





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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Vaishali Parekh



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Amla Murabba

Ingredients :

✓ Fresh big firm amlas – 1kg	✓ Citric acid – 4 gms
✓ Sugar – 1 ¼ kg	✓ Alum, for each usage – 4 gms

Method :

- ❖ Wash and prick amlas all over with a fork.
- ❖ Dissolve alum in 2 litres water.
- ❖ Soak amlas in this water for 24 hours.
- ❖ Wash again with alum water.
- ❖ Put amlas in boiling water and boil for 2 minutes.
- ❖ Remove keep aside.
- ❖ Prepare sugar syrup with ¾ litre water.
- ❖ Syrup should be just stick enough when touch between finger and thumb.
- ❖ Put amlas in syrup for 24 hours.
- ❖ Remove amlas from syrup.
- ❖ Boil the syrup to original consistency.
- ❖ Add citric acid and strain.
- ❖ Put amlas back in syrup. Keep aside for 24 hours.
- ❖ Repeat this process. Remove amla, boil syrup, add amla for 4 days.





- ❖ By now amla will stop oozing water, and making liquid thinner.
- ❖ Preserve cooled murabba in a clean tight jar.

- ❖ Shelf life: 3 months

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Bitter Gourd Pickle

Ingredients :

✓ Bitter gourd (small variety) – ½ kg	✓ Turmeric powder – 1 tbsp
✓ Aniseed – 2 tbsp	✓ Citric acid – ¼ tsp
✓ Red chili powder – 2 tbsp	✓ Garam masala – ¼ tsp
✓ Asafoetida – 1 tbsp	✓ Coarsely crushed coriander seeds – 1 tbsp
✓ Salt to taste	✓ Coarsely crushed mustard seeds – 2 tbsp
✓ Dried mango powder (amchoor) – 2 tbsp	✓ Oil – 250 gms

Method :

- ❖ Peel and apply turmeric and salt to bitter gourds. Keep aside for 1/2 hour.
- ❖ Put them in boiling water with the citric acid. Boil for 5-7 minutes.
- ❖ Remove from water and wipe dry.
- ❖ Heat half the oil, add asafoetida, sauf, coriander seeds. Remove from fire.
- ❖ Add all the masalas and mix well.
- ❖ Cool and fill in the gourds. Tie them up securely with string.
- ❖ Arrange them in a glass or pickle jar. Heat remaining oil a little.
- ❖ Add a few pinches citric acid and 1/3 tsp salt. Pour over the gourds.
- ❖ Allow to tenderize for 3-4 days more. Remove string before serving.





Bombay Duck Pickle

Ingredients :

✓ Boil (Bombay Duck), soaked in water for 5 minutes – 6 to 8 pieces	✓ Cherry tomatoes, halved – 450 gms
✓ Vegetable oil – 4 tbsp	✓ Deep fried onion – 115 gms
✓ Fresh red chilies, chopped – 2	✓ Red onion rings – to garnish (optional)
✓ Granulated sugar – 1 tbsp	

Method :

- ❖ Pat the fish dry with kitchen paper.
- ❖ Heat the oil in a frying pan and fry the fish pieces for about 30-45 seconds on both sides until crisp. Be careful not to burn them or they will taste bitter. When cool, break into small pieces.
- ❖ Cook the remaining ingredients until the tomatoes become pulpy and the onions are blended into a sauce.
- ❖ Fold in the Bombay Duck and mix well.
- ❖ Leave to cool, then garnish and serve or ladle into a hot sterilized jar, cover and leave to cool.

Tips & Variations :-

- ❖ As an alternative to boiling, try using skinned Mackerel fillets, but don't fry them. You will only need 2 tbsp vegetable oil to make the sauce.

