

*CUISINE THE JAIN WAY*

*COVER PAGE*

PLACE HOLDER

PARIMA

# *Cuisine*

the **JAIN** Way

**Contents**

Contents ..... 3

Foreword  
Place holder  
Mita Prabhu

# *BASIC RECIPES*

# Red Sweet Chutney

## Ingredients

200 grams pitted dates  
100 grams tamarind (or ¼ cup tamarind pulp)  
1/2 tsp cumin seeds  
few fennel seeds (saunf) (optional)  
1/4 cup jaggery (Gur)  
1/2 tsp red chili powder  
1/4 tsp dry ginger powder (soonth) (optional)  
1/4 tsp black salt (kala namak)  
salt to taste

## Instructions

- Roughly chop the pitted dates. If you are using tamarind, remove the seeds from it.
- Dry roast cumin seeds and fennel seeds. Cool slightly and grind to a powder. Keep aside.
- Mix together dates, jaggery, tamarind (or tamarind pulp) in one cup of water. Cook on medium heat till it comes to a boil, reduce heat and continue to cook for six to eight minutes. Thereafter blend in a liquidizer and strain.
- Add cumin and fennel powder, red chili powder, dry ginger powder, black salt, salt to taste and mix well.

*Makes approximately 2 cups*

---

## Red Sweet Chutney (alternative version no cooking)

## Ingredients

2 tsp heaped tamarind paste  
2 tsp kala namak (sanchal)  
1 ½ tbsp. roasted jeera  
1 can jellied cranberries  
1- 24 oz. apple cinnamon sauce  
3/4 cup brown sugar  
2 cups water  
salt to taste

## Instructions

- Blend all the above ingredients in a blender until smooth. Add additional water if needed.

# Green Mint Chutney

## Ingredients

1 cup chopped mint leaves  
(phudina)  
1 cup chopped cilantro (dhania)  
2 tbsp roasted channa dal (dalia)  
3 green chillies, chopped  
2 tsp lemon juice  
salt to taste

## Instructions

- Grind all the ingredients to a smooth paste in a blender
- Store refrigerated and use as required.

*Tip: Green mint chutney can be stored in the refrigerator for up to 4 days and in the freezer for up to 15 day*

*Makes approximately 2 cups*

---

# Green Chutney

## Ingredients

3 bunches of coriander leaves  
5-6 hot peppers  
4 tbsp peanuts  
lemon juice to taste  
salt to taste

## Instructions

- Grind the peanuts (powder texture).
- Add all the other ingredients to the peanuts.
- Blend in food processor till smooth.
- Add slight water only if needed.

Makes approximately 1 cup

# Pani Poori Pani

## Ingredients

2 bunches fresh cilantro leaves  
4 bunches mint leaves  
10-12 green chillies  
1/4 cup lemon juice  
3 tbsp roasted jeera  
1 tbsp black pepper powder  
1/4 cup kala namak  
salt to taste  
add 4 ladles of red sweet chutney  
when done

## Instructions

- Blend all the above ingredients to a smooth paste.
- Strain the paste
- Add water according to taste

---

# Soft Paneer

## Ingredients

1 liter (1.75 pints) milk  
1 teacup curd

## Instructions

- Boil milk.
- As it come to a boil, add 1 teacup of curd and stir gently till all the milk curdles (using curd makes the paneer soft).
- Leave covered for some time and then strain through a muslin cloth.
- Make sure all excessive liquid is filtered out.
- The moist solid left in the cloth is paneer.
- Make it in cubes or crumbled as needed.

Tip: Never over curdle the milk as you will get a hard paneer after it is set.



# Golden Chutney

## Ingredients

1 cup peanuts  
10 - 12 small hot green chillies  
lemon juice - for blending  
salt to taste  
1/2 tbsp turmeric powder

## Instructions

- Grind all ingredients to a thick paste.
- Use lemon juice for the process for blending;

Note: *Do not add water.*

---

# Red Sambal Sauce (Tithi)

## Ingredients

10-12 dry red chillies  
2 tbsp lemon Juice  
salt to taste  
1 tsp red chilli powder  
2 tbsp of vinegar  
1/2 tbsp of cumin powder

## Instructions

- Soak the chillies for 5 to 6 hours.
- Grind the chillies with all the ingredients to make it into a fine paste.

# Mexican Hot Sauce

## Ingredients

4 tomatillos (golf ball sized), quartered  
1/2 apple (red delicious) peeled and quartered  
fresh jalapeno, roughly sliced  
1 tsp salt  
1 tsp dried oregano  
1 tsp cumin  
2 dried guajillo chilies  
30 dried arbol chilies  
2 tbsp white vinegar  
1 cup water  
1 tbsp cooking olive oil

## Instructions

- Heat the oil in a big saucepan; add the tomatillos, jalapenos, and apple and sauté for about 3 minutes.
- Add the salt, oregano, cumin and sauté for another 2 minutes.
- Cut the stems off the dried chilies, add them to the pot, along with water and vinegar and cook for a few minutes till soft.
- Cool and puree in the blender till smooth.

Note: *Makes 2 cups*

---

# Tomato Salsa

## Ingredients

1- 16 ounce can of Jain Tomato Puree  
6-8 plum tomatoes  
2 jalapenos (*quartered and sliced lengthwise*)  
2 tbsp of fresh chopped cilantro  
2 tsp white vinegar  
salt and sugar to taste  
1 tbsp olive oil  
lemon juice to taste

## Instructions

- In a food processor or blender, add all the ingredients except cilantro and olive oil.
- Pulse several times until it reaches the consistency you like.
- Add cilantro and oil and pulse 2-3 times.

# Enchilada/Chimichanga Sauce

## Ingredients

1 can crushed tomatoes (Pomi tomatoes are most healthy)  
1 tsp Jain taco seasoning  
1 tsp smoked chilli powder (chipotle, ancho or paprika)  
1/2 tsp black pepper powder  
1/2 tsp sugar  
1 tsp cornstarch mixed in little water

## Instructions

- Heat oil. Add all the ingredients and bring it to a boil.
- Lower heat and simmer for 10 minutes or till desired consistency.

---

## Taco Seasoning

## Ingredients

1 tbsp chilli powder (plain or chipotle)  
1/4 tsp crushed red pepper flakes  
1/4 tsp dried oregano  
1/2 tsp paprika (plain or smoked paprika)  
1½ ground cumin  
1/2 - 1 tsp sea salt  
1 tsp black pepper powder

## Instructions

- Blend all ingredients in coffee blender.
- Store in airtight container.
- Refrigerate for freshness of spices.

# Fajita Seasoning

## Ingredients

1/4 cup and 1 tbsp cornstarch

3 tbsp and 1 tsp chili powder

1 tbsp and 2 tsps salt

1 tbsp and 2 tsp paprika

1 tbsp and 2 tsp white sugar

1¼ tsp cayenne pepper

2 ½ tsp ground cumin

## Instructions

- Mix all the ingredients
- Add as per your spice level to sautéed veggies at the end.
- This can be mixed in advance and stored at room temperature for future use

*Makes 20 servings of 1 ounce each*

# Thousand Island dressing

## Ingredients

1 cup vegan mayonnaise  
1/3 cup Jain ketchup  
1/4 tsp salt  
3 tbsp sweet pickle relish  
2 tbsp. minced stuffed green olives

## Instructions

- Blend the ingredients thoroughly in a mixing bowl or blender.

### ***Serving suggestion***

*Spread one slice of bread with some mustard, the other slice with Thousand Island dressing.*

*Place the bread slices, dry side down, in a lightly oiled skillet.*

*Top one slice with avocado, and the other with sauerkraut.*

*Over medium heat, grill the sandwich until lightly browned and hot, about 5 minutes.*

*Put the sandwich halves together and enjoy!*

---

# Vegetable Broth

## Ingredients

2 tomatoes  
cabbage  
1 stick celery  
1 apple  
1 or 2 bay leaves  
1 tsp peppercorns  
5 cups water

## Instructions

- Mix all the vegetables to water and bring to a boil.
- Cover and simmer for 30 minutes.
- Strain and use the liquid in soups

# Marinara sauce

## <sup>1</sup> Ingredients

1 tbsp spoon olive oil  
1 (28-ounce) can whole peeled tomatoes  
1 bay leaf  
1/4 teaspoon salt  
pinch of sugar  
fresh thyme, basil, oregano, or other herbs  
parmesan cheese (optional- to garnish)

## Instructions

- Warm 1 tablespoon of olive oil over medium-high heat. .
- Add the tomatoes and their juices to the pan. Crush the tomatoes in your hand as you add them, or smash them against the sides of the pan with your spatula. Alternatively, you can cut the tomatoes with kitchen shears while they're still in the pan.
- Add the bay leaf, the salt, sugar and fresh herbs like thyme and oregano to the pan with the sauce. If you're adding basil, wait to add it until the end of cooking.
- Bring the sauce to a rapid simmer, and then lower the heat to medium-low to maintain a gentle simmer. Continue simmering until the sauce is slightly reduced and thickened, about 20 minutes.
- Remove the bay leaf and any herb stems. Serve the sauce immediately over pasta with a sprinkle of parmesan cheese.

*Tip: Leftovers will keep refrigerated for about a week or can be frozen for up to 3 months.*

---

# Marinara Sauce

## Ingredients

1 tbsp olive oil  
2 tbsp Italian parsley (chopped)  
1/2 tsp dried basil or few leaves of chopped fresh basil  
1 - 26 or 28 ounce crushed tomatoes can  
2 tbsp tomato sauce  
1tsp sugar  
salt to taste

## Instructions

- Heat oil in a saucepan
- Add the tomatoes, sauce, sugar, basil, parsley and salt.
- Boil and simmer.

***Option:*** You can use sprigs of parsley and basil. Remove and discard them after the sauce is made.

# White Sauce (Tithi)

## Ingredients

2 tbsp margarine  
2 tbsp plain flour (Maida)  
1 1/2 cups milk  
salt to taste  
freshly ground black pepper  
powder to taste

## Instructions

- Melt the margarine.
- Add the flour and cook on a slow flame for 2 minutes without browning, while stirring throughout.
- Remove from the heat and gradually add the milk. Mix until well blended.
- Return to heat and cook slowly, stirring continually until the sauce thickens.
- Add salt and pepper and mix well.

This makes about 1 ½ cup of thick coating sauce used for baked dishes. For thin pouring sauce, use 1 tbsp. of margarine and 1 tbsp. of flour to 2 teacups of milk.

*(Variation: Add 4-5 tbsp. of grated cheese to 2 cups of white sauce. Mix well).*

---

# Alfredo Sauce

## Ingredients

2 tbsp olive oil  
1 - 8 ounce low fat Philadelphia  
cream cheese  
3/4 cup grated parmesan cheese  
*(Organic Valley is Vegetarian-Jain)*  
1 ½ cup milk *(or according to  
desired consistency)*  
1/8 tsp black pepper powder  
1/4 tsp dried basil  
1 bay leaf (optional)

## Instructions

- Warm olive oil in a saucepan over medium heat.
- Add cream cheese and stir with wire whisk until smooth.
- Add milk, a little at a time, whisking to smooth out lumps.
- Stir in parmesan cheese, pepper and other spices.
- Remove from heat when sauce reaches desired consistency.

*Tip: Sauce will thicken rapidly, thin with milk if cooked too long*

# Pizza Sauce

## Ingredients

1-16oz can of Hunts tomato sauce with basil)

1 tbsp olive oil

2 tsp sugar

1 tsp basil leaves

1 tsp oregano leaves

1 tsp pepper

1/2 tsp crushed red pepper (optional; for spicy taste)

salt to taste

## Instructions

- Mix tomato sauce and all the ingredients (except oil).
- On medium high heat, let sauce simmer for a few minutes.
- Add olive oil to it and let it simmer again for 10-15 minutes till it gets slightly thick.
- Apply on pizza after sauce is completely cold.

*Note: This sauce thickens as it cools so do not over boil.*

*Makes enough to top 2 12" pizzas*

*Can be frozen for later use.*

---

# Pesto Sauce

## Ingredients

2 cups tightly packed fresh basil

1/4 cup olive oil

1/4 cup pine nuts or walnuts

1/2 cup parmesan cheese  
(Organic Valley is vegetarian-Jain)

salt and black pepper to taste

## Instructions

- In a food processor, first add the cheese and nuts and run the processor few times.
- Next, add basil, salt and pepper and pulse the processor on and off a few times.
- With the machine running, drizzle the oil at a steady stream. Process until well blended.

**Tip:** *The processor has to be stopped on and off a few times and push the mixture down into the blades with a wooden spoon.*

*Pesto can be frozen into ice cube trays and then stored in the freezer.*

*Taste great as a base sauce in white pizza, seasoning for rice, pasta and vegetables or mix with cream cheese and use as a spread in sandwiches.*



# Sun Dried Pesto Sauce

## Ingredients

1/3 cup sun-dried tomatoes **or**  
1 (7-ounce) jar sun-dried  
tomatoes in olive oil  
1/4 cup pine nuts or walnuts  
1 tsp hot pepper sauce or fresh  
cracked black pepper  
4 tbsp olive oil  
1/4 cup fresh basil  
1/4 cup parmesan cheese  
(Organic Valley is vegetarian)  
salt to taste

## Instructions

- Soak the sun-dried tomatoes in 1/2 cup of warm water in a bowl for 15 minutes. Drain and keep aside.
- Lightly roast the pine nuts.
- Blend the sun-dried tomatoes ,nuts, oil, basil and cheese in a food processor and blend until the tomatoes are finely chopped

Note: If you use a jar of sun dried tomatoes in olive oil then you will not need the extra 4 tbsp. olive oil)

*Makes approximately 1 cup*

*Uses: Can be used on pasta, sandwiches and base sauce for white pizza.*

---

# Marinated Jalapeno

## Ingredients

10-12 jalapeños  
lemon juice or vinegar  
2 tbsp of salt

## Instructions

- Wash the peppers and slice them into thin rings.
- Take a jar and place the peppers in it
- Add vinegar or lemon juice and salt to it.
- Keep it in a cool place and use it after 2 to 3 day

# Hummus (Tithi)

## Ingredients

200g boiled chick peas (Kabuli channa)

1 tsp sesame paste (you can use ready-to-use sesame paste or alternatively, soak sesame seeds in water for 30 mins, and grind it to make a paste)

1/2 tsp red crushed pepper

pinch of black pepper

1 tsp olive oil

salt to taste

lemon juice to taste

## Instructions

- Mix all the ingredients in blender until smooth paste.
- Sprinkle some chilli oil and serve

Serve with pita bread, corn chips, bread sticks etc.

