





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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Achari Mutton

Preparation Time	Serves
45 minutes	6

Ingredients :

<ul style="list-style-type: none"> ✓ Mutton – 800 gms ✓ Coriander leaves chopped – ½ cup ✓ Fenugreek seeds – ½ tsp ✓ Fennel seeds – 1 tsp ✓ Cumin seeds – ½ tsp ✓ Turmeric powder – 1 tsp ✓ Red chillies, whole - 8 ✓ Red chili powder – 1 tsp ✓ Tomato medium - 4 	<ul style="list-style-type: none"> ✓ Cloves - 5 ✓ Onion seeds – 1 tsp ✓ Mustard oil - 7 tbsp ✓ Ginger chopped – 2 tbsp ✓ Garlic chopped – 1 tbsp ✓ Mustard seeds – 1 tsp ✓ Onions, medium - 4 ✓ Salt to taste
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Method :

- ❖ Wash and cut the mutton into 1 1/2" cubes.
- ❖ Take off and cut the onions.
- ❖ Cut the tomatoes.
- ❖ Roast the whole spices separately and grind everything coarsely.
- ❖ Heat up oil in a thick-bottomed pot to smoking point, cool and again heat up the oil and stir fry the onions till brown.





- ❖ Mix in the cut ginger-garlic.
- ❖ Mix well.
- ❖ Mix in coarsely ground masala powder.
- ❖ Stir-fry for half a minute, stirring all the time.
- ❖ Mix in mutton, stir fry on high flame heat up till mutton pieces are well browned.
- ❖ Mix in the tomatoes, turmeric powder, red chili powder and salt and mix well.
- ❖ Stir-fry till oil leaves the masala.
- ❖ Mix in sufficient quantity of water (about 2 1/2 cups), bring it to a boil and cover.
- ❖ Stir-fry till the mutton is fully done.
- ❖ Adjust the flavor and serve hot decorated with coriander leaves.

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Bhatura

Preparation Time	Serves
30 minutes	6

Ingredients :

✓ Refined flour (maida) – 2 cups	✓ Oil – 2 tsp for deep frying
✓ Semolina (sooji) – ½ cup	✓ Sugar – ½ tsp
✓ Curd – ½ cup	✓ Salt to taste
✓ Milk – ½ cup	

Method :

- ❖ Sieve flour and semolina.
- ❖ Now add all the ingredients and make stiff (but not hard) dough.
- ❖ Knead properly for at least 5 minutes.
- ❖ Cover with a wet muslin cloth and keep in a warm place for at least 3 – 4 hours.
- ❖ Divide into 8 – 10 round balls.
- ❖ Roll them out like big puris, a bit smaller than chapattis.
- ❖ Serve immediately with chana.



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Black Dal

Preparation Time	Serves
60 minutes	4

Ingredients :

<ul style="list-style-type: none"> ✓ Black gram dal (whole udad) – 1 cup ✓ Chana (gram) dal – 2 tbsp ✓ Red kidney beans (Rajmah) – 2 tbsp ✓ Ghee – 1 tbsp ✓ Water – 5 cups ✓ Salt to taste ✓ Cloves – 6 to 8 	<ul style="list-style-type: none"> ✓ Cream – ½ cup (optional) ✓ Ginger – 1 inch piece ✓ Garlic – 5 flakes ✓ Tomatoes (medium) – 5 ✓ Green chili – 3 to 4 ✓ Cinnamon – 1 inch piece stick ✓ Butter – 2 tbsp ✓ Coriander leaves – a few sprigs
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Method :

- ❖ Soak the dal for 2 – 3 hours.
- ❖ Chop the tomatoes, garlic, ginger and coriander leaves finely.
- ❖ Slit the chili.
- ❖ Pressure cook the dal and rajmah with salt and garlic for 3 – 4 whistles.
- ❖ Once cooked, let it simmer on a low flame for 30 minutes or till thick and creamy.
- ❖ In a pan heat the ghee.





- ❖ Add chopped ginger, chili, cinnamon, cloves and tomatoes.
- ❖ Cook on medium flame till the ghee separates.
- ❖ Add it to the dal.
- ❖ Add butter and serve hot.
- ❖ Add ½ cup cream just before serving.

