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CHEF at HOME

Food Facts – By Mrs. Hina Gautam

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letter from the editor

Diwali is here and the festive cheer is for all to see. Diwali the festival of lights surely tops as one of the most significant festivals celebrated in the country. During the week long festivities, it is common for relatives, friends, colleagues and even acquaintances drop by to extend Diwali wishes to you and your family. This year impress your guests with a traditional home made Diwali sweets n namkeen with recipes from this issue. With recipes in this issue one can plan Diwali food menu to avoid all the fuss. Diwali is a five day celebration and different foods are eaten traditionally on the each day. we have included finger food recipes for new year family n friends gatherings which will add colour to your plates. Enjoy Diwali with fun n food sharing.

Happy Diwali to all of my readers.



Hina Gautam

Mrs. Hina Gautam

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THIS ISSUE

Mrs. Hina Gautam (Ahmedabad).....	07
RJ Pooja Dalal (Ahmedabad).....	14
Geeta Khuman (Ahmedabad).....	16
Dr. Nehal Shah (Ahmedabad).....	18
Chef Aanal Kotak.....	21
Nita Shah (Vadodara).....	22
Binjal Pandya (USA).....	26
Mrs. Hina gautam (Ahmedabad).....	30
Chef Sneha Thakkar (Surat).....	32
Bhavika Bhutta (Mumbai).....	34
Ami Arbastani (Kalol).....	35
Rachna Karera (Ahmedabad).....	36
Megha Fenil Shah (Ahmedabad)....	38
Priyanka Gandhi (Ahmedabad).....	40
Chef Yash Kedia (Ahmedabad).....	42
Binjal Pandya (USA).....	44
Kiran Amin (Ahmedabad).....	46
Chef Monila Surana (Ahmedabad).48	
Jayshree Chauhan (Ahmedabad)...52	
Minal Shah (Ahmedabad).....	54
Devashree Thaker (Ahmedabad)....	56
Ami Bhatt (Vadodara).....	58
Sonal Shah (Ahmedabad).....	60
Sonal Patel (Ahmedabad).....	62
Vaishali Raja (Ahmedabad).....	64
Mrs. Hina Gautam (Ahmedabad).....	66

*happy
Diwali*





Diwali



Mrs. Hina Gautam (Ahmedabad)

Diwali is an auspicious occasion for people in India. It is believed that Goddess Laxmi visits one's house on Diwali bringing an abundance of wealth, peace and happiness. Diwali means row of lighted lamps. They worship The Lord Ganesha for good welfare and prosperity and Goddess Laxmi for wealth and wisdom. Diwali marks the beginning of the New Year, where you should shed old things and make new ways for opportunities. This Diwali, use vastu to renovate your home, purchase decorations and implement simple tips to enjoy life long abundance, harmony and wealth.

The belief also goes that Laxmiji visits only clean houses thus Diwali cleaning becomes important. Cleanliness is next to

Godliness. So ensure your home is clean thoroughly. Every corner is cleaned. Declutter your wardrobe. Pile up things properly in wardrobes. Create new

Ventilation circulates energy. A good ventilation system will help expel a buildup of pollutants, bacterias, moisture and nasty whiffs such as body odour.



space for new things. Remove old, broken, unwanted things. Fix stopped clocks, tight doors etc. Clean bed boxes, grills, fans properly.

So windows in the house should be opened atleast once a day. This also allows fresh air and positive energy to flow in and blocked energy to

release. It also reduces damp condition and health issues like respiration problems. So, there should be perfect circulation of energy around the home as it maintains stability, positivity and good health.

Lightning dispel darkness. We light up diyas so that we can get enlighten up by good knowledge. The existence of light means the non-existence of darkness and evil forces. Use diyas with pure ghee or linseed oil. Diwali is celebrated on new moon day when it is absolute darkness everywhere; people light millions of lamps to get rid of the darkness. These have beneficial health effects and kill harmful germs. All direction are equally important, place diyas

in every corner and opening in the house. Stagnant or negative energy is stimulated by the light and heat of the diyas. The light of Diwali outside every door signifies that the inner spiritual light if an individual must reflect outside too.

Rangoli invite energy.

In Diwali, colors play an important role. Rangoli is a traditional Indian art of decorating the entrance to a house. Rangoli design is created on Diwali at the entrance of the house, not only to welcome the guests but also Goddess Laxmi. So, make rangoli patterns with natural materials like flowers, coloured rice powder, grains etc. and auspicious motifs. This sacred geometry encourages positive urja and welcomes positive energy.

Here are some vastu tips for Diwali to enhance your positivity and create positive thoughts and energy.

- **4 candles** – in the centre of the home, invites abundance from the direction.
- **Shri Laxmi pagla** – placed on the front door enhances positive energy and dispels negativity.
- **Mop floors with Rock sea salt** - it can absorb negative energies from the environment and make it conducive to positive thoughts.
- **Move 27 things** – in your home on diwali and watch fortune invades your life. Refill your normal sugar reserves in the kitchen to ensure sweet days ahead.
- **Do a incense** – cleanse herbs and resins when burned spread their anti – bacterial, anti – viral and anti- fungal properties.
- **Color of Garments and Gifts** – Avoid wearing black colours. Wear red, yellow, purple, white, cream, blue colours to add to the joy and cheer.
- **Gifts** – Distributing sweets and dry fruits are ideal as they symbolize the planet Mars and give us joy and courage. Do not give fire crackers, leather goods and knives as gifts as they affect the relationship.
- **8 direction enhancers which are energy attractors and boosters.**
 1. **East** - A water feature = help you start new project.
 2. **South** - Hang pictures that inspire you to achieve more.
 3. **S.East** - Bowl of fresh water on top of a 100 rupee note = prosperity.
 4. **S.West** - Clay pot with yellow flowers = increase savings.
 5. **West** - Piggy bank = enhance your energy to work.
 6. **North** - Hang a crystal ball = to improve cash flow and speed up recovery.
 7. **Northwest** - Keep your bank papers here.



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GOLDEN ICE HALWA

Ingredients:

Milk - 3 c

Sugar -2 c

Ghee - 1/2 c

Maida - 1/4 c

Corn Flour - 1/4 c

Orange Food Colour

Elachi powdered and Almonds - Pista chopped to garnish



Mrs. Hina Gautam (Ahmedabad)

Process:

1. Heat milk, sugar, corn flour, maida and ghee in a pan. Stir well.
2. After 5 minutes, the mixture starts to thicken and turns into a paste consistency.
3. Now add orange food colour and 1 tsp ghee and elaichee powder.
4. Mix well keeping the flame on medium.
5. Mix till the mixture turns glossy.
6. Transfer a ladleful of this mixture on to butter paper.
7. Place another sheet of greased butter paper over it and spread the mixture gently with hand and rolling pin.
8. Remove butter paper from top and sprinkle few chopped almonds and pistachios.
9. Allow the mixture cool for 4 hours or refrigerate for half an hour.
10. Now cut the ice halwa into squares with butter paper once set completely.
11. Golden ice halwa is ready to serve or store for a week in the refrigerator.



GUD CHANA



Ingredients:

Roasted Peeled **Chickpeas** -2 c

Gud - Jaggery, Grated- $\frac{1}{2}$ c

Process:

1. Dry roast the roasted chickpeas in a non stick skillet and let cool.
2. Melt gud in a non stick pan on a low flame and let it come to a boil.
3. Add roasted chickpeas and mix well for a couple of minutes till the gud has coated the chickpeas completely. Sprinkle a tsp of water in it. Stir continuously.
4. let it cool and store in air tight container..

PROTEIN CHAKRI

Ingredients:

Rice Flour - 2 c

Besan - 1/2 c

Udad dal flour - 1/2 c

Butter - 1 tbsp

Roasted **Cumin** Powder - 1 tsp

Red Chilli Powder - 1 tsp

Hing a pinch of

Salt to taste

Oil for deep frying

Process:

1. Sift all 3 flours to mix well. Now add butter, salt, hing, red chilli powder, cumin powder. Mix well. With water knead a dough.
2. Add 2 tbsp hot Oil. Knead the dough properly.
3. Grease chakli mould. Take one portion of dough and fill the mould till 2/3. Give shape for chakli. Give shape in circular way from inner circle to outer one. End of the shape should be properly sealed. Otherwise it will open at time of frying.
4. Slowly with a flat spatula, take the chakli and keep in hot Oil. Oil should be Actual hot. Deep fry on medium flame.. Fry till golden brown colour. Don't fry on high or low flame.
5. let it cool and store in a air tight container.



SPICY MAKHANA



Ingredients:

Phool Makhana -1 c

Ghee - 1 tsp

Salt, Garam Masala, Chaat Masala to Taste

Dry Mint Powder - 1 tsp

Process:

1. In a pan dry roast makhana for atleast 5 min on low flame, keep aside.
2. Heat ghee in a non stick pan. Then add required salt, garam masala powder, chaat masala and add roasted makhana immediately.
3. Toss it well until the spices are coated well.
4. You can serve it right away or store in airtight container for later use.

DIWALI THEN AND NOW



RJ Pooja Dalal (Ahmedabad)

Just Last week, when my mother in law asked me to spare some time to help her in house cleaning, I realised that the biggest festival of the year, DIWALI, is round the corner. And this realisation led me to series of questions we have to ask ourselves. The very first one is, how has the celebration of this biggest festival changed over the years? In my opinion, drastically. If you think about it, the change starts with our attitude towards this festival of lights and happiness. How we used to wait for it as kids or adults few years back and now, we don't even realise the arrival of it. We feel that the time has taken a speed of bullet train. But that's not the case. Pace of our life has increased at a level that we feel so.