*Makes approximately 2 bowls*

---

# Tahini

## Ingredients

1 cup yogurt\*

1/2 cup Daisy brand sour cream\*

2 tbsp of tahini paste (any brand)

1/2 cucumber chopped

2 green chillies

## Instructions

- \* Warm up the yogurt and sour cream in microwave for 30-40 seconds before using.
- In a food processor grind cucumber and green chillies
- Add yogurt, sour cream, tahini and salt.
- Grind for 2 – 3 minutes

*Makes approximately 2 cups*

# Recipe

Ingredients

Instructions

---

# Recipe

Ingredients

Instructions

# *Tithi RECIPES*

# Chole Kathi Rolls

Prep Time: 20 mins

Cooking Time: 30 mins

Serves: 4

## Ingredients

### **For Roti**

3/4 cup of all purpose flour

1/4 cup whole wheat flour

1/4 tsp salt

1 tbsp oil

1/3 cup of water

### **Filling:**

3/4 cup chickpeas

1½ tbsp channa dal

2 cardamoms

1" stick cinnamon

1 tea bag

4 tbsp oil

1½ tsp pomegranate (anardana) powder

1 tsp coriander powder

1/2 tsp chilli powder

1/2 tsp garam masala

3/4 tsp chole masala

1 tsp cumin seeds

salt to taste

### **For Roll:**

hot sauce

sweet red chutney

grated paneer

## Instructions

### **For Rotis:**

- In a bowl mix whole wheat flour, all purpose flour, salt and oil. Add water to make smooth dough, adjust the water as needed.
- Knead the dough on a lightly oiled surface. Dough should not be sticking to the fingers. Cover the dough and let it rest for about 10-15 minutes.
- Knead the dough again and divide into 6 equal parts.
- Take one part of the dough and press it both sides in dry flour this will help rolling. Roll it thin into about 9" diameter. If the dough sticks to the rolling pin or rolling surface, lightly sprinkle the dry flour.
- Heat the skillet over medium high. Place the roti over skillet for about half a minute, roti will change in color lightly and puff different places.
- Flip the roti over, and lightly press, flip it again roti should have light golden color on both sides.
- Remove the roti from the skillet. Roti is ready. Make all the rotis, cover and set it aside.
- Wash and soak chickpeas and channa dal for 6 to 8 hours (in the morning).
- Drain, wash again, add 1½ cups of water, cardamom, cinnamon and teabag and pressure cook.
- Discard the tea bag and strain the chickpeas.
- Heat the oil in a pan, add the cumin seeds and then all the dry masalas. Add the boiled chickpeas, salt and mix well.
- Cook on a medium flame for another 3 to 4 minutes till the liquid dries up. Keep aside.
- Heat a skillet; lightly roast the roti on the griddle by applying oil to both sides.
- Lower the heat spread some hot sauce and sweet red chutney on the roti.
- Sprinkle some paneer and chaat masala, then place the filling in the middle, and roll both the ends to make a roll.

*Tip: If short of time, use store bought tortillas.*

# Moong Dal Chillas

*Prep Time: 20 mins plus soaking*

*Cooking Time: 10 mins*

*Makes: 4 chillas*



## Ingredients

1 cup split green moong dal or yellow moong dal

1 tsp cumin powder

1/4 tsp black pepper powder

crushed red pepper flakes (as needed)

salt to taste

pinch of asafoetida

amchur or pomegranate powder (anardana powder)

3/4 cup grated paneer

oil for shallow frying

## Instructions

### **For the Chillas:**

- Soak the moong dal for at least 3 hours (in the morning).
- Add approximately 1/2 cup water and grind in blender.
- Remove and add crushed chillies, cumin powder, pepper powder, salt, pomegranate powder and asafoetida. Keep aside.

### **For the stuffing:**

- Heat the oil and fry the cumin seeds until they crackle.
- Add the grated paneer, crushed pepper, salt and fry for a few minutes and set aside.
- To proceed, spread a little moong dal mixture on a hot non-stick frying pan about the size of a tortilla.
- Smear a little oil around the mixture and cook for a few seconds.
- Turn over and cook the other side till light brown.
- Put some stuffing in the center and fold.

# Rajasthani Dal Pakora

*Prep Time: 30 mins plus soaking time*

*Cooking Time: 20 mins*

*Serves: 4 - 6*



## Ingredients

1/4 cup split moong dal  
1/4 cup green whole moong bean  
1/4 cup split black gram dal  
1/4 cup chori dal (Adzuki Beans)  
1/4 cup channa dal  
3-4 pieces of whole red chillies  
2 tbsp saunf (fennel seeds),  
crushed slightly  
2 tbsp coriander seeds, dry  
roasted and crushed slightly  
2 pinches asafoetida  
salt to taste  
oil for deep frying

## Instructions

- Rinse and soak all dals together for 4-6 hours (in the morning)
- Grind the soaked dal coarsely with the red chillies.
- Mix the rest of the ingredients (except oil) to the ground dal mix.
- Meanwhile, heat oil in a heavy bottomed pan or wok.
- Take a handful of ground batter and slowly slide it in the hot oil to make the fritters. Deep fry them till they are golden brown.
- Drain on paper towel before serving.
- Serve hot with sweet chutney and red hot chutney

# Moong dal Puris

*Prep Time: 20 mins plus soaking*

*Cooking Time: 20 mins*

*Serves: 4*



## Ingredients

1 cup split moong dal  
1 tsp cumin-coriander powder  
1 tsp garam masala  
2 ½ cups (approx.) whole wheat flour  
salt to taste  
2 tbsp oil or ghee  
oil for deep frying

## Instructions

- Soak dal in water for 2-3 hours. Drain and grind finely into a smooth paste with as little water as possible.
- Add the masalas, 2 tbsp oil or ghee and wheat flour.
- Knead to medium firm dough.
- Roll out into small puris and deep fry till golden brown.

### **Variation:**

- Instead of puris, you can make parathas with the same dough.
- Instead of split moong dal, urad dal can be used.
- If making parathas, you can stuff it with grated paneer.



# Paneer Stuffed Papad Rolls

*Prep Time: 20 mins*

*Cooking Time: 20 mins*

*Makes: 10 rolls*

## Ingredients

4-5 bikaneri papad - divide each papad into 2 pieces

### **For the filling:**

1/2 cup crumbled paneer

2 tbsp channa dal - boiled

1/4 tsp red chilli powder

1/4 tsp turmeric powder

1 tsp amchur powder

salt to taste

1 tbsp maida mixed in 2 tbsp water to a paste – to seal the rolls.

## Instructions

- Heat oil, sauté paneer
- Add the channa dal and all masalas and keep aside.
- Cut each papad into 2 pieces
- Soak one piece of papad in warm water for a few seconds. Remove and spread on a plate.
- Place 2 tbsp of masala on one side and roll into a roll.
- Seal edges with maida paste and refrigerate for 10 to 15 minutes.
- Repeat with all the papad pieces.
- In a frying pan, shallow fry the rolls till golden brown.

### Variation:

- Cut raw papad into tiny pieces or crush them and keep aside.
- Cut paneer into 2" triangular pieces.
- Dip in maida batter, roll into papad pieces and refrigerate for 10 to 15 minutes.
- Deep fry or shallow fry.

# Multigrain Pancakes

*Prep Time: 5 mins*

*Cooking Time: 20 mins*

*Makes: 14 – 16 medium sized*

## Ingredients

1 cup yellow corn (makkai) flour  
1 cup sorghum (jowar) flour  
1 cup millet (bajra) flour  
1 cup yogurt + little water to bind dough,  
2 tbsp of oil + extra for shallow frying/spray  
1 tsp baking powder  
1/4 tsp red crushed pepper (chili flakes) OR 1 tsp red chili sambal sauce  
1/2 tsp black pepper powder  
2 tbsp sesame seeds  
salt to taste

## Instructions

- Mix everything in a huge bowl. Make 14-16 equal portions. Set aside.
- On a plastic sheet, spray some oil, take one portion and tap it with wet hands to make thick disc (circles 3-4" in diameter).
- Lift other end of that plastic, in such a way that the disc easily comes out on your hand. Sprinkle some sesame seeds on the top.
- Place it on hot griddle, and cook both the sides, just as you would do in pancake.
- Spray some oil, to make it golden brown.
- Serve warm.

*(For Non-Tithi version, you can substitute red crushed pepper (chili flakes) with 4-5 finely chopped green chilies. You can also add finely chopped cilantro to the mix)*

*Multi grain pancakes can make a healthy breakfast or anytime snack. High in protein, low in cholesterol and fat, gluten free, it can be a good diabetic diet!*

# Dry Peanuts Chutney (Tithi)

## Ingredients

1 cup peanuts (without skin)  
5-6 dry red chili  
1/4 cup sesame seed  
1/4 cup whole dry coriander seeds (dhana)  
salt to taste  
red ground chilli powder

## Instructions

- Roast peanuts, sesame seeds, and red whole chili and coriander seeds.
- In a food processor, blend everything.
- Add red chili powder (for more spicy taste) and salt as per taste.

*Tip: You can store this in a bottle (refrigerate it) and use on Tithi days with food.*

*Makes approximately 1 cup*

---

# Rice Khichu

*Prep Time: 5 mins*

*Cook Time: 20 mins*

*Serves: 2*

## Ingredients

1 heaped cup rice flour  
2 ¼ cup water  
1 level tsp salt  
1 level tsp papad khara  
1 tsp cumin seeds  
1/4 tsp crushed red peppers

## Instructions

- Except for rice flour, mix all the other ingredients and heat it till it boils.
- Boil for a few more minutes.(the water becomes yellowish in color)
- Remove from fire, add the rice flour and mix it with a rolling pin (velan).

**Option 1:** Put this mixture in a microwaveable bowl. Cover with the lid and heat for 3 minutes. Sprinkle a little water, stir and heat again for 3 minutes. Repeat this step till the khichu is not sticky when you eat it.

**Option 2:** Make small donut shaped balls and steam in a steamer for about 12 - 15 minutes.

# Moong Flour Khichu

Prep Time: 5 mins

Cook Time: 10 mins

## Ingredients

1¾ cup water  
½ tsp asafoetida  
1 tsp red chilli powder  
1/4 tsp turmeric  
salt to taste  
2 tbsp oil  
1 cup moong flour

## Instructions

Serves: 2

- Heat the water and add all the seasonings and oil.
- Bring the water to a boil.
- On a low flame, Add flour gradually and keep stirring continuously.
- Cover & simmer for 4-5 mins.
- Sprinkle oil & red chilli powder or achar masala and serve hot.

# Khandvi (Microwavable)

## Ingredients

1 cup gram flour (chanadal/besan flour)  
2 ½ cup very thin buttermilk  
salt  
red crushed pepper (chilli flakes)  
pinch of turmeric powder

## Instructions

- Mix the gram flour with the buttermilk to make a paste (make sure that no lumps are formed).
- Add all the other ingredients.
- Cover it with the lid in a glass container and put in microwave for 5 min.
- Take out from the microwave, stir the mix again and put it in the microwave again for 3 minutes.
- Right away, spread on clean kitchen counter.
- After 15 minutes, rolls it to form long cylinders.
- Make even pieces and temper it with oil, mustard, sesame seeds and red chilli powder.
- Garnish it with fresh cilantro.

# Tofu Wraps

*Prep Time: 10 mins*

*Cooking Time: 15 mins*

*Serves: 4*

## Ingredients

### **For the filling:**

400gms extra firm or firm tofu  
(grated)

2 tsp red chilli powder

2 tsp salt

2 tsp cumin-coriander powder  
(dhana-jeeru)

1/2 tsp turmeric powder

### **For the Wrap:**

2 cups plain whole wheat flour

salt for making dough

oil for making dough

water for making dough

### **For the paste:**

2 tbsp vinegar

1/2 tsp red chilli powder

1/2 tsp chaat masala

## Instructions

- Knead the dough as you would make for rotis, using salt, oil and water, and keep aside.
- Heat 2 tsp oil on medium flame in a frying pan for a few seconds
- Add the red pepper, cumin-coriander and turmeric powder
- Add the grated tofu and stir without making lumps.
- Add salt to taste and take off the heat

To serve: Make the rotis on a non-stick pan using little oil - take it off the flame, spread the vinegar paste - add 3 tbsp of the tofu mixture - roll it like a wrap

- Heat again on the non-stick pan for 30 seconds
- Cut into half and serve.

# Israeli Couscous Khichadi with Peanuts

*Prep Time: 15 mins*

*Cooking Time: 15 mins*

*Serves: 3 - 4*

## Ingredients

1 cup uncooked Israeli Couscous  
(Pearl Couscous or Mograbiah)

1 tbsp oil

1/2 tsp cumin seeds

1/2 cup roasted peanuts, crushed  
lightly

1 tbsp lemon juice

1 tsp red crushed pepper (chilli  
flakes)

salt

sugar

lemon juice to taste

## Instructions

- Heat oil in a large nonstick skillet. Add couscous.
- Stir the couscous on low heat till it turns color and becomes light brown.
- Add 2 cups water. Bring to a boil.
- Reduce heat, cover the skillet and simmer till all the water is absorbed, 5-7 minutes. (adjust water quantity accordingly so couscous is not mushy).
- Spread it on a wide plate and let it cool completely.
- In a nonstick pan, heat the oil and add cumin seeds.
- When they start to sizzle add red chilli flakes, peanuts, the cooked Israeli couscous, lemon juice, sugar and salt.
- Stir well. Turn off heat. Adjust lemon juice, salt and sugar according to taste.

***Note:*** *If Israeli couscous is not available you can use any small sized pasta available. Cook al dente and proceed as above.*

# Oats Dosa

*Prep Time: 8-10 hrs soaking*

*Cooking Time: 5 mins*

## Ingredients

1 cup basmati rice  
1 cup urad dal  
1 cup rolled oats  
water to soak

## Instructions

*Serves: 4-6*

- Wash the dal and rice thoroughly.
- Soak them together for about 8 hrs.
- Soak the rolled oats in little water in separate bowl.
- When ready to grind, you can grind them together and then leave it for fermentation. (It will ferment faster due to the oats).
- When ready prepare it like normal dosas (due to oats it uses very little oil) and relish with sambar and your favorite coconut chutney.

# Dahi Idli

*Prep Time: 20 mins*

*Cooking Time: 5 -10 mins*

## Ingredients

1 cup whisked yogurt  
1½ cup idli cubes  
½ tsp powdered sugar  
salt to taste  
2 tsp ghee  
1 tsp mustard seeds  
1 tsp cumin seeds  
3 round red chillies (boriya mirch) or long dry red chillies  
1/4 tsp asafoetida

## Instructions

*Serves: 2*

- Combine the yogurt, powdered sugar, ¼ cup of water and salt in a bowl and mix well. Keep aside.
- Heat the ghee in a small pan and add the mustard and cumin seeds.
- When the seeds crackle, add the round red chillies, and asafoetida and sauté on a medium flame for a few seconds.
- Pour this over the curds mixture and mix well.
- Arrange the idlis on a serving plate; pour the curd mixture evenly over it.
- Serve immediately.

