





## 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*



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## Bhakri

Preparation Time	Serves
30 minutes	4 - 6

Ingredients :

✓ Whole wheat flour - 2 cup	✓ Cumin seeds - 1 tsp
✓ Ghee - 2 tbsp	✓ Salt to taste

Method :

- ❖ Sift the flour and the salt together.
- ❖ Add the ghee and cumin seeds to the flour.
- ❖ Add enough water and knead into firm dough. Keep aside for 15 to 20 minutes.
- ❖ Divide into 12 to 14 equal portions. Roll out each portion into 100 mm. (4") diameter round.
- ❖ Roast each round on both sides on a pan till golden brown, putting light pressure with a spatula or a cloth cushion on the bhakri so that it cooks evenly.
- ❖ Serve hot braised with a tsp of ghee with any vegetable of your choice.



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## Cauliflower & Brinjal Curry

Preparation Time	Serves
30 minutes	5

### Ingredients :

✓ Cauliflower, cut into small florets – 1 large	✓ Chopped coriander - 1 ½ cup
✓ Brinjal (Eggplant), sliced - 3	✓ Cumin seeds - ½ tbsp
✓ Peas with pods - cut into 1 inch pieces - 1 cup	✓ Green chilies - 3
✓ Tomato, chopped – 1	✓ Oil - 2 tbsp
	✓ Salt to taste

### Method :

- ❖ Wash and cut cauliflower to small florets and steam until they are just tender.
- ❖ Heat oil and add sliced brinjal and cook on a low heat for 2 - 3 minutes.
- ❖ Add the pea pods and continue frying for a couple of minutes.
- ❖ Add tomato pieces.
- ❖ Grind green chilies, coriander and cumin seeds.
- ❖ Add cauliflower to the brinjal and pea pods. Add salt.
- ❖ Finally, add the ground mixture and fry for few minutes.
- ❖ Cook for another 2-3 minutes.
- ❖ Serve hot with paratha or roti.



## Chakri

Preparation Time	Serves
30 minutes	7 - 8

### Ingredients :

<ul style="list-style-type: none"> <li>✓ Rice flour - 2 cup</li> <li>✓ Split green gram paste - 1/2 cup</li> <li>✓ Oil - 2 tsp</li> <li>✓ Turmeric powder - 1/4 tsp</li> <li>✓ Cumin seeds - 1/2 tsp</li> </ul>	<ul style="list-style-type: none"> <li>✓ Red chili powder (optional) - 1 tsp</li> <li>✓ Salt to taste</li> <li>✓ Oil for frying</li> <li>✓ Water for binding as required</li> </ul>
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### Method :

- ❖ Wash and soak the pulses for 15-20 minutes.
- ❖ Cook the pulses to a paste like consistency
- ❖ In a big bowl add rice flour, pulses paste, turmeric, salt, chili powder, carom seeds or cumin seeds.
- ❖ Mix lightly. Heat oil and add the sizzling hot oil to the rice flour mix.
- ❖ Add water as needed to make stiff dough. Knead thoroughly with hand not food processor.
- ❖ Take a lemon size dough and place it in a chakri mould or icing bag with star nozzle.
- ❖ Heat oil for frying. Test the oil by dropping a small piece of dough and wait for 3 seconds if it does not rise to the top then oil needs to be





heated.

- ❖ Gently make a spiral with the chakri mould or icing bag and deep fry to a golden brown.
- ❖ Cool completely before storing in an airtight container.
- ❖ These spirals stay fresh for 7-10 days.

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## Dal Dhokadi

Preparation Time	Serves
35 minutes	4 - 6

### Ingredients :

✓ Split red gram - 250 gms	✓ Tamarind - 1 tbsp
✓ Wheat flour - 200 gms	✓ Brown sugar - 100 gms
✓ Green chilies - 3	✓ Salt to taste
✓ Green chili paste - 3 tbsp	✓ Garam masala - 1 tbsp
✓ Groundnut - 50 gms	✓ Carom seeds - 1 tsp
✓ Cashew nut - 25 gms	✓ Oil - 4 tbsp
✓ Turmeric powder - 1 tbsp	✓ Red chili powder - 2 tbsp
✓ Mustard seeds - 1 tbsp	✓ Asafoetida - a pinch
✓ Cloves - 4	✓ Cilantro leaves - ½ cup
✓ Cinnamon - 2	✓ Ghee - 1 tbsp
✓ Tomatoes – 2	

### Method :

- ❖ Shift wheat flour. Add salt, turmeric powder, carom seeds, red chili powder. Mix well. Add oil and knead the flour to roti like consistency.
- ❖ Wash the lentils and pressure-cook it for three whistles. Cool and remove the dal.
- ❖ Heat oil and ghee in a pot, then put cloves and cinnamon and then add







mustard leaves. When they crackle add curry leaves, green chilies and a pinch of asafetida.

