

TRADITIONAL INDIAN THALI

Maharashtrian, Gujarati, Rajasthani,
Punjabi, South Indian Thali [Vegetarian]

Vaishali Tripathi



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Dedication

I dedicate this book to my two pillars of strength, my Mother Mrs Geeta Tiwari & my Father Mr G. D. Tiwari, & seek their blessings. Special thanks to my Loving Husband Mr Kamlesh Tripathi who has helped me to come up with this book.

INTRODUCTION OF INDIAN CUISINE

There is no single cuisine in India. Just like the culture of India, the Indian cuisine is also very diverse. From Punjabi to South Indian to Gujarati, Indian food consists of a number of different regional cuisines.

Indian cuisine has attracted the people from world over , & the Indian restaurants overseas are among the more popular joints to eat out in most cities abroad. In India, you will find even a wider variety of all dishes, snacks, meal preparations, & desserts as well.

Rice is almost the universal basis of meals in the East & the South while wheat is more popular in the West & Northern parts of India.

A meal is not meal in North India unless it comes with roti [bread]. The most common is the irresistible chapatti, made with whole wheat flour & water, & cooked on a concave hot plate known as a tawa. Indians refer to dal & roti as all they need to survive. From the thin sambhar of the South to the thick moong dal of the North.

Each state uses different cooking mediums to give the characteristic regional flavour . Groundnut oil is the most common in Maharashtra & Gujarat, mustard oil along the east coast, particularly West Bengal, & Bihar, parts of Jammu & Kashmir; light sesame oil in the South; coconut oil in the South & West especially Kerala pickles, chutneys & relishes also include raita [plain curd combined with vegetables & fruits & served chilled]. Kheer, called payasam [rice pudding] in the South –is a rice pudding & India's favourite dessert.

‘Thali’ refers to a complete Indian meal which showcases a range of different food items. The term ‘THALI’ may also refer to the round stainless steel plate which is used in Indian cuisine. Different food items like rice, puris, bread, 2 to 3 dry vegetable dishes, curd, pickles, sweets & extra ghee[clarified butter] are included in the thali depending on the type & variety of the thali. Thalies are usually referred to with the region included in the name like Rajasthani thali, Punjabi thali, etc. to let the diner get a broad idea of what can be expected in the thali. Different thalis are prepared like Western, Central, North Western, Gujarati, Rajasthani, South Indian *etc.*

MAHARASHTRIAN CUISINE

The local cuisine of Maharashtrians is rich & diverse ranging from the vegetarian preparation of the Brahmins to the exquisite sea food based cuisine of the Kolis.

One of the most famous sweet dish is the shrikhand, a thick of curd. It is a great favourite at Maharashtrian weddings & festivals. Traditionally, a Maharashtrian wedding feast has to have 5 sweet delicacies of which motichur laddu is a must.

The puran poli is another Maharashtrian sweet delicacy which is roti [wheat bread stuffed with flavoured ingredients]. It is generally associated with the Maharashtrian new year 'GUDI PADVA' & the Maharashtrians love to have it with aamti, the local curry & bhaji, a mixed vegetable dish. Many of the Maharashtrians, especially from the interiors, like Kolhapur, prefer spicy food.

Aamti, bhaat, & bhaaji is the essence of daily menu in the home of Maharashtra, Aamti is little hot, a little sweet, & a little tangy. Aamti is generally eaten with rice, roti, or bhaakris.

GUJARATI CUISINE

The traditional Gujarati food is primarily vegetarian & has a high nutritional value.

Gujarati cuisine has so much to offer & each dish has an absolutely different cooking style. The traditional 'Gujarati thali' mostly encompasses rotli, dal, or kadhi, sabji, also known as shaak & rice. Most of the gujarati dishes are sweet, while other have a quite larger concentration of sugar as compared to salt & spices. Sometimes, jaggery is used as an alternative to sugar.

Gujarati food is mostly vegetarian & can be categorized based on the geographical regions. The Southern region food comprising surat etc., is rich with ghee & spices & has a traditional flavour. Most common dishes from this part are 'Undhiyo' & dal dhokli', etc., Khichadi is another Gujarati food which is now widely accepted in all regions of India.

A visit to Surat, Ahmedabad is incomplete without eating famous 'Gujarati thali'. The meal starts with chhach, followed by a thali with various type of farsans, sweets, pickles, chutney, rice, vegetables *etc.* Gujarati dishes are very

simple & can be easily prepared using little oil & spices.

‘Surat nu jaman ane kaasi nu maran’; The food of surat is like dying in the holy city of Kashi [now Varansi in Uttar Pradesh]. This popular saying praises the cuisine from the district of Surat in Gujarat.

RAJASTHANI CUISINE

The cuisine of Rajasthan is primarily vegetarian. Rajasthanis use ‘Ghee’ for cooking most of the dishes. Rajasthani food is well known for its spicy curries & delicious sweets.

There is a popular sweet of each region like ‘Mawa Kachori’ of ‘Jodhpur,’ ‘Rasgullas of Bikaner’, ‘Ghewar of Jaipur’, ‘Malpua of Pushkar’, *etc.* Gramflour is the major ingredients in the making of a pakodi & gatte ki sabji. Gramflour is a mainstay of ‘Marwari’ food mainly due to the scarcity of vegetables in the area. Major dishes of a Rajasthani include Dal bati, Tarfini, Rabadi, Ghewar, Bail Gatte, Panchkutaa, Chavdi, Laapsi, Kadhi & Boondi. Typical snacks include ‘Bikaneri Bhujia, Mirchi Vada, Pyaz Ki kachori, & Dal Kachori.

Dal-bati is the most popular dish prepared in the state. It is usually supplemented with ‘Churma’, a mixture of finely grinded baked rotis , ghee & sugar.

Traditional Rajasthani food comprises of special rotis like ‘Bajare ki roti, missi roti,’ & vegetables dishes like ‘Gatte ki sabji,’ kadhi, dal bati, churma *etc.*

PUNJABI CUISINE

The cuisine of Punjabi food is usually relished by people of all communities. In Punjab, home cooking differs from the restaurant cooking in style.

In the preparation of Punjabi food, onion, ginger, & garlic are used extensively to enhance the taste of the food.

Traditional Punjabi thali consists of varied kinds of bread, some are baked in the tandoor such as Tandoori Roti, Lachha paratha, Naan, Kulcha, while other are dry baked on tawa like Chapatti & Jawar ki roti.

Punjabi food in itself is rich with items like, Chana, Choley or Rajma Lobia. Roti has its own variety in the form of Tandoori Roti.

The Punjabis are very hard working people & they love their food. Parathas are meant for breakfast, rajma, rice or chana masala for lunch & tandoori non-

veg is for dinnertime.

Our Punjabi cook has chosen special Punjabi dishes which are most popular part of Punjabi cuisine like Pindi Chana with Rogan Josh & Sarson ka saag with makki ki roti.

SOUTH INDIAN CUISINE

The cuisine of South India is known for its light, low calorie appetizing dishes. The traditional food of South India is mainly rice based. The cuisine is famous for its wonderful mixing of rice & lentils to prepare Dosa, Vadas, Idlis, & Uttapams.

Sambhar is like a must in the main course. It is usually a companion to most of the food items be it Idli, Vada or Dosa. Most of Sambhar, Rasam, Veg Curry & Pachadi, Other preparation of rice include Coconut Rice, Carrot Rice, & Fried rice made by using coconut, curry leaves, urad dal, tamarind, peanuts, chillies, & fenugreek seeds. South Indians do not make much use of Garam Masala & other dried spices.

It is well known that South Indian recipes are a favourite as they are light & fast to make.

South Indian cuisine is traditionally vegetarian & includes tasty, lipsmacking delicious varieties prepared from grams, lentils, rice, greens & vegetables with spices adding aroma & taste to the food. The special varieties include dosas [crispy pancakes], idlis [steamed rice dumplings], pongal [cooked rice & lentils flavoured with ghee, pepper, cumin seeds, cashewnuts, & ginger], Idiappam [steamed rice noodles], Appam [baked pancake], delicately, spiced vegetables like 'Sambhar' [seasoned lentil broth], chutney [coconut paste flavoured with green chillies & coriander leaves], rasam [tomato, pepper & cumin seeds broth] & mounds of rice.

Sweet are favourite with sevaiya [sweetened noodles], payasam [sweetened lentil alongwith coconut milk] being the favourite ones.

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1. DRY VEGETABLE

1. Batatyachi Bhaji [Sauteed Potatoes With Mustard Seeds]

Ingredients

- ◆ 5 Boiled Potatoes ◆ 1 Large Onion Chopped ◆ 2 Green Chillies Chopped ◆ 1 Tsp Ginger Paste ◆ 6 Curry Leaves
 - ◆ 3 Tbsp Grated Coconut ◆ A Pinch of Asafoetida ◆ 1/4 Tsp Methi Dana ◆ Sugar & Salt to taste ◆ Coriander Leaves for Garnising ◆ 1/4 Tsp Turmeric Pd
- Method

1. Cut the potatoes into 4 pieces, mix sugar, salt & turmeric pd, mix well.
2. In a pan, heat oil, add methidana, curry leaves, asafoetida, green chillies, onion & ginger paste. Fry for a few minutes.
3. Now add potato mixture, stir well continuously.
4. Garnish with coriander leaves.

2. Vangyache Bharit [spicy mashed brinjal in Marathi style]

Ingredients

◆ 2 Big Brinjal ◆ 3 Onions
◆ 3 Tomatoes ◆ 4 Green Chillies ◆ 1 Tsp Garlic Paste ◆ 1 Tsp Red Chilli Pd ◆
Salt to taste ◆ Sugar to Taste ◆ 1/4 Cup Coriander Leaves For Tempering:
◆ 1/2 Tsp Mustard Seeds ◆ A Pinch of Hing ◆ 2 Tbsp Oil Method

1. Roast, peel & mash brinjal.
2. Chop tomatoes, onions, green chillies finely.
3. In a heavy bottom, heat oil, add mustard seed, hing, onion, fry till golden brown. Now add tomatoes, green chillies, mix well.
4. Add roasted brinjal, coriander leaves, red chilli pd, salt, sugar. Mix well.

3. Valache Birde [spicy field beans]



Ingredients

- ◆ 2-3 Cup Field Beans [Vaal], Soaked & Sprouted ◆ 2 Onion Chopped Finely ◆ 3 Tomatoes, Chopped ◆ 1 Tsp Tikhat [Red Chilli Pd]
- ◆ 2 Tbsp Jaggery
- ◆ 1 Cup Grated Coconut For Tempering:
- ◆ 2 Tbsp Oil
- ◆ 2 Tsp Mustard Seeds ◆ A Pinch of Hing

For Grinding Masala:

- ◆ 2 Tsp Cumin Seeds ◆ 1 Onion
- ◆ 10 Garlic Cloves ◆ 1 Cup Coriander Leaves ◆ 3 Green Chillies Method

1. Grinding all of grinding masala, keep aside.
2. In a heavy bottom, heat oil, add mustard seeds, hing, mix well. Add chopped onion, fry for a few minutes, add tomatoes, stir well.
3. Now add vaal, tikhat, grinding masala. Fry till oil is come out, then add salt, water 3 cup, mix well.
4. Cover & cook till vaal is tender, then add jaggery, stir well.
5. Now add grated coconut, garnish with coriander leaves.

GRAVY VEGETABLE

1. Aluchi Patal Bhaji [Spicy Colacasia leaves]

Ingredients

◆ 20 Aravi Leaves[Colacasia Leaves]
◆ 1/2 Cup Cashewnuts ◆ 2 Tbsp Oil ◆ 1/2 Tsp Mustard Seeds ◆ 1/4 Cup Roasted Peanuts, Crushed ◆ 4 Curry Leaves ◆ A Pinch of Hing ◆ 1/2 Tsp Cumin Seeds
◆ 1/2 Cup Jaggery ◆ 1/2 Cup Chana Dal ◆ Salt to taste Method

1. Wash & chop colacasia leaves finely.
2. In a pan, mix water & colacasia leaves, cook in slow flame.
3. Now add chana dal & peanuts, mix well.
4. When it is half to cooked, add salt, cashewnuts, jaaggery. Mix well.
5. Cook it for a few minutes.
6. Tempering with curry leaves, mustard seeds, cumin seeds, hing. Mix in veg.

2. Palakachi Takatli Bhaji [spinach leaves in buttermilk]

Ingredients

◆ 1 Bunch Spinach Leaves, Chopped Finely ◆ 1 Tbsp Peanuts ◆ 3 Green Chillies, Chopped ◆ A Pinch of Hing ◆ 1/2 Cup Buttermilk ◆ 1/4 Cup Chana Dal ◆ A Few Coriander Leaves ◆ 1 Tsp Cumin Seeds ◆ 1 Tbsp Ghee ◆ 1 Tbsp Gram Flour ◆ 1/2 Tsp Sugar ◆ 1/4 Cup Coconut[Roasted & Grounded]

Method

1. Boil the dal, spinach leaves, peanuts together.
2. Mash it properly & add salt, sugar, green chillies, mix well.
3. Now cook this mixture in slow flame.
4. Then add gram flour, buttermilk, stir it continuously.
5. Add coconut, mix well. Cook & boil it.
6. Tempering with, heat ghee, add cumin seeds, hing.
7. Pour this on the curry.

3. Batatyacha Rassa [saucy potatoes]



Ingredients

- ◆ 4 Medium size Potatoes ◆ 4 Tomatoes
- ◆ 5 Green Chillies ◆ 1/2 Tsp Turmeric Pd ◆ A Pinch of Hing ◆ 1/2 Tsp Cumin Seeds ◆ 1/2 Tsp Mustard Seeds ◆ 1/2 Tsp Sugar ◆ 1 Tsp Goda Masala [Black Maharashtian Masala]
- ◆ 2 Tbsp Oil
- ◆ 1/4 Cup Coriander Leaves Method

1. Boil potatoes & tomatoes, chop it into dice. Chop chillies. Keep aside.
2. Heat oil in a pan, add mustard seeds, cumin seeds, hing, turmeric pd, stir well.
3. Now add chopped tomatoes, fry for a few minutes.
4. Add potatoes & 1 cup water. Mix well.
5. Cover & cook for 2 minutes.
6. Remove the lid, add masala, salt, sugar. Mix well. Garnish with coriander leaves.

4. Vegetable Kolhapuri [vegetable is kolhapuri style]



Ingredients

- ◆ 1 Cup Frozen Peas ◆ 2-3 cup frozen mix vegetable ◆ 500 ml Water
- ◆ 3 Whole Red Chillies ◆ 1 Small Piece of Ginger ◆ 4 Garlic Cloves
- ◆ 1/2 Cup Chopped Coriander Leaves ◆ 4 Tbsp Oil
- ◆ 2 Onions, Chopped ◆ 2 Tomatoes, Chopped ◆ 1/2 Tsp Turmeric Pd ◆ 1 Tsp Coriander Pd ◆ Salt to taste

1. Mix the vegetable & peas with water.
2. Cook the mixture in a pan on a medium heat for 10 minutes. Set aside.
3. Grind together the red chillies, ginger, garlic, green chillies, coriander leaves to a fine paste.
4. Heat pan, add oil, add the ground paste, fry well, add onion, fry till golden brown.
5. Add chopped tomatoes, turmeric, salt, fry this mixture for 2-3 minutes. Stir well.
6. Now add the cooked vegetable, mix well. Cover & cook in slow flame for 5 minutes.

5. Kolhapuri Missal [Mix Beans In Kolhapuri Style]

Ingredients ♦ 2 Cup Mixed Sprouted Beans ♦ 4 Tbsp Oil ♦ 4 Onion, Chopped ♦ 1 Tbsp Ginger Garlic Paste ♦ 2 Tsp Dhania-Zira Pd ♦ 3 Tomatoes, Chopped ♦ 1 Tbsp Roasted Sesame Seeds ♦ 2 Tsp Khuskhus ♦ 1 Cup Grated Coconut ♦ 3 Tbsp Dry Coconut, Grated ♦ Salt to taste ♦ For Garnishing ♦ Farsaan/Chivda ♦ 2 tbsp Chopped Onion ♦ Lime Juice ♦ Grated Cocnut Method 1. Boil the sprouted beans, keep aside.

2. Grind together khuskhus, sesame seeds, grated coconut, to a fine paste.
3. Heat oil, fry onion, ginger garlic paste, add dhania-zira pd, turmric, mix well.
4. Now add grinding masala & cook it. Add chopped tomatoes, fry well. Cook till oil is come out.
5. Then add boiled sprouted beans, salt, mix well, add water as required, cook till gravy is thick.
6. Before serving, add farsaan, missal, onion, coconut, lime juice.

3. Daal/Varan

1. Naagpuri Tikhat Varan [Spicy Lentil In Naagpur Style]

Ingredients

◆ 1 Cup Tur Dal ◆ 4 Slit Green Chillies ◆ 1/2 Tsp Mustard Seeds ◆ A Pinch of Hing ◆ 1/2 Tsp Turmeric Pd ◆ 1 Onion, Sliced ◆ A Pinch of Sugar ◆ 2 Tbsp Oil ◆ A Few Coriander Leaves Method

1. Boil the dal in cooker with 2-3 whistle, keep aside.
2. In heavy bottom, heat oil, add sliced onion, chillies, hing, mustard seeds, fry well.
3. Now add the boiled dal & 2 cup of water, beat well. Add salt & sugar. Boil it for 2-3 minutes.

For tempering:

4. Heat 1 tsp oil, add red chilli pd, dry red chilli. Mix in dal.

2. Katachi Aamati [Pan Edge Lentil]



Ingredients

- ◆ 3 Cup Chana Dal Stock ◆ 1 Tbsp Tamarind Pulp ◆ 1/2 Tsp Turmeric Pd ◆ 1 Tbsp Red Chilli Pd ◆ 2 Cloves
- ◆ 1 Stick of Cinnamon ◆ 2 Bayleaves
- ◆ 1 Tsp Goda Masala ◆ A Few Curry Leaves ◆ 1/2 Tsp Mustard Seeds ◆ 1 Small Piece Of Jaggery ◆ Coriander Leaves ◆ 1/2 Dry Coconut ◆ 1 Tsp Cumin Seeds ◆ Salt to taste Method

1. Heat pan, add the dal stock, boil it, add tamarind pulp, goda masala, chilli pd, jaggery & salt, mix well.
2. Grind the coconut, cumin seeds together, keep aside.
3. When dal is boiling, add the grinding masala. Mix well.
4. For tempering, heat oil in a small pan, add mustard seeds, cloves, bayleaf, hing, cinnamon, curry leaves, mix in stock. Cook for a few minutes.
5. Garnish with coriander leaves.

3. Chanyachi Aamati [Spicy Bengal Gram Lentil]



Ingredients

- ◆ 1 Cup Chana Dal
 - ◆ 1 Big Onion, Sliced ◆ 1/2 Cup Grated Coconut ◆ 1/2 Tsp Ginger Paste ◆ 1 Tsp Garlic Paste ◆ 1 Tsp Green Chilli Paste ◆ 2 Dry Red Chillies ◆ 1 Tbsp Oil
 - ◆ 1/4 Tsp Mustard Seeds ◆ A Pinch Of Hing
 - ◆ 2 Tbsp Fried Cashewnuts ◆ 2 Tbsp Fried Coconuts
- Method
1. In a cooker, boil the chana dal with 3 whistles, keep aside.
 2. In a pan, heat oil, add mustard seeds, hing, dry red chillies, mix well.
 3. Now add sliced onions, fry well till golden brown, add coconut, ginger. Garlic-chilli paste. Mix well.
 4. Add fried coconut & cashewnuts, add chana dal, salt & 2 cup of water, cook in slow flame till dal becomes too thick.

4. Pithale [Gram Flour Mix In Masala]



Ingredients

◆ 1 Cup Gram Flour ◆ A Pinch of Hing ◆ 4 Slit Green Chillies ◆ 1 Tsp Mustard Seeds ◆ 2 Tbsp Oil

◆ 1 Onion Chopped ◆ A Pinch of Turmeric Pd ◆ Salt to taste Method

1. In a bowl, mix together gram flour, salt & some water, stir well.
2. Heat the heavy bottom, add oil, add mustard seeds, turmeric pd, hing, mix well, now add chopped onion, fry well till golden brown, add slit chillies.
3. Now add the gram flour paste, stir well continuously.
4. Cover & cook in slow flame till 5 mins.
5. Garnish with coriander leaves.

4. Kadhi

1. Takachi Kadhi [Buttermilk Stew]

Ingredients

◆ 3 Cup Buttermilk ◆ 1 Tbsp Gram Flour ◆ 1/4 Cup Chopped Coriander Leaves
◆ 1 Tsp Ginger Paste ◆ 2 Stick Cinnamon ◆ 3-4 Cloves ◆ A Few Curry Leaves
◆ 1 Tbsp Dry Grated Coconut ◆ 4 Green Chillies Slit ◆ A Pinch of Sugar ◆ 1/2
Tsp Mustard Seeds ◆ A Pinch of Hing ◆ 2 Tbsp Ghee or Tup ◆ Salt to taste
Method

1. In a bowl, mix buttermilk, gram flour, beat well.
2. Heat ghee, add mustard seeds, curry leaves, hing, green chillies, cinnamon, cloves, & ginger paste, mix well.
3. Now add buttermilk with salt, sugar, turmeric powder, boil & cook it.
4. Garnish with dry coconuts, coriander leaves.