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Black Eyes Beans Curry

Preparation Time	Serves
40 minutes	6

Ingredients :

<ul style="list-style-type: none"> ✓ Black Eye Beans – 2 cups ✓ Salt to taste ✓ Ground Coriander – 1 ½ tsp ✓ Ground cumin seeds ¾ tsp ✓ Turmeric powder – ½ tsp ✓ Oil – 2 tbsp 	<ul style="list-style-type: none"> ✓ Small onion, chopped - 1 ✓ Large cloves garlic, chopped - 2 ✓ Ginger, peeled and chopped – 1" ✓ Cumin seeds – ½ tsp ✓ Medium tomato, chopped - 1
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Method :

- ❖ Soak beans overnight in 3 cups of water.
- ❖ Drain beans, add fresh lukewarm water.
- ❖ Add salt, coriander, cumin and turmeric.
- ❖ Pressure cook it for 4-5 whistles.
- ❖ Heat oil in deep saucepan. Add onion, garlic, ginger and cumin.
- ❖ Sauté for 10 minutes and add tomato. Cook another 5 minutes.
- ❖ Add black-eyed beans along with the water. Continue to simmer, uncovered, until beans are soft but not completely dissolved.
- ❖ Curry should be soupy.



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Butter Chicken

Preparation Time	Serves
60 minutes	4

Ingredients :

<ul style="list-style-type: none"> ✓ Tandoori chicken – 1 (cut into medium sized pieces) ✓ Tomatoes – ½ kg ✓ Butter – 100 gms ✓ Tomato sauce – 2 tbsp ✓ Chili powder – 1 tsp 	<ul style="list-style-type: none"> ✓ Cashew nuts (powdered) – 4 level tbsp ✓ Sugar – 1 tsp ✓ Water – ½ cup ✓ Bay leaf – 1 ✓ Thick cream – ½ cup
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Method :

- ❖ Chop the tomatoes.
- ❖ Now add water and bay leaf and boil for 15 minutes.
- ❖ Make puree by sieving the mixture. This should be about 2 cups.
- ❖ In a pan, heat butter and fry the powdered cashew nuts to a golden color.
- ❖ Reduce heat and add the tomato puree, tomato sauce, chili powder and sugar and while stirring, bring it to a boil.
- ❖ Cook for 5 minutes and add the chicken pieces.
- ❖ Cook further for 5 – 7 minutes.
- ❖ Before serving add thick cream.





- ❖ Garnish with chopped coriander leaves.

Tips & Variations :-

- ❖ You may use boneless chicken for roasting, if you so prefer.
- ❖ You can use ready tandoori chicken and use the same gravy mix if in a hurry.

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Chicken Kofta With Paneer

Preparation Time	Serves
45 minutes	6

Ingredients :

<ul style="list-style-type: none">✓ For the Koftas:✓ Boneless chicken – 450 gms (shimmed and cubed)✓ Crushed garlic – 1 tsp✓ Shredded ginger – 1 tsp✓ Ground coriander – 1 ½ tsp✓ Chili powder – 1 ½ tsp✓ Ground fenugreek – 1 ½ tsp✓ Turmeric powder – ¼ tsp✓ Salt to taste✓ Coriander leaves, chopped – 2 tbsp✓ Chopped green chili – 2✓ Water – 2 ½ cups✓ Oil for frying	<ul style="list-style-type: none">For the paneer mixture:✓ Onion sliced – 1 medium✓ Red (bell) pepper – 1 (seeded and cut into stripes)✓ Green (bell) pepper – 1 (seeded and cut into stripes)✓ Paneer – 175 gms✓ Corn – 175 gms✓ Fresh mint sprigs✓ Crushed dried red chili – 1 (optional)
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Method :

- ❖ Put all the kofta ingredients apart from the oil, into a medium pan.
- ❖ Bring to a boil slowly, over medium heat, and cook until all the liquid has evaporated.