# Sooji and Vermicelli Idli

*Prep Time: 15 mins*

*Cooking Time: 30 mins*

*Serves: 4*



## Ingredients

1 cup sooji (semolina)  
2 cups broken vermicelli  
(preferably roasted)  
2 tbsp cashew nuts, broken into  
small pieces  
1 cup beaten fresh yogurt  
4 tbsp of oil  
1 tbsp fruit salt (eno)  
**For tempering:**  
2 tsp urad dal (black gram dal)  
1/4 tsp red crushed pepper  
1/8 tsp asafoetida (hing)  
1 tbsp oil

## Instructions

- Heat 2 tbsp of oil in a broad vessel and fry the cashew nuts until golden. Remove and set aside.
- In the same oil, fry the sooji on a low heat until golden brown in color. Remove and keep aside.
- In the same vessel, add the remaining oil and roast the vermicelli until golden brown in color. (If the vermicelli is 'roasted', it will take very less time).
- Mix the sooji, vermicelli, cashew nuts, yogurt, salt and enough water to form a batter of a dropping consistency. Keep aside.
- Heat the oil in a small pan and fry the urad dal in it until it begins to crackle.
- Add the red crushed pepper and asafoetida.
- Add this mixture to the idli batter. Mix well.
- Add the fruit salt, sprinkle little water over it and mix gently.
- Prepare the idlis by filling the batter in the cavities of a greased idli vessel and steam them for approximately 12 minutes.
- Serve hot with coconut chutney.

*Note: For Non-Tithi version, you can substitute red crushed pepper with 4-5 finely chopped green chilies.*

*Instant idlis that do not require any fermentation.*



# Medu Vada

*Prep Time: 15 mins plus 2 hrs soaking time*

*Cooking Time: 30 mins*

*Serves: 4 (8 vadas)*



## Ingredients

1 cup urad dal (split black lentils)

5-6 peppercorns

1/4 tsp ginger powder (soonth powder)

salt to taste

coconut oil or any other refined for deep-frying

## Instructions

- Clean, wash and soak the urad dal in enough water for at least 2 hours.
- Drain, add the pepper and ginger powder and blend in a mixer to a smooth batter, adding little water.
- Add the salt and mix well and divide the mixture into 8 equal portions. Keep aside.
- Wet your hand.
- Take a portion of the mixture in your hand.
- Flatten it slightly into a shape of a vada and make a hole in the centre with your thumb (wet it if needed) as in a donut.
- Heat oil in a medium to large frying pan over moderate heat; carefully drop the vadas in hot oil. Depending on the size of the pan, you can drop 4-5 vadas.
- Deep fry the vadas till both sides turn golden brown in color.
- Repeat with rest of the vadas.
- Drain on absorbent paper. Serve hot with coconut chutney and sambhar.

*Note: (Non Tithi version: In step 2, you can add 3 green chillies and 5-6 curry leaves).*

# Coconut Chutney (Tithi)

## Ingredients

1 cup dry coconut  
3/4 cup roasted channa dal (dalia dal)  
2-3 dry red chillies  
milk or yogurt - warm it and then use it  
salt to taste

## Instructions

- Grind the daaliya dal and then set it aside.
- Grind the dry coconut and red chillies.
- Add the milk or yogurt to the ground dal, coconut and red chilli mix and blend the mix well.
- Add salt to taste. Mix it all.

### **For the tempering:**

- Heat oil, add urad dal, mustard seeds. when it crackles, add dry red chillies and a pinch of asafoetida.
- Pour the tempering on the chutney.

*Note: warm the yogurt prior to using*

---

# Coconut Chutney

## Ingredients

coconut fresh/frozen - 1 bowl  
daariya ni Dal - 3/4 bowl  
cilantro - 3/4 bowl  
green chillies - 2 to 3  
yogurt/lemon juice - if you use yogurt then warm it up and then use  
pinch of soonth powder (optional)  
salt to taste

## Instructions

- Mix all the ingredients in a blender except for the yogurt.
- Blend it and add water as needed
- Add yogurt or lemon juice at the end and then blend a little once more

### **For the tempering:**

- Oil, Cumin seeds, Urad Dal, Curry Leaves and Mustard seeds (optional)
- Pour the tempering on the chutney.

*Note: warm the yogurt prior to using*

# Sambhar

*Prep Time: 15 mins*

*Cooking Time: 20 mins*

*Serves: 4*

## Ingredients

1 cup toor dal  
2 tbsp sambhar masala or sambhar paste (MTR brand)  
2-3 red whole chillies  
1 tsp fenugreek (methi) seeds  
1/2 tsp red chilli powder  
1/4 tsp turmeric powder  
1/2 tsp of cumin-coriander powder  
pinch of asafoetida  
1/4 tsp mustard seeds  
salt as per taste  
2-3 pieces of tamarind or 3-4 whole kokum  
1 tbsp of oil

## Instructions

- Wash toor dal and pressure cook it with fenugreek seeds.
- Blend it with the hand blender to a thin-puree like consistency.
- Heat oil in a vessel and add mustard seeds and urad dal allowing it to crackle and urad dal to turn golden yellow.
- Add aesafoetida, red chilli powder, cumin-coriander powder, turmeric powder and MTR sambhar powder or paste.
- Add the dal to this right away.
- Add salt, tamarind or cocum and let it cook (simmer) for 15-20 minutes until it taste like perfect Sambhar.

*Tip: Serve hot with Idlis/ Dosas/ Medu vada.*

# Lemon Rice

*Prep Time: 2mins, including soaking time*

*Cook Time: 25 mins*

*Serves: 2*



## Ingredients

1 cup basmati rice (full grain rice)

3 cups water

Salt to taste

### **For Tempering:**

1 tbsp ghee or oil

2 tbsp whole peanuts

1/2 tbsp cumin seeds (jeera)

2 dried guajillo chillies

1/4 tsp turmeric powder (haldi)

1 tsp urad dal

1 tsp channa dal

1/2 cup lemon juice

## Instructions

- Wash 1 cup of rice with water.
- Soak it for 30-45 minutes and then cook it in such a way that the grains of rice are separated and don't stick to each other. Steamed Rice is ready.
- Let it cool down, so it is dry and rice grains remain separated.
- Heat ghee in a pan and add jeera, urad dal, channa dal and peanuts.
- Roast till golden and crisp.
- Add chillies, turmeric powder and steam rice to it.
- Add salt and lemon juice and mix them gently.

*Tip: Serve hot with yogurt (curd) or pickle.*

*Note: Non-Tithi Variation: You can use split green chillies in place of dried guajillo chillies and add curry leaves for tempering. Garnish with chopped coriander.*

# Bise Bela Rice

*Prep Time: 10*

*Cooking Time: 20- 25 mins.*

*Serves: 6*



## Ingredients

### **To Be Ground to a Paste:**

1 tsp. sesame seeds (til)  
1/2 tsp. fenugreek (methi) seeds  
1 tsp. cumin seeds (jeera)  
1 tsp coriander (dhania) seeds  
few black peppercorns (kalimirch)  
1/2 cup dry coconut  
2 whole dry kashmiri red chillies

### **Other Ingredients:**

1 ½ cups rice  
1 cup toor dal  
1 ½ tbsp tamarind (imli) pulp  
1 tbsp sambhar masala or MTR  
Bisibela rice masala  
1 tsp. chilli powder  
1/2 tsp turmeric powder  
salt to taste

### **For Tempering:**

1 tsp mustard seeds  
pinch of ssafeotida (hing)

## Instructions

- Pressure cook the dal and keep aside. Make sure the dal is not overcooked.
- Heat 1 tbsp ghee in a deep pan; add the grounded paste and sauté for 4 minutes.
- Add the tamarind pulp, sambhar masala, chilli powder, turmeric powder and salt and mix well.
- Add the washed rice, cooked dal and 5-6 cups of water, mix well and cook till the rice is cooked.
- For tempering, heat some oil and add the mustard seeds.
- When the seeds crackle, add the asafoetida and remove from the flame and pour over the rice.
- Serve hot with papads.

*Note: Non Tithi Version:*

*In step 4, you can add 100 grams chopped mixed vegetables (green beans, cauliflower, peas) and*

*In step 5, you can add curry leaves once the mustard leaves start to crackle.*

# Tamarind Rice

*Prep Time: 15 mins*

*Cooking Time: 10 mins*

*Serves: 4*

## Ingredients

### **To be ground into a powder:**

1 ½ tsp channa dal

1 ½ tsp urad dal

1 ½ tsp coriander seeds

3 to 4 whole dry Kashmiri red chillies, broken into pieces

2 tsp sesame seeds

### **For tempering:**

1 tbsp coconut oil or any other refined oil

1 tsp channa dal

1 tsp urad dal

½ cup peanuts

pinch of asafoetida

¼ tsp turmeric powder

### **Other:**

½ cup tamarind pulp

2 ½ cups cooked rice

salt to taste

lemon juice to taste

red chilli powder to taste as per preferred spice level

## Instructions

- Heat a small pan, add all the ingredients, and dry roast on a slow flame for 5 minutes or till they turn golden brown in color, while stirring continuously. Keep aside.
- When cool, blend in a mixer to a fine powder. Keep aside.
- Heat the oil in a kadhai, add the peanuts and sauté on a slow flame for 4 to 5 minutes or till they turn light pink in color while stirring continuously.
- Add the channa dal, urad dal, asafoetida and turmeric powder, and mix well.
- Sauté on a medium flame for a minute, while stirring continuously.
- Add the tamarind pulp, mix well and cook on a medium flame for 2 minutes or till the mixture thickens.
- Add the prepared masala, rice and salt and toss gently.
- Add lemon juice and chilli powder as needed as per taste.
- Serve hot- plain or with yogurt.

# Gatte ki subzi

*Prep Time: 15 mins*

*Cooking Time: 45 mins*

*Serves: 4*

## Ingredients

2 cups chickpea flour (gram flour / besan)

3 tbsp of oil

1/4 tsp turmeric powder

1/4 tsp cumin-coriander powder (dhana-jeera)

1/4 tsp red chilli powder

pinch of asafoetida

salt to taste

1/3 cup water to make dough

6 cups water

### **For Gravy**

2 tbsp of oil

1 tsp cumin seeds

1/2 tsp turmeric powder

1/4 tsp red chilli powder

1/2 tsp cumin-coriander powder (dhana-jeera)

salt and asafoetida to taste

1 cup yogurt to be warmed up (add more or less as per your taste)

2 cups of water (add more or less as per the consistency you like)

### **For Seasoning**

4 tbsp oil. 1/2 tsp cumin seeds, a pinch of asafoetida

## Instructions

### **For Gatta**

- Mix all the ingredients for Gatta in a mixing bowl and gather into a soft dough, adding a little water if needed. At this point the dough will be a bit sticky; wetting your fingers with oil or water will help.
- Divide the dough into six parts and roll each one between your palms into a 6- inch long cylinders and 3/4 inch in diameter. If it sticks to your palms, apply a little oil before rolling.
- Bring 6 cups of water to a boil in a pot. Gently drop the rolled dough cylinders into the boiling water. Boil for 10-15 minutes until they begin to float up to the surface. Stir gently to prevent them from sticking to each other.
- Remove them from the water and let them cool.
- Slice the logs into approx. 1/2 inch pieces. Set them aside.

### **For the Gravy:**

- Beat the yogurt, add salt and turmeric powder.
- Smash some gattas with your hand and add to the yogurt. This will give thickness to the gravy.
- Mix everything well and then add water slowly as per the consistency you want. Bring this whole mixture to a boil.
- Add the prepared gattas to the mixture and cook on low-medium heat for 10-12 mins.

### **For Tempering:**

- Take a pan and heat the oil.
- Once the oil is hot, add cumin seeds. As the cumin seeds starts to crack, add asafoetida.
- Switch off the gas and now add red chili powder.
- Pour little water in this mixture, and immediately pour this seasoning over the Gatta Yogurt gravy.

**Note:** Take care the seasoning does not burn. This is done towards the end so the seasoning looks decorative when it floats over the yogurt gravy.

# Puran Poli (Tithi)

Serves: 2

## Ingredients

### **Ingredients:**

1½ cup toor dal

1/4 cup jaggery (gud)

1/2 tsp. cardamom (elaichi) powder

1/4 tsp freshly ground nutmeg

### **For Roti:**

1/2 cup wheat flour

1 tsp oil

salt to taste

ghee for frying



## Instructions

### **For Roti:**

- Mix flour, salt and oil and knead it into a soft dough using water. Divide the dough in two equal balls.

### **For Stuffing:**

- Wash toor dal and pressure cook it for 3-4 whistles.
- Take the mashed dal and add grated jaggery and elaichi powder to it.
- Microwave it for 4-5 mins (with intermittent mixing) till all water is absorbed and stuffing becomes dry.
- Mix the nutmeg powder to the stuffing

### **To make Puran Poli:**

- Roll out dough ball into small chapatti and add 1 tbsp. stuffing in it.
- Cover the mixture by drawing up the edges towards the center.
- Roll out the ball into a round paratha as large as a saucer.
- Heat a tawa and place the paratha on it.
- Cook the paratha adding ghee till golden brown on both sides.
- Repeat the procedure with remaining dough balls and stuffing.
- Serve hot.



# Papad nu Shaak

*Prep Time: 5 mins*

*Cooking Time: 10 mins*

*Serves: 2*

## Ingredients

3 moong papad (mug na papad)

1 tsp oil

1/2 tsp mustard (rai) seeds

1/2 tsp cumin (jeera) seeds

1/2 tsp fenugreek (methi) seeds

1 cup water

1/2 tsp red chili powder

1/2 tsp cumin coriander  
(dhaniya- jeera) powder

salt to taste

## Instructions

- Heat oil in a pan and add mustard seeds and methi seeds to it.
- When it starts crackling add cumin seeds, water, red chilli powder, coriander-cumin and salt to taste.
- Once water starts boiling, add pieces of papad and let it cook for a minute or two (until papad absorbs almost all water).
- Remove from the flame and serve hot with roti.

