
2 tsp Oil  
1/4 tsp Mustard Seeds  
1 Pinch Hing (asafoetida)  
2 tbsp grated fresh Coconut  
Salt to taste  
Few Coriander leaves  
Few Curry Leaves

How to make sabudana khichidi :

- Wash and soak sabudana in water just enough to loosen and light for minimum 2 hrs.
- Chop the potatoes into small cubes. Mix crushed groundnuts,sugar and salt and keep aside.
- Heat the oil/ghee in a pan and add mustard seeds. When the mustard seed crackle add cumin seeds, green chillies and curry leaves.
- Add potatoes and stir well. Mix sabudana mixture and mix gently.

- Mix the grated coconut and garnish with coriander leaves.
- Sprinkle some lemon juice over it and serve hot.

[TOP](#)

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## METHI THEPLA RECIPE

Ingredients:

1 cup Wheat Flour  
2 crushed Green Chillies  
1 tsp Red Chilli Powder  
1/2 tsp Haldi (turmeric)  
1 tbsp Ginger & Garlic paste  
1 tsp Ajwain 1 pinch Hing  
1/2 bunch Methi Leaves  
1 tsp Coriander powder  
1 tsp Cumin Seeds powder  
Salt to taste  
Oil as needed

How to make thepla :

- Put wheat flour in a flat vessel bowl.
- Mix all the ingredients int it including the methi leaves.
- Add 1 tsp oil and knead it. Let it stay for 15 minutes.
- Then make even size small balls of the dough.
- Roll them separately with a rolling pin into a round shape.
- Heat the griddle and roast each of the rolled out theplas one by one.
- First roast one side,turn it upside down.
- Then put 1/2 tsp oil on the turned side and again it upside down.
- Repeat the same with the other side.
- When evenly roasted remove it from griddle.
- Repeat this for all the balls.
- Serve them hot with butter or chutney or curd.

[TOP](#)

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## UPMA RECIPE

Ingredients:

1 cup Rava / Sooji (Semolina)  
25 gms fried Cashew Nuts (optional)  
1 inch Ginger chopped  
1 chopped Onion  
3 Green Chillies slit sideways  
1 Potato chopped  
1 Capsicum chopped  
1 Carrot chopped  
1/4 cup Green Peas frozen or fresh

1 tsp Mustard Seeds  
1 tsp Urad Daal  
1 tsp Channa Daal  
Salt to taste  
1/2 tsp Turmeric Powder  
Chili powder to taste (optional)  
2 tblsp Oil  
Few curry leaves  
Finely chopped corianderleaves  
1 tblsp Ghee  
Lemon juice to taste

How to make rava uppma:

- Sift rava through a muslin / cheese cloth or very fine sieve.
- Heat 1tbsp. pure ghee / unsalted butter and fry rava ,on a moderate heat, stirring constantly to light brown color and set aside.
- Now heat 2 tbsp oil in a pan and add mustard seeds and allow them to splatter.
- Add the daals : channa & urad & curry leaves to it and fry till they turn red.
- Add onion, ginger and green chillies. Sauté for 2-3 minutes.
- Add all the vegetables, turmeric & chili powder, and salt to taste.
- Now add 3 cups of water and cover the pan and allow it simmer on low heat until the vegetables are done.
- Add the fried rava to it stirring constantly till it becomes little thick.
- Take off from the heat and lemon juice if desired.
- Serve hot garnished with cashews and coriander.

[TOP](#)

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## VERMICELLI UPMA RECIPE

Ingredients:

2 cups Vermicelli  
1 tsp Chana dal  
1 tsp Urad dal  
1/4 tsp Mustard seeds  
2 tsp Cashewnuts  
2 tsp Peanuts  
1 Onions  
2 Green chillies  
1/2 inch Ginger  
1 Potatoes  
1/4 cup Peas  
1 Carrots  
1 Tomatoes  
4 1/2 cups Water

3 tblsp Oil  
2 tblsp Ghee  
3 sprig Curry Leaves  
Salt to taste

How to make vermicelli upma :

- . Chop the onions, chillies, ginger, tomatoes , potatoes, carrots into small pieces and keep aside.
- . Heat oil and add chana dal, urad dal, mustard seeds and curry leaves. When they start to crackle , add peanuts and cashewnuts. Fry till they turn golden brown.
- . Add potatoes, carrots and fry for 4-5 minutes.
- . Then add chillies, ginger , onions, peas and tomatoes.
- . Cook until they are done.
- . After that add salt and 4 1/2 cups of water, cover with a lid and let it boil .
- . When the water comes to boil add vermicelli and simultaneously stir ( so that no lumps will be formed).
- . Cover the upma with a lid for 5-6 minutes and then add 2tblsp of ghee and stir well.
- . Serve hot with coconut chutney

[TOP](#)

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## ALOO POHA RECIPE

Ingredients:

2 cups Poha (Beaten Rice)  
1 Potatoes  
1 Onions  
2 Green Chillies  
1 tsp Chana dal  
1 tsp Urad dal  
1/4 tsp Mustard Seeds  
1 sprig Curry leaves  
2 tsp Peanuts  
4 tblsp Oil  
1 pinch Turmeric powder  
1 Lemon  
Few Coriander leaves  
Salt to taste

How to make aloo poha :

- . Soak the poha in water. Wash and drain all the water.
- . Add some salt , turmeric powder , keep aside.
- . Peel and cut the potatoes into small cubes, chop the onions, chillies, coriander leaves.
- . Heat oil and put chana dal, urad dal, mustard seeds, peanuts, curry leaves and fry until

they crackle.

- Add potatoes , saute for few minutes, then add chopped onions, chillies.
- Cook till they are done. Add the poha, corainder leaves and stir.
- Keep it on slow flame for 5- 7 minutes.
- Let it cool for sometime and add then lemon juice.

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[TOP](#)

## PAVTA BATATA RECIPE

### Ingredients:

1 1/4 cup soaked overnight Lima Beans  
2 medium sized peeled & cubed Potato (Aloo)  
1tsp Black Mustard seeds (Rai/Sarson)  
1 tsp Turmeric Powder (Haldi)  
1 tsp Cayenne Powder  
1 tsp Coriander Powder (Dhania Powder)  
A pinch of Asafoetida (Hing)  
To taste Salt (Namak)  
1 medium sized finely chopped Onion (Pyaj)  
4 tblsp fresh grated Coconut (Nariyal)  
Chopped Coriander Leaves (Dhania Patta)

-

### How to make pavta batata:

•  
Cook the beans in enough water till cooked but not too soft.

•  
Heat the oil in a pan and add mustard seeds, allow them to pop.

•  
Add asafoetida and onion.

•  
Fry till onions become translucent.

•  
Now mix turmeric, cayenne, coriander, salt and potatoes.

•  
Add little water and cook until potatoes are soft.

•  
Gently mix in the cooked beans, coconut and coriander leaves.

•  
Serve hot.

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[TOP](#)



# PAVTA PATTIES RECIPE

## Ingredients:

1 1/4 cup soaked overnight Lima Beans  
2 medium sized boiled, peeled and mashed Potato (Aloo)  
1 tsp Turmeric Powder (Haldi)  
1 tsp Cayenne Powder  
1 tsp Garam Masala  
4 tsp Flour  
5 tblsp Oil

-

## How to make pavta patties:

- Boil the beans in enough water until very soft.
- Drain them.
- Knead all the ingredients including beans, except flour and oil, into a stiff dough.
- Make equal size balls of the dough and flatten them slightly.
- Heat the oil.
- Roll each patty in the flour and shallow fry until golden and crisp.
- Drain on a paper towel.
- Serve hot with tamarind chutney.

[TOP](#)

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# PITACHI MIRCHI RECIPE

## Ingredients:

1 1/4 cup Cornmeal / Cornstarch (Makai Ka Atta)  
2 tblsp flaked Coconut (Nariyal)  
4-5 dried Green Peppers  
2 tsp roasted and coarsely ground Sesame seeds (Til)  
1 tsp Black Mustard seeds (Rai/Sarson)  
Few Curry Leaves (Kari Patta)  
1 tsp Turmeric Powder (Haldi)  
1 tsp Cayenne Powder  
1 tsp Coriander Powder (Dhania Powder)

[A pinch of Asafoetida \(Hing\)](#)

[To taste Salt \(Namak\)](#)

[1 tsp Lemon Juice \(Nimbu Ka Raas\)](#)

[4 tblsp Oil](#)

-

[How to make pitachi mirchi:](#)

[•  
Dry-Roast the cornmeal on low heat till golden.](#)

[•  
Heat the oil in a pan and add mustard seeds, allow them to pop.](#)

[•  
Add asafoetida, curry leaves, turmeric, coriander, cayenne powders and salt.](#)

[•  
Stir for a minute and add peppers.](#)

[•  
Mix well, add little water and cook the vegetable is done but crisp.](#)

[•  
Now add cornmeal, coconut, lemon juice and sesame seeds and mix well.](#)

[•  
Cook until the flour has absorbed all the liquid.](#)

[•  
Serve hot.](#)

[TOP](#)

## PUNERI DAAL RECIPE

[Ingredients:](#)

[1 cup split Yellow Lentil \(Toor dal\)](#)

[4 tblsp fresh grated Coconut \(Nariyal\)](#)

[1 tsp Turmeric Powder \(Haldi\)](#)

[1 tsp Cayenne Powder](#)

[2 tsp Goda Masala](#)

[2 tsp grated Jaggery](#)

[1 tsp Black Mustard seeds \(Rai/Sarson\)](#)

[To taste Salt \(Namak\)](#)

[1 tsp Cumin Seed \(Jeera\)](#)

[A pinch of Asafoetida \(Hing\)](#)

[Few Curry Leaves \(Kari Patta\)](#)

[2 tblsp chopped Coriander Leaves \(Dhania Patta\)](#)

[1 tblsp Oil](#)

[How to make puneri daal:](#)

•  
Clean, wash and drain the lentils.

•  
Simmer the lentils in double their quantity of water until soft.

•  
Add all the spices, coconut, jaggery and salt.

•  
Simmer for a minute and remove from the heat.

•  
Heat oil in separate pan and add mustard seeds, allow them to pop and then add cumin seeds, asafoetida and curry leaves.

•  
Stir for few seconds.

•  
Pour this over the cooked lentil, mix well.

•  
Serve hot, garnished with chopped coriander leaves.

•  
Goes well with boiled rice.

•  
Serve hot with tamarind chutney.

[TOP](#)

## USLI RECIPE

### Ingredients:

1 cup sprouted Moong

1/2 cup sprouted Red Chana

1/2 cup sprouted Kabuli Chana

1/2 cup sprouted Peanuts (Moong Phali)

1 chopped Onion (Pyaj)

1 chopped Tomato (Tamatar)

1/2 tsp grated Ginger

4 crushed cloves Garlic (Lasun)

2 chopped finely Green chilli (Hari mirch)

1 tblsp chopped Coriander (Dhania)

To taste Salt (Namak)

1 tsp Cumin Seed (Jeera)

1/4 tsp Turmeric Powder (Haldi)

1/2 tsp or to taste Chili Powder (Mirchi Powder)

1 tsp Lemon Juice (Nimbu Ka Raas)

4 tblsp Oil

-

### How to make usli:

•  
Boil the moong sprouts, red chana sprouts, kabuli chana sprouts and sprouts peanuts.

•  
Don't cook in a pressure cooker.

•  
Drain it.

•  
Heat the oil and add cumin seeds and fry till brown.

•  
Add onions and fry for a minute, then add ginger, garlic, green chillies and sautÃ© for few seconds.

•  
Now add chopped tomatoes, turmeric, chili powder and coriander and fry.

•  
Add potatoes, drained sprouts and salt, mix well.

•  
Pour lemon juice.

•  
Serve hot.

[TOP](#)

## VALCHE VIRDI RECIPE

### Ingredients:

2 1/2 cup sprouted and skinned Val beans

2 cup grated Coconut (Nariyal)

4 tblsp grated Jaggery (Gud)

4 Green chilli (Hari mirch) slit lengthwise but stem end intact

1 tsp Black Mustard seeds (Rai/Sarson)

1 tsp Cumin Seed (Jeera)

A pinch of Asafoetida (Hing)

Few Curry Leaves (Kari Patta)

To taste Salt (Namak)

2 tblsp chopped finely Coriander Leaves (Dhania Patta)

3 tblsp Oil

-

### How to make valche virdi:

•  
Heat the oil in a pan and add mustard seeds, allow them to pop.

•  
Add half of the cumin seeds.

•  
Add asafoetida, curry leaves and green chilies, saute for a minute.

•  
Add the val, a little water. jaggery and salt.

•  
Cook over low heat until the val is soft but not mushy.

•  
Grind the coconut and the remaining cumin seeds to a fine paste.

•  
Stir the paste into the curry and simmer for a minute.

•  
Serve hot, garnished with coriander leaves.

[TOP](#)

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## ALOO BONDA RECIPE

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### Ingredients:

2 Large Boiled, Mashed Aloo (Potatoes)

1-2 Green Chilies (chopped)

1tbsp Coriander leaves (finely chopped)

1cup gram flour

Salt to taste

Red chili powder to taste

1/4th tsp Garam Masala powder

1/4th tsp turmeric powder

Oil for frying

-

### How to make aloo bonda:

•  
Add salt, chili powder, garam masala, coriander, and green chilies to the mashed aloo (potatoes) and mix well.

•  
In a bowl take a cup of gram flour; add turmeric powder, little salt and chili powder to it.  
Add little water bit by bit and mixing with hand make a batter (neither too thick nor too lose).

•  
Make small balls of aloo (potato) mixture.

•  
Dip each ball in the batter and deep fry them till golden. brown

•  
Serve aloo bonda hot with chutney.

[TOP](#)

# BESAN DHOKLA RECIPE

## Ingredients:

350gms Gram flour (Besan)  
1cup Curd (Stirred)  
1tsp Green Chillies (paste)  
1tsp Ginger (paste)  
Salt to taste  
1tsp Soda bi-carb / Eno fruit salt  
1 Lemon juice  
1/2 tsp. turmeric powder  
1tbsp Oil  
**For Tampering**  
Few Curry leaves  
1tsp Mustard Seeds  
2tsp Oil  
Coriander leaves (chopped)  
2-3 green chillies (vertically slit)

-

## Preparation:

•  
In a bowl add gram flour (besan), Curd and water.

•  
Mix well and make a smooth batter. The batter should be of thick consistency.

•  
Add salt and set aside for 4 hours covered with a lid.

•  
Take the ginger and green chili paste and add to the batter. Also add turmeric powder and mix well.

•  
Keep the steamer or cooker ready on gas.

•  
Grease a baking dish (it should fit in the steamer or cooker).

•  
Now in small bowl take a tsp. of soda bi-carb or eno, 1tsp oil and lemon juice and mix well.

•  
Add this to the batter and mix well.

•  
Pour the batter into the greased pan and steam for 10-12 minutes or till done.

•  
Cool for sometime and cut into big cubes.

•  
Heat little oil in a small pan and add mustard seeds and curry leaves allow to

[splutter. Remove and pour it over dhoklas.](#)

[Garnish the besan dhokla with coriander and slited green chillies.](#)

[Serve with hari chutney.](#)

[TOP](#)

## SEV PURI RECIPE

Ingredients:

10 - Flat Puris (crisp)  
1 cup Fine Sev  
1/2 cup chopped Onion (Pyaj)  
1/2 cup Curd (Dahi)  
3 tblsp Tamarind (Imli) Chutney  
3 tblsp Coriander Leaves (Dhania Patta) Chutney  
1/2 cup boiled Potato (Aloo)  
1 tblsp Chaat Masala  
1/2 tsp Red chili pepper (Lal Mirchi)  
1/2 tsp Cumin Seed (Jeera)

How to make sev puri:

- Arrange the puris on a plate make a hole in each puri in the centre.
- Fill with a few chopped boiled potato cubes.
- Add about 1/4 tsp of tamarind and green chutneys in each.
- Sprinkle cumin powder, salt, red chilli powder.
- Sprinkle finely chopped onions.
- Then generously sprinkle sev all over the puris.
- Garnish with finely chopped coriander.
- Serve fresh..

[TOP](#)

## MASALA PURI RECIPE

Ingredients:

1 cup - Wheat flour  
2 tsp - Oil + Frying  
Salt to taste  
1/4 tsp - Ajwain  
1 pinch - Asafoetida  
1/2 tsp - Red chilli powder

Preparation:

- Sieve the wheat flour and salt.
- Mix all the ingredients and knead to firm dough adding enough water.

- Cover and keep the aside for half an hour.
- Take small lumps of dough and roll into small puris.
- Heat oil in a kadhai and deep fry the puris.
- Serve masala puri hot with curry of your choice.

[TOP](#)

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## SHRIKHAND RECIPE (Sweet Golden Yogurt)

Ingredients:

1 kg thick curd  
3/4 cup powdered sugar  
a few strands saffron  
1 tbsp warm milk  
2 tbsp cardamom powder (elaichi)

**For the garnish**

Pistachios and Almonds

How to make shrikhand:

- Hang the curds in a muslin cloth in a cool place for approximately 3 hours until all the liquid (whey) has drained off.
- Rub the saffron into the warm milk until it dissolves.
- Mix together the hung curds, sugar, saffron mixture and cardamom in a bowl and churn using a hand blender.
- Place in the refrigerator.
- Serve gujarati shrikhand cold garnished with slivers of pistachios and almonds.

[TOP](#)

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## TREVTI DAAL RECIPE

Ingredients:

1/4 cup Chana dal  
1/4 cup Moong dal  
1/4 cup Tuvar dal  
1/2 Inch Ginger  
2 Grated Green chillies  
1 chopped Onions  
1 chopped Tomatoes  
3 chopped Garlic cloves, minced  
Salt To taste  
1 Pinch Turmeric powder  
2 tbsp Oil  
1 tbsp Lemon Juice



3 tbsp Corainder leaves

Seasonings:

- 2 Dry red chillies
- 2 Broken Cloves
- 2 Bay leafs
- 1 Pinch Asafoetida

Preparation:

- Soak all the dals for one hour and pressue cook the dals. Keep aside.
- Heat oil in a pan, add the seasonings. Fry until they turn brown.
- Add chopped ginger, garlic, chillies and fry for 4-5 minutes.
- Add onions and tomatoes, salt, turmeric powder and cook until done.
- Mash the dals. Add the dals with 2 cups of water. Simmer the flame and let the dal boil for few minutes.
- Add the lemon juice, corainder leaves and stir well.
- Serve hot with rice and papads.

[TOP](#)

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## TOOR DAAL RECIPE

Ingredients:

- 1 cup Tuvar (Toor) Daal
- 1 Pinch Turmeric Powder
- Salt To Taste
- 1 Lemons
- 1/2 tsp Jaggery
- 1 Pinch Asafoetida
- 1 tbsp Ghee
- 2 Dry Red Chillies
- 1/4 tsp Cumin Seeds
- 3 Garlic Cloves

Preparation:

- Pressure cook tuvar dal with sufficient water and turmeric powder.
- Mash the dal, after it has been cooked.
- Chop the garlic cloves finely.
- Heat the ghee in a pan, add cumin seeds, dry red chillies and garlic cloves. Fry till they pop up.
- Add the dal with 2 cups of water and salt.
- Cook until the toor daal boils, then add jaggery. Cook for 4-5 minutes more.
- When the tuvar dal is cooled add lemon juice and serve.

[TOP](#)

## VANGI BATATA BHAJI RECIPE

### Ingredients:

2 Eggplants, long & thin

2 Potato

3 Tomatoes

Salt To Taste

1 tsp Red chilli powder

1 tsp Corainder powder

1/2 tsp Garam masala

1 Pinch Turmeric powder

3 tbs Oil

3 cups Water

1/2 tsp Sagar

2 tsp Corainder leaves

### Preparation:

- Peel the potatoes and cut into big cubes, slice the eggplant. Chop the tomatoes finely.
- Heat oil in a pan, add the tomatoes, salt, turmeric powder and cook for 4-5 minutes.
- Add the potatoes, eggplant, all the dry masalas, sugar, 3 cups of water and mix well.
- Cover with a lid and simmer the heat. Cook until the vegetables are done.
- Garnish vangi batata bhaji (eggplant potato curry) with corainder leaves and serve hot with chapati or rice.

[TOP](#)

## VAGHARELO BHAAT RECIPE

### Ingredients:

1 1/2 cups Basmati rice

1 1/2 cups Potatoes, diced

1 cup Green peas

1 cup Carrots, diced

2 cloves

1 stick Cinnamon

1/2 tsp Cumin seeds

1/4 tsp Asafoetida (hing)

1/2 tsp turmeric powder

1 tsp Red chilli powder

1/2 tsp Garam masala

3 tbs Ghee

Salt To Taste

### Preparation:

- Wash and drain the rice. Keep aside.
- Heat the ghee in a cooker, add the cloves, cinnamon, cumin seeds and fry for 2-3 minutes.
- Add the asafoetida, vegetables and salt and stir for few minutes
- Add the turmeric powder, chilli powder, garam masala and rice and stir again for 5 minutes till it is evenly mixed.
- Add 3 cups of hot water, cover the lid. Cook using the weight.
- Serve vargharelo bhaat hot with kadhi and papad.

[TOP](#)

## KHAMAN KAKDI RECIPE

### Ingredients:

salt to taste

1 tsp lemon juice

2 tblsp coconut scraped

a pinch asafoetida

2 tblsp oil

100 gm bengal gram divide (chana dal)

1/2 tsp mustard seeds

2 - 3 green chillies

4 - 5 curry leaves

1 tsp sugar powdered

1 inch ginger

250 gm cucumbers

2 tblsp coriander leaves chopped

-

### How to make khaman kakdi :

•  
Dry roast the chana dal for 2-3 minutes on a high flame heat up and then soak in water for 8-10 hours.

•  
Remove and dry grind coarsely.

•  
Take off the cucumber and shred.

•  
Mix in salt and leave it aside in a round dish for half an hour.

•  
Take off the ginger and grind it with green chillies.

•  
Remove out all the water from the cucumber.

•  
Mix chana dal, cucumber, ginger-green chilli paste and little more salt if required.

[Mix in cut coriander leaves, scraped coconut, lemon juice, powdered sugar and mix well.](#)

[Heat up oil in a pan.](#)

[Mix in mustard seeds, asafoetida and curry leaves.](#)

[When it starts crackling, mix in this tempering on salad and mix](#)

[TOP](#)

## LASANIYA BATATA RECIPE

### [Ingredients:](#)

[1 cup bengal gram flour \(besan\)](#)

[1/4 tsp turmeric powder](#)

[2 tblsp oil](#)

[3/4 tsp red chilli powder](#)

[1/2 cup yogurt](#)

[10 cloves garlic chopped](#)

[1 tsp cumin seeds](#)

[2 tsp coriander powder](#)

[300 gms, baby potatoes](#)

[1 tblsp coriander leaves chopped](#)

[oil to fry](#)

[1/2 tsp garam masala powder](#)

-

### [How to make lasaniya batata :](#)

[Take off the potatoes and slit from the centre, but do not split.](#)

[Heat up oil and fry till golden on medium heat.](#)

[Heat up 2 tblsp of oil in a kadhai, mix in cumin seeds and stir fry till they crackle.](#)

[Mix in cut garlic and stir fry for a while, but do not let it brown.](#)

[Then mix in gram flour and stir fry for another five minutes on a slow heat.](#)

[Mix in coriander powder, garam masala powder, red chilli powder, turmeric powder and stir fry for one minute.](#)

[Take off the kadhai from heat up and mix in yogurt, a little water.](#)

[Mix and stir fry again.](#)

[Mix in half the cut coriander and the fried potatoes.](#)

[Stir fry on a very slow heat up for 10-15 minutes.](#)

[Serve hot decorated with the remaining cut coriander.](#)

[TOP](#)

## LEELVA NU BHAAT RECIPE

### [Ingredients:](#)

[2 tblsp coriander leaves chopped](#)

[2 tblsp green chilli paste](#)

[2 red chillies whole](#)

[2 cup rice](#)

[3 tblsp oil](#)

[1 tsp mustard seeds](#)

[1 sprig green garlic chopped](#)

[1/2 tblsp ginger paste](#)

[salt to taste](#)

[a pinch asafoetida](#)

[250 gms broad bean seeds \(leelva\)](#)

-

### [How to make leelva nu bhaat :](#)

[Clean, wash and soak the rice for half an hour.](#)

[Remove away all the water.](#)

[Heat up oil in a kadhai.](#)

[Mix in mustard seeds, asafoetida and broken red chillies.](#)

[When they start to crackle mix in leelva and ginger and green chilli pastes.](#)

[Stir fry for a minute.](#)

[Mix in rice.](#)

[Stir fry for few minutes.](#)

[Mix in four cup of boiling water.](#)

[Lower the heat up to simmer \(boil slowly at low temperature\) and stir fry until all the](#)

[water has been absorbed.](#)

[Serve hot, decorated with cut coriander and cut green garlic.](#)

[TOP](#)

## MAKAI NA BHARTA RECIPE

### [Ingredients:](#)

[1 tsp coriander powder](#)

[1 tsp turmeric powder](#)

[1 kg fresh corns](#)

[1 tsp red chilli powder](#)

[2 tblsp oil](#)

[3 medium tomatoes](#)

[1/2 tsp garam masala powder](#)

[3 medium onions](#)

[1/2 tsp cumin seeds](#)

[6 - 7 green chillies](#)

[salt to taste](#)

[coriander leaves cut for garnish](#)

-

### [How to make makai na bharta :](#)

[Boil the whole corn, take off the niblets and grind it coarsely in a blender.](#)

[Take off and finely cut the onions.](#)

[Wash and cut the tomatoes.](#)

[Wash and cut the green chillies.](#)

[Heat up oil in a kadhai, mix in cumin seeds and stir fry till they crackle.](#)

[Mix in cut onions and stir fry till light brown.](#)

[Mix in cut green chillies and stir fry for 1/2 minute.](#)

[Mix in red chilli powder, turmeric powder, coriander powder, garam masala powder and salt.](#)

[Stir fry for few seconds and mix in cut tomatoes.](#)

[When tomatoes are cooked mix in corn, salt and little water.](#)

[Stir fry for another 5-10 minutes.](#)

[Serve hot decorated with cut coriander.](#)

[TOP](#)

## MASALA SUPARI RECIPE

### [Ingredients:](#)

[125 gms chickai supari](#)  
[4 tblsp poppy seeds \(khuskhus\)](#)  
[1/4 tsp nutmeg powder](#)  
[1 tblsp pot masala](#)  
[8 - 10 cloves](#)  
[1/2 cup coconut scraped](#)  
[250 gms bhardi supari](#)  
[8 - 10 green cardamoms](#)  
[2 tblsp vegetable fat \(ghee\)](#)  
[1 cup fennel seeds \(saunf\)](#)

-

### [How to make masala supari :](#)

[Roast coconut, cardamoms, poppy seeds, cloves and aniseeds separately.](#)

[Grind cardamoms, poppy seeds, cloves and aniseed.](#)

[Break the supari into coarse pieces.](#)

[Heat up the ghee and stir fry the supari till golden.](#)

[Take off and mix with the rest of the ingredients.](#)

[Cool and serve.](#)

[TOP](#)

## ASOONDI RECIPE

### [Ingredients:](#)

[1 1/2 litremilk](#)  
[saffrona few strands](#)  
[1/2 cup almonds](#)  
[8 - 10 pistachios8-10](#)  
[3/4 cup sugar](#)

## 2 tblsp sunflower seeds (chironji)

-

How to make asoondi :

- Soak almonds in warm water to blanch.
- Take off the skin.
- Reserve a few for garnishing and make a paste of the rest.
- Slice almonds reserved for decorate and pistachio nuts.
- Wash and strain chironji.
- Bring milk to a boil, stirring continuously.
- Simmer (boil slowly at low temperature) over low heat up till milk coats the back of the spoon.
- Stir in almond paste dissolved in half a cup of water or milk and mix well.
- Mix in sugar and saffron and stir fry till sugar gets fully dissolved.
- Chill and serve decorated with pista, chironji and almonds.

[TOP](#)

# UNDHIYO RECIPE

Ingredients:

- 6 - 8 cloves garlic
- 3 - 4 baby brinjals
- 6 -8 potatoes small
- 1 tsp turmeric powder
- 5 tblsp oil
- 100 gms yam (kand)
- 25 - 30 broad beans (sem fali)
- 4 green chillies
- 2 tblsp coconut scraped
- a pinch asafoetida
- 2 raw bananas
- 1 cup coriander leaves
- 2 inch ginger
- 1 tsp mustard
- For Muthiya** 1/4 cup Bengal Gram Flour (besan) 1/4 cup Salt to taste 1/2 cup



Fenugreek Leaves (methi) 1/2 cup 1/2 inch Ginger 1 - 2 Green Chillies 1-2 Oil to deep fry  
Salt to taste

-

How to make undhiyo :

- Wash, take off and dice potatoes, yam and raw bananas.
- Wash brinjals and slit them into four without cutting the stem.
- Make a paste of garlic, green chillies and ginger and mix cut coriander.
- Mix all the muthiya ingredients except oil and prepare a firm dough.
- Divide into small portions and shape each into one-inch long half-inch thick rolls.
- Deep fry in hot oil, remove and keep aside.
- String beans and cut into one-inch long pieces.
- Heat up oil in a thick-bottomed handi, mix in asafoetida and mustard seeds.
- When mustard seeds crackle mix in ground masala and broad beans.
- Put the rest of the vegetables in layers one on top of the other.
- Sprinkle salt and turmeric powder.
- Stir fry for five minutes on high flame heat.
- Pour out one cup of water, cover and simmer (boil slowly at low temperature) on a very low heat up for 10-15 minutes.
- Mix in fried muthiyas and again simmer (boil slowly at low temperature) for 15 minutes.
- Shake the vegetables occasionally but do not use a spoon to stir.
- Serve hot decorated with scraped coconut.

[TOP](#)

## LUCHI RECIPE

Ingredients:  
1 1/3 cup Flour (Maida)  
1/4 tsp Salt

1/4 tsp Sugar (optional)  
3 tbsp Melted Ghee  
1/2 cup Warm Water or as needed  
Ghee for deep frying

Preparation:

- Blend the flour, salt and sugar in a large bowl. Rub the melted ghee into it and gradually using enough water to make a stiff but pliable dough.
- Cover the dough with damp cloth and set aside for 30 minutes.
- Knead dough a little again. Dough should be stiff enough to roll without extra flour.
- Make small balls of the dough and cover them with damp cloth.
- Take one ball of dough and dip a corner of ball in melted ghee or oil and roll it out into 5 to 6 inches round. Repeat the same process to roll out all pooris.
- Heat plenty of oil in a kadhai until very hot. Put in a luchi and immediately start flickering hot oil over the top of it with a spatula so that it will swell up like a ball.
- This should take only a few seconds. Flip the luchi over and cook the other side until golden brown.
- Serve hot with curries or vegetables.

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[TOP](#)

## ALOO POHA RECIPE

Ingredients:

2 cups Poha (Beaten Rice)  
1 Potatoes  
1 Onions  
2 Green Chillies  
1 tsp Chana dal  
1 tsp Urad dal  
1/4 tsp Mustard Seeds  
1 sprig Curry leaves  
2 tsp Peanuts  
4 tbsl Oil  
1 pinch Turmeric powder  
1 Lemon  
Few Coriander leaves  
Salt to taste

How to make aloo poha :

- . Soak the poha in water. Wash and drain all the water.
- . Add some salt , turmeric powder , keep aside.
- . Peel and cut the potatoes into small cubes, chop the onions, chillies, corainder leaves.
- . Heat oil and put chana dal, urad dal, mustard seeds, peanuts, curry leaves and fry until they crackle.
- . Add potatoes , saute for few minutes, then add chopped onions, chillies.
- . Cook till they are done. Add the poha, corainder leaves and stir.
- . Keep it on slow flame for 5- 7 minutes.
- . Let it cool for sometime and add then lemon juice.

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[TOP](#)

## PAV USAL RECIPE

Ingredients:

1 cup Green Peas

6-8 Pavs

1/2 tsp Garam Masala

1/4 tsp crushed Cumin Seeds

1 Lemon Juice

2 tblsp Oil

salt to taste

**Make Paste:**

1 small bunch fresh Coriander

8-10 Green Chillies

1/2 cup fresh grated Coconut

**For Garnish:**

Chopped onions

Fine Sev

Lemon Quarters

How to make pav usal :

- . In a heavy bottom vessel and heat oil in it.
- . Make the paste of coriander, green chillies and grated coconut.
- . Stir fry this paste in the oil for 2 minutes.
- . Add 3 cups water and bring to a boil.
- . Add all the other ingredients, stir and boil.
- . Simmer for 15-20 minutes with stirring occasionally.
- . Cook till oil separates and floats on top and peas get soft.

- Check the seasoning.
- To garnish sprinkle chopped onions, pieces of lemon and sev.
- Serve hot with bread or pav.

[TOP](#)

## POHA ROLL RECIPE

### Ingredients:

1 egg  
30 gms poha (rice flakes)  
100 gms potato  
2 green chillies  
20 gms roasted peanuts  
1/4 tsp amchur (dry mango powder)  
1/4 tsp garam masala powder  
1/4 tsp red chilli powder  
2 tblsp breadcrumbs  
Salt to taste  
Oil for frying  
Few coriander sprigs

### How to make poha roll :

- Boil, peel and mash the potatoes.
- Wash the poha in a strainer. Coarsely grind the roasted peanut.
- Wash & chop the green chillies and coriander sprigs.
- Add poha, peanuts, chillies, coriander leaves and spices to the mashed potatoes.
- Mix well and roll into desirable shapes.
- Dip in beaten egg and coat with breadcrumbs.
- Deep fry in oil till rolls golden brown.
- Serve hot with [tamraind chutney](#).

[TOP](#)

## AAMTI RECIPE

### Ingredients:

2 cup split Moong Beans (Moong Dal)  
2 1/2 cup Water  
1 chopped Tomato (Tamatar)  
3-4 sliced Green chilli (Hari mrich)  
Few Curry Leaves (Kari Patta)  
To taste Salt (Namak)  
1 tsp Black Mustard seeds (Rai/Sarson)  
A pinch of Asafoetida (Hing)

[1 tsp Turmeric Powder \(Haldi\)](#)  
[1 tsp Cumin Seed \(Jeera\)](#)  
[2 1/2 cup Water](#)  
[3 tblsp Vegetable oil \(Vanaspati\)](#)  
[Chopped Coriander Leaves \(Dhania Patta\)](#)

-

[How to make aamti:](#)

[Bring the daal to boil in the water and simmer until soft and mushy.](#)

[Heat the oil in a pan and add mustard seeds, as soon as they pop, add the asafoetida, cumin seeds, turmeric powder, chillies and curry leaves.](#)

[Saute for a minute and add the cooked dal.](#)

[Bring to boil and add the tomatoes, salt and coriander leaves.](#)

[Remove from the heat.](#)

[Keep it covered.](#)

[Serve hot.](#)

[TOP](#)

## BHARWAN BAINGAN RECIPE

[Ingredients:](#)

[8 small Egg plant, Brinjal \(Biangan\)](#)  
[8 peeled baby Potato \(Aloo\)](#)  
[2 large sliced Onion \(Pyaj\)](#)  
[2/3rd cup grated Coconut \(Nariyal\)](#)  
[4 tblsp unsalted chopped Cashews](#)  
[8 Cloves \(Lavang\)](#)  
[8 Black Pepper corns \(Kalimirchi\)](#)  
[1/2 tsp Sugar \(Cheeni\)](#)  
[To taste Salt \(Namak\)](#)  
[1 tsp Cayenne Powder](#)  
[1 tsp Turmeric Powder \(Haldi\)](#)  
[1 tsp Tamarind Paste \(Imli Pate\)](#)  
[8 tblsp Oil](#)  
[2 tblsp Coriander seeds \(Dhania\)](#)  
[3 tblsp chopped finely Coriander Leaves \(Dhania Powder\)](#)

-

### How to make bharwan baingan:

•  
Heat 2 tbsp oil in a pan and add cloves, coriander seeds and peppercorns.

•  
Saute for a minute..

•  
Now add sliced onions and fry until brown.

•  
Add coconut and stir fry until browned, remove and allow to cool.

•  
Grind the mixture to a paste using blender.

•  
Add little water if needed.

•  
Slit each eggplant lengthwise into four, keeping the stem end intact.

•  
Now in the grinded mixture mix cayenne powder, salt, sugar, tamarind paste, cashews and turmeric powder.

•  
Stuff the eggplants with this mixture, reserving some.

•  
Roll the potatoes in the remaining mixture.

•  
Heat the remaining oil in a pan and add the vegetables.

•  
Cook over low heat without burning, add little water if necessary, until done.

•  
Keep an eye.

•  
Serve hot with roti.

[TOP](#)

## BOMBAY CHIWDA RECIPE

### Ingredients:

1/3rd cup halves Peanuts (Moong Phali)

1/3rd cup halves Cashew (Kaju)

1/4th cup whole Almond (Badam)

1/4 cup blanched Pistachio (Pista)

1/4th cup Pumpkin seeds

1/4th cup Pine Nuts

2-3 sliced crosswise into thin rounds hot Green chilli (Hari Mirch)

1 tblsp Fennel seeds (Saunf)

15 Curry Leaves (Kari Patta)

3 tblsp fresh Coriander Leaves (Dhania Patta)

2/3 rd cup thick pounded Flat Rice (Poha)

1/4th cup Raisins (Kishmish)

1/4th cup Currants (Kishmish)

1/4th cup chopped Dates (Khajoor)

1/2 tsp Salt (Namak)

2 tblsp Maple or Date Sugar

1/3 cup Moong Dal

1cup deep fried Sev Noodles

Vegetable Oil or Ghee for deep-frying

-

How to make bombay chiwda:

•  
Heat oil or ghee in a kadhai or deep-frying pan over a moderate heat.

•  
Place the peanuts in a wire-mesh sieve and lower it into the oil.

•  
Fry until golden brown, lift out the sieve, and transfer the nuts to paper towels to drain.

•  
In separate batches, fry the cashews, almonds, pistachios, pumpkin seeds and pine nuts until golden brown, and drain on paper towels.

•  
Pat the nuts dry with more paper towels, bolt off any excess oil.

•  
Transfer all the nuts to a bowl.

•  
Raise the heat of the oil and place the green chilies in the sieve and lower it into the oil and fry until crisp.

•  
Lift out the sieve and transfer the chilies to the paper towels to drain.

•  
Add the fennel seeds, curry leaves and fresh coriander to the sieve and fry in the same way until the leaves are dark green and crisp.

•  
Drain on paper towels.

•  
Now add half of flat rice to the sieve, lower it into the oil and fry for 1 minute or until the frothing oil subsides and poha floats.

•  
It should not brown only turn golden yellow.

•  
Fry the remaining flat rice dry on paper towel, blot all the excess oil.

Add the flat rice to the nuts bowl and toss to mix.

Combine the raisins, currants and dates in a bowl and add the salt , sugar & spices in another bowl.

Sprinkle 1/2 of the spice mixture into the dried fruit and the remaining into the nuts, toss well.

Finally, combine all the ingredients and toss to mix.

Cool to room temperature and store in an air tight container.

Keeps well upto 2 months.

[TOP](#)

## KOBHI ZUNKA RECIPE

### Ingredients:

2 small heads finely shredded Cabbage (Patta Gobi)

6 tblsp Gram Flour (Besan)

1 tsp Black Mustard seeds (Rai/Sarson)

Few Curry Leaves (Kari Patta)

1 tsp Turmeric Powder (Haldi)

1 tsp Cayenne Powder

1 tsp Coriander Powder (Dhania Powder)

A pinch of Asafoetida (Hing)

To taste Salt (Namak)

1 tsp Cumin Seed (Jeera)

4 tblsp Oil

### How to make kobhi zunka:

Heat a heavy bottom pan and gram flour, roast it constantly stirring to avoid lumps formation, on a moderate heat.

As soon as the smell and color changes, remove it from the heat.

Heat oil in another pan and add mustard seeds, allow them to pop.

Add cumin seeds, asafoetida and curry leaves.

Saute for a minute.



Add cabbage, turmeric, coriander, cayenne powders and salt, mix well.

Lower the heat and add little water.

Cook until cabbage is done but crisp.

Increase the heat and dry the liquid and add the roasted gram flour, stir well.

It will absorb the liquid and oil to form clumps.

Break off the clumps to cook them.

When the flour is cooked remove from the heat.

Serve hot.

[TOP](#)

## PURAN POLI RECIPE

### Ingredients:

450 gms Chana Dal

500 gms Sugar (Cheeni) or Jaggery (Gud)

250 gms Wheat Flour (Gehun Ka Atta)

50 gms Flour

5 tsp Oil

1/2 grated Nutmeg (Jaiphal)

50 gms powdered Cardamom (Elaichi)

Pure ghee for serving

-

### How to make puran poli:

Wash the chana daal and cook with a little or just enough water.

Drain out the extra water.

Add sugar or jaggery to the cooked daal and cook on low heat until the mixture becomes thick.

Remove from heat and pass it through a sieve while still hot.

Add grated nutmeg and cardamom powder.

Stir well and remove from heat and keep aside to cool.

[Mix the wheat flour, flour, oil and enough water knead into a smooth dough.](#)

[Keep it aside for an hour or two.](#)

[Divide the gram daal mixture into ping pong sized balls and the flour dough into slightly smaller balls and roll them out a little.](#)

[Place the gram daal ball in the centre of the rolled flour dough and close it to cover the filling completely.](#)

[Roll out into a chapati and bake on a non stick tawa till done on both sides, adding a little ghee around.](#)

[Fry till done.](#)

[Serve hot with pure ghee.](#)

[TOP](#)

## SUKHI KOLMI RECIPE

### [Ingredients:](#)

[1 1/4 lb cleaned and shelled raw Shrimps](#)

[2 finely chopped Onion \(Pyaj\)](#)

[1 cup discard stems, washed & chopped Fenugreek Leaves \(Methi Ke Patte\)](#)

[1 tsp Cayenne Powder](#)

[2 tsp Coriander Powder \(Dhania Powder\)](#)

[1 tsp Turmeric Powder \(Haldi\)](#)

[To taste Salt \(Namak\)](#)

[4 Cloves \(Lavang\)](#)

[4 Cardamoms \(Elaichi\)](#)

[10-12 Black Pepper corns \(Kalimirchi\)](#)

[3-4 tblsp Oil](#)

-

### [How to make sukhi kolmi:](#)

[Clean, wash and drain the shrimps and mix salt, turmeric, chili and coriander powder.](#)

[Heat the oil in a kadhai / wok.](#)

[Add cloves, cardamoms and peppercorns and stir fry for few seconds.](#)

[Add onions and fry till golden, then add shrimps and cook until they turn pink.](#)

[Add fenugreek leaves and mix well.](#)

[Cook on low heat until the shrimps are done.](#)

[The dish should be dry but have a creamy flavour.](#)

[Serve hot.](#)

[TOP](#)

## VANGI ANI VAL RECIPE

### [Ingredients:](#)

[1 1/4 cup sprouted and skinned Val Beans](#)

[1 small cubed Eggplant / Brinjal](#)

[1 chopped finely Onion \(Pyaj\)](#)

[2 cut into 1 inch pieces Drumstick leaves \(Muranka bhaji\)](#)

[4 tblsp grated Coconut \(Nariyal\)](#)

[1 tsp Mustard seeds \(Rai/Sarson\)](#)

[1 tsp Turmeric Powder \(Haldi\)](#)

[1 tsp Cayenne Powder](#)

[1 tsp Goda Masala](#)

[A pinch of Asafoetida \(Hing\)](#)

[To taste Salt \(Namak\)](#)

[3 tblsp Oil](#)

-

### [How to make vangi ani val:](#)

[Boil the drumsticks until they can be easily opened.](#)

[Drain and set aside.](#)

[Heat the oil and saute the mustard seeds with the asafoetida.](#)

[When the seeds start to pop add the onions and fry till golden.](#)

[Add the val , eggplant, all spices and salt, mix well and add little water and cook until the beans are soft but not mushy.](#)

[Cook over high heat to dry the water.](#)

[Remove from heat and add coconut and drumsticks.](#)

[Stir gently and serve hot.](#)

[TOP](#)

## BHEL PURI RECIPE

### Ingredients:

1 cup Puffed Rice (Kurmura)  
1/2 cup chopped Tomato (Tamatar)  
1/2 cup chopped Onion (Pyaj)  
1/4 cup chopped Coriander Leaves (Dhania Patta)  
1/2 cup boiled and mashed Potato (Aloo)  
4 chopped Green Chilli (Hari mirch)  
1 tblsp chopped Ginger(Adrak)  
1 tblsp Garam Masala  
6 tblsp Tamarind (Imli) Chutney  
6 tblsp Coriander Leaves (Dhania Patta) And Mint Chutney  
1/2 cup Nimkis  
1/2 cup Sev  
1/2 cup Gol gappas  
2 tblsp Lime or Lemon (Nimbu) Juice

### How to make bhel puri:

- Mix the puffed rice, tomatoes, onions.
- Drain the water from the grated potatoes and mix that as well.
- Mix all the ingredients under seasoning and add to this.
- Lightly crush and add the nimkis and golgappas.
- Add the sev and kaara pusa directly and mix well.
- Finally garnish with coriander leaves and lemon juice.
- Serve immediately..

[TOP](#)

## PANI PURI RECIPE

### Ingredients:

#### **To make puri:**

1 cup Semolina (Rava / Suji)  
3 tblsp Fine Wheat Flour (Maida)  
1/4 tsp Baking Soda  
Oil to deep fry

#### **To make pani:**

1/2 cup Tamarind (Imli) Pulp  
2 cups Water  
2 tblsp roasted Cumin Seed (Jeera) Powder  
2 tblsp un-roasted Cumin Seed (Jeera)  
Coriander Leaves  
3 Green Chilly (Hari Mirch)  
2 tblsp Mint Leaves (Pudina Leaves) Chutney

1 tblsp Black Salt (kala namak )

2 tblsp Jaggary (Gur)

How to make pani puri:

- **To make pani:**

- Measure all ingredients.
- Adjust spices and tangyness to taste.
- Strain through a wire strainer to remove any rough bits.

- **To make puri:**

- Mix sooji, maida, baking soda, salt and enough water to knead a soft dough.
- Stand covered with wet cloth for 15-20 minutes.
- Make small sized balls.
- With the help of some dry maida or sooji, roll into thin rounds.
- Heat oil in a pan and deep fry puris till very light brown and crisp.
- Drain in a paper towel for a while to dry out the oil.
- Store in an airtight container when cool.

[TOP](#)

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## PAO BHAJI RECIPE

### Ingredients:

[12 Pav buns](#)

[2 Onions](#)

[3 tsp Dhania Powder](#)

[5 Tomatoes](#)

[2 tsp Jeera Powder](#)

[3 Potatoes](#)

[2 tsp Chilli powder](#)

[1 cup Peas](#)

[4 tsp Pav Bhajji masala](#)

[1/2 cup Carrot](#)

[Salt to taste](#)

[1/2 cup Beans](#)

[1/2 cup Coriander for garnish](#)

[1/2 cup Cabbage](#)

[2 tsp Lemon Juice](#)

[1/2 cup Capsicum](#)

[1 cup Cauliflower](#)

[1' piece Ginger](#)

[Garlic optional](#)

[2 Green chillies finely chopped](#)

-

### Preparation:

•  
Heat a pan with oil & add the onions. Fry till translucent. Add tomatoes,salt,add all the powders and fry till the oil floats on top.

•  
Steam all the other vegetables seperately & add them to the onion mixture.

•  
Add a cup of water & let it cook to boiling consistency. Then With the help of a potato masher keep mashing the mixture till it cooks nicely.

•  
When all the vegetables are cooked thoroughly garnish with coriander & lemon juice and serve with Pav.

•  
**For the pavs:**

•  
Slit open the pavs from the middle. Apply butter in the inside & place them on a pre-heated frying pan.When they get golden brown from the inside take them off.

•  
Serve hot with bhajji.

[TOP](#)

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## RAGADA PATTIES RECIPE

Ingredients:

**To make the cutlet:**

3 Potato (Aloo)

1/4 tblsp Coriander Leaves (Dhania Patta)

1/2 tblsp Garam Masala

1/4 tblsp Cumin Seed (Jeera)

1/4 tblsp Turmeric (Haldi)

Bread crumbs

Oil

**To make ragada:**

1 tblsp Chaat Masala Powder

1/2 tblsp Ginger Garlic Paste

Chickpeas (brown) (Chana)

1/4 tblsp Baking Soda

4 tblsp Oil

1/4 cup Curd (Dahi)

1 Onion (Pyaj)

1 Tomato (Tamatar)

1/2 tblsp Garam Masala

1/4 tblsp Turmeric (Haldi)

1/2 tblsp Red chili pepper (Lal Mirchi)

Coriander Leaves

How to make ragada patties:

- . Boil, peel and mash the potatoes well.
- . Take the mashed potatoes into a bowl, add ginger garlic paste, dhania powder, jeera powder, turmeric powder and salt.
- . Mix and knead well into a dough.
- . Now, add the bread crumbs and knead well.
- . Divide the dough into balls.
- . Press each ball with hand so that it would make into a round patty.
- . Heat oil in a kadai and fry the prepared patties in the oil till golden brown on both sides.
- . Take out the patties from the oil and put them into a bowl with tissue paper to drain the excess oil.
- . **To prepare the ragada:**
- . Wash and soak channa for about 6 - 8 hours.
- . Boil channa with baking soda in pressure cooker till soft.
- . Heat oil in a kadai, add chopped onions, fry till the onions are light golden brown.
- . Add ginger garlic paste, turmeric powder, garam masala powder, chat masala powder, red chilli powder and fry for 30 seconds.
- . Now add tomatoes and salt.
- . Cover and cook on medium heat for 3-5 minutes until the tomatoes are soft.
- . Now, add the boiled peas, enough water, curd and mix well.
- . Cover and cook on medium heat for 3-4 minutes.
- . **To serve cutlet ragada:**
- . Prepare tamarind chutney and mint chutney.
- . Take the serving plate, put two cutlets in the plate.
- . Pour the ragada on the cutlets.
- . Sprinkle chopped onions and coriander leaves.
- . Sprinkle a pinch of chat masala powder and serve hot.

[TOP](#)

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## ALOO PHULKOPIR DALNA RECIPE

### [Ingredients:](#)

[1 tblsp red chilli powder](#)  
[1 tblsp cumin powder](#)  
[1/2 tsp garam masala whole](#)  
[500 gms potatoes](#)  
[2 tblsp ghee](#)  
[2 tblsp ghee](#)  
[1 tsp turmeric powder](#)  
[1 kg cauliflower](#)  
[2 tblsp coriander powder](#)  
[4 medium tomatoes](#)  
[2 medium onions](#)  
[2 bay leaves](#)  
[oil to deep fry](#)  
[4 tblsp mustard oil](#)

-

[How to make aloo phulkopir dalna :](#)

•



Take off and cut the potatoes into quarters, cut the cauliflower into medium sized florets, cut tomatoes into quarters.

Take off and cut the onions.

Heat up oil in a pot and when very hot fry the potatoes lightly and drain.

Then fry the florets of cauliflower till they turn a little brown.

Remove and keep it aside.

Take off the oil.

In the same pot heat up ghee and mix in the bay leaves and the whole garam masala and stir fry for 30 seconds.

Mix in cut onion and fry till golden in colour.

Mix in the masala powders and stir fry for a minute taking care that the masala does not stick to the bottom.

Mix in a tblsp of water if necessary.

Mix in the potatoes, cauliflower and the tomatoes.

Stir fry for a while.

Mix in a cup of water, cover and stir fry over medium heat.

Stir from time to time.

Take off from heat up when the vegetables are cooked and nearly dry.

[TOP](#)

## ALOO POSTO RECIPE

### Ingredients:

2 green chillies

5 - 6 medium potatoes

1/2 tsp sugar

1 tsp pure ghee

2 tblsp mustard oil

4 tblsp poppy seeds (khuskhus)

salt to taste

1/2 tsp onion seeds (kalonji)

-

### How to make aloo posto :

•  
Take off and cut the potatoes into one inch sized pieces.

•  
Keep them in water.

•  
Soak poppy seeds in one cup warm water for fifteen to twenty minutes.

•  
Remove and grind to a fine paste.

•  
Heat up mustard oil in a pot till it just reaches smoking point.

•  
Remove, cool and heat up the oil again on medium heat.

•  
Mix in kalonji and stir-fry briefly.

•  
Mix in potato pieces and stir fry on medium heat up for five minutes, stirring frequently.

•  
Mix in the poppy seeds paste, stir and mix in half cup of water, cover and stir fry on low heat up till the potatoes are almost done.

•  
Take off the lid, mix in salt, sugar and slit green chillies.

•  
Continue to stir fry for a minute more or till potatoes are completely cooked, stir in desi ghee and serve hot.

[TOP](#)

## ALUTUA RECIPE

### Ingredients:

1 cup sugar

oil for frying

1 tsp sida bi carbonate

1/2 kg sweet potatoes

9 - 10 raisins

1 tblsp ghee

1/2 cup refined flour

-

### How to make alutua :

[Make a syrup of one thread consistency with the sugar and 1 1/2 cup of water.](#)

•

[Wash and boil the sweet potatoes with as little water as possible.](#)

•

[Drain.](#)

•

[Take off skin and fibre, if any, and mash.](#)

•

[Sieve the flour and the soda, rub in the ghee.](#)

•

[Mix in to the sweet potatoes.](#)

•

[Knead well.](#)

•

[In case the mixture feels soft, mix in a little more flour.](#)

•

[Make lime size crack free balls and stuff one raisin in each.](#)

•

[Heat up oil in a kadai.](#)

•

[When the oil begins to smoke, take off the heat, put in a few balls at a time.](#)

•

[Put on medium heat up again and fry till golden brown.](#)

•

[Remove and put the balls in the syrup and keep aside for a few hours.](#)

•

[Serve warm or cold.](#)

[TOP](#)

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## AMER CHATNI RECIPE

[Ingredients:](#)

[2 red chillies whole](#)

[3/4 tsp panch phoron](#)

[1 cup sugar/jaggery](#)

[1/2 kg green mangoes](#)

[2 tsp oil](#)

[salt to taste](#)

-

[How to make amer chatni :](#)

•

[Cut the green mangoes with the skin into boat shapes.](#)

•

[Heat up oil in a pan, mix in 1/2 tsp panch phoron and the dry red chillies.](#)

[When they start to crackle mix in the mangoes.](#)

[Mix in warm water.](#)

[Mix in sugar or jaggery.](#)

[Mix in salt when the mangoes are cooked and the syrup is thick.](#)

[Roast 1/4 tsp panch phoron on the tawa and grind it to a powder.](#)

[When the chutney is cool sprinkle this powder on top.](#)

[TOP](#)

## AMER MISHTI ACHAR RECIPE

[Ingredients:](#)

[1 tsp mustard powder](#)

[1/4 kg sugar \(powdered\)](#)

[1 tblsp red chilli powder](#)

[100 gm mustard oil](#)

[1 tsp ginger paste](#)

[1/2 kg raw mangoes \(peeld and cut finely\)](#)

[salt to taste](#)

[How to make amer mishti achar :](#)

[Mix the salt, sugar and mangoes and leave it in the sun for a couple of days or till the mangoes are tender.](#)

[After sun drying the mangoes mix in the ginger paste, tamarind pulp, chilli powder, mustard powder and oil and stir fry on low heat up till it reaches a one-thread consistency.](#)

[Take off from heat.](#)

[Cool and store.](#)

[TOP](#)

## ANARASER CHATNI RECIPE

[Ingredients:](#)

[1/2 tblsp raisins](#)

[2 bay leaves](#)  
[2 - 4 tblsp sugar](#)  
[salt to taste](#)  
[1" ginger chopped](#)  
[1/8 tsp mustard seeds](#)  
[1 tsp oil](#)  
[1/4 big size pineapple](#)

-

[How to make anaraser chatni :](#)

- [Discard the hard core of the pineapple.](#)
- [Take off and take off the eyes.](#)
- [Cut them into fine dices.](#)
- [Heat up oil in a kadai.](#)
- [Mix in the mustard seeds.](#)
- [When it starts to crackle mix in pineapple.](#)
- [Stir fry for few minutes and mix in salt.](#)
- [Mix in 1 cup of water and sugar.](#)
- [Mix in bay leaves, raisins and cut ginger.](#)
- [Simmer \(boil slowly at low temperature\) till the chutney is thick.](#)

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[TOP](#)

## BEGUN BHAJA RECIPE

[Ingredients:](#)

[mustard oil to fry](#)  
[1 tsp turmeric powder](#)  
[salt to taste](#)  
[1 big size brinjals](#)

-

### How to make begun bhaja :

- Wash and cut the brinjals into half inch round slices.

- Apply salt and turmeric powder.

- Heat up the oil in a pot to smoking point.

- Take off heat, cool slightly and then reheat.

- Fry the brinjal pieces till crunchy and brown.

- Serve hot.

[TOP](#)

## CHANAR BARA RECIPE

### Ingredients:

1 tsp green cardamom power

500 gms refined flour (maida)

250 gms cottage cheese (paneer/chana)

ghee for frying

2 cup sugar

-

### How to make chanar bara :

- Mash paneer well.

- Mix one tblsp of ghee with the flour.

- Mix milk a little at a time.

- There should be no lumps.

- The batter should be rather thin.

- Now, mix in the mashed paneer.

- This will thicken the batter.

- Lastly, mix in the powdered cardamom.

The batter, finally, must be of medium thick consistency so that it can easily be dropped from a spoon.

Make syrup of one string consistency with the sugar and 1 1/2 cup of water.

Heat up ghee in a kadhai.

Drop spoonfuls of batter and fry till golden.

Soak in the syrup for at least two hours.

[TOP](#)

## CHANAR DALNA RECIPE

### Ingredients:

1 tblsp ghee

250 gms cubed cottage cheese (paneer)

1 medium cubed potatoes

oil for frying

1/4 tsp turmeric powder

1 tsp ginger paste

2 - 3 green chillies

salt to taste

1 1/2 tsp cumin seed paste

1/2 cup milk

1/2 tsp cumin seeds

1/2 tsp sugar

1/2 tsp garam masala powder

1 cup water

### How to make chanar dalna :

Heat up oil and fry the potatoes lightly and keep aside.

Fry the paneer in the same oil and put it in warm water.

Heat up the ghee in a vessel, mix in the cumin seeds and let it splutter.

Mix in the cumin paste mixed with a little water, ginger juice and turmeric powder.

Stir fry for 2 minutes.

Mix in the potatoes, green chillies, garam masala powder, sugar and salt and cover and stir fry till the potatoes are tender.

[Take off the paneer from the water and mix in to the potatoes.](#)

[Mix in milk and the remaining water and allow it to simmer \(boil slowly at low temperature\) for another 2 to 3 minutes.](#)

[Serve hot.](#)

[TOP](#)

## LAVANG LATIKA RECIPE

### [Ingredients:](#)

[2 tblsp semolina \(rava\)](#)  
[1/2 tsp green cardamom powder](#)  
[1 pinch nutmeg powder](#)  
[1 pinch salt](#)  
[1 coconut grated](#)  
[1/2 cup milk](#)  
[pure ghee to fry](#)  
[2 cup refined flour \(maida\)](#)  
[1/2 cup sugar \(for syrup\)](#)  
[1/4 cup sugar](#)  
[1 cup water](#)

-

### [How to make lavang latika :](#)

[Sieve flour.](#)

[Mix in oil and enough water to knead into a firm dough.](#)

[Cover with a damp cloth and keep aside.](#)

[Bring the sugar and water to boil.](#)

[Simmer \(boil slowly at low temperature\) to obtain sugar syrup of three string consistency and keep aside.](#)

[Heat up one tsp ghee in a pot and fry the semolina till light brown.](#)

[Mix in milk, sugar and coconut and keep stirring on a low heat up till the mixture becomes thick.](#)

[Take off from heat.](#)



[Mix in cardamom powder and nutmeg powder.](#)

[Cool and divide into 12 portions.](#)

[Divide the dough into 12 portions.](#)

[Roll out one portion into a small puri.](#)

[Put a little stuffing in the centre and fold the puri like an envelope.](#)

[Stick a clove in the centre to keep it in place.](#)

[Heat up ghee and fry the latikas on medium heat up till golden brown.](#)

[Remove and soak them immediately in the hot sugar syrup.](#)

[Remove and serve after a couple of hours.](#)

[TOP](#)

## PISTA SANDESH RECIPE

### Ingredients:

[1/2 cup castor sugar](#)

[12 tblsp pistachios \(powdered\)](#)

[1 litre cows milk](#)

[10 pistachios](#)

[1/4 tsp citric acid](#)

-

### How to make pista sandesh :

[Boil the milk.](#)

[Mix citric acid in water and gradually mix in it to milk till the milk curdles.](#)

[Strain the paneer through a clean cloth and cool.](#)

[Squeeze out the excess water.](#)

[In a pot roast the paneer and sugar lightly for four to five minutes.](#)

[The paneer should not change the colour.](#)

[Grind this mixture in a mixie till it is soft and light \(without adding water\).](#)

•  
[Mix in powdered pistachios to paneer-sugar mixture.](#)

•  
[Divide into small portions and shape into round balls.](#)

•  
[Decorate with whole pistachios and serve.](#)

[TOP](#)

## TAUK DAL RECIPE

### [Ingredients:](#)

[1 tsp ghee](#)

[1/2 tsp onion seeds](#)

[250 gms pigeon pea divide \(arhar dal\)](#)

[1/2 tsp turmeric powder](#)

[3 medium raw mangoes](#)

[4 -6 green chillies](#)

[salt to taste](#)

[2 tsp sugar](#)

-

### [How to make tauk dal :](#)

•  
[Wash, take off and cut the mangoes into 6-8 pieces lengthwise.](#)

•  
[Wash the dal and boil with 4 cup of water.](#)

•  
[Mix in turmeric and stir.](#)

•  
[Continue cooking for about 20 minutes.](#)

•  
[Mix in raw mangoes, green chillies and salt.](#)

•  
[Stir fry till the time the mangoes are soft but not mushy.](#)

•  
[Mix in sugar and stir.](#)

•  
[Heat up ghee in a kadhai and mix in onion seeds.](#)

•  
[When they stop crackling pour out this over the dal.](#)

[TOP](#)

## TOMATO CHATNI RECIPE

### [Ingredients:](#)

[2 tblsp panch phoron](#)  
[dates few](#)  
[1/2 kg sugar](#)  
[salt to taste](#)  
[2 red chillies whole](#)  
[1 tsp oil](#)  
[1/2 kg tomatoes](#)  
[1 tsp tamarind pulp](#)

-

[How to make tomato chatni :](#)

•  
[Wash and cut the tomatoes into quarters.](#)

•  
[Soak the tamarind in warm water for few minutes.](#)

•  
[Take off the pulp of the tamarind, strain and keep it aside.](#)

•  
[Prepare sugar syrup of one string consistency.](#)

•  
[Heat up oil in a pan, mix in panch phoron and dry red chillies.](#)

•  
[When it starts to crackle mix in tomatoes and cook.](#)

•  
[Mix in the sugar syrup along with a little salt, dates and little water if required.](#)

•  
[Stir fry till it is dark red in colour and thick.](#)

•  
[Stir and then mix in tamarind pulp.](#)

•  
[Dry roast the panch phoron and grind it to a powder.](#)

•  
[Sprinkle the panch phoron powder over the chutney.](#)

[TOP](#)

---

## CHOLAR DAL RECIPE

[Ingredients:](#)

[1 tblsp ghee](#)  
[4 -6 green chillies slit](#)  
[1 tsp garam masala powder](#)  
[1 tblsp coriander powder](#)  
[3 bay leaves](#)

[1/4 coconut](#)  
[1 tsp red chilli powder](#)  
[1 tsp turmeric powder](#)  
[2 - 4 tsp sugar](#)  
[250 gms bengal gram divide \(chana dal\)](#)  
[1 tblsp cumin powder](#)  
[salt to taste](#)  
[1 tblsp raisins](#)

-

[How to make cholar dal :](#)

•  
[Wash the dal and boil with 4 cup of water.](#)

•  
[Mix in turmeric, cumin, garam masala, and slit green chillies.](#)

•  
[Mix in salt and sugar to taste.](#)

•  
[Mix well and stir fry till the time the dal is soft and thick.](#)

•  
[Heat up ghee in a kadhai.](#)

•  
[Mix in bay leaves and garam masala.](#)

•  
[When it stops spluttering mix in it to the dal.](#)

•  
[Mix thoroughly.](#)

•  
[Cut the coconut into small dices and fry in ghee till light brown.](#)

•  
[Mix in this to the dal and stir.](#)

•  
[Serve hot along with luchi.](#)

---

[TOP](#)

## CHUM CHUM RECIPE

[Ingredients:](#)

[1 cup water](#)  
[2 -3 drops lemon colour](#)  
[1/4 tsp green cardamom powder](#)  
[a few strands saffron](#)

[250 gms cottage cheese \(paneer\)](#)  
[2 tblsp refined flour \(maida\)](#)  
[100 gms condensed milk \(unsweetened\)](#)  
[1 cup sugar](#)

-

[How to make chum chum :](#)

- [Melt sugar in water and heat up to make a thin syrup.](#)
- [Knead the paneer with flour and shape into oval shaped fingers, mix in them to the sugar syrup and boil for eight minutes.](#)
- [Take off from heat up and mix in lemon color to the syrup.](#)
- [Cool for a while and take off the chum-chums from the syrup.](#)
- [Mix in saffron and cardamom powder to sugarless, creamy, condensed milk.](#)
- [Spread this on each piece and serve.](#)

[TOP](#)

## GURER PAYESH RECIPE

[Ingredients:](#)

[1 tblsp raisins](#)  
[1 cup basmati rice](#)  
[3 green cardamoms](#)  
[10 almonds \(optional\)](#)  
[1 cup jaggery grated](#)  
[2 litres milk](#)  
[1 tblsp sugar](#)

-

[How to make gurer payesh :](#)

- [Clean and wash the rice.](#)
- [Remove and let it dry for an hour.](#)
- [Blanch the almonds and slice.](#)
-

[Wash the raisins.](#)

[Boil milk.](#)

[Lower the heat up and continue to boil stirring constantly for fifteen to twenty minutes.](#)

[Mix in the rice and continue to stir fry till the rice is soft.](#)

[Mix in sugar.](#)

[Continue to stir fry till the milk has reduced to half.](#)

[Mix in jaggery and mix.](#)

[Mix in the cardamoms, almond slices and raisins \(if using\) and stir well.](#)

[Serve cold.](#)

[TOP](#)

## KHASTA POROTA RECIPE

### [Ingredients:](#)

[4 tblsp ghee](#)

[2 cup refined flour \(maida\)](#)

[1 egg](#)

[1 tsp salt](#)

[1 tblsp sugar](#)

[water as required](#)

-

### [How to make khasta porota :](#)

[Melt the ghee.](#)

[Mix everything flour, sugar, salt.](#)

[Mix in 2 tblsp of ghee and the egg and mix well.](#)

[Mix in enough water and knead into a soft dough.](#)

[Divide the dough 3 portions.](#)

[Roll out each portion into a chappati.](#)

[Cover with a damp cloth and keep aside.](#)

[Spread a little ghee on a flat surface.](#)

[Keep one chappati on it.](#)

[Apply some ghee to the chappati and gently pull the edges of the chappati so that it gradually spreads into a thin one.](#)

[Fold into half and again into half to resemble a triangle.](#)

[Keep it covered with a damp cloth.](#)

[Preheat up the oven to 190Â°c.](#)

[Gently pat each triangle to a fairly thin chappati.](#)

[Keep them at least 10 cm apart on the baking tray.](#)

[Bake in the oven at 190Â°c for about 30 minutes.](#)

[TOP](#)

## KHICHURI RECIPE

### [Ingredients:](#)

[4 medium potatoes \(cubed\)](#)

[1/2 tsp red chilli powder](#)

[1/2 tsp sugar](#)

[1/2 tsp turmeric powder](#)

[1 1/4 cup green gram split, \(moong dal\) roasted](#)

[250 gms cauliflower florets250 gms.](#)

[6 cup water \(approx\)](#)

[salt to taste](#)

[6 green chillies](#)

[1 1/4 cup rice1 1/4 cups](#)

[2 tsp cumin powder](#)

[1/2 cup peas](#)

### [\*\*For The Seasoning\*\*](#)

[4 tblsp Ghee](#)

[2 Bay Leaves](#)

[3 Red Chillies Whole](#)

[4 Green Cardamoms](#)

[6 Cloves](#)

[2 Cinnamon 1 inch pieces](#)

-

### How to make khichuri :

•  
Roast moong dal, cut cauliflower florets and slit green chillies.

•  
Make a paste of turmeric powder, cumin powder and red chilli powder.

•  
Wash rice and drain.

•  
Take sufficient water in a big size pot and stir fry dal and rice in it.

•  
When the rice is half done mix in masala paste, green chillies and vegetables, simmer (boil slowly at low temperature) till they are cooked.

•  
In the meanwhile dal and rice will also be cooked.

•  
Make a flavor by heating ghee mix in red chillies, bay leaves, garam masala and stir fry for a minute.

•  
Stir in the flavor mixture into cooked khichuri.

•  
Serve hot with pure ghee on top.

[TOP](#)

## KORAI SHUTIR KOCHURI RECIPE

### Ingredients:

1/4 tsp salt

3 tblsp ghee (melted)

1 cup refined flour

#### **For Filling**

1/4 kg Peas (shelled)

1 inch Ginger

4 small Green Chillies

4 tsAniseeds (saunf)

1/4 tsp Asafoetida

Salt to taste

Ghee to deep fry

-

### How to make koraishutir kochuri :



[Sift the flour with 1/4 tsp salt.](#)

[Mix in 2 tblsp of ghee and knead to a soft dough.](#)

[Grind the peas, ginger, green chillies and aniseeds to a fine paste.](#)

[Fry the asafoetida till light brown.](#)

[Mix in the peas paste and salt.](#)

[Fry well till the paste is cooked.](#)

[Take off from heat up and let it cool.](#)

[Divide the dough into 8 balls.](#)

[Press each ball in the centre and fill it with the pea mixture.](#)

[Close the opening well and flatten.](#)

[Roll out as for puris.](#)

[Heat up ghee in a kadhai.](#)

[Deep fry the puris on low heat up till golden brown.](#)

[Remove and serve hot.](#)

[TOP](#)

## KOZHI THENGAI KOZHAMBU RECIPE

### [Ingredients:](#)

[1/2 tsp turmeric powder](#)

[1 chicken](#)

[8 tblsp groundnut oil](#)

[salt to taste](#)

[2 star anise](#)

[10 -12 curry leaves](#)

[2 bay leaf](#)

### [Masala Paste](#)

[1 cup Coconut grated](#)

[25 Sambar Onions](#)

[1" Ginger](#)

[12 cloves Garlic](#)

[10 Green Chillies](#)

[2 Red Chillies Whole](#)

## 2 tblsp Coriander Seeds

-

### How to make kozhi thengai kozhambu :

•  
Clean and cut the chicken with the bones into medium size pieces (approximately 20-24 pieces).

•  
Rub in the turmeric powder and little salt.

•  
Take off sambar onion, wash and cut the green chillies.

•  
Heat up 2 tblsp of oil and fry the masala ingredients till light brown.

•  
Cool and grind to a smooth paste with little water.

•  
Heat up the remaining oil in a vessel, mix in the star anise and bay leaves and fry.

•  
Wash and mix in the curry leaves and the marinated chicken.

•  
Stir fry on high flame heat up to seal the surface of the meat.

•  
Mix in the masala paste and mix thoroughly.

•  
Pour out 1 1/2 cup of water and simmer (boil slowly at low temperature) till the chicken is almost cooked.

•  
Sprinkle salt to taste, stir well and simmer (boil slowly at low temperature) till it thickens to the required consistency.

[TOP](#)

## KUCHO AMER ACHAR RECIPE

### Ingredients:

1/2 cup mustard oil

1 tsp red chilli powder

1 tsp panch phoron powder

salt to taste

1/2 kg jaggery

4 - 5 raw mangoes (grated)

1/2 tsp turmeric powder

### How to make kucho amer achar :

- Mix the grated mangoes, jaggery, turmeric powder and salt.

- Keep the mixture in the sun for about 4-5 days at a stretch.

- Mix in red chilli powder and panch phoron powder and leave it again in the sun for another 4-5 days.

- Mix in the mustard oil just before bottling and preserving it.

[TOP](#)

## METHI BAIGAN RECIPE

### Ingredients:

1 green chilli slit

salt to taste

1/2 bunch fenugreek leaves (methi)

3 baby brinjals

1 tsp cumin seeds

oil for frying

1 pinch sugar

-

### How to make methi baigan :

- Cut brinjal into cubes.

- Wash methi leaves thoroughly, cut roughly and keep aside.

- Heat up oil in a kadhai.

- Deep fry the brinjal pieces and set aside.

- Heat up 1 tblsp oil in a pan.

- Mix in cumin seeds and slit green chilli.

- Once the cumin seeds begin to crackle, mix in the washed methi leaves.

- Cover and stir fry for a while.

- Mix in salt and a pinch of sugar and stir fry till done.

[Mix in the fried brinjal and stir fry for another 2 minutes.](#)

[Serve hot.](#)

[TOP](#)

## MISHTI ACHAR RECIPE

### [Ingredients:](#)

[1 tsp red chilli powder](#)

[2 tblsp mustard oil](#)

[2 cup sugar](#)

[1/2 tsp turmeric powder](#)

[salt to taste](#)

[500 gms ripe olives](#)

[1 tsp panch phoron powder](#)

-

### [How to make mishti achar :](#)

[Mix all the above the ingredients except the panch phoron and stir fry on low heat up till one thread consistency is reached and the olives soft.](#)

[When cooked mix in the panch phoron.](#)

[Cool and store.](#)

[TOP](#)

# Andhra Recipe

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## ARATIKAAYA MASALA PULUSU RECIPE

A traditional south Indian raw banana dish recipe fried along with spices and tamarind paste.

### Ingredients:

3-4 tblsp vegetable oil  
5 raw bananas, peeled and cut in 4 pieces each.  
One stem curry leaves  
1/2 tsp mustard seeds (rai dana)  
1 tsp chili powder  
1/2 tsp turmeric powder  
2 tblsp Tamarind pulp  
5 cloves garlic, chopped  
1/2 inch piece ginger, chopped  
1 tsp rice  
Salt to taste

-

### How to make aratikaaya masala pulusu:

•  
First make a paste of ginger, garlic, rice with a little water and keep it aside

•  
Now boil the raw bananas covered till they are soft and keep aside.

•

[Heat a wok now and add the oil to it.](#)

[In it add the mustard seeds and curry leaves and let them splutter.](#)

[Now add the ginger-garlic-rice paste into it and add all the ground spices.](#)

[Fry for a minute and add the tamarind paste to it.](#)

[Mix the tamarind paste well and add 2 cups of water.](#)

[Now add the banana pieces and let cook for two minutes or till the gravy thickens.](#)

[Serve hot sprinkled with coriander leaves.](#)

[TOP](#)

## BENDAKAYA RECIPE

Bendakaya, or Okra is generally a favorite amongst most. Here is a simple recipe of making this mouth watering vegetable

### [Ingredients:](#)

[1 kg bendakaya \(bhindi\), chopped into small pieces](#)

[1 large onion, sliced](#)

[3 green chillies, slit](#)

[2 tsp coriander powder.\(dhania powder\)](#)

[1 tsp red chili powder\(lal mirch\)](#)

[1/2 tsp turmeric powder](#)

[Oil -1 table spoon](#)

-

### [How to make bendakaya:](#)

[Heat oil in a wok](#)

[Add the onions and green chillies to it and sautÃ©](#)

[Once the onions become pink in color, add the ground spices and mix well.](#)

[Now add the bendakaya and salt and see that it gets wrapped and mixed nicely with the onions and spices.](#)

[Cover the wok and lower the heat just for two minutes.](#)

[Take off the heat and fry by stirring on high heat for another 5 minutes and take off the heat.](#)

[Serve hot with chapatis](#)

[TOP](#)

## CHARUPODI RECIPE

Charu Podi is a traditional south Indian mix of whole coriander and cumin seeds spiced up with black pepper.

### [Ingredients:](#)

[1c coriander seeds \(dhaniasabut\)](#)

[1/2 c cumin seeds \(jeera\)](#)

[1/2 c whole black pepper \(sabut kali mirch\)](#)

-

### [How to make charupodi:](#)

[Mix all the ingredients together and grind.](#)

[You can store it in jar and not in a refrigerator.](#)

[TOP](#)

## GONGURA PICKLE RECIPE

Sorrel leaves are known as Gongura and this is a recipe for pickling them along with ingredients like urad dal and sesame seeds

### [Ingredients:](#)

[4 bunches of Gongura leaves, separeted, cleaned, and washed](#)

[3 tsp Sesame seeds,](#)

[3 tsp. Urad dal,](#)

[1 tsp. Fenugreek seeds, \(methi dana\)](#)

[1 tsp. Coriander seeds, \(sabut dhaniasabut\)](#)

[1 tsp. Cumin seeds, \(jeera dana\)](#)

[4-5 dry whole Red Chillies,](#)

[4 Green Chillies,](#)

[2 tbspn. Oil](#)

[Salt to taste](#)

[For Seasoning: -](#)

[Heat 1 tbspn. oil in a pan, when it gets hot put mustard seeds. When they splutter put 1/2 tspn. of chana dal and urad dal together and 1-2 dry red chillies. Let them become brown in colour. Then put off the stove.](#)

-

### How to make gongura pickle:

- Deep fry the gongura leaves and chillies.

- Grind them into a paste and keep aside.

- Now roast the all the whole seeds and whole red chillies, grind and mix it with the gongura leaves. Season with salt and a fry of mustard seeds.

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[TOP](#)

## KAJJIKAYAL RECIPE

Ingredients like sooji, coconut and sugar go into this stuffed pastry which is the south Indian counter part of the north Indian gujiya

### Ingredients:

1/2 kg plain flour (maida)

4 tbsps ghee

water to knead the maida

oil for deep frying

For the filling:

1/2 c grated coconut

1 c sooji

1 c sugar

1 tsp green cardamom powder (hari ilaichi powder)

15 cashews, chopped

5-6 almonds, chopped

-

### How to make kajjikayal:

- First, rub the ghee into the maida well.

- Now make a dough that is not too soft by kneading this flour with cold water.

- In a wok, heat some ghee and roast the grated coconut till is pink in color.

- Take it off and roast the sooji in the same vessel.



[Powder the sugar and mix sooji, coconut, cardamom powder and dry fruits with it.](#)

[Now roll small thin puris of the dough and fill in this mixture.](#)

[Fold the stuffed puris so as to form a half moon and seal well.](#)

[Deep fry these puris and serve hot](#)

[TOP](#)

## KAMMAPODI RECIPE

A dry chutney or mix of mixed lentils and curry leaves

### [Ingredients:](#)

[1 c toowar dal](#)

[1/2 c urad dal](#)

[1/2 c moong dal.](#)

[1 tsp cumin seeds \(jeera\)](#)

[2 stems of curry leaves](#)

[1 whole red chili](#)

[Salt to taste](#)

-

### [How to make kammapodi:](#)

[Heat a heavy bottom pan and dry roast all the dals.](#)

[Take off the dals and in the same pan add 1 tsp oil and fry the cumin seeds, red chili and curry leaves.](#)

[Mix them with the roasted lentils and grind into a smooth powder and store.](#)

[TOP](#)

## KARAPODI RECIPE

A very easy recipe to make a chutney pf curry leaves with a flavor of tamarind

### [Ingredients:](#)

[1 large bunch of curry leaves](#)

[5 dry whole red chilies \(sabut lal mirch\)](#)

[1 tsp coriander seeds \(khara dhania\)](#)

[1 tsp cumin seeds \(jeera\)](#)

[5 cloves of garlic](#)

[1 tsp tamarind pulp](#)  
[Salt to taste.](#)

-

[How to make karapodi:](#)

- [Heat a pan without oil and dry roast the curry leaves in it.](#)
- [Now add rest of the ingredients except the salt and tamarind and roast well.](#)
- [Take off the heat and grind well with the tamarind.](#)
- [Add salt to your taste and store away.](#)

[TOP](#)

## KAKARAKAYA RECIPE

This is a recipe for bitter gourd stuffed with a tangy stuffing of onions and amchur powder

[Ingredients:](#)

[7-8 pieces of bitter gourd](#)  
[2 onions made into a paste](#)  
[1 tsp red chili powder](#)  
[Salt to taste](#)  
[1/2 tsp turmeric](#)  
[2 tsp amchoor powder](#)  
[1 tblsp oil + Oil for deep frying](#)

[How to make kakarakaya:](#)

- [Wash the kekarakaya and slit lengthwise.](#)
- [Remove all the flesh from inside and make hollow.](#)
- [Deep fry them and keep aside](#)
- [Now in a wok heat 1 tblsp oil and put in the onion paste.](#)
- [Once they become brownish in color add the spices and salt](#)
- [Roast well till oil separates.](#)
- [Fill this mixture into the kekarakayas and serve.](#)

[TOP](#)

# KOTTIMEERA PACHADI RECIPE

A South Indian recipe of making coriander chutney flavored with tamarind.

