





## About the Author



I am Vaishali Parekh, a resident of Kolkata, India and a Graduate Nutritionist. My passion for health and nutrition and a natural love for cooking drove me to come up with the website [www.indian-cooking.info](http://www.indian-cooking.info) in the year 2007.

I perpetually keep on searching for new ideas and information related to cooking, health and nutrition. Wherever I go and whatever I do, my antennas are always alert for any whiff of something new and interesting. As soon as I get hold of an interesting piece of info, I process it and deliver it to my readers with the help of my site.

Most of the times I deliver info for free. But at times when the cost of acquiring specialized info is quite high, I am left with no other option but to charge my readers.

Enjoy this free e-book, and after you have finished, don't forget to visit the link below for some well researched specialized information.

<http://www.indian-cooking.info/HomeRemedies/eBook.htm>

*Vaishali Parekh*



## List of Recipes

<a href="#">Aamiri Khaman From Idlis</a>	-	-	-	-	-	-	-	-	-	4
<a href="#">Banana Veggie</a>	-	-	-	-	-	-	-	-	-	6
<a href="#">Bread Chilla</a>	-	-	-	-	-	-	-	-	-	8
<a href="#">Bread Pulao</a>	-	-	-	-	-	-	-	-	-	9
<a href="#">Cauliflower Leaf Stalk Pulao</a>	-	-	-	-	-	-	-	-	-	11
<a href="#">Croquettes From Upma</a>	-	-	-	-	-	-	-	-	-	13
<a href="#">Dahi Bread</a>	-	-	-	-	-	-	-	-	-	15
<a href="#">Gourd Peel Surprise</a>	-	-	-	-	-	-	-	-	-	17
<a href="#">Khichdi Khakhras</a>	-	-	-	-	-	-	-	-	-	19
<a href="#">Mango Freshner / Guthli</a>	-	-	-	-	-	-	-	-	-	20
<a href="#">Melon Peel Delight</a>	-	-	-	-	-	-	-	-	-	22
<a href="#">Poha Pakodas</a>	-	-	-	-	-	-	-	-	-	23
<a href="#">Radish Leaves Salad</a>	-	-	-	-	-	-	-	-	-	24
<a href="#">Radish Leaves Surprise</a>	-	-	-	-	-	-	-	-	-	25
<a href="#">Radish Leaves Veggie</a>	-	-	-	-	-	-	-	-	-	26
<a href="#">Rice Chilla</a>	-	-	-	-	-	-	-	-	-	28
<a href="#">Rice Croquettes</a>	-	-	-	-	-	-	-	-	-	29
<a href="#">Rice Kofta Curry</a>	-	-	-	-	-	-	-	-	-	30
<a href="#">Spicy Rasam From Left Over Tomato Soup</a>	-	-	-	-	-	-	-	-	-	32
<a href="#">Tempered Rice</a>	-	-	-	-	-	-	-	-	-	34
<a href="#">Vegetable Stuffed Paratha</a>	-	-	-	-	-	-	-	-	-	35



## Aamiri Khaman From Idlis

Preparation Time	Serves
10 minutes	4

### Ingredients :

<ul style="list-style-type: none"><li>✓ Cold steamed idlis - 6</li><li>✓ Turmeric powder - ¼ tsp</li><li>✓ Finely chopped onion - 1</li><li>✓ Powdered sugar - ¼ tsp</li><li>✓ Finely chopped tomato - 1</li><li>✓ Cumin seeds - ¼ tsp</li><li>✓ Mustard seeds - ¼ tsp</li><li>✓ Finely chopped coriander leaves - 1 tbsp</li><li>✓ Asafoetida - 2 pinches</li></ul>	<ul style="list-style-type: none"><li>✓ Green chutney (any) - 1 tbsp</li><li>✓ Curry leaves - 1 stalk</li><li>✓ Sweet tamarind chutney - 2-3 tbsp</li><li>✓ Ginger ½ " piece grated</li><li>✓ Fine sev / bhujia (optional) - ½ cup</li><li>✓ Finely chopped green chili - 1</li><li>✓ Salt to taste</li><li>✓ Oil - 1 tbsp</li><li>✓ Coriander leaves – to garnish</li></ul>
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### Method :

- ❖ Warm idlis slightly over boiling water in a colander.
- ❖ Pass idli through large holed sieve, till it looks like bread crumbs.
- ❖ Add salt, sugar, keep aside.
- ❖ Heat oil in small pan, add seeds, allow to splutter.
- ❖ Add curry leaves, asafoetida, chili, and ginger.
- ❖ Pour the tempering over idli crumbs.



