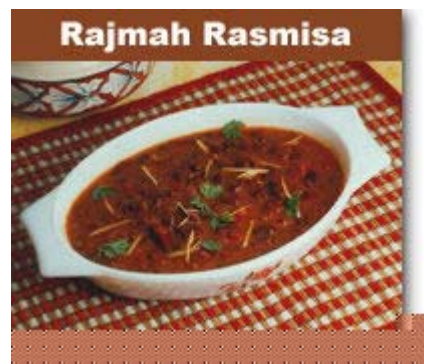


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<a href="#">Peas Pulao</a>	<a href="#">Tahiri</a>		

<b>DAL MAKHANI</b> An all time favourite lentil delicacy with the richness of fresh cream.	
<b>INGREDIENTS</b>	<b>METHOD</b>
Black Urad dal (whole) 1/2 cup Red Kidney beans(rajmah) 2 tbsps. Cumin seeds 1 tsp. Chopped garlic 6 cloves. Chopped ginger 2 inch. Garam masala powder 1 tsp. Fresh cream ½ cup Red chili powder 1 tsp. Butter 3 tbsps. Chopped tomato 2 nos. Chopped onion 1 no. Oil 1 tbsp. Salt As per taste	<ol style="list-style-type: none"> <li>Pick, wash and soak whole black urad and rajma overnight in three cups of water.</li> <li>Peel and chop the onion, ginger and garlic finely. Wash and chop the tomatoes.</li> <li>Cook the soaked dal and rajma in three cups of water with salt, red chili powder and half the chopped ginger till dal and rajma are cooked and soft.</li> <li>Heat oil and butter in a thick-bottomed pan. Add cumin seeds, when it crackles add chopped onions and fry till golden brown.</li> <li>Add chopped ginger, garlic and chopped tomatoes. Saute till tomatoes are well mashed and fat starts to leave the masala. Add boiled dal and rajma to this. Adjust seasoning.</li> <li>Add garam masala powder and simmer on very low heat for fifteen minutes.</li> <li>Add fresh cream and let it simmer for another five minutes.</li> <li>Serve hot with Naan or Paratha.</li> </ol>

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<b>RAJMAH</b> Red kidney beans cooked in a spicy tomato gravy	
<b>INGREDIENTS</b>	<b>METHOD</b>

<p>Rajmah 200 gms.  Chopped onion 1 cup  Chopped tomato 1½ cup  Garlic paste 1 tbsp.  Ginger paste 1½ tbsp.  Red chili powder 1 tbsp.  Coriander powder 1 tbsp.  Turmeric powder 1 tsp.  Chopped green coriander 1 tbsp.  Cumin powder 1 tsp.  Bay leaf 3 no.  Garam masala powder 1 tsp.  Oil 3 tbsp.  Salt As per taste</p>	<ol style="list-style-type: none"> <li>1. Soak rajmah (red kidney beans) overnight in 5 cups of water.</li> <li>2. Boil rajmah or pressure cook until soft and fully cooked.</li> <li>3. Heat oil, add bayleaves, chopped onion and sauté' onion till golden brown in color. Add Ginger Paste and Garlic Paste. Cook for a minute.</li> <li>4. Add red chili powder, coriander powder, turmeric powder and cumin powder. Stir and add chopped tomatoes, cook till tomatoes are fully mixed with the masala.</li> <li>5. Add boiled rajmah and cook on a slow flame for 15 minutes. Add Garam Masala Powder and garnish with chopped fresh coriander.</li> <li>6. Cook until gravy is thick and rajmah coated with it.</li> <li>7. Serve hot with steamed rice.</li> </ol>
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<b>PUNJABI KADHI</b> North Indian yogurt curry with gramflour dumplings	
INGREDIENTS	METHOD
<p><b>Pakora</b>  Gram flour 1 cup  Chopped onion ¼ cup  Chopped potato ¼ cup  Ajwain 1 tsp.  Red chili powder 1 tsp.  Chopped ginger 1 tsp.  Baking powder ½ tsp.  Oil for deep frying -  Salt As per taste</p> <p><b>Kadhi</b>  Curd (yogurt) 1 cup  Gram flour ¼ cup  Dry red chili whole 2 no.  Turmeric powder 1 tsp.  Asafoetida A pinch  Fenugreek seeds 1 tsp.  Oil 2 tbsp.  Salt As per taste</p>	<ol style="list-style-type: none"> <li>1. Mix all <i>pakora</i> ingredients except oil and add about ½ cup of water. Mix well.</li> <li>2. Heat oil in a Kadhai and deep fry vegetable and gram flour mixture after making into small balls. Fry till <i>pakor</i>as are golden brown.</li> <li>3. Beat Curd/Yogurt and mix gram flour in it. Blend thoroughly so as to ensure that there are no lumps. Add turmeric powder, salt and 3 cups of water.</li> <li>4. Heat oil in a Kadhai. Add fenugreek seeds and dry red chili. Stir fry for half minute. Add Gram flour and Yogurt mixture. Bring it to a boil and simmer on a slow fire for about 15 minutes. Stir occasionally.</li> <li>5. Add red chili powder and fried <i>pakor</i>as and again simmer for about 5 minutes.</li> <li>6. Serve hot with steamed rice.</li> </ol>

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<b>KADHI PAKODA</b> Daawat.com	
INGREDIENTS	METHOD
<p><b>For Kadhi:</b>  500 gms yogurt  90 gms gram flour (besan)  1 tsp red chili powder  1/2 tsp turmeric powder  1/4 cup ghee  1/4 tsp fenugreek seeds  200 gms potatoes, cut into 1" cubes  150 gms onions, chopped  Salt to taste</p> <p><b>For Pakodas:</b>  100 gms gram flour (besan)</p>	<p>For the pakoras, mix all the ingredients of pakoras along with water and make a batter. Heat oil in a deep frying pan and drop spoons-full of batter into the oil. Deep fry until golden brown and repeat the same for the remaining batter.</p> <p>Mix yogurt, gram flour, red chilies, turmeric in a bowl and whisk well by adding 5 cups of water. Heat ghee in a pan and fry the fenugreek seeds until they splutter. To this, add yogurt mixture and bring to a boil, stirring</p>

300 gms spinach, shredded  
 A pinch of soda bi-carbonate  
 Salt to taste  
 1 tsp coriander seeds  
 1/2 tsp ajwain seeds  
 1" piece ginger, finely chopped  
 4 green chilies, finely chopped  
 Oil for frying  
**For Seasoning:**  
 75 gms ghee  
 1 tsp cumin seeds  
 1/2 tsp coriander seeds  
 1/2 tsp mustard seeds  
 A pinch of asafoetida  
 4 dry red chilies  
 1/2 tsp red chili powder

continuously, until thin sauce consistency. Also add potato cubes, cover and simmer until potatoes are cooked.

Now add pakoras, onions and cook until a thick consistency. Remove from heat and add the seasoning.

To prepare the seasoning, heat ghee in a pan, add cumin, coriander and mustard seeds, stir until they begin to pop. Then add asafoetida, stir until it puffs up, add red chilies, chili powder, stir and over the kadhi. Remove and serve hot with steamed rice.

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**PALAK PANEER** A typical North-Indian dish made from Spinach and Paneer.

INGREDIENTS	METHOD
Paneer 200 gms Spinach (palak) 2 bunches Onion 1 no. Ginger garlic paste 1 tsp. Tomato 2 nos. Milk ½ cup Red chili powder ½ tsp. Garam masala ½ tsp. Oil 2 tbsp.+ to fry Salt To taste	<ol style="list-style-type: none"> <li>1. Pick, wash and boil palak leaves in minimum water for about 8 minutes.</li> <li>2. Grind boiled palak coarsely.</li> <li>3. Cut the Paneer into cubes and deep-fry till golden brown.</li> <li>4. Chop onion. Puree the tomatoes.</li> <li>5. Add oil in a pan and heat. Add the chopped onions.</li> <li>6. When the onion turns pinkish in colour, add the Ginger Garlic paste and chili powder.</li> <li>7. Next add the tomato puree and cook till oil leaves the pan.</li> <li>8. Now add the Garam Masala Powder and palak. Mix well.</li> <li>9. Add milk and let it cook till it is of a thick consistency.</li> <li>10. Add salt. Add the paneer just before serving.</li> </ol>

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**KADHAI PANEER** Paneer cooked with lots of Red chilies and flavoured with coriander.