2. Sol Kadhi [Kokum-Coconut Soup]

Ingredients

◆ 3 Coconut, Grated ◆ 2 Tbsp Grated Ginger ◆ 2 Tbsp Garlic, Crushed ◆ 1 Tsp Cumin ◆ 1 Tbsp Kokum Syrup ◆ 5 Green Chillies ◆ Salt to taste Method

1. Grind the coconut with water, make a coconut milk.
2. In a pan boil the coconut milk, add cumin seeds, chopped green chillies, ginger, garlic, mix well.
3. Add kokum syrup, Salt to taste, cook in slow flame, stir well.

3. Malavani Kadhi [Malwani Stew]

Ingredients

- ◆ 2 Cup Buttermilk ◆ 2 Cup Coconut Milk ◆ 4 Green Chillies, Slit ◆ 2 Pinch Turmeric Pd ◆ 1 Tbsp Gram Flour ◆ 1 Tsp Sugar
- ◆ Salt to taste

For Tempering

◆ 1/2 Tbsp Ghee

◆ 1/2 Tsp Cumin Seeds ◆ A Pinch of Hing ◆ A Few Curry Leaves & Coriander Leaves Method

1. Mix buttermilk, coconut milk with gram flour, beat well.
2. In a pan heat ghee, add all tempering ingredients, mix well.
3. In another pan, boil the buttermilk mixture cooktill it become to thik, add salt & sugar, mix well.
4. Now add the tempering mixture, garnish with coriander leaves.

5. Roti/Bhaakri 1. Baajrichi Bhakari [Hand-Flattened Millet]

Ingredients

◆ 2 Cup Millet Flour ◆ 2 Tbsp Curd ◆ Salt to taste ◆ Water Method

1. Knead all the ingredients to form a soft dough into equal balls, roll it.
2. Heat the flat pan, place a bhakari on the pan & spread a tsp of water over it, cook each side brown.
3. Repeat for the remaining bhakari. Serve hot.

2. Tikhat Purya [Spicy Fried Bread]

Ingredients

◆ 2 Cup Wheat Flour ◆ 1/2 Cup Gram Four ◆ 1/2 Tsp Cumin Seeds ◆ Salt to taste ◆ 1/2 Tsp Termaric ◆ 1 Tsp Tikhat ◆ 1 Tbsp Oil for dough ◆ Oil for frying Method

1. Mix all ingredients and make thick dough set aside half an hour.
2. Knead the dough again till soft.
3. Divide in to even size balls.
4. Roll out to thickness.
5. Heat oil, fry puri gently pressing down.
6. When puffed up turn over lightly brown on both side.
7. Drain on the paper and serve hot.

3. Vegetable Dhirde [Vegetable Spicy Pancake]



Ingredients

◆ 4 Cup Wheat Flour ◆ ¼ Cup Grated Carrot ◆ ¼ Cup Capsicum Finely Chopped ◆ Salt to taste

◆ 1 tsp Ginger Paste ◆ Oil for greasing Method

1. Mix the wheat flour, carrot, cabbage, capsicum, salt, and ginger paste, batter like a pan cake.
2. Grease a flat pan, spread a large spoon full of batter in round shape.
3. Cook in slow flame till underside is golden like pan cake.

4. Palakache Thalipith [Spinach Pancake]

Ingredients

◆ 1 Cup Gram Flour ◆ 1 Millet Flour ◆ 1 Cup Wheat Flour ◆ 2 Cup Spinach,
Chopped Finely ◆ 1 Big Onion, Finely Chopped ◆ 1 Tsp Coriander Powder ◆
2 Tsp Coriander Leaves ◆ 4, 5 Green Chilies ◆ Salt to taste ◆ Oil for greasing
Method

1. Mix all the ingredients, except oil, to form a thick batter.
2. Grease a flat pan, spread a large spoonful of the batter, like a pancake.
3. Cook on a medium heat till the under side is golden.
5. Repeat for the remaining.

6. Rice

1. Vaangi Bhat [Brinjal Rice]

Ingredients

◆ 2 Medium Size Brinjal, Cut into Round Shape ◆ 2 Cup Rice ◆ 2 Tbsp Goda Masala ◆ 4 Tbsp Oil ◆ 1/2 Tsp Mustard Seeds ◆ A Pinch of Hing ◆ Salt to taste ◆ A Few of Curry Leaves ◆ 1 Big Tomato, Chopped ◆ 1 Tsp Sugar

Method

1. Wash and soak rice.
2. In a pan, heat oil, add mustard seeds, hing, curry leaves, mix well, add brinjal, fry well.
3. Now add goda masala, stir well, then add rice, continuous stir well, add boil water with tomato, salt, and sugar.
4. Cover and cook till rice is tender.

2. Varhadi Aalu Bhat [Varhadi Potato Rice]



Ingredients

- ◆ 1 Cup Rice
- ◆ 6-7 Green Chillies, Chopped ◆ 1 Piece of Ginger ◆ 2 Medium Potatoes, Cut into Cube ◆ 2 Stick Cinnamon ◆ 1 1/2 Cup Curd ◆ 1/2 Cup Coriander Leaves, Chopped ◆ 1/2 Cup Dry Coconut Grated ◆ 1 Tsp Coriander Seeds ◆ 1/2 Tsp Turmeric Pd ◆ Salt to taste ◆ 1/2 Cup Cashewnuts ◆ Oil

Method

1. Fry potatoes cube, & cashewnuts separately.
2. Wash & soaked rice, keep aside.
3. Grind together green chillies, ginger, cinnamon, coriander seeds, & turmeric to a fine paste.
4. In a heavy bottom, heat oil 3 tbsp, & fry the ground paste, add fried potatoes & curd. Mix well, then add rice, & stir fry.
5. Now add 4 cup of water, salt, cover & cook the rice, add fried nuts.
6. Garnish with dry coconut & coriander leaves.

3. Dahi Bhat [Curd Rice]



Ingredients

◆ 2 Cup Cooked Rice ◆ 2 Cup Curd ◆ 1 Cup Milk ◆ Salt to taste ◆ Sugar to taste

For tempering:

◆ 1 tbsp ghee ◆ 1/5 tsp geera ◆ A pinch of hing ◆ A Few curry leaves ◆ 3 green chilles, slit Method

1. In a bowl mix curd, rice, milk, salt and sugar, mix well.

For tempering:

2. Heat ghee, add jira, green chilles, curry leaves, hing.

3. Mix in curd.

4. Serve cool.

4. Masala Bhat [Spicy Rice]

Ingredients

- ◆ 2 cup basmati rice ◆ 1/5 cup tondli sliced ◆ 1/5 carrots sliced ◆ 1 cup potatoes sliced ◆ 4 to 5 cup boiled water ◆ 1/2 cup peanuts ◆ ¼ cup cashenuts ◆ 2 to 3 stick cinnamon ◆ A few jifal ◆ A pinch in hing ◆ ¼ tsp cardamom powder ◆ 1 tsp goda masala ◆ 1 tsp jeera ◆ 1 tsp rai ◆ 3 tbsp oil.
- ◆ Salt to taste ◆ For garnsh ◆ 2 tbsp grated coconut ◆ 2 tbsp fried cashewnuts ◆ Coriander leaves

- Method
1. Wash and soak rice, keep aside.
 2. Heat heavy bottom, add oil, add cloves, cinnamon, jaifal, hing, cardamom powder, jeera rai, mix well.
 3. Now add all sliced vegetables, stir well continuously. Add rice, mix well.
 4. Add boiling water, nuts and salt, goda masala, mix well.
 5. Cover and cook in slow flame, till rice is tender.
 6. Garnish with coriander leaves, cashewnuts and coconuts.

7. SALADS

1. Batata Kosimbir [Potato Salad]

Ingredients

◆ 4-5 Boiled Potatoes ◆ 2-3 Onions ◆ 1 Cup Grated Coconut ◆ 1/2 Lime ◆ 1 Small Bunch Coriander Leaves ◆ 2 Green Chillies ◆ Salt to taste Method

1. Cut the potatoes into cubes, chopped onions, green chillies & coriander leaves.
2. Add grated coconut, lime juice, salt, mix well.

2. Daalichi Kosimbir [Lentil Salad]



Ingredients

◆ 1 Cup Chana Dal ◆ 3 Green Chillies ◆ 1 Small Piece Of Ginger ◆ 4 Tsp Grated Coconut ◆ 1 Lime
◆ Salt to taste ◆ Oil for seasoning ◆ 1/4 Tsp Mustard Seeds ◆ 1/4 Tsp Cumin Seeds ◆ 1/4 Tsp Red Chilli Pd ◆ Coriander Leaves for garnish Method

1. Soak chana dal for 3-4 hrs.
2. Grind the chana dal with green chillies, ginger roughly, then add salt, lime juice, coconut pd, mix well.
3. Heat a little oil in small pan, with mustard seeds, cumin seeds, red chilli pd, mix in chana dal, mix well.
4. Garnish with coriander leaves.

3. Kakadichi Kosimbir [Cucumber Salad]



Ingredients

◆ 2-3 Cucumber ◆ 1/2 Lime ◆ 2 Tbsp Peanuts Roasted & Crushed ◆ 1/2 Cup Curd ◆ 2 Green Chillies Chopped ◆ Salt & Sugar to taste ◆ Coriander Leaves for garnishing For Tempering:

◆ 1 Tbsp Oil ◆ A Pinch Of Hing ◆ 1/2 Tsp Mustard Seeds ◆ A Few Curry Leaves
Method

1. Peel & grate the cucumber.
2. Add salt, sugar, lime juice, curd, green chillies, peanuts, mix well.
3. Temper with mustard seeds, hing, garnish with coriander leaves.

8. Raita

1. Bhopalyache Bharit [Pumpkin Yoghurt Salad]

Ingredients

◆ 1 Cup Boiled Red Pumpkin, Make Small Square Piece & boil them ◆ 3-4 Green Chillies, Chopped ◆ 1 Cup Curd ◆ Salt & Sugar to taste ◆ Coriander Leaves For Tempering:

◆ 1 Tsp Oil ◆ 1/2 Tsp Mustard Seeds ◆ 1/2 Tsp Hing Method

1. Beat the curd, add boiled pumpkin, green chillies, salt & sugar, mix well.
2. Now heat oil in small pan, add mustard seeds, hing, mix in curd mixture, garnish with coriander leaves.

2. Vaangyache Bharit [Marathi Brinjal Salad]

Ingredients

◆ 1 Big Eggplant ◆ 1 Small Onion ◆ 3 Green Chillies ◆ 2 Cup Curd ◆ A Few Coriander Leaves ◆ Salt to taste ◆ For Tempering ◆ 2 Tsp Oil ◆ 1 Tsp Mustard Seeds ◆ 1/2 Tsp Hing Method

1. Roast eggplant over direct flame both side.
2. After eggplant has turned soft, remove from fire.
3. Peel off the skin, scoop out the black seeds, mash it.
4. Beat the curd, chop onion, & chillies, mix all ingredients with salt.
5. For tempering, heat oil in a pan, add hing, mustard seeds, pour this tempering over the bharit, garnish with coriander leaves.

3. Daanger [Lentil Pd In Curd]

Ingredients

- ◆ 1 Cup Urad Dal, Roasted ◆ 1 Tbsp Chana Dal, Roasted ◆ 1 Tbsp Coriander Seeds, Roasted ◆ 2 Cup Curd
 - ◆ Salt to taste ◆ 2-3 Green Chillies ◆ 2 Onions, Chopped ◆ Tempering with Dry Red Chilli only ◆ For Garnishing, Coriander Leaves
1. Grind roasted chana dal, urad dal & coriander seeds to a fine powder.
 2. Beat the curd, mix the powder in curd, stir well, add chopped chillies, onion & tempering with dry red chillies, add salt & sugar, mix well, garnish with coriander leaves.

9. Snacks

1. Kothimbir Vadi [Coriander Rolls]

Ingredients

◆ 2 Cup Coriander Leaves, Chopped Finely ◆ 1 Cup Wheat Flour ◆ 1 Cup Gram Flour ◆ 1/2 Cup Peanuts Coarsly Pounded ◆ 1tbsp Sesame Seeds ◆ 1 Tsp Chilli Pd ◆ 1 Tsp Sugar ◆ 1 Tsp Ginger-Garlic Paste ◆ 1/2 Tsp Garam Masala ◆ 1/2 Tsp Turmeric Pd ◆ 1/4 Tsp Soda-Bi-Carb ◆ Oil Method

1. Mix flour, sesame seeds, coriander leaves, peanut pd, & all masala with soda-bi-carb, ginger-garlic paste, salt & sugar, add small water, make a thick paste.
2. Heat 2 tbsp of oil, & mix in paste.
3. Grease a deep platter, spread the paste evenly.
4. Steam for 15 minutes an idly steamer.
5. Remove & cool.
6. Cut into diamond shaped pieces.
7. Heat oil & deep fry these pieces.

2. Kaanda Bhaji [Onion Fritters]

Ingredients

- ◆ 2-3 Big Onion, Sliced ◆ 1 Cup Gram Flour ◆ 1 Tbsp Rice Flour ◆ A Pinch of Soda-Bi-Carb ◆ 2-3 Chopped Green Chillies ◆ 1/2 Tsp Turmeric Pd ◆ 1/2 Tsp Tikhat [red chilli pd]
- ◆ 1/2 Tsp Coriander Pd ◆ 1/4 Cup Coriander Leaves, Chopped ◆ A Pinch of Hing ◆ Salt to taste ◆ Oil for frying Method

1. Mix all ingredients, make a thick batter.
2. Heat oil, fry small pieces of bhajias, serve hot.

3. Batata Vada [Spicy Potato Croquettes]

Ingredients

◆ 4-5 Potatoes ◆ 100 Gm Gram Flour ◆ A Pinch of Hing ◆ 1/4 Tsp Turmeric Pd
◆ 2 Green Chillies ◆ 3 Garlic Flacks ◆ 1/2 Tsp Red Chilli Pd ◆ 1/2 Tsp
Mustard Seeds ◆ 1/2 Tsp Dhania Pd ◆ A Few Coriander Leaves ◆ Salt to taste
◆ Oil for frying Method

1. Wash potatoes, cut into 2 pieces, & pressure with turmeric powder for 3-4 whistle.
2. Crushed green chillies & garlic, peel the potatoes & mash it.
3. For tempering, heat oil, add turmeric pd, hing, mustard seeds, chilli, garlic paste, add in potatoes, mix well.
4. Make the potato balls for vada, keep aside.

For batter

5. In a bowl, mix gram flour, a pinch of turmeric pd, salt & hing, beat well, make a thick batter.
6. Heat oil in kadahi, add the potato ball in batter, deep fry the vada both side golden brown.

4. Kobiche Vade [Cabbage Fritters]

Ingredients

◆ 1 Cup Grated Cabbage ◆ 1 Cup Gram Flour ◆ 1 Tsp Dhania-Jira Pd ◆ 2 Tsp Red Chilli Pd ◆ 1/2 Cup Chopped Onion ◆ 1/2 Cup Chopped Coriander Leaves ◆ 1/4 Tsp Soda-Bi-Carb ◆ Oil for deep frying Method

1. In a bowl, mix cabbage, gram flour, red chilli pd, onion, coriander leaves, dhania-jira pd, salt, make a thick paste, add 2 tsp hot oil, mix well.
2. Now heat oil, deep fry all bhajias till both side golden brown.

10. Sweets

1. Baasundi [Thick Saffron Milk With Nuts]

Ingredients

◆ 1 Ltr milk ◆ 1 tbsp charoli, pound roughly ◆ 2 tbsp almonds, blanched & sliced
◆ 1 tsp cardamom pd ◆ 1 tin condensed milk ◆ Extra sugar Method

1. Boil milk till it become to thick.
2. Than add suger, condensed milk, cook in slow flame atleast 10-15 mins.
3. Now add almonds, charoli, cardamom pd, cool it.

2. Kesari Bhat [Saffron Rice]

Ingredients

◆ 1 Cup Old Small Rice ◆ 1 & 1/4 Cup Sugar ◆ 1/4 Cup Ghee ◆ 6-7 Cloves ◆ 1/2 Tsp Cardamom Pd ◆ A Pinch of Orange Food Colour Method

1. Wash & soak rice, boil & drain it, keep aside.
2. In other pan, heat water, add sugar, colour, cloves, continuous stir well till water is become to thick.
3. Now add rice, mix well, cook in slow flame, add cardamom pd, ghee, mix well.

Chutney

1. Mirchi Cha Chatka [Pounded Green Chillies]

Ingredients

- ◆ 5 Green Chillies
- ◆ 1/4 Cup Curd
- ◆ 1 Small Piece of Ginger, grated
- ◆ Salt to taste

Method

1. Roast the green chillies over direct flame.
2. Crush these chillies, mix together curd, ginger, salt & chillies.

2. Varhadi Thecha [Pounded Chillies In Varhadi Style]

Ingredients

- ◆ 20 Red Chillies
- ◆ 1 Piece Ginger
- ◆ 8 Garlic Cloves
- ◆ Lime Juice
- ◆ 2 Tbsp Oil
- ◆ Salt to taste

Method

1. Heat oil, fry all red chillies, & mix all ingredients, & grind it together.

3. Khaandeshi Chutney [Marathi Style Chutney]

Ingredients

- ◆ 1 Cup Roasted Peanuts
- ◆ 1 Large Bunch Fresh Coriander Leaves
- ◆ 6 Green Chillies
- ◆ 12 Garlic Cloves
- ◆ 1/2 Lime Juice
- ◆ Salt to taste

Method

1. Mix all ingredients, grind it together to make a fine paste.

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DRY VEGETABLES

1. Sev-Gaathia Nu Saag [Fried Spice Crispy]

Ingredients

◆ 2 Cup Sev or Gaathia ◆ 1/2 Tsp Red Chilli Pd ◆ 1/2 Tsp Cumin Seeds ◆ 1/4 Tsp Garam Masala ◆ 1/2 Tsp Sugar ◆ A Pinch of Asafoetida ◆ 1/4 Tsp Dry Mango Pd ◆ 1/4 Tsp Coriander Pd ◆ 2 Tbsp Oil ◆ Salt to taste ◆ A few Coriander Leaves Method

1. Heat oil in a pan, add cumin seeds, asafoetida, add all masala, stir well in slow flame.
2. Add sugar & salt, stir to dissolve, add sev, mix well, garnish with chopped coriander leaves.

2. Tindora Nu Saag [spicy ivygourd]

Ingredients

- ◆ Ivy Gourd 250 Gm [Tindora]
- ◆ 2 Tbsp Jaggery ◆ 1 Tbsp Chana Dal ◆ 1 Tbsp Sesame Seeds ◆ 1 Tsp Mustard Seeds ◆ A Pinch of Hing ◆ 1/2 Tsp Turmeric Pd ◆ 4 Dry Red Chillies ◆ 1 Tbsp Coriander Pd ◆ 2 Tbsp Oil
- ◆ Salt to taste Method

1. Wash & cut ivy gourd into long shape.
2. Heat oil in a pan, add mustard seeds, hing, sesame seeds, dry red chillies, chana dal, mix well.
3. Add all masala, ivy gourd, stir well, cook in medium flame.
4. Now add jaggery, salt, mix well, cook till vegetables are tender.

3. Sambharia Bhindi [Spicy ladies finger]



Ingredients

- ◆ 250 Gm Ladies Finger [Bhindi]
- ◆ 4 Tbsp Curd
- ◆ 1 Tsp Green Chilli-Ginger Paste ◆ 1/2 Tsp Cumin Pd ◆ 1/2 Tsp Coriander Pd ◆ 1/2 Tsp Red Chilli Pd ◆ 4 Tbsp Grated Coconut ◆ 1/2 Cup Coriander Leaves Chopped ◆ Salt & Sugar to taste ◆ Oil for deep frying Method

1. Clean & wash bhindi, slit it lengthwise & keep aside.
2. In a bowl, mix all masala, except curd & oil, mix well.
3. Stuff each bhindi with this mixture.
4. Heat oil, deep fry stuffed bhindi till they turn soft, keep aside.
5. In a separate pan, add curd & fried bhindi, cook in a slow flame for 5-6 minutes. Add salt, mix well, cook for 2 minutes more.

4. Kobinu Saag [Spicy cabbage in Gujarati style]



Ingredients

◆ 500 Gm Cabbage, Finely Shredded ◆ 1 Cup Fresh Peas ◆ 2 Tbsp Oil ◆ 1 Tsp Mustard Seeds ◆ 4 Green Chillies Slit ◆ 1/4 Tsp Turmeric Pd ◆ Salt to taste ◆ 1 Tsp Sugar ◆ 3 Tbsp Grated Coconut Method

1. Heat oil in a kadai, add mustard seeds, green chillies.
2. Add cabbage, peas, turmeric pd, mix well.
3. Now add salt & sugar, mix well, cook on a low flame for 10 minutes.
4. Now add the coconut, mix well, serve hot.