- ❖ Toss gently with hands, till well mixed.
- ❖ Garnish with coriander leaves.
- ❖ Serve with sweet tamarind chutney.

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## Banana Veggie

Preparation Time	Serves
15 minutes	4

### Ingredients :

✓ Over ripe bananas – 4	✓ Coriander powder – 2 tsp
✓ Oil – 4 tsp	✓ Asafetida – a pinch
✓ Turmeric powder – ½ tsp	✓ Mustard seeds – ½ tsp
✓ Gram flour – 1 tbsp	✓ Salt to taste
✓ Chili powder – 1 tsp	✓ Coriander leaves to garnish

### Method :

- ❖ Many a times bananas ripen and you have to waste it. Now you don't have to throw them away. This is the best way to use them. You even get increased fibers from these bananas. So this veggie is economically as well as nutritionally good for your pocket as well as health. But remember not to use too much-ripened bananas.
- ❖ Peel the bananas and cut into ½ inch rounds.
- ❖ Heat oil in a pan.
- ❖ Add mustard seeds and let them pop up.
- ❖ Add asafetida and gram flour.
- ❖ Sauté it on low flame for a minute.
- ❖ Add the spices and sauté for 2-3 minutes on low flame till the oil starts separating.



- ❖ Add the banana slices and sauté for another minute.
- ❖ Serve hot in a serving plate.
- ❖ Garnish with coriander leaves.

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## Bread Chilla

Preparation Time	Serves
20 minutes	4

Ingredients :

<ul style="list-style-type: none"><li>✓ Bread slices – 2</li><li>✓ Semolina – <math>\frac{3}{4}</math> cup</li><li>✓ Gram flour – 3 tsp</li><li>✓ Curd – 1 <math>\frac{1}{2}</math> cup</li><li>✓ Water – 1 cup</li><li>✓ Salt to taste</li><li>✓ Chopped green chili – 1 tsp</li></ul>	<ul style="list-style-type: none"><li>✓ Oil – 1 tsp per chilla/pancake</li><li>✓ Chopped tomatoes – 1 medium sized</li><li>✓ Chopped ginger – 2 tsp</li><li>✓ Chopped onions – 2 medium sized</li><li>✓ Chopped coriander leaves – 1 tbsp</li></ul>
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Method :

- ❖ Crumble the bread slices finely.
- ❖ Mix all the ingredients except the chopped vegetables and oil and keep it aside for around 10-15 minutes.
- ❖ Now add all the chopped vegetables and mix properly.
- ❖ Now heat a non-stick pan. Heat a tsp of oil.
- ❖ Spread the bread batter (a tbsp) making thick rounds of 2 inches in diameter and  $\frac{1}{4}$  inch thick.
- ❖ Cook on medium flame for around 1-1  $\frac{1}{2}$  minutes till brown.
- ❖ Flip it carefully and then cook again till brown on medium flame.
- ❖ Serve hot with tomato ketchup or coriander chutney.





## Bread Pulao

Preparation Time	Serves
15 minutes	4

### Ingredients :

✓ Bread slices – 12 pieces	✓ Oil – 2 tsp
✓ Chopped tomato – 1 medium	✓ Boiled peas – ¼ cup
✓ Chopped onion – 2 medium	✓ Chopped green chilly/chilly powder – 1 tsp
✓ Chopped boiled potato – 2 medium	✓ Turmeric powder – ½ tsp
✓ Ginger chopped – 2 tsp	✓ Tomato ketchup – 1 tsp
✓ Coriander powder – 1 tsp	✓ Salt to taste
✓ Cumin seeds – 1 tsp	✓ Coriander leaves to garnish

### Method :

- ❖ Cut the bread slices into medium sized square cubes.
- ❖ Heat oil in a pan.
- ❖ Add cumin seeds and let them crackle.
- ❖ Add onion and let them sauté till light brown.
- ❖ Add ginger, chilly, tomato and sauté for a minute.
- ❖ Now add all the other vegetables and sauté for another 2 – 3 minutes.
- ❖ Add tomato ketchup and the rest of the spices and sauté for a few minutes till the oil gets separated.
- ❖ Add the bread slices and mix properly.



