Website - Food cuisine

\*outside Food

Vegetarian

Healthy

1.Egypt: Kushari

2. edamamae

3. fasolakia (greek green beans)

4.layered baked ratatouille

5.pasta e fagioli (itaian pasta with beans)

Salad

1.gado gado

2.tabbouleh

3. tuscan panzanella (itialy)

4.solterito (peru)

5.sheildzini (japan)

Soup

1.Caldo velde

2. frijoles negros

3.Thailand - thai vegetable curry soup

4. north africa - butternut squash soup

5.vietnam- pho

Diet

1. Baked gochujang tofu (korea)
2. Cannelloni
3. Cabbage rolls in tomato gravy
4. Whole weat pasta in tomato sauce
5. Vegetable satay

stater

1.spring roll

2. Baked gochujang tofu (korea)

3.veg-momos and steam wontons

4.veg chinese chilli pasta

5.tzatziki dip,lebanese hung curd and cucumbber dip

Breakfast

1.Mi quang

2.Tomato peak chickpeas over avacado toast(Austrailia)

3.Spicy plantians with rice and peas (Africa)

4.Tsoureki green pumpkin sweet braed (greece)

5.Baked gochujang tofu (korea)

Brunch

1.avacado toast

2.bacon

3.bagel brunch

4.bread and toast with butter and jams

5.bizcocho

Lunch

1.youtiao (china)

2.bolon de verde (ecuador)

3.tratiflette au reblochon (France)

4.vinegert (ukraine)

5.doenjang jjigae (south korea)

Dinner

1.lemon and dill shrimp sandwiches

2.classic swedish metaballs

3.mexican rice II

4.thai red curry

5.seven - layer taco dip

Authenticate

1.colcannon potatoes-irish

2.scottish qatmeal rolls-scotlad

3.english rhubarb crumble – englad

4.german potato dumplings – germany

5.aebleskiver-denmark

Deseret

A) **Crème Brûlée - france**

B)gelato-Italy

### **C) sticky toffee pudding – u.k.**

### **D) chocolate mousse - france**

E)skyr-iceland

1.sweet dish

A) pampoenkoikies

B) apple pie – america

C) baklava-turkey

D) **picarones-peru**

**E) Koeksisters-south africa**

Chocolate

1.vegan chocolate croissants

2.spiced mexican hot chocolate pie –mexico

3.iced chocolate frappe –cuba

4.fudgy coconut chocolate brigadiero brownies-brazil

5.chocolate chunk orange biscotti cookies-italy

Cakes

1.vegan italian pancakes

2.baklava - turkey

3. syrniki-russia

4. **Tarta de Santiago – spain**

**5 Banoffee Pie-england**

Non Vegetarian

Healthy

1.papa a la huancaina

2. Mutton korma

3.balsamic chicken and mushrooms

4.fried egg

5.eggs bourguignon (oeufs en meurette)

Salad

1.vegan homemade granola and yoghurt

2.sheildzini - japan

3.fiambre-guatemala

4.dressed herring salad-russia

5.cobb salad -usa

Diet

1.egg sardou

2.egg neptune

3.huevos rancheros

4.kosha mangsho(mutton curry)

5.traditional german pork snchitzel

stater

1. Pina colada pork ribs

2.Tandoori lamb chops

3.bibin guksu

4.kung poa prawns with hakka noodles

5.meat and mushroom lasanga

Breakfast

1.Spain: Tortilla española

2. Israel: Shakshuka

3.keema samosa with youghurt dip

4. curried parmesan fish fingers

5.goan prawn curry with raw mango

Brunh

1.chicken and cheese tacos

2.Prawns basil stir fry

3.chicken tikka masala

4.bubble and squeak (british potato cake)

5.karara mutton

Lunch

1. Spanakopita
2. Grilled chicken escalope with fresh salsa
3. Slow cooker thai peanut noodles
4. West african chicken stew
5. 5.pan fried basa and works

