



# Indian Vegetarian Recipes

Vanita



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RECIPES**



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by

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# ***INTRODUCTION***

Indian cuisine is almost 5000 year old and is popular all over the world and is one of the most unique and original cuisines of the world. The culinary appeal of Indian cooking has taken the Western culture by storm because those who have tried know how good Indian food can be. There is an ever increasing appreciation of and interest in Indian food around the world. The fact that you can find Indian restaurants in almost every country in the world is a testimony to the popularity, variety and great taste of Indian food.

Indian cooking is well known for its sophisticated and subtle use of many spices, herbs and flavorings. Spices form the most important element in enhancing the flavor of a dish and creating unique aromas in Indian cuisines. Spices like chilli pepper, cumin, turmeric, ginger, hing and coriander form an integral part of Indian food. Other common items in Indian cuisine are rice or bread (rotis), a variety of lentils (dals), regional vegetables, yoghurt, ghee, paneer (Indian cheese), savory pickles and chutneys. Sweets are essential in Indian cuisine as well.

Though about one third of the population is strictly vegetarian, there are many different dishes that include chicken, lamb and goat meat. In India though the cow is thought of as a sacred animal therefore you will not find many recipes including beef. Food is such an important part of Indian culture as in most cultures, and plays an important role in the family life and in festival celebrations. Most families in India still sit down together to enjoy their meals with one another. There are a couple of main courses and they are usually served along with different pickles, chutneys and of course different types of Indian bread, which is called “roti”.

Indian cooking is different through India. With different styles of preparation so as a matter there are no accepted style of cooking. Every household has a unique way of cooking as per taste. With this book I bring out the various important Vegetarian dishes cooked in almost every Indian household. This book is a compilation of various recipes which I have either tried myself or prepared with the help from my friends and families. As a result I owe this book to all of them who have appreciated and criticized my cooking,

it is because of them I have been able to come up with this idea of publishing my work.

# Indian Vegetables

# *Aloo Gobi*

## **(Potatoes & Cauliflower)**

### **Ingredients :**

- 1 large cauliflower
- 2 potatoes, boiled & peeled
- 1 tbsp coriander, finely chopped
- 1 green chillies
- 1 onion, finely chopped
- ¼ tsp turmeric powder
- ½ tsp dhania powder
- 1 tsp lemon juice
- 2 tbsp curds
- ½ tsp cumin seeds
- 3 tbsp oil or ghee

### **To be ground into paste:**

- 2 tbsp coconut, grated
- ¼ cup coriander, chopped
- 3 green chillies
- ½ tsp ginger grated 1 tsp garlic grated
- 1 onion
- ½ tsp wheat flour

### **Directions to make**

- « Break cauliflower into florettes. Simmer in boiling water for 3 to 4 minutes.
- « Drain, keep aside. Chop potatoes into medium chunks.
- « Heat oil in a pan, add cumin seeds, allow to splutter.
- « Add onion and green chilli, saute till pink.
- « Add paste, turmeric powder, dhania powder, saute for 2-3 minutes.
- « Add curds, stir continuously, till boiling resumes.
- « Add potatoes, cauliflower, cook till gravy thickens.
- « Stir occasionally to avoid burning.
- « When gravy is thick and oil separates, add lemon juice and it is done .

« Garnish with coriander, serve hot.

# *Dum Aloo*

## **(Fried Potatoes in Gravy)**

### **Ingredients :**

3 tbsp Oil

1 Bay leaf

1 Onion

½ tsp Ginger

½ tsp Garlic

½ tsp Cumin Seeds

¼ tsp Turmeric

1 ½ tsp Chili Powder

⅔ tsp Yogurt

¼ tsp Salt

2 tsp Coriander powder

1 lb Potatoes

1 Tomato

1 Capsicum

### **Directions to make**

« Heat oil, add bay leaf and onion. Fry for 3-4 minutes.

« Add ginger and garlic and fry for another minute.

« Add mustard and cumin seeds.

« The potatoes should be sliced, and the tomatoes and capsicum cut up. Add these, mix well, and cook for 4-5 minutes, continuously stirring.

« Sprinkle with turmeric, coriander and chili powder.

« Beat the yogurt and blend into a smooth mixture. Add yogurt and salt.

« Mix gently, cover and cook for about 10 minutes on low heat.

« Serve Hot

# *Aloo gobhi Methi*

**(Potatoes, Cauliflower & Fenugreek)**

## **Ingredients :**

4 (500 g) large potatoes with skin

200 g fenugreek

Salt to taste

5 tbs (75 ml) oil

2 g mustard seeds

24 curry leaves

20 g ginger paste, strained

10 g garlic paste, strained

800 g cauliflower, cut into medium sized flowerettes

1 tsp (9 g) yellow chilli powder

1 tsp (9 g) amchur powder

½ tsp (2 g) cummin powder

½ tsp (1.5 g) fresh black pepper powder, coarsely ground

A generous pinch of kasuri methi

For the garnishing: 30 g fresh pomegranate seeds

## **Directions to make**

« Quarter the potatoes and then halve each quarter lengthwise. Blanch in salted boiling water until al dente (almost cooked, but not soft and squishy). Drain and keep aside.

« Sprinkle salt over the fenugreek and rub between the palms to reduce some of the bitterness. Wash in running water, drain and keep aside.

« Heat oil in a kadai or wok and season with mustard seeds. When they crackle, add curry leaves. Stir for some time.

« Add the ginger paste and garlic paste. Stir-fry until the moisture evaporates. Then add fenugreek and stir for a few seconds.

« Add cauliflower, yellow chilli powder and salt. Stir well.

« Lower the heat. Cover and cook (for about six minutes) until al dente.

« Uncover and increase to medium heat. Add potatoes and stir-fry for five minutes. Sprinkle amchur powder, cummin powder, pepper powder and kasuri methi. Stir well. Check the seasoning and remove from heat.

« To serve: Remove to a serving dish, garnish with pomegranate and serve with tandoori paratha, bidari paratha or puri.

« Serve hot



# *Aloo Palak,*

## **(Potatoes & Spinach)**

### **Ingredients :**

3 cups chopped spinach  
2 large onions chopped fine  
2 large potatoes boiled and peeled  
1 tomato grated  
2 green chillies  
1" piece ginger  
1 tsp. lemon juice  
½ tsp. wheat or other flour  
1 tsp. red chilli powder  
1 tsp. cinnamon-clove powder  
¼ tsp. turmeric powder  
½ tsp cumin seeds  
2 pinches asafoetida  
½ tsp. garam masala  
½ tbsp. butter  
4 tbsp. ghee  
salt to taste

### **Directions to make**

- « Put the washed spinach in a pan, add very little water (just a sprinkle) and a pinch of salt.
- « Cover and boil over a high flame for 2 minutes. Cool quickly, or hold under running water in a colander.
- « Put in a mixer, add green chilli and run for a minute. Keep slightly coarse, do not make very smooth. Keep aside.
- « Cut the potatoes into big pieces. Heat ghee and fry potatoes till light brown. Drain the potatoes, keep aside.
- « In the same hot ghee add the cumin seeds.
- « Add the ginger, onions and fry till very tender.
- « Add the tomato and further fry for two minutes.
- « Add all the dry masalas and fry till ghee separates.

« Add spinach and potatoes.

« When it resumes a boil sprinkle the flour and stir well. Boil for 2-3 minutes. Add lemon juice.

« Just before serving heat butter in a tiny saucepan and add the asafoetida.

« Pour over the vegetable and mix gently.

« Serve hot with roti or rice

# ***Aloo Matar***

## **(Potatoes & Peas)**

### **Ingredients :**

1 cup green peas

2 medium size potatoes

2 medium size tomatoes

1 Pod Garlic (about 15 Pieces)

½ cup Green Coriander leaves

2 Green chillies

1 small onion

Salt to taste

Pinch of Turmeric

### **Directions to make**

« Grind Garlic, Coriander, tomatoes, green Chillies, onion, salt, turmeric.

« Heat oil in cooker. Add ground Masala and roast till oil separates

« Add potatoes pieces, and green peas and mix properly

« Add water and pressure cook.

« Serve Hot

# *Arabi Palak,*

## **(Colocasia Roots & Spinach)**

### **Ingredients :**

2 bunches spinach  
8 to 10 Nos. arabi  
2 onion, chopped  
2 tomato, chopped  
8 garlic flakes, chopped  
1 tbsp vegetable oil  
1 ¼ tsp red chili powder  
¼ tsp turmeric powder  
1 tsp jeera  
salt to taste

### **Directions to make**

- « Pressure cook arabi. Remove the skin and mash the arabi, keep aside.
- « Grind the spinach in a food-mixer and pressure cook with a pinch of salt and keep it aside.
- « Drain all the water from the rice and throw away the water.
- « Take a non-sticking skillet and place it on medium heat.
- « Pour oil and when it is hot, put jeera. When they crackle, put onions and sauté till onions are brown.
- « Add tomatoes to the fried onions. Add spices and little water
- « Add the mashed arabi. Stir it well and mix it well for 5 minutes.
- « Ready to serve.

# ***Brinjal Bharta***

## **Ingredients :**

1 large-sized brinjal

1 tbsp mustard oil

2 green chillies (finely chopped)

1 medium-sized onion (finely chopped)

salt to taste

## **Directions to make**

« Roast the brinjal over fire till it is nicely cooked.

« Cool and remove the skin.

« Mash the roasted brinjal.

« Mix in the mustard oil, chillies, onion pieces and salt to taste.

« Mix well and serve.

# *Lauki ke Kofte*

## **(Bottle Gourd Balls in Gravy)**

### **Ingredients for Bottle Gourd Balls :**

2 cups grated bottle gourd or 1 medium size lauki

½ cup of gram flour (besan)

1 tsp salt

2 tsp coriander seeds

1 tsp garam masala

1 tsp red chili powder

1 tsp ginger (grated finely)

½ tsp carom seed (ajwain)

2 cups of oil (for frying the koftas)

### **Ingredients for Curry :**

2 medium onion paste

2 medium size tomatoes, pureed

2 tsp ginger- garlic paste

1 tsp jeera (cumin)

1 tsp turmeric powder (haldi)

1 tsp dhania powder

1 tsp gaaram masala powder

¼ tsp sugar

salt to taste

½ tsp red chilly powder

2 tblsp oil

Finely chopped coriander for garnish

### **Directions to Bottle Gourd Balls**

« Peel the bottle gourd and grate the lauki finely.

