

January, 2019 ₹100.00

CHEF — at — HOME

Food Facts - By Mrs. Hina Gautam

EAT by **COLORS**

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Recipes*

**Restaurant
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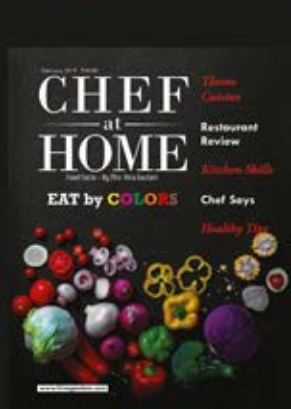
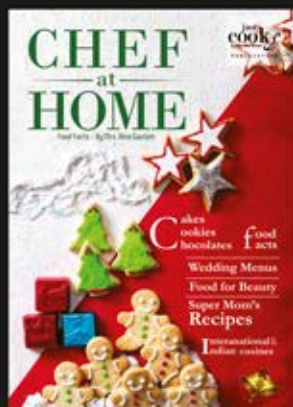
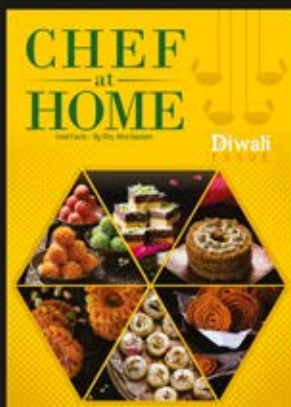
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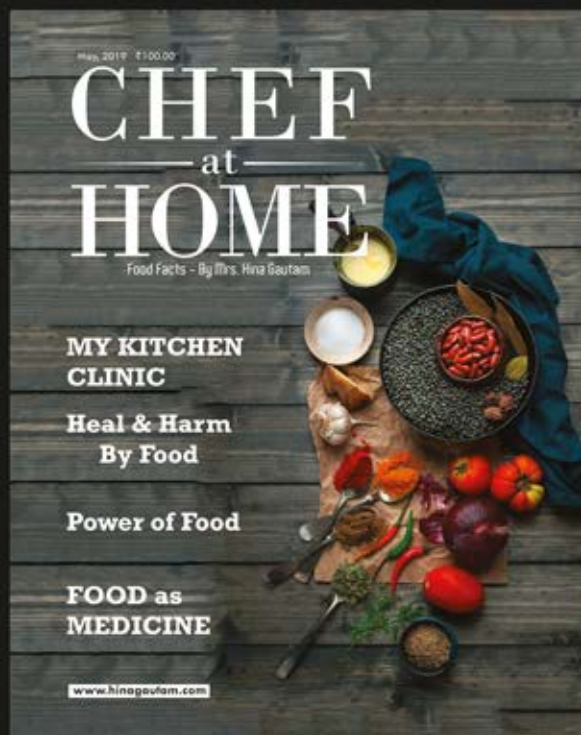
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letter from the editor

As the festival of colours Holi draws closer, I would like to draw your attention to the colours of the foods you eat. Not many people think about food in terms of colour, but it is a great resource to organize your meals by the colours of the individual ingredients. Nature doesn't just randomly create different colours in different types of foods. Most scientists agree that diversity is the key to continued health and success and it applies especially to our meals. What we eat should never be repetitive or stagnant because our bodies depend upon several different nutritional elements that are not present in any one type of food. Eating only potatoes, or tomatoes, or spinach, or onions is always a bad idea. But eating potatoes, tomatoes, spinach as well as onions together is absolutely brilliant! It provides your body with several minerals, vitamins, fibres, antioxidants, proteins, carbohydrates, potassium, etc. Each of which are essential for your good health! Let's learn a little bit about the different colours and what they provide to our body. **Reds, Purples &**


Blues: All foods that are red, purple, or blue in colour contain a powerful antioxidant called anthocyanin which is present in the pigment of the colour. It helps maintain a healthy heart and even increases your memory function while decreasing your risk for stroke and certain types of cancers! **Greens:** All green foods are a good source of calcium and Vitamin A, which are both essential to our physical strength. Vitamin K is another rare nutrient that is present in leafy greens. Many green foods such as broccoli, capsicum, cabbage, kiwis, etc. are abundant in Vitamin C which strengthens your immune system, protecting you against common colds and all manner of illnesses! **Oranges & Yellows:** Orange foods contain a substance called Beta Carotene which is converted into Vitamin A in our bodies. It is the same reason people say: "eating carrots is good for vision", I'm sure you remember hearing that at home! Moreover, yellow and orange foods also contain Vitamin C, potassium, folic acid, and bromelain. Potassium helps in lowering blood pressure while bromelain which is present in Pineapples is good for reducing infections and indigestion. So, you see, eating just one type of food can actually be unhealthy for you! The more colours you have in your diet, the more variety of nutrients and minerals you will be providing to your body. Each colour comes with its own health benefits and the more colours you have in your meal, the better your chances of a wholesome, healthy, and happy life!

Here's to a very colourful Holi indeed!

Hina Gautam

Mrs. Hina Gautam

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EAT COLORS

The wide array of bright colors that give fruits and vegetables their visual appeal come from 3 main types of pigment.

1. Carotenoids, which give orange and yellow vegetables their colors.
2. Flavonoids, which provide blue, red and cream colors.
3. Chlorophyll, which makes greens green.

-Hina Gautam (Ahmedabad)

These colorful compounds also provide health and nutrition benefits. Eating healthfully is simpler when you know what the colors of vegetables indicate about their nutritional value. Multi-coloured plant foods don't just look good on your plate but its good for health also.

RED AND ORANGE VEGETABLES

Red and orange fruits and vegetables are among the highest in vitamin C. A one-half-cup serving of red bell pepper provides 95 milligrams of vitamin C, which is more than a medium orange. One cup of strawberries contains 85 milligrams. However, some red fruits and vegetables are relatively low on the vitamin C scale, while some non-red vegetables are good vitamin C providers.

DARK GREEN VEGETABLES

When looking to boost your iron levels, go for the green. Spinach, for example, has 3.2 milligrams per one-half cup. Peas and lima beans are also good sources.

BLUE AND PURPLE VEGETABLES

Blue and purple foods add interest to the color palate of your plate and also bring considerable nutritional value to the table. The blue compound that makes blueberries blue is a powerful antioxidant and good for heart disease.

BLUE AND PURPLE VEGETABLES

White vegetables may not seem as colorful as others, but they can be highly nutritious. Cauliflower and turnips contain rich amounts of compounds known as glucosinolates, which may provide some protection against cancer. Garlic and onions contain antioxidants called polyphenols, which may play an important role in managing chronic inflammation.

BROCCOLI SOUP

Here's creamy comforting broccoli soup. Broccoli is a great source of vitamin k and c and also a good source of folate.

-Hina Gautam (Ahmedabad)



Ingredients:

Whole broccoli (parboiled) - 1 Cup
Big onion (chopped) - ½ Cup
Garlic (chopped) - 1 tsp
Olive oil or butter - 1 tbsp
Salt and pepper as required
Cream (optional) - 1 tbsp
Cheese - 1 tbsp
Almond Slivers - 1 tbsp

Method:

1. In a pan heat butter, saute onion and garlic.
2. Add in broccoli florets along with 2 cups of water.
3. Boil till broccoli gets completely cooked.
4. Cool this mixture and blend in mixture to form a smooth paste.
5. Transfer this mixture in pan and add salt and pepper. Add water to adjust consistency and boil.
6. Pour this mixture in bowl and top with grated cheese & almond slivers Sprinkle Chili and serve hot.

PUMPKIN SOUP



Ingredients:

Pumpkin - 2 bowl
Butter - 2 Tbsp
Onion - 1
Chopped garlic - 1 tsp
Black pepper - 1 Tsp
Cream - 1 Tbsp
Coriander - $\frac{1}{4}$ cup
Salt as per taste.
Water as needed.

Method:

1. Roast onion, garlic and pumpkin in a pan or OTG.
2. Close pan.
3. When churn the mixture into smooth paste, add water.
4. Boil the mixture again, add all the spices. Add cream and serve hot.
5. Garnish with cream & pumpkin seeds.

ROASTED GARLIC GREEN PEAS SOUP

Roasted Garlic Green Peas Soup is very healthy and rich in taste. Roasted Garlic Green Peas Soup is vegan and gluten free. Roasted Garlic Green Peas Soup also a great party starter. Roasted Garlic Green Peas Soup is so refreshing and full of flavor. It is so simple and easy to make. It is full of antioxidants and a rich source of protein with lots of vitamin C.

Ingredients:

Fresh or Frozen Green Peas - 2-3 cup
Cashew Nuts - ¼ cup
Medium Sized Onion Roughly Chopped - 1
Head Garlic - 1
Olive Oil - 1 tbsp
Ground Black Pepper - 1 tsp
Salt
Vegetable Stock or Water - 3 cup
Crushed Red Pepper for Garnishing - 1 tsp
Ground Black Pepper for Garnishing - 1 tsp
Cashew Cream for Garnishing (optional) - 2-3 tbsp

-Binaji Pandya (USA)

Method:

1. Take a sauce pan. Add olive oil, peeled garlic and roast it till golden brown.
2. Add roughly chopped onion, cashew nuts and sauté it for 2-3 minutes on medium to high flame.
3. Add green peas, salt, ground black pepper and mix it or stir it for a minute, then add water/ stock and boil it for 7-8 minutes till peas become soft.
4. Switch off the flame and let it be cool down little bit. Now use hand blender and blend it till smooth and creamy texture.
5. Switch on the flame and again cook it till boil.
6. Now soup is ready. Pour into the serving bowl
garnish it with cashew cream, black pepper and crushed red peppers.
7. Serve hot or cold Roasted Garlic Green Peas Soup with bread, croutons.



PALAK SHORBA

Palak Shorba or Spinach Shorba is similar like spinach soup with Indian spice touch up. Shorba is one of various kind of soup or stew like simply gravy. Originally shorba is a Mughlai cuisine recipe, but you can also call it Punjabi or north Indian recipe. Palak shorba is rich in taste and very delicious with lots of nutrition. Palak or spinach is full of nutritional goodness and can make any dish attractive by giving it a lovely bright green color.