2. Gravy Vegetable

1. Surati Uondhiyu [Surati style stuffed vegetable]

Ingredients

- ◆ Yam 3-4
- ◆ Potatoes 5-6
- ◆ Sweet Potatoes 3-4
- ◆ Small Brinjal 5-6
- ◆ Ripe Rajeli Bananas 3 Pieces ◆ 1/2 Coconut
- ◆ 1 Bunch Coriander Leaves ◆ 8-10 Flacks Garlic ◆ Double Beans[Paapadi] 120 Gm ◆ 120 Gm Field Beans ◆ 2 Tsp Sugar
- ◆ A Pinch of Soda-Bi-Carb ◆ A Pinch of Hing ◆ 5-6 Green Chillies ◆ 1 Pieces Ginger ◆ 120 Ml Gingely Oil ◆ Salt to taste

For Muthias

- ◆ 1 Bunch of Fenugreek Leaves [Methi]
 - ◆ A Pinch of Turmeric ◆ 2 Cup Gram Flour ◆ 2 Tsp Chilli Pd ◆ Salt to taste
- Method

For Muthias

1. Clean methi leaves, sprinkle with salt, set aside.
2. Mix salt, a pinch of turmeric, chilli powder, a little oil, methi & gram flour.
3. Add water little by little to form a stiff paste.
4. Make balls of this paste, fry till golden brown & set aside.

For Vegetable

1. Peel yam, potatoes & sweet potatoes, cut yam & sweet potatoes into cube size.
2. Remove stems from brinjal, cut bananas into 2 pieces each without removing skin.
3. Slit potatoes, brinjal, bananas into quartes size.
4. Clean double beans.

5. Mix together the stuffed vegetable, chopped coriander & hing mixture.

5. Mix together grated coconut, chopped coriander & onion, mix well.
6. Divide into 3 portions, stuff brinjal, potatoes, & bananas with 2 portions.
7. Smear yam & sweet potatoes with remaining third.
8. Heat oil in a heavy bottom, add spices, fry well, add 1 tsp ajwain.
9. Add 300 ml of water, when it comes to boil, add double beans, field beans & a pinch of soda, cook for a few minutes.
10. Add stuffed brinjal, cook for 10 minutes, add potatoes, sweet potatoes, & yam cube.
11. When it is cooked done, add fried muthias, stuffed bananas, cook till done.

2. Muthiya Nu Saag [Fried spice crispy]

Ingredients

- ◆ 2 Cup Methi Leaves Finely Chopped ◆ 1 1/2 Cup Maida [Wholemeal Flour]
 - ◆ 1 1/2 Cup Gram Flour ◆ 2-3 Green Chillies Chopped ◆ 1 Tsp Ginger Paste ◆
1/2 Tsp Garam Masala ◆ 1/2 Tsp Turmeric Pd ◆ A Pinch of Soda-Bi-Carb ◆ 3-
4 Tbsp Oil
 - ◆ 3 Tsp Sugar
 - ◆ 1 Lime Juice
 - ◆ 1/2 Tsp Carom Seeds [Ajwain]
 - ◆ 1/2 Tsp Mustard Seeds ◆ A Pinch of Hing ◆ 2-3 Cup Water
- Method
1. Mix the methi with salt, set aside for 10 minutes, squeeze out the water.
 2. Mix the methi leaves with flour, gram flour, green chillies, ginger paste, sugar, lime juice, garam masala, turmeric, soda, salt, mix well, knead into a soft dough.
 3. Divide the dough into 20 balls, flatten slightly to form the muthias, set aside.
 4. Heat the oil in pan, add ajwain, rai, hing.
 5. Add muthias & water, cover & cook in slow flame for 10-15 minutes.

3. Vengan Batata Nu Saag [Spicy brinjal & potatoes]



Ingredients

◆ 4 Brinjal
◆ 4 Medium Size Potatoes ◆ 4 Medium Size Tomatoes ◆ 3 Dry Red Chillies ◆
1/2 Tsp Red Chilli Pd ◆ 1 Tsp Turmeric Pd ◆ 1 Tsp Coriander Pd ◆ 1 Tsp
Cumin Pd ◆ 1 Tsp Garam Masala ◆ 4-5 Tbsp Oil ◆ 3 Cup Water ◆ Salt &
Sugar to taste ◆ 1 Tsp Mix Whole Spices ◆ Coriander Leaves to garnish
Method

1. Clean, wash & slice brinjal, peel & slice potatoes, slice tomatoes.
2. Heat oil, add dry red chillies, whole spices, tomatoes, fry well.
3. Add all masala, potatoes, & brinjal, fry well about 5 minutes.
4. Pour water, cover & cook in medium flame, cook till vegetable are tender, & gravy is thick.
5. Sprinkle coriander leaves before serving.

4. Dudhi Ne Chana Dal [Bottle gourd in gram]



Ingredients

◆ 1 Tbsp Oil ◆ 1/2 Tsp Mustard Seeds ◆ 500 Gm Bottle Gourd, Diced ◆ 1/4 Cup Chana Dal, Soaked In Water For 2 Hr, Drained ◆ 2 Tomatoes, Finely Chopped ◆ 1/4 Tsp Turmeric Pd ◆ 2 Tsp Jaggery, Grated ◆ 1/2 Tsp Chilli Pd ◆ 2 Cup Water ◆ Coriander Leaves, Chopped ◆ Salt to taste Method

1. Heat the oil in kadai, add mustard seeds, gourd, chana dal, tomatoes, jaggery, chilli pd, turmeric, salt, mix well.
2. Fry for 5 minutes, add water, simmer for 30 minutes.
3. Garnish with coriander leaves.

3. Dals

1. Lachko Dal [Thick gram curry]

Ingredients

◆ 2 Cup Yellow Moong Dal ◆ 1/2 Tsp Turmeric Pd ◆ 1/2 Tsp Hing ◆ 3 Tbsp Ghee ◆ 1 Tsp Cumin Seeds ◆ 1 Tsp Red Chilli Pd ◆ 5 Cup Water ◆ Salt to taste Method

1. Clean & wash dal, cook in pressure cooker with hing, turmeric & salt with 2 whistle on high flame.
2. Heat pan, add ghee, add red chilli pd, cumin, dal, stir well till dal becomes too thick, garnish with coriander leaves.

2. Trevti Dal [Spicy mixed lentil]

Ingredients

- ◆ 1/2 Cup Tur Dal ◆ 1/2 Cup Moong Dal ◆ 1/2 Cup Chana Dal ◆ 1 Piece of Ginger ◆ 4 Green Chilli Chopped ◆ 2 Onions Chopped ◆ 2 Tomatoes Chopped ◆ 5 Chopped Garlic ◆ A Pinch of Turmeric Pd ◆ 4 Tbsp Oil
- ◆ 1 1/2 Tbsp Lime Juice ◆ 1/4 Cup Coriander Leaves For Seasoning
- ◆ 3 Dry Red Chillies ◆ 3 Cloves
- ◆ 2 Bayleaf
- ◆ 2 Pinch Hing Method

1. Soak all the dals for 1 hr & pressure cook the dals, keep aside.
2. Heat oil in a pan, add the seasonings.
3. Now add chopped ginger, garlic, green chillies, & fry for 5 minutes.
4. Than add onion & tomatoes, turmeric, salt. Cook it.
5. Mash the dals, add the dals with 3-4 cup of water, boil in slow flame for a few minutes.
6. Add lime juice, coriander leaves & stir well.

3. Khaati-Mithi Dal [Spicy & tangy lentils]

Ingredients

◆ 1 Tbsp Jaggery ◆ 1 Tbsp Tamarind ◆ 2 Tbsp Grated Coconut ◆ 1 Tbsp Coriander Leaves ◆ 2-3 Green Chillies ◆ 1 Tbsp Ghee

◆ 1 Tbsp Peanuts ◆ Salt to taste Method

1. Wash & boil the dal with turmeric & Salt to taste, keep aside.
2. In other pan, boil water, add jaggery, tamarind, mix well, cook it for 5 minutes.
3. Heat ghee, add hing, cumin seeds, mustard seeds, add this mixture in boiled water.
4. Add cooked dal, stir & cook in slow flame, add coriander leaves, coconut, mix well, serve hot.

4. Kadhi

1. Bhinda Ni Kadhi [Ladies finger in buttermilk]

Ingredients

- ◆ 200 Gm Ladies Finger, Slit in Half ◆ 200 ml Buttermilk ◆ 1 Tsp Turmeric Pd ◆ 1 Tsp Gram Flour ◆ 1 Tsp Ginger, Chopped ◆ 2 Green Chilli
- ◆ A few Coriander Leaves ◆ 2 Tsp Oil
- ◆ Salt to taste Method

1. In a bowl, mix buttermilk & gram flour, add turmeric, ginger, chillies, coriander leaves, salt, beat well.
2. Wash & cut the ladies finger, & fry it, keep aside.
3. Cook the buttermilk mixture, add fried bhindi, & continuous cook for 10 minutes.

2. Gujarati Kadhi [Buttermilk in gujarti style]

Ingredients

◆ 2 Cup Curd ◆ 2 tbsp Gram Flour ◆ 4 cup Water ◆ 1 tbsp Grated Ginger ◆ 1 tsp Chopped Green Chillies ◆ 3 dry Red Chillies ◆ 2 Tbsp Butter ◆ 2 Tbsp Sugar ◆ 1 Tsp Mustard Seeds ◆ 1 Tsp Cumin Seeds ◆ 1/2 Tsp Hing ◆ A Few Curry Leaves ◆ Salt to taste Method

1. Mix curd, gram flour, & water, beat well, add ginger, chillies, curry leaves, sugar & salt, mix well.
2. Boil & cook the mixture for a 5 minutes.
3. Take a frying pan, heat butter, add cumin, mustard seeds, hing, saute all spices, & add into curd mixture.
4. Cook in slow flame for 5 minutes.

3. Boondi Ki Kadhi [Buttermilk spicy]

Ingredients

◆ 2 Cup Curd
◆ 2 Tbsp Gram Flour ◆ 4 Dry Red Chillies Broken ◆ 3 Green Chillies Slit ◆ 1 Tsp Ginger Paste ◆ 1 Tsp Mustard Seeds ◆ 1 Tsp Cumin Seeds ◆ 1/2 Tsp Hing ◆ 2 Tbsp Ghee ◆ 2 Tsp Sugar ◆ A few Curry Leaves ◆ 1 Cup Boondi Salted ◆ Coriander Leaves for Garnish ◆ Salt to taste Method

1. Take a pan, mix curd, gram flour, water, beat well, add ginger paste, chillies, curry leaves, sugar & salt, stir well.
2. Cook the mixture in slow flame for a 5 mins & bring it to a boil.
3. Take another frying pan, heat ghee, add rai, hing, cumin seeds, add broken chillies, sauté it.
4. Now add the curd mixture, cook in slow flame for a 5 minutes, garnish with coriander leaves.

5. ROTI

1. Methi Na Thepla [Fenugreek Flatbread]

Ingredients

◆ 2 Cup Wheat Flour ◆ 1 Cup Millet Flour ◆ 2 Cup Methi Leaves, Finely Chopped ◆ 1/2 Tsp Turmeric Pd ◆ 1/2 Tsp Sesame Seeds ◆ 1 Tsp Sugar ◆ 2tsp Chopped, Coriander Leaves ◆ 1/2 Cup Curd ◆ 2 Tsp Oil
◆ 1/2 Tsp Garlic Paste ◆ 1/2 Tsp Chilli Paste ◆ Ghee for Greasing ◆ Salt to taste

Method

1. Sieve the flour, add salt, turmeric, methi, sesame seeds, sugar, coriander leaves, mix well.
2. Now add curd, oil, garlic paste, chilli paste, mix well.
3. Make a dough well by adding water.
4. Divide the dough into equal balls, roll each into round shape.
5. Cook on a tawa, smear ghee on each side till golden brown.

2. Masala Bhakari [Spicy Flatbread]

Ingredients

◆ 2 Cup Wheat Flour ◆ 1 Tsp Ajwain ◆ 2 Tsp Red Chilli Pd ◆ A Pinch of Turmeric ◆ 1 Tsp Oil ◆ Salt to taste Method

1. Mix all ingredients & make stiff dough
 2. Make balls & roll them [little thicker than chapatti]
 3. On a hot tawa, bake bhakari on one side without oil than turn to other side 4.
- Bake all bhakaris one by one until light brown.

6. RICE

1. Lilva Bhat [Spicy Rice With Lentils]

Ingredients

◆ 2 Cup Rice ◆ 1 Cup Tuar Dana or Lilva ◆ 2 Tbsp Green Chilli Paste ◆ 4 Dry Red Chillies ◆ 3 Tbsp Ghee ◆ 1 Tsp Mustard Seeds ◆ 1 Tsp Green Garlic Leaves, Chopped ◆ 1/2 Tsp Ginger Paste ◆ A Pinch of Hing ◆ 3 Tbsp Chopped Coriander Leaves ◆ Salt to taste Method

1. Wash & soak rice for 1/2 an hr, drain it & keep aside.
2. Heat pan, add ghee, when ghee is hot add mustard seeds, hing, dry red chillies. add lilva, chilli paste, ginger paste & Salt to taste, mix well.
3. Now add rice, stir well, add 4 cup of water.
4. Cover & cook till rice is tender. Garnish with coriander leaves.

2. Vagharelo Bhat [Fried Rice]

Ingredients

◆ 2 Cup Basmati Rice ◆ 2 Cup Potatoes, Diced ◆ 1 Cup Green Peas ◆ 1 Cup Carrots, Diced ◆ 2 Cloves ◆ 1 Stick Cinnamon ◆ 1/2 Tsp Cumin Seeds ◆ A Pinch Of Hing ◆ 1/2 Tsp Garam Masala ◆ 1/2 Tsp Turmeric ◆ 1 Tsp Red Chilli Pd.

◆ 4 Tbsp Ghee ◆ Salt to taste Method

1. Wash & drain rice, keep aside.
2. In pressure cooker, heat ghee, add all spices with hing, & all vegetables, stir well.
3. Now add all masala, rice, stir well a few minutes.
4. Add 3-4 cup of water, cover & cook.

3. Masala Khichadi [Rice & Legumes Cooked With Spices]

Ingredients ♦ 1 Cup Masoor Dal ♦ 2 Cup Basmati Rice ♦ 2 Onion Chopped ♦ 2 Cup Tomato Puree ♦ 5 Tbsp Ghee or Butter ♦ 2 Tbsp Oil ♦ 1/2 Cup Peas ♦ 1/2 Cup Coriander Leaves, Chopped ♦ 1 Bayleaf ♦ 2 Cardamom ♦ 2 Cloves ♦ 2 Cinnamon Sticks ♦ 6 Pepper Corn ♦ 2 Tsp Coriander Pd ♦ 1 Tsp Turmeric Pd ♦ 2 Tsp Cumin Seeds ♦ 1/2 Tsp Pepper Pd ♦ 4 Garlic Flacks, Mashed ♦ Salt to taste

Method 1. Wash & soak dal & rice.

2. Heat pan, add ghee & oil, add all spices, onion & garlic, mix well.
3. Now add dal & rice, stir it till golden brown, then add tomato puree, salt, pepper pd, & water, mix well.
4. Cover & cook in slow flame till khichadi is done, garnish with coriander leaves.

4. Fada Ni Khichadi [Cracked Wheat & Gram Khichadi]



Ingredients

◆ 1 Cup Dhuli Moong Ki Dal ◆ 3/4 Cup Fada [Wheat Dalia]
◆ 3 Tbsp Ghee ◆ A Pinch of Hing ◆ 1/2 Tsp Cumin ◆ 1 Cinnamon ◆ 3 Cloves
◆ 1 Potato Cut into Pieces ◆ 1 Cup Peas ◆ 1 Cup Cauliflower Florets ◆ 1 Onion
Chopped ◆ 1/2 Tsp Pepper Corn ◆ 1/2 Tsp Turmeric ◆ 1 Tsp Red Chilli Pd ◆
Salt to taste Method

1. Soak the dalia in water for 20 minutes.
2. Boil 4 cup water & keep aside.
3. In pressure cooker, heat 3 tbsp ghee, add cumin seeds, hing, cinnamon, cloves, & all vegetables, fry well.
4. Now add all masala, dalia, mix well, fry for a few minutes, add hot water, cover & cook with 2-3 whistle in medium flame.

7. Snacks

1. Daakor Na Gota [Spicy Fried Dumpling]

Ingredients

- ◆ 1/2 Cup Semolina ◆ 1 Cup Gram Flour ◆ 2 Tsp Green Chilli-Ginger Paste ◆ 1 Tsp Cumin Seeds ◆ 1 Tsp Coriander Seeds ◆ 1 Tsp Fennel Seeds ◆ 2 Tsp Sesame Seeds ◆ 1 Tsp Pepper Corn ◆ 2 Tbsp Sugar
 - ◆ A Pinch of Soda-Bi-Carb ◆ 1 Tsp Lime Juice ◆ 4 Tbsp Oil
 - ◆ 1/2 Cup Coriander Leave, Chopped ◆ Salt to taste
1. Mix all ingredients with 1 cup water, beat well, keep aside atleast 1/2 an hr, then beat well again.
 2. Heat oil, fry the gota into small size till golden brown.

2. Khaandvi [Gram Flour Rolls]

Ingredients

◆ 2 Cup Buttermilk ◆ 2 Cup Gram Flour ◆ 2 Green Chillies ◆ A Small Piece Ginger ◆ 1/2 Tsp Turmeric ◆ Salt to taste For Tempering:

◆ 1 Red Chilli ◆ A Pinch of Hing ◆ 1/2 Tsp Mustard Seeds ◆ 1 Tbsp Oil For Garnish:

◆ 1/2 Cup Grated Coconut ◆ 1/4 Cup Chopped Coriander Leaves Method

1. Mix together buttermilk & gram flour.
2. Grind chilli & ginger to a fine paste.
3. Mix all ingredients, make a thick batter, beat well, cook till batter is thick.
4. Grease plate with oil & spread mixture as thinly as possible while still hot.
5. Cut into 2 inches strips, grease finger & roll up each strip.
6. For tempering: Heat oil, add whole red chilli, mustard seeds, hing, pour over prepared khaandvi.
7. Garnish with coconut & coriander leaves.

3. Methi Na Dhebra [Crispy Fried Puri]

Ingredients

- ◆ 3 Cup Fenugreek Leaves[Methi], Chopped Finely ◆ 2 Tbsp Ginger-Chilli Paste
 - ◆ 1 Tbsp Garlic Paste ◆ 2 Cup Millet Flour[Bajare Ka Atta]
 - ◆ 1 Cup Wheat Flour ◆ 1/2 Tsp Turmeric Pd ◆ 2 Tsp Sugar
 - ◆ 1 Cup Curd
 - ◆ 2 Tsp Sesame Seeds ◆ 1/2 Tsp Cumin Seeds ◆ 1 Tsp Sambhar Masala or 1 Tbsp Achaar Ka Masala ◆ 3 Tbsp Oil
 - ◆ Salt to taste ◆ Oil for frying
- Method
1. Mix all ingredients except Oil for deep frying, make a stiff dough.
 2. Divide into small equal portions & roll into thick puris.
 3. Heat oil, deep fry all puries till both side golden brown.

4. Gujarati Khichoo [Stemed Flor Snack In Guajarati Style]

Ingredients

◆ 1 Cup Rice Flour ◆ 1/2 Tsp Soda-Bi-Carb ◆ 1/4 Tsp Deggi Mirch Pd, Coarsely Grounded ◆ 1/2 Cup Coriander Leaves, Chopped ◆ 2 Green Chillies, Chopped ◆ 1-2 Cup Water ◆ Salt to taste Method

1. Boil water in kadahi, add cumin seeds, red chilli pd, hing, green chillies, & salt, mix well.
2. Now add rice flour, soda, continuous stir well.
3. Cover & cook in slow flame for 15 minutes.
4. Add oil & coriander leaves, mix well.
5. Before serving, add ghee, & sprinkle with red chilli pd.

8. RAITA

1. Banana Raita [Banana In Curd]

Ingredients

◆ 2 Ripe Banana, cut into thin Ring ◆ 2 Cup Curd ◆ 1/2 Tsp Mustard Pd ◆ A Few Grated Ginger ◆ A Pinch of Hing ◆ 1 Tsp Sugar ◆ 1/2 Tsp Red Chilli Pd ◆ 1 Tbsp Chopped Coriander Leaves ◆ Salt to taste Method

In a bowl, mix all ingredients, mix well & cool it,

2. Raita Dhokla [Steamed Cack In Curd]

Ingredients

◆ 1 Cup Dhokla Pieces, cut into Small Pieces ◆ 2 Cup Curd ◆ 1/2 Tsp Red Chilli
Pd ◆ 1/4 Tsp Chat Masala ◆ 1 Tsp Sugar ◆ 2 Green Chillies, Chopped ◆ A Few
Coriander Leaves Chopped ◆ 1 Tbsp Grated Coconut ◆ Salt to taste Method

In a bowl, mix all ingredients, garnish with coriander leaves, & sprinkle with
chat masala, cool it.