« Grated lauki has lots of water, take some lauki at a time and press gently between palms to squeeze the water out.

« Place the squeezed lauki in the bowl, add gram flour, chili, ginger salt, red chili powder and ajwain.

« Before starting making the koftas heat oil in a frying pan on medium heat.

« While oil is heating up, oil your palms and take a little portion of the dough at a time and roll into small ball. Make 15-16 balls out of it. Place them on the plate.

« Now gently drop 7-8 balls in the hot oil, do not touch the balls, let them fry for 2 minute once the bottom of the balls looks light brown, turn them around. With the spatula flip balls around until they become golden brown.

« Balls should be fried on low heat so that inside of the balls are cooked properly.

« Once the balls become golden brown take them off the oil and place them over a paper napkin so that extra oil could be absorbed. Repeat the process until all the balls are fried

### **For Curry**

« Heat oil in a kadhai (wok), add cumin seeds, when they begin to crackle, add onion paste and let it cook till it becomes pinkish. Then ginger garlic paste. Saute for sometime then add tomato puree. Stir well and let it cook till oil separates.

« Add all the dry masala - red chilly, turmeric, garam masala, coriander powder, sugar, salt and then add ½ cup of water. Bring to boil and then reduce heat. Let it simmer for 2 minutes then add fried koftas.

« Cover the kadai and let it simmer for 5 minutes.

« Remove from the dish and garnish with green coriander.

« You can increase the consistency as per your choice. But ensure that the gravy does not become too watery.

« Koftas can also be mixed in the curry of desired.

# ***Baigan Aaloo***

**(Brinjal & Potatoes)**

## **Ingredients**

½” piece of ginger root  
2 Minced green chilies  
¼ cup Shredded unsweetened coconut  
½ tsp Garam masala  
4 tbsp Ghee  
1 tsp Black mustard seeds  
½ tbsp Whole cumin seeds  
⅛ tsp Asafetida  
6 md Potatoes, boiled & cubed  
1 tsp Turmeric  
1 tbsp Coriander  
1 sm Eggplant in 1” cubes  
1 tsp Salt  
3 tbsp Fresh coriander, chopped  
1 tbsp Lemon juice

## **Method**

« Combine ginger, green chilies & coconut in blender with ⅓ cup of water till smooth. Add garam masala & pulse for a few seconds. Set aside.

« Heat ghee. When hot, add mustard & cumin seeds & fry for a few seconds. Stir in the asafetida & almost immediately put in the potatoes. Stir fry for 5 minutes. Then pour in the mixture from the blender. Add the turmeric, coriander, eggplant, salt & half the fresh coriander. Mix very gently so as not to break the vegetables.

« Reduce heat & fry very gently until the liquid has evaporated. In the aloo baigan mix lemon juice & remaining coriander greens & serve.



# ***Bhindi Bhaji***

**(Mashed Lady Finger/Okra)**

## **Ingredients**

- 1 pound okra
- 2 medium onions, chopped
- ¼ tsp garlic paste or powder
- ¼ tsp coriander paste or powder
- ⅛ tsp cumin
- 3 large tomatoes
- 2 tsp oil
- ½ cup chopped cilantro
- 1 tsp Salt
- 3 tbsp Fresh coriander, chopped
- 1 tbsp Lemon juice

## **Method**

- « Cut the tip and the very bottom from the okra just to clean it, but do not slice.
- « Heat oil in a pan over medium heat. Add onion and cook for 3 minutes.
- « Add all ingredients except okra, tomato and cilantro. Cook for 3 minutes. Add okra, then cook for 6 to 8 minutes. Garnish with tomato and cilantro.
- « Serve hot with roti or rice.

# ***Bhindi Masala***

## **(Spicy Lady Finger/Okra)**

### **Ingredients for Bottle Gourd Balls :**

- 1 pound (½ kg) okra (small)
- 2 onions, thinly sliced
- 2 tomatoes, chopped
- ¼ cup oil
- ¾ teaspoon paprika
- 1 teaspoon amchoor powder (or substitute fresh lemon juice)
- ½ teaspoon turmeric
- salt and freshly ground pepper to taste
- 1 teaspoon garam masala
- 2 tablespoons chopped coriander leaves for garnish

### **Method**

- « Wash okra under running water and slice off the ends. Cut each in half. Set aside. Prepare onions and tomatoes. Set aside.
- « In a wok or heavy skillet heat the oil and sauté onions until translucent.
- « Add all spices except the garam masala and stir-fry 2 minutes. Add the tomatoes and bhoona
- 1 minute. Add the okra and stir-fry 2 minutes. Cover and steam over medium heat until tender, about 12-15 minutes.
- « Spoon the okra onto a warm serving plate and sprinkle with the garam masala. Garnish with the coriander and serve while hot.

# ***Brinjal Curry***

## **(Eggplant Curry)**

### **Ingredients**

8 Medium size brinjals (not round ones)

2 inches Ginger

coriander-equal to ginger

1 tsp tamarind juice( thick)

½ tsp turmuric powder.

1 tsp chana dal

1 tsp Urud dal

½ tsp mustard seeds

½ tsp cumin seeds

4 tsp oil

5 green chillies

3 red chillies (cut into pieces)

salt to taste

### **Method**

« First make a paste of green chillies, ginger, coriander leaves nicely.

« Cut the brinjals into 2 inch pieces.

« Heat oil in a thick bottom pan. Put chana dal, urud dal, cumin seeds, mustard seeds. Allow to splutter. Add red chillies and fry nicely.

« Put the brinjal pieces, salt and turmuric.

« Fry them for a while and cover the pan, with a plate. Put some water in the plate.

« After the brinjals are half cooked, put the tamarind juice, ginger-coriander paste in the brinjal pieces and mix well.

« Close the pan again, but stir it frequently.

« After 5 or 6 minutes, the curry is ready.

« Sprinkle the coriander leaves and serve.

« Tastes good with white rice and ghee.

# *Crispy Cauliflower*

## **Ingredients**

1 kg cauliflower, 5 small whole ones

Salt to taste

2 tsp turmeric powder

1 cup gramflour

1 ½ tsp carom (Ajwain) seeds

½ tsp lemon juice

4 tsp green coriander, finely chopped

4 tsp green chillies, finely chopped

½ cup yogurt

2 tsp ginger paste

2 tsp garlic paste

1 ⅔ Garam masala

2 tsp red or yellow chilli powder

2 ½ cups oil

## **Method**

« Boil sufficient water to immerse the cauliflowers. Add salt (1 tsp) and turmeric powder.

« Gradually add the cauliflowers to this brine solution. Cook for 8-10 minutes over medium heat until the cauliflowers are half-cooked. Drain and keep aside.

« Prepare a batter with the gramflour, carom seeds, lemon juice, coriander, green chillies, yogurt, ginger-garlic pastes, garam masala, chilli powder, salt and just enough water to have a thick and smooth consistency.

« Heat oil in a kadhai or wok. Dip each cauliflower into the batter, coat evenly and deep fry over medium heat till golden in color and crisp.

« Serve Hot

# ***Kadhai Paneer***

## **(Cottage Cheese with Vegetables)**

### **Ingredients**

- 250 gms Cottage Cheese (Paneer)
- 3 Capsicum (Shimla Mirch)
- 4 Onion (Pyaj)
- 4 Tomato (Tamatar)
- 1 “ long piece Ginger (Adrak)
- 1 tsp Red Chili Powder (Lal Mirchi)
- 2 Bay Leaf (Tej Patta)
- 4 Cloves (Lavang)
- 1 piece Cinnamon (Tuj/Dalchini)
- Little Orange Color
- 4 tblsp Clarified Butter (Ghee)

### **Method**

- « Cut cottage cheese, capsicum in long pieces.
- « Grind onion, tomato, ginger, salt, red chili powder and orange color.
- « Mince cloves and cinnamom.
- « Heat clarified butter in a pan.
- « Add bay leaf, cloves, cinnamon.
- « Then add onion, tomato, ginger paste.
- « Continue cooking it on medium flame till ghee/oil begins to separate.
- « Add paneer and capsicum pieces.
- « Cook on low flame.
- « When the capsicum are done put off the flame.
- « Take off the fire and serve hot.
- « Serve with nan or paranthas..

# *Matar Paneer*

## (Cottage Cheese with Peas)

### **Ingredients**

6 paneer chunks about 1-½ x 1 x ½ inch each  
¼ cup oil  
1 medium onion, chopped fine  
1 tablespoon garlic/ginger paste, or 3 garlic cloves, mashed  
1 piece fresh ginger, size of walnut, minced  
1 large tomato, chopped  
2 ½ teaspoon ground coriander  
3 ¼ teaspoon ground cumin  
4 ¼ teaspoon red chili powder  
¼ teaspoon turmeric  
½ teaspoon garam masala  
¼ cup water  
3 cups fresh shelled green peas (or substitute 2 packages frozen)  
1 tablespoon cashew nuts, ground to a paste with a bit of water  
Salt and freshly ground pepper to taste

### **Method**

« Prepare the cheese chunks, and in a wok or heavy skillet fry them in hot oil until golden. Remove with slotted spoon and set aside to drain on a paper towel.

« In the remaining oil sauté the chopped onion until it begins to turn brown. Do not scorch.

« Add the garlic/ginger paste and bhoona for 2 minutes.

« Add the chopped tomato and bhoona 5 minutes to achieve a thick gravy.

« Add the dry masala and bhoona 3 minutes more. If the sauce is lumpy at this stage, puree it in a blender and continue.

« Add ¼ cup water, then stir in the peas.

« Add the paneer cubes and bhoona 2 minutes.

« Stir in the cashew paste, add salt, pepper.

Serve at once.

# *Palak Paneer*

## **(Cottage Cheese with Spinach)**

### **Ingredients**

500gms Fresh Palak (Saag)

100gms Paneer

2 Onions grated Ginger, Garlic paste

5-6 tbsp oil

1 tsp pure ghee

Garam masala to taste

Red chili powder to taste

1 tsp cumin powder

Salt To Taste

### **Method**

« Clean and wash palak (spinach) nicely.

« Boil the spinach in water and cool it.

« Now mash it in a mixer.

« Heat oil in a kadai. Add ginger-garlic paste and stir-fry for a minute.

« Now add onions and fry till golden brown.

« Add all spices except red chili powder.

« Now add the spinach (palak) and little water if needed and cook for 4-5 minutes.

« Cut paneer into pieces (Paneer can be fried to golden brown in a separate pan or can be used as it is).

