

KENSTAR
We Love you



REVOLUTIONIZING
the
INDIAN KITCHEN

100 Delicious Recipes





"I have always been a big foodie and fried food has always been my favourite. Avoiding it has never been easy for me. But, thanks to Kenstar Oxy Fryer's revolutionary oil-free frying, I can now enjoy my choicest dishes, without any guilt. This indeed is a boon for each one of us."

A handwritten signature in black ink, appearing to read "Shah Rukh Khan".

Introducing the Oxy Fryer, a revolutionary product by Kenstar

We Indians truly know how to savour the real taste of our delicacies. Be it our traditional everyday meals or the special festive dishes, deep frying is simply inevitable. And being aware of the ill effects of the oil that goes in fried food we often find ourselves avoiding the same. But now, with Kenstar's revolutionary Oxy Fryer, you can treat yourself to all those mouth-watering dishes, without any guilt. Its unique oil-free frying*, makes sure that you enjoy your fried food without putting on those extra calories.

The Oxy Fryer is also economical and extremely easy to use. Since it does not involve close contact with hot oil or fire, it's safe to operate. Being completely automatic, you can simply set the required time and temperature on it and enjoy delicious dishes without toiling in the kitchen for hours. Not only that, the Oxy Fryer produces much less odour than conventional cooking.



Oxy Fryer - A healthier alternative, which packs a tasty punch

The Kenstar Oxy Fryer aims to revolutionise Indian cooking. While you can enjoy your favourite fried food, you can also bake delectable desserts in it. It is the healthiest alternative available in the market to traditional deep frying. Apart from frying and baking, it is excellent for roasting and grilling as well.

Capable of cooking hundreds of recipes, the Oxy Fryer gives you more freedom
in the kitchen than ever before.

Appetising fried snacks like samosas, sabudana vadas, french fries and many more can be made easily with the Oxy Fryer. Baked snacks such as cakes, choco-lava cakes, shahi tukdas, choco-chip muffins, non-vegetarian starters like chicken croquettes, fried prawns, chicken tikkas and chicken wings, are also achievable within minutes. The Oxy Fryer turns all kinds of fried food into tasty and healthy treats.



Recipes by Kenstar

Kenstar is proud to present a special **Oxy Fryer Recipe Book** for our valued customers. While developing it, we have kept the dynamic and diverse taste palette of the global Indian in mind. Our chef, a CDM holder is a certified entrepreneur, baker and chocolatier from the Institute of Baking & Cake Art, Bangalore. She runs cooking schools for food lovers in New Delhi and has done a diploma in Pharmacy from DAFE. Below is a list of **100 delicious recipes you can prepare with the Kenstar Oxy Fryer**.



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VEGETARIAN
Snacks & Starters





001

Aloo Samosa

Oxy Fryer

Cooking Time: 35 minutes
Temperature: 140° C and 180° C

Preparation Time: 1 hour

Ingredients

For wrappers:

15g desi ghee/refined oil.
1 cup maida (100g).
1 ½ tbsp melted desi ghee/refined oil (**15g**).
Salt to taste.
Enough water sufficient to make a stiff dough.

For filling:

4-5 big potatoes boiled and mashed.
½ cup boiled peas.
Grated or finely chopped ginger.
2-3 green chillies finely chopped.
1tsp jeera.
2 tsp coarsely crushed whole dhania.
2 dry red chillies broken into pieces.
Salt to taste.
½ tsp amchur powder.
1 tsp red chilli power.
2-3 tbsp coriander.

How to cook

Step 1- For wrappers

Sieve maida and add salt and melted ghee or oil. Mix well. Add just enough water to collect and make stiff dough. Do not knead the dough too much. Keep aside, covered for 20-30 minutes.

Step 2- For filling

Heat a little olive oil in a pan and add jeera. Let it turn brown. Add coriander seeds and dry red chillies. Sauté for 30 seconds. In a pan pour all the dry masalas and add 1-2 tbsp water. Add the peas and boiled potatoes. Mix well and add coriander leaves. Remove from flame and let it cool.

Step 3

Take marble size balls of the dough and roll into a thin chapatti. Cut into two halves. Apply water on edges and fold it like a cone. Fill some potato mixture and close the top by applying some water. Keep aside.

Step 4

Pre-heat Oxy Fryer for 5 minutes at 140° C. Arrange the samosas in the fry basket and close it properly. Keep the Oxy Fryer at 140° C for 20 minutes. At about 10 minutes, remove the samosas from the fry basket and turn them to cook uniformly. Now fry at 180° C for 10-15 minutes to bring desired colour. Serve hot with green or tamarind chutney.





002

Macaroni Samosa

Oxy Fryer

Cooking Time: 35 minutes
Temperature: 140° C and 180° C

Preparation Time: 1 hour

Ingredients

For wrappers:

1 cup maida (100g).
1 ½ tbsp melted desi ghee/refined oil (**15g**).
Salt to taste.
Water- enough to make a stiff dough.

For filling:

100g macaroni.
1 onion sliced.
1 capsicum sliced.
1 carrot sliced.
1 cabbage sliced.
1 tbsp soya sauce.
1 tbsp vinegar.
1 tbsp ginger finely chopped.
1 tbsp garlic finely chopped.
1 tbsp green chillies finely chopped.
1 tbsp ginger-garlic paste.
Salt and pepper powder to taste.
1½ tbsp olive oil.
¼ tsp aji-no-moto.

How to cook

Step 1- For wrappers

Sieve maida and add salt and melted ghee/oil. Rub to mix. Now add just enough water to collect and make a stiff dough. Do not knead the dough too much. Keep covered & aside for 20-30 minutes.

Step 2- For filling

Boil 5-6 cups of water in a bowl with 1tsp salt and 1 tbsp oil. Add macaroni and boil on high flame till al dente. Do not overcook. Strain the macaroni with cold water 2-3 times. Now drain water and set aside. Add few drops of oil to the boiled macaroni to avoid sticking.

Step 3

Heat a little olive oil in a wok and add garlic, ginger and green chilli. Sauté for 15 seconds. Add sliced onions and stir fry for 20-30 seconds, add carrots, after a minute add cabbage and then the capsicums. Add salt and ginger garlic-paste. Mix well and pour 2-3tbsp water and cover it. Cook on slow flame for 2-3 minutes. Now add the boiled macaroni and mix well. Add aji-no-moto, salt, pepper, vinegar and soya sauce and stir fry for a minute.

Step 4

Take marble size balls of the dough and roll into a thin chapati. Cut into two halves. Apply water on the edges and then fold into cone. Fill with macaroni mixture. Close the top by applying some water and then keep aside.

Step 5

Pre-heat Oxy Fryer for 5 minutes at 140° C. Arrange the samosas in fry basket and close it properly. Keep the Oxy Fryer at 140° C for 20 minutes. At about 10 minutes, remove the samosas from the fry basket and turn them to cook uniformly. Now fry at 180° C for 10-15 minutes to bring desired colour. Serve hot with green or tamarind chutney.



003

Spring Rolls

Oxy Fryer

Cooking Time: 10-12 minutes
Temperature: 200° C

Preparation Time: 1 hour

Quantity: 6 rolls

Ingredients

1 cup maida (**100g**).
2 tbsp olive oil.
¼ tsp salt.
Warm water - as required to make soft dough.

For filling:

1 tbsp olive oil.
1 onion shredded.
2-3 garlic finely chopped.
½ tsp ginger-garlic paste.
½ cup carrot julienne.
1 cup cabbage shredded.
½ capsicum shredded.
½ tsp aji-no-moto.
¼ tsp pepper.
1-2 green chillies deseeded & finely chopped.
1-2 tsp soya sauce.
¾ tsp salt or to taste.
Or veg chowmein.

For sealing:

2 tbsp maida dissolved in **2-3 tbsp** water.

How to cook

Step 1- For wrappers

Mix maida, salt and oil together. Add warm water gradually and make a smooth and elastic dough. Dip a cloth in water and squeeze well. Cover the dough with the moist cloth and keep it aside for half an hour. Divide the dough into 4-5 equal parts. Roll out each part using a little dry flour if needed, into a big thin chapati. Heat a griddle/tawa. Place a rolled chapati on the tawa. Cook lightly on one side for about a minute and then turn. Reduce the flame and cook the other side also for 15-20 seconds till light brown specs appear. Remove it from the flame. Keep the warm tortillas wrapped in a cloth napkin or foil.

Note: Do not overcook wrappers, otherwise they would not remain soft and not roll well. Always wrap in a thick cloth napkin or in foil to keep them soft.

Step 2- For filling

Heat the pan with 1 tbsp of olive oil. Add finely chopped garlic. Sauté for 30 seconds. Add sliced onions and stir till soft. Add green chillies and ginger-garlic paste. Stir and cook for 1 minute till onions becomes shiny. Add carrots and cook for 1-2 minutes. Add cabbage and stir for 1-2 minutes. Add capsicum and stir for 1 minute. Add soya sauce, salt and pepper and toss it well. Now transfer the filling in a plate and let it cool.

Step 3

Take one wrapper and place some filling on one side. Fold the wrapper and seal the edges with the maida paste. Brush the rolls with milk. Repeat the procedure for all other rolls and keep them covered in a tray for 5-10 minutes.

Step 4

Pre-heat Oxy Fryer for 5 minutes at 200° C. Arrange the spring rolls in fry basket and close it properly. Keep the Oxy Fryer at 200° C for 10-12 minutes. Mid way through the frying, remove the spring rolls from the fryer and turn to cook uniformly. Once cooked cut the fried spring rolls into pieces and serve hot with sauce.



004

Burritos

Oxy Fryer

Cooking Time: 35 minutes

Temperature: 200° C

Preparation Time: 1 hour

Ingredients

Refried beans:

1 cup red kidney beans (rajmah) soaked overnight.
½ of a small onion chopped.

2 tbsp olive oil.

1 small onion chopped finely.

5 tbsp tomato puree.

½ tsp red chilli powder.

1 ¼ tsp salt.

4-5 flour tortillas.

Vegetable Filling:

2 tbsp Olive oil.

1 onion sliced.

6 flakes garlic crushed (2 tsp).

½ cup French beans sliced lengthwise
into thin long pieces.

100g mushrooms thinly sliced.

100g paneer cut into long fingers.

½ cup cabbage shredded.

2 tbsp chopped coriander.

2 tsp white wine (optional).

1 tbsp vinegar.

1 tsp salt.

½ tsp red chilli flakes.

½ tsp freshly ground peppercorns.

A few pickled jalapenos chopped (2 tbsp).

½ cup carrots-thin long pieces.

Salad:

3-4 lettuce leaves shredded.

2 spring onions chopped finely including
the greens.

2 tomatoes deseeded and chopped.

1 green chilli chopped.

½ cup cheddar cheese grated.

To serve:

1 cup boiled rice (optional).

10 flour tortillas.

How to cook

Step 1

Drain the beans and place in a pressure cooker with ½ chopped onion, garlic and 2 cups water. Close the cooker and wait till you hear the first whistle from the cooker. Reduce the flame and cook for 20 minutes. Now remove cooker from the flame. When the pressure drops, open the cooker and with a potato masher, mash the beans well.

Step 2

Heat oil in a pan and add the chopped onions. Fry till it gets light brown. Now add the tomato puree and stir for a minute. Add the mashed beans, salt and red chilli powder. Mix it well. Bring to a boil. Lower the flame and cook, till a thick bean paste is ready. Now keep it aside.

Step 3-For the filling

Heat oil in a pan. Cook onions and garlic till they get soft. Add ½ cup French beans and carrots. Stir-fry for 2-3 minutes on moderate flame till it's tender and yet crisp. Add the mushrooms and stir for 1-2 minutes. Lastly, add cabbage, paneer, coriander, wine (optional), vinegar, 1 tsp salt, ½ tsp red chilli flakes and ½ tsp pepper or as per your taste. Cook for 2-3 minutes. Remove from the flame. Mix well and add the jalapenos.

Step 4-For the salad

Mix all ingredients of the salad in a bowl and toss them together lightly.

Step 5-Assembling the Burrito

To assemble the Burrito, spread a very thin layer of refried beans on a tortilla, covering all edges with bean paste. This helps stick better. Place some filling in a row in the centre. Sprinkle 1 tbsp boiled rice on it. Put some salad. Fold over and roll forward to get a roll. Repeat with the remaining tortillas.

Step 6

Pre-heat Oxy Fryer for 5 minutes at 200° C. Keep the burritos in fry basket and close it properly. Keep the Oxy Fryer at 200° C for 12-15 minutes. Mid way, remove the burritos from the fryer and turn to cook uniformly. Serve whole or cut into pieces, topped with some ready salsa and salad.



005

Cottage Cheese Sticks

Oxy Fryer

Cooking Time: 18-20 minutes

Temperature: 160° C

Preparation Time: 30 minutes

Ingredients

200g paneer.

1 big lemon-juiced.

1 ½ tbsp ginger-garlic paste.

Salt and red chilli powder to taste.

1 tsp ajwain.

3 to 4 papad.

5-6 tbsp corn flour.

1 cup water.

How to cook

Step 1

Cut the paneer into long pieces.

Step 2

Make a marinade of lemon juice, ginger-garlic paste, ajwain, salt and red chilli powder. Dip the paneer pieces in the marinade and then roll in dry corn flour. Keep it aside for 15-20 minutes.

Step 3

Roast 2-3 papad. Crush them to fine pieces. Take $\frac{1}{2}$ cup water and dissolve 2 tbsp of corn flour in it. Dip the prepared paneer pieces in the corn flour solution and then roll them on the crushed papad pieces.

Step 4

Pre-heat Oxy Fryer for 5 minutes at 160° C. Arrange the paneer in the fry basket and close it properly. Keep the Oxy Fryer at 160° C for 18-20 minutes. Mid way , remove the paneer sticks from the fryer and toss well to cook uniformly. Serve hot with ketchup or mint chutney.



006

Creamy Corn Cutlets

Oxy Fryer

Cooking Time: 25 minutes

Temperature: 180° C

Preparation Time: 40 Minutes

Ingredients

1 tbsp olive oil.

2 tbsp maida.

1 cup milk.

½ tsp dried oregano.

½ tsp dried basil.

½ tsp dried parsley.

Salt and pepper to taste.

¼ cup fine chopped onions.

½ cup boiled corn.

3 slices bread to make fresh bread crumbs.

2 tsp sesame seeds for topping.

How to cook

Step 1

Heat the olive oil in a pan. Add finely chopped onions and sauté till it's soft. Add maida and stir for half a minute. Reduce flame and add milk while stirring continuously. Add seasonings, salt and pepper to taste and cook till a thick paste is formed.

Step 2

Save $\frac{1}{2}$ cup bread crumbs and add the rest of the bread crumbs and corn in the white paste previously prepared. Mix gently and remove it from the flame.

Step 3

Mix the saved bread crumbs with sesame seeds. Make round tikkis with the above mixture and coat with the sesame seeds and bread crumbs.

Step 4

Pre-heat Oxy Fryer for 5 minutes at 180° C. Arrange the prepared cutlets in fry basket and close it properly. Keep the Oxy Fryer at 180° C for 25 minutes. Mid way, remove the cutlets from the fryer and turn them to cook uniformly. Serve hot with ketchup.



007

Crispy Garlic Potato Fingers

Oxy Fryer

Cooking Time: 15-20 minutes

Temperature: 160° C

Preparation Time: 30 minutes

Ingredients

2 big potatoes peeled, washed and wiped with a cloth.

2 tsp ginger-garlic paste.

1 tsp red chilli sauce.

¼ tsp salt.

¼ tsp red chilli powder/black pepper.

How to cook

Step 1

Take a small bowl and mix ginger-garlic paste, red chilli sauce, salt and pepper together.

Step 2

Boil 3 cups of water with $\frac{1}{2}$ tsp salt and blanch the potato fingers for 3-4 minutes. Filter and pat dry the potatoes with a kitchen towel and transfer into a dry bowl.

Step 3

Take the potato fingers and pour the above prepared sauce mixture on it and mix to coat the potato fingers.

Step 4

Pre-heat Oxy Fryer for 5 minutes at 160° C. Arrange the potato fingers in fry basket and close it properly. Keep the fryer at 160° C for 15-20 minutes. Mid way, remove the potato fingers from the fryer and toss thoroughly to cook uniformly. Serve it hot as starters with mocktails or drinks.





008

Masala French Fries

Oxy Fryer

Cooking Time: 12-15 minutes

Temperature: 140° C

Preparation Time: 25-30 minutes

Ingredients

3 medium potatoes peeled and cut into fingers

Ingredients for marination:

2 tbsp olive oil.

2 tsp mixed herbs.

¼ tsp red chilli flakes.

Salt to taste.

1 tbsp lemon juice.

For the garnish:

2 tbsp chopped coriander (dhania).

How to cook

Step 1

Mix all the ingredients mentioned for marination.

Step 2

Boil 3 cups of water with $\frac{1}{2}$ tsp salt and blanch the potato fingers for 3-4 minutes. Filter and pat dry the potatoes with a kitchen towel and transfer to a dry bowl. Pour the above prepared mixture and mix to coat the potato fingers.

Step 3

Pre-heat Oxy Fryer for 5 minutes at 180° C. Arrange the potato fingers in fry basket and close it properly. Keep the fryer at 150° C for 25-30 minutes. Toss once or twice in between for even cooking.

Step 4

During the last 2 minutes, sprinkle coriander leaves. Serve hot with tomato ketchup.



009

Mathri (Ajwain/Jeera/Methi)

Oxy Fryer

Cooking Time: 35 minutes
Temperature: 140° C and 180° C

Preparation Time: 15 minutes

Ingredients

For wrappers:

25g desi ghee/oil for 100g maida.
1 cup maida (100g).
3 tbsp melted desi ghee/oil (25g).
Salt to taste.
Enough water to make a stiff dough.
½ tsp ajwain/ **2tbsp** kasoori methi /**½ tsp** jeera.

How to cook

Step 1

Sieve the maida and add salt, ajwain/methi/jeera and melted ghee/oil. Mix well. Add just enough water to collect and make a stiff dough.

Step 2

Make lemon size balls of the prepared dough and just press between palms.

Step 3

Pre-heat Oxy Fryer for 5 minutes at 140° C. Arrange the mathri in fry basket and close it properly. Keep the fryer at 140° C for 20 minutes. In between remove the mathri from the fryer and turn them to cook uniformly. Now fry at 180° C for 10-15 minutes to bring desired colour. Store and keep in air tight container.



010

Crispy Semolina Fillet

Oxy Fryer

Cooking Time: 12-15 minutes

Temperature: 180° C

Preparation Time: 20 minutes

Ingredients

1 cup semolina (suji).

1½ cup milk.

½ cup finely chopped vegetables (tri-colour capsicum, carrot, sweet corns etc).

½ tsp roasted mustard seeds.

10-12 curry leaves finely chopped.

½ tsp grated ginger.

1 green chilli finely chopped.

For coating:

1 cup crushed corn flakes mixed with salt and red chilli powder.

2 tbsp maida mixed with **1/3 cup** water to make a thin paste.

How to cook

Step 1

Boil milk with all the vegetables and seasonings. Then, sprinkle the suji slowly and keep stirring till thick and dry.

Step 2

Grease a flat tray and pour the whole mix in it and shape to make a $\frac{1}{2}$ " rectangle. Let it set for 5-7 minutes.

Step 3

Cut into $1\frac{1}{2}$ " squares. Dip the squares in the maida paste and then coat with corn flakes.

Step 4

Pre-heat Oxy Fryer for 5 minutes at 180° C. Arrange the fillets in fry basket and close it properly. Keep the fryer at 180° C for 12-15 minutes. Turn over the fillets in between to cook uniformly. Serve hot with chutney.



011

Dal Pudina Kebab

Oxy Fryer

Cooking Time: 25-30 minutes
Temperature: 200° C

Preparation Time: 40 minutes

Ingredients

3/4 cup chana dal.
½" ginger grated or **1 tsp** ginger-garlic paste.
2-3 green chillies chopped.
½ tsp red chilli powder.
Salt- to taste.
½ tsp roasted jeera powder.
1 tsp coriander powder.
2 tbsp chopped coriander.
½ tsp amchoor.
½ cup dry bread crumbs.
¼ tsp black salt.
2-3 tbsp maida for coating.
2-3 tbsp mint (pudina) finely chopped.
1 small onion finely chopped.
A little milk.

How to cook

Step 1

Boil chana dal in an open vessel till soft, but not soggy.

Step 2

Grind the chana dal, ginger and green chillies together to a thick paste. Add a little water, if required. Now add pudina, onions, 2 tbsp bread crumbs, all the masalas and mix well to form a soft dough. Take a large lemon size ball of the mixture and give the shape of a flat round kebabs.

