





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 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.

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

Vaishali Parekh



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Chapati

Preparation Time	Serves
20 minutes	8 - 10

Ingredients :

- ✓ Whole wheat flour – 2 cups
- ✓ Salt – 1/2 tsp
- ✓ Water – 3/4 cup

Method :

- ❖ Place the flour and salt in a mixing bowl. Make a well in the middle and gradually stir in the water, mixing well with your fingers.
- ❖ Form a supple dough and knead for 7-10 minutes. Ideally, cover with clear film (plastic wrap) and leave on one side for 15-20 minutes to rest.
- ❖ Divide the dough into 8-10 equal portions. Roll out each piece to a circle on a well floured surface.
- ❖ Place the tava (chapatti griddle) or a heavy frying pan over a high heat. When steam rises from it, lower the heat to medium and add the first chapatti to the pan.
- ❖ When the chapatti begins to bubble, turn it over. Press down with a clean dish towel or a flat spoon and turn once again.
- ❖ Remove the cooked chapatti from the pan and keep warm in a piece of foil





lined with kitchen paper while you cook the other chapattis.

- ❖ Repeat the process until all the breads are cooked.
- ❖ Serve hot.

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Garlic Coriander Naan

Preparation Time	Makes
50 minutes	3

Ingredients :

<ul style="list-style-type: none"> ✓ Refined flour – 2 ½ cups ✓ Salt – 1 tsp ✓ Dried yeast – 1 tsp ✓ Yoghurt – 4 tbsp ✓ Melted butter or ghee – 1 tbsp ✓ Clear honey – 3 tbsp 	<ul style="list-style-type: none"> ✓ Melted ghee or butter for brushing – 3 tbsp ✓ Garlic, finely chopped – 1 clove ✓ Black onion seeds – 1 tsp ✓ Fresh coriander – 1 tsp
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Method :

- ❖ Sift the flour and salt together into a large bowl. In a smaller bowl, cream the yeast with natural yoghurt. Set aside for 15 minutes.
- ❖ Add the yeast mixture to the flour with the melted butter or ghee and add the chopped garlic, black onion seeds and chopped coriander, mixing to a soft dough.
- ❖ Tip out the dough onto a lightly floured surface and knead for about 10 minutes until smooth and elastic.
- ❖ Place in a lightly oiled bowl, cover with lightly oiled clear film (plastic





wrap) and leave to rise, in a warm place, for 45 minutes or until the dough has doubled in bulk.

- ❖ Preheat the oven to its highest setting at least 230 degree Celsius/450 degree Fahrenheit/Gas 8. Place 3 heavy baking sheets in the oven to heat.
- ❖ Turn the dough out onto a lightly floured surface and knock back.
- ❖ Divide into 3 equal pieces and shape each into a bowl.
- ❖ Cover 2 of the balls of dough with oiled clear film and roll out the third into a teardrop shape about 10 " long, 5 " wide and about ¼ " thick
- ❖ Preheat the grill to its highest setting.
- ❖ Meanwhile place the naan on the hot baking sheets and bake for 3-4 minutes or until fluffy.
- ❖ Remove the naan from the oven and place under the hot grill for a few seconds or until the top of each naan brown slightly.
- ❖ Wrap the cooked naan in a dishtowel to keep hot while you roll out and cook the remaining naan. Brush with melted ghee or butter and serve.

TIPS & VARIATIONS :-

- ❖ You can flavor naan in numerous ways:
- ❖ To make poppy seed naan, brush the rolled out naan with a little ghee and sprinkle with poppy seeds and then bake.
- ❖ To make onion flavored naan, add 1 small finely chopped or coarsely grated onion to the dough in the yeast mixture while adding to the dough
- ❖ To make Peshawari naan, roll out each ball of dough and sprinkle with flaked (sliced) almonds and sultanas (golden raisins). Fold over and roll to



the teardrop shape.

- ❖ To help the dough to puff up and brown, place the baking sheets in an oven preheated to the maximum temperature for at least 10 minutes before baking. Preheat the grill while a naan is baking.

