



**MUI WOMEN'S WING  
PRESENTS**

**A Treasure trove of Culinary secrets  
anchored with love**

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*Food for Thought*

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**An E-Recipe book by  
Families of Seafarers**





# Foreword



*"One cannot think well, love well, sleep well if one has not dined well."*

If you think of this world as a big bowl of soup, then we are all tiny ingredients tossed into this pretty hot soup called COVID 19! This pandemic has changed the definition of life, for almost all of us. We are living in times that will someday, be described in History books, as an extraordinary era of joblessness for most, overwork for many, disparity, loss, insecurity and global disruption of 'normalcy'. For the Indian Seafarers and their families, this pandemic has been a challenging time where sign-offs got delayed, vacation plans got disrupted, planned surgeries were postponed, weddings and family functions cancelled. Fear and anxiety started rising. Loneliness-lead-depression started surfacing amongst not just the Seafarers, but also their families.

Food became a source of comfort, a 'feel-good' element, a dependable friend, and also a tool to showcase individual creativity and innovation!

The COVID Lockdown turned the occasional cook into an innovative chef. During this journey from Bon Voyage to Bon Appétit; home chefs, young and old, started dishing out new recipes while they tried their hand at experimenting with available ingredients. The wonderful compilation of recipes in this book is an ode to the Culinary Skills that have been honed amidst our seafaring families, throughout this lockdown period.

We, at MUI-WW, began to observe a barrage of food pictures in our various groups across the country. Kitchen talk became a common language for bonding and continues to remain the trending topic throughout this lockdown. We found our silent therapy in our culinary inclinations.

We then decided to harness this humongous ocean of talent, skill and hard work. This is how the idea of 'Food For Thought' – MUI WW's E-Recipe Book, was born.

We are proud to present this delicious labour of love on a platter, to all our seafarer families.

**Bon Appétit**

**Saleha Zubair Shaikh**

**Founder & Head Co-ordinator, MUI-WW  
The Maritime Union of India**





# Ode of Gratitude

We owe a lot of gratitude to many of our members from the Maritime Union of India - Women's Wing (MUI-WW) family.

For starters (pun intended), we thank the MUI-WW Core Committee members for their constant support and involvement. The MUI-WW Core team comprises Ms Saleha Shaikh, Ms Lata Khatri, Ms Pouruchisti Ukaji and Ms Ilham Bharmal

A special team was created only for the purpose of creating this E-Recipe Book. This team included all the core committee members along with Ms Megha Dev and Ms Priyanka Rathore.

Ms Megha has been the key coordinator for this project and we are indebted to her for the hours of beautiful formatting that went into creating this masterpiece.

Our group admins from various zones of India, have been cooperative and have always supported our endeavours. The MUI-WW is forever grateful to each and every one of them.

And now for the dessert. We must thank our members for the overflowing response. The weeks that followed after the announcement of our E-Recipe Book, were exciting times for us. Members from across our country, jotted down recipes and shared them with us. The lockdown attained a new meaning for us and turned into something so positive only because of this enthusiasm. We salute our home chefs and their innate culinary talents.

Food feeds the soul. And our souls are happily over-fed as we launch our prized labour of love

**- The Food for Thought E-Recipe Book by MUI-WW**



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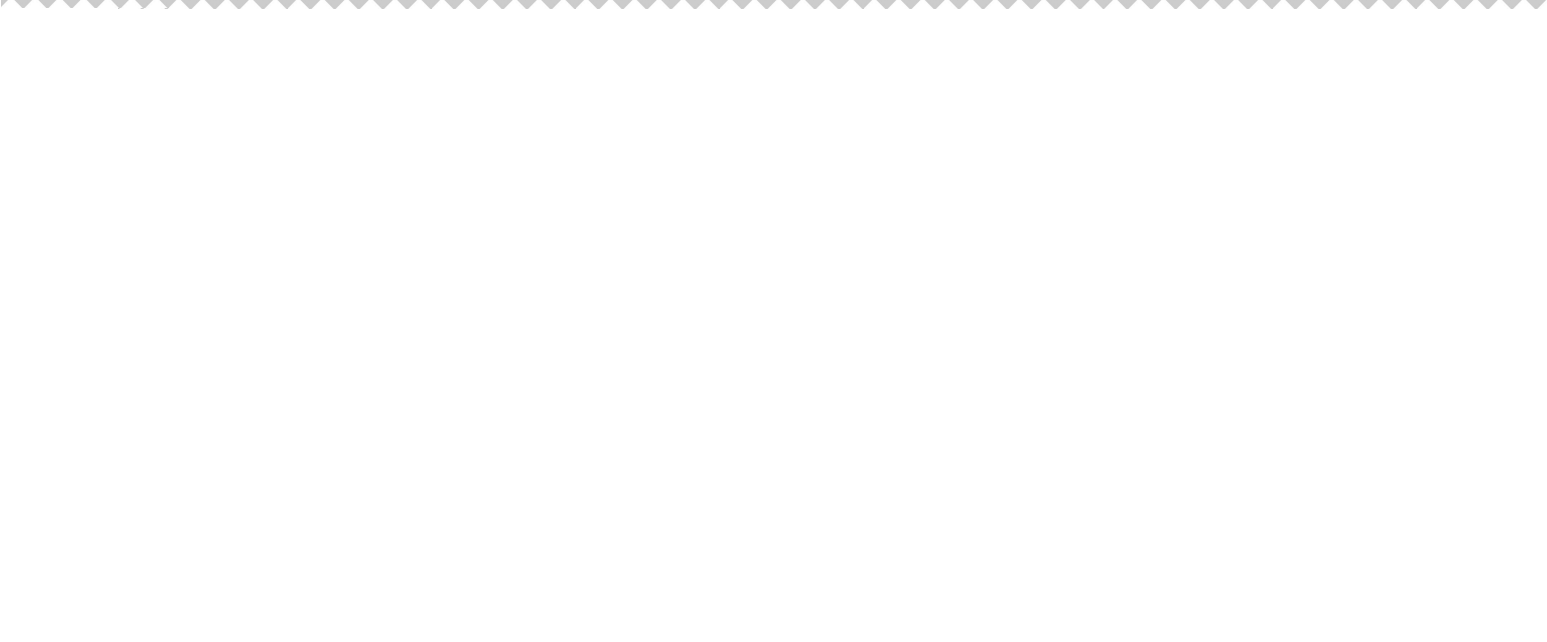
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# *Snacks*



# Pizza Parantha

By Shubhra Vaish, Dehradun



## Ingredients

- Kneaded Dough: Whole Wheat Flour/ All Purpose Flour (Maida)
- Sautéed Vegetables (Finely chopped Carrots, Beans, Capsicum or any other available)
- Pizza Sauce
- Cheese
- Oil for frying





## Process of Cooking

- Make dough balls like we usually make for paratha and divide it into two parts.
- Roll one part and spread pizza sauce on it. Carefully put sauteed vegetables. Grate some cheese on top.
- Roll the other dough ball and gently place on top. Seal all the sides gently by pressing.
- Shallow fry on a pan/tawa.
- Serve hot.



*Laughter is Brightest where food is Best*





# Kakudi Kakara (Cucumber Kachori)

By Dipti Panda, Gurugram



## Ingredients

### For Kachori Dough

- 2 cups Wheat flour (Atta)
- 1/2 tsp Salt
- 1/4 cup Ghee or Oil
- 1/2 cup Water or add as required

- Salt as required

### For Kachori Stuffing

- 1/2 cup grated Cucumber (water drained)
- A few Raisins (Kismis)
- 2-3 tbsp Gram flour (*Besan*)
- 1/2 tbsp Ghee
- 1/4 tsp Turmeric powder (*Haldi*)
- 1/2 tsp Red Chilli powder (*Lal Mirch* powder)
- 1/2 tsp Cumin powder (*Jeera* powder)
- 1/2 tsp Dry Ginger powder (*Saunth* powder)
- 1 tsp Coriander powder (*Dhania* powder)
- 1 tsp crushed fennel seeds (*Saunf*)
- 1 tsp Dry Mango powder (*Amchur* powder)





## Process of Cooking

### For Dough

- Grate the Cucumber and drain the water by squeezing it. Keep the drained water aside.
- Take 2 cups Wheat flour (Atta) and salt in a bowl or pan. Mix very well.
- Add 1/4 cup ghee. With your fingertips, knead the ghee into the flour for a few minutes.
- Add water in parts and knead the dough till soft. Water extracted from cucumber can be used too.
- Cover the dough with a moist muslin cloth or kitchen towel and let it rest for 30 minutes.

### For Stuffing

- Heat a pan. Add 1/2 tablespoon ghee.
- Once the ghee melts, keep the flame to the lowest.
- Add all the spice powders one by one.
- Keep the flame to its lowest and mix very well. Ensure that the spices do not burn.
- Then add Raisins/Kismis and then Besan/Gram flour. Also add salt and 1 pinch of asafoetida.
- On a low flame mix very well.
- Saute with non-stop stirring for 3 to 4 minutes on a low flame. Let the mixture cool down.
- Transfer the mixture in the bowl with grated cucumbers and mix well.

### For Kachori

- After 30 minutes, lightly knead the dough.
- Roll the dough into a log. Now cut the dough in equal portions. take a portion of the cut dough and flatten it with your fingers/rolling pin(belan). Keep the edges thin while flattening.
- Now place the cucumber and besan stuffing on the dough.
- Bring the edges of the dough together and join them at the center. Excess dough can be pinched off and removed.
- Flatten the top to get a medium thickness kachori.
- Stuff and prepare all kachori this way. Keep them covered under a moist muslin or cotton cloth, so that they do not dry up.
- Heat oil for frying and keep the flame to a low. When the oil is just hot enough, you can add the kachoris.
- When the base becomes light golden, then gently turn them over. Fry for about 7 to 9 minutes, till each kachori becomes golden and crisp.

## Additional Notes

- In Odisha, Kakara Peetha is a famous sweet snack made especially for Pooja. This recipe belongs to my mother and makes for a healthy, sugar-free savoury to feast on.



*Eat well, Travel often*



# Stuffed Braided Bread

By Minu Malaviya, Mumbai



## Ingredients

- 2 cups All Purpose Flour (Maida)
- 1 ½ tsp Dry Yeast
- 1 tsp Sugar
- 1/2 tsp Salt
- 1/2 cup Water
- 1/4 cup Milk
- 2 tbsp Refined Oil
- 1 cup Capsicum
- 2 tbsp (approx) Chopped Coriander Leaves
- 1/2 cup Onion
- 1/4 cup Tomato
- 1/2 cup Cottage Cheese (Paneer)
- 1 tsp Ginger
- 1 tsp Garlic
- 1 tbsp Coriander powder (Dhania)
- 1/4 tsp Turmeric powder (Haldi)
- 1 tsp Chilli flakes
- 1/4 tsp Garam Masala powder





## Process of Cooking

- In a pan take oil, add ginger garlic and saute. Add onions and saute till light brown.
- Now add the capsicum, tomatoes, dry spices, salt and mix well. Let it cook for 2-3 minutes.
- Add crumbled or grated paneer. Mix Well. Cook for a minute more.
- Add chopped coriander and let it cool.
- For the dough, combine yeast, lukewarm water and sugar in a bowl. Stir and keep aside for 10-15 minutes.
- In a bowl, take all purpose flour (Maida) and salt. Mix and knead the dough with yeast mixture. Add milk. Knead a soft dough. When the dough is almost done, apply oil and start kneading it all over again, for approximately 8-10 minutes.
- Place the dough in a large greased bowl and brush the top with oil, cover with a kitchen towel and leave aside to rise in a warm place. Allow it to rest till it doubles in volume.
- Once risen, punch down the dough and divide into 2 equal parts. Shape them into smooth flat balls.
- Now with the help of a rolling pin, roll them to a rectangle with  $\frac{1}{4}$  " of thickness and place the filling in the center.
- Using a pizza cutter or sharp knife, cut each side into strips about 1" wide down each side, leaving the center with filling uncut.
- Fold strips of dough into the center, criss-crossing the filling by alternating strips from each side.
- Lightly press ends to seal, and straighten out the braid with your hands, if necessary, to straighten.
- Gently apply milk with a brush to the top of the braid. Transfer it to a baking sheet and bake the braid in a preheated oven at 200°C for 25 minutes, or until golden brown.
- Remove all the rolls into a serving plate.



*Cooking is an expression of the land where you are  
and the culture of that place*



# Paneer Lifafa paratha

By Vinita Chaudhary, Ghaziabad



## Ingredients

### For stuffing

- 250 gms Paneer
- 1 Chopped Onion
- 2-3 Green Chillies
- 2 tbsp Coriander Leaves
- 2 tsp Cumin (Jeera) powder
- 1 tsp Coriander powder (Dhania)
- 1 tsp All Spice Powder (Garam Masala)
- 1/2 tsp Chaat Masala
- 1/2 tsp Red Chilli powder
- Salt to taste

### For Dough

- Wheat Flour (Atta) 250 gm (for 5-6 parathas)
- 2 tsp Butter/Ghee
- 1/2 tsp Carom Seeds (Ajwain)
- Salt to taste





## Process of Cooking

- Make a ball from the dough and roll it into an oval shape
- On one half of the oval shaped dough, place the stuffing
- Now fold the other half over the first half.
- Make sure after you fill the dough, you seal the edges, so that the filling stays intact
- Now roll again gently
- Heat the tawa and put the rolled paratha over it and put some ghee/butter on both sides
- You will see the colour turn into mild brown. This means that your paratha is ready
- Serve with curd and mango pickle

## Additional Notes

- This is a popular Punjabi dish and gets its name from the shape of the paratha, that is like an envelope or 'lifafa'.



*I cook. My favorite thing to make is love*



# Cream Pea Pods

By Rinki Garg, Pune



## Ingredients

- 10-12 Snow Pea Pods
- 1 cup Fresh Peas
- 1/2 cup Grated Carrots
- 3 tbsp Butter
- 1/2 cup Besan
- 1 cup Milk
- Salt, Chilli Powder, Black Pepper - as per individual taste





## Process of Cooking

- In salted boiling water, blanch the peas for 2 minutes. Drain and cool in cold water. Set aside.
- Heat 1 tbsp butter in a saucepan.
- When the butter melts, add peas and grated carrots. Cook for 6 - 7 minutes.
- In another pan, add remaining 2 tbsp butter. When the butter melts, add besan. Stir to form a roux (a mixture of butter and flour used in making sauces). Cook for a minute.
- Pour milk in it and whisk. Bring to a boil.
- Add salt, red chilli, powder, black pepper and stir continuously. Cook until the consistency becomes thick and frothy.
- Add the cooked peas and carrots. Let it cool down
- Fill the mixture in the pea pods. Sprinkle grated cheese and heat it in the microwave for 2 minutes.



## Additional Notes

- This recipe is the chef's original work.



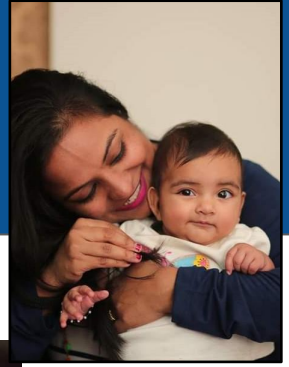
*Food is the ingredient that binds us together*





# Desi Crostini

By Rinki Garg, Pune



## Ingredients

- 1 cup Besan
- 2 Sliced potatoes
- 2 cups Peas (boiled)
- 1 Carrot, grated and boiled
- Oil for frying 4-5 ladles, for mixing the paste 1 tbsp
- Water 1/2 cup for making the batter and 1 tbsp for paste
- Masala - crushed black pepper, salt chilli powder, dry mango powder, garam masala (as per individual taste - for batter and for paste)
- Coriander leaves





## Process of Cooking

### For the Batter

- Take besan in a bowl. Add salt, crushed black pepper, chilli powder, dry mango powder and garam masala.
- Pour water slowly and consistently, to prepare the batter (consistency should be like pakora batter)

### Making the Crostini

- Dip the sliced potatoes in the above batter
- Take oil in a heated wok. Deep fry the sliced potatoes dipped in the batter and keep aside.

### Dip for the Topping

- In a grinder jar, add peas, some coriander leaves, a pinch of salt, little garam masala, 1 tbsp oil and grind lightly to make a coarse paste.
- To serve, take the potato pakoras and put one spoonful of pea mixture on each potato pakora. You can also add one spoon of curd. Top it up with carrots and decorate with fresh Coriander.
- Sprinkle some crushed pepper and chaat masala on it.
- Serve with love.



## Additional Notes

- This is the chef's own version of an Italian appetizer.



*Eat your heart out*



# Chana Manchurian

By Swaita Purwar, Lucknow



## Ingredients

- 1 cup Chickpeas (Kabuli Chana) soaked
- 1 pinch Baking soda
- 2 tsp Garlic Ginger paste
- 4-5 Garlic Cloves chopped
- 2 pinches Black Pepper powder
- 1 bowl chopped Onions
- 1/2 bowl chopped Capsicum
- 1 tsp Soya Sauce
- 1 tsp Vinegar
- 1 tsp Chilli sauce
- 3 tsp Tomato sauce
- 1/2 tsp Sugar
- Salt as per taste
- Corn flour for coating
- Oil for frying
- Spring onion for garnishing





## Process of Cooking

- Boil soaked chana with 1 pinch salt and baking soda.
- Once boiled, drain water and keep aside to cool.
- Mix corn flour, ginger-garlic paste, black pepper, salt (as per taste )
- Coat chana with the above mixture and deep fry till it becomes crispy.
- Heat oil in a separate pan and saute onions, capsicum. Add all sauces, black pepper, sugar, fried chana and salt ( as per taste).
- Garnish with spring onions.

GOOD  
food  
is  
good  
MOOD



# Multigrain Garlic Bread

By Shruti Sikka, Gurugram



## Ingredients

- 1 cup Maida
- 1/2 cup Wheat Flour
- 1.5 tbsp each of Jowar and Barley atta
- 1 tbsp of black chickpea (chana) flour
- 4-5 big spoonfuls of curd
- 1.5 tsp of baking powder
- 1-2 tbsp of oil
- 1 small spoon of each of sesame, flax and melon seeds, Roasted very lightly
- Salt as per taste

### For Filling

(quantity as per individual preferences)

- Crumbled Cottage Cheese
- Corn Kernels
- Capsicum
- Grated Pizza Cheese
- salt as per taste

### For Glazing

- 1 cup Maida
- 10 cloves of garlic peeled and grated, mixed with 2-3 tbsp of butter

### For Seasoning

- Oregano and chilli flakes





## Process of Cooking

- Knead dough with curd, oil, baking powder, salt and all the pre-roasted seeds. If required, add very little water. Let it stay covered. Keep aside for at least an hour.
- After an hour or so, uncover the dough. Knead for a little more time. Make two big round bases.
- Apply garlic butter mixture all over the base.
- Check the salt in the filling mixture.
- On one half, add the filling mixture. .
- Apply water on edges. Close the flap. Make little cuts 1 inch apart. Ensure the cuts you make are not too deep. Apply the garlic butter on top.
- Spread oregano and chilli flakes. Bake at 150°C for half an hour. Check in between.