Step 3

Wet the kebabs with a little milk. Roll the same in dry bread crumbs.

Step 4

Pre-heat Oxy Fryer for 5 minutes at 200° C. Arrange the kebabs in fry basket and close it properly. Keep at 200 ° C for 25-30 minutes. Turn the kebabs over in between to cook uniformly. Serve hot with dahi chutney or tomato ketchup and finely chopped onion.



012

Crispy Dhingri Kebab

Oxy Fryer

Cooking Time: 25 minutes
Temperature: 200° C

Preparation Time: 40 minutes

Ingredients

5 large mushrooms boiled.
½ cup chana dal.
½" ginger grated.
2-3 green chillies chopped.
½ tsp red chilli powder.
Salt to taste.
½ tsp roasted jeera powder.
1 tsp coriander powder.
2tbsp chopped coriander.
1 cup bread crumbs.
¼ tsp black salt.
1-2 tsp lemon juice.

How to cook

Step 1

Boil the chana dal in an open vessel till soft but not soggy. Boil the mushrooms too.

Step 2

Grind the chana dal, mushrooms, ginger and green chillies together to a thick paste; use a little water, if required.

Step 3

Add 2 tbsp bread crumbs and all the masalas together. Mix well to form soft dough.

Step 4

Divide the mushroom and chana dough in 7 equal parts and give shape of flat round kebabs. Wet the kebabs with a little milk and roll the same in the dry bread crumbs.

Step 5

Pre-heat Oxy Fryer for 5 minutes at 200° C. Arrange the kebabs in fry basket and close it properly. Keep at 200° C for 25-30 minutes. Turn the kebabs over in between to cook uniformly. Serve hot with mint chutney or tomato ketchup.



013

Falafel

Oxy Fryer

Cooking Time: 25-30 minutes
Temperature: 160° C

Preparation Time: 40 minutes

Ingredients

½ cup kabuli chana (chick peas) soaked overnight.
½ tsp saboot dhania.
½ tsp jeera.
¼ tsp baking powder.
½ onion finely chopped.
1 ½ tsp lemon juice.
¾ tsp salt.
¼ tsp pepper.
1 tsp garlic very finely chopped.
½ cup chopped parsley or coriander

How to cook

Step 1

Grind the uncooked chana, dhania and jeera with 1-2 tbsp water to a paste. Add all other ingredients to the mixture and grind again. Check seasoning.

Step 2

Make round, flat, patties of about 1" diameter.

Step 3

Pre-heat Oxy Fryer for 5 minutes at 160° C. Arrange the Falafel's in fry basket and close it properly. Keep at 160° C for 25-30 minutes. Turn the Falafels over in between to cook uniformly. Serve hot with dahi chutney or tomato ketchup.



014

Matar Makhane Ke Kebab

Oxy Fryer

Cooking Time: 25-30 minutes

Temperature: 200° C

Preparation Time: 30 minutes

Ingredients

1 cup boiled peas.

1 cup makhanas.

2 green chillies chopped.

10-12 cashews.

Salt and pepper to taste.

½" ginger piece grated.

¼ tsp garam masala.

2-3 pinch choti elaichi powder.

Chaat masala to sprinkle.

How to cook

Step 1

Dry roast the makhanas and cashews. Now grind the makhanas and cashews to a rough powder.

Step 2

Dry roast the peas for 2 minutes. Grind the green peas, ginger and green chillies together to a paste.

Step 3

Mix the makhana and cashew powder with the peas paste. Add salt, garam masala, elaichi and pepper to it. Mix it well and give shape of kebabs.

Step 4

Pre-heat Oxy Fryer for 5 minutes at 200° C. Arrange the kebabs in fry basket and close it properly. Keep at 200° C for 25-30 minutes. Turn the kebabs over in between to cook uniformly. Remove when done, sprinkle with chaat masala and serve hot; garnished with lemon wedges.





015

Haryali Kebab (Green Kebab)

Oxy Fryer

Cooking Time: 12-15 Minutes

Temperature: 180° C

Preparation Time: 30 Minutes

Ingredients

500g /1 bunch spinach.

2 boiled potatoes.

1 cup bread crumbs.

½ cup boiled peas.

1 tsp ginger-garlic paste.

½ tsp green chilli paste or **1-2** green chillies finely chopped.

½ tsp kasoori methi.

½ tsp amchoor.

½ tsp tandoori masala.

Salt and pepper to taste.

How to cook

Step 1

Wash the spinach and put in a kadhai (frying pan). Cover and cook on low flame for 5 minutes. Remove from flame and squeeze.

Step 2

Mash the boiled potatoes and peas together. Add ginger, green chilli, besan, 2 tbsp bread crumbs and all the masalas to it. Make dough which does not stick to the surface of the plate.

Step 3

Make small balls of the dough and flatten to make tikkis. Coat the tikkis with dry bread crumbs.

Step 4

Pre-heat Oxy Fryer for 5 minutes at 180° C. Arrange the tikkis in fry basket and close it properly. Keep at 180° C for 12-15 minutes. Turn the tikkis over in between to cook uniformly. Serve hot with tomato ketchup.



016

Baked Baby Potatoes

Oxy Fryer

Cooking Time: 20-25 minutes

Temperature: 180° C

Preparation Time: 30 minutes

Ingredients

15-20 baby potatoes roughly of same size.

2 tsp achaari masala.

Salt to taste.

Red chilli powder and pepper to taste.

3/4 tsp chaat masala.

$\frac{1}{2}$ lemon juiced.

$\frac{1}{2}$ tsp ajwain.

How to cook

Step 1

Add all the masalas and lemon juice in a bowl and mix it well.

Step 2

Thoroughly wash the potatoes in running water to remove all dirt. Boil them in salt water till soft. Prick each baby potato with a fork.

Step 3

Add the lemon juice and masala mix to the potatoes and mix well. Keep it aside in the fridge for 30-45 minutes.

Step 4

Pre-heat Oxy Fryer for 5 minutes at 180° C. Arrange the potatoes mixed with the masalas in fry basket and close it properly. Keep at 180° C for 20-25 minutes. Stir the potatoes well in between to cook uniformly. Remove and sprinkle some chat masala and serve with green chutney.





017

Hariyali Paneer Tikka

Oxy Fryer

Cooking Time: 20-25 minutes
Temperature: 180° C

Preparation Time: 40 minutes

Ingredients

200g paneer cut into **1½"** long and **1"** thick pieces.

1 big capsicum cut into big cubes.

1 onion cut into 4 pieces and then separate layers.

4 tbsp gram flour (besan).

1 tsp salt.

For chutney:

1 cup fresh green coriander (hara dhania).

¼ cup mint leaves.

2 tsp fennel (saunf) or **1 tsp** fennel powder.

1 tbsp ginger-garlic paste.

1 small onion.

5-6 flakes garlic (optional).

Salt to taste.

4 tbsp lemon juice.

How to cook

Step 1

Grind together coriander, mint, fennel, ginger, onion/garlic, salt and lemon juice to a fine paste.

Step 2

Slit the paneer pieces almost till the end and keep aside. Stuff all the paneer pieces with the paste. Keep the stuffed paneer aside.

Step 3

Mix together the chutney with besan and salt. Rub this all over the stuffed paneer pieces. Keep aside the paneer pieces.

Step 4

Now put capsicum and onions in the left over chutney. Rub the pieces with chutney generously. Arrange the paneer pieces and vegetables on satay sticks separately.

Step 5

Pre-heat Oxy Fryer for 5 minutes at 160° C. Arrange the prepared satay sticks in fry basket and close it properly. Keep paneer skewers at 180° C for 20-25 minutes and vegetable skewers for 5-7 minutes. Turn the tikkas over in between to cook uniformly. Remove and sprinkle some chat masala and serve with green chutney.





018

Bhutte ke Kebab

Oxy Fryer

Cooking Time: 25-30 minutes

Temperature: 180° C

Preparation Time: 40 minutes

Ingredients

1 cup frozen or tinned corn.

Grind half the corn in a grinder and keep the rest as whole kernels.

2 potatoes boiled and grated.

1 onion finely chopped.

2-3 green chillies finely chopped.

2 tbsp chopped fresh coriander.

½ tbsp chopped mint.

½ tsp garam masala.

2-3 tbsp roasted besan.

1 lemon juiced.

1 tsp ginger-garlic paste.

Salt and pepper to taste.

½ cup dry bread crumbs.

How to cook

Step 1

Mix the potatoes and corn kernels together and grind well. Add onions, ginger-garlic paste, green chillies, garam masala, coriander leaves, mint, salt and pepper. Also add the roasted besan and lemon juice to it and mix it well.

Step 2

Shape into kebabs. Wet the kebabs with milk and coat with dry bread crumbs.

Step 3

Pre-heat Oxy Fryer for 5 minutes at 180° C. Arrange the kebabs in fry basket and close it properly. Keep at 180° C for 25-30 minutes. Turn the kebabs over in between to cook uniformly. Sprinkle some chat masala on the hot kebabs. Serve hot with tomato ketchup or dahi pudina chutney.



019

Barbeque Corn Sandwich

Oxy Fryer

Cooking Time: 12-15 minutes
Temperature: 180° C

Preparation Time: 30 minutes

Ingredients

4 slices of white bread.
2 tbsp softened butter.
1 cup sweet corn kernels.
1 small capsicum.

For Barbeque Sauce:

1 tsp olive oil.
½ cup chopped onion.
1 flake garlic crushed.
¼ tsp mustard powder.
½ tbsp Worcestershire sauce.
½ tbsp sugar.
1½ tbsp tomato ketchup.
½ tbsp red chilli sauce.
½ cup ready made stock or water.
Salt and black pepper to taste.

How to cook

Step 1

Slice off the edges of the breads and cut horizontally.

Step 2

Heat oil in a pan, add onions and garlic to it. Cook for 3-4 minutes or until soft. Add mustard, Worcestershire sauce, sugar, tomato ketchup, chilli sauce and stock or water. Bring to a boil and then reduce the flame and simmer for 8-10 minutes or until sauce reduces and thickens slightly. Add black pepper and salt.

Step 3

Heat 2 tsp of butter in a pan and roast corn kernels till dark brown spots appear.

Step 4

Rub a little oil over the capsicum. Roast the capsicum and turn sides till black patches appear. Peel off the black skin, deseed and chop finely.

Step 5

Mix the corn, capsicum and barbeque sauce in a bowl. Spread prepared mixture on the bread and put the second bread on top.

Step 6

Pre-heat Oxy Fryer for 5 minutes at 180° C. Arrange the sandwich in fry basket and close it properly. Keep the fryer at 180° C for 12-15 minutes. Turn the sandwich over in between to cook uniformly. Repeat the same to make more sandwiches. Serve hot with chutney.





020

Cheesy Veg Wrap

Oxy Fryer

Cooking Time: 12-15 minutes
Temperature: 180° C

Preparation Time: 1 hour

Ingredients

For wrappers:

2 cups maida.
½ tsp baking powder.
¼ tsp salt.
4 tbsp oil.
Water as required to make a soft dough.

For filling:

½ cup carrots finely chopped.
12-13 beans finely chopped.
Cabbage finely chopped.
½ cup capsicum small cubes.
2 small onions finely chopped.
½ tbsp olive oil.
2-3 tbsp tomato ketchup.
¼ tsp oregano.
¼ tsp basil.
¼ tsp parsley.
Salt and pepper powder to taste.
3-4 tbsp pizza cheese grated.

For sealing:

1 tbsp maida dissolved in **1 tbsp** water
to make a thick paste.

How to cook

Step 1

Partially boil all vegetables except the capsicum and subsequently strain the liquid.

Step 2

Take **½ tbsp** oil in a pan. Sauté the onions till light golden brown. Add all the vegetables along with capsicum cubes and sauté for another 5-6 minutes. Add all the seasonings and tomato puree and cook for 2-3 minutes. Add a little salt and pepper. Let the filling cool.

Step 3

Sieve the maida and baking powder together. Add salt and oil, then rub it with the finger tips till you achieve bread crumbs like consistency. Now, knead using water or milk to get a soft dough. Let the dough rest for 10 minutes.

Step 4

Make 4-5 balls from the dough and roll into very thin chapattis of 6-7 inches diameter. Cook both sides on a non-stick tawa lightly. Ensure no brown specks appear.

Step 5

Put 2 tbsp of filling in the centre. Place some cheese over the filling and fold four sides to make square/rectangular wrap. Seal the roll using maida paste at the edges.

Step 6

Pre-heat Oxy Fryer for 5 minutes at 180° C. Arrange the rolls in fry basket and close it properly. Keep the fryer at 180° C for 12-15 minutes. Roll over the wraps in between to cook uniformly. Serve hot with tomato sauce.



021

Cheese Corn Samosas

Oxy Fryer

Cooking Time: 35 m.inutes
Temperature: 140° C and 180° C

Preparation Time: 1 hour

Ingredients

For wrappers:

1 cup maida (**100g**).
1½ tbsp melted desi ghee/dalda (**15g**).
Salt to taste.
Water enough to make a stiff dough.
½ tsp oregano.

For filling:

½ onion finely chopped.
½ cup sweet corn kernels boiled.
1tbsp cheese spread.
½ cup pizza cheese grated.
Salt and pepper to taste.
½ tsp chilli flakes.
7-8 chopped olives.
½ tsp oregano or pizza seasoning.

How to cook

Step 1 - For wrappers

Sieve the maida and add salt, oregano and melted ghee to it. Mix well. Add just enough water to collect the dough. Do not knead the dough. Keep the dough aside, covered for 20-30 minutes.

Step 2 - For filling

Heat olive oil in a pan and add onions. Sauté till soft. Add corns and sauté for a minute. Add olives and mix well. Add salt, pepper and oregano. Mix and remove from flame. Cool completely and add cheese. Mix well.

Step 3

Take marble size balls of the dough and roll into a thin chapatti. Cut into two halves. Apply water on edges and fold into a cone. Fill some cheese corn mixture and close the top by applying some water. Keep it aside.

Step 4

Pre-heat Oxy Fryer for 5 minutes at 140° C. Arrange the samosas in fry basket and close it properly. Keep the fryer at 140° C for 20 minutes. At about 10 minutes, remove the samosas from the fry basket and turn them to cook uniformly. Now fry at 180° C for 10-15 minutes to bring desired colour. Serve hot with green chutney or ketchup.





022

Bread Rolls

Oxy Fryer

Cooking Time: 20-25 minutes

Temperature: 180° C

Preparation Time: 20 minutes

Ingredients

2 big potatoes boiled and mashed.

7-8 bread slices cut the corners.

½ tsp garam masala powder.

½ tsp ginger finely chopped.

1 green chilli finely chopped.

½ tsp lemon juice.

2 tbsp fresh coriander leaves finely chopped.

½ tsp salt.

¼ tsp red chilli powder.

¼ tsp jeera powder.

½ tsp amchoor.

How to cook

Step 1

Add ginger, green chillies and coriander leaves and all masalas to the mashed potatoes and mix well.

Step 2

Take some water in a bowl and dip a bread slice in it for a few seconds.

Step 3

Squeeze the water from the bread by pressing between palms gently.

Step 4

Place a tbsp of the potato mixture over the damp bread. Roll and seal the edges of the bread in such a way that the filling does not come out from any part of the bread. Repeat the same process for making more rolls.

Step 5

Pre-heat Oxy Fryer for 5 minutes at 180° C. Arrange rolls in fry basket and close it properly. Keep the fryer at 180° C for 20--25 minutes. Turn over the rolls in between to cook uniformly. Serve hot with ketchup or mint chutney.



023

Aloo Bondas

Oxy Fryer

Cooking Time: 20-25 minutes
Temperature: 160° C

Preparation Time: 20 minutes

Ingredients

2 big potatoes boiled and mashed.
¼ tsp garam masala powder.
½ tsp ginger finely chopped.
1 green chilli finely chopped.
½ tsp lemon juice.
2 tbsp fresh coriander leaves finely chopped.
½ tsp salt.
¼ tsp red chilli powder.
½ tsp jeera powder.
½ tsp amchoor.
½ tsp roasted rye.
1 tsp saunf powdered.
10-12 chopped curry leaves.

For besan batter:

1 cup besan. Salt and red chilli powder to taste. Enough water to make a thick coating batter.

For coating:

Crushed corn flakes mixed with a little salt and red chilli powder to taste.

How to cook

Step 1

Add ginger, green chillies, coriander leaves, curry leaves and all the masalas to the mashed potatoes. Mix well.

Step 2

Make round balls of lemon size.

Step 3

Dip the balls in thick besan batter. Coat with corn flakes. Repeat the same process for making more rolls.

Step 4

Pre-heat Oxy Fryer for 5 minutes at 160° C. Arrange the bondas in fry basket and close it properly. Keep the fryer at 160° C for 20-25 minutes. Turn over the bondas in between to cook uniformly. Serve hot with ketchup or mint chutney.





024

Mirchi Vada

Oxy Fryer

Cooking Time: 20-25 minutes

Temperature: 160° C

Preparation Time: 20 minutes

Ingredients

5-6 big thick achaari hari mirch; make a slit and deseed them.

For Filling:

2 big potatoes boiled and mashed.
¼ tsp garam masala powder.
½ tsp ginger finely chopped.
1 green chilli finely chopped.
½ tsp lemon juice.
2 tbsp fresh coriander leaves finely chopped.
¼ salt.
¼ tsp red chilli powder.
½ tsp jeera powder.
½ tsp amchoor.

For besan batter:

1 cup besan.
Salt and red chilli powder to taste.
Enough water to make a thick coating batter.

For coating:

Crushed corn flakes mixed with little salt and red chilli powder to taste.

How to cook

Step 1

Add ginger, green chillies, coriander leaves, and all the masalas to the mashed potatoes and mix well.

Step 2

Fill potato filling in deseeded chillies.

Step 3

Dip the chillies in thick besan batter and coat with corn flakes. Repeat the same process for making more mirchi vadas.

Step 4

Pre-heat Oxy Fryer for 5 minutes at 160° C. Arrange the vadas in fry basket and close it properly. Keep the fryer at 160° C for 20-25 minutes. Turn the vadas over in between to cook uniformly. Serve hot with ketchup or mint chutney.



025

Honey Chilli Potatoes

Oxy Fryer

Cooking Time: 15-20 minutes

Temperature: 160° C

Preparation Time: 30 minutes

Ingredients

For potato fingers:

2 big potatoes (peeled, washed whole and wiped with a cloth) cut into long strips and partially boil in cold water for 4-5 minutes.

2 tsp ginger-garlic paste.

1 tsp red chilli sauce.

½ tsp salt.

¼ tsp red chilli powder/black pepper.

1-2 pinches orange colour.

For sauce

1-2 tbsp olive oil.

1 capsicum cut into long strips of $\frac{1}{2}$ " thickness.

2 small onions cut into half rings.

1½ tsp ginger-garlic paste.

1 tbsp red chilli sauce.

2 tbsp tomato ketchup.

1 tbsp sweet chili sauce.

2 tsp vinegar.

2 tsp soya sauce.

A pinch of red colour.

1-2 tbsp honey.

¼ tsp Aji-no-moto.

½ tsp black pepper powder.

1-2 tsp red chilli flakes.

Spring onion greens and sesame seeds for garnishing.

How to cook

Step 1 - For potato fingers

Take a small bowl and mix ginger-garlic paste, red chilli sauce, colour, salt and pepper together.

Step 2

Pat dry the potato fingers with a kitchen towel.

Step 3

Take the potato fingers in a dry bowl and pour the above prepared mixture over it. Mix to coat the potato fingers.

Step 4

Pre-heat Oxy Fryer for 5 minutes at 160° C. Arrange fingers in fry basket and close it properly. Keep the fryer at 160° C for 15-20 minutes. Toss the potato fingers well in between to cook uniformly.

Step 5- For Sauce

Take a bowl and mix tomato ketchup, red chilli sauce, soya sauce, vinegar, sugar and pepper powder. Mix well.

Step 6

Take a kadhai. Heat 1-2 tbsp oil in it. Add onion rings and fry till soft. Add ginger-garlic paste and then the capsicum rings. Cook such that it remains crunchy.

Step 7

Add all the sauces, chilli flakes, aji-no-moto, and pepper. Mix well and cook till the sauce gets a little cooked and dries up slightly.

Step 8

Add Oxy Fried potatoes in it. Mix it well and now add honey, spring onion greens and sesame seeds. Mix and cook for 2 more minutes. Serve hot.



026

Corn Rolls

Oxy Fryer

Cooking Time: 15-20 minutes

Temperature: 160° C

Preparation Time: 30 minutes

Ingredients

4 bread slices; cut the sides of slices.

1 medium onion-finely chopped.