Ingredients:

Big Bunch Spinach - 1
Medium sized Finely chopped onion - 1
Garlic Clove Finely Minced - 5
Milk - 1 cup
Cumin seeds - 1 tsp
Bay leaves/ Tej Patta - 2-3
Cloves/Laung - 2-3
Small Piece of Cinnamon/Dalchini
Ghee/Oil - 2 Tbsp
Red Chili Powder - 1 tsp
Garam Masala - 1 tsp
Mint Leaves - ¼ cup
Green Chili - 1
Ginger Paste - 1 tsp

For Tempered (opt):

Chopped Garlic
Pinch of red chili powder
Ghee/Oil - 1 tsp

Method:

1. Wash and remove the stems of spinach leaves, chop it roughly and keep aside.
2. Heat ghee in a pan. Add cumin seeds, bay leaves, cloves, cinnamon and sauté.
3. Add finely minced garlic and fry till golden color.
4. Add chopped onion, sauté for few minutes till golden brown or translucent.
5. Add chopped spinach, red chili powder, garam masala, ginger paste, salt and mix well till soften.
6. Once spinach become soften; add milk and bring it to the boiling point.
7. Switch of the flame, cover it and let it them little cool down.
8. Add prepared mixture into a blender. Add fresh mint leaves, green chili and blend it well, make the smooth puree.
9. Take same pan, pass the puree through a sieve so that the small remains of the strand get removed.
10. Boil it again; add water or milk as per your choice or how thick or thin consistency you want.

For Tempered:

1. Now heat ghee in the small tempering pan. Add chopped garlic, fry it till golden, and then add pinch of red chili powder, cook it for few seconds, and tempered over the Palak Shorba.
2. Remove it from the flame, serve it in the soup bowl, garnish with dash of cream, or sprinkle some black pepper powder as per your choice.





CARROT COCONUT MILK SOUP

Carrot is good for health. In winters carrot and coconut both are good to consume. This recipe is simple and tasty.

-Hina Gautam (Ahmedabad)

Ingredients:

Butter - 1 tsp
Onion - ½ cup Chopped
Carrot- 1 Bowl Chopped
Chopped Ginger- 1 tsp
Coconut Milk - 1 Cup
Salt as per taste.

Method:

1. Take butter in a pan, roast ginger and onion.
2. Then add carrot, water, coconut milk & salt, boil for 3 minutes.
3. Blend the mixture.
4. Garnish with coconut flakes. Serve hot.



Roasted Red Bell Pepper **and** Tomato Soup

Ingredients:

Red Bell Peppers-2

Tomatoes-2

Onion chopped-1/2

Olive oil-2 tbsp

Garlic-2 cloves

Vegetable stock

Hot sauce-1 tsp

Salt n Pepper to taste

Cherry tomatoes n Basil leaves to garnish

Method:

1. Clean the bell peppers, cut them in half and remove seeds.
2. dice tomatoes n onion.
3. roast red bell pepper, tomatoes, onion n garlic with lil olive oil, salt n pepper in grill pan or OTG.
4. let it cool, blend in mixie.
5. add vegetable stock, salt, pepper n basil leaves.
6. boil for 5 min.
7. garnish with cherry tomatoes n basil leaves.
8. serve hot.

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



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FRUITS & THEIR MANY BENEFITS TO OUR HEALTH

When humans first appeared on earth, we were mainly vegetarians. We would eat vegetables and fruits where we found them and our food eating habits depended on where the food was. Humans travelled around the world, out of Africa, looking for better fruits, among other things. Fruits have always been our best friends. They give us some very essential nutrients and minerals that we need to survive and be healthy and happy. But, why do fruits benefit us so much?

-Hina Gautam (Ahmedabad)

BENEFITS OF FRUITS

1) Most fruits have very little sodium (salt), fat, and calories. They add no weight to our body but nourish it with essential nutrients. Fruits have no cholesterol too which makes them very healthy for our hearts.

2) Fruits are rich in dietary fibre which is very important for our digestion system. It reduces cholesterol and hence the risk of heart disease. If you ever feel constipated, eating some fruit helps because it provides the body with fibre that improves bowel function. It is important to note here that cut-up or whole fruits are excellent sources of fibre, but juices provide little to none.

3) There is a substance in fruits called folate which is a form of folic acid. Folic acid helps our body to produce Red Blood Cells. This makes our blood circulation better and we feel healthier because all our body parts are receiving

enough nutrients. Women who are pregnant should consume adequate amount of folate through fruits and supplements to ensure both mother and the baby's health.

4) Potassium which is present in many fruits is necessary to regulate our blood-pressure, so it remains within healthy levels.

5) Fruits contain many essential nutrients such as potassium, fibre, Vitamin C, and folic acid. All of these elements are missing from our regular diets, which makes it important to supplement it with fruits regularly.

6) Eating a diet rich in fruits can help prevent many ailments such as heart attacks, strokes, cardiovascular diseases, and even type-2 Diabetes. If you have diabetes eating fruits can help regulate your body sugar levels.

WHICH FRUITS TO EAT?

So, now that we know why we must eat fruits,

it is also important to know which fruits we must eat and for what purpose. Fruits are seasonal and knowing when to eat what is half the battle won. There are some benefits that are felt from eating all fruits and others that are only present in some. Here's more:

GUAVA

Guavas are very high in Vitamin C. Eating up to 30 grams of Guava will provide the full daily requirement of Vitamin C. It also has folate, Potassium, Copper and Manganese, all of which are essential nutrients. Vitamin A is another vitamin present in Guavas. The antioxidants in Guava are great for reversing the ageing process and make you feel younger. Fibre and Pectin, both are great for the digestive tract and can help prevent colon cancer down the line.

PAPAYA

Papaya is one of the healthiest fruits. It has a lot of Vitamin C, Vitamin A, folate, and

potassium. The antioxidant lycopene is present in Papaya and is absorbed most from eating Papaya as compared to eating any other fruit. Eating papaya also makes your digestion better at digesting proteins which is essential for growth and muscle regeneration.

BANANA

Bananas are known for having a very high concentration of Potassium. Eating a single banana gives 12% of the daily requirement. Eating green bananas can help with controlling body sugar and gives you the feeling of being full preventing over-eating. Eating bananas before exercising or engaging in heavy physical activity has shown to have a positive effect on your health.

ORANGES

One of the most popular fruits in the world, oranges are an excellent source of Vitamin C. Orange juice is the most commonly consumed fruit juice around the

world. Oranges also contain a lot of Vitamin B, thiamine, and folate. The high content of citric acid in Oranges helps dissolve kidney stones and even prevent them.

APPLE

As the old saying goes "An apple a day keeps the doctor away", Apples are one of the commonest fruits around the world. Apples contain high fibre, Vitamin C, Potassium and Vitamin K. Some types of Vitamin B are also present in Apples. Apples reduce risk of heart disease, Diabetes, and Alzheimer's disease. Apples are also good for bone health.

PINEAPPLE

Pineapples are very high in Vitamin C and Manganese and just a cup worth of Pineapple provides more than the daily requirement for both minerals. Pineapples also contain a chemical called Bromelain, which prevents, cancers and tumour growth.

ABC JUICE

There's no better way to start the day than with a glass of homemade fruit and vegetable juice. Its easy to make and for kids who don't eat beet a good start for the kids.

Ingredients:

Apple - 1

Beetroot - 1

Carrot - 1

Mint - 10 - 12 leaves

Ginger - ½ tsp

Lemon Juice - ½ tsp

Method:

1. Make a juice of apple, beetroot and carrot then add ginger, mint leaves, and churn it.
2. Take a lemon juice and add in juice and serve.

-Hina Gautam (Ahmedabad)



PINEAPPLE BANANA SMOOTHIE

Start your day with this delicious Banana Smoothie. This Smoothie is a glass of tropical sunshine with a slight and refreshing tanginess.



Ingredients:

Pineapple - 200 gram

Banana - 1

Honey - 1 tsp

Cinnamon powder - ¼ tsp

Method:

1. Take a mixer add main ingredient, Banana and pineapple and churn it one time.
2. Then add all other ingredients and churn again.
3. Serve Cold.

STRAWBERRY SMOOTHIE

The best simple strawberry recipe that has nothing to prove. Enjoy this delightful smoothie made with fresh strawberries. Smoothies are a fun way to get children interested in fruits.

Ingredients:

Strawberry - 1 cup

Banana - 1

Hung curd - 1 Cup

Maple syrup - ½ tsp

Ice - cube - 3 - 4 cubes

Method:

1. Mix strawberry, banana, hung curd and churn in juicer. Add Ice-cube and churn again, Serve chilled.



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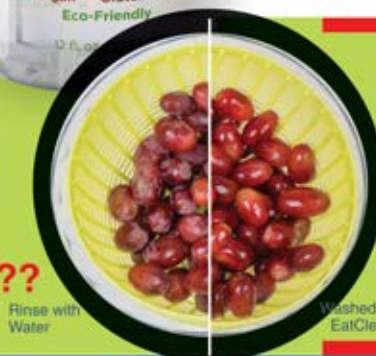


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STRAWBERRY WATERMELON SMOOTHIE

A perfect drink for taste & color. This combination of strawberry and watermelon is delicious and refreshing.

-Geeta Khuman (Ahmedabad)



Ingredients:

Strawberry - 1 cup

Water melon -1 Cup

Honey - 1 tsp

Black pepper - ½ tsp

Ice - Cube - 2 - 3

Method:

1. Mix strawberry, water melon and churn it. Now add ice - cube, honey, and churn again.
2. Serve it in glass.

LAYERED SMOOTHIE

Looking for some layered smoothie inspiration, check out this amazing layered smoothie.

Ingredients:

Mint for Serving

Spinach - 1 bowl

Banana - 2

Beet - 1

Soaked chia seeds - 1 cup

Ice - cubes - 5 - 6 cubes

Method:

1. Take 1 banana, spinach, ½ cup chia and ice - cubes in mixer and churn well and keep aside. Then, in the same mixture add all the other ingredients beet, banana, chia seeds, ice - cubes in mixer and churn.
2. Take a serving glass add spinach smoothie in it, then with the help of spoon add beet smoothie in it similarly repeat the layers and serve chilled.



