

Butter Paneer

Ingredients:

- 1 small Onion (Big Pcs)
- 2 Tomatoes (Big Pcs)
- Ginger (1 inches grated)
- Garlic (2-3 cloves)
- Garam Masala ($\frac{1}{2}$ tsp)
- Salt
- Cilantro Pwd ($\frac{1}{2}$ -1 tsp)
- Red Chili pwd (1/2 tsp)
- Yogurt (1-2 tbsp)
- Methi (1 tbs)



Make Masala: Cook the onions golden brown add the tomatoes, ginger, garlic, powders, methi, and cook for 5-7 mins, shift the food into a blender. Put the liquidized paste in a vessel, add 1 spoon of butter, and bring to boil. Add in paneer on slow gas for 5 minutes add the paste and the rest of the ingredients. Garnish with coriander and serve.

Palak Paneer

Ingredients:

- 1 small onion (chopped)
- 1 Bunch of Spinach (4-5 handfuls/pp)
- 3 Tomatoes
- 3 cloves of Garlic
- 1 Tsp of cumin seeds
- 1 Green Chilli
- Paneer



Directions: Cut paneer, put it in hot water for 10 minutes- medium-small In pressure cooker: Heat Oil, Add Cumin Seeds, Garlic, Onion - Until Transparent (4-5 minutes). Add tomatoes, spinach, Chillies, salt, turmeric powder - medium flame cook for 5-7 minutes. Once it's done, take out of the pressure cooker and use a hand blender. Add paneer. Cook for 2-3 minutes.

Paneer Bourji or (2 Egg Bouji)

Ingredients:

- 1 small onion
- 1 tomato
- 1 chili
- 1-inch grated ginger
- Handful of Coriander i
- Cumin seeds
- Cumin powder
- Turmeric powder
- Salt
- Peas
- Paneer (soaked in hot water for 12 minutes)



Directions: Take a pan, put oil, cumin seeds (medium flame), slowly caramelize onion to golden, put in tomato, fresh peas, salt, chili, tumeric, cumin powder, ginger and wait till tomatoes becomes a paste (5 minutes). (you can use this base for many things). Put paneer in masala (or scrambled eggs), and mash paneer with hand masher. Slow flame for 3-5 minutes. If dry, put in milk.

Serve with rice or make it into a sandwich.

Cauliflower Bhaji (or Pulao)

Ingredients:

- ½ Onion
- 3 tomatoes
- 1 chili
- Ginger
- Salt
- Cumin seeds
- Coriander powder
- Half of one Cauliflower
- Tumeric powder
- Cumin powder
- Methi leaves



Directions:

Take a pan, put oil, cumin seeds (medium flame), slowly caramelize onion to golden, put in tomato, salt, chili, tumeric, cumin powder, fresh peas, ginger and wait till tomatoes becomes a paste (5 minutes). Cut cauliflower, and as it softens with pot lid, break the cauliflower with a wooden spoon and keep it cooked until soft. For Pulao: Add one potato and put this in the rice cooker.

Sindhi Curry

Ingredients:

- 4 tablespoons of oil
- 3 heap tbs of Chickpea Flour (Basin)
- 1 potato into pieces
- 1 Carrot
- String Beans
- 1 tomato
- 2 chili
- 1-inch grated ginger
- 5-6 curry leaves
- Coriander
- Methi seeds
- Turmeric powder
- 1 tbs of Tamarind
- salt
- 1/2 tsp Jaggery



Directions:

In one bowl, put $1 \frac{1}{2}$ bowl of hot water SLOWLY MIXING with 1 heap tbs of chickpea flower. Keep moving it till it becomes a soup (NO CLUMPS). Pure a tomato in the blender.

Put oil in a pan and fully submerge 2 heap tbs of chickpea flower. Be able to move around the chickpea flower (not dough). Let it brown but not burn in LOW FLAME. Keep stirring this. Drop hing, methi seeds, curry leaves, chili, ginger.. At this point your house should smell like sindhi curry. After this is cooked, drop a pureed tomato. Let this cook. Pour previously made bowl into this pot. Drop vegetables, jaggery, salt, tamarind, turmeric powder, coriander. Let this cook/boil for 20 minutes on low heat.

Khichidi

- Rice
- Open Elaichi
- Green half dhal
- Potato (cut into small pieces, half fry, oil, turmeric, black pepper, salt, cumin powder, mango powder)

Sai Bhaji



- Chana Dhal
- ½ Onion
- 1 Tomato
- 5 huge handfuls of spinach
- 1 chili
- 1 potato
- 1 carrot
- 1 eggplant
- Ginger
- Salt
- Cumin seeds
- Coriander powder
- Half a bell pepper (optional)
- Methi
- garlic

Pressure Cooker: Put oil, cumin seeds (medium flame), slowly caramelize onion to golden, put in tomato, salt, chili, tumeric, coriander powder, ginger and wait till tomatoes becomes a paste (5 minutes). Put in potato, carrot, eggplant, half a bell pepper, the spinach put channa dhal and then put half a cup of water and put it in pressure cooker for 4 whistles. Once its cooked, use a hand blender.