1 tbsp olive oil.

1 green chilli finely chopped.

3 tbsp mixed fine chopped three coloured capsicums.

1 cup cream-style corn.

1 tsp tomato ketchup.

1 tsp vinegar.

Salt and pepper to taste.

For sealing paste:

2 tsp maida dissolved in **2 tsp** water.

For garnishing:

1 tbsp white sesame seeds and **1 tsp** black sesame seeds.

How to cook

Step 1

Heat oil in a pan and add the onions. Cook till the onions turn golden. Add green chilli, capsicums, corn, ketchup, vinegar, salt and pepper. Mix well and cook for 3-4 minutes till it's almost dry. Let it cool.

Step 2

Take all bread slices with the trimmed edges and roll with a rolling pin to block the holes. Keep it aside.

Step 3

Make the sealing paste. Take coating batter in a large bowl, big enough to hold the complete roll.

Step 4

Now place corn mixture at a distance of $\frac{1}{2}$ " from the edge and roll out tightly. Seal edges using the sealing paste.

Step 5

Wet the rolls with water/milk and roll it over the sesame seeds on a plate and cover using a cling film and keep it in the fridge till serving time.

Step 6

Pre-heat Oxy Fryer for 5 minutes at 160° C. Arrange in fry basket and close it properly. Keep the fryer at 160° C for 15-20 minutes. Cut the rolls into 2 pieces. Turn over the rolls in between to cook uniformly. Remove when done, sprinkle with chaat masala and serve hot garnished with lemon wedges and sauce.



027

Burger-Tikki

Oxy Fryer

Cooking Time: 12-15 minutes
Temperature: 140° C

Preparation Time: 25 minutes

Ingredients

2 large potatoes boiled and grated.
1 cup bread crumbs.
Salt to taste.
½ tsp ginger finely chopped.
1 green chilli finely chopped.
½ tsp lemon juice.
2 tbsp fresh coriander leaves finely chopped.
¼ tsp red chilli powder.
½ cup boiled peas.
½ tsp jeera powder.
½ tsp amchoor.

How to cook

Step 1

Mash the boiled potatoes. Mix together all the masalas, onions, ginger, green chillies, lemon juice, peas, coriander leaves and 2-3 tbsp bread crumbs.

Step 2

Make round tikkis with the potato mixture. Press gently and roll the edges on the table-top to smoothen the sides.

Step 3

Pre-heat Oxy Fryer for 5 minutes at 140° C. Arrange the tikkis in fry basket and close it properly. Keep the fryer at 140° C for 12-15 minutes. Turn over the tikkis in between to cook uniformly. Serve hot.





028

Vegetable Croquettes

Oxy Fryer

Cooking Time: 25-30 minutes
Temperature: 180° C

Preparation Time: 40 minutes

Ingredients

For potato fingers:

2 big potatoes boiled and grated
1 carrot grated
1 small capsicum finely chopped
1 small onion finely chopped
1 tbsp grated cabbage
¼ tsp salt and black pepper
1 cup approx white bread crumbs
1½ cup dry bread crumbs
2 green chillies finely chopped
1 tbsp olive oil
2-3 tbsp dry maida for coating

For white sauce:

1 tbsp butter
1 tbsp maida
½ cup milk
¼ tsp dried oregano
¼ tsp dried basil
¼ tsp dried parsley
Salt and pepper to taste

For corn flour solution:

Mix **3 tbsp** corn flour in **1 cup** water

How to cook

Step 1 - For white sauce

Heat butter in a pan. Add 1 tbsp maida and stir for half a minute. The mixture will turn frothy. Reduce the flame and add milk while stirring continuously. Stir, till it coats the back of the spoon. Add seasonings, salt and pepper to taste and remove from flame.

Step 2

Heat 1 tbsp olive oil in a deep pan. Add onion and green chillies and sauté for a minute. Add carrot, cabbage, capsicums and salt and continue to sauté till all the vegetables are slightly softened.

Step 3

Transfer them into a bowl. Grate the boiled potatoes into the bowl. Adjust salt and mix all the ingredients well together. Add the white sauce and mix. Also add the white bread crumbs. Shape the mixture into small cork shaped croquettes.

Step 4

Wet the croquettes with a corn flour solution and coat with dry maida.

Again wet the croquettes and coat with dry bread crumbs. Do this 2-3 times.

Arrange the croquettes on a plate and cover them with cling wrap and freeze to be used when required.

Step 5

Pre-heat Oxy Fryer for 5 minutes at 180° C. Arrange the croquettes in fry basket and close it properly. Keep the fryer at 180° C for 25--30 minutes. Turn the croquettes over in between to cook uniformly. Serve hot with green chutney or sauce.



029

Pizza

Oxy Fryer

Cooking Time: 10-12 minutes

Temperature: 180° C

Preparation Time: 20 minutes

Ingredients

1 pizza base

Pizza topping sauce

Grated pizza cheese for topping

Cooking oil for brushing and topping

Ingredients for topping:

1 onion chopped

1 capsicum chopped

1 tomato deseeded and chopped

1 tbsp (optional) mushrooms/corns

1 tsp pizza seasoning

How to cook

Step 1

Heat the pizza base in a pre-heated Oxy Fryer for 5 minutes.

Step 2

Spoon some pizza sauce and spread leaving $\frac{1}{2}$ " gap all around the edges.

Sprinkle grated cheese on sauce layer.

Step 3

Mix all the vegetables in a bowl. Add $\frac{1}{2}$ tsp seasoning, salt and pepper according to taste and 1 tsp oil. Mix properly. Place this topping mixture over the cheese layer. Now sprinkle rest of the pizza cheese and pizza seasoning from the above.

Step 4

Pre-heat Oxy Fryer for 5 minutes at 180° C. Arrange the pizza in fry basket and close it properly. Keep the fryer at 180° C for 10-12 minutes. Serve hot with tomato sauce.



030

Bread Pizza

Oxy Fryer

Cooking Time: 8-10 minutes
Temperature: 180° C

Preparation Time: 20 minutes

Ingredients

4 bread slices.
Pizza topping sauce.
Grated pizza cheese for topping.
Cooking oil for brushing.

Ingredients for topping:

1 onion chopped.
1 capsicum chopped.
1 tomato deseeded and chopped.
1 **tbsp** (optional) mushrooms/corns.
1 **tsp** pizza seasoning.

How to cook

Step 1

Grill the bread in Oxy Fryer for 4-5 minutes.

Step 2

Spoon some pizza sauce and spread leaving $\frac{1}{2}$ " all around the edges.
Sprinkle grated cheese on sauce layer.

Step 3

Mix all the vegetables in a bowl. Add $\frac{1}{2}$ tsp seasoning, 1 tsp oil and salt and pepper according to taste. Mix properly. Place this topping mixture over the cheese layer. Now sprinkle rest of the pizza cheese and pizza seasoning from the above.

Step 4

Pre-heat Oxy Fryer for 5 minutes at 180° C. Arrange the pizza in fry basket and close it properly. Keep the fryer at 180° C for 8-10 minutes. Serve hot with tomato sauce.



031

Noodley Kebabs

Oxy Fryer

Cooking Time: 25-30 minutes
Temperature: 180° C

Preparation Time: 40 minutes

Ingredients

2 boiled and grated potatoes.
½ cup fine chopped and partially boiled mixed vegetables (carrot, beans, capsicum, cabbage etc).
1 small onion.
1-2 green chillies.
1 tbsp chopped coriander.
2 tsp chopped ginger.
1-2 breads to make bread crumbs.
Salt, red chilli powder/pepper to taste.
½ tsp soya sauce.

For Coating:

¾ cup boiled noodles.
Milk.

How to cook

Step 1

Mix together the grated potatoes, mixed vegetables, onion, green chillies, ginger, soya sauce and salt in a bowl.

Step 2

Take little amounts of the mixture and shape them into round or oval tikkis. Dip them in milk and wrap the boiled noodles all around the tikkis.

Step 3

Pre-heat Oxy Fryer for 5 minutes at 180° C. Arrange the noodle tikkis in fry basket and close it properly. Keep the fryer at 180° C for 25-30 minutes. Turn over the tikkis in between to cook uniformly. Serve hot with tomato sauce.



★
032

Dahi Kebab

Oxy Fryer

Cooking Time: 12-15 minutes

Temperature: 140° C

Preparation Time: 25 minutes

Ingredients

2 cups yoghurt (dahi) hung overnight (7-8 hours).

1 cup grated paneer.

2-3 slices bread for bread crumbs.

½ onion finely chopped.

1-2 green chillies finely chopped.

2 tbsp chopped coriander leaves.

1½ tsp finely chopped ginger or **1 tsp** ginger garlic paste.

Salt to taste.

½ tsp garam masala.

1 tsp kasoori methi.

¼ tsp black pepper.

½ tsp roasted jeera powder.

For coating:

3-4 tbsp bread crumbs or dry maida.

How to cook

Step 1

Hang curd and then lightly squeeze to drain out any extra water.

Step 2

In a bowl, take hung curd along with all the ingredients and mix together nicely.

Step 3

With greased palms, roll small balls and flatten each ball to get small round tikkis. Keep aside in the refrigerator for half an hour to set well.

Step 4

Roll the kebabs in dry maida and keep them aside.

Step 5

Pre-heat Oxy Fryer for 5 minutes at 140° C. Arrange the kebabs in fry basket and close it properly. Keep the fryer at 140° C for 12-15 minutes. Turn over the kebabs in between to cook uniformly. Serve hot with green chutney or tomato ketchup.





033

Baked Chick-Pea Stars

Oxy Fryer

Cooking Time: 25-30 minutes
Temperature: 140° C

Preparation Time: 60 minutes

Ingredients

- ½ cup white chana soaked overnight.
- ½ tsp ginger-garlic paste.
- 2 tbsp chopped coriander leaves.
- 1 green chilli finely chopped.
- 1+1 tbsp thick curd.
- Salt and pepper to taste.
- ½ tsp dry mint.
- 2 tbsp roasted sesame seeds.
- 1 small onion finely chopped.
- ¼ tsp coriander powder.
- ¼ tsp jeera powder.
- Oil for greasing.

How to cook

Step 1

Drain the soaked chanas. Add ½ tsp of salt and enough water to submerge the chanas. Pressure cook the chanas for 20-25 minutes or till soft. Remove from flame and mash finely with a potato masher.

Step 2

Add ginger-garlic paste, coriander powder, onions, jeera powder, coriander leaves, salt, pepper, green chilli and 1 tbsp curd and mix lightly with hands.

Step 3

Flatten the mixture to ½" thickness and cut star shaped cutlets. Mix 1 tbsp curd with mint and spread this over the round cutlets. Sprinkle sesame seeds to coat on all the sides.

Step 4

Pre-heat Oxy Fryer for 5 minutes at 140° C. Arrange the stars in fry basket and close it properly. Keep the fryer at 140° C for 25-30 minutes. Turn over the stars in between to cook uniformly. Serve hot with tomato ketchup or mint chutney.



034

Bread Pakoras

Oxy Fryer

Cooking Time: 20-25 minutes

Temperature: 160° C

Preparation Time: 15 minutes

Ingredients

8 bread slices.

2 medium potatoes boiled and mashed.

Salt to taste.

1 green chilli chopped.

¼ tsp coriander powder.

¼ tsp red chilli powder.

½ tsp roasted cumin powder.

For batter:

1 ½ cups gram flour (besan).

Salt to taste.

A pinch soda bi-carbonate.

¼ tsp red chilli powder.

¼ tsp dry mango powder (amchoor).

½ tsp garam masala powder.

How to cook

Step 1

Mix the potatoes, salt, green chillies, coriander powder, red chilli powder and roasted cumin powder in a bowl and divide into four equal portions. Add salt, chilli powder, garam masala, green chillies and coriander leaves to the mashed potatoes and mix well.

Step 2

Mix gram flour, salt, soda bi-carbonate, red chilli powder, amchoor, garam masala powder in another bowl. Add sufficient water to make a thick and smooth batter.

Step 3

Spread a portion of the potato mixture on each of the four bread slices, cover them with the remaining bread slices and press gently. Halve the sandwiches. Dip the bread sandwiches in the batter and keep it in the fridge for half an hour.

Step 4

Pre-heat Oxy Fryer for 5 minutes at 160° C. Arrange the pakoras in fry basket and close it properly. Keep the fryer at 160° C for 20-25 minutes. Turn the pakoras in between to cook uniformly. Serve hot with tamarind chutney or green chutney or tomato sauce.



035

Stuffed Achaari Soya Chaap Tikka

Oxy Fryer

Cooking Time: 25-30 minutes

Temperature: 180° C

Preparation Time: 60 minutes

Ingredients

300g (approx. 6 chaaps) treated chaap.

Ingredients for first marinade:

4 tbsp lemon juice.
1 tbsp ginger-garlic paste.
½ tsp ajwain.
½ tsp red chilli powder.
½ tsp salt.

Ingredients for stuffing:

2 tbsp olive oil.
1 tbsp saunf.
½ tsp rai.
Pinch of methi dana.
½ tsp kalonji.
1 onion-finely chopped.
2 green chillies finely chopped.
½ tsp haldi.
1 tsp amchoor.
1 tsp dhania powder.
½ tsp normal sugar.
½ cup grated paneer.
2 tbsp cheese.

Ingredients for second marinade:

1 cup hung curd (hung for 1 hour).
5 tbsp besan.
4 tbsp oil.
½ cup cheese (processed).
1 tbsp butter.
¼ cup cream.
½ tsp kala namak.
1 tbsp kasoori methi.
2 tsp jeera powder.
½ tsp garam masala.
1 tsp chat masala.
½ tsp nutmeg powder.
½ tsp javitri powder.
1 pinch orange-red colour.

How to cook

Step 1 - Treating of chaap

Boil 4-5 cups of water with 2 tsp salt. Pour frozen chaap in hot water for ½ hour and in case of fresh chap for 15 minutes and cover with a lid. After completion of set time, drain them with a strainer and squeeze well. Pat dry on kitchen towel, if necessary.

Step 2 - For first marinade

Mix all ingredients together. Pour the whole chaap without sticks in this marinade. Roll to coat. Keep it for 30-45 minutes.

Step 3 - For stuffing

Heat 2 tbsp oil, add onions and cook till light brown. Add green chillies. Add the achaari masala and all other masalas. Remove from flame and let it cool to room temp. Now add grated paneer and cheese. Mix well.

Step 4 - For the second marinade

Take a flat dish. Put the cheese and butter in it and micro for 15-20 seconds. Mash both together. Add hung curd and mix well. Add all the other ingredients and mix well till smooth. Marinade is ready.

Step 5

Now stuff the chaap pieces with the prepared stuffing. Put the chaap pieces in the second marinade. Mix well to coat. Keep aside for 45 minutes.

Step 6

Pre-heat Oxy Fryer for 5 minutes at 180° C. Arrange the chaaps in fry basket and close it properly. Keep the fryer at 180° C for 25-30 minutes. Roll over the chaap pieces in between to cook uniformly. Serve hot with onion relish and dahi pudina chutney.



036

Cheesy Spinach Toasties

Oxy Fryer

Cooking Time: 10-12 minutes

Temperature: 160° C

Preparation Time: 40 minutes

Ingredients

4 toasted bread slices cut into triangles.

2 tbsp butter.

1 tbsp maida.

1 small onion finely chopped.

2-3 flakes garlic finely chopped.

1 bunch of spinach boiled and crushed coarsely.

1 tsp coarsely crushed green chillies.

3 tbsp grated pizza cheese.

½ cup milk.

2 tbsp fresh cream.

Salt and pepper to taste.

How to cook

Step 1

Melt butter in a pan. Add onions and garlic and roast till light golden colour.

Step 2

Add maida and roast for 1-2 minutes. Add milk, stir and let it boil. Add spinach, green chilli, cream, salt and pepper. Mix and cook till it thickens.

Step 3

Apply the paste on the toasted breads and sprinkle grated cheese.

Step 4

Pre-heat Oxy Fryer for 5 minutes at 160° C. Arrange the toasts in fry basket and close it properly. Keep the fryer at 160° C for 10-12 minutes. Serve hot.



037

Tahini Sprout Sandwich

Oxy Fryer

Cooking Time: 15-20 minutes
Temperature: 160° C

Preparation Time: 20 minutes

Ingredients

4 slices of white bread.
1 tbsp softened butter.
½ cup chopped paneer.
¼ cup sprouts boiled with a pinch of salt for 2 minutes.
½ cup chopped onions.
Salt and pepper to taste.

Tahini mixture:

¾ cup curd hung for 25 minutes in a muslin cloth.
1 green chilli chopped.
1 tbsp sesame seeds roasted.
1 tbsp lime juice.
4 tsp olive oil.
1 tsp chopped coriander (optional).
Salt to taste.

How to cook

Step 1

Cut edges of the bread.

Step 2

In a mixer grinder, grind the tahini mixture to a smooth paste. Now mix the remaining ingredients along with tahini in a bowl.

Step 3

Pan roast the slices without oil. Apply a little butter on each slice. On the base of one slice, spread the tahini mixture and put the second bread on top. Cut into two. Repeat the same to make more sandwiches.

Step 4

Pre-heat Oxy Fryer for 5 minutes at 160° C. Arrange the toasts in fry basket and close it properly. Keep the fryer at 160° C for 15-20 minutes. Turn over the toasts in between to cook uniformly. Serve hot.





038

Oats Hearts

Oxy Fryer

Cooking Time: 20-25 minutes
Temperature: 160° C

Preparation Time: 40 minutes

Ingredients

1½ cups (150g) Quaker oats.
2 tbsp (20g) low fat yogurt.
Potatoes boiled and mashed.
½ cup grated cauliflower.
½ cup grated carrot.
Salt to taste.
½ tsp red chilli powder.
¼ tsp garam masala.
¼ tsp dry mango powder (amchoor).
2 tbsp chopped fresh coriander .

How to cook

Step 1

Keep $\frac{1}{2}$ cup Quaker oats aside for coating.

Step 2

Mix 1 cup Quaker Oats with yogurt and add all the remaining ingredients.

Step 3

Make 8 balls of the above mixture.

Step 4

Flatten each ball and shape into hearts or cut with a heart shape cookie cutter. Do not flatten too much.

Step 5

Spread the remaining $\frac{1}{2}$ cup Quaker oats on a plate. Put about $\frac{1}{2}$ cup milk or water in a flat dish/bowl. Dip each heart in milk/water for a second and immediately press both sides of each heart in Quaker oats. Press the hearts between the palms to make the Quaker Oats coat properly.

Step 6

Pre-heat Oxy Fryer for 5 minutes at 160° C. Arrange the hearts in fry basket and close it properly. Keep the fryer at 160° C for 20-25 minutes. Turn the hearts over in between to cook uniformly. Serve hot with tomato sauce.



039

Baby Corn Cigars

Oxy Fryer

Cooking Time: 20-25 minutes
Temperature: 180° C

Preparation Time: 30 minutes

Ingredients

100g baby corns.
1 tsp salt.

For marinade:

1 tbsp ginger-garlic paste.
1 tbsp red chilli sauce.
½ tsp salt.
¼ tsp red chilli powder.

For batter:

¼ cup maida.
¼ cup besan.
2 pinches baking powder.
Salt to taste.
3-4 tbsp chopped coriander or **½ tsp** kasoori methi.
¼ tsp black pepper powder.
½ cup (approx.) water.

For coating:

Bread crumbs/corn flakes.

How to cook

Step 1

Boil 2 cups of water and in it add 1 tsp of salt. Add the baby corns and boil for 10-15 minutes till soft. Drain the baby corns. Pat dry with a clean kitchen towel.

Step 2

Mix all ingredients of the marinade and marinate baby corns with this paste for a minimum 30 minutes.

Step 3

At serving time, mix all the ingredients of the batter to get a consistent coating. Dip baby corns in the batter and then roll them over in cornflakes/bread crumbs.

Step 4

Pre-heat Oxy Fryer for 5 minutes at 180° C. Arrange the baby corns in fry basket and close it properly. Keep the fryer at 180° C for 20-25 minutes. Roll over the cigars in between to cook uniformly. Serve hot with hot garlic sauce.



040

Garlic Toast with Cheese

Oxy Fryer

Cooking Time: 10-12 minutes
Temperature: 160° C

Preparation Time: 20 Minutes

Ingredients

French bread or pav buns cut into slices.

Garlic butter:

4 tbsp softened butter.
6-7 flakes crushed garlic.
Pinch of salt.
¼ tsp black pepper powder.

Topping:

½ cup grated cheese.
1-2 tsp oregano.
Some red chilli flakes to sprinkle.
2 tbsp cooking oil/olive oil (optional).

How to cook

Step 1

Prepare garlic butter by mixing all the ingredients together.

