





## 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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## Aloo Chat

### Ingredients :

- |   |                                       |
|---|---------------------------------------|
| ✓ Potato, boiled, peeled and cubed – ½ kg | ✓ Green chilies, finely chopped – 1-2 |
| ✓ Asafoetida – 1 tsp                      | ✓ Salt – to taste                     |
| ✓ Onions, finely chopped – 2              | ✓ Chat Masala Powder – 1 tsp          |
| ✓ Tomato, finely chopped – 1              | ✓ Coriander Leaves – 2 tsp            |
| ✓ Ginger, juliennes – 2 tsp               | ✓ Lemon juice – 1 tbsp                |

### Method :

- ❖ Mix all the ingredients together in a large bowl.
- ❖ Serve garnished with green chilies, coriander leaves, ginger juliennes and some bhujija.

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## Aloo Matar Ke Parathe

### Ingredients :

- ✓ Potato, boiled, mashed - 200 gms
- ✓ Peas, crushed - 200 gms
- ✓ Salt to taste
- ✓ Onion, chopped - 1 big
- ✓ Ginger - garlic paste - 2 tsp
- ✓ Garam masala - 2 tsp
- ✓ Turmeric powder - ¼ tsp
- ✓ Oil - 2 tsp + for shallow frying

- ✓ Cumin seeds - ½ tsp
- ✓ Coriander leaves, finely chopped - 2 tbsp
- ✓ Green chilies - 2

### For the dough:

- ✓ Wheat flour - 250 gms
- ✓ Oil - 2 tsp

### Method :

- ❖ Bind dough and keep it aside.
- ❖ Heat oil in a pan and add cumin seeds and let them crackle.
- ❖ Add onions and sauté them until light brown.
- ❖ Add ginger-garlic paste, green chilies. Add the crushed peas, mashed potatoes, garam masala, turmeric powder and salt.
- ❖ Mix well. You can also add few drops of lemon juice.
- ❖ Cook for a minute. Add coriander leaves and mix well.
- ❖ Let it cool.





- ❖ After the stuffing has cooked, divide the dough into 6 equal parts.
- ❖ Roll the dough into small chapatis. Stuff the stuffing and seal it from all sides properly.
- ❖ Roll again with light pressure taking flour into 1/2 inch thick rounds.
- ❖ Now shallow fry them with oil on medium flame, one by one evenly on both sides.
- ❖ You can pack this parathas and have it with curd or any pickle/ ketchup/ relish.

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## Banana and Sago Tikia

### Ingredients :

✓ Raw Banana - 2	✓ Coriander leaves - 2 tsp
✓ Sago, soaked for an hour - ½ cup,	✓ Salt to taste
✓ Groundnuts, crushed - ¼ cup	✓ Oil - 2 tbsp
✓ Green chili - 1	

### Method :

- ❖ Boil the raw bananas with their skin for 5-7 minutes.
- ❖ After boiling, remove the skin and mash the bananas.
- ❖ Mix together banana, sago and all other ingredients except oil.
- ❖ Make small sized balls from the mixture and flatten it to make cakes.
- ❖ Now shallow fry the cakes on medium flame, both the sides till golden brown in colour.
- ❖ Pack with any ketchup/ chutney/ pickle.

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## Cheesy Triangles

### Ingredients :

<ul style="list-style-type: none"><li>✓ Pizza base, medium - 2</li><li>✓ Cheese spread - 2 tbsp</li><li>✓ Cheese, grated - ½ cup</li><li>✓ Milk - ½ cup</li><li>✓ Green Chilies, chopped – 2</li><li>✓ Butter - 1 tsp</li></ul>	<ul style="list-style-type: none"><li>✓ Spring Onions, springs and bulbs chopped separately - 2</li><li>✓ Coriander Leaves, chopped - 1 tbsp</li><li>✓ Salt and Pepper to taste</li><li>✓ Oregano, optional - 1 tsp</li></ul>
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### Method :

- ❖ Melt butter in a pan.
- ❖ Add onions, chilies and sauté for 2 minutes until the onions turn pink in colour.
- ❖ Add cheese and let it melt on slow flame.
- ❖ Add milk and stir vigorously.
- ❖ Add the remaining ingredients and stir till you get a sauce consistency.
- ❖ Season to taste and keep aside.
- ❖ Spread the soft cheese evenly on the pizza base.
- ❖ Spread the cheese sauce over it evenly and uniformly.







