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- Samosa

A plate of freshly made Samosas, golden brown and crispy, served with a side of green chutney and tamarind sauce.

Image of samosa :



Cooking Time: Approximately 30-40 minutes.

Calories: About 260 calories per samosa (standard size).

Contents of 1 Samosa	Quantity
Calories	262
Fat	17 gm
Carbohydrates	24 gm
Fibre	2.1 gm
Sugars	1.6 gm
Protein	3.5 gm
Cholesterol	27 mg
Sodium	423 mg
Potassium	189 mg
Vitamins	A (25%), C (17%)
Calcium	2%
Iron	4%

**Ingredients:**

1. Potatoes, peas, spices (cumin, coriander, garam masala), ginger, green chili, dough (all-purpose flour, carom seeds, salt, oil).

**Cooking Process:**

1. Prepare the Filling: Boil and mash potatoes. Cook peas with finely chopped ginger, green chilies, and spices until well combined. Let cool.
2. Make the Dough: Mix flour, carom seeds, salt, and oil. Add water gradually to form a stiff dough. Let it rest.
3. Shape Samosas: Divide the dough into balls, roll them into ovals, cut in half, and form cones. Fill with potato mixture, seal edges.
4. Fry Samosas: Deep fry in oil over medium heat until golden brown and crisp.

- Pakora

A variety of Pakoras, including onion, potato, and spinach, coated in chickpea batter and deep-fried to perfection, served with mint chutney and sliced raw onions.

Image of pakora as below:



Cooking Time: About 20 minutes.

Calories: Roughly 150-200 calories per serving (5-6 pakoras).

Contents of 100g Pakora	Quantity
Calories	287
Fat	11.1 gm
Carbohydrates	37.3 gm
Sugars	7.4 gm
Protein	11.3 gm
Sodium	17 mg
Potassium	639 mg

**Ingredients:**

- Assorted vegetables (onion, potato, spinach), chickpea flour, spices (turmeric, chili powder, carom seeds), water, oil for frying.

**Cooking Process:**

1. Prepare the Batter: Mix chickpea flour with spices and water to make a thick batter.
2. Coat Vegetables: Dip sliced vegetables into the batter until well coated.
3. Deep Fry: Fry in hot oil until crisp and golden. Drain on paper towels.

- Aloo Tikki

A plate of Aloo Tikki, crispy golden potato patties served with dollops of green and tamarind chutneys, garnished with finely chopped red onions and fresh coriander leaves.

Image of aloo tikki as below:



Cooking Time: About 30 minutes.

Calories: Approximately 150 calories per tikki.

Contents of 1 Aloo Tikki	Quantity
Calories	111 kcal
Fat	4.23 gm
Carbohydrates	18.15 gm
Protein	2.38 gm

**Ingredients:**

- Boiled potatoes, peas, spices (garam masala, chilli powder, amchur), breadcrumbs or flour, oil for pan-frying.

**Cooking Process:**

1. Prepare the Mixture: Mash boiled potatoes, mix with peas, spices, and a binding agent like breadcrumbs or flour.
2. Form Patties: Shape the mixture into small, flat patties.
3. Pan Fry: Heat oil in a pan and fry the patties until they are golden brown on both sides.

- **Paneer Tikka**

Skewers of Paneer Tikka, marinated cubes of paneer and vegetables grilled to perfection, served with slices of lemon and a side of green chutney.

Image of pane tikka as below:



Cooking Time: About 20 minutes (excluding marination time of at least 1 hour).

Calories: Around 200 calories per serving.

Contents of Paneer Tikka (1 piece)	Quantity
Calories	40 kcal
Fat	1.46 gm
Carbohydrates	3.1 gm
Fibre	0.6gm
Sugars	0.59 gm
Protein	3.94 gm
Cholesterol	4 mg
Sodium	116 mg
Potassium	80 mg
Vitamins	A (25%), C (17%)
Calcium	2%
Iron	4%

**Ingredients:**

- Paneer, yogurt, spices (garam masala, turmeric, chilli powder), lemon juice, oil, bell peppers, onions.

**Cooking Process:**

1. Marinate: Cube paneer and vegetables. Marinate in a mixture of yogurt, spices, and lemon juice for at least 1 hour.
2. Skewer and Grill: Thread the marinated paneer and vegetables onto skewers. Grill until charred and cooked through, turning occasionally.

- Chicken 65

Chicken 65 - A plate of Chicken 65, crispy fried chicken pieces tossed in spicy seasoning, garnished with curry leaves and slices of red onion, served with lemon wedges

Image of Chicken 65 :



Cooking Time: About 30 minutes.

Calories: Approximately 250 calories per serving.

Contents of 1 Chicken 65 serving (100 gm)	Quantity
Calories	182 kcal
Fat	9.85 gm
Carbohydrates	8.41 gm
Fibre	2.4 gm
Sugars	1.83 gm
Protein	16.09 gm
Cholesterol	37 mg
Sodium	671 mg
Potassium	433 mg

**Ingredients:**

- Chicken pieces, yogurt, spices (curry leaves, mustard seeds, cumin, red chili powder), ginger-garlic paste, lemon juice, oil for frying.

**Cooking Process:**

1. Marinate Chicken: Marinate chicken pieces in a mixture of yogurt, spices, ginger-garlic paste, and lemon juice for at least 2 hours.
2. Fry: Deep fry the marinated chicken in hot oil until crispy and golden.
3. Temper: Optionally, temper with mustard seeds, curry leaves, and additional spices for added flavour

- Butter Chicken

Image of butter chicken as below



Cooking Time: 1 hour

Calories: Approximately 490 calories per serving

Contents of Butter Chicken (1 cup)	Quantity
Calories	2030 kcal
Fat	34.86 gm
Carbohydrates	10.36 gm
Fibre	2.9 gm
Sugars	3.44 gm
Protein	33.28 gm
Cholesterol	126 mg
Sodium	455 mg
Potassium	537 mg

**Ingredients:**

- Chicken breast, yogurt, lemon juice, turmeric, garam masala, chilli powder, ginger, garlic, butter, cream, tomatoes, sugar, salt.

**Process:**

1. Marinate the Chicken: Mix yogurt, lemon juice, turmeric, garam masala, chilli powder, ginger, and garlic. Add chicken pieces, marinate for at least 1 hour or overnight.
2. Cook the Chicken: Grill or pan-fry the chicken until slightly charred.
3. Prepare the Sauce: In a pan, melt butter, add pureed tomatoes, chilli powder, and cook until thick. Add cream, sugar, and the cooked chicken. Simmer for 20 minutes.
4. Finalise: Adjust seasoning, add a dash of cream, and garnish with coriander leaves.

- Palak Paneer

Image of palak paneer as below:



Cooking Time: 30 minutes

Calories: Approximately 200 calories per serving

Contents of Palak Paneer (1 cup)	Quantity
Calories	405 kcal
Fat	32.63gm
Carbohydrates	14.56gm
Fibre	3.6 gm
Sugars	5.56 gm
Protein	18.39 gm
Cholesterol	97mg
Sodium	1286 mg
Potassium	652 mg

**Ingredients:**

- Spinach, paneer (cottage cheese), onions, tomatoes, garlic, ginger, garam masala, cumin, cream, salt, oil.