- ❖ Remove from heat and leave to cool slightly. Put the mixture into a food processor or blender and process for 2 minutes, stopping once or twice to loosen the mixture with a spoon.
- ❖ Scrape the mixture into a large mixing bowl, using a wooden spoon. Taking a little of the mixture at a time, shape it into small balls, using your hands. You should be able to make about 12 koftas.
- ❖ Heat the oil in a deep pan over high heat. Reduce the heat slightly and drop the koftas carefully into the oil. Move them around gently to ensure that they cook evenly.
- ❖ When the koftas are lightly browned, remove them from oil with a slotted spoon and drain on kitchen paper. Set aside.
- ❖ Heat the oil still remaining in the pan, and flash fry all the ingredients for the paneer mixture. This should take about 3 minutes over high heat.
- ❖ Divide the paneer mixture evenly into between 6 individual serving pans.
- ❖ Add 2 koftas to each serving and garnish with mint sprigs. Add the crushed red chili if you like.



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Corn Pakoda

Preparation Time	Serves
30 minutes	6 - 8

Ingredients :

✓ Corn seeds, boiled – 3 corns	✓ Sour curd – 1 cup
✓ Ginger-chili paste – 2 tsp	✓ Garam masala – 2 tsp
✓ Soda – 1 tsp	✓ Salt to taste
✓ Coriander leaves, chopped – 1 cup	✓ Oil to deep fry

Method :

- ❖ Coarsely mash the corn seeds.
- ❖ Mix all the ingredients and make a soft dough, so as to make pakodas.
- ❖ Put spoonfuls in hot oil and deep fry till golden brown on medium flame.
- ❖ Serve hot with coriander chutney or tomato ketchup.



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Fish Amritsari

Preparation Time	Serves
30 minutes	2

Ingredients :

<ul style="list-style-type: none"> ✓ Pomfret fish – 2 ✓ Ginger-garlic paste – 2 tbsp ✓ Salt to taste ✓ Lemon juice – of 1 lemon ✓ Kashmiri red chili powder – 2 tsp ✓ Ajwain /carom seeds – 1 tsp ✓ Lemon wedges – 1 	<ul style="list-style-type: none"> ✓ Onion rings – 5 (for garnishing) ✓ Chaat masala – 1 tsp ✓ Gram flour – 4 tbsp ✓ Thick curd – ½ tsp ✓ Egg – 1 ✓ Garam masala – 1 tsp ✓ Oil for frying
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Method :

- ❖ Cut each pomfret into 5 – 6 slices along with the bone.
- ❖ Clean and mash the pieces. Beat the egg lightly.
- ❖ Apply ginger-garlic paste, lemon juice and salt and keep aside.
- ❖ Make a thick marinade by adding ajwain, chili powder, chat masala, gram flour, thick curd, egg, garam masala powder and salt together.
- ❖ Mix the marinade well. Add the fish pieces and keep aside for 30 minutes.
- ❖ Deep fry the marinated fish in oil till crisp.





- ❖ Serve hot with lemon wedges and onion rings.

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Handi Gosht

Preparation Time	Serves
45 minutes	4

Ingredients :

<ul style="list-style-type: none"> ✓ Mutton – ½ kg ✓ Onion, chopped - 1 ✓ Ginger, garlic paste – 2 tbsp ✓ Oil – ½ cup ✓ Red chili powder- 2 tbsp ✓ Turmeric powder – 2 tbsp ✓ Curd – ¼ cup ✓ Salt – 1 ½ tbsp 	<ul style="list-style-type: none"> ✓ Mixed spice powder – 1 tbsp ✓ Black cardamom - 1 ✓ Cinnamon - 1 ✓ Cloves - 2 ✓ Black Pepper - 4 ✓ Green cardamom - 2 ✓ Wheat flour (heaped, mixed with ¼ cup of water) – 1 tbsp
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Method :

- ❖ Heat oil in a handi (frying pan) and fry chopped onion.
- ❖ When onions are golden brown, add rest of masala (spices).
- ❖ Add in mutton and fry well.
- ❖ Add curd and cook for a minute. Then, add 2 cups of water.
- ❖ Cover and cook till meat is tender.
- ❖ Add flour mixture and cook for 15-20 minutes on low heat.





- ❖ Put "Dam" (heat) till oil floats on top. Serve hot with Roti or Rice.