# Panchvati Dal - Gujarati style

*Prep Time: 10 mins*

*Cooking Time: 20 mins*

*Serves: 4-6*

## Ingredients

1/4 cup moong dal  
1/4 cup masoor dal  
1/4 cup tur dal  
1/4 cup urad dal  
1/4 cup channa dal  
1 tsp garam masala  
1/4 tsp turmeric powder  
1/4 tsp red chilli powder  
pinch of dry ginger powder (soonth)  
freshly squeezed lemon juice  
salt to taste

## **For the seasoning**

1 tbsp ghee (or canola oil)  
1/2 tsp mustard seeds  
1 tsp cumin seeds  
2-3 dried red chillies  
pinch of asafoetida

## Instructions

- Mix all of the dals, wash them gently and soak for 30-45 minutes.
- Add some water & cook it in pressure cooker for up to 2 whistles. Keep aside.
- Heat oil, add mustard seeds and let it splutter, then add cumin seeds, red chillies, and asafoetida.
- Now add ginger powder.
- Add boiled dals, salt, turmeric, red chilli powder, garam masala, and bring it to one quick boil.
- Finally add freshly squeezed lemon juice.
- Enjoy this multi-legume dal with steamed basmati rice /roti/paratha/naan.

*(For Non Tithi version, you can add chopped tomatoes along with ginger powder in step 4 and let it cook for a few minutes. Garnish it with finely chopped cilantro in step 6)*

# Fada Khichadi

*Prep Time: 10 mins*

*Cooking Time: 20-25 mins*

*Serves: 4*

## Ingredients

1 cup broken wheat (gehun ka fada)

1/4 cup rice

1/4 cup split pigeon peas

1/4 cup split green beans without skin

1/4 cup black eyed beans (white)

1/4 tsp turmeric powder

4 cups water

salt to taste

### **FOR THE TEMPERING**

1 tsp red chilli powder

1 tbsp carom seeds

3-4 red dried chillies (boria marcha)

3-4 black peppercorns

3-4 cloves

2 cinnamon sticks

1/4 tsp asafoetida

3 tbsp ghee or oil

## Instructions

- Separately wash the rice, beans and grains thoroughly. Drain and keep aside.
- In a pan, bring water to a boil. Add the rice, beans, grains, salt and turmeric powder. Mix well.
- On a low flame, melt ghee in a ladle. Add carom seeds, red chillies, cinnamon, cloves, peppercorns, and asafoetida. Add tempering to the grains. Stir well.
- Pressure cook up to 4 whistles. Toss khichdi. Serve hot.
- Tastes delicious with fresh curds and methi ka masala.

*(Non Tithi Version: You can add 4 slit green chillies and curry leaves for tempering in step 3 and garnish with freshly chopped cilantro)*

# Biranj

*Prep Time: 30 mins for soaking*

*Cooking Time: 25 mins*

*Serves: 4*

## Ingredients

1 cup uncooked rice  
2 cups water (for boiling)  
3 cinnamon sticks  
4 cloves  
1/2 cup sugar  
pinch of saffron paste  
pinch of cardamom powder  
pinch of nutmeg powder  
1 tablespoon ghee

## Instructions

- Wash rice thoroughly. Soak it for 30 minutes. Drain and keep aside.
- In a pan, melt ghee on a low flame. Add cinnamon and cloves. As they crackle, add rice. Gently stir for 5 minutes. Add water. Cook.
- To par boiled rice, add sugar, saffron paste, and cardamom and nutmeg powders.
- Simmer and stir till the sugar dissolves.
- Cover. Cook for 13-15 minutes till the rice is tender.
- Garnish and serve hot.

# Ragda Patties (Common for Tithi and Regular)

Prep Time: 15 mins

Cooking Time: 30 mins

Serves: 2-3

## Ingredients

### **For Patties (For Tithi)**

1 cup sooji (rawa)

2 cups water

1/4 tsp red crushed pepper or 1  
tsp red chilly sambal sauce

1/2 tsp garam masala Powder

salt to Taste

pinch of sugar

1/4 tsp of lemon juice

Oil for shallow frying

### **For Patties (Non-Tithi/Regular)**

3 raw bananas

1 green chilly (finely chopped)

1 tsp garam masala powder

1 tbsp cilantro (finely chopped)

salt to taste

oil for shallow frying

1/2 tsp turmeric powder

**Cont'd next page**

## Instructions

### **For Tamarind Water:**

- Soak around 50 grams (1 tbsp) of tamarind in a cup of water for half an hour (alternatively, microwave it for 2 minutes) just to soften the tamarind.
- Squeeze out the pulp of tamarind into the water and strain it. Residual water is tamarind water ready to use.

### **Patties (Tithi Version)**

- Add all ingredients to the water except sooji (rawa) and bring it to a boil. Let it simmer for 5 minutes.
- Add the sooji in it. Mix it well to avoid lumps. Turn off the gas.
- Once cool, divide the stuffing in 8-10 parts (depending on the preferred size of the patties) and make each part into a ball and press them flat to shape it into patties.

### **Patties (Non-Tithi/Regular)**

- Boil bananas into a pressure cooker for 3 whistles and let it cool down.
- Remove the skin and mash boiled bananas into a bowl.
- Add green chillies salt, cilantro, and garam masala powder. Mix all the ingredients very well.
- Divide the stuffing into six parts and make each part into a ball and press them flat to shape it into a patties.
- Heat the tawa and shallow fry the patties adding oil till it is golden brown from both the sides

# Ragda Patties (Common for Tithi and Regular) con'td from prior page

## Ingredients

### **For Ragda: (Common for Tithi and Regular)**

1 cup dry white peas (Vatana)

1 tbsp oil

1/2 tsp mustard seeds

1/2 tsp cumin seeds

1/2 tsp asafoetida

1 tbsp tamarind water\*

1 tsp jaggery

salt to taste

1 tsp Red chilli powder

1/2 tsp turmeric powder

### **For Serving:**

red pepper chutney (or Green chutney for Non-Tithi/Regular)

sweet chutney

thin sev

chopped cilantro (for Non-Tithi)

chaat masala

## Instructions

### **Ragda (Common for Tithi and Regular)**

- Wash and soak dried white vatana for 8-10 hours.
- Boil them in a pressure cooker adding salt (around 4-5 whistles). Check if vatana is boiled properly or else pressure cook it for some more time.
- Drain all the water from the vatana and collect it in a different bowl.
- Heat oil in a pan and add mustard seeds and cumin seeds.
- Once they start to crackle, add asafoetida, boiled vatana, tamarind water, jaggery, salt, turmeric and red chilli powder.
- Mix it well; add drained water as needed to make it to a saucy consistency. Bring the mixture to a boil and remove it from the flame.

### **Serving:**

- Place three patties in a bowl and pour two tbsp of ragda on it.
- Add chutneys, sev and chopped cilantro.
- Sprinkle chaat masala and serve hot.

# Paneer Tikka Kathi Rolls (Tithi)

Prep Time: 15 mins

Cooking Time: 5 mins

Makes: 4 rolls

## Ingredients

4 whole wheat chapattis

red chutney (for Tithi)

oil for cooking

### **For paneer tikkas**

1 cup paneer (cottage cheese), cut into 50 mm. (2" ) cubes

1/4 cup thick yogurt

1/4 tsp dried ginger (soonth) powder

1 tsp chilli powder

1/2 tsp garam masala

1 tbsp all purpose flour (maida)

2 tbsp oil

salt to taste

## Instructions

### **For the paneer tikkas:**

- Combine the yogurt, dry ginger powder, chilli powder, garam masala, plain flour, salt and 1 tbsp of oil and mix well to prepare a marinade.
- Add the paneer pieces to it mix gently and keep aside to marinate for 8-10 minutes.
- Heat 1 tbsp of oil on a non-stick griddle and sauté the paneer tikkas on all sides till they are lightly brown (approximately 4 to 5 minutes). Keep aside.

### **How to proceed**

- Apply 1 tbsp of red chutney on each chapatti.
- Put the paneer tikka filling equally in the center of each chapattis and roll up tightly.
- When you want to serve, cook the rolls on a hot griddle using little oil.
- Cut into 50 mm. (2") long
- Serve hot.

*Tip: Chutney should be thick for spreading*

# Paneer Makhani

*Prep Time: 10 mins*

*Cooking Time: 15-20 mins*

*Serves: 4*

## Ingredients

1 cup paneer\* (cottage cheese)  
cut into ½ inch cubes

¾ cup yogurt

1 tsp salt

1 tsp sugar

½ cup cashews

5 red chillies

2 green cardamoms

½ inch sticks cinnamon

2 cloves

1 tsp ginger powder (soonth)

4 tbsp oil

## Instructions

- Blend yogurt with salt, sugar and one red chilli to a smooth paste.
- Make a paste of cashews and three chillies and set aside. Chop one chilli and set it aside.
- Heat ½ tbsp oil in a non-stick pan.
- Add paneer and sauté for three minutes and sprinkle salt on it. Remove and keep aside.
- Heat remaining oil in a non-stick pan.
- Add cardamoms, cinnamon, cloves and ginger powder and sauté for a minute.
- Add cashew-chilli paste and stir on low heat for two minutes.
- Add yogurt-chilli paste and keep stirring till the mixture thickens.
- Add salt, chopped chilli and cover and cook for a minute. Add the paneer and keep stirring slowly.
- Remove and serve hot with puris or parathas.

*\*refer to Basic Recipe section for fresh homemade paneer*



# Khoya Kaju

*Prep Time: 10 mins*

*Cooking Time: 20 mins*

*Serves: 4*

## Ingredients

1/2 cup cashews  
1 cup makhana  
1 tsp ginger powder (soonth)  
1 cup heavy whipping cream or 2 cups whole milk  
salt to taste  
1 tsp sugar  
1 tsp ghee  
**For Grinding:**  
1 cup makhana  
1/2 cup peanuts  
4 red chillies (adjust as per spice level)  
1 cup milk

## Instructions

- Mix and boil the ingredients for grinding for about 5 minutes.
- Let it cool and then grind to a fine paste.
- In a non-stick pan warm ghee.
- Add cashews, makhana and roast till light pink in color. (Keep the flame low otherwise cashews will burn)
- Add the peanut paste, ginger powder, salt, sugar and cream/milk.
- Boil for few minutes stirring occasionally. Adjust the consistency of the curry by adding more milk if required.
- Serve hot with parathas.

## Variation:

- You can substitute makhana in the actual curry with boiled green vatana (kathol) with some garam masala and make peas-kaju curry.
- For non-tithi you can use green chillies instead of red and garnish with fresh chopped cilantro.

# Rajma Cheese Parotha

*Prep Time: 15 mins plus 5 hrs soaking*

*Cooking Time: 20 mins*

*Makes: 4*

## Ingredients

1 cup of whole wheat flour  
1 tbsp oil  
salt  
1/4 cup of red kidney beans (rajma) soaked for 5 hours  
1 tsp lemon juice  
1/4 tsp turmeric powder (haldi)  
1 red chili powder (according to spice level)  
1 tsp cumin-coriander powder  
1 tbsp garam masala  
1 tsp oil  
salt to taste  
4 tbsp grated cheese

## Instructions

### **Dough—Procedure:**

- Combine all the ingredients and knead into soft dough using enough water.
- Divide the dough into 4 equal portions.
- Roll out each portion into a 200 mm. (8") diameter circular chapatti.
- Cook each chapatti lightly on both sides on a hot tava (griddle) and keep aside.

### **Rajma Filling—Procedure:**

- Drain the rajma, add 2 cups of water and pressure cook for 4 to 5 whistles till the rajma is overcooked.
- Drain any excess liquid and keep aside.
- Heat the oil in a pan
- Add turmeric powder, chili powder, coriander powder, garam masala then add drained rajma, mix it well.
- Add salt and lemon juice and continue cooking till the mixture is dry.
- Keep aside to cool slightly. Divide into 4 equal portions.

### **How to Proceed:**

- Place one chapatti on a dry surface and spread one portion of the rajma on half of the chapatti and sprinkle cheese on the filling.
- Now fold the chapatti and seal the edges with a little water.
- Cook on both sides, using a little oil till the parathas are golden brown.
- Serve hot.

# White Baked Pasta

*Prep Time: 10 mins*

*Cooking Time: 20 mins*

*Serves: 4*

## Ingredients

16 oz pasta of your choice

red crushed pepper (chilli flakes)  
(optional)

grated cheese or paneer for  
garnishing (optional)

salt to taste

black pepper to taste

## Instructions

- Boil pasta as per package instructions.
- While pasta are boiling, in a saucepan prepare the white sauce\*
- Drain the pasta.
- Sauté the pasta for 3-4 minutes in olive oil. Add salt (if desired), black pepper and red crushed pepper as per taste.
- In baking dish, pour a layer of some white sauce, add pasta and then top it with a layer of remaining white sauce.
- Sprinkle some grated cheese or paneer and bake for 10 minutes at 350F.
- If you do not have time to bake, you can just mix the sauce with the pasta and cook for 5 minutes stirring continuously.

*\* refer to the Basic Recipe section for the White Sauce recipe*

### **Variations:**

*If using noodles, keep the sauce little thin.*

*If making Mac and Cheese you can add little turmeric to the sauce to give the color.*

*For cheese, you can use the homemade cheese/vegan cheese.*

# Bean Burrito

*Prep Time: 10 minutes plus extra for soaking the beans*

*Cooking Time: 15 mins*

*Serves: 2*

## Ingredients

1 cup boiled black, pinto or red kidney (rajma) beans

1/2 tsp oil

Grated homemade cheese or paneer for garnishing (optional)

**Taco Seasoning Mix** (20 servings of 1 ounce):

2 tbsp chilli powder

1/2 tsp crushed red pepper flakes

1 tsp paprika

1 tbsp ground cumin

2 tsp sea salt

2 tsp black pepper

Mix all the above and store in an airtight container.

## **Tortillas:**

1/2 cup all purpose flour (maida) or wheat flour

1/4 cup milk

salt to taste

## Instructions

### **For Tortilla:**

- Mix all the ingredients and knead to soft dough.
- Divide into 4 equal balls and flatten it to 4 tortillas.
- Roast individual tortilla very lightly from both side on hot griddle and keep aside.

### **For Beans:**

- Take oil in a pan, add beans, salt and 1 tbsp taco seasoning (adjust as per taste), boil and keep aside.

### **How to proceed:**

- Slightly roast the tortillas on a skillet.
- Add beans and grated paneer/cheese.
- Roll the tortilla in a tight roll and cut it in halves.
- Enjoy with Red Hot sauce!