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Crushed Lemon Pickle

Ingredients :

✓ Lemons ripe and juicy - 6	✓ Turmeric powder – ½ tbsp
✓ Sugar – 1 cup	✓ Mustard seeds crushed coarsely – ½ tbsp
✓ Salt - 1 tbsp	✓ Chili powder red - 2 tbsp
✓ Fenugreek seeds – ½ tsp	✓ Asafoetida - ½ tsp
✓ Fennel seeds – ½ tsp	✓ Oil – ½ tbsp
✓ Nigella seeds (kalonji) – ½ tsp	
✓ Salt - 1 tbsp	

Method :

- ❖ Wash lemons and wipe dry.
- ❖ Quarter lemons, deseed them carefully.
- ❖ Run them in a blender with sugar.
- ❖ The lemons should turn to coarse crumb like bits.
- ❖ Heat oil in a small pan, add seeds, allow to splutter, cool.
- ❖ Add all other ingredients, including salt and lemons, mix well.
- ❖ Sun this mixture for 4 days till matured.

- ❖ Shelf life: 2 months

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Fresh Coconut with Chili Onion

Ingredients :

✓ Fresh coconut, grated – 200 gms	✓ Salt – ½ tsp
✓ Green chilies (seeded and chopped) – 4	✓ Castor (superfine) sugar – ½ tsp
✓ Fresh coriander, chopped – 1 tbsp	✓ Coconut milk – 2 tbsp (optional)
✓ Fresh coriander to garnish – 3 sprigs	✓ Oil – 2 tbsp
✓ Chopped fresh mint – 2 tbsp	✓ Nigella seeds – 1 tsp
	✓ Onion (very finely chopped) – 1 small

Method :

- ❖ Place the coconut, chilies, coriander and mint in a food processor. Add 2 tbsp of the limejuice, then process until thoroughly chopped.
- ❖ Scrape the mixture into a bowl and add more limejuice to taste. Add salt and sugar to taste.
- ❖ If the mixture is dry, stir in 1 – 2 tbsp coconut milk.
- ❖ Heat the oil in a small pan and fry the nigella seeds until they begin to pop, then reduce heat and add the onion.
- ❖ Fry, stirring frequently, for 4-5 minutes, until the onion is soft.
- ❖ Stir the onion mixture into the coconut mixture and leave to cool.





- ❖ Garnish with coriander before serving.

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Gor (Sweet) Keri

Ingredients :

✓ Raw firm mangoes (preferably Rajapuri mangoes) – 3 kg	✓ Pinch of asafoetida
✓ Crushed mustard seeds - 1 cup	✓ Jaggery, crushed – 1 kg
✓ Crushed fenugreek – ½ cup	✓ Sugar - 1 kg
✓ Crushed dhana kari – ½ cup	✓ Red chili powder (as per taste) – ¼ cup
✓ Turmeric powder – 1 ½ tbsp	✓ Mustard oil – 1 ½ cup
✓ Salt as per taste	

Method :

- ❖ Peel the mangoes and chop in to medium size chunks.
- ❖ Wash the chunks. Place it in a jar.
- ❖ Add 2 tbsp salt and 1 tbsp turmeric powder.
- ❖ Shake the jar so the pieces are evenly coated.
- ❖ Keep aside.
- ❖ Shake jar in a pendulum motion every 7-8 hours, for a day.
- ❖ Empty the mangoes into non-iron colander and allow the water to drain for 15-20 minutes.
- ❖ Dry the chunks and let it dry on towel for 4-5 hours.





- ❖ Heat 1 cup mustard oil very well till smoky.
- ❖ Add crushed coriander, and crushed fenugreek.
- ❖ Remove from fire, and let it cool slightly.
- ❖ Then add mustard, asafoetida and salt.
- ❖ Let the oil cool completely. Then add turmeric and red chili powder.
- ❖ Mix it well. Add sugar and jaggery.
- ❖ Mix it well with hand, to make a smooth paste. Then add mango chunks.
- ❖ Keep it in a container for 2-3 days, till sugar dissolves completely, stirring occasionally.
- ❖ Put the pickle in an air-tight container and press down lightly.
- ❖ Put more oil, if required, as oil should float on the pickle.
- ❖ The main jar should always have a layer of oil floating on top.

