



CREATIVITY *in* ADVERSITY

*Recipes to relish in
Lockdown*

An initiative by
Navy Wives Welfare Association

“The most indispensable ingredient of all home cooking; love for those you are cooking for”
Sophia Loren

This cookery book is dedicated to all Navy Wives, who worked tirelessly, without any help during the lockdown and yet lovingly rustled up tasty wholesome meals for their families with minimum available ingredients.

FOREWORD



“Lockdown Recipes-Creativity in Adversity” is truly what it reads. It is a collection of recipes contributed by our talented NWWA members during the trying times of the Pandemic.

It was their effort to keep our Naval community gainfully engaged, informed and motivated at the time when the entire world came to a stand still because of the Lockdown. They did this in addition to managing their families and household chores and in most cases without any help. Social Media platforms were utilised efficiently to share these recipes with our Naval ladies posted Pan India and abroad.

These delectable recipes have all been tried and the collection is itself eclectic, reflecting the variety in Indian cuisine and the adventurous spirit of the service palate.

This book is more than a collection of recipes, it is a celebration of the spirit of our Naval community, and I am very grateful to all these ladies, whom we fondly refer to as “Lockdown Chefs” for sharing such wonderful, healthy and easily doable recipes with us.

I hope you will enjoy trying your hand at everything that this book has to offer, as I too have enjoyed cooking some of these delicious recipes.

Happy Cooking and Bon appetit!

A handwritten signature in black ink that reads "Geetha".

Mrs Geetha Ashok
President NWWA



CREATIVITY IN ADVERSITY



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CREATIVITY IN ADVERSITY



Mrs Mercy Bali
NHQ Delhi



Mrs Mercy Bali holds a Masters degree in commerce, a diploma in Early Childhood education and a diploma in Interior Designing. This mother of 2 kids, a 15 year old daughter and 5 year old son is a teacher by profession and Home Baker by choice and passion.

<i>Bananas</i>	<i>2</i>
<i>Whole-wheat flour</i>	<i>1 cup</i>
<i>Sugar (brown/white)</i>	<i>2 tbsp</i>
<i>Milk</i>	<i>1 ½ cup</i>
<i>Vanilla essence</i>	<i>½ tsp</i>
<i>Pinch of salt</i>	

Eggless Whole Wheat Banana Pancakes

- 1** In a big bowl mash the Bananas and gradually add all the ingredients and mix well till dropping consistency.
- 2** Heat a Pan on medium heat, once it's hot enough, apply butter and pour a ladle of batter on the pan and cook till bubbles form on the top.
- 3** Flip on the other side and cook it till brown spots appear on it.
- 4** Once done take it on a plate and serve with honey or chocolate sauce or banana slices.





Home-made Mango Ice cream

<i>Ripe mangoes</i>	<i>3</i>
<i>Condensed milk</i>	<i>1/4 cup</i>
<i>Mint leaves</i>	<i>Few</i>

- 1** Cut the mangoes into small cubes and freeze it for at least 2 hours.
- 2** In a mixer jar put the frozen piece of mangoes, condensed milk and mint leaves and blend until smooth.
- 3** Transfer into a freezer-safe container and freeze for 4 to 5 hours or until firm.
- 4** Scoop it out and enjoy.





Eggless Chocolate Cake

- 1** Preheat the oven at 180°C for 10 minutes.
- 2** Mix the Maida, cocoa powder, baking powder, baking soda and Salt. Sieve it 3 to 4 times.
- 3** Now take a bowl add Curd, sugar, oil, essence one by one and beat it till it is incorporated nicely.
- 4** Add the flour mixture to the wet ingredients and beat again. Pour coffee and beat again. Do not overbeat. Use the cut and fold method to incorporate it.
- 5** Grease a 6" cake tin with butter and flour or butter paper. Pour the cake batter into the cake tin.
- 6** Put the cake tin in pre heated oven and bake it at 180°C for 30 to 35 minutes.

FOR CAKE

Maida/All Purpose flour	1½ cup
Powdered sugar	¾ or 1 cup
Cocoa powder	3 tbsps
Baking powder	½ tsp
Baking soda	1 tsp
Pinch of salt	..
Curd	½ cup
Olive oil or any other oil	½ cup
Hot coffee	1/4 cup
Essence	½ tsp

FOR FROSTING

Cooking chocolate or any other chocolate	2 cups
Milk	1 cup
Cookies and gems	for decorations.





Eggless Chocolate Cake

7 In the meanwhile, let's make the frosting. Take another bowl add milk and heat the milk for 30 seconds in microwave and add chocolate to it. Mix it. Now add a blob of butter and mix well. Let it cool.

8 Now lets go back to our cake. Remove it from the oven and insert a toothpick. It should come out clean. If not put it in the oven again for 5 more minutes.

9 Let the cake cool down completely.

10 Now cut the cake into two halves and keep one half on another plate. Pour $\frac{1}{4}$ frosting on the cake and spread it. Now place another layer on top of it.

11 Place the cake carefully on a levelled tin upside down and pour the remaining frosting on the cake evenly. Place the cake on a cake board or a plate and decorate it with chocolates/biscuits/cookies.



Focaccia Bread

1 Take ½ cup of warm water in a bowl, add the yeast and sugar. Stir it nicely and set aside for 10 minutes to bloom.

2 Once the yeast has bloomed, in a large bowl add maida, yeast mixture, salt and olive oil (keep aside little olive oil for greasing) and prepare the dough. Add ½ cup warm water little by little and knead it.

3 Knead the dough for 3 – 4 minutes. Take a large greased bowl and put the dough in the bowl and cover it with a cling wrap or kitchen towel and set it in a warm place for first proofing for one hour.

4 Once the dough has doubled in size, punch the dough and knead it again.

5 Take a 7" greased baking tin put the dough and push it to take the shape of the tin. Poke the dough with fingers and drizzle olive oil, sprinkle seasonings, arrange capsicum slices and olives and basil leaves. Place the tin in a warm place for next half an hour for second proofing.

6 In the meanwhile pre-heat the oven at 200°C for 10 minutes. After the second proofing bake the focaccia bread for 25-30 minutes. (you can adjust the baking time according to your oven). Once its done take it out of the oven and let it cool for some time. Demould and serve.

<i>Maida or All-purpose flour</i>	<i>2 ½ cup</i>
<i>Salt</i>	<i>1 tsp</i>
<i>Active dry yeast</i>	<i>1 ½ tsp</i>
<i>Sugar</i>	<i>1 tsp</i>
<i>Warm water</i>	<i>1 cup</i>
<i>Olive oil or any cooking oil</i>	<i>6 tbsp</i>
<i>Mixed herbs(dried)</i>	<i>½ tsp</i>
<i>Chilli flakes</i>	<i>½ tsp</i>
<i>Sliced bell peppers, onions</i>	
<i>Sliced olives</i>	
<i>Basil leaves (optional)</i>	<i>Few</i>





Easy Mango Salsa

- 1** In a mixing bowl combine all the ingredients and mix them well.
- 2** Serve the mango salsa at room temperature or chilled.
- 3** You can serve it with nachos, chips or papad.

<i>Ripe mango peeled, and finely chopped</i>	<i>1</i>
<i>Finely chopped capsicum/ bell peppers (red, green, yellow)</i>	<i>1 bowl</i>
<i>Finely chopped onion</i>	<i>2 tbsp</i>
<i>Fresh lime juice</i>	<i>2 tbsp</i>
<i>Finely chopped coriander leaves</i>	<i>1 tbsp</i>
<i>Mint leaves</i>	<i>Few</i>
<i>Chilli powder</i>	<i>1 pinch</i>
<i>Salt</i>	<i>to taste</i>





Fudgy Brownie

1 Melt the butter in microwave for 2 minutes. Add the chocolate and mix it gently till the chocolate melts completely.

2 Beat the eggs and put the powdered sugar little by little and keep mixing. Now add the melted chocolate and beat again.

3 Sieve the All-purpose flour and add little by little to the above, pour the vanilla essence and beat it till incorporated. (do not overbeat)

4 Your batter for brownie is ready. Pre-heat the oven for 10 minutes at 180°C.

5 In the meanwhile, grease the baking dish with butter and dust it with cocoa powder. Pour the batter into the greased tin and spread evenly.

6 Bake it in the oven for 25 to 30 minutes at 180°C. Check the brownie by inserting a toothpick. Cut the brownie into squares after it cools down completely. (Remember it must cool completely).

7 Before serving warm a bit in microwave and serve with ice-cream.

<i>Maida/ All-purpose flour</i>	1 cup
<i>Powdered Sugar</i>	1 cup
<i>(brown sugar + white sugar)</i>	(3/4 cup + 1/4 cup)
<i>Unsalted Butter</i>	100 g
<i>Vanilla essence</i>	1 tsp
<i>Dark chocolate</i>	1 cup
<i>Eggs</i>	2
<i>Cocoa powder for dusting</i>	1 tbsp





Mrs Radhika Jagan
Naval Station Karanja

Mrs Radhika Jagan is a Pastry Chef by profession and a homebaker by choice for the last 5 years. She holds a Diploma from the prestigious "Lavonne academy, Bangalore" and also trained as an intern at JW Marriott, Pune. She has her own brand called "Candy Box Patisserie" her speciality being whipped cream cakes.

<i>Condensed milk</i>	<i>1 cup</i>
<i>Fresh cream</i>	<i>1 cup</i>
<i>Cream cheese</i>	<i>1/4 cup</i>
<i>Cream cheese essence</i>	<i>few drops</i>
<i>Red colour</i>	<i>few drops</i>



Red Velvet Ice cream

- 1** In a blender put fresh cream, condensed milk, cream cheese and essence.
- 2** Make a smooth mixture.
- 3** Pour it in a Airtight container.
- 4** Set it in freezer for overnight.



Note

Cover the top with parchment paper to avoid ice crystal on top.



Butterscotch Ice cream

<i>Condensed milk</i>	<i>1 cup</i>
<i>Fresh cream</i>	<i>1 cup</i>
<i>Butterscotch nuggets</i>	<i>2 tbsp</i>
<i>Butterscotch essence</i>	<i>few drops</i>
<i>Yellow colour</i>	<i>few drops</i>

- 1 In a blender put fresh cream, condensed milk, butterscotch essence
- 2 Make a smooth mixture
- 3 Pour it in an airtight container
- 4 Set it in freezer for overnight.



Note

Cover the top with parchment paper to avoid ice crystal on top.



Eggless Chocolate Chip cookies

- 1** Take a big bowl with butter, beat it well and add the powdered sugar and brown sugar.
- 2** Mix it well for 2- 3 mins.
- 3** Add vanilla essence and mix it well.
- 4** In another bowl take maida , baking soda and corn flour.
- 5** Now add the maida mixture and butter mixture and mix well.
- 6** Add milk in parts, dont make it too runny.
- 7** Dough is ready, put this batter into the fridge.
- 8** Let it rest for a while
- 9** Preheat the oven to 180 degrees for 10 mins .
- 10** Bake it for 10 - 12 mins.

<i>Butter</i>	<i>1/2 cup</i>
<i>Brown sugar</i>	<i>1/4 cup</i>
<i>Powdered sugar</i>	<i>1/4 cup</i>
<i>Vanilla essence</i>	<i>1/2 tsp</i>
<i>Maida</i>	<i>1 cup</i>
<i>Baking soda</i>	<i>1/2 tsp</i>
<i>Cornflour</i>	<i>1 tsp</i>
<i>Chopped chocolate</i>	<i>1/4 cup</i>
<i>Milk</i>	<i>2 tbsps</i>





Eggless Vanilla Cake

<i>Refined Flour</i>	<i>1 ½ cup</i>
<i>Fresh curd</i>	<i>1 cup</i>
<i>Oil</i>	<i>½ cup</i>
<i>Sugar</i>	<i>¾ cup</i>
<i>Baking powder</i>	<i>1 ¼ tsp</i>
<i>Baking soda</i>	<i>½ tsp</i>
<i>Vanilla essence or extract</i>	<i>1 ½ tsp</i>
<i>Milk</i>	<i>1-2 tbsp</i>

- 1 Preheat oven to 180°C for 10 mins.
- 2 Place the cupcake liners in the cupcake mould.
- 3 In a big bowl, with a help of a wire whisk beat sugar and curd well until sugar completely dissolves.
- 4 Then add baking powder and baking soda and mix well. Now wait for 5 minutes. After 5 minutes you will see bubbles appearing over this mixture. Now add oil and vanilla essence and beat well.
- 5 In the end, add refined flour in batches and mix well. But do not over mix. Just fold the flour in the wet mixture properly.
- 6 If you find the batter thick, add some milk at this stage, maybe 1-2 tablespoon.
- 7 Now is the time to shift the prepared batter to the liners. Don't forget to fill only ¾th of the liners with the batter, so that some space is left for the cupcake to rise while baking.
- 8 Bake in preheated oven at 180°C and bake it for 20-25 mins or till a toothpick inserted in the centre comes out clean.
- 9 Transfer to a rack and let it cool for 10 mins.