INGREDIENTS	METHOD
Paneer 500 gms. Sliced onion 1½ cup Bay leaf 2 nos. Dry red chili whole 3 nos. Garlic paste 1 tsp. Ginger paste 1 tsp. Crushed coriander seeds 2 tsps Tomato puree ¾ cup Red chili powder 1 tsp. Garam masala powder 1 tsp. Oil 2 tsps. Salt To taste	<ol style="list-style-type: none"> <li>1. Cut Paneer into triangles and keep aside.</li> <li>2. Heat oil in a Kadhai, add dry red chili, coriander powder, bayleaf and then add sliced onion, sauté onion till golden brown in color, and crisp.</li> <li>3. Add Ginger Paste, Garlic Paste, stir and add tomato puree, cook for few minutes.</li> <li>4. Then add red chili powder, coriander powder and salt mix well. Add ½ cup water if required.</li> <li>5. Add Paneer and cook until coated with thick gravy.</li> <li>6. Serve hot, garnished with lightly roasted crushed coriander seeds.</li> </ol>

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**SARSON KA SAAG** Leaves of the mustard plant - cooked with spices in pure ghee - A December favourite of the people of Punjab

INGREDIENTS	METHOD
Mustard greens, cleaned & chopped	1. Heat 6 tablespoons Ghee, put in asafoetida,

2 bunches  
 Asafoetida A pinch  
 Onion, small, minced 1 no.  
 Ginger, minced 1"piece  
 Garlic, minced 2 flakes  
 Makai flour 1 tsp.  
 Turmeric powder 1/2 tsp.  
 Tomato, large, blanched & diced 1no.  
 Chili powder To taste  
 Salt To taste

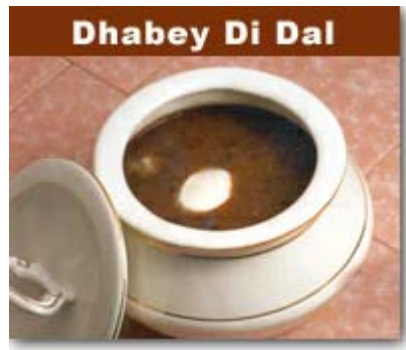
then add all the spices, mustard, tomato and salt.  
 2. Cover tightly and cook till tender.  
 3. Mash to a very fine paste.  
 4. Blend flour with 2 tablespoons water and put in.  
 5. Keep on stirring till the saag turns dry.  
 6. Heat 2 tablespoons ghee and toss in ginger, garlic and onion and fry till soft.  
 7. Mix in and serve hot.

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**GRAM DAL** A simple dal with a light seasoning

**INGREDIENTS**  
 Gram dal 8 cups  
 Dry red chillies 2 nos.  
 Mustard seeds ½ tsp.  
 Black dal ½ tsp.  
 Green chillies 2 nos.  
 Ginger A piece  
 Coriander leaves A bunch  
 Grated coconut 2 tbsp.  
 Lemon juice As required.  
 Coconut oil 2 tsp.  
 Salt To taste

**METHOD**  
 1. Cook the dal in enough water till tender.  
 2. Pour coconut oil in a saucepan and add salt, mustard seeds, black dal and red chillies.  
 3. Chop finely the green chillies, ginger, coriander leaves, and when the mustard sputters throw these in, together with the cooked dal.  
 4. Mix in the grated coconut and sprinkle with lemon juice to taste.



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**DAL DHABA STYLE** A popular mixed lentil preparation dished up in stalls on the highways in North India.

**INGREDIENTS**  
 Urad dal, with skin ½ cup  
 Chana dal ¼ cup  
 Red kidney beans ¼ cup  
 Onions 2 nos.  
 Tomatoes 3 nos.  
 Garlic 8-10 cloves  
 Green chillies 2-3 nos.  
 Red chili powder 1 tbsp.  
 Cumin powder ½ tbsp.  
 Fresh coriander leaves

**METHOD**  
 1. Clean, wash and soak urad dal, chana dal and kidney beans in sufficient water for at least six hours.  
 2. Peel and finely chop onion and garlic. Wash, remove stem and finely chop green chillies. Wash and finely chop tomatoes. Wash and chop coriander leaves.  
 3. Drain soaked dals, add six cups water and pressure-cook for half an hour or until the dals are completely cooked.  
 4. Meanwhile, heat oil in a pan, add chopped garlic, stir-fry briefly till golden brown. Add chopped onion, slit green chillies and sauté for four to five minutes or until the onion is golden brown in colour.

<p>¼ cup Kasuri methi 1 tbsp. Butter 3 tbsps. Oil 4 tbsps. Salt to taste</p>	<p>5.Add red chilli powder, cumin powder and stir-fry briefly. Add chopped tomatoes and cook on high heat for three to four minutes, stirring continuously. Stir in the cooked dals and butter and mix well. 6.Add salt, chopped coriander leaves and cook dal for ten minutes on low heat, stirring occasionally. 7.Crush kasuri methi between the palms, sprinkle on the dals and serve hot.</p>
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<b>CHHOLE</b> A speciality of Punjab, usually accompanied with bhatura.	
INGREDIENTS	METHOD
<p>Chick pea (Kabuli chanas) 1 cup Onions, chopped 2 nos. Potatoes 2 nos. Tomatoes 2 nos. Coriander powder 1 tbsp. Cumin powder 1 tbsp. Red Chili powder 2 tbsps. Dry mango powder(Amchur) 1 tbsp. Garam masala powder 1 tbsp. Soda bi-carb 1/2 tsp. Black pepper powder 1/2 tsp. Ghee 3 tbsps. Salt To taste For garnishing : Tomatoes 2 nos. Ginger 1 inch Coriander leaves 2 tbsps. Green chili 1 no.</p>	<p>1. Soak the chana for at least six hours. Drain. 2. Peel and chop the onions. Peel and quarter the potatoes. Wash and quarter two tomatoes and make slices of the remaining. Peel and make juliennes of the ginger. Clean, wash and chop coriander leaves. Wash and slit the green chilies. 3. Add water and 1/2 teaspoon of soda bi-carbonate to the chana and cook in a pressure cooker till done. Take care the chanas do not get mashed. 4. Heat the ghee in a vessel and fry the potatoes until soft. Drain. 5. In the same ghee, add the onions and sauté till pink. 6. Add the dhania-jeera powder and red chili powder and fry again. 7. Add the boiled chanas and salt. 8. After five minutes, add the garam masala powder, amchur powder and black pepper powder and cook for two minutes. 9. Add the potatoes and tomatoes and cook for another two minutes. 10. Garnish with chopped coriander leaves, slit green chilies, slices of tomatoes and ginger juliennes.</p>

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<b>CHHOLE MASALA</b> - Bawarchi.com.	
INGREDIENTS	METHOD
<p>1 cup kabuli channa soaked overnight 1 large tomato 2 large onions 1 1/2 tbsp. chopped coriander 1 tsp. ginger grated 1 tsp. garlic crushed 1 lemon (juice extracted) 2 tbsp. oil, 1 tbsp. ghee 1 tsp. tea leaves (tied into a pouch in a small piece of clean muslin cloth) 4 green chillies slit 2 bay leaves 1 tsp. sugar 1 tsp. cumin seeds Dry masalas :-</p>	<p>Put the soaked, washed channa in a cooked with enough water, teapouch and bay leaves. Pressure cook till done. (approx. 6-7 whistles). Cool about 5 tbsps. channa for grinding. In a mixie, blend together 1/2 tomato, 1 onion, cooled channa and 1/2 tbsp. coriander. Keep aside. Chop remaining tomatoes and onions fine. Heat oil in a large skillet. Add cumin seeds to splutter. Add ginger-garlic and fry for a minute. Add chopped tomatoes, onion and fry till tender. Add channa-paste, fry further 3-4 minutes. Add all dry masala except cinnamon-clove powder. Stir and fry till oil separates. Add drained channa and 2 cup water which was drained from channa. Stir and bring to boil. Simmer for 7-8 minutes till gravy thickens.</p>



1 tsp. red chilli powder  
 1/2 tsp. each cinnamon - clove powder, turmeric powder  
 1/4 tsp. each garam masala, pepper powder  
 salt to taste

Take in serving dish.  
 Heat ghee in a small sauce pan.  
 Add the chillies and cinnamon-clove powder.  
 Add chopped coriander and pour hot over the channa.  
 Squeeze lemon over channa.  
 Stir in seasoning gently.