## Ingredients:

[2 c coriander leaves, chopped. \(dhania patta\)](#)

[5 red chillies \(sabut laal mirch\)](#)

[¼ tsp asafetida \(hing\)](#)

[Medium sized ball of tamarind, free of seeds \(imli\)](#)

[1 tsp oil](#)

[2 tsp urad dal](#)

[1 tsp mustard seeds \(rai dana\)](#)

[Salt to taste](#)

-

## How to make kottimeera pachadi:

• [Heat oil in a pan and add asafetida, urad dal and whole red chillies in it.](#)

• [Take them out and keep aside once they start spluttering.](#)

• [In the same oil, fry the mustard seeds and keep them aside separately](#)

• [Now in a mortar and pestle, beat the coriander leaves, tamarind and the fried urad dal mixture. \(or grind in a mixie\) to this chutney, add salt to your taste and the fried mustard seeds.](#)

• [Store in a jar and refrigerate.](#)

[TOP](#)

# MAMIDIKAYA PULIHORA RECIPE

A tangy new flavor of fried rice mixed with raw mango and other spices

## Ingredients:

[2 raw mangoes](#)

[4 c cooked rice](#)

[1 tblsp chana dal](#)

[1 tblsp urad dal](#)

[1 ts mustard seeds \(rai dana\)](#)

- [2 whole red chilies \(sabut lal mirch\)](#)
- [A bunch of curry leaves](#)
- [1 tsp turmeric \(haldi powder\)](#)

-

[How to make mamidikaya pulihora:](#)

- [Peel, grate or chop the raw mango and mix well with the rice.](#)
- [Heat oil in a pan and add the lentils, mustard seeds, whole red chilies, curry leaves and turmeric powder.](#)
- [Add the rice to this and mix well.](#)
- [Add salt suiting to your taste and serve hot.](#)

[TOP](#)

# MORU KALAN RECIPE

Curd is the main ingredient that goes into this curry with a dash of other spices and onions

[Ingredients:](#)

- [2 c curd](#)
- [1 tbsp oil](#)
- [1/2 tsp mustard seeds](#)
- [1/2 tsp fenugreek powder \(methi powder\)](#)
- [1/2 tsp cumin powder \(jeera powder\)](#)
- [A pinch of turmeric](#)
- [1 small onion chopped](#)
- [3 whole red chilies crushed](#)
- [1 tblsp ginger garlic paste](#)
- [A bunch of curry leaves](#)

-

[How to make moru kalan:](#)

- [Heat oil in a pan and put in the mustard seeds.](#)
- [Once they start spluttering, add the curry leaves and ginger garlic paste.](#)
- [SautÃ© it for twoo minutes and add the chopped onion and red chilies.](#)
- [Fry it for a few minutes and then add the dry powders.](#)

- [Lower the heat and add the pre-beaten curd.](#)

- [You will need to keep stirring it continuously to make sure that it does not boil.](#)

- [Keep checking for steam and immediately remove from stove.](#)

- [Add salt and mix well.](#)

- [You can store it in glass jars in the refrigerator.](#)

[TOP](#)

## NUVVULA PODI RECIPE

A very easy recipe for dry sesame seeds chutney which is very fast to prepare and goes very well with hot rice and ghee

### [Ingredients:](#)

[1 c white sesame seeds](#)

[6 whole dry red chillies, crushed](#)

[Salt to taste.](#)

-

### [How to make nuvvula podi:](#)

- [Heat a heavy bottom pan and dry roast the sesame seeds.](#)

- [After a while put in the red chillies and rast them also.](#)

- [Take off heat and let cool.](#)

- [Grind both the things together and mix salt and store.](#)

[TOP](#)

## PANASAPATTU CURRY RECIPE

In Andhra Pradesh, raw jackfruit is called panasapattu and this is a traditional recipe with the flavors of tamarind, lentils, groundnuts and spices.

### [Ingredients:](#)

[1 small raw jackfruit](#)

[1 tblsp oil](#)

[1 1/2 tblsp tamarind pulp](#)

[3 green chillies, chopped](#)  
[1 tsp turmeric powder](#)  
[Salt to taste](#)  
[1 tsp chana dal](#)  
[1 tsp urad dal](#)  
[1 tsp mustard seeds](#)  
[2 whole dry red chillies](#)  
[2 tsp coarsely ground ground nuts](#)  
[A small bunch of curry leaves](#)  
[4 cups water](#)

-

[How to make panasapattu curry:](#)

•  
[Peel and cut the jackfruit into small cubes by rubbing oil in your hands.](#)

•  
[Now add turmeric in water and boil the jackfruit for around fifteen minutes till it is tender.](#)

•  
[In a pan heat the oil and add the green chillies, chana dal, urad dal, mustard seeds whole red chillies, ground nuts and curry leaves.](#)

•  
[Once they start spluttering, add tamarind paste and a little water.](#)

•  
[Now add the boiled jackfruit and mix well.](#)

•  
[Serve hot with steaming rice.](#)

[TOP](#)

## PESARAPAPPU PAYASAM RECIPE

A very simple recipe of making payasam (which means kheer or a sweet dish) of moong dal which is sweetened by jaggery.

[Ingredients:](#)

[1 tblsp ghee](#)  
[1 c dhuli moong dal](#)  
[1 c jaggery, crushed](#)  
[2 tsp elaichi powder](#)

-

[How to make pesarapappu payasam:](#)

•  
[First wash the moong dal and keep aside.](#)

In a deep, thick dish, heat ghee and roast the moong dal till you can smell a good flavor.

Now add the jaggery and let it melt.

Mix well and fry till the dal is done and it looks like a smooth mixture.

Now add the elaichi powder and mix well.

Take off the heat, garnish with grated coconut and serve hot.

[TOP](#)

## SORAKAYA RECIPE

A South Indain recipe of making bottle gourd in a sweet and sour taste with ingredients like simple everyday spices and tamarind.

### Ingredients:

1 1/2 c chopped sorakaya (bottle gourd or lauki)

1 tblsp tamarind (imli) pulp

2 tblsp Bengal gram flour (chana dal atta)(made by dry roasting Bengal gram and grinding it)

1 tsp chili powder (laal mirch powder)

2 tsp cumin fenugreek powder(jeera methi powder) (made by dry roasting and grinding them)

¼ tsp turmeric(haldi)

¼ tsp asafetida

1/2 c chopped onions

3 whole red chilies

a small bunch of curry leaves

¼ c chopped fresh coriander

1 tsp mustard seeds(rai)

1tsp Cumin seeds(jeera)

1 tsp fenugreek seeds(methi dana)

-

### How to make sorakaya:

Heat oil in a pan and add asafetida. Now add cumin fenugreek and mustard seeds.

Once they stat spluttering, add the whole red chilies.

Now put in the onions and fry them till they are golden in color.

[Add turmeric powder and the sorakaya pieces.](#)

[Mix well and fry till sorakaya is a little tender.](#)

[To this add the Bengal gram flour and fry well.](#)

[Now you should add the tamarind pulp and 3 or more cups of water.](#)

[Once the water starts boling, add curry leaves, cumin and fenugreek powder and chili powder.](#)

[Cover and let it boil till the time the sorakaya pieces are tender and the consistency is of a desired curry.](#)

[Garnish with coriander and serve hot.](#)

[TOP](#)

## UGADI PACHADI RECIPE

A sweet and sour pachadi or chutney made of tantalizing ingredients like raw mango, tamarind, jaggery and neem flowers

### [Ingredients:](#)

[2 tsp neem flower](#)

[4 tsp chrushed jaggery \(gur\)](#)

[one small lemon size ball of tamarind made into thick tamarind water \(imli\)](#)

[1/2 tsp red chilli powder](#)

[1/2 tsp mustard seeds\(rai dana\)](#)

[Salt to taste](#)

[1 tsp oil](#)

[1 tbsp finely chopped raw mango \(kachcha aam\)](#)

[1 c water](#)

-

### [How to make ugadi pachadi:](#)

[First add the raw mango pieces to the tamarind water and bring it to boil.](#)

[Boil it till mango pieces are tender](#)

[Now to this add jaggery and let it cook till it melts and blends into the mixture](#)

[Remove from heat and keep aside](#)

[Now in a pan, heat oil and add mustard seeds let them splutter, add neem flower and fry](#)



[till light brown](#)

•

[Now add chilli powder and salt](#)

•

[Mix well](#)

•

[Take this neem flower tadka and add it to the tamarind and mango juice](#)

•

[Serve in small quantities as an accompaniment to the main course food.](#)

[TOP](#)

## VADIYALU RECIPE

Different lentils are ground into a paste, spiced up, dried in small quantities under the sun and fried to be eaten in this recipe of vadiyalu.

### [Ingredients:](#)

[1 c Bengal gram dal](#)

[1 c kali urad dal](#)

[4-5 whole red chilies \(sabut lal mirch\)](#)

[5-6 black peppercorns \(sabut kali mirch\)](#)

[5 cloves of garlic](#)

[Salt to taste](#)

-

### [How to make vadiyalu:](#)

•

[Soak both the pulses in hot water for around two hours.](#)

•

[Now grind them along with rest of the ingredients into a paste and add salt.](#)

•

[Make small rounds on a clean cloth under sharp sun light and let completely dry.](#)

•

[Store and deep fry for serving.](#)

[TOP](#)

## VANKAYA PACHADI RECIPE

A very spicy pachadi or chutney used a food accompaniment made with eggplants and tomatoes.

### [Ingredients:](#)

**For the Chutney** 3 tsp oil

2 pieces Eggplants, chopped

2 pieces ripe Tomatoes, chopped

5 green chilies, chopped

1/2 tsp fenugreek seeds (methi dana)

1 tsp mustard seeds (rai dana)

1 tsp cumin seeds (jeera)

3tsp dry coriander seeds (sabut dhania)

8-9 dry whole red chilies

Small ball of tamarind

Salt to taste.

**For the Tadka**

2 tsp oil

1/2 tsp mustard seeds

4 cloves of garlic, chopped

A small bunch of curry leaves

-

How to make vankaya pachadi:

•  
First of all, soak the ball of tamarind in a cup of water.

•  
Now heat oil in a pan and let splutter for half a minute the fenugreek seeds, mustard seeds, cumin seeds, dry coriander seeds and whole red chilies.

•  
Take this off the heat, let it cool and grind into a paste.

•  
Now in the same remaining oil, fry the chopped eggplants, tomatoes and green chilies.

•  
Take aside and grind this also in a paste.

•  
You should now slowly mix both the pastes uniformly

•  
Now take the tamarind ball and mix with water evenly.

•  
Once done, sieve this entire tamarind paste to take of any seeds and get a smooth tamarind water.

•  
Now mix this tamarind water and salt in the previously made mixture of tomatoes, eggplants and spices.

•  
Once this is done, you should again heat oil in a small pan and put the mustard seeds, garlic and curry leaves in it and let it splutter.

•  
Add this tadka to the chutney and serve with rice or the main food.

## VERUSENAGA PODI RECIPE

Verusenaga, or peanuts are roasted with cocnut and other spices and ground into a powder to make this tasty podi or chutney.

### Ingredients:

2 c peanuts

2 tsp cumin seeds (jeera)

1 stem curry leaves

3 tsp red chili powder (lal mirch)

2 whole dried red chilies (sabut lal mirch)

3 tblsp dry cocnut powder

10-15 cloves of garlic.

1 tblsp oil

Salt to taste

-

### How to make verusenaga podi:

•  
First roast the peanuts in a pan without any oil.

•  
Once they are done, take out the skin by rubbing them together in your hands.

•  
Now, heat oil in a pan and put in all the rest of the ingredients except salt.

•  
Fry them for around 5-10 minutes and take off the heat.

•  
Now put this mixture and the peanuts in a grinder and make into a powder.

•  
Store it and serve with meals

# Bengali Recipes

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## **ALOO PHULKOPIR DALNA RECIPE**

[Ingredients:](#)

[1 tblsp red chilli powder](#)

[1 tblsp cumin powder](#)  
[1/2 tsp garam masala whole](#)  
[500 gms potatoes](#)  
[2 tblsp ghee](#)  
[2 tblsp ghee](#)  
[1 tsp turmeric powder](#)  
[1 kg cauliflower](#)  
[2 tblsp coriander powder](#)  
[4 medium tomatoes](#)  
[2 medium onions](#)  
[2 bay leaves](#)  
[oil to deep fry](#)  
[4 tblsp mustard oil](#)

-

[How to make aloo phulkopir dalna :](#)

•  
[Take off and cut the potatoes into quarters, cut the cauliflower into medium sized florets, cut tomatoes into quarters.](#)

•  
[Take off and cut the onions.](#)

•  
[Heat up oil in a pot and when very hot fry the potatoes lightly and drain.](#)

•  
[Then fry the florets of cauliflower till they turn a little brown.](#)

•  
[Remove and keep it aside.](#)

•  
[Take off the oil.](#)

•  
[In the same pot heat up ghee and mix in the bay leaves and the whole garam masala and stir fry for 30 seconds.](#)

•  
[Mix in cut onion and fry till golden in colour.](#)

•  
[Mix in the masala powders and stir fry for a minute taking care that the masala does not stick to the bottom.](#)

•  
[Mix in a tblsp of water if necessary.](#)

•  
[Mix in the potatoes, cauliflower and the tomatoes.](#)

•  
[Stir fry for a while.](#)

•  
[Mix in a cup of water, cover and stir fry over medium heat.](#)

[Stir from time to time.](#)

[Take off from heat up when the vegetables are cooked and nearly dry.](#)

[TOP](#)

## ALOO POSTO RECIPE

### [Ingredients:](#)

[2 green chillies](#)

[5 - 6 medium potatoes](#)

[1/2 tsp sugar](#)

[1 tsp pure ghee](#)

[2 tblsp mustard oil](#)

[4 tblsp poppy seeds \(khuskhus\)](#)

[salt to taste](#)

[1/2 tsp onion seeds \(kalonji\)](#)

-

### [How to make aloo posto :](#)

[Take off and cut the potatoes into one inch sized pieces.](#)

[Keep them in water.](#)

[Soak poppy seeds in one cup warm water for fifteen to twenty minutes.](#)

[Remove and grind to a fine paste.](#)

[Heat up mustard oil in a pot till it just reaches smoking point.](#)

[Remove, cool and heat up the oil again on medium heat.](#)

[Mix in kalonji and stir-fry briefly.](#)

[Mix in potato pieces and stir fry on medium heat up for five minutes, stirring frequently.](#)

[Mix in the poppy seeds paste, stir and mix in half cup of water, cover and stir fry on low heat up till the potatoes are almost done.](#)

[Take off the lid, mix in salt, sugar and slit green chillies.](#)

[Continue to stir fry for a minute more or till potatoes are completely cooked, stir in desi](#)

[ghee and serve hot.](#)

[TOP](#)

# ALUTUA RECIPE

## Ingredients:

[1 cup sugar](#)  
[oil for frying](#)  
[1 tsp sida bi carbonate](#)  
[1/2 kg sweet potatoes](#)  
[9 - 10 raisins](#)  
[1 tblsp ghee](#)  
[1/2 cup refined flour](#)

-

## How to make alutua :

[•  
Make a syrup of one thread consistency with the sugar and 1 1/2 cup of water.](#)

[•  
Wash and boil the sweet potatoes with as little water as possible.](#)

[•  
Drain.](#)

[•  
Take off skin and fibre, if any, and mash.](#)

[•  
Sieve the flour and the soda, rub in the ghee.](#)

[•  
Mix in to the sweet potatoes.](#)

[•  
Knead well.](#)

[•  
In case the mixture feels soft, mix in a little more flour.](#)

[•  
Make lime size crack free balls and stuff one raisin in each.](#)

[•  
Heat up oil in a kadai.](#)

[•  
When the oil begins to smoke, take off the heat, put in a few balls at a time.](#)

[•  
Put on medium heat up again and fry till golden brown.](#)

[•  
Remove and put the balls in the syrup and keep aside for a few hours.](#)

[•  
Serve warm or cold.](#)

# AMER CHATNI RECIPE

## Ingredients:

2 red chillies whole  
3/4 tsp panch phoron  
1 cup sugar/jaggery  
1/2 kg green mangoes  
2 tsp oil  
salt to taste

-

## How to make amer chatni :

•  
Cut the green mangoes with the skin into boat shapes.

•  
Heat up oil in a pan, mix in 1/2 tsp panch phoron and the dry red chillies.

•  
When they start to crackle mix in the mangoes.

•  
Mix in warm water.

•  
Mix in sugar or jaggery.

•  
Mix in salt when the mangoes are cooked and the syrup is thick.

•  
Roast 1/4 tsp panch phoron on the tawa and grind it to a powder.

•  
When the chutney is cool sprinkle this powder on top.

# AMER MISHTI ACHAR RECIPE

## Ingredients:

1 tsp mustard powder  
1/4 kg sugar (powdered)  
1 tblsp red chilli powder  
100 gm mustard oil  
1 tsp ginger paste  
1/2 kg raw mangoes (peeld and cut finely)



[salt to taste](#)

[How to make amer mishti achar :](#)

•  
[Mix the salt, sugar and mangoes and leave it in the sun for a couple of days or till the mangoes are tender.](#)

•  
[After sun drying the mangoes mix in the ginger paste, tamarind pulp, chilli powder, mustard powder and oil and stir fry on low heat up till it reaches a one-thread consistency.](#)

•  
[Take off from heat.](#)

•  
[Cool and store.](#)

[TOP](#)

## ANARASER CHATNI RECIPE

[Ingredients:](#)

[1/2 tblsp raisins](#)

[2 bay leaves](#)

[2 - 4 tblsp sugar](#)

[salt to taste](#)

[1" ginger chopped](#)

[1/8 tsp mustard seeds](#)

[1 tsp oil](#)

[1/4 big size pineapple](#)

-

[How to make anaraser chatni :](#)

•  
[Discard the hard core of the pineapple.](#)

•  
[Take off and take off the eyes.](#)

•  
[Cut them into fine dices.](#)

•  
[Heat up oil in a kadai.](#)

•  
[Mix in the mustard seeds.](#)

•  
[When it starts to crackle mix in pineapple.](#)

- [Stir fry for few minutes and mix in salt.](#)

- [Mix in 1 cup of water and sugar.](#)

- [Mix in bay leaves, raisins and cut ginger.](#)

- [Simmer \(boil slowly at low temperature\) till the chutney is thick.](#)

---

[TOP](#)

## BEGUN BHAJA RECIPE

### [Ingredients:](#)

[mustard oil to fry](#)

[1 tsp turmeric powder](#)

[salt to taste](#)

[1 big size brinjals](#)

### [How to make begun bhaja :](#)

- [Wash and cut the brinjals into half inch round slices.](#)

- [Apply salt and turmeric powder.](#)

- [Heat up the oil in a pot to smoking point.](#)

- [Take off heat, cool slightly and then reheat.](#)

- [Fry the brinjal pieces till crunchy and brown.](#)

- [Serve hot.](#)

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[TOP](#)

## CHANAR BARA RECIPE

### [Ingredients:](#)

[1 tsp green cardamom power](#)

[500 gms refined flour \(maida\)](#)

[250 gms cottage cheese \(paneer/chana\)](#)

[ghee for frying](#)

[2 cup sugar](#)

-

### How to make channar bara :

- Mash paneer well.

- Mix one tblsp of ghee with the flour.

- Mix milk a little at a time.

- There should be no lumps.

- The batter should be rather thin.

- Now, mix in the mashed paneer.

- This will thicken the batter.

- Lastly, mix in the powdered cardamom.

- The batter, finally, must be of medium thick consistency so that it can easily be dropped from a spoon.

- Make syrup of one string consistency with the sugar and 1 1/2 cup of water.

- Heat up ghee in a kadhai.

- Drop spoonfuls of batter and fry till golden.

- Soak in the syrup for at least two hours.

---

[TOP](#)

## CHANAR DALNA RECIPE

### Ingredients:

1 tblsp ghee

250 gms cubed cottage cheese (paneer)

1 medium cubed potatoes

oil for frying

1/4 tsp turmeric powder

1 tsp ginger paste

[2 - 3 green chillies](#)  
[salt to taste](#)  
[1 1/2 tsp cumin seed paste](#)  
[1/2 cup milk](#)  
[1/2 tsp cumin seeds](#)  
[1/2 tsp sugar](#)  
[1/2 tsp garam masala powder](#)  
[1 cup water](#)

-

[How to make chandar dalna :](#)

•  
[Heat up oil and fry the potatoes lightly and keep aside.](#)

•  
[Fry the paneer in the same oil and put it in warm water.](#)

•  
[Heat up the ghee in a vessel, mix in the cumin seeds and let it splutter.](#)

•  
[Mix in the cumin paste mixed with a little water, ginger juice and turmeric powder.](#)

•  
[Stir fry for 2 minutes.](#)

•  
[Mix in the potatoes, green chillies, garam masala powder, sugar and salt and cover and stir fry till the potatoes are tender.](#)

•  
[Take off the paneer from the water and mix in to the potatoes.](#)

•  
[Mix in milk and the remaining water and allow it to simmer \(boil slowly at low temperature\) for another 2 to 3 minutes.](#)

•  
[Serve hot.](#)

[TOP](#)

## CHINGRI MACHER KOFTA RECIPE

[Ingredients:](#)

[for kofta](#)

[2 big size onions \(finely chopped\)](#)  
[salt to taste](#)  
[500 gms prawns \(small\)](#)  
[2 tblsp breadcrumbs](#)  
[2 tsp mustard oil](#)  
[4 green chillies \(finely chopped\)](#)

[2 tblsp ghee](#)

[2 bay leaves](#)

[1/2 cup coconut](#)

[1 tblsp coriander leaves chopped](#)

[1 egg](#)

### **[Grind To A Paste](#)**

[1 large Onion](#)

[2 " Turmeric](#)

[1 " Ginger](#)

[How to make chingri macher kofta :](#)

•  
[Shell, de-vein and wash the prawns.](#)

•  
[Then boil them.](#)

•  
[When cooked, grind to make a smooth paste.](#)

•  
[Mix in the salt, onions, green chillies and cut coriander leaves.](#)

•  
[When the mixture is well blended, form into 12 balls, dip in beaten egg and roll in bredcrumbs.](#)

•  
[Fry in hot mustard oil.](#)

•  
[Keep aside.](#)

•  
[Extract milk from the coconut.](#)

•  
[Grind the big size onion, garam masala, turmeric, ginger to a fine paste for the gravy.](#)

•  
[Heat up oil in a saucepan.](#)

•  
[When it smokes, fry the bay leaves and ground masala for 4 to 5 minutes, stirring all the time and adding a little water to keep the spices from scorching.](#)

•  
[Gradually stir in the coconut milk extract and a little salt.](#)

•  
[Mix in the koftas and allow the curry to simmer \(boil slowly at low temperature\) for about 10 minutes, till the gravy becomes rich and thick.](#)

•  
[Pour out pure ghee on top just before serving.](#)

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[TOP](#)

# CHINGRI PAKORA RECIPE

## Ingredients:

oil for frying  
2 green chillies chopped  
500 gms shrimps (shelled)  
few sprigs coriander leaves chopped  
1 tsp ginger paste  
2 tsp soy sauce  
1 egg  
1/2 cup refined flour  
2 onions chopped

-

## How to make chingri pakora :

•  
Cream the egg, flour and little oil.

•  
Mix in the shelled shrimps, soy sauce, ginger paste, cut coriander leaves and cut onions.

•  
Mix well.

•  
Shape into balls or flat cutlets.

•  
Heat up oil in a kadhai and deep fry the cutlets till golden brown.

•  
Serve as a snack or as a side dish with lunch.

[TOP](#)

# CHOLAR DAL RECIPE

## Ingredients:

1 tblsp ghee  
4 -6 green chillies slit  
1 tsp garam masala powder  
1 tblsp coriander powder  
3 bay leaves  
1/4 coconut  
1 tsp red chilli powder  
1 tsp turmeric powder  
2 - 4 tsp sugar

[250 gms bengal gram divide \(chana dal\)](#)  
[1 tblsp cumin powder](#)  
[salt to taste](#)  
[1 tblsp raisins](#)

-

[How to make cholar dal :](#)

[•  
Wash the dal and boil with 4 cup of water.](#)

[•  
Mix in turmeric, cumin, garam masala, and slit green chillies.](#)

[•  
Mix in salt and sugar to taste.](#)

[•  
Mix well and stir fry till the time the dal is soft and thick.](#)

[•  
Heat up ghee in a kadhai.](#)

[•  
Mix in bay leaves and garam masala.](#)

[•  
When it stops spluttering mix in it to the dal.](#)

[•  
Mix thoroughly.](#)

[•  
Cut the coconut into small dices and fry in ghee till light brown.](#)

[•  
Mix in this to the dal and stir.](#)

[•  
Serve hot along with luchi.](#)

[TOP](#)

## CHUM CHUM RECIPE

[Ingredients:](#)

[1 cup water](#)  
[2 -3 drops lemon colour](#)  
[1/4 tsp green cardamom powder](#)  
[a few strands saffron](#)  
[250 gms cottage cheese \(paneer\)](#)  
[2 tblsp refined flour \(maida\)](#)  
[100 gms condensed milk \(unsweetened\)](#)  
[1 cup sugar](#)

-

### How to make chum chum :

•  
Melt sugar in water and heat up to make a thin syrup.

•  
Knead the paneer with flour and shape into oval shaped fingers, mix in them to the sugar syrup and boil for eight minutes.

•  
Take off from heat up and mix in lemon color to the syrup.

•  
Cool for a while and take off the chum-chums from the syrup.

•  
Mix in saffron and cardamom powder to sugarless, creamy, condensed milk.

•  
Spread this on each piece and serve.

[TOP](#)

## GURER PAYESH RECIPE

### Ingredients:

1 tblsp raisins

1 cup basmati rice

3 green cardamoms

10 almonds (optional)

1 cup jaggery grated

2 litres milk

1 tblsp sugar

-

### How to make gurer payesh :

•  
Clean and wash the rice.

•  
Remove and let it dry for an hour.

•  
Blanch the almonds and slice.

•  
Wash the raisins.

•  
Boil milk.

•  
Lower the heat up and continue to boil stirring constantly for fifteen to twenty minutes.



[Mix in the rice and continue to stir fry till the rice is soft.](#)

[Mix in sugar.](#)

[Continue to stir fry till the milk has reduced to half.](#)

[Mix in jaggery and mix.](#)

[Mix in the cardamoms, almond slices and raisins \(if using\) and stir well.](#)

[Serve cold.](#)

[TOP](#)

## KHASHTA POROTA RECIPE

### [Ingredients:](#)

[4 tblsp ghee](#)

[2 cup refined flour \(maida\)](#)

[1 egg](#)

[1 tsp salt](#)

[1 tblsp sugar](#)

[water as required](#)

-

### [How to make khasta porota :](#)

[Melt the ghee.](#)

[Mix everything flour, sugar, salt.](#)

[Mix in 2 tblsp of ghee and the egg and mix well.](#)

[Mix in enough water and knead into a soft dough.](#)

[Divide the dough 3 portions.](#)

[Roll out each portion into a chappati.](#)

[Cover with a damp cloth and keep aside.](#)

[Spread a little ghee on a flat surface.](#)

[Keep one chappati on it.](#)

Apply some ghee to the chappati and gently pull the edges of the chappati so that it gradually spreads into a thin one.

Fold into half and again into half to resemble a triangle.

Keep it covered with a damp cloth.

Preheat up the oven to 190Â°c.

Gently pat each triangle to a fairly thin chappati.

Keep them at least 10 cm apart on the baking tray.

Bake in the oven at 190Â°c for about 30 minutes.

Serve hot with mutton curry.

[TOP](#)

## KHICHURI RECIPE

### Ingredients:

4 medium potatoes (cubed)

1/2 tsp red chilli powder

1/2 tsp sugar

1/2 tsp turmeric powder

1 1/4 cup green gram split, (moong dal) roasted

250 gms cauliflower florets250 gms.

6 cup water (approx)

salt to taste

6 green chillies

1 1/4 cup rice1 1/4 cups

2 tsp cumin powder

1/2 cup peas

### **For The Seasoning**

4 tblsp Ghee

2 Bay Leaves

3 Red Chillies Whole

4 Green Cardamoms

6 Cloves

2 Cinnamon 1 inch pieces

-

### How to make khichuri :

Roast moong dal, cut cauliflower florets and slit green chillies.

Make a paste of turmeric powder, cumin powder and red chilli powder.

Wash rice and drain.

Take sufficient water in a big size pot and stir fry dal and rice in it.

When the rice is half done mix in masala paste, green chillies and vegetables, simmer (boil slowly at low temperature) till they are cooked.

In the meanwhile dal and rice will also be cooked.

Make a flavor by heating ghee mix in red chillies, bay leaves, garam masala and stir fry for a minute.

Stir in the flavor mixture into cooked khichuri.

Serve hot with pure ghee on top.

[TOP](#)

## KORAI SHUTIR KOCHURI RECIPE

### Ingredients:

1/4 tsp salt

3 tblsp ghee (melted)

1 cup refined flour

### **For Filling**

1/4 kg Peas (shelled)

1 inch Ginger

4 small Green Chillies

4 tsAniseeds (saunf)

1/4 tsp Asafoetida

Salt to taste

Ghee to deep fry

-

### How to make koraishutir kochuri :

Sift the flour with 1/4 tsp salt.

Mix in 2 tblsp of ghee and knead to a soft dough.

Grind the peas, ginger, green chillies and aniseeds to a fine paste.

•  
[Fry the asafoetida till light brown.](#)

•  
[Mix in the peas paste and salt.](#)

•  
[Fry well till the paste is cooked.](#)

•  
[Take off from heat up and let it cool.](#)

•  
[Divide the dough into 8 balls.](#)

•  
[Press each ball in the centre and fill it with the pea mixture.](#)

•  
[Close the opening well and flatten.](#)

•  
[Roll out as for puris.](#)

•  
[Heat up ghee in a kadhai.](#)

•  
[Deep fry the puris on low heat up till golden brown.](#)

•  
[Remove and serve hot.](#)

[TOP](#)

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## KUCHO AMER ACHAR RECIPE

### [Ingredients:](#)

[1/2 cup mustard oil](#)

[1 tsp red chilli powder](#)

[1 tsp panch phoron powder](#)

[salt to taste](#)

[1/2 kg jaggery](#)

[4 - 5 raw mangoes \(grated\)](#)

[1/2 tsp turmeric powder](#)

-

### [How to make kucho amer achar :](#)

•  
[Mix the grated mangoes, jaggery, turmeric powder and salt.](#)

•  
[Keep the mixture in the sun for about 4-5 days at a stretch.](#)

•  
[Mix in red chilli powder and panch phoron powder and leave it again in the sun for another 4-5 days.](#)

[Mix in the mustard oil just before bottling and preserving it.](#)

[TOP](#)

# LAVANG LATIKA RECIPE

## [Ingredients:](#)

[2 tblsp semolina \(rava\)](#)  
[1/2 tsp green cardamom powder](#)  
[1 pinch nutmeg powder](#)  
[1 pinch salt](#)  
[1 coconut grated](#)  
[1/2 cup milk](#)  
[pure ghee to fry](#)  
[2 cup refined flour \(maida\)](#)  
[1/2 cup sugar \(for syrup\)](#)  
[1/4 cup sugar](#)  
[1 cup water](#)

-

## [How to make lavang latika :](#)

[Sieve flour.](#)

[Mix in oil and enough water to knead into a firm dough.](#)

[Cover with a damp cloth and keep aside.](#)

[Bring the sugar and water to boil.](#)

[Simmer \(boil slowly at low temperature\) to obtain sugar syrup of three string consistency and keep aside.](#)

[Heat up one tsp ghee in a pot and fry the semolina till light brown.](#)

[Mix in milk, sugar and coconut and keep stirring on a low heat up till the mixture becomes thick.](#)

[Take off from heat.](#)

[Mix in cardamom powder and nutmeg powder.](#)

[Cool and divide into 12 portions.](#)

[Divide the dough into 12 portions.](#)

Roll out one portion into a small puri.

Put a little stuffing in the centre and fold the puri like an envelope.

Stick a clove in the centre to keep it in place.

Heat up ghee and fry the latikas on medium heat up till golden brown.

Remove and soak them immediately in the hot sugar syrup.

Remove and serve after a couple of hours.

[TOP](#)

## MACHER JHOL RECIPE

### Ingredients:

1/4 tsp onion seeds (kalonji)

2 medium potatoes

5 green chillies

1 1/2 tblsp coriander seeds

1 small sized fish (preferably rohu)

3 tblsp mustard oil

2 tsp turmeric powder

salt to taste

1 tsp cumin seeds

-

### How to make macher jhol :

Clean, cut and take off fish head.

Clean inside of the fish and wash thoroughly.

Cut the fish into half-inch thick slices.

Pat dry with a kitchen towel and apply salt and turmeric powder.

Wash, take off and cut potatoes into half-inch thick finger sized pieces.

Wash, take off stems and slit the green chillies.

Dry roast coriander and cumin seeds briefly, cool and grind to a fine paste, adding a little water.

[Heat up two-tblsp mustard oil in a pot till it just reaches smoking point.](#)

[Remove, cool and heat up the oil again on medium heat.](#)

[Mix in the fish slices, few at a time and fry for a minute on each side.](#)

[Remove and keep aside.](#)

[Mix in potato pieces to the pot and stir fry for two to three minutes.](#)

[Heat up remaining oil in the same pan, mix in kalonji, slit green chillies and stir-fry briefly.](#)

[Mix in coriander-cumin paste and stir fry on low heat up for a minute sprinkling a little water, if required.](#)

[Mix in two-cup of water, sautÃ©ed potatoes, salt and simmer \(boil slowly at low temperature\) for four to five minutes or until the potatoes are completely cooked.](#)

[Gently slide in the pot fried fish slices and simmer \(boil slowly at low temperature\) for two to three minutes or until the fish is cooked.](#)

[Serve hot with steamed rice.](#)

[TOP](#)

## MACHER KOCHURI RECIPE

[Ingredients:](#)

### [For the kochuri](#)

[2 tblsp ghee](#)

[groundnut oil for deep fry](#)

[salt to taste](#)

[2 1/2 cup refined flour \(maida\)](#)

### [For The Filling](#)

[1 inch Ginger](#)

[5 cloves Garlic](#)

[500 gms Betki Or Surmai Fish](#)

[1/2 tsp Turmeric Powder](#)

[1 1/2 tblsp Mustard Oil](#)

[1/2 tsp Red Chilli Powder](#)

[1/4 tsp Sugar](#)

[1 tsp Panch Phoron](#)

[Salt to taste](#)

-

[How to make macher kochuri :](#)

•  
[Sieve the flour and salt together.](#)

•  
[Rub in the ghee and make medium soft dough with water.](#)

•  
[Keep aside covered with a damp cloth.](#)

•  
[Grind ginger and the garlic.](#)

•  
[Steam the fish with turmeric and a little water.](#)

•  
[Take off the flesh from the bones and mash coarsely.](#)

•  
[Heat up mustard oil in a kadhali, mix in the ground paste and red chilli powder.](#)

•  
[Fry for some time.](#)

•  
[Mix in sugar, salt and fish.](#)

•  
[Fry, stirring till the mixture becomes dry.](#)

•  
[Mix in the panch phoron and mix well.](#)

•  
[Divide the dough into medium sized balls.](#)

•  
[Roll into thick puris.](#)

•  
[Put 1heaped tblsp of stuffing in the center of each puri.](#)

•  
[Gather the sides, make a ball once again and roll into a puri once again.](#)

•  
[Heat up enough oil in a karhai and deep-fry the puris one at a time.](#)

•  
[Serve hot.](#)

[TOP](#)

## METHI BAIGAN RECIPE

### [Ingredients:](#)

[1 green chilli slit](#)

[salt to taste](#)

[1/2 bunch fenugreek leaves \(methi\)](#)

[3 baby brinjals](#)

[1 tsp cumin seeds](#)

[oil for frying](#)

[1 pinch sugar](#)



-

### How to make methi baigan :

- Cut brinjal into cubes.

- Wash methi leaves thoroughly, cut roughly and keep aside.

- Heat up oil in a kadhai.

- Deep fry the brinjal pieces and set aside.

- Heat up 1 tblsp oil in a pan.

- Mix in cumin seeds and slit green chilli.

- Once the cumin seeds begin to crackle, mix in the washed methi leaves.

- Cover and stir fry for a while.

- Mix in salt and a pinch of sugar and stir fry till done.

- Mix in the fried brinjal and stir fry for another 2 minutes.

- Serve hot.

[TOP](#)

## MISHTI ACHAR RECIPE

### Ingredients:

1 tsp red chilli powder

2 tblsp mustard oil

2 cup sugar

1/2 tsp turmeric powder

salt to taste

500 gms ripe olives

1 tsp panch phoron powder

-

### How to make mishti achar :

- Mix all the above the ingredients except the panch phoron and stir fry on low heat up till one thread consistency is reached and the olives soft.

[When cooked mix in the panch phoron.](#)

[Cool and store.](#)

[TOP](#)

# NARKOL NADU RECIPE

## [Ingredients:](#)

[1 coconut](#)  
[raisins for decorate](#)  
[1/2 cup milk solids \(khoya / mawa\)](#)  
[1/4 cup condensed milk](#)  
[1/2 tsp green cardamom powder](#)  
[3 tblsp milk powder](#)  
[1/2 cup sugar](#)

-

## [How to make narkol nadu :](#)

[Grate coconut and grind without water.](#)

[Knead khoya well.](#)

[Make peas sized balls.](#)

[Keep aside.](#)

[Stir fry the ground coconut in a kadhai over high flame heat, mix in sugar and the condensed milk.](#)

[Stir well.](#)

[When the mixture dries a little mix in the milk powder and green cardamom powder.](#)

[Keep stirring continuously.](#)

[When it starts to leave sides of the kadhai, take off from heat, let it cool a little.](#)

[Divide into marble sized pieces, put one khoya ball in each.](#)

[Roll in to smooth balls.](#)

[Decorate each with a raisin.](#)

# PISTA SANDESH RECIPE

## Ingredients:

[1/2 cup castor sugar](#)  
[12 tblsp pistachios \(powdered\)](#)  
[1 litre cows milk](#)  
[10 pistachios](#)  
[1/4 tsp citric acid](#)

-

## How to make pista sandesh :

- [Boil the milk.](#)

- [Mix citric acid in water and gradually mix in it to milk till the milk curdles.](#)

- [Strain the paneer through a clean cloth and cool.](#)

- [Squeeze out the excess water.](#)

- [In a pot roast the paneer and sugar lightly for four to five minutes.](#)

- [The paneer should not change the colour.](#)

- [Grind this mixture in a mixie till it is soft and light \(without adding water\).](#)

- [Mix in powdered pistachios to paneer-sugar mixture.](#)

- [Divide into small portions and shape into round balls.](#)

- [Decorate with whole pistachios and serve.](#)

# TAUK DAL RECIPE

## Ingredients:

[1 tsp ghee](#)  
[1/2 tsp onion seeds](#)  
[250 gms pigeon pea divide \(arhar dal\)](#)  
[1/2 tsp turmeric powder](#)

[3 medium raw mangoes](#)  
[4 -6 green chillies](#)  
[salt to taste](#)  
[2 tsp sugar](#)

-

[How to make tauk dal :](#)

•  
[Wash, take off and cut the mangoes into 6-8 pieces lengthwise.](#)

•  
[Wash the dal and boil with 4 cup of water.](#)

•  
[Mix in turmeric and stir.](#)

•  
[Continue cooking for about 20 minutes.](#)

•  
[Mix in raw mangoes, green chillies and salt.](#)

•  
[Stir fry till the time the mangoes are soft but not mushy.](#)

•  
[Mix in sugar and stir.](#)

•  
[Heat up ghee in a kadhai and mix in onion seeds.](#)

•  
[When they stop crackling pour out this over the dal.](#)

[TOP](#)

## TOMATO CHATNI RECIPE

[Ingredients:](#)

[2 tblsp panch phoron](#)  
[dates few](#)  
[1/2 kg sugar](#)  
[salt to taste](#)  
[2 red chillies whole](#)  
[1 tsp oil](#)  
[1/2 kg tomatoes](#)  
[1 tsp tamarind pulp](#)

-

[How to make tomato chatni :](#)

[Wash and cut the tomatoes into quarters.](#)

.

[Soak the tamarind in warm water for few minutes.](#)

.

[Take off the pulp of the tamarind, strain and keep it aside.](#)

.

[Prepare sugar syrup of one string consistency.](#)

.

[Heat up oil in a pan, mix in panch phoron and dry red chillies.](#)

.

[When it starts to crackle mix in tomatoes and cook.](#)

.

[Mix in the sugar syrup along with a little salt, dates and little water if required.](#)

.

[Stir fry till it is dark red in colour and thick.](#)

.

[Stir and then mix in tamarind pulp.](#)

.

[Dry roast the panch phoron and grind it to a powder.](#)

.

[Sprinkle the panch phoron powder over the chutney.](#)

---

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---

## MOONG DAL CHAKLI RECIPE (Spicy Crunchy Spirals)

### Ingredients:

2 cups rice flour  
1/2 cup Mung Dal paste  
2 tsp oil  
1/4 tsp turmeric  
1/2 tsp carom seeds (ajwain) or cumin seeds  
1 red chili powder (optional)  
Salt To Taste  
oil for frying water as required

### Preparation:

- Cook the mungdal to a paste like consistency .
- In a big bowl add rice flour, mungdal paste, turmeric, salt, chili powder, carom seeds or cumin seeds.
- Mix lightly. Heat oil and add the sizzling hot oil to the rice flour mix.
- Add water as needed to make a stiff dough. Knead thoroughly with hand not food processor.
- Take a lemon size dough and place it in a chakli mould or icing bag with star nozzle. Heat oil for frying.
- Test the oil by dropping a small piece of dough and wait for 3 seconds if it does not rise to the top then oil needs to be heated.
- Gently make a spiral with the chakli mould or icing bag and deep fry to a golden brown.

- Cool moong dal chakli completely before storing in an airtight container.

[TOP](#)

## DAAL PARATHA RECIPE

Ingredients:

1 cup Wheat flour

2 tsp Oil

Salt To Taste

**For the filling**

1/2 cup Yellow moong dal

1/2 tsp Cumin seeds

1 pinch Turmeric powder

1 pinch Asafoetida

1/2 tsp Red chilli powder

2 tsp Oil

Salt To Taste

Oil As needed

Preparation:

- Sieve the wheat flour and knead to a soft dough by adding enough water. Keep aside.
- Soak moong dal for one hour. Wash and drain all the water.
- Cook the moong dal 1 cup of water.
- Heat oil in a pan, add the cumin seeds, asafoetida. Fry till they pop up. Add the cooked dal, salt, turmeric powder, red chilli powder and mix well.
- Cook until the dal mixture is dry. Let it cool.
- Take some portion of dough , make a small puri. Put some moong dal stuffing in center. Close from all sides and roll again into thick, round paratha.
- Heat a tawa ( griddle), put the daal ka paratha and cook on both sides by adding some oil.
- Serve daal paratha hot with curry.

[TOP](#)

## GUAJRATI DAL DHOKALI RECIPE

Ingredients:

250 grams tuver daal,

200 grams wheat flour,

3 green chillies

3 tbsp green chili paste

50 grams groundnut

25 grams cashewnut,

1 tbsp Turmeric powder

1 tbsp Mustard seeds,3-4 cloves

2 cinnamon, 2 tomatoes

1 tbsp Tamarind 100 grams brown sugar,  
Salt To Taste,  
1 tbsp Garam masala,  
1 tsp Ajama 4-5 tbsp.Oil,  
2 tbsp Red chili powder asafetida  
1/2 cup cilantro leaves  
3-4 tbsp. Ghee.

Preparation:

- Shift wheat flour. Add salt, turmeric powder, ajama, red chili powder. Mix well. Add oil and knead the flour to roti like consistency.
- Wash tuver dal and pressure cook it for three whistles.
- Cool and remove the dal. Heat oil and ghee in a pot, then put cloves and cinnamon and then add mustard leaves.
- When they crackle add curry leaves, green chilies and a pinch of asafetida. Pour tover dal.
- Mix tamarind and brown sugar water, cashew nuts, groundnut, garam masala, red chili powder and mix well.
- Add tomato pulp, turmeric powder, salt and 2 cups of water. Boil the dal. roll out big rotis and cut them into pieces and add these pieces in boiling dal.
- Boil for 10 minutes and remove. Serve the dal dhokli warm. Sprinkle cilantro leaves.

**Note:** Prepare kachori of green peas or of any other vegetable or coconut and add in boiling curry.

---

[TOP](#)

## GUJARATI KADHI RECIPE

Ingredients:

2 Cups Sour Curd  
4 tsp Besan  
1/2 inch Ginger, chopped  
2 Green chillies, chopped  
Salt To Taste  
Handful Corainder leaves  
2 tsp Oil  
1 Pinch Turmeric powder  
1/2 tsp Cinnamon powder

Seasonings:

1/4 tsp Cumin seeds  
1/4 tsp Mustard seeds  
Few Curry leaves  
1 Pinch Asafoetida



### Preparation:

- . Beat the curd and add two cups of water. Add the besan, salt, turmeric powder and mix well.
- . Make a paste of ginger, chillies, cinnamon and coriander leaves.
- . Boil the curd mixture on slow heat and stir continuously. Add the ground paste, and boil again.
- . Heat oil in a pan, add all seasonings. Fry until they splutter.
- . Pour this seasonings over guajarati kadhi. Garnish with coriander leaves and serve hot with rice.

[TOP](#)

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## GUJARATI KHAMAN DHOKLA RECIPE

### Ingredients:

1 cup rice  
1 cup urad dal  
1 cup yellow moong dal  
3 cups sour buttermilk  
2 green chillies crushed fine  
1/4 tsp - ginger grated fine  
1/2 tsp - soda bicarb  
2 tbsp - oil  
2-3 pinches red chilli powder  
1/2 tbsp - coriander finely chopped  
Salt To Taste

### Preparation:

- . Mix the rice and dal, wash, drain and dry on a clean cloth for a few hours.
- . The grain should be completely. Grind to a coarse flour in dry grinder or at the flour mill. This flour should be like very fine soji in texture.
- . Store in airtight container and use as required. Will keep good upto 2 months. To make khaman, take 1 cup flour in a bowl.
- . Add buttermilk, and mix well. Keep- aside for 4-5 hours. Dissolve sodabcarb in the oil. Add to batter.
- . Mix all ingredients except red chilli powder and coriander. Pour immediately in a 6" diam. greased plate.
- . Steam over water either in a cooker or steamer. Pierce knife, and check, should come out clean if done.
- . Sprinkle the chilli powder and coriander, steam again for 2-3 minutes.
- . Cut dhaman dhokla into squares or diamonds and serve hot with coconut chutney.

[TOP](#)

# GUJARATI KHANDVI RECIPE

## Ingredients:

1/2 cup gms flour (besan)  
1 cup thin buttermilk  
Salt To Taste  
2-3 pinches turmeric powder  
1 tbsp Oil

## For seasoning:

2 tsp Oil  
1 tsp Sesame seeds  
1/2 tsp Mustard seeds  
1 tbsp Coconut scraped  
1 tbsp Coriander finely chopped  
2 pinches asafoetida  
2 green chillies finely chopped  
1 stalk curry leaves

## Preparation:

- Mix water, flour, salt and turmeric to form a batter. Heat oil in a heavy pan, add batter.
- Stir vigorously and evenly to avoid lump formation. Cook till the mixture does not taste raw, stirring continuously. When done (about 7-8 minutes), pour a ladleful in a large plate.
- Spread as thin as possible with the back of a large flat spoon. Use circular outward movements as for dosas.
- When cool, cut into 2" wide strips. Carefully roll each strip, repeat for all plates.
- Place in a serving dish. For seasoning: Sprinkle coconut and coriander all over khandvi rolls.
- Heat oil in a small pan. Add cumin, asafoetida, curry leaves and chillies.
- Add sesame seeds and immediately pour over khandvi rolls. Serve with garlic chutney.

---

[TOP](#)

# GUJARATI KHICHU RECIPE

## Ingredients:

1 lb Floury potatoes  
1 tbsp Tamarind pulp  
1/4 cup Water  
2 tsp Brown sugar  
1 1/2 tbsp Ghee or oil  
1/2 tsp Black mustard seeds  
1/2 tsp Ground turmeric  
1/2 tsp Cayenne or ground chili pdr  
1 tsp Ground coriander

- 1 tsp Ground cumin
- 1 tsp Salt
- 2 Fresh green chillies, seeded And thinly sliced
- 2 tbsps Desiccated coconut

Preparation:

- Wash and soak the moong dal and rice together. Drain.
- In a bowl, mix the dal and rice with the turmeric powder, peppercorns, 4 1/2 cups of water and salt.
- Pressure cook for 3 to 4 whistles and set aside for 20 minutes till the steam has been released.
- Remove from the pressure cooker, add the ghee and mix well. Serve khichu hot with kadhi and papad.

[TOP](#)

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## KAKDI NU RAITU RECIPE

Ingredients:

- 200 gm yogurt
- 2 tblsp coriander leaves chopped
- salt to taste
- 2 green chillies chopped
- 2 medium cucumbers
- 1 tsp cumin powder roasted

-

How to make kakdi nu raitu :

- Take off and grate the cucumbers.
- Put in a muslin cloth and squeeze to extract extra moisture.
- Mix everything yogurt, cut coriander leaves, cut green chillies, cumin powder and salt.
- Mix in the grated cucumbers just before serving.
- Serve chilled.

[TOP](#)

## KHAJOOR NA GHUGRA RECIPE

Ingredients:

[1/4 cup milk](#)  
[1/2 cup ghee](#)  
[2 tsp poppy seeds ground](#)  
[6 green cardamoms powdered](#)  
[200 gm dates \(seeded and coarsely grounded\)](#)  
[1 cup refined flour](#)  
[1/4 cup coconut desiccated](#)  
[ghee for frying](#)  
[salt to taste](#)  
[1/2 cup sugar](#)

-

[How to make khajoor na ghugra :](#)

[•  
Rub 1/2 cup ghee into the flour.](#)

[•  
Mix in a pinch of salt and milk and prepare dough.](#)

[•  
Smoothen and knead the dough well for 15 minutes.](#)

[•  
Make small balls and keep covered.](#)

[•  
Prepare a smooth mixture of poppy seeds, desiccated coconut, ground dates,  
green cardamom powder and sugar.](#)

[•  
Make small balls of even size.](#)

[•  
Roll out maida balls into small rounds.](#)

[•  
Put the date stuffing on one side, fold to look like semi circle and seal the edges.](#)

[•  
Cut edges with fluted cutter.](#)

[•  
Make all the ghugras similarly.](#)

[•  
Heat up ghee in a pot and deep fry in batches till golden brown.](#)

[•  
Drain.](#)

[•  
Serve as sweet snack.](#)

[TOP](#)

# OSAMAN RECIPE

### Ingredients:

2 tblsp coriander leaves chopped

2 tblsp peanuts roasted

4 green chillies sliced

150 gms red grams divide (masoor dal)

1/2 tsp turmeric powder

1 tsp cumin seeds

1 tblsp mustard seeds

1/2 tsp fenugreek seeds

12 curry leaves

a big size pinch asafoetida

2 tblsp oil

2 tblsp jaggery grated

2 tblsp tamarind pulp

-

### How to make osaman :

•  
Dilute the tamarind pulp in 4 tblsp of water and see that there are no lumps.

•  
Wash the lentils and bring them to boil in 200 ml water, then simmer.

•  
When nearly done, mix in turmeric, tamarind water, green chillies, jaggery, peanuts and salt.

•  
Simmer (boil slowly at low temperature) until dal is cooked.

•  
Heat up the oil in a small pan, mix in the mustard seeds when they crackle, mix in cumin seeds, asafoetida, fenugreek seeds and curry leaves.

•  
Take off the heat up after a minute and pour out the oil and spices into the dal.

•  
Serve hot decorated with coriander leaves.

[TOP](#)

## RINGAN NU OLOO RECIPE

### Ingredients:

6 green chillies chopped

4 tblsp oil

a pinch asafoetida

8 sprigs spring onions chopped

2 medium tomatoes chopped

[1 kg brinjal](#)  
[1/2 tsp turmeric powder](#)  
[salt to taste](#)  
[12 sprigs green garlic chopped](#)  
[1 tsp cumin seeds](#)

-

[How to make ringan nu oloo :](#)

[Roast the brinjals till the outer skin is charred.](#)

[Put them in water and then take off the skin.](#)

[Mash the pulp.](#)

[Heat up oil.](#)

[Mix in cumin seeds and stir fry for a while.](#)

[Mix in cut green garlic, spring onions and green chillies.](#)

[Stir fry for 2 minutes.](#)

[Mix in cut tomatoes, turmeric powder, asafoetida, salt and the pulp of brinjals.](#)

[Stir fry for few minutes and serve hot.](#)

[The color of this bharta is green.](#)

[TOP](#)

## SUKAVNI RECIPE

[Ingredients:](#)

[oil for frying](#)  
[20 green chillies](#)  
[1 cup yogurt](#)  
[1/2 tsp cumin powder](#)  
[1/4 tsp red chilli powder](#)  
[1 cup string beans \(chawli\)](#)  
[1/2 tsp coriander powder](#)  
[1 1/2 cup cluster beans \(gawar\)](#)  
[salt to taste](#)

-

### How to make sukavni :

•  
Wash the vegetables and pat them dry.

•  
Make buttermilk by adding 1 cup water to the yogurt and churning it well.

•  
Soak these vegetables in the buttermilk and leave it for 1 or 2 days.

•  
Remove out and sun dry these vegetables.

•  
Deep-fry these vegetables just before serving.

•  
Remove and sprinkle with salt, coriander powder, cumin powder and red chilli powder.

•  
Serve hot.

[TOP](#)

## TINDORA NU SHAAK RECIPE

### Ingredients:

2 tblsp oil  
250 gms gherkins (tindora)  
2 tblsp jaggery grated  
1 1/2 tsp cumin powder  
salt to taste  
a pinch asafoetida  
1/2 tsp mustard seeds  
1/2 tsp turmeric powder  
1 1/2 tsp coriander powder

-

### How to make tindora nu shaak :

•  
Wash, dry and slice the tindora thinly.

•  
Heat up oil in a kadhai, mix in mustard seeds and asafoetida.

•  
When it starts to crackle mix in tindora slices and stir fry on low heat up for 5-7 minutes.

•  
When cooked mix in all the masala and jaggery and stir fry on high flame heat up for 2-3 minutes.

[Take off from heat up when crunchy and serve hot.](#)

[TOP](#)

## CHHUNDO RECIPE

### [Ingredients:](#)

[2 tsp red chilli powder](#)

[2 tsp cumin powder](#)

[25 gms salt](#)

[1 kg mangoes \(raw and deseeded\)](#)

[2 tsp turmeric powder](#)

[600 gms sugar](#)

-

### [How to make chhundo :](#)

[Take off and grate the mangoes.](#)

[Combine the grated mangos with rest of the ingredients evenly.](#)

[Spread the mixture in a shallow wide mouthed jar and cover with a thin cloth.](#)

[Keep the mixture in the sun for 5 days till the syrup attains a single thread consistency, stirring thrice daily.](#)

[This pickle lasts for a very long time.](#)

[TOP](#)

## GUNDA RECIPE

### [Ingredients:](#)

[500 gms gunda \(a kind of berry\)](#)

[oil as required](#)

[1/4 cup salt](#)

[3/8 cup turmeric powder](#)

[3/8 cup fenugreek seeds coarsely grounded](#)

[a big size pinch asafoetida](#)

[1/8 cup mustard seeds coarsely grounded](#)

[150 gms mango pieces](#)

[1/4 cup red chilli powder](#)



-

### How to make gunda :

•  
Cut the gunda and scrape the seeds with a salted knife.

•  
Mix in a little salt and turmeric powder.

•  
Wash the mangoes completely and wipe them completely dry.

•  
Cut into cubes and take off the soft seeds.

•  
Mix everything fenugreek, mustard and turmeric powders.

•  
Heat up 2 cup oil in a pan.

•  
Set it aside till it cools down to lukewarm.

•  
Pour out the oil over the powders and mix well.

•  
Heat up salt slightly in a dry pot on low heat.

•  
Take it off and in the same pan, heat up red chilli powder similarly.

•  
Mix in both these ingredients to the oil masala.

•  
Mix in the gunda and the mango pieces cubes to the masala mixture and mix till all of them are well coated with the masala.

•  
Transfer into a dry ceramic or a glass jar.

•  
Set it aside for 4 - 5 days without mixing.

•  
Heat up enough oil to completely cover the pickled gunda and mango cubes.

•  
When the oil has cooled down completely mix in to the jar.

•  
Keep the jar covered tightly.

•  
The pickle will be ready to serve in about a week.

[TOP](#)

## MASALA PURI RECIPE

Ingredients:

1 cup - Wheat flour

2 tsp - Oil + Frying  
Salt to taste  
1/4 tsp - Ajwain  
1 pinch - Asafoetida  
1/2 tsp - Red chilli powder

Preparation:

- Sieve the wheat flour and salt.
- Mix all the ingredients and knead to firm dough adding enough water.
- Cover and keep the aside for half an hour.
- Take small lumps of dough and roll into small puris.
- Heat oil in a kadhai and deep fry the puris.
- Serve masala puri hot with curry of your choice.

[TOP](#)

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## SHRIKHAND RECIPE (Sweet Golden Yogurt)

Ingredients:

1 kg thick curd  
3/4 cup powdered sugar  
a few strands saffron  
1 tbsp warm milk  
2 tbsp cardamom powder (elaichi)

**For the garnish**

Pistachios and Almonds

How to make shrikhand:

- Hang the curds in a muslin cloth in a cool place for approximately 3 hours until all the liquid (whey) has drained off.
- Rub the saffron into the warm milk until it dissolves.
- Mix together the hung curds, sugar, saffron mixture and cardamom in a bowl and churn using a hand blender.
- Place in the refrigerator.
- Serve gujarati shrikhand cold garnished with slivers of pistachios and almonds.

[TOP](#)

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## TREVTI DAAL RECIPE

#### Ingredients:

1/4 cup Chana dal  
1/4 cup Moong dal  
1/4 cup Tuvar dal  
1/2 Inch Ginger  
2 Grated Green chillies  
1 chopped Onions  
1 chopped Tomatoes  
3 chopped Garlic cloves, minced  
Salt To taste  
1 Pinch Turmeric powder  
2 tbsp Oil  
1 tbsp Lemon Juice  
3 tbsp Corainder leaves

#### Seasonings:

2 Dry red chillies  
2 Broken Cloves  
2 Bay leafs  
1 Pinch Asafoetida

#### Preparation:

- Soak all the dals for one hour and pressue cook the dals. Keep aside.
- Heat oil in a pan, add the seasonings. Fry until they turn brown.
- Add chopped ginger, garlic, chillies and fry for 4-5 minutes.
- Add onions and tomatoes, salt, turmeric powder and cook until done.
- Mash the dals. Add the dals with 2 cups of water. Simmer the flame and let the dal boil for few minutes.
- Add the lemon juice, corainder leaves and stir well.
- Serve hot with rice and papads.

[TOP](#)

## TOOR DAAL RECIPE

#### Ingredients:

1 cup Tuvar (Toor) Daal  
1 Pinch Turmeric Powder  
Salt To Taste  
1 Lemons  
1/2 tsp Jaggery  
1 Pinch Asafoetida  
1 tbsp Ghee  
2 Dry Red Chillies  
1/4 tsp Cumin Seeds

### 3 Garlic Cloves

#### Preparation:

- Pressure cook tuvar dal with sufficient water and turmeric powder.
- Mash the dal, after it has been cooked.
- Chop the garlic cloves finely.
- Heat the ghee in a pan, add cumin seeds, dry red chillies and garlic cloves. Fry till they pop up.
- Add the dal with 2 cups of water and salt.
- Cook until the toor daal boils, then add jaggery. Cook for 4-5 minutes more.
- When the tuvar dal is cooled add lemon juice and serve.

[TOP](#)

---

## VANGI BATATA BHAJI RECIPE

#### Ingredients:

2 Eggplants, long & thin

2 Potato

3 Tomatoes

Salt To Taste

1 tsp Red chilli powder

1 tsp Corainder powder

1/2 tsp Garam masala

1 Pinch Turmeric powder

3 tbsp Oil

3 cups Water

1/2 tsp Sagar

2 tsp Corainder leaves

#### Preparation:

- Peel the potatoes and cut into big cubes, slice the eggplant. Chop the tomatoes finely.
- Heat oil in a pan, add the tomatoes, salt, turmeric powder and cook for 4-5 minutes.
- Add the potatoes, eggplant, all the dry masalas, sugar, 3 cups of water and mix well.
- Cover with a lid and simmer the heat. Cook until the vegetables are done.
- Garnish vangi batata bhaji (eggplant potato curry) with corainder leaves and serve hot with chapati or rice.

[TOP](#)

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## VAGHARELO BHAAT RECIPE

#### Ingredients:

1 1/2 cups Basmati rice

1 1/2 cups Potatoes, diced  
1 cup Green peas  
1 cup Carrots, diced  
2 cloves  
1 stick Cinnamon  
1/2 tsp Cumin seeds  
1/4 tsp Asafoetida (hing)  
1/2 tsp turmeric powder  
1 tsp Red chilli powder  
1/2 tsp Garam masala  
3 tbsp Ghee  
Salt To Taste

Preparation:

- Wash and drain the rice. Keep aside.
- Heat the ghee in a cooker, add the cloves, cinnamon, cumin seeds and fry for 2-3 minutes.
- Add the asafoetida, vegetables and salt and stir for few minutes
- Add the turmeric powder, chilli powder, garam masala and rice and stir again for 5 minutes till it is evenly mixed.
- Add 3 cups of hot water, cover the lid. Cook using the weight.
- Serve vargharelo bhaat hot with kadhi and papad.

[TOP](#)

## KHAMAN KAKDI RECIPE

### Ingredients:

salt to taste  
1 tsp lemon juice  
2 tblsp coconut scraped  
a pinch asafoetida  
2 tblsp oil  
100 gm bengal gram divide (chana dal)  
1/2 tsp mustard seeds  
2 - 3 green chillies  
4 - 5 curry leaves  
1 tsp sugar powdered  
1 inch ginger  
250 gm cucumbers  
2 tblsp coriander leaves chopped

-

### How to make khaman kakdi :

Dry roast the chana dal for 2-3 minutes on a high flame heat up and then soak in water for 8-10 hours.

Remove and dry grind coarsely.

Take off the cucumber and shred.

Mix in salt and leave it aside in a round dish for half an hour.

Take off the ginger and grind it with green chillies.

Remove out all the water from the cucumber.

Mix chana dal, cucumber, ginger-green chilli paste and little more salt if required.

Mix in cut coriander leaves, scraped coconut, lemon juice, powdered sugar and mix well.

Heat up oil in a pan.

Mix in mustard seeds, asafoetida and curry leaves.

When it starts crackling, mix in this tempering on salad and mix.

[TOP](#)

## LASANIYA BATATA RECIPE

### Ingredients:

1 cup bengal gram flour (besan)  
1/4 tsp turmeric powder  
2 tblsp oil  
3/4 tsp red chilli powder  
1/2 cup yogurt  
10 cloves garlic chopped  
1 tsp cumin seeds  
2 tsp coriander powder  
300 gms, baby potatoes  
1 tblsp coriander leaves chopped  
oil to fry  
1/2 tsp garam masala powder

-

### How to make lasaniya batata :

Take off the potatoes and slit from the centre, but do not split.

Heat up oil and fry till golden on medium heat.

Heat up 2 tblsp of oil in a kadhai, mix in cumin seeds and stir fry till they crackle.

Mix in cut garlic and stir fry for a while, but do not let it brown.

Then mix in gram flour and stir fry for another five minutes on a slow heat.

Mix in coriander powder, garam masala powder, red chilli powder, turmeric powder and stir fry for one minute.

Take off the kadhai from heat up and mix in yogurt, a little water.

Mix and stir fry again.

Mix in half the cut coriander and the fried potatoes.

Stir fry on a very slow heat up for 10-15 minutes.

Serve hot decorated with the remaining cut coriander.

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[TOP](#)

## LEELVA NU BHAAT RECIPE

### Ingredients:

2 tblsp coriander leaves chopped

2 tblsp green chilli paste

2 red chillies whole

2 cup rice

3 tblsp oil

1 tsp mustard seeds

1 sprig green garlic chopped

1/2 tblsp ginger paste

salt to taste

a pinch asafoetida

250 gms broad bean seeds (leelva)

-

### How to make leelva nu bhaat :

•

[Clean, wash and soak the rice for half an hour.](#)

[Remove away all the water.](#)

[Heat up oil in a kadhai.](#)

[Mix in mustard seeds, asafoetida and broken red chillies.](#)

[When they start to crackle mix in leelva and ginger and green chilli pastes.](#)

[Stir fry for a minute.](#)

[Mix in rice.](#)

[Stir fry for few minutes.](#)

[Mix in four cup of boiling water.](#)

[Lower the heat up to simmer \(boil slowly at low temperature\) and stir fry until all the water has been absorbed.](#)

[Serve hot, decorated with cut coriander and cut green garlic.](#)

[TOP](#)

## MAKAI NA BHARTA RECIPE

### [Ingredients:](#)

[1 tsp coriander powder](#)

[1 tsp turmeric powder](#)

[1 kg fresh corns](#)

[1 tsp red chilli powder](#)

[2 tblsp oil](#)

[3 medium tomatoes](#)

[1/2 tsp garam masala powder](#)

[3 medium onions](#)

[1/2 tsp cumin seeds](#)

[6 - 7 green chillies](#)

[salt to taste](#)

[coriander leaves cut for garnish](#)

-

### [How to make makai na bharta :](#)

[Boil the whole corn, take off the niblets and grind it coarsely in a blender.](#)



[Take off and finely cut the onions.](#)

[Wash and cut the tomatoes.](#)

[Wash and cut the green chillies.](#)

[Heat up oil in a kadhai, mix in cumin seeds and stir fry till they crackle.](#)

[Mix in cut onions and stir fry till light brown.](#)

[Mix in cut green chillies and stir fry for 1/2 minute.](#)

[Mix in red chilli powder, turmeric powder, coriander powder, garam masala powder and salt.](#)

[Stir fry for few seconds and mix in cut tomatoes.](#)

[When tomatoes are cooked mix in corn, salt and little water.](#)

[Stir fry for another 5-10 minutes.](#)

[Serve hot decorated with cut coriander.](#)

[TOP](#)

## MASALA SUPARI RECIPE

### Ingredients:

[125 gms chickai supari](#)

[4 tblsp poppy seeds \(khuskhus\)](#)

[1/4 tsp nutmeg powder](#)

[1 tblsp pot masala](#)

[8 - 10 cloves](#)

[1/2 cup coconut scraped](#)

[250 gms bhardi supari](#)

[8 - 10 green cardamoms](#)

[2 tblsp vegetable fat \(ghee\)](#)

[1 cup fennel seeds \(saunf\)](#)

-

### How to make masala supari :

[Roast coconut, cardamoms, poppy seeds, cloves and aniseeds separately.](#)

[Grind cardamoms, poppy seeds, cloves and aniseed.](#)

[Break the supari into coarse pieces.](#)

[Heat up the ghee and stir fry the supari till golden.](#)

[Take off and mix with the rest of the ingredients.](#)

[Cool and serve.](#)

[TOP](#)

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## ASOONDI RECIPE

### [Ingredients:](#)

[1 1/2 litre milk](#)

[saffron a few strands](#)

[1/2 cup almonds](#)

[8 - 10 pistachios](#)[8-10](#)

[3/4 cup sugar](#)

[2 tblsp sunflower seeds \(chironji\)](#)

-

### [How to make asoondi :](#)

[Soak almonds in warm water to blanch.](#)

[Take off the skin.](#)

[Reserve a few for garnishing and make a paste of the rest.](#)

[Slice almonds reserved for decorate and pistachio nuts.](#)

[Wash and strain chironji.](#)

[Bring milk to a boil, stirring continuously.](#)

[Simmer \(boil slowly at low temperature\) over low heat up till milk coats the back of the spoon.](#)

[Stir in almond paste dissolved in half a cup of water or milk and mix well.](#)

[Mix in sugar and saffron and stir fry till sugar gets fully dissolved.](#)

[Chill and serve decorated with pista, chironji and almonds.](#)

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# UNDHIYO RECIPE

## Ingredients:

6 - 8 cloves garlic

3 - 4 baby brinjals

6 -8 potatoes small

1 tsp turmeric powder

5 tblsp oil

100 gms yam (kand)

25 - 30 broad beans (sem fali)

4 green chillies

2 tblsp coconut scraped

a pinch asafoetida

2 raw bananas

1 cup coriander leaves

2 inch ginger

1 tsp mustard

**For Muthiya** 1/4 cup Bengal Gram Flour (besan)1/4 cup Salt to taste 1/2 cup

Fenugreek Leaves (methi)1/2 cup 1/2 inch Ginger 1 - 2 Green Chillies1-2 Oil to deep fry

Salt to taste

## How to make undhiyo :

•  
Wash, take off and dice potatoes, yam and raw bananas.

•  
Wash brinjals and slit them into four without cutting the stem.

•  
Make a paste of garlic, green chillies and ginger and mix cut coriander.

•  
Mix all the muthiya ingredients except oil and prepare a firm dough.

•  
Divide into small portions and shape each into one-inch long half-inch thick rolls.

•  
Deep fry in hot oil, remove and keep aside.

•  
String beans and cut into one-inch long pieces.

•  
Heat up oil in a thick-bottomed handi, mix in asafoetida and mustard seeds.

•  
When mustard seeds crackle mix in ground masala and broad beans.

•  
Put the rest of the vegetables in layers one on top of the other.

[Sprinkle salt and turmeric powder.](#)

[Stir fry for five minutes on high flame heat.](#)

[Pour out one cup of water, cover and simmer \(boil slowly at low temperature\) on a very low heat up for 10-15 minutes.](#)

[Mix in fried muthiyas and again simmer \(boil slowly at low temperature\) for 15 minutes.](#)

[Shake the vegetables occasionally but do not use a spoon to stir.](#)

[Serve hot decorated with scraped coconut.](#)

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## Paaya Nahari Recipe

Paaya Nahari is a typical hyderabadi cuisine. It is a dish made from trotters. A rather unusual and typical hyderabadi recipe.

[Ingredients:](#)

[8 nos. Trotters](#)  
[2 nos. Onions](#)  
[1 tblsp Coriander seeds](#)  
[1 tblsp Jeera](#)  
[4 nos. Brinjals](#)  
[4 nos. Dagad phool](#)  
[2 pieces Cinnamon](#)  
[6 nos. Cloves](#)  
[6 nos. Black pepper](#)  
[4 nos. Cardamoms \(green\)](#)  
[As per taste Salt](#)

-

[How to make paaya nahari:](#)

•  
[Clean and cut the paaya into three pieces.](#)

•  
[Tie the coriander seeds, cumin seeds, bay leaves, dagad phool, cinnamon, cloves, pepper and cardamoms in a small muslin cloth and secure the ends to form a small pouch.](#)

•  
[Add enough water to the paaya and place over heat.](#)

•  
[Add the chopped onions and the spice pouch along with salt as per taste.](#)

•  
[Cook the gravy on slow fire, preferably over charcoal for 4 to 5 hours.](#)

•  
[Remove the spice cloth and serve. Nahari is served in the morning.](#)

•  
[Narhari cooked overnight on a slow fire and served for breakfast is delicious.](#)

•  
[Serve hot with bread or rice.](#)

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## Qaabooli Recipe

Qaabooli is like a Hyderabad biryani where layers of dal and rice are set one after the other and then allowed to cook till done. Here is a mouth watering recipe of qaabooli.

[Ingredients:](#)

[Rice 1 kg](#)  
[Bengal Gram Split \(chana Dal\) 250 gms](#)  
[Salt to taste](#)  
[Green Cardamoms 6 no](#)  
[Cinnamon 2 inches stick](#)

## Cloves 8 nos

-

### How to make qaabooli:

•  
Wash and soak the rice for half hour. Then boil with salt and half the whole garam masala till almost done.

•  
Wash and soak the chana dal for half an hour. Boil with salt, a little turmeric powder till just cooked (al dente).

•  
Heat oil, add the remaining cinnamon, green cardamom, cloves and saute.

•  
Add shahi jeera and when they crackle add ginger and garlic pastes and saute.

•  
Add chopped green chillies and a little browned onions.

•  
Add the cooked dal, garam masala powder, finely chopped coriander leaves and stir to mix well.

•  
Add turmeric powder, stir and take it off heat. Add yogurt and mix well.

•  
Transfer half of the dal mixture into another pan.

•  
Spread half the rice over the dal mix, spread browned onions, garam masala powder, chopped mint leaves, lemon juice, saffron dissolved in water or milk.

•  
Spread the remaining dal over this followed by rice, browned onions, garam masala powder, chopped mint leaves, lemon juice and saffron.

•  
Cover with a tight fitting lid. After 2-3 minutes lower the heat and let it cook till done.

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## Khatti Arbi Ka Salan Recipe

Khatti arbi ka salan is easy to make. Arbi pieces are put in curry made from tomatoes and onion and then tamarind paste is added.

### Ingredients:

Colocassia (arbi) 250 gms.

Oil 3 tbsps.

Onion (sliced) 1

Curry Leaves 8-10

Green Chillies 2-3

Ginger Garlic Paste 1 tbsp.

[Turmeric Powder 1/2 tsp.](#)  
[Red Chilli Powder 1 tsp.](#)  
[Tomatoes 3 medium](#)  
[Salt to taste](#)  
[Tamarind Pulp 2 tbsps](#)

[How to make khatti arbi ka salan:](#)

•  
[Peel and slice onions. Chop tomatoes, de-seed and chop green chillies.](#)

•  
[Soak tamarind in lukewarm water for 15 minutes and squeeze out the pulp.](#)

•  
[Boil Arbi in salted water till tender, peel, slice the bigger ones into two pieces if desired.](#)

•  
[Heat oil in a pan and sauté onions till golden brown. Add curry leaves, chopped chillies, ginger garlic paste and sauté for a few minutes.](#)

•  
[Add turmeric, red chilli powder and sauté for 3-4 minutes on a low heat.](#)

•  
[Add chopped tomatoes and cook till the tomatoes are completely mashed.](#)

•  
[Add the arbi and cook for 2 minutes pour one cup of water and salt, cook for 2-3 minutes.](#)

•  
[Add tamarind pulp. Cover and simmer for 15 minutes.](#)

•  
[Serve hot with Hyderabad paratha.](#)

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## Tamatar Khajur Ki Chutney Recipe

Here is a very yummy tamatar khajur ki chutney. It is easy to make.

[Ingredients:](#)

[Tomatoes \(chopped\) 5-6](#)  
[Dates \(chopped\) 250 gms.](#)  
[Oil 1 tsp.](#)  
[Mustard Seeds 1/4 tsp.](#)  
[Green Chilli \(chopped\) 1](#)  
[Salt to taste](#)  
[Jaggery \(grated\) 3/4 cup](#)  
[Cumin Seeds \(roasted And Powdered\) 1/2 tsp.](#)  
[Raisins 3 tbsps.](#)  
[Sugar 1/4 cup](#)

## How to make tamatar khajur ki chutney:

•  
Wash and chop the tomatoes.

•  
Remove the seeds and chop the dates.

•  
Heat oil in a pan and add mustard seeds. When they crackle, add chopped tomatoes, chopped green chilli and salt. Mix.

•  
Add chopped dates and ½ cup of water. Add roasted cumin seed powder, raisins and cook for 5 minutes.

•  
Mash the tomatoes a little, add grated jaggery and sugar. Add a little water if required. Cook till the jaggery has dissolved and blended well with the tomatoes.

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# Jhingey Tamatar Recipe

Jhingey tamatar means prawn in tomato gravy. Learn how to make jhingey tamatar.

## Ingredients:

1/2 kg Prawns

1/4 tsp Turmeric powder

1 tsp Ginger paste

1 tsp Garlic paste

1 tblsp Lemon juice

1/2 cup Oil

6 nos. Dry red chillies

1/4 tsp Fenugreek seeds

6 nos. Garlic cloves

1/4 tsp Mustard seeds

2 nos. Sliced onions

1/2 tsp Cumin powder

6 nos. Green chilli paste

2 cups Tomato puree

1 tsp Sugar

1/2 tsp Cumin seeds

As per requirement Water

As per taste Salt

## How to make jhingey tamatar:



Rub turmeric, ginger, garlic and salt mixed with juice of 1 lemon on the prawns, leave aside for 1 hour.

Fry in hot oil the red chillies, fenugreek seeds, garlic and mustard seeds till they darken.

Lower the flame to prevent burning.

Add onions and fry till they are golden brown in colour.

Add cumin powder and stir, then add marinated prawns and stir-fry. Add green chillies and mix well.

Add tomato puree and cook on a low flame till the puree is cooked and oil leaves the sides of the pan.

Add sugar dissolved in a tblsp of water, salt and mix.

Before serving take a spoonful of oil from the gravy and heat it in separate frying pan.

Add cumin seeds and fry till they are just brown.

Pour this into the gravy before serving.

Serve with boiled rice or chapattis.

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## Diwani Handi Recipe

Diwani handi is similar to mix veg in the north India. Boiled vegetables are cooked with ginger garlic paste and served with hyderababdi parantha.

### Ingredients:

Potatoes 3

French Beans 10-12

Broad Beans (sem) 1 cup

Carrots 3

Green Peas (shelled) 1/2 cup

Baby Brinjals 6

Fenugreek Leaves (methi) 1 bunch

Onions 3

Ginger Paste 1 tsp.

Garlic Paste 1 tsp.

Red Chilli Powder 1 tsp.

Turmeric Powder 1/2 tsp.

Salt to taste

Oil 1/2 cup

Coriander Leaves 1 tbsp

## [Green Chillies 6](#)

-

### [How to make diwani handi:](#)

•  
[Clean the potatoes, french beans and broadbeans and cut into diamond shapes. Trim the brinjal top and slit into two.](#)

•  
[Wash and chop fresh fenugreek leaves. Clean and chop coriander leaves.](#)

•  
[Slice onions. De-seed green chillies and chop.](#)

•  
[Heat oil in a cooking vessel, add sliced onions and lightly brown.](#)

•  
[Add ginger and garlic pastes and stir well for a minute.](#)

•  
[Add red chilli powder, turmeric powder and salt.](#)

•  
[Add the fresh fenugreek leaves and cook for 3-4 minutes.](#)

•  
[Add the prepared vegetables and stir well.](#)

•  
[Pour a cup of water and simmer till the vegetables are cooked.](#)

•  
[Once the vegetables are 3/4 cooked add the coriander leaves and green chillies.](#)

•  
[Cook till all the water has evaporated.](#)

•  
[Serve hot with Hyderabad paratha](#)

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## Vegetable Nilgiri Korma Recipe

Here is a simple to make recipe of vegetable nilgiri korma. Korma is a very popular hyderabadi cuisine.

### [Ingredients:](#)

[Carrots 1](#)

[Capsicum 1](#)

[Potato 1](#)

[Cauliflower 1/4](#)

[French Beans 10](#)

[Green Peas \(shelled\) 1/2 cup](#)

[Onions 2 medium](#)

[Tomatoes 2](#)

[Curry Leaves 10-12](#)  
[Coriander Leaves \(chopped\) 1/4 cup](#)  
[Garam Masala Powder 1 tbsp.](#)  
[Salt to taste](#)  
[Groundnut Oil 12 tbsps.](#)  
[For Masala Paste](#)  
[Coconut \(scraped\) 1/2 cup](#)  
[Garlic 12 cloves](#)  
[Ginger 1 inch](#)  
[Red Chillies Whole 6](#)  
[Coriander Seeds 2 tbsps.](#)  
[Cumin Seeds 1 tsp.](#)  
[Poppy Seeds \(khuskhus\) 2 tbsps.](#)  
[Fennel Seeds \(saunf\) 2 tbsps.](#)

-

[How to make vegetable nilgiri korma:](#)

•  
[Wash, peel and cut all the vegetables into equal sized dices. Peel and chop the onion.](#)  
[Wash and puree the tomatoes.](#)

•  
[Heat two tablespoons oil and fry the paste ingredients till light brown, cool and grind to a paste with little water.](#)

•  
[Wash and chop the coriander leaves. Boil the potatoes, cauliflower and carrots till half done in salted water. Drain and keep.](#)

•  
[Heat oil and add the onion and fry till golden brown. Wash and add the curry leaves and masala paste. Fry till the oil separates.](#)

•  
[Add the vegetables and continue stirring. Pour the tomato puree and bring to boil.](#)

•  
[Add two cups water and simmer till the vegetables are cooked and the gravy is thick.](#)

•  
[Sprinkle the garam masala, stir well and serve hot.](#)

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## Amrit Phal Recipe

Amrit phal is a sweet dessert made from khoya, saffron and rose essence.

[Ingredients:](#)

[500 grams Sugar](#)  
[400 grams Khoya](#)

[125 grams Semolina](#)  
[2 pinches Saffron](#)  
[8 nos. Almonds](#)  
[1 no. Egg white](#)  
[As per requirement Ghee](#)  
[5 drops Rose essence](#)  
[1 cup Water](#)

-

[How to make amrit phal:](#)

•  
[Heat the sugar with 1 cup water to make a thin syrup, add essence and keep warm.](#)

•  
[Mix together the semolina, khoya and crushed saffron.](#)

•  
[Add the egg white gradually and knead into a smooth dough.](#)

•  
[Shape the dough in a star with a hole in the center.](#)

•  
[Deep fry the Amrit Phal till pink. Immerse them in the sugar syrup.](#)

•  
[Serve garnished with sliced almonds.](#)

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## Baghare Baigan Recipe

Find out how to make baghare baigan hyderabadi style which has coconut, tamarind and tadka of curry leaves.