Mrs Neetu Singh
INS Rajali, Arakkonam

Mrs Neetu Singh holds a double masters in M.Com & MA Economics. She has worked as a Student counsellor in various fields for 3.5 years and as a teacher for 1 year. She has also done an online training in Yoga.

Chicken	1 kg
Ginger-Garlic paste	2 spoon
Lemon	1
Salt	1 spoon
Hung curd	1 cup
Red chilly powder	1 spoon
Turmeric	1/2 spoon



Tandoori Chicken

- 1 Make cuts on the chicken pieces, add all the above items and mix it well with your hands.
- 2 Keep the marinated chicken in the fridge for 2-3 hours.
- 3 Take an iron Kadhai, put aluminum foil all over it. Now put 1 cup atta flour all over the kadhai. Take 5-10 wooden sticks burn it properly in the kadhai.
- 4 Take any thin iron rod or wire. Put the pieces in it one by one. At last apply little butter over it. Cook it from both the side for 10-15 minutes. It's ready to eat.
- 5 Sprinkle chat masala and serve it with tomato ketchup or green chutney.



Note

A wire mesh grill is desirable, otherwise simple wire is also perfect as I have used here.



Raw Mango Chutney

1 Take a pan add oil and fry methi till it turns brown.

2 Now add chopped onion & mangoes fry it for 2 minutes. Add black salt, haldi, Red chilli & Jaggery and mix all the ingredients properly.

3 Sprinkle little water. Now cover and cook for 15-20 minutes. In between open and stir it so that it should not stick to pan.

4 Check again you will find a lot of juice because of Jaggery and mango. Now cook it without covering till it leaves oil and all the water has dried up.

5 Let it cool down and store it in fridge, you can use it for 15-20 days.

<i>Raw mangoes</i>	<i>7-8 Pieces Chopped</i>
<i>Crushed Jaggery</i>	<i>1 cup</i>
<i>Red chilli powder</i>	<i>1/2 spoon</i>
<i>Onion</i>	<i>4-5 chopped</i>
<i>Black salt</i>	<i>1 small spoon</i>
<i>Ground Methi</i>	<i>1/4 spoon</i>
<i>Water</i>	<i>just to sprinkle</i>
<i>Haldi</i>	<i>A pinch</i>





Steamed Palak Patode

1 Grind ginger, green chilli & garlic. Mix all the above mentioned items in a bowl. No need to add extra water because after washing spinach there is already some water, we just need to bind the batter with besan.

2 Take the baking bowl apply little oil all over. Now make big oval shaped balls with the batter. In the steaming utensil (either cooker or Kadhai), put required amount of water for steaming and place the stand. Let the water boil for 5-10 min. Keep the bowl with batter in the steaming utensil, close the cooker and remove the whistle.



3 On medium flame steam it for 25-30 Min. Now open the cooker & check with fork. If fork or knife comes clean it's ready. If not then cook it four for 5 min more.

4 Take it out and let it cool down at room temperature for 10-15 min. Cut into pieces. If you want little extra taste add oil on tawa sprinkle sesame seeds, shallow fry it and add patode. Ready to serve.

<i>Besan</i>	<i>2 cup</i>
<i>Spinach-washed and chopped</i>	<i>1 bunch</i>
<i>Green chilly</i>	<i>1-2</i>
<i>Ginger</i>	<i>2 inch piece</i>
<i>Garlic</i>	<i>6-7 cloves</i>
<i>Salt</i>	<i>As required</i>
<i>Turmeric</i>	<i>1/2 tsp</i>
<i>Jeera</i>	<i>1/2 tsp</i>
<i>Seesame seeds</i> <i>(not mandatory)</i>	<i>For garnishing</i>



Banana Rava Appams

1 Mix all the above ingredients, cover it with a plate & let it rest for 20 min.

2 After 20 minutes you will find the batter is little thick due to the absorption process. If required add little milk.

3 Now take appam mould, heat it for 5 min on SIM flame. Apply oil all over the mould with brush or spoon. Now pour the batter in the appam mould.

4 Put one drop oil on top of all appams on its top. Let one side cook for 5-10 Min (till bubbles are seen). Turn the appams & cook from other side too.

5 Appams are ready. Garnish them with chocolate or honey.

Rava/Suji	1 cup
Banana	2
Egg	2
Baking powder	A pinch
Sugar/Honey	2 spoon (or as per taste)
Dry fruits	Chopped
Milk	Half cup (room temperature)





Groundnut Chikki

Groundnuts	1 cup
Jaggery/gud	150 gram (or as per your sweetness level)
Water	2 tablespoon
Ghee	2 spoon

1 Take one big steel plate. Keep it up side down & apply one spoon ghee all over the plate. Keep it aside.

2 Roast the groundnuts on a medium flame till they turns brown. Let it cooldown for few min. Now take a cotton cloth and crush the groundnuts with the help of belan or little heavy material. Take out all the skin of groundnuts.

3 Take a pan put one spoon ghee and melt the Jaggery on SIM flame.



****Note**

Take one bowl of water to check the cooked Jaggery. Put little melted Jaggery in water, it should break like crackling sound. If not, cook little more and check again. Crackling sound is must.

4 Now add the crushed groundnuts and mix well with Jaggery for few minutes.

5 Now take the greased plate and pour the mixture on it. Take a belan greased with little water to make the mixture flatten on plate.

6 Cut the chikki as per your desired size & let it rest for 1 hour. Now take out the pieces and it's ready to eat.



Healthy Bottle Gourd Cutlets

Grated Bottle gourd	1
Kuttu Atta-	50gm
Senda Salt	As required
Jeera Powder	{ As per }
Grated Ginger	{ taste }
Chat Masala	

- 1 Take grated bottle gourd, drain all the water by pressing with both hands.
- 2 Add all the above mentioned ingredients.
- 3 Mix it well with your hands, make small balls and press them to make cutlet.
- 4 Take tawa put 1spoon ghee, cook the cutlet from both side till it turns brown. Ready to serve with curd, sauce or any chutney.





Singhara Flour Halwa

<i>Singhara Flour</i>	<i>1 cup</i>
<i>Ghee</i>	<i>1/4 cup</i>
<i>Sugar</i>	<i>1/2 or as per taste</i>
<i>Water</i>	<i>3 cup</i>
<i>Chopped dry fruits</i>	<i>as required</i>

- 1 Take a pan or kadhai, add ghee and stir fry the singhara flour in it. Cook it on low flame only. Fry it continuously for 15-20 min till it turns brown. Then add dry fruits except raisins.
- 2 In another pan boil water along with the sugar till one boil. Add raisins to this mixture.
- 3 Now add boiled water (along raisins) to the cooked singhara flour and continuously stir the halwa till it leaves Ghee and the pan/kadhai too.
- 4 Garnish it with some chopped dry fruits and serve it hot.





Mrs Ankita Debnath
NSRY Karwar



Chocolate Cinnamon & Jaggery cardamom Doughnuts

Mrs Ankita Debnath is a B.Tech (Biotechnology) Graduate and an ISO 27001 certified auditor in Information Security management systems. She is multitalented and besides being a good cook she is also a trained dancer. She is an active member of NWWA and gives belly dance and Nattyashastra dance lessons in Karwar.

To make dough

Whole wheat flour	1&1/2 Kg
Powdered sugar (from 40g of Powdered sugar)	3 tbsp
Baking powder	1 Spoon
Baking soda	1/4 Spoon
Vanilla essence	1 tbsp
Butter	2 tbsp

To make the Jaggery/ gur dip

Jaggery	40g
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To make the chocolate dip

Dark chocolate (70% cocoa)	40g
Butter	2 tbsp

Garnishing

Milk maid	1 tbsp (you can add more as per taste)
Cardamom powder	1 Spoon
Cinnamon powder	1 Spoon
Powdered sugar	(left over powdered sugar to be used from the 40g powdered sugar)





Chocolate Cinnamon & Jaggery cardamom Doughnuts

- 1** In a bowl add whole wheat flour, 3 tsp powdered sugar, 1 tsp baking powder, 1/2 tsp baking soda, 2 tsp butter and 1 tsp vanilla essence.
- 2** Add milk and keep kneading to make a soft dough.
- 3** Place the dough on the back of a plate and roll it into a thick circular sheet.
- 4** Using circular cutter/ bottle cover cut the dough into small circular donuts. Keep the donuts aside covered in a air tight container for 30 minutes.
- 5** Until then prepare the jaggery syrup. In a pan (low flame) add jaggery, keep stirring and let it melt.
- 6** Prepare the chocolate syrup in double boiler method. Heat (high flame) a contact containing water, place a container containing the chocolate in the boiling water. Keep stirring and allow the chocolate to melt.
- 7** Uncover the donut box. Deep fry them in oil (medium flame). Once golden brown colour is observed remove them from the oil (don't over fry). Immediately place one donut in the jaggery syrup and one in chocolate syrup.
- 8** Place the donuts in a serving plate. Sprinkle little cardamom powder on the jaggery donuts and cinnamon powder on the chocolate donuts.
- 9** Enjoy the soft donuts either hot or refrigerate and enjoy it chilled.



Baked Malai Paneer Sondesh

(A Sweet Delicacy from Bengal)

- 1** Add the ingredients in a container one by one (paneer + baking powder + baking soda + jaggery + cardamom powder).
- 2** Mix them well and knead it into a smooth dough (creamy texture).

Paneer/ cottage cheese/ Chenaa	extracted from 2L milk
Milk	500ml
Milk maid	
Gur/ jaggery	30g/50g/ as per taste
Saffron	
Milk powder	6 tsp
Cardamom powder/ ilaichi powder	4/5 pieces
Chopped almonds	5/6 pieces
Kishmish/ dried grapes	20/22 pieces/as per the number of sondesh/ dessert prepared
Baking soda	1/4th tsp
Baking powder	1/2 tsp



- 3** Boil 2 L milk on high flame. After it comes to the boiling point, simmer the flame and add jaggery or sugar as per taste. Stir it until the color of the milk changes to slight brown. Add the chopped almonds and 5-6 tsp milk maid (as per taste). Keep stirring on medium flame until the milk attains a slight creamy texture (Rabdi in hindi). Switch of the flame and let the mixture cool down in room temperature.



Baked Malai Paneer Sondesh

(A Sweet Delicacy from Bengal)

- 4** From the dough make small balls. Grease a heating plate/ OTG plate with ghee or cooking oil. Place the small dough balls on the greased plate and bake it in the OTG for 10 mins at 190 degree celsius.
- 5** Remove the Heating plate from the OTG. Pour the Rabdi / milk cream mixture on the hot baked paneer/ cottage cheese.
- 6** Garnish with dried grapes/ kishmish. Sprinkle some chopped almonds and saffron/ Kesar.
- 7** You can serve it hot or chilled by refrigerating for an hour.

Note

Sugar can be used instead of jaggery, pista can be added to garnish



Cheesy Chicken Buns

- 1** Prepare the yeast mixture (in 1 cup/ glass of lukewarm water/milk add 2 tsp yeast and 1 tsp sugar). Mix well, keep it aside enclosed and let it ferment for 15 mins.
- 2** In a bowl add all purpose flour, baking powder, salt, butter and the yeast mixture.
- 3** Knead the dough to bring it to a soft texture. Keep it enclosed in a warm environment for 1 hour to allow proper fermentation.
- 4** After an hour, make small balls out of the dough and stretch them into small sheets with the help of fingers (neither very thin nor too thick).
- 5** Stuff the chopped veggies, ketchup, cheese and chicken pieces and stick the open ended edges to give it a shape of a ball.
- 6** Bake the buns in OTG for 15 mins at 250 degree celsius.
- 7** Enjoy the hot buns with any sauce of your choice.