3. Masala Chhach [Spicy Buttermilk]

Ingredients

- ◆ 1 Cup Curd
- ◆ 1 Glaas Water
- ◆ 2 Tbsp Pudina Paste
- ◆ 1 Tsp Cumin Pd
- ◆ 1/2 Tsp Black Salt
- ◆ Salt to taste

Method

Mix all ingredients very well, serve cool.

4. JALJIRA [Spicy & Cool Water]

Ingredients

- ◆ 2 Tbsp Jaljira Pd
- ◆ 1 Tsp Pudina Paste
- ◆ 2 Ice Cube
- ◆ 1 Tbsp Salted Boondi
- ◆ Salt to taste

Method

Mix all ingredients in glass & serve with boondi.

8. SWEETS

1. Mohanthaal [Sweet & Roasted Gram Flour Pieces]

Ingredients

- ◆ 1 Cup Ghee ◆ 2 Cup Coarsely Grounded Bengal Gram Flour ◆ 1 Cup Grated Khoya ◆ 1 Tsp Cardamom Pd For the sugar syrup
- ◆ 1 1/2 Cup Sugar ◆ 1 Cup Water ◆ 2 Tbsp Milk ◆ 4 Tbsp Chopped Pistachio & Almonds Method

1. Place the gram flour in bowl, heat ghee, & take 1/2 the quantity to the gram flour.
2. Rub the ghee into the gram flour till it begins to look like breadcrumbs.
3. Heat the remaining ghee in a kadahi, add the gram flour & ghee mixture, & cook till the mixture is become to golden brown, stir continuously, stir in the grated khoya with cardamom pd, keep it on the fire for about 5-7 minutes, cool it.
4. Make the sugar syrup by adding sugar, milk, water, mix in gram flour mixture, stir well.
5. Pour the mixture into a greased plate.
6. Garnish with almond & pistachio nuts, set for 4 hours, cut into square pieces.

9. CHUTNEY

1. Papaya Chutney [Spicy Raw Chutney]

Ingredients

- ◆ Small Raw Papaya, Peeled & Coarsely Grated ◆ 4 Slit Green Chillies ◆ Salt to taste For seasoning
 - ◆ 1/4 Tsp Mustard Seeds ◆ A Pinch of Hing ◆ 1 Tbsp Oil Method
1. Heat oil, add mustard seeds, hing, green chillies, stir well, 2. Now add grated papaya, mix well, pour it in papaya chutney with green chillies, mix well, serve it cool.

2. Green Chutney

Ingredients

- ◆ 1/4 Cup Peanuts ◆ 4 Green Chillies ◆ 1 Bunch Coriander Leaves ◆ 6 String Curry Leaves ◆ 1 Small Piece of Ginger ◆ 1 Lime Juice
- ◆ Salt to taste Method

Mix all ingredients, grinding it to a fine a paste in grinder, pour with lime juice.

10. Salad

1. Papaya Nu Salad [Salad Of Raw Papaya]

Ingredients

- ◆ 1 Big Raw Papaya, Peeled & Grated ◆ 1 Tsp Oil
 - ◆ A Pinch of Hing ◆ 1/2 Tsp Mustard Seeds ◆ 3-4 Green Chillies Slit ◆ 1 Tsp Sugar ◆ Salt to taste ◆ 1/2 Lime
 - ◆ A Few Coriander Leaves ◆ A Pinch of Turmeric Pd Method
1. Heat oil in a pan, add mustard seeds, hing, turmeric pd, green chillies, mix well.
 2. Now add grated papaya, salt & sugar, lime juice, mix well & remove from fire, cool & serve.

RAJASTHANI THALI



1. DRY VEGETABLE

1. Ker Saangri [Rajasthani Style Vegetable]

Ingredients ♦ 120 Gm Ker ♦ 120 Gm Saangri ♦ 1/2 Cup Mustard Oil ♦ 2 Tsp Kalonji ♦ 2 Tsp Fenugreek Seeds ♦ 2 Tsp Saunf ♦ 2 Tsp Cumin Seeds ♦ 2 Tsp Mustard Seeds ♦ 1/4 Tsp Hing ♦ 4-6 Whole Red Chillies ♦ 4 Tsp Coriander Pd ♦ 1/2 Tsp Turmeric Pd ♦ 2 Tsp Sugar ♦ 1 Tsp Red Chilli Pd ♦ 1 Tbsp Mango Pd ♦ Salt to taste
Method 1. Soak the ker & saangri in water for 1/2 an hr.

2. Wash it & boil it.
3. Now heat pan, add oil, add methi dana, cumin seeds, mustard seeds, hing, red chillies, mix well.
4. Add ker-Saangri, add coriander pd, turmeric, salt, sugar, chilli pd, mango pd, stir well, fry it till oil is come out.
5. Garnish with dry red chillies.

2. Gawarfali Ki Sabji [Spicy Cluster Beans]

Ingredients

- ◆ 250 Gm Cluster Beans [Gawarfali]
- ◆ 1 1/2 Cup Curd ◆ 2 Cup Water
- ◆ 2 Tbsp Gram Flour ◆ 1 Tbsp Coriander Pd ◆ 1/2 Tbsp Red Chilli Pd ◆ 1 Tsp Cumin Seeds ◆ 1/2 Tsp Mustard Seeds ◆ A Pinch of Hing ◆ 1 Tsp Fennel Seeds [Saunf]
- ◆ A Few Curry Leaves ◆ Salt to taste
- ◆ 3 Tbsp Oil Method

1. Wash & clean gawarfali by removing the ends. Cut into small pieces.
2. Boil the gawarfali in pressure cooker for 2 whistle & drain out, keep aside.
3. In a big bowl, mix the curd, coriander pd, chilli pd, gram flour, salt, mix well.
4. Heat oil in a pan, add cumin seeds, mustard seeds, hing, saunf.
5. Now add curd mixture, curry leaves, 1 cup of water, boil it for 5 minutes while stirring continuously.
6. Then add gawarfali, mix well, cook in slow flame for 3 minutes.

3. Papad Boondi Ki Sabji [Crushed Papad In Saucy]

Ingredients

- ◆ 4 Papad
 - ◆ 2 Tbsp Gram Flour[Besan]
 - ◆ 1 Cup Curd ◆ 1/2 Cup Boondi Salted ◆ 3 Tbsp Oil ◆ 1/2 Tsp Cumin Seeds ◆ A Pinch of Hing ◆ 2-3 Dry Red Chillies ◆ 1/2 Tsp Red Chilli Pd ◆ 1 Tsp Coriander Pd ◆ 1 Tsp Garam Masala ◆ Salt to taste
- Method

1. Roast the papad & break them into medium size pieces.
2. In other pan, take curd, add besan, & salt with 1 cup of water, & beat well.
3. Soak the papad & boondi in 3 cup of hot water for 3 minutes.
4. Drain away the water & keep aside.
5. Heat oil, add cumin seeds, hing, & dry red chillies, mix well, add red chilli pd, & curd mixture, stir well, add coriander pd, garam masala, continuous stir well, add whole water, boil it.
6. Add papad, boondi, cook for 5 minutes.

4. Aloo Ka Bharta [Spicy Mashed Potatoes]

Ingredients

◆ 5-6 boiled Potatoes ◆ 2 Onions, Chopped ◆ 3 Green Chillies, Chopped ◆ A few Coriander Leaves ◆ 2 Tbsp Mustard Oil ◆ Salt to taste ◆ 1/2 Tsp Red Chilli Pd ◆ 1/2 Tsp Cumin Pd Method

1. Peel the potatoes, & mashed them.
2. Add all ingredients, & mix well.

5. Bhindi Jaipuri [Ladies Finger In Jaipur Style]



Ingredients

◆ 10 Ladies Finger [Bhindi]

◆ 3 Tbsp Gram Flour ◆ 1 Tbsp Rice Flour ◆ 1 Tsp Chilli Pd ◆ 1 1/2 Tsp
Coriander Pd ◆ 1/2 Cup Oil Method

1. Cut the bhindi into thin slices.
2. Mix with gram flour, rice flour, salt, chilli pd, coriander pd, keep aside for 5 minutes.
3. Heat oil, fry all bhindi till it becomes crispy.

2. GRAVY

1. Gatte Ka Saag Dahiwalā [Gram Flour Cake In Buttermilk]

Ingredients

For Gatta

- ◆ 250 gm Gram Flour ◆ 3 Tbsp Ghee ◆ 1/4 Tsp Turmeric Pd ◆ 1/2 Tsp[Chilli Pd]
- ◆ 1/4 Tsp Hing ◆ Salt to taste ◆ 1/2 Tsp Coriander Pd For Gravy
- ◆ 2 Tbsp Ghee ◆ 1/2 Tsp Garam Masala ◆ 1/2 Tsp Cumin ◆ A Pinch of Hing ◆ 1 Tbsp Coriander Pd ◆ 1 Tsp Red Chilli Pd ◆ 1/2 Tsp Turmeric Pd ◆ 1/2 Cup Curd [beat well & mix 1 Tbsp Ginger Paste]

Method

For Gatta

1. Mix all ingredients of gatta & make a stiff dough.
2. Now roll it into thin cylindrical shaped sticks.
3. Drop them in boiling water, when they come up to the surface, remove from water & let it dry a little on a cutting board.

For Gravy

1. Heat ghee in a pan, add cumin seeds, hing, add curd & water, continuous stir well.
2. Now add all the spices & gatta pieces, cover & cook.
3. Bring to a boil & simmer till the gravy is thick.

2. Aalu-Pyaz-Panir Ki Sabji-[Mixed Vegetable]



Ingredients

- ◆ 250 Gm Potatoes
- ◆ 250 Gm Onions
- ◆ 250 Gm Panir [Cottage Cheese]
- ◆ 250 Gm Tomatoes
- ◆ 4 Green Chillies ◆ 1 Tbsp Ginger-Garlic Paste ◆ 150 Gm Onion Paste ◆ 1 Tsp Turmeric Pd ◆ 1 Tbsp Saabut Masala ◆ 1 Tsp Garam Masala ◆ 1 Cup Groundnut Oil ◆ Ghee for frying Method

1. Wash, peel, & cut the potatoes into 4 parts, cut the onions into 2 shape, slice the tomatoes.
2. Heat ghee in heavy pan & fry saabut masala, onion. Add Ginger-Garlic paste, stir it.
3. Now add green chilli, salt, garam masala, & turmeric, mix well, add tomatoes & cook till oil is come out.
4. Add panir, onion & potatoes, mix well, cook for 3-4 minutes, then add water, cook till gravy is thick.

3. Lauki Ke Kofte [Bottlegourd Dumpling In Spicy Gravy]

Ingredients

For Koftas

◆ 200 Gm Bottle Gourd ◆ 2 Medium Onions ◆ 1 Cup Gram Flour ◆ 3 Green Chillies ◆ 1 Small Piece Ginger ◆ 1/2 Cup Coriander Leaves ◆ Oil for frying Koftas For Gravy

◆ 4 Medium Size Tomatoes ◆ 2 Medium Size Onions ◆ 1 Tsp Kasmiri Red Chilli Pd ◆ 1 Tsp Red Chilli Pd ◆ 1/2 Tsp Turmeric Pd ◆ 1 Tbsp Coriander Pd ◆ 1/4 Tsp Cumin Pd ◆ 1/2 Tsp Garam Masala ◆ Salt to taste ◆ 1 Tsp Ginger - Garlic Paste Method

For Koftas

1. Peel & Grate Bottle Gourd.
2. Chop Fine Green Chillies-Ginger-Coriander Leaves & Onion.
3. Mix With Grated Gourd, Gram Flour, & Salt, Make A Balls.
4. Heat Oil, Deep Fry Koftas & Set Aside.

For Gravy

1. Slice Onions, Chop Tomatoes.
2. Heat Oil, add Sliced Onions & fry till Golden Brown.
3. Add all Masala with Ginger Garlic Paste, fry till Oil is come out.
4. Then add Tomatoes, Salt, Stir Well, Add 4 Cup Of Water, Mix Well.
5. Bring to a Boil, Simmer till Gravy is thick, add fried Koftas, bring to a Boil, add Garam Masala, Garnish with Coriander Leaves.

4. Khoya Matar [Peas With Thickened Milk]

Ingredients

◆ 1 Cup Ghee ◆ 2 Cup Khoya ◆ A Pinch Of Hing ◆ 2-3 Cloves ◆ 1 Tsp Cumin Seeds ◆ 1 Tsp Ginger Paste ◆ 1 Tsp Coriander Pd ◆ 2 Cup Peas ◆ 1/2 Tsp Chilli Pd ◆ 3 Green Chillies ◆ 1 Tsp Garam Masala ◆ Salt to taste Method

1. Heat ghee in heavy pan over medium heat, add hing, cloves, & cumin seeds, & stir fry.
2. Now add khoya & stir fry for 2-3 minutes, add peas, remaining masala, & 2 cup water with salt.
3. Boil & cook in slow flame for 5 minutes.

5. Mangodi Rasawale [Lentil Dumpling In Gravy]

Ingredients

- ◆ 1 Cup Mangodi
- ◆ 2 Potatoes Cut Into Cubes ◆ Oil for deep frying ◆ 1 Tsp Coriander Pd ◆ 1/2 Tsp Chilli Pd ◆ 1/2 Tsp Turmeric ◆ 3 Tbsp Ghee
- ◆ 1 Tsp Cumin Seeds ◆ 1 Tsp Ginger Paste ◆ 1 Cup Tomato Puree ◆ 1 Tsp Pepper Pd ◆ Salt to taste
- ◆ 1tbsp Chopped Coriander Leaves Method

1. Boil the potatoes in salted water for about 6-7 Minutes, drain & keep aside.
2. For deep frying, heat oil, fry mangodi till golden brown, keep aside.
3. In a bowl, add 4 tbsp water, coriander pd, chilli pd, turmeric, mix well.
4. Heat ghee in heavy pan, add cumin seeds, ginger paste, stir fry.
5. Now add chopped coriander & ground spices mixture, stir fry.
6. Add the pureed tomatoes, & stir fry for 5 mins, then add potatoes & mangodi, Salt to taste, stir fry for 3 mins, cook till mangodi is tender in slow flame.

3. Daal

1. Dal Banjara [Spicy Mixed Gram In Banjara Style]

Ingredients ♦ 1/4 Cup Moong Dal ♦ 1/4 Cup Tur Dal ♦ 1/4 Cup Chana Dal ♦ 1/4 Cup Dhuli Moong Dal ♦ 1/4 Cup Dhuli Urad Dal ♦ 1/2 Tsp Turmeric ♦ 1 Tsp Cumin Seeds ♦ 1/4 Tsp Hing ♦ 2 Tsp Coriander Pd ♦ 1 Tsp Mango Pd ♦ 1/4 Cup Ghee ♦ 1 Tsp Mustard Seeds ♦ 2 Tsp Chopped Fine Ginger ♦ 1 Tsp Chilli Pd ♦ Salt to taste ♦ Coriander Leaves For Garnish
Method 1. Wash & soak all dals for 15-20 minutes, boil to 4 cup of water, & add all the soaked dals along with turmeric pd, salt, chilli pd, & 1 tbsp of ghee.

2. Now heat ghee, add cumin seeds, mustard seeds, hing, add ginger, coriander pd, mango pd, & boiled dal, mix well.
3. Boil it slow flame for 5 minutes.
4. Now take the dal in a serving bowl, in other pan, heat remaining ghee, & add chilli pd, add this ghee in a dal, garnish with coriander leaves.

2. Baati Ki Dal [Thick Spicy Lentils]

Ingredients

- ◆ 1 cup Dhuli Moong Ki Dal, [Split Green Gram]
- ◆ 1/2 Cup Chana Dal, [Bengal Gram]
- ◆ 3 Tbsp Ghee
- ◆ 1/2 Tsp Turmeric Pd ◆ A Pinch of Hing ◆ 1/2 Tsp Cumin Seeds ◆ 4 Dry Red Chillies ◆ 1 Tsp Red Chilli Pd ◆ 1 Small Piece of Ginger ◆ 2 Onion, Chopped ◆ 1 Tsp Mango Pd ◆ Salt to taste

- Method
1. Wash & soak dal, & keep aside atleast 1 hrs.
 2. In pressure cooker, boil the dal with turmeric, grated ginger, & salt with 2-3 whistle.
 3. In heavy pan, heat ghee, add cumin seeds, hing, dry red chilli.
 4. Now add red chilli powder, & cooked dal, mix well, add 1 cup of water, cook it in slow flame for 10 minutes.
 5. Add mango powder, stir well.

3. Panchmel Dal [Spicy Five Type Lentils]

Ingredients

◆ 1 Cup Split Moong Dal ◆ 1/2 Cup Chana Dal ◆ 1/2 Cup Tur Dal ◆ 1/2 Cup Dhuli Masur Ki Dal ◆ 4 Tbsp Urad Dal ◆ 1 Tsp Turmeric ◆ Salt to taste For Seasoning

◆ 1 Tsp Red Chilli Pd ◆ 1/2 Tsp Hing ◆ 3-4 Chopped Green Chillies ◆ 1 Tsp Cumin Seeds ◆ 1 Tsp Chopped Ginger ◆ 1 Cinnamon Stick ◆ 5-6 Curry Leaves ◆ 7-8 Cloves

◆ 1 Big Cardamom ◆ 1 Bayleaf

◆ 4-5 Tbsp Ghee ◆ Coriander Leaves For Garnish Method

1. Mix all dals, wash well, add 10 cups of water, salt, turmeric, cook 2 whistle in pressure cooker.
2. Open the cooker & mix the dal well.
3. For seasoning: In pan, heat ghee, add cumin seeds, cloves, cardamom, cinnamon, bayleaf, green chillies, curry leaves, & hing, red chilli pd, fry for a few minutes. Add dal, boil it, garnish with coriander leaves.

4. KADHI

1. Rajasthani Kadhi [Buttermilk In Rajasthani Style]

Ingredients

For Pakoras

- ◆ 1 1/2 Cup Gram Flour ◆ 1/2 Tsp Turmeric Pd ◆ A Pinch of Soda-Bi-Carb ◆ 1/2 Tsp Carom Seeds [Ajwain]
- ◆ 1 Tsp Coriander Pd ◆ 2 Green Chillies Chopped ◆ 2-3 Tbsp Chopped Coriander Leaves ◆ 1 Tsp Cumin Seeds ◆ Salt to taste ◆ Oil for deep frying
- For Kadhi
- ◆ 2 Cup Sour Curd ◆ 3 Tbsp Gram Flour ◆ 1/4 Tsp Turmeric Pd ◆ 1/2 Tsp Methidana ◆ 2 Bayleaf
- ◆ 2-3 Cloves
- ◆ 1 Stick Cinnamon ◆ 1 Tsp Grated Ginger ◆ 2-3 Green Chillies, Chopped ◆ 8 Curry Leaves ◆ 1 Tsp Red Chilli Pd ◆ 4 Dry Red Chillies ◆ 2 Tbsp Oil
- ◆ 1 Tbsp Ghee
- ◆ A Pinch of Hing ◆ Salt to taste

For Pakoras

1. Mix all the ingredients, except oil, with water & make a thick batter, 2. Heat oil in kadahi, fry pakoras till golden brown, keep aside.

For Kadhi

1. Mix together curd, gram flour, turmeric pd, salt, beat well till smooth.
2. Heat oil in pan, add cumin seeds, bayleaf, cloves, hing, cinnamon, dry red chillies, mix well, add curry leaves, chilli pd, & curd mixture, bring to a boil & cook, stirring continuously till thick.
3. Add pakoras, mix well.

2. Moongbadi Ki Kaabuli Kadhi [Spicy & Tangy Gram Dumpling In Buttermilk]

Ingredients

For Moongbadi

- ◆ 2 Cup Moong Dal ◆ 1/2 Tsp Red Chilli Pd ◆ 1/2 Tsp Coriander Pd ◆ A Pinch of Soda-Bi-Carb ◆ Salt to taste ◆ Oil for frying For Kadhi
- ◆ 1 Pinch of Turmeric ◆ 1/2 Tsp Mustard Seeds ◆ 1/2 Tsp Red Chilli Pd ◆ 1/2 Tsp Coriander Pd ◆ Salt to taste ◆ A Pinch of Hing ◆ 3 Cup Curd
- ◆ 3 Tsp Moong Dal Paste Method

For Pakoras

1. Soak the dal for 4-5 hrs, drain it & grind it in mixture to thick paste.
2. Add salt, red chilli pd, coriander pd, soda, mix well.
3. Heat oil, fry pakories of small size to a golden brown, keep aside.

For Kadhi

1. Beat the curd, add salt, red chilli pd, turmeric, coriander pd, & dal paste, mix well & keep aside.
2. Heat oil, put the tadka of mustard seeds, hing, curry leaves, add the curd mixture.
3. Cook it for 10-12 minutes, add the pakories, cook for 3-4 mins.
4. Put the tadka of red chilli pd.