[Ingredients:](#)

[500 grams Brinjals](#)  
[4 medium Onions](#)  
[5 grams Ginger](#)  
[2 nos. Garlic cloves](#)  
[12 grams Coriander seeds](#)  
[40 grams Sesame seeds](#)  
[70 grams Peanuts](#)  
[5 grams Cumin seeds](#)  
[3 grams Poppy seeds](#)  
[20 grams Dessicated coconut](#)

[2 grams Fenugreek seeds](#)  
[2 grams Turmeric powder](#)  
[5 grams Red chilli powder](#)  
[6 grams Jaggery](#)  
[75 grams Tamarind](#)  
[4 grams Curry leaves](#)  
[As per taste Salt](#)  
[120 ml Oil](#)

-

[How to make baghare baigan:](#)

•  
[Soak the tamarind in 1 cup of water. Mash and sieve to get tamarind water.](#)

•  
[Discard the residue and set aside.](#)

•  
[Wash the brinjals, make 2 inch slits along the length ensuring that the end is intact.](#)

•  
[Roast the onions on a griddle till they soften and turn light golden brown.](#)

•  
[Dry roast together on medium heat the coriander seeds, sesame seeds, peanuts, cumin seeds, poppy seeds, dessicated coconut and the fenugreek seeds till they darken slightly and start emitting an aroma.](#)

•  
[Grind together the onions, roasted spices, ginger, garlic, salt, turmeric powder, red chilli powder and jaggery to a fine paste.](#)

•  
[Mix in the tamarind water.](#)

•  
[Keep aside some of this mixture and stuff the brinjals with the remaining mixture.](#)

•  
[Heat oil, add the curry leaves and saute for a few minutes.](#)

•  
[Add the stuffed brinjals and fry for about 10 minutes. Add the reserved paste and mix gently.](#)

•  
[Add little water, cover and cook on medium heat, stirring occasionally but very gently.](#)

•  
[Cook till the brinjals are thoroughly cooked and oil leaves the sides of the pan.](#)

•  
[Serve hot with rice or parathas.](#)

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# Maharashtrian Recipes

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## AAMTI RECIPE

### Ingredients:

[2 cup split Moong Beans \(Moong Dal\)](#)

[2 1/2 cup Water](#)

[1 chopped Tomato \(Tamatar\)](#)

[3-4 sliced Green chilli \(Hari mrich\)](#)

[Few Curry Leaves \(Kari Patta\)](#)

[To taste Salt \(Namak\)](#)

[1 tsp Black Mustard seeds \(Rai/Sarson\)](#)

[A pinch of Asafoetida \(Hing\)](#)

[1 tsp Turmeric Powder \(Haldi\)](#)

[1 tsp Cumin Seed \(Jeera\)](#)

[2 1/2 cup Water](#)

[3 tblsp Vegetable oil \(Vanaspati\)](#)  
[Chopped Coriander Leaves \(Dhania Patta\)](#)

-

[How to make aamti:](#)

- [Bring the daal to boil in the water and simmer until soft and mushy.](#)
- [Heat the oil in a pan and add mustard seeds, as soon as they pop, add the asafoetida, cumin seeds, turmeric powder, chillies and curry leaves.](#)
- [Saute for a minute and add the cooked dal.](#)
- [Bring to boil and add the tomatoes, salt and coriander leaves.](#)
- [Remove from the heat.](#)
- [Keep it covered.](#)
- [Serve hot.](#)

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## BHARWAN BAIANGAN RECIPE

[Ingredients:](#)

[8 small Egg plant, Brinjal \(Biangan\)](#)  
[8 peeled baby Potato \(Aloo\)](#)  
[2 large sliced Onion \(Pyaj\)](#)  
[2/3rd cup grated Coconut \(Nariyal\)](#)  
[4 tblsp unsalted chopped Cashews](#)  
[8 Cloves \(Lavang\)](#)  
[8 Black Pepper corns \(Kalimirchi\)](#)  
[1/2 tsp Sugar \(Cheeni\)](#)  
[To taste Salt \(Namak\)](#)  
[1 tsp Cayenne Powder](#)  
[1 tsp Turmeric Powder \(Haldi\)](#)  
[1 tsp Tamarind Paste \(Imli Pate\)](#)  
[8 tblsp Oil](#)  
[2 tblsp Coriander seeds \(Dhania\)](#)  
[3 tblsp chopped finely Coriander Leaves \(Dhania Powder\)](#)

-

## How to make bharwan baingan:

•  
Heat 2 tbsp oil in a pan and add cloves, coriander seeds and peppercorns.

•  
Saute for a minute..

•  
Now add sliced onions and fry until brown.

•  
Add coconut and stir fry until browned, remove and allow to cool.

•  
Grind the mixture to a paste using blender.

•  
Add little water if needed.

•  
Slit each eggplant lengthwise into four, keeping the stem end intact.

•  
Now in the grinded mixture mix cayenne powder, salt, sugar, tamarind paste, cashews and turmeric powder.

•  
Stuff the eggplants with this mixture, reserving some.

•  
Roll the potatoes in the remaining mixture.

•  
Heat the remaining oil in a pan and add the vegetables.

•  
Cook over low heat without burning, add little water if necessary, until done.

•  
Keep an eye.

•  
Serve hot with roti.

[TOP](#)

# BOMBAY CHIWDA RECIPE

## Ingredients:

1/3rd cup halves Peanuts (Moong Phali)

1/3rd cup halves Cashew (Kaju)

1/4th cup whole Almond (Badam)

1/4 cup blanched Pistachio (Pista)

1/4th cup Pumpkin seeds

1/4th cup Pine Nuts

2-3 sliced crosswise into thin rounds hot Green chilli (Hari Mirch)

1 tblsp Fennel seeds (Saunf)

15 Curry Leaves (Kari Patta)

3 tblsp fresh Coriander Leaves (Dhania Patta)



2/3 rd cup thick pounded Flat Rice (Poha)

1/4th cup Raisins (Kishmish)

1/4th cup Currants (Kishmish)

1/4th cup chopped Dates (Khajoor)

1/2 tsp Salt (Namak)

2 tblsp Maple or Date Sugar

1/3 cup Moong Dal

1cup deep fried Sev Noodles

Vegetable Oil or Ghee for deep-frying

-

How to make bombay chiwda:

•  
Heat oil or ghee in a kadhai or deep-frying pan over a moderate heat.

•  
Place the peanuts in a wire-mesh sieve and lower it into the oil.

•  
Fry until golden brown, lift out the sieve, and transfer the nuts to paper towels to drain.

•  
In separate batches, fry the cashews, almonds, pistachios, pumpkin seeds and pine nuts until golden brown, and drain on paper towels.

•  
Pat the nuts dry with more paper towels, bolt off any excess oil.

•  
Transfer all the nuts to a bowl.

•  
Raise the heat of the oil and place the green chilies in the sieve and lower it into the oil and fry until crisp.

•  
Lift out the sieve and transfer the chilies to the paper towels to drain.

•  
Add the fennel seeds, curry leaves and fresh coriander to the sieve and fry in the same way until the leaves are dark green and crisp.

•  
Drain on paper towels.

•  
Now add half of flat rice to the sieve, lower it into the oil and fry for 1 minute or until the frothing oil subsides and poha floats.

•  
It should not brown only turn golden yellow.

•  
Fry the remaining flat rice dry on paper towel, blot all the excess oil.

•  
Add the flat rice to the nuts bowl and toss to mix.

•

Combine the raisins, currants and dates in a bowl and add the salt , sugar & spices in another bowl.

Sprinkle 1/2 of the spice mixture into the dried fruit and the remaining into the nuts, toss well.

Finally, combine all the ingredients and toss to mix.

Cool to room temperature and store in an air tight container.

Keeps well upto 2 months.

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## KOBHI ZUNKA RECIPE

### Ingredients:

2 small heads finely shredded Cabbage (Patta Gobi)

6 tblsp Gram Flour (Besan)

1 tsp Black Mustard seeds (Rai/Sarson)

Few Curry Leaves (Kari Patta)

1 tsp Turmeric Powder (Haldi)

1 tsp Cayenne Powder

1 tsp Coriander Powder (Dhania Powder)

A pinch of Asafoetida (Hing)

To taste Salt (Namak)

1 tsp Cumin Seed (Jeera)

4 tblsp Oil

-

### How to make kobhi zunka:

Heat a heavy bottom pan and gram flour, roast it constantly stirring to avoid lumps formation, on a moderate heat.

As soon as the smell and color changes, remove it from the heat.

Heat oil in another pan and add mustard seeds, allow them to pop.

Add cumin seeds, asafoetida and curry leaves.

Saute for a minute.

Add cabbage, turmeric, coriander, cayenne powders and salt, mix well.

Lower the heat and add little water.

[Cook until cabbage is done but crisp.](#)

[Increase the heat and dry the liquid and add the roasted gram flour, stir well.](#)

[It will absorb the liquid and oil to form clumps.](#)

[Break off the clumps to cook them.](#)

[When the flour is cooked remove from the heat.](#)

[Serve hot.](#)

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## KOHLAPURI RASSA RECIPE

### [Ingredients:](#)

[For Marinade:](#)

[2/3rd cup Curd \(Dahi\) / plain Yogurt](#)

[2 tsp minced Ginger \(Adrak\)](#)

[2 tsp minced Garlic \(Lasun\)](#)

[1 tsp Cayenne Powder](#)

[1 tsp Garam Masala Powder](#)

[1 tsp Turmeric Powder \(Haldi\)](#)

[To taste Salt \(Namak\)](#)

[For Curry :](#)

[1 1/4th lb trimmed and cubed Lean Lamb](#)

[2 Onion finely chopped \(Pyaj\)](#)

[1 chopped Tomato \(Tamatar\)](#)

[3 cup grated fresh Coconut \(Nariyal\)](#)

[1-inch piece of Cinnamon \(Tuj/Dalchini\)](#)

[6 Cloves \(Lavang\)](#)

[8-10 crushed Black Pepper corns \(Kalimirchi\)](#)

[1 tsp Aniseed \(Saunf\)](#)

[2/3 cup Oil](#)

-

[How to make kohlapuri rassa:](#)

[Mix all marinade ingredients and add lamb pieces.](#)

[Stir well and set aside for 30 minutes.](#)

[Heat 2 tblsp oil in a heavy pan and add cinnamon, cloves, peppercorns and aniseed.](#)

Saute for a minute and add onions and fry till golden and add coconut.

Saute until brown.

Add chopped tomatoes and stir and take off from the heat.

Allow to cool.

Grind the mixture in a processor.

Heat the remaining oil and add marinaded lamb pieces and marinade mixture and add little water, cover and cook until done.

Now add the grinded mixture and simmer for 5-6 minutes.

Remove from the heat.

Serve hot with boiled rice.

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## PAVTA BATATA RECIPE

### Ingredients:

11/4 cup soaked overnight Lima Beans

2 medium sized peeled & cubed Potato (Aloo)

1tsp Black Mustard seeds (Rai/Sarson)

1 tsp Turmeric Powder (Haldi)

1 tsp Cayenne Powder

1 tsp Coriander Powder (Dhania Powder)

A pinch of Asafoetida (Hing)

To taste Salt (Namak)

1 medium sized finely chopped Onion (Pyaj)

4 tblsp fresh grated Coconut (Nariyal)

Chopped Coriander Leaves (Dhania Patta)

-

### How to make pavta batata:

Cook the beans in enough water till cooked but not too soft.

Heat the oil in a pan and add mustard seeds, allow them to pop.

[Add asafoetida and onion.](#)

[Fry till onions become translucent.](#)

[Now mix turmeric, cayenne, coriander, salt and potatoes.](#)

[Add little water and cook until potatoes are soft.](#)

[Gently mix in the cooked beans, coconut and coriander leaves.](#)

[Serve hot.](#)

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## PAVTA PATTIES RECIPE

### [Ingredients:](#)

[1 1/4 cup soaked overnight Lima Beans](#)

[2 medium sized boiled, peeled and mashed Potato \(Aloo\)](#)

[1 tsp Turmeric Powder \(Haldi\)](#)

[1 tsp Cayenne Powder](#)

[1 tsp Garam Masala](#)

[4 tsp Flour](#)

[5 tblsp Oil](#)

-

### [How to make pavta patties:](#)

[Boil the beans in enough water until very soft.](#)

[Drain them.](#)

[Knead all the ingredients including beans, except flour and oil, into a stiff dough.](#)

[Make equal size balls of the dough and flatten them slightly.](#)

[Heat the oil.](#)

[Roll each patty in the flour and shallow fry until golden and crisp.](#)

[Drain on a paper towel.](#)

[Serve hot with tamarind chutney.](#)

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# PITACHI MIRCHI RECIPE

## Ingredients:

1 1/4 cup Cornmeal / Cornstarch (Makai Ka Atta)  
2 tblsp flaked Coconut (Nariyal)  
4-5 dried Green Peppers  
2 tsp roasted and coarsely ground Sesame seeds (Til)  
1 tsp Black Mustard seeds (Rai/Sarson)  
Few Curry Leaves (Kari Patta)  
1 tsp Turmeric Powder (Haldi)  
1 tsp Cayenne Powder  
1 tsp Coriander Powder (Dhania Powder)  
A pinch of Asafoetida (Hing)  
To taste Salt (Namak)  
1 tsp Lemon Juice (Nimbu Ka Raas)  
4 tblsp Oil

-

## How to make pitachi mirchi:

•  
Dry-Roast the cornmeal on low heat till golden.

•  
Heat the oil in a pan and add mustard seeds, allow them to pop.

•  
Add asafoetida, curry leaves, turmeric, coriander, cayenne powders and salt.

•  
Stir for a minute and add peppers.

•  
Mix well, add little water and cook the vegetable is done but crisp.

•  
Now add cornmeal, coconut, lemon juice and sesame seeds and mix well.

•  
Cook until the flour has absorbed all the liquid.

•  
Serve hot.

[TOP](#)

# PUNERI DAAL RECIPE

## Ingredients:

[1 cup split Yellow Lentil \(Toor dal\)](#)  
[4 tblsp fresh grated Coconut \(Nariyal\)](#)  
[1 tsp Turmeric Powder \(Haldi\)](#)  
[1 tsp Cayenne Powder](#)  
[2 tsp Goda Masala](#)  
[2 tsp grated Jaggery](#)  
[1 tsp Black Mustard seeds \(Rai/Sarson\)](#)  
[To taste Salt \(Namak\)](#)  
[1 tsp Cumin Seed \(Jeera\)](#)  
[A pinch of Asafoetida \(Hing\)](#)  
[Few Curry Leaves \(Kari Patta\)](#)  
[2 tblsp chopped Coriander Leaves \(Dhania Patta\)](#)  
[1 tblsp Oil](#)

-

[How to make puneri daal:](#)

•  
[Clean, wash and drain the lentils.](#)

•  
[Simmer the lentils in double their quantity of water until soft.](#)

•  
[Add all the spices, coconut, jaggery and salt.](#)

•  
[Simmer for a minute and remove from the heat.](#)

•  
[Heat oil in separate pan and add mustard seeds, allow them to pop and then add cumin seeds, asafoetida and curry leaves.](#)

•  
[Stir for few seconds.](#)

•  
[Pour this over the cooked lentil, mix well.](#)

•  
[Serve hot, garnished with chopped coriander leaves.](#)

•  
[Goes well with boiled rice.](#)

•  
[Serve hot with tamarind chutney.](#)

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## PURAN POLI RECIPE

[Ingredients:](#)

[450 gms Chana Dal](#)  
[500 gms Sugar \(Cheeni\) or Jaggery \(Gud\)](#)

250 gms Wheat Flour (Gehun Ka Atta)  
50 gms Flour  
5 tsp Oil  
1/2 grated Nutmeg (Jaiphal)  
50 gms powdered Cardamom (Elaichi)  
Pure ghee for serving

How to make puran poli:

•  
Wash the chana daal and cook with a little or just enough water.

•  
Drain out the extra water.

•  
Add sugar or jaggery to the cooked daal and cook on low heat until the mixture becomes thick.

•  
Remove from heat and pass it through a sieve while still hot.

•  
Add grated nutmeg and cardamom powder.

•  
Stir well and remove from heat and keep aside to cool.

•  
Mix the wheat flour, flour, oil and enough water knead into a smooth dough.

•  
Keep it aside for an hour or two.

•  
Divide the gram daal mixture into ping pong sized balls and the flour dough into slightly smaller balls and roll them out a little.

•  
Place the gram daal ball in the centre of the rolled flour dough and close it to cover the filling completely.

•  
Roll out into a chapati and bake on a non stick tawa till done on both sides, adding a little ghee around.

•  
Fry till done.

•  
Serve hot with pure ghee.

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## SUKHI KOLMI RECIPE

Ingredients:

11/4 lb cleaned and shelled raw Shrimps



2 finely chopped Onion (Pyaj)  
1 cup discard stems, washed & chopped Fenugreek Leaves (Methi Ke Patte)  
1 tsp Cayenne Powder  
2 tsp Coriander Powder (Dhania Powder)  
1 tsp Turmeric Powder (Haldi)  
To taste Salt (Namak)  
4 Cloves (Lavang)  
4 Cardamoms (Elaichi)  
10-12 Black Pepper corns (Kalimirchi)  
3-4 tblsp Oil

-

How to make sukhi kolmi:

•  
Clean, wash and drain the shrimps and mix salt, turmeric, chili and coriander powder.

•  
Heat the oil in a kadhai / wok.

•  
Add cloves, cardamoms and peppercorns and stir fry for few seconds.

•  
Add onions and fry till golden, then add shrimps and cook until they turn pink.

•  
Add fenugreek leaves and mix well.

•  
Cook on low heat until the shrimps are done.

•  
The dish should be dry but have a creamy flavour.

•  
Serve hot.

[TOP](#)

## USLI RECIPE

Ingredients:

1 cup sprouted Moong  
1/2 cup sprouted Red Chana  
1/2 cup sprouted Kabuli Chana  
1/2 cup sprouted Peanuts (Moong Phali)  
1 chopped Onion (Pyaj)  
1 chopped Tomato (Tamatar)  
1/2 tsp grated Ginger  
4 crushed cloves Garlic (Lasun)

2 chopped finely Green chilli (Hari mirch)  
1 tblsp chopped Coriander (Dhania)  
To taste Salt (Namak)  
1 tsp Cumin Seed (Jeera)  
1/4 tsp Turmeric Powder (Haldi)  
1/2 tsp or to taste Chili Powder (Mirchi Powder)  
1 tsp Lemon Juice (Nimbu Ka Raas)  
4 tblsp Oil

-

How to make usli:

Boil the moong sprouts, red chana sprouts, kabuli chana sprouts and sprouts peanuts.

Don't cook in a pressure cooker.

Drain it.

Heat the oil and add cumin seeds and fry till brown.

Add onions and fry for a minute, then add ginger, garlic, green chillies and sautÃ© for few seconds.

Now add chopped tomatoes, turmeric, chili powder and coriander and fry.

Add potatoes, drained sprouts and salt, mix well.

Pour lemon juice.

Serve hot.

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## VALCHE VIRDI RECIPE

Ingredients:

2 1/2 cup sprouted and skinned Val beans  
2 cup grated Coconut (Nariyal)  
4 tblsp grated Jaggery (Gud)  
4 Green chilli (Hari mirch) slit lengthwise but stem end intact  
1 tsp Black Mustard seeds (Rai/Sarson)  
1 tsp Cumin Seed (Jeera)  
A pinch of Asafoetida (Hing)

[Few Curry Leaves \(Kari Patta\)](#)

[To taste Salt \(Namak\)](#)

[2 tblsp chopped finely Coriander Leaves \(Dhania Patta\)](#)

[3 tblsp Oil](#)

-

[How to make valche virdi:](#)

•  
[Heat the oil in a pan and add mustard seeds, allow them to pop.](#)

•  
[Add half of the cumin seeds.](#)

•  
[Add asafoetida, curry leaves and green chilies, saute for a minute.](#)

•  
[Add the val, a little water. jaggery and salt.](#)

•  
[Cook over low heat until the val is soft but not mushy.](#)

•  
[Grind the coconut and the remaining cumin seeds to a fine paste.](#)

•  
[Stir the paste into the curry and simmer for a minute.](#)

•  
[Serve hot, garnished with coriander leaves.](#)

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## VANGI ANI VAL RECIPE

[Ingredients:](#)

[1 1/4 cup sprouted and skinned Val Beans](#)

[1 small cubed Eggplant / Brinjal](#)

[1 chopped finely Onion \(Pyaj\)](#)

[2 cut into 1 inch pieces Drumstick leaves \(Muranka bhaji\)](#)

[4 tblsp grated Coconut \(Nariyal\)](#)

[1 tsp Mustard seeds \(Rai/Sarson\)](#)

[1 tsp Turmeric Powder \(Haldi\)](#)

[1 tsp Cayenne Powder](#)

[1 tsp Goda Masala](#)

[A pinch of Asafoetida \(Hing\)](#)

[To taste Salt \(Namak\)](#)

[3 tblsp Oil](#)

-

[How to make vangi ani val:](#)

•  
[Boil the drumsticks until they can be easily opened.](#)

•  
[Drain and set aside.](#)

•  
[Heat the oil and saute the mustard seeds with the asafoetida.](#)

•  
[When the seeds start to pop add the onions and fry till golden.](#)

•  
[Add the val , eggplant, all spices and salt, mix well and add little water and cook until the beans are soft but not mushy.](#)

•  
[Cook over high heat to dry the water.](#)

•  
[Remove from heat and add coconut and drumsticks.](#)

•  
[Stir gently and serve hot.](#)

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## ALOO KA BHARTA RECIPE

Ingredients:

- 4 -5 Boiled Potatoes (Big)
- 2 Onion (finely chopped)
- 2 Green Chillies (chopped)
- Few Coriander Leaves (chopped)
- 1 tsp Mustard Oil
- 1/2 tsp Salt
- 1/2 tsp Red Chilly Powder
- 1/2 tsp Jeera (roasted and powdered)

Preparation:

- Peel the potatoes and mash them coarsely. Add all the other ingredients and mix well.
- Serve aloo bharta with baati.

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## CHANA DAL PARATHA RECIPE

Ingredients:

Maida 500 gms

Salt & Red chilly powder to taste  
200 gms Oil  
1/2 tsp Dhaniya powder  
250 gms Chana dal  
1/2 tsp Garam masala

How to make chana daal paratha:

- Add salt and 2 tbsp oil to maida. Add water and make a soft dough. Soak chana dal for 6 hours.
- Boil it in a pressure cooker with a glassful of water. Wait for 1 whistle. Turn off the gas.
- Drain away the water and grind the dal. Heat 2 tbsp oil in a kadahi. Add dal paste and roast it for 3-4 minutes.
- Add all the masala powder. When it cools down stuff this paste into maida balls. The paranthas should be as thin as a papad.
- Make soft paranthas an hour before serving. Serve chana dal paratha with aloo dum , raita and chutney.

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## RAJASTHANI CHURMA LADDOO RECIPE

Ingredients:

200 gms Wheat flour  
400 gms Ghee  
100 gms Khoya / Mawa  
200 gms Sugar (grounded)  
50 gms Soaked almond (finely chopped)  
4 Cardamom (small)  
1 inch Dalchini

Preparation:

- Melt 150 gms. of ghee and mix it in wheat flour. Make a stiff dough using very little water.
- Heat the rest of the ghee in a kadahi. Make about 15-20 balls with the dough.
- Fry it on low flame till it becomes golden brown. Churn it in grinder after it cools down. Mix khoya. Heat 1 tbsp. ghee in kadahi.
- Add cardamom seeds and dalchini. Add the above mixture of wheat flour and khoya. Fry it for one minute. When it cools down, add sugar and chopped almonds.
- Mix well. Serve churma laddoo in a plate. You can enjoy the taste of choorma for 8-10 days if you keep it in an airtight box. To be served with Dal and Baati.

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## RAJASTHANI DAAL BATI

# ( Puffed Dough Dumplings With Lentil Curry )

Ingredients:

**For daal (Lentil Curry):**

2 cups rajma beans (soaked in water overnight with a pinch of soda bicarb)  
3/4 cup whole black gram (urad) (soaked in water overnight with a pinch of soda bicarb)  
3 onions, chopped finely  
2 tomatoes, chopped finely  
2 tsp garam masala powder  
2 tsp chilli powder  
1 tsp turmeric powder  
1 tbsp ginger-garlic paste  
2 green chillies, slit lengthwise  
2 tbsp cream  
4 tbsp ghee  
1 cup coriander leaves, chopped finely  
Oil  
Salt To Taste

**For Bati (dumplings):**

5 cups whole wheat flour, sieved  
1 cup ghee, melted  
2 tbsps curd  
Salt To Taste

Preparation:

- Pressure cook rajma and black gram till it becomes soft. Heat 4 tbsps oil. Add onions. Brown them.
- Add ginger-garlic paste and tomatoes. Fry. Add all the masalas, beans and salt. Simmer till well blended. The gravy should be thick. Pour over cream and ghee. Knead a soft dough with flour, ghee, curd, salt and just enough water.
- Roll into lemon-sized balls. Cover and keep for one hour. Then roast in batches on hot coals till puffed and golden outside and spongy inside. Keep hot.
- Garnish the daal with coriander leaves and slit green chillies. Dip hot (baati) dumplings in the daal while eating.

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## RAJASTHANI GHEVAR RECIPE

Ingredients:

3 cups Plain Flour  
1 cup Ghee  
3-4 icecubes  
4 cups water

1/2 cup Milk  
1/4 tsp Yellow Colour  
1 kg Ghee

Syrup:

1 1/2 cups Sugar  
1 cup Water

Topping:

1 tsp Cardamom Powder  
1 tbsp Almonds chopped  
1 tbsp Pistachios  
1 tbsp Milk  
1/2 tsp Saffron dissolved in milk  
Silver foil

How to make rajasthani ghever :

- Prepare sugar syrup of 1 thread consistency and keep aside.
- In a large bowl put ghee.
- Add milk, flour and 1 cup water. Mix together to make a smooth batter.
- Dissolve colour in some water and add to batter. Add more water as required.
- Batter should be of running consistency.
- Take an aluminium or steel cylindrical container.
- The height should be at least 12". And diameter 5-6".
- Fill half with ghee. Heat.
- When ghee is hot, take a 50 ml, glassful of batter.
- Pour in centre of ghee, slowly in one continuous threadlike stream.
- Allow foam to settle. Pour one more glassful in hole formed in centre.
- When foam settles again, loosen ghevar with an iron skewer inserted in hole.
- Place on a mesh to drain excessive oil.
- Keep sugar syrup in a wide flat bottomed container to fit in ghevar.
- Dip ghevar in it, and remove, keep aside on mesh to drain excess syrup .
- Cool a little, top with silver foil.
- Splash a few drops of saffron milk, sprinkle some chopped dryfruit and a few pinches of cardamom powder.
- Ghevar is ready to be served.

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## ALOO MANGODI RECIPE

Ingredients:

200 gms mangodi  
2- 3 red chillies whole  
2 tblsp bengal gram flour (besan)  
1/2 tsp cumin seeds



[1/2 cup yogurt](#)  
[1 tblsp oil](#)  
[200 gms potatoes](#)[200 gms.](#)  
[1 tblsp red chilli powder](#)  
[1 tblsp ginger paste](#)  
[salt to taste](#)  
[2 tblsp coriander powder](#)  
[1 tsp garam masala powder](#)  
[1 tblsp coriander seeds](#)  
[2 tblsp tomato puree](#)  
[100 gms coriander leaves](#)  
[1 tsp turmeric powder](#)  
[1 bay leaf](#)

-

[How to make aloo mangodi :](#)

•  
[Cream curd, mix in besan and salt, red chilli powder, coriander powder and turmeric powder to it.](#)

•  
[Peel, wash and cut potatoes into 1 centimeter cubes.](#)

•  
[Keep aside in water.](#)

•  
[Dry roast mangodi on hot tawa until crunchy and slightly browned.](#)

•  
[Heat up oil, mix in brown bay leaf, cumin seeds, coriander seeds, whole red chillies and salt and cook.](#)

•  
[Mix in potatoes and stir fry stirring constantly until golden brown.](#)

•  
[Mix in ginger paste, mangodi, tomato puree and yogurt mixture, mix in 1 cup of water and mix well.](#)

•  
[Mix in garam masala powder and cut coriander leaves.](#)

•  
[Stir fry for a further few minutes and serve hot.](#)

[TOP](#)

## BHUNA KUKDA RECIPE

[Ingredients:](#)

[4 - 5 cloves](#)  
[1 tsp cumin seeds](#)

[12 garlic cloves](#)  
[20 red chillies whole](#)  
[4 green cardamoms](#)  
[2 inch cinnamon](#)  
[1 kg chicken](#)  
[2 tblsp mustard oil](#)  
[1/2 cup coriander leaves chopped](#)  
[1 tsp turmeric powder](#)  
[1/2 cup yogurt](#)

-

[How to make bhuna kukda :](#)

•  
[Clean and wash the chicken, cut into big size pieces.](#)

•  
[Take off garlic.](#)

•  
[Soak red chillies in lukewarm water for 1/2 an hour.](#)

•  
[Grind everything garlic, red chillies, cloves, green cardamoms, cinnamon and turmeric powder to a fine paste.](#)

•  
[Apply the prepared masala and salt to the chicken and keep it to marinate for 2 hours.](#)

•  
[Heat up oil in a kadhai, mix in cumin seeds, when they crackle mix in the marinated chicken and stir fry on high flame heat.](#)

•  
[When all the moisture has evaporated, mix in beaten yogurt, mix in a little water and continue cooking on high flame heat.](#)

•  
[Stir fry till all moisture has evaporated and chicken has cooked.](#)

•  
[Adjust salt and stir fry till the masala coats the chicken.](#)

•  
[Serve hot, sprinkled with coriander leaves.](#)

[TOP](#)

## CHANE JAISELMER KE RECIPE

[Ingredients:](#)

[3 - 4 green chillies chopped](#)  
[1 tsp garam masala powder](#)

2 tblsp oil  
2 tbsps.  
2 inch cinnamon  
1/4 tsp asafoetida  
1 cup bengal gram, black (kale chane)  
1 cup  
1 1/2 cup yogurt  
2 tsp coriander powder  
1 tsp red chilli powder  
4 tsp bengal gram flour (besan)  
salt to taste  
1 tsp turmeric powder  
1 tsp cumin seeds  
1 medium sized onions  
2 tsp chaat masala  
2 -3 black cardamoms  
1 cup coriander leaves chopped  
2 tblsp pure ghee  
2 tbsps.  
5 - 6 cloves

-

How to make chane jaiselmer ke :

•  
Soak bengal gram overnight in 4 cup water.  
•  
Drain, mix in 6 cup of water and pressure stir fry till done.  
•  
Mash the grams slightly.  
•  
Heat up ghee and oil, mix in cumin seeds, when they crackle mix in the whole garam masala, fry for 1-2 minutes.  
•  
Mix in asafoetida and chopped green chillies, sautÃ©.  
•  
Mix yogurt, gram flour, 1 cup water and dry spices and mix in to the sautÃ©ed whole garam masala.  
•  
Keep stirring till it boils.  
•  
Mix in the grams along with the water they were boiled in.  
•  
Mix in salt to taste.  
•  
Mix well.  
•  
Cover and simmer (boil slowly at low temperature) for 8-10 minutes.  
•

Serve hot decorated with cut coriander leaves and onion rings.

[TOP](#)

# GATTE KA PULAO RECIPE

## Ingredients:

### **For Rice**

2 cup Basmati Rice

6 tblsp Ghee

1 tsp Cumin Seeds

3 Green Cardamoms

2 Black Cardamoms

2 inch Cinnamon

2 Bay Leaves

5 - 6 Cloves

1/2 tsp Asafoetida

1 tsp Red Chilli Powder

2 tsp Garam Masala Powder

2 tsp Coriander Powder

1/2 tsp Turmeric Powder

3 tsp Ginger Paste

1 cup Peas

Salt to taste

### **For Gattas**

salt to taste

1/2 tsp red chilli powder

1/2 tsp cumin seeds

1 cup bengal gram flour (besan)

2 tblsp yogurt

ghee/oil to deep fry

1 tblsp mint leaves chopped

a pinch soda bi carbonate

1/2 tsp turmeric powder

1/2 tsp ginger chopped

## How to make gatte ka pulao :

•  
Mix all the ingredients for the gattas, mix in a little water to make a firm dough.

•  
Divide into six equal parts and roll into cylindrical shape.

[Stir fry in two cup of boiling water for ten to fifteen minutes.](#)

[Drain.](#)

[Let the gattas cool a bit.](#)

[Cut into 1" pieces.](#)

[Wash and soak rice for 1 hour.](#)

[Heat up ghee, mix in cumin seeds, when they crackle mix in whole garam masala, stir fry for a minute then mix in asafoetida powder.](#)

[Mix in turmeric powder, red chilli powder, garam masala, coriander powder and ginger paste, stir fry for 2-3 minutes.](#)

[Mix in drained rice stir fry for 1 minute, mix in salt and 4 cup water.](#)

[When the water starts boiling mix in the gattas and peas, cover and stir fry till all water is absorbed and rice is done.](#)

[Serve hot.](#)

[TOP](#)

## JAIPUR KI GAJAK RECIPE

### [Ingredients:](#)

[1/4 cup cashewnuts \(halved\)](#)

[1/2 cup sesame seeds \(til\)](#)

[200 gms sugar](#)

[2 tblsp pure ghee](#)

-

### [How to make jaipur ki gajak :](#)

[Grease a tray with a little ghee.](#)

[Roast sesame seeds over a low heat up until lightly brown.](#)

[Roast cashew nuts also until lightly brown.](#)

[Combine sugar, remaining ghee and 2 tblsp of water.](#)

[Stir fry the mixture over medium heat up till it turns into a thick syrup.](#)

[Take off from heat, stir in sesame seeds and cashew nuts.](#)

[Mix well.](#)

[Transfer the mixture onto a buttered tray and then level it.](#)

[Make cuts as per the required size and shape and allow to cool.](#)

[When cold, separate the pieces and serve.](#)

[TOP](#)

## JAIPURI MEWA PULAO RECIPE (Dry Fruit Pulao)

Ingredients:

2 cups long grained white rice  
2 cups sugar  
1 cup ghee  
1/2 cup chironji, coarsely ground  
25 almonds, blanched, chopped  
25 pistachios, chopped  
1 tsp cardamom powder  
1/4 tsp nutmeg powder  
1/2 tsp saffron, soaked in 1 tsp milk  
4 cups milk

Preparation:

- Soak rice in water for 2 hours. Drain. Heat the ghee and add the drained rice. Add milk.
- Cover and cook on a low fire stirring occasionally but gently so that the rice grains do not break.
- As soon as the rice is cooked, add the cardamom and nutmeg powders, dry fruits, sugar and saffron.
- Mix well. Bake in a moderately hot oven till each grain is separate. Serve jaipuri mewa pulao hot as a sweet dish.

[TOP](#)

## LAHSUN KI CHUTNEY RECIPE (Garlic Sauce)

#### Ingredients:

2 heads of garlic, peeled and cloved  
6-8 tbsp red chili powder  
1/4 tsp fennel seeds, toasted and ground  
1 Juice Lemon  
Salt To Taste

#### Preparation:

- Grind all the ingredients in a blender using very little water.
- Chill before serving.
- Keep in an airtight container, keeps for a couple of days.

[TOP](#)

---

## RAJASTHANI MISSI ROTI RECIPE

#### Ingredients:

150 gms Wheat flour  
1 tsp Red chilly powder  
250 gms Besan  
1 tsp Dhaniya Powder  
3 tbsp Ghee  
1/2 tsp Jeera  
1/2 tsp Kaala Jeera  
1 tsp Salt  
1/2 tsp Ajwain

#### Preparation:

- Mix the wheat flour and besan together. Add oil, salt, red chilly powder, dhaniya, jeera, kala jeera and ajwain.
- Mix well. Make a stiff dough. Roll into small and thick rotis and roast.
- Brush missi roti slightly with melted ghee. Serve hot with Shahi Gatte.

[TOP](#)

---

## KESARI BHAAT RECIPE

#### Ingredients:

1 tblsp cashewnuts

1 tblsp raisins

[saffron few strands](#)  
[1 cup basmati rice](#)  
[1/2 tsp green cardamom powder](#)  
[1 tblsp pure ghee](#)  
[1/2 cup sugar](#)  
[25 gms sugar crystals](#)

-

[How to make kesari bhaat :](#)

[Soak rice for half an hour.](#)

[Heat up ghee in a pan, fry raisins and cashewnuts, remove and keep aside.](#)

[In the same ghee mix in rice and stir fry till rice starts separating.](#)

[Dissolve saffron in warm water and keep aside.](#)

[Mix in 1 1/2 cup of boiling water to the rice and mix in saffron water and let it cook.](#)

[When half done mix in sugar and continue to stir fry till all the water has been absorbed and the rice is cooked.](#)

[Finally mix in the cardamom powder and decorate it with fried dry fruits and sugar crystals.](#)

[Serve hot.](#)

[TOP](#)

## KHASTA PURI RECIPE

[Ingredients:](#)

[salt to taste](#)  
[1 tsp carrom seeds \(ajwain\)](#)  
[oil to deep fry](#)  
[3 cup refined flour \(maida\)](#)  
[3 tblsp oil](#)

-

[How to make khasta puri :](#)

[Mix everything refined flour, carrom seeds, salt and 3 tblsp of oil.](#)



[Mix in enough warm water to make a firm dough.](#)

[Keep covered for an hour.](#)

[Make small size balls and roll out puris.](#)

[Heat up oil and deep fry the puris on medium heat up till golden and crisp.](#)

[Serve hot.](#)

[TOP](#)

## MACHCHI KE SOOLEY RECIPE

### [Ingredients:](#)

[1 small onions sliced](#)

[1 tsp cumin seeds](#)

[ghee to fry](#)

[1 tsp turmeric powder](#)

[1/4 cup coriander leaves](#)

[2 tsp red chilli powder](#)

[salt to taste](#)

[1/2 kg fish fillets](#)

[1 tblsp coriander seeds](#)

[2 tsp kachri paste](#)

[5 - 6 garlic flakes](#)

-

### [How to make machchi ke sooley :](#)

[Clean, wash the fish fillets \(preferably of fresh water fish\), wipe with a dry kitchen cloth.](#)

[Cut into 2 x 2 inch flat pieces.](#)

[Deep fry cut onion till golden brown and make a paste.](#)

[In the same ghee fry garlic till golden and then grind to a paste.](#)

[Roast and crush coriander and cumin seeds.](#)

[Mix in both the pastes.](#)

[Mix in all ingredients except the ghee.](#)

[Marinate the fish in this mixture for 30 minutes.](#)

Skewer the fish pieces and stir fry on a barbecue or in an oven, basting in between with ghee, till golden brown.

Serve at once with green or garlic chutney and onion rings.

[TOP](#)

## MAKKI PANEER PAKORA RECIPE

### Ingredients:

1/2 tsp cumin powder  
2 tblsp coriander leaves chopped  
oil for deep frying  
6 tblsp bengal gram flour besan  
salt to taste  
2 tsp ginger chopped  
2 tsp garlic chopped  
2 green chilli chopped  
1 cup milk  
1 3/4 tsp dry mango powder amchur  
1 onion chopped  
100 gms cottage cheese (paneer)  
200 gm corn fresh (makki)

-

### How to make makki paneer pakora :

Crush the corn in a blender.

Grate the cottage cheese.

Heat up oil in a pan, mix in cut ginger and garlic and stir fry till pink.

Mix in crushed corn and stir fry.

Mix in salt and mix.

Mix in milk and stir fry to get a creamy texture.

When the corn is cooked, transfer to a round dish and cool.

Mix in grated paneer, cut onion, cut green chillies, cumin powder, amchur powder and cut coriander leaves.

[Adjust salt and mix well.](#)

[Mix in besan for binding and mix in a little milk if the mixture is too thick.](#)

[Make even sized balls with hand or tablespoon.](#)

[Heat up oil and deep fry the pakoras on medium heat up till golden brown.](#)

[Remove and keep on an absorbent paper to soak excess oil.](#)

[Serve hot.](#)

[TOP](#)

## MARWADI GATTA KADHI RECIPE

### [Ingredients:](#)

[1 tblsp vegetable fat \(ghee\)](#)

[1/2 tsp coriander seeds](#)

[oil for deep frying](#)

[a pinch baking powder](#)

[2 cup coriander leaves chopped](#)

[1 tsp red chilli powder.](#)

[1 tsp turmeric powder](#)

[1 tsp turmeric powder](#)

[2 cup bengal gram flour \(besan\)](#)

[4 curry leaves](#)

[salt to taste](#)

[1 tsp red chilli powder](#)

[1/4 tsp cumin seeds](#)

[2 cup yogurt](#)

[1 tsp green chillies chopped](#)

-

### [How to make marwadi gatta kadhi :](#)

[Keep 2 tblsp besan aside for kadhi.](#)

[Mix remaining besan with baking powder, turmeric powder, red chilli powder and salt.](#)

[Mix in water little at a time to make hard dough.](#)

[Knead well, rest it for 10 minutes and then divide into four equal portions, roll them in cylindrical shape and then boil in salted water until cooked.](#)

[Take off and cut into small pieces.](#)

[Deep-fry these pieces in medium hot oil until lightly browned.](#)

[Remove and leave aside.](#)

[Mix remaining besan with curd thoroughly.](#)

[Heat up ghee, mix in coriander seeds, cumin seeds, green chillies, curry leaves and stir fry for a moment.](#)

[Mix in besan and curd mixture, red chilli powder, turmeric powder and stir fry on low heat, stirring continuously, for a few minutes.](#)

[Mix in water, adjust salt and stir fry until it returns to medium thick consistency.](#)

[Mix in fried gatte, bring to a boil, top with cut green coriander leaves and serve hot.](#)

[TOP](#)

## RAJASTHANI MOONG DAL HALWA RECIPE

Ingredients:

100 gms Moong Dal  
200 gms Ghee  
100 gms Sugar  
1/2 glass Water  
10 pieces Badam  
5 pieces Pista  
4-5 Currants

Preparation:

- Soak moong dal for two hours and then grind it and keep aside. Heat ghee in a pan and put the moong dal in it.
- Saute on low flame till it turns golden brown and leaves a distinct aroma. Remove from the flame and set aside.
- Heat water in a pan, add sugar and boil the mixture till sugar melts.
- Put the moong dal mixture in this sugar syrup and cook on a low flame till the dal and sugar blends well.
- Remove moong dal ka halwa from the flame and decorate it with chopped dry fruits. Serve.

[TOP](#)

## PAKODI KI KADHI RECIPE

Ingredients:

100 gms Mung Dal

1 1/2 tsp Salt  
200 gms Curd  
1 tsp Red chilly powder  
2 Red chilly (sabut and dry)  
1 tsp Dhaniya  
3 - 4 Curry Leaves  
1 pinch Haldi  
1 pinch Soda  
2 cup Oil for frying pakories  
1/2 tsp Mustard seeds (motti)  
2 tbs Oil (for tadka)

Preparation:

- . Soak the dal for 5-6 hours. Strain it and grind in a grinder. Strain the curd through a strainer.
- . Add 1tsp salt, 1/2tsp. red chilly powder, 1/2 tsp. dhaniya, 2 tsp. mungdal paste and haldi. Mix well and keep aside.
- . Now take the dal and add 1/2 tsp salt, 1/2 tsp red chilly powder, 1/2 tsp. dhaniya and soda. Mix well.
- . Heat oil in a kadahi and fry pakories of small size to a golden brown color. Now heat oil in a kadahi and put the tadka of mustard seeds, hing and kari patta.
- . Add the mixture of curd. Cook it for 10-15 minutes. Add the pakories and cook for 3-4 minutes.
- . Finally put the tadka of red chilly powder on pakodi kadhi. Serve hot it with shahi gatte and missi roti.

---

[TOP](#)

## RAJASTHANI PAPAD KI SABJI RECIPE

Ingredients:

2-3 medium sized papads  
1 tbs curds  
1/2 tsp chilli powder  
1-2 pinches turmeric  
1-2 pinches asafoetida  
1/4 tsp cumin  
1/4 mustard seeds  
1 tbs ghee  
1 tsp chopped coriander  
Salt To Taste  
1 cup water

Preparation:

- . Break the papads into 1 inch squares.

- Heat ghee in a saucepan, add seeds.
- Add asafoetida. Add chilli powder and curds simultaneously. Stir till curds brown
- Add turmeric, water and salt. Boil.
- Add papads and coriander.
- Boil for 3-4 minutes.
- Serve papad ki sabzi hot with chappatis.

[TOP](#)

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## SANGRI KI SABZI RECIPE

### Ingredients:

100 gms Sangar  
1 Bay Leaf  
4 tbsp Mustard oil  
5 - 6 Red chilly (dry and sabut)  
1 tsp Mustard (grounded)  
1/2 cup Curd  
1 pinch Hing  
5 tsp Amchur (dry and sabut)  
1/2 tsp Jeera Water for soaking  
1 cup Water  
1/2 tsp Red chilly powder  
1/2 tsp Haldi  
1 tsp Garam masala  
1 tsp Amchur  
1/2 tsp Dhaniya powder  
1/2 tsp Sugar

### Preparation:

- Soak the sangar in haldi water for whole night. Put it in a pressure cooker and wait for 1 whistle.
- Turn off the gas. Strain the sangar through a strainer. Keep the strained water aside.
- Heat mustard oil in a kadahi. Now give tadka by adding mustard (grounded), hing, jeera and sabut red chilly.
- When the tadka is ready add the masala paste. Add curd, sangar and soaked amchur. (soak it for a 1/2 hour).
- Add to the kadahi. If required add the strained water. Cook it for 10-15 minutes.
- You can enjoy this vegetable for 8-10 days if kept in a refrigerator. Serve sangri ki sabzi hot with dal ke parathe.

[TOP](#)

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## RAJASTHANI GATTA CURRY RECIPE

#### Ingredients:

200 gms Besan

1 tsp Dhaniya powder

2 tbsp Ghee

250 gms Curd

1 tsp Salt

2 tsp Oil

1 tsp Red chilly powder

1 pinch Haldi

How to make rajasthani gatta curry :

- Mix besan while adding 1/2 tsp salt, 1/2 tsp red chilly powder, 1/2 tsp. dhaniya powder and ghee.
- Make a stiff dough. Make 5-6 thin and long strips of the dough.
- Put these strips in boiling water and cook for 5 minutes. Cut these gattas into small pieces.
- Strain the curd through a strainer. Add 1/2 tsp. salt, 1/2 tsp red chilly powder, 1/2 tsp. dhaniya powder and haldi to the curd. Mix well.
- Add the gatta pieces. Heat oil in a kadahi. Put the tadka of jeera and add the curd mixture.
- Cook it for 5-7 minutes while stirring continuously till it comes to a boil.
- Simmer the flame and cook for another 5-7 minutes. Turn off the gas. Finally put the tadka of red chilly powder. Serve shahi gatta curry with missi roti and pakori ki kadhi.

[TOP](#)

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## METHI KE GATTE RECIPE

#### Ingredients:

2 - 3 pinch asafoetida

1 tsp red chilli powder

2 cup fenugreek leaves (methi) chopped

1 tsp coriander powder

3 cup bengal gram flour (besan)

salt to taste

3 1/2 tblsp mustard oil

#### Tempering

3 1/2 tblsp Mustard Oil

1 tsp Mustard Seeds

1 Red Chilli crushed

1 tsp Coriander Powder

1 tsp Dry Mango Powder (amchur)

1 tsp Garam Masala Powder

1 -2 pinch Asafoetida

## How to make methi ke gatte :

•  
Mix everything methi, gram flour, asafoetida, red chilli powder, coriander powder and salt.

•  
Mix in mustard oil and enough water to knead into a firm dough.

•  
Divide into equal parts and roll into cylinders.

•  
Boil some water in a pot and mix in these cylinders (gattes) for 15 â€“ 20 minutes.

•  
Drain, cool and cut into 1" long pieces.

•  
Heat up oil to smoking point.

•  
Take off the heat up and cool slightly.

•  
Heat up again, mix in asafoetida, mustard seeds and when the seeds crackle, mix in the gattes.

•  
SautÃ©.

•  
Mix in coriander powder, crushed red chillies, garam masala powder and amchur powder.

•  
Stir to mix well.

•  
Serve hot.

[TOP](#)

# PANEER BHARE PAPAD RECIPE

## Ingredients:

4 moongdal papads4

1 medium onion finely chopped

salt to taste

1/2 cup cottage cheese grated (paneer)

2 green chillies

2 tblsp coriander leaves finely chopped

1 capsicum finely chopped

oil (if frying) to deep fry

1 tsp chaat masala

**for stuffing**



### How to make paneer bhare papad :

- Halve the papads.

- Prepare the stuffing by mixing all the ingredients together.

- Roast the papads, one piece at a time.

- While they are still hot roll to make ½" diameter cylinders.

- Spoon in the stuffing carefully and serve immediately.

- Alternatively apply little milk or water to the whole papad, put the mixture on one side and roll cylindrically, deep fry in hot oil and serve.

---

[TOP](#)

## PAPAD KA SHAAK RECIPE

### Ingredients:

1/2 cup plain boondi

1/2 red chilli powder

2 -3 red chillies whole

1 tsp coriander powder

1 tblsp bengal gram flour (besan)

1 tsp garam masala powder

3 tblsp oil

2 big size papads

1/4 tsp turmeric powder

a pinch asafietuda

1/4 tsp cumin seeds

1 cup yogurt (sour)

### How to make papad ka shaak :

- Roast papads and break into medium sized pieces.

- Whisk everything the yogurt, besan and 1 cup of water.

- Soak papads pieces and boondi in 2 cup hot water for 2-3 minutes.

- Strain and keep aside.

[Heat up oil.](#)

[Mix in cumin seeds.](#)

[When they begin to crackle, mix in asafoetida and broken red chillies.](#)

[Fry for a minute or so.](#)

[Mix in red chilli powder and beaten yogurt.](#)

[Mix in rest of the masalas and stir continuously.](#)

[As it begins to boil, mix in the papad and boondi.](#)

[Boil for a couple of minutes and decorate with cut coriander leaves.](#)

[Serve hot.](#)

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## RAJASTHANI BHINDI RECIPE

### [Ingredients:](#)

[1/2 tsp onion seeds \(kalonji\)](#)

[salt to taste](#)

[1/2 tsp red chilli powder](#)

[250 gms ladyfingers \(bhindi\)](#)

[3 tsp bengal gram flour \(besan\)](#)

[1 tsp cumin powder](#)

[4 green chillies](#)

[1 tsp coriander powder](#)

[1 1/2 tsp fennel seeds \(saunf\)](#)

[1 tsp dry mango powder \(amchur\)](#)

[1/4 cup oil](#)

[1 tsp garam masala powder](#)

[1/2 tsp turmeric powder](#)

[1/4 tsp cumin seeds](#)

-

### [How to make rajasthani bhindi :](#)

[Wash and wipe the ladyfingers.](#)

[Snip off the two ends and slit on one side.](#)

Mix everything bengal gram flour, 1 tsp fennel seeds and all other dry masalas except cumin and onion seeds.

Mix in a tblsp of oil and salt and mix well.

Stuff this masala into the ladyfingers.

Heat up 3 tblsp of oil, mix in the remaining fennel seeds, cumin seeds, green chillies and onion seeds, fry for a minute.

Mix in ladyfingers and stir fry for 5 minutes, cover and stir fry stirring till they are cooked.

Uncover and stir fry till the ladyfingers are crisp.

Serve hot.

[TOP](#)

## VEGETABLE KHICHDI RECIPE

### Ingredients:

-

-

1 cup rice1 cup

2 tblsp ghee

1/2 cup green gram divide (moong dal)

1/2 cup french beans chopped

1 tsp cumin seeds

1 cup cauliflower florets

1/2 cup carrots chopped

a pinch asafoetida

1 cup peas

4 cup water

1/2 tsp turmeric powder

-

### How to make vegetable khichdi :

Wash rice and dal together.

Heat up the ghee in a vessel and mix in cumin seeds and asafoetida, when the seeds crackle mix in the vegetables and dal and stir fry for 2-3 minutes.

[Mix in rice and turmeric powder and continue to stir fry for 2 minutes.](#)

•

[Mix in 4 cup of boiling water and salt.](#)

•

[Cover and stir fry on low heat up till done.](#)

•

[Serve with pure ghee.](#)

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## Gujarathi Recipes

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## MOONG DAL CHAKLI RECIPE (Spicy Crunchy Spirals)

Ingredients:

2 cups rice flour  
1/2 cup Mung Dal paste  
2 tsp oil  
1/4 tsp turmeric  
1/2 tsp carom seeds (ajwain) or cumin seeds  
1 red chili powder (optional)  
Salt To Taste  
oil for frying water as required

Preparation:

- . Cook the mungdal to a paste like consistency .
- . In a big bowl add rice flour, mungdal paste, turmeric, salt, chili powder, carom seeds or cumin seeds.
- . Mix lightly. Heat oil and add the sizzling hot oil to the rice flour mix.
- . Add water as needed to make a stiff dough. Knead thoroughly with hand not food processor.
- . Take a lemon size dough and place it in a chakli mould or icing bag with star nozzle. Heat oil for frying.
- . Test the oil by dropping a small piece of dough and wait for 3 seconds if it does not rise to the top then oil needs to be heated.
- . Gently make a spiral with the chakli mould or icing bag and deep fry to a golden brown.
- . Cool moong dal chakli completely before storing in an airtight container.

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## DAAL PARATHA RECIPE

Ingredients:

1 cup Wheat flour

2 tsp Oil

Salt To Taste

**For the filling**

1/2 cup Yellow moong dal

1/2 tsp Cumin seeds

1 pinch Turmeric powder

1 pinch Asafoetida

1/2 tsp Red chilli powder

2 tsp Oil

Salt To Taste

Oil As needed

Preparation:

- . Sieve the wheat flour and knead to a soft dough by adding enough water. Keep aside.
- . Soak moong dal for one hour. Wash and drain all the water.
- . Cook the moong dal 1 cup of water.
- . Heat oil in a pan, add the cumin seeds, asafoetida. Fry till they pop up. Add the cooked dal, salt, turmeric powder, red chilli powder and mix well.
- . Cook until the dal mixture is dry. Let it cool.
- . Take some portion of dough , make a small puri. Put some moong dal stuffing in center. Close from all sides and roll again into thick, round paratha.
- . Heat a tawa ( griddle), put the daal ka paratha and cook on both sides by adding some oil.
- . Serve daal paratha hot with curry.

[TOP](#)

## GUAJRATI DAL DHOKALI RECIPE

#### Ingredients:

250 grams tuver daal,  
200 grams wheat flour,  
3 green chilies  
3 tbsp green chili paste  
50 grams groundnut  
25 grams cashewnut,  
1 tbsp Turmeric powder  
1 tbsp Mustard seeds, 3-4 cloves  
2 cinnamon, 2 tomatoes  
1 tbsp Tamarind 100 grams brown sugar,  
Salt To Taste,  
1 tbsp Garam masala,  
1 tsp Ajama 4-5 tbsp. Oil,  
2 tbsp Red chili powder asafetida  
1/2 cup cilantro leaves  
3-4 tbsp. Ghee.

#### Preparation:

- Shift wheat flour. Add salt, turmeric powder, ajama, red chili powder. Mix well. Add oil and knead the flour to roti like consistency.
- Wash tuver dal and pressure cook it for three whistles.
- Cool and remove the dal. Heat oil and ghee in a pot, then put cloves and cinnamon and then add mustard leaves.
- When they crackle add curry leaves, green chilies and a pinch of asafetida. Pour tuver dal.
- Mix tamarind and brown sugar water, cashew nuts, groundnut, garam masala, red chili powder and mix well.
- Add tomato pulp, turmeric powder, salt and 2 cups of water. Boil the dal. roll out big rotis and cut them into pieces and add these pieces in boiling dal.
- Boil for 10 minutes and remove. Serve the dal dhokli warm. Sprinkle cilantro leaves.

**Note:** Prepare kachori of green peas or of any other vegetable or coconut and add in boiling curry.

[TOP](#)

## GUJARATI KADHI RECIPE

#### Ingredients:

2 Cups Sour Curd  
4 tsp Besan  
1/2 inch Ginger, chopped  
2 Green chillies, chopped  
Salt To Taste  
Handful Coriander leaves

2 tsp Oil  
1 Pinch Turmeric powder  
1/2 tsp Cinnamon powder

Seasonings:

1/4 tsp Cumin seeds  
1/4 tsp Mustard seeds  
Few Curry leaves  
1 Pinch Asafoetida

Preparation:

- . Beat the curd and add two cups of water. Add the besan, salt, turmeric powder and mix well.
- . Make a paste of ginger, chillies, cinnamon and coriander leaves.
- . Boil the curd mixture on slow heat and stir continuously. Add the ground paste, and boil again.
- . Heat oil in a pan, add all seasonings. Fry until they splutter.
- . Pour this seasonings over guajarati kadhi. Garnish with coriander leaves and serve hot with rice.

[TOP](#)

## GUJARATI KHAMAN DHOKLA RECIPE

Ingredients:

1 cup rice  
1 cup urad dal  
1 cup yellow moong dal  
3 cups sour buttermilk  
2 green chillies crushed fine  
1/4 tsp - ginger grated fine  
1/2 tsp - soda bicarb  
2 tbsp - oil  
2-3 pinches red chilli powder  
1/2 tbsp - coriander finely chopped  
Salt To Taste

Preparation:

- . Mix the rice and dal, wash, drain and dry on a clean cloth for a few hours.
- . The grain should be completely. Grind to a coarse flour in dry grinder or at the flour mill. This flour should be like very fine soji in texture.
- . Store in airtight container and use as required. Will keep good upto 2 months. To make khaman, take 1 cup flour in a bowl.
- . Add buttermilk, and mix well. Keep- aside for 4-5 hours. Dissolve sodabcarb in the oil. Add



- to batter.
- Mix all ingredients except red chilli powder and coriander. Pour immediately in a 6" diam. greased plate.
- Steam over water either in a cooker or steamer. Pierce knife, and check, should come out clean if done.
- Sprinkle the chilli powder and coriander, steam again for 2-3 minutes.
- Cut dhaman dhokla into squares or diamonds and serve hot with coconut chutney.

---

[TOP](#)

## GUJARATI KHANDVI RECIPE

Ingredients:

1/2 cup gms flour (besan)  
1 cup thin buttermilk  
Salt To Taste  
2-3 pinches turmeric powder  
1 tbsp Oil

For seasoning:

2 tsp Oil  
1 tsp Sesame seeds  
1/2 tsp Mustard seeds  
1 tbsp Coconut scraped  
1 tbsp Coriander finely chopped  
2 pinches asafoetida  
2 green chillies finely chopped  
1 stalk curry leaves

Preparation:

- Mix water, flour, salt and turmeric to form a batter. Heat oil in a heavy pan, add batter.
- Stir vigorously and evenly to avoid lump formation. Cook till the mixture does not taste raw, stirring continuously. When done (about 7-8 minutes), pour a ladleful in a large plate.
- Spread as thin as possible with the back of a large flat spoon. Use circular outward movements as for dosas.
- When cool, cut into 2" wide strips. Carefully roll each strip, repeat for all plates.
- Place in a serving dish. For seasoning: Sprinkle coconut and coriander all over khandvi rolls.
- Heat oil in a small pan. Add cumin, asafoetida, curry leaves and chillies.
- Add sesame seeds and immediately pour over khandvi rolls. Serve with garlic chutney.

---

[TOP](#)

## GUJARATI KHICHU RECIPE

Ingredients:

1 lb Floury potatoes  
1 tbsp Tamarind pulp  
1/4 cup Water  
2 tsp Brown sugar  
1 1/2 tbsp Ghee or oil  
1/2 tsp Black mustard seeds  
1/2 tsp Ground turmeric  
1/2 tsp Cayenne or ground chili pdr  
1 tsp Ground coriander  
1 tsp Ground cumin  
1 tsp Salt  
2 Fresh green chillies, seeded And thinly sliced  
2 tbsp Desiccated coconut

Preparation:

- Wash and soak the moong dal and rice together. Drain.
- In a bowl, mix the dal and rice with the turmeric powder, peppercorns, 4 1/2 cups of water and salt.
- Pressure cook for 3 to 4 whistles and set aside for 20 minutes till the steam has been released.
- Remove from the pressure cooker, add the ghee and mix well. Serve khichu hot with kadhi and papad.

---

[TOP](#)

## KAKDI NU RAITU RECIPE

Ingredients:

200 gm yogurt  
2 tblsp coriander leaves chopped  
salt to taste  
2 green chillies chopped  
2 medium cucumbers  
1 tsp cumin powder roasted

-

How to make kakdi nu raitu :

•

- [Take off and grate the cucumbers.](#)

- [Put in a muslin cloth and squeeze to extract extra moisture.](#)

- [Mix everything yogurt, cut coriander leaves, cut green chillies, cumin powder and salt.](#)

- [Mix in the grated cucumbers just before serving.](#)

- [Serve chilled.](#)

[TOP](#)

## KHAJOOR NA GHUGRA RECIPE

### [Ingredients:](#)

[1/4 cup milk](#)

[1/2 cup ghee](#)

[2 tsp poppy seeds ground](#)

[6 green cardamoms powdered](#)

[200 gm dates \(seeded and coarsely grounded\)](#)

[1 cup refined flour](#)

[1/4 cup coconut desiccated](#)

[ghee for frying](#)

[salt to taste](#)

[1/2 cup sugar](#)

-

### [How to make khajoor na ghugra :](#)

- [Rub 1/2 cup ghee into the flour.](#)

- [Mix in a pinch of salt and milk and prepare dough.](#)

- [Smoothen and knead the dough well for 15 minutes.](#)

- [Make small balls and keep covered.](#)

- [Prepare a smooth mixture of poppy seeds, desiccated coconut, ground dates, green cardamom powder and sugar.](#)

- [Make small balls of even size.](#)

- [Roll out maida balls into small rounds.](#)

[Put the date stuffing on one side, fold to look like semi circle and seal the edges.](#)

[Cut edges with fluted cutter.](#)

[Make all the ghugras similarly.](#)

[Heat up ghee in a pot and deep fry in batches till golden brown.](#)

[Drain.](#)

[Serve as sweet snack](#)

[TOP](#)

## OSAMAN RECIPE

### [Ingredients:](#)

[2 tblsp coriander leaves chopped](#)

[2 tblsp peanuts roasted](#)

[4 green chillies sliced](#)

[150 gms red grams divide \(masoor dal\)](#)

[1/2 tsp turmeric powder](#)

[1 tsp cumin seeds](#)

[1 tblsp mustard seeds](#)

[1/2 tsp fenugreek seeds](#)

[12 curry leaves](#)

[a big size pinch asafoetida](#)

[2 tblsp oil](#)

[2 tblsp jaggery grated](#)

[2 tblsp tamarind pulp](#)

-

### [How to make osaman :](#)

[Dilute the tamarind pulp in 4 tblsp of water and see that there are no lumps.](#)

[Wash the lentils and bring them to boil in 200 ml water, then simmer.](#)

[When nearly done, mix in turmeric, tamarind water, green chillies, jaggery, peanuts and salt.](#)

[Simmer \(boil slowly at low temperature\) until dal is cooked.](#)

[Heat up the oil in a small pan, mix in the mustard seeds when they crackle, mix in cumin seeds, asafoetida, fenugreek seeds and curry leaves.](#)

[Take off the heat up after a minute and pour out the oil and spices into the dal.](#)

•  
[Serve hot decorated with coriander leaves.](#)

[TOP](#)

## RINGAN NU OLOO RECIPE

### [Ingredients:](#)

[6 green chillies chopped](#)  
[4 tblsp oil](#)  
[a pinch asafoetida](#)  
[8 sprigs spring onions chopped](#)  
[2 medium tomatoes chopped](#)  
[1 kg brinjal](#)  
[1/2 tsp turmeric powder](#)  
[salt to taste](#)  
[12 sprigs green garlic chopped](#)  
[1 tsp cumin seeds](#)

-

### [How to make ringan nu oloo :](#)

•  
[Roast the brinjals till the outer skin is charred.](#)

•  
[Put them in water and then take off the skin.](#)

•  
[Mash the pulp.](#)

•  
[Heat up oil.](#)

•  
[Mix in cumin seeds and stir fry for a while.](#)

•  
[Mix in cut green garlic, spring onions and green chillies.](#)

•  
[Stir fry for 2 minutes.](#)

•  
[Mix in cut tomatoes, turmeric powder, asafoetida, salt and the pulp of brinjals.](#)

•  
[Stir fry for few minutes and serve hot.](#)

•  
[The color of this bharta is green.](#)

# SUKAVNI RECIPE

## Ingredients:

oil for frying  
20 green chillies  
1 cup yogurt  
1/2 tsp cumin powder  
1/4 tsp red chilli powder  
1 cup string beans (chawli)  
1/2 tsp coriander powder  
1 1/2 cup cluster beans (gawar)  
salt to taste

-

## How to make sukavni :

•  
Wash the vegetables and pat them dry.

•  
Make buttermilk by adding 1 cup water to the yogurt and churning it well.

•  
Soak these vegetables in the buttermilk and leave it for 1 or 2 days.

•  
Remove out and sun dry these vegetables.

•  
Deep-fry these vegetables just before serving.

•  
Remove and sprinkle with salt, coriander powder, cumin powder and red chilli powder.

•  
Serve hot.

# TINDORA NU SHAAK RECIPE

## Ingredients:

2 tblsp oil  
250 gms gherkins (tindora)  
2 tblsp jaggery grated  
1 1/2 tsp cumin powder  
salt to taste  
a pinch asafoetida

[1/2 tsp mustard seeds](#)  
[1/2 tsp turmeric powder](#)  
[1 1/2 tsp coriander powder](#)

-

[How to make tindora nu shaak :](#)

•  
[Wash, dry and slice the tindora thinly.](#)

•  
[Heat up oil in a kadhai, mix in mustard seeds and asafoetida.](#)

•  
[When it starts to crackle mix in tindora slices and stir fry on low heat up for 5-7 minutes.](#)

•  
[When cooked mix in all the masala and jaggery and stir fry on high flame heat up for 2-3 minutes.](#)

•  
[Take off from heat up when crunchy and serve hot.](#)

[TOP](#)

## CHHUNDO RECIPE

[Ingredients:](#)

[2 tsp red chilli powder](#)  
[2 tsp cumin powder](#)  
[25 gms salt](#)  
[1 kg mangoes \(raw and deseeded\)](#)  
[2 tsp turmeric powder](#)  
[600 gms sugar](#)

-

[How to make chhundo :](#)

•  
[Take off and grate the mangoes.](#)

•  
[Combine the grated mangos with rest of the ingredients evenly.](#)

•  
[Spread the mixture in a shallow wide mouthed jar and cover with a thin cloth.](#)

•  
[Keep the mixture in the sun for 5 days till the syrup attains a single thread consistency, stirring thrice daily.](#)

[This pickle lasts for a very long time.](#)

[TOP](#)

# GUNDA RECIPE

## Ingredients:

[500 gms gunda \(a kind of berry\)](#)

[oil as required](#)

[1/4 cup salt](#)

[3/8 cup turmeric powder](#)

[3/8 cup fenugreek seeds coarsely grounded](#)

[a big size pinch asafoetida](#)

[1/8 cup mustard seeds coarsely grounded](#)

[150 gms mango pieces](#)

[1/4 cup red chilli powder](#)

-

## How to make gunda :

•  
[Cut the gunda and scrape the seeds with a salted knife.](#)

•  
[Mix in a little salt and turmeric powder.](#)

•  
[Wash the mangoes completely and wipe them completely dry.](#)

•  
[Cut into cubes and take off the soft seeds.](#)

•  
[Mix everything fenugreek, mustard and turmeric powders.](#)

•  
[Heat up 2 cup oil in a pan.](#)

•  
[Set it aside till it cools down to lukewarm.](#)

•  
[Pour out the oil over the powders and mix well.](#)

•  
[Heat up salt slightly in a dry pot on low heat.](#)

•  
[Take it off and in the same pan, heat up red chilli powder similarly.](#)

•  
[Mix in both these ingredients to the oil masala.](#)

•  
[Mix in the gunda and the mango pieces cubes to the masala mixture and mix till all of them are well coated with the masala.](#)



[Transfer into a dry ceramic or a glass jar.](#)

[Set it aside for 4 – 5 days without mixing.](#)

[Heat up enough oil to completely cover the pickled gunda and mango cubes.](#)

[When the oil has cooled down completely mix in to the jar.](#)

[Keep the jar covered tightly.](#)

[The pickle will be ready to serve in about a week.](#)

[TOP](#)

## MASALA PURI RECIPE

Ingredients:

1 cup - Wheat flour

2 tsp - Oil + Frying

Salt to taste

1/4 tsp - Ajwain

1 pinch - Asafoetida

1/2 tsp - Red chilli powder

Preparation:

- Sieve the wheat flour and salt.
- Mix all the ingredients and knead to firm dough adding enough water.
- Cover and keep the aside for half an hour.
- Take small lumps of dough and roll into small puris.
- Heat oil in a kadhai and deep fry the puris.
- Serve masala puri hot with curry of your choice.

[TOP](#)

## SHRIKHAND RECIPE (Sweet Golden Yogurt)

Ingredients:

1 kg thick curd

3/4 cup powdered sugar

a few strands saffron

1 tbsp warm milk

2 tbsp cardamom powder (elaichi)

**For the garnish**

Pistachios and Almonds

How to make shrikhand:

- Hang the curds in a muslin cloth in a cool place for approximately 3 hours until all the liquid (whey) has drained off.
- Rub the saffron into the warm milk until it dissolves.
- Mix together the hung curds, sugar, saffron mixture and cardamom in a bowl and churn using a hand blender.
- Place in the refrigerator.
- Serve gujarati shrikhand cold garnished with slivers of pistachios and almonds.

[TOP](#)

## TREVTI DAAL RECIPE

Ingredients:

1/4 cup Chana dal  
1/4 cup Moong dal  
1/4 cup Tuvar dal  
1/2 Inch Ginger  
2 Grated Green chillies  
1 chopped Onions  
1 chopped Tomatoes  
3 chopped Garlic cloves, minced  
Salt To taste  
1 Pinch Turmeric powder  
2 tbsp Oil  
1 tbsp Lemon Juice  
3 tbsp Corainder leaves

Seasonings:

2 Dry red chillies  
2 Broken Cloves  
2 Bay leafs  
1 Pinch Asafoetida

Preparation:

- Soak all the dals for one hour and pressue cook the dals. Keep aside.
- Heat oil in a pan, add the seasonings. Fry until they turn brown.
- Add chopped ginger, garlic, chillies and fry for 4-5 minutes.
- Add onions and tomatoes, salt, turmeric powder and cook until done.
- Mash the dals. Add the dals with 2 cups of water. Simmer the flame and let the dal boil for few minutes.
- Add the lemon juice, corainder leaves and stir well.
- Serve hot with rice and papads.

[TOP](#)

## TOOR DAAL RECIPE

### Ingredients:

1 cup Tuvar (Toor) Daal  
1 Pinch Turmeric Powder  
Salt To Taste  
1 Lemons  
1/2 tsp Jaggery  
1 Pinch Asafoetida  
1 tbsp Ghee  
2 Dry Red Chillies  
1/4 tsp Cumin Seeds  
3 Garlic Cloves

### Preparation:

- . Pressure cook tuvar dal with sufficient water and turmeric powder.
- . Mash the dal, after it has been cooked.
- . Chop the garlic cloves finely.
- . Heat the ghee in a pan, add cumin seeds, dry red chillies and garlic cloves. Fry till they pop up.
- . Add the dal with 2 cups of water and salt.
- . Cook until the toor daal boils, then add jaggery. Cook for 4-5 minutes more.
- . When the tuvar dal is cooled add lemon juice and serve.

[TOP](#)

## VANGI BATATA BHAJI RECIPE

### Ingredients:

2 Eggplants, long & thin  
2 Potato  
3 Tomatoes  
Salt To Taste  
1 tsp Red chilli powder  
1 tsp Corainder powder  
1/2 tsp Garam masala  
1 Pinch Turmeric powder  
3 tbsp Oil  
3 cups Water  
1/2 tsp Sagar  
2 tsp Corainder leaves

### Preparation:

- . Peel the potatoes and cut into big cubes, slice the eggplant. Chop the tomatoes finely.
- . Heat oil in a pan, add the tomatoes, salt, turmeric powder and cook for 4-5 minutes.
- . Add the potatoes, eggplant, all the dry masalas, sugar, 3 cups of water and mix well.
- . Cover with a lid and simmer the heat. Cook until the vegetables are done.
- . Garnish vangi batata bhaji (eggplant potato curry) with coriander leaves and serve hot with chapati or rice.

[TOP](#)

## VAGHARELO BHAAT RECIPE

### Ingredients:

1 1/2 cups Basmati rice  
1 1/2 cups Potatoes, diced  
1 cup Green peas  
1 cup Carrots, diced  
2 cloves  
1 stick Cinnamon  
1/2 tsp Cumin seeds  
1/4 tsp Asafoetida (hing)  
1/2 tsp turmeric powder  
1 tsp Red chilli powder  
1/2 tsp Garam masala  
3 tbsp Ghee  
Salt To Taste

### Preparation:

- . Wash and drain the rice. Keep aside.
- . Heat the ghee in a cooker, add the cloves, cinnamon, cumin seeds and fry for 2-3 minutes.
- . Add the asafoetida, vegetables and salt and stir for few minutes
- . Add the turmeric powder, chilli powder, garam masala and rice and stir again for 5 minutes till it is evenly mixed.
- . Add 3 cups of hot water, cover the lid. Cook using the weight.
- . Serve vargharelo bhaat hot with kadhi and papad.

[TOP](#)

## KHAMAN KAKDI RECIPE

### Ingredients:

salt to taste  
1 tsp lemon juice  
2 tblsp coconut scraped  
a pinch asafoetida

[2 tblsp oil](#)  
[100 gm bengal gram divide \(chana dal\)](#)  
[1/2 tsp mustard seeds](#)  
[2 - 3 green chillies](#)  
[4 - 5 curry leaves](#)  
[1 tsp sugar powdered](#)  
[1 inch ginger](#)  
[250 gm cucumbers](#)  
[2 tblsp coriander leaves chopped](#)

-

[How to make khaman kakdi :](#)

•  
[Dry roast the chana dal for 2-3 minutes on a high flame heat up and then soak in water for 8-10 hours.](#)

•  
[Remove and dry grind coarsely.](#)

•  
[Take off the cucumber and shred.](#)

•  
[Mix in salt and leave it aside in a round dish for half an hour.](#)

•  
[Take off the ginger and grind it with green chillies.](#)

•  
[Remove out all the water from the cucumber.](#)

•  
[Mix chana dal, cucumber, ginger-green chilli paste and little more salt if required.](#)

•  
[Mix in cut coriander leaves, scraped coconut, lemon juice, powdered sugar and mix well.](#)

•  
[Heat up oil in a pan.](#)

•  
[Mix in mustard seeds, asafoetida and curry leaves.](#)

•  
[When it starts crackling, mix in this tempering on salad and mix.](#)

[TOP](#)

## LASANIYA BATATA RECIPE

[Ingredients:](#)

[1 cup bengal gram flour \(besan\)](#)  
[1/4 tsp turmeric powder](#)  
[2 tblsp oil](#)

[3/4 tsp red chilli powder](#)  
[1/2 cup yogurt](#)  
[10 cloves garlic chopped](#)  
[1 tsp cumin seeds](#)  
[2 tsp coriander powder](#)  
[300 gms, baby potatoes](#)  
[1 tblsp coriander leaves chopped](#)  
[oil to fry](#)  
[1/2 tsp garam masala powder](#)

-

[How to make lasaniya batata :](#)

•  
[Take off the potatoes and slit from the centre, but do not split.](#)

•  
[Heat up oil and fry till golden on medium heat.](#)

•  
[Heat up 2 tblsp of oil in a kadhai, mix in cumin seeds and stir fry till they crackle.](#)

•  
[Mix in cut garlic and stir fry for a while, but do not let it brown.](#)

•  
[Then mix in gram flour and stir fry for another five minutes on a slow heat.](#)

•  
[Mix in coriander powder, garam masala powder, red chilli powder, turmeric powder and stir fry for one minute.](#)

•  
[Take off the kadhai from heat up and mix in yogurt, a little water.](#)

•  
[Mix and stir fry again.](#)

•  
[Mix in half the cut coriander and the fried potatoes.](#)

•  
[Stir fry on a very slow heat up for 10-15 minutes.](#)

•  
[Serve hot decorated with the remaining cut coriander.](#)

[TOP](#)

## LEELVA NU BHAAT RECIPE

[Ingredients:](#)

[2 tblsp coriander leaves chopped](#)  
[2 tblsp green chilli paste](#)  
[2 red chillies whole](#)

[2 cup rice](#)  
[3 tblsp oil](#)  
[1 tsp mustard seeds](#)  
[1 sprig green garlic chopped](#)  
[1/2 tblsp ginger paste](#)  
[salt to taste](#)  
[a pinch asafoetida](#)  
[250 gms broad bean seeds \(leelva\)](#)

-

[How to make leelva nu bhaat :](#)

[Clean, wash and soak the rice for half an hour.](#)

[Remove away all the water.](#)

[Heat up oil in a kadhai.](#)

[Mix in mustard seeds, asafoetida and broken red chillies.](#)

[When they start to crackle mix in leelva and ginger and green chilli pastes.](#)

[Stir fry for a minute.](#)

[Mix in rice.](#)

[Stir fry for few minutes.](#)

[Mix in four cup of boiling water.](#)

[Lower the heat up to simmer \(boil slowly at low temperature\) and stir fry until all the water has been absorbed.](#)

[Serve hot, decorated with cut coriander and cut green garlic.](#)

[TOP](#)

## MAKAI NA BHARTA RECIPE

[Ingredients:](#)

[1 tsp coriander powder](#)  
[1 tsp turmeric powder](#)  
[1 kg fresh corns](#)  
[1 tsp red chilli powder](#)  
[2 tblsp oil](#)

[3 medium tomatoes](#)  
[1/2 tsp garam masala powder](#)  
[3 medium onions](#)  
[1/2 tsp cumin seeds](#)  
[6 - 7 green chillies](#)  
[salt to taste](#)  
[coriander leaves cut for garnish](#)

-

[How to make makai na bharta :](#)

•  
[Boil the whole corn, take off the niblets and grind it coarsely in a blender.](#)

•  
[Take off and finely cut the onions.](#)

•  
[Wash and cut the tomatoes.](#)

•  
[Wash and cut the green chillies.](#)

•  
[Heat up oil in a kadhai, mix in cumin seeds and stir fry till they crackle.](#)

•  
[Mix in cut onions and stir fry till light brown.](#)

•  
[Mix in cut green chillies and stir fry for 1/2 minute.](#)

•  
[Mix in red chilli powder, turmeric powder, coriander powder, garam masala powder and salt.](#)

•  
[Stir fry for few seconds and mix in cut tomatoes.](#)

•  
[When tomatoes are cooked mix in corn, salt and little water.](#)

•  
[Stir fry for another 5-10 minutes.](#)

•  
[Serve hot decorated with cut coriander.](#)

[TOP](#)

## ASOONDI RECIPE

[Ingredients:](#)

[1 1/2 litre milk](#)  
[saffron a few strands](#)  
[1/2 cup almonds](#)  
[8 - 10 pistachios](#)  
[8-10](#)  
[3/4 cup sugar](#)  
[2 tblsp sunflower seeds \(chironji\)](#)



-

### How to make asoondi :

•  
Soak almonds in warm water to blanch.

•  
Take off the skin.

•  
Reserve a few for garnishing and make a paste of the rest.

•  
Slice almonds reserved for decorate and pistachio nuts.

•  
Wash and strain chironji.

•  
Bring milk to a boil, stirring continuously.

•  
Simmer (boil slowly at low temperature) over low heat up till milk coats the back of the spoon.

•  
Stir in almond paste dissolved in half a cup of water or milk and mix well.

•  
Mix in sugar and saffron and stir fry till sugar gets fully dissolved.

•  
Chill and serve decorated with pista, chironji and almonds.

[TOP](#)

## Gujarathi UNDHIYO RECIPE

### Ingredients:

6 - 8 cloves garlic

3 - 4 baby brinjals

6 -8 potatoes small

1 tsp turmeric powder

5 tblsp oil

100 gms yam (kand)

25 - 30 broad beans (sem fali)

4 green chillies

2 tblsp coconut scraped

a pinch asafoetida

2 raw bananas

1 cup coriander leaves

2 inch ginger

1 tsp mustard

**For Muthiya** 1/4 cup Bengal Gram Flour (besan)1/4 cup Salt to taste 1/2 cup

Fenugreek Leaves (methi)1/2 cup 1/2 inch Ginger 1 - 2 Green Chillies1-2 Oil to deep fry  
Salt to taste

-

How to make undhiyo :

•  
Wash, take off and dice potatoes, yam and raw bananas.

•  
Wash brinjals and slit them into four without cutting the stem.

•  
Make a paste of garlic, green chillies and ginger and mix cut coriander.

•  
Mix all the muthiya ingredients except oil and prepare a firm dough.

•  
Divide into small portions and shape each into one-inch long half-inch thick rolls.

•  
Deep fry in hot oil, remove and keep aside.

•  
String beans and cut into one-inch long pieces.

•  
Heat up oil in a thick-bottomed handi, mix in asafoetida and mustard seeds.

•  
When mustard seeds crackle mix in ground masala and broad beans.

•  
Put the rest of the vegetables in layers one on top of the other.

•  
Sprinkle salt and turmeric powder.

•  
Stir fry for five minutes on high flame heat.

•  
Pour out one cup of water, cover and simmer (boil slowly at low temperature) on a very low heat up for 10-15 minutes.

•  
Mix in fried muthiyas and again simmer (boil slowly at low temperature) for 15 minutes.

•  
Shake the vegetables occasionally but do not use a spoon to stir.

•  
Serve hot decorated with scraped coconut.