- ❖ Serve hot in a serving plate.
- ❖ Garnish with coriander leaves and serve.

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## Cauliflower Leaf Stalk Pulao

Preparation Time	Serves
25 minutes	4

### Ingredients :

✓ Basmati rice, cooked and cooled - 2 cups	✓ Asafoetida - 3 pinch
✓ Green chilies - 3	✓ Coriander leaves - 1 tbsp
✓ Tender cauliflower stalk – 8 - 10	✓ Cumin seeds - ½ tsp
✓ Cauliflower floret - 1 peeled	✓ Mustard seeds - ½ tsp
✓ Peeled ginger - 1 inch	✓ Ridge gourd - ½ cup
✓ Garlic - thin slanting cut - 2 flakes	✓ Bottle gourd - ½ cup
✓ Curd - 1 tbsp	✓ Bay leaf -1
✓ Chopped Potato - 1	✓ Cinnamon-clove powder - 3 pinch
✓ Turmeric powder - ½ tsp	✓ Chopped spinach stems - 10
✓ Boiled peas - ½ cup	✓ Salt to taste
✓ Garam masala powder - ½ tsp	✓ Fresh scraped coconut - 1/4 cup
✓ Curry leaves - few sprig	✓ Oil – 2 tbsp
	✓ Lemon juice - 1 lemon

### Method :

- ❖ Spread rice in a large plate, making each grain separate.
- ❖ Grind peels, chili, garlic, ginger, coconut, curds to a paste.
- ❖ Heat oil in a heavy pan, add seeds, allow to splutter.
- ❖ Add curry leaves, asafoetida, potatoes, cauliflower and cauliflower stalks.



- ❖ Stir fry till potatoes are tender. Add paste, stir and cook till oil separates.
- ❖ Add peas, stems, cook for one minute.
- ❖ Add all other ingredients, cook further one minute.
- ❖ Add to rice, mix gently with hands, till well blended.
- ❖ Garnish with chopped coriander, heat again in an oven, or pan, as desired.
- ❖ Serve hot with hot kadhi or chilled curds.

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## Croquettes From Upma

Preparation Time	Serves
20 minutes	6

### Ingredients :

<ul style="list-style-type: none"><li>✓ Leftover Upma – 1 cup</li><li>✓ Mixed vegetables(capsicum, carrot, peas, onions, cabbage, etc.) chopped fine – 1 cup</li><li>✓ Boiled mashed potato – 1 cup</li><li>✓ Green chilies – 5</li><li>✓ Garlic flakes – 5</li></ul>	<ul style="list-style-type: none"><li>✓ Ginger chopped – 1" piece</li><li>✓ Mint leaves – 2 sprigs</li><li>✓ Salt to taste</li><li>✓ Dry semolina – 2 tbsp</li><li>✓ Corn-flour - 1 tbsp</li><li>✓ Oil to deep fry</li></ul>
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### Method :

- ❖ Crush ginger, garlic, chilies, and mint together in small blender.
- ❖ Mix together all ingredients, except corn flour and semolina.
- ❖ Shape into 3" long cylindrical croquettes or cutlets.
- ❖ Refrigerate for one hour, if soft.
- ❖ Run semolina and corn flour in a dry blender till fine and blended.
- ❖ Just before frying, wet each croquette by wetting your palms with water.
- ❖ Roll in powdered mixture.
- ❖ Deep fry in hot oil, till crisp and golden all over.





- ❖ Serve hot with tomato ketchup, sweet chutney.