- ❖ Sprinkle the oregano uniformly, if using it.
- ❖ Grill them until light brown.
- ❖ Cut in equal sized triangles and pack.

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## Chenna and Matar Ki Tikki

### Ingredients :

<ul style="list-style-type: none"><li>✓ For the stuffing:</li><li>✓ Peas, crushed - ½ cup</li><li>✓ Ginger, chili paste - 2 tsp</li><li>✓ Salt - to taste</li><li>✓ Lemon juice - 2 tsp</li><li>✓ Sugar - a pinch</li><li>✓ Coriander leaves, chopped - 1 tsp</li><li>✓ Garam masala - 1 tsp</li><li>✓ Oil - 1 tsp</li><li>✓ Cumin seeds - a pinch</li></ul>	<ul style="list-style-type: none"><li>✓ Chenna - 1 cup</li><li>✓ Salt - to taste</li><li>✓ Coriander leaves, chopped - 2 tsp</li><li>✓ Bengal gram flour - 1 tsp</li><li>✓ Oil to shallow fry</li><li>✓ Cornflour or Maida – for dusting</li></ul>
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### Method :

- ❖ Heat 1 tsp oil in a pan. Add cumin seeds and let them crackle.
- ❖ Add crushed peas and sauté them for 5 minutes or till all the moisture is dried up.
- ❖ Add all other remaining ingredients, mix well and cook for a minute.
- ❖ Take it in a bowl, keep aside and cool.
- ❖ Meanwhile mix all the ingredients for the chenna and mix well.
- ❖ Divide into 6 equal parts. Roll and flatten into 2" rounds.
- ❖ Divide the pea's mixture into 6 equal parts and stuff each rounds into



chenna cake.

- ❖ Roll them and make into cakes.
- ❖ Dust with little corn flour or maida.
- ❖ Shallow fry them and put them on the tissue paper to soak the extra oil.
- ❖ Pack with ketch up or chutney.

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## Chocolate Rolls

### Ingredients :

- |   |                                       |
|---|---------------------------------------|
| ✓ Marie biscuits/ Digestive biscuits / unsalted - 200 gms | ✓ Milk - $\frac{3}{4}$ cup            |
| ✓ Grated Dark Chocolate - 1 tbsp                          | ✓ Malai / Fresh cream - 2 tbsp        |
| ✓ Powdered sugar -1 tbsp                                  | ✓ Desiccated coconut - 1 tbsp         |
| ✓ Cocoa powder - 1 tbsp                                   | ✓ Icing sugar - 1 $\frac{1}{2}$ tbsp  |
| ✓ Drinking chocolate - 1 tbsp                             | ✓ Green cardamom seeds powder - 2 tsp |

### Method :

- ❖ Grind the biscuit and sugar into a very fine powder together.
- ❖ Sieve them through a fine sieve along with cocoa powder and drinking chocolate.
- ❖ Mix in the grated chocolate.
- ❖ Bind into a dough with the milk into a pliable dough.
- ❖ Grease your palms a bit and apply the greasing on the dough just to give it a shine.
- ❖ Refrigerate the dough for 10-15 minutes.
- ❖ In the meantime, mix the remaining ingredients together evenly.
- ❖ Take the dough and divide into equal parts.





- ❖ Now roll them on a plastic sheet or a greased inverted steel plate into ½" thick round.
- ❖ Apply the cream mixture evenly over the rounds. Roll them with light hands.
- ❖ Repeat the same procedure with other dough parts.
- ❖ Press the ends with light hands for a good finishing.
- ❖ Wrap with a clean wrap and refrigerate for 5-6 hours.
- ❖ Take them out and cut into 1" thick rolls.
- ❖ Serve them
  
- ❖ Shelf life : 4 - 5 days.

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## Corn Bhel

### Ingredients :

<ul style="list-style-type: none"> <li>✓ Boiled corn pods - 1 cup</li> <li>✓ Ginger, grated - 2 tsp</li> <li>✓ Green chili, chopped - 1 tsp</li> <li>✓ Capsicum, red and green chopped - 2 tsp</li> <li>✓ Tomatoes, chopped - 1</li> </ul>	<ul style="list-style-type: none"> <li>✓ Onions, chopped - 2</li> <li>✓ Salt - to taste</li> <li>✓ Coriander leaves, chopped - to garnish</li> <li>✓ Cheese cube, grated - 1</li> <li>✓ Oil/Butter - 1 tsp</li> </ul>
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### Method :

- ❖ Heat oil or melt butter in a pan.
- ❖ Add cumin seeds and let them crackle.
- ❖ Add onions and fry them till light brown in colour.
- ❖ Add capsicum and cook for a minute.
- ❖ Add tomatoes and corn and then cook for a minute.
- ❖ Add the seasonings. Mix well.
- ❖ Serve or pack, garnished with coriander leaves and cheese.



