



EASY RECIPES FOR MAN OF THE HOUSE



Do you really want to help in the kitchen? But worried about complicated recipes and approval from kitchen experts? In this time of quarantine, you can definitely try these simple recipes and let everyone in the house be surprised by your hidden cooking skills. Or if you are trapped alone at home and don't have any helping hand, this collection of recipes can be of great help!

Most important tip: Do not forget to clean kitchen before leaving otherwise you will not be allowed to enter there again!

BEVERAGES

A. CHAAS (SERVES 2)

Ingredients:

1. 1 cup curd
2. 2 cups cold water
3. 1 green chili
4. 1/2 inch ginger
5. 1/2 teaspoon cumin powder
6. 1/2 teaspoon black salt, also known as kala namak
7. 1/4 teaspoon salt, or to taste
8. 1/4 teaspoon chat masala
9. Coriander or mint, for garnish

Procedure:

1. Just blend everything together till combined.
2. Pour into serving glasses, garnish with fresh Coriander or mint and serve.

B. LASSI (SERVES 1)

Ingredients:

1. Curd- 1 cup
2. Water-1/2 cup
3. Sugar-1/4 cup
4. Vanilla essence (or any other flavour as per your choice)-1/4 tsp

Procedure:

1. Mix sugar and water
2. Heat it till sugar dissolves. Cool it down
3. Whisk curd. Mix this into sugar syrup.
4. Add essence as per your choice

* You can definitely prepare varieties of lassi by varying flavour, adding fruit pieces, dry fruits, kesar, etc!

C. BANANA SMOOTHIE (SERVES 1)

Ingredients:

1. Ripe banana- 1
2. Fresh sweet curd – 1 cup
3. Milk – ¼ cup
4. Cardamom powder – a pinch

5. Honey – 2 Tbsp

Procedure:

1. Peel and cut banana.
2. Put everything in blender and blend till smooth.
3. Serve immediately.

D. JAGGERY (GUR) SHARBAT: (SERVES 5)

Ingredients:

1. Grated / powdered jaggery – 250 g
2. Chilled water – 1 lit
3. Lemon juice – 4 Tbsp
4. Salt- 1 Tsp
5. Sabja (optional) – 1Tsp add more if you like

Procedure:

1. Soak sabja in ½ cup water for 10 min, let it swell.
2. Take all other ingredients in a blender, mix well.
3. Add soaked sabja seeds to blended mixture.
4. Pour this fresh beverage in glass and serve chilled.

E. COLD COFFEE: (SERVES:1)

Ingredients:

1. Instant coffee: 2 Tbsp
2. Water: 2 Tbsp
3. Chilled Milk : 2 Cups
4. Sugar : 2 Tbsp (as per taste)
5. Cream : 2 Tbsp
6. Ice cream : 3 Scoops

Procedure:

1. Dissolve coffee powder in water.
2. Mix sugar milk, coffee paste and cream in a blender. Blend it well.
3. Add 2 scoops of ice cream. Give it a quick whip. Do not over mix.
4. Put some ice cubes in serving glass. Pour blended mix over it.
5. Put remaining scoop of ice-cream over it. Drizzle some chocolate sauce for garnishing. Serve chilled.

F. RAGI AMBIL: (SERVES 2)

Ingredients:

1. 3 tbsp ragi or finger millet flour
2. 2 cup water
3. 1 cup butter milk
4. Salt as per your taste
5. A big pinch of asafoetida
6. Coriander leaves finely chopped (optional)

Procedure:

1. Take ragi (finger millet) flour in a bowl.
2. Add in 1/2 cup of water and mix it well. Make sure there are no lumps left out.

3. Next keep remaining 1.5 cups of water for boiling.
4. When the water starts boiling add in ragi batter from step 2.
5. Bring it to boil and continue boiling under low flame for 5 minutes by stirring continuously.
6. Switch off the stove and wait until completely cool.
7. Next add in salt and asafoetida.
8. Also add in a cup of buttermilk. (Just whisk leftover curd if you don't have buttermilk) Mix it well.
9. Next add in asafoetida and give a quick mix. (You can add chat masala to make it chatpata)
10. Serve it and enjoy.