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Hara Mutton

Preparation Time	Serves
35 minutes	4

Ingredients :

✓ Mutton pieces or chops – ½ kg	✓ Mint leaves – 2 tbsp
✓ Onions (grated/crushed) – 3	✓ Fenugreek leaves – ½ tsp
✓ Garlic and ginger – 1 tsp	✓ Curd – 1 cup
✓ Coriander leaves – 1 cup	✓ Ghee or oil – ½ cup
✓ Chopped spinach – 1 tbsp	✓ Garam masala – 1 tsp
✓ Green chili – 8 to 10	✓ Salt to taste
✓ Chili powder – ½ cup	✓ Roasted cumin seeds powder – 1 tsp
✓ Turmeric powder – ¼ tsp	

Method :

- ❖ To the curd, add garam masala, chili powder, salt, turmeric powder, green chili, mint leaves, fenugreek, coriander and spinach leaves.
- ❖ Add the mutton pieces and leave for half an hour to marinate.
- ❖ Heat oil in a cooker, add garlic and ginger and fry a little.
- ❖ Add the onions and fry to a golden brown color.
- ❖ Then add the mutton and curd mixture to it.
- ❖ Cook under pressure for 10 – 15 minutes.





- ❖ Once cooked, open the lid and fry till the oil separates.
- ❖ Now add the roasted cumin seeds powder.
- ❖ Serve hot with naan or parathas.

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Lehsuni Tikki

Preparation Time	Serves
25 minutes	4

Ingredients :

✓ Garlic Flakes – 4 to 6	✓ Cashew nuts – 6 to 8
✓ Medium onion – 1	✓ Cottage cheese grated – ¼ cup
✓ Coriander leaves – ¼ cup	✓ Oil to deep fry
✓ Red chili powder – ½ tbsp	✓ Salt to taste
✓ Medium sized potato - 6	

Method :

- ❖ Wash, boil, cool, peel off and mash potatoes thoroughly.
- ❖ Mix in salt to taste and knead mashed potatoes to make smooth dough.
- ❖ Divide into ten to twelve equal portions.
- ❖ Chop the onion and garlic finely.
- ❖ Clean, wash and finely chop the coriander leaves.
- ❖ Crush cashew nuts and mix with cut onion, garlic, coriander leaves, red chili powder, salt, and grated cottage cheese.
- ❖ Divide the mixture into ten to twelve equal portions.
- ❖ Stuff each portion of mashed potato with a portion of the cottage cheese mixture.
- ❖ Roll and shape into tikkis of approximately two-inch diameter and half inch thickness.



- ❖ Heat up oil in a pan and deep-fry the tikkis till golden brown.
- ❖ Take off and remove on to a clean and absorbent kitchen towel or paper.
- ❖ Serve hot with tomato ketchup or mint chutney.

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Makai Di Roti

Preparation Time	Serves
45 minutes	4

Ingredients :

✓ Corn meal (Makai ka atta) – 1 ½ cup	✓ Butter – 6 tbsp
✓ Whole wheat flour – ¼ cup	✓ Salt to taste

Method :

- ❖ Mix cornmeal, whole-wheat flour and salt.
- ❖ Mix in sufficient lukewarm water, add little at a time, to make medium soft dough.
- ❖ Divide the prepared dough into eight to ten equal portions.
- ❖ Wet your hand with a little water and flatten each portion on a wet polythene sheet, into a disk of four to five" diameter.
- ❖ Heat up a tawa, apply a little oil and transfer makai roti carefully on to the tawa.
- ❖ Spoon a little oil on the sides of makai roti and stir fry on low heat up for one minute.
- ❖ Turn the makai roti and stir fry the other side for one minute or till crunchy and light golden brown.
- ❖ Grease the rotis with butter or ghee.
- ❖ Serve hot with sarson ka saag.