Step 2

Spread some garlic butter on each slice and top them with cheese. Sprinkle some chilli flakes and oregano. Spoon a little oil (if required).

Step 3

Pre-heat Oxy Fryer for 5 minutes at 160° C. Arrange the bread in fry basket and close it properly. Keep the fryer at 160° C for 10-12 minutes to toast the bread. Serve hot with tomato sauce.



041

Aloo Dilnaaz

Oxy Fryer

Cooking Time: 20-25 minutes
Temperature: 160° C

Preparation Time: 45 minutes

Ingredients

4 long potatoes peeled
1 tsp chaat masala
1 tsp sesame seeds

Filling:

100g paneer crumbled.
1 tsp raisins chopped.
1 green chilli chopped.
A pinch of haldi.
½ tsp salt.
½ tsp jeera powder.
3 tbsp finely chopped coriander.
1 tsp lime juice.
½ tsp dhania powder.
¼ tsp red chilli powder.
¼ tsp garam masala.

Topping:

½ cup curd hang for 15-20 minutes.
¼ tsp red chilli powder.
¼ tsp coriander powder.
¼ tsp salt or to taste.
chat masala to sprinkle.
1 tsp tandoori masala.
1 pinch tandoori color.
½ tsp kasoori methi.

How to cook

Step 1

Wash and peel the potatoes. Hold the potato length wise and remove the cap. Scoop out the potato using a potato scooper. Do not scoop till the end, or else the stuffing will come out.

Step 2

Boil the scooped potatoes till they are partially cooked.

Step 3

Mix together all the ingredients of the filling. Mash them well and make long rolls. Stuff the paneer filling into the potatoes.

Step 4

Put all the ingredients of the topping in a bowl and mix it well. Coat the stuffed potatoes with the curd mixture lightly.

Step 5

Sprinkle with sesame seeds.

Step 6

Pre-heat Oxy Fryer for 5 minutes at 160° C. Arrange in fry basket and close it properly. Keep the fryer at 160° C for 20-25 minutes. Turn over each potato bowl in between to cook uniformly. Serve hot with tomato sauce.



042

Kale Chane ke Shami Kebab

Oxy Fryer

Cooking Time: 20-25 minutes

Temperature: 180° C

Preparation Time: 45 minutes

Ingredients

½ cup kale chane.

1 tbsp chane ki dal.

1 onion very finely chopped.

1 tsp oil.

1 tsp ginger-garlic paste.

1-2 breads to make bread crumbs.

½ tsp green chilli paste or 1-2 green chillies finely chopped.

¼ tsp amchoor.

¼ tsp jeera powder.

2-3 pinches cinnamon powder .

1-2 pinches cloves powder.

1-2 pinches elaichi powder.

¼ tsp red chilli powder.

Salt and pepper to taste.

2 tbsp finely chopped pudina.

½ cup dry bread crumbs.

How to cook

Step 1

Soak the kale chane and chane ki dal overnight or for 6-8 hours in water.

Step 2

Put kale chane, chane ki dal, onion and oil in a pressure cooker. Add the powdered spices to 1 ½ cups water and pressure cook to give 1 whistle. After the first whistle, keep on slow flame for 20 minutes. Remove from the flame and let the pressure reduce by itself.

Step 3

If there is extra water, dry the chanas for sometimes on the flame. There should be just enough water to grind the chanas into a fine paste.

Step 4

Move the chana mixture to a bowl. Add ginger-garlic paste, bread crumbs, all the masalas and salt to taste.

Step 5

Make small balls of the paste and flatten them slightly. Coat with bread crumbs.

Step 6

Pre-heat Oxy Fryer for 5 minutes at 160° C. Arrange the kebabs in fry basket and close it properly. Keep the fryer at 160° C for 20-25 minutes. Turn over the kebabs in between to cook uniformly. Serve hot with tomato sauce/dahi pudina chutney.



043

Baked Corn Lasagne

Oxy Fryer

Cooking Time: 15-20 minutes
Temperature: 160° C

Preparation Time: 1 hour

Ingredients

2 Lasagne sheets.
5-6 cups of boiling water.
2 tsp oil.
2 tsp salt.
100g pizza cheese.
2-3 sliced olives/gherkins/jalapenos/some sweet corns for garnishing.

Red Sauce:

2 tbsp oil.
1 onion very finely chopped.
2 medium size tomatoes chopped.
200g tomato puree.
½ tsp dried oregano.
½ tsp dried basil (5-6 fresh basil leaves).
½ tsp dried parsley.
2 tsp sugar.
Salt and red chilli powder to taste.

Bechamel (White) Sauce:

2 tbsp butter.
2 tbsp maida.
2 cups milk.
½ tsp dried oregano.
¼ tsp dried basil (5-6 leaves fresh basil).
½ tsp dried parsley.
Salt and pepper to taste.

Vegetable Filling:

2 tbsp oil.
1 capsicum finely chopped.
½ cup beans finely chopped.
½ cup carrot finely chopped.
1 small onion finely chopped.
1 cup boiled sweet corn.
½ tsp red chilli flakes.
Salt and pepper to taste.
¼ tsp dry oregano, basil and parsley.
¼ cup tomato puree.
(Use any of seasonal vegetables - broccoli, zucchini, bell peppers, mushroom etc.)

How to cook

Step 1

Boil 5-6 cups of water. Add oil and salt in the water. Add Lasagne sheets in the boiling water and cook till it is soft. Check in between that the sheets do not stick to each other. Filter the sheets through a sieve to remove water. Refresh in cold water and place on a greased tray.

Step 2 - For red sauce

Heat oil in a pan. Add onion and cook until onions turn light brown. Add chopped tomatoes and cook till soft. Add tomato puree, all seasonings, salt and chilli powder and cook for 5-7 minutes till slightly thick, stir continuously. Do not cook too long. Remove from flame.

Step 3

Partially boil/micro vegetables (carrot, beans, zucchini, broccoli, cauliflower, mushroom) in a micro proof plate covered with clean wrap for 2-2.5 minutes. Boil the sweet corn in a cup of water. Refresh all the vegetables in ice cold water to retain colour.

Step 4 - For the filling

Heat oil and sauté the onions till transparent. Add capsicum (bell peppers) and stir fry for 1-2 minutes. Add the partially boiled vegetables and sauté for 2-3 minutes. Add the sweet corn, tomato puree and all the seasonings and mix well.

Step 5

Grease a borosil square bowl of 5-6" with little oil. Spread some red sauce at the base. Place one Lasagne sheet at the base. Cover with red sauce and spread ½ of the vegetable filling. Spread some grated cheese. Now again cover with Lasagne sheet and repeat with red sauce, ½ of vegetable filling, grated cheese and Lasagne sheet. Cover completely with red sauce and prepare white sauce.

Step 6 - For white sauce

Boil milk with basil leaves and then strain to keep aside basil leaves. Heat butter in a pan and add maida and stir for half a minute. The mixture will turn frothy. Reduce the flame and add the flavoured milk while stirring continuously. Stir and cook till it coats the back of the spoon. Add basil leaves seasonings, salt and pepper to taste and remove from flame. Now cover it completely with the white sauce and sprinkle grated cheese and garnish with some black olives or sweet corn.

Step 7

Pre-heat Oxy Fryer for 5 minutes at 140° C. Arrange in fry basket and close it properly. Keep the fryer at 140° C for 15-20 minutes till cheese melts and turns golden brown. Serve hot with tomato sauce.



044

Cheese & Bean Enchilladas

Oxy Fryer

Cooking Time: 20-25 minutes
Temperature: 180° C

Preparation Time: 45 minutes

Ingredients

6 flour tortillas

Red sauce:

2 tbsp oil
% tsp chopped garlic
1 cup ready-made tomato puree
3 medium tomatoes pureed in the mixer
1 tsp sugar
% tsp salt or to taste
½ tsp red chilli flakes
1 tsp oregano

Filling:

1 tbsp oil.
1 tsp chopped garlic.
1 onion chopped finely.
1 capsicum chopped finely.
% cup ready-made baked beans.
A few drops of Tabasco sauce.
½ cup crumbled or roughly mashed paneer (cottage cheese).
½ cup grated cheddar cheese.
1 tsp salt.
1 tsp oregano.
½ tsp pepper.
1 tsp red chilli flakes or to taste.
2 tbsp finely chopped, jalapenos.

To serve:

%-1 cup grated pizza cheese (mix mozzarella and cheddar).

How to cook

Step 1

Ready the flour tortillas.

Step 2 - For the red sauce

Heat 2 tbsp of oil in a pan. Add garlic. Stir and add other ingredients of the sauce. Cook for about 5-7 minutes till the sauce starts to thicken and is no longer runny.

Step 3 - For the filling

Heat 1 tbsp of oil. Add garlic and onions and stir till light golden. Add capsicum and stir. Add salt, oregano, pepper and red chilli flakes. Add jalapenos and paneer and cook for 1-2 minutes till it turns semi-dry. Remove from flame and add cheese. Mix and keep aside.

Step 4

To assemble, take a tortilla, keep it on a flat surface and spread 1 tbsp of red sauce on it covering all the sides. Place some filling in a row in the centre of tortilla and roll forward to get a roll. Repeat with all the remaining tortillas.

Step 5

Take an Oxy Fryer proof serving plate or dish, spread 2-3 tbsp sauce at the base of the platter down. Pour the rest of the sauce on the tortillas, sprinkle with grated cheese and cover with a foil.

Step 6

Pre-heat Oxy Fryer for 5 minutes at 160° C. Arrange in fry basket and close it properly. Keep the fryer at 160° C for 10-15 minutes. Turn the tortillas over in between to cook uniformly. Serve hot.



045

Vegetable Quiche

Oxy Fryer

Cooking Time: 20-30 minutes
Temperature: 140° C

Preparation Time: 1 hour

Ingredients

For savoury dough
100g plain flour (maida).
60g butter.
2 tsp powder sugar.
½ tsp salt or to taste.
¼ tsp oregano.
10-15 ml chilled water.

For quiche filling

2 cups mixed veg (carrot, beans, capsicum, onion).
Salt and pepper to taste.
¼ tsp oregano.
¼ tsp basil.
¼ tsp parsley.
¼ tsp tomato puree.
100g pizza cheese.

For white sauce

1 tsp maida.
2 tsp butter.
1 cup milk.
¼ tsp oregano.
¼ tsp basil.
¼ tsp parsley.
2 pinches salt.
¼ tsp white pepper.

How to cook

Step 1

Sieve maida, add sugar and salt. Mix butter in the maida mixture only with your finger tips till it resembles bread crumbs.

Step 2

Sprinkle chilled milk over the flour and try to collect the dough, but do not knead the dough. Once collected, cover the dough with a plastic bag. Refrigerate the dough for 10-15 minutes.

Step 3

Roll out the dough to upto 1/8" thickness and cut in rounds and press into pie tins which need not be greased unless new. Trim off the excess dough by rolling the rolling pin on the tin. Prick all over with a fork.

Step 4

Pre-heat Oxy Fryer for 5 minutes at 140° C. Arrange in fry basket and close it properly. Keep the fryer at 140° C for 15-20 minutes till the pastry shells turn light golden. Remove from fryer and cool the pastry shells.

Step 5 - For quiche filling

Take 2 tbsp of oil in a pan. Sauté onions till light golden brown. Add all the vegetables along with the capsicum cubes and sauté for another 5-6 minutes. Add all the seasonings and tomato puree and cook for 2-3 minutes. Add a little salt and pepper. Let the filling cool.

Step 6 - For white sauce

Heat butter in a pan. Add 1 tbsp maida and stir for half a minute. Mixture will turn frothy. Reduce the flame and add milk while stirring continuously. Stir till it coats the back of the spoon. Add sugar and stir well to mix. Add salt and pepper to taste and remove from flame. Mix some grated cheese in the filling.

Step 7

In the half-baked pie shell, spread some grated cheese at the base, then make layer of vegetable filling followed by white sauce layer and then cover with grated cheese all over. Garnish with olives and capsicum juliennes. Again keep in the Oxy Fryer at 160° C for 8-10 minutes till cheese get brown. Serve hot with tomato sauce.



046

Achaari Paneer Tikka

Oxy Fryer

Cooking Time: 15-20 minutes

Temperature: 140° C

Preparation Time: 30 minutes

Ingredients

200g paneer cut into cubes.

1 onion cut into 4 pieces and then separate the layers.

1 large capsicum cut into 1 inch big pieces.

For marination:

½ cup hung curd.

1 tbsp refined oil.

2 tsp saunf.

½ tsp mustard seeds.

¼ tsp methi dana (powdered).

½ tsp kalonji.

½ tsp roasted jeera.

½ tsp haldi.

1-2 tbsp besan.

1 tbsp ginger-garlic paste.

½ tsp kala namak.

1-2 tsp degi mirch powder/ 1 pinch colour for red color.

Salt and red chilli powder to taste.

½ tsp kasoori methi.

How to cook

Step 1

Collect all seeds.

Step 2

Heat 1 tbsp oil in a kadhai and add all the seeds. Let them crackle and then add the besan. Roast the besan mixture for 2-3 minutes but don't brown.

Step 3

Add ginger-garlic paste and cook for 1-2 minutes. Remove from flame.

Step 4

Pour the mixture in a bowl. Add hung curd, cream, all masalas, colour, salt and pepper. Mix well.

Step 5

Add paneer and vegetables in the prepared marinade.

Step 6

Arrange the marinated paneer and vegetables in satay sticks separately.

Step 7

Pre-heat Oxy Fryer for 5 minutes at 160° C. Arrange in fry basket and close it properly. Keep paneer in the fryer at 160° C for 20-25 minutes and vegetables for 8-10 minutes. Turn the satay sticks over in between to cook uniformly.

Serve hot with tomato sauce/mint chutney.



047

Veg Momos

Oxy Fryer

Cooking Time: 20-25 minutes
Temperature: 140° C

Preparation Time: 30 minutes

Ingredients

For dough:

1 cup maida.
¼ tsp salt or to taste.
4-5 tbsp water.

For filling:

1 cup carrots grated.
1 cup cabbage grated.
1 tbsp oil.
1 tsp ginger-garlic paste.
1 tsp soya sauce.
1 tsp vinegar.

How to cook

Step 1

Mix the maida and salt and knead to a stiff dough with water (knead for 7-8 minutes on a marble slab and keep it covered to rest for 10-15 minutes after greasing with little oil).

Step 2

Heat oil and add the ginger-garlic paste. Cook till brown. Add the grated carrot and cabbage. Turn over high flame, till glossy. Take it off the flame and mix soya sauce, salt, vinegar and black pepper to it. Let it cool.

Step 3

Roll the dough into a thin sheet (translucent) and cut a square sheet using knife. Place filling in the centre. Pick the corners of the sheet and bring it to the centre. Pinch the joints together.

Step 4

Pre-heat Oxy Fryer for 5 minutes at 140° C. Arrange in fry basket and close it properly. Turn the momos over in between to cook uniformly. Keep the fryer at 140° C for 20-25 minutes. Serve hot with chilli sauce.





048

Mushroom Tikka

Oxy Fryer

Cooking Time: 20-25 minutes
Temperature: 160° C

Preparation Time: 40 minutes

Ingredients

100g medium mushrooms.
1 piece 2" cinnamon stick.
2 black cardamoms.
2-3 cloves.
6 black peppercorns.
½ tsp salt.

For marinade:

% cup hung curd.
1-2 tbsp corn flour.
1 tsp kasoori methi.
1 tbsp ginger-garlic paste.
% tsp tandoori masala.
2 tsp lemon juice.
Salt, pepper and red chilli powder to taste.
¼ tsp ajwain.
10-12 fresh mint leaves very finely chopped.
4 tbsp coriander leaves very finely chopped.
Chaat masala to sprinkle.

How to cook

Step 1

Boil 3 cups of water in a large deep pan with the whole spices and $\frac{1}{2}$ tsp salt. When the water starts boiling, add mushrooms to it. Boil it for 3-4 minutes. Drain and refresh under running water.

Step 2

In a large bowl combine hung yogurt, kasoori methi, ginger-garlic paste, red chilli powder, tandoori masala, ajwain, mint leaves, coriander leaves, lemon juice, corn flour and salt. Mix well and keep aside.

Step 3

Marinate the blanched mushrooms in the yogurt mixture for half an hour.

Step 4

Pre-heat Oxy Fryer for 5 minutes at 160° C. Arrange in fry basket and close it properly. Keep the fryer at 160° C for 20-25 minutes. Toss the mushroom over in between to cook uniformly. Remove when done, sprinkle with chaat masala. Serve hot with mint chutney.



049

Paneer Tikka

Oxy Fryer

Cooking Time: 15-20 minutes
Temperature: 140° C

Preparation Time: 30 minutes

Ingredients

200g paneer cut into 1½" long and 1" thick pieces.
1 big capsicum cut into big cubes.
1 onion cut into 4 pieces and then separate layers.

Ingredients for marinade:

1½ cups thick curd.
2 tbsp besan.
1 tbsp cream.
2 tsp ginger-garlic paste.
½ tsp jeera powder.
¾ tsp tandoori masala.
1 tsp kasoori methi.
Salt, red chilli powder and pepper to taste.

How to cook

Step 1

Hang the curd in a muslin cloth for about half an hour. Pour all the ingredients of the marinade in the curd. Rub the marinade over the stuffed paneer pieces. Keep the paneer pieces aside.

Step 2

Now pour capsicum and onions in the left over marinade. Rub the pieces with marinade generously. Now arrange paneer pieces and vegetables on satay sticks separately. Keep it aside for 1 hour.

Step 3

Place the prepared satay sticks on the greased wire rack or grill of the Oxy Fryer

Step 4

Pre-heat Oxy Fryer for 5 minutes at 160° C. Arrange the satay sticks in fry basket and close it properly. Keep paneer in the fryer at 160° C for 20-25 minutes and vegetables for 8-10 minutes. Turn over the satay sticks in between to cook uniformly. Sprinkle with chat masala. Serve hot with pudina chutney or tomato sauce.





050

Brinjal Rolled Mops

Oxy Fryer

Cooking Time: 10-15 minutes

Temperature: 160° C

Preparation Time: 20 minutes

Ingredients

2 long slender brinjals.

Mint leaves for garnishing.

For marination:

½ tsp red chilli powder.

½ tsp roasted jeera powder.

¼ tsp ginger-garlic paste.

Lemon juice.

Salt to taste.

For stuffing:

½ cup fresh mint leaves finely chopped.

1 small onion finely chopped.

½ cup mashed paneer.

½ tsp red chilli powder.

Lemon juice.

Salt to taste.

2 tsp oil.

1 green chilli finely chopped.

¼ cup broken walnuts.

How to cook

Step 1

Pour 2 cups of water in a bowl, add $\frac{1}{4}$ tsp turmeric powder. Cut brinjals into thin long slices. Add to water and set aside.

Step 2

For marinade, mix together ginger-garlic paste, lemon juice 1 tbsp, red chilli powder, jeera powder and salt in another bowl.

Step 3

Drain the brinjal slices and add to the marinade mixture, mix well so that all the slices are well coated with the masala. Set aside to marinade for 5 minutes.

Step 4

Heat 2 tsp oil in a small non-stick pan. Add onion and green chillies. Sauté till soft. Add mint leaves. Sauté for 30 seconds. Add mashed paneer, masalas and walnuts. Mix well.

Step 5

Pre-heat Oxy Fryer for 5 minutes at 160° C. Arrange brinjal slices in fry basket and close it properly. Keep the fryer at 160° C for 10-15 minutes.

Step 6

Transfer the brinjal slices onto a plate. Place some filling at one end and roll the slices. Arrange the rolls on a serving plate, garnish with mint leaves and serve.



051

Broccoli & Peanut Kebab

Oxy Fryer

Cooking Time: 25-30 minutes

Temperature: 180° C

Preparation Time: 30 minutes

Ingredients

200g broccoli finely chopped.

½ cup onions finely chopped.

¼ cup coarsely crushed peanuts.

1 tsp fine chopped ginger.

1 tsp fine chopped green chillies.

¼ cup oats.

¾ cup milk.

3 tbsp olive oil.

½ tsp jeera powder.

1 tsp coriander powder.

½ tsp garam masala.

1 tsp kasoori methi.

Salt and pepper to taste.

How to cook

Step 1

Heat 1 tbsp oil. Add finely chopped onions, ginger, green chillies and a pinch of salt. Sauté till onions turn soft. Add broccoli and sauté till slightly tender.

Step 2

Add peanuts and mix. Keep it aside.

Step 3

Heat 1 tbsp oil. Add oats and sauté for 30 seconds. Add milk and all masalas and cook on medium flame till sauce thickens and leaves sides.