« Add Paneer pieces to the gravy and cook until done.

« Take out in a bowl.

« Just before serving, heat pure ghee in a small pan.

Hold the pan over bowl, add chili powder and immediately pour on the indian palak paneer.

# *Paneer Bhurji*

(Mashed Cottage Cheese)

## **Ingredients**

200 gms Paneer

1 tbsp Oil

¼ tsp Cumin seeds

2 Green Chillies

1 Small Onion

¼ tsp Turmeric Powder

½ tsp Garam Masala Powder

1 tsp Ginger-Garlic Paste

1 medium Tomato

½ tsp Salt

## **Method**

« Chop the onions, tomatoes and chillies finely.

« Heat oil in a deep bottomed pan, add the cumin seeds, chopped onions and the ginger garlic paste, fry till brown.

« Add the chillies and tomatoes and fry till they are soft and pulpy.

« Add turmeric powder, garam masala powder, salt and little water so that all the masalas are well combined.

« Add grated paneer and fry for 5 minutes till the paneer blends into the masala.

« Garnish with chopped coriander and serve hot.



# *Butter Paneer*

## **(Buttered Cottage Cheese)**

### **Ingredients**

- 100 gms butter
- 500 gms paneer (cottage cheese) cubes
- 1 cup onion paste
- 1 tbsp ginger-garlic (adrak-lehsun) paste
- ½ cup tomato puree
- 1 ½ tbsp chilli powder
- 2 tsp garam masala
- 2 tsp sugar
- salt to taste
- 50 ml cream
- 1 tbsp chopped coriander for garnishing

### **Method**

- « Heat ½ the butter in a pan, add the paneer and saute till it turns to golden brown in colour.
- « Remove from the flame and keep aside.
- « Heat the remaining butter in the same pan, add the onion paste and ginger-garlic paste, mix well and saute for 5 minutes on medium flame.
- « Add the chilli powder, garam masala, sugar, salt and tomato puree, mix well and cook for 5 minutes.
- « Add the paneer and 150 ml water, mix well and simmer for 5 minutes.
- « Add the cream and simmer further for 2 minutes.
- « Serve hot garnished with coriander.

# *Shahi Paneer*

## (Cottage Cheese in Gravy)

### **Ingredients**

250 gms cottage cheese (cut in cubes)  
3 tbsp clarified butter  
1 inch piece of ginger (finely chopped)  
1 green chili (slit lengthwise)  
1 onion (grated)  
4 tomatoes (chopped)  
2 brown cardamoms (crushed)  
1 bay leaf  
½ cup beaten curd  
30 gms melon seeds or 2 tbsp cashew nut paste  
1 tsp salt  
½ tsp cumin powder  
½ tsp red chili powder  
¾ tsp garam masala  
2 tbsp tomato sauce  
¼ - ½ cup milk  
1 tsp coriander leaves (finely chopped)

### **Method**

« Soak the melon seeds or cashew nuts which ever you are taking for atleast 2 hrs and then grind them to a smooth paste.

« Heat 2 tbsp of ghee in a kadai, add onion, ginger, green chili and brown cardamoms. Cook till onion turns translucent. Add tomatoes, cover it and cook for 7-8 minute.

« Add curd and cashew nut or melon seeds paste. Cook for 3-4 minute and remove from fire.

« Cool down the above ingredients and put them in a grinder along with ½ cup of water. Strain the puree.

« Take a frying pan, add 1 tbsp of ghee and add the above pureed paste and cook for 10 minutes on low flame till oil separates.

« Add salt, red chili powder, cumin powder, garam masala and tomato sauce. Add enough water so that there can be thick gravy.

- « Keep on low flame and cook for 5-7 minute. Remove from fire.
- « At the time of serving heat the gravy and add paneer pieces.
- « Add milk and mix well and cook for 2-3 minutes. Note: To make the dish more creamier you can replace milk with  $\frac{1}{4}$  cup cream.
- « Serve hot garnished with coriander leaves.

# ***Kaju Korma***

## **(Cashewnuts Curry)**

### **Ingredients**

250 gm khoya (grated)  
250 gm paneer (cubes)  
150 gm cashewnuts  
20 gm raisin  
4 green cardamoms  
1 stick cinnamon  
4 cloves  
2 bayleaves (crushed)  
Salt to taste  
¼ tsp garam masala  
¼ tsp turmeric powder  
1 tbsp desicated coconut  
2 onion chopped  
3 tomatoes(chopped)  
5 flakes of garlic (chopped)  
2 tbsp ghee  
1 piece of ginger chopped  
Coriander leaves for garnishing

### **Method**

- « Take butter in a kadai.
- « Fry paneer and cashewnuts till they are golden in colour.
- « Fry onion till golden brown.
- « Add tomatoes, garlic and ginger.
- « Cook till tomatoes are done.
- « Add green cardamoms, cinnamon, cloves, coconut and grind it to a fine paste.
- « Fry this paste for a minute, then add salt, bayleaves, red chilli powder, turmeric powder, garam masala, cashewnuts, rasin, paneer, khoya and cup water. Cover and cook for 2-3 min.
- « Garnish with coriander leaves. Ready to serve.

# *Palak Subzi*

(Spinach Vegetable)

## **Ingredients**

- ½ kg potatoes
- 2 bunches amaranth leaves/spinach leaves
- 3 tsp oil
- 1 tsp channa dal
- 1 tsp turmeric powder
- 2 tsp chilli powder
- Salt to taste
- ½ tsp cummin seeds
- 5 curry leaves

## **Method**

- « Pressure cook the potatoes with their skin, peel, mash and set aside.
- « Wash the spinach or amaranth leaves and chop fine.
- « Heat 3 tsp oil, add the mustard seeds and the curry leaves.
- « When the mustard seeds splutter, add the cummin seeds, channadal and saute for a couple of minutes.
- « Add the chopped spinach and sprinkle water.
- « Cover on a low heat till the spinach is tender and dry.
- « Add to the mashed potatoes, turmeric powder, salt and chilli powder. Mix well.
- « Cook for a minute, till everything blends well.
- « Garnish with chopped coriander leaves.

# *Sarson ka Saag*

(Spinach Vegetable)

## **Ingredients**

1 bunch sarson greens  
1 bunch spinach  
1 onion grated  
½ tsp. each ginger & garlic grated  
3 green chillies  
½ lemon juice  
salt to taste  
2 tbsp. ghee  
1 tbsp. oil  
½ tsp. garam masala  
1 tbsp. maize flour

## **Method**

« Chop both greens, wash, drain.  
« Heat oil in the pressure cooker direct.  
« Add both greens, green chillies, stir.  
« Add ginger, garlic, stir.  
« Add few pinches salt, 1 cup water.  
« Pressure cook till done, at least 2 whistles  
« Mash well.  
« Heat ghee in a pan, add onion, saute till brown,  
« Add all other ingredients, except cheese.  
« Stir well and cook till oil separates.  
« Serve Hot  
« In North India Sarson ka Saag is usually eaten with Makki ki Roti (bread).

# *Pindi Chana*

(Chickpea)

## **Ingredients**

1 cup kabuli chana  
1 tomato, chopped  
1 onion, chopped finely  
1 onion, sliced into rings  
1 tsp garlic, grated  
1 tsp ginger, grated  
3 green chillies, chopped  
1 tbsp coriander, chopped  
½ tsp dhania powder  
1 tsp red chilli powder  
½ tsp each cumin & mustard seeds  
½ tsp garam masala  
¼ tsp turmeric powder  
¼ tsp cinnamon clove powder  
3 to 4 pinches asafoetida  
2 tbsp tamarind extract  
2 tbsp oil  
1 tbsp ghee

## **Method**

« Pressurecook the chana till soft. Heat oil in a heavy saucepan add seeds, allow to splutter.

« Add asafoetida, ginger, garlic, chopped onions, fry till lightly browned.

« Add all dry masala, except clove-cinnamon powder.

« Stir well, add tomatoes, cook till oil separates.

« Drain chana, add to pan, stir well. Add tamarind.

« Mix. Cook till fairly dry. Keep aside.

« In a small pan, heat ghee, add clove-cinnamon powder, chillies.

« Allow to pop a bit, add to chana. Stir gently till well mixed.

« Garnish with chopped coriander and onion rings.

Serve hot.



# *Shahi gobhi*

## (Cauliflower Vegetable)

### **Ingredients**

- 1 small cauliflower
- 2 big onions
- ½ pod garlic
- 2 inch ginger
- ¼ tsp turmeric
- 2 tsp coriander powder
- 3 tsp chilli powder
- 2 bay leaf
- 4 cloves
- 6 pepper corns
- 1 cup oil & Salt to taste

### **Method**

- « Clean & deep fry the cauliflower without cutting it into pieces.
- « Fry it till it has turned brown from all sides.
- « Take it out & keep it aside.
- « Grind together 1 onion, ginger & garlic to fine paste.
- « Then to the same oil add the bay leaf, cloves and peppercorns then put 1 chopped onions & fry till it turns dark brown.
- « Add the masala paste along with other dry masala mentioned in the ingredients.
- « After this masala is done add the chopped tomatoes fry it then put the deep fried flower in this prepared masala.
- « See to it that the flower gets completely covered with the masala.
- « Keep it on slow fire for 5 min. While serving garnish it with fried potato chips and fresh coriander leaves.

# ***Bhindi Bharke***

## **(Ladyfinger Stuffed)**

### **Ingredients**

- ½ kg lady's fingers
- 1 lime
- 1 cup besan
- 1 tsp coriander seeds
- ½ tsp asafoetida powder
- 1½ tsp table salt
- 1½ tsp chilli powder
- 2 tsp jeera
- 4 tbsp oil

### **Method**

- « Cut off stalk and cut lengthwise slits in lady's finger.
- « Apply salt and keep aside for some time.
- « Powder asafoetida, coriander and jeera separately.
- « Sieve besan. Drop the flour in a vessel and add juice of lime.
- « Combine 1 tsp salt, chilli powder, powdered coriander, half the quantities of asafoetida and jeera powders.
- « Stuff lady's finger bits with the powder mix.
- « Drop the bits gently into frying pan.
- « Spread excess besan, if any, all over the bits.
- « Cook under cover. Open lid once or twice and turn over.
- « Roast the bits till it becomes brown. Take out from flame and serve

# *Vegetable Korma*

## **Ingredients**

Oil

1 big onion Salt to taste

1 garlic piece

2 carrots, 1 capsicum

1 potato, small ginger piece

7 to 10 beans, 3 to 4 cauliflower pieces

2 to 3 cloves, little elaichi

½ tsp cinnamon

10 to 15 cashew pieces

1 tsp of khus khus

½ cup coconut

## **Method**

« Cut the onions into small pieces and one fourth of the onions into big pieces.