- ❖ Pour the lentils dal. Mix tamarind and brown sugar water, cashew nuts, groundnut, garam masala, red chili powder and mix well.
- ❖ Add tomato pulp, turmeric powder, salt and 2 cups of water. Boil the dal.
- ❖ Roll out big rotis and cut them into diamond shaped pieces and add these pieces in boiling dal. Boil for 10 minutes or till they get cooked completely.
- ❖ This dish may become mushy, as it gets colder.
- ❖ Serve warm. Sprinkle cilantro leaves.
- ❖ Note: Prepare kachori of green peas or of any other vegetable or coconut and add in boiling curry.

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## Kadhi Pakoda

Preparation Time	Serves
50 minutes	4

### Ingredients :

<ul style="list-style-type: none"><li>✓ For the kadhi:</li><li>✓ One day old curd - 500 ml</li><li>✓ Gram flour - 90 gms</li><li>✓ Chili powder - 1 tsp</li><li>✓ Turmeric powder - 1/2 tsp</li><li>✓ Salt to taste</li><li>✓ Ghee / clarified butter - 1/4 cup</li><li>✓ Fenugreek seeds - 1/4 tsp</li><li>✓ Potatoes, cut into thin rounds - 200 gms</li><li>✓ Onions, cut into thin rounds - 150 gms</li> <li>✓ For the pakoda:</li><li>✓ Gram flour - 100 gms</li><li>✓ Spinach, shredded - 300 gms</li><li style="padding-left: 40px;">Soda bicarb - a pinch</li></ul>	<ul style="list-style-type: none"><li>✓ Salt to taste</li><li>✓ Coarse coriander powder - 1 tsp</li><li>✓ Carom seeds - 1/2 tsp</li><li>✓ Ginger, julienne - 1" piece</li><li>✓ Green chilies, chopped fine - 4</li><li>✓ Oil for deep frying</li><li>✓</li><li>✓ For the tempering:</li><li>✓ Ghee / clarified butter - 75 gms</li><li>✓ Cumin seeds - 1 tsp</li><li>✓ Coriander seeds - 1/2 tsp</li><li>✓ Mustard seeds - 1/2 tsp</li><li>✓ Asafoetida - a pinch</li><li>✓ Whole dried red chilies - 5</li><li>✓ Chili powder - 1/2 tsp</li></ul>
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### Method :

- ❖ Whisk the curd in a bowl. Add gram flour, chili powder, turmeric powder and salt and whisk to mix well. Then add 1.2-litre water and whisk again.

(To get a kadhi of better consistency, instead of curd use 1.7-litre buttermilk.)

To prepare the pakoda:

- ❖ Mix all the ingredients together, add about 3 tbsp water and mix well.
- ❖ Heat oil in a kadai and drop spoonfuls of the batter to make about 20 dumplings.
- ❖ Deep fry over medium heat until golden. Remove to an absorbent paper to drain the excess fat.
- ❖ Heat ghee in a pan, add fenugreek seeds and stir over medium heat until they begin to pop. Add curd (or buttermilk) and bring to a boil, stirring continuously. Lower the heat, cover and simmer, stirring occasionally, until of thin sauce consistency.
- ❖ Then add potato roundels, bring to a boil, lower the heat and simmer, stirring occasionally, until the potatoes are cooked (for about six minutes).
- ❖ Add the pakodas and onion roundels, bring to a boil, and simmer on low heat, stirring occasionally, but carefully, until the kadhi reaches a thick sauce consistency.
- ❖ Remove and adjust the seasoning



To prepare the tempering:

- ❖ Heat ghee in a frying pan, add the mustard seeds, cumin seeds and coriander seeds. Stir over medium heat until they begin to pop. Then add



asafoetida and stir until it puffs up. Add whole red chilies and stir until they change colour (bright red). Add chili powder and stir well. Remove from heat and pour over the kadhi.