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## Dahi Bread

Preparation Time	Serves
15 minutes	4

### Ingredients :

<ul style="list-style-type: none"> <li>✓ Bread slices – 12</li> <li>✓ Yogurt – 250 gms (beaten)</li> <li>✓ Salt to taste</li> <li>✓ Tamarind–date chutney – 1 cup</li> <li>✓ Chili powder – 1 tsp</li> <li>✓ Roasted cumin powder – 1 tsp</li> <li>✓ Chaat masala – 1 tsp</li> <li>✓ Coriander leaves to garnish</li> </ul>	<p>For Chutney</p> <ul style="list-style-type: none"> <li>✓ Dates – 100 gms</li> <li>✓ Tamarind – 10 gms</li> <li>✓ Salt to taste</li> <li>✓ Jaggery – 50 gms</li> <li>✓ Chili powder – 1 tsp</li> <li>✓ Roasted cumin powder – 1 tsp</li> <li>✓ Water – 1 cup</li> </ul>
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### Method :

#### For Chutney

- ❖ Deseed the dates and tamarind.
- ❖ Soak them in water for 2-3 hours along with the jaggery.
- ❖ Mix all the spices and blend them in a blender along with the soaked tamarind, dates and jaggery.
- ❖ Do not add the water as the blender may splurt up.
- ❖ After blending add the paste to the water and stir well. Cool it in the refrigerator.





For the recipe :

- ❖ Cut out the 4 corners of the bread.
- ❖ Slice the bread into equal cubes. Place them evenly in a wide soup bowl.
- ❖ Beat the curd to make a smooth paste. Add the salt and mix well. Chill it.
- ❖ Now pour the curd over the slices evenly to cover them with curd properly.
- ❖ Pour chutney and sprinkle the spices properly and evenly all over.
- ❖ Garnish with coriander leaves and serve.

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## Gourd Peel Surprise

Preparation Time	Serves
15 minutes	4

### Ingredients :

✓ Gourd peel – 1 cup	✓ Cumin seeds – ¼ tsp
✓ Oil – ½ tsp	✓ Chopped green chili – ½ tsp
✓ Gram flour – 1 tbsp	✓ Lemon juice – ¼ juice
✓ Ginger-garlic paste – ½ tsp (optional)	✓ Water – 1 cup
✓ Sugar – a pinch	✓ Salt to taste
✓ Turmeric powder – ½ tsp	✓ Coriander leaves to garnish

### Method :

- ❖ Slice thinly the green peels of the bottle gourd (1/2 inch lengthwise) discarding the portions with black/brown spots. Keep them in a bowl of water to avoid darkening.
- ❖ Make a smooth batter of gram flour and water. Add sugar and stir well making sure that no lumps are formed. Keep aside.
- ❖ Heat oil in a pan.
- ❖ Add cumin seeds and let them crackle.
- ❖ Add the peels, salt and turmeric powder.
- ❖ Sauté till they become tender on medium flame.
- ❖ Add garlic paste and green chili and sauté for another minute.
- ❖ Add the gram flour batter, stirring it vigorously till it starts leaving the



sides or the gram flour is cooked properly, first on high flame and then on medium flame.

- ❖ Take it off the flame and add lemon juice.
- ❖ Mix properly.
- ❖ Serve in a serving dish and garnish with coriander leaves.
- ❖ Serve hot.

Tips & Variations :-

- ❖ It goes well with steaming hot phulkas / roti.
- ❖ Ridge gourd peel or ripe banana peel can also be used. In case of ripe banana peel do not add lemon juice.

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## Khichdi Khakhras

Preparation Time	Serves
35 minutes	6

### Ingredients :

✓ Leftover moong dal khichdi – 1cup	✓ Garam masala powder – ¼ tsp
✓ Wheat flour – 2 cups	✓ Amchoor powder – ½ tsp
✓ Chili powder – 2 tsp	✓ Asafoetida – 3 pinch
✓ Salt – 1 tsp	✓ Butter -1 tbsp
✓ Turmeric powder – ¼ tsp	✓ Ghee – 3 tbsp

### Method :

- ❖ Mix together flour, salt, butter, and masalas. Add cold khichdi, knead into a smooth soft dough.
- ❖ Add some more flour if required. Make 20 portions, roll into very thin rounds. Use dry flour for dusting while rolling.
- ❖ Dry roast lightly on a griddle on both sides. Put 1/4 tsp ghee on roti, put seconds on top. Rub together to coat both.
- ❖ Pile all, cover with cloth, cool for an hour at least. Reheat tawa (griddle), rub and roast to make khakhras.
- ❖ Pile, with a piece of clean cloth placed at bottom, to cool completely. Store like regular khakhras, serve with tea, milk, or as a snack.