**Process:**

1. Prepare Spinach: Boil spinach until soft, cool, and blend into a puree.
2. Sauté: In a pan, heat oil, sauté onions, ginger, and garlic. Add tomatoes, cook until soft.
3. Combine: Add spinach puree, garam masala, cumin, and simmer for 10 minutes. Add fried paneer cubes, cook for another 5 minutes.
4. Finalise: Stir in cream, adjust salt, and serve hot.

- Chole (Chickpea Curry)

Image of Chole as below



Cooking Time: 45 minutes (with pre-soaked chickpeas)

Calories: Approximately 210 calories per serving

Contents of Chole (1 cup)	Quantity
Calories	130 kcal
Fat	5.37 gm
Carbohydrates	17.37 gm
Fibre	3.5 gm
Sugars	0.83 gm
Protein	3.61 gm
Cholesterol	0 mg
Sodium	315 mg
Potassium	188 mg

**Ingredients:**

- Chickpeas, onions, tomatoes, garlic, ginger, cumin seeds, coriander powder, turmeric, chilli powder, amchur (dry mango powder), garam masala, oil, salt.

**Process:**

1. Prepare Chickpeas: Soak chickpeas overnight, boil until tender.
2. Cook the Masala: In a pan, heat oil, add cumin seeds, onions, ginger, and garlic. Cook until golden.
3. Combine: Add tomatoes, all the spices, and simmer until oil separates. Add boiled chickpeas, water, and cook for 20 minutes.
4. Finalise: Adjust seasoning, garnish with coriander leaves, and serve with rice or bread.

- Rogan Josh

Image of Rogan Josh as below:



Cooking Time: 2 hours

Calories: Approximately 310 calories per serving

Contents of Rogan Josh (1 cup)	Quantity
Calories	176 kcal
Fat	12.27 gm
Carbohydrates	8.03 gm
Fibre	2.5 gm
Sugars	1.67 gm
Protein	9.89 gm
Cholesterol	35 mg
Sodium	315 mg
Potassium	341 mg

**Ingredients:**

- Lamb, yogurt, garlic, ginger, onions, tomatoes, garam masala, cumin, coriander powder, chili powder, cardamom, cinnamon, cloves, bay leaves, oil, salt.

**Process:**

1. Marinate Lamb: Mix lamb with yogurt, garlic, and ginger. Marinate for a few hours.
2. Cook the Lamb: In a heavy-bottomed pot, brown the lamb in oil. Remove and set aside.
3. Prepare the Sauce: In the same pot, add onions, spices, and cook until fragrant. Add tomatoes and cook until soft.
4. Combine: Return lamb to the pot, add water, and simmer covered for 1.5 hours.
5. Finalise: Adjust seasoning, garnish with fresh coriander, and serve.

- **Masala Dosa**

Image of masala dosa as below:



Cooking Time: 1 hour (excluding batter fermentation)

Calories: Approximately 250 calories per serving

Contents of 1 Masala Dosa	Quantity
Calories	160 kcal
Fat	6.21 gm
Carbohydrates	23.24 gm
Fibre	2.2 gm
Sugars	0.66 gm
Protein	3.19 gm
Cholesterol	0 mg
Sodium	550 mg
Potassium	162 mg

**Ingredients:**

- Dosa batter (rice and urad dal), potatoes, onions, mustard seeds, turmeric, curry leaves, green chilies, ginger, oil, salt.

**Process:**

1. Prepare Dosa Batter: Soak rice and urad dal, grind to a smooth paste, ferment overnight.
2. Make Potato Filling: Boil and mash potatoes. In a pan, heat oil, add mustard seeds, onions, chilies, ginger, turmeric, and sauté. Add potatoes, mix well.
3. Cook Dosa: Heat a non-stick pan, pour a ladle of batter, spread into a thin circle. Drizzle oil around the edges, cook until crisp.
4. Assemble: Place some potato filling in the center of the dosa, fold, and serve with chutney and sambar.

Let's delve into the cooking processes for the selected rice dishes, including cooking time and calorie information for each. These recipes serve as a foundational guide to preparing some of India's most cherished rice dishes. Note that calorie counts can vary based on specific ingredients used and serving sizes.

- Biryani

Image of Biryani



Cooking Time: Approximately 1 hour 30 minutes

Calories: About 500-600 calories per serving

Contents of Biriyani (1 cup)	Quantity
Calories	1455 kcal
Fat	9.82 gm
Carbohydrates	48.07 gm
Fibre	2.2 gm
Sugars	2.47 gm
Protein	15.9 gm
Cholesterol	28 mg
Sodium	805 mg
Potassium	391 mg

Cooking Process:

1. Preparation: Soak basmati rice in water for at least 30 minutes. Marinate your choice of meat (chicken, lamb, or beef) or vegetables with yogurt, ginger-garlic paste, biryani masala, chili powder, and salt. Leave it to marinate for an hour or overnight.
2. Cooking the Rice: Boil water in a large pot, add whole spices (cardamom, cloves, cinnamon), and partially cook the rice. Drain and set aside.
3. Layering: In a heavy-bottomed pot, layer the marinated meat or vegetables at the bottom. Top it with partially cooked rice, add saffron-infused milk for color, and dot with ghee. Repeat the layers as necessary.
4. Cooking: Cover the pot with a tight lid or seal with dough. Cook on a low flame for about 1 hour until the meat is tender and the rice is fluffy.
5. Serving: Let it rest for 10 minutes before serving. Garnish with fried onions, mint, and coriander leaves.

- Lemon Rice

Image of lemon rice :



Cooking Time: 25 minutes

Calories: About 200-250 calories per serving

Contents of Lemon Rice (1 cup)	Quantity
Calories	146 kcal
Fat	0.55 gm
Carbohydrates	31.48 gm
Fibre	0.7 gm
Sugars	0.25 gm
Protein	3 gm
Cholesterol	0 mg
Sodium	244 mg
Potassium	67 mg

Cooking Process:

1. Cook Rice: Cook 1 cup of rice and let it cool.
2. Tempering: Heat oil in a pan, add mustard seeds, urad dal, chana dal, green chilies, and curry leaves. Sauté until the dals turn golden.
3. Adding Flavours: Add turmeric and asafoetida, followed by grated ginger. Sauté for a few seconds.
4. Mixing Rice: Add the cooked rice, salt, and lemon juice to the pan. Mix well until the rice is evenly coated with the tempering.
5. Serving: Garnish with chopped coriander leaves and serve.