« Take a Kadai with little oil and add cloves, cinnamon, elaichi and cashews and then fry a little add ginger, garlic and big pieces of onions and then keep it to cool a little after everything is fried.

« Then grind the whole mixture with coconut and khus khus and keep it aside.

« Now take a little oil and add sombu, and then onions, fry it nicely.

« Take all the vegetables cut into small pieces and boil it in the microwave. After everything is cooked nicely add it to the onions and mix it.

« Add salt in the ground mixture.

« Now after everything is mixed well add water if it is very thick.

# *Stir Fried Mushrooms*

## **Ingredients**

½kg mushrooms

4 ½tsp oil

2 onions, sliced

1 tsp garlic paste

1 tomato, chopped

½ tsp turmeric powder

½ tsp garam masala

½ tsp red chilli powder Salt to taste

1 tbsp green coriander, chopped

## **Method**

« Cut mushrooms in slices.

« Heat oil and fry onion until golden in color Add garlic paste and tomatoes, mix well.

« Mix in turmeric, garam masala, chilli powder salt and fry for 3-4 minutes. Stir in mushrooms and simmer until mushrooms are tender, adding very little water if necessary.

« Garnish with chopped coriander and serve hot.

# *Yogurt Curry*

## **Ingredients**

8-10 chick pea flour fritters  
4 tbsp chick pea flour  
2 cups yogurt  
4 cups water  
½ tsp turmeric powder  
1 tsp garlic-ginger paste  
1 tsp cumin seeds  
½ tsp chili powder  
1 small onion, finely chopped  
2 tsp tamarind extract  
1 stalk curry leaves  
1 tsp mustard  
1 tbsp oil  
1 stalk curry leaves  
1 tsp mustard

## **Method**

« Beat chick pea flour, yogurt and water and set aside.  
« In a large pan heat oil and add cumin seeds.  
« When they sputter, add onion and cook for 3 to 4 minutes.  
« Add ginger-garlic paste and cook for a minute, stirring constantly.  
« Pour yogurt mixture and add salt, turmeric powder and chili powder.  
« Cook on low heat for 8 minutes, then add tamarind extract and cook for 2 more minutes.  
« Just before serving, heat 1 tbsp of oil in a saucepan.  
« Add mustard seeds and curry leaves.  
« When seeds sputter, remove from heat and pour over curry.  
« Add fritters and cook curry on low heat for 5 minutes.  
« Serve hot with rice.

# *Kashmiri Palak*

## **Ingredients**

5 tbsp vegetable oil

1/8 tsp hing

2 1/2 lb spinach, washed and chopped

1/2 tsp haldi

1/2 tsp cayenne

1 tsp salt

1/2 tsp soda bicarbonate (optional)

1/4 tsp garam masala

## **Method**

« Heat the oil in large pan. Put in the hing and spinach.

« Stir. Add the haldi, chili, salt and soda bicarbonate.

« Cook and stir until the spinach has wilted.

« Put two cups of water and cook uncovered on medium high flame for about 25 minutes or until little liquid is left. Stir occasionally.

« Turn the heat to low and mash the spinach with the back of a spoon.

« Continue to cook uncovered for another 10 minutes.

« Sprinkle the garam masala over the top and mix.

# *Stuffed Capsicum*

## **Ingredients**

10 Capsicums (each 70 gm)  
4 tbsp oil  
½ cup onions, chopped  
4 tsp cashewnuts, chopped  
4 tsp raisins  
1 tsp white pepper  
1 ⅔ tsp garam masala  
2 tsp green chillies, finely chopped  
2 tsp ginger, finely chopped  
1 tbsp green coriander, chopped  
Salt to taste  
750 gm potatoes, boiled and mashed  
2 ⅔ tbsp butter for basting

## **For the sauce**

5 tsp oil  
⅔ tsp green cardamoms  
1 bay leaf  
4 tsp onions, sliced  
10 gm garlic cloves (3)  
1 ½ cups tomatoes, chopped  
⅔ tsp mace powder  
Salt to taste  
4 tbsp cream

## **Method**

- « Slice stem off the capsicum, remove seeds and keep aside.
- « Heat oil in a pan, sauté onions, cashew nuts and raisins over low heat for 5-6 minutes.
- « Add white pepper, garam masala, green chillies, ginger, half of the green coriander, salt and potatoes, stir for 5 minutes. Remove from heat.
- « Fill each capsicum with the potato mixture and arrange the capsicums in a greased baking dish. Bake at 175 degrees C for 15-20 minutes, basting with melted butter.

« For the sauce, heat oil in a pan, sauté cardamoms, bay leaf, onions, garlic cloves and tomatoes. Add water (2 cups), cook for 20 minutes. Strain the sauce through a fine sieve. Stir in the mace, salt and cream.

« Remove capsicums from the oven, arrange them on a platter. Pour the sauce over the capsicums, sprinkle remaining green coriander and serve.



# *Simla Mitch Sabzi*

(Capsicum Dry Vegetable)

## **Ingredients**

Green Paprika

Oil

Onions

Ginger

Garlic

Coriander powder

Turmeric

Chili powder

Tomatoes

Garam masala

## **Method**

« Cut big pieces of Paprika.

« In oil fry onions, add ginger and garlic.

« Add coriander powder, turmeric, garam masala, chili powder and then add tomatoes.

« Then add peppers, cover and cook.

« Enjoy your Simla mirch sabzi. Hope you love this Indian recipe.

# *Paneer Makhana Curry*

(Euryale Ferox with Cottage Cheese)

## **Ingredients**

2 cup Makhana  
250 gms Cottage Cheese  
4 Onion (Pyaj)  
4 Tomato (Tamatar)  
1 “ long piece Ginger (Adrak)  
4 - 5 cloves Garlic (Lasun)  
½ cup Cream (Malai)  
2 cup Milk  
1 tsp Red Chily Powder (Lal Mirchi)  
¼ tsp Turmeric (Haldi)  
½ tsp Dried Pudina Leaves  
1 cup Cashewnut (Kaju)  
½ tsp Garam Masala  
1 tblsp Poppy seeds (Khuskhus)  
Coriander Leaves (Dhania Patta)  
4 tblsp Clarified Butter (Ghee)

## **Method**

« Heat clarified butter in a pan.  
« Fry makhana in the ghee.  
« Cut cottage cheese in samll pieces.  
« Mince onion, tomato, garlic, ginger.  
« Cut cashewnut in samll pieces.  
« Soak poppy seeds in ¼ cup of water.  
« After 1 hour grind the soaked poppy seeds to a fine paste.  
« Chop coriander leaves very finely.  
« Heat clarified butter in a pan.  
« Add onion, tomato, garlic, ginger paste and brown it, stirring continously.  
« Add poppy seeds and fry for 2 minutes and then turn off the gas.

« To this mixture add makhana, cottage cheese, cream , salt, red chili pepper, turmeric, dried pudina leaves.

« Keep this mixture aside for half an hour.

« After half an hour put the pan on the flame and add milk.

« When it comes to a boil add 3 cups of water.

« Simmer it till the makahana are completely done and soft.

« Then add cashewnuts and garam masala.

« After 1 minute put the flame.

« Transfer the mixture to a dish and sprinkle some corainder on it. « Serve it hot with nan, roti or parantha.

# Dals/Lentils

# *Arhar Dal*

## **(Pigeon Beans)**

### **Ingredients**

- 1 cup arhar dal or pigeon beans
- 2 tblsp clarified butter / ghee
- A pinch of asafetida
- ½ tsp cumin seed
- 1 dried red chili (broken)
- ¼ tsp turmeric powder
- ¼ tsp red chili powder
- Salt to taste
- 1 green chilies
- 1 tsp ginger chopped
- 1 tomato (finely chopped)
- 1 onion (finely chopped)
- ½ tsp minced garlic
- 2 tsp lemon juice
- 1 tblsp coriander leaves (finely chopped)

### **Method**

« Wash and soak the arhar dal in 2 cups of water for ½ hour. Soaking the dal reduces the cooking time.

« Cooking with Pressure Cooker - Drain out the water and put dal with 3 cups of water, salt and turmeric in a pressure cooker. Close the lid and cook the dal. After the first whistle turn the heat down and cook on medium flame for 3 - 4 minutes. Turn off the flame. Once the pressure ends open the lid and check if the dal is cooked or not and if it requires some more water. If the dal is thick in consistency then add some water for the desired flow.

« Cooking without Pressure Cooker - Drain out the water and boil dal with 5 -6 cups of water, salt and turmeric in a pan. Once it starts to boil close the lid and turn the flame to medium and simmer till the dal gets little mushy. Adjust the water according to your desired consistency.

« Now move the dal to a serving bowl and begin tempering.

« Take ghee or clarified butter in a pan, heat it; add cumin seed. When the cumin seeds begin to sputter add hing, dried red chilli, stir it and then add green chilli, ginger, garlic and fry till golden brown.

« After few seconds add onions to it when its translucent add tomatoes to it.

« When the oil begins to separate add pinch of salt and red chili powder to it. Quickly stir with a spoon and pour it over the dal and close the lid. Ensure that the red chilly powder does not get burnt.

« Before serving garnish it with the coriander leaves and add lemon juice to it, stir it properly.

« Serve hot with steamed rice or roti.

# *Chana Dal*

**(Split Bengal Gram)**

## **Ingredients**

1 cup chana daal

7 cup water

1 tsp salt

¼ tsp red chilly powder

½ tsp turmeric powder

½ tsp cumin powder

¼ tsp garam masala

1 tblsp ghee / clarified butter

½ tsp chopped garlic 1 chopped garlic clove

## **Method**

« Soak the chana daal in 4 cup water for 2-3 hours then wash and drain.

« Boil 3 cups water, ginger, turmeric and the salt in a pan.

« Add the chana dal, cover the pan and cook over medium flame for 30 min or till the dal is tender and stirring occasionally.

« Stir the dal when cooked.

« For the tempering heat ghee in a pan and when hot add cumin seeds. When the seeds begin to sputter add garlic.

« Stir well and fry till the garlic turns light brown. Add the red chilly powder and stirring it, pour it immediately over the cooked dal and cover the pot

« Chana dal is ready to be served with rice or bread.