Palak Gosht

Preparation Time	Serves
45 minutes	6

Ingredients :

<ul style="list-style-type: none"> ✓ Garlic paste – 1 tbsp ✓ Chopped green chilies – 5 ✓ Bay leaves – 2 ✓ Spinach – 500 gms ✓ Salt to taste ✓ Garam masala whole – 1 tbsp 	<ul style="list-style-type: none"> ✓ Oil – 4 tbsp ✓ Red chili powder – 1 tsp ✓ Mutton – 500 gms ✓ Cumin seeds – 1 tsp ✓ Onions sliced – 1 cup
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Method :

- ❖ Clean, wash and cut lamb into even sized pieces.
- ❖ Boil spinach in salted boiling water for one minute.
- ❖ Remove well and grind it along with green chilies to a rough paste.
- ❖ Heat up oil in a thick bottomed pan.
- ❖ Mix in bay leaves, whole garam masala and cumin seeds.
- ❖ When cumin seeds begin to crackle, mix in cut onions.
- ❖ Stir fry till onions are translucent.
- ❖ Mix in ginger-garlic paste, red chili powder and then mix in lamb pieces.





- ❖ Stir fry on high flame stirring constantly.
- ❖ Mix in three cup of water and stir fry covered until lamb is almost done.
- ❖ Mix in salt and spinach and stir fry till lamb is fully mixed with spinach and tender.
- ❖ Serve hot.

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Paneer Bhurji

Preparation Time	Serves
30 minutes	4

Ingredients :

<ul style="list-style-type: none"> ✓ Paneer (Indian cottage cheese) – ½ kg ✓ Tomato (big) – 1 ✓ Onions – 2 ✓ Coriander leaves – a few sprigs 	<ul style="list-style-type: none"> ✓ Red chili powder – 1 tsp ✓ Turmeric powder – ½ tsp ✓ Cumin seeds – ½ tsp ✓ Salt to taste ✓ Oil – 2 tbsp
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Method :

- ❖ Cut paneer into small cubes and grate a little portion of it.
- ❖ Finely chop the onions and tomato.
- ❖ Heat oil in a pan.
- ❖ Add the cumin seeds and onions and fry on medium flame for 5 – 8 minutes or till golden brown.
- ❖ Then add the tomatoes, turmeric powder and red chili powder, paneer and salt.
- ❖ Cook covered for 5 minutes.
- ❖ Serve hot after garnishing with coriander leaves.
- ❖ Grated paneer gives a creamy taste to the dish.



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Pindi Chana

Preparation Time	Serves
25 minutes	4

Ingredients :

<ul style="list-style-type: none"> ✓ Kabuli chana (white chick peas) – 200 gms ✓ Tea leaves – 2 tsp ✓ Ginger-garlic paste – 2 tsp ✓ Grated ginger – 2 tsp ✓ Grated onion (medium) – 2 ✓ Kasturi methi (dried fenugreek leaves) – ½ tsp ✓ Chole masala – 1 tbsp ✓ Whole garam masala – 1 tsp ✓ Turmeric powder – 1 tsp 	<ul style="list-style-type: none"> ✓ Oil – 1 tbsp ✓ Water – 1 ½ cup ✓ Cooking soda – ½ tsp ✓ Asafoetida – ½ tsp ✓ Slit green chili – 1 to 2 ✓ Roasted cumin seeds powder – 1 tsp ✓ Coriander powder – ½ tsp ✓ Salt to taste ✓ Lemon juice – of half lemon ✓ Lemon pieces and coriander leaves to garnish
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Method :

- ❖ Soak the chana in lukewarm water for 8 – 10 hours.
- ❖ Drain the water and wash properly.
- ❖ Now boil 2 cups of water with the tea leaves.
- ❖ Now drain the water and add to the chana





in a thick bottomed pan. Add the cooking soda.

- ❖ Pressure cook it for 10 – 12 whistles or about 30 minutes on high flame and then low flame for about 15 minutes.
- ❖ Heat oil in a pan. Add the cumin seeds, asafoetida, green chili and the onions.
- ❖ Sauté them till light brown, then add the ginger-garlic paste, ginger and kasturi methi.
- ❖ Now add all the other spices except cumin powder and kasturi methi and fry them on medium flame till the oil separates.
- ❖ Mash 2 -3 tsp of chana and sauté with spices.
- ❖ Now drain the water from the chana and add it to the masala. Mix well, add cumin powder and kasturi methi and cook covered for 5 – 10 minutes on low flame.
- ❖ Add ¼ cup water if desired. Put off the flame, add lemon juice and mix well.
- ❖ Serve hot after garnishing with onion rings, coriander leaves and cut lemon pieces.

