

September, 2018

CHEF at HOME

Food Facts - By Mrs. Hina Gautam



**What's
Trending**

Keto Diet

Chef's Special

Café Culture

**MILLET
MAGIC**

*Ask
Mrs. Hina Gautam*

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Food Facts – By Mrs. Hina Gautam

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EDITOR'S LETTER



Food trends can be defined as widespread changes in food taste, texture, combination and presentation preferences by people. Some such trends prove to be long-lasting and some temporary.

Food trends are often discussed in food magazines, blogs, vlogs and media by experts and food lovers. Even top chefs discuss and report about what to cook, drink and eat is part of such trends. Also it can be seen in menus of cafes and restaurants.


Social media has a massive impact on our daily lives. It's all about the posts you share and the likes you get. In recent times, food photography is also part of such trends and has become a social media phenomenon.


This issue is specially designed to give information about new food trends prevailing this year for enriching knowledge of food lovers.

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Millets

The Super Food

What are Super Foods?? 'Super foods' are the foods that are proven to have Super health benefits. Millets- cereal like whole grains have been the 'super foods' since ages. But these 'super foods' had disappeared from our plate for long with the unhealthy excess inclusion of wheat and rice. Now, with the rise in the health issues related to rice and wheat, the value of these grains are being realized.



When you feed your body right, you get unanticipated results. With Millets, you not only can stimulate the strength of your bones but can even keep your digestive system appropriate.

Millets are wonder grains that have innumerable health benefits. The tiny little grains can grow in arid areas with minimal water and are packed with nutrients, they are rich in fiber. They are a source of good fats and phytochemical. The different millets available are pearl millet (jowar), little millet (kutki), foxtail millets (kangni or ral), proso millet (Barre), finger millet (Mandua / ragi) and kodo millet (kodon).

Some of the health benefits of super millets are -

1. Nutrient rich: Millets contain 60-70% carbohydrates, 7-11% proteins, 1.5-5% fat, and 2-7%. Millet proteins are a good source of essential amino acids, are an excellent source of vitamin B, magnesium, phosphorus and iron.

2. Prevents Cardiac Disease:

High magnesium content helps to reduce blood pressure and risk of heart strokes especially in atherosclerosis. Potassium acts as a vasodilator and helps to prevent high pressure. The high fiber in millet has a cholesterol lowering effect, removes LDL from the system and increases the HDL levels.

3. Prevention and Management of Diabetes:

Millet consuming individuals are found to have a marked lower incidence of diabetes. Millets are a good substitute for rice and wheat for diabetics. Magnesium and the millet proteins increase insulin sensitivity, and improve glycemic control. The high fiber, resistant starch and anti-nutritional components help to

keep blood glucose in check. The antioxidants help wound healing and prevent cataract in diabetics.

4. Cancer: The anti-nutrients-phenolic acids, tannins and phytates reduce the risk of breast and colon cancer. The high fiber content in millets lowers the chances of breast cancer in women.

5. Gut health(Gluten Free) :

Fibre in millets alleviates disorders like constipation, excess gas, bloating and cramping. Celiac disease is triggered by ingestion of gluten in susceptible individuals. Millets are gluten free and a good substitute for gluten sensitive individuals.

6. Antioxidants: The antioxidants in millets scavenge free radicals and prevent tissue damage. The antioxidant activity lowers oxidative stress, helps to heal wounds and reduces inflammation.

7. Pre and probiotics: Pre-biotics that is the dietary fiber in millets trigger the growth of bacteria in the intestines. Fermented or malted millets are probiotics and help to increase the levels of friendly bacteria that are reduced by antibiotics, chemotherapy or disease.

The anti-nutrients in cereals and grains:

All grains, legumes and cereals contain in minute quantities of certain components such as phytates, phenols and fibres were called anti nutrients since they reduce the bio-availability of certain minerals. However, these too have now been found to be beneficial, as these components anti-cancer activity. Additionally, these grains and legumes are consumed along with other pulses, vegetables, meat and other foods hence the nutritional value of the meal is further enhanced. Preparation methods such as soaking, germinating, malting, fermentation and cooking are very effective in increasing the bio availability of minerals. Soaking legumes and grains overnight or allowing them to sprout, is additionally beneficial as they then cook faster- in only 5-10 minutes vis a vis 30 plus minutes.

The benefits of millets as 'Super Foods' have been re-established. Millets are alkalizing and can improve the nutrient content and quality of a balanced diet and provide nourishment that leads one to good health with its amazing health benefits. Undoubtedly A Healthy Choice for A Health Family.

It is commendable that DIFODIN with their socio economic venture have taken the initiative to bring back these golden grains to society with their high grade, unpolished and zero chemical millet products under the brand Mijoss Millets'. A welcome addition to your platter.

Cooking millets is as easy as cooking rice.

Pressure Cooker Method:

Wash the millet. Drain water. For 1 measure of millet add 2 measures of water in a pressure cooker. Close the lid and cook on medium heat for 2 whistles. Rest for 10 min. Open the lid and serve with dal. Or let it cool more if to be used for other dish.

2. Open vessel cooking: Wash Millet and drain water. Soak 1 measure of millet in 2 measures of water for 30 minutes. Cook covered on medium heat. When water evaporates take it off the heat and cover with a lid. Rest for 5 min. Do not mix using spoon when the millet is hot. It will make it mushy. Serve with sambhar or let it cool more if to be used for other dish. **3.** Millet can also be cooked in electric Rice cooker with same method and proportion as above.

FOXTAIL MILLET

Foxtail is very rich in phosphorus and thiamin (Vitamin B1).

KODO MILLET

Kodo is very rich in dietary fibre and protein. It has a high antioxidant content and it is highly beneficial for diabetes patients.

LITTLE MILLET

Little Millet is high in healthy fats. It also has the smallest grains, so cooks faster than the other millets.

PROSO MILLET

Proso Millet has the largest grain among the millet rices. It is golden in colour, so it's also called the golden Millet.

Proso millet is a part of the staple diet of many cultures.



CHEESE MANGO MILLET

- Mrs. Hina Gautam
(Ahmedabad)

Ingredients:

kodo millet - 1 c, cooked
mango - 1/2 c, chopped
beans - 1/2 c, boiled
capsicum - 1/2 c, chopped
chilli flakes - 1 tsp
cheese slice - to serve
salt to taste
oil - 1 tbsp

Process:

1. Heat oil, add capsicum, boiled millets, beans n seasoning. cook for a while.
2. Add ripe mango diced n mix.
3. Hold n top with cheese slice n mango dices.



PEANUT MASALA MILLET

- Mrs. Hina Gautam
(Ahmedabad)

Ingredients:

boiled millet - 2 c
peanuts - 1/2 c
dry red whole chillies - 4
curry leaves - few
coconut - 1/4 c, grated
sesame seeds - 1/2 tsp
hing, ginger pd, salt, turmeric
oil-2 tbsp

Process:

1. Dry roast peanuts, grated coconut, chilli, curry leaves, sesame seeds. Let it cool n churn in mixie to make coarse powder.
2. Heat oil add hing, turmeric pd n above powder. saute for a while. Add cooked millet and salt ,mix well. serve hot.



MEXICAN MILLET ROLLS

- Mrs. Hina Gautam
(Ahmedabad)

Ingredients:

little millet - 1/2 c, cooked
sweet corn - 1/2 c, crushed
chickpeas - 1/2 c, boiled n crushed
capsicum - 1/4 c, chopped
salt, oregano, chilli flakes to taste
oil for greasing/shallow frying
salsa - to serve

Process:

1. Mix everything in a bowl and shape rolls.
2. Shallow fry in little oil.
3. Serve with salsa or chutney and ketchup.

PANEER CHILLI MILLETS

- Mrs. Hina Gautam
(Ahmedabad)

Ingredients:

little millet -1 c
paneer - 1 c, diced
capsicum -1 c, diced
ginger, chilli, garlic -1 tbsp, chopped
spring onion - 1/2 c, chopped
salt, pepper, soya sauce, vinegar- to taste
oil - 2 tbsp
cornflour - 1 tbsp

Process:

1. Wash and soak little millets for half an hour. Pressure cook it with 2 cups of water and salt to taste. Let it cool for 10 min.
2. Heat oil in a pan, add ginger, chilli, garlic and saute for 1 min. Add capsicum and paneer, saute for a while.
3. Add salt, pepper, soya sauce, vinegar.
4. Dilute cornflour in half cup of water and add it. Stir well and cook for 2 min.
5. Assemble cooked millet and paneer chilli layers in glass jar to serve.



STUFFED RAGI IDLY

- Mrs. Hina Gautam
(Ahmedabad)



Ingredients:

ragi millets rava -1 c
udad dal -1/4 c
salt to tast
curd -1/2 c
fruitsalt -1 tsp
dosa stuffing bhaji -1 c
chutney, sambhar to serve

Process:

1. Soak udad dal and ragi rava for 6 hours. Blend coarse in mixie to make idly batter.
2. Add curd to batter n keep aside for half an hour.
3. Add salt and fruit salt, mix well.
4. Pour batter in greased idly mould to half socket. Keep little dosa stuffing and cover it with pouring batter on it.
5. Steam in idly steamer for 10 min. Turn off the heat, remove stand out and let it cool for 5 min.
6. Serve stuffed idly with chutney and sambhar.

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PIZZA SAMOSA

Vegan, and oh so healthy

Potatoes are a good source of dietary fibre and carbohydrate. It is good only when it is not deep fried or topped with butter or cheese.

- Kiran Amin

Vegan Baker (Ahmedabad)

Ingredients:

Crust

- ½ cup warm water
- 1.5 tsp active dry yeast
(or baking powder)
- 2 tsp sugar
- ½ cup Whole-wheat flour
- ¼ cup Maida
- ¼ cup semolina (sooji)
- 2tbsp besan
- ½ tsp salt
- ½ tsp cumin seeds
- ½ tsp carom seeds
- 2tsp oil

Toppings

- Samosa filling
- Onion and jalepenos rings
- Mint/Cilantro chutney

Process:

Add warm water, sugar and yeast and mix well. Let it sit for 10 minutes. Add all the other ingredients and knead well for 5 minutes. Let it rest for 2 to 3 hours. Meanwhile, prepare the Samosa filling and chutney. Roll the pizza on a parchment paper and spray water on the top. Spread the samosa filling, arrange the onion and jalepenos rings and drizzle some mint chutney and bake in a preheated oven for 15 to 20 minutes. Slice and serve.

CHOCOLATE FUDGE

- Jyotsna Parashar
(Ahmedabad)



Ingredients:

200 gram **dark chocolate**
300 gram **condensed milk**
100 gram **molo mavo**
2tbs **butter**
1 cup **walnuts**

Process:

1. First chop chocolate. Add condensed milk and melt on slow flame.
2. Add mavo and butter ,stir well.
3. Once it gets thicken add walnut pieces and pour in greased tin.
4. Keep in fridge for an hour.
5. Cut in pieces and serve or store.