- ❖ Shelf-life: For a year

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Green Chili Pickle

Ingredients :

<ul style="list-style-type: none">✓ Crushed yellow mustard seeds – 4 tbsp✓ Freshly ground cumin seeds – 4 tbsp✓ Garlic cloves, crushed – 50 gms✓ Small garlic cloves peeled but left whole – 20 gms	<ul style="list-style-type: none">✓ Ground turmeric – ¼ cup✓ White vinegar – 2/3 cup✓ Granulated sugar – 1/3 cup✓ Salt – 2 tsp✓ Mustard oil – 2/3 cup✓ Small fresh green chilies, halved – 450 gms
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Method :

- ❖ Mix the mustard and cumin seeds, the turmeric, crushed garlic, vinegar, salt and sugar together in a sterilized glass bowl.
- ❖ Cover with a cloth and leave to rest for 24 hours. This enables the spices to infuse and the sugar and salt to melt.
- ❖ Heat the mustard oil in a frying pan and gently fry the spice mixture for about 5 minutes (keep a window open while cooking with mustard oil as it is pungent and the smoke may irritate the eyes).
- ❖ Add the garlic cloves and fry for a further 5 minutes.
- ❖ Add the chilies and cook gently until tender but still green in color. This will take about 30 minutes on low heat.





- ❖ Cool thoroughly, then pour into sterilized bottles, ensuring the oil is evenly distributed if you are using more than one bottle.
- ❖ Leave to rest for a week before serving.

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Hot Lime Pickle

Ingredients :

✓ Limes – 25 large	✓ Ground turmeric – 2 tbsp
✓ Salt – 1 cup	✓ Mustard oil – 2 ½ cups
✓ Fenugreek powder – ½ cup	✓ Asafetida – 1 tsp
✓ Mustard powder – ½ cup	✓ Yellow mustard seeds, crushed – 2 tbsp
✓ Chili powder – 2/3 cup	

Method :

- ❖ Cut each lime into 8 pieces and remove the seeds if you like.
- ❖ Put the limes in a large sterilized jar or glass bowl. Add the salt and toss with the limes.
- ❖ Cover and leave in a warm place for 1-2 weeks until they become soft and dull brown in color.
- ❖ Mix together the fenugreek, mustard powder, chili powder and turmeric and add it to the limes.
- ❖ Cover and leave to rest in a warm place for a further 2-3 days.
- ❖ Heat the mustard oil in a frying pan and fry the asafetida and mustard seeds.
- ❖ When the oil reaches smoking point, pour it over the limes.
- ❖ Mix well, cover with a clean cloth and leave in a warm place for about 1 week before serving.



Methia Keri

Ingredients :

✓ Raw firm mangoes, chopped in chunks - 1 kg	✓ Salt as per taste (approx 150 gms)
✓ Red chana (red gram) – 100 gms	✓ Turmeric powder - 2tbsp
✓ Crushed mustard seeds – 200 gms	✓ Red chili (as per taste) – ¼ cup
	✓ Mustard oil - 2 cup
	✓ Fenugreek seeds - 200 gms

Method :

- ❖ Place mango chunks in a jar.
- ❖ Put some salt and 1/2 of turmeric in it.
- ❖ Shake the jar so the pieces are evenly coated. Keep aside.
- ❖ Shake jar in a pendulum motion every 7-8 hours, for 2 days.
- ❖ On the second day, soak fenugreek seeds and red gram separately; keep it overnight.
- ❖ On third day, drain water from fenugreek seeds and red gram.
- ❖ Empty the mangoes into non-iron colander and allow the water to drain for 15-20 minutes, keep the drain water.
- ❖ Pat dry the mango chunks, and dry in sun for 4-5 hours on a towel.
- ❖ Put fenugreek seeds and red gram in the drained sour water from





mangoes for 2 hours.

- ❖ Drain fenugreek seeds and red gram and dry them completely with the towel.
- ❖ Mix all the ingredients except mango chunks.
- ❖ Heat oil very well till smoky. Let it cool.
- ❖ In half the oil, add the mixed ingredients and then add mango chunks.
- ❖ Mix it well, so all chunks are coated with the masala.
- ❖ Transfer to a clean jar and press down lightly.
- ❖ Pour remaining oil on top, oil should cover the pickle.
- ❖ Allow to marinate for 10 days before using.
- ❖ Take out in small quantities for use in a small glass jar.
- ❖ The main jar should always have a layer of oil floating on top. Add more oil (after heating and then cooling it) if required.