## Additional Notes

- One can add oregano and chilli flakes directly in the filling as well.

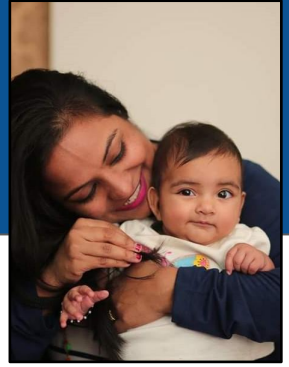


*Bakers gonna bake*



# Potato Boats

By Rinki Garg, Pune



## Ingredients

- 2 Big Potatoes
- Salt
- Egg
- Red Chilli Powder
- Black Pepper



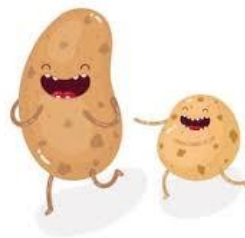


## Process of Cooking

- Scrub, clean and pat dry the potato.
- Poke with a fork. Rub generously with salt for crispiness.
- Microwave the potatoes for 7 -10 minutes or till you are able to easily put a fork inside the potato.
- Now cut it into two halves and scoop out the centre of each potato, to make space for the filling.
- Apply oil inside and outside.
- Fill the potato boats with scrambled/ boiled egg (you can get creative and add any filling of your choice)
- Sprinkle some salt, chilli powder, black pepper.
- Serve with mayonnaise or salsa dip.

## Additional Notes

- For an even softer texture, you can spread butter before adding your filling into the potato.



*It is easy to halve the potato where there is love*





# Khichu

By Dr Nandini Dhanjal, Navi Mumbai



## Ingredients

- 2 cups Rice flour
- 3 cups Water
- 7-10 Green Chillies
- 1 tbsp Cumin Seeds
- 1/2 tsp Ajwain Seeds
- Roasted Cumin Powder
- Sesame Seeds for dressing
- Pinch of soda bicarbonate
- Salt
- Fenugreek (methi) masala
- Olive /Sunflower/ Rice Bran Oil





## Process of Cooking

- Take a big vessel and boil water . Add a pinch of soda bi carb to the boiled water.
- Then add cumin seeds, crushed green chillies, ajwain seeds and salt as per taste. Keep stirring till water is thoroughly boiled.
- Then add the rice flour and keep stirring to ensure that no lumps are formed. Stir continuously till a uniform consistency is achieved.
- Now let the mixture cool.
- Make small balls from the mixture with a depression in the centre.
- Put them in a steamer for 10 mins.
- Serve them hot and garnish it with little oil,sesame seeds, roasted cumin powder and fenugreek masala or chilli powder.

## Additional Notes

- This dish is of Gujarati origin



# Khandavi

By Swati Sodhi, Delhi



## Ingredients

- 1/2 tsp Salt
- 50 gms Besan
- 80 gms Curd
- 1 cup Water
- Grated Ginger
- 1 pinch of Turmeric
- Salt to taste

### For Tempering

- 10 ml oil
- Sesame Seeds
- Mustard Seeds
- Curry Leaves (Kadi Patta)

### For Garnishing

- Grated Coconut





## Process of Cooking

- Mix together curd, besan, grated ginger and spices and give it a blitz in the blender. Add water if it's too thick.
- Pour it in a non stick wok n cook it for 4-5 minutes. No oil required. It will thicken in 5 minutes.
- Take a steel plate. Turn it upside down on the kitchen counter. Put the mixture on one end of the plate in a semicircle! Spread it evenly with a spatula. Let it cool .
- Cut with a knife in 1.5 inches wide vertical strips. Scrape it up from the sides and gently roll till the end.
- Repeat till all the batter is finished. You might need 2-3 steel plates. Khandavi is ready.

### Tempering

- Take oil in the tadka pan. Add mustard seeds, sesame seeds and curry leaves. Pour directly over the rolled Khandavi.



*Eat healthy Think better*



# Chicken Spring Rolls

By Nida Kapdi, Navi Mumbai



## Ingredients

(for about 20 spring rolls)

- 500 gms Chicken
- 150 gms Capsicum
- 150 gms Carrot
- 150 gms Cabbage
- Sugar
- 2 tsp Soya Sauce
- Salt as per taste
- 1 piece Grated Ginger
- Oil





## Process of Cooking

- Heat some oil in a pan. Add 500 gm chicken with a pinch of salt.
- Add grated ginger to the chicken. Take out chicken from the pan and shred it.
- In the same pan, put 150 gm of shredded cabbage, 150 gm carrot and 150 gm capsicum.
- Also add salt according to taste, soya sauce, 1 tsp sugar.
- Mix chicken with the vegetables and let it cool.
- Use ready made spring roll sheets and add this filling to each sheet.
- Roll each filled sheet and fry.



## Additional Notes

- Do not over cook the ingredients.



*Day without cooking is a lost day*



# Beetroot Cutlet

By Namrata Noelle, Patna



## Ingredients

- 1 large Beetroot
- 1 medium Carrot
- Few pieces Beans (Optional)
- 5 large Potatoes
- 1 large Onion
- 2 inch piece Ginger
- 2-3 Green Chillies (less spicy version)
- Coriander-- Few sprigs
- 1/2 tsp Garam Masala powder
- 1 tsp Ginger Garlic Paste
- Salt As per taste
- 2 tbsp Cornflour
- 1 bowl Breadcrumbs
- Oil for frying





## Process of Cooking

- Boil the potatoes, mash and keep it aside.
- Finely chop the onion, green chillies, beetroot, carrot and beans.
- Grate the ginger piece.
- Warm the pan, add 1 tbsp of oil.
- Add the onion, saute it. Add the ginger and green chillies, cook for a minute.
- Add the cut beetroot, carrot and beans. Add salt and cook for few minutes till the vegetables become soft.
- Let it cool and then add the mashed potatoes, garam masala, chopped coriander and adjust the salt.
- Mould it into any shape of your choice, dip in thin cornflour batter, roll it on bread crumbs.
- Keep it in the fridge to set for an hour
- It is ready to fry. Serve hot with chips and chutney of your choice.



## Additional Notes

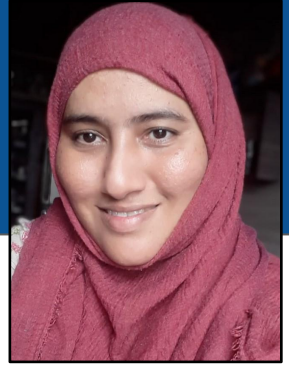
- You can add more vegetables of your choice.
- Healthy snack option for your kids lunchbox.





# Chicken Seekh Kebab

By Seema Khanchey, Mumbai



## Ingredients

- 500 gms Boneless chicken (boiled)
- 1 medium sized Onion (chopped)
- 1 Boiled Potato (optional)
- 2-3 green Chillies
- 2 tbsp Coriander leaves
- 2 tsp Jeera powder (cumin powder)
- 1 tsp Dhania powder
- 1 tsp Garam Masala
- 2 tbsp Gram Flour (dry roasted)
- 1/2 tsp Red Chilli powder
- 2 tsp Ginger Garlic Paste
- Salt to taste





## Process of Cooking

- Put all the above ingredients in a food processor or wet grinder and grind it to a fine mixture.
- Remove in a mixing bowl.
- Mix it well and then start making the long cylindrical shape of *seekh*.
- You can use a *shashlik* skewer stick / grilling rods / or a back of teaspoon to achieve the shape of a *seekh*.
- Shallow fry in a pan (just about 2-3 tsp oil) / can grill in oven.
- Ready to serve.
- Serve with mint chutney, sliced onion and lemon.



## Additional Notes

- Indian street food.
- Can be served with bread or fried *paratha*.



*Change the world. Start with Kebabs*



# Pineapple Samosa

By Shubhra Vaish, Dehradun



## Ingredients

- Boiled and mashed potatoes
- Salt
- Chilli powder
- Garam masala
- Dry Mango Powder (Amchoor)
- Ajwain
- Flour (Maida)
- Ghee
- Oil for frying





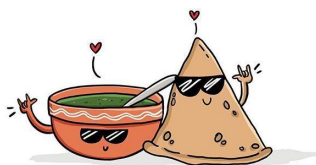
## Process of Cooking

- Mix spices in mashed potatoes (like we do for preparings *samosas*)
- Knead maida dough with little ajwain and ghee (similar to a *samosa* dough)
- Roll a ball of dough and cut into thin strips in odd numbers such as 5 or 7. Stick with water from the top, then interlock the strips. Seal at bottom. Keep aside.
- Next, roll one more ball and place some stuffing on it. Ensure it is slightly smaller than the mesh u have prepared in the previous step .
- Place prepared mesh on top and seal the edges with water.
- Now for leaves, take a small dough ball and shape it like a leaf. Puncture with a knife so that it doesn't fluff while frying. Stick to the pineapple with water.



## Additional Notes

Seal the edges well with water or else they will separate while frying.

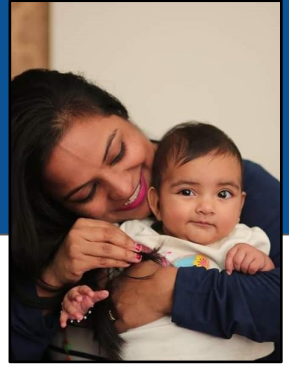


**YO DA CHUTNEY  
TO MA SAMOSA!**



# Pizza McPuffs

By Rinki Garg, Pune



## Ingredients

### For Puffs

- Flour (Maida)
- Oil
- Water
- Salt

### For Filling

- Oil
- Corn
- Peas
- Capsicum
- Carrots
- Onions
- Oil
- Pizza / Pasta sauce
- Tomato sauce
- Ginger garlic paste
- Garlic cloves

- Red chilli powder
- Salt
- Cheese





## Process of Cooking

- Add oil to a pan (according to the quantity of vegetables you plan to add)
- Add chopped onions, carrots, capsicum, corn and peas (if using frozen corn/peas, boil before adding)
- All vegetables should be chopped to bite size almost like the corns.
- Put 1 tbsp ginger-garlic paste and salt.
- Now when the vegetables are half cooked, add 1 tbsp pasta / pizza sauce, 2 tbsp tomato sauce, 1 tbsp red chilli sauce or some more to make it spicy.
- After 2 minutes, add half cup water and cook until the water dries up. When this filling cools down, add  $\frac{3}{4}$  cup grated cheese.
- Now take  $\frac{1}{2}$  cup maida. Put 2 tbsp oil in it and mix well. Now add little water and knead the dough (not very soft).
- Divide the dough into 4 balls. Roll one ball and try to make it a rectangle or square.
- With the help of a knife, give it a proper square or rectangular shape. Cut it into two equal parts. On each part, add one tbsp filling.
- Wet the sides of this pocket with water. Put the other half on it and conceal it by pressing manually or with the help of a fork. Fry them on low to medium flame. Your Pizza Mcpuffs are ready.

## Additional Notes

- This recipe is inspired by the popular Mcpuffs available at the fast food chain - McDonalds.



*Cheese is milk's leap towards immortality*



# Potato Suji Fingers

By Minu Malaviya, Mumbai



## Ingredients

- 1/2 cup Semolina (Sooji / Rava)
- 4 Potatoes boiled and peeled
- 3 Green chillies finely chopped
- 3 tbsp Coriander leaves finely chopped
- Salt to taste
- 1/2 tsp Black Pepper powder
- Oil for frying





## Process of Cooking

- Heat 1 cup water in a pan and let it boil on high flame.
- Once the water comes to a boil, keeping the flame on medium, start adding rava slowly, stirring continuously with another hand.
- This helps to prevent any lumps formation as rava absorbs water.
- Let it cook until it turns thick and dense in consistency. Cover and simmer on low flame for 2 minutes or till rava is cooked well.
- After this, turn off the flame and let the rava cool for 2 to 3 minutes. The semolina will puff up.
- Take a bowl and grate the boiled potatoes. Make sure there are no lumps.
- Add green chillies, coriander leaves, salt, and black pepper powder. Then add the puffed semolina in the mixing bowl.
- Mix well so all ingredients infuse well together. Ready the mixture into a dough.
- Meanwhile, add oil in a pan and let it heat.
- To make crispy fingers, grease your hand with oil. Lift a small lump from the dough. First bind it a bit.
- Make a cylindrical shape about a finger's length.
- Prepare all the fingers like this.
- Check if the oil is medium hot. Put the crispy fingers to fry.
- Keep the flame medium. Make sure you put them to fry one by one.
- Stir occasionally and fry till the potato fingers turn crispy and golden brown.
- When fried and ready, take out the crispy fingers. Hold the ladle over the edge of pan so that the extra oil drains back.
- Drain over a kitchen towel to absorb excess oil and keep on a plate. Fry all crispy fingers likewise.
- Steaming hot and crispy potato sooji fingers are ready to be relished. Have as snacks during the evenings. It can also be served as a starter at any party.





# Vada Pav

By Minu Malaviya, Mumbai



## Ingredients

### For Pav

- 2 ½ cup All purpose flour (Maida)
- 1 cup Milk
- 2 ¼ tsp Yeast
- 1 ½ tbsp Sugar
- 2 tbsp Milk powder
- 1 tsp Butter
- 1/2 tsp Salt

### For Potato Filling

- 2 tsp Oil
- 1 tsp Cumin (jeera)
- Pinch of Asafoetida (hing)
- 1 Chilli, finely chopped
- 3 Cloves Garlic, finely chopped
- Few Curry leaves, chopped
- 1/4 tsp Turmeric

- 3 Potatoes, boiled & mashed
- 1/2 tsp Salt
- 1 tsp Lemon juice
- 2 tbsp Coriander, finely chopped

### For Besan Batter

- 2 cups Gram flour (besan)
- 2 tbsp Rice flour
- 1/4 tsp Turmeric
- 1/2 tsp Kashmiri red chilli powder
- Pinch of Asafoetida (hing)
- 1/2 tsp Salt
- 1/4 cup Water
- 1/4 tsp Baking soda
- Oil for frying





## Process of Cooking

### For Pav

- Bake it in oven 180°c total 30 minutes. After 20 minutes apply some milk on it and again put it in oven for 10 minutes.



### Batata Vada Preparation

- Firstly, in a large pan / kadai heat 2 tsp oil and splutter 1 tsp cumin, pinch of hing, 1 chilli, 3 cloves garlic and few curry leaves.
- Also add ¼ tsp turmeric and saute slightly.
- Now add 3 boiled and mashed potatoes and ½ tsp salt.
- Mix well making sure everything is well combined.
- Next, add 1 tsp lemon juice and 2 tbsp coriander.
- Mix well making sure everything is well combined.

### Besan Batter Preparation

- Take besan and 2 tbsp rice flour.
- Add 1/4 tsp turmeric, 1/2 tsp chilli powder, pinch of hing and ½ tsp salt. Mix well and add ¼ tsp baking soda. Again mix well forming a smooth batter.
- Now take a small ball sized potato mixture and flatten slightly. Dip in besan batter coating uniformly. Deep fry in hot oil carefully. Stir occasionally until the batata vadas turn golden and crisp.
- Drain over kitchen paper to remove excess oil.



*Thankful & Blessed*



# Vegetable Momos

By Minu Malaviya, Mumbai



## Ingredients

### For Dough

- 1 ½ cup Flour (*maida*)
- 1/2 tsp Salt
- Water for kneading
- Oil for greasing

### For Stuffing

- 3 tsp Oil
- 3 Cloves garlic, finely chopped
- 1 inch Ginger, finely chopped
- 2 Chillies, finely chopped
- 4 tbsp Spring onion
- 1 cup Carrot, grated
- 2 cups Cabbage, shredded
- 1/2 tsp Pepper, crushed
- 1/2 tsp Salt





## Process of Cooking

- First prepare stuffing by heating 3 tsp oil and saute chopped garlic, ginger and chillies.
- Add 2 tbsp spring onion and saute on high flame.
- Next add 1 cup carrot and 2 cups cabbage. Stir fry on high flame.
- Now add 1/2 tsp pepper and 1/2 tsp salt.
- Add 2 more tbsp of spring onion. Stuffing mixture is ready.
- Pinch small ball sized momos dough and flatten. Now dust with some maida and start to roll using a rolling pin. Roll to almost medium thin circle of around 4 - 5 inch in diameter. Make sure you roll from sides and keep the centre slightly thick.
- Now place a heaped tbsp of prepared stuffing in the centre. Start pleating the edges slowly and gather everything. Press in middle and seal the momos forming a bundle.
- Heat a steamer and arrange the momos in the tray without touching each other.
- Steam momos for 10-12 minutes or till shiny sheen appears over it.
- Veg momos are ready to enjoy with momos chutney.