Yellow rice: clean rice, put water, salt, turmeric, methi, coriander, small pieces of garlic

Channa Masala

- Full Chana (Washed Goya boiled)
- (soaked in boiling water overnight)
- ½ Onion
- 1 Tomato
- 1 chili
- Ginger
- Salt
- Jeera
- Coriander powder
- 1/4th tsp Channa Masala powder



Directions: Take a pressure cooker, put oil, cumin seeds (medium flame), slowly caramelize onion to golden, put in tomato, salt, chili, tumeric, cumin powder, channa masala powder, ginger and wait till tomatoes becomes a paste (5 minutes). (you can use this base for many things). Pass hand blender (barely). ¼ th cup of water. Put channa and let it cook for 6 minutes in pressure cooker.

Toor Dhal

Ingredients:

- Toor Dhal - 2 handful pp
- 3 Tomatoes - Grated
- Fresh Cilantro 1 tbsp
- Ginger (approx. size of end finger)
- Cumin Seeds
- Chilies
- Hing
- Methi Seeds
- Salt
- Currypatta Leaves



Directions:

Wash dhal, then put in a bowl in hot water and keep it there for 1 hour. Put Toor Dhal in Pressure Cooker. Add Tomato pieces. Add water as needed (30 min approx). When the Pressure Cooker is done: Use a hand blender for the tomato and dhal which will turn into a paste. Put the paste into a bowl. In the pressure cooker, heat oil, cumin seeds, methi seeds, Hing, and Karipatta leaves (medium gas, less than a minute. DONT LET IT BURN). Put the dhal paste into the pressure cooker. Grate Ginger, cut cilantro, cut ½ chili in small pieces, salt. Cook for 10 minutes.

Channa Dhal

Ingredients:

- Channa Dhal - 2 handfuls
- 2 Tomatoes - Grated
- 1 small onion
- Fresh Coriander 1 tbsp
- Ginger (approx. size of end finger)
- Cumin Seeds
- 1 Chili
- Hing
- Salt



Wash dhal, then put in a bowl in hot water and keep it there for 1 hour. Put Channa Dhal in a Pressure Cooker with water for 10 minutes. Pass the hand blender and put the mix in a bowl. In the pressure cooker, heat oil, ½ tsp of cumin seeds, Hing, cut 1 small onion, and let it fry. Put tomatoes, chili, ginger, salt, coriander, and turmeric powder. Cook 5 minutes (just cover lid lightly). Pass it through hand blender and put the dhal in. Cook for 5-7 minutes.

Peas Potato

Ingredients:

- Karipatta
- Cumin Seeds $\frac{1}{2}$ tsp
- Coriander Powder $\frac{1}{2}$ tsp - chop
- Hing a pinch
- Tomato - 3 (grated)
- Ginger $\frac{1}{2}$ tsp grated
- Chilies 2 chopped
- Turmeric Powder a little bit
- Potato 2 small - peel and cut into pieces
- Green Peas $\frac{1}{2}$ cup of peas frozen - soak in water
- Salt



Directions:

Put some oil in a pressure cooker. Add Cumin Seeds, Karipatta, chilies, Hing. Add Chopped pieces of potato. Fry for a minute. Add washed frozen peas -(Note: Be careful with oil splash). Add ginger and tomatoes and let cook. Add Coriander, Coriander powder, and Turmeric Powder (Opt: Garam Masala). Cook until tomatoes are tender. Add water and salt. Close pressure cooker. Heat ~8 minutes.

Green Masala Chicken

Ingredients:

- 2 handfuls of Cilantro
- 1 small onion
- 1 chili
- 1 $\frac{1}{2}$ tomato
- 2 legs of clean chicken
- 10 cashews



Take the cilantro, onion, tomatoes, cashews and chili grind and make into paste. Put oil in the pressure cooker, put cumin seeds, put paste, put garam masala, very little haldi, jeera powder, coriander powder, salt, put chicken and close the pressure cooker. Listen for 4 whistles and chicken will be done.

Papa a la Huancaina

Ingredients:

- 3 cloves of Garlic (chopped)
- 1 Medium Sized Onion
- 2-3 Big Orange Chillies
- 10-15 Peanuts
- 1 Slice of Cheese
- 5 Soda Biscuits
- Purple Olives



Directions:

Heat oil in a Wok. When heated add chopped garlic - until brown. Add Onions and move mix - until transparent. Add chopped chilies, add peanuts - heat, and mix. Let it cool down.