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**BHATURA** A thick puri deep fried in oil, a very good accompaniment for the Punjabi Chole

INGREDIENTS	METHOD
Refined flour (maida) 2½ cups Yogurt ½ cup Baking powder ½ tsp. Soda bicarbonate A pinch Sugar 2 tsps. Oil/Butter 2 tsps. Milk to knead Oil for frying Salt 1 tsp.	<ol style="list-style-type: none"> <li>1. Take flour and add baking powder, baking soda and salt. Mix well and pass it through a sieve.</li> <li>2. Mix yogurt and sugar. Add this to the flour and add about a cup of water and mix gradually to make a soft dough by light kneading.</li> <li>3. Incorporate 2 tsps. of oil into the dough and cover the dough with a wet cloth. Keep it aside for an hour.</li> <li>4. Divide it into 16 equal portions, roll them into balls. Cover and keep to ferment for 5-6 hrs.</li> <li>5. Grease your palms with a little oil and flatten the balls. Roll into 5 inch diameter 1/4 inch thick diskettes.</li> <li>6. Heat oil in a kadai and deep fry bhaturas on high flame till light on both sides.</li> </ol>

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**KARELA BASAR** Fried bitter gourd in a thick masala gravy

INGREDIENTS	METHOD
Bitter gourd 1/2 kg. Onion, medium-size 4 nos. Tomatoes, medium-size 2 nos. Green chilies 3 nos. Red chili powder 2 tsp. Turmeric powder 1/4 tsp. Coriander powder 2 tsp. Wheat flour 2 tbsp. Oil for making the gravy 5 tbsp. Oil for deep frying. As	<p><b>For the Bitter Gourd</b></p> <ol style="list-style-type: none"> <li>1. Peel off the skins of the bitter gourds and wash them well.</li> <li>2. Make long slits in their centres and sprinkle a little salt and wheat flour on them, rub well and set aside for an hour, then wash the bitter gourds well and squeeze out the water.</li> <li>3. Deep fry on a low flame till they are tender and slightly crisp and set aside.</li> </ol> <p><b>For the gravy</b></p> <ol style="list-style-type: none"> <li>1. Slice the onions lengthwise and chop the chilies and the tomatoes.</li> <li>2. Heat the oil and fry the onions and chilies on medium flame, stirring after every couple of minutes till the onions are pink.</li> </ol>

required  
Salt To taste.

- 3.Add the chopped tomatoes, the powdered masalas and a little salt.
- 4.Fry till the oil separates and add the fried bitter gourds to the gravy and cook on a low flame for a couple of minutes.
- 5.Serve with hot khichdi or with chappatis and any dal.

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**AALOO GOBHI** A tasty dish made from potatoes and cauliflower

**INGREDIENTS**

Cauliflower 500 gms.  
Potatoes 4 nos.  
Cumin seeds 1 tsp.  
Ginger, paste 1" piece  
Garlic, paste 3 flakes  
Turmeric powder 3/4 tsp.  
Red Chili Powder 1 tsp.  
Tomatoes 3 nos.  
Garam Masala 1 tsp.  
Coriander powder 2 tsps.  
Coriander leaves,chopped 2  
tbsps.  
Water 100 ml.  
Oil 1/4 cup  
Salt As required

**METHOD**

1. Cut cauliflower into florets and cut the potatoes into cubes.
- 2.Heat oil and saute cumin seeds for about a minute. Add garlic and ginger paste, stir and add potatoes.
- 3.Saute again, add turmeric powder, chili powder, garam masala powder and coriander powder, and saute again. Add tomatoes and simmer for about 5 minutes.
- 4.Add cauliflower and cook on high heat for about a minutes and add 250 ml. water and salt as per taste.
- 5.Lower heat, cover and let it cook on a low flame for about 15 minutes till the cauliflower and potatoes are done.
- 6.Garnish with chopped coriander leaves.

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**AALOO GOBHI**



**PUNJABI AALOO**

**PUNJABI AALOO** Daawat.com

**INGREDIENTS**

250 gms small baby potatoes, boiled  
1 tsp chili powder  
1/2 tsp garam masala  
1 1/2 cup fresh yogurt (curd)  
1 1/2 tsp corn flour  
2 sprigs mint leaves  
Salt to taste  
3 tbsp oil  
Coriander leaves, chopped  
**For the paste:**  
2 onions, chopped & boiled  
2 tbsp cashew nuts  
2 green chillies, chopped  
2 tsp ginger-garlic paste  
Salt to taste

**METHOD**

- Cut the boiled potatoes into two pieces. Heat the oil in a frying pan and fry the potatoes until golden brown. To the fried potatoes, add chili powder, garam masala and fry for another minute. Now add the ground paste and fry for few more minutes. Also add yogurt, corn flour, mint leaves, salt and cook for 5-7 minutes. Sprinkle the coriander leaves and serve hot with plain rice.

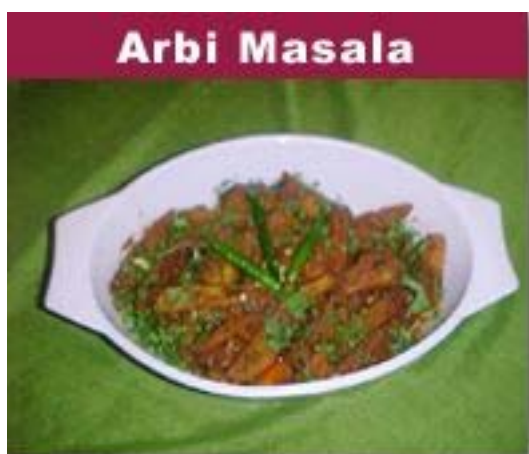
Mix all the ingredients and make a fine paste

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### **ARBİ MASALA** Boiled or fried yam cooked in a thick masala gravy

INGREDIENTS	METHOD
Arbi (yam) 500 gms. Tomato puree 75 gms. Ginger paste 15 gms. Cashew paste 25 gms. Ajwain 1 tsp. Garam masala powder 1 tsp. Turmeric powder 1/2 tsp. Water 350 ml. Oil 75 ml. Salt 1 tsp. For garnish Chopped green coriander and green chilies. As required	1.Mix the tomato puree, ginger paste, cashewnut paste, ajwain, garam masala powder, turmeric powder, oil and microwave on high for 3 minutes. 2.Add water, salt and arbi(boiled or fried, stir well and microwave for 8 minutes.) 3.Stir and cook for 3 minutes on high. 4.Garnish with chopped coriander and green chilies.

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### **PANEER BUTTER MASALA** Capsicum, onions etc sauted in butter and cooked with paneer cubes in a thick masala gravy

INGREDIENTS	METHOD
Onions, chopped 2 nos. Ginger, chopped 1" piece. Garlic 6-7 flakes. Milk 100 ml. Tomatoes 4 nos. Paneer, cut into pieces 250 gms. Cashewnuts, broken 1 tbsp. Methi (fenugreek seeds) 2 tps. Cumin powder (roasted) 3/4 tsp. Red chili powder 1 tsp. Garam masala 1/2 tsp. Sugar 1/2 tsp. Green chili, slit 1 no. Capsicum, chopped finely 1 no. Onion, cut into rings 2 nos. Orange colour A few drops Butter 2 tpsps.	1.Peel the onions, ginger, garlic and grind to a fine paste. 2.Puree the tomatoes and then cook the onion paste in oil till light brown in colour. 3.Add the chili powder, cook for a few minutes and then add the milk slowly. 4.Now add the coarsely pounded cashewnuts and tomato puree and cook further for a few minutes. 5.Then add the cumin powder, garam masala, salt, sugar and enough water and cook till the oil separates and the gravy becomes thick. 6.Lastly add the fenugreek seeds (methi) and keep aside. 7.In another pan, add the green chilies, capsicum, onions and sauté it in butter for a few minutes. 8.Add these sautéed vegetables, paneer pieces and orange colour to the masala gravy. 9.Keep for few minutes and serve hot with rice or

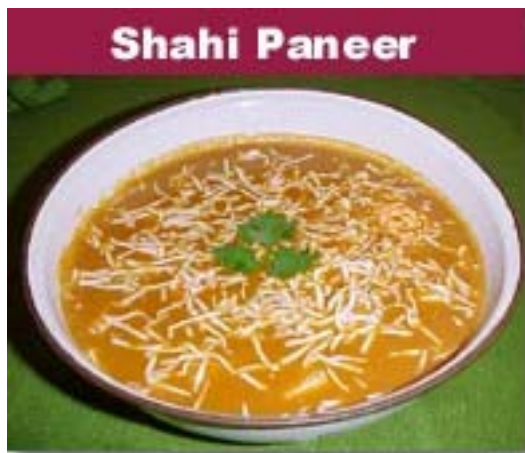


Oil 5 tbsps. Salt To taste	chapati.
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<b>SHAHI PANEER</b> Paneer fingers cooked in a thick curd-tomato gravy	
INGREDIENTS	METHOD
Onion, chopped 1 no. Ginger, chopped ½" piece Green chili, chopped 1 no. Tomatoes, chopped 4 nos. Big cardamom, crushed 2 nos. Curd, beaten ¼ cup. Paneer, cut into cubes 250 gms. Chili powder ½ tsp. Garam masala ½ tsp. Tomato sauce 1 tbsp. Milk 1/3 cup Ghee 3 tbsps. Salt 1 tsp.	1.Add onion, ginger, green chili and cardamom to 2 tbsps. of heated ghee. 2.Sauté until light brown, then add the tomatoes, cover and cook on a low flame for a few minutes. 3.Now add the curd, cook for 2 minutes, remove form heat and blend in a blender with ½ cup of water. 4.Cook the puree in the remaining ghee for a few minutes, then add the salt, chili powder, garam masala, tomato sauce and enough water to make a thick gravy. 5.Cook on a low flame and then keep aside. 6.Just before serving, heat the gravy and add the paneer pieces, milk and serve garnished with grated paneer.