- ❖ Remove to a bowl and serve with steamed rice or khichdi.

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## Khaman Dhokla

Preparation Time	Serves
45 minutes	6 - 8

### Ingredients :

<ul style="list-style-type: none"> <li>✓ Rice - 1 cup</li> <li>✓ Horse bean - 1 cup</li> <li>✓ Split green gram - 1 cup</li> <li>✓ Sour buttermilk - 3 cups</li> <li>✓ Green chilies crushed fine - 2</li> <li>✓ Ginger grated fine - ¼ tsp</li> </ul>	<ul style="list-style-type: none"> <li>✓ Soda bicarb - ½ tsp</li> <li>✓ Oil - 2 tbsp</li> <li>✓ Red chili powder - 2 to 3 pinches</li> <li>✓ Coriander finely chopped - ½ tbsp</li> <li>✓ Salt to taste</li> </ul>
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### Method :

- ❖ Mix the rice and pulses.
- ❖ Wash, drain and dry on a clean cloth for a few hours. The grain should be completely dried.
- ❖ Grind to a coarse flour in dry grinder or at the flourmill. This flour should be like very fine in texture (much like semolina). Store in airtight container and use as required. Will keep good upto 2 months.
- ❖ To make khaman, take 1cup flour in a bowl. Add buttermilk, and mix well. Keep- aside for 4-5 hours.
- ❖ Dissolve soda-bicarb in the oil. Add to batter. Mix all ingredients except red chili powder and coriander. Pour immediately in a 6" diameter. And 6"





thick greased mould.

- ❖ Steam over water either in a cooker or steamer for 10-15 minutes (without the whistle if using a pressure cooker).
- ❖ Pierce knife, and check, it should come out clean if done. Sprinkle the chili powder and coriander, and steam again for 2-3 minutes. Cut into squares or diamonds
- ❖ Serve hot with coconut chutney or coriander chutney.

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## Khandvi

Preparation Time	Serves
40 minutes	6 - 8

### Ingredients :

<ul style="list-style-type: none"> <li>✓ Gram flour - 1 cup</li> <li>✓ Thin buttermilk - 3 cup</li> <li>✓ Salt to taste</li> <li>✓ Turmeric powder - 2 to 3 pinches</li> <li>✓ Oil - 1 tbsp</li> </ul>	<p>For seasoning:</p> <ul style="list-style-type: none"> <li>✓ Oil - 4 tsp</li> <li>✓ Sesame seeds - 2 tsp</li> <li>✓ Mustard seeds - 1½ tsp</li> <li>✓ Coconut scraped – 1½ tbsp</li> <li>✓ Coriander leaves, finely chopped - 1 tbsp</li> <li>✓ Asafoetida - 2 pinches</li> <li>✓ Green chilies, chopped - 2</li> <li>✓ Curry leaves - 1 stalk</li> </ul>
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### Method :

- ❖ Mix thin buttermilk, flour, salt and turmeric to form a batter. Heat the batter over high flame. Stir vigorously and evenly to avoid lump formation.
- ❖ Cook till the mixture thickens and starts leaving the sides a bit, stirring continuously. When done (about 7-8 minutes), pour a ladleful in a large greased plate.
- ❖ Spread as thin as possible with the back of a large flat spoon. Use circular





outward movements as for dosas. You may require 4-6 plates for this.  
(Make a point that they are absolutely flat surfaced)

- ❖ When cool, cut into 2" wide strips. Carefully roll each strip, repeat for all plates. Place in a serving dish.

For seasoning:

- ❖ Sprinkle coconut and coriander all over khandvi rolls.
- ❖ Heat oil in a small pan. Add cumin, asafoetida, curry leaves and chilies. At last add sesame seeds and immediately pour over rolls.
- ❖ Serve as it is or with garlic chutney.