SPINACH SMOOTHIE

Spinach is the ideal choice for a green smoothie thanks to its neutral taste. Spinach is a healthy vegetable good for eyes and full of iron.

Ingredients:

Spinach - 1 bowl

Mint - ½ cup

Banana - 1 small slice

Soaked chia seeds - ½ cup

Ice - Cubes - 3 - 4 cubes.

Method:

1. Mix all ingredients in jar and churn it serve chilled.



GOLDEN GLOW JUICE

Ingredients:

Carrot - 1 cup

Orange Juice - 1 cup

Papaya - ½ cup

Black pepper - ¼ tsp

Honey - 1 tsp

Ice cubes to serve

Method:

1. Take orange juice, carrot and papaya and grind in juicer and strain.
2. Add ice cube, black pepper and honey to it.
Mix all ingredients and serve chill.





GUAVA CHILLI JUICE

Ingredients:

Guava -2

Sugar syrup - 1 tbsp

Red Chilli powder - 1 tsp

Lemon juice - 1/2 tsp

Method:

In a mixer-grinder, crush guava and add green chillies. Add sugar syrup to this. Apply lemon juice on the rim of chilled glass and then dip the glass in red chilli powder and pour guava juice. Serve chilled.

-Ami Bhatt (Baroda)



KIWI PINEAPPLE SMOOTHIE

Ingredients:

Kiwi -1

Pineapple - ½ Cup

Ice cubes - 2 to 3 cubes

Salt to taste

Method:

Mix all juicy ingredients, salt and ice-cubes to juicy bowl and churn it. Serve chilled with more ice-cubes.

Interview with **Kamlesh Mehta**



Mr. Kamlesh Mehta is a well-established industrialist with roots in engineering. At the dawn of his career, he started out with a business manufacturing air conditioning for the pharmaceutical industry, which instilled in him an eye for details. His business took him around the world often and, being a foodie, he loved tasting the various cuisines he was exposed to. Out of all the countries he visited, France titillated his taste-buds the most, but being a vegetarian, he was dependent on baked foods and breads for the most part. French bakers being some of the best in the world, he fell in love with French baking and was inspired to engage in baking and French cuisine. He first established A Class Apart Bakery in Ahmedabad, baking universally loved bakery items. As this project was blossoming, he came across a young and enthusiastic food blogger who further inspired him to grow his vision. This led to the opening of the Little French House - Café & Bakery. It is truly a unique café in Ahmedabad's food culture and has a one-of-a-kind menu filled with a wide assortment of international delicacies!

We decided to catch up with him about his vision and success:

Q. Where did it all begin?

A. I am a mechanical engineer turned industrialist turned food enthusiast turned baker! It has been a very interesting journey. My business took me across the world and, being a foodie, I loved exploring all the different styles of food I came across. My one big problem was the lack of vegetarian foods around the world. I faced this problem the most in France, there were hardly any vegetarian options. I loved French baking like no other and feeling that lack of vegetarian options, I sought to provide that here in our own city, Ahmedabad!

Q. What makes your bakery/café unique? Is there something that is especially different?

A. When I first decided to start a venture in the

food industry, I made sure to do my homework. My experience working in the engineering business for the pharmaceutical industry instilled in me a real knack for details. The first thing I observed when I visited manufacturing units for bakeries in the city was the rampant mismanagement and a gross disregard for health and safety codes. In the air conditioning business, we had to take extreme care of our quality standards as even a small mishap could lead to major malfunction in the pharmaceutical plants. That attention to details has carried on to my food business as well.

Anywhere there is human contact with food, the rooms have to stay air conditioned, no one enters the facility without a hairnet or hat, and there are hand sanitizers

at every station. Of all the industries, food is one that we all need to be up to code with health and safety regulations. It is a simple thing, but I think it really sets us apart!

Q. How were you able to create such an authentic French cuisine café?

A. Well, like I said out of all my travels, France has always been my favourite destination, mainly because of their baked goods. I already knew a lot about French cuisine and had several ideas about fusing it with the Indian taste to create an authentic yet unique take on French foods. Our chef worked in a French cruise ship, which everyone knows is the best baked French food in the world. Cruise chefs are restricted to cooking mainly baked foods which makes them experts and

coming from a French cruise, he is especially skilled. His vision and innovation in French cuisine synced very well with him, and I knew it had to be him. There was no room for compromise and together we have been able to execute our ideas just beautifully!

Q. We see a lot of different breads in the display there, could you tell us more about them?

A. Yes absolutely! Breads are our bread and butter! That's the one baking joke I know! We have planned in total about 40 varieties of bread out of which 15 are health-focused which you are seeing here. They include multigrain, focaccia, rye, oat, whole wheat, and they are all produced here itself, in-house. During my research I discovered that a lot of bakeries get their

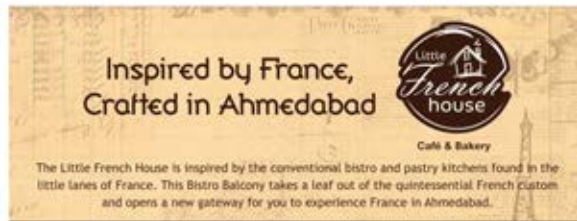
bread made in manufacturing plants where it becomes very difficult to maintain a standard of quality. We believe in absolute transparency and have strived to make as much of our food in-house as we can!

Q. What is the average shelf-life of one of your breads?

A. We advise our patrons to refrigerate any bread after two days. For two full days they retain their freshness as is. After that they are good for another 5 days as long as they are refrigerated. In total our breads can last up to a full week with the same level of freshness!

Q. Your attention to detail is amazing in every aspect of this venture, we are curious to know what your vision is for the future?

A. We plan on launching all of the 40 types of breads we have planned. Together, my chef and I have come up with several vegetarian takes on traditional French cuisine, which we believe is something rare across the country, not just Ahmedabad. Our pastas and pizzas are made completely from scratch and in-house which we expand the flavours available. We are very grateful for people loving our tribute to European cuisine, and we plan to continue along the same path with many more surprises in store!



Our Specialties :

For Café :

Vichyssoise Soup, French Onion Soup, Croissant Sandwich
Flat Bread Pesto Pizza ,Roasted Tomato Basil Risotto
Farmer's Tear and Share Bread, Burnt Garlic Rice with pepper sauce, Crepes

For Bakery :

Macaroons ,Focaccia Bread, Multigrain Bread
Sourdough Bread ,Cakes & Pastries

Price: Approx. Rs. 600 (for two persons)

Timings: 11:00 am to 11:00 pm



BREAKFAST

OATS

YOGURT

-Hina Gautam (Ahmedabad)



Ingredients:

Hung curd - 1 cup

Oats - ½ cup

Honey - 1 tsp

Sesame seeds - 1 tsp

Strawberry - 2

Pumpkin seeds - 1 tbsp

Strawberry pulp - 2 tbsp

Chia Seeds - 1 tsp

Method:

Heat a pan and dry roast the oats in it. Then add the strawberry pulp and take it off the flame. Pour it in a bowl when it comes to room temperature. Add hung curd to it. Transfer it into a serving plate and garnish with all other ingredients.

DRAGON FRUIT SMOOTHIE

All the fruits in this smoothie gives it a bright colour which makes it attractive. It's a healthy smoothie to be relished in any season. Beet and pomegranate is rich in vitamin A. This can be a very good drink for the kids.

-Kiran Amin (Ahmedabad)

Ingredients:

Dragon fruit (purple colour)- 1

Beet root - 1

Pomegranate - ½ cup

Lemon - 1

Sugar as per taste.

Method:

1. Wash and peel the three basic colourful ingredients and deep freeze for 24 hours.
2. In a mixer, grind them along with juice of one lemon and sugar to taste.
3. Serve immediately with some whipped cream.
4. Sprinkle some chia seeds and mint leaves.



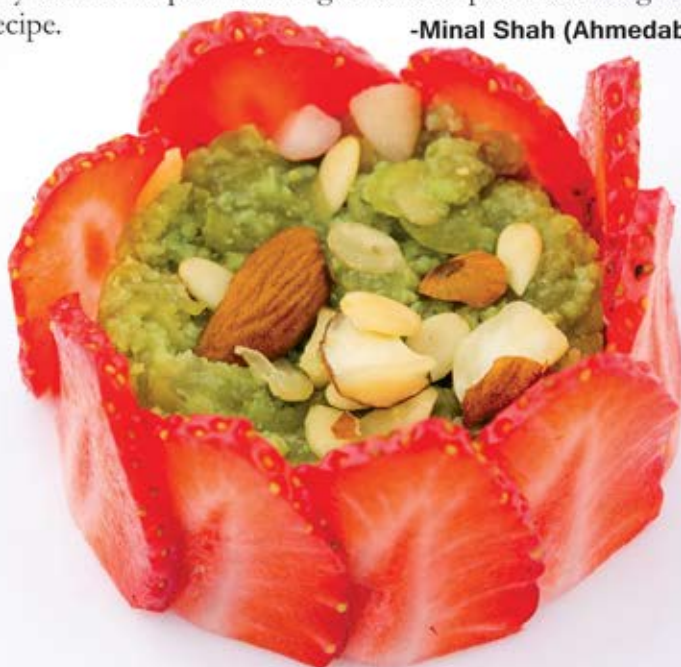
LAUKI MOTI CHUR HALWA

This lauki halwa is lip smacking and healthy too. Lauki promotes digestion and promotes weight loss also keeps the heart healthy. A must try recipe.