- Mrs. Hina Gautam
(Ahmedabad)

GINGER

benefits

- Improves Digestion
- Boots Immunity
- Stops Nausea
- Reduces Inflammations
- Relieves Muscle Pain
- Diminishes Migraines
- Eases Painful Menstruation
- Lowers High Blood Pressure
- Protects Against Cancer



THAI BOWL SOUP - Chef Pranav Joshi (Ahmedabad)

Ingredients:

1 cup **coconut milk**
2 cups **water**
1/2 cup **pumpkin purée**
1 stalk **lemongrass**
1/4 cup **onion**
1 cup **broccoli**
1/2 cup **carrot**
1/2 cup **tofu**
1 **tomato**
1 cup **mushroom**
2 tbsp **soy sauce**
1 tsp **brown sugar**
Salt to **taste**
2 tbsp **lime juice**
1 spring **onion**
1/2 tsp **chilly flecks**
Coriander leaves

Process:

1. Mix coconut milk, water, and pumpkin purée in a sauce pan. Stir and bring to a boil.
2. Add lemongrass, onion, broccoli, and carrot into the sauce pan cook for 2 -3 minutes.
3. Add tofu, tomato, and mushroom, bring to a boil again.
4. Season with soya sauce, sugar and a pinch of salt to taste. Turn off the heat.
5. Remove the lemongrass.
6. Stir in lime juice, spring onion, and chilly flecks.
7. Garnish with coriander leaves.





PESTO PANEER

- Chef Pranav Joshi
(Ahmedabad)

Ingredients:

200 grams **Paneer**
2 tbsp **Hung Curd**
2 to 3 tbsp **Extra Virgin Olive Oil**
1 cup **Pesto sauce**

Process:

1. In a bowl, add the paneer cubes, curd and 3 to 4 tbsp on the pesto sauce mix well and coat on paneer.
2. Let the paneer cubes marinate in this mix for an hour. Now heat a grill pan, brush it with olive oil and place the paneer cubes.
3. Cook until the paneer well done on all the sides and serve with warm salad.

CHEESE BALL POUTAIN

- Chef Pranav Joshi
(Ahmedabad)

Ingredients:

1 cup Processed **Cheese**
2 **Potatoes** boiled
1 tbsp + for frying **Oil**
1 **Onion**
4-5 **Green chillies**
1 cup **Bread crumbs**
1/2 tsp **Black pepper powder**
Salt to taste
Citric acid a pinch

For Sauce:

2 tbsp **butter**
2 tbsp **all-purpose flour**
1 cup **milk**
1 1/2 cups **shredded Cheddar cheese**
salt and ground **black pepper** to taste

Process:

1. Heat oil in a non stick pan. Add onion, green chillies and sauté till golden brown.
2. Mix together potatoes, bread crumbs, black pepper powder, salt, citric acid, onion-green chilli mixture in a bowl.
3. Divide into small portions and roll into balls. Stuff each ball with cheese and roll again.
4. Heat oil in a deep pan. Deep fry the balls till golden brown and crisp.

Sauce Process:

Melt butter in a sauce pan over medium heat, whisk flour into butter until smooth. Pour milk into butter mixture and stir with a spoon to combine. Cook and stir until mixture thickens, about 3 minutes. Add Cheddar cheese and stir until cheese is melted. Season with salt and pepper.
Now take cheese balls on plate and pour sauce on balls and serve hot.



MEXICAN FIESTA PIZZA

Ingredients:

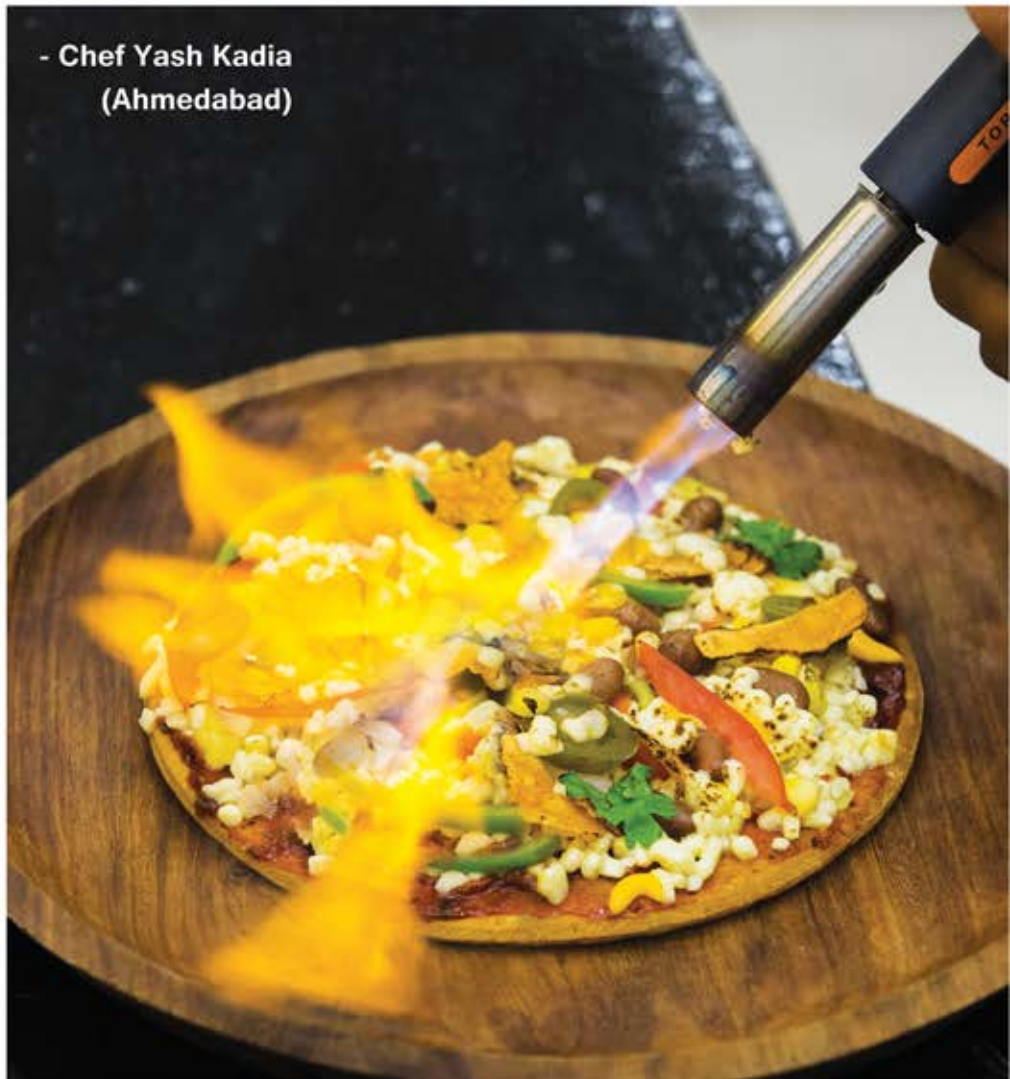
For Sauce

- tomato purée - 150 gm
- olive oil - 2 tbs
- garlic fine chopped - 5 cloves
- onion fine chopped - 1 no
- celery fine chopped - 20 gm
- salt - 1 tsp
- black pepper - 1 tsp
- sugar - 1 tsp
- basil chopped - 5 gm
- tomato ketchup - 10 gm
- chilly flakes - 1 tsp
- oregano - 1 tsp
- 1 no of pizza base (thin crust)

Topping:

- mozzarella cheese - 70 gm
- yellow cheese - 20 gm
- red bell pepper - half
- yellow bell pepper - half
- cilantro - 5 gm
- capsicum - half
- kidney beans - 10 gm
- american corn - 10 gm
- nachos - 3 piece
- jalapeño - 10 gm
- spring onion - 5 gm

- Chef Yash Kadia
(Ahmedabad)



Process:

Preparing pizza sauce:

Meanwhile prepare the tomato pizza sauce.

To make sauce, heat oil in a pan and saute garlic until it smells good add celery.

Then add red chili flakes and then onions if using. Saute until they turn slightly golden.

Add tomato puree, salt and sugar and black pepper Stir and continue to cook covering partially as it splatters a lot.

Cook until the sauce thickens. Add herbs and crushed pepper and basil chopped.

Mix and set aside to cool.

For Pizza:

spread pizza sauce on pizza base.

layer the veggies and cheese

now preheat the nonstick pan, and put pizza on pan till the base will become a crisp

now for baking took a blow torch and backed it till cheese is melted and browned in spots, 3 to 5 minutes more. garnish with spring onion, nachos, cilantro.

Transfer the pizza to a cooling rack and let cool slightly, just until you're able to handle it. Transfer to a cutting board, slice into pieces, and serve



MOHANTHAL

- Chef Smith Sagar
(Smith's Kitchen - Rajkot)

Ingredients:

Gram Flour 2 cups

Ghee

Milk 4 tablespoons

Ghee 3/4 cup +

Sugar 1 1/2 cups

Nutmeg powder a pinch

Green cardamom powder 1/4 teaspoon

Almonds blanched and slivered 10

Pistachios blanched and slivered 10

Process:

Heat 2 tbsps milk in a non stick pan. Add 1½ tbsps ghee and heat till it melts. Place gram flour in a bowl, add the milk-ghee mixture and mix with fingertips till it resembles breadcrumbs. Pass it through thick sieve, pressing lightly to remove lumps. Cook together ½ cup water and 1½ cups sugar to make a syrup. Heat ¾ cup ghee in a non stick pan, add the sieved gram flour and saute on medium heat, stirring continuously, till fragrant and dark in colour. Cook the syrup till it gets 1½ string consistency. Grease an aluminium burfi tray. Add nutmeg powder and green cardamom powder to the gram flour and mix well. Set aside to cool completely. Add 2 tbsps milk to the sugar syrup and mix well. Add the syrup, little by little, to the gram flour mixture and mix well. Pour into the greased tray and spread evenly. Sprinkle almonds and pistachios over the gram flour mixture and press lightly. Set aside to cool completely. Cut into squares, separate the pieces and serve.

RAVIOLI

- Chef Smith Sagar
(Smith's Kitchen - Rajkot)

Ingredients:

For the Pasta Dough:

All Purpose Flour - 1/2 cup + 1 1/2 tbsp

Salt - 1/4 tsp

Olive oil

For The Filling:

Crumbled Paneer - 1 heaped cup
(I used homemade paneer)

Onion - 3

Tomato - 1

Ginger Garlic Paste - 1/2 tsp

Turmeric Powder - 1/4 tsp

Chilli Powder - 1/2 tsp

Coriander Powder - 1/2 tsp

Pepper Powder - 1/4 tsp

Garam Masala - 1/2 tsp

Corinader Leaves - 2 tbsp

Salt - to taste

Oil - 1 1/2 tbsp

For Shaping and cooking the Pasta:

Water - 8 cups (or as required)

Rock salt - 1 tbsp (or to taste)

For Final Tossing:

Butter - 1 tbsp

Coriander leaves - 2 tbsp

Pasta cooked water - 1 tbsp

Gravy Recipe:

250 grams washed & dried, chopped **spinach**

250 grams chopped into cubes **paneer**

250 grams chopped **tomato**

250 grams chopped **onion**

2 chopped green **chilli**

2 clove

1 teaspoon powdered **red chilli**

1 teaspoon **butter**

1 teaspoon **yoghurt (curd)**

100 millilitre **sunflower oil**

2 pinches **salt**

3 **black cardamom**



Process:

Palak paneer stuffing should not be too dry or too soggy. Do not add any water while cooking, because spinach leaves enough moisture for the paneer to cook. Ravioli can be prepared well in advance. Just bake in oven for few seconds when you want to serve.