SALADS

A. GREEK SALAD

Ingredients:

For dressing

- 1 Olive oil - ¼ cup
- 2 Lemon juice – 3 Tbsp
- 3 garlic clove, minced - 1
- 4 dried oregano - ½ teaspoon + for sprinkling
- 5 Mustard sauce- ¼ teaspoon
- 6 Sea salt - ¼ teaspoon
- 7 Freshly ground black pepper - a pinch

For the salad

- 1 Green cucumber (cut lengthwise and sliced)- 1
- 2 Medium size chopped green bell pepper - 1
- 3 Halved cherry tomatoes – 2 cups
- 4 Diced feta cheese – 100g
- 5 Thinly sliced red onion – 1 small
- 6 Olives – 6-7
- 7 Fresh mint leaves - ⅓ cup

Procedure:

1. Whisk together all ingredients of dressing.
2. Now take all salad ingredients in a large bowl. Drizzle dressing over it and toss.
3. Sprinkle with extra oregano and mint leaves.

B. BOILED EGG SALAD



Ingredients:

1. Boiled egg – 1
2. Stir fried veggies for your choice – 1 cup (eg. Coloured capsicums, broccoli, corns, mushrooms etc)
3. Chopped onion – 1 small
4. Sliced cabbage – ¼ cup
5. Olive oil – 1 Tbsp
6. Black pepper powder
7. Salt to taste

Procedure:

1. Prepare salad dressing by mixing mashed egg yolk, salt and pepper (or any other seasoning of your choice) in olive oil, give it a good mix.
2. Now toss egg white pieces, veggies, onion, cabbage and dressing well.

**Stir fried veggies are prepared by tossing cut veggies in some oil on high flame with some salt.*

TEA-TIME SNACKS**A. POP CORN****Ingredients:**

1. Corns (for popcorn- easily available in market)- 100 g
2. Butter – 2 Tbsp
3. Turmeric – 1 tsp
4. Salt -to taste

Procedure:

4. Heat oil in a pressure cooker or any heavy bottom vessel. Flame should be high.
5. Add corns in oil. Add salt and turmeric powder also. Close the cooker with lid. Do not forget to remove the whistle.
6. In few seconds, you will hear popping sound. Shake cooker once so that unpopped corns will come down and pop.
7. Once popping sound stops, shut the flame off and open the lid.
8. Enjoy fresh pop corns.

B. WHEAT PAKODA (SERVES :2)**Ingredients:**

1. Wheat flour – ½ cup
2. Finely chopped Onions – ¼ cup
3. Finely chopped Green chillies – 2 tsp
4. Red chilli powder – ¼ tsp
5. Omum – ½ tsp
6. Salt to taste
7. Water
8. Oil for frying

Procedure:

1. Mix all dry ingredients together. Add water gradually. Check for dropping consistency. It should not be too thin.
2. Deep fry pakodas in oil. Serve hot.

** Other types of pakodas can be made by using besan flour instead of wheat flour and changing fillings. E.g. corn pakoda, potato pakoda, spinach pakoda, onion pakoda, etc.*

C. FRUIT CHAT (SERVES:4)**Ingredients:**

1. Cut fruit pieces (Banana, apple, orange, pear-1 of each, strawberries-5)
2. Salt – ¼ tsp
3. Chat masala – ½ tsp
4. Cumin powder – ¼ tsp

5. Black pepper powder -1/4 tsp

Procedure:

3. Take clean fruits, cut them into medium size pieces.
4. Add all spices to cut fruits and toss them to mix.

* You can use any available fruits or as per your choice. Adjust amount of spices accordingly.

D. POTATO FRITTERS



Ingredients:

1. Grated, peeled potato - 2 medium
2. Maida - 1 1/2 tbsp
3. Salt to taste
4. Oil – 4 Tbsp
5. Grated onion – 1 medium
6. Black pepper – 1 pinch
7. Egg - 1

Procedure:

1. Make a mixture of potatoes, onion and egg.
2. Add flour to this and mix well again.
3. Mix in the chopped mint leaves as well as seasoning.
4. Heat oil in a pan and add a spoon of the mixture to it.
5. Fry on both sides till golden brown.
6. Serve hot with dip of your choice.