-Minal Shah (Ahmedabad)

Ingredients:

Bottle Gourd - 1 kilogram
Sugar - 1.5 cup (300 grams)
Mawa - 1 cup (250 grams)
Milk - 1 cup
Ghee - ¼ cup
Cashew nuts - 15
Almonds - 15
Green Cardamom - 6 to 7
Moti Chur Laddu - 1
Strawberry to Garnish



Method:

1. Rinse the bottle gourd thoroughly and pat dry. Remove the stalk and peel the gourd.
2. Now chop down the gourd in small chunks with 3 to 4 inch dimensions. Then grate the chunks
3. Finely chop the almonds and cashews for halwa. Also, peel the green cardamom and make powder.
4. Heat a pan to make the halwa and add the grated lauki to it.
5. Add 1 cup milk to the lauki and mix thoroughly. Stir the mixture really well.
6. Now cover and let the lauki simmer on medium flame for 3 to 4 minutes or until it gets tender.
7. Check the lauki if it turned tender. Cook it more until the milk mixes well to it. So, now leave the pan uncovered and increase the flame to maximum. Keep stirring after every 1 to 2 minutes to prevent it from browning at base.
8. When the milk evaporates completely, add 1.5 cups of sugar to the pan and mix really well.
9. The halwa gets watery after adding sugar. So, let the halwa simmer until the water evaporates completely.
10. Do keep stirring the halwa after every 1 to 2 minutes else it will turn brown at the base.
11. To roast the mawa heat a pan and add crumbled mawa to it.
12. Roast the mawa on medium-low flame until you see little change in the color. Keep stirring constantly.
13. There is nice change in color and you can see ghee leaving its edges. Mawa is now roasted well and ready to use.
14. Transfer the mawa to another bowl to prevent it from turning brown.
15. Now add ¼ cup ghee to the halwa and mix well. Stir constantly and roast for 1 to 2 minutes.
16. Later, add roasted mawa, followed by chopped dry fruits. Mix everything really well. Also add green cardamom powder to it.
17. Mix everything really well and cook the halwa for 1 to 2 more minutes.
18. Transfer the halwa to a serving bowl or plate. Garnish with some chopped dry fruits.
19. Add Mashed moti Chur laddu in Halwa. And stuff in The Dragon Fruit and garnished It with Dragon Fruit Slice.



Pari's Kitchen offers a wide range of baked treats and desserts including cakes, cupcakes, brownies, cookies, chocolates and much more. We also cater for customers requiring cakes and cupcakes for weddings, birthdays, events and other celebrations.

As a home baker one of the key factors in success has been its ethos that cakes taste best when they've been freshly baked. All our bakery products are eggless & freshly prepared on order only. We are committed to using fresh, high end ingredients including certified food-grade colors and fresh cream.

Priyanka Gandhi, the founder developed the Pari's Kitchen concept in 2017 keeping in mind the fact that there are very places in Ahmedabad where one can get freshly prepared homemade cakes at affordable rates. Her vision for bakery & love for cooking transpired to be something that many within Ahmedabad and other cities came to shae.

It has always been our aim to provide quality, value for money and truly special products for our customers. We believe that the consistent achievement of these goals along with total quality of service is what makes us the natural choice for your special occasion or event. We hope you agree!



Pari's Kitchen



Orders accepted for

- **Homemade Cakes,**
- **Cupcakes,**
- **Cookies & Chocolates**



Priyanka Gandhi



9925203035

**55, Ghuma 89 Resi, B/h Kabir Enclave,
Vibhusha Bunglow Rd. Ghuma, A'Bad – 58**



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LAYERED HANDVO

Handvo is a popular Gujarati dish prepared with mixture of few powdered pulses. This is an innovative handvo recipe to give a twist to a regular handvo recipe. You will surely like it , have a try at it.

-Priyanka Gandhi (Ahmedabad)

Ingredients:

To Be Mixed Into Kand Mixture:

Peeled , parboiled and grated purple yam (kand) - 1 cup
Finely chopped green chillies - 1 tsp
Sugar - 2 tsp
Lemon juice - 1 tsp
Arrowroot (paniphal) flour - 1 tbsp
salt to taste.

To Be Mixed Into Paneer Mixture:

Grated paneer (cottage cheese) - 1 cup
Green chutney - ¼ cup
Salt to taste.

To Be Mixed Into Potato Mixture:

Peeled, parboiled and grated potatoes - 1 cup
Finely chopped green chillies - 1 tsp
Sugar - 2 tsp
Lemon juice - 1 tsp
Arrowroot (paniphal) flour - 1 tbsp
salt to taste.

Other Ingredients

Ghee for greasing - ½ tsp
Oil - 1 tbsp
Cumin seeds (jeera) - ½ tsp
Sesame seeds (til) - 1 tbsp

For Serving:

Green chutney

Method:

1. Grease the baking dish using ½ tsp of ghee.
2. Spread the kand mixture evenly at the bottom of a greased baking dish, followed by the paneer mixture and finally the potato mixture. Keep aside.
3. Heat the oil in a small non-stick kadhai and add the cumin seeds.
4. When the seeds crackle, add the sesame seeds and sauté for a few seconds.
5. Pour this tempering over the layered baking dish and bake in a pre-heated oven at 80°C for 20-25 minutes or till light brown in color. Keep aside to cool for 2 minutes.
6. Cut into 8 equal pieces and serve immediately with green chutney.
7. Serve hot with chutney.



SPICY WAFFLE

Try these crispy, savory waffles for any meal of the day.

Ingredients:

Dosa Batter - 1 cup

For Green Batter:

Spinach leaves - 8-10

Garlic cloves - 5 - 6

Green chilly - ½ tsp

Small piece of ginger

Chopped carrot - ½ tsp

Chopped capsicum - ½ tsp

Salt to taste.

Take spinach leaves, garlic, green chillies, ginger grind it and add it to 3 tsp dosa batter. Add chopped vegetables to it.

For Yellow Batter:

Fresh turmeric -1-2

Garlic cloves -5-6

Green chilly - ½ tsp

Small piece of ginger

Chopped carrot - ½ tsp

chopped capsicum - ½ tsp

Salt to taste.

Take fresh turmeric, garlic, green chillies, ginger grind it and add it to 3 tsp dosa batter. Add chopped vegetables to it.

For Red Batter:

Beet root - ½ piece

Garlic cloves -5-6

Green chilly - ½ tsp

Small piece of ginger

Chopped carrot - ½ tsp

chopped capsicum - ½ tsp

Salt to taste.

Take beetroot, garlic, green chillies, ginger grind it and add it to 3 tsp dosa batter. Add chopped vegetables to it.

Method:

1. Preheat the waffle maker for 1-2 min
2. Grease the waffle maker with little oil/butter
3. Spread all the three batters unevenly in waffle maker to get colorful texture
4. Cook till 3-4 minutes or until ready.
5. Serve HOT with coconut chutney, green chutney & tomato ketchup.



SIZZLING PASTA SALAD

-Devashree Thaker (Ahmedabad)

Ingredients:

Boiled pasta - 1 cup
Chopped garlic and onion - 1 tsp
Red Schezwan sauce - 2 tsp
Tomato ketchup - 2 tsp
Mixed herbs - ½ tbsp
Vegetables cut into dice - ½ cu
(Bell peppers and red Cabbage)
Paneer pieces as required
Peanuts - ¼ cup
Olive oil - 1 tbsp
Salt as required.

Method:

1. In a pan heat oil, saute onion and garlic then add vegetables and cook for 2mins.
2. Add in pasta along with sauces and herbs and toss well.
3. Lastly add paneer cubes and peanuts.
4. Place this salad on sizzler plate layered with cabbage leaves.
5. Give sizzling effect with butter and Ice water and serve warm.



COUSCOUS SALAD

This crunchy Mediterranean couscous salad is a refreshing break from everyday salad.



Ingredients:

Couscous – 1cup

Boiling water – 1½ cup

Chopped vegetables – ½ cup (Onion, cucumber, bell peppers, red cabbage)

Boiled corn and peas – ¼ cup

Baked beans – ¼ cup

feta cheese/paneer – ¼ cup

Juice of lemon – 1 tsp

Salt and pepper as required.

Khakhra for serving.

Method:

1. Take couscous in a bowl add salt and boiling water. Mix well, cover with tight lid and set aside for 10mins.
2. After 10mins you will notice couscous have increased in quantity, just scrape it with fork and transfer in a big bowl.
3. Add in all boiled and chopped vegetables. Also add salt, pepper, lemon juice, mix well.
4. Layer this mixture in glass, place baked beans on top with some mashed feta cheese.
5. Sprinkle paprika powder and serve with khakhra.

KAPHA PACIFYING DIET

According to Ayurveda, there are three elemental constitution (doshas or Prakriti), in human body. Kapha is responsible for the gross structure of the body (solid and liquid / phlegm-plasma). It is important to eat foods that have a balancing effect on the dominant dosha or that will pacifying (stabilize) a dosha that has become aggravated. You can balance or pacify excessive kapha by diet modification.

-Dr. Nehal Shah

TIPS TO BALANCE KAPHA

Kapha has heavy, oily and cold qualities, so you need to consume more steamed, light, hot, and dry foods, when it excess. One can take herbs to help digest heavy foods. Foods with pungent, bitter, and astringent tastes are most beneficial to pacifying kapha. Reduce foods with sweet, sour, and salty tastes. Eat smaller and fewer meals; eat more herbs. Breakfast maybe skipped. Avoid leftovers, canned, bottled, packaged, frozen, processed, rich and creamy foods. Avoid large quantities of food especially at night. Don't use foods as an emotional support.

KAPHA-PACIFYING DIET

Fruits:- Generally increase water, causes mucus and low the digestion. It is better to not combine fruits with other foods. Best are lemon, limes, and grape fruits (which dissolve mucus and reduce fat). They should be eaten without sugar. Lighter fruits such as apples, pears, cranberries, and pomegranate.

Such as fruits Banana, oranges, figs, dates, avocados, coconuts and melons are heavy and sour in taste so reduce it, as these fruits increase kapha.

Vegetables:-

Steamed vegetables are easiest on the digestive system. Most are diuretics (naturally drawing water from the system). The best are chilies, broccoli, cabbage, and celery. Next best are carrots, radish, turnip, raw onions, green beans, fresh peas, asparagus, coriander / cilantro, mustard greens, alfalfa, sunflower sprouts, chard. Third best are bell peppers, cauliflower, parsley, and spinach. Other vegetables increase water. Avoid Tomatoes, cucumber, sweet potatoes and zucchini.