The next thing which I feel has changed is preparations for the festival. The way we used to prepare for it earlier has changed completely. Our moms, grand moms or mom in laws used to order number of raw materials to prepare mouth watering delicacies days in advance. It has been replaced by ready food packets from market. The family used to come together to clean the house at least a month in advance, because DIWALI was arriving. Not anymore. I miss those times when, while cleaning the house, joy of re-discovering those small things was more precious than any other gifts received. Now days, professional cleaners clean the house. Although, they do it better than us, but the fun is gone.

Last but not the least, for me, the most changed part about the celebration of this biggest festival is the lip smacking food that we used to get while visiting each relative on the New Year. Those homemade fafdas , mathiyas , ganthiya, chevdo , sunvali , ghughara, magas , mohanthal... (This list is never ending) are just there in my memories now. It's not that, that we don't get it anymore, it's that the love, with which it was made at home earlier, is missing. I am not saying that it was all good earlier and not very good now, but I think it is the feeling that we have right now. Although, as they say that 'change is the only constant', we have to accept it gracefully and if nothing more, we can pass on the beautiful memories of celebration of this wonderful festival of colours, lights and happiness to the younger generation.

*Have a Happy
and Very Safe Diwali and a
Prosperous New Year... :)*



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અંગુર પરિવાર તરફથી
દેવાળીની શુભકામના



MAYSORE PAK



Geeta Khuman (Ahmedabad)

Ingredients:

Besan Flour - 1 cup

Ghee - three cups

Sugar - 1 cup

Water - 1 cup

Green Cardamom seeds - 1 tsp

Process:

1. Melt the ghee and put it aside.
2. Take water and sugar in a different pan and heat it on low flame. Once the sugar dissolves add the besan flour.
3. Add ghee slowly and keep mixing it thoroughly and after 15-20 minutes the mixture will boil completely then layer it on a pre-greased plate.
4. Add the cardamom seeds for garnishing along Once it is set cut into pieces and store in air tight container.



BOONDI

Ingredients:

Sugar – 1 ½ cup

Besan – 1 cup

Water as required

Saffron strands – 10

Ghee for frying

Orange food color – 1 drop

Lemon juice – ½ tsp

Almond silvers – 1 tsp

Rose petals for garnishing.

Process:

1. Take besan in a bowl and add water as required to create medium consistency batter. Keep the batter aside for 10 min.
2. Meanwhile take sugar in another pan and add enough water to cover the sugar and heat it up on low flame till the sugar syrup is of 1 thread consistency and then turn off the flame.
3. Add saffron strands and orange food color to the sugar syrup.
4. Take the besan flour batter and add some water and mix it thoroughly till no lumps remain. Keep aside.
5. Heat the ghee in a kadhai and pour 3 to 4 tablespoons of the batter at a time over a large round perforated spoon (boondi jhara) so that boondi drops in the ghee. Once the boondi is deep-fried put them in the warm sugar syrup and mix well.
6. Serve the boondi in a bowl and garnish with almond silvers and rose petals.



Natural sweeteners



Dr. Nehal Shah (Ahmedabad)

We all know the truth about refined sugar and other artificial sweeteners. Sugar-reduction, sugar elimination and sugar free diet trend pretty high amongst dieters. The sweet taste considered by Ayurveda as the most important of all the six tastes. By sweet, Ayurveda means naturally sweet foods including milk, ghee, rice, wheat and other grains and legumes, as well as sweet fruits, dates, honey, jaggery and raw sugar. These are natural sweeteners that are healthy and tasty alternative to refined sugar, high fructose corn syrup and artificial sweeteners. Natural sweeteners can be used effectively in moderation to provide the sweetness that most people crave. **Here are some Natural sweeteners as below:-**

Raw Honey:



It is a true super food and one of the favourite amongst you. Honey is a sugar secretion deposited in honey comb by bees. Raw honey is packed with enzymes, antioxidants and vitamins. One tablespoon of raw honey has 64 calories and has less impact on glycemic load than a single banana. It is important to note that these are the benefits of raw honey. Once honey has been

pasteurised, it loses the many of health benefits that raw honey brings to the table. The darker the honey, has richer in flavour and the greater health benefits. Don't cook raw honey, if you want to maintain as many of the nutrients in honey. So keep it away from the heat. You can drizzle it on breakfast cereals, over your sprouted grain toast, on yogurt and for salad dressing. If you enjoy honey with your tea or coffee, wait until the drink becomes lukewarm to sip comfortably, and then add honey to taste.

Dates:



Dates, the fruits of date palm trees, have become very popular sweetener for several reasons. They are natural whole food, and actually offer decent nutritional value compared to other sweetener. Dates are versatile and easy to use, as they are often blended in smoothies and nut milk. You can use raw dates by making its paste and use it to make cake, cookies, and bars. You can make date syrup that involves boiling the dates and reducing

the liquid until the consistency of honey. Simply replace honey, maple syrup or molasses with date syrup in baking recipes for a more caramel like flavour that only date can impart. For baking you need to use less date syrup when replacing granulated sugar – a ratio of 2/3 cup date syrup for every 1 cup of sugar – and less liquid in the recipe. Nowadays date sugar is also found in the market. You can use it as a one-to-one replacement for granulated or brown sugar in baking.

Jaggery:



Jaggery(orgud/ gur) is made from unrefined sugar cane juice. It is obtained by boiling raw, concentrated sugar cane juice till it solidifies. Although jaggery is also made from the sap of coconut and date palm, the one made from sugar cane is the one that used most widely. Jaggery has a number of health benefits, including its ability to cleanse the body, aid in digestion and provide good amounts of minerals. It helps boost resistance against infections, hence building stronger immunity. Eating a piece of jaggery daily can help women combat PMS symptoms including mood swings, menstrual cramps and abdominal pain. Jaggery provides energy over an extended period of time.

Raw cane sugar:



Raw cane sugar is also a dehydrated cane juice. Raw cane sugar retained a bit more of the natural "impurities", so it's even a little darker and the molasses aroma and flavour. It is the ultimate natural sweetener for baking perfect cake, cookies, muffins, crumble and pies.

Coconut sugar:



Coconut sugar has been trending of late coconut palm sugar has about 70-80 % sucrose and rich mineral content. It is extracted from the sap of coconut blooms, which then goes to evaporation. You can use this in any of your favourite recipes and in the same quantities as you would use normal sugar.

Maple syrup:



The native of maple syrup is North America. Maple syrup is an outstanding source of minerals and rich with antioxidants. It is heat stable, so you can use it in virtually any application. Add it to marinades, glazes sauces and use for baking. You can use it to sweeten homemade granola and tea or coffee.

Molasses:



Organic blackstrap molasses is highly nutritious, rich in minerals and vitamins. All molasses is obtained from raw cane sugar, beet juice, pomegranate, dates etc. It can be used in baking, sauces, homemade vinaigrette, and for yeast production.

Barley Malt:



It has produced from sprouted barley. When seeds sprout, some of the carbohydrates get converted to simple sugar. It looks dark brown, thick and sticky and taste 'malty'.

Stevia:



Stevia is a plant based sweetener ,extracted from the leaves of the plant Stevia rebaudiana. It has 30 to 150 times the sweetness of sugar, available as drops, dissolving tablets and baking blends.

There are so many other natural sweeteners still we can add in this list like, brown rice syrup, licorice, raisin and all sweet fruits. Note that you should maintain quantity over qualities for any sweeteners. One of the key to moving over to a healthy lifestyle is migrating from refined sugar to natural sweeteners.

“
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GUJARATI MEANS THALI ?
”

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Oh please! Gujarati food is not always sweet!



Chef Aanal Kotak

The world often tagged Gujarati food as Mitha Khana! Unfortunately no one has ever tried to change this perception of the world. Ahmedabad born Chef Aanal Kotak couldn't take this tag anymore about Gujarati food and decided to come up with a restaurant that serves traditional Gujarati food.

Gujarati cuisine in itself is a wide ranging cuisine that encompasses a vast range of dishes, tastes, textures and flavours. It's not only diverse and exciting, but also blissful, and at times intimidating as it uses such a diverse array of flavours- spicy, sour, sweet and hot - sometimes all at the same time, making it an exhilarating experience for the diners. And even then, the whole world thinks that, Gujarati cuisine means sweet! So, the young Chef who has already made a place for herself in the hearts of her fans and culinary world decided to give them back, a legacy of tradition and culture from her roots. And she became the first chef in the world to introduce Gujarati fine-dine to the culinary world with her recently opened restaurant **Aanal Kotak's Akshada**.

Ambience

Along with the traditional food, they decided to create an ambience that speaks what Gujarat is! The artistry used in creating the ceiling is Ajrakh block. A 4000 year old traditional art and craft form, that is synonymous with Gujarat's identity. The Jharookha in the entrance of the restaurant was brought in from a palace. This 5000 year old sculpture from the misplaced era has been restored to its original glory, and made a part of Akshada's interior as a homage to the rich cultural and traditional legacy of Gujarat. All the elements, every nook and corner of this place has its own story to tell.

Food

What do we say about the food? The menu itself leaves you amazed! A singular concoction of famous and unheard recipes. From street food to the food from royal kitchens. They have brought the magic of home kitchens and hidden treasure troves of recipes from daadi's and naani's of Gujarat to the table. Their Bhungra bateta makes you reminisce of the street food, that you haven't had in ages, whereas their Kutchi samosa lasaniya bateta

and Dadi ni dal dhokli reminds you of the food you relished in your grandmothers' kitchen. And how can we not talk about the desserts? Ever heard of Jalebi with gulkand? Well at Akshada you get served, Jalebi with gulkand! The Singdana no shiro is to die for, who would have thought you can get such a homely recipe, not cooked at home? And they make their very own Shrikhand! What better place to try such an exhilarating amalgamation of texture, taste and flavours that leaves your taste buds absolutely amazed, than Akshada! With festival of lights just around the corner, you can't help but think of new places to explore and new cuisines to taste. This union of culinary legacy and tradition of Gujarat calls you to come celebrate this festive season with your family and loved ones. And why not, when you can experience the heart and soul of Gujarat right in your home town. This Diwali have an experience of all the senses, visually heartwarming ambience, symphonic soft music and soul-stirring gourmet food to satiate all your senses.