- Pulao

Image of pulao:



Cooking Time: 30 minutes

Calories: About 350-400 calories per serving

Contents of Pulao (1 cup)	Quantity
Calories	290 kcal
Fat	7.52 gm
Carbohydrates	50.01 gm
Fibre	2.8 gm
Sugars	0.55 gm
Protein	5.66 gm
Cholesterol	0 mg
Sodium	396 mg
Potassium	195 mg

Cooking Process:

1. Sauté Spices: In a pot, heat oil or ghee. Add whole spices (cardamom, cloves, bay leaf) and sauté for a few seconds.
2. Add Vegetables: Add chopped vegetables (carrots, peas, beans) and sauté for 2-3 minutes.
3. Cook Rice: Add washed basmati rice to the pot along with water. Season with salt.
4. Simmer: Bring to a boil, then cover and simmer until the rice is cooked and all the water has been absorbed (about 20 minutes).
5. Serve: Fluff the rice gently and serve hot, garnished with fried onions or nuts if desired.

- Jeera Rice

Image of Jeera Rice:



Cooking Time: 20 minutes

Calories: About 220-270 calories per serving

Contents of Jeera Rice (1 cup)	Quantity
Calories	400 kcal
Fat	15.01 gm
Carbohydrates	59.95 gm
Fibre	2.3 gm
Sugars	0.04 gm
Protein	5.22 gm
Cholesterol	17 mg
Sodium	388 mg
Potassium	87 mg

Cooking Process:

1. Tempering: Heat ghee in a pan, add cumin seeds, and let them sizzle.
2. Cook Rice: Add washed basmati rice to the pan and sauté for a minute. Add water and salt.
3. Simmer: Bring to a boil, then reduce the heat, cover, and simmer until the rice is cooked and water is absorbed.
4. Serve: Fluff up the rice and serve hot, garnished with coriander leaves.

- Khichdi

Image of Khichdi:



Cooking Time: 30-40 minutes

Calories: About 350-400 calories per serving

Contents of Khichdi (1 cup)	Quantity
Calories	175 kcal
Fat	1.78 gm
Carbohydrates	34.28 gm
Fibre	4.7 gm
Sugars	2.59 gm
Protein	6.12 gm
Cholesterol	0 mg
Sodium	79 mg
Potassium	295 gm

#### Cooking Process:

1. Preparation: Rinse 1 cup of rice and  $\frac{1}{2}$  cup of lentils (moong dal) thoroughly. Soak for 30 minutes if time permits.
2. Cook: In a pressure cooker or pot, heat ghee or oil. Add cumin seeds, asafoetida, turmeric powder, and sauté for a few seconds. Add the rice, lentils, water (approx. 3.5 cups), and salt.
3. Simmer: Cook until the mixture is mushy and soft. In a pressure cooker, this takes about 3-4 whistles.
4. Serve: Garnish with ghee, and serve hot with yogurt or pickle.

These recipes provide a basic framework for creating delicious and authentic Indian rice dishes. Adjustments can be made according to personal taste preferences and dietary needs.

Creating Indian bread involves a variety of techniques, from fermentation to frying. Here's a brief overview of the cooking process for each type of bread mentioned, along with estimated cooking times and calorie information. Please note, calorie counts can vary based on the specific recipe and portion sizes.

- Naan

Image of naan:



Cooking Time: 2-3 minutes per naan.

Calorie Information: Approximately 260 calories per naan (size-dependent).

Contents of 1 Naan	Quantity
Calories	137 kcal
Fat	5.1 gm
Carbohydrates	18.8 gm
Fibre	0.7 gm
Sugars	0.85 gm
Protein	3.74 gm
Cholesterol	3 mg
Sodium	142 mg
Potassium	60 mg

Cooking Process:

- Dough Preparation: Combine all-purpose flour, yeast, warm water, sugar, salt, yogurt, and ghee. Knead into a soft dough, then let it rise for 1-2 hours.
- Shaping and Cooking: Divide the dough into balls, roll each into an oval shape, and cook in a very hot tandoor or on a hot skillet. Brush with ghee or butter after cooking.

- Roti

Image of Roti as below:



Cooking Time: 1-2 minutes per roti.

Calorie Information: About 100-120 calories per roti (size-dependent).

Contents of 1 Roti	Quantity
Calories	106 kcal
Fat	0.52 gm
Carbohydrates	22.32 gm
Fibre	2.8 gm
Sugars	0.11 gm
Protein	3.84 gm
Cholesterol	0 mg
Sodium	195 mg
Potassium	96 mg

**Cooking Process:**

Dough Preparation: Mix whole wheat flour with water to form a soft dough. Let it rest for a few minutes.

Shaping and Cooking: Divide the dough into small balls, roll each into a thin circle, and cook on a hot tawa (griddle) until brown spots appear on both sides. Optionally, press lightly to puff up.

- Paratha



Cooking Time: 2-4 minutes per paratha.

Calorie Information: Approximately 200-250 calories per paratha, depending on the size and amount of ghee used.

Contents of 1 Paratha	Quantity
Calories	260 kcal
Fat	8.99 gm
Carbohydrates	38.94 gm
Fibre	1.3 gm
Sugars	2.18 gm
Protein	5.16 gm
Cholesterol	0 mg
Sodium	399 mg
Potassium	52 mg

#### Cooking Process:

Dough Preparation: Similar to roti, but with the addition of ghee in the dough. Rest the dough for a few minutes.

Shaping and Cooking: Roll the dough into a circle, apply ghee, fold repeatedly to create layers, then roll again. Cook on a hot tawa with ghee until golden brown on both sides.

- Puri

Image of puri:



Cooking Time: 1-2 minutes per puri.

Calorie Information: Around 100-150 calories per puri, depending largely on the frying oil absorption.

Contents of 1 Puri	Quantity
Calories	107 kcal
Fat	3.39 gm
Carbohydrates	16.82 gm
Fibre	1.7 gm
Sugars	0.08 gm
Protein	2.71 gm
Cholesterol	0 mg
Sodium	247 mg
Potassium	58 mg

Cooking Process:

Dough Preparation: Mix whole wheat flour with water and a little salt to form a stiff dough. Let it rest for a few minutes.

Shaping and Cooking: Divide into small balls, roll into small circles, and deep-fry in hot oil until they puff up and turn golden brown.

Creating detailed cooking processes for each of these beloved Indian side dishes, complete with cooking times and calorie information, provides a comprehensive guide for anyone looking to explore the rich flavours of Indian cuisine. Each recipe serves as a staple in Indian meals, offering a range of textures and tastes that complement main courses beautifully.

- Dal Tadka

Image of dal tadka as below:



Cooking Time: 30 minutes

Calories: Approximately 210 calories per serving.

Contents of Dal Tadka (1 cup)	Quantity
Calories	260 kcal
Fat	10.96 gm
Carbohydrates	32.93 gm
Fibre	11.6 gm
Sugars	3.64 gm
Protein	12.22 gm
Cholesterol	0 mg
Sodium	353 mg
Potassium	749 mg

Ingredients: Lentils, turmeric, salt, water, oil, cumin seeds, mustard seeds, finely chopped onions, minced garlic, grated ginger, chopped tomatoes, green chilies, garam masala, and fresh coriander.