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## Corn Vegetable Sandwich

### Ingredients :

<ul style="list-style-type: none"><li>✓ Sandwich bread – 4 slices</li><li>✓ Butter - to apply on the slices</li><li>✓ Cucumber, finely chopped – 1 tbsp</li><li>✓ Tomatoes, finely chopped – 1 tbsp</li><li>✓ Potatoes, boiled, peeled and finely chopped – 1 tbsp</li><li>✓ Oil – 1 tsp</li></ul>	<ul style="list-style-type: none"><li>✓ Capsicum, finely chopped – 1 tbsp</li><li>✓ Onion, finely chopped – 1 tbsp</li><li>✓ Corn pods, boiled - 1 tbsp</li><li>✓ Cumin seeds – a pinch</li><li>✓ Soya sauce – 1 tsp</li><li>✓ Salt and Pepper – to taste</li><li>✓ Tomato Ketchup – to serve</li><li>✓ Mayonnaise – as required</li></ul>
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### Method :

- ❖ Butter the breads and keep aside.
- ❖ Heat oil in a pan. Add the cumin seeds and let them crackle.
- ❖ Add the onions and let them sauté till they turn pink.
- ❖ Add the capsicum and cook for a minute
- ❖ Add the other vegetables and cook for 2 minutes on medium flame.
- ❖ Add the remaining ingredients and mix well and cook for a minute.





- ❖ Spoon the filling and spread evenly on 2 slices of bread.
- ❖ Spread mayonnaise, if using.
- ❖ Cover with the other two slices.
- ❖ Grill and pack it wrapped with a foil.

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## Daliya Upma

### Ingredients :

- |  |                             |
|--|-----------------------------|
| ✓ Daliya (cracked wheat) - 1 cup           | ✓ Ginger, grated - 1 tbsp   |
| ✓ Mixed vegetables, finely chopped - ½ cup | ✓ Coriander leaves - 1 tbsp |
| ✓ Salt to taste                            | ✓ Green chili - 2           |
| ✓ Turmeric powder - a pinch                | ✓ Oil - 1 tsp               |
| ✓ Cashew nut - few                         | ✓ Cumin seeds - ½ tsp       |
| ✓ Raisins - few                            | ✓ Asafoetida - a pinch      |
| ✓ Corn pods - ¼ cup                        | ✓ Coriander powder - 1 tsp  |
|  | ✓ Water - 2 cups            |

### Method :

- ❖ Heat oil in a pan.
- ❖ Add cumin seeds and let them crackle.
- ❖ Add cashew nuts, raisins and ginger.
- ❖ Add daliya and roast it for 5 minutes or until brown in colour.
- ❖ Add all other ingredients except coriander leaves and water.
- ❖ Cook for 2 minutes.
- ❖ Add water and pressure cook for 3 whistles or 20 minutes.





- ❖ Take it out and cook if water is left to burn the extra water.
- ❖ Serve garnished with coriander leaves.

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## Garlic Bread

### Ingredients :

<ul style="list-style-type: none"><li>✓ Bread loaf, cut into slices - 6 slice</li><li>✓ Garlic paste - 2 tsp</li><li>✓ Butter - 4 tsp</li></ul>	<ul style="list-style-type: none"><li>✓ Garlic, grated - 1 tsp</li><li>✓ Garlic, finely chopped - 3 tsp</li><li>✓ Paprika powder - to garnish(optional)</li><li>✓ Salt - a pinch</li></ul>
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### Method :

- ❖ Melt the butter in a pan. Add chopped garlic and cook for a minute.
- ❖ Add remaining garlic (grated) and the paste, salt and cook for another minute.
- ❖ Slightly toast one side of the bread. Turn and apply the garlic butter.
- ❖ Toast this side as you desire. Turn the bread and cook for a minute on low flame.
- ❖ Turn and serve garnished with paprika powder, if using.