<i>All purpose flour/ maida</i>	<i>250g</i>
<i>Baking powder</i>	<i>2 tsp</i>
<i>Salt</i>	<i>1 tsp</i>
<i>Sugar</i>	<i>1 tsp</i>
<i>Lukewarm water/ milk</i>	<i>1 cup</i>
<i>Yeast</i>	<i>2 tsp</i>
<i>Butter</i>	<i>2 tsp</i>
<i>Chilli flakes</i>	<i>1 tsp</i>
<i>Tomato finely chopped</i>	<i>1 big sized</i>
<i>Onion finely chopped</i>	<i>1 big sized</i>
<i>chopped chillies</i>	<i>As per taste</i>
<i>Shredded chicken pieces</i>	<i>..</i>
<i>Tomato ketchup</i>	<i>..</i>
<i>Cheese blocks</i>	<i>200g</i>





Molten Choco Lava Cake in OTG or Cooker

1 Add all purpose flour, powdered sugar, baking soda, baking powder, butter and milk in a container. Mix the ingredients and beat the batter until a creamy texture is achieved.

2 Make small moulds with aluminum foil. Grease them with butter and sprinkle very little flour inside.

3 Pour 2 tsp batter in each mould and then add 2 pieces of chocolate. Cover the top with 1 tsp batter.

4 Bake the cakes in OTG at 250 degree celsius for 10 minutes or in cooker at high flame (remove the nozzle) for 15 minutes.

5 Serve hot and enjoy the melting chocolate lava with each bite.

<i>All purpose flour/ maida</i>	<i>1 cup</i>
<i>NOTE: (big coffee mug used)</i>	
<i>Powdered sugar</i>	<i>1 cup</i>
<i>Baking soda</i>	<i>1/4 tsp</i>
<i>Baking powder</i>	<i>1 tsp</i>
<i>Dark chocolate bar cubes</i>	<i>12</i>
<i>Aluminum foil</i>	<i>..</i>
<i>Butter</i>	<i>25g</i>
<i>Milk</i>	<i>1 cup</i>





Grilled Mahi Mahi

- 1 Pre heat OTG for 10 minutes.
- 2 Grease the OTG heating plate with olive oil.
- 3 Place the fish mahi mahi on the plate. Massage the fish top surface with butter.
- 4 Coat the fish with onion paste, ginger garlic paste and pour the citrus limetta puree on the marinated fish and spread it all over.
- 5 Apply some green chatni paste.
- 6 Sprinkle the chopped garlic.
- 7 Sprinkle some oregano and black pepper.
- 8 Top with butter cubes.
- 9 Place the plate in the OTG for 30 minutes at 250 degree celsius.
- 10 Once done, garnish with Oregano and black pepper or green chatni or tomato ketchup, if desired and serve hot.

<i>Fish mahi mahi</i>	1/2 kg
<i>Salt (for marination)</i>	1 tsp
<i>Black pepper</i>	1 tsp
<i>Green chatni {paste made using coriander leaves, mint leaves and lemon juice - 1 lemon}</i>	2-3 tsp
<i>Ginger garlic paste</i>	4 tsp
<i>Citrus limetta puree {juice extracted from 1 mausambi}</i>	..
<i>Finely chopped garlic</i>	8-10 cloves
<i>Butter</i>	4 tsp
<i>Olive oil</i>	2 tsp





Chingri Bhapa/ Steamed Prawns/ Bengali Authentic Prawn

- 1 Fill the cooker with water (1/4 portion of the cooker to be filled) and cover slightly to allow it to come to its boiling point (high flame). By the time the cooker is heating up we can mix the ingredients to be steamed.
- 2 In a stainless steel container / tiffin box add the ingredients (prawns, mustard paste, khaskhas paste, salt, turmeric, mustard oil, onion paste, green chillies, red chilli powder and mustard oil).
- 3 Close the box with its cover tightly. Place a stand inside the cooker and keep the box on it.
- 4 Cover the cooker and steam it until it whistles 3-4 times.
- 5 Turn off the gas and allow the pressure to release completely. Serve the steamed prawns with rice.

Prawns	250 g
Mustard paste (4 tsp mustard seeds + ½ capsicum + 1 green chilli + ½ cup water measured in big sized coffee mug)	
Khaskhas/ poppy seeds paste (8-10 tsp poppy seeds + ½ cup water measured in big sized coffee mug)	
Onion paste	1 onion
Green chillies	As per taste
Turmeric / haldi	1 tsp
Salt {1 tsp salt for marinating prawns and 2 tsp salt for cooking}	3 tsp
Red chilli powder	1 tsp
Mustard oil	2 tsp



Note

Cover the top with parchment paper to avoid ice crystal on top.



Vegan French Banana Crepes

- 1 Mix all the ingredients mentioned above.
- 2 While adding milk, first add 2 cups milk and mix well to remove all possible lumps formed. Gradually add 2 more cups of milk and mix well. Then add 2 more cups of milk and beat well.
- 3 Place a non-stick pan on the low flame.
- 4 Grease with little butter.
- 5 Pour $\frac{1}{2}$ cup batter on the pan and rotate the pan in a way that the batter spreads equally on all sides making a circular shape.
- 6 Stuff some banana slices, Nutella and any fruit of your choice and wrap them with the crepe edges like a frankie.
- 7 Garnish with some chocolate syrup and fruit of your choice and enjoy the dessert.

<i>Buck wheat/ all purpose flour (maida)</i>	150g (3 & $\frac{1}{2}$ cup)
<i>Baking soda</i>	1/8 tsp
<i>Baking powder</i>	$\frac{1}{2}$ tsp
<i>Cooking oil or butter</i>	1 cup
<i>Powdered sugar</i>	1 cup
<i>Mashed bananas</i>	2
<i>Salt</i>	1/8 tsp
<i>Vanilla essence</i>	$\frac{1}{2}$ tsp
<i>Milk</i>	6 cups
<i>Nutella</i>	As desired
<i>Chocolate syrup</i>	optional
<i>Fruits</i>	of your choice





Swiss Roll

1 In a bowl add all purpose flour, baking soda, baking powder, butter, vanilla essence, cocoa powder, coffee powder, powdered sugar and milk.

2 Mix all the ingredients and beat properly making sure no lumps remain.

3 Place butter paper in the baking tray. Grease with butter and sprinkle some flour.

4 Pour the batter in tray and tap it slowly to remove air bubbles.

<i>All purpose flour/ maida</i>	150 g or 3 & 1/2 cups)
<i>Powdered sugar</i>	2 cups
<i>Sugar syrup</i>	1/2 cup powdered sugar + 2 tsp lemon juice)
<i>Baking powder</i>	1 tsp
<i>Baking soda</i>	1/4th tsp
<i>Cocoa powder</i>	1 tsp
<i>Coffee powder</i>	1 tsp
<i>Milk</i>	3 cups
<i>Butter</i>	1 cup





Swiss Roll

- 5** Place the tray in OTG and bake it for 15 minutes at 250 degree celsius.
- 6** Remove the cake sheet along with the butter paper and immediately brush it with sugar syrup.
- 7** Before it cools down quickly roll it from the edge and keep in the fridge for ½ hour.
- 8** Open the roll after removing from the fridge.
- 9** Apply a layer of semi solid chocolate on the inside of the roll.
- 10** In the same manner roll the cake again and pour the molten chocolate on the top of the roll.
- 11** Then garnish with some shredded chocolates.
- 12** Refrigerate and enjoy it chilled.



Stuffed Grilled Chicken (Liver and Gizzard Chaat Stuffing)

1 Prepare a green paste by grinding the ingredients (coriander leaves, cumin seeds, onion, tomato, chicken tandoori masala, green chillies, garlic and ginger)

2 Remove moisture by cleaning the chicken outside and inside using a dry cloth.

3 Massage the chicken with butter and then marinate the entire chicken with the green paste.

4 Keep the marinated chicken in the fridge for an hour.

<i>One full chicken (remove the skin)</i>	<i>1 kg</i>
<i>Cooking oil</i>	<i>2 tsp</i>
<i>Butter</i>	<i>3 -4 tsp</i>
<i>Cumin seeds/ shahi jeera</i>	<i>2 1/2 tsp</i>
<i>Chicken liver and gizzard</i>	<i>200 gm each</i>
<i>Turmeric/haldi</i>	<i>2 tsp</i>
<i>Chicken tandoori masala</i>	<i>2 tsp</i>
<i>Chopped tomatoes</i>	<i>2</i>
<i>Chopped onions</i>	<i>2</i>
<i>Chopped green chillies</i>	<i>3 - 4</i>
<i>Coriander leaves</i>	<i>Handful</i>
<i>Ginger</i>	<i>8 - 10 gm</i>
<i>Garlic</i>	<i>8 -10 gm</i>
<i>Mint leaves (optional)</i>	<i>Handful</i>





Stuffed Grilled Chicken (Liver and Gizzard Chaat Stuffing)

- 5** In a pan (medium flame) add 2 tsp cooking oil.
- 6** Add ½ tsp cumin seeds. Then add chopped onions and chopped tomatoes.
- 7** Then add the chicken liver and gizzard. Cover and cook it for 15 minutes.
- 8** Remove the chicken from the fridge.
- 9** Stuff the liver and gizzard chaat inside the chicken.
- 10** Using a thread tie the chicken legs together so that while grilling it gets cooked evenly.
- 11** Using a knife poke the chicken all over to allow even cooking.
- 12** Grill the chicken for 60 minutes in OTG at 250 degree celsius.
- 13** Garnish the grilled chicken with chopped coriander leaves and squeeze lemon on it and serve hot.



Mrs Pratikshya Kanungo
Naval Station Karanja

Mrs Pratikshya Kanungo is a second generation entrepreneur running a manufacturing unit. She has an MBA degree from EDI Ahmedabad. Her penchant for fitness egged her to cook and enjoy every delicacy at home without compromising on its nutritional aspect. An active member of NWWA, she also loves reading and painting.



Broccoli Soup



<i>Butter/olive oil</i>	<i>2 tbsp</i>
<i>Onion chopped</i>	<i>1</i>
<i>Garlic minced</i>	<i>4-6 cloves</i>
<i>Broccoli, thick stems peeled and diced (about 2 cups), tops cut into small florets</i>	<i>1 medium</i>
<i>Potato, peeled and cut into 1/2-inch cubes</i>	<i>1 small/ medium</i>
<i>Water</i>	<i>3 cups</i>
<i>Salt</i>	<i>1 ³/₄ tsp</i>
<i>Chilli flakes/chilli powder (optional)</i>	<i>½ tsp</i>
<i>Fresh-ground black pepper</i>	<i>1/4 tsp</i>
<i>Grated Parmesan or processed cheese (optional) (For Italian touch to the recipe)</i>	<i>1/2 cup</i>



Broccoli Soup

- 1** First cut the stem of broccoli (separate the stem and flowers).
- 2** In a large pot add 1 tbsp olive oil/ butter to that add minced garlic, chopped onion, and one small potato. Now add ½ tsp of chilli powder (optional), the separated broccoli stem, salt and crushed pepper and toss everything.
- 3** Then add water and bring to a boil. Reduce the heat and simmer until the vegetables are almost tender, about 10 minutes.
- 4** Cool down everything and in a food processor or blender, blends the soup to a coarse puree. Return the soup to the pot and bring to a simmer. Add the broccoli florets and simmer until they are tender, about 5 minutes. Stir ¼ cup of the grated Parmesan into the soup, and serve the soup topped with the remaining cheese. Instead of cheese you can add cream or milk to give it a creamy texture.

GARNISH

Spring onions, croutons and oregano.

Broccoli is a nutritional powerhouse full of vitamins, minerals, fibre and antioxidants. The bright green broccoli florets float prettily in this hearty soup, but its broccoli stems that do the real work. They're cooked with the potatoes and then pureed to form a creamy base.



Pumpkin Soup

- 1** In a pressure cooker add little olive oil/ butter now add diced garlic, ginger, onion and add pumpkin diced.
- 2** Add chilli powder for colour.
- 3** Toss everything add 2-3 cups of vegetable stock (already contains salt, so taste first and if required add salt) or even just water will do a great job (add salt, if required) and pressure cook for 3-4 whistles.
- 4** Now once done, grind everything once it cools down and strain it. In a pot add little butter and minced garlic toss it. Now add this paste. Once it boils you will get soup consistency.
- 5** Season with salt and pepper and garnish with coriander.