MEVA BITES

Ingredients:

Chopped mixed dry fruits - 1 bowl

Chopped black dates - 1 bowl

Chopped dried figs - ½ bowl

Poppy seeds - 1 Tsp

Ghee - 1 Tsp

Milk - ½ cup



Nita Shah (Vadodara)

Process:

1. Take a pan, add ghee to it. Add dates and figs.
2. Mix it well and add milk to it.
3. Now add dry fruits and poppy seeds and mix all things properly.
4. Place this mixture into a plate and flatten it.
5. Freeze it for few hours.
6. Cut into square shape and it is ready to serve.



PISTA KATLI

Ingredients:

Pista powder - 250 gms

Sugar - 150 gms

Ghee - 1 Tsp

Pista essence - 2 drops

Silver varakh for garnishing.

Process:

1. Grind the pista into fine powdered form.
2. Now in a pan add sugar and water and boil it to make one string sugar syrup.
3. In another pan add ghee and now sauté pista powder for few minutes.
4. Then pour sugar syrup to this roasted powder while stirring continuously.
5. It will form dough like mixture, add essence to it.
6. Grease the platform with ghee and make a thick paratha with that mixture with the rolling pin.
7. Garnish it with silver varakh and cut this into diamond shape kattis.
8. Store in a container at room temperature.



DRY FRUIT KACHORI

Ingredients:

For Outer Layer

Maida - 1 bowl
Ghee - ¼ bowl
Salt as per taste.
Milk - ¼ cup.
Oil for deep frying.

For Stuffing

Gathiya powder - 1 bowl
Mix dry fruit - 1 bowl
Tamarind powder - 1 Tsp
Powdered sugar - 1 tsp
Sesame seeds - 1 tsp
Oil - 1 tsp
Coriander seeds - 1 Tsp
Chili powder - 1 tsp
Turmeric powder - 1 tsp
Salt as per taste.
Garam Masala - ¼ Tsp

Process:

1. Mix maida, ghee, salt, milk and make a soft dough.
2. For stuffing take a pan add some oil and add all the ingredients one by one lastly add dry fruits and mix well.
3. Take small ball sized dough and flatten it, fill it with some stuffing as required and cover it with dough from all sides properly and give a shape of kachori to it.
4. Similarly make all the kachoris.
5. Deep fry all the kachoris in oil and serve hot.



अब आ गया है घी का हेल्दी, सस्ता और श्रेष्ठ विकल्प



INTERESTERIFIED VEG. FAT
(USEFUL IN PREPARATION OF : Roti, Paratha's,
Vegetables, Dal, Rice, Biryani, Sweets etc.)

HEALTHY BENEFITS

- * ZERO CHOLESTEROL * LOW IN SATURATED FATS
- * LOW IN TRANS FATS * RICH IN PUFA - Poly Unsaturated Fatty Acids
- * RICH IN MUFA - Mono Unsaturated Fatty Acids
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BHAKARWADI



BHAKARWADI

Ingredients:

For Dough

1 ½ cup **Besan/Chickpeas Flour**
¼ cup **Whole Wheat Flour**
¼ cup **All Purpose Flour/Maida**
Pinch of **Asafoetida/Hing**
½ tsp **Red Chili Powder**
¼ tsp **Turmeric Powder**
Salt
1-2 tbsp **Oil**



Binjal Pandya (USA)

For Filling

½ cup Desiccated **Coconut Powder**
2 tbsp **Sesame Seeds**
1 tbsp **Poppy Seeds**
2 tsp **Red Chili Powder**
½ tsp **Turmeric Powder**
1-2 tsp **Garam Masala**
1 tsp **Fennel Seeds**
½ tsp **Black Pepper powder**
½ tsp **Cumin Seeds Powder**
1 tsp **Coriander Powder**
Pinch of **Asafoetida/Hing**
2-3 tbsp **Sugar**
Salt
1 tsp **Lemon Juice**

Other ingredients

Oil for Deep Frying
2-3 tbsp **Flour** for Rolling/Dusting

Process:

For Dough

1. Sieve the all flours in a mixing bowl then add all remaining dough ingredients and mix it well, knead it. Make stiff dough using water. Cover it and keep aside for 10-15 minutes. 1

For Filling

2. Take all filling ingredients in a blender bowl and blend it well then remove in to another bowl. 2

Process

3. Take already prepared dough, divide into 3-4 parts and make balls. Take one ball, dust with flour, roll it into thin (like little thicker than chapati) oval or round shape. 3
4. Now spread 2-3 tbsp filling on it. Apply little water using finger tips on the edges of rolled chapati then fold the one side of edge like a pinwheel roll, fold it till end and make cylinder roll. Use same method for another balls.
5. Cut the roll into small-small Bhakarwadi (slices/disk), then arrange it on a steaming plate and steam it for 10 minutes, and then keep aside for cool down.
6. Heat oil in kadhai for deep frying. Drop small batch of the prepared slices into the hot oil and fry it until they turn into golden brown and crisp on a low flame.
7. Remove the fried Bhakarwadi on absorbent paper. Let it be cool down, and then store it in air tight container.

For Baking Method

1. Preheat the oven on 375F/180C (if you want to bake them).
2. For baked Bhakarwadi, no need to steam them before baking.
3. Take a baking tray, place the cookie sheet then arrange the sliced Bhakarwadi on the sheet and bake them for 20-25 minutes or till golden brown, check them occasionally while baking.
4. Serve Bhakarwadi with tea or coffee or you can serve as a snack.

METHI MATHRI

Ingredients:

- 1 cup Besan/Chickpeas Flour/Gram Flour
- ½ Cup All Purpose Flour/Maida
- ¼ Cup Suji/Semolina
- ¼ tsp Baking Powder
- ¼ Cup Kasuri Methi/Dried Fenugreek leaves
- 3-4 tbsp Ghee/Oil
- ½ tsp Black Pepper Powder
- 1 tsp Carom Seeds/Ajwain
- 1 tsp Red Chili Powder
- ½ tsp Turmeric Powder
- Salt
- Oil for Deep Frying

Process:

1. Take a large bowl, add besan, maida, suji and baking powder.
2. Add kasurimethi, black pepper, carom seed, salt, red chili powder, turmeric and mix it well.
3. Add ghee or oil, mix it well, and then make crumbled mixture.
4. Make a stiff dough using little by little water and cover it for 10 minutes.
5. Divide the dough into small-small portion like smaller than lemon.
6. With the help of rolling pin, roll it into the thick round shape or by pressing finger and hand palm, make a small disc. 4
7. Pierce every Mathri randomly with the help of a fork so they not puff up while frying or baking.

Baking

1. Preheat the oven on 375F/180C (if you want to bake them).
2. Take a baking tray, place the cookie sheet then arrange the rolled mathri on the sheet and bake them for 18-20 minutes or till golden brown, check them occasionally while baking.

Frying

1. Heat the oil in a frying pan, then put 4-5 mathri in the medium-hot oil, deep fry on low to medium flame, till light brown. Keep turning them occasionally and fry both side.
2. Drain them on a kitchen paper towel and bring to room temperature before storing.
Crispy Methi Mathri is ready to be served.





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cooking OILS



Mrs. Hina Gautam (Ahmedabad)

Fats in the diet are extremely important. Without the right ones, our bodies can not function properly. However... there is a lot of confusion out there about the health effects of different fats and oils. In India, the oil we use in our kitchen is largely dependent on cuisine and region we are from. In Gujarat and central India groundnut oil is used. In Kerala coconut oil, in Andhra and Rajasthan sesame oil and cottonseed oil, in east and north India they use mustard oil. Different cultures eat differently and the type of oil fits into the food of that region. Other than taste, one of the most important things to keep in mind is that each oil behaves differently when heated, it changes texture, color, taste and even nutritional properties. When the oil reaches its smoking point, a lot of the nutrients are destroyed. Different oils have varying amounts of fats—Polyunsaturated, Monounsaturated and Saturated fats. Let's have basic information about different oils.

Sunflower Oil

The oil extracted from the seeds of sunflowers is known as sunflower oil. It has a high quantity of vitamin E, which makes it excellent for being used in cosmetic products. Sunflower oil is a mixture of monounsaturated - MUFA and polyunsaturated-PUFA fatty acids. It has a high smoking point, which is probably why this oil is used in deep frying also. The health benefits of using sunflower oil is such that it helps in providing cardiovascular benefits,

prevents of colon cancer, arthritis lowers cholesterol, provides healthy nervous system, reduces inflammation, provides skin care, reduces premature signs of ageing. People with diabetes may need to be careful about sunflower oil as it may lead to the possibility of increasing sugar levels.

Coconut Oil

This oil is full of saturated fat so food high in coconut oil do raise total blood cholesterol and LDL - bad cholesterol, but it also seems to raise HDL - good cholesterol

and it has the advantage that it behaves very well at high temperatures so can be used for deep frying. Coconut oil has a longer shelf life than some other fats. As it is solid at room temperature, it can be used in baking recipes, for greasing baking pans and as a replacement for butter or vegetable oil in recipes.

Groundnut Oil

Groundnut oil or peanut oil is got a good combination of fats, and has the good monounsaturated and polyunsaturated fats

and is low in bad saturated fats. It comes in a number of varieties, including refined, unrefined, roasted, and cold-pressed, which have slight differences in their nutritional value and health benefits. Generally, people use this oil in their cooking for the interesting flavor that it gives. It's a good flavourful all-purpose oil for cooking and I think it works particularly well for all asian cuisine that are prepared in the wok. This oil is heart friendly and good for alzheimer decease.