Spices:- Dry ginger, mustard, Ajwain, fenugreek, asafoetida, bay leaves, nutmeg, turmeric, cloves, black pepper, cinnamon, oregano, thyme, sage, basil, cilantro, and parsley. Avoid salt (if absolutely necessary, black or rock salt maybe used because

it is the least aggravating water retention).

Grains:- Grains are nourishing and balancing for Kaphadosha. Whole grains of Barley, quinoa, dry or popped grain are best. Corn, couscous, millet, rye, and buckwheat are second best. Basmati rice in moderation. Avoid all kind of yeasted breads.

Legumes / Beans:-

Moong is a pure sattvik bean, and will not encourage gas. Most beans are good, particularly aduki, lima, and lentils, split pea, chick pea, broad/fava, soya and kidney beans.

Sweeteners:- Raw honey is acceptable. Reduce all kind of other sugar products.

Nuts and Seeds:-

They are heavy and hard to digest, so eaten only in small quantities. Sunflower and pumpkin seeds are acceptable. These are good protein (meat) substitute.

Dairy:- Low-fat milk is better. Goat's milk and soya milk are

acceptable when there are no congestion or digestive disorders. Always boil milk before drink it (which makes it easier to digest) and take it warm. You might add one or two pinches of turmeric or dry ginger to whole milk before boiling it to help reduce kapha increasing qualities of milk. Do not take milk with a full meal or with sour or salty food.

Buttermilk (lassi : ¼ cup organic yogurt ; and ¾ cup water) with meals, tofu can acceptable.

Oils:- Mustard, sunflower, corn, canola in moderation acceptable.

Beverages:-

Pomegranate, cranberry, grapefruit, lemon, and lime juices are good. Celery and other green vegetable juices are also helpful. Boiled, organic goat's milk (without food) with cinnamon and honey. Astringent or pungent teas (warm or at room temperature); made with alfalfa, raspberry, hibiscus, and dandelion. Avoid wine, alcohol, ice, or any cold drink.

Herbs:- Hot spices like; dry ginger, black pepper, cloves, and cinnamon improves the metabolism. Aloe, turmeric, barberry, and gentian reduce the desire for sugar and fats. Pungent and bitter tonics made with black pepper, cinnamon, saffron, ginger, shilajit, guggul, myrrh, aloe gel or juice are good for energy, where sage, basil (tulsi), brahmi, musk, guggul, myrrh are good as mind stimulants and mental clearing.

Herbal Preparation:-

Teas can be made with 1 to 2 teaspoons of herbs. The average amount of herbs to take is between ¼ to 1 teaspoon of an herb or of an herbal mixture just after meal. Twice as much raw honey, ghee or water may be mixed with herbs to form a paste. It is also advisable to cook herbs in a little oil or ghee, then add them to your food.

Listen to what your system tells you. One's intuition is the best doctor. Please enjoy these suggestions and live an increasingly healthy and harmonious life.

IMMUNITY BOOSTING FOODS FOR WINTER

Around the cold winter months, the sound of people coughing and falling sick is quite common. To protect yourself from common cold and flu, giving special attention to what you are eating is important. Eating immunity boosting foods can help you fight the winter blues.

-Sonal Shah (Ahmedabad)

The immunity system of your body acts as a barrier between your body and your surroundings, protecting it from all foreign invaders. Those invaders include bacteria, viruses, parasites, and some fungus, all with the potential to make us sick. They are everywhere - in our homes, offices, and backyards. A healthy immune system protects us by first creating a barrier that stops those invaders, or antigens, from entering the body. And if one slips by the barrier, the immune system produces white blood cells, and other chemicals and proteins that attack and destroy these foreign substances. They try to find the antigen and get rid of it before it can reproduce. But, in winter the changes in your environment can compromise your immunity system and weaken it making you more prone to sickness.

Having a healthy lifestyle which includes daily exercise to maintain a healthy

weight is crucial. Getting adequate amount of sleep and eating foods rich in zinc, iron, beta-carotene, Vitamins B6, B12, C, D, and E helps weather the storm!

So, let's learn about which foods to eat during the winter season so that our immune system is not compromised in any way:

BERRIES

Berries of any kind contain flavonoids, a type of antioxidant that helps with cell repair and boosts the immunity. Berries are rich in vitamins and minerals such as vitamin A, vitamin C, Potassium and Magnesium.

You can eat them with oatmeal or in fruit salad or you can add them in your morning smoothies.

GREEN TEA

Green tea not only helps with reducing your belly fat, but it also contains catechins and L-theanine which help in supporting

your immunity system. Not only does it boost your immunity system, studies have shown that Green Tea drinkers are less likely to develop several types of cancer such as breast cancer or prostate cancer. It keeps you looking young and feeling fresh all throughout the cold months of winter!

You can also add a few drops of lemon and honey to enhance the taste as well as increase the positive benefits of it.

MUSHROOMS

Not only are mushrooms a great topping on pizza they also have various types of nutrients and fibre. They consider a powerful vitamin called selenium which supports and helps repair our immunity system. Mushrooms are a natural fungus that have long been used in human diets and are still a favourite around the world! With various recipes available on the internet to cook different types of mushrooms, cook away!

PEPPERS

Bells peppers are low in calories and high in nutrients. They contain plenty of vitamin C, A and E which keep your skin and hair looking youthful. Bell peppers also contain vitamin B6 which is important for the health of your nervous system and helps in renewing cells. These colourful vegetables look and taste good in salads or as pizza toppings and even as roasted veggies. Coming from the same family of peppers, Cayenne peppers are a type of chilli pepper and also contain a lot of vitamins and nutrients which boost your metabolism and help curb your hunger. When taken in appropriate amount they can add flavours and nutrients in your diet.

GINGER

Ginger has been used since ancient time as medicine to relieve pain or inflammation and fight infections. Ginger contains the compound gingerol, which is a natural anti-inflammatory and

antioxidant. Its helps to relieve muscle pain, settling stomach, regulating blood sugar and protecting the heart from heart diseases. The benefits of ginger are endless, filled with magnesium, phosphorus and zinc, sipping on a warm cup of ginger tea on a winter morning can boost your overall health.

NUTS

Handful of almonds, cashews and walnuts can protect your immunity system as they are a rich source of fat, fibre, and protein. The fat in these nuts is monounsaturated fat, which is good for your health. Additionally, they are also packed with a number of vitamins and minerals such as magnesium and vitamin E. So instead of munching on junk food opt of these healthy goodies!

PIZZA SPECIAL

-Alpa Majmudar (Ahmedabad)

Basic Pizza Dough:

Ingredients:

maida 1-1/2cup,
instant yeast 1/2tsp ,
sugar 1/2tsp,
lukewarm water 1/2cup,
olive oil 1/2tbsp,
salt 1/4tsp,
sugar 1/2tsp.

Method:

1. In a bowl, take lukewarm. Add yeast and sugar. Mix well and set aside to rise.
2. Now take a large bowl. Add maida, olive oil, sugar and salt. Mix well.
3. Add yeast mixture and make soft dough.
4. Now transfer this to floured work table and knead gently for 10 min.
5. Make a ball shaped dough and put in a greased bowl. Apply oil on dough. Cover it and keep aside for 45 min to rise.
6. Now knock down air and roll down to desired pizza .Prick with fork and give rest for 5 min.
7. Bake at 230 degrees for pre baked base for 5 min till reddish. Now apply sauce, cheese, topping and bake again

Mexican Pizza

Prepare dough for base. Roll down as per your baking pan. Prick with fork...put in baking pan pan... spread sauce and cheese and toppings and Bake in a preheated oven for 200 degree centigrade for 15 min or till done



For Sauce:

Ingredients:

1 cup rajma(soaked,boiled & coarsely grind)
2 tomatoes pureed,
1 onion chopped,
1 capsicum chopped,
1 tsp red chilli powder,
salt to taste,
1tsp butter,
oregano/chili flakes,
garlic paste 1tsp,
sugar optional

Method: Heat butter. Saute onions and capsicum and garlic paste. Add tomatoes puree and all ingredients and cook till thick Put over Base. Cover with grated cheese and toppings like american corn, coloured peppers, jalapenos, olives . Sprinkle pizza seasoning.



Veg Barbeque Pizza

Make pizza dough. Roll down as per pan size. Prick with fork and put in baking tray or pan..
Apply sauce, cheese, toppings and bake at 200 degree in a preheated oven for 15 minutes or till done

Ingredients:

For Vegetables: 2 cups vegetables if your choice(peppers, baby corn, paneer, mushroom, onions, olives, capsicum)etc.

For Barbeque sauce: 3 tomatoes(blanched, grinded&sieved), 1/4 cup fresh curd, 1tsp garlic paste, 1 tsp red chilli powder, 1 tbsp cornflour, 1tsp soya sauce, 1 tbsp vinegar, 1tbsp worchsrstite sauce, 1/2 TSP mustard seed powder, 2tbsp tomato sauce, 1/4 TSP pepper powder, salt to taste.

Method: Mix all the ingredients of the barbeque sauce and then switch on the gas, stir and cook till thick. Mix in the Vegetables. Put over required base. Top with grated cheese and bake till crispy.

ASSORTED HALWA IN FRUITS

Rose Gajar Ka Halwa In apple

Ingredients:

- 1 Kg Carrots
- 1 1/2 Litre Milk
- 8 Green cardamoms
- 5-7 Tbsp Ghee
- 5-7 Tbsp Sugar
- 1 Tbsp Almonds, shredded
- 2 Whole Rose
- 1 tbsp Rose Water
- 1 Apple

Method:

-Chef Yash Kadia (Ahmedabad)

1. Peel and grate the carrots.
2. Simmer in milk with the cardamom until liquid evaporates.
3. Heat ghee in a heavy pan and add the carrot mixture.
4. Cook over a gentle flame for 10-15 minutes.
5. Stir in sugar and continue cooking until the halwa turns deep reddish color.
6. Now Mixed Some Chopped Rose Petals and Rose Water.
7. Now Scoop Apple And Stuffed The Halwa On it.
8. Garnished It With rose petals.