Process:

1. Rinse 1 cup of lentils and soak for 20 minutes. Drain.
2. Cook lentils in 3 cups of water with  $\frac{1}{2}$  tsp turmeric and salt to taste until soft (about 20 minutes).
3. Heat oil in a pan. Add 1 tsp cumin seeds and 1 tsp mustard seeds until they start to pop.
4. Add 1 finely chopped onion, 2 minced garlic cloves, and 1 inch of grated ginger. Sauté until golden.
5. Add 1 chopped tomato, 1 chopped green chili, and cook until soft.
6. Add cooked lentils, 1 tsp garam masala, and simmer for 5 minutes.
7. Garnish with fresh coriander. Serve hot.

- Raita

Image of raita as below:



Cooking Time: 10 minutes (plus chilling)

Calories: Approximately 60 calories per serving.

Contents of Raita (1 cup)	Quantity
Calories	15 kcal
Fat	1.08 gm
Carbohydrates	0.96 gm
Fibre	0.1 gm
Sugars	0.76 gm
Protein	0.5 gm
Cholesterol	1 mg
Sodium	56 mg
Potassium	30 mg

Ingredients: Yogurt, cucumber, carrots, mint leaves, roasted cumin powder, salt, and black pepper.

Process:

8. Grate 1 medium cucumber and 1 small carrot. Squeeze out excess water.
9. Mix grated vegetables with 2 cups of yogurt.
10. Add salt to taste,  $\frac{1}{2}$  tsp roasted cumin powder, and a pinch of black pepper.
11. Garnish with chopped mint leaves.
12. Chill for 1 hour before serving.

- Baingan Bharta

Image of baingan bharta:



Cooking Time: 45 minutes

Calories: Approximately 120 calories per serving.

Contents of Baingan Bharta (120 gm)	Quantity
Calories	116 kcal
Fat	6.33 gm
Carbohydrates	15.09
Fibre	3.7 gm
Sugars	3.54 gm
Protein	2.03 gm
Cholesterol	0 mg
Sodium	215 mg
Potassium	215 mg

Ingredients: Large eggplant, oil, cumin seeds, chopped onions, minced garlic, grated ginger, chopped tomatoes, green peas, garam masala, coriander powder, chili powder, and fresh coriander.

Process:

1. Roast 1 large eggplant over open flame until the skin blackens. Cool, peel, and mash the pulp.
2. Heat oil in a pan. Add 1 tsp cumin seeds until they splutter.
3. Add 1 chopped onion, 2 minced garlic cloves, and 1 inch of grated ginger. Sauté until golden.
4. Add 2 chopped tomatoes,  $\frac{1}{2}$  cup green peas, and cook until soft.
5. Add mashed eggplant, 1 tsp garam masala, 1 tsp coriander powder, and  $\frac{1}{2}$  tsp chili powder. Cook for 10 minutes.
6. Garnish with fresh coriander. Serve hot.

- Aloo Gobi

Image of aloo gobi:



Cooking Time: 30 minutes

Calories: Approximately 150 calories per serving.

Contents of Aloo Gobi (125 gm)	Quantity
Calories	108 kcal
Fat	4.39 gm
Carbohydrates	17.02 gm
Sugars	1.73 gm
Fibre	4.2 gm
Protein	2.86 gm
Sodium	357 mg
Cholesterol	0 mg
Potassium	414 mg

**Ingredients:**

- Cauliflower
- potatoes
- oil
- cumin seeds
- turmeric
- coriander powder
- garam masala
- amchur (dry mango powder)
- salt
- chopped tomatoes
- fresh coriander.

**Process:**

1. Cut 1 large cauliflower into florets and 2 potatoes into cubes.
2. Heat oil in a pan. Add 1 tsp cumin seeds until they splutter.
3. Add potatoes and cauliflower. Sprinkle 1 tsp turmeric, 2 tsp coriander powder, and salt to taste. Mix well.
4. Cover and cook on low heat until vegetables are tender (about 20 minutes).
5. Add  $\frac{1}{2}$  tsp garam masala, 1 tsp amchur, and 1 chopped tomato. Cook for another 5 minutes.
6. Garnish with fresh coriander. Serve hot.

- Saag

Image of saag:



Cooking Time: 40 minutes

Calories: Approximately 100 calories per serving (without cream).

Contents of Saag (100 gm)	Quantity
Calories	95 kcal
Fat	6.73 gm
Carbohydrates	7.69 gm
Sugars	1.2 gm
Fibre	3.8 gm
Protein	3.47 gm
Sodium	304 mg
Cholesterol	15 mg
Potassium	404 mg

**Ingredients:**

- Mixed greens (spinach, mustard greens)
- ginger
- garlic
- green chilies
- oil
- onion
- tomato
- garam masala
- cream (optional)
- salt.

**Process:**

1. Blanch 2 cups of mixed greens in boiling water, drain and puree.
2. Heat oil in a pan. Add 1 finely chopped onion, 1 inch of grated ginger, 2 minced garlic cloves, and 2 chopped green chilies. Sauté until golden.
3. Add 1 chopped tomato and cook until soft.
4. Add green puree, salt to taste, and 1 tsp garam masala. Simmer for 20 minutes.
5. Stir in  $\frac{1}{4}$  cup cream (optional) for a richer taste.
6. Serve hot, garnished with a dollop of butter.

These recipes offer a taste of the diverse and flavorful world of Indian cuisine, suitable for various dietary preferences and occasions. Enjoy cooking these delicious side dishes that bring a piece of India to your table!

Creating Indian desserts is a delightful experience, each with its unique flavors and textures. Here's a simplified guide to the cooking process for each dessert, including estimated cooking times and calorie information. Keep in mind, calorie counts are approximate and can vary based on ingredients and serving sizes.

- Gulab Jamun

Image of gulab jamun:



Cooking Time: 30 minutes (prep) + 15 minutes (cooking) = 45 minutes

Calories: Approximately 150 calories per piece

Contents of Gulab Jamun (1 pc)	Quantity
Calories	145 kcal
Fat	7.09 gm
Carbohydrates	17.67 gm
Sugars	13.22 gm
Fibre	0.2 gm
Protein	3.22 gm
Sodium	48 mg
Cholesterol	18 mg
Potassium	141 mg

**Process:**

1. Mix milk powder, flour, and a leavening agent to form a dough.
2. Shape into small balls and deep fry until golden brown.
3. Soak the fried balls in warm sugar syrup flavored with cardamom and rose water for at least 2 hours.
4. Serve warm or cold.

- Jalebi

Image of jalebi:



Cooking Time: 20 minutes (prep) + 30 minutes (cooking) = 50 minutes

Calories: Approximately 150 calories per piece

Contents of Jalebi (1 pc)	Quantity
Calories	150 kcal
Fat	2.16 gm
Carbohydrates	31.18 gm
Sugars	21.38 gm
Fibre	0.5 gm
Protein	2.09 gm
Sodium	73 mg
Cholesterol	1 mg
Potassium	63 mg

**Process:**

1. Prepare a batter from all-purpose flour, yogurt, and a fermenting agent. Let it ferment for 4-24 hours.
2. Heat oil in a pan. Pipe the batter in spirals and fry until crisp and golden.
3. Soak the fried spirals in warm sugar syrup infused with saffron and cardamom for a few minutes.
4. Serve immediately for best texture.