Mustard Oil

Mustard oil is popular as a cooking oil in Northern India and Eastern India. It has a near ideal fat composition but not very good as it contains high amounts of erucic acid. It is recommended that you don't use mustard oil during all seasons. Good to be used in pickles. It has a high smoking point so it's good for deep frying. The health benefits of mustard oil are multiple. It is known to cure diseases and problems related to the heart, skin, joints, muscles, and so much more.

Canola Oil

A recent entrant into the Indian market. Canola oil, which is made from the crushed seeds of the canola plant, is said to be amongst the healthiest of cooking oils. It has the lowest saturated fat content of any oil. It's seen as a healthy alternative as its rich in monounsaturated fats and is high in Omega 3. It has a medium smoking point and is an oil that works well for baking and sautéing.

Olive Oil

If you use olive oil regularly, you are consuming monounsaturated fats that will help you lower your risk of heart disease and breast cancer, and that's possibly because of its high monounsaturated fat content, which lowers cholesterol. The oil is used in cosmetics, medicine, cooking, and soaps. Olive oil originally came from the Mediterranean, but today it is used worldwide.

Extra Virgin Olive Oil

This oil is a hot favorite, it's derived from the first pressing of olives and is full of antioxidants as well as polyphenols, that are both considered good for heart health. It's a darker color and has less acidity than olive oil. Used largely in salads and cold dishes.

Rice Bran Oil

A fairly new kid on the block and a fast rising in market. Rice bran oil is made from the outer layer of the grain of rice. Health experts claim that it's the

healthiest oil on the planet. It goes well with Indian food and it worked pretty well in cookies and cakes also. Rice bran oil has a chemical called oryzanol which is good for cholesterol. It is high in monounsaturated fats and has a fair amount of polyunsaturated fats too, both the good type of fats. Since it has a high smoking point, it works well for deep frying foods.

Sesame Oil

Sesame oil comes in two colors. The lighter one is used in India and the Middle East, and is pressed from untoasted seeds. It has a mild flavour and a high smoking point. The darker variety has a distinct nutty aroma and taste and works very well in Asian food as a marinade or in stir fries. Both types of oils are high in polyunsaturated fat but they should never be heated for too long. In Ayurvedic medicine it is used for body massage oils for its viscous rubbing properties.

Cotton seed oil

Cottonseed oil, as the name implies is extracted from the seeds of the cotton plant. It is one of the cheapest edible oils. Health benefits of cottonseed oil clearly outweigh the bad reputation it developed in centuries past. This oil is inexpensive and has a longer shelf life than most cooking oils. It is used as a salad oil, in mayonnaise, and ready salad dressings. There are also certain ill effects of using this cooking oil.

CASHEWNUST PISTACHIO CLINGER

Ingredients:

For White & Red Part:

2 cup **Cashewnut Powder**

Cardamom

Almond - Pistachio Pieces

1 tsp. **Melon Seeds**

½ cup **Sugar**

1/2 cup **Water**

Some Black Raisins

For Green Part:

1/2 cup **Cashewnut Powder**

1/4 cup **Sugar**

Pistachio Colour

1/2 cup **Pistachio Powder**

1/4 cup **Water**

Process:

1. Take ½ cup sugar add 1/2 cup water In it and prepare sugar syrup. Add cardamom in it.
2. Add red colour and cashewnut powder In some part of sugarsyrup and prepare dough. Mix almond - pistachio pieces, black raisins, meloeeds in it. Make small balls out of it.
3. Mix cashewnut powder in secon part of sugar syrup an prepare white dough. Roll it on butter paper to prepare puri. Place red ball omit.
4. Now take 1/4 cup sugar and 1/4 cup water to pre are sugar syrup for third part. Mix cardamom, pistachio colour in it. Mix cashewnut powder, pistachio powder in it and prepare dough. Roll puri of this green dough. Place white ball as shown. Apply silver foil.
5. Let it dry for some time then cut into clinge shape and store in a box.



Chef Sneha Thakkar (Surat)





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- Offer you long term membership with several advantage (Under preparation)

RAS MOHAN



Bhavika Bhutta (Mumbai)

Ingredients:

Grated milk mawa - 1 cup

Powdered sugar - 1/4 cup

Mix dry fruits powder - 2 tbsp

Small size rasgullas - 4 to 5

Process:

1. Heat mawa in a broad non-stick pan on a medium flame for 8 to 10 mins. Stir continuously.
2. Transfer the mixture into a large plate.
3. Let it cool; add powdered sugar and dry fruits.
4. Mix well with little ghee on palms.
5. Refrigerate for 30 mins.
6. Squeeze out water from rasgullas
7. Flat mawa in a palm, put one rasgulla on a flattened mawa.
8. Coat fully with mawa. Roll in a powdered dry fruit.
9. Serve chilled.



KALA JAAM



Ami Arbastani (Kalol)

Ingredients

Mawa - 200 gms

Butter - 200 gms

Rawa - 200 gms

Coconut powder - 250 gms

Sugar - 1½ kg

Maida - 100 gms

Ghee - 500 gms

Process:

1. Prepare sugar syrup and keep it to cool down.
2. For making dough, take rawa in a bowl add milk to it and let it rest for atleast 6 hours.
3. Now add maida, coconut powder, mawa, butter and knead well in a dough form.
4. Make small balls and deep fry in ghee till it turns golden brown.
5. After that put all the fried balls in sugar syrup.
6. Now roll all the the balls in coconut powder and serve.



TOSHAS

Ingredients:

For the Syrup:

Sugar - 2 cups

Water - 1 cup

For the Toshas:

Maida - 1 cup

Paneer - ¼ cup(optional)

Baking soda - ½ tsp

Oil - ½ cup

Salt - ½ tp

Curd - ¼ cup



Rachna Karera (Ahmedabad)

Process:

1. Sieve the flour, salt, and soda together.
2. Now alternatively add a spoonful of oil and curd and start kneading.
3. Add curd and oil till you get a stiff dough.
4. Let the dough rest for 10-15 mins
5. In a non stick pan put water and sugar and start heating on high flame. You will get the bubbles keep stirring continuously till you get a very thick syrup. Lower the flame and keep it hot.
6. Take dough and make a round thick roti out of it. Now cut it into square by removing extra from sides. Then divide it into long rectangular sticks equally.
7. Heat oil for frying and deep fry these in medium flame till it changes a little colour.
8. Remove from oil and put in hot sugar syrup and switch off the flame of sugar syrup and start string slowly so that you don't break toshas. Keep mixing till time you find sugar has started depositing on toshas.
9. Now remove from pan and put on foil separately to cool down.



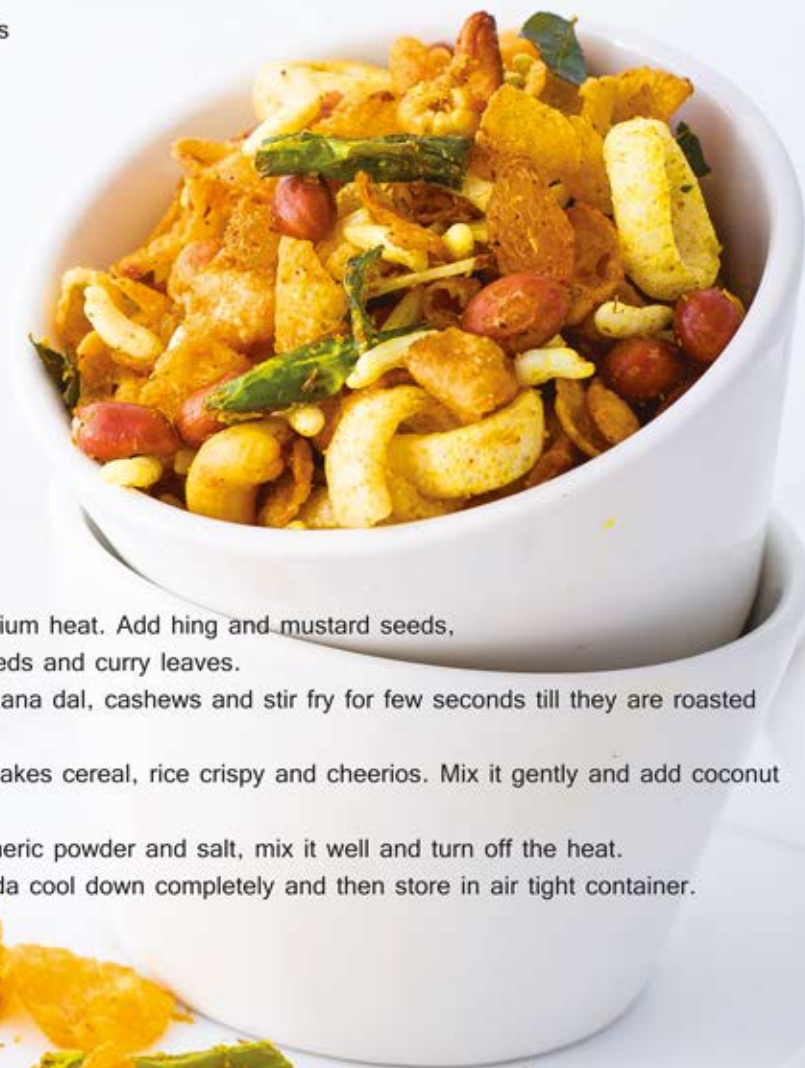
HEALTHY CEREAL CHIVDA

Ingredients:

Corn Flakes cereal - 3 cups
Multigrain cheerios - 2 cups
Rice crispies cereal/rice puffs - 2 cups
Peanuts raw - 1 cup
Roasted chana dal - ½ cup
Dried coconut shredded - ¼ cup
Cashew - ¼ cup
Raisins - ¼ cup
Cumin seeds - 1 tbsp
Mustard seeds - 1 tbsp
Red chili powder - ½ tsp
Turmeric powder - ½ tsp
A generous pinch of hing.
Curry leaves - 10
Green chilies - 5
Salt to taste.