- ❖ Shelf-life: More than a year

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Pickled Mixed Vegetable

Ingredients :

✓ Cauliflower – 200 gms	✓ Fresh turmeric – 10 gms
✓ Cluster beans – 50 gms	✓ Fresh firm green chilies - 15
✓ French beans – 50 gms	✓ Spicy vinegar - 1
✓ Gherkins – 50 gms	✓ Sugar – 1 tbsp
✓ Carrots – 50 gms	✓ Wet brine for soaking
✓ Ginger – 10 gms	

Method :

- ❖ Wash, wipe, and slice cauliflower, carrots, and gherkins into desired pieces.
- ❖ Leave cluster beans, chilies whole, separated.
- ❖ Slice ginger, turmeric into thin slivers.
- ❖ Do not make pieces too small or they will get mushy on pickling.
- ❖ Soak them in wet brine for 10-12 hours or overnight.
- ❖ Drain and wash thoroughly under cold running water.
- ❖ Drain completely, dab with kitchen cloth if necessary.
- ❖ Pack tight layers, vegetable by vegetable into sterile jar, without leaving spaces.





- ❖ Dissolve sugar into vinegar while still hot.
- ❖ Pour vinegar to cover them.

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Punjabi Keri Ka Achaar

Ingredients :

✓ Mango pieces (cut and deseeded) – 1 kg	✓ Salt – ½ cup
✓ Nigella seeds (kalonji) – ½ tbsp	✓ Chili powder red – 2/3 cup
✓ Fenugreek seeds, crushed – ½ tbsp	✓ Turmeric powder – 2 tbsp
	✓ Mustard oil – 2 ½ cup
	✓ Aniseeds, crushed – ½ tbsp

Method :

- ❖ Take mango pieces in large wide bowl or jar.
- ❖ Pour all ingredients over them, except oil.
- ❖ Mix very well with clean dry hands of wooden spatula.
- ❖ Keep in sun for 4 days.
- ❖ Stir once, check for taste.
- ❖ Heat oil very well till smoky.
- ❖ Cool to almost room temperature.
- ❖ Add to pickle and mix well.
- ❖ Pour into clean, dry pickle jars.
- ❖ Press down firmly with back of the spoon.
- ❖ There should be enough oil to form a layer over surface of pickle.





- ❖ Tie with a thin muslin, before placing lid.
- ❖ Allow to mature for 10-12 days before using.
- ❖ Store carefully as shown above to keep pickle from going bad.

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Spicy Mango Pickle

Ingredients :

✓ Medium raw firm mangoes- chopped in chunks – 3	✓ Red chili powder - ½ cup
✓ Crushed mustard seeds - 1 tbsp	✓ Salt - ½ cup
✓ Crushed fenugreek seeds - ½ tbsp	✓ Turmeric powder - 1/5 cup
✓ Aniseed – ¼ tbsp	✓ Oil (any refined oil) – 1 cup
	✓ Glass, china or earthen pickle jar

Method :

- ❖ Place chunks in jar. Sprinkle rock salt & ½ the turmeric.
- ❖ Shake the jar so the pieces are evenly coated. Keep aside shake jar in a pendulum motion every 10-12 hours, for 2 days.
- ❖ On the third day empty the contents into a non-iron colander and allow the water to drain for 15-20 minutes.
- ❖ Spread out on an old kitchen towel for 1 ½ to 2 hours. Do not use white cloth, since turmeric will stain the fabric or use disposable.
- ❖ In a large plastic or glass bowl, mix all the dry ingredients left.
- ❖ Add the mangoes; add half the oil, mix very well with clean dry hands or a spatula.





- ❖ Transfer to a clean jar and press down lightly. Pour remaining oil on top.
- ❖ Allow to marinate for 10 days before using. Take out in small quantities for use in a small glass jar. The main jar should always have a layer of oil floating on top.
- ❖ Press down the pieces and masala firmly. This pickle will not go bad for over a year even at room temperature.