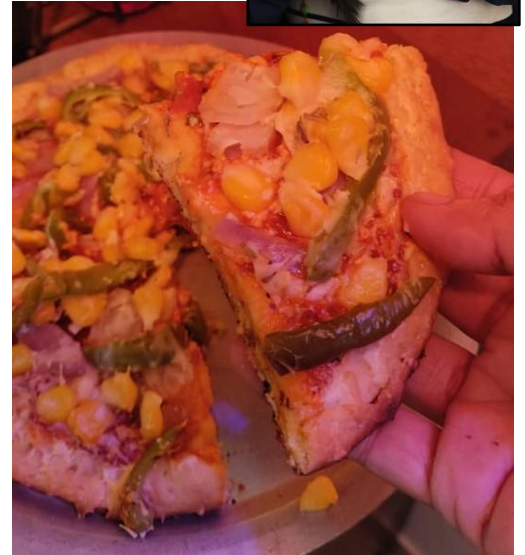


*Life is Short, Let's Eat*



# Cheese Burst Pizza (without Oven)

By Rinki Garg, Pune



## Ingredients

- 3/4 cup Flour (maida)
- 1 tbsp Sugar
- 1 tbsp Salt
- 3/4 tbsp Baking powder
- 1/4 tbsp Baking soda
- 3 tbsp Curd
- 2 tbsp Oil (for kneading the dough)
- Dry maida powder for rolling the dough
- Salt - for spreading in pot or wok base
- Butter-to grease the plate
- 1 tbsp Pasta / pizza sauce
- 1 tbsp Tomato sauce
- 1 tbsp Red chilli sauce
- Cheese (Mozzarella or normal)
- Toppings - Vegetables of your choice





## Process of Cooking

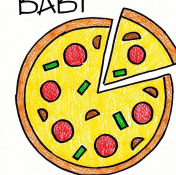
- Put maida, baking powder, baking soda, sugar and salt in a bowl. Mix them well.
- Add curd and knead the dough soft.
- Later add 2 tbsp oil and make the dough even softer. Knead it for at least 3-4 minutes. Divide the dough into 3 parts.
- Take one part of this dough and roll it thin like chapati (as big as the tray you want to bake it in).
- Put it on a tawa, dusted with dry maida so that it doesn't stick on it and cook it on low flame till the bubbles appear. Don't cook it completely. Now take it off the flame.
- Take the other two parts of maida and roll it as big as the tray but little thick. Place it on the tray. Spread cheese spread on it evenly but leave the ends, otherwise the cheese will start oozing out.
- Place the pre half cooked maida bread on it. Pinch and tuck the lower base on upper one. Poke it with fork to ensure the sealing and poke the upper bread also so that it doesn't swell up.
- Now evenly spread sauces on the base. Spread shredded cheese on it. Add toppings like capsicum, corn, onions and tomatoes.
- Again add a new layer of some shredded cheese.
- In a pot, spread salt on the base. Put a ring cutter or a stand. Preheat it for sometime.
- After 10 minutes put the pizza with tray inside this pot and cover with a lid. Let it cook for 10 minutes on high flame. Take it out and let the pizza cool for another 10 minutes.
- Cut with a knife or pizza cutter and serve hot.



## Additional Notes

- Originated in Italy and can be eaten at any time of the day.

GLICE, GLICE  
BABY



# Vegetable Cheese Cutlets

By Snehal Mohite, Mumbai



## Ingredients

- 4 medium Boiled potatoes
- 2 small Capsicum
- 1 bowl Boiled Corn
- 2 small Onions
- 1/2 bowl Cabbage
- 1/2 bowl grated Carrots
- 1/2 bowl French beans
- 1/2 Soya chunks shredded
- Salt to taste
- Oregano
- Chilli flakes
- Black pepper
- 4 spoons Bread crumbs
- 2 tsp Rice flour
- Cheese cubes





## Process of Cooking

- Mix all the above ingredients together
- With the help of water make small cutlets spread it on your hand. Place a small cube of cheese in between and cover it.
- Place the cutlet on bread crumbs and shallow fry on medium flame.



## Additional Notes

- As soon as you prepare the mixture, you have to immediately start making it as the mixture becomes watery after sometime. You can put more vegetables in it.





# Mushroom 65

By Priyanka Rathore, Pune



## Ingredients

- Salt to taste
- 1-1.5 tsp Chilli powder
- 1-1.5 tsp Coriander powder
- 1 tsp Garam masala
- Little Lemon juice
- 1-1.5 tsp Ginger garlic paste
- 1 tbsp Gram flour (Besan)
- 2 tbsp Oil
- 12-15 Curry leaves
- 1 box Mushrooms





## Process of Cooking

- Clean the mushrooms well and let it dry.
- Mix all dry masalas, besan, lemon, 1 tsp oil, ginger garlic paste and finally add mushrooms.
- Let it rest for 15 mins.
- Heat the rest of the oil in a pan. Add curry leaves and add mushrooms to it and cook for 15 minutes.
- Hot and sizzling Mushroom 65 is all set to fill your evening hunger pangs.

  
Cooked  
*with love*



# Pyaaaz ki Kachori

By Priyanka Rathore, Pune



## Ingredients

### For Filling

- 1 tsp Coriander
- 1 tsp Cumin (jeera)
- 1 tsp Amchur
- 1 tsp Kasoori methi
- 2 tbsp Gram flour (besan)
- 2 Potatoes, boiled
- 4-5 green Chillies, finely chopped
- 2 medium Onions, finely chopped
- 2 medium Onions, sliced
- 1 tsp Sugar
- Salt
- Red Chilli powder

- 2 tbsp Oil
- Oil to fry

### For Base

- 2 cups Flour (maida)
- 1 tsp Carom seeds (ajwain)
- Salt to taste





## Process of Cooking

- Knead the dough mixing all the things required.
- Knead for at least 15-20 minutes.
- Dough should neither be hard nor tight. It should be nice and soft.
- Now cover the dough with wet cloth and keep for 30-40 minutes.
- Coarsely grind coriander, jeera and kasuri methi.
- Now take a pan, add oil and add the dry masalas which are grinded. Then add besan and let it brown a little. Then add amchur. Mix well.
- Now add finely chopped onions and saute for about 10-15 minutes. Add sugar. This enhances the taste of onion.
- Once the onion is cooked, mash the potatoes and add them with finely chopped green chillies. Add seasoning.
- Let the potatoes cook well for a longer time.
- Finally now put off the gas and add sliced onions and mix well.
- Let it cool well.
- Now heat the oil on full flame.
- Take small balls of the dough and stuff the onion stuffing in it.
- Now roll it with hand and not with rolling pin.
- Fry each of them first on high flame for 10 seconds and remove.
- Next fry them for 10-15 minutes.
- Your yummy kachoris are ready to have with chutney which will tickle your taste buds.



## Additional Notes

- This is a Rajasthan speciality eaten every season and for every reason with imli and pudina chutney.



# Pita Bread with Hummus & Falafel

By Minu Malaviya, Mumbai



## Ingredients

### For Pita Bread

- Warm water
- 2 tsp Active Dry Yeast
- 1 tsp granulated Sugar
- All Purpose Flour, divided
- 1 tbsp Extra-virgin olive oil
- 1 ½ tsp Salt

### For Hummus

- 1/2 cup Tahini (roasted, not raw)
- 1/4 cup Extra Virgin olive oil (plus more for garnishing)
- 2 Garlic cloves, mashed and roughly chopped
- 2 cups boiled Chickpeas
- 1/4 cup freshly squeezed Lemon juice
- 1/2 cup Water
- Garnishes: A sprinkling of paprika, a swirl of olive oil

- 1/2 tsp Salt

### For Falafel

- 2 cups boiled Chickpeas, rinsed and drained
- 1/4 cup fresh Coriander
- 2 cloves Garlic
- 3 tbsp All Purpose Flour
- 2 tbsp Sesame seeds
- 2 tsp ground Cumin
- 1 tsp Chilli powder
- 1/2 Lemon juice





## Process of Cooking

### For Pita Bread

- In a large bowl, combine warm water, yeast and sugar and stir until dissolved. Stir in  $\frac{1}{2}$  cup flour and let sit for 15 minutes until mixture foams.
- Add oil, salt, and 2 cups flour (reserving  $\frac{1}{2}$  cup) and stir with a wooden spoon. Dust a clean surface with some reserved flour and knead until smooth and elastic, about 7 minutes, adding more of the reserved flour if the dough is too sticky. Dough should be soft and moist. (You can cover the dough and let it rest for 10 minutes if you need a rest from kneading.)
- Place dough in a clean large bowl and cover with plastic wrap. Leave in a warm place until the dough has doubled in size, about 1 hour.
- Lightly dust a clean surface with flour. Punch down dough and turn it out onto the surface. Divide dough into 8 pieces and roll into balls. Cover with a towel or plastic wrap and let rest for 10 minutes.
- Preheat a large cast-iron skillet over medium heat. Working one at a time, roll each round into a  $\frac{1}{4}$ " thick circle about 8" wide, sprinkling dough with extra flour if it starts to stick.
- Cook each pita one at a time in the skillet until an air pocket balloons, then flip, and cook 1 minute more.
- Cover baked pitas with a clean kitchen towel to keep warm.

### For Hummus

- Process tahini and olive oil: In a food processor, combine the tahini and olive oil and pulse until smooth.
- Add remaining ingredients and process until smooth. Then add the garlic, chickpeas, lemon juice,  $\frac{1}{2}$  cup water and  $\frac{1}{2}$  tsp of salt. Process until smooth. The longer you process in the food processor, the smoother the hummus will be. Add more salt or lemon juice to taste.
- Serve: Spoon into serving dish, swirl a little olive oil over the top.

### For Falafel

- Grind all the ingredients and make balls out of them and deep fry / shallow or can air fry too.



*You have to taste a culture to understand it*



# Fried Egg Casserole

By Shruti Sikka, Gurugram



## Ingredients

### For Pita Bread

- 7-8 Green onions, wash and chop the bulb and greens separately
- 3 Tomatoes, chopped
- 7-8 Eggs
- 1-2 tbsp Oil
- 1/2 tsp Black pepper
- Salt to taste
- Oregano (optional)





## Process of Cooking

- Take a wok, heat oil, add the white part of the onions and saute them till translucent
- Add chopped tomatoes and saute till nicely done. Don't leave tomatoes raw
- Add salt and black pepper and mix
- Now add the greens of the onion and saute for few seconds. Spread the vegetables with your spatula in your wok evenly
- Lower the gas. Take each egg and break them gently over the mixture. Remember if the onion and tomato layer is not even, the eggs will get dispersed. Put all eggs like this one by one. After few more seconds, just cover the pan and switch off the gas after a minute. The heat will cook the eggs. Do leave it for 5 minutes covered.
- When serving take out in a flat dish and heat in microwave for half a minute



## Additional Notes

- This is one dish which you can have for any of the three meals. For breakfast, it can be had as it is or with any kind of bread. For lunch and dinner, you can have it with roti or paratha.
- You can add grated cheese over your eggs before heating in the microwave. And add oregano if u want.



*Nothing brings people together like good food*





# Kothmir Vadi

By Minu Malaviya, Mumbai



## Ingredients

- 1 bunch Coriander leaves
- 1 cup Gram flour (Besan)
- 2-3 tbsp Rice flour
- 1 tbsp white Sesame seeds
- 1 tbsp Garlic ginger chilli paste
- 1 tsp Turmeric powder
- 1 tbsp Lime juice
- Salt to taste
- 1 tsp Red Chilli powder





## Process of Cooking

- Take 1 cup of finely chopped coriander leaves in a mixing bowl. Add the ginger, garlic, green chilli paste. Now add  $\frac{1}{4}$  teaspoon turmeric powder,  $\frac{1}{4}$  teaspoon red chilli powder, 1 tablespoon white sesame seeds, 2 tablespoon rice flour.
- Add 1 cup besan (gram flour).
- Add salt and water and make a batter, little on thicker side.
- Now steam this mixture as we do for dhokla. It will take about 15-20 minutes.
- Once done, let it cool down. Cut into pieces and deep fry it. It can be shallow fried or air fried too.
- Serve with your favourite green chutney or ketchup with hot tea or coffee.



*Food Feeds Your Soul*





*Main Course*



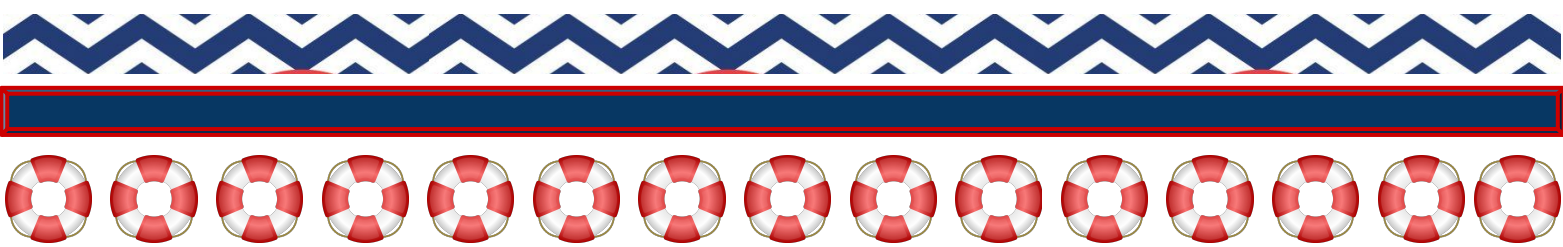
# Prawns Patio

By Pouruchisti Ukaji, Mumbai



## Ingredients

- 6-7 big Onions
- 4-5 big Tomatoes
- 2-3 Green Chillies
- Few pods of Garlic
- 1 tsp Cumin powder
- Few Curry Leaves
- Coriander for garnish
- Salt to taste
- 500 gms Prawns





## Process of Cooking

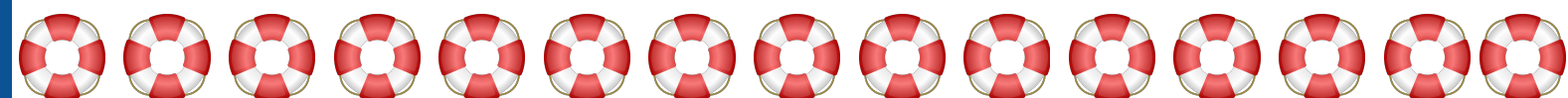
- Cut onions into tiny pieces or sliced.
- Take oil in a vessel and add onions and fry till golden brown.
- Add curry leaves.
- Make a paste of cumin, garlic n green chillies.
- Once onions are fried, add the paste n saute for 1 minute. Then add tomatoes and let them cook completely. Add prawns and salt to taste. Once cooked, add chopped coriander.
- Serve with khichdi for lunch. Can also be served on monaco biscuit as a starter.

## Additional Notes

- Prawns patio is a Parsee dish usually had on good occasions with dal rice.



*Love at first bite*



# Malai Kofta

By Namrata Noelle, Navi Mumbai



## Ingredients

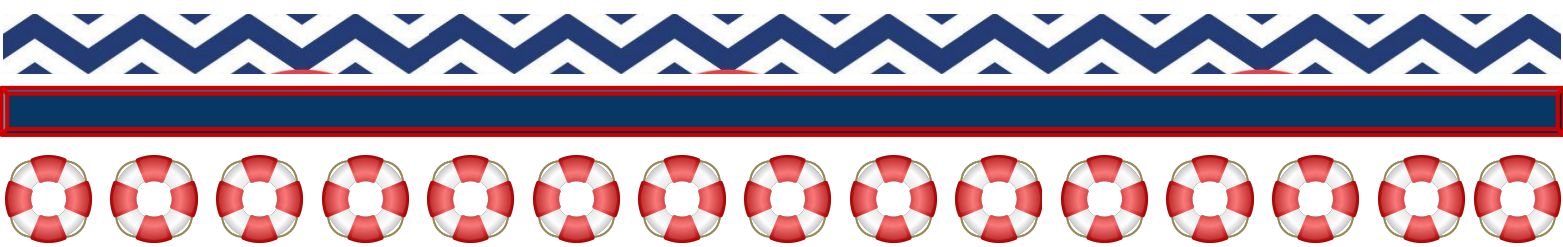
### For Kofta

- 1 1/2 cup Gram flour
- 250 gms Paneer, mashed
- 3 Potatoes, mashed
- 1 tbsp Cornflour
- 1 tsp Ginger garlic paste
- 1 tbsp Coriander, finely chopped
- Handful Raisins (kishmish)
- Salt
- Refined Oil for frying

### For Kofta

- 1 tsp Chilli powder
- 1 1/2 tsp Coriander powder
- 1/2 tsp Turmeric powder
- 1/2 tsp Cumin powder
- 2 Onions, pureed
- 3 Tomatoes, pureed

- 1 cup Fresh cream
- 1 pinch Sugar
- Salt to taste
- 1 tbsp Coriander, finely chopped
- 1 tbsp Ginger garlic paste
- 3 tbsp Refined Oil
- Half cup Water





## Process of Cooking

### Kofta Preparation

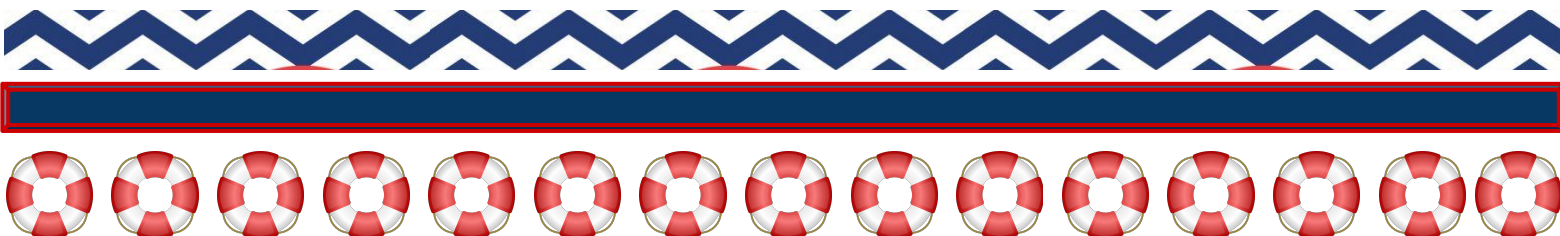
- Take the gram flour into an edged plate or bowl (where you can easily knead it).
- Mash the paneer and potatoes nicely and mix together
- Mix the remaining ingredients with the paneer and potatoes mixture. Keep the kishmish aside
- Make small balls of the mixture and put 1 kishmish in each ball
- Deep fry them till golden brown
- Keep it aside till we make the gravy

### Gravy Preparation

- Heat 3 tbsp of refined oil in a pan
- Make a paste of the dry masalas with 4 tbsp of water
- Put this paste in the oil and let it cook for some time till the oil separates from the masala
- Add the pureed onions and tomatoes in this masala and let it cook till you feel that the raw smell of onions is gone
- Add ginger garlic paste, sugar and salt. Cook for about 5 minutes
- Now when the masala is cooked and ready, add the fresh cream and half cup of water. Let it boil
- Add the fried koftas and cover the pan. Switch off the gas
- Garnish with cream and coriander. Serve hot



*Cooking is about creating something delicious  
for someone else*



# Vegetable Dum Biryani (Pakki)

By Megha Dev, Noida



## Ingredients

- 5 cups Biryani rice (Long grain basmati)
- 10-12 Cloves (Laung)
- 5 Green Cardamom (Choti elaichi)
- 1 Black Cardamom (Badi elaichi)
- 3 medium Bay leaves (Tej Patta)
- 4-5 small Cinnamon sticks (Dalchini)
- 4 whole Black Pepper (Sabut kali mirch)
- 1/2 tsp Jeera
- Salt to taste
- 1 tsp red Chilli powder
- Biryani masala
- Fresh Mint leaves
- Fresh Coriander leaves
- 1 big Potato (round slices around 5 mm thick)
- 4 small Potatoes
- 2 medium Tomatoes (coarsely chopped)
- 2 medium Tomatoes (paste)
- 2 medium Onions Julienne (Sliced neither too thin, nor too thick)
- 2 Green Chillies (big, less spicy ones; Cut into big pieces)
- 1 Cauliflower (Cut into big pieces)
- 150-200 gms Cottage Cheese (Small cubes. Frying is optional)
- 100 gms Green Beans (chopped)
- 2 Carrots (Coarsely chopped)
- 1 tbsp Ginger paste
- 1/2 tbsp Garlic paste (Optional)
- Kewra Water
- Rose Water
- Meetha Attar
- Saffron
- 2/3 cup Milk
- 1 tbsp Ghee







- 1 tbsp Ghee
- Edible food colour (Yellow or orange)
- Kneaded flour for Dum
- Cooking oil
- Water

## Process of Cooking

### Half Boil Potatoes

- In a small pot, pour some water. Add salt,  $\frac{1}{2}$  tsp biryani masala and a pinch of food color.
- Take 3-4 small potatoes and poke them with a fork.
- Add these to the pot and half boil them and keep them aside for later use.