Process:

1. Heat the oil in a wide pan over medium heat. Add hing and mustard seeds, let it crackle and then add cumin seeds and curry leaves.
2. Lower the heat and add peanuts, chana dal, cashews and stir fry for few seconds till they are roasted properly.
3. Now keep adding and stirring corn flakes cereal, rice crispy and cheerios. Mix it gently and add coconut shredded.
4. Add green chilies, chili powder, turmeric powder and salt, mix it well and turn off the heat.
5. Chivda is ready. Let the cereal chivda cool down completely and then store in air tight container.



VERKI PURI

Ingredients:

Plain flour - 1 cup

Semolina - ¼ cup

Coarsely crushed black pepper - 1 tsp

Coarsely crushed cumin seeds - 1 tsp

Hot ghee - 2 tbsp

Salt to taste

Oil for deep-frying



Megha Fenil Shah (Ahmedabad)

To Be Mixed Into a Paste

Melted ghee - 2 tbsp

Rice flour - 2 ½ tbsp

Process:

1. Combine all the ingredients in a deep bowl and mix well.
2. Add enough water and knead into semi-stiff dough like a puri dough.
3. Roll 5 portions of the dough, one by one, into a 8" diameter circle without using any flour for rolling. Place a rolled portion on a clean, dry surface, spread a little of the prepared paste evenly over it. While leaving a little space at the circumference.
4. Place another rolled portion over it.
5. Repeat step 4 and 5 to make 3 more layers.
6. Roll it up tightly from one end to the other and cut into 14 equal portions using a sharp knife.
7. Flatten each portion in between your palms and again lightly roll them into a 3" diameter circle without using any flour for rolling. Make sure to seal the ends of each puri very well using your fingers, so that they do not open up while deep-frying.
8. Heat the oil in a deep non-stick pan and deep-fry 2 to 3 puris at a time on a medium slow flame till they turn golden brown in color from both the sides. Drain on an absorbent paper.
9. Cool, store in an air-tight container.



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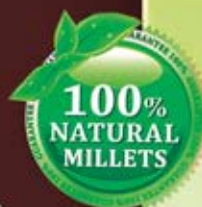


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COCONUT BARFI

Ingredients:

Grated coconut (dry) - 200 gm

Sugar - 200 gm

Milk - 200 ml

Ghee - 2 Tbsp

Cardamom powder - 1 Tsp

Cardamom seeds - 10 (whole)



Priyanka Gandhi (Ahmedabad)

Process:

1. Take a nonstick pan & heat it on low flame
2. Add 200 ml milk & 200 gm sugar and stir it well to mix properly till it is thick enough to not move easily.
3. Then add ghee, grated coconut & mix it well to create homogeneous base
4. Add cardamom powder and stir it for 1 min & put off the gas
5. Add some ghee on a serving plate or tray and spread the entire hot mixture evenly on it.
6. Keep it aside to cool down to room temperature
7. Garnish the barfi with cardamom seeds.
Slice it evenly and serve the delicious coconut barfi.





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PIZZA PINWHEELS

PIZZA DOUGH

2 1/4 teaspoons active **dry yeast** 9g
1 tablespoon **sugar**
1 1/2 cups **warm water** 100-115 degrees F
2 tablespoons extra **virgin olive oil**
3-3 1/2 cups **bread** or **all-purpose flour** divided
1 **teaspoon salt**

Process:

PIZZA DOUGH:

1. In a stand mixer fitted with a dough hook, combine yeast, sugar, and warm water. Stir to dissolve the yeast. Let rest until mixture becomes foamy, about 3 minutes.
2. Add the oil, 3 cups of flour, salt, garlic powder, seasoning and Parmesan cheese to the bowl. Mix on medium speed until dough comes together in one ball, and then knead for another 3 minutes on medium speed. The dough should be just a little sticky.
3. Add the remaining flour, 1 tablespoon at a time, as needed. The sticky dough is important to help the crust get a little lift as it cooks!
4. Lightly flour your counter top. Place the ball of dough on the counter, cover with a clean dish towel and let rest 5 minutes.
5. Preheat oven to 350 degrees F and brush a baking sheet with some of the melted butter. Reserve remaining butter.
6. Roll the dough out to a 12x18" rectangle. Spread 1/2-1 cup of pizza sauce, leaving a 1" border around the edge. cover with tomato slice and mozzarella slice.
7. Starting at the long edge, tightly roll up the dough, pinching the tomato slices into the roll if they try to escape as you go. Use the last 1" of clean dough to pinch and seal the dough. Cut evenly into 12 slices.
8. Arrange the pinwheels cut side up on the baking sheet and spread them out so they aren't touching. Bake for 20 minutes or until golden brown and cooked through.

FOR PIZZA SAUCE

3 medium to large **tomatoes**,
2 cups of **tomato puree**.
4 to 5 **garlic cloves**, finely chopped
1 **onion** Fine chopped
1 to 1.5 tablespoon chopped
fresh basil leaves.
1 to 1.5 teaspoon **dry oregano**.
3 tablespoon **olive oil**.
salt as required.

For topping

Tomato slices
Mozzarella slice
Olives slice
Jalapeno slice



Chef Yash Kedia (Ahmedabad)

ASSORTED CROSTINI



Ingredients:

French loaf cut in to thin slices
(toasted in oven)

Toppings

2 Cherry Tomato, 2 Basil leaves,
1 tsp cream cheese,
1 tsp olive oil,
pinch of salt,
pinch of black pepper & oregano.

2 Mushroom,
1 radish,
2 clove garlic,
pinch salt,
1tsp olive oil,
pinch black pepper,
1 tsp tandoori mayonnaise.

20 gm Corn,
1 clove garlic,
pinch chili flakes,
1 cucumber slice,
1tsp tomato ketchup,
pinch oregano,
salt, pepper.

4 Figs, 1tsp honey,
1 tsp sugar,
½ lemon,
1 small apple,
pinch salt and black pepper,
mint leaves.

50gm Cream cheese,
20 gm caster sugar,
2 drop vanilla essence,
2 tsp mix berry crush,
for garnish mint leaves.

Process:

1. Mix the cheery tomato with all ingredients and served topped on bread slice, garnished with basil leaves.
2. In a non stick pan add oil sauté mushroom with chopped garlic add salt, black pepper ,spread tandoori mayonnaise on bread slice and topped with mushroom filling and garnish with thin radish slices.
3. Sauté corn in fine chopped garlic add chili flakes , oregano and salt and pepper ,spread tomato ketchup on bread slice put cucumber slice on it and garnish with corn filling.
4. In a non stick pan add sugar cooked until it become golden ,add fine slice of figs ,and lemon juice, add salt and black pepper, now spread honey on bread slice and topped with figs filling, garnish with thin apple slice, and mint leaves .
5. For cheese cake, mix cream cheese,sugear, and vanilla essence and mix berry crush till its become fluffy. now pipe the cheese cake on bread and garnish it with rose petals and mint leaves, and caramel nest.



PUFF PASTRY BITES



Binjal Pandya (USA)

Ingredients:

Frozen Puff Pastry Sheets 1 Box (2 Sheets)
1 cup Finely Chopped **Peppers (Red, Orange, Yellow, Green)**
Oil for brushing (or use cooking Spray)
½ cup **Pizza Sauce**
2-3 tbsp **Italian Seasoning**
1-2 tsp Crushed **Red Pepper Powder**
½ cup finely Shredded **Mozzarella Cheese**
Salt

Process:

1. First remove the pastry sheet from a freezer and keep aside till room temperature (check instructions on box).
2. Take the small mixing bowl. Add chopped peppers, little salt, mix well and keep aside. 1
3. Preheat the oven on 400 F/200 C.
4. Now take one pastry sheet and cut into nine equal square shapes. Use same process for another sheet too. You will get total eighteen equal square sheets.
5. Take the muffin pan and brush or spray oil into the each muffin tin.
6. Place all square sheets on muffin tins and press each puff pastry square in to each of the muffin tins. You can see now they look like small bowls, see the pictures. 2
7. Now spread 1-1 tsp pizza sauce into the all bowls, then add chopped peppers, sprinkle Italian seasoning, red crushed peppers and last spread shredded cheese over it. 3
8. Bake the prepared bowls in the preheated oven for 10-12 minutes or till golden crispy brown.
9. Puff Pastry Bites is ready. You can serve with ketchup and enjoy the bites.

EGGLESS MOZZARELLA STICKS

Ingredients:

Regular Mozzarella Cheese Block/String Sticks

1 cup **All-Purpose Flour/Maida**

2-3 tsp **Italian Seasoning**

1 tsp **Garlic Powder**

¼ tsp **Black Pepper Powder**

Salt

1 cup **Bread Crumb**

Oil for Deep Frying

Process:

1. Take a bowl; add all-purpose flour, salt, garlic powder, black pepper powder, Italian seasoning and make batter without any lumps and keep aside.
2. Now take regular Mozzarella Sticks and cut into finger sized sticks or if you have string cheese sticks then cut into half.
3. Take a mozzarella cheese stick dip in the batter mixture and then coat in the bread crumb.
4. Again use the same process, dip in batter mixture and then coat in bread crumb and keep aside.
5. Use the same method (step 3 and 4) for remaining sticks and then all breaded sticks keep in fridge for 1-2 hours.
6. After 1-2 hours, heat the oil in deep pan; when the oil hot enough fry them till golden brown.
7. Remove the fried bread sticks on paper towel and transfer to the plate, sprinkle some Italian seasoning and serve with tomato sauce.