# *Dal Makhani*

## **Ingredients**

1 ½ cups black lentils, whole

½ cup butter

4 tsp ginger paste

4 tsp garlic paste

2 green chillies, sliced

¾ cup tomato puree

Salt to taste

1 tsp chilli powder

2 tsp green coriander, chopped

¾ cup cream

## **Method**

« Soak dal for at least 3 hours; best soaked overnight.

« Cook dal in 1 ½ liters of water over low heat till grain splits. Stir to mash them. Set aside.

« Heat butter, fry ginger and garlic pastes. Add green chillies, tomato puree, salt and chilli powder. Cook for 2-3 minutes, add the cooked lentils along with coriander and cream (leaving

1 tbsp aside). Cook further for 10-15 minutes, stirring occasionally.

« Serve hot, garnished with the reserved cream and accompanied by rice or roti.



# *Masala Dal*

## **Ingredients**

- 1 cup Split Red Lentil (Masoor Dal)
- 5 slit Green Chilli (Hari mirch)
- 1 tblsp chopped Coriander Leaves (Dhania Patta)
- ½ tsp Turmeric Powder (Haldi)
- ½ cup grated Coconut
- Salt to taste
- 1 tsp Mustard Seeds (Raai / Raee)
- 1 tsp Cumin Seed (Jeera)
- 2 chopped Tomato (Tamatar)
- 1 tblsp Oil
- 1 medium sized sliced Onion

## **Method**

- « Wash and soak the gram for 30 minutes.
- « Grind the grated coconut with a little water to a smooth paste in a blender. keep aside.
- « Fry the sliced onions till golden brown. remove and keep aside.
- « Cook the gram in a pressure cooker with just sufficient water to cook the dal until soft.
- « Remove the lid of the cooker and add the green chillies , turmeric powder tomatoes and salt. cook for 3 minutes.
- « When the tomatoes are cooked add the coconut paste. mix thoroughly.
- « Cook for a minute and remove from the flame.
- « Heat the oil in a pan. add the mustard seeds, when they crackle add the cumin seeds.
- « Fry for a few seconds over a low flame. pour over the dal.
- « Serve hot garnished with the fried onions and the chopped coriander leaves.

# ***Moong Dal***

**(Green Gram)**

## **Ingredients**

1 cup Green Moong Dal ( Whole Green Gram)

¼ tsp Cumin seeds

¼ tsp Turmeric powder

Pinch of Asafoetida

1 long chopped Green Chillies

1 tbsp ghee

Few Coriander leaves

## **Method**

« Wash the dal 2 - 3 times in water. Then soak it for ½ hour in 3 cups of water.

« Drain the water and pressure cook the dal in 3 cups of water, turmeric and salt for 6 -7 whistles. Once the steam escapes check the consistency. If the dal is still uncooked then add some more water and pressure cook for 1 -2 whistles. If the dal is all dried and then add warm water according to the desired flow.

« For the tadka ,heat ghee in a pan and add hing and cumin seeds.

« Once the seeds begin to sputter add the chopped green chillies and fry for a minute.

« Add the mashed green moong dal to it and let it boil. Keep till 2-3 boils.

« Garnish moong daal with coriander leaves and serve hot.

# *Urad Dal*

**(Black/White Gram)**

## **Ingredients**

1 cup Urad (white) daal / Split Black Urad

1 Onion sliced

1 Tomato diced (optional)

1tsp Ginger grated

1-2 Green chilies chopped

Coriander leaves finely chopped

1tsp Cumin seeds (jeera)

2 bayleaves (tejpatta)

2 cloves (laung)

½ tsp. turmeric powder

Salt to taste

A pinch of Garam masala

Red chili powder to taste

## **Method**

« Clean and wash the daal properly. Soak it in water for 10-15 minutes.

« Boil it in 5 cups of water. Boil till it becomes soft. It should not become pasty. Remove the water and keep aside.

« Heat oil in a kadhai and add cloves, bayleaves and cumin seeds, allow to splutter.

« Now add ginger, onion and green chili and stir-fry till golden brown.

« Add tomato (if using) and fry till it softens. Add all dry masalas (turmeric powder, chili powder, salt) and fry for a moment.

« Now add daal and lemon juice, mix very gently.

« Sprinkle garam masala and garnish with coriander.

Serve hot.

# ***Manchmel Dal***

**(Black/White Gram)**

## **Ingredients**

175gms Yellow Split Peas (channa dal) (6 ounces)  
90gms White Gram Beans (urad dal) (3 ounces)  
45gms Yellow Mung Beans (moong dal) (1 ½ ounces)  
45gms Red Lentils (masar dal) (1 ½ ounces)  
½ tsp Turmeric  
2 tsp Salt (or to taste)  
6 tbsp Vegetable Oil  
2 Medium Onions, Peeled, Sliced in Thin Rings  
2 tsp Garlic, Minced  
2 tsp Ginger, Grated or Crushed  
3 Medium Tomatoes, Sliced in 2cm thick wedges  
2 tbsp Vegetable Oil  
1 ½ tsp Cumin Seed  
½ tsp Cayenne Pepper  
1 tsp Paprika  
4 tsp Fresh Coriander, Chopped  
2 Green Chilies, Minced

## **Method**

« Pick clean and wash all the beans thoroughly in several changes of water. Put them in a deep pot with ½ teaspoon turmeric and 1 ½ litres (1 ½ quarts) of water. Bring the water to the boil and stir often to prevent the beans from sticking to the bottom of the pan or lumping together. Cook over medium heat, partially covered, for about 30 minutes.

« Stir in the salt to taste. Keep the lentils on a low simmer while you make the fried seasonings.

« Heat 4-6 tablespoons of the oil in a large frying pan over medium high heat. Add the onions and cook, stirring constantly, until they turn light brown (15-18 minutes). Add the garlic, ginger and chilies and continue cooking for 2 more minutes. Increase the heat to high, add the tomatoes, and fry, turning them carefully and shaking the pan, until they look slightly browned and cooked (about 5 minutes).

« Pour the entire contents of the pan over the dal and gently stir to mix. Continue simmering while you make the spiced butter.

« Wipe the frying pan clean and place it on medium-high heat. Add the remaining 2 tablespoons of the oil. When it is hot, add the cumin, cayenne and paprika. Immediately pour the entire contents of the pan over the dal, scraping the mixture out with a rubber spatula. Stir a few times, just to streak the dal with the spiced butter.

« Serve garnished with coriander and more paprika.

# **Rotis/Indian Breads**

# *Chapati*

## **Ingredients**

2 cups Wheat Flour (Gehun Ka Atta)

Water as per requirement

## **Method**

« Knead soft dough with above ingredients.

« Leave it for atleast 30 minutes.

« Break off to a table tennis - ball sized (even smaller) bit of dough.

« Roll with help of dry flour to a thin round.

« Roll as thin as possible.

« Heat tawa and place phulka on it.

« When dry on one side, turn it.

« When brown spots appear on second side, turn again.

« Use a kitchen towel and lightly press the phulka, rotating at same time, it will puff.

« Make as crisp as desired.

Serve hot.

# *Aloo Ka Paratha*

## (Stuffed Bread)

### **Ingredients**

#### **Stuffing:**

2 boiled Potatoes

1 small finely chopped Onion (optional)

Coriander leaves finely chopped

Small piece of Ginger (very finely chopped or grated)

1 or 2 green Chilies (finely chopped)

Salt Red Chili powder and Garam masala as per taste

Butter

#### **Method**

« For the cover make dough out of whole-wheat flour (atta), as you would do for any parantha/ roti.

« Mash the potatoes.

« Add all the stuffing items to mashed potatoes and mix it properly.

« Make two medium size chapati, add the filling to the one chapati and cover it with the second one.

« Now roll it slightly. Put it in a pre-heated oven at 450-degree. Cover top oven grill with aluminum foil & Place Paratha over it for easy baking.

« When top side is done change the side and keep a check (till properly baked)

« Spread butter over it. Serve aloo paratha hot with yogurt (curd).



# *Butter Roti*

## **Ingredients**

1 ½ cups (300 gms) whole wheat flour

¼ cup melted butter

1 ½ tsp cumin seeds

salt to taste

¾ cup warm water

## **Method**

« Mix the flour, cumin seeds and salt in a bowl and add warm water to knead the dough.

« Cover the dough with damp cloth and keep aside for half an hour.

« Now add the melted butter in the dough and knead well.

« Make small portions from the dough. Make a hole in each round portion and put some more melted butter and seal it.

« Roll these balls a little, put some butter and again roll it to form rotis.

« Heat the tawa and cook these rotis by spreading butter on each side. Cook till its done «  
Serve hot with choice of curry dish, dal or vegetable.

# ***Gobhi Paratha***

## **(Cauliflower Stuffed Bread)**

### **Ingredients**

4 cups Whole Wheat Flour (Atta)  
2 cups Grated Cauliflower (Gobi)  
Coriander leaves (finely chopped)  
1-2 Chopped Green chilies 1" Ginger Chopped  
Salt, Red chili powder & Garam Masala as per taste  
½ tsp Ajwain (optional)  
Butter /Oil for frying

### **Method**

- « Make dough out of whole-wheat flour (atta), as you would do for any paratha/roti.
- « Mix grated cauliflower, green chilies, ginger, coriander leaves, ajwain, chili powder, salt, and garam masala as a filling in paratha.
- « Make two medium size chapati, add the filling to the one chapati and cover it with the second one. Now roll it slightly.
- « Cook on a pre-heated Tawa (flat griddle plate). Turn it and pour half tablespoon oil or butter.
- « Spread it on the paratha and shallow fry over low heat.
- « Turn it and again pour oil or butter on the other side.
- « Cook on a low heat till golden brown.
- « Serve gobhi ka parantha hot with yogurt (curd) and your favorite chutney.

# ***Khameeri Roti***

## **Ingredients**

2 cups (400gms) Whole wheat flour

Butter or ghee for greasing the baking tray

1 ½ tsp fresh yeast (khameer)

Salt to taste

Flour to Dust

½ cup warm water

## **Method**

« Dissolve the yeast in half cup warm water and keep aside.

« Add salt in the flour and sieve it in a platter.

« Make a hole in between the flour and add about a cup of water. Mix the flour and knead to make stiff dough. Keep aside for 15 minutes

« Now slowly sprinkle the yeast over the dough and keep kneading it till it becomes smooth and not sticky.