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Sun cooked Mango Katki

Ingredients :

✓ Mangoes very raw and firm – 2	✓ Cinnamon - 1" stick
✓ Sugar – 1 cup	✓ Cardamoms - 3
✓ Salt – 2tbsp	✓ Chili powder (optional) - 1 tbsp
✓ Turmeric powder- 1 tsp	✓ Saffron – ¼ tsp
✓ Cloves - 5	

Method :

- ❖ Peel and chop mangoes into very fine pieces.
- ❖ Place in a jar (earthen, glass, or china). Sprinkle salt and turmeric. Shake the jar to coat mangoes evenly. After 2 hours add sugar. Shake again.
- ❖ Keep aside for 24 hours. Shake again and transfer to a wide bowl. Cover with a thin mesh or muslin.
- ❖ Place in the sun. If the sun is very hot (summer of India averaging 38-40 degree Celsius), then 3-4 days will suffice. But if the intensity is lower then the number of days will vary between 4-8 days.
- ❖ The pickle is done when all the sugar has melted to a sticky thin syrup.
- ❖ Remember to take the bowl inside every evening. To stir and place outside every morning.
- ❖ When done, add the chili powder. Crush the other spices coarsely and add to pickle. Be careful not to touch a wet spoon to the pickle.



- ❖ If taken care, the pickle is kept for a year without refrigeration.

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Apricot Chutney

Ingredients :

✓ Dried apricots (finely diced) – 3 cups	✓ Grated ginger – 1 tsp
✓ Garam masala – 1 tsp	✓ Salt – 1 tsp
✓ Soft light brown sugar – 1 ¼ cups	✓ Golden raisins – ½ cup
	✓ Water – 2 cups
	✓ Malt vinegar – 2 cups

Method :

- ❖ Put all the ingredients into a medium pan and mix thoroughly with a spoon on high flame.
- ❖ Bring to a boil, then reduce the heat and simmer for 30-35 minutes, stirring occasionally.
- ❖ When the chutney has thickened to a fairly stiff consistency, spoon it into 2-3 clean jars and leave to cool. This chutney should be stored in the refrigerator.
- ❖ It takes around 20 minutes to prepare.



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Date Chutney

Ingredients :

✓ Dates – 100 gms	✓ Jaggery – 25 gms
✓ Tamarind – 25 gms	✓ Salt to taste
✓ Chili powder – 20 gms	

Method :

- ❖ Soak all the ingredients for 1-2 hours.
- ❖ Grind all the above mixture in a blender into a fine paste.
- ❖ Strain it with a strainer.
- ❖ Add water as per the consistency desired.
- ❖ This chutney adds taste to cocktail snacks.



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Fresh Tomato Onion Chutney

Ingredients :

✓ Tomatoes – 8	✓ Malt vinegar – $\frac{3}{4}$ cup
✓ Chopped onion – 1 medium	✓ Salt – 1 tsp
✓ Brown sugar – 3 tbsp	✓ Honey – 1 tbsp
✓ Garam masala – 1 tsp	✓ Yoghurt, sliced green chili and fresh mint leaves to garnish
✓ Ground ginger – 1 tsp	

Method :

- ❖ Wash the tomatoes and cut them into quarters. Place them with the onion in a heavy pan.
- ❖ Add the sugar, garam masala, ginger, honey, vinegar and salt. Half cover the pan with a lid and cook over low heat for 20 minutes.
- ❖ Mash the tomatoes with a fork to break them up, and then continue to cook on a slightly higher heat until the chutney thickens.
- ❖ Spoon the chutney into a bowl and leave to cool, then cover and place in a refrigerator until needed.
- ❖ Serve chilled garnished with yoghurt, sliced chili and mint leaves



This chutney can be kept for about 2 weeks in a covered jar in the refrigerator.



Fried Sesame Seed Chutney

Ingredients :

✓ Sesame seeds – ¾ cup	✓ Tamarind paste – 1 tbsp
✓ Salt – 1 tsp	✓ Granulated sugar – 2 tbsp
✓ Water – 2/3 cup	✓ Oil – 1 tsp
✓ Fresh green chili (seeded and diced) – 2	✓ Onion seeds – ¼ tsp
✓ Fresh coriander (chopped) – 4 tbsp	✓ Curry leaves – 4
✓ Fresh mint (chopped) – 1 tbsp	✓ Onion rings, sliced chilies, and fresh coriander leaves to garnish

Method :

- ❖ Dry roast the sesame seeds and leave to cool.
- ❖ Grind them into a grainy powder.
- ❖ Transfer the sesame powder into a bowl. Add salt, water, diced chilies, coriander, mint, tamarind paste and sugar and use a fork to mix everything together.
- ❖ Taste and adjust the seasoning if necessary; the mixture should have a sweet and sour flavor.
- ❖ Heat the oil in a heavy pan and fry the onion seeds and curry leaves.
- ❖ Tip the sesame seed paste into the pan and stir fry for about 45 seconds.