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## Healthy Spring Rolls

### Ingredients :

<ul style="list-style-type: none"><li>✓ For the dough:</li><li>✓ Whole wheat flour – 1 cup</li><li>✓ Oil – 1 tsp + for shallow frying</li><li>✓ Salt – to taste</li><li>✓ Water – enough to bind the dough</li></ul>	<ul style="list-style-type: none"><li>✓ Mixed sprouted pulses – ½ cup</li><li>✓ Onion, chopped – 1 big</li><li>✓ Salt and pepper – to taste</li><li>✓ Green chili, finely chopped – 1 tsp</li><li>✓ Ginger, grated – 2 tsp</li><li>✓ Oil – 1 tsp</li><li>✓ Capsicum, chopped – 1 tsp</li></ul>
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### Method :

- ❖ Heat oil in a pan. Add the onions and cook till light brown in color.
- ❖ Add the capsicum and cook for a minute.
- ❖ Add the capsicum and cook for 2 minutes on low flame.
- ❖ Add all the remaining ingredients and keep aside for cooling.
- ❖ Bind a soft pliable dough with the flour, salt, oil and water.
- ❖ In a small bowl make a thick paste of flour and water.





- ❖ Divide the dough into 8 equal parts. Roll them into very thin chapattis.
- ❖ Dry roast them lightly on one side and then roast it properly on one side.
- ❖ Now divide the filling into 8 equal parts and stuff into each chapatti in the middle.
- ❖ Overlap the two ends and seal both the tips using the paste very nicely.
- ❖ Shallow fry them.
- ❖ Cut into slants and pack them in a silver foil and give tomato ketchup along with it.

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## Heart Cookies

### Ingredients :

✓ Flour - 2 cup	✓ White Butter - ½ cup
✓ Desiccated coconut - 1 cup	✓ Baking powder - ¼ tsp
✓ Castor sugar - ½ cup	✓ Mixed Fruit jam - 5 tbsp

### Method :

- ❖ Grease a flat baking tray.
- ❖ Sift the flour and baking powder.
- ❖ Mix coconut with the flour.
- ❖ Cream the butter and sugar properly.
- ❖ Add the flour mixture into the butter and knead it into dough.
- ❖ Refrigerate for 10 minutes
- ❖ Roll the dough into ½ inch thick rounds and cut in heart shapes with the heart shape cutter.
- ❖ Take half of the cookies and make a hole in the middle with the help of small bottle cap.
- ❖ Prick all the cookies with a fork to avoid puffing during baking. Glaze all the cookies with milk or egg white.





- ❖ Bake the biscuits in pre heated oven at 350°F for 15 minutes. Cool on a wire rack for 10 minutes.
- ❖ Spread the jam on plain cookies when still warm and place the biscuits with the hole on the top.
- ❖ Let them cool and store in an airtight container.
  
- ❖ Shelf life : 2 weeks

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## Jam Swiss Roll

Ingredients :

✓ Bread slices, corner's cut - 6

✓ Jam - 6 tbsp

Method :

- ❖ Roll the fresh bread slices with a rolling pin applying light pressure.
- ❖ Now apply the jam properly and evenly.
- ❖ Roll them very lightly sealing the ends.
- ❖ Wrap the rolls with a cling film and refrigerate for an hour.
- ❖ Cut each rolls width wise into 4-6 parts with a sharp knife.
- ❖ Serve and see the smile on the kids' face.



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## Mexican Rice

### Ingredients :

✓ Onion, finely chopped - 1	✓ Mixed herbs – 1 tbsp
✓ Garlic, finely chopped – 5-6 cloves	✓ Beans, chopped – ¼ cup
✓ Kidney beans, boiled – 100 gms	✓ Carrot, chopped – ¼ cup
✓ Tomatoes, chopped – 50 gms	✓ Capsicum,(mixed, red yellow and green) chopped – ¼ cup
✓ Water or vegetable stock – 2 cups	✓ Ginger-Garlic Paste – 2 tsp
✓ Rice, cooked – 1½ cup	✓ Ginger, chopped – 1 tbsp
✓ Olive oil – ½ tbsp	✓ Salt to taste

### Method :

- ❖ Heat the oil in a pan.
- ❖ Add the onions and sauté till they turn to light brown in colour.
- ❖ Now add the garlic and ginger and sauté for another minute.
- ❖ Add all the vegetables except capsicum and tomatoes and salt and cook till the vegetables are done.
- ❖ Now add capsicum, kidney beans and the paste and stir well.
- ❖ Add the rice and the remaining ingredients and cook for another 2 minutes and transfer to the serving bowl.
- ❖ Garnish with chopped celery and pack.