« Cover with a damp cloth and keep aside for half an hour.

« Now divide it into 8-10 equal round portions. Dust the ball with flour and roll it into 8 inches wide rotis.

« Either stick these rotis in a clay tandoor and cook for 2 minutes or place them on the greased baking tray and bake them in the oven for 4-5 minutes at 180 degree celsius.

« Serve hot with a choice of curry, dal or vegetable.

# *Laccha Paratha*

## **Ingredients**

Whole Wheat Flour (Atta) as per consumption

1 tbsp Oil

Salt as per taste

Butter/Ghee (Pure ghee) for frying

Water for kneading

## **Method**

« Make dough out of whole-wheat flour (atta), 1tbsp oil & salt, as you would do for any paratha/roti.

« Make dough 30 minutes before and cover it with moist muslin cloth.

« Take a Ping-Pong ball size lump of dough. Now roll it into a circle of approx. 5 to 6 “ diameter using dry flour.

« Heat the ghee so that it turns to liquid.

« Now spread the ghee properly over entire surface.

« Using a knife make a 2” cut lengthways and fold it inwards .

« Spread Oil on every fold. Now press it lightly towards the center to show the layers clearly and roll like a paratha. (Refer the picture).

« Cook on a pre-heated Tawa (flat griddle plate).

« Turn the lachha paratha and pour half tablespoon oil or butter.

« Spread it on the paratha and shallow fry over low heat.

« Turn it and again pour oil or butter on the other side. Cook the lachha parata on a low heat till golden brown.

# ***Matar Paratha***

(Peas Stuffed Bread)

## **Ingredients**

### **Dough:**

2 <sup>2</sup>/<sub>3</sub> cup Whole Wheat Flour (Atta)

1 <sup>1</sup>/<sub>3</sub> cup Maida

<sup>1</sup>/<sub>2</sub> tbsp Salt

<sup>1</sup>/<sub>3</sub> cup Butter or Ghee

1 <sup>1</sup>/<sub>3</sub> cup Warm Water as needed

### **Stuffing:**

2 tbsp Oil

1 tbsp Fresh Ginger

1-3 Green Chilies Minced

3 <sup>1</sup>/<sub>4</sub> tsp Asafetida Powder (hing)

2 <sup>1</sup>/<sub>2</sub> cup Cooked & Coarsely Mashed Mutter (Green Peas)

2 tsp Garam masala

<sup>1</sup>/<sub>4</sub> tsp Red chili Powder

Salt to taste

2 tsp Lemon Juice

2 tsp Jaggery (gur)

Finely chopped coriander

Butter / Oil for frying

## **Method**

« Make dough out of flour (atta), maida, salt and ghee as you would do for any paratha/roti 30 minutes before and cover it with wet muslin cloth and keep aside.

« For stuffing heat oil in a kadhai over moderate heat. Toss in ginger and green chilies.

« Fry until ginger starts turning brown, then drop asafetida. A few seconds later add the peas.

« Add remaining ingredients and stir-fry for about 2 minutes. Remove the pan from the heat and allow to cool. Divide the mixture into 10 equal portions.

« Make two medium size chapati, add the filling to the one chapati and cover it with the second one. Seal the edges so that mixture doesn't come out.

« Now roll it slightly. Cook on a pre-heated Tawa (flat griddle plate).

« Turn it and pour half tablespoon oil or butter. Spread it on the paratha and shallow fry over low heat. Turn it and again pour oil or butter on the other side.

« Cook on a low heat till golden brown.

« Serve mattar parantha hot with yogurt (curd) and your favorite chutney or with pickle.

# ***Makki Ki Roti***

## **Ingredients**

2 cups (400gms) makki atta (corn flour)

Salt to taste optional

Luke warm water to knead the dough

## **Method**

« Knead the dough by adding warm water and salt just before making the rotis.

« Now take a clean cloth or small plastic sheet and put it on the kitchen slab.

« Take a portion of the dough and shape it as a ball. Place this on the cloth or plastic sheet. Then put some water on your fingers and press the ball by rotating it till it takes a shape of a roti.

« Remove this roti and put it on a heated tawa. Let the roti cook from both sides on low heat.

« Remove it from the tawa and serve hot with butter on top.

« In North India Makki ki Roti is usually eaten with Sarson ka Saag (vegetable)

# ***Methi Paratha***

## **Ingredients**

Methi ki sabzi

Whole Wheat Flour (atta) as per your Consumption

Salt as per taste

Oil/Butter for frying

## **Method**

« Make dough out of whole-wheat flour (atta) as you would do for any parantha/roti 15 minute before and cover it with wet muslin cloth and keep aside.

« Mash the Methi vegetable slightly with spoon.

« Add little salt to the vegetable as per your taste. (Keeping in mind that vegetable already consists of salt).

« Make a ball of dough slightly thicker than chapati and roll it a little.

« Place the Methi vegetable on it and again make it into a ball.

« Seal the edges completely so that the stuffing does not come out.

« Flatten these balls and roll like any other parantha.

« Pre-heat the griddle (tawa). Turn it and spread little oil or butter and shallow fry over low heat. Turn it again and spread butter/oil on the other side. Cook both sides till golden brown.



# *Missi Roti*

## **Ingredients**

2 cups Whole Wheat Flour (atta)  
2 cups Gram Flour (Beasn)  
1 tsp Cumin Seeds (jeera)  
2 tbsp Dry fenugreek leaves (kasoori methi)  
Red chili powder to taste  
Salt to taste  
A pinch of turmeric powder  
2 tbsp oil  
Water to knead

## **Method**

- « Mix Wheat flours gram flour, salt, chili powder, turmeric powder and mix well.
- « Make powder of fenugreek leaves and mix it to the flour.
- « Rub oil into the flour, slowly add water and make a soft dough and keep it covered with damp cloth for 30 minutes.
- « Knead well again the dough and make balls.
- « Roll into a slightly thick chapati than usual. Pre-heat the girdle (tawa) and cook the missi roti with or without oil.

# *Naan*

## **Ingredients**

4 cups White Flour

½ tsp Baking powder

1 tsp Salt

½ cup Milk

1 tbsp Sugar

1 Egg

4 tbsp Oil

1 tsp Nigella seeds

## **Method**

« Sift the flour, salt and baking powder into a bowl and make a well in the middle.

« Mix the sugar, milk, eggs 2tbsp of oil in a bowl.

« Pour this into the center of the flour and knead adding water if necessary to form soft dough.

« Add the remaining oil, knead again, then cover with damp cloth and allow the dough to stand for 15 minutes. Knead the dough again and cover and leave for 2-3 hours.

« About half an before the naan are required, turn on the oven to maximum heat.

« Divide the dough into 8 balls and allow rest for 3-4 minutes.

« Sprinkle a baking sheet with nigella seeds and put it in the oven to heat while the dough is resting.

« Shape each ball of dough with the palms to make an oval shape.

« Bake the indian bread naan until puffed up and golden brown. Serve hot.

# ***Palak Paratha***

## **(Spinach Stuffed Bread)**

### **Ingredients**

2 cups Chapati Flour

1 cup Spinach (palak), finely chopped and steamed

1tbsp. oil

Salt to taste

¼th tsp. chili powder or black pepper powder

Oil / butter to shallow fry

### **Method**

« Drain the steamed spinach and cool it to room temperature.

« Now mix all ingredients- flour, spinach (palak), salt, chili powder, cumin seeds and 1 tbsp. oil.

« Add enough water to make a dough of rolling consistency.

« Cover it and keep aside for 30 minutes.

« Then make small balls and roll them like parathas.

« Put the palak paratha on the tawa (Griddle) and make like you make any paratha.

« Serve palak parantha hot with home-made butter, curd or chutney of your choice.

# *Paneer Paratha*

## **Ingredients**

100 gms Grated Paneer

1 finely chopped Onion

Coriander leaves finely chopped

Small piece of Ginger (grated)

1 or 2 finely chopped green Chilies

Salt, Red Chili powder and Garam masala as per taste

½ tsp Ajwain (optional)

Butter / Oil for frying

## **Method**

« Make dough out of whole wheat flour (atta), as you would do for any paratha/roti.

« In a bowl mix all the stuffing ingredients.

« Make two medium size chapati, add the filling to the one chapati and cover it with the second one. Now roll it slightly.

« Cook on a pre-heated Tawa (flat griddle plate).

« Turn it and pour half tablespoon oil or butter.

« Spread it on the paratha and shallow fry over low heat. Turn it and again pour oil or butter on the other side.

« Cook on a low heat till golden brown.

« Serve paneer paratha hot with yogurt (curd) and your favorite chutney or with pickle.

# ***Roomali Roti***

## **Ingredients**

1½cup Whole Wheat Flour (Atta)

50 gms Maida

½ tsp Baking powder

2 tbsp oil

Water to knead

## **Method**

« Mix wheat flour, maida, salt and baking powder and sieve them together.

« Pour oil in the flour and add water bit by bit and make a smooth & elastic dough and set aside covered with moist muslin cloth for ½ an hour.

« Now make small balls of the dough and roll like a thin chapati of about 12” diameter circle using little dry flour (it should be thin as a tissue)

« Heat an inverted griddle(tawa).

« Place the rumali roti carefully over it and cook till done. Fold it like a handkerchief.

« Serve rumali roti hot with indian curry, vegetable or dal.

# *Puri*

## **Ingredients**

2 ½ cups Chappati flour

¾ cup Water at room temperature

Ghee for brushing the bread while rolling out the dough

Oil for deep frying

## **Method**

« Put flour in a large bowl. Make a well in the middle and pour in a stream of water in the center. Use one hand to mix the flour and water in a rotating motion from the center of the bowl outward, until the dough is moist enough to be gathered into a rough mass. Wet hands and continue until the mixture cleans the sides of the bowl and has become a nonsticky, kneadable dough. When the dough is kneaded, it will be elastic and silky smooth. To test the dough, press it lightly with a fingertip. If it springs back, it is ready to be rested. Resting the dough is the last step and allows the dough to relax and absorb the water and kneading.

« Rest for ½ hour in warm climates and 1.5 hours in cold climates. Cover with a wet towel so the dough does not dry out. The rested dough is light and springy, less resistant to being rolled out into the thin rounds.

« Knead dough a little again. Dough should be stiff enough to roll without extra flour.

« Make small balls of the dough and cover them with damp cloth.

« Take one ball of dough and dip a corner of ball in melted ghee or oil and roll it out into 4 to 5 inches round.