Oil	1 tsp
Finely chopped Onion	½
Chopped Ginger	1 tbsp
Chopped garlic	1 tbsp
Roughly chopped pumpkin	250 gm
Vegetable stock (homemade)	500 ml
Chilli powder (cayenne pepper)	¼ tsp



Pumpkin is a plump, nutritious orange vegetable, and a highly nutrient dense food. It is low in calories but rich in vitamins and minerals, all of which are also in its seeds, leaves, and juices.



Chocolate Halwa

1 In a sauce pan add cocoa powder and little milk and mix it properly, so that there are no lumps remaining. Now, put this pan on gas stove and slowly add rest of the milk and give it a boil. Here you can add the chocolate pieces or chocolate chips (depending on availability).

2 In another pan roast the suji in Ghee until it is light brown in colour, then add the hot chocolate milk.

3 When you reach halwa like consistency then add sugar.

4 Add dry fruits of your choice to garnish .

<i>Semolina (suji)</i>	<i>1 cup</i>
<i>Cocoa powder</i>	<i>2 tbsp</i>
<i>Semi dark chocolate :</i>	
<i>chocolate_bar:</i>	
<i>(if available or increase one more spoon of cocoa powder)</i>	
<i>Milk</i>	<i>1 cup</i>
<i>Sugar</i>	<i>2-3 tbsp</i>
<i>Ghee for roasting suji</i>	<i>..</i>
<i>Dry fruits for garnishing</i>	<i>..</i>





Mrs Shashi Singh
Naval Station Karanja

Mrs Shashi Singh is a good cook and a very active member of all NWWA activities. She also has her YouTube channel by the name 'Daawat-e-Dost'.

<i>Cow milk</i>	<i>2 Ltr</i>
<i>Sugar</i>	<i>2 cups</i>
<i>Vinegar</i>	<i>2 tbsp</i>
<i>Water</i>	<i>4 tbsp</i>
<i>Cardamom</i>	<i>2 - 4</i>
<i>Fitkari</i>	<i>1 tsp</i>
<i>Maida (Refined Flour)</i>	<i>2 tbsp</i>



Rasgulla



- 1 Heat the milk and stir it till it comes to a boil.
- 2 After boiling, turn off the gas and let the milk to cool. Now prepare the mixture to curdle the milk. Mix 02 table-spoons vinegar and 04 serving spoons of water and stir properly.
- 3 Pour this mixture into the milk and stir slowly. Make sure the milk gets converted into curd without any separation of water. Now strain the mixture by using a cotton cloth/muslin cloth. Tie the cloth tightly and hang it for sometime to drain all the water.
- 4 After about an hour, untie the cloth and take out the mixture. Now make a dough by kneading softly. Make sure that there are no lumps to make the balls for rasgulla.
- 5 Mix 01 teaspoon sugar syrup, 02 cup sugar and 07 cup water and boil it on a high flame. Now add the rasgullas one by one to the Boiling sugar water. Add 02 cardamom cloves and cover the pot with a lid and boil for 05 minutes.
- 6 Now let it cook on medium heat for 12 to 15 minutes. Turn off the flame and take out the rasgullas and place it in the cool water for 05 minutes. Now take the sugar syrup and make it a little thick and add again the chilled rasgullas into the sugar syrup. Enjoy the chilled rasgullas !



Litti Chokha



Litti

- 1 Measure Wheat Flour based on how many littis you are going to make.
- 2 Add few drops of oil/ ghee, baking soda and knead soft dough as we knead for chapatis.

Chokha

- 1 Cook Potatoes, Brinjal/ Eggplant and tomatoes well (Pressure cook and mix).
- 2 Add all the ingredients used for preparing stuffing for litti. Can add lemon juice also. Chokha is ready.

FOR LITTI

Wheat Flour	
Oil/ Ghee	
Baking Soda/ Baking Powder	1/2 tsp

FOR CHOKHA

Potatoes (boiled)	2
Brinjal/ Eggplant	1
Tomatoes	4
Same ingredients as used for stuffing	

FOR STUFFING

Sattu/ Roasted Chana Daal	1 cup
Garlic	2 tbsp
Ginger	2 tbsp
Onion	2
Coriander Powder	1/2 tsp
Carom seeds (Ajwain)	1/2 tsp
Fennel Flower (Kalonji)	1/2 tsp
Salt	1 tsp
Dry Mango Powder	1/2 tsp
Green Chilli	4
Lemon juice	2 tsp
Pickle oil of your choice / Mustard Oil	4 tbsp
Mango/ Green Chilli Pickle	2 tsp

Stuffing

- 1 Grind roasted chana daal. Mix all ingredients, mentioned for stuffing.
- 2 Sprinkle 1 to 2 tablespoons water all over and mix the flour with water evenly. Do add more water if required. The sattu stuffing mixture should not be too dry or too wet.
- 3 Make small or medium sized balls from the dough.
- 4 Roll each dough ball to a circle of about 5 to 6 inches. Place 2 to 3 tablespoons of the stuffing in the center. Pleat and then join the edges. Press the joined part and lightly roll the stuffed dough balls in your palms, to get a round shape. Stuff all dough balls.
- 5 Use a mesh to place litti and place the mesh on gas stove. Cook on medium heat till cracks appear in the littis and then apply oil/ ghee over all littis once removed from stove.



Mrs Aishwarya Tripathi
ND Vizag



Paneer Chilli Cheese Sandwich

Mrs Aishwarya Tripathi likes to cook simple and tasty vegetarian dishes using easily available ingredients. She has her own Youtube Channel called "Best Bites" for cooking and baking. Recently blessed with a baby she even shared recipes throughout her pregnancy.

Whole wheat bread	10 slices
Paneer cubes	1/2 cup
Capsicum	1/2 cup
Boiled corn	1/2 cup
Onion	1 medium
Green chutney	4 tbsp
Butter	As required
Grated cheese	some

For chutney

Coriander leaves	1 cups
Spinach (optional)	4-5 leaves
Green chilli	2-3
Garlic	5-6 cloves
Curry leaves	7-8
Salt	To taste
Cumin	1 tsp
Lemon juice	1 tbsp

1 Firstly, in a large mixing bowl combine chopped paneer, capsicum, onion, boiled corn.

2 Grate $\frac{3}{4}$ cup of cheddar cheese or any cheese of your choice.

3 Now take a grinding jar & add coriander leaves, curry leaves, spinach, green chilly, garlic, lemon juice, cumin seeds & salt to taste, grind it fine & green chutney is ready.

4 Now add 4-5 tbsp of green chutney in the veggie & cheese mixture, combine well and the stuffing is ready.

5 Next Take 2 bread slices, spread butter over bread slices & then spread a tbsp of prepared green chutney.

6 Then, spread 2-3 tbsp of prepared stuffing & cover with second bread slice.

7 Now grill golden or toast on tawa by spreading butter.

8 Finally, cut into triangles and serve paneer chilli cheese sandwich with green chutney or sauce.





Ram Ladoo | Delhi style Ram Ladoo

Grated radish	1/2 cup
Moong daal	1 cup
Chana dal	1/4 cup
Ginger	1 inch
Cumin	1 tsp
Green chilli	1- 2
Salt	To taste
Oil	For frying

Green Chutney	
Water	1/4 cup
Coriander leaves	2 cups
Radish leaves	handful
Coriander powder	1 tbsp
Ginger	1 inch
Cumin	2 tsp
Lemon juice	2 tbsp
Salt	To taste
Green chilli	3
Oil	2 tbsp
Curd	3 tbsp

- 1 Firstly, in a large bowl soak moong dal and chana dal for 4-5 hours.
- 2 Now drain off the water and allow to rest for 5 minutes.
- 3 Transfer the dal to the blender and add 1 inch ginger and 2-3 green chilli, cumin seeds & salt to taste.
- 4 Blend to smooth paste without adding water.
- 5 Transfer the batter to a large mixing bowl.
- 6 Beat and mix well until the batter turns frothy.
- 7 Now dip your hand in the water, shape batter into ladoos and start dropping them one by one into hot oil.
- 8 Keep the flame on low to medium and stir occasionally.
- 9 Also, fry the ladoos till they turn golden brown.
- 10 Drain off the ladoos on kitchen towel to absorb oil and transfer them into serving plate.
- 11 Top with 3 tsp green chutney.
- 12 Further garnish with grated radish and some chopped radish leaves.
- 13 Serve ram ladoos with green chutney.





Moong Sprouts Chilla

1 Place the moong sprouts in the blender along with the ginger, garlic, chillies and coriander leaves and blend until smooth, using just enough water to get a slightly runnier than pancake batter consistency.

2 Add gram flour, rice flour, garam masala, salt to taste and mix well.

3 Heat a cast-iron or nonstick skillet over medium-high heat until water sprinkled on the surface skitters off and dries up immediately.

4 Spray on a thin coating of the oil and then place 1/2 cup of the batter in the center using a ladle with a rounded bottom.

5 Use the bottom of the ladle to spread the batter into as thin a round as possible & do not make it too thick because inside might not cook through.

6 When the top looks dry and the edges turn brown your Chilla is ready take them out & serve with green chutney / tomato ketchup.

<i>Sprouted moong</i>	<i>1.5 cups</i>
<i>Coriander leaves</i>	<i>handfull</i>
<i>Garlic</i>	<i>4-5 cloves</i>
<i>Green chilli</i>	<i>1</i>
<i>Ginger</i>	<i>1 inch</i>
<i>Garam masala</i>	<i>1 tsp</i>
<i>Salt</i>	<i>To taste</i>
<i>Besan</i>	<i>1tbsp</i>
<i>Rice flour/suji (rava)</i>	<i>2 tbsp</i>
<i>Water</i>	<i>1/4 cup</i>
<i>Oil</i>	<i>2 tsp</i>





Eggless Bread Pudding

<i>Bread</i>	<i>6-7 slices</i>
<i>Milk</i>	<i>2 cup</i>
<i>Custard powder</i>	<i>2 tbsp</i>
<i>Black raisins</i>	<i>handfull</i>
<i>Sugar</i>	<i>6 tbsp</i>
<i>Vanilla essence</i>	<i>1/2 tsp</i>
<i>Butter</i>	<i>4 tbsp</i>
<i>Honey</i>	<i>To drizzle on top</i>

- 1** In a Pan add milk, custard powder & sugar & whisk everything well.
- 2** Let the milk comes to boil then turn off the flame & transfer it into a bowl.
- 3** Add vanilla essence into the milk mixture & mix well.
- 4** Take 6-7 bread slices & cut them into small cubes then soak the bread cubes into the milk mixture properly.
- 5** Now pour the mixture into the ramekins mould / cups or into a baking tray.
- 6** Top it with some black raisins (dry fruit of your choice) & bake at 180°C for 25-30 mins.
- 7** Take it out & let it cool slightly then top it with some butter & honey & serve warm.





Eggless Butterscotch Cake

- 1** Line and grease two 8 inch round pans with baking paper or simply grease with oil. Keep aside.
- 2** Preheat oven at 180 degree celsius for 10 minutes.
- 3** In a mixing bowl, sift in all the dry ingredients, flour, baking powder, baking soda, salt and sugar.
- 4** Mix well with a hand whisk and make a well in the centre. Start adding the wet ingredients, pour in oil, buttermilk, butterscotch essence and whisk everything together until batter looks smooth and lumpfree.
- 5** Immediately transfer the batter into the greased pans.
- 6** Keep them for baking in the preheated oven for 30-35 minutes at 180 degree celsius.
- 7** Once the cakes are baked, Let the cakes cool down completely. Meanwhile start making the frosting.