BREAKFAST ITEMS

A. CHILLI CHEESE TOAST (SERVES 1)

Ingredients

1. Bread slice – 2
2. Softened butter – 2 Tbsp
3. Finely chopped Garlic cloves – 3 to 4
4. Finely chopped green chilli – 2 Tsp
5. Grated Mozzarella cheese – as needed
6. Salt and red chilli flakes- to taste

Procedure

1. Mix butter, garlic and green chilli in a bowl.
2. Spread it on one side of bread slice.
3. Put grated cheese over it. Sprinkle salt and red chilli flakes.
4. Bake at 200 Deg C for 5 min. It can also be roasted on non stick pan till cheese melts, but remember to close the lid while roasting.

B. POHA: (SERVES: 1)

Ingredients:

1. Poha: 1 cup
2. Peanuts: 2 Tbsp
3. Finely chopped onion: 1 medium
4. Finely chopped green chillies: 2 tsp
5. Finely chopped coriander: 2 tsp
6. Curry leaves: 8-10

7. Lemon juice: 2Tsp
8. Oil: 2 Tbsp
9. Sugar: 1 Tsp
10. Salt to taste

Procedure:

1. Dip cleaned poha in water for around half a min. remove water completely.
2. Heat oil in a pan. Fry peanuts golden brown. Remove from oil and keep on a plate.
3. In same oil add mustard seeds, wait till it makes cracking noise. Add cumin seeds, curry leaves, green chilli pieces, fry. Add onion, fry till pink.
4. Add turmeric powder, lemon juice and salt to it. Give it a stir.
5. Add soaked poha and fried peanuts. Mix it well. Close the lid for a min. Stir again for two min.
6. Garnish with chopped coriander leaves and serve hot.

C. WHEAT FLOUR PANCAKES: (SERVES:1)

Ingredients:

1. Whole wheat flour (atta) - 1 cup
2. Jeera (cumin seeds) - 1 tsp
3. Salt to taste
4. Red chilli powder - 1/4 tsp
5. Fresh Chopped coriander leaves - 2 tbsp
6. Water as required
7. Oil for frying

Procedure:

1. Combine all ingredients together except oil in a small bowl. It should be of pourable consistency and free of lumps.
2. Heat a non stick pan or normal tawa on a medium heat with little bit oil. Pour a ladle full of batter on a tawa drizzle some oil and fry.
3. Cook on a low flame, once the one side is cooked, flip it gently with the help of Spatula and cook it well
4. Once both the sides of the pancake are golden brown, take it out on a plate.
5. Serve hot Atta pancake with green chutney or tomato sauce.

D. BANANA PANCAKES: (SERVES:1)



Ingredients:

1. Banana- 1
2. Eggs – 2
3. Cinnamon powder- ¼ tsp
4. Vanilla essence – ¼ tsp
5. Oil – for frying

Procedure:

1. Mash banana with fork.
2. Break eggs into it. Add cinnamon powder. Just give it quick mix.
3. Make small pancakes on non stick pan. Fry on both sides till golden brown colour.

E. OMELETTE: (SERVES:1)



Ingredients:

1. Eggs: 2
2. Water: 2Tbsp
3. Finely chopped onion :1 Medium
4. Finely chopped green chilli: 2
5. Finely chopped Coriander: 1 tsp
6. Salt: 1/8 tsp
7. Butter: 1 Tsp

Procedure:

1. Beat all ingredients together except butter in a small bowl until blended.
2. Heat butter in a nonstick pan over medium-high heat until hot. Tilt pan to coat bottom. Pour in egg mixture. Mixture should set immediately at edges.
3. When top surface of eggs is thickened and no visible liquid egg remains, gently flip it over. Cook properly from both sides and serve immediately.

*Variety of omelette can be prepared by making minor changes

e.g. add grated cheese- cheese omelette, add chicken salami or boiled shredded chicken for chicken omelette, red chilli powder for desi twist, oregano and mixed herbs for Italian type and so on.

SWEETS

A. COCONUT LADDOO: (Around 20 laddoos)

Ingredients:

1. Condensed Milk – 1 tin of 200g
2. Finely desiccated coconut – around 2 cups
3. Roasted mix dry fruits – ½ cup
4. Cardamom powder – ½ tsp

Procedure:

1. Take condensed milk in a bowl.
2. Add desiccated coconut slowly. See if you can make small balls out of it. If mixture is still sticky, add more desiccated coconut.
3. Add dry fruits and cardamom powder. Mix properly.
4. Make small laddoos out of that mixture. Keep under refrigeration to store for long time.