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Lacha Paratha

Preparation Time	Serves
30 minutes	4

Ingredients :

✓ Wheat flour – 2 cups	✓ Salt – 1 tsp
✓ Oil – 3 tbsp plus some extra for shallow frying	✓ Warm water – for kneading

Method :

- ❖ Sift the flour and the salt together in a bowl.
- ❖ Rub in 3 tbsp oil. Add water gradually, knead until smooth. Cover and leave aside for 20 minutes.
- ❖ Knead again and divide the dough into 8 equal portions. Flatten them a little.
- ❖ Roll out each flattened ball into a circle of 6 " diameter. Now cut into 2 " strips lengthwise. Place all the strips over the center one, brushing each with a little oil.
- ❖ Roll like a Swiss roll. Press a little with your fingers. Pour 1 tsp of oil on each side.
- ❖ Take one at a time, roll it out into a round circle of 5 " diameter.
- ❖ As you remove, place it on your palms and lightly press towards the center to show the layers closely.





- ❖ Heat a griddle. Shallow fry one at a time until golden brown on both the sides.
- ❖ Serve hot.

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Missi Roti

Preparation Time	Makes
30 minutes	4

Ingredients :

<ul style="list-style-type: none"> ✓ Gram flour (besan) – 1 cup ✓ Whole wheat flour – 1 cup ✓ Green chilly, seeded, chopped – 1 ✓ Finely chopped onion – ½ ✓ Chopped fresh coriander – 1 tbsp 	<ul style="list-style-type: none"> ✓ Ground turmeric – ½ tsp ✓ Salt – ½ tsp ✓ Oil – 1 tbsp ✓ Lukewarm water – 2/3 cup ✓ Unsalted butter or ghee, melted – 3 tbsp
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Method :

- ❖ Mix the 2 types of flour, chilly, onion, coriander, turmeric and salt together in a large bowl. Stir in the 1 tbsp oil.
- ❖ Mix in sufficient water to make a pliable, soft dough. Tip out the dough onto a lightly floured surface and knead until smooth.
- ❖ Place the dough in a lightly oiled bowl, cover with lightly oiled clear film (plastic wrap) and leave to rest for 30 minutes.
- ❖ Place the dough on a lightly floured surface. Divide into 4 equal pieces and shape into balls in the palms of your hands.
- ❖ Roll out each ball into a thick round about 6-7 " in diameter.





- ❖ Heat a griddle or a heavy frying pan over medium heat for a few minutes until hot.
- ❖ Brush both sides of the roti with some melted butter or ghee. Add it to the griddle or frying pan and cook for about 2 minutes, turning after 1 minute.
- ❖ Brush the cooked roti lightly with melted butter or ghee again, slide it onto a plate and keep warm in a low oven while cooking the remaining rotis in the same way.
- ❖ Serve the rotis warm.

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Naan

Preparation Time	Makes
45 minutes	6

Ingredients :

✓ Castor (superfine) sugar – 1 tsp	✓ Ghee, melted – 1 tsp
✓ Dried yeast – 1 tsp	✓ Salt – 1 tsp
✓ Warm water – 2/3 cup	✓ Unsalted butter, melted – ¼ cup
✓ Refined flour – 2 cups plus extra for dusting	✓ Poppy seeds – 1 tsp

Method :

- ❖ Put the sugar and yeast in a small bowl and add the water. Mix to dissolve the yeast.
- ❖ Cover the bowl with clear film (plastic wrap) and leave on one side for about 10 minutes or until the surface of the mixture is frothy.
- ❖ Place the flour in a large bowl, make a well in the middle and add the ghee, salt and yeast mixture.
- ❖ Mix well using your hands and add a little more water if the dough is too dry.
- ❖ Tip the dough out onto a lightly floured surface and knead for about 5 minutes or until smooth.