# Mexican Black Bean soup

*Prep Time: 10 mins plus 5 hrs soaking time*

*Cooking Time: 35 mins*

*Serves: 4*

## Ingredients

1 cup black beans  
1 cup red kidney beans  
2 tbsp olive oil  
2 tsp cumin-coriander powder (dhana-jeeru)  
2 tsp red chilli powder/cayenne pepper  
1 tsp red pepper flakes  
salt to taste  
black pepper to taste

## Instructions

- Wash and soak the beans for 5 hours (in the morning)
- After 5 hours, cook them in a pressure cooker with 4 cups water, until they are cooked
- In a medium saucepan, add the olive oil and heat on medium-high flame
- Add the cumin-coriander powder, red chilli powder, red pepper flakes, black pepper
- Immediately add the bean with the water
- Add salt to taste
- Stir and bring the mixture to a boil
- Reduce heat and let it cook for about 20 mins on low flame (covered)
- Remove from heat and serve with a dollop of sour cream on top





# *Indian Khana*

# Rava Dhokla

*Prep Time: 10 mins*

*Cook Time: 10-12 mins*

*Serves: 2*



## Ingredients

1 cup sooji (semolina/rava)  
3/4 cup dahi (yogurt) preferably sour  
1 cup water (not hot)  
salt to taste  
1/2 cup chopped cilantro  
1 tbsp oil  
1/4 tsp eno (fruit salt)  
pinch of baking soda  
red chilli powder or black pepper

### **For Seasoning:**

2 tsp oil  
1 tsp mustard seeds  
1 tsp cumin seeds  
1 green chilli (silt)  
1 tsp sesame seeds

## Instructions

- Mix sooji with yogurt, add salt, green chilli, coriander, oil and water to make a smooth batter
- Grease the steel trays of dhokla maker with oil. Boil around an inch of water in dhokla maker.
- Add ENO and baking soda to the above mix, stir and immediately add mix to the greased trays.
- Sprinkle red chilli powder or black pepper powder on the mix (optional).
- Steam on medium flame for 10-12 mins. Check with toothpick if dhokla is steamed (toothpick should come out clean).

### **For Seasoning:**

- Heat oil in a pan; add mustard seeds, cumin seeds, green chilli, and sesame seeds.
- Sprinkle chopped coriander on steamed dhoklas and pour the seasoning on it.

*Note: Serve hot with green chutney or tomato ketchup.*



# Capsicum Rings

*Prep Time: 20 mins*

*Cooking Time: 20 mins*

*Make: 6-8 rings:*

## Ingredients

2 medium-large size bell peppers  
1 cup mashed banana (cooking bananas)  
1/2 cup chopped cabbage  
1/2 cup chopped bell pepper  
5-6 green chillies, finely chopped  
2 tbsp cilantro, finely chopped  
6 tbsp finely chopped mint (phudina)  
1 cup grated paneer (optional)  
1/4 tsp black salt (sanchal powder)  
1/2 tsp chaat masala  
1/2 cup bread crumbs  
2 tbsp corn flour  
2 tsp oil for sauté of vegetables  
oil for shallow frying  
salt to taste

## Instructions

- Cut the stems of the capsicum and de-seed them.
- Cut them into 10 mm. thick rings and keep aside.
- In 2 tsp of hot oil, sauté for 2 minutes - green chillies, cabbage, chopped bell pepper and paneer.
- Add a little salt and keep it aside.
- Combine cilantro, black salt, chaat masala, sautéed vegetables and bread crumbs to mashed bananas and make the mixture.
- Stuff this mixture in the capsicum rings, pressing tightly. Press each ring between your palms to make sure the stuffing doesn't fall off.
- Rub the ring very lightly into corn flour.
- In a shallow non stick pan, heat 2-3 tbsp. of oil and shallow fry the rings until golden brown on both sides.
- Sprinkle chaat masala (optional) before serving.

# Hara Bhara Kebab

*Prep Time: 20 mins plus 1 hr soaking time*

*Cooking Time: 30 mins*

*Makes: 12 kebabs*

## Ingredients

1/4 cup channa dal  
1 tbsp finely chopped green chillies  
1 cup blanched baby kale  
1/2 cup boiled green peas  
1/2 cup grated paneer (cottage cheese)  
1 tsp chat masala  
1/4 tsp garam masala  
salt to taste  
1/2 cup plain flour (maida) dissolved with 1/3 cup water  
1/4 cup bread crumbs for the mixture  
1/2 cup bread crumbs mixed with 1/2 cup finely crushed corn flakes cereal ( for rolling the kebabs)  
oil for deep-frying

## Instructions

- Clean, wash and soak the channa dal for 1 hour and drain.
- Pressure cook the channa dal, green chillies and 1/2 cup of water.
- Drain and crush in food processor with the green peas.
- Add the baby kale and run the processor for 1 - 2 minutes more.
- Transfer into a bowl and add the paneer, salt, garam masala, chat masala and 1/4 cup bread crumbs, mix well.
- Divide into 12 equal portions and flatten.
- Dip each kebab into the prepared flour- water paste and roll in bread crumbs and corn flakes cereal mixture.
- Deep fry or pan fry.

# Crusty Raw Banana Wedges

*Prep Time: 15 mins*

*Cooking Time: 15 mins*

*Serves: 4*

## Ingredients

4 peeled raw bananas

1 tsp red chilli powder

1 tsp castor sugar

salt to taste

### **For the batter:**

1/2 cup plain flour (maida)

2 tbsp corn flour

1/2 tsp green chilli paste

salt to taste

### **Other ingredients:**

finely crushed corn flakes for coating

oil for deep-frying

## Instructions

- Slit the bananas into half and cut each half into 3 wedges.
- Mix bananas with chilli powder, sugar and salt and steam for 5 minutes in a steamer. Leave aside to cool.
- Mix all the ingredients for the batter together with enough water to a thick paste.
- Dip the raw banana wedges in the batter, roll out in the finely crushed corn flakes and deep-fry in hot oil till crisp and golden brown.

# Cheese Corn Fritters

*Prep Time: 20 mins*

*Cooking Time: 15 – 20 mins*

*Makes: 8-10 fritters*

## Ingredients

### **For White Sauce :** (makes 1 cup)

4 tbsp margarine

5 tbsp plain flour (maida)

1 cup milk

### **For The Batter:**

1/2 cup plain flour (maida)

1/2 cup water

salt to taste

### **Other Ingredients:**

1 cup cooked and semi crushed corn

1 cup cooked rice

1 cup white sauce

1/2 cup chopped cilantro

1 tsp finely chopped green chillies

2 tbsp shredded cheese

salt to taste

bread crumbs for coating

oil for deep frying

## Instructions

### **White Sauce:**

- Heat the margarine in a non-stick pan, add the plain flour and sauté for a minute.
- Add the milk, while stirring continuously, and cook till the sauce becomes thick.
- Remove from the flame and keep aside to cool.

### **For Fritters:**

- Combine the corn, rice, prepared white sauce, coriander, green chillies, cheese and salt in a bowl and mix well.
- Make 10 equal portions and shape them into small round balls.
- Mix all the ingredients for the batter, dip the balls in the batter and roll them in the bread crumbs so that they are evenly coated from all the sides.
- Heat the oil and deep fry the balls till they turn golden brown and crisp from all the sides.
- Sprinkle Chaat Masala.
- Serve hot with tomato ketchup.

# Paneer Bread Rolls

*Prep Time: 20 mins*

*Cooking Time: 20 mins*

*Makes: 6 rolls*

## Ingredients

6 slices of bread  
150 grams (1 cup crumbled) paneer  
1/4 cup (finely chopped) bell pepper  
1/4 cup green peas  
2-3 tbsp finely chopped green cilantro  
2 (finely chopped) green chillies  
1 tsp chaat masala  
1/4 tsp or as per taste salt  
oil for frying

## Instructions

- Crumble paneer. Preheat oil in a pan.
- When oil is sufficiently hot, add green peas and bell pepper and sauté for 2-3 minutes.
- Add, green chillies, paneer, salt, chaat masala and sauté for 2 minutes. Keep stirring constantly.
- Add cilantro. Turn off the flame. Stuffing is ready. Take out stuffing in a plate so that it cools down.
- Cut corners of a bread slice with help of knife. Likewise, prepare all bread slices.
- Take little amount water in a plate and dip one bread slice into it. Take out the bread slice immediately and place it over your palms. Now squeeze out the excess water from it with help of other hand. Place 2 to 2.5 tsp stuffing over the bread slice. Lift the slice from all sides and close the stuffing very nicely. Likewise, place stuffing in each bread slice, fold and make rolls. Now place them over a plate.
- Preheat oil in a pan. Take rolls and place them in oil for frying. Keep flipping the sides and fry until rolls turn golden brown in color. Take out fried bread rolls from the oil and place it over a plate with napkin paper. Similarly, fry rest of the bread rolls as well.
- Serve hot paneer bread rolls with green chutney or tomato sauce.

*Tips: Dip the bread slice in water and take it out immediately. Place the stuffing over this bread slice and lift from all sides to seal the stuffing nicely. If not sealed then stuffing might spill out while frying. Oil for frying bread rolls should be aptly warm. If oil is not aptly warm then bread rolls can soak too much oil.*

# Paneer Tikki

*Prep Time: 2-3 hrs*

*Cooking Time: 25 mins*

*Serves: 4*

## Ingredients

200 grams (7 oz), paneer - cut into 1 inch cubes

1/3 cup green bell pepper - cut into 1 inch pieces

1/3 cup red bell pepper - cut into 1 inch pieces

1/3 cup yellow pepper - cut into 1 inch pieces

1/3 cup tomato (pulp removed) - cut into 1 inch pieces, optional

Oil - few tbsp, for brushing the tikka

**For the marinade:** 1/2 cup thick hung yogurt, beaten (1 cup yogurt once you hang it and let the water drain out it will give 1/2 cup hung yogurt)

1/2 tsp corn flour

1 1/2 tsp red chili powder (for the red color use kashmiri chili powder)

Cont'd on next page

## Instructions

### **To make hung yogurt:**

- Take yogurt in muslin cloth, tie it and put it in the strainer. Keep a bowl or jug under it to collect excess water.
- Keep this in the fridge for about an hour and let all the water drain out. You will be left with thick, hung yogurt in the cloth. 1 cup of yogurt will give 1/2 cup of thick yogurt.
- Take thick/hung curd in a bowl.
- Mix all spices (kashmiri red chili powder, cumin powder, coriander powder, chaat masala, garam masala, amchur powder, fennel powder, black pepper powder and kasuri methi) along with corn flour, salt and lemon juice. Mix it well.
- Cut veggies into 1 inch pieces and cube the paneer. Make sure that size of veggie and paneer pieces are same.
- Add it to the prepared marinade. All the pieces should be coated with marinade.
- Cover it and let paneer and veggie marinade be in the fridge for at least 2 hours. More the better.
- Arrange the paneer and veggies on the skewers. (If you are using wooden skewers, submerge in the water for 10-15 minutes before using.
- At the time of using, wipe them using towel or paper napkin. If using metal skewers, no need to soak)

Cont'd on next page

# Paneer Tikki (cont'd)

## Ingredients

1/2 tsp cumin powder  
1 tsp coriander powder  
1/2 tsp garam masala  
1/2 tsp fennel powder  
1 tsp chaat masala  
1 tsp amchur powder (dried mango powder)  
1/4 tsp black pepper powder  
1 tsp kasoori methi (dried fenugreek leaves)  
salt to taste  
1 ½ lemon juice

## Instructions

### **Make paneer tikka in the oven:**

- Pre-heat the oven to 350 degree F or 180 degree C for at least 10 minutes.
- Grease the foil or baking tray with oil (or spray it with nonstick cooking spray) thus tikka will not stick.
- Put the arranged skewer on the tray.
- Brush the generous amount of oil, flip the tikka and also apply on other side as well. Please be generous while using oil because paneer tends to dry out while baking in the oven, this oil will keep it moist
- Bake in the pre-heated oven for 10-12 minutes. Remove it, flip it and again brush with oil.
- Again bake it for 10-12 minutes or until the edges turn golden brown.
- Paneer tikka is ready to serve
- Alternatively, paneer tikka can be cooked on barbeque or just on griddle.

# Vegetable Momos

*Makes: 10- 12 momos*

## Ingredients

### **For Momos Wrapper:**

½ cup all-purpose flour (maida)

1 tsp oil

salt to taste

### **For Stuffing:**

1/2 cup finely chopped green peppers and cabbage

1/2 cup boiled chopped French beans, broccoli and baby corns

1 tbsp oil

1 tsp tomato ketchup

1 tsp dark soy sauce

red crushed pepper flakes to taste

black pepper powder to taste

oregano to taste

salt to taste

## Instructions

### **For the Momo Wrapper:**

- Sieve the flour and add oil and salt to it in a bowl.
- Add warm water gradually and knead the dough to soft dough. Keep aside for 30 minutes, covered with a damp muslin cloth.
- Divide the dough into 10-12 equal portions.
- Roll out each portion into around 75mm (3 inches) diameter circle to make a momo wrapper. Keep aside, covered with a damp muslin cloth.

### **For Stuffing:**

- Heat oil in a pan and sauté all the vegetables on high flame for 2 minutes.
- Add salt, pepper, chili flakes, oregano, soy sauce and tomato ketchup and mix well.
- Remove from the flame and keep it aside.

### **Preparation:**

- Place a momo wrapper on a flat dry surface and put 1 tsp of the stuffing in the centre.
- Fold all the edges towards the center to give it a shape of a dumpling.
- Repeat with the remaining momo wrappers and stuffing to make more momos.
- Arrange the momos in a steamer plate and steam for 10 minutes. Serve hot.



# Avocado Reuben

*Prep Time: 10 mins*

*Makes: 1 sandwich*

## Ingredients

2 slices rye or pumpernickel bread  
1 tsp of mustard (for spreading)  
1 tsp of Thousand Island dressing (for spreading)  
1/2 avocado, pitted, peeled, and mashed  
1/4 cup sauerkraut

## Thousand Island Dressing

**Makes: 2 cups**

1 cup vegan mayonnaise  
1/3 cup Jain ketchup  
1/4 tsp salt  
3 tbsp sweet pickle relish  
2 tbsp minced stuffed green olives  
• Blend the ingredients thoroughly in a mixing bowl or blender.

## Instructions

- Spread one slice of bread with some mustard, the other slice with Thousand Island dressing.
- Place the bread slices, dry side down, in a lightly oiled skillet. Top one slice with avocado, and the other with sauerkraut.
- Over medium heat, grill the sandwich until lightly browned and hot, about 5 minutes.
- Put the sandwich halves together and enjoy!

# Creamy Spring Cutlets

*Prep Time: 15 mins*

*Cooking Time: 30 mins*

*Makes: 50 cutlets*

## Ingredients

### **For White Sauce:**

2 cups flour

2 sticks margarine or equivalent  
olive oil

2 cups milk

little water if needed.

salt and pepper to taste.