### Fried Onions

- In a pan, add some oil and fry 2 julienned onions.
- Keep them aside for later use.

### Half Boil Rice

- In dum biryani, rice should only be half boiled. Once half boiled, all the water will be strained out.
- In a big pot, add around 12 cups of water.
- Add 5 cloves, 2-3 cinnamon sticks, 3 green cardamoms, 2 bay leaves, 2 coarsely chopped green chillies and salt. Extra salt needs to be added as excess water will be strained out and might leave rice with less salt.
- Once water comes to a boil, add rice, 2 tbsp rose water and 1 tbsp kewra water.
- I strongly recommend tasting the water/rice at this point for salt. If it's less, then add more salt.
- Half boil. Cook until it's done al dente. Rice should be firm, grainy and you must feel the bite into the grain when you bite it. The grain should break and not get mashed.
- Strain out all the excess water. Add cold water to the bowl. Strain it and add cold water again. Ensure that the rice has cooled down and the water isn't hot anymore. Add 1 tbsp ghee.
- Caution: Leaving rice in hot water will cook it completely.

### Half Cooked Vegetable Gravy

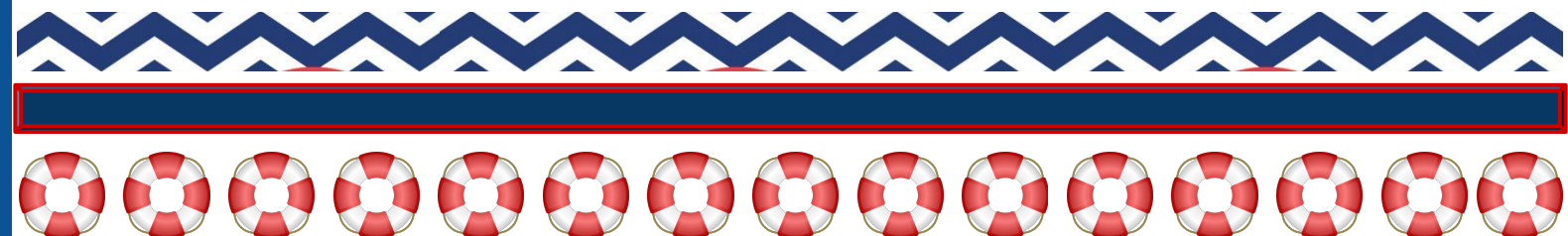
- Please note, all vegetables should only be half cooked.
- In a kadhai, add 5 tbsp oil.
- Once it's hot, add 2 cinnamon sticks, 4 cloves, 2 green cinnamon, 1 bay leaf, 1 black cardamom, 4-5 whole black peppers and jeera. Once done, add ginger and garlic (optional) paste.
- Add cauliflower chunks and beans and saute for a while.
- Now add carrots, chopped tomatoes and tomato paste. Let it cook for a while. Ensure it doesn't have too much water.
- Add salt, red chilli powder and 1.5 tbsp biryani masala. Mix and cook for 20-30 seconds and now add cottage cheese.
- Keep aside for later use.

### Milk for Dum

- In a bowl, mix  $\frac{2}{3}$  cup of milk, 2 tbsp biryani masala, 7-8 strands of saffron, 1 drop of meetha attar and pinch of food color.

### Dum Biryani

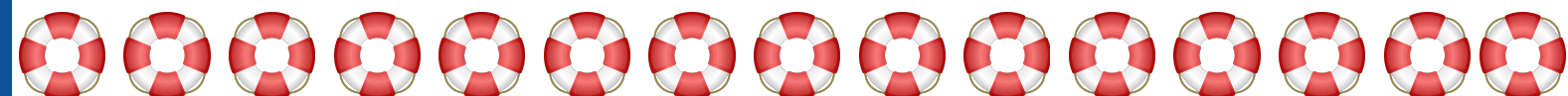
- Ensure that while layering, you don't press any of the contents. Loosely layering the contents will allow





better cooking and flavouring during the dum process.

- Take a big, thick bottomed pan/pot/handi.
- Layer the pan with round slices of potato. This prevents the rice from sticking to the bottom and / or burning. Quite a bit of wastage is prevented by doing so.
- Spread half quantity of the half boiled rice.
- Evenly place the half boiled potatoes.
- Spread chopped coriander and mint leaves and form a layer.
- Evenly spread the vegetable gravy.
- Evenly spread the fried onions. This step is optional and totally depends on your taste. We normally don't prefer it, so instead, we spread the fried onions on top of the pot once the biryani is fully cooked or direct onto our plates once the biryani is served.
- Evenly spread the remaining rice.
- Sprinkle  $\frac{1}{2}$  cup water.
- Now use the milk that we prepared for dum and spread it unevenly in a few spots, such that once the biryani is cooked, we get a mix of white and orange colored rice.
- Stick kneaded flour on the edges of the lid and place it on top of the pan/pot/handi such that it is completely sealed.
- Let it cook on low flame for 30 minutes.





## Additional Notes

- It goes really well with raita.
- For those who do not consume garlic or onion, you can totally skip it.
- The preparation time is high, but totally worthwhile.
- You can also saute almonds and cashews in ghee and spread them on top.



*I cook with wine; sometimes I even add  
it to the food*



# Sago Masala Kadhi

By Neha Kulshrestha, Navi Mumbai



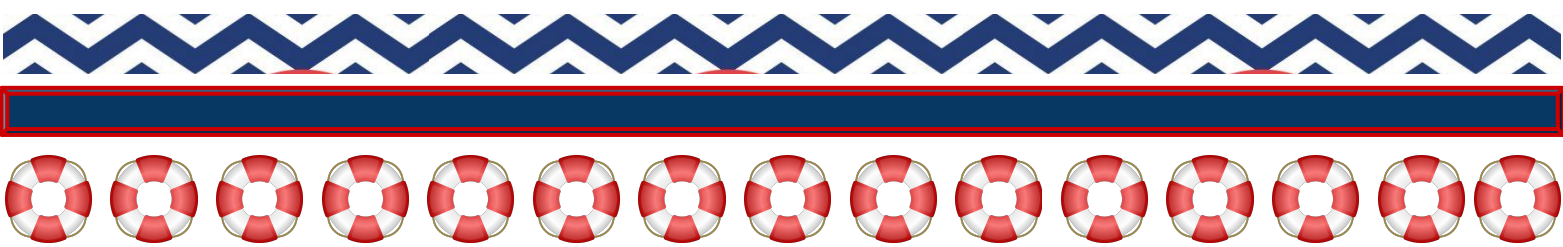
## Ingredients

### Main Ingredients

- 1 cup Sago / Sabudana (big pearls are preferable)
- 1/2 cup Gram flour (*Besan*)
- 1 tsp Chilli flakes
- 1 tbsp Ghee
- Few Coriander leaves to garnish

### Other Ingredients

- 1 tbsp Mustard oil
- 1/2 tsp *Jeera*
- 1/2 tsp Mustard seeds
- 12-15 Curry leaves
- 1 1/2 tsp Turmeric powder (*Haldi*)
- Pinch of Asafoetida (*Hing*)
- 1 big Onion
- 5-6 cloves Garlic
- 1 tsp Garam masala
- 1 tsp Kitchen King masala
- Salt to taste
- 1 tsp Red Chilli powder





## Process of Cooking

### Kofta Preparation

- Soak sago for 20 mins.
- Mix besan with curd and make fine smooth paste. Add haldi in it.
- Heat 1 tablespoon mustard oil and put jeera, mustard seeds, curry leaves and hing.
- After 30 seconds add onion rings and crushed garlic and saute. After it turns brown, add curd and besan mixture in it and mix well.
- Add 1 teaspoon garam masala and ½ teaspoon kitchen king masala.
- After one boil add soaked sago.
- Cook with open lid on medium flame for 10 to 15 minutes.
- Add Salt according to taste.
- Add 1 to 2 cups of water and boil for 5 more minutes.

### For Top up tadka

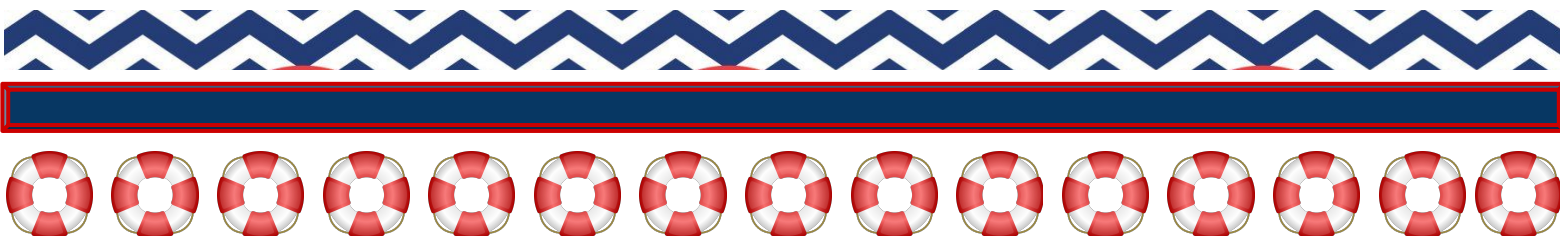
- In tadka pan, heat 1 tablespoon ghee
- Add 1 teaspoon red chilli powder and chili flakes.
- Turn off the flame immediately.
- Serve it hot after 15 minutes. Garnish with coriander leaves and tadka.

## Additional Notes

- Check the thickness at the time of turning off the flame. It should be more thin than it should be at its final stage because sago makes it thick.
- If you don't have sour curd, you can use 1 teaspoon amchur.
- For children don't add top up tadka.
- It goes best with plain steamed rice.



*Always start out with a larger pot than  
what you think you need*



# White Sauce Chicken Pasta

By Nida Kapdi, Navi Mumbai



## Ingredients

- Chicken
- Capsicum
- Onion
- Olives
- Potato
- Olive Oil
- Salt
- Oregano
- Chilli Flakes
- Black pepper
- Yellow and Red pepper
- Basil leaves
- Corn
- Milk
- Maida
- Butter
- Pasta





## Process of Cooking

- Boil Pasta by adding some oil and salt. You can use bow, ribbon, penne any shape pasta of your choice
- Dice all the vegetables. Take a wok and heat it. Pour olive oil and salt and cook for 3 minutes till vegetables are little soft. Remove them. In the same wok, pour some oil, garlic ginger paste and boneless chicken. Cook chicken and then dice the same.

### White sauce

- Take wok and add some butter and 2 tablespoon maida. Cook till it's slightly brown.
- Add milk gradually to make sauce and keep mixing the maida and milk till it turns into thick gravy.
- Add pinch of salt and good amount of cheese, chilli flakes, oregano and black pepper.
- Lastly add boiled pasta, chicken and vegetables in white sauce. Cook again for 5 minutes.



## Additional Notes

- Add milk for reheating pasta.

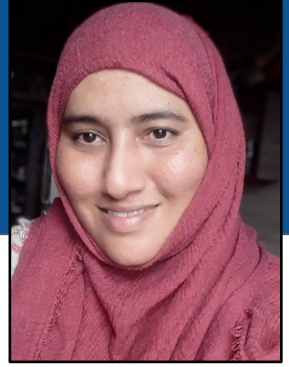


*The best way to know a city is to eat it*



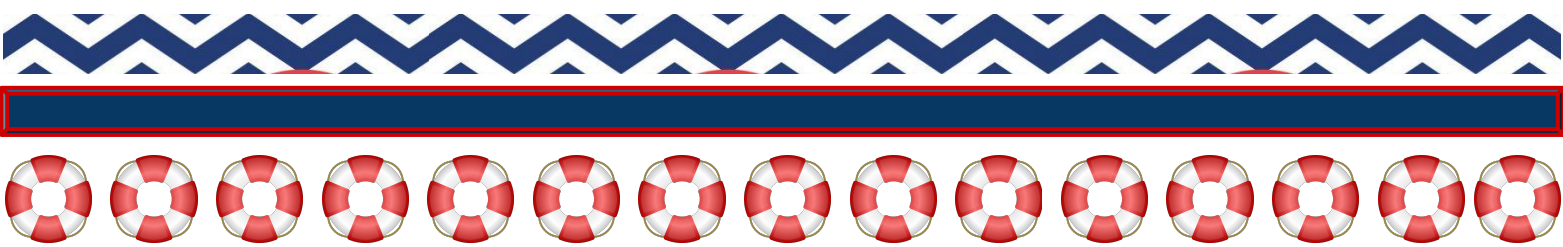
# Chicken Sambhal

By Seema Khanchey, Mumbai



## Ingredients

- 2-3 tbsp Cooking oil
- 1/2 kg Chicken
- 2 medium sized Onions, chopped
- 8-10 Garlic cloves, chopped
- 2 tbsp Cooking vinegar
- 2 tsp Green chilli sauce
- 2 tsp Soy sauce
- 2 tbsp red Chilli powder
- 3 tbsp Tomato sauce
- 2 tsp Ginger garlic paste







## Process of Cooking

### Chicken Marination

- Wash and clean the chicken and then add 1 tsp of soy sauce, 1 tsp chilli sauce, 2 tsp ginger garlic paste, 1 tsp vinegar and a pinch of salt. Do not add much salt as all sauces have salt. Marinate for 10-15 minutes.

### Sambhal Preparation

- In a kadai, add 2 tbsp of oil and fry marinated chicken till it's well cooked. Set the cooked chicken aside and in the same kadai add another tbsp of oil if required and fry the chopped onion till it's soft and turns a bit yellow. Then add chopped garlic in it.
- Add vinegar, soy sauce, green chilli sauce, red chilli powder (adjust as per your spice requirement) and tomato sauce.
- Cook the ingredients well and add 2 cups of water.
- Cook for 5 mins and then add cooked chicken.
- Cook till gravy thickens. If you need more thick gravy then add 2 tsp of corn flour. Switch off the gas. It's ready to serve.
- Note: Don't add any salt in preparation of gravy as all sauces have salts. Only a pinch in marination is fine.



## Additional Notes

- It's a Malaysian / Indonesian cuisine but with my own twist.
- It can be served with fried rice or plain steamed rice or with tandoori chapati.

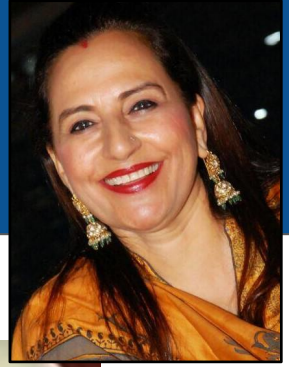


*Enjoy Life, it's Delicious*



# Prawns Biryani

By Renuka Nayar, Mumbai



## Ingredients

- 700 gms Prawns cleaned / deveined
- 1/2 tsp Salt
- 1/4 tsp Turmeric (Haldi)
- 1 heaped tsp Ghee
- 1/2 tsp Shahi Jeera
- 4-5 Bay leaves
- 4-5 Cardamom green
- 2 small Cinnamon Sticks
- 4-5 Cloves
- 8-10 black Pepper
- 1 Onion, sliced
- 1 heaped tsp Ginger paste
- 1 heaped tsp Garlic paste
- 1 heaped tsp Green chilli paste
- 1 Tomato, finely chopped
- 1/2 tsp Coriander powder
- 1/2 tsp Red Chilli powder

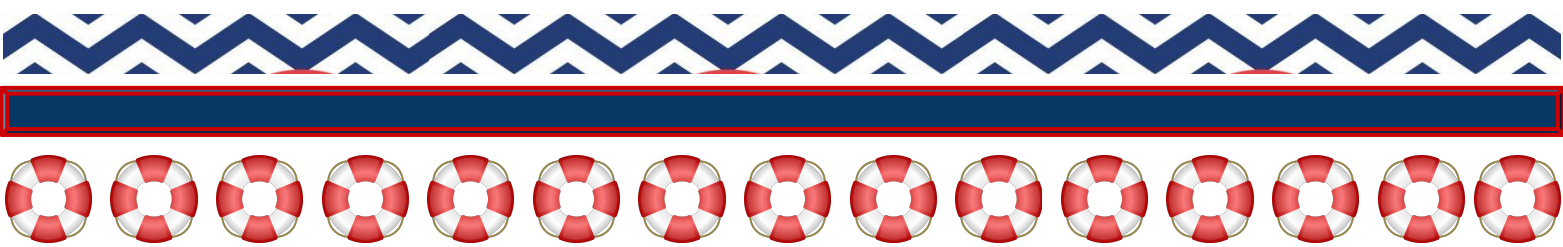
- 1 tsp Salt
- 3 tbsp Coconut paste

### For Rice

- 3 cups soaked Biryani Rice
- 1 heaped tbsp Ghee
- 2 Bay leaves
- 4-5 green Cardamoms
- 1/2 tsp Shah Jeera
- 4 Cloves
- 2 small Cinnamon sticks
- 1 onion, sliced
- 1/2 tsp grated Ginger
- 1 tbsp Salt

### For Layering and Garnishing

- 2 fried Onions
- 4 green Chillies
- Coriander leaves, chopped





- 1 tbsp melted Ghee
- 1 tsp Garam masala

## Process of Cooking

- Mix the prawns, turmeric and salt in a bowl.
- Take a pan and sauté the prawns for 1-2 minutes.
- Remove from the gas and keep it aside.
- Take a big pan. Keep it on the flame and add the whole garam masalas and onion.
- Fry all these until the onions are golden brown. Then add the ginger, garlic and green chilli paste.
- Sauté well. Add 1 tomato, coriander powder, red chilli powder and salt.
- Sauté well and add little water. Keep stirring until ghee and masala separates.
- Now add the coconut paste. Keep stirring well and add little water. Then add the prawns. Stir well and remove. Keep aside.
- In a big pan add a heaped tablespoon ghee, add shah jeera, bay leaves, cardamoms, cloves, cinnamon sticks, sliced onions, sauté a bit. Add the soaked rice, grated ginger, salt and mix gently. Add 6 cups of hot water. Cook for 6-7 minutes on high flame. Cover with the lid and cook on slow flame until done.
- While the rice is being done you can fry two sliced onions and keep it ready.
- Remove half of the rice gently.
- Cover it completely with the prawns you had prepared with the masala. Put half of the fried onions, cover it with the rest of the rice we removed. Garnish with the remaining fried onions, 4 slit green chillies, a tablespoon of warm ghee, chopped coriander leaves and sprinkle the garam masala.
- (OPTIONAL - You can mix some orange food colour in little milk and sprinkle over.)
- Cover it with the lid and cook on low heat for ten minutes. Preferably keep a tawa below the pan.
- Serve it hot.