Chicoo Pista Halwa

Ingredients:

- pistachio- 1 cup, unsalted
- sugar- 1/2 cup - 3/4 cup
- milk - 1 tablespoon, for grinding
- water - 1 cup
- ghee - 1 to 2 tablespoons
- green food color- a pinch, optional
- silver vark - for decoration, optional
- 2 Chicoo

Method:

1. Soak the pistachios in warm water for 25 - 30 minutes. Drain the excess water. Peel the outer skin of it. It will easily come. Remove any brown skin, if any left out.
2. Grind it to fine paste using 1 tablespoon of milk. Keep it aside.
3. To a non-stick pan add in water and sugar. Let the mixture come to a boil. Keep stirring until the sugar melts completely. When it boils and starts bubbling, reduce the flame to low, add in the ground pistachio paste. Keep stirring vigorously in order to avoid formation of lumps.
4. Continuously stir the mix till it starts leaving the side of the pan. Add ghee in between.
5. Turn off the flame and allow it to cool.
6. Now Chopped Chicoo And Mixed It In Halwa And stuffed It in Whole Chicoo , Garnished with Dry Fruits.



Brownie Badam Ka Halwa In Strawberry

Ingredients:

- 1/2 cup sugar
- 1 cup milk
- 2 cup soaked almonds
- 3 strand saffron
- 1 cup ghee
- 1 pis Brownie
- 1 Strawberry
- 2 Mint Leaves

Method

1. soak the almonds in hot water for an hour. Once done, remove the outer skin of the almonds and grind them in a grinder to a paste with milk, sugar and saffron. Keep this mixture aside till further use.
2. Then take a heavy-bottomed pan and add half of the ghee in it. Heat it over high flame. Once the ghee is sufficiently hot, add the almond paste and cook till the halwa thickens. Make sure that you stir continuously as it may get burnt. In between, add remaining ghee in intervals and stir.
3. Once the halwa reaches the desired consistency, switch off the flame. Serve the badam halwa when it's hot and enjoy its sweet flavour. You can also garnish the halwa with chopped almonds and saffron strands.
4. Now Mixed Badam Halwa and brownie . Stuffed It in Strawberry And Garnished It With Mint Leaf.



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Ripa Gandhi : +91- 8140687529

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*** Jain food is also available

Delivery Time : 45 mins



Foodies Epicure is one of the best healthy Breakfast provider in ahmedabad.

We started Foodies Epicure one and half year ago with unique breakfast delivery at your doorstep.

Restaurant starts at 7.00 A.M. till 11:30 AM

Today everyone has busy schedule but we should not skip the breakfast as its energy booster for the entire day so with the motto **"Wake up and Eat HEALTHY"** we are providing healthy and nutritious home made breakfast in the morning.

A creative and passionate girl *Ripa Gandhi* is founder of foodies epicure. Ripa came with this unique thought in Ahmedabad. She is very hardworking and crazy about her this venture. She believes that food can not be serve without perfection .she serves delicious healthy and Nutritious home made breakfast to ahmedabad.

SARSON KA SAAG

-Binjal Pandya (USA)

One thing that remains evergreen, literally, is the traditional Punjabi dish of sarson da saag with makki di roti iron-rich, calorie rich dish. In many households, the dish becomes a staple diet for the winter. The dish is made from sarson /mustard leaves to which similar quantities of spinach and bathua.

Ingredients:

Spinach - 1 bunch

Mustard Leaves - 1 bunch

Rapini or Bathua - 1 bunch

Ghee (Clarified Butter) - 1 tbsp

Mustard Oil - ½ tbsp

Mustard Seeds - ½ tsp

Cumin Seed - ½ tsp

Pinch of Hing

Chopped Onions - ½ cup

Maize Flour - 4 tbsp

Garam Masala - 1 tsp

Red Chili Powder - ¼ tsp

Ginger-Garlic Paste - 2 tsp

Green Chili paste - 1 tsp

Salt.

Method:

1. Wash and clean all green leafy veggies, then remove the hard stem part from all leaves and keep aside.
2. Now boil the water in big deep pan, add ¼ tsp salt, once water start boiling add green leafy veggies in it, stir it and cook it for 2 mins or till soft. Strain the cooked veggie through strainer, pour cold water immediately over it to keep veggies color green. Add strained veggies into the mixer/blender jar and blend it to a fine paste and keep aside.
3. Heat ghee and oil in pan, add mustard seeds, cumin seeds and pinch of hing, then add ginger garlic paste, green chili paste and stir continuously for a mins. Now add maize flour, mix well and sauté for 2-3 mins.
4. Add prepared greens paste of leaves, salt, ½ cup of water, and stir it and cook it for 2 mins, then add garam masala, red chili powder stir it again for few minutes.
5. Sarson ka Saag is ready for serve, top it with white butter and serve it with makki ki roti.



INSTANT GREEN CHILLI PICKLE

Pickle is favorite to almost every person in India and Green Chilli Pickle is one of them. This Instant Green Chilli Pickle is very quick and easy to make. It is hot, spicy, tangy and delicious Instant Green Chili. Pickle which pairs really well with Paratha, Thepla, Rice, Roti or Mathari.

Ingredients:

Long Medium Hot Green Chilli - 250grms

Turmeric Powder - 2 tsp

Salt as per taste.

Lemon Juice - 1

Mustard Oil - 2 tbsp

Coarsely Crushed Yellow Mustard Seeds/Rai Dal - 1½ tbsp

Coarsely Crushed Fenugreek Seeds/Methi Dal - ½ tbsp

Coarsely Crushed Fennel Seeds - 1 tsp

Asafoetida/Hing - ¼ tsp

Turmeric Powder for Tempering - ¼ tsp

Method:

1. Wash and clean Green Chillies, give them slit, and then cut into 2-3 pieces.
2. Add Turmeric Powder, Salt and Lemon Juice, mix well and keep aside. 1
3. Now heat the Mustard Oil in a Pan, add coarsely crushed yellow Mustard Seeds, coarsely crushed fenugreek Seeds and coarsely crushed Fennel Seeds.
4. Add Hing, Turmeric Powder, and switch off the flame.
5. Add prepared Green Chilli, mix well, let it them cool down.
6. Instant Green Chilli Pickle is ready, you can store it in a Glass Jar.



WATERMELON SALSA

-Hina Gautam (Ahmedabad)

Ingredients:

Watermelon - 2 Cup Chopped

Capsicum -1/4 cup Chopped

Plum - 1/4 cup Chopped

Apple - ½ Cup Chopped

Pomegranate - ½ Cup

Lemon Juice - 1 tsp

Method:

1. Chop all the ingredients in good manner.
2. Add lemon juice.
3. Add a mixture in a water melon shell and serve chill.



Fortune



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RICE

-Hina Gautam (Ahmedabad)

Rice feeds over half the world. It is the third most produced grain following corn and sugarcane. It originated in the Yangtze valley of China 12,000 years ago from a single domestication of rice by the local people. All types of rice originated from that one domestication. It is both a grain and a grass. It grows as a tall willowy grass, but the individual piece is called a grain of rice. There are four main varieties of rice, they are **Indica**, **Japonica**, **aromatic** and **glutinous**.



Indica: About 75% of the rice around the world is Indica. It is medium to long grain, and it is grown in hot climates and has a lower starch content than other types of rice.

Japonica: Japonica was bred for growing in colder climates. It has more heft and starch which is used in Sushi.

Aromatic: It is a very special breed of rice, these are all very powerful flavours that you and smell like Basmati and Jasmine rice. Basmati smells of popcorn while Jasmine rice smells like jasmine.

Glutinous: Ironically it is called glutinous, but it has no gluten in it. All varieties of rice have no gluten in it. It is a very small grain with a very high amount of starch in it. It is gluten-like and is very sticky, hence the name.

Grain length of rice is a way we divide rice into categories too. Looking at ratios of starches inside, amylose and amylopectin are the two types of starches that can be present in a rice grain.

In a longer grain you have a lot of amylose which makes them non-sticky which makes them not stick to each other when cooked. Amylopectin on the other hand makes rice sticky which is present in all the types of rice with that starch. When you cook them, they become very sticky! We use that in sushi, risotto.

Arborio Rice: It comes from Italy, but it too originally came from China. The first domesticated rice was grown in China, it spread across south east Asia quickly and made its way to Italy through the spice trades.

What is the difference between brown and white rice?

Rice is a four-part anatomy. The hull, the bran, the germ, and the grain. Brown rice has the bran on it still. White rice is the removal of the bran and germ. So, all rice starts out as brown rice, but then the bran and the germ are removed after the husk losing some of its nutrition. So, brown rice is more nutritious than white rice.



GREEN RICE

-Hina Gautam (Ahmedabad)

Ingredients:

Fortune Rozana Rice-1 c

Spinach puree-1/2 c

Coriander-1/4 c

Mint-1/4 c

Green Chilli-2

Ginger-1 piece

Green Peas-1/2 c

Capsicum-1/2 c, chopped

Paneer Cubes-1/4 c

Butter-2 tbsp

Pulav Masala-1 tsp

Salt to taste

Method:

1. Wash n soak rice for 15 min.
2. Make a paste of coriander, mint, ginger n chilli.
3. Heat butter in a pressure cooker add spinach puree n green paste, saute for 2 min.
4. Drain water n add rice to above green paste. Add green peas n capsicum to it.
5. Add 1.5 c water, salt, pulav masala n mix well.
6. Pressure cook for 1 whistle.
7. Turn off the heat n open after 5 min. Add paneer cubes n mix it.
8. serve hot.



MEXICAN RICE

This is a easy vegetarian Mexican rice, served as a side or as main dish with tacos, burritos and more.