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## Magaj

Preparation Time	Serves
50 minutes	6 - 8

### Ingredients :

✓ Chick pea flour - 500 gms	✓ Almonds, peeled and blanched - 10
✓ Sugar - 250 gms	✓ Green cardamom powder - 2 tsp
✓ Khoya (dried whole milk)- 50 gms	✓ Ghee - 250 gms
✓ Pistachios blanched - 10	

### Method :

- ❖ Mix the chickpea flour or besan with 1/2 of the ghee. Keep aside for 15-20 minutes.
- ❖ Now sift it through a sieve.
- ❖ In a kadhai or wok warm the rest of the ghee and the sifted flour. Fry till flour is golden but not brown stirring it continuously.
- ❖ Add the khoya. (Ricotta cheese can be used instead). Stir over low heat. Keep aside.
- ❖ Make sugar syrup of one thread consistency. Add the syrup and cardamom powder to the fried flour. Mix well.
- ❖ Add the blanched pistachios and almonds.
- ❖ Make round medium sized balls till warm pressing them tightly with hands and allow it to cool.



## Mohanthaal

Preparation Time	Serves
50 minutes	6 - 8

### Ingredients :

<ul style="list-style-type: none"><li>✓ Ghee - 1 cup</li><li>✓ Gram flour, coarsely ground - 2 cups</li><li>✓ Khoya/mawa, grated - 1 cup</li><li>✓ Cardamom powder - 1 tsp</li></ul>	<ul style="list-style-type: none"><li>✓ For the sugar syrup:</li><li>✓ Sugar - 1½ cups</li><li>✓ Water - 1 cup</li><li>✓ Milk - 2 tbsp</li><li>✓ Pistachios and almonds, chopped - 4 tbsp</li></ul>
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### Method :

- ❖ Place the gram flour in a bowl. Melt the ghee and add half the quantity to the gram flour.
- ❖ Rub the ghee into the gram flour till it begins to look like breadcrumbs.
- ❖ Heat the remaining ghee in a pan. Add the gram flour and ghee mixture and cook till the mixture is golden brown. Stir continuously.
- ❖ Stir in the grated mawa (ricotta cheese can be used) and cardamom powder. Keep it on the fire for about 5-7 minutes.
- ❖ Remove from fire and cool till it is warm.
- ❖ Make the sugar syrup by adding sugar, water and milk.
- ❖ Pour the hot sugar syrup over the gram flour mixture. Stir well.
- ❖ Pour the mixture into a greased plate.



- ❖ Garnish with chopped almonds and pistachios.
- ❖ Let it set for 4-5 hours. Cut into squares and serve at room temperature.

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## Moong Dal Chilla

Preparation Time	Makes
25 minutes	6 - 8

### Ingredients :

<ul style="list-style-type: none"> <li>✓ Split green gram, soak &amp; make paste - ½ cup</li> <li>✓ Capsicum, finely cut - 1</li> <li>✓ Tomato, large – 1</li> <li>✓ Salt to taste</li> <li>✓ Ginger, cut into thin strips-1tbsp</li> </ul>	<ul style="list-style-type: none"> <li>✓ Oil – to shallow fry</li> <li>✓ Chili paste - 1 tbsp</li> <li>✓ Onion finely cut - 1 tbsp</li> <li>✓ Spring Onion finely cut - 1</li> <li>✓ Cloves Garlic paste - 1 tbsp</li> </ul>
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### Method :

- ❖ Add the salt and green chilies paste to the pulses paste .Add water if required to semi thick consistency.
- ❖ Heat a pan and pour a tbsp of batter and spread with the help of the laddle evenly.
- ❖ Pour a tsp of oil to the sides of the chilla.
- ❖ Spread few pieces of capsicum, tomatoes as well as the onions.
- ❖ Cook till brown and flip.
- ❖ Cook again for 1-2 minutes until the vegetables are cooked.
- ❖ Repeat the process with the remaining batter.
- ❖ Serve hot with coriander chutney or tomato ketchup.