B. FRUIT SALAD

Ingredients:

1. Milk – ½ lit
2. Custard powder (Any flavour)- 2Tbsp
3. Sugar-1/4 cup
4. Diced Fruits (Apple, Grapes, Mango, banana, pomegranate arils, or as per your choice)- 2 cups
5. Jelly chocolates: ¼ cup

Procedure:

1. Dissolve custard powder in ½ cup of chilled milk. Heat remaining milk in saucepan.
2. Once milk is boiled, lower the heat and add sugar and custard paste to it. Stir continuously till it thickens. Cook for five minute. Stir continuously otherwise it will burn at the bottom. Remove from fire.

3. Cool with continuously stirring.
4. Chill in refrigerator for 1-2 hours.
5. Add fruit and jelly chocolate pieces. Serve chilled. For garnishing you can drizzle chocolate syrup and put cherry on top.

Well! If you have got enough confidence in cooking, then you should definitely try these following pasta recipes which can be one pot meal. Even though recipe looks long its very simple.

A. PASTA IN WHITE SAUCE:

Ingredients:

1. Any kind of pasta: 1 ½ cup
2. Milk: 1.5 cup
3. Butter: 2 Tbsp
4. Wheat flour: 2 Tbsp
5. Finely chopped Garlic: 5-6 cloves
6. Cheese: 2 cubes or slices (Add more if you are cheese fan!)
7. Oregano / pizza seasoning: 1/4th Tsp
8. Red chilli flakes: 1/4th tsp
9. Black pepper: a pinch
10. Salt: to taste

Procedure:

1. Take water in a deep sauce pan, bring it to boil over medium flame. When it starts boiling, pasta and 1/2 teaspoon salt.
2. Boil them until cooked but not very soft. It will take around 10-12 minutes. To check whether pasta is cooked or not, take one pasta in a fork and bite it. If it is little firm to bite, it is cooked. If it is too hard to bite, it requires more cooking.
3. Drain excess water from pasta with the help of strainer. Wash it with cold water otherwise cooking will be continued and pasta will be soft and mushy.
4. Heat butter in the same pan over medium flame. Add finely chopped garlic and sauté for 30 seconds.
5. Add wheat flour. Stir continuously and cook for a minute.
6. Pour milk little by little while stirring continuously with a whisk.
7. Stir and mix for 1-2 minutes.
8. Reduce flame to low. Add grated cheese. Continue stirring and cooking until mixture starts to thicken. It will take around 3-4 minutes depending on the size and thickness of the pan.
9. Add all seasonings and give it a mix.
10. Add and pasta.
11. Turn off the flame. Mix well.
12. Transfer it to a serving plate. White sauce pasta is now ready. Garnish it with more grated cheese and serve while they are still hot.

* Stir fried Veggies like carrot, coloured capsicum, broccoli can be added if available. It will improve palatability as well as nutritive value of pasta.

B. PASTA IN RED SAUCE:

Ingredients:

1. Any kind of pasta: 1 ½ cup
2. Finely chopped Onion: 1 medium

3. Onion roughly chopped: 1/2-3/4 cup
4. Finely chopped garlic: 3-4 cloves
5. Tomatoes pieces: 1 ½ cup
6. Oil: 2Tbsp
7. Black pepper: a pinch
8. Salt: to taste

Procedure:

1. Cook pasta same as above.
2. Roast roughly chopped onions till pink, add tomato pieces to it and cook till soft and mushy.
3. Remove from fire and cool down.
4. Grind in a mixer to smooth paste.
5. Heat oil in a pan, add garlic, onion and fry till golden brown.
6. Add puree and stir well, cook till desired consistency is attained. Make sure it is not watery.
7. Add salt and black pepper. You can add any other seasoning if you like eg. Oregano or mixed herbs. Add pasta. Toss it well, shut the flame off.
8. Garnish with coriander. Serve hot.

Refer my earlier file “Tough times easy recipes” for additional recipes.

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