5. ROTI

1. Besan Ki Missi Roti [Spicy Mixed Flour Flat Bread]

Ingredients

◆ 2 Cup Wheat Flour ◆ 3 Cup Gram Flour ◆ 1 Tsp Red Chilli Pd ◆ 1 Tsp Coriander Pd ◆ 3 Tbsp Ghee ◆ 1/2 Tsp Cumin Seeds ◆ 1/2 Tsp Onion Seeds ◆ 1/2 Tsp Carom Seeds ◆ 1 Tsp Salt Method

1. Mix well wheat flour & gram flour together.
2. Add to this mixture, oil, salt, red chilli pd, coriander pd, cumin seeds, onion seeds, carom seeds, mix well & make a stiff dough.
3. Use the dough to make small & thick rotis, roast them.
4. Brush the rotis with a little amount of melted ghee.

2. Bedmi Puri [Spicy Lentil Fried Puri]

Ingredients

- ◆ 100 gm Moong Dal Soaked in Water for 2 Hrs ◆ 4 Tbsp Oil ◆ 500 gm Maida [Plain Flour]
- ◆ 1/2 Tsp Red Chilli Pd ◆ 1/2 Tsp Coriander Pd ◆ 1/2 Tsp Garam Masala ◆ Salt to taste

1. Grind to fine paste in a mixture of moong dal, red chilli pd, coriander pd, garam masala, keep aside.
2. Make a dough maida, with this paste & 4 tbsp oil.
3. Make small balls out of the dough & roll out to make a puris.
4. Heat oil, fry the puris both side of golden brown.

3. Dal Ke Parathe [Stuffed Lentil Parathas]

Ingredients

◆ 4 Cup Maida [Plain Flour]

◆ Salt to taste ◆ Red Chilli to taste ◆ 1/2 Tsp Coriander Pd ◆ 1/2 Tsp Garam Masala ◆ 2 Cup Chana Dal ◆ Oil for greasing Method

1. Wash & soak chana dal for 5-6 hrs.
2. In flour, add 2 tbsp oil, salt, & make a soft dough, keep aside.
3. Boil the dal in pressure cooker with 1 whistle, drain away the water & grind it to a thick paste.
4. Heat 2 tbsp oil in pan, add the dal, & roast it atleast 4-5 mins.
5. Now add all masala pd, mix well.
6. Stuff this paste into maida balls.
7. Make a soft parathas with greasing oil.

4. Baati [Famous Bread Of Rajasthan]



Ingredients

◆ Wheat Flour 750 Gm ◆ 5 Tbsp Ghee ◆ 2 Tsp Salt ◆ 1 Tsp Sugar ◆ 1 Tsp Soda-Bi-Carb ◆ 250 Ml Hot Water ◆ 1 Cup Hot Ghee Method

1. Mix flour with 5 tbsp of ghee, salt, suger & soda-bi-carb, make a stiff dough with 1 cup of hot water, knead the dough well & set aside for 1 hr.
2. Make small balls& boil plenty of water in a steamer & arrange the baati in a single layer on a plate.
3. Cover & steam for 20 minutes, remove from fire & spread them out on a dry surface to cool, roast them over an open flame like a grill.
4. Soak them in hot ghee for about 5 mins, & serve with dal.

6. SNACKS

1. Mirchi Bada [Chilli Fritters]

Ingredients

For Batter

- ◆ 1 Cup Gram Flour ◆ 1/4 Tsp Turmeric ◆ Salt to taste For Filling
 - ◆ 3 Boiled Potatoes ◆ 1/4 Cup Coriander Leaves ◆ 1/2 Tsp Red Chilli Pd ◆ 6 Big Large Shape Chillies, Banana Size Method
1. Wash & slit the chillies & keep aside.
 2. Mix all ingredients of filling, mash potatoes, mix well.
 3. Make a thick batter, keep aside.
 4. Fill the potatoes mixture in slit chillies & dip in the batter to coat.
 5. Deep fry the chillies in hot oil.

2. Moong Dal Bhajias [Spicy Lentil Fritters]

Ingredients

◆ 2 Cup Yellow Moong Dal ◆ 6 Green Chillies ◆ 2 Tbsp Coriander Leaves, Chopped ◆ 1 Tsp Coriander Seeds, Crushed ◆ 1 Tsp Cumin Seeds, Crushed ◆ 5 Tbsp Hot Oil ◆ Salt to taste ◆ Oil for deep frying Method

1. Wash & soak dal atleast 4 hrs
2. Drain soaked dal & grinding it, [not too fine], mix in all other ingredients except oil to deep fry, mix well with hand to mix.
3. Heat oil, drop round bhajias with wet hand, fry on medium till it becomes golden brown.

1. Panir Pakoras [Cottage Cheese Dumpling]

Ingredients

- ◆ 1/2 Kg Panir, [Cottage Cheese]
- ◆ 250 Gm Gram Flour ◆ 1 Tsp Chilli Pd ◆ 2 Tsp Cumin Seeds ◆ 1 Tsp Garam Masala ◆ A Pinch of Hing ◆ 1/2 Tsp Turmeric Pd ◆ 1 Cup Chopped Coriander Leaves ◆ 2 Tsp Pepper Pd ◆ A Pinch of Soda-Bi-Carb ◆ 2 Tbsp Curd
- ◆ Salt to taste
- ◆ Oil for deep frying Method

1. Cut the panir into square shape & sprinkle with pepper pd & salt, set aside.
2. In other pan, mix gram flour with all masala, water, & make a smooth batter.
3. Heat oil, dip the panir cube into the batter, fry till golden brown.

4. Kalamī Bada [Rajasthani Style Dumpling]

Ingredients

◆ 1 Cup Chana Dal ◆ 2 Medium Onions, Chopped ◆ 1 Tsp Green Chilli Paste ◆ 1 Tsp Ginger Paste ◆ 1 Tsp Red Chilli Pd ◆ 1 Tsp Garlic Paste ◆ 2 Tsp Coriander Pd ◆ Salt to taste ◆ Oil for deep frying Method

1. Clean, wash & soak the dal overnight in water.
2. Grind the dal with ginger-garlic-chilli paste, mix well.
3. Add to this red chilli pd, onions, coriander pd, & Salt to taste, mix well.
4. Heat oil in a pan, fry the vada till it becomes golden brown.

7. RICE

1. Gatte Ka Pulao [Rajasthani Style Pulao]

Ingredients

For Rice

- ◆ 2 Cup Basmati Rice ◆ 1/2 Cup Frozen Peas ◆ 4 Tbsp Ghee ◆ 1 Tsp Cumin Seeds ◆ 4 Cardamon ◆ 3 Cinnamom ◆ A few Bayleaf ◆ 6 Cloves
- ◆ A Pinch of Hing ◆ 1/2 Tsp Red Chilli Pd ◆ 1 Tbsp Coriander Pd ◆ 1/2 Tsp Garam Masala ◆ 1/2 Tsp Turmeric Pd ◆ 1 Tbsp Ginger Paste ◆ Salt to taste
- For Gattas
- ◆ 1 Cup Gram Flour ◆ 1/4 Tsp Cumin Seeds ◆ 1/2 Tsp Red Chilli Pd ◆ 2 Tbsp Curd ◆ 2 Tsp Turmeric ◆ Salt to taste ◆ Oil for deep frying Method

For Gatta

1. Mix all ingredients for gattas, make a firm dough.
2. Divide the dough into some equal parts, & roll into long cylindrical shape.
3. Boil the part in hot water for 10 mins, drain the water.
4. Cool it & cut into 1' pieces, & fry it in ghee till golden brown, keep aside.

For Pulao

1. Wash & soak rice for 1 hrs.
2. Heat heavy bottom, add ghee, mix in cumin seeds, whole spices, stir fry for a minute, add a pinch of hing.
3. Now add chilli pd, garam masala, coriander pd, turmeric, ginger paste, sauté it.
4. Add drained rice, fry for a minutes, then add salt , 4 cup water, peas, gatta, mix well.
5. Cover & cook till rice is tender.

2. Bikaneri Pulao [Bikaner Style Pulao]

Ingredients

For Dumpling

- ◆ 2 Cup Gram Flour ◆ 1 Tsp Red Chilli Pd ◆ A Pinch Of Hing ◆ 1/2 Tsp Turmeric Pd ◆ 1/2 Tsp Clove Pd ◆ Oil For Frying For Pulao
- ◆ 2 Cup Basmati Rice ◆ 1/2 Tsp Ginger Paste ◆ 4 Green Chillies Chopped ◆ 4 Cloves
- ◆ 2 Cinnamon Sticks ◆ 8 Pepper Corn ◆ 1 Cup Sliced Tomatoes ◆ 1 Tsp Dhana-Jira Pd ◆ Salt to taste ◆ 5 Cup Boiled Water ◆ 2 Tbsp Oil For Dumpling

1. Mix all ingredients of dumpling in oil, make a thick batter.
2. Heat oil, fry all bhajias into round shape, keep aside.

For pulao

1. Wash & soak rice, keep aside for 1/2 an hr.
2. In a heavy bottom. heat oil, add whole spices, green chillies, & tomatoes, stir well.
3. Add rice, & ginger paste, stir continuously, add boiling water, cover & cook in slow flame, then add Salt to taste, mix with hand slowly.
4. Now add bhajias, cover & cook till rice is tender.

3. Vegetable Khichadi

Ingredients

- ◆ 1 Cup Rice
- ◆ 2 Tbsp Ghee
- ◆ 1/2 Cup Green Gram ◆ 1/2 Cup Chopped French Beans ◆ 1 Cup Cauliflower Florets ◆ 1/2 Cup Peas ◆ 1/2 Cup Carrots Chopped ◆ 4 Cup Water
- ◆ 1/2 Tsp Turmeric Pd ◆ 1 Tsp Cumin Seeds ◆ 1/2 Red Chilli Pd ◆ 1/2 Tsp Coriander Pd ◆ Salt to taste ◆ A Pinch of Hing Method

1. Wash rice & dal together.
2. Heat heavy bottom, add ghee, hing, cumin seeds, mix well.
3. Mix all vegetables & dal, continuous stir well atleast 3-4 minutes.
4. Mix in rice turmeric, red chilli powder, coriander powder, continuous stir well for 2 minutes.
5. Add boiling water & salt, cover & cook in slow flame till khichadi is tender.
6. Add pure ghee before serving.

8. RAITA

1. Raita Pakoda [Fried Dumpling In Curd]

Ingredients

For Raita

- ◆ 2 Cup Curd
- ◆ 2 Tsp Sugar
- ◆ Salt to taste
- ◆ 1/2 Tsp Red Chilli Pd ◆ 1/2 Tsp Chaat Masala ◆ 4 Green Chillies Chopped ◆ Coriander Leaves for Garnish For Pakoda
- ◆ 1 Cup Gram Flour ◆ A Pinch of Turmeric Pd ◆ 1/2 Tsp Red Chilli Pd ◆ A Pinch of Soda-Bi-Carb ◆ Salt to taste
- ◆ Oil for frying Method

For Pakoda

1. Mix all ingredients in a bowl, make thick batter.
2. Heat oil, fry all bhajias till both side golden brown, keep aside.

For Raita

1. In a bowl, add curd, 1 cup water, sugar, salt, green chilli, mix well, add bhajias & sprinkle & garnish with chat masala, red chilli pd, & coriander leaves.

2. Palak Ka Raita [Spinach Leaves In Curd]

Ingredients

◆ 1 Bunch Spinach, Chopped & Boiled ◆ 1 Cup Curd ◆ 1/2 Tsp Cumin Pd ◆ 1/2 Tsp Chaat Masala ◆ 1/2 Tsp Red Chilli Pd ◆ 1 Tsp Sugar ◆ Salt to taste

Method

1. In a bowl, mix all ingredients, serve cool.

9. SALAD

1. Masala Paapad Ke Chure Ka Salad [Crushed Papad Salad]

Ingredients

◆ 5-6 Fried Bikaneri Paapad, Crushed ◆ 1 Cup Bikaneri Bhujia Sev ◆ 1 Onion, Finely Chopped ◆ 1 Tomato, Finely Chopped ◆ 2 Tbsp Coriander Leaves, Chopped ◆ 2-3 Green Chillies, Chopped ◆ 1/2 Tsp Red Chilli Pd ◆ 1/2 Tsp Chaat Masala ◆ A Few Drops of Lime Juice ◆ Salt to taste Method

In a bowl, mix all ingredients together, garnish with coriander leaves.

2. Laal Chane Ka Salad [Spicy Red Beans Salad]

Ingredients

◆ 1 Cup Red Beans, Soaked & Boiled ◆ 1/2 Cup Boiled Potatoes, Chopped ◆ 1/2 Cup Tomatoes, Chopped ◆ 1/2 Cup Onion, Chopped ◆ 3 Green Chillies, Chopped ◆ 1/2 Tsp Red Chilli Pd ◆ 1/2 Tsp Chaat Masala ◆ 2 Tbsp Pudina Ki Chutney, [Mint]

◆ A few Coriander Leaves ◆ Salt to taste Method

In a bowl, mix all ingredients together & chill it.

10. CHUTNEY

1. Lahasun Ki Chutney [Garlic Chutney]

Ingredients

- ◆ 1/2 Cup Garlic Cloves
- ◆ 7 Tbsp Red Chilli Pd
- ◆ 1/2 Tsp Fennel Seeds, Grounded
- ◆ 1 Lemon Juice
- ◆ Salt to taste

Method

Grind all the ingredients in a blender using very little water.

11. SWEETS

1. Churma Rajasthani [Rajasthani Style Crushed & Roasted Flour]

Ingredients

- ◆ 2 Cup Ghee
 - ◆ 1 Cup Wheat Flour, ◆ 1/2 Cup Khoya ◆ 1 Cup Grounded Sugar ◆ 2 Tbsp Almond, finely chopped ◆ 3-4 Cardamom
- Method
1. Melt 1/2 cup ghee & mix it with wheat flour, make a stiff dough.
 2. Heat the rest of ghee in kadahi, make about 7 to 10 balls with the dough, fry it on low flame till it becomes golden brown, cool it.
 3. Now churn the balls in grinder mix with khoya.
 4. Heat 1 tbsp ghee in kadahi, add cardamom seeds, add the mixture of wheat flour & khoya, fry it for 1 min, cool it.
 5. Now add sugar powder, & chopped almonds, mix well.

2. Moong Dal Halwa [Sweet Lentils]

Ingredients

◆ 2 Cup Moong Dal ◆ 2 Cup Ghee ◆ 1 Cup Sugar ◆ 1/2 Glass of Water ◆ 10 Pieces Almonds ◆ 7-8 Pieces Pistachio Nuts ◆ 4-5 Currants Method

1. Soak moong dal atleast 3 hrs, drain the water.
2. Grind the moong dal & keep aside.
3. Heat ghee in a pan & add ground dal in it, continuously stir well till it becomes golden brown, remove from fire, keep aside.
4. Heat water in a pan, add sugar & boil it.
5. Now put the dal mixture in this sugar syrup & cook on low flame till the dal & sugar mix well.
6. Mix all dry fruits.

3. Kalakand [Rajasthani Popular Sweets]



Ingredients

◆ Ghee or Butter for greasing ◆ 1 Kg Khoya, grated ◆ 200 Gm Sugar ◆ 1 Tbsp Pistachio Nuts, blanched Method

1. Grease a large baking tray with ghee or butter.
2. Heat the khoya in a kadahi, then bring to the boil over medium heat, stirring continuously for 5 minutes.
3. Remove from the heat, add sugar & stir well till sugar is dissolve.
4. Now transfer the mixture to the greased tray & level with spatula.
5. Sprinkle the pistachio nuts on the top.
6. Leave in a cool place to set for 15-20 mins, then cut into pieces.

PUNJABI THALI



1. DRY VEGETABLE

1. Amritsari Panir [Cottage Cheese Amritsar Style]

Ingredients

- ◆ 500 Gm Panir [Cottage Cheese]
- ◆ 2 Onions, sliced into rings ◆ 1 Tbsp Ginger-Garlic Paste ◆ 1 Tbsp Coriander Leaves, chopped ◆ 1 Tsp Ajwain [Oregano Seeds,]
- ◆ 3/4 Cup Gram Flour
- ◆ 1 Tsp Red Chilli Pd.
- ◆ 1/2 Tsp Turmeric Pd.
- ◆ 1/2 Tsp Sugar
- ◆ 1 Anardana, [Pomegranate Seeds]
- ◆ 3 Tbsp Oil
- ◆ Salt to taste

Method

1. Cut the panir into cubes, make a thick mixture of flour, salt, turmeric, ajwain, ginger-garlic paste, tanduri & garam masala.
2. Add 2-3 tbsp of water, add 1/2 tbsp oil, mix well.
3. Now use 2 tbsp mixture to marinate onion & rest to marinate panir cube, keep aside for 10 mins, grill on a till crisp & brown.
4. Heat remaining oil, add onion, cook till light brown, add marinate paste, stir well & cook.
5. When dry, add fried panir, chilli, anardana, salt, & sugar, toss well, garnish with coriander leaves.

2. Aalu Gobhi [Spicy Cauliflower & Potato]



Ingredients

◆ 1 Cauliflower, Medium Size ◆ 4 Potatoes Medium ◆ 1 Tomato
◆ 1 Tsp Red Chilli Pd ◆ 1 Tsp Turmeric Pd ◆ 1 Tsp Coriander Pd ◆ 3 Tbsp Oil ◆
Salt to taste Method

1. Wash & clean cauliflower & potatoes, cut into big pieces, chop tomato.
2. In a pan, heat oil, add cauliflower & potatoes, mix well, fry in slow flame for 5 mins.
3. Now add tomatoes & all masala with salt, stir well.
4. Cook it for 5 mins.

3. Baingan Bharta [Spicy Mashed Brinjal & Potato]

Ingredients

- ◆ 1 Big Eggplant
 - ◆ 1 Big Onion, finely chopped ◆ 3-4 Green Chillies ◆ 1 Tbsp Ginger Paste ◆ 2 Tomatoes
 - ◆ 1/4 Tsp Red Chilli Pd ◆ 1/2 Tsp Turmeric ◆ 1 Tsp Coriander Pd ◆ Salt to taste
 - ◆ Oil & Cumin Seeds For Sauté ◆ Coriander Leaves For Garnish
1. Roast the brinjal directly on the gas burner, turning it till the outer skin starts cracking, cool it & peel the outer skin.
 2. Crush the brinjal using spoon well so that it has an even consistency.
 3. Heat some oil in a pan, add cumin seeds and onion into it.
 4. When the onion turn brown, add green chillies & ginger paste, mix well.
 5. Add all masalas, add brinjal, stir it well.
 6. Cook it for 5 mins, garnish with coriander leaves.

4. Vegetable Akbari

Ingredients

- ◆ 3-4 Carrots
 - ◆ A Small Pieces of Cauliflower ◆ 2 Cup Frozen Peas ◆ 2 Cup chopped French Beans ◆ 2 Cup chopped Tomatoes ◆ 1/2 Cup Cashewnuts ◆ 1/2 Cup Cream ◆ 1 Cup finely chopped Onion ◆ 1 Cup Fried Panir Cube ◆ 1 Tbsp Chilli Paste ◆ 1 Tbsp Ginger-Garlic Paste ◆ 1 Cup Khoya
 - ◆ 1/2 Cup Tomato Sauce ◆ 2 Cloves
 - ◆ 3 Cinnamon
 - ◆ 3 Cardamom
 - ◆ 10-15 Raisins ◆ 1 Tbsp Coriander Pd ◆ 1 Tsp Cumin Pd ◆ 1 Tsp Red Chilli Pd ◆ Saffron mixed in 1/2 Cup of Milk ◆ Salt to taste ◆ 3 Tbsp Butter Method
1. Boil carrots, cauliflower, french beans, keep aside. Fry onion, keep aside.
 2. Soak the cashewnuts for 2 hrs, & then grind the paste.
 3. Melt the butter in saucepan in slow flame, add cinnamon, cloves, cardamom, add tomato pulp, & khoya, & stir well.
 4. Then add cashewnuts paste, coriander powder, cumin powder, red chilli powder, ginger-garlic paste, mix well, now add tomato sauce, salt, & cream, mix well.
 5. Add vegetable, panir pieces, & raisins, cook on slow flame for 10 mins, then add saffron milk & fried onion, stir well, garnish with silver wark.

2. GRAVY

1. Sarson Ka Saag [Popular Punjabi Dishes]

Ingredients

- ◆ 1/2 Kg Sarson Ka Saag, [Mustard Leaves]
- ◆ 200 Gm Spinach Leaves ◆ 200 Gm Bathua
- ◆ 2 Green Chillies ◆ 2 Tbsp Ghee
- ◆ 1 Onion chopped ◆ 20 Gm chopped Ginger ◆ 1 Tsp Hing: melt in water ◆ 1 Tsp Red Chilli Pd ◆ 4 Flakes Garlic ◆ 1 Tbsp Corn Flour ◆ Salt to taste

Method

1. Wash & chop sarson, spinach, bathua.
2. In pressure cooker, mix all leaves with ginger, garlic & chillies. Boil it.
3. Cool this mixture & blend it in handy mixture.
4. Heat ghee in a heavy pan, add hing, onion, fry well, add blended vegetable.
5. Take corn flour in 1 cup of water, add red chilli powder, mix well.
6. Now add corn flour paste in vegetable, cook in slow flame for 1/2 an hr, serve with butter & makki ki roti.