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<b>PANEER MAKHANI</b> Paneer pieces cooked in tomato and fresh cream gravy	
INGREDIENTS	METHOD
Tomatoes, chopped 400 gms. Ginger, chopped ½" piece Paneer, cut into pieces 250 gms. Bay leaf 1 no. Cardamom, skinned & crushed 2 nos. Chili powder ½ tsp. Methi (fenugreek seeds) 1 tsp. Sugar 1 tsp. Cream 5 tbsps. Garam masala ¼ tsp. Oil 4 tbsps. Salt To taste	1.Heat oil, add the chopped tomatoes, ginger, bay leaf, cardamom, methi and chili powder. 2.Cook covered till the tomatoes turn soft. 3.Cool, grind the tomatoes to a puree and then pass through a sieve. 4.Keep the tomato puree on the fire, then add the salt, garam masala and cook. 5.Add the cream keeping some for the garnish and remove from the fire. 6.Just before serving add the paneer pieces and garnish with beaten cream and coriander leaves.

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<b>KABULI CHANA GRAVY</b> A famous punjabi preparation made of kabuli chanas best enjoyed with puris
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INGREDIENTS	METHOD
<p>Kabuli chana 100 gms.  Cumin powder ¼ tsp.  Coriander powder ¼ tsp.  Turmeric powder A little  Onion(grated) ¼ cup  Tomato puree ¼ cup  Ginger(thinly sliced) 1 tsp.  Garlic(minced) ½ tsp.  Coriander leaves(chopped) ¼ cup  Garam masala ¼ tsp.  Water 500 ml  Salt and chili powder to taste  <b>FOR GARNISHING</b>  Sliced onions,tomatoes and green chilies</p>	<ol style="list-style-type: none"> <li>1. Soak chana overnight in 2 cups water. Add salt and pressure cook on high heat for 5 minutes. Lower the heat and continue to cook for another 7 minutes. Remove from fire and when cool, put the chana in a bowl.</li> <li>2. Reheat the same pressure cooker and add cumin seeds and lightly roast it. Add coriander powder and turmeric powder and stir well.</li> <li>3. Add the onion, tomatoe puree, ginger, garlic, chilie powder and the remaining water. Pressure cook for 10 minutes.</li> <li>4. When cool open the cooker and again put it on fire and cook till almost dry.</li> <li>5. Add the boiled chana along with the water(in which it was boiled)and simmer for 5-7 minutes.</li> <li>6. Add the garam masala and half the chopped coriander leaves and cook till the gravy thickens.</li> <li>7. Garnish with sliced onions, green chilies and sliced tomatoes.</li> </ol>

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**BAGHARE BAINGAN** Tiny brinjals, halved and cooked with a choice of spices bringing out it's own aroma.

INGREDIENTS	METHOD
<p>Eggplant (small) 500 gms  Sesame seeds 2 tbsps.  Peanuts 3 tbsps.  Cumin powder 1 tsp.  Dry Red chili whole 2  Chopped onion ½ Cup  Tamarind (seedless) 30 gms.  Curry leaves 8 - 10 nos.  Green chili 3  Fenugreek seeds ½ tsp.  Turmeric powder 1 tsp.  Mustard seeds 1 tsp.  Oil for deep frying -  Salt To taste</p>	<ol style="list-style-type: none"> <li>1. Wash and slit the eggplants (Baingan) into quarters without removing the stem.</li> <li>2. Deep fry in medium hot oil till brown in colour.</li> <li>3. Lightly roast the peanuts and sesame seeds. Grind peanuts, sesame seeds and red chilies to a smooth paste. Slit green chilies and cut into one inch long pieces.</li> <li>4. Boil tamarind in 1 cup of water for 5 minutes and strain to get tamarind pulp.</li> <li>5. Heat oil in a thick bottomed pan. Add mustard and fenugreek seeds. When mustard seeds start to splutter, add curry leaves and chopped onions. Cook till golden brown and add peanuts and sesame paste. Stir constantly.</li> <li>6. Add turmeric powder, green chilies and cumin powder. Season with salt. Add 2 cups of water, bring it to boil and add tamarind pulp. Add fried eggplants and cook on Dum on a slow flame for 15 minutes.</li> </ol> <p>Tip: You can add fresh coconut also. In that case make a paste of grated fresh coconut with peanuts, sesame and red chilies.</p>

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**MALAI KOFTA** Creamy curried vegetable dumplings

INGREDIENTS	METHOD
<p>Boiled potatoes 2 no.  Paneer 75 gms.  Chopped green chilies 1 tsp.  Raisins 25 gms.  Cornflour ¼ cup  Oil for deep frying -</p>	<ol style="list-style-type: none"> <li>1. Peel and grate boiled potatoes and paneer. Add chopped green chilies, corn flour and salt. Mix well.</li> <li>2. Divide into 16 equal sized balls. Stuff raisins into them. Deep fry in hot oil until slightly colored. Keep aside.</li> </ol>

Salt As per taste  
 Gravy Boiled onion paste 1 cup  
 Green chili(chopped) ½ tsp.  
 Garlic paste 1 tbsp.  
 Ginger paste 1 tbsp.  
 Mawa / Milk powder ½ cup  
 Fresh cream ½ cup  
 Turmeric powder 1 tsp.  
 Coriander powder 1 tsp.  
 Garam Masala powder 1 tsp.  
 Tomato puree ½ cup  
 Red chili powder 1 tsp.  
 Oil 2 tbsp.  
 Salt As per taste

3.Heat oil in a kadai. Add boiled onion paste and cook for 5 minutes.  
 4.Add ginger and garlic paste, coriander powder, turmeric powder and salt. Cook for a minute. Add tomato puree and red chili powder and cook on a medium heat for 8-10 minutes. Add garam masala powder.  
 5.Dissolve mawa/milk powder in 1½ cups water and add to the gravy. Bring it to a boil and simmer for 5 minutes on low heat. Finish with fresh cream.  
 6.Put koftas in a serving dish and pour hot gravy on top.

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**ADRAKI MUSHROOM** Stir fried fresh mushrooms with a herbal difference - created by a generous use of ginger.

INGREDIENTS	METHOD
Mushroom 300 gms. Chopped onion 1 ½ cup Chopped ginger 2 tbsp. Cumin seeds 1 tsp. Chopped tomato ¾ cup Coriander powder 1 tsp. Red chili powder 1 tsp. Turmeric powder 1 tsp. Chopped green chili 1 tsp. Chopped green coriander 1 tbsp. Garam Masala powder 1 tsp. Oil 2 tbsp. Salt As per taste	1. Clean and cut mushrooms into quarters. 2. Heat oil in a Kadhai. Add cumin seeds and let it crackle. Add chopped onions and sauté' until light golden brown. Add chopped ginger, green chilies, coriander powder, turmeric powder and salt. Cook for one minute. 3. Add chopped tomatoes and red chili powder and cook till fat leaves the masala. 4. Add mushrooms and cover. Cook for another 10 minutes on a medium flame. Add Garam Masala Powder. 5. Open the lid and cook for 5 minutes on a high flame. Sprinkle chopped green coriander and serve hot.

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**DUM AALOO** Tiny whole potatoes cooked in a mildly spiced yogurt gravy.

INGREDIENTS	METHOD
Small potatoes 500 gms. Boiled onion paste 1 cup Garlic paste 1 tsp. Ginger paste 1 tsp. Tomato puree ½ cup Red chili powder 1 tsp. Coriander powder 1 tsp.	1. Peel, wash and prick potatoes with a fork. Deep fry in moderate hot oil until potatoes are golden brown in color. Keep aside. 2. Heat oil in a patila. Add Boiled Onion Paste and cook on a high flame, stirring continuously until onion paste changes color to light brown. 3. Add Cashewnut Paste and beaten Curd/Yogurt, mix

Turmeric powder 1 tsp.  
 Kasoori methi 1 tsp.  
 Garam masala powder 1 tsp.  
 Fresh cream 50 ml.  
 Cashewnut paste 1 tsp.  
 Curd (Yogurt) ½ cup  
 Oil 2 tsp.  
 Salt As per taste

well.  
 4. Add Ginger Paste and Garlic Paste, stir for half a minute and then add red chili powder, coriander powder, and turmeric powder. Stir for a few seconds. Add tomato puree and cook on a medium flame for 3 minutes.  
 5. Add 2 ½ cups of water. Bring it to a boil and add fried potatoes. Season with salt. Reduce flame and add Garam Masala Powder and kasoori methi.  
 6. Cook on Dum for ten minutes on a slow flame.  
 7. Finish with fresh cream and serve hot.

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**STUFFED BAINGAN** Brinjals cooked in tamarind paste.