You can make any shapes like circle or square ravioli of your wish.

Making of ravioli dough:

Take a mixing bowl, add maida, butter and required salt, mix well. Then add enough ice water to the flour mixture and knead into dough until well textured and firm. Make the dough into a ball or disk, wrap with plastic wrap. Let the dough stand for 1 hour at room temperature before using.

Making of Palak paneer stuffing:

Heat oil in a pan, season with cumin seeds and fennel seeds. Then add chopped onion and crushed ginger garlic, saute until they are golden brown in color. Now add chopped spinach along with required salt, saute until spinach is 3/4 done. Next comes garam masala powder and freshly ground pepper, saute for few seconds. Finally add crumbled paneer, mix well everything and cook until paneer is well cooked (it takes around 3 to 4 minutes). Stuffing should not be too dry or too soggy. Keep this stuffing aside.

Saute the washed, dried and chopped spinach for a minute and remove. In an another pan, fry the chopped pieces of paneer in oil and strain them properly. Keep them aside till needed. Grind the onions, tomatoes, green chillies, cardamoms and cloves with salt to a smooth paste. Transfer to a pan and place over medium flame. Stir and cook for a minute or two. Grind the spinach and add to the pan. Now add the fried paneer pieces and cook for 5 more minutes. Add butter and curd to the palak and paneer mixture. Stir well and remove.

PASTA IN PINK SAUCE



- Chef Anal Kotak
(Baroda)

Process:

How to cook white sauce

1. Melt the butter in a saucepan.
2. Stir in the flour and cook for 1-2 minutes.
3. Take the pan off the heat and gradually stir in the milk to get a smooth sauce. Return to the heat and, stirring all the time, bring to the boil.
4. Add salt and white pepper and mix well.

How to cook pink sauce

1. Heat the olive oil in a broad non-stick pan; add the spring onions and garlic and sauté on a medium flame for 1 minute.
2. Add the zucchini, baby corn and capsicum and sauté on a medium flame for another 2 minutes.
3. Add the tomatoes, tomato ketchup, mixed herbs, chilli flakes, sugar and salt, mix well and cook on a medium flame for 2 to 3 minutes, while stirring occasionally.
4. Add the white sauce and fresh cream mix well and cook on a medium flame for 1 minute, while stirring continuously. Keep aside.

How to proceed

1. Heat Non-stick pan, put 1 Tsp butter add boiled pasta, sauté it with sprinkle of oregano, chilli flakes and salt.
2. Pour the pink sauce, mix well and cook on a medium flame for 2 minutes, while stirring occasionally.
3. Place in a serving bowl and garnish with shredded cheese and parsley.

Ingredients for Pasta

- 1/2 tsp **dried oregano**
- 3 cups **penne pasta** (boiled)
- 2 tsp **olive oil**
- 1/2 tsp dry **red chilli flakes** (paprika)
- salt** to taste

Ingredients for Pink Sauce

- 2 Tsp **olive oil**
- ½ cup finely chopped **spring onions** (whites and greens)
- 1 Tbsp finely chopped **garlic** (lehsun)
- ½ cup **zucchini** diagonally cut
- ½ cup diagonally cut and blanched **baby corn**
- ½ cup **capsicum** (red, yellow and green) cubes
- 1 ½ cups blanched, peeled, deseeded & Chopped **tomatoes**
- 2 Tbsp **tomato ketchup**
- 1 Tsp **dried mixed herbs**
- 1 Tsp **dry red chilli flakes** (paprika)
- ½ Tsp **sugar**
- salt** to taste
- 1 cup **white sauce**
- ¼ cup **fresh cream**

Ingredients for white sauce

- 1 cup **butter**
- 1 cup **plain flour**
- 350 ml **milk**
- Salt** as per taste
- 2 Tsp **white pepper** powder

Ingredients for garnish

- 1 **sprig parsley**
- ½ Tsp chopped **parsley**
- 2 Tbsp **grated cheese**



- Chef Anal Kotak
(Baroda)

CORN & COTTAGE CHEESE TACOS

Ingredients:

for Corn and Cottage Cheese mixture

- ½ cup **onions** (chopped)
- 2 cups **corn kernels** (boiled) (coarsely crushed)
- 1 cup **cottage cheese** (paneer) (chopped)
- Salt** as per taste
- ½ cup **bell peppers** (red, yellow, green)
- 1 Tsp **Oregano**
- 1 Tsp **Paprika**

Ingredients for garnish

- 1.¼ cup **Onions** (julienne)
- 2.¼ cup **red cabbage** (shredded)
- 3.¼ cup **bell pepper** (shredded)
- 4.¼ cup **beet root** (shredded)
- 5.¼ cup of **ice-berg lettuce**
- 6.¼ cup **parsley**

Ingredients for serving

- 1.4 Pieces **Taco shell**

Process:

1. Heat the oil in a broad non-stick pan; add the onions and sauté on a medium flame for 1 minute.
2. Add the bell peppers and sauté on a medium flame for few seconds.
3. Add the corn, and salt, mix well and cook.
4. Add the paneer, mix gently and cook on a medium flame for 1 minute, while stirring occasionally. Keep aside.
5. Lastly sprinkle oregano and paprika on it.
6. Fill the prepared mixture in tacos shell.

How to proceed

1. Take taco shell; assemble the prepared mixture in it.
2. Garnish with shredded veggies.
Serve with mayonnaise and salsa.

TACO SALAD

- Poonam Kedia
(Ahmedabad)



Ingredients:

Salsa

Lettuce - cleaned and cut

Tomatoes - cleaned and quartered

Black Beans - drained and rinsed

Corn salsa

Crumbled and sautéed **tofu**

Cheese - your favorite shredded

Tortilla Strips or **Corn Chips**

Mason Jar - any size will work,
I found that wide mouth jars work
best.

Process:

Sauté crumbled tofu and season
with salt and pepper Cut lettuce
and tomatoes Drain beans

Layer ingredients - salsa, lettuce,
tomatoes, black beans, corn salsa,
tofu, cheese and tortilla strips

Add lid to jar

Store in refrigerator until serving

Cheesy Garlic Pull Apart Bread

Ingredients:

- 1 **Italian Crusty Loaf**
(Uncut/Un sliced whole Bread Loaf)
- 1 **stick Melted Butter** (4 ounce)
- 3-4 **Garlic Clove Minced** or Crushed
- ¼ Cup Fresh Chopped **Parsley**
- 1 tsp **Black Pepper**
- 1 Cup Shredded **Mozzarella Cheese**

Process:

1. Preheat an oven on 350 F/180 C
2. Combine butter, chopped parsley and minced garlic in a bowl and mix well.
3. Cut Italian Crusty Loaf on a diagonal into 1 to 1½ inch diamonds shape, use bread knife for perfect cut, be careful do not slice all the way through.
4. Use your fingers to pry open each crack and apply or spread the prepared butter mixture and shredded cheese into the each crack.
5. Now warp the entire loaf in a foil, place the warped loaf on a baking tray and bake it for 10-12 minutes till all cheese melt, then uncovered the foil carefully and bake it again for 5 minutes till crusty
6. Remove carefully, now your Cheesy Garlic Pull Apart Bread is ready for serving, serve fresh immediately.

-Binjal Pandya

(Food Blogger & Photographer - USA)

CRUSTY FRENCH BREAD

-Binjal Pandya

(Food Blogger & Photographer - USA)

Ingredients:

3 cup **Bread Flour**

All Purpose Flour/Maida

2½ tsp **Active Dry Yeast**

1-2 tsp **Sugar**

Salt

1 tsp **Vegetable Oil**

Cornmeal for Dusting the pan

4-5 **Ice Cubes**

Two **Baking Sheets**



Process:

1. Take a large mixing bowl. Add sugar, 1 ½ cup warm water and yeast. Mix it well to get dissolve the yeast and cover it for 10mins.
2. After 10mins or once yeast bubbled up, add salt and 2 ¾ cup flour (reserve remaining ¼ cup flour for dusting) and start mixing until a soft dough forms. Cover it and let stand for 15-20 mins.
3. Dust the flour on the working place, turn the prepared dough over it, and knead it till dough becomes smooth and elastic. It takes almost 7-8 mins.
4. If the prepared dough is more sticky, then add 1 tbsp flour and knead it again to prevent sticking to the hands.
5. Now place the dough into the oil coated bowl, apply oil on the top of the dough too, cover the bowl and let rise the dough in warm place for 40-50 mins or till doubled in size.
6. Once the dough is doubled then punch it down and remove it on work place and divide it in half.
7. Take one portion of the dough and cover another one. Now make a big ball and roll it like rectangular shape.
8. Now fold the top and bottom towards the middle like an envelope, and sealing the seam with your fingers. Keep repeating the folding and sealing, stretching the rectangle lengthwise as you go, until it's about 14 to 16 inches long and 2 inches wide. Fold and seal either end to round.
9. Take a baking sheet pan and then flip seam-side down and place on a sheet pan or baguette pan that has been dusted with cornmeal (you can line the pan with parchment paper).
10. Use same method for the remaining dough and place on the same pan but make sure keep the big space between both rolls, because it will double in size.
11. Slit 4-5 diagonally over the prepared rolls using the sharp knife, cover them with a piece of cloth and keep aside for 20-25mins.
12. Preheat the oven on 400F, place one small empty baking sheet pan on a corner of the bottom rack while preheat the oven.
13. Once the oven is preheated, place the ready rolls tray into the oven, then throw the ice cubes on bottom rack pan (which is already placed into the oven while preheating), shut the oven door immediately (so ice cubes steams work on roll top to make perfect crust).
14. Bake the bread for 25-30 mins till golden brown crust. While baking the bread, brush the bread with cold water after 7-8 mins.
15. Crusty French Bread is ready. Let it cool down then cut it and serve with soup or as per your choice.