*You only live once, Lick that bowl*



# Drumstick Curry

By Yaama Nerurkar, Pune



## Ingredients

- 2 Drumsticks
- 2 tbsp Coriander seeds
- 1 tsp Turmeric powder
- 1.5 tsp Red Chilli powder
- 1 tbsp Kashmiri Red Chilli powder
- 6 tbsp Fresh Coconut
- 4-5 black Peppercorns
- 1 medium Onion, diced
- 2 tbsp Tamarind pulp
- 1.5 cups or 2 readymade tetra packs Coconut milk
- 1 tbsp Jaggery
- 1 tbsp Mustard seeds
- Pinch of Asafoetida
- Salt as per taste





## Process of Cooking

- Cut drumsticks into 4" pieces. Grind coriander seeds, turmeric powder, red chilli powder and kashmiri powder into very fine powder. Then add tamarind pulp and some water to make it into a very fine paste. Marinate the drumstick pieces with this paste and keep aside for 15 minutes.
- In the same blending jar, add fresh coconut, peppercorns and onion and grind into a very fine paste.
- Heat oil in a kadhai. Add asafoetida, mustard seeds and allow them to crackle.
- Now add the marinated drumsticks and let them cook by covering the kadhai with a lid.
- After the drumsticks are cooked, add the coconut, peppercorns, onion paste and let it simmer till it boils and is cooked.
- Add salt and jaggery to it.
- Add the coconut milk. Do not allow it to boil and keep stirring till you see steam coming from the curry.
- Switch off the gas and remove the vessel immediately from the burner. This is served with rice.
- Readymade coconut milk can be used. Empty the packet in a vessel. Then add plain water in the packet, shake well to get thin milk (watery) and use it when cooking the drumsticks. The thick milk is then added at a later stage.
- The tamarind paste and jaggery can be adjusted according to taste.

## Additional Notes

- This is a coastal side (konkan) speciality.

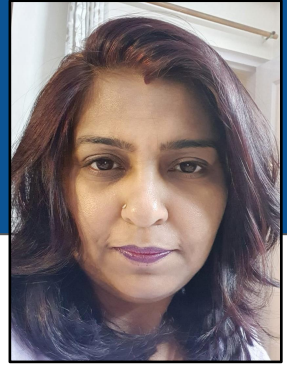


*Coconuts over food*



# Rajasthani Gatta Curry

By Purva Gahlot



## Ingredients

### For Gram Flour Dumplings (Gatta)

- 1 1/2 cup Gram flour
- 2 tbsp Cooking Oil
- 1/2 tsp Carom Seeds (Ajwain)
- 1/2 tsp Red Chilli powder
- 2-3 tsp Curd
- 1 tbsp Cream
- 1/4 tsp Garam masala
- 1/4 tsp Turmeric
- 1/4 tsp Asafoetida (Hing)
- Salt to taste
- 4-5 pods Garlic paste

### For Curry

- 3 medium Onions, grated / paste
- 2 large Tomatoes, grated
- 1/4 cup Coriander, finely chopped
- 1/2 cup Curd or Buttermilk
- 2-3 tbsp Cooking oil
- 1 tbsp grated Ginger
- 1/2 tbsp Red Chilli powder
- 1/2 tbsp Coriander powder
- 1/4 tsp Asafoetida
- 1/2 tsp Garam masala
- 1/2 tsp Turmeric powder
- 1/2 tsp Cumin seeds
- 2 green Chillies, finely chopped
- 2-3 Laung
- 2 Big Cardamoms
- 4-5 whole Black Pepper
- 2 Bay leaves
- 5-6 pods Garlic, crushed
- Salt to taste

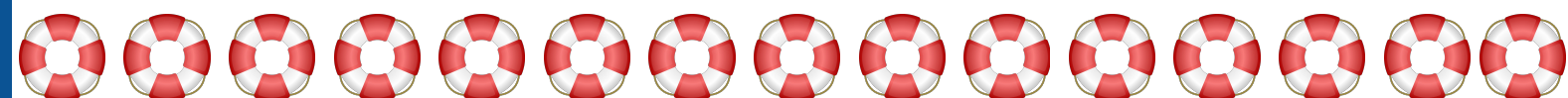
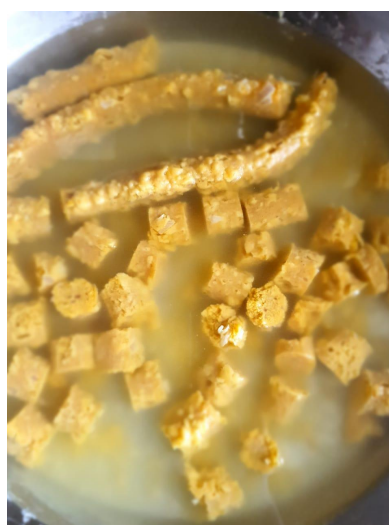




## Process of Cooking

### Gatte Preparation

- Take the gram flour into an edged plate or bowl (where you can easily knead it).
- Add red chilli powder, turmeric powder, garam masala and then add the asafoetida. Before adding the carom seeds, rub it between the palms of your hands. Add the garlic paste and salt to taste. Add the oil. Mix it all properly so there are no lumps.
- Add 2-3 teaspoon curd, 1 tablespoon cream (optional).
- Now add the water a bit to form dough of medium consistency (not too hard, nor too soft).
- If the dough turns out to be sticky, add the oil and knead until soft. Or add some more gram flour.
- Put a pan filled with water on flame and bring it to a boil.
- Meanwhile let's give a proper shape to the gram flour dough, to form gatte.
- Divide the dough into 4-5 equal portions and roll each portion into thick and long cylindrical shape.
- Make sure the water is boiling and then only add the gatte, one by one with a gap of 4-5 seconds so the water maintains its temperature.
- Boil them for 10-15 minutes. We can see the colour change in gattas from dark yellow to light yellow.
- We can also check whether the gatte has been cooked by trying to slice it through with a knife.
- Remove them out of the pan and place them on a plate and let it cool. Save the boiled water for later use.
- Cut the cylindrical shape into small pieces (or as per your preference). Gatte are ready.





## Curry Preparation

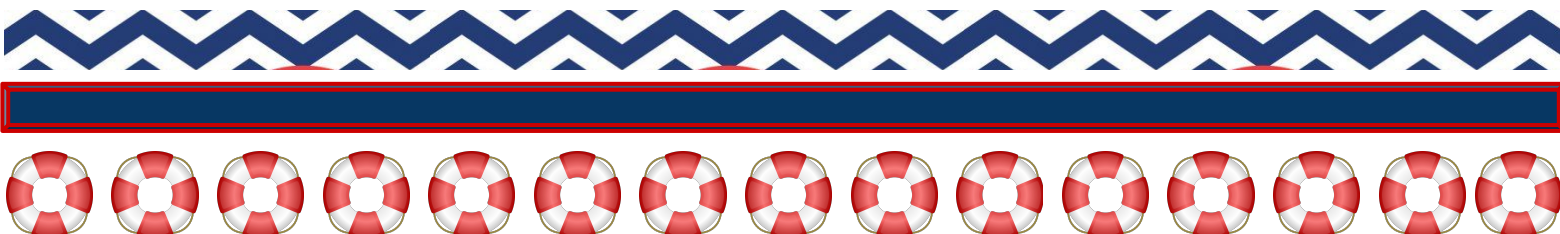
- In a pan heat oil and add bay leaves, whole pepper, big cardamom, cinnamon, cumin seeds, green chillies, asafoetida and stir.
- Add ginger and stir properly.
- Add red chili powder, turmeric powder, coriander powder and garam masala and stir.
- Roast the masalas properly. Once done add onion paste and let it roast for about 2-3 minutes. Mix well and cook the mixture until oil comes on the surface.
- Add grated tomato and mix well. Add salt to taste so it fastens the cooking process. Cover the lid and set it aside for a minute or two.
- Between slow flame, add the curd (Beat the curd well before adding) to avoid curdling. Add the garlic paste. Cook for another 5 minutes.
- Add the cut gattas now.
- The initial gravy will turn out thick and to make it more flowy, add boiled water leftover from the boiled gattas.
- Mix and stir continuously. You can add water according to the type of gravy you want.
- Mix well and cover the pan with the lid so the gatte absorbs the curry flavours brilliantly.
- Garnish it with finely chopped green coriander leaves. Turn off the flame.
- Transfer the gatte ki sabji out into a bowl and serve hot. You can serve it with chapatis and parathas.

## Additional Notes

Gatta curry, a Rajasthani cuisine now, was influenced by both the war-like lifestyles of its inhabitants and the availability of ingredients in this arid region. Food that could last for several days and could be eaten without heating.



*All you knead is Love*





# Paneer Kathi Roll

By Priyanka Rathore, Pune



## Ingredients

### For Roomali Roti

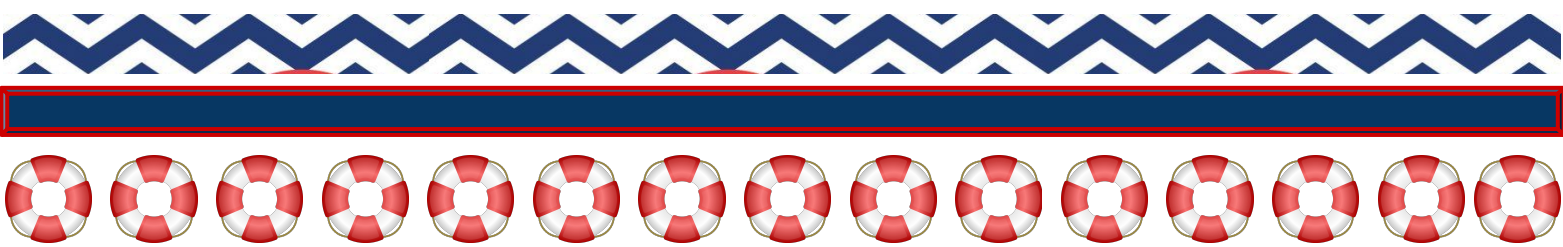
- 1 cup Whole wheat flour (aata)
- 1 cup All purpose flour (maida)
- 2 tbsp oil
- Salt to taste

### For Paneer Stuffing

- 100 gms paneer
- 2-3 medium onions, sliced
- 2 medium tomatoes, sliced
- 2 medium capsicum, sliced
- 2-3 tsp Mint chutney
- 2 tsp Tomato sauce
- Chilli powder, pepper and salt as per taste
- 2 tbsp Onion Tomato masala
- 2 tsp Ginger garlic paste
- 2-3 thinly sliced Green chillies
- 1 tsp Kasuri methi

### For Garnish

- 1 onion, sliced
- 1 lemon juice
- Chaat masala





## Process of Cooking

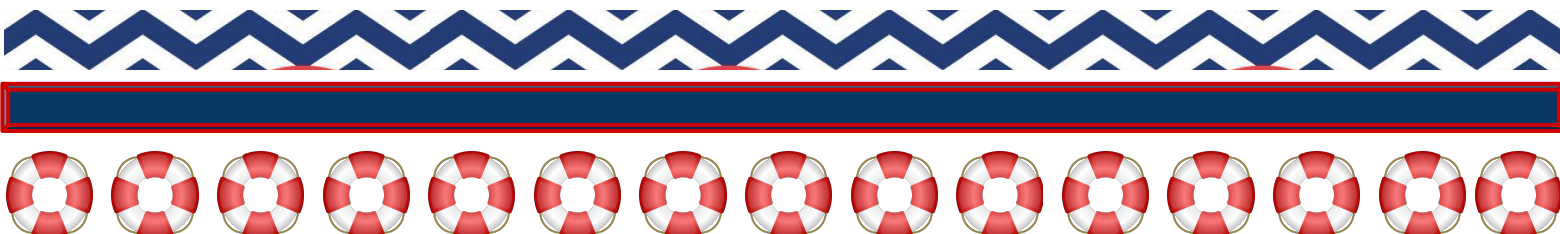
- Knead the dough and let it rest for a minimum of 1 hour .
- Take a pan. Add oil, green chillies, ginger garlic paste and sliced onion. Let it turn pink.
- Now add onion tomato masala and capsicum. Let it saute for 3-4 minutes. Add tomatoes and seasoning as per taste.
- After the vegetables are cooked, add chutney and sauce and kasuri methi.
- Finally add the thinly sliced paneer and cook it for barely 4-5 minutes. Now switch off the gas and let it rest.
- Now make two small balls of dough. Turn it upside down in aata, and on one of the balls apply oil on one side and keep it on the other ball. Now roll it to make it a chapati.
- Once rolled thinly, put on tawa on medium flame, turning it to check the right temperature.
- Once the chapati is cooked, from one side open and split the chapati.
- In a similar way, make more chapatis and keep aside.
- Once all the roomali rotis are done, take one by one and start putting the filling.
- First place the chapati, then filling, add onion slices, chaat masala and lemon. You can even add cheese if you so desire.
- Finally before serving, apply butter and warm it to have the melting rolls in your tummy.

## Additional Notes

- For stuffing, apart from paneer, you can add chicken, mutton, egg, mushrooms, mixed vegetables or anything that you may feel like.
- After making roomali rotis, you can add an egg and fry the roomali rotis as well.

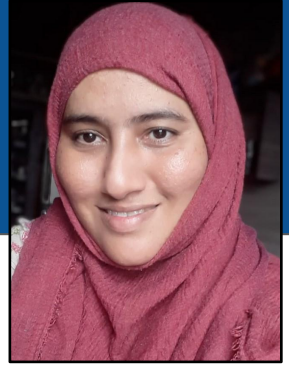


*Roll up your sleeves*



# Indian Rojak

By Seema Khanchey, Mumbai



## Ingredients

### For Batter

- 3 cups Flour (Maida)
- 1 tbsp Corn flour
- 1 tbsp Rice flour
- 1 tsp Baking soda
- 1/2 tsp Turmeric powder
- 1 tsp Garlic paste
- Salt to taste

### For Yeast Mixture

- 2 cups Warm water
- 2 tbsp Sugar
- 7/10 gms Dry yeast

### For Peanut and Chilli Sauce

- 2-3 tbsp oil
- 20 dry red chillies (deseeded and soaked)
- 2 medium Onions
- 10/12 Garlic cloves

- 2 medium Sweet Potatoes, boiled and pureed (if not available can use potatoes but add 2 tbsp sugar when pureed)
- 100 gms unsalted Peanuts, dry roasted and coarsely crushed
- 2-3 tbsp Tamarind pulp
- 1/2 tsp Turmeric powder
- 2 tsp Sugar
- 1/2 cup soaked Tiny Shrimps (optional)

### For Fritters

- 1 medium Onion, chopped
- 1 medium Potato (sliced as for pakodas)
- 2-3 boiled Eggs
- 5-6 chopped Green chillies
- Handful of Spring onion (optional)

### For Salad

- 1 Onion, cut in big slices





- 1 Carrot, juvelline cut
- 1 cup Cabbage, sliced
- 3-4 chopped Green chillies

## Process of Cooking

### Batter

- Mix all the dry ingredients.
- Prepare yeast mixture and let it stand for 5 minutes.
- Add the yeast mixture to dry ingredients and mix well.
- Consistency of the batter should be flowy. So add more water to adjust the consistency if required.
- Now proof the batter for at least 3 hours, maximum you can proof for overnight.

### Peanut and Chilli Sauce

- In a kadhai, add oil and add the chilli paste. After cooking for 2 minutes, add the sweet potato paste and cook for 5 minutes till it thickens and oil starts leaving the sides. Adjust with water for consistency if required.
- Add 2 tsp tamarind pulp, turmeric powder, sugar and salt to taste.
- Finally add crushed peanuts and cook for 2-3 minutes. As it starts to thicken, the sauce is ready.

### Salad

- Roughly chop the onions, cucumber, carrots, cabbage and chillies. Ready to serve.

### Fritters

- Divide the batter (proofed) into 3-4 portions depending on your choice of fritters.

### First Batter

- Add chopped onion, chopped chillies, spring onion, salt, garlic paste and turmeric powder.
- Mix well and add plain flour and some water to adjust consistency.

### Second Batter

- Add sliced potatoes, chopped chillies, garlic paste, turmeric, salt and mix it well.
- Adjust the plain flour and water for consistency.

### Third Batter

- Just add salt and turmeric and adjust the consistency with flour and water if required.



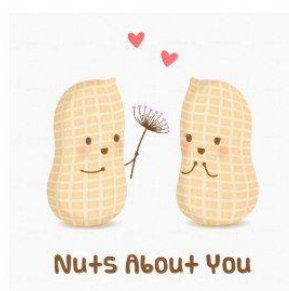


### Frying Time

- Heat oil in a big kadhai and fry the 1st and 2nd batter by putting the batter in oil with a spoon as it is flowy.
- For 3rd and plain batter, you can fry as it is or you can add your choice of stuffing ( Egg, prawns etc)
- Add the batter with the spoon in kadhai and when it's still wet, add  $\frac{1}{4}$  piece of boiled egg on the batter. Cook well on one side and then turn over and cook on the other side.
- All the fritters are now ready to serve with the sauce and the salad.