2. Rajma [Spicy Creamy Kidney Beans]

Ingredients

◆ 2 Cup Kidney Beans ◆ 3 Medium Onions ◆ 1 Tbsp Ginger Paste ◆ 1 Tbsp Garlic Paste ◆ 1/2 Tsp Cumin Seeds ◆ 3-4 Tomatoes, Medium Size ◆ 1/2 Cup Oil ◆ 1/2 Tsp Turmeric ◆ 1 Tsp Coriander Pd ◆ 4 Green Chillies ◆ Salt to taste ◆ 1 Tsp Red Chilli Pd ◆ 1/2 Tsp Garam Masala Method

1. Soak the kidney beans in overnight, boil it, keep aside.
2. Chop onion finely, blanch tomatoes & puree them.
3. Heat oil, add cumin seeds, & onion, fry well.
4. Add ginger-garlic paste, & fry till golden brown, add turmeric, coriander powder, chilli powder, & slit green chillies, fry well.
5. Add tomato puree, cook for 5 to 7 mins, add kidney beans, & cook till gravy is thick.
6. Add garam masala & chopped coriander leaves.

3. Punjabi Dum Aalu [Punjabi Style Fried Potato In Spicy Gravy]

Ingredients

- ◆ 250 Gm Mini Potatoes ◆ 2 Onions
 - ◆ 2 Tomatoes ◆ 2 Cup Thick Curd ◆ 2 Tbsp Cream ◆ 1 Tbsp Kashmiri Red Chilli Pd ◆ 1 Tbsp Coriander Pd ◆ 3-4 Dry Red Chillies ◆ 1 Bayleaf
 - ◆ 2 Cinnamon ◆ 2 Cardamom ◆ 2 Cloves
 - ◆ 4 Black Corn ◆ 1 Tsp Turmeric ◆ 1 Tsp Garam Masala ◆ Whole Water ◆ Salt to taste ◆ 1/2 Cup Oil ◆ Oil for deep frying ◆ 1/2 Tsp Sugar ◆ A Few Coriander Leaves
- Method
1. Wash & peel potatoes, soak in salt water for 10 minutes, drain it, fry the potatoes till golden brown, keep aside.
 2. Chop onions & tomatoes finely.
 3. Heat oil in a heavy pan, add all whole spices, kashmiri red chilli powder, & onions, fry well till golden brown, now add tomatoes & cream, mix well, add all masala, cook till oil comes out.
 4. Add the curd, stir well, add whole water, salt, sugar, garam masala & potatoes, cover & cook till potatoes is tender, & gravy is thick in slow flame. Garnish with coriander leaves.

4. Creamy Palak Panir [Cottage Cheese In Green Creamy Gravy]



Ingredients

- ◆ 250 Gm Panir [Cottage Cheese]
- ◆ 2 Bunch Spinach Leaves ◆ 2 Onions
- ◆ 2 Tomatoes
- ◆ 2 Green Chillies ◆ 2 Cinnmon
- ◆ 1 Cardamom
- ◆ 2 Cloves
- ◆ 3-4 Pepper Corn ◆ 1 Tsp Kashmiri Red Chilli Pd ◆ 2 Bayleaf
- ◆ 1 Tbsp Ginger-Garlic Paste ◆ A Few Coriander Leaves ◆ 2 Tbsp Cream
- ◆ 1 Tbsp Coriander Pd ◆ 1/2 Tsp Turmeric Pd ◆ 1/2 Tsp Garam Masala ◆ 1 Tbsp Grated Cheese ◆ For Garnish-1 Tbsp Cream ◆ 1/4 Cup Oil
- ◆ Salt to taste Method

1. Cut the panir into square shape & fry till golden brown, keep aside.
2. Wash & boil the spinach leaves in salted water, drain it, & grind to a fine paste, chop onion, tomatoes finely, slit green chillies.
3. Now heat oil in a bottom, add all dry whole spices, & Kashmiri red chilli powder, mix well, add onion, stir it, add tomatoes, green chillies, ginger – garlic paste, mix well, fry till oil is come out.
4. Now add cream, add all masala except garam masala, mix well.
5. Add spinach paste & whole water, add fried panir, salt, cook till gravy is thick in slow flame, Garnish with cream, & cheese.

5. Pindi Chhole [Spicy Chole]

Ingredients

◆ 750 Gm Kaabuli Chana, soaked in water overnight ◆ 2 Tomatoes, chopped ◆ 3 Medium Onions ◆ 5 Cloves
◆ 1 Tsp Pepper Pd ◆ 1 Tsp Cumin Pd ◆ 20 Gm Ginger, Grated ◆ 2 Tbsp Refined Oil ◆ 1 Tbsp Coriander Leaves, chopped ◆ Salt to taste Method

1. In a pressure cooker, boil chole peas in salted water.
2. Heat frying pan, add refined oil, add cloves, cumin powder, mix well.
3. Now fry onion paste, mix well, add all remaining masala, add boiled peas, continuously stir well, cook for 5 mins in slow flame.

3. DAL

1. Dal Makhani [Spicy & Creamy Lentils]

Ingredients

◆ 2 Cup Whole Black Gram ◆ 1/2 Cup Kidney Beans ◆ 1 Tsp Ginger-Garlic Paste ◆ 4 Green Chillies ◆ 1 Tsp Red Chilli Pd ◆ 1/4 Tsp Turmeric ◆ 1/2 Cup Oil ◆ 60 Gm Butter ◆ 1/2 Tsp Cumin Seeds ◆ A Few Coriander Leaves ◆ Salt to taste Method

1. Clean & soak gram & beans separately for at least 4 hrs.
2. Boil beans with gram & oil, till both are well cooked, slice onions.
3. Heat 1/2 the butter, add cumin seeds, ginger-garlic paste, sliced onions, fry well.
4. Then add turmeric, chilli powder, chopped tomatoes, fry till tomatoes are cooked.
5. Add gram & beans with coriander leaves, cook on slow flame, continuously stir well for at least 10 mins, add the remaining butter, garnish with coriander leaves.

2. Amritsari Dhabe Di Dal [Spicy Lentil Amritsar Style]



Ingredients

◆ 1 Cup Whole Urad Dal ◆ 1 Tbsp Kidney Beans ◆ 1 Onion, Chopped ◆ 1 Tomato, Chopped ◆ 2 Tbsp Ginger, Chopped ◆ 2 Green Chillies ◆ 2 Cinnamon ◆ 4 Tbsp Desi Ghee ◆ 1 Big Cardamom, Crushed ◆ 4 Small Cardamom, Crushed ◆ 2 Tbsp Fresh Cream ◆ 1 Tsp Cumin Pd ◆ 1 Tsp Red Chilli Pd ◆ 2 Bayleaf ◆ 1 Tsp Garlic Paste ◆ 4 Cloves

◆ 1 Tbsp Chopped Coriander Leaves ◆ Salt to taste Method

1. Wash & soak the dal & rajma overnight.
2. In pressure cooker, cook the dal & rajma with water, bayleaf, salt, cardamom, cinnamon, ginger, 1 tbsp of ghee with 1 whistle.
3. Then on a slow flame, cook for 1/2 an hr.
4. In a frying pan, heat remaining ghee, add chopped onion, tomato & garlic paste, mix well, fry it till golden brown, then add red chilli powder & cumin powder, mix well, cook for 20 mins in slow flame, then beat the dal.
5. Garnish with coriander leaves, cream.

3. Tadka Dal [Temperd Yellow Dal]



Ingredients

- ◆ 1 Cup Tuar Dal, rinsed & drained ◆ 1 Onion, chopped ◆ 1 Onion, sliced ◆ 1 Tsp chopped Ginger ◆ 3 Tbsp chopped Coriander Leaves ◆ 2 Tomatoes
 - ◆ 2 Tsp Coriander Seeds ◆ 2-3 Dry Red Chillies ◆ 3 Tbsp Butter
 - ◆ 2 Cardamom
 - ◆ 1 Cinnamon
 - ◆ 2 Cloves
 - ◆ 2 Tsp Red Chilli Pd ◆ 4-5 Garlic Cloves ◆ Salt to taste
- Method

1. Boil the dal in cooker till it becomes soft, drain & keep aside.
2. Grind it chopped onion, cumin seeds, garlic, chopped coriander leaves, tomatoes, coriander seeds, dry red chillies in blender to make a fine paste.
3. Heat butter, add the sliced onion, cardamom, cinnamon, cloves, fry well till onion becomes golden brown.
4. Now add the masala paste, & fry for 10 mins, then add cooked dal with a little water & Salt to taste, mix well, boil in slow flame for 10 mins.

4. Punjabi Chana Dal [Lentil Punjabi Style]

Ingredients

- ◆ 1 Cup Chana Dal ◆ 1 Onion, sliced ◆ 1/2 Tsp Red Chilli Pd ◆ Salt to taste ◆ 2 Tsp Coriander Pd For Tempering
 - ◆ 1 Tbsp Butter ◆ A Pinch of Hing ◆ 1 Tsp Cumin Seeds ◆ 5-6 Garlic Cloves For spices, [Ground to a Powder]
 - ◆ 3 Dry Red Chillies ◆ 1/2 Tsp Fennel Seeds ◆ 1 Cinnamon ◆ 1 Bayleaf Method
1. Wash & soak the dal for 1 hr, drain it, & cook in pressure cooker with onion, red chilli powder, salt & coriander powder, with 2-3 whistles.
 2. Heat butter in a pan, add cumin seeds, hing, crushed garlic & grounded powder, mix well.
 3. Now add the dal & boil for 2 mins.

4. KADHI

1. Punjabi Pakoda Kadhi [Spicy Buttermilk With Dumpling In Punjabi Style]

Ingredients

For Pakodas

- ◆ 2 Cup Gram Flour ◆ 1 Cup chopped Onion ◆ 1/2 Tsp Turmeric Pd ◆ 1 Tsp Red Chilli Pd ◆ 1 Tsp Coriander Pd ◆ 1/2 Tsp Dry Mango Pd ◆ A Pinch of Soda.Bi-Carb ◆ Salt to taste
- ◆ 2 Green Chillies chopped ◆ 1 Cup Water for batter ◆ 1/2 Tsp Garam Masala ◆ Oil for deep frying For Kadhi
- ◆ 1/2 Cup Gram Flour ◆ 2 Cup Curd
- ◆ 1/2 Tsp Turmeric Pd ◆ Salt to taste
- ◆ 1 Tbsp Coriander Pd ◆ 1 Tsp Red Chilli Pd ◆ 3 Tbsp Oil
- ◆ 1/2 Tsp Methidana ◆ 1 Onion, chopped ◆ 2 Tomatoes, finely chopped ◆ 4 Green Chillies, chopped ◆ 1 Tsp Ginger Paste ◆ 2 Tbsp Oil
- ◆ 1/2 Tsp Red Chilli Pd ◆ 3-4 Dry Red Chillies Method

For Pakoda

1. Mix gram flour with water, & make a thick batter, beat well.
2. Add all ingredients, mix well.
3. Heat oil & deep fry pakoda till golden brown, keep aside.

For Kadhi

1. In a pan, mix curd, gram flour, salt, turmeric, red chilli powder, coriander powder, & 4-5 cups of water, mix well.
2. In a heavy bottom pan, heat oil, add cumin seeds, methidana, chopped onion, fry well, now add tomatoes & green chillies, mix well.
3. Add the curd mixture, continuously stir well till it starts to boil, cook in slow flame for 10 minutes.

For Tempering

1. Heat a little oil, add cumin seeds, red chilli powder, dry red chillies, sauté it,

& pour in kadhi.

2. AMRITSARI WADI KADHI [Dried Lentil ake In Butter Milk Amritsar Style]

Ingredients

- ◆ 2 Big Vadi, [Dried Lentil Cakes]
- ◆ 2 Cup Curd
- ◆ 2 Tbsp Gram Flour ◆ 2 Tbsp Oil
- ◆ 1 Tsp Methidana ◆ 1/4 Tsp Hing
- ◆ 1/2 Tsp Cumin Seeds ◆ 2 Tomatoes, chopped ◆ 1 Onion, chopped ◆ 1/2 Cup Frozen Peas ◆ 2-3 Green Chillies, chopped ◆ 1 Tsp Ginger-Garlic Paste ◆ 1/2 Garam Masala ◆ 1/2 Tsp Turmeric Pd ◆ 1/2 Tsp Red Chilli Pd ◆ 1 Tsp Coriander Pd ◆ 3-4 Cloves
- ◆ 1 Cinnamon
- ◆ 2-4 Bayleaf
- ◆ Salt to taste Method

1. Heat oil, add vadi & fry till well browned on all sides, remove from oil & keep aside, break the vadi into 4-5 pieces.
2. In a bowl, mix curd & flour, 2-3 cup of water, beat well, keep aside.
3. Heat oil in kadahi, add bayleaf, cumin seeds, methidana, cloves, cinnamon, chopped green chillies, mix well.
4. Add onion, fry well till golden brown, now add tomatoes, ginger-garlic paste, peas, mix well, add all masala with vadi, cook till vadi is tender.
5. Add the curd mixture, garam masala, & Salt to taste, continuously stir well till kadhi becomes thick, garnish with coriander leaves.

3. Panir Ki Kadhi [Cottage Cheese In Buttermilk]



Ingredients

- ◆ 2 Cup Curd
- ◆ 4 Tbsp Gram Flour ◆ 1 Cup Fried Panir Cube ◆ 1 Big Onion, sliced ◆ 1 Tomato, sliced ◆ 1 Tsp Ginger Paste ◆ 1 Tsp Garlic Paste ◆ 3-4 Green Chillies, slit ◆ 1 Tsp Cumin Seeds ◆ 1/2 Tsp Turmeric Pd ◆ 1 Tsp Coriander Pd ◆ 1/2 Tsp Garam Masala ◆ 2 Tbsp Ghee
- ◆ 1/2 Tsp Mustard Seeds ◆ A Pinch of Hing ◆ 2 Bayleaf
- ◆ 1 Cinnamon
- ◆ 2 Cardamom
- ◆ 2 Cloves
- ◆ Salt to taste Method

1. In a bowl, mix the curd & gram flour, beat well, add 2 cups of water, beat well, keep aside.
2. Now heat ghee in heavy bottom pan, add whole dry spices, cumin seeds, mustard seeds, hing, green chillies, & onion, fry well, add ginger-garlic paste, turmeric, coriander powder, mix well, add tomatoes, fry till oil is come out.
3. Then add panir cubes, mix well, add curd mixture with water, salt & garam masala, mix well, cook in slow flame till kadhi becomes thick.

5. ROTI

1. Makke Ki Roti [Corn Flour Bread]

Ingredients

- ◆ 2 cup corn flour, [makki ka aata]
 - ◆ 1/2 Cup plain flour ◆ A pinch of salt ◆ 2 Tbsp white butter
- Method

1. Make a soft dough with salt & lukewarm water.
2. Put this on the tawa, bake from both side.
3. Apply with butter, serve hot with sarso ka saag.

2. Gobhi Paratha [Stuffed Cauliflower Parathas]

Ingredients

◆ 2 cup grated cauliflower ◆ 1/2 Tsp cumin seeds ◆ 1 Tsp red chilli pd ◆ 2 Green chillies, chopped ◆ 1 Cup coriander leaves, chopped ◆ 1 Onion, chopped ◆ 1/2 Tsp turmeric pd ◆ Wheat dough

◆ Butter for greasing ◆ Salt to taste Method

1. Add 1 tsp salt in grated cauliflower, & keep aside for 10 mins.
2. Take out the water from cauliflower, & mix cumin seeds, onion, green chillies, coriander leaves, turmeric powder, red chilli powder, salt, mix well.
3. Now roll the wheat dough in small size & apply oil on it & place cauliflower mixture on it & cover it.
4. Roll it in a medium size, & keep it on hot pan & cook both side applying butter.

3. Masala Kulcha [Stuffed Fried Bread]



Ingredients

- ◆ 1/2 Kg Maida [Plain Flour]
 - ◆ 1 Tbsp Desi Ghee
 - ◆ 2 Tbsp Refined Oil ◆ 6 Medium Size Boiled Potatoes ◆ 1 Cup chopped Coriander Leaves ◆ 250 Gm mashed Panir ◆ 200 Gm Butter
 - ◆ 1/2 Tsp Black Corn ◆ 1/2 Tsp Red Chilli Pd ◆ 2 Green Chillies
 - ◆ 1 Tsp Garam Masala ◆ 1 Tbsp Onion Paste ◆ Salt to taste
1. Make a dough maida with ghee, salt, red chilli powder, corn powder, garam masala, mix well, & keep aside for 1/2 an hr in wet cloth.
 2. Heat pan, add oil, fry onion paste, now add mashed potatoes, panir, green chilli paste, salt, mix & stir well for 2 mins, keep aside.
 3. Now roll the dough in small size & apply oil on it & place masala mixture on it & cover it.
 4. Roll it in a medium size & keep it on hot pan & cook both side applying ghee or butter.

4. BHATURE [Fried Bread]



Ingredients

◆ 4 Cup Refined Plain Flour, [Maida]

◆ 2 Cup Curd ◆ 1/4 Tsp Soda-Bi-Carb ◆ 1/4 Tsp Salt ◆ Oil for frying Method

1. Sieve refined flour with soda, & salt, mix well.
2. Add the curd in flour, mix well, then add very little water, knead the dough.
3. Cover with muslin cloth for 6 hrs.
4. Roll into small balls, around 4 to 5 inches thick.
5. Heat oil, fry the bhatures on a low flame till golden brown, serve with chhole.

6. RICE

1. Vadiyawale Chaawal [Rice With Dried Lentil Cakes]

Ingredients

◆ 2 Cups Moong or Urad Badi ◆ 2 Cups Basmati Rice ◆ 1/2 Cup Ghee ◆ 5 Black Corn ◆ 2-3 Cloves
◆ 2-3 Cardamom ◆ 3 Bayleaf
◆ 3 Cinnamon
◆ 1/2 Tsp Garam Masala Pd ◆ 1 Cup Frozen Peas ◆ 1 Piece Ginger, Chopped ◆ Salt to taste ◆ 1 Tsp Turmeric Pd ◆ 1 Tsp Coriander Pd ◆ 1 Cup Sliced Carrots ◆ 1 Cup Sliced Capsicum ◆ 1 Tsp Ginger-Garlic Paste ◆ 1 Tsp Cumin Seeds
Method

1. Wash & soak rice for 1 hr.
2. Fry the broken badi, carrots & capsicum, keep aside.
3. Heat ghee in heavy bottom, add cumin seeds, whole spices, & masala, mix well, add ginger-garlic paste, fry well.
4. Add the rice & broken vadis, carrots, capsicum, & peas, mix well, fry for 2-3 minutes, continuously stir well.
5. Now add 3 to 4 cup of water, salt, & garam masala, mix well.
6. Cover & cook for 8-10 minutes on low flame till rice is well cooked.

2. Makhani Chaawal [Buttered Rice]

Ingredients

◆ 2 Cup Basmati Rice, rinsed ◆ 3 Tbsp Butter ◆ 1 Tsp Black Cumin Seeds, Shahjira ◆ 15-16 Cashewnuts, fried ◆ Salt to taste Method

1. Heat 2 tbsp butter in heavy pan, add cumin seeds, & stir fry for a minute, add rice & fry for 2 mins, stir in 2 cups of water & salt to taste.
2. Bring to the boil, then cook & cover in slow flame for 10 minutes.
3. Heat remaining butter, fry cashewnuts till golden brown, keep aside.
4. Garnish with cashewnuts & serve hot.

3. Rajma Biryani [Spicy & Tangy Beans Rice]

Ingredients

◆ 3 Cup Kidney Beans, [Rajma]
◆ 2 Cup Basmati Rice ◆ 1 Big Tomato, sliced ◆ 1/2 Tsp Cardamom Pd ◆ 1/4 Tsp Clove Pd ◆ 2 Tsp Red Chilli Pd ◆ 3 Tbsp Curd ◆ 2 Tsp Saffron Water ◆ 3 Tbsp Oil ◆ A pinch of Garam Masala Pd Method

1. Wash & soak rice for 1/2 an hr, & then pressure cook the rice, keep aside.
2. Soak the rajma atleast 4 hrs in water & then pressure cook them.
3. Heat pan, add oil, add tomato, & then add curd, chilli powder, clove powder, cardamom powder, & rajma, mix well, cook rajma about 5 mins.
4. In ovenproof dish first put layer of rice & then a layer of rajma, then pour some curd.
5. Last, put another layer of rice, & add the saffron water.
6. Cover it with the lid & put it a 350 f preheated oven for 12 minutes.