- Rasgulla

Image of rasgulla:



Cooking Time: 30 minutes (prep) + 20 minutes (cooking) = 50 minutes

Calories: Approximately 140 calories per piece

Contents of Rasgulla (1 pc)	Quantity
Calories	128 kcal
Fat	0.67 gm
Carbohydrates	28.94 gm
Sugars	21.71 gm
Fibre	0.4 gm
Protein	2.17 gm
Sodium	62 mg
Cholesterol	2 mg
Potassium	73 mg

**Process:**

1. Make chenna (Indian cottage cheese) by curdling milk and draining the whey.
2. Knead chenna into a smooth dough, form into balls, and cook in a light sugar syrup until spongy.
3. Let them soak in syrup for a few hours before serving.

- Kheer

Image of kheer:



Cooking Time: 10 minutes (prep) + 40-50 minutes (cooking) = 50-60 minutes

Calories: Approximately 250 calories per serving (1 cup)

Contents of Kheer (113 gm)	Quantity
Calories	266 kcal
Fat	12.46 gm
Carbohydrates	34.73 gm
Sugars	13.28 gm
Fibre	2.2 gm
Protein	5.7 gm
Sodium	93 mg
Cholesterol	4 mg
Potassium	278 mg

**Process:**

1. Boil milk in a large pot. Add washed rice and cook on low heat until the rice is soft and the milk is thickened.
2. Add sugar, cardamom, and a mix of nuts and raisins. Cook for another 5-10 minutes.
3. Serve warm or chilled.

- Halwa

Image of halwa:



Cooking Time: Varies by type (e.g., carrot halwa takes about 45 minutes)

Calories: Approximately 300 calories per serving (1 cup for carrot halwa)

Contents of Halwa (100 gm)	Quantity
<b>Calories</b>	522 kcal
<b>Fat</b>	31.87 gm
<b>Carbohydrates</b>	57.56 gm
<b>Sugars</b>	53.14 gm
<b>Fibre</b>	4.5 gm
<b>Protein</b>	8.01 g
<b>Sodium</b>	18 mg
<b>Cholesterol</b>	0 mg
<b>Potassium</b>	145 mg

**Process for Carrot Halwa:**

1. Grate carrots and cook in milk until soft.
2. Add sugar, cardamom, and ghee. Cook until the mixture thickens.
3. Garnish with fried nuts and raisins before serving.

These processes offer a simplified overview of making these desserts. For best results, detailed recipes should be consulted, especially for precise ingredient ratios and specific cooking techniques. Nutritional information is an estimate; for accurate calorie counts, consider the specific ingredients used and consult a nutrition calculator.

Creating a comprehensive guide for cooking some of India's most beloved snacks and quick bites will involve detailed steps for each dish, including cooking times and calorie information. Here's a concise cooking process for each:

- Chaat

Image of chaat:



Cooking Time: 20-30 minutes

Calories: Varies widely depending on ingredients; approximately 200-300 calories per serving.

Contents of Chaat (1 cup)	Quantity
Calories	246 kcal
Fat	10.37 gm
Carbohydrates	32.45 gm
Sugars	5.4 gm
Fibre	2.5 gm
Protein	6.24 gm
Sodium	318 mg
Cholesterol	7 mg
Potassium	264 mg

**Ingredients:**

- Assorted ingredients like boiled potatoes
- chickpeas
- crispy puri
- sev (tiny chickpea flour noodles)
- yogurt
- tamarind chutney
- green chutney
- onions
- tomatoes
- spices.

**Process:**

1. Prepare the base of the chaat with boiled, cubed potatoes, and cooked chickpeas.
2. Add chopped onions, tomatoes, and green chilies.
3. Drizzle with generous amounts of green chutney (mint and cilantro) and tamarind chutney.
4. Top with yogurt, sev, and a sprinkle of chaat masala and roasted cumin powder.
5. Serve immediately to maintain the crunch of sev and freshness.

- Bhel Puri

Image of bhel puri:



Cooking Time: 15 minutes

Calories: Approximately 150-200 calories per serving.

Contents of Bhelpuri (120 gm)	Quantity
Calories	349 kcal
Fat	13.65 gm
Carbohydrates	49 gm
Sugars	7.53 gm
Fibre	3 gm
Protein	7.57 gm
Sodium	312 mg
Cholesterol	1 mg
Potassium	272 mg

**Ingredients:**

- Puffed rice
- sev
- chopped onions
- tomatoes
- boiled potatoes
- green chilies
- tamarind chutney
- green chutney
- lemon juice
- chaat masala

**Process:**

1. In a large bowl, mix puffed rice, chopped vegetables, and boiled, cubed potatoes.
2. Add tamarind chutney and green chutney according to taste.
3. Season with chaat masala and a squeeze of lemon juice.
4. Mix well and garnish with sev and fresh cilantro. Serve immediately.

- Samosa Chaat

Image of samosa chat:



Cooking Time: 45 minutes (if making samosas from scratch)

Calories: Approximately 400-500 calories per serving.

Contents of Samosa Chaat (100 gm)	Quantity
<b>Calories</b>	253 gm
<b>Fat</b>	13.02 gm
<b>Carbohydrates</b>	27.87 gm
<b>Sugars</b>	4.94 gm
<b>Fibre</b>	5.3 gm
<b>Protein</b>	7.86 gm
<b>Sodium</b>	275 mg
<b>Cholesterol</b>	5 mg
<b>Potassium</b>	258 mg

Ingredients:

- Samosas
- yogurt
- green chutney
- tamarind chutney
- chickpeas (optional)
- onions
- tomatoes
- sev
- chaat masala
- green chilies
- fresh coriander.

Process:

1. Prepare or buy samosas. Crush them lightly in a serving bowl.
2. Top with whisked yogurt, green chutney, and tamarind chutney.
3. Add boiled chickpeas if desired.
4. Sprinkle with chopped onions, tomatoes, and a generous helping of sev.
5. Season with chaat masala and garnish with chopped coriander. Serve immediately.

- Pani Puri

Image of pani puri:



Cooking Time: 30 minutes (excluding preparation of fillings)

Calories: Approximately 10-15 calories per puri.

Contents of Pani Puri (100 gm)	Quantity
Calories	25 kcal
Fat	1.03 gm
Carbohydrates	4.22 gm
Sugars	0.37 gm
Fibre	0.2 gm
Protein	0.49 gm
Sodium	28 mg
Cholesterol	0 mg
Potassium	18 mg

**Ingredients:**

- Puri (crispy hollow balls)
- tamarind chutney
- mint-coriander water (pani)
- boiled and mashed potatoes
- chickpeas
- chaat masala
- cumin powder
- black salt
- chilli powder.

**Process:**

1. Prepare the mint-coriander water by blending mint leaves, coriander leaves, green chilies, cumin powder, and black salt. Strain and chill.
2. Mix mashed potatoes and chickpeas with chaat masala, chilli powder, and a bit of tamarind chutney.
3. Crack a small hole in each puri, fill with the potato mixture, and then dip into the prepared pani. Serve immediately.