### **For the mixture:**

1 each of orange, red, yellow and  
green pepper finely chopped -  
microwave cooked for 5 min

1 - 16 ounce bag of frozen corn -  
microwave cooked for 5 min

15-20 crushed spicy green  
chillies

8 ounce of any pasta (cook the  
pasta and crush in  
food processor)

2 cups of shredded cheddar or  
Monterey jack cheese

### **Other Ingredients:**

plain flour and water to make a  
batter

oil for deep frying

mixture of breadcrumbs and  
crushed corn flakes (equal  
proportion)

## Instructions

### **For White Sauce:**

- Melt margarine on stove and add the flour and roast till it is a little toasty.
- Add the milk and water.
- Make thick dough of the sauce.
- Add salt and pepper.

### **For Cutlets:**

- Add the mixture to white sauce and mix well.
- Shape the final dough into balls and flatten to any shape you like.
- Make a paste of flour and water.
- Dip the cutlets into the paste and roll into a mixture of breadcrumbs and crushed corn flakes.
- Deep fry.

*Tip: Bake the cutlets in oven for 15 minutes before deep frying. This makes it less oily.*

# Chili Cheese and Corn on Toast

*Prep Time: 10 mins*

*Cooking Time: 20 mins*

*Serves: 2 - 4*

## Ingredients

6-8 slices of bread

1 can whole corn or 12 oz of frozen corn

2-3 jalapenos finely chopped

1 bell pepper diced in cubes (any color)

1 tomato diced

cheese (Amul or Jalapeno Pepper Jack- shredded)

1 cup white sauce

1/4 tsp fresh ground black pepper

salt to taste

## Instructions

- Drain corn and keep aside. If using frozen corn, cook it in the microwave for 2 minutes
- Chop tomato and bell pepper

### **For White sauce:**

- Melt 2 tbsp margarine.
- Mix 2 tbsp plain flour.
- When golden, add 1 cup milk and stir until mixture thickens.
- Add chopped jalapenos, salt, fresh ground black pepper and corn to the white sauce.
- Mix all ingredients. Set aside.

### **For the Toast:**

- Lightly toast bread slice.
- Pour and spread a tbsp of corn mixture over it.
- Top off with diced bell pepper, tomato and cheese.
- Toast in toaster oven to melt cheese or about 5 mins.

# Mixed Dal Chilla with Tomato Chutney

*Prep Time: 2 hrs plus soaking time*

*Cooking Time: 20 mins*

*Makes: 8 - 10 chillas*

## Ingredients

3 cups urad dal  
1 cup moong dal w/skin  
1/4 cup channa dal  
1 tbsp rice flour  
1 tsp crushed green chillies  
1/2 cup cabbage (crushed in a food processor or finely shredded)  
1/2 cup finely chopped green bell peppers

### **For tempering: (to be mixed with chilla batter)**

1 tbsp oil  
1/4 tsp urad dal, mustard seeds and a pinch of asafoetida

### **Tomato chutney:**

3-4 tomatoes  
3-4 dry red chillies

## Instructions

### **For Chillas:**

- Wash and soak the dals for 2 hours.
- Drain water and grind them to make a thick batter (consistency of pancakes)
- Make the tempering and mix it with the batter.
- On frying pan take some batter and make 3 inch round pancakes.
- With very little oil, cook them on both sides. Serve hot with tomato chutney.

### **For Chutney:**

- In a pan, take some oil.
- Add cut tomatoes, red chillies and salt and keep it for 3 min. Blend it.
- Temper it with oil, mustard seeds, curry leaf.
- Add some coconut.

# Paneer Tikka Kathi Rolls

*Prep Time: 15 mins*

*Cooking Time: 5 mins*

*Makes: 4*

## Ingredients

4 whole wheat chapattis  
1/2 cup shredded cabbage  
4 tbsp chopped mint leaves (phudina)  
4 tbsp green chutney  
salt to taste  
oil for cooking

### **For paneer tikkas:**

1 cup paneer (cottage cheese),  
cut into 50 mm. (2" ) cubes  
1/4 cup thick yogurt  
1/4 tsp dried ginger (soonth)  
powder  
1 tsp chilli powder  
1/2 tsp dried fenugreek leaves  
(kasuri methi)  
1/2 tsp garam masala  
1 tbsp all purpose flour (maida)  
2 tbsp chopped cilantro  
2 tbsp oil  
salt to taste  
1/2 cups chopped bell peppers

## Instructions

### **For the paneer tikkas:**

- Combine the yogurt, dry ginger powder, chilli powder, kasuri methi, garam masala, plain flour, cilantro, salt and 1 tbsp of oil and mix well to prepare a marinade.
- Add the paneer pieces and bell peppers to it.
- mix gently and keep aside to marinate for 8-10 minutes.
- Heat 1 tbsp of oil on a non-stick griddle and sauté the paneer tikkas on all sides till they are lightly brown (approximately 4 to 5 minutes). Keep aside.

### **How to proceed:**

- Mix the cabbage, mint and salt together.
- Apply 1 tbsp of green chutney on each chapatti.
- Spread the cabbage mixture equally on each chapatti.
- Put the paneer tikka filling equally in the centre of each chapattis and roll up tightly.
- When you want to serve, cook the rolls on a hot tava (griddle) using little oil.
- Cut into 50 mm. (2") long pieces.
- Serve hot.

*Tip: Chutney should be thick and not liquidly*

# Amritsari Kulcha

*Prep Time: 2 hrs including keeping dough aside time*

*Cooking Time: 20 mins*

*Makes: 4 kulchas*

## Ingredients

3/4 cups all-purpose flour  
1 tsp oil  
1 tsp ghee  
2 tbsp yogurt  
1/2 tsp baking powder  
salt to taste  
1/2 tsp ajwain seeds (ajmo)  
1/2 tsp cumin seeds  
1 tsp kasuri methi

## Instructions

- Roast cumin and ajwain seeds and crush it to a coarse powder.
- Mix all the above ingredients in the flour and make the dough in lukewarm water.
- Let the dough stand for at least 1½ hour.
- Apply a little ghee/oil in the palm and roll it using all-purpose flour.
- Roast it like a paratha.
- Enjoy with any Punjabi vegetable!

# Thailipeeth

*Prep Time: 10 mins*

*Cooking Time: 20 mins*

*Serves: 4*

## Ingredients

2 cups dhokla flour Or thailipeeth flour

3 cups shredded cabbage

1 chopped tomato

1 tsp chili/ginger paste (pinch of soonth powder to be used in place of ginger)

1/4 cup finely chopped cilantro

1 tsp red chili powder

1 tsp coriander-cumin (dhana-jeera) powder

salt to taste

pinch of asafoetida

oil for cooking

## Instructions

- Mix together all the ingredients except dhokla/thailipeeth flour in a bowl.
- Add the flour as needed, until it is soft to roll it and press like flat vadas on a plastic.
- Heat a non-stick pan and grease it lightly with oil.
- Put the thailipeeth/vada on the pan and make a couple of small dents with roll pin on the top side.
- Cook on both sides using oil. (you can also cover it with a lid and cook on a medium flame).
- Serve hot with green chutney.

# Rajma and Cheese Paratha

*Prep Time: 20 minutes plus 5 hours soaking time*

*Cooking Time: 20 mins*

*Makes: 4 parathas*

## Ingredients

1 cup of whole wheat flour  
1 tbsp oil  
salt  
1/4 cup of red kidney beans (rajma) soaked for 5 hours  
1/2 cup chopped tomatoes  
1/4 tsp turmeric powder (haldi)  
1 green chili (according to spice level)  
1 tsp cumin-coriander powder  
1 tbsp chopped cilantro  
1 tbsp yogurt (to be warmed up before using)  
1 tsp oil  
salt to taste  
3 tbsp grated Amul cheese

## Instructions

### ***How to make Dough:***

- Combine all the ingredients and knead into a soft dough using enough water.
- Divide the dough into 4 equal portions.
- Roll out each portion into a 200 mm. (8") diameter circular chapatti.
- Cook each chapatti lightly on both sides on a hot griddle (tava) and keep aside.

### ***Rajma Filling--Procedure***

- Drain the rajma, add 2 cups of water and pressure cook for 4 to 5 whistles till the rajma is overcooked.
- Drain any excess liquid and keep aside.
- Heat the oil in a pan
- Add the tomatoes, turmeric powder, chili, coriander powder and salt and cook till the oil separates.
- Add the cooked rajma and mix well.
- Add the yogurt and continue cooking till the mixture is dry.
- Add the coriander and mix well. Keep aside to cool slightly. Divide into 4 equal portions.

### ***How to Proceed***

- Place one chapatti on a dry surface and spread one portion of the rajma on half of the chapatti and sprinkle cheese on the filling.
- Now fold the chapatti and seal the edges with a little water.
- Cook on both sides, using a little oil till the parathas are golden brown.
- Serve hot.



# Soya Dosa

*Prep Time: 10 mins*

*Cooking Time: 15 mins*

*Serves: 4*

## Ingredients

1/4 cup soya flour  
1/4 cup split black lentil (urad dal) flour  
1/2 cup rice flour  
1/4 cup grated cucumber  
1/2 tsp finely chopped green chilies  
1/4 cup finely chopped cilantro  
salt to taste  
oil for cooking

## Instructions

- Mix together the soya flour, urad dal flour, rice flour and salt with approximately 1 cup of water to make a thin batter.
- Add the grated cucumber, green chili and cilantro. Mix well.
- Heat a nonstick pan and grease it lightly with oil.
- When hot, pour spoonfuls of batter on the pan and spread it to make 2-inch diameter rounds.
- Cook on both sides using oil. Serve hot.

# Moong dal Bhakri

*Prep Time: 10 minutes plus 2-3 hours soaking time*

*Cooking Time: 30 mins*

*Serves: 4*

## Ingredients

2 cup wheat flour  
2 cup moong dal  
3-5 green chilli pepper  
1/2 tsp freshly roasted cumin powder  
1/4 tsp of turmeric powder  
pinch of asafoetida  
1 tsp sesame seeds  
salt as per your taste  
ghee  
oil for flour

## Instructions

- Mix ghee, salt in the flour and make a dough like roti.
- Wash and soak moong dal in water for 2-3 hours. Drain all water and rinse it again.
- Add green chillies to it and grind it with little water (keep it almost dry).
- Add salt, asafoetida, turmeric powder, cumin powder, sesame seeds.
- Mix everything to make puran.
- Then, from wheat dough, make a round shape roti and put oil on it and then put moong dal puran.
- Take the edges in the center and make a ball out of it.
- Roll it like puranpoli (take dry wheat flour for rolling) and cook both sides using a little ghee on low flame.

# Green (Raw) Mango Kadhi

Prep Time: 10 mins

Cooking Time: 20 mins

Serves: 4

## Ingredients

1/2 cup gram flour

1 medium size (150 grams) raw mango

2 to 3 tbsp of oil

2 green chillies

10-12 curry leaves (finely chopped)

pinch of asafoetida

1/2 tsp of cumin seeds

1/4 tsp of turmeric powder

1/4 tsp of red chili powder

pinch of soonth powder (replacement to ginger)

salt as per taste

## Instructions

- Peel the mango; chop to make small chunks.
- Add some half the amount of oil in pan to be used for making kadhi. When oil is hot, add half the amount of cumin seeds to the hot oil.
- Add turmeric powder, chopped mangoes, slit green chillies. Sauté the masala for a while and add 1 cup water into it. Cover and cook on low flame until mango chunks get soft.
- Meanwhile, prepare batter from gram flour. Take gram flour in a big bowl, add little water and stir until all lumps dissolve. Now add 3 cups more water and dissolve gram flour in water completely. Batter from gram flour is ready.
- After 4 minutes, open and check the mango pieces (mango chunks should have turned soft and can be pressed easily).
- Add gram flour batter in cooked mango chunks.
- Stir nicely with help of a spoon and cook until the kadhi starts to simmer. Keep the flame high. After it simmers once, add salt, soonth powder and half the amount of red chilli powder.
- Cook and let the kadhi simmer for 8 to 10 minutes on low flame. Stir the kadhi every 2 minutes.

## **For Tempering:**

- Heat rest of the oil in a small pan. When oil is sufficiently hot, add cumin seeds. Add asafoetida, finely chopped curry leaves.
- Turn off the flame and now add red chilli powder. Pour this tadka over the kadhi.
- Serve this tantalizing raw mango kadhi with roti, paratha or rice.

*Note: If you wish to add pakodas in kadhi, then fry some pakoras and add when kadhi simmers once and follow the same method.*

# Mani Dulse (Sweet Peanuts )

*Prep Time: 10 mins*

*Cooking Time: 30 mins*

*Serves: 2 - 4*

## Ingredients

1 cup peanuts.

3/4 cup sugar (if you like less sweet put 1/2 cup)

1/2 cup water

1 tsp lemon juice

aluminum foil or thali / Greased with little butter

## Instructions

- Mix together all ingredients.
- Boil it, stirring often.
- First, sugar will melt and then it will turn into brown syrup. Still continue to stir till the syrup sticks to all peanuts and pan is clean and all peanuts are coated.
- Now add 1 tsp of lemon juice, which gives peanuts a shining look and good taste. Keep on stove for 1 minute more.
- Pour all peanuts in a foil or thali and try to separate all peanuts.
- Enjoy the snack!

# Yellow Moong Dal Rolls

*Prep Time:*

*Cooking Time:*

*Serves:*

## Ingredients

## Instructions

# Matuki

*Prep Time:*

*Cooking Time:*

*Serves:*

Ingredients

Instructions



# *Vegan Recipes*



# Tofu with Peanut Sauce

*Prep Time: 10 mins*

## Ingredients

### **Sauce:**

5 tbsp. water

4 tbsp. smooth natural peanut butter

1 tbsp rice vinegar or white vinegar

2 tsp reduced-sodium soy sauce

2 tsp agave syrup or any sweetener

2 tsp ginger powder (soonth)

### **Tofu & vegetables**

14 ounces extra-firm tofu, preferably water-packed

2 tsp extra-virgin olive oil

Kale

Bok Choy

Broccoli (optional)

## Instructions

- To prepare sauce: Whisk or blend water, peanut butter, rice vinegar (or white vinegar), soy sauce, sweetener, ginger powder in a small bowl.
- To prepare tofu: Drain and rinse tofu; pat dry.
- Slice the block crosswise into eight 1/2-inch-thick slabs. Coarsely crumble each slice into smaller, uneven pieces.
- Heat oil in a large nonstick skillet over high heat.
- Add tofu and cook in a single layer, without stirring, until the pieces begin to turn golden brown on the bottom for about 5 minutes.
- Then gently stir and continue cooking, stirring occasionally, until all sides are golden brown, for about 5 to 7 minutes more.
- In a separate pan add little oil and sauté the vegetables and then add to tofu with peanut sauce.
- Mix well and it is ready to serve.