TIPS & VARIATIONS :-

- ❖ You may even add a few pieces of boiled potatoes.
- ❖ You may add 2 – 3 ice cubes to the soaked chana in lukewarm water. It helps to soak them quickly.
- ❖ You may add a tsp of ghee to the chana before boiling.

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Sarson Da Saag

Preparation Time	Serves
35 minutes	6

Ingredients :

✓ Mustard leaves – 500 gms	✓ Maize flour – 1 tbsp
✓ Spinach – 200 gms	✓ Sugar – 1 pinch
✓ Bathuwa – 200 gms	✓ Ghee – 2 tbsp
✓ Garlic cloves - 3	✓ Asafoetida – 1 pinch
✓ Ginger – 1 inch piece	✓ Onion chopped - 1
✓ Green chili - 2	✓ Red chili powder – 1 tsp
✓ Salt to taste	✓ Turmeric powder – 1 pinch

Method :

- ❖ Clean and wash mustard, spinach and bathuwa. Chop the leaves finely.
- ❖ Chop ginger, garlic cloves and chilies.
- ❖ Pressure cook the spinach, mustard leaves, bathuwa with garlic, ginger and chilies.
- ❖ When cool, grind it to smooth paste.
- ❖ Heat ghee in a vessel, add asafoetida and onions. Fry until light brown. Add salt and turmeric powder. Mix well.
- ❖ Add the ground leaves and cook for few minutes on medium flame.
- ❖ Add the maize flour, red chili powder, sugar and stir well. Cook for 2-3





minutes.

- ❖ Serve hot with paratha or makai ki roti.

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Shahi Kofta

Preparation Time	Serves
45 minutes	6

Ingredients :

<ul style="list-style-type: none"> ✓ Potato – 250 gms ✓ Tomato – 250 gms ✓ Boiled peas – 1 cup ✓ Onion paste – 2 tsp ✓ Cooked rice – 1 ½ cup ✓ Grated coconut – 1 cup ✓ Curd – 1 cup ✓ Oil to deep fry ✓ Turmeric powder – 1 tsp ✓ Chili powder – 1 tsp ✓ Coriander powder – 1 tsp 	<ul style="list-style-type: none"> ✓ Butter – 2 tbsp ✓ Fresh cream – 2 tbsp ✓ Cashew nut – 12 ✓ Almond – 7 ✓ Raisins – 15 ✓ Chopped Coriander leaves – 1 cup ✓ Ginger-chili paste – 2 tsp ✓ Paneer/cottage cheese – 150 gms ✓ Salt to taste ✓ Water – 1 cup
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Method :

- ❖ Grind the tomatoes and keep aside.
- ❖ Boil, peel and mash the potatoes.
- ❖ Add cooked rice, coriander leaves, ginger-chili paste, salt and grated coconut to the mashed potatoes. Knead and divide into 12 portions and make rounds.





- ❖ Chop the cashew nuts and almonds finely.
- ❖ Add raisins and chopped nuts to paneer/cottage cheese and make 10 rounds.
- ❖ Now press the potato rounds and stuff in the paneer rounds. Seal them properly and make rounds.
- ❖ Deep fry them in oil and keep aside.
- ❖ Heat butter in a pan. Sauté the onion paste till golden brown.
- ❖ Add the tomato puree, salt, turmeric powder, chili powder, coriander powder and sauté till the oil starts separating.
- ❖ Add 1 cup water and let it boil. Add the boiled peas and let the gravy boil for 5 minutes.
- ❖ Add the beaten curd and put off the flame.
- ❖ Mix properly and add the koftas.
- ❖ Serve hot garnished with coriander leaves.