« Repeat the same process to roll out all pooris.

« Heat plenty of oil in a kadhai until very hot.

« Put in a poori and immediately start flickering hot oil over the top of it with a spatula so that it will swell up like a ball.

« This should take only a few seconds. Flip the poori over and cook the other side until golden brown.

« Serve the puri hot with pindi choley or other vegetables.

# *Mix Vegetable Paratha*

## **Ingredients**

- 500 gm wheat flour (mix parantha)
- 2 potato (alu)
- 2 onion (pyaj)
- 2 carrot (gajar)
- 1 small cauliflower (phool gobi)
- 100 gm spinach (palak)
- 2 green chilly (hari mirch)
- 1 tsp salt (namak)
- 1 tsp red chilly powder (lal mirch)
- ¼ tsp spice blend (garam masala) oil as required

## **Method**

- « Mix salt and 1 tbsp oil in flour and knead into simple dough.
- « Boil and peel potato.
- « Grate alu, gajar, pyaj and gobi.
- « Finely chop palak and hari mirch.
- « Now mix all these along with salt, lal mirch and garam masala to prepare the stuffing.
- « Make small balls of the dough and roll each into small chapatti.
- « Stuff these with the above mixture and again roll into thin chapatti.
- « Cook them on both sides on a pan (tawa).
- « Apply oil on both sides while cooking and serve them hot.
- « Ghee can also be applied instead of oil and makes chapattis tastier.
- « Cook chapattis at low flame pressing on all sides.

# *Parantha*

## **Ingredients**

2 ½ cups whole wheat flour

Salt to taste

1 cup clarified butter (ghee), melted

1 ¼ cups water

## **Method**

« Sieve the flour and salt in a bowl, incorporate clarified butter (2 tbsp), add water gradually and knead to a smooth dough.

« Divide into 5 equal portions and shape into balls. Dust with flour, cover and keep aside for 10 minutes.

« Flatten each ball of dough and roll out. Brush with clarified butter and fold over. Brush the folded surface with clarified butter and fold over again to form a triangle. Roll out the triangle with a rolling pin.

« Heat a tawa (griddle) and brush the surface with clarified butter. Place the parantha on the tawa and cook for a few minutes. Coat with a little clarified butter, turn over and similarly cook on the other side. Both sides of the parantha should be crisp and delicately browned.

« Remove and serve immediately.



# ***Mooli Paratha***

## **Ingredients**

For stuffing:

3 Mooli (Radish)

Salt To Taste

½ tsp Red chilli powder ½ tsp Corainder powder

2 Green chillies, chopped finely

2 tbsp Corainder leaves For dough:

2 cups Wheat flour

Salt To taste

Water As needed

Oil for frying muli paranthas

## **Method**

« Sieve the wheat flour and salt. Add water and knead to stiff dough. Cover and keep aside.

« Peel and grate the radish. Squeeze and drain all the water.

« Heat the pan and fry the radish to light brown. Add salt, red chilli powder, green chillies, corainder leaves and mix well. Allow it to cool.

« Take some dough and roll into small puri, put 2tsp of stuffing and cover all the sides. Roll again into a thick, round parantha.

« Heat a tava and fry the mooli ka paratha both sides to crispy and brown. Put some oil over the paratha.

« Serve the mooli paratha hot with raita or curry.

# Rice

# ***Brinjal Rice***

## **Ingredients**

3 cups plain rice

1 ½ tsp mustard seeds a few curry leaves

3 tsp. vegetable oil

3 cups eggplant (brinjals)

3 tsp. finely sliced green chillies Salt to taste

1 tsp turmeric powder

3 tsp lemon juice

## **Method**

« Boil rice and keep aside.

«In a large pan fry the mustard seeds, curry leaves, add the eggplant (brinjal) and green chillies. Stir on low flame, cover and cook for 10 minutes.

« Add salt and turmeric powder cook for another 5 minutes. Remove from fire and add lemon juice stir well and mix with the rice. Stir gently allowing each grain to coat.

# *Carrot Rice*

## **Ingredients**

2 cup rice

2 onion

5 carrot

2 tsp fried groundnuts

2 tsp oil a small piece of cinnamon

1 tsp broken black gram

2 nos cloves

1 tsp mustard

1 tsp bengal gram a few sprigs curry leaves Salt as per taste

## **For Masala**

1 ½ tsp coriander seeds

¾ tsp cumin seeds

2 tsp grated coconut

4 nos red chillies

## **Method**

« Heat the pan, pour the 1 tsp oil. Add red chillies, coriander seeds, cumin seeds and fry till it turns brown.

« Add grated coconuts and remove from the heat. Grind it after it cools down.

« Grind separately, the fried groundnuts coarsely.

« Cook the rice and let it cool.

« Put the carrots in warm water. Grate it without peeling the skin.

« Heat oil in a pan. Add cloves, cinnamon, mustard, broken black gram and Bengal gram. Fry them.

« Add curry leaves and chopped onions. Once the onion is cooked, add the grated carrots. Fry till the carrots are cooked.

« Add rice and fry in a low flame. Add salt and the ground masala powder. Mix it well with the rice.

« Finally add groundnut powder and remove from the flame. Serve hot.

# *Coconut Rice*

## **Ingredients**

400 gms biryani rice

120 gms coconut

40 ml ghee

25 gms black gram dhal

25 gms broken pieces of nuts

6 gms dry chillies

2 gms curry leaves

2.5 gms asafoetida powder

20 gms (minced) coriander leaves

Salt to taste

## **Method**

« Boil rice and keep aside.

« Fry coconut evenly to a golden colour on a slow fire.

« Heat 3 dessertspoon of ghee. Fry the cashewnuts and remove.

« Fry the broken pieces of dry chillies, black gram dhal, and curry leaves well.

« Mix rice, coconut, nuts, 1 teaspoon of ghee and salt.

« Serve hot garnished with coriander leaves.

# ***Curd Rice***

## **Ingredients**

- 1 Cup Boiled Rice
- 2 cups of plain yogurt (Curd)
- 2 Tbsp Oil
- ¼ cup milk
- Finely chopped coriander leaves
- 1-2 green chilies
- 1 tsp. chana daal
- 1 tsp. urad daal
- 1 tsp. mustard seeds
- 1 ½ tsp. finely chopped ginger
- 2 Tbsp desiccated coconut ½ tsp. salt

## **Method**

- « In a saucepan heat 2 tablespoonful of oil.
- « Add mustard seeds to the oil.
- « When the mustard seeds start popping add chana and urad daal.
- « After a minute, add in the ginger, coriander and green chilies.
- « Sauté them for a minute.
- « Take the pan off the gas. Add in the rice.
- « Mix the salt and desiccated coconut.
- « Just before serving, mix all the ingredients with yogurt (curd) and milk. Curd rice is ready to be served.

# *FriendRice*

## **Ingredients**

400 gm Rice

100 gm Ghee or butter

65 gms onion

2 gms cinnamon

2 gms Bay leaf

1 gm peppercorns

6 gms Salt

## **Method**

« Heat the ghee in a large saucepan and add the finely sliced onion.

« Fry till golden brown, remove from the pan and keep aside.

« To the hot fat, add the washed and drained rice and the spices.

« Keep stirring and fry for 4-5 minutes till the rice appears glazed. Add salt and boiling water an inch above the rice.

« Boil and simmer till the water is almost absorbed and then put into a very slow oven at 250 degree and leave for 20-25 minutes till the rice is cooked.

« Serve garnished with fried onions. Hard-boiled eggs cut in slices may also be used as a garnish.

# ***Garlic Rice***

## **Ingredients**

2 cup cooked rice  
2 tsp crashed garlic  
2 green chillies chopped  
2 tblsp cashewnuts (kaju)  
1 tblsp almonds(badam), slivered.  
1 tsp chopped fresh coriander  
2 tblsp ghee  
Salt and pepper to taste

## **Method**

« Take a heavy wok and heat ghee in it.  
« Now add garlic and green chilies to it.  
« Once garlic turns golden in color, add the dry fruits and roast for half a minute.  
« Now add the cooked rice, sprinkle salt and pepper and mix well.  
« Garnish the Garlic Rice with fresh coriander and serve.



# *Jeera Pulao*

## **Ingredients**

1 cup Long Grain (Basmati) Rice

2 cups Water

1½tsp Cumin seeds(jeera)

1tbsp oil

salt to taste

2 Bay leaves

3-4 cloves

Few whole Black pepper

1 Black Cardamom

## **Method**

« Clean and wash rice. Wash and drain rice 2-3 times and soak in water for 15-10 minutes.

« Heat oil and add cumin seeds (jeera), bay leaf, cardamom, whole black pepper and cloves.

« When Cumin seeds are done add the rice and salt, mix well.

« Add water.

« When it starts boiling low down the flame of the gas and cover it partially.

« Keep an eye, rice will be done when holes appear on the surface and water is completely absorbed.

« Serve the jeera pulao hot with any gravies or raita.

# *Kashmiri Pulao*

## **Ingredients**

500gms Long Grain (Basmati) Rice

100gms Onion sliced vertically

5gms Cinnamon (dalchini)

5gms cardamom (Elaichi)

5gms cloves

a pinch of turmeric powder

1gm saffron (kesar)

10 ml Milk

20gms walnut

20gms cashew nut

1 litre water

50gms oil

salt to taste

## **Method**

« Wash and soak rice.

« Heat oil and fry onions till golden brown and remove.

« Fry whole spices, turmeric powder, add rice and sauté.

« Add half-saffron dissolved in little warm milk.

« Add hot water and mix well.

« Cook a little. Finish with remaining saffron and cook till grains are separated and done.

« Garnish kashmiri pulao with fried onions, walnuts & cashew nuts.

# ***Kesar Pulao***

## **Ingredients**

1 cup long grain (basmati) Rice  
1 cup Sugar (or according to taste)  
3-4 Cardamom (green elaichi, split & crushed)  
Few strands of Saffron (kesar)  
4 cloves  
1½ tbsp Mixed Dry fruits (Pista, cashewnut, almond)chopped  
1tsp Raisins  
a Pinch of saffron (kesar)color dissolved in 2tsp warm water  
2 tbsp pure ghee  
1 tbsp mustard seeds  
silver paper (varak)  
Water for boiling rice.