Step 4

Add the broccoli mixture in sauce. Cool to room temperature. Add bread crumbs to bind.

Step 5

Shape the mixture into round tikkis. Wet the kebabs and coat with bread crumbs.

Step 6

Pre-heat Oxy Fryer for 5 minutes at 180° C. Arrange the kebabs in fry basket and close it properly. Keep the fryer at 180° C for 25-30 minutes. Turn the kebabs over in between to cook uniformly. Serve hot with tomato sauce.





052

Cornflakes French Toast

Oxy Fryer

Cooking Time: 25-30 minutes
Temperature: 180° C

Preparation Time: 20 minutes

Ingredients

2 brown bread slices.
1 egg white.
2 tsp sugar.
Cornflakes crushed.

How to cook

Step 1

Cut bread into triangles.

Step 2

Whisk together egg whites and sugar.

Step 3

Dip bread triangle in the egg white and sugar mixture and coat with dry cornflakes.

Step 4

Pre-heat Oxy Fryer for 5 minutes at 180° C. Arrange in fry basket and close it properly. Keep the fryer at 180° C for 15-20 minutes. Turn the toasts over in between to cook uniformly. Serve hot with chocolate sauce.



053

Paneer Canapes

Oxy Fryer

Cooking Time: 25-30 minutes
Temperature: 180° C

Preparation Time: 20 minutes

Ingredients

500g paneer cut into 1" cubes.
1 tsp ginger-garlic paste.
Salt and pepper to taste.
1 tbsp lemon juice.
½ tsp red chilli powder.
½ tsp jeera powder.

For stuffing:

1 small onion fine chopped.
1 green chilli fine chopped.
1 tbsp oil.
3-4 tbsp all three capsicums finely chopped.
Mashed paneer-scooped out.
2 tbsp coriander leaves finely chopped.
¼ tsp jeera.
1 tsp lemon juice.
Salt and pepper to taste.

How to cook

Step 1

Scoop out 1" pieces of paneer from the centre to make a cavity but not till the end.

Step 2

Heat 1 tbsp oil in a pan. Add jeera and let it brown.

Step 3

Add finely chopped green chillies and onions. Sauté till soft.

Step 4

Add the finely chopped vegetables and cook lightly. Add all the masalas and the mashed paneer. Add lemon juice and fresh coriander leaves. Mix well. Let the filling cool slightly and fill the scooped paneer cubes tightly.

Step 5

Take a separate bowl. Add ginger-garlic paste, lemon juice, jeera powder, salt and pepper. Mix well.

Step 6

Coat paneer cubes in the above mixture and keep it aside for 30 minutes.

Step 6

Pre-heat Oxy Fryer for 5 minutes at 180° C. Arrange the canapes in fry basket and close it properly. Keep the fryer at 180° C for 20-25 minutes. Turn the canapes over in between to cook uniformly. Serve hot with tomato sauce.



054

Paneer Pops

Oxy Fryer

Cooking Time: 25-30 minutes
Temperature: 180° C

Preparation Time: 20 minutes

Ingredients

200g paneer cut into 2" cubes.
1 tsp garlic paste.
Salt and pepper to taste.
½ tsp dry oregano.
½ tsp dry basil.
¼ cup hung curd.
1 tsp lemon juice.
½ tsp red chilli flakes.

How to cook

Step 1

Cut ½" thick and 2" long rectangular pieces of paneer.

Step 2

Take a separate bowl and add garlic paste, lemon juice, oregano, basil, red chilli flakes, curd, salt and pepper. Mix well.

Step 3

Coat paneer pieces in the above mixture and keep it aside for half an hour.

Step 4

Pre-heat Oxy Fryer for 5 minutes at 180° C. Arrange the pops in fry basket and close it properly. Keep the fryer at 180° C for 20-25 minutes till golden. Turn the pops over in between to cook uniformly. Serve hot with tomato sauce.



055

Sabudana Vada

Oxy Fryer

Cooking Time: 20-25 minutes
Temperature: 180° C

Preparation Time: 20 minutes

Ingredients.

1 ½ cup sabudana soaked for 2 hrs.
3 medium potatoes boiled and mashed.
1 cup coarsely crushed peanuts.
2 tsp ginger finely chopped.
2-3 tbsp fresh coriander leaves.
3-4 green chillies finely chopped.
1 tbsp lemon juice.
Salt and pepper to taste.

For coating:

1 cup coarsely crushed peanuts.

How to cook

Step 1

Wash the soaked sabudana and mix with all other ingredients.

Step 2

Shape the mixture into flat tikkis.

Step 3

Slightly wet the tikkis with water and coat them with crushed peanuts.

Step 4

Pre-heat Oxy Fryer for 5 minutes at 160° C. Keep the fryer at 160° C for 20-25 minutes. Turn the vadas over in between to cook uniformly. Serve hot with green chutney.



056

Rice Croquettes

Oxy Fryer

Cooking Time: 25-30 minutes
Temperature: 180° C

Preparation Time: 20 minutes

Ingredients

1 cup boiled rice.
2 tbsp fine chopped carrot.
1 small capsicum finely chopped.
1 small onion finely chopped.
1 tbsp grated cabbage.
¼ tsp salt and black pepper.
½ cup approx fresh bread crumbs.
1 ½ cup dry bread crumbs.
2 green chillies finely chopped.
2-3 tbsp dry maida for coating.
¼ tsp dried oregano.
¼ tsp dried basil.
¼ tsp dried parsley.
Salt and pepper to taste.

How to cook

Step 1

Mash the boiled rice. Add all the ingredients except maida and the dry bread crumbs. Mix well.

Step 2

Shape the mixture into small cork shaped croquettes.

Step 3

Wet the croquettes with little water and coat with dry maida.

Step 4

Again wet the croquettes and this time coat with dry bread crumbs. Do this 2-3 times. Arrange the croquettes on a plate, cover with cling wrap and freeze to be used when required.

Step 5

Pre-heat Oxy Fryer for 5 minutes at 180° C. Arrange the croquettes in fry basket and close it properly. Keep the fryer at 180° C for 10-15 minutes. Turn the croquettes over in between to cook uniformly. Cool them to room temperature.



057

Soya Tikki

Oxy Fryer

Cooking Time: 20-25 minutes
Temperature: 180° C

Preparation Time: 20 minutes

Ingredients

½ cup soya granules soaked in salted warm water for 30 minutes.
3 medium potatoes boiled and mashed.
2 tsp finely chopped ginger.
2-3 tbsp fresh coriander leaves.
3-4 green chillies fine chopped.
1 tbsp lemon juice.
Coriander powder.
½ tsp jeera powder.
2 tbsp mint leaves.
½ tsp garam masala.
Salt and pepper to taste.

For coating:

1 cup dry soya granules

How to cook

Step 1

Squeeze the soya granules and mix with all other ingredients.

Step 2

Shape the mixture into flat tikkis.

Step 3

Slightly wet the tikkis with water and coat with dry soya granules.

Step 4

Pre-heat Oxy Fryer for 5 minutes at 180° C. Keep the fryer at 180° C for 20-25 minutes. Turn the tikkis over in between to cook uniformly. Serve hot with green chutney.





058

Kurkuri Ajwaini Bhindi

Oxy Fryer

Cooking Time: 15-20 minutes

Temperature: 160° C

Preparation Time: 30 minutes

Ingredients

250g bhindi.

1 tsp ajwain.

¼ tsp haldi.

2 tsp chaat masala.

1 tsp ginger or garlic paste.

4-5 tbsp besan.

½ tsp of salt.

1 tbsp lemon juice.

How to cook

Step 1

Wash and pat dry bhindi.

Cut the heads and slice each bhindi into 4 pieces lengthwise.

Step 2

Place the cut bhindi in a shallow bowl. Sprinkle ajwain, haldi, chaat masala, ginger or garlic paste, dry besan and salt on the bhindi. Sprinkle lemon juice and mix well to coat the bhindi with the spices.

Step 3

Pre-heat Oxy Fryer for 5 minutes at 160° C. Arrange bhindi mixed with spices in fry basket and close it properly. Keep at 160° C for 15-20 minutes. Toss the bhindi well in between to cook uniformly. Serve hot.



Mix all the ingredients to the bhindi at the time of cooking in the fryer as the salt added releases moisture which can make the bhindi soggy.



059

Tandoori Gobhi

Oxy Fryer

Cooking Time: 20-25 minutes
Temperature: 180° C

Preparation Time: 1 hour

Ingredients

1kg cauliflower cut into big florets.
2" cinnamon stick 1 piece.
2 black cardamom.
5 cloves.
6 black peppercorns.
½ tsp salt.

For marinade:

¾ cup hung curd.
1 tbsp besan.
¼ tsp haldi.
1 tsp kasoori methi.
1 tbsp ginger-garlic paste.
¾ tsp tandoori masala.
2 tsp lemon juice.
Salt to taste.
Pepper to taste.
Red chilli powder to taste.
¼ tsp ajwain.
10-12 fresh mint leaves very finely chopped.
4 tbsp coriander leaves very finely chopped.
Chaat masala to sprinkle.
Olive oil for basting (optional).

How to cook

Step 1

Boil five cups of water in a large deep pan with whole spices, $\frac{1}{2}$ tsp salt and a pinch of turmeric powder.

Step 2

When the water starts boiling, add all the cauliflower florets in it. Boil it for five minutes. Drain and refresh under running water.

Step 3

Heat a non-stick pan and dry roast the besan on low flame till it gives out a nice aroma. Transfer it into a bowl and keep it aside.

Step 4

In a large bowl mix the hung yogurt, roasted besan, kasoori methi, ginger paste, garlic paste, red chilli powder, remaining turmeric powder, tandoori masala, ajwain, mint leaves, coriander leaves, lemon juice and salt. Mix well and keep it aside.

Step 5

Marinate blanched cauliflower florets in the yogurt mixture for half an hour.

Step 6

Pre-heat Oxy Fryer for 5 minutes at 180° C. Arrange the cauliflower florets pieces in fry basket and close it properly. Keep the fryer at 180° C for 20-25 minutes turning sides In between.

Step 7

Remove when done, sprinkle with chaat masala and serve hot with ketchup or mint chutney.



060

Chilli Paneer

Oxy Fryer

Cooking Time: 15-18 minutes

Temperature: 180° C

Preparation Time: 40 minutes

Ingredients

150g paneer cut into big cubes.

1 big capsicum cut into 1" cubes.

1 small red onion-cut into 4 pieces and layers separated.

1 spring onion; whites and greens chopped separately.

For marination:

1 tbsp ginger-garlic paste.

1 tbsp red chilli sauce.

Salt and pepper to taste.

For coating paneer:

3-4 tbsp corn flour.

For gravy:

1-2 green chillies finely chopped.

½ tsp ginger chopped.

1 tsp garlic chopped.

1 tsp ginger-garlic paste.

3 tbsp tomato ketchup.

2 tbsp red chilli sauce.

2 tsp vinegar.

2 tsp soya sauce.

1 cup water.

1 tbsp olive oil.

Salt and pepper to taste.

1½ tbsp corn flour dissolved in **¼ cup** water.

¼ tsp each of Aji-no-moto, sugar to taste.

How to cook

Step 1

Slit the paneer pieces such that they are attached at one end.

Step 2

Mix all the ingredients for marinade together. Thoroughly apply marinade to paneer pieces and roll the paneer in the dry corn flour such that it coats the paneer.

Step 3

Pre-heat Oxy Fryer for 5 minutes at 180° C. Arrange marinated paneer pieces in fry basket and close it properly. Keep at 180° C for 15-18 minutes. Turn the paneer pieces over in between to cook uniformly.

Step 4

For gravy, heat 1 tbsp olive oil in a kadhai. Add garlic, green chillies and ginger. Sauté for 1 minute. Add red onions and sauté for 1 minute. Add the whites of onions and sauté for 1-2 minutes. Add ginger-garlic paste and capsicum, stir fry and cook till slightly softened. Add salt, pepper, sugar and reduce flame.

Step 5

Add sauce mixture. Cook for 3-4 minutes. Add water and let it boil. Now add the corn flour dissolved in water. Cook for a few minutes till thick gravy is formed. Add paneer and green onions. Cook for a few seconds till the sauce coats the paneer. Serve hot.



061

Vegetable Manchurian

Oxy Fryer

Cooking Time: 20-25 minutes
Temperature: 160° C

Preparation Time: 30 minutes

Ingredients

For Manchurian Balls:

1 cup grated cauliflower.
1 cup grated cabbage.
2 green chillies.
2 tbsp chopped coriander.
2-3 tbsp maida.
½-1 tsp corn flour.
½ tsp ginger paste.
½ tsp finely chopped ginger.
¾ tsp salt.
½ tsp aji-no-moto.
½ tsp soya sauce.
¼ tsp pepper powder.

For Sauce:

2 tbsp oil.
1 tsp chopped ginger.
1 tsp chopped garlic.
½ tsp ginger-garlic paste.
1 green chilli finely chopped.
2 tbsp soya sauce.
1 tsp vinegar.
¾ tsp aji-no-moto.
½ tsp red chilli powder.
2 tbsp cabbage finely chopped.
2-3 tbsp capsicum finely chopped.
1-2 tbsp corn flour dissolved in **½ cup** water.
3 tbsp ketchup.
1 tbsp red chilli sauce.
1 tbsp sweet chilli sauce.
2 tsp green chilli sauce.
1 pinch red colour.
Salt and black pepper to taste.
1 tbsp coriander leaves/spring onion greens for garnishing.

How to cook

Step 1 - For Manchurian Balls

Take all the grated vegetables in a bowl and add **½ tsp** salt in it. Mix well and keep it aside for 10 minutes.

Step 2

Squeeze the vegetables well to remove excess water. Add all other ingredients and also add little salt and mix well. Make small balls and keep it aside. While making balls always remember to add corn flour and maida in a quantity which is sufficient to just bind the vegetables. Don't add flour in excess. (Corn flour makes ball tight and maida makes balls soft.)

Step 3

Pre-heat Oxy Fryer for 5 minutes at 160° C. Arrange the balls in fry basket and close it properly. Keep the fryer at 160° C for 20-25 minutes. Toss the balls well in between to cook uniformly. Keep aside when done.

Step 4 - For Manchurian Sauce

Heat oil in a kadhai. Add chopped ginger, garlic and green chillies and sauté for a minute. Add onions and cook till soft. Add chopped vegetables and stir. Add ginger-red chilli paste made by mixing red chilli powder, ginger-garlic paste and **1 tbsp** water. Sauté for 3-4 minutes till vegetables become a little soft. Add all sauces, colour and seasoning and mix well.

Step 5

Add Manchurian balls and mix well to coat sauces. Add corn flour paste and cook till the sauce turns thick and transparent. Sprinkle coriander leaves/spring onion greens for garnishing and serve hot.



062

Stuffed Capsicum Baskets

Oxy Fryer

Cooking Time: 15-20 minutes
Temperature: 140° C

Preparation Time: 20 minutes

Ingredients

For baskets:

4-5 long capsicum.
½ tsp salt.
¼ tsp pepper powder.

For filling:

1 medium onion finely chopped.
2 green chilli finely chopped.
3-4 large potatoes boiled and mashed.
2 tbsp chopped coriander leaves.
1 tsp kasoori methi.
½ tsp amchoor powder.
1 tsp jeera powder.
Salt and pepper to taste.

For topping:

2-3 tbsp grated cheese.
½ tsp red chilli flakes.
¼ tsp oregano.
¼ tsp basil.
¼ tsp parsley.

How to cook

Step 1

Mix all the ingredients for the filling and keep it aside.

Step 2

Cut the stem of the capsicum and remove caps. Scoop out the seeds. Sprinkle salt and pepper in the capsicums from inside. Keep it aside for 1-2 minutes.

Step 3

Fill the capsicum baskets with the potato filling leaving a small space on top. Sprinkle grated cheese and all the seasonings.

Step 4

Pre-heat Oxy Fryer for 5 minutes at 140° C. Arrange the baskets in fry basket and close it properly. Keep the fryer at 140° C for 15-20 minutes. Turn the baskets around in between to cook uniformly. Serve hot.





063

Baked Macaroni Pasta

Oxy Fryer

Cooking Time: 15-20 minutes
Temperature: 140° C

Preparation Time: 30 minutes

Ingredients

1 cup pasta.
5-6 cups of boiling water.
1 tbsp olive oil.
1 tsp salt.

For tossing pasta:

2 tbsp olive oil.
½ cup small pcs three coloured capsicums.
¼ cup carrot small pcs.
Salt and pepper to taste.
¼ tsp oregano.
¼ tsp basil.

For white sauce:

1 tbsp olive oil.
1 tbsp maida.
1 cup milk.
½ tsp dried oregano.
¼ tsp dried basil (5-6 leaves fresh basil).
¼ tsp dried parsley.
Salt and pepper to taste.

How to cook

Step 1

Boil 5-6 cups of water. Add oil and salt in the water. Add the pasta in boiling water and cook till it is soft but resist biting. Filter through a sieve to remove water.

Step 2

Heat butter or oil in a pan and toss the pasta in it. Add carrots, sauté for 2-3 minutes. Add capsicum and cook for 1 minute. Add salt and pepper to taste.

Step 3

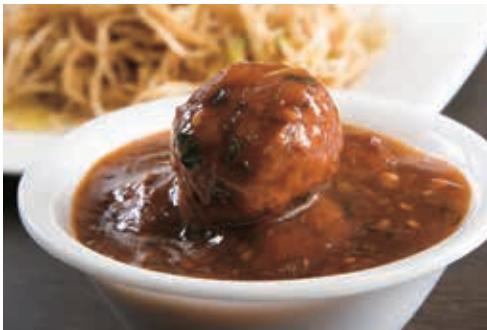
For white sauce, boil milk with basil leaves. Strain and keep aside basil leaves. Heat olive oil in a pan. Add maida and stir for half a minute. Reduce flame and add flavoured milk while stirring continuously. Stir till it coats the back of the spoon. Add basil leaves seasonings, salt and pepper to taste and remove from flame.

Step 4

Mix pasta in hot sauce at the time of serving. Add a little extra sauce to coat the pasta. Pour the pasta in a borosil baking glass bowl. Sprinkle grated cheese over top.

Step 5

Pre-heat Oxy Fryer for 5 minutes at 160° C. Arrange the pasta in fry basket and close it properly. Keep the fryer at 160° C for 10-12 minutes. Stir the pasta in between to cook uniformly. Serve hot.



064

Gobhi Manchurian

Oxy Fryer

Cooking Time: 15-18 minutes
Temperature: 180° C

Preparation Time: 40 minutes

Ingredients

500g gobhi cut into big florets.

For Marination:

1 tbsp ginger-garlic paste.

1 tbsp red chilli sauce.

Salt and pepper to taste.

For gravy:

1 capsicum finely chopped.

1 small red onion finely chopped.

1 spring onion whites and greens; chopped separately.

1-2 green chillies finely chopped.

½ tsp chopped ginger.

1 tsp chopped garlic.

3 tbsp tomato ketchup.

2 tbsp red chilli sauce.

2 tsp vinegar.

2 tsp soya sauce.

1 cup water.

1 tbsp olive oil.

Salt and pepper to taste.

1½ tbsp corn flour dissolved in **½** cup water.

¼ tsp each of aji-no-moto (optional).

A pinch of sugar.

How to cook

Step 1

Blanch gobhi florets in hot water for 5-7 minutes and then in cold water. Drain.

Step 2

Mix all the ingredients of marinade together. Thoroughly apply marinade to the gobhi pieces.

Step 3

Pre-heat Oxy Fryer for 5 minutes at 180° C. Arrange marinated gobhi pieces in fry basket and close it properly. Keep at 180° C for 15-18 minutes. Toss the florets well in between to cook uniformly.

Step 4

For gravy, heat 1 tbsp olive oil in a kadhai. Add garlic, green chillies and ginger. Sauté for 1 minute. Add red onions. Sauté onions for 1 minute. Add whites of onions. Sauté for 1-2 minutes. Add capsicum, stir fry and cook till slightly softened. Reduce flame. Add salt, pepper, sugar also.

Step 5

Add sauce mixture. Cook for 3-4 minutes. Add gobhi pieces. Mix well. Now add corn flour dissolved in water. Cook for a few seconds till the sauces coat the gobhi pieces. Serve hot garnished with spring onion greens.





065

Pineapple Upside Down Cake

Oxy Fryer

Cooking Time: 25-30 minutes
Temperature: 140° C

Preparation Time: 30 minutes

Ingredients

For batter:

30g butter/nutralite.
½ cup condensed milk.
1 tsp pineapple essence.
½ cup + 2 tbsp maida.
½ tsp baking powder.
¼ tsp baking soda.
A pinch of yellow colour.
¼ cup drinking soda.
1½ tbsp powdered sugar.