INGREDIENTS	METHOD
Small tender brinjals 600 gms. Onions 4 nos. Garlic 6-7 cloves Coriander leaves 2 tbsps. Red chilies 7-8 Jaggery 1 walnut size Oil 2 tbsps. Tamarind 1 lemon size Coriander seeds, lightly roasted 2 tbsps. Cumin seeds, lightly roasted ½ tsp. Salt To taste	1. Grind together one quarter of the tamarind, chilies, coriander and cumin seeds to a paste. 2. Toast the onion on low flame till charred. Remove burnt skin and grind onions to a smooth paste. Mix with ground Tamarind Pulp. 3. Soak remaining tamarind in one cup water. Keep for half an hour and strain. Add jaggery and simmer to sauce consistency. 4. Cut brinjals crosswise, ¾ towards the stem end. Fill slits with paste. Heat oil lightly, fry brinjals. Place them in the tandoor, pour over the tamarind sauce and cook in the preheated tandoor, covered, for 5 to 7 minutes.

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**BAINGAN BHARTA** A classic preparation of roasted brinjal, sautéed with onions, tomatoes & green chilies.

INGREDIENTS	METHOD
Brinjals (baingan) 4nos. (large) Garlic flakes 8 Desi ghee (clarified butter) 100 gms. Cumin seeds ½ tsp. Onion 250 gms. Coriander leaves-chopped 8 gms. Ginger-chopped 3 cm Green chilies, julienned 4 nos. Chili powder 1 tsp. Turmeric powder ½ tsp. Tomatoes - chopped 350 gms. Oil (to brush baigan) 1 tbsp.	1. Brush Brinjals with Ghee. 2. There are three ways to roast: Place it on embers of charcoal on an angeethi or tandoor and roast, turning at regular intervals, until the skin becomes black. 3. Skewering and roasting, as above, in a tandoor on low heat. Or, over low heat on a gas range, also as above. 4. Remove and transfer to a pan full of water, cool, peel the blackened skin and mash the flesh. 5. Heat ghee in a Kadhai, add cumin seeds and stir over medium heat until they crackle. 6. Add onions, and sauté until transparent. 7. Then add ginger and green chilies, sauté for a few seconds, add baingan, chili powder and turmeric powder and stir-fry until the ghee floats on top. 8. Add tomatoes and salt, and stir-fry until the ghee floats on top. 9. Remove and adjust the seasoning. 10. Remove to a serving dish, garnish with coriander leaves and serve.

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**AALOO PALAK** A quick & easy preparation of fried potatoes cooked with spinach.

INGREDIENTS	METHOD
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Potatoes 2 nos. Onion, medium 1 no. Tomato, medium 2 nos. Spinach (palak), medium size bunches 2 nos. Ginger garlic paste 1 tbsp. Cumin powder (jeera) ½ tsp. Red chili powder ½ tsp. Coriander powder (dhania) ¼ tsp. Turmeric (haldi) ¼ tsp. Oil 3 tbsp.+ for frying Salt To taste	1. Pick, wash and cut palak. Cut the onions and tomatoes. 2. Peel potatoes, cut into cubes and fry them in hot oil till golden brown. Keep aside. 3. Heat oil in a pan. Add onions and sauté till pink. Add jeera, dhania, red chili powder, haldi and ginger garlic paste. Mix well. 4. Now add cut tomatoes and cook till oil leaves the side of the pan. 5. Add the palak leaves and salt and cook for 12 - 15 minutes on a low flame. 6. When done, add fried potatoes cubes and mix well. 7. Serve hot.
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**NAVRATAN KORMA** An elaborate preparation of several vegetables in rich white gravy.

INGREDIENTS	METHOD
Carrots 75 gms. Cauliflower 75 gms. French Beans 75 gms. Green peas, shelled 75 gms. Mushroom 50 gms. Paneer 75 gms. Potatoes 100 gms. Cashewnuts 25 gms. Raisins 25 gms. Boiled Onion Paste 1 cup Cashewnut paste ½ cup Curd/Yogurt ½ cup Fresh Cream ½ cup Ginger paste 1 tbsp. Garlic paste 1 tbsp. Phool Makhana (Optional) 30 gms. Whole Garam Masala 1 tsp. Chopped green chillies 2 tsp. Oil 2 tbsp. Salt As per taste.	1. Peel carrots and potatoes, cut into small dices. 2. Cut cauliflower into florets. 3. String French beans and cut into small dices. 4. Boil carrot, cauliflower, French beans, potatoes and green peas in boiling salted water till done and then refresh in cold water. 5. Cut Paneer into ½ inch dice. 6. Deep fry phool makhana lightly in moderate hot oil. 7. Heat oil in a Kadhai. Add Whole Garam Masala. When it begins to crackle, add Boiled Onion Paste. Cook till onions are golden brown. Add Ginger Paste, Garlic Paste and stir well. 8. Add chopped green chillies and Cashewnut Paste. Cook on a slow flame for five minutes. 9. Add mushroom and boiled vegetables. Cook for 2-3 minutes, add salt and ¾ cup water. 10. Add the fried phool makhana, cashewnuts, raisins and paneer pieces. Stir and cook for ½ minute. 11. Bring to a boil and finish with fresh cream.

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**MATAR PANEER** The most popular paneer dish with peas.

INGREDIENTS	METHOD
Milk 4 cups Peas 400 gms. Onions, large 2 nos. Lemon, large 1 no. Turmeric powder 1 tsp. Chilli powder 1/2 tsp. Coriander seeds 1/2 tsp. Garam masala 1 tsp. Ginger 1" piece Ghee as required Salt To taste	1. Boil the milk twice on high heat and squeeze the juice of the lemon into it. The whey will separate from the curd. 2. Separate the curd and tie it in a muslin cloth and hang it up all day and allow the water to drain. 3. When dry, place the muslin with the curd under a heavy weight to ensure that all the moisture is squeezed out. This will flatten the curd into a flat round cake when removed from the muslin. 4. Cut the cheese into strips or cubes and deep-fry in hot ghee, remove and keep aside. 5. Peel the onions and ginger and chop them finely. 6. In a saucepan, heat two tablespoons ghee and add

- chopped onions and ginger.
- Add the spices, salt and peas and cook, adding a little water, till the peas are tender and a little gravy remains.
  - Add the fried paneer and boil for five minutes.
  - Serve hot with chapatis.

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### Matar Paneer



### Stuffed Capsicum



**STUFFED CAPSICUM** Capsicum stuffed with potatoes, green peas & masalas

#### INGREDIENTS

Capsicum 6-8 nos.  
Shelled peas 2 tbsps.  
Potatoes 3 nos.  
Onion 1 no.  
Chili powder 1/4 tsp.  
Turmeric powder 1/4 tsp.  
Mango powder 1/4 tsp.  
Garam masala powder 1/4 tsp.  
Pomegranate seeds A few  
Ghee As required  
Salt To taste

#### METHOD

- Wash the capsicums and boil them whole on a medium heat till they are tender, remove, drain and let it cool.
- Peel the potatoes and boil with the green peas in a little salted water.
- When done, remove from heat and mash with a fork.
- Heat 2 tps. ghee in a frying-pan and fry the chopped onions till they turn brown.
- Add the mashed mixture and the spices and fry together.
- With a sharp knife, gently cut out the stem and seeds of the capsicums, stuff the potato mixture into the capsicums and then tie them carefully with a string.
- Heat ghee in a kadhai and fry the stuffed capsicums on all sides.
- Snip off the threads before serving.

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**MASALA DOSA** A popular South-Indian snack made of potato vegetable filling in a large pancake made of rice & urad dal.

#### INGREDIENTS

**For the Dosa**  
Rice, soaked overnight 3 cups  
Urad dal, soaked overnight 1 cup  
Curd 1 tbsps.  
Salt 1/2 tsp.  
**For the Potato filling**  
Boiled potatoes, mashed coarsely 2 nos.  
Onion, sliced 1 no.  
Tomato, chopped 1 no.

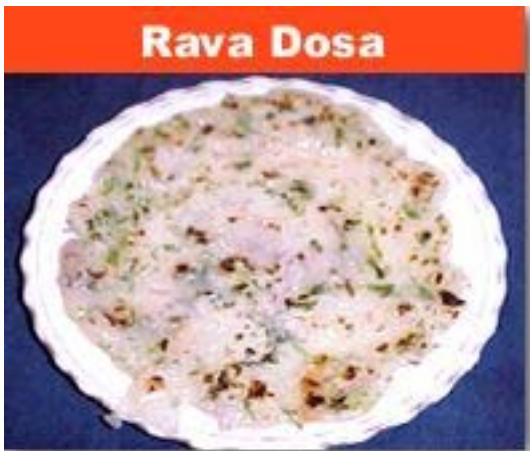
#### METHOD

- Heat oil in a vessel, add some fennel seeds, cummin seeds, black mustard seeds and when they crackle, add the green chillies, ginger, garlic and onions.
- Fry them with a little salt for a while till onions are transparent.
- Add curry leaves, next add the green peas, tomatoes and fry for 5 minutes.
- Next add the potatoes, more salt if desired and stir well till everything is mixed well.
- Sprinkle some chopped coriander leaves if required and keep aside.
- Next morning, grind the rice and dal separately into a fine paste with enough water.