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## Punjabhi food

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## PUNJABI ALOO AMRITSARI RECIPE

### Ingredients:

[250gms Aloo \(potato\)](#)

[2 Onions, sliced](#)

[2 tsp Ginger-garlic paste](#)

[1/2 tsp Ajwain](#)

[Salt To taste](#)

[1/2 cup Besan](#)

[1 tsp Corainder Powder](#)  
[1 tsp Red chilli powder](#)  
[1/2 tsp Garam masala](#)  
[1/2 tsp Annardana Powder](#)  
[Oil For frying](#)  
[Handful Corainder leaves](#)

-

#### Preparation:

•  
[Cut aloo into long pieces.](#)

•  
[Make a thin batter of besan, salt, ginger-garlic paste, ajwain seeds adding little water. Add 1 tsp of oil and mix well.](#)

•  
[Marinate alu pieces for 15 minutes.](#)

•  
[Heat oil and deep fry the aloo. Keep aside.](#)

•  
[Heat 2 tsp of oil, add onions and saute till brown. Add salt, turmeric powder, red chilli powder, annardana powder, garam masala and mix well.](#)

•  
[Add the aloo \(potato\) and toss well. Simmer the flame and cook for another 5- 6 minutes.](#)

•  
[Garnish with corainder leaves and serve punjabi aloo amritsari hot with paratha.](#)

[TOP](#)

## JEERA RICE RECIPE

#### Ingredients:

[1 cup Basmati rice](#)  
[2 tsp Jeera \(cumin seeds\)](#)  
[2 tbsp Cashewnuts](#)  
[3 Whole peppercorns](#)  
[2 Bay leafs](#)  
[3 Cloves](#)  
[2 Cinnamon sticks](#)  
[1 Onions, sliced](#)  
[2 tbsp Ghee](#)  
[Salt To Taste](#)

-

### How to make zeera rice:

•  
Wash the rice and soak in water for half an hour.

•  
Heat ghee in a heavy saucepan, add cashewnuts. Fry until brown. Take them out and keep aside.

•  
Add onions , bayleafs, cloves, cinnamon sticks, cumin seeds, peppercorns to the same ghee and fry for a while.

•  
Add the rice , salt, water and stir. Cover with a lid and simmer the flame.

•  
Cook until the rice is done.

•  
Serve jeera rice hot with any spicy curry or raita.

[TOP](#)

## DAL MAHARANI RECIPE

### Ingredients:

1/4 cup Rajma

1/4 cup Whole Urad dal

1/4 cup Chana dal

1 Onions, chopped

2 Tomatoes, chopped

3 Green chillies, sliced

1/2 inch Ginger, Grated

Salt To taste

1 Pinch Turmeric Powder

1 tsp Red chilli powder

Coriander leaves

1 tbsp Handful Butter

1/4 cup Cream

1/4 tsp Cumin seeds

1/4 tsp Mustard seeds

-

### Preparation:

•  
Soak rajma, urad daal and chana dal overnight.

•

Pressure cook the urad dal, chana dal and rajma. Mash them a little. Keep aside.

Heat butter in a pan, add mustard seeds and cumin seeds and fry until they splutter.  
Add ginger and chillies.

Fry for few minutes. Add chopped onions and tomatoes. Cook until done.

Add salt, red chilli powder, turmeric powder and stir well.

Add the mashed dals and boil for few minutes.

Add cream, corainder leaves and mix well. Serve the dal maharani hot with roti.

[TOP](#)

## PUNJABI MASALA CHOP RECIPE

### Ingredients:

3 in piece of fresh ginger peeled and coarsely chopped

3 tbsp peeled and coarsely chopped garlic

6-8 lamb chops from the ribs, remove all extra fat

8 fl oz grated or finely chopped tomatoes

2 medium sized onions very finely chopped

1 tbsp cayenne

12 fl oz Greek yogurt beaten

1 1/2 tsp salt 1 tsp ground roasted cumin seeds

1-2 tsp Punjabi garam masala

3 tbsp lemon juice

2-3 tbsp chopped fresh green coriander

-

### How to make punjabi lamb chop:

Put the ginger and garlic into the container of an electric blender with 2-3 tablespoons  
of water and blend to a paste.

Put the chops, tomatoes, onions, cayenne pepper, yogurt, salt and ginger-garlic paste into  
a large wok or heavy-bottomed saucepan.

Stir and bring to the boil. Turn the heat to low, cover and simmer for 50 minutes or until  
the chops are almost cooked.

Add the cumin seeds and simmer for 10 to 15 minutes or until the meat is tender and  
the sauce thick.

Add the garam masala and lemon juice and stir. Sprinkle fresh coriander over masala chops and serve.

-

## TIPS

In the Punjab, tomatoes are grated to make a puree. Don't be tempted to use ready-prepared tomato puree instead of fresh.

The spice combinations in garam masala vary in different parts of India.

In the Punjab this one which you can try making yourself is common: 5 tbsps coriander seeds, 3 tbsps cumin seeds, 2 1/2 tbsps black peppercorns, 2 1/2 black cardamom seeds, 2 in cinnamon stick, 4-5 cloves, 1/6 nutmeg. Put the coriander and the cumin into a cast-iron frying-pan over a medium heat.

Stir until lightly roasted. Allow to cool. Grind with the remaining ingredients in a clean coffee grinder and store in a tightly lidded jar.

[TOP](#)

# MOOLI PARATHA RECIPE

## Ingredients:

### **For stuffing:**

3 Mooli (Radish)

Salt To Taste

1/2 tsp Red chilli powder

1/2 tsp Corainder powder

2 Green chillies, chopped finely

2 tbsp Corainder leaves

### **For dough:**

2 cups Wheat flour

Salt To taste

Water As needed

Oil for frying muli paranthas

-

## Preparation:

Sieve the wheat flour and salt. Add water and knead to stiff dough. Cover and keep aside.

Peel and grate the radish. Squeeze and drain all the water.

Heat the pan and fry the radish to light brown. Add salt, red chilli powder, green chillies, corainder leaves and mix well. Allow it to cool.

Take some dough and roll into small puri, put 2tsp of stuffing and cover all the sides. Roll again into a thick, round parantha.

Heat a tava and fry the mooli ka paratha both sides to crispy and brown. Put some oil over the paratha.

Serve the mooli paratha hot with raita or curry.

[TOP](#)

## BHINDI ANARDANA RECIPE

### Ingredients:

2 medium sized onions

1/2 cup oil

400 gms ladyfinger

2 tblsp pomegranate seeds powder (anardana powder)

1 tblsp lemon juice

1 tblsp coriander powder

1/2 tsp turmeric powder

salt to taste

1/2 tsp garam masala powder

1 tsp red chilli powder

-

### How to make bhindi anardana :

Wash, wipe and trim ladyfingers.

Make a deep slit on one side of the ladyfinger to create a pocket.

Take off and finely slice onion.

Mix red chilli powder, coriander powder, turmeric powder, pomegranate seed powder, garam masala powder and salt with four-tblsp oil to make a thick paste.

Stuff the ladyfingers liberally with this masala paste.

Heat up oil in a pot and stir fry cut onion for two to three minutes or until translucent.

Gently slide in the stuffed ladyfingers and stir fry on medium heat up for five minutes turning them occasionally.



[Sprinkle lemon juice and serve hot.](#)

[TOP](#)

# PANEER TAASH KABAB RECIPE

## Ingredients:

[1 tblsp Fresh Cream](#)

[8 Cheese sliced](#)

[1 cup Cheese grated](#)

[1/2 tsp Peppercorns crushed](#)

[2 medium sized Tomatoes sliced](#)

[8 tblsp Mint Chutney](#)

[2 medium sized Onions sliced](#)

[400 gms Cottage Cheese](#)

### **For Marinade**

[Chaat Masala to taste](#)

[1/3 cup Hung Yogurt](#)

[2 tblsp Mustard Oil](#)

[4 tsp Ginger Garlic Paste](#)

[1 tsp Garam Masala Powder](#)

[1 tsp Coriander Powder](#)

[1 tsp Cumin Powder](#)

[2 tsp Red Chilli Powder](#)

[Salt to taste](#)

-

## How to make paneer taash kabab :

[•  
Slice paneer into seven pieces.](#)

[•  
Mix well all the marinade ingredients and spread evenly on the cut paneer.](#)

[•  
Keep aside for 10 minutes.](#)

[•  
Spread mint chutney evenly on the cut paneer.](#)

[•  
Assemble cut onions and tomatoes on each cut paneer and cover with the cut cheese.](#)

[•  
Stack each layer of cut paneer one on top of the other, by repeating the process.](#)

[•  
Make a mixture of cream and crushed black pepper and pour out over the top layer.](#)

[•  
Put the last cheese slice on top, bake at moderate temperature for 10 minutes in the oven.](#)

[Cut into desired equal sizes.](#)

[TOP](#)

## PUNJABI KADHI RECIPE

### [Ingredients:](#)

[1 cup Gram flour](#)  
[1/4 cup Chopped onion](#)  
[1/4 cup Chopped potato](#)  
[1 tsp Ajwain.](#)  
[1 tsp Red chili powder.](#)  
[1 tsp Chopped ginger.](#)  
[1/2 tsp Baking powder.](#)  
[Oil for deep frying](#)  
[Salt As per taste](#)  
[1 cup Kadhi Curd \(yogurt\)](#)  
[1/4 cup Gram flour](#)  
[2 no. Dry red chili whole](#)  
[1 tsp Turmeric powder.](#)  
[A pinch Asafetida](#)  
[1 tsp Fenugreek seeds.](#)  
[2 tbsp Oil.](#)  
[Salt As per taste](#)

-

### [Preparation:](#)

•  
[Mix all pakora ingredients except oil and add about ½ cup of water. Mix well.](#)

•  
[Heat oil in a Kadhai and deep fry vegetable and gram flour mixture after making into small balls. Fry till pakoras are golden brown.](#)

•  
[Beat Curd/Yogurt and mix gram flour in it. Blend thoroughly so as to ensure that there are no lumps. Add turmeric powder, salt and 3 cups of water.](#)

•  
[Heat oil in a Kadhai. Add fenugreek seeds and dry red chili. Stir fry for half minute. Add Gram flour and Yogurt mixture. Bring it to a boil and simmer on a slow fire for about 15 minutes. Stir occasionally.](#)

•  
[Add red chili powder and fried pakoras and again simmer the punjabi kadi for about 5 minutes.](#)

•

[Serve punjabi kadhi hot with steamed rice.](#)

[TOP](#)

## RAJMA (RED KIDNEY BEANS) RECIPE

Rajma is one of the most loved Punjabi vegetarian curry and it goes best with boiled rice. It is a very popular weekend brunch idea. In this dish, red kidney beans are cooked with onions and tomatoes. Learn how to make rajma curry.

### [Ingredients:](#)

[1 cup or 200 gms Rajma](#)  
[2 cloves](#)  
[1 cinnamon stick](#)  
[1 bay leaf](#)  
[1 tsp oil](#)  
[1 tsp butter](#)  
[1 tsp cumin seeds](#)  
[1tsp turmeric powder](#)  
[1 tsp cumin powder](#)  
[1 tsp garam masala](#)  
[1/2 cup finely chopped onions](#)  
[1 tblsp ginger-garlic paste](#)  
[1 cup chopped tomatoes](#)  
[Salt to taste](#)

-

### [How To Make Punjabi Rajma:](#)

•  
[Wash and soak rajma overnight or for at least for 8 hours. \(Kidney beans will get double in size after soaking\).](#)

•  
[Pressure cook the soaked rajma in about 3 cups of water in pressure cooker until rajma is soft and tender. Reserve the stock it can be used later to the gravy.](#)

•  
[Heat oil in a pan, fry cinnamon stick, cloves and bay leaf for a minute. Then add chopped onions. Saute it till the onions turns to golden brown.](#)

•  
[Add ginger garlic paste. Fry till golden and cooked. Add chopped tomatoes, turmeric powder, cumin powder, garam masala powder and saute it till tomatoes become soft.](#)

•  
[Add boiled rajma to it with salt, butter and the rajma stock. In case you feel the gravy is less, you can add some water. Cover it and let it simmer it for 20-30 minutes. When the rajma gets nicely blended with the curry sprinkle some chopped coriander and move to a serving dish.](#)

[Garnish it with few coriander leaves and serve with hot rice.](#)

[TOP](#)

## SARSON KA SAAG

### Ingredients:

[500gms Mustard leaves](#)  
[200gms Spinach](#)  
[200gms Bathuwa](#)  
[3 Garlic cloves](#)  
[1 inch Ginger](#)  
[2 Green chilli](#)  
[Salt To Taste](#)  
[1 tbsp Maize flour](#)  
[1 Pinch Sugar](#)  
[2 tbsp Ghee](#)  
[1 Asafoetida](#)  
[1 Pinch Onions,](#)  
[1 tsp chopped Red chilli powder](#)  
[1 Pinch Turmeric powder](#)

-

### Preparation:

[Clean and wash sarson, spinach and bathuwa. Chop the leaves finely.](#)

[Chop ginger, garlic cloves and chillies.](#)

[Pressure cook the spinach, sarson, bathuwa with garlic, ginger and chillies. When cool, grind it to smooth paste.](#)

[Heat ghee in a vessel, add hing and onions. Fry until light brown. Add salt and turmeric powder. Mix well.](#)

[Add the ground saag and simmer the flame. Cook for few minutes.](#)

[Add the maize flour, red chilli powder, sugar and stir well.](#)

[Serve hot with paratha or makki ki roti.](#)

[TOP](#)

## VEGETABLE (SABZI) PULAO RECIPE

### Ingredients:

2 cups - Basmati Rice

1 - Onions

3 tbsp - Ghee

1 - Carrots, cut into cubes

1 - Potatoes, cut into cubes

1/2 cup - Peas

1 cup - Cauliflower, cut into florets

2 tbsp - Cashewnuts

1 tbsp - Raisins

Salt To Taste

1 Pinch - Turmeric powder

**Grind to Paste:**

1 Inch - Ginger

5 - Garlic cloves

1 - Onions

3 - Green chillies

2 - Cinnamon sticks

3 - Cloves

1/4 cup - Mint leaves

3 - Cardamoms

-

Preparation:

•  
Soak rice for half an hour.

•  
Heat 1 Tbsp of ghee in a pan, fry cashewnuts and raisins. Keep aside.

•  
Heat the remaining ghee in thick bottomed vessel and fry the ground paste for 10 minutes. Add the vegetables and mix well.

•  
Cook until the masala separates from oil and vegetables (subzi) gets tender. Add turmeric powder.

•  
Add rice, salt, four cups of water and stir well. Cover and cook until the rice is done on slow flame. Stir once a while .

•  
Just before serving take the rice in serving bowl, add the nuts and mix well.

•  
Serve vegetable (sabzi) pulao hot with raita

[TOP](#)

# PUNJABI SUKHI CHANA DAAL RECIPE

## Ingredients:

1 cup - Chana dal  
1 Onions, chopped  
Salt To taste  
1 - Turmeric Powder  
Handful - Pinch Corainder leaves  
2 - Cinnamon sticks  
2 - Cloves  
1 - Bayleafs  
1/4 tsp - Cumin seeds  
1 tsp - Lemon Juice  
1 tbsps - Ghee

-

## Preparation:

•  
Clean, wash and soak chana dal for one hour.

•  
Pressure cook the dal with 3 cups of water. Keep aside.

•  
Heat ghee in a pan, add cloves, cinnamon stick, bayleafs, cumin seeds and fry until they pop up.

•  
Add onions and fry till brown. Add salt and turmeric powder. Mix well.

•  
Add dal and let it boil for few minutes.

•  
Garnish with corainder leaves. When the dal will be cool, add lemon juice and stir well.

•  
Serve sukhi chana daal hot with rice or paratha.

---

[TOP](#)

# DHABEY DI DAL RECIPE

## Ingredients:

2 - 3 green chillies  
1/4 cup coriander leaves  
1/4 cup bengal gram divide (chana dal)

8 - 10 garlic flakes  
4 tblsp oil  
3 medium sized tomatoes  
1/2 tblsp cumin powder  
1/4 cup red kidney beans (rajma)  
1 tblsp red chilli powder  
2 medium size onions  
1 tblsp kasoori methi  
3 tblsp butter  
1/2 cup black gram divide (urad dal)  
salt to taste

-

How to make dhabey di dal :

•  
Clean, wash and soak urad dal, chana dal and kidney beans in sufficient water for at least six hours.

•  
Take off and finely cut onion and garlic.

•  
Wash, take off stem and finely cut green chillies.

•  
Wash and finely cut tomatoes.

•  
Wash and cut coriander leaves.

•  
Remove soaked dals, mix in six cup water and pressure-stir fry for half an hour or until the dals are completely cooked.

•  
Meanwhile, heat up oil in a pan, mix in cut garlic, stir-fry briefly till golden brown.

•  
Mix in cut onion, slit green chillies and stir fry for four to five minutes or until the onion is golden brown in colour.

•  
Mix in red chilli powder, cumin powder and stir-fry briefly.

•  
Mix in cut tomatoes and stir fry on high flame heat up for three to four minutes, stirring continuously.

•  
Stir in the cooked dals and grease and mix well.

•  
Mix in salt, cut coriander leaves and stir fry dal for ten minutes on low heat, stirring occasionally.

•  
Crush kasoori methi between the palms, sprinkle on the dals and serve hot.

# GUR POLI RECIPE

## Ingredients:

30 ml pure ghee

3 cup jaggery grated

1/2 cup sesame seeds (til)

1/4 tsp green cardamom powder

1/2 cup poppy seeds (khuskhus)

## **For Outer Covering**

2 cup Whole Wheat Flour (Atta)

1 cup Refined Flour (maida)

Salt to taste

Water as required

30 ml Oil

-

## How to make gur poli :

•  
Sieve the flours.

•  
Mix in salt, oil and water and knead into a soft dough.

•  
Cover it with a damp cloth.

•  
Keep aside.

•  
Grate the jaggery.

•  
Roast the poppy seeds and white sesame seeds separately.

•  
Grind the poppy seeds and white sesame seeds to a coarse powder.

•  
Melt the jaggery, mix in the ghee, poppy seeds, white sesame seeds, cardamom powder.

•  
Stir fry on low heat up till it becomes firm.

•  
Take off from heat up and keep aside to cool.

•  
Divide kneaded dough into small equal-sized balls.

•  
Stuff each ball with the jaggery mixture.



[Roll out each ball into thin roundels.](#)

[Dust with flour if necessary.](#)

[Heat up a tawa to a moderate temperature and stir fry the prepared gur-poli on moderate heat, till it is a light golden colour on both sides.](#)

[Serve hot or cold, with a pinch of hot melted ghee.](#)

[TOP](#)

## HARIYALI TIKKI RECIPE

### [Ingredients:](#)

[3 - 4 medium potatoes](#)

[1 tblsp green chillies chopped.](#)

[100 gms spinach](#)

[1 tsp chaat masala](#)

[1 tblsp ginger chopped](#)

[oil for deep frying](#)

[2 tblsp coriander leaves chopped](#)

[2 tblsp corn flour](#)

[sal tto taste](#)

[3/ 4 cup green peas shelled](#)

-

### [How to make hariyali tikki :](#)

[Boil, take off and grate potatoes.](#)

[Boil and mash green peas.](#)

[Blanch spinach leaves in plenty of salted boiling water and finely chop.](#)

[Squeeze out excess water.](#)

[Mix grated potatoes, peas and spinach.](#)

[Mix in cut green chillies, cut coriander leaves, cut ginger, chaat masala and salt.](#)

[Mix in cornflour for binding.](#)

[Divide the mixture into 25 equal portions.](#)

[Shape them into a ball and then press it in between your palms to give it a tikki shape.](#)

[Heat up oil in a kadhai.](#)

[Deep-fry the tikkis in hot oil for 3-4 minutes or until crisp.](#)

[TOP](#)

# KARELA MASALEDAR RECIPE

## Ingredients:

[2 tsp coriander powder](#)  
[1 tsp red chilli powder](#)  
[1 tsp turmeric powder](#)  
[oil to fry](#)  
[5 -6 bitter gourd](#)  
[salt to taste](#)  
[2 medium sized onions](#)  
[1 tsp dry mango powder](#)

-

## How to make karela masaledar :

[Take off and reserve the scrapings of the karelas.](#)

[Give a slit on one side and take off all the seeds.](#)

[Cut karelas into thin slices.](#)

[Wash and rub two table spoons salt all over the karelas and its scrapings.](#)

[Set aside for 3-4 hours.](#)

[Wash completely again and squeeze dry the karelas.](#)

[Heat up oil in kadhai.](#)

[Deep fry the cut karelas till dark brown and crisp.](#)

[Take off the karelas and keep aside.](#)

[Slice onions.](#)

[Heat up 3 tblsp of oil in a kadai.](#)

[Mix in cut onions.](#)

[Stir fry for 3-4 minutes till they are transluscent.](#)

[Mix in scrappings of karela and let it stir fry till onions are a little brown.](#)

[Mix in turmeric powder, coriander powder, dry mango powder and red chilli powder.](#)

[Mix in the fried karelas to the above mixture and stir fry covered on low heat up for 5-6 minutes.](#)

[Mix in salt if needed.](#)

[Serve hot with chappatis.](#)

[TOP](#)

## KHOYA MATAR RECIPE

### [Ingredients:](#)

[1 cup green peas](#)

[500 gms milk solids \(khoya\)500 gm](#)

[3 tblsp cashewnuts \(broken\)](#)

[1/2 cup bread croutons](#)

[1/2 tsp red chillies crushed](#)

[1 tsp red chilli powder](#)

[2 tblsp raisins](#)

[1/2 tsp turmeric powder](#)

[1/2 tblsp oil](#)

[2 green chillies chopped](#)

[1/2 tblsp ginger garlic paste](#)

[1 tsp sesame seeds roasted](#)

[saltto taste](#)

[1 tsp coriander powder](#)

[1/2 cup onion paste](#)

[1 tblsp coriander leaves chopped](#)

[1/2 cup tomato puree](#)

-

### [How to make khoya matar :](#)

[Roast the khoya slightly.](#)

[Keep aside.](#)

[Boil green peas.](#)

[Heat up oil in a pan, mix in onion paste and stir fry till pink.](#)

•  
[Mix in ginger-garlic paste and sautÃ©.](#)

•  
[Mix in tomato puree, turmeric powder, red chilli powder and roast till the oil leaves the masala.](#)

•  
[Mix in boiled peas and stir.](#)

•  
[Mix in salt, roasted khoya and stir.](#)

•  
[Mix in broken cashewnuts and raisins.](#)

•  
[Mix in coriander powder and stir to mix well.](#)

•  
[Take off the heat.](#)

•  
[Sprinkle cut green chillies, roasted sesame seeds, crushed red chillies on the bread croutons and mix well.](#)

•  
[To serve assemble the khoya-peas masala in a dish and cover with bread crouton mixture.](#)

•  
[Sprinkle with cut coriander.](#)

[TOP](#)

## LEHSUNI TIKKI RECIPE

### [Ingredients:](#)

[1/2 tblsp red chilli powder](#)

[1/4 cup coriander leaves](#)

[4 - 6 garlic flakes](#)

[1 medium onion](#)

[6 - 8 cashewnuts](#)

[1/4 cup cottage cheese grated](#)

[oil to deep fry](#)

[salt to taste](#)

[6 medium sized potatoes](#)

-

### [How to make lehsuni tikki :](#)

•  
[Wash, boil, cool, take off and mash potatoes thoroughly.](#)

•  
[Mix in salt to taste and knead mashed potatoes to make smooth dough.](#)

[Divide into ten to twelve equal portions.](#)

[Take off and finely cut the onion and garlic.](#)

[Clean, wash and finely cut coriander leaves.](#)

[Crush cashew nuts and mix with cut onion, garlic, coriander leaves, red chilli powder, salt, and grated cottage cheese.](#)

[Divide the mixture into ten to twelve equal portions.](#)

[Stuff each portion of mashed potato with a portion of the cottage cheese mixture.](#)

[Roll and shape into tikkis of approximately two-inch diameter and half inch thickness.](#)

[Heat up oil in a kadai and deep-fry the tikkis to golden brown.](#)

[Take off and remove on to a clean and absorbent kitchen towel or paper.](#)

[Serve hot with tomato ketchup or mint chutney.](#)

[TOP](#)

## MAKAI KI ROTI RECIPE

### [Ingredients:](#)

[6 tblsp butter](#)

[1 1/2 cup corn meal \(makai ka atta\)](#)

[salt to taste](#)

[1/4 cup whole wheat up flour](#)

-

### [How to make makai ki roti :](#)

[Mix cornmeal, whole-wheat up flour and salt.](#)

[Mix in sufficient lukewarm water, a little at a time, to make medium soft dough.](#)

[Divide the prepared dough into eight to ten equal portions.](#)

[Wet your hand with a little water and flatten each portion on a wet polythene sheet, into a disk of four to five inches diameter.](#)

[Heat up a tawa, apply a little oil and transfer makai roti carefully on to the tawa.](#)

Spoon a little oil on the sides of makai roti and stir fry on low heat up for one minute.

Turn the makai roti and stir fry the other side for one minute or till crunchy and light golden brown.

Spray the cooked rotis with grease and serve hot with sarson ka saag.

[TOP](#)

## PALAK GOSHT RECIPE

### Ingredients:

1 tblsp garlic paste

5 green chillies chopped

2 bay leaves

500 gms spinach

salt to taste

1 tblsp garam masala whole

4 tblsp oil

1 tsp red chilli powder

1 tblsp ginger paste

500 gms mutton

1 tsp cumin seeds

1 cup onions sliced

-

### How to make palak gosht :

Clean, wash and cut lamb into even sized pieces.

Boil spinach in salted boiling water for one minute.

Remove well and grind it along with green chillies to a rough paste.

Heat up oil in a thick bottomed pan.

Mix in bay leaves, whole garam masala and cumin seeds.

When cumin seeds begin to change colour, mix in cut onions.

Stir fry till onions are translucent.

Mix in ginger-garlic paste, red chilli powder and then mix in lamb pieces.

Stir fry on high flame heat up stirring constantly.

[Mix in three cup of water and stir fry covered until lamb is almost done.](#)

[Mix in salt and spinach and stir fry till lamb is fully mixed with spinach and tender.](#)

[TOP](#)

## PATTHER KABAB RECIPE

### [Ingredients:](#)

[16 mutton pasandas](#)

#### [\*\*For Marinade\*\*](#)

[1 tsp green cardamom powder](#)

[4 tblsp mustard oil](#)

[1 1/2 tblsp mint leaves](#)

[salt to taste](#)

[1 tblsp raw papaya](#)

[5 green chillies](#)

[1 1/2 tblsp coriander leaves](#)

[2 tblsp ginger garlic paste](#)

[1 tsp lichen stone flower powder \(dagad phool\)](#)

[1 tsp garam masala powder](#)

[1 tsp peppercorns \(crushed\)](#)

-

### [How to make patther kabab :](#)

[Grind fresh coriander leaves, mint leaves, green papaya, green chillies to a fine paste.](#)

[Mix in ginger garlic paste and all the dry ingredients, mix well and apply equally on the mutton pasanda.](#)

[Let it marinate for one hour.](#)

[Cooking on stone slabs: \(traditional way of cooking on kadapa stone.](#)

[Take a flattish piece of rough granite or kadappa of about 11/2" length x 1" breadth x 2" thickness.](#)

[Wash the stone and rest it on bricks on two sides to make a bridge, taking care that it is safely balanced.](#)

[Heat up the granite well with live charcoals underneath.](#)

[Sprinkle a little oil or ghee on the surface and put the marinated meat picattas.](#)

[Turn them a few times basting them occasionally with oil.](#)

[Take off when cooked through.](#)

[TOP](#)

## PESHAWARI CHANA RECIPE

### Ingredients:

[1 tsp garam masala powder](#)

[1/2 cup onion chopped](#)

[1 bay leaf](#)

[3/4 cup tomatoes chopped](#)

[salt to taste](#)

[2 tblsp coriander powder](#)

[1 tsp turmeric powder](#)

[1 tblsp chana masala](#)

[2 tsp tea leaves](#)

[2 green chillies slit](#)

[1 tblsp ginger paste](#)

[1 tblsp garlic paste](#)

[2 tblsp oi](#)

[1 tsp cumin powder](#)

[1 tblsp red chilli powder](#)

[1 cup chick peas](#)

-

### How to make peshawari chana :

[Soak kabuli chana overnight.](#)

[Mix in a little water to the soaked chana, tie tea leaves in a piece of cloth and put it in water and then boil the chana until soft and dark in colour, strain and keep aside.](#)

[Heat up oil mix in bayleaf and cut onion, stir fry until golden brown in colour.](#)

[Mix in ginger, garlic paste and slit green chillies, stir for some time, then mix in cut tomatoes, red chilli powder, coriander powder, turmeric powder, chana masala and cumin powder, stir fry for some time.](#)

[Mix in boiled chana and approximately 1 cup of water and stir fry till chana gets coated with the thick masala.](#)



[Sprinkle garam masala and salt mix well and serve hot.](#)

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# Cabbage Recipes

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## Aloo Patta Gobhi Recipe

Aloo Patta Gobhi is made by cooking potatoes and cabbage in spices and is an everyday dish made in households. Learn how to prepare aloo patta gobi or indian cabbage and potato.

### Ingredients:

[1 small cabbage \(chopped finely\)](#)  
[1 medium sized potato \(cut in cubes\)](#)  
[1 onion \(chopped\)](#)  
[1 tomato \(Chopped\)](#)  
[1 tblsp ginger garlic paste](#)  
[1 tsp cumin seeds](#)  
[1 tsp turmeric powder](#)  
[1 tsp coriander powder](#)  
[1 tsp red chilly powder](#)  
[salt to taste](#)  
[cooking oil](#)

-

### How to make indian cabbage and potato:

•  
[Heat oil in a wok or kadai.Add cumin seeds and let it splutter.Then add onions and ginger garlic paste.Fry till golden brown.](#)

•  
[Add chopped tomatoes ,turmeric powder and rest of the powdered spices except salt.](#)

•  
[Mix well and cook till oil separates.](#)

•  
[Add cubed potatoes and stir fry for few minutes and then add chopped cabbage and salt. mix well.Cook it covered till the vegetables are done and water evaporates.](#)

•  
[Serve hot with chapatis or parathas.](#)

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## Cabbage Paratha Recipe

Cabbage Paratha is a tasty indian bread that is stuffed with grated cabbage.One can stuff

the parathas either with cooked cabbage or raw cabbage.Preparation of cabbage paratha is done as follows.

### Ingredients:

For the stuffing

2-3 cups cabbage (finely chopped)

1 tsp red chilly powder

salt to taste

Oil

For the parathas

2 cups wheat flour

salt to taste

Ghee or oil

-

### How to make stuffed cabbage paratha:

•  
For the stuffing heat oil in a pan and add chopped cabbage.

•  
Now add red chilly powder and salt.Mix well.

•  
Cook it covered with a lid till the cabbage is cooked and water evaporates.

•  
Kepp the cooked vegetable aside to cool.

•  
For the parathas knead the dough by adding salt and enough water so that it is soft and smooth.

•  
Take a small portion of the dough and make a ball.

•  
Now roll this ball in a shape of a roti.Put the cabbage stuffing on it.

•  
Now roll another roti and spread it on top of the first roti and seal the sides with some water on the edges so the stuffing does not come out.

•  
Heat a tawa.Place the stuffed paratha gently on the tawa and roast it from both sides by greasing it with oil or ghee.

•  
Serve hot with curd,pickles.

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## Cabbage Poriyal Recipe

Cabbage poriyal is a South Indian dish which is made by adding grated coconut with

cabbage.Learn how to make cabbage poriyal.

### Ingredients:

1 small sized cabbage (chopped)

1/2 tsp urad dal

2 tsp mustard seeds

1 onion (chopped)

2-3 green chillies (slit in halves)

3 tblsp oil

6-7 curry leaves

1/4 cup fresh grated coconut

1/2 tsp turmeric powder

salt to taste

-

### How to make cabbage poriyal:

Heat oil in a pan.Add mustard seeds and urad dal and let it splutter.

Add curry leaves,green chillies and onions.Fry till golden brown and then turmeric powder.

Add chopped cabbage and salt and mix well.Add 1/4 cup water and cook covered for 5 mins.

Once cabbage is done add grated coconut and stir.

Serve hot

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## CABBAGE APPLE DELIGHT RECIPE

### Ingredients:

1 sliced Red Cabbage (if not available then normal cabbage)

2 meduim sized sliced Apple (Sabe)

1 meduim sized chopped Onion (Pyaj)

1/2 cup Vinegar

4 Pepper corns (Kalimirchi)

1/2 " Cinnamon (Tuj/Dalchini)

2 Cloves (Lavang)

1 tsp Oil

1 tblsp Fine Wheat Flour (Maida)

1/2 Litre Water

Lemon Juice to taste

Salt to taste

Artificial Sweetner to taste

How to make cabbage apple delight:

- Heat oil in a teflon-coated pan.
- Saute onion for a little while.
- Add apples and cook for a few minutes.
- Add sweet-n-low, cloves, peppercorns, cinnamon, vinegar, salt, lemon juice and water and bring to a boil.
- Add chopped cabbage, cover and cook on a low flame.
- When it's done, just before serving, add flour, stirring continuously to avoid lumps.
- Serve immediately.

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## CABBAGE RAITA RECIPE

Ingredients:

2 cups yogurt (dahi)  
a few cabbage leaves  
1 tsp cumin powder (jeera) roasted  
2 green chillies  
1" ginger (adrak)  
1 tsp sugar (cheeni)  
a few coriander leaves  
1/2 tsp red chilli (lal mirch) powder  
salt (namak) to taste

-

How to make cabbage raita:

•  
Wash the cabbage leaves and chop them finely.

•  
Wash and grind the green chillies.

•  
Peel and grind the ginger.

•  
Clean, wash and cut the coriander leaves.

•  
Mix all the above ingredients with the yogurt.

•  
Serve chilled.

[TOP](#)

## SPRING ROLL RECIPE

## Ingredients:

### Cover :

250 gms. All purpose flour (Maida)

1 Egg

Little Salt

Water to make batter

### Filling :

2- 3 Carrots Grated)

1 cup leeks shredded and well washed (white section only)(optional)

1/2 tsp Ginger Minced)

1/2 tsp Garlic Minced)

100 gms Cabbage Shredded)

50gms Mushrooms Chopped)

75 gms Sprouted Beans

3 Green Chilies Chopped)

Salt to taste

2 tbsp Soya Sauce

1/2 tbsp White Pepper Powder

-

## How to make spring roll:

•  
Sift the flour and add salt, egg and water and make a smooth batter.

•  
Heat little oil in a flat non-stick pan and add enough batter so that it covers the base of the pan.

•  
Cook both sides of the pancake till golden. Repeat the same till whole batter is utilized.

•  
To make the filling heat 2-3 tbsp oil in a wok, add ginger ,garlic and mushrooms, stir fry for 10-15 seconds.

•  
Add leeks (if available) and stir fry for about 1 minute, then add carrots, cabbage and cook tossing the vegetables until they are crisp-tender.

•  
Add the bean sprouts, salt, pepper and soya sauce, cook stirring for 2 minutes. Set aside the filling to cool.

•  
To make the spring rolls place 2-3 tbsp. of the filling in the center of each pancake.

•  
Fold in the sides and form a tight roll, sealing the edge with a little flour and water paste.

•  
Deep fry in hot oil until golden.

[Serve the vegetarian spring roll hot.](#)

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## Indian Cabbage Salad Recipe

Indian cabbage salad is a healthy accompaniment to any meal. It is fresh and very easy to make. Preparation method of Indian cabbage salad is described below.

### [Ingredients:](#)

[2-3 cups of shredded cabbage](#)  
[2 cups of carrots \(shredded\)](#)  
[1-2 tomatoes \(diced\)](#)  
[1/2 cup roasted peanuts \(coarsely grounded\)](#)  
[2 tsp of freshly squeezed lemon.](#)  
[Handful of cilantro or coriander leaves](#)  
[salt to taste](#)

-

### [How to make indian cabbage salad:](#)

•  
[Take a salad bowl and mix the cabbage, tomatoes, carrots and peanuts.](#)

•  
[Now add cilantro/coriander leaves, salt and lemon juice. Mix well.](#)

•  
[Serve as an accompaniment.](#)

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## Patta Gobhi Mattar Recipe

Patta gobhi mattar is made using cabbage and peas. This is an everyday peas sabzi can be served with chapatis or paraths. Learn how to make Indian cabbage and peas.

### [Ingredients:](#)

[1 small cabbage \(450gms\) \(patta gobhi\) chopped](#)  
[1 small sized onion \(sliced thinly\)](#)  
[1/2 cup green peas \(matar\)](#)  
[1-2 green chillies \(chopped\)](#)  
[1/4 tsp garam masala](#)  
[1/4 tsp turmeric powder](#)  
[1/2 tsp cumin seeds](#)  
[1/2 tsp coriander powder](#)  
[1/2 tsp red chilly powder](#)

[salt to taste](#)

[Cooking Oil](#)

-

[How to make indian cabbage and peas:](#)

•  
[Heat oil in a wok or kadai.Add cumin seeds and let it splutter.](#)

•  
[Then add sliced onions and fry till golden brown.](#)

•  
[Now add green chillies and cabbage.Mix well.](#)

•  
[Now add all the powdered spices and salt.Mix well.](#)

•  
[Cover it and cook for 3-4 minutes.Add the peas and cook till all the water evaporates and cabbage is cooked.](#)

•  
[Serve hot with chapatis.](#)

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## VEGETABLE MANCHURIAN RECIPE

[Ingredients:](#)

[2 cups Grated Cabbage](#)

[2 cups Grated Carrots](#)

[1 Chopped Spring Onion](#)

[2 Chopped Green Chillies](#)

[3-4 Crushed Garlic Flakes](#)

[2 tbsp Corn Starch or Flour](#)

[Oil for deep frying](#)

[1 tbsp Soya Sauce](#)

[Salt to taste](#)

[1 tsp Pepper Powder](#)

[1 tsp Sugar](#)

[A pinch of ajinomoto](#)

[2 tbsp oil](#)

-

[Preparation of vegetarian manchurian :](#)

•  
[Mix grated cabbage and carrots and squeeze the water out from them.](#)



Now in a bowl take the squeezed cabbage and carrots and mix 1 tbsp. corn starch and add few chopped chilies and little salt to it.

Make small balls (like koftas) of the mixture .

Heat the oil in a kadhai / wok and deep fry the balls till golden brown, drain and keep aside.

Now in a separate pan heat 2 tbsp oil.

Sauté garlic, green chilies and spring onions.

Add water, salt, pepper powder, ajinomoto, sugar and soya sauce. Bring it to a boil.

Mix 1 tbsp corn four with half of a cup of cold water and stir into it. Gently add the fried balls to the gravy.

Cook the vegetable manchurian for 3-4 minutes and serve hot garnished with chopped coriander.

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## HOT AND SOUR SOUP RECIPE

### Ingredients:

2 tbsp Chili Sauce

1 1/2 tbsp Corn Flour / Corn Starch

1 tbsp Soya Sauce

2 tbsp Vinegar

2 tbsp Capsicum Chopped

2 tbsp Spring Onions Chopped 2 tbsp Tomato Sauce

2 tbsp Carrots Chopped

1/4 cup Chopped Cabbage

1 tsp Black Pepper Powder

1/2 tsp Sugar

A pinch ajinomoto

Salt to taste

4 cups Water

-

### Preparation for hot and sour soup:

Mix 4 cups of water, chili sauce, soya sauce, vinegar, sugar, salt, pepper powder and ajinomoto and bring to boil.

Now add all the chopped vegetables except paneer .

Cook for a minute on a medium heat. Dissolve corn starch in 1/2 cup water and add to the soup stirring constantly till it becomes thick.

Cook for a minute, add paneer slices. Serve hot .

**Note:** Soup should be prepared just before consuming and should be served fresh, else it will lose the taste.

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## VEGETABLE SALAD RECIPE

Ingredients:

10-12 Salad leaves  
1 small cabbage (shredded)  
1 Onion (Thinly sliced into rings)  
1 Cucumber (Sliced into rings)  
2-3 Carrots (peeled and thinly sliced)  
1 Radish (peeled and thinly sliced)  
1 banana (cut into rings)  
1 Guava sliced  
1 apple thinly sliced  
1 tomato (thinly sliced into rings)  
2tsp lemon juice  
Salt to taste  
Chaat masala to taste

Preparation:

- Take big plate and arrange salad leaves.
- Add shredded cabbage, onions, carrot, cucumber, and radish.
- Now arrange tomato, banana, apples, and guavas.
- Sprinkle salt and chaat masala. Pour lemon juice.

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## HOT AND SOUR SOUP RECIPE

Ingredients:

2tbsp. chili sauce or to taste  
1 1/2tbsp. Corn flour / corn starch  
1 tbsp Soya sauce  
2 tbsp vinegar  
2tbsp. Capsicum / green bell pepper (chopped)  
2tbsp spring onions (chopped)  
2 tbsp tomato sauce

2tbsp. carrots (chopped)  
1/4th cup chopped cabbage  
A small block of Paneer / organic tofu (thinly sliced), optional  
1tsp. Black Pepper powder or to taste  
1/2 tsp sugar  
A pinch Ajinomoto  
Salt to taste  
4 cups water

Preparation:

- . Mix 4 cups of water, Chili sauce, Soya sauce, vinegar, sugar, salt, pepper powder and ajinomoto and bring to boil.
- . Now add all the chopped vegetables except paneer . Cook for a minute on a medium heat.
- . Dissolve corn starch in 1/2 cup water and add to the soup stirring constantly till it becomes thick.
- . Cook for a minute, add paneer slices.
- . Serve hot .
- . Hot and sour soup should be prepared just before consuming and should be served fresh, else it will lose the taste.

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## CAKE RECIPES

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## APPLE CAKE RECIPE

Try an attempt at baking this apple cake made of cinnamon, nutmeg and glazed with brown sugar and vanilla essence.

[Ingredients:](#)

[1 cup oil](#)  
[2 cup sugar](#)  
[3 cup flour](#)  
[1 tsp salt](#)  
[1 tsp nutmeg](#)  
[1 tsp cinnamon powder](#)  
[1 tsp baking powder](#)  
[3 eggs](#)  
[1 tsp vanilla extract](#)  
[1 cup chopped nuts](#)  
[1 tsp cloves](#)  
[1 cup baking soda](#)  
[4 cups chopped apples](#)

#### **Glaze**

[2 tblsp milk](#)  
[1/2 tsp vanilla essence](#)  
[1/2 stick butter](#)  
[1/2 cup brown sugar](#)

-

How to make apple cake:

•  
In a bowl mix the oil, eggs and vanilla extract together.

•  
In a separate bowl sift the dry ingredients together and add this mixture to the oil and egg mixture and mix well.

•  
Add in the apples and the nuts.

•  
Pour this mixture in a baking pan and bake for 1.15 minutes at 350 degrees F.

•  
For the glaze mix all the glaze ingredients together and boil the mixture for one minute.

•  
When the cake is baked remove it from the oven and white it is worm pour the glaze on it.

•  
Apple cake is ready.

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## ALMOND CAKE RECIPE

Sweet and rich with almonds, this cake is sure tempt you with its looks and taste.

Ingredients:

#### **Pastry**

1 1/2 cup flour  
1/4 palm butter  
4 egg yoghurts  
1/2 cup sugar  
1/2 tsp salt  
1 tsp vanilla extract

-  
**Filling**

2/3 cup sugar  
1/4 cup corn starch  
1/2 tsp baking powder  
1/4 palm butter  
3 eggs  
3/4 cup ground almonds  
1 cup chopped almonds  
1 pinch salt

-

How to make almond cake:

•  
**For the Pastry**

•  
In a food processor or in a bowl mix together all the pastry ingredients to form a soft dough.

•  
Place this mixture in the refrigerator for 30 minutes.

•  
Then take it out and roll it of a size 11 or 12 inches of a pie.

•  
Line a 11 or 12 inch pie or tart pan.

•  
Prick the base and chill for 15-20 minutes.

•  
Preheat the oven at 375 degrees F.

•  
**For the Filling**

•  
In a pan heat 1/3 of the butter and add the chopped almonds and soughed them over medium flame till brown.

Turn off the fire and let the mixture cool. In a separate pan take the remaining melted butter and add the grounded almonds and sugar and now add eggs one at a time beating nicely after each addition till the mixture is light and fluffy. In a separate bowl sift the corn starch with the baking powder and salt and then fold it into the almonds mixture. Pour this mixture into the earlier prepared base and bake for 10-12 minutes or until the batter begins to sat. Now quickly spread the chopped almonds over the top and return the pan to the oven and continue breaking for 20 minutes or until the pastry

[is brown.](#)

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# BANANA CHOCOLATE CAKE RECIPE

Relish this culinary bliss of banana chocolate cake with following ingredients banana, sweet chocolate chips and milk.

## [Ingredients:](#)

[1 egg](#)  
[1 1/2 tsp baking powder](#)  
[1 cup meshed banana](#)  
[1 1/2 cup all purpose flour](#)  
[3/4 cup semi sweet chocolate chips](#)  
[1/2 cup unsalted butter which is melted](#)  
[1/4 tsp salt](#)  
[2/3 cup white sugar](#)  
[1/4 cup milk](#)

-

## [How to make banana chocolate cake:](#)

[In a large mixing bowl stir together all purpose flour, sugar, salt and baking powder.](#)

[Take another bowl and mix together melted butter milk egg and meshed bananas.](#)

[Now add the banana mixture into the flour mixture until thoroughly blended.](#)

[Be careful not to overmix.](#)

[Add the chocolate chips. Preheat the oven to 350 degrees F to 175 degrees C.](#)

[Grease and flour a 9x13 inch pan.](#)

[Pour the batter into the pan and bake it for 32-35 minutes or until the toothpick inserted into it comes out clean.](#)

[When the cake gets baked take out the pan from the oven and let it cool for 10-15 minutes.](#)

[This cake will have some melted chocolate but no crumbs.](#)

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# CARROT CAKE RECIPE

Relish this easy to bake and prepare carrot cake made of mixed spices, walnuts and coconut.

## Ingredients:

1/2 cup butter  
1 cup desiccated coconut  
2/3 cup broken and chopped walnuts  
1 cup golden raisins  
2 1/2 cup grated carrots  
3 tsp mixed spices (cinnamon, nutmeg, ginger)  
1 cup brown sugar  
1 1/4 cup all purpose flour  
1 tsp baking soda  
2 beaten eggs  
2 tsp of orange juice

-

## How to make carrot cake:

Preheat the oven to 150 degrees C.

In a pan mix nicely the all purpose flour, mixed spices, baking soda, brown sugar, desiccated coconut and chopped walnuts.

In a separate pan melt the butter and add the golden raisins, carrots and orange juice. Stir it nicely and pour it on top of the dry ingredients.

Now add the beaten eggs to the mixture and mix it thoroughly.

Prepare a loaf tin by oiling the base and the sides, pour this prepared mixture into the tin and bake the cake for 50-60 minutes or until a toothpick inserted into the centre of it comes out clean.

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# CHOCOLATE ANGEL CAKE

## Ingredients:

1/4 cup Cocoa Powder  
1/4 cup Hot Water  
1 1/2 cup Granulated Sugar  
3/4 cup Fine Wheat Flour (Maida)  
1/4 tsp Salt



12 Eggs White  
1 tsp Cream of Tartar

How to make chocolate angel cake:

- . In a bowl mix cocoa powder and hot water and keep aside.
- . Preheat the oven at 350F
- . In a separate bowl sift together flour, 3/4 cup sugar, salt and keep aside.
- . Beat the eggs till foamy and then add cream of tartar.
- . Beat till the mixture forms peak.
- . In the egg mixture add the remaining sugar.
- . Now then gently add half the sifted flour.
- . When completely mixed add the remaining half of flour.
- . Now pour some of this mixture in the cocoa powder mixture and stir well.
- . When done pour this egg cocoa mixture back to the remaining egg flour mixture.
- . Mix lightly.
- . In an ungreased dish pour this mixture.
- . Bake this dish for 50 minutes or till the tooth pick comes out clean.

When baked completely let it cool.

- . Then with the help of a knife invert it on a plate.
- . Serve it with fresh berries and vanilla ice cream.

---

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## CHOCOLATE CHERRY CAKE RECIPE

Ingredients:

6 Eggs White  
1 Chocolate Cake Mix  
21 oz Cherry Pie Mix

**For Frosting:**

2 Eggs White  
1 1/2 cup Sugar  
1/4 tsp Cream of Tartar  
1/3 cup Water  
1 tsp Vanilla Essence

How to make chocolate cherry cake:

- . In a bowl mix egg whites, chocolate cake mix, cherry pie filling.
- . Grease 9" X 13" pan and make a layer of flour on it.
- . Pour the batter into the pan.

- In a preheated oven bake the pan for 35 - 40 minutes ot till the toothpick comes out clean.
  - Take tthe cake out and cool it.
  - To make the frosting, mix all the frosting ingredients and pour in a double boiler and with a beater, beat for 1 minute.
  - Then place this boiler on boiling water and again beat for 7 minutes.
- Remove from heat and beat for 2 minutes on high speed.

- Frost the cool cake with this mixture.

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## CHOCOLATE COCONUT CAKE RECIPE

Scrumptious chocolate coconut cake made from desicated coconut, cocoa, margarine and milk.

### Ingredients:

1 1/2 oz. desicated coconut  
1/2 cup milk  
4 oz. margarine  
6 oz. sugar  
2 eggs  
4 oz. plain flour  
1 level tsp cocoa  
pinch of salt  
1 tspful baking powder

-

### How to make chocolate coconut cake:

•  
Soak the coconut in the milk for 1/2 hour.

•  
Cream fat and sugar, add the lightly beaten eggs and then the coconut and milk.

•  
Stir in the well-sieved dry ingredients, mix well and turn into a greased lined tin 10 inch by 8 inch.

•  
Bake in a moderate oven for 30-40 minutes.

•  
When cold, decorate the top as desired, or cut into fingers.

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## CHOCOLATE MOCHA CAKE RECIPE

You will simply love this mouth watering taste of chocolate mocha cake made of hot coffee, chocolate, butter and coco.

### Ingredients:

1/2 cup butter  
1/2 cup saw milk  
2 cup sifted all purpose flour  
1/2 cup strong hot coffee  
4 cup sugar  
1/4 cup coco  
1/2 tsp vanilla  
2 cup brown sugar  
2 arms unsweetened chocolate  
2 egg yoghurts  
1 tsp vanilla extract  
1/2 tsp salt  
2 egg whites  
1 cup butter

-

### How to make chocolate mocha cake:

•  
In a bowl beat 1/2 cup butter and add sugar gradually till it gets fluffy.

•  
Add in the melted chocolate and an unbeaten egg yoghurts, 1 tsp vanilla extract and sour milk.

•  
Beat this mixture well.

•  
Add the sifted flour alternately with the hot coffee i.e. once you add the flour then you add the coffee then you again add the flour then coffee continue till the flour and coffee are finished.

•  
Now add the beaten egg whites.

•  
Preheat the oven at 350 degrees F and grease a 9x13 inch pan.

•  
Pour the prepared mixture into the pan and bake for 35-40 minutes.

•  
In a separate bowl beat half cup butter with powdered sugar, salt and coco.

•  
To this mixture add 1/3 cup strong coffee and 1/2 tsp vanilla.

•  
Mix it nicely and spread on the prepared cake and sprinkle some silvered almonds.

# CHOCOLATE SWISS ROLL RECIPE

Chocolate swiss roll is a culinary bliss chocolate rolled in a thick layer of cake and sprinkled with icing sugar.

## Ingredients:

2 eggs  
1 1/2 oz. flour  
2 oz. castor sugar  
1 tspful baking powder  
1 tblspful warm water  
1oz. grated sweetened chocolate

-

## How to make chocolate swiss roll:

•  
Grease a swiss roll tin, line with greaseproof paper and then grease the paper well.

•  
Separate the whites from the yolks of the eggs.

•  
Beat the yolks and the sugar together until the mixture is creamy.

•  
Then add the warm water, and immediately after that the chocolate.

•  
Whisk the whites stiffly, and add alternately with the sieved flour and baking powder, folding them in lightly.

•  
Put the mixture in the tin and bake in hot oven for about 12 minutes.

•  
Turn out on to a piece of greaseproof paper well sprinkled with icing sugar, trim the edges and roll it up.

•  
Then put it on a rack to cool.

[TOP](#)

# COCONUT CAKE RECIPE

Treat your taste buds with this simple to make coconut cake recipe. It contains the following ingredients: butter, desiccated coconut and eggs.

## Ingredients:

6 oz. flour  
3 oz. butter

[4 oz. castor sugar](#)  
[a little milk](#)  
[2 small eggs](#)  
[3 oz. desiccated coconut](#)  
[1 small tspful baking powder](#)

-

[How to make coconut cake:](#)

•  
[Cream the butter and sugar, and add the beaten eggs gradually.](#)

•  
[Then add the flour, baking powder and the coconut and, lastly, a little milk.](#)

•  
[Put the mixture into a prepared cake tin and bake in a moderate oven for about 1 1/4 hours.](#)

[TOP](#)

## COCONUT CUPCAKES RECIPE

Ingredients:

6 cups Fine Wheat Flour (Maida)  
2 tsp Baking Powder  
1 tsp Sodium Bicarbonate (Khaane Wala Soda)  
1 tsp Salt  
4 cups Sugar  
1 1/2 cup unsalted Butter  
6 big sized Eggs  
3 tsp Almond Essence  
3 tsp Vanilla Essence  
2 cups Butter Milk (Mattha / Chhaach)  
5 1/2 cups Coconut (Khopra/Narial)

### For Icing

900 gms Cream Cheese (Hung Curd)  
1 1/2 cup unsalted Butter  
2 tsp Vanilla Essence  
1 tsp Almond Essence 1Kg 400 gms Icing Sugar, sifted

How to make coconut cupcakes:

- First preheat the oven at 160 degrees.
- Grease a tin and place pape cases on it.
- Mix flour, baking powder, soda and salt.
- Beat and cream suagar and butter.
- Add eggs one at a time.

- Now mix the essences.
- Next add the flour alternatively with the buttermilk.
- Mix half of the grated coconut.
- Fill the paper cases with the mixture.
- Bake them for 25 - 30 minutes or till they are golden in color.
- For icing beat the cream cheese, butter, sugar and the essence till smooth and creamy.
- Place a layer of this icing on the bakes cupcakes and sprinkle some coconut on them.

---

[TOP](#)

## CORNFLOUR CAKE RECIPE

Very simple and easy to make cornflour recipe. It contains very few ingredients like castor sugar, milk and cornflour. Try it ..

### Ingredients:

[4 oz. cornflour](#)  
[1 oz. flour](#)  
[2 oz. castor sugar](#)  
[2 oz. butter](#)  
[1 tspful baking powder](#)  
[1 egg](#)  
[Little milk](#)

### How to make cornflour cake:

•  
[Cream the butter and sugar, and add the egg beaten with a little milk.](#)

•  
[Then add the sieved cornflour, flour and baking powder.](#)

•  
[Put into a prepared cake tin and bake in a moderate oven for about 1 hour.](#)

---

[TOP](#)

## DUNDEE CAKE RECIPE

Savor this Dundee cake made with glace cherries, almonds, raisins and currants.

### Ingredients:

[75 gms chopped glace cherries](#)  
[110 gms currants](#)  
[50 gms chopped mixed peel](#)  
[110 gms golden raisins](#)  
[50 gms ground almonds](#)  
[225 grms butter](#)

[225 gms castor sugar](#)  
[3 eggs](#)  
[3 tblsp blanched almonds](#)  
[Grated rind of one lemon](#)  
[1 tsp cherry](#)  
[350 gms plain flour](#)  
[110 gms raisins](#)

-

[How to make dundee cake:](#)

•  
[Grease and line a 18cm cake tin.](#)

•  
[In a bowl mix together golden raisins, peel, ground almonds, currants, raisins and cherries.](#)

•  
[In a separate bowl beat the butter till soft then add castor sugar and the lemon rind and beat till light and fluffy.](#)

•  
[In a separate bowl beat the eggs together and then gradually add to the creamed mixture, beating well after each addition.](#)

•  
[Mix the flour and the baking powder in a separate container and sift it well and add to the creamed mixture along with the cherry and all the dried fruits mix together earlier.](#)

•  
[Pour this mixture into the greased tin, try to create a hollow in the center and cover that center with the almonds.](#)

•  
[Bake this cake for 2 1/2 - 3 hours at 325 degrees F or till a skewer pricked into the center of the cake comes out clean.](#)

•  
[When done cool the cake in the tin for 15 minutes and then let it cool completely on a wire rack.](#)

[TOP](#)

## EGGLESS CAKE RECIPE

You will love this eggless cake. It is simple to make and does not require eggs.

[Ingredients:](#)

[8 oz. plain flour](#)  
[3 oz. margarine](#)  
[pinch of salt](#)  
[4 tspful baking powder](#)  
[3 oz. sugar](#)  
[1 tsp vanilla essence](#)

[about 1/2 cup milk and water](#)

-

[How to make eggless cake:](#)

- [Mix flour, baking powder and salt.](#)

- [Mix in the margarine, add the sugar and vanilla and mix to a dropping consistency with the milk and water.](#)

- [Turn into a greased 7 inch tin and bake in a moderate oven for 3/4 to 1 hour.](#)

[TOP](#)

## FUDGE CAKE RECIPE

Enjoy this toothsome cream filled fudge cake which is covered with fudge icing.

[Ingredients:](#)

[3/4 cup butter](#)

[3/4 cup sugar](#)

[1 tbsp honey](#)

[3 eggs](#)

[2 cups self-rising flour](#)

[4 tsp baking powder](#)

[2/3 cup milk](#)

[1/2 tsp almond extract](#)

### **[CREAM FILLING](#)**

[1/4 lb butter](#)

[1 1/2 cups icing sugar](#)

[juice of 1/2 lemon](#)

### **[FUDGE ICING](#)**

[1/4 lb butter](#)

[1 tbsp honey](#)

[3tbsp milk](#)

[2cups icing sugar](#)

[flaked almonds and chocolate curls, to garnish](#)

-

[How to make fudge cake:](#)

- [Pre-heat oven to 400\(F\)](#)



[Cream butter and sugar until light and fluffy.](#)

[Add honey and eggs, beating well.](#)

[Sift flour and baking powder and add to butter mixture alternately with milk and almond extract.](#)

[Divide mixture between 3 1 inc greased and lined cake pans.](#)

[Bake for 18-20 minutes or until cooked when tested.](#)

[Remove from pans to cake rack and allow to cool.](#)

[To make cream filling, beat utter and icing sugar together with lemon juice.](#)

[Sandwich cake layers together with cream mixture.](#)

[To make fudge icing, combine butter, honey and milk in saucepan.](#)

[Gently heat until butter melts, then heat until nearly boiling.](#)

[Remove from heat and sift in icing sugar, beating until icing thickens.](#)

[Spread icing over top of came and allow to drizzle down the sides.](#)

[Cool and decorate with almonds and chocolate curls.](#)

[TOP](#)

## HONEY CAKE RECIPE

Enjoy the heavenly taste of this honey cake prepared with honey, eggs and butter.

### [Ingredients:](#)

[8 oz. flour](#)

[4 oz. honey](#)

[2 eggs](#)

[3 oz. butter](#)

[3 oz. sugar](#)

[1 tspful baking powder](#)

-

### [How to make honey cake:](#)

[Cream the butter and sugar, and add the beaten eggs gradually.](#)

[Beat in the honey and, lastly add the sieved flour and baking powder.](#)

[Put in a prepared shallow cake tin and bake in a moderate oven for about 45 minutes.](#)

[TOP](#)

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## MARBLE CAKE RECIPE

Ingredients:

120 gms melted Butter

160 gms Sugar

3 Eggs

200 gms Flour (Maida)

1/2 cup milk

60 gms Cocoa Powder

1 tsp vanilla Essence

How to make marble cake:

- Mix the flour and the baking powder.
- Cream together the butter, essence and sugar.
- Add the eggs one at a time and beat till the mixture is smooth and sugar gets blended well.
- Now mix flour and milk alternately in the mixture.
- Mix well till the batter is smooth. Divide this batter into 2 parts.
- In one portion add cocoa powder.
- Grease and line a 8 inch baking tin. First pour 1 layer in the tin then the second and continue this process alternatively.
- Bake this tin in a preheated oven at 180 - 200C for 15 minutes and then reduce the temperature and bake for another 10 minutes or until the cake gets golden on top.
- Cool the cake and invert it on a dish.

[TOP](#)

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## PEACH CAKE RECIPE

Ingredients:

1/2 Tin Condensed Milk

2 cup Fine Wheat Flour (Maida)

1 cup Butter

1 tsp Baking Powder

1/2 tsp Sodium Bicarbonate (Khaane Wala Soda)

1 tsp Vanilla Essence

1 Tin Peach

200 gms Cream

2 tblsp Jam

4 tblsp Icing Sugar

1 cup Cashewnut (Kaju)

How to make peach cake:

- . Open the peach tin and separate the liquid and the peaches.
- . Except for 4 - 5 peaches cut the rest into small pieces.
- . Cut cashewnut (kaju) in small pieces.
- . Mix fine wheat flour (maida) with baking powder.
- . In a bowl mix butter and condensed milk..
- . Now little by little add the fine wheat flour (maida) and baking powder mixture.
- . After it is properly mixed add vanilla essence.
- . Mix 1/2 cup of hot water in the mixture and whisk nicely.
- . Now apply a layer of butter to a tin.
- . Pour the mixture in the tin.
- . Preheat the oven for 10 minutes.
- . Now keep the tin with the mixture in the oven for 30 minutes at 400 F.
- . Prick the cake to see if the cake is ready.
- . If it is done take it out and let it cool.
- . Now whisk the fresh cream.
- . When the cream thickens add icing sugar.
- . When the cake cools down pour some of the liquid from the peach tin.
- . When the cake absorbs all the liquid pour some more to make it a bit soft.
- . Now cut the cake from the center into 2 halves.
- . On the lower half apply half the beaten cream.
- . Sprinkle some cut peach pieces and the cashew nuts.
- . Now place the other half on the lower section.
- . Apply jam on the outer section of the whole cake.
- . Apply rest of the cream on the top of the cake.
- . And sprinkle rest of the cashewnut (kaju) and peach pieces.

[TOP](#)

## PINEAPPLE UPSIDE DOWN CAKE RECIPE

[With Strawberry Sauce](#)

Ingredients:

**For Cake:**

1 tin Pineapple  
200gms Maida (Flour)  
180 gms Sugar  
120 ml refined oil  
3 eggs  
1 1/2 tsp Baking Soda

**For Sauce**

15 - 20 Fresh Strawberries  
4 tblsp Sugar  
1/4 tsp Cinnamon Powder  
1 tblsp Strawberry Jam

How to make pineapple upside down cake:

- **Sauce:**
- Chop the strawberries into tiny pieces.
- Heat 1 cup of water and add the chopped strawberries.
- Cook till the sugar gets dissolved and strawberries are soft.
- Add the cinnamon and stir.
- Cook on a low flame for a minute and then add the jam.
- Mix gently and cook for another minute and remove from flame.
- **Cake:**
- Beat the eggs till fluffy.
- Add the sugar and the oil and continue to beat with a hand blender or in a mixer till the mixture is smooth and the sugar has melted completely.
- More smooth the batter more soft the cake will be.
- Mix the baking powder in the maida and mix the sugar, oil and egg mixture slowly into the maida, taking care that no lumps form.
- **Upside Down Cake:**
- Grease a circular cake tin and lay out the pineapple pieces on the bottom of the tin.
- Pour the prepared batter gently on the the pieces and bake it in a preheated oven at 180C or till cake is done.
- To check if the cake is ready insert a tooth pick in the center of the cake if it comes out clean without any mixture coating, the cake is ready.
- Allow the cake to cool in the oven for 15 minutes.
- When the cake gets cool , invert the cake on a serving dish with the pineapple sides on the top.
- Top it with the strawberry sauce.

[TOP](#)

## POUND CAKE RECIPE

Pound cake is very yummy and delicious. Learn how to make this cake all by yourself.

### Ingredients:

[2 eggs](#)  
[1/2 tsp lemon extract](#)  
[1/4 tsp baking soda](#)  
[1/2 cup flour](#)  
[3/4 tsp baking powder](#)  
[1 cup sugar](#)  
[1/2 cup butter](#)  
[1/2 tsp vanilla extract](#)  
[1/2 cup butter milk](#)

-

### How to make pound cake:

•

[Mix all the ingredients in a bowl till smoothly blended.](#)

[Prepare the tin by oiling it and pour the mixture into it.](#)

[Bake the tin at 325 degree F for 60 minutes.](#)

[The Pound Cake is ready.](#)

[It can be served with fruits or frost as liked.](#)

[TOP](#)

## PUMPKIN CAKE RECIPE

Ingredients:

2 cup Pumpkin (Kadhu)

3 cup Sugar

1 cup Oil

3 Eggs

3 cup Fine Wheat Flour (Maida)

1/2 tsp Salt

1/2 tsp Baking Powder

1 tsp Baking Soda

1 tsp Cloves Powder (Lavang)

1 tsp Cinnamon Powder (Tuj/Dalchini)

1 tsp Nutmeg Powder (Jaiphal)

How to make pumpkin cake recipe:

- In a blender, add pumpkin, sugar, oil and eggs.
- In a bowl sift flour, salt and baking powder and baking soda.
- Now mix the blended pumpkin and egg mixture to the dry ingredients and mix well.
- Pour the mixture in a wax paper lined 8" pan.
- Bake the pan in a preheated oven at 350F for 1 hour and fifteen minute.
- When done take it out with the help of a knife and dust with powdered sugar.

[TOP](#)

## RAINBOW CAKE RECIPE

Taste this unusual rainbow cake made from 5 types of jello and then layered one on top of another to form this cake.

[Ingredients:](#)

[1 pkt jelly raspberry](#)

[1 pkt jelly lime](#)

[1 pkt jelly lemon](#)

[1 pkt jelly orange](#)

[1 pkt jell s trawberry](#)  
[2 1/2 cups cold water](#)  
[5 cup boiling water](#)  
[1 cup whipped cream](#)

-

[How to make rainbow cake:](#)

•  
[Dissolve each packet of jelly-gelatin separately in one cup boiling water.](#)

•  
[Now add 1/2 cup cold water to each of them.](#)

•  
[Chill raspberry gelatin until very thick.](#)

•  
[Smoothly line sides of a 9 inch spring form pan with wax paper.](#)

•  
[Cut to extract 3 inches above the pan.](#)

•  
[Whip the raspberry gelatin until fluffy.](#)

•  
[Now spoon this mixture into the pan.](#)

•  
[Chill the pan in the refrigerator until sat but not firm.](#)

•  
[Chill, whip and layer the remaining flavors in the pan, letting each layer chill until sat but not firm before adding the next layer.](#)

•  
[Chill this pan overnight and loosen around the edges and remove the sides of the pan and paper.](#)

•  
[Now take the chipped cream and spread over the top and sides of the cake.](#)

•  
[The rainbow cake is ready.](#)

[TOP](#)

## STRAWBERRY CAKE RECIPE

Learn how to make this classic strawberry cake made of strawberries, eggs and vanilla extract.

[Ingredients:](#)

[1 cup white sugar](#)  
[2 eggs](#)  
[1 3/4 tsp baking powder](#)

[1 cup icing sugar](#)  
[1/2 cup milk](#)  
[1/2 cup frozen strawberries](#)  
[1 vanilla pudding cup](#)  
[1 1/2 cup all purpose flour](#)  
[1/2 cup butter](#)  
[2 tsp vanilla extract](#)

-

[How to make strawberry cake:](#)

•  
[Start by thawing the frozen strawberries in one cup of powder sugar.](#)

•  
[In a separate bowl beat together sugar and butter until creamy.](#)

•  
[Add in the eggs one at a time and then finely pour in the vanilla pudding.](#)  
[Add the thawed strawberries.](#)

•  
[Stir in the flour and baking powder to the mixture and mix well.](#)

•  
[If the batter is thick add in the milk so that the batter gets a little smooth.](#)

•  
[Preheat the oven to 350 degrees F or 175 degrees C.](#)

•  
[Grease and flaw a 9X9 inch pan.](#)

•  
[Pour the prepared batter into the 9X9 inch pan and bake for 30-40 minutes till a knife inserted into the centre of the cake comes out clean.](#)

•  
[To check if the cake is done or not see that the cake sprints back to the touch.](#)

[TOP](#)

## SUGARLESS CAKE RECIPE

Learn how to make this sugarless cake. It is very easy to make and delicious to make.

[Ingredients:](#)

[1 tsp cinnamon](#)  
[2 cup water](#)  
[1/2 cup shortening](#)  
[1 1/2 tsp vanilla extract](#)  
[1/2 tsp salt](#)  
[1 tsp baking soda](#)

[1 1/2 tsp artificial sweetener](#)  
[1 cup rolled oats](#)  
[1 beaten egg](#)  
[1 cup raisins](#)  
[1 cup flour](#)

[How to make sugarless cake:](#)

•  
[In a sauce pan add together raisins, water and cinnamon.](#)

•  
[Heat the sauce pan on low heat for fifteen minutes.](#)

•  
[Take off from fire and let it cool.](#)

•  
[To this mixture add the beaten egg, oats, artificial sweetener, shortening and vanilla extract.](#)

•  
[In a separate bowl sift together flour, baking soda, cinnamon powder and salt.](#)

•  
[Add this dry ingredients to the earlier prepare batter and mix well.](#)

•  
[Pour this mixture in a baking pan and bake for 30-35 minutes at 350 degrees F.](#)

•  
[When the cake is ready let it cool for 10 – 15 minutes and then serve immediately.](#)

[TOP](#)

## WALNUT PALM CAKE RECIPE

Tantalize your taste buds with this walnut palm cake recipe. It contains following ingredients: walnuts, sugar, vanilla and butter.

[Ingredients:](#)

[1 cup butter](#)  
[2 tsp vanilla](#)  
[3 cup sugar](#)  
[3 cup flour](#)  
[1 cup finely chopped walnuts](#)  
[1/4 tsp salt](#)  
[5 eggs](#)  
[1 cup milk](#)  
[1/4 tsp baking powder](#)  
[1/2 cup shortening](#)

-

[How to make walnut palm cake:](#)



•  
In a bowl beat the butter and the shortening very thoroughly till the mixture is creamy.

•  
Then add sugar 1/2 cup at a time and beat till very light.

•  
Now add eggs one at a time beating thoroughly after each addition.

•  
Now add 2 cups flour alternately with milk and vanilla.

•  
Finely add 1 cup flour containing salt and baking powder.

•  
Add in the finely chopped walnuts.

•  
Pour this mixture in a pan which has been lightly greased and flour.

•  
Bake this pan in cold oven on middle shelf and turn on the oven to 350 degrees F.

•  
Let the pan baked for 1 1/4 hour and then take out the pan from the oven and let the cake cool in the pan on wire rack.

—  

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## AMLA KI CHUTNEY RECIPE

Ingredients:

200 gms Green Corainder (Cilantro)

250 gms Amla

100 gms Green Chillies

1 small Ginger

1 tsp Salt

How to make amla ki chutney :

- Clean and wash the corainder.
- Chop the amla into small pieces and remove the seed.
- Chop green chillies and ginger.
- Put all the ingredients in a mixer and make it into a fine paste.

[TOP](#)

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## APPLE AND MANGO CHUTNEY RECIPE

Ingredients:

250 grams raw Mangoes (Aam), peeled and sliced

250 grams cooking Apples (Seb), peeled and sliced

2 big cardamoms (Elaichi Moti), crushed

1 cup Vinegar (Sirka)

1 cup Water

1/2 level teaspoon Red chili pepper (Lal Mirchi)

1 3/4 Sugar (Cheeni)

3 teaspoons Salt (Namak)

4 cloves Garlic (Lasun)

1 teaspoon long ships of Ginger (Adrak)  
4 teaspoons Raisins (Kishmish)  
8 Almonds (Badam), blanched

How to make apple and mango chutney:

- Cook mangoes and apples in water with ginger and garlic till tender and the water is absorbed.
- Add vinegar, sugar, almonds, red chili powder, cardamoms and raisins and cook till a little thick.
- Cool, pour into jar, cork it tightly.

[TOP](#)

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## APRICOT CHUTNEY RECIPE

Ingredients:

360 gms Apricots (Khumani)  
1 cup Vinegar (Sirka)  
2 cups Water  
2 tsp Salt (Namak)  
1/2 level tsp Red chili pepper (Lal Mirchi)  
2 big Cardamom (Elaichi Moti), crushed  
1/4 kg Sugar (Cheeni)  
2 tea-spoons long strips of ginger  
1 clove garlic, chopped  
4 tea-spoons raisins  
8 blanched almonds

How to make apricot chutney:

- Put apricots in boiling water till soft..
- Peel and mash the apricots
- Strain the pulp and wash the stones of apricots with one cup of water.
- Cook apricot pulp, ginger, garlic and water of washed stones, almonds and raisins till all the water is absorbed.
- Add vinegar, sugar, salt, cardamoms and red chili pepper and cook till is thick and golden brown
- Put it in jar. This can be kept for one year..

[TOP](#)

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## BANANA CHUTNEY RECIPE

Ingredients:

6 Bananas (Kela), ripe  
3/4 cup Vinegar (Sirka)  
3 teaspoons Salt (Namak)

1/8 teaspoon of Cinnamon (Dalchini) powder  
2 ground Cloves (Lavang)  
2 big cardamoms (Elaichi Moti)  
1/2 teaspoon Red chili pepper (Lal Mirchi)  
1 1/2 cups of Sugar (Cheeni)  
4 teaspoons Raisins (Kishmish)  
4 teaspoons blanched Almond (Badam)

How to make banana chutney:

- Peel and chop bananas.
- Cook with vinegar to a pulp and then stir in sugar until it dissolves.
- Remove from the fire, mix raisins, almonds (slit into halves), salt, chili powder and ground spices.
- Cool, stir and pour into clean jars and cork tightly.
- Serve after 2 days.

[TOP](#)

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## CARROT CHUTNEY RECIPE

Ingredients:

200 gms grated carrots  
2 tbsp grated coconut  
1 bunch coriander leaves chopped  
4 green chillies  
1 tsp lemon juice  
Salt To Taste  
grounded pepper as per taste

How to make carrot coconut chutney :

- Grind all the ingredients to a smooth consistency.

[TOP](#)

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## COCONUT CHUTNEY RECIPE

Ingredients:

1 fresh coconut (grated)  
3 fresh green chillies or as per taste  
2 tbsp cilantro or coriander leaves (chopped)  
1 tbsp lemon or lime juice  
1 tbsp split peas (roasted)  
3/4 cup plain yogurt  
Salt To Taste

Hoe to make coconut coriander chutney :

- Grind coarsely all the ingredients in a blender and serve.

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## CURD CHUTNEY RECIPE

Ingredients:

125 grams Curd (Dahi)  
3 Green Chillies (Hari Mirch)  
1 tablespoon fresh Mint Leaves (Pudina Leaves)  
1 level tablespoon Amchoor  
Salt (Namak) to taste

How to make curd chutney:

- Beat the curd, grind green chillies and mint leaves finely.
- Mix in the curd and add sall Serve with fried dishes.

[TOP](#)

## DATE CHUTNEY RECIPE

Ingredients:

1/2 kilo Dates (Khajoor)  
2 teaspoon fresh Ginger (Adrak), cut into thin long strips  
4 teaspoons Salt (Namak) (level)  
1 cup Sugar (Cheeni)  
6 teaspoons Raisins (Kishmish)  
1 1/2 cups or 2 cups Vinegar (Sirka)  
1/4 cup blanched Almonds (Badam)  
2 Cloves (Lavang)  
2 big Cardamoms (Elaichi Moti)  
1/4 teaspoon ground Cinnamon (Dalchini)  
1/4 teaspoon Red chili pepper (Lal Mirchi)

How to make date chutney:

- Stone the dates and cut them in halves.
- Put dates, ginger, ground spices, salt, chilli powder and vinegar in a pan and cook till dates are tender.
- Now add sugar and cook until the mixture thickens.
- Remove from the fire, add raisins, almonds slit into halves and stir well.
- While the chutney is hot pour into clean jars and cork tightly.
- Serve after 4 days.

## GARLIC CHUTNEY RECIPE

Ingredients:

4 garlic pods  
20 red chillies, roasted  
2 cups grated coconut  
4 tsp oil  
a little tamarind  
Salt To Taste

How to make garlic tamarind chutney :

- Sauté the garlic, coconut in oil.
- Make tamarind pulp by soaking tamarind in some water for 2 hours and then straining.
- Then grind the saute mixture with roasted red chillies and tamarind pulp.
- Add the garlic and salt and grind once again to a smooth paste.

## GUAVA CHUTNEY RECIPE

Ingredients:

250 grams Guava (Amrood)  
1 cup Vinegar (Sirka)  
2 cups Water  
1 level teaspoon Red chili pepper (Lal Mirchi)  
2 big Cardamoms (Elaichi Moti)  
180 grams Sugar (Cheeni) (1 1/4 cup)  
2 level teaspoons Salt (Namak)  
2 tsps Ginger (Adrak), cut into thin long strips  
2 cloves Garlic (Lasun)  
1 teaspoon Raisins (Kishmish)  
10 blanched Almonds (Badam)

How to make guava chutney:

- Peel the guavas, cut each into four pieces and remove the seeds.
- Cut into thin slices and cook with ginger, garlic and water.
- Add sugar, crushed cardamoms, vinegar, chilli powder, raisins and almonds and cook on a hot fire till thick.

- Cool and put in a jar and cork tightly.
- Serve the next day. <

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## Green Chutney Recipe

Ingredients:

1 bunch coriander (cilantro) chopped  
3-4 green chilies  
1 small onion  
1 lemon juice  
3 tsp sugar  
A pinch of amchur  
2-3 flakes of garlic  
Salt To Taste  
red chili powder to taste

How to make coriander chutney :

- Mix and blend all ingredients thoroughly in a mixie to make a paste.
- Add little water if required. Your hari chutney is ready.

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## LEMON CHUTNEY RECIPE

Ingredients:

1/2 kg Lemons (Nimbu)  
250 grams Sugar (Cheeni) (2 cups heaped)  
1 teaspoon Red chili pepper (Lal Mirchi)  
2 tablespoons Salt (Namak)  
1/4 teaspoon ground big Cardamoms (Elaichi Moti)  
1/8 teaspoon ground Cloves (Lavang)

How to make lemon chutney:

- Wash the lemons and wipe with a cloth.
- Squeeze out the juice and add salt to it.
- Cut long strips of lemon skins and soak in the juice and put in a jar.
- Put the jar in the sun for 6 days and shake it every other day till the lemon skins are tender.
- Add sugar, Red chili pepper, cardamoms and cloves and mix.
- Keep it in the sun until sugar is dissolved.
- This chutney can be preserved for one year if it is kept in an airtight jar.

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# MANGO CHUTNEY RECIPE

## Ingredients:

1/2 kg Green Mangoes (Aam)  
1 cup Vinegar (Sirka)  
1/2 cup Water  
1 teaspoon Red chilli pepper (Lal Mirchi)  
400-425 grams Sugar (Cheeni) (2 1/2 heaped cup)  
4 teaspoons Salt (Namak)  
2 tsps long strips of Ginger (Adrak)  
2 cloves Garlic (Lasun)  
3/4 teaspoon big Cardamom (Elaichi Moti) powder  
60 grams Raisins (Kishmish) (4 tsps)

## How to make mango chutney:

- Wash the mangoes and dry them.
- Peel and cut mangoes into very thin and long slices removing the stones.
- Chop garlic very fine and cut ginger into thin and long slices.
- Cook the mango slices, garlic and ginger in water on a low fire.
- When tender, add sugar, vinegar, Red chili pepper, cardamoms, salt and blanched almonds and stir until thick and becomes golden.
- Remove from the fire, add raisins and mix well.
- Cool and put in an airtight jar.
- Store in a cool and dark place.

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# MINT CHUTNEY RECIPE

## Ingredients:

1 bunch fresh mint leaves  
2 green chillies  
1 tbsp tamarind pulp  
Salt To Taste  
little water

## How to make mint (pudina) chutney :

- To make tamarind pulp soak little tamarind in water and keep aside for 2 hours.
- Then strain the mixture in a bowl with the help of a spoon. To make tamarind juice add little water to the pulp.
- These days ready made pulp is available in the market. Wash the mint leaves well.

- Grind it to a smooth paste with green chillies, salt and tamarind juice.
- You can add water if the mixture is thick.

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## MINT AND MANGO CHUTNEY RECIPE

Ingredients:

handful of Mint Leaves (Pudina Leaves)  
1 Onion (Pyaj) medium  
4 Green Chillies (Hari Mirch)  
Salt (Namak) to taste  
180 grams fresh Raw Mangoes (Aam)

How to make mint and mango chutney:

- Peel the mangoes and remove their stones.
- Grind the mint leaves, chopped onion, green chillies and mango pulp together into a fine paste.
- Mix with salt.

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## MINT CHUTNEY WITH TAMARIND RECIPE

Ingredients:

handful of Mint Leaves (Pudina Leaves)  
2 Green Chillies (Hari Mirch)  
1/4 cup Tamarind (Imli)  
Salt (Namak) to taste

How to make mint chutney with tamarind:

- Grind the green chillies and mint leaves into a fine paste.
- Soak tamarind for 15 minutes in 1/2 cup of hot water and then pass through a sieve.
- Mix the tamarind pulp and salt with the ground paste. <

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## ONION CHUTNEY RECIPE

Ingredients:

1 cup peeled onions  
6 -7 flakes of garlic  
2 tbs channa daal (Bengal Gram)  
5 red chilies or as per taste  
Salt As Per Taste

1tsp mustard seeds  
curry Leaves  
little tamarind (Imli)

How to make onion chutney (pyaaz ki chutney) :

- Heat oil, fry chilies, daal, garlic and the onions, till golden brown.
- Grind with tamarind and salt.
- Splutter mustard seeds and curry leaves, in oil and pour on top.
- Serve with paratha or puri.

[TOP](#)

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## PEANUT CHUTNEY RECIPE

Ingredients:

1/2 cup peanut  
3-4 green chillies  
few coriander leaves  
1 tsp cumin powder  
Salt To Taste  
sugar or jaggery as per taste

How to make peanut chutney :

- Soak peanuts in little water for half an hour. Shell them and keep aside.
- Chop the green chillies. Blend the peanuts and chillies.
- Add salt, sugar or jaggery and cumin powder and mix again.
- When serving add lemon juice.