- Vada Pav

Image of vada pav:



Cooking Time: 40 minutes

Calories: Approximately 300-350 calories per serving.

Contents of Vada Pav (1 pc)	Quantity
Calories	304 kcal
Fat	11.9 gm
Carbohydrates	40.2 gm
Sugars	9.4 gm
Fibre	3.8 gm
Protein	9.1 gm
Sodium	331 mg
Cholesterol	0 mg
Potassium	331 mg

**Ingredients:**

- For Vada: Boiled and mashed potatoes, garlic, ginger, green chilies, mustard seeds, turmeric powder, salt, chickpea flour (besan) for batter.
- For Assembly: Pav (Indian bread roll), green chutney, tamarind chutney, garlic powder chutney, fried green chilies.

**Process:**

1. Prepare the vada filling by sautéing mustard seeds, chopped garlic, ginger, and green chilies, then mixing with mashed potatoes, salt, and turmeric. Form into balls.
2. Dip the potato balls in chickpea flour batter and deep-fry until golden.
3. Slit the pav without cutting through, spread chutneys on the inside, and place a vada between the pav.
4. Serve with fried green chilies on the side.

These recipes offer a glimpse into the rich and varied street food culture of India. Remember, the actual calories can vary based on the quantities of ingredients used and cooking methods. Enjoy cooking these delightful snacks!

Creating authentic Indian dishes involves a blend of spices, ingredients, and techniques that are unique to each region. Below, I'll outline the cooking process for each of the regional specialties you've listed, including estimated cooking times and calorie information. Please note, calorie counts are approximate and can vary based on specific ingredients and serving sizes.

- Goan Fish Curry

Image of goan fish curry:



Cooking Time: 45 minutes

Calories: Approximately 200-250 calories per serving.

Contents of Goan Fish Curry (100 gm)	Quantity
Calories	291 kcal
Fat	18.67 gm
Carbohydrates	5.24 gm
Sugars	1.1 gm
Fibre	1.7 gm
Protein	26.06 gm
Sodium	453 mg
Cholesterol	62 mg
Potassium	521 mg

**Process:**

1. Marinate the Fish: Marinate pieces of firm white fish (like cod or tilapia) in a mixture of lime juice, turmeric, and salt for about 15 minutes.
2. Prepare the Masala: Blend fresh coconut, coriander seeds, cumin seeds, dried red chilies, tamarind paste, and garlic into a smooth paste.
3. Cook the Curry: Heat oil in a pan, sauté finely chopped onions until golden, add the masala paste, and cook until oil separates. Pour in coconut milk and some water; bring to a boil.
4. Add the Fish: Add the marinated fish to the curry and simmer until the fish is cooked through.
5. Final Touches: Season with salt and garnish with chopped coriander leaves.

- Rajma (Kidney Bean Curry)

Image of rajma:



Cooking Time: 1 hour 30 minutes (includes bean soaking time)

Calories: Approximately 260 calories per serving.

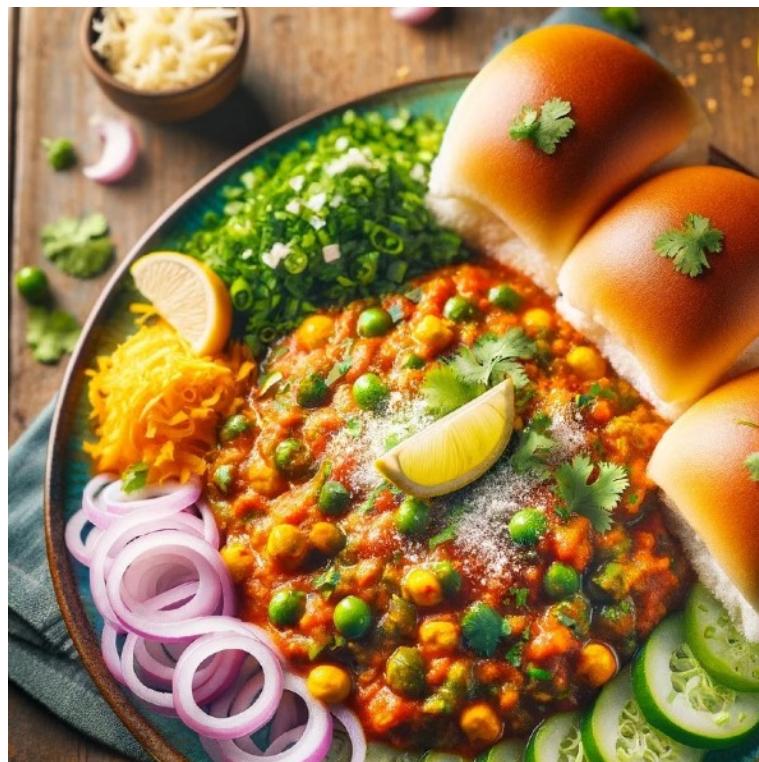
Contents of Rajma (100 gm)	Quantity
Calories	165 kcal
Fat	7.08 gm
Carbohydrates	19 gm
Sugars	1.7 gm
Fibre	7.9 gm
Protein	7.04 gm
Sodium	286 mg
Cholesterol	15 mg
Potassium	375 mg

**Process:**

1. Soak the Beans: Soak rajma (kidney beans) overnight or for at least 8 hours.
2. Cook the Beans: Drain the beans, add fresh water, and cook in a pressure cooker until soft.
3. Prepare the Masala: In a pan, heat oil and add cumin seeds, finely chopped onions, grated ginger, and minced garlic. Cook until onions are golden. Add chopped tomatoes, turmeric, coriander powder, cumin powder, and chilli powder.
4. Combine and Simmer: Add the cooked beans along with the cooking liquid to the masala. Simmer for 20-30 minutes. Mash some beans to thicken the curry.
5. Garnish: Garnish with fresh coriander leaves and serve.

- Pav Bhaji

Image of pav bhaji:



Cooking Time: 30 minutes

Calories: Approximately 350 calories per serving (including two pavs).

Contents of Pav Bhaji (100 gm)	Quantity
Calories	160 kcal
Fat	9 mg
Carbohydrates	18.1 gm
Sugars	2.1 gm
Fibre	3.6 gm
Protein	3.2 gm
Sodium	657 mg
Cholesterol	9 mg
Potassium	270 mg

Process:

1. Boil the Vegetables: Boil potatoes, cauliflower, peas, and carrots until soft. Mash the vegetables coarsely.
2. Prepare Bhaji: In a pan, heat butter, add finely chopped onions, green chilies, and bell peppers. Sauté until soft. Add ginger-garlic paste, tomatoes, and pav bhaji masala. Cook until tomatoes are soft.
3. Combine: Add the mashed vegetables to the pan, mix well, and cook for 10 minutes. Add water if needed to adjust consistency.
4. Serve: Serve hot with buttered and toasted pav (bread rolls), diced onions, and lemon wedges.

- Hyderabadi Biryani

Image of hyderabadi biriyani:



Cooking Time: 1 hour 30 minutes

Calories: Approximately 500 calories per serving.