## Oondhiyu

Preparation Time	Serves
50 minutes	6

### Ingredients :

<ul style="list-style-type: none"><li>✓ Broad beans, stringed, whole - 100 gms</li><li>✓ Raw banana chunks unpeeled - 100 gms</li><li>✓ Yam chunks (kand) peeled - 100 gms</li><li>✓ Small brinjals slit - 100 gms</li><li>✓ Green chilies crushed - 4 to 5</li><li>✓ Ginger grated - 1 tsp</li><li>✓ Garlic crushed ½ tsp</li><li>✓ Coriander leaves finely chopped - 1 tbsp</li><li>✓ Wheat flour - 1 tsp</li><li>✓ Oil - 4 tbsp</li><li>✓ Asafoetida - ¼ tsp</li></ul>	<ul style="list-style-type: none"><li>✓ Turmeric powder - ½ tsp</li><li>✓ Carom seeds - 1 tsp</li><li>✓ Salt to taste</li><li>✓ Sugar - ½ tbsp</li><li>✓ Lemon to taste</li></ul> <p>For methi gatta:</p> <ul style="list-style-type: none"><li>✓ Fenugreek leaves finely chopped - 100 gms</li><li>✓ Gram flour (besan) - ½ cup</li><li>✓ Red chili powder - 1 tsp</li><li>✓ Fresh ground coconut - 1 tbsp</li><li>✓ Salt to taste</li><li>✓ Oil - 1 tbsp</li></ul>
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### Method :

For gatta:

- ❖ Mix all ingredients and make stiff dough. Form into small oval, dumplings Heat the 4 tbsp oil, fry gattas for 2 minutes. Remove from oil. Keep aside. Use a heavy large saucepan.



To proceed:

- ❖ Form a paste of chili, ginger, garlic, and coriander.
- ❖ Rub the chunky veggies with oil and masala paste. Marinate for 30 minutes.
- ❖ Heat oil used for frying gattas to proceed.
- ❖ Add all the chunky vegetables and stir well. Cover and cook for 4-5 minutes.
- ❖ Add beans, turmeric, flour, carom seeds and salt. Cover and cook on low till the yam is almost done.
- ❖ Add coriander, lemon, and sprinkle some water if required. Add sugar and stir.
- ❖ Serve hot, either as is, or with parathas.

## Osaman

Preparation Time	Serves
30 minutes	4 - 6

### Ingredients :

<ul style="list-style-type: none"> <li>✓ Coriander leaves chopped - 2 tbsp</li> <li>✓ Peanuts roasted - 2 tbsp</li> <li>✓ Green chilies sliced - 4</li> <li>✓ Red grams (masoor dal) - 150 gms</li> <li>✓ Turmeric powder - ½ tsp</li> <li>✓ Mustard seeds - 1 tbsp</li> </ul>	<ul style="list-style-type: none"> <li>✓ Cumin seeds - 1 tsp</li> <li>✓ Fenugreek seeds - ½ tsp</li> <li>✓ Curry leaves - 12</li> <li>✓ Asafoetida - 1 pinch</li> <li>✓ Oil - 2 tbsp</li> <li>✓ Jaggery grated - 2 tbsp</li> <li>✓ Tamarind pulp - 2 tbsp</li> </ul>
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### Method :

- ❖ Dilute the tamarind pulp in 4 tbsp of water and see that there are no lumps.
- ❖ Wash the lentils and bring them to boil in 200 ml water, and then simmer.
- ❖ When nearly done, mix in turmeric, tamarind water, green chilies, jaggery, peanuts and salt.
- ❖ Simmer (boil slowly at low temperature) until dal is cooked.
- ❖ Heat up the oil in a small pan, mix in the mustard seeds when they crackle, mix in cumin seeds, asafoetida, fenugreek seeds, and curry





leaves.

- ❖ Take off the heat up after a minute and pour out the oil and spices into the dal.
- ❖ Serve hot decorated with coriander leaves.

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## Palak Methi Na Muthia

Preparation Time	Serves
40 minutes	5

### Ingredients :

<ul style="list-style-type: none"> <li>✓ Spinach leaves, chopped - 1 bunch</li> <li>✓ Fenugreek leaves (methi), chopped - ½ bunch</li> <li>✓ Green chili-ginger paste - 1 ½ tsp</li> <li>✓ Whole wheat flour - 4tbsp</li> <li>✓ Gram flour (besan) - 2 tbsp</li> <li>✓ Semolina (rawa) - 2 tbsp</li> <li>✓ Pepper powder - 1/3 tsp</li> <li>✓ Cumin seeds (jeera ) - ½ tsp</li> <li>✓ Soda bi-carb - ¼ tsp</li> <li>✓ Oil - 3 tbsp</li> </ul>	<ul style="list-style-type: none"> <li>✓ Chopped garlic - 1 tsp</li> <li>✓ Finely chopped onion (optional) - 2 tbsp</li> <li>✓ Lemon juice - 1 tbsp</li> <li>✓ Fresh cream - 1 ½ tbsp</li> <li>✓ Chopped coriander - 2 tbsp</li> <li>✓ Salt to taste</li> </ul> <p>For the Garnish</p> <ul style="list-style-type: none"> <li>✓ Grated paneer - 3 tbsp</li> <li>✓ Finely shopped tomato – 1</li> </ul>
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### Method :

- ❖ In a bowl, combine the fenugreek and spinach leaves.
- ❖ Sprinkle 1 tsp of salt, mix it well and squeeze out all the liquid.
- ❖ Combine all the ingredients in a bowl and knead into soft dough, using water.