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## PINEAPPLE CHUTNEY RECIPE

Ingredients:

1 small pineapple (ananas)  
2 tbsp sugar  
1 tsp haldi (turmeric powder)  
3 tsp oil  
1 tsp red chilly powder  
1 tsp flour

2 tsp jeera (cumin seed)  
2 tsp saunf (aniseed)  
2 tsp rai (mustard seeds)  
1/2 tsp methi seeds (fenugreek)  
2 tsp onion seeds  
Salt To Taste

How to make pineapple chutney or ananas ki chutney :

- Cut the pineapple into small pieces
- Heat the oil in a pan. Add half the quantity of jeera, saunf, rai, methi, onion seeds and salt.
- Saute for some time then add the pineapple pieces, turmeric, chilly powder, salt, sugar and 2 cups of water.
- Cook till the pineapple is done. Add more water if required while cooking the pineapple.
- Mix the maida with some water to a paste and this to the chutney.
- Roast the other half of the masala mixture on a tawa and powder coarsely. Then add it to the chutney.

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## PUMPKIN CHUTNEY RECIPE

Ingredients:

250 grams Bottlegourd (Lauki)  
1 cup Vinegar (Sirka)  
1 1/2 cups Water  
1/2 teaspoon Red chili pepper (Lal Mirchi)  
2 big Cardamoms (Elaichi Moti)  
1 1/2 cups Sugar (Cheeni) (heaped)  
2 teaspoons long strips of Ginger (Adrak)  
2 cloves Garlic (Lasun), chopped  
4 teaspoons Raisins (Kishmish)  
6 Almonds (Badam), blanched  
8 Dates (Khajoor), stoned  
3 teaspoons Salt (Namak)

How to make pumpkin chutney:

- Scrape the pumpkin and grate it.
- Cook in water with garlic, ginger, dates till tender and dry.
- Add vinegar, sugar, salt, Red chili pepper , almonds and raisins.
- Cook till a little thick and slightly golden brown.
- Pour into bottles or airtight jars.

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## SONTH CHUTNEY RECIPE

### Ingredients:

120 grams whole Amchoor (dry mango pieces)  
250 grams Gur (Jaggery)  
1 teaspoon Red chili pepper (Lal Mirchi)  
3 teaspoons Salt (Namak)  
1 teaspoon ground spices  
1 1/2 teaspoons dry Ginger powder  
1 teaspoon Black Salt (Kala namak)  
1 teaspoon white Cumin seed powder

### How to make sonth chutney:

- Soak the amchoor overnight in 4 cups of water.
- Boil in the same water in which it was soaked on low fire until tender.
- Pass through a sieve, add a little water every now and then till it is of pouring consistency.
- Add ground spices, dry ginger, Red chili pepper , jaggery and white cuminseed powder and salt and mix well.
- Serve with papri and sprinkle a little black salt. It is sufficient for 12 persons.

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## SOUTH INDIAN CHUTNEY RECIPE

### Ingredients:

120 grams Channa dal  
4 teaspoons Ghee  
10 Green Chillies (Hari Mirch)  
1 Coconut (Narial), fresh  
2 teaspoons Whole mustard

### How to make south indian chutney:

- Fry dal and green chillies until light brown.
- Grind coconut, fried dal and green chillies finely.
- Add salt and fried whole mustard in 2 teaspoons of ghee.
- Serve with Dosa. Sufficient for 12 to 14 persons.

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## SPICY CARROT CHUTNEY RECIPE

#### Ingredients:

1/2 kilo Carrot (Gajar)  
15 grams Red chili pepper (Lal Mirchi) (1/2 tsp)  
30 grams fresh Ginger (Adrak) (2 tsps long strips)  
2 cloves Garlic (Lasun)  
8 blanched Almonds (Badam), slit into halves  
60 grams Raisins (Kishmish) (4 tsps)  
4 teaspoons Salt (Namak)  
360 grams Sugar (Cheeni) (2 cups)  
3/4 teaspoon crushed Cardamoms (Elaichi Moti)  
1 1/2 cups Vinegar (Sirka)  
1 cup Water

#### How to make carrot chutney:

- Scrape and grate the carrots, chop garlic and slice ginger into long strips.
- Put the grated carrots, water, garlic and ginger in a deep pan or degchi and cook on a slow fire until tender and water is absorbed.
- Stir well.
- Add vinegar, sugar, salt, cleaned raisins, almonds and crushed cardamoms and cook till a little thick.
- Pour in a clean jar and cork tightly. Serve after 2 days.

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## SPICY PINEAPPLE CHUTNEY RECIPE

#### Ingredients:

1 heaped cup of long strips of Pineapple (Ananas), fresh  
1 clove Garlic (Lasun), finely chopped  
8 Dates (Khajoor) cut into thin and long strips  
2 teaspoons Salt (Namak)  
1/2 teaspoon Red chili pepper (Lal Mirchi)  
1/4 teaspoon big Cardamoms (Elaichi Moti), ground  
1 teaspoon Caramel syrup  
3 teaspoons Raisins (Kishmish)  
3/4 cup Vinegar (Sirka)  
1 heaped teacup Sugar (Cheeni)  
1 cup Water

#### How to make pineapple chutney:

- Cook pineapple, garlic and dates with water on a low fire till tender and water is absorbed.
- Add sugar, Red chili pepper , salt, cardamoms, vinegar and cook on hot fire till it becomes a little thick.
- Mix raisins and caramel syrup and cook for a few minutes.
- Pur into a jar.

This chutney can be kept for one year.

- Note: If fresh pineapple is not available, the same amount of tinned pineapple can be used.

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## STRAWBERRY AND RASPBERRY CHUTNEY RECIPE

Ingredients:

250 grams Strawberries  
250 grams Raspberries with shells  
1 1/2 cups Water  
1/2 teaspoon Red chili pepper (Lal Mirchi)  
1 3/4 cups Sugar (Cheeni)  
2 big Cardamoms (Elaichi Moti)  
3 teaspoons Salt (Namak)  
2 cloves Garlic (Lasun), chopped  
2 teaspoons long strips of Ginger (Adrak)  
4 teaspoons Raisins (Kishmish)  
6 Almonds (Badam), blanched  
8 Dates (Khajoor), long strips  
1 cup Vinegar (Sirka)

How to make strawberry and raspberry chutney:

- Remove the shells of raspberries.
- Wash and cook on a low fire with ginger, garlic and water till tender.
- Mash, add sugar, vinegar, crushed cardamoms, salt, Red chili pepper , mashed strawberries, almonds, dates and raisins and cook till a little thick.
- Cool a little, pour it into a jar.

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## SWEET FRUIT CHUTNEY RECIPE

Ingredients:

120 grams whole Amchoor (dry mango slices)  
4 teacups Water  
180 to 200 grams Sugar (Cheeni) (1 1/4 or 1 1/2 cup)  
1/2 teaspoon ground spices  
1/2 teaspoon Black Salt (Kala namak)  
1 teaspoon white Cumin powder  
Salt (Namak) to taste  
2 teaspoons Red chili pepper (Lal Mirchi)

1 teaspoon dry Ginger (Adrak) powder  
60 grams fresh Ginger (Adrak), sliced (2 tsps)  
4 Bananas (Kela)  
4tsps Raisins (Kishmish)

How to make sweet fruit chutney:

- Soak the whole amchoor in water overnight.
- Cook it in the same water until tender.
- Cool and pass through a sieve.
- Add to it salt, chilli powder, white cumin powder, dry ginger, fresh ginger slices and black salt dissolved in a little water and mix well.
- Add sliced bananas and raisins soaked in water and mix.
- Serve at dinner or lunch.

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## INDIAN MANGO CHUTNEY RECIPE

Ingredients:

1/2 kg mango, peeled and coarsely chopped  
1 cup raisins  
1 cup sugar  
3/4 cup vinegar  
250 gms ginger finely chopped  
1 clove garlic, chopped  
1 tsp salt

How to make indian mango chutney:

- Mix all ingredients and give the mixture to boiling. Reduce the heat and simmer for about 45 minutes
- Till the mixture thickens.

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## TAMARIND CHUTNEY RECIPE

Ingredients:

200gms Tamarind (Imli)  
300gms Jaggery (Gur) grated  
2 tsp Roasted cumin (Jeera) Powder  
2 tsp Red chili powder  
Salt To Taste  
1 tsp Black salt  
1 tsp Garam masala



How to make imli ki chutney (tamarind chutney):

- . Add 5 cups of water to tamarind and bring to er the flame and cook for 10 minutes.
- . Strain it and add the jaggery, chilli powder, cumin powder, salt, garam masala and mix well.
- . Cook again on medium flame till jaggery dissolves completely and the chutney gets semi thick(not too thick)
- . Take out the pulp from the tamarind mixture.This Chutney thickens more on cooling so check for consistency when using.

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## TOMATO CHUTNEY RECIPE (Tamatar Ki Chutney)

Ingredients:

6 to 8 large cloves garlic finely chopped  
1/4 cup spring onion whites chopped  
1 tbsp finely chopped spring onion greens  
2 dry red chillies, soaked  
1 cup tomatoes, finely chopped  
1 tbsp finely chopped coriander  
1 tsp oil  
Salt To Taste

Preparation:

- . Drain the soaked chillies and chop them finely.
- . Heat the oil, add the onions and garlic and sauté over a slow flame for 4 to 5 minutes till they are lightly brown.
- . Add the chillies and salt and sauté again.
- . Add the tomatoes and cook for 10 to 12 minutes over a slow flame till the tomatoes are soft and can be mashed lightly.
- . Cool completely and add the coriander and spring onion greens and mix well.
- . Serve tomato chutney chilled or at room temperature.

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## TOMATO GARLIC CHUTNEY RECIPE

Ingredients:

1 kg Tomatoes (Tamatar)

1 teaspoon Red chili pepper (Lal Mirchi)  
30 grams fresh Ginger (Adrak) (2 tsps long strips)  
2 cloves Garlic (Lasun), chopped  
60 grams Raisins (Kishmish) (4 tsps)  
2 teaspoons Salt (Namak)  
1 Onion (Pyaj)  
240 grams Sugar (Cheeni) (1 1/2 cup)  
3/4 teaspoon crushed big Cardamoms (Elaichi Moti)  
1 1/2 cups Vinegar (Sirka)  
10 blanched Almond (Badam)

How to make tomato chutney:

- . Put the tomatoes in boiling water for 5 minutes.
- . Take out from the water, wipe and remove their skins and cut into small pieces.
- . Cut ginger into long, thin slices.
- . Put tomatoes, Red chili pepper , chopped garlic and ginger into a degchi and cook till tender.
- . Stir constantly until thick.
- . Add vinegar, sugar, cleaned raisins and crushed cardamoms and cook for 10 minutes.
- . Remove from the fire, cool and keep in air tight jar.

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## BUTTER COOKIES RECIPE

Ingredients:

6 cups All purpose flour (maida)

3 teaspoons baking powder

1 teaspoon salt

2 cup white sugar

2 cup butter or margarine

2 egg

6 tablespoons cream

2 teaspoon vanilla extract

How to make butter cookies:

- Sift flour, baking powder, salt and sugar together. Mix well.
- Add the butter.
- Add egg, cream and vanilla extract thoroughly.
- Wrap this dough into a foil and refrigerate for atleast 24 hrs.
- Reheat the oven for 400 degrees.
- Now roll the dough into a crust which is 1/4 to 1/8 thick.
- Now with the help of a cookie cutter, cut the cookies.
- Lastly place them on a greased tray and bake them at 400 degrees for 5 - 8 minutes.

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## CARDAMOM COOKIES RECIPE

Ingredients:

1 cup unsalted Butter

2 cups Sugar

2 tsp Cardamom Powder (Elaichi)  
4 Eggs  
2 cups Fine Wheat Flour (Maida)  
1 tsp Salt

How to make cardamom cookies:

- In a bowl, beat the butter, sugar and cardomom powder fro 3 minutes.
- Then with the beater going add the eggs one at a time.
- When the mixture gets light take it out in a bowl and add the flour and salt with a light hand.
- When a soft dough gets prepared with the help of a spoon drop them on a nonstick cookie sheet.
- Place them 1/2" apart.
- Bake these cookies in a preheated oven at 325 F for 10 - 11 minutes or till the cookies have a golden color.
- Repeat the baking procedure for the remaining dough.

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## CHOCOLATE CHIP COOKIES RECIPE

Ingredients:

1 1/4 cup Fine Wheat Flour (Maida)  
1/2 tsp Baking Soda  
1/2 tsp Salt  
1/2 cup Butter  
1/2 cup Brown Sugar  
1/4 cup Sugar  
1 small sized Egg  
1 tsp Vanilla Essence  
1 cup Chocolate Chips  
1/2 cup chopped and roasted Walnuts

How to make chocolate chip cookies:

- Mix the flour, baking soda and salt evenly in a bowl.
- With the mixer running, beat butter, sugar and brown sugar together until creamy.
- Add the egg and vanilla essence.
- Now add flour.
- When flour is fully blended mix the chips and walnuts.
- Preheat the oven to 190 degrees.
- On a tray place a large ungreased cookie sheet.
- Now drop a spoonful of the batter on the sheet 2 inches apart.
- Bake for 10 -1 2 minutes.

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## CHOCOLATE PRETZELS RECIPE

#### Ingredients:

150 gms Margarine/ Butter

100 gms Icing sugar

1 Egg

225 gms Plain flour

25 gms Cocoa

100 gms Cooking chocolate

#### How to make chocolate Pretzels:

- Soften the butter or margarine in a bowl and mix in the icing sugar, lightly beaten egg and salt.
- Sift in flour and cocoa and mix together to make a stiff dough. leave for 30 minutes.
- Roll out pieces of dough to the shape of pretzels.
- Place on a lightly greased tray and bake for 15-18 minutes in a moderate oven.
- Melt cooking chocolate with water over a low heat.
- Drop each pretzel into the hot chocolate and quickly remove. dry each pretzel on greaseproof paper.

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## HAZELNUT COOKIE RECIPE

#### Ingredients:

2/3 cup Sugar

1 cup softened Butter

2 tsp Vanilla Essence

1 tsp grated Lemon Peel

1 Egg Yolk

2 1/4 cup Fine Wheat Flour (Maida)

1 1/2 cup ground Hazelnuts

1/2 cup Jam

#### How to make hazelnut cookie recipe:

- Preheat the oven at 325 degrees.
- In a bowl mix sugar and butter.
- Beat the mixture till soft and fluffy.
- Add vanilla essence, lemon peel and egg yolk.
- Mix well.
- Add the flour and the hazelnuts.
- Make a soft dough.
- Make 1 1/4 size balls out of the dough.
- Take a ungreased cookies sheet and place the balls on it 2 inches apart.
- Press the cookies in the center with the thumb.
- Bake the cookies at 325 degrees for 10 to 15 minutes or until light golden brown around edges.
- Let them cool.

- When completely cool fill the cavity of each cookie with ½ teaspoon jam.

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## OAT COOKIE DELIGHT RECIPE

Ingredients:

2 cup Sugar  
6 tblsp Cocoa Powder  
1/2 cup Butter  
1/2 cup Milk  
1 cup Coconut Powder (Khopra/Narial)  
3 cup instant Oats

How to make oat cookie delight:

- Mix cocoa powder, butter, sugar and milk in a pan.
- Bring it to a boil.
- Remove it from flame and add oats and coconut powder.
- Mix well.
- With the help of a spoon pour the mixture one spoonful on a waxed paper.

Bake the cookies at 350° till they become brown.

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## RAISIN CHOCO OAT COOKIE

Ingredients:

3/4 cup Fine Wheat Flour (Maida)  
1 tsp Baking Soda  
1/4 tsp Salt  
3/2 cup Sugar  
3/2 cup Brown Sugar  
3/2 cup Butter  
1 tsp Vanilla Essence  
1 big sized Eggs  
1 1/2 cups uncooked oats  
1/2 cup Currants (Kishmish)  
1 cup Dark Chocolate Chips

How to make raisin choco oat cookie:

- Before you begin preheat the oven to 175 degrees.
- Grease a baking tray.
- Mix flour, baking soda, and, salt.
- Cream sugar and butter.
- Add vanilla essence, and, eggs one by one while mixing .
- Add the flour and mix the oats.
- Mix well and then add currants and chocolate chips.

- Now drop one spoonful of the batter on inch apart on the greased baking tray.
- Bake for 12 - 14 minutes or till golden in color.

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## SESAME SEED COOKIES RECIPE

Ingredients:

1/2 cup Sesame Seeds  
4 cups Maida  
1 cup Sugar  
1 cup Butter  
3 Eggs  
1 tblsp Cake Seeds (Caraway Seeds)  
1/2 cup Milk to mix  
Salt a pinch  
1/4 tsp Baking Soda

How to make sesame seed cookies:

- Sieve flour with salt and baking powder in a bowl.
- Add sugar, butter, 2 eggs, cake seeds, blend well.
- Add milk little by little and knead to a smooth dough.
- roll out on a floured board 1cm thick and cut out with fancy cookie cutters.
- Brush with remaining egg (well beaten) and sprinkle heavily with sesame seeds.
- Place on a greased baking tray.
- Bake in a moderate oven for 10 minutes.
- Cool and keep aside. good to be served with tea.

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## SUGAR COOKIES RECIPE

Ingredients:

3 cup Fine Wheat Flour (Maida)  
1 cup Sugar  
1 1/2 tsp Baking Powder  
1/2 tsp Salt  
1 cup softened Butter  
1 Egg  
2 tblsp Milk  
1 1/2 tsp Vanilla Essence

How to make sugar cookies:

- In a bowl, mix flour , sugar, baking powder, salt and butter.
- In a separate bowl beat the eggs lightly with milk and vanilla essence.
- Add this mixture to the dry ingredients.

- . Make a dough and roll it into a ball.
- . Wrap it in a wax paper and let it chill for 1 hour.
- . When you want to make the cookies take a samll ball of the dough and roll it into a cookie by pressing the ball between two wax papers.
- . Bake the cookies at 350° for 5-7 minutes or till the cookies are firm

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# Coconut Recipes

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## COCONUT RICE RECIPE

This is a South Indian recipe for coconut rice. Fried coconut and cashewnuts are added to boiled rice and garnished with ghee and coriander leaves.

Ingredients:

400 gms biryani rice



120 gms coconut  
40 ml ghee  
25 gms black gram dhal  
25 gms broken pieces of nuts  
6 gms dry chillies  
2 gms curry leaves  
2.5 gms asafoetida powder  
20 gms (minced) coriander leaves  
Salt to taste  
How to make coconut rice:

- Boil rice and keep aside.
- Fry coconut evenly to a golden colour on a slow fire.
- Heat 3 dessertspoon of ghee. Fry the cashewnuts and remove.
- Fry the broken pieces of dry chillies, black gram dhal, and curry leaves well.
- Mix rice, coconut, nuts, 1 teaspoon of ghee and salt.
- Serve hot garnished with coriander leaves.

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## AVIYAL RECIPE

A delightful mix of all sorts of vegetables.

### Ingredients:

1/2 cup Grated coconut  
5 Green chillies  
1/2 tsp Cumin seeds  
1cup Yam Thinly sliced into 11/2" length pieces  
1cup Cucumber Sliced lengthy into 11/2" length pieces  
1cup Snake gourd Sliced into 11/2" length pieces  
1/4cup Carrot Sliced into 11/2" length pieces  
1/2cup Long runner-beans sliced into 11/2" length pieces  
2 Drumstick cut into 2" length pieces  
Curry leaves  
3 tblsp Coconut oil  
1 Raw bananas sliced into 11/2" length pieces  
Raw mango pieces  
1/2 tsp Turmeric powder  
Salt to taste

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### How to make aviyal:

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[Grind coconut with green chillies and cumin seeds in paste and keep it aside.](#)

[Heat coconut oil in a thick bottom vessel, add vegetables and cook it on a low flame without adding water.](#)

[When the vegetables are cooked, add turmeric powder, salt and mix well.](#)

[Put bananas and mango pieces in cooked vegetables and cover the vessel.](#)

[When steam comes out, add the coconut paste and stir well.](#)

[Remove from fire and garnish it with curry leaves .](#)

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## COCONUT PODI RECIPE

### [Ingredients:](#)

[1 1/2 cups coconut \(narial\) \(scraped\)](#)

[1 cup red chillies whole](#)

[2 tblsp mustard seeds \(raai\)](#)

[1/4 cup black gram split \(urad dal\)](#)

[salt \(namak\) to taste](#)

[1/2 tsp asafoetida](#)

[8 tblsp oil \(tel\)](#)

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### [How to make coconut podi:](#)

[Heat 4 tablespoons of oil and fry the coconut to a reddish brown color and cool.](#)

[Heat the remaining oil and fry the dal, chillies and mustard seeds separately, remove and cool.](#)

[Mix all the ingredients and grind to a coarse powder. Store in a dry airtight bottle.](#)

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## COCONUT PUDDING RECIPE

Here's a simple, yummy pudding recipe with coconut and cherries. Learn how to make nariyal pudding.

### [Ingredients:](#)

[1/2 tin condensed milk](#)

[1/2 cup coconut powder](#)  
[1 cup sugar](#)  
[1 cup fresh cream](#)  
[1/2 tin cherry](#)  
[1 tsp vanilla essence](#)

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[How to make coconut pudding:](#)

- [Grind sugar.](#)
- [Beat cream so as to thicken it.](#)
- [Mix condensed milk, coconut powder, sugar and vanilla essence. Pour it in a dish.](#)
- [Spread cream on the top.](#)
- [Garnish with cherry.](#)
- [Refrigerate it for setting and serve chilled.](#)

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## CHOCOLATE COCONUT CAKE RECIPE

Scrumptious chocolate coconut cake made from desicated coconut, cocoa, margarine and milk.

[Ingredients:](#)

[1 1/2 oz. desicated coconut](#)  
[1/2 cup milk](#)  
[4 oz. margarine](#)  
[6 oz. sugar](#)  
[2 eggs](#)  
[4 oz. plain flour](#)  
[1 level tsp cocoa](#)  
[pinch of salt](#)  
[1 tspful baking powder](#)

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[How to make chocolate coconut cake:](#)

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[Soak the coconut in the milk for 1/2 hour.](#)

[Cream fat and sugar, add the lightly beaten eggs and then the coconut and milk.](#)

[Stir in the well-sieved dry ingredients, mix well and turn into a greased lined tin 10 inch by 8 inch.](#)

[Bake in a moderate oven for 30-40 minutes.](#)

[When cold, decorate the top as desired, or cut into fingers.](#)

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## COCONUT BARFI RECIPE (Nariyal Ki Burfi)

### [Ingredients:](#)

[225 gms Khoya](#)

[225 gms coconut \(dry and ground\)](#)

[1 tsp cardamom seeds \(ground\)](#)

[1 tbsp ghee](#)

[2 1/2 cups sugar](#)

[2 cups water](#)

[1/2 tsp almonds \(grated\)](#)

[1/2 tsp pistachios \(grated\)](#)

-

### [How to make coconut burfi:](#)

[Mix khoya and coconut and fry them lightly with ghee on a low heat.](#)

[Add cardamom and mix well.](#)

[Prepare one-string syrup by dissolving sugar in the water.](#)

[Now stir the coconut mixture into the syrup.](#)

[Grease the plate and spread the grated nuts on it.](#)

[Spread the prepared evenly over the plate and allow it to cool.](#)

[Now with the knife, cut it into desired shapes.](#)

[Turn them over so that nuts covered part appears on the top.](#)

[Nariyal ki burfi is ready to be served.](#)

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## COCONUT CAKE RECIPE

Treat your taste buds with this simple to make coconut cake recipe. It contains the following ingredients: butter, desiccated coconut and eggs.

### [Ingredients:](#)

[6 oz. flour](#)  
[3 oz. butter](#)  
[4 oz. castor sugar](#)  
[a little milk](#)  
[2 small eggs](#)  
[3 oz. desiccated coconut](#)  
[1 small tspful baking powder](#)

-

### [How to make coconut cake:](#)

[Cream the butter and sugar, and add the beaten eggs gradually.](#)

[Then add the flour, baking powder and the coconut and, lastly, a little milk.](#)

[Put the mixture into a prepared cake tin and bake in a moderate oven for about 1 1/4 hours.](#)

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## COCONUT CHIKKI RECIPE

Indian coconut chikki made by cooking coconut with sugar. Learn how to make coconut chikki.

### [Ingredients:](#)

[400 grams Dry grated coconut\(nariyal\)](#)  
[150 grams Brown sugar\( bhuri cheeni\)](#)  
[150 grams Sugar\(cheeni\)](#)  
[2-3 tbsp. Ghee\(tel\)](#)

-

### [How to make coconut chikki:](#)

- [Take a pan and put ghee.](#)

- [When it melts put grated coconut.](#)

- [In another pan mix brown sugar, sugar and water and boil.](#)

- [When the mixture becomes hard add coconut and mix.](#)

- [Take a bit plate with high sides and apply a little oil.](#)

- [Pour the mixture in it.](#)

- [Cut and let it cool.](#)

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## MIXED VEGETABLES IN COCONUT MILK RECIPE

### [Ingredients:](#)

[2 medium potatoes](#)

[12-15 broad beans \(kali seim ki phalli\)](#)

[1/2 cup green peas \(matar\) \(shelled\)](#)

[1/4 flower cauliflower \(phool gobi\)](#)

[2 medium carrot \(gajar\)](#)

[100 gms red pumpkin \(kadhu\)](#)

[1 1/2 cups coconut \(narial\) \(scraped\)](#)

[2 tblsp tamarind \(imli\) pulp](#)

[3 tblsp groundnut \(moong fali\) oil \(tel\)](#)

[4 red chillies whole](#)

[1 tsp cumin seeds](#)

[1 tblsp coriander seeds](#)

[8-10 cloves garlic \(lasan\)](#)

[1 tsp turmeric \(haldi\) powder](#)

[salt \(namak\) to taste](#)

[1 tsp mustard seeds \(raai\)](#)

[1 tsp black gram split \(urad dal\)](#)

[8-10 curry leaves \(kari patta\)](#)

-

### [How to make mixed vegetables in coconut milk:](#)

Peel and dice the potatoes into 1 inch cubes. String the beans and halve them, cut them into one inch pieces. Shell the peas. Wash cauliflower and separate the cauliflower florets. Peel and dice the carrots into 1 inch cubes. Peel and dice the pumpkin into 1 inch cubes.

Add warm water to one cup of scraped coconut and extract thick and thin milk. Keep aside. Dissolve tamarind pulp in half cup of water.

Heat a little oil and sautÃ© 2 whole red chillies, cumin, coriander, garlic and the remaining half cup of scraped coconut till a nice aroma is given out. Grind into a fine paste.

Boil the vegetables in the thin coconut milk with turmeric powder, tamarind extract and salt till three-fourth done. Add the ground masala and cook for 10 minutes.

Heat a little oil separately and add the remaining red chillies broken into two, mustard seeds and urad dal. Add curry leaves and add this to the vegetables.

Continue cooking the vegetables till done. Then add the thick coconut milk and simmer for two to three minutes. Serve hot with boiled rice.

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## COCONUT CHUTNEY RECIPE

Ingredients:

1 fresh coconut (grated)  
3 fresh green chillies or as per taste  
2 tbsp cilantro or coriander leaves (chopped)  
1 tbsp lemon or lime juice  
1 tbsp split peas (roasted)  
3/4 cup plain yogurt  
Salt To Taste

Hoe to make coconut coriander chutney :

- Grind coarsely all the ingredients in a blender and serve.

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## COCONUT CUPCAKES RECIPE

Ingredients:

6 cups Fine Wheat Flour (Maida)  
2 tsp Baking Powder  
1 tsp Sodium Bicarbonate (Khaane Wala Soda)  
1 tsp Salt

4 cups Sugar  
1 1/2 cup unsalted Butter  
6 big sized Eggs  
3 tsp Almond Essence  
3 tsp Vanilla Essence  
2 cups Butter Milk (Mattha / Chhaach)  
5 1/2 cups Coconut (Khopra/Narial)

### **For Icing**

900 gms Cream Cheese (Hung Curd)  
1 1/2 cup unsalted Butter  
2 tsp Vanilla Essence  
1 tsp Almond Essence 1Kg 400 gms Icing Sugar, sifted

How to make coconut cupcakes:

- . First preheat the oven at 160 degrees.
- . Grease a tin and place pape cases on it.
- . Mix flour, baking powder, soda and salt.
- . Beat and cream suagar and butter.
- . Add eggs one at a time.
- . Now mix the essences.
- . Next add the flour alternatively with the buttermilk.
- . Mix half of the grated coconut.
- . Fill the paper cases with the mixture.
- . Bake them for 25 - 30 minutes or till they are golden in color.
- . For icing beat the cream cheese, butter, sugar and the essence till smooth and creamy.
- . Place a layer of this icing on the bakes cupcakes and sprinkle some coconut on them.

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## **COCONUT CUSTARD HALWA RECIPE**

Ingredients:

2 cups Coconut milk  
2 tblsp Vanilla Custard Powder  
2 tblsp Strawberry Custard Powder  
1 cup Sugar  
2 tblsp Ghee  
Almond and Pista

Preparation:



- Take a bowl and add 1 cup of coconut milk and and vanilla custard powder to it and stir continuously so that no lumps are there
- Take a pan and heat it, add the mixture to it.
- Stir it till the mixture is thick and then add 1 tbsp of ghee to it and add the almonds and pista to it
- Take a decorative plate add the content in to it and freeze it for 15 min.
- Now take another bowl and add 1 cup of coconut milk and strawberry custard powder and stir it continously
- Take a frying pan and heat it.
- Add the mixture into it and stir continously till the content is thick Add 1 tbsp of ghee and almond and pista to it
- Take out the vanilla mixture kept in the freezer.
- Add the strawberry mixture above the vanilla mixture and decorate it with almond and pista over it
- Freeze the mixture and after half an hour cut it into square pieces

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## GUJIYA RECIPE

### Ingredients:

Ghee / Oil to fry

For the Cover :

500 gms Maida (All purpose flour)

6 tblsp Oil / Ghee (melted)

For the Filling :

500-600 gms Khoya

1/2 tsp green Cardamom Powder

25 gms chopped Almonda

25 gms Raisins (Kishmish)

25 gms dried Coconut (shredded)

350 gms Sugar (Cheeni) or to taste (powdered)

-

### How to make gujiya:

Sieve the flour.

Mix the six tablespoons of oil with the maida.

Using fingers, mix well so that the mixture takes the form of breadcrumbs and binds to a certain extent.

Now add some water and knead lightly.

Keep adding water as required and knead into a soft but tight dough.

Set aside and cover with a damp cloth.

Now mash the khoya and fry it in a kadhai / deep pan till light brown in color.

Add sugar and cardamom powder into the khoya and mix well.

Add almonds, cashews, coconut and raisins.

Fry for 2 minutes and remove from the heat.

Allow it to cool.

Divide the dough into small balls and roll each ball into a small round of 4 inch diameter.

Fill half the round with the khoya mixture, fold it and seal the round, twisting the edges inwards.

Take care that the filling does not ooze out.

Prepare all the gujiyas and spread on a cloth.

Heat ghee in a kadhai and deep fry the gujiyas in batches on a medium flame..

When golden brown in colour, drain and remove.

Store for use in an airtight glass jar.

Tip : Gujiya moulds can also be used (they are easily available in any indian store or market).

For using moulds, place the rolled dough ball in a greased gujiya mould and fill a tblsp of filling mixture on one side.

Moisten the edges of the round and fold one side of the mould over the other.

Remove the excess edges and reuse.

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## Lauki Cocunut Raita

Ingredients:

Preparation time: 6 mins

1. Lauki - 1

2. Cocunut Grated- half

3. Jeera - 2 tsp
4. Green chilly- 4
5. Salt to Taste
6. Oil- 2tsp
7. Mustard- 1/2 tsp
8. Jeera -1/2 tsp
9. Red Chilly - 1
10. Coriander chopped - for Garnish

Preparation:

- 1. Peel the skin of lauki and chop it into small cubes.
- 2. Pressure Cook these lauki cubes for a while, it will not take more than 2-3 min, please dont overcook it.
- 3. Add the jeera and green chillies to the cocunut, add a little water and grind it into a paste.
- 4. Take the curd, and beat it beat, add the salt to it. Then add the ground paste of cocunut, jeera and chillies.
- 5. Add to it the cooked Lauki, chk if the salt is fine, and add a seasoning made of Mustard and Jeera with the oil on top.
- 6. Garnish with coriander and serve it with hot rice/pulao.

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## MACHHI KA SALAN

Ingredients:

500 gms fish cut into slices

1 coconut grated

2 tsp til

2 tsp dhania powder

1 tsp mustard seeds

1 tsp jeera

2 tsp khus khus

1/2 tsp haldi

2 tsp chilli powder

2 green chillies

3-4 tbsp oil

1 onion sliced fine

few curry leaves

lemon size tamarind

salt to taste

-

Preparation:

•  
To make Masala grind the til, dhania, jeera, mustard, khus khus, 1 tbsp grated coconut, chili powder, haldi garlic and 1 onion to a fine paste.

•  
Extract 2 cups milk from the grated coconut. Extract the pulp from the tamarind soaked in 1 cup of water.

•  
Heat oil and add the 1 sliced onion and fry till crisp. Put in the masala paste and fry till the oil separates.

•  
Now add the fish pieces and fry a little. Pour in the coconut milk and add salt to taste along with the curry leaves.

•  
Gently simmer till nearly done. Lastly add the tamarind water and again simmer a little.

•  
Serve machhi ka salan hot.

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## MASALENDAR NARIYAL LAUKI RECIPE

### Ingredients:

1" ginger(adrak)  
3 tblsp onions chopped  
1 cup coconut (narial) scraped  
1" cinnamon (dalchini)  
a pinch asafoetida (hing)  
8-10 peppercorns (kali mirch)  
2 tblsp oil  
1 1/2 tblsp tamarind (imli) pulp  
4 - 6 cloves  
3 red chillies whole  
1 tsp turmeric (haldi) powder  
1 tsp mustard seeds (rai)  
8 - 10 curry leaves  
2 tblsp coriander seeds  
1 tblsp cumin seeds (jeera)  
1 medium size bottle gourd (lauki,doodhi)  
salt (namak) to taste

-

### How to make masaledar nariyal lauki:

•  
Take off and wash lauki. Cut into 3/4 " cubes.

[Dry roast coriander and cumin seeds.](#)

[Make a paste of roasted cumin seeds, coriander seeds, peeled ginger, garlic, whole red chillies, peppercorns, cloves, cinnamon, turmeric powder and scraped coconut. \(reserve one tblsp of scraped coconut for garnish.\). Keep the paste aside.](#)

[Heat up oil in a pan.](#)

[Mix in asafoetida and mustard seeds.](#)

[Once they begin to crackle, mix in curry leaves and cut onions.](#)

[Stir fry for two minutes and mix in lauki.](#)

[Stir fry for 5 minutes. mix in the masala and coconut paste, dissolved in 1 1/2 cup of water. Stir and bring it to a boil.](#)

[Dissolve tamarind pulp in water if it is too thick.](#)

[Mix in to the gravy. Add salt and mix well.](#)

[Serve hot decorated with grated coconut.](#)

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## Baghare Baigan Recipe

Find out how to make baghare baigan hyderabadi style which has coconut, tamarind and tadka of curry leaves.

### [Ingredients:](#)

[500 grams Brinjals](#)

[4 medium Onions](#)

[5 grams Ginger](#)

[2 nos. Garlic cloves](#)

[12 grams Coriander seeds](#)

[40 grams Sesame seeds](#)

[70 grams Peanuts](#)

[5 grams Cumin seeds](#)

[3 grams Poppy seeds](#)

[20 grams Dessicated coconut](#)

[2 grams Fenugreek seeds](#)

[2 grams Turmeric powder](#)

[5 grams Red chilli powder](#)

[6 grams Jaggery](#)

[75 grams Tamarind](#)

[4 grams Curry leaves](#)

[As per taste Salt](#)

120 ml Oil

-

How to make baghare baigan:

•  
Soak the tamarind in 1 cup of water. Mash and sieve to get tamarind water.

•  
Discard the residue and set aside.

•  
Wash the brinjals, make 2 inch slits along the length ensuring that the end is intact.

•  
Roast the onions on a griddle till they soften and turn light golden brown.

•  
Dry roast together on medium heat the coriander seeds, sesame seeds, peanuts, cumin seeds, poppy seeds, dessicated coconut and the fenugreek seeds till they darken slightly and start emitting an aroma.

•  
Grind together the onions, roasted spices, ginger, garlic, salt, turmeric powder, red chilli powder and jaggery to a fine paste.

•  
Mix in the tamarind water.

•  
Keep aside some of this mixture and stuff the brinjals with the remaining mixture.

•  
Heat oil, add the curry leaves and saute for a few minutes.

•  
Add the stuffed brinjals and fry for about 10 minutes. Add the reserved paste and mix gently.

•  
Add little water, cover and cook on medium heat, stirring occasionally but very gently.

•  
Cook till the brinjals are thoroughly cooked and oil leaves the sides of the pan.

•  
Serve hot with rice or parathas.

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## BHARWAN BAINGAN RECIPE

Ingredients:

8 small Egg plant, Brinjal (Biangan)

8 peeled baby Potato (Aloo)

2 large sliced Onion (Pyaj)

2/3rd cup grated Coconut (Nariyal)

4 tblsp unsalted chopped Cashews

8 Cloves (Lavang)

8 Black Pepper corns (Kalimirchi)

1/2 tsp Sugar (Cheeni)

To taste Salt (Namak)

1 tsp Cayenne Powder

1 tsp Turmeric Powder (Haldi)

1 tsp Tamarind Paste (Imli Pate)

8 tblsp Oil

2 tblsp Coriander seeds (Dhania)

3 tblsp chopped finely Coriander Leaves (Dhania Powder)

-

How to make bharwan baingan:

•  
Heat 2 tbsp oil in a pan and add cloves, coriander seeds and peppercorns.

•  
Saute for a minute..

•  
Now add sliced onions and fry until brown.

•  
Add coconut and stir fry until browned, remove and allow to cool.

•  
Grind the mixture to a paste using blender.

•  
Add little water if needed.

•  
Slit each eggplant lengthwise into four, keeping the stem end intact.

•  
Now in the grinded mixture mix cayenne powder, salt, sugar, tamarind paste, cashews and turmeric powder.

•  
Stuff the eggplants with this mixture, reserving some.

•  
Roll the potatoes in the remaining mixture.

•  
Heat the remaining oil in a pan and add the vegetables.

•  
Cook over low heat without burning, add little water if necessary, until done.

•  
Keep an eye.

•  
Serve hot with roti.

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# Corn Recipes

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### [Veggie Corn Raita](#)

## Veggie Corn Raita Recipe

#### Ingredients:

Cauliflower  
green peas  
boiled potatoes  
onion  
boiled sweet corn  
carrots  
french beans  
strained curd  
sugar and salt as per taste  
green chilly  
curry leaves  
mustard seeds  
cooking oil

#### Preparation:

- Cut all the vegetabels in big pieces and boil and strain them and keep aside.
- heat some oil in a pan and add mustard seeds curry leaves and greenchilly in to it after it heats up add the strained curd in it & then add salt & sugar to taste.
- Then add all the boiled vegetabels into it.
- Garnish with finelychopped coriander leaves.
- This can also beeaten as a vegetale dish with chapatti & it is a low calorie healthy nutritious food.

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## DAL RECIPES

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## ARHAR DAL RECIPE

Arhar dal is one of the most common dish that is made in homes on daily basis. This dal is very nutritive and full of proteins. To make arhar dal more tasty tomatoes, ginger, garlic and onions are added to it.

Cooking Time: 30 minutes

Serves: 3 - 4 people

Ingredients:

1 cup arhar dal or pigeon beans

2 tblsp clarified butter / ghee

A pinch of asafetida

1/2 tsp cumin seed

1 dried red chili (broken)

1/4 tsp turmeric powder

1/4 tsp red chili powder

Salt to taste

1 green chilies

1 tsp ginger chopped

1 tomato (finely chopped)

1 onion (finely chopped)

1/2 tsp minced garlic

2 tsp lemon juice  
1 tblsp coriander leaves (finely chopped)

How to make arhar dal:

- Wash and soak the arhar dal in 2 cups of water for 1/2 hour. Soaking the dal reduces the cooking time.
- Cooking with **Pressure Cooker** - Drain out the water and put dal with 3 cups of water, salt and turmeric in a pressure cooker. Close the lid and cook the dal. After the first whistle turn the heat down and cook on medium flame for 3 - 4 minutes. Turn off the flame. Once the pressure ends open the lid and check if the dal is cooked or not and if it requires some more water. If the dal is thick in consistency then add some water for the desired flow.
- Cooking **without Pressure Cooker** - Drain out the water and boil dal with 5 -6 cups of water, salt and turmeric in a pan. Once it starts to boil close the lid and turn the flame to medium and simmer till the dal gets little mushy. Adjust the water according to your desired consistency.
- Now move the dal to a serving bowl and begin tempering.
- Take ghee or clarified butter in a pan, heat it; add cumin seed. When the cumin seeds begin to sputter add hing, dried red chilli, stir it and then add green chilli, ginger, garlic and fry till golden brown.
- After few seconds add onions to it when it's translucent add tomatoes to it.
- When the oil begins to separate add pinch of salt and red chili powder to it. Quickly stir with a spoon and pour it over the dal and close the lid. Ensure that the red chilly powder does not get burnt.
- Before serving garnish it with the coriander leaves and add lemon juice to it, stir it properly.
- Serve hot with steamed rice or roti.

Note: You can also make the same dal without onion and garlic, if you prefer.

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## ARHAR DAL WITH GREEN MANGO

Cooking time : 30 minutes

Serves : 3-4 people

Ingredients:

1 cup arhar dal / pigeon beans  
1 cup raw mango cut into 1 inch cubes  
2 tbsp clarified butter / ghee / oil  
A pinch of asafetida / hing  
1/2 tsp mustard seeds / rai  
5 -6 curry leaves  
1 dried red chili (broken)  
1/2 tsp turmeric powder  
1/4 tsp red chili powder 1 tsp sugar  
Salt to taste

2-3 green chillies  
1tbsp ginger grated  
1 tbsp coriander leaves (finely chopped)

How to make arhar dal with green mango:

- Wash arhar dal and soak it in 3 cup of water for 30 minutes before cooking it.
- Drain and put dal in a pan with 2 cups of water; add turmeric, raw mango ,sugar and salt to it. Boil for 30 minutes until lentils are mushy and mango is blended well with dal. The consistency of the dal should be thick.
- Take a frying pan, heat ghee in it and add mustard seeds. When they sputter add the hing, curry leaves, dried red chilly and grated ginger.
- Reduce the heat and when the ginger gets slightly fried pour the mixture over the cooked lentils and stir well. Cook for another 10 to 15 minutes while stirring occasionally.
- Mix garam masala and garnish it with coriander leaves.
- Serve hot with plain rice.

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## CHANA DAAL RECIPE

Ingredients:

1 cup chana daal  
7 cup water  
1 tsp salt  
1/4 tsp red chilly powder  
1/2 tsp turmeric powder  
1/2 tsp cumin powder  
1/4 tsp garam masala  
1 tblsp ghee / clarified butter  
1/2 tsp chopped garlic 1 chopped garlic clove

Preparation:

- Soak the chana daal in 4 cup water for 2-3 hours then wash and drain.
- Boil 3 cups water, ginger, turmeric and the salt in a pan.
- Add the chana dal, cover the pan and cook over medium flame for 30 min or till the dal is tender and stiring occasionally.
- Stir the dal when cooked.
- For the tempering heat ghee in a pan and when hot add cumin seeds. When the seeds begin to sputter add garlic.
- Stir well and fry till the garlic turns light brown. Add the red chilly powder and stiring it, pour it immediately over the cooked dal and cover the pot
- Chana dal is ready to be served with rice or bread.

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# DAAL MAKHANI RECIPE (Maa Ki Daal)

## Ingredients:

1 cup whole urad daal (urad sabut)  
1tbsp Red kidney beans (Rajma)  
1 onion finely chopped  
1 tomato finely chopped  
1" Ginger piece  
2-3 green chillies finely chopped  
chopped coriander leaves  
4-5 flakes Garlic paste  
1/2 cup stirred curd  
1/2 cup fresh stirred cream (malai)  
2tbsp butter  
1tsp cumin seeds (jeera)  
1/2tsp turmeric powder  
1/2tsp Garam masala  
Red chili powder to taste  
1/2tsp dhania powder  
Salt to taste

## How to make dal makhni :

- Soak rajma in water overnight.
- Add water & little salt and pressure-cook Rajma and urad daal till soft for about 20-25 minutes. Mash and boil again for 15-20 minutes and add curd and cream to the daal.
- Now in kadhai heat oil, splutter cumin seeds and add garlic paste, fry till light brown. Add onions and fry till golden brown.
- Now add ginger, green chillies and tomatoes and fry till tomatoes soften.
- Now add dry masalas (turmeric powder, chili powder, dhania powder & salt) and fry again for a moment.
- Add daal and stir on medium flame. As soon as it starts boiling remove from the gas.
- Sprinkle garam masala powder and garnish daal makhni with coriander and add butter.
- Serve daal makhni hot. Goes well with laccha paratha, naan or rice.

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## Dal Nawabi Recipe

Here's a yummy, spicy dal recipe with rajma. Learn how to make dal nawabi.

## Ingredients:

1 cup split black gram lentil (urad dhuli dal)  
1/2 cup Bengal gram (chana dal)  
1/2 cup red kidney beans (rajma)  
1 piece ginger (adrak)  
4 onion (pyaj)  
7-8 garlic (lahsun) buds  
6 tomato (tamatar)  
some tamarind (imli)  
2 green chilly (hari mirch)  
few coriander leaves (dhania patti) 50 gm cottage cheese (paneer)  
1/2 cup curd (dahi)  
1 cup cream  
1/2 tsp turmeric powder (haldi)  
1 tsp cumin seeds (jeera)  
2 tsp salt (namak)  
1/2 tsp red chilly powder (lal mirch)  
1/2 tsp black pepper powder (kali mirch) 2 tsp sugar  
4 tbsp clarified butter (ghee)

How to make dal nawabi:

- . Soak all dals and kidney beans in a container for 6-7 hours.
- . Grind ginger, garlic buds and onions.
- . Finely chop green chillies and tomatoes.
- . Soak tamarind in 1/2 cup water for 1/2 an hour and then strain.
- . Boil all dals in a pressure cooker with turmeric and salt until it is cooked properly and then remove it from the flame.
- . Heat ghee in a pan and fry cottage cheese and then take them out.
- . In the same ghee crackle cumin seeds and fry onion paste until it turns pink.
- . Then add tomatoes and cook for few seconds.
- . Then add curd and stir continuously.
- . Then add salt red chilly powder, black pepper powder, sugar and tamarind and fry for a minute.
- . Then add some cream and cook for some more time.
- . Lastly ass all boiled dals and cottage cheese pieces and simmer for 5 minutes.
- . Then remove it from the flame and garnish with coriander and serve hot.

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## Gujarati Dal Recipe

Here's a delicious, spicy and sweet dal recipe. Learn how to make gujarati dal.

Ingredients:

1 cup split red gram lentil (arhar dal)

1 tsp mustard seeds (raai)  
1/2 tsp cumin seeds (jeera)  
2 tbsp sugar  
1/2 tsp turmeric powder (haldi)  
2 tsp coriander powder (dhania)  
7-8 curry leaves (kadi patta)  
2 cloves (laung)  
1 piece cinnamon stick (dalchini)  
a pinch asafoetida (hing)  
1 tsp salt (namak)  
2 green chilly (hari mirch)  
few coriander leaves (dhania patti)  
1/2 cup tamarind (imli) water  
1 tbsp clarified butter (ghee)

How to make gujarati dal:

- Soak gram lentil in water for 1/2 an hour.
- Then cook with salt, turmeric in a pressure cooker.
- Crush cloves and cinnamon sticks.
- Finely chop green chillies and coriander leaves.
- Heat ghee in a pan and put cumin seeds, mustard seeds and asafoetida in it.
- When mustard seeds crackles put curry leaves in it.
- Then add green chillies and coriander powder and cook.
- Add cloves and cinnamon stick along with boiled gram lentil.
- After few minutes add tamarind water and sugar.
- Simmer for 5 minutes and remove it from the flame.
- Garnish with coriander leaves and serve

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## DAL MAHARANI RECIPE

### Ingredients:

1/4 cup Rajma  
1/4 cup Whole Urad dal  
1/4 cup Chana dal  
1 Onions, chopped  
2 Tomatoes, chopped  
3 Green chillies, sliced  
1/2 inch Ginger, Grated  
Salt To taste  
1 Pinch Turmeric Powder  
1 tsp Red chilli powder

[Corainder leaves](#)

[1 tbsp Handful Butter](#)

[1/4 cup Cream](#)

[1/4 tsp Cumin seeds](#)

[1/4 tsp Mustard seeds](#)

-

[Preparation:](#)

[Soak rajma, urad daal and chana dal overnight.](#)

[Pressure cook the urad dal, chana dal and rajma. Mash them a little. Keep aside.](#)

[Heat butter in a pan, add mustard seeds and cumin seeds and fry until they splutter.](#)  
[Add ginger and chillies.](#)

[Fry for few minutes. Add chopped onions and tomatoes. Cook until done.](#)

[Add salt, red chilli powder, turmeric powder and stir well.](#)

[Add the mashed dals and boil for few minutes.](#)

[Add cream, corainder leaves and mix well. Serve the dal maharani hot with roti.](#)

[TOP](#)

## MASALA DAL

Ingredients:

1 cup Split Red Lentil (Masoor Dal)

5 slit Green Chilli (Hari mirch)

1 tblsp chopped Coriander Leaves (Dhania Patta)

1/2 tsp Turmeric Powder (Haldi)

1/2 cup grated Coconut

Salt to taste

1 tsp Mustard Seeds (Raai / Raee)

1 tsp Cumin Seed (Jeera)

2 chopped Tomato (Tamatar)

1 tblsp Oil

1 meduim sized sliced Onion (Pyaj)

How to make masala dal:

- Wash and soak the gram for 30 minutes.

- . Grind the grated coconut with a little water to a smooth paste in a blender. keep aside.
- . Fry the sliced onions till golden brown. remove and keep aside.
- . Cook the gram in a pressure cooker with just sufficient water to cook the dal until soft.
- . Remove the lid of the cooker and add the green chillies , turmeric powder tomatoes and salt. cook for 3 minutes.
- . When the tomatoes are cooked add the coconut paste. mix thoroughly.
- . Cook for a minute and remove from the flame.
- . Heat the oil in a pan. add the mustard seeds, when they crackle add the cumin seeds.
- . Fry for a few seconds over a low flame. pour over the dal.
- . Serve hot garnished with the fried onions and the chopped coriander leaves.

[TOP](#)

## MASOOR DAL RECIPE

### Ingredients:

2 cups masoor dal  
1 1/2 teaspoons garam masala  
1 1/2 teaspoons turmeric  
1 tsp salt  
1/3 cup oil  
1 1/2 onions, chopped  
1 head garlic, separated, chopped  
1 (1-inch piece) ginger root, chopped  
2 jalapeno chiles, chopped  
2 tomatoes, chopped  
1 bunch coriander, chopped  
Water

### Preparation:

- . Rinse massor dhal thoroughly, until water is clear. In pot bring 1 quart water to boil. Add massor daal.
- . Cook half way, about 10 to 15 minutes, add 1/2 teaspoon garam masala, 1/2 teaspoon turmeric and salt. As massor dhal cooks, uncovered, water will evaporate and mixture will thicken.
- . Add more water to keep dal loose, like texture of thick cream. When dal is soft, turn off heat. Heat oil in wok. When oil is very hot, add onions and cook until tender and translucent but not browned.
- . Add garlic, ginger and chiles. Continue to fry until onions are deep-yellow. Add remaining 1 teaspoon each garam masala and turmeric.
- . Do not allow spices to burn. Keep stirring until mixture starts to stick. Add tomatoes and cilantro. Cook until tomato softens.



- Pour in pot of masoor dal and simmer to blend flavors. Taste and add more salt if needed.

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# MANCHMEL DAAL RECIPE

## Ingredients:

175gms Yellow Split Peas (channa dal) (6 ounces)

90gms White Gram Beans (urad dal) (3 ounces)

45gms Yellow Mung Beans (moong dal) (1 1/2 ounces)

45gms Red Lentils (masar dal) (1 1/2 ounces)

1/2 tsp Turmeric

2 tsp Salt (or to taste)

6 tbsp Vegetable Oil

2 Medium Onions, Peeled, Sliced in Thin Rings

2 tsp Garlic, Minced

2 tsp Ginger, Grated or Crushed

3 Medium Tomatoes, Sliced in 2cm thick wedges

2 tbsp Vegetable Oil

1 1/2 tsp Cumin Seed

1/2 tsp Cayenne Pepper

1 tsp Paprika

4 tsp Fresh Coriander, Chopped

2 Green Chillies, Minced

-

## Preparation:

•  
Pick clean and wash all the beans thoroughly in several changes of water. Put them in a deep pot with 1/2 teaspoon turmeric and 1 1/2 litres (1 1/2 quarts) of water. Bring the water to the boil and stir often to prevent the beans from sticking to the bottom of the pan or lumping together. Cook over medium heat, partially covered, for about 30 minutes.

•  
Stir in the salt to taste. Keep the lentils on a low simmer while you make the fried seasonings.

•  
Heat 4-6 tablespoons of the oil in a large frying pan over medium high heat. Add the onions and cook, stirring constantly, until they turn light brown (15-18 minutes). Add the garlic, ginger and chillies and continue cooking for 2 more minutes. Increase the heat to high, add the tomatoes, and fry, turning them carefully and shaking the pan, until they look slightly browned and cooked (about 5 minutes).

•  
Pour the entire contents of the pan over the dal and gently stir to mix. Continue simmering while you make the spiced butter.

Wipe the frying pan clean and place it on medium-high heat. Add the remaining 2 tablespoons of the oil. When it is hot, add the cumin, cayenne and paprika. Immediately pour the entire contents of the pan over the dal, scraping the mixture out with a rubber spatula. Stir a few times, just to streak the dal with the spiced butter.

Serve garnished with coriander and more paprika.

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## MOONG DAAL RECIPE

### Ingredients:

1 cup Green Moong Dal ( Whole Green Gram)  
1/4 tsp Cumin seeds  
1/4 tsp Turmeric powder  
Pinch of Asafoetida  
1 long chopped Green Chillies  
1 tbsp ghee  
Few Coriander leaves

### Preparation:

- Wash the dal 2 - 3 times in water. Then soak it for 1/2 hour in 3 cups of water.
- Drain the water and pressure cook the dal in 3 cups of water, turmeric and salt for 6 - 7 whistles. Once the steam escapes check the consistency. If the dal is still uncooked then add some more water and pressure cook for 1 -2 whistles. If the dal is all dried and then add warm water according to the desired flow.
- For the tadka ,heat ghee in a pan and add hing and cumin seeds.
- Once the seeds begin to sputter add the chopped green chillies and fry for a minute.
- Add the mashed green moong dal to it and let it boil. Keep till 2-3 boils.
- Garnish moong daal with coriander leaves and serve hot.

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## Panchmel Dal Recipe

Here's a delicious, spicy dal recipe with a mixture of 5 dals. Learn how to make panchmel dal.

### Ingredients:

50 gm split green gram lentil (moong ki dhuli dal)  
50 gm urad ki dhuli dal  
50 gm arhar dal  
50 gm horse beans (chane ki dal)  
1/2 tsp cumin seeds (jeera)  
a pinch asafoetida (hing)  
1 1/2 tsp salt (namak)  
1 tsp red chilly powder (lal mirch)

1/2 tsp turmeric powder (haldi)  
1/2 tsp spice blend (garam masala)  
1 tsp coriander powder (dhania)  
1 lemon (nimbu)  
1 tbspcoriander (dhania)  
2 tbspclearified butter (ghee)

How to make panchmel dal:

- Mix all lentils and wash them properly.
- Soak them for half an hour.
- Now boil them in 4 cup water with salt, spice blend and turmeric powder in a pressure cooker.
- When cooked properly remove it from the flame.
- Heat ghee in a pan and crackle cumin seeds and asafoetida in it.
- Then add red chilly powder and coriander powder and mix it with lentils.
- Finely chop coriander and sprinkle on lentil.
- Add lemon juice and serve hot.

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## MOONG DAL WITH PALAK

Ingredients:

1 cup split Green Gram Lentil (Moong Dal)  
3 cup chopped Spinach (Palak)  
a pinch of Turmeric Powder (Haldi)  
1 tsp Red Chili Powder (Lal Mirchi)  
1 tsp Asafetida (Hing)  
2 tblsp Butter  
1 tsp chopped Garlic (Lasun)  
1 tsp chopped Ginger (Adrak)  
a pinch of Sodium bicarbonate  
1 tblsp fresh Cream

How to make moong dal with palak:

- Wash and soak the gram for 30 minutes.
- Boil some water in a pan.
- Add the spinach leaves and the sodium bicarbonate and cook the leaves for a minute over a high flame till the leaves are cooked.
- Drain the leaves and when cool grind in a blender. remove and keep aside.
- Cook the dal ,turmeric powder, chilly powder and the salt in a pressure cooker.
- When the dal is cooked remove from the flame and keep aside.( make sure the dal is dissolved in the water, if the water was not sufficient add some more water and cook

- the dal again in a pan . use a wooden spoon to mash the dal).
- Transfer the dal to a pan and add the spinach paste. mix thoroughly.
- Cook over a low flame for 2 minutes.remove from the flame and keep aside.
- Melt the butter in a pan . Add the garlic and fry for till the garlic turns light brown in color.
- Add the ginger and the asafoetida and fry for a few seconds over a low flame.
- Add the dal and mix thoroughly. remove from the flame and serve hot garnished with cream.

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## PARSI DAL

Ingredients:

- 1 cup Split Red Lentil (Masoor Dal)
- a pinch of Turmeric Powder (Haldi)
- 2 chopped Green Chilli (Hari mirch)
- 2 flakes chopped Garlic (Lasan / Lahsun)
- 2 tblsp Clarified Butter (Ghee)
- Salt to taste
- 1 tblsp chopped Coriander Leaves (Dhania Patta)
- 1 tsp Cumin Seeds (Jeera)

How to make parsi dal:

- Cook the dal with the turmeric powder and sufficient water in a pressure cooker.
- Cook till the dal is cooked.
- Remove from the flame.
- Mash the dal with a wooden spoon. keep aside in a pan.
- Heat the ghee in a pan.
- Add the garlic,salt, green chillies and the cumin seeds.
- Fry for a minute over a low flame and pour over the dal.
- Return the dal to a low flame.
- Add a little water if required(the dal should have the consistency of sambhar) and cook for 2 minutes. remove from the flame.
- Serve hot garnished with the corriander leaves.

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## PUNJABI SUKHI CHANA DAAL RECIPE

Ingredients:

- 1 cup - Chana dal
- 1 Onions, chopped
- Salt To taste
- 1 - Turmeric Powder
- Handful - Pinch Corainder leaves
- 2 - Cinnamon sticks
- 2 - Cloves
- 1 - Bayleafs
- 1/4 tsp - Cumin seeds

[1 tsp - Lemon Juice](#)

[1 tbsp - Ghee](#)

-

### Preparation:

•  
[Clean, wash and soak chana dal for one hour.](#)

•  
[Pressure cook the dal with 3 cups of water. Keep aside.](#)

•  
[Heat ghee in a pan, add cloves, cinnamon stick, bayleaves, cumin seeds and fry until they pop up.](#)

•  
[Add onions and fry till brown. Add salt and turmeric powder. Mix well.](#)

•  
[Add dal and let it boil for few minutes.](#)

•  
[Garnish with corainder leaves. When the dal will be cool, add lemon juice and stir well.](#)

•  
[Serve sukhi chana daal hot with rice or paratha.](#)

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## TOOR DAAL RECIPE

### Ingredients:

1 cup Tuvar (Toor) Daal  
1 Pinch Turmeric Powder  
Salt To Taste  
1 Lemons  
1/2 tsp Jaggery  
1 Pinch Asafoetida  
1 tbsp Ghee  
2 Dry Red Chillies  
1/4 tsp Cumin Seeds  
3 Garlic Cloves

### Preparation:

- Pressure cook tuvar dal with sufficient water and turmeric powder.
- Mash the dal, after it has been cooked.
- Chop the garlic cloves finely.
- Heat the ghee in a pan, add cumin seeds, dry red chillies and garlic cloves. Fry till they

- pop up.
- . Add the dal with 2 cups of water and salt.
- . Cook until the toor daal boils, then add jaggery. Cook for 4-5 minutes more.
- . When the tuvar dal is cooled add lemon juice and serve.

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## URAD DAAL RECIPE

Urad daal is very easy to make and delicious. Sukhi urad dal is a very good tiffin option where in you can pack in some protein without making a messy affair. Learn how to make dry urad dal.

Cooking Time: 30 minutes

Serves: 2 - 3 people

Ingredients:

1 cup Urad (white) daal / Split Black Urad  
1 Onion sliced  
1 Tomato diced (optional)  
1tsp Ginger grated  
1-2 Green chilies chopped  
Coriander leaves finely chopped  
1tsp Cumin seeds (jeera)  
2 bayleaves (tejpatta)  
2 cloves (laung)  
1/2 tsp. turmeric powder  
Salt to taste  
A pinch of Garam masala  
Red chili powder to taste  
2tbsp oil  
1tsp lemon juice

How to make dry urad dal:

- . Clean and wash the daal properly. Soak it in water for 10-15 minutes.
- . Boil it in 5 cups of water. Boil till it becomes soft. It should not become pasty. Remove the water and keep aside.
- . Heat oil in a kadhai and add cloves, bayleaves and cumin seeds, allow to splutter.
- . Now add ginger, onion and green chili and stir-fry till golden brown.
- . Add tomato (if using) and fry till it softens. Add all dry masalas (turmeric powder, chili powder, salt) and fry for a moment.
- . Now add daal and lemon juice, mix very gently.
- . Sprinkle garam masala and garnish with coriander.
- . Serve hot.

# Khatti Meethi Recipe

Here's a deliciou recipe of khatti meethi dal or sweet and sour dal. Learn how to make khatti meethi dal.

## Ingredients:

1 cup Bengal gram  
100 gm beet root  
50 gm groundnut  
1 tsp mustard seeds  
1/2 tsp cumin seeds  
2 dried dates  
50 gm jaggery  
1/2 cup tamarind juice  
1 tsp turmeric powder  
2 tsp coriander powder  
6-7 curry leaves  
1 piece cinnamon  
2 tsp cloves  
1 tsp clarified butter  
1 tblsp chopped coriander  
1 tsp salt  
a pinch of asafetida  
2-3 chilly paste

How to make sweet and sour dal:

- Rinse Bengal garm and add beet root pieces to it and cook in a cooker.
- When cooked add turmeric powder,salt,coriander powder,jaggery,dry dates,tamarind juice,curry leaves,groundnut,chilly paste and boil.
- Prepare the seasoning-Heat oil and add asafetida,cloves,butter,cumin seeds,mustard seeds,cinnamon.
- Add to the gram and cook for 5 minutes.
- Garnish with coriander and serve.

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## AAM KA MITHA ACHAR RECIPE

Ingredients:

675gms / 11/2 lb. Green Aam (Mangoes)

575gms/11/4lb Sugar

2tsp salt

1tbsp white cumin seeds

2tsp brown cardamom seeds

1tbsp poppy seeds

1tsp red chili powder

How to make mango pickle (aam ka mitha achar):

- Wash, peel and grate the aam (mangoes). There should be about 450gms / 1lb of flesh.
- Add sugar and salt and mix well in a large bowl.
- Roast cumin seeds, cardamom seeds and poppy seeds, stir in chili powder and mix with the sweetened mango.
- Turn the mango pickle into a sterilized jar, cover with a clean cloth and leave out in the sun or in warm, light place for about a week.
- Shake the jar at least once a day.

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## AMLA (Gooseberry) PICKLE RECIPE

Ingredients:

1/2 kg Amla  
125 gms Green Chillies (slit )  
125 gms Oil  
50 gms Salt  
1/2 tsp Jeera  
1/2 tsp Mustard seeds  
2 tblsp roasted & powdered Sesame seeds  
1 small Lemon

How to make amla achar :

- Wash and dry amla and keep aside.
- Heat oil in a pan and fry green chillies for 2 minutes.
- Remove the chillies from the pan Add jeera and mustard seeds.
- Then add Amla and fry for few minutes.
- Sprinkle some water and cover the pan with a lid and let it stay for 6 minutes.
- Turn the flame to medium and stir regularly.

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## ARBI PICKLE RECIPE

Ingredients:

1/2 kg arbi  
2 teaspoons ground methi seeds  
4 1/2 teaspoons ground spices  
4 teaspoons ground aniseed  
3 teaspoons Red chili pepper (LaI Mirchi)  
4 teaspoons Salt (Namak)  
1 1/2 cups Vinegar (Sirka)  
juice of 2 Lemons (Nimbu)

1 1/2 cups Mustard Oil (Sarson Ka Tel)  
1/4 teaspoon nutmeg  
1 small piece mace

How to make arbi pickle:

- Boil the arbi in salted water until nearly tender.
- Drain and cool.
- Peel and press a little.
- Fry the arbi in hot oil until brown. Remove from the fire, add vinegar, ground spices, aniseed, Red chili pepper , methi, salt, lemon juice.
- Grated nutmeg, mace and cook till it leaves its oil.
- Cool and put in an airtight jar. Serve after two days.
- This pickle can be kept for 15 days in summer and two months in winter.

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## CAULIFLOWER, TURNIP AND CARROT PICKLE RECIPE

Ingredients:

1/2 kg Turnips (Shalgam)  
1/2 kg Carrots (Gajar)  
1/2 kg Cauliflower (Phool gobi)  
1 cup Oil (Tel)  
2 teaspoons Turmeric (Haldi)  
2 teaspoons Red chili pepper (Lal Mirchi)  
6 tsps ground Mustard seeds (Rai/Sarson)  
Salt (Namak) to taste

How to make cauliflower, turnip and carrot pickle :

- Clean and cut vegetables into big pieces and boil for 5 minutes.
- Put in a basket to drain well and then dry with a clean cloth.
- Mix ground mustard seeds, turmeric, Red chili pepper , salt and oil together into the boiled vegetables.
- Put in a clean jar and keep it in the sun for 4 days, shaking the pickle once or twice daily.
- Serve after 6 days.
- This pickle can be kept for 15 days.

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## DRY DATES PICKLE RECIPE

Ingredients:

250 grams dry Dates (Khajoor)  
1 teaspoon Red chili pepper (Lal Mirchi)  
5 teaspoons Coriander (Dhania) powder

5 teaspoons aniseed powder  
2 teaspoons white cumin powder  
3/4 or 1 cup Lemon (Nimbu) juice  
Salt (Namak) to taste

How to make dry dates pickle:

- Boil the dates until a little tender.
- Remove the stones and keep them whole.
- Dry with a clean cloth.
- Mix all the ground ingredients together with a little salt and fill in the dates.
- Keep the dates in clean jar.
- Mix a little salt with lemon juice and pour over the dates, taking care that dates must be covered with lemon juice.
- Keep aside for 7 days.
- Shake the jar every other day and serve after one week.

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## CARROT PICKLE RECIPE (GAAJAR KA ACHAR)

Ingredients:

3 cups water  
230gms carrots (scraped and cut into 2"long sticks)  
1 1/2 tbsp mustard seeds  
1/2 tsp chili powder  
1/8 th tsp each ground mace, cloves and cardamom  
2tsp salt  
1/4 th cup shredded jaggery (gur)  
1/3rd cup mustard oil

Preparation:

- Boil the water in 2-litre saucepan. Add carrots and blanch for a minute.
- Drain the water and then spread carrots on a clean cloth and sundry (or spread them on a towel lined cookie tray and air dry in an oven (200-degree Fahrenheit) for an hour).
- In a bowl mix the mace, cloves, cardamom, salt and jaggery.
- Add the carrots and toss to mix. Transfer to a sterilized glass jar.
- Pour the mustard oil into a small saucepan and place it over a moderate heat. As soon as oil begins to smoke remove it from the heat and cool it for 4 minutes, then pour it into the jar and cover it with a clean cloth.
- Set the jar in sunlight for 13-14 days, bringing it indoor evrynight. Shake the jar two or three times daily.

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# GALGAL PICKLE RECIPE

Ingredients:

1 kg galgal (big lime)  
225 grams Salt (Namak)  
30 grams kasoori methi (dry fenugreek leaves)  
15 to 20 grams Turmeric (Haldi)  
20 grams Red chili pepper (Lal Mirchi)  
250 ml Mustard Oil (Sarson Ka Tel)

How to make galgal pickle:

- Cut the galgals into small pieces.
- To it add all the ground ingredients and mix well.
- Put in a jar and pour oil over it.
- Oil should cover the pickle completely.

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# LEMON PICKLE (GUJARATI) RECIPE

Ingredients:

1 kg Lemons (Nimbu)  
1/2 kg Sugar (Cheeni)  
1 teaspoon asafoetida  
4 teaspoons Red chili pepper (Lal Mirchi)  
2 teaspoons Turmeric (Haldi)  
3/4 cup Salt (Namak)

How to make lemon pickle (gujarati):

- Cut each lemon halfway through.
- Stuff with salt and turmeric powder and put in an airtight jar for one month.
- The lemons will leave some water.
- Drain it and cut each lemon into four pieces.
- In the water mix asafoetida powder, red chili pepper and sugar and pour over the lemons in the jar.
- Cork tightly.
- This pickle can keep for two years.

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[TOP](#)

# HOT LEMON PICKLE RECIPE

Ingredients:

1 kg Lemons (Nimbu)  
250 grams Salt (Namak)

2 teaspoons Turmeric (Haldi)  
3 teaspoons Red chili pepper (Lal Mirchi)  
125 grams Ginger (Adrak), scraped and sliced  
1 cup Vinegar (Sirka)  
125 grams Green Chillies (Hari Mirch)(slit)  
4 teaspoons fenugreek  
4 teaspoons Mustard seeds (Rai/Sarson)  
2 level teaspoons asafoetida  
1 1/2 cups Mustard Oil (Sarson Ka Tel)

How to make hot lemon pickle:

- Cut each lemon into eight pieces.
- Mix salt with lemons, keep in the sun for 15 days in the jar and shake it daily.
- Heat oil till smokes.
- Remove it from the fire and cool a little.
- In it fry asafoetida, fenugreek and mustard seeds.
- Mix vinegar, ginger.
- Green chillies, chilli powder and lemon with its juice.
- Keep 15 days in the sun.

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## KACHALU PICKLE RECIPE

Ingredients:

1/2 kg kachalus  
15 cloves Garlic (Lasun)  
1/2 teaspoon ajwain  
1/2 teaspoon dry orange colour  
1/2 teaspoon Red chili pepper (Lal Mirchi)  
1 teaspoon Salt (Namak)  
1 1/2 cups Oil (Tel)  
All the spices of the Arbi Pickle

How to make kachalu pickle:

- Boil the kachalus till tender, but not too soft.
- Cut into thick and round pieces.
- Grind garlic and ajwain, mix salt, Red chili pepper and orange colour.
- Rub the paste on the kachalu pieces.
- Fry in oil.
- Remove from the oil, add all the ingredients of the arbi pickle and follow the same procedure.

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## LADY FINGER PICKLE RECIPE

#### Ingredients:

25 Lady fingers  
1 cup Lemon (Nimbu) juice  
4 teaspoons Salt (Namak) for lemon juice  
2 teaspoons fenugreek seeds  
2 teaspoons Red chili pepper (Lal Mirchi)  
2 teaspoons mustard powder  
1 teaspoon Turmeric (Haldi) powder  
1/4 teaspoon asafoetida  
2 teaspoons Cumin Seeds (Jeera)  
8 teaspoons Salt (Namak) for masala  
A few curry leaves

#### How to make Lady finger pickle:

- Remove the ends, head and tail of each Lady finger and slit on one side.
- Mix salt with all the ground spices and wet with a little juice.
- Fill the spices in the Lady fingers.
- Heat the oil and fry curry leaves and bring for one minute.
- Remove from the fire, put Lady fingers and the rest of the lemon juice and 4 teaspoons salt.
- Cook till it boils.
- Cool, put in an airtight jar.
- Keep it for 3 days, then serve.

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## LEMON PICKLE IN OIL RECIPE

#### Ingredients:

1 kg Lemons (Nimbu)  
240 grams Salt (Namak)  
1/2 litre Mustard Oil (Sarson Ka Tel)  
2 big pieces of asafoetida  
4 teaspoons Red chili pepper (Lal Mirchi)  
1/2 kg Ginger (Adrak)  
30 grams Mustard seeds (Rai/Sarson)  
120 grams whole fresh red chillies (Lal Mirchi)  
60 grams methi seeds  
juice of two galgals or 1 cup Lemon (Nimbu) juice  
1 tablespoon Salt (Namak) for lime juice

#### How to make lemon pickle in oil:

- Wash and dry the lemons with a cloth.
- In each lemon make four cuts and pack the salt inside and rub a little salt outside also till tender.
- Heat the oil till smoky.
- Remove from the fire, add asafoetida and when it swells up, crush it with a spoon.

- . Add chilli powder and stir till red colour appears.
- . Remove from the fire, add mustard seeds and stir for a little while.
- . Now stir in lemons, fresh red chillies and ginger and cook until a little tender.
- . Roast methi seeds and powder.
- . Mix methi seed powder and the juice of galgal or lime mixed with one tablespoon salt  
Cook for 5 minutes.
- . Remove from the fire, pour the lemons with the juice into a clean jar, and cork tightly.

[TOP](#)

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## LOTUS STEM PICKLE RECIPE

Ingredients:

1/2 kg lotus stem (bhein or kamal kakri)  
6 teaspoons mustard powder  
3 teaspoons Red chili pepper (Lal Mirchi)  
2 teaspoons Turmeric (Haldi)  
1/3 cup Salt (Namak)  
1 cup Mustard Oil (Sarson Ka Tel)

How to make lotus stem pickle:

- . Peel and cut lotus stems into round slices and boil till half tender.
- . Put it on a strainer till dry or keep it in the sun till quite dry.
- . Mix salt, red chili pepper, mustard powder and turmeric together.
- . Rub over lotus stem pieces.
- . Put the pickle in a jar and on it pour heated and cooled oil.
- . Keep it for 4 days before serving.

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## MEETHA AAM KA ACHAR RECIPE

Ingredients:

1/2 kg raw mango (aam), grated  
2 teaspoons Mustard seeds (Rai/Sarson)  
1 teaspoon Red chili pepper (Lal Mirchi)  
30 grams Salt (Namak)  
1 heaped cup of Sugar (Cheeni)  
A small piece of asafoetida  
1 teaspoon fenugreek seeds

How to make metha aam ka achar:

- . Roast asafoetida and then crush.
- . Grind mustard seeds coarsely.
- . Mix all the above ingredients together, put in jar and keep it in it gives the pickle flavour.



- Shake once daily.

[TOP](#)

## NIMBU KA ACHAR (Lemon pickle) RECIPE

Ingredients:

35 Lemons

5 cups water

1 tsp asafetida powder

4 tsp salt

**Paste**

30 Black peppercorns

2 tsp black cardamom seeds

3 tbsp salt

2 tsp Red chili powder

1 tbsp White cumin seeds

15 cloves

3 tbsp sugar

3 tbsp vinegar

How To Make Lemon Pickle:

- Wash and clean lemons.
- Now boil the water and put 25 lemons in it for 2-3 minutes.
- Take them out, dry them and cut into quarters.
- Using sterilized jars for the pickle, sprinkle the asafetida powder and half the salt over the base.
- Grind all the paste ingredients to make a smooth mixture and smear it all over the lemon quarters. Drop these spiced lemons into the jar.
- Squeeze the juice from the remaining 10 lemons over them and sprinkle rest of salt.
- Cover the jar with a clean cloth and leave out in sun.
- The pickle should be ready within 2 weeks.

[TOP](#)

## NIMBU KA MITHA ACHAR (Sweet Lemon pickle) RECIPE

Ingredients:

340gms smooth-skinned Lemons

2tbsp salt

1/2tsp Fennel seeds (crushed)

1/2tsp Cumin seeds (crushed)

1/2tsp cracked black pepper

1cup shredded jaggery (gur)

1/3cup fresh Lemon juice

## How To Make Lemon Pickle:

- Wash and thoroughly dry the lemons.
- Set them in sun or air dry in oven for 5 minutes.
- Slice each one lengthwise into 8 pieces.
- Combine the salt, fennel seeds, cumin seeds and black pepper in a small bowl and mix well.
- Arrange a layer of citrus, cut side up, in a jar. Sprinkle with the salt spice mixture. Alternate the two ingredients until the jar is full.
- Combine the jaggery with the citrus juice in a small saucepan. Bring to boil over high heat, stirring constantly, then reduce the heat to low and simmer for 2-3 minutes.
- Cool to Luke warm then pour over the citrus in the jar.
- Cool to room temperature and cover with a cloth.
- Set in the sun every day for 5 weeks; bring the jar inside every night.
- Shake the jar 2-3 times in a day.
- After 5 weeks do not set it in the sun, but continue to shake for another 2 weeks before use.

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# ONION PICKLE RECIPE

## Ingredients:

1 Kg Onions (Pyaj), small  
10 teaspoons coarse mustard powder  
8 teaspoons aniseed powder  
4 teaspoons white cumin powder  
2 teaspoons ground spices  
3 teaspoons Red chili pepper (Lal Mirchi)  
7 teaspoons Salt (Namak) for onions  
2 teaspoons Turmeric (Haldi)  
1 teaspoon Onions seeds (Kalonji)  
Juice of 2 Lemons (Nimbu)  
4 teaspoons amchoor  
5 to 6 teaspoons Salt (Namak) for the masala  
1 1/2 cups Oil (Tel) (for narrow bottle)  
1 teaspoons Black Salt (Kala namak)

## How to make onion pickle:

- Peel the brown layer from the onions.
- Slit into four, keeping intact at the base.
- Rub 7 teaspoons salt on the onions and keep for 4 hours overnight.
- Heat the oil till smoky and cool.
- Throw the water of the onions and wet all the ground ingredients with lemon juice and 1/4 cup of oil.
- Fill the masala in the onions and pack in a tall jar.
- Then pour the rest of the oil over them.
- Put 1 teaspoon salt on top and keep aside for 12 days and serve.

[TOP](#)

## PYAAZ KA ACHAR (Onion pickle) RECIPE

### Ingredients:

1 cup Mustard oil  
4 tbsp Black mustard seeds  
2 tsp red chili powder  
1 tsp ground turmeric  
3 tbsp vinegar  
2 1/2 tbs. sugar  
1/2 tbs. salt  
3 tbsp dry mango powder  
15-18 green chilies  
30 cloves of garlic (peeled)  
1 1/2 tbs. Ginger (crushed)  
900 gms Onions (sliced)  
1/2 tsp ascorbic acid

### Preparation:

- Heat oil to smoking point, then set aside to cool.
- Grind or blend the mustard seeds, chili powder, turmeric, vinegar, sugar, salt and dry mango powder together to make a paste.
- Add this paste to the oil, then all the other ingredients.
- Stir to mix well and store in sterilized jars covered with a film of oil.
- Keep for 3-4 weeks refrigerated.

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## PLAIN LEMON PICKLE RECIPE

### Ingredients:

25 Lemons (Nimbu)  
6 tablespoons Salt (Namak)

### How to make lemon pickle:

- Prick the lemons with a sharp needle.
- Put in a jar with salt for one month in the sun till the lemons turn slightly golden brown.
- This pickle can be kept for two years.

[TOP](#)

## PUMPKIN PICKLE RECIPE

#### Ingredients:

1/2 kg pumpkin  
30 grams coarsely ground mustard powder (4 tsps)  
1 teaspoonful Turmeric (Haldi)  
2 teaspoons coarsely ground fenugreek seeds  
2 teaspoons Red chili pepper (Lal Mirchi)  
1 cup Mustard Oil (Sarson Ka Tel)  
1/2 cup Salt (Namak)

#### How to make pumpkin pickle:

- Cut the pumpkin with skin into long slices.
- Put in hot water for 10 minutes.
- Put in a strainer to drain the water and cool.
- Mix all the ingredients with oil and rub on the pumpkin pieces.
- Put in a clean jar and leave in a warm place for 3 days and shake it once daily until tender.
- Serve after 4 days.

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## PUNJABI MANGO PICKLE RECIPE

#### Ingredients:

1 kg raw Mangoes (Aam)  
150 grams Salt (Namak)  
30 grams Red chili pepper (Lal Mirchi)  
3 teaspoons fenugreek seeds  
6 teaspoons aniseed  
15 grams Onions seeds (Kalonji)  
7 grams Turmeric (Haldi)  
2 1/2 cups Mustard Oil (Sarson Ka Tel)

#### How to make mango pickle (punjab i):

- Remove the stones and cut the mangoes into big pieces.
- Rub all the ground spices - salt, red chilli, 12 teaspoons mustard oil and turmeric - on mango pieces.
- Put in a jar and keep for two days in the sun and shake it daily.
- Then pour rest of the oil and leave for 15 days but not in the sun.
- Shake it every other day.
- Serve after 20 days.
- This pickle can be kept for one to two years.
- Be careful to keep mango pieces covered with oil.

---

## SLICED MANGO PICKLE RECIPE

### Ingredients:

1/2 kg raw mango slices without skin 3 teaspoons fenugreek  
1 1/2 teaspoons Turmeric (Haldi)  
1 1/2 teaspoons Red chili pepper (Lal Mirchi)  
1/2 cup Mustard Oil (Sarson Ka Tel)  
1/2 cup Salt (Namak)  
4 teaspoons aniseeds  
1 teaspoon Onions seeds (Kalonji)  
3 teaspoons glacial acetic acid

### How to make sliced mango pickle:

- Rub salt on mango slices and keep for 8 hours.
- The mango slices will leave some water.
- Remove the slices from the mango water and in it mix glacial acetic acid.
- Rub the rest of the ingredients on the mango slices and pour the mango water mixed with acetic acid over it.
- Add the oil.
- Keep for one week and shake it every other day.