PEANUT FLAX SEEDS POWDER BAR (CHIKKI)

-Binjal Pandya
(Food Blogger & Photographer - USA)

Ingredients:

2 cup Peanuts (Groundnuts)
¼ cup Flax Seeds Powder/Aalsi powder
2 tbsp Dry Ginger Powder/Sonth powder
¼ tsp Cardamom powder/Ilaichi Powder
2 cup Grated Jaggery/Gud
½ tbsp Ghee (optional)
2 tbsp Water

Process:

1. Dry roast the peanuts in a pan on medium heat, stir continuously for about 6 to 7 minutes until golden brown.
2. Remove from the pan, wait till they cool down, and then rub between your palms to remove most of the peanuts skin.
3. Now coarsely blend it in a blender for 2-3 seconds and keep a side. Do not make a powder form.
4. Grease a plate or wide dish with sides and keep aside.
5. Wipe the same pan. Add grated jaggery, ghee, water and mix well, cook till a thick syrup is formed and start bubbling from sides.
6. Once its start bubbling, then add coarsely grounded peanuts, flax seeds powder, ginger powder, cardamom powder and mix well.
7. Pour the mixture into the greased plate and spread it evenly with help of steel bowl (apply little ghee on bowl, it helps to avoid sticking) for spreading the mixture and make a plain/smooth surface.
8. Let it be slightly cool, then cut into a desired shapes as per your choice.
9. Now cool it down completely and store it in a container.



COB LOAF



Ingredients:

- 1 finely chopped **Onion** (medium sized)
- 3 tb spoon **Cheddar Cheese** (grated)
- 3 tb spoon **Processed Cheese** (grated)
- 3 tb spoon **Mozzarella Cheese** (grated)
- 3 tb spoon **Cream Cheese**
- 3 tb spoon **Parmesan Cheese** (grated)
- 1 teaspoon **Oregano**
- 1 teaspoon **Chilli Flakes**
- 1/4th teaspoon **Black Pepper Powder**
- Rock Salt** to taste
- 100 g **Butter**
- 1 **Cob Loaf** (medium sized)

-Ami Bhatt
(Baroda)

Process:

1. Mix onion, all cheeses and seasoning in a bowl.
2. Cut the top of the cob loaf, remove the insides with your fingers and make it like a bowl.
3. Grease it inside out with butter
4. Bake it in preheated oven till it slightly toasts.
5. Now, add the filling and again keep it to bake in the oven for 5 mins at 170 degrees or until the top of the filling gets light brown. Serve hot.

CHEESE BALLS WITH MEXICAN SAUCE

-Ami Bhatt
(Baroda)

Ingredients

Cheese Balls:

- 2 Medium sized **Boiled Potatoes**
- 2 tablespoon **Processed Cheese**
- 2 tablespoon **Mozzerella Cheese**
- 3 tb spoon **Cornflour**
- 1 cup **Breadcrumbs**
- 2 finely chopped **green chilli**
- Salt** to taste
- Oil** for frying

Mexican Sauce:

- 2 tablespoon **oil**
- 1 cup **tomato purée**
- 2 tablespoon finely chopped **onions**
- 2 tablespoon finely chopped **capsicum**
- 1 tablespoon **garlic paste**
- 1/4th teaspoon **red chilli powder**
- Salt** to taste
- 1 tablespoon **sugar**
- 1 teaspoon **Mexican seasoning**

Process:

For Cheese Balls:

1. Mash the potatoes in a bowl. Add cornflour and salt to it. Mix it and keep aside.
2. Take Processed and Mozerella cheese in another bowl. Add chilli. Mix. Make it into small balls.
3. Stuff the small cheese balls into the potato mix and make larger balls.
4. Dip into and cover these balls completely with breadcrumbs. Deep fry in hot oil.

For Mexican Sauce:

1. Take some oil on a heated pan. Add garlic, tomato purée.
2. When it boils, add onion, capsicum and spices. Boil for another 5 mins.
3. Add sugar and cook for another 2-3 mins.
4. Serve hot with the Cheese Balls.





- Geeta Khuman
(Food Columnist) Ahmedabad

BESAN FOCACCIA BREAD JAIN

Ingredients:

Besan:-1cup
Sooji:-1/4 cup
Eno:-1 tsp
Milk:-1 cup
Baking powder:-1/4 tsp
Pinch of salt
Sugar:-1/2 tsp

Fresh rosemary:-1/2 tsp
Red-yellow capiscum:-1/2 bowl
Olive:-10 pieces
Olive oil:-1/2cup
Carom seeds:-1 tsp

Process:

1. Mix sooji ,besan ,salt ,sugar,baking powder,carom seeds in a bowl.
Mix all dry ingredients together.
2. Now add eno . Add milk to make a perfect dough ,brush some olive oil on it and rest for 10 min.
3. Transffer in greased tin.Add capiscum, oilve,fresh rosemary and bake it on 200 celsius for 30-35 min.
Redy to serve,delicious Jain focaccia bread.



CHEESE CORN FONDUE (JAIN SPECIAL)

Ingredients:

- 1 bowl cottage **cheese** (grated Paneer)
- 1 bowl boiled **sweet corn**
- 1 bowl corn **paste**
- Seasoning like **salt, paprika, oregano,**
fresh chopped basil leaves, black paper powder
as per your taste
- 1 tablespoon **olive oil**
- 1 tablespoon **Maida / Wheat flour**
- 1-2 cup **Milk** (add for semi thick liquid)
- 1 Fondue pot.

- Neeta Shah
(Baroda) Jain Spl

Process:

1. First of all take one pan, add Olive oil & than add some maida / wheat flour slowly slowly into it & sauté it
2. After that add some milk for thick liquid consistency
3. Then add boiled corn, paste , grated paneer & all seasoning into it
4. If needed than add some milk at the end & make the semi liquid thick better
5. Now after 4.5 minutes when it heats properly then off the burner & pour the better into the fondue pot
6. Burn the candle put it below the fondue pot
7. Then along with this roast the loaf bread (Bruschetta) into the Olive oil & roasted it with some seasoning & place it into one plate
8. In another plate put some Nachos Chips
9. If needed than u can also put bread crutons, par boiled broccoli
10. It's ready to serve.



CHURROS

- Devashree Thaker
(Ahmedabad)

Ingredients:

200ml **water**
2 tbsp **butter**
2tbsp **icing sugar**
1cup **maida** + ½ tsp **baking pwd**
(mix both well)
Oil for frying

Coating

1/2 castor **sugar**
2tsp **cinnamon** powder
(Mix both together)

Process:

1. In a pan take water, butter and icing sugar boil over medium heat till water starts bubbling.
2. Off the flame and add in Maida and stir continuously with the help of whisk till it forms a lump of ball and leave sides.
3. Transfer dough on a plate and knead a little. Place it in a cloth pastry bag fitted with star nozzle.
4. Pipe out long stripes of 5 to 8 inches long on butter paper and cut using scissor. Deep fry in oil till golden brown.
5. Coat them with castor sugar and cinnamon mixture.
6. Serve hot Churros with chocolate sauce or with any accompaniments of your choice.



DORA-YAKI CAKE

- Devashree Thaker
(Ahmedabad)

Ingredients:

1cup Whole Wheat Flour
3tbsp powdered sugar
1tbsp honey (optional)
Pinch of salt
1 ½ tbsp melted butter

1/4 cup milk approx.
1/4 tsp baking soda
Truffle sauce or
any chocolate spread
as require

Process:

1. In a bowl seive all dry ingredients and mix well (except soda)
2. Now add in all wet ingredients and whisk very well for form a smooth batter.
3. At the time of making add in baking soda and whisk again.
4. Heat a non stick pan, pour in a laddle full of batter (don't spread, let it take it's own shape)
5. You will see small small bubbles popping out then only flip the side and cook on other side.
6. Now, evenly spread chocolate spread between 2 pancakes and seal.

CHIA SEEDS V/S BASIL SEEDS

- Dr. Nehal Shah (Ahmedabad)

You have probably heard the names of Chia seeds and Basil seeds nowadays through internet, health community and from food industry. Since both seeds look alike, many of us think that chia seeds and basil seeds / Sabja seeds are the same. In actual fact, there is a lot of key differences between chia seeds and basil seeds. So here I tell you the difference between these wonder seeds.

First, let's begin with what Chia seeds and Basil seeds are. Chia seeds are tiny black/ brown grey seeds from the plant called *Salvia Hispanica*. It's related to what we know as a mint family plants. Chia seeds were an important food for the Aztecs and Mayans (people of ancient civilization of Mexico, Central and South America). In the ancient meaning of Chia is **"strength"**.



Aztec warriors ate chia seeds to give them high energy and endurance.

Basil seeds are the product of *Rudra Jada* plant that comes under *Tulsi* family but shouldn't be mistaken with Holy basil or *Tulsi*. The scientific name of Basil seed is '*Ocimum-basilicum*'. The common names of Basil seeds are; Sabja seeds, Falooda seeds, Tukmaria, Sabjaginjal, Thai holy basil, Selashi Tukhmaria, Sabjavethai, Hazbo, Tukmalanga, Basil cultivate, Basiliienkruat, and sweet basil.

Origine: Chia seed's native is to central and southern Mexico. Whereas Basil seeds native to tropical regions from central Africa to Southeast Asia.

Color and Appearance Difference: Chia seeds can be black, white, brown or grey. They are small and oval. They look like sesame seeds, but are not as flat as sesame seeds. They are mottled, and have design of random lines on the coat.

Basil seeds are tiny black and elongated (not round). After absorbing water they become larger than soaked chia seeds.

What is the difference between Chia seeds and Basil seeds?

Taste: Chia seeds have nice nutty flavour when eaten raw, and in the pudding bland/ neutral, takes on the flavour of whatever they are eaten with it.

Basil seeds are fragrant, when added to desserts or lemonade, they impart their own basil flavour touch.

Way of consumption:

Chia seeds can be consumed directly too, without any process. You may sprinkle them on yoghurt, drinks, smoothies, puddings, oatmeal etc. They expand and form a mucilaginous mass when soaked in water, but they require more time to absorb water than basil seeds. The flour obtained by grinding the seeds is also used to make bread and muffins. It is used as a binder or egg replacer. You may have chia sprouts as a snacks.

Basil seeds forms a gelatinous thick mass after soaking in water. They mostly added to drinks, milkshakes, medicinal tea, desserts and sherbets.

Oils: You can use oil of chia seeds for cooking but the benefits of the oil can be reaped by eating the seeds too, so there is no need to

extract the oil. Chia seeds are packed with oil that rich in omega-3 fatty acids which are essential for metabolism.

Basil seeds is used in Ayurveda and Chinese medicines. It is used to treat nervous system disorder, relieves headache and lower joint pain due to gout. It helps to relieve stress so it used for aroma therapy, massage, spa etc.

Nutritional: It's a generally thought that chia seeds are better for you, as they are rich in Calcium, magnesium, phosphorus, potassium. They contain more and good fat than basil seeds. They are also loaded with antioxidants and fibre. They can strengthen your teeth and bones.

Basil seeds are rich in iron. They are highly nutritious and very low in calories. They are reported to have antioxidant, anticancer, antiviral, antibacterial, antispasmodic and antifungal properties.

Benefits to the body:

Chia seeds helps to maintain normal blood pressure and blood sugar levels. They help to lower elevated triglyceride levels and promote healthy cholesterol levels. Chia seeds are mainly used as energy booster.

Basil seeds, on the other hand, function well as a diuretic and aid digestion. The richness of the iron helps to improve quality of blood. They are one of the best body coolant. Has a soothing effect on the stomach and hence useful to combat acidity.