## **Method**

- « Wash soak and drain rice.
- « Bring water to boil and add the rice and simmer the flame.
- « When rice is half done add sugar (dissolved in little water) and ghee.
- « When fully done add the saffron, cardamom, cloves and half of the dry fruit.
- « Stir gently and cover for 10 minutes.
- « Garnish it with remaining dry fruit and silver paper.
- « Serve the kesar pulao fresh and hot.

# *Lemon Rice*

## **Ingredients**

2 cups boiled Rice

1/3rd cup Lemon Juice

6Tbsp Oil

1/2tsp Black Mustard seeds

Few curry leaves

3-4 green chilies

Salt to taste

1/4th tsp. turmeric powder

1/4th cup peanuts

## **Method**

« Heat oil in a pan and add mustard seeds, allow to splutter.

« Add turmeric powder and peanuts, fry till brown.

« Now add green chilies, curry leaves, salt and fry for 2 minutes.

« Take it off from the flame and add lemon juice and mix well.

« Now add this to the boiled rice and mix well. Lemon rice is ready to be served.

# *Onion Rice*

## **Ingredients**

2 cup cooked rice

1 onion sliced

2 tblsp oil

½ tsp mustard seeds (raai)

1 green chili chopped 1 tsp chopped garlic Salt and pepper to taste

1 tsp fresh coriander, chopped

2 tsp juice of lime

## **Method**

« Heat oil in a wok, add mustard seeds, and green chilies into it and let splutter.

« Now add the garlic and fry till it turns golden brown

« You should now put in the sliced onions and saute till they are golden in color

« Add the salt and pepper, put in the rice and mix well.

« Put of the stove and mix the lime juice well with the rice

« Garnish with freshly chopped coriander and serve hot.

# *Palak Rice*

## **Ingredients**

½ bunch (cut into small pieces) palak  
a pod garlic  
a small piece of ginger  
1 chopped onion  
1 tomato  
a few sprigs of curry leaves  
1 mashed potato  
1 cup basamathi rice salt to taste  
½ tblsp garam masala powder (optional)

## **For Seasoning**

1 tblsp mustard  
½ tblsp urud and channa dal  
½ tblsp green chillies and red chillies (cut into pieces)

## **Method**

« First wash and cut the palak into small pieces and keep aside.  
« Then cook the basmathi rice and set aside.  
« Now take a wok, pour some oil and when the oil is hot, add all the seasoning ingredients and fry till done.  
« Now add the onions, tomatoes and cut palak and nicely mix and close with a lid.  
« Let the whole thing cook very well.  
« When it is done, add garam masala powder if you want and saute for a minute.  
« Take it wok from fire and add the rice and mix it well.  
« Take a wok, pour some oil and put the mashed potatoes and roast it slightly and when done add the curry leaves and put into palak rice and mix well.

# *Rice Kichdi*

## **Ingredients**

2 cups rice 1 cup toor dhal  
5 cloves  
1 cinnamon  
5 cardamom  
2 finely sliced onion  
6 to 8 small size tomatoes  
4 slitted into halves green chillies  
12 to 15 mint leaves  
½ bundle corriander leaves  
1 tsp garlic paste  
1 ½ tsp ginger paste  
salt to taste  
¼ cup veg. oil  
a few curry leaves  
3 cups water  
a pinch of turmeric powder

## **Method**

- « Wash and cook dhal with a pinch of turmeric powder. Set aside.
- « Don't discard the cooked dhal water.
- « Fry the onions, cloves, cinnamon and cardamom.
- « When onions are golden add slit green chillies, mint, curry leaves and a part of the corriander leaves.
- « Keep the remaining corriander leaves for garnishing.
- « Add salt, ginger and garlic paste. Fry for 2 minutes.
- « Add the washed, drained rice and chopped tomatoes. Fry for few minutes.
- « Add the cooked dhal, mix well and add 3 cups of water.
- « Add cooked dhal water. Cook it for 8 to 10 minutes till the rice is done.
- « Garnish with chopped corriander leaves and serve hot.

# *Tamarind Rice*

## **Ingredients**

2 cups basmathi rice

½ cup tamarind juice

salt to taste

½ tsp turmeric powder

½ tsp jaggery powder

1 tsp fenugreek

a pinch of asafoetida

1 tsp mustard

1 tsp channa dhal

6 red chilly

100 gms sesame oil(as needed)

a bunch of curry leaves

1 tsp peanuts

## **Method**

« Pressure Cook the rice and spread on a plate. keep aside.

« Heat the non-stick skillet add fenugreek and asafoetida dry fry (without oil) for a minute.

« Grind this into a fine powder. Set aside.

« To the tamarind juice add salt, turmeric powder, jaggery, ground powder of fenugreek and asafoetida.

« Fry mustard, red chillies, channa dhal, peanuts and curry leaves in sesame oil.

« Pour into the tamarind juice mixture.

« Boil tamarind juice till it reaches thick gravy form and until oil comes out with good flavour.

« Add cooked tamarind gravy to the rice.

« Pour in 1 tsp. of oil, if needed. Mix well and serve.



# *Vegetable Biryani*

## **Ingredients**

- 2 cups Basmati Rice
- 1 cup Mixed Vegetable (cauliflower, potato, carrot, french beans)
- 150 gms Green Peas
- 3 Finely Sliced Onion
- 2 Finely Sliced Green Chillies
- Salt to taste
- 1 tsp Red Chilli Powder
- 2 tsp Cinnamon(dalchini), Caraway Seeds(zeera)
- 4 Cloves (laung)
- ½ tsp Black Pepper Powder
- 4 Tomato
- ½ cup Yogurt (curd)
- 4 tbsp Vegetable Oil
- ½ tsp Mustard Seeds
- 3 tbsp Dry Fruits (cashew nuts, raisin)

## **Method**

« Wash the basmati rice well before cooking. Then take rice with 3-¾ cup water and a little salt added to it and 2 tbsp of dry fruits. Cook it in pressure cooker or in a pan or microwave.

« Cut all the vegetables into small thin pieces and fry each one of it separately in oil. Fry the green peas also.

« Take 1 tblsp oil in a pan and add mustard seeds, green chilli, cinnamon and caraway seeds powder, cloves, black pepper powder and stir for about half minute. Then add onions and saute them for a minute or till they get pink in color.

« Add salt and red chilli powder and stir.

« Add fine chopped tomatoes and fry till they are properly cooked.

« Take the yogurt and make it fine by putting in a blender for just 2 rotations. Add this fine yogurt and stir well. Heat it for about 10 seconds.

« Add all the fried vegetables.

« Add the cooked rice and mix well with very light hands so that the rice grain doesn't break. Cook for about 3 minutes.

« Take this vegetable biryani out in a rice serving dish.

« Garnish with dry fruits and green coriander leaves.

« Serve biryani hot.

# Focus

## ***Garam Masala - Hot Spice Mix***

(5 tbsps coriander seeds, 3 tbsps cumin seeds, 2 ½ tbsps black peppercorns, 2 ½ black cardamom seeds, 2 in cinnamon stick, 4-5 cloves, 1/6 nutmeg. Put the coriander and the cumin into a cast-iron frying-pan over a medium heat.)

## ***Boona***

Bhoona is a technique that is essential to Indian cooking. The bhoona technique means that the mixture is cooked over medium-high heat, with constant stirring to avoid scorching, until all liquids are reduced and the spices coat the meat like a paste. About ½ cup of water can then be added, the dish covered, and a gravy created as the dish becomes liquified again.

## ***Ginger Juliennes***

In order to make ginger juliennes, wash and peel the outer skin using the blunt end of the knife or a peeler. Place on a chopping board and thinly slice. Collect all the slices and then make vertical strips to get juliennes. It can be deep fried and used as a garnish for soups, Indian gravies etc.

## ***Panch Phoron***

Panch phoron is a colourful blend of flavourful seeds: the green of fennel seed, black mustard and nigella seeds, golden fenugreek and buff-coloured cumin seeds.

# *Glossary*

## **English**

## **Hindi**

Flour	-	Maida
Yogurt/Curd	-	Dahi
Wok/Frying Pan (not too shallow or deep)	-	Kadai
Fenugreek seeds	-	Methi Dana
Fenugreek Leaves	-	Kasooru Methi
Fennel seeds	-	Saunf
Hot Spice Mix	-	garam masala
Carom seeds	-	Ajwain
Poppy seeds	-	khuskhus
Saffron	-	Kesar
Cashewnut	-	Kaju
Clarified Butter	-	Ghee
Coriander Seeds Powder/Leaves	-	Dhania Powder/Patta
Turmeric	-	Haldi
Cumin Seed	-	Jeera
Garlic	-	Lasun
Bay Leaves	-	Tej Patta
Cardamom	-	Moti Elichhi
Minced Meat	-	Keema

Peas	-	Matar
Asafetida	-	Hing
Onions	-	Pyas
Tomato	-	Tamatar
Patato	-	Aaloo
Ginger	-	Adrak
Paprika	-	Shimla Mirch
Black/Brown/Big Cardamom	-	Badi Elaichi
Green cardamom	-	Choti Ilaichi or Elaichi
Mustard Oil	-	Sarson ka Tel
Mustard Seed	-	Rae/Raai/Rai
Clove	-	Laung
Tamatoes	-	Tamatar
Butter	-	Makkhan
Cumin	-	Jeera/Zeera
Red chilli, Cayenne Pepper	-	Laal Mirch
Red Chilli Power	-	Lal Mirch Powder
Cinnamom	-	Dalchin
Peppercorn/Black Pepper	-	Kali Mirch
White Pepper	-	Safed Mirch
Green Chilli	-	Hari Mirch
Coconut Milk	-	Nariyal ka Doodh
Coriander leaves, Cilantro leaves	-	Hara Dhania

Cashewnut	-	Kaju
Coconut	-	Narial
Nutmeg	-	Jaifal
Mango	-	Aam
Asafoetida	-	Hing
Poppy seeds	-	Khas khas
Sesame Seed	-	Til
Tamarind	-	Imli
Dried whole thickened milk	-	Mawa/Khoya
Soft Pistachio	-	Chirongi
Chinese Salt	-	Ajinomoto
Parsley	-	Ajmur
Celery	-	Ajavain
Bengal Gram flour, Chick Pea Flour	-	Besan
Salad Leaves	-	Lettuce leaves
Screwpine flower essence	-	Kewra
Spring curry leaves	-	Karry/Curry patta
Groundnuts	-	Moong Fali
Gram dal/Bengal Gram	-	Chana
Ginger (dried)	-	Saunth, Sonth
Nigella seeds	-	Kalonji
Spinach	-	Palak