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## Mixed Vegetable And Paneer Paratha

### Ingredients :

- |  |   |
|--|---|
| ✓ Whole wheat flour – 1 ½ cup                | ✓ Crushed peas – 1 tbsp                 |
| ✓ Potato, boiled, peeled and grated – 1, big | ✓ Raw papaya, grated – 1 tbsp           |
| ✓ Carrot, peeled and grated – 1, medium      | ✓ Raw cabbage, finely shredded – 1 tbsp |
| ✓ Paneer, grated – 50 g                      | ✓ Oil – 1 tbsp + for shallow frying     |
| ✓ Onion, sliced – 1, big                     | ✓ Salt – to taste                       |
| ✓ Garlic paste – 1 tsp                       | ✓ Garam Masala – 2 tsp                  |
| ✓ Ginger chili paste – 1 tsp                 | ✓ Water – enough to bind the dough      |

### Method :

- ❖ Mix all the ingredients together and bind a dough.
- ❖ Divide into 8 equal parts. Roll each one of them into 1" thick rounds dusting with little flour if required.
- ❖ Shallow fry them with little oil until both the sides are well cooked and are lightly browned.
- ❖ Wrap them in the foil and pack them with any pickle.



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## Pasta With Mixed Vegetables

### Ingredients :

- |                                 |                            |
|---------------------------------|----------------------------|
| ✓ Pasta - 1 cup                 | ✓ Ginger, grated - 1 tbsp  |
| ✓ Green peas - 15 pods          | ✓ Garlic, chopped - 1 tbsp |
| ✓ Capsicum - 1 tbsp             | ✓ Tomato puree - 1 tbsp    |
| ✓ Carrot (boiled)- 1 small      | ✓ Oregano - 1 tsp          |
| ✓ Fresh Beans (boiled) - 50 gms | ✓ Oil - 1 tbsp             |
| ✓ Cheese - 1 cube               | ✓ Salt to taste            |
| ✓ Onion, shredded - 1           |                            |

### Method :

- ❖ Cut all the vegetables in juliennes and boil them.
- ❖ Boil pasta with little oil and salt.
- ❖ Heat oil in a pan. Sauté the onions till brown. Add capsicum and sauté for another minute.
- ❖ Add all the other vegetables, tomato puree and pasta. Mix well and cook for a minute.
- ❖ Add oregano and grated cheese.
- ❖ Pack and Go.



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## Potato Sago Khichidi

### Ingredients :

- |                                     |                                       |
|-------------------------------------|---------------------------------------|
| ✓ Boiled potatoes – 2               | ✓ Ginger, grated – 2" piece           |
| ✓ Sago (soaked for 2 hours) – ½ cup | ✓ Coriander powder – ¼ tsp            |
| ✓ Salt – to taste                   | ✓ Garam Masala – 1 tsp                |
| ✓ Turmeric powder – ¼ tsp           | ✓ Coriander leaves, chopped – 2 tbsp  |
| ✓ Cumin seeds – ¼ tsp               | ✓ Oil – 1 tsp                         |
| ✓ Asafoetida – 2 pinches            | ✓ Green chili, finely chopped – 2 tsp |

### Method :

- ❖ Peel and finely chop the potatoes and keep aside. Drain the water from the sago and keep aside
- ❖ Heat oil in a pan. Add the cumin seeds and let them crackle.
- ❖ Add the ginger and all the spices and green chilies and cook on low flame for a minute.
- ❖ Add the remaining ingredients and mix well.
- ❖ Cook for 2 minutes and it is ready to be packed.



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## Sattoo Ke Ladoo

### Ingredients :

- |   |   |
|---|---|
| <ul style="list-style-type: none"><li>✓ Sattu, Roasted Bengal Gram Flour - 1 cup</li><li>✓ Ghee - 4 tbsp</li><li>✓ Sugar powder - 3 tbsp</li><li>✓ Misri / Rock Sugar- 20 gms</li></ul> | <ul style="list-style-type: none"><li>✓ Green cardamom powder - 2 tsp</li><li>✓ Nutmeg powder - 2 tsp</li><li>✓ Silver leaves/sheet for garnishing (optional)</li></ul> |
|---|---|



### Method :

- ❖ Mix all the ingredients evenly.
- ❖ Divide into equal parts and shape them into balls or cake shape.
- ❖ Garnish with silver leaves / sheet and serve.
- ❖ Shelf life - 15-20 days at room temperature.