SatvaRas

A Juicy Cold-Pressed Startup

- Entrepreneur Dharmik Patel (Ahmedabad)

Inspired by Nature and Veganism a young IT professional decided to give something super healthy to society. Along with three dynamic partners Mr. Dharmik Patel started Cold Pressed Juice startup in Ahmedabad.

Fruit Juice is considered to be the healthiest component of daily breakfast, and even otherwise. But, is your 'Fruit Juice' healthy enough? Does it still have the nutrition that you are seeking from it? Is it making you healthy or adding your calories? An Ahmedabad-based Startup, 'Satvaras', has all your answers.

Satvaras has come up with a 'Cold-Pressed' juice option. But what is the significance of a 'cold-pressed' juice? The juice made by centrifugal mixers in households. The problem with juice is that it oxidizes quickly and degrades fast. Also, all the packaged juices available in the market are also 'hot pasteurized' with not natural nutrients. On the other hand, 'cold-pressed' juice is a very healthy option. 'Satvaras' has tapped into this space and positioned itself as a natural, 'cold-pressed' juice manufacturing company.

Striking the cord with all the health-enthusiasts of Ahmedabad, Satvaras has

carved the concept of 'Drink without Guilt'. 'Satvaras' juices are processed every day and delivered fresh to its customers. They have launched a Mobile App for ordering and have a subscription-based model. This gives them an exact quantity to be delivered daily and so accordingly it is made as per the order.

Launched in January 2017. Till date, they have touched based

with more than 7000 customers through subscriptions and trials packs. The base is growing day-by-day. The best part is that the Fresh Juice is home-delivered to the customers. Satvaras installs special boxes at customer location where the bottles can be delivered every morning between 5am to 7am and 7 am to 9am. Also delivering to office between 10am to 12pm.



FOOD TRENDS at SHREE BALAJI AGORA MALL AHMEDABAD

'Kaffee Mast Hai', in **Shree Balaji Agora Mall** is an elegant restaurant that also provides 24-hour service. Breakfast, lunch, dinner, or maybe brunch or tea it doesn't matter. Any time any day just walk in for a feast or a bite.

'Shihai' in **Shree Balaji Agora Mall** gives Tastes & textures that provides an exquisite contemporary culinary interpretation of Pan Asian Culture. At Sizzling SHIHAI is the best Oriental restaurant in town, that is designed to exude the warmth of a Chinese home, featuring contemporary and interactive Chinese kitchen, private and large dining spaces. It Serves Thai, Chinese, Japanese Cuisine.

'Spirt O Soul' in **Shree Balaji Agora Mall**, the venue can be converted to your very own 'Disco' which has light shows, massive sound systems and air- conditioning capable of cooling even the biggest crowds. Specialty restaurant serving authentic Italian, Continental, Mexican cuisine in a modern and contemporary setting at Dinner. There are two rooms with different DJs playing hip- hop, mainstream dance and Bollywood beats.

'The Masala County' in **Shree Balaji Agora Mall** brings the grand cuisine of India in an ambience that is truly regal which captures your senses and the art of Indian hospitality.. A mélange of grandeur, style and panache this restaurant offers a modern Indian gourmet dining experience offering authenticity of taste and artistic presentation created by our Chefs. Specializing in Indian cuisine, this restaurant captures the authentic flavours of Colorful India.

'The Aagrah Gujarati Thali' in **Shree Balaji Agora Mall**, we take pride in offering traditional Gujarati food at its best. We serve everything exceptional that Gujarat has to offer. The food is served in a kansa thali (kansa is an alloy that has many wellness benefits) and the meal starts with a choice of Indian breads and ends with rice. Come, discover the taste of Gujarat... Your visit to Ahmedabad is incomplete without experiencing a Gujarati meal here.





KANAFEH

Ingredients:

1/2 package shredded **phyllo dough**, also called kadayi
 8 tablespoons melted **butter**
 1 1/2 tablespoons **milk**
 1/4 lb **fresh buffalo mozzarella**, grated
 12 ounces **ricotta cheese**
 1/2 cup **ground pistachios**
 2 tablespoons **confectioners' sugar**
 1/8 teaspoon **grated fresh nutmeg**
 3 cups **water**
 1 1/2 cups **sugar**
 1 tablespoon **lemon juice**
 3 -5 drops **rose water**

- Chef VeerSingh Gajoria
 (Ahmedabad)

Process:

1. Preheat oven to 375°F.
2. Place kadayi in a food processor and chop up finely.
3. Add butter and milk and line an 8 inch square heavy baking dish with half of this mixture.
4. Mix the cheeses with the pistachios, sugar & nutmeg and spread onto shredded filo.
5. Top with the remaining shredded pastry.
6. Bake for 45 minutes.
7. Make a sugar syrup by boiling water with sugar and lemon juice.
8. Cook until reduced by a third and it becomes nice and thick.
9. Stir in rose water to taste. When Kanafeh comes out of the oven, ladle 2/3 of the hot syrup over it and save the rest to pass while eating.



FAST food

RJ Pooja Dalal (Ahmedabad)

Do you ever recollect memories from your childhood of eating out in restaurants very often? Or having a quick dabeli / vada pav / pizza / sandwich / burger ... (and the list is never ending) very often outside as a substitute of your meal? Probably no. Because it wasn't really trending then and it is absolutely in trend now.

Do you ever wonder why we call this food a 'fast food'? It's because it takes less time to be prepared than traditional food. We have a misconception of considering only pizza, pasta and vadapau, sandwich as fast food. But as a fact, anything which is served in a restaurant, stored frozen, or with preheated or pre cooked ingredients and served in a packet for take away is considered as fast food. We know that it is less nutritious and not very good for health still it is so tasty that we can not resist ourselves but to have it. I also love it.

But then I also had a thought that what would be the first fast food look like? What was it? When did it start? Where did it start? And to answer my questions, I started researching about it. And here is my discovery.

The first ever fast food was started in Britain in the year 1860 where the first ever fish and chip shop started. But the real question is why it got so popular across the world in spite of having various negative aspects attached to it.

Modernization and urbanization was the first reason. Though the first fast food shop started in 1860 in Britain, the concept of ready to cook food was introduced in ancient Roman cities where people used to live in multi story apartment blocks where there were no spaces to cook. The people used to rely on food vendors for their meals and they used to get ready backed goods. In Aisa also, Chinese people

started this tradition of ready to cook food in 12th century. Few of the food items from this era are still very popular in china this day.

One more interesting observation of mine about fast food is that if you will notice, you will see the impact of the geographical conditions of the place on the fast food of that particular region. If was talk about Europe, their fast food includes pies, pancakes, wafers and waffles (which are now in trend in India. They have it since ages.) If we look at the coastal region across the world, their fast food includes shellfish and sea food. World wars and industrial revolutions also paid an important role in popularizing the fast food across the world. In US, it became most popular post the automobile revolution post world war 1.

With the increasing popularity of automobiles during that period, drive-in cinemas were introduced and from here started an era of having hamburgers and beer in early 20th century. Indian started shifting to these western countries in the second half of the 20th century and brought back this culture home. Now you know from where it comes!

Although it is very trending we must know that too much of its consumption is dangerous. It can cause you diseases like colorectal cancer, obesity, high cholesterol, and depression. So watch before you have it next time. Have a healthy meal.

YOUR FAST FOOD CAN BE YOUR LAST FOOD

Florence Academy

Florence Academy is one of a kind Culinary Studio/ Academy at Ahmedabad, Gujarat. Florence Academy of World Cuisine was founded by **Mrs. Monila Surana** early this year. **Mrs. Monila Surana** has an experience of 15 years in the field of culinary and confectionary. She is also a founding member of ACAHF (Academy of Culinary Arts & Health Food) which was founded in 2016. She also trained many students at Ahmedabad Management Association through the vocational Bakery course offered by them.

Her goal behind the academy was to share her knowledge and experience by providing its students the technical and practical abilities to outshine in any culinary role; whether they are home cooks or professionals.



We also host various hobby workshop from time to time. Our Certificate Courses:

1. Certificate in Culinary Arts
2. Certificate in Food Production
3. Certificate in MasterChef Training Program
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5. Vocational Certificate course in Baking.
6. Many more

To provide the high-end professional training and Certification we are providing the following:

- Certified Course validated by the American Hotel & Lodging Educational Institute (AHLEI).
- State of an art kitchen equipment and facilities.
- Professional teaching staff, composed of chefs, academicians and highly qualified industry experts.
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For More Details Contact:

Florence Academy of World Cuisine

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Anandnagar Cross roads,
Prahlanadnagar, Ahmedabad.

+91 - 63516 65305 / 63516 73699



VANILLA CHOCOLATE CHIP WAFFLE

Ingredients:

1 box Vanilla Cake Mix (Oil & Water as per instructions)

½ tsp baking powder

desired toppings: Chocolate Sauce and fresh berries or caramelized bananas

- Monila Surana

(Ahmedabad)

Process:

1. Whisk together Baking powder, water, and oil until combined. Add Vanilla cake mix and mix until just combined.
2. Pour into preheated waffle maker and bake for 5 minutes or as directed on your waffle maker.
3. Top each waffle with chocolate Sauce cheese and berries/ caramelized banana.





CHOCOLATE CARAMEL LIEGE WAFFLES

- Monila Surana
(Ahmedabad)

Ingredients:

Dry Ingredients

2 cups flour
¼ cup unsweetened cacao powder
½ tbsp baking powder
1 teaspoon baking soda
1/2 teaspoon salt

Wet Ingredients

1 3/4 cup milk
1/4 cup water
1/2 cup yogurt
1/3 cup vegetable oil
2/3 cup granulated sugar

Add Ins

1 cup chocolate chips

Process:

1. Preheat your waffle iron.
2. In a large bowl, soft together all the dry ingredients, then create a well in the center.
3. In a medium bowl, whisk together all the wet ingredients. Pour into the center of dry ingredients then mix together. Add in chopped chocolate SunCups then finish mixing completely.
4. Add proper amount of batter to waffle iron per waffle irons directions. For our Waffles, we used 1/2 cup batter. Cook until "ready" light turns on or steam stops coming out of the iron.
5. Top with butter, Caramel Sauce and coco chip for an extra splurge.

SPICY THAI WRAP - Chef Sneha Thakkar (Surat)

Ingredients:

For Filling:

1/2 cup **Carrot** (grated)
1/4 cup **Mint leaves** (finely chopped)
2 tsp **Thai green curey**
1/2 cup **Red & Yellow bell pepper**
1/2 cup **Spring onion** (green onoin)
1/8 cup **Ginger** (thin strips)
One **cube soup** seasoning
Salt to taste

For Covering:

Colocasia leaves
1/4 cup **Lemon juice**
4 tbsp **Olive oil**
1 tsp **Garlic salt**

For Sauce:

Dates 8 nos.
3 tsp **Garlic paste**
1/4 cup **Almond**
2 tsp **Ginger paste**
1/2 cup **Coconut**
1/2 cup **water**



Process:

1. Wash the colocasia leaves and remove the thick veins of the leaves.
2. Marinate leaves in a bowl with olive oil, lemon juice and garlic salt for one hour.
3. Heat the oil in a pan. Add all vegetables in it. Add Thai green curry, seasoning cube and salt in it.
4. Make it cool. Then stuff it in the leaves and roll it tightly.
5. Boil it in the steamer or deep fry it.
6. Cut it in the desire shape and serve it with the sauce.
7. Serve hot.