<i>Maida</i>	<i>1.5 cup</i>
<i>Baking powder</i>	<i>1 tsp</i>
<i>Milk</i>	<i>1 cup</i>
<i>Powdered Sugar</i>	<i>1 cup</i>
<i>Oil</i>	<i>1/2 cup</i>
<i>Baking soda</i>	<i>1/4 tsp</i>
<i>Vingear/lemon juice</i>	<i>1 tsp</i>
<i>Pinch of salt</i>	
<i>Almonds</i>	<i>1/2 cup (roasted)</i>
<i>Butter</i>	<i>1/4 cup + 2 tbsp</i>
<i>Whipped Cream</i>	<i>3/4 cup</i>
<i>Butter scotch essence</i>	<i>1 tsp</i>
<i>Yellow food colour (optional)</i>	<i>2-3 drops</i>
<i>Sugar</i>	<i>1.25 cup</i>
<i>Cream</i>	<i>1/2 cup</i>
<i>Sugar syrup</i>	<i>1/4 cup</i>
<i>(for sugar syrup – 1/4 cup water + 3 tbsp sugar)</i>	





Eggless Butterscotch Cake



- 8** In a mixing bowl, add in chilled heavy whipping cream, butter scotch essence, yellow food colour (optional) & Start beating the cream. Beat it till stiff peaks are formed.
- 9** Demould the cakes from pan and place on a cake board on top of a turntable which makes frosting easier.
- 10** Divide the cake into three layers & Stick the first layer of cake on the board using a little bit of cream.
- 11** Then you can soak the cake with sugar syrup, to make it more moist using an offset spatula start spreading cream on top of the first layer of cake and then sprinkle some butterscotch sauce & praline.
- 12** Place the second layer & repeat the same. Then place the third layer & soak it with sugar syrup.
- 13** Put some cream on top & Start spreading cream on top and sides using the offset spatula.
- 14** When cake is covered properly then start decorating the cake according to your liking.
- 15** To make drips I have used caramel sauce. Pipe roses and top each rose with one butterscotch chip.
- 16** Chill the cake for minimum 2 hours before serving.



Healthy Whole Wheat Banana Bread

- 1** Firstly, take bananas and cut them into pieces. Mash them properly.
- 2** Then also add powdered brown sugar, oil, vanilla extract, milk and vinegar.
- 3** Whisk everything well.
- 4** Now add sifted wheat flour, baking powder, baking soda, salt and cardamom powder.
- 5** Combine all the dry ingredients with the wet ingredients.
- 6** Then add walnuts and fold gently.
- 7** Transfer the cake batter into the cake mould or bread mould.
- 8** Tap the tray twice to remove the air incorporated into the batter.
- 9** Top it with some chopped walnuts & place the tray into preheated oven. Bake the cake at 180 degree celsius or 356 degree fahrenheit for 1 hour.
- 10** Allow the cake to cool completely, and later cut them into slices and serve.
- 11** Finally, serve the eggless banana bread or store in airtight container.

<i>Whole wheat flour (regular aata)</i>	<i>2 cups</i>
<i>Baking powder</i>	<i>1.5 tsp</i>
<i>Baking soda</i>	<i>1 tsp</i>
<i>Brown sugar</i>	<i>1 cup</i>
<i>Vanilla essence</i>	<i>1 tsp</i>
<i>Olive oil</i>	<i>1/2 cup</i>
<i>Milk</i>	<i>1 cup</i>
<i>Vinegar (you can also use lemon juice)</i>	<i>2 tsp</i>
<i>Banana (ripe)</i>	<i>3</i>
<i>Cardamon powder</i>	<i>1 tsp</i>
<i>Salt</i>	<i>1 tsp</i>
<i>Walnuts (optional)</i>	<i>1/2 cup</i>





Chana Dal Fara (Pandubi)

1 Firstly in a grinder take 1 cup chana dal , 4 garlic cloves, 1 chopped onion, 2 inch ginger, 1 tablespoon ajwain, 2-3 green chillies & grind it.

2 Transfer the mixture in a bowl and add salt to taste, 1/2 teaspoon hing & 1/4 cup chopped coriander and mix well and keep aside.

3 Now make normal roti dough from one cup of aata.

4 Next take a small portion of dough and roll like a puri & put the chana mixture stuffing in the middle and fold it and seals the ends properly like dumpling .

5 Now boil the faras in boiling water for 12-15 mins & our faras are ready. Take them out and serve with chutney.

Chana dal (soaked for 4-5 hrs)	1 cup
Ginger	2 inch
Carrom seeds (ajwain)	1 tbsp
Green chillies	3
Garlic cloves	4
Onion (chopped)	1 medium
Hing	2 pinch
Salt	To taste
Coriander leaves	3-4 tbsp
Aata	1 cup
Water	As required





Veg Pinwheel Sandwich

- 1** Take 2 bread slices and cut the edges from all 4 sides. Do not waste the sides, you can prepare bread crumbs from it.
- 2** Roll them flat using chapati roller. Roll as thin as possible.
- 3** Now stick both the slices from one end and roll.
- 4** Now in a bowl add mayonnaise 2-3 tablespoons and finely chopped onion, capsicum ,carrot, green chilly, pepper and some salt and mix well.
- 5** Apply green chutney on the bread slices & spread the vegetable and mayonnaise mixture evenly.
- 6** Then place the cheese slice. Now slowly roll the sandwich tightly.
- 7** Cut the rolls into 1 inch pieces or as desired.
- 8** Serve with spirals facing up.

<i>Chopped Capsicum</i>	<i>2 tbsp</i>
<i>Chopped Carrot</i>	<i>2 tbsp</i>
<i>Chopped onion</i>	<i>2 tbsp</i>
<i>Mayonnaise</i>	<i>2 tbsp</i>
<i>Green chilli</i>	<i>1</i>
<i>Black pepper powder</i>	<i>1/4 tsp</i>
<i>Salt</i>	<i>To taste</i>
<i>Cheese slices</i>	<i>4</i>
<i>Bread Slices</i>	<i>2</i>
<i>Green Chutney</i>	<i>2 tbsp</i>





Paneer Pulao



- 1** Firstly, in a large pan heat ghee and saute paneer till they turn golden brown. Keep aside.
- 2** In the same, pan add cumin, cinnamon stick, cloves and black pepper.
- 3** Saute them on low flame till they turn aromatic.
- 4** Further add thinly sliced onions, ginger, garlic and green chilli.
- 5** Now add tomatoes and saute till they turn soft and mushy.
- 6** Add carrots and peas. Saute well.
- 7** Further, add red chili powder, garam masala powder and salt and saute.
- 8** Now add crumbled paneer and mix well.
- 9** Add cooked rice and mix gently.
- 10** Place the fried paneer on the prepared pulao cover and simmer for 5 minutes.
- 11** Garnish with fried paneer pieces, coriander and crumbled paneer.
- 12** Finally, serve paneer pulao with onion tomato raita.

<i>Paneer</i>	<i>100 gms</i>
<i>Cooked rice</i>	<i>1 1/2 cup</i>
<i>Oil/ ghee</i>	<i>4-5 tbsp</i>
<i>Tejpatta</i>	<i>2</i>
<i>Cumin</i>	<i>1 tsp</i>
<i>Hing</i>	<i>1 pinch</i>
<i>Onion</i>	<i>1 large</i>
<i>Capsicum</i>	<i>1/2 cup</i>
<i>Beans</i>	<i>3 tbsp</i>
<i>Carrot</i>	<i>1/2 cup</i>
<i>Green peas</i>	<i>1/4 cup</i>
<i>Tomato</i>	<i>1/2 cup</i>
<i>Red chilli powder</i>	<i>1 tsp</i>
<i>Haldi</i>	<i>1/2 tsp</i>
<i>Dhaniya powder</i>	<i>3/4 tsp</i>
<i>Cumin powder</i>	<i>1/2 tsp</i>
<i>Garam masala</i>	<i>1/4 tsp</i>
<i>Green chillies</i> <i>(chopped)</i>	<i>1-2</i>
<i>Ginger</i>	<i>1 inch</i>
<i>Garlic</i>	<i>2-3 cloves</i>



Veg Shami Kabab

For Kababs

- 1** In a pan heat some oil then add finely chopped green chillies, ginger garlic paste, turmeric powder, red chilly powder, cumin powder, kitchen king masala/ chola masala, coriander powder & roast the masalas for 1 min.
- 2** Next add 1/4 cup water & mix well. Add 3 cups boiled black chana & salt. Mix everything well & cook for 2 mins.
- 3** After 2 mins turn off the flame & let it cool slightly then grind it to a coarse paste.

<i>Boiled Kalachana</i>	<i>3 cups</i>
<i>Oil</i>	<i>2 tbsp</i>
<i>Green chilly</i>	<i>1</i>
<i>Garlic ginger paste</i>	<i>1 tbsp</i>
<i>Haldi</i>	<i>1/2 tsp</i>
<i>Red chilli powder</i>	<i>1 tsp</i>
<i>Dhaniya powder</i>	<i>2 tsp</i>
<i>Garam Masala</i>	<i>1/4 tsp</i>
<i>Kitchen king masala</i>	<i>2 tsp</i>
<i>Salt</i>	<i>To taste</i>
<i>Coriander leaves</i>	<i>2 tbsp</i>
<i>Aamchur powder</i>	<i>1 tsp</i>
<i>Chaat masala</i>	<i>1/2 tsp</i>
<i>Grated paneer</i>	<i>200 gms</i>
<i>Oil</i>	<i>For frying</i>





Veg Shami Kabab

- 4** Transfer it into a large mixing bowl then add finely chopped mint leaves, finely chopped coriander leaves, amchur powder, chaat masala, & paneer 200 grams & mix everything well.
- 5** Take some mixture & Shape the kababs.
- 6** Heat a nonstick pan, add oil 1 tsp, place the kababs & roast for 2 mins to low flame. Flip over & roast the other side as well.
- 7** Once roasted well take them out.

For the Curd dip

- 1** Place sieve on a bowl, pour 2 cups of curd on the sieve & let it sit for 2 hours (you can keep it in the fridge).
- 2** After 2 hours transfer the thick curd in a bowl, add finely chopped green chilly, finely chopped mint leaves & salt to taste.
- 3** Mix well & curd dip is ready.
- 4** Place some dip on top of the kababs & some extra dip on side.



Baked Bread Pizza Pocket

- 1** Firstly in a pan heat some olive oil, add ginger garlic paste & onion.
- 2** Saute till onions becomes translucent.
- 3** Add capsicum & boiled corn sauce for 2 minutes.
- 4** Then add seasoning (black pepper powder, pizza sauce, chilli flakes, pizza seasoning) & mix everything well.
- 5** Next add jalapeños & olives, mix well & keep it aside to cool down.
- 6** Take 1 bread slice at a time remove the edges, and roll it thin.
- 7** Put stuffing and grated cheese, brush water on the edges & roll tightly.
- 8** Seal the Bread pizza pockets properly & place them on a baking tray.
- 9** Brush some butter / ghee on both the side & bake at 180°C for 10-15 mins.
- 10** Baked Bread Pizza pockets are ready.

<i>Oil</i>	<i>1 tbsp</i>
<i>Garlic ginger paste</i>	<i>1 tsp</i>
<i>Onion</i>	<i>1/2 cup</i>
<i>Capsicum</i>	<i>1/3 cup</i>
<i>Corn (boiled)</i>	<i>1/3 cup</i>
<i>Black pepper powder</i>	<i>1/2 tsp</i>
<i>Pizza sauce</i>	<i>2 tbsp</i>
<i>Pizza seasoning</i>	<i>1 tsp</i>
<i>Red chilli flakes</i>	<i>1/2 tsp</i>
<i>Salt</i>	<i>To taste</i>
<i>Jalapenos</i>	<i>1 tbsp</i>
<i>Olives</i>	<i>1 tbsp</i>
<i>Bread slices</i>	<i>6</i>
<i>Water</i>	<i>To stick the sides</i>





Veg Spring Rolls

- 1** Firstly, in a large kadai add oil along with finely chopped ginger and garlic.
- 2** Now add finely chopped spring onions.
- 3** Saute them for a minute or till the raw smell disappears.

<i>Maida (all purpose flour)</i>	<i>1 cup</i>
<i>Cornflour</i>	<i>1/4 cup</i>
<i>Cabbage</i>	<i>1.5 cups</i>
<i>Lemon juice</i>	<i>1 tsp</i>
<i>Oil</i>	<i>2 tsp</i>
<i>Water</i>	<i>To knead the dough</i>
<i>Garlic</i>	<i>2 tsp</i>
<i>Chilli paste</i>	<i>1 tsp</i>
<i>Onion</i>	<i>1 sliced</i>
<i>Capsicum</i>	<i>1 sliced</i>
<i>Carrot</i>	<i>1 thinly sliced</i>
<i>Soya sauce</i>	<i>1 tsp</i>
<i>Salt</i>	<i>To taste</i>
<i>Cooked noodles</i>	<i>1 cup</i>





Veg Spring Rolls

- 4** Further, add shredded carrot and cabbage and saute them.
- 5** Also add sugar, chilli sauce, soy sauce, vinegar, black pepper and salt, mix well and then add corn paste mix well and keep aside.
- 6** Meanwhile, take spring roll pastry sheet and place spoonful of prepared stuffing.
- 7** Pull and fold over the corner tightly till it reaches half the sheet.
- 8** Furthermore, fold over sides like an envelope leaving no air pockets.
- 9** Create crease and roll further.
- 10** At last, apply maida paste around the corners and seal the edges.
- 11** Deep fry the spring rolls till they turn golden brown and keep stirring occasionally or bake them at 320 degrees F.
- 12** Once they turn golden brown, drain them over absorbent paper.
- 13** Finally, serve hot and crispy veg spring rolls with sweet chilli sauce or tomato sauce.