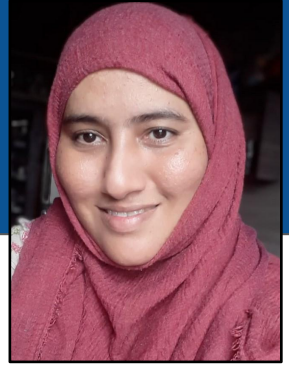
### Additional Notes

- Indian Rojak is a mix of fried fritters created in Singapore by early Indian immigrants.
- Made by Indians locally in Malaysia and Singapore.
- Choice of fritters add-ons can vary, as Singaporeans have choices from vegetarian to non-vegetarian options.



# Chicken Breast

By Seema Khanchey, Mumbai



## Ingredients

### For Marinade

- 1 1/2 cup Buttermilk
- 2 tsp mix Dried Herbs
- 3 tsp Red Chilli powder
- 1 tsp Salt
- 1 tsp Cardamom powder (Elaichi powder)
- 1 tbsp finely chopped Garlic
- 1 tbsp finely chopped Ginger
- 3 Eggs
- 1kg Chicken (Pieces of your choice)

### For Flour Mixture

- 1 1/2 Cup All Purpose flour (Maida)
- 1 Cup Corn flour
- 2 tsp Red Chilli powder
- 1 tsp Garlic powder
- 1 tsp fennel Seeds (Sauf)
- 2 tsp Coriander powder

- 1 tsp Baking powder
- A pinch of Black Pepper powder
- 2 tsp Salt
- Oil for Deep Frying

### For Garlic Sauce

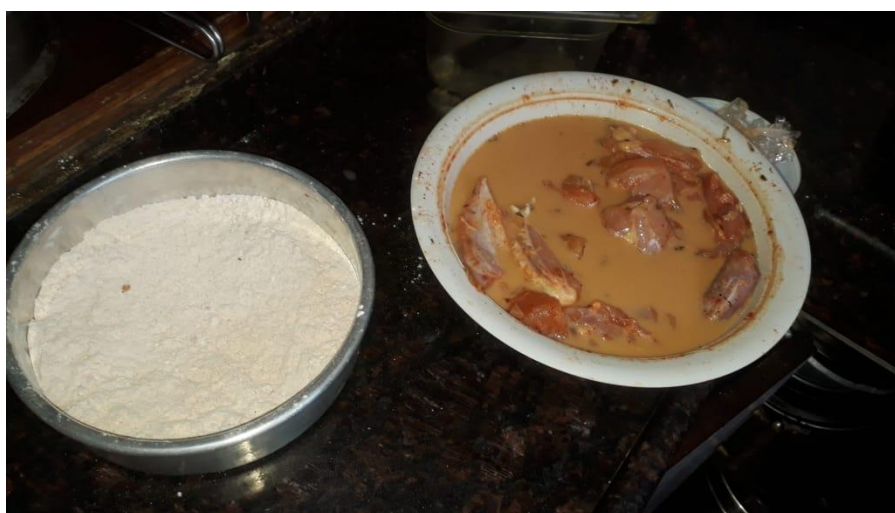
- 3 tbsp Mayonnaise
- 2 tsp Garlic paste
- 1/2 tsp Red Chilli powder
- 1 tsp Salt
- A pinch of Black Pepper powder





## Process of Cooking

- Marinate the chicken in all the above marination ingredients and refrigerate for at least 3- 4 hours.
- Keep the chicken at room temperature for at least 30 minutes before you start frying.
- Heat the oil in a big kadhai or wok.
- Keep the flame at medium all the time. Do not fry on high flame as chicken will remain uncooked from inside.
- Now take 1 piece at a time. Remove from marinade and roll it well in flour mixture. Again dip in the marinade and repeat in flour mixture. Now fry it.
- Fry 3 - 4 pieces at a time depending on the size of the wok.
- Fry for at least 10 minutes to get a good crispy texture and a nice brown colour.
- Serve with your choice of sauce
- It's best eaten with garlic sauce.

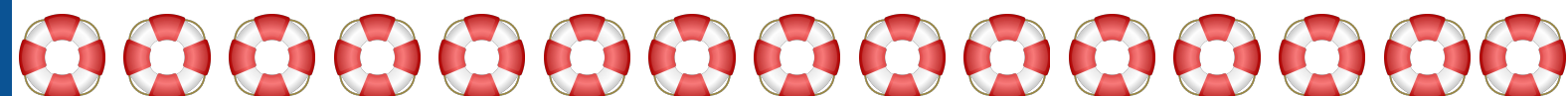


## Additional Notes

- It is basically a pressure fried chicken.



*It's getting Hot in here*



# Dal Pakwaan

By Karishma Golani Mathur, New Delhi



## Ingredients

### For Dal

- 250 gms Chana dal
- 1 small Onion
- 1 small Tomato
- 4-5 Green chillies
- 1 tsp Cumin seeds
- 1/2 tsp Turmeric powder
- 1-2 tsp Oil
- Salt to taste
- Pinch of Asafoetida (Hing)

- Water to knead

### For Pakwaan

- 2 cups All Purpose flour (maida)
- 1/2 tsp Carom Seeds (ajwain)
- 3 tbsp Ghee
- 1/2 tsp Red Chilli powder
- Salt to taste
- Oil to deep fry







## Process of Cooking

### For Dal

- Wash nicely and soak for half an hour. Take a pressure cooker and add oil. Once warm, add hing, chopped onion and fry till pink. Add grated tomato and fry till tender and cooked. Add dal, turmeric powder, salt and place lid to one whistle. Release pressure and mash the dal. The dal should be mildly tender.

### For the Tadka

- Take a pan, add cumin seeds and once they crackle, pour the dal.
- Keep aside some finely chopped onions to sprinkle on top while serving to retain crunch.
- Mix regular mint chutney, little tamarind chutney in a bowl.

### For Pakwan

- Sieve the flour. Add the ajwain, salt, little red chilli (optional), ghee / oil and make a dough using water. Keeping the dough a bit tight.
- Let it rest for 10 minutes. Make small balls. Roll thin like chapati and cut into two.
- Prick all over with the tip of the knife so that they don't fluff and come out crisp.
- Heat oil on high. Then fry the pakwaans in warm oil. Serve hot and enjoy!!!

## Additional Notes

- It's a Sindhi delicacy.

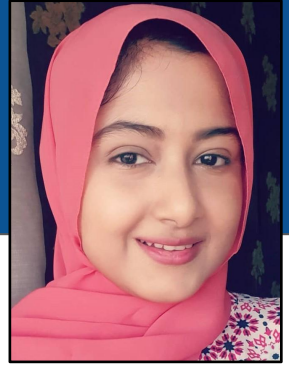


*It's hard to diet when your favorite exercise is chewing*



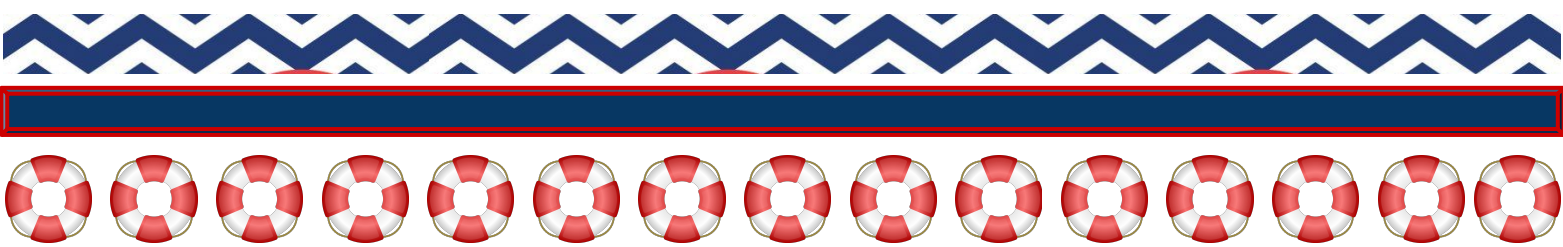
# Barley Mushroom Risotto

By Anjum Farooki, Mumbai



## Ingredients

- 1 cup Barley
- 1 packet Mushrooms
- 1 Onion
- 2 Asparagus
- 2 tbsp Olives
- 1 tbsp Garlic Paste
- 1 tbsp Mixed Herbs
- 1 tbsp Basil
- 1 tbsp Chilli flakes
- 1 cup Milk
- 1/3 cup grated Cheddar Cheese (any cheese of your choice)
- Salt to taste





## Process of Cooking

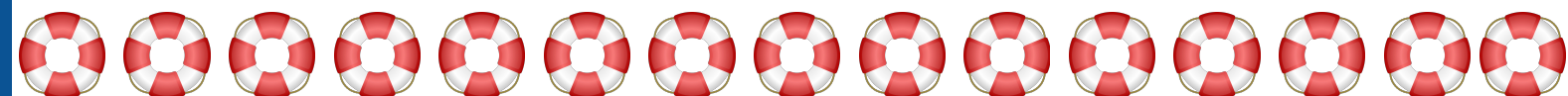
- Cook barley in the cooker with water and salt like rice but for 5 - 6 whistles.
- In a pan, drizzle some oil. Add onions and garlic. Cook till the onions are soft. Then add mushrooms, asparagus, herbs, chilly flakes and salt. Saute it for a while.
- Add boiled barley to the vegetables. Put some water, milk and cheese. Let it cook together for 5 minutes with the lid open.
- Garnish with olives on top. (Do not add the olives before as it may lead to curdling of milk if the olives are sour.) Your healthy risotto is ready to be served.

## Additional Notes

- Risotto is an Italian dish made with rice. Here we have given a healthy twist by replacing rice with barley & no maida for the white sauce.

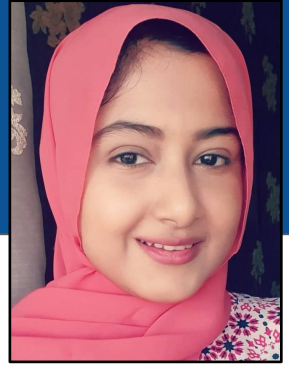


*Life is a combination of Magic & Pasta*



# Fellah Koftesi/Fellah Kofte

By Anjum Farooki, Mumbai



## Ingredients

### For Sauce

- 1 cup Tomato Paste
- 1 tsp Chilli Powder
- 1 tsp Oregano
- 1/2 tsp Cumin Powder ( Jeera Powder)
- Salt to taste
- 3 crushed Garlic Cloves
- 100 ml Water
- 3 tbsp olive oil

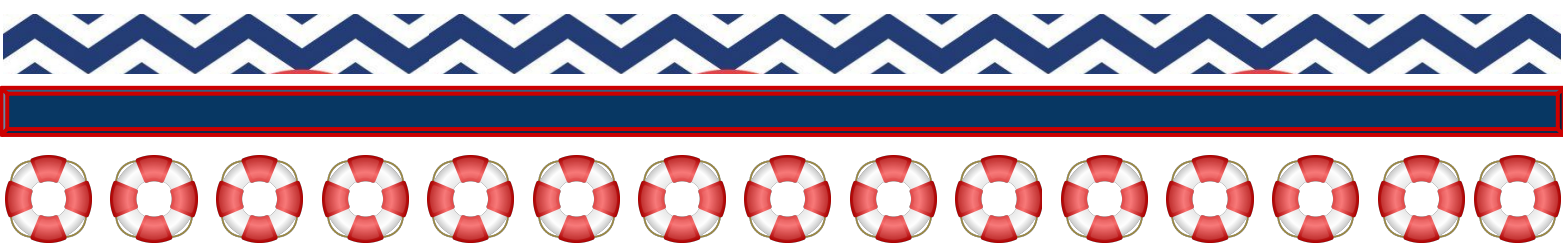
### For Kofte

- 1 cup Dalia/ Bulghur
- 2 tbsp Semolina ( sooji)
- 1 tbsp Tomato Paste
- 1 tbsp of Chopped Mint
- 1 tsp Chilli Powder
- 1 tsp Cumin Powder
- 1 tsp Lemon Extract or 1/2 tsp vinegar

- Pinch of Black Pepper Powder
- Salt to taste
- 1 1/2 cup Hot Water

### For the Garlic Yogurt Drizzle

- 1 small Bowl Yogurt
- 2 Crushed Garlic Cloves
- Salt to Taste
- 1 tbsp of Chopped Parsley or Coriander Leaves





## Process of Cooking

- Keep semolina and daliya soaked in hot water for half an hour.
- Later when they are soaked in water, add all the other kofte ingredients and knead. Please note not to use too much water for soaking or else the dough will not knead well.
- Roll it into small balls using some oil in your hands. Press the centre of the balls.
- In a wide vessel, boil water with salt. Drop those kofta balls into the water and let it cook till the balls start floating on the water.
- Remove from the water and put them on a strainer.
- In a pan, heat oil. Saute crushed garlic. Then add rest of the sauce ingredients and cook for a while till the oil separates.
- Add the balls and mix with the sauce on the same pan. Cook for 1 minute.
- Transfer it to a serving bowl
- Mix together all the ingredients of the garlic yogurt dip and drizzle on top of the dish. Enjoy this tasty yet healthy meal.

## Additional Notes

- It is a Turkish and Afghani dish.

I WON'T BE  
impressed with  
TECHNOLOGY  
until I can  
  
DOWNLOAD  
FOOD



# Oats Handvo

By Priyanka Rathore, Pune



## Ingredients

- 3/4 cup Oats Powder
- 1/2 cup Semolina (Sooji)
- 1/4 cup Gram Flour (Besan)
- 3/4 cup Curd
- 1/2 cup Bottle Gourd (Lauki) Grated
- 1/2 Carrot, grated
- 1/2 Corn, crushed
- 1 Capsicum, finely chopped
- Coriander, finely chopped
- 1 tsp Ginger Garlic Paste
- 2-3 Green Chillies
- 1 tsp Eno
- Salt to taste
- 1 tsp Red Chili Pwd
- 1 Pinch Haldi for colour
- Oil
- Water as required

### For Tempering

- Rai
- Jeera
- Sesame Seeds
- Onion Seeds



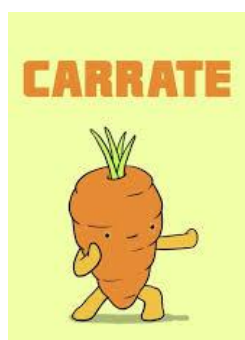


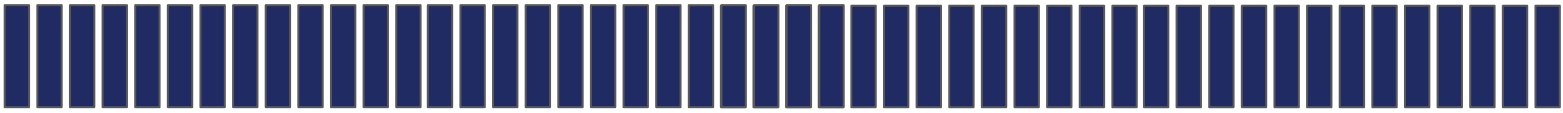
## Process of Cooking

- Mix oats powder, sooji, besan, curd, lauki, carrot, corn, salt, red chilli powder, haldi, ginger garlic paste, green chillies, coriander.
- Mix well together and add 1-2 tbsp water to make a thick batter. The batter should be thick than chilla mix and thin than bajji mix.
- Rest for at least 10 minutes.
- Meanwhile put a kadai or appe pan and make it warm and add little oil just for tempering.
- Now add eno to the batter and mix well for 1 minute.
- In the oil, now add all the tempering mix and add few capsicum which is finely chopped.
- Now add  $\frac{1}{4}$  batter in kadai or 1 tbsp in appe pan on the tempering. Cover the kadai or appe pan for at least 10-12 minutes till the upper layer is dry and whichever is earlier.
- Once the upper layer is dry and set, add few drops of oil, and spread the tempering and overturn it. Again cook for 5-7 minutes.
- Check with the toothpick, if it comes out clean, then your Handvo is all set for eating with pudina chutney.

## Additional Notes

- This is a Gujarati Cuisine and one pot meal, very healthy and nutritious.





*Desserts*





# Lemon Pound Cake

By Neha Chauhan, Noida



## Ingredients

- 1 cup Maida
- 1/2 cup Sugar
- 1/2 cup Cooking Butter
- 1 tbsp Lemon Juice (you can add more if you like more tangy)
- 1/2 tsp Lemon Zest for extra zing
- 1 tsp Baking Powder
- 2 Eggs





## Process of Cooking

- Whisk eggs, sugar and lemon juice.
- Once done add dry ingredients maida, baking powder and butter.
- Once done fold in lemon zest too.
- Grease a pan and bake in a preheated oven for 20 minutes at 180 degrees.
- You can add a simple glaze by mixing 2 tbsp sugar and 1/2 tsp lemon juice and once cake is completely cool, top it with the glaze.

## Additional Notes

- Can be made eggless with condensed milk.

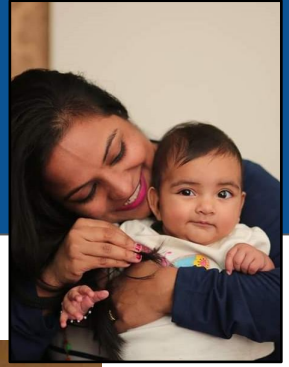


*When life gives you lemons, Bake a Cake*



# Melon Rabri Delight

By Rinki Garg, Pune



## Ingredients

- 1 Melon
- 3 cups Milk
- 1/4 cup Sugar
- Mint and Ice for Garnish





## Process of Cooking

- Take 3 cups of milk in heavy bottomed saucepan so that it doesn't stick down.
- Puree the melon into thick paste without adding water.
- Bring the milk to boil once.
- Simmer it and keep stirring it constantly. Once the milk reduces, add  $\frac{1}{4}$  th cup sugar and pureed muskmelon.
- Keep stirring until it reaches thick pudding consistency.
- Let it cool. Put it in refrigerator n serve thanda thanda.

## Additional Notes

- Good to have in summers.