Garlic 2 cloves  
 Ginger, grated 1" piece  
 Green chillies,  
 chopped 3-4 nos.  
 Mustard seeds ½ tsp.  
 Curry leaves, chopped  
 coarsely A few  
 Green peas 1 tbsp.  
 Cumin seeds ¼ tsp.

7. Now mix the rice and the urad dal pastes, with ½ tsp salt.  
 8. Add 1 tbsp. curd, mix well and keep covered for at least 5 to 8 hrs or more.  
 9. When it has risen to double its initial quantity, stir briefly and keep it in the fridge.  
 10. Heat a tava, when it becomes hot grease it with plain oil  
 11. Pour one big spoonful of dosa batter over the tava by quickly spreading it to make an even round  
 12. Then pour some oil around edges, and on top.  
 13. Once the bottom is cooked, turn it over, and cook the top.  
 14. Remove dosa from the tava, place in a plate, put some filling in the center and roll the dosa in to a cylindrical shape.  
 15. Serve hot with coconut chutney & sambhar

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**RAVA DOSA** A dosa with a difference, made of rava, rice flour, ginger, garlic etc

INGREDIENTS	METHOD
Rava 1 cup Maida ½ cup Rice flour ½ cup Green chillies, chopped 2-3 nos. Onions, chopped 1 no. Ginger, chopped ½ " piece Coriander leaves, chopped As required Curry leaves As required Jeera ¼ tsp. Ghee As required Salt To taste	1. Sieve the maida and mix it with the rice flour and rava. 2. Add water to make a thin batter, mix the chopped ingredients, jeera, salt and prepare dosa immediately. 3. Heat a tava, apply oil and pour a deep spoon of batter and spread. 4. When half-cooked, sprinkle ghee on top, cook till crisp on both sides. 5. Serve hot with chutney.

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**MEDU VADA** Doughnut shaped savouries of blackgram mixed with green chillies, cumin and coconut

INGREDIENTS	METHOD
Urad dal (without skin) 2 cups Green chillies 6 nos. Ginger 1" piece Curry leaves 10-12 Asafoetida ¼ tsp. (optional) Salt 2 tsps.	1. Wash and soak the dal in fresh water for about 1 hour. 2. Drain and grind to a smooth and spongy batter. Add salt, asafoetida and mix well. 3. Wash and mince the green chili, ginger and curry leaves and mix into the batter. 4. Heat oil in a kadai. Wet the palm, take some batter and flatten to a round shape, make a hole in the center with your thumb and slowly slide into the hot oil. This batter should

yield 25-30 medium sized vadas.

5. Deep fry on both the sides till crisp and light golden brown.

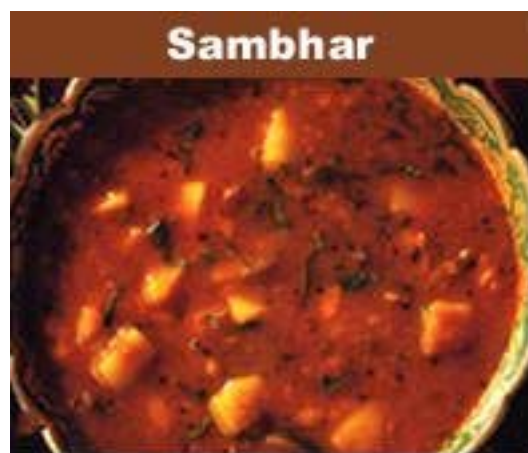
6. Drain well on an absorbent towel and serve hot with sambar and/or chutney.

TIPS: If you find it difficult to make the shape, you can use a piece of plantain leaf to make the shape and then slowly invert it into the hot oil.

Substitute red chili for the green chili for a different taste. Add one onion while grinding the dal to get very crisp and tasty vadas.

MYSORE BONDA: Proceed the same way but keep the batter a little firm, add coconut bits and fry in the shape of balls.

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**SAMBHAR** The most popular South Indian preparation to be accompanied with idlis, dosas, vadas and rice.

**INGREDIENTS**

Red gram dal (tur dal) picked over & rinsed ½ cup  
Water 2 cups  
Tamarind pulp, lemon- sized piece  
Hot water 1 cup  
Green chilies, slit sideways 2 nos.  
Chopped mixed veg 1 cup (e.g. onion, radish, potato etc.)  
Water 1 cup  
Ground turmeric ½ tsp.  
Sambar powder 3 tsp.  
Rice flour (optional) 1 tbsp.  
Extra water 2 tbsp.  
Small bunch of coriander leaves, chopped to garnish  
Salt As per taste

**For Tempering**

Brown mustard seeds 1 tsp.  
Asafoetida powder ½ tsp.

**METHOD**

1. Wash red gram dal well. Drain. Place dal in a heavy saucepan. Cover with 2 cups water and bring to a boil. When boiling, cover pan with a lid, leaving slightly ajar. Lower the heat, and simmer dal gently for 1½ hours. Set dal aside without draining.  
2. Soak the tamarind in 1 cup hot water for 15 minutes. Strain the tamarind water into another container, squeezing as much liquid as possible out of the tamarind pulp. Discard the pulp. Set the juice aside.  
3. Select enough vegetables to fill approx. 1 cup when chopped. Peel and prepare as necessary. Chop into 1 cm ( ½ in) pieces. Set aside.

**Tempering:**

1. Heat 1½ tbsps. oil in a heavy saucepan. Add the mustard seeds, asafoetida powder, fenugreek seeds, cumin seeds, halved red chili, and a few curry leaves.  
2. When the mustard seeds splutter, add the slit green chilies and chopped vegetables. Sauté for a couple of minutes.  
3. Add tamarind juice, 1 cup water, salt to taste, ground turmeric, and Sambar Powder . Cover and simmer over



Fenugreek seeds ½ tsp.  
 Cumin seeds ½ tsp.  
 Red chili, halved 1 no.  
 Oil 1 tbsp.  
 A few curry leaves

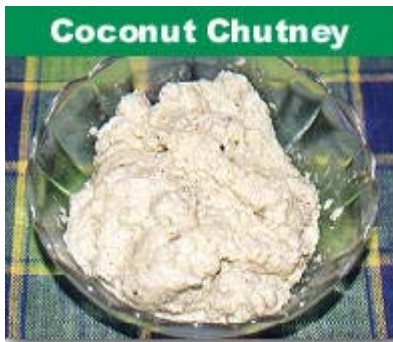
a low heat until the vegetables are tender.  
 4. Add the undrained cooked dal. Simmer for 5 minutes, until thoroughly blended. If the sambar needs to be thickened, make a smooth paste of the rice flour in 2 tbsps.extra water. Add to the sambar and cook for 2-3 minutes.  
 5. Garnish with the chopped coriander leaves. Serve hot with rice.

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**COCONUT CHUTNEY** This fresh coconut preparation is extremely popular with South Indian food!

INGREDIENTS	METHOD
Fresh coconut ½ no. Curd/Yogurt ½ cup Red chilies 2-3 nos. Mustard seeds ½ tsp. Black Gram dal ½ tsp. Oil 1 tsp. Salt As per taste	1. Heat oil, add dal, chilies, and mustard seeds. 2. As soon as the seeds splutter, remove from fire. 3. Shred coconut and grind it with salt and the fried ingredients. 4. Add Curd/Yogurt and mix well. 5. This chutney should be consumed preferably on the same day.

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**DRY COCONUT CHUTNEY** A handy dry chutney made of coconut to compliment fluffy idlis or hot vadas.

INGREDIENTS	METHOD
Coconut(dry) 1 no. Red chilies 20 nos. Urad dal 2 tbsp. Curry leaves As required Salt to taste	1.Roast the red chilies, urad dal and curry leaves and keep aside. 2.Next cut the coconut into small pieces and roast till it turns red. 3 Make powder of the red chilies, urad dal and curry leaves. 4.Coarsely grind the coconut and the powder. 5.Then store this chutney in a clean bottle.