Ingredients:

Rice- 1 c, boiled
Beans-1/2 c, boiled
Sweet corn-1/2 c, boiled
Spring onion-1/2 c, chopped
Capsicum-1/2 c, chopped
Mexican red sauce-1 c
Cheese-1/4 c, grated
Salt, chilli flakes, oregano to taste
Oil-2 tbsp
Garlic-1 tsp, chopped

Method:

1. Heat oil, add garlic n saute for 1 min.
2. Add all vegetables n saute for 2 min.
3. Add sauce, boiled rice n all seasonings, stir lightly.
4. Add grated cheese n serve.





SPROUT PULAV

Ingredients:

Fortune super basmati rice - 1 cup

Oil 2 tbsp

Chopped garlic - 1 tsp

Green chilli chopped - 2

Turmeric powder - ¼ tsp

Red chilli powder - 1 tsp

Ginger - 1 piece

Small onion - 4

Small potato - 4

Small brinjal - 4

Salt to taste

Water as needed

Jeera powder - 1 tsp

Sprouts - 1 cup

Coriander - ¼ cup

Garam masala - ½ tsp

Jeera - 1 tsb

Wash and soak fortune super basmati rice in water for 20 minutes. Heat oil in a pan and add tej, clove, garlic, green chilli for 2 minutes then add potato, brinjal, onion to it. Now add soaked rice to it, salt, red chilli powder, turmeric powder, garam masala, sprouts and mix well. Then add 2 cups of water in it and cook it for 15 minutes. Then take in plate and serve hot.



VEG BIRYANI

Ingredients:

Fortune super basmati rice-1 c
Mix boiled vegetables-1 c
Tomatoes-1/2 c, chopped
Onion-1/2 c, chopped
Onion slices-1/2 c, fried
Oil-2 tbsp
Ghee-2 tbsp
Salt to taste
Turmeric-1/2 tsp
red chilli pd-1 tsp
Khada masala-1 tsp
Bayleaf-3
Hung curd-1/2 c
chopped Mint-1/4 c

Method:

1. wash n soak rice for 15 min.
2. cook it in 6 c of boiling water with little salt, bayleaf n ghee.
3. drain n keep it aside.
4. heat oil, add onion n saute for 5 min, add tomatoes n cook again for 5 min.
5. add boiled vegetables n all seasonings.
6. add hung curd n mint, stir continuously.
7. add boiled n drained rice n mix lightly.
8. drizzle ghee on it , garnish with fried onion slices, coriander, mint n serve hot with raita.



PINEAPPLE CHILLY RICE

Ingredients:

Boiled Rice - 2 cups
Pineapple - ½ cup
Spring onion - 1/2 cup
Red bell pepper - 1/4 cup
Chilly flakes - 1 tsp
Boiled potato - ½ cup
Green chilly sauce - ½ tsp
Turmeric powder - ¼ tsp
Black pepper - 1/2 tsp
Butter - 2 tsp
Salt as per taste

Method:

1. Heat butter in pan, red bell pepper, potato, pineapple, onion, green chilly sauce, salt, turmeric powder and chilli flakes.
2. Now add rice, mix well.
3. Serve in a bowl.



MASALA KHICHDI

Moong dal is rich in amino acids and protein, so this simple moong dal khichdi is very easy to make and healthy.

Ingredients:

Fortune rozana rice-1 c

Mung dal-1 c

Mix vegetables-1/2 c

Ginger, chilli, garlic-1 tsp each, chopped

Onion-1/2c, chopped

Ghee-1 tbsp

Oil-2 tbsp

Khada Masala-1 tsp

Red whole chilli-2

Salt, turmeric, red chilli powder, garam masala to taste

Jeera-1 tsp

Method:

1. Wash n soak rice n dal mix for 15 min.
2. Heat oil in a pressure cooker.
3. Add jeera ,khada masala n red whole chilli.
4. Add ginger, chilli, garlic n onion. stir well for 3 min.
5. Add vegetables, drained dal rice n saute for 2 min.
6. Add all seasonings n 6 cups of water.
7. Pressure cook for 2 whistles, serve hot with 1 tbsp of ghee on it.

PANEER PESTO BARBEQUE

Pesto sauce adds a different flavor when used in different ways. Paneer barbeque in pesto sauce is a yum dish as a starter. Just try this simple recipe.

-Bhavesh Wariba (Rajkot)

Ingredients:

Paneer -100 gram

Basil leaves - 200 gram

Cashew -1 cup

Salt to taste.

Mint Leaves - ¼ cup

Fresh Garlic - ½ cup

Pepper Powder - ½ Tsp

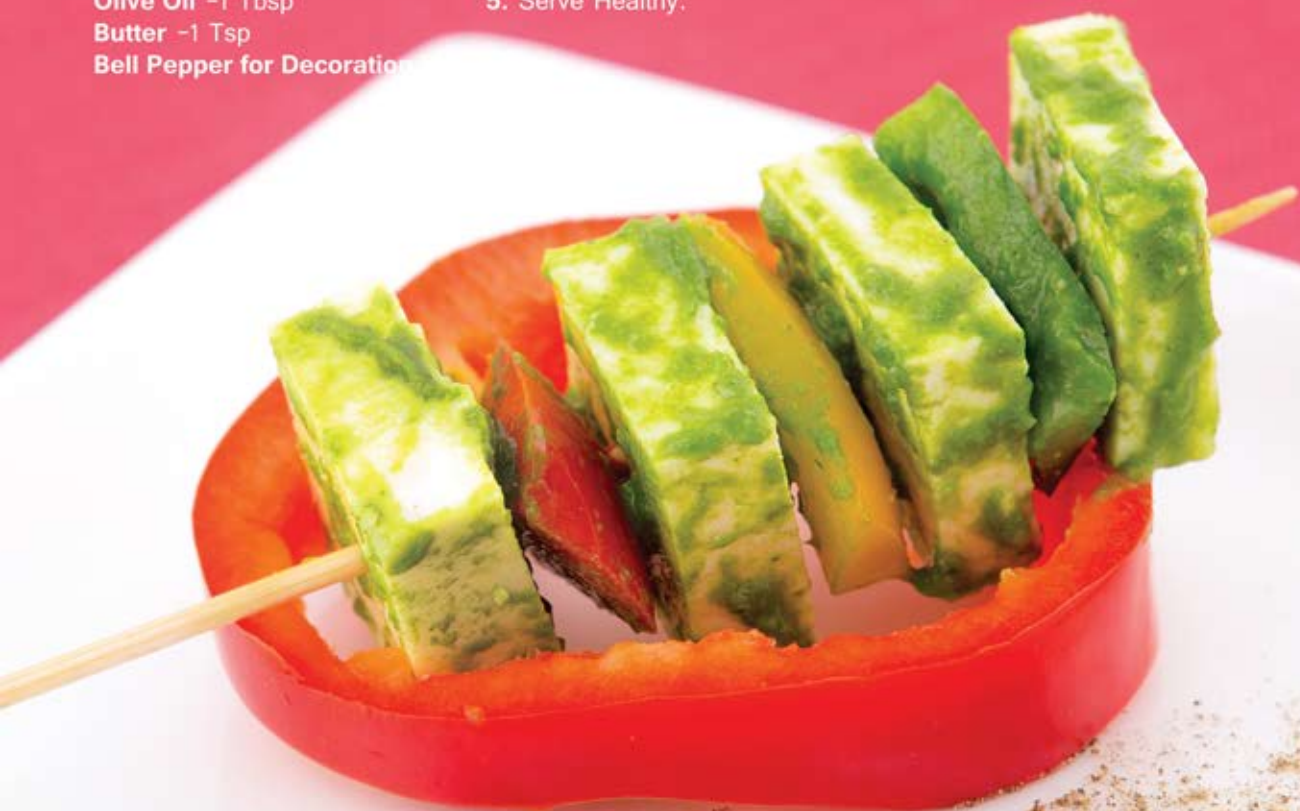
Olive Oil -1 Tbsp

Butter -1 Tsp

Bell Pepper for Decoration

Method:

1. Take Basil leaves, mint leaves, Fresh garlic, mix it well and grind it to make a paste.
2. Roast cashew in butter. Add roasted cashew to paste and grind it again to make it thick.
3. Add paste into a bowl, also salt, pepper powder and olive oil to it.
4. Make cubes of paneer and dip it into pesto sauce and make a barbeque Stick with paneer and capsicum and grill it.
5. Serve Healthy.



BEET BANANA KEBAB

Krishnaba Wala (Rajkot)

Crispy and delicious beetroot cutlet made with beet and raw banana. These kebabs are packed with goodness and full of yummy flavour.

Ingredients:

Beet - 1
Raw Banana - 2
Fresh Bread Crumbs - 1 Cup
Fresh Garlic - ¼ cup
Salt to Taste.
Peas - ¼ cup
Green Chilli - 1
Bell Pepper - ½ cup (chopped)
Jeera Powder - 1 Tsp
Red Chilli - ½ Tsp
Garam Masala - ½ Tsp
Lemon Juice - 1 Tsp
Sesame Seed - 1 Tsp
Oil to Fry
Butter - 1 Tsp

Method:

1. Firstly, boil beet and raw bananas, then after grate both ingredients.
2. Take a pan put hot the butter in it and add red chilli, fresh garlic, nicely chopped bell peppers in it stir fry it add crushed green peas, salt, green chilli, garam masala, lemon juice and mix it well after making flame off.
3. Mix all the ingredients well in bowl and add breads crumbs to make a kebab. Take oil in a pan and shallow fry kebab.
4. Serve hot and healthy kebab with tasty green chutney.

The Right Way to Stay Healthy and Happy

As the new year sets in, everyone is trying to make a positive change in their lives so that their new year is better than the last! But at the bottom of it all, the goal is always to live a happier and healthier life, as it should be! It is not easy to cultivate and maintain healthy habits that lead to a better lifestyle for you and your loved ones, but it is also not impossible. The smallest of changes can lead to a much more satisfactory life.