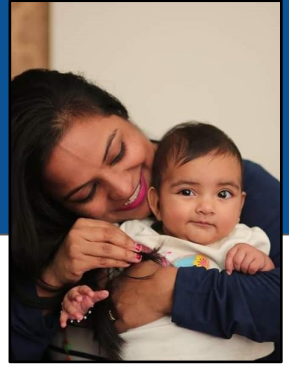


*I followed my heart & it led me to the Fridge*



# Chocolate Cookies

By Rinki Garg, Pune



## Ingredients

- 100 gms Butter
- 1 cup Powdered Sugar
- 1 tsp Vanilla Extract
- 1 1/4 cup Maida
- 1/4 cup Cocoa Powder
- 1/2 tsp Baking Powder
- 1 pinch Salt
- 2 tbsp Chilled Milk





## Process of Cooking

- Take a large bowl. Add butter, powdered sugar and vanilla extract. Mix them nicely till it's silky smooth and *whitish* in colour.
- Take a sieve and put it on the bowl. Put cocoa powder, maida, baking powder, pinch of salt and sieve it.
- Now mix it with the previous batter, while also adding milk.
- Make a soft dough. Don't knead it. Now pinch balls and keep it aside.
- Take a cooker. Spread salt in it and place a stand. Cover with lid.
- Pre-heat for 7-10 minutes. Now place a plate above the stand and put the ball size cookies flattening it a little bit.
- Cover it and cook it on low flame for 17 to 20 minutes. After 17 minutes, open the lid and let it cool for sometime. Your cookies are ready.



## Additional Notes

- Everybody's favourite as it goes well with tea, milk and at any time of the day for munching.



*A Balanced diet is a Cookie in each hand*



# Naan Khatai

By Priyanka Rathore, Pune



## Ingredients

- 1 cup Oil
- 2 cups *Maida*
- 1/2 cup Gram flour (*Besan*)
- 1 cup powdered Sugar with Cardamom (*Elaichi*)
- 1 pinch Soda





## Process of Cooking

- Mix all ingredients slowly and softly.
- Once it is ready, make small balls and make small cuts on it in a gentle fashion.
- Preheat oven for 15 minutes at 200 degree while making balls.
- Now bake it at 180 degree for 20-25 minutes.

## Additional Notes

- Everyone's oven acts differently. Mine takes 20-25 minutes. If your oven is powerful, it might just take 15-20 minutes or vice-a-versa. Initially, it takes at least 15 minutes for the biscuit to get cooked and then slowly it gains the creamish brown colour.



*Quick & Easy*





# Banana Bread

By Shubhra Vaish, Dehradun



## Ingredients

- 2 Over Ripe Bananas
- 2 cups Whole Wheat Flour (*Maida*)
- 1/2 tsp Baking Powder
- 1 cup Sugar ( be careful as some bananas are very sweet)
- Vanilla essence
- 1 1/2 cup Butter / Ghee
- 2 Eggs
- 1/2 cup Milk



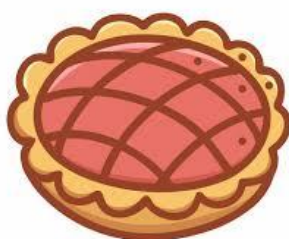


## Process of Cooking

- Mash the bananas well with a fork and beat in sugar, eggs and vanilla essence.
- Now, mix the dry ingredients and slowly fold into the mashed banana mixture, gradually adding milk.
- Mixture should be slightly thicker than normal cake batter.
- Pour into greased bread pan and place in preheated oven for 20 minutes at 200 degrees or until done.

## Additional Notes

- If using whole wheat flour, the cake might come out dense .



*A Party without Cake is just a Meeting*



# Choco-nut Bar

By Dr. Nandini Dhanjal, Navi Mumbai



## Ingredients

### For Base

- 80 gms Almond Flour / Crushed Almonds
- 100 gms Dessicated Coconut
- 90 gms Condensed Milk
- 1/2 tsp Vanilla Essence (optional)

### For Topping

- Cocoa Powder
- Almonds

### For Chocolate Ganache

- 100 gm Dark Chocolate (any brand)
- Amul fresh cream





## Process of Cooking

### For Ganache

- Chop the chocolate and mix the cream and microwave for 30 seconds. Mix and again put for 30 seconds.
- Mix the Almond flour, dessicated coconut and condensed milk. Make a dough-like consistency and set it in a tray, mould or any small container.
- Then spread the ganache on top and sprinkle the coco powder and decorate with almonds. Freeze the mould for 2 hours and cut in pieces.

## Additional Notes

- Specially for kids. Allow your child to try this recipe.

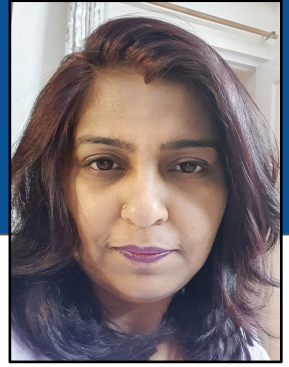


*Time for cake*



# Suji Gulab Jamun

By Purva Gahlot, Gurugram



## Ingredients

- 1 cup Semolina (Sooji Finely Grinded)
- 2 cups Milk
- 1 tbsp Desi Ghee
- A pinch Soda

### For Syrup

- 2 cups Sugar
- 2 cups Water
- Few strands Kesar
- 2-3 crushed Cardamom





## Process of Cooking

### For Gulab Jamun

- Take 1 cup semolina and grind it into fine powder.
- Take 2 cups of milk in kadhai and bring it to boil.
- Once the milk is boiled, lower the flame and gradually add grinded semolina with continuous stirring.
- When semolina will absorb milk and form a soft dough, switch off the flame and allow the dough to cool down to a just warm temperature.
- Add 1 tablespoon of desi ghee and add pinch of soda. Mix well to form smooth dough. Make gulab jamun of your desired size and fry them in hot desi ghee .
- While putting gulab jamun turn the flame to medium and let them fry until you get golden colour. Avoid touching gulab jamun while frying, until they come on the surface on their own.

### For Sugar Syrup

- Make a sugar syrup with sugar and water of ratio 1:1 by measuring 2 cups sugar and 2 cups water. Add *elaichi* powder and *kesar* in it. Don't make a string (taar) in the sugar syrup. Dip your gulab jamuns till they absorb sugar syrup.



## Additional Notes

- Don't add the gulab jamuns in completely hot syrup as they might break.



*Life is short, eat dessert first*



# Choco Banana Balls

By Neha Kulshrestha, Navi Mumbai



## Ingredients

(For 20 Medium Size Balls)

- 2-3 Ripe or Over-Ripe Bananas - (depends on the size)
- 12-15 *Hide n Seek* Biscuits
- 1 tbsp Dry Fruit Powder which includes Cashew, Almond, Walnut, Dry Coconut and Flax Seed
- Chocolate Syrup or Melted Chocolate





## Process of Cooking

### For Dry Fruit Powder

- Roast dry fruits in a pan. When it cools, grind it.

### For Balls

- Take biscuits and grind.
- Mash bananas and mix powdered biscuits and dry fruit powder.
- Mix well to make thick paste. Make balls. Coat the balls with melted chocolate and sprinkle some dry fruit powder to decorate.
- Keep them in fridge for 30 minutes.

## Additional Notes

- Add powdered sugar if required (all the ingredients are sweet so it is not mandatory)
- Very simple and healthy snack for kids (Over ripe bananas have a higher nutritional value)
- For garnishing, you can use your choice of sprinkles to make it more attractive



*All you need is love. But a little chocolate now and then doesn't hurt*





# Jalebi

By Lata Khatri, Navi Mumbai



## Ingredients

- 1 cup Flour (Maida)
- 1/4 cup Curd
- 1 tsp Soda
- Little Water

### For Sugar Syrup

- 1 cup Water
- 1 cup Sugar





## Process of Cooking

### For sugar syrup

- Boil 1 cup sugar in 1 cup water for 5 minutes.
- Put 2-3 strands of saffron and a few drops of lemon. Let it cool.

### For Jalebi

- Mix flour, curd, soda and little water.
- Put yellow colour.
- Make a cone of plastic milk packet.
- Put the jalebi mixture in it and pour the mixture in hot oil through the cone. Fry the jalebis in oil on medium heat.
- Dip in sugar syrup with a tong /chimta and remove.

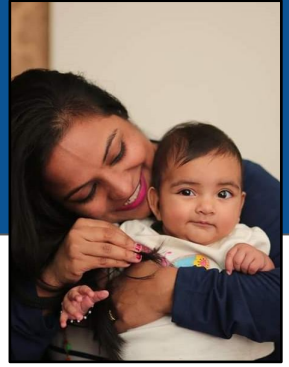


*A Jalebi a day, Keeps  
the Sadness away*



# Life of a Pie

By Rinki Garg, Pune



## Ingredients

- 2 pears
- 1/2 cup sugar
- Cinnamon powder
- 200 gms Butter
- 2 cups All Purpose Flour
- 1 pinch of salt
- Cold water to knead the dough





## Process of Cooking

### For Filling

- Wash the pears and cut them into small cubes.
- Place a pan on the stove . Put 2 spoons of butter, sugar and once they melt, add the cut pears into it.
- Stir it well to get a coating of butter and sugar on the pears.
- Once it is done take out the pears.
- Let the butter and sugar caramelize by stirring it continuously on low flame for some time.
- After it is caramelized, add the pears again, add cinnamon powder and let it cool.
- Now blend half the pears coarsely and keep aside.

### For Crust

- Take all purpose flour. Add the remaining butter cubes (6-7 small cubes) into it.
- Press the cubes with your hand to crumble it till the mix starts looking like bread crumbs.
- Add salt. Mix well. Now, by adding little water, make a fine, soft dough.
- Divide the dough into two parts. Roll the first dough ball to prepare the base of pie.

### For Pie

- Grease a tin or steel bowl evenly with some butter.
- Place the base on the bowl by pressing it on the bowl.
- Poke it with a fork so that it doesn't swell up.
- Add the pears mix in it by putting the cubes down and grounded pears on top.
- Now roll the other dough ball for the top portion of the pie.
- Cut into strips. And form a criss-cross pattern with the strips.
- Take a big pot. Add salt in the base and keep a stand. Cover it with a lid. Preheat for 5 minutes.
- Put the pie bowl on the stand and cover the pot with a lid. After 5 minutes, brush the pie with little butter.
- Let it cook for 25-30 mins. Once the pie turns brownish, switch off the gas and let it cool.

Enjoy your homemade pie, made without an oven. Have along with tea and get the Christmassy feel.

## Additional Notes

- Place of Origin for this recipe - England

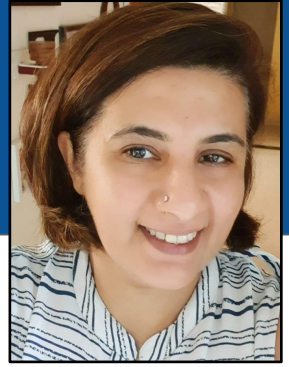


*Live, Love, Bake*



# Wheat & Jaggery Tea Time Cake

By Sakina Torcato, Mumbai



## Ingredients

- 1 cup (120 gms) Wheat Flour (*atta*)
- 3/4 cup ( 250 mls) Milk
- 3/4 cup (97 gms) Jaggery or Brown Sugar Cane Sugar
- 1/4 cup (56 gms) Refined Oil. Please avoid oil with strong flavour or smell
- 1/2 cup (56 gms) Walnuts
- 1 tsp Baking Soda or Eno
- 1 tbsp Flax Seed / Sesame Seed Mixed
- 1/2 tsp Fennel Powder (*Saunf Powder*)
- 1/2 tsp Cardamom Powder
- 1/2 tsp Salt





## Process of Cooking

- Prepare a 6 inch tin, grease the inside of the tin with butter and dust with plain flour.
- Sieve whole wheat flour and baking soda into your mixing bowl. Add the grated jaggery, fennel, cardamom, salt, chopped walnuts and mix them well.
- With a spatula, making a 'well' in the center of your mixing bowl, pour the wet ingredients, milk and oil. Mix dry ingredients with the wet ingredients.
- You will get a very thick cake batter, but do not fret. Simply pour the batter in a 6 inch prepared cake tin.
- Sprinkle the sesame and flax seeds.
- Bake at 180c for approx 30 to 35 minutes. Or till a toothpick inserted, in the center of the cake comes out clean.



*Keep Calm, Put the Kettle on*



# Malpua with Rabri

By Neha Chauhan, Noida



## Ingredients

### For Malpua

- 2 cups Sugar
- 2 cups Water
- 1 cup All Purpose Flour (Maida)
- 1 tsp Fennel Seeds bit crushed (Sauf)
- 3 to 4 Green Cardamoms - crushed
- 3 pinches Baking Soda
- 1/2 cup Water
- 3 tbsp Whole Milk Powder
- 3 tbsp Curd
- 3 tbsp Ghee

### For Rabri

- 5 cups Milk
- 2.5-3 tbsp Sugar (add as required)
- 5 to 6 Green Cardamoms
- 2 pinches of Saffron Strands
- 1 tsp Rose Water
- 2 tbsp Almonds, sliced
- 2 tbsp Pistachios, sliced

### For Sugar Syrup

- 1/2 cup Sugar
- 1/4 cup water





## Process of Cooking

### For Sugar Syrup

- Combine  $\frac{1}{2}$  cup of sugar with  $\frac{1}{4}$  cup water and boil together to make a syrup of sticky consistency.

### For Malpua

- In a mixing bowl, take maida, fennel seeds, cardamoms. Mix the dry ingredients well. Add 3 tbsp milk powder and 3 tbsp curd / yogurt (please use fresh yogurt). Add  $\frac{1}{2}$  cup water and begin to stir to a thick flowing batter without lumps.
- Allow the batter to rest for 30 minutes.
- Heat ghee in a pan or griddle.
- When the ghee is heating up add 3 pinches soda or  $\frac{1}{8}$  tsp baking soda to the malpua batter.
- Now lower the flame. Take 2 - 3 tbsp of the batter and gently pour it on the hot ghee.
- Spread the batter lightly with the back of the spoon. Make 2 to 4 malpuas depending on the size of the pan.
- Fry on a low to medium heat till crisp and golden, flipping the malpua a couple of times.
- Then immediately place them in the warm sugar syrup. Gently coat the malpua with the sugar syrup.

### For Rabri

- In a broad thick bottomed pan or saucepan or a kadai take 1.25 litres of full fat whole milk and bring it first to boil.
- Lower the flame and continue to simmer the milk. Stir at intervals. Do stir and scrape often so that the milk does not get burnt from bottom as well as the sides.
- Switch off when the milk has reduced and become thickened. Now add sugar and stir well so that the sugar dissolves. Add almond and pistachios.
- Remove the rabri in a bowl and serve it later with the malpua.



*Stressed is Desserts spelled backwards*





# Chandrakala

By Anupama Mishra, Navi Mumbai



## Ingredients

### For Outer Covering

- 1 cup Whole Wheat (Maida)
- 2 tbsp Ghee
- ½ tsp Salt
- Oil or Ghee to Deep Fry

- 2 tbsp Chopped Nuts
- ½ tsp Cardamom Powder

### For Syrup

- ¾ cup Sugar
- ½ cup Water
- Pinch Saffron

### For Inner Stuffing

- ¾ cup Thickened Milk (Khoya)





## Process of Cooking

- Crumble khoya and add chopped nuts and cardamom powder. Mix well.
- Take maida in a mixing bowl and add edible soda, ghee and food colour (kesaria). Add water, little by little to form a smooth dough. Set aside to rest.
- Take sugar in a pan, add water and saffron. Heat the pan and make a sticky syrup. Set aside.
- Now knead the dough well and then make small puris (flatbreads).
- Take one puri and add two spoons of stuffing. Cover it with another puri. Now, press the edges to seal completely. Pinch and fold continuously to make a pattern.
- Heat ghee in a kadhai and fry this filled puri until golden brown on low - medium flame. Then add it to warm syrup. Let it soak for five minutes. Then remove it from syrup and arrange it in a plate.



## Additional Notes

- Add food colour and a pinch of edible soda for better result.



*Perfect has 7 letters so does FOOOOOD*



# Mango Kulfi

By Priyanka Rathore, Pune



## Ingredients

- 1 tin Milkmaid
- 1/2 cup Fresh Cream
- 1 cup Milk
- 3-4 Cardamom Powder
- 5-6 Mangoes.
- Few Sliced Pista for Garnish





## Process of Cooking

- Carefully remove the mango pulp and seed, keeping the mango skin intact.
- Mix all ingredients well.
- Taking each mango skin, fill it with the mix and keep for refrigeration for at least 18 hours for best results.
- If there is anything extra, then put it in any container that has a lid.
- Once the mango kulfi is ready, now remove mango one by one and cut horizontally or vertically and enjoy with sliced pista on top.

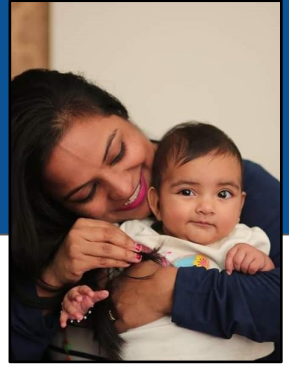


Everyday is  
Mangonificent



# Vanilla Chocolate Pudding

By Rinki Garg, Pune



## Ingredients

- 2 cups and 4 tbsp Milk
- 2 tbsp Corn Flour
- 10 gms China Grass
- 5 tbsp Sugar
- 1 tbsp Cocoa Powder
- Chocolate Shavings for Garnish





## Process of Cooking

- First put about 10 gms of china grass in water, mix it and keep it aside.
- Put 1 tbsp corn flour and 2 tbsp milk. Mix it and keep it aside to be put in vanilla base.
- Now vanilla base - take 1 cup milk in a pan. Add 3 tbsp sugar, vanilla essence and stir well. Now add the corn flour water we prepared earlier to thicken it and half of china grass water. Let it cool. Pour into glasses and put it in the fridge to set.
- Now take another 1 cup milk in pan, 2 tbsp sugar, 1 tbsp cocoa powder, 1 tbsp corn flour. Mix all the ingredients well.
- Now add remaining china grass water in the above mix.
- Let it come to boil and then let it cool.
- Pour this chocolate on vanilla base and let it cool for around 3-4 hours till it gets set.
- Garnish with chocolate shavings.

## Additional Notes

- Different versions of this dish have originated in different countries such as Ireland, US and Britain.