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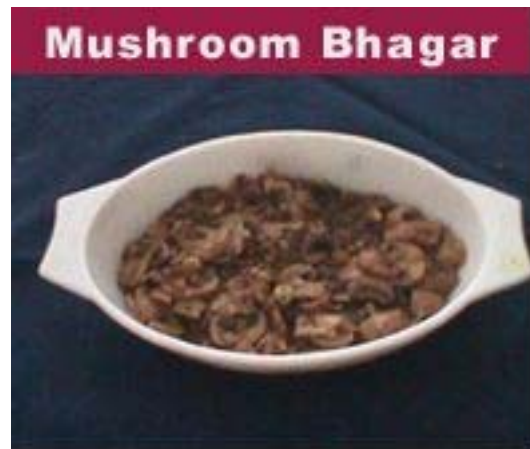
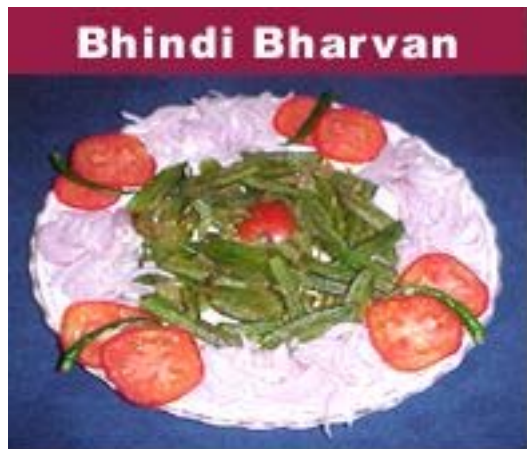
**BHARVAN BHINDI** Lady fingers stuffed with masala & stir fried with onions

INGREDIENTS	METHOD
Bhindi (lady fingers) 500 gms. Onions 100 gms. Turmeric powder 1/2 tsp. Coriander powder 1tsp.	1.Slice the onions, clean the bhindi with a damp cloth, cut the heads and slit in the center lengthwise. 2.Mix together turmeric powder, coriander powder, garam masala, dry mango powder and salt. 3.Stuff this masala into the slit bhindi and keep aside.

Garam masala powder 1 tsp.  
 Dry mango powder 10 gms.  
 Oil 75 ml.  
 Salt To taste

4. Put oil in an oven-proof dish and microwave on high for 1 minute.  
 5. Add the onions and microwave for 3 minutes.  
 6. Mix the bhindi with the onions and microwave for 5 minutes on high.

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**MUSHROOM BAGHAAR** Capsicum stuffed with potatoes, green peas & masalas

**INGREDIENTS**  
 Button mushrooms 225 gms.  
 Onion 1 no.  
 Garlic 2 flakes  
 Dried thyme 1 tsp.  
 Dried sage 1 tsp.  
 Cardamoms, ground 1/2 tsp.  
 Lemon 1/2 no.  
 Oil 100 gms.  
 Salt 1 tsp.

**METHOD**  
 1. Trim away the hard parts of the mushrooms, slice and keep aside.  
 2. Peel and finely chop the onion and garlic.  
 3. Heat oil in a frying pan and fry the chopped onion and garlic for 2-3 minutes.  
 4. Stir in the thyme, sage and ground cardamoms.  
 5. Add the mushrooms to the frying pan, stirring constantly to ensure that they mix well.  
 6. Sprinkle in the salt, then squeeze in the juice of 1/2 lemon.  
 7. Cook further for a few minutes and serve.

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**STUFFED BHINDI** A vegetarian delight - lady fingers stuffed with a blend of masalas.

**INGREDIENTS**  
 Lady fingers (Okra) 500 gms.  
 Red Chili powder 2 tbsps.  
 Coriander powder (dhania) 2 tbsps.  
 Cumin powder (jeera) 2 tbsps.  
 Turmeric powder (haldi) 1 tsp.  
 Dried Mango powder 2 tbsps.  
 Sliced onion (thick) 1½ cups  
 Oil 2 tbsps.  
 Salt To taste

**METHOD**  
 1. Clean, wash and wipe lady fingers absolutely dry. Remove half a centimeter from both ends. Slit from one side and keep aside.  
 2. Mix red chili powder, coriander powder, cumin powder, dry mango powder, turmeric powder and salt.  
 3. Stuff the lady fingers with the above masala. Keep the left over stuffing masala separately.  
 4. Heat oil in a Kadhai. Add sliced onions and cook for half a minute. Add stuffed lady fingers. Cook covered on a slow flame. Stir occasionally.  
 5. Add rest of the dry masala when lady fingers is almost cooked.  
 6. Cook covered on a slow flame till lady fingers is fully cooked and tender.  
 7. Note - Ensure that you do not add any water to this vegetable.

8.Garnish with fried finger chips.

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**MUGHLAI ARBI** Fried arbi in a rich masala preparation

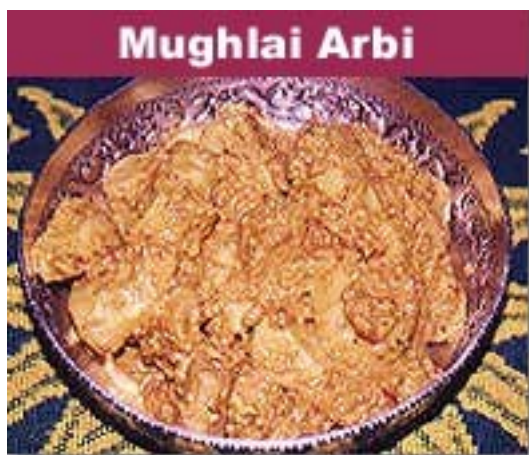
**INGREDIENTS**

Arbi 500 gms.  
Melon seed paste ½ cup  
Curds beaten ¾ cup  
Turmeric powder 1 tsp.  
Dhania powder 1 tbsp.  
Jeera powder 2 tsp.  
Red chili powder 1 tsp.  
Tomato puree ¾ cup  
Ginger garlic paste 1 tbsp.  
Garam masala powder 1 tsp.  
Oil 3 tbsp.+ to deep fry  
Grated onions 1 cup  
Salt As per taste

**METHOD**

1. Peel arbi and cut it into 1 inch sized pieces. Deep fry in medium hot oil till golden brown.  
2. Heat 3 tbsp. of oil in a pan, add grated onions and cook till onions are golden brown in colour. Add ginger garlic paste and further cook for a minute.  
3. Add turmeric powder, dhania powder, jeera powder and red chili powder. Stir and add tomato puree and beaten Curd/Yogurt. Cook till fat leaves the masala.  
4. Add Melon seed paste and cook for about five minutes. Keep stirring constantly.  
5. Add one cup of water and add fried arbi. Bring it to a boil, add Garam Masala Powder and cook covered on slow fire for 10 minutes.

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**CAPSICUM & PANEER DELIGHT** Paneer & capsicum cooked with sauted onions

**INGREDIENTS**

Paneer, cubed 500 gms.  
Onions, sliced thinly 5 nos.  
Capsicums, sliced thinly 3 nos.  
Coriander leaves, chopped As required  
Pepper As required  
Oil 3 tsps.  
Salt To taste

**METHOD**

1.Heat oil in a pan and sauté the onions till transparent.  
2.Then add the paneer cubes, capsicum, salt & pepper.  
3.Stir fry for 5 mins on high flame and garnish with coriander leaves.

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**MATAR MUSHROOM** A mouth-watering vegetarian dish made of mushrooms, peas and masala

**INGREDIENTS**

Green peas 1½ cups  
Mushrooms 200 gms.  
Green cardamom 4 nos.  
Cinnamon 1" stick.  
Onions 2 nos.  
Ginger paste 1 tbsp.  
Garlic paste 1 tbsp.

**METHOD**

1.Clean, wash & cut the mushrooms into medium pieces and peel & chop the onions finely.  
2.Sauté green cardamoms, cinnamon stick & chopped onions in oil until golden brown in colour.  
3.Then add the ginger garlic paste and cook for ½ a minute.  
4.Add tomato puree, red chili powder, coriander powder,



Tomato puree ½ cup  
 Red chili powder 1 tbsp.  
 Coriander powder 1 tbsp.  
 Turmeric powder 1 tsp.  
 Garam masala powder 1 tsp.  
 Cashewnut paste ½ cup  
 Oil 2 tsbps.  
 Salt As required

turmeric powder, garam masala powder, salt & cook till the oil leaves the masala.  
 5.Lastly add the cashewnut paste dissolved in 1 cup of water and stir well.  
 6.Add 1 cup of water, bring it to a boil, then add the green peas & mushrooms.  
 7.Cook on a high flame for seven to eight minutes or till the green peas are fully cooked.  
 8.Once done, serve hot with rice or roti.

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**PANEER MATAR MASALA** Paneer and green peas cooked slowly in onion-tomato gravy

INGREDIENTS	METHOD
Green peas 1 cup Onions 2 nos. Ginger 1" piece. Tomatoes 3 nos. Paneer, cut into cubes 250 gms. Big cardamom 1 no. Cloves 2 no. Curd, beaten ¼ cup Coriander powder 1 tsp. Red chili powder ¼ tsp. Garam masala ½ tsp. Oil 5 tsbps. Salt To taste	1.Blend the onions, tomatoes, ginger, cloves & cardamom to a puree and fry the paneer cubes to a light brown colour. 2.Add the onion puree to the ghee and cook till thick and dry. 3.Cook on a slow flame till the oil separates. 4.Add the curd and cook again till the ghee separates. 5.Now add the red chili powder, coriander powder, green peas and cook for a minute. 6.Add enough water to make a thick gravy and salt to taste. 7.Add the paneer pieces and garam masala once the green peas are cooked. 8.Cook on low a flame till the oil separates, then serve garnished with chopped coriander.