In Grinder: Empty the mix from the Wok into the grinder. Add Cheese, ~1 cup of milk. Add Soda Biscuits. Turn On. Serve on potatoes and purple olives.

Quinoa Bowl (or Sandwich)

- Eggplant
- Mushrooms
- Red Pepper
- Green Pepper
- White Onion



Put Vegetables in a Tray and roast them with oil, salt, and pepper. Roast for 40 minutes.

Quinoa: Boil for around 12 minutes.

Add Hummus & Spinach leaves.

Pumpkin Soup

- Onion
- Pumpkin
- Zucchini
- Carrot
- Potato



Get a pot, olive oil, garlic, quarter of an onion, medium sized piece of pumpkin, piece of zucchini, carrot, a small peeled potato. Sautee everything until golden. Then add water at the level of the vegetables. Let it boil and put one cube of organic vegetable stock until all vegetables are soft. With hand mixer- mix all vegetables and add a bit of salt and pepper.

Green Thai Curry

- Green Curry Paste
- Coconut Milk
- Broccoli (always the last vegetable you put in the dish)
- Red Pepper
- Mushroom
- Carrot



Take a pot, put sesame oil, put ginger garlic paste, put chicken or tofu, let it sautee until you see them almost cooked (5 minutes), add green curry paste, add vegetables, and let it boil with coconut milk. Add a bit of salt. Serve with jasmin rice.

Chicken Tikka Paste

- Mini Breast (Important) or Skinless/boneless chicken thigh
- Ginger Garlic Paste
- Tikka Masala Paste

Try to do marinate overnight. Marination: Take a spoon of ginger garlic paste, and 1 tablespoon of tikka masala paste, and 4 spoonfuls of yogurt and marinate chicken, salt, lemon juice, teaspoon of olive oil.



Put it in the pan for 15 minutes. (or the oven for 20 minutes + 10 minutes in the pan)

4 Flip Quesadillas

- Rice (Mixed with Mexican Salsa)
- Avocado
- Grilled Tofu
- Spinach Leaves
- Cheese to bind

Cut tofu (hard) and stir fry with olive oil, garlic pepper and cajun spices. Put it in each side and combine.



Vegetable Fried Rice

Ingredients:

- Bell Pepper
- Carrots
- Green Beans
- Spring Onions
- Garlic (Grate)
- Ginger (Grate)
- Chilli Sauce
- Sesame Oil
- Soya Sauce
- Eggs
- Cucumber



Directions: (Cook White rice first) In a Wok: Heat Oil. Add Garlic and Ginger. Broccoli, Carrots, Green Beans, Bell Peppers, Spring Onions. Mix. Add scrambled eggs. Add White Rice (no salt) Add Soya Sauce, Chilli Sauce, and Sesame Oil, and black pepper, sriracha.

You can add cucumber and nasi goreng with sunny side egg on top.

Sushi

Ingredients:

- Rice
- Sweet Potato
- Avocado
- Cucumber
- Rice
- Sesame Seeds
- seaweed (than usual. Add rice vinegar).
roler and put nuri seaweed on top, then
rice evenly on seaweed and sprinkle sesame seeds, add sweet potato, avocado,
cucumber to the center, then roll.



Take
mash

Miso Soup:

Ingredients:

- Vegetable broth (or water)
- Buck Choy
- Green Onions
- Spinach
- Miso Paste
- Tofu (optional)
- Garlic
- Ginger



Directions: Cook garlic and ginger and tofu. Add hot water or vegetable broth and add a small amount of miso paste (depending on salt taste buds). Add greens.

Pesto pasta

Ingredients:

- Very little oil
- Garlic
- Chili Flakes
- Basil
- Oregano
- Pesto
- Milk
- Spaghetti
- Pistachio



Directions: In a pan, add oil, garlic, chili flakes, basil, oregano and let it cook (2 minutes in low flame). Then add pesto (2 minutes in low flame). Put milk. Add boiled pasta. Mix it in. Add Pistachio.

Burrata

Ingredients:

- Burrata
- Full spoon of manuka honey
- Chili flakes
- Truffle



Pizza

Ingredients:

- Pizza dough
- Pesto
- Onions
- Bell Peppers
- Garlic
- Spinach
- Olives



Childhood Dip

- Full Cream Cheese
- 6 spoonfulls of Yogurt (add based on thickness)
- Mint
- Coriander
- Garlic
- Red Chili powder
- Salt

Directions: Take Ingredients and put in a blender.