- ❖ Return the dough to the bowl, cover and leave in a warm place for about 1½ hours until it has doubled in size.
- ❖ Turn out the dough back onto the floured surface and knead for a further 2 minutes. Break off small pieces of the dough and roll into rounds about 5 " in diameter and ½ " thick.
- ❖ Place the naan on a sheet of greased foil under a very hot preheated grill for 7-10 minutes turning twice to brush with butter and sprinkle with poppy seeds.
- ❖ Serve the naan immediately if possible or keep them wrapped in foil until required.

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Paratha

Preparation Time	Makes
25 minutes	12-15

Ingredients :

✓ Whole wheat flour – 3 cups	✓ Ghee or unsalted butter, melted – 3 tbsp
✓ Flour for dusting – ½ cup	✓ Water – to mix the dough
✓ Refined flour – ½ cup	
✓ Salt – 1 tsp	

Method :

- ❖ Sift the flours and salt into a bowl. Make a well in the center and add 2 tsp of unmelted ghee.
- ❖ Fold it into the flour to make a crumbly texture. Gradually add water to make a soft, pliable dough.
- ❖ Knead until smooth. Cover and leave to rest for 30 minutes.
- ❖ Divide the dough into 12-15 equal portions and keep covered. Take one portion at a time and roll out on a lightly floured surface to about 4 " in diameter.
- ❖ Brush the rolled dough with a little of the melted ghee or sweet butter and sprinkle with flour.
- ❖ With a sharp knife make a straight cut from the center to the edge and roll the two halves into a cone shape.





- ❖ Now roll the triangular pieces from all the sides and the center, on a lightly floured surface, till all the sides are equally thick again.
- ❖ Heat a griddle and cook one paratha at a time, placing a little of the remaining ghee along the edges.
- ❖ Cook on each side until golden brown.
- ❖ Serve hot.

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Poori

Preparation Time	Makes
30 minutes	12

Ingredients :

✓ Refined flour – 1 cup	✓ Oil – 2 tbsp
✓ Wheat flour – 1 cup	✓ Water – 8 tbsp
✓ Salt – ½ tsp	✓ Oil – for deep frying

Method :

- ❖ Sift the flour and salt into a large mixing bowl. Add the 2 tbsp oil, then add sufficient water to make semi-tough dough.
- ❖ Tip the dough onto a lightly floured surface and knead for 8-10 minutes until smooth.
- ❖ Place in an oiled bowl and cover with oiled clear film. Leave for 30 minutes.
- ❖ Place the dough onto the floured surface. Divide into 12 equal pieces. Keeping the rest of the dough covered, roll one piece into a 5 " round.
- ❖ Repeat with the remaining dough.
- ❖ Stack the pooris, layered between clean film to keep them moist.
- ❖ Pour the oil in a big deep frying pan. Heat the oil to 180° Celsius/350° Fahrenheit.





- ❖ Now lift one poori and gently slide them through the sides of the pan into the oil (be careful not to dip your fingers); it will sink but will then return to the surface and begin to sizzle.
- ❖ Gently press the poori into the oil. It will puff up. Turn the poori over after a few seconds and allow it to cook for a further 20-30 seconds.
- ❖ Remove the poori from the pan and pat dry with kitchen paper.
- ❖ Serve warm.

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Red Lentil Pancakes

Preparation Time	Makes
30 minutes	6

Ingredients :

✓ Long grain rice – ¾ cup	✓ Ground turmeric – ½ tsp
✓ Red lentils – ¼ cup	✓ Ground black pepper – ½ tsp
✓ Warm water – 1 cup	✓ Chopped fresh coriander – ½ tsp
✓ Salt – 1 tsp	✓ Oil for frying and drizzling

Method :

- ❖ Place the long grain rice and lentils into a large mixing bowl, cover with the warm water, cover and soak for at least 8 hours or overnight.
- ❖ Drain off the water and reserve the water. Place the rice and lentils in a food processor and blend until smooth.
- ❖ Blend in the reserved water. Scrape into a bowl, cover with clear film (plastic wrap) and leave in a warm place to ferment for about 24 hours.
- ❖ Stir in the salt, turmeric powder, pepper and coriander. Heat a heavy frying pan over medium heat for a few minutes until hot. Smear with oil and add 3 tbsp batter.
- ❖ Using the rounded base of a soup spoon, gently spread the batter out,





using a circular motion, to make a pancake that is 6 " in diameter.