## Mango Freshner / Guthli

Ingredients :

✓ Dried ripe mango seeds – 10	✓ Ghee – ½ tsp
✓ Water to boil	✓ Sugar – ½ tsp

Method :

- ❖ This is a tedious job. You have to work with patience and a lot of skill. Though a very tiring and tough job but it would be worth when you get the praises for the great freshener you made. Breaking of the kernels is a skillful job, which you can perfect only with practice.
- ❖ Sun dry the ripe mango seeds for 6-7 days, till they are completely dry.
- ❖ Break the kernels with the help of a pestle, from its sides. The best way to ensure proper breaking is to break them from the bottom side. Try to take out the whole seeds.
- ❖ Pressure cook the seeds for 2 whistles or boil them in an open vessel for 20 -25 minutes.
- ❖ Drain the water.
- ❖ Let it cool. Take out the seed coats carefully and grate it with the help of a medium grater.
- ❖ Slice the remaining of the seeds finely.
- ❖ Spread them evenly on a newspaper and let them air dry for few hours till they are completely dry.
- ❖ Keep and cook the grated as well as the sliced ones separately.



- ❖ Now heat a deep-pan and pour the ghee.
- ❖ Add the grated seeds and stir for a minute.
- ❖ Add the rock salt and sugar and sauté for 3-4 minutes on low flame, taking care not to burn them. Sautéing is done very fast.
- ❖ Now let them cool and store them in an air-tight container.
- ❖ Serve to your family members as well as guests after meals.

Tips & Variations :-

- ❖ Do not eat much as it may cause indigestion.

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## Melon Peel Delight

Preparation Time	Serves
20 minutes	4

Ingredients :

✓ Chopped melon peel – 1 cup	✓ Lemon juice – 1 tsp
✓ Oil – 1 tsp	✓ Water – ¼ cup
✓ Turmeric powder – ½ tsp	✓ Sugar – 1 tsp
✓ Chilly powder – 1 tsp	✓ Salt to taste
✓ Mustard seeds – ¼ tsp	✓ Coriander leaves to garnish
✓ Asafoetida – a pinch	

Method :

- ❖ Peel the green portion and cut the white portion into medium sized cubes.
- ❖ Heat oil in a pan.
- ❖ Add mustard seeds and allow them to pop.
- ❖ Add Asafoetida and then the peel dices.
- ❖ Sauté for a minute.
- ❖ Add the seasoning spices and sauté for a minute.
- ❖ Add water and let it come to a boil. Cook it for another 2 – 3 minutes on low flame.
- ❖ Put off the gas and add lemon juice. Mix properly.
- ❖ Garnish with coriander leaves and serve hot.



## Poha Pakodas

Preparation Time	Serves
25 minutes	4

Ingredients :

✓ Leftover Poha – 1 cup	✓ Potato boiled, mashed - 1
✓ Finely chopped onion – 1	✓ Green chilies finely chopped - 3
✓ Chopped spinach leaves – 1 tbsp	✓ Salt to taste
✓ Corn kernels, crushed – ½ cup	✓ Oil to deep fry

Method :

- ❖ Squeeze out excess water from onion and spinach.
- ❖ Add to poha, along with all other ingredients.
- ❖ Bind into soft mixture. Drop small lumps of mixture in very hot oil.
- ❖ Deep fry in hot oil, on low till golden and crisp.
- ❖ Serve hot with tomato ketchup.