CHEESE BASKET KHAKRA

Ingredients:

All purposes flour 1cup.

Wheat flour 1 tablespoon poon

Oil 2 table spoon.

Salt and **sugar** 1/4 tea spoon each

Cold water for binding

Cream cheese and **mayonnaise** for decoration

Chilly flakes and **coriander leaves** for decoration

- Chef Manisha Gupta
(Ahmedabad)

Process:

Mix both flour add salt sugar and oil rub gently. Add cold water bind a soft dough like chapati.

Take a kadai keep upside down on fire. Prepare a large and thin roti. Spread carefully on kadai cook on slow flame till both side done. Cool it on normal temperature then apply cream cheese and mayonnaise sprinkle coriander and chilli flakes. Serve with chutney.



Sangeeta Malik

Gold medalist graduate and Silver medalist Post graduate in Home science with a career spanning 20 years of teaching Nutrition at various institutes.

Have taught Sports Nutrition at Better Fitness for You {BFY}, New Delhi YMCA, Classic Fitness and Human in Motion Fitness.

Have Specialization in Lifestyle and Weight management from American council of Sports medicine (ACSM) and Sports and Fitness Nutrition from VLCC.

At present the H.O.D of Diet and Nutrition Department at Jaganath Institute of Management Studies, and counseling at Orange Clinic, Punjabi Bagh as a Diet and Lifestyle Consultant.

Have been associated with Dr. Kiran Bedi's Navjyoti and Delhi governments Bhaagidari - Helping Women from poor backgrounds make healthy food choices and educating pregnant and lactating women about the importance of nutrition in daily life.

I am a highly motivated individual with an in-depth knowledge of the importance of Nutrition in sports having conducted various workshops and Boot camps, special population diet management camps and lifestyle enhancement lectures.

To keep myself updated with the latest in Sports nutrition and supplementation I have associated myself with ISSA from Gayo fitness and ESA for ACSM.

Fad Diets VS Healthy Weight Management

Fad diets are marketed as quick ways to lose weight. Diets such as the ketogenic diet, the whole 30, the paleo diet, 5:2 Diet, 6:1 Diet, the clean eating diet, juice cleanses and even intermittent fasting are all fads.

Do fad diets work?

Some people will lose weight while following a fad diet, but most fad diets are impossible to stick to for long. This means that once you stop following the diet, you'll probably gain back the weight you lost. **Some people actually gain back more weight than they started with.**

Fad diets don't usually provide enough vitamins and minerals, such as iron, calcium and vitamin D. Iron is important for red cells in your blood and calcium and vitamin D are important for healthy bones.

What is a Keto Diet?

A keto diet is well known for being a low carb diet, where the body produces ketones in the liver to be used as energy. It's referred to as many different names – ketogenic diet, low carb diet, low carb high fat (LCHF), etc. When you eat something high in carbs, your body will produce glucose and insulin.

Glucose is the easiest molecule for your body to convert and use as energy so that it will be chosen over any other energy source.

Insulin is produced to process the glucose in your bloodstream by taking it around the body.

Since the glucose is being used as a primary energy, your fats are not needed and are therefore stored. Typically on a normal, higher carbohydrate diet, the body will use glucose as the main form of energy. By lowering the intake of carbs, the body is induced into a state known as ketosis.

Ketosis is a natural process the body initiates to help us survive when food intake is low. During this state, we produce ketones, which are produced from the breakdown of fats in the liver. The end goal of a properly maintained keto diet is to force your body into this metabolic state. We don't do this through starvation of calories but starvation of carbohydrates.

What are the benefits of a keto diet?

- Weight loss
- Lowers blood sugar levels
- Increased mental focus
- Increased energy and normalized hunger
- Treating epilepsy
- Lowers cholesterol and blood pressure
- Treating acne

What are the disadvantages of following this diet?

- Dangerous for patients suffering from type 1 diabetes.
- In the initial stage, many people may feel mental foggy, headache and dizziness
- Lack of energy and lethargy
- Muscular cramps specially in the legs.
- Constipation
- Increased Heart palpitations

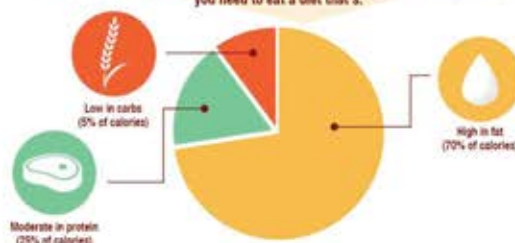
How do I start with a keto diet?

To start a keto diet, you will want to plan ahead. That means having a viable diet plan ready and waiting. What you eat depends on how fast you want to get into a ketogenic state. The more restrictive you are on your carbohydrates (**less than 15g per day**), the faster you will enter ketosis.

You want to keep your carbohydrates limited, coming mostly from vegetables, nuts, and dairy. Don't eat any refined carbohydrates such as wheat (bread, pasta, cereals), starch (potatoes, beans, legumes) or fruit. The small exceptions to this are avocado, star fruit, and berries which can be consumed in moderation.

The Keto Diet Breakdown

To get your body to go into ketosis (a stored fat-burning metabolic process), you need to eat a diet that's:



PERCENTAGE OF DAILY CALORIC INTAKE IN KETOGENIC DIET

Fast	60-80%
Protein	10-35%
Carbs	0-5%

BREAKFAST

Variations of:

- Chia Seed Pudding
- Paneer
- Green Smoothie
- Protein Shakes
- BulletProof Coffee

SNACKS

- Roasted Peanuts (1 ounce)
- Macadamia Nuts
- Almond flour cookies (on blog)
- Mozzarella Cheese
- Cheese + Jalapeno Crisps
- Kale Chips

MEALS

- Cauliflower Mac n Cheese
- Zoodles (Variations)
- Green Salad
- Fajita: Green Pepper
- Quesadillas (Low-Carb)
- Lettuce Wraps (Variations)

GROCERIES

- Cauliflower
- Green Peppers
- Zucchini
- Jalapenos (pickled)
- Greens: Kale, Spinach, Lettuce
- Coconut Milk
- Almond Milk
- Peanuts
- Macadamia Nuts
- Chia
- Mozzarella & Cheddar Cheese

Can you give me a sample keto diet plan(1500-1600 Kcal)?

B/Fast : Pick any one

- Whey Protein added milkshake with added 1 tsp almond butter
- Almond Milkshake with 1 Tsp Peanut butter, with cocoa powder (can use stevia powder)
- Quarter plate Cheese pakora , pan fried in coconut oil/peanut oil.
- Bullet coffee mixed with heavy cream 3 tbs with added 1 tsp coconut oil.
- Almond flour pancake smeared in butter with 1 tsp thick cream.

Lunch : Pick any one

- Grilled paneer and Vegetable Salad with olive oil dressing and added half avocado.
- vegetable patty with cheese and grilled veggies
- Salmon and tuna fish cooked In butter with grilled veggies (Mushroom, asparagus and broccoli)
- thai curry cooked in coconut oil with grilled veggies

- Cream of palak soup cooked in coconut oil with stir fried mushrooms and asparagus.
- Cauliflower curry in coconut milk using coconut oil.

Dinner: Pick any one

- Baked spinach and other vegetable with added thick cream and cheese
- Lemon coriander chicken curry
- Cheese pakoda
- Paneer and vegetable barbeque with spinach and cheese salad
- Spinach and cheese 3 egg whole omelette
- Thai curry with added veggies
- Stir fried paneer with spinach and bellpeppers using coconut oil or olive oil.

- **Snack Options:** Can have 1-2 tbs of Sunflower seeds, pumpkin seeds and peanuts.

Can vegetarians follow a keto diet?

Yes, vegetarians can follow a keto diet provided one keeps a check on the kind of carbohydrates, proteins and fats one ingests. Though for vegetarians following a keto diet requires more time and thought but its best for those who are trying to avoid animal by-products. Another important point to remember is to keep a track of your ketone levels.

Are there healthier ways to manage weight?

Yes! There are much healthier ways to manage weight rather than following a fad diet. We lose weight by eating fewer calories than our bodies burn.

To lose weight, add calorie-burning activities into your day, and cut down on the calories you eat. Because a large decrease in your calories can be harmful to your body, try small dietary changes like the suggestions below.

Try these changes to cut back on the calories you eat by:

- **Choosing less sugary beverages.** Drinks such as soda and juice are loaded with sugar and empty calories. Try tap water, seltzer water, or no calorie flavoring packets instead!
- **Eating breakfast.** Starting your day with a nutritious meal will prevent you from getting too hungry during the day and will give you energy to think at school.
- **Packing fruit for a snack.** Choosing fruit over chips or candy will provide your body with important nutrients.
- **Eating more whole grains.** Choose whole grain bread, whole grain pasta, brown rice, and high-fiber cereals. They are more filling than refined grains such as cookies and pastries.
- **Choosing lean proteins.** vegetarian sources of protein, such as beans and tofu, contain less fat than other proteins.
- **Eating more servings of fruit and/or vegetables.** Aim to include one or both at most meals and for snacks.
- **Watching your portion sizes.** Choose regular portions, not super-sized ones. Eat only until you feel satisfied.

Simple ways to fit exercise into your day include:

- Taking the stairs instead of the elevator
- Walking instead of taking the bus
- Look for exercise videos on Youtube
- Joining a sports team or a dance team
- Going for a walk with your family or friends
- Joining a gym .

“
BEING
HEALTHY
AND FIT
ISN'T A
FAD OR
TREND,
IT'S A
LIFESTYLE
”

Baking is a simple science.. you can bake at home with simple ingredients which are in your kitchen and now a days you ll get ingredients quiet easily around d you.. Baking at home is very easy, as well you get pure stuff.. means no preservatives no improvers.. When I say I am a home baker it's my responsibility to give my clients pure stuffs.. I never use any improvers or preservatives in my baked stuffs than even they comes out perfect.. And if I can so you can too . If we can bake at home without any harmful properties in it, why to buy it from market .. When you choose home baked stuff you are ensuring clean high quality raw material and you take care of all cleanness and hygiene.. while you are choosing market brought stuff you can't ensure all this important matters.. I always choose best quality ingredients for my baking as I choose for my regular grossery.. Always remember, the best quality ingredients you use, the best quality final product you ll get.. If you eat healthy, you stay healthy .It's just a matter of proper knowledge , guidance and some practice and you ll rock...