Contents of Biryani (100 gm)	Quantity
Calories	348 gm
Fat	9.8 gm
Carbohydrates	48 gm
Sugars	2.5 gm
Fibre	2.2 gm
Protein	16 gm
Sodium	805 mg
Cholesterol	28 mg
Potassium	391 mg

**Process:**

1. Marinate the Meat: Marinate chicken or lamb with yogurt, ginger-garlic paste, biryani masala, lemon juice, and salt. Leave for at least 2 hours.
2. Prepare Rice: Partially cook basmati rice with cloves, cardamom, and cinnamon.
3. Layering: In a heavy-bottomed pot, layer the marinated meat and partially cooked rice. Add saffron-infused milk, fried onions, and mint leaves between layers. Cook: Seal the pot with dough and cook on a very low flame for about 1 hour.
4. Serve: Let it rest before serving to let the flavors meld together.

- Malabar Parotta

Image of Malabar parotta:



Cooking Time: 1 hour (includes resting time)

Calories: Approximately 200 calories per serving.

Contents of Malabar Parotta (1 pc)	Quantity
Calories	244 gm,
Fat	11 gm
Carbohydrates	27.8 gm
Sugars	0 gm
Fibre	1.4 gm
Protein	7.74 gm
Sodium	242 gm
Cholesterol	0 mg
Potassium	112 mg

**Process:**

1. Prepare Dough: Mix refined flour, a little bit of sugar, salt, and water to make a soft dough. Knead well and let it rest for 30 minutes.
2. Shape the Parottas: Divide the dough into balls. Roll each ball into a thin sheet, then pleat it to form a long strip. Roll this strip into a round coil and then flatten it to form a parotta.
3. Cook: Heat a tawa (griddle) and cook each parotta until golden brown on both sides, applying a little oil.
4. Fluff Up: Once cooked, crush them gently between your hands to separate the layers.

These recipes bring out the rich diversity of Indian cuisine, showcasing flavours from different regions. Remember, the key to authentic taste lies in the freshness of the ingredients and the precision of the cooking process. Enjoy preparing these dishes!

Let's delve into the cooking process for each of the listed Indian beverages and dessert, complete with cooking time and estimated calorie information. These recipes will reflect traditional preparation methods, offering a genuine taste of Indian culinary culture.

- **Masala Chai**

Image of masala chai:



Cooking Time: 10 minutes

Calorie Information: Approximately 150 calories per serving (8 oz).

Contents of Masala Chai (200 ml)	Quantity
Calories	84 kcal
Fat	1.1 gm
Carbohydrates	15.8 gm
Sugars	11 gm
Protein	2.7 gm
Sodium	36 mg

**Ingredients:**

- Water: 1 cup
- Milk: 1 cup
- Black tea leaves: 1 tablespoon
- Sugar: 2 tablespoons (adjust to taste)
- Masala (spice mix): Cardamom, cinnamon, cloves, ginger, and black pepper

**Cooking Process:**

1. Boil 1 cup of water in a pot.
2. Add 1 teaspoon of the masala mix and 1 tablespoon of black tea leaves.
3. Simmer for about 2 minutes.
4. Add 1 cup of milk and 2 tablespoons of sugar.
5. Bring to a boil and then simmer for another 3-5 minutes.
6. Strain and serve hot.

- Lassi (Sweet or Salty)

Image of lassi:



Cooking Time: 5 minutes

Calorie Information: Approximately 200 calories per serving (8 oz) for sweet lassi. Salty lassi will contain about 120 calories per serving (8 oz).

Contents of Lassi (100 ml)	Quantity
Calories	79 kcal
Fat	2.2 gm
Carbohydrates	12 gm
Sugars	12 gm
Fibre	0.1 gm
Protein	2.3 gm
Sodium	29 mg
Cholesterol	8 mg
Potassium	117 mg

**Ingredients:**

- Yogurt: 2 cups
- Water: 1 cup
- Sugar: 4 tablespoons (for sweet) or Salt: 1 teaspoon (for salty)
- Optional for sweet lassi: Rose water or cardamom powder for flavor

**Cooking Process:**

1. Blend 2 cups of yogurt with 1 cup of water until smooth.
2. For sweet lassi, add sugar and optional flavorings like rose water or cardamom. For salty lassi, just add salt.
3. Blend again until all ingredients are well combined.
4. Serve chilled.

- Mango Lassi

Image of mango lassi:



Cooking Time: 10 minutes

Calorie Information: Approximately 250 calories per serving (8 oz).

Contents of Mango Lassi (100 ml)	Quantity
Calories	205 kcal
Fat	5.7 gm
Carbohydrates	33.8 gm
Sugars	33 gm
Fibre	0.3 gm
Protein	6 gm
Sodium	98 mg
Cholesterol	20 mg
Potassium	300 mg

**Ingredients:**

- Ripe mangoes: 2 (peeled and chopped)

- Yogurt: 2 cups

- Milk: 1/2 cup

- Sugar: 2 tablespoons (adjust to taste)

**Cooking Process:**

1. Blend the mango pieces until smooth.
2. Add yogurt, milk, and sugar to the blended mango.
3. Blend all the ingredients until smooth and creamy.
4. Serve chilled, garnished with a slice of mango or mint leaves.

- Chai (Indian Tea)

Image of chai:



Cooking Time: 10 minutes

Calorie Information: Approximately 150 calories per serving (8 oz).

Contents of Chai (180 gm)	Quantity
Calories	54 kcal
Fat	0.94 gm
Carbohydrates	10 gm
Sugars	9 gm
Fibre	0.6 gm
Protein	0.94 gm
Sodium	14 mg
Cholesterol	2 mg
Potassium	110 mg

**Ingredients:**

- Water: 1 cup
- Milk: 1 cup
- Black tea leaves: 1 tablespoon
- Sugar: 2 tablespoons (adjust to taste)

**Cooking Process:**

1. Boil 1 cup of water in a pot.
2. Add 1 tablespoon of black tea leaves.
3. Simmer for about 2 minutes.
4. Add 1 cup of milk and 2 tablespoons of sugar.
5. Bring to a boil and then simmer for another 3-5 minutes.
6. Strain and serve hot.

- Kulfi

Image of kulfi:



Cooking Time: Preparation time is about 30 minutes, with an additional 6 hours for freezing.

Calorie Information: Approximately 300 calories per serving.

Contents of Kulfi (1 pc)	Quantity
Calories	136 kcal
Fat	7 gm
Carbohydrates	15 mg
Sugars	14 gm
Fibre	0.5 gm
Protein	2.4 gm
Sodium	50 mg
Cholesterol	28 mg
Potassium	137 mg

**Ingredients:**

- Full cream milk: 4 cups
- Sugar: 1/2 cup
- Cardamom powder: 1 teaspoon
- Pistachios and almonds (chopped): 1/4 cup

**Cooking Process:**

1. Boil 4 cups of milk in a heavy-bottomed pan, stirring continuously.
2. Reduce the milk to half its volume, then add sugar and cardamom powder.
3. Simmer for another 5 minutes, then remove from heat.
4. Add chopped pistachios and almonds.
5. Pour into molds and freeze for at least 6 hours or overnight.