# Jain Manchurian

*Prep Time: 10 – 15 mins*

*Cooking Time: 20 mins*

*Serves: 2*

## Ingredients

1/2 small cabbage grated  
1 medium green capsicum finely chopped  
2 tsp fresh coriander leaves finely chopped  
4-5 green chilies finely chopped  
salt to taste  
2 tsp dried ginger powder (soonth)  
2 tsp white pepper powder  
1/2 tsp sugar  
6 tbsp corn flour  
2 tbsp refined flour (maida)  
1 tbsp oil  
1½ tsp red chili sauce  
1½ tbsp soy sauce

## Instructions

- Squeeze out the moisture from the cabbage and place in a bowl.
- Add capsicum, one tsp coriander leaves, half the green chilies, salt, one tsp dried ginger powder, one tsp white pepper powder and one-fourth tsp sugar and mix well.
- Add four tbsp corn flour, refined flour and mix again.
- Divide the mixture into eight equal portions and shape each into a small ball.
- Heat sufficient oil in a kadai and deep-fry the balls till golden. Drain on absorbent paper.
- Heat one tbsp oil in a non-stick pan.
- Add the remaining green chilies and sauté for half a minute.
- Add one cup water, remaining corn flour and mix.
- Add the remaining ginger powder, remaining pepper powder, salt, remaining sugar, chili sauce and soy sauce and mix. Cook till the sauce thickens.
- Add one tsp coriander leaves and mix well.
- Add the fried balls and stir gently. Cook for two minutes.
- Garnish with cilantro leaves and serve hot.

# Roasted Vegetable Pasta

*Prep Time: 15 mins*

*Cooking Time: 20 mins*

*Serves: 4*

## Ingredients

1 zucchini, cut into bite-sized pieces  
2 small squash, sliced and then quartered  
1 green bell pepper  
1 cup chopped broccoli  
3 tbsp olive oil  
1 tsp dried oregano  
1 tsp dried basil  
1 tsp dried thyme  
1/2 tsp salt  
1/2 tsp. pepper  
14 oz. uncooked whole wheat rotini, or your favorite pasta

## Instructions

- Preheat the oven to 400°F.
- In a large mixing bowl, combine all the chopped vegetables, then add the olive oil and toss to coat.
- Add the herbs, salt, and pepper and toss again until well coated.
- Pour the vegetables into a casserole or baking dish, cover with foil, and cook in the preheated oven for 20 to 30 minutes, depending on the size of your vegetable pieces.
- Meanwhile, fill a large pot with water and bring to a boil over high heat.
- Add the pasta and cook according to the package directions.
- When done, drain and then place in a large mixing bowl.
- Add the cooked vegetables to the bowl and toss until well combined.

# Spicy Sesame Noodles

## Ingredients

2/3 cup (150 g) peanut butter  
4 tbsp soy sauce  
2 tbsp sesame oil  
1 tsp cayenne pepper  
1/2 lb. (225 g) linguine noodles  
2 tbsp toasted sesame seeds

## Instructions

- In a saucepan, combine the peanut butter and soy sauce and mix well.
- Add the sesame oil and cayenne pepper. Heat slowly, whisking until smooth.
- Meanwhile, cook the linguine according to the package directions. Drain.
- Place the linguine in a large bowl, add the peanut sauce, and toss to coat. Garnish with the toasted sesame seeds.
- Serve hot or cold.

---

# Vegan Cheese

## Ingredients

1 cup raw soaked cashews  
(soaked for 2 hours)  
1/4 red bell pepper  
1 tsp salt  
Squeeze 1/4 lemon  
1 jalapeno  
pinch of turmeric for cheddar  
color

## Instructions

- Blend all the ingredients.

*Tip: Do not add water, otherwise it will not be thick.*

# Mango Cupcakes with Mango Buttercream Frosting

*Prep Time: 25 mins*

*Cooking Time: 27 mins*

*Makes: 12 Cupcakes*

## Ingredients

### **FOR MANGO CUPCAKES:**

1½ cups all purpose flour

2 tsp baking powder

1/2 tsp baking soda

1/2 tsp salt

1 tsp cardamom powder

### **WET INGREDIENTS:**

1½ cups mango pulp or puree

1/3 cup canola oil

2/3 cup granulated sugar

1 tsp pure vanilla extract

### **FOR MANGO BUTTERCREAM FROSTING:**

8 tbsp (1 stick) vegan butter like earth balance

8 tbsp vegetable shortening

2 cups powdered sugar

1/4 cup mango pulp or puree

1 tsp pure vanilla extract

## Instructions

### **MANGO CUPCAKES:**

- Sift all the dry ingredients into a bowl and set aside.
- In another bowl, beat together all wet ingredients until well-mixed.
- Add the wet ingredients to the dry ingredients and mix with a whisk just until you have a smooth batter. Do not over mix or overbeat.
- Divide the batter equally among 12 cups of a standard-sized muffin pan lined with cupcake liners.
- Smooth down the tops with the back of a spoon or spatula or you will have a lumpy top (it'll still taste delicious, though )
- Bake in a preheated 350-degree oven about 27 minutes or until a toothpick inserted in the center comes out clean.

### **MANGO BUTTERCREAM FROSTING:**

- Cream together the butter and shortening until they are fluffy, about 1 minute.
- Now add the mango puree and vanilla and half the sugar.
- Beat until mixed, then add the remaining sugar and beat until mixed. This should take no more than 2 minutes altogether.
- Frost the cupcakes after they have cooled completely.

# Vegan Brownie Cupcakes

*Prep Time: 15 mins*

*Cooking Time: 23 mins*

*Makes: 12 cupcakes*

## Ingredients

1 ½ cups granulated sugar or sweetener or regular sugar  
3/4 cup unsweetened applesauce  
2 tbsp water  
2 tsp flax seed powder  
1/2 cup water  
2 tsp vanilla extract  
1 ⅓ cups all-purpose flour  
3/4 cup cocoa (can be substituted with Hershey's)  
1 cup vegan chocolate chips or regular Nestle ones  
1 cup chopped walnuts (optional)  
3/4 tsp baking powder  
1/4 tsp salt

## Instructions

- Preheat oven to 350F/180C.
- Coat an 8×8 inch square baking dish with nonstick cooking spray. If you choose to bake brownie cupcakes, line a 12 muffin tin with muffin liners or coat with nonstick cooking spray itself.
- In a medium size bowl, stir together sugar, applesauce and 2 tbsp water.
- Either mix flaxseed meal with 1/2 cup water in a small cup or blend it in a blender.
- Add the flaxseed mixture and vanilla to the applesauce mixture and combine well.
- In another small bowl, combine flour, cocoa, baking powder, salt, chocolate chips and walnuts (if using).
- Add the wet ingredients to the flour mixture.
- Stir just to combine, do not over mix.
- Pour into prepared pan. If using a muffin tin, fill each mold 3/4ths full. The given measurement is perfect for 12 muffins, so divide the batter accordingly, which is around 3-4 tbsp of batter in each cup.
- Once the cupcakes are out of the oven, leave it in the tin for 2 minutes and then transfer to a wire cooling rack for the brownie cupcakes to cool completely.

*Note: Baking time in the original recipe for baking in a brownie pan is 40 minutes for chewy brownies and 45-47 minutes for cake like brownies. For muffin tin, bake brownies, in exactly at 23 minutes (may vary with oven temperatures). These brownie cupcakes taste better the next day of baking.*

# Crazy Cake

*Prep Time: 10 mins*

*Serves: 4-6*

*Cooking Time: 30-40 mins*

## Ingredients

3 cups all-purpose flour  
2 cups white sugar  
1 tsp salt  
2 tsp baking soda  
½ cup unsweetened cocoa powder

## Instructions

- Sift flour, sugar, salt, soda, and cocoa together into a 9 x 13 inch ungreased cake pan.
- Make three wells.
- Pour oil into one well, vinegar into second, and vanilla into third well.
- Pour cold water over all, and stir well with fork.
- Bake at 350 degrees F (175 degrees C) for 30 to 40 minutes, or until toothpick inserted comes out clean

# Red Velvet Cupcakes

*Prep Time: 20 mins*

*Cooking Time: 17 mins*

*Makes: 12 cupcakes*

## Ingredients

1 cup non-dairy milk (can be substituted with almond milk)

1 tsp apple cider vinegar

1 ¼ cups all-purpose flour

1 cup sugar

2 tbsp cocoa powder

1/2 tsp baking powder

1/2 tsp baking soda

1/2 tsp salt

1/3 cup oil

2 tbsp red food coloring (make sure that its vegan)

2 tsp vanilla extract

¼ tsp almond extract

## Instructions

- Preheat the oven at 350F/180C .
- Line a 12 cup muffin tin with paper liners and grease it lightly.
- In a medium size bowl, mix together the milk and vinegar allowing it to curdle. This will take about 5 minutes.
- Meanwhile in a large bowl sift together the flour, cocoa powder, baking powder, baking soda and salt. Stir in the sugar too.
- Once the milk has curdled, stir in the oil, food color and the extracts. Whisk it well to combine.
- Make a well in the dry ingredients and slowly add the wet ingredients to it, stirring it until all the ingredients come together. Small lumps are okay.
- Take care to see that you do not over mix it otherwise you will not get fluffy cupcakes.
- Fill each muffin tin ¾ths full of the batter.
- Bake it for about 16-20 minutes or until a toothpick inserted in the middle of the cupcake comes out clean or with very little crumbs is okay too. Mine were done after 17 minutes.
- Transfer the pan to a wire rack and let it remain there for 5 minutes.
- After that remove the cupcakes from the pan and let it cool completely before you can frost it.



# Cocoa Cake

*Prep Time: 15 mins*

*Cooking Time: 40 mins*

## Ingredients

1¼ cup all-purpose flour  
3 tbsp unsweetened natural cocoa  
1/4 tsp salt  
2 tsp baking soda  
3/4 cup sugar  
1/3 cup vegetable oil  
1½ cups unsweetened applesauce  
1/2 cup mini chocolate chips (optional)  
1/2 cup chopped walnuts (optional)  
1 tsp vanilla

## Instructions

- Preheat the oven to 350 F.
- Spray a 10 cup bundt pan with vegetable oil spray
- In a bowl, whisk together flour, salt, cocoa and baking soda. Set aside.
- In another bowl, beat together applesauce, oil, sugar. Stir in the vanilla.
- Add the dry ingredients and mix gently.
- Stir in the chocolate chips/ walnuts and fold without over mixing the batter. This batter is very thick.
- Pour into the prepared pan and bake for 35 - 40 minutes in case of a 12 cup bundt pan or 40 - 45 minutes in case of a 10 cup bundt pan.
- Check if the toothpick inserted in the center comes out clean.
- Cool in the pan for 10 minutes and then turn on to the rack to cool completely.

# Vegan Brownies

*Prep Time: 10 mins*

*Cooking Time: 25-30 mins*

*Makes: 16- 20 brownies*

## Ingredients

2 cups unbleached all-purpose flour

2 cups white sugar

3/4 cup unsweetened cocoa powder

1 tsp baking powder

1 tsp salt

1 cup water

1 cup vegetable oil

1 tsp vanilla extract

## Instructions

- Preheat the oven to 350 degrees F (175 degrees C).
- In a large bowl, stir together the flour, sugar, cocoa powder, baking powder and salt.
- Pour in water, vegetable oil and vanilla
- Mix until well blended.
- Spread evenly in a 9x13 inch baking pan.
- Bake for 25 to 30 minutes in the preheated oven, until the top is no longer shiny.
- Let cool for at least 10 minutes before cutting into squares.





# *Mexican Cocina*

# Tortilla Soup

*Prep Time: 10 mins*

*Cooking Time: 10 mins*

*Serves: 4*

## Ingredients

3 tbsp olive oil  
1 ½ small corn tortillas, cut into one inch squares  
1 ½ tsp minced jalapeno pepper  
2 cups white corn kernels  
1 ½ pounds chopped ripe tomatoes  
1/3 cup tomato paste  
2 ½ tsp ground cumin  
1 tbsp kosher salt  
1/8 tsp ground white pepper  
1/2 tsp chili powder  
1 ½ cups water  
1 quart vegetable stock  
Garnishes:  
24 blue corn tortilla chips  
2 cups shredded cheddar cheese  
1/2 cup chopped fresh cilantro

## Instructions

- Over medium-high heat, fry tortilla squares in olive oil until they begin to crisp and turn a golden yellow.
- Add jalapeno, cook 1 to 2 minutes.
- Add half the corn along with all other ingredients (except garnishes), reserving other half of corn to be added at the end.
- Bring the soup to a low, even boil. Boil for 5 minutes.
- Remove soup from heat. Use a hand-held propeller blade processor to process in batches to the consistency of a coarse puree. You can also process in batches in a blender.
- Return the soup to the burner and add the reserved corn.
- Bring the soup to a boil once again being extremely careful to avoid scorching or burning the soup.
- To serve, garnish with blue corn tortilla chips, cilantro and sharp Cheddar cheese.

# Pinto Bean Burger with Avocado

*Prep Time: 10 mins*

*Cooking Time: 30 mins*

*Makes: 4 burgers*

## Ingredients

1 can pinto beans, drained, rinsed and dried with paper towel

1 can no-salt added whole-kernel corn, drained

handful breadcrumbs

1 tablespoon cumin

1/2 seeded red pepper, diced

drizzle of light sour cream (Daisy Brand is Vegetarian-jain)

## Instructions

- Mash beans and corn together with a masher until soft and combined.
- Mix all the remaining ingredients and combine into 4 patties.
- Bake in pre-heated 350 degree oven for 15 minutes until warmed through.
- Serve topped with fresh avocado or guacamole.

# Open Faced Quesadillas

*Prep Time: 15 mins*

*Cooking Time: 8 mins*

*Serves: 6*

## Ingredients

1 can (15 oz) black beans, rinsed and drained

1 can (11 oz) corn, drained

8 small cherry tomatoes, cut into quarters

2 cups (8 oz) Mexican blend shredded cheese

2 tbsp chopped fresh cilantro

2 tsp. chili powder

hot pepper sauce (optional)

6 (6-inch) flour (or corn) tortillas

## Instructions

- Combine beans, corn, tomatoes, ½ cup cheese, cilantro, chilli powder, and a few drops of hot pepper sauce (if desired), in a medium bowl.
- Heat large ungreased skillet over medium-high heat until hot.
- Heat tortillas, one at a time, about 30 seconds, turning frequently.
- Place tortillas on large cookie sheet.
- Cover each tortilla with 1/2 cup bean mixture and 1/4 cup cheese.
- Bake in preheated 350 degree F oven for 5 minutes or until cheese is melted and filling is hot.