WHOLE WHEAT MULTI GRAIN ATTA BREAD WITH MULTI SEEDS

Ingredients:

45 gram (1/4 cup) **ragi flour**
 40 gram (1/4 cup) **whole wheat flour**
 65 gram (1/4 cup) **corn flour**
 140 gram **APF**
 1/2 table sp **active dry yeast**
 1 table sp **sugar**
 1 table sp **oil**
 1 teaspoon **salt**
 220 ml +/- **warm water**
 **Mix seeds
 1to 2 tabspn of each approx
Black sesame seeds
White sesame seeds
Flex seeds
Pumpkin seeds

Sunflower seeds

1/4 cup **rolls oats**
 1/4 cup **instant oats**

Bake at 180 degree
 Baking time 25 to 30 minutes
 Make 425 gram ready loaf

- **Sanskriti Rupesh**
 (Baroda)



Process:

1. Sieve all the flour in a mixing bowl, give nice stir
2. add sugar, yeast, salt, oil and stir gently.
3. add warm water and make dough.
4. knead the dough by stretch and pull method (by hand 12-15 minutes, in machine 8-10 minutes)
5. the dough will be sticky little bit, but it is ok.
6. add half of all seeds in middle of dough kneading for mixing properly.
7. make a ball of dough and put it in the oil greased bowl for first rise for at least 30 to 45 minutes.
8. after rising knock it back and give desired shape.
9. brush with milk and sprinkle rest of seeds and oats on it.
10. put aside in greased baking tray covering with cling wrap. This is for second rise for at least 20-25 minutes.
11. brush with milk and give two three small cuts on loaf, not much deep.
12. bake in preheated oven.

Note:

#you can put parchment paper instead of greas the tray..

When you knock the back of your bread n it sounds hollow ,your bread is ready

WHOLE WHEAT NUT CRANBERRY COOKIES

- Sanskruti Rupesh
(Baroda)

Ingredients:

200 grams whole wheat flour
125 grams butter softened(unsalted)
65 grams icing sugar
1/4 tspn salt
25 grams pistachio/almond/ cashew nuts,
25 grams dried cranberries
25 grams Truti fruity
45 ml milk (approx)
30 grams caster sugar

Process:

Baking temperture : 170+ c

Baking time : 18 to 20 mnts

1. Chop 8 to 10 pistachios and cranberries and keep aside.
2. Make powder rest of pistachios. Crush cranberries and Truti fruity separately and keep aside.
3. Now in mixing bowl sieves flour and salt and give a nice stir. Add in pistachio powder, crushed cranberry powder and Truti fruity and mix in flour with your hand.
4. In a seperate bowl mix cream icing sugar and butter for 2 mnts with hand beater. It should be light and creamy.
5. Add flour in it and mix with spatulla.
6. Add milk spoon at a time n reach dough like consistency.
7. Now gather everything with your fingers.make sure you don't use your palm.
8. Make a log out of dough and wrap it with cling wrap an put in the fridge for atleast 2 hours.
9. After chilling take out the dough and cut it about 1/4 cm thick disc form .
10. Take caster sugar in a small plate and roll the sides of cookies in it .
11. Arrange cookies in lined baking tray , sprinkle chopped pistachios and cranberries , press them lightly and bake in preheated oven.
12. Once baked, let them cool on cooling rack atleast for 30mnts.
13. Store cookies in air tight container.



Milkmor

Obesity, Cholesterol, Adulterated & Junk Food! We've directly or indirectly welcomed them all in our lives with open arms. We hate these 4 words but we love the things wrapped in it. I don't know why all the tastier things are harmful to the body. Many of them have shifted to fitness. People are going to gyms, doing yoga, eat lighter food so that the clothes fit well to us. Isn't it? And many of them do for better stamina. Yes, nothing comes free or nothing comes without sacrifice. Well, Milkmor shall help to balance with these. All those who want to stay fit and also don't want to compromise over the taste. Their premium farm fresh cow milk and Gir Cows' Ghee is, as natural as tastier. They have their own specially selected cows which are fed the rich nutrition fodder, which not only keeps cows healthy and happy but also the goodness travels through milk to us.

Around 1200 families till now have opened the sealed milk bottle and sipped the milk directly with 100% faith.

Yes, the Milkmor team is on toes 24x7 to nurture the cows and ensure that 1000s of things fall in place so that you can be relaxed and enjoy the farm fresh cow milk within few hours of milking at your door-step early morning.

Mr. Mitessh Patel (Co-Founder & Director) is a young entrepreneur and after extensive research of 8 years and traveling almost half of the world, he has launched his brand in Ahmedabad. Here, he shares his perspective towards milk. "Hello, Ahmedabad! Thanks for the excellent response and I never knew that people would switch so fast towards Milkmor's Milk. That shows, how aware and conscious we are about our health. Hence, that becomes my responsibility to

ensure that I upkeep that trust. My team is working hard towards better service and up gradation of milk every day. It's said that Milk is the wholesome food. Why do we say that? A newborn baby is just fed milk during its initial days. And to ensure that purpose, During and post pregnancy, we feed mother rich food so that it reaches to the baby through milk for sure. So definitely, we know that Milk is the best transporter of nutrition, vitamins & minerals. It's natural, easy to digest and tastier. Keeping this thing in mind, We've focused strongly on fodder and cows compromising the quantity of production compared to procurement model. Many of brands ignore the cattle quality. Moreover, the rich fodder to those cattle is the most not subject to have mass production and good sales figures. We shall produce limited milk but it will be rich and exclusive, where you believe consuming it

as a wholesome food! So Have you upgraded your milk to Milkmor or not? I am thankful to Chef Heena Gautam for including in her delicious journey, I wish her all the best towards her new initiative and I wish Ahmedabad a healthy and happy days ahead."



CAKESICLES

-Rachana Karera
(Ahmedabad)

Ingredients:

Ready chocolate cake sponge

500gms

Dark chocolate 400gms + 400gm
(for dipping)

Fresh cream 200ml

Candy sticks 8-10

Sprinkles, fondant flowers and stars for decorating.



Process:

Preparing the frosting

1. Chop the dark chocolate in bowl and melt in microwave. Then in another bowl microwave fresh cream.
2. Mix them properly and let it cool down to room temperature. Refrigerate for an hour before use.

Preparing cakesicles

1. Crumble the ready cake and cut into big chunks and put in into a bowl. Then go at it with a spoon or clean hands. Break the chunks up into little crumbs.
2. Stir into some prepared frosting. Start with 1 cup and then add more if needed. It depends on how moist your cake already is. We want the crumbs to start to stick together easily.
3. Now take around quarter of cup of cake crumb mixture and form it together, make into little ovals and put in cakesicles mould and shape them. Insert candy sticks into each and refrigerate it for 30 mins or until solid.
4. While cakesicles are firming, melt the chocolate in microwave at 1 min interval until fully melted and creamy. Pour this into tall glass.
5. Take your cakesicles out of the fridge, and dip each into melted chocolate until fully coated. Shake of excess chocolate, sprinkle with your favourite toppings, and put on to tray lined with parchment paper in the fridge for 30 mins.
6. Cakesicles are ready to dig in.



- Minal Shah
(Ahmedabad)

CROCKPOT PUMPKIN SPICED

Ingredients:

- 6 cups **whole milk**
- 6 cups of strongly **brewed coffee**
- 1/2 cup **pumpkin puree**
- 1/4 cup **vanilla**
- 1/2 cup **sugar**
- 2 teaspoons **cinnamon**
- 3 **cinnamon sticks**

Process:

1. In your crock pot, combine the milk and coffee.
2. Whip together the pumpkin, vanilla, sugar and cinnamon.
Pour mixture into the crockpot.
3. Stir everything together and then toss in 3-4 cinnamon sticks.
4. Cover the crockpot, and cook on high flame.

GOOEY BROWNIE

Ingredients:

700 gm **Dark Chocolate**
200 gm **Butter**
400 gm **Milk Maid** [1 Teen]
350 gm **Maida**
150 gm **Milk**
3 tps **Coco Powder**
100 gm **Choco Chips**
15 gm **Baking Powder**
05 gm **Soda**

- Minal Shah
(Ahmedabad)



Process:

1. Take chocolate, butter and milk in a bowl and melt it in microwave for 5 mins. Mix it well.
2. Add milk maid and mix it again then add maida, baking powder, soda , coco powder and then mix it very well.
3. At last add choco chips.
4. Grease and dust a tin. Preheat oven at 180 degree for 15 mins.
5. Put the batter in tin and bake for 20 mins at 180 degree.

PUMPKIN FRAPPUCCINO

Ingredients:

1 and 1/2 cups **cold coffee**
1 and 1/4 cups **unsweetened vanilla almond milk** (or any milk)
1/4 cup (57 grams) **pumpkin puree**
3 Tablespoons **pure maple syrup**
(or equal amount of honey,
4 packets stevia or other sweetener)
1 teaspoon ground **cinnamon** 1
1/4 teaspoon ground **cloves** 1
1/4 teaspoon ground **nutmeg** 1
light **whipped cream**, optional



Process:

1. Brew the coffee. Pour coffee into a large mug and refrigerate overnight. Coffee MUST be very cold.
2. In a small bowl, whisk the milk, pumpkin, sweetener of choice, cinnamon, cloves, and nutmeg together until combined. Pour into ice cube tray and allow to freeze.
3. Once coffee is cold and pumpkin ice cubes are frozen, add everything to your blender and blend on high until smooth and icy. Add more milk if your blender isn't blending it well. Taste the frozen drink and add more sweetener or spices if needed. Top with whipped cream, if desired. Serve immediately.

FRESHWAY

- Enterprenuer Mona Sanghvi (Baroda)

Business Idea

Being in a business family for so many years, I have seen frequent travelling of my husband & also our travelling for vacations and other works with kids throughout India & abroad. There was always a need for healthy & hygienic food to all these destinations. So, we used to carry lots of food items along with us during such travelling, which was having limited shelf life & was bulky to carry. I searched through the shelves of many Super Stores and retail shops to find the best ready to eat food products for my family, rather to find any good and healthy ready to eat food products, the only thing available on the shelf were heat and eat products full of preservatives and which leave a sour taste in mouth. My children would not let me bring it near them once they had tasted those products. I needed something that my children would eat, would be healthy & nutritious, and it had to be the kind of food that I as a mother

would like to feed them without having the fear of them falling ill. With all these criteria in mind I quickly understood that the product had to be preservative free, had

contacting mothers whose children were studying or working abroad, just in the hope to find something that I wanted. But all I heard were disappointed

quality and hygiene of the food remains intact and also the nutritional values, taste and aroma of the food remains intact and at the same time the food can be stored for longer period of time without preservative and which is also a light weight, it would be a blessing for all the frequent travelers, students studying abroad, single person out for work, working couples, solo travelers, adventure seekers, camp goers, family on the vacations, Jain & Swaminarayan followers, Mid Night Party doers, Families having accidental Guests, or for any such kind of emergencies. Be it infant of 6 months or senior citizens, anyone can consume it.



to be healthy, but most of all it had to be delicious!! So, I started looking for a product like this on both the retail and online market, but failed miserably in finding one. I quickly realized there was nothing like what I wanted on the market and tried

mothers who had complains about the limited options on the market which were not even close to being of good taste and quality.