MINI CHEESE NAAN

Ingredients:

For the dough:

All purpose flour - 2.5 cups

Curd - ½ cup

Ghee or oil - 2 tbsp

Salt - 1 tsp

Sugar - 1 tsp

Baking powder - 1 tsp

Lukewarm water - 1 tsp

For the stuffing:

Grated processed cheese - ½ cup

Grated Mozzarella Cheese - ¼ cup

Grated paneer - ½ cup

Salt -1 tsp

Oregano powder - 2 tsp

Chili flakes -1 tsp

Black pepper powder - 1 tsp

Finely chopped green chilies - 1 tsp

Finely chopped basil leaves (optional) -2 tbsp



Kiran Amin (Ahmedabad)

Process:

1. Heat the tava on a medium flame.
2. Mix all the ingredients of the stuffing and make balls.
3. Knead the dough and divide into balls roll out each ball and stuff with the cheese filling.
4. Wet one side of the rolled naan and cook it on the tava by putting the wet side on the hot tava.
5. Once the naan is cooked on one side, cook on the other side by lifting the tava upside down.
6. Serve with butter and decorate with fresh green coriander leaves or green onion rings. Serve some mustard sauce or sour cream by the side.
7. You can use finely cut onion, bell peppers, boiled corn in the stuffing to make a pizza naan. Serve with tomato ketchup or pizza sauce.





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FOCASSIA WITH WHITE PIZZA DIP

Ingredients:

250 gm Maida
5 gm Salt
12 gm Sugar
1 gm Gluten
0.5 gm Bread Improver
1 gm Calcium
137 ml Water
20 ml Olive Oil + 30 ml Olive oil
8 gm Yeast

For Garnish:-
Mixed Herbs
Olives (Chopped)
Bell Pepper (Thin strips)
Cherry Tomatoes (Halved)

For White Pizza dip:
34 gm Mixed Herbs
450 gm Sour Cream
200gm Ricotta Cheese



Chef Monila Surana (Ahmedabad)



Process:

1. In a large bowl take water, salt, sugar and yeast and dissolve it well.
2. Take maida, gluten powder, bread improver, calcium and mixed herbs.
3. Add 20 ml olive oil and knead the dough.
4. Dough texture should be tight. (so you can roll it).
5. Cover the dough and rest it for 10 minutes.
6. Now roll according to shape (4-5 mm).
7. Brush olive oil on it generously.
8. Grease the tray and keep in it.
9. Proof it for 20 minutes.
10. Press it with fingers and lightly make indents.
11. Now decorate with mixed herbs, green and black olives, basil, capsicum and tomatoes and press it
12. Preheat the oven at 220°C and Bake for 15 minutes
13. Drizzle with Olive oil.

To prepare the dip:

1. Combine the Mixed Herb, sour cream and cheese in a large bowl.
2. Microwave until cheese is melted and dip is heated through (about 12-15 minutes), stirring often.

Assembling:

1. Cut focaccia into thin strips.
2. Pour a little of the dip into each shot glass.
3. Add a focaccia strip, and serve.

PARMESAN CHEDDAR BASIL BITES



Ingredients:

2 ½ cup **Maida**
3 tbsp Finely Chopped **Basil**
1 ½ cup Grated Processed **Cheese**
¼ cup Cheese **Spread**
1 tbsp **Yeast**
½ tsp **Baking Powder**
½ tsp **Baking Soda**
70 gm **Butter**
Oregano
Chilli Flakes

Process:

1. Preheat oven to 180°C
2. In bowl take warm water, add Yeast and let it froth.
3. In a bowl mix processed cheese, cheese spread, butter and salt.
4. In another bowl combine all the dry ingredients. Gradually add yeast mixture and cheese mixture and bind the dough. (add hot water to bind if needed)
5. Turn dough onto a well floured surface. Divide into 3 equal portions, and roll to flatten each to 1/8 inch thickness. Cut with star shaped cutter. Place 1 inch apart on parchment paper-lined baking sheets.
6. Bake 11 to 14 minutes or until golden; cool on baking sheets on wire racks for 30 minutes.

VEGGIES VOL au VENT

Ingredients:

250gm Maida

5gm Salt

12gm Butter/Oil

100gm Lily Fat

112 ml Water

Fillings:

Boiled Broccoli

Boiled Corn

Processed Cheese

Cooking Cream

Bell peppers

Schezwan Sauce

Tomato Ketchup

Black Pepper

Process:

1. Take chilled water, salt and mix it.
2. Add maida & oil and make the dough.
3. Dough should be cold, tight and smooth.
4. Cover the dough with chilled wet cloth and rest for 10 minutes.
5. Dust a clean, flat surface with a little plain flour, place the dough on it and roll it using a thick rolling pin into rectangle.
6. Divide the lily fat in two parts and Spread one part of the fat. (Total 3 layers, first two is with lily)
7. Fold the dough. Make sure the edges are overlapping each other perfectly.
8. Again, roll the dough, add remaining Lilly (fat), and fold the dough.
9. Now last and 3rd layer should be a book fold (bring both the sides together in the centre but do not overlap them)
10. Cut the edges of the dough with the help of pizza cutter.
11. Roll the pastry out to 1/4 inches thick on a well floured board.
12. Cut 12 nos. of 3 inches circles with a pastry cutter. Now cut holes in 6nos. of the 3 inch circle and place them on top of uncut circle to create a hollow cup. Assemble all the pieces.
13. Place all the pieces in a baking tray at regular intervals and bake in a pre-heated oven at 180°C for 25 minutes.
14. Cool them completely

For the Filling - For Creamy cheese Sauce:

1. Heat Cream, once its boils add cheese and stir till it becomes a smooth sauce.
2. Add Boiled corn and pepper.
3. Creamy cheese corn Filling is ready
4. In a same way you can add boiled broccoli to creamy cheese sauce.

For Red Cheese Sauce:

1. Heat Cream, once its boils add cheese and stir till it becomes a smooth sauce.
2. Add a tsp of schezwan sauce or ketchup and mix



MINI FRUIT PIZZA



Ingredients:

Coin Pizza Base

250 gm Maida

25 gm Sugar

8 gm Yeast

125 ml Water

4 gm Salt

50 gm Butter

For Topping:

Whip Cream

Fresh/frozen **Fruit** Chopped/Sliced

Nutella (optional)

Process:

1. Take warm water, salt, sugar and yeast in a large bowl and mix until sugar dissolves.
2. Add all dry ingredients to it and mix until everything incorporated.
3. Add butter and make the dough.
4. Measure and cut the dough.(4 inch circle)
5. Rest for 10 minutes
6. Grease the tray.
7. Roll and Prick with the fork.
8. Set it in the tray and proof for 30 minutes.
9. Bake in a preheated oven for 170 degree C for 10 - 15 minutes.
10. Cool them completely before assembling.

Assembling:

1. Whip the cream
2. Spread a spoonful on the pizza base and top with slice/chopped fruits
3. Drizzle with nutella and its ready to serve.

MINI ALOO VADA

Ingredients:

Small pav - 6

Potatoes(boiled) - 2

Green chilli - 1 tsp

Gram flour - 1 cup

Lemon juice, Garam masala
and salt as per taste

Process:

1. Mash the boiled potatoes,
 2. Add green chilli, lemon juice, garam masala and salt and mix well.
 3. Take gram flour, add salt and green chilli in it. Add sufficient water to make a paste.
 4. Now make small balls of potato mixture, dip in to the paste and deep fry them in oil.
 5. Take the small pav, scoop it out from centre and roast them.
- Place hot small vadas in the pav serve with chutney and sauce.



Jayshree Chauhan (Ahmedabad)



PALAK PANEER NAAN

Ingredients:

For Naan:

Maida - ½ cup

Wheat flour - ½ cup

Oil - 3 tsp

Salt as per taste.

Paneer - 200 gms

For Palak Mixture:

Palak - 300 gms

Ginger - ½ Tsp

Green chilli - ½ Tsp

Garlic - ½ Tsp

Salt and Lemon juice as per taste.

Process:

1. Mix all the ingredients for naan except paneer and make tight dough.
2. Now make small single bite size naan.
3. For palak mixture stir fry all the ingredients in butter and grind it.
4. Cut paneer into small pieces.
5. Marinate it in oil, salt and Punjabi masala. Roast it in grill pan.
6. Arrange Palak Paneer Nan in one bite manner



ZUCCHINI BITES WITH TOMATO RICE



Minal Shah (Ahmedabad)

Ingredients for Zucchini Bites

Zucchini – 1 pc

Oil – 1 Tsp

Salt – As per Taste

Black Pepper powder

Ingredients for Tomato Rice

Oil – 1 Tsp

Tomato Puree – 1 Cup

Boiled Rice – 1 cup

Salt, Chili, Hot spices,

Turmeric as per taste.

FOR GARNISHING

Cheese Slices, Fresh Cherry.

Process:

1. First, Cut the Zucchini in Round Shape.
2. Now, Grill it on pan by adding 1 Table Spoon Oil.
3. Sprinkle Salt & Black Pepper powder on it.

For Tomato Rice:

1. In pan, when add oil then add 1 cup tomato puree.
2. In it add salt, turmeric, chili & hot spices as per taste.
3. Mix it well and cover with the lid till water of tomato puree burns.
4. Now add 1 cup boiled rice & mix it well.

Garnishing:

1. Add 1 tbsp tomato Rice on Grilled Zucchini.
2. Add Cheese Slice (cut in Round Shape).
Topping it with Fresh Cherry.

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PIZZA BOMBS

Ingredients:

Paani puri balls - 8 pieces

Chopped onions - 1 tbsp

Minced garlic - 1 tsp

Tomatoes finely chopped - 1

Red chili powder - 1 tsp

Oregano - 1 tsp

Tomato ketchup - 2 tsp

Cheese slice - 1

Butter - 1 tbsp

Salt as required

Cheese cubes - 2

Ketchup and sour cream for serving

Bread Nachos for serving.

Process:

1. In a pan heat butter, sauté onion, garlic for 2 mins then add in tomatoes, salt, red Chili powder, oregano and cook for few mins.
2. Now add tomato ketchup and mix well. Off the flame and add cheese slice and mix till well combined.
3. Fill this mixture in puri, top with grated cheese and place a bread nacho triangle.
4. In a glass fill in ketchup or sour cream, place the puri and serve.