- ❖ Transfer the chutney to a serving dish and leave to cool.
- ❖ Garnish with onion rings, sliced green and red chilies and fresh coriander leaves and serve with your chosen curry.

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Mango Chutney

Ingredients :

<ul style="list-style-type: none">✓ Malt vinegar – 4 tbsp✓ Crushed dried chilies – ½ tsp✓ Cloves – 6✓ Peppercorns – 6✓ Roasted cumin seeds – 1 tsp✓ Onion seeds – ½ tsp✓ Granulated sugar – ¾ cup	<ul style="list-style-type: none">✓ Green (unripe) mangoes, peeled and cubed – 450 gms✓ Ginger (thinly sliced) – 2 inch piece✓ Crushed garlic – 2 cloves✓ Thin peel of orange or lemon – 1 (optional)✓ Salt to taste
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Method :

- ❖ Pour the vinegar into a pan and add the chilies, cloves, peppercorns, cumin and onion seeds, salt and sugar.
- ❖ Place over a low heat and simmer until the spices infuse the vinegar – about 15 minutes.
- ❖ Add the mango, ginger, garlic and peel (if using). Simmer until the mango is mushy and most of the vinegar has evaporated.
- ❖ When cool, pour into sterilized bottles.
- ❖ Cover and leave for a few days (7-10) before serving.



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Spicy Tomato Chutney

Ingredients :

✓ Vegetable oil – 6 tbsp	✓ Mustard seeds (crushed) – 1 tsp
✓ Cinnamon stick – 2 inch pieces	✓ Chopped tomatoes – 800 gms
✓ Cloves – 4	✓ Garlic (crushed) – 4 cloves
✓ Freshly roasted cumin seeds – 1 tsp	✓ Ginger – 2 inch piece
✓ Nigella seeds – 1 tsp	✓ Chili powder – 1 tsp
✓ Bay leaves – 4	✓ Ground turmeric powder – 1 tsp
	✓ Brown sugar – 4 tbsp

Method :

- ❖ Pour the oil into a frying pan and place over a medium heat.
- ❖ When the oil is hot , fry the cinnamon, cloves, cumin and nigella seeds, bay leaves and mustard seeds for about 5 minutes.
- ❖ Crush the garlic cloves and add them to the spice mixture. Fry until golden. Meanwhile wash and chop the tomatoes finely.
- ❖ Add the ginger, chili powder, turmeric, sugar. Add ¼ cup water. Simmer until reduced, add the tomatoes and cook for 15-20 minutes.
- ❖ Cool and serve.

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Ingredients :

✓ Pineapple – 800 gms	✓ Grated fresh ginger – 2 tsp
✓ Vegetable oil – 1 tbsp	✓ Dried chilies, crushed – 1 tsp
✓ Black mustard seeds – ½ tsp	✓ Seedless raisins – 1/3 cup
✓ Cumin seeds – ½ tsp	✓ Granulated sugar – ½ cup
✓ Onion seeds – ½ tsp	✓ Salt – 1 ½ tsp

Method :

- ❖ Peel and chop the pineapple finely (you should have approx. 500 gms). Reserve the juice obtained while peeling and chopping.
- ❖ Heat the vegetable oil in a large pan over medium heat and immediately add the mustard seeds. As soon as they pop, add the cumin seeds, then the onion seeds.
- ❖ Add the ginger and chilies and stir fry the spices briskly for 30 seconds until they release their flavors.
- ❖ Add the pineapple, raisins, sugar and salt. Add 300 ml of the juice (made up with cold water if necessary) and stir into the pineapple mixture.
- ❖ Bring the mixture to a boil, reduce the heat to medium and cook uncovered for 20-25 minutes.