For tin preparation:

3 slices tinned pineapple.
2 tbsp grain sugar/3 tbsp castor sugar
for making caramel.
5-6 cherries.

How to cook

Step 1 - For tin preparation

Grease the tin and line with butter paper. Now dust with maida. Arrange the pineapple slices at the base of tin. Place cherries in between the pineapples cavity. Melt sugar and caramelize, till it turns golden in colour. Pour the caramel between the empty spaces in the pineapple slices. Keep it aside.

Step 2 - For batter

Measure all the ingredients carefully. Sift maida, baking powder and baking soda together through a sieve. Beat butter for 2-3 minutes. Add powdered sugar and beat for 2 minutes. Add condensed milk in batches and beat till a uniform mixture is formed. Add essence and colour and beat for 1 minute. Now add dry ingredients mixture and baking soda in wet ingredients alternatively and fold using spatula. Transfer the batter in a greased and lined tin.

Step 3

Pre-heat Oxy Fryer for 5 minutes at 140° C. Keep the tin in fry basket and close it properly. Keep the fryer at 140° C for 12-15 minutes. Check with a skewer if it comes clear. Cool for few minutes. Remove from tin. Cut into slices. Serve.



066

Choco-Chip Muffins

Oxy Fryer

Cooking Time: 25-30 minutes
Temperature: 140° C

Quantity: For 7-8 muffins

Preparation Time: 1 hour

Ingredients

½ cup + ½ cup + ½ tsp maida (95g).
½ cup milk.
¼ tsp baking soda.
¼ tsp baking powder.
65 gm butter.
½ cup + ½ tbsp powdered sugar (60g).
2½ tsp vinegar.
¼ cup choco-chips.
¼ tsp vanilla essence (optional).
Muffin cups and butter paper cups.

How to cook

Step 1

Sift maida with baking powder. Keep it aside.

Step 2

Mix the butter and maida mixture together with your finger tips, till the mixture is crumbly. Do not over mix. Add sugar and mix lightly. Mix chocolate chips and vanilla essence (if used).

Step 3

Divide the milk into 2 parts. To one part add baking soda and to other part add vinegar. Mix the two milks. The milk will start foaming (bubbles appear). Add this to the cake mix very quickly. Mix fast and well. Transfer mixture to muffin cups.

Step 4

Pre-heat Oxy Fryer for 5 minutes at 140° C. Arrange the muffin cups in fry basket and close it properly. Keep the fryer at 140° C for 20-25 minutes till a knife/skewer inserted inside comes clean. Let the muffins cool for 10 minutes before removing from the tin. Turn onto wire rack to cool completely.



067

Custard Cookies

Oxy Fryer

Cooking Time: 15-20 minutes
Temperature: 140° C

Preparation Time: 30 minutes

Ingredients

75g ($\frac{3}{4}$ cup+1 tsp) maida.
50g ($\frac{1}{2}$ cup) icing sugar.
50g ($\frac{1}{2}$ cup + 2 tbsps) custard powder.
75g ($\frac{3}{4}$ pkt) Nutralite margarine.
1 pinch baking powder.
1 pinch baking soda.

How to cook

Step 1

Cream the margarine using an electric beater till shiny. Pour the sugar powder in batches in the creamed margarine and cream further to disperse sugar uniformly.

Step 2

Sieve together maida, custard powder, baking powder and soda. Collect whole of creamed mixture using scrapers and pour the entire maida mixture on the creamed mixture. Fold the maida mixture with fingers but do not knead.

Step 3

Take a small baking tray. Make small balls (18g) from the dough and keep on tray. Press balls with a fork, lightly coated with dry maida.

Step 4

Pre-heat Oxy Fryer for 5 minutes at 140° C. Keep baking tray in fry basket and close it properly. Keep the fryer at 140° C for 15-20 minutes till golden colour. Remove from fryer and cool on the same tray for 25-30 minutes. Remove from the tray and store in air tight container.



068

Eggless Brownies

Oxy Fryer

Cooking Time: 25-30 minutes

Temperature: 140° C

Preparation Time: 30 minutes

Ingredients

60g softened butter.

1 tbsp water.

¼ cup chopped nuts.

100g melted dark chocolate.

½ cup + 2 tbsp + 1 tsp plain flour (maida).

¼ cup Milk Maid.

How to cook

Step 1

Sieve maida and add half of the nuts. Keep aside some for garnishing.

Step 2

Melt butter and chocolate with water in a microwave for 30 seconds first and stir. Again microwave for 30 seconds and stir. Repeat the whole process again till the chocolate melts completely. Add Milk Maid and mix well. Then add maida and the nut mixture and mix well slowly.

Step 3

Pour the batter in a square tin 5".

Step 4

Pre-heat Oxy Fryer for 5 minutes at 140° C. Keep the tin in fry basket and close it properly. Keep the fryer at 140° C for 25-30 minutes. After it cools down take the brownies out of the mould after 45 minutes to 1 hour. Let it cool for another hour before cutting.



You can check if it is baked properly by inserting a clean knife in the centre. If it comes out clean, it means the brownies are baked properly.



069

Eggless Chocolate Sponge Cake

Oxy Fryer

Cooking Time: 25-30 minutes

Temperature: 140° C

Preparation Time: 30 minutes

Ingredients

½ cup Milk Maid.

½ + ¼ cups maida.

¼ cup cocoa powder.

¼ tsp baking soda.

¼ tsp baking powder.

¼ cup oil.

2 tbsp powdered sugar.

¼ cup liquid soda.

¾ tsp vanilla essence (optional).

Butter paper for lining the tin (5").

How to cook

Step 1

Sift maida with cocoa powder, baking soda and baking powder. Keep it aside.

Step 2

Beat Milk Maid for 4-5 minutes till it turns light and fluffy. You will observe a lot of bubbles after 30 seconds of switching off the beater. Gradually add sugar and again beat for 4-5 minutes till grittiness of sugar reduces. Add oil. Blend without switching on beater till oil merges partially. Then switch on the beater and beat well to make homogeneous mixture.

Step 3

Add flour and soda alternatively in 2-3 rounds. After every addition beat the ingredients slowly. This process needs to repeat thrice. Before last addition, clear the walls of the bowl using a spatula and then again beat at speed 1 only till the whole mixture becomes smooth and uniform and attains a thick pouring ribbon consistence. Put the mixture in a greased and lined, round cake tin.

Step 4

Pre-heat Oxy Fryer for 5 minutes at 140° C. Keep the cake tin in fry basket and close it properly. Keep the fryer at 140° C for 25-30 minutes. After 5 minutes de-mould the cake and let it cool completely. Cover the cake with aluminum foil and you can store it in fridge.



070

Baked Curd

Oxy Fryer

Cooking Time: 10-12 minutes
Temperature: 120° C

Preparation Time: 10 minutes

Ingredients

200g ($\frac{1}{2}$ tin+1 cup) condensed milk.
200g (1 cup) curd.
200g (1 plt) Amul cream.
Few drops desired essence; mango/
pineapple/ strawberries etc., and colour
(optional).

For garnishing:

Fresh fruits chopped in small pieces.
Pudina leaves.
2 tsp sugar.
1-2 tsp water.

How to cook

Step 1

Take curd and cream in a bowl. Mix gently with a wire and whisk for 2 minutes.

Step 2

Add condensed milk slowly and keep stirring till mixed well. Add essence and colour and mix well.

Step 3

Transfer the mixture into small bake and serve bowls. Don't over fill the mixture in the bowls. Keep space for fruit garnishing as well.

Step 4

Pre-heat Oxy Fryer for 5 minutes at 120° C. Arrange the bowls in fry basket and close it properly. Keep the fryer at 120° C for 12-15 minutes.

Note: How to check if it is done - when you shake the bowl, mixture should shake but stay together firm.

Step 5

Keep in the fridge for 2-3 hours to set in. After the dessert is set, arrange fruits on top and garnish with a mint leaf.



071

Nan Khatai

Oxy Fryer

Cooking Time: 15-16 minutes
Temperature: 140° C

Preparation Time: 20 minutes

Ingredients

40g (1/3 cup) maida.
25g besan.
40g (½ cup+2 tbsp) icing sugar.
65g Vanaspati/Dalda.
2 pinch baking powder.
1 pinch baking soda.
½ tsp elaichi powder.

How to cook

Step 1

Beat dalda and sugar with an electronic beater till it becomes creamy and the sugar disperses uniformly.

Step 2

Sieve together maida, besan, elaichi powder, baking powder and baking soda.

Step 3

Collect the creamed mixture using scrapers and pour the entire maida mixture into the creamed mixture. Fold the maida mixture with fingers but do not knead.

Step 4

Make small balls (approx.12-13g) from the dough and keep them on a baking tray.

Step 5

Pre-heat Oxy Fryer for 5 minutes at 140° C. Arrange the baking tray in fry basket and close it properly. Keep the fryer at 140° C for 15-16 minutes. Turn the flattened ball over in between to cook uniformly.

Step 6

Remove the Nan Khatai from Oxy Fryer and cool on the same tray for 25-30 minutes. Remove from the tray and store in air tight container.



072

Oats & Honey Cookies

Oxy Fryer

Cooking Time: 20-25 minutes

Temperature: 140° C

Preparation Time: 20 minutes

Ingredients

35g maida.

65g atta.

25g oats.

½ tsp baking powder.

25g liquid glucose.

55g powder sugar.

15-20 ml milk.

60 ml refined oil.

1 tsp honey.

How to cook

Step 1

Mix atta, maida, oats, baking powder and powder sugar together.

Step 2

Microwave liquid glucose (sugar syrup) with 1-2 tsp water. Add liquid glucose, honey and oil in flour mix.

Step 3

Add enough milk to make dough. Do not knead. Roll the dough with a rolling pin and cut shapes with a cookie cutter.

Step 4

Pre-heat Oxy Fryer for 5 minutes at 140° C. Arrange the cookies in fry basket and close it properly. Keep the fryer at 140° C for 20-25 minutes. Turn the cookies over in between to cook uniformly. Remove from the Oxy Fryer and cool on the same tray for 25-30 minutes. Remove from the tray and store in air tight container.



073

Jam Muffins

Oxy Fryer

Cooking Time: 20-25 minutes
Temperature: 140° C

Preparation Time: 25 minutes

Quantity: 9-10 muffins

Ingredients

½ cup + 1½ tbsp (75g) powdered sugar.
1 cup + 1 tbsp maida.
½ tsp level baking powder.
¼ tsp baking soda.
65g butter.
¼ cup jam.
¼ cup tutti fruity.
1 cup buttermilk (blend ¼ cup curd + ¾ cup water).
 Butter paper for lining the tin (5-6").

How to cook

Step 1

Sift maida with baking soda and baking powder and keep it aside.

Step 2

Beat butter for 4-5 minutes till it becomes light and fluffy. Gradually add sugar and again beat for 4-5 minutes, till grittiness of sugar reduces.

Step 3

Add 2 tbsp of maida and a little buttermilk. Fold them with a spatula. Add the remaining flour and buttermilk also in rounds. Whisk jam lightly if too thick, but don't make it smooth. Add the jam and fold lightly in the muffin mix, swirling it just once or twice. Do not mix too much.

Step 4

Line and grease muffin cups. Transfer the mixture into the cups, filling them about ¾ full. Sprinkle some tutti fruity bits on top of the batter for garnishing.

Step 5

Pre-heat Oxy Fryer for 5 minutes at 140° C. Arrange the muffins in fry basket and close it properly. Keep the fryer at 140° C for 20--25 minutes. Cool on wire rack for 8-10 minutes.



074

Fruity Bread Pudding

Oxy Fryer

Cooking Time: 11-12 minutes
Temperature: 140° C

Preparation Time: 20 minutes

Ingredients

3 bread slices cut corners.
1½ cup milk.
1 tbsp custard powder.
2 tbsp sugar.
2-3 tbsp jam.
2-3 tbsp softened butter.
2 tbsp chopped nuts.
1-2 tbsp powdered brown sugar .

For garnishing:

1 cup fruit cocktail.

How to cook

Step 1

Take bread slices. Apply butter and jam on slices. Cut into 4 triangles or cubes. Arrange the bread pieces in a greased dish.

Step 2

In a pan take 1 cup of milk and 2 tbsp of sugar and boil till sugar dissolves. In the rest $\frac{1}{2}$ cup take cold milk and dissolve the custard powder. Add this custard powder solution into boiling milk and stir till it's thick. Cool it to room temperature.

Step 3

Spread this custard on the bread layer in such a way that whole bread gets wet. Leave no portion dry. Sprinkle nuts and brown sugar.

Step 4

Pre-heat Oxy Fryer for 5 minutes at 140° C. Keep the dish in fry basket and close it properly. Keep the fryer at 140° C for 11-12 minutes.

Step 5 - For garnish

Spread fruits on the baked bread. Keep it in the freezer for 15-20 minutes. Serve cold.



075

Apple Pie

Oxy Fryer

Cooking Time: 20-30 minutes
Temperature: 140° C

Preparation Time: 45 minutes

Ingredients

100g plain flour (maida).
60g butter.
30g powder sugar.
10-15 ml chilled milk/water.

For Apple filling

2-3 tbsp roasted nuts.
2 apples peeled and chopped.
2-3 tbsp sugar.
¼ tsp ground cinnamon.
1 tsp lemon juice.

How to cook

Step 1

Sieve maida with powder sugar.

Step 2

Mix the butter in the maida mixture only with finger tips till it resembles bread crumbs.

Step 3

Sprinkle chilled milk over the flour and try to collect the dough, but do not knead the dough. Cover it in a plastic bag.

Step 4

Refrigerate the dough for 10-15 minutes.

Step 5

Roll out the dough upto 1/8" thickness and cut in rounds. Then press it into the pie tins which need not be greased unless new. Trim off the excess dough by rolling the rolling pin on the tin.

Step 6

Prick all over with a fork.

Step 7

Pre-heat Oxy Fryer for 5 minutes at 140° C. Arrange in fry basket and close it properly. Keep the fryer at 140° C for 15-20 minutes till the pastry shells turn light brown. Remove from fryer and cool the pastry shells.

Step 8 - For apple filling

Mix all the ingredients and cook on low flame in a pan till dry. Add the chopped nuts. Fill the cold shells with cold apple filling. Sprinkle brown sugar on the top of the filling. Again keep in the fryer at 140° C for 5-6 minutes. Serve hot.

Note: For covered pie with strips, bake along with filling for 25-30 minutes or until brown and crispy.



076

Honey & Nut Pie

Oxy Fryer

Cooking Time: 25-30 minutes

Temperature: 140° C

Preparation Time: 45 minutes

Ingredients

100g plain flour (maida).

60g Nutralite.

30g powder sugar.

10-15 ml chilled milk/water.

For the filling:

2 apples peeled and grated .

6 tbsp honey.

½ cup water.

200g dates soaked overnight in **½ cup** water with a pinch of baking soda.

4 tbsp lemon juice.

2-3 tbsp roasted nuts.

For topping:

1 tbsp roasted nuts.

How to cook

Step 1

Sieve maida with powder sugar.

Step 2

Mix butter in the maida mixture only with finger tips till it resembles bread crumbs.

Step 3

Sprinkle chilled milk over the flour and try to collect the dough, but do not knead the dough. Cover it in a plastic bag.

Step 4

Refrigerate the dough for 10-15 minutes.

Step 5

Roll out the dough upto 1/8" thickness and cut in rounds. Then press it into the pie tins which need not be greased unless new. Trim off the excess dough by rolling pin on the tin.

Step 6

Prick all over with a fork.

Step 7

Pre-heat Oxy Fryer for 5 minutes at 140° C. Arrange in fry basket and close it properly. Keep the fryer at 140° C for 15-20 minutes till the pastry shells turn light brown. Remove from fryer and cool the pastry shells.

Step 8

For the filling, mix all the ingredients and cook on low flame in a pan till dry. Add the chopped nuts and biscuit crumbs. Fill the cold shells with cold filling. Sprinkle nuts on the top of the filling. Again keep in the fryer at 140° C for 5-6 minutes. Serve hot.

Note: For covered pie with strips, bake along with filling for 25-30 minutes or until brown and crispy.



077

Chocolate Tarts

Oxy Fryer

Cooking Time: 20-25 minutes

Temperature: 140° C

Preparation Time: 45 minutes

Ingredients

90g plain flour (maida).

10g cocoa powder.

60g Nutralite.

30g powder sugar.

10-15 ml chilled milk/water.

For Truffle filling:

125g chopped chocolate.

50g Amul cream.

2 tbsp butter.

For garnishing:

Thin cashew slices.

How to cook

Step 1

Sieve maida with powder sugar.

Step 2

Rub butter in maida mixture only with finger tips till it resembles bread crumbs.

Step 3

Sprinkle chilled milk over the flour and try to collect the dough, but do not knead the dough. Cover it in a plastic bag.

Step 4

Refrigerate the dough for 10-15 minutes.

Step 5

Roll out the dough upto 1/8" thickness and cut in rounds and press into the pie tins which need not be greased unless new. Trim off the excess dough by rolling the rolling pin on the tin.

Step 6

Prick all over with a fork.

Step 7

Pre-heat Oxy Fryer for 5 minutes at 140° C. Arrange in fry basket and close it properly. Keep the fryer at 140° C for 15-20 minutes till the pastry shells turn light brown. Remove from fryer and cool the pastry shells.

Step 8

For truffle filling, warm cream and butter in a pan, add fine chopped chocolate or melted chocolate in it. Mix properly to make a smooth mixture. Keep it aside to cool at room temperature. Fill the cold shells with truffle filling. Sprinkle cashew slices.



078

Christmas Fruit Cake

Oxy Fryer

Cooking Time: 30-35 minutes
Temperature: 140° C

Preparation Time: 20 minutes

Ingredients

For batter (dry ingredients):

½ cup powdered brown sugar.
1 cup maida.
1 tsp baking powder.
¼ tsp baking soda.
½ tsp cinnamon powder.
¼ tsp star anise powder.
2-3 tsp cloves powder; all sieved together.

Wet ingredients

½ cup mashed potato.
½ cup condensed milk.
½ cup refined oil.
½ cup + 1 tbsp soaked fruit juice.

For soaked fruits:

1 cup dry fruits and fruit peels chopped
(proportion written below).
1½ cup apple juice.

Dry fruits:

15g raisin.
50g tutti fruity .
15g chopped dates.
20g glazed cherries.
15g chopped cashews.
2 oranges for orange peel.
½ tsp cinnamon powder.
3-4 pinches nutmeg powder.
½ tsp star anise powder.

For garnishing:

7-8 almonds blanched and sliced into two pieces.
4-5 glazed cherries sliced into 2 pieces.

How to cook

Step 1

Soak dry fruits in 1½ cup apple juice for 3-4 days. Filter to remove the liquid from the fruits. Save the liquid for batter.

Step 2

Measure all the ingredients carefully. Sift all dry ingredients together through a sieve.

Step 3

Now add wet ingredients into dry ingredients mixture and mix well.

Step 4

Add soaked and drained fruits and fold in the batter. Transfer the batter in a 5-6" tin greased and dusted with flour. Decorate the sliced almonds and cherries to garnish.

Step 5

Pre-heat Oxy Fryer for 5 minutes at 140° C. Arrange in fry basket and close it properly. Keep the fryer at 140° C for 30-35 minutes. Cool to room temperature. Serve.



079

Gujiya

Oxy Fryer

Cooking Time: 30-35 minutes
Temperature: 140° C and 180° C

Preparation Time: 30 minutes

Ingredients

For covering:

For **100g** maida - **25g** desi ghee.
1 cup (100g) maida.
2 ½ tbsp (25g) melted desi ghee/dalda.
5-6 tbsp water enough to make a stiff dough.

For filling:

150g khoya grated.
50g coconut powder.
8-9 tbsp powdered sugar.
6-7 almonds chopped.
8-10 cashews chopped.
2 tbsp magaz.
20-25 kishmish.

How to cook

Step 1 - For wrappers

Sieve maida and to it add melted ghee. Rub to mix. Add enough water to make a dough (not too hard, not too soft). Knead the dough for 4-5 minutes. Keep it covered and aside for 20-30 minutes. This will make the dough soft.

Step 2 - For filling

Heat khoya till smooth. Transfer it in a bowl and add all other ingredients. Mix well with hands and keep it aside.

Step 3 - For assembling Gujiya

Take lemon size balls and roll to a thick chapatti of 3". Place chapatti in greased gujiya mould. Place some filling on one side. Apply some water on edges and close the mould and press tightly and remove excess dough.