- ❖ Apply a little oil on your hands and divide the mixture into bite-sized portions and place in a steamer.
- ❖ Top with a little grated paneer and one piece of tomato.
- ❖ Steam for 15 to 20 minutes and serve hot with green chutney.

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## Patra Bhajiya

Preparation Time	Makes
50 minutes	20-25

### Ingredients :

<ul style="list-style-type: none"><li>✓ Large patra leaves (colocasia leaves) - 15-20</li><li>✓ Tamarind extract (juice) - ½ cup</li><li>✓ Gram flour (besan) - 1 cup</li><li>✓ Chili powder - 3 tsp</li><li>✓ Turmeric powder - ½ tsp</li><li>✓ Asafoetida - 3 to 4 pinches</li><li>✓ Crushed cumin seeds - 1 tsp</li><li>✓ Powdered sugar - 3 tsp</li><li>✓ Oil - 1 tbsp</li><li>✓ Salt to taste</li></ul>	<p>For seasoning:</p> <ul style="list-style-type: none"><li>✓ Oil - 1 tbsp</li><li>✓ Cumin seeds - ½ tsp</li><li>✓ Mustard seeds - ½ tsp</li><li>✓ Sesame seeds - 1 tsp</li><li>✓ Coriander leaves finely chopped - 1 tbsp</li><li>✓ Coconut grated fine - 1 tbsp</li></ul>
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### Method :

- ❖ Clean, wash and wipe leaves. Remove thick veins with slanted knife.
- ❖ Roll lightly with a rolling pin. Keep aside.
- ❖ Mix all ingredients (not those for seasoning)
- ❖ The mixture should be a thick paste.
- ❖ Place a leaf backside up on a flat work surface.
- ❖ Take a little paste and apply thinly all over leaf surface.



- ❖ Place another leaf over it. Repeat.
- ❖ Get a set of 3-4 layered leaves, top layer being that of paste.
- ❖ Fold in the edges and roll the leaves, starting with their base towards tip.
- ❖ Make the roll tight and seal sides with some paste.
- ❖ Place in the perforated vessel of a double boiler or steam cooker.
- ❖ Repeat for all the leaves and paste.
- ❖ Steam in the cooker for 30-40 minutes till cooked.
- ❖ Cool, and remove. Cut into 1/2" thick slices.
- ❖ When cooled well, season as follows.
- ❖ Heat oil, add seeds, allow to splutter. Add sesame, coriander, and coconut.
- ❖ Check and adjust, salt, chili and sugar as desired.
- ❖ Mix well and serve hot or cold.
- ❖ Shelf life: Seasoned 1 day ; Deep Fried 2-3 days.

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## Sev Ganthia Saag

Preparation Time	Serves
10 minutes	3

### Ingredients :

✓ Sev or ganthia(fried chickpea flour noodles) - 1 cup	✓ Coriander seed powder - ¼ tsp
✓ Cumin seeds - ½ tsp	✓ Amchoor (dried mango powder) - ¼ tsp
✓ Red chili powder - ½ tsp	✓ Coriander leaves finely chopped - ½ tbsp
✓ Garam masala - ¼ tsp	✓ Oil - 1 tbsp
✓ Sugar ½ tsp	✓ Salt to taste
✓ Asafoetida - 2 to 3 pinches	

### Method :

- ❖ Mix all dry masala in 1 cup water.
- ❖ Heat oil in a pan, add seeds and asafoetida, and allow spluttering.
- ❖ Add masala solution and allow simmering for 3-4 minutes.
- ❖ Add sugar and stir to dissolve.
- ❖ Add ganthia or sev, stir, garnish with chopped coriander.
- ❖ Serve hot with phulka or thepla, or roti.
- ❖ Shelf life: To be served immediately.