7. SNACKS

1. Punjabi Samosa [Fried Stuffing Puff]

Ingredients

For Doughing

- ◆ 2 Cup Refined Flour ◆ Salt to taste ◆ 2 Tbsp oil to rub in flour
 - For Filling
 - ◆ 3-4 Boiled Potatoes ◆ 1 Cup Frozen Peas ◆ 3 Chopped Green Chillies ◆ 1/2 Cup Chopped Coriander Leaves ◆ 1 Tsp Mango Pd ◆ 1 Tsp Red Chilli Pd ◆ A Pinch of Garam Masala ◆ 1 Tsp Coriander Pd ◆ Salt to taste ◆ 2 Tbsp Oil
 - ◆ Oil for frying
- Method

For Doughing

1. Sift flour, add salt, rub in oil, add enough water to make a soft dough, knead well & set aside covered for 1/2 an hr.

For Filling

1. Diced potatoes, heat oil, add all masala with peas & potatoes, mix well, cook for 2 mins, cool it.

For Making Samosa

1. Knead dough, divide into small portion, roll out into puri shape.
2. Cut down the centre, make cone of each piece, put in prepared filling, seal the edge with water.
3. Heat oil in kadahi, deep fry the samosa till light brown.

2. Aalu Chaat [Spicy Potato]

Ingredients

◆ 1/2 Kg Boiled Potatoes ◆ 3-4 Green Chillies, chopped ◆ 1/2 Cup Coriander Leaves, chopped ◆ 1 Tsp Chaat Masala ◆ 1/2 Tsp Garam Masala ◆ 1/2 Tsp Red Chilli Pd ◆ 1/2 Tsp Black Salt ◆ 1/2 Tsp Pepper Pd ◆ 1/2 Tsp Cumin Pd ◆ Salt to taste Method

1. Peel & cut the potatoes into cubes, mix all ingredients, serve cool.

3. Dahi Bhalla [Fried Dumpling In Curd]



Ingredients

For Vada

- ◆ 1/2 Cup Urad Dal ◆ 1 Cup Moong Dal ◆ Salt to taste ◆ Oil for frying
 - ◆ 2 Cup Curd
 - ◆ 2 Tbsp Tamarind Chutney ◆ 1/2 Cup Chopped Coriander Leaves ◆ 1/2 Tsp Cumin Pd ◆ 1/2 Tsp Red Chilli Pd ◆ 2 Tbsp Green Chutney ◆ Salt to taste
- Method

For Vada

1. Soak the urad & moong dal overnight.
2. Grind it in mixture, add salt to it & use very little water to make smooth paste while blending.
3. Heat oil, drop balls of dal paste in the oil slowly, fry till golden brown.
4. Soak these vadas in hot water for 5 mins, take out the vadas, squeeze out the excess water & then soak all in curd for 5 mins.
5. While serving, sprinkle red chilli powder, cumin powder, & finally tamarind chutney & green chutney on top, garnish with coriander leaves.

4. Gobhi Pakoda [Cauliflower Fritters]

Ingredients

◆ 1 Medium Cauliflower ◆ 1 Cup Gram Flour ◆ 1/2 Tsp Red Chilli Pd ◆ 1 Tsp Mango Pd ◆ Salt to taste ◆ Oil for frying Method

1. Clean & wash cauliflower into salted water, cut into pieces.
2. Make a thick batter of gram flour, add salt, mango powder, red chilli powder, mix & blend it.
3. Heat oil, dip each pieces of cauliflower in batter, & fry well till golden brown.

8. RAITA

1. Pudina Ka Raita [Mint Leaves In Curd]

Ingredients

- ◆ 1 Cup Mint Leaves, [Pudina] with thick steam removed ◆ 1/4 Tsp Black Pepper, ground ◆ 1 Tbsp Sour Cream ◆ 2 Cup Curd ◆ 1/2 Cup Water ◆ Salt to taste For Tempering
 - ◆ 1/2 Tsp Mustard Seeds ◆ 1/2 Tsp Crushed Red Pepper ◆ 1 Tsp Cumin Seeds ◆ 2 Tsp Oil Method
1. Blend curd, cream, mint leaves, black pepper, salt & water in blender.
 2. Now heat oil in small pan, add cumin, mustard seeds, red pepper, sauté it.
 3. Add in curd mixture, mix well, cool it.

2. Ananas Ka Raita [Pineapple In Curd]

Ingredients

◆ 2 Cups Curd ◆ 2 Sliced Big Pineapple, cut into small pieces ◆ 1/2 Tsp Pepper
Pd ◆ 1 Tsp Cumin Pd ◆ 1 Tsp Sugar ◆ Salt to taste Method

In a bowl, mix all ingredients together, chill for 30 minutes.

9. CHUTNEY

1. Pudina Ki Chutney [Mint Leaves Chutney]

Ingredients

◆ 1 Pod Garlic Cloves, cushed ◆ 10-12 Green Chillies, chopped ◆ 1 Bunch Coriander Leaves ◆ 2-3 Bunch Mint Leaves ◆ 1/2 Cup Tamarind Pulp ◆ Salt to taste Method

1. Put the garlic, chillies, coriander & mint leaves in a blender, grind it, add tamarind pulp, Salt to taste, & mix together.

10. SALAD

1. CHOLE SALAD

Ingredients

◆ 2 Cup Boiled Kaabuli Chana ◆ 1 Cup Boiled Chopped Potatoes ◆ 1 Cup Chopped Onion ◆ 1/2 Cup Coriander Leaves, Chopped ◆ 3-4 Green Chillies, Chopped ◆ 1/2 Tsp Chaat Masala ◆ 1 Lime Juice ◆ 1/2 Tsp Red Chilli Pd ◆ Salt to taste Method

1. Mix all ingredients, & cool it.

11. SWEET

1. Lassi [Pedewali Lassi]

Ingredients

For 2 Glass

◆ 600 Gm Fresh Curd ◆ 3 Tbsp Sugar ◆ 3 Saffron, soaked in water ◆ 2-3 Mawa Peda ◆ 1 Tsp Almond Pd ◆ 1 Tsp Pistachio Nuts ◆ 1 Tsp Green Cardamom Pd ◆ 1 Tsp Rose Water ◆ 8 Cubes of Ice Method

1. Mix curd, peda, sugar, cardamom powder, saffron, rose water, & blend it in handy mixture, add ice cube, serve cool.

2. Kesar Rabadi [Thick Milk Pudding]

Ingredients

◆ 1 Ltr Milk ◆ 100 Gm Whole Sugar ◆ 1/4 Cup Almond & Pistachio Nuts ◆ A Few Saffron, soaked in Milk Method

1. Boil the milk, add sugar, & continuously stir well till it becomes thick, then add saffron, mix well.
2. Cool it in deep freezer, serve with almond & pistachio nuts.

3. Pinni [Sweet Flour Pieces]



Ingredients

◆ 1 Cup Ghee ◆ 2 Cup Wheat Flour ◆ 2 Cup Khoya ◆ 1 1/2 Cup Sugar ◆ 15-17 Raisins ◆ 12 Pistachio Nuts, crushed ◆ 12 Almond, blanched Method

1. Heat heavy bottom kadahi, add ghee, melted it, add wheat flour, & continuous stir till 3-4 mins.
2. Roast the khoya in another kadahi, stirring it continuously for 5 mins, remove from heat.
3. Add sugar & fried flour, stir well, add raisins, nuts, almonds, mix well, then shape into round balls while the mixture is still warm.

SOUTH INDIAN THALI



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1. RICE

1. Bisi-Bela-Huliana

Ingredients

- ◆ 3 cup rice ◆ 1 cup arhar dal ◆ 2 carrots
- ◆ 3 drumstick ◆ 2 potatoes ◆ 6-7 small onion ◆ 3 tomatoes ◆ 1/2 cup tamarind pulp ◆ 1/2 roasted groundnut For Frying Masala
- ◆ 2 cup grated coconut ◆ 1 stick cinnamon ◆ 1 tbsp chana dal ◆ 1 tbsp urad dal ◆ 1 tbsp coriander seeds ◆ 7-8 dry red chillies ◆ 1 tbsp gingely seeds ◆ A few curry leaves ◆ 3 tbsp coriander leaves For Tempering
- ◆ 1 tsp cumin seeds ◆ 1 tsp mustard seeds ◆ A pinch of hing ◆ 2 tbsp cashewnuts ◆ 2 tbsp ghee Method

1. Wash & soak rice & dal for 1/2 an hr.
2. Wash & peel carrots & potatoes, & all vegetables, cut them, boil all vegetable in salted water, keep aside.
3. Heat a little oil, add red chillies, bengal gram, black gram, cinnamon, coriander seeds, gingely seeds, grated coconut, & sauté for a 5 mins, make into a paste.
4. Cook dal & rice with a pinch of turmeric, add cooked vegetable, tamarind pulp, & masala paste, cook for a 5 mins, add Salt to taste.
5. Heat oil in another pan, add mustard seeds, cumin seeds, asafetida, curry leaves, ground nuts, & pour on the rice, mix well.
6. Garnish with fried cashewnuts, & coriander leaves.

2. Thair Saadam [Plain Curd Rice]

Ingredients

◆ 2 Cup Plain Boiled Rice ◆ 10-12 Curry Leaves ◆ 1 Cup Curd ◆ 1 Cup Milk ◆ 3 Tsp Oil ◆ 1 Tsp Mustard Seeds ◆ 3-4 Green Chillies, Chopped ◆ 1 Tsp Ginger Paste ◆ Salt to taste Method

1. Put the rice in a bowl, then crumble a few curry leaves, salt & add to the rice, add the curd, milk, mix well.
2. Heat oil in a frying pan, add mustard seeds, & stir fry, add the chillies, ginger paste, fry again, then add to the rice & mix.

3. Thakkali Saadam [Tomato Rice]



Ingredients

◆ 2 Cup Basmati Rice ◆ 6-7 Medium Size Tomatoes, chopped ◆ 2 1/2 Tbsp Oil
◆ 1/4 Tsp Mustard Seeds ◆ 1/4 Tsp Cumin Seeds ◆ 1/4 Tsp Turmeric ◆ 2
Chopped Green Chilles ◆ A Few Curry Leaves ◆ A Pinch Of Hing ◆ 2
Chopped Onion ◆ 1 Small Bunch Chopped Coriander Leaves ◆ 1/2 Tsp Red
Chilli Pd ◆ Salt to taste Method

1. Clean & wash the rice, cook in pressure cooker till 2 whistle & keep aside.
2. Heat kadahi, add oil in it, add mustard seeds, cumin seeds, hing, turmeric, curry leaves, onion, green chillies, & tomatoes, continuous stir well, & cover & cook till tomatoes are thin.
3. Now add cooked rice, salt, mix well, cook till 3-4 mins, garnish with coriander leaves.

4. Haidrabadi Biryani [Spicy Rice Of Haidrabadi Style]



Ingredients

- ◆ 1 Cup Basmati Rice ◆ 1 Cup Curd
- ◆ 1 Cup Water
- ◆ 2 Cup Mixed Vegetable, diced ◆ 4 Tbsp Oil
- ◆ 1 Tsp Ginger-Garlic Paste ◆ 2 Onion, sliced ◆ Salt to taste ◆ 1 Lime
- ◆ 2 Tbsp Chopped Mint Leaves ◆ 1 Tbsp Chopped Coriander Leaves ◆ 7-8
Garlic Flacks For Masala
- ◆ 2-3 Medium Size Onions ◆ 1/2 Small Piece of Ginger ◆ 1 Cinnamon
- ◆ 2 Cloves
- ◆ 2 Cardamom
- ◆ 2 Tbsp Cashewnuts ◆ 1 Bunch Coriander Leaves Method

For Masala

1. Fry all ingredients in 3 tbsp oil & grind with a bunch of coriander leaves, keep aside.
2. Wash & soak rice in water for 10 mins, drain water, keep aside.
3. Heat pressure cooker, add oil, fry garlic & onion pieces, mix ginger-garlic paste, & all diced vegetable, fry till vegetables are tender, add grinding masala & fry well.
4. Now beat the curd, & add with 1 cup of water, boil it, then add rice & salt, cover & cook in slow flame, remove from fire after 2 whistle.
5. Before serving, add lime juice, mint leaves, coriander leaves.

2. Roti

1. Appam [Rice Pancake]

Ingredients

◆ 2 Cup Plain Rice ◆ 1/2 Cup Fresh Coconut, Grated ◆ 1/2 Ripe Banana ◆ A Pinch of Soda-Bi-Carb ◆ Salt to taste Method

1. Soak rice in water 4-5 mins.
2. Grind the rice with coconut, banana into fine paste by adding a little water.
3. Add salt & keep aside for 5 mins, then add soda, mix well by adding some more water.
4. Heat a frying pan, pour a tablespoon of the batter & spread it like a dosa.
5. Cover the pan with a lid, allow to cook for 10 mins.
6. Serve hot with coconut chutney.

2. Adadi [Dal Dosai]



Ingredients

◆ 1 1/2 Cup Rice ◆ 1/2 Cup Urad Dal ◆ 1/2 Cup Masur Dal ◆ 1/2 Cup Moong Dal ◆ 6 Red Chillies ◆ Salt to taste ◆ Oil for greasing Method

1. Soak the rice with all the dals overnight.
2. Drain the mixture, & add the red chillies, salt & water, grind it.
3. Heat a flat pan, spread 3 tbsp of the batter on it, cover & cook on a medium heat for 2-3 mins.
4. Remove carefully with a spatula, repeat for the rest of batter, serve hot with coconut chutney.

3. Masala Dosa [Spicy Dosa]

Ingredients

◆ 3 Cups Rice ◆ 1 1/2 Cup Split Black Gram ◆ Salt to taste ◆ 1/4 Cup Oil Filling
◆ 6-7 Potatoes ◆ 3-4 Onion ◆ 2 Spring Curry Leaves ◆ 5-6 Green Chillies ◆ 1/2
Tsp Turmeric ◆ 1/2 Tsp Mustard Seeds ◆ 2 Tbsp Oil ◆ Salt to taste Method

1. Soak gram & rice separately.
2. Grind gram to a smooth paste.
3. Grind rice finely, add salt & water to form a pouring consistency, keep aside 8 to 10 hrs.

Filling

1. Boil potatoes, peel & dice.
2. Slice onion, chop green chillies.
3. Heat oil, add onion, turmeric, & green chillies.
4. Add potatoes, & salt & cook for a few mins.
5. Remove from fire, temper with mustard seeds, & curry leaves.

Dosa

1. Heat a dosa pan, smear with oil, pour a laddle of batter & spread it to form an thin, pour tsp of oil from sides to cook dosa properly, the outside must be golden & crispy, place filling in the centre & fold as for panroll, serve with coconut chutney.

3. Dal

1. Pullakura [Spinach Dal]

Ingredients

◆ 1/2 Cup Tur Dal ◆ 1 Bunch Spinach ◆ 2 Tbsp Tamarind Pulp ◆ A Pinch Of Turmeric Pd ◆ 1 Tsp Oil ◆ 3-4 Dry Red Chillies ◆ 1/2 Tsp Mustard Seeds ◆ 1 Tsp Fenugreek Seeds ◆ A Few Curry Leaves ◆ 1/4 Tsp Hing ◆ Salt to taste

- Method
1. Clean & wash spinach leaves, chop them.
 2. Boil the dal in pressure cooker.
 3. Heat oil in a vessel, add mustard seeds, fenugreek seeds, now add red chillies & curry leaves with turmeric.
 4. Add spinach, mix well, sauté them.
 5. Pour tamarind water& salt, cook for 5 mins.
 6. Add some water while cooking, when spinach is done, add dal, mix well.
 7. Add 1 cup water & mix well, cook for a few mins, then add hing, mix well.

2. Payatham Pezukku [Moong-Beans Dal]



Ingredients

◆ 1 Cup Whole Moong Dal ◆ 3-4 Dried Red Chillies ◆ 2 Tsp Coconut Oil ◆ A Few Curry Leaves ◆ Salt to taste Method

1. Soak the dal in water overnight.
2. Rinse & drain the dal, cook them with dry red chillies with 3-4 whistle in pressure cooker.
3. Season the dal with salt, add the coconut oil, curry leaves, mix well.

3. Marangaikkai Sambhar [Drumstick Sambhar]



Ingredients

- ◆ 3/4 Cup Tur Dal ◆ 1/2 Tsp Turmeric Pd ◆ 2 Tsp Sambhar Pd ◆ 2 Drumstick, cut into equal pieces ◆ 2 Tomatoes, finely chopped ◆ 1 Cup Tamarind Puree ◆ 2 Tbsp Coriander Leaves, Chopped ◆ Salt to taste For Tempering
 - ◆ 2 Tsp Oil
 - ◆ 1/2 Tsp Cumin Seeds ◆ 1/2 Tsp Fenugreek Seeds ◆ 1/4 Tsp Fennel Seeds ◆ 1/2 Tsp Hing
 - ◆ 1 Tsp Urad Dal ◆ 2 Spring Curry Leaves ◆ 2-3 Dry Red Chillies
- Method
1. Cook the dal in pressure cooker with 2 cups water in 2-3 whistle, keep aside.
 2. Transfer the dal's water in heavy pan, add turmeric, sambhar masala, vegetable & salt, mix well.
 3. Cook the dal for 10 mins in slow flame.
 4. Add tamarind puree & cook till vegetables are tender & tamarind disappear.
 5. Now add the drained dal, & cook for another 5 mins, stir continuously.

For Tempering

Heat oil in small pan, add cumin seeds, mustard seeds, hing, urad dal, curry leaves, fenugreek seeds, fennel seeds, dry red chillies, stir fry, pour the mixture into the sambhar & garnish with coriander leaves.

4. Sambhar Dal [Spicy Dal]

Ingredients

- ◆ 2 Cups Tur Dal ◆ 1 Tbsp Tamarind Pulp ◆ 1/4 Tsp Turmeric ◆ 1 Cup Pumpkin, cut into square pieces ◆ 1 Potato, cut into square pieces ◆ 1 Cup Lauki, cut into square pieces ◆ 1 Cup Brinjal, cut into square pieces ◆ 1 Tsp jaggery ◆ 1 Tbsp Sambhar Masala ◆ 3-4 Green Chillies, chopped ◆ 1/2 Tsp Mustard Seeds ◆ 3-4 Sprig Curry Leaves ◆ 1 Tbsp Oil
- ◆ Salt to taste Method

1. Wash & soak the dal in water atleast 1 hr.
2. Cook the dal in pressure cooker with turmeric, salt, & water.
3. In separate pan, heat water & cook all vegetables & add tamarind pulp, cook till vegetable are tender, then add dal, sambhar masala, jaggery & salt, cook till gravy is thick, for tempering - heat oil in a little pan, add mustard seeds, curry leaves, & pour it in sambhar dal.

4. Kadhi

1. Rasam [South Indian Soup]

Ingredients

- ◆ 1/2 Cup Tur Dal [Red Gram]
 - ◆ 3-4 Tomatoes
 - ◆ 1 Lime
 - ◆ A Few Curry Leaves ◆ 1/2 Bunch Coriander Leaves For Tempering
 - ◆ 1 Tsp Mustard Seeds ◆ 1 Tsp Black Gram ◆ 1 Tsp Cumin Seeds ◆ A Pinch of Hing
 - ◆ 2 Dry Red Chillies ◆ 2 Tbsp Oil
 - ◆ 2-3 Green Chillies ◆ Salt to taste
- Method
1. Boil the dal till tender, remove the water, keep aside the water.
 2. Cut the tomatoes, slit green chillies, & chop coriander leaves.
 3. Add the tomatoes, green chillies, coriander leaves, curry leaves to gram water, boil it.
 4. Heat oil, add all ingredients for tempering.
 5. When spices crackle, add boiling rasam, add salt & boil for 8-10 mins.
 6. Remove from heat & add lime juice.

2. Morakuzumbu [Vegetable Stew With Buttermilk]

Ingredients

◆ 2 Cup Buttermilk ◆ 3-4 Green Chillies ◆ 1/2 Cup Pumpkin Pieces ◆ 1 Tbsp Raw Rice ◆ 1 Tbsp Tur Dal ◆ 1/4 Cup Grated Coconut ◆ 1 Tsp Dhania-Jira Pd ◆ 1 Small Pieces Ginger ◆ A Few Curry Leaves & Coriander Leaves ◆ 1/4 Tsp Mustard Seeds ◆ 2 Pinch Turmeric Pd ◆ Salt to taste Method

1. Boil the pumpkin in water, drain it & keep aside.
2. Soak the dal & rice, after 1 hr, grind it.
3. Grind together green chillies, ginger, coconut, turmeric, dhania powder, mustard seeds in grinder.
4. Add grinding mixture in buttermilk, mix well, & boil it till it become thick.

For Tempering

Heat oil, add curry leaves, mustard seeds, coriander leaves, mix in boiling curry.