Palak Pulao

- 1** In a pan add oil and once it's hot, add whole spices and cumin seeds.
- 2** Saute & then add sliced onions and saute for 1 minute until they turn soft.
- 3** Then add vegetables (carrot, capsicum, corn, peas & beans) & cook for 5 minutes till they turn soft.
- 4** Now add haldi, garam masala & salt to taste and mix well.
- 5** Add spinach leaves & cook till the leaves wilt.
- 6** Add spinach, ginger-garlic, green chillie paste & give a stir & let it boil for 2-3 mins.
- 7** Add cooked rice & Mix well.
- 8** Cover & let it cook for 2-3 minutes more.
- 9** Spinach Rice is ready. Serve with Raita or plain yogurt.

<i>Cooked rice</i>	<i>3 cups</i>
<i>Chopped palak</i>	<i>1.5 cups</i>
<i>Green chilli</i>	<i>3</i>
<i>Garlic</i>	<i>4-5 cloves</i>
<i>Ginger</i>	<i>2 inch</i>
<i>Oil</i>	<i>2 tbsps</i>
<i>Tejpatta</i>	<i>2</i>
<i>Black cardamom</i>	<i>2</i>
<i>Cianamon</i>	<i>1 inch</i>
<i>Onion</i>	<i>1</i>
<i>Beans</i>	<i>1/3 cups</i>
<i>Carrot</i>	<i>1/4 cups</i>
<i>Capsicum</i>	<i>1/4 cup</i>
<i>Peas</i>	<i>2 tbsps</i>
<i>Corn</i>	<i>2 tbsps</i>
<i>Haldi</i>	<i>1/2 tsp</i>
<i>Garam masala</i>	<i>1/2 tsp</i>
<i>Red chilli powder</i>	<i>1 tsp</i>
<i>Salt</i>	<i>To taste</i>





Curd Sandwich

- 1** In a bowl add hung curd, finely chopped onion, capsicum, boiled corn , grated carrot , finely chopped green chilli, black pepper powder & salt to taste & mix everything well.
- 2** Well combined stuffing is ready, keep it aside.
- 3** Now take 4 bread slices put stuffing on two slices & cover them with another 2 slices & press gently.
- 4** Now apply butter on both the sides and roast till golden brown and crisp.
- 5** Take them out and cut into half & serve.

<i>Hungcurd</i>	<i>1 cup</i>
<i>Carrot</i>	<i>1 large</i>
<i>Capsicum</i>	<i>1 small</i>
<i>Corn</i>	<i>1/2 cup</i>
<i>Onion</i>	<i>1</i>
<i>Green chilli</i>	<i>1</i>
<i>Salt</i>	<i>To taste</i>
<i>Black pepper</i>	<i>1/2 tsp</i>
<i>Bread slices</i>	<i>10</i>
<i>Ghee/ butter</i>	<i>To taste</i>





No Oven Bread Mango Cake

<i>Mango</i>	<i>1 1/2 finely chopped</i>
<i>Mango puree</i>	<i>1/2</i>
<i>Sugar</i>	<i>3 tbsp</i>
<i>Water</i>	<i>4 tbsp</i>
<i>Bread slices</i>	<i>12</i>
<i>Whipping cream</i>	<i>1 1/2 cup</i>

- 1** Take bread slices & remove the edges.
- 2** Place the 4 bread slices on a cake board by making a square.
- 3** Then soak it with sugar syrup & spread a layer of vanilla whipped cream.
- 4** Put some finely chopped mango chunks & put second layer of bread and repeat the steps till you reach the top layer.
- 5** Soak the bread slices with sugar syrup and spread the whipped cream and cover the cake with it.
- 6** Decorate the cake according to your choice.





Street Style Bread Pakoda

- 1** Firstly, in a large mixing bowl take 3 boiled potato.
- 2** Add 1 green chilli, 1-inch ginger, 2 tbsp coriander, ¼ tsp chilli powder, ½ tsp aamchur and ½ tsp chaat masala.

<i>Bread slices</i>	6
<i>Besan</i>	3/4 cup
<i>Boiled Potato</i>	1 cup
<i>Haldi</i>	¼ tsp
<i>Red chilli powder</i>	¼ tsp
<i>Salt to taste</i>	
<i>Ajwain</i>	1/2 tsp
<i>Ginger garlic paste</i>	1/2 tsp
<i>Water</i>	3/4 cups
<i>Chilli</i>	1
<i>Coriander</i>	2 tbsp
<i>Amchur</i>	1 tsp
<i>Chaat masala</i>	1/2
<i>Coriander powder</i>	1 tsp
<i>Red chilli powder</i>	1/2 tsp
<i>Ginger paste</i>	1/2 tsp





Street Style Bread Pakoda

- 3** Combine all the ingredients well and aloo stuffing is ready.
- 4** Further, spread 1 tsp of green chutney over bread slice and cut half.
- 5** Spread a tbsp of prepared aloo stuffing over half slice of bread.
- 6** Cover with another half slice and dip into besan batter covering both sides.
- 7** Deep fry immediately into hot oil.
- 8** Splash oil over bread pakora and fry on medium flame flipping occasionally.
- 9** Fry till the pakora turns golden and crisp.
- 10** Finally, serve bread pakora with green chutney or tomato sauce.



Baked Bread Katori Chaat



- 1** Take bread slices and cut the sides.
- 2** Use a rolling pin to flatten out the bread.
- 3** Use a bowl & knife or biscuit cutter to cut out circles from the flattened bread slices.
- 4** Apply/brush ghee or butter in a small bowl or muffin tray and place the circles.
- 5** Bake for 15-20 minutes, till golden brown.
- 6** Take out the bread katori and fill it with boiled black chickpeas, boiled & cubed potatoes, finely chopped onion, pomegranate seeds, tamarind chutney, green chutney, chaat masala, black salt, red chilly powder.
- 7** Top it with sev and coriander leaves and serve immediately.

<i>Bread slices</i>	5-6
<i>Boiled channa</i>	1/2 cup
<i>Coriander</i>	1/4 cup
<i>Onion</i>	1/4 cup
<i>Anar dana</i>	1/4 cup
<i>Sev</i>	1/2 cup
<i>Chaat masala</i>	2 tsp
<i>Black salt</i>	2 tsp
<i>Boiled potato</i>	1/2 cup
<i>Green chutney</i>	1/2 cup
<i>Tmli chutney</i>	1/2 cup
<i>Red chilli powder</i>	2 tsp



Aloo Tikki Chaat

- 1** First take boiled potatoes and mash them, then add spices (red chilli powder, cumin powder, chaat masala, black salt, coriander leaves) & corn starch. mix everything well keep aside.
- 2** Now grease your palm and take 2 tbsp potato mixture and shape the tikkies and shallow fry them till golden brown and crisp.
- 3** Now start assembling, take 2 tikkies in a serving plate add 3-4 tbsp curd, 1 tsp tamarind chutney, 1 tsp green chutney, pinch of chaat masala, black salt, regular salt, jeera powder, red chilli powder and your tikki chaat is ready to serve.

<i>Boiled potato</i>	<i>4-5</i>
<i>Red chilli powder</i>	<i>1/2 tsp</i>
<i>Jeera powder</i>	<i>1 tsp</i>
<i>Chaat masla</i>	<i>1 tsp</i>
<i>Dhaniya patti</i>	<i>2 tbsp</i>
<i>Corn flour</i>	<i>1/4 cup</i>
<i>Oil</i>	<i>For frying</i>
<i>Curd</i>	<i>1/2 cup</i>
<i>Green cutney</i>	<i>3-4 tbsp</i>
<i>Tamarind chutney</i>	<i>3-4 tbsp</i>
<i>Chaat masala</i>	<i>1 tsp</i>
<i>Red chilli powder</i>	<i>1/2 tsp</i>





Healthy Oats Rava Pizza

- 1** In a bowl add oats, rava, curd, salt & mix everything well, keep it aside for 15 mins.
- 2** After 15 mins add water and mix well. Batter is ready.
- 3** Heat a pan & spread some oil evenly then pour the batter and spread evenly.
- 4** Cover & cook for 4-5 mins at low medium flame.
- 5** Remove the lid & drizzle some oil on top & flip over.
- 6** Apply pizza sauce on the cooked side & place the veggies of your choice.
- 7** Put some grated cheese on top, some chilly flakes, mixed herbs & cover with lid.
- 8** Cook for 4-5 mins at low flame.
- 9** After 5 mins your healthy oats rava pizza is ready. Serve hot.

<i>Oats</i>	<i>6 tbsp</i>
<i>Rava</i>	<i>4 tbsp</i>
<i>Curd</i>	<i>6 tbsp</i>
<i>Pizza sauce</i>	<i>4 tbsp</i>
<i>Pizza seasoning</i>	<i>1 tsp</i>
<i>Chilli flakes</i>	<i>1 tsp</i>
<i>Cheese</i>	<i>1/2 cup</i>
<i>Olives</i>	<i>3 tbsp</i>
<i>Jalapenos</i>	<i>3 tbsp</i>
<i>Salt</i>	<i>To taste</i>
<i>Water</i>	<i>1/2 cup</i>
<i>Oil</i>	<i>2 tsp</i>
<i>Zucchini</i>	<i>1</i>
<i>Onion</i>	<i>1</i>
<i>Capsicum</i>	<i>1/2</i>





Dabeli

Masala Preparation

- 1** Firstly, in a pan take 1 tsp coriander seeds, ½ tsp cumin, ½ tsp fennel, ½ tsp pepper, ½ inch cinnamon, 1 pod black cardamom and 6 clove.
- 2** Add 1 star anise, 1 bay leaf, 1 tsp sesame seed, 2 tbsp dry coconut and 3 dried red chilli.
- 3** Dry roast on low flame until the spices turn aromatic.
- 4** Cool completely, and transfer to a small mixi jar.
- 5** Add ½ tsp turmeric, 1 tsp aamchur, 1 tsp sugar and ½ tsp salt.
- 6** Blend to a fine powder and dabeli masala is ready. keep aside.

Pav bun	6-6
Dhaniya	2 tbsp
Cinamon	2 inch
Cloves	4-5
Red chilli powder	2 tbsp
Butter	1 tbsp
Onion	1 large
Tomato	1 medium
Tomato paste	2 tbsp
Dabeli masala	2 tbsp
Mashed potato	4 medium
Roasted peanuts	4 tbsp
Coriander leaves	1 tbsp
Garlic chutney	4 tsp
Tamrind chutney	4 tsp
Green chutney	4 tbsp
Pomegranate seeds	4 tbsp
Sev	1 cup





Dabeli

Aloo Mixture Preparation

- 1** Firstly, in a large kadai heat 2 tbsp oil.
- 2** Now take 3 tsp of prepared dabeli masala into a small cup, along with 2 tbsp tamarind chutney and ¼ cup water.
- 3** Mix well making sure there are no lumps. pour in the masala mixture into the hot oil.
- 4** Cook for 2 minutes or until it turns aromatic.
- 5** Further, add 3 potatoes, ½ tsp salt and mix well.
- 6** Mash and mix making sure everything is well combined.
- 7** Transfer the mixture into a plate.
- 8** Top with 1 tbsp coconut, 1 tbsp coriander, 2 tbsp sev, 2 tbsp pomegranate and 2 tbsp spiced peanut.

Assembling Dabeli

- 1** Firstly, slit the pav in the centre and spread 1 tsp green chutney on one side of pav and 1 tsp of tamarind chutney on another side.
- 2** Stuff in prepared aloo dabeli mixture into the pav.
- 3** Also stuff in 1 tsp of onion and aloo dabeli mixture.
- 4** Now toast the pav in butter making sure both sides turn slightly golden brown.
- 5** Finally, roll the dabeli in the sev and serve immediately.