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## Shrikhand

Preparation Time	Serves
45 minutes	6 - 8

### Ingredients :

<ul style="list-style-type: none"> <li>✓ Thick curd - 1 kg</li> <li>✓ Powdered sugar - <math>\frac{3}{4}</math> cup</li> <li>✓ A few strands saffron</li> <li>✓ Warm milk - 1 tbsp</li> </ul>	<ul style="list-style-type: none"> <li>✓ Cardamom powder (elaichi) – 2</li> </ul> <p>For the garnish</p> <ul style="list-style-type: none"> <li>✓ Slivers of pistachios and almonds</li> </ul>
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### Method :

- ❖ Hang the curd in a muslin cloth in a cool place for approximately 3 hours until all the liquid (whey) has drained off.
- ❖ Rub the saffron into the warm milk until it dissolves.
- ❖ Mix together the hung curd, sugar, saffron mixture and cardamom in a bowl and churn using a hand blender.
- ❖ Place in the refrigerator.
- ❖ Serve cold garnished with slivers of pistachios and almonds.



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## Surati Ghari

Preparation Time	Serves
50 minutes	6 - 8

### Ingredients :

<ul style="list-style-type: none"><li>✓ For Filling:</li><li>✓ Ricotta Cheese - 1 ½ cup</li><li>✓ Paneer (freshly prepared cottage cheese) - ½ cup</li><li>✓ Condensed Milk - ½ tin</li><li>✓ Sugar - ½ cup</li><li>✓ Ghee - 2 tbsp</li><li>✓ Fine Semolina (sooji) - ¼ cup</li><li>✓ Ground Almonds and Pistachios - ¾ cup</li><li>✓ Cardamom pods, ground - 15</li><li>✓ Saffron strands, 8 to 10, soaked in 1 tsp milk</li></ul>	<ul style="list-style-type: none"><li>For Poori:</li><li>✓ All Purpose Flour (maida) - 1 cup</li><li>✓ Ghee (clarified butter) - 1 tbsp</li><li>✓ Milk for binding</li><li>✓ Ghee - 1 cup</li> <li>For Garnish:</li><li>✓ Ghee - 1 cup</li><li>✓ Powdered Sugar - 1/3 cup</li><li>✓ Almonds and Pistachios, Slivered (optional)</li></ul>
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### Method :

#### For Filling:

- ❖ Heat the ghee in a kadhai (or non stick saucepan)
- ❖ Add the ricotta cheese and paneer.
- ❖ Stir continuously over medium heat until the cheese and paneer are thoroughly mixed and all the water is absorbed.



- ❖ In a separate saucepan, roast the semolina for about 3-4 minutes on medium heat.
- ❖ Add to the cheese mixture.
- ❖ Add the condensed milk and sugar and continue to stir. The water will gradually be evaporated from the mixture.
- ❖ Add the almonds and pistachios, once the water is evaporated. Mix thoroughly and remove from heat.
- ❖ Mix in the ground cardamom and saffron.
- ❖ Set aside to cool to room temperature.
- ❖ Make balls approximately 1" in diameter.

For Poori:

- ❖ Add the ghee to the flour and mix well. Add enough milk to bind soft yet firm dough. Make small pea sized balls and roll out to thin pooris of about 3 " in diameter.

Preparing the Ghari:

- ❖ Place a ball into each poori.
- ❖ Pull up the sides to completely wrap the ball.
- ❖ Carefully remove the excess dough from the top and make sure to press dough to seal.
- ❖ Slightly press the wrapped ball to make the top flat but still about almost 1" inch thick.





- ❖ Heat the ghee in a frying pan on low heat.
- ❖ Fry the pooris on both sides till very light golden in colour.
- ❖ Set aside for 3-4 hours to completely cool.

### Decorating the Ghari:

- ❖ With clean hands, whip the sugar and ghee until light and fluffy. Dip the Gharis and place on a waxed paper lined cookie sheet. Place slivers of almonds and pistachios on the top center. Set aside for the ghee to become firm. Your Ghari is now ready to serve.

### TIPS AND VARIATIONS :-

- ❖ Be very careful while frying to make sure that the Ghari doesn't stick to the bottom of the frying pan.
- ❖ The ghee for the garnish should be firm.