-Hina Gautam (Ahmedabad)

With that in mind, we have put together a list of habits that, if you cultivate and work on, will certainly increase your level of happiness and satisfaction from your life. Without further ado:

Regulate Your Sleep

The most common error we all make is to not have a tight sleep schedule and stick to it. Sleep is one of the most important processes that our body needs to do daily to stay healthy. Not getting enough sleep is related to several health conditions that rob you of your happiness. The benefits of getting a good sleep far outweigh the risks of not getting enough sleep. For example, getting enough and good sleep is shown to have a positive impact on your weight, mood regulation, and even your immune system. Setting a bedtime is the first step to ensure that you always have had enough rest. Once you cultivate the habit of sleeping around the same time every night,

you will find that your body feels a lot healthier and stronger. You are better prepared to make the most of every day if you have had enough sleep the night before!

Take a Break from Your Cell Phone

It is the age of technology and no matter how hard we try, it is an important part of our daily lives. Which is not a bad thing, as technology helps us accomplish a lot many things we could not before, but it also changes our lives in unhealthy ways. For instance, people spend entirely too much time on their phones looking at social media and unnecessary things when they could be doing something productive. Phones are very helpful, but they are also highly addictive and there are more and more

harmful effects of phone addiction that are coming out as more research is being done. Cultivating the habit of keeping your phone aside when you're at dinner with family or spending time with loved ones is a positive step.

Stay Hydrated, Always!

It cannot be overstated, the importance of drinking enough water when it comes to living a healthy and happy lifestyle. Our body is around 60% water, which means that there is always a need for more water as we sweat, use the bathroom, and lose water doing other bodily processes. Water cleans your system and makes sure your blood-sugar levels are regulated better, it also cleans your kidneys. Drinking a good amount of

water everyday has shown to have several positive effects on a person's health and state of mind. It is very surprising how little people focus on staying hydrated when the benefits of it are countless!

Say NO to Sugar

Sugar is a terrible substance that when consumed beyond a small amount can wreak havoc on your body. India is the diabetes capital of the world, and it is for a reason. Every time there is a special occasion such as a festival or a wedding or something religious, there are a huge amount of sweets. It can be hard to control your sugar intake if you are not careful of what you eat and how much. Sugar leads to all sorts of complications in your body in the long run, so it is best to control

your sugar intake. Cutting out aerated drinks, mithais, chocolates, icecreams, as much as possible from your diet is an excellent choice. Instead eat fruits when you crave sugar!

Find Your Own Exercise Routine

Not everyone likes going to the gym, but that does not mean that they do not care about their health or don't want to work on it. Moreover, you don't need to go to a gym to exercise and stay healthy. Doing cardio exercises at your own place is more than enough to keep your body in good shape. Learning about the different exercises you can do unsupervised and how to do them is crucial to maintaining a good shape. Staying fit fills you up with more confidence, which helps in all areas of your life. Find your own routine of exercise and stick to it!

How to Manage Your **1** Time Better as A **mother**

-Hina Gautam (Ahmedabad)

Mothers are the gift of God to children and their presence is absolutely necessary for a child to grow up healthy and in a positive manner. This also means that mothers have to give a lot of their time to their children, some of which can be helped by the father as well. But still, the mother bears the heaviest responsibility for her child's welfare, especially in a country like India. We often forget the sacrifices women make for the sake of their children, the biggest one being their time and own health. It is hence important that young mothers learn how to manage their time the best way possible so that they can be the best mothers they can be, but also have time to look after themselves. After all, without the good health and welfare of the mother, the child cannot have a good childhood. A mother and a child's health and happiness go hand in hand, at least till the children are fully grown and able to take care of themselves. In India,

cows are worshipped as mothers, but mothers are not worshipped nearly enough! Even though their contribution to society and life is far greater than cows! With that in mind today we will learn about some helpful tips that a young mother can use to figure out how to manage her time efficiently. For both, her and her children's sake!

Sleep is A Mother's Best Friend

Once you have a child, it becomes almost impossible to sleep at a proper time and enough. The constant attention that children need at a very young age drains a lot of energy and time from their mothers. And while mothers are more than happy and willing to provide for their children, their own health cannot be ignored. If they are not at their 100%, they and their children both will suffer. Being under-rested is very bad for a mother because it causes you to drag your feet and waste time throughout

the day. What could be done in 10 minutes might take 20 because you are so tired. Everything gets done slower, so you finish later, meaning you go to sleep later, and get less sleep than you should. It is a vicious cycle that can add a lot of strain to your and your child's health. Sleeping enough is crucial to a mother's health. To manage it better, you can take quick naps during the day when you get a chance. But, most importantly, enforcing a strict sleep schedule for your children is important. It helps you get enough sleep and manage them better!

Your Work Hours Define Your Time

Today, many mothers are also working as they are raising their children, which is a noble thing, but it takes a toll on the mothers. It is important that you maintain a strict boundary at work where your time with family and children is not up for negotiation. Work increases and decreases with time, but your employers

should know not to expect work from you beyond your working hours. Many working mothers make it clear that evenings and weekends are reserved for their family.

Learn to Say NO

There are many responsibilities that adults face and have to deal with on a daily basis, especially after having children. It is important that you know when to say no and what to say no to. Not every parent-teacher meeting, not every project at work, not every social function is important to attend. Learning when to say no to what is a skill that will help you save a lot of time and you will be able to manage your time with more control. Prioritizing important things like your health, your children's health, and your family's welfare is essential to a happy family life!

Daily Goals Must Be Attainable

During a day, there are several things that you need to take care of if you are a mother. Having a to-do list is

always a good habit to cultivate, but even if you are not able to do that, it is important to compartmentalize. Each task you set on your daily agenda must be such that you can accomplish it within a reasonable amount of time. You're not a superhero, so there is no point pushing yourself beyond your limits. It will only hurt you more!

No More Multitasking

Contrary to what one would think, multitasking is not a more efficient way of getting things done. In reality, it is worse than doing one thing at a time. Focussing completely on the task at hand is the best way to do a good job with it and then move on to the next thing as soon as you're done. When you are busy helping your children get ready for school, it is not helpful to think about the presentation you have to give later. Husbands can be a huge help in this area, where they can pick up some of the tasks to make sure you can focus on one thing at a time!



EXOTIC NOODLES STIR FRY

A simple recipe for Chinese stir fry noodles made with all the healthy exotic vegetables.

-Bhavika Bhutta (Mumbai)

Ingredients:

Kabuli Chana soaked and boiled - ½ cup
Exotic veggies (Broccoli, carrots, baby corn, zucchini par boiled) - 1 cup
Paneer - ¼ cup
Noodles boiled and sautéed in olive oil with garlic and coriander leaves - 1/2 cup
Ginger chopped - 1 tsp
Garlic chopped - 1 tsp
Green onion chopped with leaves - 1
Oregano, Chilly flakes, Salt and pepper as per taste .

Method:

1. Heat oil, add ginger , garlic and onions .
2. Add chilly flakes, oregano, salt and pepper.
3. Sauté for 2 minutes.
4. Add all veggies and paneer
5. Sauté on high flame.
6. Serve hot noodles.

PROTEIN PACK LAYERED KHICHDI

This recipe of khichdi is lip smacking and full of proteins. Sprouts are very healthy for the body. So this khichdi is very good for kids too. Just try it.



Ingredients for Sprouts mix:

Mix sprouts boiled - 1/2 cup
Onion chopped - 1
Tomato chopped - 1
Ginger garlic paste - 1 Tbsp
Coriander leaves chopped - 1 Tbsp
Pavbhaji masala - 1 Tbsp
Ghee - 1 Tbsp
Wheat flour - 1 Tbsp
Curd- ¼ cup
Salt to taste.

Method:

1. Heat ghee add onion, tomatoes, ginger garlic paste, coriander leaves, pavbhaji masala and salt.
2. Cover the lid, allow it to cool for 5 to 7 minutes on slow flame.
3. Add wheat flour and curd, let it simmer for few minutes and mix well.
4. Now add boiled sprouts.
5. Simmer for 2 to 3 minutes.
6. Keep it aside.

BELL PEPPER KEBAB



-Dipti Shah (Ahmedabad)

Ingredients:

Yellow, red and green bell peppers
Broken wheat $\frac{1}{2}$ cup
Chilly & ginger paste - 2 tbsp
Salt,
Crushed roasted peanuts - $\frac{1}{2}$ cup
Rolled oats - 2 tbsp

Method:

First of all cut three bell peppers in thick slice, and then soak it in water. Take broken wheat and boil it in less water. Add crushed peanuts, chilly-ginger paste, salt, rolled oats in it and fill it in the sliced bell pepper, after that freeze for 30 minutes and then shallow fry on non-stick pan.



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Kitchen

In a lot of older houses, the kitchen tends to be isolated and often small. Today, people want a kitchen that incorporates both a workspace and a casual space for dining or even working. The Kitchen is a laboratory and everything that happens has to do with science. The Kitchen is the most prominent and enclosed section or area in which edible food ingredients are brought together, gathered, combined through proper processing and cooked by various means of cooking methods for consumption. In simple terms, a kitchen is an area set aside for preparation of meals. The kitchen is the hub of any residence.

What does it take to create an ideal kitchen?????



**Wide range of Chimneys,
Hobs & Microwaves.**

We spend more time in the kitchen, its important to look at all the options and choose wisely to fit your particular needs and style. The key concept to keep in mind is the Work Triangle, this is the area where you spend the most time. You will move from the refrigerator to the sink and to the cook top. This trio of activities determines your work triangle.



State of Art Hardware & Fittings

Whether you're a workaholic who barely has time to open the fridge, a busy stay-at-home mom, or are in the running for your own show on The Food Network, has to do careful planning to ensure a kitchen that's both beautiful and highly functional. Keep in mind the following:

- Eliminate wasted steps.**
- Design wide walkways.**
- Find the right height for the microwave.**
- Use light colors in a small kitchen.**
- Height of the cook top should be 32"**
- The depth of the top should be 27"**
- Use drawers and doors deliberately**
- Choose materials wisely**
- Let the kitchen "make sense"**



What are people looking for in a kitchen?
They want an efficient workspace and want storage too.

Some Glimpses of Events & Activities by Mrs. Hina Gautam during 2018



Some Glimpses of Events & Activities by **Mrs. Hina Gautam** during 2018



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સામે રક્ષણ

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