These recipes offer a glimpse into the rich and varied palette of Indian beverages and desserts, each bringing its unique flavor and tradition to the table.

Creating recipes with detailed cooking processes, including cooking time and calorie information, for innovative dishes that blend traditional Indian flavors with modern twists is a fascinating task. Here's a concise guide for each of the listed dishes:

- Quinoa Biryani

Image of quinoa biriyani:



Cooking Time: 40 minutes

Calories: ~350 calories per serving

Contents of Quinoa Biryani (100 gm)	Quantity
Calories	310 kcal
Fat	8 gm
Carbohydrates	57 gm
Sugars	2.7 gm
Fibre	2.5 gm
Protein	7.74 gm
Sodium	844 mg
Cholesterol	3 mg
Potassium	345 mg

**Ingredients:**

- 1 cup quinoa
- 2 cups vegetable broth
- 1 tbsp oil
- 1 onion, thinly sliced
- 1 tsp ginger-garlic paste
- 1/2 cup mixed vegetables (carrots, peas, beans)
- 1/4 tsp turmeric
- 1/2 tsp garam masala
- Salt to taste
- Fresh cilantro for garnish
- Saffron strands, soaked in warm milk (optional)

**Cooking Process:**

1. Rinse quinoa under cold water until the water runs clear.
2. In a saucepan, bring the vegetable broth to a boil. Add quinoa, reduce heat, cover, and simmer for 15-20 minutes, or until all liquid is absorbed.
3. Heat oil in a separate pan. Add onions and sauté until golden. Stir in ginger-garlic paste and mixed vegetables. Cook for 5-7 minutes.
4. Add cooked quinoa to the vegetable mixture. Sprinkle turmeric, garam masala, and salt. Mix well.
5. Garnish with fresh cilantro and saffron-infused milk for a touch of luxury. Serve hot.

- Avocado Chaat

Image of avocado chaat:



Cooking Time: 15 minutes

Calories: ~220 calories per serving

Contents of Avocado Chaat (100 gm)	Quantity
Calories	121 kcal
Fat	0.77 gm
Carbohydrates	30 gm
Sugars	22.4 gm
Fibre	4.5 gm
Protein	1.8 gm
Sodium	10 mg
Cholesterol	0 mg
Potassium	444 mg

**Ingredients:**

- 2 ripe avocados, diced
- 1/2 cup boiled chickpeas
- 1 small onion, finely chopped
- 1 tomato, deseeded and chopped
- 1 green chili, finely chopped (optional)
- 2 tbsp tamarind chutney
- 2 tbsp mint-cilantro chutney
- Chaat masala, to taste
- Sev (crispy chickpea flour noodles) for garnish
- Fresh cilantro, chopped

**Cooking Process:**

1. In a large bowl, combine diced avocados, chickpeas, onion, tomato, and green chili.
2. Add tamarind chutney and mint-cilantro chutney. Mix gently to avoid mashing the avocado.
3. Season with chaat masala according to taste.
4. Garnish with sev and fresh cilantro before serving. Enjoy immediately to prevent the avocados from browning.

- Paneer Lasagna

Image of paneer lasagne:



Cooking Time: 1 hour

Calories: ~450 calories per serving

Contents of Paneer Lasagna (100 gm)	Quantity
Calories	124 kcal
Fat	4.9 gm
Carbohydrates	13.5 gm
Sugars	3 gm
Protein	6.3 gm
Sodium	277 mg
Cholesterol	12 mg
Potassium	160 mg

**Ingredients:**

- 9 lasagna noodles, cooked
- 1 tbsp olive oil
- 1 onion, chopped
- 2 cups tomato pasta sauce
- 1 tsp garam masala
- 1 cup ricotta cheese
- 1 cup grated paneer
- 1 cup mozzarella cheese, shredded
- Fresh basil leaves

**Cooking Process:**

1. Preheat oven to 375°F (190°C).
2. Heat olive oil in a pan. Add onion and sauté until soft. Mix in tomato sauce and garam masala. Simmer for 10 minutes.
3. In a bowl, combine ricotta cheese and grated paneer.
4. In a baking dish, layer cooked lasagna noodles, paneer mixture, tomato sauce, and mozzarella cheese. Repeat layers.
5. Cover with foil and bake for 30 minutes. Remove foil and bake for an additional 10 minutes until cheese is golden.
6. Garnish with fresh basil. Let it rest for a few minutes before serving.

- Tandoori Chicken Pizza

Image of tandoori chicken pizza:



Cooking Time: 30 minutes

Calories: ~300 calories per slice

Contents of Tandoori Chicken Pizza (1 pc)	Quantity
Calories	180 kcal
Fat	5 g
Carbohydrates	25 gm
Sugars	0.11 gm
Fibre	1.1 gm
Protein	7 gm
Sodium	199 mg
Cholesterol	12 mg
Potassium	92 mg

**Ingredients:**

- Pizza dough (store-bought or homemade)
- 1/2 cup tandoori chicken, cooked and cubed
- 1/4 cup onion, sliced
- 1/4 cup bell pepper, sliced
- 1/2 cup pizza sauce
- 1 cup mozzarella cheese, shredded
- Fresh cilantro for garnish

**Cooking Process:**

1. Preheat your oven as per the pizza dough instructions.
2. Roll out the pizza dough on a baking tray.
3. Spread pizza sauce evenly over the dough. Top with tandoori chicken, onion, and bell pepper.
4. Sprinkle mozzarella cheese over the toppings.
5. Bake according to the dough's instructions, or until the crust is golden and cheese is bubbly.
6. Garnish with fresh cilantro. Slice and serve hot.

- Saffron Infused Kulfi

Image of saffron infused kulfi:



Cooking Time: 8 hours (including freezing time)

Calories: ~200 calories per serving

Contents of Saffron Kulfi (1 pc)	Quantity
Calories	92 kcal
Fat	4 gm
Carbohydrates	11 gm
Sugars	9 gm
Fibre	0.1 gm
Protein	1.6 gm
Sodium	26 mg
Cholesterol	0 mg

#### Ingredients:

- 2 cups full-fat milk
- 1/2 cup sugar
- A pinch of saffron strands
- 1/2 tsp cardamom powder
- Pistachios, chopped, for garnish

#### Cooking Process:

1. Heat milk in a heavy-bottomed pan. Once it comes to a boil, reduce heat.
2. Add saffron strands and sugar. Simmer on low heat until the milk is reduced by half, stirring frequently.
3. Remove from heat, add cardamom powder, and mix well. Allow to cool.
4. Pour the mixture into kulfi molds or small cups. Freeze for at least 7-8 hours, or until set.
5. To serve, warm the molds briefly, then unmold the kulfi. Garnish with chopped pistachios.

These innovative dishes offer a delightful twist on traditional Indian flavors, blending them with international ingredients and cooking techniques to create something uniquely delicious. The calorie counts provided are approximate and can vary based on specific ingredients and serving sizes.