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# Thepla

Preparation Time	Makes
35 minutes	20-25

## Ingredients :

✓ Wheat flour - 1 cup	✓ Cumin seeds – ½ tsp
✓ Red chili powder - 1 tsp	✓ Sesame seeds - ½ tsp
✓ Turmeric powder – 1/4 tsp	✓ Oil - 2 tbsp
✓ Asafoetida – 4 to 5 pinches	✓ Oil - for shallow frying
	✓ Salt to taste

## Method :

- ❖ Mix all ingredients except oil for shallow frying.
- ❖ Use a little water and knead soft pliable dough.
- ❖ Divide dough into 9-10 balls and roll each into a 5" round.
- ❖ Sprinkle flour over chapati while rolling, for ease.
- ❖ Place on a hot griddle, roast and drizzle oil, to shallow fry.
- ❖ Repeat for other side. Repeat for remaining dough.
- ❖ Serve hot with any sweet pickle or curds.
- ❖ Equally tasty when cold too.
- ❖ Shelf life: 2-3 days at room temperature



## Tuvar Dal

Preparation Time	Serves
30 minutes	4

### Ingredients :

<ul style="list-style-type: none"> <li>✓ Split red gram (tuvar dal) - 1 cup</li> <li>✓ Tomato, chopped finely - 1</li> <li>✓ Oil - 2 tbsp</li> <li>✓ Mustard seeds - 1 tsp</li> <li>✓ Cumin seeds - 1 tsp</li> <li>✓ Water - 4 cup</li> </ul>	<ul style="list-style-type: none"> <li>✓ Green chili, slit - 2</li> <li>✓ Ginger, finely chopped - 1 tbsp</li> <li>✓ Curry leaves - 4</li> <li>✓ Asafoetida - 1/2 tsp</li> <li>✓ Turmeric powder - 1/2 tsp</li> <li>✓ A squeeze of lemon, jaggery and salt to taste</li> </ul>
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### Method :

- ❖ Soak the split red gram in water for about an hour.
- ❖ Add turmeric powder, salt and a drop of oil to the gram along with the water in which it was soaked.
- ❖ Now pressure cook it for around 45 minutes or for 4 whistles.
- ❖ Divide the drumsticks into 2" pieces and keep aside..
- ❖ Take out the dal from the cooker and beat it thoroughly till it is blended properly.
- ❖ Heat oil in a pan till it is hot and drop in the mustard seeds followed by





the cumin seeds and then asafoetida.

- ❖ Fry on medium heat for about 2 minutes till the seeds splutter. Add this to the cooked red gram.
- ❖ Add the drumsticks and bring to a boil.
- ❖ Add the rest of the ingredients and simmer for about 10 minutes.
- ❖ Serve hot with rice.

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## Vaal Ni Dal No Pulao

Preparation Time	Serves
20 minutes	4

### Ingredients :

<ul style="list-style-type: none"> <li>✓ Cooked rice - 8 cups</li> <li>✓ Sprouted field beans (surti vaal dal) - 2 cups</li> <li>✓ Cumin seeds - 1 tsp</li> <li>✓ Asafoetida - 1/2 tsp</li> <li>✓ Turmeric powder - 1/2 tsp</li> <li>✓ Clove - 2</li> <li>✓ Cinnamon - 1" stick</li> </ul>	<ul style="list-style-type: none"> <li>✓ Green chilly, chopped - 2</li> <li>✓ Red chilly powder - 1/2 tsp</li> <li>✓ Oil - 4 tbsp</li> <li>✓ Salt to taste</li> <li>✓</li> <li>✓ To garnish:</li> <li>✓ Grated fresh coconut (optional)</li> <li>✓ Chopped coriander leaves</li> </ul>
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### Method :

- ❖ Drop the sprouted field beans in boiling water.
- ❖ Cook for 8 minutes or till they are fully cooked. Keep aside.
- ❖ Heat the oil in a heavy - bottomed vessel till it is very hot. Add the cumin seeds and let them splutter. Now add the cloves, cinnamon, green chilies, and red chili powder, asafoetida and turmeric powder.
- ❖ Stir-fry on medium / low level for about 2 minutes.
- ❖ Now, add the rice, the cooked sprouted field beans and salt. Mix well.





Cover and keep on low heat for about 10 minutes.

- ❖ Garnish with grated coconut (optional) and chopped coriander leaves.
- ❖ Serve hot immediately with any curry of your choice.

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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>