*Alternatively, individual topped tortillas may be heated in microwave on HIGH 45-60 seconds.*

# Vegetable Quesadillas with Fresh Salsa

*Prep Time: 15 mins*

*Cooking Time: 15 mins*

*Serves: 4*

## Ingredients

4 medium plum tomatoes, diced  
1/4 cup fresh cilantro, chopped  
1 tsp fresh lime juice  
1/4 tsp ground cumin  
1/4 tsp salt  
1 can (15 ounces) low-sodium red kidney beans, rinsed and drained  
colored bell peppers - diced (optional)  
1 tbsp chopped jalapenos  
4 fat-free 8-inch flour (or whole-wheat) tortillas  
1 avocado, thinly sliced  
1 cup reduced-fat shredded cheddar  
sour cream for serving (Daisy brand is Vegetarian-Jain)

## Instructions

- In a bowl, combine tomatoes, cilantro, juice, cumin and salt
- In a second bowl, mash beans; stir in jalapenos and bell peppers
- Working one at a time, top half of each tortilla with 1/4 avocado slices, 1/4 bean mixture, and 4 tbsp cheese; fold in half.
- Heat a large nonstick skillet over medium-high heat; add 1 quesadilla and cook, flipping once, until both sides are brown and crispy, 1 to 2 minutes per side.
- Repeat with remaining quesadillas.
- Let cool slightly; cut each quesadilla into 3 wedges; serve with tomato salsa and sour cream



# Olive and Bell Pepper Quesadilla

*Prep Time:*

*Cooking Time:*

*Serves:*

## Ingredients

## Instructions

# Texmex Salsa

*Prep Time: 5*

*Cooking Time: 10 mins*

*Makes: 2 cups*

## Ingredients

1 can crushed tomatoes with basil  
2 red bell peppers  
1 green bell pepper  
3 jalapenos peppers  
3 plum tomatoes  
1 cup washed cilantro  
1 tsp salt  
1 tsp cumin seeds

## Instructions

- Heat oil in a pan on a medium flame, add cumin seeds. When it turns brown add chopped red, green, jalapeno peppers and sauté for 5-10 minutes.
- When some skin starts turning brown add chopped tomatoes and sauté for 3-5 minutes.
- Grind this mixture with cilantro in food processor and keep aside.
- Heat oil, add crushed tomatoes from can and cook for 5 minutes.
- Mix sauce and ground pepper mixture. Add salt to taste.

# Bean Stuffed Peppers

*Prep Time:*

*Cooking Time:*

*Serves:*

Ingredients

Instructions

# Vegetable Enchilada

*Prep Time: 10 mins*

*Cooking Time: 40 mins*

*Serves: 6*

## Ingredients

12 corn tortillas (6 inches each)

1 tbsp olive oil

1 ½ tsp Jain taco seasoning

1 cup roasted or thawed frozen corn

1 cup colored peppers (red, green, yellow or orange)

1 can (15 ounces) low-sodium black beans, rinsed and drained

16 ounce enchilada sauce

1 cup shredded pepper jack cheese, divided

1 avocado, thinly sliced

6 sprigs fresh cilantro  
12 corn tortillas (6 inches each)

1 tbsp olive oil

1 ½ tsp Jain taco seasoning

## Instructions

- In a large pan over medium heat, heat the oil, add corn, peppers, black beans, taco seasoning and cook for 3 to 5 minutes. Set aside.
- Add half the cheese to the mixture when cold.
- Preheat oven to 350 degrees F (175 degrees C). Spray a 9x13-inch casserole dish with cooking spray.
- Spread 1/2 cup of enchilada sauce in the bottom of the baking dish.
- Next, one at a time, lightly dip each tortilla into the sauce. Set the sauce soaked tortilla on a plate.
- Spoon the mixture filling down the middle of each dipped tortilla and wrap tortilla around filling.
- Arrange filled tortillas in the prepared baking dish.
- Pour remaining enchilada sauce over filled tortillas and sprinkle remaining cheese over sauce layer.
- Cover dish with aluminum foil.
- Bake in the preheated oven until sauce is bubbling and cheese is melted, 35 and 40 minutes.
- Garnish with cilantro and avocado.

*(Refer to the Basic Recipe section for Jain taco seasoning and enchilada sauce)*

# Chimichanga

*Prep Time: 25 mins*

*Cooking Time: 15 mins*

*Makes: 12*

## Ingredients

2 cans (16 ounces) pinto beans, washed and drained

2 teaspoons Jain taco seasoning

1/2 cup Jain salsa

1 tsp lemon juice

1/2 tsp sugar

12 flour tortillas (10 inches), warmed

oil for deep frying

1 ½ cups shredded cheddar cheese

2 cups chimichanga sauce

## Instructions

- Crush the pinto beans, add the salsa, taco seasoning, lemon juice, sugar.
- Spoon about 1 ½ tbsp mixture off-center on each tortilla.
- Sprinkle some cheese on it. Fold edge nearest filling up and over to cover. Fold in both sides and roll up.
- Fasten with toothpicks or seal the edges with a paste of flour and water.
- Deep fry the chimichangas in hot oil for 1-1/2 to 2 minutes on each side or until browned.
- Drain on paper towels. Pour some sauce over it and sprinkle cheese

*Variation: You can add sautéed zucchini, peppers, roasted corn and diced jalapenos to the above mixture.*

*(Refer to Basic Recipe section for Jain Taco seasoning, Jain Salsa and Chimichanga sauce)*

# Fajitas

*Prep Time: 15 mins*

*Cooking Time: 10 mins*

*Serves: 4*

## Ingredients

2 tbsp oil  
1 green bell pepper, sliced  
1 yellow bell pepper, sliced  
1 red bell pepper, sliced  
1 zucchini (cut lengthwise in half and then make thick slices)  
1 yellow squash (cut like zucchini)  
2 tbsp fajita seasoning  
8 (8-inch) flour tortillas, warmed  
(other vegetables like broccoli, corn, tomatoes, etc. as desired can also be used.)  
guacamole, sour cream and/or salsa, if desired

## Instructions

- Heat oil in large skillet or wok over medium-high heat until hot.
- Add the vegetables; cook and stir 2 to 3 minutes or until vegetables are crisp-tender.
- Add seasoning.
- To serve, place vegetable mixture in center of each warmed tortilla.
- Top with desired toppings; fold or roll up and enjoy.

# Mexican Rice

*Prep Time: 15 mins*

*Cooking Time: 10 mins*

*Serves: 6*

## Ingredients

2 ¼ cups Steamed Rice  
1 ½ tsp chilli powder  
1/3 cup cooked kidney beans  
1 zucchini, chopped  
1/2 cup corn  
1/2 cup colored bell pepper, chopped  
2 jalapenos, finely chopped  
salt to taste  
2 tbsp Mexican hot sauce  
1 tsp Jain Taco seasoning  
1 tbsp oil  
1 tbsp fresh cilantro, finely chopped for garnishing.

## Instructions

- Heat the oil and sauté all the vegetables, jalapenos, keeping it crisp and tender.
- Add the taco seasoning and fry again for 1 minute.
- Add the red kidney beans, hot Mexican sauce and fry for 2 minutes.
- Add rice and salt. Mix well.
- Garnish it with fresh finely chopped cilantro.
- Serve hot.

# Wild Rice and Cranberry Pilaf

*Prep Time: 15 mins*

*Cooking Time: 15 mins*

*Serves: 4*

## Ingredients

### **Section 1**

2 tbsp olive oil

1 cup Royal blend-Quick cooking wild rice

1 large jalapeno finely diced

3 cups water or homemade vegetable broth

### **Section 2**

1 tbsp olive oil

1 stalk celery

1/2cup pecan, toasted & chopped

1/4 cup raisins or craisins chopped

2 tbsp chopped cilantro

salt and pepper to taste

1/2 tsp Biryani masala

## Instructions

- In a medium pot, heat the olive oil and sauté the jalapeno.
- Add the wild rice and sauté for a minute , until fragrant.
- Add the vegetable broth. Stir, cook covered until rice is done (10-12 minutes).
- The rice bursts open when cooked, but check if it's cooked to your taste.
- Open the lid and fluff the rice with a fork. Cool the rice before proceeding to the next step.
- In another pot, heat olive oil and sauté the celery.
- Add the remaining ingredients in section 2.
- Add the cilantro and biryani masala. Gently mix in the cooked rice.

*Tip: This pilaf can be eaten warm or cold. This can be served with a vegetable soup or with vegetable ladas as a side of rice. It can be served in the sizzler platter!*





# Recipe

*Prep Time:*

*Cooking Time:*

*Serves:*

## Ingredients

## Instructions





# *Italian Cucina*

# Raw Kale Salad with Balsamic and pomegranate (or Cranberries)

*Prep Time: 10 mins*

*Cooking Time: N/A*

*Serves: 4*

## Ingredients

### **For Salad:**

1 large bunch kale (or ½ bag pre-cut and pre-washed kale)

1/2 pomegranate, seeds only (or use dried cranberries)

2 tbsp pine nuts

1/4 cup goat cheese/feta cheese or cheese of your choice

### **For Dressing:**

1 tsp. mustard

2 tbsp balsamic vinegar

1 tbsp extra-virgin olive oil

## Instructions

- Whisk together dressing with salt/pepper as per taste.
- Pour over raw kale in large bowl; massage dressing into kale for 1-2 minutes until it starts to wilt.
- Add in pine nuts, pomegranate seeds and toss.
- Add cheese and serve

# Pasta with Parsley-Walnut Pesto

*Prep Time: 5 mins*

*Cooking Time: 25 mins*

*Serves: 4*

## Ingredients

2 tbsp walnuts  
2 slices whole-wheat country bread, crusts trimmed  
1 cup packed fresh parsley leaves  
2 tbsp nonfat plain yogurt  
2 tbsp walnut oil, or extra-virgin olive oil  
salt & freshly ground pepper, to taste  
12 ounces whole-wheat fusilli, or penne  
2 tbsp freshly grated parmesan cheese

## Instructions

- Put a large pot of lightly salted water on to boil.
- Toast walnuts in a small skillet over medium heat, stirring, until fragrant, 3 to 4 minutes. Transfer to a plate to cool.
- Tear bread into large pieces and pulse in a food processor to form fine crumbs.
- Add parsley and the walnuts and pulse until finely chopped, scraping down the sides as needed.
- Add yogurt and oil; process until smooth. Season with salt and pepper.
- Cook pasta until just tender, 8 to 10 minutes, or according to package directions.
- Drain and place in a warmed large shallow bowl.
- Toss with pesto until well coated. Sprinkle with Parmesan and serve.

*Note: refer to Basic Recipe section for Pesto sauce*

# Vegetable Fettuccine Alfredo

*Prep Time:*

*Cooking Time:*

*Serves:*

## Ingredients

8 oz uncooked fettuccine  
1/2 cup butter or margarine  
1/2 cup whipping cream  
1/2 cup chopped broccoli  
1/2 cup red and/or green peppers  
3/4 cup parmesan cheese  
(organic valley brand is vegetarian-Jain)  
1/2 tsp salt  
1/8 tsp black or white pepper  
2 tbsp fresh oregano  
1/2 tsp olive oil  
1/4 tsp parsley flakes (optional)

## Instructions

- In large sauce pot, cook fettuccine as directed on package.
- While fettuccine is cooking, in 2-quart saucepan, heat margarine and whipping cream over low heat.
- Add the fresh oregano (stirring constantly), until margarine and cream are melted. Stir in cheese, salt and pepper.
- Sauté the broccoli and the peppers for 2-3 minutes in olive oil.
- Drain fettuccine; return to sauce pot.
- Pour sautéed vegetables and sauce over warm fettuccine. Gently mix it so that fettuccine is well coated.
- Sprinkle with parsley.
- Cook 3-4 hours before you want to eat.



# *International Cuisine*



# Red Falafel Sauce

*Prep Time: 5 mins*

*Cooking Time: 5 mins*

*Makes: Half cup*

## Ingredients

2 red bell peppers  
4 dry red kashmiri chillies  
2 plum tomatoes  
1 tsp chilli powder  
salt to taste  
lemon juice to taste

## Instructions

- Heat oil on a medium flame; add chopped bell peppers, kashmiri chillies and sauté for 5 minutes.
- Add tomatoes and cook for 2-3 minutes.
- In a food processor grind together the above mixture with salt, lemon juice and chili powder.

# Hummus Sauce

*Prep Time: 5 mins*

*Cooking Time: 5 mins*

*Makes: 2 cups*

## Ingredients

1 can chick peas (washed)  
2 tbsp tahini  
1 tsp cumin  
1 tsp lemon juice  
1 tsp olive oil  
4 dry red kashmiri chillies  
1 tsp salt  
1 tsp sambal oelek paste

## Instructions

- Mix all the ingredients and grind for couple minutes in a food processor.

# Taboli (Greek item) Appetizer

*Prep Time: 3-4 hours including soak time*

*Cooking Time: N/A*

*Serves: 4*

## Ingredients

1 cup bulgur wheat (cracked wheat/Ghau na fada)  
1 ½ cup boiled water with salt  
cucumber  
parsley  
salt  
black pepper  
lemon juice  
tomatoes  
jalapenos peppers (all vegetables very finely chopped)

## Instructions

- Soak bulgar wheat in salt water for 3-4 hours.
- When all water dry out add all vegetable and other things.

*Enjoy with Chips or Pita.*

# Falafel

*Prep Time: 15 mins*

*Cooking Time: 30 mins*

*Serves: 4*

## Ingredients

1 cup dried chickpeas or 16oz can of garbanzo beans

3 tbsp parsley leaves fresh and chopped

1 tsp chopped cilantro leaves

1 tsp cumin seeds

2 tbsp flour

salt to taste

black pepper powder to taste

oil for frying

ginger powder (as per taste)

## Instructions

- Soak the chickpeas for 6-7 hours.
- Pressure cook them and strain all the water
- Ignore the first two steps if you are using canned beans
- Mash the chickpeas in a food processor, mixing all the ingredients including parsley. It will form a thick batter like consistency.
- Make approx 20 balls out of the thick batter and deep fry it in hot oil.
- As an appetizer serve hot with hummus and tahini.
- As a main course stuff pocket pita bread with falafel, hummus, lettuce, tomatoes, tahini, red falafel sauce, salt and pepper