## LEMON PICKLE SOUTH INDIAN RECIPE

### Ingredients:

750 grams Lemons (Nimbu)  
3/4 cup Salt (Namak)  
1 cup Mustard Oil (Sarson Ka Tel)  
1/2 teaspoon asafoetida  
3 teaspoons Mustard seeds (Rai/Sarson)  
3/4 cup Lemon (Nimbu) juice  
2 teaspoons Red chili pepper (Lal Mirchi)  
3 teaspoons fenugreek seeds, powdered  
1/2 cup Sugar (Cheeni)

### How to make lemon pickle South Indian:

- Cut the lemons into eight pieces each, rub salt and keep for one week in a jar.
- Shake daily.
- Heat the oil in a pan, remove from the fire, cool a little, add crushed asafoetida and mustard seeds and cover the pan.
- Cool a little, mix lemon pieces, lemon juice, fenugreek powder, chilli powder and sugar.
- Keep for one week before serving.

## STUFFED LEMON PICKLE RECIPE

#### Ingredients:

1 kg Lemons (Nimbu)  
1/2 level teaspoon nutmeg  
8 Cloves (Lavang)  
4 teaspoons pepper  
2 teaspoons Cumin Seeds (Jeera)  
3 teaspoons Red chili pepper (Lal Mirchi)  
2 teaspoons Coriander (Dhania) powder  
2 teaspoons dry Ginger (Adrak) powder  
1/2 teaspoon Cinnamon (Dalchini) powder  
2 big cardamoms (Elaichi Moti)  
1 teaspoon asafoetida (roasted)  
3 teaspoons Black Salt (Kala namak)  
12 teaspoons table Salt (Namak)  
1 cup Lemon (Nimbu) juice

How to make stuffed lemon pickle:

- . Slit the lemons into four without separating them at the base.
- . Remove all the seeds.
- . Grind all the dry ingredients to a fine powder.
- . Stuff the lemons with the ground spices and then put them in a pan and pour in the lemon juice.
- . Cook on a low fire till the juice boils.
- . Cool and put the pickle in airtight jar.
- . Keep in the sun for 4 days shaking it once daily.
- . Serve after 2 weeks.

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## SPICY ONION PICKLE RECIPE

#### Ingredients:

1/2 Kg button Onions (Pyaj) (very small onions)  
2 cups white Vinegar (Sirka)  
1â€• Cinnamon (Dalchini)  
4 Cloves (Lavang)  
16 Peppercorns  
16 green chillies, slit in the middle  
1/3 cup Salt (Namak)

How to make spicy onion pickle:

- . Peel the onions, rub salt on them and keep for one day.
- . Drain the salt water.

- Boil the vinegar with spices and in it cook onions and green chilli to boiling.
- Cool and put in ajar; cork it tightly.
- Keep for 4 days before using.

[TOP](#)

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## STUFFED MANGO PICKLE RECIPE

Ingredients:

2 kg Mangoes (Aam)  
8 teaspoons mustard powder  
3 teaspoons fenugreek seeds, roasted and ground  
4 teaspoons full Red chili pepper (Lal Mirchi)  
8 teaspoons aniseed powder  
2 teaspoons ground Onions seeds (Kalonji)  
8 teaspoons ground spices  
1 small piece of asafoetida  
2 teaspoons Turmeric (Haldi) powder  
8 teaspoons Salt (Namak) for the masala  
1/2 teaspoon ajwain  
1/2 litre Oil (Tel)  
12 teaspoons Salt (Namak) for Mangoes (Aam)

How to make stuffed mango pickle (1):

- Wash the mangoes and dry.
- Make four cuts in each mango, taking care not to cut right through, and remove the stones.
- Rub 12 teaspoons of salt and keep for 8 hours.
- Heat the oil, fry asafoetida in it till it becomes brown.
- Crush it and in the same oil, mix all the ground spices.
- Fill in the mangoes.
- Pack them in the jar and sprinkle the leftover masala over them.
- Pour the leftover oil over the mangoes.
- Keep in the sun for 2 to 3 days and then inside.
- Shake the pickle every other day for 15 days.

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## STUFFED RED CHILLI PICKLE RECIPE

Ingredients:

240 grams big red chillies for stuffing  
4 teaspoons fenugreek seeds, roasted and powdered  
3 teaspoons Red chili pepper (Lal Mirchi)  
8 teaspoons aniseed powder  
8 teaspoons Salt (Namak)  
6 teaspoons ground spices  
4 teaspoons mustard powder  
4 teaspoons cumin powder

juice of 2 Lemons (Nimbu)  
1 cup Oil (Tel), heated and cooled  
4 teaspoons amchoor

How to make stuffed red chilli pickle:

- Remove the stems of the chillies and then the seeds from the stem side carefully with the back of a hair pin.
- Wet all the ingredients with lemon juice and a little oil.
- Fill the masala tightly in the chillies and pack them in a jar.
- Pour the oil over them.
- Keep for one month.
- Shake the jar carefully every 2 or 3 days.

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## STUFFED SOUR MANGO PICKLE RECIPE

Ingredients:

1 kg medium raw Mangoes (Aam)  
90 grams mustard powder  
150 grams Salt (Namak)  
15 grams Onions seeds (Kalonji)  
2 teaspoonfuls Red chili pepper (Lal Mirchi)  
30 grams fenugreek seeds  
4 teaspoons ground spices  
3 teaspoons aniseed  
1 teaspoon thymol seeds  
1 teaspoon Turmeric (Haldi)  
Mustard Oil (Sarson Ka Tel) to cover the Mangoes (Aam)

How to make stuffed sour mango pickle :

- Roast fenugreek seeds, aniseeds and onion seeds and grind coarsely.
- Wash and dry the mangoes.
- Slit them into 4 sections, keep them joined at the bottom and remove the stones.
- Mix ground spices, Red chili pepper , salt, turmeric, mustard powder and make a thick paste in a little oil.
- Fill the masala paste into the mangoes.
- Put the stuffed mangoes in a clean jar.
- Pour enough oil to cover them.
- Cover the jar with a close fitting lid.
- Keep in the sun for 4 days and shake it every other day.
- Keep the jar for 15 days in a room until mangoes are soft.

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## SWEET AND SOUR LEMON PICKLE RECIPE

Ingredients:

1/2 kg Lemons (Nimbu)



1 kg Sugar (Cheeni)  
1 1/2 cups Water  
3 tablespoons Salt (Namak)  
2 teaspoons Red chili pepper (Lal Mirchi)  
4 Cloves (Lavang)  
1 inch Cinnamon (Dalchini)

How to make sweet and sour lemon pickle:

- Peel the lemons, dice and remove their seeds.
- Sprinkle salt over the pieces.
- Make a half-thread consistency syrup sugar with water, mix lemon pieces, Red chili pepper, cinnamon and cloves and cook till it boils.
- Put in a jar, keep it aside for one week before using.

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## SWEET MANGO PICKLE RECIPE

Ingredients:

1 kg raw Mangoes (Aam) peeled and thinly sliced  
120 grams Salt (Namak)  
1 teaspoonful Turmeric (Haldi)  
1 1/2 teaspoons Red chili pepper (Lal Mirchi)  
3 teaspoons aniseed  
2 teaspoons fenugreek seeds  
2 3/4 cups Sugar (Cheeni)  
1/2 teaspoon Onions seeds (Kalonji)

How to make sweet mango pickle :

- Mix all the above ingredients together, put in clean jar and cover with a closely fitting lid.
- Keep in the sun and shake it once daily till mangoes are soft. LI >

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## SWEET MIXED VEGETABLE PICKLE RECIPE

Ingredients:

2 1/2 kgs Cauliflower (Phool gobi), Carrots (Gajar) and Turnips (Shalgam) (after peeling)  
200 grams Sugar (Cheeni)  
100 grams Salt (Namak)  
30 grams ground spices  
20 grams Red chili pepper (Lal Mirchi)  
60 grams mustard powder  
30 grams Ginger (Adrak)  
15 grams Garlic (Lasun)  
1 teaspoon glacial acetic acid (6 grams)

1/2 litre Mustard Oil (Sarson Ka Tel)

How to make sweet mixed vegetable pickle:

- Wash, peel and cut the vegetables (carrots into long slices, cauliflower into medium pieces, round medium slices of turnip).
- Blanch the vegetables in hot water for 10 to 15 minutes: then drain.
- Grind ginger and garlic to a fine paste and fry in 1 cup of hot oil till golden brown.
- Remove from the fire, add all the spices and mix well.
- Prepare the sugar syrup of (in half or less than that amount of water than the sugar) one to two-thread consistency.
- Mix glacial acetic acid and syrup into fried garlic and ginger mixed with spices.
- Cook for 5 minutes.
- Add all the vegetables, cook till it leaves its oil.
- Cool, put in a jar and keep it for 10 days before using.
- This pickle can be kept for up to one year.

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## SWEET TINDA PICKLE RECIPE

Ingredients:

1 1/4 kg tinda, peeled and cut into big pieces  
3 teaspoons Red chili pepper (Lal Mirchi)  
2 teaspons black pepper  
8 teaspoons mustard powder  
3 teaspoons ground spices  
60 grams Tamarind (Imli)  
2 teaspoons ground Ginger (Adrak)  
2 Onions (Pyaj)  
180 grams jaggery  
1 1/2 cups Mustard Oil (Sarson Ka Tel)  
1 cup Vinegar (Sirka)  
30 grams Salt (Namak)

How to make sweet tinda pickle:

- Soak the tamarind in vinegar.
- Grind garlic and onion.
- Heat the oil until smoky and fry garlic and onion paste until light brown.
- Add ginger, Red chili pepper , and tinda pieces and fry.
- Stir in spices, mustard, salt, pepper, crushed jaggery and tamarind with vinegar and cook for a few minutes.
- Cool, put in jar and keep in the sun for 3 days and shake it every other day.
- Serve after 5 days in summer and in winter after one week.

# SWEET TURNIP AND CARROT PICKLE RECIPE

## Ingredients:

2 1/2 kgs Turnips (Shalgam) and Carrots (Gajar) (peeled and scraped)  
75 grams Red chili pepper (Lal Mirchi)  
120 grams ground Mustard seeds (Rai/Sarson)  
15 grams ground white Cumin Seeds (Jeera)  
1/2 teaspoon Cinnamon (Dalchini) powder  
60 grams dry Dates (Khajoor)  
60 grams Tamarind (Imli)  
30 grams Ginger (Adrak)  
90 grams Onion (Pyaj)  
30 grams Garlic (Lasun)  
125 grams Salt (Namak)  
1 1/2 teaspoons Vinegar (Sirka)  
75 grams jaggery  
250 ml Mustard Oil (Sarson Ka Tel)

## How to make sweet turnip and carrot pickle:

- Soak tamarind and dry dates separately each in the cup of water overnight.
- Mash and take out pulp from the tamarind.
- Cut the dates in long slices and remove the stones.
- Heat the oil and fry ground onion, ginger and garlic and in it stir tamarind pulp and long slices of date, round pieces of turnip, 1/8 inch thick, and long pieces of carrots, ground spices, salt, cumin seeds and Red chili pepper and mix well.
- Put in a clean jar, keep in the sun for 4 days, and shake it every other day.
- Make thick syrup of jaggery with a cup of water and mix into the pickle and again keep in the sun for 6 days shaking it once daily.
- Serve after 10 days.

# TINDA PICKLE RECIPE

## Ingredients:

1 kg Tinda  
2 teaspoons Turmeric (Haldi)  
4 teaspoons Mustard seeds (Rai/Sarson)  
3 teaspoons Coriander (Dhania) powder  
3 teaspoons aniseed  
2 teaspoons fenugreek seeds  
2 cups Mustard Oil (Sarson Ka Tel)

2 teaspoons Red chili pepper (Lal Mirchi)  
1/2 cup Salt (Namak)

How to make tinda pickle:

- Peel and cut tinda into 4 pieces each.
- Boil the tinda in salt water until nearly tender.
- Put on basket to drain.
- Roast aniseed, fenugreek and mustard seeds until light brown, grind coarsely.
- Mix ground ingredients, turmeric, salt, Red chili pepper and oil together and mix boiled tindas.
- Put in a clean jar.
- Leave for 6 days and shake it once daily.
- Serve after one week.

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## TURNIP CAULIFLOWER CARROT RECIPE

Ingredients:

2 1/2 kgs vegetables (Cauliflower (Phool gobi), Carrot (Gajar) and Turnips (Shalgam)) Take the weight after cleaning and cutting them. Cut the carrots into long pieces, turnips into round slices and cauliflower into small pieces.

1/4 cup Ginger (Adrak)

3/4 cup Salt (Namak)

2 cups Vinegar (Sirka)

200 grams jaggery

4 teaspoons Red chili pepper (Lal Mirchi)

8 teaspoons ground spices

3 cups Oil (Tel)

6 teaspoons mustard powder

25 cloves Garlic (Lasun)

How to make turnip, cauliflower and carrot pickle (2):

- Boil water and remove it from the fire.
- Put the vegetables in it and keep it covered with a lid for 15 to 20 minutes.
- Drain the vegetables in a basket to remove as much water as possible.
- Heat the oil till smoky, cool for 2 minutes.
- Fry ground garlic and ginger till brown.
- Cool the oil, then add 1/2 cup of water and cover the vessel with lid.
- Again put it on the fire and cook till water is evaporated.
- Add all the ingredients and vegetables and cook on a hot fire till it leaves the oil.
- Cool and put the pickle in the jar.
- Keep it in the sun for 8 days (in winter) and shake it daily.
- This pickle can be kept for six months or more. <

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## TURNIP PICKLE RECIPE

#### Ingredients:

1/2 kg Turnips (Shalgam)  
1 cup Mustard Oil (Sarson Ka Tel)  
15 cloves Garlic (Lasun)  
1 cup Vinegar (Sirka)  
3/4 or 1 cup Sugar (Cheeni)  
15 dry Dates (Khajoor)  
6 teaspoons seedless golden Raisins (Kishmish)  
1 teaspoon peppercorn  
2 teaspoons chilli powder  
1 teaspoon Onions seeds (Kalonji)  
1 teaspoon Cumin Seeds (Jeera)  
1/3 cup Salt (Namak)

How to make turnip pickle:

- . Grind the spices and sugar together.
- . Grind dates and raisins with a little vinegar.
- . Peel and cut turnips into thick round slices and rub salt on them.
- . Keep for 8 hours.
- . Heat oil, fry the ground garlic till golden brown.
- . In it fry turnips till dry.
- . Add vinegar, ground spices with sugar and ground dates and raisins.
- . Put in a jar, keep in the sun for 6 days.

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## JAM & JELLY RECIPES

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## APPLE JAM RECIPE

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### Ingredients:

-

1 kg cooking Apples (Seb)  
750 grams Sugar (Cheeni)  
2 cups Water  
2 teaspoons Lemon (Nimbu) juice or 1/2 teaspoon Citric acid

-

### How to make apple jam:

•  
Peel, core and cut the apples into slices, cook in water until tender.

•  
Add sugar and lemon juice or citric acid and stir on a hot fire until jam sets when tested.

•  
Cool a little and pour into sterilised jars and cork tightly.

•  
Serve after one day. <

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## LEMON JELLY RECIPE

### Ingredients:

1/2 kg Lemons (Nimbu)  
12 cups (3 pints) Water  
Sugar (Cheeni)

-

### How to make lemon jelly:

•  
Wash and dry the lemons.

•  
Remove the skin, then cut them into quarters and take out the pips.

•  
Put the Lemon pieces in a bowl, cover with water, and keep for 24 hours.

•  
Boil the lemon pieces in the same water, strain through a muslin cloth.

•  
Measure the juice and allow 1/2 kg sugar for each pint of the liquid.

•  
Heat the juice, add sugar and stir till it is dissolved.

•  
Cook on a hot fire until the syrup sets quickly or falls in drops when tested on a plate.

•  
Cool and pour into jars and close the lid tightly.

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## GUAVA JELLY RECIPE

### Ingredients:

1 1/2 kgs Guavas (Amrood)

6 cups Water

1/2 tsp Citric acid

Sugar (Cheeni)

-

### How to make guava jelly:

•  
Wash and cut guava into thin slices and cook with water until very soft.

•  
Put this mixture in a coarse cloth and allow the juice to drip through into a bowl

•  
underneath and leave it for 12 hours.

•  
Do not squeeze the bag.

•  
Use the mixture in the bag for guava cheese.

•  
Measure the juice and add 3 cups of sugar to each pint of juice.

•  
Heat the sugar, guava juice and stir until it is dissolved.

•  
Strain the juice, add lemon juice and cook on a hot fire until setting point is reached.

•  
Cool and pour into airtight jars.

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## APPLE JELLY RECIPE

### Ingredients:

1 1/2 Kgs cooking Apples (Seb)

1 1/2 pints Water (6 teacups)

2 Cloves (Lavang)

Sugar (Cheeni)

juice of half Lemon (Nimbu)

-

### How to make apple jelly:

•  
Cut the apples in quarters and boil them in water with cloves till they become soft.

•  
Drain through a muslin cloth.

•  
Measure the juice and allow 2 cups sugar to each pint of juice.

•  
Heat the juice, add the sugar and lemon juice and stir till dissolved.

•  
Boil on a hot fire until the syrup sets quickly when tested on a cold plate.

•  
Cool and pour into clean and dry jars.

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## MANGO JELLY RECIPE

### Ingredients:

1/2 kg ripe and hard Mango slices (not fully ripe)

3 cups Sugar (Cheeni)

1 3/4 cups Water

juice of one Lemon (Nimbu)

-



### How to make mango jelly:

- Put mango slices, water into deep pan, and cook until quite tender.

- Remove from the fire.

- Pass through a gravy strainer.

- To the mango pulp add sugar and lemon juice and cook on a hot fire, stirring constantly until the jelly sets when tested.

- Cool a little, and then pour in sterilized jars.

-

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## APRICOT AND PINEAPPLE JAM RECIPE

### Ingredients:

250 grams dried Apricots (Khumani)

5 cups Sugar (Cheeni)

5 cups Water

500 grams tin of Pineapple (Ananas) slices

### How to make apricot and pineapple jam:

- Stone the apricots and cut into slices.

- Wash them and soak in water for 24 hours.

- Put apricots along with the water in a pan and cook until tender.

- Cut pineapples into thin slices.

- Cook pineapple slices with its syrup and sugar and the cooked apricots and stir until sugar is dissolved.

- Cook on a hot fire till the syrup thickens.

Pour one teaspoon of the jam on a cold plate; if it sets, remove from the fire.

Pour hot into a clean jar and cork tightly.

Serve after two days.

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## APRICOT JAM RECIPE

### Ingredients:

250 grams Apricots (Khumani)

1/2 teaspoon citric acid

2 cups Water

1 drop of yellow colour

1 drop of orange colour

-

### How to make apricot jam:

Cook apricots with water till tender and half cup water is left.

Pass through a sieve.

To the pulp add sugar and cook till sugar is dissolved.

Add citric acid and cook further till setting point is reached.

Add colours and cook it for one minute.

Pour into a jar and seal when cool. <

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## CARROT JAM RECIPE

### Ingredients:

1/2 kg Carrot (Gajar) without the pith

2 cups Sugar (Cheeni)

Juice of one Lemon (Nimbu) or 1 level tsps citric acid

2 1/2 cups Water

-

How to make carrot jam:

•  
Chop the carrot into small pieces, and cook with water until quite tender.

•  
Pass through a sieve, add sugar and lemon juice and put it on fire.

•  
Stir until sugar is dissolve and then cook it on a low fire until the jam thickens when tested on plate.

•  
Cool, pour into clean jars, Serve after one day.

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## CHERRY JAM RECIPE

Ingredients:

1/2 kg Cherries

2 1/2 cups Sugar (Cheeni)

4 cups Water

Cochineal color

-

How to make cherry jam:

•  
Wash and stone the cherries and then cook in the water until tender.

•  
Pass through a sieve, add sugar and cook on a hot fire until the jam sets when tested on a plate.

•  
Remove from the fire; add a few drops of cochineal color.

•  
Cool and pour into a clean jar and cork it tightly.

•  
Serve after one day.

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## KARONDA JAM RECIPE

Ingredients:

1/2 kg Karonda

1 kg Sugar (Cheeni)  
4 cups Water

-

How to make karonda jam:

•  
Boil the karondas in water on a low fire.

•  
When tender, remove from fire and pass it through a sieve.

•  
Add sugar to the pulp, cook on a hot fire, stirring constantly until thick color becomes slightly golden.

•  
Test the jam, when ready.

•  
Cool it and fill in airtight jar.

[TOP](#)

## MANGO JAM (2) RECIPE

Ingredients:

2 1/2 cups Mango(Aam) pulp  
250 grams Sugar (Cheeni)  
1/4 teaspoon citric acid  
1 teaspoon Pectin  
1/4 teaspoon potassium metabisulphite

-

How to make mango jam (2):

•  
Cook mango pulp and sugar until a little thick and sets on the plate when tested.

•  
Dissolve citric acid, pectin and potassium metabisulphite in 1/4 cup of hot water and mix it in the jam.

•  
Pour the hot jam in sterilized jars, seal when cool and cork tightly.

[TOP](#)

## PEAR JAM RECIPE

Ingredients:

1/2 kg Ripe Pears  
2 cups Water  
2 cups Sugar (Cheeni)  
1/2 teaspoon citric acid

-

How to make pear jam:

•  
Peel the pears, cut into small pieces, and put in salted water.

•  
Remove from the salt water and cook with 2 cups water until tender and water is evaporated.

•  
Mash the pears, add the sugar and citric acid, cook on a low fire until syrup is of one-thread consistency.

•  
Pour while hot in sterilized jars.

•  
Cover with wax paper, cork tightly. <

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## PINEAPPLE JAM RECIPE

Ingredients:

250 grams Pineapple (Ananas) pieces  
250 grams Sugar (Cheeni)  
1/2 teaspoon citric acid  
1/4 teaspoon yellow color  
2 1/2 cups Water

-

How to make pineapple jam:

•  
Cook the pineapple pieces with water on a low fire until tender and 1 cup water is left.

•  
Add sugar cook until it is dissolved.

•  
Add citric acid and color, cook until setting point is reached.

•  
Pour into a jar and cork tightly.

[TOP](#)

# PLUM JAM RECIPE

## Ingredients:

250 grams Plum (Aloobukara)

250 grams Sugar (Cheeni)

1/4 teaspoon citric acid

3 cups Water

-

## How to make plum jam:

•  
Cook the plums with water till tender and pass through a sieve.

•  
Add sugar and citric acid and cook till setting point is reached.

•  
Cool a little and pour in a jar, seal and cork tightly. <

[TOP](#)

# RASPBERRY JAM RECIPE

## Ingredients:

1/2 kg Raspberries

2 cups Water

2 1/2 cups sugar

Juice of one Lemon (Nimbu) or 1/2 tsp citric acid

-

## How to make raspberry jam:

•  
Clean the fruit and cook with water on a low fire until tender, thin mash.

•  
Add sugar and lemon juice and stir on a hot fire until it thickens.

•  
Put a little on a cold plate; if it sets, it is ready.

•  
Cool a little, then pour into jars and seal immediately. <

[TOP](#)

# STRAWBERRY JAM RECIPE

### Ingredients:

1 1/2 kg Strawberries  
4 cups Sugar (Cheeni)  
1 tsp citric acid

-

### How to make strawberry jam:

•  
Remove the stalks and wash the strawberries.

•  
Put the fruit in a heavy pan and stir till it boils, mash, and add sugar and lemon juice.

•  
Stir until sugar is dissolved.

•  
Remove the scum.

•  
Boil rapidly till it sets when tested.

•  
Cool, pour into clean and dry jars.

•  
Seal with wax and close the lid tightly.

-

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# Kebab recipes Contents

[Vegetable Kebab](#)  
[Dahi Kebab](#)

## Vegetable Kebab Recipe

Here's a delicious, spicy snack recipe for cheese and alu lovers. Learn how to make

## vegetable kabab.

### Ingredients:

2 potato (alu)

1 cup cottage cheese (paneer)

1 cup cauliflower (phool gobi)

1 cup cabbage (patta gobi)

2 green chilly (hari mirch)

1 tbsp coriander (dhania patti)

1/4 tsp azinonotto powder

1 cup refined flour (maida)

1/2 tsp red chilly powder (lal mirch)

oil for frying

1 tbsp clarified butter (ghee)

1 tsp salt (namak)

-

### How to make vegetable kebab :

•  
Boil, peel and grate potato.

•  
Grate paneer also.

•  
Finely chop dhania and hari mirch.

•  
Grate both the gobis.

•  
Heat oil in a pan and fry both gobis with azinomotto powder.

•  
After frying for few minutes, add alu, paneer, hari mirch and 1/2 tsp namak and cook until the water dries up.

•  
Remove it from the flame and let it cool.

•  
Make small balls of the mixture and keep aside.

•  
Make a batter by mixing maida, 1/2 tsp salt, lal mirch and 1 cup water.

•  
Heat oil in a pan.

•  
Dip all the balls in maida batter and deep fry them until they turn golden brown.

•  
Serve them hot.

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# Dahi Ke Kebab Recipe

This is an unusual recipe of dahi ke kebab. Here dahi or yougurt is mixed with cottage cheese and then made into tikkis.

## Ingredients:

1.2 ltrs yoghurt  
100 gms cottage cheese grated  
40 gms chopped onion  
30 gms chopped ginger  
10 gms chopped fresh coriander  
cornflour to dust  
30 gms cashewnut powder  
30 gms chopped raisins  
4 gms white pepper powder  
4 gms cardamom powder  
salt to taste  
oil to grill

-

## How to make dahi kebab :

•  
Hang yoghurt overnight.

•  
Saute the onion and ginger in minimum oil till it sweats.

•  
Mix the other ingredients.

•  
Adjust seasoning and shape into tikkis.

•  
Grill them on a medium hot skillet.

•  
Garnish and serve with chutney.

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# PANEER RECIPES (Cottage Cheese)

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[Paneer Bagh E Bahar](#)

[Paneer Tikka Masala](#)

## CHILLI PANEER RECIPE

### Ingredients:

350 gms Paneer [How to make paneer](#)  
2 tsp Salt  
1 Egg  
1/2 cup Corn Flour  
1 tsp Ginger-Garlic Paste  
2 cups Coarsely Chopped Onions  
2 tbsp Sliced Green Chillies  
1 tbsp Soya Sauce  
2 tbsp Vinegar  
1/4 tsp Ajinomoto  
Oil for frying  
Little Water

How to make chilly paneer:

- Cut the paner into cubes.
- Mix together the cottage cheese, 1 tsp salt, egg, corn flour, garlic, ginger and water to just coat the paneer pieces with the mixture.
- Heat oil in a pan and fry the paneer pieces coated with mixture till golden in color.
- Heat 2 tbsp of the oil in a wok and stir fry the onions in it over high heat for half a minute.
- Add the green chillies, salt, soya sauce, vinegar, ajinomoto and the fried paneer cubes.
- Mix well, and garnish the chilli paneer with finely cut spring onions and coriander.

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## KADHAI PANEER RECIPE

### Ingredients:

[250 gms Cottage Cheese \(Paneer\)](#)  
[3 Capsicum \(Shimla Mirch\)](#)  
[4 Onion \(Pyaj\)](#)  
[4 Tomato \(Tamatar\)](#)  
[1 " long piece Ginger \(Adrak\)](#)  
[1 tsp Red Chili Powder \(Lal Mirchi\)](#)  
[2 Bay Leaf \(Tej Patta\)](#)  
[4 Cloves \(Lavang\)](#)  
[1 piece Cinnamon \(Tuj/Dalchini\)](#)

[Little Orange Color](#)

[4 tblsp Clarified Butter \(Ghee\)](#)

-

[How to make kadhai paneer:](#)

[Cut cottage cheese, capsicum in long pieces.](#)

[Grind onion, tomato, ginger, salt, red chili powder and orange color.](#)

[Mince cloves and cinnamom.](#)

[Heat clarified butter in a pan.](#)

[Add bay leaf, cloves, cinnamon.](#)

[Then add onion, tomato, ginger paste.](#)

[Continue cooking it on medium flame till ghee/oil begins to separate.](#)

[Add paneer and capsicum pieces.](#)

[Cook on low flame.](#)

[When the capsicum are done put off the flame.](#)

[Take off the fire and serve hot.](#)

[Serve with nan or paranthas..](#)

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## MATTAR PANEER RECIPE

[Ingredients:](#)

[450gms /1lb shelled Mutter \(green peas\)](#)

[250gms / 1/2lb Paneer](#) [How to make paneer](#)

[2 medium onions \(chopped\)](#)

[6 cloves garlic \(crushed\)](#)  
[1 tbsp grated ginger](#)  
[2 green chillies \(chopped\)](#)  
[250gms / 1/2 lb tomatoes \(peeled and sliced\)](#)  
[Salt To Taste](#)  
[1cup curd / plain yogurt](#)  
[1 tsp turmeric powder](#)  
[1 tbsp coriander seeds](#)  
[4 bay leaves](#)  
[2 cups water](#)  
[1/2 cup ghee / vegetable oil](#)  
**[To Garnish :](#)**  
[Garam masala powder](#)  
[Chopped coriander leaves](#)

-

#### [Preparation:](#)

•  
[Make a paste by grinding together half the onions, the garlic and coriander seeds.](#)

•  
[Heat the ghee in a frying pan and cut the paneer into 2.5-cm/1-inch cubes. Fry the paneer to a light brown and remove to drain on a plate.](#)

•  
[Add the remaining onion and the ginger to the ghee / oil in a pan and add the bay leaves and fry until the onion is golden brown.](#)

•  
[Add the turmeric and the paste mixture and fry until the ghee starts to separate.](#)

•  
[Add the paneer and mutter \(peas\) along with the yogurt, chili, tomato and salt. Stir for 5-6 minutes over low heat.](#)

•  
[Pour in the water and simmer gently for 20 minutes. Serve the matar paneer sprinkled with garam masala and coriander.](#)

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## PALAK PANEER RECIPE

#### [Ingredients:](#)

[500gms Fresh Palak \(Saag\)](#)  
[100gms Paneer](#) [How to make paneer](#)  
[2 Onions grated](#) [Ginger, Garlic paste](#)  
[5-6 tbsp oil](#)  
[1 tsp pure ghee](#)  
[Garam masala to taste](#)  
[Red chili powder to taste](#)  
[1 tsp cumin powder](#)  
[Salt To Taste](#)

-

[How to make sag \(palak\) paneer:](#)

[Clean and wash palak \(spinach\) nicely.](#)

[Boil the spinach in water and cool it.](#)

[Now mash it in a mixer.](#)

[Heat oil in a kadai. Add ginger-garlic paste and stir-fry for a minute.](#)

[Now add onions and fry till golden brown.](#)

[Add all spices except red chili powder.](#)

[Now add the spinach \(palak\) and little water if needed and cook for 4-5 minutes.](#)

[Cut paneer into pieces \(Paneer can be fried to golden brown in a seperate pan or can be used as it is\).](#)

[Add Paneer pieces to the gravy and cook until done.](#)

[Take out in a bowl.](#)

[Just before serving, heat pure ghee in a small pan.](#)

[Hold the pan over bowl, add chili powder and immediately pour on the indian palak paneer.](#)

[Caution:](#) Don't allow chili powder to burn .

[TOP](#)

## PANEER BHURJI RECIPE

[Ingredients:](#)

[200 gms Paneer](#) [How to make paneer](#)

[1 tbsp Oil](#)

[1/4 tsp Cumin seeds](#)

[2 Green Chillies](#)

[1 Small Onion](#)

[1/4 tsp Turmeric Powder](#)

[1/2 tsp Garam Masala Powder](#)

[1 tsp Ginger-Garlic Paste](#)

[1 medium Tomato](#)

[1/2 tsp Salt](#)

-

[Preparation:](#)

•  
[Chop the onions, tomatoes and chillies finely.](#)

•  
[Heat oil in a deep bottomed pan, add the cumin seeds, chopped onions and the ginger garlic paste, fry till brown.](#)

•  
[Add the chillies and tomatoes and fry till they are soft and pulpy.](#)

•  
[Add turmeric powder, garam masala powder, salt and little water so that all the masalas are well combined.](#)

•  
[Add grated paneer and fry for 5 minutes till the paneer blends into the masala.](#)

•  
[Garnish with chopped coriander and serve hot.](#)

[TOP](#)

## PANEER SANDWICH RECIPE

Ingredients:

1 loaf Bread

1/2 cup grated Paneer (Cottage Cheese)

1 Tomatoes

1 Onions

2 Green chillies

1/4 tsp Red chilli powder

Salt to taste

Butter as needed

How to make paneer sandwich :

- Chop onions, chillies and tomatoes.
- Mix the grated paneer with chopped vegetables, salt, red chilli powder and keep aside.

- Take two bread slices and butter them, put some paneer mixture on one slice and cover it with other bread slice.
- Put this in sandwich toaster until the bread turns crispy and brown.
- Serve with ketchup.

[TOP](#)

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## MICROWAVE PANEER MATAR

### Ingredients:

6"-7" round dish or 2" high with cover  
100g paneer - grated  
1 cup shelled peas  
2 tbsp. oil  
1 medium size onion  
1-2 green chillies  
1/2" piece ginger  
6 tbsp. ready made tomato puree  
1/4- red chilli powder  
1/2 tsp. cumin powder  
1/2 tsp. garam masala powder  
Cashewnuts - optional  
Salt to taste

-

### Preparation:

•  
Grind together onion, green chillies, ginger and fry this masala for 4 to 5 minutes in a non-stick pan.

•  
Add tomato puree, garam masala, cumin powder, peas and sprinkle 1 tbsp. water.

•  
Now transfer this to a micro dish and micro high for 3 minutes.

•  
Add salt, grated paneer 5 tbsp. water and cashew nuts and mix gently.

•  
Cover the dish and again micro wave for 2 minutes and stand for another 2 minutes.

•



[Serve, garnished with fresh coriander and green chili.](#)

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## PANEER PARANTHA RECIPE

Ingredients for paneer parata:

100 gms Grated Paneer

1 finely chopped Onion

Coriander leaves finely chopped

Small piece of Ginger (grated)

1 or 2 finely chopped green Chillies

Salt, Red Chili powder and Garam masala as per taste

1/2 tsp Ajwain (optional)

Butter / Oil for frying

How to make paneer paratha:

- Make dough out of whole wheat flour (atta), as you would do for any paratha/roti.
- In a bowl mix all the stuffing ingredients.
- Make two medium size chapati, add the filling to the one chapati and cover it with the second one. Now roll it slightly.
- Cook on a pre-heated Tawa (flat griddle plate).
- Turn it and pour half tablespoon oil or butter.
- Spread it on the paratha and shallow fry over low heat. Turn it and again pour oil or butter on the other side.
- Cook on a low heat till golden brown.
- Serve paneer paratha hot with yogurt (curd) and your favorite chutney or with pickle.
- **Note:** Do not add salt to the filling before, as it will leave water. Add salt only at the time of preparation.

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## PANEER MAKHANWALA RECIPE

[Ingredients:](#)

[250 gms Paneer](#)

[200 gms Fresh Cream \(Malai\)](#)

[200 gms Tomato Puree \(Tamatar Ka Raas\)](#)

[2-3 tblsp Butter](#)

[2 tblsp dried Fenugreek Leaves \(Methi Ke Patta\)](#)

[1/2 tsp Red chilli \(Lal Mirchi\) Powder](#)

[1/2 tsp Garam Masala Powder](#)

[2-3 Green chilli \(Hari mirch\)](#)

[As per taste Salt \(Namak\)](#)

-

## How to make paneer makhanwala:

•  
Melt the butter in a pan, add slit green chillies, tomato puree, kasuri methi, salt, red chilli powder and simmer for 4-5 minutes.

•  
Add the cream and garam masala powder and cook further for 2-3 minutes.

•  
Add the paneer pieces and cook for a minute.

•  
Serve hot garnished with coriander.

[TOP](#)

# ACHARI PANEER RECIPE

## Ingredients:

400 gm paneer ( cut into 2/2 squares) [How to make paneer](#)

1/2 green capsicum(diced)

1/2 yellow capsicum ( diced)

1/2 yellow capsicum( diced)

2 cherry tomatoes

## For Garnishing

Jeera rice( to serve with)

## For The Gravy

2 tbsp oil

1 tsp garlic paste

1 tsp ginger paste

2 tbsp red chilli paste

2 cups tomato puree

1/4 tsp kastoori methi

2 tsp mango pickle( chopped)

1/2 tsp red chilli powder

1 tsp garam masala powder

salt to taste

1 tsp coriander leaves chopped

-

## How to make achari paneer:

•  
Cut the paneer and capsicum and keep aside.

[For the gravy- heat oil, add ginger , garlic and red chilli paste, tomato puree.](#)

[All powered spices, salt to taste, kasoori methi and simmer for 8-10 minutes.](#)

[Add in the paneer and peppers and mix well.](#)

[Add in chopped pickle and masala.](#)

[In a serving plate serve the jeera rice with the masala paneer and peppers.](#)

[TOP](#)

## SESAME PANEER RECIPE

Here's a scrumptious recipe with sesame (til) and paneer. Learn how to make sesame paneer.

### [Ingredients:](#)

[200 gm cottage cheese\(paneer\)](#) [How to make paneer](#)

[4 tblsp refined flour\(maida\)](#)

[2-3 garlic buds \(lahsun\)](#)

[1/2 cup water](#)

[1/2 tsp red chilly powder\(lal mirch\)](#)

[1/2 tsp chat masala](#)

[salt to taste](#)

[1/2 cup bread powder](#)

[1 tblsp semolina \(sooji\)](#)

[4 tblsp sesame seeds \(til\)](#)

[a pinch of dry red colour \(sookha lal rang\)](#)

[oil for frying](#)

### [How to make sesame \(til\) paneer:](#)

[Cut thick triangular paneer slices. Sprinkle salt and chat masala on both the sides and keep aside.](#)

[Mix remaining ingredients in a bowl and make a batter.](#)

[Dip paneer slices in the batter and coat it on all the sides.](#)

[Heat oil at low flame.](#)

[Deep fry all paneer slices until golden brown.](#)

[Take them out on a kitchen paper so as to soak extra oil.](#)

[Serve hot with some sauce or chutney.](#)

[TOP](#)

# PANEER KOFTA RECIPE

[Ingredients:](#)

**[For Koftas:](#)**

[200 gms Cottage Cheese \(Paneer\)](#) [How to make paneer](#)

[2 Potato \(Aloo\)](#)

[1/2 tsp Red Chili Powder \(Lal Mirchi\)](#)

[1/4 tsp Garam Masala](#)

[2 tblsp Cornflour](#)

[Oil for frying](#)

**[For Gravy](#)**

[4 Onion \(Pyaj\)](#)

[4 Tomato \(Tamatar\)](#)

[Coriander Leaves \(Dhania Patta\)](#)

[1/2 cup Curd \(Dahi\)](#)

[1/2 cup Cashewnut \(Kaju\) Powder](#)

[1/2 tsp Cumin Seed \(Jeera\)](#)

[1/2 tsp Salt](#)

[1/2 tsp Red Chili Powder \(Lal Mirchi\)](#)

[1/4 tsp Turmeric \(Haldi\)](#)

[1/4 tsp Garam Masala](#)

[1 Bay Leaf \(Tej Patta\)](#)

[2 tblsp Clarified Butter \(Ghee\)](#)

[How to make paneer kofta:](#)

[Boil potatoes and peel them.](#)

[Grate paneer and potatoes.](#)

[Add salt, red chili powder, garam masala, cornflour and mix well.](#)

[Make round balls of this mixture.](#)

[Now heat oil in a pan.](#)

[Fry balls in the oil till brown in color.](#)

•

[Grind onion and tomatoes together.](#)

•

[Chop coriander leaves very finely.](#)

•

[Heat oil in a pan.](#)

•

[Add cumin seed and bay leaf.](#)

•

[Add onion, tomato paste and brown it, stirring continously.](#)

•

[When it leaves oil add curd, cashewnut powder, salt, red chili powder, turmeric, garam masala.](#)

•

[Stir it continously for a minute.](#)

•

[Then add 2 cup of water.](#)

•

[Put on the lid and simmer for 5 minutes.](#)

•

[While serving reheat the gravy and then add koftas to it.](#)

•

[Garnish it with chopped coriander leaves.](#)

[TOP](#)

## PANEER KORMA RECIPE

### [Ingredients:](#)

[250 gms Cottage Cheese \(Paneer\)](#) [How to make paneer](#)

[4 Tomato \(Tamatar\)](#)

[3 Onion \(Pyaj\)](#)

[1 " long piece Ginger \(Adrak\)](#)

[2 Green Chilly \(Hari Mirch\)](#)

[1 cup Mava](#)

[1 cup Cream \(Malai\)](#)

[1/2 tsp Red Chili Powder \(LaI Mirchi\)](#)

[1/4 tsp Turmeric \(Haldi\)](#)

[1/2 tsp Garam Masala](#)

[2 tblsp Clarified Butter \(Ghee\)](#)

-

### [How to make paneer korma:](#)

•

[Cut paneer in square pieces.](#)

[Grind onion \(pyaj\), ginger \(adrak\), green chilly \(hari mirch\).](#)

[Grate mava.](#)

[Heat clarified butter \(ghee\) in a pan.](#)

[Add onion \(pyaj\), tomato \(tamatar\) paste.](#)

[Continue cooking it on medium flame till ghee/oil begins to separate.](#)

[Add mava, cream \(malai\).](#)

[Simmer for 2 minutes.](#)

[Add salt, red chili powder \(lal mirchi\), turmeric \(haldi\), garam masala.](#)

[Add cottage cheese \(paneer\) pieces with 1/2 cup of water](#)

[When the gravy thickens put off the flame.](#)

[Take off the fire and serve hot.](#)

[TOP](#)

## PANEER MAKHANI RECIPE

### [Ingredients:](#)

[250 gms Paneer](#) [How to make paneer](#)

[200 gms Fresh Cream](#)

[200 gms Tomato Puree](#)

[2-3 tblsp Butter](#)

[2 tblsp Fenugreek leaves \(dried kasuri methi\)](#)

[1/2 tsp Red chilli powder](#)

[1/2 tsp Garam masala powder](#)

[2-3 Green Chillies](#)

[Salt as per taste](#)

### [How to make paneer butter masala:](#)

[Melt the butter in a pan, add slit green chillies, tomato puree, kasuri methi, salt, red chilli powder and simmer for 4-5 minutes.](#)

[Add the cream and garam masala powder and cook further for 2-3 minutes.](#)

[Add the paneer pieces and cook for a minute. Serve hot garnished with coriander.](#)

[TOP](#)

# PANEER PASANDA RECIPE

## Ingredients:

500 gms Cottage Cheese (Paneer) [How to make paneer](#)

6 Onion (Pyaj)

400 gms Tomato (Tamatar)

1 " long piece Ginger (Adrak)

2 Green Chilly (Hari Mirch)

1 cup Cream (Malai)

1 cup Curd (Dahi)

100 Butter

1 tsp Red Chili Powder (Lal Mirchi)

1/4 tsp Turmeric (Haldi)

1 tsp Dried Pudina Leaves

1/2 tsp Garam Masala

1/2 cup Milk

-

## How to make paneer pasanda:

- Cut cottage cheese in samll pieces.

- Chop onion very finely.

- Grind tomato, ginger, green chilly,.

- Heat butter in a pan.

- Saute onions till pink in color.

- Then add tomato paste.

- Continue cooking it on medium flame till ghee/oil begins to separate.

- Put off the flame.

- Add cottage cheese, cream , curd, salt, red chili powder, turmeric, garam masala, dried pudina leaves and mix well.

- Keep it aside for an hour.

- Put the pan on the flame and then add milk to the mixture.

- Simmer for 5 minutes and then finally put off the gas.

[Take off the fire and serve hot.](#)

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## SHAHI PANEER RECIPE

[Shahi paneer is a typical North Indian dish eaten with roti or naan.](#)[Shahi paneer is preparation of paneer pieces in a thick, creamy and spicy gravy prepared in tomato, onion and cashewnuts paste.](#) To give it a little spicy edge green chilis and brown cardamoms are added to it along with garam masala. Because of its richness it is usually served in parties, dinners and other occasions which require special menu. Here is a simple and easy recipe to make shahi paneer.

-

### [Ingredients:](#)

[250 gms cottage cheese \(cut in cubes\)](#) [How to make paneer](#)

[3 tbsp clarified butter](#)

[1 inch piece of ginger \(finely chopped\)](#)

[1 green chili \(slit lengthwise\)](#)

[1 onion \(grated\)](#)

[4 tomatoes \(chopped\)](#)

[2 brown cardamoms \(crushed\)](#)

[1 bay leaf](#)

[1/2 cup beaten curd](#)

[30 gms melon seeds or 2 tblsp cashew nut paste](#)

[1tsp salt](#)

[1/2 tsp cumin powder](#)

[1/2 tsp red chili powder](#)

[3/4 tsp garam masala](#)

[2 tbsp tomato sauce](#)

[1/4 - 1/2 cup milk](#)

[1 tsp coriander leaves \(finely chopped\)](#)

-

### [How To Make Shahi Paneer:](#)



Soak the melon seeds or cashew nuts which ever you are taking for atleast 2 hrs and then grind them to a smooth paste.

Heat 2 tbsp of ghee in a kadai, add onion, ginger, green chili and brown cardamoms. Cook till onion turns translucent. Add tomatoes, cover it and cook for 7-8 minute.

Add curd and cashew nut or melon seeds paste. Cook for 3-4 minute and remove from fire.

Cool down the above ingredients and put them in a grinder along with 1/2 cup of water. Strain the puree.

Take a frying pan, add 1 tbsp of ghee and add the above pureed paste and cook for 10 minutes on low flame till oil separates.

Add salt, red chili powder, cumin powder, garam masala and tomato sauce. Add enough water so that there can be thick gravy.

Keep on low flame and cook for 5-7 minute. Remove from fire.

At the time of serving heat the gravy and add paneer pieces.

Add milk and mix well and cook for 2-3 minutes. Note: To make the dish more creamier you can replace milk with 1/4 cup cream.

Serve hot garnished with coriander leaves.

[TOP](#)

## PANEER PAKORA RECIPE

### Ingredients:

250 gms Paneer

1 cup Chickpea Flour (Besan)

2 tsp Oil

1 1/2 tsp Salt

1/2 tsp Red chili powder

1-2 Chopped Green Chillies (Jalapeno)

1/2 cup Water

-

### How To Make Paneer Pakora:

Mix first set of ingredients well.

Beat in a blender for 4-5 minutes to incorporate air (this will make the batter fluffier).

[Let batter rest 1/2 hour in a warm place](#)

[Cut the paneer into thick cubes.](#)

[Sprinkle little salt, chili powder on the cubes](#)

[Deep fry in oil that is heated to 375°.](#)

[Drain on paper towels and serve immediately.](#)

[Serve the paneer pakora with coriander or mint chutney](#)

[TOP](#)

## MAKKI PANEER PAKORA RECIPE

### [Ingredients:](#)

[1/2 tsp cumin powder](#)

[2 tblsp coriander leaves chopped](#)

[oil for deep frying](#)

[6 tblsp bengal gram flour besan](#)

[salt to taste](#)

[2 tsp ginger chopped](#)

[2 tsp garlic chopped](#)

[2 green chilli chopped](#)

[1 cup milk](#)

[1 3/4 tsp dry mango powder amchur](#)

[1 onion chopped](#)

[100 gms cottage cheese \(paneer\)](#)

[200 gm corn fresh \(makki\)](#)

-

### [How to make makki paneer pakora :](#)

[Crush the corn in a blender.](#)

[Grate the cottage cheese.](#)

[Heat up oil in a pan, mix in cut ginger and garlic and stir fry till pink.](#)

[Mix in crushed corn and stir fry.](#)

[Mix in salt and mix.](#)

[Mix in milk and stir fry to get a creamy texture.](#)

When the corn is cooked, transfer to a round dish and cool.

Mix in grated paneer, cut onion, cut green chillies, cumin powder, amchur powder and cut coriander leaves.

Adjust salt and mix well.

Mix in besan for binding and mix in a little milk if the mixture is too thick.

Make even sized balls with hand or tablespoon.

Heat up oil and deep fry the pakoras on medium heat up till golden brown.

Remove and keep on an absorbent paper to soak excess oil.

Serve hot.

[TOP](#)

## PANEER BHARE PAPAD RECIPE

### Ingredients:

4 moongdal papads

1 medium onion finely chopped

salt to taste

1/2 cup cottage cheese grated (paneer)

2 green chillies

2 tblsp coriander leaves finely chopped

1 capsicum finely chopped

oil (if frying) to deep fry

1 tsp chaat masala

**for stuffing**

-

### How to make paneer bhare papad :

Halve the papads.

Prepare the stuffing by mixing all the ingredients together.

Roast the papads, one piece at a time.

While they are still hot roll to make ½" diameter cylinders.

Spoon in the stuffing carefully and serve immediately.

Alternatively apply little milk or water to the whole papad, put the mixture on one side and roll cylindrically, deep fry in hot oil and serve.

[TOP](#)

## MICROWAVE PANEER RECIPE

### Ingredients:

200g Paneer - cut in 1/2" cubes  
1 capsicum-cut into thin long strips  
2 tbsp. oil  
5-6 flakes garlic - crushed  
2 tbsp. ready made tomato puree  
1/2 tsp sugar & garam masala  
3/4 tsp red chilli powder  
1 tsp dhania powder  
Salt to taste

-

### Preparation:

In a small frying pan, add oil and garlic and as soon as the oil is hot, add the tomato puree, salt, sugar, red chilli powder, dhania and garam masala.

Mix well. Add capsicum and sautee for one minute.

Now add the cottage cheese mix well and microwave high uncovered for 3 minutes and serve hot.

[TOP](#)

## PANEER TIKKA RECIPE

### Ingredients:

1 Large block of Paneer  
1 onion  
1 Capsicum  
1 Tomato  
Few Mushrooms  
Finely chopped Coriander leaves

#### **To Marinade:**

1/2 cup Curd (plain yogurt)  
1 tsp Garlic paste  
1 tsp Ginger Paste  
2 tsp Tandoori powder

[1 tsp cumin \(jeera\) powder](#)  
[2 tsp Chaat powder](#)  
[Salt to taste](#)  
[Red chili Powder to taste](#)

-

[How to make indian paneer tikka recipe :](#)

- [Cut Paneer into long 1/2" thick cubes.](#)
- [Cut all vegetables into cubes.](#)
- [Mix all ingredients for marinade and keep aside.](#)
- [Add the left marinade to the vegetables.](#)
- [Brush the marinade to the paneer and refrigerate it for 3 hours.](#)
- [Heat oil in a kadhai and fry marinated paneer till fully done.](#)
- [Also fry other vegetables.](#)
- [In a plate arrange fried vegetables and then paneer.](#)
- [Garnish with coriander and lemon slices](#)
- [Serve tandoori paneer tikka hot with hari chutney.](#)

[TOP](#)

## MICROWAVE PANEER MATAR

[Ingredients:](#)

[6"-7" round dish or 2" high with cover](#)  
[100g paneer - grated](#)  
[1 cup shelled peas](#)  
[2 tbsp. oil](#)  
[1 medium size onion](#)  
[1-2 green chillies](#)  
[1/2" piece ginger](#)  
[6 tbsp. ready made tomato puree](#)  
[1/4- red chilli powder](#)  
[1/2 tsp. cumin powder](#)  
[1/2 tsp. garam masala powder](#)  
[Cashewnuts - optional](#)

[Salt to taste](#)

-

[Preparation:](#)

•  
[Grind together onion, green chillies, ginger and fry this masala for 4 to 5 minutes in a non-stick pan.](#)

•  
[Add tomato puree, garam masala, cumin powder, peas and sprinkle 1 tbsp. water.](#)

•  
[Now transfer this to a micro dish and micro high for 3 minutes.](#)

•  
[Add salt, grated paneer 5 tbsp. water and cashew nuts and mix gently.](#)

•  
[Cover the dish and again micro wave for 2 minutes and stand for another 2 minutes.](#)

•  
[Serve, garnished with fresh coriander and green chili.](#)

[TOP](#)

## PANEER PARANTHA RECIPE

Ingredients for paneer parata:

100 gms Grated Paneer

1 finely chopped Onion

Coriander leaves finely chopped

Small piece of Ginger (grated)

1 or 2 finely chopped green Chillies

Salt, Red Chili powder and Garam masala as per taste

1/2 tsp Ajwain (optional)

Butter / Oil for frying

How to make paneer paratha:

- Make dough out of whole wheat flour (atta), as you would do for any paratha/roti.
- In a bowl mix all the stuffing ingredients.
- Make two medium size chapati, add the filling to the one chapati and cover it with the second one. Now roll it slightly.
- Cook on a pre-heated Tawa (flat griddle plate).
- Turn it and pour half tablespoon oil or butter.
- Spread it on the paratha and shallow fry over low heat. Turn it and again pour oil or butter on the other side.
- Cook on a low heat till golden brown.
- Serve paneer paratha hot with yogurt (curd) and your favorite chutney or with pickle.
- **Note:** Do not add salt to the filling before, as it will leave water. Add salt only at the time of preparation.

# PANEER COCONUT GRAVY RECIPE

## Ingredients:

250 gms Cottage Cheese (Paneer) [How to make paneer](#)

3 Onion (Pyaj)

4 - 5 cloves Garlic (Lasun)

1 " long piece Ginger (Adrak)

4 Tomato (Tamatar)

Coriander Leaves (Dhania Patta)

2 fresh red chillies

1/2 tsp Cumin Seed (Jeera)

1 tsp Coriander Seeds Powder (Dhania Powder)

1/2 tsp Red Chili Powder (Lal Mirchi)

1/2 tsp Sugar

3 tblsp Groundnut (Moong Fali) Powder

1 cup Coconut Milk

1 tsp Lime or Lemon Juice (Nimbu)

2 tblsp Clarified Butter (Ghee)

-

## How to make paneer coconut gravy:

Cut paneer in squares.

Grind onions to a paste.

Grind tomatoes finely.

Grind ginger (adrak), garlic (lasun) to a paste.

Chop coriander leaves (dhania patta) very finely.

Chop fresh red chillies very finely.

Roast the groundnuts and grind them to a fine paste.

To make coconut milk, grate fresh coconut and mince in a grinder with 1 cup of water. Sieve the mixture and coconut milk is ready.

Heat clarified butter (ghee) in a pan.

Add cumin seed (jeera), onion (pyaj) and pink it, stirring continously.

[Add the ginger garlic paste and stir it for 1 minute](#)

[Now add tomato and fresh red chilly.](#)

[Cook for sometime and then add tomato \(tamatar\).](#)

[Continue cooking it on medium flame till ghee/oil begins to separate.](#)

[Add coriander seeds powder \(dhania powder\), red chili powder \(lal mirchi\), salt, sugar groundnut \(moong fali\) powder, coconut milk.](#)

[Add the paneer pieces and let the gravy cook till it thickens.](#)

[Take off the fire and serve hot garnish it with well chopped coriander leaves.](#)

[TOP](#)

## PANEER MAKHANA CURRY RECIPE

### [Ingredients:](#)

[2 cup Makhana](#)

[250 gms Cottage Cheese \(Paneer\)](#) [How to make paneer](#)

[4 Onion \(Pyaj\)](#)

[4 Tomato \(Tamatar\)](#)

[1 " long piece Ginger \(Adrak\)](#)

[4 - 5 cloves Garlic \(Lasun\)](#)

[1/2 cup Cream \(Malai\)](#)

[2 cup Milk](#)

[1 tsp Red Chily Powder \(Lal Mirchi\)](#)

[1/4 tsp Turmeric \(Haldi\)](#)

[1/2 tsp Dried Pudina Leaves](#)

[1 cup Cashewnut \(Kaju\)](#)

[1/2 tsp Garam Masala](#)

[1 tblsp Poppy seeds \(Khuskhus\)](#)

[Coriander Leaves \(Dhania Patta\)](#)

[4 tblsp Clarified Butter \(Ghee\)](#)

-

### [How to make shahi paneer makhana curry:](#)

[Heat clarified butter in a pan.](#)

[Fry makhana in the ghee.](#)

[Cut cottage cheese in samll pieces.](#)



Mince onion, tomato, garlic, ginger.

Cut cashewnut in samll pieces.

Soak poppy seeds in 1/4 cup of water.

After 1 hour grind the soaked poppy seeds to a fine paste.

Chop coriander leaves very finely.

Heat clarified butter in a pan.

Add onion, tomato, garlic, ginger paste and brown it, stirring continously.

Add poppy seeds and fry for 2 minutes and then turn off the gas.

To this mixture add makhana, cottage cheese, cream , salt, red chili pepper, turmeric, dried pudina leaves.

Keep this mixture aside for half an hour.

After half an hour put the pan on the flame and add milk.

When it comes to a boil add 3 cups of water.

Simmer it till the makahana are completely done and soft.

Then add cashewnuts and garam masala.

After 1 minute put the flame.

Transfer the mixture to a dish and sprinkle some corainder on it.

Serve it hot with nan, roti or parantha.

[TOP](#)

## PANEER SANDWICHES RECIPE

Ingredients:

100 gms Panch Phoran

2 slices Bread

As per requirement Butter

A pinch of dried Mango (Aam) Powder

A pinch of Red chilli (Lal Mirchi) Powder

A pinch of Black Salt (Kala Namak)

### How to make paneer sandwiches:

- Melt some butter in a pan, sautÃ© the paneer slices with mango powder, red chilli powder and black salt for a few minutes.

- Stuff the sauteed paneer in between the bread slices and toast.

[TOP](#)

## CHANAR DALNA RECIPE

### Ingredients:

1 tblsp ghee

250 gms cubed cottage cheese (paneer)

1 medium cubed potatoes

oil for frying

1/4 tsp turmeric powder

1 tsp ginger paste

2 - 3 green chillies

salt to taste

1 1/2 tsp cumin seed paste

1/2 cup milk

1/2 tsp cumin seeds

1/2 tsp sugar

1/2 tsp garam masala powder

1 cup water

-

### How to make chanar dalna :

- Heat up oil and fry the potatoes lightly and keep aside.

- Fry the paneer in the same oil and put it in warm water.

- Heat up the ghee in a vessel, mix in the cumin seeds and let it splutter.

- Mix in the cumin paste mixed with a little water, ginger juice and turmeric powder.

- Stir fry for 2 minutes.

- Mix in the potatoes, green chillies, garam masala powder, sugar and salt and cover and stir fry till the potatoes are tender.

Take off the paneer from the water and mix in to the potatoes.

Mix in milk and the remaining water and allow it to simmer (boil slowly at low temperature) for another 2 to 3 minutes.

Serve hot.

[TOP](#)

## CHANAR BARA RECIPE

### Ingredients:

1 tsp green cardamom power

500 gms refined flour (maida)

250 gms cottage cheese (paneer/chana)

ghee for frying

2 cup sugar

-

### How to make chanar bara :

Mash paneer well.

Mix one tblsp of ghee with the flour.

Mix milk a little at a time.

There should be no lumps.

The batter should be rather thin.

Now, mix in the mashed paneer.

This will thicken the batter.

Lastly, mix in the powdered cardamom.

The batter, finally, must be of medium thick consistency so that it can easily be dropped from a spoon.

Make syrup of one string consistency with the sugar and 1 1/2 cup of water.

Heat up ghee in a kadhai.

Drop spoonfuls of batter and fry till golden.

[Soak in the syrup for at least two hours.](#)

[TOP](#)

# PANEER BAGH-E-BAHAR RECIPE

## [Ingredients:](#)

[1/4 cup cashewnut paste](#)  
[1 tsp sugar \(cheeni\)](#)  
[1 cup yellow capsicum \(shimla mirch\) chopped](#)  
[1 cup Tomato \(Tamatar\) chopped](#)  
[1 tsp garlic \(lasan\) finely chopped](#)  
[1/2 cup fresh cream \(malai\)](#)  
[1 tsp pepper](#)  
[1 cup pineapple chopped](#)  
[2 tblsp Tomato \(Tamatar\) sauce](#)  
[2 green chillies vertically cut](#)  
[2 tblsp refined oil \(tel\)](#)  
[1 tsp salt \(namak\)](#)  
[200 gms paneer cubes](#)

-

## [How to make paneer bagh-e-bahar:](#)

•  
[Cut paneer, capsicum, pineapple and tomato separately in 1 inch pieces.](#)

•  
[Make a paste of cashewnuts along with fresh cream](#)

•  
[Heat up oil in a kadai and mix in cut garlic and green chillies and fry till brown.](#)

•  
[Mix in cashew paste.](#)

•  
[Stir fry capsicum in cashew mixture in high flame flame.](#)

•  
[Mix in pineapple and tomatoess and stir till cooked.](#)

•  
[Mix in paneer, tomato sauce, salt and pepper.](#)

•  
[Stir fry it for 5 minutes and mix in sugar.](#)

•  
[Stir fry for a minute and transfer to a round dish and sprinkle 2 tblsp of cream](#)

•  
[Serve hot with tandoori roti.](#)

[TOP](#)

# PANEER TIKKA MASALA RECIPE

Here's a spicy, tempting paneer recipe. Learn how to make it and impress your guests.

## Ingredients:

250 gm cottage cheese (paneer) [How to make paneer](#)

100 gm curd (dahi)

2 onion (pyaj)

2 tomato (tamatar)

1 tsp ginger (adrak), garlic (lahsun) paste

2 green chilly (hari mirch) paste

50 gm cashew nut (kaju) paste

1 tsp tandoori masala

1 tsp chat masala

1 tsp chana masala

salt to taste

## How to make paneer tikka masala:

•  
Cut round slices of tamatar and pyaj and keep them aside.

•  
Cut paneer in cubes.

•  
Mix tandoori, chat and chana masala along with half of the ginger garlic paste with dahi.

•  
Now add paneer cubes and mix well.

•  
Fix paneer cubes in a toothpick and put tomato and onion slices around paneer.

•  
Then cook them in a preheated oven and keep aside.

•  
Heat oil in a pan and put ginger garlic paste and green chilly in it.

•  
Cook for 5 minutes. Thereafter, add finely chopped onion and fry.

•  
Add finely chopped tomato and cook until oil floats on the surface.

•  
Then add kaju paste and cook for 5-10 minutes.

•  
Then add all the spices and cook for 2 minutes.

•

[Lastly add paneer cooked in oven and cook for 5 minutes.](#)

[Garnish with coriander and serve hot.](#)

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## PUDDING RECIPES

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## BANANA BREAD PUDDING RECIPE

Ingredients:

1 loaf French bread  
2 tblsp Vanilla Extract  
4 Bananas, mashed  
4 cups Milk  
3 Eggs  
1 cup Sugar  
1 cup Raisins  
1 tsp freshly ground Nutmeg  
1 tsp Cinnamon  
Splash of rum (optional)

How to make banana bread pudding:

- . Cut the loaf in small cubes.
- . Put the cubed loaf in a bowl.
- . Now pour the milk on it and keep it aside for a hour.
- . Preheat oven to 325 degrees.
- . Grease 9 x 13 inch baking dish.
- . In a separate bowl mix the eggs, sugar and vanilla essence.
- . Pour this mixture onto the bread mixture and then spread the mashed bananas and raisins.
- . Add rum, cinnamon and nutmeg powder.
- . Pour this mixture on the baking dish.
- . Bake in the oven for 1 hour and then let it cool.

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[TOP](#)

## CHOCOLATE BREAD PUDDING RECIPE

Ingredients:

300 ml Milk  
4-5 tblsp Sugar  
4 Slices Brown Bread  
3 Eggs  
2 tblsp Drinking Chocolate or cocoa powder  
1/2 tsp Vanilla Essence  
250 ml Thick Sweetened Cream

How to make chocolate pudding with cream:

- . Cut the bread into pieces. Beat the eggs and add the essence.
- . Warm the milk and mix in the sugar. Gently mix in the cocoa powder.
- . Put off the flame and add the beaten eggs and the breadcrumbs. Mix well.
- . Grease pudding mould and pour the mixture into the mould.
- . Cover loosely with foil and steam in a rice cooker or pressure cooker without whistle for 30 - 40 minutes or until the pudding is spongy.
- . Allow the pudding to shrink before unmoulding.
- . Then put it in the fridge for 1 hour before serving with fresh, thick and sweetened cream.

[TOP](#)

## DARK CHRISTMAS PUDDING RECIPE

Ingredients:

300 gms Currants

300 gms Raisins

120 gms Plain Flour ( Maida)

1 tsp Salt

1 tsp ground Ginger

1 tsp grated Nutmeg

1 tsp ground Cinnamon and Cloves

240 gms Margarine shredded

120 gms Fresh breadcrumbs

120 gms Sugar (preferably jaggery)

60 gms Glace Cherries

60 gms Almonds blanched

30 gms Mixed Peel chopped

Few pieces rind of Oranges finely grated

Few pieces rind of Lemon finely grated

Juice of 1 Orange

2 Eggs

1 tsp Vanilla essence

6 Level tbsp Black treacle

1 tbsp Brandy

How to make dark christmas pudding:

- . Wash and pick the currants and raisins and dry thoroughly.
- . Sift the flour, salt and spices into a large mixing bowl.
- . Stir in the margarine, bread crumbs and sugar.
- . Chop and mix together the currants, raisins, cherries, almonds, mixed peel and orange and lemon rinds.
- . Stir these into the prepared dry ingredients.
- . Beat the orange juice with the eggs and vanilla essence and pour into the bowl.



- . Add the treacle and brandy and mix until thoroughly blended.
- . Turn the mix over into a greased pudding basin.
- . Cover the basin securely with double thickness of grease paper and tie securely.
- . place in a pressure cooker and cook till done.
- . When ready, remove cover and replace with fresh grease proof paper.
- . Store in a cool, dry, dark place.
- . To serve, steam the pudding again.
- . Turn out into a hot dish.
- . Pour a little warmed brandy round the dish and light before bringing to table.

[TOP](#)

## FRUIT CUSTARD PUDDING RECIPE

Here's a delicious pudding recipe with lots of fruits. Learn how to make fruit custard pudding.

### Ingredients:

1 small cake  
1 tin cocktail fruits  
2 cup fresh cream  
4 cup milk (doodh)  
4 tbsp custard powder  
1 cup sugar  
1/2 packet strawberry jelly  
1 apple (seb)  
1 orange (santra)  
1 cup grapes (angoor)  
4-5 cherries

-

### How to make fruit custard pudding:

.  
Cut cake in the centre into two halves.

.  
Prepare jelly according to the instructions.

.  
Beat cream until it thickens.

.  
Peel all the fruits and cut into small pieces.

.  
Mix custard in a little milk.

.  
Boil the remaining milk and then add sugar and dissolved custard.

.  
Stir continuously until it thickens. Remove it from the flame.

•  
Put one cake slice in a dish and then spread some of the custard and cocktail fruits and some fresh fruits over it.

•  
Then put jelly and place another cake slice over it.

•  
Garnish with remaining custard and fruits.

•  
Spread cream on the top.

•  
Put jelly on the sides and garnish with cherries.

•  
Refrigerate it for setting and then serve chilled.

[TOP](#)

## STRAWBERRY PUDDING RECIPE

Here's a scrumptious pudding recipe with strawberries and biscuits. Learn how to make strawberry pudding.

### Ingredients:

12 merry biscuits

400 gm fresh cream

1 packet strawberry jelly

1 tin cherry

2 cup sugar

3 cup milk

3 tbsp custard powder

1 tsp vanilla essence

-

### How to make strawberry pudding:

•  
Dissolve custard powder in 1/2 cup milk.

•  
Add 3 tbsp sugar to the remaining milk and boil it.

•  
After 1 boil, add custard powder and stir continuously until it thickens.

•  
Then remove it from the flame and add essence to it. Let it cool and place in the refrigerator.

[Prepare the jelly according to the instructions.](#)

[Let it cool and refrigerate it for setting. Then take it out.](#)

[Grind rest of the sugar and add it to the cream.](#)

[Beat it until it thickens and add cream to it.](#)

[Take out the seeds of cherries and keep its juice aside.](#)

[Place half of the custard in a bowl and spread half of the jelly over it.](#)

[Now dip each biscuit in the juice taken out of cherry tin and place it on the jelly.](#)

[Spread cherry on the biscuits.](#)

[Now spread the remaining jelly on it and then the remaining custard.](#)

[Garnish with cherries and serve it chilled.](#)

[TOP](#)

## SHAHI PUDDING RECIPE

Here's a delicious and quite filling pudding recipe with paneer and dry fruits. Learn how to make shahi pudding.

### [Ingredients:](#)

[1 litre milk \(doodh\)](#)

[1 cup sugar](#)

[50 gm cottage cheese \(paneer\)](#)

[2 tbsp custard powder](#)

[1 cup fresh cream](#)

[1/2 cup cashew nut and almond \(kaju badam\)](#)

[1/2 cup cherry](#)

[1 tsp vanilla essence](#)

-

### [How to make shahi pudding:](#)

[Grate cottage cheese.](#)

[Chop cashew nuts and almonds.](#)

[Mix custard in 1 cup milk.](#)

[Boil the remaining milk until it is reduced to half.](#)

[Then add sugar and custard in it.](#)

[Stir continuously so as to thicken. Remove it from the flame.](#)

[Pour it in a dish when it cools.](#)

[Add cottage cheese and vanilla essence and mix well.](#)

[Beat cream and spread it on the top.](#)

[Garnish with cashew nuts, almonds and cherry.](#)

[Serve chilled.](#)

[TOP](#)

## LEMON PUDDING RECIPE

### [Ingredients:](#)

[4 oz breadcrumbs](#)

[1 oz flour](#)

[1/2 tspful baking powder](#)

[2 oz shredded suet](#)

[2 oz moist sugar \(cheeni\)](#)

[grated rind of 1 lemon](#)

[1 egg](#)

[3/4 cup milk](#)

-

### [How to make lemon pudding:](#)

[Mix all the dry ingredients together with the lemon rind.](#)

[Add the beaten egg and milk, and stir the mixture well.](#)

[Put into a greased mould, cover with a double piece of greased paper and steam for 2 hours.](#)

[Serve with lemon sauce, using the juice of the lemon.](#)

[TOP](#)

# MARMALADE PUDDING RECIPE

## Ingredients:

2 oz breadcrumbs  
2 oz flour  
2 oz shredded suet  
grated rind of 1 lemon (nimbu)  
2 tblsp marmalade  
2 oz. castor sugar  
1 egg  
1/4 tspful baking powder  
1/2 cup milk  
marmalade sauce

-

## How to make marmalade pudding:

•  
Mix all the dry ingredients together, sieving the flour and baking powder.

•  
Add the marmalade, egg and milk.

•  
If the mixture is too stiff, add a little more milk.

•  
Put mixture into a greased basin, cover with a double piece of greased paper and steam for 2 1/2 hours.

## • **To make the marmalade sauce:**

•  
peel a lemon very thinly and cut the peel into short strips.

•  
Boil these in water until soft, then add 2 tblspfuls of sugar and 2 tspfuls of cornflour made into a paste with a little water. Stir well and simmer for about 3 minutes.

•  
Remove from fire and add 2 tspfuls of lemon juice.

•  
Dish up the pudding and serve with the sauce.

[TOP](#)

# MILK PUDDING RECIPE

## Ingredients:

2 oz rice sago  
1 tblspful sugar

[1/2 oz butter](#)  
[1 pint milk](#)  
[pinch of salt](#)

-

[How to make milk pudding:](#)

•  
[Just cover the cereal with water and let it stand for 5 minutes.](#)

•  
[Strain off water, and put the cereal in a greased pie dish with the sugar, butter, salt and milk.](#)

•  
[Let it soak for about 1 hour.](#)

•  
[Then stir it well and cook slowly in a cool oven for 2 hours, stirring well after Â½ hours.](#)

•  
[The above recipe makes a pudding of medium thickness; more or less cereal should be used to vary the consistency according to taste.](#)

•  
[An egg can be added if desired, in which case the cereal should be boiled in the milk first and the egg added when cool.](#)

•  
[Then bake in the oven for 20 minutes.](#)

[TOP](#)

## COCONUT PUDDING RECIPE

Here's a simple, yummy pudding recipe with coconut and cherries. Learn how to make nariyal pudding.

[Ingredients:](#)

[1/2 tin condensed milk](#)  
[1/2 cup coconut powder](#)  
[1 cup sugar](#)  
[1 cup fresh cream](#)  
[1/2 tin cherry](#)  
[1 tsp vanilla essence](#)

-

[How to make coconut pudding:](#)

[Grind sugar.](#)

[Beat cream so as to thicken it.](#)

[Mix condensed milk, coconut powder, sugar and vanilla essence. Pour it in a dish.](#)

[Spread cream on the top.](#)

[Garnish with cherry.](#)

[Refrigerate it for setting and serve chilled.](#)

[TOP](#)

## FRUIT DELIGHT PUDDING RECIPE

Ingredients:

- 1 cup Red Jelly
- 1 cup Gren Jelly
- 1 Tin Mix Fruit
- 1 small Cake
- 3 cup Fresh Cream
- 1 cup Milk
- 1 tsp Custard Powder
- 4 tsp Sugar
- 1 Orange
- 1 Apple
- 1 cup Grapes
- 1 slice Pineapple

How to make fruit delight pudding:

- Mix the custard powder in a little milk.
- Boil the rest of the milk.
- When it comes to a boil , while continously stiring add the dissolved custard powder to the milk.
- While stiring add the sugar.
- When the mixture thickens put off the flame.
- Beat the cream till frothy.
- Cut the fruits in small pieces.
- Cut small pieces of the cake.
- Prepare both the jellies as instructed on the packet.
- Now in bowl mix the pieces of the cake, mix fruits, custard, cut tin fruits, half jelly and half cream.
- Let this mixture set in the refrigrator.
- When fully set take it out and decorate with the rest of the jelly and cream.

[TOP](#)

# TOFFEE PUDDING RECIPE

## Ingredients:

12 oz bread, cut in squares

4 oz butter

8 oz Demerara sugar

8 oz golden syrup

little milk

-

## How to make toffee pudding:

•  
Put the sugar, butter and syrup into a frying pan, and boil until golden brown.

•  
Dip the squares of bread in milk, then put into pan and let them get really hot.

•  
Pile them up on a hot dish and serve, if possible, with whipped cream.

---

[TOP](#)

# YORKSHIRE PUDDING RECIPE

## Ingredients:

8 oz flour

2 eggs

1 pint milk

pinch of salt

-

## How to make yorkshire pudding:

•  
Sieve the flour and salt into a basin.

•  
make a well in the center and break the eggs into it; add a little of the milk and mix it in well.

•  
When half the milk is in, beat well for 10 minutes, then add the rest of the milk, still beating.

•  
The batter should stand for atleast 1 hour before it is used.



[Add about a tblspful of cold water at the last minute for a really light pudding.](#)

[Get a little fat really hot before pouring in the batter, then bake in a moderate oven for 30 minutes, raising the heat just enough to brown it at the end.](#)

[TOP](#)

## COFFEE PUDDING RECIPE

### [Ingredients:](#)

[5 ozl strong coffee](#)

[5 oz sugar](#)

[4 eggs](#)

[1 pint milk](#)

[small pinch of salt](#)

-

### [How to make coffee pudding:](#)

[Boil the milk and leave it to cool a little.](#)

[Beat the eggs and sugar together and add the milk and salt, then the coffee.](#)

[Strain the mixture into a pie dish, stand in a tin with boiling water half way up the dish and cook in a moderate oven until quite firm.](#)

[Leave to cool and when cold sprinkle with castor sugar.](#)

[TOP](#)

## HONEYCOMB PUDDING RECIPE

### [Ingredients:](#)

[1 quart milk](#)

[3 eggs](#)

[1/2 oz powdered gelatine](#)

[2 oz loaf sugar \(cheeni\)](#)

[1 tsp vanilla essence](#)

-

### [How to make honeycomb pudding:](#)

Separate the egg-whites from the yolks.

Dissolve the gelatine in a little warm milk, add the sugar, the rest of the milk and the beaten yolks and stir over a gentle heat until it thickens like a custard.

Then take the saucepan off the fire, leave to cool, fold in the stiffly beaten whites.

Add the vanilla essence and pour into a wetted mould.

Turn out when set.

[TOP](#)

## ORANGE PUDDING RECIPE

### Ingredients:

3 oranges

1 1/4 pints milk

1 1/2 oz cornflour

1 oz butter

3 oz sugar

2 eggs

pinch of salt

-

### How to make orange pudding:

Peel the oranges, cut in pieces and place in a buttered dish.

Mix cornflour with a little of the milk.

Boil remainder of milk, add to the cornflour paste and cook for 10 minutes, stirring constantly.

Add the butter and a pinch of salt.

Sprinkle a little sugar over the oranges.

Mix the rest of the sugar with the yolks of the eggs, and add to the milk and cornflour mixture.

Stir for a minute or two longer over the fire without boiling.

Pour over the oranges and bake for 10 minutes.

Beat the egg whites stiffly, fold in a little castor sugar, pie on top and return to cool oven

[for abut 10 minutes, to set and tinge a very pale brown.](#)

[TOP](#)

## RUSSIAN PUDDING RECIPE

Here's a delicious pudding recipe with fruits and chocolate. Learn how to make Russian pudding.

### [Ingredients:](#)

[1 cake](#)  
[2 cup fresh cream](#)  
[4 cup milk \(doodh\)](#)  
[4 tsp custard powder](#)  
[1/2 cup sugar](#)  
[1 orange \(santra\)](#)  
[1 apple \(seb\)](#)  
[1 cup grapes \(angoor\)](#)  
[1 slice pineapple \(annanas\)](#)  
[few chocolate pieces](#)

-

### [How to make russian pudding:](#)

[•  
Beat cream so as to thicken it.](#)

[•  
Mix custard in 1 cup cold milk.](#)

[•  
Boil remaining milk.](#)

[•  
After 1 boil, add sugar and custard and stir continuously until it thickens.](#)

[•  
Then remove it from the flame.](#)

[•  
Cut orange, apple, pineapple and grapes into small pieces.](#)

[•  
Cut cake also into small pieces.](#)

[•  
Spread cake pieces in a dish and then custard and all the fruits.](#)

[•](#)

[Refrigerate it for sometime for setting.](#)

[Then spread cream on it.](#)

[Grate chocolate and garnish the pudding with it.](#)

[Serve it chilled.](#)

[TOP](#)

## PINEAPPLE PUDDING RECIPE

Here's a yummy pineapple pudding recipe with cake and custard and can be served as a sweet dish. Learn how to make pineapple pudding.

### Ingredients:

#### **For Cake**

[1/2 tin condensed milk](#)

[2 cup refined flour \(maida\)](#)

[2 tbsp sugar](#)

[1 tsp baking powder](#)

[1/2 tsp eating soda](#)

[1 cup butter](#)

[1 tsp pineapple essence](#)

[1 tsp yellow colour](#)

#### **For Custard**

[3 tbsp custard powder](#)

[3 cup milk\(doodh\)](#)

[1/2 cup sugar](#)

#### **Other Ingredients**

[1 tin pineapple](#)

[1 packet pineapple jelly](#)

[few almond \(badam\)](#)

-

### How to make pineapple pudding:

[Blend condensed milk, butter and sugar properly for making cake.](#)

[Mix eating soda and baking powder in refined flour.](#)

[Add this to the condensed milk mixture frequently and mix well.](#)

[Then add 1/2 cup water, essence and colour in it.](#)

•  
Grease cake tin with butter and then refined flour.

•  
Now pour the above mixture in the tin.

•  
Bake it in a preheated oven for 35 minutes at 350 degree Fahrenheit.

•  
Now take it out and let it cool.

•  
Now to make custard mix custard in half cup milk.

•  
Boil the remaining milk with sugar.

•  
After one boil, mix custard in it and stir continuously until it thickens.

•  
Then remove it from the flame and let it cool.

•  
Cut pineapple into small pieces.

•  
Add ready jelly to the juice in the tin and let it cool.

•  
Now spread thin slices of cake in the dish.

•  
Spread pineapple pieces over it.

•  
Pour half of the jelly over it, then custard and then jelly.

•  
Refrigerate it for sometime for setting.

•  
Garnish with chopped almond and serve it chilled.

[TOP](#)

## PANEER PUDDING RECIPE

Here's a yummy, tempting paneer pudding recipe. Learn how to make paneer pudding.

### Ingredients:

250 gm cottage cheese (paneer)

3 cup fresh cream

2 cup sugar

1 litre milk (doodh)

6 tsp custard powder

1/2 cup cashew nut (kaju)

1/2 cup almond (badam)

-

### How to make paneer pudding:

•  
Cut cottage cheese into cubes.

•  
Dissolve 1 cup milk in custard powder.

•  
Boil the remaining milk.

•  
When it comes to a boil, add sugar and dissolved custard powder in it.

•  
Stir continuously until it thickens. Then remove it from the flame.

•  
When it cools, mix cottage cheese cubes.

•  
Beat cream until it thickens.

•  
Chop almonds and cashew nuts finely.

•  
Pour custard in a dish and top it with cashew nuts and almonds.

•  
Garnish with cashew nuts and almonds.

•  
Refrigerate it for sometime and then serve chilled.

[TOP](#)

## FRUIT CUSTARD PUDDING RECIPE

Here's a delicious pudding recipe with lots of fruits. Learn how to make fruit custard pudding.

### Ingredients:

1 small cake

1 tin cocktail fruits

2 cup fresh cream

4 cup milk (doodh)

4 tbsp custard powder

1 cup sugar

1/2 packet strawberry jelly

1 apple (seb)

1 orange (santra)

1 cup grapes (angoor)

4-5 cherries

-

### How to make fruit custard pudding:

•  
Cut cake in the centre into two halves.

•  
Prepare jelly according to the instructions.

•  
Beat cream until it thickens.

•  
Peel all the fruits and cut into small pieces.

•  
Mix custard in a little milk.