Step 4

Pre-heat Oxy Fryer for 5 minutes at 140° C. Arrange in fry basket and close it properly. Keep the fryer at 140° C for 20 minutes and then 180° C for 10-15 minutes. Serve hot or cold.



080

Red Velvet Cup Cakes

Oxy Fryer

Cooking Time: 20-25 minutes
Temperature: 140° C

Preparation Time: 20 minutes

Ingredients

½ cups (150g) flour (maida).
½ tsp baking soda.
½ tsp baking powder.
¼ tsp salt.
1 cup castor sugar.
½ cup butter, room temperature.
1 tsp vanilla essence.
1 tbsp unsweetened cocoa powder, sifted.
1 tsp raspberry red food colouring.
1 cup buttermilk (¼ cup yogurt + ¾ cup milk).

For garnishing:

1 cup whipping cream.
1 tbsp icing sugar.
½ tsp vanilla essence.

How to cook

Step 1

Line 5-6 muffin cups with paper liners.

Step 2

In a medium sized bowl, sieve together flour, baking soda, baking powder and salt.

Step 3

In a large bowl, beat together butter and sugar until light. Add vanilla essence.

Step 4

Sift in the cocoa powder, add in red food colouring and mix everything until well combined on low speed.

Step 5

Gradually add half of the flour mixture followed by half of the buttermilk. Mix well. Add half of the remaining buttermilk. Add the last of the flour. Mix just until no streaks of dry ingredients remain to get a soft dropping batter. Do not over mix. Divide batter evenly into prepared muffin cups.

Step 6

Pre-heat Oxy Fryer for 5 minutes at 140° C. Arrange in fry basket and close it properly. Keep the fryer at 140° C for 20-25 minutes. Keep until a toothpick inserted into the centre of a cup cake comes out clean. Turn cup cakes out onto a wire rack to cool before frosting.

Step 7

In a large bowl, beat whipping cream with essence and icing sugar till stiff peaks appears. Spread or pipe onto cooled cup cakes.



081

Vegetable and Oats Muffins

Oxy Fryer

Cooking Time: 25-30 minutes
Temperature: 140° C

Preparation Time: 20 minutes

Ingredients

¾ cup whole wheat flour.
¾ cup oats.
1 ½ tsp salt.
1 tsp dry oregano.
½ tsp dry basil.
1 tsp baking powder.
¼ tsp baking soda.
½ cup curd.
¾-1 cup milk.
¼ cup oil.
1½ cup chopped mixed vegetables of your choice.
Few olives sliced for garnishing.

How to cook

Step 1

Mix flour, oats, baking powder, baking soda together. Add salt, pepper, dry basil and dry oregano. Also add chopped vegetables in the flour mixture and mix to coat.

Step 2

Beat curd till smooth. Boil the scooped potatoes till partially cooked.

Step 3

Add oil and whisk lightly to mix.

Step 4

Add flour and vegetable mix. Fold to mix well. Add milk to adjust the consistency.

Step 5

Pour the batter in silicon muffin cups. Top with sliced olives.

Step 6

Pre-heat Oxy Fryer for 5 minutes at 160° C. Arrange in fry basket and close it properly. Keep the fryer at 160° C for 20-25 minutes. Serve hot with tomato sauce.



082

Gur Para

Oxy Fryer

Cooking Time: 30-35 minutes
Temperature: 140° C and 180° C

Preparation Time: 20 minutes

Ingredients

For covering

For **1kg** maida - **250g** desi ghee.
1 cup maida (**100g**).
2½ tbsp melted desi ghee/dalda (**25g**).
Water (**5-6 tbsp**) enough to make a stiff dough.

For Chashni:

Jaggery (grated) - **75g**.
½ tsp saunf.
¼ tsp green cardamom powder.
1½ tbsp water.

How to cook

Step 1 - For paras

Sieve maida and add melted ghee. Rub to mix. Add enough water just to collect the flour together to make a dough. Do not knead the dough.

Step 2

Roll the dough to $\frac{1}{2}$ " thick chapatti and cut into cubes.

Step 3

Pre-heat Oxy Fryer for 5 min. Arrange in fry basket and close it properly. Keep the fryer at 140° C for 20 min and then 180° C for 10-15 min. Toss the para well in between to cook uniformly. Cool them to room temperature.

Step 4

Take grated jaggery and water in a pan. Melt it. Add saunf and cardamom powder. When the jaggery gets completely melted add the prepared paras in it and continue stirring till jaggery starts coating the paras. Transfer in a cold plate and keep on stirring till the chashni dries. Keep it aside to cool. Serve cold with tea or coffee.



083

Shakkar Para

Oxy Fryer

Cooking Time: 30-35 minutes
Temperature: 140° C and 180° C

Preparation Time: 20 minutes

Ingredients

For covering:

For 1kg maida - **250g** desi ghee.
1 cup (100g) maida.
2 ½ tbsp melted desi ghee/dalda (**25g**).
5-6 tbsp water enough to make a stiff dough.

For Chashni:

100g sugar.
¼ tsp green cardamom powder.
2 tbsp water.

How to cook

Step 1 - For paras: Sieve maida and add melted ghee. Rub to mix. Add enough water to just collect the flour together and make a dough. Do not knead the dough.

Step 2

Roll the dough to $\frac{1}{2}$ " thick chapatti. Cut into cubes.

Step 3

Pre-heat Oxy Fryer for 5 minutes at 140° C. Arrange in fry basket and close it properly. Keep the fryer at 140° C for 20 minutes and then 180° C for 10-15 minutes. Toss the para well in between to cook uniformly. Cool them to room temperature.

Step 4

Take sugar and water in a pan. Stir and cook till 2 string chashni. Add the prepared paras in it and continue stirring till chashni starts coating the paras. Transfer onto a cold plate and keep on stirring till chashni dries. Keep it aside to cool. Serve cold with tea or coffee.



NON-VEGETARIAN

Snacks & Starters



084

Chicken Fingers

Oxy Fryer

Cooking Time: 12-15 minutes

Temperature: 160° C

Preparation Time: 1 hour

Ingredients

½ kg boneless chicken breast cut into fingers.

1 cup dry bread crumbs/cornflakes for coating.

1 tsp oregano.

1 tsp red chilli flakes.

Marinade:

1 tbsp ginger-garlic paste (1"piece of ginger and **8-10** flakes of garlic).

2 tbsp lemon juice.

1½ tsp salt.

½ tsp pepper powder.

½ tsp red chilli powder.

4 tbsp corn flour.

2 eggs.

How to cook

Step 1

Divide the chicken breast into two horizontals (if thick) from the middle to make it thinner. Cut the chicken into thin fingers. Pat dry the fingers.

Step 2

Mix all the ingredients of the marinade. Add the chicken fingers and keep aside for 1-2 hours or even overnight.

Step 3

Spread the bread crumbs on a flat plate. Mix oregano and red chilli flakes to it.. Mix well. Pick up one piece of marinated chicken and coat with dry bread crumbs to completely cover it. Spread chicken fingers on a plate and cover with a plastic wrap. Keep in the fridge till serving time.

Step 4

Pre-heat Oxy Fryer for 5 minutes at 160 ° C. Arrange chicken fingers in fry basket and close it properly. Keep the fryer at 160 ° C for 12-15 minutes. Toss the chicken fingers well in between to cook uniformly. Serve hot with green chutney.



085

Chicken Spring Rolls

Oxy Fryer

Cooking Time: 10-12 minutes

Temperature: 200° C

Preparation Time: 45 minutes

Ingredients

1 cup maida.

1 tbsp olive oil.

½ tsp salt.

Warm water as required to make soft dough.

For sealing:

2 tbsp maida dissolved in **2-3 tbsp** water.

For Filling:

1 tbsp olive oil.

½ tsp ginger minced.

½ tsp garlic minced.

1 egg.

1 onion thinly sliced.

2 tbsp coriander finely chopped.

½ tsp salt.

¼ tsp aji-no-moto.

¼ tsp tsp pepper.

½ tsp soya sauce.

150 gm thin strips of chicken cut into 1" long pieces.

2 tbsp corn flour.

How to cook

Step 1 - For the wrappers

Mix maida, salt and oil together. Add warm water gradually and make a smooth and elastic dough. Dip a cloth in water and squeeze well. Cover the dough with this moist cloth and keep aside for ½ an hour. Divide the dough into 4-5 equal parts. Roll out each part using a little dry flour if needed, into a big thin chapatti. Heat a griddle/tawa. Place a rolled chapatti on the tawa. Cook lightly on one side for about a minute and then turn. Reduce flame and cook the other side also for 15-20 seconds till light brown specs appear. Remove from flame. Keep warm tortillas wrapped in a cloth napkin or foil.

Note: Do not overcook wrappers, otherwise they do not remain soft and will not roll well. Always wrap in a thick cloth napkin or in foil to keep them soft.

Step 2 - For Filling

Mix chicken, salt and corn flour. Boil 4 cups of water and add the floured chicken to boiling water. Boil for 1 minute till they turn whitish. Remove from water.

Step 3

Heat wok with 1 tbsp oil. Add ginger-garlic and stir. Break an egg and scramble it for 5-10 seconds. Add onion and coriander and stir. Mix in the boiled chicken, salt, aji-no-moto, pepper, soya sauce. Transfer filling to a plate and let it cool.

Step 4

Take one wrapper and place some filling on one side. Fold the wrapper and seal the edges with maida paste. Brush the rolls with milk/egg.

Step 5

Pre-heat Oxy Fryer for 5 minutes at 200° C. Arrange spring rolls in fry basket and close it properly. Keep the fryer at 200° C for 10-12 minutes. Turn over the spring roll well in between to cook uniformly. Cut into pieces and serve hot with sauce.



086

Chicken Tikki

Oxy Fryer

Cooking Time: 20-25 minutes

Temperature: 160° C

Preparation Time: 45 minutes

Ingredients

500g boneless chicken cut into 1½" pieces.

Some chaat masala and lemon juice to sprinkle.

1st Marinade:

2 tbsp vinegar or lemon juice.

1½ tsp degi mirch.

½ tsp black pepper.

½ tsp salt.

2 tsp ginger-garlic paste.

2nd Marinade:

¾ cup yogurt (dahi) in a muslin cloth for 1-2 hours.

2 tsp tandoori masala.

1 tbsp dry fenugreek leaves (kasoori methi).

¼ tsp black salt.

½ tsp chat masala.

½ tsp garam masala powder.

½ tsp red chilli powder.

1 tsp salt, or to taste.

2-3 drops of red colour.

How to cook

Step 1

Divide the chicken breast into two horizontals (if thick) from the middle to make it thinner. Cut the chicken into thin fingers. Pat dry the fingers with a kitchen towel.

Step 2

Mix all ingredients of the marinade. Add the chicken fingers and keep aside for 1-2 hours or even overnight.

Step 3

Spread bread crumbs on a flat plate. Mix oregano and red chilli flakes. Mix well. Pick up one piece of marinated chicken and coat with dry bread crumbs to completely cover it. Spread chicken fingers on a plate and cover with a plastic wrap. Keep in the fridge till serving time.

Step 4

Pre-heat Oxy Fryer for 5 minutes. Arrange the chicken tikkis in fry basket and close it properly. Keep the fryer at 160° C for 12-15 minutes. Toss the fingers well in between to cook uniformly. Serve hot with green chutney.



087

Chicken Momos

Oxy Fryer

Cooking Time: 20-25 minutes

Temperature: 140° C

Preparation Time: 30 minutes

Ingredients

For dough:

1 cup maida.

¼ tsp salt or to taste.

4-5 tbsp water.

For filling:

1 cup minced chicken.

1 cup cabbage grated.

½ cup chopped capsicum.

1 tbsp oil.

1 tsp ginger-garlic paste.

1 tsp soya sauce.

½ tsp vinegar.

How to cook

Step 1

Mix the maida & salt and knead to a stiff dough with water (knead for 7-8 minutes on marble slab and keep it covered to rest for 10-15 minutes after greasing with little oil).

Step 2

Heat oil and add the ginger-garlic paste. Cook till brown. Add the minced chicken and sauté for 2-3 minutes. Add the capsicum and cabbage. Turn around over high flame till glossy. Take it off the flame and mix in the Soya sauce, salt, vinegar and black pepper. Cool.

Step 3

Roll the dough into a thin sheet (translucent) cut a square sheet using knife. Place filling in the centre. Pick the corners of the sheet and bring it to the centre. Pinch the joints together.

Step 4

Pre-heat Oxy Fryer for 5 minutes at 140° C. Arrange in fry basket and close it properly. Keep the fryer at 140° C for 20-25 minutes. Serve hot with chilli sauce.



088

Fish Kebab

Oxy Fryer

Cooking Time: 20-25 minutes

Temperature: 160° C

Preparation Time: 30 minutes

Ingredients

Grind together to a paste:

400g boneless fish roughly chopped.

2 onion chopped.

4 green chillies-roughly chopped.

1 tbsp ginger paste.

1½ tsp garlic paste.

2 tsp salt.

2 tsp lemon juice.

1 tsp garam masala.

3 tbsp chopped coriander.

2 tbsp cream.

2 tbsp coriander (dhania) powder.

3 tbsp fresh mint (pudina) chopped.

2 tbsp chopped capsicum.

Other Ingredients:

2 eggs.

1 cup dry crumbs or 2 bread slices churned in a mixer to get fresh bread crumbs.

2 tbsp white sesame seeds (safed til).

How to cook

Step 1

Mix all the ingredients together in a bowl. Grind them together to make a smooth paste.

Step 2

Beat eggs well and add a pinch of salt. Keep it aside.

Step 3

Mix bread crumbs and sesame seeds together in a flat plate.

Step 4

Make small balls with the fish mixture and flatten them to give them a kebab/tikki shape. Make 2" round sized kebabs.

Step 5

Dip kebabs first in egg and then in bread crumbs and sesame seeds. Keep aside in fridge to set for 1 hour.

Step 6

Pre-heat Oxy Fryer for 5 minutes at 160° C. Arrange in fry basket and close it properly. Keep the fryer at 160° C for 20-25 minutes. Turn the tikkis well in between to cook uniformly. Serve hot.



089

Golden Fried Prawns

Oxy Fryer

Cooking Time: 10-15 minutes

Temperature: 160° C

Preparation Time: 30 minutes

Ingredients

12 large shrimps/prawns (250g) cleaned and de-veined.

1 tsp lemon juice.

½ tsp salt.

2 tbsp corn flour.

For the marinade:

1 tsp soy sauce.

1 tbsp wine or sherry.

½ tbsp vinegar.

1 tsp salt.

¼ tsp pepper.

For batter:

1 egg white.

3 tbsp corn flour.

A pinch of baking powder.

¼ tsp white pepper.

½ tsp salt.

1 tbsp oil.

1 tbsp sesame seeds.

How to cook

Step 1

Wash the prawns. Rub them well with lemon juice and salt. Keep them aside for 15 minutes. Wash and pat dry using a kitchen cloth.

Step 2

In a bowl mix all ingredients of the marinade. Marinate the prawns in it for at least one hour in the fridge.

Step 3

Mix all ingredients of the batter till smooth.

Step 4

Pick up the prawns from the marinade. Roll over corn flour spread out in a plate. Dip the prawns in batter.

Step 5

Heat oil. Reduce flame and put 5-6 prawns at a time in oil. Fry 2-3 minutes on medium flame.

Step 6

Pre-heat Oxy Fryer for 5 minutes at 160° C. Arrange the prawns in fry basket and close it properly. Keep the fryer at 160° C for 12-15 minutes. Toss the prawns well in between to cook uniformly.

Step 7

Garnish with shredded lettuce leaves and capsicum. Serve hot with sour or any dip of your choice.



090

Fish Fingers

Oxy Fryer

Cooking Time: 20-25 minutes

Temperature: 160° C

Preparation Time: 20 minutes

Ingredients

500g firm white fish fillet (without bones) cut into fingers.

1 tbsp lemon juice.

1 cup dry bread crumbs/crushed corn flakes for coating.

1 cup oil for frying.

Marinade:

1 tbsp ginger-garlic paste

2 tbsp lemon juice

1 ½ tsp salt

1 tsp pepper powder

½ tsp red chilli flakes or to taste

2 eggs

4 tbsp corn flour

1 tsp tomato ketchup

How to cook

Step 1

Rub a little lemon juice on the fish fingers. Keep it aside for 30 minutes. Wash fish well. Transfer to a kitchen towel and pat till dried.

Step 2

Mix all ingredients for the marinade in a bowl. Add the fish and mix well. Keep it aside for ½ hour.

Step 3

Spread bread crumbs on a flat plate. Pick up one piece of marinated fish and roll over dry bread crumbs. Coat and cover the fish completely with bread crumbs/corn flakes on all the sides. Place coated fish fingers on a plate in a single layer and cover with a plastic wrap. Keep in the fridge till serving time.

Step 4

Pre-heat Oxy Fryer for 5 minutes at 160° C. Arrange in fry basket and close it properly. Keep the fryer at 160° C for 20-25 minutes. Toss the prawns well in between to cook uniformly. Serve hot with ketchup or mint chutney.



091

Prawn Spring Rolls

Oxy Fryer

Cooking Time: 10-12 minutes

Temperature: 200° C

Preparation Time: 45 minutes

Ingredients

1 cup maida.

1 tbsp olive oil.

½ tsp salt.

Warm water required to make soft dough.

For sealing:

2 tbsp maida dissolved in **2-3 tbsp** water.

For the filling:

1 tbsp olive oil.

½ tsp ginger minced.

½ tsp garlic minced.

1 onion thinly sliced.

2 tbsp coriander finely chopped.

½ tsp salt.

½ cup shredded cabbage.

½ cup carrot juliennes.

½ cup capsicum juliennes.

100g large prawns cleaned and de-veined
(cut lengthwise into two pcs).

½ tsp aji-no-moto.

½ tsp pepper.

1 tsp sweet chilli sauce.

½ tsp soya sauce.

How to cook

Step 1 - For the wrappers

Mix maida, salt and oil together. Add warm water gradually and make smooth and elastic dough. Dip a cloth in water and squeeze well. Cover the dough with this moist cloth and keep it aside for $\frac{1}{2}$ an hour. Divide the dough into 4-5 equal parts. Roll out each part using a little dry flour if needed, into a big thin chapatti. Heat a griddle/tawa. Place a rolled chapatti on the tawa. Cook lightly on one side for about a minute and then turn. Reduce flame and cook the other side as well for 15-20 seconds till light brown specs appear. Remove from flame. Keep warm tortillas wrapped in a cloth napkin or foil.

Note: Do not overcook wrappers, otherwise they do not remain soft and will not roll well. Always wrap in a thick cloth napkin or in foil to keep them soft.

Step 2 - For Filling

Heat wok with 1 tbsp of oil. Add ginger- garlic and stir. Add onion and sauté till soft. Add all the vegetables and stir fry for 1 minute. Add prawns. Cook for 1 minute till pink in colour. Add salt, aji-no-moto, pepper, chilli sauce and soya sauce. Mix well. Transfer filling to a plate. Let it cool.

Step 4

Take one wrapper and place some filling on one side. Fold the wrapper and seal the edges with maida paste. Brush the rolls with milk/egg.

Step 5

Pre-heat Oxy Fryer for 5 minutes at 200° C. Arrange the spring rolls in fry basket and close it properly. Keep the fryer at 200° C for 10-12 minutes. Turn the prawn rolls well in between to cook uniformly. Cut into pieces and serve hot with sauce.



092

Chicken Samosas

Oxy Fryer

Cooking Time: 40 minutes
Temperature: 140° C and 180° C

Preparation Time: 1 hour

Ingredients

For wrappers:

1 (100g) cup maida.
1 ½ tbsp melted desi ghee/refined oil (15g).
Salt to taste.
Enough water to make a stiff dough.

For the filling:

250g boneless chicken.
1 tsp ginger grated or finely chopped.
1 onion finely chopped.
2 tsp garlic finely chopped.
1-2 green chillies finely chopped.
½ cup chopped mint leaves.
2 dry red chillies broken into pieces.
Salt to taste
½ tsp jeera.
½ tsp crushed coriander.
½ tsp amchur powder.
1 tsp red chilli powder.
½ tsp garam masala.
2-3 tbsp coriander leaves.

How to cook

Step 1 - For wrappers

Sieve maida and add salt and melted ghee or oil. Rub to mix. Add just enough water to collect the dough and make a stiff dough. Do not knead the dough too much. Keep it aside covered for 20-30 minutes.

Step 2 - For filling

Boil chicken with some water and salt. Once cooked take it off and let it cool. Chop the chicken with a knife. Heat a little olive oil in a pan, add jeera. Let it turn brown. Add coriander seeds and dry red chillies. Sauté for 30 seconds. Add all the dry masalas in a bowl and add 1-2 tbsp water. Pour in pan. Add mint leaves and coriander leaves. Mix well. Add chopped chicken. Mix well. Remove from flame and let it cool.