Rainbow Fruit Parfait

- 1** In a glass put some black grapes top it with some granola & vanilla yogurt.
- 2** Add second layer of fruit and repeat the steps till the top.

<i>Curd</i>	<i>1 cup</i>
<i>Granola</i>	<i>1/2 cup</i>
<i>Black grapes</i>	<i>3 tbsp</i>
<i>Diced kiwi</i>	<i>2 tbsp</i>
<i>Green grapes</i>	<i>3 tbsp</i>
<i>Diced strawberry</i>	<i>2 tbsp</i>
<i>Banana</i>	<i>1/2</i>
<i>Orange</i>	<i>2 tbsp</i>
<i>Honey</i>	<i>2 tbsp</i>
<i>Vanilla essence</i>	<i>1/2 tsp</i>





Matka Malai Kulfi

<i>Milk</i>	<i>500 ml</i>
<i>Mixed dryfruits</i>	<i>1/4 cup</i>
<i>Sugar</i>	<i>1/2 cup</i>
<i>Cardamom powder</i>	<i>1/2 tsp</i>
<i>Kesar</i>	<i>a pinch</i>

1 Take milk & cream in a sauce pan or wide pan and mix well.

2 Boil the milk on medium heat and stir it frequently. Make sure it is not sticking to the bottom and sides of the pan.

3 Add saffron, chopped nuts, cardamom powder and boil for 10 mins at low medium flame.

4 Stir in between & scrape the sides.

5 When milk thickens add sugar and boil for another 10 mins and our malai is ready.

6 Turn off the flame and let it cool down completely. Now pour the malai in matka or any ice cream mould & cover the top with cling wrap and freeze for 8 hours.

7 After 8 hours take it out and enjoy.





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Mrs Neha Sharma is a graduate in English honours. A home maker by choice she has worked with “She Chef” an initiative by NWWA Valsura. She likes to churn out vegetarian delicacies using minimum ingredients. She has her own YouTube channel called “Neha’s veg delights”



Atta Garlic Bread

- 1** In a bowl, add warm water and sugar and mix until the sugar dissolves.
- 2** Add yeast and mix well. Keep it aside for 5-7 minutes.
- 3** Meanwhile in another bowl, mix the flour, salt, oregano, and chilli flakes and keep aside.
- 4** Mix in the activated yeast, olive oil and add enough water to knead the dough to a slightly wet consistency. It need not to be smooth and non-sticky in the begining.
- 5** Add some flour on your kitchen counter and start kneading the dough. It will be sticky to begin with but once you start kneading it will start getting smooth. Use bench scraper if it gets too sticky to handle.
- 6** Smear the dough with oil and place in a bowl covered with a wet towel to proof for 45 minutes to an hour.

<i>Atta/Whole Wheat flour</i>	<i>1 cup</i>
<i>Salt</i>	<i>1/4 tsp</i>
<i>Oregano</i>	<i>1/2 tsp</i>
<i>Chilli flakes</i>	<i>1/2 tsp</i>
<i>Olive Oil</i>	<i>1 tbsp</i>
<i>Warm water</i>	<i>1/4 cup</i>
<i>Sugar</i>	<i>1 tsp</i>
<i>Instant Yeast</i>	<i>1 tsp</i>
<i>Water</i>	<i>2 tbsp</i>
<i>Oil</i>	<i>To smear the dough</i>

For the garlic butter

<i>Butter</i>	<i>2-3 tbsp</i>
<i>Crushed garlic</i>	<i>1 tbsp</i>
<i>Coriander leaves</i>	<i>2 tbsp, chopped</i>
<i>Mozzarella cheese</i>	<i>100 gms, grated</i>
<i>Processed cheese</i>	<i>1 cube, grated</i>
<i>Boiled corn</i>	<i>2-3 tbsp</i>
<i>Oregano and Chilli flakes</i>	<i>For garnish</i>



Atta Garlic Bread

- 1** To make garlic butter, mix butter, crushed garlic and chopped coriander. Add chilli flakes and oregano if you like.
- 2** Once the dough is doubled, deflate the dough and knead for a minute.
- 3** Roll the dough into a slightly thick round (like a chapati) and place in the baking pan/tray.
- 4** Smear garlic butter all over and add cheese on one half.
- 5** Top with corn and chopped capsicum or Jalapeno if you like.
- 6** Smear water on the edges of the bread and close the bread in half (like a semi circle).
- 7** Make small sections on the bread with a knife, without cutting all the way through.
- 8** Top with some more garlic butter and sprinkle chilli flakes and oregano.
- 9** Bake in a preheated oven for about 15-20 minutes at 180C.
- 10** Serve warm.



Chur Chur Paratha



For Dough

1 In a large pot, add flour, rice flour and salt to taste. Mix it well. Now add one tablespoon of ghee and mix it well. Now add water and knead the dough. Keep in mind that the dough should not be too soft or too hard. Cover it and leave it for 20 minutes.

2 Prepare the mixture: In a bowl, add mashed paneer, spices and boiled potatoes, chopped onions, grated ginger, chopped green chillies, coriander leaves, chaat masala, black pepper powder and salt as per taste and mix well.

3 After 20 minutes, mash the dough well. The dough will become soft. Take a big dough and flatten it (like chapati). Add ghee to it. Now start making a half inch fold by holding it from one side, like a fan of paper is made. Now move it round from one corner to the other. Press lightly and then give the shape of a small well. Now add the mixture and close it well. With the help of a rolling pin, take a 6-7 diameter spherical roll.

4 Heat the pan on medium heat and place the paratha. When the light brown spots start appearing, turn the paratha. Apply ghee on both sides. Cook the parathas while pressing them well, this will make the parathas crispy and cook evenly. When it is cooked, take it out on a paper towel and keep it between the palms and crush it. You will see many flakes. If you want, you can also put ghee on the paratha. Serve hot with dal makhani and raita.

<i>Boiled and mashed potato</i>	<i>1</i>
<i>Small size onion finely chopped</i>	<i>1</i>
<i>Coriander leaves</i>	<i>25 gms</i>
<i>Grated ginger</i>	<i>1 inch</i>
<i>Red chili powder</i>	<i>¼ tsp</i>
<i>Chaat Masala</i>	<i>½ tsp</i>
<i>Finely chopped green chilli</i>	<i>1</i>
<i>Black pepper powder</i>	<i>¼ tsp</i>
<i>Mashed paneer</i>	<i>80 gm</i>
<i>Wheat flour</i>	<i>2½ cup / 320 gm</i>
<i>Rice flour</i>	<i>¼ cup</i>
<i>Ghee</i>	<i>1 tbs</i>
<i>Ghee for prantha</i>	<i>4 tbs</i>
<i>Water</i>	<i>..</i>
<i>Wheat flour</i>	<i>..</i>
<i>Salt</i>	<i>As per taste</i>



Rabdi Cake

- 1 First seive the maida, soda and baking powder.
- 2 Take a bowl and mix fresh cream and milk.
- 3 Add milk powder and powdered sugar.
- 4 Add maida mixture and mix well.
- 5 Add vanilla essence and place the mixture in oven for 35 min on 180°. Cake is ready.
- 6 Now, heat milk and add Cardamom powder.
- 7 When milk is reduced to half, add milk powder and custard powder.



For cake

Maida	2 cup
Baking soda	1/2 tsp
Baking powder	1 1/2
Fresh cream	1 cup
Milk +water	1 cup
Milk powder	1 cup
Powdered sugar	1 cup
Vanilla essence	Few drops

For rabdi

Milk	Half litre
Milk powder	1 tsp
Custard powder	1 tsp
Cardamom powder	2 tsp
Sugar	1 cup

For badam halwa

Milk	1 cup
Almond and cashew	1 cup
Poppy seeds	1 cup
Cardamom powder	2 tsp
Sugar	1 cup



Rabadi Cake

- 8** Mix well and add vanilla essence.
- 9** For badam halwa, first grind the poppy seeds, Cardamom and half cup dry fruits.
- 10** Heat ghee and add poppy seeds mixture, saute it till it turns brown. Add milk and mix well.
- 11** Now, add sugar and mix it well and turn off the gas.
- 12** Now take the cake and cut it in two halves.
- 13** Spread rabdi, chopped dry fruits and badam halwa on it.
- 14** Place the other half of the cake and spread remaining rabdi on it.
- 15** Garnish it with dry fruits.



Instant Bhatura

Preparation

- 1** You will have to start the preparation night before.
- 2** In a bowl take the yogurt, sugar, baking powder and all purpose flour.
- 3** Mix well all the 4 ingredients mentioned above for overnight fermentation.
- 4** If the yogurt has whey in it, then no need to add the $\frac{1}{4}$ cup water mentioned above.
- 5** If the yogurt is thick, add $\frac{1}{4}$ cup water to make the batter thin.
- 6** Cover the bowl with a cloth and set it aside in a warm place overnight or for 8 to 9 hours to allow natural fermentation to take place.
- 7** The next day you will see tiny bubbles on the surface of the mixture. The mixture is ready for the next step when tiny bubbles appear on the surface.

Whole wheat flour (atta)	2.5 cups
Salt	1 tsp or add as required
Oil or ghee or butter	1 tbsp
Lukewarm water (do not add hot water)	$\frac{1}{2}$ cup
Oil	For deep frying

For overnight fermentation of dough

Fresh curd (yogurt or cashew curd)	150 ml curd/ $\frac{3}{4}$ cup
Sugar or brown sugar	$\frac{1}{2}$ tbsp
Baking powder (alternative is - use $\frac{1}{4}$ teaspoon baking soda)	$\frac{1}{2}$ tsp
All purpose flour (maida)	$\frac{3}{4}$ cup
Water (optional)	$\frac{1}{4}$ cup



Instant Bhatura

Kneading dough for Bhatura

- 1** In another bowl, mix the whole wheat flour (atta) with salt and rub the ghee or butter into it with your fingertips.
- 2** Into this bowl, add the fermented mixture and warm water.
- 3** Form a dough with these two mixtures.
- 4** Knead the dough for 5 to 10 minutes or until it is silky smooth.
- 5** Add a little flour if it is too wet. Gather the dough into a compact ball and cover it with a damp cloth. Again set it aside in a warm place for 2 hrs.
- 6** After 2 hours, knead the dough again.
- 7** Shape into small balls and roll them into 5 to 6 inch discs.

Frying Bhatura

- 1** Heat oil or ghee and deep fry the bhature in the same way as you would fry pooris. The oil has to be moderately hot. Use medium to medium-high flame while frying.



Instant Bhatura

- 2 They will take a bit longer to fry than pooris, fry them till golden.
- 3 Drain them on kitchen paper napkins to remove the excess oil.
- 4 Continue to fry each bhatura this way.
- 5 Serve the bhatura hot with chana masala and wedges of lemon and sliced onions.

Notes

Kneading : The dough has to be kneaded very well and should be soft and pliable. If the dough becomes sticky, then add some flour and continue to knead. Add water as required while kneading the dough. You can use a stand-mixer to knead the dough.

Frying : Fry the bhatura on medium to medium-high heat. Do not fry on a very high heat as then the top gets browned too much and can be slightly undercooked from inside. Also, do not fry on low heat as then they absorb too much oil.

Leavening Ingredients : As mentioned in the ingredients list you can use either $\frac{1}{2}$ teaspoon baking powder or $\frac{1}{4}$ teaspoon baking soda.

Serving Suggestions : Serve bhatura with chana masala or chickpea curry.