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## Radish Leaves Salad

Preparation Time	Serves
15 minutes	4

Ingredients :

✓ Chopped radish leaves – 1 cup	✓ Coriander powder – ¼ tsp
✓ Oil – ¼ tsp	✓ Lemon juice – ½ tsp
✓ Asafetida – ¼ tsp	✓ Salt to taste
✓ Chilly powder – ½ tsp	

Method :

- ❖ Wash the radish leaves and chop them finely.
- ❖ Add the dressings and toss properly.
- ❖ Let it chill for 5 minutes in the refrigerator.
- ❖ Serve it cold.

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## Radish Leaves Surprise

Preparation Time	Serves
10 minutes	4

### Ingredients :

✓ Chopped radish leaves – 1 cup	✓ Asafoetida – a pinch
✓ Oil – 1 tsp	✓ Cumin seeds – ¼ tsp
✓ Turmeric powder – ½ tsp	✓ Salt to taste
✓ Tomato – 1 medium sized	✓ Coriander powder – ½ tsp
✓ Sugar – ¼ tsp	✓ Lemon juice – 1 tsp

### Method :

- ❖ Wash the radish leaves properly and chop them finely.
- ❖ Chop the tomato finely.
- ❖ Heat oil in a pan.
- ❖ Add cumin seeds and let them crackle.
- ❖ Add Asafoetida and turmeric powder.
- ❖ Add the leaves and sauté for a minute.
- ❖ Add the tomatoes and other spices and stir for 2 – 3 minutes more till the leaves become tender.
- ❖ Put off the flame and add the lemon juice.
- ❖ Serve hot in a serving plate.

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## Radish Leaves Veggie

Preparation Time	Serves
15 minutes	4

### Ingredients :

✓ Chopped radish leaves – 1 cup	✓ Cumin seeds – ½ tsp
✓ Oil – 1 tsp	✓ Gram flour – 2 tbsp
✓ Ginger-garlic paste – 1 tsp (optional)	✓ Turmeric powder – ½ tsp
✓ Chopped green chilly – ½ tsp	✓ Chilly powder – ½ tsp
✓ Asafoetida – a pinch	✓ Water – ½ cup

### Method :

- ❖ Wash the radish properly under running water.
- ❖ Chop the radish leaves finely.
- ❖ Make a smooth batter of gram flour and water and keep it aside.
- ❖ Heat oil in a pan.
- ❖ Add cumin seeds and let them crackle.
- ❖ Add asafoetida.
- ❖ Add the leaves, salt and turmeric powder and sauté for a minute.
- ❖ Add the batter and stir for a minute on high flame.
- ❖ Add all the other spices and stir continuously to avoid formation of lumps for 2 – 3 minutes on low flame till the gram flour is well cooked.
- ❖ Serve hot in a serving dish.



Tips & Variations :-

- ❖ This veggie should usually be consumed as a side-dish during lunch. Consumption of radish leaves is not advisable during night time.
- ❖ Cauliflower leaves can also be used in the same way.

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## Rice Chilla

Preparation Time	Serves
15 minutes	4

### Ingredients :

✓ Leftover rice – 1 cup	✓ Finely chopped tomato – 1
✓ Gram flour – ½ cup	✓ Ginger long strips – 1 tsp
✓ Water – 1 cup	✓ Finely chopped onion – 1 medium
✓ Oil to shallow fry	✓ Salt to taste
✓ Turmeric powder – ½ tsp	✓ Finely chopped coriander leaves – 1 tsp
✓ Chopped green chilly – 1 tsp	

### Method :

- ❖ Mix all the ingredients properly.
- ❖ Heat a non-stick pan.
- ❖ Pour a tbsp of batter and spread evenly to make thin pancakes.
- ❖ Cook till brown in color on medium flame.
- ❖ Flip and cook again till brown.
- ❖ Serve hot with tomato ketchup or coriander chutney.