Banana Grape Raita

Ingredients :

✓ Yoghurt – 1 ½ cups	✓ Freshly ground cumin seeds – 1 tsp
✓ Seedless grapes – 75 gms	✓ Freshly roasted cumin seeds, chili powder or paprika to garnish
✓ Shelled walnut – ½ cup	✓ Salt to taste
✓ Bananas (firm) – 2	
✓ Granulated sugar – 1 tsp	

Method :

- ❖ Place the yoghurt in a chilled bowl and add the grapes and walnuts.
- ❖ Slice the bananas directly into the bowl and fold in gently before the bananas turn brown.
- ❖ Add the sugar, salt and ground cumin and gently mix together.
- ❖ Chill, and just before serving, sprinkle on the cumin seeds, chili powder or paprika.



Tips & Variations :-

- ❖ Instead of grapes try kiwi fruit, peaches or nectarines. Almonds or hazelnuts can be used instead of or as well as the walnuts.

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Cucumber Raita

Ingredients :

✓ Yoghurt – 2 cups	✓ Crushed mustard seeds – 1 tsp
✓ Grated cucumber – 250 gms	✓ Sugar – 2 tsp
✓ Salt to taste	✓ Coriander leaves to garnish

Method :

- ❖ Whisk the yoghurt.
- ❖ Mix all the ingredients properly.
- ❖ Chill the raita.
- ❖ Serve garnished with coriander leaves.



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Mixed Fruit Raita

Ingredients :

✓ Yoghurt – 2 cups	✓ Salt – 1 tsp
✓ Chopped banana – 1	✓ Sugar – 1 tsp
✓ Apple (peeled and chopped) – 1 large	✓ Roasted cumin seed powder – 2 tsp
✓ Pomegranate seeds – 1 ½ tbsp	✓ Chili powder – a pinch

Method :

- ❖ Whisk the yoghurt.
- ❖ Add all the ingredients except chili powder.
- ❖ Reserve 1 tsp cumin powder for garnishing.
- ❖ Chill the raita.
- ❖ Just before serving garnish with chili powder and cumin powder.



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Spinach Date Raita

Ingredients :

✓ Yoghurt – 2 cups	✓ Salt – 1 tsp
✓ Spinach (finely chopped) – 2 tbsp	✓ Sugar – 2 tsp
✓ Dates (deseeded and cubed) – 1 tbsp	✓ Roasted cumin powder – 2 tsp
	✓ Bananas (chopped) – ½ tbsp

Method :

- ❖ Whisk the yoghurt.
- ❖ Mix salt and sugar properly.
- ❖ Add the washed and finely chopped spinach leaves.
- ❖ Add the cubed dates and bananas.
- ❖ Add 1 tsp cumin powder and mix well.
- ❖ Chill the raita.
- ❖ Just before serving, garnish with 1 tsp of cumin powder.



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Sweet Sour Raita

Ingredients :

✓ Yoghurt – 2 cups	✓ Mint sauce – 1 ½ tsp
✓ Salt – 1 tsp	✓ Green chili, seeded and finely chopped – 1
✓ Granulated sugar – 1 tsp	✓ Diced onion – 1 medium
✓ Clear honey – 2 tbsp	✓ Water – ¼ cup
✓ Roughly chopped fresh coriander – 2 tbsp	

Method :

- ❖ Pour the yoghurt into a bowl and whisk it well. Add the salt, sugar, honey and mint sauce.
- ❖ Taste to check the sweetness and add more honey if desired.
- ❖ Reserve a little chopped coriander for garnishing and add the rest to the yoghurt mixture with the chili, onion and water.
- ❖ Whisk once again and pour into a serving bowl.
- ❖ Garnish with the reserved coriander and place in the refrigerator ready to serve.

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Tomato Onion Raita

Ingredients :

✓ Tomato (finely chopped) – 1 large	✓ Chili powder – ½ tsp
✓ Onion (finely chopped) – 1 large	✓ Roasted cumin seed powder – ½ tsp
✓ Yoghurt – 2 cups	✓ Coriander leaves to garnish
✓ Salt – 1 tsp	✓ Sugar – 1 tsp

Method :

- ❖ Whisk the yoghurt.
- ❖ Add all the ingredients and mix well.
- ❖ Chill the raita.
- ❖ Just before serving take it out of the refrigerator.
- ❖ Serve garnished with coriander leaves.



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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>