Vada Sambhar



FOR SAMBHAR

Toor dal	½ cup
Tomato	1
Turmeric / haldi	¼ tsp
Water	1½ cup
Oil	3 tsp
Mustard / rai	1 tsp
Hing / asafoetida	A pinch of
Dried red chilli	1
Curry leaves	few
Green chilli, slit	2
Onion, petals	½
Tamarind extract	½ cup
Jaggery / gud	½ tsp
Salt	1 tsp
Water	1½ cup
Sambar powder	1 tbsp
Ghee / clarified butter	1 tbsp

FOR VADA

Urad dal	1 cup
Green chilli, finely chopped	2
Ginger, finely chopped	1 inch
Curry leaves, finely chopped	few
Coriander, finely chopped	2 tbsp
Dry coconut / kopra, chopped	1 tbsp
Hing / asafoetida	a pinch
Rice flour	2 tbsp
Salt	½ tsp
Oil	For deep frying



Vada Sambhar

FOR SAMBHAR

- 1** Firstly, pressure cook $\frac{1}{2}$ cup toor dal, 1 tomato, $\frac{1}{4}$ tsp turmeric and $1\frac{1}{2}$ cup water for 5 whistles.
- 2** In a kadai heat 3 tsp oil and saute 1 tsp mustard, pinch of hing, 1 dried red chilli and few curry leaves.
- 3** Also saute 2 green chilli and $\frac{1}{2}$ onion for a minute.
- 4** Now add $\frac{1}{2}$ cup tamarind extract, $\frac{1}{2}$ tsp jaggery and 1 tsp salt, mix them well.
- 5** Boil for 10 minutes or till tamarind extract gets cooked well.
- 6** Add in whisked dal and tomato and mix well.
- 7** Also add $1\frac{1}{2}$ cup water and adjust consistency and boil it well.
- 8** Further add 1 tbsp of sambhar powder and stir well.
- 9** Add in 1 tbsp ghee and boil for 2 minutes.
- 10** Finally sambhar is ready to serve with vada.

FOR VADA

- 1** Soak 1 cup urad dal in enough water for 3 hours. do not over soak, as the vadas will absorb oil.
- 2** Drain off the water and grind to fine fluffy paste adding water as required.
- 3** Transfer the urad dal paste into large mixing bowl. Beat and mix the batter in circular motion till they turn light, this helps to incorporate air into batter and make medu vada soft and fluffy.
- 4** Now add 1 inch ginger, few curry leaves, 2 tbsp coriander, 1 tbsp dry coconut, pinch of hing, 2 tbsp rice flour and $\frac{1}{2}$ tsp salt and mix the batter well with the help of spoon.
- 5** Heat the oil in large kadai, wet your hands with enough water and take a small ball sized dough and make it round.
- 6** Now slowly shape the edges and make a hole at the centre.
- 7** Drop the vada in oil and deep fry the medu vada on medium flame, fry on both sides till they turn golden brown and crisp.
- 8** Serve hot medu vada with Sambhar.



Apple Shake

- 1** Peel, core and cube the apples.
- 2** Add apples, almonds and sugar to a blender jar and blend them to a very smooth paste.
- 3** Add chilled milk, (add a teaspoon of fresh cream, optional).
- 4** Blend again until smooth and frothy.
- 5** Serve apple shake with a touch of cocoa powder if desired.

<i>Medium sized organic apples,</i>	<i>2</i>
<i>or tightly packed chopped apples</i>	<i>1 cup</i>
<i>Thin coconut milk or almond milk</i>	<i>2 cups</i>
<i>Cinnamon powder (optional)</i>	<i>¼ tsp</i>
<i>Sugar or add as required</i>	<i>2 to 3 tbsp</i>



Tips & Notes

- | Use sweet apples for naturally sweet apple milkshake
- | If apples are not very sweet, you can serve apple milkshake with a drizzle of honey or date syrup.
- | Use frozen milk for creamy apple milkshake.



<i>Peeled, chopped and deseeded chikoo (sapota)</i>	<i>1 cup</i>
<i>Milk (you can also use soy milk or almond milk or cashew milk. i used cashew milk.)</i>	<i>2.5 to 3 cups</i>
<i>Coconut sugar or unrefined organic cane Sugar</i>	<i>As required</i>
<i>Ice cubes (optional)</i>	<i>Few</i>

Chikoo/ Sapota Shake

- 1** First wash the chikoo, wipe it dry. Peel the skin then cut into half. Remove all the black seeds and chop roughly.
- 2** Put chopped chikoo into the blender.
- 3** Add sugar and milk, blend till it gets smooth. Here I have used maple sugar.
- 4** If needed, add more sugar and blend it again to incorporate well.
- 5** Pour it into the serving glass and serve.





Chocolate Shake

- 1** In a small bowl, take $\frac{1}{4}$ cup warm water.
- 2** Add cocoa powder and sugar. Mix well so that the sugar as well as the cocoa powder is dissolved in the warm water.
- 3** Now pour this cocoa solution in a blender or mixer.
- 4** Add some ice cubes, chilled milk and blend it to smooth mixture.
- 5** Drizzle some chocolate syrup on the sides of glasses (optional).
- 6** Pour chocolate milkshake in glasses.
- 7** Then add a scoop of chocolate ice cream.
- 8** Serve chocolate milkshake.

Warm water	$\frac{1}{4}$ cup
Cocoa powder	3 tbsp
Sugar	$\frac{1}{4}$ cup or add as per taste

Other ingredients

Chilled milk	2.5 cups
Ice cubes (optional)	6 to 8
Chocolate ice cream	2 to 3
Scoops (optional)	
Chocolate syrup (optional)	some



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Mango Shake

<i>Mango, cube (fresh / frozen)</i>	<i>1 cup</i>
<i>Sugar</i>	<i>1 tbsp</i>
<i>Vanilla ice cream</i>	<i>2 scoops</i>
<i>Milk, chilled</i>	<i>½ cup</i>
<i>Nuts, chopped</i>	<i>few</i>

- 1** Take 1 cup mango in a blender
- 2** Add 1 tbsp sugar and 2 scoops vanilla ice cream
- 3** Blend smooth adding ½ cup chilled milk.
- 4** Finally, serve mango milkshake with ice cream topped with few chopped nuts.





Suji Golgappa

<i>Suji / Semolina</i>	<i>1.25 cup (200 gm)</i>
<i>Oil</i>	<i>¼ cup (70 gm)</i>
<i>Oil</i>	<i>For frying</i>

1 To make semolina poori, first prepare and knead semolina. Take semolina (use fine semolina) in a big bowl. Add oil and mix well.

2 Add a small amount of lukewarm water to semolina and prepare soft dough. Cover the dough and keep it aside for 20 minutes to set. The semolina flour will be well puffed up.

3 The dough is set, add oil in the pan, place it on gas for heating. Take half of the dough and place it on a plate and mash it well, slice it and make it smooth. In about 3-4 minutes, the dough becomes smooth and ready.

4 When semolina flour becomes greasy, apply small oil on your hand and take small round dough balls from the dough. Press it slightly with your hand and roll it a little thick with a little pressure using the rolling pin.

5 After the oil is well heated, add the rolled poori to it, add another poori and wait till the poori starts to float on its own, thus putting as much as possible in the pan. Now with the help of spoon, pour oil over the pooris and fry it until golden brown. Keep the prepared pooris on a mesh plate placed on top of the plate, and fry all the pooris in the same way. Pooris are ready for paani poori.





Mrs Rina Sahu
NSRY Karwar



Mango cake

- 1** Mix ¼ cup Mango puree, Fresh curd, Refined oil, Powdered sugar, using whisker in one direction for 3 minutes.
- 2** Now add grinded Suji/Rava to it and mix well.
- 3** Add cardamom powder and little milk and mix well.
- 4** Keep adding milk and mixing it.
- 5** Cover and let the mixture rest for 20 minutes.
- 6** Pre heat cooker for 10 min on low flame. Put a stand in it.
- 7** Remove Rubber gasket and whistle of cooker at beginning.
- 8** Grease the cake tin with 1 tsp refined oil and dust with flour.
- 9** After 20 min check the cake mixture.
- 10** Mix again in one direction for 1 minute.

Mrs Rina Sahu is an active NWWA member, who loves cooking easy dishes using minimum ingredients available at home.

<i>Mango</i>	<i>1 (cut and make puree)</i>
<i>Suji/Rava</i>	<i>1 cup (grind to make it fine)</i>
<i>Refined oil</i>	<i>¼ cup</i>
<i>Fresh Curd</i>	<i>¼ cup</i>
<i>Powdered Sugar</i>	<i>¼ cup</i>
<i>Cardamom powder</i>	<i>½ tsp</i>





Mango cake

- 11** Add 1&1/2 tsp Eno to the mixture.
- 12** Add little milk and mix well in one direction only.
- 13** Transfer the mixture to greased cake tin.
- 14** Tap the cake tin 4-5 times to remove air bubbles from mixture.
- 15** Put the cake tin into preheated cooker on a stand for 45 minutes for baking.
- 16** Check cake after 45 min with toothpick/knife.
- 17** Take out cake tin when it gets cold.
- 18** Cut edges of cake to demould the cake.
- 19** Turn around the cake and put mango topping on it using spatula.
- 20** Decorate with desired dry fruits on top.
- 21** Delicious Mango Cake is ready to Eat.

FOR TOPPING

- 1** Put remaining Mango puree into a kadai.
- 2** Add ½ cup water to it and mix well.
- 3** Add cornflour 1 tsp and powder sugar 2 tsp and mix well.
- 4** Put kadai on low flame for 2 minutes. Keep stirring till smooth consistency.



Suji Ka Nasta

- 1 Take finely chopped vegetables in a big mixing bowl.
- 2 Add Suji/Rava, Salt, Garam masala powder, Black pepper, Chilli flakes, Fresh curd.
- 3 Mix all ingredients well with spoon. Add little water and make batter.
- 4 Cover and let the mixture rest for 10 min.
- 5 After 10 min open lid, add little more water and mix well.



FOR BATTER

<i>Cabbage</i>	<i>1 small</i>
<i>Capsicum</i>	<i>1</i>
<i>Onion</i>	<i>1-2</i>
<i>Carrot</i>	<i>1-2</i>
<i>Coriander leaves</i>	<i>..</i>
<i>Green chilli</i>	<i>1-2</i>
<i>Suji/Rava</i>	<i>1 cup</i>
<i>Salt</i>	<i>½ tsp</i>
<i>Garam masala powder</i>	<i>½ tsp</i>
<i>Black pepper</i>	<i>¼tsp</i>
<i>Chilli flakes</i>	<i>½tsp</i>
<i>Fresh curd</i>	<i>1/4 cup</i>

FOR TADKA

<i>Refined oil</i>	<i>1 Tsp</i>
<i>Cumin seed</i>	<i>½ tsp</i>
<i>Mustard seed</i>	<i>½ tsp</i>
<i>Chana daal</i>	<i>½ tsp</i>
<i>Urad daal</i>	<i>½ tsp</i>
<i>Curry leaves</i>	<i>10-15</i>
<i>Hing</i>	<i>¼ tsp</i>



Suji Ka Nasta

- 6** Put a tadka pan on gas and add refined oil.
- 7** Once oil is hot add Hing, curry leaves, Urad daal, Chana daal, Mustard seed, Cumin seed.
- 8** Cook tadka for 1 min and then add it to suji batter and mix well.
- 9** Place a tawa on gas on medium flame.
- 10** Put 1 tsp refined oil on it.
- 11** When oil gets hot, put little suji mixture on it and spread evenly.
- 12** Cook on low flame for 2 min.
- 13** Flip after 2 min to cook from other side.
- 14** Fry remaining Nasta in similar way.
- 15** Serve hot with sauce or green chutney.



Carrot Cake

- 1** Pre heat Cooker on low flame and place a stand inside it, and remove rubber gasket and whistle.
- 2** Grease the cake tin with refined oil and dust it with flour.
- 3** In a mixing bowl add Curd, Oil, Powdered sugar and mix till you get a smooth texture.
- 4** Sieve Whole wheat flour, Baking powder, Baking soda, Salt and Cinnamon powder in a bowl, mix them in one direction only.
- 5** Now add Carrot, milk and mix well in one direction. Add Dry fruits and mix well.
- 6** Transfer the cake batter into greased cake tin. Tap the cake tin to remove air bubbles.
- 7** Place cake tin into pre heated cooker and bake for 40 to 45 minute on low flame.
- 8** Check cake after 45 minutes with a toothpick or knife.
- 9** Turn off flame and let it cool.
- 10** Demould the cake and serve.

<i>Curd</i>	<i>1/4 cup</i>
<i>Oil</i>	<i>1/4 cup</i>
<i>Powdered sugar</i>	<i>1/4 cup</i>
<i>Whole wheat flour</i>	<i>1 cup</i>
<i>Baking powder</i>	<i>1 tsp</i>
<i>Baking soda</i>	<i>1/2 tsp</i>
<i>Salt</i>	<i>a pinch</i>
<i>Cinnamon powder</i>	<i>1/2 tsp</i>
<i>Grated carrot</i>	<i>1/4 cup</i>
<i>Dry fruits (of choice)</i>	<i>3 tbsps</i>
<i>Milk (lukewarm)</i>	<i>1 cup</i>