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## Rice Croquettes

Preparation Time	Serves
20 minutes	6

### Ingredients :

<ul style="list-style-type: none"> <li>✓ Leftover cooked rice or pulao – 2 cups</li> <li>✓ Tomato Sauce – 1 tbsp</li> <li>✓ Chili sauce – 1 tsp OR Crushed red chilies – ½ tsp</li> <li>✓ Soya sauce – ½ tsp</li> </ul>	<ul style="list-style-type: none"> <li>✓ Tabasco sauce – ½ tsp</li> <li>✓ Grated cheese – 2 tbsp</li> <li>✓ Corn-flour – 2 tbsp</li> <li>✓ Salt to taste</li> <li>✓ Fine bread crumbs – ½ cup</li> <li>✓ Oil to deep fry</li> </ul>
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### Method :

- ❖ Mash leftover steamed or other cooked rice well.
- ❖ Warm it either in the cooker or microwave for ease before mashing.
- ❖ Add all other ingredients, except breadcrumbs, oil.
- ❖ Heat oil in a frying pan, while shaping croquettes from mixture.
- ❖ Roll each croquette in breadcrumbs, let into hot oil.
- ❖ Deep fry few at a time, till golden and crisp.
- ❖ Serve hot with ketchup, chutney, etc.



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## Rice Kofta Curry

Preparation Time	Serves
35 minutes	8

### Ingredients :

<ul style="list-style-type: none"> <li>✓ Leftover rice – 1 ½ cup</li> <li>✓ Grated bottle gourd – ½ cup</li> <li>✓ Salt to taste</li> <li>✓ Chopped coriander – 1 tbsp</li> <li>✓ Wheat flour – 1 tsp</li> <li>✓ Chili powder – ½ tsp</li> <li>✓ Oil to deep fry</li> </ul>	<p>For Gravy:</p> <ul style="list-style-type: none"> <li>✓ Red chili whole -1</li> <li>✓ Cashew nuts - 10</li> <li>✓ Tomato - 1</li> <li>✓ Onion - 1</li> <li>✓ Garlic – 3 pods</li> <li>✓ Ginger 1" piece</li> <li>✓ Cinnamon/clove powder – ¼ tsp</li> <li>✓ Red chili powder – 1 tsp</li> <li>✓ Turmeric powder – ¼ tsp</li> <li>✓ Garam masala – ½ tsp</li> <li>✓ Water – 1 cup</li> <li>✓ Oil (used for frying) – 2 tbsp</li> </ul>
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### Method :

- ❖ Mix all ingredients (of the gravy) for gravy and grind in a grinder. Keep aside.
- ❖ Squeeze water from the grated gourd. Add all other ingredients for koftas, except oil.
- ❖ Make table tennis-ball sized rounds. Fry till





golden brown. Used 2 tbsp of remaining oil in another kadai and heat.

- ❖ Add gravy and fry for 4-5 minutes till the oil separates.
- ❖ Add koftas and bring to boil.
- ❖ Serve hot with chapattis or puris.

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## Spicy Rasam From Left Over Tomato Soup

Preparation Time	Serves
25 minutes	4

### Ingredients :

<ul style="list-style-type: none"> <li>✓ Warm Tomato Soup - 2 cups</li> <li>✓ Peppercorns - 6</li> <li>✓ Cumin seeds - 1 tsp</li> <li>✓ Curry leaves - 1 sprig</li> <li>✓ Mint leaves - 1 sprig</li> <li>✓ Red chili whole - 1</li> <li>✓ Jaggery - marble size piece</li> </ul>	<ul style="list-style-type: none"> <li>✓ Coriander leaves - 1 sprig</li> <li>✓ Bay leaf - 1 sprig</li> <li>✓ Tamarind - 1" piece</li> <li>✓ Water - 4 cups</li> <li>✓ Ghee - 2 tsp</li> <li>✓ Asafoetida - a pinch</li> <li>✓ Cinnamon powder - a pinch</li> <li>✓ Salt to taste</li> </ul>
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### Method :

- ❖ Roast the pepper and cumin seeds together.
- ❖ Grind under stone or in grinder. Add to soup.
- ❖ Add curry, mint, coriander leaves, bay leaf, chili, salt, tamarind, jaggery and crush the ingredients using a grinder.
- ❖ Add water, bring to boil.
- ❖ In a small crucible heat ghee, asafoetida and cinnamon powder.
- ❖ Add a few cumin seeds. When they splutter add to rasam.