3. Andhra Style Kadhi [Vegetable Curry With Crisp Gram Flour Balls]

Ingredients ♦ 3/4 Cup Ghee ♦ 1 Tsp Fenugreek Seeds ♦ 1/2 Tsp Cumin Seeds ♦ 2 Tbsp Gram Flour ♦ 2 Potatoes, Cut Into Cubes ♦ 3 Cup Tomato Puree ♦ 5-6 Green Chillies ♦ 10-12 Green Beans, Cut Into Cubes ♦ 2 Tbsp Sugar ♦ 2 Cup Coriander Leaves ♦ Salt to taste ♦ For Gram Flour Balls ♦ 4 Tbsp Gram Flour ♦ Salt to taste ♦ 1/2 Tsp Chilli Pd ♦ A Pinch of Soda-Bi-Carb Oil for deep frying 1. For gram flour balls.

1. Mix all ingredients of gram flour balls, make a smooth batter. Heat oil, fry the balls till golden brown, keep aside.
2. Heat ghee in a frying pan, add mustard seeds, fenugreek, cumin, & curry leaves, fry for a mins.
3. Add the gram flour, & fry for 1-2 mins, add the potatoes, beans together with tomato pureed, chillies, suger, coriander leaves, Salt to taste.
4. Cook in slow flame for about 15 mins, now add gram flour balls, serve hot.

5. Vegetables

1. Avial [Mixed Vegetables]

Ingredients

◆ 2-3 Sticks Drumstick ◆ 4-5 Potatoes ◆ 4-5 Brinjal ◆ 2-3 Elephant Yam ◆ 100 Gm Chvli Beans ◆ 100 Gm Coconut, 1/2
◆ 50 Ml Coconut Oil ◆ 2-3 Green Chillies ◆ A Pinch Of Turmeric ◆ A Pinch Of Cumin Seeds ◆ 100 Gm Curd ◆ 2-3 Spring Curry Leaves ◆ Salt to taste
Method

1. Wash & peel vegetables & cut them into long pieces.
2. Grind together coconut, chillies, cumin seeds to a fine paste.
3. Beat the curd well.
4. Boil vegetables in sufficient water with turmeric & salt.
5. Add ground ingredients, beaten curds, & curry leaves, bring to boil, pour fresh coconut oil & remove from fire, serve hot.

2. Haidrabadi Mirchi Ka Saalan [Green Chillies With Tamarind]

Ingredients ♦ 5-6 Large Green Chillies, slit ♦ 3-4 Tbsp Tamarind Pulp ♦ 5-6 Curry Leaves ♦ 1 Tsp Fenugreek Seeds ♦ 1 Tbsp Coriander Seeds ♦ 1/2 Tsp Cumin Seeds ♦ 3-4 Tbsp Peanuts ♦ 3 Tbsp Sesame Seeds ♦ 1 1/2 Tsp Poppy Seeds ♦ 1 Tbsp Grated Coconut ♦ 1 Onion ♦ 1 Tsp Ginger Paste ♦ 1 Tbsp Garlic Paste ♦ 1/2 Tsp Turmeric Pd ♦ 1 Tsp Chilli Pd ♦ 1 Tsp Jaggery
Method 1. Heat pan, roast coriander seeds, cumin seeds, sesame seeds, peanuts, poppy seeds, coconut till golden brown, remove from fire, keep aside.

2. Grind onion, roasted spices, ginger-garlic paste, turmeric paste, jaggery, chilli powder, tamarind pulp in a mixture with salt to make a paste.
3. Heat oil in heavy bottom, add slit green chillies, & stir fry, add curry leaves, fenugreek seeds, stir fry for a mins.
4. Now add the spice paste & cook in slow flame till chillies become tender.

3. Vegetable Kottu Curry [Spicy Vegetable]

Ingredients

- ◆ 1/2 Cup Chana Dal [Split Bengal Gram]
- ◆ 1 Big Elephant Yam ◆ 1 Big Ash Gourd
- ◆ 1 Tsp Pepper
- ◆ Salt to taste
- ◆ 1/4 Tsp Turmeric Pd ◆ 1/2 Coconut
- ◆ 5-6 Dry Red Chillies For Tempering
- ◆ 1/2 Coconut, Grated ◆ 1/2 Tsp Mustard Seeds ◆ 2 Tbsp Oil
- ◆ A Few Curry Leaves ◆ 1 Tbsp Split Black Gram [Urad Dal]
- ◆ 1 Small Piece Jiggery Method

1. Wash& cook bengal gram in pressure cooker in 3 whistle.
2. Peel & cut yam & ash gourd into cubes.
3. Add the vegetables, pepper, salt & turmeric, 1 cup water to cooked gram & cook till vegetables are done.
4. Grind to a fine paste the coconut & chillies, add to the vegetables & gram, bring to a boil & remove from fire.

For tempering:

1. Heat oil, fry grated coconut, mustard seeds, curry leaves, black gram till brown, add with grated jiggery to vegetable, mix well. Cover with lid for a few minutes.

4. Katahal Aalu [Spicy Jackfruit & Potatoes]



Ingredients

- ◆ 250 Gm Jackfruit, cut into small pieces ◆ 2-3 Potatoes, peeled & sliced ◆ 2 Big Onions, grated ◆ 3-4 Tomatoes, mashed ◆ 1/2 Tsp Ginger, grated ◆ 1/2 Tsp Red Chilli Pd ◆ 1/2 Tsp Turmeric
- ◆ 1 Tsp Coriander Pd ◆ 1 Tsp Sambhar Masala ◆ Salt to taste
- ◆ Oil for frying jackfruit Method

1. Heat oil, fry jackfruit pieces, & potato slices separately till golden brown, keep aside.
2. In other pan, heat oil 2-3 tbsp, fry onion, ginger, mix well, add tomatoes & all masala, mix & stir well.
3. Then add jackfruit pieces, fried potatoes, salt, mix well, cover & cook till vegetables are done, garnish with coriander leaves.

5. Thoran [Vegetable In Coconut Milk]

Ingredients

◆ 250 Gm Mix Vegetables, [French Beans, Carrots & Beetroots]
◆ 1/2 Tsp Chilli Pd ◆ 1/4 Tsp Turmeric Pd ◆ 1 Cup Shredded Coconut ◆ 1/3 Cup
Onion, cut into small pieces ◆ Oil for frying ◆ Salt to taste ◆ 1/4 Tsp Mustard
Seeds ◆ A Few Curry Leaves Method

1. Cut the vegetables into small cubes.
2. Heat oil, add mustard seeds, onion, fry well, then add chilli powder, turmeric & salt, stir well.
3. Now add coconut with vegetables, mix well.
4. Cover & cook in slow flame till vegetables are done.

6. Vegetable Chettinad [Chettinad Style Vegetable]

**Ingredients ♦ 1/2 Kg Mix Vegetables, [Cauliflower, Carrots, Peas, Potatoes].
Boil them.**

- ♦ 1 Onion, chopped ♦ 1 Tsp Ginger Paste ♦ 1 Tsp Garlic Paste ♦ 1 Tomato, chopped ♦ 2 Tsp Lime Juice ♦ A Few Curry Leaves ♦ A Pinch of Garam Masala ♦ 1 Tsp Red Chilli Pd ♦ A Few Coriander Leaves ♦ Salt to taste ♦ For Grinding Masala ♦ 1/2 Coconut ♦ 2 Tbsp Roasted Khuskhus ♦ 3-4 Dry Red Chillies ♦ 1 Stick Cinnamon ♦ 2 Cardamom ♦ 1/2 Tsp Fennel Seeds ♦ 2 Cloves ♦ 2 Tsp Turmeric Pd
- Method 1. Heat oil, fry onion, add ginger garlic paste, grinding masala, mix & stir well.
2. Now add 1/2 cup water, mix well, add boiled vegetables, tomato & salt, lime juice, stir well.
3. Cook in slow flame till vegetables are tender, then add red chilli powder, curry leaves, coriander leaves, mix well.

6. Snacks

1. Mysore Bonda [Fried Vada In Mysore Style]

Ingredients

- ◆ 2 Cup Urad Dal ◆ 2-3 Green Chillies ◆ 1 Tbsp Coriander Leaves ◆ A Few Curry Leaves ◆ 2 Tbsp Coconut ◆ 1 Tbsp Ginger ◆ 4-5 Pepper Corn ◆ Salt to taste ◆ Oil for frying
- Method
1. Wash & soak gram for an hr.
 2. Drain water completely & grind into a fine paste with salt & green chillies.
 3. Chop coriander leaves, ginger, curry leaves finely crush pepper corns coarsely & cut coconut into small pieces, add to ground paste.
 4. Heat oil in kadahi, make lime size balls of paste & deep fry till golden brown.

2. Idli [Rice Idli]

Ingredients

◆ 2 Cup Rice ◆ 1 Cup Split Black Gram ◆ 1/4 Tsp Fenugreek Seeds ◆ Salt to taste Method

1. Wash & soak the rice for about 30 minutes, strain & dry.
2. Grind coarsely in the ginger.
3. Soak gram for 1 hr & grind with fenugreek seeds till it is light.
4. Mix ground rice & gram, & a little water, keep it overnight.
5. Add a pinch of salt & steam in idli steamer, serve hot with coconut chutney.

3. Vegetable Upama [Semolina In Vegetable]

Ingredients

- ◆ 2 Cup Semolina, roasted ◆ 2 Big Carrots, chopped ◆ 5-6 Green Chillies, chopped ◆ A Small Pieces of Ginger ◆ 1 Cup Coriander Leaves, chopped ◆ 1 Cup Coconut, grated ◆ 1 Lime
- ◆ 2 Tsp Bengal Gram
- ◆ 1 Tsp Split Black Gram ◆ 1/2 Tsp Mustard Seeds ◆ 2 Spring Curry Leaves ◆ A Pinch of Hing
- ◆ A Pinch of Sugar
- ◆ Salt to taste ◆ 1 Cup Oil

Method

1. Heat oil, add bengal gram, black gram, mustard seeds, curry leaves & hing, mix well.
2. Add chopped carrots & sauté it.
3. Add chopped green chillies, salt, stir well, add water to vegetable & bring to boil, now add roasted semolina to vegetable.
4. Stir & keep on a slow flame till cooked & then dry.
5. Now add lime juice, sugar, & grated coconut, coriander leaves, mix well, remove from fire & serve with coconut chutney.

4. Masala Vadai [Spicy Vada]

Ingredients

◆ 1/2 Cup Tur Dal ◆ 1/2 Cup Chana Dal ◆ 1 Tbsp Urad Dal ◆ 1 large Onion finely chopped ◆ 5 Red Chillies ◆ 1 Small Piece of Ginger ◆ A Few Curry Leaves ◆ Salt to taste ◆ Oil for deep frying Method

1. Soak the dal together for an hr, grind all ingredients except onion to a coarse paste, add onion to the paste.
2. Heat oil in kadahi, make vada & fry till both side are golden brown.

5. Medu Vada [Fried Vada]

Ingredients

◆ 2 Cup Black Gram, Washed & Soaked For 1 Hr ◆ 1 Tsp Pepper Corn ◆ 2 Green Chillies, Chopped ◆ 1 Tsp Grated Ginger ◆ Salt to taste ◆ Oil for frying
Method

1. Grind black gram to rough & thick paste.
2. Add grated ginger, pepper, green chillies, & Salt to taste, & mix well, beat well for 2-3 minutes with hand till the paste becomes fluffy.
3. Make equal balls out of the paste.
4. Heat oil in kadahi, take a ball of paste, flatten it a little & make a big hole in the centre of the vada.
5. Fry the vada till golden brown, serve hot with saambhar or chutney.

7. Salads

1. Sundal [Mixed Salad]

Ingredients

- ◆ 1 Cup Chick Peas[Kaabuli Chana], soaked overnight ◆ 2 Green Chillies, chopped ◆ 4 Tbsp Grated Coconut ◆ Salt to taste ◆ 1 Lime
 - ◆ 1/4 Cup Coriander Leaves, chopped For Tempering
 - ◆ 2 Tsp Oil ◆ 1 Tsp Mustard Seeds ◆ 1 Tsp Urad Dal ◆ 2 Broken Dry Red Chillies ◆ A Pinch of Hing ◆ A Few Curry Leaves
1. In a pan, heat the oil, add all tempering ingredients, stir for a few mins, then add chick peas, mix well.
 2. Now add coconut, green chillies, salt & lime juice, mix well, garnish with coriander leaves.

2. Vellarikkai Kosummali [Cucumber Salad]



Ingredients

- ◆ 2 Large Cucumber, peeled & chopped ◆ 2 Tbsp Moong Dal, sprouted ◆ 4 Tbsp Grated Coconut ◆ 2 Green Chillies, chopped ◆ 1/4 Cup Coriander Leaves, chopped ◆ 1 Lime
 - ◆ Salt to taste For Tempering
 - ◆ 1 Tbsp Oil
 - ◆ 1 Tsp Urad Dal ◆ 1 Tsp Chana Dal ◆ 1 Tsp Cumin Seeds ◆ 1 Tsp Mustard Seeds ◆ 1/2 Tsp Hing ◆ 2-3 Broken Dry Red Chillies ◆ A Few Curry Leaves
- Method

1. In a large bowl, mix the chopped cucumber, moong dal, coconut, chillies, coriander leaves, lime juice, salt.
2. For tempering - heat oil, add all the ingredients for tempering, mix in salad.

8. Raita

1. Vellarikkai Thair Pachadi [Cucumber In Yoghurt],

Ingredients.

- ◆ 2-3 Cucumber, peeled & grated ◆ 2 Cup Thick Curd, beaten ◆ A Few Coriander Leaves ◆ 2 Tbsp Grated Coconut ◆ Salt to taste For Tempering ◆ 1/4 Tsp Mustard Seeds ◆ 1/2 Tsp Urad Dal ◆ 1 Tsp Oil Method

1. In a bowl, mix the grated cucumber, coconut, curd & salt, mix well.

For tempering

1. In a small pan, heat oil, add mustard seeds, urad dal, mix in curd mixture, garnish with coriander leaves.

2. Tomato Pachadi [Tomato In Yoghurt]



Ingredients

◆ 1 Large Tomato, Chopped ◆ 1 Cup Curd, Beat Well ◆ Salt to taste ◆ 1 Tsp Oil
◆ 1/2 Tsp Mustard Seeds ◆ 1 Tsp Urad Dal ◆ 3-4 Dry Red Chillies ◆ A Pinch of Hing Method

1. Heat oil, add mustard seeds, hing, dry red chillies, urad dal, stir fry for a min.
2. Add the tomato, cook in low flame for 5 mins, remove from fire & cool it, when cool, add curd & salt, mix well.

3. Idli Pachadi [Idli In Curd]

Ingredients

◆ 5-6 Idli Pieces, cut into small pieces ◆ 2 Cup Curd, beaten ◆ Salt to taste ◆ 2 Tbsp Coconut, grated ◆ 2 Green Chillies, chopped ◆ 1/4 Cup chopped Coriander Leaves ◆ 1/4 Tsp Red Chilli Pd For Tempering

◆ 1 Tsp Oil

◆ 1/2 Tsp Mustard Seeds Method

1. In a bowl, mix the curd, idli pieces, green chillies, coconut, coriander leaves, salt to taste.
2. Temper with mustard seeds, sprinkle with red chilli powder.

9. Chutney

1. Urad Dal Chutney [Minimula Pachadi]

Ingredients

- ◆ 1 Cup Urad Dal ◆ 1 Cup chopped Coconut ◆ 1/2 Cup Tamarind Pulp ◆ 1/2 Tsp Methi Dana ◆ 1 Tsp Coriander Seeds For Tempering
 - ◆ 1 Tsp Mustard Seeds ◆ A Pinch of Hing ◆ A Few Curry Leaves ◆ A Few Coriander Leaves ◆ 2 Tbsp Oil ◆ Salt to taste
- Method
1. Heat a little oil in a kadahi, add methi dana, coriander seeds, red chillies, make a coarse powder.
 2. Fry black gram with little oil & cool it.
 3. Mix dal & masala powder, roasted coconut & tamarind pulp with salt, and grind it.
 4. For tempering - in other pan, heat oil, add mustard seeds, hing, curry leaves, pour it on the chutney, garnish with coriander leaves.

2. Coconut Chutney

Ingredients

- ◆ 1 Coconut
- ◆ 3-4 Red Chillies
- ◆ 1 Small Pieces Ginger
- ◆ 1 Large Onion
- ◆ A Few Tamarind Pieces
- ◆ Salt to taste

Method

1. Grate coconut & grind all ingredients together.
2. Temper with mustard seeds & curry leaves, a little water.

3. Chana Dal Chutney

Ingredients

◆ 1 Cup Chana Dal, roasted ◆ 1 Tsp Ginger, chopped ◆ 1/2 Cup chopped Coriander Leaves ◆ 1/2 Cup Grated Coconut ◆ 5-6 Green Chillies ◆ 2 Lime Juice ◆ Salt to taste ◆ 1 Tbsp Oil

◆ A Few Curry Leaves ◆ 1 Tsp Mustard Seeds ◆ A Pinch of Hing Method

1. Mix chana dal, ginger, chillies, coconut, coriander leaves, lime juice, grind it together, transfer to a bowl.
2. For tempering - in small pan, heat oil, add mustard seeds, curry leaves, hing, mix with the ground chutney.

10. Sweet

1. Sago Vermicelly Payasam

Ingredients

◆ 1 Pkt Vermicelli ◆ 250 Ml Milk ◆ 1/2 Cup Sugar ◆ 1/2 Cup Fat ◆ A Pinch of Saffron ◆ 1/4 Cup Sultanas ◆ A Few Cardamom Method

1. Heat fat, fry vermicelli, add milk & bring to boil quickly.
2. Add sugar, & remove from fire.
3. Now fry cashewnuts, sultanas, & add to payasam with crushed cardamom, add saffron soaked in a little milk.

2. Chana Dal Payasam

Ingredients

◆ 1 Cup Split Bengal Gram ◆ 115 Ml Water ◆ 115 Gm Coconut Milk ◆ 115 Gm Jaggery ◆ A Few Cardamom ◆ 30 Gm Clarified Butter Method

1. Pick & wash gram.
2. Cook gram in water till soft.
3. Extract coconut milk, add to gram.
4. Cook till it thicken, add cardamom powder & clarified butter, mix well.

GLOSSARY OF FOOD

English Name

Hindi Name

Almond

Badam

Asafoetida

Hing

Bayleaf

Tejpatta

Banana

Kela

Beans

Sem

Bengal Gram

Chana Dal

Black Gram

Urad Dal

Cottage Cheese

Panir

Cardamom

Elaichi

Cashewnut

Kaju

Carom Seeds

Ajwain

Cinnamon

Dalchini

Clove

Laung

Cabbage

Bandgobhi

Capsicum

Simla Mirch

Carrot

Gaajar

Cauliflower

Phulgobhi

Coconut

Naariyal

Corn

Makai

Cumin Seeds

Jira

Curry Leaves

Karry Patta

Colacasia Leaves

Arvi Ka Patta

Coriander Seeds

Saabut Dhania

Coriander Pd.

Dhania Pd

Coriander Leaves

Dhania Patti

Cucumber

Kaakadi

Curd

Dahi

Drumstick

Saizan Ki Phali

Dry Beans

Chavli

Dry Coconut

Sukha Khopra

Dry Red Chillies

Sukhi Lal Mirch

Fenugreek Leaves

Methi Ka Patta

Fenugreek Seeds

Methidana

Frenchbeans

Pharasbean

Flour

Atta

Gingely Seeds

Til

Ginger

Adarak

Garlic

Lassan

Green Chillies

Hari Mirch

Groundnuts

Moongphali

Green Peas

Mattar

Green Gram

Moong Dal

Gram Flour

Besan

Jaggery

Gur

Jackfruit

Katahal

Lime

Limboo

Lentil

Masur Dal

Large White Gram

Kaabuli Chana

Ladies Finger

Bhindi

Mace

Jaavtri

Mango Pd

Amchur

Mint Leaves

Pudina

Millet Flour

Bajare Ka Atta

Maize Flour

Makke Ka Atta

Mustard Seeds

Rai

Mango

Aam

Nutmeg

Jaifal

Onion

Pyaz

Onion Seeds

Pyaz Ke Biz

Pickle

Achaar

Pistachio Nuts

Pista

Poppy Seeds

Khuskhus

Plain Flour

Maida

Pineapple

Ananas

Potatoes

Aalu

Pomegranate Seeds

Anaardana

Pumpkin

Kaddu

Raisins

Kismis

Red Chillies

Laal Mirch

Refined Flour

Maida

Radish

Mooli

Ridge Gourd

Turai

Red Gram

Tur Dal

Rice

Chaawal

Saffron

Kesar

Snackgourd

Chirchira

Spinach

Paalak

Sago

Saabudana

Semolia

Rawa

Spring Onion

Hara Pyaaz

Sprouted Beans

Ankoorit Mix Beans

Sweet Potatoes

Sakarkand

Sesame Seeds

Til

Salt

Namak

Suger

Chini

Turmeric Pd.

Haldi

Tamarind

Imli

Tamarind Pulp

Imli Ka Guda

Tomato

Tamatar

White Gourd

Lauki

Wholemeal Flour

Gehu Ka Aata

Wheat

Gehu

White Urad Dal

Dhuli Urad Dal

Vermicelli

Sevai

Vinegar

Sirka

Yam

Suran