Devashree Thaker (Ahmedabad)



CHEESY FINGER

Ingredients:

Bread slices - 4

Cream Cheese - 2 tbsp

Grated cheese - 2 tbsp

Mozzarella cheese - 2 tbsp

Boiled spinach - 2 tbsp

Chili flakes - 1 tsp

Mixed herbs - 1 tsp

Salt as required

Butter as required

Schezwan sauce, Mayonnaise, black olives and jalapeno for serving.

Process:

1. Cut sides of the bread.
2. Take a bowl and mix everything well.
3. Apply this mixture between 2 slices and cook with butter on both sides till golden. Divide bread in 2 slices.
4. In a glass pipe out schezwan sauce place olives and jalapeno and the pipe out mayonnaise, repeat the layers.
5. Insert cheesy finger in the glass and serve.



CHEESE KACHORI

Ingredients:

Grated **cheese** - $\frac{2}{3}$ cup

All purpose flour - $\frac{2}{3}$ cup,

Fine chopped **onions** - $\frac{1}{4}$ cup

Chili flakes - 1 tsp

Baking powder - 2-3 pinches

Fine chopped **coriander leaves** - 1tbsp

Thick **yogurt** - $\frac{1}{4}$ cup

Italian seasoning -1 tsp

Salt as per taste.

Oil for deep frying

For stuffing:

Grated **cheese** - $\frac{1}{4}$ cup

Cream cheese -1 tbsp



Ami Bhatt (Vadodara)

Process:

1. In a big bowl add grated cheese all-purpose flour, onions, chili flakes, baking powder, Coriander leaves, curd, italian seasoning and salt.
2. Mix everything and knead it like dough.
3. Now take a small portion of the dough and spread it with your fingers.
4. Put the cheese or cream cheese stuffing inside and cover it from all the side and make a ball shape.
5. Make sure to seal it properly and cover all the open surfaces.
6. Now take some oil and rub it between your palms.
7. Take the ball and gently press it between your palms.
8. Similarly make all the kachoris.
9. Now heat the oil at medium heat and fry 3-4 kachoris at a time.
10. Turn them over couple of times and cook them till they become golden brown and crispy.
11. Cheese kachori are ready to serve.
12. Serve these cheese kachoris with coriander chutney and sauce.



SAMOSADILLAS

Ingredients :

For stuffing:

Oil - 2 Tsp
Cumin Seeds - ½ Tsp
Fine Chopped Onion - 4 Tbsp
Boiled green peas - 4 Tbsp
Mashed Boiled Potatoes - 1 Cup
Cumin-Coriander Powder - 1 Tsp
Turmeric Powder - 1 Tsp
Amchur Powder - 1 Tsp
Red Chili Powder - 1 Tsp
Salt to taste.

For TORTILLAS:

White Flour - 1 Cup
Wheat Flour - 1 Cup
Oil - 2 Tbsp
Fine grinded Rolled Oats - 2 Tbsp
Water as required.
Salt to taste.

For SAMOSADILLAS:

Mozzarella Cheese
Processed Cheese
Fine Chopped Green Onion

Process:

For Tortillas:

1. Mix all the ingredients and knead it well
2. Leave it covered in the bowl for 20 minutes
3. Then make rotis from it.

For Stuffing:

1. Heat oil in a pan
2. Add cumin seeds and sauté onion till light brown
3. Add all the ingredients now and let it cook
4. Once cooked transfer the stuffing in a bowl

For Samosadillas:

1. On half the side of Tortilla spread the stuffing.
2. Add mozzarella & processed cheese and fine chopped Onion
3. Overlap the other side over this stuffing
4. Apply oil on both the sides and shallow fry on a pan.
5. Cut them in triangular shape.
6. Serve hot with Tomato sauce & Green Chutney.



TRADITIONAL FOOD FOR DIWALI



Sonal Shah (Ahmedabad)

Here comes the festival of lights—"DIWALI", one of the most eagerly awaited festive occasion of the country. This festival is of lights and gifting is celebrated by Hindus all over the world with very enthusiasm. As such Diwali is for two to five days, in Gujarat we celebrate nearly for a week. Every other state has holidays either on the main day of Diwali or maybe a day after or before Diwali, but in Gujarat, it is five to seven days of holidays with extensive festivities and celebrations. We all go overboard to celebrate this festive occasion. From months, preparations get started to celebrate the Diwali like cleaning house, purchasing house hold item etc. After completing the household activities, we all get engage in preparing nasta and sweets and last come shopping and decorating house with diya and rangolis.

Sweets:

While sweets take up the majority part of the pre-Diwali cooking fiesta, sweet shops are also crowded with people looking at cherishing food from all across Gujarat. Whether it is Ahmedabad's very own mohanthal and magas, different varieties of halva, Khambat's suterfeni, Surat's ghari, gughra, kajukatri, sohan papdi or the kansaar made at home during Dhanteras and Bestu Varsh; these sweets add immense joy to the festive.

Farsan :

The spicy and savoury options available are no less. People gorge on to fried/bake items made at home including mathias, chorafari, chevdo, suvadi, shakkarpara and farsi puri, to name a few. Popular namkeens are also brought in from various cities of the state which include Jamnagar's

Kachori, Bhavnagari Gathia and Vapi's Nankhatai.

Let's explore the journey of sweet and snacks.

Bajri vada

Vada is made from bajri flour which is very good source of iron and gluten free. Even methi leaves can be mixed in it to give that little of bitter taste.

Chakkri

As a tradition, we all make chaklis and also love to eat. This is made at different part of the India with different flour. Chaklis are deep fried crispy snacks that are prevalent in Maharashtra, Gujarat and even Andhra. Gujarati mostly prefer to make it from rice flour. There are various kinds of Chaklis – sweet chaklis and spicy ones. They are so popular that many consider them the queen of Diwali savouries.

Gugara

Made up of mawa, dry fruits or desiccated coconut. Nuts and dry fruits are loaded with protein and omega 3. A typical Maharashtrian Diwali Faral is incomplete without these delicious arced shaped. This is very traditional sweet has a crisp golden exterior with a lined edge and a delightful stuffing inside and then deep fried in oil or ghee.

Mathiya

Diwali can't be over without mathiya. This is the only festival where all love to eat mathiyya either in form of fried or bake but we will eat. Mathiya is made from muth flour and flour is good source of high protein and even cheapest source of protein. It's a rich source of essential amino acids like isoleucine and lysine.

Cholafali

A delicious and traditional Gujarati snack, cholafali is widely enjoyed during Diwali. Made up from besan flour that is loaded with fibre and somewhat protein and iron. Light and fluffy, with a sour and spicy seasoning of chilli powder and dry mango powder, this fritter is definitely and mouth-watering snack. They are served with pudina chutney.

Kaju/Bandam katli

One of the most favourite sweet kaju-katli either made from cashew or almond. Both are good sources of protein and fibre. Kesar katli is also most favourite among all.

If we see, most of the snacks are loaded with protein, fibre and omega 3. The only concern is the cooking method i.e. frying. Now days, people are more conscious about their weight and health, set a new trend in the market by changing the cooking method. i.e. Bake. They try to bake most of the favourite nasta. Even we are getting all Diwali bake nasta at number of shops.

During this festival, we all visit our elders and friends. Problem occurs when we over indulge all the Diwali snacks/sweets. Many even put on weight and many face food-poisoning or stomach ache. The best way to enjoy this

auspicious Diwali by eating your favourite food in small quantity and don't forget to do your normal exercise regime.



MOONG SPROUTS HANDVO

Ingredients:

Sprout Moong - 2 cups

Handvo flour - 6 tbsp

Finely chopped vegetables - 4 tsp

Boiled corn - 2 tsp

Green chilies, ginger garlic paste - 3 tbsp

Finely chopped coriander - 2 tbsp

Finely chopped fenugreek leaves - 1 tbsp

Oil - 2 tbsp

Mustard seeds - 1 Tsp

Cumin seeds - 1 tsp

Salt as per taste.

Turmeric powder - ½ tsp

Sesame - 3 tbsp

Fruit salt - 1 tsp

Process:

1. Coarsely grind the moong sprouts
2. Saute the vegetables in 1 tablespoon oil for two minutes.
3. In a mixing bowl take coarsely grind moong sprouts, sauted vegetables, handvo flour, boiled corn, chilies, garlic ginger paste, coriander and fenugreek leaves.
4. Add some water and mix together. The consistency of the batter should be medium thick.
5. Close the lid and let it stand for 15 minutes
6. For tempering take one tablespoon oil in a small pan. Put mustard seeds and cumin seeds. As it clutters add sesame. Remove from heat and pour it to the above prepared batter.
7. Preheat the oven at 180 degree for 10 minutes.
8. Grease the tin with oil.
9. In the prepared batter put the fruitsalt and one teaspoon water. Mix it and immediately pour the batter in greased tin. Sprinkle sesame on the batter
10. Bake it for 40 minutes or till it is done.
11. Serve this healthy and yummy breakfast with ketchup or garlic chutney or green coriander chutney .



Sonal Patel (Ahmedabad)



GREEN CHICKPEA PANIYARAM

Ingredients:

Dry green chickpeas - 1 cup

Finely chopped green onion - 3 tbsp

Finely chopped and washed spinach - 2 tbsp

Roasted and Powdered cooking oats - 2 tbsp

Finely chopped green chili - 2 tsp

Salt as per taste.

Turmeric powder - $\frac{1}{2}$ tsp

Coriander powder - $\frac{1}{2}$ tsp

Garam masala - $\frac{1}{2}$ tsp

Process:

1. Soak green chickpeas in water for seven to eight hours. Drain the water and crush half the chickpeas coarsely.
2. In a mixing bowl take coarsely grind chickpeas, remaining chickpeas, green onions, chopped spinach, powdered oats, chilies salt turmeric powder, coriander powder and garam masala powder.
3. To it add water and mix. Add water till thick consistency is reached.
4. Heat the paniyaram pan. Drizzle few drops of oil in each mould
5. Pour the batter in each mold. Close the lid and let it cook for three minutes. Open the lid and flip gently. Again close the lid and cook for two more minutes.
6. Cook paniyaram on medium flame and till it turns light brown on both sides.
7. Serve with coconut chutney tomato chutney or podi chutney.