- ❖ Cook in the pan for 2 minutes or until set. Drizzle a little oil over the pancake and around the edges.
- ❖ Turn over and cook for about 1 minute or until golden brown.
- ❖ Keep the cooked pancakes warm in a low oven or a heatproof plate over simmering water while cooking the remaining pancakes. Serve warm.

TIPS & VARIATIONS :-

- ❖ Add 4 tbsp grated coconut to the batter just before cooking.

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Spiced Naan

Preparation Time	Makes
45 minutes	6

Ingredients :

<ul style="list-style-type: none"> ✓ Refined flour – 4 cups ✓ Baking powder – 1 tsp ✓ Salt – ½ tsp ✓ Dried yeast – 2 tsp ✓ Castor sugar – 1 tsp ✓ Fennel seeds – 1 tsp ✓ Onion seeds – 1 tsp 	<ul style="list-style-type: none"> ✓ Cumin seeds – 1 tsp ✓ Hot milk – 2/3 cup ✓ Oil – 2 tbsp, plus extra for brushing ✓ Yoghurt – 2/3 cup ✓ Egg, beaten - 1
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Method :

- ❖ Sift the flour, baking powder and salt into a mixing bowl. Stir in the yeast, sugar, fennel seeds, onion seeds and cumin seeds. Make a well in the center. Stir the hot milk into the flour mixture, then add the oil, yoghurt and beaten egg. Mix to form a ball of dough.
- ❖ Tip the dough onto a lightly floured surface and knead it for 10 minutes until smooth.
- ❖ Return to the clean, lightly oiled bowl and roll the dough to coat it with oil. Cover the bowl with clear film and set aside in a warm place until the dough has doubled in milk.





- ❖ Put a heavy baking sheet in the oven and preheat the oven to 240° Celsius/475° Fahrenheit/Gas 9. Also preheat the grill.
- ❖ Knead the dough again lightly and divide it into 6 pieces. Keep 5 pieces covered while working with the 6th. Quickly roll the dough into a teardrop shape, brush lightly with oil and slap the naan onto the hot baking sheet. Repeat with the remaining dough.
- ❖ Bake the naan in the oven for 3 minutes until puffed up, then place the baking sheet under the grill for about 30 seconds or until the naan is lightly browned. Serve hot or warm as an accompaniment to an Indian curry.

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Tandoori Roti

Preparation Time	Makes
30 minutes	6

Ingredients :

<ul style="list-style-type: none"> ✓ Whole wheat flour – 3 cups ✓ Salt – 1 tsp ✓ Water – 1 cup 	<ul style="list-style-type: none"> ✓ Melted ghee or unsalted butter – 3 tbsp plus some extra for garnishing
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Method :

- ❖ Sift the flour and salt into a large mixing bowl. Add the water and mix to a soft, pliable dough.
- ❖ Knead on a lightly floured surface for 3-4 minutes until smooth. Place the dough in a lightly oiled bowl, cover with a lightly oiled clear film (plastic wrap) and leave to rest for about 1 hour.
- ❖ Tip out the dough onto a lightly floured surface. Divide the dough into 6 pieces and shape each into a ball.
- ❖ Press out a larger round with the palm of your hand, cover with lightly oiled clear film and leave to rest for about 10 minutes.
- ❖ Meanwhile, preheat the oven to 230° Celsius/450° degree Fahrenheit/Gas 8. Place three baking sheets in the oven to heat.
- ❖ Roll the rotis into 6 " round, place 2 on each baking sheet and bake for 8-10 minutes.





- ❖ Brush with melted ghee or butter.
- ❖ Serve warm with any curry.

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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>