•  
Boil the remaining milk and then add sugar and dissolved custard.

•  
Stir continuously until it thickens. Remove it from the flame.

•  
Put one cake slice in a dish and then spread some of the custard and cocktail fruits and some fresh fruits over it.

•  
Then put jelly and place another cake slice over it.

•  
Garnish with remaining custard and fruits.

•  
Spread cream on the top.

•  
Put jelly on the sides and garnish with cherries.

•  
Refrigerate it for setting and then serve chilled.

[TOP](#)

## COTTAGE PUDDING RECIPE

### Ingredients:

4 oz cooked potatoes (aloo)

1 pint of milk (doodh)

2 eggs

2 oz sugar (cheeni)

-

### How to make cottage pudding:

•

- [Mash the potatoes, add the sugar, eggs and lastly the milk.](#)

- [Mix well together.](#)

- [Grease a pie dish, pour in the mixture and bake in a moderate oven for 3 /4 hour](#)

[TOP](#)

## FIG PUDDING RECIPE

### [Ingredients:](#)

[8 oz breadcrumbs](#)

[8 oz figs \(anjeer\)](#)

[6 oz shredded suet](#)

[2 eggs](#)

[scrape of nutmeg \(jaiphal\)](#)

[1/2 pint milk \(doodh\)](#)

[6 oz sugar \(cheeni\)](#)

-

### [How to make fig pudding:](#)

- [Chop the figs very finely and mix with the breadcrumbs, sugar, suet and nutmeg.](#)

- [Add the beaten eggs and the milk.](#)

- [Put the mixture into a greased basin, cover with a double piece of greased paper and steam for 3 hours.](#)

- [Serve with wine foam sauce.](#)

[TOP](#)

## GINGER PUDDING RECIPE

### [Ingredients:](#)

[2 oz flour](#)

[4 oz breadcrumbs](#)

[3 oz shredded suet](#)

[1/2 tspful baking powder](#)

[chopped ginger \(adrak\)](#)

[2 tblsp golden syrup](#)

[1 tspful ground ginger \(adrak\)](#)

[little milk](#)



-

### How to make ginger pudding:

•  
Mix the dry ingredients in a pan, add the golden syrup, and lastly enough milk to make a fairly firm mixture.

•  
Put into a greased pan, cover with a double piece of greased paper and steam for 2- 2 1/2 hours.

[TOP](#)

## MACARONI FRUIT PUDDING RECIPE

### Ingredients:

6 oz short cut macaroni

1 pint water

1 tsp salt (namak)

1 pint milk

1 egg

2 tblsp golden syrup

2 oz currants (kishmish)

2 oz sultanas

1 oz butter

grated nutmeg (jaiphal)

-

### How to make macaroni fruit pudding:

•  
Boil the macaroni in the water with salt added 5-7 minutes.

•  
Drain and return to pan.

•  
Add the milk, bring to the boil, stirring all the time. Remove from heat, stir in beaten egg and the syrup.

•  
Add the cleaned fruit and the butter, mix well.

•  
Pour into a buttered pie-dish, grate nutmeg over.

•  
Bake in moderate oven for 30 minutes.

[TOP](#)

# FRESH APRICOT PUDDING RECIPE

## Ingredients:

1 oz butter  
8 oz fresh apricots  
4 oz self-raising flour  
4 oz fine white breadcrumbs  
4 oz shredded suet  
2 tblsp granulated sugar  
2 eggs  
little milk to mix  
2tsp Demerara sugar

## How to make fresh apricot pudding:

Well butter a 2-pinch pudding basin ; line bottom and sides with stoned and halved apricots placing skin sides next to basin.

Mix flour and breadcrumbs, adding pinch salt, then add suet and sugar and mix thoroughly.

Stir in the beaten eggs with a little milk, and stir well until eggs are evenly blended. Add a little more milk to make a stiffly dropping consistency.

Sprinkle Demerara sugar over the apricots in the basin, add butter in pieces, then put in the pudding mixture, smoothing the top.

Cover with buttered paper, tied on tightly, but loosely fitting to allow pudding to rise. Simmer gently for 2 hours.

Turn out carefully, to disturb apricots as little as possible and serve with Apricot Sauce.

## APRICOT SAUCE

8 fresh apricots  
1/2 pint water  
3 tsp Dmerara sugar  
1 tblsp apricot jam

## 2 tsp cornflour

-

### How to make apricot sauce:

- Chop apricots into quarters; crack stones and remove kernels.
- Cook apricots and stones in the water and sugar for 10 minutes or until soft.
- Add the jam.
- Blend cornflour to a smooth paste with a tblsp spoon of water, add to boiling apricot mixture.
- Stir until boiling again and mixture clears and thickens slightly.
- Pour into a sauce boat to serve.

[TOP](#)

# CHRISTMAS PUDDING RECIPE

## Ingredients:

1/2 pound Raisins (Kishmish)  
1/2 pound chopped Dates (Khajoor)  
2 tblsp blanched, slivered almonds  
2 cups chopped Suet  
1 1/4 cups Fine Wheat Flour (Maida)  
1 tsp Salt  
1/4 tsp ground Cloves (Lavang)  
1/2 tsp Allspice  
1/2 tsp Cinnamon (Tuj/Dalchini)  
1/2 tsp grated Nutmeg Powder(Jaiphal)  
1/2 cup Brown Sugar  
1 peeled and grated Apple  
6 eggs  
1 Orange Juice  
1 Lemon Juice  
1/2 cup Buttermilk  
3 cups fresh White Bread Crumbs  
1/2 cup Brandy  
1 pound Sultanas  
1 pound Currants

## How to make christmas pudding:

- Grease 1 pudding tin.

- . In a large bowl add dried fruits, almonds and suet ..
- . Dredge with 1/4 cup of flour..
- . Lightly sift the remaining flour and spices..
- . Add it to mixture with sugar and grated apple and mix well.
- . Beat eggs until light and frothy.
- . Add citrus juices, buttermilk and mix it to the pudding mixture.
- . Alos mix in bread crumbs.
- . Now fill the moulds 3/4 th with this mixture and boil for 6 hours.
- . Keep refilling the water while puddings are boiling.
- . When fully boiled let them cool off.
- . Cover them and store them in refrigerator.
- . Before serving steam again for 1 hour and serev with sauce.

[TOP](#)

## LEMON PEACH PUDDING RECIPE

Here is a tempting pudding recipe with lemon and peach. Learn how to make lemon peach pudding.

### Ingredients:

1 tin peach (adu)  
1 packet lemon jelly (nimbu ki jelly)  
2 cup fresh cream  
2 tbsp sugar  
1 lemon (nimbu)

### How to make lemon peach pudding:

Boil 2 cups water and dissolve lemon jelly in it.

When it dissolves properly let it cool.

Grind sugar and take out the lemon juice.

Cut peach into small pieces.

Now place some of the pieces of peach in the tin and spread half of the jelly over it.

Refrigerate it sometime for setting.

[Refrigerate the remaining jelly also for sometime.](#)

[Beat cream.](#)

[Mix lemon juice, sugar, 1 cup cream, jelly and few pieces of jelly and mix properly.](#)

[Take out the tin from the freezer and add the above mixture to it. Again refrigerate it for sometime for setting.](#)

[When it sets, garnish with the remaining cream and peach pieces.](#)

[Serve it chilled.](#)

[TOP](#)

## LEMON COFFEE PUDDING RECIPE

Here's simple recipe out of lemon and coffee for coffee lovers. Learn how to make lemon coffee pudding.

### [Ingredients:](#)

[1 tsp coffee](#)

[1 packet lemon jelly \(nimbu ki jelly\)](#)

[2 cup fresh cream](#)

[3 tbsp sugar](#)

### [How to make lemon coffee pudding:](#)

[Boil 2 cup water and dissolve jelly in it.](#)

[When it mixes properly, remove it from the flame. Let it cool.](#)

[Place some of the jelly in the tin and refrigerate for sometime.](#)

[Mix coffee in the remaining jelly and refrigerate it separately.](#)

[Grind sugar and blend with cream.](#)

[Now add coffee jelly mixture to the above.](#)

[Now spread this over the lemon jelly already set in the tin and again refrigerate it for setting.](#)

[Serve it chilled once it sets properly.](#)

[TOP](#)

# FRUIT COCKTAIL PUDDING RECIPE

Here's a delicious pudding recipe that can be served chilled anytime. Learn how to make fruit cocktail pudding.

## Ingredients:

1 tsp coffee  
1 packet lemon jelly (nimbu ki jelly)  
2 cup fresh cream  
3 tbsp sugar

-

## How to make fruit cocktail jelly pudding:

•  
Boil 2 cup water and dissolve jelly in it.

•  
When it mixes properly, remove it from the flame. Let it cool.

•  
Place some of the jelly in the tin and refrigerate for sometime.

•  
Mix coffee in the remaining jelly and refrigerate it separately.

•  
Grind sugar and blend with cream.

•  
Now add coffee jelly mixture to the above.

•  
Now spread this over the lemon jelly already set in the tin and again refrigerate it for setting.

•  
Serve it chilled once it sets properly.

[TOP](#)

# MANGO PUDDING RECIPE

Learn how to make mango pudding. Here is a mouth watering mango pudding recipe that can be enjoyed anytime in summer.

## Ingredients:

1 cup mango pulp  
1 cup cottage cheese(paneer)

[1 cup cream](#)  
[1 tblsp gelatin](#)  
[1/4th cup water](#)  
[1/2 cup sugar](#)  
[1 cup mango cubes](#)  
[cream and cherry for garnishing](#)

-

[How to make mango pudding:](#)

•  
[Dissolve the gelatin in 1/4 th cup of water. Keep it aside.](#)

•  
[In a mixer blend the mango pulp, paneer cream and sugar.](#)

•  
[Take a bowl and mix both the blended mixture and the dissolved gelatin.](#)

•  
[Keep it in the refrigerator for setting.](#)

•  
[When fully set garnish with mango pieces, cream and cherries and serve immediately.](#)

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## RAITA RECIPES

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[Bathue Ka Raita](#)

[Boondi Raita](#)

[MIXED Fruit Raita](#)

[Ghiya Raita](#)

[Onion Raita](#)

## BATHUE RAITA ( Curd preparation)

Ingredients:

1 Cup Curd (Yogurt)

1/2 cup Bathua (boiled and mashed)

1tsp roasted Cumin (jeera) powder

Salt to taste

Red chili powder to taste

Preparation:

- Stir the curd with hand mixer (mathani).
- Add bathua paste and mix well. If it becomes thick add little milk and mix it.
- Now add salt, cumin powder and chili powder, mix well.
- Keep in refrigerator for an hour or so.
- Serve chilled bathua raita with rice, parathas etc.

[TOP](#)

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## BOONDI RAITA (Curd Preparation)

Ingredients:

2 Cups Curd (Yogurt)

100 gms Gram flour(Besan)

1/2tsp Roasted Cumin(jeera) powder

salt to taste

Red chili powder to taste

very little garam masala

Finely Chopped coriander leaves

Oil to fry

Preparation:

- Add water to gram flour and mix well to spreading consistency.
- Add salt & beat till becomes light. Heat oil & pass the paste through draining spoon. Fry till golden & crisp.
- Stir the curd with hand mixer(mathani).
- Add boondi and mix gently. If it becomes thick add little milk and mix it.
- Now add salt, cumin powder and chili powder, mix well.
- Sprinkle garam masala and garnish with chopped coriander.
- Keep in refrigerator for an hour or so.
- Serve boondi raita chilled.

[TOP](#)

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## MIXED FRUIT RAITA RECIPE

Ingredients:

2 cups Curd (yogurt)

3 Bananas

1 small Pineapple

2 Apples

1 Ripe Mango

1 cup Pomegranate seeds

Chopped coriander leaves



Sugar to taste  
Salt to taste  
Black pepper powder to taste

How to make fruit raita:

- Whisk the curd with hand mixer (Mathni) properly and mix salt, sugar, and curd is thick add little milk or water.
- Cup all fruits in small cubes and add to the curd.
- Garnish mixed fruit raita with chopped coriander and pomegranate.

---

[TOP](#)

## GHIYA RAITA (Curd Preparation)

Ingredients:  
2 Cups Curd (Yogurt)  
1 cup grated Ghiya (lauki)  
1tsp Cumin (jeera) powder  
salt to taste  
Red chili powder to taste

How to make ghiya (lauki) raita :

- Boil grated ghiya till soft, drain and cool it.
- Stir the curd with hand mixer.
- Add ghiya and mix well. If curd is thick mix little milk or water.
- Now add salt, cumin powder and chili powder, mix well.
- Keep in refrigerator for an hour or so.
- Serve ghiya raita chilled.

---

[TOP](#)

## ONION RAITA Recipe(Curd Preparation)

Ingredients:  
1/2 kg curd  
2 onion (finely chopped)  
1 green chili (finely chopped)  
1 ginger (finely chopped)  
few coriander leaves (finely chopped)  
1 tsp oil for tadka  
1/4 mustard seeds (small)

1 tsp salt

How to make onion raita:

- . Beat curd.
- . Add onion, salt, green chilly and coriander leaves.
- . Heat oil in a large spoon. Add mustard seeds.
- . Add it to the raita. Mix well.
- . Refrigerate for 1-2 hours before serving.
- . Serve the onion raita with imli rice.

---

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## RICE RECIPES

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[Brinjal Rice](#)

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## BRINJAL RICE RECIPE

This is a spicy rice recipe made by tempering the brinjals or eggplants with mustard seeds and curry leaves and then mixing with boiled rice. It is very tasty as well as complete meal in itself.

Ingredients:

3 cups plain rice

1 1/2 tsp mustard seeds

a few curry leaves

3 tsp. vegetable oil

3 cups eggplant (brinjals)

3 tsp. finely sliced green chillies

Salt to taste

1 tsp turmeric powder

3 tsp lemon juice

How to make brinjal rice:

- Boil rice and keep aside.
- In a large pan fry the mustard seeds, curry leaves, add the eggplant (brinjal) and green chillies. Stir on low flame, cover and cook for 10 minutes.
- Add salt and turmeric powder cook for another 5 minutes. Remove from fire and add lemon juice stir well and mix with the rice. Stir gently allowing each grain to coat.

[TOP](#)

## CARROT RICE RECIPE

This is a very delicious and nutritious recipe of carrot rice made from groundnuts, carrots and spices like cinnamon and cloves.

**Ingredients:**

2 cup rice  
2 onion  
5 carrot  
2 tsp fried groundnuts  
2 tsp oil  
a small piece of cinnamon  
1 tsp broken block gram  
2 nos cloves  
1 tsp mustard  
1 tsp bengal gram  
a few sprigs curry leaves  
Salt as per taste

**For Masala:**

1 1/2 tsp coriander seeds  
3/4 tsp cumin seeds  
2 tsp grated coconut  
4 nos red chillies

How to make carrot rice:

- Heat the pan, pour the 1 tsp oil. Add red chillies, coriander seeds, cumin seeds and fry till it turns brown.
- Add grated coconuts and remove from the heat. Grind it after it cools down.
- Grind seperately, the fried groundnuts coarsely.
- Cook the rice and let it cool.
- Put the carrots in warm water. Grate it without peeling the skin.
- Heat oil in a pan. Add cloves, cinnamon, mustard, broken block gram and Bengal gram. Fry them.
- Add curry leaves and chopped onions. Once the onion is cooked, add the grated carrots. Fry till the carrots are cooked.
- Add rice and fry in a low flame. Add salt and the ground masala powder. Mix it well with the rice.
- Finally add groundnut powder and remove from the flame. Serve hot.

[TOP](#)

## COCONUT RICE RECIPE

This is a South Indian recipe for coconut rice. Fried coconut and cashewnuts are added to boiled rice and garnished with ghee and coriander leaves.

#### Ingredients:

400 gms biryani rice  
120 gms coconut  
40 ml ghee  
25 gms black gram dhal  
25 gms broken pieces of nuts  
6 gms dry chillies  
2 gms curry leaves  
2.5 gms asafoetida powder  
20 gms (minced) coriander leaves  
Salt to taste

How to make coconut rice:

- Boil rice and keep aside.
- Fry coconut evenly to a golden colour on a slow fire.
- Heat 3 dessertspoon of ghee. Fry the cashewnuts and remove.
- Fry the broken pieces of dry chillies, black gram dhal, and curry leaves well.
- Mix rice, coconut, nuts, 1 teaspoon of ghee and salt.
- Serve hot garnished with coriander leaves.

[TOP](#)

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## CURD RICE RECIPE

#### Ingredients:

1 Cup Boiled Rice  
2 cups of plain yogurt (Curd)  
2 Tbsp Oil  
1/4 cup milk  
Finely chopped coriander leaves  
1-2 green chillies  
1 tsp. chana daal  
1 tsp. urad daal  
1 tsp. mustard seeds  
1 1/2 tsp. finely chopped ginger  
2 Tbsp desiccated coconut  
1/2 tsp. salt

How to make curd rice:

- In a saucepan heat 2 tablespoonful of oil.
- Add mustard seeds to the oil.
- When the mustard seeds start popping add chana and urad daal.
- After a minute, add in the ginger, coriander and green chillies.
- Sauté them for a minute.

- Take the pan off the gas. Add in the rice.
- Mix the salt and desiccated coconut.
- Just before serving, mix all the ingredients with yogurt (curd) and milk. Curd rice is ready to be served.

[TOP](#)

## INDIAN FRIED RICE RECIPE

This is a typical Indian fried rice recipe. Spices and ghee is added to the boiled rice.

Ingredients:

400 gm Rice  
100 gm Ghee or butter  
65 gms onion  
2 gms cinnamon  
2 gms Bay leaf  
1 gm peppercorns  
6 gms Salt

How to make fried rice:

- Heat the ghee in a large saucepan and add the finely sliced onion.
- Fry till golden brown, remove from the pan and keep aside.
- To the hot fat, add the washed and drained rice and the spices.
- Keep stirring and fry for 4-5 minutes till the rice appears glazed. Add salt and boiling water an inch above the rice.
- Boil and simmer till the water is almost absorbed and then put into a very slow oven at 250 degree and leave for 20-25 minutes till the rice is cooked.
- Serve garnished with fried onions. Hard-boiled eggs cut in slices may also be used as a garnish.

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## GARLIC RICE RECIPE

Here is a recipe for rice flavoured with garlic and green chillies. learn how to make garlic rice.

Ingredients:

2 cup cooked rice  
2 tsp crashed garlic  
2 green chillies chopped  
2 tblsp cashewnuts (kaju)  
1 tblsp almonds(badam), slivered.

1 tsp chopped fresh coriander  
2 tblsp ghee  
Salt and pepper to taste  
How to make garlic rice:

- Take a heavy wok and heat ghee in it.
- Now add garlic and green chillies to it.
- Once garlic turns golden in color, add the dry fruits and roast for half a minute.
- Now add the cooked rice, sprinkle salt and pepper and mix well.
- Garnish the Garlic Rice with fresh coriander and serve.

[TOP](#)

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## INSTANT ONION RICE RECIPE

Learn how to make instant onion rice which can be served with any main course dish like daal, curry or with simple ratia.

Ingredients:

4 big onions  
2 cardamom (elaichi)  
1 cup rice  
1/2 tsp chilly powder  
salt to taste  
mustard for seasoning  
How to make instant onion rice:

- Heat the pressure pan and then pour oil and season it with mustard seeds and add onions and fry till it becomes transparent in colour.
- Then add elaichi ,chilly powder,salt and rice with two glass of water and keep it for boiling for fifteen minutes.
- once the rice boils serve it hot with aaloo fry. I am sure you will enjoy this instant onion rice.

[TOP](#)

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## JEERA PULAO RECIPE

Ingredients:

1 cup Long Grain (Basmati) Rice  
2 cups Water  
1 1/2 tsp Cumin seeds(jeera)  
1tblsp oil  
salt to taste  
2 Bay leaves  
3-4 cloves

Few whole Black pepper  
1 Black Cardamom

How to make jeera pulao (rice):

- Clean and wash rice. Wash and drain rice 2-3 times and soak in water for 15-10 minutes.
- Heat oil and add cumin seeds (jeera), bay leaf, cardamom, whole black pepper and cloves.
- When Cumin seeds are done add the rice and salt, mix well.
- Add water.
- When it starts boiling low down the flame of the gas and cover it partially.
- Keep an eye, rice will be done when holes appear on the surface and water is completely absorbed.
- Serve the jeera pulao hot with any gravies or raita.

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[TOP](#)

## KASHMIRI PULAO RECIPE

Ingredients:

500gms Long Grain (Basmati) Rice  
100gms Onion sliced vertically  
5gms Cinnamon (dalchini)  
5gms cardamom (Elaichi)  
5gms cloves  
a pinch of turmeric powder  
1gm saffron (kesar)  
10 ml Milk  
20gms walnut  
20gms cashew nut  
1litre water  
50gms oil  
salt to taste

How to make kashmiri pulao:

- Wash and soak rice.
- Heat oil and fry onions till golden brown and remove.
- Fry whole spices, turmeric powder, add rice and sauté.
- Add half-saffron dissolved in little warm milk.
- Add hot water and mix well.
- Cook a little. Finish with remaining saffron and cook till grains are separated and done.
- Garnish kashmiri pulao with fried onions, walnuts & cashew nuts.

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[TOP](#)



# KESAR PULAO

## Ingredients:

1cup long grain (basmati) Rice  
1cup Sugar (or according to taste)  
3-4 Cardamom (green elaichi, split & crushed)  
Few strands of Saffron (kesar)  
4 cloves  
1 1/2tbsp Mixed Dry fruits (Pista, cashewnut, almond)chopped  
1tsp Raisins  
a Pinch of saffron (kesar)color dissolved in 2tsp warm water  
2 tbsp pure ghee  
1 tbsp mustard seeds  
silver paper (varak)  
Water for boiling rice.

## How to make kesar (saffron) rice:

- Wash soak and drain rice.
- Bring water to boil and add the rice and simmer the flame.
- When rice is half done add sugar (dissolved in little water) and ghee.
- When fully done add the saffron, cardamom, cloves and half of the dry fruit.
- Stir gently and cover for 10 minutes.
- Garnish it with remaining dry fruit and silver paper.
- Serve the kesar pulao fresh and hot.

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[TOP](#)

# LEMON RICE RECIPE

## Ingredients:

2cups boiled Rice  
1/3rd cup Lemon Rice

6Tbsp Oil  
1/2tsp Black Mustard seeds  
Few curry leaves  
3-4 green chillies  
Salt to taste  
1/4th tsp. turmeric powder  
1/4th cup peanuts

How to make lemon rice:

- Heat oil in a pan and add mustard seeds, allow to splutter.
- Add turmeric powder and peanuts, fry till brown.
- Now add green chillies, curry leaves, salt and fry for 2 minutes.
- Take it off from the flame and add lemon juice and mix well.
- Now add this to the boiled rice and mix well. Lemon rice is ready to be served.

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## METHI PULAO RECIPE

Ingredients:

1 1/2 Cup Long Grain (Basmati) Rice  
1 cup green peas  
50gms paneer (cut into small cubes and deep fried)  
A small bunch of methi (fenugreek) leaves (chopped)  
2 tomatoes (chopped)  
4-5 flakes of garlic (paste)  
2-3 green chillies (chopped)  
1/4th tsp. turmeric powder  
Red chili powder to taste  
Salt to taste  
1tbsp oil/butter

How to make methi pulao:

- Wash methi properly and drain the water and keep aside.
- Heat oil in the pan and add garlic paste and fry till light brown.
- Now add tomatoes, peas. Methi, green chillies, salt, chili powder and turmeric powder. Stir-fry for 8-10 minutes.
- Add rice and fry well for another 5 minutes.
- Add enough water and pressure cook on low flame for 5 minutes.
- Garnish with fried paneer.

- Serve the methi (fenugreek) pulao hot with chilled raita.

[TOP](#)

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## ONION RICE RECIPE

A quick and easy recipe of fried rice laced with onions and a tangy flavor of lemon.

Ingredients:

2 cup cooked rice

1 onion sliced

2 tblsp oil

1/2 tsp mustard seeds (raai)

1 green chili chopped

1 tsp chopped garlic

Salt and pepper to taste

1 tsp fresh coriander, chopped

2 tsp juice of lime

How to make onion rice:

- Heat oil in a wok, add mustard seeds, and green chilies into it and let splutter.
- Now add the garlic and fry till it turns golden brown
- You should now put in the sliced onions and saute till they are golden in color
- Add the salt and pepper, put in the rice and mix well.
- Put of the stove and mix the lime juice well with the rice
- Garnish with freshly chopped coriander and serve hot.

[TOP](#)

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## PALAK RICE RECIPE

Learn how to make palak rice by cooking spinach and rice with onion, tomatoes and garam masala.

Ingredients:

1/2 bunch (cut into small pieces) palak

a pod garlic

a small piece of ginger

1 chopped onion

1 tomato

a few sprigs of curry leaves

1 mashed potato

1 cup basamathi rice

salt to taste

1/2 tblsp garam masala powder (optional)

### **For Seasoning**

1 tblsp mustard

1/2 tblsp urud and channa dal

1/2 tblsp green chillies and red chillies (cut into pieces)

How to make palak rice:

- First wash and cut the palak into small pieces and keep aside.
- Then cook the basmathi rice and set aside.
- Now take a wok, pour some oil and when the oil is hot, add all the seasoning ingredients and fry till done.
- Now add the onions, tomatoes and cut palak and nicely mix and close with a lid.
- Let the whole thing cook very well.
- When it is done, add garam masala powder if you want and saute for a minute.
- Take it wok from fire and add the rice and mix it well.
- Take a wok, pour some oil and put the mashed potatoes and roast it slightly and when done add the curry leaves and put into palak rice and mix well.
- Serve with raita.

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## **RICE KHICHDI RECIPE**

Learn how to make nutritious and tasty Khichdi with toor dal and rice.

Ingredients:

2 cups rice

1 cup toor dhal

5 cloves

1 cinnamon

5 cardamom

2 finely sliced onion

6 to 8 small size tomatoes

4 slitted into halves green chillies

12 to 15 mint leaves

1/2 bundle corriander leaves

1 tsp garlic paste

1 1/2 tsp ginger paste

salt to taste

1/4 cup veg. oil

a few curry leaves

3 cups water

a pinch of turmeric powder

How to make rice khichdi:

- . Wash and cook dhal with a pinch of turmeric powder. Set aside.
- . Don't discard the cooked dhal water.
- . Fry the onions, cloves, cinnamon and cardamom.
- . When onions are golden add slit green chillies, mint, curry leaves and a part of the corriander leaves.
- . Keep the remaining corriander leaves for garnishing.
- . Add salt, ginger and garlic paste. Fry for 2 minutes.
- . Add the washed, drained rice and chopped tomatoes. Fry for few minutes.
- . Add the cooked dhal, mix well and add 3 cups of water.
- . Add cooked dhal water. Cook it for 8 to 10 minutes till the rice is done.
- . Garnish with chopped corriander leaves and serve hot.

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## SAMBHAR RICE RECIPE

Learn how to make sambhar dal and rice easily and quickly.

Ingredients:

1 cup rice  
1 cup toor dhal (soak the dhal for 3-4 hours in hot water)  
1/4 tsp turmeric powder  
1/2 tsp. coriander powder  
1/2 tsp chilly powder  
2 tsp sambar powder  
salt to taste  
1 tsp tamarind paste  
ghee for frying  
1/2 tsp mustard seeds  
a few curry leaves  
a pinch of asafoetida  
2 cashews (optional)  
few chopped shallots (sambar onions)  
a few chopped corriander leaves  
How to make sambhar rice:

- . Wash rice and dhal, drain away all the water, to the rice/dhal mixture add the turmeric powder, corriander powder, chilly powder, sambar powder and salt.
- . Add 4 cups of water to tamrind paste mix and pour into the dhal/rice mixture.
- . Cook in pressure cooker for 10 to 12 minutes.
- . Add ghee in the pan and fry the shallots (sambar onions), as it's getting brown add the mustard seeds, cashewnuts, curry leaves.
- . Add this seasoning to the Sambar Bath.
- . Sprinkle with chopped Corriander Leaves.
- . Serve hot.

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# TAMARIND RICE RECIPE

Tamarind is a popular rice recipe of the south India. Tamarind or imli as it known otherwise makes this dish tangy.

## Ingredients:

2 cups basmathi rice  
1/2 cup tamarind juice  
salt to taste  
1/2 tsp turmeric powder  
1/2 tsp jaggery powder  
1 tsp fenugreek  
a pinch of asafoetida  
1 tsp mustard  
1 tsp channa dhal  
6 red chilly  
100 gms sesame oil(as needed)  
a bunch of curry leaves  
1 tsp peanuts

## How to make tamarind rice:

- Pressure Cook the rice and spread on a plate. keep aside.
- Heat the non-stick skillet add fenugreek and asafoetida dry fry (without oil) for a minute.
- Grind this into a fine powder. Set aside.
- To the tamarind juice add salt, turmeric powder, jaggery, ground powder of fenugreek and asafoetida.
- Fry mustard, red chillies, channa dhal, peanuts and curry leaves in sesame oil.
- Pour into the tamarind juice mixture.
- Boil tamarind juice till it reaches thick gravy form and until oil comes out with good flavour.
- Add cooked tamarind gravy to the rice.
- Pour in 1 tsp. of oil, if needed. Mix well and serve.

[TOP](#)

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# TOMATO RICE RECIPE

Tomato rice is a very delicious and simple to prepare recipe. Pureed tomatoes are sauted with spices and then added to rice.

## Ingredients:

2 large tomatoes made into a thick puree.  
1 cup basmati rice, washed and soaked for ten minutes  
1 whole black cardamom (bari ilaichi)

1 tsp red chili powder (lal mirch )  
Salt to taste  
1 tsp garam masala powder.  
1 tblsp ghee  
2 cup water  
Preparation:

- Heat ghee in a heavy bottom vessel
- Put in the whole black cardamom and then the tomato puree.
- Now add the dry spices, salt and saute.
- Put in the rice and mix well.
- Finally add the water and cook covered till done.
- Seve hot.

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## VEGETABLE BIRYANI RECIPE

Ingredients:

2 cups Basmati Rice  
1 cup Mixed Vgetable (cauliflower, potato, carrot, french beans)  
150 gms Green Peas  
3 Finely Sliced Onion  
2 Finely Sliced Green Chillies  
Salt to taste  
1 tsp Red Chilli Powder  
2 tsp Cinnamon(dalchini), Caraway Seeds(zeera)  
4 Cloves (laung)  
1/2 tsp Black Pepper Powder  
4 Tomato  
1/2 cup Yogurt (curd)  
4 tbsp Vegetable Oil  
1/2 tsp Mustard Seeds  
3 tbsp Dry Fruits (cashew nuts, raisin)

How to make vegitable biryani :

- Wash the basmati rice well before cooking.Then take rice with 3-3/4 cup water and a little salt added to it and 2 tbsp of dry fruits.Cook it in pressure cooker or in a pan or microwave.
- Cut all the vegetables into small thin pieces and fry each one of it separately in oil. Fry the green peas also.
- Take 1 tblsp oil in a pan and add mustard seeds, green chilli, cinnamon and caraway seeds powder, cloves, black pepper powder and stir for about half minute. Then add onions and saute them for a minute ot till they get pink in color.
- Add salt and red chilli powder and stir.

- . Add fine chopped tomatoes and fry till they are properly cooked.
- . Take the yogurt and make it fine by putting in a blender for just 2 rotations. Add this fine yogurt and stir well.Heat it for about 10 seconds.
- . Add all the fried vegetables.
- . Add the cooked rice and mix well with very light hands so that the rice grain doesn't break. Cook for about 3 minutes.
- . Take this vegetable biryani out in a rice serving dish.
- . Garnish with dry fruits and green coriander leaves.
- . Serve the vegetable (veg ) biryani hot with raita and pickle.

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## **SALAD RECIPES**

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[\*\*Fruit Salad\*\*](#)

[\*\*Salad Basket\*\*](#)

[\*\*Mixed Vegetable Salad\*\*](#)

[\*\*Rice Salad\*\*](#)

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[\*\*Fruit And Nut Salad\*\*](#)

[\*\*Potato Salad\*\*](#)

[\*\*Sprouted Moong Salad\*\*](#)

[\*\*Vegetable Salad\*\*](#)

[\*\*Vegetable Yogurt Salad\*\*](#)

[\*\*Papaya Lachha Salad\*\*](#)

[\*\*Kachumber Salad\*\*](#)

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## **FRUIT SALAD RECIPE**

Ingredients:

3 Bananas

1 Apple

2 Orange

1Ripe Mango

1 Bunch Green Grapes



1/4th cup Pomegranate seeds  
Few canned Cherries  
1 Guava  
1/2 cup sugar (or to taste)  
1 lemon juice

Preparation:

- Peel and cut all fruits into banana and apple in the end to avoid browns.
- Pour lemon juice immediately on fruits.
- In a little water add sugar and half melt it on heat.
- Mix melted sugar to the fruits. Refrigerate it and serve the fruit salad chilled.
- **Note:** Salt and chaat masala can also be used

[TOP](#)

## SALAD BASKET RECIPE

Salad Basket is a easy to prepare and delicious to eat salad which is highly nutritious also.

### Ingredients:

1 big potato (aloo) (boil ed)  
1 big sweet potato (shakarkand) (boil ed)  
1 cucumber (kheera) (peeled)  
1 Tomato (Tamatar)  
1 cup sprouted moong dal  
1/2 cup pomegranate (anar)  
1 green chilli (chopped)  
3 tsp green coriander leaves (dhania patta) (chopped)  
salt (namak) to taste  
1 1/2 tsp chaat masala  
2tsp lime juice

-

### How to make salad basket:

•  
Cut potato, sweet potato, cucumber and tomato into thick pieces.

•  
Scoop them from inside.

•  
In a bowl put sprouts, pomegranate, green chilli and inner part of porato, sweet potato, cucumber and tomato.

[Add salt, chaat masala and lime juice.](#)

[Mix well](#)

[Put the mixture in hollows of vegetables.](#)

[Garnish with green coriander leaves and serve.](#)

[TOP](#)

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## MIXED VEGETABLE SALAD RECIPE

Ingredients:

50gms French beans

3-4 carrots

1 small cabbage

100gms Broccoli (cut into florets)

1 Capsicum

salt to taste

1 Tomato (cut into thin rings)

2 green chillies(slit vertically)

Finely Chopped coriander leaves

1 lemon juice

Black pepper powder to taste

Preparation:

- Cut and Steam the vegetables.
- Add tomatoes, green chillies salt, pepper powder and lemon juice, and mix well.
- Garnish with coriander leaves.

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## RICE SALAD RECIPE

Ingredients:

1cup Long Grain (Basmati) boiled Rice

1Apples diced

1small cup boiled green peas

Few Cauliflower florets boiled

1 lemon juice

salad leaves to garnish

Cabbage (shredded) for garnishing

salt & pepper to taste

Preparation:

- After boiling rice.

- In cool rice add apples, green peas, cauliflower florets, salt and pepper.
- Now add lemon juice and toss well and transfer to serving dish lined with salad leaves.
- Garnish rice salad with shredded cabbage and coriander leaves.

[TOP](#)

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## RED BEAN SALAD RECIPE

Relish this red bean salad made of red beans, lettuce, lemon juice and tomatoes.

### Ingredients:

[1 cup red beans \(boiled\)](#)  
[1/2 cup cherries](#)  
[1 Tomato \(Tamatar\) \(chopped\)](#)  
[1/2 lettuce \(kasmisaag\) \(chopped\)](#)  
[2 tsp lemon juice](#)  
[salt \(namak\) and pepper to taste](#)  
[2 pineapple slices \(chopped\)](#)

-

### How to make red bean salad:

•  
[Mix red beans, tomato, lettuce, lemon juice, salt and pepper.](#)

•  
[Add cherries and pineapple.](#)

[TOP](#)

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## FRUIT AND NUT SALAD RECIPE

This is a very popular fruit and nut salad recipe. It is liked by one and all.

### Ingredients:

[1/2 cup paneer \(mashed\)](#)  
[1/4 cup mayonnaise](#)  
[6-7 pieces dated \(stone removed\)](#)  
[6 pieces canned peach \(aadoo\)](#)  
[1/4 cup cashew nut \(kaju\) \(roasted\)](#)  
[1/4 bunch lettuce \(kasmisaag\) \(chopped\)](#)  
[1 Tomato \(Tamatar\) \(sliced\)](#)  
[2 tsp green chutney](#)  
[1 tsp Tomato \(Tamatar\) chutney](#)

-

### How to make fruit and nut salad:

- Mix paneer, mayonnaise, lettuce and green chutney and make a layer of it in a flat bowl.

- Mix dates, tomato chutney, peaches, cashew buts and place it over the 1st layer.

- Garnish with tomato slices.

[TOP](#)

## POTATO SALAD RECIPE

This a simple recipe for making potato (aloo) salad in sour curd.

### Ingredients:

4 Potato (Aloo) (boil ed)

2 tblsp coriander leaves (dhania patta) (chopped)

1/2 cup peas (matar) (boiled)

1/2 cup cream (malai)(sour)

1 green chilli (chopped)

1/2 tsp mustard powder

salt (namak) to taste

1 tsp sour curd (dahi) (if not available, then lime juice)

-

### How to make potato salad:

- Cut potatoes into cubes.Mix all the other ingredients with it in a bowl.Mix well.

[TOP](#)

## SPROUTED MOONG SALAD RECIPE

### Ingredients:

1 cup Steamed Sprouted Moong

1 Onion chopped

1 Tomato chopped

salt to taste

Red chili powder to taste

1 1/2 tsp. lemon juice

1/4th tsp. roasted cumin (Jeera) powder

Finely chopped coriander leaves  
1/2 tsp. ground sugar (optional)

Preparation:

- Wash and drain sprouts.
- Add Onion, tomato and other ingredients.
- Mix well.
- Garnish with coriander.
- **Note:** Other sprouted lentils can also be used in place of moong.

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## VEGETABLE SALAD RECIPE

Ingredients:

10-12 Salad leaves  
1 small cabbage (shredded)  
1 Onion (Thinly sliced into rings)  
1 Cucumber (Sliced into rings)  
2-3 Carrots (peeled and thinly sliced)  
1 Radish (peeled and thinly sliced)  
1 banana (cut into rings)  
1 Guava sliced  
1 apple thinly sliced  
1 tomato (thinly sliced into rings)  
2tsp lemon juice  
Salt to taste  
Chaat masala to taste

Preparation:

- Take big plate and arrange salad leaves.
- Add shredded cabbage, onions, carrot, cucumber, and radish.
- Now arrange tomato, banana, apples, and guavas.
- Sprinkle salt and chaat masala. Pour lemon juice.

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[TOP](#)

## VEGETABLE YOGURT SALAD RECIPE

Very easy and simple to make vegetable yogurt salad recipe.

[Ingredients:](#)

[2 tomato \(tamatar\) \(chopped\) 1/4 cucumber \(kheera\) \(chopped\) 1 spring Onion](#)

(Pyaj) (chopped) 1/2 raddish (chopped) 1 cup yoghurt a pinch of salt (namak) 1 dry red chilli (lal mirch) (chopped)

-

How to make vegetable yogurt salad:

Mix all ingredients in a bowl.

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## PAPAYA LACHHA SALAD RECIPE

Learn how to make raw papaya lachha salad. You can use papaya lachha salad for decorating cakes and puddings.

Ingredients:

1/2 kg papaya (papeeta) (raw)

1 kg Sugar (Cheeni)

3/4 litre water

a drop of cardamom essence

-

How to make papaya lachha salad:

Peel and cut papaya into thin slices.

Make a sugar syrup of 1-string consistency and add papaya slices and cardamom essence.

Cook for 7-8 minutes.

Keep stirring all the time.

Remove from flame and cook.

Store in a glass jar.

[TOP](#)

## KACHUMBER SALAD RECIPE

This is asimple to prepare yet very delicious kachumber salad made from cucumber ,

onion and tomatoes.

### Ingredients:

1/2 cucumber (kheera) (peeled and chopped finely )  
2 Onion (Pyaj)(chopped finely)  
2 tomato (tamatar) (chopped finely)  
1/2 lettuce (kasmisaag) (chopped)  
2 tsp lime juice  
salt (namak) and pepper to taste  
1 tsp vinegar (sirka)  
1/4 tsp chilli powder

-

### How to make kachumber salad:

Mix all ingredients well in a bowl

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## SAUCE RECIPE CONTENTS

[Cocktail Sauce](#)  
[Dutch Sauce](#)  
[French White Sauce](#)  
[Fresh Tomato Sauce](#)  
[Mint Sauce](#)  
[Mustard Sauce](#)  
[Radish Cream Sauce](#)  
[Red Chilli Sauce](#)  
[Tomato Ketchup Sauce](#)

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## COCKTAIL SAUCE RECIPE

### Ingredients:

1/2 cup tomato ketchup  
9 teaspoons Lemon (Nimbu) juice

1 teaspoon worcestershire sauce

1 teaspoon Salt (Namak)

-

How to make cocktail sauce:

•  
Mix all the ingredients well.

•  
This sauce goes well with any fried dish.

[TOP](#)

## DUTCH SAUCE RECIPE

Ingredients:

5 level teaspoons flour

3 teaspoons butter

4 cups milk

1 teaspoon onion, chopped

1/4 teaspoon Sugar (Cheeni)

2 pieces bay leaf

10 peppercorns

pinch of Red chili pepper (Lal Mirchi)

pinch of grated nutmeg

2 Cloves (Lavang)

Salt (Namak) to taste

4 to 6 teaspoons Lemon (Nimbu) juice

4 to 5 teaspoons Vinegar (Sirka)

1/2 teaspoon mustard powder

2 teaspoons chopped green Coriander Leaves (Dhania Patta)

-

How to make dutch sauce:

•  
Put the milk to boil with chopped onion, green Coriander leaves, bay leaf, peppercorns and cloves.

•  
Cool the milk and strain.

•  
Melt the butter, stir in the flour on fire, fry a little without browning it.

•  
Add the milk, whisk over the fire until it boils and let it simmer for a few minutes.



[Add a pinch of red chilli and grated nutmeg and 1 teaspoon salt.](#)

•

[When cold, add vinegar, lemon juice and mustard powder and mix it.](#)

•

[Check for salt.](#)

•

[Serve with cutlets.](#)

[TOP](#)

## FRENCH WHITE SAUCE RECIPE

[Ingredients:](#)

[3 teaspoons butter](#)

[2 1/2 teaspoons flour](#)

[3 cups milk](#)

[1 small Onion \(Pyaj\)](#)

[1/2 teaspoon chopped Coriander Leaves \(Dhania Patta\)](#)

[1 piece bay leaf](#)

[4 peppercorns](#)

[pinch of nutmeg](#)

[pinch of red chillies \(Lal Mirchi\)](#)

[1 Clove \(Lavang\)](#)

[1/2 Lemon \(Nimbu\)](#)

[1/2 teaspoon Salt \(Namak\)](#)

-

[How to make french white sauce:](#)

•

[Put the milk to boil with chopped onion, coriander, clove, bay leaf and peppercorns.](#)

•

[Melt the butter, stir in the flour and cook a little without browning, then add hot milk.](#)

•

[Whisk over the fire until it boils and let it simmer for 6 minutes.](#)

•

[Strain or pass through a sieve, return to the pan, season lightly with a pinch of nutmeg, red chilli and salt.](#)

•

[When cold, add lemon juice.](#)

•

[Serve with fried dishes.](#)

[TOP](#)

# FRESH TOMATO SAUCE RECIPE

## Ingredients:

1 1/2 kgs Tomatoes (Tamatar)  
1/4 teaspoon Red chilli powder (Lal mirchi)  
1 cup Sugar (Cheeni)  
4 Cloves (Lavang)  
1 small Onion(Pyaj)  
1 small piece Cinnamon (Dalchini)  
30 grams Ginger (Adrak) (2 tsps chopped)  
6 cloves Garlic (Lasun)  
1/4 cup Vinegar (Sirka)  
2 teaspoons Salt (Namak)

## How to make fresh tomato sauce:

•  
Wash, dry and chop tomatoes.

•  
Peel and chop the onions, garlic and ginger. Coarsely crush spices.

•  
Place tomatoes, onion, garlic and ginger in a degchi and cook over a gentle fire till tender.

•  
Add spices, sugar, chilli powder and cook till thick.

•  
Strain through a sieve and use.

•  
This sauce cannot be stored.

[TOP](#)

# MINT SAUCE RECIPE

## Ingredients:

3 teaspoons ground Mint Leaves (Pudina Leaves)  
3 teaspoons Sugar (Cheeni)  
1 teaspoon Vinegar (Sirka)  
1 teaspoon Salt (Namak)

-

How to make mint sauce:

- Boil together vinegar, sugar and salt.

- Put the ground mint leaves in a bowl and on it pour the sweetened vinegar.

- Stand aside to cool before serving.

[TOP](#)

---

## MUSTARD SAUCE RECIPE

Ingredients:

7 teaspoons salted butter

3 teaspoons flour

1 cup hot Water

2 teaspoons brown sugar

6 teaspoons Vinegar (Sirka)

9 teaspoons mustard powder

1/4 teaspoon Red chili pepper (Lal Mirchi)

1/2 teaspoon Salt (Namak)

-

How to make mustard sauce:

- Melt the butter and stir in the flour.

- Mix well and cook very gently without browning.

- Add water and stir till it thickens.

- Mix mustard in vinegar, add salt, Red chili pepper and sugar, and add to the flour stirring well.

- Store the sauce in a jar.

[TOP](#)

---

## RADISH CREAM SAUCE RECIPE

Ingredients:

10 teaspoons salted butter  
2 yolks of eggs  
1/2 teaspoon Salt (Namak)  
pinch of Red chili pepper (Lal Mirchi)  
1 tablespoon Lemon (Nimbu) juice  
1 to 2 tablespoons cream  
2 to 3 tablespoons grated red radish

-

How to make radish cream sauce:

Beat the butter until creamy.  
Beat in egg yolks one at a time.  
Add lemon juice, salt and Red chili pepper .  
Cook over a pan of hot water until slightly thick.  
Cool and mix whipped cream and grated radish.  
Serve with fried dishes.

[TOP](#)

## RED CHILLI SAUCE RECIPE

Ingredients:

125 grams Red chili (Lal Mirchi), fresh  
2 teaspoons Red chili pepper (Lal Mirchi)  
2 Cloves (Lavang)  
1 teaspoon Mustard seeds (Rai/Sarson) (tied in a muslin bag)  
1/4 cup Vinegar (Sirka)  
250 grams Tomatoes (Tamatar)  
1 teaspoon Sugar (Cheeni)  
2 teaspoons Salt (Namak)  
1 teaspoon glacial acetic acid

-

How to make red chilli sauce:

Deseed the red chillies and grind.

•  
Cook tomato pieces till tender and pass through a sieve.

•  
Cook tomato pulp, ground red chillies, chilli powder, salt, sugar, cloves, vinegar and mustard seeds till thick.

•  
Remove from the fire, take out muslin bag and cloves.

•  
Mix glacial acetic acid. Pour in a bottle and cork tightly.

•  
Keep it for one week before using.

•  
Note: If the colour of the sauce does not look good, mix with it 1/2 teaspoon tomato red colour.

[TOP](#)

## TOMATO KETCHUP RECIPE

### Ingredients:

1 1/2 kgs Tomatoes (Tamatar)  
1 tsps chilli powder  
1 1/2 cups Sugar (Cheeni)  
2 Cloves (Lavang)  
1 Cardamom (Elaichi Moti)  
1/4" piece Cinnamon (Dalchini)  
2 tsps chopped Ginger (Adrak)  
4 cloves Garlic (Lasun)  
1 cup Vinegar (Sirka)  
2 tsps Salt (Namak)  
1/2 tsp glacial acetic acid  
2 tsps sodium benzoate

-

### How to make tomato ketchup:

•  
Chop the tomatoes, garlic and ginger and put in a degchi and cook on a low fire till tender and thick.

•  
Pass through a sieve.

•  
Add vinegar, sugar and chilli powder and cook until thick.

•  
Add acetic acid and sodium benzoate mixed in 1/4 cup boiling water.

Pour the ketchup in bottles and cork tightly.

.

Use after one week. This tomato ketchup can be kept for one year.

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## SOUP RECIPES

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[Basil And Badam Soup](#)

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---

## DAAL SHORBA RECIPE

Ingredients:

4 Eggs (hard boiled)

1 onion

1/2 tomato (pureed)

3-4 flakes of garlic

1/2-inch piece of ginger

1-2 green chillies

2tbsp chopped coriander leaves

Salt to taste

Red chili powder to taste

3/4th tsp turmeric powder

1/2 tsp coriander powder

3/4tsp garam masala

2-3 tbsp vegetable oil / ghee

1 cup green peas or 250 gms paneer

Preparation:

- Remove the shell of boiled eggs & keep aside. If using Paneer cut into cubes and fry till golden & set aside for later use.
- Make a paste of onion, garlic, ginger and green chillies in a mixer or chopper.
- Heat oil in a kadhi or wok and add onion-garlic paste and fry till golden brown.
- Add all the spices (salt, turmeric, coriander & chili powder) except garam masala and fry for a minute and add tomato puree. Fry till it starts leaving oil.
- Add a cup of water and cook till it dry's.
- Now add the fried paneer cubes or green peas (which ever using) and boiled eggs.
- Add 1 cup of water and bring to boil and reduce the flame.
- Simmer for 10 minutes.
- Garnish with garam masala and coriander leaves and serve daal shorba hot with paratha,

roti or rice.

[TOP](#)

## PEA SOUP RECIPE

Ingredients:

4 Eggs (hard boiled)  
1 onion  
1/2 tomato (pureed)  
3-4 flakes of garlic  
1/2-inch piece of ginger  
1-2 green chillies  
2tbsp chopped coriander leaves  
Salt to taste  
Red chili powder to taste  
3/4th tsp turmeric powder  
1/2 tsp coriander powder  
3/4tsp garam masala  
2-3 tbsp vegetable oil / ghee  
1 cup green peas or 250 gms paneer

Preparation:

- Remove the shell of boiled eggs & keep aside. If using Paneer cut into cubes and fry till golden & set aside for later use.
- Make a paste of onion, garlic, ginger and green chillies in a mixer or chopper.
- Heat oil in a kadhi or wok and add onion-garlic paste and fry till golden brown.
- Add all the spices (salt, turmeric, coriander & chili powder) except garam masala and fry for a minute and add tomato puree. Fry till it starts leaving oil.
- Add a cup of water and cook till it dry's.
- Now add the fried paneer cubes or green peas (which ever using) and boiled eggs.
- Add 1 cup of water and bring to boil and reduce the flame.
- Simmer for 10 minutes.
- Garnish pea soup with garam masala and coriander leaves and serve hot with paratha, roti or rice.

[TOP](#)

## HOT AND SOUR SOUP RECIPE

Ingredients:

2tbsp. chili sauce or to taste  
1 1/2tbsp. Corn flour / corn starch  
1 tbsp Soya sauce  
2 tbsp vinegar  
2tbsp. Capsicum / green bell pepper (chopped)  
2tbsp spring onions (chopped)  
2 tbsp tomato sauce  
2tbsp. carrots (chopped)  
1/4th cup chopped cabbage



A small block of Paneer / organic tofu (thinly sliced), optional  
1tsp. Black Pepper powder or to taste  
1/2 tsp sugar  
A pinch Ajinomoto  
Salt to taste  
4 cups water

Preparation:

- Mix 4 cups of water, Chili sauce, Soya sauce, vinegar, sugar, salt, pepper powder and ajinomoto and bring to boil.
- Now add all the chopped vegetables except paneer . Cook for a minute on a medium heat.
- Dissolve corn starch in 1/2 cup water and add to the soup stirring constantly till it becomes thick.
- Cook for a minute, add paneer slices.
- Serve hot .
- Hot and sour soup should be prepared just before consuming and should be served fresh, else it will lose the taste.

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## MIX VEGETABLE SOUP RECIPE

Ingredients:

1/2 cup carrots (chopped)  
1/4 cup french beans (flas beans) (chopped)  
1/2 cup peas (matar) (shelled)  
1 1/2 cup tomato (tamatar) puree  
1 tsp garlic (lasan) paste  
1 tsp ginger (adrak) paste  
2 tsp coriander leaves (dhania patta) (chopped)  
3-4 tsp butter  
3 glasses of water  
salt (namak) and pepper to taste  
**for garnishing :**  
cheese granted

-

How to make mix vegetable soup:

• Melt butter, fry ginger and garlic paste, add tomato puree, carrots, French beans, peas and water. Pressure cook for 5-6 minutes.

• Add coriander leaves.

[Boil for 2-3 minutes.](#)

[Garnish with cheese.](#)

[Note : If you want thick soup, then add 2 tsp of corn flour mixed in 1/2 cup milk.](#)

[TOP](#)

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## Mushroom Soup

Ingredients:

2 cups Mushrooms

2 cups Chicken or veg stock

3 nos. Egg yolks

1 cup Milk

1/8 tsp Black pepper

4 tbsps Butter or margarine

1/4 tsp Salt

How to make mushroom soup:

- Melt the butter in a pan, add the mushrooms and cook them for 5 minutes stirring constantly.
- Add the chicken or vegetable stock, raise the heat and bring to a boil.
- Remove the mushroom mixture from the heat.
- Beat 1/2 cup of hot broth with the egg yolks until the mixture becomes frothy.
- Gradually pour this mixture into the mushroom mixture, stirring constantly to prevent the mixture from curdling.
- Return the pan to the heat and add the milk, salt and pepper.
- Reheat uncovered, stirring constantly, but do not let the soup boil.
- Serve the mushroom soup hot.

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[top](#)

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## SPINACH SOUP RECIPE

### Ingredients:

2 tbsp. Butter  
2 cups. Spinach, chopped  
1 no. Onion, chopped  
2 cups Milk  
1 1/2 tbsp. Maida  
1 tbsp. Oil  
To taste. Salt & pepper

### Preparation:

- Blanch spinach in hot water. Remove and refresh in cold water.
- Heat oil in a kadhai, add chopped onions and sauté. Add crushed garlic, salt and pepper.
- Puree together with boiled spinach.
- Make a thin white sauce by melting butter in a kadhai. Then add maida and cook for 5-7 mins. Slowly add the milk so that no lumps are formed.
- Add the spinach puree to this and bring it to a boil. Add a little water if required.
- Correct seasonings and serve spinach soup hot.

---

[TOP](#)

## TAMATAR KA SHORBA RECIPE

### Ingredients:

600 gms. Tomatoes  
1 tbsp. Chopped ginger  
1 tbsp. Chopped garlic  
1 tbsp. Whole garam masala  
2 no. Bay leaf  
1 tbsp. Chopped green coriander  
1 tsp. Cumin seeds  
1 tbsp. Sugar (optional)  
1 tbsp. Oil  
2 no. Green chili  
As per taste Salt

### Preparation:

- Wash and cut tomatoes into quarters
- Cook tomatoes with chopped ginger, garlic, green chillies cut into two and Whole Garam Masala. Add 5 cups of water and bay leaf. Bring to a boil.
- Simmer for twenty minutes on a slow flame until tomatoes are mashed completely.
- Strain the mixture with a soup strainer.
- Heat oil in a pan. Add cumin seeds, let them crackle. Add strained tomato liquid and season with salt.
- Bring it to a boil, add sugar if it is very sour.
- Serve tamatar ka shorba hot, garnished with chopped green coriander leaves.

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[TOP](#)

## TOMATO SOUP RECIPE

### Ingredients:

1 1/2 lbs. of ripe tomatoes remove seeds, peeled and chopped  
2 tbsp of Olive Oil  
1 Onion chopped  
1 Clove of garlic crushed  
1 Small red pepper chopped (optional)  
4 Cups of chicken or vegetable stock  
2 oz of tomato paste  
1/4 cup of Basil

### Preparation:

- Heat the oil in a heavy pan, cook the onion, garlic and red pepper till soft.
- Add the tomato and cook another 10 minutes.
- Add the tomato paste, salt and pepper to taste.
- Cover and let simmer for 15 minutes.
- Allow to cool slightly and put the mixture in a blender until it is smooth.
- Return to the pan and heat gradually.
- Add the fresh basil to the tomato soup, cook 2 minutes and serve.

---

[TOP](#)

## POTATO SOUP RECIPE

### Ingredients:

2 medium-sized potatoes  
2 tsp onion (pyaj) paste  
1 turnip (shalgam)  
1 tomato (tamatar)  
2 glasses of water  
1/4 tsp garlic (lasan) paste  
1/2 tsp ginger (adrak) paste  
4 tsp butter

[1 tsp cumin seeds](#)  
[2 tsp coriander leaves \(dhania patta\) \(chopped\)](#)  
[salt \(namak\) and pepper to taste](#)  
[1 tsp sugar](#)

-

[How to make potato soup:](#)

- [Boil potato, turnip and tomato till they are tender. Blend and pass through a sieve.](#)
- [Melt butter, add cumin seeds, onion, ginger and garlic paste. Fry till it is golden in colour.](#)
- [Add soup, coriander leaves, salt, pepper and sugar and boil well.](#)

[TOP](#)

## BASIL AND BADAM SOUP RECIPE

[Ingredients:](#)

[50 gms almonds \(blanched and minced\)](#)  
[10 basil \(tulsi\) leaves \(chopped\)](#)  
[2 cups water](#)  
[1 stick cinnamon \(tuj/dalchini\)](#)  
[2-3 cloves \(lavang\)](#)  
[sant and pepper to taste](#)  
[2-3 green cardamoms](#)

-

[How to make basil and badam soup:](#)

- [Boil minced almonds, water, cinnamon, cloves and green cardamom for 10 minutes.](#)
- [Sieve and add salt, pepper and basil leaves to the liquid.](#)
- [Boil for 5 minutes.](#)
- [Note : If you want the soup to be more thick, add 1 tsp of cornflour mixed in 1/4 cup of water](#)

[TOP](#)

## CURRY SOUP RECIPE

[Ingredients:](#)

[50 gms arhar dal](#)  
[1 tsp ginger \(adrak\) paste](#)  
[1 tsp garlic \(lasan\) paste](#)  
[50 gms tomato \(tamatar\) puree](#)  
[7-8 curry leaves \(kari patta\)](#)  
[3 glasses of water](#)  
[1/4 tsp turmeric \(haldi\) powder](#)  
[salt \(namak\) and pepper to taste](#)  
[2 tsp butter](#)

**for garnishing :**

[1/2 cup boiled rice \(chawal\) \(chawal\)](#)  
[lemon](#)

-

How to make curry soup:

[Boil dal well.](#)

[Melt butter, add curry leaves, tomatoes puree, ginger, garlic paste.](#)

[Fry for a while.](#)

[Add salt, turmeric powder and dal.](#)

[Add more water if required.](#)

[Boil well.](#)

[Garnish with boiled rice and lemon ring.](#)

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# DIWALI RECIPES

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## POTATO DAHIWADA RECIPE

### Ingredients:

[green chillies chopped as per taste](#)  
[3 tbsp chopped corriander leaves](#)  
[6 potato](#)  
[1 1/2 tsp garam masala powder](#)  
[2 tsp jeera powder](#)  
[salt to taste](#)  
[4 bread slices](#)  
[1/2 tsp black salt](#)  
[1 tsp chat masala powder](#)  
[1/2 kg curd](#)  
[2 tsp red chilli powder](#)  
[oil to fry](#)

-

### How to make potato dahiwada:

•  
Boil and mash the potatoes.

•  
Spice up with salt, 1 tsp red chilli, 1 tsp jeera powder, 1 tsp garam masla, 1 tsp chaat masala powder, 2 tblsp green corriander leaves, green chillies and mix well.

•  
Take the bread slices and cut them in a round shape, with a help of a mould.

•  
Apply little water on the round bread slices, just enough water to let the potato mixture to stick to the bread slices.

•  
Take approximately 2 tblsp potato mixture and spread on the round slices evenly.

•  
Make it smooth.

•  
Heat up the oil for frying and fry the rounds till golden brown.

•  
Take off on a paper towel to get off excess oil.

•  
Let them cool.

•  
Mean while cream the curds and spice up it with common salt and black salt.

•  
When the rounds are cool assemble them in a dish and pour out the curd on it.

•  
Spice up it with red chilli, jeera powder, garam masala, corriander leaves and green chillies.

•  
Serve with sweet tamarind chutney

[TOP](#)

## PANEER BAGH-E-BAHAR RECIPE

### Ingredients:

1/4 cup cashewnut paste

1 tsp sugar (cheeni)

1 cup yellow capsicum (shimla mirch) chopped

1 cup Tomato (Tamatar) chopped

1 tsp garlic (lasan) finely chopped

1/2 cup fresh cream (malai)

1 tsp pepper

1 cup pineapple chopped



[2 tblsp Tomato \(Tamatar\) sauce](#)  
[2 green chillies vertically cut](#)  
[2 tblsp refined oil \(tel\)](#)  
[1 tsp salt \(namak\)](#)  
[200 gms paneer cubes](#)

-

[How to make paneer bagh-e-bahar:](#)

•  
[Cut paneer, capsicum, pineapple and tomato separately in 1 inch pieces.](#)

•  
[Make a paste of cashewnuts along with fresh cream](#)

•  
[Heat up oil in a kadai and mix in cut garlic and green chillies and fry till brown.](#)

•  
[Mix in cashew paste.](#)

•  
[Stir fry capsicum in cashew mixture in high flame flame.](#)

•  
[Mix in pineapple and tomatoess and stir till cooked.](#)

•  
[Mix in paneer, tomato sauce, salt and pepper.](#)

•  
[Stir fry it for 5 minutes and mix in sugar.](#)

•  
[Stir fry for a minute and transfer to a round dish and sprinkle 2 tbs of cream](#)

•  
[Serve hot with tandoori roti.](#)

[TOP](#)

## PEANUT PAKODI RECIPE

[Ingredients:](#)

[1 cup Peanut \(Moong Phali\)](#)  
[1/4 cup Bengal Gram Flour \(besan\)](#)  
[2 tblsp Rice Flour \(Chawal ka Atta\)](#)  
[1 1/2 tsp Red Chilli Powder](#)  
[1/4 tsp Cumin Seeds crushed](#)  
[1 tblsp Oil](#)  
[1 pinch Citric Acid](#)  
[Salt to taste](#)  
[1/4 cup Water](#)  
[Oil to deep fry](#)

-

### How to make peanut pakodi:

•  
Mix all ingredients well except peanuts.

•  
Add to peanuts, cover them evenly with mixture.

•  
Heat up oil in a frying pan.

•  
Drop a lumpful of the coated nuts in hot oil.

•  
Fry on medium heat, till light brown.

•  
Drain and put on an absorbent paper to soak excess oil.

•  
Seperate any nuts stuck together.

•  
When cool, store in airtight containers.

•  
Serve hot.

[TOP](#)

## SHAHI TUKDE RECIPE

### Ingredients:

1/4 cup fresh cream

4 tblsp sugar

1 tsp green cardamom (chhoti elaichi) powder

100 gms khoya

1 tblsp sunflower seeds (chironji)

2 cup milk

2 strands saffron

pure ghee for frying

few drops of kewra and rose (gulab) essence

1 handful cashewnut (kaju) chopped

6 slices bread

**for garnish:**

3 silver foil

few rose (gulab) petals

-

### How to make shahi tukde:

•  
Cut each bread slice into two.

•  
Fry the bread pieces in ghee till golden brown.

•  
Assemble the fried breads on a plate.

•  
Heat up milk, add the sugar and saffron and a few drops of essence.

•  
Pour over the bread slices.

•  
Allow the bread to soak up the milk, then assemble the bread pieces on a decorative plate.

•  
Heat up two teaspoon of ghee and lightly fry the crushed mawa, cardamom powder and two teaspoons of sugar.

•  
Spread the mawa layer over the soaked bread pieces.

•  
Mix in essence to the cream.

•  
Cover the mawa with a cream layer and decorate with silver foil, cut cashewnut, chironji and rose petals.

•  
Serve warm or cold as you like.

[TOP](#)

## MATAR MUSHROOM RECIPE

### Ingredients:

1 1/2 cup green peas (matar) shelled 200 gms mushrooms (goochi) fresh 2 tblsp oil 4 green cardamoms 1" cinnamon 2 large onions 1 tblsp ginger (adrak) paste 1 tblsp garlic (lasan) paste 1/2 cup tomato (tamatar) puree 1 tblsp red chilli (lal mirch) powder 1 tblsp coriander powder 1 tsp turmeric (haldi) powder 1 tsp garam masala powder salt (namak) to taste 1/2 cup cashewnut (kaju) paste

### How to make matar mushroom:

Clean, wash and cut mushrooms in quarters. Cut onions finely. Heat up oil in a kadhai. mix in green cardamom, cinnamon stick and cut onions and stir fry until light golden brown. Mix in ginger paste, garlic paste and stir fry for half a minute. Mix in tomato puree, red chilli powder, coriander powder, turmeric powder, garam masala powder and salt and stir fry till oil leaves the masala. Mix in cashew nut paste dissolved in one cup of water, stir well. Add a cup of water, bring it to a boil and then mix in green peas and mushrooms. Adjust seasoning. Stir fry on low heat up for five minutes. Serve hot with naan and roti

# VEGETABLE NILGIRI KORMA RECIPE

## Ingredients:

1/4 cup coriander leaves (dhania patta) chopped

10-12 curry leaves

1 tblsp garam masala powder

1 potato (aloo)

1/2 cup green peas (matar) shelled

1/4 cauliflower(gobhi)

10 french beans

12 tblsp groundnut (moong fali) oil

2 medium onions

1 capsicum (shimla mirch)

salt (namak) to taste

1 carrots (gajjar)

2 tomatoes (Tamatar)

**for masala paste**

1" ginger (adrak)

1 tsp cumin seed (jeera)

2 tblsp poppy seeds (khuskhus)

12 cloves (lavang) garlic

6 red chillies whole

1/2 cup coconut (narial) scraped

2 tblsp coriander seed

2 tblsp fennel (saunf) seed

-

## How to make vegetable nilgiri korma:

•  
Wash and cut all the vegetables into equal size pieces.

•  
Cut the onion.

•  
Wash and puree the tomatoes.

•  
Heat up two tablespoon of oil and fry the paste ingredients till light brown, cool and grind to a paste with little water.

•  
Wash and cut the coriander leaves.

•  
Boil the potatoes, cauliflower and carrots till half done in salted water.

---

[Remove and keep aside.](#)

[Heat up oil in pan and mix in the onion and fry till golden brown.](#)

[Wash and mix in the curry leaves and masala paste.](#)

[Fry till the oil separates.](#)

[Mix in the vegetables and continue stirring.](#)

[Pour out the tomato puree and bring to boil.](#)

[Mix in two cup water and simmer \(boil slowly at low temperature\) till the vegetables are cooked and the gravy is thick.](#)

[Sprinkle the garam masala, stir well.](#)

[Serve nilgiri kurma hot.](#)

[TOP](#)

## METHIWALA CHAWAL RECIPE

### [Ingredients:](#)

[1 medium bunch fenugreek leaves \(methi\)](#)

[2 cup rice](#)

[1 tsp red chilli \(lal mirch\) powder](#)

[2 tsp coriander powder](#)

[1 tsp. turmeric \(haldi\) powder](#)

[1 1/2 tsp cumin seeds](#)

[1 tomato](#)

[4 cup water](#)

[7 tblsp oil](#)

[salt \(namak\) to taste](#)

-

### [How to make methiwala chawal:](#)

[Clean, wash and cut the fenugreek leaves.](#)

[Wash and cut the tomato.](#)

[Wash the rice and then soak in water for about twenty minutes.](#)

Heat up oil, mix in the cumin seeds and the fenugreek leaves and fry for about five minutes.

Mix in the finely cut tomato, red chili powder, coriander powder, turmeric powder and fry till the tomato is soft and the oil separates.

Finally, mix in rice, salt and four cup of water.

Stir fry on a high flame heat up till the first boil and then let it simmer (boil slowly at low temperature) till the rice is done.

Serve hot

[TOP](#)

## PALAK PARATHA RECIPE

Palak paratha is a delicious and nutritious way of feeding spinach to the kids. Palak is readily available year-round these days. Spinach paratha tastes great with yogurt, pickle or any chutney. These parathas are an easy and simple way of fulfilling all your vitamin A needs. Learn how to make palak paratha by following this easy recipe.

### Ingredients:

1 cup spinach

2 cup whole wheat flour

1/4 tsp chili powder

1 tsp cumin seed (powder)

Pinch of turmeric powder

1 tsp ajwain or carom seeds (roasted)

1 green chili

1/4 cup coriander leaves (finely chopped)

Salt to taste

Oil

-

### How to prepare palak paratha:

Wash the palak leaves. Set aside 100 gms and cut it coarsely.

Blanch the rest and refresh in cold water.

Wash and de-seed the green chillies. Cut roughly.

Puree the blanched palak leaves and green chillies together.

Sieve the atta with salt and make a soft dough with palak puree, cut palak and water if needed.

Cover with a moist cloth and keep aside for 30 minutes.

Divide into 8 equal portions.

Roll out each, spread some ghee and fold into half.

Fold again into quarter and keep aside for 5 minutes. roll out into triangles with each side of 6" approximately.

Heat up a tawa and put the paratha over it. turn it and spread some ghee round it. turn Again and spread some ghee on the other side too.

Fry till both sides are evenly cooked.

Serve hot with yogurt.

[TOP](#)

## SITAPHAL RABDI RECIPE

### Ingredients:

2 litres whole milk

1 tsp chopped red rose (gulab) petals

4 almonds (badam)

1/4 tsp saffron (kesar) strands

1/4 tsp cardamom powder

3/4 cup sugar (cheeni)

1 cup sitaphal (Custard Apple) pulp

4 green pistachios unsalted

-

### How to make sitaphal rabdi:

Chop finely almond and pista.

Boil milk in a heavy pot.

Simmer (boil slowly at low temperature) for ten minutes, after it starts boiling.

Stir while boiling.

Mix in sugar and stir till dissolved.

[Take off fire, mix in saffron, cardamom, almonds, pista.](#)

[Cool to room temperature.](#)

[Mix in sitaphal pulp, chill for 3-4 hours till very cold.](#)

[Pour the mixture in individual serving bowls and decorate with rose petals.](#)

[Serve chilled.](#)

[TOP](#)

## MASALENDAR NARIYAL LAUKI RECIPE

### [Ingredients:](#)

[1" ginger\(adrak\)](#)

[3 tblsp onions chopped](#)

[1 cup coconut \(narial\) scraped](#)

[1" cinnamon \(dalchini\)](#)

[a pinch asafoetida \(hing\)](#)

[8-10 peppercorns \(kali mirch\)](#)

[2 tblsp oil](#)

[1 1/2 tblsp tamarind \(imli\) pulp](#)

[4 - 6 cloves](#)

[3 red chillies whole](#)

[1 tsp turmeric \(haldi\) powder](#)

[1 tsp mustard seeds \(rai\)](#)

[8 - 10 curry leaves](#)

[2 tblsp coriander seeds](#)

[1 tblsp cumin seeds \(jeera\)](#)

[1 medium size bottle gourd \(lauki,doodhi\)](#)

[salt \(namak\) to taste](#)

-

### [How to make masaledar nariyal lauki:](#)

[Take off and wash lauki. Cut into 3/4 " cubes.](#)

[Dry roast coriander and cumin seeds.](#)

[Make a paste of roasted cumin seeds, coriander seeds, peeled ginger, garlic, whole red chillies, peppercorns, cloves, cinnamon, turmeric powder and scraped coconut. \(reserve one tblsp of scraped coconut for garnish.\). Keep the paste aside.](#)

[Heat up oil in a pan.](#)



•  
Mix in asafoetida and mustard seeds.

•  
Once they begin to crackle, mix in curry leaves and cut onions.

•  
Stir fry for two minutes and mix in lauki.

•  
Stir fry for 5 minutes. mix in the masala and coconut paste, dissolved in 1 1/2 cup of water. Stir and bring it to a boil.

•  
Dissolve tamarind pulp in water if it is too thick.

•  
Mix in to the gravy. Add salt and mix well.

•  
Serve hot decorated with grated coconut.

[TOP](#)

## CHUM CHUM RECIPE

### Ingredients:

250 gms cottage cheese (paneer)

2 tblsp refined flour (maida)

1 cup sugar (cheeni)

1 cup water

2 - 3 drop lemon colour

100 gms condensed milk (unsweetened)

1/4 tsp green cardamom (chhoti elaichi) powder

few saffron (kesar) strands

-

### How to make chum chum:

•  
Melt sugar in water and heat up to make a thin syrup.

•  
Knead the paneer with flour and shape into oval shaped fingers, mix in them to the sugar syrup and boil for eight minutes.

•  
Take off from heat up and mix in lemon color to the syrup. Cool for a while and take off the chum-chums from the syrup.

•  
Mix in saffron and cardamom powder to sugarless, creamy, condensed milk. spread this on each piece and serve cold.

[TOP](#)

# MOTI CHOOR LADOO RECIPE

## Ingredients:

1/3 cup milk (doodh)  
1tblsp pistachios (pista)  
few drops orange (santra) colour  
pure ghee for frying  
1tblsp raisins (kishmish)  
a pinch baking powder  
1/2 kg sugar (cheeni)  
1/2 kg bengal gram flour (besan)

-

## How to make motichoor laddoo:

•  
Sieve gram flour with baking powder so that it mixes well.

•  
Mix in 2 tblsp of melted ghee and enough water to make a batter of thick consistency.

•  
Heat up ghee in a kadhai and with a perforated (holes) spoon drop boondis in ghee.

•  
Rub the batter on the spoon with holes so that small drops of batter drop in oil, simultaneously tap the spoon on the rim of kadhai also.

•  
Fry boondis till golden brown, remove and keep aside.

•  
Meanwhile make three string (3 tar ki chashni) consistency sugar syrup mix in colour.

•  
Put the fried boondis in this syrup, mix in the raisins and cut pistachios.

•  
When mixture cools down slightly use buttered hands to make laddoos.

[TOP](#)

# RAVA LADOO RECIPE

## Ingredients:

1 cup semolina (rava / suji)  
1 cup sugar (cheeni)  
1 cup milk  
1 tblsp currants (kishmish)  
1 tblsp cashewnuts (kaju)  
3 tsp pure ghee

### How to make rava laddoo:

Cut the cashew nuts.

Wash and dry the currants.

Heat up a little ghee and lightly fry them.

Keep aside.

Heat up ghee in a deep pot and fry the semolina (suji) on low heat up till it turns light brown in colour.

Then mix in sugar and milk and stir fry till the mixture becomes sticky.

Mix in the cashew nuts and raisins to the mixture.

Take off the pot from heat up and form the dough into small balls.

Serve when cool and dry.

[TOP](#)

## CHOLE RECIPE

### Ingredients:

2 onions

1 tblsp garam masala powder

2 tblsp red chilli (lal mirch) powder

1/2 tsp. soda bi-carbonate

1 tblsp dry mango powder (amchur)

2 tblsp coriander- cumin powder

1 cup chick peas (kabuli chana)

3 tblsp vegetable fat (ghee)

2 tomatoes

1/2 tsp pepper powder

salt (namak) to taste

2 potatoes

**for garnish**

2 tomatoes

1" ginger

2 tblsp coriander leaves (dhania patta) chopped

1 green chilli

-

### How to make chole:

•  
Soak the chana for at least six hours and then drain.

•  
Cut the onions.

•  
Chop the potatoes into quarters.

•  
Wash and quarter two tomatoes and make slices of the remaining.

•  
Peel and make juliennes of the ginger.

•  
Wash and slit the green chillies.

•  
Mix in water and 1/2 tsp of soda bi-carbonate to the chana and stir fry in a pressure cooker till done.

•  
Take care the chanas do not get mashed.

•  
Heat up the ghee in a vessel and fry the potatoes until soft. drain.

•  
In the same ghee, mix in the onions and stir fry till pink.

•  
Mix in the dhania-jeera powder and red chilli powder and fry again.

•  
Mix in the boiled chanas and salt.

•  
After five minutes, mix in the garam masala powder, amchur powder and black pepper powder and stir fry for two minutes.

•  
Mix in the potatoes and tomatoes and stir fry for another two minutes.

•  
decorate with cut coriander leaves, slit green chillies, slices of tomatoes and ginger juliennes.

- [TOP](#)

## CABBAGE RAITA RECIPE

### Ingredients:

2 cups yogurt (dahi)

a few cabbage leaves

1 tsp cumin powder (jeera) roasted

2 green chillies

1" ginger (adrak)

[1 tsp sugar \(cheeni\)](#)  
[a few coriander leaves](#)  
[1/2 tsp red chilli \(lal mirch\) powder](#)  
[salt \(namak\) to taste](#)

-

[How to make cabbage raita:](#)

•  
[Wash the cabbage leaves and chop them finely.](#)  
•  
[Wash and grind the green chillies.](#)  
•  
[Peel and grind the ginger.](#)  
•  
[Clean, wash and cut the coriander leaves.](#)  
•  
[Mix all the above ingredients with the yogurt.](#)  
•  
[Serve chilled.](#)

[TOP](#)

## STUFFED ALOO TIKKI RECIPE

[Ingredients:](#)

[4 large potatoes \(aloo\)](#)  
[3 tblsp raisins \(kishmish\)](#)  
[3 medium onions](#)  
[1 tblsp coriander leaves](#)  
[4 green chillies](#)  
[1/2 cup bread crumbs](#)  
[3 tsp oil \(tel\)](#)  
[salt \(namak\) to taste](#)  
[oil \(tel\) to fry](#)

-

[How to make stuffed aloo tikki:](#)

•  
[Peel and cut the onions finely.](#)  
•  
[Wash and finely cut the green chillies.](#)  
•  
[Clean, wash and finely cut the coriander leaves.](#)

•  
Boil the potatoes. Peel and grate to mash thoroughly.

•  
Heat up a little oil in a pan, mix in onion and stir fry until soft.

•  
Mix in sauted onion, cut coriander leaves, cut green chillies, salt and bread crumbs to the mashed potatoes and mix well.

•  
Divide into eight equal portions.

•  
Stuff each portion with cut raisins, make balls and flatten them.

•  
Heat up a griddle and shallow fry the tikkis with a little oil until light golden brown on both sides.

•  
Serve hot with tarmarind and green chutney

[TOP](#)

## PALAK PURI RECIPE

Palak puri is made by mixing wheat flour with pureed spinach and other spices. It is best enjoyed hot with mango chutney and chili pickle. Spinach puri served with potato curry makes a good lunchbox recipe. Learn how to make palak poori by following this easy recipe.

### Ingredients:

2 cups wheat flour

1/2 kg fresh spinach (washed)

2-3 tsp clarified butter or ghee

1 tsp ginger paste

1 tsp green chili paste

1 tsp cumin seed (crushed)

1/2 cup plain curd

Salt to taste

Oil for deep frying

-

### How to make palak puri:

•  
Blanch the spinach leaves in boiling water.

•  
Remove the spinach leaves from the water and make it into a paste.

Mix the palak paste with wheat flour and add crushed cumin seeds, plain curd, ghee, ginger- green chilli paste and salt.

Make a soft smooth dough by mixing all the ingredients and some water as per requirement. Make sure that the dough is firm and tight & not too watery. Otherwise it will be difficult to roll out puris.

Keep the dough covered for about 10 minutes with a wet muslin cloth.

Knead the dough again for a minute and then divide the dough into equal sized lemon balls and roll them each in a flat round disc of 5 inch diameter.

Heat the oil in a wok or kadai and fry each of the puris on both sides till golden and crisp.

Serve hot palak puri with curd, chilli pickle or potato sabji.

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## NAVRATRI RECIPES

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# KUTTU KI PURI RECIPE

Here's a simple, tasty puri recipe especially for alu lovers and for those who fast in navratra. Learn how to make kuttu ki puri.

## Ingredients:

2 cup kuttu ka atta

4 potato (alu)

1/2 tsp salt (namak)

1/2 tsp black pepper powder (kali mirch)

clarified butter (ghee) for frying

-

## How to make kuttu ki puri:

Boil and mash potato.

Now mix salt, atta, kali mirch and alu and knead into dough.

Make small balls of the dough and roll each into small puris.

Heat ghee in a pan.

Fry each puri in ghee.

When cooked on one side turn it and cook on the other side also until it turns light brown.

Serve them hot.

[TOP](#)

# SINGHADE KA HALWA RECIPE

Here's a tasty singhade (kuttu ka halwa) sweet dish and is best for those who are fasting. Learn how to make singhade ka halwa.

## Ingredients:

500 gm hare singhade (fresh water caltrop)

125 gm sugar

100 gm thickened milk (mawa)

1 tbs clarified butter (ghee)

1 cup milk (doodh)



[1/4 tsp cardamom powder \(elaichi\)](#)  
[5-6 cashew nut \(kaju\)](#)  
[5-6 almond \(badam\)](#)  
[few drops of yellow colour \(peela rang\)](#)

-

[How to make kuttu ka halwa:](#)

- [Peel singhade and grate them.](#)
- [Fry singhade in a pan with ghee.](#)
- [Grate thickened milk and add to the above until it becomes light brown.](#)
- [Boil milk, sugar and 1 cup milk in a container.](#)
- [Add thickened milk and stir continuously until it thickens.](#)
- [Then add 2-3 drops of colour and remove it from the flame.](#)
- [Garnish with cardamom powder and finely chopped almond and cashew nuts and serve hot.](#)

[TOP](#)

## SINGHARE KE PAKORE RECIPE

[Ingredients:](#)

[mango powder](#)  
[1/2 cup chestnut flour](#)  
[10-12 small squares of pumpkin](#)  
[oil for frying](#)  
[2 potatoes, cut into thin round slices](#)  
[1 1/2 tsp salt](#)

-

[How to make singhare ke pakore :](#)

- [Mix the flour and salt.](#)
- [Then slowly mix in water to make a smooth paste.](#)
- [Dip the slices of potatoes and pumpkin in this paste, one by one.](#)
- [Heat up oil in a deep frying pan.](#)

- Deep fry the potatoe and pumpkin slices in the oil.