So over a period of time I realized that if the ready to eat food products is de-hydrated in a manner where the

I saw a great demand and a humongous gap in the market where people were restricted to the very few alternatives available and had to make do with them. So this is how the idea of **FRESHWAY™** **READY TO EAT** was born.

So, after one and half years of extensive research work, we come across this unique technology called "Freeze Drying Technology". As we know India, the land of rich, aromatic spices has always attracted the culinary world with its abundant khazana of spices and exotic ingredients. These herbs and spices have always been a part of India's rich culinary history and so are even today. With our fresh, ready to eat meals, we sought to bring the essence of the Indian culinary expertise to every kitchen. Our unique freeze-dry technology is accepted worldwide as the best food preservation process, which preserves color, flavors and freshness of the food without affecting its nutritional value. Our food is preservative free, which ensures it is as healthy as home-cooked food. Blended with love and nutrition, our 'home-style' recipes are sure to make you nostalgic with every bite.

Journey So Far

After soft launch in last Navratri, we formally introduced the products in Dec-2017 in the market of Vadodara and after that every month we introduced gradually in the market of Anand, Nadiad & Ahmedabad. Now after 8 months of introduction of our products, our presence is PAN Gujarat from Rajkot, Gandhidham in Saurashtra to Ahmedabad, Vadodara, Bharuch, and Surat in South Gujarat. From September of 1st we will be available in the market of Mumbai & then Pune gradually. We aim to

cover Mumbai, Pune, Hyderabad & Bangalore in next couple of months. We are also proud to announce that we are now ISO 22000:2005 and HACCP Certified company.

Challenges Faced

Lots of products available in the market in Ready-to-Eat food category, generally comes with preservatives, colors & flavor additives. So it took quiet a sometime for us to educate the people that everything in Ready-to-Eat segment doesn't necessarily has to be with preservatives & colors. Since, our concept is of Freeze- Drying (De-hydration) which enables us to remove the water from products (less than 2% moisture remains in the products), so we do not require to put any preservatives at all in the products and as matter of policy we do not put any color & flavor additives to enhance the taste or flavor. So in order to overcome this problem, we did lots of sampling, educated the consumers through tasting so that they can feel the difference between **FRESHWAY™** products and other Ready To Eat products. Now after 6-8 months of continues tasting & advertising, we have successfully managed to make consumer aware about the concept and benefits of **FRESHWAY™** products and other Ready To Eat products.

Our wish
is to be
your trusted
hunger
partner, and
for that you
just have to
keep 4
packets of
FRESHWAY™
at your
home
anytime
just as you
keep instant
noodles
and
Chill...!!



HIBISCUS TEA

- Chef Sadiya Shenaz Sayyed
(Mumbai)

Ingredients:

- 1 fresh **organic hibiscus flower**
- 1 bottle **lemon sprite**
- 1 teaspoon **rose water**
- Half teaspoon **darjling organic tea petals**
- 1 cup **normal tap water**

Process:

1. Take a pan and add 1 cup of water and hibiscus petals and tea together to simmer it for 5 mins and let it cool keep aside.
2. Now take a chilled martini glass and pour tea & hibiscus concoction.
3. And now pour some cold bubble sprite
4. Sprinkle some rose water and give a nice stir
5. Now garnish with some hibiscus flower to beautify its appearance.



- Chef Sadiya Shenaz Sayyed
(Mumbai)

SWEET AND SPICY PICKLE RELISH

Ingredients:

8 large unpeeled **cucumbers** (about 4 cups), batonnet cuts
2 large **carrots** peeled (about 2 cups) batonnet cuts
Shredded purple **cabbage** (about 1 1/2 cups) shredded
1 whole **peeled ginger** Julian's
1/4 cup sea **salt**

2-3 cups **organic jaggery** (adjust for your sweetness preference. Less sweet relish is yummy too!)

2 cups distilled **white vinegar**

1 teaspoon **onion seed**

1 teaspoon crushed **red pepper flakes**

1 teaspoon **mustard seed**

1 teaspoon **oregano**

Process:

Finely chop the veggies or pulse in a food processor until uniform in size (don't puree them!). Pour the veggies into a large bowl and add salt. Add enough water to completely cover veggies and let stand for about 5 hours. Drain well. Pressing the mixture to remove all liquid. Combine the remaining ingredients in a large saucepan, and bring to a boil. Continue stirring until all of the jaggery has dissolved. Add the veggies and simmer for 10 minutes. Pack into hot, sterilized canning bell jars leaving 1/2 inch head space. Process for 10 minutes in a water bath canner. And refrigerate for 10 days after 10 days enjoy this fermented veggies relish with your lunch or dinner its GUT friendly and with loads of probiotics

DOTS ICE CREAM

- Hiren Patel (Ahmedabad)

THE INSPIRATION STORY

This all started when my younger brother went on a visit to the US and he discovered this amazing ice cream, which got stuck in his mind and brought home the idea of New Zealand Dots Ice Cream.

HOW DID IT ALL STARTED

Then we made a few sample Ice Creams of this kind at home which were tasted by our friends and family, and they were delighted! So we thought, why not start making this unique blend of Ice Cream on a commercial basis and let everyone's taste buds burst with sheer joy!

HURDLES

So now we were keen on starting it on a commercial basis, but it wasn't a piece of cake at all to get it done! Some of the challenges that were in front of us are Capital Investment, Business Location, get Council's approval, etc. But then we came up

with an idea of setting up an Ice Cream Van instead, so that it can cover a wider area for doing business. So Ice Cream Van it was and operated such van for a while and at the moment we have a couple of fixed spots for our business.

WHAT NEXT

By next year, we are planning to set up an additional five new spots across the state. Also, we are planning to introduce other unique blends of Ice Creams other than Dots Ice Cream, which have not yet entered the markets here in India



CHOCOLATE BOUQUETS

- Neepa Kothari (Ahmedabad)

There is nothing that can beat a bouquet as a gift, unless it's a bouquet you can't eat!!!

Chocolate bouquets are surely an amazing gift in any occasion which truly express your emotions in thoughtful manners.

We chocovelvet made it for every occasion and in various themes in your budget...taking classes for this beautiful art too...



Astr



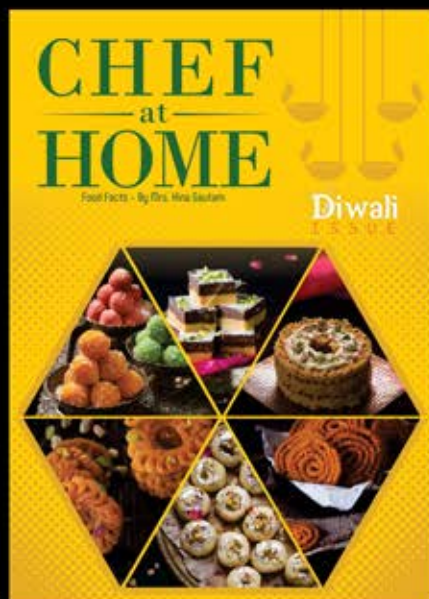
Mrs. Hina Gautam

Q: Can we use baking soda instead of baking powder or vice versa?

A: No and Yes...Both substances are leavening agents, meaning they make baked goods rise, and baking powder contains baking soda, but they are two different products. Baking soda can be bitter unless combined with an acidic ingredient..baking powder is neutral, as it contains acidic cream of tartar. Baking powder can replace baking soda but baking soda can't replace baking powder unless you add cream of tartar in 2:1 ratio.

Q: What to Eat and What to Avoid During Rainy Season:

- A: -Include fruits such as pears, pomegranates, guavas, apples which are digestion friendly.**
- Use dry foods such as corn and chickpea instead of water rich foods such as rice and watermelons.
 - Include whole grains and oats in your diet.
 - Include curd and buttermilk in your diet.
 - Include bitter veggies and herbs such as bitter melon and mint.
 - Cut down on tomatoes and tamarind to prevent water retention.
 - Drink herbal teas with use of ginger, cinnamon, black pepper, and cardamom.
 - Avoid veggies such as potatoes, cauliflower, ladyfingers, pigeon peas and kidney beans to avoid gastric problems.
 - Avoid green leafy vegetables such as spinach and fenugreek to avoid germs.
 - Don't use raw salads but steamed vegetable salads.
 - Avoid pre-cut fruits.
 - Drink warm water infused with honey, ginger, and black pepper to increase immunity.
 - Avoid frozen and chilled foods such as ice creams and cold drinks.
 - Drink hot homemade soups.
 - Keep some day fast, have fruits and warm water only.



1st Issue



2nd Issue



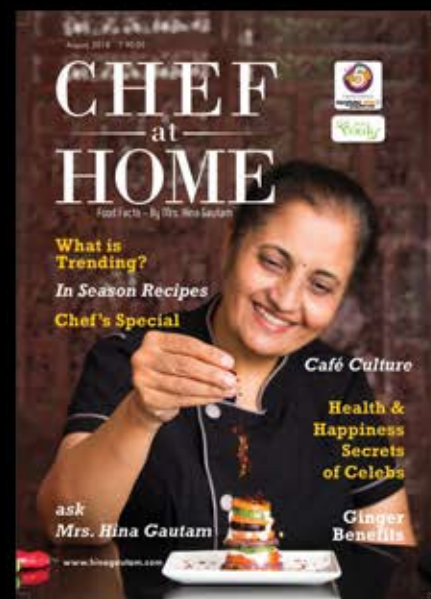
3rd Issue



4th Issue



5th Issue



This Issue



Next Issue

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Only Ingredients are not
sufficient for good cooking
"CHEF at HOME"
should also be there!

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We Sincerely Acknowledge With Gratitude, The Contribution of All Chefs, Experts and Food Lovers in **CHEF at HOME.**

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Hena Shah
Hetali Shah

Hetvi Desai
Hina Desai
Honey
Jalpa Ambani
Jasbir Kaur
Jayshri Chauhan
Jequaline Christian
Jyoti Soni
Jyotsna Parasar
Kiran Amin
Leena Patel
Manisha Gupta
Meet Joshi
Meghna Fenil Shah
Mina Shah
Minal Shah
Monica Patel
Monila Surana
Mrudula Hindocha
Neeta Shah
Nina Mehta
Nita Shah
Payal Basantani
Preeti Patel
Priyanka Patel
Punita Desai
Purvaben Mehta
Purvi Joshipura
Rachna Karera
Radhika Desai
Rakhi Shah
Renu Rathi
Rj Dhwanit
Rj Pooja Dalal
Sanskriti Rupesh
Sejal Aggraval
Sejal Shah

Shruti Ghiya
Sneha Thakkar
Sonal Patel
Sonal Shah
Surbhi Vasa
Tejas Patel
Urvi Momniya
Vandna Kamat
Varsha Thakur
Vrushti Patel
Yash Kadia



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Food Facts - By Mrs. Hina Gautam