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**BHINDI MASALA** Ladyfingers cooked with masala

INGREDIENTS	METHOD
Lady finger(Bhendi) 250 gms. Ginger garlic paste 1 tsp. Coriander seeds 2 tsps. Red chillies(whole) 2 nos. Green chillies(chopped) 2 nos. Kastoori methi 1 tsp. Tomatoes(chopped) ½ cup Garam masala 1 tsp.	1.Pound the coriander seeds and red chillies coarsley. 2.In a casserole, add oil, ginger garlic paste, pounded masala and green chillies and cook on micro high for 6 mins. 3.Add the lady finger, stir well, cover and cook on micro high for 7 min. 4.Add the chopped tomatoes, kastoori meethi,



Oil 2 tbsps.  
Salt to taste

garam masala and salt.Mix well and cook on micro for 6 mins.  
5.Serve hot with parathas.

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**GOBHI KORMA** Cauliflower florets cooked in curd with spicy masalas

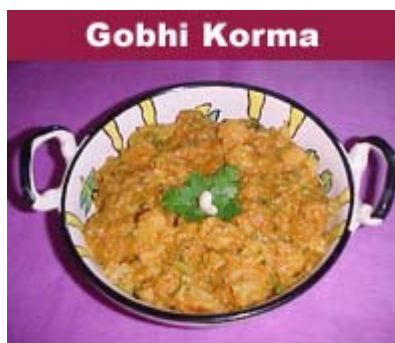
**INGREDIENTS**

Chili Powder 1 tsp.  
Coriander seeds 1 tsp.  
Cumin Seeds ½ tsp.  
Vegetable Oil ¼ cup  
Curd ½ cup  
Cardamom 1 no.  
Cloves 3 nos.  
Garlic Paste 1½ tsps.  
Ginger Paste 1½ tsps.  
Turmeric ¼ tsp.  
Cauliflower 1 kg.  
Poppy seeds (khus khus) 3 tsps.  
Curry Leaves 10 nos.  
Onions 1 no.  
Tomatoes 3 nos.  
Coriander Leaves A handful.  
Salt To taste  
Oil As required

**METHOD**

1.Powder the cloves, coriander seeds, cumin seeds, cardamom, poppy seeds and keep aside.  
2.Clean and cut cauliflower into florets into small pieces.  
3.Grind the onion and tomato into a fine paste, mix it with the powders, ginger paste, garlic paste, red chili powder, turmeric, salt, curd and cauliflower florets.  
4.In a deep pan heat oil, add curry leaves, coriander leaves and immediately add the cauliflower mixture.  
5.Reduce the heat, add a cup of water, stir, cover and cook until the gravy thickens.  
6.Serve hot with parathas or roti.

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**METHI SAAG** Pureed fenugreek leaves cooked with spices and fried soya bean granules

**INGREDIENTS**

Methi leaves (fenu greek leaves) 2 bunches  
Tomato, sliced 3 nos.  
Vadi (soya bean granules) 7-8 nos.  
Brinjal, cut into squares 1no(small)  
Green chilies 2 nos  
Dry red chili 1 no.  
Mustard seeds ½ tsp.  
Coriander leaves, chopped As required  
Oil 2 tsp.  
Salt To taste

**METHOD**

1.Wash and chop the methi leaves and keep it aside.  
2.Boil the chopped brinjal in water for 5 mins, then the chopped methi leaves to it with a little salt.  
3.Cook for 10 minutes and then remove from heat.  
4.Heat a pan and add the tomato slices with little water and mash into a thick paste.  
5.Add this tomato mixture to the methi mixture.  
6.Fry the vadis in oil and add it to the methi mixture.  
7.Heat oil, add the mustard seeds, green chilies, red chili and let them splutter.  
8.Add this to the methi mixture, add more salt if required and serve hot garnished with coriander

leaves.

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**MUSHROOM CHILLY FRY** A simple yet tasty preparation of mushroom which goes well with bread/chapatis

**INGREDIENTS**

Mushrooms 300 gms.  
Dry red chillies 10 nos.  
Garlic(sliced) 6 flakes  
Onions(sliced thinly) 2 nos.  
Cardamom 3 nos.  
Cloves 3 nos.  
Cinnamon 1 stick  
Ginger(finely sliced) 2" piece  
Turmeric powder ½ tsp.  
Coriander seeds 1 ½ tbsps.  
Sour curd 125 gms.  
Lemon juice 2 tsps.  
Coriander leaves(chopped) ¼ cup  
Oil 3 tbsps.  
Salt to taste

**METHOD**

1.Wash and cut the mushrooms into quaters.  
2.Heat 1 tsp. of oil on the tava and roast the chillies till dark in colour.  
3.Fry the coriander seeds, garlic and ginger in the same way, using just 1 tsp. of oil for each ingredients. Keep these fried spices aside.  
4.In a saucepan heat the remaining oil and fry the onions till golden brown and crisp. Drain and keep aside.  
5.Add the cloves, cinnamon and cardamom to the oil and fry for a minute.  
6.Add the mushrooms, turmeric and salt and fry till mushroom are half cooked.  
7.Add the curd and the fried spices, cook till done.  
8.Add the lemon juice and fried onions just before serving.  
9.Garnish with chopped coriander.

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**KATHAL MASALA** Deepfried pieces of raw jackfruit cooked in a thick masala gravy

**INGREDIENTS**

Jackfruit(kathal) raw 500 gms.  
Onion(chopped fine) 2 nos.  
Curd ½ cup  
Anchor powder 1 tsp.  
Coriander powder 3 tsps.  
Chili powder 1 tsp.  
Ginger-garlic paste 2 tbsps.  
Tomatoe puree ½ cup  
Cummin powder 1 tsp.  
Garam masala 1 tsp.  
Coriander leaves (chopped) ¼ cup  
Oil for frying  
Salt to taste

**METHOD**

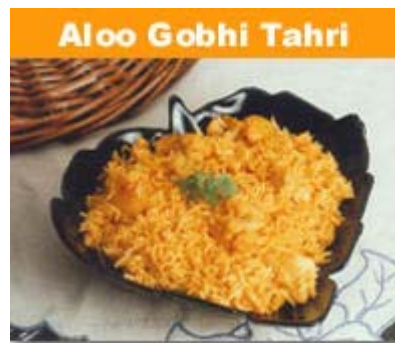
1.Peel and cut the kathal in 4 cms cubes. Deep fry till light brown and keep aside.  
2.Grind onions to a paste.  
3.Add 2 tbsps. of oil in a pan and fry the onion paste till it is light brown. Add the ginger-garlic paste and the tomatoe puree and cook for another 5 minutes. Add curd, and all the powder masala and cook till the oil floats on top.  
4.Add the fried kathal(jackfruit) pieces and fry well for 5 minutes.  
5.Add salt and 1 cup water to form a thick gravy. Simmer till the gravy is thick.  
6.Add chopped coriander leaves and serve hot.

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## PEAS PULAO A quick and popular variation of rice prepared with peas

INGREDIENTS	METHOD
Basmati rice 1cup Shelled peas 1 cup Cumin seeds ½ tsp. Onion (medium) 1 no. Oil 3 tbsps. Salt To taste	1. Pick, wash and soak rice for twenty minutes. Drain. Peel and slice the onion. 2. Heat oil in a pan, add cumin seeds and once it starts to crackle add onions. 3. Fry till translucent. Add peas, sauté for two-three minutes. 4. Add the rice. Pour two cups of water and salt. Bring to a boil. 6. Reduce heat, cover with lid, cook till all water is absorbed. 7. Serve hot.

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## TAHIRI Potatoes and cauliflower cooked with aromatic long grained rice.

INGREDIENTS	METHOD
Rice (Basmati) 300 gms. Potatoes 300 gms. Cauliflower 300 gms. Whole garam masala 1 tsp. Red chili powder 1 tsp. Cumin seeds 1 tsp. Turmeric powder ½ cup Bay leaf 2 nos. Garam masala powder ½ tsp. Ghee/Oil 1 tsp. Salt To taste	1. Pick, wash and soak rice for about half an hour, drain and keep aside. 2. Peel potato. Cut into one inch cubes. Cut cauliflower into small florets. 3. Heat oil in a thick bottomed pan. Add bay leaves, cumin seeds and Whole Garam Masala. When they begin to crackle, add ginger paste, red chili powder, turmeric powder and Garam Masala Powder. 4. Cook for a minute, add potatoes, cauliflower and soaked rice. Stir lightly and add hot water enough to cover the rice and vegetables and should be about one inch above the rice. Season with salt. Bring it to boil and stir from time to time. 5. Reduce flame and cook covered on a slow fire till rice and vegetables are completely cooked.

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