Dinner

1.spanish style paella

2.slow cooked italian chicken

3.greek chicken with green beans

4.kajun chicken lasagna

5.sesame prawn toast

Soup

1.nihari gosht

2.chicken broth soup

3.egg drop soup – china

4.stracciatella soup-itlay

5.acorda - portugal

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|  | Açorda à Alentejana | [Portugal](https://en.wikipedia.org/wiki/Portugal) |  |

Authenticate

1.crispy fish and chips-england

2.meat pie – austrailia

## 3.[**Vietnamese Chicken Meatball Soup with Bok Choy**](https://www.tasteofhome.com/recipes/vietnamese-chicken-meatball-soup-with-bok-choy/) **- vietnam**

# 4. **Traditional Panettone Recipe -italian**

5.smoky spanish chicken - spain

\*Indian Food

Vegetarian

**Healthy**

* vermicelli upma
* Palak Bhurji
* Kathal ki sabji

# Makhana Bhel

# Mix Veg In Creamy Spinach Curry

# Sooji toast

* Kathal Ke Kebab
* Litchi Spinach Smoothie

Salad

* Vegetable Som Tam Salad
* Corn salad
* Potato salad
* Masala onion salad
* Indian salad
* Sprouts salad recipes
* Vegetable salad with nuts
* Cabbage salad

Diet

* Oats dosa
* Nier dosa
* CLEAR SOUP
* KETO UPMA

# Oats and Vegetable Dhokla

Starter

* Gobi manchurian
* Hara bhara kabab
* Gobi makhani

# Tandoori Paneer Tikka Kebabs

# Paneer Cheese

* PANNER CORN SANDWITCH
* Hariyali Tacos
* Lasaniya Battate
* **Lauki Vadi**
* Paneer Thread Rolls
* Sindhi Dal Toast
* PANNER ROOL BY PALAK MOM

Breakfast

* SABUDANA KHICHDI
* ALL 7 TYPES OF POHA
* Upma
* Punjabi paraha
* Bread pakora
* Bread masala crunch
* Puttu and kadala curry

Brunch

* Masala dosa
* Idli
* Wraps

# Makki Ka Dhokla

# Idra/ White Dhokla Recipe

# Sanna Pakora

# Moonglet Recipe

Lunch

* Punjabi Sarson Ka Saag
* VEG TOFU TIKKA MASALA
* RAJMA RECIPE by aatya
* CURD RICE
* Sindhi Tidli Dal
* Jeera rice
* Veg biryani

Dinner:

* malai kofta
* Chole bature
* Laccha paratha with tikka masala
* Kadhai paneer gravy Tandoori Garlic Naan

# Tadka Khichdi

# Kulcha Naan

* KONKANI SOLKADI

Sweet dish

# Sweet Potato Shrikhand

# Kharbooje ki Kheer

# Mango Phirni

* Kesar Pista Phirni
* KESARI SHRIKHAND
* MODAK
* SAFFRON AND SEASEM MODAK
* SEVAIYA KHEER
* GULAB JAMUN
* SANDESH
* BARFI
* GAJAR KA HALWA
* SHAHI TUKDA
* MALAI GHEVAR
* Rasuagoolla
* Kajukatli
* Kheer
* Jalebi

Sugar conscious

Oats Apple phirni

Sugar free date rolls

Caramel custartd

Strawberry loliies

Oats and orange

Sugarfree strawberry ice cream

Chocolate pinwheels

Ragi oats ladoo

Pumpkin oats cake

Oat apple crumble

## [**Pumpkin-Butterscotch Gingerbread Trifle**](https://www.tasteofhome.com/recipes/pumpkin-butterscotch-gingerbread-trifle/)

## [**Chocolate and Raspberry Cheesecake**](https://www.tasteofhome.com/recipes/chocolate-and-raspberry-cheesecake/)

## [**Pear Tart**](https://www.tasteofhome.com/recipes/pear-tart/)

## [**Chocolate Macaroon Cupcakes**](https://www.tasteofhome.com/recipes/chocolate-macaroon-cupcakes/)

## [**Cappuccino Cupcakes**](https://www.tasteofhome.com/recipes/cappuccino-cupcakes/)

## [**No-Bake Peanut Butter Treats**](https://www.tasteofhome.com/recipes/no-bake-peanut-butter-treats/)

## [**Super Spud Brownies**](https://www.tasteofhome.com/recipes/super-spud-brownies/)

Prasad:

Sheera

Halwa

Sharkari pongal

Steam Modak

* Authenticate

### **Baigan Ki Longe: uttar pradesh**

Zhunka bhakri : maharashtra

Puran poli : maharagshtyra

Mysire masala dosa :karnataka

### Palada payasam (dessert): kerala

* Deseret
* Faluda with vanilla ice cream
* Rasamalai
* Kulfi
* Pistachio ice cream
* Carrot barfi ice cream

Cakes

* Goan cocunut cake
* Black forest
* Red velvet cake
* Strawberry cake
* Pineapple cake

Soup:

* .veg manchaw soup
* TomTO SOUP
* PASTA SOUP
* VEGETABLE SOUP
* MUSHROOM SOUPS

KIDS

# Crispy Cabbage Pizza Recipe

# Maggi Manchurian

# Pasta samosa

Chocolate donut

Apple orange soothie

Pani puri

Masala pasta recipe

Dry fruit milkshajke

Homemade healthy burger

Festivals

* Tiranga Pastry

# Tricolor Fruit Jelly

* Apricot And Cardamom Dome
* BESAN LADU
* CHAKLI
* SHANKARPALI
* Tricolor Macaroons
* Tricolour Pizza
* PATOLE
* ***Puliyodarai***
* Karanji

Non Vegetarian

Healthy

* EGG FINGERS
* PEJ
* Egg omelelt
* Sprouted Ragi Chicken Cutlet Recipe
* Chicken clear soup
* Baked garlic crab

Salad

# Chicken Minced Salad

Seafood salad

**Chicken Salad Stuffed Avocados Keto Chicken Salad**

# grilled lemon herb mediterranean chicken salad

**Diet**

starters

# Chicken Popper

# Murgh Kali Mirch Ka Tikka

# Murgh Malai Tikka With Mint Chutney Recipe

# Andhra Prawn Fry

* PRAWNS FRY
* PRAWNS FRY
* PAKODE OF PRAWNS
* SURMAI FRY

Breakfast

# Egg and Cheddar Cheese Sandwich Recipe

Egg and pav

Vegetable stuffed omlett

Chicken sausage sandwitch

Egg paratha roll

* Brunch

# Egg Hakka Noodles

# Gypsy Toast

Lunch

# Andhra Crab Meat Masala

# Malabar Fish Curry

* MAHARASHTRIAN STYLE CHICKEN CURRY WITH COCUNT
* CRAB

Dinner

# **Lahori Charga**

# Chur Chur Naan

* P**R**AWNS CURRY mumma
* PRAWNS SABJI mumma
* EGG MASALA

Authenticate

* [**Bharwan Chicken Pasanda**](https://food.ndtv.com/recipe-bharwan-chicken-pasanda-303945): uttarpraadesh
* Kolhapuri maharashtrian chicken : maharashtra
* **Kane Rava Fry: Epicurean’s Delight:karnatak**
* Malabar Parotta with Kerala beef curry: kerala

|  |
| --- |
| ***Pollachi Nandu Fry*** Tamil nadu crab fry |
| Niahri delhi style |

TO BE CATEGRISED

TYPES OF CHUTNEYS

# e

PICKLE

Make a section of decorating plates

Serving per person

How to calculate for x people

Making time

Non veg authenticate

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  |  |  | ***Pongal*** Taml nadu |  |  |
|  |  |  | Parartha delhi |  |  |
| Dal bhati churma  Rajasthan  Laal mas  Goan red rice **Goan Nevri** Tandoori chicken  Sarson Ka Saag Aur Makki Ki Roti. ... |  |  |  |  |  |
|  |  |  |  |  |  |