Step 3

Take marble size balls of the dough and roll into a thin chapatti. Cut into two halves. Apply water on the edges. Fold like a cone. Fill some chicken mixture. Close the top by applying some water. Keep it aside.

Step 4

Pre-heat Oxy Fryer for 5 minutes at 140° C. Arrange samosas in fry basket and close it properly. Keep the Oxy Fryer at 140° C for 20 minutes. At about 10 minutes, remove the samosas from the fry basket and turn them to cook uniformly. Now fry at 180° C for 10-15 minutes to bring desired colour. Serve hot with green or tamarind chutney.



093

Prawn Samosas

Oxy Fryer

Cooking Time: 40 minutes

Temperature: 140° C and 180° C

Preparation Time: 1 hour

Ingredients

For wrappers:

For **100g** maida - **15g** desi ghee/

15g refined oil.

1 cup (100g) maida.

1 ½ tbsp melted desi ghee/refined oil (**15g**).

Salt to taste.

Enough water to make a stiff dough.

For the filling:

2-3 big potatoes boiled and mashed roughly to break into pieces.

14-15 medium prawns cleaned and deveined.

½ cup boiled peas.

2 tsp garlic finely chopped.

1 tsp grated or finely chopped ginger.

2-3 green chillies finely chopped.

1 tsp jeera.

2 tsp coarsely crushed sabut dhania.

2 dry red chillies broken into pieces.

Salt to taste.

½ tsp amchur powder.

½ tsp garam masala powder.

1 tsp red chilli powder.

2-3 tsp coriander leaves.

2 tbsp mint leaves.

½ tsp soya sauce.

How to cook

Step 1 - For wrappers

Sieve maida and add salt and melted ghee or oil. Rub to mix. Add just enough water to collect and make a stiff dough. Do not knead the dough too much. Keep aside covered for 20-30 minutes.

Step 2 - For filling

Heat a little olive oil in a pan, add jeera. Let it turn brown. Add coriander seeds and dry red chillies. Sauté for 30 seconds. Add garlic, ginger and green chillies. Add all the dry masalas in a bowl and add 1-2 tbsp water. Pour in pan. Add prawns. Sauté for 1 minute till slight pink. Add peas and boiled potatoes. Mix well and add mint and coriander leaves. Remove from flame and let it cool.

Step 3

Take marble size balls of the dough and roll into a thin chapatti. Cut into two halves. Apply water on edges. Fold like a cone. Fill some prawns mixture. Close the top by applying some water. Keep aside.

Step 4

Pre-heat Oxy Fryer for 5 minutes at 140° C. Arrange the samosas in fry basket and close it properly. Keep the Oxy Fryer at 140° C for 20 minutes. At about 10 minutes, remove the samosas from the fry basket and turn them to cook uniformly. Now fry at 180° C for 10-15 minutes to bring desired colour. Serve hot with green or tamarind chutney.



094

Burger-Chicken Tikki

Oxy Fryer

Cooking Time: 20-25 minutes

Temperature: 180° C

Preparation Time: 20 minutes

Ingredients

2 cup minced chicken.

½ cup boiled peas.

1 tbsp ginger finely chopped.

1 tbsp garlic finely chopped.

2-3 tbsp fresh coriander leaves.

3-4 green chillies finely chopped.

1 egg.

½ tsp coriander powder.

½ tsp jeera powder.

½ tsp garam masala.

2-3 tbsp bread crumbs.

Salt and pepper to taste.

For coating:

1 cup dry bread crumbs.

How to cook

Step 1

Add all the ingredients in the raw minced chicken. Mix well.

Step 2

Shape the mixture into flat tikkis.

Step 3

Slightly wet the tikkis with water and coat with dry soya granules.

Step 4

Pre-heat Oxy Fryer for 5 minutes at 180° C. Keep the fryer at 180° C for 20-25 minutes. Turn the tikki over in between so as to cook uniformly. Serve hot with green chutney/ketchup.



MEAL



095

Chilli Chicken

Oxy Fryer

Cooking Time: 12-15 minutes

Temperature: 160° C

Preparation Time: 40 minutes

Ingredients

Boneless chicken cut into $\frac{1}{2}$ " pieces.

1 big capsicum cut into 1" cubes.

1 small red onion- cut into 4 pieces and layers separated.

1 spring onion; whites and greens chopped separately.

2 tbsp olive oil.

For Marination:

1 tbsp ginger-garlic paste.

1 tbsp red chilli sauce.

Salt and pepper to taste.

1 egg.

1 tbsp corn flour.

For gravy:

1-2 green chillies finely chopped.

$\frac{1}{2}$ tsp chopped ginger.

1 tsp chopped garlic.

1 tsp ginger-garlic paste.

3 tbsp tomato ketchup.

2 tbsp red chilli sauce.

2 tsp vinegar.

2 tsp soya sauce.

Salt and pepper to taste.

1½ tbsp corn flour dissolved in $\frac{1}{2}$ cup water.

$\frac{1}{4}$ tsp each of Aji-no-moto & sugar to taste.

How to cook

Step 1

Mix all the ingredients of marination together. Apply the marinade on the chicken pieces and keep them aside for 30 minutes.

Step 2

Keep in pre-heated Oxy Fryer at 160° C for 10-12 minutes till light golden.

Step 3

Mix all the sauces for the gravy in a bowl. Add salt, pepper and sugar also.

Step 4 - For gravy

Heat 2 tbsp of olive oil in a kadhai. Add garlic, green chillies and ginger. Sauté for 1 minute. Add red onions. Sauté onions for 1 minute. Add whites of onions. Sauté for 1-2 minutes. Add ginger-garlic paste. Sauté till onions turn soft and light brown. Add capsicum, stir fry and cook till slightly softened. Reduce flame. Add the sauce mixture and cook for 3-4 minutes. Now add corn flour dissolved in water. Cook for a few minutes till thick gravy is formed.

Step 5

Add chicken and green onions. Cook for a few seconds till the sauces coat the chicken. Serve hot.



096

Mexican Baked Fish

Oxy Fryer

Cooking Time: 12-15 minutes

Temperature: 160° C

Preparation Time: 40 minutes

Ingredients

200g boneless fish cut into 1½ “ pieces.

Juice of 1 lemon.

½ tsp salt.

½ tsp red chilli powder.

½ tsp pepper.

½ tsp garlic paste.

For paste:

3-4 dry whole red chillies soaked in water for 15 minutes.

1 medium onion chopped.

2 tomatoes chopped.

½ tsp chopped garlic.

½” stick cinnamon.

1 tsp oregano.

½ tsp roasted cumin powder.

2 cloves.

1 tsp salt.

For garnish:

½ cup chopped capsicum.

Few lettuce leaves shredded.

How to cook

Step 1

Rub the fish well with lemon juice, salt, red chilli powder, pepper and garlic. Keep it aside for ½ hour.

Step 2

Soak whole red chillies in water for 10-15 minutes or till soft.

Step 3

Drain the chillies and grind them with all the ingredients in a grinder to get a fine paste.

Step 4

Heat oil in a pan and add the prepared paste. Bring to a boil and dry the mixture on medium flame to a thick paste, so that it can coat the fish pieces. Remove from fire.

Step 5

Coat fish with mixture.

Step 6

Pre-heat Oxy Fryer for 5 minutes at 160° C. Arrange fish in fry basket and close it properly. Keep the fryer at 160° C for 20-25 minutes. Turn the fish over in between to cook uniformly. Garnish with shredded lettuce leaves and capsicum. Serve hot with sour or any dip of your choice.



097

Baked Fish in Curry Bechamel

Oxy Fryer

Cooking Time: 12-15 minutes

Temperature: 160° C

Preparation Time: 40 minutes

Ingredients

300g white boneless fish cut into 2" pieces.

1 tbsp lemon juice.

½ cup milk.

1 onion finely chopped.

1 small carrot.

1 bay leaf (tej patta).

4 tbsp butter or oil.

2 tbsp flour (maida) .

1 seasoning cube (veg or chicken)
mixed with 1 cup water.

¼ tsp pepper.

¾ tsp sugar .

2 tsp curry powder.

How to cook

Step 1

Rub lemon juice on fish. Keep it aside for 15 minutes. Pat dry with a kitchen cloth.

Step 2

Boil the milk with onions, carrots and a bay leaf. Remove from flame. Cover and keep it aside to cool.

Step 3

Strain the cooled milk and keep aside both, the milk and the vegetables.

Step 4

Heat 2 tbsp butter in a pan, add 2 tbsp flour and stir till it changes colour. Remove from flame. Add the strained milk and seasoned cube water to the butter and flour mixture while stirring continuously. Return to flame and cook till the sauce thickens and starts coating the back of the spoon. Add pepper, sugar, strained vegetables and curry powder. Check salt and add if required. Remove bay leaf. Keep aside.

Step 5

Pre-heat Oxy Fryer for 5 minutes. Place fish in Oxy Fryer pan and keep at 160 degree for 5 minutes each side till light golden. Turn the fish over in between to cook uniformly. Remove from pan.

Step 6

Place fish in an Oxy Fryer proof dish. Pour the sauce over the fish.

Step 7

Pre-heat Oxy Fryer for 5 minutes at 160° C. Arrange the dish in fry basket and close it properly. Keep the fryer at 160° C for 15-20 minutes. Turn the fish over in between to cook uniformly.



098

Chicken Croquettes

Oxy Fryer

Cooking Time: 20-25 minutes
Temperature: 160° C

Preparation Time: 30 minutes

Ingredients

Boil Together:

600g chicken with bones

½ tsp garlic crushed

¾ cup water.

Other Ingredients:

2 tbsp butter.

2 tbsp oil.

6 tbsp plain flour (maida).

½ tsp crushed garlic.

½ cup chopped mushrooms (4-5) or **½ cup** chopped onions.

½ cup milk.

1 tbsp finely chopped parsley.

½ tsp salt.

½ tsp white pepper.

¼ tsp red chilli flakes.

2 cubes (40 gm) cheddar cheese grated.

1-2 tbsp finely chopped jalapenos or deseeded green chillies.

2-3 tbsp corn kernels .

1 bread slice churned in a mixer to get fresh crumbs (**½ cup**).

Coating Ingredients:

1 egg white mixed with 1 tbsp water.

4 tbsp corn flour.

2 tbsp finely chopped parsley .

3 bread slices churned in a mixer to get fresh crumbs.

½ tsp salt.

How to cook

Step 1

Put chicken with garlic, salt and water in a pressure cooker. Keep on high flame till pressure develops or a whistle comes. Reduce flame and keep on low flame for 2 minutes. Remove from flame and let the pressure drop. Shred the chicken finely, discarding the bones. Keep the liquid stock aside.

Step 2

Heat oil or butter in a pan. Add flour and stir on low flame for **½** minute. Add garlic and mushrooms or onion. Sauté for 2 minutes.

Step 3

Add boiled chicken and stir for 1 minute. Add **½ cup** stock and milk. Stir constantly till very thick and the mixture leaves the sides of the pan. Remove from flame. Add parsley, salt, white pepper, red chilli flakes, corn, jalapenos/green chillies, **½ cup** fresh bread crumbs and cheese. Mix lightly. Check seasonings. Let it cool.

Step 4

Shape into rolls. Roll on a flat surface to make uniform croquettes. Press the sides against the surface to get smooth sides.

Step 5 - For coating

Mix bread crumbs with salt and parsley. Roll a croquette over corn flour spread on a plate. Dust off excess. Dip in egg white. Again roll over corn flour and then dip in egg white. Finally roll in seasoned bread crumbs. Refrigerate till serving.

Step 6

Pre-heat Oxy Fryer for 5 minutes at 160° C. Arrange the croquettes in fry basket and close it properly. Keep the fryer at 160° C for 20-25 minutes. Turn the croquettes over in between to cook uniformly. Serve hot with tomato sauce/cheesesedip.



099

Chicken Wings

Oxy Fryer

Cooking Time: 12-15 minutes

Temperature: 160° C

Preparation Time: 40 minutes

Ingredients

12 chicken wings (**800 – 900g**, choose small size).

1 ½ tbsp ginger-garlic paste.

1 tbsp soya sauce.

2 tsp vinegar.

½ tsp pepper.

1 tsp salt.

2 tbsp oil.

2 dry red chillies soaked for 10 minutes in **¼ cup** hot water.

For batter:

2 egg whites.

2 tbsp plain flour (maida).

A pinch of corn flour.

¼ tsp salt.

¼ tsp pepper.

¼ tsp Aji-no-moto.

A pinch of orange red colour.

For coating sauce:

8 tbsp tomato ketchup.

1 ½ tsp vinegar.

1 ½ tbsp soya sauce.

A pinch of salt and pepper.

How to cook

Step 1

Grind the soaked red chillies along with garlic and ginger to a paste. To this paste, add 2 tbsp soya sauce, 2 tsp vinegar, ½ tsp pepper, 1 tsp salt and 1 tbsp oil. Marinate the chicken wings in this paste. Keep aside in the refrigerator for at least 2-3 hours or till serving time

Step 2

Mix all ingredients of the batter in a bowl. Dip wings in batter. Keep aside.

Step 3

Pre-heat Oxy Fryer for 5 minutes at 160° C. Arrange the wings in fry basket and close it properly. Keep the fryer at 160° C for 12-15 minutes. Turn the wings over in between to cook uniformly. Keep aside when done.

Step 4- To serve

Heat 2 tbsp oil in a pan. Reduce flame. Add ketchup, vinegar, soya sauce, salt and pepper. Mix well. Add fried wings, stir for 2 minutes to coat all the pieces with the sauce. Serve hot wings immediately with chilli sauce.



100

Tiger Prawn Crispy Lollipop

Oxy Fryer

Cooking Time: 10-12 minutes
Temperature: 160° C

Preparation Time: 30 minutes

Ingredients

6 pieces jumbo prawns or 8 pieces medium sized prawns cleaned and de-veined.
A few wooden skewers (bamboo sticks).
Juice of $\frac{1}{2}$ a lemon.
 $\frac{1}{2}$ tsp salt.

For marinade:

2 tsp garlic paste.
2 tsp ginger paste.
 $\frac{1}{4}$ tsp salt.
4 tbsp lemon juice.

For batter:

$\frac{1}{2}$ cup yogurt (dahi).
1 cup flour (maida).
 $\frac{1}{2}$ tsp pepper powder.
 $\frac{1}{2}$ tsp cumin (jeera) powder.
1 tbsp chana masala.
1 tsp coriander (dhania) powder.
 $\frac{1}{4}$ tsp turmeric (haldi).
 $\frac{1}{2}$ tsp baking powder.
4 tbsp chopped mint (pudina).
 $\frac{1}{2}$ tsp salt or to taste.
 $\frac{1}{4}$ cup water.

For coating:

$\frac{3}{4}$ cups crushed cornflakes.
 $\frac{1}{2}$ tsp chilli flakes.

To sprinkle:

Chat masala.

How to cook

Step 1

Sprinkle $\frac{1}{2}$ tsp salt and juice of $\frac{1}{2}$ a lemon over the prawns. Mix and keep aside for 15 minutes. Wash well and pat dry.

Step 2

Mix all the ingredients of the marinade in a bowl. Add prawns and mix gently. Keep aside for at least 30 minutes.

Step 3

Mix all ingredients of the batter in another bowl. Add prawns with the marinade to the bowl. Skewer one prawn on one wooden stick or big toothpicks.

Step 4

Roll skewered prawns in the cornflakes mixture and refrigerate for 15 minutes.

Step 5

Pre-heat Oxy Fryer for 5 minutes at 160° C. Arrange the skewers in fry basket and close it properly. Keep the fryer at 160° C for 10-12 minutes. Turn the prawns over in between to cook uniformly. Serve with pudina chutney.

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1. Oil may be required for food preparation as per recipe; however, for frying in Kenstar Oxy Fryer, no oil is required.
2. Oil usage in frying depends upon personal taste and discretion. Food fried in Kenstar Oxy Fryer is much healthier as compared to other traditional cooking methods.
3. Images of food items are for representation purpose only. Actual presentation of food may vary from the images shown.
4. Timing for preparation of food may vary depending upon input electricity voltage, ingredients, quality/type and other factors.

Chef FAQs

Ques. 1. My sandwiches become crispier than I want them to be. But, I do not want to brush them with oil. What should I do?

Ans. You can brush your sandwiches with milk instead.

Ques. 2. Can I make vegetable pakoras in the Oxy Fryer?

Ans. Yes, but before making pakoras, rub a little amount of salt on your vegetables and keep them aside for 10 minutes.

Squeeze out the water and then add besan and masalas to the vegetables to make the batter thick.

Ques. 3. If I want to try out my own recipe, how do I judge the temperature at which I should set the Oxy Fryer?

Ans. There are no specific guidelines, but you can try the following:

For the dishes which you fry at a very low flame, keep the fryer at 130-140° C. The temperature for the dishes to be fried at medium flame and high flame should be 160-170° C and 180-190° C, respectively. If you want the tandoori effect, you should set the Oxy Fryer at 200° C.

Ques. 4. While making tikkas, I often face the problem of them sticking to the base of the basket. How do I avoid this?

Ans. 1. Turn the sides of your marinated vegetables/chicken after 3-4 minutes and then continue frying in the Oxy Fryer.
2. You can also use aluminium foil, but make sure to prick the foil with wooden toothpicks after placing your marinated vegetables, to keep some holes open for air circulation.

Ques. 5. Is there a need to turn the sides of food items in the Oxy Fryer?

Ans. It is not a problem, if you do not flip your food items. But, if you do so, at least once after half time passes, your food will be evenly cooked.

Ques. 6. Usually when we deep fry vegetables, we coat them with corn flour or maida, but when I tried doing so in the Oxy Fryer, a white layer formed over the vegetables. How do I use these while cooking in the Oxy Fryer, since both corn flour and maida, make the food items crispier and tastier?

Ans. 1. Even though corn flour gives you the desired crispiness and taste, being starch/carbohydrate, it automatically adds on the extra calories, making your food less healthy. Hence, the Oxy Fryer is designed to directly cook marinated vegetables without adding corn flour and maida.
2. In case, you still wish to use these ingredients when you oxyfry your food, make sure you brush your food with a tinge of olive oil.

Ques. 7. Any other pointers that I should remember while trying out my own recipe?

Ans. It is always better to coat your food items with crushed cornflakes/suji/crushed papad/oats/crushed peanuts/breadcrumbs.

Ques. 8. How do I turn or remove cooked food from the basket? Since the basket is hot and quite deep, my hands might get burnt.

Ans. You can use silicon tongs to remove food and a silicon or wooden spatula to turn sides of your food.

Ques. 9. What are the recommended recipes for the Oxy Fryer?

Ans. The Oxy Fryer is brilliant for recipes that involve deep-frying, pan frying, tandoori, grilling and baking.

Ques. 10. Does the Oxy Fryer hamper the taste of the food cooked in any way?

Ans. The Oxy Fryer does not really change the taste of your recipe, but you can brush a tinge of oil before frying to suit your taste buds. For those who prefer their food to be a little crispy, the Oxy Fryer comes as a treat, making fried items crispier without oil.

Ques. 11. What is the best way to cook batter in the Oxy Fryer?

Ans. As mentioned above, items with batter should be coated with cornflakes or breadcrumbs.

Ques. 12. How do I get the best results while cooking French fries?

Ans. You should parboil potato fingers in salted water before oxyfrying.

Ques. 13. Which are the fresh potato varieties that I can use to get the best fries?

Ans. You can try using pahadi aloo.

Ques. 14. While cooking kebabs, they tend to swell up. What should be done to avoid the same?

Ans. Open the Oxy Fryer in between after about 5-7 minutes while cooking kebabs and prick them with a fork to release excess air.

Ques. 15. While oxyfrying kebabs, they often burst. What should be done to avoid the same?

Ans. You should add some breadcrumbs or corn flour to bind the mixture before oxyfrying.

Ques. 16. What kind of prawns should I select for making golden fried prawns?

Ans. Jumbo prawns, cleaned and de-veined, will be the best choice.

Ques. 17. How can I get the best results while cooking chicken recipes?

Ans. Try using freshly cut chicken and avoid using frozen chicken as much as possible. In case, you are using frozen chicken, once thawed, do not freeze again before using.

Ques. 18. Can I roast papad directly on flame for cottage cheese sticks?

Ans. No, roast them on a tawa instead and make sure there are no black patches on them due to over roasting.

Ques. 19. Can I grind cornflakes in a grinder for coating over snacks?

Ans. If you do so, cornflakes will get powdered. It's better to crush them instead, either with hands or with the help of a rolling pin.



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