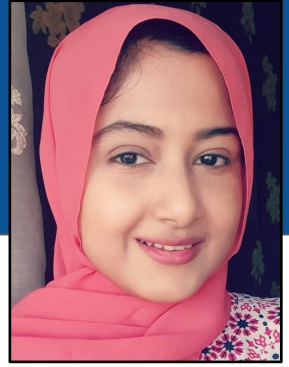


*Anything is good if it's made of  
chocolate*



# Date & Almond Sugarless Kulfi

By Anjum Farooki, Mumbai



## Ingredients

- 1 litre Full Fat Milk
- 5 tbsp Milk Powder
- 1/2 cup Evaporated Milk
- 8-10 Dates
- 2 tbsp Almonds Powder / Thinly Sliced Roasted Almonds
- Pinch of Cardamom
- 4-5 Saffron Strands





## Process of Cooking

- Soak dates in warm water for 20 minutes. Peel it off and then grind it into a paste.
- Bring milk to boil. Then add saffron threads & cardamom. Keep simmering it on medium heat while continuously scraping the sides of the utensil.
- Once the milk is reduced to half, add milk powder, almond powder, evaporated milk & dates paste.
- Keep simmering for 10 more minutes.
- Remove from heat. Let it cool. Then fill it in kulfi moulds or in any air tight container. Freeze for at least 8 hours. Enjoy the most creamy kulfi.

## Additional Notes

- Adjust the number of dates according to the sweetness of the dates you are using & according to the sweetness you prefer.



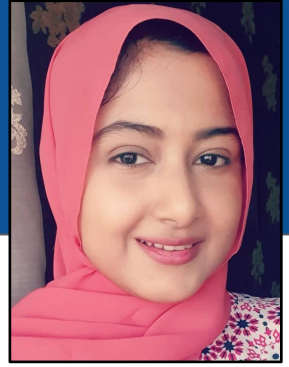
*Everyone should believe in something.  
I believe I'll have another Kulfi*





# Tres Leches/Milk Cake

By Anjum Farooki, Mumbai



## Ingredients

- 1/4 tsp Salt
- 1 ½ tsp Baking Powder
- 1 tsp Vanilla
- 12 oz Can Evaporated Milk
- 14 oz Can Sweetened Condensed Milk
- 1/4 cup (2fl oz/60ml) Whole Milk
- 1 cup (5oz/142g) All-Purpose Flour (Maida)
- 5 Large Eggs at room temperature to be separated
- 1 cup (8oz/225g) Sugar divided
- 1/3 cup (2 ½ fl oz/75ml) Whole Milk

### For the Whipped Topping

- 1 ½ cups (12 fl oz/340ml) Heavy Whipping Cream
- Cherries for Decoration





## Process of Cooking

- Grease a 9x13 inch cake pan.
- In a medium bowl combine flour, baking powder and salt.
- Separate the eggs yolk and whites into two separate bowls.
- Using a stand mixer or electric hand mixer, whisk the egg yolks on high speed.
- Slowly stream in 3/4 cup sugar to the bowl with the egg yolks. Whip until thick and pale in color.
- Continue whipping and add the 1/3 cup milk and vanilla. Next, add in the dry ingredients and gently mix until just combined.
- Don't over-mix as it can toughen the cake. Transfer mix to a clean bowl and wash out the mixing bowl.
- Back on the stand mixer, fitted with a whisk, beat the egg whites on high speed until light and foamy. Gradually add the remaining ¼ cup of sugar as you mix and continue beating until stiff peaks.
- Remove from the mixer and gently fold the egg whites into the egg yolk batter until just combined.
- Pour the batter into the prepared baking pan. Bake for 35 to 40 minutes, or until a toothpick inserted in the center of the cake comes out clean.
- Remove from the oven and set aside. Combine the evaporated milk, sweetened condensed milk, and whole milk in a jug.
- Once the cake has cooled slightly use a toothpick to poke holes all over the top of the cake.
- Slowly pour the milk mixture over the top of the cake, making sure to pour near the edges and all around. I do this in two stages until it's all soaked up.
- Refrigerate the cake for at least 1 hour but preferably overnight to allow it to soak up the milk.
- When ready to serve, whip the cream to stiff peaks. Smooth the whipped cream over the top of the cake. Put some cherries on top & enjoy!

## Additional Notes

- Latin American Dessert

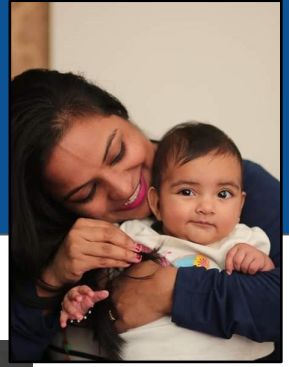


*Life is too short to say no to cake*



# Almond Balls

By Rinki Garg, Pune



## Ingredients

- 1 cup Almonds
- Water
- 1/3 cup Milk
- 2 tbsp Ghee
- 1/2 cup Sugar Powder
- Any Essence
- 1/2 tsp Food Color
- Sprinkles or Coconut for Garnishing





## Process of Cooking

- Take one cup almonds. Put some water in a pan and add almonds to it. Let it boil for full 5 minutes on medium to high flame.
- After 5 minutes, turn off the flame. When the almonds cool down, peel them off. Put these peeled almonds in a mixer jar. Add  $\frac{1}{3}$  cup milk and make it into a fine paste (you can also opt to make a slightly coarse paste)
- Now, add 2 tbsp of ghee in a pan and pour the almond paste also. Cook for 2 minutes on high flame whilst constantly stirring it. Add  $\frac{1}{2}$  cup sugar powder. Mix it well. Add some essence, I used *Kashmiri Kewra*.
- Now add half small spoon color. I used red color. Constantly mix it. And after 3-4 minutes, turn off the flame.
- Once it cools, make small round balls. Garnish it with elements such as grated coconut, raisins (*kishmish*) or any ingredient of your choice.

## Additional Notes

- This dish makes for a healthy bite, for children.

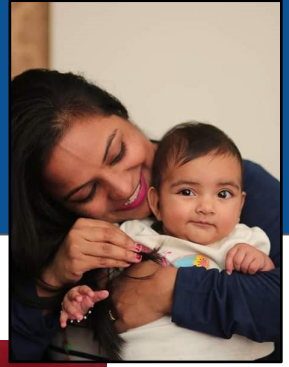


*Don't Dessert me*



# Chocolate Pastry

By Rinki Garg, Pune



## Ingredients

- 4 pkts ( 50gms) Chocolate Oreo Biscuits
- Milk
- 1/2 tsp Baking Powder
- Any Chocolate
- 1 tsp Fresh Cream
- Cherries for Decoration





## Process of Cooking

- Take 4 pkts (50 gms each) of Oreo. Separate the cream from biscuit.
- Put hot milk in the biscuits and  $\frac{1}{2}$  teaspoon baking powder (Alternatively, you can use *Eno*). Make a fine paste of idli consistency. Grease a pan and add butter paper (or parchment paper). Grease the paper as well.
- Put half of the biscuits batter into the pan and cover. Cook for 5-7 minutes on low flame.
- Check after 5 minutes. If the fork or toothpick comes out clean, it is cooked. Take it out in round plate. Make two bases.
- Now take the cream. Add some milk and any chocolate. You can add some fresh cream too. (About 1 spoon). Mix it properly and make a paste. Cool it for 10 minutes. Now put this chocolate paste on one base properly and evenly. Place the second base on the first base and put the chocolate paste on second one too. Cut into desired shape. Decorate with cherry or chocolate shavings.



# Mazza Twist

By Neha Kulshrestha, Navi Mumbai



## Ingredients

- 500 ml *Maaza*
- 1 tbsp Sugar
- 2 tbsp Cornflour
- 3 tbsp Ghee
- 1 tsp Cardamom powder
- Nuts- Cashew, Almond, Pista (finely chopped)
- Food Colour (optional)





## Process of Cooking

- Take a nonstick pan, put more than half of the *Maaza* (*mango drink brand*). Add sugar and boil it. Mix cornflour in the remaining *Maaza*.
- Now pour this cornflour mixture into the pan slowly on medium flame and stir continuously.
- Stir continuously till the mixture becomes thick, then add 1 tablespoon of ghee in it.
- Stir till the mixture becomes shiny and absorbs all the ghee.
- Now add cardamom powder
- Add yellow food colour 2 drops (this is optional)
- And add one more tablespoon of ghee.
- Repeat this process thrice.
- Stir continuously to avoid lumps.
- Now add finely chopped nuts and mix well and turn off the flame. Pour the mixture in the greased bowl immediately.
- Garnish some nuts on the top. Dab the bowl and gently press on the top from spatula only.
- Now leave it to set for at least 3 hours at room temperature.
- Do not cover and don't put in the fridge.
- After 3 to 4 hours, it comes out in the shape of your bowl. Now cut in your choice of shape and serve.



*Keep calm and Eat Aam*





# Eggless Chocolate Truffle Cake

By Seema Nudrath Minhaz, Kolkata



## Ingredients

### For Chocolate cake

- 1 cup All Purpose Flour
- 2 tbsp Powdered Sugar
- 2 tbsp Cocoa Powder
- 1/2 tsp Baking Powder
- 1 tsp Baking Soda
- 200 ml Condensed Milk
- 100 gms Soft Butter
- 1 cup Milk
- 1 tsp Vanilla Essence

### For Truffle sauce

- 4 tbsp Fresh Cream
- 100 gms Chocolate
- 1 tsp Butter





## Process of Cooking

- In a bowl, sieve all the dry ingredients and then add the other ingredients one after another.
- Mix it a little using an electric beater, beat it lightly.
- Check for the consistency. It should be at dropping consistency. If required, add more milk.
- Take a microwaveable bowl and pour in the mixture and in a microwave bake it at HIGH for 6 minutes. Check by inserting a toothpick if done
- The cake is ready!

### For Truffle Sauce

- In a bowl, add the chocolate and cream. Heat in a microwave for 20 seconds. Remove the bowl, mix it well and heat again in the microwave for another 20 seconds. If it has still not completely melted, heat again for another ten seconds or so.
- Now on the hot cake, spread the truffle sauce and decorate with chocolates and sprinkles
- The quick fix chocolate truffle cake is ready!



*Home is where the cake is*



# Sooji Ladoo

By Dipti Panda, Gurugram



## Ingredients

- 2 cups Semolina (Sooji)
- 1 cup Carrot
- 1 cup Sugar - (leftover Rasmalai/Rasgulla syrup)
- 2 tbsp Ghee/ Butter
- 1 cup Milk
- 1/2 tsp Cardamom Powder





## Process of Cooking

- In this recipe, I have used some leftover rasmalai syrup. You can also make your own sugar syrup.
- Take ghee in a pan and fry sooji in it till it gives a roasted fragrance.
- Then put the grated carrot in it and roast it too.
- Once it is properly fried, and the water has dried, add leftover rasmalai syrup / rasgulla syrup with milk / sugar with milk.
- Add cardamom powder and saffron (optional)
- Try to achieve a Halwa-like consistency (thick and paste-like)
- Once done, turn off the flame and serve as halwa or make balls from it and serve as laddoo.



*Eat more Whole Foods*



# Kalakand

By Neha Chauhan, Noida



## Ingredients

- 1 tin Milkmaid
- 500 gms Paneer
- 2 tbsp Milk Powder
- Elaichi Powder and Nuts





## Process of Cooking

- This easy 2 step kalakand recipe is best for satisfying your lockdown cravings for sweet dishes.
- Mix paneer, milkmaid, milk powder and elaichi. Put it on low flame and keep stirring for 6 minutes and turn off the flame.
- Grease a cake tin or thali and just pour the mixture. Let it cool.
- Top it off with some pista and you are ready. Nothing fancy, just the perfect dish to make when you have paucity of time.

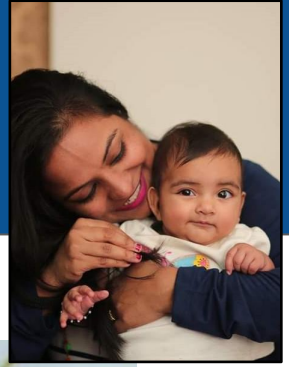


*Life is short but sweet for certain*



# Donuts

By Rinki Garg, Pune



## Ingredients

- 2 ½ cups Maida
- 1 ½ cup Powdered Sugar
- 1/4 tbsp Baking Powder
- 1/2 tbsp Baking Soda
- 1 ½ cup Milk
- 2 tbsp Vinegar
- Pinch of Salt
- 2-3 tbsp Water
- 2 tbsp Butter or Ghee
- Oil for Frying
- Chocolate syrup for Decoration





## Process of Cooking

- Add maida, powdered sugar, baking powder, baking soda, milk, vinegar, salt in a bowl. Mix well. Add water and mix that too.
- Knead a dough out of it. Add butter and mix it well with the dough and knead well.
- Cover the dough with a dry cloth and let it rest for an hour.
- After an hour, knead it again for 5-7 minutes.
- Now roll the dough (not too thin). Cut it, using either a donut cutter or with a bowl (outside) and a bottle cap (inside).
- Take oil in a kadai. Let it heat. After the oil heats up, put it on low flame and add the cutouts of donuts one by one.
- Let it cook and turn brown. It will get fluffy. Take it out.
- Dip in melted chocolate and decorate with sprinkles.

## Additional notes

- Earliest origins are generally traced back to Dutch settlers, who brought donuts with them to early New York (Amsterdam)



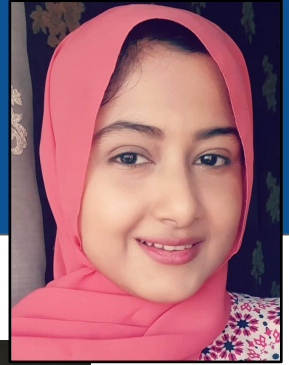
*Donut kill my vibe*





# Swiss Roll Cake

By Anjum Farooki, Mumbai



## Ingredients

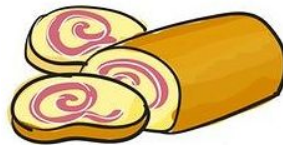
- 2 Eggs
- 50 gms All Purpose Flour (Maida)
- 60 gms Sugar
- 1/2 tsp Vanilla Essence
- 4 tbsp Jam





## Process of Cooking

- Beat eggs, vanilla essence & sugar till thick. Add flour slowly. Pour into a greased, square shaped tin.
- Bake at 200 degree celsius for about 10 minutes. When done, and still warm from the oven, use the edges of the parchment paper and gently roll the cake a little on all edges.
- This process mimics the actual rolling so when its cold and you fill it, the sides shouldn't crack ( because it has already been rolled).
- When cold, carefully run a palette knife between the cake and parchment just to make sure it has not stuck.
- Apply jam to the plain side of the swiss roll. Top with a layer of whipped cream. (make sure the filling is not bulking or it might crack your roll)
- Have your cake platter close by. Use the paper as a guide to roll the cake. As you roll, gently pull the roll to keep it tight and even.
- Don't be afraid of this part, you will be fine. When finished rolling, make sure the seam of the roll is underneath. It helps in sealing the roll.



*Cake is the answer, no matter  
what the question is*



# Wheat Sponge Cake (Eggless)

By Snehal Mohite, Mumbai



## Ingredients

- 1 cup Yoghurt
- 1 cup Sugar
- 1 tsp Vanilla Essence
- 1/2 tsp Baking Soda
- 1 ¼ tsp Baking Powder
- 1 cup Wheat Flour
- 1/2 cup Semolina (Rawa/Suji)
- 1/2 cup Vegetable Oil
- Pinch of Salt
- 2 tbsps Cocoa Powder
- Milk (optional)





## Process of Cooking

- Preheat vessel on high flame for 10 minutes. Grease and thinly layer with flour, an 8" baking pan.
- Cream the sugar and yogurt until the sugar is completely dissolved. Add baking powder and baking soda. Leave aside for 3 minutes. You will find that bubbles appear.
- Add vegetable oil and vanilla essence. Mix well. Now, slowly add little sifted flour and suji (about a tbsp) at a time and fold into the wet ingredients.
- Divide the batter into two half. Keep one batter aside and add cocoa powder to the other batter.
- Grease the pan with butter and flour.
- Add 1 spoon of white batter and the 1 spoon of brown batter. Continue this till your batter gets over.
- For the floral pattern, make a stroke from outside to inside with the help of a tip of a knife.
- Transfer the mould into the pre heated vessel. Cover with a partially open lid.
- After 30-40 minutes your cake is ready.



## Additional Notes

- It is nutritious and healthy, since no maida has been added.

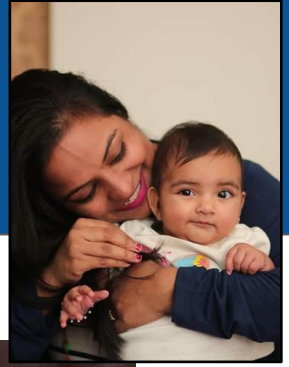


*Bake the world a better place*



# Ghewar/Rabri Ghewar

By Rinki Garg, Pune



## Ingredients

### For Ghewar Batter

- 1/2 cup Ghee
- 2 Ice Cubes
- 2 cups All Purpose Flour (Maida)
- 1/2 cup Cold Milk
- 1/2 Pot Ghee or Oil to fry the Ghewar
- Dry Fruits for Garnishing
- 1 small glass Cold Water (can be adjusted accordingly)

### For Sugar Syrup

- 1 cup Water
- 1 cup Sugar
- 2-3 Saffron Strands
- Cardamom Powder
- Yellow Color (optional)





## Process of Cooking

### For Sugar Syrup

- Combine 1 cup sugar and 1 cup water. Put a pinch of cardamom powder and 2-3 threads of saffron.
- Let it boil and then cool down.

### For Ghewar Batter

- Take half cup ghee in a bowl and put two ice cubes into it. Start rubbing the ice on ghee till it changes colour and becomes puffy light and white like cream.
- Then add 2 cups maida to it (half at a time) and mix well. Pour milk into the bowl and start mixing. There should be no lumps. Pour cold water and whisk it properly. The batter should be very thin. (Not thick like idli consistency.)
- Now take any heavy base pot and fill it half with ghee. Let the ghee become hot. Once it's hot enough, start pouring the batter into it. One big spoon or kadchi at a time.
- When you put the cold batter into hot ghee, it will sputter and scatter to the sides. Keep making place in the middle using a knife or fork and keep putting the batter in between when the oil settles and when it stops bubbling.
- Put almost 6 kadchi (scoops) batter for one ghewar. Now with the help of knife take out the ghewar and flip it over so that it gets cooked on the other side as well.
- Take it out and put on a stand to drain the extra ghee. After some time, pour the sugar syrup evenly all over. And milkmaid or homemade malai. Garnish with dry fruits.

## Additional Notes

- Ghevar is a traditional Rajasthani dessert.



*Good food is all the sweeter when shared  
with friends*



*"Let food be thy medicine and  
medicine be thy food."*

— Hippocrates



Saleha Zubair Shaikh



Lata Khatri



Ilham Bharmal



Pouruchisti Ukaji

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YouTube - The Maritime Union of India

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