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## Vegetable Frankie

### Ingredients :

<p>For the filling:</p> <ul style="list-style-type: none"><li>✓ Capsicum - 1</li><li>✓ Potatoes, finely chopped - 2</li><li>✓ Beans, finely chopped - 50 gms</li><li>✓ Carrot, finely chopped - 3</li><li>✓ Onions, finely chopped - 3</li><li>✓ Peas - 50 gms</li><li>✓ Mushrooms, boiled, chopped - 100 gms optional</li><li>✓ Cheese spread - 1 tbsp per frankie</li><li>✓ Tomato ketchup - 1 tbsp per frankie</li></ul>	<ul style="list-style-type: none"><li>✓ Oil - 1 tbsp</li><li>✓ Oregano - ½ tsp optional</li><li>✓ Soya sauce - 1 tbsp</li><li>✓ Chili Sauce - 1 tbsp</li><li>✓ Salt and Pepper to taste</li><li>✓ Noodles, boiled - 50 gms</li></ul> <p>For the dough:</p> <ul style="list-style-type: none"><li>✓ Wheat flour - 1 cup</li><li>✓ Oil - 2 tsp + shallow frying</li><li>✓ Salt to taste</li><li>✓ Water - as required</li></ul>
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### Method :

- ❖ Mix the ingredients for the dough and knead into soft pliable dough. Keep aside for few minutes.
- ❖ In the meantime, pressure cook all the vegetables except onions, mushrooms and capsicum with salt and water for 2 whistles.
- ❖ In a pan, heat 1 tbsp oil. Add onions and sauté till light brown.
- ❖ Add capsicum and cook for a minute.
- ❖ Now add the soya sauce, chili sauce and stir.



- ❖ Add the cooked vegetables, mushrooms, noodles and then add the seasonings and stir.

- ❖ Add oregano and mix.

- ❖ Let it cool and keep aside.

- ❖ Divide the dough into 8 parts and roll into thin chapatis.

- ❖ Shallow fry them with very little oil.

- ❖ Now spread the cheese, ketchup and stuffing properly making a layer in the middle.



- ❖ Roast them on low flame on both sides till it becomes crispy.

- ❖ Serve with ketchup and chili sauce.

- ❖ You may even wrap it with a silver foil or tissue paper half way down so that while eating the frankie, stuffing doesn't run down.

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## Vegetbale Hakka Chowmein

### Ingredients :

<ul style="list-style-type: none"> <li>✓ Noodles - 200 gms</li> <li>✓ Beans, juliennes - ¼ cup</li> <li>✓ Carrot, juliennes - ¼ cup</li> <li>✓ Capsicum, finely sliced - 1/8 cup</li> <li>✓ Cabbage, finely sliced - 1/8 cup</li> <li>✓ Mushroom, finely sliced - 4 pcs (optional)</li> <li>✓ Spring onions, only the greens - 4 stalks</li> </ul>	<ul style="list-style-type: none"> <li>✓ Onion, sliced - 2, big</li> <li>✓ Garlic, grated - 3 cloves</li> <li>✓ Ginger, grated - 2</li> <li>✓ Soya sauce - 2 tsp</li> <li>✓ Vinegar - 1 tsp</li> <li>✓ Salt to taste</li> <li>✓ Oil - 2 tsp + 1 tsp</li> <li>✓ Chili sauce - 1 tsp</li> <li>✓ Pepper - to taste</li> </ul>
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### Method :

- ❖ Boil enough water to completely immerse all the noodles completely with little salt.
- ❖ After the water has boiled, put in the noodles and put off the flame. Cover for 10-15 minutes. Add 1 tsp oil.
- ❖ Drain the water when you feel the noodles are cooked. If not, then just cook for another 1 minute on low flame. Drain and wash immediately with cold water.







- ❖ Transfer into a bowl after all the water is drained and keep it in the refrigerator.
- ❖ In the meantime, heat 2 tsp oil in a pan. Add onions and sauté them until light brown in colour.
- ❖ Add cabbage and sauté for 2 minutes on high flame.
- ❖ Add beans and carrot and again sauté for 3-4 minutes until they are tender.
- ❖ Add mushroom and capsicum. Cook for 2-3 minutes on medium flame. Add ginger, garlic and mix well.
- ❖ Add soya sauce, vinegar, seasonings and then the boiled noodles.
- ❖ Mix well and cook for 2 minutes.
- ❖ Add chopped spring onions and mix well.
- ❖ Pack in the tiffin box.

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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>