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Tandoori Masala Spring Lamb Chops

Preparation Time	Serves
45 minutes	6

Ingredients :

<ul style="list-style-type: none"> ✓ Spring lamb chops – 6 (small, lean) ✓ Yoghurt – 2 tbsp ✓ Tomato puree – 1 tbsp ✓ Ground coriander – 2 tsp ✓ Ginger paste – 1 tsp ✓ Oil – 1 tbsp, plus extra for brushing ✓ Garlic paste – 1 tsp ✓ Chili powder – 1 tsp 	<ul style="list-style-type: none"> ✓ Red food color (optional) – few drops ✓ Salt to taste ✓ Lemon juice – 3 tbsp <p>For garnishing:</p> <ul style="list-style-type: none"> ✓ Lettuce leaves (optional) ✓ Lime wedges ✓ Onion (sliced) – 1 (small) ✓ Fresh coriander
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Method :

- ❖ Rinse the chops and pat dry. Trim off all excess fat.
- ❖ In a bowl, mix together the yoghurt, tomato puree, ground coriander, ginger and garlic, chili powder, food coloring (if using), salt, oil and lemon juice.
- ❖ Rub the spice mixture over the lamb chops using your hands and leave the chops to marinate in a cool place for at least 3 hours.





- ❖ Preheat the oven to 240° Celsius/475° Fahrenheit/Gas 9. Place the marinated chops in an ovenproof dish.
- ❖ Using a brush, oil the chops with about 1 tsp oil and cook in the oven for 15 minutes. Lower the heat to 180° C / 350° F / Gas 4 and cook for a further 10-15 minutes.
- ❖ Check that the chops are cooked and serve immediately on a bed of lettuce leaves if so wished and garnish with lime wedges, sliced onion and fresh coriander.

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Vegetable Jhalfrezi

Preparation Time	Serves
45 minutes	5

Ingredients :

✓ Beans – 100 gms	✓ Oil – 4 tbsp
✓ Carrot – 100 gms	✓ Garlic – 6 flakes
✓ Peas – 100 gms	✓ Cumin seeds – ½ tsp
✓ Spring onions – 25 gms	✓ Poppy seeds – 1 tsp
✓ Cauliflower – 1 small	✓ Cinnamon – 2 stick
✓ Potato – 100 gms	✓ Cloves – 4
✓ Onion (grated) – 2 big	✓ Mint leaves – 5 sprigs
✓ Green chili – 6	✓ Salt to taste
✓ Ginger-chili paste – 1 tsp	✓ Cooking soda – a pinch
✓ Tomato – 150 gms	✓ Coriander leaves to garnish

Method :

- ❖ Cut the vegetables into juliennes except tomatoes. Separate the florets of the cauliflower.
- ❖ Boil all the vegetables in water with a pinch of soda and keep aside.
- ❖ Finely chop spring onions, tomatoes and split the green chilies.
- ❖ Make a paste of garlic, poppy seeds, mint leaves, ginger, 1 green chili, cumin seeds, cloves, cinnamon, pepper coin by grinding them in a blender.
- ❖ Heat oil in a pan. Add the grated onions and sauté till golden brown.



- ❖ Now add the masala paste and sauté till the oil starts separating.
- ❖ Add the chopped tomatoes and cook till the tomatoes become tender.
- ❖ Now add the boiled vegetables and stir for 1-2 minutes.
- ❖ Put off the flame and add the green chilies and spring onions.
- ❖ Garnished with coriander leaves.
- ❖ Serve with hot phulkas, naan or kulchas.

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Vegetable Makhanwala

Preparation Time	Serves
50 minutes	6

Ingredients :

<ul style="list-style-type: none"> ✓ French beans – 100 gms ✓ Cauliflower – 100 gms ✓ Carrots – 100 gms ✓ Green peas – 1 cup ✓ Potatoes – 3 ✓ Onions – 3 ✓ Fresh cream – 1 cup ✓ Refined flour – 2 tbsp 	<ul style="list-style-type: none"> ✓ Milk – 1 cup ✓ Tomato ketchup – 4 tbsp ✓ Butter – 2 tbsp ✓ Chili powder – 1 tsp ✓ Ghee for deep frying ✓ Salt to taste ✓ Coriander leaves to garnish
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Method :

- ❖ Cut the vegetables into juliennes.
- ❖ Deep fry the potatoes in ghee.
- ❖ Boil the French beans, carrots, cauliflower and peas.
- ❖ Mix the cream, flour, milk and tomato ketchup.
- ❖ Put the butter in a vessel and fry the sliced onions until pale in color.
- ❖ Add the vegetables, the prepared sauce, salt and chili powder and cook on a very low flame for 10 minutes.





- ❖ Garnished with coriander leaves.
- ❖ Serve hot with Parathas.

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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>