- ❖ Boil for 2 minutes.
- ❖ Ready to serve.

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## Tempered Rice

Preparation Time	Serves
15 minutes	4

Ingredients :

✓ Cooked rice – 1 cup	✓ Turmeric powder – ½ tsp
✓ Beaten curd – 1 tbsp	✓ Cumin seeds – ½ tsp
✓ Chopped tomato – 1 medium	✓ Mustard seeds – ½ tsp
✓ Chopped onion – 1 medium	✓ Cooking oil – 1 tsp
✓ Chopped green chilly – 1 tsp	✓ Salt to taste
✓ Ginger- garlic paste – 1 tsp	✓ Coriander leaves to garnish
✓ Coriander powder – ½ tsp	

Method :

- ❖ Heat oil in a pan.
- ❖ Add mustard seeds and cumin seeds and let them crackle.
- ❖ Add the onions and sauté them till light brown.
- ❖ Add tomatoes and chilies and sauté for a minute.
- ❖ Add ginger – garlic paste and stir for a minute.
- ❖ Now add the curd, rice and spices and mix properly on medium flame for 2 – 3 minutes.
- ❖ Garnish with coriander leaves and serve hot.

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## Vegetable Stuffed Paratha

Preparation Time	Serves
30 minutes	6

### Ingredients :

<p>For dough</p> <ul style="list-style-type: none"><li>✓ Wheat flour – 2 cups</li><li>✓ Salt – ½ tsp</li><li>✓ Water – ½ cup</li></ul> <p>For filling</p> <ul style="list-style-type: none"><li>✓ Any leftover vegetable (except bitter gourd and veggies with thick or running gravies) – 1 cup</li><li>✓ Onion, finely chopped – 1</li><li>✓ Capsicum, finely chopped - 1</li></ul>	<ul style="list-style-type: none"><li>✓ Green chilies finely chopped(optional) - 2</li><li>✓ Ginger, finely chopped – 1” piece</li><li>✓ Garlic crushed (optional) – 2 flake</li><li>✓ Wheat flour or bread crumbs – 1 tbsp</li><li>✓ Salt to taste</li><li>✓ Oil – 1 tbsp</li><li>✓ Oil to shallow fry</li></ul>
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### Method :

#### For stuffing

- ❖ Mash leftover vegetable such that there are no large chunks, keep aside.
- ❖ Heat oil in a saucepan. Add onions, capsicum, stir fry for a minute.
- ❖ Add ginger, garlic, chili, stir fry further for a minute. Add salt, mashed vegetable, any further required masalas as per





taste.

- ❖ Sprinkle flour or crumbs, mix and allow all extra moisture to soak. Take off fire, cool completely.

To Proceed:

- ❖ Take a ping pong sized ball of dough. Flatten and roll to a 4" wide circle.
- ❖ Place a tbsp. of filling in center, bring edges to center. Press ends together like a pouch, press down firmly with palm.
- ❖ Dust with flour, roll to 6" wide circle. Heat skillet, roast on both sides till golden brown.
- ❖ Use oil to shallow fry paratha till crisp. Serve hot with ketchup or chutney.
- ❖ Serve hot with ketchup, chutney , etc

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## Nature & Us

In ancient times man was completely at the mercy of nature. Sometimes nature was extremely harsh on him, but at the same time it also took care of him by providing him with all the resources that he needed to survive.

It provided him with all the foods and medicines for him to stay healthy and active. In due course, man prospered and developed in every way possible – intellectually, financially and physically.

Slowly and surely man started drifting away from his roots and today things have come to such a head that he has almost forgotten where his roots are. He has begun considering himself as the Supreme Being who can control everything. In his pursuit of material possessions, he has become blind to the fact that nature has its own way of striking back. And when it does, all his acquired power will not be able to save him, as we have seen so many times in the past.

So, why not try to reconnect with our roots?

Why not try some simple and natural home remedies whenever you are down with some common ailment, instead of running to the doctor?

I have developed an e-book on such remedies with painstaking effort, for you to go through. It shall be your asset throughout life.

Check it out.

<http://www.indian-cooking.info/HomeRemedies/ebook.htm>