- Sprinkle with some chaat masala or amchur powder and serve immmediately.

[TOP](#)

## SABUDANA PURI RECIPE

Here's a delicious, quite filling fried bread recipe with sago/sabudana. Learn how to make sabudane ki puri.

### Ingredients:

1 cup wheat flour (gehun ka atta)

1 cup refined flour (maida)

1/2 cup pea seeds (matar)

1/2 cup sago (saboodana)

1 green chilly (hari mirch)

1 tsp salt (namak)

1 tsp red chilly powder (lal mirch)

1/4 tsp asafetida (hing)

1 tsp coriander powder (dhania)

clarified butter (ghee) for frying

### How to make sabudane puri :

- Soak sabudane for an hour.

- Boil pea and then mash them.

- Finely chop hari mirch.

- Mix atta and maida along with salt and 1 tbsp oil.

- Knead into dough and leave it covered for 1/2 an hour.

- Heat 1 tbsp ghee in a pan and fry hing, lal mirch, dhania, 1/2 tsp namak, hari mirch, matar and sabudana for 1-2 minutes until water dries up.

- Remove it from the flame and let it cool.

- Make small balls of the dough and roll each into small chapatti.

- Stuff these with the above mixture and again roll into thin and small puri.

---

[Heat ghee in a pan.](#)

[Fry each puri in ghee.](#)

[When cooked on one side turn it and cook on the other side also until it turns light brown.](#)

[Serve them hot.](#)

[TOP](#)

## KOTU ALOO PAKORA RECIPE

### [Ingredients:](#)

[1 cup kotu ka atta \(buckwheat up flour\)](#)

[1/4 cup finely cut coriander leaves](#)

[1/2 tbsp black pepper powder](#)

[ghee or vegetable oil for frying](#)

[3 medium sized potatoes \(boiled whole till half-cooked\)](#)

[1/2 tsp sendha namak \(rock salt\) or to taste](#)

-

### [How to make kotu aloo pakora :](#)

[Combine the flour, salt, pepper and coriander in round dish and mix well.](#)

[Mix in water and cream into a smooth batter.](#)

[Cream the batter until it is of cream consistency.](#)

[Cover and keep aside for about 20 minutes.](#)

[When the potatoes are cool enough, take off and slice each one into diagonal slices.](#)

[Heat up enough ghee or oil for deep-frying in a kadhai over moderate heat.](#)

[Put few slices of potato into the batter and cover them completely.](#)

[One at a time, lower each slice of batter-coated potato into the hot oil.](#)

[Fry as many slices as will float on the surface of the oil without touching.](#)

[Fry on both sides until reddish gray and crisp.](#)

[Serve hot as the fitters soften as they cool.](#)

[TOP](#)

# VRAT KE CHAWAL RECIPE

## Ingredients:

2 cloves  
3 cup water  
2 cardamoms  
30 gm ghee  
2 tsp kala namak  
1 tsp cumin seeds  
1/2 tsp chilli powder  
125 gms samwat ke chaawal  
coriander leaves for garnishing  
1 big size potato, diced  
cinnamon stick, tiny piece

-

## How to make vrat ke chawal :

•  
Heat up ghee, mix in cumin seeds, cloves, cardamoms and cinnamon.

•  
When slightly coloured, mix in potato and rice.

•  
Stir-fry till they look a bit fried.

•  
Mix in salt, chilli powder and water, and bring to a boil.

•  
Lower the flame and simmer, covered, for about 15 minutes or till cooked through and the water is absorbed.

•  
Decorate with corinder leaves and serve hot.

[TOP](#)

---

# SUKHI ARBI RECIPE

## Ingredients:

5-6 boiled sweet potato  
2-3 green chillies  
1/2 tsp mango powder  
1/2 tsp red chilly powder  
kadi pata  
3 tbsp oil  
salt to taste

-

### How to make sukhi arbi :

•  
Put oil in a pan.

•  
Heat up the oil and mix in kadi pata, green chillies and red chilly powder and mix it well.

•  
Now mix in the boiled sweet potatoes cut in small cubes and fry the sweet potatoes in the pan.

•  
When the sweet potatoes are half cooked mix in salt and mango powder.

•  
Mix well.

•  
When the sweet potatoes look little crispy and golden brown turn the gas off.

[TOP](#)

---

## SUKHA ALOO RECIPE

### Ingredients:

1/2 tsp mango powder

3 tbsp oil

salt to taste

kadi pata

5-6 boiled potatoes

2-3 green chillies

1/2 tsp red chilly powder

-

### How to make sukha aloo :

•  
Put oil in a pan.

•  
Heat up the oil and mix in kadi pata, green chillies and red chilly powder and mix it well.

•  
Now mix in the boiled potatoes cut in small cubes and fry the potatoes in the pan.

•  
When the potatoes are half cooked mix in salt and mango powder.

•  
Mix well.

•  
When the potatoes look little crispy and golden brown turn the gas off.

[TOP](#)

# KACCHE KELE KI CHAAT RECIPE

Here's a tempting, light banana recipe especially for children. Learn how to make kacche kele ki chaat.

## Ingredients:

4 raw banana (katche kele)  
4 tblsp each of chilly sauce and meethi chutney  
1 tsp chat masala  
oil for frying  
1 tsp chopped coriander

-

## How to make kachhe kele ki chaat:

•  
Peel banana and cut fine slices of it like that of chips.

•  
Dip them in cold water for at least 30 minutes.

•  
Heat oil in a pan and deep fry all the banana slices until they turn golden brown. Keep them aside.

•  
Now mix chilly and meethi chutney with the chips well and place them in a serving dish.

•  
Garnish with coriander and sev.

•  
Sprinkle some chat masala on the top and serve.

[TOP](#)

# KADDU KA RAITA RECIPE

Here's a delicious curd recipe with kaddu (pumpkin). Learn how to make kashiphal ka raita.

## Ingredients:

1/2 cup pumpkin (kashiphal)  
2 cup curd (dahi)  
1/4 tsp salt (namak)  
1/4 tsp rock salt (kala namak)  
1/2 tsp mustard (raai) powder  
1/2 tsp cumin powder (jeera)

-

### How to make kaddu ka raita:

•  
Grate kashiphal (kaddu) and boil in 1/4 cup water at low flame.

•  
When water dries remove it from the gas and let it cool.

•  
Beat curd and mix all the ingredients along with kaddu (pumpkin).

•  
Serve it chilled.

[TOP](#)

## KELE KI BARFI RECIPE

Here's a tasty, nutritious recipe of a sweet dish with banana and coconut. Learn how to make kele ki barfi.

### Ingredients:

4 large ripe banana (pake kele)

1 1/2 cup milk (doodh)

2 cup sugar

2 tblsp clarified butter (ghee)

75 gm coconut (nariyal)

1/2 cup crushed walnut (akhrot)

-

### How to make kaddu ka raita:

•  
Peel banana and mash them.

•  
Now cook mashed banana along with milk in a pan until milk dries up.

•  
Now add butter and stir continuously till it turns brown in colour.

•  
Now add sugar, grated coconut and walnut and stir.

•  
Remove it from the flame. Grease a plate with butter and spread the mixture in the plate.

•  
Its thickness should be 1/2". When it settles to be cut in pieces, cut barfi in desired shape.

•  
Garnish with dry fruits and serve.

[TOP](#)

# KHUSKHUS ALOO RECIPE

## Ingredients:

3 green chillies  
6 potatoes, peeled, cubed  
salt to taste  
1/2 tsp turmeric powder  
Cut coriander leaves  
3 dry red chillies  
2 tbsp khuskhus roasted  
3 tblsp oil  
1/2 cup water

-

## How to make khuskhus aloo :

•  
Grind the roasted khuskhsu along with the green chillies and a few tblsp of water to a very fine paste.

•  
Keep aside.

•  
Heat up half of the oil in a pot for 2 minute till very hot.

•  
Shallow fry the potatoes in batches on medium heat up till they are lightly browned.

•  
Heat up the remaining oil in the same pan.

•  
Mix in the whole dry red chillies and turmeric powder.

•  
Fry briefly.

•  
Now mix in the khuskhus paste and fry again on low heat up for 5 minutes till the oil has left the sides of the pan.

•  
Mix in the fried potatoes and mix well.

•  
Mix in water and salt.

•  
Stir, cover and keep on low heat up for 15 minutes till the potatoes are soft.

•  
Decorate with cut fresh coriander.

•  
Serve hot.



# BANANA CHIPS RECIPE

## Ingredients:

oil for deep frying

1/4 tsp turmeric powder

salt according to taste

5-6 raw bananas

-

## How to make banana chips :

•  
Take off and put bananas in plenty of salted iced water.

•  
Slice bananas with a chip slicer into water, mix in in turmeric.

•  
Keep for 10 minutes, remove out water fully.

•  
Spread out on a kitchen cloth to take off moisture.

•  
Heat up oil in a wok till smoky.

•  
Fry banana slices in one-layer batches for a minute or two or until crisp.

•  
Lift chips out with slotted spoon and remove on paper towels.

•  
Sprinkle with salt before serving.

# ARBI FRIED RECIPE

## Ingredients:

1/4 tsp ajwain

chilli powder to taste

rock salt to taste

2-3 green chillies

a pinch of mango powder

1/2 kg arbi

1/4 tsp coriander powder

2 tbsp ginger

## How to make arbi fried :

- [Boil the arbi.](#)

- [Cool, take off and slice each into two.](#)

- [Heat up the oil and fry the cut arbi till slightly browned.](#)

- [Mix in 1 tbsp oil and heat up in a wok.](#)

- [Meanwhile make a paste of ginger and green chillies.](#)

- [Mix in the paste to the heated oil and stir fry for a few minutes.](#)

- [Mix in the fried arbi and stir fry on a slow fire.](#)

- [Simultaneously mix in salt, coriander powder, mango powder, ajwain and mix well.](#)

[TOP](#)

## ALOO PULAO RECIPE

### [Ingredients:](#)

[1 big size potato diced in small pieces](#)

[1 tsp cumin seeds](#)

[1 cup samwat rice](#)

[2 tbsp ghee](#)

[2 cloves](#)

[2 tsp rock salt \(kala namak\)](#)

[2 green cardamom](#)

[a tiny piece of cinnamon](#)

[green coriander to garnish](#)

[1/2 tsp red chilli powder](#)

[3 cup water](#)

-

### [How to make aloo pulao :](#)

- [Heat up ghee in a pot.](#)

- [Mix in cumin seeds, cloves, cardamom and cinnamon.](#)

- [When they give off fragrance, mix in potato and rice.](#)

- [Stir-fry to a light brown color.](#)

[Mix in rock salt, chilli powder and water and boil.](#)

[Cover the pot and let it simmer \(boil slowly at low temperature\) on low flame for about 15 minutes.](#)

[Decorate with green coriander.](#)

[Serve hot.](#)

[TOP](#)

## ALOO MEWAWALE RECIPE

### [Ingredients:](#)

[1 cup oil](#)

[1 tblsp ginger-garlic paste](#)

[salt to taste](#)

[12 medium potatoes, peeled](#)

[1 tsp cumin seeds](#)

[1/2 cup coriander leaves, cut](#)

[4 tbsps. cream](#)

[1 tblsp chilli powder](#)

[1 tblsp sugar](#)

[1 tsp garam masala](#)

[1/2 cup mixed almonds and pistachios, coarsely ground](#)

[3 tomatoes pureed](#)

[4 onions, chopped, ground](#)

[1 tsp turmeric powder](#)

-

### [How to make aloo mewawale :](#)

[Bore a hole into each potato.](#)

[Stuff with nuts mixed with salt and a few coriander leaves.](#)

[Close with potato pieces.](#)

[Heat up oil and fry 2 or 3 potatoes at a time till browned.](#)

[Remove and reserve.](#)

[In the same oil, put in cumin seeds.](#)

[When they pop, mix in onion paste and fry till brown.](#)

[Then mix in powdered spices, tomato and ginger-garlic paste.](#)

[Fry till oil separates from the paste, mix in potatoes and one and a half cup of hot water.](#)

[Simmer, adding cream, salt and sugar till potatoes are cooked and the gravy is well blended.](#)

[TOP](#)

## MALAIWALE KOFTE RECIPE

### [Ingredients:](#)

[1/4 cup mixed nuts, coarsely ground](#)

[5 green chillies, cut finely](#)

[oil as needed](#)

[1/2 cup grated coconut](#)

[5 potatoes, boiled, peeled, mashed](#)

[salt and sugar](#)

[1/2 cup coriander leaves, cut](#)

[1 cup fine breadcrumbs](#)

### **[For the gravy:](#)**

[1 tsp garam masala powder](#)

[1 cup cream](#)

[3 tomatoes pureed](#)

[Salt to taste](#)

[1 tbsp chilli powder](#)

[1 tsp cumin seeds](#)

[1 tbsp sugar](#)

[3 cup curd](#)

[1 tsp turmeric powder](#)

-

### [How to make malaiwale kofte :](#)

[Make lemon-sized balls out of the mashed potatoes.](#)

[If the potato mash is soft, mix in bread slices dipped in water \(squeeze out all water\) to the mash and knead well.](#)

[Prepare stuffing by mixing coconut, dry nuts, chillies, coriander leaves, salt and sugar to taste.](#)

[Flatten each potato ball, put in a small quantity of this stuffing and fold around.](#)

[Roll each ball in breadcrumbs.](#)

•  
[When all koftas are ready, deep fry them carefully in hot oil.](#)

•  
[Remove and reserve.](#)

•  
[Heat up 4 tbsps.](#)

•  
[Oil in a fresh pan, mix in cumin seeds, powdered spices, then tomato puree and curd.](#)

•  
[Fry till blended.](#)

•  
[Mix in sugar, salt, cream and simmer.](#)

•  
[Drop in the koftas and serve decorated with a little cream and coriander leaves.](#)

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## AVIYAL RECIPE

A delightful mix of all sorts of vegetables.

### Ingredients:

[1/2 cup Grated coconut](#)  
[5 Green chillies](#)  
[1/2 tsp Cumin seeds](#)  
[1cup Yam Thinly sliced into 11/2" length pieces](#)  
[1cup Cucumber Sliced lengthy into 11/2" length pieces](#)  
[1cup Snake gourd Sliced into 11/2" length pieces](#)  
[1/4cup Carrot Sliced into 11/2" length pieces](#)  
[1/2cup Long runner-beans sliced into 11/2" length pieces](#)  
[2 Drumstick cut into 2" length pieces](#)  
[Curry leaves](#)  
[3 tblsp Coconut oil](#)  
[1 Raw bananas sliced into 11/2" length pieces](#)  
[Raw mango pieces](#)  
[1/2 tsp Turmeric powder](#)  
[Salt to taste](#)

-

### How to make aviyal:

•  
[Grind coconut with green chillies and cumin seeds in paste and keep it aside.](#)

•  
[Heat coconut oil in a thick bottom vessel, add vegetables and cook it on a low flame without adding water.](#)

•  
[When the vegetables are cooked, add turmeric powder, salt and mix well.](#)

•  
[Put bananas and mango pieces in cooked vegetables and cover the vessel.](#)

•  
[When steam comes out, add the coconut paste and stir well.](#)

•  
[Remove from fire and garnish it with curry leaves .](#)

[TOP](#)

# LADY FINGER KICHADI RECIPE

Delicious ladyfinger cooked with curd and coconut.

## Ingredients:

3 1/2 cup ladyfinger  
2 cup thick curd  
1/2 cup grated coconut  
3 dry red chillies  
1 mustard  
2 springs curry leaves  
2Â tsp oil  
salt (namak) to taste  
2 green chillies

-

## How to make lady finger kichadi:

- Cut the lady finger in small round pieces.
- Deep fry ladyfinger in oil till crisp.
- Pound grated coconut; green chillies and mustard into a thick paste and keep it aside.
- Take oil in pan and over high flame season mustard, red chilli andÂ curry leaves.
- Lower the flame, add curd and the ground ingredients and let it simmer for few minutes stirring continuously..
- Add fried lady finger and salt to it and remove from flame after it boils.
- **Note:** You can use Pavakkai (Bitter Gourd) instead of Ladies Finger as a variation)

-

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[TOP](#)

# CELERY PAYARU THORAN RECIPE

## Ingredients:

6-8 sticks Celery chopped

[1/2 cup Green moon \(cherupayar\) cooked to 3/4th](#)

[3/4 cup Grated coconut](#)

[1/4 Chopped onion](#)

[6-7 Green chillies chopped](#)

[2-3 Dried red chillies](#)

[Curry leaves](#)

[2 cloves Garlic](#)

[1 small piece Ginger cut into julian strips](#)

[1 tsp Mustard](#)

[1/2 tsp Cumin](#)

[1 tblsp Oil](#)

-

[How to make celery payaru thoran:](#)

•

[Grind the garlic and cumin together coarsely into a thick paste and keep it aside.](#)

•

[Heat oil in a pan, add mustard to it and let it splutter](#)

•

[Add to it the garlic paste and fry it for few seconds.](#)

•

[Put ginger, chopped onions, green chillies, curry leaves, red chillies and fry it.](#)

•

[Add the celery and coconut and cook it till the celery is half cooked.](#)

•

[Add the cooked cherupayar and simmer it for some time on low heat till everything is cooked.](#)

•

[Add salt to taste .](#)

•

[Serve hot](#)

[TOP](#)

## KALAN RECIPE

A preparation of buttermilk with thick gravy and the must on the menu for Onam

[Ingredients:](#)

[1 Raw banana \(the kerala nendran banana is the best if available\)](#)

[6 cups Beaten, thick sour curds](#)

[200 gms Chena \(jameen kand/karunaikizhangu/suvarne gadde\)](#)

[1 cup Coconut](#)

[2 tsp Turmeric powder](#)

[1 tblsp Pepper powder](#)



[Salt to taste](#)  
[2-3 Red chillies](#)  
[2-3 Green chillies](#)  
[1 tbsp Mustard seeds](#)  
[1 tsp Methi seeds](#)  
[few Curry leaves](#)  
[Coconut oil](#)

-

[How to make kalan:](#)

•  
[Wash and cut the vegetables into 2" square pieces. They should be thick](#)

•  
[Grind the coconut and cumin to a smooth paste without adding water. Keep it aside.](#)

•  
[Fry the methi seeds to a golden brown in a drop of oil and grind to a fine powder and keep this aside also..](#)

•  
[In 1/2cup of water dissolve the pepper powder and strain it through a clean cloth. Cook the vegetables in this water with turmeric powder and salt.. When the water dries, add 1tsp ghee](#)

•  
[Add the beaten sour curds to the cooked vegetables and boil, stirring occasionally, until the gravy is thickened.](#)

•  
[Add the grinded coconut mixture and fenugreek powder into it and bring the gravy to boil stirring continuously.](#)

•  
[Remove the gravy from flame.](#)

•  
[Heat oil in a pan. When it smokes add the mustard seeds. When the mustard splutters, add the red chillies broken into halves and curry leaves and season the gravy with it.](#)

•  
[Enjoy it with rice.](#)

[TOP](#)

## PARIPPU PAYASAM RECIPE

A lip smacking desert prepared of coconut, jaggery and broken wheat

[Ingredients:](#)

[250 gms Parippu \(Green gram dal\)](#)  
[Coconut milk from 2 coconuts](#)  
[250 gms Jaggery](#)  
[2 tblsp Ghee](#)

[handful Cashew nuts, Raisins](#)

-

[How to make parippu payasam:](#)

•  
[Clean the dal and saute it in ghee till light brown.](#)

•  
[Boil the fried dal in water till it is cooked.](#)

•  
[Make a thick solution by heating jaggery with some water .](#)

•  
[Take milk from the coconut thrice. Keep the thick milk taken 1st, aside.](#)

•  
[Add the third milk and the second milk with the jaggery solution to the boiled dal . and simmer on a low flame till thick.](#)

•  
[Finally add the first milk and simmer it for a while.](#)

•  
[Season it with fried nut, raisins.](#)

•  
[Stir well and remove from fire immediately](#)

[TOP](#)

## ERISSERY RECIPE

Try out Erisserly with pumpkin and beans on the occasion of Onam

[Ingredients:](#)

[2 cups Ripe Pumpkin \(sliced into pieces \)](#)

[1/2 cup Red oriental bean](#)

[1 cup Coconut milk](#)

[2 tsp Oil](#)

[2 Dried chilli](#)

[1 tsp Mustard](#)

[2 springs Curry leaves](#)

[Water](#)

[Salt to taste](#)

**[To be Ground in paste](#)**

[1 cup Grated Coconut](#)

[1 Small onions](#)

[1/2 tsp Cumin](#)

[1/2 tsp Turmeric powder](#)

[2 or 3 Green chilli](#)

[2 GarlicÂ pods](#)

-

### How to make erissery:

- Soak beans overnight.

- Cook pumpkin with beans after adding enough water and salt

- Put the grounded paste to the pumpkin, boil for sometime and keep aside.

- Heat oil in a pan, season mustard, curry leaves and dry chillies and add the thick coconut milk. Pour it to the cooked pumpkin curry and stir well

- Yummy erussery is ready to be served.

[TOP](#)

## PULISSERY RECIPE

A delicious dish made of curd and fruit to make your Onam special

### Ingredients:

10 to 12 pieces Ripe Mango or Pineapple

1 cup Thick yogurt

a few Curry leaves

1/4 tsp Turmeric powder

1/2 tsp Chilli powder

1/8 tsp Cumin seeds

1/2 tsp Mustard

2 Red chilli

6 Green Chilly

1 tbsp Oil

Salt to taste

-

### How to make pulisery:

- Cook mango/pineapple with 3 green chillies, turmeric powder, chilli powder, cumin powder water and salt

- Beat yogurt and add it to the mixture ,stirring it regularly.

- Remove the mixture from heat.

[Season with mustard seeds, curry leaves, fenugreek and whole red chilly, green chillies.](#)

[Ready to serve.](#)

[TOP](#)

## KOOTTU CURRY RECIPE

A curry of a miscellaneous variety of vegetables and Bengal gram

### [Ingredients:](#)

[1/2 cup Bengal gram & Dal](#)

[2 tblsp White gram dal](#)

[1/2 cup Grated coconut](#)

[1/4kg \(all together\) Pumpkin, snake gourd, Long runner beans, & yam, cucumber](#)

[1/2 cup Inner flesh of drum stick](#)

[1/4 tsp Turmeric powder](#)

[3 Green chillies](#)

[Salt to taste](#)

[1/4 cup Coconut oil](#)

[1 tsp Mustard](#)

[3 Dried red chillies](#)

[2 sprig Curry leaves](#)

[1 tblsp Ghee](#)

-

### [How to make koottu curry:](#)

[Grind 1/2cup grated coconut with turmeric powder and green chillies into a fine paste..](#)

[Pressure cook the bengal gram dal with salt and water to a thick gravy](#)

[Clean and cut the vegetables into small pieces. Boil the vegetables by steaming.](#)

[Heat oil and season mustard, white gram dal, dried red chillies and curry leaves.](#)

[Add the ground coconut mixture. Saute for sometime, till the water dries. Add the cooked vegetables, salt and bengal gram dal to it and simmer it on low heat](#)

[Heat 1tbsp ghee and fry the 1/4cup grated coconut in it till golden brown. Season the koottucurry with it and mix well.](#)

[TOP](#)

## PARIPPU CURRY RECIPE

A dal curry recipe which is the main part of main course

### Ingredients:

1 cup Lentils (green gram dal)

3 cups Water

1/2 tsp Turmeric Powder

2 tsp Ghee

Salt to taste

### How to make parippu curry:

- Saute the lentils in a pan.

- Wash the lentils in plain water.

- Boil the water and add the washed lentils and turmeric powder.

- Reduce the flame and when the lentil is cooked well, add salt to taste and ghee

- Stir well and remove from fire.

[TOP](#)

## SEMIYA PAYASAM RECIPE

A preparation of milk and vermicelli sweetened with sugar.

### Ingredients:

1 cup Vermicelli

3/4 cup Water

1 cup Sugar

A pinch Saffron

1 cup Milk

3-4 Cashew nuts

7-8 Raisins

2-3 Cardamom

-

### How to make semiya payasam:

- Saute the vermicelli in ghee till it turns brown.

[Boil water in another vessel..](#)

[Put vermicelli in boiling water and cover it, stirring occasionally.](#)

[After the vermicelli becomes soft, add the sugar stirring continuously.](#)

[Dissolve in the milk and add this to the vermicelli.](#)

[Powder the cardamom and add it to the mixture.](#)

[Flavor the desert with fried cashew nuts and almonds.](#)

[Simmer the vermicelli for about two minutes. Your delicious payasam is ready to be served .](#)

[TOP](#)

## SAMBAR RECIPE

The preferred dish in South India cuisine consisting of dal and vegetables such as, brinjal, drum-stick, bitter gourd (pavakkai), ladies finger etc

### Ingredients:

[2 cup Sambhar \(Tuvar\) Dal](#)

[1/4 kg Vegetables\( Drumstick,Green Pepper,Eggplant,Okra\)](#)

[1/4 tsp Fenugreek seeds](#)

[3 Red chillies](#)

[3 Green chillies](#)

[1 tsp Sambhar powder](#)

[Curry leaves](#)

[a pinch Hing](#)

[1 tsp Salt](#)

[2 tsp Mustard](#)

[1/4 tsp Tamarind paste](#)

[4 tbsp Cooking oil](#)

-

### How to make sambar:

[Wash and dice all the vegetables.](#)

[Boil water and cook the dal with turmeric and salt.](#)

[Separate the cooked dal and water, and keep them aside.](#)

[In thuvar dal water cook the vegetables..](#)

After the veggies are cooked, add tamarind paste.

Now add the cooked thuvar dal and simmer for a few more minutes

Heat some oil in a pan, splutter mustard, then add methi, red chillies, green chillies, curry leaves, hing, turmeric, and sambhar powder and keep frying for a few minutes.

Season the sambhar with the above prepared tadka.

Sprinkle coriander on top.

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## TOMATO RASAM RECIPE

Enjoy the South Indian soup also known as rassam or chaaru or saaru made from tomatoes, tamarind and jaggery.

### Ingredients:

2 Tomatoes

2 Red chillies

4 cups Water of boiled dal (stock)

1 stalk Curry leaves

1 stalk Mint leaves

1 stalk Coriander leaves

1- 2 cloves Garlic grated

2-3 pinches Clove-cinnamon powder

1/2 tsp Sambhar masala

8-10 Peppercorns

2 pinch Hing (Asafoetida)

1 1/2 tsp Cumin seeds

1/2 tsp Mustard seeds

1 marble sized ball of jaggery or 1/2 tsp. sugar

1 small strip Tamarind

1 tbsp Ghee or oil

Salt to taste

-

### How to make tomato rasam:

Put whole tomatoes in boiling water, simmer for 3 minutes, keep it aside to cool.

Heat 1/4 tsp. oil in a small pan, add pepper corns and 1 tsp. cumin seeds and roast till aromatic, pound it in a mortar till powdered. Keep aside.

Peel away the broken skin of boiled tomatoes and mash them into a pulp

To the thick tomato pulp, add roasted whole chillies, all leaves, all masalas, salt, tamarind, jaggery and blend it with the blender.

In a deep pan, add the stock.

Heat ghee in a small pan, add mustard and remaining cumin seeds, asafoetida and allow to splutter.

Add garlic to it and stir.

Season the rasam with the prepared tadka.

Bring to a boil and simmer for 2-3 minutes. Keep aside covered for 10 minutes before serving.

Serve hot as a soup or with steaming hot plain rice and papads

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## MORU CURRY RECIPE

### Ingredients:

2 tblspÂ Yogurt

1/2 cupÂ Coconut paste

1 tblsp Oil

1/4 tsp (optional)Â Fenugreek powder

1/2 tspÂ Cumin seeds

1/8 tsp Turmeric

a pinch Mustard seeds

1 tblsp choppedÂ Onion

4 brokenÂ Whole red chilly

1/2 tspÂ Garlic

1 tsp Ginger

Curry leaves

-

### How to make moru curry:

Blend coconut, curd and green chillies in a blender.

Add 1 cup water, red chilly powder, turmeric and salt to the mixture,bring to a boil and remove from the heat.

Heat the oil separately. Add mustard seeds, cumin seeds, fenugreek seeds to the oil and let them splutter, then add the chopped onion, the red chillies,the garlic, the ginger and the curry leaves and season the curry with it.



# PAL PAYASAM RECIPE

The yummy and favorite dessert to complete the Onam meal

## Ingredients:

3 litres Milk  
700 gm Sugar  
180 gm Dried red rice  
3 - 4 Almonds and Cashewnuts

-

## How to make pal payasam:

- Boil the milk and condense it.
- Add sugar and keep stirring it.
- When it boils again, put the washed rice in it, lower the flame .
- Simmer it till the rice is cooked.
- Garnish with finely chopped almonds and cashewnuts

# WHEAT PAYASAM RECIPE

A mouthwatering sweet dish prepared of coconut, jaggery and broken wheat

## Ingredients:

250 gms Broken Wheat  
500 gms Jaggery  
3 tblsp Ghee  
10 gms Raisins  
10 gms Cashew Nuts  
2 Coconut  
5 gms Cardamom  
10 gms Dry ginger powder  
10 gms Cumin Powder

-

### How to make wheat payasam:

•  
Grate the coconut. Add 1/2 glass warm water to the grated coconut. Extract the first coconut milk by filtering the mixture of coconut and water.

•  
Extract the second milk by adding 1 1/2 glass warm water. Repeat the process to extract the third milk.

•  
Saute broken wheat lightly in one teaspoon ghee.

•  
Cook the brown wheat in 1 1/2 liters of water.

•  
Add the third milk and the second milk to the wheat and bring to a boil.

•  
Let the mixture thicken to a semi solid consistency then add powdered jaggery.

•  
Finally add the first milk and simmer it for a while.

•  
Season it with fried nut, raisins, powdered cardamom, ginger and cumin.

•  
Stir well and remove from fire immediately.

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# RAKHI RECIPES

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## Baadusha Recipe

Learn how to make baadusha. It is made with maida, yogurt and ghee.

### [Ingredients:](#)

[Maida - 1 cup](#)

[Dalda - 1/2 cup](#)

[Baking soda - 1/4 tbsp](#)

[Oil](#)

[Cardamom powder - 1/2 tbsp](#)

[Ghee - 3 tbsp](#)

Yogurt - 1 tbsp

Milk - 2 tbsp

Sugar - 2 cups

How to make baadusha :

•  
Sieve the flour in a mixing bowl and add heated Ghee, milk, curd and baking powder

•  
Rub the mixture with your hands by gradually adding warm water, and mix into a stiff dough

•  
Break off a small portion of the dough into a ball, then flatten it, and make a deep hole through the center

•  
Prepare sugar syrup by adding sugar and 1 cup of water

•  
Add cardamom powder

•  
The syrup should be quite sticky

•  
Heat oil in a frying pan and fry the baadushas quite slowly until they are golden brown

•  
When they are fully done, put them in the warm syrup for a few minutes, shaking the pan frequently to let them become well-coated with syrup

•  
Take them out singly from the pan and place on a shallow dish

•  
Sever cold or hot as per your taste.

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## Badam Kaju Pista Burger Recipe

A modern age fusion Indian dessert. Learn how to make badam kaju pista burger.

Ingredients:

Almond powder - 100 gms

Sugar - 60 gms & 25 gms & 20 gms

Anjir - 2 pieces

Cashew powder - 50 gms

Chopped almonds & pistachios - 2 tblsp

Chocolate colour, kesar & powdered cardamom - a little

Pistachio powder - 30 gms

Pista colour - a little

How to make badam kaju pista burger:

•  
Make a sugar syrup of two-string consistency with 60 gms sugar and one fourth cup of water.

•  
Add powdered almond, mix it well and take it off the flame.

•  
Cool it.

•  
Cut the anjir into small pieces and soak them into one-fourth cup of water for four hours.

•  
Grind it well.

•  
Add the ground anjir and 25 gms sugar in a madai and heat it on a slow flame.

•  
Stir constinuously till it turns sticky in consistency.

•  
Add chocolate colour, kesar and powdered cashew.

•  
When it gets the consistency of a soft ball, take it off the flame.

•  
Add chopped pieces of almonds and pistachios. Cool it.

•  
Make a sugar syrup of less than one-string consitency with 20 gms sugar and one-eight cup of water.

•  
Add pista colour ot it and take it off the gas.

•  
Then add powdered pistachios.

•  
Mix it well and allow it to cool.

•  
Divide the formerly prepared almond dough into 30 parts.

•  
Then divide the anjir mixture and the pistachio mixture into 15 parts each.

•  
Take one part of the almond dough and press it a little in the shape of a bun.

•  
Place it on a greased butter paper.

•  
Then pace one part of the anjir mixture on it.

•  
After this, place one part of the pistachio mixture and slightly press it.

•  
Cover with another part of the almond dough.

•  
Bake these pieces in an oven on 150 degrees Celsius for 10-15 minutes till the burger turns light brown in colour.

•  
Cool it.

[Garnish with kesar.](#)

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# Bread Barfi Recipe

Another unusual recipe of bread barfi. Try it and enjoy.

## Ingredients:

[2 cups soft breadcrumbs](#)  
[1 cup milk](#)  
[1 grated coconut](#)  
[1 cup sugar](#)  
[4 table spoons oil](#)  
[pink color as required](#)  
[2 or 3 drops rose essence](#)  
[8 to 10 chooped cashewnuts](#)

## How to make bread barfi :

•  
[Soak bread crumbs in milk for about 10 minutes.](#)

•  
[Combine coconut and sugar, stir over a low fire till the sugar melts.](#)

•  
[Add the soaked breadcrumbs and stir till well mixed \(for about 5 to 7 minutes\).](#)

•  
[Add oil and continue stirring till the mixture leaves the sides of the pan.](#)

•  
[Add coloring, essence and cashewnuts and mix well till the color is evenly blended.](#)

•  
[Turn the mixture onto a greased tray and spread it evenly.](#)

•  
[Allow it to cool and then cut into desired shapes.](#)

•  
**[Makes 22 pieces \(2"x1"\).](#)**

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# Bread Dahiwardas Recipe

Unusual dahiwadadas made of bread and then deep fried. And served like regular dahiwadadas.

### Ingredients:

8 slices bread

4 cups curd

2 tbsp. raisins

1 tsp. chilli powder

1 tsp. powdered roasted cummin seeds

1/2 cup tamarind pulp, sweetened with sugar

Salt and sugar to taste

Oil for frying

2 tbsp. coriander leaves

### How to make bread dahiwadadas:

•  
Remove bread crusts. Knead bread with a little curd and salt.

•  
Make small balls, putting some raisins in the centre. Fry till crisp in hot oil. Drain and keep aside.

•  
Beat rest of curd and add salt and sugar. Drop in the wadas.

•  
Sprinkle with chilli powder and cummin seed powder, and pour tamarind pulp over.

•  
Garnish with coriander leaves.

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## Chana Dal Banana Kheer Recipe

Learn how to make chana dal and banana kheer or pudding.

### Ingredients:

1 cup chana dal (8 ounces)

1 medium size ripe banana

saffron to taste

cardamon powder to taste

sugar to taste

1 can evaporated milk

3 cups milk

2 tablespoons ghee

dry coconut flakes for garnish

cashew nuts and raisins to taste

### How to make chana dal banana kheer :

•  
Put 2 tablespoons of ghee in pan on medium heat.

•  
Add raisins and cashew nuts and roast lightly.

•  
Set aside for garnish. Boil chana dal and 2 cups milk until dal is over cooked (soft) so that it can be mashed.

•  
After this mixture is mashed, add evaporated milk, remaining milk, saffron, cardamon powder and sugar to taste.

•  
Add the cut banana pieces and boil all of this together to the desired consistency, stirring constantly to prevent milk from cooking over sides of pan.

•  
Garnish with coconut flakes, roasted cashew nuts and raisins. Serve hot or cold.

•  
**Serves:** 4-6

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## Chandrakala Recipe

A very much liked recipe of Chandrakla. It is a very popular dessert dish.

### Ingredients:

Maida (refined flour)- 1 cup

Rava (semolina)- 1/4 cup

Ghee - 1/4 cup

Milk - for making the dough

Mava - 50 gms

Powdered sugar - 2 tblsp

Almonds - pistachios -chashew (sliced)- 1/4 cup

Elaichi (powdered cardamom)- 1/2 tsp

Sugar - 1/3 cup

Kesar (saffron strands)- a few

Kesari colour (saffron colour) -a little

### **For the garnish :**

Silver varq

Almonds & pistachios

### How to make Chandrakla :



[Make a soft dough of maida, rava, ghee and milk.](#)

•

[Keep it aside for 10 minutes.](#)

•

[Sieve mava and roast it for 3-4 minutes in a kadai.](#)

•

[Cool it.](#)

•

[Add powdered sugar, cardamom, almonds, pistachios, cashews and mix well.](#)

•

[Make 15 round pieces of it.](#)

•

[Divide the firstly prepared dough into 30 portions and roll them out into small puris.](#)

•

[Stuff one piece of mava preparation between two such puris.](#)

•

[Seal the edges by pressing them lightly and make any design at the edges.](#)

•

[Fry these pieces in hot ghee till crisp and light brown in colour.](#)

•

[Set them aside to cool.](#)

•

[Make a sugar syrup of one-string consistency with one-fourth cup of water simultaneously adding the kesar and kesari colour.](#)

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## Kalingar Recipe

Very popular in the northern part of the country.

### [Ingredients:](#)

[Almond powder - 100 gms](#)

[Cashew powder - 100 gms](#)

[Pistachio powder - 100 gms](#)

[Powdered sugar - 130 gms](#)

[Sugar - 70 gms](#)

[Pista colour - a little](#)

[Sliced almonds & pistachios - 1/4 cup](#)

[Kesar, elaichi, raspberry red colour, siver varq-for garnishing.](#)

### [How to make kalingar:](#)

•

[Make a syrup of less than one-string consistency with 70 gms sugar and one-third cup](#)

[of water.](#)

[Add pista colour to it and take it off the gas. Add pistachio power, mix it well and allow it to cool. Divide it into](#)

[10 portions.](#)

[Make a syrup of one string consistency with 130 gms sugar and half a cup of water. Add cashew powder and almond](#)

[powder and mix well. Take it off the gas and divide it into two parts- one-fourth and three-fourth.](#)

[Add sliced almonds, pistachios and raspberry red colour to the three-fourth portion. Mix it well and divide it](#)

[further into 10 portions.](#)

[Divide the one-fourth part into 10 portions and roll it on a greased butter paper.](#)

[Stuff the raspberry portion properly into the plain cashew and almond dough in the shape of a ball.](#)

[Then cover this ball well with the pistachio dough to give the shape of a water melon. Decorate with silver varq.](#)

[Cut into slices and serve.](#)

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## Malai Gulab Jamun Recipe

Impress your loved ones with this Indian seet recipe of malai gulab jamun.

### [Ingredients:](#)

[1 Cup full-cream powder milk](#)

[4 Teaspoon Suji](#)

[4 Teaspoon Cake Flour \( Maida \)](#)

[4 Teaspoon Ghee](#)

[1/2 Teaspoon Baking Powder](#)

[Milk to make dough](#)

[Ghee for frying.](#)

[For Sugar Syrup:](#)

[2 Cups Sugar](#)

[2 Cups Water](#)

**[For The Filling:](#)**

[Some cream \( malai \)](#)

## Desicated Coconut

### How to make malai gulab jamun :

•  
Make a dough with Powder- milk, suji, maida, ghee, baking powder & milk. Set aside for 2-3 hours.

•  
Again make a dough by adding some more milk ( as the dough becomes stiff & hard after 2 hours ).

•  
Make Sugar syrup and cool. Make elongated-shaped Jamuns and fry in ghee at medium heat.

•  
Add to the syrup. Leave aside for about 4 hours. Squeeze out the syrup gently.

•  
Make a slit at one end & fill with malai.

•  
Roll in the desicated coconut.

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# Chana Dal Banana Kheer Recipe

Learn how to make chana dal and banana kheer or pudding.

### Ingredients:

1 cup chana dal (8 ounces)

1 medium size ripe banana

saffron to taste

cardamon powder to taste

sugar to taste

1 can evaporated milk

3 cups milk

2 tablespoons ghee

dry coconut flakes for garnish

cashew nuts and raisins to taste

### How to make chana dal banana kheer :

•  
Put 2 tablespoons of ghee in pan on medium heat.

•  
Add raisins and cashew nuts and roast lightly.

•  
Set aside for garnish. Boil chana dal and 2 cups milk until dal is over cooked (soft) so that it can be mashed.

After this mixture is mashed, add evaporated milk, remaining milk, saffron, cardamon powder and sugar to taste.

Add the cut banana pieces and boil all of this together to the desired consistency, stirring constantly to prevent milk from cooking over sides of pan.

Garnish with coconut flakes, roasted cashew nuts and raisins. Serve hot or cold.

**Serves: 4-6**

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## Chandrakala Recipe

A very much liked recipe of Chandrakla. It is a very popular dessert dish.

### Ingredients:

Maida (refined flour)- 1 cup

Rava (semolina)- 1/4 cup

Ghee - 1/4 cup

Milk - for making the dough

Mava - 50 gms

Powdered sugar - 2 tblsp

Almonds - pistachios -chashew (sliced)- 1/4 cup

Elaichi (powdered cardamom)- 1/2 tsp

Sugar - 1/3 cup

Kesar (saffron strands)- a few

Kesari colour (saffron colour) -a little

### **For the garnish :**

Silver varq

Almonds & pistachios

### How to make Chandrakla :

Make a soft dough of maida, rava, ghee and milk.

Keep it aside for 10 minutes.

Sieve mava and roast it for 3-4 minutes in a kadai.

Cool it.

Add powdered sugar, cardamom, almonds, pistachios, cashews and mix well.

Make 15 round pieces of it.

[Divide the firstly prepared dough into 30 portions and roll them out into small puris.](#)

[Stuff one piece of mava preparation between two such puris.](#)

[Seal the edges by pressing them lightly and make any design at the edges.](#)

[Fry these pieces in hot ghee till crisp and light brown in colour.](#)

[Set them aside to cool.](#)

[Make a sugar syrup of one-string consistency with one-fourth cup of water simultaneously adding the kesar and kesari colour.](#)

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## Dal Ke Laddu Recipe

Learn how to make dal ke laddu. Find you it is a snack and not a dessert. Shock your family by making dal ke laddu.

### [Ingredients:](#)

[1 cup moong dal \(dhuli\)](#)

[1/2 tsp red chilli powder](#)

[3/4 tsp garam masala](#)

[2 tblsp mint chutney](#)

[2 tblsp tamarind chutney](#)

[chaat masala](#)

[salt to taste](#)

[1 tblsp coriander leaves](#)

[250 gms radish \(grated\)](#)

[water to soak dal](#)

-

### [How to make dal ke laddu:](#)

[Soak dal overnight.](#)

[Drain excess water and grind to a fine paste.](#)

[Add salt, red chilli powder and garam masala.](#)

[Mix well.](#)

[Make small balls and deep-fry till they are golden in colour. Keep these balls on a plate.](#)

[Garnish with radish \(mooli\) lachha, mint chutney, tamarind chutney, chaat masala and coriander leaves.](#)

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# Fruit Chaat Recipe

For those who are calorie conscious falon ki chaat or fruit chaat is an ideal option. Check it out.

## Ingredients:

1 orange, peeled, segmented  
1 apple, peeled, cubed  
1 pear, peeled, cubed  
2 bananas, sliced  
1/2 pineapple, cubed  
1/2 tsp. rock salt  
1 tsp. cumin seeds  
1 tbsp. lemon juice  
1 tbsp. mint leaves, chopped  
Salt to taste

## How to make fruit chaat :

•  
Mix all fruit, salt, rock salt, lemon juice, mint leaves in a bowl.

•  
Dry-roast cumin seeds. Pound to a coarse powder. Sprinkle over fruit and chill before serving.

•  
**Serves: 4**

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# Jal Zeera Recipe

A drink which is relished by one and all. The moint flavour makes gives it a refreshing touch. Learn how to make jal zeera.

## Ingredients:

1 cup tamarind  
6 cups hot water  
8 to 10 mint leaves  
2 tablespoons cumin seeds  
2 teaspoons black salt  
1 teaspoon chilli powder  
large pinch of garam masala

[8-10 mint leaves for garnishing](#)

[3 teaspoons sugar](#)

[1 teaspoon lime juice](#)

[How to make jal zeera:](#)

•  
[Soak tamarind in hot water for about 1/2 hour and extract juice. Strain.](#)

•  
[Grind mint leaves and cumin seeds to a fine paste.](#)

•  
[Mix all the ingredients together.](#)

•  
[Chill and serve, garnished with mint leaves.](#)

•  
[\*\*Serving:\*\* 10-12](#)

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## Kaddu Kofta With Kulcha Recipe

Never heard of it. Kaddu kofta along with kulcha. Here is the recipe.

[Ingredients:](#)

**[For Kulcha:](#)**

[Maida - 200 gms](#)

[Luke warm water - 1 cup](#)

[Yeast - 1 tsp](#)

[Milk - 1/2 cup](#)

[Curd -1 tsp](#)

[Baking Powder - 1 tsp](#)

[Sugar -1tsp](#)

[Salt - 1 tsp](#)

[Ghee - 1 tsp](#)

**[For Filling Kulcha](#)**

[Potatoes - 100 gms](#)

[Paneer - 100 gms](#)

[Ginger Garlic Paste - 1 tsp](#)

[Salt - to taste](#)

[Chilli Powder - to your taste](#)

**[For Kaddu Kofta](#)**

[Kaddu \(Pumkin\) - 2 cups \(finely chopped\)](#)

[Tomatoes - 2](#)

[Onions - 2](#)

[Besan \(Gram Flour\) -1/2 cup](#)

[Salt](#)

Chilli Powder - to your taste  
Garam Masala Powder - 1/2 tsp  
Ginger Garlic Paste - 1 tsp  
Cloves - 5  
Cinnamon - 1 strand  
Oil for deep frying  
Coriander (chopped) - to garnish

How to make kaddu kofta with kulcha :

**To Make Kulcha :**

Mix the yeast in luke warm water, milk, sugar and leave it for 5-10 minutes.

Seive the maida. Add the prepared yeast, curd, baking powder, ghee and salt and knead it well. The dough should be kept in a container closed with aluminum foil for at least 2 hrs. to rise ( only when it rises that the Kulcha will be soft.)

By the time it rises cook the potatoes. Mash it well by adding paneer to it. Add ginger garlic paste, chilli powder and salt. Make it into small balls. Set aside.

Knead the dough again after 2 hrs and make it into small balls. Roll the dough into a circle and keep the paneer ball and fold that to make balls. Roll out each piece carefully on the well floured surface.

Heat non-stick frying pan over a high heat when the pan is heated, place one of the dough rounds on the pan and after about 30 seconds, press it with a cloth so that it is baked. Grease ghee on both sides.

When the kulcha is well browned on both sides, remove from the pan. Repeat this process until all the kulchas are cooked.

**To Make Kaddu Kofta :**

Add basen (gram flour), salt and chilli powder to the finely chopped ashgourd. Make it into balls. Deep fry it in oil and keep it aside open so that it is crispy.

Grind tomatoes, onions, cloves, cinnamon. Add the ginger garlic paste, salt, chilli powder and garam masala powder to it. Cook till the raw smell of tomatoes goes off.

Arrange the koftas in the serving dish and the pour the cooked gravy over it. Garnish with chopped coriander leaves.

Serve kulchas with hot ashgourd koftas.

**Serves: 2**



# Korma Chawal Recipe

Learn how to make curried rice or korma chawal. It is easy and simple to make.

## Ingredients:

4 tablespoons (60 gm) butter

2 onions, sliced thin

1 piece fresh ginger, size of walnut, minced

3 fresh green chilies, seeded and quartered

1 bay leaf

2 cups fresh vegetables in season, diced, or substitute 2 packages of frozen mixed vegetables if absolutely necessary

2 cups long-grain rice

## **Dry Masala:**

2 teaspoons salt

2 teaspoons ground coriander\*

1-1/2 teaspoons ground cumin\*

1 teaspoon garam masala (optional)\*

1/2 teaspoon red chili powder\*

1/2 teaspoon turmeric\*

3 cups chicken stock

2 tablespoons coriander leaves for garnish

## How to make korma chawal :

•  
In a wok or heavy skillet, heat the butter, and add the onions. Stir-fry slowly until onions begin to turn brown, but are not scorched.

•  
Add the ginger, the chilies, bay leaf and vegetables and stir-fry 2 minutes.

•  
Add the rice and stir constantly until the rice begins to glisten, about 2 minutes.

•  
Stir in the dry masala. Add the stock and bring to full boil. Cover and simmer for 15 minutes.

•  
Remove pot from heat and let stand 10 minutes, being sure not to lift the cover. Then gently fluff rice with a fork, lifting from the bottom.

•  
Garnish with coriander leaves and serve

•  
**Serves 4-6**

# Masala Puri Recipe

An excellent recipe of masala puri. It can be served with any dal or curry.

### Ingredients:

Wheat flour - 2 cups

Salt as per taste

Red Chilli Powder - 1/4 tbsp

Turmeric - pinch

Coriander powder - 1 tbsp

Cumin Powder - 1 tbsp

Sooji - 1 tbsp

Milk - 2 tbsp

Curd - 1 tbsp

Ajwain (vaamu) - 1/4 tbsp

Oil

### How to make masala puri :

•  
Mix all the ingredients with 2 tbsp of oil

•  
Knead into a medium soft dough by adding water

•  
Leave it for an hour and knead again briefly and shape them into small balls

•  
Heat plenty of oil in a kadai until very hot

•  
Place the balls on a flat surface and roll them

•  
Fry poori immediately

•  
start flickering hot oil over the top of it with a spatula so that it will swell up like a ball, this should take only a few seconds

•  
Flip the poori over and cook the other side until golden brown

•  
Serve hot.

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## Mint Pulao Recipe

A delicious pulao made with mint or pudina as main flavour that can go with any kind of curry or raita.

### Ingredients:

[2 cups basmati rice](#)  
[1 cup fresh mint leaves](#)  
[1 cup fresh green peas](#)  
[1 big onion](#)  
[1 tbsp. ginger-garlic paste](#)  
[1 tsp. green chilli paste](#)  
[3 tbsps. ghee](#)  
[salt to taste](#)

[How to make mint pulao:](#)

•  
[Clean and wash the rice. Soak in water for 15 to 20 minutes.](#)

•  
[Slice the onion fine. Heat ghee in a handi and fry the sliced onion till golden brown.](#)

•  
[Then add the ginger-garlic and chilli pastes.](#)

•  
[Fry till a nice aroma arises. Now add the green peas and the drained rice.](#)

•  
[Add 4 cups of water and salt to taste. When the pulao is nearly ready toss in the fresh mint leaves and allow to simmer for a couple of minutes.](#)

•  
[Serve hot with a cucumber raitha.](#)

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## Mushroom Masala Recipe

Mushroom Masala is a dry dish and excellent combination to be served with roti and chapati.

[Ingredients:](#)

[2 medium finely chopped onions](#)  
[2 medium chopped tomatoes](#)  
[1/2 lb. diced mushrooms](#)  
[6 slit green chili peppers](#)  
[4 cloves](#)  
[1 small stick cinnamon](#)  
[1 teaspoon red chili pepper](#)  
[1 teaspoon ground cumin powder](#)  
[1/2 teaspoon turmeric powder](#)  
[1 tablespoon garlic paste](#)

[1 cup cooking oil](#)

[1 tablespoon fenugreek leaves \(crushed methi leaves\)](#)

[How to make mushroom masala:](#)

•  
[Warm oil, add cloves and cinnamon. When oil simmers, add onions.](#)

•  
[When onions turn brown, add garlic paste, red chili powder, cumin, and turmeric powder mixed in a little water with salt to taste.](#)

•  
[When the masala is thoroughly fried, and oil comes up, add tomatoes and green chili peppers.](#)

•  
[Stir thoroughly, then add diced mushrooms. Cook on low heat for 5-7 minutes.](#)

•  
[Garnish with dried crushed fenugreek leaves for a delicious flavor. Serve with chapattis or puri.](#)

•  
[Serves: 6](#)

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## Mushroom Paneer Pulao Recipe

Good side dish to go with any any dal or curry. learn how to make mushroom paneer pulao.

[Ingredients:](#)

[2 cups basmati rice](#)

[1 cup button mushrooms](#)

[1 cup paneer cubes](#)

[2 finely sliced onions](#)

[1 tbsp. tomato pulp](#)

[1 tbsp. garam masala powder](#)

[1 tbsp. ginger-garlic paste](#)

[5 tbsps. ghee](#)

[1 tbsp. finely chopped green coriander](#)

[1 tbsp. finely chopped fresh mint](#)

[a few cinnamon sticks, cloves and cardamom](#)

[2 tbsps. cashewnuts paste](#)

[salt to taste](#)

[How to make mushroom paneer pulao :](#)

•  
[Clean and wash the rice. Soak in water for 15 to 20 minutes.](#)

Heat 2 tbsps. of ghee in a kadai and fry the spices lightly.

Fry half of the sliced onions till golden brown. Add ginger-garlic paste and tomato pulp. Keep frying till a nice aroma arises.

Now mix the mushrooms and the paneer cubes along with the garam masala powder.

Add cashewnut paste and about a cup of water and salt to taste.

Simmer on a slow fire till cooked. The gravy should be slightly thick. To prepare the rice heat the remaining ghee in a handi and fry the remaining sliced onions till golden brown.

Now add the drained rice. Fry for sometime. Then pour 4 cups of water and add salt to taste.

Cook till the pulao is ready. Take another big handi.

Layer one third of the rice in it. Sprinkle a little of the chopped green coriander and mint over it.

Then spread one third of the paneer and mushroom mixture over.

Layer the second portion of rice followed by a sprinkling of the coriander and mint.

Spread the second layer of the paneer and mushroom masala. Repeat ending with a paneer and mushroom masala.

Close a tight fitting lid and put the handi in a preheated oven for about 5 minutes. Serve hot.

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## Paneer Rice Fingers Recipe

This is a good snack or finger food. A batter is rubbed on the paneer (cottage pieces) pieces and then deep fried.

### Ingredients:

Cooked rice - 1 cup

Besan - 1 cup

Paneer - 150-200 gms

Khus-khus - 1 tsp

Til (sesame)- 1 tsp

Spring onion with greens (finely chopped)- one

Ginger-garlic paste - 1 tsp

Red chilli powder - 1 tsp

Chilli paste - 1/2 tsp

Turmeric powder - 1/4 tsp

Sambar masala - 1 tsp

Buttermilk- 1 tsp

[Soda bicarb - a pinch](#)  
[Coriander leaves - 2 tblsp](#)  
[Salt - to taste](#)  
[Oil- for frying](#)

[How to make paneer rice fingers:](#)

- [Mix rice, besan and buttermilk to prepare a thick batter.](#)
- [Keep it aside for 3- 4 hours.](#)
- [Mix in all the ingredients except oil and paneer.](#)
- [Cut the paneer into one-inch long strips.](#)
- [Coat these strips with the rice batter and fry in hot oil till golden.](#)

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## Raseeley Chawal Recipe

Impress your family by cooking raseeley chawal or rice. It has the flavour of moong dal bari. Learn how to make raseeley chawal.

[Ingredients:](#)

[2 cups rice \(cooked\)](#)  
[3/4 tsp cumin seeds](#)  
[1 green chilli \(chopped\)](#)  
[1/2 tsp garam masala](#)  
[1/4 tsp red chilli powder](#)  
[2 onions \(chopped\)](#)  
[2 tblsp ghee](#)  
[6 pieces of moong dal bari \(crushed\)](#)  
[2-3 tomatoes \(chopped\)](#)  
[salt to taste](#)

[How to make raseeley chawal:](#)

- [Heat ghee, add cumin seeds and onions and fry till all are golden.](#)
- [Add tomatoes and cook till done.](#)
- [Finally add all the masalas, green chillies, bari, salt and a little water and cook until the baris are soft.](#)

[Add rice, stir gently, remove from the fire and serve with raita or curd.](#)

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## Shahi Paneer Korma Recipe

Perfect dish for the occasions like Rakhi and Diwali. Find out how to make shahi paneer korma.

### [Ingredients:](#)

[200 gms paneer \(grated\)](#)  
[8-10 makhana](#)  
[35 gms khoya \(grated\)](#)  
[2 tblsp cream](#)  
[3-4 green cardamoms](#)  
[4-5 drops of kewra essence](#)  
[1/2 tsp red chilli powder](#)  
[6-8 cashew nuts \(cut into halves\)](#)  
[1 tblsp butter](#)  
[2 big tomatoes \(chopped\)](#)  
[3-4 green chillies \(chopped\)](#)  
[salt to taste](#)

### [For garnishing :](#)

[Some coriander leaves](#)

### [How to make shahi paneer korma:](#)

• [Heat butter, cook tomatoes, add khoya and sprinkle a little amount of water to make a smooth paste, fry for 2- 3](#)

• [minutes.](#)

• [Add all of the remaining ingredients, mix well and cook covered for 4-5 minutes.](#)

• [Garnish with coriander leaves.](#)

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## Spicy Dal Recipe

A spicy dal recipe ideal to go with any kind of pulao, chapati or rice preparation.

### [Ingredients:](#)

[1 1/2 cups moong dal](#)

[4 cups water](#)  
[1 1/2 tsp. salt](#)  
[3 Tbs. butter or Ghee](#)  
[1 tsp. cumin seeds](#)  
[1 tsp. ground turmeric](#)  
[1/2-inch stick cinnamon](#)  
[1/4 tsp. cayenne pepper](#)  
[1/4 tsp. ground ginger](#)  
[1/4 tsp. ground coriander](#)  
[1/2 tsp. mustard seeds](#)  
[6 whole cloves](#)

-

[How to make spicy moong dal :](#)

•  
[Wash the dal and boil in the salted water until it is all very soft and most of the water absorbed.](#)

•  
[Stir often.](#)

•  
[Heat the ghee or butter in a saucepan, and add the spices to it. Stir them around for a few minutes, then remove from the heat.](#)

•  
[Pour the dal into the butter and spices, being careful to protect yourself from the spattering which is likely to occur.](#)

•  
[Return to the heat, stirring often, and let it simmer until it has the consistency of a fairly thick sauce.](#)

•  
[Serve very hot.](#)

•  
[Serves: 6](#)

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# VALENTINES DAY RECIPES

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## BLACK AND WHITE HEARTS RECIPE

Ingredients:

1 cup Butter (softened)

3 cup all-purpose Flour

3/4 cup Sugar

1 cup semisweet Chocolate Chips

3 oz Cream Cheese (softened)

1 Egg  
1-1/2 tsp Vanilla  
2 tblsp Shortening

How to make black and white hearts:

- Mix butter, cream cheese, egg, sugar and vanilla in bowl..
- Mix with mixer at medium speed till it is light and fluffy.
- Mix flour and beat till blended well.
- Divide dough in half.Cover each half with waxed paper.
- Let it freeze for 2 hours till it is firm.
- Roll dough to 1/8 inch thickness on lightly floured surface.
- Cut dough with lightly floured heart-shaped cookie cutter.
- Place cutouts of 1 inch apart on ungreased cookie sheets.
- Bake it in a preheated oven to 375Å°f till edges are lightly browned, it will take about 8-10 minutes.
- take it out of the oven onto wire racks.
- Let it cool completely.
- Over low heat melt chocolate chips and shortening in saucepan.
- Dip half of each heart into melted chocolate.
- Place it in a refrigerator on cookie sheets or trays lined with waxed paper until chocolate is set.
- Cover and store in refrigerator.

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## CHOCOLATE PEANUT BUTTER HEARTS RECIPE

Ingredients:

[Chocolate Cookie Dough](#)

2 cup all-purpose Flour  
1/2 cup creamy Peanut Butter  
1 cup Sugar  
1/2 cup Shortening  
1 tsp Vanilla  
1 tsp Baking Powder  
1 Egg  
3 tblsp Milk  
1/4 tsp Salt

How to make chocolate peanut butter hearts:

- As directed make and chill chocolate cookie dough.

- . Beat peanut butter, sugar and shortening until fluffy.
- . Mix well egg, milk and vanilla.
- . Combine flour, baking powder and salt.
- . Beat flour mixture into peanut butter mixture until blended well.
- . Shape dough into disc and wrap it in a plastic wrap.
- . Let is freeze in refrigerate for about 1 to 2 hours.
- . lubricate cookie sheets.
- . fold peanut butter dough on floured waxed paper to 1/8-inch thickness.
- . Cut dough using heart-shaped cookie cutter.
- . Place cutouts on prepared cookie sheets.
- . Repeat with chocolate dough.
- . Remove small section from centers of hearts using a small cookie cutter.
- . Set small peanut butter hearts into large chocolate hearts.
- . Set small chocolate hearts into large peanut butter hearts.
- . Press together slightly.
- . Bake it in a preheated oven at 350°f till the edges are lightly browned, it will take about 10 to 14 minutes.
- . Let it cool completely on the wire racks.

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## CHOCOLATE COOKIE DOUGH RECIPE

Ingredients:

2-1/4 cup all-purpose Flour  
1 cup (2 sticks) Butter (softened)  
1 cup Sugar  
1 Egg  
1 tsp Vanilla  
2 oz semisweet Chocolate (melted)  
1 tsp Baking Powder  
1/4 tsp Salt

How to make chocolate cookie dough:

- . Mix butter and sugar in a bowl in a mixer at high speed till it is fluffy.
- . Mix in egg and vanilla.
- . Combine melted chocolate and mix well.
- . Combine flour, baking powder, salt and mix well.
- . Cover it and refrigerate if for about 2 hours or till it is firm.

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## CUPID CAKES RECIPE

Ingredients:

10 oz frozen Strawberries (thawed)  
1 tblsp Sugar (powdered)  
2 frozen (10-3/4 oz each) All-Butter Pound Cakes (thawed)  
1/2 cup Whipping Cream (whipped)  
1/2 cup Strawberry or Seedless Raspberry Preserves

How to make cupid cakes:

- . Drain strawberries and reserve 1 tblsp juice.
- . Combine strawberries, powdered sugar, reserved juice with whipped cream and set it aside.
- . Reduce each cake into 12 slices.
- . Spread 12 slices with about 1/2 tsp preserves each.
- . Top it with remaining slices to make sandwiches.
- . Press lightly to spread preserves to edges.
- . Pull excess preserves from edges.
- . Decorate onto serving plate.
- . Top with whipped cream mixture.

[TOP](#)

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## ICE CREAM SANDWICH HEARTS RECIPE

Ingredients:

36 oz refrigerated Peanut Butter Cookie Dough

2 tblsp Peanut (finely chopped)

Chocolate (melted) or Chocolate Sauce

2 cup Vanilla or Chocolate Ice Cream (softened)

How to make ice cream sandwich hearts:

- . For about 15 minutes let dough at room temperature.
- . Lubricate a jellyroll pan.
- . Put cookie dough into prepared pan sprinkle with peanuts.
- . Lightly press some nuts into it.
- . Bake it in a preheated oven to 350Â°f till set and golden brown, it will take about 20-25 minutes.
- . Let it cool completely in pan.
- . With the help of a heart-shaped cookie cutter cut 16 hearts.
- . Pour 1/4 cup ice cream onto 8 hearts.
- . Make top with remaining hearts.
- . Press lightly to spread ice cream to edges.
- . Pull out excess ice cream from edges.
- . decorate sandwiches on plate.
- . Sprinkle with chocolate sauce and serve.

[TOP](#)

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## NOTHING BUT LOVE CAKE RECIPE

Ingredients:

1-1/3 cup all-purpose Flour

2/3 cup Cocoa Powder (unsweetened)

1/2 cup (1 stick) Butter (softened)  
1-2/3 cup Granulated Sugar  
1-1/2 cup Chocolate Mini Baking Bits (divided)  
1 container (16 oz) White Frosting  
1 Egg (large)  
3/4 tsp Vanilla Extract  
1 tsp Baking Soda  
1/8 tsp Salt  
2/3 cup Sour Cream  
1/4 cup Buttermilk

How to make nothing but love cake:

- Lubricate bottoms of a (8-inch) round cake pan and a (8—8—2-inch) baking pan.
- With the help of waxed paper line the pan; slightly lubricate it and flour pans and set aside.
- In a large bowl mix butter and sugar till it becomes light and fluffy.
- Mix egg and vanilla.
- In medium bowl mix flour, baking soda, salt and cocoa powder.
- In small bowl mix sour cream and buttermilk; add to creamed mixture alternately with dry ingredients, beginning and ending with flour mixture.
- Pour the prepared batter evenly in the prepared pans.
- Drizzle batter in each pan with 1/2 cup chocolate mini baking bits.
- Now bake it in a preheated oven at 350°f for about 35 minutes.
- Let it cool on wire racks completely.
- Reduce round cake into two half to make semi-circles.
- Keep square cake layer on serving plate.
- Place one semi-circle cake along one side of square cake.
- Bridge the gap between them with little frosting.
- Place remaining semi-circle cake along adjacent side of square cake, to make heart shape.
- Bridge the gap between them with little frosting.
- frost entire cake with remaining frosting.
- Decorate with remaining chocolate mini baking bits.
- Store it in tight cover container.

[TOP](#)

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## RED CIDER RECIPE

Ingredients:

Cranberry Juice

Apple Juice

5-6 Cloves

2-3 Cinnamon Sticks

A handful of Raisins (Kishmish)

How to make red cider:

- Combine equal amounts of juice in a pan.

- . Combine cloves, cinnamon sticks and raisins.
- . Heat this mixture.
- . Remember do not boil it.
- . Serve it.

[TOP](#)

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## PINK SORBET RECIPE

Ingredients:

2 cup fresh or frozen fruit (frozen strawberries best)

1/4 cup Water

1 tblsp Lemon Juice

How to make pink sorbet:

- . Pour fruit, sugar, water and lemon juice into a blender.
- . Blend them well.
- . Transfer mixture into a utensil.
- . Refrigerate it for about 1 hour.
- . Take it out of the freezer.
- . Blend it again till it is smoothen.
- . Again refrigerate it till ready to serve.

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## KISSES RECIPE

Ingredients:

6 cup Rice Cereal

1 packet Marshmallows

3 tblsp Butter or Margarine

Vegetable Cooking Spray

How to make kisses:

- . As per the directions on cereal box make treats.
- . Let the mixture to cool slightly.
- . Mold it in the funnel.
- . To make it cool completely place the mixture on waxed paper.
- . Label each strip of paper to say "a kiss for you!".
- . Wrap it and strip in aluminum foil.
- . Present as a gift to your valentine.

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## FRUITY CUBES RECIPE

Ingredients:

Assorted Pink and Red Juices

Orange Juice

Pink Lemonade

## Ice Cube Trays

How to make fruity cubes:

- Fill the trays with the juices you want to make as cubes.
- Place trays in freezer.
- Let it freeze for a while.

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## VALENTINE CHOCOLATE BALLS RECIPE

Ingredients:

3 cup semi-sweet or white Chocolate Chips

Cocoa Powder

300 ml Milk (sweetened and condensed)

Nuts (finely chooped)

How to make valentine chocolate balls:

- Melt chocolate chips..
- Pour in sweetened condensed milk..
- Let the mixture to chill for 3 hours or till it is firm..
- Shape into 1â€• balls..
- Arrange on wax paper-lined trays..
- Let it chill till it get firm..
- Roll in nuts, cocoa, or dip into melted chocolate chips of a different color..
- Chill it..

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## TRUFFLE PISTACHIO HEARTS RECIPE

Ingredients:

1 lb semi-sweet Chocolate Squares

1/4 cup Butter or Margarine

1/2 cup Natural California Pistachios (chopped)

2 cup Whipping Cream

Ground Pistachios or Cocoa or Chocolate Sprinkles

How to make truffle pistachio hearts:

- Pour chocolate squares, cream and butter in a microwave bowl..
- Microwave it high for 4-5 minutes till the chocolate is melted, stirring halfway through..
- Beat with wire whip until smooth..
- Combine chopped pistachios..
- Pour into a pan lined with sheet of foil..
- Let it chill till it is firm..
- Pull out chocolate from pan, hold onto foil for easy handling..
- Shape it into heart shapes with a help of knife..

- . Decorate by dipping sides of hearts in extra ground pistachios, cocoa or chocolate sprinkles..
- . Arrange on a platter..

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## TOASTED HEARTSHAPED SANDWICHES RECIPE

Ingredients:

Bread (sliced)

Cheese (sliced)

Paprika

Heart Shaped Cookie Cutter

How to make toasted heartshaped sandwiches:

- . Cut bread slices into heart shape with a help of a cookie cutter.
- . Cut cheese.
- . Place the bread heart shapes on a baking sheet.
- . Next place the cheese on the bread.
- . If desired drizzle paprika on top.
- . Cook in the oven till the cheese is melted, it will take about 3 minutes.
- . Take out of the oven.
- . Serve hot.

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## HEARTSHAPED PIZZA RECIPE

Ingredients:

Package of ready-made Pizza Dough

1/2 cup Tomato Sauce

Cheese

Peppers

Salami

Anchovies

Mushrooms (Goochi)

Onions (Pyaj)

Olives (Zetoon / Zaitoon)

How to make heartshaped pizza:

- . Unroll dough on a cookie sheet.
- . Cut heart shape with a help of a knife.
- . With the excess dough create a rim around the edge of the heartshaped dough.
- . Pour and spread tomato paste over the pizza base.
- . Drizzle with cheese.
- . Add toppings of choice.
- . Bake the pizza as per the instructions on the package.



- Cook it for about 20-25 minutes.

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## HEARTS RECIPE

Ingredients:

2 1/2 cup Water or Fruit Juice  
4 packet Strawberry, Raspberry or Cherry  
Gelatin

How to make hearts:

- Mix water and gelatin in 2-quart glass measure.
- Heat in a microwave at high level for 3 to 5 minutes.
- Stir until gelatin is dissolved.
- Pour the mixture into heart shaped molds.
- Refrigerate it till gelatin is set fully.
- [Unmold heart shapes.](#)

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## PEPPERMINT CUPCAKES RECIPE

Ingredients:

1 package (18-1/4 oz) White Cake Mix  
1 container (16 oz) prepared Vanilla Frosting  
2 tblsp Vegetable Oil or Butter (melted)  
1/2 tsp Peppermint Extract  
1-1/3 cup Water  
3 Egg Whites  
3-4 drops Red Liquid Food Coloring or 1/4 tsp Gel Food Coloring  
1/2 cup crushed Peppermint Candies (about 16 candies)

How to make peppermint cupcakes:

- Place in a line 25-30 muffin pan cups with pink paper baking cups.
- Beat cake mix, water, egg whites, oil, peppermint extract and food coloring with mixer at low speed for 30 seconds.
- For next 2 minutes beat at medium speed.
- Pour batter into prepared muffin cups (filling 3/4 full).
- Bake this in a preheated oven at 350°f for 20 to 22 minutes.
- Let is cool in pans on wire racks for about 10 minutes.
- Remove cupcakes to racks from pans.
- Let it cool completely on wire racks.
- Evenly spread frosting over cooled cupcakes.
- Drizzle with crushed candies.

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# SWEETEST HEART CAKE RECIPE

## Ingredients:

1 (8 inch) Round Cake (any flavor)  
1 (8 inch) Square Cake (any flavor)  
16 oz Vanilla Frosting (pink colored)  
1 large White Gumdrop  
1-1/2 cup flaked Coconut (tinted pink to match frosting)  
2 large Red Gumdrops  
Granulated Sugar  
Red Chewy Fruit Snack

## How to make sweetest heart cake:

- . Reduce round cake into two equal semi-circles.
- . Place square cake and semi-circles on serving plate.
- . Connect with some frosting.
- . Frost entire cake with remaining frosting.
- . Drizzle it with coconut.
- . Flatten 1 red gumdrop with rolling pin on slightly sugared surface.
- . Make and cut out heart shape with cookie cutter.
- . Repeat it with remaining red gumdrop and white gumdrop.
- . Place 3 gumdrop hearts on cake, overlapping slightly.
- . Cut chewy fruit snack into 1/2-inch strips.
- . Tie strips into loose bow and place on cake.

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# SWEETHEART CHEESECAKE RECIPE

## Ingredients:

1-1/4 cup Chocolate Cookie Crumbs  
2 packages (8 ounces each) Cream Cheese (softened)  
1 cup Sour Cream  
1/2 cup plus 1 tblsp sugar (divided)  
1/4 cup Butter (melted)  
21 oz can Cherry Pie Filling  
1 tsp Vanilla (divided)  
2 Eggs

## How to make sweetheart cheesecake:

- . For preparing crust, mix cookie crumbs and butter until well mixed or blended.
- . Press mixture onto bottom of pan.
- . Bake it for 8-9 minutes in a preheated oven to 350°F.
- . Let it cool.
- . For preparing filling, beat cream cheese, 1/2 tsp vanilla and 1/2 cup sugar in bowl with

- mixer until blended well.
- Beat in eggs.
- Pour into cooled crust and bake till center is almost set; it will take around 40 minutes.
- For preparing topping, mix sour cream, remaining 1 tsp sugar and remaining 1/2 tsp vanilla in a bowl.
- Spread it evenly over top of cheesecake.
- Sprinkle teaspoons of sauce from cherry pie filling onto sour cream topping.
- Pull tip of knife through cherry sauce to make hearts.
- Cover and let it freeze for 3 hours.
- serve remaining cherry pie filling over slices of cheesecake.

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## SWEETHEART LAYER BARS RECIPE

Ingredients:

1 cup Milk Chocolates  
14 oz can sweetened condensed Milk (not evaporated)  
1 1/2 cup unsalted thin Pretzels (fine crushed) or Pretzel Sticks  
1 cup Butter or Margarine (divided)  
3/4 cup Cocoa  
2 cup sweetened Coconut Flakes (tinted)

How to make sweetheart layer bars:

- Pour 3/4 cup butter in a baking pan and place it in a preheated oven at 350°F till butter is melted.
- Take it out of the oven.
- Stir in crushed pretzels and press evenly into bottom of pan.
- Drizzle chocolates over pretzel layer.
- Put sweetened and condensed milk, cocoa and remaining 1/4 cup butter in microwave bowl.
- Until mixture is melted and smooth when stirred microwave it at high; it will take around 1 to 1-1/2 minutes.
- Carefully pour over pretzel layer in pan.
- Top with coconut; firmly press down onto chocolate layer.
- Bake it in oven at 350°F till it is lightly browned around edges it will take about 25-30 minutes.
- Let it cool completely in the pan.
- reduce into heart shaped pieces or cut into bars.

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## VALENTINE SMOOTHIE RECIPE

Ingredients:

1 cup Vanilla-Flavor Yogurt (low fat)

1 tblsp Honey or Granulated Sugar  
1 Ripe Banana (sliced)  
2 tblsp Strawberry Jam  
4 drops Red Food Coloring

How to make valentine smoothie:

- Mix yogurt, jam, honey, food coloring and banana in blender.
- Blend until foamy.
- Pour into glass.
- Garnish according to liking.

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## VALENTINE SURPRISE RECIPE

Ingredients:

18 Graham Crackers (whole plain)  
1/2 cup Strawberry-Flavor Ice Cream or Frozen Yogurt  
1/2 cup Ice Cream Scoop  
Classified Valentine Candies, Jelly Beans or Small Fresh Flower  
Pink and White decorating Icings  
Pastry Bags and assorted Decorating tips

How to make valentine surprise:

- Pour icings into pastry bags decorated with decorating tips and set aside.
- Cut down graham crackers crosswise to make half.
- Pour one scoop ice cream in the center of each of six graham cracker halves.
- Make sides of each box by standing 1 graham cracker half along each of sides of each graham cracker half topped with ice cream.
- Line icing along seams to secure.
- Tops boxes with 6 graham cracker halves.
- Line icing along remaining seams.
- Put the boxes in freezer.
- Let it freeze for about half-hour.
- Decorate boxes according to liking with candies and icing.
- To secure candies use icing.
- freeze and serve.

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## VALENTINE'S DAY CAKE RECIPE

Ingredients:

Double Layer Cake  
Icing  
Candy

How to make valentine's day cake:

- . In a round pan bake a two-layer cake.
- . Also bake a two-layer cake in a square pan.
- . Let it cool completely.
- . Slice the round one in half.
- . Place each half of the round on two corner of the square to make a perfect heart shape.
- . Decorate the cake with icing and candy.

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## I-LOVE-YOU SCONES RECIPE

Ingredients:

1 Egg  
1/3 cup Milk  
3 tsp Baking Powder  
1/2 tsp Salt (Namak)  
1/2 cup sliced Almond (Badam)  
1/3 cup garnulated Sugar (Cheeni)  
1/4 cup Applesauce  
2 tblsp melted Butter or Margarine  
1 tsp Almond Extract  
2 cup all-purpose Flour (Atta)  
4 1/2 tsp Strawberry or Raspberry Preserves  
Powdered Sugar (Cheeni)

How to make i-love-you scones:

- . Grease a cookie sheet..
- . Slightly beat egg in a bowl..
- . Pour in milk, applesauce, butter and almond extract..
- . Pour in all the remaining ingredients except preserves and powdered sugar just until moistened..
- . Drop dough by 1/4 cupfuls onto cookie sheet..
- . Shape into heart shapes using fingers dusted with flour..
- . Make small holes in center of each heart using a spoon..
- . Place 1/2 tsp of the preserves in each hole..
- . Bake them in a preheated oven at 400 f till golden brown, it will take about 12-15 minutes..
- . Take out from the oven..
- . Drizzle hearts with powdered sugar while warm..
- . Serve warm..

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## HEARTSHAPED SANDWICHES RECIPE

Ingredients:

Bread

Jam (strawberry or raspberry)

How to make heartshaped sandwiches:

- Shape bread into heart shape using a cookie cutter.
- Spread favorite jam such as raspberry or strawberry over the heart shaped bread.

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## CHOCOLATE VALENTINE CHEESECAKE RECIPE

Ingredients:

3 packages Cream Cheese (softened)

3/4 cup Sugar (Cheeni)

3 Eggs

1 tsp Vanilla Extract

2 cup semi-sweet Chocolate (divided)

1 extra serving-size packaged Cracker Crumb Crust

2 tblsp Whipping Cream

How to make chocolate valentine cheesecake:

- Beat cream cheese and sugar in a bowl.
- Combine eggs and vanilla and mix all of them well.
- Stir in 1-2/3 cup small chocolate chips; pour into crust..
- Bake mixture in a preheated oven at 280 c for 10 minutes.
- After 10 minutes of baking reduce temperature to 180 c and bake for more 30 minutes till set.
- Remove from oven to wire rack.
- Let it cool completely.
- Cover it and refrigerate to chill thoroughly.
- Place remaining 1/3 cup chips and whipping cream in a microwave bowl.
- Microwave at high level till chips are melted and mixture is smooth when stirred, it will take about 20-30 seconds.
- Let it cool slightly.
- Spread over top of cheesepie.
- Refrigerate it for 15 minutes so that topping is fully set.
- Cover and refrigerate leftover cheesepie.

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## VALENTINE'S CUPCAKES RECIPE

Ingredients:

3 cup Flour (Atta)

1/2 cup 2 tblsp Vegetable oil (Vanaspati)

2 tsp Baking Soda

1/2 tsp Salt (Namak)  
2 cup Sugar (Cheeni)  
1/2 cup Cocoa  
2 cup Water (Pani)  
2 tsp Vanilla  
Frosting:  
230 grams Cream Cheese (softened)  
1 Egg  
1/3 cup Sugar (Cheeni)  
Valetine Decorations:  
Lips Puffy Picks  
Valentine Glitter Ring  
Small Candy Hearts (if desired)

How to make valentine's cupcakes:

- . Line cupcake baking pans with paper cupcake liners..
- . Combine flour, sugar, cocoa, baking soda and salt in a bowl and set it aside..
- . In another bowl mix water, vegetable oil and vanilla..
- . Now combine both the bowlâ€™s mixture together and stir to mix well..
- . Pour cupcake batter in the cupcake liners half full..
- . Wearing oven mitts, place cupcake pans in oven..
- . Bake in a preheated oven at 350f for about 25 minutes..
- . After baking is completed, wear oven mitts to remove pan from oven..
- . Let cool completely..
- . Combine cream cheese, egg and sugar in a bowl with help of a mixer..
- . Using a pastry bag with a star tip pipe frosting onto muffins..
- . Decorate with muffin picks or rings..
- . If desired decorate sides with candy hearts..

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## VALENTINE MILKSHAKE RECIPE

Ingredients:  
Strawberry Ice Cream  
Milk  
Red Food Coloring  
Strawberry Jam or frozen Strawberries

How to make valentine milkshake:

- . Place a big scoop of ice cream and a cup of milk in a blender.
- . Combine one drop of red food coloring to give more color.
- . Combine some strawberry jam or frozen strawberries for more flavors.
- . Blend it all till the shake is creamy and thick.
- . Serve it in glass with some straws.

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## VALENTINE FIZZ RECIPE

### Ingredients:

Bright Red Fruit Juice

Soda or Seltzer

Slices of Lemon, Lime or Orange

Ice Cube Tray

### How to make valentine fizz:

- . Fill trays with juices you wish to make into cubes.
- . Insert the trays in the freezer.
- . Mix together even amounts of red juice and the soda or seltzer in a glass.
- . Combine the juice cubes.
- . Place a slice of lemon, lime or orange on the top of the drink.

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## VALENTINE COOKIES RECIPE

### Ingredients:

1 roll Sugar Cookie Dough (refrigerator)

1 can Pink Frosting

Powdered Sugar (Cheeni)

### How to make valentine cookies:

- . Prepare sugar cookies as per the directions given on the package for rolled cookies.
- . Cut hearts in dough using a cookie cutter.
- . Cut out a heart in the center of half the cookies with a help of a knife or small cookie cutter..
- . Arrange cookies on ungreased cookie sheet.
- . Bake it in a preheated oven at 170 degrees c for about 7 - 9 minutes.
- . Spread each big solid cookie with frosting.
- . Top with cutout cookie.
- . Drizzle powdered sugar.
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