FOCACCIA BREAD

Ingredients:

Whole Wheat Flour - 125 gm

All Purpose Flour - 125 gm

Fresh Yeast - 10 gm

Sugar - 1 tsp

Salt - 1 tsp

Garlic Powder - 1 tsp

Water - 150 ml

Olive Oil - 3 tbsp

For Topping:

Caramelized Onions

Black olives

Bell peppers

Rosemary

Chili flakes

For Dip:

Mayonnaise - 3 tbsp

Cheese spread - 3 tbsp

Red Chili sauce - 1tbsp

Chili flakes - 1tsp

Process:

1. In a bowl take lukewarm water add sugar yeast. Leave it for froths.
2. In other bowl take flours, salt, garlic powder, olive oil. Make a well in center add yeast solution and then add water little by little and knead a soft dough. Knead for next 10 min.
3. Grease a pan let it rest till it doubles in volume.
4. Take the dough again knead it. Place it in baking pan. Spread it properly. Punch it and make impression of your fingers on final dough. Topped it with caramelized onions, bell peppers, rosemary, chili flakes.
5. Leave dough again for second rise. Once it double now bake it in OTG at 200 degree Celsius for 25 to 30 minutes.
6. Once done infuse some olive oil on top and serve.



Vaishali Raja (Ahmedabad)





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Almonds



Mrs. Hina Gautam (Ahmedabad)

Almonds are highly nutritious and rich in healthy fats, antioxidants, vitamins and minerals.

The almonds you can buy in stores usually have the shell removed, revealing the edible nut inside. They are sold either raw or roasted. They are also used to produce almond milk, oil, butter and flour.

Almonds are high in healthy MUFA, fibre, protein and various important nutrients.

Almonds are a fantastic source of antioxidants which protect against oxidative stress, which can damage molecules in your cells and contribute to inflammation, aging and diseases like cancer.

The powerful antioxidants in almonds are largely concentrated in the brown layer of the almond.

Almonds are among the world's best sources of vitamin E. Getting plenty of vitamin E from foods is linked to numerous health benefits. Nuts are low in carbs but high in healthy fats, protein and fibre. This makes them a perfect choice for people with diabetes. Another boon of almonds is their remarkably

high amount of magnesium. Magnesium is a mineral involved in more than 300 bodily processes, including blood sugar control. Almonds are extremely high in magnesium, a mineral that many people don't get enough of. High magnesium intake may offer major improvements for type 2 diabetes.

The magnesium in almonds may additionally help lower blood pressure levels. High blood pressure is one of the leading drivers of heart attacks, strokes and kidney failure. Magnesium deficiency is strongly linked to high blood pressure regardless of whether you are overweight or not. Studies show that correcting a magnesium deficiency can lead to major reductions in blood pressure. Thus adding almonds to your diet could have a huge impact.

High levels of LDL lipoprotein in your blood is a well known risk factor for heart disease. Your diet can have major effects on LDL levels. Some studies have shown almonds to effectively lower LDL. Eating one or two handfuls of almonds per day can lead to mild reductions in LDL cholesterol, potentially

reducing the risk of heart disease. As we know nuts are low in carbs, they are high in protein and fibre. Studies show that eating almonds and other nuts can increase fullness and help you eat fewer calories. Though almonds are high in calories, eating them doesn't seem to promote weight gain.

Almonds contain lots of healthy fats, fibre, protein, magnesium and vitamin E. The health benefits of almonds include lower blood sugar levels, reduced blood pressure and lower cholesterol levels. They can also reduce hunger and promote weight loss. All things considered, almonds are as close to perfect as a food can get.

**HAVE ALMOND DAILY
FOR HEALTHY BODY
AND MIND...**





Mrs. Hina Gautam Suggest For New Year Food Resolution

- Say yes to home cooked meals n Make it a major tool to adjust your health habits.
- Be strategic at coffee and deserts, avoid milk and cream.
- Hydrate yourself throughout the day which will feel you up and provide necessary nutrients.
- Be a good bar tender; make your own healthy drinks at home instead of ready juices.
- Feed your hangover sensibly; don't dumb your tummy when you wake up with hangover.
- Stop snacking or filling tea and coffee at work but have healthy snacks.
- Learn smart grocery shopping; strategize for cheap healthy and seasonal option.
- Follow food habits of your favorite but fit celebs, as they are doing something right.
- Once in a while go Gluten free food, and get benefits of it.
- Cut down on the sugar to prevent mood swings and weight gain.
- Focus on food with healthy fat, Omega-3 fatty acids for lots of health benefits.
- Practice self control while you are at party, find out healthy items.
- Make a habit make ahead breakfast, so you can start your day with nutritious and tasty meal.
- Munch on more nuts, which could significantly slash risk of diabetes and heart disease.
- Take control of your fridge; give it a total makeover with healthy grocery.
- Have regular consultation with your nutritionist, to learn smart swapping of food.
- Boost your immune system by loading up with Vitamin C, citrus fruits and greens will help you for that.

An initiative by

CHEF
at
HOME
Food Facts - By Mrs. Hina Gautam



Mrs. Hina Gautam
Founder - CHEF at HOME

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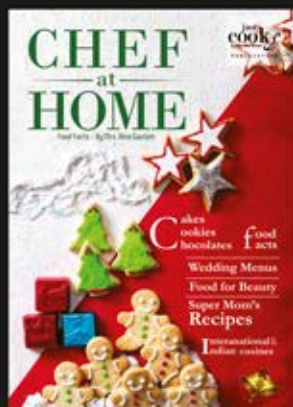
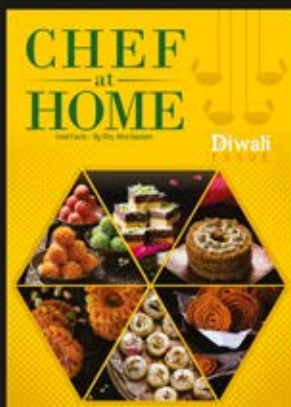
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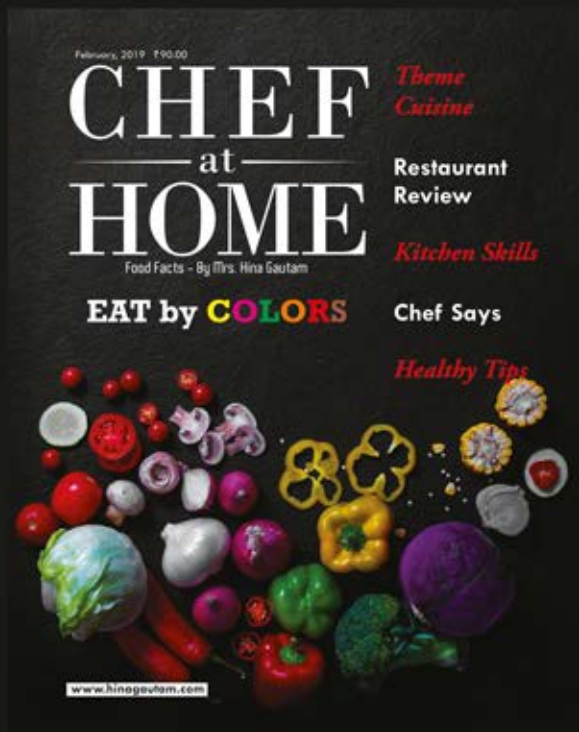
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॥ सर्वे सन्तु निरामयाः ॥

A division of
Global Longlife Hospital & Research Pvt. Ltd.



**Emergency
Services**

SCOPE OF SERVICES

MEDICAL

- ❖ CARDIOLOGY
- ❖ ALLERGY & IMMUNOLOGY
- ❖ CRITICAL CARE
- ❖ GASTROENTEROLOGY
- ❖ DIABETES & ENDOCRINOLOGY
- ❖ ONCOLOGY
- ❖ NEPHROLOGY
- ❖ NEUROLOGY
- ❖ PULMONOLOGY
- ❖ INFECTIOUS DISEASE
- ❖ ANAESTHESIOLOGY
- ❖ DERMATOLOGY
- ❖ PAIN MANAGEMENT
- ❖ INTERNAL MEDICINE
- ❖ OPHTHALMOLOGY

SURGICAL

- ❖ CVTS (CARDIOVASCULAR AND THORACIC SURGERY)
- ❖ JOINT REPLACEMENT
- ❖ ONCOSURGERY
- ❖ ORTHOPAEDICS
- ❖ GENERAL SURGERY
- ❖ GASTRO SURGERY
- ❖ NEUROSURGERY
- ❖ ENT (EAR NOSE THROAT)
- ❖ PLASTIC SURGERY
- ❖ TRAUMA SURGERY
- ❖ UROLOGY
- ❖ GYNAECOLOGY
- ❖ LAPAROSCOPIC SURGERY
- ❖ DENTAL
- ❖ VASCULAR SURGERY
- ❖ SPINE SURGERY

LAB SERVICES

- ❖ MICROBIOLOGY & SEROLOGY
- ❖ BIOCHEMISTRY
- ❖ CLINICAL PATHOLOGY
- ❖ HAEMATOLOGY
- ❖ CYTO PATHOLOGY

DIAGNOSTIC CENTRE

- ❖ CT SCAN
- ❖ MAMMOGRAPHY
- ❖ X-RAY
- ❖ ULTRASOUND SONOGRAPHY
- ❖ ENDOSCOPY

OTHERS SERVICES

- ❖ PHARMACY
- ❖ AMBULANCE
- ❖ DIALYSIS
- ❖ DIETETICS
- ❖ PHYSIOTHERAPY

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